



60+ Classes

Nanaimo Harbour City Seniors MEMBERSHIP INFORMATION

A Nanaimo Harbour City Seniors' Membership is open to those 60 years and older and is valid for the calendar year. Your membership provides you with access to several free programs with Parks, Recreation and Culture.

Membership can be purchased at any of our recreation centres, and the annual membership fee is \$46.

Program areas:

- ARTS & CRAFTS
- MUSIC & SINGING
- FITNESS, YOGA & TAI CHI
- POTTERY
- CARDS & GAMES
- DANCE CLASSES & SOCIALS
- VARIETY OF SPORTS



Chair Yoga

This is designed for people who experience difficulty doing floor exercise. Enjoy the many benefits of this yoga class, including stretching, relaxing and helping you feel energized.

Instructor: Russell McNeil

- Tue, Apr 2-30 | 9-10 am | \$40/5 | [113904](#)
- Tue, May 7-28 | 9-10 am | \$32/4 | [113905](#)
- Tue, Jun 4-25 | 9-10 am | \$32/4 | [113906](#)
- Tue, Jul 2-30 | 9-10 am | \$40/5 | [113984](#)
- Tue, Aug 6-27 | 9-10 am | \$32/4 | [113985](#)

Bowen Park Complex

Gentle Yoga

This is a gentle hatha-style class that focuses on gentle stretches before each pose. This is not a flow class. Please bring your own yoga mat and other yoga accessories you might need.

Instructor: Heather Honey

- Fri, Apr 5-26 | 9:45-10:45 am | \$32/4 | [116680](#)
- Fri, Apr 5-26 | 11 am-12 pm | \$32/4 | [114669](#)
- Fri, May 3-31 | 9:45-10:45 am | \$32/4 | [116692](#)
- Fri, May 3-31 | 11 am-12 pm | \$32/4 | [114670](#)
- Fri, Jun 7-18 | 9:45-10:45 am | \$32/4 | [116694](#)
- Fri, Jun 7-18 | 11 am-12 pm | \$32/4 | [114672](#)

Nanaimo Ice Centre Lounge

- Fri, Jul 5-26 | 11 am-12 pm | \$32/4 | [115438](#)
- Fri, Aug 9-30 | 11 am-12 pm | \$32/4 | [115440](#)

Bowen Park Tennis Wall (outside)

Find out more about membership:
For more information, call 250-755-7501, pick up the Harbour City Seniors Newsletter or view the newsletter online at www.nanaimo.ca.

Please bring your own mat to fitness and yoga classes.

Kundalini Yoga

Come and activate your Shakti (energy)! Join in 75 minutes of joy while we incorporate pranayama (breath work), chanting, singing and energetic repetitive yoga poses. This class is accessible to all fitness levels. Prepare to leave feeling balanced and invigorated.

Instructor: Michelle Krascek

Wed, Apr 3-May 8 | 5:15-6:30 pm | \$48/6 | [114683](#)

Wed, May 15-Jun 12 | 5:15-6:30 pm | \$40/5 | [114684](#)

Oliver Woods Community Centre

Restorative Yin Fusion with Sound

Come and enjoy a reduction in both emotional and physical discomfort. We will combine the practice of mindful breathing and slow, easy and long-holding yoga poses to invite your body to relax. The addition of various tuning and musical instruments will help to deepen the experience. You are sure to leave feeling relaxed in both body and mind.

Instructor: Michelle Krascek

Wed, Apr 3-24 | 10:30-11:45 am | \$32/4 | [115168](#)

Wed, May 1-29 | 10:30-11:45 am | \$40/5 | [115173](#)

Wed, Jun 5-26 | 10:30-11:45 am | \$32/4 | [115174](#)

Bowen Park Complex

Sound Bath & Meditation

Get prepared to settle in to rest during this guided meditation class. Bring a mat, pillow and blanket, and take time to join others in meditation. Feel the vibration bringing your body back to balance. A series of music, tuning and sound instruments are layered through the class helping to deepen your rest.

Instructor: Michelle Krascek

Wed, Apr 3-24 | 12-1 pm | \$32/4 | [114297](#)

Wed, May 1-29 | 12-1 pm | \$40/5 | [114299](#)

Wed, Jun 5-26 | 12-1 pm | \$32/4 | [114303](#)

Bowen Park Complex

Wed, Apr 3-May 8 | 6:45-7:45 pm | \$48/6 | [114306](#)

Wed, May 15-Jun 12 | 6:45-7:45 pm | \$40/5 | [114310](#)

Oliver Woods Community Centre

Seated Sound & Yoga

Come and hear what all the buzz is about! Enjoy sound incorporated into this slow stretching class. You are encouraged to explore different ranges of motion from a safe place, seated in chairs. By prioritizing mobility in all joints, you can be sure to experience a reduction in joint pain and increased flexibility - not to mention, feeling reset and relaxed from the musical vibes.

Instructor: Michelle Krascek

Wed, Apr 3-May 8 | 4-5 pm | \$48/6 | [114254](#)

Wed, May 15-Jun 12 | 4-5 pm | \$40/5 | [114257](#)

Oliver Woods Community Centre

Yoga and Massage for Joint Pain Workshop NEW!

Is a mysterious pain in your muscles and joints compromising your ability to move? In this unique course, we will talk about arthritis, where it forms and why and how we can dissolve the calcium crystals through yoga and massage movements. We will use diagrams, advanced massage techniques, massage tools and gentle yoga movements to address pain.

Instructor: Elise LaDouceur

Sa/Su, Apr 27-28 | 1-5 pm | \$72/2 | [116857](#)

Sa/Su, May 18-19 | 1-5 pm | \$72/2 | [116859](#)

Sa/Su, Jun 22-23 | 1-5 pm | \$72/2 | [116860](#)

Bowen Park Complex

Yoga, Meditation, Pranayama

Teachings have been handed down for thousands of years and are still relevant today. With yoga, you open up the body and increase flexibility, strength, clarity of mind. Pranayama leads the breath with easy techniques to enhance (prana) subtle energy in body and mind.

Instructor: Thomas Michaud

Wed, Apr 3-May 1 | 10:30 am-12 pm | \$40/5 | [113898](#)

Wed, May 15-Jun 26 | 10:30 am-12 pm | \$56/7 | [113901](#)

Rotary Field House

QiGong, Meditation

Using the body with mindful movements, static poses, breath, concentration, visualization and the Chi of internal energy (Qi) in the body, increase vitality, strength and clarity of mind.

Instructor: Thomas Michaud

Thu, Apr 4-May 2 | 11 am-12:15 pm | \$40/5 | [114101](#)

Thu, May 16-Jun 13 | 11 am-12:15 pm | \$40/5 | [114102](#)

Oliver Woods Community Centre

Nordic Walking - Beginner NEW!

Nordic walking is an activity that is suitable for people of all ages, abilities and skills. Learn how to make the most of those poles while you walk. Please bring your own set if you have them, or some can be borrowed upon request.

Sat, Apr 13-27 | 10-11:30 am | \$50/3 | [115987](#)

Sat, Jun 1-15 | 10-11:30 am | \$50/3 | [115988](#)

Beban Park Social Centre



Sculpt & Tone

Get a warm up, cardio and resistance training, along with a cool down/stretch that benefits older adults for bone and joint health by developing lean muscle and increasing metabolism.

Instructor: Brian Sugiyama

Tue, Apr 2-30 | 10:30-11:30 am | \$40/5 | [113963](#)

Wed, Apr 3-24 | 10:30-11:30 am | \$32/4 | [115396](#)

Tue, May 7-28 | 10:30-11:30 am | \$32/4 | [113966](#)

Wed, May 1-29 | 10:30-11:30 am | \$40/5 | [115432](#)

Wed, Jun 5-26 | 10:30-11:30 am | \$32/4 | [115433](#)

Tue, Jun 4-25 | 10:30-11:30 am | \$32/4 | [113968](#)

Wed, Jul 10-31 | 10:30-11:30 am | \$32/4 | [115434](#)

Tue, Jul 9-30 | 10:30-11:30 am | \$32/4 | [113969](#)

Wed, Aug 7-28 | 10:30-11:30 am | \$32/4 | [115435](#)

Tue, Aug 6-27 | 10:30-11:30 am | \$32/4 | [113970](#)

Bowen Park Complex

Thu, Apr 4-May 16 | 10:30-11:30 am | \$40/5 | [113973](#)

Thu, May 23-Jun 27 | 10:30-11:30 am | \$48/6 | [113975](#)

Thu, Jul 11-Aug 1 | 10:30-11:30 am | \$32/4 | [113977](#)

Thu, Aug 8-29 | 10:30-11:30 am | \$32/4 | [117903](#)

Beban Park Social Centre

Balance & Mobility

Balance, movement and mobility - the three steps you need to maintain a healthy lifestyle. This class will assist participants in improving balance. The instructor will lead you through easy exercises to improve stability and potentially prevent falls. The workouts assist in improving posture, muscle strength, speed, sharpening reflexes, expanding flexibility and firming your core. The instructor may give tips for fall-proofing your home.

Instructor: Russell McNeil

Wed, Apr 3-May 1 | 3-4 pm | \$40/5 | [114078](#)

Wed, May 8-Jun 12 | 3-4 pm | \$48/6 | [114079](#)

Wed, Jul 3-31 | 3-4 pm | \$40/5 | [114082](#)

Wed, Aug 7-28 | 3-4 pm | \$32/4 | [114083](#)

Oliver Woods Community Centre

Instructor: Michelle Krascek

Mon, Apr 15-May 20 | 4-5 pm | \$40/5 | [119886](#)

Mon, Jun 3-24 | 4-5 pm | \$32/4 | [119996](#)

Bowen Park Auditorium

Dance Fitness

Get the blood flowing with this easy-to-follow choreographed class set to music. Open to those who want a fitness course where you can go at your own pace, as well as those who want a higher intensity cardio workout. All stretches and flexibility work are designed for women.

Instructor: Mary Keel

Sat, Apr 6-27 | 9-10 am | \$32/4 | [114087](#)

Sat, May 4-Jun 29 | 9-10 am | \$56/7 | [114093](#)

Sat, Jul 6-27 | 9-10 am | \$32/4 | [114090](#)

Bowen Park Complex



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THURSDAY MUSICAL ENTERTAINMENT

Harbour City Members: \$2, Non-Members: \$4

You're invited to listen to some local talent at Bowen Complex on select Thursdays throughout the year. There is no age restriction and no need to pre-register. Just drop-in and pay at the Bowen Park office before the event begins.

Doors open at 12:45 pm, and the music begins at 1:30 pm. Tea, coffee and a mixture of cookies and treats will be served after.

Parking is free and there are several handicap spots available close to the entrance.



All Ages Welcome!

APRIL 18 - "Kyle Shepard"

Kyle performs an eclectic selection of sing-along hits from the 20s to the 90s, including country, jazz, pop, swing, soul and rock & roll classics. Come along to sing, clap, dance, or nap, for smiles shall abound, and toes are sure to tap!

MAY 9 - "Harbour City Singers"

The one-hour program celebrates spring and Canadian choral music with a variety of songs, including Newfoundland folk songs. The concert will conclude with a medley of well-known Broadway showstopper songs.

MAY 30 - "Songsters Choir Group"

Come and join the Songsters for a musical journey - song selections through a century of upbeat melodies and joyful tunes and sing-a-longs. They aim to put a spring in your step and a song in your heart!

JUNE 13 - "Silver and Gold Band"

Anthony Seufert will play a variety of accordion and fiddle favourites, some 50s and 60s rock & roll songs, and he'll add a few Latin American tunes in as well.

JULY 18 - "Silver and Gold Band"

Anthony Seufert returns with his accordion and fiddle tunes, 50s and 60s rock & roll and Latin American favourites.

AUGUST 22 - "Summer BBQ and Entertainment"

Enjoy a hamburger straight off the grill! While you eat, you'll be entertained with some old time rock & roll music. You must register by August 8 for this event ([115258](#)). Members: \$20; Non-Members: \$24

Argentine Tango

Argentine Tango is a very romantic dance suitable for all ages. Come join this new group of keen dancers who want to learn more about this dance. *Nanaimo Harbour City Seniors enjoy this course as part of their membership. No formal instruction is provided.

Tue, Apr 2-Aug 27 | 6:30-9 pm | \$44/22 | [113341](#)
Bowen Park Complex

Tap Dance - Level 1

For those new to tap dance or are looking for a refresher, come join the fun and advance at your own pace. Tap shoes are required.

Instructor: Melanie Kirk
Mon, Apr 8-May 13 | 10:15-11:15 am | \$48/6 | [113345](#)
Bowen Park Complex

Tap Dance - Level 2

For those proficient in Tap Dance, this program is for you. Beginner dancers can be accommodated. Tap shoes are required.

Instructor: Melanie Kirk
Mon, Apr 8-May 13 | 11:30 am-12:30 pm | \$48/6 | [113347](#)
Bowen Park Complex

Dance for the Mind

This class is designed for older adults with various stages of dementia or those with significant physical or cognitive challenges. It focuses on dance as a medium of non-verbal communication to enhance physical, mental and well-being. The connection to music is as important and relevant as the dance itself to stimulate the brain and memories. The gentle movements are designed to promote pleasure, health and the enjoyment of sharing dance. Family members or personal support workers are required for this class.

Instructor: Ivana Ho
Mon, Apr 15-May 17 | 10:45-11:45 am | \$48/6 | [118566](#)
Bowen Park Complex

Grand Camp **NEW!**

6 to 12 Years

Join us for a week of laughter and shared adventures where grandparents and grandkids can create memories together. Explore a range of activities, such as pottery, science experiments, lawn bowling and so much more! *Only register grandkids; grandparents included.

M-F, Jul 22-26 | 9:30 am-12:30 pm | \$150/5 | [115826](#)
M-F, Aug 19-23 | 9:30 am-12:30 pm | \$150/5 | [116151](#)
Bowen Park Complex

FREE (OR ALMOST FREE) PROGRAMS

Especially for 60+ Participants



Mobile Hearing Clinic

Ears To You Mobile Hearing Clinic offers mobile hearing tests to people in Nanaimo helping treat and diagnose hearing issues. If you think you're dealing with hearing loss or need any assistance with adjusting or replacing your hearing aids, our ear care professionals can help you with quick, affordable diagnostic services and effective solutions. Our mobile hearing clinic can come straight to your front door. Our services include hearing aids, accessories and hearing tests. This is FREE, but please call us at 250-755-7501 to book an appointment.

Instructor: Ears To You

Wed, May 1 | 12:30-3:30 pm | FREE

Wed, Jun 5 | 12:30-3:30 pm | FREE

Tue, Jul 2 | 9 am-12 pm | FREE

Tue, Aug 6 | 9 am-12 pm | FREE

Bowen Park Complex



Bowen Park Library

Those interested in borrowing books are welcome to visit our library. You can borrow books at no charge, but please bring them back to share with others. Limit two books per visit.

M-F | 8:30 am-4:30 pm | FREE

Bowen Park Complex



Stroll with a Pro

Walk with one of our local biologists to discover:

BIRDS OF PREY

Sun, Apr 28 | 10-11:15 am | FREE | [116938](#)

Tue, May 14 | 6-7:15 pm | FREE | [116940](#)

Buttertubs Marsh (Miner's Cottage)

TURTLES

Tue, Jun 4 | 6-7:15 pm | FREE | [118381](#)

Buttertubs Mark (Miner's Cottage)

Sat, Jun 15 | 10-11:15 am | FREE | [116948](#)

Diver Lake Park



The following workshops are provided courtesy of instructors Helena Brenner, Clinic Nurse Educator & Reid Coleman, B.Kin with HME Home Health

Stay Healthy & Active As We Age

You can work towards a healthy heart and strong bones through safety, nutrition and physical activity to improve overall well-being, reduce the risk of heart disease and falls and enhance your overall quality of life. It's never too late to make positive changes. Coffee/tea/treats will be provided.

Wed, Mar 27 | 1:30-2:30 pm | FREE | [109891](#)

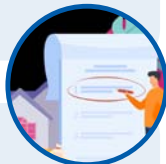
Bowen Park Complex

Being Proactive, Aging at Home

Join us for an information session on how to age safely at home. Be proactive and prevent falls by exploring accessibility equipment costs and what home modifications can be made for aging in place, such as installing grab bars, ramps, mobility equipment or a stairlift. Refreshments will be provided.

Wed, May 1 | 1:30-2:30 pm | FREE | [115260](#)

Bowen Park Complex



Will & Estate Planning

This FREE course is available to anyone. During this presentation, helpful hints will be shared on the preparation of wills and estate planning.

Instructor: Stuart Green, Lonsdale Funeral Group Inc.

Wed, May 8 | 1:30-2:30 pm | FREE | [115344](#)

Wed, Aug 14 | 1:30-2:30 pm | FREE | [117064](#)

Bowen Park Complex



Hello, Neighbour

Come have coffee, meet and greet other seniors who live near (but not limited to) the Oliver Woods Community Centre. This is open to Nanaimo Harbour City Members and non members for a chance to socialize and listen to short presentations. Coffee and goodies are provided. Please bring your own mug. Members \$6/time; Non Members: \$9/time

Wed, Apr 3, May 1, Jun 5 | 10-11 am | [113895](#)

Oliver Woods Community Centre



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