

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/or Saturdays 10:00-11:30am

No classes May 18th or 20th

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

"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 May 6th-June 3rd 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.

EVENING YOGA CLASS- MAY 14TH, 21ST, 28TH

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

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

DON'T MISS OUR ART SHOW AT THE GALLERY 33 AND THE PAINTED TURTLE! MAY 9TH, 10TH AND 11TH. EVERYONE WELCOME!

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, 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! WATCH FOR US AT MCKENZIE SCHOOL - MAY 1ST -for Math and Mindfulness and JUNE 6TH for the Community BBQ

SHUFFLEBOARD LEAGUE

Thursdays 1:00-3:00pm

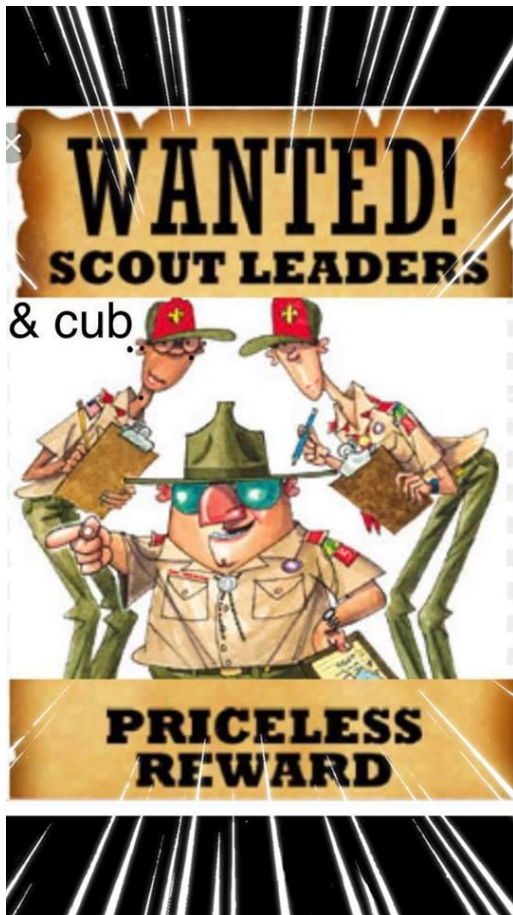
No experience necessary! The disks and cues are ready! Come out and meet your neighbours by joining us for a weekly fun tournament. If you are curious about how shuffleboard works... come out on a Thursday and watch a game! Coffee is always on and everyone is welcome!

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.

HELP WANTED!! MacGregor Rec Centre is looking to start a Scout and Cub Troop this fall and is needing leaders! If you would like to help out and have a valuable volunteer experience contact Clinton at 630-7616



COACHES CORNER

Spring and Steps

Spring is finally here and as the sun start to warm us from our deep freeze, we are naturally drawn outside. It is a great time of year to start a new fitness routine. If you like to be outside there is no better way to enjoy it then hiking.

Hiking is a low impact, fun way to relieve stress, lose some winter weight and have fun either alone or with another (either 2 or 4 legged).

Hiking is an easy way to add great benefits of physical fitness. Like reduced blood pressure, reduced risk of heart disease, lower cholesterol, lower body fat and increase mood and mental health.

Always be sure to carry a small pack of emergency supplies even on the shortest of hikes. It is better to have and not need then to need and not have. Some must have's like socks, sweater, water. And if you do go with a furry friend I always pack an extra leash.

So time to get out there, Shuniah. Leave your prints.

Until next time

Keep swinging

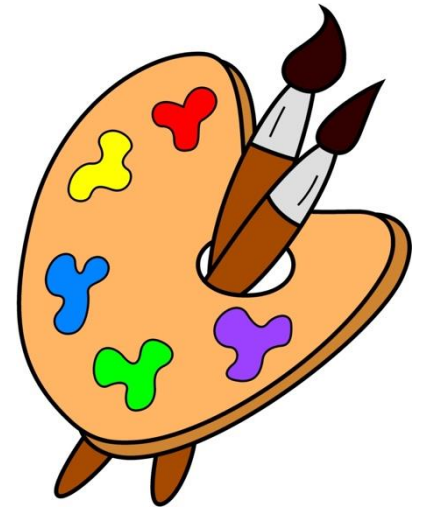
Coach Dayna

Visited ADULT MOBILITY CLASS last week and caught Coach Dayna teaching these folks how to easily get up off the floor after a fall - such important information for keeping our community members safe! Circuit work each class is helping improve balance, mobility and strength. MacGregor Rec Centre Mondays at 1:45pm -\$5 drop in EVERYONE IS WELCOME!





*Shuniah Art Group Show
at The Gallery 33
and The Painted Turtle
May 9, 10, 11, 2019
All are welcome*



Save the Date! (and your stuff)

FOR THE
SHUNIAH COMMUNITY YARD SALE
SATURDAY JULY 13TH 9AM-1PM
MACGREGOR RECREATION CENTRE PARKING LOT
800 Lakeshore Drive
RESERVE A SPOT NOW FOR YOUR VEHICLE BY
EMAIL kathmaun@tbaytel.net

