

IMPORTANT INFORMATION



Participating or Leading Workshops:

To confirm **participation** in the free workshops, or to lead a workshop, please contact the Seniors Program Coordinator by phone at: 250-753-0633 (extension 230) or by e-mail at: seniorsprogramcoordinator@nanaimowomen.com for more information.

Volunteer Program: We are currently seeking volunteers. Please contact the Operations Manager by phone at: 250-753-0633, or by email at: coordinator@nanaimowomen.com for more information.

**** Workshops marked with two stars indicate a Women's WELL workshop participants who self-identify as women.**

March 2018 Workshop Locations will vary. Please verify workshop locations listed pamphlet workshop activities.



Funded in part by the government of Canada's New Horizons for seniors programs

Seniors **WELL** Programming

March 2018



The Seniors WELL Program
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**Wellness and Empowered
Living Longer**

The SENIORS WELL PROGRAM

March 2018 Workshops



- **The Seniors WELL programs take place in varying locations.**
- **All workshops are free!**
- ***Workshops with less than five pre-registered participants will be cancelled within a 24-hour window.**
- **Additional Seniors Connect events may be found at: <https://www.nanaimoseniorsconnect.ca>**

Gentle Hawaiian Dance with Susan on Tuesday, March 6th, 2018 from 12-1 p.m.

Location: Nanaimo Women's Centre Boardroom 150 Wallace Street, Nanaimo, B.C.

Info: Practice the basics of the traditional Hawaiian dance, the Hula. **Max: 8**

"Golden Gamers" (The Seniors Board Game Meetup) on Wednesday, March 7th and 21st, 2018 from 2-4 p.m. **Max: 20**

Workshop Location: Reference Desk, Harbourfront Library, 90 Commercial Street, Nanaimo, B.C.

Cowichan Knitting with Joanne on Thursday, March 8, 2018 from 1-2:30 p.m. **Max: 10**

Workshop Location: Seniors Connect, 150 Wallace Street, Nanaimo, B.C.

Writing Your Family Story on Wednesday, March 14th and 28th, 2018 from 3-4 p.m.

Location: Small Meeting Room, 2nd floor, Harbourfront Library, 90 Commercial Street, Nanaimo, B.C. **Max:10**

Gentle Chair Yoga with Sheila Crampton on Tuesday, March 13th, 2018 from 12-1 p.m. **Max: 12**

Location: Large Meeting Room, 2nd Floor, Harbourfront Library, 90 Commercial Street, Nanaimo, B.C.

Will and Estate Planning Information Session for Seniors 55+ with Michael Warsh, BA, MA, LLB, LLM, Barrister & Solicitor, Warsh Law on Thursday, March 15th from 1-2:30 p.m. **Max:15**

Location: Seniors Connect, 150 Wallace Street, Nanaimo, B.C.

Zumba® Gold with Tamara on Tuesday, March 20, 2018 from 12-1 p.m.

Location: Large Meeting Room, 2nd Floor, Harbourfront Library, 90 Commercial Street, Nanaimo, B.C.

Info: Tamara provides a modified Zumba® class for active, older adults at a lower-intensity. **Max: 13**

Beginners Ukulele Practice Meetup with Donna on Wednesday, March 21st from 10:30-11:45 a.m. **Max: 8** of all genders

Location: Nanaimo Women's Centre Boardroom, 150 Wallace Street, Nanaimo, B.C.

Info: Familiarize yourself with the basics of the ukulele. This meetup is for complete beginners. If you have a ukulele, please bring it with you. If not, five ukuleles are available to use through the Seniors WELL lending program. Please indicate that you will need to borrow a ukulele, when pre-registering.

Seniors Monthly Tech Help on Wednesday March 21st, 2018 from 2-3 p.m.

Location: Nanaimo Women's Centre Boardroom, 150 Wallace Street, Nanaimo, B.C.

Info: Do you need assistance with your iPad, Smartphone, I-phone, or have any additional technological questions? Youth from the Streetwise Design Program will assist you with any of your queries in this monthly hands-on workshop. **Max: 4 seniors of all genders.**

First Nations Beading with Louisa on Thursday, March 22nd from 1-2:30 p.m.

Location: Seniors Connect, 150 Wallace Street, Nanaimo, B.C. **Max: 8**