

Monday, May 4, 2026

YAH Stretch, Strength, Stillness

Date and Time: Monday, May 4 10:00 am - 11:00 am

Address: Southwold Keystone Complex, 35663 Fingal Line

Yoga-based exercise class. All abilities are welcome.

Weekly, beginning on Monday, March 2nd.

\$2.00/class

Tamme Matthew, Instructor.

Presented by Southwold Young @ Heart. For Southwold residents, ages 55+.

Monday, May 11, 2026

YAH Stretch, Strength, Stillness

Date and Time: Monday, May 11 10:00 am - 11:00 am

Address: Southwold Keystone Complex

Yoga-based exercise class. All abilities are welcome.

Weekly, beginning on Monday, March 2nd.

\$2.00/class

Tamme Matthew, Instructor.

Presented by Southwold Young @ Heart. For Southwold residents, ages 55+.

Monday, May 18, 2026

Victoria Day Office Closure

Date and Time: Monday, May 18 8:00 am - 5:00 pm

Address: 35663 Fingal Line

The Township of Southwold office will be closed Monday, May 18, 2026 in observance of Victoria Day. We will resume regular office hours on Tuesday, May 19, 2026 from 8:00 am - 5:00 pm.

Monday, May 25, 2026

YAH Stretch, Strength, Stillness

Date and Time: Monday, May 25 10:00 am - 11:00 am

Address: Southwold Keystone Complex, 35663 Fingal Line

Yoga-based exercise class. All abilities are welcome.

Weekly, beginning on Monday, March 2nd.

\$2.00/class

Tamme Matthew, Instructor.

Presented by Southwold Young @ Heart. For Southwold residents, ages 55+.

Wednesday, May 27, 2026

YAH Music Morning

Date and Time: Wednesday, May 27 9:30 am - 12:00 pm

Address: Keystone Complex, 35921 Fingal Line

The last Wednesday of each month

9:30 am listen to music played by the dulcimer group.

11:00 am sign along with Strumin Ukes.

Come and enjoy a coffee with the musical groups.

Presented by Southwold Young @ Heart. For residents of Southwold, aged 55+.

<https://calendar.southwold.ca>