


## December 2023 digital + in person program schedule

Therapeutic Activation Programming for Seniors at Nanaimo Family Life Association

Tuesday	Wednesday	Thursday	Friday
December 5th Chair yoga - online 10 - 11 am  Chair yoga - Indoor 11:15 - 12:15 pm	6th Qi Gong - online 10:00 -11:00 am	7 Ukulele Group 10 - 11 am	8 Community Garden: 10 - 11am  Chair yoga online 2 - 3 pm
December 12 Chair yoga - online 10 - 11 am  Chair yoga - Indoor 11:15 - 12:15 pm	13 Qi Gong - online 10:00 -11:00 am	14 Ukulele Group 10 - 11 am	15 Chair yoga online 2 - 3 pm
December 19 Chair yoga - online 10 - 11 am  Chair yoga - Indoor 11:15 - 12:15 pm	20 Qi Gong - online 10:00 -11:00 am	21 Holiday Party! 12-2 pm 	22 Chair yoga online 2 - 3 pm

**Holiday Break - No programs 25-29th**

# December 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.

## 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!

## Holiday Party (In person)

**Thursday November 21st (12-2pm)**

@ Brechin United Church 2020 Estevan rd

A time for us to get together and reflect on the year that has been and the year that will be. Warm drinks and snacks provided. Wear a cosy sweater and enjoy some music and festive cheer.

**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.