

# CHAMPLAIN SPEAKER

**Fall programs ready to launch. Have a look!**

## Yoga



Yoga has proven so popular there are two nights a week (Mondays and Wednesdays) to choose from. Stretch your ambitions!

The Monday session runs from **Sept. 9 to Dec. 23** inclusive (13 classes for \$112), from **6:45 p.m. to 7:45 p.m.**

There is second session **Jan. 6 to May 11, 2020**, 17 classes for \$144.

The **Wednesday** session is from **6 p.m. to 7 p.m., Sept. 11 to Dec. 18** (for \$120), and **Jan. 8 to May 20** (for \$168).

(An additional \$15 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. Lots more information on the Champlain Park website.

**Instructor: Francis Finnigan**, a Certified Yoga Teacher. For more info, contact **Adrian or Suzanne Bradley 613-722-2248** or [adrian.bradley@sympatico.ca](mailto:adrian.bradley@sympatico.ca). Check web for lots more info.



## Fitness Class

This program begins **Sept. 9** and is held every **Monday** evening, from 5:30 p.m. to 6:30 p.m.

It runs until **May 11. Session 1** runs from Sept. 9 to Dec. 23 (13 classes for \$112), while **Session 2** is from Jan. 6 to May 11 (17 classes for \$144.)

The cost works out to about \$8 per class for the full session.

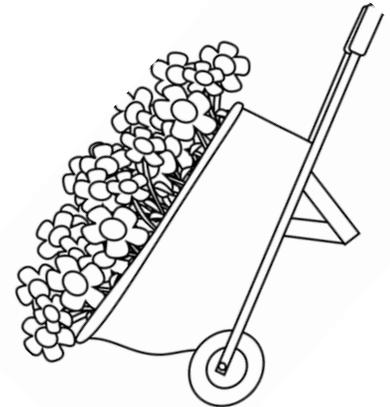
An additional \$15 is required if you are not a current member of the *Champlain Park Community Association*.

**Please come and try a class and see how you like it!** Drop-in classes are \$10 each, depending on availability.

Remember to bring a pair of comfortable shoes. You can count on great music and a challenging workout.

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

## 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 of \$25 for the season or a one-night drop-in fee of \$5. For more information, contact **Laurie Fagan, 613-728-1945**.

The season begins on **Sept. 10**. Check our website, under Garden Club Posts, for a flavour of the topics covered.

*Wait now,  
even more programs!  
Flip me over!*

# Hazardous waste depot at Tunney's Sept. 15

The City of Ottawa is holding a hazardous waste depot right next to our neighbourhood.

Now that's handy!

The drop-off will be held **Sept. 15** from **8 a.m. to 4 p.m.** Follow the signs off Scott Street into Tunney's Pasture. Residential electronic waste will also be accepted.

Check the city's website for a complete list of items but among those that will

taken: aerosol containers, propane cylinders, fire extinguishers, paints and coatings, pool chemicals, gasoline and fluorescent bulbs. None of these items should ever be put in the regular garbage.

The city's website, [ottawa.ca](http://ottawa.ca), also has tips on where to take items like old tires, batteries, and bulky items like furniture or mattresses. Many private-sector partners will take waste as recycling material.



## More programs.....

### Afternoon Card Games

A small friendly group meets at the fieldhouse on Wednesday afternoons to play card games in a relaxed, non-competitive setting. The choice of card game will depend on the preferences of participants at our first meeting on **Sept. 11 at 2 p.m.** We enjoy conversation as well as card playing, tea or coffee and cookies.

We welcome new members. We began as a euchre club but evolved into contract bridge. We are hoping some new retirees will join this September!

So don't be shy, don't worry that your card-playing is rusty! We will help you get back into form. For further information, call **Amy Steele Kempster at 613-722-6039** or email [amykempster@bell.net](mailto:amykempster@bell.net).

### Karate

The Ottawa West Dojo is holding Karate practice on **Wednesday** evenings from **8 p.m. to 9:30 p.m.**, for all levels.

The cost is \$10 per class, plus a Champlain Park membership of \$15. The instructor is Hashmat Khan, a 3rd degree Black Belt with more than 20 years of experience. There is lots more on our website. Look under the "Activities" tab.

For more information: 613-355-6669 or [shotokhan@hotmail.com](mailto:shotokhan@hotmail.com)



### Save the date!

**Oct. 29:** The annual general meeting of the Champlain Park Community Association, from **7:30 p.m. to 9:30 p.m.**, at the fieldhouse. Details on the agenda will be posted to the website.

## Birds & bees, flowers & trees

This summer, the Champlain Park Community Association continued to plant shrubs, flowering plants and trees in partnership with the City and the NCC. A monarch butterfly meadow and a purple martin house were also added, bringing nature into the neighbourhood. For details and opportunities to volunteer, check the website for easy ways to reach members of the association and its various committees.

### You bet we got news!

#### *Don't miss out, go digital*

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.

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

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.

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

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

Please make an effort to subscribe. The communications committee has invested a good deal of time in the site and would like everyone informed in a timely way.

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