

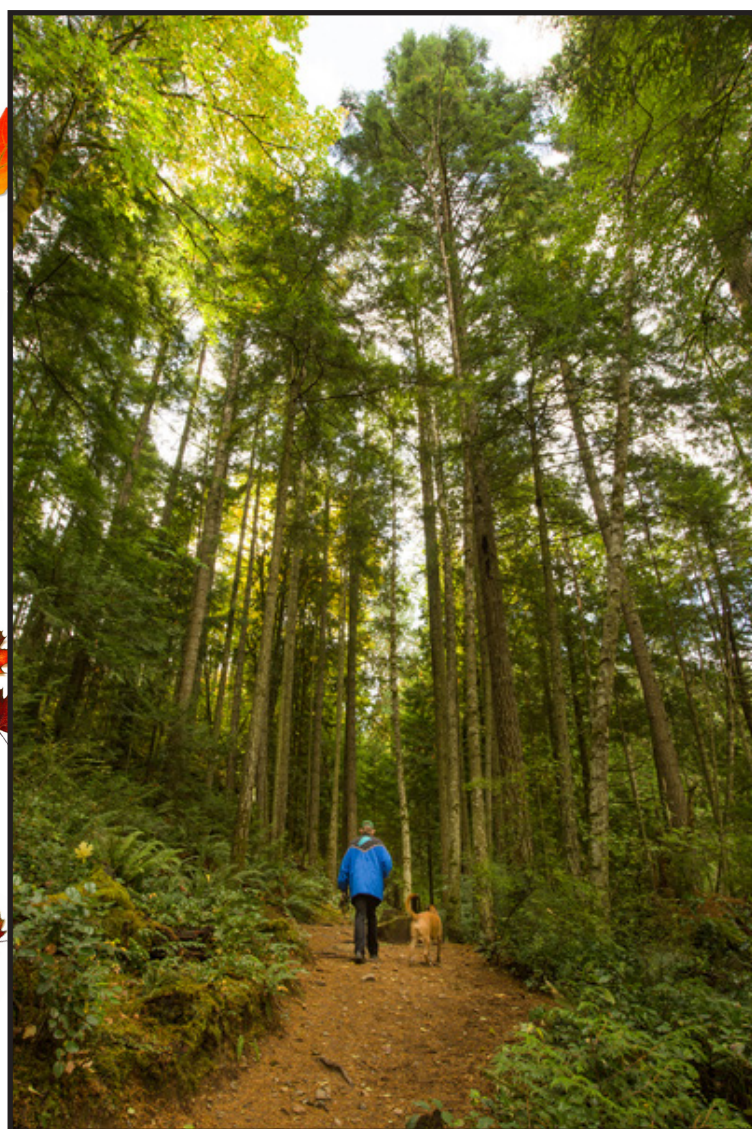


Parks, Recreation & Culture • Nanaimo Harbour City Seniors

# ADULT 60+ PROGRAMS

September 2025-March 2026

Registration Date August 13, 2025



Welcome! Thank you for picking up the Parks, Recreation & Culture *fall/winter newsletter*. We strive to promote a welcoming and respectful atmosphere for all people with diverse skills and abilities. Please join us for a variety of offerings: programs, events, entertainment, and trips. Throughout the newsletter, you will notice an **M** or an **E** beside each program. Programs with an **M** are only offered to those with a Nanaimo Harbour City Seniors (NHCS) Membership. Programs with an **E** are available to everyone, and do not require an NHCS Membership. For more information on NHSC memberships, please see page 2.

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

A Nanaimo Harbour City Seniors Membership is open to those 60 years and older. The membership is valid from January 2026 through December 2026. The annual membership is \$47 per person and will be prorated throughout the year for those that join at a later date. The membership provides you with access to several free Parks, Recreation, & Culture programs viewable in this newsletter. A purchase of the membership does not automatically allow you to participate in programs. You must register for programs you wish to participate in. Memberships can be purchased in person (see a list of locations on page 3), or over the phone by calling 250-756-5200 (via Mastercard, Visa, Visa Debit, or American Express). Programs with an **M** are only offered to those with a Nanaimo Harbour City Seniors (NHCS) Membership. Programs with an **E** are available to everyone, and do not require an NHCS Membership.

### 3 Month Harbour City Senior Membership

This membership is for out-of-town clients that are visiting Nanaimo for short periods of time. The pass is available for purchase at any time of the year, and expires 90 days after the purchase date. Call 250-756-5200 for clarification.

\$15



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### Recreation Facilities & Schedules

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Looking for the newsletter online? Visit [www.nanaimo.ca](http://www.nanaimo.ca). Under Parks, Rec & Culture, select Recreation Facilities & Schedules. Next, select Seniors Recreation Programs. Scroll down until you see City of Nanaimo fall/winter newsletter (60+ Programs). Click on "Newsletter" to view as a PDF. You can register for programs by clicking the six digit barcode and logging into your Parks, Recreation and Culture account.

### NANAIMO PARKS, RECREATION & CULTURE Fall 2025/Winter 2026 Activity Guide

September 2025 to March 2026



[recreation.nanaimo.ca](http://recreation.nanaimo.ca)  
**250-756-5200**  
Registration starts on Wednesday, August 6 (Aquatics);  
Wednesday, August 13 (all other programs)



### Drop-In Schedules



**Starting August 13 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

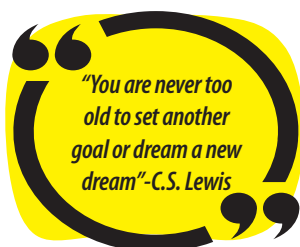


**Reminder: Registration for summer programs (Apr-Aug) is on March 11, 2026**

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

### **Recreation Coordinator - Seniors**

Chelsea Barr  
250-755-7501  
Chelsea.Barr@nanaimo.ca



#### **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 Nanaimo residents. Come into one of our facilities to register and get your drop in card and schedule for the drop in times.

#### **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. Select the 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 for those who would like to brush up on your skating 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.

#### **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.

### **Is your account information current?**

Have you moved? Did you get a new email address? Please make sure you let us know so we can ensure your account is correct so we can keep you updated on waitlists or other information you need to know.

# Bowen Park Pottery Studio Schedule

Tue, Sep 2, 2025 to Tue, Mar 31, 2026 (closed on all stat holidays)

The Bowen Park Pottery Studio has the tools, equipment and supplies available for the public to work independently. Children, when accompanied by an adult, are welcome (both must register). Teens who have taken a pottery class are welcome to work independently on projects. No instruction, but some guidance, is provided during the drop-in times. Clay may be purchased for \$35 (including tax) per 22 pound bag and includes all firing and glazing fees. It must be purchased during office hours Monday to Friday, 9 am to 4 pm in person or over the phone. Drop in cost is \$14 per session. (Harbour City Seniors Members can access the starred drop in sessions for \$7 per session.) Dress for mess; aprons are not provided.

## DROP-IN INFO

\$14 per session **E**

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

- Pre-Registration is recommended in advance at [recreation.nanaimo.ca](http://recreation.nanaimo.ca), by phoning 250-756-5200 or in person during office hours.
- Clay must be purchased from Bowen.
- We are only able to fire projects made within the Bowen Park Pottery Studio.
- All sessions are for everyone \* the 'star' beside the times below have a Harbour City Senior rate of \$7.

SUN	MON	TUE	WED	THU	FRI	SAT
1-4 pm	12- 3 pm*	10:30 am-1:30 pm* 2:30-5:30 pm	1-4 pm* 5-8 pm	9:30 am-12:30 pm*		9:30 am-12:30 pm

## Meet Your Pottery Instructors:



**Bari Precious**



**Gillian Hall**



**Nesta Morgan**



**Selena Unger**

## Adult Pottery Classes

### 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.

Tue, Sep 2-Oct 14, 6:30-9 pm, \$210/6 (#152880)  
 Tue, Oct 21-Dec 2, 6:30-9 pm, \$210/6 (#152881)  
 Tue, Jan 6-Feb 10, 6:30-9 pm, \$210/6 (#152882)  
 Tue, Feb 17-Mar 24, 6:30-9 pm, \$210/6 (#152887)  
 Fri, Sep 5-Oct 10, 12:30-3 pm, \$210/6 (#151867)  
 Fri, Oct 17-Nov 14, 12:30-3 pm, \$175/5 (#151869)  
 Fri, Nov 21-Dec 19, 12:30-3 pm, \$175/5 (#151999)  
 Fri, Jan 2-Feb 6, 12:30-3 pm, \$210/6 (#152000)  
 Fri, Feb 13-Mar 20, 12:30-3 pm, \$210/6 (#152001)  
 Sat, Sep 6-Oct 11, 1:30-4 pm, \$210/6 (#151838)  
 Sat, Nov 1-Dec 6, 1:30-4 pm, \$210/6 (#151839)  
 Sat, Jan 3-Feb 7, 1:30-4 pm, \$210/6 (#151853)  
 Sat, Feb 14-Mar 21, 1:30-4 pm, \$210/6 (#151854)  
 Sun, Sep 7-Oct 12, 9:30 am-12 pm, \$210/6 (#151833)  
 Sun, Oct 19-Nov 23, 9:30 am-12 pm, \$210/6 (#151834)  
 Sun, Jan 4-Feb 8, 9:30 am-12 pm, \$210/6 (#151835)  
 Sun, Feb 15-Mar 22, 9:30 am-12 pm, \$210/6 (#151836)

Bowen Complex Pottery Room

### 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.

Thu, Sep 4-Oct 23, 6:45-9:15 pm, \$280/8 (#152988)  
 Thu, Oct 30-Dec 18, 6:45-9 pm, \$280/8 (#152990)  
 Thu, Jan 8-Feb 12, 6:45-9 pm, \$210/6 (#152991)  
 Thu, Feb 19-Mar 26, 6:45-9 pm, \$210/6 (#152992)  
 Fri, Sep 5-Oct 10, 4-6:30 pm, \$210/6 (#152002)  
 Fri, Oct 17-Nov 14, 4-6:30 pm, \$175/5 (#152025)  
 Fri, Nov 21-Dec 19, 4-6:30 pm, \$175/5 (#152047)  
 Fri, Jan 2-Feb 6, 4-6:30 pm, \$210/6 (#152048)  
 Fri, Feb 13-Mar 20, 4-6:30 pm, \$210/6 (#152049)

Bowen Complex Pottery Room



## Adult Pottery Classes

### 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, Sep 8-Oct 27, 6-8:30 pm, \$245/7 (#152166)

Mon, Nov 3-Dec 15, 6-8:30 pm, \$245/7 (#152167)

Mon, Jan 5-Feb 9, 6-8:30 pm, \$210/6 (#152168)

Mon, Feb 23-Mar 30, 6-8:30 pm, \$210/6 (#152169)

Bowen Complex Pottery Room

### Pottery Workshop-Handbuilt Dishes

Join us for a creative 2-session pottery workshop where you'll learn how to make your own custom dishes! Whether you're new to clay or looking to expand your skills, this hands-on class will guide you through the process of forming functional ceramic dishes—such as plates, bowls, or small serving trays—using hand-building techniques.

Sat, Dec 13-20, 1:30-4 pm, \$70/2 (#151841)

Bowen Complex Pottery Room

### 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 9-16, 6:30-9 pm, \$70/2 (#152912)

Bowen Complex Pottery Room

### Pottery Workshop-Handbuilt Butter Dish

Explore your creativity in this hands-on pottery workshop where you'll learn to craft a functional and beautiful butter dish from start to finish. Perfect for beginners and enthusiasts alike, this session covers key hand-building techniques. By the end of the workshop, you'll have a unique butter dish ready for glazing and firing—ideal for everyday use or as a handmade gift. You are invited to bring any textures and other materials to stamp into the clay to make it your own special creation.

Sat, Oct 18-25, 1:30-4 pm, \$70/2 (#151840)

Bowen Complex Pottery Room





## Adult Colouring M

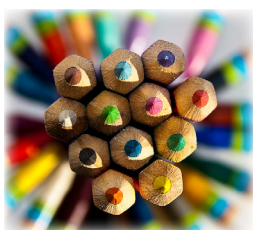
It's time to re-learn, have fun and relax coloring on printed papers. Learn about the different styles while exploring the qualities of paper, from flimsy to sturdy. Imagine a pencil being soft and vibrant, depending on how you use it. Bring your own and start this being your time for relaxation. Or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

Mon, Sep 8-Dec 22, 1-3:30 pm (#144280)

Mon, Jan 5-Mar 30, 1-3:30 pm (#144281)

Bowen Complex Room 2

No sessions Sep 22, Oct 13, Feb 16



## Basic Drawing Level 1 E

This 4 week program is focused on basic beginner drawing skills and techniques. New ways of seeing, working with shape, shadow, and perspective. This class is a prerequisite for all other drawing classes with Judy-Anne Wilson. No supplies are required.

Wed, Sep 17-Oct 8, 11 am-1 pm, \$92 (#150353)

Bowen Complex Room 6

## Basic Drawing Level 2 E

This 4-week program is a continuation of basic drawing Level 1 and is open to anyone who has taken a Basic Level 1 or a Portrait Drawing class with Judy-Anne Wilson. Shading, perspective, and composition will be explored more deeply.

Mon, Oct 22-Nov 12, 11 am-1 pm, \$92 (#150354)

Bowen Complex Room 6

## Crafty Workers M

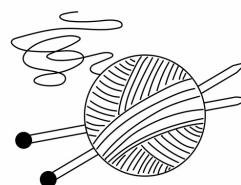
Be creative and buzz around the room! This one is not limited to one type of craft, so bring your expertise and be ready to share your techniques or try something new, because its likely someone in the group can help you succeed. Of course, not unlike the other programs, meeting people and making friends is one of the most valuable parts of joining this group.

Wed, Sep 17-Dec 31, 1-3 pm (#149995)

Wed, Jan 7-Mar 25, 1-3 pm (#149997)

Bowen Complex Room 4

No session Nov 11



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

## 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, Sep 5-Dec 19, 1-3 pm (#149999)

Fri, Jan 9-Mar 27, 1-3 pm (#150000)

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..

Mon, Sep 8-Oct 27, 6-9 pm, \$168 (#149259)

Mon, Jan 12-Mar 9, 6-9 pm, \$192 (#149264)

Bowen Complex Room 4

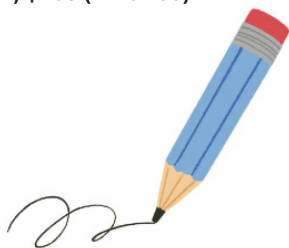
*No sessions Oct 13, Feb 16*

## Creative Writing Circle E

This writing circle is goal-driven to improve your drafts and encourage your imagination to excel. Weekly writing prompts can complement, stimulate or complete your "works of art," whether you're writing short stories, memoirs, novels, novellas, flash fiction or poetry. Feedback is compassionate and honest, to help polish your writing further. The course environment is non-judgmental, safe and confidential. Vulnerability, authenticity and excellence in writing is curated by you, along with your writing partner's observations and the facilitator's knowledge of editing, revamping and reimagining. NOTE: A strong awareness of writing fundamentals is needed and can help you go from "ok" to "fantastic" in a few weeks..

Mon, Nov 3-Dec 15, 6-9 pm, \$168 (#149260)

Bowen Complex Room 4



## 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, Sep 18-Dec 11, 1-4 pm (#148573)

Thu, Jan 8-Mar 26, 1-4 pm (#148578)

Bowen Complex Room 4

## 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 paid to your instructor. Instruction is free. Bring a smile and lets paint.

Wed, Sep 3-Dec 31, 10 am-12 pm (#150349)

Wed, Jan 7-Mar 25, 10 am-12 pm (#150350)

Bowen Complex Room 2

*No sessions Sep 24*

## Folk Art, Decorative Painting & Crafts M

If you're into crafting, join us! September we will work on medium-large size Acrylic Floral Project. We will also continue water colouring from the Beginning Book. Drawing and pastel projects will take place in the spring. If there is a project you would like to try, and the class is keen, we will do it! Everything except oil projects due to chemicals.

Fri, Sep 5-Dec 19, 9:30 am-12 pm (#150352)

Fri, Jan 2-Mar 27, 9:30 am-12 pm (#150356)

Bowen Complex Room 2

*No session Sep 26*





## Mixed Media Art E

Come explore and learn a variety of art techniques including intuitive painting, collage, stamping and more. If you are looking for an introduction to art, craving some fun and lightness and/or you are wanting to move through your fear of making art, this class is for you. We will create a few art pieces, imbuing them with your own personal meaning. Supplies list will be given at the first class.

Sat, Sep 13-Oct 18, 2:30-4:30 pm, \$120/6 (#152147)

Sat, Nov 8-Dec 13, 2:30-4:30 pm, \$120/6 (#152148)

Sat, Jan 17-Feb 21, 2:30-4:30 pm, \$120/6 (#152149)

Sat, Mar 7-Apr 11, 2:30-4:30 pm, \$120/6 (#152150)

Bowen Complex Room 6

## Mixed Painting - Advanced M

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 so you have some knowledge. There is minimal instruction with this program, but always happy to share a creative eye for idea. Please bring your own supplies.

Thu, Sep 4-Dec 18, 9 am-12:30 pm (#148581)

Thu, Jan 8-Mar 26, 9 am-12:30 pm (#151366)

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. There is no instruction, but someone is always willing to provide healthy-helpful critique if you desire.

Wed, Sep 3-Dec 31, 9:30 am -12 pm (#150357)

Wed, Jan 7-Mar 25, 9:30 am-12 pm (#150358)

Bowen Complex Room 5

## Portrait Drawing E

This class will teach you how to see and draw portraits of people and is open to anyone who has taken both a Basic Level 1 and 2 drawing class (reference to page 7) from Judy-Anne Wilson.

Wed, Nov 26-Dec 17, 11 am-1 pm, \$92 (#150355)

Bowen Complex Room 6

## Wet Felting M

Welcome to the World of Wool. Learn beginner techniques of needle felting or wet felting to create easy gifts from local farm raised sheep wool from 'Our Little Farm'. All materials are included in each class. Instructions and fun are free. Classes are \$15.00 each, please pay instructor at each class. Please bring something to carry your treasures home in...some may still be wet.

Tue, Sep 16, 10 am-12 pm (#151904) - Mobiles (Bee & Heart)

Tue, Sep 23, 10 am-12 pm (#151905) - Balls

Tue, Oct 7, 10 am-12 pm (#151906) - Baby Owls

Tue, Oct 14, 10 am-12 pm (#151907) - Mushrooms

Tue, Oct 21, 10 am-12 pm (#151908) - Whimsical Frog

Tue, Oct 28, 10 am-12 pm (#151909) - Bowl

Tue, Nov 4, 10 am-12 pm (#151910) - Hummingbird

Tue, Nov 18, 10 am-12 pm (#151911) - Fairy House Muffin

Tue, Mar 3, 10 am-12 pm (#151912) - Mobiles (Bee & Heart)

Tue, Mar 10, 10 am-12 pm (#151913) - Balls

Tue, Mar 17, 10 am-12 pm (#151914) - Baby Owls

Tue, Mar 24, 10 am-12 pm (#151915) - Mushrooms

Tue, Mar 31, 10 am-12 pm (#151916) - Whimsical Frog

Tue,, Apr 7, 10 am-12 pm (#151917) - Bowl

Tue, Apr 14, 10 am-12 pm (#151918) - Hummingbird

Tue, Apr 21, 10 am-12 pm (#151919) - Fairy House Muffin

Bowen Complex Room 4





## Stained Glass Level 1 M

Participants will be introduced to the tools and materials used in the art of stained glass using the foiling method. You'll start by practicing glass scoring techniques and quickly move on to learning and practicing the next steps of the foiling method – grinding foiling, soldering, cleaning and finishing your first completed project. All materials, tools and instruction are included in the fee. Attendance at the first class is mandatory.

Volunteer Instructor: Dolores

Wed, Jan 7-28, 1-4 pm, \$35 (#148702)

Bowen Complex Room 5

## Stained Glass Level 2 M

Open to those who have completed the Level 1 program or have previously learned the basics. During this workshop, participants will continue to practice their skills and complete a small panel using colored glass. You will choose one pattern from the options provided from the instructor. All materials, tools and instruction are included in the fee. Attendance at the first class is mandatory.

Volunteer Instructor: Dolores

Wed, Feb 4-25, 1-4 pm, \$35 (#148703)

Bowen Complex Room 5

## Stained Glass - Drop-in M E

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. Members \$6 and non-members \$12 (for full session not per class).

Volunteer Instructor : Rhonda

Fri, Sep 5-Dec 19, 9 am-12 pm (#148705)

Fri, Jan 2-Mar 27, 9 am-12 pm (#148707)

Bowen Complex Room 5

## Stained Glass Intermediate M

This course is for you, if you have completed the beginners' course or for those who have "done" stained glass in the past and want to get back into it with a little help from an instructor. The course begins with a conversation about basic foiling procedures and brain storming the particular needs of your project. Throughout the program, there may be group meetings to discuss the tricks of the trade, individual & group encouragement and "teaching moments" as they arise. Participants provide: glass, frames, and project designs. Workshop provides: foiling kits, grinders, soldering irons, and finishing materials.

Instructor: Dolores

Tue, Oct 7-Nov 4, 9 am-12 pm, \$40 (#148695)

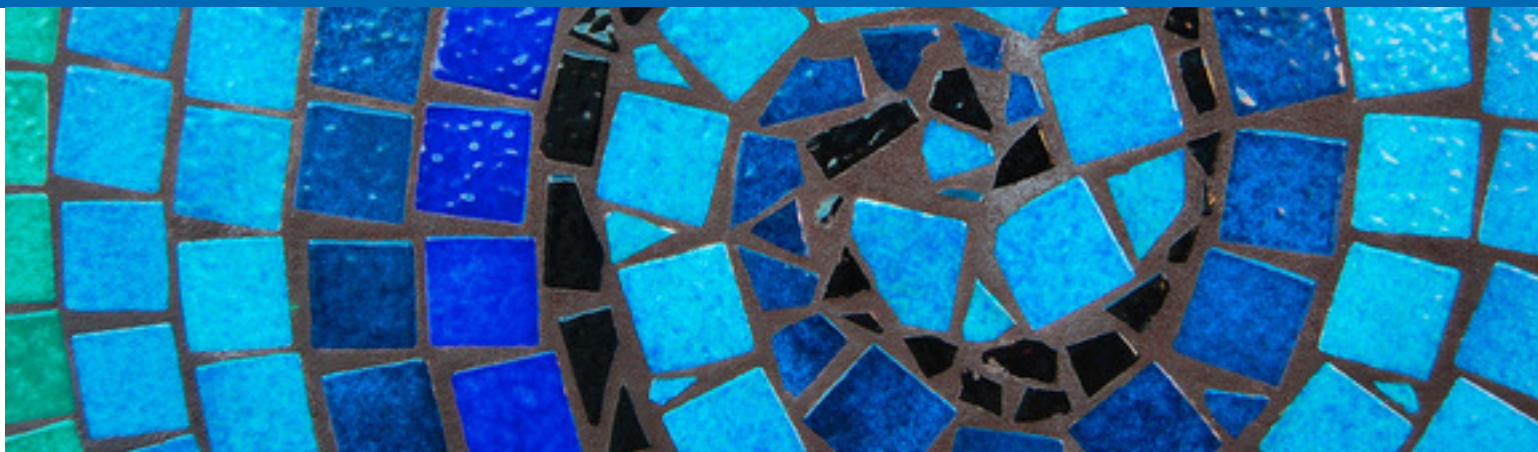
Tue, Nov 18-Dec 16, 9 am-12 pm, \$40 (#148696)

Tue, Jan 6-Feb 10, 9 am-12 pm, \$45 (#148697)

Tue, Feb 17-Mar 24, 9 am-12 pm, \$45 (#148698)

Bowen Complex Room 5





## Mosaics Workshop- M Glass on Glass

You will be introduced to the artistic expression of mosaics. This workshop will introduce you to the tools and basic process of the direct method of mosaics. You will learn how to cut glass, the art of laying tesserae, grouting and finishing your project. No previous experience is required. Classes are small and no class will be more than 8 participants so you receive individualized attention. Glass, substrates, tools, equipment and instruction are included. Fee includes all materials and use of tools. Attendance at the first class is mandatory.

Volunteer Instructor: Dolores

Wed, Oct 8-29, 1-4 pm, \$35 (#148699)

Bowen Complex Room 5

## Mosaics Workshop- M Glass on Wood

You will be introduced to the artistic expression of mosaics. This workshop will introduce you to the tools and basic process of the direct method of mosaics. You will learn how to cut glass, the art of laying tesserae, grouting and finishing your project. No previous experience is required. Classes are small and no class will be more than 8 participants so you receive individualized attention. Glass, substrates, tools, equipment and instruction are included. Fee includes all materials and use of tools.

Volunteer Instructor: Dolores

Wed, Nov 5-26, 1-4 pm, \$35 (#148701)

Bowen Complex Room 5

## Mosaics Workshop- M Garden Stepping Stone

This workshop requires basic knowledge of the mosaic process and the use of mosaic tools. You will practice cutting glass and be introduced to using mortar and cement as a substrate for an outdoor mosaic project. No class will be more than 8 participants so you will receive individualized attention as required. Glass, substrates, tools, equipment and instruction are included. Attendance at the first class is mandatory.

Volunteer Instructor: Dolores

Wed, Mar 4-25, 1-4 pm, \$45 (#148704)

Bowen Complex Room 5

# Say Cheese

Share a photo of you or your friends participating in our programs and it could be featured in our upcoming Activity Guide or Newsletter!

Email your submission to [parksandrecreation@nanaimo.ca](mailto:parksandrecreation@nanaimo.ca)



## 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 several lap quilts to various groups annually.

Tue, Sep 2-Dec 16, 12:30-3:30 pm (#150359)

Tue, Jan 6-Mar 31, 12:30-3:30 pm (#150360)

Bowen Complex Room 6

*No sessions Sep 30, Nov 11*

## 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 to attend.

Tue, Sep 9-Dec 30, 9 am-12 pm (#150811)

Tue, Jan 6-Mar 31, 9 am-12 pm (#150813)

Bowen Complex Room 6

*No sessions Sep 30, Nov 11*

## Watercolour Painting E

Level 1-Beginner level watercolor class requires no prior knowledge of painting. Watercolor painting techniques and an understanding of light, composition and perspective will be explored.

Level 2-Level 1 is required.

Wed, Jan 7-Jan 28, 12:30-3 pm, \$132 (#150919) Level 1

Wed, Feb 18-Mar 11, 12:30-3 pm, \$132 (#150956) Level 2

Bowen Complex Room 6

## 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, Sep 4-Dec 18, 9 am-12 pm (#150838)

Thu, Jan 8-Mar 26, 9 am-12 pm (#150839)

Bowen Complex Room 5/Woodworking Room

## Woodworking M

If you have experience working with tools, you are welcome to sign up for woodworking. If you're new to the shop, you are required to do a shop orientation/introduction to review 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. You are welcome to call in before you come, to ensure a supervisor is on site.

Mon & Tue, Sep 2-Dec 16, 10 am-2 pm (#150823)

Mon & Tue, Jan 5-Mar 31, 10 am-2 pm (#150832)

Bowen Complex Woodworking Room

*No sessions Sep 30, Oct 13, Nov 11, Feb 16*





## Learn to Play Bridge M

This is a play as you learn interactive group for brand new players only. 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 precursor to the game. We accept continuous intake all year long if not full. After a maximum of one year in this group, you will be notified to move on to other groups. Please note this program is ONLY for beginners, those with any experience at all will be asked to join the other available bridge groups.

Thu, Sep 4-Dec 18, 9:30 am-12 pm ([#151325](#))

Thu, Jan 8-Mar 26, 9:30 am- 12 pm ([#151326](#))

Bowen Complex Room 4

## Morning Bridge M

Previous experience playing Contract Bridge, Standard American 5 Card Majors with basic Convention bidding. No partner required. There is no instruction in this program, just practice your skills. Come and join this friendly group.

Thu, Sep 4-Dec 18, 9:30 am-12 pm ([#151327](#))

Thu, Jan 8-Mar 26, 9:30 am-12 pm ([#151328](#))

Bowen Complex Room 2

### 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.

## Thursday Bridge M

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

Thu, Sep 4-Dec 18, 12:30-4 pm ([#151323](#))

Thu, Jan 8-Mar 26, 12:30-4 pm ([#151324](#))

Bowen Complex Room 1

No session Sep 11

## Tuesday Bridge-Advanced 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. An advanced bridge partner is required for this program.

Tue, Sep 2-Dec 16, 1-4 pm ([#148655](#))

Tue, Jan 6-Mar 31, 1-4 pm ([#148656](#))

Oliver Woods Community Centre Monarch Room 1

No sessions Sep 30, Nov 11, Feb 10, Mar 17, 24

## 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, Sep 5-Dec 19, 6:30-10 pm ([#148653](#))

Fri, Jan 2-Mar 27, 6:30-10 pm ([#148654](#))

Oliver Woods Monarch Room 2

No session Oct 3





## 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, Sep 4-Dec 18, 1-3 pm ([#148634](#))

Thu, Jan 8-Mar 26, 1-3 pm ([#148635](#))

Bowen Complex Room 5

## 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, Sep 2-Dec 16, 1-4 pm ([#148636](#))

Tue, Jan 6-Mar 31, 1-4 pm ([#148638](#))

Bowen Complex Room 1

Tue, Sep 2-Dec 16, 12:45-3 pm ([#148642](#))

Tue, Jan 6-Mar 31, 12:45-3 pm ([#148643](#))

Oliver Woods Community Centre Hemlock Room

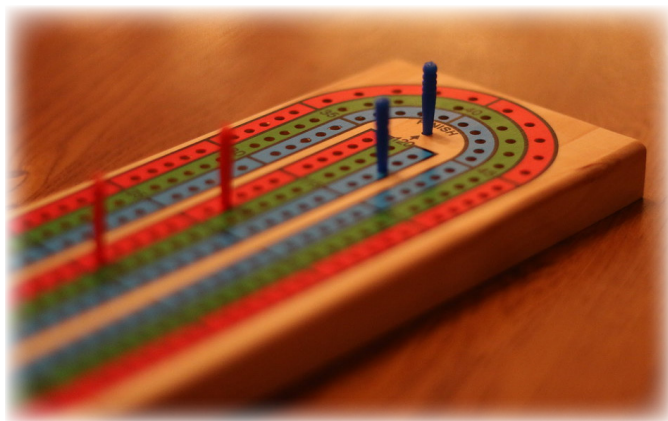
*No sessions Sep 30, Nov 11*

Wed, Sep 3-Dec 17, 12:45-3 pm ([#148639](#))

Wed, Jan 7-Mar 25, 12:45-3 pm ([#148641](#))

Oliver Woods Community Centre Monarch 2

*No sessions Sep 10, 30, Nov 11*



## Drop-in Board Games & Cards M

If you are interested in playing some non-competitive board games and/or card games where the focus is to have fun and socialize, this drop-in group is for you! There is no official instruction provided, however someone can assist you in starting a game of rummikub (tile rummi), 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 to share with others, that is also encouraged. Depending on the interest and how many people show up, the games played each session will likely vary. Members do need to register, however there are many spots available and when the game tables fill up, you can move to the lobby. This is a drop-in type commitment, so come when you can.

Sun, Sep 7-Dec 21, 1-3 pm ([#148651](#))

Sun, Jan 4-Mar 29, 1-3 pm ([#148652](#))

Bowen Complex Room 4



## Hearts Card Game M

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, Sep 5-Dec 19, 1-3 pm ([#148649](#))

Fri, Jan 2-Mar 27, 1-3 pm ([#148650](#))

Bowen Complex Bowen 5



## 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, Sep 8-Dec 15, 1-3 pm (#148647)

Mon, Jan 5-Mar 30, 1-3 pm (#148648)

Bowen Complex Room 4

*No sessions Oct 13, Feb 16*

## 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 in Euchre. Prior knowledge is helpful but not required to start.

Tue, Sep 2-Dec 16, 10 am-12 pm (#148644)

Tue, Jan 6-Mar 31, 10 am-12 pm (#148646)

Oliver Woods Monarch 2

*No sessions Sep 30, Nov 11, Feb 10, Mar 17, 24*

## Trivia Pursuit M

The questions in Trivia pursuit will cover many subjects, we will work in small groups. However there are no winners or losers. This is a great way to help retain your memory and increase your knowledge.

Wed, Sep 10-Dec 17, 1-2:30 pm (#151901)

Wed, Jan 7-Mar 11, 1-2:30 pm (#152383)

Bowen Complex Room 3



## Mahjong 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. A variety of styles (Chinese/American) are played. You're welcome to drop in and see if anyone is playing the style you like.

Wed, Sep 3-Dec 31, 10 am-12:30 pm (#151319)

Wed, Jan 7-Mar 25, 10 am-12:30 pm (#151320)

Bowen Complex Room 4

Mon, Sep 8-Dec 29, 10 am-12:30 pm (#151321)

Mon, Jan 5- Mar 30, 10 am-12:30 pm (#151322)

Bowen Complex Room 4

*No session Feb 16, Oct 13*

## Scrabble M



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. No instruction provided. You do need to know the basics of the game.

Tue, Sep 2-Dec 16, 12:30-3:30 pm (#148719)

Fri, Sep 5-Dec 19, 1:30-4:30 pm (#148714)

Tue, Jan 6-Mar 31, 12:30-3:30 pm (#148720)

Fri, Jan 2-Mar 27, 1:30-4:30 pm (#148718)

Bowen Complex Room 2

*No sessions Sep 30, Nov 11*

## 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, Sep 3-Dec 17, 12:30-3 pm (#148721)

Wed, Jan 7-Mar 25, 12:30-3 pm (#148722)

Bowen Complex Room 2



## South Destinations:

Meet at Bowen Complex lobby  
(500 Bowen Road)



## North Destinations:

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



### Please Note:

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

## 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, Sep 4-Dec 18, 2025, 9:30 am-1 pm (#148709)

Date	Trail	Lunch	North or South
September 4	Copley Ridge Recreational Trail, Lantzville	Picnic Lunch	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">N</span>
September 11	Jack Point	Picnic Lunch	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>
September 8	Colliery Dam	Picnic Lunch	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>
September 25	Christie Falls	Picnic Lunch	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>
October 2	Rath Trevor Provincial Park	Rod & Gun Lunch	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">N</span>
October 9	Nanaimo River/Nanaimo River Fish Hatchery	Picnic Lunch	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>
October 16	Jamieson Trail (Ammonite Falls)	Picnic Lunch	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>
October 23	Hemer Provincial Park	Wheat Sheaf Lunch	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>
October 30	Big Qualicum River Fish Hatchery	Picnic Lunch	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">N</span>
November 6	Neck Point	Picnic Lunch	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>
November 13	Englishman River Falls	Picnic Lunch	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">N</span>
November 20	Beach Acres/Pipers Lagoon	Picnic Lunch	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>
November 27	Westwood Lake	Pub Lunch - Jingle Pot Pub	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>
December 4	Enos Lake	Picnic Lunch	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">N</span>
December 11	Morrell Sanctuary	Picnic Lunch	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>
December 18	Bowen Complex to Harbour-Front Walkway	Pub Lunch - Lighthouse Bistro	<span style="background-color: #007bff; color: white; border-radius: 50%; padding: 2px 5px;">S</span>
December 27	No Walk		





## Bowen Wanderers

Thu, Jan 8-Mar 26, 2026, 9:30 am-1 pm (#148712)

# 2026



Date	Trail	Lunch	North or South
January 8	Harry Wipper Park	Picnic Lunch	<b>N</b>
January 15	Buttertubs Marsh	Picnic Lunch	<b>S</b>
January 22	Westwood Lake	Pub Lunch	<b>S</b>
January 29	Colliery Dam	Picnic Lunch	<b>S</b>
February 5	Qualicum Heritage Forest/ Qualicum Waterfront	Picnic Lunch	<b>N</b>
February 12	Morrell Sanctuary	Picnic Lunch	<b>S</b>
February 19	Rath Trevor Provincial Park	Pub Lunch	<b>N</b>
February 26	Linley Valley	Picnic Lunch	<b>N</b>
March 5	Planta Park/Neck Point	Picnic Lunch	<b>S</b>
March 12	Jack Point	Picnic Lunch	<b>S</b>
March 19	Morden Trail/Hemer Provincial Park-Cedar	Pub Lunch	<b>S</b>
March 26	Top Bridge, Englishman River Regional Park-Parksville	Picnic Lunch	<b>N</b>





## Fitness - Level 1 M

A basic general fitness course with a chair available beside you for optional upright stability or some seated movement. The workout includes approximately 20 minutes of more energetic cardiovascular components, followed by lower and upper body strength training (using weights & bands), balance exercises, and stretching, seated and standing. This class improves strength, cardiovascular health, stability and confidence performing day to day activities. No floor or mat work required.

Instructor: Heather Walker

Mon, Sep 8-29, 10:15-11:15 am, \$18/4 (#147046)

Mon, Oct 6-27, 10:15-11:15 am, \$13.50/3 (#147047)

Mon, Nov 3-24, 10:15-11:15 am, \$18/4 (#147050)

Mon, Dec 1-29, 10:15-11:15 am, \$22.50/5 (#147051)

Mon, Jan 5-26, 10:15-11:15 am, \$18/4 (#147157)

Mon, Feb 2-23, 10:15-11:15 am, \$13.50/3 (#147158)

Mon, Mar 2-30, 10:15-11:15 am, \$22.50/5 (#147160)

Bowen Complex Auditorium

*No sessions Feb 16, Oct 13*

Instructor: Heather Walker

Wed, Sep 3-24 10:15-11:15 am, \$13.50/3 (#149216)

Wed, Oct 1-29, 10:15-11:15 am, \$22.50/5 (#149219)

Wed, Nov 5-26, 10:15-11:15 am, \$18/4 (#149220)

Wed, Dec 3-31, 10:15-11:15 am, \$22.50/5 (#149221)

Wed, Jan 7-28, 10:15-11:15 am, \$18/4 (#149222)

Wed, Feb 4-25, 10:15-11:15 am, \$18/4 (#149223)

Wed, Mar 4-25, 10:15-11:15 am, \$18/4 (#149224)

Bowen Complex Room 1

*No session Sep 10*

**Limited parking available Sept 8-13 due to 55+ games.  
Please arrive early, car pool or arrange a drop off if possible.**

**No classes on statutory holidays.  
Clean sneakers or indoor shoes are required.**

Instructor: Christine Kondo

Wed, Sep 17-Oct 29, 1:45-2:45 pm, \$31.50/7 (#147184)

Wed, Nov 5-Dec 17, 1:45-2:45 pm, \$31.50/7 (#147185)

Wed, Jan 7-28, 1:45-2:45 pm, \$18/4 (#147186)

Wed, Feb 4-25, 1:45-2:45 pm, \$18/4 (#147187)

Wed, Mar 4-25, 1:45-2:45pm, \$18/4 (#147188)

Oliver Woods Salal 2 & 3

Instructor: Heather Walker

Thu, Sep 4-25, 9-10 am, \$18/4 (#147167)

Thu, Oct 2-30, 9-10 am, \$22.50/5 (#147174)

Thu, Nov 6-27, 9-10 am, \$18/4 (#147177)

Thu, Dec 4-18, 9-10 am, \$13.50/3 (#147179)

Thu, Jan 8-29, 9-10 am, \$18/4 (#147180)

Thu, Feb 5-26, 9-10 am, \$18/4 (#147181)

Thu, Mar 5-26, 9-10 am, \$18/4 (#147182)

Bowen Complex Auditorium

Instructor: Christine Kondo

Fri, Sep 19-Oct 31, 10:45-11:45 am, \$31.50/7 (#147190)

Fri, Nov 7-Dec 19, 10:45-11:45 am, \$31.50/7 (#147191)

Fri, Jan 2-30, 10:45-11:45 am, \$22.50/5 (#147192)

Fri, Feb 6-27, 10:45-11:45 am, \$18/4 (#147193)

Fri, Mar 6-13, 10:45-11:45 am, \$9/2 (#147194)

Oliver Woods Monarch 1





## Fitness - Level 2-Strength & Tone M

A more advanced fitness class focusing primarily on strength training through bodyweight exercises, dumbbells, bands and other equipment. Class starts with a shorter cardio component (approx 12 min) and ends with a cool down and stretching. Significant mat/floor work will be included, participants should be able to get up and down from the floor. Class benefits older adults for bone and joint health by developing lean muscle, increasing metabolism and flexibility.

Instructor: Heather Walker

Tue, Sep 2-23, 10:15-11:15 am, \$18/4 (#149189)

Tue, Oct 7-28, 10:15-11:15 am, \$22.50/5 (#149190)

Tue, Nov 4-25, 10:15-11:15 am, \$13.50/3 (#149191)

Tue, Dec 2-30, 10:15-11:15 am, \$22.50/5 (#149200)

Tue, Jan 6-27, 10:15-11:15 am, \$18/4 (#149201)

Tue, Feb 3-24, 10:15-11:15 am, \$18/4 (#149202)

Tue, Mar 3-31, 10:15-11:15 am, \$22.50/5 (#149203)

Bowen Complex Auditorium

No session Nov 11



Instructor: Maki Kristiansen

Wed, Sep 3-24, 11:30 am-12:30 pm, \$13.50/3 (#149267)

Wed, Oct 1-29, 11:30 am-12:30 pm, \$22.50/5 (#149283)

Wed, Nov 5-26, 11:30 am-12:30 pm, \$18/4 (#149284)

Wed, Dec 3-31, 11:30 am-12:30 pm, \$22.50/5 (#149285)

Wed, Jan 7-28, 11:30 am-12:30 pm, \$18/4 (#149286)

Wed, Feb 4-25, 11:30 am-12:30 pm, \$18/4 (#149287)

Wed, Mar 4-25, 11:30 am-12:30 pm, \$18/4 (#149288)

Bowen Complex Room 1

No session Sep 10



Instructor: Heather Walker

Thu, Sep 4-25, 10:30-11:30 am, \$18/4 (#149269)

Thu, Oct 2-30, 10:30-11:30 am, \$18/4 (#149278)

Thu, Nov 6-Dec 18, 10:30-11:30 am, \$22.50/5 (#149279)

Thu, Jan 8-29, 10:30-11:30 am, \$18/4 (#149280)

Thu, Feb 5-26, 10:30-11:30 am, \$13.50/3 (#149281)

Thu, Mar 5-26, 10:30-11:30 am, \$18/4 (#149282)

Beban Social Centre Lounge C

No sessions Oct 23, Nov 20, Dec 11, Feb 19

## Fitness - Level 2-Cardio Focus M

A more advanced general fitness course that includes cardio, strength, balance and flexibility work. Class starts with 20-25 minutes of higher intensity cardio work, followed by balance, power and strength moves using bodyweight, dumbbells and bands. This class includes mat/floor work. Ideally, participants should be able to get up/down from the floor, however, some upright options are usually available.

Instructor: Heather Walker

Mon, Sep 8-29, 9-10 am, \$18/4 (#147207)

Mon, Oct 6-27, 9-10 am, \$13.50/3 (#147208)

Mon, Nov 3-24, 9-10 am, \$18/4 (#147209)

Mon, Dec 1-29, 9-10 am, \$22.50/5 (#147210)

Mon, Jan 5-26, 9-10 am, \$18/4 (#147211)

Mon, Feb 2-23, 9-10 am, \$13.50/3 (#147212)

Mon, Mar 2-30, 9-10 am, \$22.50/5 (#147213)

Bowen Complex Auditorium

No sessions Oct 13, Feb 16

Instructor: Heather Honey

Thu, Sep 4-25, 10:30-11:30am, \$18/4 (#147200)

Thu, Oct 2-30, 10:30-11:30 am, \$22.50/5 (#147201)

Thu, Nov 6-27, 10:30-11:30 am, \$18/4 (#147202)

Thu, Dec 4-18, 10:30-11:30 am, \$13.50/3 (#147203)

Thu, Jan 8-29, 10:30-11:30 am, \$18/4 (#147204)

Thu, Feb 5-26, 10:30-11:30 am, \$18/4 (#147205)

Thu, Mar 5-26, 10:30-11:30 am, \$18/4 (#147206)

Bowen Complex Auditorium

Instructor: Maki Kristiansen

Fri, Sep 19-Oct 31, 9:30-10:30 am, \$27/6 (#147195)

Fri, Nov 7-Dec 19, 9:30-10:30 am, \$27/6 (#147196)

Fri, Jan 2-30, 9:30-10:30 am, \$22.50/5 (#147197)

Fri, Feb 6-Mar 13, 11:45 am-12:45 pm, \$27/6 (#147198)

Oliver Woods Monarch 1 & 2

No sessions Oct 24, Dec 5



## Gentle Yoga 55+ 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. Participants, please provide your own equipment (mats, blocks, straps, etc) for class.

Instructor: Heather Honey

Fri, Sep 5-26, 10:30-11:30 am, \$32/4 (#147243) Outside Tennis Wall

Fri, Oct 3-31, 10:30-11:30 am, \$40/5 (#147245)

Fri, Nov 7-28, 10:30-11:30 am, \$32/4 (#147247)

Fri, Dec 5-19, 10:30-11:30 am, \$24/3 (#147248)

Fri, Jan 2-30, 10:30-11:30 am, \$40/5 (#147251)

Fri, Feb 6-27, 10:30-11:30 am, \$32/4 (#147252)

Fri, Mar 6-27, 10:30-11:30 am, \$32/4 (#147253)

Bowen Complex Clubhouse



## Dance Fitness 55+ 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, Sep 6-27, 9-10 am, \$32/4 (#147214)

Sat, Oct 4-25, 9-10 am, \$32/4 (#147215)

Sat, Nov 1-Dec 13, 9-10 am, \$56/7 (#147238)

Sat, Jan 3-Feb 7, 9-10 am, \$48/6 (#147240)

Sat, Feb 21-Mar 28, 9-10 am, \$48/6 (#147242)

Bowen Complex Room 1/Room 6

## Zumba Gold + Chair E

Zumba® Gold Seated is perfect for those with mobility or balance issues, young or old, as it is done in a chair.

\* The design of the classes introduces easy-to-follow Zumba® choreography that has been brilliantly adapted for chair exercise. Each class is different, as it is adapted to fit the ability and range of motion of the participants. To include everyone and include breaks from sitting there will be some standing for a few songs however the entire class can be done while seated. The main focus is on having fun! No dance experience is needed and there are no Wrong moves!

Instructor: Fab Lethbridge

Tue, Sep 9-Oct 28, 8:30-9:30 am, \$56/7 (#150890)

Tue, Nov 25-Dec 16, 8:30-9:30 am, \$32/4 (#150994)

Tue, Jan 6-Feb 3, 8:30-9:30 am, \$40/5 (#150995)

Tue, Feb 17-Mar 31, 8:30-9:30 am, \$40/5 (#150996)

Oliver Woods Community Centre Monarch 1 & 2

No sessions Sep 30, Mar 17, 24

## Zumba Gold - "D" 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 with Parks and Recreation.

Instructor: Mary Keel

Mon, Sep 8-Oct 27, 9-10 am, \$56/7 (#150335)

Wed, Sep 10-Oct 22, 10:15-11:15 am, \$56/7 (#150344)

Mon, Nov 3-Dec 15, 9-10 am, \$56/7 (#150337)

Wed, Oct 29-Dec 17, 10:15-11:15 am, \$64/8 (#150345)

Mon, Jan 5-Feb 9, 9-10 am, \$48/6 (#150338)

Wed, Jan 7-Feb 18, 10:15-11:15 am, \$56/7 (#150347)

Mon, Feb 23-Mar 30, 9-10 am, \$48/6 (#150340)

Wed, Feb 25-Mar 25, 10:15-11:15 am, \$40/5 (#150348)

Oliver Woods Community Centre Salal Rooms



## 60+Active Chair & Fitness Flow E

This entry level class incorporates chair fitness activities for half the time, with gentle movement, range of motion, and stretching. The other half of the class is gentle standing flow, coordination, and balance activities. It is a good level to try out to lead up to fitness level 1, or for anyone looking for a gentler, slower workout.

Instructor: Heather Walker

Wed, Sep 3-24, 9-10 am, \$32/4 (#149963)

Wed, Oct 1-29, 9-10 am, \$40/5 (#149967)

Wed, Nov 5-26, 9-10 am, \$32/4 (#149969)

Wed, Dec 3-31, 9-10 am, \$40/5 (#149972)

Wed, Jan 7-28, 9-10 am, \$32/4 (#149974)

Wed, Feb 4-25, 9-10 am, \$32/4 (#149976)

Wed, Mar 4-25, 9-10 am, \$32/4 (#149978)

Bowen Complex Room 6



## 60+Gentle Chair Fitness E

This class incorporates gentle fitness movements, core work, yoga and stretching, primarily seated in a chair. Some movements to standing will be done with the chair for stability. These may be followed by limited standing exercises for balance and strength. Stretch, relax. open the joints, release tensions, energize and revitalize.

Instructor: Heather Walker

Tue, Sep 2-23, 9-10 am, \$32/4 (#149879)

Tue, Oct 7-28, 9-10 am, \$32/4 (#149941)

Tue, Nov 4-25, 9-10 am, \$24/3 (#149945)

Tue, Dec 2-30, 9-10 am, \$40/5 (#149946)

Tue, Jan 6-27, 9-10 am, \$32/4 (#149948)

Tue, Feb 3-24, 9-10 am, \$32/4 (#149955)

Tue, Mar 3-31, 9-10 am, \$40/5 (#149956)

Bowen Park Complex Room 1

No session Nov 11

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.

## 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: Thommas Michaud

Thu, Sep 18-Oct 30, 11 am-12:15 pm, \$56/7 (#147271)

Thu, Nov 6-Dec 18, 11 am-12:15 pm, \$56/7 (#150362)

Thu, Jan 8-Feb 12, 11 am-12:15 pm, \$48/6 (#150363)

Thu, Feb 19-Mar 26, 11 am-12:15 pm, \$48/6 (#150364)

Oliver Woods Community Centre Salal 1

## Yoga, 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: Thommas Michaud

Thu, Sep 18-Oct 30, 2:15-3:30pm, \$56/7 (#147266)

Thu, Nov 6-Dec 18, 2:15-3:30 pm, \$56/7 (#147267)

Thu, Jan 8-Feb 12, 2:15-3:30 pm, \$48/6 (#147269)

Thu, Feb 19-Mar 26, 2:15-3:30pm, \$48/6 (#147270)

Oliver Woods Community Centre Salal 1

No session Oct 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, Sep 10-Oct 22, 10:45 am- 12 pm, \$56/7 (#147259)

Wed, Nov 5-Dec 17, 10:45 am-12 pm, \$56/7 (#147261)

Wed, Jan 7-Feb 11, 10:45 am-12 pm, \$48/6 (#147263)

Wed, Feb 18-Mar 25, 10:45 am-12 pm, \$48/6 (#147264)

Rotary Field House



## Mindful Movements 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 and anxiety, as well as increase muscular stability.

Instructor: Monika Lux

Wed, Sep 17-Oct 8, 4:45-5:45 pm, \$48/4 (#144285)

Beban Social Centre Stage

## 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: Amira Carluccio

Fri, Sep 5-Dec 19, 9:30-10:30 am (#149885)

Fri, Jan 2-Mar 27, 9:30-10:30 am (#149887)

Bowen Complex Room 1

No session Sep 12

## Qigong Beginner/Ongoing M

Qigong, or vital energy, is everywhere. Participants are encouraged to use intention, intuition, and imagination to connect with and feel energy by using movement (walking, standing, or seated). Can be modified to participant's abilities.

Instructor: Kareen Holyer

Thu, Sep 4-Dec 18, 3:15-4:15 pm (#149922)

Thu, Jan 8-Mar 26, 3:15-4:15 pm (#149923)

Bowen Complex Auditorium



## Chair Fitness Yogalates 50+ E

This 50+ Chair Yogalates Fitness program is designed for all levels focusing on gentle seated/standing movements, mindful breathing, and a variety of poses to improve flexibility, strength, balance, and range of motion, while also reducing stress and overall well-being. Modifications for all poses to accommodate different levels of experience and physical abilities.

Instructor: Gypsy Hart

Thu, Sep 18-Oct 30, 9-10 am, \$56/7 (#149798)

Thu, Nov 6-Dec 18 9-10 am, \$56/7 (#149801)

Thu, Jan 8-Feb 19, 9-10 am, \$56/7 (#149803)

Thu, Feb 26-Mar 26, 9-10 am, \$40/5 (#149805)

Oliver Woods Community Centre Salal 2 & 3

## The Strength Session 65+ E

Build strength, stability, and confidence in this fun and functional group fitness class designed for adults 65 and older. Using dumbbells, resistance bands, and bodyweight exercises—including safe core work on the floor—this class will focus on strength training and will help improve balance and everyday movement. You'll also support bone and cardiovascular health, boost your energy, and enhance your ability to stay active and independent. Participants must be able to get up and down from the floor.

Instructor: Meaghan Mounce

Wed, Sep 3-24, 3:45-4:30 pm, \$28/4 (#149996)

Wed, Oct 1-29, 3:45-4:30 pm, \$35/5 (#150002)

Wed, Nov 5-26, 3:45-4:30 pm, \$28/4 (#150003)

Wed, Dec 3-17, 3:45-4:30 pm, \$21/3 (#150005)

Wed, Jan 7-28, 3:45-4:30 pm, \$28/4 (#150006)

Wed, Feb 4-25, 3:45-4:30 pm, \$28/4 (#150007)

Wed, Mar 4-25, 3:45-4:30 pm, \$28/4 (#150008)

Bowen Complex Room 1/Room 6



## 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, Sep 2-Oct 21, 9-10 am (#149423)

Tue, Oct 28- Dec 16, 9-10 am (#149424)

Tue, Jan 6-Feb 17, 9-10 am (#149427)

Tue, Feb 24-Mar 31, 9-10 am (#149428)

Bowen Complex Auditorium

No sessions Sep 30, Nov 11



## Tai Chi - Intermediate M

This class is for those who have completed the first 108 moves. We will focus on practicing/refining the 108 moves and the Foundations exercises. Based on teachings by Moy Lin-Chin, for further information, please visit [www.canadiantaichiacademy.org](http://www.canadiantaichiacademy.org).

Instructor: Kareen Holyer

Thu, Sep 4-Dec 18, 2-3 pm (#149425)

Thu, Jan 8-Mar 26, 2-3 pm (#149426)

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. Please ensure to finish right at 1:45 pm in order for the next program to set up.

Mon, Sep 8-Dec 29, 1-1:45 pm (#149932)

Mon, Jan 5-Mar 30, 1-1:45 pm (#149935)

Bowen Complex Auditorium

No sessions Oct 13, Feb 16

## Tai Chi Beginner Continuing M

This Tai Chi class is for those moving on from Beginners, we will be reviewing the first 17 moves and then moving on to learn moves 18 – 108. Instruction is provided. Based on teachings by Moy Lin-Chin, for further information, please visit [www.canadiantaichiacademy.org](http://www.canadiantaichiacademy.org).

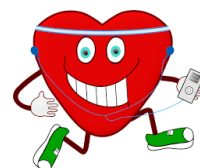
Instructor: Kareen Holyer

Tue, Sep 2-Dec 16, 10:15-11:15 am (#149883)

Tue, Jan 6-Mar 31, 10:15-11:15 am (#149884)

Bowen Complex Room 1

No sessions Sep 30, Nov 11



## Heart Healthy Fitness M

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

Instructor: Heather Walker

Mon & Wed, Sep 3-29, 8-8:45 am, \$32/8 (#149416)

Mon & Wed, Oct 1-29, 8-8:45 am, \$32/8 (#149417)

Mon & Wed, Nov 3-26, 8-8:45 am, \$32/8 (#149418)

Mon & Wed, Dec 1-31, 8-8:45 am, \$40/10 (#149419)

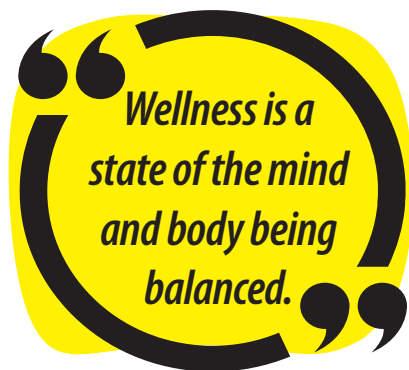
Mon & Wed, Jan 5-28, 8-8:45 am, \$32/8 (#149420)

Mon & Wed, Feb 2-25, 8-8:45 am, \$28/7 (#149421)

Mon & Wed, Mar 2-30, 8-8:45 am, \$36/9 (#149422)

Bowen Complex Auditorium

No sessions Oct 13, Feb 16





## Beginner Nordic Walking E

Nordic walking is a suitable activity for people of all ages, abilities and skill. In this three week course, you will learn how to make the most of those poles while you walk. Please bring your own set of poles if you have them, or some can be borrowed upon request. .

Sat, Sep 13-27, 10-11:30 am, \$42/3 (#152836)-Seniors

Sat, Sep 13-27, 11:45 am-1:15pm, \$42/3 (#152808)-Adults

Sat, Mar 14-28, 10-11:30 am, \$42/3 (#152837)-Seniors

Sat, Mar 14-28, 11:45 am-1:15 pm, \$42/3 (#152810)-Adults

Beban Park Breezeway/Participation Park



## Aqua Yoga E

Aqua Yoga is a fun and gentle form of stretching and strengthening performed in a pool where joints are supported. You will perform balance, breath work, centering, flowing movements, stationary strengthening and stretching postures. You don't need to go under the water or know how to swim. Class is held in shallow water.

Instructor: Katherine Winge

Sat, Sep 6-Oct 11, 8-9 am, \$48/6 (#148888)

Sat, Oct 25-Nov 29, 8-9 am, \$48/6 (#148889)

Sat, Jan 10-Feb 14, 8-9 am, \$48/6 (#148890)

Beban Park Pool



## 60+ ActivAge Fitness M

ActivAge™ is a free 8-week group-led physical activity program for inactive older adults. It introduces participants to physical activity and reinforces their commitment to incorporate it into their daily lives. The fun and social program is progressive with planned physical activities (stretching, activity, and cool-down) based on ActivAge™ training. The focus is on improving activities associated with daily living, strengthening muscles used day-to-day (ie: bending, lifting, etc). Each class incorporates physical activities that engage participants, and features in-class discussions and resources to improve overall health and physical well-being. A PAR-Q questionnaire will be handed out the first day of class to be filled in and returned to the instructor.

Instructor: Brian Sugiyama

Mon, Nov 3-Dec 22, 10:15-11:15 am (#151653)

Bowen Complex Room 1



## 60+ Deep Stretch E

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

Instructor: Maki Kristiansen

Mon, Sep 8-29, 2-3 pm, \$24/4 (#151826)

Mon, Oct 6-27, 2-3 pm, \$18/3 (#152800)

Mon, Nov 3-24, 2-3 pm, \$24/4 (#152801)

Mon Dec 1-29, 2-3 pm, \$30/5 (#152802)

Mon, Jan 5-26, 2-3 pm, \$24/4 (#151827)

Mon, Feb 2-23, 2-3 pm, \$18/3 (#152803)

Mon, Mar 2-30, 2-3 pm, \$30/5 (#152807)

Bowen Complex Room 6

No sessions Oct 13, Feb 16





## Balance & Mobility E

The easiest of our general fitness classes, with a chair always available for upright stability or seated movement. The workout includes approximately 15 minutes of light cardiovascular components, followed by lower and upper body strength training (using weights and bands), balance exercises and stretching while seated. This class improves stability and confidence performing day to day activities. No floor or mat work required.

Instructor: Christine Kondo

Wed, Sep 10-24, 3-4 pm, \$24/3 (#151818)

Wed, Oct 1-29, 3-4 pm, \$40/5 (#151819)

Wed, Nov 5-26, 3-4 pm, \$32/4 (#151820)

Wed, Dec 3-17, 3-4 pm, \$24/3 (#151822)

Wed, Jan 7-28, 3-4 pm, \$32/4 (#151823)

Wed, Feb 4-25, 3-4 pm, \$32/4 (#151824)

Wed, Mar 4-25, 3-4 pm, \$32/4 (#151825)

Oliver Woods Community Centre Salal 2 & 3

## Yin Inspired Restorative Yoga E

A gentle candlelit meditative approach to releasing connective tissues, fascia and muscle tightness. Ease into calmness and relaxation in preparation for sleep. Bolsters and blocks provided. Please wear comfortable clothing.

Instructor: Jane Bockman

Tue, Sep 9-Oct 28, 7:45-8:45 pm, \$56/7 (#149896)

Tue, Nov 4-Dec 16, 7:45-8:45 pm, \$48/6 (#149897)

Tue, Jan 6-Feb 3, 7:45-8:45 pm, \$40/5 (#149902)

Tue, Feb 24-Mar 31, 7:45-8:45 pm, \$48/6 (#149905)

Oliver Woods Community Centre Rooms Salal 2 & 3



## 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.

Walking only.

Fri, Sep 5-Dec 19, 8:30-9:15 am (#151816)

Fri, Jan 2-Mar 27, 8:30-9:15 am (#151817)

Bowen Complex Auditorium

No session Nov 14

## 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 participant and guest.

Instructor: Jean Medley

Thu, Sep 11-Oct 16, 10-11:30 am, \$40/5 (#147809)

Thu, Sept 11-Oct 16, 1-2:30 pm, \$40/5 (#147810)

Thu, Oct 30-Dec 4, 10-11:30 am, \$40/5 (#147811)

Thu, Oct 30-Dec 4, 1-2:30 pm, \$40/5 (#147812)

Thu, Jan 15-Feb 19, 10-11:30 am, \$48/6 (#150132)

Thu, Jan 15-Feb 19, 1-2:30 pm, \$48/6 (#150133)

Thu, Mar 12-Apr 16, 10-11:30 am, \$48/6 (#150134)

Thu, Mar 12-Apr 16, 1-2:30 pm, \$48/6 (#150135)

Beban Social Centre Room 7 & 8



**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, Sep 8-Dec 22, 12:30-3:30 pm (#144283) Gym 2

Wed, Jan 5-Mar 30, 12:30-3:30 pm (#144286) Gym 2

Wed, Sep 3-Dec 17, 12:30-3:30 pm (#144309) Gym 2

Wed, Jan 7-Mar 25, 12:30-3 pm (#144311) Gym 2

Fri, Sep 5-Dec 19, 12:30-3 pm (#146500) Gym 1

Fri, Jan 2-Mar 27, 12:30-3 pm (#146502) Gym 1

Oliver Woods Community Centre Gymnasium

No sessions Sep 10, 12, Oct 3, 13, Feb 16

**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, Sep 4-Dec 18, 1-3 pm (#149327)

Thu, Jan 8-Mar 26, 1-3 pm (#149329)

Bowen Complex Room 6

**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 are required. Please do not enter the gymnasium until the start time.

Tue, Sep 2-Dec 30, 10:30 am-12:30 pm (#149365)

Tue, Jan 6-Mar 31, 10:30 am-12:30 pm (#149964)

Oliver Woods Community Centre Gym #2

No sessions Sep 30, Nov 11

*Nanaimo will host the 55+ Games  
September 9 - 13, 2025.*

- 24 sports over 4 days
- 20 venues
- 2500+ participants
- 1200+ volunteers

*Reminder: Some programs will not be  
running that week and parking will be  
limited.*

*Thank you!*

**Volunteers Needed**

Nanaimo 2025 55+ BC Games | September 9 - 13, 2025

**VOLUNTEER TODAY!**

There are lots of opportunities to volunteer before and during the Games!

- |                   |                        |
|-------------------|------------------------|
| • Sports Events   | • Photography          |
| • Transportation  | • First-Aid / Medical  |
| • Finance & Admin | • Fundraising          |
| • Special Events  | • Hosts at Venues      |
| • Operations      | • Medals/Results       |
| • Data Entry      | • Volunteer Management |

**gather  
here**  
get in  
the Games

**LEARN MORE OR SIGN UP**

EMAIL: [volunteer@55plusgames.ca](mailto:volunteer@55plusgames.ca)

ONLINE: [www.55plusbcgames.org/nanaimo](http://www.55plusbcgames.org/nanaimo)



Black Press Media



## Snooker/Billiards M

This is open to everyone. Many players are willing to help new members learn the game so don't hesitate joining. Cues 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, 2025, \$70 (#140780)

Jan 5-Dec 31, 2026, \$75 (#146508)

Monday to Friday, 9 am-6 pm

Saturday to Sunday, 9 am-4:30 pm

Bowen Complex Billiards Room

*No sessions on stat holidays*



## Table Tennis M

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

Sep 3-Dec 31 (#149358)

Jan 2-Mar 30 (#149962)

Mon, Fri, 11 am-2 pm

Wednesdays, 9 am-12 pm

Centennial Building, Beban Park

*No sessions Sep 10, 12, 15, 17, 19, 22, Oct 3, 13,*

*Nov 14, Dec 24, 26, Feb 16*

## 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, Sep 3-Dec 31, 9:45 am-12 pm (#149340)

Wed & Fri, Jan 2-Mar 27, 9:45 am-12 pm (#149928)

Bowen Complex Auditorium

*No sessions Nov 14, Dec 5, 10, 26*

### Afternoon

Wed & Fri, Sep 3-Dec 31, 12:15-2:30 pm (#149348)

Wed & Fri, Jan 2-Mar 27, 12:15-2:30 pm (#149816)

Bowen Complex Auditorium

*No sessions Nov 14, Dec 5, 10, 26*

## 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 comfortably and wear clean indoor, flat-soled shoes.

Wed & Fri, Sep 3-Dec 31, 2:45-5:45 pm (#149352)

Wed & Fri, Jan 2-Mar 27, 2:45-5:45 pm (#149943)

Bowen Complex Auditorium

*No sessions Oct 24, Nov 14, Dec 5, 24, 26, Feb 6, 27*



**Country Line Dance Beginner** M

If you're looking to learn country line dancing, join us for some fun on the dance floor. January classes are a continuation of the fall session.

Wed, Sep 17-Dec 17, 10:45-11:45 am (#151828)

Wed, Jan 14-May 13, 10:45-11:45 am (#151829)

Beban Social Centre Auditorium A

*No sessions Oct 15, Dec 10*

**Country Line Dance Intermediate** M

A fun, laugh-filled class for those who have dance experience with country line dancing and looking for more challenging dances! January classes are a continuation of the fall session.

Wed, Sep 17-Dec 17, 9:30-10:30 am (#151830)

Wed, Jan 14-May 13, 9:30-10:30 am (#151831)

Beban Social Centre Auditorium A

*No sessions Oct 15, Dec 10*

**Beginner Line Dance** M

Ever thought of trying line dancing? This class offers a fun, laugh-filled environment, easy to learn steps and variety of music genres.

Thu, Sep 18-Dec 18, 9-10 am (#151902)

Thu, Jan 8-Mar 26, 9-10 am (#151903)

Bowen Complex Room 1

*No session Mar 19*

**Modern Social Square Dancing for Beginners and Returning Dancers** E

Square dancing is the perfect form of dance for people who don't consider themselves to be dancers - all you have to do is step in time to the music to do the move that the caller tells you to do. Come out and join the Square Dancing community.

Thu, Sep 18-Dec 18, 1-3:15 pm, \$105 (#149612)

Thu, Jan 8-Apr 9, 1-3 pm, \$95 (#149613)

Beban Social Centre Stage

**Beginner Latin & Ballroom Line Dancing Workshops** 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 five sections to these classes: Parts 1 & 2, September to December, Parts 3 & 4, January to March & Part 5, April to June. Each part introduces progressively more intricate dances.

Mon, Sep 15-Dec 8, 2:15-3:15 pm (#147022) Part 1 & 2

Mon, Jan 5-Mar 30, 2:15-3:15 pm (#147023) Part 3 & 4

Bowen Complex Auditorium

*No sessions Oct 13, Feb 16*

**Beginner Latin & Ballroom Line Dancing Workshop 5** M

This is a class for those line dancers who are comfortable with the dances in Parts 3 and 4. These dances are intricate with many new steps. If you are not sure please talk to the Instructor before registering.

Wed, Oct 1-Dec 17, 2:45-3:45 pm (#151837)

Bowen Complex Clubhouse

**Latin & Ballroom Line Dancing** M

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, Sep 16-Dec 9, 2-3:15 pm (#147032)

Tue, Jan 6-Mar 31, 2-3:15 pm (#147033)

Thu, Sep 18-Dec 11, 12:30-1:30 pm (#147034)

Thu, Jan 8-Mar 26, 12:30-1:30 pm (#147035)

Bowen Complex Auditorium

*No sessions Sep 30, Nov 11*



## Flamenco Basics 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

Tue, Sep 16-Oct 28, 6:30-7:15 pm, \$48/6 (#149227)

Tue, Nov 4-Dec 16, 6:30-7:15 pm, \$40/5 (#149228)

Tue, Jan 13-Feb 17, 6:30-7:15 pm, \$48/6 (#149247)

Tue, Feb 24-Mar 31, 6:30-7:15 pm, \$48/6 (#149253)

Beban Social Centre Stage

## Flamenco 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, Sep 16-Oct 28, 6:30-8 pm, \$90/6 (#149225)

Tue, Nov 4-Dec 16, 6:30-8 pm, \$75/5 (#149226)

Tue, Jan 13-Feb 17, 6:30-8 pm, \$90/6 (#149244)

Tue, Feb 24-Mar 31, 6:30-8 pm, \$90/6 (#149249)

Beban Social Centre Stage



## THURSDAY NIGHT DANCES



*Bands include Amigo, Double play and other bands.  
Schedule is Subject to Change.*

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

**Thursdays, September 4 to March 26**

**7-9:30 pm**

**Harbour City Seniors Members: \$8/evening**

**Non Members: \$10/evening**

## Argentine Tango M E

Argentine Tango is a very romantic dance suitable for all ages. Come 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, Sep 2-Dec 16, 6:30-9 pm, \$26 (#151844)

Tue, Jan 6-Mar 31, 6:30-9 pm, \$26 (#151847)

Bowen Complex Auditorium

*No sessions Sep 30, Oct 7, Nov 11*

**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, Sep 17-Oct 29, 8-9 pm, \$56 (#149209)

Wed, Nov 5-Dec 17, 8-9 pm, \$56 (#149217)

Wed, Jan 7-Feb 18, 8-9 pm, \$56 (#150295)

Wed, Feb 25-Apr 1, 8-9 pm, \$48 (#150307)

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, Sep 17-Oct 29, 9-10 pm, \$56 (#149211)

Wed, Nov 5-Dec 17, 9-10 pm, \$56 (#149218)

Wed, Jan 7-Feb 18, 9-10 pm, \$56 (#150299)

Wed, Feb 25-Apr 1, 9-10 pm, \$48 (#150309)

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, Sep 15-Oct 27, 7-8pm, \$48 (#149205)

Mon, Nov 3-Dec 15, 7-8 pm, \$56 (#149212)

Mon, Jan 5-Feb 9, 7-8 pm, \$48 (#150264)

Mon, Feb 23-Mar 30, 7-8pm, \$48 (#150302)

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, Sep 15-Oct 27, 8-9 pm, \$48 (#149206)

Mon, Nov 3-Dec 15, 8-9 pm, \$56 (#149213)

Mon, Jan 5-Feb 9, 8-9 pm, \$48 (#150265)

Mon, Feb 23-Mar 30, 8-9 pm, \$48 (#150303)

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, Sep 17-Oct 29, 7-8 pm, \$56 (#149208)

Wed, Nov 5-Dec 17, 7-8 pm, \$56 (#149215)

Wed, Jan 7-Feb 18, 7-8 pm, \$56 (#150291)

Wed, Feb 25-Apr 1, 7-8 pm, \$48 (#150306)

Bowen Complex Auditorium

**Ballroom Dance 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, Sep 15-Oct 27, 9-10 pm, \$48 (#149207)

Mon, Nov 3-Dec 15, 9-10 pm, \$56 (#149214)

Mon, Jan 5-Feb 9, 9-10 pm, \$48 (#150266)

Mon, Feb 23-Mar 30, 9-10 pm, \$48 (#150305)

Bowen Complex Auditorium

**Accordion Band** M

Play accordion with others as part of the Harbour City Seniors program. Members must be able to read music. The band performs over 25 concerts per year. 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 these pieces to the accordion group.

Wed, Jan 7-Dec 17, 2025, 1-3:30 pm (#135597)

Wed, Jan 7-Dec 16, 2026, 1-3:30 pm (#151966)

Kin Hut Activity Centre (No practice Jul & Aug)

*No session Sep 10*

**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-Dec 19, 2025, 10:30 am-12:30 pm (#135598)

Fri, Jan 2-Dec 18, 2026, 10:30 am-12:30 pm (#151969)

Bowen Complex Room 6 (No practice Jul & Aug)

**Bluegrass Music Group** M

Acoustic instruments traditionally associated with bluegrass music, played in a circle jam format. We play a mixture of bluegrass instrumental and vocal tunes. A dropbox library of sheet music, tablature and lyrics is maintained and shared by the group. You'll have the opportunity to lead a song of your choosing and play a lead break in every song, backed up by the group. Competence on your instrument is required. Vocals and vocal harmonies are encouraged.

Thu, Jan 2-Dec 18, 2025, 1-3 pm (#135599)

Thu, Jan 8-Dec 17, 2026, 1-3 pm (#151962)

Kin Hut Activity Centre (No practice Jul & Aug)

*No session Sep 11*

**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-Dec 16, 2025, 9:30 am-12 pm (#135600)

Tue, Jan 6-Dec 29, 2026, 9:30 am-12 pm (#151975)

Rotary Field House (No practice Jul & Aug)

**Folk & Old Time Rock & Roll Group** M

We are a friendly, supportive and welcoming group. Most of us play either guitar or ukulele. There is a touch of harmonica, kazoo, and soft percussion. Most of us sing but it is optional. We are together to have fun and enjoy jamming on Mondays. We entertain occasionally at Senior Homes. Our music consists of the popular tunes you would have heard on the radio in the 1950s, 1960s and 1970s. There are beginners to upper intermediate members. There are no lessons but we are happy to share tips if you ask us for help. The more you practice each week at home, the more fun you will have when we get together. String instrument players don't need to read music notations but you will need to know how to play basic chords. Drop in at 1:45pm when we are setting up, to see if you would like to sign-up for this no-fee group for weekly camaraderie and fun with us.

Mon, Jan 6-Dec 15, 2025, 2-5 pm (#132277)

Mon, Jan 5-Dec 28, 2026, 2-5 pm (#153015)

Rotary Field House (No practice Jul & Aug)

*No session Feb 16*

## 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. They play at different seniors' facilities - due to this there are limited openings for musicians.

Mon, Jan 6-Dec 15, 2025, 1:30-3 pm (#139155)

Mon, Jan 5-Dec 14, 2026, 1:30-3 pm (#149766)

Bowen Complex Room 1

*No sessions Oct 13, Feb 16*

## Jazz Ensemble & Workshop M

For seniors who would like to further their interest in playing jazz music in a small ensemble setting.

Must have a minimum intermediate level of competence on an instrument and some knowledge of music theory. Instruments traditionally associated with jazz will be given preference. Bring your own instrument and amplification, if required. Sound system for vocals provided. A dropbox of standard jazz music will be available. There will be a learning component with the invitation of guest teachers for specific areas of interest ie: basic jazz theory, chord voicing, how to comp/accompany a vocalist, soloing skills, improvisation, transposition, jazz vocals. Live performance skills are desirable. Limited enrollment. There may be homework!

Mon, Sep 15-Dec 15, 2025, 1-3:30 pm (#151977)

Mon, Jan 5-Dec 14, 2026, 1-3:30 pm (#151982)

Kin Hut Activity Centre (No practice Jul & Aug)

*No sessions Oct 13, Feb 16*



## Beginner Ukulele for Adults E

Participants will explore both the casual sing-and-strum style of playing as well as picking melodies using standard music notation and ukulele tablature. The goal is to use the ukulele as both a solo instrument and (if desired) as a way to accompany one's own singing. \$10 workbook fee collected on the first day of class.

Wed, Sep 10-Oct 22, 6:30-7:30 pm, \$140 (#151561)

Wed, Jan 7-Feb 18, 6:30-7:30 pm, \$140 (#151573)

Roundabout Community Arts Centre

## Open Mic & Circle Performance Group M

Get over your stage fright! This group is designed for musicians interested in directing their music toward performance. You'll have the opportunity to improve your performance abilities through the experience of playing for others and discussion of techniques in a safe environment with a supportive audience of your peers. Planned collaborations among musicians in the group is encouraged. We often have a skilled bass player and lead players who can form your back up band. A sound system will be available on many occasions. All genres of music are welcome. A basic amount of skill on your instrument and music theory is required. Performance experience is helpful but not essential. Bring your choice of songs and prepare in advance to perform.

Tue, Jan 7-Dec 16, 2025, 1:30-4:45 (#136210)

Tue, Jan 6-Dec 15, 2026, 1:30-4:45 pm (#151899)

Kin Hut Activity Centre (No practice Jul & Aug)

*No sessions Sep 9, 30, Nov 11*

## Senior Song Lab M

Join us at The Senior Song Lab and rediscover the magic of making music with others. 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 and supportive 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. The program could be flexible to cater to members interests. Casual jam sessions, working out arrangements of songs selected by members, or more structured group rehearsals and other activities are all possible. Participants are expected to bring their own instruments.

Thu, Jan 2-Dec 18, 2025, 3:30-5:30 pm (#132278)

Thu, Jan 8-Dec 17, 2026, 3:30-5:30 pm (#146511)

Kin Hut Activity Centre (No practice Jul & Aug)

*No session Sep 11*



## Harbour City Singers M

This group enjoys 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, Sep 3-Dec 3, 2-4 pm (#151897)

Wed, Jan 7-Apr 29, 2-4 pm (#151898)

Rotary Field House

## 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, Sep 19-Dec 12, 2-4 pm (#149797)

Wed, Dec 10, 12:45-2:15 pm FREE Christmas Concert

Fri, Jan 2-May 8, 2026, 2-4 pm (#149807)

Wed, May 6, 2026, 12:45-2:15 pm FREE Spring Concert

Bowen Complex Room 1

## Joyful Harmony Singing E

Share the joy of singing with easy-to-learn songs from folk to world music, and simple harmonies The series is for anyone who loves to sing.

Instructor: Sylvia Humble

Fri, Sep 19-Oct 24, 1:30-3 pm, \$96 (#151376)

Rotary Field House

## Intro to Ukulele M

No musical background required! Get a taste of the ukulele by learning some basic chords and songs in this absolute beginners' introductory class. We will learn about tuning your uke, proper position, strumming techniques, basic rhythms and chords etc. We will have you playing a few tunes by the end of the course! Must have a ukulele. Please bring a pen, pencil and paper. Handouts will be provided. A fee of \$15 is to be paid to your instructor on the first day.

Thu, Sep 18-Oct 23, 1:30-3 pm (#145011)

Oliver Woods Community Centre Hemlock room

## Ukulele Beginner to Intermediate M

This is a continuation of the intro class or for those with some basic chords and songs under their belt. Learn a few more chords and songs in this beginner to intermediate class. We will continue to practice tuning your uke, proper position, strumming techniques, basic rhythms and chords etc. You must have your own Ukulele and a music stand is recommended. Please bring a pen and paper. Handouts will be provided. A fee of \$15 is to be paid to your instructor on the first day.

Thu, Jan 15-Apr 23, 1:30-3 pm (#153788)

Oliver Woods Community Centre Hemlock Room

No session Oct 13

## Ukulele Sing & Strum M

If you like playing the ukulele and enjoy singing, come join our friendly group of uku-lovers! We play an eclectic mix of tunes, old and new, chosen from our existing repertoire. Throughout the year, we occasionally bring our music to retirement homes (participation optional). Not intended for beginners. You are required to bring your own Ukulele and music stand and knowledge of basic chords (C F G D A Em Am Dm) is mandatory. .

Tue, Sep 16-Dec 2, 1-3pm (#145007)

Tue, Jan 13-Apr 28, 1-3pm (#145009)

Oliver Woods Community Centre Salal 1

No sessions Sep 30, Nov 11

**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.

Mon, Sep 8-Dec 15, 10 am-12 pm (#145887)

Mon, Jan 5-Mar 30, 10 am-12 pm (#145888)

Bowen Complex Room 6

*No sessions Oct 13, Feb 16*

**Book Club** M

Join our welcoming Book Club, where readers gather monthly to share stories, thoughts, and good company! Books are borrowed, so there's no cost to participate—just bring your love of reading and a curious mind. Whether you're a lifelong book lover or new to book clubs, everyone is welcome!

Tue, Sep 9-Dec 2, 1-2:30 pm (#149704)

Tue, Jan 6-Mar 3, 1-2:30 pm (#149707)

Beban Park Social Centre Room 8

**Let's Play! Theatre Troupe** M

Welcome to Let's Play, an amateur theatre group. From the practical to the fanciful and whacky, bring your ideas, expertise and enthusiasm for the world of Theatre and come "Play" together. We will be spending weekly sessions experimenting and playing with different aspects of live Theatre.... including, but not limited to: acting, scripting, design, theatre games, role plays, movement and performance. Everyone's welcome, so bring your ideas and enthusiasm and Let's Play!

Wed, Sep 10-Dec 17, 10-11:30 am (#145893)

Wed, Jan 7-Mar 25, 10-11:30 am (#145914)

Bowen Complex Room 3

**Restore Balance & Overcome Fear of Falling Using the Alexander Technique** E

Do you lose balance easily, feel stiff or afraid of falling? Fear of falling can affect your independence, well-being, and quality of life. The Alexander Technique is a gentle body-mind method that improves posture, coordination, and movement. By increasing body awareness and releasing excess tension, it helps you move with greater ease, stability, and confidence—reducing the risk of falls and injury.

Instructor: Heike Walker

Mon, Nov 17-24, 3:30-5:30 pm, \$50 (#148785)

Bowen Complex Room 1

**Improve Posture, Change Movement Habits - Alexander Technique** E

Use the Alexander Technique to 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, and understand how we interfere with it through ingrained habits. We will use practical experiments to learn how to notice tightening, release muscle tension, re-establish better balance and move with ease. Anyone can learn to recuperate from stress and prevent undue wear & tear by using less effort in daily activities. Instructors will use visual, verbal, and kinaesthetic (hands-on) cues to teach better movement. Participants should be able to do gentle movements of walking, sitting, and lying on a mat.

Instructor: Heather Walker

Thu, Nov 6-Dec 4, 3:30-5 pm, \$100/5 (#153002)

Wed, Feb 18-Mar 18, 3:30-5 pm, \$100/5 (#153003)

Bowen Complex Clubhouse

*No session Nov 11*

Is anyone interested in volunteering to lead a Genealogy discussion group? If so, please see Recreation Coordinator Chelsea Barr



## Nanaimo River Watershed & Water Treatment Plant Bus Tour E

Come see the amazing journey our drinking water takes from the mountains to our homes! Enjoy an exclusive guided tour of the Nanaimo River Drinking Watershed, followed by a tour of Nanaimo's innovative Water Treatment Plant. Experts from City of Nanaimo and Mosaic will be on hand to discuss forestry, water quality, future plans and answer questions. Don't forget your camera! Meet at the South Fork Water Treatment Plant (2500 South Fork Road). Bring a lunch and wear suitable clothing and footwear for rugged ground and weather.

Fri, Sep 26, 9 am-3:30 pm, \$20 (#149889)

South Fork Water Treatment Plant  
2500 South Fork Road

## Walking Better Using the Alexander Technique E

Do aches, stiffness, or strain make walking uncomfortable? The Alexander Technique helps you move with ease by improving body awareness, releasing tension, and changing harmful movement habits. Learn to walk with better posture, balance, and a natural spring in your step!

Instructor: Heike Walker

Mon, Oct 20-Nov 3, 3:30-5:30 pm, \$50 (#148783)

Bowen Complex Room 1

## Journal Making Workshop E

Make a One of a Kind writing journal! In this class we will make 2 signature journals using vintage book pages, maps, music pages, lace, envelopes and a wide variety of "found" papers to write on. The journal will be theme based -you can choose 1 out of 6 samples on the first night. Inside we add pockets, flips, tags, journaling cards. Use your imagination to personalize your unique journal.

Instructor: Brenda Graw

Sat, Sep 27-Oct 25, 11:30 am-1 pm, \$65 (#149611)

Sat, Feb 7-Mar 7, 11:30 am-1 pm, \$65 (#152140)

Bowen Complex Room 4

## 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).

Fri, Sep 5-Dec 19, 11 am-1:30 pm

Bowen Complex Room 1

## The Magic of Magnesium E

Are you battling Insomnia or struggling with restless leg syndrome, age related sleep changes, or joint pain? Join us in this fun and informative class on the miracle mineral, Magnesium Chloride! In this class we will combine Magnesium along with additional botanicals and essential oils.

Instructor: Cheryl Theilade/Scentimental Creations

Sat, Oct 25, 12-2 pm, \$40 (#143394)

Bowen Clubhouse

## Ukulele Chord Theory Workshop M

Have you wondered how or why we play the chords we do? We will go step by step from basic theory of the major scale, intervals, accidentals and how we use these to build our common chords. We will use a selection of songs and practice transposing to other keys. This workshop is intended for those with a fair amount of knowledge of the chords we use in popular songs. The ability to play basic chords, ex C F G D A Bb Dm Em Dm Am is recommended. Bring your ukulele or guitar, music stand, black pen, pencil, highlighter and ruler. Must have a ukulele and \$10 for the instructor.

Fri, Nov 25, 9 am-1 pm (#154254)

Oliver Woods Community Centre Hemlock Room



## 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, Aug 12 | 9 am-12 pm | FREE

Tue, Sep 9 | 9 am-12 pm | FREE

Tue, Oct 7 | 9 am-12 pm | FREE

Tue, Nov 4 | 9 am-12 pm | FREE

Tue, Dec 2 | 9 am-12 pm | FREE

Tue, Jan 13 | 9 am-12 pm | FREE

Tue, Feb 3 | 9 am-12 pm | FREE

Tue, Mar 3 | 9 am-12 pm | FREE

**Bowen Park Complex**

Tue, Aug 21 | 9 am-12 pm | FREE

Tue, Sep 23 | 9 am-12 pm | FREE

Tue, Oct 21 | 9 am-12 pm | FREE

Tue, Nov 18 | 9 am-12 pm | FREE

Tue, Dec 9 | 9 am-12 pm | FREE

Tue, Jan 20 | 9 am-12 pm | FREE

Tue, Feb 17 | 9 am-12 pm | FREE

Tue, Mar 17 | 9 am-12 pm | FREE

**Oliver Woods Community Centre**



### Managing Arthritis and Joint Pain Workshop

Gain insights into coping with arthritis, reducing inflammation, and maintaining joint function through strategies involving lifestyle adjustments. This presentation is led by Ms Kamal Parmar, former Poet Laureate and a Functional Medicine practitioner. She is also certified in Chronic Pain Self-management Program from University of Victoria.

Wed, Sep 17 | 2-3 pm | FREE | [148365](tel:2507557501)

**Bowen Complex Room 1**



### Bone Health & Osteoporosis Workshop

Learn about the unique risks and symptoms of heart disease in women, strategies for prevention, and lifestyle habits to support heart health. This presentation is led by Ms Kamal Parmar, former Poet Laureate and a Functional Medicine practitioner. She is also certified in Chronic Pain Self-management Program from University of Victoria.

Wed, Dec 3 | 2-3 pm | FREE | [148367](tel:2507557501)

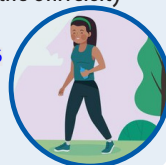
**Bowen Complex Room 1**

### Understanding Women's Heart Health Workshop

Learn about the unique risks and symptoms of heart disease in women, strategies for prevention, and lifestyle habits to support heart health. This presentation is led by Ms. Kamal Parmar, who is a certified herbal practitioner, Natural Health Consultant and holds a diploma in Alternative Medicine. She is also certified in chronic pain self-management from the Chronic Disease and Self-Management Program at the University of Victoria.

Wed, Oct 15 | 2-3 pm | FREE | [148366](tel:2507557501)

**Bowen Complex Room 1**



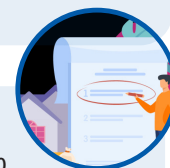
### Learn How to Ride the Bus

Are you feeling confused or unsure how to get around on transit? Then join us for a fun and FREE group session. Learn everything you need to know to be confident riding the bus. We will show you how to read the transit maps and schedules, how to buy passes and how it works for scooters, walkers, wheelchairs, bikes and more. We will bring a bus to the session so you can get a hands-on experience. Pre-registration is required. All ages welcome; children must be accompanied by an adult.

Sun, Oct 19 | 1-2:30 pm | FREE | [151587](tel:2507557501)

Sun, Oct 19 | 4-5:30 pm | FREE | [151588](tel:2507557501)

**Beban Park Parking Lot**



### 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.

Presenters: Stuart Green, Lonsdale Funeral Group Inc. and Cole L Ferencz BA JD, Barrister solicitor notary.

Wed, Sep 24 | 1:30-3:30 pm | [148384](tel:2507557501)

Wed, Nov 12 | 1:30-3:30 pm | [148385](tel:2507557501)

**Bowen Park Complex Room 1**

### 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**





## FREE (OR ALMOST FREE) PROGRAMS Especially for 60+ Participants



### Advance Care Planning

Advance Care Planning is a plan for tomorrow, so you can live for today. In this workshop you will learn the what, why, who, when and how of planning for your care. We'll discuss the importance of and how to talk with others so they know what matters most to you. We will review how decisions are made when you aren't able to make them for yourself. We will guide you on how to choose the best person to speak on your behalf if you are not able to speak. This course is FREE to anyone interested.

Presenter: Judy Cook, a Medical Advocate & End of Life Support Specialist - Graceful Journeys.

Wed, Nov 19 | 2-3 pm | FREE | [150045](#)

Bowen Park Complex Room 1



### Stroll with a Pro

Join one of our local birding experts for a guided walk through our parks and discover the diverse birdlife that calls this area home. Bring your binoculars and a camera if you'd like to capture the sights. This program runs rain or shine, so come prepared for the weather!

#### BIRDING at NECK POINT

Sat, Nov 15 | 9-10:30 am | FREE | [148852](#)

Sat, Feb 7 | 9-10:30 am | FREE | [148853](#)

#### BIRDING at DIVER LAKE

Sat, Oct 18 | 9-10:30 am | FREE | [148843](#)

Sat, Mar 7 | 9-10:30 am | FREE | [148844](#)

#### BIRDING at BUTTERTUBS MARSH

Tue, Sep 2 | 6-7:30 pm | FREE | [148840](#)

Sat, Jan 10 | 9-10:30 am | FREE | [148841](#)



### Keep Love in the Home, Learn about Elderdog

Elderdog provides free, volunteer services to seniors (age 55+) who have dogs and require assistance in order to maintain that relationship. Services include dog walking, pick up & delivery of pet food, transportation to veterinary or grooming care and temporary fostering during hospitalization or other reasons. The bond between dogs and their human families is particularly strong as both enter their senior years. The dog may be the only loving, non-judgmental companion the senior has and taking care of the dog may give the owner's life purpose and meaning. It is a great reason to get out of bed in the morning! Elderdog's goal is "to keep love in the home". Learn more about our work and how you can become involved, either as volunteers or as a client.

Instructor: Sharon S, Communications Coordinator

with Elderdog Canada

Wed, Nov 26 | 2-3 pm | FREE | [150056](#)

Bowen Park Complex Room 1



### 5 Myths Surrounding Medical Assistance in Dying

This presentation will address the top 5 myths surrounding Medical Assistance in Dying in Canada by a VIU researcher who has completed several studies on the topic. This event is hosted by Butterfly House Society of Vancouver Island.

Sun, Nov 23 | 2-3:30 pm | FREE | [151368](#)

Bowen Park Complex Room 1



### History of Medical Assistance in Dying in Canada

Learn about the history of Medical Assistance in Dying in Canada, local statistics and the application process from the perspective of a Nanaimo physician. This event is hosted by Butterfly House Society of Vancouver Island.

Sun, Oct 19 | 2-3:30 pm | FREE | [151367](#)

Bowen Park Complex Room 1

### 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, Sept 3 | 2-3pm | FREE | [145916](#)

Bowen Park Complex Room 1



### Smart Phone Workshops

Join us for two free workshops designed for seniors to help master their smartphones. We will review essentials like phoning, messaging, or/and camera functions. We'll also explore downloading and using apps. We will also discuss security and online safety.

Wed, Oct 22 & 29 | 1:30-3:30 pm | \$10 | [146995](#)

Bowen Complex Room 1

### Nanaimo Community Health Services

Learn about the many health services available to you right in our own community.

Wed, Oct 8 | 2-3 pm | FREE | [145984](#)

Bowen Park Complex Room 1



### Canada Revenue Agency

The Canada Revenue Agency (CRA) and Service Canada are here sharing info about the GST/HST Credit, Canada Worker's Benefit, ways to do your taxes and how to be scam smart.

Wed, Oct 1 | 1:30-3 pm | FREE | [153366](#)

Bowen Park Complex Room 1





# TRIPS with JANIE'S BUS

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

## Dining Out!

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

### BLACK BIRD SCHNITZEL HOUSE IN QUALICUM

Tue, Oct 28 | 3-8 pm | \$35/1 | [152082](#)

### MAST HEAD IN COWICHAN BAY

Fri, Nov 7 | 4-8 pm | \$35/1 | [152079](#)

### FRENCH CREEK PUB

Tue, Jan 6 | 3:30-8 pm | \$35/1 | [152086](#)

### GENOA BAY CAFE IN MAPLE BAY

Sun, Mar 29 | 3:30-9 pm | \$35/1 | [152087](#)

Meet at Bowen Park

## Thrift Shop Hop - Campbell River

Travel up to Campbell River and discover treasures in the local thrift stores. We will make it to as many stores as we can. This program is walker accessible.

Fri, Sep 12 | 8 am-5:30 pm | \$45/1 | [152053](#)

Wed, Nov 12 | 8 am-5:30 pm | \$45/1 | [152054](#)

Mon, Jan 12 | 8 am-5:30 pm | \$45/1 | [152055](#)

Thu, Mar 12 | 8 am-5:30 pm | \$45/1 | [152056](#)

Meet at Bowen Park

## Victoria

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

Mon, Sep 15 | 8 am-5:30 pm | \$65/1 | [152060](#)

Sat, Nov 15 | 8 am-5:30 pm | \$65/1 | [152062](#)

Mon, Dec 15 | 8 am-5:30 pm | \$65/1 | [152063](#)

Sun, Feb 15 | 8 am-5:30 pm | \$65/1 | [152064](#)

Sun, Mar 15 | 8 am-5:30 pm | \$65/1 | [152065](#)

Meet at Bowen Park

## Ucluelet & Tofino

Spend time at the beach eating lunch (pack your own or go into Tofino for lunch and do some shopping). We will go to Ucluelet to the Amphitrite Point Lighthouse and take in the rugged coastal view of the Wild Pacific Trail. Bring your camera as the photo opportunities are endless!

Sat, Sep 20 | 8 am-8 pm | \$75/1 | [152066](#)

Mon, Oct 20 | 8 am-8 pm | \$75/1 | [152067](#)

Thu, Nov 20 | 8 am-8 pm | \$75/1 | [152069](#)

Tue, Jan 20 | 8 am-8 pm | \$75/1 | [152070](#)

Fri, Feb 20 | 8 am-8 pm | \$75/1 | [152071](#)

Fri, Mar 20 | 8 am-8 pm | \$75/1 | [152073](#)

Meet at Bowen Park

Meals are not included, and some trips have extra fees to cover ferry or admission costs.

## South Island Nursery Hop

The nurseries we will visit are Blenkinsop Garden Works, Elk Lake, Patio Garden Centre, Dinter Nursery and Klein Nursery.

Tue, Sep 30 | 8 am-5 pm | \$50/1 | [151870](#)

Meet at Bowen Park

## Port Renfrew

Visit Botanical Beach and have lunch at the Port Renfrew Pub.

Tue, Oct 7 | 8 am-5 pm | \$95/1 | [151873](#)

Meet at Bowen Park

## Sidney by the Sea

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

Fri, Oct 10 | 8 am-5:30 pm | \$65/1 | [152057](#)

Wed, Dec 10 | 8 am-5:30 pm | \$65/1 | [152058](#)

Tue, Feb 10 | 8 am-5:30 pm | \$65/1 | [152059](#)

Meet at Bowen Park

## Taylor River -

### Port Alberni Salmon Run

We will check out the Taylor River Sockeye Run and stop at Stamp Falls for the chinook and coho. October is a very camera perfect time of year.

Wed, Oct 15 | 8 am-5:30 pm | \$65/1 | [151871](#)

Meet at Bowen Park

## Cowichan Wine Tour & Lunch

Enjoy touring three vineyards in the Cowichan Valley, including Rocky Creek, Emandare, Alderlee and Enrico. We will stop at the Rock Cod in Cowichan Bay for lunch. The price includes wine tastings. This program is walker accessible.

Sun, Sep 7 | 9:30 am-5:30 pm | \$125/1 | [152080](#)

Sun, Mar 8 | 9:30 am-5:30 pm | \$125/1 | [152081](#)

Meet at Bowen Park



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

## Cedar Christmas Craft Tour

Come and enjoy island-produced creativity and take in a unique Christmas experience. Artisans welcome you to enjoy the wonderful setting that they have created for you at their farms, studios and shops. Lunch will be at the Crow and Gate.

Sun, Nov 16 | 9:30 am-5:30 pm | \$45/1 | [151983](#)

Fri, Nov 21 | 9:30 am-5:30 pm | \$45/1 | [151984](#)

Meet at Bowen Park

## Ladysmith Light-Up

Enjoy the lights, parade, fireworks, crafts and more. Dress warmly for the cool night air. We will park right beside the parade route. Please bring a chair if you want. This trip is self-guided and walker accessible.

Thu, Nov 27 | 3:30-9 pm | \$55/1 | [152015](#)

Meet at Bowen Park

## Nanaimo Christmas Light Tour

Spend the evening getting into the Christmas spirit taking in Nanaimo's beautiful Christmas lights with Janie and friends.

Sun, Dec 21 | 4-8 pm | \$30/1 | [152093](#)

Mon, Dec 22 | 4-8 pm | \$30/1 | [152094](#)

Meet at Bowen Park

## Bird Watch Eagles: Comox

Salmon will be running at the estuary and other popular eagles and bird hangouts. We will see if the eagles are at Lazo Beach playing in the wind turbulences. We will stop for lunch at Black Fin, or feel free to pack your own. Remember to bring your camera.

Sat, Jan 31 | 8 am-5:30 pm | \$55/1 | [152017](#)

Meet at Bowen Park

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).



# VOLUNTEERS in PARKS

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

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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, maintenance work and 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:

- |   |  |
|---|--|
| • <b>Sat, Sep 27, 10 am-12 pm</b><br>Invasive Plant Removal at Bowen Park ( <a href="#">149377</a> )        | • <b>Sat, Dec 6, 10 am-12 pm</b><br>Invasive Plant Removal at Rock City Park ( <a href="#">150801</a> )                      |
| • <b>Sat, Oct 18, 10 am-12 pm</b><br>Invasive Plant Removal at Buttertubs Marsh ( <a href="#">149378</a> )  | • <b>Tue, Feb 3, 10 am-12 pm</b><br>Invasive Plant Removal at Buttertubs Marsh ( <a href="#">150802</a> )                    |
| • <b>Tue, Oct 28, 10 am-12 pm</b><br>Invasive Plant Removal at Colliery Dam Park ( <a href="#">150774</a> ) | • <b>Sat, Feb 21, 10 am-12 pm</b><br>Invasive Plant Removal at Brookwood Park ( <a href="#">150806</a> )                     |
| • <b>Sat, Nov 15, 10 am-12 pm</b><br>Invasive Plant Removal at Richard's Marsh ( <a href="#">150775</a> )   | • <b>Tue, Mar 10, 10 am-12 pm</b><br>Invasive Plant Removal Richard's Marsh ( <a href="#">150808</a> )                       |
| • <b>Tue, Nov 25, 10 am-12 pm</b><br>Invasive Plant at Piper's Lagoon Park ( <a href="#">150797</a> )       | • <b>Sat, Mar 21, 10 am-12 pm</b><br>Invasive Plant Removal at Piper's Lagoon for World Water Day ( <a href="#">150810</a> ) |

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).

Why  
participate?

*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.*

# **Senior Christmas Lunch**

**Bowen Park Complex**

**Friday, December 5, 2025**

**12-1:30 pm**

**Join us for our annual Bowen Christmas lunch, catered by the Food Genie and enjoy live music. 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.**

**12-1:30 pm**

**Members \$30**

**Non-members \$35**

**Barcode#153512**

**Ticket sales end Nov 21**

