



# VIEREMÄ WELLNESS WEEK

## 5–11 February 2024



### Monday

#### WELLNESS AND SPORTS FORUM

**Rientola 16:00–19:30**

Participate in brainstorming and promoting wellness and a physical lifestyle in Vieremä.

The event is open to individuals as well as representatives of clubs, companies and organisations.

Register for the dinner starting at 16:00:  
[joona.hynynen@vierema.fi](mailto:joona.hynynen@vierema.fi)



#### ALSO DURING THE WEEK

Try the courses offered by the Adult Education Centre for free. The course offer can be found on the Municipality of Vieremä's website.

### Tuesday

#### CLASSIC GUITAR MUSIC

**Vieremä Library at 16:00**

**MIKKO SIROLA**  
performing

Free admission



#### ACTING WORKSHOP

**Rientola 19:00–21:00**

For everyone interested in acting and theatre.

Workshop led by  
Santeri Niskanen from  
Kuopio City Theatre



### Wednesday

#### WELLBEING WORKSHOP FOR PEOPLE AGED 60+

**Rientola 09:00–11:00**

Physical activity and wellness tips and practical exercises. Starts with morning coffee.

The workshop is organised by  
Pohjois-Savon liikunta ry

#### OPEN KARAOKE

**Pohjoinen koulu, Salahmi 12:30–14:30**

Join the Adult Education Centre's karaoke group and try singing or listen to others sing. Free coffee is served.

#### Author LOTTA SAAHKO

**Rientola 17:30–18:30**

Doors and kiosk open at 16:30



### Thursday

#### MOCKTAIL EVENING

**Luova tila 16:00–20:00**

Delicious non-alcoholic drinks and creative activities.

**Duo Rockin'Raccoon**  
performing

18:00 | Free admission

#### ICE HOCKEY

**Artificial ice rink 18:00–20:00**

Game session open to all

#### ALSO DURING THE WEEK

Vieremän Pohjoiskylät ry's Forest Café in Linnaharju, at Luvejoki's Tuomilähde FRI 16:00–21:00 | SAT 10:00–14:00

Ready-made snowshoe routes, guided visit to the nature reserve and a sledging hill for children.

ADDRESS: Nissiläntie 1979, with signposts to the site.



### Friday

#### CHILDREN'S MORNING ACTIVITIES

**Gymnasium 09:00–12:00**

Vieremä's early childhood education organises games and free activities for adults and children.

#### SENIORS' BALL

**Rientola 18:30**

Event open to all

### Saturday

#### IN BODY – BODY COMPOSITION MEASUREMENTS

**Rientola SAT 09:00–13:00 and SUN 09:00–15:00**

The measurement by Pohjois-Savon liikunta ry takes 15 minutes and includes feedback. More information about the measurement and making a booking on the Municipality of Vieremä's website.

#### Supernanny PIA PENTTALA

**Rientola 13:00**  
Doors and kiosk open at 12:00

The event also includes a supervised play area run by Vieremä's MLL and 4H, with enjoyable activities for the youngest members of the family.



### Sunnuntai

#### SUPER SUNDAY

**Rientola 09:00–15:00**

Spend a super funny and activity-filled day with the whole family. The programme includes ice-fishing competitions, snow sliding, cooking sausages over a fire and many other indoor and outdoor activities.



#### RINGETTE

**Artificial ice rink 11:00–12:00**  
Game session open to all

