

What is Happening at the MacGregor Recreation Centre?

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

Friend us on Facebook "MacGregor Rec" to always know what is going on!

MORNING YIN YOGA

Mondays and Saturdays 10:00-11:30am

\$12/class drop in or \$10 with session rate

"Meet you on the mat" 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 or dgordon@tbaytel.net

FAMILY MUSIC

Mondays 10:30-11:00am

\$8 per class for 10 weeks plus family kit (\$40) drop in rate \$10

This fun class is a weekly 30-minute class for 3 months to 3-year olds and their caregivers. Musikgarten classes nurture music skills by engaging children and their families in carefully designed singing and movement activities. Little people learn to tune their ears, develop their language and voices, and move their bodies with rhythm to express their musicality. Participate with your child each week in singing, chanting, rocking, moving, dancing, listening and playing simple instruments. See his/her curiosity about the musical world bloom and watch your child to find the joy in music! Register for this program online at musikgarten.org/growingwithmusik or call Karen Kent at [355-5520](tel:355-5520) to register.

AGE-FRIENDLY EXERCISE

Mondays 1:45-2:45pm

\$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. Contact Dayna at 632-2254 for more information.

LET'S USE IT - SO YOU DON'T LOSE IT!

ADULT BOXING FITNESS

Mondays and Thursdays 5:30-6:30pm

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 Thursdays 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.

NEW!! RESTORATIVE YOGA

3 Mondays 7:00-8:30pm

February 25, March 25, April 22

\$12 per class

Restorative yoga allows you to completely relax and rest and explore what happens when you release the tension your body may habitually hold. What to expect; Pranayama (breath work), self-massage, gentle asanas followed by typically 5-6 postures supported by props (blankets, bolsters, blocks) and held for 5 min or more.

Please bring a blanket or two if you can. Contact Lynn Kallies to register or for more information at roblynn@tbaytel.net



EVENING YOGA CLASS

Tuesdays 5:45-7:00pm

\$40 for 5 classes or \$10 drop in rate

Everyone is welcome. This is a gentle Hatha yoga class combining breath work, Asanas (postures), meditation and concluding with Savasana (final relaxation). Yoga focuses your attention in the present moment, soothing tension in the mind and body and helps in developing muscle strength, tone and flexibility. Please bring your own mat and a blanket. Contact Lynn Kallies for more information at roblynn@tbaytel.net

MORNING STRETCH AND STRENGTHEN

Wednesdays 10:00-11:30am

\$12/class drop in or \$10 with session rate

Yoga is one of the most popular contemporary forms of exercise which is good for all levels of fitness. "Meet you on the mat" Any questions please contact Diane Gordon at 683-3016 e-mail dgordon@tbaytel.net

SHUNIAH ART GROUP

Wednesdays 1:30-4:30pm

****NEW! SUNDAYS 1:30-4:30pm****

\$25 registration and \$10/class

Individual guidance is what makes this three-hour class so special. There is room to join at any time. All levels welcome. Apart from instructional material and individual attention, each week Jean takes 10 - 15 minutes to give a short introduction to different aspects of art varying in subject matter from 'How to enhance the composition of a painting' to discussion of famous artists. To register and for a list of supplies contact Jean Marler at jeanne@jeannemarler.com or 631-7856

SHUNIAH YOUTH GROUP

Wednesdays and Fridays 6-9pm

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.

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! For updates on activities follow the MacGregor Rec Centre on Facebook!

SHUFFLEBOARD LEAGUE

Thursdays 1:00-3:00pm

No experience necessary! 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 watch a game! Coffee is always on and everyone is welcome!

SPARKS AND BROWNIES

Thursdays 6:30-7:30pm (Sparks) 6:30-8:00pm (Brownies)

Registration is always open! Sparks and Brownies are branches of the Girl Guides of Canada. Girls entering SK or Grade 1 this fall are invited to join the Sparks. We will have lots of fun making new friends! We are planning lots of great activities including learning outdoor skills, singing, making crafts and helping our community. You can enroll your girl at www.girlguides.ca. Be sure to find our unit, the First Shuniah Sparks/Brownies Guiding Unit. For any questions about our unit, email Martha marthadowsley@hotmail.com.

COACHES CORNER

Macros and Fitness

As everyone is starting to think of summer and getting ready to "really stick to a diet this time" we have to think about our macronutrients.

We all have heard of protein and carbs and fats. But one area that has been overlooked that plays a big role in our fitness is fiber.

Our fiber consumption plays a big role in our physical performance. It does this by keeping our digestive system healthy and functioning properly. It also controls how quickly our sugar is processed, by slowing it down. This creates a smooth level of digestion and eliminates sugar crashes or spiking.

So, our aim is 25grams of fiber a day. Foods to focus on apples especially with peel on. Also, bran in the morning with your cereal or yogurt is an easy way to get your motor running and keep you feeling full.

Little changes like adding more fiber will make a big difference in not only your waistline but your overall health.

Keep swinging

Coach Dayna

Shuniah Youth Group
is hosting
Easter Treat Hunt!!
Wednesday April 17th



Outside at the MacGregor Recreation Centre-800 Lakeshore Drive

Bring your basket and hunt for tons treats that Easter Bunny hid for us
and have fun with some *eggstra*-special crafts and games!!

All ages are welcome!

Hunt starts at **6:30 sharp!**

The Shuniah Art Group gets together every Wednesday afternoon at the McGregor Recreation Centre. Many people have asked about having another class on the week-end in order to give those who work a chance to paint and study art with Jeanne Marler. **These new Sunday art classes will start on Sunday April 7th 1:30 to 4:30** at the McGregor Rec Centre. There is a \$25 registration fee. Each class attended costs \$10. As stated in a previous article, Jeanne works with students at all levels in acrylic paints. Come and join us.

First class, first start toward a first painting, by Cathy Lance who keeps declaring how much fun she is having.



Do you want to know more about creating perspective in your paintings? Jeanne suggests incorporating some of the following: 1. The size of objects in relation to each other creates depth. We tend to compare the size of the objects in the background to the closest object; 2. Converging lines will create depth; 3. Overlapping lines help to give the illusion of depth; 4. Foreground vs background: More paint and more detail in the foreground.

How many of these elements are incorporated in the painting (by Karen Kent, one of Wednesday's students)?



Mark May 9-11 on your calendar. These are the dates of the Shuniah Art Group Show, to be held at the Painted Turtle, 4 Balsam Street, Thunder Bay.

For further information contact Jeanne Marler Cell/text: 807-631-7856 Email: jeanne@jeannemarler.com.
Website: jeannemarler.artist.

Family Music - "Listening to fast and slow music is fun with scarves"



