

# February digital program schedule

Therapeutic Activation Programming for Seniors  
Nanaimo Family Life Association



Tuesday	Wednesday	Thursday	Friday
February 2 yoga w Sheila 10 - 11 am  memoir writing course 1:30 - 3 pm	3 exercise with an OT 10 am - 11 am  Healthy Eating Habits noon - 1 pm  memoir writing course 1:30 - 3 pm	4  coffee chat 10 am - 11 am	5  yoga w Lynne 1 pm - 2 pm
February 9  yoga w Sheila 10 - 11 am	10 exercise with an OT 10 am - 11 am  Healthy Eating Habits noon - 1 pm	11  coffee chat 10 am - 11 am	12  yoga w Lynne 1 pm - 2 pm
February 16  yoga w Sheila 10 - 11 am	17 exercise with an OT 10 am - 11 am  Healthy Eating Habits noon - 1 pm	18 coffee chat 10 am - 11 am  Art Workshops with Nanaimo Art Gallery! 1 pm - 2:30 pm	19  yoga w Lynne 1 pm - 2 pm
February 23  yoga w Sheila 10 - 11 am	24 exercise with an OT 10 am - 11 am  Healthy Eating Habits noon - 1 pm	25 coffee chat 10 am - 11 am  Art Workshops with Nanaimo Art Gallery! 1 pm - 2:30 pm	26  yoga w Lynne 1 pm - 2 pm

**To register:** call 250-754-3331 or email [s\\_burton@nflabc.org](mailto:s_burton@nflabc.org) with your full name & the classes you are interested in!

## February digital program descriptions

### Yoga with Sheila

Tuesdays, 10 am - 11 am

- Follow yoga instructor Sheila Crampton through a series of seated chair yoga poses. A firm, armless chair and leggings or loose fitting pants are recommended.

### Exercise with an Occupational Therapist

Wednesdays, 10 am - 11 am

- Join Occupational Therapist Susan Shellinck for a class that promotes balance, agility, and mindful movement. A firm, armless chair is recommended, as well as a small space to walk around.

### Healthy Eating Habits Presentations

Wednesdays, noon - 1 pm

- Dietitian Alice Wyche shares her knowledge through interactive presentations on topics like blood sugars, carbohydrates, bone health, and more. Come ready to make a plan for eating well!

### Coffee Chat

Thursdays, 10 am - 11 am

- A loosely structured time to chat and connect with other seniors while sipping your morning coffee or tea. Facilitated by Irene Morrison, Senior Peer Counsellor, at Nanaimo Family Life Association.

### Art Workshops with Nanaimo Art Gallery!

Thursdays, 1 pm - 2:30 pm (starting February 18)

- Join local artists to learn about their practice and join them in making a piece of your own! Art supplies will be provided. Maximum of 8 attendees per session. Attendees **must sign up at least one week prior to the session** in order to receive supplies.

### Yoga with Lynne

Fridays, 1 pm - 2 pm

- Yoga instructor Lynne Henshaw will guide you through a seated yoga series to wind down your week. A firm, armless chair and leggings or loose fitting pants are recommended.