Monthly Newsletter

OCTOBER 2026





IN THIS EDITION

- Calendar Worthy Events!
- Exciting Updates and Announcements from our Members!
- Updates from the LDBIA

...and more!



Downtown is easing into the cooler months. Fall mums are lining the streets, the gardens are dressed for the season, and downtown businesses have plenty in store. This month we are welcoming two new businesses, and there is plenty happening around town, from a talk at the library on why local journalism matters, to the Legion's events calendar and what's on at the Academy Theatre. Plus, Trick or Treat in Downtown Lindsay is coming up on Saturday, October 24.

Welcome to the Neighbourhood!

Lux Nails

Downtown Lindsay is so excited to welcome Lux Nails Beauty Bar! A new space and beautiful nails, we are so glad they chose Downtown Lindsay to call home.

They offer extensions, manicures, pedicures, mani and pedi packages, waxing, kids services, and more. They are currently in their soft opening and walk-ins are welcome, so now is the perfect time to stop in and say hello!



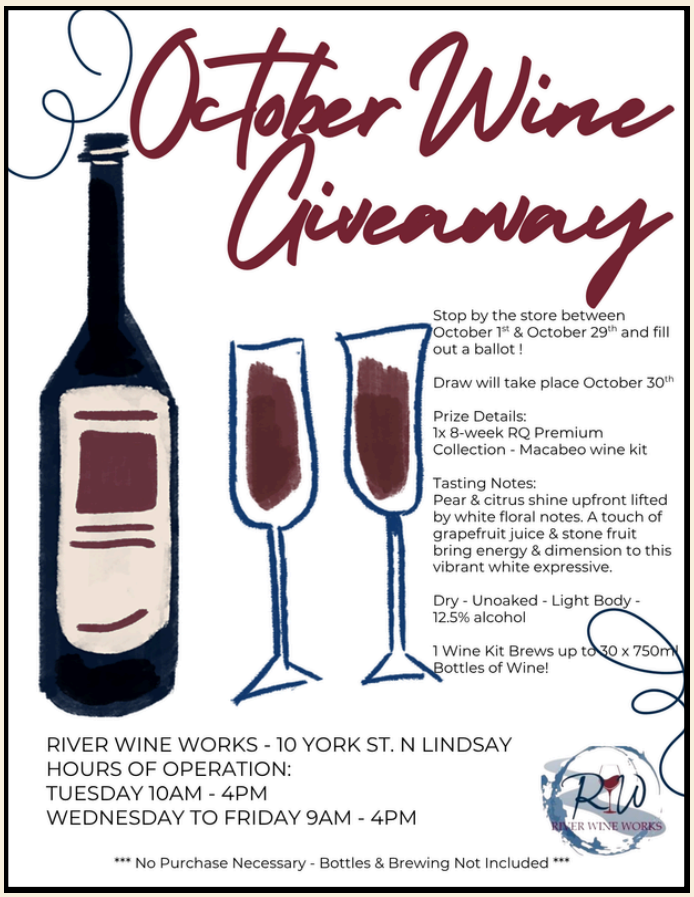


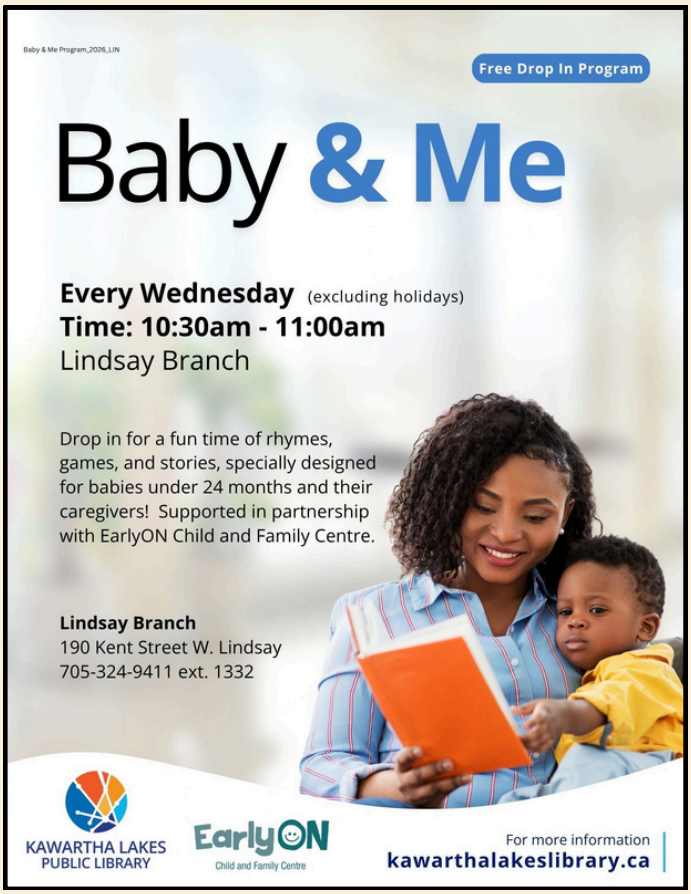
Cardinal Lakeshore Tours

Downtown Lindsay is pleased to welcome Cardinal Lakeshore to downtown!

With over 30 years of experience providing worry-free travel, Cardinal Lakeshore Tours offers a wide selection of hosted tours from single day bus trips to multi-day international adventures. Whether you are looking to explore closer to home or venture further afield, they have something for every kind of traveller. Be sure to check out their upcoming trips!

Upcoming Events









Lindsay & District Chamber of Commerce
PRESENTS

Saturday, October 3, 2026

5 PM TO 12 AM

★ AGE & ★ Majority ★ EVENT ★

Whiskey & Wingfest

Brought to you by
KENNEDY CUSTOM CARPENTRY INC.

$35 TICKET (GET'S YOU 14 WINGS)

$20 TICKET (DANCE ONLY/ NO FREE WINGS)

$300 TO RESERVE A TABLE OF 10

TICKETS AT LINDSAYCHAMBER.COM

Sponsors

YOGA
THURSDAYS
6-7 PM AT
UNWRAPPED

FALL FLOWS

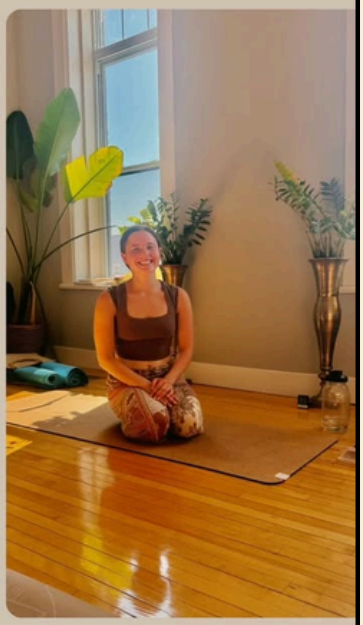
WITH BRE!

Flow through fall with this 5-week class pass. An hour each Thursday to soften, reflect, challenge yourself, and breathe at Unwrapped Kawartha.

OCT.1ST–NOV.5th

5 WEEKS $75 ($15/class)
DROP IN $18/CLASS.

BEGINNER FRIENDLY.
LIMITED SPACE AVALIBLE.
SCAN BELOW TO SIGN UP!



FOLLOW @BREFLOWS ON INSTAGRAM FOR UPDATES.

Kent FLORIST

Seasonal Classes

SEASONAL PUMPKIN CLASS
TUES OCT 6TH @ 5:30PM, $125

SEASONAL WREATH CLASS
SAT NOV 14TH @ 11AM, $125

SEASONAL URN CLASS
SAT NOV 14TH @ 1PM, $100

SEASONAL TABLECENTRE CLASS
THURS DEC 10TH @ 5:30PM, $125

BOOK YOUR OWN PRIVATE CLASS
TEAM BUILDING, GET TOGETHER WITH FRIENDS, ASK INSIDE FOR AVAILABILITY

CLASSES WILL BE HELD AT KENT FLORIST OR OUR WORKSHOP IN OAKWOOD DEPENDING ON CLASS SIZES

CELEBRATIONS

LINDSAY UNCORKED PRESENTS

Wine, Whispers & the Other Side

An Evening with
International Psychic Medium
CATHY CHAFE
Owner of Inner Light Metaphysical & Divine Connections

THURSDAY, OCTOBER 15

DOORS AT 6:30
EVENT AT 7:00

$65

Good wine.
Deep conversations.
Messages from beyond.

Bad Art Night_2026_Poster

Free Adult Program

BAD ART Night

October
Monday
19

Time: 6:00pm - 7:00pm
Lindsay Branch

Join us for a night of creativity where everyone is welcome, no artistic skill required! Each session follows a loose theme, with guidance if needed, but participants are free to work at their own pace in a self-led, drop-in style.

No registration required. Supplies provided, but feel free to bring extras!



Lindsay Branch
190 Kent Street W. Lindsay
705-324-9411 ext. 1332

KAWARTHA LAKES PUBLIC LIBRARY

For more information
kawarthalakeslibrary.ca

Pages & Pints

OLYMPIA restaurant
ESTABLISHED IN 1906 | 106 KENT STREET W | LINDSAY, ONTARIO

September	October	November	December
Wednesday	Wednesday	Wednesday	Wednesday
16	21	18	16

Time: 7:00pm to 8:00pm
Held at the Olympia Restaurant in Lindsay

Join us for a different kind of book club - A new theme each month.

Lindsay Branch
190 Kent Street W. Lindsay
705-324-9411 ext. 1332
Contact: jchartier@kawarthalakeslibrary.ca to be added to the email list.

New Members Welcome

KAWARTHA LAKES PUBLIC LIBRARY

For more information
kawarthalakeslibrary.ca

Plant Swap

Free Adult Program

October
Friday
23

Time: 10:30am to 2:30pm
Lindsay Branch

Share your love of gardening at our community Plant Swap! Bring healthy plants, cuttings, seedlings, bulbs, seeds, or gardening extras to exchange with fellow plant lovers. Whether you're an experienced gardener or just beginning your plant journey, this is a fun way to discover something new, meet other gardeners, and grow your collection.

To help keep everyone's plants healthy, all plants must be clearly labelled and free of pests and disease. Participants are welcome to browse, swap, and share gardening tips in a relaxed and welcoming environment.

Lindsay Branch
190 Kent Street W. Lindsay
705-324-9411 ext. 1332

KAWARTHA LAKES PUBLIC LIBRARY

For more information
kawarthalakeslibrary.ca

Design a Bookmark Contest

Celebrate Ontario Public Library Week!

Create your own original bookmark for a chance to win a prize!

Categories:
- Child: Ages 0–12
- Teen: Ages 13–17
- Adult: Ages 18+

How to Enter
1. Pick up a contest sheet at your local branch and design your bookmark in the space provided.
2. **Return your completed entry to your local branch by October 24, 2026**

One entry per participant. Digital designs are welcome. Your design must be your own original creation. No tracings, copied designs, AI-generated images, or licensed characters.

Full contest details and conditions are on our website.

SCAN ME

KAWARTHA LAKES PUBLIC LIBRARY

For more information
kawarthalakeslibrary.ca

COMMUNITY PLUS DURHAM PRESENTS:

50 SHADES OF FUN HALLOWEEN

DIRTY BINGO *Style*

TICKETS - $55

7:00 PM - 12:30 AM

24th OCT

GET YOUR TICKETS ON EVENTBRITE
WWW.EVENTBRITE.CA
OR
VISIT US ON FACEBOOK TO FIND THE LINK
OR
GET YOUR TICKETS FROM THE ROYAL CANADIAN LEGION #67
705-324-2613

ROYAL CANADIAN LEGION #67
12 YORK ST
LINDSAY ON

289-638-1998 or
info@communityplusdurham.ca

Drop-In Child Program

PA DAY at the Library:

CANDY Mosaic Tile

October
Monday
26

Time: 10:30am - 1:30pm
Lindsay Branch

Create your own edible masterpiece! Start with a cookie base and frosting, then arrange colourful candies to make your own mosaic design.



Lindsay Branch
190 Kent Street W. Lindsay
705-324-9411 ext. 1332

KAWARTHA LAKES PUBLIC LIBRARY

For more information
kawarthalakeslibrary.ca

PA DAY at the Library:

BEDAZZLING for teens

October	November	February	February	February
Monday 26	Friday 20	Monday 1	Tuesday 2	Friday 26
10:30am to 1:30pm	10:30am to 4:30pm	10:30am to 1:30pm	10:30am to 1:30pm	10:30am to 4:30pm

Bring something of your own and give it a dazzling glow-up! Bedazzle a book, notebook, water bottle, phone case, accessory or anything else you want to decorate. Use our gems and craft supplies to transform any cover into a one-of-a-kind sparkling masterpiece!

All supplies provided. Program is suitable for ages 12 to 16.



Ages 12+

Lindsay Branch
190 Kent Street W. Lindsay
705-324-9411 ext. 1332

KAWARTHA LAKES PUBLIC LIBRARY

For more information
kawarthalakeslibrary.ca

OCTOBER, 2026

HALLOWEEK

TICKETS & INFO: EVENTBRITE.CA

OCT. 26TH: PRIVATE EVENT
OCT. 27TH: PAINT NIGHT WITH ASTRID
OCT. 28TH: DINNER & MOVIE: THE CHANGELING
OCT. 29TH: TRIVIA WITH JUSTINE
OCT. 30TH: HALLOWQUEEN DRAG SHOW

CREATIVE FORCE

PIE EYED MONK

Craft & Connect

Free Adult Program

PILLOW COVER

October
Tuesday
27

Time: 3:00pm - 4:00pm
Lindsay Branch

Create a custom pillow cover using pre-cut vinyl designs! Add a personalized touch to your home décor or create a thoughtful handmade gift that's perfect for any occasion.

The program is open to adults of all skill levels. Registration is required, contact your branch to reserve your spot!



Lindsay Branch
190 Kent Street West, Lindsay
(705) 324-9411 ext 1291

KAWARTHA LAKES PUBLIC LIBRARY

For more information
kawarthalakeslibrary.ca

BAG CHARM *Workshop*

DIY BAG CHARM WORKSHOP IN
PORT PERRY & LINDSAY
TICKETS $25

the inspo



LINDSAY: TUESDAY OCTOBER 27 6:30PM
PORT PERRY: THURSDAY OCTOBER 29 6:30PM

UNLOCKING THE POWER OF AI FOR BUSINESS

#1. CONSTRUCTION & TRADES

Register Today!

Tuesday
Oct 27th 2026
7:30am - 9:30am
In Person at:
Launch Kawartha
165 Kent St. W, Suite 302
Lindsay, ON
K9V 2Y5



Sherry Hill, Founder & Principal Consultant of IntegrAlign Partners

Industry-specific sessions are intended for businesses operating directly within the listed sector. Consultants, agencies, trainers, and service providers are encouraged to attend the Small Business Operations sessions.

LAUNCH KAWARTHA

IntegrAlign PARTNERS
INTEGRATION . ALIGNMENT . TRANSFORMATION.



Photo: Hollowbrooks

Using OnLand

Are you interested in learning how to use OnLand to undertake property research but not sure how? Join us on **October 29** at **the Lindsay Library** for a free interactive workshop on using Ontario's online land registry access.



Lindsay Library, Lindsay (190 Kent Street West)

Thursday October 29, 2026

5pm to 7pm

Register in advance at: **www.kawarthalakes.ca/achnews**

For more information, contact us at:
heritage@kawarthalakes.ca
705-324-9411 ext. 1366

Kawartha Lakes Jump In

Media Literacy Week: ✦ Free Adult Program

Why Local Journalism Matters

October
Thursday
29

Time: 6:00pm to 7:30pm
Lindsay Branch



Join Roderick Benns of The Lindsay Advocate for a moderated conversation about the role of local journalism in our community.

Explore how local media helps us understand community issues, evaluate information and build media literacy skills across print, online and social media.



Lindsay Branch
190 Kent Street W. Lindsay
705-324-9411 ext. 1332

KAWARTHA LAKES PUBLIC LIBRARY

For more information
kawarthalakeslibrary.ca

FLATO academy theatre LINDSAY

What's Coming Up In October

FEATURED

FLATO Academy Theatre presents
A RARE EVENING WITH DAVID CHILTON
OCT 26 @ 7:30PM

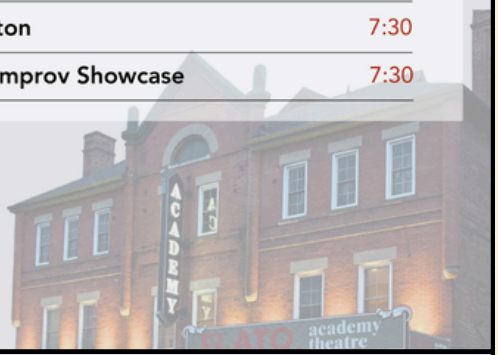


Tickets On Sale Now!

Oct 5	Relive The Music 50s, 60s, & 70s Show	7:00
Oct 6	Girls Night Out Show (19+)	7:30
Oct 7	Flashback	7:00
Oct 9	The Travelling Milburys	7:30
Oct 15-18	CLUE On Stage	Times Vary
Oct 19	The Rhinestone Cowgirls	7:00
Oct 21	Rum Ragged	7:30
Oct 24	ABBA Revisited	7:30
Oct 26	David Chilton	7:30
Oct 30	Canadian Improv Showcase	7:30

Box Office:
Tuesday: 10:00am - 4:00pm
Thursday: 10:00am - 4:00pm
Saturday: 10:00am - 2:00pm

(705)324-9111
boxoffice@academytheatre.ca
flatoacademytheatre.com



A Rare Evening with David Chilton:
A Word from the Sponsors: Wards Lawyers

Community engagement is central to who we are at Wards Lawyers. David Chilton has spent his career making financial literacy approachable for everyday Canadians, and that connects directly to the work we do every day in our Estates and Corporate practices. Supporting this event was an easy decision.

We're looking forward to an evening that's both entertaining and genuinely useful for our community. David has a gift for making financial and life-planning topics feel simple, even fun - exactly the kind of conversation we love being part of, both in the office and out in the community.

ROYAL CANADIAN LEGION SIR SAM HUGHES BR. 067

12 YORK ST N., LINDSAY, ONTARIO, K9V 3Z6 PHONE 705-324-2613

October 2026

Legion Branch 067 Lindsay

1926 · 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes: Follow us on Facebook Sir Sam Hughes Branch #67 Lindsay - Royal Canadian Legion	Notes: Friday lunches are $15.00 per person in the Vimy room. Take out is available.	Notes: 100th Birthday Party Watch for details		01 BBQ 12-2 pm Bar Open 12-10 pm	02 Bar Open 12-10 pm Shep Pie or Turkey Pot Pie 11:30-1 pm Drop-in Darts 7 pm	03 Bar Open 12-11:30 pm BBQ 12-2 pm Gala (See Flyer) Meat Roll 2 pm
04 CLOSED	05 CLOSED	06 Bar Open 12-6 pm BBQ 12-2 pm Seniors Euchre 1 pm LA General Meeting 6:30 pm	07 Bar Open 12-10 pm Bid Euchre 1 pm League Darts 7 pm	08 BBQ 12-2 pm Bar Open 12-10 pm Legion Road Trip Bowmanville Legion See Claus	09 Bar Open 12-10 pm Ribs or ¼ Chicken 11:30-1 pm Drop-in Darts 7 pm	10 Bar Open 12-6 pm BBQ 12-2 pm
11 CLOSED	12 CLOSED	13 Bar Open 12-6 pm BBQ 12-2 pm Seniors Euchre 1 pm	14 Bar Open 12-10 pm Bid Euchre 1 pm League Darts 7 pm	15 BBQ 12-2 pm Bar Open 12-10 pm Branch Executive 6 pm	16 Bar Open 12-10 pm Pork Chops or Cabbage Rolls 11:30-1 pm Drop-in Darts & Shuffleboard 7PM	17 Bar Open 12-6 pm BBQ 12-2 pm Meat Roll 2 pm
18 CLOSED	19 Bar Open 12-6 pm Shuffleboard 1 PM	20 Bar Open 12-6 pm BBQ 12-2 pm Seniors Euchre 1 pm	21 Bar Open 12-10 pm Bid Euchre 1 pm League Darts 7 pm LA Exec Meeting 6:00 pm	22 BBQ 12-2 pm Bar Open 12-10 pm Branch General Meeting 7 pm	23 Bar Open 12-10 pm Liver or Roast Beef 11:30-1 pm 100th Anniversary Party Drop-in Darts & Shuffleboard 7PM	24 Bar Open 12-6 pm BBQ 12-2 pm 50 Shade's of Fun 7 pm – 12:30 am Tickets $55.00 See Flyers
25 Prize Trivia Contest 2-4 pm Bar & BBQ 12-5 pm Free Entry	26 Bar Open 12-6 pm Shuffleboard 1 PM	27 Bar Open 12-6 pm BBQ 12-2 pm Seniors Euchre 1 pm	28 Bar Open 12-10 pm Bid Euchre 1 pm League Darts 7 pm	29 BBQ 12-2 pm Bar Open 12-10 pm Legion Road Trip Frankford Legion See Claus	30 Bar Open 12-10 pm Fish & Chips 11:30-1 pm Drop-in Darts & Shuffleboard 7PM	31 Bar Open 12-6 pm BBQ 12-2 pm Halloween Meat Roll 2 pm

SAFELY DRIVING INTO YOUR SENIOR YEARS



By attending this presentation, attendees will learn about:

- Trends and statistics for older drivers
- The renewal requirements for those 80 years and older
- The Over 70 At-fault Collision Program
- Signs of aging or medications as it relates to driving ability
- Driving tips and some more recent rules of the road.

Event Date Tuesday, October 27

Event Time 2:00pm to 3:00pm

Lindsay Branch

190 Kent Street W. Lindsay

705-324-9411 ext. 1332

PRESENTATION BY:

Ministry of Transportation

Government of Ontario

Ontario

October 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6 Broccoli Cheddar	7 Tomato Pesto	8 Butternut Squash sage browned butter	9 Herb Roasted Chicken Noodle	10
11	12	13 Loaded Baked Potato	14 Mushroom Bisque	15 Tomato Tortellini	16 Butter Chicken	17
18	19	20 Beef Chili	21 Broccoli Cheddar	22 Chicken Tortilla	23 Tomato Pesto	24
25	26	27 Butternut Squash, sage browned butter	28 Chicken Nacho	29 Mushroom Bisque	30 Herb Roasted Chicken Noodle	31



October Soup Calendar at The Sweet Kitchen





Lindsay Downtown
A WIDE VARIETY

Trick or Treat

IN DOWNTOWN LINDSAY!

SATURDAY OCTOBER 24TH

10:00AM - 1:00PM

OR UNTIL SUPPLIES RUN OUT!

The Season Starts Downtown

HOLIDAY PASSPORT

November 20 to December 21

100+ participating businesses
Collect 8 different stamps per entry
Enter as many times as you like
$4,000 in prizes to be won

HOLIDAY KICKOFF

Friday, November 20

Annual Christmas Tree Lighting
Evening shopping & pop-ups
Family activities & treats
Live entertainment

Lindsay Downtown

www.lindsaydowntown.ca

MAKE SURE YOU'RE FOLLOWING US!

Community Spotlight/ Member News



Olympia 120th Anniversary

THE OLYMPIA TURNS 120: CELEBRATIONS HAVE BEGUN

This year, the Olympia, a beloved Greek family restaurant in the heart of Ontario's cottage country, is celebrating an incredible 120 years in business.

For 120 years, The Olympia has been more than a restaurant – it's been a gathering place, a family business, and a cornerstone of the community. This beloved Greek establishment has thrived for 12 decades in business, in the very same location. The restaurant has stood the test of time, surviving an unimaginable range of world events and business fluctuations in that time.

"This anniversary is a monumental achievement we have earned, and we are privileged to be able to celebrate it in 2026," says proprietor Nicki Dedes.

Starting June 4 until December 31, 2026 the Olympia restaurant, its owners and staff, will be celebrating in several ways. The entire community of the City of Kawartha Lakes, as well as the restaurant's online followers and friends are invited to participate.

Some of the ways the Olympia will be celebrating include:

- Launching 120 Ways To Love The Olympia, a celebratory campaign that invites our customers, community, followers and friends to share their own fond memories of days gone by at the Olympia.
- Special events, like Greek-themed nights with music, starting this summer
- Ongoing new food and drink specials including a delicious new birthday cake created by our own culinary team
- A celebration Birthday Bash is planned for fall 2026 and a New Year's Eve party will take place Dec. 31

The 120 Reasons To Love The Olympia campaign starts June 4. Anyone, anywhere, especially past and current customers and their families and friends, are invited to share their own fond memories of The Olympia either online or in person.

According to Dedes "We know that so many memories have been made at the Olympia over the past 120 years. That's why we want to share our own fond memories of the Olympia, and are inviting our customers, community, friends and followers to share theirs too."

The Olympia will re-post some of these shared memories for everyone to see, and will be sharing some of its own. The restaurant team will also collect them all together online as the campaign progresses, at www.olympiarestaurant.ca.

How it works:

- Online, by posting a photo or a written memory, and tag us @olympialindsay1906. Just tag us if you want to post something in your own feed, or send us a direct message if you prefer to be private. Find us on Facebook and Instagram@Olympialindsay1906. Or you can send an email to: memories@olympiarestaurant.ca
- In person. During business hours, drop off old photos taken at the Olympia, or leave behind a handwritten story or note. A drop box will be sitting inside the front door near the restaurant entrance. Staff will assist those who need help. Anyone who wants a memory they've left in the drop box returned to them are encouraged to leave a phone number or email with their submission.

Brief History & Background

Since its beginning in 1906, the Olympia has been shaped by generations of passionate Greek owners who believed in good food, warm hospitality, and creating a space where people feel at home. Today, the Olympia is owned and operated by Costas and Nicki Dedes. Their children, Christina Patton and Niko Dedes, both play pivotal roles in the operation. Three Greek families preceded the Dedes' ownership:

- Nicki Dedes' parents, Chris and Cathe Karkabasis purchased the restaurant in 1980
- Chris and Eudoxia 'Ma' Tozios operated The Olympia Tea Room, known as awelcoming stop for refreshments and lighter fare, for 50 years (1930-80)
- Brothers Tony and Andreas Bakogeorge first opened The Olympia Candy Works in 1906, a destination candy and ice cream shop (locations in Lindsay, Barrie and Bowmanville)

The Olympia is located in the heart of Ontario cottage country, on the historic Kent Street in downtown Lindsay. Follow us @olympialindsay1906 on Facebook and Instagram, call 705-328-1444, or visit olympiarestaurant.ca to book reservations, menus, private events and more of our history. The Olympia is a member of the Downtown Lindsay BIA, The Lindsay and District Chamber of Commerce, Restaurants Canada and the Canadian Federation of Independent Business.

Sparq Retail Announcement

Since opening in downtown Lindsay, we've been incredibly grateful for the warm welcome we've received from the Kawartha Lakes community.

At Sparq Retail, being a local retailer means more than simply operating a storefront. As more retailers are purchased by large corporations, we're proud to remain independently owned and operated, with a strong commitment to the communities we serve.

We believe in supporting the community that supports us, and we're proud to contribute to important local organizations such as Women's Resources of Kawartha Lakes and the Humane Society of Kawartha Lakes.

We love meeting new people every day and getting to know our regular customers. Our team takes pride in providing friendly, knowledgeable and exceptional service in a welcoming, judgment-free environment.

We also work hard to keep our inventory responsive to what our customers are looking for. If there's something you'd like to see on our shelves, let us know — many of the products we bring in are directly influenced by customer requests and feedback.
We're proud to be part of downtown Lindsay and look forward to continuing to support, serve and grow alongside the Kawartha Lakes community.

Sparq Retail – Lindsay
30-A Kent Street West, Downtown Lindsay

sparq

Kawartha Lakes Chiropractic

A New Chapter for Movement and Wellness in Downtown Lindsay:

This fall, Kawartha Lakes Chiropractic is pleased to begin a new chapter in downtown Lindsay. We have moved to 15 William Street North, 1st Floor, Unit 3—a welcoming new space just behind Shoppers Drug Mart, near the corner of William and Kent Streets.

For many people, autumn is a natural time to reset routines: returning to regular activities, preparing for winter, and making space for the habits that help us feel our best. At Kawartha Lakes Chiropractic, we believe that movement is an important part of everyday health—and that care should be personal, practical, and built around the individual.

Our approach is simple and motion-based. Joints are designed to move in many directions, and when that movement becomes limited, the body can respond with stiffness, muscle tension, swelling, discomfort, and reduced function. Chiropractic care focuses on assessing those movement concerns and helping patients work toward improved mobility and comfort.

Here are a few things we would like our downtown neighbours to know:

- **Care starts with listening:** Every patient arrives with a different story. Whether discomfort is recent or long-standing, related to work, sport, family life, or a change in routine, an assessment helps us understand the concern and create a plan that fits the individual.
- **Movement matters at every age:** Healthy movement supports the way we work, play, exercise, and enjoy everyday activities. Our team works with patients who want help addressing concerns such as neck, back, shoulders, hips, knees, or sports-related discomfort, as well as those who simply want to maintain their mobility.
- **Hands-on care is at the heart of our practice:** Dr. Stacey Clarke-Francis, Dr. Sean Francis, and Dr. Michael Lue Pann offer a traditional hands-on approach to chiropractic care, with attention to movement, joint function, and each patient's goals.
- **Your feet are part of the picture:** The way we stand and walk can affect more than our feet. Custom prescription orthotics may be considered following a foot and gait assessment, with the aim of supporting normal foot function and helping address concerns that can affect the ankles, knees, hips, and low back.
- **We offer a range of care options:** Alongside traditional chiropractic care and orthotic assessment, Kawartha Lakes Chiropractic offers ultrasound and shockwave therapy for certain chronic musculoskeletal concerns. Our goal is to provide thoughtful options that support a well-rounded, individual care plan.
- **A sustainable plan extends beyond the appointment:** Care is not only about what happens in the treatment room. When appropriate, we may discuss simple strategies such as movement, stretching, strengthening, and other at-home approaches that can support your goals between visits.



We are proud to be part of downtown Lindsay.

Our new location keeps us close to the heart of the community we have served for 13 years. Parking is available on William Street, in the lot behind CIBC across the street, and behind our shared building.

As the season changes, we invite you to make time for the things that help you move, feel, and live well. Whether you are managing discomfort, returning to an activity you enjoy, or looking for support with your mobility, our team would be happy to welcome you to our new downtown location.

Kawartha Lakes Chiropractic is now located at 15 William Street North, 1st Floor, Unit 3, Lindsay, Ontario. To book an appointment, call 705-328-9444 or visit KawarthaLakesChiropractic.com.

SUPERSTYLE
FURNITURE LTD.
Crafted by Canadians
Since 1967



Kate Co Home & Design Studio
32 Kent St. W. Lindsay 705-880-5283



COMMUNITY VOTES
KAWARTHAS
2026
WINNERS

"Where Beautiful Homes Begin" isn't just a theme– it's Our promise

Katecohome.com 24/7

Multiple Platinum Winner
Interior Decorator & Interior Design
Furniture, Carpets & Rugs,



Photo: A Buy and Sell Shop



Photo: Lizzy's by Cathy Allan