

## Monday, April 1, 2024

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### Social Walking Club

Date and Time: Monday, April 1 10:00 am - 11:00 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-1 hour (weather dependant).

### Yoga

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

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

Namaste! Join us for a relaxing hour of hatha yoga which is applicable to everyone, instruction can be given for the mat (bring your own) or chair, your choice.

### DanceFit

Date and Time: Monday, April 1 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, April 1 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<sup>l</sup>used for the purposes of health, spirituality, and martial-arts training.

### Line Dancing Level 1

Date and Time: Monday, April 1 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.

## Spring Self-Defence Workshop

Date and Time: Monday, April 1 7:00 pm - 8:00 pm

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

In this workshop you will learn a no-nonsense, practical, and simple means of defending yourself using basic techniques such as punches, kicks, blocks, and strikes in conjunction with variable escapes against grabs, holds, chokes and restraints.

This is not a martial arts class, and while hands-on, is not combative in nature.

Your instructor, Mike Van Natter, is a 7<sup>th</sup> Dan Karate Black Belt, former kick-boxing trainer and 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.

## Tuesday, April 2, 2024

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### Qigong

Date and Time: Tuesday, April 2 8:45 am - 9:45 am

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

Join us for an early morning 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, April 2 9:45 am - 10:30 am

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

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

### Ballet Barre

Date and Time: Tuesday, April 2 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.

## Weekly Afternoon Tea

Date and Time: Tuesday, April 2 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 at our weekly, traditional Afternoon Tea. Meet, socialize and enjoy a traditional afternoon tea of scrumptious scones, jam and cream, all served in beautiful vintage china. Come alone, with your partner, family, neighbours and friends. Everyone is welcome! Cost is just \$5 (or by donation).

## Tuesday night Darts

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

Address: 228 South Mill St.

Open to everyone - Fun darts - blind draw weekly

## Wednesday, April 3, 2024

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### Senior's Spring Fling Ticket Sales

Date and Time: Wednesday, April 3 3:00 pm - 5:00 pm

Address: Leisureplex, Fort Erie, ON

Senior's Spring Fling - Dinner 'N Dance - April 20, 2024. Ticket Sales April 3, 2024 at libraries, Centennial, St evensville and Crystal Ridge.

\$30 per ticket non-refundable. Full course dinner @ 6pm by Maria's Catering. Cash Bar, DJ, Door Prizes.

For more information, call 905-871-7905.

Hosted and supported by the Town of Fort Erie

Sponsored in part by the Fort Erie Italo-Canadian Club.

VIP Service for some Lucky Seniors.

## Friday, April 5, 2024

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### The Strictly Hip Acoustic

Date and Time: Friday, April 5 7:30 pm - 10:15 pm

Address: 209 Ridge Road North

The Strictly Hip is coming to town to celebrate the eclipse this weekend and we are thrilled. For the first time, we will be able to enjoy their musical offerings acoustically.

We can't wait to welcome you in April.

This will be a mostly seating event with some dancing space. Ticklets are only available on [ticketscene.ca](https://ticketscene.ca).

## **Saturday, April 6, 2024**

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### **Total Solar Eclipse Festival**

Date and Time: Saturday, April 6 12:00 pm - 10:00 pm

Address: Downtown Crystal Beach & Ridgeway

Join us for the Solar Eclipse Festival from April, 6th-8th, 2024!

Enjoy live music, food trucks and celebration of the Total Solar Eclipse.

Please see attached itinerary for details.

## **Sunday, April 7, 2024**

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### **Total Solar Eclipse Festival**

Date and Time: Sunday, April 7 12:00 pm - 10:00 pm

Address: Downtown Crystal Beach & Ridgeway

Join us for the Solar Eclipse Festival from April, 6th-8th, 2024!

Enjoy live music, food trucks and celebration of the Total Solar Eclipse.

Please see attached itinerary for details.

### **Advancing Crystal Beach's Eclipse Extravaganza**

Date and Time: Sunday, April 7 4:00 pm - 9:00 pm

Address: Bay Beach - 4155 Erie Road, Crystal Beach

Do you have Eclipse Plans for the weekend? Well ACB has got you covered! 🌑🌒 We will be hosting a Eclipse Extravaganza Under the Cosmic Sky on Sunday April 7th from 4-9pm. We will be having a BBQ, with space themes content as well as some educational eclipse content! Staff from the Ontario Science Center will be there to help educate us on the science behind the eclipse! It will be a fun day of a whole weekend of fun! Stay tuned for more information closer to the day!

## Monday, April 8, 2024

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### Total Solar Eclipse Festival

Date and Time: Monday, April 8 12:00 pm - 4:00 pm

Address: Downtown Crystal Beach & Ridgeway

Join us for the Solar Eclipse Festival from April, 6th-8th, 2024!

Enjoy live music, food trucks and celebration of the Total Solar Eclipse.

Please see attached itinerary for details.

### DanceFit

Date and Time: Monday, April 8 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, April 8 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<sup>l</sup>used for the purposes of health, spirituality, and martial-arts training.

### Line Dancing Level 1

Date and Time: Monday, April 8 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.

## Spring Self-Defence Workshop

Date and Time: Monday, April 8 7:00 pm - 8:00 pm

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

In this workshop you will learn a no-nonsense, practical, and simple means of defending yourself using basic techniques such as punches, kicks, blocks, and strikes in conjunction with variable escapes against grabs, holds, chokes and restraints.

This is not a martial arts class, and while hands-on, is not combative in nature.

Your instructor, Mike Van Natter, is a 7<sup>th</sup> Dan Karate Black Belt, former kick-boxing trainer and 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.

## Tuesday, April 9, 2024

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### Qigong

Date and Time: Tuesday, April 9 8:45 am - 9:45 am

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

Join us for an early morning 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, April 9 9:45 am - 10:30 am

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

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

### Ballet Barre

Date and Time: Tuesday, April 9 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.

## Weekly Afternoon Tea

Date and Time: Tuesday, April 9 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 at our weekly, traditional Afternoon Tea. Meet, socialize and enjoy a traditional afternoon tea of scrumptious scones, jam and cream, all served in beautiful vintage china. Come alone, with your partner, family, neighbours and friends. Everyone is welcome! Cost is just \$5 (or by donation).

## Tuesday night Darts

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

Address: 228 South Mill St.

Open to everyone - Fun darts - blind draw weekly

## Wednesday, April 10, 2024

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

Date and Time: Wednesday, April 10 5:00 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

## Tragedy at Snake Hill

Date and Time: Wednesday, April 10 6:00 pm - 8:00 pm

Address: Centennial Public Library, 136 Gilmore Rd., Fort Erie

Powerpoint Presentation by author June Chipp. Relive this important and largely unknown battle that took place during the Siege of Fort Erie during the War of 1812.

## Saturday, April 13, 2024

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### Whiskey Glasses - A tribute to Morgan Wallen SOLD OUT

Date and Time: Saturday, April 13 7:30 pm - 10:30 pm

Address: 209 Ridge Road North, L0S1N0 Ridgeway

Welcome Whiskey Glasses to The Sanctuary stage on April 13. This is a mostly standing show. Doors open at 7:30 pm, show starts at 8 pm. Tickets are available on [www.ticketscene.ca](http://www.ticketscene.ca). SOLD OUT

## Monday, April 15, 2024

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### Social Walking Club

Date and Time: Monday, April 15 10:00 am - 11:00 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-1 hour (weather dependant).

### Yoga

Date and Time: Monday, April 15 12:00 pm - 1:00 pm

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

Namaste! Join us for a relaxing hour of hatha yoga which is applicable to everyone, instruction can be given for the mat (bring your own) or chair, your choice.

### DanceFit

Date and Time: Monday, April 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, April 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, April 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.

## Spring Self-Defence Workshop

Date and Time: Monday, April 15 7:00 pm - 8:00 pm

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

In this workshop you will learn a no-nonsense, practical, and simple means of defending yourself using basic techniques such as punches, kicks, blocks, and strikes in conjunction with variable escapes against grabs, holds, chokes and restraints.

This is not a martial arts class, and while hands-on, is not combative in nature.

Your instructor, Mike Van Natter, is a 7<sup>th</sup> Dan Karate Black Belt, former kick-boxing trainer and 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.

## Tuesday, April 16, 2024

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### Qigong

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

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

Join us for an early morning 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, April 16 9:45 am - 10:30 am

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

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

## **Ballet Barre**

Date and Time: Tuesday, April 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.

## **Spring Floral Afternoon Tea**

Date and Time: Tuesday, April 16 3:00 pm - 5:00 pm

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

Spring is the time to energize, when our gardens are bursting with new life. Get out your floral blouses, pants and hats and lets celebrate and enjoy a social afternoon sipping endless cups of tea with scrummy scones, jam and cream, plus extra delights, served in beautiful vintage china.

Bring your family and friends, or come on your own and meet your neighbours and make new friends.

Please contact [jacquibudd.acb@gmail.com](mailto:jacquibudd.acb@gmail.com) to reserve your spot.

Group tables can also be reserved.

Cost is \$5 (or by donation)

## **Tuesday night Darts**

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

Address: 228 South Mill St.

Open to everyone - Fun darts - blind draw weekly

## **Wednesday, April 17, 2024**

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### **Birds of Niagara**

Date and Time: Wednesday, April 17 6:00 pm - 8:00 pm

Address: Fort Erie Public Library, Centennial Branch, 136 Gilmore Rd., Fort Erie

A Powerpoint Presentation with expert birder Marcie Jacklin. Presented by Bertie Historical Society and Fort Erie Public Library. Our local birds with a historical twist.

## **Thursday, April 18, 2024**

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## Ridgeway Lions Pasta Dinner

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

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

Serving Spaghetti, Penne, Home Made Meatballs, Sausage, Salad, Bread, Cookies, Tea and Coffee, Adults \$12.00, Children under 10 \$6.00, Under 5 Free, Dine In or Take Out, Cash, Debit or Credit

## Friday, April 19, 2024

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### "Down the Fire" for Rowen's Legacy

Date and Time: Friday, April 19 7:30 pm - 10:30 pm

Address: 209 Ridge Road North

We are proud to host "Down the Fire" - a Rock band made up of your local doctors who loves to rock out in support of community groups and charities for the last 10 years. You may have watched them perform in the Rock of Dimes Battle of the Bands.

Come and see your favourite medical men play classic rock from the 70s to 90s mixed in with some incredible original music that will have you up dancing like you're back in high school. It's a prescription for the soul.

There will be a silent auction and full bar in great atmosphere.

Doors open at 7:30 pm, show starts at 8 pm. We will offer seating and room for dancing.

All proceeds go to the "The Rowen Grace Treleaven Scholarship Fund", put into place to help students, at West Niagara Secondary School with a significant award to be used toward their University or College tuition.

Rowen (November 22, 2005- November 18, 2023) suddenly passed four days prior to her 18th birthday from complications started by an epileptic seizure. Rowen was a gregarious, adventurous, and entrepreneurial spirit who injected fun and energy wherever she went. Rowen was known to be able to walk into any situation alone and come out with a posse of new friends. As a student at West Niagara Secondary School she made a lasting impact on all those around her. She was excited for her future and was applying to post-secondary institutions when she passed. Rowen's desire to be there for others will be carried on through this fund that will make a difference to students working toward a bright future, keeping her memory alive.

## Saturday, April 20, 2024

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### An Evening with ZED - A tribute to Led Zeppelin

Date and Time: Saturday, April 20 7:30 pm - 10:15 pm

Address: 209 Ridge Road North, L0S1N0 Ridgeway

ZED is coming for visit and we can't wait. If you love Led Zeppelin, this one is for you. This show will have seat

ing and dancing space. Doors open at 7:30 pm, show starts at 8 pm. Tickets are available at [www.ticketscene.ca](http://www.ticketscene.ca).  
SOLD OUT

## **Sunday, April 21, 2024**

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### **Crystal Beach BIA Water Ceremony**

Date and Time: Sunday, April 21 12:00 pm - 4:00 pm

Address: Crystal Beach Waterfront Park

Partnership with the Fort Erie Native Friendship Centre (FENFC) and the Crystal Beach BIA to kick off the spring/summer season in a meaningful way.

## **Monday, April 22, 2024**

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### **Social Walking Club**

Date and Time: Monday, April 22 10:00 am - 11:00 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-1 hour (weather dependant).

### **Yoga**

Date and Time: Monday, April 22 12:00 pm - 1:00 pm

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

Namaste! Join us for a relaxing hour of hatha yoga which is applicable to everyone, instruction can be given for the mat (bring your own) or chair, your choice.

### **DanceFit**

Date and Time: Monday, April 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, April 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<sup>1</sup> used for the purposes of health, spirituality, and martial-arts training.

## Line Dancing Level 1

Date and Time: Monday, April 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.

## Spring Self-Defence Workshop

Date and Time: Monday, April 22 7:00 pm - 8:00 pm

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

In this workshop you will learn a no-nonsense, practical, and simple means of defending yourself using basic techniques such as punches, kicks, blocks, and strikes in conjunction with variable escapes against grabs, holds, chokes and restraints.

This is not a martial arts class, and while hands-on, is not combative in nature.

Your instructor, Mike Van Natter, is a 7<sup>th</sup> Dan Karate Black Belt, former kick-boxing trainer and 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.

## Tuesday, April 23, 2024

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### Qigong

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

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

Join us for an early morning 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, April 23 9:45 am - 10:30 am

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

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

## Ballet Barre

Date and Time: Tuesday, April 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.

## Weekly Afternoon Tea

Date and Time: Tuesday, April 23 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 at our weekly, traditional Afternoon Tea. Meet, socialize and enjoy a traditional afternoon tea of scrumptious scones, jam and cream, all served in beautiful vintage china. Come alone, with your partner, family, neighbours and friends. Everyone is welcome! Cost is just \$5 (or by donation).

## Tuesday night Darts

Date and Time: Tuesday, April 23 7:00 pm - 9:30 pm

Address: 228 South Mill St.

Open to everyone - Fun darts - blind draw weekly

## Saturday, April 27, 2024

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### Fort Erie FanCon

Date and Time: Saturday, April 27 10:00 am - 5:00 pm

Address: 1640 Garrison Rd, Fort Erie, ON

Fort Erie FanCon is back and running for the 2024 season! Come join us on April 27th for a full day of panels, activities, meet n' greets and more! See our website for tournament and CosPlay competition registrations. FanCon is a free event dedicated to providing our community with an exciting outlet for all things nerdy, while still helping focus talents and hone skills for those who want to pursue a career in the entertainment industry.

## Fort Erie FanCon

Date and Time: Saturday, April 27 10:00 am - 5:00 pm

Address: 1640 Garrison Rd. Fort Erie - 1640 Garrison Rd. Fort Erie

We cover all things fandom: costuming, comics, gaming, movies..... We've got a Masquerade/Cosplay contest, Kid Zone, Crafters & Vendors, Information panels, DIY sessions, Food Trucks & so much more packed into one day! <https://www.dsbnfancon.com/>

## Monday, April 29, 2024

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### Social Walking Club

Date and Time: Monday, April 29 10:00 am - 11:00 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-1 hour (weather dependant).

### Yoga

Date and Time: Monday, April 29 12:00 pm - 1:00 pm

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

Namaste! Join us for a relaxing hour of hatha yoga which is applicable to everyone, instruction can be given for the mat (bring your own) or chair, your choice.

### DanceFit

Date and Time: Monday, April 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, April 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 meditation used for the purposes of health, spirituality, and martial-arts training.

## Line Dancing Level 1

Date and Time: Monday, April 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, April 30, 2024

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### Qigong

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

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

Join us for an early morning 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, April 30 9:45 am - 10:30 am

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

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

### Ballet Barre

Date and Time: Tuesday, April 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.

### Weekly Afternoon Tea



Date and Time: Tuesday, April 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 at our weekly, traditional Afternoon Tea. Meet, socialize and enjoy a traditional afternoon tea of scrumptious scones, jam and cream, all served in beautiful vintage china. Come alone, with your partner, family, neighbours and friends. Everyone is welcome! Cost is just \$5 (or by donation).

## **Tuesday night Darts**

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

Address: 228 South Mill St.

Open to everyone - Fun darts - blind draw weekly

<https://calendar.forterie.ca>