

WELLNESS

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

Learn Neurobic Exercises to Keep Your Brain Alive | Ages 50+

Learn neurobic exercises to help prevent memory loss and increase mental fitness. Like the body, the brain needs a balance of activities. The key to keeping your brain strong and healthy is to break routines and use all five senses in unexpected ways. Brush your teeth with your nondominant hand (including opening the tube and applying toothpaste). This exercise requires you to use the opposite side of your brain instead of the side you normally use. All the circuit connections, and brain areas involved in using your dominant hand are inactive, while their counterparts on the other side of your brain are suddenly required to direct a set of behaviours in which they usually don't participate. Research shows this type of exercise results in a rapid and substantial expansion of circuits in the parts of the cortex that control and process tactile information from the hand.

Thursday | Oct 10 | 10:00 am - 12:00 pm
1/\$14 | Code: 79139
Presenters: Chris Rafuse & Claire Leitch

Four Simple Steps to Help You Alleviate Neck/Back Pain

Ages 50+

Do you suffer from back and neck pain? Join our instructor, from Thrive Now Physiotherapy, to learn how to integrate correct spinal posture into daily routines with 4 simple steps. He will show you simple, effective ways to improve your posture and core stability, and assist with controlling your neck/back pain.

Wednesday | Oct 16 | 1:30 pm - 3:00 pm
1/\$14 | Code: 79142
Instructor: Vince Avery, Physiotherapist
Cowichan Community Centre

Discover Your Inner Wisdom Ages 50+

This course is to help you connect to your inner voice, exploring inspirational writings and teachers to support you on your exciting journey of self-discovery. You will have the opportunity to engage in self-reflection and create your own practice for listening to your wisdom and guidance.

Fridays | 10:00 am - 12:00 pm
Oct 18 - Nov 8 | 4/\$80 | Code: 79133
Instructor: Christine Vaughan

Three Areas to Cultivate for Your Mobility & Stability | Ages 50+

Does aging well mean that you want to stay active, to be safe to live in your own home for a long time yet, or to thrive in all of your activities and hobbies you enjoy? You'll want to make sure you maintain your mobility as well as your stability in your muscles and joints. Our instructor from Thrive Now will share how you can help your hips and legs, shoulders, and even your back! Join us to listen, discuss, or even test out some movements.

Wednesday | Oct 23 | 1:30 pm - 3:30 pm
1/\$14 | Code: 79144
Instructor: Sarah Darnell, Athletic Therapist

Memory Café | Ages 60+

The BC Dementia Care Society is offering a bi-weekly 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. The series is a joyful, social community with positive intergenerational connections that emphasizes creative expression and wellness. 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

See our Adult Sports, Adult Wellness, Adult General Interest and Arena Flyers for more great programs

COWICHAN COMMUNITY CENTRE



ADULT PROGRAMS FOR 50+

COWICHAN COMMUNITY CENTRE

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CREATIVE ARTS

Slow Stitch on Vintage Paper Ages 50+

Explore slow stitch on vintage pages from books, map sections, and music sheets. Embellish using rubber stamps, ink pads and drawing materials. This finished product can then be used for art journals, collage, or art cards. No sewing experience necessary. All materials provided.

Thursday | Sept 26 | 1:00 pm - 3:30 pm
1/\$46 | Code: 77958
Instructor: Nora Ready

Saturday | Oct 12 | 1:00 pm - 3:30 pm
1/\$46 | Code: 77959
Instructor: Nora Ready

Rock Painting | Ages 50+

Join this light, fun, self-directed activity for all levels. Come and enjoy a single session or a series. All supplies are included. Paint free hand or use the images and templates provided to help choose your designs.

Small/Medium Rock
Monday | Oct 7 | 1:00 pm - 3:00 pm
1/\$25 | Code: 79205
Instructor: Sandra-Faye Nagy
Cowichan Community Centre

Large Rock
Monday | Oct 28 | 1:00 pm - 3:00 pm
1/\$40 | Code: 79207
Instructor: Sandra-Faye Nagy



Beginner Guitar | Ages 50+

Join this guitar class for beginners with little or no experience. With regular practice, participants will be able to strum a few songs. Please bring your own guitar and a music stand if you have one.

Wednesdays | 7:00 pm - 8:30 pm
Oct 16 - Dec 4 | 8/\$112 | Code: 78984
Instructor: Brian Hicks
Cowichan Community Centre

Thursdays | 7:00 pm - 8:30 pm
Oct 17 - Dec 5 | 8/\$112 | Code: 78985
Instructor: Brian Hicks

Beginner Ukulele | Ages 50+

Learn the basic ukulele chords, including strumming and the names of strings on the C ukulele. Please bring your own playable ukulele, paper and a pen.

Saturdays | 10:00 am - 12:00 pm
Oct 5 - 19 | 3/\$42 | Code: 79213
Instructor: Al Lawrence

GENERAL INTEREST

Intermediate Bridge | Ages 50+

Come back to bridge! If you played years ago, it's time to rekindle your love of the game and bring you up to date on the changes that have evolved. It's the perfect game for those who love card games, puzzles and socializing! It is not necessary to have a partner.

Fridays | 1:00 pm - 3:00 pm
Sept 6 - Oct 11 | 6/\$64 | Code: 80106
Instructor: Dorothy Whitthome

Why Seniors Should Learn Computers | Ages 50+

This easy workshop will introduce you to computer essentials for using email, websites and social media. You do not need to bring a device to attend and you'll receive handouts to take home.

Wednesday | Oct 22 | 1:00 pm - 2:30 pm
1/\$14 | Code: 79976
Presenter: Lori King

Take the Stress Out of Small Talk Ages 50+

Making small talk is a skill and it's not easy but the good news is that there's always time to learn. Get some tips and tactics to make yourself more comfortable meeting people and enjoying conversation again.

Tuesday | Nov 6 | 10:00 am - 11:30 am
1/\$14 | Code: 79977
Presenter: Lori King

Armchair Travel: Exploring Toruń - A Medieval Walk and Gingerbread Adventure

Join us and let your imagination travel to one of Poland's most delightful cities, where history, culture, and culinary delights await! This memorable journey takes you throughout the historic town center of Toruń, a UNESCO World Heritage site renowned for its well-preserved architecture and vibrant cultural heritage, as well as being the birthplace of Copernicus and epicenter of medieval gingerbread production.

Wednesday | Oct 16 | 10:00 am - 12:00 pm
1/\$14 | Code: 79212
Presenter: Kim Barnard

Fighting the Great War Part 5 - 1918 Peace Without Peace Ages 50+

This session discusses how the Kaiser's Battle tried to win the War, but American power proved decisive. We'll discuss Amiens and how the Hundred Days broke the deadlock in France, although the Armistice and Treaty of Versailles only produced a 21-year truce.

Tuesdays | 10:00 am - 12:00 pm
Oct 29 - Nov 12 | 3/\$46 | Code: 77944
Presenter: Chris Comars

Subsea Telecoms Cables - A History | Ages 50+

This class will discuss the evolution of submarine telecoms cables from the first Telegraph systems through the Coaxial era to modern day Digital Optical Fibre systems.

Friday | Nov 8 | 10:00 am - 12:00 pm
1/\$14 | Code: 79138
Presenter: Mike Wilson

Armchair Travel: The Maya Past & Present | Ages 50+

We will trace the history of the Maya by visiting several of their ancient sites, as well as modern villages where their presence is still felt despite years of repression.

Tuesday | Nov 12 | 1:00 pm - 3:00 pm
1/\$14 | Code: 79140
Presenter: Gwyneth Kingham

Fire Safety | Ages 50+

Remembering When™ is a workshop centered around 16 key safety messages. This informative seminar will provide fire safety information, help prevent injuries, and make a measurable improvement in the health and well-being of older adults.

Thursday | Nov 21 | 10:00 am - 12:00 pm
1/\$14 | Code: 79134
Instructor: Greg McCrea, Fire Captain, NCFD