

Terrace Bay Recreation

Programs

The second session of the Fall exercise programs will be commencing in the near future. We still have openings in the following programs.

Aerobics (with Gwen)

Beginning on Nov. 16, and concluding on Dec. 17, this course will be a five-week program. Call the recreation office for reservations in this fast-paced aerobics program.

Fitness For Fun (with Lynn)

There are several more openings in this morning program. Monday, Wednesday and Friday from 10-11 a.m. is the time Lynn puts here students through their paces.

Taking charge Aerobics (with Louise)

Are you interested in a non-impact exercise class which is held in the afternoons on Monday and Wednesday from 2-3 p.m.

Here is the class for you. We have the facilities available for your babysitter if you would like to bring the children and provide a babysitter.

Teen Aerobics (with Louise)

Calling all teens! Mixed aerobics for teens is available for those 13 years of-age and up. The program is held on Tuesdays and Thursdays from 4-5 p.m.

Don't be shy guys; this exercise class will help loosen up and tone the muscles to assist you in your other athletic programs.

Over-40 Hoppers (With Lorraine)

We would like to inform the community that this program is open to males or females who wish to exercise at a more leisurely pace.

It is a very low-impact exercise program mainly geared to strengthen, tone and relax the body.

The program is held at the public school on Tuesdays and Thursdays from 7:30-8:30 p.m. Come one come all and join in the fun.

Smurf Bowling

Open to children ages two to five. Sundays from 1-2 p.m.; starting date is Nov. 7. Contact persons are Shelley, 825-9161, or Lea, 825-9471. Minimum of 10 children. Registration is now being accepted at the recreation office.

New programs

The recreation department is presently in the process of compiling programs to be presented in early January.

If you know of a program you wish to have presented or are able to offer some of your interests to the public, please contact us. We are always open to suggestions.

Upcoming Events

- Nov. 4- Ringette Coaches- multi-purpose room;
 - Nov 5- Thunder Bay Auditorium- conference room;
 - Atom Hockey Jamboree Meeting- board room;
 - Nov. 7- Professional Secretaries International- conference room;
 - Nov. 10- Kids' Krafts- multi-purpose room.
- Public Skating Times (Nov. 4-11)**
 Wednesday- 1-2 p.m.; 8:30-9:30 p.m.;
 Thursday- 11 to noon; 1-2 p.m.;
 Friday- 1-2 p.m.;
 Saturday- 2-5 p.m.;
 Sunday- 2-4 p.m.;
 Monday- 11-noon; 1-2 p.m.;
 Tuesday- 11-noon; 1-2 p.m.;
 Wednesday- 1-2 p.m.; 8:30-9:30 p.m.

North Shore Atom Hockey Jamboree

The Terrace Bay Recreation Department is pleased to announce that Terrace Bay will be the host for the North Shore Recreation Directors' 8th Annual Hockey Jamboree on Dec. 11, 12 and 13, 1987.

Many activities are being planned; but the organizing committee "needs your help" with **Billeting** these 10 and 11 year-olds.

If you are interested in taking a billet for the weekend of Dec. 11, 12 and 13, can you please contact the Terrace Bay Recreation Department at 825-3542 as soon as possible.

**ADVERTISING
DOESN'T COST!
IT PAYS!!!**

TRY IT and SEE
 Call Julie at the **NEWS**
825-3747



Donation

Elaine Mannisto, left, is shown accepting a donation, in the amount of \$500, from Beth Macadam, past president of the Ladies' Auxiliary to the Royal Canadian Legion, Branch 109, Schreiber. Mannisto is the President of the Auxiliary to the McCausland

Hospital. The money will go towards the purchase of a Welch Allen Flexible Sigmoidoscope (for lower bowel examinations). Mannisto said \$12,000 has already been raised for this worthwhile piece of equipment. (Ken Lusk photo).

Intercity Ford's PUBLIC AUTO AUCTION Saturday Nov. 7



Indoors at Intercity Ford

All Cars and Trucks Owned by Intercity Ford. No other dealers vehicles in the auction!

85 Cars & Trucks to choose from!

This list is not complete. More vehicles to choose from. Trade-ins arriving daily!



Cars

1980 Chrysler 5th Ave.	4 Dr.	Blue	1985 Reliant Wagon	2 Dr.	Grey
1981 Mustang II	2 Dr.	Brown	1985 Lynx	2 Dr. At.	Red
1982 Reliant Wagon	4 Dr.	Grey	1986 Dodge Aries Wag.		Gold
1983 Buick Century	4 Dr.	Brown	1986 Tempo GL	4 Dr.	Red
1982 Volks Rabbit	2 Dr.	Yellow	1986 Capri	3 Dr.	Blue
1982 Horizon TC	2 Dr.	Yellow	1986 Mustang	3 Dr.	Green
1983 Nissan	4 Dr.	Brown	1987 Chevette	2 Dr.	Red
1983 Reliant	2 Dr.	Red	1987 Mustang	3 Dr.	Red
1983 Pontiac	4 Dr.	Brown	1987 Mustang	3 Dr.	Grey
1984 Cutlass Brougham	4 Dr.	Brown	1987 Mustang	3 Dr.	Brown
1984 Dodge Omni	4 Dr.	Brown	1986 T-Bird	2 Dr.	Red
1984 Ply Turismo	2 Dr.	Brown	1987 T-Bird	2 Dr.	White
1984 Acadian	4 Dr.	White	1987 T-Bird	2 Dr.	Blue
1984 Ford Ltd Wagon	4 Dr.	Blue	1987 Tempo	4 Dr.	Beige
1985 Mercury Marquis	4 Dr.	Blue	1987 Tempo	4 Dr.	White
1985 Chevette	4 Dr.	Brown	1987 Tempo	4 Dr.	Red
1985 Reliant	4 Dr.	Red	1987 Lincoln Town Car	4 Dr.	Blue

Trucks

1980 F250 & Camper	11 1/2 Ft	Brown	1985 GMC Van	8 Auto	Blue
1981 GMC		Blue	1985 Ford F150		
1982 Ford	Auto	Blue	1985 F350 Crewcab	8 Auto	Tan
1982 F150	8 Auto	Tan	1986 F150 Short Box	8 Auto	Brown
1982 F100	Auto	Red	1984 F350 Crewcab	8 Auto	Red
1982 Bronco	Auto	Brown	1986 F150 Short Box	8 Auto	Red
1985 Ranger	Std.	Green	1987 F150	6 Auto	Brown
1984 Ford F150	6 Std		1987 Bronco	6 Auto	Red
1983 Chev 3/4	Auto	Black	1987 F250 S/C Diesel	Std.	Red
			1987 Ford Ranger	6 Auto	Red



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