

SENIOR'S ACTIVITIES

DROP-IN COLOURING

Join us on Tuesday mornings for coffee, conversation and colouring. Bring your creativity to this relaxed colouring session. No prior experience required. Colouring pages, supplies, coffee and tea provided.

Oaklands Community Centre **Drop-in \$2**
 Tu Apr 10-May 10 10–11:30 am

DROP-IN LINE DANCING

Learn basic line dancing to some great tunes. Great exercise for your body and mind. Learn the techniques and steps that you need to progress to the next level. No partner required for this dance class. Both women and men are welcome to join us.

Oaklands Community Centre **Drop-in \$2**
 Th Apr 5-Jun 21 1–2 pm

THE MESSAGES YOUR BODY IS TELLING YOU - ARE YOU LISTENING?

Many people go through life with aches and pains and consider that to be normal. Well, what if it isn't? What if these aches and pains are messages from your body telling you what it needs to be healthy? In this presentation, learn about what some of those messages might be and what you can do about them.

Oaklands Community Centre **1/\$15**
 55206 Tu May 15 1-2 pm

OAKLANDS SPEAKER SERIES

Join guest speakers from Uvic faculty, staff, graduate students and retirees as they share their expertise on a series of topics. Please call 250.370.9101 or email programs@oaklandsca.com to register.

Oaklands Community Centre **1/Free**
 Aging Gracefully? Reflections on Aging, Place and Life-long Health (Uvic Speakers Bureau)
 55201 Tu Apr 10 1-2 pm

OAKLANDS SOCIAL WALKING GROUP

A community-based social walking group for those interested in increasing their physical activity and meeting new people. Enjoy a weekly walk around the neighbourhood followed by a coffee and tea social. Walk begins and ends at Oaklands Community Centre. Suitable for all levels but expect some slight hills, steps and uneven pavement.

Oaklands Community Centre **6/\$15**
 55184 Th May 3–Jun 7 9–10:30 am
 55185 Th Jun 14-Jul 19 9-10:30 am
 55186 Th Jul 26-Aug 30 9-10:30 am
 55187 Th Sep 6-Oct 11 9-10:30 am



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 Community Centre **8/\$72**
 55190 Tu Apr 17–Jun 5 11:30am–12:30 pm