

ADULTS

FALL AT SAANICH COMMONWEALTH PLACE



Programs starting in November with space available!

Saanich Commonwealth Place

Archery for Adults - Continuing **Ages: 16 & up**
 Comfortable with the basics? This is your chance to improve your skills and mechanics and practice, practice, practice! All equipment will be supplied. A great way to develop your accuracy and technique.
Victoria Bowmen Association
64832 Su 12:00-1:00pm Nov 14 - Dec 19 6/\$96



Family Dog Manners **Ages: 16 & up**
 Using reward based training, this class for dogs 5 months and older covers all of the basics: how to pay attention, sit, stay, come, walk without pulling and prevention of behaviour problems such as jumping up.
Alison Stephens CPDT-KA
64845 Th 6:30-7:20pm Nov 4 - Dec 9 5/\$165



Hula Hawaiian Dance **Ages: 16 & up**
 The Hula is accompanied by music or traditional chant. Hands tell a story while hips sway to keep the rhythm of the dance. Easy and light, yet great for core muscles and joints. What a fun way to stay in shape!
Belle Perez de Tagle
65233 W 1-2pm Nov 3 - Dec 15 7/\$66
Mom & Daughter **Ages: 16 & up**

This is designed for Mom & Daughter. The Hula is accompanied by music or traditional chant. Hands tell a story while hips sway to keep the rhythm of the dance. Easy and light, yet great for core muscles and joints. What a fun way to stay in shape!
Belle Perez de Tagle
65764 Su 2-3pm Nov 7 - Dec 19 7/\$66

Mahjong 55+ **Ages: Any**
 Dare to play this most fascinating mind game, Mahjong. Learn from Master Mahjong teacher Belle. Mahjong is a game of skill, strategy, and calculation and involves a degree of chance.
Belle Perez de Tagle
64868 F 10:00-11:30am Nov 5 - Dec 17 7/\$70



REGISTER NOW!

ONLINE at Saanich.ca/active
PHONE 250-475-7600
IN PERSON at any of our centres

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Fight Back for Wisser Women **Ages: 55 & up**

We want to empower you with the knowledge and skills to own your personal safety. Topics include common trends, situational awareness, and de-escalation strategies. Also included; personal safety while using public transportation and travelling. Instructed by a woman for women! Material tailored specifically for this demographic. Presentation Only. All abilities welcome.

Sheepdog Self Defence

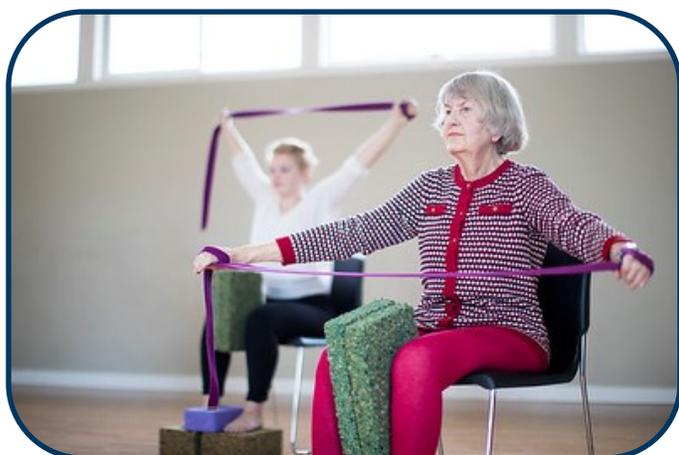
[66166](#) M 6:00-7:15pm Nov 15 1/\$50

Fight Back for Women Part 1 **Ages: 16 & up**

Instructed by a woman for women. Develop techniques to protect yourself in real world encounters. Topics include: how to prevent an attack, situational awareness, the advantage of being a woman, and physical skills that are easy and retainable under stress.

Sheepdog Self Defence

[66197](#) Sa 9:00am-noon Nov 20 1/\$75



Cordova Bay 55+ Association

Mastering the Basics & Beyond **Ages: 18 & up**

Ipad

Are you using the basic features of your iPad, but wondering what else you might be able to do with it? We will explore important settings, contacts, email, privacy and security, FaceTime, and many other useful tips and tricks. Come and find out how to make your iPad work for you!

Mandy Ospina

[65721](#) M 1:00-3:00pm Nov 29 - Dec 6 2/\$79

Iphone

So, you have an iPhone and you've learned how to call and maybe text your family. You know there's more your phone can do, but you're not sure where to start! Join Mandy, who has taught Ed Tech workshops to university faculty, for this slower paced workshop. All levels welcome.

Mandy Ospina

[65716](#) M 1:00-3:00pm Nov 15 - Nov 22 2/\$79

Gentle Yoga 55+ **Ages: 55 & up**

For students comfortable with balance, and getting up and down to the floor smoothly. We'll work on a variety of yoga exercises to create a balance between strength and flexibility, and build confidence so you can practice at home safely.

Tessa Rae Hamelin

[65753](#) Tu 3:00-4:00pm Nov 2 - Dec 21 8/\$78

Tessa Rae Yoga Level 1 **Ages: 16 & up**

Learn pranayama, yoga philosophy, and gentle exercises to strengthen and stretch the body. Safely stabilize the shoulder and pelvic girdle, reduce back and neck pain, and stress in the body and mind. A safe environment to heal and prevent further injury.

Tessa Rae Hamelin

[66385](#) M 5:30-7:00pm Nov 1 - Dec 20 8/\$117



FINANCIAL ASSISTANCE

Our financial assistance program L.I.F.E., Leisure Involvement For Everyone, supports individuals and families living on a low income.

Contact mena.westhaver@saanich.ca for more information.