

ACTIVE AGING / 50+

HEALTH & WELLNESS

Nutrition 50+ W *FREE / 1
11:00 am to 12:30 pm
Jan.27 11832

As part of the "Nutrition for You, A Recipe for Health" initiative* we offer a free nutrition seminar for those with successful aging on their plate. This seminar will be timely, informative and fun. We will discuss key nutrients that are important for healthy aging and the prevention of disease. Learn about some tasty and nutritious recipes, shopping ideas, and the smart use of supplements. All this toward eating well as you gain in years. *Sponsored by Thrifty Foods. Designed and delivered by professional registered dieticians from Springwell Nutrition.

**Osteoarthritis,
Exercise & You** W *FREE / 1
6:30 to 8:00 pm
Mar.24

Bring anything you need to sit comfortably, and wear clothing that lets you move easily.

We will review the basic concepts around using exercise to maintain health of osteoarthritic joints, with examples of exercise that are effective for osteoarthritis. Questions that will be explored include: The purpose of a well-balanced exercise program in managing osteoarthritis; how muscles and joints are affected by exercise; how to measure and decide what exercises are effective. Register through the Arthritis Society reception line at 250.519.4000.

Stress reduction and Relaxation Techniques

Stressed out? Not in control of your life? Running on empty? Learn what stress is and how you respond to it. During this interactive workshop you will learn a variety of techniques and strategies to reduce the negative effects of stressors in your life. This leads to an increased sense of empowerment, confidence and well being. Randy Zonnis, facilitator, has personally utilized these tips.

Su \$125 / 3
Mar.14-28 10:30 am to 4:00 pm
(Note: Mar.28 session will be 10:30 am to 1 pm)
12596

THE GREAT OUTDOORS

Higher Level Marine trail hike

MYSTIC BEACH HIKE. About one hour of hiking through rugged and serene western rain-forest, over a suspension bridge and down the steps of a fallen giant tree. Experience waterfalls, caves, beach coming and relaxing. Learn about the flora and fauna, geology and wildlife. Observe migrating whales, eagles in flight, ancient trees. Breathe the fresh ocean air.

W Feb.17 50+ age group 12596
10:00 am to 4 pm \$45 includes lunch



Drea Gibson

A hiker originally from Newfoundland, Drea also spent years doing guided hikes in northern Ontario. She is fully trained in wilderness and marine first aid. "The rugged west coast of Vancouver Island is one of the most amazing places on Earth. Join me for a day you will never forget."

Community Walks

Rain or Shine



Tu, Th Multi-Level 16+ yr.
10:00 to 11:00 am *FREE / 6

Let's discover Sooke's finest Walking trails and destinations on the West Coast. Enjoy gentle exercise with fresh ocean air, tranquility and friendly chatter with Laura Smith and other experienced walkers. Suitable for all walking abilities. Bring bells, whistles, plenty of water and suitable walking shoes or runners. Receive a free pedometer and your itinerary with pre-registration.

Apr. 6-22 12568
Apr. 27- May 13 12569
May 18- June 3 12570
June 8-24 12571

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MOBILITY

Balance & Fall Prevention

Improve self confidence through strength, balance and coordination training. Small class size allows for individual attention and support. Taught by Pam Liebich, a Practicing Kinesiologist with over 13 years experience.

Beginner

Th 12:30 to 1:30 pm
\$64.00 / 8
Jan.6-Feb.24 12577

Strength & Mobility



Multi-Level

Energy + Vitality + Functional Fitness = Active Aging! This program will improve your strength and overall movement; designed for participants 50+. We will focus on a variety of exercises using resistance bands, free weights and BOSU stability balls to strengthen muscles, develop stability and improve balance. A little light stretching completes the class. All fitness levels welcome, no experience necessary.

W 10:15 to 11:15 am
\$48.00 / 8
Jan.13-Mar.3 12377
Mar.17-May 5 12378
\$42.00 / 7
May 12-Jun.23 12379

Rehabilitation & Aqua-Therapy Services

Exercise rehabilitation and pain management programs for back pain, before and after surgery, arthritis and other chronic conditions. Also, assistance with recovery from accidents. Aqua-therapy and home programs available, based on your specific needs. Your program may consist of core stability, stretching, and balance training plus education to help you understand what is happening with your body. Call Pam at 250-888-5530 for more information and to schedule your initial assessment.



Assessment: \$32.00
\$55.00 / 1
\$150.00 / 3

— Move for Health Day — May 10, 2010

Since 2002, the World Health Organization has promoted Move for Health Day (MFHD) as a global day of physical activity. The BC Recreation and Parks Association (BCRPA) and partners have led this initiative to bring awareness and life to this campaign in BC.

Move for Health Day is now a contributing factor to the province's efforts to meet the 20% physical activity goal for a healthier BC in 2010. The day has captured the imaginations of many and is becoming a launching pad for summer activity routines. In 2009, approximately 78,391 British Columbians got moving on Move for Health Day.



Swim at SEAPARC for \$2

6:30 to 8:30 pm

Art Gallery Tour ~ 50+

EMILY CARR & CONTEMPORARIES. Also the Asian Collection (wood block prints) and solo exhibit (Jim Gordaneer). See exhibit details at www.aggv.bc.ca. Tour leader: Drea Gibson. Bus from/to SEAPARC.

W Apr.21 \$39 includes lunch
9:00 am to 1 pm 12580