

**Shape Up
& Feel Great
For '84
With One
(or more!)
Of Our Fitness
Activity Programs**

SHAPE, EXERCISE PROGRAM

morning (Lisa Corrigan)
This morning exercise class will be held 3 times a week and will consist of warm-ups, calisthenics, aerobics and cool-downs.

Date: 1st Session - Mon., Wed. & Fri. - Jan. 23 to Mar. 16 (8 wks) (Receiving names for "waiting list" only)
2nd Session - Mon., Wed. & Fri. - Apr. 2 to May 25 (8 wks)
Time: 10:15 to 11:15 a.m.
Place: Conference Room, Recreation Centre
Cost: \$36.00
Deadline for 1st Session is Wed., Jan. 18
Deadline for 2nd Session is Wed., Mar. 28

Ladies Fitness for Age 35 & Over

afternoon (Lisa Corrigan)
Fitness for ladies age 35 & over and for those who have not been in the habit of regular exercise. Consists of stretching exercises for the whole body.

Date: Tues. & Thurs. - Jan. 24 to Mar. 15 (8 wks)
Time: 2:30 to 3:00 p.m.
Place: Conference Room, Recreation Centre
Cost: \$12.00
Deadline is Fri., Jan. 20

Mixed Aerobic

evening (Lisa Corrigan)
A combination of aerobic exercises and body workouts.

Date: Mon. & Wed. - Jan. 23 to Mar. 14 (8 wks)
Time: 7:00 to 8:00 p.m.
Place: St. Martin School Gymn
Cost: \$24.00
Deadline is Fri., Jan. 20

Racquetball Instruction

for ages 10 to 14 (Bill McDougall)

Basic instruction & rules of the game of racquetball for the beginner.

Date: Thurs. - Feb. 9 to Mar. 1 (4 wks)
Time: 1 hr. session each week - first group starts at 4:00 p.m.
Place: Terrace Bay Recreation Centre
Cost: \$15.00

(Must have own non-marking footwear for court use - other equipment is provided)

Deadline is Fri., Feb. 3

Weight Training for Women

ages 15 & up (Joey Kosteki)
Basic instruction for weight training to include stretching, body-building and dieting.

Date: March 3, 4, 5, 6 & 7
Time: 7:00 to 9:00 p.m. (10 hrs. total)
Place: Terrace Bay Recreation Centre
Cost: \$15.00
Deadline is Mon., Feb. 27

Weight Training for Youths

ages 10 to 15 years (Joey Kosteki)
Basic instruction for weight training to include stretching, body-building and dieting.

Date: Sat., Mar. 31 & Sun., Apr. 1 - 9:00 to 11:00 a.m.

Date & Time: Sat., Mar. 31 & Sun., Apr. 1 - 9:00 to 11:00 a.m.
Mon., Apr. 2 to Wed., Apr. 4 - 7:00 to 9:00 p.m. (10 hrs.)
Place: Terrace Bay Recreation Centre
Cost: \$7.50
Deadline is Mon., Mar. 26

Learn to Skate

for ages 3 & 4 (Elizabeth Singleton)

To instruct the beginner basic skating techniques, balance and movement on skates.

Date: Mon. & Wed. - Jan. 23 to Wed., Feb. 29 (6 wks)
Time: Mon. - 10:00 to 11:00 a.m., and Wed. - 10:30 to 11:30 a.m.
Place: Terrace Bay Arena
Cost: \$9.00
Deadline is Wed., Jan. 18

Special Interest Programs

Try a new hobby or take a different course this year.

Chinese Cooking for Beginners

(Iris Lindberg)

Learn how to prepare such tasty Chinese food dishes as: egg rolls, deep fried won tons, sweet & sour chicken, chicken gyo ding, chicken fried rice, beef chop suey, beef and green peppers and others.

Date: Thurs., Feb. 2 to Thurs., Mar. 8 (6 wks)
Time: 7:30 to 9:30 p.m.
Place: 20 Southridge Crescent, Terrace Bay
Cost: \$32.00 (includes cost of food)
Deadline is Fri., Jan. 27

Chinese Cooking II

(Iris Lindberg)

To please your palate for Chinese Cooking II you will be learning how to prepare the following dishes: Cantonese glass noodles, sweet & sour spare ribs-Cantonese style, curried shrimp & tomatoes, Soo Guy in oyster sauce, stuffed green peppers and others.

TERRACE BAY RECREATION DEPARTMENT Winter/Spring '84 Programs:

Date: Thurs., Feb. 2 to Thurs., Mar. 8 (6 wks)
Time: 1:30 to 3:30 p.m.
Place: 20 Southridge Crescent, Terrace Bay
Cost: \$32.00 (includes cost of food)
Deadline is Fri., Jan. 27

Upholstery

(Phyllis Caranci)

Learn how to upholster your own furniture. For this beginner's course the largest item allowed will be an easy chair.

Date: Mon. & Wed. - Feb. 13 to Mar. 14 (5 wks)
Time: 7:00 to 10:00 p.m.
Place: Multi-Purpose Room, Terrace Bay Recreation Centre
Cost: \$45.00 (must also purchase own materials)
Deadline is Fri., Feb. 3

Ceramics for Beginners

(Sylvia Broughton)

Learn the basic techniques of the fascinating hobby of ceramics and complete two or three projects.

Date: Mon. Jan. 23 to Mon., Mar. 26 (10 wks)
Time: 7:00 to 9:00 p.m.
Place: 150-A Birch Crescent, Terrace Bay
Cost: \$40.00 (includes basic tools - other supplies are extra)
Deadline is Wed., Jan. 18

Advanced Ceramics

(Sylvia Broughton)

Using basic techniques from the beginner's class, you can now indulge in advanced techniques to create beautiful and useful items for yourself, family or friends.

Date: Wed., Jan. 25 to Wed., Mar. 28 (10 wks)
Time: 7:00 to 9:00 p.m.
Place: 150-A Birch Crescent, Terrace Bay
Cost: \$20.00 (Supplies are extra)
Deadline is Wed., Jan. 18

Ceramics Workshop

(Sylvia Broughton)

A chance to work at your leisure on skills you have acquired through Beginner's or Advanced Ceramics, and to make items of your choice.

Date: Thurs., Jan. 26 to Thurs., Mar. 29 (10 wks)
Time: 7:00 to 9:00 p.m.
Place: 150-A Birch Crescent, Terrace Bay
Cost: \$20.00 (supplies are extra)
Deadline is Wed., Jan. 18

Quilting by Machine

(Nicole Glassier)

It's unique, it's easy, it's quick and it's fun! If you can sew a straight hem on a machine, you qualify. Project ideas: quilts, tote bags, place mats, chair pads, pillows, vests . . . the options are endless.

Date: 1st Session - Tues., Jan. 24 to Feb. 28 (6 wks) (Receiving names for "waiting list" only)
2nd Session - Tues., Apr. 3 to May 8 (6 wks)
Time: 7:00 to 9:00 p.m.
Place: Home Ec Room, Lake Superior High School
Cost: \$18.00
Deadline is Fri., Mar. 30

Introduction to Piano Lessons

for ages 6 & up (Brigit Borrie)

An introduction to reading music and piano playing. Should have access to piano for practicing between classes.

Date: Sat., Feb. 18 to Apr. 7 (8 wks)
Time: 11:00 to 11:45 a.m. or 12:00 to 12:45 p.m.
Place: 7 Terrace Heights Drive, Terrace Bay
Cost: \$23.00
Deadline is Fri., Feb. 10

Personal Money Management

(Anil Kripilani)

Sessions will include:

- savings, investment & budgeting - investment vs. speculation - setting objectives
- principles of financial management: leverage, risk & return, diversification
- vehicles of investment: RHOSP, RRSP, IAAC, GIC, Shares, Bonds, etc.
- planning RRSP
- building investment - evaluation & planning
- tax planning

Date: Tues., Jan. 31 to Feb. 28 (5 wks)
Time: 7:00 to 9:30 p.m.
Place: Lake Superior High School, Rm. 107
Cost: \$20.00
Deadline is Fri., Jan. 27

Introduction To Computers

(Dale Cooper)

An introduction to micro-computer programming for the beginner.

Date: Mon., Feb. 6 to Mar. 26 (8 wks)
Time: 7:00 to 9:00 p.m.
Place: Lake Superior High School, Rm. 103
Cost: \$24.00
Deadline is Wed., Feb. 1

Intermediate Computer Programming

(Dale Cooper)

A continuation for those who have taken the Introduction to Computers program. Session will focus on programming using strings and sub-routines. Must have taken introductory course.

Date: Wed., Feb. 8 to Mar. 28 (8 wks)
Time: 7:00 to 9:00 p.m.
Place: Lake Superior High School, Rm. 103
Cost: \$24.00
Deadline is Wed., Feb. 1

Woodworking for Beginner's

(Irwin Hegedus)

A course to teach the beginner how to safely handle woodworking tools and complete a project. Project must be decided on and approved by instructor, before course.

Date & Time: Thurs., Feb. 16 - 7:00 to 10:00 p.m.
Fri., Feb. 17 - 7:00 to 10:00 p.m.
Sat., Feb. 18 and Sun., Feb. 19 - 9:00 a.m. to 12:00 p.m. and 1:00 to 4:00 p.m.
Place: Lake Superior High School
Cost: \$35.00 (must supply own wood & misc. supplies)
Deadline is Fri., Feb. 10

Confederation College offers for your enjoyment, the following workshops Relaxation Workshop

(Edward E. Kenney, Mh.D.)

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 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.

Date: Sat., Feb. 4
Time: 9:00 a.m. to 12:00 p.m. and 1:00 to 5:00 p.m.
Place: Conference Room, Terrace Bay Recreation Centre
Cost: \$30.00
Deadline is Fri., Jan. 27

Microwave III

(Corry De Vries)

Many new dishes will be completed in this workshop and it is also felt that the beginner will benefit greatly from attending. Full description will be available shortly.

Date: Sat., Feb. 25
Further details on time, place and cost will be available shortly. Please check upcoming issues of the News or call this office for update.

Furniture Refinishing

Confederation College hopes to offer this course in March and are still working on finalizing dates, times, cost, etc.

ART From the Oven

(Kathleen Ellard)

Here is an exciting and inexpensive way to create your own decorations for home, holidays and gift giving. Everything you need to mould and shape your own works of art is right there in your kitchen. Bread dough sculpture is an age old art form and now has become imaginative and personalized. You will be sculpting figures and dressing them and then applying the finishing touches.

This course will be held near the end of March, on a Friday night and a Saturday. Further details will be available shortly.

Paper Tole

Beginner's & Advanced (Bette Hastings)

Paper Tole is an old art dating back to the 18th/19th century Europe. A three dimensional picture is created by cutting three or more identical prints and layering them together using silicone. The student will be cutting each print apart using a different manner and sculpting and layering them to produce a dimensional effect.

Paper Tole

Beginner's & Advanced (cont'd)

Beginner's will learn the basic principles and complete a project. Those who have taken the first course will learn advanced and new techniques and complete a different project.

Date: Sat., Apr. 21
Time: 9:00 a.m. to 12:00 noon and 1:00 to 4:00 p.m.
Place: Conference Room, Terrace Bay Recreation Centre
Cost: To be determined
Deadline is Fri., Apr. 13

Art for Beginner's

(Suzette Downey)

Oil and acrylic paintings, mixing colours, tints and shades, landscaping, self-expression, and possible abstracts, dry brush techniques and the use of medium will be discussed.

Date & Time: Fri., Apr. 27 - 7:00 to 10:00 p.m.
Sat., Apr. 28 - 9:00 a.m. to 12:00 noon and 1:00 to 5:00 p.m.
Sun., Apr. 29 - 9:00 a.m. to 12:00 noon and 1:00 to 3:00 p.m.
Place: To be determined
Cost: \$45.00
Deadline is Fri., Apr. 20

Hydroponics

Growing Vegetables Indoors Without Soil (Peter Maepea)

Learn how to grow fresh vegetables indoors year round so you can have your own delicious tomatoes, fresh crisp lettuce, and numerous other vegetables and herbs. In this workshop you will learn the theory behind hydroponics, how to make and set up your own system. It is simple and inexpensive to enjoy home grown produce throughout the winter.

Confederation College hopes to offer this workshop in early May. Further details will be available shortly.

LET'S HEAR FROM YOU!

The recreation department would like to hear from you on new program suggestions. If there are enough people interested in a certain hobby/craft/program, we will do our best to locate an instructor and get the course going.

Please feel free to make your ideas & suggestions known to our office as we are here to meet your needs & requests.

Thank you to everyone who participated in all of our 1983 programs and we hope to see you back in 1984 - and bring a friend!