



Parks, Recreation & Culture • Nanaimo Harbour City Seniors

ADULT 60+ PROGRAMS

September 1-December 31 2024



City of Nanaimo Parks, Recreation & Culture Winter Newsletter

City of Nanaimo Parks, Recreation & Culture Senior Winter Newsletter "Welcome! We are happy you are picking up the latest edition. 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 2024-AUGUST 14



Join the Woodcarving Group with your membership!

250.755.7501
recreation.nanaimo.ca

Last Updated 2024-Sept-26

Bowen Park Complex
500 Bowen Rd, Nanaimo
parksandrecreation@nanaimo.ca

[Green Initiatives](#)[Parks, Rec & Culture](#)[City Services](#)[Property & Development](#)[Transportation & Mobility](#)[Your Government](#)[Doing Business](#)[Get Involved](#)

Recreation Facilities & Schedules

[Activity Guide](#)[Book an Event](#)[Children's Recreation Programs](#)[Youth Recreation Programs](#)[Adult Recreation Programs](#)[Senior Recreation Programs](#)

Parks & Trails

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.

[Trails](#)[Beach Reports](#)

Events

[Program](#)[Art in Public Spaces](#)[Working Group](#)

NANAIMO PARKS, RECREATION & CULTURE Fall 2024 Activity Guide

September to December 2024



recreation.nanaimo.ca
250-756-5200
Registration starts on Wednesday, August 14.



Drop-In Schedules

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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. 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. 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.

M E



Senior Advisory Committee

Greeting for Fall Newsletter!

Greets all NHCS Members!

The sun is still shining brightly and the flowers blooming prolifically but Autumn with chillier nights, and falling leaves, will be upon us before the blink of an eye.

It is almost time to renew your registrations for the many programs being offered for Seniors by the City of Nanaimo. In addition to the familiar programs, you may have participated in for years, our Senior Programmer, Chelsea Barr, has included several new and exciting programs in the fall schedule. I won't let the cat out of the bag, and tell you what they are, just be sure to check them out when the schedule is published. Be ready to step out of your comfort zone and try something new!

The Seniors Advisory Committee which acts as a liaison between the membership and the city, invites interested NHCS members to join the committee, and support the ever- increasing membership. The committee meets once monthly, for an hour, but not in the summer months. For further information, please contact the Senior Programmer or Lynda Avis at 778-269-2089. Enjoy the rest of your summer!

Warmly,

Lynda Avis, Chair, Seniors Advisory Committee

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.

**Starting August 14 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 winter
programs
(Jan-Mar) is on Nov 20**

Bowen Park Pottery Studio

Tuesday, September 3 to Saturday, December 22 (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. Space is limited. 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.

Cost is \$14 per session. **E**

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

FALL DROP-IN SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
9:30 am-12:30 pm	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 Mondays, Tuesday's, Wednesday's and Thursday's day hours.

If you would like to use the Pottery Room during the drop-in time, you may need to pay your drop in fee to the clerk at Bowen during the week days if you are not pre-registered. You then give your paid receipt to the Pottery Room attendant and sign in. Pre-registration is available online or over the phone 250-756-5200. Saturday and Sunday sessions must be pre-registered.



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. Ages 14+ welcome.

Tue, Sept 3-Oct 8, 6:30-9 pm, \$177/6 (#129285)

Tue, Oct 29-Dec 3, 6:30-9 pm, \$177/6 (#129287)

Fri, Sept 6-Oct 11, 12:30-3 pm, \$177/6 (#129294)

Fri, Nov 1-Dec 6, 12:30-3 pm, \$177/6 (#129295)

Sat, Sept 7-Oct 12, 1:30-4 pm, \$177/6 (#129315)

Sat, Nov 2-Dec 7, 1:30-4 pm, \$177/6 (#129317)

Sun, Sept 8-Oct 13, 1:30-4 pm, \$177/6 (#129449)

Sun, Nov 3-Dec 8, 1:30-4 pm, \$177/6 (#129450)

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, Sept 6-Oct 11, 4-6:30 pm, \$177/6 (#129301)

Fri, Nov 1-Dec 6, 4-6:30 pm, \$177/6 (#129302)

Bowen Complex Pottery Room

**NEW
PROGRAM!**

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.

Tue, Oct 15-22, 6:30-9 pm, \$60/2 (#129292)

Sat, Oct 19-26, 1:30-4pm, \$60/2 (#129318)

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, Sept 9-Oct 28, 6:30-9 pm, \$177/6 (#129282)

Mon, Nov 4-Dec 16, 6:30-9 pm, \$177/6 (#129283)

Bowen Complex Pottery Room

Pottery Workshop-Handbuilt Dishes

Make a unique dish! You are encouraged to 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 the plate or dish and the second class you'll be glazing the item. This is a great experience gift to do with a friend or family member!

Sun, Oct 20-27, 1:30-4 pm, \$60/2 (#129451)

Sun, Dec 15-22, 1:30-4 pm, \$60/2 (#129452)

Fri, Dec 13-20, 12-2:30 pm, \$60/2 (#129308)

Fri, Dec 13-20, 4-6:30 pm, \$60/2 (#129310)

Bowen Complex Pottery Room

Pottery Workshop-Handbuilt Mug

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

Fri, Oct 18-25, 12:30-3 pm, \$60/2 (#129305)

Fri, Oct 18-25, 4-6:30 pm, \$60/2 (#129304)

Tue, Dec 10-17, 6:30-9 pm, \$60/2 (#129290)

Sat, Dec 14-21, 1:30-4 pm, \$60/2 (#129321)

Bowen Complex Pottery Room



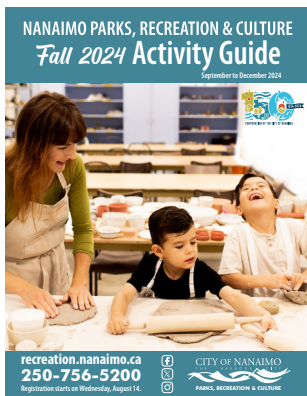


Adult Colouring M

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. 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 to the instructor. Instruction is always FREE!

Mon, Sept 9-Dec 16, 1-3:30 pm (#119660)

Bowen Complex Room 2



Check out
the Activity
Guide for more
Programs!

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, Sept 4-Dec 18, 1-3 pm (#119665)

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, Sept 6-Dec 20, 1-3 pm (#119668)

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.

Worry Worms for First Responders
Donations of any amount are welcomed to make Worry Worms! Please drop off at front desk.

*I'm your little cuddle buddy,
Keep me near and squeeze me tight
Tell me your worries
And everything will be alright!*



NO SCENTS MAKES SENSE



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

**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, Sept 5-Dec 19, 1 -4 pm (#119672)

Bowen Complex Room 4

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, 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, Sept 6-Dec 20, 9:30 am-12 pm (#119698)

Bowen Complex Room 2

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 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 to be paid to the instructor. Instruction is free. Bring a smile and lets paint. New Students are welcome anytime.

Wed, Sept 4-Dec 18, 10 am-12 pm (#129716)

Bowen Complex Room 2

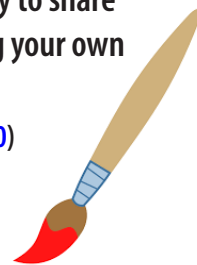
**Mixed Painting - Advanced** M

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, Sept 5-Dec 19, 9 am-12:30 pm (#119750)

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, Sept 4-Dec 18, 9:30 am -12 pm (#119752)

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, Sept 3-Dec 17, 12:30-3:30 pm (#119784)

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.

Tue, Sept 3-Dec 17, 9 am-12 pm (#119787)

Bowen Complex Room 6

Scrap Booking and Card Making M

Bring your own supplies and join other creative card makers and scrap bookers for a social afternoon while you craft!

Mon, Oct 7-Dec 16, 3:45-6:30 pm (#129516)

Bowen Complex Room 2

No session Oct 14, Nov 11

NEW
PROGRAM!



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.

Fri, Sept 6-Dec 20, 9 am-12 pm, \$7 (#119791)

Sun, Sept 8-Dec 15, 9 am-12 pm, \$7 (#129594)

Bowen Complex Room 5

Introduction to Stained Glass E

Sign up for this 3 week course and Participants will be introduced to the tools and materials used in the art of stained glass using the foiling method. You'll start by practicing glass scoring techniques and quickly move on to learning and practicing the next steps of the foiling method – these include grinding foiling, soldering, cleaning and finishing your first completed project. All materials, tools and instruction are included in the fee.

Instructor: Delores Gottenberg

Sat, Sept 21-Oct 5, 10 am-1 pm (#129023)

Cost: \$150

Bowen Complex Room 5





Stained Glass Intermediate M

This course is for those who know the basics or perhaps you have “done” stained glass in the past and want to get back into it with a little help from an instructor...then this is the course for you!

You may want to try a more ambitious project, improve specific techniques, or design your own stained glass project using the copper foiling technique. This class is very versatile and can be adapted to all kinds of projects including panels, boxes, frames, lamp shades etc.

The course begins with a conversation about basic foiling procedures and brain storming the challenges of your particular project and the particular needs of your project up. There will be regular group meetings to discuss the tricks of the trade, individual & group encouragement and instruction.

Materials: 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.

Tue, Oct 1-Nov 26, 9 am-12 pm, \$35 (#120956)

Bowen Complex Room 5

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, Sept 3-Dec 17, 10 am-3 pm (#119797)

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 andstories.

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. You can look us up at <https://www.facebook.com/MidIslandCarving/about>

Thu, Sept 12-Dec 19, 9 am-12 pm (#119799)

Bowen Complex Room 5/Woodworking Room



Beginner Mosaics M

Learn how to design, create and break glass to create your own mosaic. All tools are provided but participants will need to provide their own glass.

Wed, Oct 2-Nov 27, 1-4 pm, \$35 (#120957)

Bowen Complex Room 5





Beginner Bridge Level 1 M

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, Sept 5-Dec 19, 9:30 am-12 pm (#120012)

Bowen Complex Room 4

Bridge Level 2 M

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, Sept 12-Dec 19, 9:30 am-12 pm (#120014)

Bowen Complex Room 3

Thursday Bridge M

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

Thu, Sept 5-Dec 19, 12:30-4 pm (#120016)

Bowen Complex Room 1



Tuesday Bridge M

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

Tue, Sept 3-Dec 17, 1-4 pm (#120018)

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, Sept 6-Dec 20, 6:30-10 pm (#120093)

Oliver Woods Community Centre Monarch Room 1

No sessions Sept 27, Oct 18

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, Sept 5-Dec 19, 1-3 pm (#120021)

Bowen Complex Clubhouse (Room 5 for Sept)

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, Sept 8-Dec 15, 1-3 pm (#120095)

Bowen Complex



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, Sept 3-Dec 17, 1-4 pm (#120024)

Bowen Complex Room 1

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, Sept 3-Dec 17, 10 am-12 pm (#120026)

Oliver Woods Community Centre Monarch 1

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, Sept 9-Dec 16, 1-3 pm (#120029)

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, Sept 6-Dec 20, 1-3 pm (#120031)

Bowen Complex Bowen 5



Mahjong-Wednesdays 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.

Wed, Sept 4-Dec 18, 10 am-12:30 pm (#120033) Room 4

Wed, Oct 2-Dec 18, 1-3 pm (#132588) Room 6

Mahjong-Mondays M

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

Mon, Sept 9-Dec 16, 10 am-12:30 pm (#120036)

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, Sept 6-Dec 20, 1:30-4:30 pm (#120038)

Bowen Complex Room 3

Scrabble for Fun M

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

Tue, Sept 10-Dec 17, 12:30-3pm (#120040)

Bowen Complex Room 3

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, Sept 11-Dec 18, 12:30-3 pm (#120042)

Bowen Complex Room 3



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, Sept 5-Dec 19, 9:30 am-1 pm (#121106)

September 5	Copley Ridge Recreational Trail, Lantzville-Picnic Lunch N
September 12	Jack Point-Picnic Lunch S
September 19	Colliery Dam-Picnic Lunch S
September 26	Christie Falls-Picnic Lunch S
October 3	Rathtrevor Provincial Park PUB LUNCH N
October 10	Nanaimo River/Nanaimo River Fish Hatchery-Picnic Lunch S
October 17	Jamieson Trail (Ammonite Falls) Picnic Lunch S
October 24	Hemer Provincial Park S PUB LUNCH
October 31	Big Qualicum River N Fish Hatchery-Picnic Lunch
November 7	Neck Point-Picnic Lunch S

November 14	Englishman River Falls N Picnic Lunch
November 21	Beach Acres/Pipers Lagoon Picnic Lunch S
November 28	Westwood Lake PUB LUNCH S
December 5	Enos Lake-Picnic Lunch N
December 12	Morrell Sanctuary-Picnic Lunch S
December 19	Bowen Complex to Harbour- front walkway-PUB LUNCH S



Please Note:

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



Fitness - Level 1 M

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

Mon, Sept 9-23, 10:15-11:15 am, \$13.50/3 (#120865)

Mon, Oct 7-28, 10:15-11:15 am, \$13.50/3 (#120949)

Mon, Nov 4-25, 10:15-11:15 am, \$13.50/3 (#120951)

Mon, Dec 2-16, 10:15-11:15 am, \$13.50/3 (#120952)

Bowen Complex Auditorium

No sessions Sept 30, Oct 14, Nov 11

Instructor: Dustin King

Wed, Sept 4-25, 8:55-9:40 am, \$16/4 (#129581)

Wed, Oct 2-30, 8:55-9:40 am, \$20/5 (#129582)

Wed, Nov 6-27, 8:55-9:40 am, \$16/4 (#129584)

Wed, Dec 4-18, 8:55-9:40 am, \$12/3 (#129585)

Bowen Complex Auditorium

Instructor: Russell McNeil

Thu, Sept 5-26, 9-10 am, \$18/4 (#120866)

Thu, Oct 3-31, 9-10 am, \$22.50/5 (#120867)

Thu, Nov 7-28, 9-10 am, \$18/4 (#120875)

Thu, Dec 5-19, 9-10 am, \$13.50/3 (#120876)

Bowen Complex Auditorium

Instructor: Heather Walker

Fri, Sept 6-Oct 18, 11 am-12 pm, \$27/6 (#120882)

Fri, Nov 15-Dec 6, 11 am-12 pm, \$18/4 (#120883)

Oliver Woods Monarch 1

No sessions Sept 27, Nov 8, Dec 13

Fitness - Level 2 M

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 Walker

Mon, Sept 9-Oct 28, 3:45-4:45 pm, \$27/6 (#129531)

Mon, Nov 4-Dec 9, 3:45-4:45 pm, \$22.50/5 (#129534)

Bowen Complex Auditorium

No sessions Sept 30, Oct 14, Nov 11

Instructor: Heather Walker

Wed, Sept 4-Oct 9, 1:45-2:45 pm, \$27/6 (#129527)

Wed, Oct 30-Nov 20, 1:45-2:45 pm, \$18/4 (#129529)

Wed, Nov 27-Dec 18, 1:45-2:45 pm, \$18/4 (#129530)

Oliver Woods Salal 2 & 3

Instructor: Heather Honey

Thu, Sept 5-26, 10:30-11:30 am, \$18/4 (#121075)

Thu, Oct 3-31, 10:30-11:30 am, \$22.50/5 (#121076)

Thu, Nov 7-28, 10:30-11:30 am, \$18/4 (#121077)

Thu, Dec 5-19, 10:30-11:30 am, \$13.50/3 (#121078)

Bowen Complex Auditorium

Instructor: Maki Kristiansen

Fri, Sept 6-27 9:30-10:30 am, \$18/4 (#121082)

Fri, Oct 4-18, 9:30-10:30 am, \$13.50/3 (#121084)

Fri, Nov 1-29, 9:30-10:30 am, \$18/4 (#121085)

Fri, Dec 6-20, 9:30-10:30 am, \$13.50/3 (#121086)

Oliver Woods Monarch 1 and 2

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.





Balance & Mobility E

The instructor will lead you through a variety of exercises to improve stability and confidence performing day-to-day activities. The workout may include cardiovascular components, lower and upper body strength training (using weights & bands), balancing exercises, and yoga-inspired techniques. The exercises are designed to improve posture, build muscle strength and speed, sharpen reflexes, expand flexibility and strengthen the core.

Instructor: Heather Walker

Wed, Sept 4-25, 3-4 pm, \$32/4 (#120003)

Wed, Oct 2-30, 3-4 pm, \$40/5 (#120004)

Wed, Nov 6-27, 3-4 pm, \$32/4 (#120005)

Wed, Dec 4-18, 3-4 pm, \$24/3 (#120006)

Oliver Woods Community Centre Salal 2 and 3

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, Sept 6-27, 11 am-12 pm, \$32/4 (#121108)

Bowen Park Outdoors

Fri, Oct 4-25, 11 am-12 pm, \$32/4 (#121109)

Fri, Nov 1-29, 11 am-12 pm, \$40/5 (#121110)

Fri, Dec 6-20, 11 am-12 pm, \$24/3 (#121111)

Bowen Complex Clubhouse

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

Sculpt & Tone E

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, Sept 3-24, 10:15 -11:30 am, \$32/4 (#122370)

Tue, Oct 1-22, 10:15 -11:30 am, \$32/4 (#127568)

Tue, Oct 29-Nov 19, 10:15 -11:30 am, \$32/4 (#127581)

Tue, Nov 26-Dec 17, 10:15-11:30 am, \$32/4 (#127588)

Bowen Complex Auditorium

Instructor: Brian Sugiyama

Wed, Sept 4-25, 10-11 am, \$32/4 (#130085)

Wed, Oct 2-30, 10:15-11:15 am, \$40/5 (#130086)

Wed, Nov 6-Nov 27, 10:15-11:15 am, \$32/4 (#130087)

Wed, Dec 4-Dec 18, 10:15-11:15 am, \$24/3 (#130088)

Bowen Complex Room 1

Instructor: Brian Sugiyama

Thu, Sept 5-26, 10:30-11:30 am, \$32/4 (#128631)

Thu, Oct 3-Nov 7, 10:30-11:30 am, \$32/4 (#128632)

Thu, Nov 21-Dec 19, 10:30-11:30 am, \$40/5 (#128633)

Beban Park Social Centre Lounge C

No sessions Oct 10, 24

Instructor: Heather Walker

Fri, Oct 4-18, 9:30-10:30 am, \$24/3 (#128626)

Fri, Nov 8-Dec 6, 9:30-10:30 am, \$40/5 (#128627)

Bowen Complex Clubhouse





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

Mon, Sept 9-Dec 16, 6-7 pm, \$132/12 (#129167)

Beban Social Centre Room 2/3

No sessions Sept 30, Oct 14, Nov 11

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, Sept 6-Dec 20, 9:30-10:30 am (#129517)

Bowen Park 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, Sept 12-Oct 3, 11 am-12:15 pm, \$32/4 (#129518)

Thu, Oct 17-Nov 14, 11 am-12:15 pm, \$40/5 (#129519)

Thu, Nov 28-Dec 19, 11am-12:15 pm, \$32/4 (#129520)

Oliver Woods Community Centre Salal 1



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.

Chair Yoga E

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: Heather Walker

Tue, Sept 3-24, 9-10 am, \$32/4 (#120295)

Tue, Oct 1-29, 9-10 am, \$40/5 (#120296)

Tue, Nov 5-26, 9-10 am, \$32/4 (#120297)

Tue, Dec 3-17, 9-10 am, \$24/3 (#120298)

Bowen Complex Room 1



Did you know? You can workout outdoors, use the FREE outdoor gym at Oliver Woods Community Centre whenever it suits your schedule.

Come to Oliver Woods and try the Stepper and other outdoor equipment!



Fitness Flow M

Elevate your heart rate with great music and some cardio using flowing movements. Some weights, ropes and other fitness accessories may be incorporated. A chair can be provided for stability. This class is designed for beginner level but participants can work at their own pace.

Instructor: Dustin King

Mon, Sept 9-23, 8:55-9:40 am, \$12/3 (#119044)

Mon, Oct 7-28, 8:55-9:40 am, \$12/3 (#119045)

Mon, Nov 4-25, 8:55-9:40 am, \$12/3 (#119046)

Mon, Dec 2-Dec 23, 8:55-9:40 am, \$16/4 (#119047)

Bowen Complex Auditorium

No sessions Sept 30, Oct 14, Nov 11



Heart Healthy Fitness M



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

Instructor: Dustin King

Mon & Wed, Sept 4-25, 8-8:45 am, \$24.50/7 (#129171)

Mon & Wed, Oct 2-30, 8-8:45 am, \$28/8 (#129172)

Mon & Wed, Nov 4-27, 8-8:45 am, \$24.50/7 (#129173)

Mon & Wed, Dec 2-20, 8-8:45 am, \$21/6 (#130034)

Bowen Complex Auditorium

No sessions Sept 30, Oct 14, Nov 11

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, Sept 11-Oct 2, 10:45 am- 12 pm, \$32/4 (#120305)

Wed, Oct 16-Nov 13, 10:45 am-12 pm, \$40/5 (#120306)

Wed, Nov 27-Dec 18, 10:45 am-12 pm, \$32/4 (#120307)

Rotary Field House

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, Sept 3-Oct 22, 9-10 am (#119052)

Tue, Oct 29-Dec 17, 9-10 am (#119053)

Bowen Complex Auditorium

Tai Chi - Intermediate M

"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 109 moves (2-3 a week), and practice the complete set. Instruction is provided.

Instructor: Kareen Holyer

Tue, Sept 3-Dec 17, 10:15-11:15 am (#129522)

Bowen Complex Room 1

Tai Chi - Advanced M

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

Mon, Sept 9-Dec 16, 1-1:45 pm (#129521)

Bowen Complex Auditorium

No sessions Sept 30, Oct 14, Nov 11

Chair Tai Chi M

Chair Tai Chi is based on Tai Chi movements as taught by Moy Lin-Chin. The emphasis is on basic health improvement/maintenance through doing a series of exercises while seated, finishing with the 17 Tai Chi moves. For more information, please visit <https://www.canadiantaichiacademy.org/>

Instructor: Kareen Holyer

Wed, Sept 4-Dec 18, 3:30-4:30 pm (#129523)

Bowen Complex Room 1





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, Sept 14-28, 10:30 am-12 pm, \$42 (#120841)

Sat, Nov 9-23, 10:30 am-12 pm, \$42 (#120843)

Beban Park (meet in Social Centre lobby)

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

Thu, Nov 7-Dec 5, 3:30-5 pm, \$100/5 (#129540)

Bowen Complex Clubhouse



**NEW
PROGRAM!**

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.

Fri, Sept 6-Dec 27, 8:30-9:15 am (walking only) (#119889)

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, Sept 12-Oct 17, 10-11:30 am, \$40 (#126138)

Thu, Sept 12-Oct 17, 1-2:30 pm, \$40 (#126137)

Thu, Oct 31-Dec 5, 10-11:30 am, \$40 (126140)

Thu, Oct 31-Dec 5, 1-2:30 pm, \$40 (126139)

Beban Social Centre Room 7 & 8

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, Oct 5-26, 9-10 am, \$32/4 (#120909)

Sat, Oct 5-26, 10:30-11:30 am, \$32/4 (#132529)

Sat, Nov 2-30, 9-10 am, \$40/5 (#120910)

Sat, Nov 2-30, 10:30-11:30 am, \$40/5 (#132530)

Sat, Dec 7-21, 9-10 am, \$24/3 (#120914)

Bowen Complex Room 1

**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.

Sept 6-Dec 20 (#120323)

Mon, 12-3 pm

Wed & Fri, 12:30-3:30 pm

Oliver Woods Community Centre Gymnasium

No sessions Sep 30, Oct 14, Nov 11

**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.

Sept 1-Dec 31, \$70 (#108886)

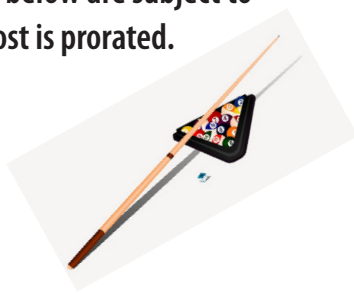
Monday to Friday, 9 am-6 pm

Saturday, 9 am-4:30 pm

Sunday, 11 am-3 pm

Bowen Complex Billiards Room

No sessions Sept 2, 30, Oct 14, Nov 11, Dec 25, 26

**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, Sept 5-Dec 19, 1-2:30 pm (#120253)

Bowen Complex Room 6

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, Sept 4-Dec 27, 9:45-12 pm (#119851)

Bowen Complex Auditorium

Afternoon

Wed & Fri, Sept 4-Dec 27, 12:15 pm-2:30 pm (#119891)

Bowen Complex Auditorium

Short Mat Bowling

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

Wed & Fri, Sept 18-Dec 27, 2:45-5:15 pm (#119893)

Bowen Complex Auditorium

No sessions Sept 27, Oct 25, Nov 22, 29, Dec 20, 25

**NEW
PROGRAM!**

Table Tennis M

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

Sept 4-Dec 30 (#120259)

Mon, Wed, Fri, 11 am-2 pm until Oct 2 (Wed 9am-12pm)

Beban Park Centennial Building

No sessions Sep 16, 18, 20, 23, 30

Oct 14, 18, 25, Nov 11, 15, Dec 25

Volleyball M

Volleyball has two teams 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 enter the gym at start time.

Tue, Sept 10-Dec 17, 10:30 am-12:30 pm (#120262)

Oliver Woods Community Centre Gym #2





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, Sept 9-Oct 21, 10:15-11:15 am, \$40/5 (#120493)

Mon, Nov 4-Dec 16, 10:15-11:15 am, \$48/6 (#120496)

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, Sept 9-Oct 21, 11:30 am-12:30 pm, \$40/5 (#120514)

Mon, Nov 4-Dec 16, 11:30 am-12:30 pm, \$48/6 (#120515)

Bowen Complex Room 1

Country Line Dancing Beginner M

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

Wed, Sept 11-Dec 18, 10:45-11:45 am (#129693)

Beban Social Centre Auditorium A

Country Line Dancing Intermediate M

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

Wed, Sept 11-Dec 18, 9:30-10:30 am (#120528)

Beban Social Centre Auditorium A



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, Sept 10-Dec 17, 2-3:15 pm (#120530)

Thu, Sept 12-Dec 19, 3:30 pm-4:45 pm (#120532)

Bowen Complex Auditorium

Beginner Latin & Ballroom Line Dancing Workshops Part 1 & 2 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, Sept 9-Dec 16, 2:15-3:15 pm (#120654)

Bowen Complex Auditorium

No session Sept 30, Oct 14, Nov 11

Beginner Line Dance M

Ever thought of trying line dancing? This class offers a fun environment, easy to learn steps and variety of music genres.

Thu, Sept 5-Oct 31, 9-10 am (#120701)

Bowen Complex Room 1



Flamenco Basics E

This introduction to Flamenco - An introductory class for those with little to no flamenco dance experience. Learn basic footwork, upper body movements and palmas. Wear comfortable shoes with low heels.

Instructor: Heather Sandison

Mon, Sept 23-Oct 28, 6:30-8 pm, \$42 (#129213)

Beban Social Centre Stage

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, Sept 10-Oct 22, 6:30-8 pm, \$73.50 (#129215)

Tue, Nov 12-Dec 31, 6:30-8 pm, \$73.50 (#129216)

Beban Social Centre Stage

No session Oct 8

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. More information on page 25.

Thu, Sept 5-Dec 19, 7:30-10 pm

Bowen Complex Auditorium

Argentine Tango E M

Argentine Tango is a romantic and low impact dance suitable for all ages. Come join this group of keen dancers who want to learn about this dance. This group is led by volunteers and fellow dancers. Once in a while, a guest instructor will be invited, where you will be asked to contribute to their fee if you'd like to participate. At the end of each session, organizers host a wrap up dance and party. You are not required to attend, however if you would like to, a small fee to cover costs will be collected.

Tue, Sept 3-Dec 17, 6:30-9 pm, \$32/16 sessions (#120657)

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, Sept 11-Oct 23, 8-9 pm, \$70 (#129194)

Wed, Nov 6-Dec 11, 8-9 pm, \$60 (#129197)

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, Sept 11-Oct 23, 9-10 pm, \$70 (#129195)

Wed, Nov 6-Dec 11, 9-10 pm, \$60 (#129198)

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, Sept 9-Oct 21, 7-8 pm, \$50 (#129190)

Mon, Nov 4-Dec 9, 7-8 pm, \$50 (#129199)

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, Sept 9-Oct 21, 8-9 pm, \$50 (#129191)

Mon, Nov 4-Dec 9, 8-9 pm, \$50 (#129200)

Bowen Complex Auditorium

Ballroom Formation Team E

This is a continuation session for the Ballroom & Latin Formation Team. You will work towards performing at larger events and competitions. You will also be expected to invest in a team costume and practice times outside of the regular session. New participants interested in joining are asked to contact the instructor through Parks & Recreation before registering.

Instructor: Nelson Wong

Mon, Nov 4-Dec 9, 9-10 pm, \$50 (#129201)

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, Sept 11-Oct 23, 7-8 pm, \$70 (#129193)

Wed, Nov 6-Dec 11, 7-8 pm, \$60 (#129196)

Bowen Complex Auditorium

Classes do not run on
Statutory Holidays!



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, Sept 4-Dec 18, 1-3:30 pm (#128017)

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 Sandi at hdickie1@telus.net.

Fri, Sept 13-Dec 20, 10:30 am-12:30 pm (#128015)

Bowen Complex Room 6

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, Sept 5-Dec 19, 1-3 pm (#128016)

Kin Hut Activity Centre



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).

Tue, Sept 10-Dec 17, 9:30 am-12 pm (#128020)

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, Sept 9-Dec 16, 2-5 pm (#108495)

Rotary Field House

Senior Song Lab M

We want to bring together seniors who share a passion for folk and rock music of the 60's and 70's. Every week, participants will gather in a welcoming environment to explore the joy of making music together. This is not an introductory program. Members would be expected to have a modicum of proficiency with their instruments. While acoustic guitar players might be the largest group of members, other instruments such as keyboards, bass and percussion may be welcome additions. Participants are expected to bring their own instruments.

Thu, Sept 12-Dec 19, 3:30-5:30 pm (#129615)

Kin Hut Activity Centre

**NEW
PROGRAM!**

**Harbour City Singers** M

This group of people 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 April/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. The Spring session began in January and will wrap up at the Spring Concert, May 9. If you're interested in joining, please look at registering in August to join for the fall series. For more information please contact

Lionel Tanod at 250-722-0232.

Wed, Sept 11-Dec 18, 2-4 pm (#115570)

Rotary Field House

Nordli Ukulele Sing & Strum M

Do you like to play the Ukulele? Do you enjoy singing? Come and join our friendly group of uku-lovers! We play an eclectic mix of tunes, old and new, chosen from our repertoire of 'Nordli' songs as well as from the Daily (yellow) Ukulele book. Throughout the year, we also bring our music to retirement homes for others to enjoy. If interested, you need to provide your own Ukulele, music stand and purchase The Daily Ukulele book. For the first 6 weeks, instruction will be given to beginners between 1-1:30 pm. Learn some basic chords, rhythms and strum patterns. The rest of the group will join at 1:30 pm. After six weeks the entire group practices from 1-3 pm.

Tue, Sept 24-Dec 3, 1-3pm (#127715)

Oliver Woods Community Centre Salal 1

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, Sept 3-Dec 17, 1:15-4:45 pm (#128024)

Kin Hut Activity Centre

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, Sept 9-Dec 23, 1:15-2:45 pm (#128025)

Bowen Complex Room 1

No sessions Sept 30, Oct 14, Nov 11

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, Sept 6-Dec 20, 2:15-4:15 pm (#127721)

Bowen Complex Room 1





THURSDAY LIVE MUSICAL ENTERTAINMENT

Bowen Park Complex

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

Senior Members: \$2 **M**

Non Members: \$4 **E**

Everyone Welcome

SEPT 19 Glen Foster

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. They play their own original songs plus popular classic rock, dance tunes and modern day standards.

OCT 17 Marty Steel

Marty Steele is the undisputed master of playing the keyboard bass lines like the great jazz organists of old. His versatility is unmatched by most any other with his ability to play the standards, classic rock, blues, and many other styles, mixing the tunes in a way that always leaves the audience wanting for more.

Nov 21 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. Come boogie along to some of your old time favourites. Dancing is encouraged!

Dec 5 Christmas Luncheon

Join us for our annual Bowen Christmas lunch, catered by the Food Genie. Enjoy live background music while your taste buds sing. Members and non-members welcome to attend this fun holiday event. A big thank you to our sponsor - Berwick On The Lake Retirement Residences. 1pm-3pm
Members \$28

Non-members \$33

Barcode #120331

Dec 12 Songsters Choir Christmas Concert

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.



THURSDAY NIGHT DANCE

Bowen Park Complex

7:30-10 pm

Senior Members: \$8

Non Members: \$10

Everyone Welcome E M



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, Sept 5-Dec 12, 7:30-10 pm

Bowen Complex Auditorium

Sept 5	Double Play
Sept 12	Amigos
Sept 19	Double Play
Sept 26	Amigos
Oct 3	Double Play
Oct 10	Amigos
Oct 17	Double Play
Oct 24	Amigos
Oct 31	Double Play
Nov 7	Amigos
Nov 14	Double Play
Nov 21	Amigos
Nov 28	Double Play
Dec 5	Amigo Christmas Dinner-Legion
Dec 12	Double Play

Band Schedule is Subject to Change

**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.

Fri, Sept 6-Dec 27, 11 am-2 pm

Bowen Complex Room 1

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. Please note this session, in February the meet up is the second Tuesday.

Tue, Sept 3, Oct 1, Nov 5, Dec 3, 1-2:30 pm (#129633)

Beban Park Social Centre Room 7

**Get Connected: Smartphone Workshop** E

Get Connected: Sign up for this FREE, how to use your iPhone or android smartphone workshop, designed for seniors. Everyone welcome.

Instructor: Matthew Fisher, Literacy Central

Wed, Oct 2, 9, 23, 1-3 pm (#131179)

Bowen Complex Room 1

**Beginner Photography** E

Join the beginner photography group to enhance your skills, explore creativity, and storytell through your lens. Please bring a camera, phones are okay too. This group meets every 2 weeks.

Wed, Oct 7-Dec 16, 10-11:30 am (#131215)

Bowen Complex Room 3

Film Club E

The Nanaimo International Film Screening series is looking for film buffs interested hearing more about the society and attending the screenings at the Vancouver Island Conference Centre Oct 6, Nov 3 and Dec 1. This group will meet at Bowen Oct 1 to hear more about this club and then the Tuesdays after the screening to discuss the film and talk about the upcoming feature. There is a fee to watch the at the Vancouver Island Conference Centre (VICC). Members can join this film club as part of the membership fee.

Tue, Oct 1, 8, Nov 5, Dec 3, 4-4:30 pm (#130268)

Bowen Complex Room 4

Are you over 80? E

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 residents living in Nanaimo.

Swim E

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.

Skate E

Ask for a drop-in skating schedule. There are adult leisure skates to add to your fitness routine. Lions Free Skates held on Sundays as well as skating lessons.

Oliver Woods Gymnasium E

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.



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

Wed, Sept 11 | 12:30 pm-4 pm | FREE

Wed, Oct 9 | 9 am-12:30 pm | FREE

Wed, Nov 13 | 9 am-12:30 pm | FREE

Wed, Dec 11 | 9 am-12:30 pm | FREE

Oliver Woods Community Centre

Fri, Sept 20 | 1 pm-4:30 pm | FREE

Tue, Oct 15 | 9 am-12:30 pm | FREE

Tue, Nov 12 | 9 am-12:30 pm | FREE

Tue, Dec 10 | 9 am-12:30 pm | FREE

Bowen Park Complex



Bowen Park Library

Those interested in borrowing books are welcome to visit our library. You can borrow books at no charge, but please bring them back to share with others. Limit 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 for one of these FREE sessions to discover:

DUCKS & WATERFOWL

Sun, Sept 8 | 10-11:15 am | FREE | [128966](#)

Buttertubs Marsh (meet at Milner's Cottage)

Sun, Oct 20 | 10-11:15 am | FREE | [128968](#)

Sun, Nov 17 | 10-11:15 am | FREE | [128969](#)

Diver Lake Park



Canadian Dental Care Plan

The Canadian Dental Care Plan (CDCP) is helping make the cost of dental care more affordable for eligible Canadian residents. As of May 1st, eligible seniors, children under 18 and adults with a valid Disability Tax Credit certificate have been able to have part of their dental visits paid under this plan. This presentation is by Harbour City Dental and they will help you learn more about the plan, and give you the chance to ask any questions you may have regarding it.

Wed, Oct 16 | 1:30-2:30 pm | FREE | [129721](#)

Bowen Complex Room 1



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, Sept 25 | 1:30-3:30 pm | FREE | [129604](#)

Wed, Nov 6 | 1:30-2:30 pm | FREE | [129605](#)

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 \$8; Non Members: \$10

Wed, Sept 4, Oct 2, Nov 6, Dec 4, | 10-11 am | [129614](#)

Oliver Woods Community Centre Hemlock Room



South Fork Water Treatment Plant

Enjoy an exclusive guided 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.

Sun, Sept 22 | 9 am-3:30 pm | FREE | [128707](#)

South Fork Water Treatment Plant (2500 South Fork Road)

Being Proactive, Aging at Home

Join us for an information session on how to age safely at home. Be proactive and prevent falls by exploring accessibility equipment costs and what home modifications can be made for aging in place, such as installing grab bars, ramps, mobility equipment or a stairlift. Refreshments will be provided. Presented by Helena Brennert, BSN and Linden Lennox, Sales Representative with HME Home Health

Wed, Sept 18 | 1:30-2:30 pm | FREE | [129616](#)

Bowen Park Complex



Canada Revenue Agency Session Webinars

These are online seminars available to anyone interested. You'll need access to a computer and download the Windows App to access. At the end of each webinar, you'll have the chance to ask questions.

BENEFITS FOR ADULTS 65+

Benefits, credits and deductions you could be eligible for are the Disability Tax Credit, GST/HST credit, medical expenses, Canada caregiver credit and pension income splitting. If you do your taxes after the filing deadline, your payments could be delayed.

Wed, Aug 28 | 10-11 am | FREE

BENEFITS & CREDITS FOR PERSONS WITH DISABILITIES

Benefits and credits available to you! If you live with a disability or have a dependent with a disability, there are benefits and tax credits available to you and the people who support you. Some of the benefits and credits to which you may be eligible for are the Disability tax credit, medical expenses, Canada caregiver credit, and the Child disability benefit

Tue, Sept 24 | 1-2 pm | FREE

If you're interested in these free webinars, please email Chelsea.barr@nanaimo.ca for a link.



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

Salt Spring Fall Fair & Ganges Market

Sat, Sept 7, 8:30 am-5:30 pm (#129331)



\$125+GST - Meal costs extra

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

Meet at Bowen Park Complex

Squamish Gondolas

This is a self guided tour that will bring you up 885 metres above sea level. With several viewing decks you will have spectacular views of Howe Sound and other beautiful views. We will have lunch at the top. The price includes the gondolas and BC ferries. There will be an extra charge of \$30 if you do not have a gold card for the BC ferries.

Tue, Sept 17, 7:30am-7:30 pm (#129335)



\$175+GST - Meal costs extra

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

Meet at Bowen Park Complex

Sidney by the Sea

Learn about the different sea creatures that live in the Salish Sea at the Shaw Discovery Centre (not included). In this self guided tour, you can take a walk along the water front and check out the local shops. Lunch will be at a restaurant of your choice or feel free to bring your own. Option for drop off at Butchart Gardens (Not included in the price)

Sat, Sept 14, 8 am-5:30 pm (#129337)



Thu, Oct 10, 8 am-5:30 pm (#129363)

Sun, Nov 10, 8 am-5:30 pm (#129383)

\$55+GST - Meal costs extra

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

Meet at Bowen Park Complex

Bamfield

We will sail down the Port Alberni Channel to Bamfield, making stops at different camps and cottages delivering supplies along the way. We will spend an hour in Bamfield before heading back. Pack a lunch or eat on the boat.

Thu, Sept 12, 6 am-7 pm (#129338)



\$185+GST - Meal 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.

Sun, Sept 15, 8 am-5:30 pm (#129339)

Wed, Sept 25, 8 am-5:30 pm (#129341)

Tue, Oct 15, 8 am-5:30 pm (#129336)

Fri, Oct 25, 8 am-5:30 pm (#129367)

Fri, Nov 15, 8 am-5:30 pm (#129388)

Mon, Nov 25, 8 am-5:30 pm (#129389)

Sun, Dec 15, 8 am-5:30 pm (#129491)

\$55+GST - Meals 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.*



Malahat Skywalk/Kinsol Tressel Bridge

Ascend the spiral ramp to peak adventure. At 250 m above sea level, the tower provides sweeping views of Mt. Baker, Finlayson Arm, the Saanich Peninsula, and islands in two countries. Explore the West Coast from a whole new perspective. Lunch at Bridgemens Bistro.

Mon, Sept 23, 8 am-5:30 pm (#129349)



\$85+GST - Meal 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. Proper shoes, boots, rain jacket and layers are encouraged. Bring your camera, the photo opportunities are endless on this trip.

Fri, Sept 20, 8 am-8 pm (#129351)

Sun, Oct 20, 8 am-8 pm (#129372)

Wed, Nov 20, 8 am-8 pm (#129391)

Fri, Dec 20, 8 am-8 pm (#129492)

\$75+GST - Meals costs extra

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

Meet at Bowen Park Complex



South Island Nursery Hop

The Nurseries we will visit are Blenkinsop Garden Works, Elk Lake, Patio Garden Centre, Dinter Nursery, and Klein Nursery. Lunch will be decided later.

Mon, Sept 30, 8 am-5 pm (#129353)

\$50+GST - Meal costs extra

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

Meet at Bowen Park Complex



Qualicum Market

Saturday market where the motto is "Make it Bake it Grow it!" We will stop at Little Qualicum Cheese Works and have lunch at Shady Rest Pub on the Beach.

Sat, Oct 5, 8 am-5 pm (#129359)



\$55+GST - Meal costs extra

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

Meet at Bowen Park Complex

Port Renfrew

We will visit Botanical Beach and have lunch at the Port Renfrew Pub. Don't forget to take pictures at this beautiful beach. This trip is not walker friendly.

Mon, Oct 7, 8 am-5 pm (#129361)



\$95+GST - Meal costs extra

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

Meet at Bowen Park Complex



Taylor River/Port Alberni Salmon Run

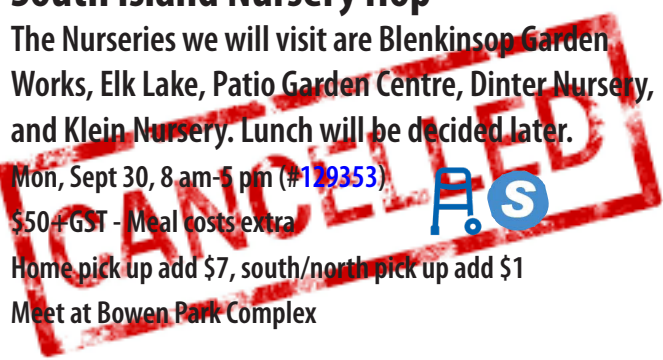
We will check out the Taylor River Sockeye Run - not huge but interesting. We will go to Stamp Falls to look for the Chinook and Coho. October is a very camera perfect time of year. Lunch will be at Starboard Grill Restaurant.

Fri, Oct 18, 8 am-5:30 pm (#129371)

\$50+GST - Meal costs extra

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

Meet at Bowen Park Complex





IKEA

Lets head over to Coquitlam for shopping at 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 your Gold Card for the BC ferries.

Mon, Nov 4, 7:30 am-8 pm (#129379)

\$125+GST - Meal 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.

Sat, Nov 16, 9:30 am-5:30 pm (#129385)

\$45+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 three vineyards in the Cowichan Valley including Rocky Creek, Emandare, Alderlee and Enrico. 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.

Sun, Nov 17, 9:30 am-5:30 pm (#129387)

\$115+GST - Meal costs extra

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

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.

Ladysmith Christmas Light Up

Take in this 30th Anniversary festival and Christmas light up! Enjoy the lights, parade, fireworks, crafts and entertainment. Dress warmly for the cool night air. We will park right beside the parade route. Please bring a chair if you want. This tour is self-guided.

Thu, Nov 28, 3:30 am-9 pm (#129394)

\$35+GST - Meal costs extra

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

Meet at Bowen Park Complex



Butchart Garden Christmas Light

This will help you get into the Christmas spirit! 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.

Thu, Dec 12, 3-9 pm (#129490)

\$115+GST - Meal costs extra

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

Meet at Bowen Park Complex



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.

Sat, Dec 21, 3:30-10 pm (#129493)

Sun, Dec 22, 3:30-10 pm (#129606)

\$35+GST - Meal 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.

Asteras Greek Taverna

Downtown Nanaimo

Monday, September 2

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

129355

4:30 - 8 pm

Bold Knight

South Nanaimo

Tuesday, Nov 12

\$15+GST - Meal cost extra, meet at Bowen or add pick up

129396

4:30 - 8 pm

Kalvas the Log House

Parksville

Monday, September 9

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

#130356

4 - 8 pm

Cedars Restaurant & Lounge

Tigh-Na-Mara Resort

Wednesday, October 23

\$30+GST - Meal cost extra, meet at Bowen or add pick up

129374

4 - 8 pm

The View Oceanside Grill

Nanaimo

Thursday, September 19

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

129357

4:30 - 8 pm

Discovery Room

VIU

Thursday, October 24

\$15+GST - Meal cost extra, meet at Bowen or add pick up

#130354

4 - 8 pm

Lion Rampant Pub

Maple Bay

Friday, October 11

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

129375

4 - 8:30 pm

Mast Head Restaurant

Cowichan Bay

Friday, November 29

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

129397

4 - 8 pm



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

All Dining Out trips are walker friendly.



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:



Starbucks/Chapters near Woodgrove (trips going north) or



Smitty's at Southgate (trips going south).

 = Walker Friendly



Senior Christmas Lunch

Thursday, December 5, 2024

1:00 pm-3:00 pm

Join us for our annual Bowen Christmas lunch, catered by the Food Genie. Enjoy live music by Kyle Shepard while your taste buds sing. Members and non-members are welcome to attend this fun holiday event. A big thank you to our sponsor - Berwick On The Lake Retirement Residences.

1pm-3pm

Members \$28

Non-members \$33



Registration Barcode#120331