

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!

THE MACGREGOR REC CENTRE'S GOAL IS TO PROVIDE THE FACILITY AND SUPPORT TO PROGRAM INSTRUCTORS ENABLING THEM TO OFFER CLASSES IN A SAFE ENVIRONMENT

NEW COVID PRECAUTIONS IN PLACE INCLUDE:

- CLASS SIZE LIMITS
- NO DROP IN CLASSES - MUST PREREGISTER
- SIGN IN CONTACT TRACING
- ALL PROGRAMMING IS SUBJECT TO CHANGE BASED ON HEALTH UNIT RECOMMENDATIONS

ART OF YOGA - ALL LEVELS

Mondays @ 10am Hatha

Fridays @ 11am Vinyasa

Saturdays @ 9:30-10:45am Hatha

\$12 per class or \$50 for 5 classes

Art of Yoga is back! Must RSVP ahead of time! Please check the location as we will be practicing outside if the weather is nice. Art will also be continuing the online Zoom classes Wednesday @12:15pm if you prefer to stay home at this time.

Link to RSVP and book your class time: bookwhen.com/artofyoga

Everyone welcome! Reach out to Art with any questions 707-7374 or email at

artofyogacanada@gmail.com

MUSIKGARTEN FAMILY MUSIC

Tuesdays 10:00-10:30am \$80 for 8 weeks

Starts October 6th

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 1:45-2:45pm

\$5 per class

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 to register.

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

SHUNIAH SLUGGERS BOXING FITNESS

Mondays and Thursdays 5:30-6:30pm

\$15 per class or \$100/month 2x per week

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 November 10- December 8, 2020 5:30-6:45pm

\$40 for 5 class session

Everyone is welcome. This is a gentle Hatha yoga class with an emphasis on exploring the restorative nature of yoga and the mindfulness of the practice. Classes will include postures, breathing techniques, and full body relaxation through a final Savasana (guided relaxation).

Please bring your own mat and a blanket.

Instructor- Lynn Kallies for more information email roblynn@tbaytel.net

SHUNIAH ART GROUP

Tuesdays 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 Jeanne Marler at jeanne@jeannemarler.com or 807-631-7856

SHUNIAH YOUTH GROUP

YOUTH GROUP ON-LINE -WEDNESDAYS AND FRIDAYS @6PM

♥ SHUNIAH FAMILIES! ♥

Although we aren't able to hold our Youth Group nights face to face just yet, we will continue to post fun activities and ideas on our MacGregor Rec Centre Facebook page. Join us on Wednesday and Friday evenings at 6pm by participating in the activities and adding your own pictures to our post! We miss you and can't wait to be able to see you all again!

GIRL GUIDE COOKIES COMING SOON!

Girl Guides is starting a new season! Sadly, we've had to reduce our numbers for now, but we hope we can expand again soon and welcome all interested girls! We are planning a physically-distanced fall program with at-home activities and challenges for the girls to complete and share with their guiding sisters. We will have occasional meetings and outdoor activities to complete our badges, support the girls

and volunteer for our community. We are **looking for community service projects** that we can do during physical distancing. If you have any suggestions, please email Martha at mdowsley@lakeheadu.ca . Girl Guide Cookies will be available for sale. All the proceeds support the girls' programming. The plan is to sell through social media and the boxes will be delivered directly to your house by the supplier. Please check your social media networks in late September, ask girls who are in the club, or email Martha (mdowsley@lakeheadu.ca)

SHUFFLEBOARD LEAGUE

COMING IN NOVEMBER

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 and watch a game! Coffee is always on and everyone is welcome!

COACH'S CORNER

Stress and the Hormone Cortisol

So, as we move to another level of this history making year we find ourselves making big decisions quickly. Schools opening, most are back at work, time seems to be fleeting on our warm months. With our minds racing to prepare for our next movement through all of our own obstacles to move forward, we are unknowingly causing stress on ourselves.

Cortisol is a hormone produced by the adrenal glands, it is known as the stress hormone. Although vital for our survival, chronically elevated levels lead to weight gain and over eating.

So how do we stop this from getting out of control? Start with controlling the things you can, proper sleep and hydration is a great start. It may sound silly but having a nighttime routine makes us fall asleep faster and we in turn get a healthier sleep. Keeping hydrated make sure you are getting the proper amount of water each day to keep our bodies moving and grooving. Spend a part of your day in nature. (Fact: spending at least 20mins in nature drops stress levels dramatically).

These are some easy and great steps to keep you in control and reduce our Cortisol levels.

**Until next time
Keep swinging
Coach Dayna**