



### Outstanding accomplishment

The fitness instructors at the Terrace Bay Recreation Centre were presented with a trophy for outstanding achievement from the Heart and Stroke Foundation. The instructors, members of their fitness classes and other participants, raised \$27,000 over four years with Dance for Heart. Above: Gay Harris, Anna Fox, and Lorraine Bull receive the award from Anna McKie, local representative of the Heart and Stroke Foundation. Not available for the photograph: Bev Turpin, Gwen Black, Lynn Pearen, Lorriane Clark, Brenda Figliomeni and Brenda Speziale

Photo by Rob Cotton

# Terrace Bay Recreation

#### Early morning aerobics:

Those interested in an early morning aerobics program should contact the Rec office. Details will be available at a later date, providing there is sufficient interest.

#### Jive dancing:

This program will be offered after Christmas.

**Cake decorating:** Due to the great response of this program, we will be offering this course in the New Year. Program details will be made available at a later date.

#### Learn to skate program:

January 14 - February 6, Monday and Wednesdays, 10 - 11 a.m. and 2 - 3 p.m. Children must be able to stand on the ice on their skates. Those registered are asked to call the recreation Office and confirm.

#### UPCOMING EVENTS

- Wednesday, November 28  
Magic Act - 7:00 p.m. - Conference Room
- Friday, November 30  
Bowling Meeting - 8:00 p.m. - Boardroom
- Saturday, December 1  
Mites Tournament - 8:00 a.m. - 4:00 p.m.
- Sunday, December 2  
Ringette - 6:30 p.m. - Conference Room
- Christmas Sewing - 7:00 p.m. - Multi Purpose room
- Tuesday, December 4  
Quilting - 7:00 p.m. - Multi Purpose room
- Recreation Centre closure  
The Recreation Centre will be closed at 5:00 p.m. on Saturday, Dec. 1, We apologize for any inconvenience.
- Santa Claus Suits  
The Recreation Centre has Santa Suits available.

## Northwestern Ontario Sports Hall of Fame looking for nominees

The Selection Committee of the Northwestern Ontario Sports Hall of Fame is currently accepting nominations for induction into the Hall of Fame for 1991. The categories of induction include: athletes, builders of

sport and teams. Any individual who was born in Northwestern Ontario, or a resident of Northwestern Ontario during the period of time they developed the skills leading to their distinction as an outstanding athlete are eli-

gible for consideration. Any team that won a national title, or represented Canada at the International level, and any individual who dedicated 10 years or more to the building side of sports are also eligible for consid-

eration.

Nomination forms and further information concerning the nomination process can be obtained by contacting the Hall of Fame at 622-2852. Closing date for nominations is January 31st, 1991.

## OPEN HOUSE

"FOR THE WOMEN IN YOUR LIFE"



Special Gift Giving

- \* Silks
- \* Cosmetics
- \* Gift Baskets
- \* Kitchen Helpers

Monday, December 3, 1990  
6:00 - 9:30 p.m.

Conference Room  
Terrace Bay  
Recreation Centre  
Everyone Welcome  
Door Prize

## Dawn's Hair Studio

formerly Superior Styles 'n' Trends



Come by and help us celebrate!

Our friendly stylists, Dawn, Aggie, Lynn, Sylvia and Lana will be happy to help you look your best for the upcoming holiday season and in the future.

We offer a full line of hair care services for women and men including the latest cutting, coloring and perming techniques.

We also offer waxing, manicures and pedicures, Glazed Ice Fibreglass nails, facials, skin care, and a tanning bed to help keep that summer glow, or ready you for an upcoming winter holiday.

With a full selection of retail products, we can fill your beauty needs, and maybe help you fill a few Christmas stockings. Gift Certificates are also available.

Monday and Tuesday there will be 10% off all "Tressa" retail products, 10% off "Glazed Ice" Fibreglass Nails booked Monday and Tuesday.

Drop in for some refreshments, and be sure to get your name in for our many draws!

Open Monday - Saturday from 9:30 with evening hours available Tues., Wed., & Thurs.

Phone 825-9694  
8 Simcoe Plaza  
Terrace Bay

## NOTICE

### To All Previous patients of Dr. Adey

If you have not already done so, please make arrangements to have your file transferred to your current family physician by signing a Release of Records Form at the Information Desk of The McCausland Hospital. Your immediate attention will be appreciated.

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**CEDAR CHEST**  
with Ornate Oak Exterior  
24" High, 20" wide, 40" long  
**\$380**

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GIFTS • CHRISTMAS

135 N. Archibald St.  
Open: 9:30 - 5:30 Thurs. & Fri. 'til 9:00  
1088 Memorial Ave.  
(Summer location of Dairy Queen)  
Open: Mon- Fri. 'til 9 p.m.  
Saturday 'til 5:30 Sun. Noon to 5 p.m.

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