THESE PROGRAMS ARE BOUND TO BRIGHTEN YOUR DAY!

Check out what's happening at the MacGregor Rec Centre!

800 Lakeshore Drive – More information email **csec@shuniah.org**

Follow MacGregor Rec Centre on Facebook and Instagram to keep in the know!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YIN YOGA 9:30AM	FAMILY MUSIC 11AM	WELLNESS WEIGHT TRAIN 9:30AM	SIPPIN' SENIORS 1:00PM MONTHLY - See below for dates & details!	BALANCE, CORE & MORE 9AM	ART GROUP 9:30AM Limited series - See below for dates!
TAI CHI 1PM	SHUFFLEBOARD 1PM	RE-FINDING YOUR AUTHENTIC SELF 11AM			
FUNCTIONAL FITNESS 2:30PM		ART GROUP 1:30PM	FUNCTIONAL FITNESS 2:30PM		
BOXING 5:15PM	YOGA 5PM	WEIGHT NIGHT 5:15PM	BOXING 5:15PM		
GIRL GUIDES 6:30PM	KETTLEBELL SPORT 6:30PM	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.

*****PLEASE NOTE: Pre-registration is requested in many programs. Please take note of the preferred contact methods (phone, email, text) listed in each program description to get in touch with the instructor in advance for details.** Need assistance? Call or email Hannah at (807) 683-4546 or csec@shuniah.org. Thank you!

MORNING YIN YOGA with Lynn

Mondays 9:30-10:30am – last class on November 9th

November 2, 9

Drop-in class $15

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

This Yin yoga inspired class will include gentle standing postures, followed by yin poses and incorporate breathing techniques and relaxation. Yin yoga involves coming to stillness in supported postures to encourage deeper release within the connective tissues and promotes held tension to gradually soften. If you have any questions and to pre-register, please email roblynn@tbaytel.net or message me at (807) 633-0183 Lynn Kallies Instructor.

TAI CHI with Bryon

Mondays 1:00pm-2:00pm

$10 drop-in

All welcome with no experience or with some knowledge of Tai-Chi.
We will start with warm ups and then Tai-Chi Qigong, 6 forms of health, the international 8 form, then move to 16 and 24 forms. For registration and information please email tn-nelson@hotmail.com.

FUNCTIONAL FITNESS with Lynda

Mondays and Thursdays 2:30-3:30pm – last class on December 17th

*****class time change to 2:00-3:00pm on November 5th & 12th only*****

11 class drop-in punch card for $80.00

*****New participants will be accepted after November 19th only**

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. **New participants will be accepted after November 19th only.**

SWEATCLUB FITNESS BOXFIT with Jacquie

Mondays and Thursdays 5:15-6:00pm – last class on December 21st

$12/class or $7 for retired individuals and students 16-21 yrs old

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.
Please text Jacquie at 807-629-1815 to register and for class information.

FIRST SHUNIAH GIRL GUIDES, EMBERS AND SPARKS

Mondays 6:30-7:30pm – last day on December 14th

The First Shuniah Girl Guides 2025/26 itinerary includes on-site (Macgregor Rec Centre) and off-site activities that will have the girls learning new skills and working towards badges. Key focus areas include exploring our environment, STEM, diversity & inclusion and community-building - we're in for another great year. Limited spaces are still available and interested families can enroll on the Girl Guides of Canada Website. Reach out to firstshuniahgg@gmail.com for more information.
Our guiding seasons are made possible by many volunteers and community partners, and we have volunteer opportunities available for the Sparks & Embers. If you have a message to share or a skill to teach and would like to join us as a special guest, please contact firstshuniahgg@gmail.com. We'd love to have you!

GROWING WITH MUSIK FAMILY MUSIC with Karen

Tuesdays 11:00-11:30am – last class on December 8th

$10 per class. Siblings are half price

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 kidfriendly 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 and e-transfer to growingwithmusik@gmail.com to register.

RE-FINDING OUR AUTHENTIC SELF with Diana

Tuesdays 11:30am-1:00pm – last class on December 16th

November 4th & 18th, December 2nd & 16th

Drop-ins welcome! Free to attend, limited spots available

All of our experiences have brought us to where we are today, but they do not define who we are. We cannot change those experiences, but we can strip away those that no longer serve us to reveal our authentic Self. In everyday life there continue to be disruptions that distract us from being present, but when we cultivate awareness of what distracts us, we can use those obstacles and challenges to evolve our sense of self and embrace what truly matters in life. Re-finding your authentic Self is a lifelong journey and the purpose of this class is to unite like-minded others, build on that energy and live fully in the present moment.

Just bring a note pad, pen, your favourite beverage and your "lived" experience - no prior experience is required! Contact Diana at dianarkangas@gmail.com if you are interested in attending or have any questions.

THE SHUNIAH SHUFFLERS

Tuesdays 1:00-3:00pm

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

EVENING YOGA with Lynn

Tuesdays 5:00-6:00pm – last class December 15th

November 10, 17, 24, December 1, 8 - $55 (5 class session)

December 15th free drop-in class!

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.

KETTLEBELL SPORT TRAINING with Lynda

Tuesdays 6:30-7:30pm

*****no class on November 3rd, 10th & 17th**

$100 for fall session

This class will build upon the techniques learned in the Introductory class and is open to anyone who has completed the Introductory class or who already has experience with kettlebell sport. Both single and double bell lifts will be covered along with other types of lifts such as pentathlon lifting. Instruction is provided by level 2 kettlebell sport coach Lynda Roberts. Please contact Lynda at tbk@tbaytel.net or 807 632-8282 to register.

WELLNESS WEIGHT TRAINING with Danielle

Wednesdays 9:30-10:30am

November 4 - December 16 - $70

Drop in any week $12/class

Open to anyone with some basic knowledge of strength training.
We work in circuit style most weeks to move a range of muscles and challenge strength from shoulders to toes.
Bring a yoga mat, if you have one, and clean shoes for inside the Rec Centre.
Contact Danielle 807-707-0876 or email: strongmomcoaching@gmail.com

ACRYLIC AND OIL PAINTING CLASSES with a smattering of art history (All levels welcome) - taught by Jeanne Marler

Wednesdays 1:30-4:30pm – last class on December 16th

$260 for fall session

This three-hour class includes personal coaching, instruction on colour and composition and includes traditional and some abstract art techniques. Please contact Jeanne Marler for details and registration at (807) 631-7856.

NEW! LIMITED SERIES: ART WORKSHOPS with Jeanne

Please contact Jeanne Marler for further details and registration at (807) 631-7856. Descriptions below!

*** Interested in seeing another series like this in the new year? Contact Jeanne Marler at 807-631-7856 with your expression of interest!

3) MASTERING COLOUR AND TONE IN YOUR PAINTINGS (Oil and Acrylics)

Saturday, November 7, 9:30am-3:30pm

$60 for the day - All supplies included!

Understanding the importance of colour and tone will give you more confidence in your painting. This workshop will include exercises, examples from the history of art and individual coaching from Jeanne on your painting.

4) CREATE AND PAINT YOUR OWN STILL LIFE (Acrylics)

Saturday, November 21, 9:30am-3:00pm

$60 for the day - All supplies included!

WEDNESDAY WEIGHT NIGHT with Jacquie

Wednesdays 5:15-6:00pm – last class on December 23rd

$12/class or $7 for retired individuals and students 16-21 yrs old

Weight training, and strength and conditioning with Certified Body Building and Corrective Exercise Specialist Jacquie Kennedy. Please text her at 807-629-1815 to register and for important class information.

NEW TIME! SIPPIN' SENIORS

Thursday, November 19th & December 17th

1:00-2:30pm

Drop in for a relaxed coffee or tea with friends and neighbours or even to meet new people! This is a time for visiting and conversation, and even to share with others what other types of resources and activities you've enjoyed and would love to let us know about. Remember we are always happy to have volunteers to help with tables, chairs and coffee station set-up and clean-up! Connect with Hannah at csec@shuniah.org or (807) 683-4546 if you have any questions or would like to be involved in helping to grow this monthly coffee chat!

****Please note: this is a developing program and the nature of this program and its timing may evolve - we're just getting started!*

BALANCE, CORE & MORE with Danielle

Friday 9:00-10:00am

November 6 - December 18 - $70

Drop in any week $12/class

An hour devoted to gentle (not easy!) movement, mobility, and core strength. We focus on strength and joint range-of-motion for better balance and confidence in movement. Open to anyone, beginner - advanced.

Bring a yoga mat, if you have one, and clean shoes for inside the Rec Centre.

Contact Danielle 807-707-0876 or email: strongmomcoaching@gmail.com

YOUTH GROUP

Wednesdays and Fridays 6:00-9:00pm - last day on December 16th

Drop in activities geared towards 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 Group Program offers fun organized activities to participate in - sports nights, skating rink (when the weather is right), craft nights, theme nights, dances, bingos, ping-pong games 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 and join in the fun!

JOIN YOUR FRIENDS AND MAKE NEW ONES AT THE MACGREGOR REC YOUTH GROUP!