

# WINTER 2025 ACTIVITY GUIDE

FITNESS ROOM | PROGRAMS | WORKSHOPS | COMMUNITY EVENTS | RENTALS



OUR PLACE  
TO BECOME  
YOUR PLACE



BLACK CREEK  
community centre

250.337.5190  
[www.blackcreek-cc.com](http://www.blackcreek-cc.com)





Water Pure & Simple



# Thank You Black Creek Fall Fair SPONSORS

Climatec  
Mechanical  
Comox Valley  
Regional District  
Forbidden  
Mechanical  
Edge Grain Forest  
Products  
Black Creek Motors  
The Muchalat Group  
Got Gutters?  
Fall River Logging  
Coastal Community  
Credit Union  
Mainroad North  
Island  
Pilon Tool Rentals  
Long & McQuade  
Foxy Box  
Breakers Resort  
Pacific Coastal  
Airlines

Peninsula CO-OP  
Quinsam  
Communications  
Above and Beyond  
Tree Service  
Real Canadian  
Superstore  
Discovery Foods  
Oyster River Resort  
Gunter Brothers  
Water Pure and  
Simple  
Forbidden Zone  
Pizza  
Kal Tire Courtenay  
Mt. Washington  
Alpine Resort  
Top Shelf Courtenay  
Woofy's Ryan Road  
Black Sheep  
Fabricland  
Janelle Lee  
Photography





# CONTENTS

DON'T MISS OUT, REGISTER TODAY!

## BOARD OF DIRECTORS

Chair & Facilities Director -

*Jerry Griffin*

Treasurer - *Laurie Beldam*

Secretary - *Ian Doe*

At Large - *Kerry Amos, Deanna McLeod,*

*Karin Koschack, Chris McPhedran*

## STAFF

Executive Director/*Kim Blackwell*

[execdirector@blackcreek-cc.com](mailto:execdirector@blackcreek-cc.com)

Finance Coordinator - *Cori Lally*

[finance@blackcreek-cc.com](mailto:finance@blackcreek-cc.com)

Office Administrators

*Jessie Roland and Stacey Stotts*

[info@blackcreek-cc.com](mailto:info@blackcreek-cc.com)

Programmer - *Kim Blackwell*

[programmer@blackcreek-cc.com](mailto:programmer@blackcreek-cc.com)

Janitorial - *Top Notch Cleaning Services*

Maintenance - *Remco Wagenmakers*

## OFFICE DETAILS

2001 Black Creek Road

Black Creek, BC V9J 1G5

250-337-5190

[info@blackcreek-cc.com](mailto:info@blackcreek-cc.com)

## OFFICE HOURS

Mon through Sat – 9am to 1pm

Mon through Thurs – 4pm to 8pm

## OFFICE CLOSED

Dec 23 to Jan 6, Feb 17

## CIRCULATION AND DISTRIBUTION

2500 copies are distributed in

the Spring, Fall and Winter

Mail delivery to Merville, Black Creek

& Oyster River North to York Road. If

you don't get one, feel free to pick

one up at the BCCA office. You can

always find a digital copy on our

website homepage.

[www.blackcreek-cc.com](http://www.blackcreek-cc.com)

[facebook.com/](https://facebook.com/blackcreekcommunitycentre)

[blackcreekcommunitycentre](https://blackcreekcommunitycentre)

[instagram.com/blackcreekbc/](https://instagram.com/blackcreekbc/)

## GRAPHIC DESIGN

[michellegjerde@gmail.com](mailto:michellegjerde@gmail.com)



\* We accept cash, debit, cheques,



Visa and MasterCard



## REPORTS

**05** Executive Director's Report

## FITNESS ROOM INFORMATION

**06** Policies

Personal Training

**07** Orientations

Passes & Punch Cards

## PROGRAM INFORMATION

**08** Policies

Fit Pass Options

**09** Calendar At A Glance

## PRESCHOOL PROGRAMS

**10** Childminding

Parent and Peanut

Preschool Ballet

Preschool Jazz

**11** Gymnastics

## YOUTH & ADULT PROGRAMS

**12** Beginner Knitting

Claydate

Taekwondo

Portrait Class for Adults

Tween Flow Yoga

## ADULT PROGRAMS

**13** Beginner Adult Dance Lessons

Line Dance

Ukulele

Pickleball

## ADULT FITNESS

**14** Shape Up

The Art of Stretching

Weight Room Workshop

**15** Early Bird Workout

S.W.E.A.T.

S.W.E.A.T. & Spin

Muay Thai Kickboxing

## HEALTH & WELLNESS

**16** Buddhist Meditation

**17** Restorative Yoga

Mom & Baby Yoga

Mom & Tot Yoga

**18** Core Yoga

Hatha Yoga

Yoga with Nancy

Tai Chi

## OLDER ADULT FITNESS

**19** Strength & Stamina

Fit for Life Circuit

Fit for Life Circuit 2

Fitness to Music

## WORKSHOPS

**20** Canadian Firearms Safety Course

Food Safe

Jr. Firefighter Camp

Personal Emergency Preparedness

Red Cross Babysitters Course

**21** Introduction to Zentangle

Activity Zentangle

Zentangle Family Class

Paint with Kelsie

**22** Macrame Heart Wall Art

Beach Mermaid

Yoga Therapy for the Pelvis

Gemstone & Copper Tree

## EVENTS

**24** Curling Funspiel

Shot-Gun Kelly Dance

# Discovery FOODS LTD

**Willow Point Store**  
In the Willow Point  
Shopping Centre  
923-4218

**Oyster River Store**  
At the Oyster  
River Bridge  
923-7733

8:00am - 9:00pm Daily  
Locally Owned and Operated  
[www.discoveryfoods.ca](http://www.discoveryfoods.ca)

## Canine Conduct.ca

Teaching The Human End of The Leash.®

Puppy Classes & Adult Dog Classes  
Agility • Clicker Training • Workshops  
Private Training Packages • Behavioural Solutions



**Jane M. Neve**  
Trainer/Behavioural Coach

250.898.3173 • [info@canineconduct.ca](mailto:info@canineconduct.ca)  
7778 Sturgess Rd. Black Creek, BC V9J 1G7

### NORTH ISLAND SURVIVORS' HEALING SOCIETY Trauma & Abuse Counselling Centre



**CALL 250-287-3325**

professional counselling by appointment  
[www.nishs.ca](http://www.nishs.ca)

## Buying or Selling?

Call for a **FREE**  
home valuation

or get an exclusive list of homes  
on the MLS sent directly to your inbox.



**Antonietta  
Gaudet**

 250.218.2184  
[agaudetrealestate@gmail.com](mailto:agaudetrealestate@gmail.com)

966 Shoppers Row  
Campbell River, BC



[COMOXVALLEYHOUSETOHOME.COM](http://COMOXVALLEYHOUSETOHOME.COM)

## Black Creek Farm & Feed Has What You Need

- Building Supplies
- Domestic & Farm-Animal Feed
- Bedding & Hay
- Hardware
- Lumber
- Roofing
- Garden
- Landscape Supplies
- Fencing (including deer fencing)
- Farm Supplies
- Fertilizers, Seeds
- Woodstove Pellets
- ...and so much more



Celebrating  
**47** years  
- in -  
Business



**250-337-8922**



[www.BlackCreekFarmAndFeed.ca](http://www.BlackCreekFarmAndFeed.ca)

[www.BlackCreekFarmAndFeed.com](http://www.BlackCreekFarmAndFeed.com)  
2184 Lalum Road (off 19A) Black Creek  
Proudly Serving Our Island Communities For 30 Years!





# REPORT

## EXECUTIVE DIRECTOR



# A

lthough 2024 is ending, for us at the Community Centre it feels like the last season of the year is

the beginning. The fall starts with our annual Fall Fair and then just continues with a bustle of activity throughout the Centre.

Our Fall Fair this year was one of the best! We had record breaking attendance with community members from all over the north island coming out to

enjoy the festivities. Highlights from this year included tug of war, zucchini car races for the kids along with a petting zoo and photo booth. We welcomed Chase and his team who put on a great logger sports demonstration. It was a fun-filled day with vendors, food, great music, and many great demonstrations & competitions. A huge THANK YOU goes out to Jessie Roland who organized an amazing event & to all our volunteers as we could not do it without each one of you!

We dedicated our Fall Fair this year to our community member Margaret Douglas. Margaret battled hard to beat cancer, but sadly it took her life on Aug.7, 2024. Margaret was always a huge part of our Fall Fair, volunteering with decorating, watermelon eating contests,

hayrides, corn shucking, butter making and more. You would find her helping all day long wherever she was needed and always with a smile on her face. As the owner of TLC Landscaping, she took care of our property for many years with a special interest in our ballfield. She was an avid ball player and 30 years ago she brought the field back to her standards and continued to work on it every year since. Margaret attended many classes at the Centre. She will be missed but always remembered.

As the seasons change the winter will bring new programs along with many creative fun workshops to help fill those long winter days!

We look forward to seeing you at the Centre.  
Kim



# Margaret Douglas

(Obexer)

September 3, 1960 - August 7, 2024



Margaret's wishes included a big party at the Black Creek Hall to celebrate her life with stories, pictures, great food, wine, music and laughter. This celebration will take place in 2025. Details to be posted at a later date.

*We will see you on the mountain trails, in the bold colours of the sunset.*

*We will hear you in the gentle gurgling of the Black Creek waters flowing peacefully through the early morning mists.*

*We will feel your strength in the majestic cedars that lead us to the clear, crisp pools of the Oyster River.*

*You are there in the sparkle in Alexandra and Josephine's eyes as Mikal shares stories of Aunt Margaret.*

*We hear you in the whispers of the fall wind, and the rustling of the crisp maple leaves on your well walked paths.*

*We will feel your heart pounding in our chests during those final moments of Theo's basketball games.*

*We will see you reaching for that last juicy berry in the patch and tending to the garden, and your smile when leaving your harvest at the neighbour's door.*

*We will forever hear you at the Black Creek Community Hall, you are there in the children's laughter and joy as they experience life and fun.*

*We will forever be seeing you Margaret, your smile and your spirit, running free as that girl on the farm.*

# FITNESS ROOM INFORMATION

## BCCA FITNESS ROOM POLICIES

- 1 What options do I have for using the fitness room?**
- 2 What can I do if I lose my punch card?**
- 3 What can I do if I lose my access card?**
- 4 What requirements do I have if I am a youth under the age of 18?**
- 5 What should I wear to the fitness room?**

1. Anyone 19yrs + can purchase an Earlybird or monthly membership and receive an access card which will allow you to work out any day of the year between the hours of 5am and midnight. We also offer a drop-in fee which is available ONLY during office hours. \*Please check office hours as they may be different at certain times of the year.
2. Punch cards should be treated like cash. They are non-transferable and non-replaceable if lost, stolen or destroyed. They are valid for one year from the date of purchase or until the 10 punches are used up (whichever comes first).
3. If you lose your access card it will be de-activated and you can receive a new card with a \$10 deposit.
4. Anyone between the ages of 16 and 18 years may buy any of the membership options available however they will not be given an access card and therefore will have to come during office hours OR with an adult (19yrs +) who has a valid membership & access card. Youth between the ages of 13 to 15 years MUST be accompanied by an adult. All youth must have an orientation, valid membership & waiver signed by a guardian.
5. You will require clean indoor running shoes and breathable clothes. Users are also reminded to respect other users and maintain personal hygiene and refrain from using strong fragrances & perfumes.
  - All fitness room users must have a current BCCA membership (this is a free membership) with a signed Liability/Photo Consent form
  - All fitness room users must sign in at the front desk (sign in sheet will be left out for after hours)
  - Access cards require a \$10 deposit
  - Each person using the Fitness Room after hours must have their own access card and not bring in unauthorized guests
  - Punch cards & monthly memberships are non-transferable and non-refundable (unless due to medical reasons)
  - BCCA credits must be used or paid out within a year
  - Deposits on the access cards can be returned anytime

## PERSONAL TRAINING

The BCCA is very fortunate to have these three experienced individuals offering personal training here at our fitness centre! If you are interested in these services, please contact any of them directly at the email addresses provided below for rates and availability. Clients accessing these services must still purchase a BCCA fitness room drop-in, punch card or monthly membership.



**Paul Smurthwaite** is a certified ISSA personal trainer. He grew up in Campbell River and now lives in Black Creek. He and his family operate Barnyard Party Animals. Having competed in many sports, Paul understands the importance of physical fitness and how it translates to function in everyday life. He has been resistance training for many years and has a wealth of experience to offer clients. He specializes in fat loss and muscle gain and knows how to achieve the best results without sacrificing much time. A bookworm at heart, Paul is always learning and uses the most effective strategies. Paul can remove the guesswork from the process and ensure that nothing is standing in the way of your goals. Don't hesitate to email him at paulsmurthwaite@hotmail.com for your free consultation.



**Madeleine Ramsay** is a certified Personal Trainer & Group Instructor with over 40yrs experience. AEA, ACSM, CAIN, McGill (Athletics), ACE, NSCA, Aerobics Instructor and Personal Trainer. PT II Corrective Strength Conditioning YM-YWHA, Weightless Weight Training, STFA (appraisals), Yoga Fit certified, CPR, certified YMCA Water Fitness Instructor. Has worked with physiotherapists to design custom-made programs for clients with joint issues, pre-post therapy, pre/post-natal & rehab. Worked with Senior Programs in Pointe-Claire for over 30yrs. Trained athletes to reach their goals in gaining strength & flexibility within their sport. Former athlete, coach and official in 'artistic swimming' has given her the professional edge towards training others to a better lifestyle. Proper form, technique and safety is emphasized in Madeleine's designed programs and fitness classes. Contact: mramsay888@gmail.com





# FITNESS ROOM

## PASSES & PUNCH CARDS



**Marion Eberlein** has been a Group Fitness Leader and Personal Trainer for many years. Her expertise shows in the variety of classes and services she offers. Marion strives to provide clients with knowledge, enthusiasm, skills, guidance, support and motivation, that will allow them to explore their own fitness potential to enhance the quality of their life. [marionebe@gmail.com](mailto:marionebe@gmail.com) to book your personal training with Marion.



**Kolby Koschack** is a Kinesiologist, Strength and Conditioning Specialist and is trained in Exercise Physiology. His overall approach to exercise and wellness is a behavioral model and his training style is deeply rooted in proven scientific principles. Ensuring you efficiently reach and build off your fitness goals. [yournactive@gmail.com](mailto:yournactive@gmail.com) to book your personal training with Kolby.



### FITNESS ROOM ORIENTATIONS

The Black Creek Community Centre offers free fitness room orientations upon request for new fitness room members (for punch card and monthly membership clients only; not available for drop-in clients). Fitness room orientations are required for younger clients ages 13 to 16 years - FMI see question 4 on Pg. 6.

### FITNESS ROOM PASSES & PUNCH CARDS

DROP-IN	COST	PASSES	COST
Adult	\$5	Adult 10 Punch *1 year expiry	\$45
Senior (65+)	\$4	Senior/Student Punch *1 year expiry	\$35
Student (13-18) or valid student card	\$4	1 Month	\$45
		2 Months	\$70
		3 Months	\$90
		6 Months	\$150
		1 Year	\$275

**Workout while you wait!**  
50% off fitness room drop-ins while you wait for your child in their program or workshop.



## Tippin Point Contracting Ltd.

250-650-7486

Retaining Walls | Driveways & Driveway Extensions  
Irrigation | Drainage | Fencing | Backyards  
Brush Piling | Land Clearing | Service Installs

**FREE ESTIMATES**  
[www.tippinpointcontracting.ca](http://www.tippinpointcontracting.ca)

# Program Information

## POLICIES & FIT PASS OPTIONS

### BCCA PROGRAM POLICIES

- 1 **How do I register for a program?**
- 2 **Why is my program cancelled?**
- 3 **What options do I have if I want to withdraw from a program?**

1 You can register for a program by calling the Community Centre at 250-337-5190, or dropping by in person. \*Please check office hours as they may be different at certain times of the year. You can register for many programs online by visiting our website [www.blackcreek-cc.com](http://www.blackcreek-cc.com) and following the link under programs/registration (please note our registration software works best with the Chrome browser). Certain program products will not be available online such as FIT PASSES and PUNCH CARDS that allow you access to various classes.

2 Programs require a minimum number of registrations in order to cover the instructor fees & program supplies. Most often cancellations are due to numbers not being met so regretfully they have to be cancelled.

3 Pro-rated refunds will be issued with a doctor's note as of the notification date and other requested refunds will reflect a \$5 admin fee if deemed reasonable. No refunds will be issued after a program has ended. Refunds will not be given if withdrawing from a workshop less than 48 hours before it is scheduled to start. Most often refunds will be done using the same payment method that was used to register.

- Fees are to be paid in full at the time of registration  
*We accept cash, debit, visa or mastercard*
- Punch cards expire after each session
- BCCA credits must be used or paid out within a year
- All program/workshop participants must have a current BCCA membership (this is a free membership) with a signed Liability/Photo Consent form
- BCCA reserves the right to cancel any program at any time, all efforts will be made to contact participants
- BCCA will not be held responsible for classes missed due to illness, weather, power failures or other events which are beyond our control and require facility closure for health and/or safety reasons.

*Come try your first class for FREE!!*

### FIT PASS OPTIONS

From January 1 to March 31 have unlimited access to classes with your favourite Instructor. These classes run 3 times a week (4 times for Janine's) to be sure to keep you fit! You will also receive an all-access card to our fitness room to give you the option of working out on your own. Fit Passes and gym access valid until March 31.

**Anyone attending a fitness class is welcome to a complimentary warm up/cool down in our fitness room for 15 minutes before/after class!**

#### FIT PASS OPTIONS

PROGRAM	INSTRUCTOR	FITPASS
Early Bird Workout	Madeleine	\$220
Shape Up	Marion	\$260
S.W.E.A.T (includes S.W.E.A.T. & SPIN)	Jerry	\$240
Strength & Stamina, Fit for Life, Fitness to Music, Fit for Life 2	Janine	\$210

#### PROGRAM PUNCH CARD OPTIONS

PROGRAM	PUNCH CARD	COST
All Class Punch Pass	10 punch pass	\$90
Calder Classes	10 punch pass	\$80

\* The All Class Punch Pass includes any fitness program with a drop-in price of \$10 (Adult Fitness)

**Punch cards are non-transferrable and only good for the current session.**





# CALENDAR

## AT A GLANCE

### FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 - 9:00am	Early Bird Workout		Early Bird Workout		Early Bird Workout		
9:05-10:05am	Shape Up		Shape Up		Shape Up	S.W.E.A.T. & Spin	
9:15 - 10:15am		Fit For Life Circuit		Fit For Life 2			
10:15-11:15am			Fitness To Music				
10:30-11:30am	Strength & Stamina						
6:00-7:00pm	S.W.E.A.T.		S.W.E.A.T.				
7:30-8:30pm					Muay Thai Kickboxing		

### HEALTH & WELLNESS

8:45 - 10:15am		Core Yoga					
9:30-12:00pm				Parent & Peanut			
10:15-11:15am			Mom & Tot Yoga		Art of Stretching		
10:30-11:45am						Hatha Flow Yoga	
12:00-1:00pm	Seniors Lunch		Mom & Baby Yoga				
5:30-6:30pm	Restorative Yoga			Tween Yoga Flow			
5:45 - 7:15pm		Yoga with Nancy					
7:00-8:00pm	Buddhist Meditation						
7:30-8:30pm			Tai Chi				

### ART, DANCE, MUSIC

1:00 - 2:00pm	Line Dance						Ukulele Beginner
2:00 - 3:00pm							Ukulele Adv. Beg
2:30-3:30pm							
3:15 - 4:15pm							Ukulele Interm.
4:00-5:00pm		ClayDate					
6:00-7:00pm			Portrait Class		Pre-School Ballet		
6:30-7:00pm				Adult Beginner Dance	Pre-School Jazz		
6:45-8:45pm			Beginner Knitting				

### SPORT

12:00-12:45pm					Gymnastics (Tot)		
1:00-2:00pm					Gymnastics (Pre/Hm)		
3:30-4:15pm							
4:00-5:00pm	Taekwondo		Taekwondo				
4:00-5:30pm							
4:30-5:30pm							
6:00-7:30pm		Beg/Int Pickleball 0/P		Beg/Int Pickleball 0/P			
6:00-8:00pm	Pickleball Round Robin						
7:30-9:00pm		Adv Pickleball 0/P		Adv Pickleball 0/P			

*Chilmingding Available Mon/Wed/Fri 9:00am-10:00am*  
*\*Available at other times upon request*  
*Tuesday 10:30am to 2:00pm ■ Main Hall Reserved for Spinner & V.i.b.e.s. user groups*  
*Saturday 1:00pm to 4:00pm ■ Main Hall Reserved for Birthday Party Rentals and Workshops*

# PRESCHOOL

## WINTER PROGRAMS



### CHILDMINDING

We are pleased to offer childminding for certain programs and for our fitness room clients. Childminding is \$1 per hour, per child.\*

Facilitator: Mackenzie Keefe  
Main Hall

**Mon/Wed/Fri, Jan 6– Mar 14**

no session Feb 17

9:00am – 10:00am \$1.00 Per child

\*Childminding will be outside & in the pavilion. Please dress children for outside play. Childminding may be available on request for certain programs. Please call the office to confirm childminding in advance.



## PUMPKIN PATCH NURSERY SCHOOL

250-702-1102

[ppnsteacher@gmail.com](mailto:ppnsteacher@gmail.com)

[www.pumpkinpatchnurseryschool.ca](http://www.pumpkinpatchnurseryschool.ca)

or  Find us on  
Facebook

Mon-Wed-Fri from 9:00am-1:00pm  
Tues & Thurs from 9:00am- 1:00pm

### PARENT & PEANUT

The Parent and Peanut program are adjusting to accommodate our community's broader range of needs! We are still a welcome, warm place to drop-in and play, we are incorporating a more "baby friendly" time to the beginning of Parent and Peanut and extending our end time to ensure every age gets a generous play time!

Ages 0 – 5yrs ■ Facilitator: Ebony Close  
Family Connector: Darcie Emerson, Building Connections with Valley Families Project  
Main Hall

**Thursdays, Jan 9 – Mar 13**

(10 sessions)

9:30am to 10:15pm\* see below

Drop-in for babies 12months and under  
(and their siblings).

10:15am to 12:30pm ■ Our play space gets bigger,  
and we welcome families with children 0 to 5 years olds!

\* During both these times, parents and/or caregivers will have the opportunity to meet others and share in the experience of raising children. Little ones will have the opportunity to meet new friends in a fun and playful environment that encourages growth and learning. A knowledgeable facilitator will be present to help bridge connections between families and community resources if needed. Parent participation is required.



### PRESCHOOL BALLET

This class playfully introduces the basic positions and movements of ballet for your toddler using music, games and creativity. Your child will gain confidence as they get comfortable learning the basic warm-up, stretching and beginning ballet steps in a fun environment.

Ages 3 – 5 ■ Instructor: Rebekah Draper  
Main Hall

**Fridays, Jan 17 – Mar 7** (8 sessions)

6:00pm – 6:30pm ■ Reg \$70 Early \$65

### PRESCHOOL JAZZ

Preschool Jazz is a super fun dance class that includes lots of games infused with dance. This is a creative dance class, that will get all the kids on their toes and moving.

Ages 3 – 5 ■ Instructor: Rebekah Draper  
Main Hall

**Fridays, Jan 17 – Mar 7** (8 sessions)

6:30pm – 7:00pm ■ Reg \$70 Early \$65



# PRESCHOOL WINTER PROGRAMS



## PRESCHOOL GYMNASTICS

This program promotes independent learning. Children need to be able to listen to and follow instructions the coaches give. Coaches work with the children to develop problem solving, balance, coordination, and confidence. Learning the fundamental movement patterns of gymnastics, sport and life. Children must be able to work without their parents.

*Ages 3 – 5yrs*

*Instructors: Chimo Gymnastic Club Coaches ■ Main Hall*

**Fridays, Jan 17 – Mar 7 (8 sessions)**

1:00pm – 2:00pm ■ Reg \$115 Early \$110

## PARENT & TOT GYMNASTICS

Chimo's parent & tot program is a child-directed yet structured discovery of the fundamental movement patterns of gymnastics. Caregivers lead little ones through the circuits as coaches give active direction, feedback, and encouragement to parents and participants to ensure they get the very most out of their first gymnastics experience. Parents must dress to actively participate.

*Ages 1-3 yrs*

*Instructors: Chimo Gymnastic Club Coaches ■ Main Hall*

**Fridays, Jan 17 – Mar 7 (8 sessions)**

12:00pm – 12:45pm ■ Reg \$100 Early \$95

## HOMESCHOOL GYMNASTICS

Fundamental movement patterns are taught and refined through mastery of progressions and basic skills at each level. Using a strong understanding of the basic skills will allow children to learn more advanced gymnastics on men's and women's apparatus.

*Ages 6 – 8yrs*

*Instructors: Chimo Gymnastic Club Coaches  
Main Hall*

**Fridays, Jan 17 – Mar 7 (8 sessions)**

1:00pm – 2:00pm ■ Reg \$115 Early \$110



Local  
Telecommunications  
Provider

CONNECTING PEOPLE THROUGH  
TECHNOLOGY

PORT ALBERNI - 778.421.5658  
CAMPBELL RIVER - 250.287.4541



## COMOX VALLEY'S TRUSTED HEATING & COOLING EXPERTS

*We offer top-quality  
solutions for homes  
& businesses*



**CLIMATEC  
MECHANICAL**

**24 HR  
EMERGENCY  
SERVICE**

climatecmechanical.ca 250.218.4257

# YOUTH & ADULT

## WINTER PROGRAMS

### BEGINNER KNITTING

Welcome to knitting! Whether you are an absolute beginner or have tried knitting in the past, this class is for you. In this 4-week session, we'll explore the knit stitch, casting on and binding off, fixing mistakes, and more, and you'll make a pair or two of fingerless mitts. Your instructor, Sarah, is happy to tailor instruction to your skill level. Materials kit available for purchase (\$22) or you can bring your own 5mm needles and 100g of heavy worsted weight yarn (wool suggested).

*Instructor: Sarah Thornton* ■ Lower Level

**Wednesdays, Jan 22 – Feb 12** (4 sessions)

6:45pm – 8:45pm ■ \$80



### CLAYDATE

In this 8-week course your child will discover the fun and creative world of sculpting with clay. Create fun animal figures like Koala bear, clown fish with anemones, whale shark, squirrel, turtle and many more fun ideas! Easy to follow, step by step instructions that will demonstrate the traditional artform of forming, glazing and firing the clay. They will have loads of fun, learn new skills, and bring home some

great artwork to show their family and friends.

Check out Judit's youtube video to see what the kids will make: <https://youtube.com/watch?v=8a13JQE-WeA&feature=share>

*Ages 6 - 12yrs* ■ *Instructor: Judit Szilvasi* ■ Lower Level

**Tuesdays, Jan 14 – Mar 4** (8 sessions)

4:00pm – 5:00pm ■ \$200



**GLACIER**  
WATER HAULING

**250 • 218 • 6353**

comoxwater@gmail.com

**FRIENDLY, RELIABLE SERVICE**

MOBILE PRESSURE WASHING • CISTERN CLEANING  
• SPRAY BAR • FILL HOT TUBS, POOLS, WELLS & CISTERNS  
• VARIOUS LOAD SIZES • BCWWA MEMBER • VIHA APPROVED



### TAEKWONDO

Taekwondo is a Korean martial art and an Olympic sport. Known for its dynamic kicks, Taekwondo offers students a combination of physical training and character development. Starting at white belt students will progress through the coloured belt system while learning exciting kicks, dynamic hand strikes and self-defense all in a supportive, inclusive and structured learning environment. Students will build confidence, strength, endurance, coordination, flexibility, and reflex reactions. Sanctioned by the BC and Canadian Taekwondo federations.

*Ages 7 - 14yrs* ■ *Instructor: Fae Clarke* ■ Main Hall

**Monday & Wednesdays, Jan 6 – Mar 12** (19 sessions)

\*no session Feb 17

4:00pm – 5:00pm ■ Reg \$190 Early \$185

### PORTRAIT CLASS FOR ADULTS

This 8-week class you will learn the structure and the proportion of the human head and anatomy using clay. We are learning to use plaster, making mold from the portrait and casting the final sculpture.

*Instructor: Judit Szilvasi* ■ 18yrs +

**Wednesdays, Jan 15 – Mar 5** (8 sessions)

5:30pm – 6:30pm ■ \$170

### TWEEN YOGA FLOW

A class to support your tween as they navigate the transformative years of adolescence with an empowering yoga class. Designed specifically for young girls, this class focuses on building confidence, fostering growth, and creating a supportive community. Join us on Thursdays to explore inner strength and unity through mindful practice and peer connection.

*Ages 9+* ■ *Instructor: Shauntcy Wright* ■ Main Hall

**Thursdays, Jan 9 – Mar 13** (10 sessions)

5:00pm – 6:00pm

Reg \$90 Early \$85

# ADULT

## WINTER PROGRAMS – Dance, Music & Sport

### BEGINNER DANCE LESSONS:

Light Up Your Winter with Dance!

Are you ready to step out onto the dance floor and fill your winter nights with rhythm? Join us for our exciting 6-week social dance lessons, where you will learn the basics of Ballroom, Latin and Swing dancing! This class is perfect for beginners, there is no experience necessary! Don't miss out on the chance to make new friends, get moving, and experience the joy of dance. Classes will need a minimum number of participants to run so please register early. You can bring a partner or come ready to meet new dance friends.

*Instructor: Jay Kirsch/Sweatshop Social* ■ Main Hall

**Thursdays, Jan 23 – Feb 27** (6 sessions)

6:30pm – 8:00pm ■ \$20 per session

**Jan 23** – Foxtrot

**Jan 30** – Swing

**Feb 6** – Waltz

**Feb 13** – Tango

**Feb 20** – Rhumba

**Feb 27** – Cha Cha

### LINE DANCE

Line dancing is great exercise for your body. It improves your memory and balance and it is FUN! This class is for beginners and beyond. Please Come Dance with Us!

*Instructor: Debbie Dickie* ■ Main Hall

**Mondays, Jan 6 – Mar 17** (8 sessions)

1:00pm - 2:00pm

\*no session Jan 27, Feb 3, 17

Reg \$70 Early \$65 DI \$10

Come early  
and have  
lunch \$10

### UKULELE

Come learn how to play the ukulele and develop your skills! Ruth will teach you all you need to know for playing this little instrument, strumming, chords, and music theory basics in a fun and encouraging environment. Singing is optional, but encouraged.

Ukulele rentals available from Long & McQuade in Courtenay. Instructor may have a couple of loaners but no guarantee.

*Instructor: Ruth Rae* ■ Lower Level

*Beginners:*

**1st session: Sunday, Jan 5 – Feb 2** (5 sessions)

**2nd session: Sunday, Feb 9 – Mar 9** (5 sessions)

1:00pm – 2:00pm ■ Reg \$75 Early \$70

*Advanced Beginners:*

**1st Session: Sundays, Jan 5 – Feb 2** (5 sessions)

**2nd Session: Sundays, Feb 9 – Mar 9** (5 sessions)

2:00pm – 3:00pm ■ Reg \$75 Early \$70

*Intermediate:*

**1st Session: Sundays, Jan 5 – Feb 2** (5 sessions)

**2nd Session: Sundays, Feb 9 – Mar 9** (5 sessions)

3:15pm – 4:14pm ■ Reg \$75 Early \$70

### PICKLEBALL

We have lots of Pickleball to offer.

On Mondays join Lisa for 2 hours of playtime in a round robin format. All levels welcome. Tuesdays & Thursdays are Open Play with a Beginner/Intermediate time followed by Advanced Play. See schedule below.

Age 16+ ■ *Facilitator: Lisa Sawatsky*

Miracle Beach Elementary School Gymnasium

#### Round Robin:

*1st session:*

**Mondays, Jan 6 – Jan 27** (4 sessions)

6:00pm – 8:00pm ■ \$40

*2nd session:*

**Mondays, Feb 3 – Mar 3** (4 sessions) \*no session Feb 17

6:00pm – 8:00pm ■ \$40

#### Beginner/Intermediate Open Play

*1st session:*

**Tuesdays, Jan 7 – Feb 4** (5 sessions)

6:00pm – 7:30pm ■ \$35

*1st session:*

**Thursdays, Jan 9 – Feb 6** (5 sessions)

6:00 – 7:30pm ■ \$35

*2nd session:*

**Tuesdays, Feb 11 – Mar 11** (5 sessions)

6:00pm – 7:30pm ■ \$35

*2nd session:*

**Thursdays, Feb 13 – Mar 13** (5 sessions)

6:00pm – 7:30pm ■ \$35

#### Advanced Open Play

*1st session:*

**Tuesdays, Jan 7 – Feb 4** (5 sessions)

7:30pm – 9:00pm ■ \$35

*1st session:*

**Thursdays, Jan 9 – Feb 6** (5 sessions)

7:30 – 9:00pm ■ \$35

*2nd session:*

**Tuesdays, Feb 11 – Mar 11** (5 sessions)

7:30pm – 9:00pm ■ \$35

*2nd session:*

**Thursdays, Feb 13 – Mar 13** (5 sessions)

7:30pm – 9:00pm ■ \$35





# ADULT

## WINTER PROGRAMS — FITNESS



### SHAPE UP

The ideal workout for anyone looking to get lean, toned and fit – fast! Using light to moderate weights with lots of repetition, Shape Up gives you a total body workout. It will burn up to 400 calories. Marion will coach you proper form, moves and techniques while pumping out encouragement, motivation and great music, helping you achieve much more than on your own! You'll leave the class felling challenged and motivated, ready to come back for more.

Ages 16+ ■ Instructor: Marion Eberlein

Main Hall/Pavilion

**Mon/Wed/Fri, Jan 6 – Mar 21** (32 sessions)

\*no class Feb 17

9:05am – 10:05am ■ Fit Pass \$260 DI \$10

\*Fit Pass includes access card to fitness room for session

### THE ART OF STRETCHING

We all know that exercise is important in our daily lives, but what about stretching? Does stretching take a back seat to your exercise routine? Decrease your risk of injury, improve circulation, release fascia tightness, decrease back pain, among other benefits by improving your range of motion (rom). Understand why stretching can help and how to stretch correctly.

Ages 16+ ■

Instructor: Madeleine Ramsay

Main Hall

**Friday, Jan 10 – Mar 14** (10 sessions)

10:15am – 11:15am

Reg \$80 Early \$75 DI \$10

\*note Madeleine's Fit Pass does not include *The Art of Stretching*

### WEIGHT ROOM WORKSHOP

Are you intimidated to start working out in the weight room because there are so many machines, and don't know how to use them? This will be an opportunity to learn.

Start on the right foot by doing the exercises with proper technique and with good form. Stay safe by avoiding injury by performing the exercises correctly.

This workshop is intended to give the participant knowledge on how the exercises are performed on all the "strength training equipment." Learn what muscles are involved, primary and secondary.

Participants will have the chance to perform the exercises on each equipment to get the feel and learn the proper technique.

Attending this workshop will give you confidence in your next workout in the weight room.

Ages 13+ ■ Instructor: Madeleine Ramsay  
Fitness Room

Choose from:

**Saturday, Jan 11** - 12:30pm – 2:30pm

**Sunday, Jan 26** - 10:00am – 12:00pm

**Saturday, Feb 8** - 12:30pm – 2:30pm

**Sunday, Mar 16** - 10:00am – 12:00pm  
\$20



# ADULT

## WINTER PROGRAMS — FITNESS

### EARLY BIRD WORKOUT

Alright, we get it, too early for you to attend this class?

The advantages, once you are done working out, you still have the whole morning in front of you to do other activities. "Early to bed and early to rise, makes a man/woman healthy and wise." (B. Franklin)

Class is geared to all ages and levels. You go at "Your Own Pace" and at your "Own Level". The exercise is same for everyone... either you go hard, or you go easy. You decide the intensity. However, Madeleine will push you if you slack too much...LOL! Class will have you gain strength, balance and flexibility no matter what level of fitness you are at. Ending with a good 15min stretch.

Remember that muscle knows no age! It's never too late to start doing strength training. More and more studies have shown that it helps increase your metabolism, mental health, and physical health. Learn to push yourself and feel that you have worked to get results.

Ages 16+

Instructor: Madeleine Ramsay  
Main Hall

**Mon/Wed/Fri, Jan 6 – Mar 14**  
(29 sessions)

\*no class Feb 17

8:00am – 9:00am

Fit Pass \$220 DI \$10

\*Fit Pass includes access card to fitness room for session

### S.W.E.A.T.

This class has been running for over 10 years! Come check it out and see why. Jerry will alternate between a Tabata class, a 10 minute routine and various other interval training utilizing stability stations, bands, weights, cardio and core work. All levels welcome as you go at your own pace. More than sweat, it's StabilityWithExtremeAthleticTraining

Ages 16+ ■ Instructor: Jerry Griffin ■ Pavilion

**Monday & Wednesday, Jan 6 – Mar 19** (21 sessions)

\*no class Feb 17

6:00pm – 7:00pm ■ Fit Pass \$240 DI \$10

\*Jerry's fit pass includes Saturday morning S.W.E.A.T & Spin class

\*\*Fit Pass includes access card to fitness room for session

### S.W.E.A.T. & SPIN

Start your weekend off right! This class will alternate between using the spin bikes and strength training. All levels welcome as you go at your own pace.

Ages 16+ ■ Instructor: Jerry Griffin ■ Pavilion

**Saturdays, Jan 11 – Mar 22** (11 sessions)

9:00am – 10:00am ■ DI \$10

\*Buy Jerry's Fit Pass which includes Mon & Wed evening S.W.E.A.T. class for \$240

### MUAY THAI KICKBOXING

Muay Thai is a cardio infused martial art where students will learn a style of striking that emphasizes effective footwork and includes techniques and combinations with the hands, elbows, knees, feet and within the clinch. This will be a fun energetic class where you will improve strength, flexibility and overall fitness level. The class is open to beginner and intermediate skill levels.

Ages 16+ ■ Instructor: Chase Gundersen

Main Hall

**Fridays, Jan 10 – Mar 14** (10 sessions)

7:30pm - 8:30pm ■ Reg \$85 Early \$80 DI \$10



Your trusted vet hospital  
for both livestock and small animals

**TSOLUM**  
VETERINARY HOSPITAL

TSOLUMMOBILEVET.COM  
Merville General Store - 6635 Old Island Highway  
10 minutes north of Courtenay

Visit our online store for  
all your pet food and products.  
Free shipping on qualifying orders.



# ADULT

## WINTER PROGRAMS — HEALTH & WELLNESS



### BUDDHIST MEDITATION & TECHNIQUES

Buddha's most profound insight into the nature of the mind remains as revolutionary in our modern world as it was 2500 years ago: the mind is the source of all happiness and suffering. All of it.

In meditation we uncover the beautiful qualities of our mind. Our patience. Our kindness. Our gratitude. Our empathy. Our inner peace. Our love. With meditation, we first familiarize ourselves with the process of uncovering these beautiful minds. The more we practice meditation, the more we shift our minds away from negative and painful states to positive and joyful ones. Through daily practice we learn how to rely on and take refuge in peaceful, positive minds.

Training in Meditation – based on the books  
*The Mirror of Dharma with Additions and Universal Compassion*

Buying or selling a home?  
*I can help!*



**Candice Pauloski**  
Real Estate Agent  
250-465-4753  
Local to the area, and proud supporter of the Black Creek Community Centre since 2017.

RE/MAX Check Realty

### STAY IN TOUCH...

Visit our website, Facebook and Instagram for additional workshops throughout the winter season. If there is a workshop or program, you would like to see offered, please contact us at [programmer@blackcreek-cc.com](mailto:programmer@blackcreek-cc.com) or give us a call.

### ANCIENT WISDOM FOR MODERN TIMES

Good advice can be hard to come by. In spiritually degenerate times, and a confusing age of information, it can be difficult to know what voices to listen to, and which to ignore.

Atisha is the founder of Kadampa Buddhism; a sage, kind-hearted teacher, who many consider to be a fully enlightened being. He gave a final teaching to the people of Tibet before returning to India. This advice came to be known as "Advice from Atisha's Heart."

In this course, we will explore this beautiful, timeless advice, that is as relevant today as it was when it was delivered. This advice is reliable, helping us to understand our own mind, and a compass for directing us towards a life of hope and meaning. No meditation experience needed. Everyone is invited to drop in to any or all sessions in this series

*Ages 16+ Instructor: Colleen Neely ■ Main Hall*

#### Series 1:

- Jan 13** Stop Drinking Seawater
- Jan 20** Don't be Fooled
- Jan 27** See the Good
- Feb 3** Cultivate Generosity

**Mondays, Jan 13 – Feb 3** (4 sessions)

7:00pm – 8:00pm ■ Reg \$45 Early \$40 DI \$12

#### Series 2:

- Feb 10** How to be Happy \*no session Feb 17
- Feb 24** Patience is the Key
- Mar 3** The Fire of Effort
- Mar 17** The Law of Karma

**Mondays, Feb 13 – Mar 10** (4 sessions)

7:00pm – 8:00pm ■ Reg \$45 Early \$40 DI \$12



### HAVE YOU BEEN IN A CAR ACCIDENT IN THE LAST 12 WEEKS?

Anyone who has been in a car accident within the last 12 weeks is automatically pre-approved for 12 sessions with Kolby Koschack. Kolby is a Kinesiologist as well as a Strength & Conditioning Specialist and is trained in Exercise Physiology. In the past he has helped people understand how they can utilize

complimentary health care treatment supports (like Physio, Acupuncture, counselling, massage therapy, chiropractor) before and during the time they see him. Effectively ensuring they can utilize the support that is available so they can get back to doing the things they love as soon as possible.



# ADULT

## WINTER PROGRAMS — HEALTH & WELLNESS

### RESTORATIVE YOGA

Perfect for beginners, Yin Yoga is a gentle, slow-paced style that promotes relaxation, a sense of calm, and supported joint mobility. This gentle practice involves holding poses for 1-5 minutes, deeply stretching your body's connective tissues. Join us to cultivate a sense of inner peace and find a deeper connection with your body!

Ages 16+ ■ *Instructor: Shauntcy Wright*  
Main Hall

**Mondays, Jan 6 – Mar 10**

(9 sessions) \*no class Feb 17

5:30pm – 6:30pm

eg \$95 Early \$90 DI \$12



### MOM & BABY YOGA

Mom and baby yoga is a playful, informative and supportive class for moms and their babies.

This class is a wonderful and safe way to get back into a mindful healing movement practice while having your little one join you in the experience. Your new babe will be included as much as possible, starting off with some gentle breathing and baby massage then bringing them into specific yoga postures and movements. This helps to develop a very positive physical connection between you and your baby. During class you have the freedom to meet your babies' needs with feeding and changing whenever it is needed. You will get to connect and bond with your babe amongst a supportive community of other new moms. You will learn some pelvic floor awareness and health, as well as some gentle yoga poses to help regain your strength flexibility and balance. Different breathing techniques will be taught to help release tension held in the body from the physical, mental and emotional demands of motherhood to help bring you back into harmony. At the end of class, you will have the option to stay for tea and connect and chat with the other moms and babies.

*Instructor: Lena Watt* ■ Main Hall

**Wednesdays, Jan 22 – Feb 19** (5 sessions)

12:00pm – 1:00pm ■ Reg \$70 Early \$65



### MOM & TOT YOGA

Mom and Tot yoga is a playful, informative, exploratory and supportive class for moms and their Toddlers. Lena's 2 1/2 year old Amara will be joining in the class and loves the different yoga poses, games and movements she will be teaching during the class. This class is for toddlers that are walking up to 3 years old.

This class will be based on building strength and flexibility to better meet our needs as moms with growing toddlers that are moving around and exploring their worlds more. During class you have the freedom to meet your child's needs with whatever arises. You will learn a new fun and interactive game each week to play with your toddler, while connecting to your body and a supportive community of other moms. You will learn some pelvic floor and core awareness and health. There will be a focus on building up some heat in the body with functional movements and balancing postures with and without babes. Different breathing techniques will be taught to help release tension held in the body from the physical, mental and emotional demands of motherhood to help bring you back into harmony. At the end of the 6 week session there will be time for free play with the kids, snacks and tea.

*Instructor: Lena Watt* ■ Main Hall

*1st session:*

**Wednesdays, Jan 22 – Feb 19** (5 sessions)

10:15am – 11:15am ■ Reg \$70 Early \$65



# ADULT

## WINTER PROGRAMS — HEALTH & WELLNESS

### CORE YOGA

Core Yoga blends core strengthening exercises with traditional yoga postures and breathing techniques. We will learn how to ground to the earth, feeling and using our inner thighs, pelvic floor, sacral alignment, rib cage and shoulder blades to build core stabilization

that enhances strength in our bodies and supports a healthy spine. Connecting to your core is much more than physical exercise. Our core is what supports us spiritually in our lives as well as physically in our yoga practice. If our core is weak, the ups and downs of life are much harder to take.



A strong core makes us more resilient as we tap into our personal power! If we're weak in the core, our digestive fire is weak. Core work and Pranayama (breathing exercises) lifts the sluggishness of the belly, quickens the blood and gets oxygen moving throughout the body increasing metabolism, clearing the mind and calming the nerves. Modifications are given to those new to yoga or those working with muscle tension or injuries. Start your day feeling strong, centered, energized, and focused!

Ages 16+ ■ Instructor: Nancy Moelaert  
Main Hall

**Tuesday, Jan 7 – Mar 18** (11 sessions)  
8:45am – 10:15am ■ Reg \$121 Early \$116 DI \$12

### TAI CHI

This slow and gentle form of movement techniques helps to release the stress and tension in muscles. The practice of Tai Chi is also beneficial for stimulating circulation and improving balance, muscle tone and flexibility. This class will accommodate all levels of participants, allowing beginners to see the next stage, while advanced participants can focus on refining your basics as well as progressing to new territory.

Ages 16+ ■ Instructor: Albert Balbon ■ Main Hall

**Wednesday, Jan 8 - Mar 12** (10 sessions)  
7:30pm – 8:30pm  
Reg \$85 Early \$80 DI \$9

### HATHA YOGA

The classical hatha class blends the breath, body and mind. It engages the breath in a specific manner for each asana and transition. The mindfulness breath allows you to connect and bring awareness to your body and your inner self.



Each class will work on your strength and flexibility as well as offer a variety of poses (asana) and modifications for various fitness levels. The class is moderately active. Students are encouraged to find their own pace, take breaks if needed or deepen their practice. Pranayama will be taught, a breathing practice to increase the power of your breath, boost the immune system, balance your body and calm your mind.

Ages 16+ ■ Instructor: Laurie Beldam ■ Main Hall

**Saturdays, Jan 11 – Mar 22** (11 sessions)  
10:30am – 11:45am ■ Reg \$120 Early \$115 DI \$12

### YOGA WITH NANCY MOELAERT

Yoga means Union – Unification of Body, Breath and Mind!

Through the practice of; Asanas - physical postures for strength and flexibility.

Pranayama - Breathing techniques to regulate Prana (Life Force Energy) Meditation - awareness of thoughts and sensations while practicing.

Yoga is a system of physical, mental, and spiritual practices that aim to create a state of oneness between the body, mind, and the spirit of breath.

In this yoga series we will explore this union by focusing on our body being breathed by the breath. The breath is always happening NOW and is the key to being present for the moment.

Awareness of our thoughts, keeping the calm even breath as we explore movement and sensations in the body as we stretch and strengthen the body is yoga!

Great for beginners! Learn the fundamentals of a safe yoga practice: postures, alignment, breathing techniques and relaxation. Explore alignment in postures with detailed instruction with varieties to accommodate less flexibility or injuries. Improve posture, body tone and flexibility while building a strong foundation for your life. This class is also suitable for more experienced people who are recovering from injuries or want to slow down, tune in and get back to basics.

Ages 16+ ■ Instructor: Nancy Moelaert ■ Main Hall

**Tuesday, Jan 7 – Mar 18** (11 sessions)  
5:45pm – 7:15pm ■ Reg \$121 Early \$116 DI \$12



# OLDER ADULT WINTER PROGRAMS



Lunch included after class or drop in before line dancing and have lunch for \$10

## STRENGTH & STAMINA

If you would like to work on building your core strength while improving your balance, this is the class for you. One hour of low impact exercises using weights, bands and other equipment. Lunch is included with this program! Janine will serve up a nice lunch to enjoy after class along with board games. If you feel like staying, Line Dancing starts at 1 pm.

Ages 55+ ■ Instructor: Janine Calder ■ Main Hall

**Monday, Jan 13 – Mar 10** (8 sessions)

\*no class Feb 17

10:30am – 11:30am ■ Reg \$65 Early \$60 DI \$9

## FIT FOR LIFE CIRCUIT

Introduction to weight training exercises using the gym equipment. Class includes a cardio warmup, strength exercises for individual needs followed by stretching to complete this 60 minute program.

Instructor: Janine Calder ■ Fitness Room

**Tuesday, Jan 14 – Mar 11** (9 sessions)

9:15am – 10:15am ■ Reg \$70 Early \$65 DI \$9

Buy Janine's Fit Pass for \$210 and come to all 4 classes a week, also includes an access card to the fitness room

## Macaulay Road and Area Neighbourhood Association



“Not just a road,  
it's our community.”

[mrana.ca](http://mrana.ca)

[macaulayroadana@gmail.com](mailto:macaulayroadana@gmail.com)

For those living in the Macaulay Road area, including anyone who uses Macaulay Road to access their properties.

## FITNESS TO MUSIC

Join Janine for an easy fun workout to your favorite tunes, focus on building stamina and strength. This one-hour class will include use of light weights. Walking is NOT enough, You need to strengthen your muscles.

This low impact functional exercise class is designed specifically for people in their 50's, 60's, 70's and 80's. Increase your strength, stamina and stability.

Suitable for all participants and levels of fitness.

Instructor: Janine Calder ■ Main Hall

**Wednesdays, Jan 15 – Mar 12** (9 sessions)

10:15am – 11:15am ■ Reg \$70 Early \$65 DI \$9

## FIT FOR LIFE 2

Focus for this 60 minute class will be improving balance, strength and flexibility. Using different exercises and a variety of equipment this is a complete workout for all participants. No running or jumping involved, fun easy routine to promote your wellness.

Instructor: Janine Calder ■ Main Hall

**Thursday, Jan 16 – Mar 13**

(9 sessions)

9:15am – 10:15am

Reg \$70 Early \$65 DI \$9

Buy Janine's Fit Pass for \$210 and come to all 4 classes a week, also includes an access card to the fitness room

## THE ORANGE TREE SERVICE

Proudly serving The Comox Valley and area. Local family owned and operated. Over 15+ years of experience! Fully insured and qualified.

Services include:

- Danger Tree Removal
- Trimming/Pruning
- Hedge Cutting
- Yard Clearance
- Stump Grinding
- Splitting and Stacking
- 24hr Call Out

# 250 207 6764

CALL US TODAY FOR FREE QUOTES AND ADVICE

10% Seniors Discount

[theorangetreeservice22@gmail.com](mailto:theorangetreeservice22@gmail.com)  
[theorangetreeservice.com](http://theorangetreeservice.com)

Find us on Facebook & Instagram



# WORKSHOPS

## CANADIAN FIREARMS SAFETY COURSE (CFSC)

Successful completion of this course will allow you to apply for your Firearms Possession and Acquisition License (PAL). Includes an AV presentation with animations as well as hands-on work with disabled non-restricted firearms and other teaching aids. Class time will be 9 hours for the CFSC course plus written and practical exams. Students must be 12 years of age or older and require a parent's written consent if under the age of 18 - and can apply for their minor's license only. This course emphasizes safe storage, display, transportation, handling and use of firearms and compliance with Federal, Provincial and Municipal laws, regulations and bylaws. No live fire exercises or range time included in this course. Facilitators: North Island Firearm Safety Courses

Facilitators: North Island Firearm Safety Courses  
Main Hall

### Saturday/Sunday Feb 1 & 2

Sat 8:00am – 6:00pm ■ Sun 8:00am – 12:00pm 'ish  
\$200

## FOOD SAFE

Research shows that 95% of people who took Food Safe Level 1 five years ago or earlier would not pass the exam if they wrote it today! Food Safe certificates obtained before 2019 will expire in 2024. Upgrade your qualifications and attend a workshop! Food Safe certificates are widely recognized within the industry in BC and will increase your employability. Participants will learn about food safety and how to prevent food borne illness as well as job hazards and how to apply safe work practices to reduce job related injury and illness. Food safe workbook and certificate included. *\*Be sure to pack lunch and a drink.*

Instructor: Gaetane Palardy  
Main Hall

### Sunday, Feb 9

9:00am – 4:30pm ■ \$100

## JR. FIREFIGHTER CAMP

Spend a day at the fire department and see what it is like to be a firefighter! Students will learn how to tie knots, raise, and climb ladders, pull, and use fire hose, wear a self-contained breathing apparatus and basic first aid skills. The day will end with the students doing the Firefighter Fitness Challenge. Lunch will be provided, or you are welcome to bring your own.

Grades 6 – 12 ■ Oyster River Fire Hall

### Thursday, Mar 20

9:00am – 4:00pm ■ \$10 per person



## PERSONAL EMERGENCY PREPAREDNESS

Learn the basics for how to prepare yourself, your family and your pets for an emergency. Sign up for this free workshop presented by Oyster River Fire Rescue. You will learn the steps to prepare for, respond to, and recover from earthquakes, tsunamis, floods and other disasters that might occur in our area. You will also learn how to reduce possible damage to your property.

Facilitators: Oyster River Fire Department Firefighters  
Oyster River Fire Department

### Thursday, Jan 30

7:00pm – 9:00pm

## CANADIAN RED CROSS BABYSITTERS COURSE

This course is designed in compliance with the Canadian Red Cross to help children learn childcare, injury prevention and basic first aid skills. They will learn important childcare skills; safety tips for children of all ages; how to cope with common problems, like tantrums and crying; what to do if anything makes the babysitter uncomfortable; some great games and other ideas for having fun with the children while babysitting; how to make the children's environment safe and enjoyable and how to handle emergencies and basic first aid. There is a multiple-choice quiz at the end of the class.

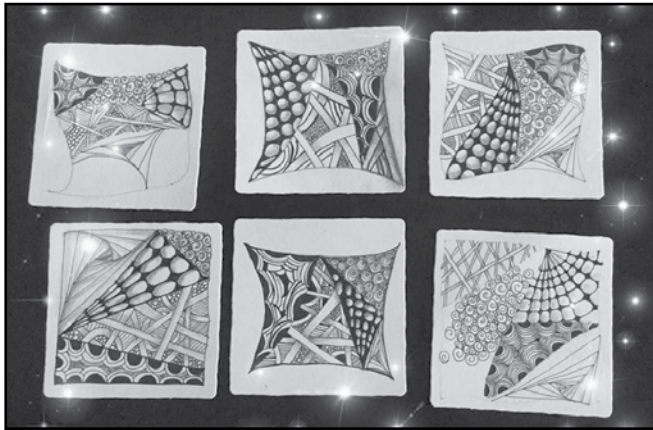
Instructor: NIC  
Lower Level

### Saturday, Jan 18

8:00am – 5:00pm  
\$85



# WORKSHOPS



## ZENTANGLE

Zentangle® is an easy-to-learn, relaxing, and fun way to create images by drawing structured patterns. These simple repetitive strokes used to create patterns encourage focus, and may help create a calm, quiet time, with the bonus of a lovely art piece when you are finished.

### Introduction to Zentangle

Come and explore this creative drawing art. In this class you will be introduced to the basic steps of this drawing method and learn tangle patterns as you create Zentangle paper tiles. All necessary supplies provided. *\*note: this is a prerequisite for the Zentangle Activity Class*

Ages 13+ ■ Instructor: Helene Goulet  
Lower Level

**Friday, Feb 7** ■ 5:30pm – 9:00pm ■ \$45

### ZENTANGLE FAMILY CLASS

This workshop will introduce the whole family to Zentangle! All necessary supplies provided.

1 Adult, 2 Children Maximum ■ Instructor: Helen Goulet

**Saturday, Feb 22**

1:00pm – 2:30pm ■ \$35 per person

### ZENTANGLE ACTIVITY CLASS

In this Activity class students will bring their basic kit from the introduction class. Extra supplies will be provided in class (ie. Coloured markers, watercolour pencils, templates, extra cardstock paper, etc.)

*\*note – you must have taken the introduction class to participate in this workshop.*

Ages 13+ ■ Instructor: Helen Goulet  
Main Hall

**Saturday, Mar 29**

1:00pm – 3:00pm ■ \$35

## PAINT WITH KELSIE

“Paint With Kelsie” is a fun and creative painting class taught all over Vancouver Island. Over the course of a couple of hours, local artist Kelsie will teach you how to paint a beautiful scene of your own. Everything is provided, no experience necessary, and guaranteed to be a fun night out with friends, your partner, or even solo! Come have some fun and get your creative juices flowing!

### Northern Night

**Sunday, Jan 26**

1:00pm – 4:00pm ■ \$60

### Galaxy Fox

**Sunday, Feb 23**

1:00pm – 4:00pm ■ \$60



### Vancouver Island Sunset

**Sunday, Mar 9**

1:00pm – 4:00pm ■ \$60



Check out our  
Facebook/Instagram &  
website for additional  
workshops!

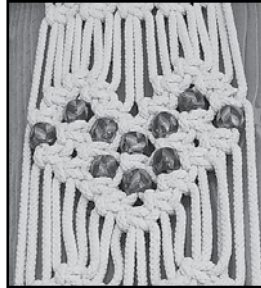


# WORKSHOPS

## MACRAME HEART WALL ART

Immerse yourself in the intricate world of macrame in our Macrame Wall Art Workshop, where creativity knows no bounds! Suitable for beginners and experienced macrame enthusiasts alike, this course celebrates the diversity of design possibilities in macrame wall art. By the end of the session, you'll not only have crafted your own unique macrame wall art but also gained the confidence to continue exploring and creating diverse designs independently.

Instructor: Jen/Lost Arts Club ■ Main Hall  
**Sat, Feb 8** ■ 12:30pm – 2:30pm ■ \$40



## YOGA THERAPY FOR THE PELVIS

Yoga means Union – the union of body, mind and breath. Therapy - Greek for healing, a treatment that helps someone feel better and grow stronger. In this workshop we will 1st focus our attention on our foundation and how that effects our pelvis. We will explore hip stability, flexibility and mobility with emphasis to understand our muscular tension, pain or discomfort and learn ways to self-heal.

The class may include; Breathing and building a meditative awareness of our body and relaxing areas of tension.

Pictures of particular muscles that may be involved in our pain to help visualize and understand our body's structure to receive more benefit.

Self-massage using foot props or 4 to 10 inch balls. The use of Yamuna Body Rolling balls are like a deep tissue massage. For more information on Body Rolling visit [www.shoresofserendipity.com](http://www.shoresofserendipity.com)

Self-physiotherapy practices to release tension.

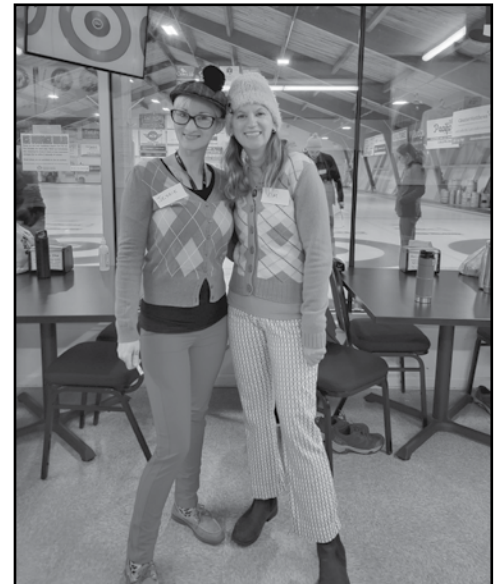
Yoga poses and exercises to build strength.

Yoga poses to relax and stretch.

*Ages 16+ ■ Instructor: Nancy Moelaert*  
Main Hall

**Sunday, Mar 2**

9:30am – 12:00pm ■ \$45



## BEACH MERMAID

Create your own unique beach-themed mermaid on a 15-inch tall solid pine cutout. Choose from a large selection of paint colors and textures, and decorate your mermaid with a variety of beach accessories. All supplies are included, and participants of all ages are welcome to join this fun and creative workshop!

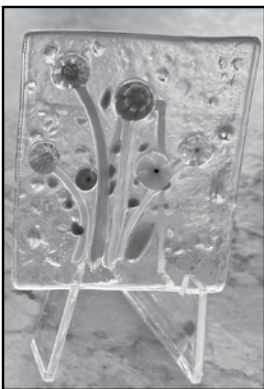
*Instructor: Jen/Lost Arts Club* ■ Main Hall  
**Sat, Jan 11** ■ 1:00pm – 3:00pm ■ \$40



## FUSED GLASS WORKSHOP

Join Ilene Yeomans in this fun and creative workshop learning the art of fused glass. Glass fusing involves creating a design with small pieces of clear & coloured glass and then firing it in a kiln to fuse it all together. In this 2-hour workshop you will create 2 pieces approx. 12 sq. Inch in total, one that will include a hanger and one with a stand. All materials are supplied. Pieces will be taken to be kiln fired and returned and ready for pick up a few days after class. **Please wear closed-toed shoes.**

*Ages 18+ ■ Instructor: Ilene Yeomans of Some Antics*  
**Sat, Mar 8** ■ 6:30pm – 8:30pm ■ \$60



## GEMSTONE & COPPER TREE ON DRIFTWOOD

Create a beautiful copper wire tree with your choice of gemstone bead colors, and attach it to a unique piece of driftwood. This exquisite and easy-to-make artwork is perfect for participants of all ages. All supplies are included, so come and enjoy crafting your own stunning copper wire tree in this fun and creative workshop!

Instructor: Jen/Lost Arts Club ■ Main Hall

**Sat, Mar 8**

1:00pm – 3:00pm ■ \$35





PACIFIC PLAYGROUNDS GENERAL  
STORE & COFFEE SHOP

**OPEN YEAR ROUND!**  
WITH COZY INDOOR SEATING



WINTER HOURS - DAILY  
9am - 5pm



PACIFIC PLAYGROUNDS  
9082 Clarkson Ave, Black Creek.  
@beachcombers\_general\_store  
(778) 428-9005

CO-OP  
PENINSULA  
CO-OP

**MEMBERS ONLY!**

**99¢**  
ALL SIZES  
CO-OPERATIVE COFFEE



Offer expires Jan 31, 2025

**YOUR  
LOCAL  
REALTOR®**

**BORN & RAISED  
COMOX VALLEY**

- ESTATE SALES
- SENIOR REAL ESTATE SPECIALIST
- ACREAGE
- WATERFRONT
- RELOCATION
- NEW BUILD
- POWER OF ATTORNEY
- RENOVATIONS & LAND SALES
- Farm Land

**HEATHER  
CLIFFORD**

**604-698-9855  
TEXT/ CALL**

WWW.HEATHERCLIFFORD.COM



**JANUARY FUN CURLING LEAGUES!**

No experience necessary!  
Register your four player team today!  
Don't have a team? We can help find you one!

**CHURCH ST. TAPHOUSE**  
**SAT. SOCIAL LEAGUE**  
6 PM and 8 PM Saturdays  
7 Weeks \$84  
Begins January 11th

**CHURCH ST  
TAPHOUSE**

**MEDICINE  
SHOPPE**  
**SUNDAY FUN**  
4 PM & 6 PM Sundays  
11 Weeks \$110  
Begins January 5th

*The Medicine  
Shoppe &  
PHARMACY*



CURLING  
IS FOR  
EVERYONE!



**COMOX VALLEY  
CURLING CENTRE**  
est. 1958

**REGISTER ONLINE:**  
comoxvalleycurling.com  
(250) 334-4712  
info@comoxvalleycurling.com

4835 Headquarters Road, Courtenay, BC



**BLACK CREEK COMMUNITY ASSOCIATIONS ANNUAL**

# **CURLING FUNSPIEL**

**Register your Broom-mates and Sweep Squad  
It's time to be Rock Stars!**

**Saturday,  
February 15  
2025**

**Call 250-337-5190 to register your team**



**SAVE THE DATE!**

**Black Creek Community Associations Presents**

# **SHOT - GUN KELLY**

**Tickets will sell  
fast! call  
250-337-5190**

**Come out and  
Dance to some  
Live Music!**

**Cash Bar  
+  
Canteen**

**\$15/Ticket**

**SATURDAY, FEBRUARY 8TH, 2025**