

TERRACE BAY BADMINTON CLUB:

This is a reminder that the Adult Badminton Club will begin operation on Tuesday, September 19th. Participants must be 16 years of age or over.

YOGA:

A Yoga course, sponsored by the Terrace Bay Recreation Department will begin October 2nd and will run every Monday and Thursday evening for seven weeks. This course will be operated at the Public School gym and the instructor will be Linda Ditchfield.

YOUTH BOWLING:

This is a reminder that the Youth Bowling League for girls and boys 7 to 14 years of age is still open for registrations. A one-day bowling clinic will be operated in early October and the league will commence the week following the clinic.

JUNIOR GIRLS GYMNASTICS:

Details are being finalized for the Gymnastics programme and it is still possible to register.

FITNESS TESTING:

A reminder that the Ontario Fitness Van will be in Terrace Bay from October 16th to 20th and the Recreation Office is taking names of persons wishing to have a personal fitness evaluation.

UPHOLSTERY COURSE:

We regret that we are unable to accept further registrations for this course as the required number of participants has been reached.

BOXING CLUB:

The Terrace Bay Boxing Club is now starting operation and to this point approximately 50 boxers have registered. Details regarding nights and times were not available at this printing.

LADIES SPORTS PROGRAMME:

This programme will begin Wednesday, September 20th, at the Separate School gym in Terrace Bay, from 8:00 to 10:00 p.m. There is no cost to participants - just turn out.

POTTERY AND CERAMICS:

At this time, the Recreation Office has had much response to Pottery and Ceramics and we are presently working out details regarding instructors and equipment.

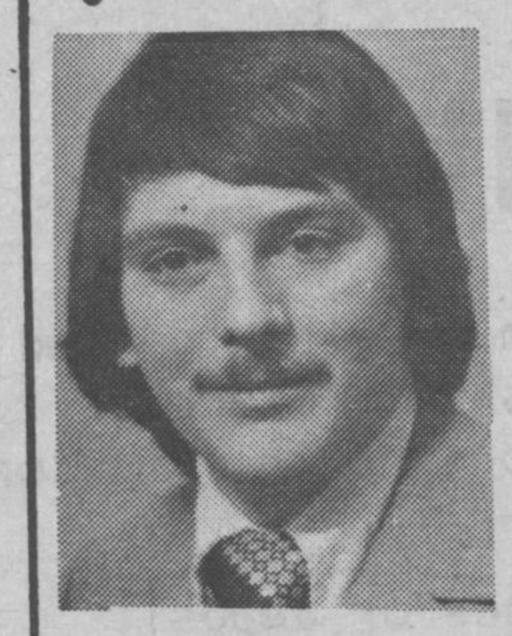
CONFEDERATION COLLEGE COURSES:

We have not received sufficient information to date from Confederation College regarding the programmes that they intend to run this fall and winter in Terrace Bay. As soon as this information is made available we will publicize it.

CARLTON SHOW BAND:

Don't forget the Carlton Showband will be appearing at the Terrace Bay Arena this Friday. For details on Tickets call the Recreation Office at 3542.

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SUN LIFE OF CANADA

YOUR WEEK AHEAD By DAMIS

Forecast Period September 24-30

ARIES Mar. 21-Apr. 19 Emphasis is on dealings with other people. Your view seems to be totally different from associates. Emotional outbursts are real attention getters.

TAURUS Apr. 20-May 20

GEMINI May 21-June 20 See that working responsibilities are fulfilled. Replenish a depleted wardrobe.

Pleasurable activities fill your calendar. Creative and original ideas enhance entertainment plans.

MOONCHILD June 21-July 22 Extra care on your part maintains peace and tranquility on the home front. Any change could be very unsettling.

LEO July 23-Aug. 22 Getting your ideas across to others with ease makes for an opportune time for writing, selling, meetings, conferences.

VIRGO Aug. 23-Sept. 22 Your leadership qualities are put to good use in settling a dispute. Stick to the facts.

LIBRA Sept. 23-Oct. 22 There is a need for seclusion to think out plans for future projects, and to recognize obstacles in the path.

SCORPIO Oct. 23-Nov. 21 Social and group activities bring happy times. Meeting new people provides unexpected opportunities. Don't neglect old friends.

SAGITTARIUS Nov. 22-Dec. 21 Make sure you are noticed by those in authority. A job well done brings advancement.

CAPRICORN Dec. 22-Jan. 19 Give some thought to plans for increasing knowledge. Education comes in many forms.

AQUARIUS Jan. 20-Feb. 18 Your interest in occult matters is roused by an unusual occurence. Look for answers.

PISCES Feb. 19-Mar. 20 Understanding another's motives suggests that you accept the helping hand offered. Listen!

Personality Profile: For your Sun Sign Analysis, send the day, month, year and place of birth plus \$1.00 for postage and handling to Dr. Damis Staff, PO Box 526, Pinellas Park, Florida 33565