

# CHAMPLAIN SPEAKER

<https://champlainpark.org/>

## Fieldhouse Fall programs

### Double the Yoga

#### Fitness Class

The fall session begins **Sept. 10** and runs every Monday evening at a new start time, from **6 p.m. to 7 p.m.**, until **Dec. 17**.

(Thanksgiving excepted. Total of 14 classes for \$112.)

An additional \$15 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! Drop-in fee of \$10, if space available.

Remember to bring a pair of comfortable shoes. The instructor is **Frances Finnigan**, a Yoga Alliance-certified instructor who has a passion for many other sports.

If you are interested in joining, please contact Shelagh Jane Woods for additional information at [shelaghjane@gmail.com](mailto:shelaghjane@gmail.com)

Please print and complete a copy of the Fitness Liability Waiver Form and bring it with you to the first class. (Forms available on website.)



There's an extra night of yoga this fall! The new session begins **Mondays** from **Sept. 10 to Dec. 17**, from **7:15 p.m. to 8:15 p.m.**

There are 14 classes for a total cost of **\$112**. An additional \$15 will be collected if you are not a current member of *Champlain Park Community Association*.

**Wednesday** yoga, meanwhile, moves to a new time, **6 p.m. to 7 p.m.**, from Sept. 12 to Dec. 19.

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, due to space concerns.

The classes introduce yoga poses, movements, breathing, and relaxation techniques to help improve posture, strength, flexibility, balance, concentration and provide stress relief. See what fitness benefits you can achieve from having a regular yoga practice.

No prerequisites. Please wear comfortable clothes; bring a yoga mat; and something warm for relaxation. For more info, **Adrian or Suzanne Bradley**, 613-722-2248 or email: [adrian.bradley@sympatico.ca](mailto:adrian.bradley@sympatico.ca)

Please complete and print off a copy of the [Yoga Liability Waiver form](#) and bring to the first class. (Forms on website.)

#### Garden Club

The Garden Club meets the second Tuesday of every month at **7 p.m.**, in the fieldhouse, September to June.

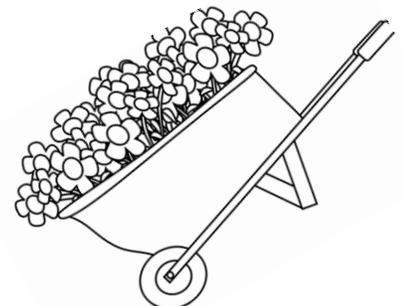
The first meeting is **Sept. 11**.

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

The cost is \$25 plus an additional \$15 if you are not a current member of the association. If you are a member, it works out to \$2.50 per talk.

Please bring cash or cheque to the first session, payable to the *Champlain Park Garden Club*. Or, you can pay a \$5, one-night drop-in fee.

For more information, contact **Laurie Fagan**, 613-728-1945.



# Karate for all levels, over-60 class

The Ottawa West Dojo, a non-profit organization, is offering belt karate classes this fall, including one for those over 60.

The session for older participants is **Thursdays, from 10 a.m. to 11:30 a.m. and starts Sept. 6.** No experience necessary.

The second class, for all levels, including beginners, is **Thursday evening, from 8:30 p.m. to 9:45 p.m.** It also starts Sept. 6.

Through regular practice, one learns to build a strong mind and body, and develop an ability to defend one's self in a conflict situation.

Regular karate practice also helps to develop and improve flexibility, stamina, reflexes, coordination, self-confidence, composure, patience,



discipline, punctuality, willpower, respect and character.

Drop-in rate is \$10 a class, lower if a karate club member.

The instructor, **Hashmat Khan**, started karate practice in 1999 at the

Shotokan Karate Ottawa Dojo. Hashmat is a third-degree black belt with **Shotokan Karate of America**. He is also a professor in the Department of Economics at Carleton University.

Contact: 613-355-6669 (cell) or email: [shotokhan@hotmail.com](mailto:shotokhan@hotmail.com).

See the web for more details on both programs.

## Us and the Web

Well, looks like this Internet thing isn't going away. To that end, we've invested a good deal of time and effort in a website for Champlain Park. Please consult it regularly at:

<https://champlainpark.org/>

To reach us, the email is: [champlainpark@gmail.com](mailto:champlainpark@gmail.com)

and our Twitter handle is @ChamplainPark

There is also a Follow function on the site that will automatically send you timely updates on events and even regular safety bulletins.

Keep in touch!



The print edition of the Champlain Speaker is produced with the generous support of **The Ottawa Citizen**.

## Hands up for afternoon bridge!

The fall session begins on **Sept. 12** and runs to **Dec. 12**.

A small friendly group meets at the fieldhouse on **Wednesday afternoons at 2 p.m.** to play contract 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 Steele at 613-722-6039** or email

[Amykempster@bell.net](mailto:Amykempster@bell.net)



## Hazardous waste depot, Sunday, Sept. 16 at Tunney's Pasture

Diverted hazardous material in **2017**:



**What can be dropped off:**

Aerosol containers  
Propane cylinders  
Disinfectants  
Fluorescent bulbs/tubes  
Fire extinguishers  
Fertilizers and pesticides  
Mercury switches/thermometers  
Needles and syringes  
Pharmaceuticals  
Paints and coatings  
Oven and window cleaners  
Pool chemicals  
Gasoline

**Hours:** 8 a.m to 4 p.m.

**Where:** Follow signs off Scott Street along Sir Frederick Banting Drive

**Pro tip:** Residential electronic waste material is accepted at this site.