

## 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!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YOGA 10AM	FAMILY MUSIC 11AM		YOGA 9:30AM	
FOREVER FIT 2:30PM	PAINTING CLASS 1PM		FOREVER FIT 2:30PM	
BOOTCAMP 5:15PM			BOOTCAMP 5:15PM	
	YOGA 5:30PM	YOUTH GROUP DIY NIGHTS 6PM	GIRL GUIDES 6PM	YOUTH GROUP GAME NIGHTS 6PM

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

COVID PRECAUTIONS IN PLACE INCLUDE:

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

### MORNING YOGA

**Mondays 10-11am**

**\$15 per class or \$120 for 10 class punch pass**

Art of Yoga is back starting **September 27<sup>th</sup>**. Must RSVP ahead of time!

Link to RSVP and book your class time: [bookwhen.com/artofyoga](http://bookwhen.com/artofyoga)

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

[artofyogacanada@gmail.com](mailto:artofyogacanada@gmail.com)

### MUSIKGARTEN FAMILY MUSIC

**Tuesdays 11-11:30am**

**\$80 for 8 weeks**

Family Music is a fun introduction to music education where little people and their caregivers can experience the joy of music making together. Each class involves singing, moving, playing instruments and learning to participate in a group with others. Babies to preschoolers are all welcome!

While it seems like playing and pure fun, the activities are carefully planned to help develop body awareness and control, listening, coordination and language development. Children learn to follow directions, interact socially, and develop their curiosity and independence. It's a fun way for children and their caregivers to spend time learning together!

Join experienced music teacher Karen Kent and our little band of musicians this fall! The class will take place upstairs, where we have good ventilation, on Tuesdays from 11:00-11:30 **starting on Sept 21st**.

Covid precautions will still be in place. Price is \$10 per class for an 8-week session. Half price for a

second sibling. Check out our Growing with Musik page on Facebook! Please call or message with questions. 807-355-5520.

### **FOREVER FITNESS- ADULT EXERCISE**

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

**\$40/month 2x a week**

**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 BOOT CAMP FITNESS**

**Mondays and Thursdays 5:15-6:15pm**

**\$80/month 2x a week**

**All fitness levels welcome!** Are you ready to safely improve your cardio, endurance and coordination? Join Dayna, our knowledgeable personal trainer and certified boxing coach in this high intensity work out exercise class. Want to create your own private exercise class of 5-8 friends or family? Contact Dayna at 632-2254 to register and for more information.

### **SHUNIAH ART GROUP**

**Tuesdays 1:30-4:30pm**

**\$25 registration and \$15/class**

Painting classes: Acrylic and Oil. All levels are welcome **starting on September 21st**. 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](mailto:jeanne@jeannemarler.com) or 807-631-7856

### **SHUFFLEBOARD LEAGUE**

**Tuesdays 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. Coffee is always on and everyone is welcome! Please contact Ron to register at [rgiardetti@shuniah.org](mailto:rgiardetti@shuniah.org)

### **MORNING and EVENING YOGA**

**Tuesdays evenings 5:30-6:30 pm - running in four-week blocks (4 class block for \$40)**

**September 21 - October 12<sup>th</sup>**

**October 26<sup>th</sup> - November 16<sup>th</sup>**

**November 23<sup>rd</sup> - December 14<sup>th</sup>**

**Thursday mornings 9:30-10:30 am - running in four-week blocks (4 class block for \$40)**  
**September 23 - October 14<sup>th</sup>**  
**October 28<sup>th</sup> - November 18<sup>th</sup>**  
**November 25<sup>th</sup> - December 16<sup>th</sup>**

Everyone is welcome. We will explore the restorative nature of yoga and the mindfulness of the practice through postures, breathing techniques and guided relaxation (Savasana). Paying attention to our bodies and breath through yoga is a wonderful practice to support your overall health and wellness. If you have any questions please email [roblynn@tbaytel.net](mailto:roblynn@tbaytel.net) or message me at 807 633-0183. Lynn Kallies Instructor Please bring your own mat and a blanket. Pre-registration is required.

### **SPARKS, BROWNIES & GIRL GUIDES**

**Thursdays @6pm**

First Shuniah Sparks and Brownies will meet at 6 pm Thursdays and First Shuniah Guides will meet 7 pm Thursdays. Girls can register at [girlguides.ca](http://girlguides.ca). Space is limited! Sign up today!

### **SHUNIAH YOUTH GROUP**

**Wednesday and Friday @6pm**

**Starting September 22 & 24**

The Youth Group is so happy to be back! Follow us at MacGregor Rec Centre to find out what activities will be offered. **Wednesdays will be DIY night** - learn to build or bake or create something new! Pre-registration is required on-line so we will have enough supplies available.

**Fridays will be Games night** - Drop in for a game of Capture the Flag, soccer, road hockey - outside whenever possible. Covid precautions will be in place including social distancing and masks being required inside the centre. Youth Group Staff is looking forward welcoming kids to the centre to socialize with friends in a safe environment.

### **COACH'S CORNER**

Don't fail in fall.

Fall is an ending of summer sun and fun. BBQs, cold drinks and cold treats, but Fall is also a time to start up. The start up to a new season and a great way to prepare our bodies and minds for our soon to be winter wonderland.

With our last winter being so isolated, now is a perfect time to boost our immune systems. Our gardens are blooming. The fall veggies like carrots and turnips will give you a nice boost of vitamin C. Along with our fresh field berries our leafy greens are starting to bloom. This combination will give your immune system a proper bump for the changing temperatures.

The change of season also brings us less sun. This is always a big hamper on our vitamin D absorption. Easy ways to supplement the lack of sun is to add vitamin D naturally. Ways to do this is through fatty fish or egg-based dishes.

Staying healthy is more than just physical, so the changing of seasons can also bring a bit of the blues. Fight this by getting outside, enjoy the colours and smells of our beautiful land. Stay warm with a cozy sweater on a cool night with friends. After all our slogan is Superior by Nature. So don't fail in fall, instead be ready to enjoy the best winter of your life.

Until next time  
Keep swinging  
Coach Dayna