

MISSION:

Nanaimo Harbour City Seniors

Nanaimo Harbour City Seniors exists to provide opportunities for senior citizens in our community to lead more meaningful, active, healthy and complete lives by enabling them to participate in organized activities and make new friends.

Over the past 45 years, Nanaimo Harbour City Seniors has contributed funds to purchase equipment that benefits all Nanaimo citizens.

Some contributions of NHCS include:

- * Kitchen & Audio Equipment at Bowen Complex
- * Bowen Complex expansion & New Lobby Furniture
- * Construction of the Wellness Park at Oliver Woods
- * Aquabike at the Nanaimo Aquatic Centre

Join Today!

For more information call
250.755.7501

or visit our website

www.nanaimoharbourcityseniors.com

***Affordable Activities
for Fun, Fellowship &
a Healthy Lifestyle***



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www.nanaimoharbourcityseniors.com

Are you interested in...

- * Fun
- * Fellowship
- * Physical Activities
- * Mental Stimulation
- * A Healthy Lifestyle

*Nanaimo Harbour City Seniors
offers all of the above and
so much more!*



Membership...

- * Are you or your partner 60 years+? If so, you qualify for a Nanaimo Harbour City Seniors Membership!
- * A reasonable annual fee includes access to many free programs and activities
- * An informative newsletter comes out monthly

Visit our comprehensive website:
www.nanaimoharbourcityseniors.com

**Contact us at
250.755.7501**

The NHCS office is open
Monday through Friday,
8:30 AM to 4 PM,
at Bowen Complex, 500 Bowen Rd

Programs & Activities...

- *Special Events
- *Arts & Crafts
- *Sports
- *Cards & Games
- *Fitness & Yoga
- *Tai Chi
- *Dancing
- *Music
- *Languages
- *Special Interest
- *Day Trips
- *Seminars
- *Lunches
- *More!