



60+ Classes: no membership required!

Nanaimo Harbour City Seniors MEMBERSHIP INFORMATION

A Nanaimo Harbour City Seniors' Membership is open to those 60 years and older and is valid for the calendar year.

Your membership provides you with access to several free programs with Parks, Recreation and Culture.

Membership can be purchased at any of our recreation centres, and the annual membership fee is \$47.

Program areas:

- ARTS & CRAFTS
- CARDS & GAMES
- MUSIC & SINGING
- DANCE CLASSES & SOCIALS
- SOCIALS
- FITNESS
- YOGA & TAI CHI
- SPORTS
- POTTERY

THURSDAY NIGHT DANCES

Enjoy a fun evening of dancing with new and old friends to live music in Bowen Park Auditorium.

Thursdays, March 6 to August 28

7-9:30 pm

Members: \$8/evening; Non Members: \$10/evening

Gentle Chair Fitness

This class incorporates gentle fitness movements, yoga and stretching while primarily sitting in a chair. Some movements to standing and balance work will be done with the chair for stability. Stretch, relax, open the joints, release tensions, energize and revitalize.

Instructor: Heather Walker

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

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

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

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

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

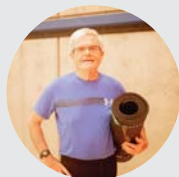
Wed, Jul 2-30 | 9-10 am | \$40/5 | [141177](#)

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

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

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

Bowen Park Complex



For more information, call 250-755-7501, pick up the Harbour City Seniors Newsletter or view online at www.nanaimo.ca.

FITNESS INSTRUCTORS WANTED!

We are looking for BCRPA Certified Fitness Instructors.

Email parksandrecreation@nanaimo.ca today with your certifications.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

MUSICAL ENTERTAINMENT

Harbour City Members: \$3, Non-Members: \$5

All Ages Welcome!



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

WEDNESDAY, APRIL 16 | 2-3:30 PM | 133571

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

WEDNESDAY, MAY 14 | 2-3:30 PM | 137955

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

WEDNESDAY, JUNE 18 | 2-3:30 pm | 137957

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 song "Friends Like That" was play-listed on the Cashbox Top 50 picks of 2021. This month, Glen and his partner **Marg** will play some original songs and a mixture of popular classic rock, dance tunes and modern-day standards.

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. Please bring your own yoga mat and other yoga accessories you might need.

Instructor: Heather Honey

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

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

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

Nanaimo Ice Centre Lounge

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

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

Bowen Park Tennis Wall (outdoors)

Yoga, Meditation, Pranayama

Teachings have been handed down for thousands of years and are still relevant today. With yoga, you open up the body and increase flexibility, strength and clarity of mind. Pranayama leads the breath with easy techniques to enhance (prana) subtle energy in both body and mind.

Instructor: Thommas Michaud

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

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

Rotary Field House

Sculpt & Tone

Get a warm up, cardio and resistance training, along with a cool down/stretch that benefits older adults for bone and joint health by developing lean muscle and increasing your metabolism.

Instructor: Heather Walker

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

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

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

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

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

Bowen Park Complex

Instructor: Heather Walker

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

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

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

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

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

Bowen Park Complex

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

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

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

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

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

Beban Park Social Centre

Please bring your own mat to fitness and yoga classes and wear clean indoor shoes.

Balanced Movement for Life NEW!

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

Instructor: Dustin King

M/W/F, Apr 2-30 | 9-9:50 am | \$88/11 | [140598](#)

M/W/F, May 2-30 | 9-9:50 am | \$96/12 | [140604](#)

M/W/F, Jun 2-30 | 9-9:50 am | \$104/13 | [140619](#)

M/W/F, Jul 2-30 | 9-9:50 am | \$104/13 | [140620](#)

M/W/F, Aug 1-29 | 9-9:50 am | \$96/12 | [140621](#)

Beban Park (outdoors near Altrusa Park)

Saturday Stretch NEW!

Keep your muscles flexible and healthy to maintain a range of motion in the joints. Proper stretching increases muscle blood flow, decreases the risk of injuries and improves your ability to do daily activities.

Instructor: Jyoti Singh

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

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

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

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

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

Bowen Park Complex

Deep Stretch NEW!

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

Instructor: Jyoti Singh

Mon, Apr 7-28 | 1:30-2:30 pm | \$24/4 | [138018](#)

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

Mon, Jun 2-23 | 1:30-2:30 pm | \$24/4 | [138020](#)

Mon, Jul 7-28 | 1:30-2:30 pm | \$24/4 | [138090](#)

Mon, Aug 11-25 | 1:30-2:30 pm | \$18/3 | [138091](#)

Bowen Park Complex



QiGong, Meditation

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

Instructor: Thomas Michaud

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

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

Oliver Woods Community Centre

Yoga, QiGong & Meditation

This class is for all ages with a good fitness level. This practice can help lower stress and increase focus.

Instructor: Thomas Michaud

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

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

Oliver Woods Community Centre

Balance & Mobility

The instructor will lead you through a variety of exercises to improve stability and confidence to perform day-to-day activities. The workout may include cardiovascular components, lower and upper body strength training (using weights and 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: Christine Kondo

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

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

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

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

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

Oliver Woods Community Centre

Dance Fitness

Get the blood flowing with this easy-to-follow choreographed class set to music. Open to those who want a fitness course where you can go at your own pace, as well as those who want a higher intensity cardio workout. All stretches and flexibility work are designed for women.

Instructor: Mary Keel

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

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

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

Bowen Park Complex

Argentine Tango

Argentine Tango is a very romantic dance suitable for all ages. Come join these keen dancers. *Nanaimo Harbour City Seniors enjoy this course as part of their membership. No formal instruction is provided.

Tue, Apr 1-Aug 26 | 6:30-9 pm | \$42/21 | [135596](#)

Bowen Park Complex

Zumba Gold D

Intended for those new to Zumba or those 60 +. Ditch the workout and join the party! This Latin and international dance-based fitness class will get you moving to a variety of music styles.

Instructor: Mary Keel

Mon, Apr 7-May 5 | 9-10 am | \$32/4 | [136840](#)

Mon, May 26-Jun 23 | 9-10 am | \$40/5 | [136841](#)

Mon, Jun 30-Jul 28 | 9-10 am | \$40/5 | [136842](#)

Wed, Apr 2-30 | 10:15-11:15 am | \$40/5 | [136843](#)

Wed, May 28-Jun 25 | 10:15-11:15 am | \$40/5 | [136844](#)

Wed, Jul 2-30 | 10:15-11:15 am | \$40/5 | [136845](#)

Oliver Woods Community Centre

Improve Posture, Change Movement Habits

Exploring the Alexander Technique

Improve posture, reduce stress 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. Instructors will use visual, verbal and kinaesthetic (hands-on) cues to teach better movement. Participants should be able to do gentle movements of walking, sitting and lying on a mat.

Instructor: Heather Walker

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

Bowen Park Complex

Nordic Walking - Beginner

Nordic walking is an activity that is suitable for people of all ages, abilities and skills. 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.

Instructor: Kiki

Sat, May 10, 17 & 31 | 10:30 am-12 pm | \$42/3 | [134860](#)

Beban Park Social Centre



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

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 250-755-7501 for an appointment.

Instructor: Ears to Your

Tue, Apr 8 | 9 am-12 pm

Tue, May 13 | 9 am-12 pm

Tue, Jun 10 | 9 am-12 pm

Tue, Jul 8 | 9 am-12 pm

Tue, Aug 12 | 9 am-12 pm

Bowen Park Complex

Tue, Apr 22 | 9 am-12 pm

Tue, May 20 | 9 am-12 pm

Tue, Jun 24 | 9 am-12 pm

Oliver Woods Comm. Centre

Hello, Neighbour

Come have coffee, meet and greet other seniors who live near (but not limited to) the Oliver Woods Community Centre area. This is open to Nanaimo Harbour City Members and non members for a chance to socialize and listen to short presentations. Coffee and goodies are provided. Please bring your own mug. Members \$6/time; Non Members: \$7.50/time

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

Oliver Woods Community Centre

Stroll with a Pro

Walk with one of our local biologists for one of these FREE sessions to unlock the mysteries of local birds.

Songbirds

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

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

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

Birds of Prey

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

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

Buttertubs Marsh (Miner's Cottage)

Bowen Park Library

Those interested in borrowing books at no charge are welcome to visit our library. Please bring them back to share with others. Limit two books per visit.

M-F | 8:30 am-4:30 pm

Bowen Park Complex

Smart Phone Workshops

Join us for three free workshops designed for seniors to help master their smartphones. We will review essentials like phoning, messaging and camera functions. We will also explore downloading and using apps, particularly to learn how to make appointments with Lifelabs and to find results on MyCareCompass empowering you to manage your digital health care with ease. We will also discuss security and online safety.

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

Bowen Park Complex

Wild Wednesdays

Family Adventure

Join us on an outdoor adventure to some of Nanaimo's premier parks. Great for newcomers and families. Walks/hikes will range between 3 to 6 kilometres with some fun breaks in between to take in the scenery or stretch it out with a few easy yoga poses.

Wed, Jul 9 | 6-7:30 pm | \$5/1 | [135759](#)

Westwood Lake Park - First Beach

Wed, Jul 23 | 6-7:30 pm | \$5/1 | [135810](#)

Jack Point Park

Wed, Aug 6 | 6-7:30 pm | \$5/1 | [135811](#)

Bowen Park

Wed, Aug 20 | 6-7:30 pm | \$5/1 | [135812](#)

Linley Valley Park

Fraud Prevention for Seniors

Industry experts, including Constable O'Brien, share their knowledge on how to avoid a variety of scams.

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

Bowen Park Complex

Will & Estate Planning

This FREE course is available to anyone. During this presentation, helpful hints will be shared on the preparation of wills and estate planning.

Instructor: Stuart Green, Lonsdale Funeral Group Inc.

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

Bowen Park Complex

Products Available to Age at Home

Be proactive. Come and learn about various products available like walkers, stair lifts, ramps plus many other products which will assist you to age at home more easily. Coffee and treats will be provided. Presented by Helena Brennert, BSN and Linden Lennox, Sales Representative with HME Home Health.

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

Bowen Park Complex



TRIPS with JANIE'S BUS

Relax...and let Janie do the driving! These trips are for all ages. Great for yourself or bring the family along!
Meals are not included, and some trips have extra fees to cover ferry or admission costs.

Dining Out!

Discover some local cuisine! Meals are not included; walker accessible.

EXTREME EATZ & GRILL AT ARROWSMITH GOLF COURSE

Mon, Apr 7 | 4-8:30 pm | \$35/1 | [139123](#)

KINGFISHER RESTAURANT IN COURTENAY

Sun, May 4 | 1-8 pm | \$45/1 | [139143](#)

THE VINE RESTAURANT IN COWICHAN BAY

Sat, May 17 | 3-8 pm | \$35/1 | [139150](#)

YBOUBU BAR & GRILL

Tue, Jun 3 | 3-8 pm | \$35/1 | [139222](#)

GENOA BAY CAFE IN COWICHAN BAY

Sun, Jun 29 | 3-8 pm | \$35/1 | [139220](#)

KATERINA'S WEST COAST TAVERNA IN LANTZVILLE

Sun, Jul 13 | 4-8 pm | \$20/1 | [139245](#)

THE BAYSIDE RESTAURANT & LOUNGE IN PARKSVILLE

Sun, Jul 27 | 4-8 pm | \$35/1 | [139246](#)

THE CROW & GATE PUB

Sun, Aug 3 | 4:30-8 pm | \$35/1 | [139282](#)

BOOMERANGS RESTAURANT IN PORT ALBERNI

Wed, Aug 27 | 3:30-8 pm | \$35/1 | [139285](#)

Meet at Bowen Park

Victoria

Spend the day shopping, dining, strolling through a museum, meeting up with friends/family, gambling or catching an IMAX show.

Sun, Jun 15 | 8 am-5:30 pm | \$55/1 | [139201](#)

Tue, Jul 15 | 8 am-5:30 pm | \$55/1 | [139233](#)

Fri, Aug 15 | 8 am-5:30 pm | \$55/1 | [139263](#)

Meet at Bowen Park

Victoria's Two Castle Tour

Visit Craigdarroch Castle followed by lunch at the Spaghetti Factory. After lunch, go to Hatley Castle and the Japanese Garden Tour and a trip to see Esquimalt Lagoon.

Sat, May 31 | 8 am-5:30 pm | \$150/1 | [139140](#)

Meet at Bowen Park

Farmers' Market Trips

Visit the various Farmers' Markets at beautiful Island locations. This program is walker friendly.

Duncan

Sat, Apr 5 | 9 am-5 pm | \$35/1 | [139102](#)

Qualicum Beach

Sat, May 3 | 9 am-5 pm | \$35/1 | [139127](#)

Meet at Bowen Park

Coastal Black Creek Tulip Festival

Take in the side variety of tulips and daffodils and then visit the baby barnyard animals and the hay bale maze.

Fri, Apr 18 | 8 am-6 pm | \$95/1 | [139117](#)

Meet at Bowen Park

Harrison Tulip Festival

Harrison Tulip Festival, lunch at Harrison Hot Springs at the Black Forest and Schnitzel House.

Tue, Apr 22 | 7:30 am-8:30 pm | \$185/1 | [139121](#)

Meet at Bowen Park

Island Nursery Tour (South Island)

Get ready for the garden season through this nursery tour.

Tue, May 6 | 8 am-5:30 pm | \$45/1 | [139128](#)

Meet at Bowen Park

Quadra Island

We will visit the museum, lighthouse and Rebecca Spit and stop for dinner on the way home.

Tue, May 27 | 7 am-9 pm | \$125/1 | [139139](#)

Meet at Bowen Park

Salt Spring Island Market

We will spend time in Ganges at the Saturday Market and Salt Spring Island Cheeseworks.

Lunch in Ganges is your choice.

Sat, Jun 7 | 8 am-6 pm | \$125/1 | [139184](#)

Meet at Bowen Park

Thrift Shop Hop

Travel to discover treasures in the local thrift stores. This program is walker friendly.

Port Alberni

Fri, Jun 13 | 8 am-5:30 pm | \$45/1 | [139197](#)

Campbell River

Sat, Jul 12 | 8 am-5:30 pm | \$55/1 | [139232](#)

Meet at Bowen Park

Elk Falls & Campbell River

Discover beautiful Elk Falls! We will stop for lunch at Browns by the Bay floating restaurant.

Sat, Jun 14 | 8 am-5 pm | \$75/1 | [139199](#)

Tue, Jul 29 | 8 am-5 pm | \$75/1 | [139237](#)

Meet at Bowen Park

Gabriola Island

We will spend time exploring Gabriola Island visiting the Alpaca Farm. Lunch will be at the Surf Lodge.

Tue, Jun 17 | 8 am-5 pm | \$115/1 | [139207](#)

Meet at Bowen Park

Ucluelet & Tofino

Spend time at the beach eating lunch (pack your own or go into Tofino for lunch and do some shopping). We will go to Ucluelet to the lighthouse and take in the Wild Pacific Trail.

Fri, Jun 20 | 8 am-8 pm | \$75/1 | [139211](#)

Sun, Jul 20 | 8 am-8 pm | \$75/1 | [139235](#)

Wed, Aug 20 | 8 am-8 pm | \$75/1 | [139265](#)

Meet at Bowen Park

Saturna Island

We will spend time on Saturna Island exploring East Point Park and Mount Warburton Pike.

Lunch will be at Saturna Lighthouse Pub.

Tue, Jul 8 | 7 am-8 pm | \$125/1 | [139228](#)

Meet at Bowen Park

Sidney by the Sea

Learn about the different sea creatures that live in the Salish Sea at the Shaw Discovery Centre (not included). Take a walk along the waterfront and check out the local shops. This program is self-guided and walker accessible.

Thu, Jul 10 | 8 am-5:30 pm | \$55/1 | [139229](#)

Sun, Aug 10 | 8 am-5:30 pm | \$55/1 | [139256](#)

Meet at Bowen Park

Filberg Festival

Check out the Filberg Festival in Comox that has over 100 vendors and food trucks! This program is walker friendly.

Fri, Aug 1 | 10 am-3 pm | \$75/1 | [139247](#)

Meet at Bowen Park

Butchart Garden Fireworks

Let's go enjoy the garden and fireworks! Bring a lunch or eat at the Blue Poppy Restaurant. Make sure you bring a lawn chair. This program is walker friendly and self-guided.

Sat, Aug 23 | 2-11:30 pm | \$85/1 | [139279](#)

Sat, Aug 30 | 2-11:30 pm | \$85/1 | [139280](#)

Meet at Bowen Park

See the Harbour City Seniors Newsletters for more trip options. Meals are not included, and some trips have extra fees to cover ferry or admission costs.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)