

PROGRAM	CODE	DAY	TIME
YOGA			
Yoga - Stretch & Relax (OWCC)	106396	Mondays	11:30 am - 12:30 pm
Yoga - Chair (BOW)	113531	Mondays	1:30 - 2:30 pm
FITNESS			
Fitness Level 1 (BOW)	106790	Mondays/Thursdays	10:15 - 11:15 am
Fitness Level 2 (BOW)	106791	Mondays/Thursdays	9 - 10 am
Fitness Level 1 (OWCC)	106780	Wednesdays/Fridays	Wed 12:30 - 1:30 pm Fri 1:30 - 2:30 pm
Fitness Level 2 (OWCC)	106814	Wednesdays/Fridays	Wed 10:15 - 11:15 am Fri 9:30 - 10:30 am
Heart Fitness (BOW)	106779	Mon/Wed/Fri	8 - 9 am
Stroke Club (BOW)	106784	Fridays	10 am - 2 pm
Bowen Wanderers (see page 4 for details)	106827	Thursdays	9:30 am - 1 pm
TAI CHI			
Tai Chi Beginner (BOW)	113507	Tuesdays	9 - 10 am
Tai chi Level 1-2 (BOW)	113508	Tuesdays	10 - 11 am
Tai Chi Level 3 (BOW)	113509	Tuesdays	11 am -12 pm
Tai Chi Advanced (BOW)	106795	Mondays	1 - 2 pm
MUSIC			
Harbour City Singers (RAC)	106817	Wednesdays	2 - 4 pm
Swing Band (BOW)	106794	Mondays	1 - 3 pm
Ukulele Beginners (OWCC)	113279	Thursdays	10:15 - 11:30 am
Ukulele Intermediate (OWCC)	106804	Tuesdays	12 - 1:15 pm
Ukulele Advanced (OWCC)	114074	Tuesdays	1:15 - 2:15 pm
Accordion Band (HAC)	106803	Tuesdays	1:30 - 3:45 pm
WOODWORKING			
Woodcarving (BOW)	106819	Thursdays	9 - 11 am
Woodworking (BOW)	106797	Tuesdays Wednesdays	10 am - 12 pm & 1 - 3 pm 10 am - 12 pm
CARDS & GAMES			
Bridge for Beginners (BOW)	106825	Thursdays	9:30 am - 12 pm
Bridge for Fun (BOW)	106800	Tuesdays	1 - 4:30 pm
Thursday Bridge (BOW)	106824	Thursdays	12:30 - 4 pm
Friday Bridge (OWCC)	106777	Fridays	6:30 - 10 pm
Euchre (BOW)	106786	Mondays	1 - 3:30 pm
Euchre for Fun (OWCC)	106799	Tuesdays	10 am - 12 pm
Canasta (BOW)	106823	Thursdays	1 - 4 pm
Cribbage (BOW)	106798	Tuesdays	1 - 4 pm
Whist (BOW)	106812	Wednesdays	1 - 3:45 pm
Scrabble - Beginners (BOW)	106801	Tuesdays	1 - 4 pm
Scrabble - Advanced (BOW)	106778	Fridays	1:30 - 4 pm
BOW=Bowen Park BEB=Beban Social Centre DB=Departure Bay Activity Centre HAC=Harewood Activity Centre KH=Kin Hut OWCC=Oliver Woods Community Centre RAC=Rotary Activity Centre			

PROGRAM	CODE	DAY	TIME
ARTS AND CRAFTS			
Pottery & Ceramics (BOW)	106822	Thursdays	10 am - 1 pm
Crafty Workers (BOW)	106809	Wednesdays	1 - 3 pm
Crochet (BOW)	106746	Fridays	1 - 3:30 pm
Multi Media Art (no instruction) (BOW)	106811	Wednesdays	9 am - 12 pm
Quilting (BOW)	106745	Tuesdays	12 - 3 pm
Embroidery (BOW)	106820	Thursdays	12 - 4 pm
Folk Art Level 2 (BOW) *Supply list provided at the class	106821	Thursdays	9 am - 12:30 pm
Folk Art Advanced (KH) *supply list provided at the class	110060	Fridays	9:30 am - 12:30 pm
PHOTOGRAPHY & COMPUTERS			
Photography Club (BOW)	113517	2nd & 4th Monday	10 am - 12 pm
Computer Club (BOW)	113516	2nd & 4th Tuesday	2:40 - 4 pm
LANGUAGE			
French Conversation (BOW)	106792	Mondays	9 - 11:30 am
Spanish Beginner Level 1 (BOW)	106793	Mondays	9:30 - 11:30 am
Spanish Level 2 (BOW)	106828	Thursdays	9:30 - 11:30 am
SPORTS			
Morning Carpet Bowling (BOW)	106818	Wednesdays/Fridays	10 am - 12 pm
Afternoon Carpet Bowling (BOW)	106805	Tuesdays Wednesdays/Fridays	12:30 - 3 pm 1 - 3:30 pm
Badminton (OWCC) (no instruction/experienced players)	106782	Mondays Wednesdays/Fridays	1 - 3:30 pm 12:30 - 3:30 pm
Darts (BOW)	106783	Fridays	12 - 1:45 pm
Table Tennis (DB)	106781	Mondays/Fridays Wednesdays	11 am - 2 pm 12 - 3 pm
DANCE			
Country Line Dance (DB)	106813	Wednesdays	9:30 am - 12 pm
Line Dance Advanced (BOW)	106787	Mon (BEB) Wed (BOW)	10 am - 12 pm
Tap Dance Level 1 (BOW)	106788	Mondays	2:10-3:00 pm
Tap Dance Level 2 (BOW)	106789	Mondays	3 - 4:30 pm
Ballroom Dancing (no instruction) (BOW)	106802	Tuesdays	10 am - 12 pm
Thursday Night Dance (BOW)	106826	Thursdays	7:30 - 10:30 pm
BOOK CLUB			
Book Club (BOW)	106808	1st Tuesday	1:30 - 3 pm
SNOOKER/BILLIARDS			
Snooker (BOW)	104292	Monday through Friday	See page 9 for more details
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Remember to sign up for programs for our spring session!
Call 250-755-7501 for more information.