

# ADULT PROGRAMS

## ARTS - CREATIVE & PERFORMING

### BEGINNER FUSION LINE DANCE

This fun dance series explores various dance styles including traditional country-western, swing, Latin, rock, and hip-hop. Line dance is a great way to express your creativity in a lively group setting. No partner required, move at your own pace and level. Beginner to intermediate dancers welcome. You'll finish the series with a foundation of line dances, beginner technique, and dance floor etiquette.

**Oaklands Community Centre** 4/\$35 or Drop-in \$12

W	Apr 3–Apr 24	7:15–8:15 pm
W	May 1–May 22	7:15–8:15 pm
W	May 29–Jun 19	7:15–8:15 pm



### INTRODUCTION TO WATERCOLOURS

Enjoy watercolour painting in group setting and develop your creativity while exploring basic watercolour techniques, such as mixing color, brushwork and working with water. We will focus on painting landscapes, especially flowers, trees and the sky in its various forms. The instructor will provide a supply list by email before the first class.

**Oaklands Neighbourhood House** 6/\$60

W	Apr 17–May 22	6–7:15 pm
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## COMPUTERS

### PUBLIC COMPUTER ACCESS

Drop-in Wednesday mornings to access our community use computer. You are welcome to access the internet, check email, and manage word processing functions free of charge. Printing and scanning services available for a nominal fee.

**Oaklands Community Centre** Drop-in/Free

W	Apr 3–Jun 19	9:30–11 am
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# ADULT PROGRAMS

## CULINARY

### OAKLANDS FERMENTATION SERIES

Come 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 Apr 23 7–8 pm

#### Sauerkraut Workshop

The holy grail of all fermented foods, sauerkraut has nourished us for 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 Apr 30 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

Tu May 7 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

Tu May 14 7–8 pm



# ADULT PROGRAMS

## HEALTH & WELLNESS

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### BABY & ME WALKING GROUP

Join our baby and caregiver walking group every Tuesday morning for a walk around the neighbourhood. This is a great way to meet other caregivers in your community while getting some exercise. Meet at the Oaklands Community Centre between 9-9:15 am, the walk begins at 9:20 am. Expect a 30-40 minute walk and stay after for coffee, tea, and conversation at the centre.

Oaklands Community Centre	Drop-in/Free
Tu Apr 23–Aug 27	9:15–11 am

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### 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
W Apr 10–May 15	7:15–8:15 pm
W May 22–Jun 26	7:15–8:15 pm

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### FITNESS IN THE PARK

Enjoy a total body workout in the beautiful outdoors! Join us Thursdays in July & August at Oaklands Park for a different workout each week. Dress comfortably and bring a water bottle. Suitable for all fitness levels. Follow us on Facebook or check our website for weekly schedule.

Oaklands Park	Drop-in/Free
Th Jul 4–Aug 29	6–7 pm

### GROOVE

Experience the fun new workout that everyone is talking about. Groovin' 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. This is a multi-level class, suitable for those looking for a low-impact activity. No experience necessary.

Oaklands Community Centre	6/\$54 or Drop-in \$12
Tu Apr 9–May 14	7–8 pm
Tu May 21–Jun 25	7–8 pm
Tu Jul 2–Aug 6	7–8 pm
Tu Aug 13–Sep 17	7–8 pm

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### HIGH INTENSITY INTERVAL TRAINING (HIIT)

HIIT is a total-body, heart-pumping, aerobic and strength conditioning workout. This interval-based class begins with a full body warm-up, 3-4 segments of multi-level strength/cardio training, and finishes with cool down and stretch. We will be outdoors whenever possible. Modifications are provided, great for all fitness levels.

Oaklands Community Centre	6/\$54 or Drop-in \$12
Tu Apr 23–May 28	6–7pm
Tu Jun 4–Jul 9	6–7pm
Tu Jul 16–Aug 20	6–7pm
Tu Aug 27–Oct 1	6–7pm

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### OAKLANDS SOCIAL WALKING GROUP

A community-based social walking group for those interested in staying physically active 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 unpaved paths.

Oaklands Community Centre	Drop-in/Free
Th Apr 4–Oct 10	9–10:30 am

# ADULT PROGRAMS

## 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.

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

W	Apr 10–May 15	6–7 pm
W	May 22–Jun 26	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 6/\$54 or Drop-in \$12**

Th	Apr 25–May 30	6–7pm
Th	Jun 6–Jul 11	6–7pm
Th	Jul 18–Aug 22	6–7pm
Th	Aug 29–Oct 3	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 8/\$72 or Drop-in \$12**

Sa	Apr 13–Jun 22	8–9 am
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\*No class Apr 20, May 11 & May 18

## STRENGTH & STRETCH

In this 45 minute class, we use small weights, bands and balls to strengthen muscles. We then spend time to ensure that each muscle group is stretched out. These exercises increase strength, balance, and flexibility; which increases your ability to walk and move with greater ease and certainty. This class can be done sitting and standing. Free trial class on Wednesday, April 3. Instructor: Helen Dougherty

**Oaklands Community Centre 6/\$48 or Drop-in \$12**

W	Apr 10–May 15	11–11:45 am
W	May 22–Jun 26	11–11:45 am

## 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**

M	Apr 15–Jun 24	6:15–7:15 pm
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\*No class Apr 22 & May 20

## DROP-IN PUNCHCARDS



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 PROGRAMS

## LEARN FOR LIFE

### COMMUNITY BOOK CLUB

Join us the first Tuesday 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](http://www.oaklandscommunitycentre.com) for monthly book selection. No book club in July & August.

#### Oaklands Neighbourhood House By Donation

Tu	Apr 2	6:30–8 pm
Tu	May 7	6:30–8 pm
Tu	Jun 4	6:30–8 pm
Tu	Sep 3	6:30–8 pm

### DIY SELF-CARE PRODUCTS WORKSHOP

In this interactive workshop you'll learn simple ways to make your own natural toothpaste and deodorant. Choose the scent of your products and take samples home with you! Please bring clean glass jars or an empty deodorant container.

<b>Oaklands Community Centre</b>	<b>1/\$20</b>
Sa Mar 30	10:30–11:30 am

### GARRY OAK TREE CARE

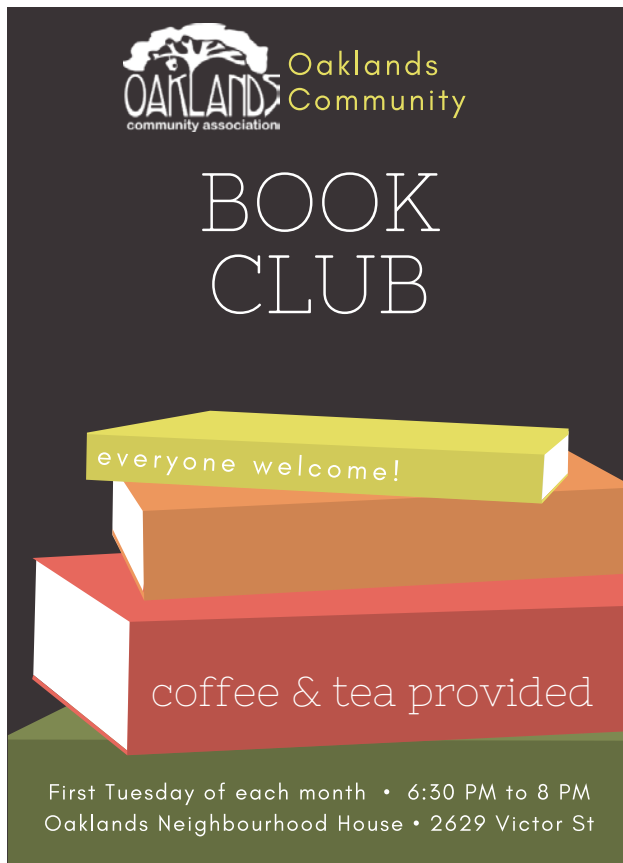
An informative session on how to look after your Garry Oak trees with guest speaker, arborist Jeremy Gye. Hosted by the Oaklands Parks Committee Speaker Series. Jeremy will share his thoughts and experience on this topic, including managing the risk of tree failure as oaks age, managing drought stress, mulching, pest control, and establishing young oaks. A question and answer session and discussion of oak woodland gardens will follow.

<b>Oaklands Neighbourhood House</b>	<b>1/Free</b>
Tu Apr 9	7–9 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

<b>Oaklands Neighbourhood House</b>	<b>1/\$30</b>
M Jun 3	6–9 pm



# ADULT PROGRAMS

## SHIATSU WORKSHOP SERIES

Shiatsu is a Japanese manual therapy that combines Traditional Chinese Medicine, indigenous Japanese massage, and Western anatomy and physiology. In this series of 4-hour workshops, we will cover basic techniques and proper posture for working with a client in one of four different positions. Register for \$55 per session or \$200 for all four. Instructor: James Thompson, RST

### Introduction and Prone Position

In this workshop, we will cover the basics of applying shiatsu pressure, as well as maintaining appropriate posture. We will learn how to give a treatment to a receiver lying face down, working on the back, hips, arms, and legs.

**Oaklands Neighbourhood House** 1/\$55  
Su Jun 2 1–5 pm

### Side Position

After a brief review of shiatsu pressure and posture, we will learn how to give a treatment to a receiver lying on their side. We will work on the neck and shoulder, lower back and hips, and the sides of the legs.

**Oaklands Neighbourhood House** 1/\$55  
Su Jun 9 1–5 pm

### Supine Position

This workshop will cover shiatsu techniques for receivers lying on their back. We will work on the arms and the front of the legs, and we will learn a number of stretches and mobilizations for the legs and shoulders.

**Oaklands Neighbourhood House** 1/\$55  
Su Jun 16 1–5 pm

### Seated Position and Review

In the final session, we will learn how to treat a receiver who is sitting down. We will cover shiatsu techniques for the neck, back, and arms, as well as a series of stretches for the arms and shoulders. We will end with a review of the material covered in previous sessions.

**Oaklands Neighbourhood House** 1/\$55  
Su Jun 23 1–5 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  
Sa Apr 27 12–3 pm



## PROGRAM CANCELLATION

Sometimes really great programs with wonderful instructors are cancelled if we do not have enough participants register. We decide to cancel programs 3 business days prior to the first day of class. Please register early to avoid disappointment!

# ADULT PROGRAMS

## 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

M	Apr 29–Jun 10	7:45–9 pm
M	Jun 17–Sep 9	7:45–9 pm

\*No class May 20, Jul 1, Jul 8, Jul 15, Aug 5, Aug 12, Aug 19 & Sep 2

### 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

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

F	Apr 26–Jun 21	12:30–1:30 pm
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\*No class May 17 & May 24

### 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 6/\$54 or Drop-in \$12

M	Apr 1–May 13	12:15–1:30 pm
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\*No class Apr 22

W	Apr 3–May 8	9:30–10:45 am
W	May 15–Jun 26	9:30–10:45 am

\*No class May 22

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

M	May 27–Jun 24	12:15–1:30 pm
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### 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	Jul 17–Aug 28	9:30–10:45 am
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\* No class Aug 14





# ADULT PROGRAMS

## 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.

### Oaklands Neighbourhood House 6/\$54 or Drop-in \$12

Th	Apr 11–May 16	6–7 pm
Th	May 23–Jun 27	6–7 pm
Th	Jul 4–Aug 8	6–7 pm
Th	Aug 15–Sep 19	6–7 pm

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

Su	Apr 14–Jun 2	10–11:15 am
Su	Jun 9–Jul 21	10–11:15 am
Su	Jul 28–Sep 15	10–11:15 am

\*No class Apr 21, May 19, Jun 30, Aug 4 & Sep 1

## MOM & BABY YOGA

This class allows moms and babies up to 9 months the opportunity to make the most of this precious time in life. You'll have the chance to stretch, move, and relax while spending time together. This class allows parents to focus on baby when necessary while also having time to focus on oneself. Find music, laughter, massage, and stretching in this enjoyable class.

Instructor: Jenny Hindley

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

Th	Apr 4–May 9	12–1 pm
Th	May 16–Jun 20	12–1 pm

## POWER FLOW YOGA

Linking breath with movement, this class is fun and challenging. We will flow from one posture to another while we cultivate strength, balance, focus and flexibility. You will leave feeling warm and energized!

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

W	Apr 10–May 15	8:15–9:15 pm
W	May 22–Jun 26	8:15–9:15 pm

## PRENATAL YOGA

This friendly, supportive class includes safe and gentle movements to prepare your body for birth. Focus is placed on strengthening deep core muscles, releasing tension and rejuvenating your entire body. Gentle asanas will benefit your spine, uterus and pelvic floor and increase overall comfort. Connect with other moms-to-be in your community in this popular class. All levels welcome. Instructor: Angela McMillan, prenatal certified

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

Th	Apr 11–May 2	7:30–8:30 pm
Th	May 9–May 30	7:30–8:30 pm
Th	Jun 6–Jun 27	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

Th	May 10–Jun 21	7:30–8:45 pm
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# ADULT PROGRAMS

## GROW YOUR PRACTICE WORKSHOP SERIES

Join Tanya of Divine Song Yoga to explore a variety of speciality yoga classes to improve and align your mind, body, and soul. All levels welcome. Each class will include a short discussion, guided practice, and take home exercises. Register for \$40 per class or \$140 for all four.

### Yoga for Gardeners

Learn how yoga can help ease the aches and pains associated with gardening. Workshop includes a discussion summarizing how yoga can increase the stamina, strength, and flexibility needed for working in the garden, a guided yoga practice targeting the common achy areas associated with gardening, and a handout outlining things you can do at home.

**Oaklands Community Centre**      **1/\$40**  
Sa      Apr 27      1–3 pm

### Therapeutic Yoga for Anxiety and Insomnia

Discover how yoga can help alleviate the discomforts of anxiety and insomnia. Workshop includes a discussion outlining how and why yoga is useful for both anxiety and insomnia, a guided yoga practice specifically designed for anxiety and insomnia, a handout containing simple practices you can do at home, and a recording of a guided relaxation practice.

**Oaklands Community Centre**      **1/\$40**  
Sa      May 4      1–3 pm

### Therapeutic Yoga for Allergies

Learn how simple yoga practices can help ease allergies and boost the health of your immune system. Workshop includes a discussion summarizing how and why yoga practices may help, a guided yoga practice specific for allergies and immune system health, and a handout containing simple practices you can do at home.

**Oaklands Community Centre**      **1/\$40**  
Sa      Jun 1      1–3 pm

## Therapeutic Yoga for Digestion

Learn how simple yoga practices can help boost the health and function of your digestive system. Workshop includes a discussion summarizing how and why yoga practices may help, a guided yoga practice specifically for digestive support and health, and a handout containing simple practices you can do at home.

**Oaklands Community Centre**      **1/\$40**  
Sa      Jun 8      1–3 pm

## INSTRUCTOR BIO

Tanya Gita Roberts has been practicing yoga for almost 20 years. Her practice began as a way to manage stress and anxiety and now influences all aspects of her life. Tanya completed her 200 hour training at the Salt Spring Centre of Yoga in 2011 and 500 hour training at the Mount Madonna Centre in 2014. She is in the process of completing her 800 hour Yoga Therapy (IAYT) certification. Tanya's teaching style draws on her background in Classical Ashtanga, Hatha, and Yoga Therapy. She is passionate about creating a safe, inclusive space that welcomes every body. Her gentle approach links movement, meditation, and breath to cultivate deep inner connection and overall well-being. Her classes are grounding, relaxing, and rejuvenating for body, mind, and spirit.

Tanya lives in Oaklands with her husband Brent and their two hounds. She has facilitated Gentle Yoga and Bedtime Yoga at Oaklands Community Centre since 2013 and Chair Yoga since 2018.

