



Parks, Recreation & Culture • Nanaimo Harbour City Seniors

# ADULT 60+ PROGRAMS

April 1-August 31 2024



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

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

Registration Date 2024-MARCH-06



### In this Issue...

- Senior Membership & Information.....2
- Senior Advisory Committee & Withdraw Policy.....3
- Pottery ..... 4-5
- Arts & Crafts..... .6-9
- Cards & Games.....10-11
- Bowen Wanderers..... 12
- Fitness & Wellness.....13-18
- Sports..... 19
- Dance.....20-22
- Music.....23-24
- Thursday Music Entertainment.....25-26
- Special Interests.....27-28
- FREE (or almost Free programs).....29
- Janie's Got a Bus Trips & Tours.....30-36
- Concerts in the Park.....37
- Volunteers in Parks.....38

Last Updated 2024-Apr-25



- Green Initiatives
- Parks, Rec & Culture
- City Services
- Property & Development
- Transportation & Mobility
- Your Government
- Doing Business
- Get Involved

## Recreation Facilities & Schedules

- Activity Guide
- Book an Event
- Children's Recreation Programs
- Youth Recreation Programs
- Adult Recreation Programs

[Senior Recreation Programs](#)

## Parks & Trails

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

- Trails
- Beach Reports

## Events

- Program
- Art in Public Spaces Working Group

NANAIMO PARKS, RECREATION & CULTURE  
Spring & Summer 2024 Activity Guide  
March to August 2024

recreation.nanaimo.ca  
250-756-5200  
Registration starts on Wednesday, March 6.

CITY OF NANAIMO  
PARKS, RECREATION & CULTURE

## Drop-In Schedules

### 3 Month Harbour City Senior Membership

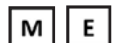
This membership is created for out of town clients who are visiting Nanaimo for a short period of time such as snow birds who are here for the spring. This pass will end 90 days from purchase date, any time of the year. Ask the front desk for clarification.

\$15



### 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 to December 2024. The annual membership is \$46 per person and will be prorated for those who join later in the year. Your membership provides you with access to several free City of Nanaimo, Parks, Recreation and Culture programs. The purchase of a membership does not mean that you are automatically registered in these programs. You must register for the specific programs that you wish to participate in. Membership can be purchased in person or over the phone (payment required by credit card, MC/Visa Debit or American Express). The information you will need to provide includes name, address, email address, phone number, birthdate and an emergency contact. Look for the symbols stating 'member'. To know what programs are included in a membership, look for the 'M'. If you see an "E", the program is open to everyone. Registration is available in person at Oliver Woods Community Centre, Beban Park, Bowen Park Complex and the Nanaimo Aquatic Centre. See a list of registration locations on page 3.





# Senior Advisory Committee

Greetings for Seniors Spring Program Guide from Lynda Avis (February 23, 2024)

Greetings to all NHCS members!

As I write this greeting, it feels and looks like spring, with mild temperatures and clear blue skies. It is time for us to enjoy our great outdoor playground under the guidance and encouragement of the City's Parks and Recreation department. On those rainy days, there is still lots to enjoy indoors, to exercise our bodies and minds. Take time to check out the spring program guide; perhaps, sign up for something new, and encourage non-members to do the same.

Next month, the City has planned a Seniors Volunteer Appreciation event, to recognize the services of so many volunteers who help with the organization of various senior programs; without whom many of the programs could not be offered. This event to honour these volunteers is well-deserved!

Remember, whatever you choose to do, do it with a smile, as it will pay dividends to you, and all those around you.

Warmly,

Lynda Avis, Chair, NHCS Advisory Committee



## Recreation Coordinator - Seniors

Chelsea Barr  
250-755-7524  
Chelsea.Barr@nanaimo.ca

### Program Withdrawal & Refund Policy

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

**Starting March 6 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 fall programs (Sept-Dec) is on AUGUST 14**



# Bowen Park Pottery Studio

Tuesday, April 2 to Saturday, August 31 (closed on all stat holidays)

Studio Closure June 28-July 7

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

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

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

## SPRING/SUMMER DROP-IN SCHEDULE

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

\*Harbour City Senior membership only apply on Mondays, Tuesday's, Wednesday's and Thursday's day hours.

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



## 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.

Mon, Jul 15-Aug 26, 6-8:30 pm, \$174/6 (#115582)

Tue, Apr 2-May 7, 6:30-9 pm, \$174/6 (#115604)

Tue, May 14-Jun 25, 6:30-9 pm, \$203/7 (#115605)

Tue, Jul 9-Aug 13, 6:30-9 pm, \$174/6 (#115606)

Fri, Apr 5-May 10, 4-6:30 pm, \$174/6 (#115600)

Fri, May 17-Jun 21, 4-6:30 pm, \$174/6 (#115601)

Fri, Jul 12-Aug 16, 4-6:30 pm, \$174/6 (#115602)

Sat, Apr 6-May 11, 1:30-4 pm, \$174/6 (#115607)

Sat, May 18-Jun 22, 1:30-4 pm, \$174/6 (#115608)

Sat, Jul 13-Aug 24, 1:30-4 pm, \$203/7 (#115609)

Sun, Apr 7-May 12, 9-11:30 am, \$174/6 (#115589)

Sun, Apr 7-May 12, 12-2:30 pm, \$174/6 (#115592)

Sun, May 19-Jun 23, 9-11:30 am, \$174/6 (#115590)

Sun, May 19-Jun 23, 12-2:30 pm, \$174/6 (#115593)

Sun, Jul 7-Aug 11, 9-11:30 am, \$174/6 (#115591)

Sun, Jul 7-Aug 11, 12-2:30 pm, \$174/6 (#115594)

Bowen Complex Pottery Room

### Pottery Workshop-Handbuilt Mug

Participants will make a mug without the use of a pottery wheel. You are encouraged to bring textures and other materials to stamp into the clay to make it your own.

First Class, participants will learn how to construct a mug, and the Second Class will be glazing the mugs.

Tue, Aug 20-27, 6:30-9 pm, \$60/2 (#115610)

Bowen Complex Pottery Room



### Pottery Wheel Intermediate

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

Mon, Apr 8-May 13, 6-9 pm, \$174/6 (#115555)

Mon, May 27-Jul 8, 6-9 pm, \$174/6 (#115556)

Fri, Apr 5-May 10, 12-3 pm, \$174/6 (#115598)

Fri, May 17-Jun 21, 12-3 pm, \$174/6 (#115599)

Bowen Complex Pottery Room

### Pottery Workshop-Handbuilt Dishes

Participants will make a project of their choosing without the use of a pottery wheel. You are encouraged to bring textures and other materials to stamp into the clay to make it your own.

First Class, participants will learn how to construct a dish, and the second class will be glazing the dish.

Sun, Aug 18-25, 9-11:30 am, \$60/2 (#115596)

Sun, Aug 18-25, 12-2:30 pm, \$60/2 (#115597)

Bowen Complex Pottery Room

### Pottery Workshop-Handbuilt Butter Dish

Participants will make a project of their choosing without the use of a pottery wheel. You are encouraged to bring textures and other materials to stamp into the clay to make it your own.

First Class, participants will learn how to construct a butter dish, and the second class will be glazing the dish.

Fri, Aug 23-30, 4-6:30 pm, \$60/2 (#115603)

Bowen Complex Pottery Room





### Adult Colouring M

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

Mon, Apr 8-Jun 24, 1-3:30 pm (#113229)  
Bowen Complex Room 2

### Art as Meditation E

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

Sat, May 4-Jun 22, 10:30-12:30 pm, \$120 (#115761)  
Bowen Complex Room 4



### Beginner Watercolour - Flowers E

New to Watercolour? Love flowers? Develop your watercolour painting skills using a variety of flower subjects. Gain basic watercolour techniques utilizing water, colour, and light to produce realistic paintings with Judy-Anne as your guide. This class will move outside on sunny days to paint real flowers and/or floral landscapes.

Tue, Apr 2-Jun 11, 11 am-1 pm, \$150 (#115760)  
Bowen Complex Room 4



### Crafty Workers M

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

Wed, Apr 3-Aug 28, 1-3 pm (#113233)  
Bowen Complex Room 4

### Crochet & Crafts M

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

Fri, Apr 5-Aug 30, 1-3 pm (#113234)  
Bowen Complex Room 4

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



### Creative Writing E

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

Tue, Apr 9-May 28, 7-9 pm, \$96 (#116627)

Bowen Complex Room 4

### Embroidery M

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

Thu, Apr 4-Aug 29, 1 -4 pm (#113236)

Bowen Complex Room 4

### Folk Art, Decorative Painting & Crafts M

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

Fri, Apr 5-Jun 28, 9:30 am-12 pm (#113241)

Bowen Complex Room 2



### Folk Art Beginner M

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

Wed, Apr 3-Jun 26, 10 am-12 pm (#113868)

Bowen Complex Room 3

### Mixed Painting - Advanced M

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

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

Thu, Apr 4-Jun 27, 9 am-12:30 pm (#113246)

Bowen Complex Room 6

### Multi Medium Art M

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

Wed, Apr 3-Jun 26, 9:30 am -12 pm (#113259)

Bowen Complex Room 5







### Quilting M

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

Tue, Apr 2-Jun 25, 12:30-3:30 pm (#113885)

Bowen Complex Room 6

### Simply Sewing M

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

Tue, Apr 2-Jun 25, 9 am-12 pm (#113254)

Bowen Complex Room 6

### 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.

### Stained Glass - Drop-in M

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

Fri, Apr 5-Jun 21, 9 am-12 pm (#113883)

Sun, Apr 7-Jun 23, 11:30 am-2:30 pm (#113881)

Cost: Free

Bowen Complex Room 5

### Introduction to Stained Glass M

Participants will learn how to cut glass, make a design, choose suitable stained glass and cut it, grind, foil, solder, and finish and clean the art piece. Participants will become familiar with the tools and materials used in making stained glass projects while learning and practicing the various stained glass skills. Having mastered the basics of cutting glass, participants will explore their creativity and practice their skills by completing a stained glass project of their choosing. The first 3 sessions are crucial and will not be re taught if a session is missed.

Fri, Apr 5-Apr 26, 9 am-12 pm (#115224)

Cost: \$35

Bowen Complex Room 5







## Stained Glass Intermediate M

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

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

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

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

Tue, Mar 5-Apr 23, 9 am-12 pm, \$35 (#115213)

Bowen Complex Room 5

## Woodworking M

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

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

Mon & Tue, Apr 2-Jun 25, 10 am-3 pm (#113260)

Bowen Complex Woodworking Room

## Woodcarving M

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

Thu, Apr 4-Jun 27, 9 am-12 pm (#113255)

Bowen Complex Room 5/Woodworking Room



### NO SCENTS MAKES SENSE



Please consider those who are sensitive to scented products by not wearing them in the centres. Thank you



## Beginner Bridge Level 1 M

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

Thu, Apr 4-Aug 29, 9:30 am-12 pm (#111831)

Bowen Complex Room 4

## Bridge Level 2 M

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

Thu, Apr 4-Aug 29, 9:30 am-12 pm (#111834)

Bowen Complex Room 3

## Thursday Bridge M

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

Thu, Apr 4-Aug 29, 12:30-4 pm (#111975)

Bowen Complex Room 1



## Tuesday Bridge M

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

Tue, Apr 2-Jun 11, 1-4 pm (#111844)

Oliver Woods Community Centre Monarch Room 1/2

## 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, Apr 5-Jun 14, 6:30-10 pm (#111979)

Oliver Woods Community Centre Monarch Room 1

## Canasta M

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

Thu, Apr 4-Jun 27, 1-3 pm (#112111)

Thu, Jul 4-Aug 29, 1-3 pm (#114228)

Bowen Complex Room 5 (Rm 2 in Jul/Aug)

## Drop-in Board Games & Cards M

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

Sun, Apr 7-Aug 25, 1-3 pm (#116255)

Bowen Complex (rooms will vary week to week)



## 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, Apr 2-Aug 27, 1-4 pm (#112110)

Bowen Complex Room 1

## Euchre for Fun M

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

Tue, Apr 2-Jun 11, 10 am-12 pm (#112114)

Tue, Jul 2-Aug 27, 10 am-12 pm (#118898)

Oliver Woods Community Centre

## 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 Euchre on Mondays.

Mon, Apr 8-Aug 26, 1-3 pm (#112229)

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, Apr 5-Jun 28, 1-3 pm (#114129)

Bowen Complex Bowen 5



## Mahjong-Wednesdays M

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

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

Wed, Apr 3-Jun 26, 10 am-12:30 pm (#112234)

Bowen Complex Room 4

## Mahjong-Mondays M

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

Mon, Apr 8-Aug 26, 10 am-12:30 pm (#112116)

Bowen Complex Room 4

## Scrabble M

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

Fri, Apr 5-Aug 30, 1:30-4:30 pm (#112235)

Bowen Complex Room 3

## Scrabble for Fun M

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

Tue, Apr 2-Aug 27, 12:30-3pm (#112237)

Bowen Complex Room 3

## 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, Apr 3-Aug 28, 12:30-3 pm (#112239)

Bowen Complex Room 3





### South Destinations:

Meet at Bowen Complex lobby  
(500 Bowen Road)



### North Destinations:

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



## 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 AI for more information 250-585-8271.

Thu, Apr 4-Aug 29, 9:30 am-1 pm (#113886)

April 4		Nanaimo River Trail/ Nanaimo River Fish Hatchery	June 20		Linley Valley
April 11		Westwood Lake PUB LUNCH	June 27		Jack Point
April 18		Holland Creek (Ladysmith)	July 4		Nanaimo River/Nanaimo River Fish Hatchery
April 25		Colliery Dam	July 11		Cable Bay
May 2		Englishman River Falls	July 18		Little Qualicum River Falls
May 9		Extension Ridge/ Petroglyphs	July 25		Buttertubs Marsh
May 16		Harwood Plains & Richards Marsh Park	August 1		Haslam Creek
May 23		Qualicum Heritage Forest/ Qualicum Waterfront	August 8		Nanaimo Harbourfront starting at Bowen Complex PUB LUNCH
May 30		Yellowpoint Park/Blue Heron Park	August 15		Saysutshun (Newcastle Island) Marine Provincial Park
June 6		Gabriola Island PUB LUNCH	August 22		Morrell Sanctuary
June 13		Moorecroft Regional Park / Beachcomber Regional Park PUB LUNCH	August 29		Enos Lake (Nanoose) PUB LUNCH

**Please Note:**

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



### Fitness - Level 1 M

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

Instructor: Russell McNeil

Mon, Apr 8-Apr 29, 10:15-11:15 am, \$18/4 (#113987)

Mon, May 6-Jun 10, 10:15-11:15 am, \$22.50/5 (#113988)

Mon, Jun 17-Jul 22, 10:15-11:15 am, \$22.50/5 (#113991)

Mon, Jul 29-Aug 26, 10:15-11:15 am, \$18/4 (#113992)

Bowen Complex Auditorium

No sessions May 20, Jul 1, Aug 5

Instructor: Russell McNeil

Thu, Apr 4-Apr 25, 9-10 am, \$18/4 (#113994)

Thu, May 2-May 30, 9-10 am, \$22.50/5 (#113996)

Thu, Jun 6-Jun 27, 9-10 am, \$18/4 (#113997)

Thu, Jul 4-Jul 25, 9-10 am, \$18/4 (#113998)

Thu, Aug 1-Aug 29, 9-10 am, \$22.50/5 (#113999)

Bowen Complex Auditorium

Instructor: Dustin King

Fri, Apr 5-Apr 26, 11:30 am-12:30 pm, \$18/4 (#114000)

Fri, May 3-May 24, 11:30 am-12:30 pm, \$18/4 (#114001)

Fri, May 31-Jun 14, 11:30 am-12:30 pm, \$13.50/3 (#114002)

Fri, Jul 5-Jul 26, 11:30 am-12:30 pm, \$18/4 (#114027)

Fri, Aug 2-30, 11:30 am-12:30 pm, \$22.50/5 (#116654)

Oliver Woods Monarch 1 (Jul & Aug, Salal 1)

### Fitness - Level 2 M

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

Instructor: Heather Honey

Thu, Apr 4-Apr 25, 10:30-11:30 am, \$18/4 (#114004)

Thu, May 2-May 30, 10:30-11:30 am, \$22.50/5 (#114006)

Thu, Jun 6-Jun 27, 10:30-11:30 am, \$18/4 (#114010)

Thu, Jul 4-Jul 25, 10:30-11:30 am, \$18/4 (#114011)

Thu, Aug 1-Aug 29, 10:30-11:30 am, \$18/4 (#114016)

Bowen Complex Auditorium

No session Aug 22

Instructor: Russell McNeil

Fri, Apr 5-Apr 26, 9:30-10:30 am, \$18/4 (#114017)

Fri, May 3-May 24, 9:30-10:30 am, \$18/4 (#114018)

Fri, May 31-Jun 14, 9:30-10:30 am, \$13.50/3 (#114020)

Fri, Jul 5-Jul 26, 9:30-10:30 am, \$18/4 (#114029)

Fri, Aug 2-Aug 30, 9:30-10:30 am, \$22.50/5 (#114031)

Oliver Woods Monarch 1 and 2 (Salal 1 in Jul & Aug)

No session Jun 21

### Dance Fitness E

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

Instructor: Mary Keel

Sat, Apr 6-Apr 27, 9-10 am, \$32/4 (#114087)

Sat, May 4-Jun 29, 9-10 am, \$56/7 (#114093)

Sat, Jul 6-Jul 27, 9-10 am, \$32/4 (#114090)

Bowen Complex Room 1



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





## Balance & Mobility E

Balance, movement & mobility - the three steps you need to maintain a healthy lifestyle. This class will assist participants in improving balance. The instructor will lead you through a variety of exercises to improve stability and confidence performing day to day activities. The workout is designed to improve posture, build muscle strength and speed, sharpen reflexes, expand flexibility and strengthen the core. The instructor may also give tips for fall-proofing your home.

Instructor: Russell McNeil

Wed, Apr 3-May 1, 3-4 pm, \$40/5 (#114078)

Mon, Apr 15-May 13, 4-5 pm, \$40/5 (#119886)

Wed, May 8-Jun 12, 3-4 pm, \$48/6 (#114079)

Mon, May 27-Jun 24, 4-5 pm, \$40/5 (#119996)

Wed, Jul 3-Jul 31, 3-4 pm, \$40/5 (#114082)

Wed, Aug 7-Aug 28, 3-4 pm, \$32/4 (#114083)

Oliver Woods Community Centre Salal 2 and 3

## Gentle Yoga E

This is a gentle Hatha style class that focuses on gentle stretches before each pose. Time is given to rest or relax briefly after anything that is strenuous. This is not a flow class. Participants must bring their own yoga equipment (mats, blocks, straps, etc) as no equipment is provided.

Instructor: Heather Honey

Fri, Apr 5-Apr 26, 9:45 am-10:45 am, \$32/4 (#116680)

Fri, Apr 5-Apr 26, 11 am-12 pm, \$32/4 (#114669)

Fri, May 3-May 31, 9:45 am-10:45 am, \$32/4 (#116692)

Fri, May 3-May 31, 11 am-12 pm, \$32/4 (#114670)

Fri, Jun 7-Jun 28, 9:45 am-10:45 am, \$32/4 (#116694)

Fri, Jun 7-Jun 28, 11 am-12 pm, \$32/4 (#114672)

Nanaimo Ice Centre Lounge 2

Fri, Jul 5-Jul 26, 11 am-12 pm, \$32/4 (#115438)

Fri, Aug 9-Aug 30, 11 am-12 pm, \$32/4 (#115440)

Outdoor Bowen Tennis Wall

## Sculpt & Tone E

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

Instructor: Brian Sugiyama

Tue, Apr 2-Apr 30, 10:30 -11:30 am, \$40/5 (#113963)

Tue, May 7-May 28, 10:30 -11:30 am, \$32/4 (#113966)

Tue, Jun 4-Jun 25, 10:30 -11:30 am, \$32/4 (#113968)

Tue, Jul 9-30, 10:30-11:30 am, \$32/4 (#113969)

Tue, Aug 6-Aug 27, 10:30-11:30 am, \$32/4 (#113970)

Bowen Complex Auditorium

Wed, Apr 3-24 10:30-11:30 am, \$32/4 (#115396)

Wed, May 1-29, 10:30-11:30 am, \$40/5 (#115432)

Wed, Jun 5-26 10:30-11:30 am, \$32/4 (#115433)

Wed, Jul 10-31, 10:30-11:30 am, \$32/4 (#115434)

Wed, Aug 7-28, 10:30-11:30 am, \$32/4 (#115435)

Bowen Complex Room 6 (Jul & Aug Room 1)

Thu, Apr 4-May 16, 10:30-11:30 am, \$40/5 (#113973)

Thu, May 23-Jun 27, 10:30-11:30 am, \$48/6 (#113975)

Thu, Jul 11-Aug 1, 10:30-11:30 am, \$32/4 (#113977)

Thu, Aug 8-Aug 29, 10:30-11:30 am, \$32/4 (#117903)

Beban Park Social Centre Lounge C







### Sound Bath & Meditation E

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

Instructor: Michelle Krascek

Wed, Apr 3-Apr 24, 12-1 pm, \$32/4 (#114297)

Wed, May 1-May 29, 12-1 pm \$40/5 (#114299)

Wed, Jun 5-Jun 26, 12-1 pm, \$32/4 (#114303)

Bowen Complex Room 1

Wed, Apr 3-May 8, 6:45-7:45 pm, \$48/6 (#114306)

Wed, May 15-Jun 12, 6:45-7:45 pm, \$40/5 (#114310)

Oliver Woods Community Centre Tree Frog Room

### Chair Yoga E

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

Instructor: Russell McNeil

Tue, Apr 2-Apr 30, 9-10 am, \$40/5 (#113904)

Tue, May 7-May 28, 9-10 am, \$32/4 (#113905)

Tue, Jun 4-Jun 25, 9-10 am, \$32/4 (#113906)

Tue, Jul 2-Jul 30, 9-10 am, \$40/5 (#113984)

Tue, Aug 6-Aug 27, 9-10 am, \$32/4 (#113985)

Bowen Complex Room 1



### Reduce Stress & Anxiety with the Alexander Technique E

Do you feel stress or anxious? Do you easily feel overwhelmed or irritated? Does your body feel tense? Do you have aches and pains? Do you feel fatigued? – AT is an embodied approach to increase body awareness, get more connected to yourself, and to reduce stress and tension. Integrating AT principles into your life helps to find more calmness, clarity and confidence, and improved well-being! Please bring 3 – 4 paper back books, and come in comfortable clothes.

Instructor: Heike Walker

Mon, Apr 8, 4-6 pm, \$25 (#115531)

Bowen Complex Room 1

### Yoga, Meditation, Pranayama E

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

Instructor: Thommas Michaud

Wed, Apr 3-May 1, 10:30 am- 12 pm, \$40/5 (#113898)

Wed, May 15-Jun 26, 10:30 am-12 pm, \$56/7 (#113901)

Rotary Field House





## Standing & Walking Qigong E

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

Instructor: Monika Lux

Mon, Apr 1-Jun 24, 6-7 pm, \$143/13 (#116293)

Beban Social Centre Room 2/3



Thu, Jul 4-Aug 29, 10-11 am, \$99/9 (#116503)

Bowen Park Picnic Shelter by River

## Qigong M

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

Instructor: Kareen Holyer

Fri, Apr 5-Jun 28, 9:30-10:30 am (#114098)

Bowen Park Complex Room 1

## Qigong, Meditation E

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

Instructor: Thommas Michaud

Thu, Apr 4-May 2, 11 am-12:15 pm, \$40/5 (#114101)

Thu, May 16-Jun 13, 11 am-12:15 pm, \$40/5 (#114102)

Oliver Woods Community Centre Salal 1

## Sitting Qigong E

Seated Qigong is great for rehabilitation after an injury, people who are wheelchair-bound, and people with chronic conditions (like Fibromyalgia, Arthritis etc.), by moving blood and oxygen to nourish the organs and tissues. Qigong helps to calm the mind, relieving emotional stress and mental anxiety.

Instructor: Monika Lux

Thu, Apr 4-Jun 27, 6-7 pm, \$132/12 (#116295)

Beban Social Centre Room 7/8



## Seated Sound and Yoga E

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

Instructor: Michelle Krascek

Wed, Apr 3-May 8, 4-5 pm, \$48/6 (#114254)

Wed, May 15-Jun 12, 4-5 pm, \$40/5 (#114257)

Oliver Woods Community Centre Tree Frog Room

## Restorative Yin Fusion with Sound E

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

Instructor: Michelle Krascek

Wed, Apr 3-Apr 24, 10:30-11:45 am, \$32/4 (#115168)

Wed, May 1-May 29, 10:30-11:45 am, \$40/5 (#115173)

Wed, Jun 5-Jun 26, 10:30-11:45 am, \$32/4 (#115174)

Bowen Complex Room 1



## Move and Meditate M

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

Instructor: Dustin King

Mon, Apr 8-Apr 29, 8:55-9:40 am, \$14/4 (#112166)

Mon, May 6-May 27, 8:55-9:40 am, \$10.50/3 (#112171)

Mon, Jun 3-Jun 24, 8:55-9:40 am, \$14/4 (#112173)

Mon, Jul 8-Jul 29, 8:55-9:40 am, \$14/4 (#112177)

Mon, Aug 12-Aug 26, 8:55-9:40 am, \$10.50/3 (#112195)

Bowen Complex Auditorium

## Heart Healthy Fitness M

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

Instructor: Dustin King

Mon & Wed, Apr 3-Apr 29, 8-8:45 am, \$28/8 (#112208)

Mon & Wed, May 1-May 29, 8-8:45 am, \$28/8 (#112209)

Mon & Wed, Jun 3-Jun 26, 8-8:45 am, \$28/8 (#112210)

Mon & Wed, Jul 3-Jul 31, 8-8:45 am, \$31.50/9 (#112211)

Mon & Wed, Aug 7-Aug 28, 8-8:45 am, \$24.50/7 (#112212)

Bowen Complex Auditorium

## Kundalini Yoga E

Come and activate your Shakti! (Energy) Join in 75 minutes of joy while we incorporate Pranayama (Breathwork), chanting, singing and energetic repetitive yoga poses. This class is accessible to all fitness levels. Prepare to leave feeling balanced and invigorated.

Instructor: Michelle Krascek

Wed, Apr 3-May 8, 5:15-6:30 pm, \$48/6 (#114683)

Wed, May 15-Jun 12, 5:15-6:30 pm, \$40/5 (#114684)

Oliver Woods Community Centre Tree Frog

## 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, Apr 2-May 14, 9-10 am (#114094)

Tue, May 21-Jun 25, 9-10 am (#114095)

Bowen Complex Auditorium

## Tai Chi - Intermediate M

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

Instructor: Kareen Holyer

Tue, Apr 2-Jun 25, 10:15-11:15 am (#114096)

Bowen Complex Room 1

## Tai Chi - Advanced M

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

Mon, Apr 8-Aug 26, 1-1:45 pm (#114097)

Bowen Complex Auditorium

## Chair Tai Chi M

Chair Tai Chi is based on Tai Chi movements as taught by Moy Lin-Chin. The emphasis is on basic health improvement/maintenance through doing a series of exercises while seated, finishing with the 17 Tai Chi moves. For more information, please visit <https://www.canadiantaichiacademy.org/>

Instructor: Kareen Holyer

Wed, Apr 3-Jun 26, 3-4 pm (#115516)

Bowen Complex Room 1



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





## Beginner Nordic Walking E

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

Sat, Apr 13, 20, 27, 10-11:30 am, \$50 (#115987)

Sat, Jun 1, 8, 15, 10-11:30 am, \$50 (#115988)

Beban Social Centre Lobby



## Yoga & Massage for Joint Pain E \*TRY ME for FREE\*

(before signing up for a workshop below)

Tue, Mar 12, 12-1:30 pm (#118926)

Bowen Complex Auditorium

## Yoga & Massage for Joint Pain E

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

Instructor: Elise LaDouceur

Sat & Sun, Apr 27-28, 1-5 pm, \$72/2 (#116857)

Sat & Sun, May 18-19, 1-5 pm, \$72/2 (#116859)

Sat & Sun, Jun 22-23, 1-5 pm, \$72/2 (#116860)

Bowen Complex Room 1

## Reduce Back Pain with the Alexander Technique E

Please come in comfortable clothes and bring a mat if you have one and a blanket.

Instructor: Heike Walker

Mon, May 6, 4-6 pm, \$25/1 (#115532)

Bowen Complex Room 1

## Walk On M



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

Fri, Apr 5-Aug 30, 8:30-9:15 am (walking only) (#112213)

Bowen Complex Auditorium

## Minds in Motion E

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

Instructor: Jean Medley

Thu, May 2-Jun 6, 10:30-11:30 am, \$48 (#115533)

Thu, May 2-Jun 6, 1-2:30 pm, \$48 (#115534)

Thu, Jun 13-Jul 11, 10:30-11:30 am, \$40 (#115535)

Thu, Jun 13-Jul 11, 1-2:30 pm, \$40 (#115536)

Beban Social Centre Room 7 & 8

## Dance for the Mind E

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

Instructor: Ivana Ho

Mon, Apr 15-May 27, 11:45 am-12:45 pm, \$48/6 (#118566)

Bowen Complex Auditorium



### 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.

Apr 3-Jun 28 (#112424)

Jul 3-Aug 30 (#112425)

Mon & Wed, 12-3 pm

Fri, 12:30-3 pm

Oliver Woods Community Centre Gymnasium

No sessions May 20, Jul 1, Aug 5, 9



### Snooker/Billiards M

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

Apr 2-Dec 31, \$70 (#108886)

Monday to Friday, 9 am-6 pm

Saturday, 9 am-4:30 pm

Sunday, 11 am-3 pm

Bowen Complex Billiards Room

No sessions May 20, Jul 1, Aug 5



### Darts M

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

Thu, Apr 4-Jun 27, 1-2:30 pm (#112303)

Bowen Complex Room 6

### Carpet Bowling M

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

#### Morning

Wed & Fri, Apr 3-Aug 30, 10 am-12 pm (#112243)

Bowen Complex Auditorium

#### Afternoon

Wed & Fri, Apr 3-Aug 30, 1-3:30 pm (#112244)

Bowen Complex Auditorium

### Table Tennis M

Table Tennis is not only fun but improves physical conditioning, mental alertness and reaction time. All skill levels welcome. Join us Mondays, and Fridays from 11 am until 2pm and Wednesdays 9 am to 12 noon until May 8. May 15-Aug 28, Wednesdays will switch to 11am-2pm.

Apr 3-Jun 28 (#112422)

Jul 3-Aug 30 (#112423)

Mon, Fri, 11 am-2 pm

Wednesdays, 9 am-12 pm (until May 8)

Wednesdays, 11 am-2 pm (May 15-Aug 28)

Centennial Building, Beban Park

No sessions May 20, Jun 14, Jul 1, Aug 5



### Volleyball M

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

Tue, Apr 2-Jun 25, 10:30 am-12:30 pm (#112245)

Oliver Woods Community Centre Gym #2



### Tap Dance Level 1 E

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

Instructor: Melanie Kirk

Mon, Apr 8-May 13, 10:15-11:15 am, \$48/6 (#113345)

Bowen Complex Room 1

### Tap Dance Level 2 E

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

Instructor: Melanie Kirk

Mon, Apr 8-May 13, 11:30 am-12:30 pm, \$48/6 (#113347)

Bowen Complex Room 1

### Country Line Dancing M

A fun, laugh-filled class for those who want to country line dance. This is a continuation of the class which began in January. New or more challenging dances will be introduced in the first half hour of each session. A beginner class will be run in September if you are new to Country Line Dance, please register for the fall session.

**FULL**

Wed, Apr 3-May 15, 9:30-11:30 am (#106569)

Beban Social Centre Auditorium A

### Line Dancing Summer Practice M

For experienced line dancers as this is an experienced group. Please bring your favorite dances or the ones that challenge you. This is a self lead practice session for line dancing.

Wed, May 22-Aug 28, 1-2:30 pm (#118550)

Bowen Complex Room 6 (Room 1 Jul/Aug)

### Latin & Ballroom Line Dancing M

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

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

Tue, Apr 2-Aug 20, 2-3:15 pm (#113343)

Thu, Apr 4-Aug 15, 3:30 pm-4:45 pm (#113344)

Bowen Complex Auditorium

### Beginner Latin & Ballroom Line Dancing Workshops Part 5 M

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

Mon, Apr 8-Jun 24, 2:15-3:15 pm (#113342)

Bowen Complex Auditorium

*No session May 20*

### Beginner Line Dance M

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

Thu, Apr 4-Jun 27, 9-10 am (#115413)

Bowen Complex Room 1





### Flamenco Moods and Moves E

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

Instructor: Heather Sandison

Mon, Apr 29-Jun 24, 6:30-7:45 pm, \$80 (#112069)

Beban Social Centre Stage

No session May 20

### Flamenco Intermediate E

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

Instructor: Heather Sandison

Tue, Apr 30-Jun 25, 6:30-8 pm, \$90 (#112067)

Beban Social Centre Stage

### Summer Flamenco "por fiesta" E

Rumba, tangos, sevillanas and more - all in 'fiesta' style! This is a multilevel class for students at different levels (from beginners to intermediate) to work on different technique exercises including: footwork, bodywork, turns and all necessary steps.

Instructor: Heather Sandison

Tue, Jul 2-Jul 23, 6:30-7:30 pm, \$40/4 (#115793)

Tue, Aug 6-Aug 27, 6:30-7:30 pm, \$40/4 (#115794)

Beban Social Centre Stage



### Thursday Night Dance M E

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

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

Bowen Complex Auditorium

### Argentine Tango E M

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

Tue, Apr 2-Aug 27, 6:30-9 pm, \$44/22 sessions (#113341)

Bowen Complex Auditorium

### Bollywood Dance E

Inspired by Bollywood music and movies, this class combines classical Indian dance with jazz, funk and bhangra. Dance moves can be modified for all levels and incorporate rhythmic full body movements. No dance experience required. Dress in comfortable clothing. No dance shoes required; bare feet are best!

Instructor: Suki Parhar

Tue, Apr 2-May 31, 12-1 pm, \$65/9 (#116439)

Bowen Complex Auditorium







### Ballroom & Latin Dance-Beginner E

This is an introduction to international ballroom and latin dancing with a certified instructor. This class will cover the basics of social foxtrot, quickstep, cha cha and rumba. No previous dancing experience required. Couples and singles are welcome.

Instructor: Nelson Wong

Wed, Apr 10-May 15, 8-9 pm, \$60 (#113763)

Wed, May 22-Jun 26, 8-9 pm, \$60 (#113764)

Wed, Jul 10-Aug 21, 8-9 pm, \$70 (#115540)

Bowen Park Auditorium



### Ballroom & Latin Dance- E Beginners Continuation

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, Apr 10-May 15, 9-10 pm, \$30 (#113765)

Wed, May 22-Jun 26, 9-10 pm, \$30 (#113766)

Wed, Jul 10-Aug 21, 9-10 pm, \$35 (#115539)

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, Apr 8-May 13, 7-8 pm, \$60 (#113757)

Mon, May 27-Jun 24, 7-8 pm, \$50 (#113758)

Mon, Jul 8-Aug 19, 7-8 pm, \$60 (#116118)

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, Apr 8-May 13, 8-9 pm, \$60 (#113759)

Mon, May 27-Jun 24, 8-9 pm, \$50 (#113760)

Mon, Jul 8-Aug 19, 8-9 pm, \$60 (#116117)

Bowen Complex Auditorium

### Ballroom Formation Team E

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

Instructor: Nelson Wong

Mon, Apr 8-May 13, 9-10 pm, \$60 (#113761)

Mon, May 27-Jun 24, 9-10 pm, \$50 (#113762)

Mon, Jul 8-Aug 19, 9-10pm, \$60 (#115543)

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, Apr 10-May 15, 7-8 pm, \$60 (#113767)

Wed, May 22-Jun 26, 7-8 pm, \$60 (#113768)

Wed, Jul 10-Aug 21, 7-8 pm, \$70 (#115541)

Bowen Complex Auditorium





### Accordion Band M

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

Wed, Apr 3-Jun 28, 1-3:30 pm (#108491)  
Kin Hut Activity Centre

### Beginner Bluegrass Slow Pitch Jam M

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

Contact Sandi at [hdickie1@telus.net](mailto:hdickie1@telus.net).  
Fri, Apr 5-Jun 28, 10:30 am-12:30 pm (#108492)  
Bowen Complex Room 6

### The Nanaimo Bluegrass Jam M

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

Thu, Apr 4-Aug 29, 1-3 pm (#108490)  
Kin Hut Activity Centre



### Country & Western Style Band M

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

Tue, Apr 2-Jun 25, 9:30 am-12 pm (#108493)  
Rotary Field House

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

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

Mon, Apr 8-Jun 24, 2-5 pm (#108495)  
Rotary Field House

### Beginner Ukulele for Adults E

Tune in to this music-filled class where you'll learn the fundamentals of this versatile and fun instrument. For both complete beginners on the ukulele and those with some experience and in need of a refresher. The focus will be on developing musicianship on the ukulele, so you become comfortable playing short simple pieces and strumming along while you (or others) sing short simple songs.

Instructor: Zoe Henderson  
Wed, May 29-Jul 10, 6:30-8 pm, \$98 (#115737)  
Bowen Complex Room 1



## Harbour City Singers M

This group of men and women enjoy each other's company singing a wide variety of music ranging from Canadian, international folk songs, Broadway musicals, spirituals and jazz standards to popular contemporary and classical songs. The choir performs three concerts a year- a fall concert in November, a Christmas concert in December and a spring concert in April/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. The Spring session began in January and will wrap up at the Spring Concert, May 9. If you're interested in joining, please look at registering in August to join for the fall series. For more information please contact Lionel Tanod at 250-722-0232.

Wed, Apr 3-Jun 26, 2-4 pm (#108494)

Rotary Field House

## Nordli Ukulele Sing & Strum M

Would you like to play the Ukulele? Do you enjoy singing? Come and join us in this friendly, social gathering. This self-led group uses a book to learn on their own, at their own pace.

Tue, Apr 2-Jun 4, 1-3pm (#101283)

Oliver Woods Community Centre Salal 1

## Ukulele Practice M

This is a summer practice session only - no instruction is provided. Prior playing experience is required.

Fri, Jul 5-Aug 30, 10 am-12 pm (#115404)

Bowen Complex Room 1

## Open Mic & Circle Performance Group M

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

Tue, Apr 2-Aug 27, 1:15-4:45 pm (#108865)

Kin Hut Activity Centre

## Swing Band M

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

Mon, Apr 8-Aug 26, 1:30-3 pm (#108866)

Bowen Complex Room 1

*No sessions May 20, Jul 1, Aug 5*

## 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, Apr 5-May 31, 2:15-4:15 pm (#108867)

Bowen Complex Room 1





# THURSDAY MUSICAL ENTERTAINMENT

**Bowen Park Complex**

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

Senior Members: \$2 M

Non Members: \$4 E

Everyone Welcome

## **MAY 9 “Harbour City Singers Spring Concert”**

Under the direction of Lionel Tanod and piano accompanist Carol Fetherston the Harbour City Singers present their annual spring concert, Everything's Coming Up Roses! The one hour program celebrates spring and Canadian choral music with a variety of songs including Newfoundland folksongs I'se the By and She's like the Swallow, Away From the Roll of the Sea by Nova Scotian composer Allister McGillivray, Saskatchewan's Connie Kaldor's Wood River, Ontario composer Laura Hawley's lovely setting of the poem 'Earth Voices' written by Confederation poet Bliss Carman plus Vancouver composer Larry Nickel's arrangements of The Williams Lake Stampede and the traditional folksong The Water is Wide. The concert will conclude with a medley of well-known Boadway Show -Stopper songs: Everything's Coming Up Roses / People/ With a Little Bit of Luck/ On a Clear day / Try to Remember/ That's entertainment.

## **APR 18 “Kyle Sheperd”**

Kyle Shepard performs an eclectic selection of sing-along hits from the '20s to the '90s, including country, jazz, pop, swing, soul, and rock & roll classics. Come along to sing, clap, dance, or nap, for smiles shall abound and toes are sure to tap!



## **May 30 “Songsters Choir Spring Concert”**

Come and join the Songsters for a musical journey - song selections through a century of upbeat melodies and joyful tunes and sing-a-longs. We aim to put a spring in your step and a song in your heart!

## **Jun 13 “Silver and Gold Band”**

You'll hear a variety of Accordion and Fiddle tunes along with a mix of 50's and Sixties Rock n' roll songs ,plus some Latin American tunes.





# THURSDAY MUSICAL ENTERTAINMENT

## Bowen Park Complex

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

Senior Members: \$2

Non Members: \$4 E M

Everyone Welcome

### JUL 18 "Silver and Gold Band"

You'll hear a variety of Accordion and Fiddle tunes along with a mix of 50's and Sixties Rock n' roll songs ,plus some Latin American tunes.

### AUG 22 Summer BBQ with Local Entertainment

Enjoy a hamburger straight off the grill! While you eat, you'll be entertained with some Old Time Rock & Roll music. **#115258**

Register by Aug 8!

\$20 for members

\$24 for Non-member

## Thursday Night Dance

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

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

Bowen Complex Auditorium

April 4	Double Play
April 11	Amigos
April 18	Double Play
April 25	Amigos
May 2	Double Play
May 9	Amigos
May 16	Double Play
May 23	Amigos
May 30	Double Play
June 6	Amigos
June 13	Double Play
June 20	Amigos
June 27	Double Play

*Band Schedule is Subject to Change*





### Intro to Cold Water Therapy E

Bring your wellness journey to the next level. Cold water therapy can improve your circulation, deepen your sleep, spike your energy levels, and reduce inflammation in your body. Join us to learn more about this practice and improve your own mental and physical wellbeing. Each participant will receive a PRC towel and a warm beverage after each class.

Sat, Apr 6-May 4, 9 am-10 pm, \$40 (#116481)

Kin Hut Activity Centre

### Chalk Couture Vintage Truck Shelf Sitter E

Love crafting? Get creative and connect with others to create a vintage truck shelf sitter. You will receive your own wooden vintage truck to customize to your style. Learn how to use transfer designs and chalk painting. Please bring \$20 for instructor material supplies.

Sat, Apr 13, 1 pm-4 pm, \$40 (#115986)

Bowen Complex Room 4

### Nanaimo River Watershed & Water Treatment Plant 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 lower Bowen Parking Lot off Wall Street. Bring a lunch and wear suitable clothing and footwear for rugged ground and weather.

Fri, Apr 19, 9:30 am-4 pm, \$20 (#114818)

Bowen Complex Room 1

### 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 E

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

### Skate E

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



### Oliver Woods Outdoor Equipment

"As the weather warms up, don't forget there is an outdoor gym located at Oliver Woods Community Centre that is available for use at your leisure".



### 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, Apr 5-Jun 28, 11 am-2 pm  
Bowen Complex Room 1

### Book Club M

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

Tue, Apr 2-Jun 4, 1-2:30 pm (#113897)  
Beban Park Social Centre Room 6

### Creative Writing Workshop E

A 3-hour interactive workshop that focuses on the fundamentals of creative writing. Participants will also write a portion of a short story, 1 chapter of memoir or a postcard fiction or flash fiction story during the workshop. Bring a notebook (or a fully charged laptop) and a lunch. Facilitated by Ange Frymire.

Sat-Sun, Aug 24-25, 9 am-3 pm, \$60 (#116636)  
Bowen Complex Room 1



### Grand Camp E

Join us for a week of laughter and snared adventures where grandparents and grandkids can create memories together. Explore a range of activities such as pottery, science experiments, lawn bowling and so much more. Grandparent participation is required. One grandparent can attend with up to two grandkids. **ONLY Register the Child.** Ages 6-12.

Mon-Fri, Jul 22-26, 9:30 am-12:30 pm, \$150 (#115826)  
Mon-Fri, Aug 19-23, 9:30 am-12:30 pm, \$150 (#116151)  
Bowen Complex Room 1



### Technology Club Discussion Group M

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

Thu, Apr 11-Jun 20, 1:30-3 pm (#112882)  
Bowen Complex Auditorium  
*No session May 9*

### Intro to Conversational Punjabi E

Intro to Conversational Punjabi – Learn the popular, rich language of Punjabi in this introductory course for people who have little or no previous knowledge of the Punjabi script. You will learn to read, write and converse at a basic level.

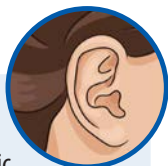
Mon, Apr 8-May 13, 7-8:30 pm, \$84 (#113754)  
Bowen Complex Room 4





# FREE (OR ALMOST FREE) PROGRAMS

Especially for 60+ Participants



## Mobile Hearing Clinic

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

Instructor: Ears to Your

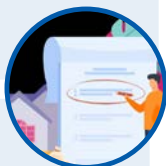
Wed, May 1 | 9 am-3 pm | FREE

Wed, June 5 | 9 am-3 pm | FREE

Tue, July 2 | 9 am-3 pm | FREE

Tue, August 6 | 9 am-3 pm | FREE

**Bowen Park Complex**



## Will & Estate Planning

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

Instructor: Stuart Green, Lonsdale Funeral Group Inc.

Wed, May 8 | 1:30-3:30 pm | [115344](#)

Wed, Aug 14 | 1:30-3:30 pm | [117064](#)

**Bowen Park Complex**



## Hello, Neighbour

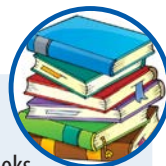
Come have coffee, meet and greet other seniors who live near (but not limited to) the Oliver Woods Community Centre. This is open to Nanaimo Harbour City Members and non members for a chance to socialize and listen to short presentations. Coffee and goodies are provided. Please bring your own mug.

Members \$6; Non Members: \$15

Wed, Apr 3, May 1, Jun 5 | 10-11 am | [113895](#)

**Oliver Woods Community Centre**

Wed, Jul 3, Aug 7 are CANCELLED



## 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**



## Stroll with a Pro

Walk with one of our local biologists to discover:

### BIRDS OF PREY

Sun, Apr 28 | 10-11:15 am | FREE | [116938](#)

Tue, May 14 | 6-7:15 pm | FREE | [116940](#)

**Buttertubs Marsh (Miner's Cottage)**

### TURTLES

Thu, Jun 4 | 6-7:15 pm | FREE | [118381](#)

**Buttertubs Mark (Miner's Cottage)**

Sat, Jun 15 | 10-11:15 am | FREE | [116948](#)

**Diver Lake Park**

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

## Stay Healthy & Active As We Age

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

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

**Bowen Park Complex**

## Being Proactive, Aging at Home

Join us for an information session on how to age safely at home. Be proactive and prevent falls by exploring accessibility equipment costs and what home modifications can be made for aging in place, such as installing grab bars, ramps, mobility equipment or a stairlift. Refreshments will be provided.

Wed, May 1 | 1:30-2:30 pm | FREE | [115260](#)

**Bowen Park Complex**







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

### Quilt Shop Hop

Spend the day browsing a diverse selection of fabrics, quilting patterns, tools and various quilting accessories while visiting quilting shops on Vancouver Island.

Comox, Courtney & Parksville



Wed, Apr 3, 8 am-6 pm (#115804)

Nanaimo & Victoria

Tue, May 28, 8 am-5:30 pm (#116520)



\$35+GST - Meal costs extra

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

Meet at Bowen Park Complex

### Farmer's Market Duncan

The Duncan Farmer's Market truly has something for everyone with over 100 vendors. The market offers a variety of produce, honey, cheese, eggs, meat, wines, baked goods, pickles, jams and so much more. Enjoy lunch as a restaurant of your choice.

Sat, Apr 6, 9 am-5 pm (#115715)



\$35+GST - Meal costs extra

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

Meet at Bowen Park Complex

### Thrift Shop Hop-Victoria

Let's explore the thrift shops in Victoria at a discounted price! We will peruse the City of Victoria and find out ways around to the thrift shops and find what we need or want. We are sure we can find some interesting things! If time allows we will stop for lunch at a place of our choosing but perhaps pack a lunch, snacks and water just in case.

Sat, Apr 13, 8 am-5:30 pm (#115728)

Sat, Jun 22, 8 am-5:30 pm (#116547)

\$45+GST - Meal costs extra

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

Meet at Bowen Park Complex

### Harrison Tulip Festival

The Harrison Tulip festival is located in 109-acre farm. Visitors are invited to meander through pathways adorned with 7 million tulips. Lunch will be at the Black Forest Steak and Schnitzel House in Harrison Hotsprings. Fee includes entry into the festival and ferry for BC seniors, (\$35 extra for non BC seniors,)

Tue, Apr 16, 7:30 am-8:30 pm (#115801)

\$185+GST - Meal costs extra

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

Meet at Bowen Park Complex

### Grand Hotel Afternoon High Tea

Enjoy a traditional afternoon tea in Nanaimo served with styles and elegance. Sample scones with cream and preserves, a selection of miniature sandwiches, and your choice of 16 varieties of loose tea leaves. High tea is included in the fee.

Sat, Apr 27, 12:30 pm-4pm (#115802)

\$65+GST - Meal costs extra

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

Meet at Bowen Park Complex

#### BC FERRIES

B.C. seniors 65 or older, possessing either a BC Gold Carecard or a valid BC Services Card, receive a 100% discount on passenger fares Monday to Thursday, excluding statutory holidays on all routes, except the northern routes.



### Island Nursery Hop

NORTH-First stop is in Courtney at Anderton's therapeutic Garden Center and then the trip will head south, stopping at nurseries in Qualicum and Parksville.

Wed, Apr 17, 8 am-6 pm (#115797)



\$45+GST - Meal costs extra

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

Meet at Bowen Park Complex

### Bird & Wildlife Watch

We will head to watch salmon running, keeping a close eye to watch the different varieties of birds in the area, or perhaps a local ocean dweller too. We will stop for lunch or feel free to pack your own.

Remember to bring your camera!

### Cowichan Bay

Tue, Apr 30, 8 am-5 pm (#116662)



### Qualicum & Englishman River

Fri, May 31, 8 am-5 pm (#116521)



\$40+GST - Meal costs extra

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

Meet at Bowen Park Complex



### Farmer's Market Qualicum

Head out to the Qualicum Market on Saturday with Janie, where the motto is "Make it, Bake it, Grow it!" Visit Little Qualicum Cheese Works, then have lunch at the Shady Rest Restaurant, overlooking the ocean.

Sat, May 11, 8 am-5 pm (#116508)



\$35+GST - Meal costs extra

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

Meet at Bowen Park Complex



### Sidney by the Sea & Saanich Peninsula

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

Fri, May 10, 8 am-5:30 pm (#116511)

Fri, Jun 14, 8 am-5:30 pm (#116534)



Wed, Jul 10, 8 am-5:30 pm (#115612)

Sat, Aug 10, 8 am-5:30 pm (#115669)

\$50+GST - Meal costs extra

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

Meet at Bowen Park Complex

### All Aboard the Frances Barkley

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

Tue, May 14, 6 am-7 pm (#110610)



\$149+GST - Meal costs extra

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

Meet at Bowen Park Complex

### Milner Gardens

The Rhodos will be blooming and it is time to enjoy the spring flowers! Join Janie for high tea in the garden and in the restaurant. Fee includes admission into the Milner Gardens.

Tue, May 21, 9 am-5 pm (#116519)



\$50+GST - Meal costs extra

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

Meet at Bowen Park Complex



### Denman & Hornby Island

On Hornby Island we will see Tribune Bay, Ford Cove, Helliwell Park, Hornby Island Estate Winery, Whale Bay and downtown Hornby Co-op. Then we will head back to Denman Island to visit some artisans before getting on the ferry. We will stop for lunch at the Seabreeze Lodge, or feel free to pack your own lunch.

Wed, Jun 5, 8 am-6:30 pm (#116531)

\$115+GST - Meal costs extra

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

Meet at Bowen Park Complex



### Mt. Washington

The view from the top is breathtaking! Paradise Meadow consists of mountain meadows and lakes where the whisky jacks and steller jays will come looking for peanuts. The Paradise Meadow walk is 2.5 km. This trip is not walker friendly and consists of quite a bit of walking.

Tue, Jun 18, 8 am-5:30 pm (#116537)

\$95+GST - Meal costs extra

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

Meet at Bowen Park Complex



### Sea to Sky Gondola & Britannia Mine

Journey with Janie on this adventure to the Sea to Sky and Brinannia Mine. The first thrill is the ride to the summit where you will have access to a wide array of outdoor experiences, including the different interpretive loop walking trails with cantilevered viewing platforms, the spectacular Sky Pilot Suspension Bridge and more. Then off to the Britannia Mine to experience the underground mine train and pan for real gold! Experience the thunder of the historic mill with their newest attraction "BOOM." The days agenda is to spend 3 hours on the mountain, and 2 hours at the mine.

Price includes ferry, gondola, and mine tour fees.

This trip is walker friendly, however there are stairs at the mine.

Sat, Jun 29, 7:30 am-8 pm (#116550)

\$275+GST - Meal costs extra

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

Meet at Bowen Park Complex



### Salt Spring Ganges Market

We will spend time in Ganges at the Saturday Market, Salt Spring Island Cheese Works. You'll be home in time for dinner and we can decide where to eat for lunch. This trip is walker accessible but lots of walking and includes ferry for BC Gold card holders. Non-Gold card holders-ferry fee not included.

Sat, Jul 6, 8 am-6 pm (#115611)

\$115+GST - Meal costs extra

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

Meet at Bowen Park Complex







### Galiano Island

We will have lunch at the Hummingbird Pub, take the beautiful drive up the island to the north end and stop at some of the beauty spots and artisans along the way. We will take the ending road to Bluffs Park overlooking Active Pass and the Coast of Vancouver Island. If you do not have a BC Gold Carecard there will be a fee for the ferry.

Mon, Jul 8, 7 am-10 pm (#115613)



\$125+GST - Meal costs extra

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

Meet at Bowen Park Complex

### Comox & Cumberland Valley Wine Tour

Let's tour 3 Vineyards in Comox and Cumberland! The price includes wine tastings but not your meal. This trip is for 19 years and older.

Thu, Jul 18, 9:30 am-5:30 pm (#115616)



\$115+GST - Meal costs extra

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

Meet at Bowen Park Complex

### Butchart Garden & Fireworks

We will arrive to explore the gardens and take in the fireworks display. Bring a lunch or eat at the Blue Poppy Restaurant. Remember to bring your camera and a lawn chair to sit on. Be sure to bring something warm just in case it becomes a little cool. This is a magical garden experience, we hope you join us! Admission to the garden is included. This program is a self-guided tour.

Sat, Jul 27, 2 pm-11:30 pm (#115626)



Sat, Aug 31, 2 pm-11:30 pm (#115694)

\$85+GST - Meals costs extra

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

Meet at Bowen Park Complex

### Quadra Island

A trip to Quadra Island and visit the Nuyumbalees Cultural Centre Museum. We will stop for lunch at the Harriot Bay Lodge, visit the Cape Mudge Lighthouse, then out to Rebecca Spit for a stroll on the beach. Afterwards a visit to the Herriot Bay Resort and on the way home, hunger will kick in so we will stop for dinner in Campbell River. If you do not have a Gold Carecard there will be a fee for the ferry.

Wed, Jul 31, 7:30 am-8 pm (#115627)



\$115+GST - Meals costs extra

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

Meet at Bowen Park Complex



### Filberg Festival & Seafest

Experience this truly unique event, the Filberg Festival, at the Filberg Heritage Lodge and Park in Comox. Wander through the grounds surrounded by beautiful gardens, rustic out-building and a magnificent view of Comox Harbour and the Beaufort Mountain Range. Price includes the tickets and is a self-guided tour.

Sat, Aug 3, 8 am-5:30 pm (#115658)



\$75+GST - Meals costs extra

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

Meet at Bowen Park Complex

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





### Ladysmith Harbour Tour & Yellow Point Farm

Join Janie's Bus and head to Ladysmith for a tour of the harbour, then enjoy the outside at the Yellow Point Farm.

*Stay Tuned for more information about this trip, as we are working on some final details.*

Tue, Aug 6, 9 am-5 pm (#116287)



Price to be determined at a later date - Meals costs extra

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

Meet at Bowen Park Complex

### Thrift Shop Hop

Take advantage of great buys at Quality Thrift Stores on Vancouver Island.

#### Parksville-Duncan

Take advantage of great buys at Quality Thrift Stores. You can purchase a meal at the Cassidy Country Kitchen or you can pack your own lunch.

Tue, May 14, 8 am-6 pm (#116512)



#### Campbell River

Take a trip to New 2-U consignment, Salvation Army Second to None, Hospice Thrift Store and Hospital Thrift Shop. You can purchase a meal at A&W lunch stop or pack your own lunch.

Mon, Aug 12, 8 am-6 pm (#115675)



\$45+GST - Meals costs extra

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

Meet at Bowen Park Complex



### Farmer's Market Tofino & Ucluelet

Saturday is Farm Market Day! We will check out Chesterman and Cox beaches. There will be time in Tofino for lunch and to do some shopping.

We will go into Ucluelet to the Amphitrite Point Lighthouse and the beautiful rugged coastal view of the Wild Pacific Trail. You can bring a lunch to eat on the beach. Please dress for the ever changing weather of the West Coast. Boots, rain jacket and layers are encouraged. Bring your camera, the photo opportunities are endless on this trip.

Tue, Aug 20, 8 am-8 pm (#115686)



\$65+GST - Meals costs extra

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

Meet at Bowen Park Complex

### Ucluelet & Tofino

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

Sat, Apr 20, 8 am-8 pm (#115798)

Mon, May 20, 8 am-8 pm (#116517)

Thu, Jun 20, 8 am-8 pm (#116538)

Sat, Jul 20, 8 am-8 pm (#115622)

\$65+GST - Meals costs extra

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

Meet at Bowen Park Complex



*Janie's trips are for all ages!*



### Victoria

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

Mon, Apr 15, 8 am-5:30 pm (#115730)

Thu, Apr 25, 8 am-5:30 pm (#115731)

Wed, May 15, 8 am-5:30 pm (#116514)

Sat, May 25, 8 am-5:30 pm (#116516)

Sat, Jun 15, 8 am-5:30 pm (#116535)

Tue, Jun 25, 8 am-5:30 pm (#116536)

Mon, Jul 15, 8 am-5:30 pm (#115617)

Thu, Jul 25, 8 am-5:30 pm (#115619)

Thu, Aug 15, 8 am-5:30 pm (#115677)

Sun, Aug 25, 8 am-5:30 pm (#115678)

\$50+GST - Meals costs extra

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

Meet at Bowen Park Complex



### Nootka Island

Explore Nootka Island, the home land of the Mowachaht Band and the landing site of the famous explorer, Captain Cook. Experience the pristine beach where humpback whales are known to “rub” on the rocks and sandy shore. Feel free to bring a packed lunch and/or dinner, or eat on the boat ride to Nootka Island. We will stop in Campbell River on the way home for supper. The price will include the fee for the ferry. This trip is not walker friendly.

Sat, Aug 17, 6 am-10 pm (#116288)



\$225+GST - Meals costs extra

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

Meet at Bowen Park Complex





All dining out trips - meet at Bowen Complex parking lot outside the lobby doors at the start time listed. Home pick-up & drop-off is available for \$1 for restaurants in Nanaimo and \$7 for out of town trips. You can also meet Janie at the north/south meeting points for \$1 (see next page).

### Shawnigan Lake House

Shawnigan Lake **115805**  
Monday, April 8 3 - 8 pm  
\$40+GST - Meal cost extra, meet at Bowen or add pick up

### Little Bavaria

Port Alberni **115807**  
Tuesday, April 23 3 - 8 pm  
\$30+GST - Meal cost extra, meet at Bowen or add pick up

### French Creek Pub

French Creek **116522**  
Monday, May 6 3:30 - 8 pm  
\$25+GST - Meal cost extra, meet at Bowen or add pick up

### Discovery Room

VIU **116523**  
Thursday, May 23 4 - 8 pm  
\$10+GST - Meal cost extra, meet at Bowen or add pick up

### Genoa Bay Cafe

Maple Bay **116525**  
Sunday, May 26 3:30 - 9 pm  
\$25+GST - Meal cost extra, meet at Bowen or add pick up

### Kalvas in Parksville

Parksville **116555**  
Monday, June 10 3:30 - 7 pm  
\$20+GST - Meal cost extra, meet at Bowen or add pick up

### Dinghy Dock Restaurant

Protection Island **116558**  
Monday, June 17 4:30 - 8 pm  
\$19+GST - Meal cost extra, meet at Bowen or add pick up

### Rock Cod Cafe

Cowichan Bay **115631**  
Friday, July 26 3:30 - 8 pm  
\$30+GST - Meal cost extra, meet at Bowen or add pick up

### Final Approach Restaurant

Qualicum Beach **115636**  
Tuesday, July 30 4 - 8 pm  
\$30+GST - Meal cost extra, meet at Bowen or add pick up



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

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

Another option is to add \$1 and meet Janie at:

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

= Walker Friendly

All Dining Out trips are walker friendly.



**free!**

# Concerts in the Park 2024

LIVE MUSIC!

**SUN, MAY 12 • 1-2 PM**  
**COLLIERY DAM PARK**  
*musical group announced soon*

**FRI, MAY 17 • 6-8:15 PM**  
**MAFFEO SUTTON PARK** – double feature  
*musical groups announced soon*

**WED, JUN 12 • 6-7 PM**  
**KIN PARK (DEPARTURE BAY)**  
*musical group announced soon*

**FRI, JUN 28 • 5-8:30 PM**  
**MAFFEO SUTTON PARK** – triple feature  
*musical groups announced soon*

**WED, JUL 10 • 6-7 PM**  
**MCGREGOR PARK**  
*musical group announced soon*

**WED, JUL 17 • 6-7 PM**  
**PIPERS LAGOON PARK**  
*musical group announced soon*

**WED, JUL 31 • 6-7 PM**  
**HAREWOOD CENT. PARK**  
*musical group announced soon*

**WED, AUG 7 • 6-7 PM**  
**BOWEN PARK AMPHITHEATRE**  
*musical group announced soon*

**WED, AUG 14 • 6-7 PM**  
**OLIVER WOODS**  
*musical group announced soon*

**WED, AUG 21 • 6-7 PM**  
**WESTWOOD LAKE PARK**  
*musical group announced soon*

**FRI, AUG 23 • 6-8:15 PM**  
**MAFFEO SUTTON PARK** – double feature  
*musical group announced soon*

Bring a chair or a blanket  
and enjoy local talent against  
the backdrop of our beautiful  
park spaces.



# VOLUNTEERS in PARKS

Do you have an interest in learning about and protecting Nanaimo's parks and trails?  
Consider participating in our **Volunteers in Parks** Program!

There are three ways to participate:

- 1 PARK AMBASSADOR:** individuals who visit a park regularly and might help educate visitors, keep the park clean and observe and report issues in the park
- 2 ADOPT-A-PARK:** A group of volunteers help keep Nanaimo beautiful by choosing a park, trail or creek to adopt. The group's name gets a sign posted to recognize their service.
- 3 WORK PARTIES:** Help improve the biodiversity through restoration in many of our parks. We supply the tools, training and support you might need.

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

- **Sat, March 16, 10 am-12 pm**  
Invasive Plant Removal at Thunderbird Park (110782)
- **Tue, March 19, 10 am-12 pm**  
Invasive Plant Removal at Lotus Pinnatus Park (110783)
- **Sat, April 6, 10 am-12 pm**  
Invasive Plant Removal at Westwood Lake (116160)
- **Mon, Apr 22, 10 am-12 pm (Earth Day)**  
Invasive Plant/Litter Removal at Bowen Park (116164)
- **Thu, May 2, 10 am-12 pm**  
Broom Removal along Parkway Trail (116649)
- **Sat, May 11, 10 am-12 pm**  
Broom Removal at Koram Park (116142)
- **Tue, May 14, 10 am-12 pm**  
Boom Removal at Third Street Park (116150)
- **Tue, May 21, 10 am-12 pm**  
Broom/Invasives Removal along Parkway Trail (118573)
- **Sat, Jun 1, 10 am-12 pm**  
Invasive Plant Removal at Bowen Park (116156)
- **Sat, Jun 1, 10 am-12 pm**  
Drop Zone at Bowen Park (off Wall Street)
- **Tue, Jun 18, 10 am-12 pm**  
Invasive Plant Removal at Diver Lake Park (#116166)

May is  
Invasive  
Species/  
Plant  
Removal  
Month in  
Nanaimo!



If you would like to organize a work party in your neighbourhood,  
please call 250-756-5200 or email [parksandrecreation@nanaimo.ca](mailto:parksandrecreation@nanaimo.ca)

The City of Nanaimo has over 1000 hectares of parks  
and open space and more than 180 kilometres of trails.

Help us care for and keep our community's  
parks and trails beautiful for everyone!

Why  
participate?