

Terrace Bay recreation news

Memberships Due

The 1989 cash memberships for the Terrace Bay Recreation Department are now due. We urge all participants of Minor Hockey, Ringette, Figure Skating, Curling and Adult Hockey to contact the recreation office in order to keep their membership in good standing.

Cross Country Ski Clinics

The Recreation Department has secured the services of an instructor from Marathon to conduct a beginner and advance level Cross Country Ski Clinic. These one day programs to be held on January 22 and 29 respectively will teach the participant proper waxing techniques, proper movements for skiing also time will be spent in "on snow" practice.

Retirement Planning

We have rescheduled one of our Fall Programs "Retirement Planning" to run from February 8 to March 22. Some of the subjects covered in this 7 week program will be Financial, Leisure and Health Planning - Living Alternatives, Legal planning and Opportunities of Retirement. A must program for future retirees.

Dance For Heart

The challenge is on! Manitouwadge, our friendly competitor, has challenged all exercise

enthusiasts from Terrace Bay to the task of raising more funds in the annual "Dance for Heart" Fundraiser to be held at the Terrace Bay High School on February 16 from 7:00 to 10:00 p.m. All aerobics enthusiasts or any one over the age of 16 wishing to take part in the 3 hour exercise evening may pick up their sponsor forms by dropping in to the Recreation Office. Come on Terrace Bay we are accepting this challenge to prove our capabilities for raising funds.

Programs

We need more registration for the following programs due to begin in January in order for them to commence.

Flex & Tone Fitness

An 8 week program of weight training techniques being held on Tuesday and Thursday afternoons from 1:00 to 2:30 p.m.

Fitness for Fun

An 8 week program of contemporary non impact aerobics with the emphasis on body exercises and stretches. Program takes place on Monday, Wednesday and Friday from 10:00 to 11:00 a.m.

Babysitting

A 7 day program of training for youths aged 10 to 12 years in the skills required for proper care of children. Program takes place for 7

days from 4:00 to 5:00 p.m. each afternoon.

Kids Krafts

A 6 week program of crafts for the 7 to 12 years age group, held on Saturdays. A Valentine theme will be the highlight of this session.

Learn to Skate

The Recreation Department will be presenting another session of Learn to Skate. There are two classes on Monday and Wednesday from 10:00 to 11:00 a.m. and 2:00 to 3:00 p.m.

Paper Tole

Beginners, Advanced, Level I and Level II will begin in February. Registrations are being taken now.

Tole Painting

Scheduled for Saturday January 28 needs more registration. Tole painting is the art of painting a pattern on tin, fabric, wood or many other items.

Upcoming Events

Jan. 18 - Knitting Program - Multi Purpose Room - 7:00 p.m.

Shell Oil Training - Conference Room - 1:00 to 5:00 p.m.

Jan. 19 - Community Development - Multi Purpose Room - 8:00 p.m. - Single parent meeting

Jan. 20 - Employment Canada - Multi Purpose Room - 10:30 a.m.

Jan. 22 - Cross Country Ski Clinic - Conference Room - 9:00 a.m. to 4:00 p.m.

Public Skating

Wed. Jan. 18 - 11:00 to 12 noon, 1:00 to 2:00 p.m. and 8:30 to 9:30 p.m.

Thurs. Jan. 19 - 11:00 to 12 noon and 1:00 to 2:00 p.m.

Fri. Jan. 20 - 1:00 to 2:00 p.m. and 7:30 to 8:30 p.m.

Sun. Jan. 22 - 8:00 to 9:00 p.m.

- Adults only.

Mon. Jan. 23 - 11:00 to 12 noon and 1:00 to 2:00 p.m.

Tues. Jan 24 - 11:00 to 12 noon and 1:00 to 2:00 p.m.

Wed. Jan. 25 - 11:00 to 12 noon, 1:00 to 2:00 p.m. and 8:30 to 9:30 p.m.

Schreiber Recreation News

NCCP National Coaching Certification Program - Level I & II Theory Clinics

We need more registrants for these clinics if we are to be in a position to conduct these clinics. The "Theory Clinics" are designed to instruct coaches in the philosophy of coaching and how to design a practice. These clinics are for coaches of all sports and are not related to any one specific sport or activity. If you have always wanted to coach but felt you were not qualified or if you are presently coaching but feel you could use some formal training then these programs are for you. Call the recreation office now at 824-2317 for more information or to register.

Ladies Only instructional program to assist you in the basic weight training techniques then this is the program for you. Louise Boileau will give you instruction on proper lifting procedures, how to use the different apparatus in our fitness room and how to design a routine to suit your needs and schedule. Summer is coming quick to take part in this program and "look fine in 89". For more information call the recreation office at 824-2317.

Skate program begins on Monday, January 9. Classes are held on Mondays and Thursdays with morning classes from 10:00 to 11:00 a.m. and afternoon classes being held from 2:00 to 3:00 p.m.

Winter Carnival

The 1989 Winter Carnival will be held from Friday, February 3 to Sunday, February 12. The schedule must be completed by 4:00 p.m. Tuesday, January 17. There will be a full 2 page program and advertisement in the January 25 issue of the Terrace Bay / Schreiber News. Any groups or individuals wishing to organize an event or have an event planned for that time and wish to have their program included in the schedule should contact the recreation office at 824-2317.

Aerobics

The next session of aerobics will begin on Tuesday, January 10. Classes will be held on Tuesdays and Thursdays evenings from 7:00 to 8:00 p.m. Contact the recreation office to register.

"Ladies Only" Fitness and Weight Training Program
If you wish to participate in a

Learn to Skate
The next session of the Learn to

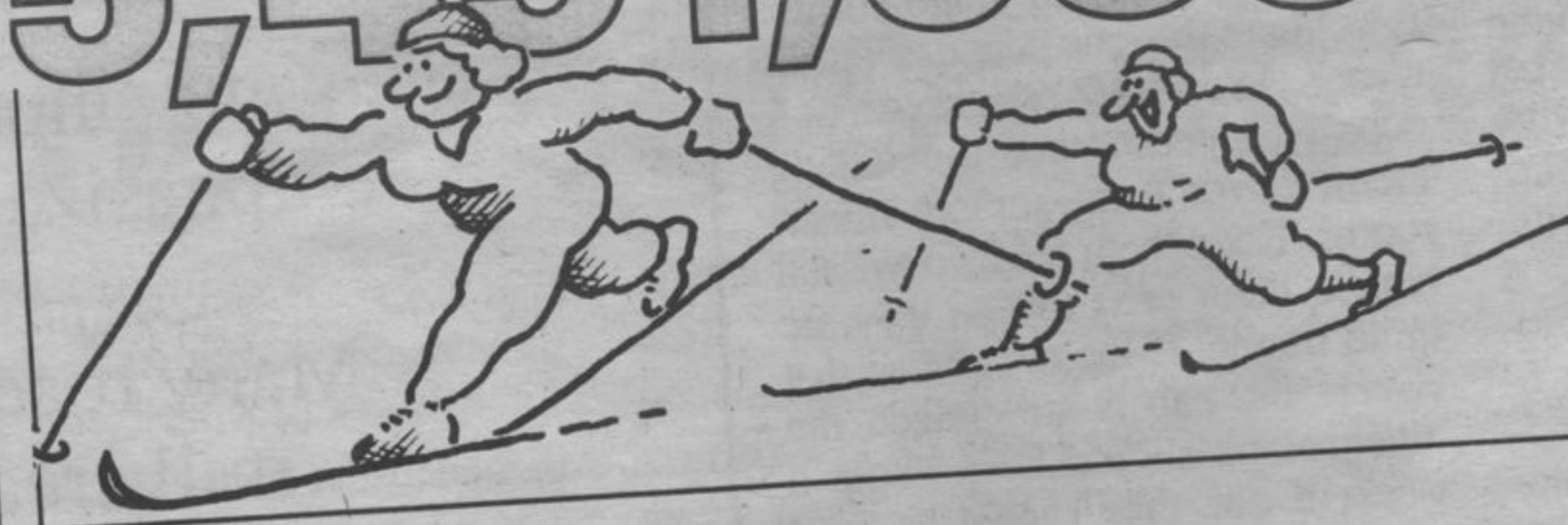
Aquasabon Golf Club

Annual meeting & election of 1989 executive

January 22, 1989
1:00 p.m.
Large Meeting Room
Terrace Bay Rec Centre

5,491,989

THAT'S HOW MANY CANADIANS ARE CROSS-COUNTRY SKIERS



Way to go, Canada!
PARTICIPATION

Dance for Heart

MANITOUWADGE CHALLENGE RECEIVED

Donations on account

The Recreation Department of that dynamic, ever growing community of Manitouwadge (in general), and the Recreation Department and the Aerobic Fitness Instructors (in particular) - **ISSUE A CHALLENGE**

To the almost equally-dynamic North Shore community of Terrace bay, and their Recreation Department (or to whom this may concern).

On the evening of Wednesday, February 15th, 1989, we will be hosting our 2nd Annual "Dance For Heart" to raise funds for the Ontario Heart and Stroke Foundation.

Therefore we in Manitouwadge (in general) and the Recreation Department and the Aerobics Fitness Instructors (in particular) eagerly challenge Terrace bay on Thursday, February 16th to try their hardest to surpass us in their fund-raising abilities. (We realize how difficult this will be for you!!)

We encourage you to take up this challenge in the spirit of Good Health, Sportsmanship and the support of an extremely worthy organization -

"The Ontario Heart and Stroke Foundation"

ROBBIE BURNS

Dinner & Dance

January 28, 1989
Mansonic Lodge
Terrace Bay
Music by:
SOUNDTRACK

For tickets see:
Roy Teniuk (825-9663)
Keith Scott (824-2543)
Jim Chappel (825-3325)
or any members of the Terrace Bay Masonic Lodge #622.

Plan to Forget It

If you see a tall fellow ahead of a crowd
A leader of men marching fearless and proud,
And you know of a tale whose mere telling aloud
Would mean that his head must in anguish be bowed;
It's a pretty good plan to forget it.

If you know of a skeleton hidden away
In a closet, and guarded and kept from the day,
In the dark; and whose showing, whose sudden display,
Would cause grief and sorrow and life-long dismay,
It's a pretty good plan to forget it.

If you know of a thing that will darken the joy
Of a man, or a woman, or a girl, or a boy,
That will wipe out the smile, or the least way annoy,
It's a pretty good plan to forget it.

Anonymous