# Terrace Bay Recreation news

#### Aerobics

The next session of Aerobics will start the week of January 7.

Deadline for registration is Friday, Dec. 28.

The following programs will be offered:

Happy Hoppers: Tue. and Fri.

mornings, Lorraine Clark, Rena Daniels

Aerobic Workout: Mon. and Thur. evenings, Lorraine Bull. Mixed Drill Aerobics: Mon.

and Wed. evenings, Gay Harris.

Shaping Up: Mon. Wed. and

Fri. afternoons, Anna Fox.

Early Morning Aerobics:

Gay Harris, this program will be offered if there is enough interest.

If you are interested in the following program please contact the Recreation Office:

Cake Decorating, Jive Dancing, Quilting, Learn to Skate, Fitness for Teens/Kids,

Adult Figure Skating, Babysitting, Photography.

**Upcoming Events** 

Tuesday, Dec. 11, Seniors Christmas Party, Conference Room, 2 p.m. All seniors are invited to come and meet their Council representatives.

Weekend of Dec. 15-17 Regional Test Days, figure skating



EXEANDING HORIZON/



Lakehead Psychiatric Hospital

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To improve access to our services, Lakehead Psychiatric Hospital has recently installed a toll-free emergency line for areas outside the City of Thunder Bay. For your convenience, clip and save these numbers.

### Emergency Line 1-800-461-6648

This number is for emergencies only for all areas outside the City of Thunder Bay.

Main Switchboard (807) 343-4300

This number includes all patient and business inquiries as well as local emergency calls.

580 North Algoma Street P.O. Box 2930 Thunder Bay, Ontario P7B 5G4

# Variety Night at Birchwood Terrace

The residents of Birchwood Terrace were entertained at the annual Variety Night on Thursday, Nov. 28.

The evening's entertainment, sponsored by the Birchwood Terrace Ladies Auxiliary, was provided by Shona Patriquin, Henrietta Sellars, Ron O'quin and 'Black Jack' Ma Dore, Frank Capi and Pam Jones.

The Master of Ceremonies for the evening was Pam Jones.

Blanche Speck thanked all involved on behalf of the residents.

PUTTIN' ON THE RITZ

Monday, December 31, 1990 8:00 p.m. to 1:00 a.m. Curling Club Lounge, Terrace Bay

Complimentary
Champagne, hors d'oeuvres,

& party favours \$50 Couple / \$25 Single Tickets available D. O'Neill Home 825-5206

Work 825 3370
Tickets available to
non-members December 15th.

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## March Break Specials

Departs Duluth to Las Vegas March 10 and March 14 - 3 & 4 Nights

March 10 and March 14 - 3 & 4 Nights

### - Carnival Cruise Lines -

March 9, fly out of Minneapolis - Sail out of Miami to Cozumel, Jamaica and Grand Cayman.

From ...... \$1375 U.S. per person

- Florida - Minneapolis to Orlando Return

Adult rate from \$459 U.S. (quad) Child 2 - 17 ... \$249 U.S. Inc. air, 7 nights accommodation & car rental.

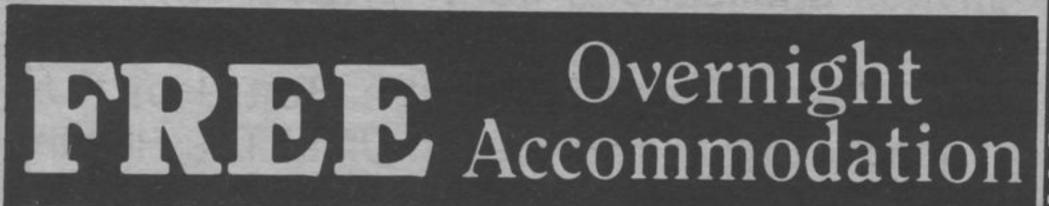


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