

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.

Mon	Mar 11	6:30 - 7:30pm	by donation
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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 quartz crystal gift to take home with you.

Instructor: Nicole D'Agat			
Sat	Apr 6	11:00am - 2:00pm	\$35/person

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
 4) Closed toed shoes (no sandals)

Sun	May 26	10:00am - 2:30pm	\$55/person
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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
 Location: Oaklands Community Centre (same workshop offered on two separate dates)

Mon	May 13	6:00 - 7:30pm	\$20/person (\$25 for day of drop in)
Tues	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!
 Sat 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!

Mon	Mar 18	6:30 - 8:30pm
Mon	Apr 15	6:30 - 8:30pm

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
 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
 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: 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, Victoria! 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!

Stay tuned for more information. If you'd like to get involved, sponsor, or volunteer for the event, please contact community@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 quality 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

- 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
- We require a minimum number of participants to run programs. We will email registrants prior to the start of a class and offer full refund or house credit if the program does not get enough participants.
- Program date, time, or location may change. Please monitor our Recreation Calendar to confirm.**

Happening soon at Oaklands:

International Women's Day Weekend
 Celebrate International Women's Day at Oaklands with three days of exciting events!

March 8, 6pm - 9pm - Arts & Crafts Mixer
 Drop in for some casual community crafting! Everything you need to crochet, bead, draw, or paint will be supplied, and a creative facilitator 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
 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.

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 Oaklands Community Centre

Easter Eggstravaganza
 March 30 - 9am, 10am, 11am
 Follow the Easter Bunny on a trip around Oaklands Community Centre! There will be crafts, an egg hunt, snacks, a bouncy castle, and adorable goats
 Admission: \$12 per person

Preschool – Health and Wellness

Tot & Me Dance (1-3 yrs – with caregiver)
 Join MoonDance Dynamic Arts school to enjoy rhythmic play and creative dance with your 1-3 year-olds in a relaxed setting. Caregiver participation required.
 Instructor: Nikko – MoonDance Dynamic Arts School
 Location: Oaklands Community Centre

Tues	April 9 – May 14	10:00 - 10:30am	6/\$60
Tues	May 21 - June 25 (no class June 4)	10:00 - 10:30am	5/\$50

Creative Dance (3-5 yrs)
 Explore high-energy rhythm and dance, song, percussion and improvisation with MoonDance Dynamic Arts School!
 Instructor: Nikko – MoonDance Dynamic Arts School
 Location: Oaklands Community Centre

Tues	April 9 – May 14	10:00 - 10:30am	6/\$60
Tues	May 21 - June 25 (no class June 4)	10:00 - 10:30am	5/\$50

Soccer Start! (Ages 4-6)
 Learn and explore the fundamentals of soccer through structured and unstructured play. We provide a fun, and positive environment for children to meet friends, play games and learn some soccer specific skills.
 Location to be confirmed

Wed	April 17 – June 5	3:30 - 4:30pm	8/\$80
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Oaklands Community Centre

#1-2827 Belmont Ave
 Victoria, BC V8R 4B2
250-370-9101
<https://oaklands.life/>

Refunds for Recreation Programs only

- If after the first class you decide a program is not right for you, we are happy to issue a pro-rated refund. **This request must be made prior to the second class.**
- A full refund will only be issued if withdraw is made no later than one week prior to the program start date.

Preschool Learn for Life

Tiny Tykes Playgroup
 Come join Miss Bev for a fun morning of toys, crafts, and circle time songs. Parents/caregivers and children can both enjoy a friendly space and group-oriented program that supports the stages of play and promotes group socialization preparing your child for daycare and 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.
 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)	9:30 - 11:30am
Tues	April 9 – Jun 18	9:30 - 11:30am
Thurs	April 11 – Jun 20	9:30 - 11:30am

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
 \$10 Suggested Donation / Family

Fri	Apr 12 – May 10	Stories and More with Megan	9:30am - 12:00pm
Fri	May 24 – June 21	Physical Literacy Fun	9:30am - 12:00pm

Children & Youth – Creative Arts

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

Location: Oaklands Neighbourhood House 2629 Victor Street		
Thursdays	Apr 4 – May 30 (no class May 9)	6:00 - 7:30pm 8/\$88

Children & Youth – Health and Wellness

Floor 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.
 Location: Oaklands School Gym
 FREE
 (no session on May 17, and May 31)
 4:30 - 5:30pm

Kids At Tennis Society (KATS) Tennis Lessons
 Using smaller racquets and low compression balls we help kids develop confidence in their ability to hit the ball which allows them to be 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 the required form with registration.
 Location: Kings Road Tennis Courts
 13/FREE

(5–8 yrs)		4:00 - 5:00pm
Thurs	May 23 – Jun 27	
(9–13 yrs)		5:00 - 6:00pm
Thurs	May 23 – Jun 27	

Youth Soccer Accelerator (8-14 yrs)
 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	8/\$120
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