

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 page 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 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 while maintaining physical distancing of 6 feet or 2 metres.



Special Interest Programs

Technology Club Discussion Group

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

Tue, Sep 22-Dec 15, 2:30-4 pm (#48112)

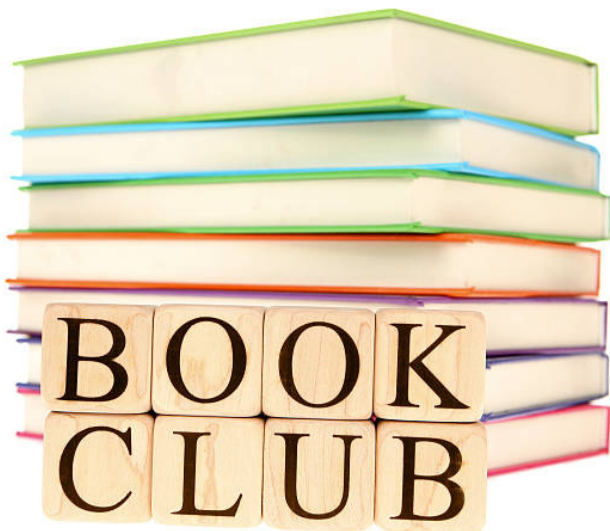
Bowen Park Complex

Book Club

This book club meet on the first Tuesday of each month.

Tue, Sep 15 to Dec 8, 1:30-3 pm (#47069)

Bowen Park Complex



Dance Programs

Ballroom Dance

Join us for a fun-filled time of ballroom dancing every Tuesday morning. Rumba, Foxtrot, Quickstep, Tango, Cha Cha, Jive, Waltz - we do them all!

Tue, Sep 15-Dec 29, 10 am-12 pm (#46983)

Bowen Park Complex

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.

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

Thu, Sep 10-Dec 17, 9-10 am (#47073)

Bowen Park Complex

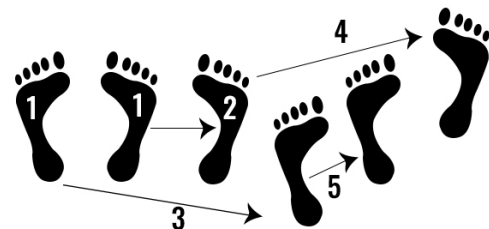
Latin & Ballroom Line Dancing

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)

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

Bowen Park Complex



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 Park Complex

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)

Bowen Park Complex

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 Park Complex

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 Complex

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 Park Complex

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 Park Complex



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.

GROUP #1 Tue, Sep 15-Dec 22, 9-11:30 am (#47105)

GROUP #2 Tue, Sep 22-Dec 29, 9-11:30 am (#47473)

Bowen Park Complex

Intro to Stained Glass - Beginner

Participants will learn how to cut glass, make a design, choose suitable stained glass and more. Participants will become familiar with the tools and materials used and complete a stained glass project of their choosing.

Wed, Sep 16-Dec 19, 1-3:30 pm, \$20 (#47067)

Bowen Park Complex

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)

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

Bowen Park Complex

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, \$20 (#47083)

Bowen Park Complex

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 Park Complex

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 or Tuesdays.

Bowen Park Complex



Sports Programs

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.

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

Bowen Park Complex

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

M-Sa, Sep 10-30, 4-6 pm (#46836) - \$5

M-Sa, Sep 10-30, 6:30-8:30 pm (#46837) - \$5

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

M-Sa, Oct 1-31, 4-6 pm (#46843) - \$5

M-Sa, Oct 1-31, 6:30-8:30 pm (#46845) - \$5

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

M-Sa, Nov 2-30, 4-6 pm (#46850) - \$5

M-Sa, Nov 2-30, 6:30-8:30 pm (#46851) - \$5

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

M-Sa, Dec 1-31, 4-6 pm (#46856) - \$5

M-Sa, Dec 1-31, 6:30-8:30 pm (#46857) - \$5

Bowen Park Complex

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 18, 1-4 pm (#47020)

Departure Bay Activity Centre

Trips & Tours

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. Hosted by Janie's Got a Bus.

Fri, Sep 11, 8 am-5 pm (#47433)

\$95 (additional fees for pick up outside of Bowen Park)

Meet at Bowen Park Complex

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. Hosted by Janie's Got a Bus.

Tue, Sep 15, 8 am-5:30 pm (#47434)

\$75 (additional fees for pick up outside of Bowen Park)

Meet at Bowen Park Complex

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. Mikes for lunch. A mask is required at the museum, as well as the bus journey. Hosted by Janie's Got a Bus.

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

\$75 (additional fees for pick up outside of Bowen Park)

Meet at Bowen Park Complex

Pacific Raptor 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. Hosted by Janie's Got a Bus.

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

\$85 (additional fees for pick up outside of Bowen Park)

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. Hosted by Janie's Got a Bus.

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

\$159 (additional fees for pick up outside of Bowen Park)

Meet at Bowen Park Complex



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)

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 Park Complex

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

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 Park Complex

Instructor: Heather Honey

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

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 Park Complex

Instructor: Maria Elena Jitton Pothorin

Sat, Sep 12-26, 9-10 am, \$11.25/3 (#47034)

Sat, Sep 12-26, 10:30-11:30 am, \$11.25/3 (#47460)

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 Park Complex

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. Contact Al for more information 250-585-8271.

Thu, Sep 10-Dec 31, 9:30 am-1 pm (#47084)

Meet at Bowen Park Complex or Oliver Woods Community Centre for north end walks

Fitness Programs

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 Park Complex

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 Park Complex

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



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, 8-8:50 am (#46859)

Fri, Sep 18-Dec 18, 8-8:50 am (#47648)

Bowen Park Complex

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)

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

Bowen Park Complex

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 Park Complex