



Parks, Recreation & Culture • Nanaimo Harbour City Seniors

# ADULT 60+ PROGRAMS

April 1-August 31 2025



## City of Nanaimo Parks, Recreation & Culture Winter Newsletter

City of Nanaimo Parks, Recreation & Culture Winter Newsletter "Welcome! We are happy you are picking up the latest edition of the Adult/Senior Newsletter. Parks, Recreation & Culture encourages a welcoming and respectful atmosphere for all people with all skills and abilities. Please join us for a variety of programs, events, entertainment and trips! There is something for everyone. Throughout the newsletter you are going to see **[M]** and/or **[E]** beside each program. When you see an **[M]** symbol, it means the program is offered only to those with a Senior Membership. However, if you see a **[E]**, it means it is open to everyone and a membership is not necessary. Sometimes, you'll see both, that only means there is an everyone price and membership price. For more information on membership, flip to page 2.

Registration Date 2025-MARCH-12



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Last Updated 2025-FEB-28



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Looking for the newsletter online?  
 You can view the newsletter online at **www.nanaimo.ca** - under **Parks, Rec & Culture**, choose **"Senior Recreation Programs"**. Scroll down until you see City of Nanaimo Spring Newsletter (60+Programs) Click on 'newsletter and the newsletter will open. You can register into programs by clicking right onto the barcode. Just log into your PRC account.



### 3 Month Harbour City Senior Membership

This membership is created for out of town clients who are visiting Nanaimo for a short period of time such as snow birds who are here for the spring.

This pass will end 90 days from purchase date, any time of the year.

Ask the front desk for clarification.

\$15

**A Nanaimo Harbour City Seniors' Membership is open to those 60 years and older.**

A Nanaimo Harbour City Seniors' Membership is open to those 60 years and older. The membership is valid from January to December 2025. The annual membership is \$47 per person and will be prorated for those who join later in the year. Your membership provides you with access to several free City of Nanaimo, Parks, Recreation and Culture programs. The purchase of a membership does not mean that you are automatically registered in these programs. You must register for the specific programs that you wish to participate in. Membership can be purchased in person or over the phone (payment required by credit card, MC/Visa Debit or American Express). The information you will need to provide includes name, address, email address, phone number, birthdate and an emergency contact. Look for the symbols stating 'member'. To know what programs are included in a membership, look for the 'M'. If you see an "E", the program is open to everyone. Registration is available in person at Oliver Woods Community Centre, Beban Park, Bowen Park Complex and the Nanaimo Aquatic Centre. See a list of registration locations on page 3.



### Are you over 80?

If you are a senior over 80 years of age, public admissions into the pool (including Aquafit), arena, weight rooms and gymnasiums are FREE for Nanaimo residents. Come into one of our facilities to register and get your drop in card and schedule for the drop in times.

### Swim

Both Beban and Nanaimo Aquatic Centre pool facilities offer a leisure pool with warmer water temperatures, a beach entry, variable depths and a lazy river with a gentle current for therapeutic purposes. Ask for the latest drop-in pool schedules for more information. Select the pool and program that is the right fit for you.

### Skate

Ask for a drop-in skating schedule to join the Senior & 70 + Scrub hockey groups. They are fun, recreational drop-in, non-contact sessions. Full hockey gear is required. There are also adult leisure skates to add to your fitness routine. Be sure to ask about the Lions Free Skates held on Sundays at various times of the year. You can also learn to skate (at any age) for those of you new to skating or needing to brush up on your skills.

### Oliver Woods Gymnasium

Our drop-in programs are designed to create an environment where participants can learn a new skill, be social, be active, share their sport with others and play together regardless of skill level (beginner to advanced welcome).

Come out and try Pickleball or Badminton.

#### **Recreation Coordinator - Seniors**

Chelsea Barr

250-755-7501

Chelsea.Barr@nanaimo.ca

#### **Program Withdrawal & Refund Policy**

1. Customers can withdraw or change their program registration without penalty 72 hours prior to the program start date (less supply costs). Some exceptions may apply.
2. If a customer withdraws or changes a program registration less than 72 hours prior to the start date, they will be charged for the first class. This will be a prorated amount based on the number of classes in the program.
3. If a customer withdraws or changes a program registration after the program has started, they will be refunded a prorated balance of the program fee, based on the number of classes remaining.
4. Full refunds are issued only if the class is cancelled by Parks, Recreation & Culture.
5. Certain programs have separate refund policies and will be noted in the class description or on the customer receipt.



**Starting March 12 at 6 am, register by phone at 250-756-5200, online or in person at the following Locations:**

- Nanaimo Aquatic Centre, 741 Third St
- Bowen Park Complex, 500 Bowen Rd
- Oliver Woods Community Centre, 6000 Oliver Rd
- Beban Park Pool, 2300 Bowen Rd
- Nanaimo Ice Centre, 750 Third St

**Reminder: Registration for fall programs (Sept-Dec) is on AUGUST 13**

**All volunteers are required to register for the program they volunteer for. This allows email communication.**



# Bowen Park Pottery Studio Schedule

Tue, April 1 to Thu, August 28, 2025

(closed on all stat holidays and some sessions closed in July & August)

The Bowen Park Pottery Studio has the tools, equipment and supplies available for the public to work independently. Children, when accompanied by an adult, are welcome (both must register). No instruction, but some guidance is provided during the drop-in times. Clay may be purchased for \$35 (including tax) per 22 pound bag and includes all firing and glazing fees. It must be purchased during office hours Monday to Friday, 9 am-4 pm in person or over the phone. Drop in cost is \$14 per session. Harbour City Seniors members can access the starred \*drop in sessions for \$7. Dress for mess, aprons are not provided.

## DROP-IN INFO

\$14 per session **E**

Harbour City Seniors rate \$7 per session **M**

- Pre-Registration can be done in advance at [recreation.nanaimo.ca](http://recreation.nanaimo.ca), by phoning 250-756-5200 or in person during office hours noted above
- Clay must be purchased from Bowen
- Studio closed for some drop in sessions in July and August (Tuesdays and Thursdays)

SUN	MON	TUE	WED	THU	FRI	SAT
9:30-12:30 pm	12- 3*	2:30-5:30 pm* (closed in July & August)	1-4 pm* 5-8 pm	12-3 pm* 4-7 pm (closed in July & August)		9:30 am-12:30 pm





## Adult Pottery Classes

### Beginner Pottery Wheel -

For those with little to no previous experience working with clay, dip your hands into something new! Learn the basic techniques that will help you create pots, vases, bowls and pretty much anything that can be thrown on a pottery wheel. Clay, glazes and firings are included. Dress for mess, aprons are not included.

Tue, Apr 1-May 6, 6:30-9 pm, \$210/6 (#133087)

Fri, Apr 4-May 9, 12:30-3 pm, \$175/5 (#133096)

Sat, May 10-Jun 21, 1:30-4pm, \$245/7 (#133071)

Tue, May 13-Jun 24, 6:30-9 pm, \$245/7 (#133090)

Fri, May 16-Jun 20, 12:30-3 pm, \$210/6 (#133097)

Sun, May 18-Jun 22, 1:30-4 pm, \$210/6 (#133080)

Tue, Jul 8-Aug 19, 6-8:30 pm, \$245/7 (#139522)

Thu, Jul 10-Aug 14, 5:30-8 pm, \$210/6 (#139552)

Sat, Jul 12-Aug 23, 1:30-4 pm, \$245/7 (#139523)

Sun, Jul 13-Aug 24, 1:30-4 pm, \$245/7 (#139521)

Bowen Complex Pottery Room

### Beginner Level 2 Pottery Wheel

This is designed for those with some previous experience working with clay, but not quite ready for the intermediate level. Build on the basic techniques to create pots, vases, bowls and pretty much anything that can be thrown on a pottery wheel. Clay, glazes and firings are included. Dress for mess, aprons are not included.

Ages 14+ welcome.

Fri, Apr 4-May 9, 4-6:30 pm, \$175/5 (#133108)

Fri, May 16-Jun 20, 4-6:30 pm, \$ 210/6 (#133109)

Mon, Jul 7-Aug 25, 6-8:30 pm, \$245/7 (#139527)

Bowen Complex Pottery Room



### Pottery Wheel Intermediate

Designed for those who have mastered the basic skills in a beginner class and want to learn how to create more complex items. Clay, glazes and firings are included in the cost. Must have completed a beginner class first.

Mon, Apr 28-Jun 23, 6:30-9 pm, \$280/8 (#133067)

Bowen Complex Pottery Room

### Pottery Workshop-Handbuilt Plant Pot

Build a plant pot without the use of a pottery wheel. Bring textures and other materials to stamp into the clay to make it your own. In the first class, you will learn how to construct a pot. The second class will be for glazing the item and getting it ready for firing.

Thu, Aug 21-28, 5:30-8 pm, \$60/2 (#139555)

Bowen Complex Pottery Room





### Adult Colouring M

It's time to re-learn, have fun and relax colouring on printed papers. Learn about the different styles while exploring the qualities of paper, from flimsy to sturdy. Bring your own colouring and start this being your time for relaxation. Or, purchase a kit that includes: a book of your choice, a set of water colour pencils, a quality paint brush, a pencil sharpener, a sharpie fine marker, a professional colour chart, a book marker, a post card, pencil crayons and your choice of printed watercolour paper, bristol paper and cardstock. Those that require the kit please pay \$15 to the instructor. A monthly draw of a deluxe colouring book (up to \$20) for those who recieved a kit. Instruction is always FREE!

Mon, Apr 7-Jun 16, 1-3:30 pm (#134660)

Bowen Complex Room 2

### Crafty Workers M

This one is not limited to one type of craft, so bring your expertise or try something new because I am sure someone in this group can help you succeed. Of course, not unlike the other programs, meeting people and making friends is one of the most valuable parts of this group.

Wed, Apr 2-Aug 27, 1-3 pm (#134664)

Bowen Complex Room 4

### Crochet & Crafts M

For anyone that wants to be "Crafty and Crochet." Creativity is a must-- along with your social skills because this group loves to chat and laugh. All crafts are welcome, so if you prefer to knit, bead, or something else bring it to our group of "Crafty Crochet-ers." This group takes a lot of pride in their work and always appreciates wool donations as our crafts are donated to charities.

Fri, Apr 4-Aug 29, 1-3 pm (#134665)

Bowen Complex Room 4

### Creative Writing Level 1 E

Do you have a memoir or story bubbling inside? Bring your creative writing piece to life. Classes are fun, interactive and results-driven. Work with a partner or solo. Solid, constructive feedback given each week to improve your skills and ignite your passion. Taught by communications expert, storyteller and former journalist Ange Frymire, who's published 3 collaborative books, 1 textbook and hundreds of articles for newsletters, newspapers and magazines.

Tue, Apr 15-Jun 10, 6:30-9:30 pm, \$96 (#139487)

Bowen Complex Room 4

### Creative Writing Circle E

This is a creative writing circle. Participants can share their writing (e.g. short stories, memoirs, poetry, novels/novellas, flash fiction, postcard fiction, journal entries) in a non-judgmental, safe and open space. There will also be writing prompts given each class, so strong awareness of writing fundamentals is needed for the participant to be fully engaged in writing exercises. Facilitated by Ange Frymire—writer, author, storyteller, teacher, communications specialist, former broadcaster/journalist—whose stories have been published in hundreds of print publications. Her writing has been published in 3 memoir books and 1 textbook (all multi-author collaborations), which ranked in Amazon's Top 10 Bestseller's List. Working in communications for over 30 years earned her multiple awards, including Canadian Mentor of the Year with CPRS (Canadian Public Relations Society). Her passion for storytelling and writing drew her to becoming a regular storyteller and host with Nanaimo's Around Town Storytellers.

Tue, Jul 8-Aug 26, 6:30-9:30 pm, \$96 (#139488)

Bowen Complex Room 4

Quality glass, wool, fabric, yarn, etc donations are always welcome. Feel free to bring into the program or drop off to the recreation coordinator.



## Folk Art Beginner M

Come and learn the basics of Folk Art with one stroke at a time, to create a floral card and a 6' floral trinket box. Use the instructors paint and brushes while learning Folk Art with step-by-step worksheets the easy way. You'll receive a card and envelope, 6' base coated Trinket Box, graphite and tracing papers, patterns, set of practice brushes are all included in the material cost of \$15.00. Instruction is free. Bring a smile and lets paint. New Students are welcome anytime.

Wed, Apr 2-Jun 11, 10 am-12 pm (#134662)

Bowen Complex Room 2



## Folk Art, Decorative Painting & Crafts M

Come to work on any painting project on your own, with or without assistance. Work on a class project that is chosen by the class, pattern is re-written in a step-by-step format with the instructor, teaching the project (must know how to shade and highlight). We do all mediums, drawing, charcoal, pastels (stick and pencil), watercolor (newcomers starting with beginner instructor). If your into crafting, bring it to this class and work along fellow painters and crafters. Instruction is always FREE for everyone!

Fri, Apr 4-Jun 13, 9:30 am-12 pm (#134661)

Bowen Complex Room 2

## Mixed Painting - Advanced M

Do you like to work alone or with others to paint your "masterpiece?" Give this program a try. Whether you like acrylic, oil, water, or chalk, it will all be immersed in terrific company. Please ensure that you have completed a Beginner Level painting course or have checked in with the instructor. There is minimal instruction with this program, but we are always happy to share a creative eye for an idea. Please bring your own supplies.

Thu, Apr 3-Jun 26, 9 am-12:30 pm (#134667)

Bowen Complex Room 6

## Multi Medium Art M

Welcome artists of all levels. Work with watercolour, acrylic, oil, collage, pastel, ink and pencil. Instruction is not provided, but helpful critique is available. Please bring your own supplies.

Wed, Apr 2-Jun 18, 9:30 am -12 pm (#134668)

Bowen Complex Room 5

## Wool Painting M

Welcome to the world of wool! In this beginners workshop, participants will learn all of the basic techniques of needle felting and create a wool landscape "painting" that can be hung or fitted in a 5x7 frame. Wool, needles and sponges are provided in the material cost of \$15 to be paid to the instructor. Please do not bring your own materials. Instruction is free! At the end of this class, you will be introduced to wet felting.

Tue, May 6-27, 10 am-12 pm (#136202)

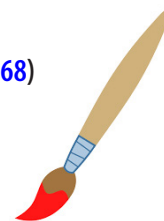
Bowen Complex Room 4

## Embroidery M

Express yourself through thread or yarn on fabric. Add to your design with pearls, beads, quills and sequins... you really can use whatever you have.

Thu, Apr 3-Aug 28, 1 -4 pm (#134666)

Bowen Complex Room 4







## Stained Glass Intermediate M

This course is for those very familiar working with stained glass. Get guidance on a new project including panels, boxes, frames, lamp shades etc. We'll begin with a conversation about basic foiling procedures and brainstorming the challenges and needs of your particular project. There will be regular discussions about the tricks of the trade, individual & group encouragement and instruction. Kits, grinders and soldering irons will be provided. Kits include cutting, foiling, and soldering materials. Participants are required to provide their project designs, glass, and project frames.

Instructor: Dolores

Tue, Mar 4-Apr 22, 9 am-12 pm, \$35 (#133035)

Tue, Apr 29-Jun 17, 9 am-12 pm, \$35 (#142507)

Bowen Complex Room 5

## Introduction to Stained Glass Level 2 M

Sign up for this 3 week intro level 2 course where you will continue using the tools and materials used in the foiling method of stained glass. Using the foiling method, you'll start by learning and practicing glass scoring techniques and quickly move on to grinding foiling, soldering, cleaning and then finishing a project. All materials, tools and instruction are included in the fee. Some knowledge of stained glass or completion of the intro class is required.

Wed, Apr 30-May 14, 1-4 pm, \$35 (#142509)

Bowen Complex Room 5



## Stained Glass - Drop-in M

This is not an instructed program. Participants must bring their own tools and glass and have experience working with stained glass. Grinders will be available for use. Free for Harbour City Senior members.

Fri, Apr 4-Jun 20, 9 am-12 pm (#134672)

Cost: \$6 for Members, 12 for Non-Members

Bowen Complex Room 5

## Mosaics Intro/Beginner M

The art of mosaic is both relaxing and mentally stimulating as it is very easy to spend hours in the process. Once learned, applying your basic techniques offers unique opportunities for individual and creative expression. Register for this introductory class to learn the direct mosaic technique. You will explore different tesserae, substrates, adhesives and get hands-on experience on how to cut and place glass tesserae as well as learn how to grout and finish your two mosaics. The skills learned in this basic workshop will enable you to make larger and more ambitious projects. Fee includes all materials, tools and instruction.

Wed, May 28-Jun 18, 1-4 pm, \$45 (#142508)

Bowen Complex Room 5





## Quilting M

To us, the purpose of quilting is bringing people together! Join us and share the enjoyment of creating something beautiful. We like to stick to traditional hand-quilting and welcome all skill levels to join. The quilts are machine pieced and hand quilted on traditional Quilting Bee frames. Watch your work of art come together. Who knows maybe this will take you into the world of advanced quilting... or just enjoy the process! This group makes and donates 20-30 children's quilts to the 'Linus Project' each year. They are pleased to help provide love, a sense of security, warmth and comfort to a child in crisis.

Tue, Apr 1-Jun 24, 12:30-3:30 pm (#134670)

Bowen Complex Room 6

## Simply Sewing M

Seeking inspiration and encouragement to finish those sewing and quilting projects on the shelf? Starting something new? This is the group for you. Fun, friendly and helpful! Two machines available for use in class only. Must have prior sewing experience to attend.

Tue, Apr 1-Jun 24, 9 am-12 pm (#134669)

Bowen Complex Room 6

## Watercolour E

This watercolour painting class is for students who have never used watercolour paints, and those that have some knowledge but want more instruction. This class will focus on exploring and/or improving your watercolour painting techniques. Students can pick their own subjects and/or receive direction and support from the instructor. During each class a specific technique will be taught and practised. Watercolour painting supplies will be required and discussed at the first class. Supplies required may cost between \$60 - \$140 and are not included in registration fee.

Mon, Apr 14-Jun 30, 1-4 pm, \$250 (#137572)

Kin Hut Activity Centre

## Woodworking M

Pop-into the Woodworking Room to use the tools in the shop. Plane, cut, or chop pieces for your project rather than making a mess at your house. We are more than happy to supply the opportunity for you to build or design your own pieces or for someone else. Some experience is required.

Supplies are limited so please bring your own for your project(s). Please call ahead to ensure there is a supervisor in the shop, as their schedule may change from time to time. Unfortunately, if one is not available we cannot open the Woodworking Room.

Mon & Tue, Apr 1-Jun 30, 10 am-3 pm (#134674)

Bowen Complex Woodworking Room

## Woodcarving M

We are the Mid Island Carving Club, a group of seniors who enjoy and appreciate the fine art of woodcarving! We welcome all newcomers because we enjoy sharing our expertise, knowledge, experience and .....stories. We practice different styles of carving and have an extensive library of carving books and patterns. We also have some supplies and tools available for purchase.

Thu, Apr 3-Jun 19, 9 am-12 pm (#134675)

Bowen Complex Room 5/Woodworking Room





## Registration Required

You must register prior to attending as space may be limited.

PLEASE NOTE: If you are registered and cannot continue, please call 250-755-7501 to withdraw.

This will allow for another member to register. If a class is full, please ask to be put on a waitlist. We will call if a spot becomes available.

## Learn to Play Bridge M

This is a play as you learn interactive group for brand new players only. You will learn the basics of the ever challenging "Standard American Contract Bridge" starting from the ground up. It is important that you have played other card games in the past, and "Whist" although not mandatory is a great precursor to the game. We accept continuous intake all year long if not full. After a maximum of one year in this group, you will be notified to move on to other groups. Please note this program is ONLY for beginners, those with any experience at all will be asked to join the other available bridge groups.

Thu, Apr 3-Aug 28, 9:30 am-12 pm (#134676)

Bowen Complex Room 4

## Morning Social Bridge M

Previous experience playing Contract Bridge, Standard American 5 Card Majors with basic Convention bidding. No Partner required. There is no instruction in this program, just practice your skills. Come and join this friendly group.

Thu, Apr 3-Aug 28, 9:30 am-12 pm (#134677)

Bowen Complex Room 2



## Thursday Bridge M

Contract Bridge players are welcome at an intermediate level. No partner required for this friendly, relaxed group. Come and enjoy!

Thu, Apr 3-Aug 28, 12:30-4 pm (#134678)

Bowen Complex Room 1

## Tuesday Bridge M

Contract bridge, or simply bridge, is a trick-taking card game using a standard 52-card deck. In its basic format, it is played by four players in two competing partnerships, with partners sitting opposite each other around a table. An intermediate bridge partner is required for this program.

Tue, Apr 1-Jun 24, 1-4 pm (#134679)

Oliver Woods Community Centre Monarch Room 1

## Friday Bridge M

We play Contract Bridge on Fridays. Experience and partners are required, however if you are not an expert, do not be afraid to sign up.

Usually, we have someone that can walk you through the game or provide some reminders.

Fri, Apr 4-Jun 27, 6:30-10 pm (#134680)

Oliver Woods Monarch Room 1

## NO SCENTS MAKES SENSE



Please consider those who are sensitive to scented products by not wearing them in the centres.

Thank you





## Canasta M

Canasta is a card game of the rummy family of games believed to be a variant of 500 Rum. Although many variations exist for two, three, five or six players, it is most commonly played by four in two partnerships with two standard decks of cards.

Thu, Apr 3-Jun 19, 1-3 pm (#134681)

Thu, Jun 26-Aug 28, 1-3 pm (#134682)

Bowen Complex Room 5 (Rm 2 in Jul/Aug)

## Cribbage M

Cribbage is a social function as well as an afternoon of cards! We play eight games and players move from table to table after each game. Partners rotate. We break for coffee after the fourth game. If you would enjoy an afternoon of fun and pleasant social interaction, please come and join us.

Tue, Apr 1-Aug 26, 1-4 pm (#134706)

Bowen Complex Room 1

Wed, Apr 2-Aug 27, 1-3:30 pm (#134988)

Oliver Woods Community Centre Hemlock Room

## Cribbage for Fun M

This group is for those interested in playing cribbage for fun at Oliver Woods!

Tue, Apr 1-Aug 26, 1-3 pm (#134986)

Oliver Woods Community Centre Hemlock Room

## Drop-in Board Games & Cards M

Are you interested in playing some non-competitive board games or card games where the focus is to have fun and socialize? There is no official instruction provided, however someone can assist you in starting a game of rummikub, spite and malice or 5 crowns. Uno, quiddler, scrabble and several decks of cards are also available but if you'd like to bring a game from home, that is also encouraged.

Sun, Apr 6-Aug 31, 1-3 pm (#134683)

Bowen Complex Room 4

## Euchre for Fun M

What is it? Well, it is a card game for two to four players, usually played with the thirty-two highest cards. The aim being to win at least three of the five tricks played. Euchre for Fun is not competitive and arranged for those that would like to build on their skills in Euchre. Prior knowledge is helpful but not required to start.

Tue, Apr 1-Jun 24, 10 am-12 pm (#134710)

Tue, Jul 8-Aug 26, 10 am-12 pm (#134711)

Oliver Woods Monarch 2 (Hemlock in Jul & Aug)

## Euchre M

This Euchre game is for those that know how to play... bring a friendly, competitive edge. We play the same as Euchre for Fun, so if you want an little extra challenge in a game for two to four players join Euchre on Mondays.

Mon, Apr 7-Aug 25, 1-3 pm (#134712)

Bowen Complex Room 4

## Hearts Card Game M

Join this new card group playing Hearts. This is a trick-playing card game that is fun, non-competitive and relatively easy to learn. New players are welcome!

Fri, Apr 4-Jun 13, 12:15-2:15 pm (#134713)

Bowen Complex Bowen 5





## Mahjong M

Mahjong has become popular at Bowen! This is for those that have experience playing Mahjong and would like to continue the socialization, and laughter that comes with the game play.

\*No instruction provided - Mahjong sets are available, or bring your own if you wish. A variety of styles (Chinese/American) are played. You're welcome to drop in and see if anyone is playing the style you like.

Wed, Apr 2-Jun 25, 10 am-12:30 pm (#134714)

Bowen Complex Room 4

Wed, Apr 2-Jun 18, 1-3 pm (#134715)

Bowen Complex Room 3

Mon, Apr 7-Aug 25, 10 am-12:30 pm (#134716)

Bowen Complex Room 4



## Scrabble M

No instruction - this scrabble program is competitive but Fun. We work enthusiastically to get the highest scores, hoping for about 300 points per game. If necessary we use the dictionary and get help from each other to achieve our goals. We love to make new friends and learn new words from each other. We always have a coffee break and chat mid-afternoon.

Fri, Apr 4-Aug 22, 1:30-4:30 pm (#134717)

Bowen Complex Room 2

## Scrabble for Fun M

Enjoy a low pressure game of scrabble. Some knowledge of the game is required.

Tue, Apr 1-Aug 26, 12:30-3pm (#134718)

Bowen Complex Room 2

## Whist M

Whist is a game in which two pairs of partners team up to try and take as many sequences of cards played in one turn, as possible. To win a whist trick, you must play the highest card in a particular suit.

Wed, Apr 2-May 14, 12:30-3 pm (#134719)

Bowen Complex Room 6

Wed, May 21-Aug 27, 12:30-3 pm (#138207)

Bowen Complex Room 2





## South Destinations:

Meet at Bowen Complex lobby  
(500 Bowen Road)



## North Destinations:

Meet at Oliver Woods Community Centre  
gravel parking lot (6000 Oliver Road)



## Bowen Wanderers M

The Bowen Wanderers meet to enjoy fresh air, exercise and congenial company each Thursday morning. Locations are between Ladysmith and Qualicum. We walk all year, but weather sometimes necessitates a change of destination. Participants should have the ability to talk and walk at the same time. Wear suitable hiking boots or shoes. Bring your lunch unless otherwise noted. Contact Al for more information 250-585-8271.

Thu, Apr 3-Aug 28, 9:30 am-1 pm (#134720)

April 3	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>	Nanaimo River Trail/ Nanaimo River Fish Hatchery	June 19	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">N</span>	Linley Valley
April 10	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>	Westwood Lake PUB LUNCH	June 26	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>	Jack Point
April 17	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>	Holland Creek (Ladysmith)	July 3	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>	Nanaimo River/Nanaimo River Fish Hatchery
April 24	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>	Colliery Dam	July 10	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>	Cable Bay
May 1	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>	Rocky Hill Regional Park (North Cowichan) PUB LUNCH	July 17	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">N</span>	Little Qualicum River Falls
May 8	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>	Extension Ridge/ Petroglyphs	July 24	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>	Buttertubs Marsh
May 15	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>	Harwood Plains & Richards Marsh Park	July 31	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>	Haslam Creek
May 22	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">N</span>	Qualicum Heritage Forest/ Qualicum Waterfront	August 7	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>	Nanaimo Harbourfront starting at Bowen Complex PUB LUNCH
May 29	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>	Yellowpoint Park/Blue Heron Park	August 14	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>	Saysutshun (Newcastle Island) Marine Provincial Park
June 5	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>	Gabriola Island PUB LUNCH	August 21	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>	Morrell Sanctuary
June 12	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">N</span>	Moorecroft Regional Park / Beachcomber Regional Park PUB LUNCH	August 28	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">N</span>	Enos Lake (Nanoose) PUB LUNCH

### Please Note:

If anyone is interested in leading another walking group, please contact Chelsea Barr.





## Fitness - Level 1 M

A basic fitness course with a chair available for optional upright stability and/or seated movement. The workout includes approximately 20 minutes of more energetic cardiovascular components, followed by lower and upper body strength training (using weights & bands), balance exercises and stretching, seated and standing. This class is designed to improve strength, cardiovascular health, stability and confidence. No floor or mat work required.

Instructor: Russell McNeil/Heather Walker

Mon, Apr 7-Apr 28, 10:15-11:15 am, \$13.50/3 (#136568)

Mon, May 5-Jun 2, 10:15-11:15 am, \$18/4 (#136556)

Mon, Jun 9-30, 10:15-11:15 am, \$18/4 (#136557)

Mon, Jul 7-28, 10:15-11:15 am, \$18/4 (#136560)

Mon, Aug 11-25, 10-11 am, \$13.50/3 (#136563)

Bowen Complex Auditorium

Instructor: Christine Kondo

Wed, Apr 2-30, 1:45-2:45 pm, \$22.50/5 (#141182)

Wed, May 7-28, 1:45-2:45 pm, \$18/4 (#139834)

Wed, Jun 4-25, 1:45-2:45 pm, \$18/4 (#139835)

Wed, Jul 2-30, 1:45-2:45 pm, \$22.50/5 (#141205)

Wed, Aug 6-27, 1:45-2:45pm, \$18/4 (#141206)

Oliver Woods Salal 2 & 3



Instructor: Russell McNeil/Heather Walker

Thu, Apr 3-24, 9-10 am, \$18/4 (#136566)

Thu, May 1-29, 9-10 am, \$22.50/5 (#136572)

Thu, Jun 5-26, 9-10 am, \$18/4 (#136573)

Thu, Jul 3-31, 9-10 am, \$22.50/5 (#136574)

Thu, Aug 7-28, 9-10 am, \$18/4 (#136575)

Bowen Complex Auditorium

Instructor: Christine Kondo

Fri, Apr 4-25, 10:45-11:45 am, \$13.50/3 (#138071)

Fri, May 2-30, 10:45-11:45 am, \$22.50/5 (#138073)

Fri, Jun 6-20, 10:45-11:45 am, \$13.50/3 (#138075)

Oliver Woods Monarch 1



## Fitness - Level 2 M

A more advanced general fitness course that includes cardio, strength, balance and flexibility work. Class starts with 20-25 minutes of higher intensity cardiovascular work, followed by balance, power and strength moves using bodyweight, dumbbells and bands. Class includes mat/floor work. Ideally, participants should be able to get up and down from floor, although some upright options are available.

Instructor: Heather Walker

Mon, Apr 7-Apr 28, 9-10 am, \$13.50/3 (#139830)

Mon, May 5-May 26, 9-10 am, \$13.50/3 (#139831)

Mon, Jun 2-23, 9-10 am, \$18/4 (#139832)

Mon, Jul 28-Aug 25, 9-10 am, \$18/4 (#139833)

Bowen Complex Auditorium

Instructor: Heather Honey

Thu, Apr 3-Apr 24, 10:30-11:30 am, \$18/4 (#134721)

Thu, May 1-29, 10:30-11:30 am, \$22.50/5 (#134722)

Thu, Jun 5-26, 10:30-11:30 am, \$18/4 (#134723)

Thu, Jul 3-31, 10:30-11:30 am, \$22.50/5 (#136583)

Thu, Aug 7-28, 10:30-11:30 am, \$18/4 (#136584)

Bowen Complex Auditorium

Instructor: Maki Kristiansen

Fri, Apr 4-May 2, 9:30-10:30 am, \$18/4 (#136580)

Fri, May 9-30, 9:30-10:30 am, \$18/4 (#136581)

Fri, Jun 6-20, 9:30-10:30 am, \$13.50/3 (#136582)

Fri, Jul 4-25, 11:45 am-12:45 pm, \$18/4 (#138430)

Fri, Aug 1-29, 11:45 am-12:45 pm, \$22.50/5 (#138434)

Oliver Woods Monarch 1 & 2 (Salal 1 in Jul & Aug)





## Gentle Yoga E

This is a gentle Hatha style class that focuses on gentle stretches before each pose. Time is given to rest or relax briefly after anything that is strenuous. This is not a flow class. Participants must bring their own yoga equipment (mats, blocks, straps, etc) as no equipment is provided.

Instructor: Heather Honey

Fri, Apr 4-25, 10:30-11:30 am, \$24/3 (#138179)

Fri, May 2-30, 10:30-11:30 am, \$40/5 (#138180)

Fri, Jun 6-27, 10:30-11:30 am, \$32/4 (#138181)

Nanaimo Ice Centre Lounge 2

Fri, Jul 4-25, 10:30-11:30 am, \$32/4 (#138182)

Fri, Aug 1-29, 10:30-11:30 am, \$40/5 (#138183)

Outdoor Bowen Tennis Wall



## Dance Fitness E

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.

Instructor: Mary Keel

Sat, Apr 5-May 3, 9-10 am, \$32/4 (#136877)

Sat, May 31-Jun 28, 9-10 am, \$40/5 (#136891)

Sat, Jul 5-Jul 26, 9-10 am, \$32/4 (#136893)

Bowen Complex Room 1



## Yin Inspired Restorative Yoga E

A gentle candlelit meditative approach to releasing connective tissues, fascia and muscle tightness. Ease into calmness and relaxation in preparation for sleep. Bolsters and blocks provided. Please wear comfortable clothing.

Instructor: Jane Bockman

Tue, Apr 8-May 27, 7:45-8:45 pm, \$64/8 (#136810)

Tue, Jun 17-Jul 29, 7:45-8:45 pm, \$48/6 (#136811)

Oliver Woods Community Centre Rooms Salal 2 and 3

No session Jul 1

## Sculpt & Tone E

A more advance fitness class focussing primarily on strength training through bodyweight exercises, dumbbell, bands and other equipment. Class starts with a shorter, more intense cardio component (approximately 12 minutes) and ends with cool down/stretching. Significant mat/floor work will be included, participants should be able to get up and down from the floor. Class benefits older adults for bone and joint health by developing lean muscle, increasing metabolism and increasing flexibility.

Instructor: Heather Walker

Tue, Apr 1-29, 10:15-11:15 am, \$40/5 (#138006)

Tue, May 6-27, 10:15-11:15 am, \$32/4 (#138009)

Tue, Jun 3-Jun 24, 10:15-11:15 am, \$32/4 (#138012)

Tue, Jul 8-29, 10:15-11:15 am, \$32/4 (#138013)

Tue, Aug 5-Aug 26, 10:15-11:15 am, \$32/4 (#138014)

Bowen Complex Auditorium

Wed, Apr 2-30, 10:15-11:15 am, \$40/5 (#141183)

Wed, May 7-28, 10:15-11:15 am, \$32/4 (#141184)

Wed, Jun 4-25, 10:15-11:15 am, \$32/4 (#141185)

Wed, Jul 2-30, 10:15-11:15 am, \$40/5 (#141186)

Wed, Aug 6-27, 10:15-11:15 am, \$32/4 (#141187)

Bowen Complex Room 1

Thu, Apr 3-24, 10:30-11:30 am, \$24/3 (#139297)

Thu, May 8-29, 10:30-11:30 am, \$32/4 (#139299)

Thu, Jun 5-26, 10:30-11:30 am, \$32/4 (#139300)

Thu, Jul 3-31, 10:30-11:30 am, \$40/5 (#139305)

Thu, Aug 7-28, 10:30-11:30 am, \$32/4 (#139309)

Beban Park Social Centre Lounge C

No session Apr 10

All the following 60+ fitness classes are designed to improve posture, build muscle strength and speed, sharpen reflexes, expand flexibility and strengthen the core. Stretches and flexibility work are designed for older adults. Go at your own pace and listen to your body.



## Gentle Chair Fitness E

This class incorporates gentle fitness movements, core work, yoga and stretching, primarily seated in a chair. Some movements to standing will be done with the chair for stability. These may be followed by limited standing exercises for balance and strength. Stretch, relax, open the joints, release tensions, energize and revitalize.

Instructor: Heather Walker

Tue, Apr 1-29, 9-10 am, \$40/5 (#137991)

Tue, May 6-27, 9-10 am, \$32/4 (#137994)

Tue, Jun 3-24, 9-10 am, \$32/4 (#138001)

Tue, Jul 8-29, 9-10 am, \$32/4 (#138004)

Tue, Aug 5-26, 9-10 am, \$32/4 (#138005)

Bowen Complex Room 1



Wed, Apr 30-May 28, 9-10 am, \$40/5 (#141175)

Wed, Jun 4-25, 9-10 am, \$32/4 (#141176)

Wed, Jul 2-30, 9-10 am, \$40/5 (#141177)

Wed, Aug 6-27, 9-10 am, \$32/4 (#141178)

Bowen Complex Room 6 (Room 4 in Jul & Aug)

## Saturday Stretch E

Set aside Saturdays for stretching! Keep your muscles flexible and healthy to maintain a range of motion in the joints. Proper stretching increases muscle blood flow, decreases the risk of injuries and helps improve your ability to do daily activities.

Instructor: Jyoti Singh

Sat, Apr 5-26, 2-3 pm, \$24/4 (#139276)

Sat, May 3-31, 2-3 pm, \$30/5 (#139278)

Sat, Jun 7-28, 2-3 pm, \$24/4 (#139281)

Sat, Jul 5-26, 2-3 pm, \$24/4 (#139269)

Sat, Aug 2-30, 2-3 pm, \$30/5 (#139270)

Bowen Park Complex Room 1

## Yoga, Qigong, Meditation E

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

Instructor: Thommas Michaud

Tue, Apr 1-May 6, 3:45-5 pm, \$48/6 (#135039)

Tue, May 20-Jun 24, 3:45-5 pm, \$48/6 (#135041)

Oliver Woods Community Centre Salal 1

## Yoga, Meditation, Pranayama E

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. This Hatha Yoga is truly amazing!

Instructor: Thommas Michaud

Wed, Apr 2-May 7, 10:45-12 pm, \$48/6 (#135042)

Wed, May 21-Jun 25, 10:45-12 pm, \$48/6 (#135044)

Rotary Field House

## Restorative Yoga & Sound Healing Meditation E

Restorative yoga is a soothing and supportive style of mat yoga that incorporates props to enhance your practice and its numerous advantages. Sound healing, an age-old technique, utilizes sound and music to foster healing and equilibrium within the body and mind. Under the guidance of your skilled yoga instructor, you will experience calming sounds, mantras, and guided meditation.

Instructor: Gypsy Hart

Thu, Apr 3-May 15 9-10 am, \$56 /7 (#136830)

Thu, May 22-Jun 26, 9-10 am, \$48/6 (#136831)

Oliver Woods Community Centre Salal 2 & 3

Throughout the newsletter you will see (M) and/or (E) beside each program. When you see an (M) symbol, it means the program is offered only to those with a Senior Membership. if you see a (E), it means it is open to everyone and a membership is not necessary.





## Standing & Walking Qigong E

Qigong is a moving meditation, based on the ancient theory that the intentionally guided flow of energy through the body holistically restores vitality and regulates the functions of the mind, body, and breath. Standing and walking Qigong will help to reduce stress, anxiety, as well as increase muscular stability.

Instructor: Monika Lux

Thu Mar 27-Apr 24, 6-7 pm, \$55/5 (#132624)

Beban Social Centre Room 7/8

Thu May 1-29, 6-7 pm, \$55/5 (#137574)

Thu, Jun 5-Jul 3, 6-7 pm, \$55/5 (#137575)

Neck Point Park-Finn Beach

## Qigong M

Qigong, or vital energy, is everywhere. Participants are encouraged to use intention, intuition and imagination to connect with and feel energy using movements, meditations, and exercises (seated, standing, walking). These can be generally modified to the participant's abilities.

Instructor: Kareen Holyer

Fri, Apr 4-Jun 27, 9:30-10:30 am (#136585)

Bowen Complex Room 1

## Beginner/Ongoing Qigong M

Qigong, or vital energy, is everywhere. Participants are encouraged to use intention, intuition, and imagination to connect with and feel energy by using movement (walking, standing, or seated). Can be modified to participant's abilities.

Instructor: Kareen Holyer

Thu, Apr 3-Jun 26, 3:15-4:15 pm (#138218)

Bowen Complex Auditorium



## Seated Qigong E

Come join Qigong with Monika! She will guide you in gentle movements and breathing exercises where you will be working on intentions and healing. In sitting qigong, all abilities are welcomed. The facility is wheelchair accessible. For those with mobility difficulties, this class is for you! Please join us, and Monika will assist you on your healing journey.

Instructor: Monika Lux

Mon, Mar 31-Apr 14, 6-7 pm, \$33/3 (#140269)

Beban Social Centre Room 2/3

## Tai Chi Beginner Continuing M

This Tai Chi class is for those moving on from Beginners, we will be reviewing the first 17 moves and then moving on to learn moves 18 – 108. Instruction is provided. Based on teachings by Moy Lin-Chin, for further information, please visit [www.canadiantaichiacademy.org](http://www.canadiantaichiacademy.org).

Instructor: Kareen Holyer

Tue, Apr 1-Jun 24, 10:15-11:15 am (#137913)

Bowen Complex Room 1

## Qigong, Meditation E

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

Instructor: Thommas Michaud

Thu, Apr 3-May 8, 11 am-12:15 pm, \$48/6 (#135031)

Thu, May 22-Jun 26, 11 am-12:15 pm, \$48/6 (#135032)

Oliver Woods Community Centre Salal 1





## Heart Healthy Fitness M

The aim of this class is to enhance the cardiovascular response by performing low intensity endurance type exercises.

Instructor: Heather Walker

Mon & Wed, Apr 7-Apr 30, 8-8:45 am, \$32/8 (#141158)

Mon & Wed, May 5-May 28, 8-8:45 am, \$28/7 (#141161)

Mon & Wed, Jun 2-Jun 30, 8-8:45 am, \$36/9 (#141162)

Mon & Wed, Jul 2-Jul 30, 8-8:45 am, \$36/9 (#141163)

Mon & Wed, Aug 4-Aug 27, 8-8:45 am, \$32/8 (#141164)

Bowen Complex Auditorium

## Deep Stretch Class E

This class is designed for anyone who spends long hours sitting, experiencing tightness in their hips, shoulders, and lower back. If you are looking to improve overall flexibility and mobility, this is for you! No prior experience is required, it is suitable for all fitness levels and abilities.

Instructor: Jyoti Singh

Mon, Apr 7-28 1:30-2:30 pm, \$18/3 (#138018)

Mon, May 5-26, 1:30-2:30 pm, \$18/3 (#138019)

Mon, Jun 2-24, 1:30-2:30 pm, \$24/4 (#138020)

Mon, Jul 7-28, 3-4 pm, \$24/4 (#138090)

Mon, Aug 11-25, 3-4 pm, \$18/3 (#138091)

Bowen Complex Room 6 (Room 1 July & Aug)

No sessions Apr 21, May 19, Aug 4

## Aqua Yoga E

Increase your strength, balance, and flexibility with the mindful practice of yoga in the water. This class includes some cardio and will finish with savasana in either the hot tub or sauna. Pre-registration is required.

Instructor: Katherine Winge

Sat, May 3-31, 8-9 am, \$40/5 (#138345)

Beban Park Pool

## Tai Chi - Beginner M

This class is for those who have no experience with Tai Chi. Instruction is provided. Sets will start every 8 weeks, participants are asked to start on the first class.

Instructor: Coleen Budd

Tue, May 6-Jun 24, 9-10 am (#137910)

Bowen Complex Auditorium

## Tai Chi - Intermediate M

This class is for those who have completed the first 108 moves. We will focus on practicing/refining the 108 moves and the Foundations exercises. Based on teachings by Moy Lin-Chin, for further information, please visit [www.canadiantaichiacademy.org](http://www.canadiantaichiacademy.org).

Instructor: Kareen Holyer

Thu, Apr 3-Jun 26, 2-3 pm (#137911)

Bowen Complex Auditorium

## Tai Chi - Advanced M

This is for those who have experience with Tai Chi. No instruction is provided.

Mon, Apr 7-Aug 25, 1-1:45 pm (#137912)

Bowen Complex Auditorium



**Register early as classes fill up fast, don't miss out!**



## Beginner Nordic Walking E

Nordic walking is an activity that is suitable for people of all ages, abilities and skills. In this three week course you will 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, May 10-May 31, 10:30-12 pm, \$42/3 (#134860)

Beban Social Centre Lobby



## Balanced Movement for Life E

Improve balance, posture and coordination in this low-impact outdoor class, designed for older adults and beginners easing into fitness. With a focus on mobility and strength, sessions include warm-up cardio, balance drills, accessible strength exercises and finish with a meditative cool-down. Dress for the weather, this class is outdoors.

Instructor: Dustin King

Mon, Wed, Fri, Apr 2-30, 9-5:50 am, \$88/11 (#140598)

Mon, Wed, Fri, May 2-30, 9-5:50 am, \$96/12 (#140604)

Mon, Wed, Fri, Jun 2-30, 9-5:50 am, \$104/13 (#140619)

Mon, Wed, Fri, Jul 2-30, 9-5:50 am, \$104/13 (#140620)

Mon, Wed, Fri, Aug 1-29, 9-5:50 am, \$96/12 (#140621)

Beban Park North Parking Lot (on grassy area)

No sessions Apr 18, 21, May 19, Aug 4

## Walk On M

Come get your steps in this winter indoors with friends. This group walks laps around the auditorium for some exercise. There is no instruction.

Walking only.

Fri, May 2-Aug 29, 8:30-9:15 am (#135027)

Bowen Complex Auditorium



## Minds in Motion E

A fitness & social program for people experiencing early stage memory loss. Clients must register and attend with a friend, family member or caregiver. A certified Fitness instructor will lead a fitness portion of the class; an Alzheimer Society facilitator supports the social time for the program. One fee for both participant and guest.

Instructor: Jean Medley

Thu, Apr 17-May 22, 10-11:30 am, \$40 (#136885)

Thu, Apr 17-May 22, 1-2:30 pm, \$40 (#136886)

Thu, Jun 5-Jul 3, 10-11:30 am, \$40 (#136888)

Thu, Jun 5-Jul 3, 1-2:30 pm, \$40 (#136889)

Beban Social Centre Room 7 & 8

## Balance & Mobility E

The easiest of our general fitness classes, with a chair always available for upright stability or seated movement. The workout includes approximately 15 minutes of light cardiovascular components, followed by lower and upper body strength training (using weights and bands), balance exercises and stretching while seated. This class improves stability and confidence performing day to day activities. No floor or mat work required.

Instructor: Christine Kondo

Wed, Apr 2-May 30, 3-4 pm, \$40/5 (#138184)

Wed, May 7-28, 3-4 pm, \$32/4 (#138185)

Wed, Jun 4-25, 3-4 pm, \$32/4 (#138186)

Wed, Jul 2-30, 3-4 pm, \$40/5 (#138187)

Wed, Aug 6-27, 3-4 pm, \$32/4 (#138188)

Oliver Woods Community Centre Salal 2 and 3





## Badminton M

Rackets and birds are available for your use. Although most players own their own rackets, badminton birds are supplied for all. This drop in Session is not intended to be competitive, but to focus on being active, and to learn to play badminton.

Mon, Apr 7-Jun 30, 12:30-3:30 pm (#133727) Gym 2

Mon, Jul 7-Aug 25, 12:30-3:30 pm (#134865) Gym 2

Wed, Apr 2-Jun 25, 12:30-3:30 pm (#134866) Gym 2

Wed, Jul 2-Aug 27, 12:30-3:30 pm (#134867) Gym 2

Fri, Apr 4-Jun 27, 12:30-3 pm (#134868) Gym 1

Fri, Jul 11-Aug 29, 12:30-3 pm (#134869) Gym 1

Oliver Woods Community Centre Gymnasium

No session Apr 18, 21, May 19, Aug 4

## Snooker/Billiards M

This is open to everyone. Many players are willing to help new members learn the game so don't hesitate joining. Cue's are available for use however most regular players bring their own. The extra fee enables re-felting tables and provides tournament quality balls as needed. All players are expected to review and follow room rules/etiquette posted on the wall. Hours of operation below are subject to staff availability. Program cost is prorated.

Apr 2-Dec 31, \$70 (#140780)

Monday to Friday, 9 am-6 pm

Saturday, 9 am-4:30 pm

Sunday, 11 am-3 pm

Bowen Complex Billiards Room

No sessions Apr 18, 21, May 19, Jul 1, Aug 4



## Darts M

This is a fun, informal, social group. Beginners are welcome. The agility/mobility requirements are minimal; however, you must be able to throw your darts a distance of 7' to 9'-1/4" and a height of 5'8" with enough force to make them penetrate the dart board from that distance.

Thu, Apr 3-Jun 26, 1-3 pm (#134870)

Bowen Complex Room 6

## Volleyball M

Volleyball is a team sport in which two teams of players are separated by a net. Each team tries to score points by grounding a ball on the other team's court. Clean gym shoes are required. Please do not enter the gymnasium until the start time.

Tue, Apr 1-Jun 24, 10:30 am-12:30 pm (#134871)

Oliver Woods Community Centre Gym #2



## Table Tennis M

Table Tennis is not only fun but improves physical conditioning, mental alertness and reaction time. All skill levels welcome.

Mondays & Fridays from 11 am until 2pm

Wednesdays 9am - 12 pm until May 7. On May 14, the time will switch to 11 am - 2 pm when market moves outdoors.

Apr 2-Aug 29 (#134875)

Mon, Fri, 11 am-2 pm

Wednesdays, 9 am-12 pm (until May 7)

Wednesdays, 11 am-2 pm (May 14-Aug 29)

Centennial Building, Beban Park

No sessions Apr 18, 21, May 19, Jul 1, Aug 4

QUALITY DRIVEN  
PARTS & SERVICES

## PROUDLY SUPPORTING the Nanaimo Community

At Subaru of Nanaimo, we're proud to be more than just a dealership — we're an active part of the vibrant Nanaimo region. For years, we've supported local initiatives, organizations, and events that matter to you, and we remain committed to doing so for many more to come. Our team is passionate about driving positive change and building strong connections with the people we serve. As we look ahead, we're excited to continue our journey alongside this incredible community, ensuring that both on and off the road, we're always here for you.

**Subaru of Nanaimo** A Division of GAIN Group  
2476 Kenworth Road | 250-585-3052 | [subarunanaimo.com](http://subarunanaimo.com)



**Moving Spring 2025 to 4900 Wills Road to serve you better.**

### Carpet Bowling M

Carpet Bowling is a year-round indoor, affordable, light exercise sport with social interactions. The game can be adapted for mobility and sight issues. Newcomers are welcome. Two games are played in teams of 'pairs', and 'triples'.

#### Morning

Wed & Fri, Apr 2-Aug 29, 9:45 am-12 pm (#134872)

Bowen Complex Auditorium

#### Afternoon

Wed & Fri, Apr 2-Aug 29, 12:15-2:30 pm (#134873)

Bowen Complex Auditorium

No session Apr 18, Aug 8

### Short Mat Bowling M

Short mat is a sport that can be enjoyed at all ages. The game is played on long green mats using lawn bowls and the aim is to roll the bowl to get close to a small white ball called a jack. All equipment is provided, or bring your own bowls to use. Dress comfortably and wear indoor, flat-soled shoes.

Wed & Fri, Apr 2-Aug 29, 2:45-5:45 pm (#134874)

Bowen Complex Auditorium

No session Apr 11, 18, Jul 11, Aug 8





## **Tap Dance Level 1** E

For those new to Tap or looking for a refresher, come join the fun and advance at your own pace. Tap shoes required. Nanaimo Harbour City Seniors' membership not required for this program.

Instructor: Melanie Kirk

Mon, Mar 31-May 12, 10:15-11:15 am, \$48/6 (#134863)

Bowen Complex Room 1

## **Tap Dance Level 2** E

For those proficient in Tap Dance, this program is for you. Tap shoes are required. Nanaimo Harbour City Seniors' membership not required for this program.

Instructor: Melanie Kirk

Mon, Mar 31-May 12, 11:30 am-12:30 pm, \$48/6 (#134864)

Bowen Complex Room 1

## **Country Line Dance Beginner** M

If you're looking to learn country line dancing, join us for some fun on the dance floor.

Wed, Jan 8-May 14, 10:45-11:45 am (#129696) FULL

Beban Social Centre Auditorium A

## **Country Line Dance Intermediate** M

A fun, laugh-filled class for those who have dance experience with country line dancing and looking for more challenging dances!

Wed, Jan 8-May 14, 9:30-10:30 am (#120529)

Beban Social Centre Auditorium A

## **Line Dancing Summer Practice** M

For experienced line dancers as this is an experienced group. Please bring your favorite dances or the ones that challenge you. This is a self lead practice session for line dancing.

Wed, May 21-Aug 27, 1-2:30 pm (#140717)

Bowen Complex Room 6 (Room 1 Jul/Aug)

## **Latin & Ballroom Line Dancing** M

These classes are for those who are comfortable with line dancing. We dance with little teaching except when a new dance is introduced or the occasional walk-through for more intricate dances. Come and enjoy the fun of dancing, improve balance and flexibility and reduce stress.

You must have taken the program and learned the dances from previous sessions. If you are unsure whether to join, please check with the instructor. This is a continuation of the dances.

Tue, Apr 1-Aug 26, 2-3:15 pm (#135593)

Thu, Apr 3-Aug 28, 12:30-1:30 pm (#135594)

Bowen Complex Auditorium

## **Beginner Latin & Ballroom Line Dancing Workshops Part 5** M

If you want to dance but are new to line dancing or just want to dust off those old dancing shoes, these classes are a fun way to exercise. The class moves at the speed of the group, not a predetermined schedule. There are three sections to these classes: Parts 1 & 2, September to December, Parts 3 & 4, January to mid-April & Part 5, mid-April to the end of June. Parts 1 to 4 is required.

Mon, Apr 7-Jun 23, 2:15-3:15 pm (#135595)

Bowen Complex Auditorium

*No session May 19*





**Flamenco Basics** E

Experience the soulful music and song Flamenco through dance! You will learn pasos (steps), palos (rhythms), and more. Movements will be combined to create mini choreographies. This course is suitable for those with little or no experience in Flamenco. Wear comfortable smooth-soled shoes with a small heel.

Instructor: Heather Sandison

Mon, Apr 7-May 26, 6:30-7:30 pm, \$60 (#136657)

Mon, Jun 2-Jul 14, 6:30-7:30 pm, \$70 (#136662)

Beban Social Centre Stage

No session May 19

**Flamenco Continuation** E

Suitable for those with previous flamenco dance experience. Longer choreographies will be learned on a continuous basis over multiple sessions. Technique, compas, interpretation and improvisation will be emphasized.

Instructor: Heather Sandison

Tue, Apr 1-May 20, 6:30-7:30 pm, \$80 (#136938)

Tue, May 27-Jul 22, 6:30-7:30 pm, \$80 (#136939)

Beban Social Centre Stage

**Summer Flamenco** E

Rumba, tangos, sevillanas and more - all in 'fiesta' style! This is a multilevel class for students at different levels (from beginners to intermediate) to work on different technique exercises including: footwork, bodywork, turns and all necessary steps.

Instructor: Heather Sandison

Tue, Aug 5-Aug 26, 6:30-8 pm, \$40/4 (#136646)

Beban Social Centre Stage

**Thursday Night Dance** M E

Enjoy a fun evening of dancing with new and old friends to live music. Bands subject to change. No dance on statutory holidays. Members \$8 at the door, non-members \$10 at the door.

Thu, Apr 3-Dec 18, 7-9:30 pm

Bowen Complex Auditorium

**Argentine Tango** M E

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. Once in a while, a guest instructor will be invited, where you will be asked to contribute to their fee. Senior members are FREE!

Tue, Apr 1-Aug 26, 6:30-9 pm, \$42 (#135596)

Bowen Complex Auditorium

No session Jul 1

**For the Love of Dance** M E

Practice time for partner dancing, whether you are a seasoned pro or a new beginner! The Auditorium provides good space around the perimeter for ballroom steps and in the centre for west coast swing, jive, or Latin dances. There will be no instruction or music. Couples or individuals practicing solo are welcome to bring portable music devices with earphones. Senior members are FREE!

Thu, Apr 3-Aug 28, 4:30-5:30 pm, \$44 (#142120)

Bowen Complex Auditorium



**Ballroom & Latin Dance-Beginner** E

This is an introduction to international ballroom and latin dancing with a certified instructor. This class will cover the basics of social foxtrot, quickstep, cha cha and rumba. No previous dancing experience required. Couples and singles are welcome.

Instructor: Nelson Wong

Wed, Apr 9-Jun 11, 8-9 pm, \$72 (#136934)

Wed, Jul 9-Aug 13, 8-9 pm, \$48 (#136935)

Bowen Park Auditorium

**Ballroom & Latin Dance-Beginners Continuation** E

A quick review of basic techniques covered in the beginner class will be followed by more intermediate variations. Try the waltz, tango, foxtrot, Viennese waltz, quickstep, samba and more. At least one ballroom and latin will be taught in each session.

Instructor: Nelson Wong

Wed, Apr 9-Jun 11, 9-10 pm, \$72 (#136936)

Bowen Complex Auditorium

**Ballroom & Latin Dance-Intermediate** E

A quick review of basic techniques covered in the beginner class will be followed by more intermediate variations. Try the waltz, tango, foxtrot, Viennese waltz, quickstep, samba and more. At least one ballroom and latin will be taught in each session.

Instructor: Nelson Wong

Mon, Apr 7-28, 7-8pm, \$30 (#136921)

Mon, May 26-Jun 9, 7-8 pm, \$30 (#136922)

Wed, Jul 9-Aug 13, 9-10 pm, \$60 (#136937)

Bowen Complex Auditorium

**Ballroom & Latin Dance-Advanced** E

A continuous technique class for those who wish to learn more on the ten International Ballroom and Latin American dances where at least one of each will be taught in each class.

Instructor: Nelson Wong

Mon, Apr 7-28, 8-9 pm, \$30 (#136923)

Mon, May 26-Jun 9, 8-9 pm, \$30 (#136924)

Bowen Complex Auditorium

**Jive & Swing-Beginner** E

Learn the dance that rocked the world! Never jived? No problem...this class is for you! Partners are recommended, but singles are welcome!

Instructor: Nelson Wong

Wed, Apr 9-Jun 11, 7-8 pm, \$72 (#136928)

Bowen Complex Auditorium

NANAIMO PARKS, RECREATION & CULTURE  
*Spring & Summer 2025 Activity Guide*

April to August 2025



recreation.nanaimo.ca  
250-756-5200

Registration starts on Wednesday, March 5 (Aquatics);  
Wednesday, March 12 (all other programs)



CITY OF NANAIMO  
PARKS, RECREATION & CULTURE

**Senior Song Lab**

Join us at The Senior Song Lab and rediscover the magic of making music with others. This is not an introductory program. Members would be expected to have a modicum of proficiency with their instruments.

Thu, Jan 2-May 15, 3:30-5:30 pm (#132278)

Kln Hut Activity Centre





## Accordion Band M

Play accordion with others as part of the Bowen Seniors program. Members must be able to read music. The band performs over 25 concerts per year. The group plays a wide selection of music styles. If you are a player of the Bass, or a drummer, please connect with us as we would love to add to these pieces to the accordion group.

Wed, Apr 2-Jun 25, 1-3:30 pm (#135597)

Kin Hut Activity Centre

## Beginner Bluegrass Slow Pitch Jam M

This session is for musicians and singers who would like to build confidence in the bluegrass genre. Songs are selected from song sheets in Dropbox. Focus is on learning bluegrass tunes, playing breaks and having fun.

Contact Helen at [hdickie1@telus.net](mailto:hdickie1@telus.net).

Fri, Apr 4-Jun 20, 10:30 am-12:30 pm (#135598)

Bowen Complex Room 6

*No session Apr 18*

## The Nanaimo Bluegrass Jam M

Do you play guitar, mandolin, fiddle, dobro, banjo, bass, or another acoustic stringed instrument?

This group creates acoustic bluegrass music with a focus playing breaks (solos) and harmonizing. We'll be playing many of the old bluegrass standards by musicians such as Flatt & Scruggs, Bill Monroe, Ricky Skaggs, and Tony Rice, in addition to more modern songs playable in Bluegrass style. We'll also play old time fiddle instrumentals. Please note that this is NOT a sing-along, sing and strum or lessons.

Thu, Apr 3-Aug 28, 1-3 pm (#135599)

Kin Hut Activity Centre

*No sessions Jul 24, 30, Aug 7, 14*



## Country & Western Style Band M

This group practices a set of gig songs which we perform at several care facilities in Nanaimo. We have a set list with a variety of songs from A to Z that we play just for fun. All songs are available on Dropbox. All string instruments are welcome. Bring your own stand and instrument. Volunteer contact is Helen Dickie ([hdickie1@telus.net](mailto:hdickie1@telus.net)).

Tue, Apr 1-Jun 24, 9:30 am-12 pm (#135600)

Rotary Field House

## Folk & Old Time Rock & Roll Group M

An acoustical instrument only group that focuses on having fun playing and performing Folk & Old Time Rock & Roll from the 50's thru the 70's. This group gathers weekly in a circle jam format. The group performs monthly at many of our community's senior residences. If you are familiar and competent with this genre of music, and enjoy playing and singing in a group format. No instruction is provided. Our music is obtained through our membership access to our Dropbox program.

Mon, Apr 7-Jun 23, 2-5 pm (#132277)

Rotary Field House

*No sessions Apr 21, May 19*

## Beginner Ukulele for Adults E

Tune in to this music-filled class where you'll learn the fundamentals of this versatile and fun instrument. For both complete beginners on the ukulele and those with some experience and in need of a refresher. The focus will be on developing musicianship on the ukulele, so you become comfortable playing short simple pieces and strumming along while you (or others) sing short simple songs.

Instructor: Zoe Henderson

Wed, Apr 9-Jun 11, 6:30-8 pm, \$140 (#138634)

Bowen Complex Room 1



**Harbour City Singers** M

This group enjoys each other's company singing a wide variety of music ranging from Canadian, international folk songs, Broadway musicals, spirituals and jazz standards to popular contemporary and classical songs. The choir performs three concerts a year- a fall concert in Nov/Dec, a Christmas concert in Dec and a spring concert in Apr/May. Everyone is welcome- some previous choral singing experience and basic music reading ability are desirable but not essential. There is a limit of 55 members. Join for either the the Sept-Dec session and/or Jan-May session. For more information please contact

Lionel Tanod at 250-722-0232.

Wed, Jan 15-Apr 30, 2-4 pm (#132281)

Rotary Field House

**Songsters Choir** M

The Songsters Choir is a happy mixed group that meets on Friday afternoons. Repertoire is buoyant, drawing from popular melodies of the past and near present. If you like to sing and enjoy the company of other happy choristers, you should give us a try. No music reading ability is required for singers. We are always looking for pianists, so if singing is not your thing, but you like to tinkle the ivories to accompany singers, please join us. At this point the choir performs twice a year--December and May.

Fri, Apr 4-May 30, 2:15-4:15 pm (#132285)

Bowen Complex Room 1

**Swing Band** M

Can you read music and play an instrument? This group is made up of brass and woodwind instruments, with a typical rhythm section. Space is limited.

Mon, Apr 7-Aug 25, 1-2:30 pm (#139155)

Bowen Complex Room 1

No sessions Apr 21, May 19, Aug 4

**Open Mic & Circle Performance Group** M

The format of this group is based on a blackboard list of soloists, duos or trios willing to perform for the rest of the group. The idea is to provide an opportunity to perform with a supportive audience for those who are new or hesitant to perform. A circle format follows the initial round of performers, with the open mic still available. Performers are expected to have some skills in playing their instrument(s) of choice. Equipment is provided by some of the members, although amplification is not essential.

Tue, Apr 1-Aug 26, 1:30-4:45 pm (#136210)

Kin Hut Activity Centre

No sessions Jul 1, 22, 29, Aug 5, 12

**Nordli Ukulele Sing & Strum** M

Would you like to play the Ukulele? Do you enjoy singing? Come and join us in this friendly, social gathering.

This self-led group uses a book to learn on their own, at their own pace.

Tue, Jan 14-Jun 24, 1-3pm (#132284)

Oliver Woods Community Centre Salal 1

**Ukulele Practice** M

This is a summer practice session only - no instruction is provided. Prior playing experience is required.

Fri, Jul 4-Aug 29, 10 am-12 pm (#139152)

Bowen Complex Room 1

**Joyful Harmony Singing** E

Bring your voice out of the shower and share the love of singing in harmony! Sing uplifting pop songs, world music, call & response, and sea shanties, with simple harmonies taught by ear without sheet music, with room for creativity and movement. All voices are welcome regardless of experience. Sylvia Humble is a local community choir leader and member of the Ubuntu Choirs Network, which believes singing is a universal human birthright.

Fri, May 2-Jun 13, 1-2:30 pm, \$96 (#136651)

Rotary Field House

No sessions May 30



# WEDNESDAY LIVE MUSICAL ENTERTAINMENT

Bowen Park Room #1

2-3:30 pm

Senior Members: \$3 M

Non Members: \$5 E

Each month a talented local performer will play for about 25 minutes. At the 15 minute break you can help yourself to a coffee, tea and cookie at the buffet. After a snack and a visit, you'll be called to sit back down for another stretch of wonderful music.

**Everyone is welcome!**

**JUNE 18**

**GLEN & MARG FOSTER #137957**

This month Glen & Marg Foster will perform. Glen is a Canadian songwriter and entertainer, who has released 9 albums of his own music. He has been performing professionally for over 40 years. His song "Friends Like That" was play-listed on the Cashbox Top 50 picks of 2021. This awesome duo will play some original songs and a mixture of popular classic rock, dance tunes and modern day standards.

**APRIL 16**

**ISLAND HIGHWAY #133571**

Island Highway is a musical duo featuring Lesley Carter on vocals and guitar and Rick McDonough on piano and vocals. They play a wide variety of music from nostalgic favourite to current hits (no rap though!). You can expect to engage in sing-alongs, up-beat dance tunes, waltzes and country rock. Original material is included and requests are welcomed.

**MAY 14**

**RICK HAUG #137955**

Rick plays a mixture of country and rock n'roll songs from the 60's and 70's. Although he is just one person, he uses solid backup tracks to sound like a full band. Come boogie along to some of your old time favourites. Dancing is encouraged!

Register with the barcode  
or pay at the door.



# THURSDAY NIGHT DANCE

Bowen Park Complex

7-9:30 pm

Senior Members: \$8

Non Members: \$10

Everyone Welcome



## Thursday Night Dance

Enjoy a fun evening of dancing with new and old friends to live music. Bands subject to change. No dance on statutory holidays. Members \$8 at the door, non-members \$10 at the door.

Bowen Complex Auditorium

Apr 3	Amigos	Jul 3	Amigos
Apr 10	Double Play	Jul 10	Double Play
Apr 17	Amigos	Jul 17	Amigos
Apr 24	Double Play	Jul 24	Double Play
May 1	Amigos	Jul 31	Amigos
May 8	Double Play	Aug 7	Double Play
May 15	Amigos	Aug 14	Amigos
May 22	Double Play	Aug 21	Double Play
May 29	Amigos	Aug 28	Amigos
Jun 5	Double Play		
Jun 12	Amigos		
Jun 19	Double Play		
Jun 26	Amigos		

*Band Schedule is Subject to Change*





## Intro to Cold Water Therapy E

Bring your wellness journey to the next level. Cold water therapy can improve your circulation, deepen your sleep, spike your energy levels, and reduce inflammation in your body. Join us to learn more about this practice and improve your own mental and physical wellbeing. Each participant will receive a PRC towel and a warm beverage after class.

Sat, Apr 12, 9-12 pm, \$12 (#138344)

Kin Hut Activity Centre

## Nanaimo River Watershed & Water Treatment Plant Tour E

Come see the amazing journey our drinking water takes from the mountains to our homes! Enjoy an exclusive guided tour of the Nanaimo River Drinking Watershed, followed by a tour of Nanaimo's innovative Water Treatment Plant. Experts from City of Nanaimo and Mosaic will be on hand to discuss forestry, water quality, future plans and answer questions. Don't forget your camera! Meet at the South Fork Water Treatment Plant (2500 South Fork Road). Bring a lunch and wear suitable clothing and footwear for rugged ground and weather.

Fri, Apr 11, 9:30 am-3:30 pm, \$20 (#135497)

South Fork Water Treatment Plant

2500 South Fork Road

## Evening Trekker E

Join instructor Laurah-Lee for an evening walk, socialize with friends and even meet new ones! For those who work during the daytime hours but really want to be a TOP Adventurer...this program is for you! Enjoy fresh air, beautiful scenery, a friendly chat and exercise as we take different walks through Nanaimo parks and trails. Complete a 5-7 km hike with balance work and a good stretch. Must wear good walking/hiking shoes and be in good physical health. Locations will vary, first class meet in the Bowen Park Lobby.

Wed, Apr 9-30, 6:30-8 pm, \$40 (#135487)

Wed, May 21-Jun 25, 6:30-8 pm, \$60 (#135488)

Bowen Complex Lobby

## Reduce Stress & Pain with the Alexander Technique E

Feeling stressed, anxious, or tense? The Alexander Technique (AT) helps reduce stress, improve body awareness, and alleviate tension. By integrating AT principles, you can achieve calmness, clarity, confidence, and better well-being. Please bring 3-4 paperback books and wear comfortable clothes to class. Please bring 3 – 4 paper back books to class, and come in comfortable clothes.

Instructor: Heike Walker

Mon, May 5-12, 3:30-5 pm, \$50 (#135860)

Bowen Complex Room 1

## Beginner Photography M

Join the beginner photography group to enhance your skills, explore creativity, and master the art of storytelling through your lens. There is no formal lesson plan, the group will adapt to the interests and talents of the group. Please bring a camera, phones are okay if that's all you have. This group will meet every 2 weeks. FREE for members.

Tue, Apr 8-Jun 17, 10 am-12 pm (#137964)

Bowen Complex Room 3





### CNIB Low Vision Screening E

Evaleen Baker, low vision specialist with The Canadian Institute for the Blind, takes appointments at Bowen Complex. You must book an appointment in advance. Call the CNIB National Helpline at 1-800-563-2642 and ask to leave a message for Evaleen at extension 6102. Leave a message and she will return your call.

### Stroke Recovery Group E

Exercise, socializing and entertainment for those recovering from a stroke. Bring your own lunch. Tea and coffee are provided. To sign up for this group, please email Anne Marie at [amej@shaw.ca](mailto:amej@shaw.ca).

Fri, Apr 5-Jun 28, 11 am-2 pm

Bowen Complex Room 1

### Improve Posture, Change Movement Habits, Exploring the Alexander Technique E

Use the Alexander Technique to improve posture, reduce stress, change habits and expand your awareness. This is a hands-on class where we explore the body's naturally efficient design for movement, and understand how we interfere with it through ingrained habits. We will use practical experiments to learn how to notice tightening, release muscle tension, re-establish better balance and move with ease. Anyone can learn to recuperate from stress and prevent undue wear & tear by using less effort in daily activities. Instructors will use visual, verbal, and kinaesthetic (hands-on) cues to teach better movement. Participants should be able to do gentle movements of walking, sitting, and lying on a mat.

Instructor: Heather Walker

Tue, May 27-Jun 24, 3:45-5:15 pm, \$100/5 (#137978)

Bowen Complex Auditorium

### Creative Writing Circle E

This is a creative writing circle. Participants can share their writing (e.g. short stories, memoirs, poetry, novels/novellas, flash fiction, postcard fiction, journal entries) in a non-judgmental, safe and open space. There will also be writing prompts given each class, so strong awareness of writing fundamentals is needed for the participant to be fully engaged in writing exercises. Facilitated by Ange Frymire—writer, author, storyteller, teacher, communications specialist, former broadcaster/journalist—whose stories have been published in hundreds of print publications. Her writing has been published in 3 memoir books and 1 textbook (all multi-author collaborations), which ranked in Amazon's Top 10 Bestseller's List. Working in communications for over 30 years earned her multiple awards, including Canadian Mentor of the Year with CPRS (Canadian Public Relations Society). Her passion for storytelling and writing drew her to becoming a regular storyteller and host with Nanaimo's Around Town Storytellers.

Mon, Mar 10-Apr 28, 6:30-9:30 pm, \$84 (#132574)

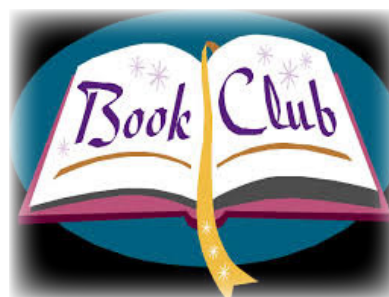
Bowen Complex Room 4

### Book Club M

This book club meets on the first Tuesday of each month. This program can only accommodate a maximum of 15 people because of the number of books available to borrow.

Tue, Apr 1-Jun 3, 1-2:30 pm (#137961)

Beban Park Social Centre Room 8





## 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 Your

Tue, Apr 8 | 9 am-12 pm | FREE

Tue, May 13 | 9 am-12 pm | FREE

Tue, Jun 10 | 9 am-12 pm | FREE

Tue, Jul 8 | 9 am-12 pm | FREE

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

**Bowen Park Complex**

Tue, Apr 22 | 9 am-12 pm | FREE

Tue, May 20 | 9 am-12 pm | FREE

Tue, Jun 24 | 9 am-12 pm | FREE

**Oliver Woods Community Centre**



### 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 2 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:

#### SONGBIRDS

Tue, Apr 29 | 6-7:15 pm | FREE | [132605](#)

Tue, May 27 | 6-7:15 pm | FREE | [132606](#)

Tue, Jun 10 | 6-7:15 pm | FREE | [132607](#)

**Buttertubs Mark (Miner's Cottage)**

#### BIRDS OF PREY

Tue, Jul 8 | 6-7:15 pm | FREE | [132603](#)

Tue, Aug 19 | 6-7:15 pm | FREE | [132604](#)

**Buttertubs Marsh (Miner's Cottage)**



### 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 28 | 2-3:30 pm | [137975](#)

**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; Non Members: \$7.50

Wed, Apr 2, May 7, Jun 4 | 10-11 am | [140493](#)

**Oliver Woods Community Centre**



### Fraud Prevention for Seniors

Industry experts, including Constable O'Brien, share their knowledge on how to avoid a variety of scams. No age restriction and membership not required.

Wed, Apr 23 | 10:30-12:30 pm | FREE | [140492](#)

**Bowen Park Complex**

### Products Available to Age at Home

Be proactive, come and learn about various products available like walkers, stair lifts, ramps plus many other products which will assist you to age at home more easily. Coffee and treats will be provided.

Presenters: Helena Brennert, HME Nurse Educator and Linden Lennox, HME Home Health Sales Rep.

Wed, Jun 11 | 2-3:30 pm | FREE | [140496](#)

**Bowen Park Complex**

### Smart Phone Workshops

Join us for three free workshops designed for seniors to help master their smartphones. We will review essentials like phoning, messaging and camera functions. We'll also explore downloading and using apps, particularly to learn how to make appointments with Lifelabs, and to find results on MyCareCompass, empowering you to manage your digital health care with ease. We will also discuss security and online safety. No age restriction and membership not required.

Wed, Apr 9, 23, 30 | 1:30-3:30 pm | FREE | [137977](#)

**Bowen Complex Room 1**







Janie's trips are for all ages! Please feel free to sign up yourself and your friends, family and grand children so all of you can enjoy the journey together.

## Quilt Shop Hop North

Spend the day browsing a diverse selection of fabrics, quilting patterns, tools and various quilting accessories while visiting quilting shops in Comox, Courtney & Parksville. Lunch will be at the Blackfin Pub in Comox.

Wed, Apr 2, 8 am-6 pm (#139097)

\$45+GST - Meal costs extra

Home pick up add \$7, south/north pick up add \$1

Meet at Bowen Park Complex



## Duncan Farmer's Market

The Duncan Farmer's Market truly has something for everyone with over 100 vendors. The market offers a variety of produce, honey, cheese, eggs, meat, wines, baked goods, pickles, jams and so much more. We will enjoy Chemainus as well with lunch at Mr. Mikes.

Sat, Apr 5, 9 am-5 pm (#139102)

\$35+GST - Meal costs extra

Home pick up add \$7, south/north pick up add \$1

Meet at Bowen Park Complex



## Coastal Black Creek Tulip Festival

We have hand planted over 14 varieties of Tulips and Daffodils our field for you to enjoy and take memorable photos in. Guests will experience "Springtime on the Farm," by visiting with our baby barnyard animals, playing festive games, exploring the Hay Bale Maze, shooting potatoes at targets in our potato launchers, plus many more fun activities.

Fri, Apr 18, 8 am-6 pm (#139117)

\$95+GST - Meal costs extra

Home pick up add \$7, south/north pick up add \$1

Meet at Bowen Park Complex



## Harrison Tulip Festival

The Harrison Tulip festival is located in a 109-acre farm. Visitors are invited to meander through pathways adorned with 7 million tulips. Lunch will be at the Black Forest Steak and Schnitzel House in Harrison Hotsprings. Fee includes entry into the festival and ferry for BC seniors, (\$35 extra for non BC seniors,)

Tue, Apr 22, 7:30 am-8:30 pm (#139121)

\$185+GST - Meal costs extra

Home pick up add \$7

Meet at Bowen Park Complex



### BC FERRIES

B.C. seniors 65 or older, possessing either a BC Gold Carecard or a valid BC Services Card, receive a 100% discount on passenger fares Monday to Thursday, excluding statutory holidays on all routes, except the northern routes.





## Island Nursery Tour (South Island)

Just in time for Mother's Day. Get a start on your gardens. The nurseries we will visit, Blenkinsop Garden Works, Elk Lake, Patio Garden Centre, Dinter Nursery, Russell Farm Nursery and Klein Nursery. Lunch will be at Waddling Dog Pub.

Tue, May 6, 8 am-5:30 pm (#139128)



\$45+GST - Meal costs extra

Home pick up add \$7, south/north pick up add \$1

Meet at Bowen Park Complex

## Qualicum Farmer's Market

Head out to the Qualicum Market on Saturday with Janie, where the motto is "Make it, Bake it, Grow it!" Visit Little Qualicum Cheese Works, then have lunch at the Shady Rest Restaurant, overlooking the ocean.

Sat, May 3, 9 am-5 pm (#139127)



\$35+GST - Meal costs extra

Home pick up add \$7, south/north pick up add \$1

Meet at Bowen Park Complex

## Campbell River Thrift Shop Hop

Travel up to Campbell River and discover treasures in the local thrift stores. We will make it to as many as we can, up to 10 thrift stores! Lunch at the Blackfin Pub in Comox for lunch.

Sat, Jul 12, 8 am-5:30 pm (#139232)



\$55+GST - Meal costs extra

Home pick up add \$7, south/north pick up add \$1

Meet at Bowen Park Complex

## Sidney by the Sea & Saanich Peninsula

We will drive to beautiful Sidney by the Sea. Learn about the various creatures that live in the Salish Sea at the Shaw Discovery Centre, shop the quaint shops or stroll along the water front. You can bring a bagged lunch or dine at a restaurant of your choice. Admissions not included and applicable ferry fees are not included. Option to be dropped off and picked up at Butchart Garden at no extra charge.

Thu, Jul 10, 8 am-5:30 pm (#139229)



Sun, Aug 10, 8 am-5:30 pm (#139256)

\$55+GST - Meal costs extra

Home pick up add \$7, south/north pick up add \$1

Meet at Bowen Park Complex

## Port Alberni Thrift Shop Hop

Join us for a beautiful ride to Port Alberni and do as little or lots of thrift shop shopping. We will make it to as many as we can! Lunch at the Boomerangs Cafe.

Fri, Jun 13, 8 am-5:30 pm (#139197)



\$45+GST - Meal costs extra

Home pick up add \$7, south/north pick up add \$1

Meet at Bowen Park Complex

## Elk Falls and Campbell River

Join us for a beautiful ride to Campbell River where we will visit Elk Falls. Lunch at Browns Bay, The Narrows Floating Restaurant. This trip is NOT walker friendly.

Sat, Jun 14, 8 am-5 pm (#139199)



Tue, Jul 29, 8 am-5 pm (#139237)

\$75+GST - Meal costs extra

Home pick up add \$7, south/north pick up add \$1

Meet at Bowen Park Complex

*Janie's trips are subject to change.  
Please register early.*



## Gabriola Island Visit

We will spend time exploring Gabriola Island, visiting the Alpaca Farm. Lunch at the Surf Lodge. Price includes ferry. If you do not have a Gold Card there will be a fee for the ferry.

Tue, Jun 17, 8 am-5 pm (#139207)



\$115+GST - Meal costs extra

Home pick up add \$7, south/north pick up add \$1

Meet at Bowen Park Complex

## Saturna Island Visit

Saturna Island is a mountainous island east of the Gulf Islands. We will spend time on Saturna Island exploring East Point Park and Mount Warburton Pike. Lunch at Saturna Lighthouse Pub. Price includes ferry which leaves Victoria (Swartz Bay).

Tue, Jul 8, 7 am-8 pm (#139228)



\$115+GST - Meals costs extra

Home pick up add \$7, south/north pick up add \$1

Meet at Bowen Park Complex

## Filberg Festival

Join Janie as she takes the bus to the Filberg Festival in Comox. Set amongst the stately trees and gardens of the Filberg Heritage Lodge and Park in Comox, the Filberg Festival is truly a unique event. Festival attendees enjoy art, music and nature surrounded by beautiful gardens, heritage buildings and magnificent views of Comox Harbour. Over 100 vendors including metalwork, pottery, toys, woodcrafts, jewelry, paintings, glass, textiles and specialty foods. Also food trucks!

Fri, Aug 1, 10 am-3 pm (#139247)



\$75+GST - Meals costs extra

Home pick up add \$7, south/north pick up add \$1

Meet at Bowen Park Complex

## Salt Spring Island Market

We will spend time in Ganges at the Saturday Market, Salt Spring Island Cheese Works. You'll be home in time for dinner and we can decide where to eat for lunch in Ganges. This trip is walker accessible but lots of walking and includes ferry for BC Gold card holders.

Sat, Jun 7, 8 am-6 pm (#139184)



\$115+GST - Meal costs extra

Home pick up add \$7, south/north pick up add \$1

Meet at Bowen Park Complex

## Butchart Garden & Fireworks

We will arrive to explore the gardens and take in the fireworks display. Bring a lunch or eat at the Blue Poppy Restaurant. Remember to bring your camera and a lawn chair to sit on. Be sure to bring something warm just in case it becomes a little cool. This is a magical garden experience, we hope you join us! Admission to the garden is included. This program is a self-guided tour.

Sat, Aug 23, 2 pm-11:30 pm (#139279)



Sat, Aug 30, 2 pm-11:30 pm (#139280)

\$85+GST - Meals costs extra

Home pick up add \$7, south/north pick up add \$1

Meet at Bowen Park Complex







## Ucluelet & Tofino

Spend time at the beach (pack your own lunch) or go into Ucluelet to the Amphitrite Point Lighthouse and take in the rugged coastal view of the Wild Pacific Trail. Please dress for the ever changing weather of the West Coast. Boots, rain jacket and layers are encouraged. Bring your camera, the photo opportunities are endless on this trip.

Fri, Jun 20, 8 am-8 pm (#139211)

Sun, Jul 20, 8 am-8 pm (#139235)

Wed, Aug 20, 8 am-8 pm (#139265)

\$75+GST - Meals costs extra

Home pick up add \$7, south/north pick up add \$1

Meet at Bowen Park Complex



## Victoria

Journey with Janie to Victoria and spend the day shopping, dining, strolling through a museum, meeting up with friends/family, gambling or catching an IMAX show. You can request a drop off at the Casino, Museum, Mayfair Mall or the Bay Centre downtown. Please note for planning purposes, we arrive in Victoria around 10 am and will start return pick-ups at 3 pm at the IMAX. On the way home we will stop at one of the farmers markets.

Sun, Jun 15, 8 am-5:30 pm (#139201)

Tue, Jul 15, 8 am-5:30 pm (#139233)

Fri, Aug 15, 8 am-5:30 pm (#139263)

\$55+GST - Meals costs extra

Home pick up add \$7, south/north pick up add \$1

Meet at Bowen Park Complex



## Quadra Island

A trip to Quadra Island and visit the Nuyumbalees Cultural Centre Museum. We will stop for lunch at the Harriot Bay Lodge, visit the Cape Mudge Lighthouse, then out to Rebecca Spit for a stroll on the beach. Afterwards a visit to the Herriot Bay Resort and on the way home, hunger will kick in so we will stop for dinner in Campbell River. If you do not have a Gold Carecard there will be a fee for the ferry of \$12.

Tue, May 27, 7 am-9 pm (#139139)

\$125+GST - Meals costs extra

Home pick up add \$7, south/north pick up add \$1

Meet at Bowen Park Complex



## Two Castle Tour

We will visit Craigdarroch Castle then go for lunch at the Speghetti Factory. After lunch, we will visit Hatley Castle and the Japanese Garden tour plus a trip to go see Esquimalt Lagoon. This is not a walker friendly tour.

Sat, May 31, 8 am-5:30 pm (#139140)

\$150+GST - Meals costs extra

Home pick up add \$7, south/north pick up add \$1

Meet at Bowen Park Complex





All dining out trips - meet at Bowen Complex parking lot outside the lobby doors at the start time listed. Home pick-up & drop-off is available for \$1 for restaurants in Nanaimo and \$7 for out of town trips. You can also meet Janie at the north/south meeting points for \$1.

## Extreme Eatz Bar and Grill

Arrowsmith Golf Course

#139123

Monday, April 7

4 - 8:30 pm

\$35+GST - Meal cost extra, meet at Bowen or add pick up

## Kingfisher Restaurant

Comox Valley

#139143

Sunday, May 4

1 - 8 pm

\$45+GST - Meal cost extra, meet at Bowen or add pick up

## The Vine Cow Bay

Cowichan Bay

#139150

Saturday, May 17

3 - 8 pm

\$35+GST - Meal cost extra, meet at Bowen or add pick up

## Youbou Bar & Grill

Youbou

#139222

Tuesday, June 3

3- 8 pm

\$35+GST - Meal cost extra, meet at Bowen or add pick up

## Genoa Bay Cafe

Cowichan Bay

#139220

Sunday, June 29

3 - 8 pm

\$35+GST - Meal cost extra, meet at Bowen or add pick up

## Katerina's West Coast Taverna

Lantzville

#139245

Sunday, July 13

4 - 8 pm

\$20+GST - Meal cost extra, meet at Bowen or add pick up

## Bayside Restaurant & Lounge

Parksville

#139246

Sunday, July 27

4 - 8 pm

\$35+GST - Meal cost extra, meet at Bowen or add pick up

## Crow and Gate Pub

Cassidy

#139282

Sunday, August 3

4:30 - 8 pm

\$35+GST - Meal cost extra, meet at Bowen or add pick up

## Boomerangs Restaurant

Port Alberni

#139285

Wednesday, August 27

3:30 - 8 pm

\$35+GST - Meal cost extra, meet at Bowen or add pick up

All of Janie's trips depart from **BOWEN COMPLEX PARKING LOT (500 BOWEN ROAD)**. Pick up and drop off times are approximate. Add \$7 and Janie will pick you up and drop you off at your home. Add \$10 and Janie will pick you up and drop you off at Parksville Seniors Drop In Centre or Qualicum Civic Centre.

Another option is to add \$1 and meet Janie at:

**N** Starbucks/Chapters near Woodgrove (trips going north) or

**S** Smitty's at Southgate (trips going south).

**A** = Walker Friendly



For additional trips not listed in this newsletter, contact Janie at 250.714.2855

All Dining Out trips are walker friendly.



# Concerts in the Park

*Bring a chair or a blanket and enjoy local talent against the backdrop of our beautiful park spaces.*

**free!**

**SUN, MAY 11 • 1-2 PM**

**COLLIERY DAM PARK**

**FRI, MAY 30 • 6-7 PM**

**BOWEN PARK AMPHITHEATRE**

**WED, JUN 11 • 6-7 PM**

**KIN PARK (DEPARTURE BAY)**

**FRI, JUN 27 • 6-8:15 PM**

**MAFFEO SUTTON PARK** - double feature in partnership with Food Truck Fridays

**WED, JUL 9 • 6-7 PM**

**MANSFIELD PARK**

**FRI, JUL 18 • 6-7 PM**

**DEVERILL SQUARE PARK**

**WED, JUL 30 • 6-7 PM**

**HAREWOOD CENT. PARK** - as part of Family Fun Night

**WED, AUG 6 • 6-7 PM**

**BOWEN PARK AMPHITHEATRE**

**TUE, AUG 12 • 6-7 PM**

**MCGREGOR PARK**

**FRI, AUG 22 • 6-8:15 PM**

**MAFFEO SUTTON PARK** - double feature in partnership with Food Truck Fridays

**WED, AUG 27 • 6-7 PM**

**WESTWOOD LAKE PARK**

*See our website in April for performer details.*





# Where can I play outside pickleball in Nanaimo?

## Departure Bay Park

1413 Wingrove Street

## Beban Park

2300 Bowen Road

## May Bennett Pioneer Park

6700 Dover Road



# PICKLEBALL