

ADULT ACTIVITIES

ARTS - CREATIVE & PERFORMING

INSPIRATIONAL CARD WORKSHOP

Participants will create a series of inspirational cards using mixed-media art techniques. All supplies provided, however; participants are welcome to bring personalized items to add their own unique flair. Everyone will leave with coloured copies of everybody's artwork to create a collection of cards. No artistic experience necessary. Coffee and tea provided please bring your own lunch.

Oaklands Community Centre **1/\$40**
55207 Sa Apr 14 10 am–2 pm
54991 Sa Jun 9 10 am–2 pm

PRINTMAKING: A PLAYFUL EXPLORATION WITHOUT A PRESS

Join local artist Nancy Murphy and experience many simple printmaking techniques that will lead to high quality original prints and cards. Sharing examples from masters and her own portfolio, Nancy will illustrate many techniques including monotype, relief linocut and collagraph. Wear an apron or old shirt to protect your clothes. Please bring \$40 cash to instructor on the first day of class for supplies.

Oaklands Community Centre **6/\$210**
55219 W Apr 25-May 30 9:30am–12:30 pm

Oaklands Neighbourhood House **6/\$210**
55220 W Apr 25-May 30 6–9 pm
55221 W Jun 6-Jul 11 6–9 pm

THE WELLNESS MANDALA FOR WOMEN

Each person's optimal wellness reflects her own experiences, personality and needs. Over the course of ten weeks, you will create your own individual Wellness Mandala and gain awareness and understanding of each aspect it has on your life. Learn which areas of your life require more or less attention, need some improvement, and are in balance or need balancing. No art experience required. All supplies provided. Instructor: Shahin Jones, RCC, Registered Art Therapist

Oaklands Neighbourhood House **10/\$350**
55032 Tu Apr 10-Jun 12 6:30-9 pm

HEALTH & WELLNESS

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 **9/\$81 or Drop-in \$12**
54990 W Apr 25-Jun 20 7–8 pm

NORDIC STYLE POLE WALKING SEMINAR

Discover what makes nordic style pole walking the smarter way to walk. Learn why NSPW is highly effective and do-able; it may be the last fitness program you need to start! Especially good for desk workers, people with sore knees and hands, pre and post-birth mothers and more!

Oaklands Community Centre **1/\$10**
54991 Tu May 1 6–7:30 pm

GET FIT WITH NORDIC POLE WALKING

Follow a 3-day a week schedule, two days of home workouts and one day with us to learn to Nordic Style Pole Walking including hills. Make new friends and improve your posture, pant size, fitness and health. Poles available on program nights and available for purchase for home use.

Oaklands Community Centre **6/\$54**
54992 Tu May 8–Jun 12 6–7:30 pm



ADULT ACTIVITIES

HIGH INTENSITY INTERVAL TRAINING (HIIT)

HIIT is a full-body, heart-pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts. Expect a warm-up and cool down with a half hour HIIT session between, outdoors if possible. Modifications provided for all fitness levels

Oaklands Community Centre 10/\$90 or Drop-In \$12

54985 T Apr 24-Jun 26 6–7pm
54986 T Jul 3-Sep 4 6–7pm

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 10/\$90 or Drop-in \$12

54987 Th Apr 26-Jun 28 6–7pm
54988 Th Jul 5-Sep 6 6–7pm

SATURDAY MORNING BOOTCAMP

Whether you are a beginner, weekend warrior or need to add something new to your fitness schedule our new Saturday boot camp can add a quick, effective workout into your weekend! We will be using bodyweight, resistance bands, weights, boxing, intervals and circuits to work hard and have fun! Join us Saturdays this spring for a healthy way to kick off your weekends!

Oaklands Community Centre 5/\$45 or Drop-in \$12

55049 Sa Apr 7-May 5 8–9 am
55050 Sa May 26-Jun 23 8–9 am



TAIJI 24

Taiji (commonly known as Tai Chi) originated as a martial art, but today has exceptional value in treating many health problems. It is a low-impact, slow-motion exercise that combines breathing deeply and naturally, while focusing your attention on your bodily sensations. This can be easily adapted for anyone, from the very fit to those recovering from surgery. Instructor: Warrior Martial Arts

Oaklands Community Centre 8/\$72

55215 W Apr 18-Jun 6 1–2 pm

Oaklands Community Centre 6/\$54

55216 W Jun 13-Jul 18 1–2 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!

Oaklands Community Centre 9/\$81 or Drop-In \$12

54989 M Apr 23-Jun 25 6:15–7:15pm

*No class May 21

DROP-IN PUNHCARDS



1	2	3	4	5
6	7	8	9	10

10 CLASSES FOR \$100 + GST
SAVE \$10 OFF REGULAR DROP-IN PRICES

LEAVE YOUR MONEY AT HOME AND ENJOY OUR DROP-IN CLASSES AT A DISCOUNT. WE KEEP YOUR CARD AT THE CENTRE AND IT NEVER EXPIRES.

ADULT ACTIVITIES

STAND UP PADDLEBOARDING HIGH INTENSITY INTERVAL TRAINING (HIIT)

Join us at Thetis Lake for one of the best ways to improve your balance, workout your core and upper body while enjoying the outdoors! Simply meet us at Thetis Lake for a 60 minute HIIT workout from our CSEP-CPT and Stand Up Paddleboard certified instructor. Enjoy a workout that is refreshing and good for the body and the mind.

Thetis Lake	4/\$195 or Drop-in \$35
55230 M,W Jun 11, 13, 18, 20	6:30-7:30 pm
55231 M,W Jul 23, 25, 31, Aug 1	6:30-7:30 pm
55232 M,W Aug 13, 15, 20, 22	6:30-7:30 pm

LEARN FOR LIFE

COMMUNITY BOOK CLUB

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

Oaklands Community Centre	By Donation
Th May 3	12:30-2 pm
Th Jun 7	12:30-2 pm
Th Jul 5	12:30-2 pm
Th Aug 2	12:30-2 pm
Th Sep 6	12:30-2 pm

CRYSTAL ENERGY WORKSHOP

This class will introduce you to the healing power of crystals and gems, to Tarot cards, readings and divination and the energy centres of the body. This course is the perfect Introduction for the beginner alchemist or wizard for healing and magic. Course includes complimentary healing crystal. Instructor: Nicole D'Agati

Oaklands Community Centre	1/\$45
54983 Su Apr 8	12-3 pm

DRAMA WORKSHOP

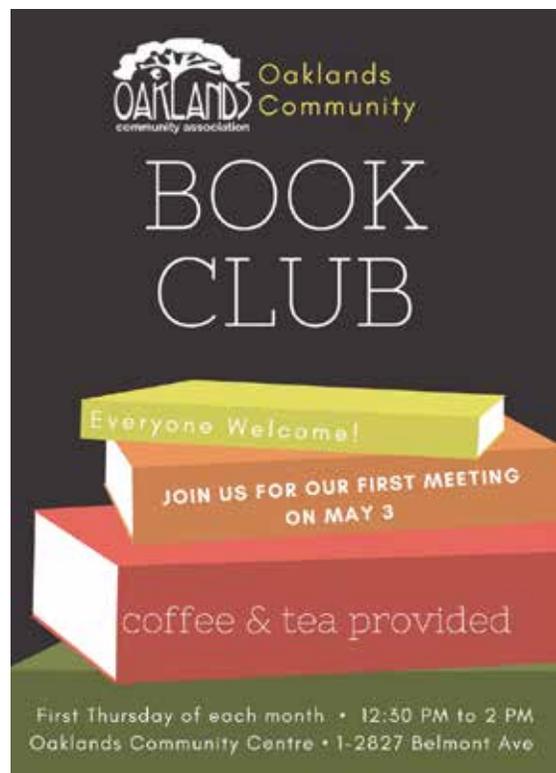
This workshop, led by local playwright Karen Lee Pickett, will give you tools for writing stories for the stage, whether you have never written a play or are seeking new perspectives on your craft. Over the eight weeks, we will explore the elements of dramatic writing, including both stage drama and screenplay. You will have the opportunity to share your work and receive extensive critique in a safe and supportive environment. Instructor: Karen Lee Pickett

Oaklands Neighbourhood House	8/\$325
55047 W Apr 11-Jun 6	7-10 pm
*No class May 9	

WRITING WORKSHOP

Do you write? Do you write journals, stories, poems, letters, sketches? If you write, you are a writer. Using the Amherst Writers & Authors method, come write together in a supportive guided atmosphere where your creativity is nurtured and you can develop your writing voice. This is for writers at all stages of their craft, and across all genres. Instructor: Karen Lee Pickett

Oaklands Neighbourhood House	6/\$225
55046 Tu Apr 10-May 15	7:15-9:30 pm



ADULT ACTIVITIES

EMPOWERED FOR WOMEN™

EMPOWERED for Women™ is a safe, simple and effective method of self-protection that really works. Our unique workshops focus on actions that can be taken to prevent conflicts and altercations from happening in the first place, as well as teach physical defense solutions that work in a number of situations. Some of the topics covered include: basic awareness and prevention skills, stopping threats before they become physical and applying physical defense techniques. No previous experience necessary. Instructor: Warrior Martial Arts

Oaklands Community Centre	1/\$70
55217 S May 26	1-3:30 pm
55218 S Jul 21	1-3:30 pm

ESSENTIAL OILS: BEAUTIFUL SKIN

Turn back the clock on aging skin using the natural benefits of essential oils. As we age our skin starts to show the effects of toxins that accumulate in our bodies over the years. In this three hour workshop you will learn how to use essential oils to keep your skin looking radiant and beautiful. You will leave this workshop with two preparations specific to your skin type and challenges. Instructor: Helen Dougherty

Oaklands Community Centre	1/\$40
55203 Su May 13	12-3 pm

ESSENTIAL OILS: NATURAL HEALTH BOOSTERS

Essential oils are nature's medicine cabinet. In this three hour workshop, you will learn the basics of what essential oils are, how they can be used and the top 10 oils to have in your medicine cabinet to have a dramatic impact on improving your health. You will go home with class notes on each of the oils and how to use them, plus two preparations specific to what's going on for you. Instructor: Helen Dougherty

Oaklands Community Centre	1/\$40
55204 Su Jun 10	12-3 pm

HEALING AND RESTORATIVE HERBS

Did you know that herbs can boost your health and improve your overall well-being? In this three hour workshop you will learn how to mix herbs for flavour and for health! Learn how to prepare fresh and dry herbs and best of all, you will go home with a couple of your own herb preparations designed for you and a handy herb guide! Instructor: Helen Dougherty

Oaklands Community Centre	1/\$30
55205 Sa Jun 21	12-3 pm

VISION WORKSHOP

Do you want to discover your true dream or purpose? Would you like to eliminate fear, doubt and worry and move toward your goals with confidence? If these questions resonate with you then you are going to love this seminar! You will learn to harness your life's purpose and find the prosperity you deserve. Instructor: Helen Dougherty

Oaklands Community Centre	1/\$25
55202 Sa Apr 21	12-3 pm



KINGS ROAD FAMILY DENTISTRY

Dr. Patrick J. S. Finnigan
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reception@drpatrickfinnigan.ca

www.drpatrickfinnigan.ca
1-2710 Shelbourne St.
Victoria, BC V8R 4M2

Join us on  /Dr.PatrickFinnigan

ADULT ACTIVITIES

READY TO RENT RENTSMART CERTIFICATION

This course provides education and certification for successful tenancies. Content includes tenant rights and responsibilities, landlord responsibilities and expectations, living with roommates, effective communication, budgeting, and maintenance. Upon completion of the course, participants earn a certificate of completion which can act as a housing reference. Cost includes course manual.

Oaklands Community Centre **6/\$230**
55048 Su Apr 29-Jun 10 1-3 pm
*No class May 20

REFLEXOLOGY BASICS WORKSHOP

Reflexology is a pressure-point massage done to the feet which provides healing to the whole body. The massage involves stimulating the 7500 nerve-endings in each foot to provide stress relief, help balance the hormonal system and improve overall circulation. You will leave this workshop knowing how to perform a twenty minute reflexology foot massage. Instructor: Nicole D'Agati

Oaklands Community Centre **1/\$45**
54984 Su May 27 12-3 pm

REIKI FOR BEGINNERS

Reiki is a Japanese word meaning the transfer of universal life energy for the purpose of healing mind, body and spirit. This is a gentle modality that helps to realign your chakras. You will leave this workshop knowing about the subtle energy system of the body and how to balance your own energy. Instructor: Nicole D'Agati

Oaklands Community Centre **1/\$45**
54982 Su Jun 17 12-3 pm

SPANISH FOR BEGINNERS

This introductory course is for those with little or no knowledge of Spanish. Learn the fundamental elements of the Spanish language including grammar, pronunciation, reading, writing and common expressions in a fun and interactive environment.

Oaklands Community Centre **8/\$72**
55188 Th Apr 19-Jun 7 7:15-8:45 pm

SPANISH FOR BEGINNERS II

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

Oaklands Community Centre **12/\$108**
55189 Th Jun 14-Aug 30 7:15-8:45 pm

Category 1 Cleaning

www.category1cleaning.ca

Offering Commercial Cleaning
Services to Greater Victoria

*Proudly Serving the
Oaklands Community Association*

ADULT ACTIVITIES

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 9/\$81 or Drop-in \$12

55025 M Apr 23-Jun 25 7:45–9 pm

*No class May 21

Oaklands Community Centre 4/\$36 or Drop-in \$12

55026 M Jul 23-Aug 27 7:45–9 pm

*No class Aug 6 & Aug 13

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 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. Free demo class Friday, April 6th from 12:15 – 1:30 pm.

Oaklands Community Centre 4/\$36 or Drop-in \$12

55051 F Apr 13-May 11 12:15–1:30 pm

55052 F Jun 1-Jun 22 12:15–1:30 pm

*No class Apr 20

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 5/\$45 or Drop-In \$12

55023 Su Apr 8–May 6 10–11:15 am

55024 Su May 13–Jun 17 10–11:15 am

*No class May 20

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. 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 10/\$90 or Drop-In \$12

55027 M Apr 9–Jun 18 12:15–1:30 pm

*No class May 21

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

55028 W Apr 4–May 9 9:30–10:45 am

Oaklands Community Centre 5/\$45 or Drop-In \$12

55029 W May 16–Jun 20 9:30–10:45 am

*No class May 24

GENTLE YOGA OUTDOORS

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. Drop-in only, weather dependent. Instructor: Tanya Roberts

Oaklands Community Centre Drop-in/\$12

W Jun 27–Aug 29 9:30–10:45 am

* No class Jul 4, Jul 11, Aug 15 & Aug 22

REJUVENATION YOGA

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

54993 Th May 10–Jun 21 7:30–8:45 pm
