

Tuesday, January 2, 2024

Tuesday night Darts

Date and Time: Tuesday, January 2 7:00 pm - 9:30 pm

Address: 228 South Mill St.

Open to everyone - Fun darts - blind draw weekly

Tuesday, January 9, 2024

Tuesday night Darts

Date and Time: Tuesday, January 9 7:00 pm - 9:30 pm

Address: 228 South Mill St.

Open to everyone - Fun darts - blind draw weekly

Monday, January 15, 2024

Social Walking Club

Date and Time: Monday, January 15 10:00 am - 10:45 am

Address: Crystal Ridge Community Church, 241 Elmwood Avenue, Crystal Beach

Please come and join us every Monday morning at 10AM for a relaxing (or speedy) walk around Crystal Beach.

We will meet at Crystal Ridge Community Church on Elmwood where you can park your car; (if you need to) and walk for approximately 45 mins (weather dependant).

DanceFit

Date and Time: Monday, January 15 4:00 pm - 5:00 pm

Address: Crystal Ridge Community Church, 241 Elmwood Avenue, Crystal Beach

Come and enjoy a series of low impact, jazzercized style DanceFit steps instructed by Donna Stein. Lots of fun and fitness to great music.

Qigong

Date and Time: Monday, January 15 5:00 pm - 6:00 pm

Address: Crystal Ridge Community Church, 241 Elmwood Avenue, Crystal Beach

Meditation in Motion. Under the instruction of Mike Van Natter enjoy a relaxing hour of Qigong, a system of coordinated body-posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial-arts training.

Line Dancing Level 1

Date and Time: Monday, January 15 6:00 pm - 7:00 pm

Address: Crystal Ridge Community Church, 241 Elmwood Avenue, Crystal Beach

Join us for a fun hour of learning and dancing a choreographed set of line dances with instructor Lorraine Young.

Tuesday, January 16, 2024

Qigong

Date and Time: Tuesday, January 16 8:45 am - 9:45 am

Address: Crystal Ridge Community Church, 241 Elmwood Avenue, Crystal Beach

Meditation in Motion. Under the instruction of Mike Van Natter enjoy a relaxing hour of Qigong, a system of coordinated body-posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial-arts training.

Zumba

Date and Time: Tuesday, January 16 9:45 am - 10:30 am

Address: Crystal Ridge Community Church, 241 Elmwood Avenue, Crystal Beach

Join Holly for a fun and fast-paced 45-minute fitness class that involves cardio, and latin-inspired high and low intensity dance moves, designed to get your heart rate up and boost cardio endurance.

Ballet Barre

Date and Time: Tuesday, January 16 10:30 am - 11:15 am

Address: Crystal Ridge Community Church, 241 Elmwood Avenue, Crystal Beach

Join Holly for 45 mins intensive ballet barre class that will exercise and tone all your muscles using the barre,

mat and light weights, a great workout to fun music.

Afternoon Tea

Date and Time: Tuesday, January 16 3:00 pm - 4:30 pm

Address: Crystal Ridge Community Church, 241 Elmwood Avenue, Crystal Beach

Come and join us for a fun, social activity on Tuesday afternoons; where we can meet, socialize, enjoy a traditional afternoon tea of scrumptious scones, jam and cream. Come alone, with your partner, family, neighbours and friends. Everyone is welcome! Only \$5 or by donation.

New Year, New You

Date and Time: Tuesday, January 16 4:00 pm - 5:00 pm

Address: 1485 Garrison Road

A series of group sessions focused on motivation, confidence and goal setting.

January 16th- Setting personal goals

January 23rd- Mindfulness as motivation

January 30th- Grounding and gratitude

February 6th- Stress reduction

February 13th- Busting through barriers

February 20th- Celebrating success

For more information or to register: info@bridgeshc.ca or 905-871-7621 ext. 0

Tuesday night Darts

Date and Time: Tuesday, January 16 7:00 pm - 9:30 pm

Address: 228 South Mill St.

Open to everyone - Fun darts - blind draw weekly

Wednesday, January 17, 2024

Let's Get Cooking

Date and Time: Wednesday, January 17 2:00 pm - 3:30 pm

Address: 241 Elmwood Ave

Join us to learn to cook nutritious, low-cost and tasty foods with our dietitians. For more information or to register, contact info@bridgeshc.ca or 905-871-7621 ext. 0

Thursday, January 18, 2024

Ridgeway Lions Pasta Dinner

Date and Time: Thursday, January 18 4:00 pm - 6:30 pm

Address: Crystal Ridge Community Centre, 99 Ridge Road South Crystal Beach

Serving Spagetti, Penne, Homemade Meatballs, Sausage, Garlic Bread, Salad, Cookies, Tea & Coffee, Adults \$ 12.00, Children under 10 \$6.00, Children under 5 Free, Take Out and Dine In, Cash, Debit and Credit

Ridgeway Lions Pasta Dinner

Date and Time: Thursday, January 18 4:00 pm - 6:30 pm

Address: 99 Ridge Road S. Crystal Beach

Pasta Dinner - Thursday Jan 18th 2024. Take out or Dine In. Crystal Ridge Community Centre, 99 Ridge Road S. Crystal Beach. Adults \$12.00 / Children \$6.00

Serving: Spaghetti, Penne, Homemade Meatballs, Sausage. Cookies. Now accepting debit and credit cards.

Monday, January 22, 2024

Social Walking Club

Date and Time: Monday, January 22 10:00 am - 10:45 am

Address: Crystal Ridge Community Church, 241 Elmwood Avenue, Crystal Beach

Please come and join us every Monday morning at 10AM for a relaxing (or speedy) walk around Crystal Beach.

We will meet at Crystal Ridge Community Church on Elmwood where you can park your car; (if you need to) and walk for approximately 45 mins (weather dependant).

DanceFit

Date and Time: Monday, January 22 4:00 pm - 5:00 pm

Address: Crystal Ridge Community Church, 241 Elmwood Avenue, Crystal Beach

Come and enjoy a series of low impact, jazzercized style DanceFit steps instructed by Donna Stein. Lots of fun and fitness to great music.

Qigong

Date and Time: Monday, January 22 5:00 pm - 6:00 pm

Address: Crystal Ridge Community Church, 241 Elmwood Avenue, Crystal Beach

Meditation in Motion. Under the instruction of Mike Van Natter enjoy a relaxing hour of Qigong, a system of coordinated body-posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial-arts training.

Line Dancing Level 1

Date and Time: Monday, January 22 6:00 pm - 7:00 pm

Address: Crystal Ridge Community Church, 241 Elmwood Avenue, Crystal Beach

Join us for a fun hour of learning and dancing a choreographed set of line dances with instructor Lorraine Young.

Tuesday, January 23, 2024

Qigong

Date and Time: Tuesday, January 23 8:45 am - 9:45 am

Address: Crystal Ridge Community Church, 241 Elmwood Avenue, Crystal Beach

Meditation in Motion. Under the instruction of Mike Van Natter enjoy a relaxing hour of Qigong, a system of coordinated body-posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial-arts training.

Zumba

Date and Time: Tuesday, January 23 9:45 am - 10:30 am

Address: Crystal Ridge Community Church, 241 Elmwood Avenue, Crystal Beach

Join Holly for a fun and fast-paced 45-minute fitness class that involves cardio, and latin-inspired high and low intensity dance moves, designed to get your heart rate up and boost cardio endurance.

Ballet Barre

Date and Time: Tuesday, January 23 10:30 am - 11:15 am

Address: Crystal Ridge Community Church, 241 Elmwood Avenue, Crystal Beach

Join Holly for 45 mins intensive ballet barre class that will exercise and tone all your muscles using the barre, mat and light weights, a great workout to fun music.

Special 'Fascinator' Afternoon Tea

Date and Time: Tuesday, January 23 3:00 pm - 5:00 pm

Address: Crystal Ridge Community Church, 241 Elmwood Avenue, Crystal Beach

Put on your '**fascinators**' (or any fancy hats) and come and join us for a fun social activity, where we can meet, socialize, enjoy a traditional afternoon tea of scrumptious scones, jam and cream. Obviously **gents**, you are all so invited and we look forward to seeing some derbies, trilbies, bowlers, fedoras, panamas, and stetsons, (or based on the weather you might just want to wear your toques).

Come alone, with your partner, family, neighbours and friends. **Everyone is welcome!** Cost is just \$5 (or by donation)

New Year, New You

Date and Time: Tuesday, January 23 4:00 pm - 5:00 pm

Address: 1485 Garrison Road

A series of group sessions focused on motivation, confidence and goal setting.

January 16th- Setting personal goals

January 23rd- Mindfulness as motivation

January 30th- Grounding and gratitude

February 6th- Stress reduction

February 13th- Busting through barriers

February 20th- Celebrating success

For more information or to register: info@bridgeschc.ca or 905-871-7621 ext. 0

Rotary Club of Fort Erie - Name That Tune

Date and Time: Tuesday, January 23 7:00 pm - 9:00 pm

Address: 981 Garrison Rd, Fort Erie

Rotary Club of Fort Erie is sponsoring a Name That Tune event Tuesday, January 23rd 7 - 9 pm. A free public event located at The Plaice Restaurant - 981 Garrison Rd, Fort Erie. Prizes awarded, donations gladly accepted.

Come and test your musical knowledge while enjoying a burger, brew, and more. A fun and freindly event for all.

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Saturday, January 27, 2024

The Best Comedians Tonight Comedy Show

Date and Time: Saturday, January 27 7:30 pm - 10:10 pm

Address: 209 Ridge Road North, L0S1N0 Ridgeway

Comedy Night at The Sanctuary - Centre for the Arts with Dylan Gott and Clifford Myers on January 27. Doors open at 7:30 pm. 19+ Tickets are only available on www.ticketscene.ca.

Monday, January 29, 2024

Social Walking Club

Date and Time: Monday, January 29 10:00 am - 10:45 am

Address: Crystal Ridge Community Church, 241 Elmwood Avenue, Crystal Beach

Please come and join us every Monday morning at 10AM for a relaxing (or speedy) walk around Crystal Beach. We will meet at Crystal Ridge Community Church on Elmwood where you can park your car; (if you need to) and walk for approximately 45 mins (weather dependant).

DanceFit

Date and Time: Monday, January 29 4:00 pm - 5:00 pm

Address: Crystal Ridge Community Church, 241 Elmwood Avenue, Crystal Beach

Come and enjoy a series of low impact, jazzercized style DanceFit steps instructed by Donna Stein. Lots of fun and fitness to great music.

Qigong

Date and Time: Monday, January 29 5:00 pm - 6:00 pm

Address: Crystal Ridge Community Church, 241 Elmwood Avenue, Crystal Beach

Meditation in Motion. Under the instruction of Mike Van Natter enjoy a relaxing hour of Qigong, a system of coordinated body-posture and movement, breathing, and meditation¹ used for the purposes of health, spirituality, and martial-arts training.

Line Dancing Level 1

Date and Time: Monday, January 29 6:00 pm - 7:00 pm

Address: Crystal Ridge Community Church, 241 Elmwood Avenue, Crystal Beach

Join us for a fun hour of learning and dancing a choreographed set of line dances with instructor Lorraine Young.

Tuesday, January 30, 2024

Qigong

Date and Time: Tuesday, January 30 8:45 am - 9:45 am

Address: Crystal Ridge Community Church, 241 Elmwood Avenue, Crystal Beach

Meditation in Motion. Under the instruction of Mike Van Natter enjoy a relaxing hour of Qigong, a system of coordinated body-posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial-arts training.

Zumba

Date and Time: Tuesday, January 30 9:45 am - 10:30 am

Address: Crystal Ridge Community Church, 241 Elmwood Avenue, Crystal Beach

Join Holly for a fun and fast-paced 45-minute fitness class that involves cardio, and latin-inspired high and low intensity dance moves, designed to get your heart rate up and boost cardio endurance.

Ballet Barre

Date and Time: Tuesday, January 30 10:30 am - 11:15 am

Address: Crystal Ridge Community Church, 241 Elmwood Avenue, Crystal Beach

Join Holly for 45 mins intensive ballet barre class that will exercise and tone all your muscles using the barre, mat and light weights, a great workout to fun music.

Afternoon Tea

Date and Time: Tuesday, January 30 3:00 pm - 4:30 pm

Address: Crystal Ridge Community Church, 241 Elmwood Avenue, Crystal Beach

Come and join us for a fun social activity on Tuesday afternoons; where we can meet, socialize, enjoy a traditional afternoon tea of scrumptious scones, jam and cream. Come alone, with your partner, family, neighbours and friends. Everyone is welcome!

New Year, New You

Date and Time: Tuesday, January 30 4:00 pm - 5:00 pm

Address: 1485 Garrison Road

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January 16th- Setting personal goals

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For more information or to register: info@bridgeschc.ca or 905-871-7621 ext. 0

Tuesday night Darts

Date and Time: Tuesday, January 30 7:00 pm - 9:30 pm

Address: 228 South Mill St.

Open to everyone - Fun darts - blind draw weekly

<https://calendar.forterie.ca>