



NEWSLETTER

Summer 2025



NEWS!

Summer in the Highlands is a beautiful time! With our stunning lakes, rivers, and fresh, pine-scented breezes, it's hard to imagine a better place to enjoy this special season. The HNN is actively planning some exciting activities for seniors to help everyone make the most of these warm months.

We have **two outdoor concerts** scheduled: one on July 26th at Robertson Lake and the other in Tatlock at the Field of Dreams on September 13th. Tickets will be available at a discounted rate for residents aged 55 and older living in the Lanark Highlands (limited quantities). We hope you can join us! More details can be found on the Events Page and on the website. You can also call the HNN at 343 760 2000.

Wanna give line dancing a try this summer? Head on up to **Darling White Lake Centre** and join in the fun.

The **North Lavant Market** will be bustling with vendors offering fresh produce, preserves, stained glass, homemade bread, and much more. For those seeking an added adventure, consider taking the KP Trail route to get there. Hamburgers and hotdogs will be on the menu if you'd like to stick around for lunch. Check out the North Lavant calendar on the HNN website at highlandsnorthnetwork.ca for specific dates.

Join us for **Seniors Summer Picnics** on the second and fourth Wednesdays in July and August at the beach at Robertson Lake. More details are available on the Events Page. Indoor washrooms will be accessible for participants. Does anyone want to learn about water safety and tips to keep you from drowning? Master swimmer, Frank Sodonis, will be here to show you how. Bring your swim suit if you want some hands on training. Swimming demonstrations will be at 11:00 for those interested.

We are pleased to welcome Elke Walton to the HNN support team. She is very active in the North Lavant community and will be serving as their HNN Representative. The social reps serve as an important link between the HNN and their communities.

Don't forget about **Harold, the Social Butterfly**. Sometime around the middle of each month, he will move to a new location on the website. The first one to find him wins a \$25 credit for lunch at Village Treats in Lanark. It could be you!!! Check the banner on the home page and see if he has been found yet.

Funding is available to cover participation fees and transportation for those who need it. Please reach out if we can help you in any way. 613 343 760 2000.

Social Health...from the Heart #4

The Soundtrack of Connection: How Music Reflects the Importance of Social Health

By Barb Young



Music has a way of weaving itself into the fabric of our lives, often becoming the backdrop to our most meaningful memories. Think about it—how many of your favourite songs are tied to someone you love, someone you lost, or someone who changed your life? The songs we never forget are rarely just about the melodies or lyrics. They're about people. They're about connection. I can't hear certain songs without being transported back to a time with family and friends, a long car ride filled with laughter, or the aching silence after a goodbye. Whether it's the song that played at your 25th anniversary or the one that got you through losing someone near and dear to you, music mirrors the emotional highs and lows we experience through relationships. That's because social health—our ability to form satisfying interpersonal connections—is deeply intertwined with how we process emotions. And music is one of the most powerful emotional tools we have.

Good social health gives us a sense of belonging. Staying connected to others helps us feel heard, seen, and supported. And music, in its essence, often tells the story of those very needs. Love, loss, friendship, betrayal, celebration—these themes dominate the playlists of our lives because they are universal and human. In a way, the songs we hold close are proof of our need for each other. They remind us that we're not alone in our feelings and experiences. So next time a certain song hits you smack dab in the heart, know that it's not just nostalgia—it's your social health in action, echoing back through lyrics and sound.

That's why we're especially excited to share two upcoming concerts the HNN is co-hosting with Harmony Concerts this summer—opportunities to gather, connect, and create new memories through music. These aren't just shows; they're shared moments waiting to happen, set against the backdrop of two treasured, local landscapes.

In late July, Jessica Pearson and the East Wind will bring their spirited blend of Americana, Celtic, and folk to the shores of Robertson Lake in Lavant. Their songs—full of stomp-and-holler rhythms, singalong choruses, and heartfelt ballads—invite us to let go, lean in, and sing together. It's the kind of music that lingers, not just in your ears, but in your story.

Then in September, Freddy Vette and the Plowboys will take to the Field of Dreams in Tatlock with a rich line-up of classic country and heartfelt originals. Their set is a love letter to the golden age of country music, where each song carries the weight of lived experience and honest emotion.

There's music in the pine-scented air of the northern Lanark Highlands, and we can't wait to share it with you during these two special summer events—celebrations that remind us of the power of connection, community, and unforgettable melodies. Tickets are available now. Call us at 343 760-2000 and leave your name and number. We will be sure to call you back.

EVENT HIGHLIGHTS

BBQ and Market	Something for everyone - yard sale, market booths with baked goods, arts and crafts and produce. Jumbo hotdogs and hamburgers and a drink - \$7.00 All welcome. 
Joe's Lake Ball Diamond, North Lavant	
Every other Sunday in July and Aug	
10:00 am - 2:00 pm	

Seniors' Summer Picnics	 Come and join us for a few hours at the beach. Lots of sand and shade. Games, lunch (\$5.00) Bring a lawn chair. Go for a swim! Learn some tips from a master swimmer on how to keep yourself safe in the water. Indoor washrooms will be open.
Robertson Lake Beach, Lavant	
Every second and fourth Wednesday in July and August	
11:00 am - 2:00 pm	

Jessica Pearson and the East Wind Concert	Audiences will enjoy versatile Americana stomp-and-holler, upbeat Celtic sing-and-sway, and intimate, high-lonesome folk ballads, replete with singalong choruses, energetic audience banter, and the occasional unexpected party trick.
Outdoors at the South Lavant Community Park, Robertson Lake	
Saturday, July 26th	
3:00 pm - 5:15 pm	



The South Lavant Jamboree	Community Hall Fundraiser - Something for Everyone! • Music on the Porch • Lunch \$ • Outdoor Games • Poker Paddle \$ • Market \$ Stay for the barbeque! \$
Outdoors at the South Lavant Community Park, Robertson Lake	
Saturday, July 26th	
11:00 am - 3:00 pm	



HNN-SALC Activity Schedule

Summer 2025

See Event Highlights Pages for Special Happenings!

343-760-2000

CONTACT INFORMATION:

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Happy Canada Day

Frequency	Day	Location	Time	Description: Activity/Event
Weekly	Monday July 7, 14, 21, 28 August 4, 11, 18, 25	Tatlock	7:00 pm	Bid Euchre; \$5
Weekly	Tuesday July 8 August 5, 12	North Lavant	1:30 pm (on July 8 th , and Aug. 12) Aug. 5 th (7 pm)	Crafters Social Group; \$2; Bring your handicrafts to work on, get and give some inspiration. Bring your own refreshments.
Weekly	Wednesday July 9, 16 August 6	Darling White Lake	1:30 pm (in July) 2:30 on Aug. 6 th	Line Dancing \$2
Bi-Weekly	Wednesday July 2, 16, 30 August 6, 20	North Lavant	12:00 pm	Euchre; \$5 Snacks
Bi-Weekly	Wednesday July 9, 23 August 13, 27	South Lavant	11:00 am	Seniors' Summer Picnics - Games, Lunch, Swimming, Water Safety \$5
Weekly	Thursday July 3, 10, 17, 24, 31 August 7, 14, 21, 28	Darling White Lake	9:00 am	Coffee Hub; \$2
		Tatlock	1:00 pm	Bingo; \$10 Snacks \$
Bi-Weekly	Friday July 4, 18 August 1, 15, 29	Middleville	7:30 pm	Crokinole; \$5 Lunch
Bi-Weekly	Sunday July 6, 20 August 3, 17, 31	North Lavant	10 am - 2 pm	Summer BBQ and Market - \$7 (Hamburger or Hotdog and a Drink)