

PROGRAMS FOR ADULTS 60 +

Nanaimo Harbour City Seniors



SEPTEMBER TO DECEMBER 2020



Welcome Back!

We have missed seeing you, watching you socialize together and helping you participate in programs.

Although things are a bit different right now due to the pandemic, we hope you will feel welcome, feel safe and feel happy to be back participating in some of your programs.

There have been many new safety protocols put into place to ensure you are able to physically distance while still enjoying your City of Nanaimo programs, but feel free to reach out to any of the staff if you have any questions or concerns.

The current Nanaimo Harbour City Seniors Membership is valid until December 31, 2020 at a cost of \$14. The programs on the following pages are available as part of your membership.

We wish you a safe and healthy fall season.

A Nanaimo Harbour City Seniors' Membership is open to those 60 years and older and is valid from September to December 2020. Your membership provides you with access to several free City of Nanaimo, Parks & Recreation programs. Some instructional programs may require an additional fee with prices listed in this 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 4:30 pm (closed 12-1 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 Bowen Park, Oliver Woods Community Centre and Nanaimo Aquatic Centre. If you would like to register online, go to <https://recreation.nanaimo.ca> (memberships must be purchased in person or over the phone).

Lobby Socializing during the pandemic is not allowed to keep you safe and healthy. You will be greeted at the recreation complex door by a Facility Ambassador who will show you where your program is taking place and then you will be shown where to exit. We ask that you exit the building immediately after your program so that staff can clean and sanitize the rooms. Socializing should be done outside the building while maintaining physical distancing of 6 feet or 2 metres.



Special Interest Programs

Book Club

This book club meets on the first Tuesday of each month (with some exceptions). See dates below.

Tue, Sep 15, Oct 6, Nov 10 & Dec 8

1:30-3 pm (#47069)

Bowen Room 1



Technology Club Discussion Group

This club usually meets the second and fourth Tuesday of each month (with some exceptions-see dates below) from September until December.

Beginners welcome; some knowledge of technology is required. This is a discussion group only; you will not be bringing your devices.

Tuesdays, 2:30-4 pm (#48112)

Sep 22, Oct 13 & 27, Nov 3 & 17, Dec 1 & 15

Bowen Room 1



Dance Programs

Beginner Latin & Ballroom Line Dancing

If you are new to line dancing and want to learn the steps, please take this intro so you can feel comfortable at the higher level class.

Thu, Sep 10-Dec 17, 9-10 am (#47043) **FULL**

Bowen Room 1

Fri, Sep 11-Dec 18, 9-10 am (#47044) **FULL**

Bowen Room 1

Latin & Ballroom Line Dancing

Dances reviewed for the first 15 minutes. This course is for those who are very comfortable with Line Dances and is mostly dancing with little teaching (only walk-throughs for the more difficult dances).

Tue, Sep 15-Dec 29, 3:30-4:45 pm (#48075) **FULL**

Thu, Sep 17-Dec 31, 3:45-5 pm (#48076) **FULL**

Tue, Sep 22-Dec 29, 10:30-11:30 am (#48622) **FULL**

Bowen Auditorium

Country Line Dancing

A fun, laugh-filled class for those who want to country line dance. For the first 8 weeks of this class 9:30am-10:00am is instruction in basic steps. Remainder of weeks used for introducing new dances.

Wed, Sep 16-Dec 23, 9:30-11:30 am (#48087) **FULL**

Departure Bay Activity Centre

Add your name to the waitlist for any full programs by calling 250-755-7501.

Arts & Crafts Programs

Quilting

This group's purpose is to bring people together to share in the enjoyment of creating something beautiful while maintaining the tradition of hand quilting. All skill levels are welcome, as there is always someone to help a new member or a beginner whether you choose to become an advanced quilter or prefer to sit at a quilt, stitch and enjoy the conversation. Quilts are machine pieced and hand quilted on traditional Quilting Bee frames.

Tue, Sep 15-Dec 29, 12-3 pm (#47918)

Bowen Room 6



Mixed Multi-Media Art

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

Please bring your own supplies.

Wed, Sep 16-Dec 30, 9 am-12 pm (#47475)

Rotary Field House

Adult Colouring

The new adult colouring books are relaxing. Learn about Steampunk, Mandalas and many other styles. Explore the options of colouring with different medias on different quality paper. Find your artistic side for fun or for relaxation.

Mon, Sep 14-Dec 28, 1-3 pm (#47070)

Bowen Room 4

Folk Art - Beginner

Come and learn the basics of Folk Art one stroke at a time to create a floral card and a 6" floral trinket box. You'll receive a card and envelope, 6" base coated trinket box, graphite and tracing papers, patterns, set of practice brushes and two required quality brushes that are all included in the material cost of \$15 to be paid to the instructor in class. Instruction is free. Bring a smile, and let's paint.

Wed, Sep 16-Dec 30, 10 am-12 pm (#47073)

Bowen Park Room 4

Folk Art - Decorative Painting & Crafts

Come and visit us and bring any craft or project. This is a bright, cheerful place to work on your crafts. No instruction is provided.

Fri, Sep 11-Dec 18, 10 am-12 pm (#47077)

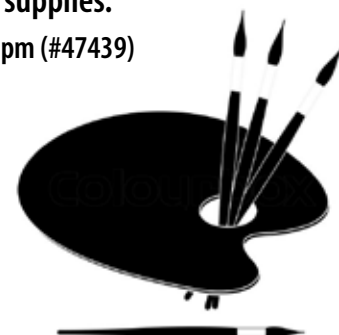
Bowen Room 4

Mixed Painting - Advanced

If you would like to work with a group on the same project or work on your own, this is the class for you. 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 approval of instructor based on equivalent training. Bring your own supplies.

Thu, Sep 17-Dec 31, 9 am-12 pm (#47439)

Bowen Room 6



Arts & Crafts Programs

Simply Sewing

Calling all sewers. Are you seeking inspiration? Are you new to sewing? Have a project, or do you just want to spend time with others doing what you love? Then a sewing group is for you. There are two groups alternating weeks to make space for more participants. See the dates below.

GROUP #1 Tuesdays, 9-11:30 am (#47105)

Sep 15 & 29, Oct 13 & 27, Nov 10 & 24, Dec 8 & 22

GROUP #2 Tuesdays, 9-11:30 am (#47473)

Sep 22, Oct 6 & 20, Nov 3 & 17, Dec 1, 15 & 29

Bowen Room 6



Intro to Stained Glass - Intermediate

Open to those looking for refresher instruction. Participants will complete a stained glass project of their choosing.

Tue, Sep 15-Dec 29, 9 am-12 pm, \$20 (#47294) **FULL**

Fri, Sep 18-Dec 18, 9 am-12 pm, \$20 (#47295)

Bowen Pottery Room

Stained Glass

This is not an instructed class. Registrants must have prior experience working with stained glass.

Wed, Sep 16-Dec 30, 9-11:45 am (#47083) **FULL**

Bowen Pottery Room

No session Nov 11

Woodcarving

The Mid Island Carving Club is a group of seniors who enjoy and appreciate the fine art of carving. New members welcome. Members share expertise, knowledge, experience and stories, as well as wood, patterns, techniques and all other tricks of the art of carving. The wood that is used most often is bass, although yellow cedar, alder, walnut, cherry and holly are not forgotten. The tools used vary, and any member would gladly give the information on where to obtain these tools, which ones to use and how to use them. If you have a desire to learn the art of woodcarving, then call 250-758-6898.

Thu, Sep 17-Dec 31, 9-11 am (#46927)

Thu, Sep 17-Dec 31, 11:30 am-1:30 pm (#46928)

Bowen Room 5

Woodworking

Spend a two-hour block of time working on your own woodworking projects. Tools provided, but woodworking supplies not included.

Book a time slot on Mondays or Tuesdays, 10 am-12 pm or 1-3 pm.

Bowen Woodworking Room



Sports Programs

Badminton **FULL**

Players must use their own rackets. Badminton birds are available for purchase.

Mon & Wed, Sep 14-30, 12:15-1:30 pm (#46930)

Mon & Wed, Oct 5-28, 12:15-1:30 pm (#46931)

Mon & Wed, Nov 2-25, 12:15-1:30 pm (#46935)

Mon & Wed, Dec 2-30, 12:15-1:30 pm (#46971)

Mon & Wed, Sep 14-30, 1:45-3 pm (#46972)

Mon & Wed, Oct 5-28, 1:45-3 pm (#46973)

Mon & Wed, Nov 2-25, 1:45-3 pm (#46975)

Mon & Wed, Dec 2-30, 1:45-3 pm (#46976)

Oliver Woods Gym 2

Badminton is currently full. To add your name to the waitlist, call 250-755-7501.



Carpet Bowling

Join us 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').

Morning

Fri, Sep 11-Dec 18, 10 am-12 pm (#47005) **FULL**

Wed, Sep 16-Dec 30, 10 am-12 pm (#47004) **FULL**

Bowen Auditorium

No session Nov 11

Afternoon

Fri, Sep 11-Dec 18, 1-3 pm (#47007)

Wed, Sep 16-Dec 30, 1-3 pm (#47006)

Bowen Auditorium

No session Nov 11

Darts

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

Thu, Sep 17-Dec 31, 1-2:30 pm (#47916)

Bowen Room 6

Sports Programs

Table Tennis

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

Mon/Wed/Fri, Sep 14-Dec 30, 12-3 pm (#46929) **FULL**

Departure Bay Activity Centre

No sessions Oct 12, Nov 11 & Dec 25

Snooker/Billiards

Book your time and play! The extra fee enables us to re-felt tables and provide tournament quality balls as needed.

M-Sa, Sep 10-30, 8:30-10:30 am (#46832) - \$5

M-Sa, Sep 10-30, 11 am-1 pm (#46833) - \$5

M-Sa, Sep 10-30, 1:30-3:30 pm (#46834) - \$5 **FULL**

M-F, Sep 10-30, 4-6 pm (#46836) - \$4

M-Th, Sep 10-30, 6:30-8:30 pm (#46837) - \$4

M-Sa, Oct 1-31, 8:30-10:30 am (#46839) - \$5

M-Sa, Oct 1-31, 11 am-1 pm (#46840) - \$5

M-Sa, Oct 1-31, 1:30-3:30 pm (#46841) - \$5 **FULL**

M-F, Oct 1-30, 4-6 pm (#46843) - \$4

M-Th, Oct 1-31, 6:30-8:30 pm (#46845) - \$4 **FULL**

M-Sa, Nov 2-30, 8:30-10:30 am (#46846) - \$5

M-Sa, Nov 2-30, 11 am-1 pm (#46848) - \$5

M-Sa, Nov 2-30, 1:30-3:30 pm (#46849) - \$5 **FULL**

M-F, Nov 2-30, 4-6 pm (#46850) - \$4

M-Th, Nov 2-30, 6:30-8:30 pm (#46851) - \$4 **FULL**

M-Sa, Dec 1-31, 8:30-10:30 am (#46852) - \$5

M-Sa, Dec 1-31, 11 am-1 pm (#46854) - \$5

M-Sa, Dec 1-31, 1:30-3:30 pm (#46855) - \$5 **FULL**

M-F, Dec 1-31, 4-6 pm (#46856) - \$4

M-Th, Dec 1-31, 6:30-8:30 pm (#46857) - \$4 **FULL**

Bowen Billiards Room

Music Programs

Accordion Band

Play accordion with others as part of the Bowen Seniors program. Members must be able to read music. The group plays a wide selection of music styles.

Tue, Sep 15-Dec 29, 1-3:45 pm (#47018)

Rotary Field House

Beginner Bluegrass Slow Pitch Jam

This session is for musicians who would like to build confidence in the Bluegrass genre. Focus will be on fun, learning tunes, playing breaks and harmony. Contact Sandi at hdickie1@telus.net with any questions.

Tue, Sep 15-Dec 22, 11 am-12:30 pm (#47104)

Departure Bay Activity Centre

Bluegrass Band

Do you play guitar, mandolin, fiddle, dobro, banjo, bass or another acoustic stringed instrument? This group creates acoustic bluegrass music with a focus on 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 and Tony Rice in addition to more modern songs playable in Bluegrass style. Please note that this is NOT a sing-along, sing and strum or lessons. Participants will NOT be singing, however, there will be one vocalist to lead the group each session.

Thu, Sep 10-Dec 17, 1-4 pm (#47020) **FULL**

Departure Bay Activity Centre

Add your name to the waitlist for any full programs by calling 250-755-7501.

Fitness Programs

Fitness - Level 1

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

Instructor: Russel McNeil

Mon, Sep 14-28, 10:15-11:15 am, \$11.25/3 (#47027) **FULL**

Mon, Oct 5-26, 10:15-11:15 am, \$11.25/3 (#47026)

Mon, Nov 2-30, 10:15-11:15 am, \$18.75/5 (#43696)

Mon, Dec 7-28, 10:15-11:15 am, \$15/4 (#43698)

Bowen Auditorium

Instructor: Russel McNeil

Wed, Sep 16-30, 10-11 am, \$11.25/3 (#47873)

Wed, Oct 7-28, 10-11 am, \$15/4 (#47898)

Wed, Nov 4-25, 10-11 am, \$11.25/3 (#47899)

Wed, Dec 2-30, 10-11 am, \$18.75/5 (#47902)

Oliver Woods Community Centre Gym 1

Instructor: Russel McNeil

Thu, Oct 8-29, 11 am-12 pm, \$15/4 (#47167)

Thu, Nov 5-26, 11 am-12 pm, \$15/4 (#44105)

Thu, Dec 3-31, 11 am-12 pm, \$18.75/5 (#47165)

Bowen Auditorium

Instructor: Heather Honey

Fri, Sep 18-25, 10:30-11:30 am, \$7.50/2 (#47886) **FULL**

Fri, Oct 2-30, 10:30-11:30 am, \$18.75/5 (#47894)

Fri, Nov 6-27, 10:30-11:30 am, \$15/4 (#47901)

Fri, Dec 4-18, 10:30-11:30 am, \$11.25/3 (#47904)

Bowen Room 1

Fitness - Level 2

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

Instructor: Maria Elena Jitton Pothorin

Mon, Sep 14-28, 8:45-9:45 am, \$11.25/3 (#47867)

Mon, Oct 5-26, 8:45-9:45 am, \$11.25/3 (#47897)

Mon, Nov 2-30, 8:45-9:45 am, \$18.75/5 (#43658)

Mon, Dec 7-28, 8:45-9:45 am, \$15/4 (#43660)

Bowen Auditorium

Instructor: Maria Elena Jitton Pothorin

Thu, Sep 17-24, 9:30-10:30 am, \$7.50/2 (#47162)

Thu, Oct 8-29, 9:30-10:30 am, \$15/4 (#47163)

Thu, Nov 5-26, 9:30-10:30 am, \$15/4 (#44098)

Thu, Dec 3-31, 9:30-10:30 am, \$18.75/5 (#47164)

Bowen Auditorium

Instructor: Russell McNeil

Fri, Sep 11-25, 8:30-9:30 am, \$11.25/3 (#47864)

Fri, Oct 2-30, 8:30-9:30 am, \$18.75/5 (#47892)

Fri, Nov 6-27, 8:30-9:30 am, \$15/4 (#47900)

Fri, Dec 4-18, 8:30-9:30 am, \$11.25/3 (#47903)

Oliver Woods Community Centre Gym 1



Fitness Programs

Fitness - Level 3

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

Instructor: Maria Elena Jitton Pothorin

Sat, Oct 3-31, 9-10 am, \$18.75/5 (#47036)

Sat, Oct 3-31, 10:30-11:30 am, \$18.75/5 (#47037)

Sat, Nov 7-28, 9-10 am, \$15/4 (#44142)

Sat, Nov 7-28, 10:30-11:30 am, \$15/4 (#44164)

Sat, Dec 5-19, 9-10 am, \$11.25/3 (#44143)

Sat, Dec 5-19, 10:30-11:30 am, \$11.25/3 (#44169)

Bowen Room 6



Heart Fitness

This class is for those with heart problems or those who have had a recent heart procedure. The aim is to enhance the cardiovascular response by performing endurance type exercises. Monitoring of blood pressures and heart rates are ongoing. Doctor's permission for this class is required.

Wed, Sep 16-Dec 23, 8:45-9:30 am (#46859) **FULL**

Fri, Sep 18-Dec 18, 8:45-9:30 am (#47648) **FULL**

Bowen Auditorium

No session Nov 11 & Dec 25

Gentle Yoga

This is a gentle Hatha style class that focuses on gentle stretches before each pose. Time is given to rest or relax briefly after anything that is strenuous. This is not a flow class.

Instructor: Heather Honey

Thu, Sep 3-24, 10-11 am, \$20/4 (#47524)

Bowen Park Tennis Court

Tai Chi - Beginner

This class is for those who have no experience with Tai Chi. Instruction is provided.

Tue, Sep 15-Oct 27, 9-10 am (#42818) **FULL**

Tue, Nov 3-Dec 29, 9-10 am (#47041)

Bowen Auditorium

Tai Chi - Advanced

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

Mon, Sep 14-Dec 28, 1:30-2:30 pm (#47064)

Bowen Auditorium

More 60+ Fitness is offered in the Fall 2020 Programs listed online:

Balance & Mobility

Sculpt & Tone

Chair Yoga

Stretch & Relax Yoga

Yoga Qi Gong



Go to www.nanaimo.ca and under Recreation & Parks choose Activity Guide. Click on Fall 2020 Guide (PDF). *Nanaimo Harbour City Seniors' membership is not required for these classes.*

Fitness Programs

Bowen Wanderers

The Bowen Wanderers are a diverse group of seniors who meet to enjoy fresh air, exercise and congenial company each Thursday morning. Trails are scouted out ahead of time by our leader. Locations are between Ladysmith and Qualicum. Car pooling is encouraged. We walk all year, but weather sometimes necessitates a change of destination to avoid flooded trails, icy paths or poor road conditions. If you are not sure if you are a stroller or a walker then a 'pub lunch' day often involves a shorter walk and is a good introduction to fellow Wanderers. 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, Sep 10-Dec 31, 9:30 am-1 pm (#47084) **FULL**



Wanderers Schedule

South Destinations: **S**

Meet at Bowen Complex lobby

North Destinations: **N**

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

Sep 10	S	Cable Bay
Sep 17	S	Buttertubs Marsh
Sep 24	S	Westwood Lake PUB LUNCH
Oct 1	S	Hemer Provincial Park
Oct 8	N	Copley Ridge Regional Trails (Legacy Marsh)
Oct 15	S	Colliery Dam
Oct 22	S	Christie Falls
Oct 29	S	Holland Creek
Nov 5	N	Big Qualicum River Fish Hatchery
Nov 12	S	Gabriola Island PUB LUNCH
Nov 19	S	Nanaimo River/Fish Hatchery
Nov 26	S	Neck Point
Dec 3	S	Jamieson Trail (Ammonite Falls)
Dec 10	N	Linley Valley PUB LUNCH

Trips & Tours

Pacific Raptor Centre Duncan

The Pacific Raptor Centre is Vancouver Island's premier flying birds of prey exhibit located in Duncan in the Cowichan Valley. The tour will include a flying demonstration. We will stop at stop at the Farmers Market and Mr. Mike's for lunch. A mask is required at the museum, as well as the bus journey.

Thu, Sep 17, 9 am-5:30 pm (#47435)

\$75+GST - Meal costs extra

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

Meet at Bowen Park Complex



Don't forget your mask. A mask must be worn on Janie's bus at all times



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

Cumberland Museum

The Cumberland museum features the life of the people that populated the area and worked in the mines. We will stop at Cumberland Brewing Company for lunch. We will take the seaside route home. A mask will be required for the bus journey as well as the museum tour.

Sat, Sep 19, 8 am-5 pm (#48711)

\$95+GST - Meal costs extra

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

Meet at Bowen Park Complex



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

- N** Starbucks/Chapters near Woodgrove (trips going north) or
- S** Smitty's at Southgate (trips going south).

A = Walker Friendly

Trips & Tours

Tofino & Ucluelet

Spend your time at the beach, or go into Tofino for lunch and do some shopping. We will go into Ucluelet to the Amphitrite Point Lighthouse and the beautiful rugged coastal view of the Wild Pacific Trail. You can pack a lunch to eat on the beach. On the way home, we will stop in Port Alberni for dinner. Be prepared for breathtaking views of Canada's spectacular West Coast. Don't forget your camera! A mask must be worn inside the bus at all times.

Sun, Sep 20, 8 am-8 pm (#47436)

Tue, Oct 20, 8 am-8 pm (#48724)

Fri, Nov 20, 8 am-8 pm (#48854)

Sun, Dec 20, 8 am-8 pm (#49023)

\$85+GST - Meals costs extra

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

Meet at Bowen Park Complex



Powell River/Lund Day Trip

Explore Lund! Buy delicious cinnamon buns at the bakery and check out the gallery. We will have lunch at the Lund Hotel Pub and go for a drive to Okeover Arm - the gateway to Desolation Sound. A mask must be worn at all times inside the bus.

Wed, Sep 23, 7 am-8 pm (#47437)

\$159+GST - Meal costs extra



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

Meet at Bowen Park Complex



Don't forget your mask. A mask must be worn on Janie's bus at all times

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:

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

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

A = Walker Friendly

Trips & Tours

Victoria

Spend the day poking through the shops and eating in one of the many restaurants, visit the Museum or the IMAX, visit friends or family, or just people watch on the waterfront. On the way home, we will stop at one of the Farmer's Markets. A mask must be worn on the bus at all times.

This is a self-guided tour.

Fri, Sep 25, 8 am-5:30 pm (#47438)

Thu, Oct 15, 8 am-5:30 pm (#48722)

Sun, Oct 25, 8 am-5:30 pm (#48722)

Sun, Nov 15, 8 am-5:30 pm (#48799)

Wed, Nov 25, 8 am-5:30 pm (#48803)

Tue, Dec 15, 8 am-5:30 pm (#49018)

Sat, Dec 19, 8 am-5:30 pm (#49019)

Wed, Dec 23, 8 am-5:30 pm (#49020)

\$75+GST - Meal costs extra

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

Meet at Bowen Park Complex



Bird Watching

Little Qualicum & Englishman River Estuary

The Salmon should be running and the birds should be out and ready for lunch. We might be lucky and see other ocean dwellers there too. Lunch at DEEZ Restaurant. A mask must be worn on the bus at all times.

Sat, Oct 3, 8 am-5 pm (#48713)

\$49+GST - Meal costs extra

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

Meet at Bowen Park Complex



Woodgrove Mall Shopping

This trip is 4 hours and will be the first Monday of each month. A mask must be worn inside the bus at all times. This is a self-guided tour.

Mon, Oct 5, 11 am-3 pm (#48716)

Mon, Nov 2, 11 am-3 pm (#48804)

Mon, Dec 7, 11 am-3 pm (#49003)

\$10+GST - Meal costs extra

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

Meet at Bowen Park Complex



Bamfield by Boat Frances Barkley

We will sail down the Alberni Channel to Bamfield. On the way we will make stops at different camps and cottages delivering supply along the way. We will spend an hour in Bamfield before heading back. We may even see wildlife along the way. Pack a lunch or have lunch on the boat. A mask must be worn on the bus at all times.

Tue, Oct 13, 6 am-8 pm (#48718)

\$115+GST - Meal costs extra

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

Meet at Bowen Park Complex



Don't forget your mask. A mask must be worn on Janie's bus at all times

Trips & Tours

Cowichan Wine Tour

Visit Rocky Creek, Emandare, Alderlee and Enrico Vineyards. A mask must be worn on the bus at all times.

Sat, Oct 17, 9:30 am-5:30 pm (#48723)



\$115+GST - Tastings included, 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 creatures that live in the Salish Sea at the Shaw Discovery Centre (not included). Take a walk along the water front or check out the shops. Lunch will be at a restaurant of your choice or bring a bag lunch. A mask must be worn inside the bus at all times.

This is a self-guided tour.

Fri, Oct 23, 8 am-5:30 pm (#48725)



\$75+GST - Meal costs extra

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

Meet at Bowen Park Complex

Return times for Janie's trips are approximate

Fall Nursery Hop

Blenkinsopp Garden Works has the largest bulbs for sale of anywhere we have ever stopped before!

We will hop into many nurseries along the way.

Lunch location will be decided at a later date.

A mask must be worn on the bus at all times.

Wed, Oct 28, 8 am-5:30 pm (#48728)



\$45+GST - Meal costs extra

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

Meet at Bowen Park Complex

Quilt Shop Hop - North

Stops include Sweet Pea Quilting in Parksville, Huckleberry's Fabrics and Birds Nest Quilt Shop in Courtenay. There will be a stop for lunch along the way. A mask must be worn on the bus at all times.

Fri, Nov 6, 8 am-5:30 pm (#48847)



\$50+GST - Meal costs extra

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

Meet at Bowen Park Complex

Cowichan Wine Tour

Visit Blue Grouse, Ventiry Schultz, Avril Creek and Unsworth Vineyards. Lunch will be at Unsworth.

A mask must be worn on the bus at all times.

Sat, Nov 14, 9:30 am-5:30 pm (#48848)



\$129+GST - Tastings included

Meal costs extra

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

Meet at Bowen Park Complex

Trips & Tours

Cedar Christmas Craft Tour

Come and enjoy island-produced creativity and take in a unique Christmas experience. Artisans welcome you to enjoy the wonderful setting that they have created at their farms, studios, and shops. Lunch will be at the Crow & Gate. A mask must be worn on the bus at all times.

Tue, Nov 17, 9 am-5:30 pm (#48849)



Tue, Nov 24, 9 am-5:30 pm (#48851)

\$40+GST - Meal costs extra

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

Meet at Bowen Park Complex



Parksville to Duncan Thrift Shop Hop

Enjoy a day of thrift shopping from Parksville to Duncan. Lunch will be at Mr. Mike's in Duncan. A mask must be worn on the bus at all times.

Sat, Nov 28, 8 am-5:30 pm (#48856)



\$75+GST - Meal costs extra

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

Meet at Bowen Park Complex

Butchart Christmas Lights

Let's go enjoy the gardens - the Christmas lights are sure to help your Christmas mood! Dress to stay warm. A mask must be worn on the bus at all times. This is a self-guided tour.

Fri, Dec 4, 3-9 pm (#48999)



Wed, Dec 9, 3-9 pm (#49000)

\$85+GST - Meal costs extra

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

Meet at Bowen Park Complex

Nanaimo Christmas Lights Tour

We will have dinner at the ABC Restaurant and then set out to see the city lights. A mask must be worn on the bus at all times.

Mon, Dec 21, 3:30-10 pm (#49021)



Tue, Dec 22, 3:30-10 pm (#49022)

\$20+GST - Meal costs extra

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

Meet at Bowen Park Complex



Don't forget your mask. A mask must be worn on Janie's bus at all times



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 left of page 11).

Dinner - Rock Cod Cafe

Cowichan Bay ★★★★★ **S** **48852**
 Saturday, September 26 3:30 - 8 pm
 \$30+GST - Meal cost extra, meet at Bowen or add pick up

Dinner - Final Approach

Qualicum Airport ★★★★★ **N** **48853**
 Wednesday, September 30 4 - 8 pm
 \$30+GST - Meal cost extra, meet at Bowen or add pick up

Dinner - La Stella Trattoria

Nanaimo ★★★★★ **48771**
 Sunday, October 4 4:30 - 8 pm
 \$10+GST - Meal cost extra, meet at Bowen or add \$1 pick up

Dinner - British Bobby

Parksville ★★★★★ **N** **48772**
 Saturday, October 10 4 - 8 pm
 \$20+GST - Meal cost extra, meet at Bowen or add pick up

Dinner - Rampant Lion

Maple Bay ★★★★★ **S** **48798**
 Sunday, October 18 4 - 8 pm
 \$20+GST - Meal cost extra, meet at Bowen or add pick up

Dinner - Jakes at the Lake

Lake Cowichan ★★★★★ **S** **48857**
 Thursday, November 26 4 - 8 pm
 \$30+GST - Meal cost extra, meet at Bowen or add pick up

Dinner - Just Jakes

Duncan ★★★★★ **S** **49024**
 Wednesday, December 2 4 - 8 pm
 \$30+GST - Meal cost extra, meet at Bowen or add pick up

Dinner - Bare Bones Fish & Chips

Port Alberni ★★★★★ **N** **49025**
 Thursday, December 10 3 - 9 pm
 \$30+GST - Meal cost extra, meet at Bowen or add pick up

Dinner - Kalvas

Parksville ★★★★★ **N** **49026**
 Monday, December 14 4 - 8 pm
 \$30+GST - Meal cost extra, meet at Bowen or add pick up

Dinner - Deez Restaurant

Qualicum ★★★★★ **N** **49027**
 Friday, December 18 4 - 8 pm
 \$30+GST - Meal cost extra, meet at Bowen or add pick up

Dinner - Butler in the Mansion

Qualicum ★★★★★ **N** **49028**
 Wednesday, December 30 4 - 9 pm
 \$30+GST - Meal cost extra, meet at Bowen or add pick up

Don't forget your mask. A mask must be worn on Janie's bus at all times

All Dining Out trips are walker friendly.

