

ADULT ACTIVITIES

ARTS - CREATIVE & PERFORMING

BEGINNER BACHATA II

Bachata is a popular partner social dance that originated from the Dominican Republic. Continue learning basic footwork and body isolation techniques, fun patterns, and musicality so you could dance the night away. Under the spell of the music, feel the rhythm, the connection, have fun and lose yourself. Partner preferred but not required. This class is for dancers with previous Bachata experience.

Oaklands Community Centre **6/\$54**

55421 T Jan 15–Feb 19 8–9 pm

55422 T Feb 26–Apr 2 8–9 pm

BEGINNER KIZOMBA II

Learn one of the most popular and fast-growing dances in Canada and the world. Kizomba is a slow and sensual partner dance from Angola. Continue learning basic steps, connection, musicality and many ways to create patterns. Watch out! You may become addicted to this dance. Partner preferred. This class is for dancers with previous Kizomba experience.

Oaklands Community Centre **6/\$54**

55425 W Jan 16–Feb 20 8:15–9:15 pm

55426 W Feb 27–Apr 3 8:15–9:15 pm

IMPROVISE YOUR LIFE

Are you tired of planning? Do you still feel bitter about your past? Are you scared of the future? Do you want to bring positive changes in your life in the new year? You just need to get started and to start, join us in the “Improvise your new year” workshop.

Oaklands Neighbourhood House **1/\$30**

55975 Th Jan 17 6-8 pm



PAINT NIGHT WITH REGINA

If you are in need of a therapeutic night, where you can relax, socialize, and have fun in a safe, friendly, and playful environment, come join us on for an evening of art instruction. Let the artist inside you come out to shine or if you don't have one, you can come borrow one for the night! Regina will guide you step-by-step on how to complete an acrylic painting on canvas. Check our website for sample paintings. No experience necessary and all supplies included.

Oaklands Community Centre **1/\$35**

55557 F Feb 15 6:30–8:30 pm

WEAVING WITH LOOMS (15+)

Come learn how to make blankets, ponchos, and pouches! If you are looking to play with a medium that relaxes you while also having fun, weaving with looms is the way to do it. This workshop focuses on getting you started on your weaving obsession. We will teach you the basic needs and skills of weaving with looms, and if you have already weaved before you can join us to learn some new tips! What a great way to spend time, relax and make handmade gifts for yourself or your loved ones!

Oaklands Neighbourhood House **1/\$35**

55563 T Feb 19 6–9 pm

DO YOU HAVE AN IDEA?

We often add programs based on interest from our community. If you have an idea for a program that you would like to see offered or if you'd like to teach a program or workshop contact our Programs Coordinator at 250-370-9101 ext.2 or programs@oaklandsc.ca

ADULT ACTIVITIES

COMPUTER SKILLS

COMPUTERS - INTRODUCTION

Learn terminology, basic word-processing and email.

Oaklands Community Centre **4/\$128**
55428 W, Th Feb 6–14 12:30–2 pm

IPAD/IPHONE/ANDROID FOR TRAVELERS

Discover great travelling, translating, touring, GPS and mapping apps. Are you paying too much for your airline tickets? Like to plan your own vacation or at least find what options there are? Interested in house-swapping, bed and breakfasts, maps, sites, rental cars, restaurants, youth hostels, cruises and tours? This course is a demonstration that provides a guided tour of Internet sites.

Oaklands Neighbourhood House **1/\$40**
55431 Sa Feb 23 10:30 am–12 pm

MS EXCEL FOR MAC/WINDOWS

Bring your battery charged laptop or just sit in and take notes. Learn to use the standard word processor in our governments, most businesses and corporations. Keep track of your own investments or business bookkeeping. Learn functions, calculations, formatting, linking, sorting, graphing and short cuts. Certificate supplied.

Oaklands Neighbourhood House **2/\$128**
55443 W Mar 27–Apr 3 6–9 pm

PHOTOS FOR MAC

Learn how to scan, organize, edit, email with different sizes, create cards, slideshows, books and calendars.

Oaklands Neighbourhood House **1/\$40**
55442 Th Jan 17 7–8:30 pm

PHOTOS FOR WINDOWS

Learn how to find, manipulate, email, store, share, print and organize photos on Windows.

Oaklands Community Centre **1/\$40**
55441 W Jan 16 12:30–2 pm

CULINARY

FERMENTATION SERIES

Come and learn a variety of fermentation techniques and improve your health through the power of probiotics! Classes offer instructions and recipes 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**
55528 T Jan 15 7–8 pm

SAUERKRAUT WORKSHOP

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

Oaklands Neighbourhood House **1/\$35**
55530 T Jan 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.

Oaklands Neighbourhood House **1/\$35**
55532 T Jan 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.

Oaklands Neighbourhood House **1/\$35**
55534 T Feb 5 7–8 pm

ADULT ACTIVITIES

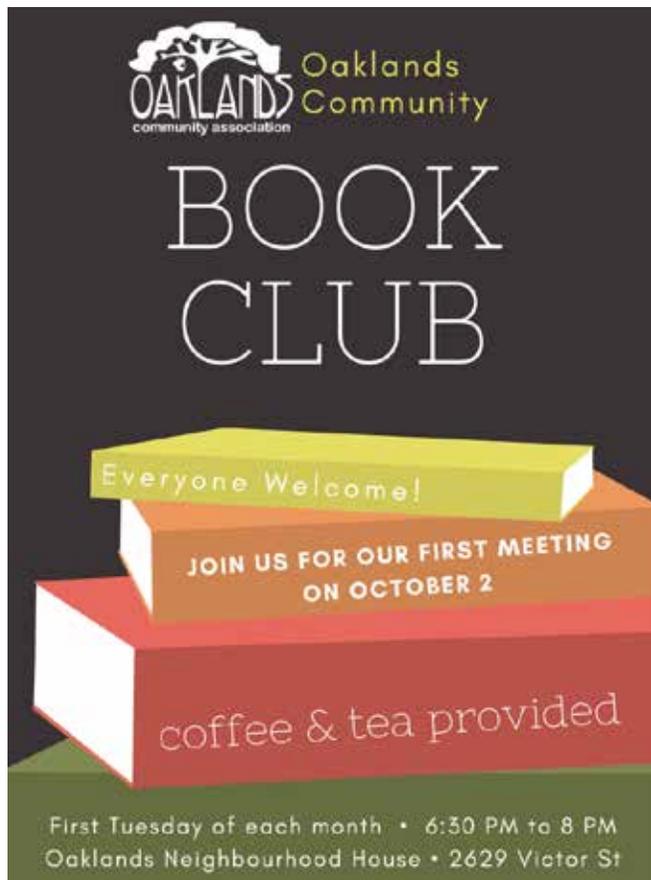
DROP-IN

COMMUNITY BOOK CLUB

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

Oaklands Neighbourhood House **By Donation**

T	Feb 5	6:30–8 pm
T	Mar 5	6:30–8 pm



OAKLANDS CONVERSATION CAFÉ

Drop by the community centre on the first Wednesday of each month to share conversations, coffee/tea, and baked goods with other adults and seniors. Talk about what resources and programs are available throughout the city, access help with Oaklands resources, and socialize with your neighbours!

Oaklands Community Centre	Free
First Wednesday of each month	12:30–2 pm

HEALTH & WELLNESS

BELLY DANCE FLEXFIT

Belly Dance Flexfit is a combination of fun Middle Eastern belly dance, cardio and core exercises. Belly dancing is a low-impact, high-energy dance form that's great for all ages. This program focuses on engaging the core using belly dance movements and blending upbeat and slow beat rhythms with easy-to-follow combinations and choreography for a total body workout. Let your body and mind dance to the exotic rhythms while improving your overall fitness!

Oaklands Community Centre **6/\$54 or Drop-in \$12**

55446	M	Jan 14–Feb 25	5:45–6:45 pm
55447	M	Mar 4–Apr 8	5:45–6:45 pm

*No class Oct 8, Nov 12 & Feb 18

BOLLY X

Bollywood-inspired dance fitness program that combines choreography with the hottest music from around the world. This 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and motivated. The infectious expression and movement of Bollywood is safe and powerful total body workout for all fitness levels.

Oaklands Community Centre **6/\$54 or Drop-in \$12**

55450	W	Jan 16–Feb 20	7:15–8:15 pm
55451	W	Feb 27–Apr 3	7:15–8:15 pm

GROOVE

Experience the fun new workout that everyone is talking about. Groove is a revolutionary workout that celebrates everybody's unique way of moving. Break out of the fitness box! The movements are purpose-driven and designed to build strength, cardio and endurance. Multi-level class, suitable for those looking for a low-impact activity. No experience necessary.

Oaklands Community Centre **6/\$54 or Drop-in \$12**

55454	T	Jan 15–Feb 19	7–8 pm
55455	T	Feb 26–Apr 2	7–8 pm

ADULT ACTIVITIES

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.

Oaklands Community Centre 7/\$63 or Drop-in \$12

55458	T	Jan 15–Feb 26	6–7 pm
55459	T	Mar 5–Apr 16	6–7 pm

POUND - ROCKOUT. WORKOUT.®

Channel your inner rockstar with this full-body cardio jam session inspired by the infectious, sweat dripping fun of playing the drums. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

Oaklands Community Centre 7/\$63 or Drop-in \$12

55463	Th	Jan 17–Feb 28	6–7 pm
55464	Th	Mar 7–Apr 18	6–7 pm

SATURDAY MORNING BOOTCAMP

Whether you are a beginner, weekend warrior or need to add something new to your fitness schedule this class can add a quick, effective workout into your weekend! We will use bodyweight, resistance bands, weights, intervals and circuits to work hard and have fun! Join us for a healthy way to start your weekends!

Oaklands Community Centre 8/\$72 or Drop-in \$12

55466	Sa	Jan 19–Mar 16	8–9 am
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*No class Feb 16

TIMES COLONIST 10K TRAINING CLINIC

Train with us to walk or run in the 30th annual TC 10K race on Sunday, April 28, 2019. Your clinic registration fee includes all the pieces to get you set for the start line at this great event: race entry, training tools & expert tips, 14 week training program, race shirt, technical training shirt, limited recreation centre use, discounts from our retail partner - The Running Room and lots of support and camaraderie provided by an enthusiastic team of leaders! All levels welcome. To register visit runsport.ca

Oaklands Community Centre 14/\$137

Walk Clinic

55572	T	Jan 22–Apr 23	6:30–8 pm
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Run Clinic

55526	T	Jan 22–Apr 23	6:30–8 pm
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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!

Oaklands Community Centre 6/\$54 or Drop-in \$12

55469	M	Jan 14–Feb 25	6:15–7:15 pm
55470	M	Mar 4–Apr 8	6:15–7:15 pm

*No class Feb 18



VISIT RUNSPORT.CA
FOR REGISTRATION DETAILS

Train to run or walk the 30th Annual
TC10K with RunSport's 14-week
progressive training clinics



ADULT ACTIVITIES

LANGUAGES

ITALIAN FOR BEGINNERS II

This course is for those with previous knowledge of Italian. Further develop your proficiency in speaking, listening, reading and writing in a fun and interactive environment.

Oaklands Community Centre **12/\$108**
55472 W Jan 16–Apr 3 6–7 pm

SPANISH FOR TRAVELERS

This class is perfect for anyone planning to visit Spanish-speaking countries or those who just want a taste of the language. 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. No previous experience required.

Oaklands Neighbourhood House **6/\$54**
55475 Th Jan 17–Feb 21 7–8 pm
55476 Th Feb 28–Apr 4 7–8 pm **L**

LEARN FOR LIFE

NATURAL CLEANING PRODUCTS

Did you know that many of our illnesses and allergies are created by all the ‘toxins’ in our environment? That ‘toxins’ are in just about everything we eat, breathe, put on our skins, clean with, sleep on? In this workshop, we will take a look at some of the most popular ‘toxins’ in our cleaning products, the affect they have on the body, and how we can easily replace them with healthy, homemade alternatives. You will go home with one cleaning product of your choosing, plus a list of toxic ingredients to watch out for when you go shopping. Instructor: Helen Dougherty

Oaklands Neighbourhood House **1/\$20**
55480 Su Feb 10 10–11:30 am

YOGA

BEDTIME YOGA

Ease tension, release stress, and calm the mind with gentle postures and relaxing breathing practices. This class will help prepare the body, mind and spirit for a restful sleep. Yoga mats and blocks available. Instructor: Tanya Roberts

Oaklands Community Centre **6/\$54 or Drop-in \$12**
55483 M Jan 21–Mar 4 7:45–9 pm
55484 M Mar 11–Apr 15 7:45–9 pm
*No class Feb 18

Category 1 Cleaning

www.category1cleaning.ca

Offering Commercial Cleaning
Services to Greater Victoria

*Proudly Serving the
Oaklands Community Association*

ADULT ACTIVITIES

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 Roberts

Oaklands Community Centre 7/\$63 or Drop-in \$12
55487 F Jan 25–Mar 15 12:15–1:30 pm
*No class Feb 15

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. Yoga mats and blocks available. Register for both Monday and Wednesday sessions and pay \$8 per class. Instructor: Tanya Roberts

Oaklands Community Centre 6/\$54 or Drop-in \$12
55490 M Jan 28–Mar 11 12:15–1:30 pm
Oaklands Community Centre 8/\$72 or Drop-in \$12
54493 W Jan 23–Mar 13 9:30–10:45 am
*No class Feb 18

MOM AND BABY YOGA

This class will give both moms and babies up to 9 months the opportunity to make the most of this precious time in life. Everyone will get the chance to stretch, move and relax while spending time together. This class allows mom to focus on baby when necessary; nursing, changing diapers, comforting your babe, while also getting time to focus on oneself. Find music, laughter, massage and hands-on stretching in this enjoyable class. Instructor: Jenny Hindley

Oaklands Community Centre 9/\$81 or Drop-in \$12
55496 Th Jan 17–Mar 14 12–1 pm

PRENATAL YOGA

This friendly, supportive class will include safe and gentle movements to prepare your body for birth. Focus will be placed on strengthening deep core muscles, releasing tension and rejuvenating your entire body. These gentle asanas will benefit your spine, uterus and pelvic floor and increase overall comfort. Connect with other moms-to-be in your community as you enjoy the benefits of this popular class. This class is appropriate for both new and experienced students. Instructor: Angela McMillan, prenatal certified

Oaklands Community Centre 4/\$36 or Drop-in \$12
55500 Th Jan 17–Feb 7 7:30–8:30 pm
Oaklands Community Centre 5/\$45 or Drop-in \$12
55501 Th Feb 14–Mar 14 7:30–8:30 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

Oaklands Community Centre 7/\$63 or Drop-in \$12
55504 Th Jan 17–Feb 28 7:15–8:30 pm
55505 Th Mar 7–Apr 18 7:15–8:30 pm

SUNDAY MORNING FLOW YOGA

In this flow class you'll be guided through postures in a Vinyasa style to encourage proper alignment of the body and bring balance, strength, and calmness to the practitioner.

Oaklands Community Centre 6/\$54 or Drop-in \$12
55519 Su Jan 13–Feb 24 10–11:15 am
55520 Su Mar 3–Apr 7 10–11:15 am
*No class Oct 7, Nov 11, Feb 17