

June 2023 digital + in person program schedule

Therapeutic Activation Programming for Seniors at Nanaimo Family Life Association

Tuesday	Wednesday	Thursday	Friday
		June 1 Ukulele Group 10 - 11 am Walking program 2 - 3:30 pm	2 Community Garden: 10 - 11am Recipe Demo 12 - 1:30 pm Chair yoga online 2 - 3 pm
June 6 Chair yoga - online 10 - 11 am Chair yoga - outdoor 11:15 - 12:15 pm Walking program 2 - 3:30 pm	7 Qi Gong - online 10:00-11:00 am Qi Gong - outdoor 11:15- 12:15 pm	8 Ukulele Group 10 - 11 am Walking program 2 - 3:30 pm	9 Community Garden: 10 - 11am Recipe Demo 12 - 1:30 pm Chair yoga online 2 - 3 pm
June 13 Chair yoga - online 10 - 11 am Chair yoga - outdoor 11:15 - 12:15 pm Walking program 2 - 3:30 pm	14 Qi Gong - online 10:00-11:00 am Qi Gong - outdoor 11:15- 12:15 pm Community Garden 2:00 - 3:30pm	15 Ukulele Group 10 - 11 am Walking program 1-2pm	16 Recipe Demo 12 - 1:30 pm Chair yoga online 2 - 3 pm
June 20/27 Chair yoga - online 10 - 11 am Chair yoga - outdoor 11:15 - 12:15 pm Walking program 2 - 3:30 pm	21/28 Qi Gong - online 10:00-11:00 am Qi Gong - outdoor 11:15- 12:15 pm Community Garden: 2-3pm	22/29 Ukulele Group 10 - 11 am Walking program 2 - 3:30 pm	23/30 Recipe Demo 12 - 1:30 pm (Not on the 23rd) Chair yoga online 2 - 3 pm

June 2023 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. Leggings or loose fitting pants are recommended. Taught by Sheila Crampton.

Qi Gong With OT Sue (online/ in person)

Weds, 10:00 -11:00 am (online) & 11:15- 12:15 (outdoor)

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

Walking Program (in person)

Tuesdays, 2 - 3:30 pm at 'Maffeo Sutton'

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.

Ukelele 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.

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.

Community Garden (in person)

Join us at Forest Park Community garden to help us grow healthy organic fruits and veg & cultivate community!

To register for sessions, please email: s_jaeger@nflabc.org

Include your name, number, email address and the classes you are interested in.