Adult – Learn for Life

Seniors aDAPT Workshop - Age Related Changes

A natural process of aging is a change in abilities. Learn helpful ways of communicating with, interacting with, and assisting people in the community or who you know who are experiencing age related changes in their abilities. Learn some alternative ways to navigate life, as well as tools and devices available to make life easier. Helpful aids are discussed and demonstrated.

Mar 11 6:30 - 7:30pm by donation

Awaken the Spirit Workshop

Join Nicole Spirit, to enjoy a lovely class where we activate our spirit molecules. We will do some energy exercises with Yoga and Qi Gong and a Guided Meditation followed by an angelic crystal healing. We will finish with Tarot and Oracle card readings and you will receive a guartz crystal gift to take home with you. Instructor. Nicole D'Agat

monuoloi. Nicolo D'Agai			
Sat	Apr 6	11:00am - 2:00pm	\$35/per

Bike Smart Adults

Whether you're commuting to work, running errands, or simply seeking pleasure in every pedal, this course has got you covered! With a blend of classroom, bike handling, and on-road training, led by our friendly and experienced instructors, this program covers essential bike skills and safety for riding on local roads. Participants should come with: 1) A bike in good working order

2) A helmet that fits

3) Snacks/Lunch and water

Closed toed shoes (no sandals) May 26

For the love of Feet!

In this workshop, we will explore our own understanding of our feet! Of what makes our foundation, and the role feet play. We will play with mobility, balance, and strengthening. This workshop is a mix of conversation and practical activities. During the workshop, we will be exploring some barefoot (no socks) activities and touching our own feet. All levels welcome. Let's give some love to our feet! Instructor: Melanie Langman

10:00am - 2:30pr

\$55/person

Location: Oaklands Community Centre (same workshop offered on two separate dates)

<i>l</i> lon	May 13	6:00 - 7:30pm	\$20/person (\$25 for day of drop in)
ues	Jun 25	6:00 - 7:30pm	\$20/person (\$25 for day of drop in)

Community Programs and Events

Oaklands Clothing Swap

Bring your gently used items to donate and come to find some new to you treasures!

Location: Oaklands Community Centre

Admission by \$ donation with all funds raised going to support Oaklands food security programs! Apr 27 11:00am - 1:00pm by donation Community Open Mic Night (Ages 12+) This free event is open to all youth, families, and community members to come together and share their love of music. LGBTQIA2S+ friendly! Mar 18 6:30 - 8:30pm

Apr 15 Free Mobile Hearing Clinic

May 17th between 9:30am and 2pm @ Oaklands Community Centre.

Call (250) 370-9101 or stop by the Centre to register for an appointment.

Community Dinners

Mon

Community Dinners happen on at the end of each month with delicious hot meals prepared by our talented Chef Bob. Bring your friends and family to enjoy good food, and great company! Sit back, mingle, and let us take care of your Sunday dinner plans. Come celebrate food with us! Location: Oaklands Community Centre

6:30 - 8:30pm

This program is offered on the fourth Sunday of each month. Sunday, March 24th, April 28th, May 26th Admission by-donation (suggested \$5-10)

Call to make a reservation

Oaklands Pantry

The Oaklands Pantry is an accessible & sustainable food program. We offer produce, bread, dairy, eggs, and frozen goods, reducing food waste and increasing community food security. We work in collaboration with local organizations to provide safe and healthy food to you every month! This program is for Oaklands residents only and is offered on the fourth Sunday of each month. Sunday, March 24th, April 28th, May 26th

Location: Oaklands Community Centre

Call 250 370-9101 or visit our website for more details and to sign up for our waitlist Time: by-appointment only 2:00-3:00pm

Queer + Allies Chess Club

Drop by for an evening of beginner-friendly and non-competitive chess! Learn something new, meet local community members, and create a safe & welcoming environment with us, all while playing chess, and a variety of other board games!

Location: Oaklands Community Centre				
Date:	Apr 8, May 6, Jun 3			
Time: 7:00 - 9:00pm				
Admission:	n: by-donation, drop-ins welcome			
Ages:	12years+			

Gender Spectacular Support Group

Gender Spectacular is a drop-in support group for parents and caregivers of trans. non-binary, and Two-Spirit children and youth. We offer a gender affirming and non-judgmental space for caregivers to build community, learn about how to support their children, and feel supported in their parenting experience. This group is facilitated by trans adults who have extensive background working with trans children, youth, and parents. Come meet other caregivers in a welcoming and supportive environment.

For information about time/date and to register, please email: support@genderspectacular.com

Get Growing, Victorial: Spring Material and Seedling Distribution

Spring Material Distribution Days: March 23, 1-3pm (Garden materials only – no seedlings) Get Growing! Seedling & Material Distribution Days (spring): May 25, 1pm-3pm Get Growing! Seedling & Material Distribution Days (summer): July 27. 1pm-3pm

Where: **Oaklands Community Centre** The spring seedling distribution will provide free vegetables, herbs, and flowers to Victoria residents. We suggest bringing a cardboard box to

hold the seedlings!

There will also be a limited amount of free compost, leaf mulch, and woodchips available. The garden materials are loose and not pre-bagged, so please bring your own containers such as a bucket, tote, or wheelbarrow, as well as a shovel and gloves.

Oaklands Garage Sale Day

June 1, 2024

Garage Sales - 9:00am onwards

Over 50 garage sales will take place in the Oaklands Community, and OCC plans to host our own garage sale as well in the Community Centre from 9am to 12pm.

Oaklands Sunset Markets

Start getting excited for fresh farm produce, crafts, artisans and prepared food vendors, bakers, food trucks, music, beer garden and more! Location: Oaklands Community Centre Wednesdays July 3 - August 28

4:30-8:00pm

Queer & Trans Farmers' Market

Date: Sat June 29 Time: 11am-5pm

Kicking off the Sunset Market, Oaklands Community Association is organizing a special Queer & Trans Farmers' Market for Pride season. An opportunity to come together, celebrate, and support our amazing local queer & trans farmers, bakers, makers, crafters, artists, musicians, and more!

Stav tuned for more information. If you'd like to get involved, sponsor, or volunteer for the event, please contact communitv@oaklandsca.com

Licensed Child Care

Little Acorn Care Centre – (2.5–5 yrs)

Entrust your little ones to our fully qualified Early Childhood Educators (ECEs). At Little Acorn Care Centre, we offer an emergent/Reggio curriculum within a full day preschool program for children ages 2.5-5 years. We accept subsidies available through the Ministry of Children and Family. For more information contact us at 250-370-9101 ext. 2 then 1 or littleacorn@oaklandsca.com

Oaklands Neighbourhood House, 2629 Victor Street

Please contact us for up-to-date fee information.

Childcare Hours: M-F 7:30am - 5:30 pm

*Little Acorns is accepting waitlist applications for the summer/fall of 2024 and beyond

Hamilton Park Infant/Toddler Centre –ages 6m to 30m

We run a licensed full-day Infant/Toddler program. The program is inclusive with ages of 6 months to 18 months (5 spaces for Infants) and 18 months to 30 months (5 spaces for Toddlers). The program implements our philosophy and helps aid in development of the individual child. Hours of Operation: Monday to Friday, 7:45am - 5:30 pm

For more information contact Justine at 250 370-9101 ext. 2 then 3 or email hamilton@oaklandsca.com

Hamilton Park Full Day Preschool - ages 3-5yrs

Our Hamilton Park full-day Pre-School's waitlist is open. This play-based program implements our philosophy to aid in the development of each child's individuality. Join us 2.3 or 5 days a week. For registration and inquiries. please contact Justine at 250 370-9101 ext 2 then 3 or email hamilton@oaklandsca.com Hours of operation: Monday to Friday: 7:45am - 5:30pm

Out-of-School Care (5-10 yrs)

Our licensed out-of-school care program provides guality care for children in kindergarten to grade five. OSC provides a positive atmosphere in which children can develop self-esteem, confidence, and social awareness. Our staff offer a warm, safe, and welcoming environment so that your child's time here is fun and memorable. We accept subsidies available through the Ministry of Children and Families.

M-F, AM and PM care, Pro-D Days, and school break programs offered For more information, including up-to-date fee information and availability, please contact us at:

(250) 370-9101 ext. 2 then 2 or osc@oaklandsca.com

Spring Program **Guide** 2024

Registration

- If after the first class you decide a program is not right for you, we are happy to issue a pro-rated refund. We require a minimum number of participants to run programs. We will email registrants prior to the start of This request must be made prior to the second class. a class and offer full refund or house credit if the program does not get enough participants. A full refund will only be issued if withdraw is made no later than one week prior to the program start date.

International Women's Day Weekend Tiny Tykes Playgroup Celebrate International Women's Day at Oaklands with three days of exciting events! Come join Miss Bev for a fun morning of toys, crafts, and circle time songs. Parents/caregivers and children can both enjoy a friendly March 8, 6pm - 9pm - Arts & Crafts Mixer space and group-oriented program that supports the stages of play and promotes group socialization preparing your child for daycare and Drop in for some casual community crafting! Everything you need to crochet, bead, draw, or paint will be supplied, and a creative facilitator preschool. Coffee and Tea are provided, and snack is also included. No program offered on Statutory Holidays or SD#61 Pro-D Days. This program is drop-in only, please call to check for space if arriving late. will be there to guide you through an easy project or answer any questions. Refreshments will be provided.

March 9, 10am - 4pm - International Women's Fair

Discover handmade food, art, jewelry, body care, and more from local women-led businesses! Shop over 60 vendors, listen to live music, and try delicious food from Country Crepes! Admission to this market is by donation, with all proceeds benefiting the Women's Transition House.

March 10 - Women's Workshops

For more information or to register for a workshop, email events@oaklandsca.com.

Oaklands Community Association AGM

Open to all, the AGM is an opportunity to celebrate the year's achievements, present reports, and conduct elections for our Board of Directors. Become an annual member to vote in our board elections!

Learn more at oca.recdesk.com/Community/Membership Monday, April 29th 7:00 - 9:00pm

Easter Eggstravaganza

March 30 - 9am, 10am, 11am goats Admission: \$12 per person

Tot & Me Dance (1-3 yrs – with caregiver)

participation required.

Instructor: Nikko – MoonDance Dynamic Arts School Location: Oaklands Community Centre April 9 – May 14

May 21 - June 25

Creative Dance (3-5 yrs)

Tues

Tues

community association

Explore high-energy rhythm and dance, song Instructor: Nikko – MoonDance Dynamic Arts Location: Oaklands Community Centre Tues April 9 – May 14 Tues May 21 - June 25 (no class June 4)

Soccer Start! (Ages 4-6)

children to meet friends, play games and learn some soccer specific skills. Location to be confirmed Wed April 17 – June 5

Oaklands **Community Centre**

#1-2827 Belmont Ave Victoria, BC V8R 4B2

250-370-9101 https://oaklands.life/

To register for a program please visit: oca.recdesk.com/Community/Program

- Registration is on a first come, first served basis and payment is required at time of registration
- Program date, time, or location may change. Please monitor our Recreation Calendar to confirm.

Happening soon at Oaklands:

Sign up for an engaging workshop or class led by experts in our community. Topics include DIY bath bombs, yoga, motherhood, Mono printing, and connecting with nature. Take one, or as many as you can! For the workshop schedule, visit our website

Oaklands Community Centre

Follow the Easter Bunny on a trip around Oaklands Community Centre! There will be crafts, an egg hunt, snacks, a bouncy castle, and adorable

Preschool – Health and Wellness

Join MoonDance Dynamic Arts school to enjoy rhythmic play and creative dance with your 1-3 year-olds in a relaxed setting. Caregiver

	10:00 - 10:30am	6/\$60
5 (no class June 4)	10:00 - 10:30am	5/\$50
g, percussion and impro s School	visation with MoonDance Dynamic Arts So	chool!
	10:00 - 10:30am	6/\$60
5 (no class June 4)	10:00 -10:30am	5/\$50

Learn and explore the fundamentals of soccer through structured and unstructured play. We provide a fun, and positive environment for

3:30 - 4:30pm 8/\$80	
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Refunds for Recreation Programs only

Preschool Learn for Life

Maximum two children per adult (exceptions with permission), and parent/caregiver participation required. Location: Oaklands Community Centre \$3 Suggested Donation/ Family

Mon	April 8 – Jun 17 (no class Mon May 20)
Tues	April 9 – Jun 18
Thurs	April 11 – Jun 20

Parent + Tot Lunch and Learn

Join Bev to meet other families for special guest programming and enjoy lunch together! The program will open with free play, followed by snack and then join in on the offered program. Lunch will be provided at 11:30 for everyone. Coffee and Tea are provided.

Location: Oaklands Community Centre			
Fri	Apr 12 – May 10		
Fri	May 24 – June 21		

\$10 Suggested Donation / Family Stories and More with Megan Physical Literacy Fun

9:30 - 11:30am

9:30 - 11:30am

9:30 - 11:30am

9:30am - 12:00pm 9:30am - 12:00pm

8/\$120

<u> Children & Youth – Creative Arts</u>

Discover Your Voice (Ages 9-12)

Gain confidence and connection to your voice, develop a love of literature and storytelling, and play with improvisation! Through fun and skill building theatre games, participants will be introduced to a range of voice and performance techniques. Vocal warmups, poetry, mime, improv. and readers theatre will hone participants' storytelling abilities. No experience necessary. Instructor: Jessie Paterson, BA, ARCT in Speech and Drama Performance

ocation: Oaklands Neighbourhood House 2620 Victor Street

ocation. Oakianus Neigi			001					
hursdays	Apr 4 – May 30	(no class May	9)	6:00 - 7	7:30pm	1	8/\$88	
Child	ren &	Yout	:h –	Heal	lth a	nd V	Vellı	ness
loor Hockey (9–16 yrs)								

Come and practice your hockey skills off the ice. Equipment is provided; just bring a pair of non-marking shoes and some energy! No games on STAT holidays or Pro D Days. Parents welcome to participate, and food donations for our pantry program are welcome

ocation: Uaklan	ids School Gym	FKEE	
i	Apr 5 – Jun 21	(no session on May 17, and May 31)	4:30 - 5:30pm

Kids At Tennis Society (KATS) Tennis Lessons

Youth Soccer Accelerator (8-14 yrs)					
Thurs May 23 – Jun 27 5:00 - 6:00pm					
(9–13 yrs)					
(5–8 yrs) Thurs	May 23 – Jun 27	4:00 - 5:00pm			
the required form with registration. Location: Kings Road Tennis Courts 13/FREE					
successful very quickly. This program is sponsored by KATS and is free for those families who can't afford lessons. Please ensure to fill out					
Using smaller racquets and low compression balls we help kids develop confidence in their ability to hit the ball which allows them to be					

Would your child like to get more touches on the ball join coach Adrien for this soccer development program. Location: Oaklands Community Centre Wed Apr 17 – Jun 5 4:30 - 5:30pm

Children & Youth Learn for Life

Youth aDAPT Workshop – Understanding Diversity (ages 7-13)

Through meaningful discussions and hands on activities, youth get an experience in understanding what their peers and others in the community go through when their body or brain works differently. They learn helpful tips on being inclusive and supportive while developing compassion and empathy for others who live with disabilities. Instructor - Gina Martin

1:30 - 2:30pm

ocation: Oaklands Community Centre

Mon May 17th \$15/person

\$11/each - *Additional cost for out trips

Children & Youth Group Programs

Flip-Out Fridays (Ages 8-13)

Dodgeball, baking, outdoor games, swimming, and movie nights are just a few of the activities you can expect for your Flip-Out Friday nights. We provide a fun, safe and welcoming environment for youth to participate in their favourite activities and try new ones. Drop In available most nights but please register in advance to avoid disappointment. Limited to 20 participants.

No Flip-Out on STAT holidays or Pro-D Days.

Location: Oaklands Community Center

6:30 - 9:00pm

"Hellfyre Club" Dungeons & Dragons (Ages 9-14 Split into different teams)

Beginners Welcome Group! Foster creativity, teamwork and collaboration while making new friends and even improving math skills! Snacks provided!

Location: Oaklands Neighbourhood House 2629 Victor Street

Ages 9/10 are <i>Green Team</i> , Ages 11/12 are <i>Red Team</i> , Ages 13/14 are <i>Blue Team</i>				
Tues	Mar 5 – Apr 9	6:30 - 8:00pm	6/\$75	
Tues	Apr 23 – May 28	6:30 - 8:00pm	6/\$75	

Kids Movie Night Fundraiser for OSC! (Grades K-6 welcome)

Friday April 19th 6:30 – 9:00pm Oaklands Community Centre \$15 registration includes a slice of cheese pizza, popcorn and a juice box. Must pre-register. Registration online at oca.recdesk.com

Licensed Summer Camps 2024

*all licensed camps accept ACCB subsidy

Week 1: July 2-5

Grades K-1 "Jurassic Giants" - If you love dinosaurs say "RAWR!" Face painting, fossil hunts, crafts and trip to the museum are planned this week!

Grades 2-5 "Marvel Madness" - Calling all superheroes! It's a week full of strength, power, and intelligence. Test your superhero knowledge as we learn the stories behind Thor, Captain America, Black Widow, Iron Man and The Hulk. Design and create your own superhero costumes and write your own hero comics. You won't want to miss out an exciting obstacle course, creating your own invention and drinking a Super Soldier Serum.

Week 2: July 8-12

Grades K-1 "SHIPWRECKED!" - This week's camp is full of pirates, mermaids, ocean creatures and survival fun.

Grades 2-5 "Out & About" - This camp has daily out-trips and is primarily off-site. Trips will include Fort Rodd Hill, Esquimalt Lagoon, Willows Beach, Beckwith Splash Park, Topaz Park, and Elk Lake.

Week 3: July 15-19

Grades K-1 "Earth, Wind & Magic" – Tap into your wild side! We will be exploring nature, mythical creatures, crafting magical potions and more. All fairies, wood nymphs, elves, and sprites welcome!

Grades 2-5 "Mega Mindstorm" – Engineering and science week! Experimenting with chemistry, biology, engineering, and cultivating a maker mindset. Daily riddles and "explosive" fun.

Week 4: July 22-26

Grades K-1 "Bugging Out" - Creepy Crawlies galore! A visit from the compost education center and the Bug Zoo are planned for this week. Wedne

Grades 2-5 "Out & About" - This camp has daily out-trips and is primarily off-site. Out trips will include a swim at Panorama Rec Center, Gyro Beach, Pkols, Esquimalt Water Park, Beacon Hill Park

Week 5: July 29-Aug 2

Grades K-1 "Parks & Beaches" – Out trips planned are Gyro Beach, Willows Beach, and Esquimalt Lagoon

will get hands-on experience baking delectable treats and cooking meals such as Spaghetti, Quesadillas, and yummy homemade soup!

Week 6: Aug 6-9

Grades K-1 "Sci-Fi Zoo" - Create your own planet complete with alien creatures! Robots, space pirates, imaginative play, making slime and more. It's out of this world!

Grades 2-5 "Out & About" - This camp has daily out-trips and is primarily off-site. Out-trips will include Dallas Road Beach, Gonzales Beach, Mini-Golf, Swan Lake and Macaulay Point Park.

Week 7: Aug 12-16

Grades K-1 "Water Waves" - Prepare to get wet! Sprinkler fun, wading pools, Elk Lake, and water parks!

Grades 2-5 "Mythical Realms" - Are you ready for a magical experience? How about a side quest? Activities will include creating a mythical creature, playing Dungeons & Dragons, Role Playing, potion making, and trips to Mystic Vale and Pkols.

Week 8: Aug 19-23

Grades K-1 "Fairytale Forest" - Fun with Fables & Fairy Tales. Play acting, puppets, crafts, dress up, a trip to Mystic Vale and a fun movie day with popcorn and stuffed toys!

Grades 2-5 "Out & About" - This camp has daily out-trips and is primarily off-site. Out-trips will include a swim at Westshore Parks & Rec, Board Game Café, Thetis Lake, Cattle Point and Francis King Park.

No camp available Aug 26-30

Adult - Creative Arts

Dungeons & Dragons for Adults

Dungeons and Dragons returns to Oaklands this fall. Are you ready for adventure?

Put the cares of the real world aside and have fun exploring a mysterious fantasy world with up to six adults each week, all guided by an experienced Dungeon Master. Beginner and drop-in friendly.

Registration required

Location: Oaklands Community Centre

Apr 10 – Jun 19

Improv Instructional Classes

In this program you will learn and play improvisational games. You will also be taught various improv structures/formats, theory, improv history and more. You will also have the chance to join an improv troupe that aims to do performances. Open to anyone who wants to learn more about the world of improv

6:30 - 9:30pm

Location: Oaklands Community Centre

April 19 – Jun 21

7:00pm - 8:30pm \$5/session

\$5/session

<u> Adult – Health & Wellness</u>

Exercise/Strength Building Programs:

Baby Bootcamp

Your Coach will take you through a 45-minute workout which can be modified for any fitness level. With a focus on body weight movements this class will have variety some of which may include a circuit, HIIT, or timed Tabata's. If you need to stop and breastfeed or change a diaper during class, go ahead! No judgement in these four walls. That's what these classes are for. Get in as much exercise as you can during the 45-minute window.

Instructor: Charissa Morgan @dandelion_fitness

*Call 250 370-9101 to book for drop-ins or late registration

Monday Classes (indoor Mon Mon) @ Oaklands Community Centre Apr 8 – May 13 Apr 8 – May 13	9:30 - 10:30am 11:00am - 12:00pm	6/\$81 6/\$81
Monday Classes (outdoo Mon Mon	or) @ Oaklands Park May 27 – June 24 May 27 – June 24	9:30 - 10:30am 11:00am - 12:00pm	5/\$67.50 5/\$67.50
Wednesday Class (indoo Wed	or) @ Oaklands Community Centre Apr 10 – May 15	12:00 - 1:00pm	6/\$78
Wednesday Class (outdo Wed	bor) @ Oaklands Park May 29 – June 26	12:00 - 1:00pm	5/\$65

50 min Sweat

Get in. Get fit. Get on with Life. 50 min of total body conditioning. Circuit, Hiit, strength and plyometrics. Every day is a bit different but expect Grades 2-5 "Cooking for Kids" - This week is going to be "sweet"! You will savor every mouth-watering moment and hunger for more! Campers to hustle and make every minute count. Running is a component, but all levels/injuries are welcome and power walking is encouraged. No babysitter? no excuse! Children are welcome but parents are responsible for monitoring. **Please bring a yoga mat to class.**

Instructor: Charissa Morgan @dandelion fitness

Location: Oaklands School Gym Apr 11 - May 16 May 30 – Jun 27

Functional Fitness

Thurs

Thurs

This group class is designed for all fitness levels (and safe for mature adults). Learn and practice proper exercise techniques to increase T'ai Chi is practiced worldwide as a recreation that promotes health and well-being and reduces stress. Relaxation is the key principle of T'ai muscle strength & endurance, improve posture, and explore balance & coordination. We finish with stretching to increase flexibility and range Chi, which involves gentle, low-impact movements that develop grounding, flexibility, and balance. The instructor, Lee McLeod, has been a of motion around your joints. Participants must be able to get down to the floor and back up to standing easily. Please bring your own bands student of T'ai Chi for 25 years and teaches the Cheng Man-Ch'ing short Yang form. (or use your own body weight), and water bottle. Wear closed-toed shoes and attire you can move in easily. Location: Oaklands Community Centre

Instructor: Susanne Reul-Zastre

Location: Oaklands Community Centre Thur Apr 4 – May 16 Thur May 23 – Jun 27

Everything but Cardio

This small group class is suited for the beginner and on-going participant. Let's push, pull, lift, bend and rotate muscles and joints together Continuing T'ai Chi and stretch to improve flexibility. Modifications will be offered for a fun and functional workout! Please bring your own mat, bands (or use In this class Lee will teach the whole Chen Man-Ch'ing short Yang form with emphasis on the second half. The class is open to anyone who your own body weight), and a water bottle. Wear closed-toed shoes and attire you can move in easily. Participants must be able to get down knows this form, whether they have studied with Lee before. on the floor and back up to standing on their own. Thur \$130

Instructor: Susanne Reul-Zastre

Location: Oaklands Community Centre Wed Apr 3 – May 15 Wed May 22 – Jun 26

We've Got Your Back

This small group class is designed for all fitness levels and focuses on promoting back health. We will explore proper body alignment to improve posture with exercises that build strength where it counts and stretches that loosen tight muscles around joints. Balance-specific movements are added to help prevent back pain and falls. Please bring your own mat and water bottle, and wear attire you can move in easily. Participants must be able to get down on the floor and back up to standing on their own.

Instructor: Susanne Reul-Zastre

Location: Oaklands Community Centre Tues Apr 2 – May 14 Tues May 21 – Jun 25

Gentle Movement or Dance Programs:

Essentrics is an injury-free, pain-free, age-supporting way to exercise. It's exercise in a healing mode. Each workout is designed to engage all 650 muscles and 360 joints in the human body, with an emphasis on stretching and moving the full body fascia (connective tissues). To achieve this, we use gentle and rotational massage like movements. Every time you come to an Essentrics class, you will enjoy fresh music playlists and new exercise sequences. No equipment needed, just bring your mat and a water bottle please.

Instructor: Junko Hammond, Level 4 Essentrics certified instructor

Apr 8 – May 13 Mav 27 – Jun 24
Apr 10 – May 15 May 22 – Jun 26

Wed Groove

Mon

Mon

Wed

This is not your typical dance class. This is also not your typical fitness class. In Groove, we celebrate all music, and everyone's uniqueness. Hatha Yoga Tuesday with Lisa In Groove, you'll be dancing to a wide variety of music from classical to hip hop, country to dub step, and everything in between. Groove A 60 minute hatha yoga class focused on body awareness, safe alignment, and a strong mind-body connection. Designed to cultivate uses super simple moves to connect participants to the style of the music, and invites participants to explore these unifying movements, in balance, strength, mobility, and joint stability in your body. All levels welcome! Please bring your own mat. their own way. The best part? You can't get it wrong! Come have a kitchen dance party! This class is good for all levels, modifications are Instructor: Lisa Wielinga https://www.lisaclaireyoga.com/ provided.

Instructor: Melanie Langman

Location: Oaklands Community Centre Tues Apr 16 - May 14 (r Tues May 21 – Jun 18 (

Hawaiian Hula for Seniors

Hawaiian Hula Dance for Seniors is a fun dance and movement class that helps you exercise your mind, body, and soul. Tailored for seniors, come learn basic Hawaiian hand, feet, and body dance movements, teaching you fluidity of movement and grace. Sway and move to the music of Hawaii and Polynesia in this low-impact class that will keep you active, while improving your coordination, balance, and memory

Instructor: Cheryl Mason Groulx

Location: Oaklands Community Centre Apr 12 – Jun 21(no

Mindful Movements Outdoors

*Finding Freedom in Movement- A Workshop for Seniors will be returning to Oaklands in September 2024 Enjoy gentle movements and breathing practices inspired by yoga, qigong, walking meditation, dance and more to strengthen your health, physical and mental well-being. We practice rain or shine in nature at Oaklands Green. Everyone is welcome ages 7 - 99+ and drop - in *Cuban Salsa will be returning to Oaklands in July or September 2024 *Moving Meditation: Hun Yuan Qi Gong will return to Oaklands in Summer or Fall of 2024 options are available

5:00 - 6:00pm	6/\$84
5:00 - 6:00pm	5/\$70

1:00 - 2:00pm	7/\$70
1:00 - 2:00pm	6/\$60

6:00 - 7:00pm	7/\$70
6:00 - 7:00pm	6/\$60

0 - 2:00pm 0 - 2:00pm	7/\$70 6/\$60
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1:00 - 2:00pm	6/\$66
1:00 - 2:00pm	5/\$55
11:15am - 12:15pm	6/\$66
11:15am - 12:15pm	6/\$66

(no class May 7)	7:15 - 8:30pm	4/\$48	
(no class Jun 4)	7:15 - 8:30pm	4/\$48	

io class May 17)	12:30 - 1:15pm	10/\$120

Instructor: Elke Schlufter Instructor: Ooklanda Cr

Instructor:	Uakianus	Green			
Wed			April	24	- 1

Wed	April 24 - May 22	
Wed	May 29 - June 26	

11:00am - 12:00pm 5/\$40 11:00am - 12:00pm 5/\$40

T'ai Chi

Beginning T'ai Chi

In this class, Lee will teach the first half of the form. Each move will be demonstrated and explained, as the class is led through the movements. Suitable for beginners or for anyone wishing to review and deepen their knowledge of the first section of the form.

Thur Apr 4 – Jun 27	9:15 - 10:30am	13/\$130
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Apr 4 – Jun 27 11:00am -	- 12:00pm	13/\$
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Yoga Programs:

<u>Yoga 101</u>

Ideal for beginners and any level of participant who wants to practice safely and effectively. Learn to breathe, relax and improve your posture.

Instructor: Angie Ackerman

Sun	April 14 – May 12	8:00 - 9:15am	5/\$70
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Mat Pilates

This is not your typical mat Pilates class. Melanie infuses philosophies from Therapeutic Yoga into her style of teaching Pilates. Pilates is a whole-body workout that can help develop long, lean, and toned muscles. Join us in exploring core awareness, strength, flexibility, mobility and balance in this safe and accessible class. Increase awareness around breathing patterns and body awareness while engaging the deep muscles of your core. Modifications are offered throughout the class. Students must be able to get up and down off the floor. Please bring a mat, the floor is concrete.

Instructor: Melanie Langman

Location: Oaklands Community Centre

ues	Apr 16 – May 14 (no class May 7)	6:00 - 7:00pm	4/\$48
ues	May 21 – Jun 18 (no class Jun 4)	6:00 - 7:00pm	4/\$48

Gentle Yoga (online and in-person)

Learn the basics of yoga, improve your balance, strengthen your core AND increase your overall body strength! Leave class feeling relaxed and focused. No need to be intimidated, yoga is for everyBODY! This is a fun, multilevel yoga class that's suitable for all ages. Please bring your own yoga mat.

Instructor: Tanya Roberts

Location: Oal	klands Community Centre		
Wed	Apr 10 – May 15	9:45 - 11:00am	6/\$60
Wed	May 22 – Jun 26	9:45 - 11:00am	6/\$60

Location: Oaklan	ids Community Centre		
Tues	Apr 9 – Jun 25	6:00 - 7:00pm	12/\$144

Hatha Yoga with Erica

This welcoming, all-levels class is designed to support your nervous system while safely improving balance, joint stability, strength, and mobility. Erica combines her training in traditional Hatha yoga with her education as a registered Kinesiologist to provide classes focused on student safety, alignment awareness, and the development of a rich mind-body connection.

For more information about Erica, visit her website at www.ericaloenenyoga.ca

Location: Oaklar	nds Community Centre		
Tues	Apr 9 – May 14	7:15 - 8:15pm	6/\$60
Tues	May 21 – Jun 25	7:15 - 8:15pm	6/\$60
Thurs	Apr 11 – May 16	7:15 - 8:15pm	6/\$60
Thurs	May 23 – Jun 27	7:15 - 8:15pm	6/\$60