

SPRING 2026 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



Who we are...

The Black Creek Community Association has been a part of this community since 1958

We are a non-profit organization and our goal is to provide recreational and educational opportunities to the people of Black Creek and surrounding communities.

We have a small staff and a volunteer board of directors that work hard to keep the facilities running smoothly. We consider our members and volunteers a part of our team.



CONTENTS

DON'T MISS OUT, REGISTER TODAY!

BOARD OF DIRECTORS

Chair & Facilities Director -

Jerry Griffin

Vice Chair - *Deanna McLeod*

Treasurer - *Laurie Beldam*

Secretary - *Ian Doe*

At Large - *Kerry Amos,*

Sarah Kehler, Shannon Bablitz

STAFF

Executive Director - *Kim Blackwell*

execdirector@blackcreek-cc.com

Finance Coordinator - *Stacey Stotts*

finance@blackcreek-cc.com

Office Administrators -

Jessie Roland and Stacey Stotts

info@blackcreek-cc.com

Programmer - *Kim Blackwell*

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

OFFICE HOURS

Mon through Sat - 9am to 1pm

Mon through Thurs - 4pm to 8pm

OFFICE CLOSED

Office Closed: April 3 & 6, May 18

CIRCULATION AND DISTRIBUTION

Copies are printed and distributed at businesses throughout the community in the Winter, Spring and Fall. You can find a digital copy on our website under the Programs tab..

www.blackcreek-cc.com

facebook.com/blackcreekcommunitycentre

instagram.com/blackcreekbc/

GRAPHIC DESIGN

michellegjerde@gmail.com



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 Parent & Peanut
Preschool Ballet
Preschool Jazz

YOUTH PROGRAMS

11 Junior Jazz Jam
Youth Spring Conditioning
Claydate

12 Softball
T-Ball
Soccer
Ball Hockey

YOUTH & ADULT PROGRAMS

13 Novice Knitters
Line Dance
Intermediate Line Dance
Pickleball

ADULT FITNESS PROGRAMS

14 The Art of Stretching
Step N' Pump
Centered Strength
Early Bird Workout
Shape Up

15 S.W.E.A.T.
Spin & Core
Mom & Baby Strength
Early Morning Spin

ADULT HEALTH & WELLNESS

16 Restorative Yoga
Mom & Baby Yoga
Mom & Tot Yoga
Tai Chi

17 Core Yoga
Yoga with Nancy Moelaert
All Levels Yoga
Hatha Yoga

18 Gentle Shamanic Circle

19 Meditation

OLDER ADULT FITNESS

20 Strength & Stamina
Strong Seniors
Fitness to Music
Forever Fit

WORKSHOPS

21 Business Builders Bootcamp
Fused Glass
Ladies Pottery
Turning Grief into medicine

22 Curling Winners Photos

EVENTS

23 MTV Dance Party
Easter Event

24 Spring Clean Work Bee

 * We accept cash, debit, cheques,
 Visa and MasterCard

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

theorangerreeservice22@gmail.com
theorangerreeservice.com

Find us on Facebook & Instagram

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 - 8:00pm Daily
Locally Owned and Operated
www.discoveryfoods.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

966 Shoppers Row
Campbell River, BC



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

BLACK CREEK FARM & FEED SUPPLY



250-337-8922

www.BlackCreekFarmAndFeed.ca

2184 Lalum Road (off 19A) Black Creek
Proudly Serving Our Island Communities For 30 Years!



REPORT

EXECUTIVE DIRECTOR



It has been a busy winter at the Centre, with daily programs, events, and rentals keeping our facility active and welcoming for all ages.

We are excited to share a new addition to our fitness room! After gathering member feedback, it was decided to purchase a stair climber to replace the broken treadmill. This is a brand-new piece of equipment

for us, and members are already enjoying the challenge it brings. If you have not visited our fitness room and are interested in a membership, please stop by for a tour.

We also hosted another successful Curling Funspiel. Thank you to all the teams for your continued support and enthusiasm. Be sure to save the date for upcoming events, including an MTV Dance Party and our annual family Easter celebration (see back pages for details).

Spring cleaning season



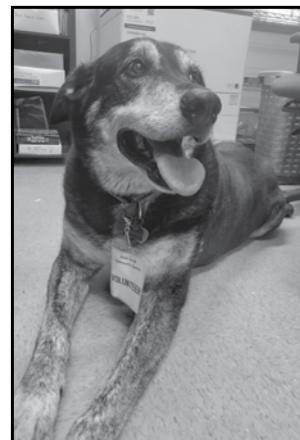
is here, and we could use your help. With a large property and a small staff and board, volunteer support makes a significant difference. We have a variety of projects planned, including clean-up along the Story Walk trail and disc golf course, power washing of buildings, the tennis court and playground, as well as painting, siding repairs, roof and gutter cleaning, brush cutting, and a small demolition project.

We have set aside May 9th for this community work day and welcome anyone who can lend a hand.

Our spring programming continues to offer something for everyone — fitness, health and wellness, arts, dance, sports, and a variety of workshops. As always, I look forward to seeing our spring youth programs back in full swing. There is nothing better than the energy of children running, playing, and laughing together. We are grateful for the return of our dedicated coaches: Ayo (soccer), Steve (T-ball), Dave and Jamie (softball), and Kolby (ball hockey).

Thank you not only to our coaches but our members & volunteers for your continued support of the Centre.

Kim



VISION AND MISSION



OUR VISION

We are an essential part of every community member's day.

To do this we will:

- Be a place to go for fun and enjoyment within our community
- Have our membership take ownership of our facility and programs
- Instill a sense of community within our membership
- Understand and meet our community's leisure and recreational needs

MISSION STATEMENT

Our place to become your place.

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 access card?**
3. **What requirements do I have if I am a youth under the age of 18?**
4. **Do I need to sign in?**
5. **What should I wear to the fitness room?**

1. Anyone 19yrs + can purchase a yearly 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 10 punch passes that are valid for one year from the date of purchase or until the 10 visits are used up (whichever comes first). Our drop-in fee can be used ONLY during office hours. *Please check office hours as they may be different at certain times of the year.
2. Access cards should be treated like cash. They are non-transferable and non-refundable. If you lose your access card, it will be de-activated and you can purchase a new card for \$10. Access cards are only to be used by the member they were issued to. If they are used by any other person or if a member brings a person to the fitness room after hours that does NOT HAVE A VALID MEMBERSHIP the card will be revoked. Drop-in's are not permitted in the facility when the office is not open.
3. 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.
4. Yes, we ask all members to sign in at the front desk (sheet will be left out after hours) on each visit. Please print your name clearly.
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 are an additional \$10 after the purchase of your chosen membership
 - Each person using the Fitness Room after hours must have their own access card and not bring in unauthorized guests
 - Punch passes & monthly memberships are non-transferable and non-refundable (unless due to medical reasons)
 - BCCA credits must be used or paid out within a year

PERSONAL TRAINING

The BCCA is very fortunate to have these five 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



Sarah Fountain is a busy mom of two, she understand how hard it can be to balance family, personal goals, and your health. Fitness isn't about perfection—it's about sustainable movement, building strength, and feeling confident at every stage of life. After completing a 70.3 Ironman, Sarah learned that lasting results come from consistency and the right approach—not endless hours. With certifications in personal training, nutrition, bodybuilding, and lifespan training, she can create realistic, personalized programs for all ages. Whether your goal is to build

FITNESS ROOM

PASSES & PUNCH CARDS

strength, improve energy, age gracefully or simply feel like your self again Sarah will support you.

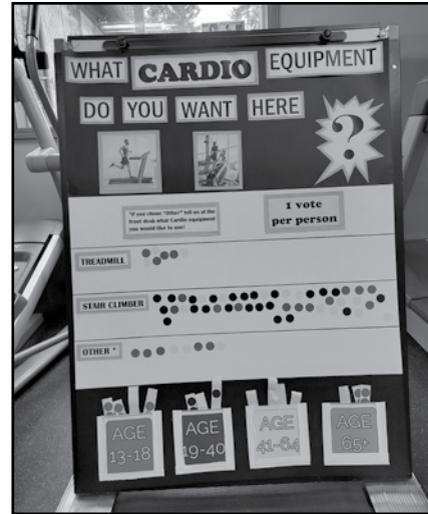
Sarah's mission is simple: help you build a strong, capable body while maintaining balance with the life you love.
sarahv_williams@hotmail.com



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 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. youturnactive@gmail.com to book your personal training with Kolby.



THE MEMBERS HAVE SPOKEN
We Now Have A New Stair Climber In The Fitness Room!

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	\$7	Adult 10 Punch *1 year expiry	\$55
Senior (65+)	\$6	Senior/Student 10 Punch *1 year expiry	\$45
Student (13-18) or valid student card	\$6	1 Month Adult	\$55
		1 Month Senior/Student	\$45
		2 Month Adult	\$80
		2 Month Senior/Student	\$70
		3 Month Adult	\$100
		3 Month Senior/Student	\$90
		6 Month Adult	\$160
		6 Month Senior/Student	\$150
		1 Year Adult	\$285
		1 Year Senior/Student	\$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

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 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 April 6 to June 30 have unlimited access to classes with your favourite Instructor. The 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 June 30.

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

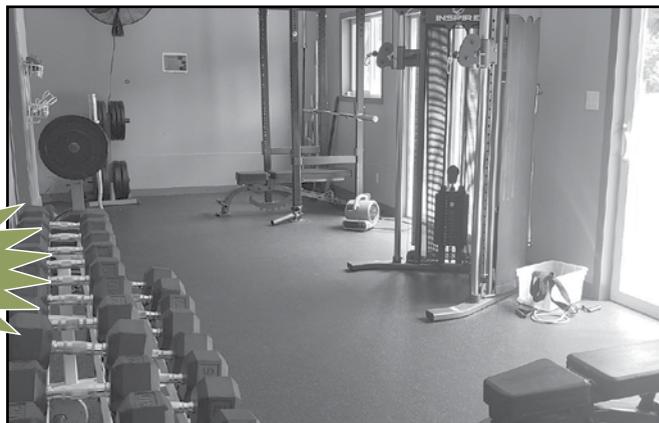
PROGRAM	INSTRUCTOR	FITPASS
Early Bird Workout	Madeleine	\$255
Shape Up	Marion	\$275
S.W.E.A.T (includes Spin & Core)	Jerry	\$250
Strength & Stamina, Strong Seniors, Fitness to Music, Forever Fit	Janine	\$180

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
6:30 - 7:15am		Early Morning Spin					
8:00 - 9:00am	Early Bird Workout		Early Bird Workout		Early Bird Workout		
9:05 - 10:05am	Shape Up		Shape Up		Shape Up	Spin & Core	
9:15 - 10:15am		Strong Seniors		Forever Fit			
10:15 - 11:15am			Fitness To Music				
10:30 - 11:30am	Strength & Stamina						
3:30 - 4:15pm	Mom & Baby Strength						
4:30-5:30pm	Centered Strength	Step N' Pump					
5:30 - 6:30pm				Step N' Pump			
6:00 - 7:00pm	S.W.E.A.T.		S.W.E.A.T.		Youth Spring Cond.		

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				
2:00 - 3:00pm			Tai Chi				
3:15 - 4:45pm				All Levels Yoga			
5:45 - 7:15pm		Yoga with Nancy					
6:00 - 7:00pm	Restorative Yoga						
7:00 - 8:00pm				Meditation			

ART, DANCE, MUSIC

1:00 - 2:00pm	Line Dance						
2:00 - 3:00pm	Intermediate Line Dance						
4:00 - 5:00pm					Claydate		
6:00 - 6:30pm					Pre-School Ballet		
6:30 - 7:00pm					Pre-School Jazz		
6:45 - 8:45pm			Novice Knitting				
7:15 - 8:00pm					Junior Jazz Jam		

SPORT

9:00 - 10:00am						Soccer (5-7yrs)	
10:15 - 11:15am						Soccer (8-12yrs)	
3:30 - 4:15pm			Ball Hockey (5-7yrs)				
4:00 - 5:00pm	T-Ball				SoftBall		
4:15pm - 5:15pm			Ball Hockey (8-13yrs)				
6:00 - 7:30pm		Beg/Int Pickleball O/P		Beg/Int Pickleball O/P	<i>Tuesday 10:30am to 2:00pm / Main Hall Reserved For Spinners User Groups Saturday 1:00pm to 4:00pm / Main Hall Reserved For Birthday Party Rentals</i>		
6:30 - 8:30pm	Round Robin						
7:30 - 9:00pm		Adv Pickleball O/P	Adv Pickleball O/P				

PRESCHOOL SPRING PROGRAMS

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, April 9 – June 25

(12 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: Calla Cunningham & Chelsea Brotherston Main Hall

Fridays, April 10 – May 29

(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

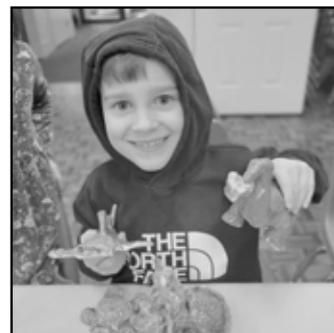
Instructor: Calla Cunningham & Chelsea Brotherston Main Hall

Fridays, April 10 – May 29

(8 sessions)

6:30pm – 7:00pm

Reg \$70 Early \$65



PUMPKIN PATCH NURSERY SCHOOL

250-702-1102

ppnsteacher@gmail.com

www.pumpkinpatchnurseryschool.ca

or  Find us on Facebook

Mon-Wed-Fri from 9:00am-1:00pm

Tues & Thurs from 9:00am- 1:00pm

Macaulay Road and Area Neighbourhood Association



★ "Not just a road,
it's our community." ★

mrana.ca

macaulayroadana@gmail.com

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

YOUTH SPRING PROGRAMS

JUNIOR JAZZ JAM

This upbeat and energetic class introduces young dancers to the fundamentals of jazz technique and performance. Dancers will explore style, rhythm, and expression while learning classic jazz movements such as kicks, turns, and isolations. Perfect for kids who love to move with personality and confidence!

Ages 7-9yrs ■ Main Hall

Instructor: Calla Cunningham & Chelsea Brotherston

Fridays, April 10 – May 29 (8 sessions)

7:15pm to 8:00pm ■ Reg \$75 Early \$70

YOUTH WINTER CONDITIONING

Build Strength. Improve Speed. Stay Active. Keep your young athlete moving and motivated through the spring months! This class focuses on developing strength, endurance, agility, and coordination through age-appropriate training. Using a mix of bodyweight exercises, resistance work, and functional movement drills, participants will build a solid athletic foundation while learning proper form and technique. Each session promotes confidence, teamwork, and a lifelong love of fitness — all in a supportive and encouraging environment. Perfect for off-season athletes or any youth looking to stay active and strong during the spring.

Ages 10-16 yrs ■ Instructor: Sara Fountain ■ Pavilion

Fridays, April 24 – May 29 (6 sessions)

6:00pm – 7:00pm ■ Reg \$50 Early \$45 DI \$10

CLAYDATE

In this 8-week course, your child will explore the fun and creative world of clay sculpting. They'll make animal figures like giraffes, elephants, gorillas, crocodiles, and more, following easy step-by-step lessons in forming, glazing, and firing. It's a great way to build skills, have fun, and bring home artwork they'll be excited to share.

Check out Judit's youtube video: <https://youtube.com/watch?v=8a13JQE-WeA&feature=share>

Ages 6 - 12yrs

Instructor: Judit Szilvasi

Lower Level

Fridays, April 10 – May 29

(8 weeks)

4:00pm – 5:00pm

\$200

THE FORBIDDEN
ZONE PIZZA 778-420-1990

Savor Specialty Coffee, Breakfast Delights,
and Artisanal Pizza ALL Day!

Open at
GAM
7 Days a week

Forbidden
Zone

Fuel your mornings
with forbidden flavors

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.

YOUTH

SPRING PROGRAMS — SPORTS



BLACK CREEK BEARS SOFTBALL

Participants will develop their batting, throwing, catching and base running skills in this non-competitive Softball program. Their new skills will be applied in many games that will also nurture good sportsmanship, team spirit and self confidence through learning new physical skills. Parent participation is encouraged. There will be an end of season BBQ and awards ceremony (date t.b.d)

Ages 7-9yrs & Ages 10-14yrs

*groups will be split into 2 depending on registration numbers *Instructors: Dave Barr & Jamie Hicks*
Black Creek Community Centre Field

Fridays, May 1 – June 26 (7 sessions)

**no session May 15 & 29*

4:00pm – 5:00pm ■ Reg \$75 Early \$70

T-BALL

Your little sluggers will have a ton of fun on the ball field this spring with non-competitive T-ball. Participants will develop their batting, throwing, catching and running skills in mock games that will also nurture good sportsmanship. Parent participation is appreciated.

Ages 4 - 6yrs

Instructor: Steve McNamee

Mondays, April 27 – June 22 (8 sessions)

**no session May 18*

4:00pm - 5:00pm ■ Reg \$80 Early \$75



SOCCER

Come play soccer with us! In this 6 week program you will practice all the skills needed to play soccer with drills and fun games. Runners or cleats are recommended

Ages 5 - 7yrs

Instructor: Ayo Ipaye
Black Creek

Community Centre Field

Saturdays, May 2 – June 6 (6 sessions)

9:00am – 10:00am ■ Reg \$55 Early \$50

Ages 8 - 12yrs

Instructor: Ayo Ipaye

Saturdays, May 2 – June 6 (6 sessions)

10:15am – 11:15am ■ Reg \$55 Early \$50



BALL HOCKEY

Come have some fun with Kolby while learning new skills including stick handling, passing and shooting. Runners are recommended and don't forget a water bottle.

Ages 5 - 7yrs ■ Instructor: Kolby Koschack

Miracle Beach School Gymnasium

Wednesdays, April 22 – June 10 (8 weeks)

3:30pm – 4:15pm ■ Reg \$60 Early \$55

Ages 8 - 13 yrs

Wednesdays, April 22 – June 10 (8 weeks)

4:15pm – 5:15pm ■ Reg \$60 Early \$55



ADULT

SPRING PROGRAMS — DANCE, ART, SPORTS

NOVICE KNITTERS

Do you know how to knit, cast on, and bind off? Are you ready to move onto some new projects? Join Sarah to learn more about reading patterns, getting gauge, and choosing the right yarn for the right project, while working on your first hat, cowl, socks, or whatever inspires you! In week one, we'll choose what project you'll work on for weeks 2 - 4 (and what supplies you'll need to bring).

Instructor: Sarah Thornton

Lower Level

Wednesdays, April 1 – April 22 (4 sessions)

6:45pm – 8:45pm ■ \$80

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, April 13 – May 25 (6 sessions) *no class May 18

1:00pm – 2:00pm ■ Reg \$53 Early \$48 DI \$10

INTERMEDIATE LINE DANCE

This class is for dancers who know the basics. Learn fun routines while building confidence, technique and new choreography each week.

Mondays, April 13 – May 25 (6 sessions)

*no class May 18

2:15pm – 3:15pm ■ Reg \$53 Early \$48 DI \$10



PICKLEBALL

Ages 16+

Facilitator: Lisa Sawatsky

Miracle Beach Elementary School Gymnasium

Build your Skills with themed games in a fun Round Robin Format

All levels welcome

Mondays, April 13 – May 4 (4 sessions)

6:30pm – 8:30pm ■ \$80

Open Play Pickleball

Open play will be held Tuesdays & Thursday evenings. Beginner/Intermediate will play from 6:00pm to 7:30pm followed by Advance play from 7:30pm to 9:00pm. Registration will fill up but drop-ins may still be available as not all registered players may show up. Drop ins are on a first come first serve basis. Please be respectful of new folks wanting to get into the sport and register for only your level of play.

Beginner/Intermediate Open Play

Tuesdays, April 7 – May 26 (8 sessions)

6:00pm – 7:30pm ■ \$56

Thursdays, April 9 – May 28 (8 sessions)

6:00 – 7:30pm ■ \$56

Advanced Open Play

Tuesdays, April 7 – May 26 (8 sessions)

7:30pm – 9:00pm ■ \$56

Thursdays, April 9 – May 28 (8 sessions)

7:30pm – 9:00pm ■ \$56

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 season. If there is a workshop or program, you would like to see offered, please contact us at programmer@blackcreek-cc.com or give us a call.

ADULT

SPRING PROGRAMS — FITNESS

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

Fridays, April 10 – June 26 (12 sessions)

10:15am – 11:15am ■ Reg \$100 Early \$95 DI \$10

STEP N' PUMP

A workout for all levels, combining step aerobics and resistance training. Using a bench and weights to provide a full-body cardio and strength workout. Various exercises will be emphasized for all muscle groups. Options will be demonstrated for the participants' needs. The 1-hr class ends with a 15min stretch.

Ages 16+

Instructor: Madeleine Ramsay
Main Hall

Tuesdays & Thursdays,
April 7 – June 25 (24 sessions)

Tuesdays 4:00pm – 5:00pm
Reg \$100 Early \$95 DI \$10

Thursdays 5:30pm – 6:30pm
Reg \$100 Early \$95 DI \$10



Register for
both & receive
10% off

CENTERED STRENGTH

Strengthen, stabilize, and unwind in this dynamic class that blends core conditioning, balance training, and deep stretching. You'll challenge your core with controlled movements, improve balance through mindful exercises, and finish with a relaxing stretch to release tension. Perfect for all fitness levels, this class is your midweek reset — feel stronger, more centered, and ready to move with ease.

Ages 16+ ■ Instructor: Sarah Fountain ■ Main Hall

Mondays, April 13 – June 8 (8 sessions) *no class May 18
4:30pm – 5:30pm ■ Reg \$70 Early \$65 DI \$10

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, Apr 8 – June 26 (34 sessions)

*no class May 18

8:00am – 9:00am ■ Fit Pass \$255 DI \$10

*Fit Pass includes access card to fitness room for session

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, April 8 – June 26 (34 sessions)

*no class May 18

9:05am – 10:05am ■ Fit Pass \$275 DI \$10

*Fit Pass includes access card to fitness room for session

ADULT

SPRING PROGRAMS — FITNESS

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 StabilityWith ExtremeAthleticTraining

Ages 16+

Instructor: Jerry Griffin

Pavilion

Monday & Wednesday, April 8– June 24

(22 sessions)

*no class May 18

6:00pm – 7:00pm

Fit Pass \$250 DI \$10

*Jerry's fit pass includes Saturday morning Spin & Core class

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

SPIN & CORE

Start your weekend off right! This class will alternate between using the spin bikes and a variety of core exercises. All levels welcome as you go at your own pace.

Ages 16+

Instructor: Jerry Griffin

Pavilion

Saturdays, April 11 – June 13

(10 sessions)

9:00am – 10:00am

Reg \$90 Early \$85 DI \$10

*Buy Jerry's Fit Pass which includes Mon & Wed evening S.W.E.A.T. class for \$250



MOM & BABY STRENGTH

This postpartum-focused strength class is thoughtfully designed to help new mothers regain strength, stability, and confidence after giving birth — all while bonding with their baby. Through a blend of functional strength training, breathwork, and mobility, we'll emphasize deep core and pelvic floor activation to support recovery and improve posture. Light to moderate weights are incorporated to safely rebuild overall strength and endurance, progressing at a pace that honors your body's healing process. Each session provides a supportive, encouraging environment where you can move, strengthen, and connect — with your baby right by your side. Ideal for: Moms cleared for physical activity (typically 6+ weeks postpartum) looking to restore their core, improve total-body strength, and enjoy a balanced return to fitness.

Instructor: Sarah Fountain ■ Main Hall

Mondays, April 13 – June 8 (8 sessions) *no class May 18

3:30pm – 4:15pm ■ Reg \$70 Early \$65 DI \$10

EARLY MORNING SPIN

Wake up and ride into your day with this high-energy 45-minute Spin class! Set to motivating beats and led by an instructor who'll push you to find your edge, this session will fire up your legs, lungs, and mindset. Expect climbs, sprints, and intervals that torch calories and boost endurance — all before breakfast. You'll leave sweaty, smiling, and ready to conquer the day! Note this class is in the outdoor pavilion; the pavilion is protected from wind & rain. Dress in layers as you will warm up fast!

Ages 16+ ■ Instructors: Sarah Fountain ■ Pavilion

Tuesdays, April 21 – June 9 (8 sessions)

6:30am – 7:15am ■ Reg \$70 Early \$65 DI \$10

(250) 792-2366
info@coastcatalystconstruction.com
coastcatalystconstruction.com

COAST CATALYST CONSTRUCTION
CUSTOM HOME BUILDS & HOME RENOVATIONS
BUILDING YOUR LEGACY

ADULT

SPRING 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: Shauncy Wright
Main Hall

Mondays, April 13 – June 22

(10 sessions) *no class May 18

6:00pm – 7:00pm

Reg \$105 Early \$100 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, April 15 – June 17 (10 sessions)

12:00pm – 1:00pm ■ Reg \$135 Early \$130 DI \$15



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.

Wednesdays, April 15 – June 17 (10 sessions)

10:15am – 11:15am ■ Reg \$135 Early \$130 DI \$15

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

Wednesdays, April 8 – June 24 (12 sessions)

2:00pm- 3:00pm ■ Reg \$95 Early \$90 DI \$9



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

ADULT

SPRING PROGRAMS — HEALTH & WELLNESS

CORE YOGA

This class 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.

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

Tuesdays, April 7 – May 19 (7 sessions)

8:45am – 10:15am

Reg \$90 Early \$85 DI \$15

YOGA WITH NANCY MOELAERT

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

Ages 16+ ■ Instructor: Nancy Moelaert ■ Main Hall

Tuesdays, April 7 – May 19 (7 sessions)

5:45pm – 7:15pm ■ Reg \$90 Early \$85 DI \$15

ALL LEVELS YOGA

Build on the basic postures and explore some advanced asana that build strength and endurance. Every class will include postures to relax and stretch. We will use Pranayama techniques (breathing exercises) to delve into the vibrations of the body. Discover an open mind to the sensations in the body as we hold postures beyond our initial desire to release. This class is for all levels; incorporating the fundamentals of a safe yoga practice. You will be provided with detailed instruction to build a strong foundation in your postures with modification to accommodate less flexibility or injuries as well as guidance to deepen your practice.

Ages 16+ Instructor: Nancy Moelaert
Main Hall

Thursdays, April 9 – May 14 (6 sessions)

3:15pm – 4:45pm ■ Reg \$80 Early \$75 DI \$15

HATHA YOGA Soft and Strong Series

Everyone is welcome! This weekly class will bring you closer to the true nature of yoga within you. Attuning to your breath as you move through the various asanas. Becoming more aware of your body, its strengths and weaknesses. We will move together gaining strength and mobility with a heightened awareness. The energy level is moderate, with an offering to either heighten your efforts or relax them.

Always acknowledging every day is different in your body and honoring it. Suggestions will be offered for modifying the asanas either to assist in more challenging asanas or deepen them. The class will have a two-cycle rhythm, it will repeat twice so you will have two opportunities to move more deeply into the intension of the class. We will follow the format of a classical hatha with each class cycle offering different asanas. You will end leaving feeling refreshed and renewed!

Laurie is a certified instructor with FDY and has been teaching at the BCCA for 5 years

Ages 16+ ■ Instructor: Laurie Beldam
Main Hall

Saturdays, April 11– June 13 (9 sessions) *no class May 23

10:30am – 11:45am ■ Reg \$95 Early \$90 DI \$12



ADULT

SPRING PROGRAMS — HEALTH & WELLNESS

GENTLE SHAMANIC CIRCLE

A weekly one-hour circle for grounding, guided shamanic journeying, and gentle integration.

This is not a course you have to “keep up with.” It’s a place to return—week after week—and meet what is ready to be met in you, at the pace your system can hold. Each gathering opens with a simple ritual to settle the body and create a safe container. From there, we’ll enter a guided shamanic journey—supported by drum or rattle—to listen for the wisdom that wants to rise now. We’ll close with a gentle sharing circle (always optional) so what you receive can land, integrate, and become something practical you can carry into your week.



What to expect each week

- A calm opening + agreements for safety and respect
- A simple shamanic ritual for grounding/clearing/intention
- A guided shamanic journey (no experience needed)
- Quiet integration (journaling/drawing/breath)
- Sharing circle for witnessing and support (you may pass)

This circle is for you if you want...

- to reconnect to your inner guidance in a steady, supportive rhythm
- a gentle spiritual practice without pressure or performance
- insight that comes from within,
- a place to be witnessed and to witness others with kindness

Please bring

A journal and pen. A small object for the altar if you’d like (optional). Comfortable clothing. You’re welcome to sit in a chair the whole time.

This is a supportive, educational circle for self-connection and inner exploration. You are always invited to participate in a way that feels safe—eyes open, listening only, or stepping out if needed.

Ages 18+ Instructor: Tammy Julien ■ Main Hall

Wednesdays, April 15 – June 3 (8 weeks)

6:00pm – 7:00pm ■ Reg \$80 DI \$12

TAMMY JULIEN

is a certified hypnotherapist and an Ordained Celtic Shamanic Priestess in the Order of the Magdalene.

As a Bee Medicine Woman, she offers grounded, compassionate facilitation through guided journeywork, simple ritual, and sharing circles. Her approach emphasizes safety, choice, and respectful witnessing, and her work has supported many people in moving through life’s struggles with resilience and renewed self-connection.



NORTH ISLAND SURVIVORS’ HEALING SOCIETY

Trauma & Abuse Counselling Centre



CALL 250-287-3325

professional counselling by appointment
www.nishs.ca



Lloyd's Doggy Daycare

text/call 416-722-0706 CanineConduct.ca

ADULT

SPRING PROGRAMS — HEALTH & WELLNESS

BUDDHIST MEDITATION SPRING SERIES 1

Meditations on Love, a Guide to Cultivating Meaningful and Compassionate Relationships

Whenever we feel an appreciation for another living being, whenever we are valuing another person's happiness or freedom, we are experiencing love. Authentic love is available to us at any time. Love is the manifestation of our naturally good heart and whenever we access it we experience peace and happiness. The mind of love is a tremendous source of energy. The mind of love can nourish and heal. Buddha taught an extraordinary sequence of meditations through which we gradually let go of the hurt and resentment that holds us back from opening our hearts to others. These meditations help us to purify our love, thereby improving all our relationships. Step by step practical advice will be shared on how to cultivate a mind of love, connect with people on a deeper level, and expand our capacity for love to eventually encompass all living beings.

- April 2** How to Love without Attachment
- April 9** The Open Heart of Equanimity
- April 16** Deepening our Empathy and Love
- April 2** Recognizing the Power of Love
- April 30** A Meditation on Love that Changes Everything

Instructor: Janet Marriott ■ Main Hall

Thursdays, April 2 – April 30 (5 sessions)
7:00pm – 8:00pm ■ Reg \$55 Early \$50 DI \$12

SPRING SERIES 2

Meditation and the Creative Power of the Mind

Whatever we wish to create will come about through understanding the creative power of the mind. When we are not clear about the purpose or potential of our life, it is difficult to accomplish much of anything. When we align our intentions and actions with a clear sense of our potential, amazing accomplishments arise with surprising ease. The power of intention can take us anywhere, to terrible experiences or wonderful ones, including the lasting peace of enlightenment. Where it will take us depends on how we direct it. Learn to use meditation to cultivate this amazing inner power!

May 7 - The Power of Intention

A positive intention has a powerful effect on the shape of our lives since our mind becomes involved with whatever we pay attention to. Our happiness depends upon what our mind energizes. With intention, we can choose what we wish to focus on, thereby reducing negativity.

May 14 - The Benefits of Mindfulness

Mindfulness helps us not to forget our positive intentions. Without mindfulness, our mind will not remain steady. In this class, we will explore how to develop a quality of mindfulness that allows us to positively and peacefully steer our mind.

May 21 – How to Protect Your Mind

By developing alertness, we can protect our mind from developing inappropriate attention. In this way, we use our wisdom to prevent negative thoughts and feelings from becoming overwhelming.

May 28 - Pausing Can Be Powerful

By developing our ability to pause and consider our response to challenging people or situations, our actions and

Instructor: Janet Marriott ■ Main Hall

Thursdays, May 7 – May 28 (4 sessions)
7:00pm – 8:00pm ■ Reg \$45 Early \$40 DI \$12

SPRING SERIES 3

Living a Meaningful Life in Times of Confusion

We live in a time where distractions abound, and confusion seems ever present. How can we bring meaningful improvement to our life and the lives of others? Buddha's teachings offer practical tools that allow us to develop and maintain our inner peace without becoming overwhelmed. When we have a peaceful mind, we are able to respond to life's events skillfully and help those around us.

- June 4** Meditation to Find Meaning
- June 11** Calming our Distracted Mind
- June 18** What Does it Mean to Cherish Others?
- June 25** Cultivating Compassion

Thursdays, June 4 – June 25 (4 sessions)
7:00pm – 8:00pm ■ Reg \$45 Early \$40 DI \$12

Stay tuned with our website, Facebook & Instagram pages for additional Workshops.

YOUR LOCAL REALTOR®
HEATHER.CLIFFORD@EXPREALTY.COM
WWW.HEATHERCLIFFORD.COM
BORN & RAISED COMOX VALLEY
e p REALTY
HEATHER CLIFFORD
• ESTATE SALES
• SENIOR REAL ESTATE SPECIALIST
• ACREAGE
• WATERFRONT
• RELOCATION
• NEW BUILD
• POWER OF ATTORNEY
• RENOVATIONS & LAND SALES
604-698-9855 TEXT/ CALL

OLDER ADULT

SPRING PROGRAMS — HEALTH & WELLNESS

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 1pm.

Ages 55+ ■ *Instructor: Janine Calder*
Main Hall

Mondays, April 13 – May 25 (6 sessions) *no class May 18
10:30am – 11:30am ■ Reg \$50 Early \$45 DI \$9

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

STRONG SENIORS

Introduction to weight training exercises using the fitness room 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

Tuesdays, April 7 – May 26
(8 sessions)
9:15am – 10:15am
Reg \$65 Early \$60 DI \$9

Buy Janine's
Fit Pass for \$180 and
come to all 4 classes
a week, also includes
an access card to the
fitness room

FOREVER FIT

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

Thursdays, April 9 – May 28 (8 sessions)
9:15am – 10:15am ■ Reg \$65 Early \$60 DI \$9



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, April 8 – May 27 (8 sessions)
10:15am – 11:15am ■ Reg \$65 Early \$60 DI \$9

Local Roots. Community Heart. Trusted Pet Care

LOCALLY OWNED  LOCALLY LOVED

TSOLUM
veterinary hospital

WELCOMING NEW PETS & FAMILIES

Info@tsolumvet.ca 778 428 6401 2624 Merville Rd.

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
7778 Sturgess Rd. Black Creek, BC V9J 1G7

WORKSHOPS

BUSINESS BUILDERS BOOTCAMP

Know Your Numbers: Using Financial Statements to Run a Stronger Rural Business

Learn how to read and use your income statement, balance sheet, and cash flow report as practical tools to understand business performance, spot issues early, and make more confident decisions

Wednesday, April 8

6:30pm – 8:00pm ■ \$25

FUSED GLASS -NIGHTLIGHTS

In this 2h workshop, Ilene, of Some Antics, will guide you in creating a fused glass work of art. The piece will be 3x3 inches so as to be mounted on a nightlight or tealight (your choice). Ilene will bring all the glass and some ideas for you to enjoy putting together this piece. Then, she will take it away to be fired and mounted and you can pick your lovely finished piece up from the BCCA in about a week. Bring a friend and have an evening out being creative. 14+ welcome. **Please wear closed-toe shoes*

Ages 13+ ■ Instructor: Ilene Yeomans of Some Antics
Lower Level

Thursday, April 23 ■ 7:00pm – 8:30pm ■ \$55

LADIES POTTERY NIGHT

Wear your mud clothes because its pottery time! No matter what you are interested in: pinch, coil, slab, or wheel technique, you can design your own pieces in Judit's studio. We will use traditional ways to fire the clay using glaze to cover the art pieces. This course is for beginners who would love to try having fun with clay!
All materials included.

Ages 18+ ■ Instructor: Judit Szilvasi
Judit's studio

Mondays, March 30 – April 27 (4 sessions)

2:00pm – 4:00pm ■ \$230

Mondays, April 13 – May 4 (4 sessions)

6:00pm – 8:00pm ■ \$230

Fridays, April 17 – May 8 (4 sessions)

6:00pm – 8:00pm ■ \$230



TELL YOUR BUSINESS STORY: VIDEO MARKETING WITHOUT THE STRESS

Learn how to confidently share your business story through simple, authentic video; no fancy equipment or experience required—to connect with customers and grow your brand.

Wednesday, May 13

6:30pm – 8:00pm ■ \$25

TURNING GRIEF INTO MEDICINE: RITUAL, WITNESS, AND MEANING

In the old way, many of us learned to hold grief privately—to hide it, manage it, or carry it like pain we're supposed to outgrow. We tell the stories on the surface, but underneath there are feelings that have lived in us a long time: sorrow, heaviness, shock, longing, the ache of what never had a safe place to be held. And grief doesn't only arrive through death or obvious loss. Sometimes it's the grief of a life that didn't unfold as hoped.

In the shamanic way, grief is not treated as something to "get over," nor as something we solve by talking harder. Grief is approached as a sacred passage—a threshold that changes us. Ritual creates a doorway and meaning begins to return. We come to welcome what's true in a way that doesn't overwhelm us, and to let grief become medicine rather than isolation.

This is the Bee way of grieving—inspired by the old tradition of Telling the Bees, where the news is brought to the hive so sorrow isn't carried alone. I come to this work as a Bee Medicine Woman, and through my own lived initiation, including a near-death experience that reoriented my relationship with life, death, and what truly matters. I've come to trust that grief is one of the deep undercurrents of our time and felt by so many today with all the world changes. Beneath so much of what we feel today—*anxiety, exhaustion, anger, numbness, disillusionment*—there is often unacknowledged grief: the losses we've endured, the futures that didn't happen and the tenderness we've had to hide to keep functioning.

You won't be asked to tell your stories. The stories are universal—different faces, same human currents. And the stories will keep coming, because life keeps living. We go beneath the surface, into the underlying feeling that the story carries. When that layer is welcomed with ritual and witness, you don't have to hold every chapter as a devastation. Something in you learns to embrace life's larger movements with more tenderness, meaning, and support.

Instructor: Tammy Julien ■ Main Hall

Sunday, May 10

10:00am – 1:00pm ■ \$25



Come shop at **2 Farmstores in Black Creek!**



8376 North Island Highway
www.shorewolfarm.ca

Thursdays, Fridays • 9-5 pm
 Saturdays • 10-4 pm

- Organic Baking
- Berries
- Vegetables
- *Brand New Store!*



7911 North Island Highway
www.clevercrowfarm.com

Wednesdays to Saturdays • 9-5 pm

- Vegetables
- Spices & Gifts
- Coffee & Treats
- Soups & Sauces
- Italian Products

Grown locally with love!

WE ARE

LIKE TOTALLY

HAVING A



DANCE

Saturday, April 18

50/50 Draw - Cash Bar - Food - Dance - Good Times

\$10/ Ticket

Video Dance Music from the 70's + 80's + 90's



Get your tickets at the Black Creek Community Centre

BLACK CREEK
community centre

2001 Black Creek Road or call 250-337-5190



Easter at the Centre

Saturday, April 4th 10am - 1pm

EASTER EGG HUNT - CRAFTS - GAMES - HOT DOGS

Hunt starts at 11:00am

PLEASE register your family in advance so we can be sure to have enough supplies for all the fun!

250-337-5190 or info@blackcreek-cc.com



BLACK CREEK
community centre

WE

NEED

YOU!



Spring Clean Work Bee

May 9th 2026

@ The Black Creek Community Centre

If you are able to volunteer some time we would greatly appreciate it!

for more info on our Spring Work Bee

call 250-337-5190

info@blackcreek-cc.com

