

# Community Programs and Events

## Oktoberfest at Oaklands

Oktoberfest festival celebrates all of our favourite traditions of Munich and Bavaria including beer, music, food and community! Come enjoy local brews from Hoyne Brewing, a bratwurst meal (vegetarian & gluten-free options available), a live band, and great company! Your ticket will include one drink ticket, delicious meal, and live entertainment! Get your ticket before we sell out!

Tickets on sale at: <https://oktoberfestatoaklands2024.eventbrite.ca>

Must be 19+ (no minors allowed). 2 pieces of ID required at the door.

Tickets go on sale August 24

Sat	5:30 - 10pm	Oct 5	\$40/ticket (plus applicable fees)
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## West Coast Winter Market

Find your favourite local holiday goods at the Oaklands West Coast Winter Market!

Shop over 70 unique vendors and treat yourself to a holiday shopping experience

Vendor registration opens September 1 at oaklands.life

Sat	11am - 4pm	Nov 23	\$5 suggested donation
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## Seniors Holiday Dinner

Join us for a festive night for people 55 or better! You'll be served a delicious traditional holiday meal over live music and end the night with fun activities. This event is free, so sign up early!

Registration opens November 1 by calling 250-370-9101 ext. 1.

Sun	5pm - 8pm	Dec 8	Free!
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## Breakfast with Santa

Spend the morning with Santa at our annual pancake breakfast!

Admission: \$12 per person, includes pancake breakfast and gift

Registration opens November 15 at oaklands.life

Sat	9am - 11am	Dec 14	\$12/person
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## Oaklands Pantry

The Oaklands Pantry is a supplementary food program offering free groceries from which participants can choose. We offer both local and rescued foods including: produce, dairy, eggs, shelf-stable goods and treats. Through the program we try to do our small part to reduce food waste and increase community food access. The Pantry occurs the **fourth** Sunday of the month and you **must be contacted ahead of time, no drop-ins.**

Location: Oaklands Community Centre

Call 250 370-9101 or visit our website for more details.

## Community Dinner

Community Dinners happen on the **fourth** Sunday of the 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!

Oaklands Community Centre

**Dates:** Sept 22, Oct 27, Nov 24

**Time:** Doors at 5pm, Dinner served at 5:30pm

**Admission:** by-donation (suggested \$5-10)

Call to make a reservation!

## Queer Community Dinner

NEW! Calling all Queer community to come on down to Queer Community Dinner on the **second** Saturday of September! Come

enjoy a delicious hot meal prepared by Chef Laura and volunteers. Bring your friends and family to enjoy good food, and great

company! Outdoor and Indoor seating available.

Oaklands Community Centre

**Date:** Sept 14

**Time:** Doors at 5pm, Dinner served at 5:30pm

**Admission:** by-donation (suggested \$5-10)

To make a reservation, go to our website ([oaklandsca.com/queer-programs](http://oaklandsca.com/queer-programs)), or call!

## Trans Older Adult (55+) Lunch Social

NEW! In partnership with **Gender Generations Project**, this new program is for all Transgender, Two-spirit, Non-binary, and

Gender-diverse older adults (55+)!

Join us on the **second Sunday** of the month for a drop-in lunch social. There will be a simple lunch provided, and a facilitator

to lead discussions, workshops and activities.

Oaklands Community Centre

**Dates:** Sept 15, Oct 13, Nov 10, Dec 8

**Time:** Contact us for details.

**Admission:** free! To register for the program, please call!

## 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!

Oaklands Community Centre

**Date:** Sept 9, Oct 7, Nov 4, Dec 2

**Time:** 7:00 - 9:00pm

Admission: by-donation, drop-ins welcome

Ages: 12 years+

## 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-judgemental 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](mailto:support@genderspectacular.com)

# Licensed Child Care

## 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 - 5:30pm**

For more information contact Justine at 250 370-9101 ext. 2 then 3 or email [hamilton@oaklandsca.com](mailto:hamilton@oaklandsca.com)

## Oaklands Full Day Care Programs for ages 3-5:

Entrust your little ones to our fully qualified Early Childhood Educators (ECEs) at Little Acorn Care Centre & Hamilton Park Care

Centre. Our goal is to help every child be happy, secure, and develop fully to their true potentials within a full day preschool

program for children ages 3-5 years. We accept subsidies available through the Ministry of Children and Family

## Hamilton Park Full Day Care Centre – (3-5yrs)

For registration and inquiries, please contact Justine at 250 370-9101 ext 2 then 3 or

email [hamilton@oaklandsca.com](mailto:hamilton@oaklandsca.com)

Hamilton Park Childcare Centre

1487 Hamilton Rd, Victoria BC V8R 2Y2

**Hours of operation: Monday to Friday: 7:45am - 5:30pm**

## Little Acorn Care Centre – (3-5 yrs)

For more information contact us at 250-370-9101 ext. 2 then 1 or email [littleacorn@oaklandsca.com](mailto:littleacorn@oaklandsca.com)

Oaklands Neighbourhood House

2629 Victor Street, Victoria BC V8R 4B2

**Hours of operation: Monday to Friday: 7:30am - 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](mailto:osc@oaklandsca.com)**

## Licensed Care Winter Camp (Grades K-5)

Our licensed camps provide quality childcare for children in kindergarten

to Grade 5. Oaklands 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 your child's time here is fun and

memorable. We accept subsidies available through the Ministry of Children and

Family.

Location: Oaklands Community Center 2827-1 Belmont Ave.

4 Day Winter Camp runs Dec 30/31 & Jan 2/3 No camp Jan 1st.

Fees after CCFRI: Grade K - \$144.40 Grade 1-5 - \$185.60



# Fall Program Guide 2024

## Registration

- To register for a program please visit: [oca.recdesk.com/Community/Program](http://oca.recdesk.com/Community/Program)

- Registration is 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 class start 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:

## Get Growing, Victoria! - Soil Building Materials Distribution

There will be *free* soil-building materials available to community members to help prepare residential gardens for fall and winter. We will have limited amounts of leaf mulch, compost and woodchips produced at the City's nursery in Beacon Hill Park. Please bring your own shovel and containers. Materials will be available while supplies last.

Oaklands Community Centre

**Date:** September 21

**Time:** Pick-up between 1 - 3pm

## Plus Size Clothing Swap

Join us for good vibes, community and a Plus Size Clothing Swap! Sizes XL+ / Size 14+ only. Please make sure clothing

donations are clean and free of damage. Accepting clothes for all genders. Completely free event.

Sat	10am - 12pm	Sept 28th	Free!
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## TRC Day Mural Reveal

Join us for this special ceremony as we unveil Oaklands' Truth and Reconciliation Mural by artist Andrea Fritz. More details on

our website at [oaklands.life/trc-mural-project](http://oaklands.life/trc-mural-project)

RSVP not required by appreciated, starting Aug 26

Mon	Sept 30	Free to attend
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# Preschool – Health and Wellness

## Family Dance (1 - 5yrs with caregiver)

Join MoonDance Dynamic Arts school to enjoy rhythmic play and creative dance with your 1-5 year-olds in a relaxed setting.

Caregiver participation required.

Instructor: Nikko – MoonDance Dynamic Arts School

Oaklands Community Centre

Tues	Sept 10 - Oct 22	10:00 - 10:30am	7/\$70
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Tues	Oct 29 - Dec 10	10:00 - 10:30am	7/\$70
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## 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

Oaklands Community Centre

Tues	Sept 10 - Oct 22	10:30 - 11:00am	7/\$70
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Tues	Oct 29 - Dec 10	10:30 - 11:00am	7/\$70
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# 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, tea and snack are provided. No program offered on Statutory Holidays or SD#61 Pro-D

Days. These programs are drop-in only so please plan to come early or call ahead to ensure there is space if you are arriving

later in the morning.

**\*Maximum two children per adult (please call to be granted permission for exceptions), and parent/caregiver**

**participation required\***

Oaklands Community Centre	By Donation	
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Mon	Sept 9 - Dec 9 (no program Sept. 23, 30, Oct 14, Nov. 11)	9:30 - 11:30am
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Tues	Sept 10 - Dec 10	9:30 - 11:30am
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Thurs	Sept 12 - Dec 12	9:30 - 11:30am
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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 no later than 24 hours 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.

## Parent and Baby's First Playgroup (0 -9 months)

A chance for new parents to get together after baby's morning nap. You and your baby can enjoy tummy playtime with toys and circle time while meeting with other moms. Lunch will be provided. This group will provide a supportive environment to share our new experiences and make lifelong friends.

Location: Oaklands Community Centre

Please Register at [oaklands.life](http://oaklands.life)

Fri	Sept. 13 - Oct. 18 (6 sessions)	Admission by Donation
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Fri	Nov 01 - Dec 13 (6 sessions no class Nov. 22)	10:45am - 12:45pm
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# Children & Youth – Creative Arts

## Discover Your Voice (Ages 8-12)

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

Thurs	6:00 - 7:30pm	Sept 26 - Dec 5 (no class Oct 31)	\$110/10
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# Children & Youth – Health and Wellness

## 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.

Indoor Sessions Oaklands School Gym 12/FREE

(5-8 yrs)

Tues Oct 1 – Dec 17	6:30 – 7:30pm
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(9-13 yrs)

Tues Oct 1 – Dec 17	7:30 – 8:30pm
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## Floor Hockey (9-16 yrs)

Come to Oaklands Elementary School gym 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 welcome.

Oaklands Elementary School Gym

Fri	Sept 27 - Dec 13	FREE	5:45 - 6:45pm
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## Oaklands Free Rugby Session

BC Grassroots Rugby Foundation is a rugby-centred community development non-profit organization that uses rugby as a tool for social good. The community rugby program aims to ensure that youth neighbourhoods all over Victoria have opportunities to participate in safe touch rugby over the spring and summer months. Please register at [oaklands](http://oaklands)

Location: Oaklands Park

Thurs	Aug 22	4 - 5:30pm	Free
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# Children & Youth Group Programs

## Flip Out Friday! (Ages 8-13)

Baking, crafts, outdoor games, and movie nights are just a few of the activities you can expect for your Flip Out Friday nights.

We provide a safe, fun and welcoming environment for youth to participate in their favorite activities and try new ones. Please

note that there is a limited number of spots each Friday. We welcome drop-ins for our on-site activities, however, to ensure

your spot it is best to pre-register. Follow us on Facebook to keep up to date with activities.

Most Fridays	6:30pm - 9:00pm	Fees vary depending on activity
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<b>"Hellyre" Club Dungeons &amp; Dragons for Youth (Ages 9-14)</b>			
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			
Tues	6:30 - 8:00pm	Sept 17 - Oct 22	6/\$75
Tues	6:30 - 8:00pm	Oct 29 - Dec 3	6/\$75

## Adult - Creative Arts

<b>Dungeons &amp; Dragons for Adults</b>			
Fantasy and intrigue come together in a new Dungeons and Dragons campaign for adults. Join our group of mid-level heroes for a 10-week chapter or the full 9-month campaign, as we rally to defeat an evil Necromancer. All proceeds benefit the Oaklands Community Centre.			
Questions? Contact <a href="mailto:gamerunnerchris@gmail.com">gamerunnerchris@gmail.com</a>			
<b>Registration required</b>			
Oaklands Neighbourhood House			
Wed	Sept 11 – Oct 23	6:30pm – 9:00pm	\$30/7
Wed	Oct 30 – Dec 11	6:30pm – 9:00pm	\$30/7

  

<b>Improv Instructional Classes</b>			
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.			
Oaklands Community Centre			
Fri	Sept 13 – Dec 13	7:00pm – 8:30pm	\$8 Drop-in

## Adult – Health & Wellness

<b>Exercise/Strength Building Programs</b>			
<b>AlohaFit - Hawaiian Dance Fitness</b>			
Hawaiian Dance Fitness is a fun, new and exciting total body dance workout. It isolates your larger muscle groups, increasing strength and definition to your core with emphasis on the abs, glutes, quads and arms. Inspired by the dances of the Pacific Islands, this fun workout incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a fun and effective fitness workout.			
Instructor: Cheryl Mason Groulx			
Oaklands Community Centre			
Wed	Sept 11 – Oct 23	11:30am – 12:15pm	7/\$91
Wed	Oct 30 – Dec 11	11:30am – 12:15pm	7/\$91
<i>*Drop-in available for \$15/class</i>			

<b>Baby Bootcamp</b>			
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			
<b>Monday Class - Oaklands Community Centre</b>			
Mon	9:30 – 10:30am	Nov 4 – Dec 16 (no class Nov 11)	6/\$84
<b>Wednesday Class</b>			
<b>Oaklands Park (outdoor)</b>			
Wed	11:00am-12:00pm	Sept 11 – Oct 2	4/\$54
<b>Oaklands Community Centre (indoor)</b>			
Wed – Term 1	11:30am-12:30pm	Oct 9 – Nov 6	5/\$70
Wed – Term 2	11:30am-12:30pm	Nov 13 – Dec 11	5/\$70
<b>NEW – Friday Class – Oaklands Community Centre</b>			
Fri – Term 1	9:15 – 10:15am	Sept 13 – Oct 18	6/\$84
Fri – Term 2	9:15 – 10:15am	Nov 1 – Dec 13 (no class Nov 22)	6/\$84

<b>50 min Sweat</b>			
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 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 Park			
Thurs	5–6pm	Sept 12 – Oct 3	4/\$60
<i>*Future sessions dependent on securing a location for this time slot*</i>			
<b>45 min Stroller fit</b>			
These classes take you on the move! Averaging 1-1.5 mile circuits in length up hills and around Oaklands Neighbourhood; we jog/power walk with breaks for body weight and mini band work. Rain or shine. Participants must have an appropriate 3 wheeled jogger stroller and be able to (at min) quickly walk. Open to all aged babies or tots. Mobile babies and tots should remain in the stroller until any core work at the end. Participants must be cleared for fitness activity/ and or 6 week postpartum. Please bring your own mat.			

<b>Meeting Location: Oaklands Community Centre</b>			
Instructor: Charissa Morgan			
Mon- Term 1	9:15-10:00am	Sept 9/16/23	3/ \$45
Mon- Term 2	9:15-10:00am	Oct 7/21/28	3/ \$45

  

<b>Functional Fitness</b>			
This group class is designed for all fitness levels (and safe for mature adults). Learn and practice proper exercise techniques to increase muscle strength & endurance, improve posture, and explore balance & coordination. We finish with stretching to increase flexibility and range 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 (or use your own body weight), and water bottle. Wear closed-toed shoes and attire you can move in easily.			
Instructor: Susanne Reul-Zastre			
Oaklands Community Centre			
Thur	1-2pm	Term 1	Sept 12 – Oct 24
Thur	1-2pm	Term 2	Oct 31 – Dec 12
			7/\$70
			7/\$70

<b>Everything but Cardio</b>			
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 and stretch to improve flexibility. Modifications will be offered for a fun and functional workout! Please bring your own mat, bands (or use your own body weight), and water bottle. Wear closed-toed shoes and 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			
Oaklands Community Centre			
Wed	6-7pm	Term 1	Sept 11 – Oct 23
Wed	6-7pm	Term 2	Oct 30 – Dec 11
			7/\$70
			7/\$70

<b>We've Got Your Back</b>			
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			
Oaklands Community Centre			
Tues	1-2pm	Term 1	Sept 10 – Oct 22
Tues	1-2pm	Term 2	Oct 29 – Dec 10
			7/\$70
			7/\$70

<b>Gentle Movement or Dance Programs:</b>			
<b>Essentrics</b>			
Lead by Level 4 Certified Essentrics Instructor, Junko Hammond. Essentrics is a full body workout that unlocks and decompresses joints by stretching and strengthening all 650 muscles without impact to the body. The workout incorporates flowing movements designed to increase blood circulation with the benefits of elongating and lubricating connective tissues around muscles and joints. Please bring a mat and water bottle.			
Instructor: Junko Hammond			
RYT, Yoga Alliance Certified Instructor, Essentrics Workout certified instructor			
Mon	Sept 9 – Dec 16	(no class Sept. 23, 30, Oct 14, Nov. 11)	1 – 2pm 11/\$110

<b>Feldenkrais © Awareness Through Movement</b>			
Our own experience tells us that our capacity for physical activity erodes with aging. Our muscle mass declines steeply, and one result is that gravity weighs more heavily on our physical actions. We cannot climb, rise from a chair, or walk as tall and light as we used to. Turning our head to look behind, or to do the crawl is not quite the same as it once was. Explore the Feldenkrais© method for learning to organize ourselves with movement that takes advantage of our skeletal anatomy to do all things with more ease, even comfort and elegance. This offering is for everyone who has going-to-the-ground-mobility.			
Instructor: Jeffery Wilson			
Guild Certified Feldenkrais <i>Awareness Through Movement</i> © Trainee Practitioner			
Oaklands Community Centre			
Mon	Sept 16 – Dec 2	12:00 – 1:00pm	8/By Donation
<i>*please note: no class on Sept. 23, 30, Oct. 14, Nov. 11</i>			

<b>Feldenkrais © on Chairs</b>			
Navigating life on a chair does not mean that gravity weighs any less heavily on our physical actions. Explore the Feldenkrais© method for learning to organize ourselves so that moving, while confined to a chair, is more comfortable and efficient. How to reach down or up, turn to look behind, or rise from the chair and return to it, or find calm, a gentle jaw or a spine that moves. Being with the chair with movement.			
Instructor: Jeffery Wilson			
Guild Certified Feldenkrais <i>Awareness Through Movement</i> © wTrainee Practitioner			
Oaklands Community Centre			
Mon	Sept 16 – Dec 2	1:15 - 2pm	8/By Donation
<i>*please note: no class on Sept. 23, 30, Oct. 14, Nov. 11</i>			

<b>Groove</b>			
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. 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 uses super simple moves to connect participants to the style of the music, and invites participants to explore these unifying movements, in 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 provided.			
Instructor: Melanie Langman			
Oaklands Community Centre			
Tues	Sept 10 – Oct 22 (no class Oct 8)	7:15 – 8:30pm	6/\$72
Tues	Nov 12 – Dec 17 (no class Dec 3)	7:15 – 8:30pm	5/\$60

<b>Hawaiian Hula for Seniors</b>			
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			
Oaklands Community Centre			
Fri	Sept 13 – Oct 18	1 – 1:45pm	6/\$72
Fri	Nov 1 – Dec 13 (no class Nov 22)	1 – 1:45pm	6/\$72

  

<b>Keep Moving – A social walking group for Seniors</b>			
Walking is one of the most powerful ways to improve one's overall health and well-being. Movement triggers the release of dopamine which is a key tool for motivation and attention. Enjoy many different neighbourhood walks and take an opportunity to meet others that enjoy doing the same thing! We gather rain or shine for a lovely walk in Oaklands followed by a light snack and some social time at the Community Centre. Everyone is welcome!			
Guide and Facilitator: Elke Schluffer			
Meet at Oaklands Green			
Thurs	11am - 1pm	Sept 12 - Oct 24	Free

<b>T'ai Chi – Yang short form (Beginners)</b>			
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 Chi, which involves gentle, low-impact movements that develop grounding, flexibility, and balance.			
The instructor, Lee McLeod, has been a student of T'ai Chi for 25 years and teaches the Cheng Man-Ch'ing short Yang form.			
In this class you will learn the first half of the Cheng Man Ch'ing Yang short form and it is intended for beginners and anyone wanting to review the basic principles and the initial section of the form.			
Oaklands Community Centre			
Thur	7:30pm – 8:45pm	Sept 12 – Dec 12	14/\$140

<b>T'ai Chi – Continuing Yang short form</b>			
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 Chi, which involves gentle, low-impact movements that develop grounding, flexibility, and balance.			
The instructor, Lee McLeod, has been a student of T'ai Chi for 25 years and teaches the Cheng Man-Ch'ing short Yang form.			
This class is for students who have learned the first half of the Cheng Man Ch'ing Yang form and wish to learn the rest. It is also for those who wish to deepen their knowledge and practice of the whole form. Prospective students who have learned the form from another teacher are advised to contact Lee before registering.			
Oaklands Community Centre			
Thur	9:30am – 10:45am	Sept 12 – Dec 12	14/\$140

<b>Yoga Programs:</b>			
<b>Mat Pilates</b>			
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. Instructor: Melanie Langman			
Oaklands Community Centre			
Tues	6-7pm	Sept 10 – Oct 22 (no class Oct 8)	6/\$72
Tues	6-7pm	Nov 12 – Dec 17 (no class Dec 3)	5/\$60

<b>Yoga for Men</b>			
If you have avoided yoga because you feel intimidated by images of super-bendable living pretzels, this class is for you. It is also suitable for beginners and focuses on improving strength, flexibility, and focus in a relaxed, laid-back atmosphere.			
Giancarlo is an experienced Registered Yoga Teacher (E-RYT 200) with Yoga Alliance and, since graduation from Moksana Yoga Center Victoria in July 2007, he has taught more than 6,500 hours in Canada and Italy. Giancarlo's teaching approach is based on a solid anatomical foundation and respect for each person's needs and limitations.			
Instructor: Giancarlo Rizzo			
Tues	7:15 – 8:15pm	Sept 10 – Oct 22	7/\$84
Tues	7:15 – 8:15pm	Oct 29 – Dec 10	7/\$84

<b>Hatha Flow</b>			
This yoga class is open to all levels, and it focuses on improving and refining your body awareness. Easing through slow sequences, you'll have the time to settle in each pose, consciously integrating mind, breath and movement.			
Instructor: Giancarlo Rizzo			
Tues	6 – 7pm	Sept 10 – Oct 22	7/\$84
Tues	6 - 7pm	Oct 29 – Dec 10	7/\$84

<b>Gentle Yoga (online and in-person)</b>			
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			
Oaklands Community Centre			
Wed	9:45 – 11:00am	Sept 11 – Oct 23	7/\$70
Wed	9:45 – 11:00am	Oct 30 – Dec 18	8/\$80

<b>Hatha Yoga Wednesday</b>			
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 is 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.			
Led by BCAA – registered kinesiologist and yoga teacher, Erica Loenen			
Oaklands Community Centre			
Wed	7:15- 8:15pm	Sept 18 - Oct 23	6/\$60
Wed	7:15 – 8:15pm	Oct 30 – Dec 4	6/\$60

<b>Hatha Yoga Thursday</b>			
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 is 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.			
Led by BCAA – registered kinesiologist and yoga teacher, Erica Loenen			
Oaklands Community Centre			
Thurs	7:15-8:15pm	Sept 19 – Oct 24	6/\$60
Thurs	7:15-8:15pm	Oct 31 – Dec 5	6/\$60

<b>Yoga with Nicole Spirit</b>			
This yoga class features traditional meditation and yoga poses as well as some blending of Pilates and Qi Gong (energy exercises). This fun class is for all levels and offers the perfect blend of rejuvenating yoga with attention to breathing, postures and a relaxation meditation at the end. Please bring your own Yoga mats and props if possible.			
Instructor: Nicole D'Agati			
Oaklands Community Centre.			
Thurs	6-7pm	Sept 12 – Oct 24	7/\$77
Thurs	6-7pm	Oct 31 – Dec 19	8/\$88

<b>Yoga 101</b>			
Do you ever wonder if you are doing your yoga poses correctly? Safely? Yoga is not about "coming into downward dog" or putting your foot behind your head. It is not about what you are doing it is about how you are doing it. Quite simply yoga is conscious breath, conscious movement and conscious stillness. In this class you will breathe, stretch, relax, & improve your posture, while practicing safely and effectively. Suitable for all levels.			
*Yoga 101 Foundations for Safety short videos are free on YouTube through ShawTVSouthVI			
Instructor: Angie Ackerman			
Sun	Sept 8 – Oct 20 (no class Oct 13)	8:30 - 9:45am	6/\$84
Sun	Oct 27 – Dec 15	8:30 - 9:45am	8/\$112

## Adult – Learn for Life

<b>Anxiety 101</b>			
Anxiety is something everyone experiences - but sometimes, it can be overwhelming, and keep us from fully engaging in our lives and relationships. Facilitated by a Registered Clinical Counsellor, this 4-part series of educational workshops is for anyone who wants to: Learn the functions of anxiety, get to know their own nervous system, learn to respond to anxiety in helpful ways, and start to build a less anxious life. Instructor: Alex Roberts			
Location: Oaklands Neighborhood House			
Thurs	Sept 12 - Oct 3	7 - 8:30pm	4/\$80

<b>Bike Smart Adults</b>			
Do you want to ride your bike more often, but hesitate because you would like to be more confident and comfortable riding on neighbourhood roads, bike lanes, and on shared trails? Whether you want to commute to work, run errands, or simply stay active and healthy outdoors, this class is for you! Led by our friendly and experienced Instructors, the course combines in-class instruction, on-bike handling and skills practice in a quiet area with no traffic, and a ride around the neighbourhood to put your new knowledge and skills into action.			
Instructors from Capital Bikes			
Oaklands Community Centre			
Sun	Sept 29	9am - 1:30pm	\$70
Sun	Oct 6	9am - 1:30pm	\$70

<b>Cooking Connections – Cooking for the Active Senior</b>			
This curriculum focuses on eating well and staying active for overall great health. It is designed for the needs of older adults and provides an opportunity to meet new friends and reinforces healthy eating habits. Join instructor Tina Tulloch for this wonderful 6-week program at no cost.			
Mon	Sept 16 & 23, Oct 21 & 28, Nov 18 & 25	6 - 8pm	6/FREE

<b>Art Therapy – The Interpersonal Wellness Model</b>			
Use evidence-based approaches and holistic interventions to rejuvenate your heart, mind, and body. We will use one researched wellness model and discuss the five core dimensions as parts of the Wheel of Wellness for developing a personal wellness model. Later, using art therapy techniques, we share strategies and tools for preventing, improving and maintaining balance as you journey through your life span. Each workshop will cover one core dimension in detail in four sessions. No art experience is required, and all art supplies will be included with registration. Instructor:			
Oaklands Community Centre			
Wed	6:15 - 8:30pm	Oct 2 - Oct 30	5/\$275

<b>For the love of Feet!</b>			
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. During the workshop, we will be exploring some barefoot activities. All levels welcome. Let's give some love to our feet!			
Instructor: Melanie Langman			
Location: Oaklands Community Centre			
Tues	Oct 29	6-7:30pm	\$22.50/person
*\$25 if dropping in on the day of the program			

<b>Never Give up Speaker Series</b>			
This series of presentations and conversations are offered to help those who may be struggling with something in their lives or supporting a loved one through a difficult time.			
Your facilitator is Dave Prescott, a former BCRPA personal trainer who has years of experience coaching, and rehabbing individuals through pain, healing and seeing the possibilities of their future. Dave himself has endured an incredible amount in his own life and will share his experiences throughout the presentations.			
Location: Oaklands Community Centre			
Sat	Sept 28	10 - 11:30am	Caretakers & Caregivers
Sat	Oct 26	10 - 11:30am	My Year of Firsts
Sat	Nov 16	10 - 11:30am	Never Give up
Sat	Dec 7	10 - 11:30am	Listen and Don't Interrupt
The presentations will cost \$25 if registering individually, or \$80 to sign up for the full series. The presentations will include time for questions and group discussion.			