

# May 2023 digital + in person program schedule

Therapeutic Activation Programming for Seniors at Nanaimo Family Life Association

Tuesday	Wednesday	Thursday	Friday
<p>May 2 Chair yoga - online 10 - 11 am</p> <p>Chair yoga - outdoor 11:15 - 12:15 pm</p> <p>Walking program 2 - 3:30 pm</p>	<p>3 Qi Gong - online 10:00-11:00 am</p> <p>Qi Gong - outdoor 11:15- 12:15 pm</p> <p>Community Garden 2:00 - 3:30pm</p>	<p>4 Ukulele Group 10 - 11 am</p> <p>Walking program 2 - 3:30 pm</p>	<p>5 Walk in Honour of MMIWG2S+ 11:30 AM (@ Port Place Thrifty's)</p>
<p>May 9 Chair yoga - online 10 - 11 am</p> <p>Chair yoga - outdoor 11:15 - 12:15 pm</p> <p>Walking program 2 - 3:30 pm</p>	<p>10 Qi Gong - online 10:00-11:00 am</p> <p>Qi Gong - outdoor 11:15- 12:15 pm</p>	<p>11 Ukulele Group 10 - 11 am</p> <p>Walking program 2 - 3:30 pm</p>	<p>12 Community Garden: 10 - 11am</p> <p>Recipe Demo 12 - 1:30 pm</p> <p>Chair yoga online 2 - 3 pm</p>
<p>May 16 Chair yoga - online 10 - 11 am</p> <p>Chair yoga - outdoor 11:15 - 12:15 pm</p> <p>Walking program 2 - 3:30 pm</p>	<p>17 Qi Gong - online 10:00-11:00 am</p> <p>Qi Gong - outdoor 11:15- 12:15 pm</p> <p>Community Garden 2:00 - 3:30pm</p>	<p>18 Ukulele Group 10 - 11 am</p> <p>Walking program 2 - 3:30 pm</p>	<p>19 Recipe Demo 12 - 1:30 pm</p> <p>Chair yoga online 2 - 3 pm</p>
<p>May 23/30 Chair yoga - online 10 - 11 am</p> <p>Chair yoga - outdoor 11:15 - 12:15 pm</p> <p>Walking program 2 - 3:30 pm</p>	<p>24/31 Qi Gong - online 10:00-11:00 am</p> <p>Qi Gong - outdoor 11:15- 12:15 pm</p>	<p>25 Ukulele Group 10 - 11 am</p> <p>Walking program 2 - 3:30 pm</p>	<p>26 Community Garden: 10 - 11am</p> <p>Recipe Demo 12 - 1:30 pm</p> <p>Chair yoga online 2 - 3 pm</p>

# May 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 'ButterTubs (meeting at Bowen Park West Parking lot) '

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](mailto:s_jaeger@nflabc.org)

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