

# 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!

## WOMEN'S "ME TREAT"

**Saturday February 1st 9:00am-4:00pm**

**\$50 for the day**

Take a day for yourself! Participate in 4 activity sessions that will feed your mind, warm your soul and spark your creativity! This day of "Me-Treat" will allow you to meet like-minded women in the community while participating in a variety of activities to inspire! A light breakfast, variety of snacks and a lunch from Bay Village Coffee are provided.

**Registration opens Monday January 6<sup>th</sup>** Registration forms available at [www.shuniah.org](http://www.shuniah.org) and payment will be taken at Municipality of Shuniah office only - 420 Leslie Ave call 683-4545 for more info. Concurrent sessions are first-come, first-served. Class sizes are limited. Register early to ensure your choice of session. Registration closes Friday January 26<sup>th</sup>

## MORNING YOGA

**Mondays and Saturdays 10:00-11:30am -starts January 6<sup>th</sup> (January only)**

**\$12/class drop or \$10 per class with session 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)

## VINYASA AND YANG TO YIN YOGA

**Mondays and Saturdays 10:00-11:30am -starts February 8<sup>th</sup>**

**\$12/class drop or \$10 per class with session rate**

Arthur is a dedicated yoga teacher in town who is a new resident to Shuniah. He offers a welcoming class which provides people with the space to connect with themselves. Art's vinyasa class is suitable for all levels. Conscious breathing, proper alignment and mindfulness will all be explored with options and modifications given to regular students, or people who are new to yoga.

Arthur's Yang to Yin class is a gentler practice for everyone, holding poses for longer periods of time. The first half (yang) is external and more dynamic, while the second half (yin) focuses on the internal, working on the deep connective tissues & joints in the body. He looks forward to having you in his class!

## FAMILY MUSIC

**Mondays 10:15-10:45am -starts January 13<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 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 starting January 21**

**\$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**

**\$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**

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**

### **“Time to get Selfish”**

After the hectic holidays, there is no better time to start looking at a little bit of self-care. With the hustle and bustle of everyday life, like family and work, it is easy to overlook self-care. Most people believe their days are too busy to even think of adding 20 mins for themselves. Self care can look different to each person. It however is whatever makes you feel grounded, relaxed, happy. This could be reading a chapter of a book, going for a walk with a four-legged friend or simply listening to music while sipping a tea.

Still think you have no time, let's look at taking that phone out of your hands. Honestly the wasted time on our devices is a major culprit in our "loss" of time. Look at your life and I'm sure you will see moments of time that you waste working. There is really no need to check emails, Instagram, Facebook, messenger or texts as much as we do. Let alone the time we sit on them once we open it...

Take your time back, and start a new self-care routine, you will notice changes in yourself after the first week. A more fun and engaged person that is ready for what life has to offer.

Until next time  
Keep swinging  
Coach Dayna