

What is Happening at the MacGregor Recreation Centre?

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

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

BEGINNER BELLY DANCING WORKSHOP

Saturday March 28th, April 25th May 23rd 11:00am-12:00pm

\$10 per class MUST PRE-REGISTER

The girls at the Women's Me Treat last month had so much fun they requested MORE! Always wanted to try it? Danielle Kushner is a local dancer who developed a passion for dance later in life. At present she is teaching her own classes at World Dance Collective where she offers belly dancing to adults who are new to cultural dance.... And she is coming to OUR rec centre for a three class beginner workshop! This class provides a safe place to learn new skills while enjoying the art of cultural dance in an inclusive community. All ages welcome! Come dance with me! To register please contact Danielle at kush-dani@shaw.ca

YOGA WORKSHOP - BREAKING DOWN POSES

Saturday April 4th, 1-3pm - \$20 MUST PRE-REGISTER

From beginners to regulars, this yoga workshop is for everyone. Arthur will be workshopping various yoga poses, helping you understand all the benefits. The second half will be a Hatha class, putting the knowledge you've learned to work. Have you been working on your husband to come to a yoga class? This is the perfect opportunity! Questions, or to preregister: Art Fiedler 707-7374 or artofyogacanada@gmail.com

ART OF YOGA - ALL LEVELS

Mondays @ 9:30-10:45am Hatha

Wednesdays @ 9:30-10:45am Restorative/Yin

Saturdays @ 9:30-10:45am Vinyasa

\$50 for 5 classes, or \$12 drop in

Everyone is welcome - the less flexible you are, the more you have to gain! Art takes his yoga practice seriously, but not himself... so come out and have some fun, while working on your flexibility and mindfulness. Feel free to reach out with any questions: Art Fiedler 707-7374 or artofyogacanada@gmail.com

FAMILY MUSIC

Mondays 10:15-10:45am

\$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.

FOREVER FITNESS- ADULT EXERCISE

Mondays 1:45-2:45pm Thursdays 12:45-1:45pm

\$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

\$15 drop in rate per class or \$100/month

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. 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

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

Tuesdays 1:30-4:30pm

\$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 or 807-631-7856

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!

COACH'S CORNER

"Exercise and your mind"

"If exercise could be packaged in pill form, it would immediately become the number one anti-aging medicine, as well the world's most prescribed pill" said Dr. Robert Butler of Mt Sinai Hospital in Manhattan.

Exercise tones the muscles, strengthens the bones, improves circulation, increases energy and sharpens the mind. Regular exercise stimulates brain growth and repair like it does with the muscles. Whether it is lifting weights, running/jogging or participating in a group exercise class, exercise tones the brain thus slowing down the aging process.

According to a study by Dr. Arthur Kramer and colleagues at the University of Illinois, the rate at which the brain ages (shrinks) can dramatically slow down with just 3 hrs of aerobic exercise a week. Now don't think the rate at the brain ages starts later in life either. The rate of .5 to 1% shrinkage starts in your 30's

So there is no reason to think too hard on this one. Grab your gym shoes and get on exercising.... for your brain health.

Until next time
Keep swinging
Dayna Bernier



Shuniah Youth Group

is hosting

Easter Treat Hunt!!

Wednesday April 8th

Outside (inside if necessary?) 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!