



WEEK 2

GO BIRDWATCHING



Explore the Minden Boardwalk

The Minden Boardwalk is approximately .4kms in length and takes you through a natural grass marsh with the option of looping around through the wooded section of this wetland, which runs alongside Parkside Street. Be aware that there are some wet areas along the wooded trail section.

Find it! 176 Bobcaygeon Road, Minden (you can access the trail head from the parking lot here)

There are plenty of birds to spot on this trail. You can find a complete list of birds that are found within Haliburton County at: <https://avibase.bsc-eoc.org/checklist.jsp?lang=EN&p2=1&list=howardmoore&synlang=®ion=CAonhb&version=images&lifelist=&highlight=0>

YOGA



There are plenty of Yoga classes being offered in Minden to suit every lifestyle, however if you are short on time, new to the activity or just prefer to practice it in your own living room there's a great selection of free videos on line to choose from and here is one to get you started:

<https://www.youtube.com/playlist?list=PLZkDZKOcvYTh4dRDXQ71m7gQUmWkDmLAI>

Benefits of Yoga:

- lessen chronic pain such as lower back pain, arthritis, headaches and carpal tunnel syndrome
- lower blood pressure and reduce insomnia
- increased flexibility
- increased muscle strength and tone
- improved respiration, energy and vitality
- weight reduction
- cardio and circulatory health
- manage stress



PLAY AT THE PLAYGROUND

Go for a swing, a slide or test your strength on the monkey bars. The options are limitless. There are 3 sets of playground equipment located within Minden Hills at the Community Centre, Rotary Park and Lochlin Community Centre.

Find them! 55 Parkside Street (Community Centre)
Hwy #35 (Rotary Park)
4713 Gelert Rd (Lochlin Community Centre)