

EDUCATION

HIGH FIVE Principles of Healthy Child Development | Ages 15+

HIGH FIVE is a highly recognized quality assurance program designed to help ensure that recreation and sport programs are delivered in ways that support the healthy development of children aged 4 to 12. This will help frontline leaders (i.e. camp leaders, coaches, child care workers) improve the quality of the programs they deliver and gain more confidence, knowledge, and tools. Course content covers the five Principles of Healthy Child Development and HIGH FIVE Design Guidelines. Successful candidates will receive a HIVE FIVE certificate.

Monday | June 23 | 4:00 - 8:30 pm
1/\$125 | Code: 93775
Instructor: Sadie Bartram

EVENTS

Cowichan Valley Spring Home & Wellness Show

Friday - Sunday | May 2 - 4

Cowichan Sports & Recreation Fair

Saturday | May 3 | 11:00 am - 3:00 pm
FREE
Cowichan Sportsplex

Aging Well Expo

Wednesday | May 28 | 10:00 am - 3:00 pm
FREE
Hosted by Volunteer Cowichan

OUTDOORS

Cowichan Valley Cycling for Women

Come explore the Cowichan Valley trails! If you can cycle 15 km and are comfortable with your bike, we can expand your skills. First ride to meet at CCC with a potential drive to area trailhead.

Wednesdays | Apr 23 - May 14
1:00 - 4:00 pm
4/\$40 | Code: 92771
Leaders: Michelle Work & Suzanne Thur

Intro to Wild Foraging

Explore the basics of foraging and plant identification in this introductory workshop! You'll learn to recognize and harvest wild edible and medicinal plants safely and sustainably. This course covers essential plant identification techniques, so you can feel confident knowing which plants are safe to gather and use.

Saturday | May 3 | 11:30 am - 2:30 pm
1/\$150 | Code: 92971
Instructor: Alicia Meek

Connecting to Place

Regenerative living means co-creating a future of mutual benefit for all beings. Join our instructor in exploring connection to “the land where you stand” using the permaculture principles. We will use activities and discussions to find our unique connections, exploring technologies and nature’s wisdom. Please come prepared to spend time outside.

Saturday | May 3 | 9:30 am - 3:00 pm
1/\$30 | Code: 93761
Instructor: Marilyn Swallow

Love the Weeds You’re With

Regenerative living means being open to new perspectives. We will weave permaculture principles into this workshop while looking at common plants that are often the bane of gardeners. Activities will include creating and enjoying products from common garden “weeds”. Please inform us of any dietary concerns or allergies.

Saturday | May 17 | 9:30 am - 3:00 pm
1/\$35 | Code: 93763
Instructor: Marilyn Swallow

Gardening with Spirit

Regenerative living means treading softly upon Earth. Let's check in with how we live now, versus how we can live in better harmony with ‘our other than human allies’. We will explore practical steps to take and look at our place in nature’s web and our garden community. No gardener works alone!

Saturday | June 21 | 9:30 am - 12:30 pm
1/\$30 | Code: 93770
Instructor: Marilyn Swallow

COWICHAN COMMUNITY CENTRE

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COWICHAN COMMUNITY CENTRE



ADULT GENERAL



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Creative Arts

Beginner Guitar

Join this guitar class for beginners with little or no experience. With regular practice, participants will be able to strum a few songs. Please bring your own guitar and a music stand if you have one.

Wednesdays | Apr 23 - June 18
6:30 - 8:30 pm
8/\$112 | Code: 92862
No Session May 7
Instructor: Brian Hicks

Intermediate Ukulele for Fun

Once you know the basics of playing ukulele, new strums and techniques make it more interesting. It's also more fun to play better as you sing songs for family and friends. Oldies sound new again, and plain songs shine, with a good accompaniment. With lots of ideas and song sheets to practice, you can take your playing to the next level. Homemade music is good for health and happiness, and ukulele always brings smiles.

Thursdays | May 1 - 29 | 1:00 - 2:00 pm
4/\$60 | Code: 92453
Instructor: Laurel Circle
No Session May 8

Drawing with Ink & Watercolour

Join us and learn how to draw with ink and a touch of watercolours.

Monday | May 5 | 1:00 - 4:00 pm
1/\$54 | Code: 94068
Thursday | June 5 | 1:00 - 4:00 pm
1/\$54 | Code: 94069
Instructor: Penny Boden

Reckless Stitch | Ages 50+

Have fun with threads, yarns, cord, and open or loose weave fabrics and large user-friendly needles. Play with texture, colour and stitch to create a unique fabric collage or 3D artifact. All materials provided.

Thursday | May 8 | 1:00 - 3:30 pm
1/\$46 | Code: 87565
Instructor: Nora Ready

Beginner to Intermediate - Continuing the Journey, Acrylic or Oil Painting

This class is for anyone who paints with acrylic or oil. We will continue to expand on the beginner courses, exploring the foundation aspects of representational art: composition, perspective, light and shadow.

Thursdays | May 8 - 29 | 9:30 - 11:30 am
4/\$85 | Code: 92762
Instructor: Roger Jackson

Foraged Crafts - Baskets & Incense

We will explore the beauty and function of wild, foraged materials. Learn to weave a basket using local plants and create your own fragrant incense with natural herbs. This hands-on experience will connect you with the land while crafting functional, beautiful items. to take home.

Saturday | May 10 | 11:30 am - 2:00 pm
1/\$150 | Code: 92969
Instructor: Alicia Meek

Wired & Wrapped: Intro to Wire Wrapping Jewelry

In this workshop, you'll learn the basics of wire wrapping techniques for rings, pendants, and crystals. By the end of the class, you'll take home 7-10 stunning pieces that you've crafted.

Saturday | May 24 | 11:30 am - 2:30 pm
1/\$150 | Code: 92973
Instructor: Alicia Meek

Forage, Eat & Craft with Trees

This workshop combines the art of foraging with hands-on creativity. We'll forage local edible and medicinal tree parts, prepare a delicious dish with these wild ingredients, and craft your very own herbal medicine. Plus, you'll create a unique crafting project using natural materials, and leave with a deeper connection to nature and a set of handmade, healing treasures!

Saturday | May 17 | 11:30 am - 2:30 pm
1/\$89 | Code: 92970
Instructor: Alicia Meek

General

Outsmart the Scammer

Empower and protect yourself and your loved ones with practical techniques to increase your financial and technological safety. Prevention workshops will cover aspects of scam and fraud safety.

Saturday | May 3 | 10:00 am - 12:00 pm
1/\$15 | Code: 92859
Monday | May 12 | 6:30 - 8:30 pm
1/\$15 | Code: 92858
Instructor: Berle Zwaan

Introduction to Generative AI

Interested in knowing what all the chatter is about Artificial Intelligence? Explore Generative AI, applications and ethical considerations through hands-on projects. Some light homework will be assigned that will reinforce your learning, ensuring you grasp the key concepts by the end of the 3 weeks.

Wednesdays | May 7 - 21 | 6:30 - 8:00 pm
3/\$65 | Code: 93445
Presenter: Rosa Montgomery

Zumba Gold

Zumba® Gold is a lower-intensity version of the typical Zumba® class and was designed to meet the anatomical, physiological and psychological needs of seniors, but it is also a great introduction for people brand new to Zumba® or those that require a slower and modified version.

Wednesdays | May 7 - June 11
4:00 - 4:45 pm
6/\$78 | Code: 92757
Instructor: Izmet Barranco

Menopause - To be Welcomed or Dreaded

Our instructor, a Master Holistic Health, Consultant Herbalist, Educator and Author, has years of experience to offer easy to follow suggestions to help you achieve balance and harmony to aid in this important life transition. We will look at all pillars of health including nutrition, exercise, emotional health, stress, and herbal aids to balance hormones and ensure structural support.

Wednesday | May 14 | 7:00 - 9:30 pm
1/\$35 | Code: 92723
Instructor: Lorene Benoit

Food Safe

This is a one-day food handling, sanitation and work safety course designed for front line food service workers such as cooks, servers, bussers, dishwashers and deli workers. The course covers food safety and worker safety information including foodborne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing. Requires a minimum of grade 8 reading level.

Saturday | 8:30 am - 4:00 pm
June 7 | 1/\$99 | Code: 92738
Sept 6 | 1/\$99 | Code: 92739
Instructor: Alert First Aid