

**2024-2026
BOARD
OF DIRECTORS**

President
Lyne Way-White
705-477-5344

Past President
Terry Way-White
705-303-3544

Secretary
Sheila Porter
secretary@clubactioneastferris.ca

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

May/June 2025
Volume 50, Issue 3



1. They are often skilled in hobbies and crafts: Many seniors have developed impressive skills in areas like knitting, woodworking, gardening, painting, and playing musical instruments over their lifetimes. These hobbies provide enjoyment and can be a source of creativity and social connection.

2. They have a wealth of life experience: Seniors have lived through significant historical events and cultural shifts, giving them unique perspectives and stories to share. Their experiences offer valuable lessons and insights.

3. Their brains continue to grow: Contrary to common belief, the brain remains adaptable throughout life. Older adults can still form new connections and learn new skills, demonstrating the brain's ongoing plasticity.

4. They're often happier than younger adults: Studies have shown that people tend to report higher levels of happiness and contentment after the age of 50, with many over 65 saying they feel relaxed more often. Life experience may give seniors a better perspective and help them regulate their emotions more effectively.



INSIDE THIS ISSUE

Lunch & Learn
Membership Info
May Calendar.....
June Calendar.....
July Calendar
August Calendar
Volunteers Needed
Various activities.....

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.**

Launching CLUB WEBPAGE

Once this newsletter reaches you, everyone will be able to search for :

clubactioneastferris.ca

There you will discover our new website where we will attempt to keep information current, with updated details.



You will find the newsletter, membership information, details on activities along with any special events we are holding.

Many thanks:

The board of directors would like to thank Donna St Martin for her dedication to getting this task accomplished. Working with computer professionals, she has learned new skills and her willingness to listen to all the requested changes and updates has been greatly appreciated. Volunteer work can be challenging. Thank you Donna for all your work.



Next Club Trip Saturday, June 21, 2025 one day trip Dinner and King's Wharf Theatre for Full Monty play

Show ticket, dinner and gratuities, are included in the cost of the trip. \$135/person
All trip participants must have a Club name tag and be wearing it while travelling,

- 1) once you register, the trip fee must be paid within one week by cheque to East Ferris Golden Age Club.
- 2) if you are presently a non-member you will need to join the club with a \$25 membership fee which includes a name tag.
- 3) Refund policy - reimbursement will only occur if your seat is filled by another club member on our waiting list.
- 4) if cancellation is early enough and there is no waiting list and there is no one filling your seat, when we are able to cancel the ticket, you can be reimbursed for that ticket.
- 5) the cost of: bus fare, tickets for shows/activity that are required to be purchased when the trip is planned will not be reimbursed unless the seat is filled by another member.
- 6) At any time, if you have an issue, or require assistance of any kind, please approach a member of the Trip Committee.

Trip Committee members are: Lyne Way-White 705-477-5344; Terry Way-White 705-303-3544;
Denise Beaupré 705-303-2419 ; May Seguin 705-752-4937 ; and Les Collins 705-845-5827.

To register call Lyne 705-477-5344 or Denise at 705-303-2419

Provide cheque payable to East Ferris Golden Age club by May 10th.



We are hosting our FIRST

AFTERNOON TEA

We would love for you to join us! It's a chance to get together, enjoy some treats, and have a lovely afternoon.

We will be setting up in tables of 4. If you have a group of 4 please let us know when you register.

Date: Friday, May 23, 2025

Time: 2 pm

Location: Corbeil Park Hall

Lets get fancy! dress up, wear a fancy hat and gloves. FUN!

For our first time, attendance will be limited to 40 participants, cost is \$8 each.

Please register by Friday May 16th. Send your etransfer to efgactreasurer@gmail.com or deposit your cheque in the treasurer's mailbox at the Corbeil Park Hall.

With Laurette at 705-752-1218, by text to 705-561-7052 or email to efgac1@gmail.com



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 May 6th - mardi le 6 mai 2025

TOPIC: OUR EAST FERRIS LIBRARY & OTHER SERVICES

Presentation: Jennifer Laporte, CEO EF Public Library

SUJET: NOTRE BIBLIOTHÈQUE ET AUTRES SERVICES

Tuesday June 3 - Mardi le 3 juin 2025

Topic: Introduction to Alzheimers, warning signs & reducing the risks.

Presentation: Erin Celebre, Public Education Co-Ordinator
Alzheimer's Society of North Bay and District

Sujet: Introduction au problème neurocognitif et ses signes précurseur.

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

East Ferris Oldtyme Fiddlers

Will be jamming at the Corbeil Park Hall on the first Tuesday of the month.

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

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

See you Tuesday



Tuesday at 1:30 pm

Lead: Lyse Cardinal

705-752-4072

Meet weekly at the East Ferris Library in ASTORVILLE for a walk around town.

No Fee or registration required

A library activity in community partnership with Club Action 50+

WALKING GROUP IN CORBEIL!

Tuesday at 10 am

Lead: Wendy St Denis

705-471-1623

Meet weekly at the Corbeil Park Hall

No fee no registration



9:30-11:30am
Pickleball at the

Astorville
Arena

From:

June 3rd -
August 28,
2025



Village Readers

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:

May 2025—The Nature of Fragile Things by Susan Meissner

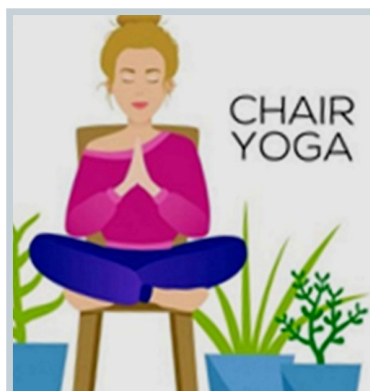
June 2025— Pachinko by Min Jin Lee

Activity Lead: Donna St Martin

(705) 498-4335 efgac5newsletter@gmail.com

Spots are available for anyone interested in Joining the Fun of Reading and Sharing—

Contact me if you would like to Join .



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

**Instructor:
Brenda Avison**

Cardio Drumming

Wednesdays

9:00am-10:00am

Instructor: Cathy Rowe



Will pause for the summer, last class June 25th, See you September 6th.

Line Dancing

Wednesday at 10:15 am

General Line Dancing

For all levels, grow your skills

Friday at 10:30 am

For more experienced dancers

Activity Lead: Sheila Porter

efgac3@gmail.com



Fun for Seniors

SAVE THE DATE

Senior Summer Games

June 7, 2025

**Stay Tuned! Senior Games
Committee Meeting Underway -
More Information Coming Soon!**

The Senior Games Committee is currently meeting to discuss upcoming events and activities. Keep an eye out for more details and exciting announcements coming your way soon! We appreciate your patience and look forward to sharing more information with you.



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

Social and Games

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

June 25—Last Day- resume Sept 3, 2025

Stretch and Strength

Mondays 10:30 - 11:20 am

Thursdays ~~9:00 - 9:50 am~~

Now 9:30 to 10:20

Instructors:

Cathy Rowe & Marilyn Jackson

Simply Dance

Mondays at 2:15pm

Corbeil Park Hall

Activity Lead:

Donna St.Martin

705-498-4335



Meet Every Monday

at 12:15pm at the Corbeil Park Hall

Lead: Carol Rochefort 705-825-1684

& Lise Gravelle 705-498-2726

LAST DAY JUNE 30—RESTART SEPT 9

Also Every Thursday

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

LAST DAY JUNE 26 - RESTART SEPT 4

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	<p>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.</p> <p><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></p>
Report to	<p>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></p>
Responsibilities	<ul style="list-style-type: none"> • 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! <p><i>Superviser et coordonner tous les aspects du bénévolat, y compris la formation, le recrutement et la reconnaissance.</i></p> <p><i>Fournir des directives aux bénévoles qui travaillent avec ou qui fournissent du soutien au ou à la responsable des bénévoles.</i></p> <p><i>Demander aux responsables d'activité de fournir une rétroaction sur leurs besoins en bénévoles</i></p> <p><i>Encouragez les responsables d'activité à reconnaître la contribution de leurs bénévoles</i></p> <p><i>Si vous êtes intéressé(e) svp contactez Lyne pour de plus amples informations.</i></p>
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



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 705-303-2522
Club Name Tag	May Seguin 705-752-4937
Newsletter Lead	Donna StMartin 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 Questions	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 StMartin 705-498-4335
Volunteer Lead	
Cardio Drumming	Sheila Porter efgac3@gmail.com
Cornhole	Les Collins 705-845-5827
Simply Dance	Donna StMartin 705-498-4335
Scheduling of Activities	Lyne Way-White 705-477-5344
Walking Group Corbeil	Wendy StDenis 705-471-1623



NEW MEMBERS: 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 P0H 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

NOUVEAUX MEMBRES : les formulaires d'inscriptions 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 :

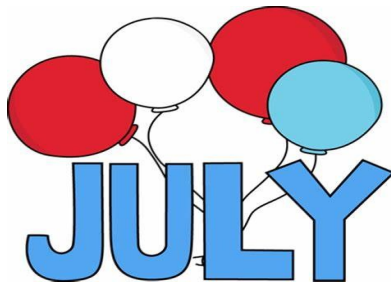
- 1) par argent comptant et déposé dans la boîte à lettres à la salle Corbeil Park Hall
- 2) par chèque à l'ordre du **East Ferris Golden Age Club** et envoyé par la poste au : Responsable des adhésions, Club Action 50+ East Ferris, 392 Hwy 94, Corbeil, ON P0H 1K0.
- 3) par virement électronique à **efgactreasurer@gmail.com**. 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'inscription 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
			9:00am-10:00am Cardio Drumming 10:15-12:15pm General Line Dancing 1 to 3 pm Social & Games	1 9:00—10:00 Strength & Stretch 10am—11am Chair Yoga 1:00-2:30 Ukulele @ Library 6:00pm-8:00pm Pickleball	2 Hall booked for a funeral	3
4	5 10:30-11:20am Strength & Stretch 12:15-2pm Ukulele 2:15—3:30 pm Simply Dance	6 10:30-1:00pm Lunch & Learn 10 am Walking Corbeil 1:30 Walking Astorville 6:00-8:00pm Pickleball 7:00—9:30 pm EF	7 9:00am-10:00am Cardio Drumming 10:15-12:15pm General Line Dancing 1 to 3 pm Social & Games	8 9:00—10:00 Strength & Stretch 10am—11am Chair Yoga 1:00-2:30 Ukulele @ Library 6:00pm-8:00pm Pickleball	9 10:30-12:30pm Challenging Line Dancing 1 to 3:30 pm Village Readers	10
11	12 10:30-11:20 Strength & Stretch 12:15- 2:00 Ukulele 2:15—3:30 Simply Dance	13 8:00-12:00 Med Foot Care 9:00—12:00 Health Check Clinic 10 am Walking Corbeil 1:30 Walking Astorville 6:00-8:00 Pickleball	14 9:00 -10:00 Cardio Drumming 10:15-12:15 General Line Dancing 1 to 3 Social & Games 3:15 -5 Board Meeting	15 Change in time 9:30—10:20 Strength & Stretch 10—11 Chair Yoga 1:00-2:30 Ukulele @ Library 6:00 -8:00 Pickleball	16 10:30-12:30 Challenging Line Dancing	17
18	19 10:30-11:20am Strength & Stretch 12:15-2pm Ukulele- Cancelled 2:15—3:30 pm Simply Dance- Cancelled	20 10 am Walking Corbeil 1:30 Walking Astorville 6:00-8:00pm Pickleball	21 9:00 -10:00 Cardio Drumming 10:15-12:15 General Line Dancing 1 to 3 Social & Games	22 9:30—10:20 Strength & Stretch 10:00—11:00 Chair Yoga 1:00-2:30 Ukulele @ Library 6:00 -8:00 Pickleball	23 10:30-12:30 Challenging Line Dancing Afternoon Tea 2:00 to 4:00 	24
25	26 10:30-11:20am Strength & Stretch 12:15-2pm Ukulele 2:15—3:30 pm Simply Dance	27 10:00 am—5:00pm Income Tax Preparation Appointment needed 10:00 Walking Corbeil 1:30 Walking Astorville 6:00-8:00pm Pickleball	28 9:00am-10:00am Cardio Drumming 10:15-12:15pm General Line Dancing 1 to 3 pm Social & Games	29 9:30—10:20 Strength & Stretch 10am—11am Chair Yoga 1:00-2:30 Ukulele @ Library 6:00pm-8:00pm Pickleball	30 10:30-12:30pm Challenging Line Dancing	31

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 10:30-1:00pm Lunch & Learn 10 am Walking Corbeil 1:30 Walking Astorville 9:30-11:30am Pickleball at Astorville Arena 7:00—9:30 pm EF Oldtyme Fiddlers	4 9:00am-10:00am Cardio Drumming 10:15-12:15pm General Line Dancing 1 to 3 pm Social & Games	5 9:30-10:20 Strength & Stretch 10:30—11:20am Chair Yoga 1:00-2:30 Ukulele @ Library 9:30-11:30am Pickleball at Astorville Arena	6 10:30-12:30pm Challenging Line Dancing 1 to 3:30 pm Village Readers	7
8	9 10:30-11:20am Strength & Stretch 12:15-2pm Ukulele 2:15—3:30 pm Simply Dance	10 8:00am-12:00 Med Foot Care 9:00am —12:00 Health Check Clinic 10:00 Walking Corbeil 1:30 Walking Astorville 9:30-11:30am Pickleball in Astorville Arena	11 9:00am-10:00am Cardio Drumming 10:15-12:15pm General Line Dancing 1 to 3 pm Social & Games	12 9:30—10:20 Strength & Stretch 10:30—11:20 am Chair Yoga 1:00-2:30 Ukulele @ Library 9:30-11:30am Pickleball in Astorville Arena	13 10:30-12:30pm Challenging Line Dancing	14
15	16 10:30-11:20am Strength & Stretch 12:15-2pm Ukulele 2:15—3:30 pm Simply Dance	17 10:00 Walking Corbeil 1:30 Walking Astorville 9:30-11:30am Pickleball in Astorville Arena Over 80 Strawberry Social 	18 9:00am-10:00am Cardio Drumming 10:15-12:15pm General Line Dancing 1 to 3 pm Social & Games 3:15pm-5pm Board Meeting	19 9:30—10:20 Strength & Stretch 10:30—11:20 am Chair Yoga 1:00-2:30 Ukulele @ Library 9:30-11:30am Pickleball in Astorville Arena	20 10:30-12:30pm Challenging Line Dancing	21 Trip Stay Tuned 
22	23 10:30-11:20am Strength & Stretch 12:15-2pm Ukulele 2:15—3:30 pm Simply Dance	24 10:00 am—5:00pm Income Tax Preparation Appointment needed 10:00 Walking Corbeil 1:30 Walking Astorville 9:30-11:30am Pickleball in Astorville Arena	25 9:00am-10:00am Cardio Drumming <i>Last Day</i> 10:15-12:15pm General Line Dancing 1 to 3 pm Social & Games- <i>Last Day</i>	26 9:30—10:020 Strength & Stretch 10:30am—11:20am Chair Yoga 1:00-2:30 Ukulele @ Library <i>Last Day</i> 9:30-11:30am Pickleball in Astorville Arena	27 10:30-12:30pm Challenging Line Dancing	28
29	30 10:30-11:20am Strength & Stretch 12:15-2pm Ukulele <i>-Last Day</i> 2:15—3:30 pm Simply Dance					



2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30-11:30am Pickleball in Astorville Arena 10 am Walking Corbeil 1:30 Walking Astorville 7:00—9:30 pm EF Oldtyme Fiddlers	2 10:15-12:15pm General Line Dancing	3 9:30-11:30am Pickleball in Astorville Arena 9:30—10:20 Strength & Stretch 10:30—11:20 am Chair Yoga	4 10:30-12:30pm Challenging Line Dancing 1 to 3:30 pm Village Readers	5
6	7 10:30-11:20am Strength & Stretch 2:15—3:30 pm Simply Dance	8 8:00am-12:00 Med Foot Care 9:00am —12:00 Health Check Clinic 9:30-11:30am Pickleball in Astorville Arena 10 am Walking Corbeil 1:30 Walking Astorville	9 10:15-12:15pm General Line Dancing	10 9:30-11:30am Pickleball in Astorville Arena 9:30—10:20 Strength & Stretch 10:30—11:20 am Chair Yoga	11 10:30-12:30pm Challenging Line Dancing	12
13	14 10:30-11:20am Strength & Stretch 2:15—3:30 pm Simply Dance	15 9:30-11:30am Pickleball in Astorville Arena 10 am Walking Corbeil 1:30 Walking Astorville	16 10:15-12:15pm General Line Dancing	17 9:30-11:30am Pickleball in Astorville Arena 9:30—10:20 Strength & Stretch 10:30—11:20 am Chair Yoga	18 10:30-12:30pm Challenging Line Dancing	19
20	21 10:30-11:20am Strength & Stretch 2:15—3:30 pm Simply Dance	22 9:30-11:30am Pickleball in Astorville Arena 10 am Walking Corbeil 1:30 Walking Astorville	23 10:15-12:15pm General Line Dancing	24 9:30-11:30am Pickleball in Astorville Arena 9:30—10:20 Strength & Stretch 10:30—11:20 am Chair Yoga	25 10:30-12:30pm Challenging Line Dancing	26
27	28 10:30-11:20am Strength & Stretch 2:15—3:30 pm Simply Dance	29 9:30-11:30am Pickleball in Astorville Arena 10 am Walking Corbeil 1:30 Walking Astorville	30 10:15-12:15pm General Line Dancing	31 9:30-11:30am Pickleball in Astorville Arena 9:30—10:20 Strength & Stretch 10:30—11:20 am Chair Yoga		



2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:30-12:30pm Challenging Line Dancing 1 to 3:30 pm Village Readers	2
3	4 10:30-11:20am Strength & Stretch 2:15—3:30 pm Simply Dance	5 9:30-11:30am Pickleball in Astorville Arena 10 am Walking Corbeil 1:30 Walking Astorville Learn 7:00—9:30 pm EF Oldtyme Fiddlers	6 9:00am-10:00am Cardio Drumming 10:15-12:15pm General Line Dancing	7 9:30-11:30am Pickleball in Astorville Arena 9:30—10:20 Strength & Stretch 10:30—11:20 am Chair Yoga	8 10:30-12:30pm Challenging Line Dancing	9
10	11 10:30-11:20am Strength & Stretch 2:15—3:30 pm Simply Dance	12 8:00am-12:00 Med Foot Care 9:00am –12:00 Health Check Clinic 9:30-11:30am Pickleball in Astorville Arena 10 am Walking Corbeil 1:30 Walking Astorville	13 9:00am-10:00am Cardio Drumming 10:15-12:15pm General Line Dancing	14 9:30-11:30am Pickleball in Astorville Arena 9:30—10:20 Strength & Stretch 10:30—11:20 am Chair Yoga	15 10:30-12:30pm Challenging Line Dancing	16
17	18 10:30-11:20am Strength & Stretch 2:15—3:30 pm Simply Dance	19 9:30-11:30am Pickleball in Astorville Arena 10 am Walking Corbeil 1:30 Walking Astorville	20 9:00am-10:00am Cardio Drumming 10:15-12:15pm General Line Dancing	21 9:30-11:30am Pickleball in Astorville Arena 9:30—10:20 Strength & Stretch 10:30—11:20 am Chair Yoga	22 10:30-12:30pm Challenging Line Dancing	23
24	25 10:30-11:20am Strength & Stretch 2:15—3:30 pm Simply Dance	26 9:30-11:30am Pickleball in Astorville Arena 10 am Walking Corbeil 1:30 Walking Astorville	27 9:00am-10:00am Cardio Drumming 10:15-12:15pm General Line Dancing	28 9:30-11:30am Pickleball in Astorville Arena 9:30—10:20 Strength & Stretch 10:30—11:20 am Chair Yoga	29 10:30-12:30pm Challenging Line Dancing	30