



CITY OF NANAIMO
THE HARBOUR CITY

Parks, Recreation & Culture • Nanaimo Harbour City Seniors

ADULT 60+ PROGRAMS

January - March 2024



City of Nanaimo Parks, Recreation & Culture Winter Newsletter

"Welcome! We are happy you are picking up the latest edition of the Adult/Senior Newsletter. Parks, Recreation & Culture encourages a welcoming and respectful atmosphere for all people with all skills and abilities. This winter, we are offering a wealth of programs, events, entertainment and trips! There is something for everyone. Throughout the newsletter you are going to see **[M]** and/or **[E]** beside each program. When you see an **[M]** symbol, it means the program is offered only to those with a Senior Membership. However, if you see a **[E]**, it means it is open to everyone and a membership is not necessary. Sometimes, you'll see both, that only means there is an everyone price and membership price. For more information on membership, flip to page 2.

Register at City of Nanaimo Recreation Facilities



*Learn From Yesterday,
Live For Today,
Hope For Tomorrow.*

Happy New Year



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250.755.7501
recreation.nanaimo.ca



Last Updated 2024-Jan-15



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



Senior Advisory Committee

Greetings to all the NHCS membership!

The cooler months are upon us, and a wide variety of NHCS fall/winter programs are well underway. The participation levels are high, with many new members being recruited to enjoy the varied and successful programs offered by the City's Parks, Recreation and Culture department, and in particular, the Nanaimo Harbour City Seniors program.

As a result, many of our programs are full to capacity, and interested participants are temporarily occupying waitlist positions. The city is making every effort to track the waitlists, and provide expanded opportunities, whenever possible, for new members to participate in a chosen program. Registered program participants and volunteer coordinators are in a position to ensure a 'warm, welcoming' presence to all those who show an interest in any offered program. I believe we all remember what it's like "to be the new kid on the block!"

Whatever program you participate in, please do it with a smile, as it will pay dividends to you, and all those around you!

Warmly,
Lynda Avis,
Chair, Seniors Advisory Committee

Recreation Coordinator - Seniors

Chelsea Barr
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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.**

A Nanaimo Harbour City Seniors' Membership is open to those 60 years and older.

The membership is valid from January to December 2024. The annual membership is \$46 per person and will be prorated for those who join later in the year. Your membership provides you with access to several free City of Nanaimo, Parks, Recreation and Culture programs. The purchase of a membership does not mean that you are automatically registered in these programs. You must register for the specific programs that you wish to participate in. Membership can be purchased in person or over the phone (payment required by credit card, MC/Visa Debit or American Express). The information you will need to provide includes name, address, email address, phone number, birthdate and an emergency contact. Look for the symbols stating 'member'. To know what programs are included in a membership, look for the 'M'. If you see an "E", the program is open to everyone.



Bowen Park Pottery Studio

Monday, January 8 to Saturday, March 30 (closed on all stat holidays)

"Everyone Welcome Drop-in Pottery" - The Bowen Park Pottery Studio has the tools, equipment and supplies (aprons not included) available for the public to work independently. Children, when accompanied by an adult, are welcome (both must register). No instruction is provided. Space is limited. Clay may be purchased for \$35 (including tax) per 22 pound bag and includes all firing and glazing fees. Clay is purchased during office hours by phone or in person.

Cost is \$12 per session. **E**

Harbour City Seniors rate \$4 per session **M**

WINTER DROP-IN SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
	12- 3*	2:30-5:30 pm*	1-4 pm* 5-8 pm	12-3 pm* 4-7 pm		9:30 am-12:30 pm

*Harbour City Senior membership only apply on Monday's, Wednesday's and Thursday's.

If you would like to use the Pottery Room during the drop-in time, you will need to pay your drop in fee to the clerk at Bowen during the week days or call 250-756-5200 to register over the phone. You then give your paid receipt to the Pottery Room Attendant and sign in.

On Saturdays, please register and pay prior to attending.

Adult Pottery Classes

Adult & Senior Pottery Wheel - Beginner

For those with little to no previous experience working with clay, dip your hands into something new! Learn the basic techniques that will help you create pots, vases, bowls and pretty much anything that can be thrown on a pottery wheel. Clay, glazes and firings are included. Dress for mess, aprons are not included.

Fri, Jan 5-Feb 9, 12-2:30 pm, \$174/6 (#110332)

Fri, Jan 5-Feb 9, 3-5:30 pm, \$174/6 (#110331)

Tue, Jan 9-Feb 13, 6:30-9 pm, \$174/6 (#110031)

Sat, Jan 13-Feb 17, 1:30-4 pm, \$ 174/6 (#110033)

Fri, Feb 16-Mar 22, 12-2:30 pm, \$ 174/6 (#110333)

Fri, Feb 16-Mar 22, 3-5:30 pm, \$174/6 (#110338)

Tue, Feb 20-Mar 26, 6:30-9 pm, \$174/6 (#110032)

Sat, Feb 24-Mar 30, 1:30-4 pm, \$174/6 (#110034)

Bowen Complex Pottery Room



Pottery Wheel Intermediate

Designed for those who have mastered the basic skills in a beginner class and want to learn how to create more complex items. Clay, glazes and firings are included in the cost. Must have completed a beginner class first.

Mon, Jan 8-Feb 12, 6-9 pm, \$174/6 (#110037)

Mon, Feb 26-Mar 25, 6-9 pm, \$ 145/5 (#110038)

Bowen Complex Pottery Room





Adult Colouring M

It's time to re-learn, have fun and relax colouring on printed papers. Learn about the different styles while exploring the qualities of paper, from flimsy to sturdy. Imagine a pencil being soft and vibrant, depending on how you use it. Bring your own colouring and start this being your time for relaxation. Or, purchase a kit that includes: a book of your choice, a set of water colour pencils, a quality paint brush, a pencil sharpener, a sharpie fine marker, a professional colour chart, a book marker, a post card, pencil crayons and your choice of printed watercolour paper, bristol paper and cardstock. Those that require the kit please pay \$15 to the instructor. Instruction is always FREE!

Mon, Jan 8-Mar 25, 1-3:30 pm (#108437)

Bowen Complex Room 3

Art as Meditation E

Take a moment for yourself and create artwork simply for the sake of making it. Let's take some time away from the idea that artwork must be for others to see and appreciate, and move it into the realm of art, not only for art sake, but mostly for our own sake; our own self awareness, peace of mind, spirit/soul growth and connection. Together, we will join lines, make marks, create patterns and use these acts as a means of self-reflection, mindfulness, and meditation. There are no wrong ways to do this. Bring your own notebook and drawing materials (pens, crayons, coloured pencils, markers, etc.)

Sat, Jan 20-Feb 24, 10:30-12:30 pm, \$90 (#109760)-Part 1

Sat, Mar 2-Apr 6, 10:30-12:30 pm, \$90 (#110789)-Part 2

Bowen Complex Room 4

Quality glass, wool, fabric, yarn, etc donations are always welcome. Feel free to bring into the program or drop off to the recreation coordinator.

Crafty Workers M

This one is not limited to one type of craft, so bring your expertise or try something new because I am sure someone in this group can help you succeed. Of course, not unlike the other programs, meeting people and making friends is one of the most valuable parts of this group.

Wed, Jan 3-Mar 27, 1-3 pm (#108438)

Bowen Complex Room 4

Crochet & Crafts M

For anyone that wants to be "Crafty and Crochet." Creativity is a must-- along with your social skills because this group loves to chat and laugh. All crafts are welcome, so if you prefer to knit, bead, or something else bring it to our group of "Crafty Crochet-ers." This group takes a lot of pride in their work and always appreciates wool donations as our crafts are donated to charities.

Fri, Jan 5-Mar 22, 1-3 pm (#108439)

Bowen Complex Room 4

No session Mar 29

Embroidery M

Express yourself through thread or yarn on fabric. Add to your design with pearls, beads, quills and sequins... you really can use whatever you have.

Thu, Jan 4-Mar 28, 1-4 pm (#108440)

Bowen Complex Room 4





M

Folk Art, Decorative Painting & Crafts

Come to work on any painting project on your own, with or without assistance. Work on a class project that is chosen by the class, the pattern is re-written in a step-by-step format with the instructor teaching the project (must know how to shade and highlight). If you're into crafting, bring it to this class and work along with fellow painters and crafters. Instruction is always free for everyone!

Fri, Jan 5- Mar 22, 9:30 am-12 pm (#108441)

Bowen Complex Room 3

Folk Art Beginner M

Come and learn the basics of Folk Art with one stroke at a time, to create a floral card and a 6 inch floral trinket box. Use the instructors paint and brushes while learning Folk Art with step-by-step worksheets the easy way. You'll receive a card and envelope, 6 inch base coated Trinket Box, graphite and tracing papers, patterns, set of practice brushes, and two required quality brushes are all included in the material cost of \$15.00 to be paid to the instructor. Instruction is free. Bring a smile and lets paint. New Students are welcome anytime.

Wed, Jan 3-Mar 27, 10 am-12 pm (#108442)

Bowen Complex Room 3

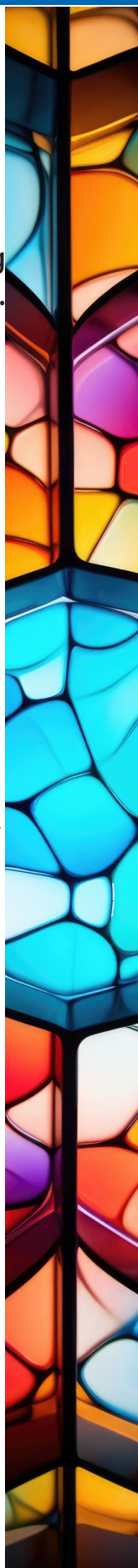
Mixed Painting - Advanced M

Do you like to work alone or with others to paint your "masterpiece?" Give this program a try. Whether you like acrylic, oil, water, or chalk, it will all be immersed in terrific company.

Please ensure that you have completed a Beginner Level painting course or have checked in with the instructor. There is minimal instruction with this program, but we are always happy to share a creative eye for an idea. Please bring your own supplies.

Thu, Jan 4-Mar 28, 9 am-12:30 pm (#108443)

Bowen Complex Room 6

**Stained Glass - Drop-in** M

This is not an instructed program. Participants must bring their own tools and glass and have experience working with stained glass. Grinders will be available for use.

Sun, Jan 7-Mar 31, 11:30 am-2:30 pm (#108454)

Fri, Jan 5-Mar 22, 9 am-12 pm (#109818)

Cost: Free

Bowen Complex Room 5

No sessions Feb 9, Mar 29

Stained Glass Intermediate M

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

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

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

Materials: Kits, grinders and soldering irons will be provided. Kits include cutting, foiling, and soldering materials. **Participants are required to provide their project designs, glass, and project frames.**

Instructor: Delores Gottenberg

Tue, Jan 9-Feb 27, 9 am-12 pm (#108691)

Tue, Mar 5-Apr 24, 9 am-12 pm (#115213)

Cost: \$35

Bowen Complex Room 5



Quilting M

To us, the purpose of quilting is bringing people together! Join us and share the enjoyment of creating something beautiful. We like to stick to traditional hand-quilting and welcome all skill levels to join. The quilts are machine pieced and hand quilted on traditional Quilting Bee frames. Watch your work of art come together. Who knows maybe this will take you into the world of advanced quilting... or just enjoy the process! This group makes and donates 20-30 children's quilts to the 'Linus Project' each year. They are pleased to help provide love, a sense of security, warmth and comfort to a child in crisis.

Tue, Jan 2-Mar 26, 12:30-3:30 pm (#108687)

Bowen Complex Room 6

Simply Sewing M

Seeking inspiration and encouragement to finish those sewing and quilting projects on the shelf? Starting something new? This is the group for you. Fun, friendly and helpful! Two machines available for use in class only. Must have prior sewing experience.

Tue, Jan 2-Mar 26, 9 am-12 pm (#108688)

Bowen Complex Room 6



Multi Medium Art M

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

Wed, Jan 3-Mar 27, 9:30 am -12 pm (#108444)

Bowen Complex Room 5

Woodworking M

Pop-into the Woodworking Room to use the tools in the shop. Plane, cut, or chop pieces for your project rather than making a mess at your house. We are more than happy to supply the opportunity for you to build or design your own pieces or for someone else. Some experience is required.

Supplies are limited so please bring your own for your project(s). Please call ahead to ensure there is a supervisor in the shop, as their schedule may change from time to time. Unfortunately, if one is not available we cannot open the Woodworking Room.

Mon & Tue, Jan 2-Mar 26, 10 am-3 pm (#108689)

Bowen Complex Woodworking Room

No session Feb 19

Registration Required

You must register prior to attending as space may be limited.

PLEASE NOTE: If you are registered and cannot continue, please call 250-755-7501 to withdraw.

This will allow for another member to register. If a class is full, please ask to be put on a waitlist. We will call if a spot becomes available.

Woodcarving M

We are the Mid Island Carving Club, a group of seniors who enjoy and appreciate the fine art of carving! We welcome all newcomers because we enjoy sharing our expertise, knowledge, experience and... the stories. Practice different patterns, techniques and other tricks of the art of carving. Please feel free to bring in wood for yourself and others to share.

Thu, Jan 4-Mar 28, 9 am-12 pm (#108690)

Bowen Complex Room 5/Woodworking Room



DIY Tiered Trays E

Get ready to unleash your creativity and craft a beautiful spring tiered tray. Whether you're a seasoned DIY enthusiast or just starting out, this class is perfect for everyone. During this hands-on workshop, our talented instructor will guide you step-by-step in creating a stunning tiered tray that will add a touch of charm to your spring decor. Learn chalking techniques, tips, and tricks to personalize your tray and make it truly unique.

Thu, Jan 18-Feb 22, 6-8 pm, \$102 (#110329)

Bowen Complex Room 5

Easter Egg Dying E

This class is set up for people with different skills levels. From beginners who have little or no experience to experienced artists who are interested in creating their own beautiful egg designs inspired by the Ukrainian egg dyeing tradition of Pysanka. Students will learn how to decorate eggs using traditional tools, waxes and dyes, with tips on trouble shooting, storage and display of finished works of art.

Sat, Mar 23, 12-3 pm, \$65 (#106681)

Bowen Complex Room 1

Wet Felting E

Learn how to turn raw wool into useful felted creations, such as slippers, a purse, or a tea cozy. Take your completed creation home at the end of class. Wet felting uses wool, soap, warm water and agitation. All materials provided.

Sat, Feb 10, 10 am-4 pm, \$90 (#110346)

Beban Park Social Centre Room 6

Intro to Macrame E

Come learn the basic knots of macrame and make your very own macrame wall hanging! No previous experience necessary. Katrina uses 100% recycled cotton fibre and unique driftwood foraged from the many beaches of Vancouver Island. She will teach you a little about the history of macramé, how to measure and cut cord, and the main knots to create endless fibre art possibilities, so you can take this skill home! Come join in on the creative connection and learn the joy of fibre art!

Sat, Jan 20, 1-3 pm, \$95 (#110790)

Bowen Complex Room 6

Basket Weaving with English Ivy E

In this workshop, participants will learn about the invasive species - English Ivy and learn to process Ivy for weaving, as well as a basic weaving technique. Each student will create a small basket to take home.

Wed, Feb 21, 7-9:30 pm, \$29 (#111017)

Sat, Mar 9, 1-2:30 pm, \$29 (#111018)

Bowen Complex Clubhouse

Portrait Drawing-Beginner E

In this beginner drawing program, you will learn how to draw and work towards completing a portrait. Techniques will be introduced on how to shade and blend; use erasers, and line weight to create shape/texture in your artwork. Some materials required.

Tue, Jan 9-Mar 26, 1:30-3:30 pm, \$180 (#111226)

Bowen Complex Room 4





Beginner Bridge Level 1 M

This is a play as you learn interactive group. We accept continuous intake all year long if not full. You will learn the basics of the ever challenging "Standard American Contract Bridge". Starting from the ground up. It is important that you have played other card games in the past, and "Whist" (although not mandatory) is a great pre-cursor to the game. After a maximum of one year in this group, you will be required to move on to other groups. Please note this program is only for beginners, those with any experience are encouraged to join the other available bridge groups.

Thu, Jan 4-Mar 28, 9:30 am-12 pm (#108692)

Bowen Complex Room 4

Bridge Level 2 M

Of course if you have gone through Level 1 or have previous experience playing bridge and would like to challenge yourself a little more join us in Bridge Level 2. We stick to the same types of game and play as Level 1, but we do move around so you may not be playing with the same partner each time. There is no instruction in this program, just practice your skills!

Thu, Jan 4-Mar 28, 9:30 am-12 pm (#108693)

Bowen Complex Room 3

Thursday Bridge M

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

Thu, Jan 4-Mar 28, 12:30-4 pm (#108695)

Bowen Complex Room 1

Tuesday Bridge M

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

Tue, Jan 2-Mar 26, 1-4 pm (#108694)

Oliver Woods Community Centre Monarch 1/2

No sessions Feb 6, Mar 12 & 19

Friday Bridge M

We play Contract Bridge on Fridays. Experience and partners are required, however if you are not an expert, do not be afraid to sign up.

Usually, we have someone that can walk you through the game or provide some reminders.

Fri, Jan 5-Mar 22, 6:30-10 pm (#108696)

Oliver Woods Community Centre Monarch Room 1

No session Mar 29

Canasta M

Canasta is a card game of the rummy family of games believed to be a variant of 500 Rum. Although many variations exist for two, three, five or six players, it is most commonly played by four in two partnerships with two standard decks of cards.

Thu, Jan 4-Mar 28, 1-3 pm (#108889)

Bowen Complex Clubhouse

Drop-in Board Games & Cards M

Are you interested in playing some non-competitive board games or card games where the focus is to have fun and socialize? There is no official instruction provided, however someone can assist you in starting a game of rummikub, spite and malice or 5 crowns. Uno, quiddler, scrabble and several decks of cards are also available but if you'd like to bring a game from home, that is also encouraged.

Sun, Jan 21, Jan 4-Mar 31, 12-2 pm (#114652)

Bowen Complex Room 2 & 4



Cribbage

Cribbage is a social function as well as an afternoon of cards! We play eight games and players move from table to table after each game. Partners rotate. We break for coffee after the fourth game. If you would enjoy an afternoon of fun and pleasant social interaction, please come and join us.

Tue, Jan 2-Mar 26, 1-4 pm (#108890)

Bowen Complex Room 1

Euchre for Fun

What is it? Well, it is a card game for two to four players, usually played with the thirty-two highest cards. The aim being to win at least three of the five tricks played. Euchre for Fun is not competitive and arranged for those that would like to build on their skills in Euchre. Prior knowledge is helpful but not required to start.

Tue, Jan 9-Mar 26, 10 am-12 pm (#108891)

Oliver Woods Community Centre Monarch 1

No session Mar 12 & 19

Feb 6 the session will be in Monarch 2

Euchre

This Euchre game is for those that know how to play... bring a friendly, competitive edge. We play the same as Euchre for Fun, so if you want an little extra challenge in a game for two to four players join Euchre on Mondays.

Mon, Jan 8-Mar 25, 1-3 pm (#108892)

Bowen Complex Room 4

No session Feb 19

Hearts Card Game

Join this new card group playing Hearts. This is a trick-playing card game that is fun, non-competitive and relatively easy to learn. New players are welcome!

Fri, Jan 5-Mar 22, 1-3 pm (#108895)

Bowen Complex Clubhouse

Mahjong-Wednesdays

Mahjong has become popular at Bowen! This is for those that have experience playing Mahjong and would like to continue the socialization, and laughter that comes with the game play.

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

Wed, Jan 3-Mar 27, 10 am-12:30 pm (#108893)

Bowen Complex Room 4

Mahjong-Mondays

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

Mon, Jan 8-Mar 25, 10 am-12:30 pm (#108894)

Bowen Complex Room 4

Scrabble

No instruction - this scrabble program is competitive but Fun. We work enthusiastically to get the highest scores, hoping for about 300 points per game. If necessary we use the dictionary and get help from each other to achieve our goals. We love to make new friends and learn new words from each other. We always have a coffee break and chat mid-afternoon.

Fri, Jan 5-Mar 22, 1:30-4:30 pm (#108925)

Bowen Complex Room 3

Scrabble for Fun

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

Tue, Jan 2-Mar 26, 12:30-3pm (#108926)

Bowen Complex Room 3

Whist

Whist is a game in which two pairs of partners team up to try and take as many sequences of cards played in one turn, as possible. To win a whist trick, you must play the highest card in a particular suit.

Wed, Jan 3-Mar 27, 1-3:30 pm (#108929)

Bowen Complex Room 5



Bowen Wanderers M

The Bowen Wanderers meet to enjoy fresh air, exercise and congenial company each Thursday morning. Locations are between Ladysmith and Qualicum. We walk all year, but weather sometimes necessitates a change of destination. Participants should have the ability to talk and walk at the same time. Wear suitable hiking boots or shoes. Bring your lunch unless otherwise noted. Contact Al for more information 250-585-8271.

Thu, Jan 4-Mar 28, 9:30 am-1 pm (#110153)

Jan 4	N	Harry Wipper Park	Feb 22	N	Linley Valley
Jan 11	S	Buttertubs Marsh	Feb 29	S	Planta Park/Neck Point
Jan 18	S	Westwood Lake PUB LUNCH	Mar 7	S	Jack Point
Jan 25	S	Colliery Dam	Mar 14	S	Morden Trail/ Hemer Provincial Park - Cedar PUB LUNCH
Feb 1	N	Qualicum Heritage Forest/ Qualicum Waterfront	Mar 21	N	Top Bridge, Englishman River Regional Park Parksville
Feb 8	S	Morrell Sanctuary	Mar 28	S	Beach Acres/Pipers Lagoon
Feb 15	N	Rathtrevor Provincial Park PUB LUNCH			



South Destinations:



Meet at Bowen Complex lobby
(500 Bowen Road)

North Destinations:



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



Fitness - Level 1 M

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

Instructor: Dustin King

Fri, Jan 5- Feb 2, 11:30 am-12:30 pm, \$22.50/5 (#109273)

Fri, Feb 9-Mar 8, 11:30 am-12:30 pm, \$22.50/5 (#109274)

Oliver Woods Community Centre, Monarch 1

Instructor: Russell McNeil

Thu, Jan 4- Jan 25, 9-10 am, \$18/4 (#109293)

Thu, Feb 1-Feb 29, 9-10 am, \$22.50/5 (#109294)

Thu, Mar 7-Mar 25, 9-10 am, \$18/4 (#109295)

Bowen Complex Auditorium

Instructor: Russell McNeil

Mon, Jan 8- Jan 29, 10:30-11:30 am, \$18/4 (#111679)

Mon, Feb 5-Feb 26, 10:30-11:30 am, \$13.50/3 (#111680)

Mon, Mar 4-Mar 25, 10:30-11:30 am, \$18/4 (#111681)

Bowen Complex Auditorium

No session Feb 19

Fitness - Level 2 M

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

Instructor: Heather Honey

Thu, Jan 4-Jan 25, 10:30-11:30 am, \$18/4 (#109475)

Thu, Feb 1-Feb 29, 10:30-11:30 am, \$22.50/5 (#109478)

Thu, Mar 7-Mar 28 10:30-11:30 am, \$18/4 (#109479)

Bowen Complex Auditorium

Instructor: Russell McNeil

Fri, Jan 5-Feb 2, 9:30-10:30 am, \$22.50/5 (#109480)

Fri, Feb 9-Mar 8, 9:30-10:30 am, \$22.50/5 (#109481)

Oliver Woods Monarch 1 and 2



Dance for Mind E

This class is designed for older adults with various stages of dementia or those with significant physical or cognitive challenges. The program focuses on dance as a medium of non-verbal communication to enhance physical, mental and well-being. The connection to music is as important and relevant as the dance itself to stimulate the brain and memories. The gentle movements are designed to promote pleasure, health and the enjoyment of sharing dance. Family members or personal support workers are required for this class.

Instructor: Ivana Ho

Thu, Feb 22-Mar 28, 10:30-11:30 am, \$48/6 (#109957)

Bowen Complex Clubhouse



Yoga & Massage for Joint Pain E

Is a mysterious pain in your muscles and joints compromising your ability to move? In this unique course we will talk about arthritis, where it forms and why, and aim to dissolve calcium crystals through yoga and massage movements. We will use diagrams, advanced massage techniques, massage tools and gentle yoga movements to address pain.

Instructor: Elise LaDouceur

Wed, Jan 10-Feb 14, 4-5 pm, \$48/6 (#109913)

Wed, Feb 21-Mar 27, 4-5 pm, \$48/6 (#109923)

Bowen Complex Auditorium



Balance & Mobility E

Balance, movement & mobility - the three steps you need to maintain a healthy lifestyle. This class will assist participants in improving balance. The instructor will lead you through easy exercises to improve stability and potentially prevent falls. The workouts assist in improving posture, muscle strength, speed, sharpening reflexes, expanding flexibility and firming your core. The instructor may also give tips for fall-proofing your home.

Instructor: Russell McNeil

Wed, Jan 3-Feb 7, 3-4 pm, \$48/6 (#108952)

Wed, Feb 14-Mar 27, 3-4 pm, \$48/6 (#108953)

Oliver Woods Community Centre Salal 2 and 3

No session Mar 13

Dance Fitness E

Get the blood flowing with this easy to follow choreographed class set to music. Open to those who want a fitness course where you can go at your own pace as well as those who want a higher intensity cardio workout.

Instructor: Mary Keel

Sat, Jan 6-Feb 10, 9-10 am, \$48/6 (#108949)

Sat, Feb 17-Mar 23, 9-10 am, \$48/6 (#108951)

Bowen Complex Room 1



Seated Sound & Yoga E

Come and hear what all the buzz is about! Enjoy sound incorporated into this one hour, slow stretching class. Participants are encouraged to explore different ranges of motion from a safe place, seated in chairs. By prioritizing mobility in all joints, you can be sure to experience a reduction in joint pain and increased flexibility. Not to mention, reset and relaxed from the musical vibes!

Instructor: Michelle Krascek

Wed, Jan 17-Feb 21, 4-5 pm, \$40/5 (#109242)

Wed, Feb 28-Mar 27, 4-5pm \$40/5 (#109609)

Oliver Woods Community Centre Tree Frog Room

No session Jan 24

Chair Yoga E

This yoga class is designed for people who experience difficulty doing floor exercises and the class will be done seated in a chair. Yoga exercises have benefits on the body's well-being and yoga positions stretch, relax, open the joints, release tensions, energize and revitalize.

Instructor: Russell McNeil

Tue, Jan 2-Jan 30, 9-10 am, \$40/5 (#108946)

Tue, Feb 6-Feb 27, 9-10 am, \$32/4 (#108947)

Tue, Mar 5-Mar 26, 9-10 am, \$32/4 (#108948)

Bowen Complex Room 1



Sound Bath & Meditation E

Get prepared to settle in to rest during this one hour guided meditation class! Bring a mat, pillow, and blanket and take time to join others in meditation. Feel the vibration bring your body back to balance. A series of music, tuning and sound instruments are layered through the class, helping to deepen your rest.

Instructor: Michelle Krascek

Wed, Jan 17-Feb 14, 12-1 pm, \$40/5 (#109607)

Wed, Feb 21-Mar 27, 12-1 pm \$48/6 (#109244)

Bowen Complex Room 1

Wed, Jan 17-Feb 21, 6:45-7:45 pm, \$40/5 (#109610)

Wed, Feb 28-Mar 27, 6:45-7:45 pm, \$40/5 (#109611)

Oliver Woods Community Centre Tree Frog Room

Restorative Yin Fusion with Sound E

Come and enjoy a reduction in both emotional and physical discomfort. In this 75 minute class, we will combine the practice of mindful breathing and slow, easy, and long holding yoga poses, to invite your body to relax. The addition of various tuning and musical instruments to deepen the experience. Be sure to leave feeling relaxed in both body and mind.

Instructor: Michelle Krascek

Wed, Jan 17-Feb 14, 10:30-11:45 am, \$40/5 (#109241)

Wed, Feb 21-Mar 27, 10:30-11:45 am, \$48/6 (#109243)

Bowen Complex Room 1

Yoga, Meditation, Pranayama E

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

Instructor: Thommas Michaud

Wed, Jan 3-Feb 7, 10:30 am- 12 pm, \$48/6 (#109500)

Wed, Feb 14-Mar 27, 10:30 am-12 pm, \$56/7 (#109503)

Fri, Jan 12-Feb 9, 1:30-2:45 pm, \$40/5 (#114659)

Fri, Feb 23-Mar 22, 1:30-2:45 pm, \$40/5 (#114660)

Rotary Field House

Gentle Yoga E

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

Instructor: Heather Honey

Fri, Jan 5-Feb 9, 11 am-12 pm, \$48/6 (#110066)

Fri, Feb 16-Mar 22, 11 am-12 pm, \$48/6 (#110067)

Bowen Park Clubhouse

Sculpt & Tone E

This class incorporates a warm up, cardio, resistance training and a cool down/stretch. This would benefit older adults for bone and joint health by developing lean muscle and increasing metabolism.

Instructor: Brian Sugiyama

Tue, Jan 2-30, 10:30 -11:30 am, \$40/5 (#109958)

Tue, Feb 6-27, 10:30 -11:30 am, \$32/4 (#109959)

Tue, Mar 5-26, 10:30 -11:30 am, \$32/4 (#109960)

Bowen Complex Auditorium

Thu, Jan 4-Feb 8, 10:30-11:30 am, \$48/6 (#110064)

Thu, Feb 15-Mar 28, 10:30-11:30 am, \$40/5 (#110065)

Beban Park Social Centre Lounge C

Wed, Jan 3-24, 10:30-11:30 am, \$32/4 (#110136)

Wed, Feb 7-28, 10:30-11:30 am, \$32/4 (#110138)

Wed, Mar 13-27, 10:30-11:30 am, \$24/3 (#110141)

Bowen Complex Clubhouse

Room Changes: Jan 10 (Bowen Rm 1)

Throughout the newsletter you will see (M) and/or (E) beside each program. When you see an (M) symbol, it means the program is offered only to those with a Senior Membership. if you see a (E), it means it is open to everyone and a membership is not necessary. Sometimes, you'll see both, that means there is an everyone price and membership price.



Seated Sound and Yoga E

Come and hear what all the buzz is about! Enjoy sound incorporated into this one hour, slow stretching class. Participants are encouraged to explore different ranges of motion from a safe place, seated in chairs. By prioritizing mobility in all joints, you can be sure to experience a reduction in joint pain and increased flexibility. Not to mention, reset and relaxed from the musical vibes!

Instructor: Michelle Krascek

Wed, Jan 17-Feb 21, 4-5 pm, \$40/5 (#109242)

Wed, Feb 28-Mar 27, 4-5 pm, \$40/5 (#109609)

Oliver Woods Community Centre Tree Frog Room

Qigong M

Qigong, or vital energy, is everywhere. Participants are encouraged to use intention, intuition and imagination to connect with and feel energy using movements, meditations, and exercises (seated, standing, walking). These can be generally modified to the participant's abilities.

Instructor: Kareen Holyer

Fri, Jan 5-Mar 22, 9:30-10:30 am (#109509)

Bowen Park Complex Room 1

No session Mar 29

Qigong, Meditation M

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

Instructor: Thommas Michaud

Thu, Jan 4-Feb 8, 11 am-12:15 pm, \$48/6 (#109507)

Thu, Feb 15-Mar 28, 11 am-12:15 pm, \$56/7 (#109508)

Oliver Woods Community Centre Salal 1

Tai Chi - Beginner M

This class is for those who have no experience with Tai Chi. Instruction is provided. Sets will start every 8 weeks, participants are asked to start on the first class.

Instructor: Coleen Budd

Tue, Jan 2-Feb 13, 9-10 am (#109492)

Tue, Feb 20-Mar 26, 9-10 am (#109493)

Bowen Complex Auditorium

Tai Chi - Intermediate M

"Tai Chi continuing" is a class for those moving on from beginners' class. We will review the first 17 movements, the foundation exercises, introduce the remaining 108 moves (2-3 a week), and practice the complete set. Instruction is provided.

Instructor: Kareen Holyer

Tue, Jan 2-Mar 26, 10:15-11:15 am (#109494)

Bowen Complex Room 1

Tai Chi - Advanced M

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

Mon, Jan 8-Mar 25, 1-2 pm (#109497)

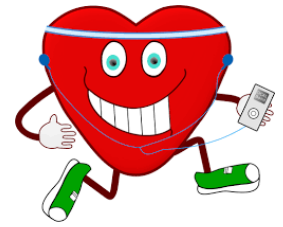
Bowen Complex Auditorium

No session Feb 19





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



Move and Meditate M

Elevate your heart rate with great music then calm the body and mind with a brief meditation. Join for community, cardio and clarity!

Instructor: Dustin King

Mon, Jan 8-Feb 12, 8:55-9:40 am, \$21/6 (#109522)

Mon, Feb 26-Mar 25, 8:55-9:40 am, \$17.50/5 (#109526)

Bowen Complex Auditorium

Heart Healthy Fitness M

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

Instructor: Dustin King

Mon & Wed, Jan 3-31, 8-8:45 am, \$31.50/9 (#109529)

Mon & Wed, Feb 5-28, 8-8:45 am, \$24.50/7 (#109532)

Mon & Wed, Mar 4-27, 8-8:45 am, \$24.50/7 (#109537)

Bowen Complex Auditorium

Walk On M

Come get your steps in this winter indoors with friends. This group walks laps around the auditorium for some exercise. There is no instruction.

Fri, Jan 5-Mar 22, 8:30-9:15 am (walking only) (#109511)

Bowen Complex Auditorium

Kundalini Yoga E

Come and activate your Shakti! (Energy) Join in 75 minutes of Joy while we incorporate Pranayama (Breathwork), Chanting, Singing and energetic repetitive Yoga poses. This class is accessible to all fitness levels. Prepare to leave feeling balanced and Invigorated.

Instructor: Michelle Krascek

Wed, Jan 17-Feb 21, 5:15-6:30 pm, \$40/5 (#109601)

Wed, Feb 28-Mar 27, 5:15-6:30 pm, \$40/5 (#109608)

Oliver Woods Community Centre Tree Frog



Badminton M

Rackets and birds are available for your use. Although most players own their own rackets, badminton birds are supplied for all. This drop in session is not intended to be competitive, but to focus on being active, and to learn to play badminton.

Jan 8-Mar 28, (#108880)

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

Thu, 9:30-11:30 am

Fri, 12:30-3 pm

Oliver Woods Community Centre Gymnasium

No sessions Feb 19, Mar 29



Snooker/Billiards M

This is open to everyone. Many players are willing to help new members learn the game so don't hesitate joining. Cue's are available for use however most regular players bring their own. The extra fee enables re-felting tables and provides tournament quality balls as needed. All players are expected to review and follow room rules/etiquette posted on the wall. Hours of operation below are subject to staff availability.

Jan 2-Mar 31, \$70 (#108886)

Monday to Friday, 9 am-6 pm

Saturday, 9 am-4:30 pm

Sunday, 11 am-3 pm

Bowen Complex Billiards Room

No sessions Feb 19, Mar 29



Darts M

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

Thu, Jan 4-Mar 28, 1-2:30 pm (#108884)

Bowen Complex Room 6

Carpet Bowling M

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

Morning

Wed & Fri, Jan 3-Mar 27, 10 am-12 pm (#108882)

Bowen Complex Auditorium

Afternoon

Wed & Fri, Jan 3-Mar 27, 1-3:30 pm (#108883)

Bowen Complex Auditorium

Table Tennis M

Table Tennis is not only fun but improves physical conditioning, mental alertness and reaction time. All skill levels welcome. Join us Mondays, and Fridays from 11 am until 2pm and Wednesdays 9 am to 12 noon.

Mon, Fri, Jan 3-Mar 27, 11 am-2 pm, (#108888)

Wednesdays, 9 am-12 pm

Centennial Building, Beban Park

No sessions Feb 19 & Mar 29



Volleyball M

Volleyball is a team sport in which two teams of players are separated by a net. Each team tries to score points by grounding a ball on the other team's court. Clean gym shoes required. Please do not enter the gymnasium until the start time.

Tue, Jan 9- Mar 26, 10:30 am-12:30 pm (#108887)

Oliver Woods Community Centre Gym #2



**Tap Dance Level 1** E

For those new to Tap or looking for a refresher, come join the fun and advance at your own pace. Tap shoes required. Nanaimo Harbour City Seniors' membership not required for this program.

Instructor: Melanie Kirk

Mon, Jan 8-Feb 12, 10:15-11:15 am, \$48/6 (#108932)

Mon, Feb 26-Mar 25, 10:15-11:15 am, \$40/5 (#108933)

Bowen Complex Room 1

Tap Dance Level 2 E

For those proficient in Tap Dance, this program is for you. Tap shoes are required. Nanaimo Harbour City Seniors' membership not required for this program.

Instructor: Melanie Kirk

Mon, Jan 8-Feb 12, 11:30 am-12:30 pm, \$48/6 (#108936)

Mon, Feb 26-Mar 25, 11:30 am-12:30 pm, \$40/5 (#108937)

Bowen Complex Room 1

Country Line Dancing M

A fun, laugh-filled class for those who want to country line dance. This is a continuation of the class which began in September. New or more challenging dances will be introduced in the first half hour of each session.

Wed, Jan 17-Mar 20, 9:30-11:30 am (#106569)

Beban Social Centre Auditorium

No session Mar 6

Thursday Night Dance M E

Enjoy a fun evening of dancing with new and old friends to live music. Bands subject to change. No dance on statutory holidays. Members \$8 at the door, non-members \$10 at the door.

Thu, Jan 4-Dec 19, 7:30-10 pm

Bowen Complex Auditorium

**Latin & Ballroom Line Dancing** M

These classes are for those who are comfortable with line dancing. We dance with little teaching except when a new dance is introduced or the occasional walk-through for more intricate dances. Come and enjoy the fun of dancing, improve balance and flexibility and reduce stress.

You must have taken the program and learned the dances from previous sessions. If you are unsure whether to join, please check with the instructor. This is a continuation of the dances.

Tue, Jan 9-Mar 26, 2-3:15 pm (#108938)

Thu, Jan 11-Mar 28, 3:30 pm-4:45 pm (#108941)

Bowen Complex Auditorium

Beginner Latin & Ballroom Line Dancing Workshops Part 3 & 4 M

If you want to dance but are new to line dancing or just want to dust off those old dancing shoes, these classes are a fun way to exercise. The class moves at the speed of the group, not a predetermined schedule. There are three sections to these classes: Parts 1 & 2, September to December, Parts 3 & 4, January to mid-April & Part 5, mid-April to the end of June. Parts 1 and Part 2 is required.

Mon, Jan 8-Mar 25, 2:15-3:15 pm (#108945)

Bowen Complex Auditorium

No session Feb 19

Argentine Tango E M

Argentine Tango is a very romantic dance suitable for all ages. Come join this new group of keen dancers who want to learn more about this dance. Once in a while, a guest instructor will be invited, where you will be asked to contribute to their fee. Seniors members are FREE!

Tue, Jan 2-Mar 26, 6:30-9 pm, \$26/13 (#108930)

Bowen Complex Auditorium



Flamenco Moods and Moves ^E

Experience the soulful music and song Flamenco through dance! You will learn pasos (steps), palos (rhythms), and more. Movements will be combined to create mini choreographies. This course is suitable for those with little or no experience in Flamenco. Wear comfortable smooth-soled shoes with a small heel.

Instructor: Heather Sandison

Mon, Jan 15-Feb 26, 6:30-8 pm, \$60/6 (#109714)

Mon, Mar 11-Apr 15, 6:30-8 pm, \$50/5 (109715)

Beban Social Centre Stage

No session Feb 19

Flamenco Intermediate ^E

This course will focus on longer choreographies that will continue over multiple sessions as well as focus on strengthening footwork, body styling, improvisation and interpretation. It is suitable for those with previous flamenco experience. Wear comfortable smooth-soled shoes with a small heel.

Instructor: Heather Sandison

Tue, Jan 16-Feb 27, 6:30-8 pm, \$70/7 (#109716)

Tue, Mar 12-Apr 16, 6:30-8 pm, \$60/6 (#109717)

Beban Social Centre Stage





Ballroom & Latin Dance-Beginner E

This is an introduction to international ballroom and latin dancing with a certified instructor. This class will cover the basics of social foxtrot, quickstep, cha cha and rumba. Make it a fun, social evening out while keeping your body agile. No previous dancing experience required. Couples and singles are welcome.

Instructor: Nelson Wong

Wed, Jan 10-Feb 14, 8-9 pm, \$60 (#109740)

Wed, Feb 21-Mar 27, 8-9 pm, \$60 (#109741)

Bowen Park Auditorium

Ballroom & Latin Dance-Beginners Continuation E

A quick review of basic techniques covered in the beginner class will be followed by more intermediate variations. Try the waltz, tango, foxtrot, Viennese waltz, quickstep, samba and more. At least one ballroom and latin will be taught in each session.

Instructor: Nelson Wong

Wed, Jan 10-Feb 14, 9-10 pm, \$15 (#109744)

Wed, Feb 21-Mar 27, 9-10 pm, \$15 (#109745)

Bowen Complex Auditorium

Ballroom & Latin Dance-Intermediate E

A quick review of basic techniques covered in the beginner class will be followed by more intermediate variations. Try the waltz, tango, foxtrot, Viennese waltz, quickstep, samba and more. At least one ballroom and latin will be taught in each session.

Instructor: Nelson Wong

Mon, Jan 8-Feb 12, 7-8 pm, \$60 (#109728)

Mon, Feb 26-Mar 25, 7-8 pm, \$50 (#109729)

Bowen Complex Auditorium

Ballroom & Latin Dance-Advanced E

A continuous technique class for those who wish to learn more on the ten International Ballroom and Latin American dances where at least one of each will be taught in each class.

Instructor: Nelson Wong

Mon, Jan 8-Feb 12, 8-9 pm, \$60 (#109730)

Mon, Feb 26-Mar 25, 8-9 pm, \$50 (#109734)

Bowen Complex Auditorium

Ballroom Formation Team E

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

Instructor: Nelson Wong

Mon, Jan 8-Feb 12, 9-10 pm, \$60 (#109735)

Mon, Feb 26-Mar 25, 9-10 pm, \$50 (#109738)

Bowen Complex Auditorium

Jive & Swing-Beginner E

Learn the dance that rocked the world! Never jived? No problem...this class is for you! Partners are recommended, but singles are welcome!

Instructor: Nelson Wong

Wed, Jan 10-Feb 14, 7-8 pm, \$60 (#109747)

Wed, Feb 21-Mar 27, 7-8 pm, \$60 (#109748)

Bowen Complex Auditorium



Accordion Band M

Play accordion with others as part of the Bowen Seniors program. Members must be able to read music. The band performs over 25 concerts per year. The group plays a wide selection of music styles. If you are a player of the Bass, or a drummer, please connect with us as we would love to add to these pieces to the accordion group.

Wed, Jan 3-Mar 27, 1-3:30 pm (#108491)

Kin Hut Activity Centre

Beginner Bluegrass Slow Pitch Jam M

This session is for musicians and singers who would like to build confidence in the bluegrass genre. Songs are selected from song sheets in Dropbox. Focus is on learning bluegrass tunes, playing breaks and having fun. Contact Sandi at hdickie1@telus.net.

Fri, Jan 5-Mar 22, 10:30 am-12:30 pm (#108492)

Bowen Complex Room 6

No sessions Mar 29

The Nanaimo Bluegrass Jam M

Do you play guitar, mandolin, fiddle, dobro, banjo, bass, or another acoustic stringed instrument? This group creates acoustic bluegrass music with a focus playing breaks (solos) and harmonizing. We'll be playing many of the old bluegrass standards by musicians such as Flatt & Scruggs, Bill Monroe, Ricky Skaggs, and Tony Rice, in addition to more modern songs playable in Bluegrass style. We'll also play old time fiddle instrumentals. Please note that this is NOT a sing-along, sing and strum or lessons.

Thu, Jan 4-Mar 28, 1-3 pm (#108490)

Kin Hut Activity Centre



Country & Western Style Band M

This group practices a set of gig songs which we perform at several care facilities in Nanaimo. We have a set list with a variety of songs from A to Z that we play just for fun. All songs are available on Dropbox. All string instruments are welcome. Bring your own stand and instrument. Volunteer contact is Helen Dickie (hdickie1@telus.net).

Tue, Jan 2-Mar 26, 9:30 am-12 pm (#108493)

Rotary Field House

Folk & Old Time Rock & Roll Group M

An acoustical instrument only group that focuses on having fun playing and performing Folk & Old Time Rock & Roll from the 50's thru the 70's. This group gathers weekly in a circle jam format. The group performs monthly at many of our community's senior residences. If you are familiar and competent with this genre of music, and enjoy playing and singing in a group format. No instruction is provided. Our music is obtained through our membership access to our Dropbox program.

Mon, Jan 8-Mar 25, 2-5 pm (#108495)

Rotary Field House

No sessions Feb 19





Harbour City Singers M

This group of men and women enjoy each other's company singing a wide variety of music ranging from Canadian, international folk songs, Broadway musicals, spirituals and jazz standards to popular contemporary and classical songs. The choir performs three concerts a year- a fall concert in November, a Christmas concert in December and a spring concert in late April or May.

Everyone is welcome- some previous choral singing experience and basic music reading ability are desirable but not essential. There is a limit of 55 members and a deadline Oct 11 for joining in the fall term and Feb 21 in the spring term.

For more information please contact Lionel Tanod at 250-722-0232.

Wed, Jan 3-Mar 27, 2-4 pm (#108494)

Rotary Field House

Nordli Ukulele Sing & Strum M

Would you like to play the Ukulele? Do you enjoy singing? Come and join us in this friendly, social gathering. To accommodate numerous requests, basic instruction will be provided during the month of September, on a variety of strumming patterns and chording. A selection of melodies, old and new, will be learnt to play at "gigs" in the Fall. For more information, contact June at 250-758-1801.

Tue, Jan 2-Mar 26, 1-3pm (#101283)

Oliver Woods Community Centre Salal 1



Open Mic & Circle Performance Group M

The format of this group is based on a blackboard list of soloists, duos or trios willing to perform for the rest of the group. The idea is to provide an opportunity to perform with a supportive audience for those who are new or hesitant to perform. A circle format follows the initial round of performers, with the open mic still available. Performers are expected to have some skills in playing their instrument(s) of choice. Equipment is provided by some of the members, although amplification is not essential.

Tue, Jan 2-Mar 26, 1:15-4:45 pm (#108865)

Kin Hut Activity Centre

Swing Band M

Can you read music and play an instrument? This group is made up of brass and woodwind instruments, with a typical rhythm section. Space is limited.

Mon, Jan 8-Mar 25, 1:30-3 pm (#108866)

Bowen Complex Room 1

No session Feb 19

Songsters Choir M

The Songsters Choir is a happy mixed group that for many years visited and sang at retirement homes. Most practices and potential performances are on Friday afternoons. Repertoire is buoyant, drawing from popular melodies of the past and near present. If you like to sing and enjoy the company of other happy choristers, you should give us a try.

Fri, Jan 5-Mar 29, 2:15-4:15 pm (#108867)

Bowen Complex Room 1





THURSDAY MUSICAL ENTERTAINMENT

Bowen Park Complex

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

Senior Members: \$2

Non Members: \$4 E M

FEB 15 "Island Highway"

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 old favourites to current popular music (no Rap though!). Their song choices are always melodic, showcasing warm vocal harmonies and duets, and an intricate interplay of acoustic guitar and piano. You can expect to engage in sing-alongs, up-beat dance tunes, waltzes and country rock.

JAN 18 "Glen Foster Group"

Glen Foster is a Canadian songwriter and entertainer, who has released 9 albums of his own music. He has been performing professionally for over 40 years. His recent song 'Friends Like That' was play-listed on the Cashbox Top 50 picks of 2021. Glen currently performs with The Glen Foster Group, which includes his wife Maggy. They play their own original songs plus popular classic rock, dance tunes and modern day standards.



MAR 21 "Rick Haug"

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

Everyone Welcome



New Program Ideas and Volunteers!

We are currently looking for the following Volunteer positions to fill:

- A volunteer to host a weekend afternoon drop-in **board game**
- **Scrabble** volunteer willing to teach beginners
- Looking for a **basketball** volunteer
- Another **book club** host for a new group
- **Line dancing** instructor beginners
- A **movie buff** to coordinate a new Sunday afternoon movie group
- A **macramé crafter** willing to teach
- A **fluent Spanish, French or Italian speaking person** willing to teach a language class

If you have a skill, talent or experience that you would like to share and are willing to be the volunteer coordinator for a newly formed program, please come see Senior Recreation Coordinator, Chelsea Barr. The more volunteers willing to host programs, the more we can offer our members.

Are you over 80? E

If you are a senior over 80 years of age, public admissions into the pool (including Aquafit), arena, weight rooms and gymnasiums are FREE for Nanaimo residents. Come into one of our facilities to register and get your drop in card and schedule for the drop in times.



Meditation is a practice that trains your mind to be more aware, attentive and find clarity and calmness. It uses mindfulness or focusing techniques to achieve meditation.

Meditation is an experience of relaxing the body, quieting the mind, and awakening the spirit. The goal of meditation isn't to control your thoughts, it's to stop letting them control you.

Did you know Nanaimo has two new temporary public art sculptures? David Martinello's Compelling Agency can be found in the Old City Quarter at Lions Square Park, adjacent to the intersection of Fitzwilliam and Wallace Street. An arresting, large-scale sculpture constructed of metal and wood, Compelling Agency encourages viewers to evaluate their relationship to wood and, in turn, their relationship to their environment at large. Amber Morrison Fox and Matthew Fox's Moon Snail House can be found at Piper's Lagoon. An interactive sculpture sure to captivate passersby, Moon Snail House offers an opportunity to learn more about this seldom seen creature.

Bowen Library E

The library is located in two locations, a cabinet next to the upstairs administration office and a room down the hall in Bowen Complex. You can borrow books at no charge, please remember to bring them back once you have read them. If you need further assistance, please ask the front desk. Limit 2 books per visit. Thank you.

**CNIB Low Vision Screening** E

Evaleen Baker, low vision specialist with The Canadian Institute for the Blind, takes appointments at Bowen Complex. You must book an appointment in advance. Call the CNIB National Helpline at 1-800-563-2642 and ask to leave a message for Evaleen at extension 6102. Leave a message and she will return your call.

Stroke Recovery Group E

Exercise, socializing and entertainment for those recovering from a stroke. Bring your own lunch. Tea and coffee are provided. To sign up for this group, please email Anne Marie at amej@shaw.ca.

Fri, Jan 5-Mar 22, 11 am-2 pm

Bowen Complex Room 1

Book Club M

This book club meets on the first Tuesday of each month. This program can only accommodate a maximum of 15 people because of the number of books available to borrow. Please note this session, in February the meet up is the second Tuesday due a private booking.

Tue, Jan 2, Feb 13, Mar 5, 1-2:30 pm (#108870)

Beban Park Social Centre Room 6

Creative Writing E

Do you have a memoir or story bubbling inside? Bring your creative writing piece to life. Classes are fun, interactive and results-driven. Work with a partner or solo. Solid, constructive feedback given each week to improve your skills and ignite your passion. Taught by communications expert, storyteller and former journalist Ange Frymire, who's published 3 collaborative books, 1 textbook and hundreds of articles for newsletters, newspapers and magazines.

Wed, Jan 17-Mar 6, 7-9 pm, \$96 (#109883)

Bowen Complex Room 4

Technology Club Discussion Group M

This club meets the second and fourth Thursday of each month. Beginners welcome; some knowledge of technology is required. This is a discussion group only, you will not be needing to bring your devices.

Thu, Jan 11-Mar 28, 1:30-3 pm (#109538)

Bowen Complex Auditorium

Learn to Meditate E

In this introductory class, we will explore all of the beneficial ways you can calm your body and mind. Meditation is gaining more exposure in scientific studies, showing how the brain can benefit from increased neural pathways during mindfulness practices. Bring a journal and create a practice you can continue on your own.

Instructor: Michelle Krascek

Sun, Feb 4, 11 am-1 pm, \$25 (#109575)

Sun, Mar 3, 11 am-1 pm, \$25 (#109577)

Bowen Complex Clubhouse

Conversation Spanish for Beginners E

This beginner's course provides an introduction to spoken Spanish. Speak and hear Spanish from the first day as you quickly gain basic conversation skills to communicate information about yourself, your family and friends, your work, and your daily life. Learn pronunciation, expressions, and vocabulary that allow you to function in everyday settings. Perfect for anyone looking to learn or refresh their knowledge of Spanish and immerse themselves in a new culture.

Thu, Mar 21-Apr 25, 6-8 pm, \$84 (#109827)

Bowen Complex Room 4





FREE (OR ALMOST FREE) PROGRAMS

Especially for 60+ Participants



Mobile Hearing Clinic

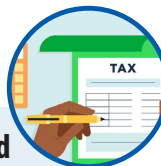
Ears To You Mobile Hearing Clinic offers mobile hearing tests to people in Nanaimo helping treat and diagnose hearing issues. If you think you're dealing with hearing loss or need any assistance with adjusting or replacing your hearing aids, our ear care professionals can help you with quick, affordable diagnostic services and effective solutions. Our mobile hearing clinic can come straight to your front door. Our services include hearing aids, accessories and hearing tests. This is FREE, but please call us at 250-755-7501 to book an appointment.

Instructor: Ears to You

Wed, Jan 10 | 9:30 am-3 pm | FREE

Wed, Mar 6 | 9:30 am-3 pm | FREE

Bowen Park Complex



Canada Revenue Agency and Service Canada Session

Sign up for this FREE informative session by Canada Revenue Agency. There will be time for questions, and you will learn about benefits and credits you may be eligible for, including Canada Pension Plan and Disability Tax Credits, Old Age Security, Guaranteed Income Supplement, ways to do your taxes, how to protect yourself from scams and more. Bring your questions, as there will be time for those at the end.

Thu, Jan 25 | 10:30 am-12 pm | FREE | [109912](#)

Bowen Park Complex

The following workshops are provided courtesy of instructors Helena Brenner, Clinic Nurse Educator & Reid Coleman, B.Kin with HME Home Health

Aging at Home: Exploring Costs & Considerations

The cost of aging at home varies, but it requires careful planning. We will discuss the many factors that can influence costs. Other topics include home modifications and cost of equipment safe for aging in place. Coffee/tea/treats will be provided.

Wed, Jan 10 | 1:30-2:30 pm | FREE | [109888](#)

Bowen Park Complex

You CAN Prevent Falls

Falls account for 85% of senior injury-related hospitalizations leading to hospital stays and contributing to a significant portion of admissions to long-term care facilities. Learn how to prevent falls, to maintain a safe home and an active lifestyle. Coffee/tea/treats will be provided.

Wed, Feb 7 | 1:30-2:30 pm | FREE | [109889](#)

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.

Thu, Feb 15 | 5-7 pm | [109540](#)

Bowen Park Complex



Hello, Neighbour

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

Members \$6; Non Members: \$9

Wed, Jan 10, Feb 7, Mar 6 | 10-11 am | [108875](#)

Oliver Woods Community Centre



Stairlifts - Everything You Need to Know

Stairlifts are a valuable assistive devices designed to improve mobility and independence for individuals who have difficulty navigating stairs. Be proactive and educate yourself in case you or a loved one require one in the future. Coffee/tea/treats will be provided.

Wed, Feb 28 | 1:30-2:30 pm | FREE | [109890](#)

Bowen Park Complex

Stay Healthy & Active As We Age

You can work towards a healthy heart and strong bones through safety, nutrition and physical activity to improve overall well-being, reduce the risk of heart disease and falls and enhance your overall quality of life. It's never too late to make positive changes. Coffee/tea/treats will be provided.

Wed, Mar 27 | 1:30-2:30 pm | FREE | [109891](#)

Bowen Park Complex



Campbell River Thrift Shop Hop

Take advantage of great buys at Quality Thrift Stores such as New 2-U consignment, Salvation Army Second to None, Hospice Thrift Store and Hospital Thrift Shop. You can purchase a meal at A&W lunch stop or pack your own.

Tue, Mar 12, 8 am-6 pm (#110632)



\$45+GST - Meal costs extra

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

Meet at Bowen Park Complex

Hand of Man Museum & Duncan Raptors

This small but mighty museum is one man's astounding collection from places all over the world. The items are magnificent and need to be seen to be believed. Next, we visit silent predator's from the sky, swooping down with speed, precision and deadly intent at the Duncan Raptors. Let's learn more about these vulnerable predators who are declining at an alarming rate. Admissions are included. We will stop at Genoa Bay Cafe for lunch.

Sat, Feb 17, 9:30 am-5 pm (#110615)



\$85+GST - Meal costs extra

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

Meet at Bowen Park Complex



Sidney By the Sea

We will drive to beautiful Sidney by the Sea. Learn about the various creatures that live in the Salish Sea at the Shaw Discovery Centre, shop the quaint shops or stroll along the water front. You can bring a bagged lunch or dine at a restaurant of your choice. Admissions and meals are not included.

Wed, Jan 10, 8 am-5:30 pm (#110607)

Sat, Feb 10, 8 am-5:30 pm (#110608)

Sun, Mar 10, 8 am-5:30 pm (#110609)



\$55+GST - Meal costs extra

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

Meet at Bowen Park Complex

Mount Washington Snowshoe Trip

Walk the snowshoe trails at Mount Washington. Transportation and trail pass is included for \$115, please add \$20 extra fee if snowshoe rental is required. We will enjoy lunch at the Raven Lodge.

Mon, Jan 22, 8 am-5 pm (#110625)



\$135+GST - Meal costs extra

\$115+GST- If you have your own snowshoes

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

Meet at Bowen Park Complex

Bamfield/Frances Barkley

Sail down the Alberni Channel to Bamfield on the 1958 built MV Frances Barkley. We stop along the way at various camps and cottages delivering supplies. We will spend an hour in Bamfield before sailing back. Boat ride is included in the price. This trip is not walker friendly.

Thu, Feb 8, 6 am-7 pm (#110611)

Thu, Mar 28, 6 am-7 pm (#110610)



\$149+GST - Meal costs extra

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

Meet at Bowen Park Complex



Victoria

Journey with Janie to Victoria and spend the day shopping, dining, strolling through a museum, meeting up with friends/family, gambling or catching an IMAX show. You can request a drop off at the Casino, Museum, Mayfair Mall or the Bay Centre downtown. Please note for planning purposes, we arrive in Victoria around 10 am and will start return pick-ups at 3 pm at the IMAX.

Mon, Jan 15, 8 am-5:30 pm (#110434)

Thu, Jan 25, 8 am-5:30 pm (#110647)

Thur, Feb 15, 8 am-5:30 pm (#110437)

Fri, Mar 15, 8 am-5:30 pm (#110443)

Mon, Mar 25, 8 am-5:30 pm (#110445)

\$55+GST - Meals costs extra

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

Meet at Bowen Park Complex



Cowichan Wine Tour

Enjoy touring vineyards in the Cowichan Valley. We will eat at Arbutus Ridge Golf Club for lunch in the Satellite Bar & Grill. The price includes wine tastings but not your meal. This program is Walker Accessible.

Wed, Feb 28, 9:30 am-5:30 pm (#110646)

\$115+GST - Meals costs extra

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

Meet at Bowen Park Complex



Tofino & Ucluelet

Spend time at the beach (pack your own lunch) or go into Tofino for lunch and do some shopping. We will go to Ucluelet to the Amphitrite Point Lighthouse and take in the rugged coastal view of the Wild Pacific Trail. Please dress for the ever changing weather of the West Coast. Boots, rain jacket and layers are encouraged. Bring your camera, the photo opportunities are endless on this trip.

Sat, Jan 20, 8 am-8 pm (#110446)

Tue, Feb 20, 8 am-8 pm (#110448)

Wed, Mar 20, 8 am-8 pm (#110449)

\$65+GST - Meals costs extra

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

Meet at Bowen Park Complex



*Janie's trips are subject to change.
Please register early.*



Bird Watch Eagles - Comox Estuary

We will head to the Comox Estuary where the salmon will be running. We will make a stop at Lazo Beach and hope the eagles are playing in the wind turbulence. Remember to bring your camera. We will stop at the Blackfin Pub for lunch. This is not a walker friendly trip.

Wed, Jan 31, 8 am-5:30pm (#110626)



\$55+GST - Meals costs extra

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

Meet at Bowen Park Complex

March Mystery Trip

Hop on, we will drive north of Nanaimo and see where we end up. Lunch location will be a mystery.

Tue, Mar 5, 8 am-5 pm (#110612)



\$45+GST - Meals costs extra

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

Meet at Bowen Park Complex

Sooke & Metchosin

Let's take a drive and explore the Sooke and Metchosin area. We can stop at hot spots such as Sooke Pot Holes, Whiffen Spit, Sheringham Lighthouse and have lunch at Mychosen Cafe. This program is not walker friendly.

Sat, Mar 30, 8 am-5:30 pm (#110649)



\$50+GST - Meals costs extra

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

Meet at Bowen Park Complex



BC Forest Discovery Centre

Ride the historic locomotive over the Somenos Lake Trestle, wander through the museum's 5,000+ artifacts, sample maple sugar and shop the many souvenirs in the gift shop. We will stop at the Dog House Restaurant for lunch. Admission and train ride included.

Sun, Feb 4, 9 am-4 pm (#110624)



\$50+GST - Meals costs extra

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

Meet at Bowen Park Complex

Parksville to Duncan Thrift Store Shop Hop

Take advantage of great buys at six or more Quality Thrift Stores. You can purchase a meal at Mr. Mikes lunch stop or pack your own.

Mon, Feb 12, 8 am-6 pm (#110452)



\$45+GST - Meals costs extra

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

Meet at Bowen Park Complex





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 of page).

Dinner - Crow and Gate

Cedar ★★★★★ **S** **110627**
Friday, January 5 4 - 8 pm
\$20+GST - Meal cost extra, meet at Bowen or add pick up

Dinner - Shipyard Pub

Maple Bay Marina ★★★★★ **S** **110629**
Monday, January 29 4 - 8 pm
\$30+GST - Meal cost extra, meet at Bowen or add pick up

Dinner - ZOUGLA

It's my birthday ★★★★★ **110643**
Saturday, February 3 4 - 8 pm
FREE - Meal cost extra, meet at Bowen or add \$1 home pick up

Dinner - Discovery Room

Vancouver Island University **110644**
Friday, February 23 ★★★★★ 4 - 8 pm
\$10+GST - Meal cost extra, meet at Bowen or add \$1 pick up



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

All Dining Out trips are walker friendly.



Dinner - Lake House **S** **110613**

Shawnigan Lake ★★★★★
Friday, March 8 3 - 8 pm
\$30+GST - Meal cost extra, meet at Bowen or add pick up

Dinner - Boatshed Waterfront Grill **S**

Ladysmith ★★★★★ **110614**
Saturday, March 23 4 - 8 pm
\$20+GST - Meal cost extra, meet at Bowen or add pick up



All of Janie's trips depart from **BOWEN COMPLEX PARKING LOT (500 BOWEN ROAD)**. Pick up and drop off times are approximate. Add \$7 and Janie will pick you up and drop you off at your home. Add \$10 and Janie will pick you up and drop you off at Parksville Seniors Drop In Centre or Qualicum Civic Centre. Another option is to add \$1 and meet Janie at:



Starbucks/Chapters near Woodgrove (trips going north) or

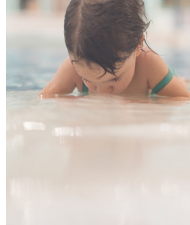


Smitty's at Southgate (trips going south).

A = Walker Friendly



LEAP LEISURE ECONOMIC ACCESS PASS



WHAT IS LEAP?

The City of Nanaimo LEAP program supports families in financial need to access Parks, Recreation & Culture programs and services.

WHAT CAN LEAP BE USED FOR?

- 50 free admissions to drop-in swimming, skating, weight rooms and drop-in gymnasium programs per year.
- 50% off registered programs (maximum up to \$40) for all family members up to four times per year per person.

DO I QUALIFY?

1. Resident of City of Nanaimo, District of Lantzville or Regional District of Nanaimo Electoral Areas A, B or C.
2. Family household income is below Statistics Canada Low Income Guidelines (see right).

Please note: Post secondary students are not eligible for LEAP.

HOW DO I APPLY?

1. Submit the LEAP application online at www.nanaimo.ca or in-person at any City of Nanaimo recreation centre.
2. Include a copy of the following:
 - Prior year Notice of Assessment or proof of Income Assistance, GIS, CLBC, Refugee/Newcomer or Youth in Care
 - Photo ID for All Adults in the Household
 - Proof of Residency (if different from ID)

Apply for funding through the Canadian Tire Jumpstart program. Your child may be eligible for up to \$600 per year in funding. Apply online:

<https://jumpstart.canadiantire.ca/pages/individual-child-grants>

STATISTICS CANADA LOW INCOME GUIDELINES

Number of People in Household	Annual Household Income
1	\$23,696
2	\$24,498
3	\$36,625
4	\$44,031
5	\$49,938
6	\$56,323
7	\$62,707

** As Nanaimo is now over 100,000 people, the low income cutoffs (LICO) have been adjusted as per Statistics Canada.*

