

CHAMPLAIN SPEAKER

It's a new season: let's get busy



Yoga

This session runs from **Sept. 25th to Dec. 18th** inclusive (13 classes for a cost of **\$91.00**).

(An additional \$10 will be collected if you are not a current member of *Champlain Park Community Association*).

Please consider joining us for a free sample class. We are also allowing drop-in classes for \$10 each, subject to space availability. Please call first.

Hatha Yoga classes introduce yoga poses, movements, breathing, and relaxation techniques to help improve posture, strength, flexibility, balance, concentration and provide stress relief.

Instructor: Debbie Wallace, a Certified Yoga Teacher, a Personal Fitness Trainer and a Natural Health Counselor. For more info, contact Adrian or Suzanne Bradley 613-722-2248 or adrian.bradley@sympatico.ca

Aerobics

This program begins **Sept. 9** and is held every Monday evening, from 6:45 to 7:45 p.m.

It runs until Dec. 16.

The cost will be reasonable, to be determined based on the number who sign up. An additional \$10.00 is required if you are not a current member of Champlain Park Community Association.

Please come and try a class and see how you like it!

Remember to bring a pair of comfortable shoes. The instructor is Rosi.

If you are interested in joining, please contact **Shelagh Jane Woods** for additional information at shelaghjane@gmail.com



Zumba

ZUMBA Fitness is a fun, dance cardio workout that combines many different rhythms including salsa, merengue, hip hop, samba and many more into an energetic hour of fitness.

No partners and no experience necessary. You will have so much fun you won't notice how much you are sweating! Just wear comfortable clothes and running shoes.

Bi-weekly classes starting Thursday, **Sept. 19**. Depending on the level of interest, semi-regular Zumba classes will be offered at a rate of \$12 drop-in, every second Thursday.

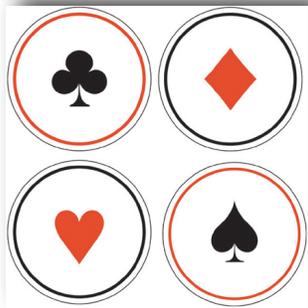
If there is a group interested in a regular weekly session, we will try to run this in the fall, subject to space availability.

To join, email Shannon at zumba@live.ca or call 613.746.7446.



And a couple of old favourites

Afternoon Bridge



The fall session began on Sept. 11.

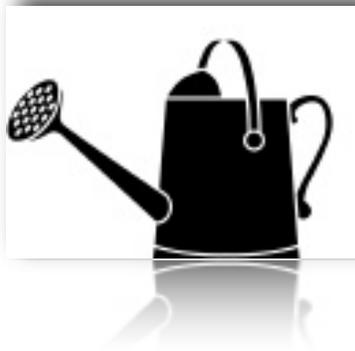
A small friendly group meets at the fieldhouse on Wednesday afternoons at 2 p.m. to play 'Kitchen bridge'. While we attempt to play well, we are not a duplicate group.

We enjoy conversation as well as bridge, tea or coffee and cookies.

So don't be shy, don't worry that your bridge is rusty! We will help you get back into form. For further information, call **Amy**

Kempster at 613-722-6039.

Garden Club



The Garden Club meets the second Tuesday of every month, starting at 7 p.m., in the fieldhouse.

Come see guest speakers, take garden tours, take part in how-to's and workshops and enjoy slide shows.

There are refreshments and light snacks. There is a membership fee. For more information, contact **Laurie Fagan, 613-728-1945.**

Big changes coming with the list serve: Listen up, peeps!

Now that the website is working, the communications committee is cutting down on redundancy by retiring the Champlain Speaker mailing list near the end of September.

Here's how you can keep on top of news in the neighbourhood in the most timely way:

To receive emails about community events and other news items posted to the website, subscribe or "follow" us. Just visit <http://champlainpark.org/> and enter your email address into the small subscription section at the bottom of every page. (Check the graphic at right for help.)

If you are logged in with a WordPress account, you get the equivalent operation of "following" the web site.

For general discussion, for now just use Twitter with the **#ChamplainPark** identifying text or hashtag. We have a spot on our web page that shows recent Champlain Park tweets.

Please keep in mind that tweets are public to the whole world, where our mailing list was restricted to just people with some connection to the neighbourhood. If there is enough demand, we'll investigate other options for more private neighbourhood discussions.

To post notices, such as advertising things for sale and other matters, write them up and send them to the webmaster (champlainpark@hotmail.ca).

They'll be posted to the website, usually in the Advertisements category.

Please make an effort to subscribe. The communications committee of the Champlain Park Community Association has invested a good deal of volunteer time in the site and would like everyone to stay informed in the most timely way.

For those without computers, we hope to continue to publish the printed Speaker periodically.

A screenshot of a subscription form with a light blue background. At the top, it says "SUBSCRIBE TO THE CHAMPLAIN PARK COMMUNITY WEB SITE VIA E-MAIL". Below that, it asks to "Enter your email address to receive notifications of new posts to the Champlain Park Community web site." There is a text input field, a "Join 28 other followers" link, and a "Subscribe" button at the bottom.