

Schreiber Recreation News

Fitness Week - May 16 - 19, 1983

The Schreiber Parks and Recreation Department in conjunction with Canadian Parks and Recreation Association is sponsoring a Fitness Week. This Fitness Week features activities designed to promote "fitness" on an individual and community basis. The community program includes 4 consecutive days emphasizing fun run, fitness, food (nutrition) and family respectively.

Everyone is welcome to participate and join in on the fun and excitement.

Monday, May 16 Fun Run

At 7:00 p.m. to 8:30 p.m. all Schreiber residents are encouraged to participate in the North Shore Fun Run challenge. Participants can walk, run or bike one mile circuit, to be devised by this department.

All participants will receive a fun run button, and on a special note treats will be handed out to all children ages ten and under. Additional details will be advertised in the paper, at local stores, schools and the Recreation Complex.

Tuesday, May 17, Food Day

The Recreation Department has a special treat in store for all area residents. A community bake sale featuring "nutritional snacks, fruits and low calorie beverages", will be staged from 6:00 p.m. to 9:00 p.m. at the Recreation Complex Community Hall.

A further attraction, of interest especially to ladies will be two nutritional information sessions as follows: Food Dialogue 6:30 to 7:30 p.m.; Good Shopping Practices "Food" 7:30 - 8:30

Both sessions will be

conducted by Ministry of Agriculture and Food Home Economist Barbara Weese. These sessions will be of no cost to participants.

Wednesday, May 18 Fitness Day

The "Fitness Day" features a nice variety of fitness activities as follows:

6:00 to 6:45 Personal Fitness Session - Art Room

7:00 to 8:30 Fitness Testing - Weight Room

8:00 to 9:00 FREE Aerobic Dance "Bring A Partner" Community Hall

8:00 to 9:00 Men's Ball Hockey - Arena

Thursday, May 19 Family Day

The Schreiber Parks

and Recreation Department in co-operation with the Schreiber Youth Group will be hosting a Spaghetti Supper at the Recreation Complex Community Hall. The meal will feature live entertainment, door prizes and good eating.

Time: 6:00 to 8:30

Location: Community Hall

So let's get out and participate!!!

Aerobic Dance

The Schreiber Parks and Recreation Department is offering another Aerobic Dance session.

There are two sessions to choose from: Tuesday and Thursday evenings from 8:45 to 9:45 and Wednesday and Friday afternoons from 2:00 to 3:00. Both classes are under the instruction of Betty Tate and take place in the Community Hall. Registration is at the Recreation Office.

Microwave Cooking

Why use your microwave just for defrosting your foods or reheating the leftovers? This one day workshop will show you how to cook your meals using your microwave oven. We will cook a roast, vegetable stuffed fish, quiche, cakes, Chinese fried rice, sweet and sour spare ribs plus nine more dishes and lots of ideas. The workshop takes place Saturday May 14 from 10:00 a.m. to 4:00 p.m. in the Art and Craft room of the Recreation Complex. For more information and to register please contact the recreation office before May 6, 1983.

Train Your Dog

This workshop is designed for the person interested in obedience training for his or her dog. It will include demonstrations, two training periods with the participant's dog, and information handouts. Step by step procedures will be covered on training your dog to heel, sit, come when called, etc. Dogs should be at least six months old and need not be registered. Those who have already participated in basic dog obedience courses could begin intermediate work. The course takes place Saturday, May 28 from 10:00 a.m. to 5:00 p.m. To register please contact the recreation office.

Ball Hockey

The Schreiber Parks and Recreation Department will be offering a Ball Hockey Program for males ages 11 and over. Two age categories have been devised as follows: Junior ages: 11 to 14 Senior ages: 15 to 105

Junior Ball Hockey

Times: 6:00 to 8:00 p.m. Days: Monday and Wednesday evenings Starts: April 25, 1983 Location: Schreiber Arena

Cost: \$1.00 per person per session

Senior Ball Hockey

Times: 7:00 to 9:00 p.m. Days: Tuesday and Thursday evenings Starts: April 26, 1983 Location: Schreiber Arena

Cost: \$1.00 per person per session

Rules (both divisions)

- no body contact
- referee decision final
- dressing rooms to be provided
- pay referee prior to playing

Equipment

one hockey stick
hockey gloves
running shoes

Come out and join the fun.

Baseball News

The Schreiber Parks and Recreation department will be sponsoring a mixed adult slowpitch and women's slowpitch baseball program. Specific details will be announced in next week's paper so stay tuned.

Labatts Original Hats

The Recreation Office has for sale, 4 dozen Labatts Original Six Hats. Should you wish to purchase a hat, then drop in at the recreation office or Figliomeni's garage. Sales will be based on a first come basis only.

Township Hats

The Schreiber Parks and Recreation Committee will be selling "Official" Township hats. These hats will be sold at local stores and at the recreation office. Proceeds from sales will be applied towards the purchase of playground equipment for the Drummond Street park.

Spring - Summer Employment

The Schreiber Parks and Recreation Department will be offering several spring - summer employment opportunities for local youth. All interested youth are encouraged to apply once the job details have been confirmed and officially advertised in the newspaper.

Infant's Environment

Choose bright colors for the infant's room, clothing, blankets and toys. Music, soft textures, mobiles, safe rattles and shiny objects all belong in the infant's early environment to insure normal development of sensory perception.

Credit Caution

Use credit wisely, purchasing only things which are necessary. Credit carries a price. It can be a convenience or quicksand for shoppers.



Terrace Bay's Official Plan has been prepared and submitted for final approval by the Minister of Housing and Municipal Affairs in Toronto. The Plan was prepared by the Planning Board. The Board members are,

from left to right: Bernadette Thompson, Joe Marcella, Reeve Dave Speer, Ken Eaton and Curly Hale. Board Chairman Ray Mikkonen is seated in front.

Schreiber Scribbles

Mrs. Marg Nesbitt is home from hospital. Welcome back Marg. Get well to Willie Paradis in Thunder Bay hospital and also to Mrs. Moorey and Martha Huller.

Joan Costell has returned from vacationing in Tuscon and Mrs. Retta Pearson has returned from visiting relations in Winnipeg. Mr. and Mrs. Johnny Spillane have returned from their trip to Florida. Mrs. Thibeault has returned from Cartier after visiting her new granddaughter.

Congratulations to Mrs. Vic Winters who celebrated her 87th birthday on April 5. A Come and Go Tea was held in Collingwood Court. Her many friends came. The cake was made by Freda and the relations served the delicious lunch.

ANNOUNCING

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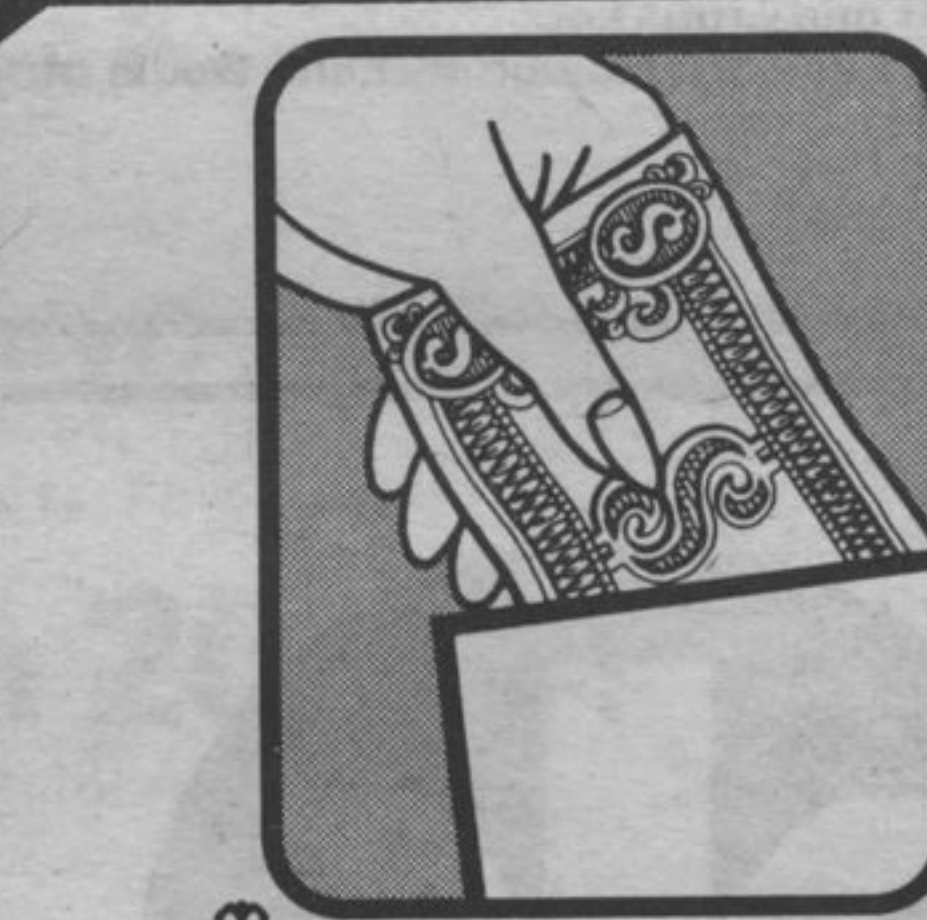
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