### THURSDAY MUSICAL ENTERTAINMENT
Bowen Complex Auditorium, 1:30 - 3 pm
(doors open 12:45 pm), Members $2, Non-Members $4

<table>
<thead>
<tr>
<th>JANUARY</th>
<th>FEBRUARY</th>
<th>MARCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 NO SHOW</td>
<td>6 Silver &amp; Gold Band</td>
<td>5 Accordion Band</td>
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<tr>
<td>9 Beatles Tribute Band</td>
<td>Sunshine &amp;</td>
<td>12 Trevor Price</td>
</tr>
<tr>
<td>16 Oldies But Goldies</td>
<td>Will Cardinal, Old Time, Country, Rock, Latin American</td>
<td>19 Beatles Tribute Band</td>
</tr>
<tr>
<td>23 The Pickin’ Pals Country Classics Birthday Day</td>
<td>Larry Alexander Gates Country, Oldies, Rock &amp; Roll</td>
<td>26 Folk &amp; Oldies Birthday Day</td>
</tr>
<tr>
<td>30 Coombs Fiddlers Birthday Day</td>
<td>Bryden Street Jazz Band</td>
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</tbody>
</table>

### LOBBY SOCIAL

Want to enjoy the company of other seniors but don't necessarily want to take a class? Join us in the Bowen Park Lobby on Monday and Wednesday afternoons from 1-3 pm. We will put on a pot of coffee and a kettle for tea, provide some cookies, and board games if you like! There is no need to register, this is simply a time for seniors to come and hangout and meet other seniors. Although you are always welcome in our lobby, this Social Time has been created to help identify a time when others might be around to socialize with.
A Nanaimo Harbour City Seniors’ Membership is open to those 60 years and older and is valid for one year from the date of purchase for $41.45 per person. Your membership provides you with access to over 50 free City of Nanaimo, Parks, Recreation & Culture programs. Some instructional programs may require an additional fee with prices listed in the newsletter. 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 over the phone). The information you will need to provide includes your name, address, phone number, birthdate and an emergency contact.

Office hours at Bowen Complex are Monday through Friday, 8:30 am to 4:15 pm and the direct phone number is 250-755-7501. After hours, the main switchboard can be reached at 250-756-5200. Registration for programs in this newsletter can be done at any City of Nanaimo recreation centre, including Beban Social Centre, Bowen Park, Oliver Woods Community Centre, Nanaimo Aquatic Centre and Nanaimo Ice Centre. If you would like to register online go to https://recreation.nanaimo.ca (memberships must be purchased in person or over the phone).
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.

Library
The library is located next to the upstairs administration office in Bowen Complex. You can borrow books at no charge, please remember to bring them back once you have read them. Thank you.

Meet the NEW Seniors’ Coordinator!
Adam Smith

Before joining the City of Nanaimo, Adam was a Recreation Programmer for the Town of Comox where he managed seniors and adult fitness programs out of the Comox Community Centre. Before working for Comox, he was a Recreation Programmer for Nanaimo Seniors Village, a position he held for 2 years. Adam holds a Bachelor of Tourism Management Majoring in Recreation services from Vancouver Island University.

Recreation Coordinator - Seniors
Adam Smith 250-755-7524
adam.smith@nanaimo.ca

NHCS Committee Meetings
Fridays, January 10, February 7 & March 6 from 9:30 to 11:30 am in the Bowen Complex Conference Room.

Blood Pressure Clinics
The next dates for this drop-in clinic are Tuesdays, January 7 & March 3 from 11:30 am to 12:30 pm in the library at Bowen Complex. Call in to confirm dates.

CNIB Low Vision Screening
The Canadian Institute for the Blind will have Evaleen Baker, the low vision specialist, at Bowen on Wednesdays, January 15, February 19 & March 18 from 9:30 am to 4 pm. You must book an appointment. 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.

Greeting Card Lady
If you know a member who would be cheered up by a card please call Lorraine Fisher at 250-585-2458 and provide her with a full mailing address.

Hearing Clinic
Our next hearing clinic will be on Thursdays, January 9 & March 12 from 10 am to 12 pm in the library at Bowen Complex. Please call the office to make an appointment.
Hello Everyone,

Wishing each and every one of you an interesting and eventful 2020.

Much has happened since the last newsletter. Change was definitely in the air during November and December. In addition to personnel changes in Parks, Recreation & Culture, the NHCSS Board made several decisive actions as well. I wish Grace Bell and Elizabeth Williams well in their new endeavours – it has been my pleasure working along side them over the past year or so. We also welcome Adam Smith as a new City employee in his role as Recreation Coordinator for the Seniors’ Programs.

What has the NHCSS Board been doing the past few months? We have been busy taking care of finances and Society structural changes. Most importantly, the Society’s charity status was rescinded in October which led to several important Board decisions. These were:

1. Not to apply for renewal of our charity status
2. To discontinue as a registered Society under BC legislation, and
3. To continue as a Seniors Advisory Committee with two main roles:
   a. to advocate on behalf of Parks, Recreation & Culture seniors and
   b. continue to approve funds for Seniors’ activities for at least 2 years

Subsequently, this is my final newsletter to you as President, Nanaimo Harbour City Seniors Society. Although we will cease as a Society in the new year, all board members have volunteered to continue as members of the Advisory Committee. Once a date has been decided, all Society assets will be turned over to the City of Nanaimo for future funding of Seniors’ activities.

In light of these developments, Bettie Godfrey, on behalf of the Board, contacted several activity leaders to determine if the Board could finance activity needs before turning over our assets to the City. At our December meeting, the Board approved funding applications for approximately ten thousand dollars ($10,000) for the following activities: Crochet, Quilting, Sewing, Stained Glass, Woodcarving, Woodworking, Scrabble, Line Dance, Library, Songsters, Bluegrass, Country & Western Band, Carpet Bowling, Darts and Table Tennis.

I apologize for the Board not contacting all activity leaders but time was limited prior to our meeting in December. Should any activity wish to apply for funds, please leave a completed application at Bowen reception no later than January 7, 2020 for consideration at out January meeting (applications are located at the Seniors’ bulletin board in Bowen Complex lobby). For the next 2-3 years, Seniors activity funding applications will be processed as follows:

1. Activity leaders will complete a funding application
2. The Seniors’ Advisory Committee will review applications
3. Once approved, the Committee will request purchases through the Recreation Coordinator

Should anyone wish the Seniors’ Committee to advocate on their behalf, our present process will continue:

1. An activity leader or an individual will contact a committee member with a written request with their signature and contact information
2. Once reviewed, the Seniors’ Advisory Committee will advocate and present to the Recreation Coordinator

I realize this is a lot of information to digest – however, should you have any questions, please contact any member of the Advisory Committee (the members are listed on the left side of this page).

Thank you everyone for your support and interest, I again wish each of you a healthy and enjoyable New Year.

Dolores Gottenberg
Special Events / Seminars

You’re Invited!
Tuesday, March 17, 2020
1 - 3 PM
Bowen Auditorium

Nanaimo Harbour City Seniors

Come out for demonstrations, music, games, dancing, a site tour, refreshments and door prizes! Parking is limited so please carpool.

The 2020 Open House is sponsored by Berwick on the Lake

For program cancellations due to bad weather, please tune in to the local radio stations (The Wave 102.3 or The Wolf 106.9). You can also log on to www.nanaimo.ca for program updates.

Volunteers, please call 250-755-7501 if you are cancelling a class.
FITNESS LEVEL 1

This class increases flexibility through gentle stretches. Maintain a healthy heart and strengthen your body. Proper breathing and relaxation techniques will leave you energized.

MONDAYS 10:15 - 11:15 AM
Bowen Auditorium, Instructor: Russell McNeil

THURSDAYS 10:15 - 11:15 AM
Bowen Auditorium, Instructor: Russell McNeil

SATURDAYS 10:15 - 11:15 AM
Bowen Clubhouse, Instructor: Maria Elena Jitton

FITNESS LEVEL 2

This class has more cardio and less strength and conditioning. This is a higher intensity class compared to Level 1. Exercise at your own pace.

MONDAYS 9 - 10 AM
Bowen Auditorium

THURSDAYS 9 - 10 AM
Bowen Auditorium

FITNESS LEVEL 3

This class has 30 minutes of cardio. The overall structure is similar to Level 2 but with added interval training with slightly higher intensity. The non-cardio portion focuses on strength, flexibility and balance. Participants should have experience with Level 2 before taking this class.

SATURDAYS 9 - 10 AM
Bowen Clubhouse

Fitness at Bowen Complex
(500 Bowen Road)

Course ID Bowen Fitness

JANUARY
Mondays Level 1 19616 4 classes
Mondays Level 2 19801 4 classes
Thursdays Level 1 19746 5 classes
Thursdays Level 2 19808 5 classes
Saturdays Level 1 19794 4 classes
Saturdays Level 3 19815 4 classes

FEBRUARY
Mondays Level 1 19626 3 classes
Mondays Level 2 19802 3 classes
Thursdays Level 1 19747 4 classes
Thursdays Level 2 19809 4 classes
Saturdays Level 1 19795 5 classes
Saturdays Level 3 19816 5 classes

MARCH
Mondays Level 1 19627 5 classes
Mondays Level 2 19803 5 classes
Thursdays Level 1 19749 4 classes
Thursdays Level 2 19810 4 classes
Saturdays Level 1 19796 4 classes
Saturdays Level 3 19817 4 classes

COST
Classes are $3.75 each plus GST when you pay for the entire month.
Drop-in (if space is available) is $8 (Members only)
3 classes = $11.25 4 classes = $15 + GST
5 classes = $18.75 + GST

NO CLASSES:
Feb 17
### Fitness at Oliver Woods
(6000 Oliver Road)

<table>
<thead>
<tr>
<th>Course ID Oliver Woods Fitness</th>
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<tbody>
<tr>
<td><strong>JANUARY</strong></td>
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<tr>
<td>Wednesdays Level 1 20145 4 classes</td>
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<tr>
<td>Wednesdays Level 2 20350 4 classes</td>
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<tr>
<td>Fridays Level 1 20139 5 classes</td>
</tr>
<tr>
<td>Fridays Level 2 20359 5 classes</td>
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<tr>
<td><strong>FEBRUARY</strong></td>
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<tr>
<td>Wednesdays Level 1 20146 4 classes</td>
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<tr>
<td>Wednesdays Level 2 20351 4 classes</td>
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<tr>
<td>Fridays Level 1 20140 4 classes</td>
</tr>
<tr>
<td>Fridays Level 2 20360 4 classes</td>
</tr>
<tr>
<td><strong>MARCH</strong></td>
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<tr>
<td>Wednesdays Level 1 20151 4 classes</td>
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<tr>
<td>Wednesdays Level 2 20352 4 classes</td>
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<td>Fridays Level 1 20141 4 classes</td>
</tr>
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<td>Fridays Level 2 20362 4 classes</td>
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</tbody>
</table>

### Fitness Level 1
This class increases flexibility through gentle stretches. Maintain a healthy heart and strengthen your body. Proper breathing and relaxation techniques will leave you energized.

**WEDNESDAYS 11:30 AM - 12:30 PM**
Oliver Woods Salal Rooms 2 & 3

*Instructor: Russell McNeil*

**FRIDAYS 1:30 - 2:30 PM**
Oliver Woods Salal Rooms 1 & 2

*Instructor: Heather Honey*

### Fitness Level 2
This class has more cardio and less strength and conditioning. This is a higher intensity class compared to Level 1. Exercise at your own pace.

**WEDNESDAYS 10:15 - 11:15 AM**
Oliver Woods Salal 1

*Instructor: Jamie Jackson*

**FRIDAYS 9:30 - 10:30 AM**
Oliver Woods Salal Rooms 1 & 2

*Instructor: TBA*

### Cost
Classes are $3.75 each plus GST when you pay for the entire month.
Drop-in (if space is available) is $8 (Members only)
3 classes = $11.25 4 classes = $15 + GST
5 classes = $18.75 + GST

See page 74 of the Fall & Winter Activity Guide for more Fitness Programs 60+

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### Meet Your Instructor

**Jamie Jackson**

With specialized certification in seniors’ group fitness and personal training, Jamie believes that fun and fitness are truly ageless!

You will be able to enhance the opportunity to live your best life possible by focusing on functional exercises that support your everyday lifestyle in a fun and friendly atmosphere!
EASY MORNING FITNESS

This class is designed for those who are interested in starting a fitness program. The focus is on low-impact aerobic movement and building functional strength. Enhance your ability to move through flexibility exercises and balance training. You will use free-weights and resistance bands to safely strengthen muscles while increasing your cardiovascular endurance. Join this group for socializing in the lobby following the class.

Please fill out a Par-Q+ form prior to participating.

TUESDAYS 8 - 8:50 AM
Bowen Auditorium
Instructor: Julie Stewart

THURSDAYS 8 - 8:50 AM
Bowen Auditorium
Instructor: Julie Stewart

Course ID for Easy Morning Fitness

TUESDAYS 8 AM
Jan 7 - 28 19853 4 classes
Feb 4 - 25 19854 4 classes
Mar 3 - 31 19855 5 classes

THURSDAYS 8 AM
Jan 2 - 30 19860 5 classes
Feb 6 - 27 19861 4 classes
Mar 5 - 26 19862 4 classes

COST
Classes are $3.75 each plus GST.

Bowen Wanderers Walking Group

Walking Group 19605
Thursdays, Apr 4 - Aug 29 9:30 am - 1 pm

South Destinations: S
Meet at Bowen Complex lobby

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

January 2 S Harry Wipper Park
January 9 S Westwood Lake PUB LUNCH
January 16 N Legacy Marsh
January 23 N Haslam Creek
January 30 N Rathtrevor Provincial Park
February 6 S Morden Trail (Cedar)
February 13 N Enos Lake (Nanoose)
February 20 S Christie Falls
February 27 S Planta / Neck Point
March 5 S Buttertubs Marsh
March 12 N Little Qualicum River Falls PUB LUNCH
March 19 S Morrell Sanctuary
March 26 S Jack Point

Wear suitable hiking boots or shoes. Bring your lunch unless otherwise noted. When it’s noted where to park, you still meet at the north or south meeting point first. For more information contact AI at 250-585-8271. Members no charge.
Meet Your Instructor

Charlene Deluca

Charlene practiced law in Alberta before she and her husband retired to Nanaimo 5 years ago. In addition to teaching fitness classes, Charlene has many other interests - singing in a large choir, cooking and entertaining, yeast baking, travel and enjoying beautiful walks on Vancouver Island.

Charlene teaches both Balance & Mobility and Chair Fitness at Bowen Complex. She enjoys the fun and energy of teaching group fitness classes. Her classes focus on functional strength training and movement to enhance the ability to perform day-to-day activities.

Balance & Mobility incorporates the use of weights and resistance tubing in addition to some floor work to provide a full body workout and build strength and flexibility. Progressive exercises specifically aimed at developing and improving balance are an important component of Balance & Mobility.

Chair Fitness is a great beginner level class for anyone who is new to fitness, or for people who have difficulty standing for very long or for those who just can’t manage floor work. Chair Fitness includes a warm-up, light cardio work and strength training using weights and simple fitness equipment to increase muscle strength, with an emphasis on learning proper technique. Participants are often surprised that many of the exercises typically done in other fitness classes are easily adapted to Chair Fitness. Join any time!

See page 74 of the Fall & Winter Activity Guide for Charlene’s BALANCE & MOBILITY and CHAIR FITNESS classes!

Activity Guide Program

Minds in Motion
Alzheimer Society Fitness & Social Program
Instructors: Brian Sugiyama & Charlene Deluca

Tuesdays, Feb 25 - Mar 31
Beban Social Centre
10 am - 12 pm
$42 + GST / 6 classes

Tuesdays, Feb 25 - Mar 31
Beban Social Centre
1 - 3 pm
$42 + GST / 6 classes

A fitness and social program for people experiencing early stage memory loss. Please 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. Fee covers participant and guest.

More 60+ Fitness is offered in the Fall & Winter Activity Guide:
Balance & Mobility
Chair Fitness
Sculpt & Tone
Chair Yoga
Stretch & Relax Yoga
Yoga Qi Gong

See page 74 in the Activity Guide. Nanaimo Harbour City Seniors’ membership is not required for these classes.
**Heart Fitness 20131**
Therapist: Bob Uden
Mondays, Wednesdays & Fridays
Sep 4 - Mar 30 8 - 9 am
Bowen Auditorium, Members no charge
This class is for those with heart problems or those who have had a recent heart procedure. The goal is to enhance cardiovascular response by performing endurance exercises. Monitoring of blood pressure and heart rate is ongoing. Doctors permission for this class is required.

*No session Feb 17*

**Tai Chi / Special Interest**

**Tai Chi Beginner**
Tuesdays 9 - 10 am
Bowen Auditorium, Members no charge
This is for those who have no experience with Tai Chi. Instruction is provided. Every eight weeks, the instructor will start at the beginning. You must start at the beginning of one of the following sessions:
- Tuesdays, Jan 7 - Feb 25 20465
- Tuesdays, Mar 3 - Apr 21 20466

**Tai Chi Level 1 & 2** 20462
Tuesdays, Sep 3 - Mar 31 10 - 11:30 am
Bowen Room 1, Members no charge
This is for those who have experience with Tai Chi.

**Tai Chi Advanced** 20460
Mondays, Sep 9 - Mar 30 1 - 2 pm
Bowen Auditorium, Members no charge
This is for those who have experience with Tai Chi. No instruction is provided.

*No session Feb 17*

**Tuesday Book Club** 20454
1st Tuesday of each month 1:30 - 3 pm
Next dates: January 7, February 4 & March 3
Bowen Room 3, Members no charge
Call Carolyne at 250-753-9691 for book titles.
**Stroke Club** 20451
Fridays, Sep 6 - Mar 27  
11 am - 2 pm  
Bowen Room 1, Members no charge  
Exercise, socializing and entertainment for those recovering from a stroke. Bring your own lunch. Tea and coffee are provided.  
Register for this program by contacting Susan Stevenson at 250-716-6315 or email nanaimostrokerecovery@gmail.com.

**Writing Group** FULL 22881
Wednesdays, Sep 4 - Mar 25  
9:30 - 11:30 am  
Bowen Room 3, Members no charge  
Do you want a place to share your stories, your interests, your ideas, your memories and your poetry? Bring a pen or pencil, note pad and anything that you have already written to share.  
*No session Jan 1*

**Technology Club** 20666
2nd & 4th Tuesday  
2:40 - 4 pm  
Next dates: January 14 & 28, February 11 & 25, March 10 & 24  
Bowen Auditorium, Members no charge  
The Technology Club (formerly the Computer Club) usually meets the second and fourth Tuesday of each month from September to June. Some knowledge of computers and technology is required. This is a discussion group only, you will not bring your computer or device with you. Computer classes can be found at the Literacy Central Vancouver Island, Vancouver Island Regional Libraries, the Nanaimo Disability Resource Centre or through the Parks, Recreation & Culture Activity Guide.

NEW!
**FULL MOVIE TWOONIE MATINEES**

- **“Grumpy Old Men”** 36467  
  Tuesday, January 21  
  4 - 6 pm  
  Rated PG-13 for salty language and innuendos

- **“Get Low”** 36468  
  Tuesday, February 18  
  4 - 6 pm  
  Rated PG-13 for some thematic material & brief violent content

- **“Second Hand Lions”** 36477  
  Tuesday, March 31  
  4 - 6 pm  
  Rated PG for thematic material, language & action violence

Join us for a movie matinee with popcorn!  
Bowen Auditorium  
$2
Ballroom Dance 21400
Tuesdays, Sep 3 - Mar 31 10 am - 12 pm
Bowen Auditorium
Members no charge
This is a chance to practice your skills.

Country Line Dance 21401
Wednesdays, Sep 11 - Mar 25 9:30 - 11:45 am
Departure Bay Activity Centre
Members no charge
No session Jan 1

Beginner Latin & Ballroom Line Dance Workshop
Bowen Room 1, Members no charge
If you are new to line dancing and want to learn the steps, please take this intro so you can feel comfortable at the Tuesday & Thursday afternoon classes. Register early as space is limited.

Latin & Ballroom Line Dancing
TUESDAYS, Sep 3 - Mar 31 21395
Departure Bay Activity Centre 3 - 4 pm

THURSDAYS, Sep 5 - Mar 26 21397
Bowen Auditorium 4 - 5 pm
Members no charge
Everyone welcome but the only instruction will be when a brand new dance is introduced.
See Beginner Latin & Ballroom Line Dance for more instruction.

Tea Dance
Next dates:
Sunday, January 26 2 - 4:30 pm
Sunday, February 23 2 - 4:30 pm
Sunday, March 29 2 - 4:30 pm
Bowen Auditorium, $2 at the door
Thursday Night Dance  21406
Thursdays, Sep 5 - Mar 26  7:30 - 10 pm
Bowen Auditorium
Members $7 at the door
Non-Members $9 at the door
Cost includes refreshments

Tap Dance Level 1  21405
Instructor: Lynette Arnold
Thursdays, Oct 3 - Mar 26  11 am - 12 pm
Bowen Clubhouse

Tap Dance Level 2  21402
Instructor: Lynette Arnold
Mondays, Sep 9 - May 25  2:10 - 3:10 pm
Bowen Auditorium
No session Feb 17, Apr 13 & May 18

Tap Dance Level 3  21404
Instructor: Lynette Arnold
Mondays, Sep 9 - May 25  3:10 - 4:10 pm
Bowen Auditorium
No session Feb 17, Apr 13 & May 18

Thursday Night Dance Band Schedule

Band Schedule is Subject to Change

<table>
<thead>
<tr>
<th>Date</th>
<th>Band</th>
<th>Type</th>
</tr>
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<tbody>
<tr>
<td>January 9</td>
<td>Dan Hughes &amp; Band</td>
<td>4 Piece Band</td>
</tr>
<tr>
<td>January 16</td>
<td>Double Play</td>
<td>2 Piece Band - POTLUCK</td>
</tr>
<tr>
<td>January 23</td>
<td>Amigos</td>
<td>3 Piece Band</td>
</tr>
<tr>
<td>January 30</td>
<td>Dan Hughes &amp; Band</td>
<td>4 Piece Band</td>
</tr>
<tr>
<td>February 6</td>
<td>Double Play</td>
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<td>Amigos</td>
<td>3 Piece Band</td>
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Nanaimo Vesna Ukrainian Folk Dance for non-Ukrainians

Come out for our FREE Beginner “Try-it” Nights:

**Tuesdays, January 14 & 21, 2020**
5:15 - 6:15 pm - Ages 6-9
6:15 - 7:15 pm - Ages 8-12
7:30 - 8:30 pm - Adults & Seniors

**Wednesdays, January 15 & 22, 2020**
5:30 - 7:00 pm - Ages 12-19

All Beginner classes are held at the Ukrainian Hall located at 4017 Victoria Avenue in Nanaimo. (off Norwell Drive)

For more information, contact Jeanne at 250-758-1561.

Gentle ~ Fun ~ Inspiring ~ Free Costumes ~ New Friends
**Beginner Bluegrass Slow Pitch Jam**  
**20691**  
Fridays, Sep 6 - Mar 27  
11:15 am - 12:45 pm  
Kin Hut Activity Centre (2730 Departure Bay Road)  
Members no charge  
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 am to get familiar with bluegrass songs. Previous registrants are welcome early or at 11:15 am. For more information email Sandi at hdickie1@telus.net.

**Bluegrass**  
**20690**  
Fridays, Sep 6 - Mar 27  
1 - 4 pm  
Kin Hut Activity Centre (2730 Departure Bay Road)  
Members no charge  
Do you play guitar, mandolin, fiddle, dobro, banjo, bass or another acoustic stringed instrument? This group creates acoustic bluegrass music with a focus on vocally leading songs, 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.

**Country & Western Style Band**  
**20672**  
Fridays, Sep 6 - Mar 27  
11:15 am - 12:45 pm  
Kin Hut Activity Centre (2730 Departure Bay Road)  
Members no charge  
This group’s music selection has been growing with now 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. This 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.

**Folk & Old Time Rock & Roll Group**  
**20692**  
Mondays, Sep 9 - Aug 31  
2 - 5 pm  
Rotary Field House, Members no charge  
An acoustical instrument only group that focuses on having fun playing and performing Folk & Old Time Rock & Roll from the 50’s through the 70’s. The 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.
**Open Mic & Circle Performance Group**  
Tuesdays, Sep 3 - Mar 31 1:30 - 4:30 pm  
Kin Hut Activity Centre (2730 Departure Bay Road)  
Members no charge  
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. Song choice is open to the performers who might spend time teaching a new song to other members of the group. A circle format follows the initial round of performers, with the open mic still available. Performers are expected to have some skill in playing their instrument(s) of choice. Equipment is provided by some of the members, although amplification is not essential.

**Accordion Band**  
Tuesdays, Sep 3 - Mar 31 1 - 3:45 pm  
Rotary Field House  
Members no charge  
Have fun playing accordion with others. It is preferred that members be able to read music. The Accordion Band performs at over 25 concerts each year. This group plays a wide selection of music styles.

**Swing Band**  
Mondays, Sep 9 - Mar 30 1:30 - 3 pm  
Bowen Room 1  
Members no charge  
This group is made up of brass and woodwind instruments with a typical rhythm section. This group plays at different seniors' facilities and due to this there are limited openings for musicians.  
*No session Feb 17*

**Harbour City Singers**  
Wednesdays, Sep 11 - Apr 29 2 - 4 pm  
Rotary Fieldhouse, Members no charge  
There are currently over 40 men and women who enjoy each other’s company singing a wide variety of music from international folk songs, Broadway musicals, spirituals and jazz standards to popular seasonal and classical songs. Everyone is welcome. No previous choral experience is required.

The Harbour City Singers performed in November 2019 at the Thursday entertainment.

**Songsters Choir**  
Fridays, Sep 6 - May 22 2:15 - 4:15 pm  
Bowen Room 1, Members no charge  
The Songsters practice every Friday for the first five weeks in September and January and then they start performing throughout the community (usually Friday afternoons). On the first Friday of each month, they have a board meeting (2:30 - 3:30 pm), followed by a practice (3:30 - 4:30 pm).  
*The Songsters Choir is looking for a new Assistant Director. For more information, please contact Donalda, Songsters President, at fredel@shaw.ca or 250-585-1887.*
**Level 1 Ukulele Moving On**  
**Instructor:** Carol Johns  
**Thursdays, Jan 9 - May 28 9 - 9:45 am**  
Oliver Woods Monarch 2, Members no charge  
This is a method of learning to play the ukulele in which students explore elements of music including melody, harmony, rhythm, form, tempo, dynamics and tone. Areas of skill development include learning to read musical notation, singing, picking, strumming, ear training, sight reading, and beginning music theory. Students should have the desire to learn more about music than just chords and strumming.

**Level 2 Ukulele Step Up**  
**Instructor:** Carol Johns  
**Thursdays, Oct 17 - May 28 10:15 - 11:15 am**  
Oliver Woods Monarch 2, Members no charge  
Building on the skills learned in UIC Book 1, level 2 students continue to learn arrangements of traditional and popular music from around the world for two or three ukulele parts. Students will learn techniques such as the double strum, the chromatic scale, secondary dominant chords, blues improvisation and more. Students in this class must have developed some proficiency of the skills learned in UIC Book 1 or must be competent in reading music theory. Bring $18 if you need to purchase a book from the instructor.  
*No session Mar 19 & Mar 26*

**Autoharp Interest List & Information Session**  
**Instructor:** June Merilees  
**Monday, January 13 10:30 - 11:30 am**  
Bowen Room 3  
Would you like to play the autoharp? It is not difficult to learn, you do not need any previous musical knowledge and you do not need to be able to read music. You will need your own autoharp, a tuner, some finger picks and a book that can be purchased at a music store. If you want more information about this potential program please register for and attend this info session. For more information please contact Chrys at ctromans@shaw.ca.

This is an interest list and information session about the Autoharp. IF there is enough interest, we will run this program on the same day and time that the info session is scheduled for.

**Nordli Ukulele Sing & Strum**  
**Instructor:** June Merilees  
**Tuesdays, Sep 10 - May 26 1 - 2:45 pm**  
Oliver Woods Salal 1, Members no charge  
Would you like to play the ukulele? Do you enjoy singing? To accommodate numerous requests, from those wishing to learn how to play the ukulele, the first 30 minutes of the session will be used for basic instruction on chording, and strumming. Come and join us in this friendly, social gathering. A selection of melodies, old and new will be learned to play at “gigs” in the fall. For more information, contact June at 250-758-1801.
### Sports

**Badminton**  
Mondays/Wednesdays/Fridays  
Jan 3 - Mar 30  
Oliver Woods Gym 2, Members no charge  
No instruction, open to all abilities  
*No session Feb 3 & 17*

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<tr>
<th>Locations</th>
<th>Time</th>
<th>19559</th>
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<tbody>
<tr>
<td>Oliver Woods Gym 2</td>
<td>12 - 3 pm</td>
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</tbody>
</table>

**Darts**  
Thursdays  
January to March  
Bowen Room 6, Members no charge  
This is a fun, informal, social group. Beginners are welcome, even if you have never thrown a dart before. There are a couple of sets of darts available for new-comers to use to try out the sport. If you decide to stay with the group, you will require your own set of darts. You must be able to throw darts with enough height and force to penetrate the dart board. Basic math skills are also required.

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<tr>
<th>Locations</th>
<th>Time</th>
<th>19563</th>
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<tr>
<td>Bowen Room 6</td>
<td>1 - 2:30 pm</td>
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</table>

**Carpet Bowling**  
*Morning*, Sep 4 - Mar 27  
Wednesdays & Fridays  
10 am - 12 pm  
19553  

*Afternoon*, Sep 3 - Mar 31  
Tuesdays  
12:30 - 2:30 pm  
19556  

Bowen Auditorium, Members no charge  
Come out for a social time of carpet bowling. It is a fairly easy game to learn, especially if you have been a Lawn Bowler. We have a number of experienced bowlers who are happy to help beginners to enjoy the game. Being an indoor game we are able to play year round without worrying about the weather. Assistance is given to those who may have mobility or sight challenges; if you want to try we will help you. Two games are played in teams of (‘pairs’ and ‘triples’) with a short break in between for a cup of tea and cookies.  
*No session Jan 1*

**Snooker/Billiards**  
2020  
Mondays to Friday  
8:30 am - 4:30 pm  
Saturdays & Sundays*  
9 am - 3 pm*  
Billiards Room  
$48 + GST for the calendar year (pro-rated from the day you join), Membership required  
*Call 250-755-7501 to confirm weekend hours.  
*No drop-in rate for this program.  
*No Snooker/Billiards on stat holidays or facility closures*

<table>
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<tr>
<th>Locations</th>
<th>Time</th>
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<tbody>
<tr>
<td>Billiards Room</td>
<td>8:30 am - 4:30 pm</td>
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</tr>
</tbody>
</table>

**Table Tennis**  
Sep 4 - Mar 30  
Mondays & Fridays  
11 am - 2 pm  
Wednesdays  
12 - 3 pm  
Departure Bay Activity Centre, Members no charge  
*No session Jan 1 & Feb 17*

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<tr>
<th>Locations</th>
<th>Time</th>
<th>19560</th>
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<tbody>
<tr>
<td>Departure Bay Activity Centre</td>
<td>11 am - 2 pm</td>
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</tbody>
</table>

**Volleyball**  
Tuesdays, Sep 17 - May 26  
Departure Bay Activity Centre  
Members no charge  
*No session Jan 1*

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<thead>
<tr>
<th>Locations</th>
<th>Time</th>
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<tbody>
<tr>
<td>Departure Bay Activity Centre</td>
<td>10 am - 12 pm</td>
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</tbody>
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500 Bowen Road, Nanaimo, BC • 250.755.7501 • www.nanaimo.ca
Adult Colouring 101, Folk Art Beginner & Decorative Painting & Crafts
Starts again in April.

Crafty Workers
Wedgesdays, Sep 4 - Mar 25
Bowen Room 4, Members no charge
The Crafty Workers meet at Bowen Park Complex and the group is open to anyone who wants to do crafts in a social setting - knitting, beading, or any other type of crafts are welcome.

Crochet & Crafts
Fridays, Sep 6 - Mar 27
Bowen Room 4, Members no charge
All crafts are welcome.

Embroidery
Thursdays, Sep 12 - Mar 26
Bowen Room 4
Members no charge

Mixed Multi Media Art
Wednesdays, Sep 4 - Mar 25
Bowen Room 4, Members no charge
This group welcomes artists of all levels working in watercolour, acrylic, oil, collage, pastel, ink and pencil. Instruction is not provided, but helpful critique is available. Please bring your own supplies.

Mixed Painting Advanced
Thursdays, Sep 5 - Mar 26
Bowen Room 6, Members no charge
Work with the group on the same project or work on your own. Whether you paint with acrylics, oil, water or chalk, you will immerse yourself in wonderful company. Minimal instruction is available. Participants must have completed a beginners level painting course or have instructor approval based on equivalent training. Bring your own supplies.

Pottery & Ceramics
Thursdays
Bowen Pottery Room
This is a drop-in time with no instruction.
Clay can be purchased for $32 at the front desk.
January - 4 sessions $8
February - 4 sessions $8
March - 4 sessions $8
No session Jan 2
Quilting 19521
Tuesdays, Sep 3 - Mar 31 12 - 3 pm
Bowen Room 6, Members no charge
The purpose of this group is to work together while maintaining the tradition of hand quilting. We take weeks or even months to make a quilt which is soft and beautiful. We make quilts of many sizes, some of which are donated to The Linus Project. If your days are hectic or stressful, try a few hours a week sitting around a quilting frame with friends enjoying the sewing and the conversation!

Simply Sewing 19524
Tuesdays, Sep 3 - Mar 31 9 am - 12 pm
Bowen Room 6, Members no charge
Calling all sewers! Are you seeking inspiration? Are you new to sewing? Have a project? Do you just want to spend time with others doing what you love? Then this sewing group is the perfect place for you. Bring your own machine. Please note there are a limited number of plugs available.

Stained Glass 20835
FULL
Wednesdays, Sep 4 - May 27 9 - 11:45 am
Bowen Pottery Room, Members no charge
This is not an instructed class, registrants must have prior experience working with stained glass.
No session Jan 1

Intro to Stained Glass Intermediate 23916
FULL
Tuesdays, Oct 8 - May 12 9 am - 12 pm
Bowen Pottery Room, Members no charge
Registrants continue working on projects from the beginner session.

Introduction to Stained Glass 36743
NEW Time
Tuesdays, Jan 7 - May 12 12:30 - 3 pm
Bowen Pottery Room, $20+GST
Open to beginners and 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, 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.
Woodcarving 20836
Thursdays, Sep 5 - Mar 26
Bowen Room 5, Members no charge

Woodworking 20837
Mondays & Tuesdays, Sep 3 - Mar 31
10 am - 3 pm
Bowen Woodworking Room
No session Feb 17
Please call the office at 250-755-7501 to confirm the shop will be open on the days and times listed. Sometimes supervisors are unavailable.

French Basic & Conversation 21531
Mondays, Sep 9 - Mar 30
9 - 11:30 am
Bowen Room 4, Members no charge
An opportunity to converse in French with some instruction provided. The first hour of this class beginners are welcome to attend. The second half of the class is for more proficient French speakers.
No session Feb 17

Spanish for Travellers
Instructor: Mair Saraga
Fridays
10 - 11:30 am
Jan 10 - Mar 13
21884
Oliver Woods Hemlock Room, Members no charge
Become familiar with basic vocabulary, grammar and gain a perspective of Latin American and Spanish cultures. This course is taught by a native Spanish speaker. Please purchase the book, “Painless Spanish” 3rd edition ISBN #978-1-4380-0772-4 at Indigo or online.

NO SCENTS MAKES SENSE
Please consider those who are sensitive to scented products by not wearing them in the centres. Thank you
<table>
<thead>
<tr>
<th>Activity</th>
<th>Code</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Location</th>
<th>Details</th>
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<tbody>
<tr>
<td>Beginners Bridge</td>
<td>19527</td>
<td>Sep 5</td>
<td>Mar 26</td>
<td>9:30 am - 12 pm</td>
<td>Bowen Room 2 &amp; 4, Members no charge</td>
<td></td>
</tr>
<tr>
<td>Thursday Bridge</td>
<td>20653</td>
<td>Sep 5</td>
<td>Mar 26</td>
<td>12:15 - 3:45 pm</td>
<td>Bowen Room 1, Members no charge</td>
<td>Doors open at 12 pm for set up. Play starts at 12:15 pm.</td>
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<tr>
<td>Friday Bridge</td>
<td>20652</td>
<td>Sep 6</td>
<td>Mar 27</td>
<td>6:30 - 10 pm</td>
<td>Bowen Room 4, Members no charge</td>
<td>Partner required - the leader has a spare list</td>
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<tr>
<td>Canasta</td>
<td>19529</td>
<td>Sep 5</td>
<td>Mar 26</td>
<td>1 - 4 pm</td>
<td>Bowen Room 2 &amp; 3, Members no charge</td>
<td></td>
</tr>
<tr>
<td>Chess Beginner</td>
<td>20659</td>
<td>Sep 6</td>
<td>Mar 27</td>
<td>10 am - 1 pm</td>
<td>Bowen Clubhouse, Members no charge</td>
<td>Get together with others and challenge your brain to learn chess together. The room is booked for three hours but players may choose to play for less time.</td>
</tr>
<tr>
<td>Cribbage</td>
<td>19530</td>
<td>Sep 3</td>
<td>Mar 31</td>
<td>1 - 4 pm</td>
<td>Bowen Room 1, Members no charge</td>
<td></td>
</tr>
<tr>
<td>Euchre</td>
<td>19531</td>
<td>Sep 9</td>
<td>Mar 30</td>
<td>1 - 3:30 pm</td>
<td>Bowen Room 4, Members no charge</td>
<td>No session Feb 17</td>
</tr>
<tr>
<td>Euchre for Fun</td>
<td>20649</td>
<td>Sep 3</td>
<td>Mar 10</td>
<td>10 am - 12 pm</td>
<td>Oliver Woods Monarch 2, Members no charge</td>
<td>No session Mar 17 &amp; 24</td>
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<tr>
<td>Scrabble for Fun</td>
<td>19528</td>
<td>Sep 3</td>
<td>Mar 31</td>
<td>1 - 5 pm</td>
<td>Bowen Room 4, Members no charge</td>
<td></td>
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<tr>
<td>Scrabble</td>
<td>19526</td>
<td>Sep 6</td>
<td>Mar 27</td>
<td>1:30 - 4 pm</td>
<td>Bowen Room 3, Members no charge</td>
<td>Competitive but fun!</td>
</tr>
<tr>
<td>Whist</td>
<td>20655</td>
<td>Sep 4</td>
<td>Mar 25</td>
<td>1 - 3:45 pm</td>
<td>Bowen Room 1, Members no charge</td>
<td>No session Jan 1</td>
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</table>
Explore The Comox Valley 36748
Sunday, January 12 9 am - 5:30 pm
Meet at Bowen Lobby or add pick-up
Have brunch at the Westerley in Courtenay and then explore Cumberland, Courtenay and Comox. Stops include wine tasting, the Cumberland museum and more.
$45 + GST - Meal costs extra
Registration & cancellation deadline January 7

Victoria
8 am - 5:30 pm
Wednesday, January 15 36555
Saturday, February 15 36754
Sunday, March 15 36765
Meet at Bowen Lobby or add pick-up
This is a self-guided trip. Spend the day poking through shops and eating at one of the many restaurants in Victoria. Visit the museum, the IMAX, friends or family. Try your luck at the casino or just people watch on the waterfront. On the way home we will stop at one of the farmers’ markets.
Depending on traffic, arrival in Victoria is usually between 10 and 11 am. Departure from the IMAX is at 3 pm, departure from The Bay at 3:10 pm.
$45 + GST - Meal costs extra
Registration & cancellation deadline
January 9 (January 15 trip),
February 11 (February 15 trip),
March 10 (March 15 trip)
Anne of Green Gables Ballet
Cowichan Performing Arts Centre
Friday, February 7
Meet at Bowen Lobby or add pick-up
This Ballet is a playful, colourful and evocative new production from Canada’s Ballet Jorgen that is sure to delight audiences of all ages. It’s a wonderful balletic adaptation based on the beloved Canadian novel by Lucy Maud Montgomery. Dinner will be at the Dog House Restaurant.
$75* + GST - Meal costs extra
Registration & cancellation deadline January 3
*No refunds after January 3 as tickets will be purchased

Bird Watch Comox Estuary & Valley
N 36691
Thursday, January 23
8 am - 5:30 pm
Meet at Bowen Lobby or add pick-up
Salmon will be running at the estuary and check out other popular eagle and bird hangouts. See the eagle at Lazo Beach playing in the wind turbulences. Lunch will be at White Whale Restaurant. Bring your camera.
$50 + GST - Meal costs extra
Registration & cancellation deadline January 17

Campbell River Thrift Store Shop Hop
N 36744
Saturday, January 25
8 am - 6 pm
Meet at Bowen Lobby or add pick-up
Visit four thrift stores to take advantage of great buys: Quality Thrift Store, New 2-U Consignment, Salvation Army Second to None Hospice Thrift Store and Hospital Thrift Shop. Lunch will be at Jigger’s Grill.
$45 + GST - Meal costs extra
Registration & cancellation deadline January 21

Maple Sugar Festival S 36751
Saturday, February 1
9 am - 4 pm
Meet at Bowen Lobby or add pick-up
Visit the BC Forest Discovery Centre in Duncan. Ride the train, sample the different flavours of maple sugar and check out the crafts. We always have a great time here. Lunch will be at the CVI Pub.
$45 + GST - Meal costs extra
Registration & cancellation deadline January 28

On the Road with Janie

Return times for Janie’s trips are approximate
Victoria Thrift Store Shop Hop

Wednesday, February 12 8 am - 5:30 pm
Meet at Bowen Lobby or add pick-up
Stop at different thrift stores and hopefully find some interesting things. Pack a lunch.
$30 + GST - Meal costs extra
Registration & cancellation deadline February 6

Brentwood Best Musical Spamalot

Wednesday, February 26 3:30 - 10:30 pm
Meet at Bowen Lobby or add pick-up
A new musical lovingly ripped off from the motion picture Monty Python and the Holy Grail. The Brentwood kids blow us away with their productions, and the theater is awesome!
Dinner will be at Bridgeman's Bistro.
$60* + GST - Meal costs extra
Registration & cancellation deadline February 12
*No refunds after February 12 as tickets will be purchased

Bamfield Frances Barkley

Saturday, February 29 6 am - 7 pm
Meet at Bowen Lobby or add pick-up
Sail down the Alberni Channel to Bamfield. On the way we will make stops at different camps and cottages delivering supplies. We will spend an hour in Bamfield before heading back - we may even see bears!
$95 + GST - Meal costs extra
Registration & cancellation deadline February 25

55+ Lifestyles Show Victoria

Tuesday, March 10 8 am - 5:30 pm
Meet at Bowen Lobby or add pick-up
Over 110 interactive displays by senior-focused businesses, seniors clubs and non-profit organizations. This is a must-attend event for seniors wanting to find out what's happening in the community, what products and services are available, and information on a variety of topics including health, beauty, travel, leisure, fitness, housing and more.
$55 + GST - Includes show ticket, meal costs extra
Registration & cancellation deadline March 4

Shen Yun

Queen Elizabeth Theatre in Vancouver
Saturday, March 14 7:30 am - 8 pm
Meet at Bowen Lobby or add pick-up
Shen Yun invites you to travel back to the magical world of ancient China. Experience a lost culture through the breathtaking art of classical Chinese dance, and see legend come to life. Lunch will be at the Shark Club.
$225* + GST - Includes show ticket, meal costs extra
*BC Seniors’ rate included for the ferry - you will need to pay extra fees at the ferry if you do not get that rate
Registration & cancellation deadline January 31
*No refunds after January 31 as tickets will be purchased

For additional trips not listed in this newsletter, contact Janie at 250.714.2855
Sidney by the Sea

36766

Tuesday, March 17  
8 am - 5:30 pm

Meet at Bowen Lobby or add pick-up

Learn about the different creatures that live in the Salish Sea, take a walk along the waterfront and check out the shops. Lunch will be at a restaurant of your choice. We will take the Brentwood Bay ferry home.

$95 + GST - Includes ferry and Shaw Ocean Discovery Centre, meal costs extra

Registration & cancellation deadline March 11

Cowichan Winery Tour

36769

Sunday, March 22  
9:30 am - 5:30 pm

Meet at Bowen Lobby or add pick-up

Visit Unsworth, Zanatta, Emandare and Alderlee. Lunch will be at the Cow Bay Pub in Cowichan Bay.

$89 + GST - Tastings included, meal costs extra

Registration & cancellation deadline March 17

One World Music

McPherson Theatre

36767

Friday, March 20  
8 am - 5:30 pm

Meet at Bowen Lobby or add pick-up

Each year the entire student body comes together to share in this challenging - yet ultimately rewarding - creative labour of love. One World is one more way that Pearson College Students learn to live and work together, celebrate diversity, collaboration, creativity and courage. Lunch will be at the Bear Mountain Westin Hotel.

$70* + GST - Includes show ticket, meal costs extra

Registration & cancellation deadline February 20

*No refunds after February 20 as tickets will be purchased

Metchosin

36771

Tuesday, March 31  
8 am - 5:30 pm

Meet at Bowen Lobby or add pick-up

Explore the Museum, the Little Old School House, and Kinsol Trestle. There will be a stop at the farm market on the way back. Lunch will be at My Chosen Cafe & Bakery.

$75 + GST - Includes museum, meal costs extra

Registration & cancellation deadline March 17

All of Janie's trips depart from BOWEN COMPLEX PARKING LOT (500 BOWEN ROAD). Pick up times at Bowen are approximate. Add $7 and Janie will pick you up and drop you off at your home.

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

- Starbucks/Chapters near Woodgrove (trips going north)
- Smitty’s at Southgate (trips going south).

= Walker Friendly
Turkey Dinner - Yellow Point Lodge
Yellow Point ★★★★★ N 36760
Sunday, February 23
5:30 - 9 pm
This date could change if the Lodge changes their schedule.
$15+GST - Meal cost extra, meet at Bowen or add pick up

Dinner - Discovery Room
Nanaimo ★★★★★ S 36772
Thursday, March 5
4:30 - 8 pm
$10+GST - Meal cost extra, meet at Bowen or add $1 pick up

Dinner - Rampant Lion
Maple Bay ★★★★★ S 36773
Sunday, March 8
4 - 8 pm
$20+GST - Meal cost extra, meet at Bowen or add pick up

Dinner - Fox & Hound
Lady Smith ★★★★★ S 36775
Thursday, March 12
4 - 8 pm
$15+GST - Meal cost extra, meet at Bowen or add pick up

Dinner - Black Goose
Parksville ★★★★ N 36776
Saturday, March 28
4 - 8 pm
$20+GST - Meal cost extra, meet at Bowen or add pick up

Dining Out with Janie

Dining Out
For 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 (see bottom right of page 25).

Dinner - Tigh Na Mara Cedars Restaurant
Parksville ★★★★ N 36745
Saturday, January 4
4 - 8 pm
$20+GST - Meal cost extra, meet at Bowen or add pick up

Dinner - Shipyard Pub
Duncan ★★★★ S 36746
Thursday, January 9
4 - 8 pm
$20+GST - Meal cost extra, meet at Bowen or add pick up

Dinner - The Keg
Nanaimo ★★★★ 36747
Sunday, January 26
4:30 - 8 pm
$10+GST - Meal cost extra, meet at Bowen or add $1 pick up

Dinner - Zouglas
Happy Birthday Janie!
Nanaimo ★★★★★ 36758
Sunday, February 2
4 - 8 pm
Free trip for Janie’s Birthday (no presents please)
Meal cost extra, meet at Bowen or add $1 pick up

Dinner - Fanny Bay Pub
Fanny Bay ★★★★ N 36759
Tuesday, February 18
3:30 - 8 pm
$20+GST - Meal cost extra, meet at Bowen or add pick up

All Dining Out trips are walker friendly.
## Program Schedule by Day

### MONDAYS

- **8 am** Heart Fitness
- **8:30 am** Snooker
- **9 am** Fitness Level 2
  - French
- **10 am** Balance & Mobility
  - Woodworking
- **10:15 am** Fitness Level 1
- **11 am** Balance & Mobility
  - Table Tennis (DB)
- **11:30 am** Stretch & Relax Yoga (OW)
- **11:50 am** Chair Yoga
- **12 pm** Badminton (OW)
- **1 pm** Euchre
  - Tai Chi Advanced
- **1:30 pm** Swing Band
- **2 pm** Folk & Rock & Roll Band (RF)
- **2:10 pm** Tap Level 2
- **3:10 pm** Tap Level 3

### TUESDAYS

- **8 am** Easy Morning Fitness
- **8:30 am** Snooker
- **9 am** Sewing
  - Stained Glass Intermediate
  - Tai Chi Beginner
- **9:30 am** Country/Western Band (RF)
- **10 am** Ballroom Dance, Chair Fitness
  - Euchre for Fun (OW)
  - Tai Chi Level 1 & 2
  - Volleyball (DB)
- **10:15 am** Fitness Level 1
- **11 am** Balance & Mobility
  - Woodworking
- **12 pm** Quilting
- **12:30 pm** Carpet Bowling
  - Stained Glass Beginner
- **1 pm** Accordion Band (RF)
  - Crib, Scrabble Beginner
  - Ukulele Sing & Strum (OW)
- **1:30 pm** Book Club (1st Tue)
  - Mic & Performance (KH)
- **2:40 pm** Technology Club (2nd & 4th)
- **3 pm** Line Dance (DB)
- **3:30 pm** Balance & Mobility (OW)

### WEDNESDAYS

- **8 am** Heart Fitness
- **8:30 am** Snooker
- **9 am** Mixed Multi Media Art
  - Stained Glass
- **9:30 am** Country Line Dance (DB)
  - Sculpt & Tone
  - Writing Group
- **10 am** Woodworking
  - Yoga Qi Gong (RF)
- **10:15 am** Fitness Level 2 (OW)
- **10:45 am** Sculpt & Tone
- **11 am** Yoga Qi Gong (RF)
- **11:30 am** Fitness Level 1 (OW)
- **12 pm** Badminton (OW)
- **1:30 pm** Swing Band
  - Crafty Workers
  - Whist
- **2 pm** Harbour City Singers (RF)

### THURSDAYS

- **8 am** Easy Morning Fitness
- **8:30 am** Snooker
- **9 am** Beginner Line Dance
  - Fitness Level 2
  - Mixed Painting Advanced
  - Ukulele Beginner (OW)
  - Woodcarving
- **9:30 am** Beginner Bridge
  - Wanderers Walking Group
- **10:15 am** Fitness Level 1
  - Ukulele Level 2 (OW)
- **11 am** Tap Dance Level 1
- **12 pm** Pottery & Ceramics
- **12:15 pm** Bridge
- **12:30 pm** Embroidery
- **1 pm** Canasta, Darts
- **1:30 pm** Musical Entertainment
- **4 pm** Latin & Ballroom Line Dance
- **7:30 pm** Thursday Night Dance

### FRIDAYS

- **8 am** Heart Fitness
- **8:30 am** Snooker
- **9 am** Fitness Level 2 (OW)
- **9:30 am** Country/Western Band (RF)
- **10 am** Ballroom Dance, Chair Fitness
  - Euchre for Fun (OW)
  - Tai Chi Level 1 & 2
  - Volleyball (DB)
- **10:15 am** Fitness Level 1
- **11 am** Stroke Club
  - Table Tennis (DB)
- **11:15 am** Beginner Bluegrass (KH)
- **12 pm** Badminton (OW)
- **1 pm** Bluegrass (KH)
  - Carpet Bowling
  - Crochet & Crafts
- **1:30 pm** Fitness Level 1 (OW)
  - Scrabble
- **2:15 pm** Songsters
- **6:30 pm** Friday Bridge (OW)

### SATURDAYS

- **9 am** Fitness Level 3
- **10:15 am** Fitness Level 1

### SUNDAYS

- **9 am** Snooker
- **2 pm** Tea Dance
  - (see page 12 for dates)

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**PLEASE NOTE:**

Some programs have start and end dates. Check inside the newsletter for details. Call 250-755-7501 to confirm a program is on and has space available.

**Schedule is subject to change:** Some programs have start and end dates. Programs take place at Bowen Complex unless otherwise noted in brackets (BSC=Beban Social Centre, DB=Departure Bay Activity Centre, RF=Rotary Field House, HAC=Harewood Activity Centre, OW=Oliver Woods Community Centre, KH=Kin Hut Activity Centre). This is a weekly summary of regularly scheduled activities - trips, seminars and special events are not listed. See the program listings inside the newsletter for more details or call 250-755-7501.
ARTS & CRAFTS
Adult Colouring 101
Crafty Workers, Crochet & Crafts
Folk Art
Embroidery
Mixed Multi Media Art
Mixed Painting
Pottery & Ceramics
Quilting
Sewing
Stained Glass
Woodcarving, Woodworking

FITNESS, YOGA & TAI CHI
Balance & Mobility
Chair Fitness
Chair Yoga
Easy Morning Fitness
Fitness Levels 1, 2 & 3
Sculpt & Tone
Stretch & Relax Yoga
Tai Chi
Walking Group
Yoga Qi Gong

CARDS & GAMES
Bridge
Canasta
Chess
Crib
Euchre
Scrabble
Whist

BALLROOM

DANCE

DANCE
Ballroom
Country Line Dance
Latin & Ballroom Line Dance
Tap
Tea Dance
Thursday Night Dance

SPECIAL INTEREST
Book Club
Heart Fitness
Stroke Club
Technology Club
Writing Group

LANGUAGE
French
Spanish for Travellers

MUSIC
Accordian Band
Bluegrass
Country & Western Style Band
Folk & Old Time Rock & Roll Band
Harbour City Singers
Open Mic & Performance Group
Songsters
Swing Band
Ukulele

SPORTS
Badminton
Carpet Bowling
Darts
Snooker/Billiards
Table Tennis
Volleyball