

Oaklands Community Centre

Spring Program Guide 2021

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



Registration

- We plan our programs far in advance and changes may occur (date, time, or location change). Please keep up to date with our Recreation calendar for any changes.
- 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 two days prior to class start and offer full refund or house credit if the program does not get enough participants
- To register for a program please visit: oca.recdesk.com/Community/Program

Refunds

- 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 withdrawal is made three business days before the program start date.

*Please read our COVID Safety plan before your first class: <https://oaklands.life/covid-19-safety-plan>

Preschool – Creative Arts

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 Apr 10 – Jun 5 9:10–9:40 am

*No class May 22

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
Sa Apr 10 – Jun 5 11:25–11:55 am

*No class May 22

Mini Hip Hop (4–5 yrs)

A high energy class, where kids will explore creative movement. Learning some of the basic steps in hip hop with some bumpin tunes, kids will have fun cultivating a sense of musicality throughout each session.

Oaklands Community Centre 8/\$56
Sa Apr 10 – Jun 5 9:50–10:20 am

*No class May 22

Tot & Me (1–3yrs) – Outdoor Dance in Oaklands Green

Enjoy creative play and dance with your toddler. MoonDance Dynamic Arts School will provide a fun, interactive series of classes in a welcoming atmosphere. Caregiver participation required. A creative dance kit can be purchased at the first class for \$15. Instructor: MoonDanceArts

Oaklands Green Park 6/\$54
Tu April 6 – May 11 10:45–11:15 am
Tu May 18 – Jun 22 10:45–11:15 am

Creative Dance (3–5 yrs) – Outdoor Dance in Oaklands Green

Experience high energy rhythm and dance with MoonDance Dynamic Arts School! 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. A creative dance kit can be purchased at the first class for \$15. Instructor: MoonDanceArts

Oaklands Green Park 6/\$54
Tu April 6 – May 11 11:25–11:55 am
Tu May 18 – Jun 22 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/\$42
Tu April 6 – May 11 9:15–10:15 am
Tu May 18 Jun 22 9:15–10:15 am

Preschool – Group Programs

Tiny Tykes Playgroup (0–5 yrs)

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 holidays, Pro-D days or school breaks.
- Maximum two children per one adult.

PLEASE NOTE: as per COVID-19 guidelines, this program is offered by registration only. If you are unable to attend please email programs@oaklandsca.com or call 250-370-9101. If you miss two consecutive classes your spot will be re-assigned to a family on the waiting list.

Oaklands Community Centre \$3 suggested donation
M,T,Th Apr 12– Jun 17 9:30–11 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 Park 8/\$48
Tu Apr 6 – May 25 4:30–5:15 pm
Tu Jun 1 – Jul 20 4:30–5:15 pm
Th Apr 1 – May 20 4:30–5:15 pm
Th May 27 – Jun 22 4:30–5:15 pm

*No class July 1

Physical Literacy (1.5–3 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 8/\$48
Ages 1.5–3 (adult participant required)
M Apr 12 – Jun 7 9–9:45 am

*No class May 24

M Apr 10 – Jun 5 9–9:45 am
*No class May 22

Preschool – Learn for Life

Baby Signs with Layla

This 90-minute workshop provides parents and caregivers 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 ASL signs to introduce with young children, using simple songs and fun activities.

Oaklands Neighbourhood House 1/\$30
Sa Apr 24 10:30 am–12 pm

Child & Youth – Creative Arts

Cartooning Classes with Gareth Gaudin

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 Community Centre 6/\$120

Ages 8–12 yrs

Tu Apr 6 – May 11 6–7 pm
Tu May 18 – Jun 22 6–7 pm

Ages 12 – 16 yrs

Tu Apr 6 – May 11 7:15–8:15 pm
Tu May 18 – Jun 22 7:15–8:15 pm

Creative Dance (6-9 yrs) – Outdoor Dance in Oaklands Green

Leap into spring 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. A creative dance kit can be purchased at the first class for \$15. Instructor: MoonDanceArts

<i>Oaklands Green Park</i>		<i>6/\$60</i>
Tu	April 6 – May 11	3:30 – 4:15 pm
Tu	May 18 – Jun 22	3:30 – 4:15 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.

<i>Oaklands Community Centre</i>		<i>8/\$72</i>
Sa	Apr 10 – Jun 5	10:30–11:15 am

*No class May 22

Child & Youth – Group Programs

FlipOut Fridays (9–14 yrs)

Baking, crafts, outdoor games, 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 weekends or school breaks. Please note there is a limited number of spots each Friday. We welcome Drop-In, however, to ensure your spot it is best to pre-register

<i>Oaklands Community Centre</i>	<i>\$6</i>	
F	Apr 9 – Jun 18	6:30–9 pm

*No FlipOut May 21

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

<i>Kings Rods Tennis Court</i>	<i>8/FREE</i>
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(5–8 yrs)

Th	Apr 8 – May 27	4–5 pm
Th	Jun 3 – Jul 29	4–5 pm

(9–13 yrs)

Th	Apr 8 – May 27	5-6 pm
Th	Jun 3 – Jul 29	5-6 pm

Outdoor Soccer

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.

<i>Oaklands Park</i>	<i>8/\$48</i>
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(4–6 yrs)

Tu	Apr 6 – May 25	5:15–6 pm
Tu	Jun 1 – Jul 20	5:15–6 pm
Th	Apr 1 – May 20	5:15-6 pm
Th	May 27 – Jul 22	5:15-6 pm

(7–10 yrs)

Th	Apr 1 – May 20	6–7 pm
Th	May 27 – Jul 22	6-7 pm

*No class July 1

Physical Literacy (4-10 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.

<i>Oaklands Community Centre</i>	<i>8/\$48</i>
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(4-6 yrs)

Sa	Apr 10 – Jun 5	9:55–10:40 am
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(7-10 yrs)

Sa	Apr 10 – Jun 5	10:50–11:35 am
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*No class May 22

Yoga for Families (5-8 yrs)

This is a fun opportunity to engage with your children in yoga. Explore and learn poses with imagination through adventure and games. Encouraging self-regulation techniques through breathing, meditation, and mindfulness.

<i>Oaklands Community Centre</i>	<i>8/\$48</i>
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Su	Apr 11 – May 9	10:15–11 am
Su	May 16 – Jun 20	10:15–11 am

*No class May 23

Yoga for Kids (8-12 yrs)

In this beginner class, we explore yoga through movement, stillness, and silence in an interactive and engaging way. Self-regulation is introduced through breathing exercises and meditation. Cultivating a strong sense of self and confidence.

Su	Apr 11 – May 9	11:15am–12 pm
Su	May 16 – Jun 20	11:15am–12 pm

*No class May 23

Child & Youth – Learn for Life

Amiguitos: Spanish for kids (5-7 yrs)

Amiguitos, come and learn Spanish! We will learn through rhymes and songs, games and dances, and we will have lots of fun in an environment that promotes cultural diversity and love for Spanish. No previous knowledge of Spanish is required. Instructor: Val Cortes

Oaklands Community Centre		6/\$48
M	Apr 12 – May 17	6-7 pm

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.

<i>Oaklands Neighbourhood House</i>	<i>1/\$25</i>
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M	Apr 19	6–8 pm
M	Jun 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 Neighbourhood House – 2629 Victor St.

<i>Oaklands Neighbourhood House</i>	<i>1/\$50</i>
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Sa	Apr 10	9 am–4 pm
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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. Open to Willows and Oaklands Elementary.

<i>Oaklands Community Centre</i>	<i>1/\$50</i>
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F	May 21	7:30am–5:30pm
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Out-of-School Care (5–10 yrs)

We now service Oaklands Elementary and Willows Elementary School for the 2020/21 school year.

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.

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 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. Program is cancelled for statutory holidays and school closures including early dismissal days.

<i>Oaklands Community Centre</i>	<i>20/\$200</i>
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Th & F	Apr 8 – Jun 18	2:30-5pm
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Adult – Creative Arts

Botanical Watercolour Illustration

Nurture your relationship with nature by creating illustrations that honor the places and creatures that surround us. While exploring basic watercolour techniques we will work from our own nature reference photos and found objects such as seashells and plants. Learn how to capture what you see by developing skills including: drawing, colour mixing, brushwork, and painting with water. The instructor will send a supply list via e-mail before the first class.

Oaklands Neighbourhood House 6/\$60

Th Apr 8 – May 13 6-7pm

Th May 20 – Jun 24 6-7pm

Creative Journaling

Deepen your creative practice through the art of journaling! In this class we will connect with and nourish our creativity through a series of writing and drawing prompts that will help you to process emotion, visualize dreams for the future, and channel your energy into fun journaling exercises. You do not have to be an artist to take this class; it is for anyone who is looking to cultivate more peace in their lives through a creative outlet. The instructor will send a supply list via email before the first class.

Oaklands Neighbourhood House 6/\$60

Th May 20 – Jun 24 7:15-8:15pm

Intro to Acrylic Painting: BC Trees

Join us for a fun night of painting! Explore your creativity by developing basic painting skills such as sketching a subject, mixing colors, and brushwork. Come away with a small forest painting and the confidence to apply your new skills to your own art practice. This workshop is an introduction to painting with acrylics, so no previous art experience is necessary. You will be required to bring your own materials and the instructor will provide a list before the workshop.

Oaklands Neighbourhood House 1/\$20

W Apr 28 6-8:30pm

W May 26 6-8:30pm

Community Weaving Workshop: Beginner Basketry

This community weaving workshop is meant to be an introduction for people of all skill levels. Facilitator Estraven Lupino-Smith will review plants in the local area that can be used for weaving and ethical harvesting, and encourage the connection between weaving and stewardship. Each session the group will weave a different project and participants will take home what they create.

For more information check out:

http://estraven.ca/

Oaklands Neighbourhood House 1/\$35 or 3/\$100

W Apr 21 6-8:30pm

W May 19 6-8:30pm

W Jun 23 6-8:30pm

Scrappy Saturday Crafternoons - Outdoors

Join SUPPLY Victoria, a local non-profit dedicated to diverting materials from the landfill for some outdoor, all-ages creative reuse crafting every last Saturday of April, May & June in a covered patio at Oaklands Community Centre. Each week, participants will upcycle colorful cast-off materials into fun and useful projects like baskets, rugs, and dish scrubbies. For more information check out: <https://www.supplyvictoria.ca/> Register early for a discounted price

Oaklands Community Centre 1/\$20

Basket Weaving

S Apr 24 11am – 1pm

Rag Rugs

S May 29 11am – 1pm

Plarn Dish Scrubbies

S Jun 26 11 am – 1pm

Adult – Creative Arts

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

In Person Class Format

Oaklands Community Centre 6/\$54

F Apr 9 – May 14 11:45 am–1 pm

Oaklands Community Centre 4/\$36

F May 28 - Jun 18 11:45 am–1 pm

Online Class Format

Online via Zoom 6/\$42

F Apr 9 – May 14 11:45 am–1 pm

Online via Zoom 4/\$28

F May 28-Jun 18 11:45 am–1 pm

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

Oaklands Community Centre 6/\$54

Tu Apr 6 – May 11 7:10 – 8:10 pm

Tu May 18 – Jun 22 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- Monday

Oaklands Community Centre 5/\$45

M Apr 12 – May 17 11:30 am–12:45 pm

*No class Apr 19

Oaklands Community Centre 4/\$36

M May 31 – Jun 21 11:30 am–12:45 pm

In Person Class Format- Wednesday

Oaklands Community Centre 6/\$54

W Apr 7 – May 12 9:30 - 10:45am

Oaklands Community Centre 6/\$54

W May 19 – Jun 23 9:30 – 10:45 am

Online Class Format - Monday

Online via Zoom 5/\$35

M Apr 12 – May 17 11:30 am–12:45 pm

*No class Apr 19

Online via Zoom 4/\$28

M May 31 – Jun 21 11:30 am–12:45 pm

Online Class Format - Wednesday

Online via Zoom 6/\$42

W Apr 7 – May 12 9:30 - 10:45am

W May 19 – Jun 23 9:30 – 10:45 am

GROOVE

Experience the fun new workout that everyone is talking about. Groovin' is a revolutionary workout that celebrates everyone's unique way of moving. Break out of the fitness box! The movements are purpose-driven and are designed to build strength, cardio, and endurance. Multi-level class, no experience necessary.

Oaklands Community Centre 6/\$54

Th Apr 1 – May 6 6–7pm

Th May 13 – Jun 17 6–7pm

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. All levels welcome!

Oaklands Community Centre 6/\$54

W Apr 7 – May 12 7:15–8:15 pm

Su Apr 11 – May 16 10:15–11:15 am

Oaklands Community Centre 5/\$45

W May 19 – Jun 16 7:15–8:15 pm

Su May 30 – Jun 27 10:15-11:15 am

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

Oaklands Community Centre 6/\$54

Tu Apr 6 – May 11 6–7 pm

Tu May 18 – Jun 22 6–7 pm

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 in Oaklands Green across the street from Oaklands Community Centre. Instructor: Elke Schluffer

Oaklands Green Park 6/\$48

W Apr 7 – May 12 11 am–12 pm

W May 19 – Jun 23 11 am–12 pm

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. Please bring your own mats and props. Instructor: Nicole D'Agati

<i>Oaklands Community Centre</i>	<i>6/\$54</i>	
Th	Apr 8 – May 13	7:15–8:15 pm
Th	May 20 – Jun 24	7:15–8:15 pm

Room to Breathe Yoga

We will explore a variety of yoga breath techniques (pranayama) accompanied by gentle flowing movement, supporting spaciousness and stability in the core, sound and chanting, and guided meditation. Room to Breathe Yoga supports respiratory wellness (including asthma and allergies), relief of stress and anxiety, balancing the nervous system, freeing the voice, and spinal, pelvic, abdominal, and chest health. Trigger warning: This class does include working with the pelvic floor in support of different breath and core muscle techniques. Suitable for beginners and for those who wish to gently deepen their yoga practice. Please bring a yoga mat, cushion, blanket, tissues or handkerchiefs, belt and water bottle. Instructor: Erin Ewing

<i>Oaklands Community Centre</i>	<i>9/\$90</i>	
M	Apr 12 – Jun 14	7:30–8:45pm
*No class May 24		

West African Dance – Outdoor Dance in Oaklands Green

Dance for joy with MoonDance Dynamic Arts School! Explore lively West African rhythm and dance in the great outdoors. Dress for the weather. Everyone welcome! Instructor: MoonDanceArts

<i>Oaklands Green Park</i>	<i>6/\$75</i>	
Tu	April 6 – May 11	9 – 10 am
Tu	May 18 – Jun 22	9 – 10 am

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>	<i>6/\$54</i>	
M	Apr 12 – May 17	6–7 pm

<i>Oaklands Community Centre</i>	<i>5/\$45</i>	
M	May 31 – June 28	6–7 pm

Adult – Learn for Life

American Sign Language 101

This course is an introduction to the visual language used by the Deaf community in Canada. Learn the essentials of basic, everyday communication such as exchanging information, identifying and describing people, places, and things within the immediate environment, and asking for clarification. Gain insight into the Deaf community and Deaf culture

<i>Oaklands Community Centre</i>	<i>8/\$120</i>	
W	Apr 7 – May 26	6-7pm

American Sign Language 102

This course is an introduction to the visual language used by the Deaf community in Canada. Learn the essentials of basic, everyday communication such as exchanging information, identifying and describing people, places, and things within the immediate environment, and asking for clarification. Gain insight into the Deaf community and Deaf culture. This course is for those with some previous knowledge of ASL.

<i>Oaklands Community Centre</i>	<i>8/\$120</i>	
W	Apr 7 – May 26	7:15-8:15pm

Community Book Club

Join us on the first Wednesday of each month to meet others virtually who enjoy reading, share ideas, have lively conversations and make new friends. Visit our website at <https://oaklands.life/book-club> for monthly book selection.

<i>ONLINE via ZOOM</i>	<i>Free</i>	
W	Apr 7	6:30–8 pm
W	May 5	6:30–8 pm
W	Jun 2	6:30-8 pm

Italian for Travellers

This class is perfect for anyone planning to visit Italy! Learn basic grammar, pronunciation, and vocabulary for travelers including introductions and greetings, how to order food and beverages, currency and directions in a fun and interactive environment. This class is for those with little to no experience.

<i>Oaklands Neighbourhood House</i>	<i>8/\$80</i>	
T	Apr 13 – Jun 1	6-7 pm

Spanish for Travellers

This class is perfect for anyone planning to visit a Spanish-speaking country! Learn basic grammar, pronunciation, and vocabulary for travelers including introductions and greetings, how to order food and beverages, currency and directions in a fun and interactive environment. This class is for those with little to no experience.

<i>Oaklands Neighbourhood House</i>	<i>8/\$80</i>	
M	Apr 12 – Jun 7	6-7 pm

*No class May 24th

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>	<i>8/\$80</i>	
W	Apr 14 – Jun 2	6-7 pm

Workshops

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>	<i>1/\$35</i>	
Tu	Apr 13	6–7 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>	<i>1/\$35</i>	
Tu	Apr 27	6–7 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>	<i>1/\$35</i>	
Tu	May 11	6–7 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>	<i>1/\$35</i>	
Tu	May 25	6–7 pm

Coming Home workshop

This is a workshop for moms and daughters that focuses on normalizing puberty through empowering your daughter with knowledge. Throughout the workshop, we will learn about the emotional, physiological and spiritual changes that occur during this time. This will be a space for communication between mothers and daughters as we help your daughters connect with themselves and their changing bodies in order to navigate the wave of changes as gracefully as possible. Topics include, but are not limited to:

- Stress/anxiety
- Menstruation
- Body image
- Physical changes

<i>Oaklands Neighbourhood House</i>	<i>1/\$40</i>	
Sa	Apr 17	9am-12pm

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>	<i>By Donation</i>	
Su	Apr 25	5:30–6:30 pm
Su	May 30	5:30–6:30 pm
Su	Jun 27	5:30–6:30 pm