

## Monday, February 5, 2024

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### Social Walking Club

Date and Time: Monday, February 5 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).

### Yoga

Date and Time: Monday, February 5 12:00 pm - 1:00 pm

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

Enjoy a relaxing lunchtime hour of hatha yoga with instructor Sherri Dickson.

### DanceFit

Date and Time: Monday, February 5 04:00 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, February 5 05:00 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<sup>1</sup> used for the purposes of health, spirituality, and martial-arts training.

### Line Dancing Level 1

Date and Time: Monday, February 5 06:00 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, February 6, 2024

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### Qigong

Date and Time: Tuesday, February 6 08:45 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<sup>1</sup> used for the purposes of health, spirituality, and martial-arts training.

### Zumba

Date and Time: Tuesday, February 6 09:45 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, February 6 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, February 6 03:00 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, February 6 04:00 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](mailto:info@bridgeschc.ca) or 905-871-7621 ext. 0

## Tuesday night Darts

Date and Time: Tuesday, February 6 07:00 pm - 9:30 pm

Address: 228 South Mill St.

Open to everyone - Fun darts - blind draw weekly

## Wednesday, February 7, 2024

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### Hot Topics: Diabetes Pattern Management

Date and Time: Wednesday, February 7 03:00 pm - 4:00 pm

Address: 380 Elm Street, Port Colborne

Join us to learn more about why blood sugar seems to respond in particular ways when we least expect it. For more information or to register for a program contact [info@bridgeschc.ca](mailto:info@bridgeschc.ca) or 289-479-5017 ext. 0.

### Cook Dinner With Me For Under \$10

Date and Time: Wednesday, February 7 05:00 pm - 6:00 pm

Address: 1485 Garrison Road

Join Registered Dietitian, Christina, in an online session over dinner time to learn tips and strategies to cope with the rising costs of food and to cook alongside her as she prepares a healthy, family sized meal under \$10. For more information or to register, contact [info@bridgeschc.ca](mailto:info@bridgeschc.ca) or 905-871-7621 ext. 0

## Thursday, February 8, 2024

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### The Good Food Box

Date and Time: Thursday, February 8 08:30 am

Address: 1485 Garrison Road

Order by February 8th. Pick up is February 15th. Orders are also accepted in person at both Bridges CHC sites. For more information or to order online visit: [linksforgreenerlearning.org/programs/good-food-box-pop-up-market](https://linksforgreenerlearning.org/programs/good-food-box-pop-up-market)

## Hot Topics: Dental Programs and Dental Health

Date and Time: Thursday, February 8 02:00 pm - 3:00 pm

Address: 1485 Garrison Road

Join us to review the Canadian Dental Care Plan (CDCP) and Ontario Seniors Dental Care Program (OSDCP). We will also discuss the importance of dental health and nutrition. For more information or to register for a program contact [info@bridgeschc.ca](mailto:info@bridgeschc.ca), 905-871-7621 ext. 0

## Saturday, February 10, 2024

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### An Evening with The Fleetwood Mac Experience

Date and Time: Saturday, February 10 07:30 pm - 10:30 pm

Address: 209 Ridge Road North, L0S1N0 Ridgeway

Enjoy a night out with The Fleetwood Mac Experience playing all the favourites by Fleetwood Mac on February 10. Doors open at 7:30pm. All ages. Mostly Seated. See you at The DSanctuary - Centre for the Arts.

## Monday, February 12, 2024

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### Social Walking Club

Date and Time: Monday, February 12 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).

### Yoga

Date and Time: Monday, February 12 12:00 pm - 1:00 pm

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

Enjoy a relaxing lunchtime hour of hatha yoga with instructor Sherri Dickson.

## DanceFit

Date and Time: Monday, February 12 04:00 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, February 12 05:00 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, February 12 06:00 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, February 13, 2024

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## Zumba

Date and Time: Tuesday, February 13 09:45 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, February 13 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.

## Valentines Afternoon Tea

Date and Time: Tuesday, February 13 03:00 pm - 4:30 pm

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

Come and join us for a fun social activity at our special monthly themed **Valentines Afternoon Tea**. Meet, socialize and enjoy a traditional afternoon tea of scrumptious scones, jam and cream, along with some extra delights. 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, February 13 04:00 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](mailto:info@bridgeschc.ca) or 905-871-7621 ext. 0

## Tuesday night Darts

Date and Time: Tuesday, February 13 07:00 pm - 9:30 pm

Address: 228 South Mill St.

Open to everyone - Fun darts - blind draw weekly

## Thursday, February 15, 2024

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### Pop Up Market

Date and Time: Thursday, February 15 10:00 am

Address: 241 Elmwood Ave., Crystal Beach

Fresh veggies and fruits at greatly reduced prices - available to everyone. 241 Elmwood Ave., Crystal Beach  
Start at 10am till sold out. No credit or debit. Please bring small cash and your own bag.

## Ridgeway Lions Pasta Dinner

Date and Time: Thursday, February 15 04:00 pm - 6:30 pm

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

Serving Spaghetti, Penne, Homemade Meatballs, Sausage, Salad, Bread, Cookies, Coffee and Tea, Adults \$12.00, Children under 10 years \$6.00, Under 5 Free, Take out or Dine In, we accept Cash, Debit and Credit

## Tuesday, February 20, 2024

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### Zumba

Date and Time: Tuesday, February 20 09:45 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, February 20 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, February 20 03:00 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, February 20 04:00 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

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February 6th- Stress reduction

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For more information or to register: [info@bridgeschc.ca](mailto:info@bridgeschc.ca) or 905-871-7621 ext. 0

## **Tuesday night Darts**

Date and Time: Tuesday, February 20 07:00 pm - 9:30 pm

Address: 228 South Mill St.

Open to everyone - Fun darts - blind draw weekly

## **Wednesday, February 21, 2024**

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### **Bertie Historical Society Presentation**

Date and Time: Wednesday, February 21 06:00 pm - 8:00 pm

Address: Crystal Ridge Branch of Fort Erie Public Library, 89 Ridge Rd. S., Ridgeway

In coordination with the Fort Erie Standing Committee on Heritage, the Bertie Historical Society brings you a presentation by the Heritage Committee about a recently designated heritage building, The Stone House (Haun/Claus/Lawson House) in Ridgeway.

## **Friday, February 23, 2024**

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### **An evening with the Jimmy Rankin Trio - Harvest Highway**

Date and Time: Friday, February 23 07:30 pm - 10:00 pm

Address: 209 Ridge Road North, L0S1N0 Ridgeway

Jimmy Rancin is back as a trio on February 23 at The Sanctuary - Centre for the Arts. Doors open at 7:30 pm. This is a seated show. Tickets are available on [ticketscene.ca](http://ticketscene.ca).

## **Saturday, February 24, 2024**

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### **Coldest Night of the Year (Brain Injury Association of Fort Erie)**

Date and Time: Saturday, February 24 04:00 pm - 7:00 pm

Address: Greater Fort Erie Secondary school - 1640 Garrison Rd., Fort Erie L2A 5M4



The **Coldest Night of the Year** is a winterrific family-friendly walk in support of local charities serving people experiencing hurt, hunger, and homelessness. Join us on **February 24, 2024** - team up, fundraise, walk, and take a moment to look closer... because it's cold out there.

## **Monday, February 26, 2024**

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### **Social Walking Club**

Date and Time: Monday, February 26 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).

### **Yoga**

Date and Time: Monday, February 26 12:00 pm - 1:00 pm

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

Enjoy a relaxing lunchtime hour of yoga with instructor Scherri Dickson.

### **DanceFit**

Date and Time: Monday, February 26 04:00 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, February 26 05:00 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<sup>1</sup> used for the purposes of health, spirituality, and martial-arts training.

### **Line Dancing Level 1**

Date and Time: Monday, February 26 06:00 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, February 27, 2024**

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### **Zumba**

Date and Time: Tuesday, February 27 09:45 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, February 27 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, February 27 03:00 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!

### **Tuesday night Darts**

Date and Time: Tuesday, February 27 07:00 pm - 9:30 pm

Address: 228 South Mill St.

Open to everyone - Fun darts - blind draw weekly

## **Thursday, February 29, 2024**

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## Healthy Eating As We Age

Date and Time: Thursday, February 29 01:00 pm - 2:00 pm

Address: 265 High St, Fort Erie

Join us at Douglas Heights Seniors Centre to learn about eating habits and choices that support healthy aging. For more information or to register for a program contact [info@bridgeshc.ca](mailto:info@bridgeshc.ca) or 905-871-7621 ext.0

<https://calendar.forterie.ca>