

# Preventing heart attacks just one of many programs

## Programs:

The Terrace Bay Recreation Department has several programs which were not completed from the Fall and Winter session.

These programs will be offered again in the Winter-Spring brochure.

We need your assistance in making these programs a reality. Call the Recreation office for more information.

## Heartsaver:

This program teaches you how to: prevent heart attacks; prevent death in heart attacks; recognize sudden unexpected death; initiate early entry into Emergency Cardiac Care System; learn the skills of one person C.P.R., and know how to save a choking victim.

## Photography:

This program had to be cancelled at the last minute and will be rescheduled for after Christmas. Our apology to those who were registered.

There are still several openings for those persons who may be receiving a 35mm camera for Christmas.

Basic use of a 35mm camera and use of creative filters and lenses will be demonstrated.

We are hoping to hold further sessions in the use of the 35mm camera by having a one-day field trip and then a follow-up session to analyze the pictures taken during the trip.

## Racquetball Lessons- Adults:

This program was scheduled for October but due to lack of registration had to be cancelled.

The Racquetball courts are open for use from 9:45 a.m. to 9 p.m.

What better way to enjoy a different type of exercise than to get on the court by yourself or with an opponent?

The Terrace Bay courts are open to members and non-members for a very nominal fee. There are also racquets for rent.

The only specific requirement is that you wear indoor, white-soled runners.

## Sewing:

In this time of soaring costs of clothing, would it not be more feasible to learn how to sew for yourself or the children?

The Terrace Bay Recreation has an instructor willing to share her talents, so give us a call today.

Some of the other programs which will be taking place after the new year are as follows: Aerobics; Non-impact Aerobics; Add a Class Aerobics; Body Basics; Fitness for Fun; Teen Aerobics; Over 50 Hoppers; Babysitting; Advanced Paper Tole; Cross-country Skiing, (Adult and youth); Macrame; Stained Glass; Spinning; Quilting, (Weekender), and Squash lessons.

These are just a few of the programs. More details will be given on these and other programs in future weeks.

## Memberships:

Memberships for 1987 will go on sale the first week in December. This would make an excellent Christmas gift for the entire family.

We wish to remind the community that all persons who join any of the following organizations must have at least one type of membership with the Terrace Bay Recreation Association: Curling, all Hockey Leagues, Figure Skating, Bowling, Swimming lessons, Baseball, Ringette, Broom-ball, Softball and Minor Ball.

There are two types of memberships- Full membership and One-activity membership. Full membership runs for the entire year, Jan. 1 to Dec. 1 and covers the entire family.

One-activity membership is designed for those who wish to take part in only one sport. This type of membership only covers one person.

For more information on privileges associated with these memberships, call the Recreation office at 3542.

## Public Skating times: (Nov. 26 to Dec. 3, 1986)

Wednesday, Nov. 26: 1-2 p.m. and 7:30-8:30 p.m.

Thursday, Nov. 27: 11-Noon and 1-2 p.m.

Friday, Nov. 28: 1-2 p.m. and 7:30-8:30 p.m.

Saturday, Nov. 29: 3-5 p.m. and 7-8 p.m.

Sunday, Nov. 30: 2-3:30 p.m.

Monday, Dec. 1: 1-2 p.m.

Tuesday, Dec. 2: 11-Noon and 1-2 p.m.

Wednesday, Dec. 3: 1-2 p.m. and 7:30-8:30 p.m.

## Upcoming Events:

Nov. 28-30: Ladies' Curling Club- Huggies Cash Bonspiel

Nov. 29-30: Conference Room- Emergency First Aid Course- 1 p.m.

Dec. 1: Boardroom- Women's Centre Committee- 7:30 p.m.

Dec. 2: Boardroom- I.B.E.W.- 7 p.m.

Dec. 6: Terrace Photo & Framing Art Display- Noon-6:30 p.m.

**Advertising helps good things happen.**

CALL: 824-2549

SANTA ANNOUNCES  
**SENIOR CITIZENS XMAS SPECIAL**  
DEC. 1 - DEC. 24  
AT SPADONI'S



**15% Discount On All Merchandise**  
*Just Present Your Senior Citizen's Card on purchase & Receive a 15% DISCOUNT*  
Discount Available Right Up To CHRISTMAS

Take advantage of these savings for Christmas at

**SPADONI'S**

downtown Schreiber

824-2549

*Sparkling Gifts*

**Jewelry**



## BIRTH ANNOUNCEMENT

MAUREEN HARPER is pleased to announce the birth of her grandson

**SAMUEL WALKER HARPER**



ON NOVEMBER 2, 1986.  
WEIGHING 8 lbs. 13 oz.

Sam is welcomed home by parents DOUG AND TAMMIE, and big sister Alison. Many thanks to Dr. Bailey and the Nurses at McCausland Hospital.

## WIN A NEW 35 mm CAMERA!



Fully automatic, compact 35 mm camera with built-in flash, auto focus, automatic film loading and pre-wind mechanism (film rewind is un-necessary); built-in lithium batteries; automatic flash shooting in dim light; automatic film speed setting (compatible with ISO 1600)

For further details:

see **LYNNE'S HAIRSTYLING**

in SCHREIBER

or **PHOTO PRINTS** in TERRACE BAY

## TERRACE PHOTO & FRAMING

PRESENTS THE

**"Beauty of the North Shore"**

EXHIBITION & SALES OF SCENIC PHOTOGRAPHS

at TERRACE BAY Rec Centre

Conference Room

SAT. DEC. 6, 1986

NOON till 6:30 p.m.

Give Somebody Memories This Christmas

For More Information

CALL 825-9097

LARGE SELECTION of LANDSCAPES AVAILABLE

## Churchley's Jewellers Ltd.

In Appreciation of the Patronage from the Residents of TERRACE BAY and SCHREIBER, CHURCHLEY'S JEWELLERS offers a:

**20% DISCOUNT OFF YOUR NEXT PURCHASE**  
(coupon must be presented at time of purchase)

**CASH SALES ONLY**

**VALID UNTIL NOV. 29, 1986**

Have a safe and happy Christmas.

## SERVICES

- dematting
- bathing
- clipping
- ear cleansing

## DOG PATCH

ALL BREED PET GROOMING SERVICE NOW AVAILABLE!

- Animal Care Available
- While You Are Away.

REASONABLE RATES

Call 825-9351



IF YOUR DOG ISN'T BECOMING TO YOU...

**VALUABLE COUPON**

**20% OFF**

**Cash Sales Only!**

COUPON must be presented at Time of Purchase  
Churchley's Jewellers Ltd.  
SIMCOE PLAZA

TERRACE BAY 825-3592

Sorry, not valid on LAYAWAYS & CHARGES

VALID UNTIL NOV. 29, 1986.