

Oaklands Community Centre

Fall Program Guide 2020

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



Preschool – Creative Arts

Creative Dance (3–5 yrs)

Experience high energy rhythm and dance with MoonDanceArts! Movements are influenced by Jazz, African, Indian and Latin rhythms. Dancers will also explore percussion, song and role play while experimenting with their own movements. Instructor: MoonDanceArts

Oaklands Community Centre 6/\$54
Tu Sep 15–Oct 20 11:25–11:55 am
Tu Oct 27–Dec 1 11:25–11:55 am

Little Artists

Join us for a sensory exploration into the colourful world of art! This program is an introduction to art techniques, tools, and materials. The focus of this class is to experience creating art together. All supplies included. Please dress in clothes you can get messy in! Parent participation required.

Oaklands Community Centre 6/\$30
Tu Sep 15–Oct 20 9:15–10:15 am
Tu Oct 27–Dec 1 9:15–10:15 am

Mini Ballet (4–5 yrs)

A fun dance class designed to foster imagination, coordination, a sense of performance, and a love of movement and music. Each term, young dancers will explore a theme, while learning the foundations of ballet.

Oaklands Community Centre 8/\$56
S Sep 19–Nov 14 9:50–10:20 am
*No class Oct 10

Parent & Tot – Music and Movement (2–3 yrs)

An introduction to music and dance through familiar songs and free play. Props and instruments will be used to foster a sense of rhythm and enjoyment of music. Movement through space will be explored throughout the term, creating a solid foundation for young dancers. Parent participation required.

Oaklands Community Centre 8/\$56
Sa Sep 19–Nov 14 9:10–9:40 am
*No class Oct 10

Tot & Me Dance (1–3 yrs)

Enjoy creative play and dance with your toddler. MoonDanceArts will provide a fun, interactive series of classes in a welcoming atmosphere. Caregiver participation required. Instructor: MoonDanceArts

Oaklands Community Centre 6/\$54
Tu Sep 15–Oct 20 10:45–11:15 am
Tu Oct 27–Dec 1 10:45–11:15 am

Preschool – Group Programs

Tiny Tykes Playgroup (0–5 yrs)

– confirm how this is running
Our playgroup's large toy collection, activity tables, and circle time with instruments serve as a stepping stone to prepare your children for preschool and daycare. Coffee, tea and snack provided. There is no playgroup on Wednesdays, holidays, Pro-D days or school breaks. Maximum two children per one adult. Please note this group is offered by registration only per COVID-19 guidelines.

Oaklands Community Centre \$3 suggested donation

M,T,Th,F Sep 21–Dec 18 9:30–11 am

Parent and Baby Group

This group is for parents and babies up to 9 months. Join our experienced facilitator to discuss topics including nutrition, health, baby growth and development, family health and wellness, and the joys and challenges of parenthood. Meet other families in your community in this warm, relaxed group. For more information or to register, please call 250-370-9101 ext. 2

Oaklands Community Centre 8/Free
Th Sep 24–Nov 12 9:45–11:45 am

Preschool – Health and Wellness

Outdoor Soccer (2–3 yrs)

Learn and explore the fundamentals of soccer through structured and unstructured play. We provide a safe, fun, and positive environment for children to develop fundamental movement skills and sport-specific techniques. Activities will be adapted to help each child reach their full potential. Parent participation required.

Oaklands Community Centre 5/\$30
Th Oct 1–Oct 29 4:30–5:15 pm
Tu Oct 6–Nov 3 4:30–5:15 pm

Physical Literacy (1.5–6 yrs)

This program will encourage children to develop the fundamental movement skills including running, jumping, throwing, catching, balancing, and kicking required for playing sports and remaining active for life. Through structured and unstructured play, we will provide a safe, fun, and positive environment to gain new skills. As children learn and explore new movements, instructors will adapt activities to help each child reach their full potential.

Oaklands Community Centre 6/\$36
Ages 1.5–3 (adult participant required)
M Sep 14–Nov 2 9–9:45 am
M Nov 9–Dec 14 9–9:45 am

*No class Sep 28 & Oct 12

Oaklands Community Centre 8/\$48
Ages 1.5–2 (adult participant required)
Sa Sep 19–Nov 14 9–9:45 am

*No class Oct 10
Ages 2.5–3.5 (adult participant required)
Sa Sep 19–Nov 14 9:55–10:40 am

*No class Oct 10
Ages 4–6
Sa Sep 19–Nov 14 10:50–11:35 am

*No class Oct 10

Yoga for Families (3–7 yrs)

Enjoy this fun opportunity to play with your kids while learning poses and games that can be revisited in your day-to-day life. Learn how to engage your kids in yoga games, moving to music, breathing exercises, relaxation exercises and partner yoga. This is a parent participation class.

Oaklands Community Centre 6/\$54 per family
Su Sep 20–Nov 1 10:15–11 am
Su Nov 8–Dec 13 10:15–11 am

*No class Oct 11

Preschool – Learn for Life

Baby Signs with Layla

This 90-minute class provides parents with an overview of the Baby Signs® Program including the many benefits of signing, basic “How Tos” for teaching babies to sign, and many of the most useful signs through games, songs, and entertaining activities.

Oaklands Neighbourhood House 1/\$30
Sa Sep 26 10:30 am–12 pm

Fun in French for Preschoolers

Introduce your child to the French language through stories, songs, and games. The Alliance Francaise de Victoria is pleased to offer introductory French courses for children, taught by an experienced French language instructor. Together, children and parents (or grandparents) will discover and practice French through hands-on activities, games, songs, dance, and stories. Parent/caregiver participation required. 50% discount for siblings.

Oaklands Community Centre 6/\$50 or 12/\$90
Sa Sep 12–Oct 24 9:15–10 am
Sa Oct 31–Dec 5 9:15–10 am

*No class Oct 10

Child & Youth – Creative Arts

Cartooning Classes with Gareth Gaudin (8–12 yrs)

Join experienced comic book artist, cartooning instructor, and owner of Legends Comics, Gareth, for these fun sessions where he'll show his techniques and tricks to creating interesting cartoons, comic strips, and comic books. No experience required.

Oaklands Neighbourhood House 6/\$120
Tu Sep 15–Oct 20 6–7 pm
Tu Oct 27–Dec 1 6–7 pm

Creative Ballet & Jazz (5–7 yrs)

A high energy class that will explore foundational ballet steps, as well as introductory jazz dance. Using a combination of classical ballet and popular music, students will have fun while cultivating a sense of musicality and the foundations of classical dance.

Oaklands Community Centre 8/\$64
Sa Sep 19–Nov 14 10:30–11:15 am

*No class Oct 10

Improv for Kids (8–12 yrs)

A six-week workshop dedicated to learning the basics of improvised

theatre. Working together to focus and learn the elements of a basic story, how to build a unique character, and creating a vast and diverse environment all through the power of using your imagination, playing theatre games, and saying "yes, and!"

Oaklands Neighbourhood House 6/\$48
W Sep 23–Oct 28 6–7 pm

Outdoor Creative Dance (6–9 yrs)

Leap into fall with MoonDance Dynamic Arts School! Join our high-energy outdoor rhythm and dance session! Jump, shimmy, turn and swing while exploring Jazz, African, Indian and Latin movements.

Oaklands Community Centre 6/\$60
Tu Sep 15–Oct 20 3:15–4 pm

Child & Youth – Group Programs

FlipOut Fridays (9–14 yrs)

Dodgeball, baking, outdoor games, swimming and movie nights are just a few of the activities you can expect for your FlipOut Friday nights. We provide a fun, safe and welcoming environment for youth to participate in their favourite activities and try new ones. For activity schedule, visit <https://oaklands.life/flipout-friday>. No FlipOut on STAT holidays or school breaks.

Oaklands Community Centre \$6 per session by registration only
F Sep 18–Dec 18 6:30–9 pm

*No FlipOut Oct 23 & Nov 20

Child & Youth – Health & Wellness

Basketball (9–17 yrs)

Come to Oaklands Elementary School gym and practice your basketball skills. 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. Limited spaces available, please contact the centre at 250-370-9101 for registration.

Oaklands Elementary School Gym FREE
Tu Sep 15–Dec 8 4–5:30 pm

Floor Hockey (9–17 yrs)

Come to Oaklands Elementary School gym and practice your hockey skills off the ice. Please bring a hockey stick, a pair of non-marking shoes, and some energy! No games on STAT holidays or school breaks. Parents welcome to participate, and food donations welcome. Limited spaces available, please contact the centre at 250-370-9101 for registration.

Oaklands Elementary School Gym FREE
F Sep 18–Dec 11 4:30–6 pm

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 contact the centre for registration forms. Classes subject to last minute cancellation due to rain.

5–8 yrs
Oaklands Community Centre 6/FREE
Th Sep 3–Oct 8 4–5 pm

Oaklands Elementary School 10/FREE
Th Oct 15–Dec 17 4–5 pm

9–13 yrs
Oaklands Community Centre 6/FREE
Th Sep 3–Oct 8 5–6 pm

Oaklands Elementary School 10/FREE
Th Oct 15–Dec 17 5–6 pm

Outdoor Soccer

Learn and explore the fundamentals of soccer through structured and

structured play. We provide a safe, fun, and positive environment for children to develop fundamental movement skills and sport-specific techniques. Activities will be adapted to help each child reach their full potential.

(4–6 yrs)
Oaklands Community Centre 5/\$30
Th Oct 1–Oct 29 5:15–6 pm

Tu Oct 6–Nov 3 5:15–6 pm
(7–10 yrs)

Oaklands Community Centre 5/\$30
Th Oct 1–Oct 29 6–7 pm

Child & Youth – Learn for Life

French for Kids Level 1 (8–12 yrs)

Introduce your child to the French language through stories, songs, games, and activities with an experienced and qualified French language instructor. Our classes focus on introducing the French in a fun environment and to prepare your child for future French language learning, such as French immersion.

Oaklands Neighbourhood House 6/\$60 or 12/\$100
Sa Sep 12–Oct 24 10:15–11 am

Sa Oct 31–Dec 5 10:15–11 am
*No class Oct 10

French for Kids Level 2 (8–12 yrs)

Lively, interactive classes for children who followed Level 1 for 3 sessions or are already familiar with French language. Classes are taught in French by an experienced and qualified French language instructor and material will be provided.

Oaklands Neighbourhood House 6/\$60 or 12/\$100
Sa Sep 12–Oct 24 11:15 am–12 pm

Sa Oct 31–Dec 5 11:15 am–12 pm
*No class Oct 10

Home Alone (9–12 yrs)

A program that teaches children to be more confident and capable, should they find themselves home alone. Topics include safety in the home, stranger awareness, fire prevention, internet safety and injury prevention.

Oaklands Neighbourhood House 1/\$25
M Sep 14 6–8 pm

M Dec 7 6–8 pm

Red Cross Babysitters Course (11–14 yrs)

A certified Red Cross program for prospective babysitters! This fun, educational and interactive course will include: basics of babysitting, safety procedures, and activities for young children, steps to handle emergencies and more. The course, refreshed and revised, now has a greater emphasis on First Aid skills. The Canadian Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency. Held at Oaklands Chapel – 2736 Fernwood Road.

Oaklands Community Centre 1/\$50
F Oct 23 9 am–4 pm

F Nov 20 9 am–4 pm

Spanish for Youth (11–15 yrs)

This course will focus on learning the basics of the Spanish language including greetings, questions, and grammar with a small focus on the Hispanic culture and celebrations. Using the Teaching Proficiency through Reading and Storytelling (TPRS) method; this course focuses on learning

through listening and speaking comprehension, rather than translating and memorization.

Oaklands Neighbourhood House 10/\$50
M Sep 21–Nov 30 6–7 pm

*No class Oct 12

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 either theme-based or emergent curriculums 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. 6 or littleacorn@oaklandsca.com

Oaklands Neighbourhood House, 2629 Victor Street
Please contact us for up-to-date fee information.

Childcare Hours:

M–F 7:30 am–5:30 pm

Oaklands Non-Instructional Days

Swimming, skating, Playzone, hockey, parks and special guests are just a few of the adventures we plan for our Pro–D day camps. Our experienced and playful team make it their priority to provide your child with the best day off school yet! Primary camp for 5–7 yrs and Intermediate camp for 8–10 yrs.

Oaklands Community Centre 1/\$45
M Sep 28 7:30am–5:30pm

F Oct 23 7:30am–5:30pm

F Nov 20 7:30am–5:30pm

Oaklands Winter Break Camp (5–10 yrs)

Come join us for an action packed week over the winter break. Swimming, going to the movies and lots of games are a few of the activities we like to plan for these camps. Visit oaklandscommunitycentre.com for complete camp details and schedule.

5–7 yrs or 8–10 yrs

Oaklands Community Centre 4/\$180
M–Th Dec 28–31 7:30 am–5:30 pm

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 your child's time here is fun and memorable. We accept subsidies available through the Ministry of Children and Family. We provide care to children attending Oaklands Elementary and Willows Elementary.

M-F, AM and PM care, Pro-D Days, and school breaks

For more information including up-to-date fee information and availability, contact us at 250.370.9101 ext. 1 or osc@oaklandsca.com

Child & Youth – Outdoor Pursuits

Wild About Nature (5–10 yrs)

This twice weekly outdoor program explores the parks and green spaces in Oaklands and the Greater Victoria area. Join us in the great outdoors to learn about the natural world through active, hands-on activities like hiking, playing nature games, crafts, fort-building, and more! Spending time outside helps kids build confidence and creativity, teaches responsibility, and benefits physical and mental health. Snack included. Please ensure your child is prepared for spending time outdoors by sending them with

a raincoat, boots, and umbrella. We will move indoors in the event of inclement weather. Program is cancelled for statutory holidays and school closures including early dismissal days.

<i>Oaklands Community Centre</i>	14/\$120 or Drop-in/\$10
Tu, Th	Sep 15–Oct 29
Tu, Th	Nov 3–Dec 17
	3–5 pm
	3–5 pm

Adult – Creative Arts

Beginner Watercolour Painting (16+)

Enjoy watercolour painting in a group setting and develop your creativity while exploring basic watercolour techniques, such as mixing color, brushwork and working with water. We will focus on painting flowers, trees, and the sky in its various forms. The instructor will send a supply list via email before the first class.

<i>Oaklands Neighbourhood House</i>	7/\$70
Th	Sep 24–Nov 5
	7:15–8:30 pm

Drawing for Beginners (16+)

This class is an introduction to drawing approaches and techniques. Students will draw a variety of projects from basic shapes to copying photographs, learning principles of drawing including proportion, focal points, value and light, and more. Some supplies may be provided for experimentation purposes. The instructor will provide a supply list by email before the first class.

<i>Oaklands Neighbourhood House</i>	6/\$60
Th	Sep 24–Oct 29
	6:05–7:05 pm

Embroidery for Beginners

In this workshop, you will learn basic stitches for hand embroidery. These simple, easy to master stitches are the basis of any embroidery project. You will walk away with the supplies to start your own project and a sampler of these basic stitches. All supplies included.

<i>Oaklands Neighbourhood House</i>	1/\$35
M	Oct 5
	6:15–8:15 pm

Introduction to Calligraphy (online class format)

Calligraphy is both a practice in mindfulness with a play space for creative expression. In this online class, you will learn all the basic strokes necessary to make art from words using brush pens, just in time to get going on your holiday cards. As learning and working from home is becoming commonplace, my hope is that this time together will allow you to lean into your creative side in a new way. You can check out your course instructor on Instagram at @Willa Writes. The instructor will send a supply list via email before the first class.

<i>Online via Zoom</i>	4/\$40
Sa	Oct 17–Nov 7
	10–11:30 am

Introduction to Jazz Dance

An introduction to the fundamentals of jazz technique. Learn steps, technique, flexibility conditioning, and movement exercises to build knowledge of this style. This class will also include elements of modern and contemporary dance.

<i>Oaklands Community Centre</i>	8/\$80
M	Sep 21–Nov 16
	6:30–7:30 pm

*No class Oct 12

Line Dancing for Beginners

Come and enjoy beginner level line dances taught to all genres of music. Healthy for your heart, mind and soul, this low-impact class is all about having fun.

<i>Oaklands Community Centre</i>	6/\$60
Tu	Sep 15–Oct 20
Tu	Oct 27–Dec 1
	7:15–8:15 pm
	7:15–8:15 pm

Outdoor Adult West African Dance

Experience the joy of movement with MoonDance Dynamic Arts School. Explore lively West African rhythm and dance in the great outdoors. Everyone welcome!

<i>Oaklands Community Centre</i>	8/\$80
Tu	Sep 15–Oct 20
	9–10 am

Adult – Health and Wellness

Bedtime Yoga

Ease tension, release stress, and calm the mind with gentle postures, relaxing breathing practices, and guided meditation. This class will help prepare the body, mind and spirit for a restful sleep. Please bring a yoga mat, two blankets, and a cushion if possible. Instructor: Erin Ewing

<i>Oaklands Community Centre</i>	6/\$54
M	Sep 14–Oct 26
	7:45–9 pm

*No class Oct 12

<i>Oaklands Community Centre</i>	7/\$63
M	Nov 2–Dec 14
	7:45–9 pm

Chair Yoga

In this gentle class you will have the option of practicing yoga poses in either a chair or using a mat. Chair yoga is ideal for anyone with physical or mobility challenges (diabetes, arthritis, etc.) or anyone wanting a slower-paced yoga practice. Even if you're a regular in yoga class, chair yoga routines are a great way to stretch and flex while working at your desk or during a lunch break. Together we will learn how to use our breath to increase flexibility and strength while decreasing tension and stress.

Instructor: Tanya Gita Roberts

<i>Oaklands Community Centre</i>	5/\$45
F	Sep 18–Oct 16
	11:45 am–1 pm

<i>Oaklands Community Centre</i>	6/\$54
F	Oct 30–Dec 11
	11:45 am–1 pm

*No class Nov 20

Full Body Blast

Targeting all areas of the body from front to back and side to side, this class will vary its approach to incorporate all muscle groups. The class design will change from class to class to ensure a fun, effective workout. From circuits, endurance exercise, core workouts, glutes, strength, and mobility we'll have you guessing what's next. This class includes a warm-up and a thorough cool-down and stretch. Instructor:

Jeff Henderson

<i>Oaklands Community Centre</i>	6/\$54
Tu	Sep 15–Oct 20
	7:10–8:10 pm

Tu	Oct 27–Dec 1
	7:10–8:10 pm

Gentle Yoga

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 Gita Roberts

In Person Class Format

<i>Oaklands Community Centre</i>	6/\$54
M	Sep 14–Nov 2
	11:30 am–12:45 pm

*No class Sep 28 & Oct 12

M	Nov 9–Dec 14
	11:30 am–12:45 pm

<i>Oaklands Community Centre</i>	7/\$63
W	Sep 9–Oct 21
	9:30–10:45 am

W	Oct 28–Dec 16	9:30–10:45 am
	*No class Nov 11	
<i>Online Class Format</i>		
<i>Online via Zoom platform</i>	6/\$30	
M	Sep 14–Nov 2	11:30 am–12:45 pm
	*No class Sep 28 & Oct 12	
M	Nov 9–Dec 14	11:30 am–12:45 pm
<i>Online via Zoom platform 7/\$35</i>		
W	Sep 9–Oct 21	9:30–10:45 am
W	Oct 28–Dec 16	9:30–10:45 am
	*No class Nov 11	

Hatha Yoga

A 60 minute class focused on body awareness, safe alignment, and a strong mind-body connection. Designed to cultivate balance, strength, mobility, and joint stability in your body. Instructor: Erica Loelle

<i>Oaklands Community Centre</i>	6/\$54
W	Sep 16–Oct 21
	7:15–8:15 pm

W	Oct 28–Dec 9
Su	Sep 13–Oct 25
	10–11:15 am

Su	Nov 1–Dec 6
	10–11:15 am

*No class Oct 11 & Nov 11

High Intensity Interval Training (HIIT)

HIIT is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body. Expect warm up and cool down times with a half hour HIIT session, between, outdoors if possible. Modifications for all fitness levels are provided.

<i>Oaklands Community Centre</i>	6/\$54
Th	Sep 17–Oct 22
	6–7 pm

Th	Oct 29–Dec 3
	6–7 pm

HIIT Plus

A traditional high intensity interval training class with a little extra thrown in the mix. This class will get your heart rate up and keep it there for the first part of the class. The second part of the class will focus on hitting the full-body with a wide range of techniques. Prepare to sweat your DNA away, all while still enjoying the process. This class includes a warm-up and a thorough cool-down and stretch. Instructor:

Jeff Henderson

<i>Oaklands Community Centre</i>	6/\$54
Tu	Sep 15–Oct 20
	6–7 pm

Tu	Oct 27–Dec 1
	6–7 pm

Introduction to Rollerblading

This class will teach you to rollerblade from the ground up. Learn how to fall, how to get back on your wheels when you do, how to roll, stop, turn, and maneuver around objects, as well as skate backwards and transition (that's moving from forward to backwards skating, and vice versa). Must bring your own rollerblades. Helmet required, protective gear (wrist guards, and knee and elbow pads) optional. Instructor: Rollerskate Victoria

<i>Oaklands Community Centre</i>	Th	Sep 10–Oct 21	6–7 pm
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Mindful Movements Outdoors

This outdoor class offers gentle exercises and breathing practices from different modalities such as yoga, qigong, walking meditation, and more. The aim is to strengthen health and well-being while keeping a safe physical distance between one another. Everyone is welcome! We will practice rain or shine. Instructor: Elke Schluffer



Oaklands Community Centre

<i>Oaklands Community Centre</i>	6/\$48
W Sep 16–Oct 21	11 am–12 pm
W Oct 28–Dec 9	11 am–12 pm

*No class Nov 11

Musical Flow

Enjoy a specially curated musical journey in this fun and active class. Flow from one posture to another linking breath with movement and music.

Options provided for all levels. Instructor: Courtney Christensen

<i>Oaklands Community Centre</i>	6/\$54
W Sep 16–Oct 21	7:30–8:30 pm
W Oct 28–Dec 9	7:30–8:30 pm

*No class Nov 11

Pilates

Pilates is a whole body workout that develops long, lean, and toned muscles.

Join us to develop core strength, flexibility, and balance in this safe and accessible class. Learn to become aware of breathing patterns and spinal alignment while engaging the deep muscles of your core. Modifications for beginner and intermediate students provided. Students must be able to get up and down off the floor. Instructor:

Melanie Langman

<i>Oaklands Community Centre</i>	6/\$60
W Sep 16–Oct 21	6–7 pm
W Oct 28–Dec 9	6–7 pm

*No class Nov 11

Rejuvenation Yogalates

A Hatha practice blended with Pilates that offers mind, body and spiritual instruction to inspire and rejuvenate. This class will offer a few twists to the classical style. Join in this fresh and fun class to find your flexible body, calm your mind and inspire your spirit. Yoga mats and blocks available. Instructor:

<i>Oaklands Community Centre</i>	6/\$54
Th Sep 17–Oct 22	7:15–8:30 pm
Th Oct 29–Dec 3	7:15–8:30 pm

Zumba

Join us for one of the fastest growing Latin dance inspired fitness crazes across the world! People of all ages are falling in love with its infectious music, easy-to-follow dance moves and body-sculpting benefits. Come dance to the rhythms of Salsa, Merengue, Mambo and other Latin beats. This is a fitness class you will not want to miss! Instructor: Sam Avis

<i>Oaklands Community Centre</i>	6/\$54
M Sep 14–Oct 26	6:15–7:15 pm
M Nov 2–Dec 7	6:15–7:15 pm

*No class Oct 12

Adult – Learn for Life

Community Book Club

Join us on the first Wednesday of each month to meet others who enjoy reading, share ideas, have lively conversations and make new friends. Everyone is welcome. Coffee and tea provided. Visit our website at www.oaklandscommunitycentre.com for monthly book selection.

<i>Oaklands Neighbourhood House</i>	By donation
W Oct 7	6:30–8 pm
W Nov 4	6:30–8 pm
W Dec 2	6:30–8 pm

English as a Second Language

This class is for non-English speakers. Practice conversational English, basic grammar, pronunciation, vocabulary, and writing and get comfortable speaking in a group. All levels welcome, no experience necessary.

<i>Oaklands Neighbourhood House</i>	8/\$40
Th Sep 17–Nov 5	7:10–8:10 pm

Fermentation Series

Come and learn a variety of fermentation techniques and improve your health through the power of probiotics! Classes offer samples and instructions to take home. Register for \$35 per class or \$120 for all four.

Instructor: Alexandra Pony

Kombucha Workshop

Learn to make this ancient healing elixir to boost immunity, clear toxins and enrich your digestive system with beneficial bacteria. This tonic has been used for thousands of years and is a wonderful gateway into the world of fermented foods! Please bring a Mason jar to take home your own starter.

<i>Oaklands Neighbourhood House</i>	1/\$35
Tu Sep 15	7–8 pm

Sauerkraut Workshop

The holy grail of all fermented foods, sauerkraut has nourished generation upon generation. Rich in probiotics, B Vitamins, Vitamin C and much more, sauerkraut is an easy food to introduce to your diet to improve digestion, boost immunity and increase vitality.

<i>Oaklands Neighbourhood House</i>	1/\$35
Tu Sep 22	7–8 pm

Bone Broth Workshop

Bone broth is one of the most healing and nourishing tonics. Learn about the benefits and different types of bone broth, when and why to drink it and, most importantly, how to make it. There will be yummy broths to sample.

<i>Oaklands Neighbourhood House</i>	1/\$35
Tu Sep 29	7–8 pm

Water Kefir Workshop

Cousin to Kombucha, this deliciously effervescent probiotic-rich drink is a phenomenal alternative to juices and pop. A great way to quench your thirst and sugar cravings, and give your digestion an extra boost. Children love it, too! Please bring a Mason jar to take home your own starter.

<i>Oaklands Neighbourhood House</i>	1/\$35
Tu Oct 6	7–8 pm

French for Beginners

This level is for students who are completely new to French. Lessons will provide activities using all four bases for learning a second language – speaking, listening, reading, and writing. Classes are interactive and students will be speaking French and participating in games, dialogues, and group activities from the first class. Students will learn basic verbs and grammar skills and develop their vocabulary.

Textbook: Communication progressive du français Débutant Complet A1.1 -CLE International (Buy in advanced or at the first class for 35\$).

<i>Oaklands Neighbourhood House</i>	10/\$165
M Sep 21–Nov 30	7–8:30 pm

*No class Oct 12

French for Beginners II

This level is for students who have been exposed to French language to a certain extent. If you have forgotten much of your high school French, this class is for you. Lessons will provide activities using all four bases for learning a second language – speaking, listening, reading, and writing. Classes are interactive and students will be speaking French and participating in dialogues, and group activities from the first class. Students will learn basic verbs and grammar skills, develop their vocabulary and write short passages.

Textbook: Tendances (Méthode + Cahier d'activités A1) - CLE International (Buy in advanced or at the first class for 80\$).

<i>Oaklands Neighbourhood House</i>	10/\$165
Tu Sep 22–Nov 24	7:15–8:45 pm

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Italian for Beginners

This introductory course is for those with little or no knowledge of Italian. Learn the fundamental elements of the Italian language including grammar, pronunciation, reading, writing and common expressions in a fun and interactive environment.

<i>Oaklands Neighbourhood House</i>	8/\$80
W Sep 16–Nov 4	7:15–8:15 pm

Joy of Play! Series

Join Brett of Be Improv and rediscover the joy of play in these fun and collaborative active workshops! We will use elements of improv to explore each theme. This is not learning how to improvise but rather using improv as a tool for personal discovery through laughter and play! Register for all three workshops for \$20 per session.

Active Listening

Through fun games and exercises we will explore what it means to be an effective listener - a skill that is important in most areas of our lives. Come find out how a spontaneous game called "That's Right, Bob!" can help us be active listeners!

<i>Oaklands Neighbourhood House</i>	1/\$25
Tu Oct 13	7–8:30 pm

Be Present

A fun and playful workshop where we will get out of our heads and into the moment. We will use play to practice being aware of our bodies and impulses, learning to be more aware of what is happening around us in this very moment.

<i>Oaklands Neighbourhood House</i>	1/\$25
Tu Nov 10	7–8:30 pm

Embracing Failure

In this workshop we will embrace and explore failure in a fun environment. We all feel failure in our lives; what is important is how we react to it. Come join us as we play with failure in a joyful and often surprising way!

<i>Oaklands Neighbourhood House</i>	1/\$25
Tu Dec 8	7–8:30 pm

Spanish for Beginners

This introductory course is for those with little or no knowledge of Spanish. Learn the fundamental elements of the Spanish language including grammar, pronunciation, reading, writing and common expressions in a fun and interactive environment.

<i>Oaklands Neighbourhood House</i>	8/\$80
Tu Sep 15–Nov 3	7:15–8:15 pm

Spanish Continuing

This introductory course is for those with previous knowledge of Spanish. Continue to learn the fundamental elements of the Spanish language including grammar, pronunciation, reading, writing and common expressions in a fun and interactive environment.

<i>Oaklands Neighbourhood House</i>	10/\$100
M Sep 21–Nov 30	7:15–8:15 pm

*No class Oct 12

Special Events

Community Dinner

Let us take care of the cooking on the last Sunday of each month! Drop by the community centre to pick up a prepackaged tasty dinner.

<i>Oaklands Community Centre</i>	By Donation
Su Sep 27	5:30–6:30 pm
Su Oct 25	5:30–6:30 pm
Su Nov 29	5:30–6:30 pm