

November 2023 digital + in person program schedule

Therapeutic Activation Programming for Seniors at Nanaimo Family Life Association

Tuesday	Wednesday	Thursday	Friday
	November 1st Qi Gong - online 10:00 -11:00 am	2 Ukulele Group 10 - 11 am	3 Community Garden: 10 - 11am Chair yoga online 2 - 3 pm
November 7 Chair yoga - online 10 - 11 am Chair yoga - Indoor 11:15 - 12:15 pm Walking program 2 - 3:30 pm	8 No Qi Gong (Sue away)	9 Ukulele Group 10 - 11 am	10 Chair yoga online 2 - 3 pm
November 14 Chair yoga - online 10 - 11 am Chair yoga - Indoor 11:15 - 12:15 pm Walking program 2 - 3:30 pm	15 Qi Gong - online 10:00 -11:00 am	16 Ukulele Group 10 - 11 am	17 Chair yoga online 2 - 3 pm
November 21/28 Chair yoga - online 10 - 11 am Chair yoga - Indoor 11:15 - 12:15 pm Walking program 2 - 3:30 pm(no walk on 28th)	22/29 Qi Gong - online 10:00 -11:00 am	23/30 Ukulele Group 10 - 11 am	24 Chair yoga online 2 - 3 pm

November 2023 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.

Walking Program (in person)

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

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

Qi Gong With OT Sue (online)

Weds, 10:00-11:00 (online)

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.

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.

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.