

CHAMPLAIN SPEAKER

Fieldhouse Fall programs

New Fitness Class

This new program begins **Sept. 11** and is held every Monday evening, from **6:45 to 7:45 p.m.** until **Dec. 18**.

(Thanksgiving excepted. Total of 14 classes.)

The cost will be reasonable, based on the number who sign up.

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 \$8m, 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

Please print and complete a copy of the [Aerobics Liability Waiver form](#) and bring with you to the first class of the session. (Forms available on website.)



Yoga



This session runs on Wednesdays from **Sept. 13** to **Dec. 20** inclusive, from **6:30 to 7:30 p.m.**

There are 15 classes for a total cost of **\$105**. 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, due to space concerns.

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

Instructor: Frances Finnigan, 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

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

Garden Club

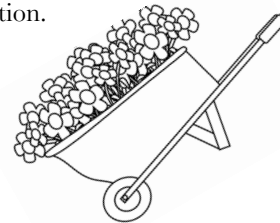
The Garden Club meets the second Tuesday of every month at **7 p.m.**, in the fieldhouse, September to June.

The CBC's fab gardening guru, **Ed Lawrence**, kicks off the season **Sept. 12** with his **final appearance here!**

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**.

Afternoon Bridge!

The fall session begins on **Sept. 13** and runs to **Dec. 13**.

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 Kempster at 613-722-6039** or email Amykempster@bell.net

Body, mind, nature: we're covered

Karate, of course

The Ottawa West Dojo, a non-profit organization, offers high-quality karate classes for all levels on **Wednesdays**, for those over 18, during the lunch-hour.

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.

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.

Fees: \$10 per class (drop-in), or \$70 for 10 classes by registration.

Don't forget the CP annual membership fee: \$15.

There is also a **second** Karate class for those over 60. It's being held **Tuesdays, from 10 a.m. to 11:30 a.m. and starts Sept. 5.**

No experience necessary. See the web for more details.



Books are okay too ;)

Interested in joining a book club?

An inaugural meeting is being held Tuesday, **Sept. 19 at 2 p.m.** at the fieldhouse. The first gathering is intended to gauge interest and determine how the club should proceed, which books to read and other basic matters..

See the web for more details or contact **Amy at 613-722-6039**.



Heritage oaks available

Champlain Park resident **Daniel Buckles** has a special offer for the community.

He has a small number of Bur Oak saplings grown from seed of the oldest and biggest trees in our neighbourhood. The saplings are direct descendants from the ancient oak forest viewed by Champlain in 1613 and that lined the Ottawa River following the last great Ice Age. Contact him (**613-722-8048**) if you have a plantable spot and would like to establish one of these trees.

Chill, there's mindfulness

We'll gather in community to explore gentle, slow, mindful yoga movement, using the breath as a guide to connect with our natural rhythm and prepare the body for meditation and deep relaxation.

We'll explore various types of meditation techniques and honour the cycles of nature that will leave you feeling calm, peaceful and clear-minded.

Mondays, from 5:30 to 6:30 p.m., Oct. 2 to Dec. 18. For the session, cost is \$144, plus HST.

If interested, paula.pyne@gmail.com You will receive an invoice to be paid in advance of first class. E-transfer is preferred.

Wear comfortable layers, bring warm socks, to keep the body warm as the practice, cools the body down. Bring a blanket, yoga mat, meditation cushion or pillow or a bolster if you have one.

City still working on Pontiac closure timeline, planters on way



Here is an update on the planned closure of Pontiac Street at the north end of the park, from the office of Coun. Jeff Leiper:

"The closure of Pontiac St. is still in progress. The Councillor's office is waiting to hear from City staff regarding concrete

timelines for the installation of the planters, which will be the first phase of the closure.

As soon as those installation timelines are available, they will be communicated through the Councillor's weekly newsletter, blog, social media."

A sample planter is pictured here.