

# What is Happening at the MacGregor Recreation Centre?

800 Lakeshore Drive - More information call 344-1908 email [kathmaun@tbaytel.net](mailto:kathmaun@tbaytel.net)

Follow MacGregor Rec Centre on Facebook to always know what is going on!

## MORNING YOGA

**9:30-11:00am**

**Monday Sept 9-Oct 28 - 8 classes \$80**

**Saturday Sept 14-Oct 26 - 7 classes \$70**

**Or \$12/class drop in rate**

"Meet you on the mat" 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 workout. Bring your own yoga mat and blanket all other props are provided. Any questions please contact Diane Gordon at 683-3016 or [dgordon@tbaytel.net](mailto:dgordon@tbaytel.net)

## FAMILY MUSIC

**Mondays 10:15-10:45am**

**New session begins September 16<sup>th</sup>**

**\$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](http://musikgarten.org/growingwithmusik) or call Karen Kent at [355-5520](tel:355-5520) to register.

## FOREVER FITNESS- ADULT EXERCISE

**Mondays 1:45-2:45pm**

**New session begins September 9<sup>th</sup>**

**\$5 drop in rate**

**MOBILITY, FLEXIBILITY AND STRENGTH!** Get rid of ankle and knee pain! Improve your balance! 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 info.  
**LET'S USE IT - SO YOU DON'T LOSE IT!**

## SHUNIAH SLUGGERS BOXING FITNESS

**Mondays and Thursdays 5:30-6:30pm**

**New session begins September 5<sup>th</sup>**

**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). Want to create your own private exercise class of 5-8 friends or family? Contact Dayna at 632-2254 for more information.

### **MUSIKGARTON ADULTS: ENJOYING THE PIANO TOGETHER**

**Tuesdays 2:00-3:00pm**

**New session begins September 17<sup>th</sup>**

**\$15 per one-hour lesson for 8 weeks plus book cost (\$30)**

This relaxing, non-pressured music program is for adult beginners who have always wanted to learn the piano and want to play for their own enjoyment. Our focus is on developing the inner musician through active music making (singing, drumming, moving) as well as playing the keyboard. No previous music trading is needed-this will be provided in the program with many fun musical activities. The group recreational music setting provides a relaxing and comfortable time to explore music together. Come and find the joy of participating in music! Call Karen Kent at 355-5520 to register.

### **EVENING YOGA CLASS**

**Tuesdays 5:45-7:00pm**

**New session begins September 10<sup>th</sup>**

**No class September 24<sup>th</sup>**

**\$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](mailto:roblynn@tbaytel.net)

### **SHUNIAH ART GROUP**

**Wednesdays and Sundays 1:30-4:30pm**

**New session begins October 2<sup>nd</sup> and 6<sup>th</sup>**

**\$25 registration and \$10/class**

All levels are welcome to either or both days. Beginner to advanced students will be tutored according to their individual needs. Specific guidance is what makes this three-hour class so special. Space is limited as Jeanne spends time with each student individually and so must limit the number of students in each class. To register and for a list of supplies contact Jean Marler at [jeanne@jeannemarler.com](mailto:jeanne@jeannemarler.com) or 807-631-7856

### **SHUNIAH YOUTH GROUP**

**Wednesdays and Fridays 6-9pm**

**Activities begin Friday September 6<sup>th</sup> with CAPTURE THE FLAG!**

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**

**New session begins November 7<sup>st</sup>**

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, BROWNIES AND NOW GUIDES!**

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

**New session begins September 26th**

Registration is open and there are a few spots left! Sparks, Brownies and Guides are branches of the Girl Guides of Canada. Girls entering SK to Grade 6 are invited to join. We have lots of fun and make 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](http://www.girlguides.ca). Be sure to find our unit, the First Shuniah Sparks/Brownies/Guiding Unit!

**Also, we are looking for apples to use in cooking projects. If you have any trees you would like picked please call Martha at 807-355-3783 or e-mail [mdowsley@lakeheadu.ca](mailto:mdowsley@lakeheadu.ca)**

For any questions about our unit, email Martha [marthadowsley@hotmail.com](mailto:marthadowsley@hotmail.com).

## **COACH'S CORNER**

### **Build that mental muscle.**

With summer drawing in and school coming up quickly. It is hard to imagine our summer "break" is coming to a close. The thought of getting "back at it" puts us all in a shock, because really did we even get to stop? How can we show up to the hustle of September and October when we are mentality exhausted.

The fall season is a great way to recharge your emotional bank. The cooler or comfortable temperatures, the smells of crisp fresh air, the new harvest of vegetables available are all excellent markers for mental wellbeing.

Take time to energize yourself with outdoor activities that will allow yourself some peace and quiet. A stroll down the less crowded beach, a hike with your best 4-legged friend. Soak in the smells and sounds, and allow your mind to settle in on this "recharge". Sometimes even a cup of coffee with only a sunrise to share your time will be enough to boost your batteries for the upcoming season.

Fall is for many reasons the best time of year. Make the most of it, give yourself to a mental retreat and recharge yourself.

Until next time  
Keep swinging,  
Coach Dayna