

# ADULT PROGRAMS

# WINTER 2023

@ SAANICH COMMONWEALTH PLACE



**Programs starting soon with space available!**

## BRIDGE AT COMMONWEALTH PLACE

Bridge is a great way to meet new people and exercise the brain. Bring your coffee and join other Bridge players of all levels to play and practice this great card game. This is a drop in - pay \$3.50 for each day.

### SAANICH COMMONWEALTH PLACE

88445 M,Tu,Th Jan 3-Jun 22 1-3pm \$3.50/day

## DRAWING FOR BEGINNERS

Learn to demystify the art of drawing. Instructor Belle Perez de Tagle will guide you through this introductory course so you can learn the basics needed to improve your drawing skills.

### SAANICH COMMONWEALTH PLACE

[Belle Perez De Tagle](#)

[88451](#) Th Jan 12-Mar 16 3:15-5:15pm 10/\$147

[88809](#) Th Apr 13-Jun 15 3:15-5:15pm 10/\$147

## UKULELE - BEGINNERS

The Uke is making a comeback! Its fun, its affordable and easy to play. This course is for folks who are new to playing the Ukulele and with little to no musical experience. Join our group as we learn to strum basic chords, and sing popular, well known songs.

### SAANICH COMMONWEALTH PLACE

[88518](#) Tu Jan 17-Feb 28 11am-12pm 7/\$86

## DANCE - HULA HAWAIIAN DANCE

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!

### SAANICH COMMONWEALTH PLACE

[Belle Perez De Tagle](#)

[88447](#) Th Jan 26-Mar 9 2-3pm 7/\$66

[88448](#) Th Apr 20-Jun 1 2-3pm 7/\$66

## LINE DANCING - CORDOVA BAY

Learn some basic dance patterns which will be put together into an actual line dance. No partner required. Beginner level line dances for those who are familiar with the basic line dance steps.

Drop-In's Welcome (\$9/session)

### CORDOVA BAY 55 PLUS ASSOCIATION

[Vicky McCulloch](#)

[88462](#) F Jan 13-Mar 3 10:15-11:30am 8/\$64

[89012](#) F Mar 10-May 5 10:15-11:30am 8/\$64

[89013](#) F May 12-Jun 30 10:15-11:30am 8/\$64

**REGISTER NOW!**

**ONLINE** [at Saanich.ca/active](https://www.saanich.ca/active)

**PHONE** 250-475-7600

**IN PERSON** at any of our centres



PARKS, RECREATION  
& COMMUNITY SERVICES

### FIGHT BACK FOR WOMEN - PART 1 16yrs+

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.

#### SAANICH COMMONWEALTH PLACE

[Sheepdog Self-Protection Inc.](#)

[91581](#) Sa Feb 25 9am-12pm \$79

### KARATE - TEENS & ADULTS 12yrs+

From basic karate for the beginner to self-defense weapons for the advanced. You will learn traditional Japanese Shito Ryu School. For more info call Rino at 250-920-6797.

#### SAANICH COMMONWEALTH PLACE

[Victoria Renshikan Karate](#)

[91418](#) Tu Jan 3-Mar 14 7:35-9:15pm 11/\$173

[91419](#) Th Jan 5-Mar 16 7:35-9:15pm 11/\$173

[91420](#) Tu,Th Jan 3-Mar 16 7:35-9:15pm 22/\$301

### SOCIAL BALLROOM DANCE - LEVEL 1

An introduction to popular ballroom dances including waltz, foxtrot, tango, cha cha & jive. A fun, social activity you'll be able to enjoy for the rest of your life, with many physical and mental benefits. Please note this is couple dancing so do sign up with a partner. No dancing experience required.

#### SAANICH COMMONWEALTH PLACE

[E & R Ballroom Dance](#)

[88513](#) Su Jan 15-Mar 19 4-5pm 9/\$115

[89049](#) Su Apr 16-Jun 18 4-5pm 9/\$115

### SOCIAL BALLROOM DANCE - LEVEL 2

Level 1 figures will be reviewed, then the focus shifts to the introduction of new material, combined with style and technique tips to help you look and feel your best on the dance floor.

#### SAANICH COMMONWEALTH PLACE

[E & R Ballroom Dance](#)

[88514](#) Su Jan 15-Mar 19 5:05-6:05pm 9/\$115

[89050](#) Su Apr 16-Jun 18 5:05-6:05pm 9/\$115

### SOCIAL BALLROOM DANCE - LEVEL 3

This course includes a review of your Level 2 material, and then introduces new figures in all six dances, combined with styling and technique tips. Samba and/or Quickstep may be introduced.

#### SAANICH COMMONWEALTH PLACE

[E & R Ballroom Dance](#)

[88515](#) Su Jan 15-Mar 19 6:10-7:10pm 9/\$115

[89051](#) Su Apr 16-Jun 18 6:10-7:10pm 9/\$115

### SOCIAL BALLROOM DANCE - PRE-BRONZE

A full-year course once you've completed Level 3. In addition to learning new figures, we'll continue to focus on improving the overall quality of our dancing. The Samba and quickstep will also be introduced.

#### SAANICH COMMONWEALTH PLACE

[E & R Ballroom Dance](#)

[88517](#) Su Jan 15-Mar 19 4-5:10pm 9/\$120

[89054](#) Su Apr 23-Jun 11 4-5:10pm 7/\$90

### SOCIAL BALLROOM DANCE - BRONZE

The next step up after pre-bronze. A full-year course with new steps introduced with the technical skills necessary to master these figures, as how well we dance is as important as what we dance.

#### SAANICH COMMONWEALTH PLACE

[E & R Ballroom Dance](#)

[88512](#) Su Jan 15-Mar 19 5:15-6:25pm 9/\$120

[89052](#) Su Apr 23-Jun 11 5:15-6:25pm 7/\$90

### SOCIAL BALLROOM DANCE - BEYOND BRONZE

A challenging full-year course for those of you who have completed bronze. More intricate figures will be introduced with increased emphasis on technique and style.

#### SAANICH COMMONWEALTH PLACE

[E & R Ballroom Dance](#)

[88511](#) Su Jan 15-Mar 19 6:30-7:40pm 9/\$120

[89053](#) Su Apr 23-Jun 11 6:30-7:40pm 7/\$90

### DOG - PUPPY FIRST STEPS

Puppies are keen to learn and very impressionable! Includes socialization with puppies and people, supervised off-leash play, basic obedience and prevention of behaviour problems. Small-size class for puppies aged 9 – 17 weeks with proof of first set of vaccinations.

#### SAANICH COMMONWEALTH PLACE

[Alison Stephens](#)

[88799](#) Th Mar 9 - Apr 13 6:30-7:20pm 6/\$210

[90783](#) Th Apr 27 - Jun 1 6:30-7:20pm 6/\$210

### DOG - FAMILY DOG MANNERS

Using reward based training methods, this class is for vaccinated dogs, 5 months and older. The class covers all of the basics: how to pay attention, sit, stay, come, walk without pulling and prevention of behaviour problems such as jumping up. Small Class size.

#### SAANICH COMMONWEALTH PLACE

[Alison Stephens](#)

[88798](#) Th Mar 9 - Apr 13 7:30-8:20pm 6/\$210

[90782](#) Th Apr 27 - Jun 1 7:30-8:20pm 6/\$210

### MAHJONG - BEGINNER 55yrs+

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. Played with a set of 144 tiles based on Chinese characters and symbols, Mahjong is lots of fun and you will love it. It is a game that will keep your brain sharp! (\*Hong Kong Mahjong played)

#### SAANICH COMMONWEALTH PLACE

[Belle Perez De Tagle](#)

[88463](#) W Jan 18-Feb 22 2:30-4pm 6/\$63

[88464](#) W Apr 12-May 17 2:30-4pm 6/\$63

### MAHJONG - CONTINUING 55yrs+

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. Played with a set of 144 tiles based on Chinese characters and symbols, Mahjong is lots of fun and you will love it. It is a game that will keep your brain sharp! (\*Hong Kong Mahjong played)

#### SAANICH COMMONWEALTH PLACE

[Belle Perez De Tagle](#)

[88465](#) W Jan 18-Feb 22 1-2:30pm 6/\$63

[88466](#) W Apr 12-May 17 1-2:30pm 6/\$63

### IPAD: MASTERING THE BASICS & BEYOND

Are you using the basic features of your iPad, but wondering what else you might be able to do with it? Join Mandy, who has taught Ed Tech workshops to university faculty, for this slower paced workshop. All levels are welcome in this relaxed and encouraging environment. 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!

#### CORDOVA BAY 55 PLUS ASSOCIATION

[88455](#) F Jan 20-27 10am-12pm 2/\$79

[88805](#) F May 5-12 10am-12pm 2/\$79



### IPHONE & IPAD: USING YOUR DEVICE TO ORGANIZE YOUR LIFE

Your iPhone and iPad can be used for so much more than simply texting and sending emails. In this course we will explore how to use the Files app to view and manage documents, the Notes and Reminders apps for creating to do lists and notes, tips for browsing the internet and bookmarking sites, and the Calendar app for scheduling events. This workshop will also teach the use of Siri to perform voice commands, Voice Memos, and other useful apps.

#### CORDOVA BAY 55 PLUS ASSOCIATION

[89082](#) F Mar 10-17 10-11:30am 2/\$59

### IPHONE: MASTERING THE BASICS & BEYOND

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 in this relaxed and encouraging environment. We will explore important settings, texting, phone and contacts, privacy and security, email and many other useful tips and tricks. Come learn the many uses of your iPhone - beyond just a phone!

#### CORDOVA BAY 55 PLUS ASSOCIATION

[89079](#) F Apr 14-21 10am-12pm 2/\$79

### IPHONE & IPAD: ALL ABOUT THE APPS

Once you have mastered the basics of your iPhone/iPad, it's all about the apps! This course will explore the many incredible apps that come with your device (such as the clock, weather, calculator) and how to manage these apps. We will learn about the home screen, widgets, the app library, and how to update apps. We will then look at some of the amazing free apps that you can download from the App Store, and how to not only download these apps, but determine which apps are safe and what to consider when evaluating a new app.

#### CORDOVA BAY 55 PLUS ASSOCIATION

[88457](#) F Feb 3-10 10-11:30am 2/\$59

[89080](#) F May 26-Jun 2 10-11:30am 2/\$59

### IPHONE & IPAD: EVERYTHING PHOTOS

With recent advances in quality and features, iPhones and iPads are becoming the primary camera for many people. Join Mandy for this hands-on workshop that will explore the many incredible ways you can use your iPhone/iPad to capture and edit both images and video. Learn how to take panoramic photos, apply filters, create mini slideshows, capture and edit video, share your photos and videos, and so much more. We will also explore various ways to publish your photos, including digital photo albums, collage and invitations.

#### CORDOVA BAY 55 PLUS ASSOCIATION

[88456](#) F Feb 24-Mar 3 10am-12pm 2/\$79

[89081](#) F Jun 9-16 10am-12pm 2/\$79

### IPHONE & IPAD: TIPS AND TRICKS

If you're comfortable using the basic features of your iPhone/ iPad and are looking for a way to expand your learning, this workshop is for you! In this one-day session we will look at some very useful tips and tricks to try on your device. We will explore contextual menus, Air Drop, silencing unknown callers, scanning documents, Shortcuts, optimizing battery charging, the Focus/ Do Not Disturb feature, typing/gesture shortcuts, and more. Join Mandy to discover some little-known tricks and shortcuts!

#### CORDOVA BAY 55 PLUS ASSOCIATION

[88459](#) Fri Apr 28 10am-12pm \$39

### FLY FISHING - INTRODUCTION TO

Explore the fascinating art and science of fly fishing. Learn the basic principles of casting and skills required to become a successful fly fisher. Includes tips and techniques for catching trout and salmon in the rivers, lakes and beaches of Vancouver Island.

#### SAANICH COMMONWEALTH PLACE

[Ian Muirhead](#)

[88453](#) Sa May 6 9:30am-3:30pm \$95

### CAMINO 101: PREPARING FOR WALKING THE CAMINO TRAIL

This day session prepares you for walking the Camino de Santiago by providing essential information on planning, training, packing, transportation, communication, accommodation and more. Experienced walkers are welcome to share their experiences. Included is a packing demonstration and Canadian Company of Pilgrims memberships, credentials and badges available for purchase.

#### SAANICH COMMONWEALTH PLACE

[88446](#) Sa Jan 28 9am-3pm \$25

### WALKING IN EUROPE - PORTUGAL AND FRANCE

This session will introduce you to walking in Portugal and France. Walking in both countries is a national pastime and often families set out for a long weekend to walk various trails. Some of the trails are part of the Camino trails to Santiago and others are rigorous adventures. Hiking/walking is a wonderful way to enjoy culture and cuisine of a country while keeping fit. We will discuss accommodations, food, how to prepare, train, what to pack, transportation, guidebooks and what you will encounter along the way. The session will include videos and/ or pictures and questions and answers about each walk.

#### SAANICH COMMONWEALTH PLACE

[89110](#) Wed Mar 15 6-8pm \$10

### WALKING IN EUROPE - AN INTRODUCTION

This session will introduce you to walking in Europe on some of the various routes of the Camino de Santiago, an inexpensive way to experience European countryside, culture and cuisine while keeping fit. Learn about route options, accommodations, food, how to prepare, train, what to pack, transportation, guidebooks and what you will encounter along the way. We will also refer to other routes in Europe, e.g. The Robert Louis Stevenson Trail.

#### SAANICH COMMONWEALTH PLACE

[88532](#) Wed Apr 12 6-8pm \$10

### WALKING IN EUROPE - SPAIN AND JAPAN

This session will introduce you to walking in Spain and Japan. In Japan, there is the Kumano Kodo, the twin pilgrimage of the Camino de Santiago and if you have completed both, you gain the Dual Compostela. There is also the longer (1200km) pilgrimage of the 88 temples on the island of Shikoku. Learn about route options, accommodations, food, how to prepare, train, what to pack, transportation, guidebooks and what you will encounter along the way. The session will include videos and/or pictures and questions and answers about each walk.

#### SAANICH COMMONWEALTH PLACE

[89111](#) Wed Apr 26 6-8pm \$10

### WALKING IN EUROPE - GREAT BRITAIN AND ITALY

This session will introduce you to walking some of the lovely hikes in Great Britain and Italy. In the UK, some of the trails are the Coast to Coast trail, the Abbey Way and Offa's Dyke in Wales. Walking is a wonderful way to experience the countryside, culture and cuisine while keeping fit. In Italy, there are many short hikes like the Cinque Terra and the longer routes like the trail of Saint Francis of Assisi and even longer routes..the Via Francigena to Rome. Learn about route options, accommodations, food, how to prepare, train, what to pack, transportation, guidebooks and what you will encounter along the way. The session will include videos and/or pictures and questions and answers about each walk.

#### SAANICH COMMONWEALTH PLACE

[89112](#) Wed May 17 6-8pm \$10

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**PHONE** 250-475-7600

**IN PERSON** at any of our centres