

TERRACE BAY RECREATION
DEPARTMENT WEEKLY REPORT:

PUBLIC SKATING:

Don't forget - every Tuesday night from 6:30 to 8 p.m. there is public skating and this weekend there will be public skating from 1 to 3 p.m. on Sunday.

NO-BODY-CONTACT HOCKEY:

This sport takes place on Friday nights from 9 to 10:30 and this Sunday from 3:15 to 5 p.m. No-Body-Contact hockey is geared for people who are not playing organized hockey and wish to come out for a little fun and exercise. It is not necessary to have full equipment, all that is needed is skates and a stick and new teams are picked every week. The response lately to this program has been excellent.

YOGA:

Yoga will begin Monday, Feb. 5th, and operate every Monday and Wednesday evenings for a period of 7 weeks. Classes will take place at the Terrace Bay Public School gym from 7:30 to 9 p.m. All persons who have indicated they will take this course should come to the Recreation Office and complete their registration. There is room for more registrants - just call the Recreation Office at 3542 and leave your name.

MEN'S BASKETBALL:

A reminder that there will be no men's Basketball this week because of exams at the High School. Basketball will resume next Wednesday evening from 8 to 10:30. This is a "no cost" program and anyone interested is welcome to attend.

MODERN & DISCO DANCE

Registration has been very good for both these courses and as soon as we have further details from Confederation College, we will be contacting all registrants.
continued page 14

Without knowing it, you could be a turn-off.



Do you always take a bath, instead of a shower which uses less power?



Do you fill a kettle full to make a single cup? Turn on the washing machine for just a few things?



Leave the TV on when no one's watching?



And do you often forget to turn off the porch light even though everyone's home in bed?



Any of these thoughtless little habits can make you a turn-off. Because waste of electricity, like anything that everybody really needs, can turn people off.

Wouldn't you rather turn off a light bulb than turn off a friend? Think about how you use electricity.

Wasting electricity turns people off.

This message is brought to you by your Hydro on behalf of people who care 