

# August 2022 digital + in person program schedule

Therapeutic Activation Programming for Seniors at Nanaimo Family Life Association

Tuesday	Wednesday	Thursday	Friday
August 2 Chair yoga - online 10 - 11 am  Chair yoga - outdoor 11:30 - 12:30  Walking program 2 - 3:30 pm	3 Qi Gong - online 10 - 11 am  Qi Gong - outdoor 11:30 - 12:30  Creative Commons 1 - 3 pm	4  Walking program 2 - 3:30 pm	5  Recipe Demo 12 - 1:30 pm  Chair yoga online 2 - 3 pm
August 9 Chair yoga - online 10 - 11 am  Chair yoga - outdoor 11:30 - 12:30  Walking program 2 - 3:30 pm	10 Qi Gong - online 10 - 11 am  Qi Gong - outdoor 11:30 - 12:30 pm  Creative Commons 1 - 3 pm	11  Walking program 2 - 3:30 pm	12  Recipe Demo 12 - 1:30 pm  Chair yoga online 2 - 3 pm
August 16 Chair yoga - online 10 - 11 am  Chair yoga - outdoor 11:30 - 12:30  Walking program 2 - 3:30 pm	17 Qi Gong - online 10 - 11 am  Qi Gong - outdoor 11:30 - 12:30 pm  Creative Commons 1 - 3 pm	18  Walking program 2 - 3:30 pm	19  Recipe Demo 12 - 1:30 pm  Chair yoga online 2 - 3 pm
August 23 & 30 Chair yoga - online 10 - 11 am  Chair yoga - outdoor 11:30 - 12:30  Walking program 2 - 3:30 pm	24 & 31 Qi Gong - online 10 - 11 am  Qi Gong - outdoor 11:30 - 12:30 pm  Creative Commons 1 - 3 pm	25  Walking program 2 - 3:30 pm	26  Recipe Demo 12 - 1:30 pm  Chair yoga online 2 - 3 pm

## August 2022 program descriptions

### Gentle Chair Yoga (online/ in person)

Tuesdays, 10 - 11 am (online) & 11:15 am - 12:15 pm (outdoor)

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

### Qi Gong With OT Sue (online/ in person)

Weds, 10 - 11 am (online) & 11:15 am - 12:15 pm (outdoor)

Join Occupational Therapist Susan Shellinck for a class that promotes balance, agility, & mindful movement. Comfortable, loose fitting pants are recommended.

### Creative Commons (in person)

Wednesdays, 1 pm - 3 pm

Gather to craft and create! No facilitation except where noted.

**August 3:** drawing with pastels

**August 10:** bring your own project!

**August 17, 24, & 31:** First Nations beading with Connie Paul\*

\*participants must be able to commit to all three sessions

### Summer Walking Program (in person)

Tuesdays, 2 - 3:30 pm at

Thursdays, 2 - 3:30 pm at

Join old friends and new ones to stroll around local parks. Walks led by Brian Sugiyama. Walking poles provided as needed.

### Strengthening Chair Yoga (online)

Fridays, 2 pm - 3 pm

A yoga series to start your weekend off right. Wear comfortable pants. Taught by Carolyn McPherson.

### Healthy Recipe Demos (online)

Fridays, noon - 1:30 pm

Create a tasty meal in your home with guidance from a local chef, in partnership with Nanaimo Foodshare. Recipes & ingredients will be provided ahead of time.

**To register for sessions, please email:** [s\\_burton@nflabc.org](mailto:s_burton@nflabc.org)

Include your name and the classes you are interested in.