

# November 2022 digital + in person program schedule

Therapeutic Activation Programming for Seniors at Nanaimo Family Life Association

Tuesday	Wednesday	Thursday	Friday
November 1 Chair yoga - online 10 - 11 am  Chair yoga - indoor 11:15 - 12:15pm  Walking program 2 - 3:30 pm	2 Qi Gong - online 10:00 -11:00am  Qi Gong - indoor 11:15- 12:15 am	3 Ukulele Group 10 - 11 am  Walking program 2 - 3:30 pm	4 Recipe Demo 12 - 1:30 pm  Chair yoga online 2 - 3 pm
November 8 Chair yoga - online 10 - 11 am  Chair yoga - indoor 11:15 - 12:15pm  Walking program 2 - 3:30 pm	9 Qi Gong - online 1:15 -2:15pm  Qi Gong - indoor 2:30 - 3:30 pm	10 Ukulele Group 10 - 11 am  Walking program 2 - 3:30 pm	11 <b>Remembrance Day No Sessions</b>
November 15 Chair yoga - online 10 - 11 am  Chair yoga - indoor 11:15 - 12:15pm  Walking program 2 - 3:30 pm	16 Qi Gong - online 1:15 -2:15pm  Qi Gong - indoor 2:30 - 3:30 pm	17 Ukulele Group 10 - 11 am  Walking program 2 - 3:30 pm	18 Recipe Demo 12 - 1:30 pm  Chair yoga online 2 - 3 pm
November 22 Chair yoga - online 10 - 11 am  Chair yoga - indoor 11:15 - 12:15pm  Walking program 2 - 3:30 pm	23 Qi Gong - online 1:15 -2:15pm  Qi Gong - indoor 2:30 - 3:30 pm	24 Ukulele Group 10 - 11 am  Walking program 2 - 3:30 pm	25 Recipe Demo 12 - 1:30 pm  Chair yoga online 2 - 3 pm

## November 2022 program descriptions

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

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

Follow along through a series of seated chair yoga poses. 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 (indoor)

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

### Ukulele Group (in- person)

Thursdays , 10 am - 11 am

Want to learn how to play the ukulele? Perhaps you'd like to play more often in a group! Join Karen Smart for a chance to learn some chords and play along with others.

### Summer Walking Program (in person)

Tuesdays, 2 - 3:30 pm at 'Buttertubs Marsh'

Thursdays, 2 - 3:30 pm at 'Colliery Dam'

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\\_jaeger@nflabc.org](mailto:s_jaeger@nflabc.org)

Include your name and the classes you are interested in.