



Parks, Recreation & Culture • Nanaimo Harbour City Seniors

# ADULT 60+ PROGRAMS



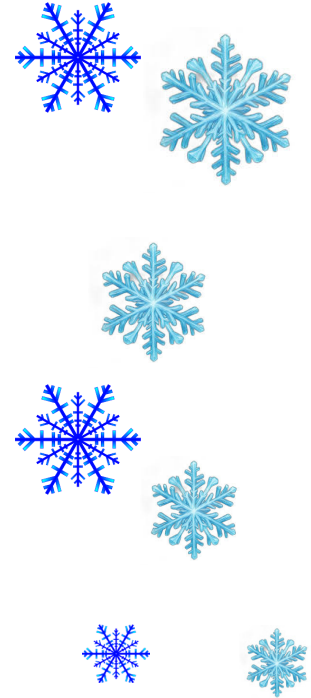
January 1-March 31, 2025

## City of Nanaimo Parks, Recreation & Culture Winter Newsletter

“Welcome! We are happy you are picking up the latest edition. Parks, Recreation & Culture encourages a welcoming and respectful atmosphere for all people with all skills and abilities. Please join us for a variety 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.



Registration Date 2024-NOVEMBER 20



Join the sewing group with your membership!



- [Green Initiatives](#)
- [Parks, Rec & Culture](#)
- [City Services](#)
- [Property & Development](#)
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- [Your Government](#)
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## Recreation Facilities & Schedules

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## Parks & Trails

Looking for the newsletter online? You can view the newsletter online at [www.nanaimo.ca](http://www.nanaimo.ca) - under **Parks, Rec & Culture**, choose **"Senior Recreation Programs"**. Scroll down until you see City of Nanaimo Spring Newsletter (60+Programs) Click on 'newsletter and the newsletter will open. You can register into programs by clicking right onto the barcode. Just log into your PRC account.

- [Trails](#)
- [Beach Reports](#)

## Events

- [Program](#)
- [Art in Public Spaces](#)
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## NANAIMO PARKS, RECREATION & CULTURE Winter 2025 Activity Guide



[recreation.nanaimo.ca](#)  
250-756-5200  
Registration starts on November 20, 2024.

**Drop-In Schedules**

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

The membership is valid from January to December. The annual membership is \$47 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. To know what programs are included in a membership, look for the 'M'. If you see an "E", the program is open to everyone. Registration is available in person at Oliver Woods Community Centre, Beban Park, Bowen Park Complex, Nanaimo Aquatic Centre and the Nanaimo Ice Centre. See a list of registration locations on page 3.

**M E**



## Swim

Both Beban and Nanaimo Aquatic Centre pool facilities offer a leisure pool with warmer water temperatures, a beach entry, variable depths and a lazy river with a gentle current for therapeutic purposes. Ask for the latest drop-in pool schedules for more information like the aquafit descriptions and select a pool and program that is the right fit for you.

## Skate

Ask for a drop-in skating schedule to join the Senior & 70 + Scrub hockey groups. They are fun, recreational drop-in, non-contact sessions. Full hockey gear is required. There are also adult leisure skates to add to your fitness routine. Be sure to ask about the Lions Free Skates held on Sundays at various times of the year. You can also learn to skate (at any age) for those of you new to skating or needing to brush up on your skills.

## Oliver Woods Gymnasium

Our drop-in programs are designed to create an environment where participants can learn a new skill, be social, be active, share their sport with others and play together regardless of skill level (beginner to advanced welcome). Come out and try Pickleball or Badminton.



**Give the Gift of Recreation!**  
Gift cards are available!

## Are you over 80?

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 residents living in Nanaimo.

**Recreation Coordinator - Seniors**  
Chelsea Barr  
250-755-7501  
Chelsea.Barr@nanaimo.ca

### Program Withdrawal & Refund Policy

1. Customers can withdraw or change their program registration without penalty 72 hours prior to the program start date. 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.
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.
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.

**Starting November 20 at 6 am, register by phone at 250-756-5200, online or in person at the following Locations:**  
-Nanaimo Aquatic Centre, 741 Third St  
-Bowen Park Complex, 500 Bowen Rd  
-Oliver Woods Community Centre, 6000 Oliver Rd  
-Beban Park Pool, 2300 Bowen Rd  
-Nanaimo Ice Centre, 750 Third St



**Reminder: Registration for spring/summer programs (Apr-Aug) is on Mar 12, 2025**

**All volunteers are required to register for the program they volunteer for. This allows email communication.**

# Bowen Park Pottery Studio

Sunday, January 5-Monday, March 31 (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 \$14 per session. **E**

Harbour City Seniors rate \$7 per session **M**

## FALL DROP-IN SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
9:30 am-12:30 pm	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 Mondays, Tuesday's, Wednesday's and Thursday's day hours.

If you would like to use the Pottery Room during the drop-in time, you may need to pay your drop in fee to the clerk at Bowen during the week days if you are not pre-registered. You then give your paid receipt to the Pottery Room attendant and sign in. Pre-registration is available online or over the phone 250-756-5200. Saturday and Sunday sessions must be pre-registered.



# Adult Pottery Classes

## Bowen Complex Pottery Room

### Beginner Pottery Wheel

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. Ages 14+ welcome.

- Tue, Jan 7-Feb 11, 6:30-9 pm, \$177/6 (#133082)
- Tue, Feb 18-Mar 25, 6:30-9 pm, \$177/6 (#133084)
- Fri, Jan 10-Feb 14, 12:30-3 pm, \$177/6 (#133094)
- Fri, Feb 21-Mar 28, 12:30-3 pm, \$177/6 (#133095)
- Sat, Jan 4-Feb 8, 1:30-4 pm, \$177/6 (#133068)
- Sat, Feb 15-Mar 22, 1:30-4 pm, \$177/6 (#133069)
- Sat, Mar 29-May 3, 1:30-4 pm, \$177/6 (#133070)
- Sun, Jan 5-Feb 9, 1:30-4 pm, \$177/6 (#133076)
- Sun, Feb 16-Mar 23, 1:30-4 pm, \$177/6 (#133077)
- Sun, Mar 30-May 11, 1:30-4 pm, \$177/6 (#133079)

*No session April 20*



### Beginner Level 2 Pottery Wheel

This is designed for those with some previous experience working with clay, but not quite ready for the intermediate level. Build on the basic techniques to 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. Ages 14+ welcome.

- Fri, Jan 10-Feb 14, 4-6:30 pm, \$177/6 (#133106)
- Fri, Feb 21-Mar 28, 4-6:30 pm, \$177/6 (#133107)

### 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 6-Feb 24, 6:30-9 pm, \$206.50/7 (#133065)
- Mon, Mar 3-Apr 14, 6:30-9 pm, \$206.50/7 (#133066)

*No session Feb 17*

### Pottery Workshop-Handbuilt Dishes

Make a unique dish! You are encouraged to bring textures and other materials to stamp into the clay to make it your own. In the first class, you will learn how to construct the plate or dish and the second class you'll be glazing the item. This is a great experience gift to do with a friend or family member!

- Fri, Dec 13-20, 12:30-3 pm, \$60/2 (#129308)
- Fri, Dec 13-20, 4-6:30 pm, \$60/2 (#129310)
- Sun, Dec 15-22, 1-3:30 pm, \$60/2 (#129452)
- Fri, Jan 17-24, 9:30 am-12 pm, \$60/2 (#133425)

### Pottery Workshop-Handbuilt Mug

Build a mug without the use of a pottery wheel. Bring textures and other materials to stamp into the clay to make it your own - you can even theme it! In the first class, you will learn how to construct a mug. The second class will be for glazing the item and getting it ready for firing.

- Tue, Dec 10-17, 6:30-9 pm, \$60/2 (#129290)
- Sat, Dec 14-21, 1:30-4 pm, \$60/2 (#129321)
- Fri, Jan 31-Feb 7, 9:30 am-12 pm, \$60/2 (#133428)

### Pottery Workshop-Handbuilt Plant Pot

Build a plant pot without the use of a pottery wheel. Bring textures and other materials to stamp into the clay to make it your own. In the first class, you will learn how to construct a pot. The second class will be for glazing the item and getting it ready for firing.

- Fri, Feb 21-28, 9:30 am-12 pm, \$60/2 (#133429)
- Fri, Mar 7-14, 9:30 am-12 pm, \$60/2 (#133430)
- Fri, Mar 21-28, 9:30 am-12 pm, \$60/2 (#133431)





## 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. 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 6-Mar 31, 1-3:30 pm (#119661)

Bowen Complex Room 2



## Art as Meditation E

Come explore various visual art forms and their ability to create a meditative state of relaxation and calm. Some joyful art forms explored in this class are Zentango, Neurographic, clay, watercolour, mandala, and collage. Minimal supplies required that are not included in registration fee that will cost up to \$10.

Sat, Jan 25-Mar 8, 10:30 am-12:30 pm, \$108 (#132547)

Sat, Mar 15-Apr 19, 10:30 am-12:30 pm, \$108 (#133878)

Bowen Complex Room 6

## Crafty Workers M

Be creative and buzz around the room! This one is not limited to one type of craft, so bring your expertise and be ready to share your techniques or try something new, because its likely someone in the 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 joining this group.

Wed, Jan 8-Mar 26, 1-3 pm (#119666)

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. This group take a lot of pride in their work and always appreciates wool donations because our Crafts are generally donated to charities. No instruction is provided.

Fri, Jan 3-Mar 28, 1-3 pm (#119670)

Bowen Complex Room 4



## Drawing Portraits E

This is a class that will teach you how to see and draw portraits of people and animals. Whether this your first time drawing class or you would like to join a drawing group, this weekly class will offer a quiet supportive drawing space. Additional supplies required, not included in registration fee, may cost \$50-\$200.

Thu, Jan 16-Mar 27, 10:30 am-12:30 pm \$180 (#132536)

Oliver Woods Community Centre Hemlock Room

## Embroidery M

Embroidery is the craft of decorating fabric or other materials using a needle to apply thread or yarn. Embroidery may also incorporate other materials such as pearls, beads, quills, and sequins.

Thu, Jan 2-Mar 27, 1-4 pm (#119678)

Bowen Complex Room 4

## Folk Art, Decorative Painting & Crafts M

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, pattern is re-written in a step-by-step format with the instructor, teaching the project (must know how to shade and highlight). If your into crafting, bring it to this class and work along fellow painters and crafters. Instruction is always FREE for everyone!

Fri, Jan 3-Mar 28, 9:30 am-12 pm (#119700)

Bowen Complex Room 2



## 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' 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' 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. Instruction is free. Bring a smile and lets paint. New Students are welcome anytime.

Wed, Jan 8-Mar 26, 10 am-12 pm (#129717)

Bowen Complex Room 2

## 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 always happy to share a creative eye for idea. Please bring your own supplies.

Thu, Jan 2-Mar 27, 9 am-12:30 pm (#119751)

Bowen Complex Room 6

## Multi Medium Art M

For artists of all levels. You can work with watercolor, acrylic, oil, collage, pastel, ink, pencil... what else is there!?! We have the space, so you bring your "artsy-self" and let your mind take you away in the land of creativity. We do not give instruction, but always willing to provide healthy-helpful critique, if you desire.

Wed, Jan 8-Mar 26, 9:30 am -12 pm (#119753)

Bowen Complex Room 5



## 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. Only two machines available to share during this time. Must have prior sewing experience to attend.

Tue, Jan 7-Mar 25, 9 am-12 pm (#119790)

Bowen Complex Room 6

## 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 5-10 baby or lap quilts to various groups annually.

Tue, Jan 7-Mar 25, 12:30-3:30 pm (#119785)

Bowen Complex Room 6

## Wool Painting M

Welcome to the world of wool! In this beginners workshop, participants will learn all of the basic techniques of needle felting and create a wool landscape "painting" that can be hung or fitted in a 5x7 frame. Wool, needles and sponges are provided in the material cost of \$15 to be paid to the instructor. Please do not bring your own materials. Instruction is free! At the end of this class, you will be introduced to wet felting

Tue, Mar 4-25, 10 am-12 pm (#134006)

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.



## Stained Glass - Drop-in M E

This is not an instructed program. Participants must bring own tools and glass and have experience working with stained glass. Grinders will be available for use. Members \$5

Non-Members \$8

Fri, Jan 3-Mar 28, 9 am-12 pm (#119792)

Bowen Complex Room 5

## Introduction to Stained Glass M

Sign up for this 3 week intro course where you will be introduced to the tools and materials used in the foiling method of stained glass. Using the foiling method, you'll start by learning and practicing glass scoring techniques and quickly move on to grinding foiling, soldering, cleaning and then finishing a project. All materials, tools and instruction are included in the fee.

Instructor: Dolores Gottenberg

Wed, Jan 8-22, 1-4 pm, \$35 (#133011)

Bowen Complex Room 5

## Novice Stained Glass M

This 3 week course is for those who know the basics or have "done" stained glass in the past and want to get back into it with a little help from an instructor. This is when you can try a more ambitious project, improve specific techniques, or design your own stained glass project using the copper foiling technique. The course begins with a conversation about basic foiling procedures and brainstorming the challenges and needs of your particular project. There will be regular group meetings to discuss the tricks of the trade, individual & group encouragement and instruction. All materials, tools and instruction are included in the fee.

Instructor: Dolores Gottenberg

Wed, Mar 5-19, 1-4 pm, \$35 (#133012)

Bowen Complex Room 5

## Stained Glass Intermediate M

This course is for those very familiar working with stained glass. Get guidance on a new project including panels, boxes, frames, lamp shades etc. We'll begin with a conversation about basic foiling procedures and brainstorming the challenges and needs of your particular project. There will be regular discussions about the tricks of the trade, individual & group encouragement and instruction. 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: Dolores

Tue, Jan 7-Feb 25, 9 am-12 pm, \$35 (#133013)

Tue, Mar 4-Apr 22, 9 am-12 pm, \$35 (#133035)

Bowen Complex Room 5

## Mosaics Intermediate M

This course is for those who have completed the basic mosaic course and want to learn more. Planning a mosaic is the most important step, so you will learn how to prepare for your project to ensure that it is a success. First you will choose your design and project – either of a garden stepping stone, a house number plaque or a panel mosaic. Next, you'll learn mosaic on mesh and/or use the direct method applying the skills learned in the introductory workshop. Finally, you'll practice how to complement your project by choosing the correct color and type of grout. Fee includes all materials and tools.

Instructor: Dolores

Wed, Feb 5-Feb 19, 1-4 pm, \$45 (#133037)

Bowen Complex Room 5







### Introduction to Mosaic E

The art of mosaic is both relaxing and mentally stimulating. Once learned, applying your basic techniques will offer unique opportunities for individual and creative expression to your completed projects. The glass, substrate tools, equipment and instruction are included in the price.

Sat, Jan 11-Feb 1, 9 am-12 pm, \$200 (#132459)

Bowen Complex Room 5

### Intermediate Mosaic E

Looking for more mosaic classes after Mosaic – Introduction? This part 2 mosaic class will teach you mosaic on mesh and use the direct method applying previously learnt skills. In addition to learning colour pairing with your grout and glass, you will also choose your design and project. Please view additional project ideas online. Fee includes all materials and tools.

Sat, Feb 15-22, 9 am-12 pm \$100 (#132470)

Bowen Complex Room 5

### Introduction to Stained Glass E

In this introductory class, you will learn how to use several tools and techniques to complete your stained glass piece. Please view additional course details online. All materials and tools are included.

Mon, Jan 20-Feb 3, 6-9 pm \$150 (#132513)

Bowen Complex Room 5

### Watercolour Painting E

Come and improving your watercolour painting techniques, whether it's your first time or you've mastered the basics, everyone is welcome. Students can pick their own subjects and receive direction and support from the instructor while practicing specific techniques. Additional supplies are required, and not included in registration fee, may cost \$60-

Tue, Jan 21-Mar 25, 9:15-10:45 am, \$180 (#132539)

Kin Hut Activity Centre

### Novice Stained Glass E

Once you've completed our introduction class or have learnt the basic techniques, you can join this part 2 class in learning new techniques like the tiffany style. While practicing your skills, Delores will assist you in pairing complimentary colours to in your finished stained glass piece. All materials, tools and instruction are included in the fee.

Mon, Feb 10-Mar 3, 6-9 pm \$150 (#132524)

Bowen Complex Room 5

### Woodworking M

If you have experience working with tools, you are welcome to sign up for woodworking. If you're new to the shop, please check in with the shop volunteers for an introduction to the rules and safety procedures before you begin. Bring your own supplies to plane, cut, or shop pieces for your project. The availability can change slightly depending on the volunteer's availability.

Mon & Tue, Jan 6-Mar 25, 10 am-3 pm (#119798)

Bowen Complex Woodworking Room

No session Feb 17



### Woodcarving M

We are the Mid Island Carving Club, a group of seniors who enjoy and appreciate the fine art of woodcarving! We welcome all newcomers because we enjoy sharing our expertise, knowledge, experience and . . . .stories. We practice different styles of carving and have an extensive library of carving books and patterns. We also have some supplies and tools available for purchase.

Thu, Jan 2-Mar 27, 9 am-12 pm (#120011)

Bowen Complex Room 5/Woodworking Room





### 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 expected 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 2-Mar 27, 9:30 am-12 pm (#120013)  
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 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 2-Mar 27, 9:30 am-12 pm (#120015)  
Bowen Complex Room 2

### 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 2-Mar 27, 12:30-4 pm (#120017)  
Bowen Complex Room 1



### Tuesday Bridge-Intermediate M

Contract bridge, or simply bridge, is a trick-taking card game using a standard 52-card deck. In its basic format, it is played by four players in two competing partnerships, with partners sitting opposite each other around a table. A partner is required to attend.

Tue, Jan 7-Mar 11, 1-4 pm (#120019)  
Oliver Woods Community Centre Monarch Room 1  
*No session Feb 4*

### 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 3-Mar 28, 6:30-10 pm (#120094)  
Oliver Woods Community Centre Monarch Room 1

### 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 2-Mar 27, 1-3 pm (#120022)  
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 5-Mar 30, 1-3 pm (#120097)  
Bowen Complex



## Cribbage M

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 7-Mar 25, 1-4 pm (#120025)

Bowen Complex Room 1



## Euchre for Fun M

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. Prior knowledge is helpful but not required to start.

Tue, Jan 7-Mar 25, 10 am-12 pm (#120028)

Oliver Woods Community Centre Monarch 2

No sessions Feb 4, Mar 18 & 25

## Euchre M

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 a little extra challenge in a game for two to four players join us. If enough players register and there is interest, we will start planning lunch outings prior to the game!

Mon, Jan 6-Mar 31, 1-3 pm (#120030)

Bowen Complex Room 4

No session Feb 17

## Hearts Card Game M

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

Fri, Jan 3-Mar 28, 1-3 pm (#120032)

Bowen Complex Bowen 5

## Mahjong-Wednesdays M

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 8-Mar 26, 10 am-12:30 pm (#120034) Rm 4

Wed, Jan 8-Mar 26, 1-3:30 pm (#132583) Rm 2

Bowen Complex

## Mahjong-Mondays M

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

Mon, Jan 6-Mar 24, 10 am-12:30 pm (#120037)

Bowen Complex Clubhouse

## Scrabble M

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 3-Mar 28, 1:30-4:30 pm (#120039)

Bowen Complex Room2



## Scrabble for Fun M

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

Tue, Jan 7-Mar 25, 12:30-3pm (#120041)

Bowen Complex Room 2

## Whist M

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 8-Mar 26, 12:30-3 pm (#120043)

Bowen Complex Room 3



**South Destinations:**  
Meet at Bowen Complex lobby  
(500 Bowen Road) **S**

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

## Bowen Wanderers **M**

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 & listed monthly in the newsletter with the relevant meeting place. 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. With suitable footwear and dressed appropriately for the season, you will have a pleasant day out exploring - come and join us! Meet every Thursday morning at 9:30 am at Bowen Complex (S). If the destination in North (N) meet at Oliver Woods at 9:30 am. Please park away from the building. Wear suitable hiking boots or shoes. Bring your lunch unless otherwise noted. Return around 1 pm. Contact AI for more information 250-585-8271.

Thu, Jan 9-Mar 27, 9:30 am-1 pm (#121107)

January 9	Harry Wipper Park Picnic Lunch	<b>N</b>	February 27	Linley Valley Picnic Lunch	<b>N</b>
January 16	Buttertubs Marsh Picnic Lunch	<b>S</b>	March 6	Planta Park/Neck Point Picnic Lunch	<b>S</b>
January 23	Westwood Lake PUB LUNCH	<b>S</b>	March 13	Jack Point Picnic Lunch	<b>S</b>
January 30	Colliery Dam Picnic Lunch	<b>S</b>	March 20	Morden Trail/ Hemer Provincial Park PUB LUNCH	<b>S</b>
February 6	Qualicum Heritage Forest/ Qualicum Waterfront Picnic Lunch	<b>N</b>	March 27	Top Bridge, Englishman River Regional Park, Parksville Picnic Lunch	<b>N</b>
February 13	Morrell Sanctuary Picnic Lunch	<b>S</b>	March 28	Beach Acres/Pipers Lagoon Picnic Lunch	<b>S</b>
February 20	Rathrevor Provincial Park PUB LUNCH	<b>N</b>			

**Please Note:**

If anyone is interested in leading another walking group, please contact Chelsea Barr.



### 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: Russell McNeil

Mon, Jan 6-27, 10-11 am, \$18/4 (#120953)

Mon, Feb 3-24, 10-11 am, \$13.50/3 (#120954)

Mon, Mar 4-24, 10-11 am, \$18/4 (#120955)

Bowen Complex Auditorium



Instructor: Dustin King

Wed, Jan 15-29, 8:55-9:40 am, \$12/3 (#132526)

Wed, Feb 5-26, 8:55-9:40 am, \$16/4 (#132527)

Wed, Mar 5-26, 8:55-9:40 am, \$16/4 (#132528)

Bowen Complex Auditorium

Instructor: Heather Walker

Wed, Jan 15-Feb 5, 1:45-2:45 pm, \$18/4 (#130283)

Wed, Feb 19-Mar 26, 1:45-2:45 pm, \$27/6 (#130284)

Oliver Woods Salal 2 & 3

Instructor: Russell McNeil

Thu, Jan 2-30, 9-10 am, \$22.50/5 (#120877)

Thu, Feb 6-27, 9-10 am, \$18/4 (#120878)

Thu, Mar 6-27, 9-10 am, \$18/4 (#120879)

Bowen Complex Auditorium

Instructor: Heather Walker

Fri, Jan 17-31, 11 am-12 pm, \$13.50/3 (#132687)

Fri, Feb 14-Mar 7, 11 am-12 pm, \$18/4 (#132690)

Oliver Woods Monarch 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.

### 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 Walker

Mon, Jan 13-Feb 3, 11:15 am-12:15 pm, \$18/4 (#132373)

Mon, Feb 24-Mar 24, 11:15 am-12:15 pm, \$22.50/5 (#132376)

Bowen Complex Auditorium



Instructor: Heather Honey

Thu, Jan 2-30, 10:30-11:30 am, \$22.50/5 (#121079)

Thu, Feb 6-27, 10:30-11:30 am, \$18/4 (#121080)

Thu, Mar 6-27, 10:30-11:30 am, \$18/4 (#121081)

Bowen Complex Auditorium

Instructor: Maki Kristiansen

Fri, Jan 3-31, 9:30-10:30 am, \$22.50/5 (#121087)

Fri, Feb 7-Mar 14, 9:30-10:30 am, \$27/6 (#121088)

Oliver Woods Monarch 1 and 2





### Balance & Mobility E

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

Wed, Jan 15-Feb 5, 3-4 pm, \$32/4 (#120007)

Wed, Feb 19-Mar 26, 3-4 pm, \$48/6 (#120008)

Oliver Woods Community Centre Salal 2 and 3



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

Instructor: Heather Honey

Fri, Jan 3-31, 11 am-12 pm, \$40/5 (#121112)

Fri, Feb 7-28, 11 am-12 pm, \$32/4 (#121116)

Fri, Mar 7-28, 11 am-12 pm, \$32/4 (#121118)

Bowen Complex Clubhouse

### Gentle Chair Fitness E

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

Instructor: Heather Walker

Tue, Jan 14-Feb 4, 9-10 am, \$32/4 (#132540)

Tue, Feb 18-Mar 25, 9-10 am, \$48/6 (#132541)

Bowen Complex Room 1

### Sculpt & Tone E

This class will incorporate warm up, cardio, resistance training (using dumbbells, bands, and bodyweight exercises) and cool down/stretching. Class benefits older adults for bone and joint health by developing lean muscle and increasing metabolism.

Instructor: Heather Walker

Tue, Jan 14-28, 10:15 -11:15 am, \$24/3 (#132554)

Tue, Feb 4-25, 10:15 -11:15 am, \$24/3 (#132555)

Tue, Mar 4-25, 10:15 -11:15 am, \$32/4 (#132556)

Bowen Complex Auditorium

No session Feb 11

Instructor: Dustin King

Wed, Jan 15-29, 10:15-11:15 am, \$24/3 (#132557)

Wed, Feb 5-26, 10:15-11:15 am, \$32/4 (#132558)

Wed, Mar 5-26, 10:15-11:15 am, \$32/4 (#132559)

Bowen Complex Room 1

Instructor: Dustin King

Thu, Jan 16-30, 10:15-11:15 am, \$24/3 (#132551)

Thu, Feb 6-27, 10:15-11:15 am, \$32/4 (#132552)

Thu, Mar 6-27, 10:15-11:15 am, \$32/4 (#132553)

Beban Park Social Centre Lounge C

Instructor: Heather Walker

Fri, Jan 17-31, 9:30-10:30 am, \$24/3 (#132691)

Fri, Feb 14-28, 9:30-10:30 am, \$24/3 (#132692)

Fri, Mar 7-28, 9:30-10:30 am, \$24/3 (#132693)

Bowen Complex Clubhouse

No session Mar 14

### Yoga, Qigong, Meditation E

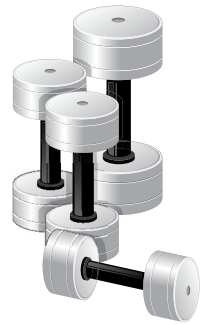
This class is for participants with a good fitness level. We will be using the body with mindful movements, static poses.

Instructor: Thomas Michaud

Tue, Jan 7-Feb 4, 3:45-5 pm \$40/5 (#133433)

Tue, Feb 18-Mar 18 3:45-5 pm \$40/5 (#133434)

Oliver Woods Community





## Standing & Walking Qigong E

Qigong is a moving meditation, based on the ancient theory that the intentionally guided flow of energy through the body holistically restores vitality and regulates the functions of the mind, body, and breath. Standing and walking Qigong will help to reduce stress, anxiety, as well as increase muscular stability.

Instructor: Monika Lux

Thu, Jan 16-Feb 13, 6-7 pm, \$55 (#132622)

Thu, Feb 20-Mar 20, 6-7 pm, \$55 (#132623)

Thu, Mar 27-Apr 24, 6-7 pm, \$55 (#132624)

Beban Social Centre Room 7/8



## 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 3-Mar 28, 9:30-10:30 am (#132430)

Bowen Park Complex Room 1

## Qigong, Meditation E

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: Thomas Michaud

Thu, Jan 9-Feb 6, 10:30-11:45 am, \$40/5 (#130286)

Thu, Feb 20-Mar 20, 10:30-11:45 am, \$40/5 (#130288)

Oliver Woods Community Centre Salal 1



## Walk On M

Heat up your heart while staying cool indoors walking with friends. This group walks laps around the auditorium for some exercise. There is no instruction.

Fri, Jan 3-Mar 28, 8:30-9:15 am (walking only) (#119892)

Bowen Complex Auditorium

## Zumba Gold E

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

Mon, Jan 6-Feb 10, 9-10 am, \$48/6 (#132484)

Mon, Feb 24-Mar 31, 9-10 am, \$48/6 (#132496)

Oliver Woods Community Centre Salal 1,2,3

Wed, Jan 8-Feb 12, 10:15-11:15 am, \$48/6 (#132489)

Wed, Feb 19-Mar 26, 10:15-11:15 am, \$48/6 (#132501)

Oliver Woods Community Centre Salal 2&3

Fri, Jan 17-Mar 7, 1-2 pm, \$64/8 (#132570)

Oliver Woods Community Centre Monarch 1 & 2



## Seated Qigong E

Come join Qigong with Monika! She will guide you in gentle movements and breathing exercises where you will be working on intentions and healing. In sitting qigong, all abilities are welcomed. The facility is wheelchair accessible. For those with mobility difficulties, this class is for you! Please join us, and Monika will assist you on your healing journey.

Instructor: Monika Lux

Mon, Jan 20-Feb 10, 6-7 pm, \$44/4 (#132631)

Mon, Feb 24-Mar 17, 6-7 pm, \$44/4 (#132638)

Mon, Mar 31-Apr 14, 6-7 pm, \$33/3 (#132639)

Beban Social Centre Room 2/3

## Saturday Stretch E

Set aside Saturday mornings for stretching! 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 helps improve your ability to do daily activities.

Instructor: Claudia Encina

Sat, Jan 4-25, 10:45-11:45 am, \$24/4 (#132673)

Sat, Feb 1-15, 10:45-11:45 am, \$18/3 (#132674)

Sat, Mar 8-29, 10:45-11:45 am, \$24/4 (#132676)

Bowen Complex Clubhouse





### Fitness Flow M

Elevate your heart rate with great music and some cardio using flowing movements. Some weights, ropes and other fitness accessories may be incorporated. A chair can be provided for stability. This class is designed for beginner level but participants can work at their own pace.

Instructor: Dustin King

Mon, Jan 13-27, 8:55-9:40 am, \$12/3 (#119048)

Mon, Feb 3-24, 8:55-9:40 am, \$12/3 (#119049)

Mon, Mar 3-31, 8:55-9:40 am, \$20/5 (#119050)

Bowen Complex Auditorium

No session Feb 17



### 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 13-29, 8-8:45 am, \$21/6 (#132427)

Mon & Wed, Feb 3-26, 8-8:45 am, \$24.50/7 (#132428)

Mon & Wed, Mar 3-26, 8-8:45 am, \$28/8 (#132429)

Bowen Complex Auditorium

No session Feb 17

### 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 8-Feb 5, 10:30 am- 11:45 am, \$40/5 (#120309)

Wed, Feb 19-Mar 19, 10:30 am-11:45 am, \$40/5 (#120311)

Rotary Field House

### 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 7-Feb 25, 9-10 am (#132303)

Tue, Mar 4-Apr 22, 9-10 am (#132304)

Bowen Complex Auditorium

### Tai Chi - Intermediate M

Tai Chi is a class for those moving on from beginners' class. We work on the foundation exercises, introduce the remaining 109 moves, and practice the complete set. Instruction is provided.

Thu, Jan 9-Mar 27, 2-3 pm (#133142)

Bowen Complex Auditorium

### Tai Chi - Advanced M

This is for those who have experience with Tai Chi. No instruction is provided. Unlike intense martial arts, tai chi is easier for individuals with limited mobility, like tai chi for seniors or those with disabilities. Most people should be able to practice tai chi, regardless of age or fitness level. Due to the slow and calm nature of tai chi, people struggling with a disability can adapt the movements to suit their activity level. Tai chi is especially great for individuals looking to increase their physical activity slowly over time. As with all new exercise routines, you'll want to check with your doctor if you have any concerning pre-existing conditions. Advanced Tai Chi is non instructed, and is only 45 minutes.

Mon, Jan 6-Mar 31, 1-1:45 pm (#132308)

Bowen Complex Auditorium

No session Feb 17

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





### Seated Tai Chi M

Seated Tai Chi is based on Tai Chi movements as taught by Moy Lin-Chin. The emphasis is on basic health improvement/maintenance through doing a series of exercises while seated, finishing with the 17 Tai Chi moves. For more information on the movements, visit [www.canadiantaichiacademy.org](http://www.canadiantaichiacademy.org).

Instructor: Kareen Holyer

Tue, Jan 7-Mar 25, 10:15-11:15 am (#132311)

Bowen Complex Room 1



### Zumba M

Discover the joy of movement in our energizing Zumba class. This fun and dynamic workout combines low-impact aerobic exercise with exciting Latin and international music, making it easy to follow and enjoyable for all fitness levels. Our Zumba class focuses on improving cardiovascular health, flexibility, and balance while promoting overall physical wellness. The routines are tailored to ensure safety and comfort, allowing participants to move at their own pace. Whether you're a seasoned dancer or new to fitness, this class is perfect for anyone looking to stay active and healthy in a vibrant and supportive environment. Join us for an hour of laughter, dance, and fitness, and experience the positive benefits of Zumba for mind, body and spirit!

Instructor: Claudia Encina

Thu, Jan 2-30, 9-10 am, \$40/5 (#132612)

Thu, Feb 6-27, 9-10 am, \$32/4 (#132615)

Thu, Mar 6-27, 9-10 am, \$32/4 (#132649)

Bowen Complex Room 1

Sat, Jan 4-25, 9:30-10:30 am, \$32/4 (#132637)

Sat, Feb 1-15, 9:30-10:30 am, \$24/3 (#132640)

Sat, Mar 8-29, 9:30-10:30 am, \$32/4 (#132641)

Bowen Complex Clubhouse



### Minds in Motion E

A fitness & social program for people experiencing early stage memory loss. Clients must register and attend with a friend, family member or caregiver. A certified Fitness instructor will lead a fitness portion of the class; an Alzheimer Society facilitator supports the social time for the program. One fee for both participants and guest.

Instructor: Jean Medley

Thu, Jan 9-Feb 13, 10-11:30 am, \$48 (#131584)

Thu, Jan 9-Feb 13, 1-2:30 pm, \$48 (#131596)

Thu, Feb 27-Apr 3, 10-11:30 am, \$48 (#131585)

Thu, Feb 27-Apr 3, 1-2:30 pm, \$48 (#131597)

Beban Social Centre Room 7 & 8

### 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. All stretches and flexibility work are designed for women.

Instructor: Mary Keel

Sat, Jan 4-25, 9-10 am, \$32/4 (#120915)

Sat, Feb 1-22, 9-10 am, \$32/4 (#120916)

Sat, Mar 1-Mar 29, 9-10 am, \$40/5 (#120917)

Bowen Complex Room 1

### Beginner Nordic Walking E

Nordic walking is an activity that is suitable for people of all ages, abilities and skills. In this three week course you will 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.

Sat, Mar 8-Mar 22, 10:30 am-12 pm, \$42 (#132302)

Beban Park (meet in Social Centre lobby)

## 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.

Mon, Jan 6-Mar 31, 12:30-3:30 pm (#120325) Gym 2

Wed, Jan 8-Mar 26, 12:30-3:30 pm (#133721) Gym 2

Fri, Jan 3-Mar 28, 12:30-3 pm (#133726) Gym 1

Oliver Woods Community Centre Gymnasium

*No session Feb 17*



## 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 are subject to staff availability.

Jan 2-Dec 31, \$70 (#120339)

Monday to Friday, 9 am-6 pm

Sat & Sun, 9 am-4:30 pm

Bowen Complex Billiards Room

*No sessions Feb 19*



## Darts M

This is a fun, informal, social group and beginners are welcome. We have darts available to try out the sport. We play by general Dart League rules, teams change every week. 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. If you stay with the group, you will require your own set of darts.

Thu, Jan 2-Mar 27, 1-3 pm (#120255)

Bowen Complex Room 6

## Carpet Bowling M

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

### Morning

Wed & Fri, Jan 3-Mar 28, 9:45-12 pm (#119860)

Bowen Complex Auditorium

### Afternoon

Wed & Fri, Jan 3-Mar 28, 12:15 pm-2:30 pm (#119890)

Bowen Complex Auditorium

## Short Mat Bowling M

Short mat is a sport that can be enjoyed at all ages. The game is played on long green mats using lawn bowls and the aim is to roll the bowl to get close to a small white ball called a jack. All equipment is provided, or bring your own bowls to use. Dress comfortable and indoor flat-soled shoes. A small fee will be collected for food/beverage/parties.

Wed & Fri, Jan 3-Mar 28, 2:45-5:45 pm (#119894)

Bowen Complex Auditorium

*No sessions Jan 17, Feb 14, Mar 14*

*(Feb 21 2:45-4:45 pm)*

## Table Tennis M

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

Mon & Fri, Jan 3-Mar 28, 11 am- 2 pm (#120261)

Wed, 9 am-12 pm

Beban Park Centennial Building

*No session Feb 17*



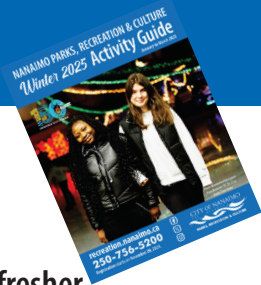
## Volleyball M

Volleyball teams try to score points by grounding a ball on the other team's court. Clean gym shoes are required. Please enter the gymnasium at start time.

Tue, Jan 7-Mar 25, 10:30 am-12:30 pm (#120263)

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 6-Feb 10, 10:15-11:15 am, \$48/6 (#120501)

Mon, Feb 24-Mar 24, 10:15-11:15 am, \$40/5 (#120502)

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 6-Feb 10, 11:30 am-12:30 pm, \$48/6 (#120517)

Mon, Feb 24-Mar 24, 11:30 am-12:30 pm, \$40/5 (#120518)

Bowen Complex Room 1

### Country Line Dancing Beginner M

If you're looking to learn country line dancing, join us for some fun on the dance floor.

Wed, Jan 8-May 14, 10:45-11:45 am (#129696)

Beban Social Centre Auditorium A

### Country Line Dancing Intermediate M

A fun, laugh-filled class for those who have dance experience with country line dancing and looking for more challenging dances!

Wed, Jan 8-May 14, 9:30-10:30 am (#120529)

Beban Social Centre Auditorium A



Study concludes that "according to research published in the journal Sports Medicine<sup>1</sup>, dancing could actually be more effective than other workouts when it comes to certain health outcomes."

### 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 7-Mar 25, 2-3:15 pm (#120531)

Thu, Jan 9-Mar 27, 3:30 pm-4:45 pm (#120653)

Bowen Complex Auditorium

### Beginner Latin & Ballroom Line M

#### Dancing Workshops Part 3 & 4

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 five 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. Each part introduces progressively more intricate dances.

Mon, Jan 6-Mar 31, 2:15-3:15 pm (#120655)

Bowen Complex Auditorium

No session Feb 17

### Nanaimo Dance Fusion Practice M

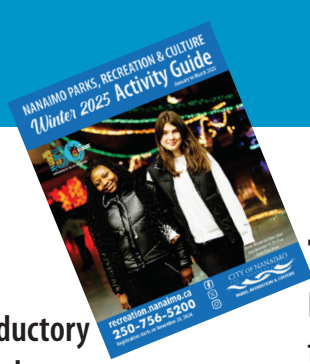
If you are a line dancer and interested in attending the Nanaimo Dance Fusion held in Nanaimo, in May, practice sessions are available. We will look at all levels of dances and all participants are encouraged to be a part of learning and leading this activity as part of a peer led endeavor.

Mon, Jan 20-Mar 31, 3:30-4:30 pm (#133621)

Bowen Complex Auditorium

No session Feb 17





### Flamenco Basics E

This introduction to Flamenco - An introductory class for those with little to no flamenco dance experience. Learn basic footwork, upper body movements and palmas. Wear comfortable shoes with low heels.

Instructor: Heather Sandison

Mon, Jan 20-Feb 10, 6:30-7:30 pm, \$42 (#132259)

Beban Social Centre Stage

### Flamenco Continuation E

Suitable for those with previous flamenco dance experience. Longer choreographies will be learned on a continuous basis over multiple sessions. Technique, compas, interpretation and improvisation will be emphasized.

Instructor: Heather Sandison

Tue, Jan 7-Feb 11, 6:30-8 pm, \$63 (#132257)

Tue, Feb 18-Mar 25, 6:30-8 pm, \$63 (#132258)

Beban Social Centre Stage

### Flamenco Sampler E

Suitable for those with little to no flamenco dance experience. Each class will introduce a different flamenco rhythm along with typical and traditional movements. Wear comfortable shoes with low heels.

Instructor: Heather Sandison

Mon, Mar 3-24, 6:30-7:30 pm, \$42 (#132260)

Beban Social Centre Stage



### 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. More information on page 26.

Thu, Jan 9-Dec 18, 7:30-10 pm

Bowen Complex Auditorium

### Argentine Tango M E

Argentine Tango is a very romantic dance suitable for all ages. Everyone is welcome to join this new group of keen dancers. Most Tuesdays, a local instructor will teach from 6:30 - 7:15 pm (for a small additional fee). You may come at 7:15 pm if you'd like to skip the instruction. Once in a while, an international guest instructor will be invited, where you have the option of attending (for an additional fee). Members may attend as part of their membership (excluding instruction fees), non-members can attend for a small registration fee (excluding instruction fees).

Tue, Jan 7-Mar 25, 6:30-9 pm, \$24/12 sessions (#132913)

Bowen Complex Auditorium

### Introduction to DanceSport E Cha Cha & Jive

DanceSport is competitive dancing. This course is designed for dancers who have taken the Ballroom & Latin Beginner Continuation or above to try out the fun of DanceSport starting from the Newcomer level. Nanaimo will be hosting the 2025 National DanceSport Championships in April 2025, and this will be your opportunity to participate. DanceSport develops physical strength, agility, coordination, stamina, endurance, and fitness and is beneficial to your health.

Wed, Jan 8-Feb 12, 9-10 pm, \$48 (#132246)

Bowen Complex Auditorium



### 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. No previous dancing experience required. Couples and singles are welcome.

Instructor: Nelson Wong

Wed, Jan 8-Feb 12, 7-8 pm, \$48 (#132242)

Wed, Feb 26-Apr 2, 7-8 pm, \$48 (#132243)

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 8-Feb 12, 8-9 pm, \$48 (#132244)

Wed, Feb 26-Apr 2, 8-9 pm, \$48 (#132245)

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 9-Feb 10, 7-8 pm, \$60 (#132248)

Mon, Feb 24-Mar 31, 7-8 pm, \$60 (#132249)

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 6-Feb 10, 8-9 pm, \$60 (#132250)

Mon, Feb 24-Mar 31, 8-9 pm, \$60 (#132251)

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 6-Feb 10, 9-10 pm, \$60 (#132252)

Mon, Feb 24-Mar 31, 9-10 pm, \$60 (#132253)

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 8-Feb 12, 6-7 pm, \$48 (#132240)

Wed, Feb 26-Apr 2, 6-7 pm, \$48 (#132241)

Bowen Complex Auditorium



Classes do not run on Statutory Holidays!



### 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 8-Mar 26, 1-3:30 pm (#132274)  
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](mailto:hdickie1@telus.net).  
Fri, Jan 3-Mar 28, 10:30 am-12:30 pm (#132279)  
Bowen Complex Room 6

### 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 2-Mar 27, 1-3 pm (#132280)  
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](mailto:hdickie1@telus.net)).

Tue, Jan 7-Mar 25, 9:30 am-12 pm (#132275)  
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 6-Dec 22, 2-5 pm (#132277)  
Rotary Field House

### Senior Song Lab M

We want to bring together seniors who share a passion for folk and rock music of the 60's and 70's. Every week, participants will gather in a welcoming environment to explore the joy of making music together. This is not an introductory program. Members would be expected to have a modicum of proficiency with their instruments. While acoustic guitar players might be the largest group of members, other instruments such as keyboards, bass and percussion may be welcome additions. Participants are expected to bring their own instruments.

Thu, Jan 2-Mar 27, 3:30-5:30 pm (#132278)  
Kin Hut Activity Centre



### Harbour City Singers M

This group 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 Nov/Dec, a Christmas concert in Dec and a spring concert in Apr/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. Join for either the the Sept-Dec session and/or Jan-May session. For more information please contact Lionel Tanod at 250-722-0232.

Wed, Jan 8-Apr 23, 2-4 pm (#132281)  
Rotary Field House



### Nordli Ukulele Sing & Strum M

Do you like to play the Ukulele? Do you enjoy singing? Come and join our friendly group of uku-lovers! We play an eclectic mix of tunes, old and new, chosen from our repertoire of 'Nordli' songs as well as from the Daily (yellow) Ukulele book. Throughout the year, we also bring our music to retirement homes for others to enjoy. If interested, you need to provide your own Ukulele, music stand and purchase The Daily Ukulele book. Basic instruction is provided in September, register in August if you are new to playing Ukulele.

Tue, Jan 14-Mar 25, 1-3pm (#132284)  
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 7-Mar 25, 1:15-4:45 pm (#132282)  
Kin Hut Activity Centre

### Swing Band M

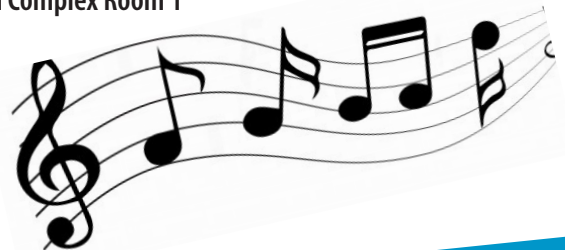
Can you read music and play an instrument? This group is made up of brass and woodwind instruments, with a typical rhythm section. Space is limited.

Mon, Jan 6-Mar 31, 1:15-2:45 pm (#132283)  
Bowen Complex Room 1  
*No session Feb 17*

### Songsters Choir M

The Songsters Choir is a happy mixed group that meets 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. No music reading ability is required for singers. We are always looking for pianists, so if singing is not your thing, but you like to tinkle the ivories to accompany singers, please join us. At this point the choir performs twice a year--December and May.

Fri, Jan 3-Mar 28, 2:15-4:15 pm (#132285)  
Bowen Complex Room 1





# THURSDAY LIVE MUSICAL ENTERTAINMENT

Bowen Park Auditorium

1:30-3pm

Senior Members: \$2 M

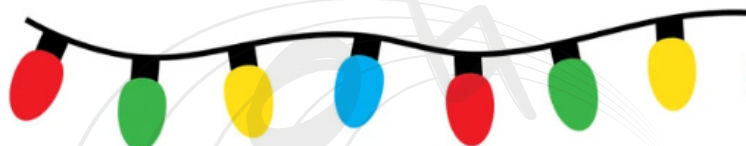
Non Members: \$4 E

Everyone is welcome!

Register with the barcode  
or pay at the door.

## Nov 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! **#133346**



## Dec 5 Christmas Luncheon

Join us for our annual Bowen Christmas lunch, catered by the Food Genie. Enjoy live background music while your taste buds sing. Members and non-members welcome to attend this fun holiday event. A big thank you to our sponsor - Berwick On The Lake Retirement Residences. 1pm-3pm

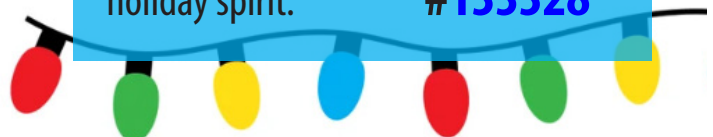
Members \$28

Non-members \$33      Barcode #133894



## Dec 12 Songsters Choir Christmas Concert

This talented group of performers have been practicing and excited to put on a Christmas performance and sing-a-long, guaranteed to get you into the holiday spirit. **#133328**







# WEDNESDAY LIVE MUSICAL ENTERTAINMENT

**Bowen Park Room #1**

**2-3:30 pm**

**Senior Members: \$3** M

**Non Members: \$5** E

New  
Price \$

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

**Everyone is welcome!**

## MARCH 12

### **Marty Steel #132563**

Marty Steel is the undisputed master of playing the keyboard bass lines like the great jazz organist of old. His versatility is unmatched by most any other with his ability to play the standards, classic rock, blues and many other styles - mixing the tunes in a way that always leaves the audience wanting more!

## JANUARY 15

### **Glen & Marg Foster #132561**

This month Glen & Marg Foster will perform. Glen 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 awesome duo will play some original songs and a mixture of popular classic rock, dance tunes and modern day standards.

## FEBRUARY 12

### **Silver & Gold Band #132562**

At this performance you'll hear a variety of Accordion and Fiddle tunes along with a mix of 50's and 60's Rock n' roll songs, plus some Latin American tunes. Don't miss it!

A New Day, A New Way



Register with the barcode or pay at the door.



# THURSDAY NIGHT DANCE



**Bowen Park Complex**

**7:30-10 pm**

**Senior Members: \$8**

**Non Members: \$10**

**Everyone Welcome**



## Thursday Night Dance

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 9-Mar 27, 7:30-10 pm

Bowen Complex Auditorium

Jan 9	Amigos
Jan 16	Double Play
Jan 23	Amigos
Jan 30	Double Play
Feb 6	Amigos
Feb 13	Double Play
Feb 20	Amigos
Feb 27	Double Play
Mar 6	Amigos
Mar 13	Double Play
Mar 20	Amigos
Mar 27	Double Play



*Band Schedule is Subject to Change*



### 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](mailto:amej@shaw.ca). This group does not meet in July and August.

Fri, Jan 10-Dec 19, 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.

Jan 7-Mar 4, 1-2:30 pm (#129635)

Beban Park Social Centre Room 7



### Beginner Photography M

Join the beginner photography group to enhance your skills, explore creativity, and master the art of storytelling through your lens. There is no formal lesson plan, the group will adapt to the interests and talents of the group. Please bring a camera, phones are okay if that's all you have.

This group will meet every 2 weeks.

Mon, Jan 6-Mar 17, 10-11:30 am (#132295)

Bowen Complex Room 3

No session Feb 17



### Film Club M E

The Nanaimo International Film Screening Society is looking for film buffs interested in attending the screenings at the Vancouver Island Conference Centre Jan 5, Feb 2, March 2 and April 6. There is a \$15 fee to attend a film, tickets can be purchased on their website [www.nifss.ca](http://www.nifss.ca). This Film Club will then meet Tuesdays after the screening to discuss the film and talk about the upcoming feature. This group is free for members and \$8 for non-members.

Tue, Jan 7-Apr 8, 3-4:30 pm (#132560)

Bowen Complex Room 4

### Improve Posture, Change Movement Habits-Exploring the Alexander Technique E

Improve posture, reduce stress, change habits and expand your awareness. This is a hands-on class where we explore the body's naturally efficient design for movement. 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 cues to teach movement. Participants should be able to do gentle movements of walking, sitting, and lying on a mat.

Mon, Feb 24-Mar 24, 3:30-5 pm \$100 (#132384)

Tue, Feb 18-Mar 18, 3:30-5 pm \$100 (#134598)

Bowen Complex Room 6

### People Living with Parkinson's Disease E

Gain better coping skills with postural challenges and day-to-day living. Increased body awareness assists in gaining more balance and a better sense of the body. AT assists in reducing muscle tone for less rigidity, less tremors and more fluidity in movement. Care partners are welcome in this class (also need to pay the fee.)

Please bring paperback books and a yoga mat. Questions, please contact Heike Walker, Teacher of the Alexander Technique 778.245.1750 or [heike@balanceartsstudio.com](mailto:heike@balanceartsstudio.com)

Mon, Mar 10, 3:30-5 pm \$20 (#132418)

Bowen Complex Room 1



### Pulic Speaking E

Embrace your inner storyteller! Reel in the tips and tricks to speak like a professional. Taught by veteran communications expert Ange Frymire, who learned on her feet as a broadcaster, reporter, professor and company spokesperson for 25-plus years. Check out the exercises to take the fur balls out of your mouth and stop your stuttering. Speak with confidence and sound like a pro. My clients have won awards for their elocution, audience engagement and expertise! You don't need to be a seasoned speaker. You just need to dive in and find your best voice! It's in there and these classes will bring it out.

Instructor: Ange Frymire

Sat, Jan 25, 9:30 am-3:30 pm \$45 (#132578)

Sat, Feb 22, 9:30 am-3:30 pm \$45 (#132579)

Sat, Mar 22, 9:30 am-3:30 pm \$45 (#132582)

Bowen Complex Room 4



### Creative Writing Circle E

This is a creative writing circle. Participants can share their writing (e.g. short stories, memoirs, poetry, novels/novellas, flash fiction, postcard fiction, journal entries) in a non-judgmental, safe and open space. There will also be writing prompts given each class, so strong awareness of writing fundamentals is needed for the participant to be fully engaged in writing exercises. Facilitated by Ange Frymire—writer, author, storyteller, teacher, communications specialist, former broadcaster/journalist—whose stories have been published in hundreds of print publications. Her writing has been published in 3 memoir books and 1 textbook (all multi-author collaborations), which ranked in Amazon's Top 10 Bestseller's List. Working in communications for over 30 years earned her multiple awards, including Canadian Mentor of the Year with CPRS (Canadian Public Relations Society). Her passion for storytelling and writing drew her to becoming a regular storyteller and host with Nanaimo's Around Town Storytellers.

Instructor: Ange Frymire

Mon, Jan 13-Mar 3, 6:30-9:30 pm \$84 (#132571)

Mon, Mar 10-Apr 28, 6:30-9:30 pm \$84 (#132574)

Bowen Complex Room 4

### Creative Writing Level 1 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.

Instructor: Ange Frymire

Tue, Jan 28-Mar 18, 6:30-9:30 pm \$96 (#132567)

Bowen Complex Room 4



### Reduce Stress & Pain with Alexander Technique E

AT is an embodied approach to increase body awareness, and reduce stress, tension and pain. Habits and holding patterns often lead to physical and mental imbalances. Learning strategies to change habitual posture and movement will result in upright poise, effortless movement, better energy, improved well-being – and ease in body and mind! Please bring 3 – 4 paper back books to class, and come in comfortable clothes.

Mon, Jan 20, 3:30-5:30 pm \$25 (#132417)

Bowen Complex Room 1

If you would like to donate clean yarn or cash to make worry worms for first responders, please see front desk staff.



# 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 Your

Tue, Jan 7 | 9 am-2:30 pm | FREE

Tue, Feb 4 | 9 am-2:30 pm | FREE

Tue, Mar 4 | 9 am-2:30 pm | FREE

**Bowen Park Clubhouse**

Tue, Jan 14 | 9 am-2:30 pm | FREE

Tue, Feb 18 | 9 am-2:30 pm | FREE

Tue, Mar 18 | 9 am-2:30 pm | FREE

**Oliver Woods Community Centre Hemlock Room**



## Bowen Park Library

Those interested in borrowing books are welcome to visit our library. You can borrow books at no charge, but please bring them back to share with others. Limit 2 books per visit.

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

**Bowen Park Complex**



## Canadian Dental Care Plan

The Canadian Dental Care Plan (CDCP) is helping make the cost of dental care more affordable for eligible Canadian residents. As of May 1st, eligible seniors, children under 18 and adults with a valid Disability Tax Credit certificate have been able to have part of their dental visits paid under this plan. This presentation is by Harbour City Dental and they will help you learn more about the plan, and give you the chance to ask any questions you may have regarding it.

Wed, Mar 19 | 2-3 pm | FREE | #132696

**Bowen Complex Room 1**



## Introduction to MAiD

Volunteers Dave and Sigrid with MAiD Family Support Society, are hosting a presentation about their experience supporting a loved one through the process of dying with medical assistance. They each have a short digital story to share, along with some basic info about MAiD eligibility. Dave will also be doing a reading of his contribution to "The Many Faces of MAiD". Copies of the book are available for purchase.

Wed, Feb 19 | 2-3:30 pm | FREE | #133570

**Bowen Park Complex Room 1**

## Canada Revenue Agency Presentation

This is a FREE informative Presentation by Canada Revenue Agency and Service Canada. Sign up to find out more about:

- Benefits and credits you may be eligible for including the Disability Tax Credit
  - Canada Pension Plan
  - Old Age Security / Guaranteed Income Supplement
  - Ways to do your taxes
  - CRA's digital services
  - How to protect yourself from scams & more!
- You will also get a chance to ask questions at the end.

Mon, Feb 24 | 1-3:30 pm | FREE | #132825

**Bowen Park Complex Clubhouse**

## Canada Revenue Agency Support Clinic

Meet with Canada Revenue Agency to answer questions about what benefits or credits you might be eligible for or for support filling out/submitting simple taxes online. Appointments can be booked with the clerks at the Bowen Park front desk or by calling 250-755-7501.

Thu, Mar 6 | 10 am-3 pm | FREE by appointment

**Bowen Park Complex**

If you're interested in these free webinars, please email [Chelsea.barr@nanaimo.ca](mailto:Chelsea.barr@nanaimo.ca) for a link when they become available.



## 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: \$7.50

Wed, Jan 8, Feb 5, Mar 5 | 10-11 am | #130280

**Oliver Woods Community Centre Hemlock Room**



## Being Proactive, Aging at Home

Join us for an information session on how to age safely at home. Be proactive and prevent falls by exploring accessibility equipment costs and what home modifications can be made for aging in place, such as installing grab bars, ramps, mobility equipment or a stairlift. Refreshments will be provided. Presented by Helena Brenner, BSN and Linden Lennox, Sales Representative with HME Home Health

Wed, Mar 26 | 2-3:30 pm | FREE | #132695

**Bowen Park Complex Room 1**

## Stroll with a Pro

Walk with one of our local biologists for one of these FREE sessions to discover:

### DUCKS & WATERFOWL

Sun, Feb 23 | 10-11:15 am | FREE | 132600

Sun, Mar 9 | 10-11:15 am | FREE | 132601

**Buttertubs Marsh (meet at Milner's Cottage)**

Sun, Jan 19 | 10-11:15 am | FREE | 132599

**Diver Lake Park**



## 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, Mar 5 | 2-3:30 pm | FREE | #132577

**Bowen Park Complex Room 1**





### Campbell River Thrift Shop Hop

Travel up to Campbell River and discover treasures in the local thrift stores. 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. Lunch will be planned later or pack your own.

Sun, Jan 12, 8 am-6 pm (#132077)

\$55+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.

Wed, Jan 15, 8 am-5:30 pm (#132078)

Sat, Jan 25, 8 am-5:30 pm (#132079)

Sat, Feb 15, 8 am-5:30 pm (#132118)

Tue, Feb 25, 8 am-5:30 pm (#132120)

Sat, Mar 15, 8 am-5:30 pm (#132131)

Tue, Mar 25, 8 am-5:30 pm (#132134)

\$55+GST - Meals costs extra

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

Meet at Bowen Park Complex



### Sidney by the Sea

Learn about the different sea creatures that live in the Salish Sea at the Shaw Discovery Centre (not included). In this self guided tour, you can take a walk along the water front and check out the local shops. Lunch will be at a restaurant of your choice or feel free to bring your own. Option for drop off at Butchart Gardens (Not included in the price)

Fri, Jan 10, 8 am-5:30 pm (#132076)

Mon, Feb 10, 8 am-5:30 pm (#132117)

Mon, Mar 10, 8 am-5:30 pm (#132130)

\$55+GST - Meal costs extra

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

Meet at Bowen Park Complex



### Ucluelet & Tofino

Spend time at the beach (pack your own lunch) or go into 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. Proper shoes, boots, rain jacket and layers are encouraged. Bring your camera, the photo opportunities are endless on this trip.

Mon, Jan 20, 8 am-8 pm (#132080)

Thu, Feb 20, 8 am-8 pm (#132119)

Thu, Mar 20, 8 am-8 pm (#132133)

\$75+GST - Meals costs extra

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

Meet at Bowen Park Complex



**Janie's trips are for all ages. Please feel free to sign up yourself, your friends, family and grand children so all of you can enjoy the journey together.**



### Mt. Washington Snowshoe Trip

Enjoy the drive up to Mt. Washington. Absorb the beautiful winter scenery up to the ski hill and prepare for a picturesque snow shoe trek with a guide. Lunch will be at Raven Lodge or bring a lunch, snacks and water to replenish your energy.

The Price \$149 includes transportation, ticket, and snow shoe rental.

The Price \$125 includes transportation, ticket only (you have your own show shoes).

Sat, Jan 18, 8 am-5 pm (#132081)



\$149+GST - Meal costs extra

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

Meet at Bowen Park Complex



### Bird Watch Eagles-Comox Estuary

Salmon will be running at the estuary and bird hangouts. We will see IF the eagles are at Lazo Beach playing in the wind turbulences. BRING YOUR CAMERA.

We will stop for lunch at Black Fin, or feel free to pack your own.

Fri, Jan 31, 8 am-5:30 pm (#132082)



\$55+GST - Meal costs extra

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

Meet at Bowen Park Complex



### Comox Air Force Museum and Cumberland Museum

Founded in 1982 as part of the Air Force Indoctrination School, CAFM was accredited as a stand-alone Canadian Forces Museum and officially opened its doors to the public on 12 September 1987.

CUMBERLAND MUSEUM-The Cumberland Museum and Archives tells the story of the people of Cumberland; the rich, the poor, the powerful, the rebellious, the righteous and the radical. Lunch at the Blackfin Pub.

Price includes admission to both museums.

Sun, Mar 23, 8 am-6 pm (#132132)



\$95+GST - Meal costs extra

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

Meet at Bowen Park Complex

### BC Aviation Museum Saanich

40 aircraft on display in Victoria, at the BC Aviation Museum! Where learning and fun meet! Memorable visitor experiences include: sit in the cockpit of a war plane, discover the history of our valiant Canadian Aviation pioneers with our passionate tour guides or on a self guided visit. Don't miss the gift shop - the perfect place to find aviation themed gifts. Lunch at the Waddling Dog Pub. After lunch we plan to have wine tasting at the Church and State Wines.

Sat, Feb 8, 8 am -6 pm (#132083)



Tue, Feb 11, 8 am- 6 pm (#133546)

\$115+GST - Meal costs extra

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.

Sat, Mar 1, 6 am-7 pm (#132129)



\$185+GST - Meal costs extra

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

Meet at Bowen Park Complex

### Cowichan Wine Tour

Enjoy touring some vineyards in the Cowichan Valley including Emandare, Alderlee and Enrico. We will stop at the Cowichan Bay Pub for lunch. The price includes wine tastings but not your meal.

Fri, Feb 28, 9:30 am-5:30 pm (#132121)



\$115+GST - Meal 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.*



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.

### Dog House Restaurant

Duncan **#132073**  
Tuesday, January 7 4 - 8 pm  
\$30+GST - Meal cost extra, meet at Bowen or add pick up

### Shipyard Pub Restaurant

Duncan **#132074**  
Thursday, January 23 4 - 8 pm  
\$30+GST - Meal cost extra, meet at Bowen or add pick up

### Masthead Restaurant

Cowichan Bay **#132075**  
Thursday, January 30 3:30 - 8 pm  
\$30+GST - Meal cost extra, meet at Bowen or add pick up

### Alexandra's Bistro

Nanaimo **#132122**  
Tuesday, February 4 4 - 8 pm  
\$5+GST - Meal cost extra, add pick up from home for \$1

### Black Bird Schnitzel House

Qualicum Beach **#132137**  
Thursday, February 13 3 - 8 pm  
\$30+GST - Meal cost extra, meet at Bowen or add pick up

### Pacific Moon Rising Bar/Grill

Pacific Shores, Parksville **#132124**  
Thursday, February 27 4 - 8 pm  
\$30+GST - Meal cost extra, meet at Bowen or add pick up

### Fox and Hound

Ladysmith **#132135**  
Monday, March 3 4 - 8 pm  
\$30+GST - Meal cost extra, meet at Bowen or add pick up

### Rocking Horse Pub

Nanoose Bay **#132136**  
Tuesday, March 18 10 am - 4:30 pm  
\$30+GST - Meal cost extra, meet at Bowen or add pick up

### Discovery Room

VIU **#132123**  
Thursday, March 27 4:30 - 8 pm  
\$15+GST - Meal cost extra, meet at Bowen or add pick up



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

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:

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

**A** = Walker Friendly

All Dining Out trips are walker friendly. **A**



# VOLUNTEERS in PARKS

Are you passionate about the parks and trails that Nanaimo has to offer?  
Consider participating in our **Volunteers in Parks** Program!

There are three ways to participate:

- 1 PARK AMBASSADOR:** As a Park Ambassador, you'll weave a vibrant tapestry of education and stewardship by visiting your chosen park regularly. Help fellow visitors embrace the beauty of nature while actively keeping the park clean. With your keen eye, you can observe the park's dynamic ecosystem and be the critical communicator reporting any issues and driving efforts for a sustainable environment.
- 2 ADOPT-A-PARK:** Gather your friends, family, or colleagues and form a volunteer group dedicated to keeping Nanaimo beautiful! By choosing a park, trail, or creek to adopt, you'll take covenant of a cherished area. Together, you will implement clean-up initiatives, planting days, and maintenance work, forging bonds with the land and each other while replenishing our local ecosystems.
- 3 WORK PARTIES:** Dive deep into nature's intricate web by participating in our Work Parties! Join a spirited crew dedicated to enhancing biodiversity in our parks and trails. These group efforts focus on native species restoration, invasives removal, and habitat preservation putting actions to your good intentions. Be part of a transformative journey for Nanaimo's ecosystems while teaming up with fellow conservation enthusiasts and making a tangible difference.

Gather a group for your own work party from your business, school group, club or organization or come to the these planned events:

- **Tue, Feb 4, 10 am-12 pm**  
Invasive Plant Removal at Colliery Dam Park ([132468](tel:2507565200))
- **Sat, Feb 22, 10 am-12 pm**  
Invasive Plant Removal at Pipers Lagoon Park ([132469](tel:2507565200))
- **Sat, Mar 8, 10 am-12 pm**  
Invasive Plant Removal at Barsby Park ([132478](tel:2507565200))
- **Tue, Mar 18, 10 am-12 pm**  
Invasive Plant Removal at Bowen Park ([132479](tel:2507565200))



If you would like to organize a work party in your neighborhood, please call 250-756-5200, email [parksandrecreation@nanaimo.ca](mailto:parksandrecreation@nanaimo.ca) or check out our website ([search work party](http://recreation.nanaimo.ca)).

*Being part of the Volunteers in Parks Program not only fosters community spirit but enriches your life with purpose and connection to nature. Disconnect from screens and reconnect with the awe-inspiring beauty of our surroundings. Your involvement can help cultivate a brighter, more sustainable future for Nanaimo's enchanting green spaces.*

## Why participate?

# Senior Christmas Lunch

**Bowen Park Complex**

**Thursday, December 5, 2024**

**1:00 pm-3:00 pm**

**Join us for our annual Bowen Christmas lunch, catered by the Food Genie. Enjoy live music by Kyle Shepard while your taste buds sing. Members and non-members are welcome to attend this fun holiday event. A big thank you to our sponsor - Berwick On The Lake Retirement Residences.**

**1pm-3pm**

**Members \$28**

**Non-members \$33**



**Registration Barcode# [133894](#)**

**Ticket Sales Close Nov 22**