



Parks, Recreation & Culture • Nanaimo Harbour City Seniors

ADULT 60+ PROGRAMS

September - December 2023



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

The membership is valid from January to December 2023. The annual membership is \$46 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. Some instructional programs may require an additional fee with prices listed in this newsletter. You must pre-register for the programs that you wish to participate in. Membership can be purchased in person or over the phone.

2024 memberships will be available for purchase on OCT 20 at Bowen Complex Open House

Last Updated 2023-Sept-14



Registration Date 2023-AUG-16



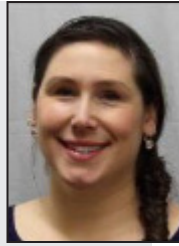
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Recreation Coordinator - Seniors

Chelsea Barr
250-755-7524
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.



CNIB Low Vision Screening

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.

Bowen Library

The library is located in two locations, a cabinet next to the upstairs administration office and a room down the hall in Bowen Complex. You can borrow books at no charge, please remember to bring them back once you have read them. If you need further assistance, please ask the front desk. Limit 2 books per visit. Thank you.

Navigation menu for Parks, Rec & Culture website with categories like Recreation Facilities & Schedules, Parks & Trails, Events, and Public Art.

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 "60+ Newsletter" underlined. Click and it will take you to the newsletter link.



Senior Advisory Committee



Greetings to all members of the Nanaimo Harbour City Seniors!

The NHCS Advisory Committee has been operating for three years, as a liaison between the City of Nanaimo Parks, Recreation and Culture department, and the membership of the Nanaimo Harbour City Seniors. The committee meets once monthly from September to June, and is currently composed of 6 members, and the Seniors Program Coordinator, Chelsea Barr.

The committee has had the responsibility of responding to requests for funds, from various NHCS program groups, in order to purchase equipment that enhances the quality of their program. These requests for purchases, have been distributed from funds held in trust by the city, after the NHCS Society was dissolved. The committee has ratified a variety of requests; such as funds to recover a pool table, replace a table saw for the woodworking room and buy additional supplies for the stained glass group. Funds were also donated to the City to go towards the costs of materials and labour for the new library. A small amount of funds remain that must be spent by the end of 2023. Member groups can submit a request form for funds, to the Seniors Program Coordinator. These forms are available on the NHCS notice board.

During this past year, the committee has seen the culmination of three years of consistent advocating for the return of the seniors' library. Many thanks to Ann Cannon, who has again undertaken the setting up of the small library at Bowen. In addition to a comfortable corner of the Bowen lobby, where more books are displayed and a supply of puzzles can be found next to the work table.

Members will have also noticed the return of volunteers to the Bowen lobby. These volunteers provide a cheery welcome, and are prepared to answer questions or provide directions to the public entering the facility. At present these volunteers are in attendance from approximately 11:30 to 1:30 p.m., four days a week.

The committee, in conjunction with the City, is working on plans for the return of a summer barbecue to be held sometime in August, as well as a speaker series beginning in the fall. If you are interested in serving on the Seniors Advisory Committee, please contact the Chair, Lynda Avis, at 778-269-2089. Meanwhile, whatever program you choose to participate in, please do it with a smile, as it will pay dividends to you, and all those around you.

Warmly,
Lynda Avis





ARTS & CRAFTS

Adult Colouring

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. Imagine a pencil being soft and vibrant, depending on how you use it. 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 at the front desk and the instructor will provide you with your kit. Instruction is always FREE for everyone!

Mon, Oct 16-Dec 18, 1-3:30 pm (#105574)

Bowen Complex Room 3

No session Oct 9



Crafty Workers

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, Sep 6-Dec 20, 1-3 pm (#104185)

Bowen Complex Room 4

Crochet & Crafts

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. Currently making shawls for Hospice.

Fri, Sep 8-Dec 29, 1-3 pm (#101984)

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.



ARTS & CRAFTS

Embroidery

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, Sep 7-Dec 21, 1 -4 pm (#104186)

Bowen Complex Room 4

Folk Art, Decorative Painting & Crafts

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, the pattern is re-written in a step-by-step format with the instructor teaching the project (must know how to shade and highlight). If you're into crafting, bring it to this class and work along with fellow painters and crafters. Instruction is always free for everyone!

Fri, Oct 13-Dec 22, 9:30 am-12 pm (#105575)

Bowen Complex Room 4

Folk Art Beginner

Come and learn the basics of Folk Art with one stroke at a time, to create a floral card and a 6 inch 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 inch base coated Trinket Box, graphite and tracing papers, patterns, set of practice brushes, and two required quality 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, Oct 11-Dec 20, 10 am-12 pm (#106467)

Bowen Complex Room 3



Mixed Painting - Advanced

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, Sep 7-Dec 21, 9 am-12:30 pm (#105573)

Bowen Complex Room 6

Multi Medium Art

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, Sep 6-Dec 20, 9:30 am -12 pm (#105835)

Bowen Complex Room 5



ARTS & CRAFTS

Stained Glass - Drop-in

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

Fri, Oct 6-Dec 22, 9 am-12 pm (#108524)

Volunteer: Rhonda

Sun, Oct 8-Dec 17, 11:30-2:30 pm (#107518)

Volunteer: Bryan

Cost: Free

Bowen Complex Room 5

No session Oct 20, 27, Nov 3, Dec 15

Introduction to Stained Glass

Participants will learn how to cut glass, make a design, choose suitable stained glass, cut it, grind, foil, solder, and finish and clean the art piece. Participants will become familiar with the tools and materials used in making stained glass projects while learning and practicing the various stained glass skills. Having mastered the basics of cutting glass, participants will explore their creativity and practice their skills by completing a stained glass project of their choosing. The first 3 sessions are crucial and will not be re taught if a session is missed.

Instructor: Delores Gottenberg

Wed, Oct 11-Nov 29, 12:30-3:30 pm (#105830)

Cost: \$35

Bowen Complex Room 5

Stained Glass Intermediate

Open to those looking for refresher instruction. Participants will learn how to cut glass, make a design, choose suitable stained glass and cut it, grind, foil, solder, finish and clean the art piece. Participants will become familiar with the tools and materials used in making stained glass projects while learning and practicing the various stained glass skills. Having mastered the basics of cutting glass, participants will explore their creativity and practice their skills by completing a stained glass project of their choosing.

Instructor: Delores Gottenberg

Tue, Oct 10-Nov 28, 9:30-12:30 pm (#106572)

Cost: \$35

Bowen Complex Room 5





ARTS & CRAFTS

Quilting

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, Sep 5-Dec 19, 12:30-3:30 pm (#103331)

Bowen Complex Room 6

Simply Sewing

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.

Tue, Sep 5-Dec 19, 9 am-12 pm (#103332)

Bowen Complex Room 6



Woodworking

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, Sep 11-Dec 18, 10 am-3 pm (#106363)

Bowen Complex Woodworking Room

No sessions Sep 4, Oct 9

Woodcarving

We are the Mid Island Carving Club, a group of seniors who enjoy and appreciate the fine art of carving! We welcome all newcomers because we enjoy sharing our expertise, knowledge, experience and... the stories. Practice different patterns, techniques and other tricks of the art of carving. Please feel free to bring in wood for yourself and others to share.

Thu, Sep 7-Dec 28, 9-12 pm (#101246)

Bowen Complex Room 5/Woodworking Room



BOWEN WANDERERS

South Destinations: **S**
 Meet at Bowen Complex lobby
 (500 Bowen Road)

North Destinations: **N**
 Meet at Oliver Woods Community Centre
 gravel parking lot (6000 Oliver Road)

Bowen Wanderers

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 AI for more information 250-585-8271.

Thu, Sep 7-Dec 14, 9:30 am-1 pm (# 106362)

Sept 07	S	Protection Island PUB LUNCH Dinghy Dock Pub
Sept 14	S	Jack Point
Sept 21	S	Colliery Dam
Sept 28	S	Christie Falls
Oct 05	N	Rathrevor Provincial Park PUB LUNCH
Oct 12	S	Nanaimo River/Nanaimo River Fish Hatchery
Oct 19	S	Jamieson Trail (Ammonite Falls)
Oct 26	S	Hemer Provincial Park PUB LUNCH
Nov 02	N	Big Qualicum River Fish Hatchery

Nov 09	S	Neck Point
Nov 16	N	Englishman River Falls
Nov 23	S	Beach Acres/Pipers Lagoon
Nov 30	S	Morrell Sanctuary
Dec 07	N	Enos Lake
Dec 14		Bowen Complex to Harbour-front walkway PUB LUNCH
Dec 21 & 28		NO WALK





CARDS & GAMES

Beginner Bridge Level 1

This is a play as you learn interactive group. We accept continuous intake all year long if not full. 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 pre-cursor to the game. After a maximum of one year in this group, you will be required to move on to other groups. Please note this program is only for beginners, those with any experience are encouraged to join the other available bridge groups.

Thu, Sep 7-Dec 21, 9:30 am-12 pm (#104749)

Bowen Complex Room 4

Bridge Level 2

Of course if you have gone through Level 1 or have previous experience playing bridge and would like to challenge yourself a little more join us in Bridge Level 2. We stick to the same types of game and play as Level 1, but we do move around so you may not be playing with the same partner each time. There is no instruction in this program, just practice your skills! Thu, Sep 14-Dec 21, 9:30 am-12 pm (#105836)

Bowen Complex Room 3



Registration Reminder

Please register prior to attending as space may be limited.

PLEASE NOTE: If you are registered and cannot attend, please call the front desk 250-755-7501 to withdraw.

This will allow for another member to register.

Tuesday Bridge

Contract Bridge with a flair and always a good time. Intermediate level and partner required, however the organizer may be able to help find a partner.

Tue, Sep 5-Dec 19, 1-4 pm (#105585)

Oliver Woods Community Centre Monarch 1/2

Thursday Bridge

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

Thu, Sep 7-Dec 21, 12:30-4 pm (#105690)

Bowen Complex Room 1

Friday Bridge

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, Sep 8-Dec 22, 6:30-10 pm (#105435)

Oliver Woods Community Centre Monarch Room 1

No session Sept 22 due to a tournament



CARDS & GAMES

Canasta

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, Sep 7-Dec 21, 1-3 pm (#104606)

Bowen Complex Room 5 (Sep)

Bowen Complex Clubhouse (Oct-Dec)

Cribbage

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, Sep 5-Dec 19, 1-4 pm (#104090)

Bowen Complex Room 1



Euchre for Fun

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, Sep 12-Dec 19, 10 am-12 pm (#102940)

Oliver Woods Community Centre Monarch 1



Euchre

This Euchre game is for those that know how to play... bring a slight, 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, Sep 11-Dec 18, 1-3 pm (#104748)

Bowen Complex Room 4

No session Oct 9

Hearts Card Game

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, Oct 6-Dec 22, 10 am-12 pm (#108457)

Bowen Complex Room 3



CARDS & GAMES



Mahjong-Wednesdays

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.

Wed, Sep 6-Dec 20, 10 am-12:30 pm (#104753)

Bowen Complex Room 6

Mahjong-Mondays

No instruction provided. Mahjong sets are available, or bring your own if you wish!

Mon, Sep 11-Dec 18, 10 am-12:30 pm (#104750)

Bowen Complex Room 4

No session Oct 9

Scrabble

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, Sep 8-Dec 22, 1:30-4:30 pm (#105580)

Bowen Complex Room 3

No sessions Nov 17, Dec 1

Scrabble for Fun

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

Tue, Sep 5-Dec 19, 12:30-3pm (#105582)

Bowen Complex Room 3

Whist

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, Sep 13-Dec 20, 1-3:30 pm (#105724)

Bowen Complex Room 3



PLEASE NOTE:

If you see a class that is full or register and a class is full, put your name on the waitlist in case a spot becomes available.



DANCE

Tap Dance Level 1

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, Sep 11-Oct 23, 10:15-11:15 am, \$40/5 (#105626)

Mon, Nov 6-Dec 11, 10:15-11:15 am, \$48/6 (#105627)

No sessions Oct 9, Oct 16

Bowen Complex Room 1

Tap Dance Level 2

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, Sep 11-Oct 23, 11:30 am-12:30 pm, \$40/5 (#105681)

Mon, Nov 6-Dec 11, 11:30 am-12:30 pm, \$48/6 (#105685)

Bowen Complex Room 1



Latin & Ballroom Line Dancing

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, Sep 12-Dec 19, 2-3:15 pm (#102158)

Thu, Sep 14-Dec 21, 3:30 pm-4:45 pm (#102159)

Bowen Complex Auditorium

Beginner Latin & Ballroom Line Dancing Workshops Part 1 & 2

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.

Mon, Sep 11-Dec 18, 2:15-3:15 pm (#102164)

Bowen Complex Auditorium

No session Oct 9



DANCE



'Keep dancing' as research shows it helps those over 85 to stay healthy!
Regular dance sessions can benefit people over 85 by helping them be physically active, socialize, and reconnect with their younger selves, according to new research led by the University of Leeds.

Country Line Dancing

A fun, laugh-filled class for those who want to country line dance. This is a continuation of the class which begins in September. New or more challenging dances will be introduced in the first half hour of each session."

Wed, Sep 6-Dec 13, 9:30-11:30 am (#105578)

Beban Social Centre Auditorium A

No sessions Sep 13, Oct 11 & 25, Nov 8

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.

Thu, Sep 7-Dec 14, 7:30-10 pm

Bowen Complex Auditorium

New Program Ideas and Volunteers!

We are currently looking for the following Volunteer positions to fill:

- Fitness Instructor with First Aid.
- Someone who is interested in teaching/ attending a **new drop in card game group**
- Line dancing instructor (Oliver Woods location)
- A **movie buff** to coordinate a new Sunday afternoon movie group
- A **macramé crafter** willing to teach
- A **fluent Spanish, French or Italian speaking person** willing to teach a language class

If you have a skill, talent or experience that you would like to share and are willing to be the volunteer coordinator for a newly formed program, please come see Senior Recreation Coordinator, Chelsea Barr. The more volunteers willing to host programs, the more we can offer our members.



Membership Fitness

Fitness Level 1 & 2

Fitness - Level 1

This course is open to those who want a basic fitness course. Exercise at your own pace. Stretches and flexibility work are designed for older adults.

Instructor: Russell McNeil

Thu, Sep 7-Sep 28, 9-10 am, \$18/4 (#105753)

Mon, Sep 11-Sep 25, 10:30-11:30 am, \$13.50/3 (#105725)

Mon, Oct 2-Oct 30, 10:30-11:30 am, \$18/4 (#105726)

Thu, Oct 5-Oct 26, 9-10 am, \$18/4 (#105756)

Thu, Nov 2-Nov 30, 9-10 am, \$22.50/5 (#105757)

Mon, Nov 6-Nov 27, 10:30-11:30 am, \$18/4 (#105727)

Mon, Dec 4-Dec 18, 10:30-11:30 am, \$13.50/3 (#105728)

Thu, Dec 7-Dec 21, 9-10 am, \$13.50/3 (#105758)

Bowen Complex Auditorium

NEW! Instructor: Dustin King

Fri, Nov 17-Dec 22, 11:30 am-12:30 pm, \$27/6 (#105874)

Fitness - Level 2

Open to those who want a basic fitness course where you can go at your own pace, as well as those who want a higher intensity cardio workout. All stretches and flexibility work are designed for older adults.

Instructor: Heather Honey

Thu, Sep 7-Sep 28, 10:30-11:30 am, \$18/4 (#105878)

Thu, Oct 5-Oct 26, 10:30-11:30 am, \$18/4 (#105879)

Thu, Nov 2-Nov 23 10:30-11:30 am, \$18/4 (#105880)

Thu, Nov 30-Dec 21, 10:30-11:30 am, \$18/4 (#105883)

Bowen Complex Auditorium

Instructor: Russell McNeil

Fri, Sep 8-Sep 29, 9:30-10:30 am, \$18/4 (#105759)

Fri, Oct 6-Oct 27, 9:30-10:30 am, \$18/4 (#105863)

Fri, Nov 10-Nov 24, 9:30-10:30 am, \$13.50/3 (#105864)

Fri, Dec 1-Dec 22, 9:30-10:30 am, \$18/4 (#105865)

Oliver Woods Monarch 1 and 2

Harbour
City Seniors
Membership
required for
Fitness Level
1 & 2

NO Classes on
Stat Holidays
Sept 4
Oct 9
Dec 25
Dec 26





Non Membership Fitness Classes

Balance & Mobility

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

Instructor: Russell McNeil

Wed, Sep 6-Sep 27, 3-4 pm, \$32/4 (#105771)

Wed, Oct 4-Oct 25, 3-4 pm, \$32/4 (#105772)

Wed, Nov 1-Nov 29, 3-4 pm, \$40/5 (#105773)

Wed, Dec 6-Dec 20, 3-4 pm, \$24/3 (#105798)

Oliver Woods Community Centre Salal 2 and 3

Dance Fitness

Get the blood flowing with this easy to follow choreographed class set to music. Open to those who want a fitness course where you can go at your own pace as well as those who want a higher intensity cardio workout.

Sat, Sep 9-Oct 14, 9-10 am, \$40/5 (#107404)

Sat, Oct 28-Dec 9, 9-10 am, \$48/6 (#107407)

Bowen Complex Room 1

No session Sep 30 & Nov 11

These programs are from the Nanaimo Parks, Recreation & Culture Fall 2023 Programs. Nanaimo Harbour City Seniors' membership is not required for these classes.

Argentine Tango NEW

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. Seniors members are FREE!

Tue, Sep 12-Dec 19, 6:30-9 pm, \$30/15 (#107400)

Bowen Complex Auditorium

Chair Yoga

This yoga class is designed for people who experience difficulty doing floor exercises and the class will be done seated in a chair. Yoga exercises have benefits on the body's well-being and yoga positions stretch, relax, open the joints, release tensions, energize and revitalize.

Instructor: Russell McNeil

Tue, Sep 5-Sep 26, 9-10 am, \$32/4 (#105866)

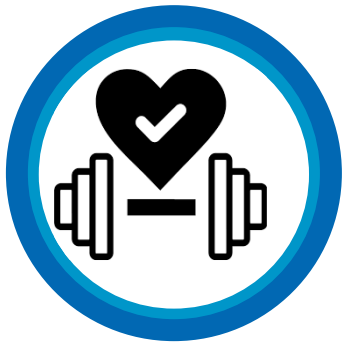
Tue, Oct 3-Oct 31, 9-10 am, \$40/5 (#105867)

Tue, Nov 7-Nov 28, 9-10 am, \$32/4 (#105868)

Tue, Dec 5-Dec 19, 9-10 am, \$24/3 (#105869)

Bowen Complex Room 1





Non Membership Fitness Classes

Gentle Yoga

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. Please note September class is outdoors.

Instructor: Heather Honey

Fri, Sep 8-Sep 29, 11 am-12 pm, \$32/4 (#105959)

Fri, Oct 6-Oct 27, 11 am-12 pm, \$32/4 (#105960)

Fri, Nov 3-Nov 24, 11 am-12 pm, \$32/4 (#105961)

Fri, Dec 1-Dec 22, 11 am-12 pm, \$32/4 (#105962)

Bowen Park Breezeway(Sept),

Bowen Park Clubhouse (Oct-Dec)

Sculpt & Tone

This class incorporates a warm up, cardio, resistance training and a cool down/stretch. This would benefit older adults for bone and joint health by developing lean muscle and increasing metabolism.

Instructor: Brian Sugiyama

Tue, Sep 5-26, 10:30 -11:30 am, \$32/4 (#105963)

Tue, Oct 3-24, 10:30 -11:30 am, \$32/4 (#105965)

Tue, Nov 7-21, 10:30 -11:30 am, \$24/3 (#106421)

Bowen Complex Auditorium

Thu, Sep 7-28, 10:30-11:30 am, \$32/4 (#106160)

Thu, Oct 12-Nov 23, 10:30-11:30 am, \$40/5 (#106175)

Beban Park Social Centre Lounge C

These programs are from the Nanaimo Parks, Recreation & Culture Fall 2023 Programs. Nanaimo Harbour City Seniors' membership is not required for these classes.

Intro to Afro Fusion Sharqi Dance

Hoyo-Hoyo/ Welcome to Afro Fusion Sharqi Dance. This is a dance class where participants will be introduced to AFSD movement and vocabulary, as they use space and learn important rhythms from Countries from North, Central, Southern, Western and Eastern Africa. The learning will be through execution, exploration, creation (aka improvisation), observation and reflection. We will also work with concepts such as Space (Place, Size, Level, Direction, Pathway and Focus), Time (Speed and Rhythm), Force (Energy, Weight and Flow) and Body (Parts, Shapes, Relationships and Balance). We will incorporate props. Dance is always an excellent form of exercise and it allows yourself to express creatively while stimulating the brain. If you have balance concerns chairs will be available.

Instructor: Tania Amaral aka Pynsky Shell

Sat, Oct 7- Dec 9, 10:30-11:45 am, \$72/8 (#106717)

Bowen Complex Room 1



Dance for the Mind

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

Thu, Nov 2-Dec 7, 10:30-11:30 am, \$48/6 (#107047)

Bowen Complex Room 1



WELLNESS

Tai Chi - Beginner

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, Sep 5-Oct 24, 9-10 am (#106187)

Tue, Oct 31-Dec 19, 9-10 am (#106424)

Bowen Complex Auditorium

Tai Chi - Intermediate

"Tai Chi continuing" is a class for those moving on from beginners' class. We will review the first 17 movements, the foundation exercises, introduce the remaining 108 moves (2-3 a week), and practice the complete set. Instruction is provided.

Instructor: Karen Holyer

Tue, Sep 5-Dec 19, 10:15-11:15 am (#106238)

Bowen Complex Room 1

Tai Chi - Advanced

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

Mon, Sep 11-Dec 18, 1:15-2 pm (#106233)

Bowen Complex Room 6

No session Oct 9



Yoga, Meditation and Pranayama

Teachings have been handed down for thousands of years and are still relevant today. With Yoga, you open up the body and increase flexibility, strength and 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, Sep 6-Oct 11, 10:30 am-12 pm, \$48/6 (#106181)

Wed, Oct 18-Nov 22, 10:30 am-12 pm, \$48/6 (#106182)

Rotary Field House

Qigong, Meditation

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

Instructor: Thommas Michaud

Thu, Sep 7-Oct 12, 11 am-12:15 pm, \$48/6 (#106177)

Thu, Oct 19-Nov 23, 11 am-12:15 pm, \$48/6 (#106178)

Thu, Nov 30-Dec 21, 11 am-12:15 pm, \$32/4 (#106180)

Oliver Woods Community Centre Salal Room 1

Qigong

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: Karen Holyer

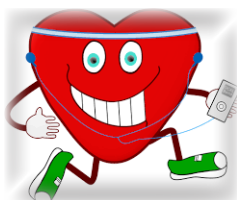
Fri, Sep 8-Dec 22, 9:30 am-10:30 am (#106184)

Bowen Park Complex Room 1



WELLNESS

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



Walk On

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

(#107513)

Fri, Sept 8-Dec 22, 8:30-9 am (walking only)

Bowen Complex Auditorium

Ears to You 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 for free ear examinations, followed by hearing aid fitting appointments and any other care and services that may be required.

Our services include the following:

- Hearing tests
- Hearing aids
- Hearing aid accessories

Tue, Sep 6, 9:30 am-4 pm

Wed, Sep 7, 9:30 am-4 pm

Please do not book online - to reserve call the Bowen office, 250-755-7501

HAVE YOU RECENTLY BEEN DIAGNOSED WITH PARKINSON'S DISEASE?



Aside from medication, EXERCISE is considered one of the best tools to delay progression of the disease.

Join us for "MOVEMENT MATTERS" held at Bowen Park Complex on Thursdays, 10:30-11:45 am (starts Sep 7)

"Movement Matters" is an exercise class developed specifically for people living with Parkinson's. It includes gentle stretching to ease rigidity. Exercises focus on stability, balance and coordination of movement. Breath work and mindfulness are key components of this class and may be helpful with non-motor symptoms of PD, such as anxiety, mood, sleep disruption. This is a low to medium intensity class which is chair based with some work done standing, all conducted in a safe, supportive environment.



Starts September 7, and cost is \$10 per class.

This class is sponsored by the Nanaimo Parkinson Support Group under the umbrella of the Parkinson BC Society (www.parkinson.bc.ca)

TO REGISTER: laurafrey@shaw.ca

Move and Meditate

Elevate your heart rate with great music then calm the body and mind with a brief meditation. Join for community, cardio and clarity!

Instructor: Dustin King

Mon, Sept 18-Dec 18, 8:55-9:40 am (#108074) \$27

Bowen Complex Auditorium

Heart Healthy Fitness

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

Instructor: Dustin King

Mon & Wed, Sept 06-Dec 20, 8-8:45 am (#108059) \$72

Bowen Complex Auditorium



MUSIC



Accordion Band

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, Sep 6-Dec 19, 1-3:30 pm (#106271)

Kin Hut Activity Centre



Beginner Bluegrass Slow Pitch Jam

This session is for musicians and singers who would like to build confidence in the bluegrass genre. Songs will be selected from song sheets available on Dropbox. Focus will be on fun, learning bluegrass tunes, singing, playing breaks and harmony. New beginners come early at 10:30 to get familiar with bluegrass songs. Previous registrants are welcome early or at 11:15.

Contact Sandi at hdickie1@telus.net.

Fri, Sep 8-Dec 22, 10:30 am-12:30 pm (#106274)

Bowen Complex Room 6

Bluegrass Band

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 Earl Scruggs, Bill Monroe, Lester Flatt, The Stanley Brothers, Ricky Skaggs, Tony Rice, etc. in addition to more modern songs playable in Bluegrass style. Please note that this is NOT a sing-along, sing and strum or lessons.

Thu, Sep 7-Dec 21, 1-3 pm (#106011)

Kin Hut Activity Centre





MUSIC



Country & Western Style Band

This group's music selection has been growing with over 350 songs to choose from. The songs are shared using Dropbox. Most songs are country & western, although a few are folk, bluegrass and blues. The group is currently working on 15 songs to make performable. They are also looking for a bass player, fiddler and banjo. Bring your own stand and instrument.

Tue, Sep 5-Dec 19, 9:30 am-12 pm (#102447)

Rotary Field House

Folk & Old Time Rock & Roll Group

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, drop by and check us out. No instruction is provided. Our music is obtained through our membership access to our Dropbox program.

Mon, Sep 11-Dec 22, 2-5 pm (#106376)

Rotary Field House

No sessions Sep 4, Oct 9



Harbour City Singers

This group of men and women enjoy 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 November, a Christmas concert in December and a spring concert in late April or 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 and a deadline Oct 11 for joining in the fall term and Feb 21 in the spring term.

For more information please contact Lionel Tanod at 250-722-0232

Wed, Sept 6-Dec 20, 2-4 pm (#106570)

Rotary Field House

Nordli Ukulele Sing & Strum

Would you like to play the Ukulele? Do you enjoy singing? Come and join us in this friendly, social gathering. To accommodate numerous requests, basic instruction will be provided during the month of September, on a variety of strumming patterns and chording. A selection of melodies, old and new, will be learnt to play at "gigs" in the Fall. For more information, contact June at 250-758-1801.

For anyone NEW - Please attend the first three sessions in September at 12:30 pm to allow for an additional 30 min of instruction before practice begins at 1pm.

Tue, Sep 12-Dec 19, 1-3pm (#101283)

Oliver Woods Community Centre Salal 1



MUSIC



Open Mic & Circle Performance Group

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, Sep 5-Dec 19 1:15-4:45 pm (#105494)

Kin Hut Activity Centre



Swing Band

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, Sep 11-Dec 18, 1:30-3 pm (#107414)

Bowen Complex Room 1

No session Sep 4, Oct 9



Songsters Choir

The Songsters Choir is a happy mixed group that for many years visited and sang at retirement homes. Most practices and potential performances are 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.

Fri, Sep 8-Dec 15, 2:15-4:15 pm (#104397)

Bowen Complex Room 1



POTTERY



Bowen Park Pottery Studio

Tuesday, September 5 to Tuesday, December 19 (closed on all stat holidays)

"Everyone Welcome Drop-in Pottery" - The Bowen Park Pottery Studio has the tools, equipment and supplies (aprons not included) available for the public to work independently. Children, when accompanied by an adult, are welcome (both must register). No instruction is provided. Clay may be purchased for \$35 (including tax) per 22 pound bag and includes all firing and glazing fees. Clay is purchased during office hours by phone or in person.

Space is limited.

Cost is \$12 per session.

Harbour City Seniors rate \$4 per session

FALL SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
	12- 3*	2:30-5:30 pm	1-4 pm* 5-8 pm	12-3 pm* 4-7 pm		9:30 am-12:30 pm

*Harbour City Senior membership only apply on Monday's, Wednesday's and Thursday's.

- If you would like to use the Pottery Room during the drop-in time, you will need to pay your drop in fee to the clerk at Bowen during the week days or call 250-756-5200 to register over the phone. You then give your paid receipt to the Pottery Room Attendant and sign in. On Saturdays, please register and pay prior to attending.





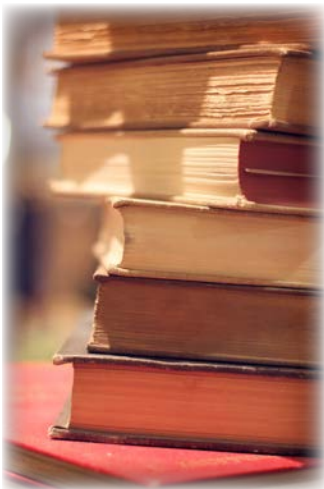
SPECIAL INTEREST

Book Club

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

Tue, Sep 5-Dec 5, 1-2:30 pm (#106377)

Beban Park Social Centre Room 6



Technology Club Discussion Group

This club meets the second and fourth Thursday of each month from September until December. Beginners welcome; some knowledge of technology is required. This is a discussion group only, you will not be needing to bring your devices.

Thu, Sep 14-Nov 23, 1-2:30 pm (#106379)

Bowen Complex Auditorium

Stroke Recovery Group

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.

Fri, Sep 8-Dec 22, 11 am-2 pm

Bowen Complex Room 1

Senior's Membership - Open House

Come to the Bowen Recreation Complex to find out about our programming for our local seniors. Booths will be set up throughout the upstairs of the Bowen Complex for you to find out information, and ask questions. Our Seniors Memberships will be available to purchase for 2023/24, which will allow you to register and attend these programs for free, or for a lower fee. Come and check out what we have to offer in Nanaimo to stay active, healthy, and create friendships.

All ages can come to this Open House.

Fri, Oct 20, 1:30-3:30 pm

Bowen Complex Auditorium





SPECIAL INTEREST

Will & Estate Planning

This FREE course is available to Harbour City Senior Members and non-members. During this presentation, you will learn helpful hints on the preparation of wills and estate planning.

Instructor: Stuart Green, Lonsdale Funeral Group Inc.

Tue, Sep 12, 5-7 pm (#106735)

Bowen Complex Room 1

Online Safety for Seniors

Learn more about the most common schemes online and over the phone and what you can do to avoid them. Several topics will be covered including email theft, data breaches, social engineering, Facebook scams, online order scams and so much more.

Instructor: Joe Saunders, Magnox Technical Services

Wed, Sep 20, 2-4 pm (#106555) \$15

Wed, Oct 11, 2-4 pm (#106557) \$15

Tue, Oct 17, 6-8 pm (#106558) \$15

Wed, Nov 8, 2-4 pm (#106559) \$15

Tue, Nov 14, 6-8 pm (#106560) \$15

Bowen Complex Room 1



Come into one of our Parks, Recreation & Culture facilities and grab a parks and trails map to view many of our City's amazing parks and trails.

Ask us how you can sign up for the e-newsletter on the City website to keep up-to-date!



Membership Renewal

2024 membership will be available to renew at the

Open House on OCT 20

1:30-3:30, Bowen Complex



SPECIAL INTEREST

Hello Neighbour - Coffee, Meet, Greet & Learn at Oliver Woods Community Centre

This activity is designed for seniors who live in and around (but not limited to) the Oliver Woods Community Centre to provide an opportunity to get together with other locals for a monthly coffee meet, greet and learn.

This program is open to members and non-members who are keen to socialize, share stories and listen to short presentations about various useful topics. You are even invited to host a short presentation!

Members \$6, Non-Members \$10. Coffee, tea and goodies will be provided. Please bring a re-usable to go coffee mug if you can!

Wednesday's, Sep 6, Oct 4, Nov 8, Dec 6, 10-11 am (#106344)

FREE info Session with Canada Revenue Agency

This is a FREE informative Presentation by Canada Revenue Agency.

Sign up to find out more about:

- Benefits and credits you may be eligible for
- Canada Pension Plan and Disability Benefits
- Old Age Security / Guaranteed Income Supplement
- Ways to do your taxes
- CRA's digital services
- How to protect yourself from scams & more!

You will also get a chance to ask questions at the end.

No age restriction or membership required to attend -

someone may attend to gather in formation for their aging parents!

Wed, Oct 4, 10-11:30 am (#106542)

Sat, Oct 28, 1-2:30 pm (#105973)

Bowen Complex Room 1





SPORTS

60+ Badminton

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.

Sep 6-Dec 22, (#105834)

Mondays, 12-3 pm

Wednesdays, 12:30-3:30 pm

Thursdays, 9:30-11:30 am

Fridays, 12:30-3 pm

Oliver Woods Community Centre Gymnasium

No session Oct 9



Carpet Bowling

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, Sep 6-Dec 22, 10 am-12 pm (#104398)

Bowen Complex Auditorium

Afternoon

Wed & Fri, Sep 6-Dec 22, 1-3:30 pm (#104399)

Bowen Complex Auditorium



Darts

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, Sep 7-Dec 21, 1-2:30 pm (#104400)

Bowen Complex Room 6



SPORTS

Snooker/Billiards

This is a drop in group comprised of males and females. Please join us as many of the players are willing to help new members learn the game if you are interested. 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. Hours open are subject to staff availability.

Sep 1-Dec 30

Monday to Friday, 9 am-6 pm

Saturday, 9 am-4:30 pm

Sunday, 11 am-3 pm

\$70, (#86570)

Bowen Complex Billiards Room

No sessions Sep 4 & 30, Oct 9, Nov 11, Dec 25 & 26



Table Tennis

Table Tennis is not only fun but improves physical conditioning, mental alertness and reaction time. All skill levels welcome. Join us Mondays, Wednesdays and Fridays from 11 am until 2pm until October 18 then we will play the same time on Mondays and Fridays and Wednesdays will switch to 9 am to 12 noon. Please note there are a few dates it will not run: September 4, October 9, October 13 and December 17.

This program will continue to occur in the Centennial Building at Beban Park.

Mon, Wed, Fri, Sep 6-Dec 22, 11 am-2 pm, (#106385)

Please note:

Wednesdays, 9 am-12 pm (*after Oct 18)

Centennial Building, Beban Park

No session Oct 9

Volleyball

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 required. Please do not enter the gymnasium until the start time.

(#106158)

Tue, Sep 5-Dec 19, 10:30 am-12:30 pm

Oliver Woods Community Centre Gym #2



FREE (OR ALMOST FREE) PROGRAMS



Mobile Hearing Clinic

If you think you're dealing with hearing loss or need any assistance with adjusting or replacing your hearing aids, Ears to You care professionals can help you with quick, affordable diagnostic services and effective solutions. This is FREE, but please call us at 250-755-7501 to book an appointment.

Instructor: Ears to Your

Tue, Sep 6 | 9:30 am-4 pm | FREE

Wed, Sep 7 | 9:30 am-4 pm | FREE

Bowen Park Complex



Canada Revenue Session

Sign up for this FREE session. This is open to all ages, for those who qualify for benefits and for those wanting to know more for the future or even for aging parents. Topics covered include benefits and tax credits, Canada Pension Plan and Disability Benefits, Old Age Security/Guaranteed Income Supplement, ways to do your taxes, CRA's digital services and how to protect yourself from scams.

Wed, Oct 4 | 10-11:30 am | FREE | [106542](#)

Sat, Oct 28 | 1-2:30 pm | FREE | [105973](#)

Bowen Park Complex



Will & Estate Planning Seminar

During this FREE presentation, you will learn helpful hints on the preparation of wills and estate planning. This session is available to Harbour City Senior Members and non-members.

Instructor: Stuart Green, Lonsdale Funeral Group Inc.

Tue, Sep 12 | 5-7 pm | FREE | [106735](#)

Bowen Park Complex



Online Safety for Seniors

Learn more about the most common schemes online and over the phone and what you can do to avoid them. Several topics will be covered, including email theft, data breaches, social engineering, Facebook scams, online order scams and so much more.

Instructor: Joe Saunders, Magnox Technical Services

Wed, Sep 20 | 2-4 pm | \$15/1 | [106555](#)

Wed, Oct 11 | 2-4 pm | \$15/1 | [106557](#)

Tue, Oct 17 | 6-8 pm | \$15/1 | [106558](#)

Wed, Nov 8 | 2-4 pm | \$15/1 | [106559](#)

Tue, Nov 14 | 6-8 pm | \$15/1 | [106560](#)

Bowen Park Complex



Hello, Neighbour

Come have coffee, meet and greet other seniors who live in or 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: \$10

Wed, Sep 6, Oct 4, Nov 8 & Dec 6 | 10-11 am | [106344](#)

Oliver Woods Community Centre

Seniors Open House

Come see what happens at Bowen Park! Drop in to learn about senior membership and all it has to offer. Some of our talented musical groups will perform on stage, craft groups will showcase their creations and coffee and tea will be provided.

Fri, Oct 20 | 1:30-3:30 pm | FREE

Bowen Park Complex



JANIE'S GOT A BUS

Quadra Island

Visit the Nuyumbalees Cultural Centre Museum, we'll enjoy lunch at the Tsa Kwa Lutan Lodge and stop at the Cape Mudge Lighthouse. We'll venture to Rebecca Spit for a beach stroll and visit Herriot Bay Resort before heading back on the ferry. In Campbell River we will stop for dinner. Meals are not included. Please add extra for ferry if you do not have a gold card. This program is not walker friendly.

Thu, Sep 7, 7:30 am-8 pm (#107485)

\$115+GST - Meal costs extra

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

Meet at Bowen Park Complex



Hand of Man Museum & Duncan Raptors

This small but mighty museum is one man's collection from places all over the world. The number of items in his collection is astounding, they are magnificent and need to be seen to be believed. Next we visit the Raptors, who are silent predators from the sky, swooping down with speed, precision and deadly intent, but they are also vulnerable.

Due to human influence, the number of raptors are declining at an alarming rate. We will stop at Genoa Bay Cafe for lunch. This program is Walker Accessible & Self-Guided.

Fri, Sep 22, 9:30 am-5 pm (#108050)

\$75+GST - Meal costs extra

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

Meet at Bowen Park Complex



Sidney By the Sea

We will drive to beautiful Sidney by the Sea, where on Sunday's they have a huge street market to wander through. We will visit the Shaw Discovery Centre to learn about the various creatures that live in the Salish Sea. You can bring a bagged lunch or dine at a restaurant of your choice. Admissions and meals are not included. This program is Walker Accessible.

Sun, Sep 10, 8 am-5:30 pm (#107482)

Tue, Oct 10, 8 am-5:30 pm (#107481)

\$50+GST - Meal costs extra

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

Meet at Bowen Park Complex



Bamfield/Frances Barkley

Sail down the Alberni Channel to Bamfield. We stop along the way at various camps and cottages delivering supplies. We will spend an hour in Bamfield before sailing back. Boat ride included in the price, meals are not. This trip is not walker friendly.

Tue, Sep 12, 6 am-6 pm (#107477)

\$175+GST - Meal costs extra

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

Meet at Bowen Park Complex



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



JANIE'S GOT A BUS

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. Admissions and meals are not included. This program is Walker Accessible.

Fri, Sep 15, 8 am-5:30 pm (#107475)

Mon, Sep 25, 8 am-5:30 pm (#107474)

Sun, Oct 15, 8 am-5:30 pm (#107476)

Wed, Oct 25, 8 am-5:30 pm (#107479)

Wed, Nov 15, 8 am-5:30 pm (#107420)

Sat, Nov 25, 8 am-5:30 pm (#107428)

Fri, Dec 15, 8 am-5:30 pm (#107431)

\$50+GST - Meals costs extra

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

Meet at Bowen Park Complex



Tofino & Ucluelet

Spend time at the beach (pack your own lunch) or go into Tofino for lunch and do some shopping. We will go to 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. This program is Walker Accessible. Meals are not included.

Wed, Sep 20, 8 am-8 pm (#107473)

Fri, Oct 20, 8 am-8 pm (#107472)

Mon, Nov 20, 8 am-8 pm (#107422)

Wed, Dec 20, 8 am-8 pm (#107442)

\$65+GST - Meals costs extra

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

Meet at Bowen Park Complex





JANIE'S GOT A BUS

Squamish Gondolas

Ride up to 885 metres above sea level. Enjoy several viewing decks with spectacular views of Howe Sound. We will enjoy lunch at the top in the restaurant. Trip price includes gondola, add \$30 if you don't have a gold card for the ferry. Meals are not included. This trip is not walker friendly.

Mon, Sep 18, 7:30 am-7:30 pm (#107478)



\$175+GST - Meal costs extra

Home pick up add \$7

Meet at Bowen Park Complex



Salt Spring Ganges Market

Tour the lovely Salt Spring Island, including a stop at the Ganges Market. You'll be home in time for dinner. Meals are not included. This trip is walker accessible, however there will be lots of walking.

Sep 30, 8:30 am-8:30pm (#107492)



\$115+GST - Meals costs extra

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

Meet at Bowen Park Complex

Thrift Store Shop Hop Victoria

Join me on this exploration trip at a reduced price! We will see what we can find, visiting a variety places and hopefully bring back some interesting treasures. Please pack a lunch, however if time allows we can stop for lunch. Meals are not included. This program is Walker Accessible.

Thu, Oct 12, 8 am-5:30 pm (#107483)



\$50+GST - Meals costs extra

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

Meet at Bowen Park Complex

Errington Wildlife Recovery Centre

We'll visit the animals at the Wildlife Recovery Centre, visit Little Qualicum Cheese Works and then stop for lunch at the Shady Rest. Price includes admission but meals are not included. This program is walker accessible.

Tue, Oct 17, 9 am-4 pm (#107486)



\$65+GST - Meals costs extra

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

Meet at Bowen Park Complex

All of Janie's trips depart from **BOWEN COMPLEX PARKING LOT (500 BOWEN ROAD)**. Pick up 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



JANIE'S GOT A BUS

IKEA

Lets head over to Vancouver for shopping in IKEA, well ahead of the holiday shopping schedule. Do Christmas shopping or just redo your rooms. There will be an extra fee if you do not have a Gold card.

Mon, Oct 30, 6:30 am-7:30 pm (#107480)

\$150+GST - Meals costs extra

Home pick up add \$7

Meet at Bowen Park Complex



Dinner Out-Fox and Hound

Join us for dinner in Ladysmith at the Fox & Hounds British pub-style restaurant. Dining here is like a warm hug on a chilly day with options like Steak and Kidney Pie, Fish and Chips and Seafood Chowder.

Tue, Sep 5, 4:30 pm-8 pm (#107494)

\$15+GST - Meal costs extra

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

Meet at Bowen Park Complex



Cowichan Wine Tour

Enjoy touring four vineyards in the Cowichan Valley. Pick up wine in time for Christmas! We will stop at the Rock Cod in Cowichan Bay for lunch. The price includes wine tastings but not your meal. This program is Walker Accessible.

Sun, Nov 5, 9:30 am-5:30 pm (#107419)

\$115+GST - Meals costs extra

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

Meet at Bowen Park Complex



Cedar Christmas Craft Tour

Admire Island-produced creativity and get into the Christmas spirit. Artisans welcome you to enjoy the wonderful holiday settings they have created at their farms, studios and shops. We will stop for lunch at the Crow and Gate Pub. This program is Walker Accessible. Meals and spending money are not included.

Fri, Nov 17, 9:30 am-5:30 pm (#107423)

Fri, Nov 24, 9:30 am-5:30 pm (#107424)

\$50+GST - Meals costs extra

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

Meet at Bowen Park Complex





JANIE'S GOT A BUS

Nanaimo Christmas Lights Tour

If you'd like to see the Christmas lights in Nanaimo, join us on this local light tour. We will start with dinner at the Hong Kong House. This program is Walker Accessible. Meal is not included.

Thu, Dec 21, 3:30-10 pm (#107443)

Fri, Dec 22, 3:30-10 pm (#107444)



\$35+GST - Meals costs extra

Home pick up add \$7

Meet at Bowen Park Complex

Ladysmith Christmas Light Up

Take in this annual festival and Christmas light up! Enjoy the lights, parade, fireworks, crafts, entertainment and a spaghetti dinner. Dress warmly for the cool night air. We will park right beside the parade route. Please bring a chair if you want and this tour is self-guided. This program is Walker Accessible. Meal included.

Thu, Nov 30, 3:30-11 pm (#107426)

\$55+GST



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

Meet at Bowen Park Complex

Butchart Garden Christmas Lights

We will arrive to the gardens in time to see them turning on the lights. Stroll through the gardens at your own pace, enjoying thousands of lights and music. There is caroling, skating and snacks on site. Be sure to dress warm and bring your skates (rentals are available there). This is a magical garden experience, we hope you join us! Admission to the garden is included, meals are not. This program is Walker Accessible & Self-Guided.

Tue, Dec 5, 2:30-9 pm (#107434)

Tue, Dec 12, 2:30-9 pm (#107433)

\$115+GST - Meals cost extra

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

Meet at Bowen Park Complex



THURSDAY MUSICAL ENTERTAINMENT

Bowen Park Complex

1:30-3 pm (doors open at 12:45 pm)

Senior Members: \$2

Non Members: \$4



Join us for some good music and maybe a dance or two. Listen to local musicians, have a snack, a coffee or tea and have fun with your friends.

SEP 7 "Oldies But Goodies"

Cliff Marcil draws on a repertoire of over 600 Golden hits from the 30's to the 70's. Programs are upbeat, nostalgic and sure to contain many favourites no matter your preference.

SEP 21 & Nov 16 "Rick Haug"

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. Dancing is encouraged!

OCT 5 "Island Highway"

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 favourites to current music (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.

OCT 19 "Glen Foster Group"

Glen Foster 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 recent song 'Friends Like That' was play-listed on the Cashbox Top 50 picks of 2021. Glen currently performs with The Glen Foster Group which includes his wife, Maggy.

THURSDAY MUSICAL ENTERTAINMENT

Bowen Park Complex

1:30-3 pm (doors open at 12:45 pm)

Senior Members: \$2

Non Members: \$4



NOV 30 "Gold & Silver Band"

Anthony Seufert will kick off the holidays with traditional Christmas music mixed with ones that are lighter and fun to listen to. He plays multiple instruments, so you will likely enjoy a combination of accordion, piano, guitar and fiddle.

DEC 7 "Christmas Lunch"

Join us for our annual Bowen Christmas lunch, catered by Heaven Scent and sponsored by Berwick on the Lake Retirement Community. Enjoy live background music while your taste buds sing. Members pay \$27, and Non Members pay \$32. Register in advance.

DEC 14 "Songsters Holiday Performance"

This talented group of performers have been practicing and excited to put on a Christmas performance and sing-a-long, guaranteed to get you into the holiday spirit.

Volunteer

Ever thought about volunteering? If you enjoy live music and willing to help set up, serve and clean up at various Seniors events including Thursday Entertainment, BBQ's and other social gatherings, please come see Chelsea Barr.

Holiday Lunch

Sponsored by Berwick on the Lake Retirement Community

December 7, 2023

Thursday

1-3 pm, Bowen Auditorium

Come enjoy a full turkey dinner by Heaven Scent Catering. Enjoy Christmas and dancing music with friends.

\$27 for Members

\$32 for Non-Members

Deadline to register is November 30

#106743

Merry
CHRISTMAS

