

## 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 1:30PM	FOREVER FIT 2:30PM	
BOXING 5:15PM	YOGA 5:30PM		BOXING 5:15PM	
GIRL GUIDES 6:30PM	JUDO 6:45PM	YOUTH GROUP 6PM	JUDO 6:45PM	YOUTH GROUP 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 WITH COVID PRECAUTIONS IN PLACE.

### MORNING YOGA with Art

**Mondays 10-11am**

**\$175 for 12 class punch card or \$18 single class**

**[www.artofyoga.ca](http://www.artofyoga.ca) to sign up, or contact Art: 707-7374**

**All levels of yoga welcome!** Perfect way to start your week! Varying styles of yoga, but generally a Hatha style class. Yoga is for all bodies, so come on out and find some mindfulness! Please contact Art with any questions or to sign up. Namaste.

### FOREVER FITNESS- ADULT EXERCISE

**Mondays 2:30-3:30pm**

**\$35-7weeks**

**September 12 -October 31(no class October 10<sup>th</sup> Thanksgiving)**

**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.

### SHUNIAH SLUGGERS BOXING FITNESS

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

**\$70-7weeks**

**September 12-October 31(no class October 10<sup>th</sup> Thanksgiving)**

**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 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.

### FIRST SHUNIAH GIRL GUIDES, BROWNIES AND SPARKS

**Sparks and Brownies (girls in grades SK-Gr 3) 6:30 to 7:30pm**

**Guides (girls in grades 4-6) 6:30 to 8:30 pm**

### **Start date is Monday, September 19th**

Please register your girls at [girlguides.ca](http://girlguides.ca). Find First Shuniah to join our unit. Cost is \$175 plus uniform (consists of shirt/tunic, scarf and badge sash \$45), but contact us first as we may have some used uniform pieces we can share! Contact Martha for details - [mdowsley@lakeheadu.ca](mailto:mdowsley@lakeheadu.ca)

### **GROWING WITH MUSIK FAMILY MUSIC**

**Tuesdays 11:00-11:30am**

**\$80 for 8-week session starting September 27th**

Join our family based musical play class which provides an outlet for your child's creativity, expression and builds the natural connection between movement and music. Children and caregivers develop a musical bond as they sing, dance, listen, move and play rhythm instruments. Our little musicians will develop a sense of beat, coordination and the foundation for musical thought while they have fun cooperating with others. Please bring a yoga mat to sit on. Please register at [musikgarten.org/growingwithmusik](http://musikgarten.org/growingwithmusik) or call Karen Kent BA, BEd, Musikgarten trained teacher 807-355-5520

### **MORNING AND EVENING YOGA with Lynn**

**Tuesdays 5:30-6:30 pm - September 13 - October 4; October 11-November 1st**

**Thursday 9:30-10:30 am - September 15 - October 6; October 13 - November 3rd**

**Running in 4-week blocks (4 classes for \$45); drop in \$15**

**Please bring your own mat and a blanket. Pre-registration is required.**

Everyone is welcome, suitable for all levels. We will explore the restorative nature of yoga and the mindfulness of the practice through postures, breathing techniques and guided relaxation. Paying attention to our bodies and breath through yoga is a wonderful practice to support overall health and wellbeing. The many benefits of yoga include increased strength, mobility and balance, improved posture and body awareness, and an antidote to help mitigate stress and improve sleep.

If you have any questions and to pre-register, please email [roblynn@tbaytel.net](mailto:roblynn@tbaytel.net) or message me at (807) 633-0183  
Lynn Kallies Instructor

### **SAKAMOTO JUDO**

**Tuesday and Thursday**

**7-8pm for children (ages 7 to 12)**

**8-9:30pm for teens and adults (13+)**

**Sept-Dec \$150, January-June \$200 (~\$35/month for 8-10 practices)**

Parents are encouraged to join their kids on the mats to help coach them (no experience necessary).

Our instructors are volunteers, but they have administrative expenses. Instructional fee to cover club expenses.

Judoka (judo players) must purchase a uniform (called a 'gi') and also register with Judo Ontario ([judoontario.ca](http://judoontario.ca))

Judo Ontario registration is required for all Judo Ontario activities (eg. Judo clinics, competitions inside and outside Canada, etc.) Come out and try an evening for free! Kids, teens and adults, men and women welcome!

Contact Martha Dowsley: [mdowsley@lakeheadu.ca](mailto:mdowsley@lakeheadu.ca) or come by the class to register.

### **SHUFFLEBOARD LEAGUE**

**Tuesdays 1:00-3:00pm**

**Starting in November**

Beginners welcome! The disks and cues are ready! Come out and meet your neighbours by joining us for a weekly fun tournament. Coffee is always on! Please contact Ron to register at [rgiardetti@shuniah.org](mailto:rgiardetti@shuniah.org)

### **SHUNIAH ART GROUP: Painting Classes in Oil and Acrylic**

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

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

**Session: September 21 to April 26 with a two week break for Christmas**

### **Painting classes: Acrylic and Oil.**

One on one instruction is what makes this class special. All levels are welcome! Beginner to advanced students are tutored at their own pace. Enrolment is limited to 16 participants so reserve your spot quickly.

*"I have really enjoyed our painting classes...Every Tuesday I feel so fortunate to spend time with my classmates. Thank you, Jeanne, for your guidance, your great art history lessons and the positive learning environment you have created."* Joanne Kembel, December 2021.

**To register and receive a materials list, contact Jeanne Marler at**

**[jeanne@jeannemarler.com](mailto:jeanne@jeannemarler.com) or 807-631-7856**

### **SHUNIAH SENIORS SWEATCLUB**

**Thursdays 2:30-3:30pm**

**\$35 for 2-month session**

**New session starts September 15th**

Join personal trainer Jacquie Kennedy in this all level fitness class. Seated or standing you will develop the strength needed for healthy aging. Jacquie has worked with many seniors in private and group settings and has the knowledge needed to get you feeling strong and healthier. Contact Jacquie at 807-629-1815 to register and for more information.

### **SWEATCLUB FITNESS BOXFIT with Jacquie**

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

**\$70 for 2-month session**

**New session starts September 15th**

**All fitness levels welcome!** Personal trainer Jacquie Kennedy has been instructing Boxfit classes for over 7 years and has a modification for every issue you might have. In this class you can start at low intensity and work your way up to a high intensity work out. Jacquie is a personal trainer, and body building specialist who is also available for private and semi-private sessions, alone or with a group of your friends or family. Contact Jacquie at 807-629-1815 to register and for more information.

### **SHUNIAH YOUTH GROUP**

**Wednesdays and Fridays @6pm**

**Starting Friday September 16<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.

The Youth Program offers fun organized activities to participate in- including basketball nets, skating rink, sports nights, dances, bingo, ping-pong and a great place to hang out and meet friends!

**Wednesdays are DIY night** - learn to build, bake or create something new!

**Fridays are Games night** - Join us for a game of Capture the Flag, soccer, road hockey-outside whenever possible. Follow us on Facebook at "MacGregor Rec Centre" to find out what the nightly activities will be.

**COMING SOON! WATCH FOR-** THEMED COOKING NIGHTS AND FAMILY HALLOWEEN DANCE WITH HAUNTED HOUSE!

### **COACH'S CORNER**

#### **The Deal of Dopamine**

Dopamine is a hormone a neurotransmitter. It is often known as the feel good or happy hormone. This is a very important hormone that we all have, male and female, young and older. It is responsible for memory and motivation to name a few things.

Dopamine can and will fluctuate, very high and very low levels are associated with mental health and neurological diseases.

Low levels of Dopamine have been linked to Parkinson Disease, restless leg syndrome and depression. This can make you moody and unmotivated.

So how do we keep this happy hormone happy, naturally. Here are 6 easy steps

- 1) Eat lots of protein
- 2) Eat less saturated fat
- 3) Consume prebiotic
- 4) Exercise
- 5) Get enough sleep
- 6) Meditate.

Give these a try but if you are still feeling any of the mentioned effects of low Dopamine, a quick chat with your Dr. may be the best medicine.

Until next time

Keep swinging  
Coach Dayna