

Monday October 3

**Qualicum Beach Seniors Open House**  
9:00am-3:00pm, Qualicum Beach Seniors Ctr  
Drop-in for a cup of coffee, or pre-register for one of the many activities offered. Check out the schedule online [www.qbseniors.com](http://www.qbseniors.com) and contact the individual assigned to each activity to save your spot.

**Experienced Yoga with Charlotte**  
9:00-10:10am, St. Columba Church  
Drop-in to this Flow Hatha yoga designed for those 50yrs+ who have experience with yoga. Please bring a mat.

**Gentle Yoga with Charlotte**  
10:30-11:40am, St. Columba Church  
Drop-in to this Flow Hatha yoga designed for those who are new to yoga. Please bring a mat.

**Cardio, Core and Glutes Fitness**  
11:30am-12:30pm, St. Edmunds Church  
Drop-in to try this moderate to high intensity fitness class that will focus on your core and glutes. Please bring a mat and water.

**Floor Curling**  
12:15-2:15pm, Nanoose Place  
Drop-in and try a game of floor curling, meet the group and enjoy a cup of coffee and cookie. No experience necessary.

**Oceanside Fibre Connection**  
1:30-3:30pm, The Bradley Centre  
Drop-in to felt a poppy, mend a hole and block print a postcard. Beginners to experts are welcome



Tuesday October 4

**Online Experienced Yoga with Charlotte**  
9:00-10:00am; Online - Zoom  
Pre-register at [www.healthywisdom@shaw.ca](mailto:www.healthywisdom@shaw.ca) for the Zoom log in and join in to this Flow Hatha class from home. Ideal for those who have experience with yoga.

**Online Chair Yoga**  
10:00-11:00am; Online - Zoom  
Pre-register to join online, Zoom log in information will be sent by email after registration. Register by calling 250-248-3252.

**Chair Tai Chi**  
10:00-11:15am, Nanoose Place  
Drop-in and experience the benefits of Tai Chi all while seated in a chair.

**Line Dancing with PGOSA 55yrs+**  
10:00am-12:00pm, The Bradley Centre  
Drop-in and dance with an enthusiastic and welcoming group of dancers.

**Adult Swim Lesson - Stokes**  
1:00-1:45pm, Ravensong Aquatic Centre  
Thinking of adding lap swimming to your wellness routine? Drop-in to get tips to improve your strokes.

**Adult Swim Lesson - Basics**  
1:45-2:30pm, Ravensong Aquatic Centre  
Drop-in and learn some basics to get you swimming again.

**Indoor Lawn Bowling**  
1:00-2:30pm, Parksville Lawn Bowling Club  
Give Indoor Short Mat Lawn Bowling a try. Pre-registration required online at [www.Parksvillelawnbowlingclub.com](http://www.Parksvillelawnbowlingclub.com).

**Qualicum Beach Seniors Open House**  
9:00am-3:00pm, Qualicum Beach Seniors Centre  
Drop-in for a cup of coffee, or pre-register for one of the many activities offered. View schedule online [www.qbseniors.com](http://www.qbseniors.com). Contact the individual assigned to each activity to save your spot.

**Tighten and Tone Fitness**  
5:30-6:30pm, Qualicum Commons  
Drop-in to try this 60 minute, head to toe moderate intensity workout. Please bring a mat and a set of 2-5lb weights.

Wednesday October 5

**Experienced Yoga with Charlotte**  
9:00-10:10am, St. Columba Church  
Drop-in to this Flow Hatha yoga designed for those 50yrs+ who have experience with yoga. Please bring a mat.

**Community Garden Society**  
9:30-10:30am, Qualicum Commons  
Drop-in and tour the community gardens at Qualicum Commons. Learn about the society and the opportunity of community gardens.

**Sole Sisters Walking**  
9:45-11:45am, Little Qualicum Falls Provincial Park  
Pre-register online at [www.arrowsmithrecreation.ca/sole-sisters](http://www.arrowsmithrecreation.ca/sole-sisters) and join in on this popular, moderately paced walking group

**Weaving Community Together**  
10:00am-4:00pm, Qualicum Commons  
Qualicum Weavers and Spinners Guild invites you to pop into their studio for demonstrations and hands-on activities.

**Qigong**  
10:00-11:00am, St. Edmunds Church  
Drop-in and enjoy the benefits of slow, gentle, standing movements that will benefit your back and balance. Please wear comfortable clothing and shoes.

**Online Seated Fitness**  
10:00-11:00am, Online - Zoom  
Pre-register to join in on this online, Zoom fitness class that you can experience from home sitting in a chair. Zoom log in information will be sent by email after registration. Register by calling 250-248-3252.

**Rug Hooking**  
10:00am-2:00pm, Nanoose Place  
Drop-in and meet the group with Dogwood Traditional Rug Hookers. Instruction will be provided so you can give it a try.

**Ball Drumming**  
10:30-11:00am, Berwick in Parksville  
Check out this up-beat exercise class that has participants drumming on a fitness ball. Pre-registration required, email Jeannine at [bpv.activelivingmgr@berwickrc.com](mailto:bpv.activelivingmgr@berwickrc.com).

**Gentle Yoga with Charlotte**  
10:30-11:40am, St. Columba Church  
Drop-in to this Flow Hatha yoga designed for those who are new to yoga. Please bring a mat.

**PGOSA Open House**  
10:30am-12:00pm, Oceanside Place Arena  
Get active and stay young with PGOSA. Stop by to meet the activity managers and learn about PGOSA opportunities for those 55yrs+ (Parksville Golden Oldies Sports Association).

**Conversation Nook**  
11:00am-1:00pm, Qualicum Commons  
Pop over to have a casual conversation with Bernie from the Qualicum Community Education and Wellness Society (QCEWS) about building community and strengthening connections in your neighbourhood.

**Indoor Lawn Bowling**  
1:00-2:30pm, Parksville Lawn Bowling Club  
Give Indoor Short Mat Lawn Bowling a try. Pre-registration required online at [www.Parksvillelawnbowlingclub.com](http://www.Parksvillelawnbowlingclub.com).

**Introduction to Line Dancing**  
7:00-8:00pm, The Bradley Centre  
Join in on an hour of movement and introductory line dancing steps. Pre-registration required; [thebradleycentrebookings@gmail.com](mailto:thebradleycentrebookings@gmail.com) or 250-248-2336.

Thursday October 6

**Qualicum Beach Seniors Open House**  
9:00am-3:00pm, Qualicum Beach Seniors Centre  
Drop-in for a cup of coffee, or pre-register for one of the many activities offered. Check out the schedule online [www.qbseniors.com](http://www.qbseniors.com) and contact the individual assigned to each activity to save your spot.

**Material Girls Quilting Group**  
9:00am-4:00pm, Nanoose Place  
Drop-in and meet the group and see how you can become a member. All quilting skills welcome.



## Thursday October 6

### Introduction to Spinning Wool

10:00-11:00am, The Bradley Centre  
Meet the Bradley Spinners and participate in a hands-on experience of spinning wool and see the other activities that the group engage in each week. Pre-register by contacting; thebradleycentrebookings@gmail.com or 250-248-2336.

### Oceanside Tai Chi

10:00-11:15am, Nanoose Place  
Drop-in and learn some of the foundations of Tai Chi including balance, coordination and flexibility.

### Indoor Lawn Bowling

1:00-2:30pm, Parksville Lawn Bowling Club  
Give Indoor Short Mat Lawn Bowling a try. Pre-registration required online at [www.Parksvillelawnbowlingclub.com](http://www.Parksvillelawnbowlingclub.com).

### Taoist Tai Chi

2:00-3:00pm, The Bradley Centre  
Experience Tai Chi, a moving meditation that relieves stress and helps you find joy. Pre-registration required. Contact thebradleycentrebookings@gmail.com or 250-248-2336.

### PGOSA Trail Hikers 55yrs+

Time to be confirmed  
Call Cynthia by October 4 to save your spot on a moderate, local hike where you will be gone at least 4 hours including rest stops. The route will be determined by the group and Cynthia will share all the details; 250-468-9324.

### Carpet Bowling

12:30-3:00pm, Lighthouse Community Hall  
Meet the members of the weekly group and learn to love the game. Drop-in and try the sport and a few goodies afterwards.

### Feel the Flow Yoga

5:30-6:30pm, Qualicum Commons Gymnasium  
Drop-in and try a flow yoga class perfect for novice participants. Work on balance, flexibility, and strength. Please bring a mat, strap and blocks.

## Friday October 7

### Qualicum Beach Seniors Open House

9:00am-3:00pm, Qualicum Beach Seniors Centre  
Drop-in for a cup of coffee, or pre-register for one of the many activities offered. Check out the schedule online [www.qbseniors.com](http://www.qbseniors.com) and contact the individual assigned to each activity to save your spot.

### Parksville Seniors Open House

9:30am-12:00pm, Parksville Seniors Centre  
Meet the members and check out all of the offerings at the Parksville Seniors Centre and while you're there, try the popular line dancing class with Carol.

### Floor Curling

1:00-2:45pm, Arrowsmith Hall  
Pop over and give floor curling a try. No experience necessary, great for all abilities.

## Saturday October 8

### Mt. Arrowsmith Bonsai Club

1:00pm, Nanoose Place  
Drop-in and check out all the club has to offer; presentations, assistance from artists and time to work on your trees.

### Fresh Air Fitness

Online Anytime  
Take your outdoor walks to a new level with this independent, self-led fitness circuit. Download and open each exercise on your phone and complete the exercises on the trails. Find more at [rdn.bc.ca/fresh-air-fitness](http://rdn.bc.ca/fresh-air-fitness).

### Travelling to these activities by Bike?

Enter for a chance to win a prize  
[www.gobybikebc.ca/oceanside](http://www.gobybikebc.ca/oceanside)

Thursday October 6, 7:00-9:30am stop by for food and prizes at the Springwood Park entrance of the Coombs to Parksville Rail Trail.



# ACTIVE AGING WEEK

October 3-8, 2022



Weaving community together with FREE activities all week.



Get all the details online  
[www.getinvolved.rdn.ca/rec-connect](http://www.getinvolved.rdn.ca/rec-connect)  
or call 250-752-5014 or 250-248-3252

The community has come together to highlight the opportunities for older adults to stay active and engaged in Oceanside. This annual celebration is the perfect time for residents to meet people and try something new. Check out all the offerings inside.

## WIN A PRIZE WITH SOS

Attend at least five events and enter to win a \$25 SOS Thrift Shop Gift Certificate. Fill out a ballot and enter your name at the SOS Community Services Centre, 245 Hirst Ave W.