



SUMMER 2025

# PULSE

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*Downtown Lindsay is the perfect combination of modern and historical, eclectic and traditional, and above all, a place that cherishes its local community, while welcoming visitors with open arms.*



## WELCOME TO PULSE!

We are so excited to present to you the first edition of Pulse magazine - your conduit to the amazing business community in Downtown Lindsay.

Here in Lindsay we are so fortunate to have such a vibrant and eclectic community of shops, restaurants and services for everyone to enjoy.

Lindsay is growing and we are so thrilled to be meeting so many new community members on the streets of our downtown. We hear over and over again that visitors and locals alike are pleasantly surprised by how much Downtown Lindsay has to offer.

In the spirit of spreading the word we are pleased to bring PULSE magazine to you with just a taste of what you can find downtown.

We are proud of our community and especially proud to say that almost every photo you see on these pages was taken in Downtown Lindsay in our shops and services, in our restaurants, and on the streets and sidewalks.

Welcome to the Pulse of your community.

*-The Lindsay Downtown BIA,  
and the Creators & Editors  
of PULSE*





# TABLE OF CONTENTS



**05**

EAT

**16**

AESTHETICS

**32**

FITNESS

**09**

RESOURCES

**22**

FASHION

**36**

LEISURE

**13**

WELLNESS

**26**

HOME





# EAT

Whether you're craving a quick bite, a cozy café experience, or a memorable meal out, Lindsay Downtown serves up something delicious for every taste. From hearty comfort food and international cuisine, to sweet treats and local specialties, our downtown restaurants are ready to satisfy your appetite. Come hungry; you're in for a treat!

*Milk & Honey's Chicken Caesar Panini  
with Spicy Carrot Soup  
Photo by Katelyn Rose Media*



## Summer Patio Season is here!

An amazing number of our downtown eateries have patios from which to enjoy the sunshine.

From a quick coffee, to a delicious cocktail, or maybe a celebratory meal, you can enjoy the summer vibes of downtown.



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Photo by Jennifer Boksmán

# OLD WORLD WINES FOR NEW SUMMER VIBES

BY JENNIFER BOKSMAN, OWNER OF NEEDFUL THINGS  
PHOTOGRAPHY BY JENNIFER BOKSMAN

With the warm weather finally having arrived, after a very long, arduous winter in the Kawarthas, it is time to explore our wine choices for the gatherings on weekends and other special occasions. Hi, my name is Jennifer and I own the quirky little shoppe on Cambridge Street South here in beautiful downtown Lindsay. Called Needful Things, the shelves are stocked with wine, unavailable in the liquor store, and hand picked (tasted) by me, a wannabe sommelier.

With the "political climate" as it is, many people are venturing out of their comfort zones of New World Wines and looking for something Old World. I am here to tell you that the Italians have done it right. Although this country is not the birthplace of wine, Georgia is, whether it be red or white or bubbly, Italian wines will dazzle you.





Photo by Jennifer Boksman

Italy is home to an impressive 500, give or take, indigenous grape varieties, making it one of the most diverse wine-producing countries in the world! With so many varieties where does one start?

I would start with the most popular and see where your tastebuds take you. Experiment! Trying new wines is so much fun.

Some of the most popular Italian grapes include Sangiovese, Nebbiolo, Montepuciano and Pinot Grigio. Sangiovese is the most common red grape and it is grown in Tuscany and you will find this grape in your Chiantis, Vino Nobile di Montepulciano and Brunello di Montalcino. Pinot Grigio is a popular white grape grown in Italy, known to be easy drinking, clean, providing a crisp wine. For you Prosecco lovers the grape behind this Italian treat is the Glera. Fantastic little bubbles tickling your nose.

Perhaps my best advice would be to try the above listed wines to start your Italian adventure. The reds are perfect for meat based pasta dishes, grilled meat on the BBQ and pizza. While Pinot Grigio is best paired with light seafood dishes, salads and sushi as well as dishes with light pesto or lemon sauces. Prosecco for me is best enjoyed while you are cooking the meals to pair with red or white wine!

Our Canadian summers are fantastic, no matter the weather, let's face it, if we don't need a shovel, it is fabulous, so enjoy the great outdoors and sip those fantastic Italian wines!



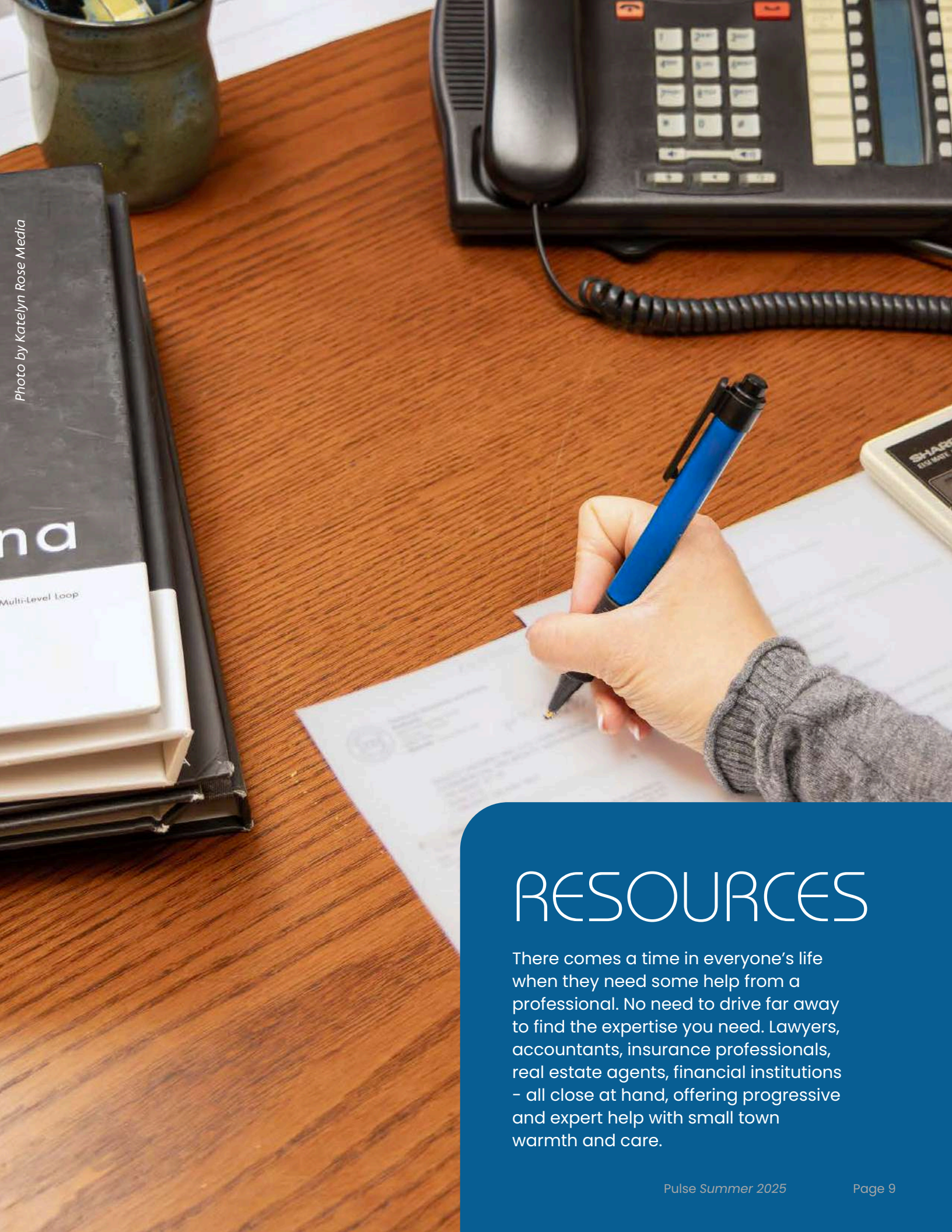
Photo by Jennifer Boksman



*Jennifer Boksman is the passionate owner of Needful Things, a charming and eclectic shop nestled in the heart of Downtown Lindsay. A self-proclaimed wannabe sommelier, Jennifer has a deep appreciation for unique wines and carefully curates a selection not found in the LCBO. When*

*she's not discovering new favourites, she's sharing her wine wisdom with the community—one bottle (and article) at a time.*





# RESOURCES

There comes a time in everyone's life when they need some help from a professional. No need to drive far away to find the expertise you need. Lawyers, accountants, insurance professionals, real estate agents, financial institutions - all close at hand, offering progressive and expert help with small town warmth and care.





Photo by Katelyn Rose Media

# IS IT TIME TO 'SMART' SIZE? A GUIDE FOR EMPTY NESTERS IN KAWARTHA LAKES

BY JANET DI BELLO, BROKER  
ROYALE TOWN AND COUNTRY REALTY INC BROKERAGE  
PHOTOGRAPHY BY KATELYN ROSE MEDIA & MARY HACKETT

There's a familiar story I hear time and time again at open houses here in Kawartha Lakes. A couple walks through the door, curious but hesitant. We chat, and I hear the same heartfelt sentiment: "Our kids have moved up here. The grandkids are here. We're thinking... maybe it's time to be closer to them."

As a local broker, I see the shift every day. Long-time homeowners are beginning to ask the big question: Is now the time to downsize?

But we like to call it **SMART sizing**.

Because for many, this isn't just about less space—it's about more life. It's about choosing ease over upkeep, connection over commute, and lifestyle over lawn care.

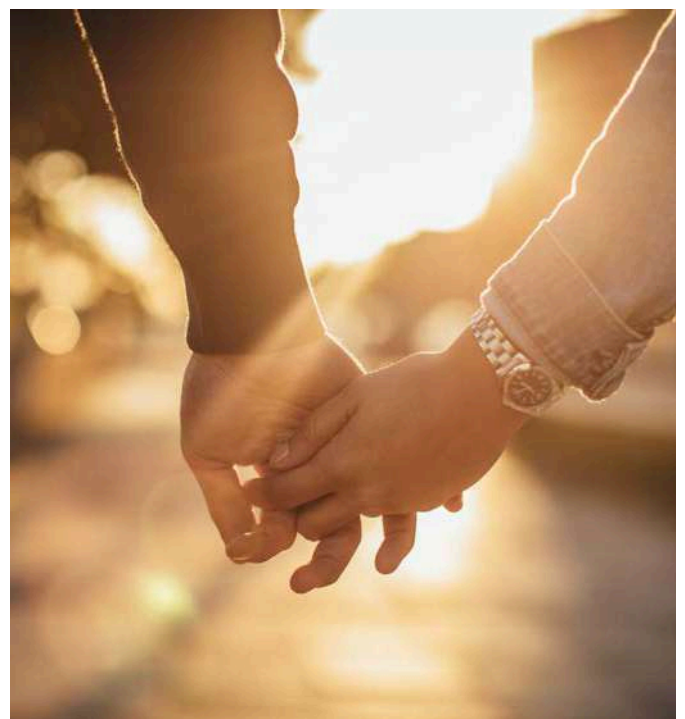






Photo by Katelyn Rose Media



Photo by Mary Hackett

### Why Kawartha Lakes?

It's no surprise more families are putting down roots here. The Kawarthas offer a slower pace, friendly communities, and all the essentials—grocery stores, recreation and INCREDIBLE local shops—without the gridlock. There's natural beauty everywhere you look: trails, lakes, and quiet streets that make daily walks feel like a retreat.



# Whiskey & WINGFEST

**October 4, 2025**  
**Victoria Park Armoury**





Partial proceeds towards Big Brothers  
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Plus, the cost of living is often significantly lower than in the GTA, meaning your equity can stretch further and fund more freedom.

Whether you're looking for a low-maintenance bungalow, a cozy condo, or just want to be closer to family, the Kawarthas offer a lifestyle that's hard to beat.

### Why Now?

Many empty nesters are making the move now while the market still supports a strong sale on their current home. With demand still steady for well-maintained family homes, it's a smart time to list.

At the same time, there's a growing selection of smart-sized homes in the area. You don't have to sacrifice comfort—you're just trading in what no longer serves you for what truly fits your life today.

### Where to Start

If the idea of simplifying appeals to you, start by having a conversation. Learn your home's current value. Explore what's available that fits your new priorities. You don't need to make any big decisions right away—but having a plan makes the process easier if and when you're ready. And if you're feeling unsure, know that you're not alone. Most people I meet aren't in a rush—they're just exploring. But almost all of them say the same thing after they make the move: "We wish we did this sooner."

### Let's Chat

If you've been thinking about making a change—or just want to see what's possible—Our team would love to talk. Helping families find their next chapter is one of the most rewarding parts of what we do!



With over 10 years in marketing and sales, Janet Di Bello is a proud Kawartha Lakes local and Fleming College alumna.

*She's helped businesses grow through strategic branding and consulting, while her passion for real estate, design, and investment gives her an edge in showcasing properties. Known for her clear communication and results-driven approach, Janet builds strong client relationships and delivers success.*

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# WELLNESS

We can all do a little better job of taking care of ourselves. Let our local wellness specialists help! You will find a broad range of wellness support Downtown - acupuncture, massage, physiotherapy, yoga, and counselling services. You can be your best self, and our professionals can help you succeed.



# SPRING'S FINALLY HERE— BUT IS YOUR BODY STILL IN WINTER MODE?

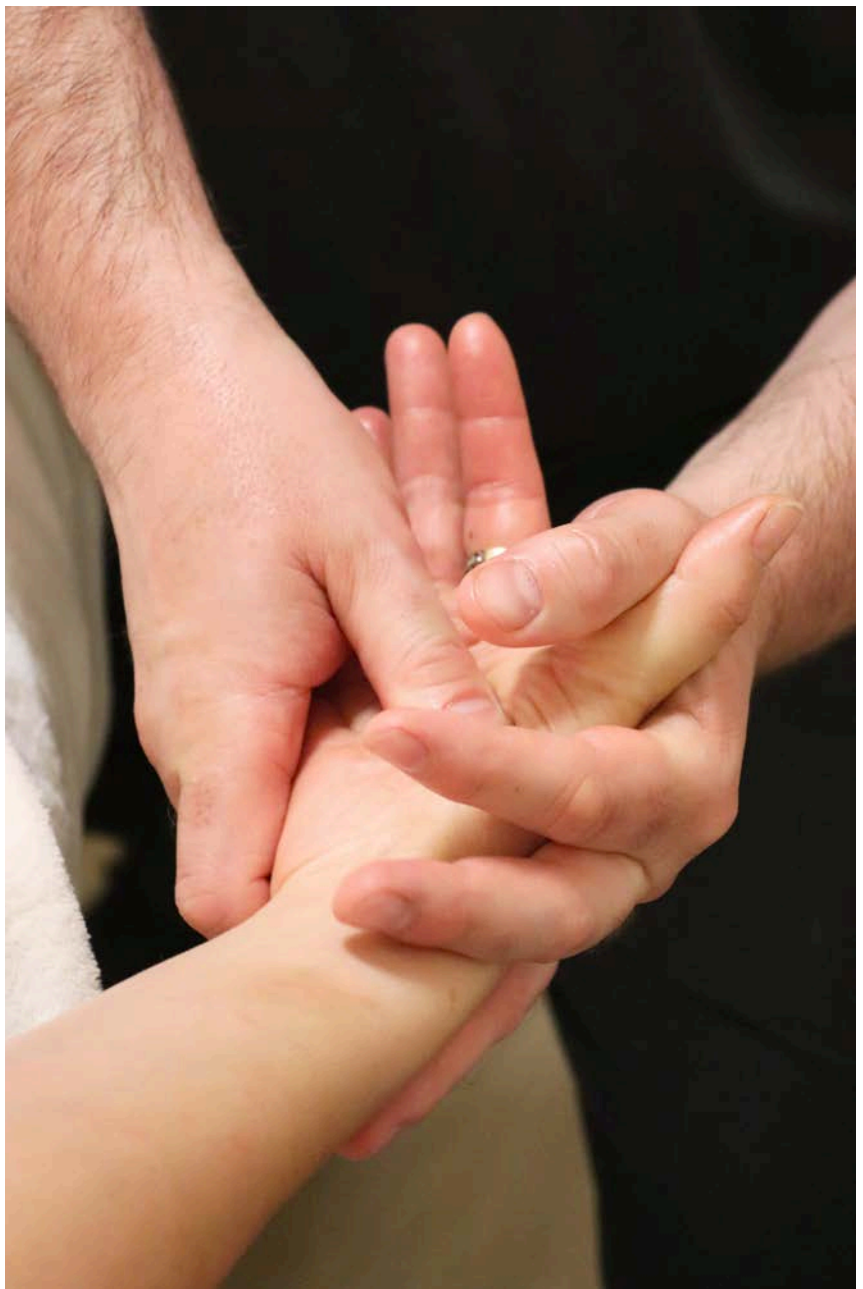
BY ALICIA LAURIAULT, R.AC,  
REGISTERED ACUPUNCTURIST AND  
FOUNDER, KAWARTHA HOLISTIC  
PHOTOGRAPHY BY MARY HACKETT

After a devastating ice storm in March and the snowiest January in over a century, it's no wonder this spring felt more like November. It didn't exactly arrive with tulips and sunshine. Even now, as the sun starts showing up more reliably, many of us are realizing our bodies haven't quite caught up.

The signs are small but familiar: stiff backs, tight necks, sore hips, jaw tension, and that foggy kind of fatigue that makes you question if you slept at all. It's easy to write it off as aging or just "one of those weeks"—but often, what we're feeling is the buildup of stress, disrupted rest, and long periods of bracing ourselves.

Massage therapy offers one way to hit pause and start letting go of that tension. It works with the body's soft tissues—including muscles and fascia (a thin layer of connective tissue that wraps around everything inside you, like a built-in support system). When we're stressed or stuck in one position too long, fascia can tighten and restrict movement. Massage helps get things moving again.

It's not the only way to support your body. Walking, stretching, and other hands-on therapies like chiropractic, acupuncture, or osteopathy all have their place. But when everything's felt tight or out of sync for a while, massage can be a gentle and effective place to start.



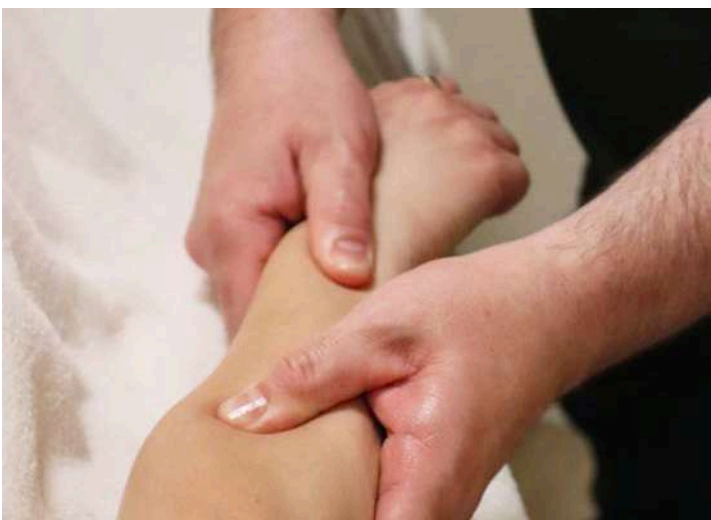


You don't always realize how much you've been holding until someone presses into that one stubborn knot and your whole body says, 'finally'.

Massage therapy isn't a magic fix, but it can help relieve pain, reduce tension, improve circulation, and support better sleep. More importantly, it creates space—space to rest, recalibrate, and remember that your body isn't meant to run on empty.

So if your body still feels like it's bracing for a storm—even though the skies have cleared—maybe it's time to let someone else do the heavy lifting for a bit.

Massage therapy won't change the weather, but it just might help your body feel like it's finally stepping into the season.



*Alicia Lauriault, R.Ac., is a Registered Acupuncturist and founder of Kawartha Holistic. She helps people cultivate better health through hands-on care, practical self-care, and a little humour along the way.*

*For more information about the wonderful services Kawartha Holistic provides, please visit: [www.kawarthaholistic.ca](http://www.kawarthaholistic.ca)*



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Thairapy Beauty Bar  
Photo by Katelyn Rose Media

# AESTHETICS

This may be a smaller town, but we certainly know how to help you continue to look your best, and we do it just as well or better than the big city salons! Make an appointment and before and after you can treat yourself to something delicious at one of our fabulous eateries ...maybe do a little shopping for an outfit that goes with your new look.



# SIMPLIFY YOUR ROUTINE, *Love Your Hair*

BY MONIKA KERSCHL SALES AND RACHEL  
KERSCHL, OWNERS OF THAIRAPY BEAUTY BAR  
PHOTOGRAPHY BY KATELYN ROSE MEDIA

At Thairapy Beauty Bar, we hear it all the time:  
“I just want hair that’s easy and looks good.”

And we get it... life is busy. Whether you’re juggling work,  
wrangling the kiddos, or finally making yourself a priority  
after putting everyone else first, most of us aren’t chasing  
perfect hair. What we really want is wearable hair, hair  
that feels good, looks good, and fits into real life.



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That's when haircare becomes self care.

It's not just about looking polished although that's a bonus... it's about feeling like yourself. There's something so refreshing about soft, touchable, bouncy hair. Running your fingers through soft hair, smoothing down a few flyaways before walking out the door, or taking five minutes for yourself at the end of a long day. These little rituals matter more than we give them credit for.

One of the things I love doing is helping clients simplify their hair routine. Because healthy, manageable hair doesn't have to be high maintenance, it just needs the right care.

Two of our favourite new product lines for this are Kerasilk and Sachajuan. If your scalp ever feels itchy, flaky, or like it's holding onto too much buildup, I highly recommend Kerasilk's Scalp Care line. A healthy scalp is truly the foundation of great hair, and for that reason it's our go to. It's gentle yet effective as it cleans without stripping and soothes without that heavy product feel.



And for those dry, stressed out ends, you have to try Sachajuan's Intensive Hair Oil. It's lightweight, smells amazing, and gives that soft, smooth, frizz free finish without making your hair look greasy. We use it all the time in the salon, especially for clients with frizzy or dry hair who still want that touch of luxury.



So here's the point. Wearable hair looks different for everyone. It's not about trends or chasing perfection, (I'm looking at you supermodel blowout of the 90's) it's about finding what works for you.

If your hair routine feels more like a chore, perhaps it's time to rethink it. Not as just another painful thing on your to do list, but as a small moment to take care of yourself. You deserve beautiful, healthy hair that fits your life, and with the help of great product and your stylists at Thairapy Beauty, we're always here to help you get there!



Monika and Rachel Kersch are the proud owners of Thairapy Beauty Bar, they strive to provide the best service for every client, whether new or returning. They specialize in both men's and women's hair, staying up to date with the latest trends while ensuring styles remain wearable and tailored to each individual. To find out more, please visit: [www.thairapybeautybar.com](http://www.thairapybeautybar.com)



## *Did you know?*

Downtown Lindsay is home to stunning heritage architecture dating back over a century! From intricate brickwork to vintage storefronts, every block tells a story.

*Needful Things* wine shoppe  
curiosities and  
espresso bar

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THE WORLD**

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# TRACES OF KENT ST. PAST

At the west end of Downtown just before you get to the Academy Theatre, you might feel a sense of history that is disguised by the modern storefronts. If I can take you back in time - you would find hotels on both sides of Kent St. in the block between York Street and Lindsay Street, of particular interest due to its size and beauty was The Hotel Benson on the north side of the street.

When we rented the spot in this building for our bike and outdoor store in 2018 (after 18 years down the street) it had most recently housed The York - a notorious dance bar that had abruptly shut down some years previous. It took a substantial amount of transformation to erase those years of debauchery (and the corresponding smells!)



Built in the latter half of the 19th century, Hotel Benson would be the spot that sellers would showcase their samples to local merchants - dragging their crates of items from the train station to the doors of the Benson and up the elevator to be displayed. Also frequently spotted at the Benson in the early summer would be wealthy cottagers from Toronto and New York who, after taking the train from their home cities, would stay at the Benson for some time to acclimatize themselves to the "rural air" before boarding a boat (often a steamship) to their summer homes on Balsam or Sturgeon Lakes.



Fast forward to the 20<sup>th</sup> century and you will find the youth of Lindsay meeting at Benson's for a drink and a chat - ladies on one side and men on the other of course. Once we had moved our store to this location (which had been totally gutted on the inside and rebuilt as retail) we were regaled almost daily by customers telling us how they met their wife/husband at Benson's 50+ years ago.



*This portrait hangs in Down To Earth, while renovating it was found in the basement.*



*This Disco ball is from the York Tavern and still hangs in Down to Earth.*

By the 1980s, The York, with its packed dance floor and frequent drink-fueled altercations, was in full swing, and it would be hard to imagine anything else existing in that location - but here we are in the 21<sup>st</sup> century with a couple of cafés and a couple of shops residing within those same walls.

Here at Down to Earth, we have kept a couple of relics around from previous incarnations of the space; we have a little piece of Hotel Benson, and of The York Tavern as part of our interior. Drop by and see if you can spot them!



Sandra Patrick is co-owner of Down to Earth, a bike and outdoors shop on Kent St. where she and her partner Ian Reid have been providing bikes and bike repair in Lindsay for over 25 years. As well as keeping you on two wheels, she is also thrilled to help you prepare for your next travel adventure with advice and quality apparel.

For more info call 705-328-0230  
[www.downtoearthlindsay.com](http://www.downtoearthlindsay.com)

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# CLASSICS ON KENT

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*Model is wearing all items  
available at Cathy Allan  
Ladieswear  
Photo by Katelyn Rose Media*

# FASHION

Lindsay isn't New York City, and it isn't Milan - but it is the location of some of the best fashion boutiques in Ontario. Why shop online when you can make the short trip downtown where you can see and feel all the latest fashions? Try on something unexpected today.





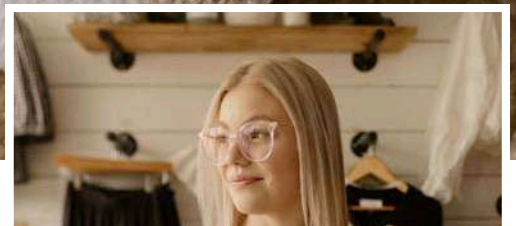
# WHAT IS OLD, IS NEW. **IMAGINE THAT!**

BY EMMA SCULLY, OWNER OF BONITA CLOTHING & CO  
PHOTOGRAPHY BY CHARLIE ONEIL @CHARLIEOPHOTOGRAPHY

Since starting our boutique in 2021, we've seen all generations come into our shop and recall fashion trends from their past. It's true, much of what is in style or on trend these seasons, are from the past. Fashion trends tend to recycle itself every decade or so but usually add a bit of a different flare to it to make it unique.

## LET'S TALK TRENDS.

A hot trend that we are seeing right now, and well into the fall season is animal prints - specifically leopard, zebra and cow prints. At Bonita, we are bringing in Leopard Reebok sneakers that have been a huge hit on pre-order. We have also brought in statement jackets and pants to feature the animal prints in the shop. Fur jackets are the IT thing to wear for fall and winter this year. Bonita has ordered in some super cute fur inspired jackets!







Speaking of neutrals, we have seen a lot of 'coastal grandma' vibes in all seasons. Coastal Grandma style is exactly what you are thinking it is! Think neutral knits, linen and textured pieces.

Jewelry is another topic of debate – dainty or chunky? At our boutique, we have Get Linked Permanent Jewelry, who pops up at our store once a month. She is booked solid for both dainty and chunky permanent jewelry. We are seeing lots of customers add charms to bracelets, necklaces and keyrings. Now, gold or silver? There is a clear preference for gold right now, but we still are seeing lots of faithful silver lovers!



HOMETHREADS

*Boutique*

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At Bonita, we have dived into the quilted bag world, making our own custom bags with our branding stitched onto them. These have become a staple at our store and have made our store a destination for many.

We know what you are thinking, how can you shop this trendy store we are talking about!? Easy! We are located in Downtown Lindsay Ontario across from the historic fire hall at 4 ½ Cambridge Street North. Recently, we just expanded to a second store front in historic Port Perry Ontario. We would love to help you stay on trend and complete your wardrobe.

#### Emma + Bonita Team

@bonitaclthingandco | [www.bonitaclthingandco.com](http://www.bonitaclthingandco.com)



*Emma Scully, a Kawartha Lakes farm girl turned downtown business owner, runs Bonita Clothing & Co. in Lindsay. She's passionate about supporting local and giving back to the community she loves.*

*From organizing the Kick-Off to Summer event to hosting fashion shows and vendor markets, Emma is all about creating inclusive, vibrant experiences in Downtown Lindsay.*

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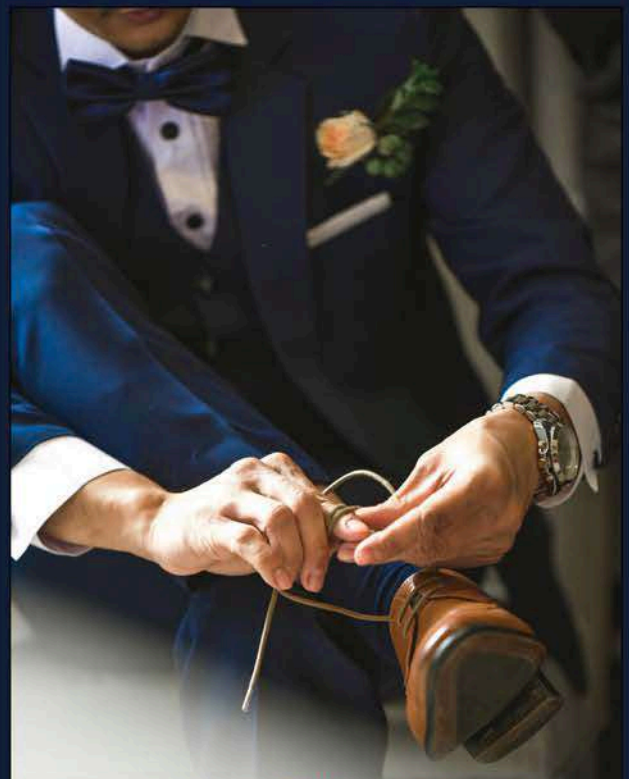
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# HOME

Your home is your castle and your nest, and quite often these days its also your office. Make that space your own and let the design pros in our downtown shops help with new ideas.

Photo taken at Houghton Creek  
Photo by Katelyn Rose Media





Furniture available at Kate Co  
Home and Design Studio  
Photo by Katelyn Rose Media

# DESIGNING FOR REAL LIFE: INTERIOR TRENDS THAT BLEND STYLE WITH EVERYDAY LIVING

BY KATE WESTCOTT, OWNER OF KATE CO  
HOME & DESIGN STUDIO  
PHOTOGRAPHY BY KATELYN ROSE MEDIA

As our lives have shifted over the past few years, so has the way we use and experience our homes. Today's interior design trends reflect more than just aesthetics — they speak to how we want to feel in our spaces: calm, comfortable, inspired, and connected.

Design is no longer about chasing perfection. Instead, it's about creating homes that support real life. Whether you live in a downtown condo, a heritage home, or a country retreat, the trends shaping 2025 are grounded in function, personality, and warmth.





We're also seeing a strong move toward sustainable and conscious choices. More homeowners are asking, "Where was this made?" and "What's it made of?" Canadian-made furnishings and locally sourced materials are gaining traction — not only for their lower environmental footprint, but also because they support artisans and makers close to home. In today's economy, people are making more intentional purchases, choosing fewer but better-quality pieces that last.



Natural elements continue to be a strong influence — from wood tones and stone surfaces to indoor plants and earthy colour palettes. We're seeing a return to medium and warm woods, natural fibers like linen and jute, and a palette of mossy greens, muted terracotta, and creamy whites. There's something deeply grounding about bringing the outdoors in.

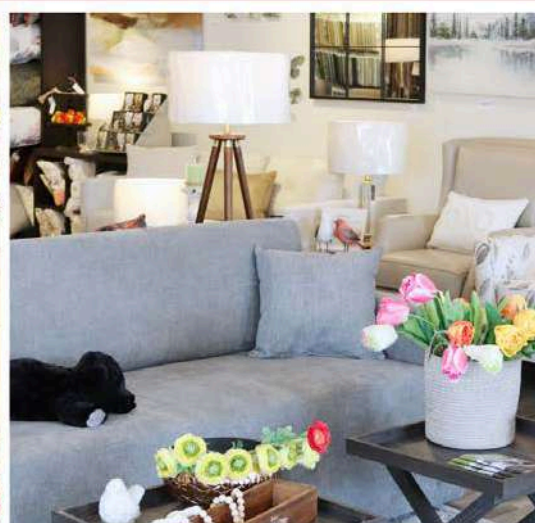
Homes are also becoming more multi-functional. The open-concept kitchen or living room now doubles as a workspace, study zone, or entertainment area. Furniture with built-in storage, modular layouts, and thoughtful planning are key to making these spaces both beautiful and practical.

Personal expression is taking centre stage. Gone are the days of cookie-cutter interiors. Homeowners are mixing vintage with modern, layering patterns and colours, and curating spaces that feel uniquely theirs. This trend celebrates individuality — whether it's through a gallery wall of personal art or a cherished heirloom reupholstered in a bold fabric.

# Kate Co Home & Design Studio

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Ultimately, the biggest trend is designing with intention. It's not about having the trendiest home — it's about creating a space that reflects who you are, supports how you live, and makes you feel good every day.

As a retail interior design expert, I'm inspired by where design is headed — thoughtful, approachable, and personal. And here in Lindsay, we're seeing a renewed passion for creating homes that tell a story. That, to me, is always in style.

*Kate is the owner of Kate Co Home & Design Studio, celebrating 12 years in business. With a background in retail and a passion for interiors, she specializes in Canadian-made upholstered furniture and offers*



*personalized design consultations. Known for her warm approach and eye for detail, Kate helps clients create beautiful, functional spaces they love to live in.*

*Inviting you to drop into Kate Co Home & Design Studio, 32 Kent Street West, Lindsay  
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# COMMUNITY PROFILE

When considering the best option for this personality profile section of the inaugural Pulse magazine, I will admit that I was spoiled for choice - so many amazing personalities make up our downtown community. We are so lucky to have authors and artists, entrepreneurs and advocates, amazing volunteers and community caretakers; how could I possibly choose just one? And then it struck me that there is an individual that is always present for every celebration and every event in Downtown Lindsay; they always have a smile on their face and outstretched arms that hold this little community together.

Let me introduce you to our very own Downtown Dog.

DD was born to a litter of 5 pups in the Spring of 2018. Right from the beginning DD showed an interest in being around people as much as possible. Their eyes shone with extra love when they walked down our mainstreet for the first time that summer. They cheerily greeted everyone they passed and young and old found themselves smiling back when those happy paws waved at them.



*Photography by  
Katelyn Rose Media*



One day, DD showed up at the Downtown BIA office and asked if there was a way to be a more official participant in our Downtown.

He was looking for a job and it just so happens that the Executive Director at the time was looking for a Downtown Ambassador to help spread the word of all the fantastic things that go on here in Downtown Lindsay and also lend a helping hand at various events and happenings. DD was hired!

DD loves his job making people smile and being invited to events with Very Important People in Kawartha Lakes like The Chief of Police and the Mayor. In order to help everyone know him a little better, we asked DD a few questions in the style of the Proust Questionnaire.

After being assured that there were no right or wrong answers, DD sat down with us and we all know each other better than ever now!



# Q & A

## WITH DOWNTOWN DOG



### Pulse: Best sandwich?

**DD:** Wow! Really getting right into this with the difficult questions... I have to go with a grilled cheese - it's gooey and delicious and there are so many great restaurants in Downtown Lindsay where I can get one on my lunch break.

### P: Have you ever asked someone for their autograph?

**DD:** Absolutely!! I can't believe how lucky I am with this job - I get to meet huge celebrities and very important people. I did ask Santa Claus for his autograph at the Tree Lighting downtown, I mean you don't get bigger or more famous than Santa!!

### P: Favourite smell?

**DD:** Easy! There's about a week in the spring when the entire town smells like lilacs.. ooh and I also love the smell of fresh baked chocolate chip cookies.

### P: Exercise: worth it?

**DD:** Of course it is! I easily get my 10,000 steps walking around downtown and meeting all the people, plus it allows me the occasional aforementioned chocolate chip cookie.

### P: Favourite Action Movie?

**DD:** Does the Barbie movie count as an action movie?

### P: Apples or oranges?

**DD:** Definitely apples ! You can get the freshest apples at the Lindsay Farmers Market located conveniently Downtown.

### P: One song for the rest of your life?

**DD:** Such a hard question!! I have to with "Spirits" by the Strumbellas. Its such a great sing-along song and of course the band has deep Lindsay connections!

### P: One thing you should really throw out?

**DD:** My old bowties

### P: Most used app on your phone?

**DD:** Instagram. I follow a bunch of downtown businesses and local organizations and always get the latest info on the Insta! **(hot tip: by following lindsay\_downtown I get a shortcut to a bunch of downtown content so I don't miss anything!)**

You can see DD walking around Downtown Lindsay throughout the year - make sure to give him a wave and a smile.



## Laurie Scott, MPP

Haliburton - Kawartha Lakes - Brock

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# FITNESS

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*Photo taken at The Market Gym  
Photo by Mary Hackett*



# YOGA: THE QUIET SUPPORT BEHIND STRONGER BODIES AND CALMER MINDS

BY JOEY HENDERSON, OWNER OF THE YOGA LOFT  
PHOTOGRAPHY BY MARY HACKETT

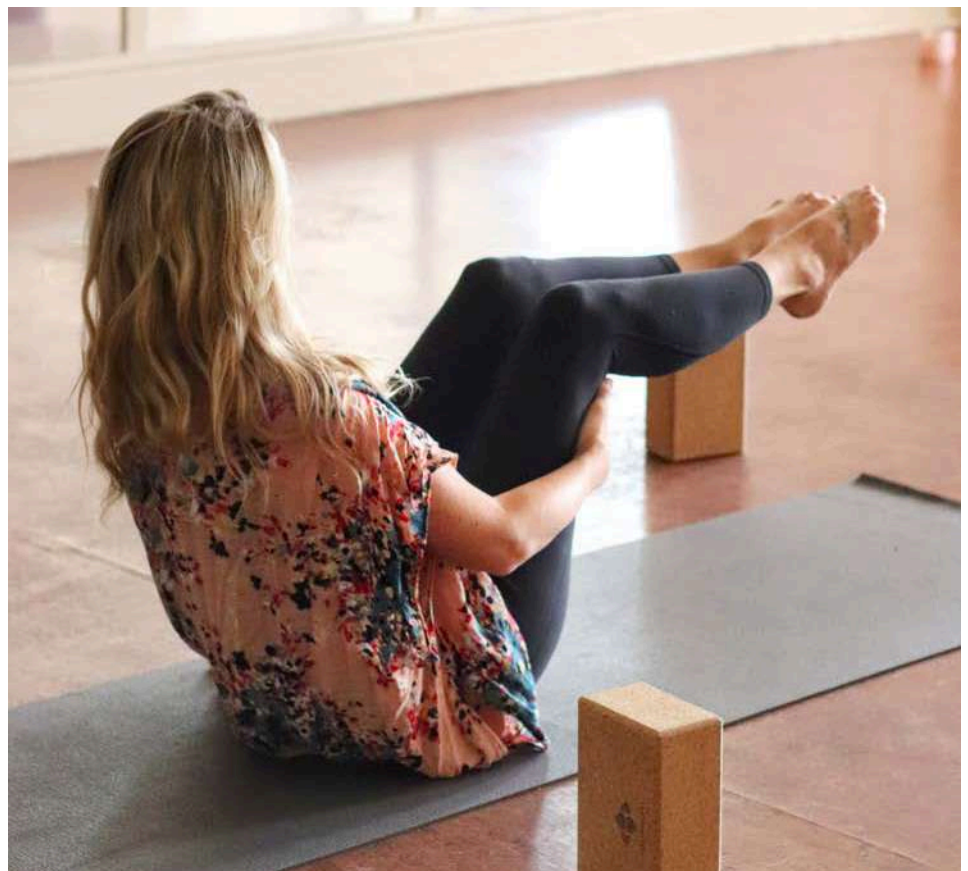
If you've ever stretched out on a mat at the end of a long day and taken a deep breath, you already know, yoga is more than movement. It's a soft landing, a way to reset, and, as many are discovering, a beautiful compliment to a busy, active life.

Whether you're an avid runner, a weekend hiker, a hockey player, or someone who just loves the feeling of a good workout, yoga has something to offer. It's not about replacing what you love, it's about helping you keep doing it, with more ease, less pain, and a deeper connection to your body.

## **Stronger, from the Inside Out**

Yoga builds a different kind of strength. It's not measured by how much weight you lift or how fast you finish a mile. It's the kind that comes from steady focus, holding your own body with intention, and engaging muscles that often get overlooked.

This inner strength can ripple into the rest of your fitness routine. You might find your balance improving, your core stabilizing, or even your coordination getting sharper. These little shifts make a big difference over time, on the mat, and everywhere else.



## **Keeping the Body Moving Freely**

Tight shoulders, stiff hips, sore backs, we all know the feeling. Our bodies carry more than we think.

Through mind-body awareness and connection, yoga helps us notice that tension and gently release it.

It's one of the simplest ways to support your joints and stay mobile. And as we all know, staying active isn't just about how hard we push, it's about how well we take care of ourselves in between.



### Recovery You Can Feel

One of the most overlooked parts of any training plan is rest. Not just sleep, but real recovery, where your body can repair, reset, and come back stronger.

Yoga can help with that. Slower flows and restorative poses quiet the nervous system, reduce inflammation, and give tired muscles what they need most: time and space to heal.

### The Power of Breath

Breath is a quiet teacher. In yoga, we learn to slow it down, deepen it, and let it guide us. This simple shift can change everything, how we handle stress, how we move through fatigue, how we stay present in the middle of challenges.

For athletes and everyday movers alike, better breath awareness leads to better performance, and a clearer mind.



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## For Every Body, At Every Stage

Yoga isn't about being bendy or spiritual or perfect. It's about showing up. Observing. Listening. Moving with care.

In a world that often asks us to do more and go faster, yoga invites us to come home to ourselves. And in doing so, it becomes the quiet support behind everything else we love to do.

Whether you're training hard, staying active, or simply looking for a bit more balance in your day, yoga meets you where you are, and reminds you that strength comes in many forms.



*Joey Henderson is the owner of The Yoga Loft in Lindsay, Ontario. She's built a welcoming community space focused on mindful movement, holistic wellness, and inclusive yoga practice for all levels.*

*Learn more: [yloft.ca](http://yloft.ca)*

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Photo taken at Kindred Coffee Bar  
Photo by Katelyn Rose Media

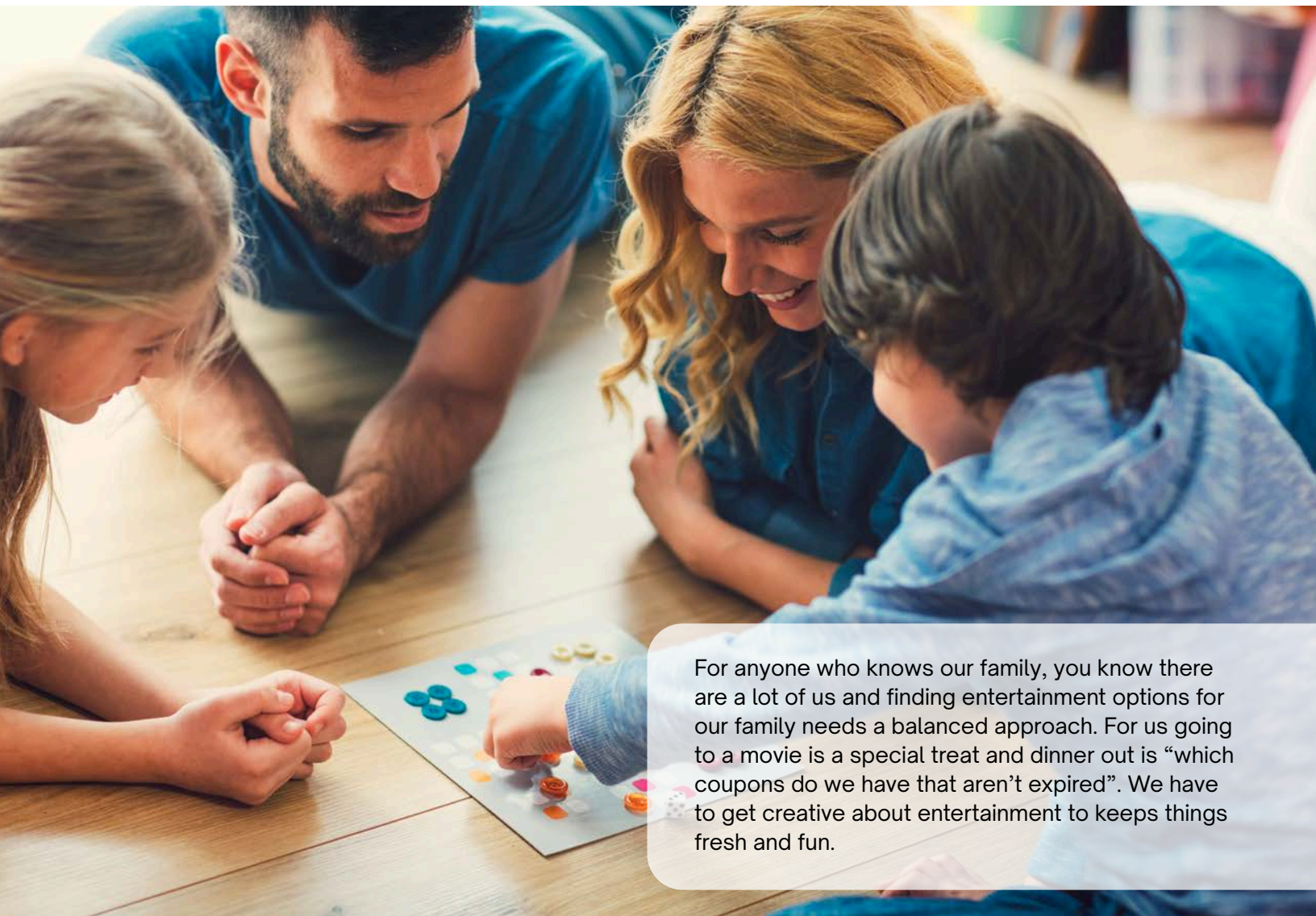
# LEISURE

Downtime is very important to mental health and happiness. Spend time with your friends, your family, or recharge with some time alone by playing a game, reading a book, watching a movie or listening to your favourite album.



# **BALANCING FUN AND FINANCES: CREATIVE WAYS TO ENTERTAIN THE WHOLE FAMILY**

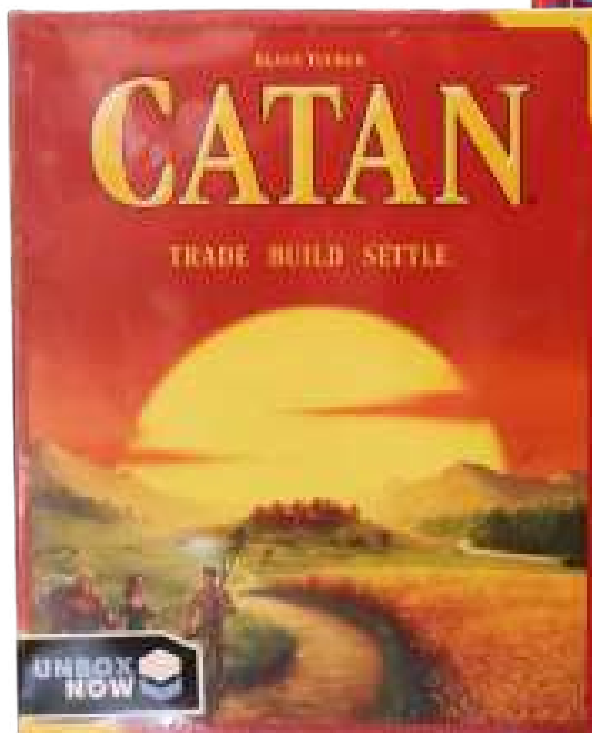
BY ANGELA FIELD, OWNER OF TRADEWIND TOYS & GIFTS



For anyone who knows our family, you know there are a lot of us and finding entertainment options for our family needs a balanced approach. For us going to a movie is a special treat and dinner out is “which coupons do we have that aren’t expired”. We have to get creative about entertainment to keeps things fresh and fun.



For our family our popular entertainment choice is games nights. This could be a family game of Catan where you trust that when you get up to get snacks for everyone that 'someone' would be honest and collect your resources (for the record this rarely happens) or it could be "GAMES NIGHT" which over the years we have held multiple times a year. We invite multiple families (sometimes over 40 people). It starts with a potluck dinner which sometimes turns out to be quite the surprise when we sometimes have multiple lasagnas and a lot of desserts. After dinner we play games. Codenames, Hitster and Wits & Wagers are always a favourite since any number of people can play and they even draw in the people who usually sit on the sidelines and only want to watch. The kids will join in or arrange their own fun. When they were younger, they would arrange elaborate games of manhunt in the dark yard.



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We live in the country with no street lights and it was very entertaining to watch all the flashlights bobbing through the yard and the woods. As they got older, video game tournaments or breaking out their own games became popular. For those that enjoy a campfire there are marshmallows, music and smores. It has always been fun and affordable. There are less kids around now as they are off doing their own things and our GAMES NIGHTS have had to evolve with the times but, for those that can attend, we all still enjoy our potluck, games and camaraderie.

With the increased cost of living there has been a noticeable shift in recent years towards sourcing more affordable entertainment options. Many young people are investing in board games and having nights in with friends. Choices most often are an at home escape room game, a lengthy strategy game or a group jigsaw puzzle.

For some just the chance to sit and socialize at home has been the best budget friendly option. For young families, connecting with other families or enjoying screen free family activities can build memories for life. For seniors a jigsaw puzzle keeps the brain sharp and encourages conversation even if it is arguing over who gets to put the last piece in. For families with mixed ages, there are games and puzzles that are for all ages which lead to better communication and breaks from electronics.



Thus said, I absolutely love and look forward to a dinner out followed by a movie or a show. By choosing budget friendly entertainment options most of the time we are able to indulge for special occasions. And the thing that is the most special... not having to clean the house or the dishes. However you choose to spend your entertainment hours, we all need to find our own balance between fun and affordability.



*Angela Field is the owner of Tradewind Toys and Gifts in Lindsay, Ontario. Since 2006, she's curated a fun and thoughtful selection of toys, games, and unique gifts,*

*making her store a local favourite for all ages. Her passion for community and quality service shines through in every visit. For more information please visit: [www.twtoys.ca](http://www.twtoys.ca)*



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