

What is Happening at the MacGregor Recreation Centre?

800 Lakeshore Drive - More information call 344-1908 email kathmaun@tbaytel.net Facebook - MacGregor Rec

Activities happening every day of the week at YOUR Community Centre!

What day will you be joining us?

YIN YOGA

Mondays 10:00-11:30am -\$12

Yin Yoga targets the connective tissues, such as the ligaments, bones, and even the joints of the body that normally are not exercised very much in a more active style of yoga. This slow-paced style of yoga allows postures to be held for a longer period of time stretching muscles, releasing the fascia and improving joint mobility. Any questions please contact Diane Gordon at 683-3016 e-mail dgordon@tbaytel.net

AGE-FRIENDLY EXERCISE

Mondays 12:45-1:4 pm -\$5 drop in rate

MOBILITY, FLEXIBILITY AND STRENGTH! Get rid of ankle and knee pain! Gain range of motion in your shoulders and hips! Increase your mobility and strengthen your muscles! In this weekly class, we will do a flexibility routine to increase reaction time, improve balance, work muscles to support your body and work on mobility to increase range of motion. This class is open to everyone and even great for first time exercisers in our older community. **LET'S USE IT - SO YOU DON'T LOSE IT!**

NEW! PAINTING CLASSES

Mondays 2:00-5:00pm - 4 classes May 14th & 28th and June 4th and 11th

Artist and Instructor Jean Marler is offering introductory acrylic painting classes - Paint your own original still life. Price for the four classes is \$100 which includes all materials, 11x14 canvass, instruction and a portion of the fees donated to the MacGregor Recreation Centre programs.

For further information contact Jean: Telephone 935-2440, or by texting her at 450-522-4506. Email: Jeanne@jeannemarler.com

ZUMBA INSPIRED EXERCISE DANCE CLASSES

Mondays 5:30-6:30pm -\$10 drop in rate

Dance your way to fitness! Have fun while exercising without having to leave the Shuniah area with Zumba *inspired* dance! Bring a friend or come alone and make new friends in your community! For all ages and experience levels. Not sure if it is for you? For more information call Katherine Langen 629-7940

MUSIKGARTON ADULT RECREATIONAL BEGINNER KEYBOARD

Tuesdays 1:30-2:30pm

Participants learn to develop their inner musician and then to play the keyboard/piano. We listen and move to the songs, we drum to help develop our sense of rhythm and beat, and then we learn to play songs by ear and eventually, by reading the music. This is a non-stressful, non-pressured approach

focusing on the joy of making music together. To register contact Karen Kent at 355-5520 or email: growingwithmusik@gmail.com

ADULT BOXING FITNESS

Tuesdays 5-6:00pm and Thursdays 5:30-6:30pm Sundays 3-4:00pm

All fitness levels welcome! Are you ready to safely improve your cardio, endurance and co-ordination? Join Dayna, our knowledgeable personal trainer and certified boxing coach in this non-combative class. Gloves and equipment provided. \$15 drop in rate per class or \$100/month for 8 classes (Mondays and Wednesdays 2x a week for 4 weeks). Sunday drop in rate is \$10. Want to create your own private exercise class of 5-8 friends or family? Contact Dayna at 632-2254 for more information.

YOGA CLASSES

Tuesdays 6-7:15 pm -\$5 drop in rate

Everyone is welcome. This is a Hatha yoga class where the focus is on bringing the asanas (postures) into your unique body, developing a balance of strength and flexibility. Classes include pranayama (breath work), asanas (postures), meditation and conclude with savasana (final relaxation). Please bring your own mat and a blanket. Drop in rate is \$5 with a portion of class fees donated to the Shuniah recreation centre programs. Instructor- Lynn Kallies for more information Email at roblynn@tbaytel.net

BENDER BALL EXERCISE

Wednesdays 8:45-9:45am -\$6 drop in rate (No class May 9th or June 6th)

Bender Ball is described as "Cardio Yoga" a fun workout that challenges all elements of fitness strength, core, mind and body. It also gives you a fun cardio workout to great music. It is safe and effective for all ages. Balls and mats provided. For more information contact Candace 621-2926.

FLOW YOGA

Wednesdays 10:00-11:30 am -\$12 (and stay for Body Groove Dance for free!)

Flow Yoga is one of the most popular contemporary styles of yoga and is called flow because of the smooth way the poses run together. Good for all levels of fitness. Between yoga and dance class we will be making healthy smoothies for small charge. Any questions please contact Diane Gordon at 683-3016 e-mail dgordon@tbaytel.net

SHUNIAH YOUTH GROUP

Wednesdays 6-9pm and Fridays 6-10pm - FREE!

Drop in activities for youth **grade three** and up (Kids must sign in and out of centre)

Younger children welcome to participate in activities with parental supervision.

All kids are invited to participate in the fun organized events that are highlighted in the monthly calendar... **WATCH FOR SPECIAL CLASSES LIKE BOXING AND BOOTCAMP IN MAY/JUNE!** The Youth Program offers basketball nets, skating rink, sports nights, dances, bingo, ping-pong, pool table, air hockey, and a great place to hang out and meet friends!

SHUFFLEBOARD LEAGUE

Thursdays 1:00 pm- FREE!

The disks and cues are ready! Come out and meet your neighbours by joining us for a weekly fun tournament. If you are curious about how shuffleboard works... come out on a Thursday and have a cup of coffee and watch a game! Bet you will want to try it! Everyone is welcome!

Family Music for Toddlers & Preschoolers

Fridays at 11:00 am

This 30 minute class is designed for caregivers and children to participate together and will help children experience the joy of music and movement through singing, moving and playing instruments. This is an active joyous celebration of music to foster the natural connection between music and movement. Activities include singing, dancing, chanting, focused listening and simple instrument playing, creating an environment in which the child's music aptitude is nurtured and many skills are developed. Please call Karen if you wish to order a Musikgarten family music kit. (355-5520)
Instructor: Karen Kent (OCT & licensed Musikgarten teacher)
\$7 per class for 8 week session Register online at musikgarten.org/growingwithmusik

FAMILY MUSIC FOR BABIES (8 WEEKS STARTING MAY 4)

Fridays at 11:30 am

This gentle half hour class offers caregivers the opportunity to play with babies in a musical setting, experiencing music and movement activities designed to delight the child and make him or her curious about music. By singing, dancing, bouncing, and rocking, the child's music aptitude is being carefully nurtured, laying the foundation for beat, singing, and active listening. Awaken your baby's curiosity about the world through moving, dancing, singing and exploring different instruments. Please call Karen if you wish to order a Musikgarten family music kit. (355-5520)
Instructor: Karen Kent (OCT & licensed Musikgarten teacher)
\$7 per class for 8 week session Register online at musikgarten.org/growingwithmusik

ADULT FITNESS BOOT CAMP- FULL!

Fridays 5:30-6:30pm -May 4th to June 1st

Keep fit with a fantastic outside workout. Challenge yourself with a circuit including tires, ropes and sleds. Be trained by our knowledgeable personal trainer who will help you safely get the most out of your workout! 5 week session is \$40 Classes are limited to 10 people. Call Dayna at 632-2254 to register or for more information on summer sessions. (Rainy days we will work out inside the centre)

Coaches Corner by Dayna Bernier

Get Out!

Winter is finally wrapping up and everyone is itching to get outside. Time to **GET OUT**.

There is proof behind feeling better by being outside and it has everything to do with fresh air.

Here is the deal.

Outside, electrically charged particles are created when the air molecules come in contact with sunlight and water. (Everything Shuniah has a lot of!)

So "fresh air" basically means fully charged air. Completely opposite of air conditioned gym or house air which has dulled down from lack of sun and water.

So that stress relieving walk in Mother Nature really does have solid science behind why you always feel so much better. So dust off the runners and hiking boots and get outside to get charged up.

SHUNIAH COMMUNITY YARD SALE
SATURDAY JULY 7TH
9AM-1PM

MACGREGOR RECREATION CENTRE PARKING LOT
800 Lakeshore Drive

All Shuniah residents and campers are invited to participate in this huge "tailgate" community yard sale.

Come out to sell your treasures and shop for "new" ones!

RESERVE A SPOT NOW FOR YOUR VEHICLE

BY CALLING 344-1908

OR EMAIL kathmaun@tbaytel.net

