

Lakefront bliss

With the arrival of warmer weather, it's the perfect time to rediscover your lakefront. Go for a stroll, bike ride or jog alongside some of our breathtaking scenery and waterfront landscapes. It's the perfect way to pause the hecticness of our busy lives... even if just for a moment...and indulge in the beauty that is right outside our door.

health ■ fitness ■ money ■ people

Living

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The Fab Fitbit family

Stylish enough for work and tough enough for workouts, the brand new Fitbit Alta HR™ special edition features a classic band in black and a matte gunmetal tracker and buckle for a look that's dramatic and discreet. It's one of the only bands on the market that's been designed specifically and tested rigorously for heart rate tracking with Alta HR with PurePulse® technology. \$229.95 Available at Indigo. indigo.ca



Get your yoga on

If you're interested in a unique yoga experience, you won't want to miss the Summer Solstice Yogathon, taking place Wednesday, June 21 from 4 - 9 p.m. at Towne Square in Oakville. Celebrate International Yoga Day with other yoga lovers while enjoying a free day of yoga facilitated by a selection of the town's most popular yoga studios! oakville.ca

Port Credit Yarn Blitz

Knitting, crocheting and stitching are making a comeback (did they ever really go away?), and are being celebrated with a new and unique event happening in Port Credit – The Port Credit Yarn Blitz! Volunteer knitters, crocheters and stitchers are working away to create and install artwork on the streets of Port Credit. Working with re-purposed yarn materials, there are plans for a range of inventive Yarn Blitz projects to be installed throughout the village in the summer. The Credit River Pedestrian Bridge will be the location for the first installation "Sail Pass," celebrating the beautiful waterfront community. portcredit.com



A delicious evening

Are you looking for a unique way to spend your next date night? Why not check out a cooking class offered at your local Superstore? We particularly love 'Hot and Saucy with Chef Christopher Pires.' Learn to cook a delicious Indian dish while pairing it with the perfect wine. It's the makings of a delicious evening! Hot and Saucy takes place June 1, at the North Oakville Superstore, 201 Oak Park Drive and costs \$40 per person. pccookingschool.ca