

Harbour City Seniors

The Nanaimo Harbour City Seniors provides an opportunity for seniors to lead more meaningful lifestyles. There are free drop-in activities plus some registered programs offered at several locations. Pick up a copy of our latest newsletter and program schedule for a detailed list of what we offer. The newsletter comes out every month and can also be viewed on our website at <http://nanaimoharbourcityseniors.com>.

Come out and make some new friends!

Membership

Membership is open to anyone 60 Years or older (or anyone who has a partner 60 Years or older who is a current member). The cost is \$37 plus tax for one year.

Programs

You must be a current member to participate in programs unless otherwise noted. Many activities are free with membership. Some instructional programs have an additional fee and are listed in the newsletter. Please register for all programs at any of our City of Nanaimo locations. Examples include:

- **Fitness Levels 1 & 2** are offered at Bowen Complex and Oliver Woods Community Centre.
- **Heart Fitness** is offered at Bowen Complex on Mondays, Wednesdays & Fridays at 8 am.
- **Thursday Night Dances** are held every week at 7:30 pm at Bowen Complex. Admission is at the door.

Special Events

Every Thursday there is a Special Event held at Bowen Complex at 1:30 pm. Enjoy an afternoon of music, sweet treats, tea or coffee and good company. Once a month, the special event celebrates birthdays with a birthday cake.

Services & Seminars

There are a variety of free services available to members, such as hearing clinics, blood pressure clinics, seniors advocate and financial advisor appointments. Check the newsletter for dates and times.

Trips

There are many bus trips that go to points of interest on Vancouver Island, the Lower Mainland and the Gulf Islands. Experience tours, cruises, theatre, walks, festivals and meals out with friends! Home pick up and drop off is available. Check the newsletter for dates and times.

- Fitness
- Friends
- Seminars
- Music
- Cards
- Crafts
- Trips
- Clinics
- Dancing
- Lunches
- Languages
- Wellness
- Dancing
- Sports
- Computers
- Fun!

