

Memory Café | Ages 60+

The BC Dementia Care Society is offering a social gathering for care partners and people living with memory loss/dementia to come and relax, unwind, and have fun socializing, learning, creatively engaging, and connecting with others in the community. Coffee, tea and snacks provided. Space is limited. Please register care partner and person living with memory loss together.

Fridays | 10:00 am - 12:00 pm
Nov 15 - Dec 13 | 5/\$20 | Code: 79193
Instructor: Krista Hill, BC Dementia Care Society

YOGA

The Art of Living Yoga | Ages 50+

This is a combination of gentle stretches, simple yoga postures, yoga breathing techniques, muscle toning and strength building, and meditation. Benefits include improved immune system, fewer joint pains, stronger body and mind, overall well-being and happiness. Please bring a yoga mat.

Tuesdays | 10:30 am - 11:30 am
Sept 3 - Oct 8 | 6/\$60 | Code: 79375
Presenter: Saroj Sund

Yoga with Kim - All Levels

In this all-levels flow class, we will be using our breath to mindfully flow through our practice, connecting mind, body and spirit. Please bring your own mat and any props you require for practice.

Wednesdays | 9:30 am - 10:45 am
Sept 11 - Oct 23 | 7/\$98 | Code: 77950
Nov 6 - Dec 18 | 7/\$98 | Code: 77951



Yoga with Kim - Flow

In this strong beginner flow class, we will be using our breath to mindfully flow through our practice, connecting mind, body and spirit. Please bring your own mat and any props you require for practice.

Thursdays | 5:30 pm - 6:45 pm
Sept 12 - Oct 24
6/\$84 | Code: 77952
Nov 7 - Dec 19
7/\$98 | Code: 77953
Instructor: Kim MacLean
No session Oct 3

Somatic Yoga

Students will learn to relax the nervous and muscular systems by doing slow movements. We will start laying down with somatics, progress to accessible standing yoga and finish laying down to enhance relaxation. Please bring a small pillow, yoga mat, blanket and dress in layers.

Tuesdays | 2:00 pm - 3:30 pm
Sept 17 - Oct 22 | 6/\$96 | Code: 79116
Oct 29 - Dec 10 | 6/\$96 | Code: 79117
Instructor: Violet Reynolds
No Class Nov 12

Thursdays | 10:00 am - 11:30 am
Oct 3 - Oct 31 | 5/\$80 | Code: 79118
Nov 21 - Dec 12 | 4/\$64 | Code: 79119
Instructor: Violet Reynolds

EVENTS

Cultural Connections Activity Night

Come enjoy an exciting evening of games, music, crafts and demonstrations as the Cowichan Intercultural Society partners with the Cowichan Community Centre for this fun-filled evening of cultural activities.

Friday | Oct 25 | 4:00 pm - 6:00 pm
FREE Admission

Christmas Chaos Arts and Craft Market

Join us for the 44th Annual Christmas Chaos craft fair. Once again, 3 different venues will be open for 4 days, featuring over 100 unique artisans, live music, Santa's workshop, and more.

Thursday - Sunday | Nov 14 - 17
Thursday | Nov 14 | 12:00 pm - 7:00 pm
Friday | Nov 15 | 12:00 pm - 8:00 pm
Saturday | Nov 16 | 10:00 am - 5:00 pm
Sunday | Nov 17 | 10:00 am - 4:00 pm
FREE Admission

COWICHAN COMMUNITY CENTRE

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COWICHAN COMMUNITY CENTRE



ADULT WELLNESS



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How to Refresh Your Relationship & Rekindle the Romance

Participants will learn how to rekindle romance, improve communication and work out the kinks in marriage. Several tips on refreshing intimacy and working towards reclaiming work-life balance are provided with examples of how to truly connect. Tips on how to be successful in restoring and strengthening your relationship are given for people of any age.

Tuesday | Sept 24 | 6:30 pm - 9:00 pm
1/\$22 | Code: 79214
Instructor: Paul Zakrzewski

Build Your Immunity Naturally

Now is the time to start building your immunity for the fall and winter cold and flu season. Master Holistic Health and Herbalist since the 1980s will teach longstanding tips that are easy for you to make part of your daily life. We'll cover nutrition, exercise, emotions and supplementation, and the 4 pillars of optimum health.

Wednesday | Sept 25 | 7:00 pm - 9:30 pm
1/\$34 | Code: 79979
Instructor: Lorene Benoit

Essential Play

Aromatherapy reached fad proportions in recent years and is classified as a cosmetic industry in North America. In many countries, Doctors and Registered Aromatherapists treat medical conditions with essential oils as an integrative medical approach. This one-day workshop falls somewhere in between. You will learn about, play with, and experiment with essential oils. Topics will include history, safety, perfumery, applications and carriers. There are several Aroma activities woven into the day including the creation of several take-home products.

Saturday | Oct 5 | 10:00 am - 2:00 pm
1/\$45 | Code: 79110
Instructor: Marilyn Swallow

How to Have Difficult Conversations & Set Boundaries in Your Relationship

This class is designed to equip participants with the skills and confidence needed to handle difficult conversations with their partners, fostering healthier communication and stronger relationships. Effective methods for setting healthy boundaries are presented with practical tips.

Tuesday | Oct 1 | 6:30 pm - 9:00 pm
1/\$20 | Code: 79215
Instructor: Paul Zakrzewski

Rebuild Trust After an Affair

This class aims to provide participants with the knowledge, tools, and support needed to navigate the process of rebuilding trust after an affair, fostering a path towards healing and stronger relationship foundations.

Tuesday | Oct 8 | 6:30 pm - 9:00 pm
1/\$22 | Code: 79217
Instructor: Paul Zakrzewski

The Art of Dreaming

In this course you will learn the basics of how to remember, record and work with dreams for healing growth and processing. In a group setting, we will also discuss why dreams are important.

Tuesdays | Oct 8 - 29 | 7:00 pm - 8:30 pm
4/\$40 | Code: 78959
Instructor: Kristin Lang

How to Develop Resilience & Strengthen Your Relationship when Expecting a Baby

This class is designed to help expecting parents prepare for the changes and challenges that come with pregnancy, ultimately fostering a supportive and loving environment for their growing family. Practical tips will equip you with know-how skills to benefit you and your partner.

Tuesday | Oct 15 | 6:30 pm - 9:00 pm
1/\$22 | Code: 79218
Instructor: Paul Zakrzewski

Learn to Massage

Massage is a natural remedy in your hands, often overlooked due to a lack of confidence and knowledge. This workshop will guide you to greater confidence and stamina through lecture, demonstrations and practice. With 32 years as a practicing professional, your instructor will reveal some skill-building tips and provide take-home information to keep you on track. It is best to register in a pair. Please wear loose-fitting clothing, bring a blanket, a pillow (or two), and a packed lunch.

Saturday | Oct 19 | 9:00 am - 4:00 pm
1/\$100 | Code: 79109
Instructor: Marilyn Swallow

How to Help Your Child to Improve School Performance & Overcome Stress & Anxiety

Three approaches to boost a child's performance at school are presented. Tips to help a parent walk a path toward improving school marks are outlined and explained. Unique methods to mitigate stress and behavioural triggers are explained.

Tuesday | Oct 22 | 6:30 pm - 9:00 pm
1/\$22 | Code: 79219
Instructor: Paul Zakrzewski

Overcoming Emotional Eating

This session will describe ways to identify patterns/triggers for emotional eating, and how to quit emotional eating by replacing reactions to stressors/triggers with healthier responses. Mindfulness techniques, exercises for successful conversion of behaviour from emotional eating to responses not involving food and practical tips are given out. Overcoming emotional eating can help you to shed pounds, even though you will not focus on weight loss.

Tuesday | Oct 29 | 6:30 pm - 9:00 pm
1/\$22 | Code: 79220
Instructor: Paul Zakrzewski

Finding Balance in Daily Life with the Alexander Technique (AT)

Feeling stressed and exhausted? Suffering from neck pain, headache or back pain or stiffness? Try the Alexander Technique to increase body awareness, change habitual movement and get more connected to yourself. Integrating the AT principles helps to balance body and mind, and find ease in your movement and in your daily living.

Monday | Nov 4 | 3:00 pm - 5:00 pm
1/\$25 | Code: 77954
Instructor: Heike Walker

