

**2024-2026
BOARD
OF DIRECTORS**
President

Lyne Way-White
705-477-5344

Past President

Terry Way-White
705-303-3544

Secretary

Sheila Porter
efgac3@gmail.com

1st Vice President

Donna St Martin
705-498-4335

2nd Vice President

Lori Betik
705-498-3721

Treasurer

Mary McDowell
705-303-5942

Directors

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

Hélène Porlier
705-752-1891

Club Location

**Corbeil Park Hall address
is:**

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

705-561-7052

Email is efgac1@gmail.com

Etransfer:

efgactreasurer@gmail.com

NEWSLETTER

March



March/April 2025

April



In astrology, those born between March 1–20 are Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces swim an inner journey. They're emotional, compassionate people, always willing to help others. Those born from March 21–April 19 are the Ram.



Rams are adventurous go-getters, full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers, undeterred when the going gets rough.

Those born from April 20 have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence in achieving their goals. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home.



INSIDE THIS ISSUE

PICC Sleeve	5
Tax Return	5
Lunch & Learn	6
Membership Info	10
March Calendar.....	11
April Calendar.....	12
Volunteers Needed	3-4
Various activities.....	7–8

PLEASE SEE OUR CALENDAR
PAGES TO VIEW ALL OUR VARIOUS
ACTIVITIES

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.**

St Patrick's Day Sing-along

The ukulele players would like to have members join them to sing along with the uke players on

Monday, St Patrick's Day, March 17th from 12:15 pm to 2 pm.
The words to songs will be projected on screen for all to follow along. *Join us for a fun afternoon.*

Les joueurs de ukulele aimeraient que nos membres se joignent au groupe pour chanter. Lundi le 17 mars de 12 heures 15 à 14 heures. Les mots des chansons seront disponibles pour joindre le groupe avec vos voix.



SVP appelez Laurette pour vous enregistrer.

To register, please call Laurette (705) 752-1218

by Wednesday, March 12, 2025



East Ferris Oldtyme Fiddlers

Will be jamming at the Corbeil Park Hall on the first Tuesday of the month, bring a fiddle if you wish.

from 7 to 9:30 pm **every month.**

Come spend an evening with this wonderful group of musicians. No cost, no registration.

See you Tuesday, March 4th



Volunteers Needed

Volunteering is the most essential part of our club. We would not exist without the time and generosity of our club volunteers. *Le bénévolat est la partie la plus essentielle de notre club. Nous n'existerions pas sans le temps et la générosité de nos bénévoles du club.*

Volunteer Lead Description	To ensure that our members have the best experience when volunteering, we are looking for someone dedicated to overseeing the volunteer experience. Should be a people person who enjoys interacting with others and will enjoy growing the volunteer team. <i>Pour s'assurer que nos membres ont la meilleure expérience lorsqu'ils font du bénévolat, nous sommes à la recherche d'une personne dédiée à la supervision de l'expérience bénévole. Elle doit être une personne sociable qui aime interagir avec les autres et qui prendra plaisir à agrandir l'équipe de bénévoles.</i>
Report to	Club Board of Directors who will provide training, guidance, support and direction for this position. <i>Conseil d'administration du club, lequel fournira formation, conseils, soutien et orientation à l'égard ce poste.</i>
Responsibilities	• Oversee and coordinate all aspects of volunteering, including training, recruiting, and acknowledging. • Provide direction to volunteers who work with, or provide assistance to, the Volunteer Lead. • Ask Activity Leads for feedback on their volunteers' needs and their need for volunteers. • Encourage Activity Leads to recognize the contribution of their volunteers. • Report any volunteer issues to the BOD. • Ensure that the Volunteer Manual is kept up-to-date. • Schedule training for volunteers. • Provide reports to the BOD when requested. • Grow and develop your team. • Other actions as needed. • Most of all, Have Fun While Making a Difference! <i>Superviser et coordonner tous les aspects du bénévolat, y compris la formation, le recrutement et la reconnaissance.</i> <i>Fournir des directives aux bénévoles qui travaillent avec ou qui fournissent du soutien au ou à la responsable des bénévoles.</i> <i>Demander aux responsables d'activité de fournir une rétroaction sur leurs besoins en bénévoles</i> <i>Encouragez les responsables d'activité à reconnaître la contribution de leurs bénévoles</i> <i>Si vous êtes intéressé(e) svp contactez Lyne pour de plus amples informations.</i>
Times and Dates	No fixed times or dates, the Volunteer Lead will contribute at their own pace.
Other	Other members are encouraged to join our Volunteer Team.

For more information or to apply, please contact Lyne Way-White, efgac1@gmail.com

Volunteers Needed

INDOOR MALL-WALK LEAD

ACTIVITY Description	Plan group walks in Northgate Mall for club members, on an ongoing basis. Regularity and distance of walks to be determined by Lead. <i>Planifiez des promenades en groupe dans le centre commercial Northgate pour les membres du club, sur une base continue. La fréquence et la distance des promenades seront déterminées par le ou la responsable de l'activité</i>
Location	Northgate Mall. <i>Centre commercial Northgate</i>
Dates and Times	To be determined.
Other	Ensure participation is tracked. Provide basic activity reports to the BOD. <i>Assurer le suivi de la participation. Fournir des rapports d'activité de base au conseil d'administration.</i>

For more information or to apply to be a volunteer, (*Pour plus de renseignements ou pour vous présenter en tant que bénévole*) please contact Sheila Porter or Lyne Way-White. Email: efgac3@gmail.com

New Club Activity

Do you like to walk? Would you like to walk with a friendly, local group? Would you like to join in our newest activity?

Then meet Lorraine and other interested walkers on **Tuesday February 25th at 10:00 am**, at the Corbeil Park Hall for our first group walk.

For this first walk let's plan to do a 20 -30 minute, get-to-know one another walk on the Corbeil Nature Trail behind the hall

Friendly dogs on a leash are welcome to participate.

Activity Lead: Lorraine Corriveau
\$1.00 contribution pay-go.
No registration required but if you are interested, please note your name below.

CLUB ACTION 50+ East Tarris

A Walking Group is starting in Astorville on Tuesday March 4th at 1:30 pm meet Lyse at the library in Astorville. The library has equipment available such as walking sticks.

Un groupe de marche commence à Astorville. La bibliothèque a des bâtons pour marcher et des crampons que les gens peuvent emprunter. Nous débutons mardi le 4 mars à 1 h 30. Venez rencontrer Lyse à la bibliothèque à Astorville.

SAVE THE DATE

Spring General Membership Dinner Meeting, Thursday April 24th—4:30 pm



2024 Income Tax Returns

During March and April 2025, we will be offering a new service to our seniors – **free of charge**.

We will be hosting several tax clinics and have trained, knowledgeable volunteers to complete your 2024 taxes.

The program is offered through Revenue Canada who supply the software and the training. The program is available for **SIMPLE RETURNS ONLY**.

To make an appointment for

MARCH 18, 25 or APRIL 15, 22, or 29th,

Please contact Mary McDowell at efgactreasurer@gmail.com,
or call 705-303-5942.



PICC LINE SLEEVE SEWING BEE

Calling all volunteer to come out and learn how to cut out or sew PICC Line Sleeves for our local cancer clinic. We will meet on

Tuesday, February 25, 2025 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 if you have it. (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. If you have a cutting mat for rotary cutters or cutters that you would like to donate to the club.

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





Lunch & Learn

Dîner d'information

Location: Salle Corbeil Park Hall

392 Highway 94 Corbeil

Come for 10:30 am—*Venez pour 10h 30*

Presentation starts at 11 am—Lunch follows

La presentation commence a 11h—un dîner suivra

Tuesday March 4th - mardi le 4 mars 2025

**TOPIC: OUR LOCAL URBAN INDIGENOUS POPULATION
&**

THE NORTH BAY INDIGENOUS FRIENDSHIP CENTRE

By: Sandra Thorkelson, Communications & Cultural Resource Co-ordinator

**SUJET: NOTRE POPULATION AUTOCHTONE URBANE LOCALE
ET**

LE CENTRE D'AMITIÉ AUTOCHTONE DE NORTH BAY

La présentation est offerte par Sandra Thorkelson, Coordinatrice.

Tuesday April 1st - mardi le 1er avril 2025

Topic: CHAIR YOGA & MEDITATION FOR SENIORS

Presenter: Brenda Avison

Sujet: YOGA SUR CHAISE ET LA MÉDITATION POUR LES PERSONNES ÂGÉES

La presentation est offerte par Brenda Avison

**MUST REGISTER at least 5 days prior to presentation by calling
Laurette @ 705-752-1218**

LUNCH COST: \$8 for members \$10 for non-members

**VOUS DEVEZ VOUS Y INSCRIRE 5 JOURS EN AVANCE en communiquant avec
Laurette au 705-752-1218**



Meets on the 1st Friday of Each Month at 1:00pm

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

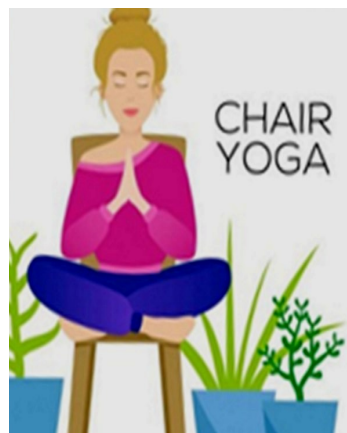
March 2025—A Confederacy of Dunces—John K Toole

April 2025— A Place For Us—Fatima Heen-Mirz

Activity Lead: Donna St Martin

(705) 498-4335

efgac5newsletter@gmail.com



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

Instructor:

Brenda Avison



Come play cards with us.

**We play Bid-Euchre and Hand & Foot
Or any other game you would like to
play.**

Every Wednesday 1-3 pm

Activity Lead: Lori Betik

705-498-3721

Line Dancing

General Line Dancing is held every

Wednesday at 10:15am

Challenging is held every

Friday at 10:30am



Meet Every Monday

at 12:15pm at the Corbeil Park Hall

Lead: Carol Rochefort 705-825-1684

& Lise Gravelle 705-498-2726

Also Meet Every Thursday

Venez rencontrer des gens qui aiment s'amuser et rire ensemble. C'est le groupe francophone ukulélé! Il n'est pas nécessaire de savoir comment jouer un instrument puisque vous apprenez en jouant avec le groupe un accord (ou note) à la fois.

Nous nous rencontrons le jeudi à 13h à la bibliothèque d'Astorville.

Pour plus d'info: Eveline 705-752-2720 ou

Lyse 705-752-4072



Every Thursday

1 to 3 pm

Activity Lead: Les Collins

705-845-5827

Running shoes or other indoor footwear are

REQUIRED

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



Fun for Seniors

SAVE THE DATE

Senior Summer Games

June 7, 2025



Open Jam Session

Friday starting at 12:30pm at the

Corbeil Park Hall

Activity Lead: Gaetan Beaudry

705-498-4551

2nd-3rd-4th Friday of each month

Simply Dance



with your instructors **Donna ST. MARTIN**
and **Barbara GIROUX**

Easy line dance classics and
simple-to-follow new favorites



**THIS CLASS WILL REINFORCE ANY PREVIOUS
EXPERIENCE AND OPEN THE DOOR TO THE
EXCITEMENT OF NEW DANCES.**

EXERCISE YOUR BODY.

GROW YOUR MIND.

LEAVE YOUR STRESS BEHIND.

**Beginning - Monday, January 20th - 2:15 - 3:15 pm -
at the Corbeil Park Hall.**

No registration required. \$1.00 contribution pay-go.

This is a weekly, **scent-free activity**. Our Intro to Line Dance course or
previous dance experience recommended but not required.

Indoor shoes please

Please park on the outer edge of the lot leaving the centre
open for school bus transfers between 3:15 and 3:45 pm.

For more information, contact DONNA at:
efgac5newsletter@gmail.com



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.*



CLUB ACTIVITY	LEAD CONTACT
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
Cornhole	Les Collins 705-845-5827



THANK YOU FOR RENEWING YOUR 2025 MEMBERSHIP!!!
YOUR CONTINUED SUPPORT IS VERY MUCH APPRECIATED.

For those who haven't renewed, we are sorry to see you go. We've removed you from our database and have deactivated your key fob. You will no longer be able to participate in our activities or receive the newsletter.

For those wishing to join our club, membership forms are available at Corbeil Park Hall or I can email you a copy. Our fees for 2025 are: **\$25.00** - \$10 for membership and \$15 for a name tag. Name tags are mandatory and are a one-time purchase. Fees 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 PoH 1K0
- 3) by e-transfer to **efgactreasurer@gmail.com** - please specify "membership 2025 and name tag" in the note section.

For those who were members and wish to rejoin the club, you will have to fill out a new membership form and send your payment as outline above. **If you already have a name tag, you will only pay the membership fee**.

Hélène Porlier, Membership Lead – 705-752-1891 – efgac22@gmail.com

MERCI POUR VOTRE ADHÉSION POUR L'AN 2025 !!
VOTRE SOUTIEN EST GRANDEMENT APPRÉCIÉ.

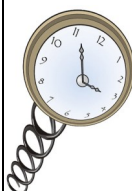
Pour ceux qui n'ont pas renouvelé leur abonnement, nous sommes désolés de vous voir partir. Nous vous avons retiré de notre base de données et désactivé votre porte-clés. Vous ne pourrez plus participer à nos activités ni recevoir le bulletin.

Pour ceux qui souhaitent se joindre à notre club, les formulaires d'adhésion sont disponibles à la salle de Corbeil ou je peux vous en envoyer une copie par courriel. Nos frais pour 2025 sont les suivants : **25,00 \$** - 10 \$ pour l'adhésion et 15 \$ pour un badge nominatif. Les badges sont obligatoires et constituent un achat unique. Les frais peuvent être payés :

- 1) par argent comptant et déposé dans la boîte à lettres à 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 PoH 1K0.
- 3) par virement électronique à **efgactreasurer@gmail.com**. Veuillez spécifier « adhésion 2025 et badge » dans la section des commentaires.

Pour ceux qui étaient membres et qui souhaitent réintégrer le club, vous devrez remplir un nouveau formulaire d'adhésion et envoyer votre paiement comme indiqué ci-dessus. **Si vous avez déjà un badge nominatif, vous ne paierez que les frais d'adhésion**.

Hélène Porlier, Responsable des adhésions – 705-752-1891 – efgac22@gmail.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 10:30-11:20am Strength & Stretch 12:15-2pm Ukulele 2:15—3:30 pm Simply Dance	4  10:30-1:00p Lunch & Learn 10:00 Walking Corbeil 1:30 Walking Astorville 6:00pm-8:00pm Pickleball 7:00—9:30 pm Oldtime Fiddle 	5 9:00am-10:00am Cardio Drumming 10:15-12:15pm General Line Dancing 1 to 3 pm Social & Games	6 9:00—10:00 Strength & Stretch 10am—11am Chair Yoga 1pm-3pm Cornhole 1:00-2:30 Ukulele @ Library 6:00pm-8:00pm Pickleball	7 10:30-12:30pm Challenging Line Dancing 1 to 3:30 pm Village Readers	8
9 	10 10:30-11:20am Strength & Stretch 12:15-2pm Ukulele 2:15—3:30 pm Simply Dance	11 8:00am-12:00 Med Foot Care 9:00am —12:00 Health Check Clinic 10:00 Walking Corbeil 1:30 Walking Astorville 6:00pm-8:00pm Pickleball	12 9:00am-10:00am Cardio Drumming 10:15-12:15pm General Line Dancing 1 to 3 pm Social & Games	13 9:00—10:00 Strength & Stretch 10am—11am Chair Yoga 1pm-3pm Cornhole 1:00-2:30 Ukulele @ Library 6:00pm-8:00pm	14 10:30-12:30pm Challenging Line Dancing 12:30 to 3:30 Jamming	15
16	17 HAPPY ST. PATRICK'S DAY 10:30-11:20am Strength & Stretch 12:15-2pm Ukulele SING ALONG 2:15—3:30 pm Simply Dance	18 10:00 am—5:00pm Income Tax Preparation Appointment needed 10:00 Walking Corbeil 1:30 Walking Astorville 6:00pm-8:00pm Pickleball	19 9:00am-10:00am Cardio Drumming 10:15-12:15pm General Line Dancing 1 to 3 pm Social & Games 3:15pm-5pm Board Meeting	20 9:00—10:00 Strength & Stretch 10am—11am Chair Yoga 1pm-3pm Cornhole 1:00-2:30 Ukulele @ Library 6:00pm-8:00pm Pickleball	21 10:30-12:30pm Challenging Line Dancing 12:30 to 3:30 Jamming	22
23	24 10:30-11:20am Strength & Stretch 12:15-2pm Ukulele 2:15—3:30 pm Simply Dance	25 10:00 am—5:00pm Income Tax Preparation Appointment needed 10:00 Walking Corbeil 1:30 Walking Astorville 6:00pm-8:00pm Pickleball	26 9:00am-10:00am Cardio Drumming 10:15-12:15pm General Line Dancing 1 to 3 pm Social & Games	27 9:00—10:00 Strength & Stretch 10am—11am Chair Yoga 1pm-3pm Cornhole 1:00-2:30 Ukulele @ Library 6:00pm-8:00pm Pickleball	28 10:30-12:30pm Challenging Line Dancing 12:30 to 3:30 Jamming	29
30	31 10:30-11:20am Strength & Stretch 12:15-2pm Ukulele 2:15—3:30 pm Simply Dance					

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:30-1:00pm Lunch & Walking Corbeil 1:30 Walking Astorville Learn  6:00-8:00pm Pickleball 7:00—9:30 pm EF Oldtime Fiddlers	2 9:00am-10:00am Cardio Drumming 10:15-12:15pm General Line Dancing 1 to 3 pm Social & Games	3 9:00—10:00 Strength & Stretch 10am—11am Chair Yoga 1pm-3pm Cornhole 1:00-2:30 Ukulele @ Library 6:00pm-8:00pm Pickleball	4 10:30-12:30pm Challenging Line Dancing 1 to 3:30 pm Village Readers	5
6	7 10:30-11:20am Strength & Stretch 12:15-2pm Ukulele 2:15—3:30 pm Simply Dance	8 8:00am-12:00 Med Foot Care 9:00am —12:00 Health Check Clinic 10:00 Walking Corbeil 1:30 Walking Astorville 6:00pm-8:00pm Pickleball	9 9:00am-10:00am Cardio Drumming 10:15-12:15pm General Line Dancing 1 to 3 pm Social & Games	10 9:00—10:00 Strength & Stretch 10am—11am Chair Yoga 1pm-3pm Cornhole 1:00-2:30 Ukulele @ Library 6:00pm-8:00pm Pickleball	11 10:30-12:30pm Challenging Line Dancing 12:30 to 3:30 Jamming	12
13	14 10:30-11:20am Strength & Stretch 12:15-2pm Ukulele 2:15—3:30 pm Simply Dance	15 10:00 am—5:00pm Income Tax Preparation Appointment needed 10:00 Walking Corbeil 1:30 Walking Astorville 6:00-8:00pm Pickleball	16 9:00am-10:00am Cardio Drumming 10:15-12:15pm General Line Dancing 1 to 3 pm Social & Games 3:15pm-5pm Board Meeting	17 9:00—10:00 Strength & Stretch 10am—11am Chair Yoga 1pm-3pm Cornhole 1:00-2:30 Ukulele @ Library 6:00pm-8:00pm Pickleball	18 10:30-12:30pm Challenging Line Dancing 12:30 to 3:30 Jamming	19
	21 10:30-11:20am Strength & Stretch 12:15-2pm Ukulele	22 10:00 am—5:00pm Income Tax Preparation Appointment needed 10:00 Walking Corbeil 1:30 Walking Astorville 6:00-8:00pm Pickleball	23 9:00am-10:00am Cardio Drumming 10:15-12:15pm General Line Dancing 1 to 3 pm Social & Games	24 9:00—10:00 Strength & Stretch 10am—11am Chair Yoga 1pm-3pm Cornhole 1:00-2:30 Ukulele @ Library 6:00pm-8:00pm Pickleball 5:00 PM SPRING GENERAL MEMBERSHIP DINNER	25 10:30-12:30pm Challenging Line Dancing 12:30 to 3:30 Jamming	26
27	28 10:30-11:20am Strength & Stretch 12:15-2pm Ukulele 2:15—3:30 pm Simply Dance	29 10:00 am—5:00pm Income Tax Preparation Appointment needed 10:00 Walking Corbeil 1:30 Walking Astorville 6:00-8:00pm Pickleball	30 9:00am-10:00am Cardio Drumming 10:15-12:15pm General Line Dancing 1 to 3 pm Social & Games			