

FALL 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...

In 1958 a number of community members believed it would be of interest to establish a baseball field and a community hall for potluck dinners and dances.

The first meeting was held in the garage of Jake Wiebe during the month of July 1958. A property committee was formed, and various sites were examined and discussed. There were not enough people present at the 3rd meeting to decide on buying a lot, so a public campaign was set in motion to stir up interest. At the 4th meeting the group inaugurated a constitution and took the name of the Black Creek Recreation Centre (later changed to the Black Creek Community Association). An executive committee was voted on: President – Jack Macaulay; Vice-President – Jake Wiebe; Secretary – Joan McLean; Treasurer – Peter Schultz; Committee Members – Henry Schulz, Judy Ewert, Jack Robinson, Bruce McLean, Jim Bates, Pete Enns, John Hoepfner.

Five further meetings were held in which the executive inquired and rejected several properties in the district, until 2 sites were finally chosen. On September 4, 1958, members voted on their choice. This meeting was held at the new Black Creek School which had just been built and completed during the summer and was the first meeting to be held at the school. The members voted 23 to 11 to buy the property owned by Pete Hamm and Rudy Ewert, which was formerly owned by Philip Scheck. 35 people attended the meeting.

(written by Mrs. Joan McLean)

68 years later, the Black Creek Community Association is proud to continue the legacy these founders started. We remain a non-profit society that aims to provide recreational opportunities to the Black Creek community and surrounding areas.



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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: Sept 7, Oct 12, Nov 11,
Dec 20 to Jan 3

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



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Visa and MasterCard



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REPORT

EXECUTIVE DIRECTOR



It was a busy and exciting spring at the Centre, with our children's sports programs in full swing and plenty of activity on the fields. As spring came to an end, many of our regular programs paused for the summer, giving our dedicated instructors a well-deserved break. We then shifted into a busy

wedding season, and it's always wonderful to see our spaces transformed into unique and beautiful settings for each celebration.

Throughout the summer, we've been busy with a variety of improvement projects around the Centre. These have included our annual reorganization of storage sheds and closets, gardening, and general property maintenance. A huge thank you to all of the volunteers who joined us for our spring clean-up. Thanks to their hard work, we were able to power wash the concrete, clean the gutters, clear brush along the trails and fences, and complete many other projects.

This year, we were fortunate to receive funding through the Canada Summer Jobs (CSJ) program. Kyla Reide joined us for the summer after completing Grade 11 at Mark R. Isfeld Secondary School. Working alongside Cat Lavigne, our new Fall Fair Coordinator, Kyla has helped prepare for the Fall Fair, provided childminding, baked with our Creek Crew youth,

and assisted with a wide range of projects. It has been a pleasure to have her as part of our team this summer.

Our fall season begins with our annual Fall Fair on **Saturday, September 12**. You can look forward to a full day of entertainment, vendors, demonstrations, delicious food, a children's carnival, contests, a silent auction, and much more. As always, there are sure to be a few surprises!

We are also pleased to welcome local resident Cat Lavigne as our new Fall Fair Coordinator. Bringing previous event planning experience and plenty of enthusiasm, Cat has already made a wonderful impact, and it has been exciting to see her vision for this year's fair come to life.

Fall also marks the return of our programs and workshops. Whether you're interested in fitness, health and wellness, sports, or the arts, we hope you'll find a class that's right for you. If you prefer to work out on your own schedule, our fitness room is available as well. Looking for a space to host a birthday party, family reunion, meeting, or other special event? We have rental spaces to suit a variety of occasions.

We look forward to seeing you at the Centre this fall!
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.



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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 September 8 to January 4 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 January 4.

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	\$300
Shape Up	Marion	\$320
S.W.E.A.T (includes Spin & Core)	Jerry	\$310
Strength & Stamina, Strong Seniors, Fitness to Music, Forever Fit	Janine	\$190

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		
9:00 - 10:00am						Spin & Core	
9:05 - 10:05am	Shape Up		Shape Up		Shape Up		
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						
4:00-5:00pm		Step N' Pump					
4:30-5:30pm	Centered Strength						
5:00 - 6:00pm			Youth Kickboxing				
5:30 - 6:30pm				Step N' Pump			
6:00 - 7:00pm	S.W.E.A.T.		S.W.E.A.T. Adult Kickboxing		Youth Fall Cond.		

HEALTH & WELLNESS

8:45 - 10:15am		Core Yoga					
9:30 - 12:30pm				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					
5:45-6:45pm	Slow Flow Yoga						
7:00 - 8:00pm	Restorative Yoga			Meditation			
7:30 - 8:30pm			Gentle Shamanic Circle Collective Dreaming				
8:15 - 9:15pm	Nidra						

ART, DANCE, MUSIC

1:00 - 2:00pm	Line Dance						
2:00 - 4:00pm	Ladies Pottery						
4:00 -5:00pm					Claydate		
6:00 -6:30pm					Pre-School Ballet		
6:00 -8:00pm	Ladies Pottery						
6:30 - 7:00pm					Pre-School Jazz		
6:45 - 8:45pm			Beginner Knitting Holiday Knitting				
7:15 - 8:00pm							

SPORT

6:00 - 7:30pm		Beg/Int Pickleball O/P		Beg/Int Pickleball O/P	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		
6:30 - 8:30pm	Beg Lessons Pickleball						
7:30 - 9:00pm		Adv Pickleball O/P		Adv Pickleball O/P			

PRESCHOOL

FALL 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, Sept 17 – Dec 17

*(13 sessions) *no session Nov 19*

*9:30am to 10:15am *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: T.B.D.

Main Hall

Fridays, Sept 18 – Nov 6 (8 sessions)

6:00pm – 6:30pm ■ Reg \$75 Early \$70



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: T.B.D.

Main Hall

Fridays, Sept 18 – Nov 6

(8 sessions)

6:30pm – 7:00pm

Reg \$75 Early \$70



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YOUTH

FALL PROGRAMS

YOUTH MUAY THAI KICKBOXING

This Youth Muay Thai Kickboxing classes help kids build confidence, discipline, and fitness while learning fundamental striking, footwork, and self-defense skills in a safe, supportive environment. Students improve coordination, focus, and respect through fun, age-appropriate training led by an experienced coach. No experience is necessary.

Ages: 7 – 12yrs ■ Instructor: Chase Gunderson
Main Hall

Wednesdays, Oct 7 – Dec 16 (10 sessions)

**no class Nov 11*

5:00pm – 6:00pm ■ Reg \$85 Early \$80 DI \$10

YOUTH FALL CONDITIONING

Build Strength. Improve Speed. Stay Active. Keep your young athlete moving and motivated through the fall 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 fall.

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

Fridays,
Sept 18 – Oct 23

(6 weeks)

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 Arctic

Animal Figures: Polar Bear, Snow Owl, Beluga Whale, Arctic Hare, Walrus 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=8aI3JQE-WeA&feature=share>

Ages 6 - 12yrs ■ Instructor: Judit Szilvasi
Main Hall

Fridays, Sept 25 – Nov 13 (8 sessions)

4:00pm – 5:00pm

\$200



Macaulay Road and Area Neighbourhood Association



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YOUTH & ADULT

FALL PROGRAMS — DANCE, ART, SPORTS

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 and purl stitches, casting on and binding off, fixing mistakes, and more. We'll start with fingerless mitts and by week 3, you'll be choosing your next projects. Your instructor, Sarah, is happy to tailor instruction to your skill level. Materials available for purchase or you can bring your own 5mm needles and approx 100g of heavy worsted weight yarn (wool suggested).

Instructor: Sarah Thornton
Lower Level

Wednesdays, Oct 7 – Oct 28 (4 sessions)
6:45pm – 8:45pm
\$80

HOLIDAY KNITTING

Come and work on your holiday knitting projects in a supportive session! Sarah will be available to help you with techniques and tricks and will also have ideas for quick-knit holiday gifts. This session is designed for novice to intermediate knitters.

Instructor: Sarah Thornton
Lower Level

Wednesdays, Nov 18 – Dec 9
(4 sessions)
6:45pm – 8:45pm
\$80

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, Sept 14 – Oct 5 (4 sessions)
2:00pm – 4:00pm ■ \$230

Mondays, Sept 14 – Oct 5 (4 sessions)
6:00pm – 8:00pm ■ \$230

Judit will also offer **One on One Ladies Beginner Pottery Wheel Time**. \$80 for 2 hours. Time and day to be arranged with Instructor. Price includes firing the clay pieces and glazing the fired pottery.

LINE DANCE; BEGINNER AND BEYOND

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, Sept 14 – Dec 14 (11 sessions)
*no class Oct 12, Nov 9 & 16
1:00pm – 2:00pm ■ Reg \$95 Early \$90 DI \$10



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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.

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YOUTH & ADULT

FALL PROGRAMS — DANCE, ART, SPORTS

PICKLEBALL

Ages 16+ ■ *Facilitator: T.B.D*

Miracle Beach Elementary School Gymnasium

Beginner Lessons

Learn the basics of pickleball in a fun, welcoming environment! Our beginner lessons cover the rules, scoring, serving, and fundamental skills to help you build confidence and enjoy the game. No experience is required.

Mondays, Oct 19 – Dec 7 (8 sessions)

6:30pm – 8:30pm

\$160

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, Oct 6 – Dec 8 (10 sessions)

6:00pm – 7:30pm ■ \$80 DI \$8

Thursdays, Oct 8– Dec 10 (10 sessions)

6:00 – 7:30pm ■ \$80 DI \$8

Advanced Open Play

Tuesdays, Oct 6 – Dec 8 (10 sessions)

7:30pm – 9:00pm ■ \$80 DI \$8

Thursday, Oct 8– Dec 10 (10 sessions)

7:30 – 9:30pm ■ \$80 DI \$8

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, Sept 18 – Dec 18 (14 sessions)

10:15am – 11:15am ■ Reg \$120 Early \$115 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, Sept 14 – Dec 18 (40 sessions)

**no class Oct 12, Nov 11*

8:00am – 9:00am ■ Fit Pass \$300 DI \$10

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



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ADULT

FALL 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 feeling challenged and motivated, ready to come back for more.

Ages 16+ ■ Instructor: Marion Eberlein
Main Hall/Pavilion

Mon/Wed/Fri, Sept 14 – Dec 18

(40 sessions)

*no class Oct 12, Nov 11

9:05am – 10:05am

Fit Pass \$320 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 StabilityWith

ExtremeAthleticTraining

Ages 16+ ■ Instructor: Jerry Griffin ■ Pavilion

Mondays & Wednesdays, Sept 14– Dec 16 (26 sessions)

*no class Oct 12, Nov 11

6:00pm – 7:00pm ■ Fit Pass \$310 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, Sept 19 – Dec 19 (13 sessions) *no class Nov 28

9:00am – 10:00am ■ Reg \$115 Early \$110 DI \$10

*Buy Jerry's Fit Pass which includes Mon & Wed evening

S.W.E.A.T. class for \$310

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

Wednesdays, Oct 7 – Dec 16 (10 sessions) *no class Nov 11

6:00pm – 7:00pm ■ Reg \$85 Early \$80 DI \$10



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ADULT

FALL PROGRAMS — FITNESS

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, Sept 14 – Dec 14 (13 sessions)

*no class Oct 12

4:30pm – 5:30pm

Reg \$110 Early \$105 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,
Sept 15 – Dec 15
(14 sessions)

4:00pm – 5:00pm

Reg \$120

Early \$115 DI \$10

Thursdays, Sept 17 – Dec 17
(14 sessions)

5:30pm – 6:30pm

Reg \$120 Early \$105 DI \$10

Register for
both & receive
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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, Sept 14 – Dec 14 (13 sessions) *no class Oct 12

3:30pm – 4:15pm ■ Reg \$110 Early \$105 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, Sept 15 – Nov 3 (8 sessions)

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



ADULT

FALL PROGRAMS — HEALTH & WELLNESS

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

1st Session:

Wednesdays, Sept 16 – Oct 21 (6 sessions)

12:00pm – 1:00pm ■ Reg \$85 Early \$80 DI \$15

2nd Session:

Wednesday, Nov 4 – Dec 16 (6 sessions)

**no session Nov 11*

12:00pm – 1:00pm ■ Reg \$85 Early \$80 DI \$15

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, Sept 14 – Dec 14 (13 sessions)

**no class Oct 12*

7:00pm – 8:00pm ■ Reg \$135 Early \$130 DI \$12

SLOW FLOW YOGA

Move with intention through gentle, flowing poses designed to improve flexibility, balance, and strength while promoting relaxation and mindfulness. Suitable for all levels. Focus on connecting your breath with movement to reduce stress and improve overall well-being. Modifications are offered to support different abilities and experience levels. Leave each class feeling refreshed, grounded, and energized.

Instructor: Shauncy Wright ■ Main Hall

Monday, Sept 14 – Dec 14 (13 sessions) **no class Oct 12*

5:45pm – 6:45pm ■ Reg \$135 Early \$130 DI \$12

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:

Wednesday, Sept 16 – Oct 21 (6 sessions)

10:15am – 11:15am ■ Reg \$85 Early \$80 DI \$15

2nd Session:

Wednesday, Nov 4 – Dec 16 (6 sessions)

**no session Nov 11*

10:15am – 11:15am ■ Reg \$85 Early \$80 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, Sept 16 – Dec 16 (13 sessions)

**no session Nov 11*

2:00pm – 3:00pm ■ Reg \$105 Early \$100 DI \$9

ADULT

FALL PROGRAMS — HEALTH & WELLNESS

NIDRA

Experience deep relaxation through the practice of Yoga Nidra, a guided meditation designed to calm the mind and restore the body. This gentle, accessible practice is done lying down in a comfortable position with no physical yoga experience required. Leave feeling refreshed, recharged, and better equipped to manage stress and improve overall well-being.

Instructor: Shauntcy Wright ■ Main Hall

Mondays, Sept 14 – Dec 14 (13 sessions) *no class Oct 12
8:15pm – 9:15pm ■ Reg \$135 Early \$130 DI \$12

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, Sept 15 – Dec 15 (14 sessions)
8:45am – 10:15am ■ Reg \$180 Early \$175 DI \$15

CHAKRA YOGA

We are energy beings! There are 72,000 Nadis, (meridians) in the body. At the intersections of these energy pathways are 7 major Chakras that run the length of the spine to the crown of the head. These energy pathways are also the basis for acupuncture, reflexology, medical qi gong and much more. We will explore to open the Chakras with yoga postures, breathing exercises and meditation. Yoga postures are designed to open our energy channels but it is the breath that gets the energy moving as the mind is focused and present. The Chakras function as pumps or valves like energy transformers regulating the flow of energy through our energy system. The functioning of the Chakras open or close as we respond to our thoughts and emotions. E-motions – energy in motion – is an integral component of our overall health. When the valves close, blockages are created. In time these blockages produce physical tension, pain and disease. Upon registration, additional pre-reading material will be provided to create an intellectual foundation for you which will allow the class time to be more experiential.

Instructor: Shauntcy Wright ■ Main Hall

Tuesday, Sept 15 – Dec 15 (14 sessions)
5:45pm – 7:15pm ■ Reg \$180 Early \$175 DI \$15



ALL LEVELS YOGA

All levels yoga 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. Classes begin with Pranayama techniques (breathing exercises) to foster inner awareness, movement to loosen and stimulate release of tight muscles and stress while anchoring the mind into awareness. Discover an open mind to the sensations in the body as we hold postures beyond our initial desire to release. Every class will conclude with postures to relax and stretch.

Ages 16+ Instructor: Nancy Moelaert ■ Main Hall

Thursdays, Sept 17 – Dec 17 (14 sessions)
3:15pm – 4:45pm ■ Reg \$180 Early \$175 DI \$15

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ADULT

FALL PROGRAMS — HEALTH & WELLNESS

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, Sept 19 – Dec 19

(14 sessions)

10:30am – 11:45am

Reg \$145 Early \$140 DI \$12



COLLECTIVE DREAMING:

A 6 week Exploration into Shared Consciousness

What happens when a group of people holds the same intention and dreams together? For thousands of years, dreams have guided individuals, communities, and cultures. They have been sought for wisdom, healing, creativity, and insight. Yet one question remains largely unexplored: Can a community intentionally dream together around a shared inquiry? This six-week experiential circle invites participants to become part of a living exploration. Each week we will gather in a safe, respectful circle to enter a shared field of intention. Through a guided Hive Meditation, we will choose a common theme, question, or life inquiry that the entire group will carry into their dreams throughout the week. Rather than attempting to control or interpret our dreams, we will learn to listen—to notice symbols, emotions, recurring themes, unexpected connections, and the quiet intelligence that often speaks through the dreaming mind. Between gatherings, participants will record their dreams and reflections and share them within our private online group. Together we will observe what unfolds over the course of the week.

At each weekly gathering we will:

- Begin with a guided Hive Meditation to enter the shared field.
- Explore the dreams that emerged during the week.
- Look for recurring symbols, themes, and patterns.
- Reflect on what may be revealing itself through the collective experience.
- Choose the next week's shared inquiry.

Possible areas of exploration may include:

- Healing and wellbeing
- Relationships
- Life transitions
- Creativity
- Nature and the living world
- Community questions
- Personal growth
- Dreams of the future
- Archetypal symbols
- The wisdom of the unknown This is not a dream interpretation course, nor is it about finding one "correct" meaning for a dream. It is an invitation to explore what becomes possible when a community intentionally enters into relationship with the dreaming world. Together we will ask:
 - What happens when many people hold the same intention?
 - Do patterns emerge across different dreamers?
 - Can dreams deepen our understanding of a shared question?
 - What can we learn when we approach dreaming with curiosity rather than certainty? Whether you remember dreams every night or only occasionally, you are welcome. No previous experience is necessary—only curiosity, openness, and a willingness to participate in a shared exploration.

Perhaps dreaming has never been meant to be a solitary experience.

Come and discover what may emerge when we dream together.

Ages 18+ Instructor: Tammy Julien ■ Main Hall

Wednesdays, Oct 28 - Dec 9 (6 weeks) *no class Nov 11

7:30pm to 8:30pm ■ Reg \$85 Early \$80 DI \$15

OLDER ADULT

FALL 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, Sept 16 – Oct 21 (6 weeks)

**no class Nov 11*

7:30pm – 8:30pm ■ Reg \$85 Early \$80 DI \$15

BUDDHIST MEDITATION

FALL SESSION 1

Practical Instructions for Everyday Life

Where does happiness really come from?

According to Buddhist meditation there really is a scientific formula for happiness. If we put Buddha’s instructions into practice, we can develop our own reliable source of happiness. When we investigate happiness from a Buddhist perspective we discover its real causes. We understand how happiness is actually an ‘inside job’ and that outer conditions can only make us happy if our mind is peaceful. We learn to recognise the bad mental habits that stop us feeling good, and the positive states of mind that will sustain us in every area of our life. This class is you have never mediated or if you are an experienced mediator it doesn’t matter. All are welcome.

Sept 17 What is Buddhist meditation?

Sept 24 How does meditation improve the quality of our life?

Oct 1 Four Truths for Modern Life – An Introduction to Buddha’s First Teachings

Oct 8 Our Precious Human Life

Oct 15 Understanding the Causes of our Suffering

Oct 22 How Can We Free Ourselves from Suffering?

Oct 29 The Spiritual Path

Instructor: Janet Marriott ■ Main Hall

Thursdays, Sept 17 – Oct 29 (7 sessions)

7:00pm – 8:00pm ■ Reg \$75 Early \$70 DI \$12

FALL SESSION 2

Buddhist Teachings on the Six Perfections

Many people have the compassionate wish to benefit others, but few understand how to accomplish this successfully in daily life. Buddha’s teachings on the Practice of the Six Perfections can help us to become a friend of the world! In this course, we will learn practical ways to apply the Six Perfections and follow a way of life characterized by greater empathy and compassion for others.

Nov 5 Introduction to the Six Perfections

Nov 12 The Perfection of Giving

Nov 19 The Perfection of Moral Discipline

Nov 26 The Perfection of Patience

Dec 3 The Perfection of Effort

Dec 10 The Perfection of Concentration

Dec 17 The Perfection of Wisdom

Instructor: Janet Marriott ■ Main Hall

Thursdays, Nov 5 – Dec 17 (7 sessions)

7:00pm – 8:00pm ■ Reg \$75 Early \$70 DI \$12

OLDER ADULT

FALL 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, Sept 14 – Nov 2 (7 sessions)

*no class Oct 12

10:30am – 11:30am ■ Reg \$55 Early \$50 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, Sept 15 – Nov 3 (8 sessions)

9:15am – 10:15am ■ Reg \$65 Early \$60 DI \$9

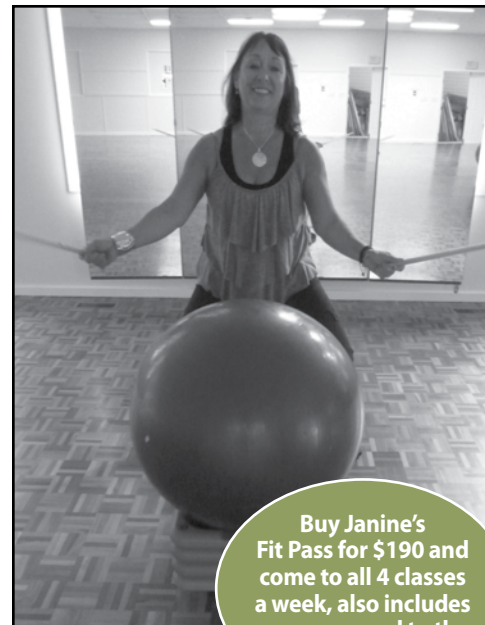
FOREVER FIT

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, Sept 17 – Nov 5 (8 sessions)

9:15am – 10:15am ■ Reg \$65 Early \$60 DI \$9



Buy Janine's
Fit Pass for \$190 and
come to all 4 classes
a week, also includes
an access card to the
fitness room

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, Sept 16 – Nov 4
(8 sessions)

10:15am – 11:15am
Reg \$65 Early \$60 DI \$9



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WORKSHOPS

BASIC/EMERGENCY FIRST AID

Basic one-day 7-hour Red Cross course offering lifesaving first aid and cardiopulmonary resuscitation (CPR-C) skills for the workplace or home. Includes: Preparing to respond, The EMS system, Check, Call, Care, Airway emergencies, Breathing and Circulation emergencies, First aid for respiratory and cardiac arrest and wound care. Ability to comprehend and successfully demonstrate all required skills, including critical steps. 100% attendance and participation; 75% min. Passing grade on a written, closed book knowledge evaluation and adherence to the fundamental Principles. A **3-year certificate** in Emergency First Aid and CPR C will be issued upon successful completion.

*Instructor: Judith King & Walter McLean,
MTP Safety Consulting Ltd.*

Lower Level

Saturday, Oct 17 ■ 8:30am – 4:30pm ■ \$125

INTERMEDIATE/STANDARD FIRST AID

First Aid & CPR training for individuals who need training for adults, children, and infants. Often required for those who work in childcare or early childhood education workplaces, nursing homes, dental offices, or who simply want more knowledge to respond to emergencies at home or in public.

The Red Cross course covers a variety of topics from basic first aid such as cardiovascular emergencies, CPR Level C (adult, child and infant), choking, airway and breathing emergencies, bleeding control and prevention of disease transmission to more in-depth topics such as sudden medical conditions and injuries to the head and spine.

Includes Automated External Defibrillation Training (AED). A **3-year certificate** is issued by Red Cross upon successful completion.

*Instructor: Judith King & Walter McLean,
MTP Safety Consulting Ltd.*

Lower Level *this is a 2 day course

Saturday & Sunday, Oct 17 & 18

8:30am – 4:30pm ■ \$195



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, Nov 7 & 8

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

BABYSITTERS COURSE

Each participant will receive their own CPR mask, a small first aid kit (they get to keep) and a certificate of completion. They will learn how to handle infants and children, how to keep themselves safe, how to deal with emergencies, how to plan for being a prepared babysitter, and how to do first aid for minor and major events – including choking, CPR, and bleeding. We have an engaging format, and lots of fun learning games along the way!

*Instructor: Judith King & Walter McLean,
MTP Safety Consulting Ltd.* ■ Lower Level

Saturday, Nov 14 ■ 8:30am – 4:30pm

\$90

WORKSHOPS

MEDITATION WORKSHOP

Silencing the Inner Critic Many of us have a tendency to be excessively self-critical, self-doubting and lacking confidence. These debilitating thoughts can affect our relationships, our work, and our ability to realize our full potential in life. During this half-day retreat, we will learn how to use Buddhist insights and wisdom to free ourselves from self-critical thoughts and attitudes and recognize our potential for limitless inner peace and mental freedom. We can prove to ourselves that this "inner critic" is a mental distortion coming from our misconception about who we really are and so it can be eliminated completely. Be sure not to miss this special course with Janet Marriott, who teaches Buddhist meditation every Thursday evening at Black Creek Community Centre, and Colleen Neely who teaches meditation in Campbell River.

Participants are invited to enjoy a potluck lunch together at the end of the retreat.

Instructor: Janet Marriott ■ Main Hall
Sunday, Sept 27

SCHEDULE

1st Session: 9:00-10:00am

Identifying Mental Distortions / Coffee/Tea Break

2nd Session: 10:15-11:15am

Recognizing Our True Potential / Coffee/Tea Break

3rd Session: 11:30am-12:30pm

Buddha's Wisdom Teachings on the Nature of Reality

Potluck Lunch 12:30-1:00pm

EXPRESSIVE ARTS: CREATIVE EXPLORATION

(Theme by Popular Demand)

Expressive Art is a gentle, therapeutic practice that explores art-making, writing, sound, and movement to support your wellness. Absolutely no artistic skill or experience is required. The focus is entirely on the playful process of creation to help you release stress, ground your nervous system, and connect with others. All art materials provided. Help Us Choose Our Fall Focus! This Fall, we want the community to shape our journey. Register early and cast your vote for the theme that speaks to you the most. Our options include:

- Rooted in Nature: Deepening our connection to the healing power of nature
 - Awakening the Senses: Stepping out of your head and into your body
 - The Journey of Aging: Honouring and sharing life transitions
 - Walking into the Dreamworld: Unpacking nighttime dreams through art
 - Forgiveness & Gratitude: Unblocking your flow by gently releasing resentment and deepening into what is working in life
- Come explore, create, and connect in a safe, supportive space

Facilitator: Arielle Houghton ■ Ages: 14yrs+

Free Session!!: Wednesday, Sept 16

Wednesday, Oct 7 – Dec 2 (8 sessions)

*no class Nov 11 ■ Lower Lewvel

4:30pm – 6:00pm

\$320 *cost covers materials provided.

Arielle is a recent graduate of the Vancouver Art Therapy Institute and is currently completing the registration process to become a Registered Therapeutic Counsellor (RTC). Originally born and raised in Victoria, they have a background in community engagement and



environmental advocacy. Arielle moved to the Comox Valley to study the arts. It was here that they fell in love with the region and met their partner. For the past two years, they have lived happily in a Merville cabin with their dog and cat. Embracing the quiet, rural lifestyle, Arielle is inspired daily by the valley's nature and is excited to share the healing power of expressive arts with the Black Creek community.

HORSE VET SERVICES 	 TSOLUM MOBILE VETERINARY FARMVET.CA 778-428-2540 6635 Island Hwy. North 10 MINS NORTH OF COURTENAY	FARM ANIMAL EMERGENCY KITS 
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Chili COOK-OFF

19+ in the Pavilion
on-site childcare
provided by the
Creek Crew

Saturday, October 24

Happy Hour @ 4pm
Chili Tasting @ 5pm

TASTING - VOTING - MUSIC - RAFFLE - CASH BAR

Black Creek Community Centre 2001 Black Creek Rd.

Do you make the best chili?

To register your Chili: call 250-337-5190 or email info@blackcreek-cc.com

PLEASE JOIN US FOR THE
BLACK CREEK COMMUNITY ASSOCIATIONS

Winter MARKET

ARTISAN VENDORS, CRAFTS, FOOD AND MORE

SATURDAY, NOVEMBER 28

2001 Black Creek Road

Apply as a vendor @ www.blackcreek-cc.com

2026 Black Creek

FALL FAIR

**Petting Farm - Artisan Vendors - Live Music
- Exhibition Competitions - BBQ -
Pancake Breakfast - Games - Demonstrations**

2001 Black Creek Road

September 12th 10am - 4pm



BLACK CREEK
community centre