

NEWSLETTER

Campbellfordcurlingandfitness.ca
Facebook.com/CampbellfordDistrictRacquetAndCurlingClub

April 2023

Fitness classes start with three new trainers

By Alec Dewdney

Have some fun, be challenged, and maintain your fitness or get fit.

Now that curling is finished, we have lots of opportunities for maintaining our health, strength and overall wellness. Let us make fitness our priority to be ready for curling this fall. These classes remain free to members with a \$15 charge per class for non-members.

Meyers Sports is about to relaunch the popular early morning workouts circuit style. Three trainers have been retained: Natisha for Tuesday morning 6.30-8.30 a.m., Evander Bentley for Wednesday evening 6-7 p.m. and Shelley for Thursday morning 6.30-7.30 a.m.

Both Natisha and Shelley led classes at the club prior to COVID and are respected as trainers. Evander is new to the club. He has completed a number of certifications with ISSF such as Fitness Coaching, Personal Training, Sports Injury Recovery and is currently working on a Nutrition certificate.

These classes start the week of April 17.

Yoga will continue on Tuesdays at 5 p.m. and by request there will be a second class on Thursdays at 5 p.m. The second class will start April 13.

Kettlebells will keep swinging Monday nights with a time change to 6.30 p.m.

Welcome our two new staff

By Sandy Chapman

Good news for all! The HR Committee has been very busy and very successful. We have hired a new cleaner, Bill Collins, and a new manager, Teri Lee Dunk.

Bill has been with us for a few weeks and is doing a wonderful job. It has been mentioned by several members that the club is very clean. Bill worked for many years as a custodian for the public school board. He agreed to come out of retirement and take care of the club. Bill is a member and curls several times a week. Huge thanks to Bill!

Teri will be starting her training period with us on Monday, April 10. Teri comes to us with a wealth of experience in managing and running her own business. Many of you may know her from her successful salon/spa in Warkworth, or from her involvement with horses and rodeo competition. Teri is a member of the club and is confident that she can manage the facility and all the many things that entails. She looks forward to helping the members. Huge thanks to Teri!



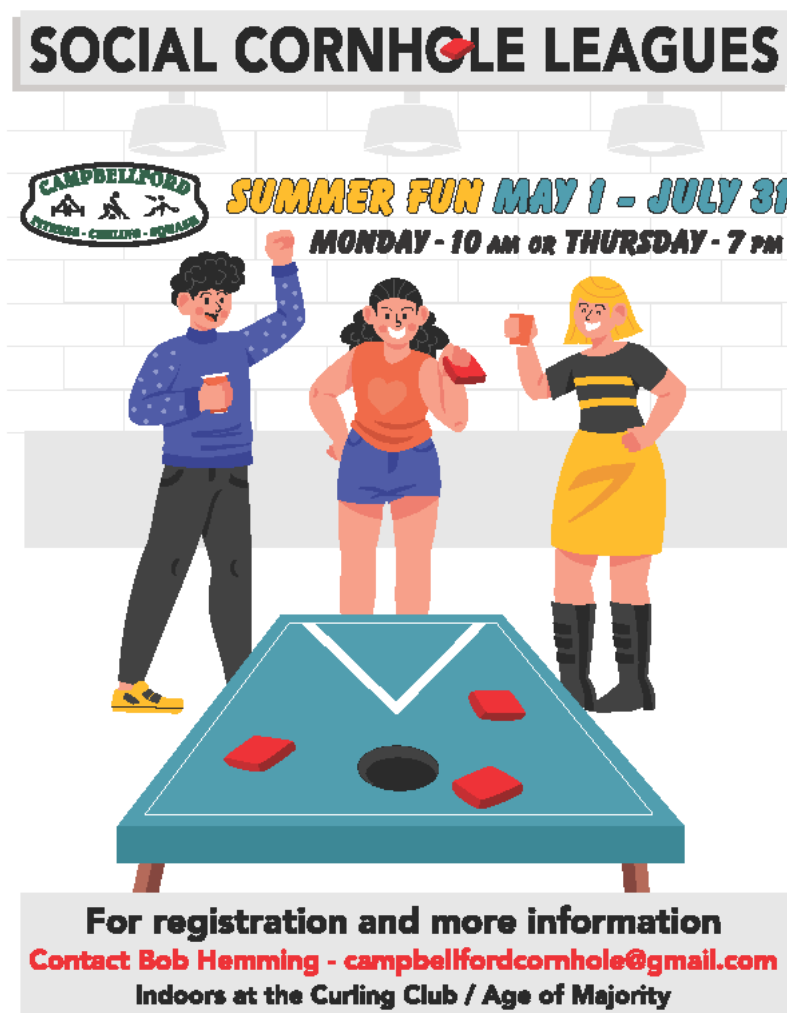
It's almost Cornhole time

Calling all your neighbours, friends, relatives - There's a new game in town and it just takes two! No special equipment required.

Cornhole Registration: Monday, April 17, 1-3 p.m., Wednesday, April 19, 5:30-7 p.m.

Registration for the season is only \$20 and per game fee \$5. The season starts May 1 and runs until July 31. Any questions, more information and can't make registration?

Contact Campbellfordcornhole@gmail.com

A colorful illustration for a cornhole league poster. At the top, a grey banner reads "SOCIAL CORNHOLE LEAGUES" in bold black letters, with a small red cornhole piece icon. Below this, a white brick wall background features three hanging light fixtures. On the left, a circular logo for "CAMPBELLFORD" lists "ATHLETICS - CORNHOLE - SOCIAL". To the right, text in yellow and blue reads "SUMMER FUN MAY 1 - JULY 31", and below that in black, "MONDAY - 10 AM OR THURSDAY - 7 PM". In the center, three stylized characters are shown: a man in a blue sweater and black pants holding a drink and cheering, a woman in an orange shirt and blue shorts holding a red cornhole piece, and another woman in a yellow dress and black boots also holding a red piece. In the foreground, a blue cornhole table with a white V-shape and a black hole is shown, with three red cornhole pieces on it. At the bottom, a grey banner contains the text: "For registration and more information", "Contact Bob Hemming - campbellfordcornhole@gmail.com", and "Indoors at the Curling Club / Age of Majority".

SOCIAL CORNHOLE LEAGUES

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High tea postponed until the fall

Plans to hold a high tea at the club have been put on hold until the fall.

Thanks for supporting the Bridge Hospice

The Bridge Hospice would like to thank everyone who supported the facility by attending the recent music concert at the Legion in town. Several club members are involved with the Hospice and ticket sales were strong here.



Club receives \$144,700 grant to improve accessibility

On Saturday, March 25, MPP David Piccini visited the Norwood Curling Club to announce \$200,900 of funding for upgrades at our club and the Norwood club.

The grants from the Ontario Trillium Foundation (OTF), will replace the roof of the Norwood club and improve accessibility at our club.

The Norwood club received a \$86,200 grant to replace the roof on its century-old facility. Our club received a \$114,700 grant that will allow us to improve accessibility by widening doors, adding ramps, and installing a wheelchair lift to allow access to the ice surface.

