

Family Day Skate being held at local rink]

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Shelburne families looking for something to do this upcoming Family Day weekend will have the chance to tie up their skates and hit the ice for some family fun.

Four local businesses ? Go with Crowe Real Estate, Main Street Dental, Shelburne Optometry, and Shelburne Family Chiropractic and Wellness? have teamed up to host their first annual Family Day Skate.

?February can be the most blah month of the year and by this time of the year I think people are really feeling the long winter. We connect physical health with mental health and we want to encourage families to get out and do something,? said Claire Knight, one of the organizers for the Family Day Skate. ?It's really important to give our community that opportunity and the encouragement to come out and have fun.?

After years of planning and cancelling the event, this year will be the first one that the Family Day Skate is held. The four local businesses have joined forces to bring a variety of activities for family members to participate in while also enjoying a free skate.

?This is what we want to encourage in our community ? businesses working together and people doing things within our own community rather than going to others because it's all here,? said Knight.

On top of a free two-hour skating session, the event will also include face painting, raffle draws, prizes, hot chocolate and popcorn. The Family Day event is open to all ages.

?We hope the community gets out for some physical activity, make memories with their families and enjoy being together within the community,? said Knight. ?It's really easy to feel down and sometimes the hardest part is showing up. We hope people show up and go ?that was such a great day'?.

The free Family Day Skate will be held on Feb. 20 from 2 p.m. to 4 p.m. at the Centre Dufferin Recreation Complex.