



EASTER EGG HUNT FUN FOR EVERYONE
The 18th annual event held on March 31st brings happy families to Batawa

Families from across the Quinte area were “hoppy” to head to the Batawa Community Centre on Saturday, March 31st for the 18th Annual Easter Egg Hunt.

The event, hosted by the Batawa Lions Club, the Batawa Development Corporation and the Trenton Military Family Resource Centre (MFRC), brought hundreds of kids to the Natural Playground to search for 2,400 colourful Easter Eggs that were hidden throughout the park for a great prize bag.

While at the event, families were also able to enjoy a variety of events that included a petting zoo, balloon animals and creations, face painting, emergency vehicle tours and pictures with the Easter Bunny. Plus, many enjoyed a great pancake breakfast while they were at the centre courtesy of the Batawa Lions Club.



UPCOMING EVENTS IN BATAWA

Saturday, April 21st from 9am to 1pm

Quinte Trash Bash

Be a part of keeping Batawa green and clean and take part in this year’s edition of the Quinte Trash Bash.

Saturday, April 28th from 10am to 11:30am

Guided Nature Walk in Batawa

Join Batawa as it participates in the BQRAP Osprey and Eagle Monitoring Program. Hike will include a hands on demonstration of how we can all be citizen scientists.

Saturday, May 12 from 8am to Noon

Community Yard Sale

Set up your tables at the end of your driveway to take part in the annual Community Yard Sale.

Saturday, May 12 from 8am to 10:30am

Spring Plant and Bake Sale

Visit Sacred Heart Church for your chance to grab some new plants for your garden and great Canadian-European baking. Residents of Batawa will receive a coupon to redeem a plant courtesy of the Batawa Development Corporation.

Every Thursday at 10am
Coffee Break

Come to the Sacred Heart Church Hall at 10am every Thursday for coffee, treats and good friends.

Every Monday and Wednesday

VON SMART Exercise Classes

Every Monday and Wednesday at the Batawa Community Centre, Seniors aged 55+ are welcome to get fit with their neighbours from 10:30 - 11:30 am. Register at 613.392.4181.

FIT FOR LIFE HEALTH MESSAGE

BY LENKA & KEVIN ROMANICK

April first is April Fool's Day. A day when we play practical jokes or spread hoaxes upon others to promote laughter. But laughter has incredible health benefits and that is no joke!

Laughter protects the heart by improving the function of blood vessels and increases blood flow which can protect you from heart attacks and other cardiovascular diseases.

Laughter can improve your resistance to disease by decreasing stress hormones and by increasing immune cells and infection fighting antibodies.

With laughter, endorphins (natural feel good chemicals) are released.

Endorphins promote a sense of well being and can even help with pain relief. These same endorphins are released when you exercise!

As April Fool's Day passes, continue to seek out opportunities for humour and laughter. You can improve your health, relationships, as well as your emotional well being, and in turn you may live longer.

Laughter is contagious. Pass it on!

Yours in good health,

Kevin and Lenka

GIVING BACK IN MEMORY OF MRS. BATA

This Lent, students at Sacred Heart Catholic School started collecting shoes for those who have none

BY: BRAD REITZEL, PRINCIPAL,
SACRED HEART CATHOLIC SCHOOL

The students at Sacred Heart Catholic School recently participated in a Lenten project over the 40 days of the season of Lent. Lent is a time that calls us to pray more often, give more of ourselves and spend more time reflecting on how we can be better Christians.

Our community decided to do a project in memory of Mrs. Bata. The project involved gathering gently used footwear for those in other communities around the world who need them.

We gathered over 200 pairs of footwear that will be delivered to Canadian Food For Children in Toronto for further distribution. Collecting footwear in Mrs. Bata's memory seemed an appropriate way to remember her and do something charitable in her name.

Anyone in the community who wishes to deliver more footwear to the school can do so before May 16th, as shoes will be delivered on this day.



HELP KEEP BATAWA GREEN AND CLEAN

*Quinte Trash Bash is
back on Saturday, April
21st*



It's time to once again break out your gloves and be a part of cleaning up the streets and parks in and around the Batawa area. On Saturday, April 21st from 9:00 a.m. to 1:00 p.m., Batawa will once again be hosting a location for the annual Quinte Trash Bash. Batawa is just one of the many communities in the Quinte area that will be taking part in the initiative to clean litter across the region. This year, you can participate by coming to the Batawa Community Centre to grab bags to collect garbage in and, once your bags are full, drop them off to the dumpster that will be located at the Community Centre. For every bag you fill, you can get a ballot to enter a draw to win some great prizes. As well, you will get the chance to enjoy a hot dog at the free barbeque that will be available to all participants.

**SAVE THE
DATE!**

**TAKE PART IN OUR
COMMUNITY
YARD SALE
ON MAY 12TH**

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