

**2024-2026  
BOARD  
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Lyne Way-White  
705-477-5344

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Terry Way-White  
705-303-3544

**Secretary**

Sheila Porter  
efgac3@gmail.com

**1st Vice President**

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705-498-4335

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705-498-3721

**Treasurer**

Mary McDowell  
705-303-5942

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Ronald Roy  
705-752-2215  
Laurette Taillefer  
705-752-1218

May Seguin  
705-752-4937

Denise Beaupré  
705-752-3341

Les Collins  
705-845-5827

Robert Roy  
705-484-8459

Shirley Marasse  
705-472-8758

Hélène Porlier  
705-752-1891

**Club Location**  
**Corbeil Park Hall address**  
**is:**

**392 Hwy 94  
CORBEIL ON  
PoH 1K0**

**705-561-7052**

Email is efgac1@gmail.com

**Etransfer:**

efgactreasurer@gmail.com

# NEWSLETTER 2024

Nov/Dec 2024  
Volume 47, Issue 4



Hope you have all been enjoying this beautiful fall with the warm weather and beautiful fall colours. Soon enough the cold and snow will be here along with the holiday season.



As we prepare for Christmas let us not forget our older adults who now live alone. Many of us are busy shopping, baking and participating in get togethers, but there are many who no longer have people with whom to celebrate this time of year.

One of the objectives of this club is to assist older adults to live a happy, physically and mentally healthy life as they age. We encourage all our members to stay active and participate in club activities to stay socially connected, to invite others to join our activities and to meet new people.

If you have any ideas or activities you would like us to consider please contact me anytime to discuss.

Our membership keeps growing and that brings new challenges but our board of directors are dedicated and open to doing what is needed to serve our community.

Stay healthy, check our calendar of activities and join us at the Corbeil Park hall to see what we are doing,

Lyne Way-White  
President

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PLEASE SEE OUR CALENDAR PAGES TO VIEW ALL OUR VARIOUS  
ACTIVITIES

A decorative border surrounds the text, featuring various colorful icons representing different parts of the world and travel. The icons include maps of continents (Australia, Europe, Africa, Asia, North America, South America), the Eiffel Tower, the Leaning Tower of Pisa, the Statue of Liberty, the Pyramids of Giza, a globe, a hot air balloon, a person in a red hat, and a person in a blue hat.

## Club Action 50+ East Ferris is organizing a trip to Orillia, Ontario Thursday, November 28<sup>th</sup> , 2024

Registration is now open for this trip.

We are attending a matinee show of O Christmas Tea – British Comedy

*Combining British propriety with an unabashed love for the unexpected, Award-winning duo steep an outrageously funny and brilliantly inventive show reminiscent of classic British panto.*

*Rich in wordplay, comic physicality, and cleverly crafted interactive elements, O Christmas Tea is uproarious fun, yet it is the duo's boundless imagination and endearing chemistry that provide the real magic and heart of this play.*

Followed with a visit to Casinorama where you can have dinner at your own cost and play some games.

Detailed itinerary will be provided once you are registered.

**The cost for this trip is \$ 120. To register for this trip, please contact Denise at 705-303-2419 or Lyne at 705-477-5344.**

once you register, the trip fee must be *paid by Tuesday, November 12<sup>th</sup>.*

by **cheque only** made out to **East Ferris Golden Age Club.**

Cheques can be dropped off at 998 Elizabeth St North Bay -mailbox on the house or to Denise's house at 1315 Village Rd Astorville or in the treasurer's mailbox at the Corbeil Hall.

**All trip participants must wear a Club name tag while travelling.**

If you are presently a non-member you will need to join the club with a \$10 membership fee and obtain a Club Name tag - \$10 for pin name tag or \$15 for magnet name tag. Contact May Seguin at 705-752-4937.

Trip Refund policy - full refund will only occur if your seat is filled by another member.

Trip is offered by Club Action 50+ also known as East Ferris Golden Age Club – Trip Committee located at 392 Hwy 94, Corbeil On PoH 1K0 705-561-7052



## PICC LINE SLEEVE SEWING BEE

Calling all volunteer sewers to come out and learn how to cut out or sew picc line sleeves for our local cancer clinic. We will meet on

**Tuesday, November 19 from 1:15 to 4:30 p.m.**

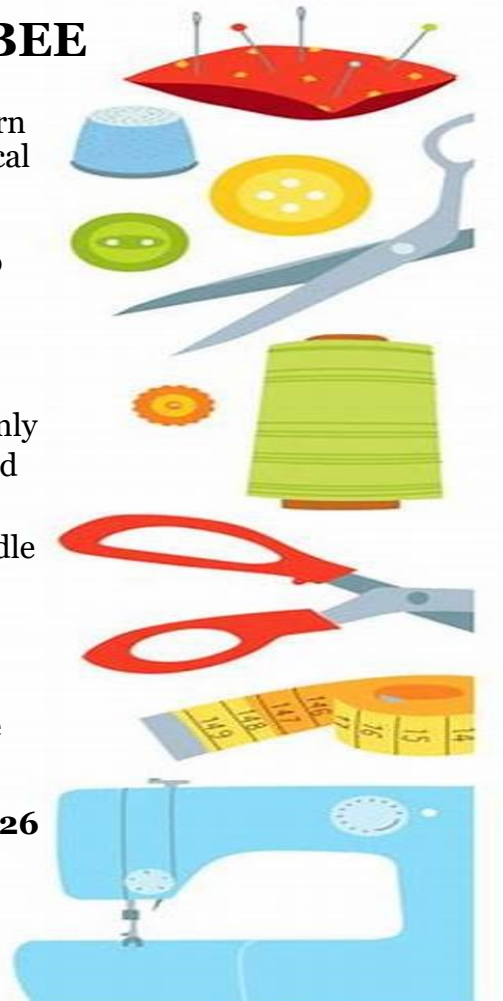
**in the Corbeil Park Hall.**

Instructions and fabric are provided, you need only bring your sewing machine, an extension cord and thread. (Polyester thread in white, black, grey, or cream colours work best) A sewing machine needle for stretch fabrics will be provided to you if you don't have one.

Those who have a rotary cutter and a cutting mat are invited to join us and learn how to cut out the sleeves for the sewers.

**Please contact Lise Gravelle at 705-498-2726** to confirm your attendance or if you have any questions.

Hope to see you there!



## Fall General Membership Dinner Meeting

**Join us for Dinner Monday  
November 18th, 2024  
Corbeil Park Hall**

***Ham and Scalloped Potatoes with Vegetables and coleslaw***

**4:30 pm—entertainment with our Ukulele Players**

**5:15 pm—Dinner is served**

**6:00 pm—Membership meeting—Approval of ONCA-compliant Club By-Laws**

**6:30 pm—Dessert is served—homemade cake and ice cream**

**Cost \$15 for members - \$20 for non-members**

**Call or text the Action 50+ phone 705-561-7052 to reserve your seat**



Christmas Dinner Dance  
Saturday, December 14<sup>th</sup>, 2024

♪ Music by Night Riders ♪

Cocktails: 5:00 pm

Dinner (Turkey and Beef): 6:00 pm

Dance: 7:30 pm

Members **\$40** each

Non-Members **\$55** each

At the East Ferris Community Centre – Astorville

To get your tickets call: **Terry @ 705-303-3544**

**Denise @ 705-303-2419**

Tickets can be purchased by e-transfer  
to [efgactreasurer@gmail.com](mailto:efgactreasurer@gmail.com), Cheque or Cash

**after November 4<sup>th</sup>/2024**

Only 165 Tickets Available







**Thursday January 9, 2025**

Intro to Line Dancing. Learn the basic steps and how to move to music.

6-week course. Starting Thursday Jan 9th, ending Feb 13th, from 11:15 am to 12:30 pm at the Corbeil Park Hall, 392 Highway 94, Corbeil.

Fee: \$20 with membership. Advance registration by contacting Karen Berthelot at [patinage58@hotmail.com](mailto:patinage58@hotmail.com) and pre-payment, is required by e-transfer to [efgactreasurer@gmail.com](mailto:efgactreasurer@gmail.com) (be sure to state "Intro to LD" in the message box). Or pay in person during any of our regular line dance classes, Wednesday's 10:15-12:30 or Friday's 10:30-12:30 with Cash or Cheque (made out to East Ferris Golden Age Club).

For more information, please contact Karen at [patinage58@hotmail.com](mailto:patinage58@hotmail.com)

# Cardio Drumming

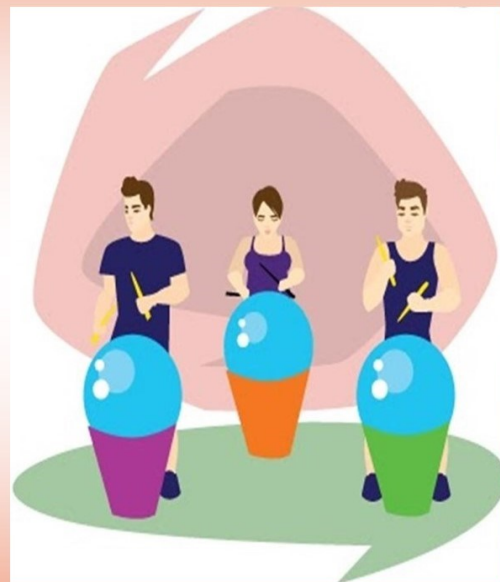
*It's back!*

**Starting September 4th**

**Wednesdays from 9—10**

**Instructor: Cathy Rowe**

- \* *No Registration required—walk-ins welcome—beginner friendly. Instructions can be provided to accommodate different levels of activity and mobility, please speak with the instructor prior to participation.*
- \* *Participants must provide their own ball (burst resistant 55, 65, or 75 cm recommended) and drumsticks. Ball stands will be provided. Indoor shoes required—help keep our floor gravel-free. This is a club Weekly Activity.*



Questions? contact [efgac3@gmail.com](mailto:efgac3@gmail.com)





### LUNCH and LEARN SESSIONS

Corbeil Park Hall  
Salle Corbeil Park Hall



**November 5, 2024 Arrive for 10:30**

Presentation starts at 11 a.m. – lunch follows

Venez à 10 h 30

La présentation commence à 11 h – un dîner suivra

#### **TOPIC: DIABETES & THE IMPORTANCE OF FOOT CARE**

**By Marissa Jylha, Pathways Wellness & Medical Foot Care of North Bay**

#### **SUJET : LE DIABÈTE ET L'IMPORTANCE DES SOINS DES PIEDS**

**par Marissa Jylha, de *Pathways Wellness & Medical Foot Care of North Bay***

**MUST Register with May (705) 752-4937 by Thursday, October 31, 2024**

Vous devez vous y inscrire en communiquant avec May au 705-752-4937,  
et ce, au plus tard le jeudi 31 octobre 2024.

Cost \$8.00 for members & \$10.00 for non-members

**Le coût : 8 \$ pour les membres, 10 \$ pour les non-membres**



### LUNCH and LEARN SESSIONS

Corbeil Park Hall  
Salle Corbeil Park Hall



**December 3, 2024 Arrive for 10:30**

Presentation starts at 11 a.m. – lunch follows

Venez à 10 h 30

La présentation commence à 11 h – un dîner suivra

#### **TOPIC: CREATIVITY MATTERS includes hands on demonstration**

**By: Christine & Emma**

#### **SUJET : LA CRÉATIVITÉ COMPTE, comprend aussi des démonstrations pratiques**

**La présentation offerte par Christine et Emma**

**MUST Register with Laurette (705) 752-1218 by Thursday, November 28, 2024**

Vous devez vous y inscrire en communiquant avec Laurette au 705-752-1218, et ce, au plus tard le jeudi 28  
novembre 2024.

Cost \$8.00 for members & \$10.00 for non-members

**Le coût : 8 \$ pour les membres, 10 \$ pour les non-membres**

# Activité Culturel Francophone



## Deux rencontrent avec de la musique

Vendredi le 22 novembre, 2024

Spectacle débute à 15:30

à la salle de Corbeil— 392 Route 94



### ‘LES TROIS VIEUX DANS UN GARAGE’

Nos sommes ravis d’accueillir le groupe ‘Les trois vieux dans un garage’ dans notre salle a Corbeil, en collaboration avec Les compagnons des francs loisirs.

Ne manquez pas de voir Luc Désormeaux, André Michaud et Guy StLouis sur scène et de partager un moment de plaisir avec notre communauté.

**SVP confirmer votre présence en contactant Lyne au 705-477-5344**

**avant le 19 novembre**

**aucun frais pour les membres du Club Action 50+**



## Chantons Noel Ensemble

Vendredi le 6 décembre, 2024

Spectacle débute à 15:30

à la salle de Corbeil— 392 Route 94, Corbeil

### Eric Romanica et ses amies

Rejoignez nous pour jouir de chansons de Noel animé par Eric Romanica, un artiste au grand coeur et à la voix chaleureuse. Ce spectacle de chansons promet un atmosphere joyeux et convivial, ou la musique et l’esprit de Noel rassemblera toutes et tous. Ce spectacle est offert en partenariat avec les Compagnons des francs loisirs.

**SVP confirmer votre présence en contactant Lyne au 705-477-5344**

**avant le 29 novembre,**

**aucun frais de spectacle pour les membres du Club Action 50+**



## Village Readers

Meets on the 1st Friday of Each Month from  
1pm

If you would like to read along with us, these are  
our next books to read:

Nov 2024—A Mother's Story by Joyce Milgaard

Dec 2024— Free Read Month, no meeting

**Activity Lead: Donna St Martin**

**(705) 498-4335**

**efgac5newsletter@gmail.com**



**Meets Every  
Thursday at  
10:00am**

**Instructor:  
Brenda Avison**

## Know Your Numbers!

211 Mental Health Directory

411 Directory Assistance

511 Travelers Road Information

611 Telephone Company Customer Service &  
Repair

711 TDD Relay for Hearing & Speech Impaired

811 Telehealth

911 Emergency: Medical, Police, Fire



**General Line Dancing** is held every

Wednesday at 10:15am

**Intermediate Line Dancing** is held every

Friday at 10:30am

**Activity Lead: Sheila Porter**

**efgac3@gmail.com**



## Line Dancing



**Meet Every Monday**

at 12:15pm at the Corbeil Park Hall

Lead: Carol Rochefort 705-825-1684

& Lise Gravelle 705-498-2726

**Meet Every Thursday**

at 1:00 pm at the East Ferris Library

Lead: Lyse Cardinal—705-752-4072

## Social and Games

**Come play cards with us.**

**We play Bid-Euchre and Hand & Foot**

**Or any other game you would like to  
play.**

**Activity Lead: Lori Betik**

**705-498-3721**



## MEDICAL FOOT CARE



A foot clinic is held **every second Tuesday** of the month at Corbeil Park Hall!

For more info or to schedule an appointment call

**Cecile at (705) 303-2522 Space is limited & appointment is required!**

## Stretch and Strength

**Mondays 10:30 - 11:20 am**

**Thursdays 9:00 - 9:50 am**

**Instructor:**

Cathy Rowe



### Attention All Club Action 50+ Caregivers

We would like to know what services could be best utilized by caregivers in our club membership.

This is an opportunity to voice your needs, requests and concerns.

Our goal is to relieve and support you in your daily duties, eg: relief, support, transportation and also any areas we are not aware of.

We will meet to discuss your needs and concerns and find solutions.

Join us on Monday November 11<sup>th</sup> at 2:30 pm if you are interested in putting any of these issues at work.

Jane Ortiz with Club Action 50+



## SAVE THE DATE

### Senior Summer Games

**June 7, 2025**



Starting at 12:30pm at the

Corbeil Park Hall

**Activity Lead: Gaetan Beaudry**

**705-498-4551**



## **Second Tuesday of Each Month**

### **Health Check-Up Clinic**

**9 a.m. til noon**

*A registered nurse will take your blood pressure, heartrate,  
blood sugar level, oxygen level, and weight.*

**No appointment required, no fee**

**Bring a list of all your medications**

**Call May @ 705-752-4937 for more info**

*Venez voir notre garde malade. Elle est disponible pour prendre votre pression, vérifier votre  
niveau de sucre et d'oxygène, votre battement de cœur, votre température.  
Le deuxième mardi du moi, aucun rendez vous requis, à partir de 9 heures.*



<b>CLUB ACTIVITY</b>	<b>LEAD CONTACT</b>
Chair Yoga	Lyne Way-White 705-477-5344
Health Check Clinic	May Seguin 705-752-4937
Introduction to Line Dancing	Karen Berthelot patinage58@hotmail.com
Jamming Session	Gaetan Beaudry 705-498-4551
Line Dancing	Sheila Porter efgac3@gmail.com
Lunch & Learn	May Seguin 705-752-4937
Medical Foot Clinic	Cecile Barham 705-752-2424
Club Name Tag	May Seguin 705-752-4937
Newsletter Lead	Donna St Martin 705-498-4335
Pickleball	Mary McDowell 705-303-5942
Social and Games	Lori Betik 705-498-3721 & Lyne
Strength & Stretch	Cathy Rowe and Marilyn Jackson
Technology Club	Lyne Way-White 705-477-5344
Ukulele Monday	Carol Rochefort 705-825-1684
Ukulele Thursday—Library	Lyse Cardinal 705-752-4072
Village Readers Book Club	Donna St Martin 705-498-4335
Volunteer Lead	
Cardio Drumming	Sheila Porter efgac3@gmail.com



**\*\*\*\*IT'S TIME TO RENEW FOR 2025\*\*\*\***

It is time to renew your 2025 membership to Club Action 50+ East Ferris. Our membership year is from January to December; therefore your 2024 membership will expire on December 31<sup>st</sup>, 2024. The yearly dues are \$10 per person and can be paid:

- 1) by cash and deposited in the mailbox at Corbeil Park Hall
- 2) by cheque made out to **East Ferris Golden Age Club** and mailed to Membership Chair, Club Action 50+ East Ferris, 392 Hwy 94, Corbeil, ON P0H 1K0
- 3) by e-transfer to [efgactreasurer@gmail.com](mailto:efgactreasurer@gmail.com) - please specify "membership 2025" in the note section.

*I will be at the Fall General Meeting on Monday, November 18th, 2024, as well as the Christmas Dinner Dance on Saturday, December 14<sup>th</sup>, 2024, if you wish to renew at that time.*

*Hélène Porlier – 705-752-1891 – [efgac22@gmail.com](mailto:efgac22@gmail.com)*

**\*\*\*\*C'EST LE TEMPS DE RENOUVELER POUR 2025\*\*\*\***

C'est le temps de renouveler votre adhésion pour 2025 au Club Action 50+ East Ferris. Notre année d'adhésion s'étend de janvier à décembre ; par conséquent, votre adhésion 2024 expirera le 31 décembre 2024. Les frais sont de 10\$ par personne et peuvent être payés :

- 1) par argent comptant et déposé dans la boîte à lettres dans la salle Corbeil Park Hall
- 2) par chèque à l'ordre du **East Ferris Golden Age Club** et envoyé par la poste au : Responsable des adhésions, Club Action 50+ East Ferris, 392 Hwy 94, Corbeil, ON P0H 1K0.
- 3) par virement électronique à [efgactreasurer@gmail.com](mailto:efgactreasurer@gmail.com). Veuillez spécifier « adhésion 2025 » dans la section des commentaires.

*Je serai présente à l'assemblée générale d'automne, lundi le 18 novembre 2024, ainsi qu'au souper de Noël, samedi le 14 décembre 2024 si vous souhaitez renouveler à ce temps.*

*Hélène Porlier – 705-752-1891 – [efgac22@gmail.com](mailto:efgac22@gmail.com)*



**Find us on  
FACEBOOK @**  
Club Action 50+ East Ferris

**Call us at  
705-477-5344**

**Email us  
[efgac1@gmail.com](mailto:efgac1@gmail.com)**

**Established in 1986**

**Our Purpose**

- \*To bring about unity of all who have attained the age of 50.**
- \*Offer a spirit of friendship, respect and mutual help.**
- \*Offer social, recreational, educational and cultural activities.**
- \*Advocate for seniors.**
- \*Offer comfort to those who require assistance.**

**Notre but**

- \*Réaliser l'unité de tous ceux et celles qui ont cinquante ans ou plus;**
- \*Favoriser un esprit d'amitié, de respect et d'entraide;**
- \*Offrir des activités sociales, récréatives, éducatives et culturelles;**
- \*Défenseurs des personnes âgées;**
- \*Aider ceux qui ont des besoins.**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> <b>10:30 to 12:30pm</b> Intermediate Line Dancing <b>1 to 3:30 pm</b> Village Readers	<b>2</b>
<b>3</b>	<b>4</b> <b>10:30-11:20am</b> Strength & Stretch  <b>12:15-2pm</b> Ukulele	<b>5</b> <b>10:30-1:00pm</b> Lunch & Learn  <b>6:00pm-8:00pm</b> Pickleball	<b>6</b> <b>9:00am-10:00am</b> Cardio Drumming <b>10:15-12:15pm</b> General Line Dancing <b>1 to 3 pm</b> Social & Games	<b>7</b> <b>9:00—10:00</b> Strength & Stretch <b>10am—11am</b> Chair Yoga  <b>1:00-2:30 Ukulele @ Library</b>  <b>6:00pm-8:00pm</b> Pickleball	<b>8</b> <b>10:30-12:30pm</b> Intermediate Line Dancing  <b>12:30 to 3:30</b> Jamming	<b>9</b>
<b>10</b>	<b>11</b> <b>10:30-11:20am</b> Strength & Stretch  <b>12:15-2pm</b> Ukulele 	<b>12</b> <b>8:00am-12:00</b> Med Foot Care <b>9:00am –12:00</b> Health Check Clinic  <b>6:00pm-8:00pm</b> Pickleball	<b>13</b> <b>9:00am-10:00am</b> Cardio Drumming <b>10:15-12:15pm</b> General Line Dancing <b>1 to 3 pm</b> Social & Games	<b>14</b> <b>9:00—10:00</b> Strength & Stretch <b>10am—11am</b> Chair Yoga  <b>1:00-2:30 Ukulele @ Library</b>  <b>6:00pm-8:00pm</b> Pickleball	<b>15</b> <b>10:30-12:30pm</b> Intermediate Line Dancing  <b>12:30 to 3:30</b> Jamming  <b>3:30pm</b> <b>Trois vieux dans un garage</b>	<b>16</b>
<b>17</b>	<b>18</b> <b>10:30-11:20am</b> Strength & Stretch <b>12:15-2pm</b> Ukulele  <b>5:00 pm</b> <b>FALL AGM</b>	<b>19</b>  <b>1:15—4:30</b> <b>PIC LINE SLEEVE SEWING BEE</b>  <b>6:00pm-8:00pm</b> Pickleball	<b>20</b> <b>9:00am-10:00am</b> Cardio Drumming <b>10:15-12:15pm</b> General Line Dancing <b>1 to 3 pm</b> Social & Games	<b>21</b> <b>9:00—10:00</b> Strength & Stretch <b>10am—11am</b> Chair Yoga  <b>1:00-2:30 Ukulele @Library</b> <b>6:00pm-8:00pm</b> Pickleball	<b>22</b> <b>10:30-12:30pm</b> Intermediate Line Dancing  <b>12:30 to 3:30</b> Jamming  <b>3:30pm</b> <b>Trois vieux dans un garage</b>	<b>23</b>
<b>24</b>	<b>25</b> <b>10:30-11:20am</b> Strength & Stretch  <b>12:15-2pm</b> Ukulele	<b>26</b>  <b>6:00pm-8:00pm</b> Pickleball	<b>27</b> <b>9:00am-10:00am</b> Cardio Drumming <b>10:15-12:15pm</b> General Line Dancing <b>1 to 3 pm</b> Social & Games	<b>28</b> <b>9:00—10:00</b> Strength & Stretch <b>10am—11am</b> Chair Yoga  <b>1:00-2:30 Ukulele @Library</b> <b>6:00pm-8:00pm</b> Pickleball  <b>Orillia Trip</b>	<b>29</b> <b>10:30-12:30pm</b> Intermediate Line Dancing	<b>30</b>
						12

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:30-11:20am Strength & Stretch  12:15-2pm Ukulele	3 10:30-1:00pm Lunch & Learn  6:00pm-8:00pm Pickleball	4 9:00am-10:00am Cardio Drumming 10:15-12:15pm General Line Dancing 1 to 3 pm Social & Games	5 9:00-10:00 Strength & Stretch 10am-11am Chair Yoga  1:00-2:30 Ukulele@ Library 6:00pm-8:00pm Pickleball	6 10:30-12:30pm Intermediate Line Dancing 1:00-3:00pm Village Readers 3:30pm Chantons Noel ensemble	7
8	9 10:30-11:20am Strength & Stretch  12:15-2pm Ukulele	10 8:00am-12:00 Med Foot Care 9:00am-12:00 Health Check Clinic 6:00pm-8:00pm Pickleball	11 9:00am-10:00am Cardio Drumming 10:15-12:15pm General Line Dancing 1 to 3 pm Social & Games	12 9:00-10:00 Strength & Stretch 10am-11am Chair Yoga  1:00-2:30 Ukulele@ Library 6:00pm-8:00pm Pickleball	13 10:30-12:30pm Intermediate Line Dancing  12:30-3:30 pm Jamming	14  5:00 pm Christmas Dinner Dance
15	16 10:30-11:20am Strength & Stretch  12:15-2pm Ukulele	17  6:00pm-8:00pm Pickleball	18 9:00am-10:00am Cardio Drumming 10:15-12:15pm General Line Dancing 1 to 3 pm Social & Games	19 9:00-10:00 Strength & Stretch 10am-11am Chair Yoga  1:00-2:30 Ukulele@ Library 6:00pm-8:00pm Pickleball	20 10:30-12:30pm Intermediate Line Dancing	21
22	23	24	25 	26	27	28
29	30	31  Happy New Year!				