

## Wednesday, February 1, 2023

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### Viroha Fitness Yoga

Date and Time: Wednesday, February 1 7:00 pm - 8:00 pm

Address: 1517 Laurier Street, Clarence-Rockland

Our next session at Chamberland Centre is in-person Hatha Yoga. Beginning Wednesday, November 9 and continuing weekly right through to March 15th, focus will be on balance, strength & flexibility. Breath-work will be synchronized to the flow of movement. Grounding, meditation & relaxation will all be included.

Your instructor will gently guide you through 7 beginner sequences, safely transition you on to 6 intermediate level, then smoothly lead the way for 6 advanced classes. This is your path and your practice. We respect that everyone has a different journey, so progression does take place at each individual's own separate pace. There is no pressure to perform. We are a place of growth. Modifications/variations will always be offered to suit every level.

The goal will be to build confidence and power within.

Please visit our Facebook page events to sign up.

<https://fb.me/e/1qumel1eYx>

## Saturday, February 4, 2023

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### Free Public Skating - Clarence-Rockland Arena

Date and Time: Saturday, February 4 12:00 pm - 1:00 pm

Address: 8710 County Road 17, Rockland, ON

Starting on October 8, 2022, every Saturday from 12:00 p.m. - 1:00 p.m. (Closed December 24 & 31, 2022)

[More information and rules.](#)

### Free Public Skating - Clarence Creek Arena

Date and Time: Saturday, February 4 6:00 pm - 7:00 pm

Address: 418 Lemay Street, Clarence-Creek, ON

Starting on October 8, 2022, every Saturday from 6:00 p.m. - 7:00 p.m. (Closed December 24 & 31, 2022)

[More information and rules.](#)

## Tuesday, February 7, 2023

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### The Halifax Mooseheads of the QMJHL are practicing at the Clarence-Rockland Arena!

Date and Time: Tuesday, February 7 5:00 pm - 6:00 pm

Address: Clarence-Rockland Arena 8720 County Road 17, Rockland

The Halifax Mooseheads of the QMJHL are practicing at the Clarence-Rockland Arena!

- February 7, 2023
- From 5pm to 6pm
- On Pad 1
- Admission is free
- Come and see them in action

## Wednesday, February 8, 2023

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### Free Public Skating (Seniors & Pre-School) - Clarence-Rockland Arena

Date and Time: Wednesday, February 8 1:00 pm - 2:00 pm

Address: 8710 County Road 17, Rockland, ON

Starting on October 5, 2022, every other Wednesday – 1:00 p.m. to 2:00 p.m.

[More information and rules.](#)

### Viroha Fitness Yoga

Date and Time: Wednesday, February 8 7:00 pm - 8:00 pm

Address: 1517 Laurier Street, Clarence-Rockland

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## **Regular Council Meeting**

Date and Time: Wednesday, February 8 7:15 pm

## **Friday, February 10, 2023**

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### **Movie night - Ticket to Paradise**

Date and Time: Friday, February 10 7:00 pm

Address: Optimiste Performance Hall - 1525 Du Park Avenue - Rockland

We are showing the movie Ticket to Paradise, original English version with French subtitles. Free admission! An activity in partnership with the Clarence-Rockland Public Library.

## **Saturday, February 11, 2023**

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### **Free Public Skating - Clarence-Rockland Arena**

Date and Time: Saturday, February 11 12:00 pm - 1:00 pm

Address: 8710 County Road 17, Rockland, ON

Starting on October 8, 2022, every Saturday from 12:00 p.m. - 1:00 p.m. (Closed December 24 & 31, 2022)

[More information and rules.](#)

### **Free Public Skating - Clarence Creek Arena**

Date and Time: Saturday, February 11 6:00 pm - 7:00 pm

Address: 418 Lemay Street, Clarence-Creek, ON

Starting on October 8, 2022, every Saturday from 6:00 p.m. - 7:00 p.m. (Closed December 24 & 31, 2022)

[More information and rules.](#)

## **Wednesday, February 15, 2023**

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### **Viroha Fitness Yoga**

Date and Time: Wednesday, February 15 7:00 pm - 8:00 pm

Address: 1517 Laurier Street, Clarence-Rockland

Our next session at Chamberland Centre is in-person Hatha Yoga. Beginning Wednesday, November 9 and continuing weekly right through to March 15th, focus will be on balance, strength & flexibility. Breath-work will be synchronized to the flow of movement. Grounding, meditation & relaxation will all be included.

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## **Saturday, February 18, 2023**

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### **Free Public Skating - Clarence-Rockland Arena**

Date and Time: Saturday, February 18 12:00 pm - 1:00 pm

Address: 8710 County Road 17, Rockland, ON

Starting on October 8, 2022, every Saturday from 12:00 p.m. - 1:00 p.m. (Closed December 24 & 31, 2022)

[More information and rules.](#)

### **Free Public Skating - Clarence Creek Arena**

Date and Time: Saturday, February 18 6:00 pm - 7:00 pm

Address: 418 Lemay Street, Clarence-Creek, ON

Starting on October 8, 2022, every Saturday from 6:00 p.m. - 7:00 p.m. (Closed December 24 & 31, 2022)

[More information and rules.](#)

## **Monday, February 20, 2023**

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### **Family Day**

Date and Time: Monday, February 20 1:00 pm - 4:00 pm

Address: Clarence Creek Arena 418 Lemay Street

- Music by DJ Dan Daoust
- Mascots
- Public Skating
- Campfire
- Coffee and Marshmallows courtesy of Remax Hallmark Excellence Group (Geneviève Landry)



- Hot chocolate courtesy of Carrefour Jeunesse school
- Tea and Bannock with the Indigenous Grassroots Circle
- Come and meet the Rockland Community Garden volunteers



## Wednesday, February 22, 2023

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### Free Public Skating (Seniors & Pre-School) - Clarence-Rockland Arena

Date and Time: Wednesday, February 22 1:00 pm - 2:00 pm

Address: 8710 County Road 17, Rockland, ON

Starting on October 5, 2022, every other Wednesday – 1:00 p.m. to 2:00 p.m.

[More information and rules.](#)

### Viroha Fitness Yoga

Date and Time: Wednesday, February 22 7:00 pm - 8:00 pm

Address: 1517 Laurier Street, Clarence-Rockland

Our next session at Chamberland Centre is in-person Hatha Yoga. Beginning Wednesday, November 9 and continuing weekly right through to March 15th, focus will be on balance, strength & flexibility. Breath-work will be synchronized to the flow of movement. Grounding, meditation & relaxation will all be included.

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## Saturday, February 25, 2023

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### Free Public Skating - Clarence-Rockland Arena

Date and Time: Saturday, February 25 12:00 pm - 1:00 pm

Address: 8710 County Road 17, Rockland, ON

Starting on October 8, 2022, every Saturday from 12:00 p.m. - 1:00 p.m. (Closed December 24 & 31, 2022)

[More information and rules.](#)

### Free Public Skating - Clarence Creek Arena

Date and Time: Saturday, February 25 6:00 pm - 7:00 pm

Address: 418 Lemay Street, Clarence-Creek, ON

Starting on October 8, 2022, every Saturday from 6:00 p.m. - 7:00 p.m. (Closed December 24 & 31, 2022)

[More information and rules.](#)

## Sunday, February 26, 2023

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### Discover your park

Date and Time: Sunday, February 26 1:00 pm - 4:00 pm

Address: Lavigne Natural Park - 3480 Marcil Road, Bourget

Winter activity! Come snowshoe and cross-country ski at the Lavigne Natural Park.

Coffee and hot chocolate will be served around a campfire.

<https://calendar.clarence-rockland.com>