

# Oaklands Community Centre

## Winter Program Guide 2021

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



### Registration

- 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 if program does not get enough participants
- To register for a program please visit: [oca.recodesk.com/Community/Program](http://oca.recodesk.com/Community/Program)

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

### 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 withdraw is made three business days before the program start date.

## 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 Jan 16 – Mar 13 9:10–9:40 am

\*No class Feb 13

### 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 Jan 16 – Mar 13 9:50–10:20 am

\*No class Feb 13

### Mini Hip Hop (4–5 yrs)

A high energy class, 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*

S Jan 16 – Mar 13 11:25–11:55 am

\*No class Feb 13

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

*Oaklands Community Centre 4/\$36*

Tu Jan 12 – Feb 21 10:45–11:15 am

Tu Feb 9 – Mar 9 10:45–11:15 am

\*No class Feb 16

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

*Oaklands Community Centre 4/\$36*

Tu Jan 12 – Feb 21 11:25–11:55 am

Tu Feb 9 – Mar 9 11:25–11:55 am

\*No class Feb 16

### 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 1/\$7 or 8/\$40*

Tu Jan 12 – Mar 2 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](mailto: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,F Jan 11- Mar 12 9:30–11 am

\*No class Jan 25, Feb 12, Feb 15

## Preschool – Health and Wellness

### 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 7/\$42*

Ages 1.5–3 (adult participant required)

M Jan 11- Mar 8 9–9:45 am

\*No class Jan 25 & Feb 15

*Oaklands Community Centre 8/\$48*

Ages 1.5–3 (adult participant required)

Sa Jan 16 – Mar 13 9–9:45 am

\*No class Feb 13

Ages 4–6

Sa Jan 16 – Mar 13 9:55–10:40 am

\*No class Feb 13

Ages 7–10

Sa Jan 16 – Mar 13 10:50–11:35 am

\*No class Feb 13

### Yoga for Families (3–5 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 4/\$36 per family*

Su Jan 10 – Jan 31 10:15–11 am

Su Feb 7 – Mar 7 10:15–11 am

\* No class Feb 14

### Yoga for Families (6–9 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 4/\$36 per family*

Su Jan 10 – Jan 31 11:15am–12 pm

Su Feb 7 – Mar 7 11:15am–12 pm

\* No class Feb 14

## 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 Jan 30 10:30 am–12 pm

## 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 Jan 12 – Feb 16 6–7 pm

Tu Feb 23 – Mar 30 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/\$72*

Sa Jan 16 – Mar 13 10:30–11:15 am

\*No class Feb 13

## 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 weekends or school breaks. \*Registration or drop in with limited number of spaces.

Oaklands Community Centre 1/\$6  
F Jan 8 – Mar 12 6:30–9 pm

\*No FlipOut Feb 12

## Child & Youth – Learn for Life

### 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 Feb 8 6–8 pm  
M Mar 8 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 Chapel 1/\$50  
M Jan 25 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 Jan 11– Mar 22 6–7 pm

\*No class Feb 15

## 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](mailto: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.

Oaklands Community Centre 1/\$50  
M Jan 25 7:30am–5:30pm  
F Feb 12 7:30am–5:30pm

### Oaklands Spring Break Camp (5–10 yrs)

Spring Break is a time for kids to be kids; running free, playing with their friends, and exploring the outdoors. Our action packed two weeks of camp ensures that your children come home exhausted with stories of adventure and camaraderie. Weekly registration available. Open to Willows and Oaklands Elementary.

Oaklands Community Centre \$225/week  
M–F March 15 – 19 7:30am–5:30pm  
M–F March 22 – 26 7:30am–5:30pm

### 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](mailto: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.

Oaklands Community Centre 9/\$81  
Tu Jan 12 – Mar 9 2:30–5pm

## 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 Jan 14 – Feb 18 6–7pm

## Bullet Journaling for Creativity, Productivity, and Mindfulness

Bullet Journaling is a method developed by Ryder Carroll to stay organized, keep lists in one place, set intentions and goals, connect with emotional well-being, and practice creativity. In this class, we will set up our bullet journals and learn mindfulness exercises that will set us up for a happy and healthy new year. This class will provide the structure and tools for you to continue your own bullet journal. The instructor will send a supply list via email before the first class.

Oaklands Neighbourhood House 6/\$60  
Th Jan 14 – Feb 11 7:15–8:15pm

### Macramé Plant Hangers

Create a beautiful way to display your plants by learning the basics of macramé. In this workshop we will explore basic knots and learn how to make a plant hanger. Please bring your own planter. All other supplies are included.

Oaklands Neighbourhood House 1/\$40  
M Feb 1 6–8pm

### Intro to Acrylic Painting: Backyard Birds

This class is an introduction to painting with acrylics. Students will learn how to draw and paint a backyard bird of their choice using a reference photo. Explore your creativity by developing basic painting skills such as sketching a subject, mixing colors, and brushwork. Come away with a small painting and the confidence to apply these skills in your own art practice. This is a beginner class so no previous experience is necessary. The instructor will provide a list of materials before the workshop

Oaklands Neighbourhood House 1/\$25  
M Mar 1 6–8:30pm

### Creative Reuse Tapestry Series

Join non-profit, SUPPLY Victoria, in a creative reuse workshop series. Students will upcycle salvaged materials into art. Learn sustainable principles and methods using materials lying around your house or in your recycling. Learn how to create your own braided scrap rub, weave a placemat on cardboard loom, and learn how to make pomp oms and tassels to attach to your designs! The last Thursday of the month January thru March. For more information check out: <https://www.supplyvictoria.ca/>

Oaklands Community Centre 1/\$25 or 3/\$60  
Braided Scrap Fabric Rugs  
Th Jan 28 6–7:30pm  
DIY Pom Poms & Tassels  
M Feb 25 6–7:30pm  
Cardboard Loom Weaving Placemats  
Th Mar 25 6–7:30pm

### 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.

Online via Zoom 4/\$40  
Sa Jan 16–Feb 6 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>	<i>8/\$80</i>
M Jan 11 – Mar 8	6:30–7:30 pm
*No class Feb 15	

## 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>	<i>6/\$60</i>
Tu Jan 12 – Feb 16	7:15–8:15 pm
Tu Feb 23 – Mar 30	7:15–8:15 pm

## 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. Instructor: Erin Ewing

<i>Oaklands Community Centre</i>	<i>8/\$72</i>
M Jan 11 – Mar 8	7:45–9 pm
*No class Feb 15	

### 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>	<i>4/\$36</i>
F Jan 15 – Feb 5	11:45 am–1 pm
F Feb 19 – Mar 12	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

<i>Oaklands Community Centre</i>	<i>6/\$54</i>
Tu Jan 12 – Feb 16	7:10–8:10 pm
Tu Feb 23 – Mar 30	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>	<i>7/\$63</i>
M Jan 11 – Mar 8	11:30 am–12:45 pm
*No class Jan 25 & Feb 15	

<i>Oaklands Community Centre</i>	<i>8/\$72</i>
W Jan 13 – Mar 3	9:30–10:45 am

#### Online Class Format

<i>Online via Zoom platform</i>	<i>7/\$35</i>
M Jan 11 – Mar 8	11:30 am–12:45 pm

*No class Jan 25 & Feb 15	
<i>Online via Zoom platform</i>	<i>8/\$40</i>
W Jan 13 – Mar 3	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.

<i>Oaklands Community Centre</i>	<i>6/\$54</i>
Th Jan 14 – Feb 18	6–7 pm
Th Feb 25 – Apr 1	6–7 pm

### 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!

<i>Oaklands Community Centre</i>	<i>6/\$54</i>
W Jan 13 – Feb 17	7:15–8:15 pm
W Feb 24 – Mar 31	7:15–8:15 pm
Su Jan 17 – Feb 28	10–11:15 am
*No class Feb 14	

### 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>	<i>6/\$54</i>
Tu Jan 12 – Feb 16	6–7 pm
Tu Feb 23 – Mar 30	6–7 pm

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### Mindful Movements Outdoor

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

<i>Oaklands Community Centre</i>	<i>6/\$48</i>
W Jan 13- Feb 17	11 am–12 pm
W Feb 24 – Mar 31	11 am–12 pm

### 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>	<i>6/\$60</i>
W Jan 13 – Feb 17	6–7 pm
W Feb 24 – Mar 31	6–7 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. Yoga mats and blocks available. Instructor: Nicole D'Agati

<i>Oaklands Community Centre</i>	<i>6/\$54</i>
Th Jan 14 – Feb 18	7:15–8:15 pm
Th Feb 25 – Apr 1	7:15–8:15 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>	<i>6/\$54</i>
M Jan 11–Feb 22	6:15–7:15 pm
<i>Oaklands Community Centre</i>	<i>5/\$45</i>
M Mar 1- Mar 29	6:15–7:15 pm
*No class Feb 15	

## Adult – Language

### 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 Jan 13- Mar 3	6-7pm

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## 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\$).

*Oaklands Neighbourhood House* 10/\$165  
Tu Jan 12 - Mar 16 7:15–8:45 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.

*Oaklands Neighbourhood House* 8/\$80  
W Jan 13 – Mar 3 6-7 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.

*Oaklands Neighbourhood House* 10/\$100  
W Jan 11- Mar 22 7:15–8:15 pm

\*No class Feb 15

## 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.

*Oaklands Neighbourhood House* 8/\$80  
Tu Jan 12 – Mar 2 6-7 pm

## Adult – Learn for Life

### 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.

*Oaklands Neighbourhood House* By donation  
W Feb 3 6:30–8 pm  
W Mar 3 6:30–8 pm

## Fermentation Series

Form 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.

*Oaklands Neighbourhood House* 1/\$35  
Tu Jan 19 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.

*Oaklands Neighbourhood House* 1/\$35  
Tu Feb 2 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.

*Oaklands Neighbourhood House* 1/\$35  
Tu Feb 16 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.

*Oaklands Neighbourhood House* 1/\$35  
Tu Mar 2 6–7 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!

*Oaklands Neighbourhood House* 1/\$25  
Tu Jan 26 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.

*Oaklands Neighbourhood House* 1/\$25  
Tu Feb 23 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!

*Oaklands Neighbourhood House* 1/\$25  
Tu Mar 30 7–8:30 pm

## Embodying Mindfulness

Series of workshops for mental health. Embodying Mindfulness, a few simple exercises to relax the nervous system. Join Naturopathic Doctor Rachel Worth-Cappell and Chinese Medicine Practitioner Stefanie Miska while they guide you through 3 mindfulness somatic practices. An interactive 60 minutes, with a brief talk on stress and mindfulness followed by short distance partner or solo practices to help with stress and anxiety.

*Oaklands Neighbourhood House* 1/\$20 or 4/\$60  
Tu Jan 12 6:15-7:15 pm  
Tu Feb 9 6:15-7:15 pm  
Tu Mar 9 6:15-7:15 pm  
Tu Apr 6 6:15-7:15 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
- Body image
- Menstruation
- Physical changes

*Oaklands Neighbourhood House* 1/\$40  
Sa Feb 6 9am-12pm

## Crystal Healing Workshop

Calling all beginner alchemists and wizards! Join Nicole of Ocean Holistics-mind body spirit healing for an introduction to Tarot cards, the healing power of crystals and gems, divination, and the body's energy centres. Instructor Nicole D'Agati

*Oaklands Neighbourhood House* 1/\$45  
Sa Jan 30 12:15-3:15pm

## 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.

*Oaklands Neighbourhood House* By Donation  
Sa Jan 31 5:30–6:30 pm  
Sa Feb 28 5:30–6:30 pm  
Sa Mar 28 5:30–6:30 pm