

## Summer experience

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to 5:00 p.m. Deadline to register is September 16, 1983. Please contact the Recreation Office for more information and to register at 824-2317.

### Paper Tole Workshop

Paper Tole is an old art dating back to the 18th-19th century Europe. It is a three dimensional picture created by cutting three or

more identical prints and layering them together using silicone. The student will be cutting each print apart in a different manner and sculpting and layering to produce a dimensional effect. Materials for the workshop will be available at the course which takes place Saturday, October 1. Deadline to register is September 23, 1983. For more information and to register please contact the Recreation Office.

### Relaxation Workshop

Relaxation is the foundation for optimum physical, emotional and spiritual health. By attending this workshop you will learn simple relaxation techniques that can be used at home, at work or anywhere and at any time. Many new methods of relaxation will be presented and you can adapt them to suit your lifestyle. The instructions are stimulating, fun and very practical. Throughout the day you will be doing the techniques yourself and by the end of the workshop you will know how to relax! You will feel confident that being a better person is within your

grasp. The workshop takes place Saturday, November 5, 1983 from 9:00 a.m. to 12:00, 1:00 to 5:00 p.m. To register, please contact the recreation office.

### Belly Dancing

Attention Ladies. The Recreation Department would like to offer a Belly Dancing Course during the fall. Belly Dancing is a classic art form promoting muscle tone and poise. A perfect way to lose inches and gain confidence. Additional information will soon be made available.

### Youth Drop In

On Friday, August 12, the Youth Drop In gang staged a fund raising car wash. Approximately 25

## "Couple's Only" Dart Winners



The Royal Canadian Legion, Branch #223, held a successful tournament on Saturday, August 13th. Winners of the "Couples Only" Dart Tournament were [left to right] Diane Matson, Stan Greenwood, Joy Wardrop, Joe Earl [M.C.], Irene Folz, Lorraine Lauzon, Percy Wardrop [both from Wawa] Harold Sutherland, Guy Bozec, Marg Maugers and Andy Lauzon.

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cars were given the royal treatment. Funds were used for a hot dog lunch at the Recreation complex.

On Monday, August 15, the Drop In program staged the An-

nual Badminton Tournament. Thirty participants enjoyed a fun but tiring day. Congratulations to all winners.

On August 17, 18, 16 youth and 3 program leaders participated in a

Rainbow Falls camping trip. The good weather allowed the youth to swim, hike and enjoy an exciting weekend of camping.

### Swim Program News

Attention all Bronze Medallion candidates! Any local residents having successfully completed their Bronze Medallion Swim Award during their swim careers, are in for a special treat. The Schreiber swim staff are sponsoring a 1908 Bronze Medallion swim examination in conjunction with the RLSS 75th Anniversary.

The 1908 exam is just for fun, and fun it will be! So grab your swimming trunks and be at the Travel Rest Pool Monday, August 29, 6:00 p.m. Additional details are available at the Recreation Office or from the Swim Staff.

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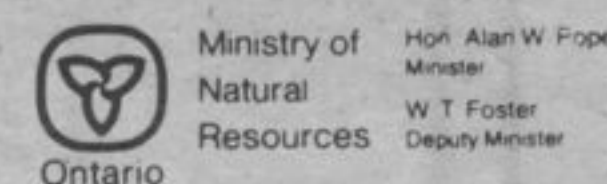


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