

# May 2024 digital + in person program schedule

Therapeutic Activation Programming for Seniors at Nanaimo Family Life Association

Tuesday	Wednesday	Thursday	Friday
		2 Ukulele Group 10 - 11 am	3rd Recipe Demo 12 - 1:30 pm  Chair yoga online 2 - 3 pm
May 7 Chair yoga - online 10 - 11 am  Chair yoga - Indoor 11:15 - 12:15 pm  Walking program 2 - 3:30 pm		9  Ukulele Group 10 - 11 am	10 Recipe Demo 12 - 1:30 pm  Chair yoga online 2 - 3 pm
May 14 Chair yoga - online 10 - 11 am  Chair yoga - Indoor 11:15 - 12:15 pm  Walking program 2 - 3:30 pm		16 Ukulele Group 10 - 11 am	17 Recipe Demo 12 - 1:30 pm  Chair yoga online 2 - 3 pm
May 21/28 Chair yoga - online 10 - 11 am  Chair yoga - Indoor 11:15 - 12:15 pm  Walking program 2 - 3:30 pm		23/30 Ukulele Group 10 - 11 am	24/31 Recipe Demo 12 - 1:30 pm  Chair yoga online 2 - 3 pm

## May 2024 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 Angelina McNamee.

### 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.

### 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.

### 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, number, email address and the classes you are interested in.