

Terrace Bay recreation news

Public Skating

WEDNESDAY, NOVEMBER 1ST	11:00 A.M. - 12:00 NOON 1:00 P.M. - 2:00 P.M. 8:35 P.M. - 9:25 P.M.
THURSDAY, NOVEMBER 2ND	11:00 A.M. - 12:00 NOON 1:00 P.M. - 2:00 P.M.
FRIDAY, NOVEMBER 3RD	1:00 P.M. - 2:00 P.M. 7:35 P.M. - 8:25 P.M.
SATURDAY, NOVEMBER 4th	1:35 P.M. - 3:30 P.M. 7:00 P.M. - 8:55 P.M.
SUNDAY, NOVEMBER 5TH ADULTS ONLY	1:30 P.M. - 3:30 P.M. 8:05 P.M. - 8:55 P.M.
MONDAY, NOVEMBER 6TH	11:00 A.M. - 12:00 NOON 1:00 P.M. - 2:00 P.M.
TUESDAY, NOVEMBER 7TH	1:00 P.M. - 2:00 P.M.
WEDNESDAY, NOVEMBER 8TH	11:00 A.M. - 12:00 NOON 1:00 P.M. - 2:00 P.M. 8:35 P.M. - 9:25 P.M.

THIS SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE

Programs

Aerobics

Interested in a Fitness program? The second session of Aerobics is scheduled to begin on Monday, November 6. We have morning, afternoon and evening sessions available.

For more information, please call the Recreation Office at 825-3542.

Deadline to register: Friday, November 3.

Fitness for Men

This 6 week program is scheduled to begin on Monday, November 13. Participants will warm-up with stretches, low-impact aerobics for flexibility, coordination, muscle conditioning and fat burning, muscle tone and endurance. Cool down with stretching and relaxation, weight room orientation. Use of wrap weights is encouraged for challenge in development.

Date: Monday, Nov. 13 & Thurs., December 21 - 6-weeks

Days: Monday, Tuesday, Thursday

Time: 7 p.m. to 8 p.m.

Deadline to register is Friday,

Nov. 10, 1989.

Recreational Hockey

Saturdays - 9 p.m. - 10:30 p.m.

This program is open to all adults who are not playing on any organized hockey team.

Come out and enjoy some fun hockey!!!!!! For more information contact the Recreation Office or Chris Joubert at 825-9295.

Entertaining in Style

Due to popular demand, this program is being offered again.

Date: Saturday, Dec. 2

Sunday, Dec. 3

Time: 9 a.m. - 4:30 p.m.

Place: Highschool

Deadline to register is Friday, Nov. 24.

Program Registrations

Please be advised that as of November 1, Program REGISTRATION DEADLINES will be strictly enforced.

In order to provide quality

programming in our community, we are requesting that all REGISTRATION FEES be paid prior to the Registration Deadline date. If registrations are not paid, the participant will be removed from the list.

We ask your cooperation in this matter, in all fairness to other participants and the instructors.

Upcoming Events

Wed. Nov. 1 - Recreation Committee Meeting - Board Room - 7 p.m.

Wed. Nov. 1 - Knitting - Multi Purpose Room - 7:00 p.m.

Thurs. Nov. 2 - Horticultural - General Meeting - Conference Room - 7:30 p.m.

Sat. Nov. 4 - Red Cross Homemakers - First Aid - Multi Purpose Room - 9 a.m.

Sun. Nov. 5 - Cross Country Ski - Board Room - 7 p.m.

Sun. Nov. 5 - Figure Skating - Multi Purpose Room - 3 p.m.

Mon. Nov. 6 - Figure Skating General Meeting - Conference Rm. - 7:30 p.m.

Mon. Nov. 6 - Golf Meeting - Multi Purpose Rm. - 7 p.m.

Tues. Nov. 7 - I.B.E.W. - Board Rm. - 6:45 p.m.

Schreiber rec news

Aerobics

The Recreation Department is now offering morning, afternoon and evening aerobics on Tuesday and Thursdays beginning November 7. If enough interest is shown we will organize an Over 40 Aerobics program. Anyone interested in registering for an aerobics program can contact the Recreation Office at 824-2317.

Gymnastics

Registration night for gymnastics has been scheduled for Wed., Nov. 1 at 7 p.m. at the Terrace Bay High School gym. We will be offering a program for boys and girls ages 4 and up. For more information attend the registration night or call the Recreation Office.

Childrens Dance & Adult Ballroom Dance

Dolores Niskannen of Thunder Bay is willing to conduct a weekend workshop for Adult Ballroom Dance and a regular weekend program of dance for children. The children's program would include jazz and modern rhythmic dance. Some interest has been shown, however we need more participants if the program is to be offered at a reasonable rate.

Learn to Skate

Registrations are being accepted for the Learn to Skate program. Lessons will be held on Monday and Wednesdays in both the morning or afternoon. Deadline for Registration for this program is 5 p.m. Friday Nov. 3rd.

Mixed Volleyball & Badminton

Both these programs are now in full swing. If you are interested in participating in either of these programs, contact the Recreation Office.

Future Programs

The Recreation Dept. is offering a wide range of other workshops and programs. For more information drop in to the Recreation Centre and check them out.

Craft 'N Stuff Sale

Don't forget to mark Sunday Nov. 26th on the calendar. That's the date of the 1st Annual Recreation Crafts 'n' Stuff sale.. Table space is still available if anyone is interested in acquiring a table for the sale. Please contact the Recreation office.

Schreiber Arena / 1989-90 Special Events

Nov. 25, 26, 1989	Pee Wee Invitational Tournament
Jan. 20, 21, 1990	Fallen Rock Invitational Tournament
Jan. 27, 28, 1990	Ringette Invitational Tournament
Feb. 3, 4, 1990	Atom Invitational Tournament
Feb. 16-18, 1990	NBC Hockey Invitational Tourney
Feb. 24, 25, 1990	Novice Invitational Tournament
Feb. 23-March 4, 1990	Winter Carnival
March 2-4, 1990	Pee Wee Eastern Zones
March 23-25, 1990	Midget & Juvenile Districts
March 31-April 1, 1990	Figure Skate Carnival

DATE CHANGE

THE TERRACE BAY CURLING CLUB

will be holding a

Curling Clinic

on Sunday, November 5, 1989 from 1:00 p.m. - 3:00 p.m.

Interested in learning new skills or improving old ones?

Come and join us! Everyone is welcome and there is no charge!

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Royal Canadian Legion Terrace Bay Branch 223

REMEMBRANCE DAY SERVICE

Cenotaph, Terrace Bay

11:00 a.m. November 11, 1989

Formation will be at the Curling Club Parking Lot at 10:45 a.m. PLAN TO ATTEND!

Royal Canadian Legion Terrace Bay Branch 223

REMEMBRANCE DAY DINNER and DANCE

November 11, 1989

Cocktails - 6 p.m.

Dinner - 7 p.m.

Dance - 9 p.m. to 1 a.m.

Live Band - "The Diplomats"

Tickets \$40. couple/\$20. single available at the Legion.

DEADLINE FOR TICKETS: November 8, 1989.

Thank You

To Dr. Geran and all the nurses and staff of McCausland Hospital and the ambulance for their promptness - and to all my wonderful relations and friends for the cards & gifts and your cheerful visits.

Thank You All.

Retta Pearson

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