

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!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	CHAIR YOGA 9:30AM	FAMILY MUSIC 11AM	WELLNESS WEIGHT TRAIN 9:30AM		BALANCE, CORE & MORE 9AM
ART CLASS 1PM	FUNCTIONAL FITNESS 2:30PM	SHUFFLEBOARD BEGINS END OF OCTOBER	ART GROUP 1:30PM	FUNCTIONAL FITNESS 2:30PM	
	BOXING 5:15PM	YOGA 5PM	WEIGHT NIGHT 5:15PM	BOXING 5:15PM	
	GIRL GUIDES 6:30PM	PATHFINDERS 7PM	YOUTH GROUP 6PM		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 WELCOMING AND SAFE ENVIRONMENT.

****NEW CLASS****

ART CLASS taught by Jeanne Marler

Sundays 1-4 pm

September 15th to December 8th (No class October 13th)

\$240 plus \$25 for materials (This includes a sketch paper, palette paper, two 11 x14 canvases, one ½" flat brush, paint). Please bring your own pencil, eraser, scissors, ruler, glue.

Beginner to painting? Want help getting back to painting? Looking for a refresher course? This class will explore composition, drawing and painting. In a relaxed, supportive atmosphere, students will:

- learn composition by making a **collage**
- line drawing through a simple **still life sketch**
- the importance of tone by creating a **black and white painting**
- and finally explore colour by painting an original **11"x14" canvas**

TO REGISTER OR FOR ANY INQUIRIES: Jeanne Marler 807-631-7856 (text or phone)

****NEW CLASS****

INTRODUCTION TO CHAIR YOGA with Lynn

Mondays 10:30-11:30 am

September 16th, 23rd, 30th, Oct 7th- \$45

October 21st, 28th, Nov 4th, 11th- \$45

\$15 drop in (pre-registration required)

In Chair Yoga traditional poses are practised while seated. Classes include yoga postures, breath awareness and guided relaxation. This gentle, therapeutic form of yoga can improve strength and balance and supports range of motion and mobility. Yoga has been shown to reduce stress, boost mood, assist in pain management and promote better sleep. Everyone is welcome, pose variations are offered that allow for people of varying degrees of fitness and mobility to participate. If you have any questions or to register please email roblynn@tbaytel.net or message at 807 633-0183. Lynn Kallies Instructor

Please bring a mat if you have one. We place the chair on the mat to prevent the chair from sliding or moving. We have a few extra mats if you do not have one.

FUNCTIONAL FITNESS with Lynda

Mondays and Thursdays 2:30-3:30pm

\$40/Month if paying in advance

11 class drop-in punch card for \$70.00

Whether you have remained active your entire life or are just beginning to get active this class is for you! In a fun group format, you can expect a variety of exercises intended to improve your MOBILITY, boost your BALANCE, increase your STRENGTH, and improve your CARDIO! Emphasis will be on supporting all elements essential to strong, healthy, and active aging. Suitable for all levels.

Please contact Canfitpro Fitness Instructor and Active aging Specialist, Lynda to register by emailing tbk@tbaytel.net or texting or calling 807-632-8282.

SWEATCLUB FITNESS BOXFIT with Jacquie

Mondays and Thursdays 5:15-6:15pm

\$10 drop in

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.

FIRST SHUNIAH GIRL GUIDES, EMBERS AND SPARKS

Mondays 6:30 & 7:30pm Starting September 23rd

Sparks and Embers, which are girls in SK to Grade 3 come from 6:30 -7:30pm and Guides are girls Grades 4-6 from 7:30 to 8:30pm. Please register online at girlguides.ca. search for First Shuniah in the drop-down menu of local units. Email Martha marthadowsley@hotmail.com with any questions.

GROWING WITH MUSIK FAMILY MUSIC

Tuesdays 11am Starting September 17th

9-weeks \$90

Family Music is a 30-minute joyous class where little people and their caregivers have fun together, while building a foundation for future musical proficiency. The singing, chanting, moving and playing activities are designed to enhance the development of confidence, active listening and following along in the company of others. Children learn to play to a beat, to respond to rhythms, to sing and move to the kid-friendly folksongs, following a Musikgarten influenced curriculum. The child can respond in their own time while feeling secure interacting with their caregivers. It's a unique bonding opportunity! Call Karen Kent at 807-355-5520 or email her at karenlynnkent@gmail.com to register

EVENING YOGA with Lynne

Tuesdays 5:00-6:00 pm

September 10th, 17th, 24th Oct 1st -\$45

October 8th, 15th, 22nd, 29th -\$45

Drop-in class \$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 or message me at (807) 633-0183 Lynn Kallies Instructor

SHUNIAH ART GROUP: PAINTING CLASSES IN OIL AND ACRYLIC

SPACES AVAILABLE!

Wednesdays 1:30-4:30 pm

New session starts September 11th -December 11th

Acrylic/oil painting classes with a difference, individual coaching and a 15-minute history of art component. All levels welcome. Enrolment is limited to 15 people.

Any questions? Contact Jeanne Marler jeanne@jeannemarler.com 807-631-7856

WELLNESS WEIGHT TRAINING with Danielle

Wednesdays 9:30-10:30 am

September 11th- October 30th

8-week session \$85 - Drop In \$12

This dynamic group session involves mostly circuit-style workout with heavier weights. Also includes some mobility and core work. Contact Danielle 807.707.0876 or email: Strongmomcoaching@gmail.com

THE SHUNIAH SHUFFLERS

Tuesdays 1-3 pm - WILL START END OF OCTOBER

Shuffleboard 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

WEDNESDAY WEIGHT NIGHT with Jacquie

Wednesdays 5:15-6:00 pm

\$10/class or \$5 for retired individuals and students 16-18 yrs old

Weight training, and strength and conditioning with Certified Body Building and Corrective Exercise Specialist Jacquie Kennedy contact at 807-629-1815 to register and for more information.

BALANCE, CORE & MORE with Danielle

Friday 9-10 am

September 6th - October 25th

8-week session \$85 -Drop In \$12

This class involves floor, chair, and standing exercises. We target core (abdominal) strength, major joints range of motion, and overall balance work in gentle flowing exercises and stretches.

If you wish to attend 2x/week, total cost for the 8 weeks is \$155. Contact Danielle 807.707.0876 or email: Strongmomcoaching@gmail.com

SHUNIAH YOUTH GROUP

Wednesdays and Fridays 6 pm

RE-OPENS FRIDAY SEPTEMBER 13TH 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 in the community!

Follow us on Facebook at "MacGregor Rec Centre" to find out what the nightly activities will be.

SAVE THE DATE!
FRIDAY OCTOBER 25TH

FAMILY HALLOWEEN DANCE AND HAUNTED HOUSE

