

## Sunday, October 1, 2023

---

### Crystal Beach Farmers Market

Date and Time: Sunday, October 1 08:00 am - 12:00 pm

Address: The Grove (4000 block of Erie Road between Oxford Avenue and Oakwood Avenue)

Join us each and every Sunday until Thanksgiving weekend! Market starts at 8am with Yoga in The Grove commencing at 8:30am. Egg farmer present the last Sunday of each month. Harish on hand with fresh produce & spices. Come past Rishi and Sarb's booth for beautiful women's clothing with an Eastern flare! South American brisket with chimmichurry prepared at Rustic South. Bungin Foods featuring bee products & preserves. Assortment of hand crafted jewelry. No two Sundays alike, so come through every week for a new variety of vendors!

### Concert featuring "Second Hand News"

Date and Time: Sunday, October 1 04:00 pm - 8:00 pm

Address: 228 South Mill St.

Sunday afternoon event with dinner and featuring the music of Second Hand News. No admission fee but \$10 for dinner.

## Monday, October 2, 2023

---

### Social Walking Club

Date and Time: Monday, October 2 09:30 am - 10:30 am

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

Please come and join us every Monday morning at 9:30 AM 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 45 mins – 1 hour (weather dependant), ending at Crystal Ball Café, where we can sit and socialise, drink tea/coffee, etc., if you want.

### DanceFit

Date and Time: Monday, October 2 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, October 2 05:00 pm - 6:00 pm

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

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, October 2 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.

## Women's Self Defense 4 Week Workshop

Date and Time: Monday, October 2 07:00 pm - 8:00 pm

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

### COMMON SENSE SELF DEFENCE

A no-nonsense, practical, and simple means of defending oneself against aggression through common practical scenarios. The ongoing focus of the program is one of deterrence employing decisive, yet non-lethal means. This is not a martial arts class, and while hands-on, is not combative in nature.

Basic techniques such a punches, kicks, blocks, and strikes will be utilized in conjunction with variable escapes against grabs, holds, chokes and restraints. Study of basic human anatomy, physics as related to body mechanics and elementary psychology will also be employed, enabling participants to develop a well-rounded attitude of confidence against unwanted aggression.

While primarily designed to provide women with confidence in their day-today routines, the program is useful for adults of all ages. No experience is necessary. Emphasis will be given to scenarios participants themselves would like to address, giving this program a unique and real-world approach to defending oneself.

Your instructor, Mike Van Natter, is a 7<sup>th</sup> Dan Karate Black Belt, former kick-boxing trainer and handgun safety instructor with over 40 years experience all things self-defence, with experience in restoring confidence in rape victims and people of various ethnic backgrounds.

Pre-registration is required. Contact [jacquibudd.acb@gmail.com](mailto:jacquibudd.acb@gmail.com); 647 633 6693

**Tuesday, October 3, 2023**

## Zumba

Date and Time: Tuesday, October 3 09:45 am - 10:30 am

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

## Ballet Barre

Date and Time: Tuesday, October 3 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.

## Line Dancing with Val

Date and Time: Tuesday, October 3 11:00 am - 12:00 pm

Address: 228 South Mill St.

New at the Ridgeway Legion - Line Dancing with Val

## Ageless Grace

Date and Time: Tuesday, October 3 02:00 pm - 3:00 pm

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

**Ageless Grace** is the number one health concern of people of all ages is losing cognitive function and mobility as we age. Ageless Grace is a worldwide program that has helped thousands of mature adults strengthen their minds and bodies through the power of play. We are so honoured to have our own certified instructor here in Crystal Beach to teach this awesome program. For further information check out the creators website, <https://agelessgrace.com/> and watch her video <https://youtu.be/Ihj7K5VMgAU>

## Afternoon Tea

Date and Time: Tuesday, October 3 03:00 pm - 5:00 pm

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

Come and join us for a fun social activity on Tuesday afternoons between 3-5PM; where we can meet, socialize, enjoy a traditional afternoon tea (and dance to some classic old-time music if you want). Come alone, with your partner, family, neighbours and friends. Everyone is welcome!

## Tuesday night Darts

Date and Time: Tuesday, October 3 07:00 pm - 9:30 pm

Address: 228 South Mill St.

Open to everyone - Fun darts - blind draw weekly

## **Sunday, October 8, 2023**

---

### **Crystal Beach Farmers Market**

Date and Time: Sunday, October 8 08:00 am - 12:00 pm

Address: The Grove (4000 block of Erie Road between Oxford Avenue and Oakwood Avenue)

Join us each and every Sunday until Thanksgiving weekend! Market starts at 8am with Yoga in The Grove commencing at 8:30am. Egg farmer present the last Sunday of each month. Harish on hand with fresh produce & spices. Come past Rishi and Sarb's booth for beautiful women's clothing with an Eastern flare! South American brisket with chimmichurry prepared at Rustic South. Bungin Foods featuring bee products & preserves. Assortment of hand crafted jewelry. No two Sundays alike, so come through every week for a new variety of vendors!

## **Tuesday, October 10, 2023**

---

### **Zumba**

Date and Time: Tuesday, October 10 09:45 am - 10:30 am

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

### **Ballet Barre**

Date and Time: Tuesday, October 10 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.

### **Line Dancing with Val**

Date and Time: Tuesday, October 10 11:00 am - 12:00 pm

Address: 228 South Mill St.

New at the Ridgeway Legion - Line Dancing with Val

## Ageless Grace

Date and Time: Tuesday, October 10 02:00 pm - 3:00 pm

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

**Ageless Grace** is the number one health concern of people of all ages is losing cognitive function and mobility as we age. Ageless Grace is a worldwide program that has helped thousands of mature adults strengthen their minds and bodies through the power of play. We are so honoured to have our own certified instructor here in Crystal Beach to teach this awesome program. For further information check out the creators website, <https://agelessgrace.com/and> watch her video <https://youtu.be/lhj7K5VMgAU>

## Afternoon Tea

Date and Time: Tuesday, October 10 03:00 pm - 5:00 pm

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

Come and join us for a fun social activity on Tuesday afternoons between 3-5PM; where we can meet, socialize, enjoy a traditional afternoon tea (and dance to some classic old-time music if you want). Come alone, with your partner, family, neighbours and friends. Everyone is welcome!

## Tuesday night Darts

Date and Time: Tuesday, October 10 07:00 pm - 9:30 pm

Address: 228 South Mill St.

Open to everyone - Fun darts - blind draw weekly

## Beachcombers - Yoga

Date and Time: Tuesday, October 10 07:00 pm - 8:00 pm

Address: 237 Ridge Road Ridgeway

Membership Required

Membership - \$20.00 / year.

Cost of program \$2.00 / class

## Beachcombers - Yoga

Date and Time: Tuesday, October 10 07:00 pm - 8:00 pm

Address: 237 Ridge Road Ridgeway

Membership Required

Membership - \$20.00 / year.

Cost of program \$2.00 / class

## **Wednesday, October 11, 2023**

---

### **Beachcombers - Advanced Line Dancing**

Date and Time: Wednesday, October 11 10:00 am - 11:00 am

Address: 237 Ridge Road Ridgeway

Membership Required

Membership cost \$20.00/ year

Program cost \$2.00 / class

### **Beachcombers - Advanced Line Dancing**

Date and Time: Wednesday, October 11 10:00 am - 11:00 am

Address: 237 Ridge Road Ridgeway

Membership Required

Membership cost \$20.00/ year

Program cost \$2.00 / class

### **Beachcombers - Yoga**

Date and Time: Wednesday, October 11 11:15 am - 12:15 pm

Address: 237 Ridge Road Ridgeway

Membership Required

Membership - \$20.00 / year.

Cost of program \$2.00 / class

### **Beachcombers - Upholstery Class**

Date and Time: Wednesday, October 11 01:00 pm - 3:00 pm

Address: 237 Ridge Road Ridgeway

Membership Required

Membership cost \$20.00/ year

Program cost \$2.00/ class

## **Thursday, October 12, 2023**

---

### **Beachcombers Chair & Stand Exercises**

Date and Time: Thursday, October 12 09:00 am - 10:00 am

Address: 237 Ridge Road Ridgeway

Must be a member.

Membership \$20.00 / year

Program cost \$2.00/ class

### **Beachcombers Chair & Stand Exercises**

Date and Time: Thursday, October 12 09:00 am - 10:00 am

Address: 237 Ridge Road Ridgeway

Must be a member.

Membership \$20.00 / year

Program cost \$2.00/ class

### **Service Canada**

Date and Time: Thursday, October 12 10:00 am - 1:00 pm

Address: 228 South Mill St.

Service Canada is at the Ridgeway Legion for your convenience

### **Beachcombers - Darts**

Date and Time: Thursday, October 12 01:00 pm - 3:30 pm

Address: 237 Ridge Road Ridgeway

Membership Required

Membership Cost \$20.00 per year

Cost to play \$2.00 / week

## **Beachcombers - Darts**

Date and Time: Thursday, October 12 01:00 pm - 3:30 pm

Address: 237 Ridge Road Ridgeway

Membership Required

Membership Cost \$20.00 per year

Cost to play \$2.00 / week

## **Beachcombers - Yoga**

Date and Time: Thursday, October 12 07:00 pm - 8:00 pm

Address: 237 Ridge Road Ridgeway

Membership Required

Membership - \$20.00 / year.

Cost of program \$2.00 / class

## **Friday, October 13, 2023**

---

## **Beachcombers - Shuffleboard**

Date and Time: Friday, October 13 09:00 am - 10:30 am

Address: 237 Ridge Road Ridgeway

Membership Required

Membership Cost \$20.00/ year

Program cost - \$2.00/ class

## **Beachcombers - Shuffleboard**

Date and Time: Friday, October 13 09:00 am - 11:00 am

Address: 237 Ridge Road Ridgeway

Membership Required

Membership Cost \$20.00/ year



Program cost - \$2.00/ class

## **Beachcombers - Beginner's Line Dancing**

Date and Time: Friday, October 13 09:30 am - 10:30 am

Address: 237 Ridge Road Ridgeway

Membership Required

Membership Cost - \$20.00 / year

Cost \$2.00 / class

## **Beachcombers - Chair Yoga**

Date and Time: Friday, October 13 10:45 am - 11:45 am

Address: 237 Ridge Road Ridgeway

Membership Required

Membership Cost - \$20.00/year

Cost per program \$2.00

## **Beachcombers - Chair Yoga**

Date and Time: Friday, October 13 10:45 am - 11:45 am

Address: 237 Ridge Road Ridgeway

Membership Required

Membership Cost - \$20.00/year

Cost per program \$2.00

## **Beachcombers - Art Class**

Date and Time: Friday, October 13 12:30 pm - 3:30 pm

Address: 237 Ridge Road Ridgeway

Membership Required

Membership Cost \$20.00

Program cost \$2.00/ per program

## **Beachcombers - Art Class**

Date and Time: Friday, October 13 12:30 pm - 3:30 pm

Address: 237 Ridge Road Ridgeway

Membership Required

Membership Cost \$20.00

Program cost \$2.00/ per program

## **Beachcombers - Cribbage**

Date and Time: Friday, October 13 01:00 pm - 3:30 pm

Address: 237 Ridge Road Ridgeway

Membership Required

Membership Cost - \$20.00 / year

Program Cost \$2.00/ Program

## **Beachcombers - Cribbage**

Date and Time: Friday, October 13 01:00 pm - 3:30 pm

Address: 237 Ridge Road Ridgeway

Membership Required

Membership Cost - \$20.00 / year

Program Cost \$2.00/ Program

## **Beachcombers - Beginner's Line Dancing**

Date and Time: Friday, October 13 05:00 pm - 6:00 pm

Address: 237 Ridge Road Ridgeway

Membership Required

Membership Cost - \$20.00 / year

Cost \$2.00 / class

## **Crystal Journey At The Sanctuary**

Date and Time: Friday, October 13 07:00 pm - 10:30 pm

Address: 209 Ridge Road North

Friday, October 13th The Sanctuary - Centre for the Arts 209 Ridge Road N Ridgeway, ON 7:30-9:30pm  
Doors Open At 7pm Cost \$30/Person At The Door Or To Purchase Tickets Visit:  
<https://www.ticketscene.ca/events/44338/> Bring A Yoga Mat Or Blanket To Lie On. Chairs Will Be Available.  
Please check event status upon arrival.

## **Saturday, October 14, 2023**

---

### **Ridgeway Fall Market & Breakfast**

Date and Time: Saturday, October 14 08:00 am - 12:00 pm

Address: 228 South Mill St.

Artisan, craft, & hand made beauties at our Fall/Christmas market. Breakfast available at great prices.

## **Sunday, October 15, 2023**

---

### **British Invasion event**

Date and Time: Sunday, October 15 04:00 pm - 8:00 pm

Address: 228 South Mill St.

Enjoy a traditional british afternoon with entertainment by British Invasion and \$10 will get you a Shepherd's Pie dinner

## **Monday, October 16, 2023**

---

### **Tai Chi**

Date and Time: Monday, October 16 08:45 am - 9:45 am

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

Join instructor Mike Van Natter in relaxation and practicing the Yang style Tai chi short form 24

### **Beachcombers - Shuffleboard**

Date and Time: Monday, October 16 09:00 am - 10:30 am

Address: 237 Ridge Road Ridgeway

Membership Required

Membership Cost \$20.00/ year

Program cost - \$2.00/ class

## Beachcombers Chair & Stand Exercises

Date and Time: Monday, October 16 09:00 am - 10:00 am

Address: 237 Ridge Road Ridgeway

Must be a member.

Membership \$20.00 / year

Program cost \$2.00/ class

## Social Walking Club

Date and Time: Monday, October 16 09:30 am - 10:30 am

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

Please come and join us every Monday morning at 9:30 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 45 mins – 1 hour (weather dependant), ending at Crystal Ball Café, where we can sit and socialise, drink tea/coffee, etc., if you want.

## DanceFit

Date and Time: Monday, October 16 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, October 16 05:00 pm - 6:00 pm

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

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>l</sup> used for the purposes of health, spirituality, and martial-arts training.

## Line Dancing Level 1

Date and Time: Monday, October 16 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.

## Women's Self Defense 4 Week Workshop

Date and Time: Monday, October 16 07:00 pm - 8:00 pm

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

### COMMON SENSE SELF DEFENCE

A no-nonsense, practical, and simple means of defending oneself against aggression through common practical scenarios. The ongoing focus of the program is one of deterrence employing decisive, yet non-lethal means. This is not a martial arts class, and while hands-on, is not combative in nature.

Basic techniques such as punches, kicks, blocks, and strikes will be utilized in conjunction with variable escapes against grabs, holds, chokes and restraints. Study of basic human anatomy, physics as related to body mechanics and elementary psychology will also be employed, enabling participants to develop a well-rounded attitude of confidence against unwanted aggression.

While primarily designed to provide women with confidence in their day-to-day routines, the program is useful for adults of all ages. No experience is necessary. Emphasis will be given to scenarios participants themselves would like to address, giving this program a unique and real-world approach to defending oneself.

Your instructor, Mike Van Natter, is a 7<sup>th</sup> Dan Karate Black Belt, former kick-boxing trainer and handgun safety instructor with over 40 years experience all things self-defence, with experience in restoring confidence in rape victims and people of various ethnic backgrounds.

Pre-registration required. Contact: [Jacquibudd.acb@gmail.com](mailto:Jacquibudd.acb@gmail.com); 647-633-6693

## Tuesday, October 17, 2023

---

### Zumba

Date and Time: Tuesday, October 17 09:45 am - 10:30 am

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

### Ballet Barre

Date and Time: Tuesday, October 17 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.

## Line Dancing with Val

Date and Time: Tuesday, October 17 11:00 am - 12:00 pm

Address: 228 South Mill St.

New at the Ridgeway Legion - Line Dancing with Val

## Ageless Grace

Date and Time: Tuesday, October 17 02:00 pm - 3:00 pm

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

**Ageless Grace** is the number one health concern of people of all ages is losing cognitive function and mobility as we age. Ageless Grace is a worldwide program that has helped thousands of mature adults strengthen their minds and bodies through the power of play. We are so honoured to have our own certified instructor here in Crystal Beach to teach this awesome program. For further information check out the creators website, <https://agelessgrace.com/> and watch her video <https://youtu.be/Ihj7K5VMgAU>

## Afternoon Tea

Date and Time: Tuesday, October 17 03:00 pm - 5:00 pm

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

Come and join us for a fun social activity on Tuesday afternoons between 3-5PM; where we can meet, socialize, enjoy a traditional afternoon tea (and dance to some classic old-time music if you want). Come alone, with your partner, family, neighbours and friends. Everyone is welcome!

## Tuesday night Darts

Date and Time: Tuesday, October 17 07:00 pm - 9:30 pm

Address: 228 South Mill St.

Open to everyone - Fun darts - blind draw weekly

## Thursday, October 19, 2023

---

**Emergency Preparedness, Cyber Security Tips & Crime Prevention**

Date and Time: Thursday, October 19 01:00 pm - 3:00 pm

Address: 265 High Street ( Douglas Heights Seniors Centre)

The Fort Erie Senior's Advisory Committee invites you to join a Community Session regarding Emergency Preparedness, Cyber Security Tips & Crime Prevention

Please call Deborah to sign up ( 289-821-19720) or sign up at the Douglas Heights Seniors Centre

## **Ridgeway Lions Pasta Dinner**

Date and Time: Thursday, October 19 04:00 pm - 6:30 pm

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

Serving spaghetti, penne, homemade meatballs, sausage, cookies. Adults takeout \$12.00 / Children \$6.00. Takeout or Dine in.

## **Saturday, October 21, 2023**

---

### **Ridgeway Fall Market & Breakfast**

Date and Time: Saturday, October 21 08:00 am - 12:00 pm

Address: 228 South Mill St.

Artisan, craft, & hand made beauties at our Fall/Christmas market. Breakfast available at great prices.

## **Monday, October 23, 2023**

---

### **Social Walking Club**

Date and Time: Monday, October 23 09:30 am - 10:30 am

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

Please come and join us every Monday morning at 9:30 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 45 mins – 1 hour (weather dependant), ending at Crystal Ball Café, where we can sit and socialise, drink tea/coffee, etc., if you want.

### **DanceFit**

Date and Time: Monday, October 23 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, October 23 05:00 pm - 6:00 pm

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

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, October 23 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.

## Midnight Massacre - A Murder Mystery at Brimstone Brewing Company

Date and Time: Monday, October 23 06:30 pm - 7:00 pm

Address: 209 Ridge Road North

Due to popular demand we decided to bring Detective Al Ketchem back. This is for all of you who missed this show. Join Detective Al Ketchem as he tries to solve the case of "whodunit," in this interactive musical murder mystery event written especially for Brimstone Brewing Company! Everyone is a suspect! Do you have what it takes to solve the case? If you do, you win a prize!

Chef Jess is preparing a buffet dinner with Bread and butter, Shaved roast beef in mushroom and onion sauce, Garlic smashed potatoes, Roasted vegetables and for dessert Cookies and squares (all included in the ticket price). A cash bar is available. Please let us know ahead of time if you have any dietary restrictions.

We are looking forward to spending the evening with you in a murderously funny atmosphere.

Doors open at 6:30 pm. The show will start at 7 pm. Tickets are available only at [ticketscene.ca](https://www.ticketscene.ca).

## Women's Self Defense 4 Week Workshop

Date and Time: Monday, October 23 07:00 pm - 8:00 pm

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



## COMMON SENSE SELF DEFENCE

A no-nonsense, practical, and simple means of defending oneself against aggression through common practical scenarios. The ongoing focus of the program is one of deterrence employing decisive, yet non-lethal means. This is not a martial arts class, and while hands-on, is not combative in nature.

Basic techniques such as punches, kicks, blocks, and strikes will be utilized in conjunction with variable escapes against grabs, holds, chokes and restraints. Study of basic human anatomy, physics as related to body mechanics and elementary psychology will also be employed, enabling participants to develop a well-rounded attitude of confidence against unwanted aggression.

While primarily designed to provide women with confidence in their day-to-day routines, the program is useful for adults of all ages. No experience is necessary. Emphasis will be given to scenarios participants themselves would like to address, giving this program a unique and real-world approach to defending oneself.

Your instructor, Mike Van Natter, is a 7<sup>th</sup> Dan Karate Black Belt, former kick-boxing trainer and handgun safety instructor with over 40 years experience all things self-defence, with experience in restoring confidence in rape victims and people of various ethnic backgrounds.

Pre-registration required. Contact: [Jacquibudd.acb@gmail.com](mailto:Jacquibudd.acb@gmail.com); 647-633-6693

## Tuesday, October 24, 2023

---

### Tai Chi

Date and Time: Tuesday, October 24 08:45 am - 9:45 am

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

Join instructor Mike Van Natter in relaxation and practicing the Yang style Tai chi short form 24

### Zumba

Date and Time: Tuesday, October 24 09:45 am - 10:30 am

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

### Ballet Barre

Date and Time: Tuesday, October 24 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.

### Line Dancing with Val

Date and Time: Tuesday, October 24 11:00 am - 12:00 pm

Address: 228 South Mill St.

New at the Ridgeway Legion - Line Dancing with Val

## Ageless Grace

Date and Time: Tuesday, October 24 02:00 pm - 3:00 pm

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

**Ageless Grace** is the number one health concern of people of all ages is losing cognitive function and mobility as we age. Ageless Grace is a worldwide program that has helped thousands of mature adults strengthen their minds and bodies through the power of play. We are so honoured to have our own certified instructor here in Crystal Beach to teach this awesome program. For further information check out the creators website, <https://agelessgrace.com/> and watch her video <https://youtu.be/Ihj7K5VMgAU>

## Afternoon Tea

Date and Time: Tuesday, October 24 03:00 pm - 5:00 pm

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

Come and join us for a fun social activity on Tuesday afternoons between 3-5PM; where we can meet, socialize, enjoy a traditional afternoon tea (and dance to some classic old-time music if you want). Come alone, with your partner, family, neighbours and friends. Everyone is welcome!

## Tuesday night Darts

Date and Time: Tuesday, October 24 07:00 pm - 9:30 pm

Address: 228 South Mill St.

Open to everyone - Fun darts - blind draw weekly

## Thursday, October 26, 2023

---

### Rotary Club of Fort Erie - Name That Tune

Date and Time: Thursday, October 26 02:00 pm - 4:00 pm

Address: 130 Garrison Road, Fort Erie

Test your musical knowledge at the Royal Canadian Legion Hall in Fort Erie. Sponsored by the Rotary Club of Fort Erie. Prizes awarded, donations accepted.

## **Saturday, October 28, 2023**

---

### **Ridgeway Fall Market & Breakfast**

Date and Time: Saturday, October 28 08:00 am - 12:00 pm

Address: 228 South Mill St.

Artisan, craft, & hand made beauties at our Fall/Christmas market. Breakfast available at great prices.

### **Rotary Club of Fort Erie - Rotzi Halloween Event**

Date and Time: Saturday, October 28 11:00 am - 3:00 pm

Address: Jarvis Street, Fort Erie

Rotary Club of Fort Erie presents - Rotzi. Have your kids get a picture with a zombie at the parade. Candy and comic books given free. See website for more information. Become a Rotarian member today!

### **Bridgeburg BIA Halloween Event**

Date and Time: Saturday, October 28 11:00 am - 5:00 pm

Address: Jarvis Street

Trick or Treat among the shops and Businesses on Jarvis Street from 11am -5pm. Jarvis Street will be closed from Central Ave. to Niagara River Parkway. Food, Vendors, Costume Contest, Face Painting and much much!!

## **Sunday, October 29, 2023**

---

### **Concerts continue**

Date and Time: Sunday, October 29 05:00 pm - 6:00 pm

Address: 228 South Mill St.

Local band "Dirt Road" join us for an afternoon of fun and music. No admission fee but \$10 for your dinner.

## **Monday, October 30, 2023**

---

### **Social Walking Club**

Date and Time: Monday, October 30 09:30 am - 10:30 am

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

Please come and join us every Monday morning at 9:30 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 45 mins – 1 hour (weather dependant), ending at Crystal Ball Café, where we can sit and socialise, drink tea/coffee, etc., if you want.

## DanceFit

Date and Time: Monday, October 30 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, October 30 05:00 pm - 6:00 pm

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

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>l</sup>used for the purposes of health, spirituality, and martial-arts training.

## Line Dancing Level 1

Date and Time: Monday, October 30 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.

## Women's Self Defense 4 Week Workshop

Date and Time: Monday, October 30 07:00 pm - 8:00 pm

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

### COMMON SENSE SELF DEFENCE

A no-nonsense, practical, and simple means of defending oneself against aggression through common practical scenarios. The ongoing focus of the program is one of deterrence employing decisive, yet non-lethal means. This is not a martial arts class, and while hands-on, is not combative in nature.

Basic techniques such a punches, kicks, blocks, and strikes will be utilized in conjunction with variable escapes

against grabs, holds, chokes and restraints. Study of basic human anatomy, physics as related to body mechanics and elementary psychology will also be employed, enabling participants to develop a well-rounded attitude of confidence against unwanted aggression.

While primarily designed to provide women with confidence in their day-today routines, the program is useful for adults of all ages. No experience is necessary. Emphasis will be given to scenarios participants themselves would like to address, giving this program a unique and real-world approach to defending oneself.

Your instructor, Mike Van Natter, is a 7<sup>th</sup> Dan Karate Black Belt, former kick-boxing trainer and handgun safety instructor with over 40 years experience all things self-defence, with experience in restoring confidence in rape victims and people of various ethnic backgrounds.

Pre-registration required. Contact: [Jacquibudd.acb@gmail.com](mailto:Jacquibudd.acb@gmail.com); 647-633-6693

## Monday Night at the Movies

Date and Time: Monday, October 30 07:00 pm - 9:00 pm

Address: Meridian Centre for the Arts - GFESS, 1640 Garrison Rd, Fort Erie

Monday Night at the Movies is brought to you by the Fort Erie Film Circuit (FEFC) working in partnership with the Toronto International Film Festival (TIFF). Tickets available at the door. \$10 each or a book of 3 for \$25.

## Tuesday, October 31, 2023

---

### Tai Chi

Date and Time: Tuesday, October 31 08:45 am - 9:45 am

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

Join instructor Mike Van Natter in relaxation and practicing the Yang style Tai chi short form 24

### Zumba

Date and Time: Tuesday, October 31 09:45 am - 10:30 am

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

### Ballet Barre

Date and Time: Tuesday, October 31 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.

## Line Dancing with Val

Date and Time: Tuesday, October 31 11:00 am - 12:00 pm

Address: 228 South Mill St.

New at the Ridgeway Legion - Line Dancing with Val

## Ageless Grace

Date and Time: Tuesday, October 31 02:00 pm - 3:00 pm

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

**Ageless Grace** is the number one health concern of people of all ages is losing cognitive function and mobility as we age. Ageless Grace is a worldwide program that has helped thousands of mature adults strengthen their minds and bodies through the power of play. We are so honoured to have our own certified instructor here in Crystal Beach to teach this awesome program. For further information check out the creators website, <https://agelessgrace.com/and> watch her video <https://youtu.be/Ihj7K5VMgAU>

## Afternoon Tea

Date and Time: Tuesday, October 31 03:00 pm - 5:00 pm

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

Come and join us for a fun social activity on Tuesday afternoons between 3-5PM; where we can meet, socialize, enjoy a traditional afternoon tea (and dance to some classic old-time music if you want). Come alone, with your partner, family, neighbours and friends. Everyone is welcome!

## Tuesday night Darts

Date and Time: Tuesday, October 31 07:00 pm - 9:30 pm

Address: 228 South Mill St.

Open to everyone - Fun darts - blind draw weekly

<https://calendar.forterie.ca>