

# NEWSLETTER

Campbellfordcurlingandfitness.ca  
Facebook.com/CampbellfordDistrictRacquetAndCurlingClub

March 2025



This year's Spring Banquet will be held Saturday, April 12 at the club.

Chef Ravi of Antonia's Bistro will be catering a delicious meal once more. DJ services will be provided by Chico, who had everyone up and dancing last year.

Tickets are available from the league convenors or from club manager Jess.

Thanks to Jeanette Cournoyer, organizer of the event. Please seek out Jeanette if you'd like to help out.

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## Try Triples Curling for three times the fun

You've got another chance to try Triples Curling before the season ends.

On Sunday, March 23 we'll be doing another session of this new twist to curling. Come try it out. We may have a triples league next season if enough people are interested.

Sign up sheet in the Bennett Lounge. There's only space for 24 players so don't delay.

# LIVE BETTER AT ANY AGE!

## Senior Fitness Class

**Wednesday Mornings  
11:00 AM**

**Campbellford Curling & Racquetball Club  
Bennett Lounge**

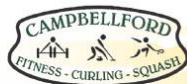
**Curling Club Members: \$5.00  
Non-Members: \$15.00**

Bring a yoga mat, comfy clothes & some water.

### KEEP MOVING TO:

- Strengthen your body & immune system
- Build a healthy heart
- Decrease blood sugars
- Prevent, or even reverse, lifestyle disease
- Improve bone health
- Decrease chance of osteoporosis
- Decrease anxiety & increase your relaxation

Modifications available for all exercises.  
Come on out & have some fun while benefiting your health.  
No prior experience needed.



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*Shelley Aggett*  
Certified fitness &  
nutrition coach.



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## Join in Amazing Race Campbellford

Try something new on Saturday, August 23

2 p.m. start

Teams of four – Ages 4 to 94

\$100 a team if you register before June 23, \$120 after

Fun and challenges at stops around town followed by BBQ and cash bar at the club.

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## **2025 DAVID PHILP WINDUP BONSPIEL**

**MARCH 28 th & 29 th  
ALL GAMES WILL BE 6 ENDS**

**COME AND JOIN THE FUN  
ENTRY-\$180 PER TEAM  
POINTS SPIEL**

**ENTRY INCLUDES - 3 games  
Snacks Friday Night  
Supper Saturday Night  
Team Picture**

**OTHER FEATURES - Prizes  
Saturday a lunch will be available  
for everyone for \$7  
Non-curlers can join us for dinner for \$15**

**PLENTY OF GREAT FUN**

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## **Coming events**

May 2 – Hoard's Station Sales Barn luncheon. Volunteers and pies needed. Sign up in lounge.

June 7 – Club golf tournament at Warkworth Golf Club

Oct. 18 – Golf at Salt Creek and Curl back at the Club