



Lake Trail Neighbourhood Connections

# Community Programs Fall 2017

## HEALTH & FITNESS AT LAKE TRAIL

### Yoga Bliss

Thursdays Sept.21 – Dec. 7 @ 6:00 – 7:00pm  
\$100 for 12 weeks \*Pre-registration required



Cindy shares an inwards, meditative style of yoga bringing about union and harmony to the body, mind and spirit. Classes flow gracefully from initial relaxation through breathing exercises, sun salutations, postures and return to a state of blissful relaxation and guided meditation.

*Instructor: Cindy Fort*

### Monday Night Pump

Mondays Sept. 18 – Oct. 23 @ 6:00 – 7:30 pm  
\$50.00 for 6 weeks \*Pre-registration required

Looking for a great way to get motivated in the gym? Join us on Monday nights for a 45 min – 1 hour workout (circuit training, Tabata, cardio and more) leaving 30 minutes for you to put your new skills to use. This fitness series is designed for all levels of fitness and can be modified accordingly.

*Instructor: Stephanie Ferdinand*

### Spring Forest Qigong

Tuesdays Nov. 7 – Dec. 12 @ 7:30 – 8:30pm  
\$50 for 6 weeks.



Spring Forest Qigong (SFQ) is a powerful self-healing practice of gentle movements that can be done standing, sitting or lying down. This practice consists of meditation exercises designed to assist with improving health and wellbeing and is comprised of 4 components: visualization, breath, postures/movements and sound. *Instructor: Kimi Nakamura*

### Infinite Possibilities – The Art of Changing Your Life

Wednesdays Nov. 1 to Dec. 13 @ 6:30 – 8:00pm  
\$75.00 for 7 classes

This program is based on the bestselling book, Infinite Possibilities: The Art of Living Your Dreams. You will be encouraged to examine beliefs that have been limiting you. It will help you discover ways to redirect those beliefs and thoughts. While there are spiritual aspects to this training, it is not religious. This is a very empowering program! *Instructor: Kimi Nakamura*

### Self Defense Classes

An interactive exposure to safety awareness, assertiveness communication, and practical physical moves for use in potentially dangerous situations. *Instructor: Beth Nichol* \* Pre-registration required

Mother – Daughter Community Class, ages 12 and up – Tuesday, September 26, 7:00 – 9:00, \$25 per pair. Individual teens and women \$20 per person

Girls Only After School class, grades 6 to 9 - Wednesday, October 4, 3:15 – 4:45 – FREE of charge

## PARENTING WORKSHOPS

### Families Thrive- Nurtured Heart Approach®

Thursday Sept. 21 & 28 @ 6:00 – 7:30 pm

\$40/person- for both sessions \*Pre-registration required

In this 3-hour quick-start workshop, you will be fully trained to begin using the Nurtured Heart Approach® (NHA). Empowering, effective and heart centered, it is transforming behaviour, building relationships, improving communication and fostering stronger children from the inside out. More information online.

*Instructor: Marny Elliott (B.A., R.I.H.R.)*

### Loving the Teen Years?!?

Wednesday, Oct. 18 @ 6:30 – 8:30pm

\$15/participant or \$20/couple

An interactive workshop for parents of teens and preteens designed to enhance communication skills and create positive, supportive, healthy relationships at home. Workshop will cover teen brain development, coaching language and how to use it with teens, point of view listening skills, making requests and creating agreements with your teen. *Instructor: Tina Willard-Stepan*

### "In the Know" with the FORCE BC

Drop-in 4th Mon. every month 7:00 – 9:00 pm Lake Trail library

These free sessions provide parent education on various child/youth mental health topics, and provide a discussion time for parents/caregivers to network and find support in one another. For more information or to connect with the FORCE Society for Kids' Mental Health

### In the Garden...

#### Garden volunteer days

Sunday 12:00 – 4:00 and Tuesday 3:00 – 7:00

Until the end of November, weather permitting.



## COMMUNITY NATURE WORKSHOPS:

### INTERPRETIVE STREAM WALKS WITH THE MORRISON CREEK STREAMKEEPERS

SATURDAY OCT 7 & SATURDAY OCT.14

1:00 – 3:00 PM WEATHER PERMITTING

(FREE) DROP-INS WELCOME! JOIN LOCAL NATURALIST EXPERTS FOR TWO INTERPRETIVE STREAM WALKS. MEET AT LAKE TRAIL SCHOOL. FOR MORE INFORMATION ABOUT THE WALKS AND THE MORRISON CREEK STREAMKEEPERS PLEASE CONTACT: JANSJEM@GMAIL.COM

### Comox Valley Fossil Adventures

Friday Sept. 29 @ 10:00 am – 2:00 pm OR

Friday Oct. 20 @ 10:00 am – 2:00 pm

\$10.00/parent & child (7-15 years old)

\*Pre-registration required

Looking for a great Pro-D Day activity to do with your kids? Why not go fossil hunting? Russ and Lori Ball have been teaching and exploring for over 20 years, and love to share their skills, passion and expertise on the local history, geology and fossil knowledge. You and your child will experience hands on identification, geology, history and a safety lesson before heading to the river to explore. (2 hours in class, 2 hours at river) **Please bring a backpack, lunch, water and wear weather appropriate footwear and clothing.** Bring eye protection and a rock hammer if you have one.

## COMMUNITY ART WORKSHOP

### Paint with Me – Poppies!

Monday, Nov. 6 @ 6:00 – 9:30 pm

\$40.00/person \*Pre-registration required.

Experience the growing trend of 'Paint With Me' parties! Together with a group of other aspiring artists, create your very own work of art in this guided workshop. All materials are supplied. *Instructor: Foxglove Hollow Studio*

## Fall Harvest Community Dinner – September 19, 5:00 – 7:30

Join the LTNC Community, staff and Board Members in enjoying the abundance of our beautiful garden. Food, fun and live music in the garden. Bring a dish for sharing if you would like.

# COMMUNITY FOOD WORKSHOPS:

## Fermentation & Probiotics

Thursday, Sept. 28 @ 6:00 – 8:30 pm

\$20.00/person \*Pre-registration required.

Gut health is key to our overall health. Learn to add more natural probiotics and feed your gut good bacteria through raw fermented foods. Make sauerkraut and naturally pickled carrots to take home along with their simple recipes. Please bring your own mason jars.

*Instructor: Kimi Nakamura*

## Indian Curries

Wednesday Oct. 11 @ 6:30 – 8:30 pm

Cost: \$20/person \*Pre-registration required.

Come and learn to create a taste of authentic South African style curries, cooking with vegetable from the garden and local chicken. *Instructor: Shirley Lewis*

## Samosas

Wednesday Oct. 25 @ 6:30 – 8:30pm

Cost: \$20/person \*Pre-registration required.

Create vegetarian and/or meat samosas using an authentic style of dough making. So good! *Instructor: Shirley Lewis*

## Korean Food

Wednesday Nov.8 @ 6:30 – 8:30pm

Cost: \$20/person \*Pre-registration required.

Learn to make Bibimbap (the word literally means "mixed rice".) Bibimbap is served as a bowl of warm white rice topped with namul (sautéed and seasoned vegetables) and gochujang (chili pepper paste), soy sauce, or doenjang (a fermented soybean paste). Fried egg and sliced meat (usually beef) are common additions. Come and try! *Instructor: Younhee Edmonds*

## Grain-free Baking

Thursday, Nov. 23 @ 6:00 – 8:30 pm

Cost: \$20/person \*Pre-registration required.

This class will explore the new and different ways of baking without wheat using other combinations of flour (rice, potato starch, etc.). Learn about what role gluten plays in baking and how to replace it. Learn why eliminating the fine 'flours' from our diet creates health. Bake a recipe and take-home samples, along with recipes. Your baking will never be the same again! *Instructor: Kimi Nakamura*

## Pie Making

Thursday Oct. 5 @ 6:00 – 8:30 pm

Cost: Free - Drop-ins welcome!

Pre-registration preferred by emailing laketrailvision@gmail.com.

First place Pie winner at the 2016 Comox Valley Fall Fair and Exhibition, Sheila McDonnell will guide you through pie making just in time for Thanksgiving! Please come to the foods room at Lake Trail School. All supplies provided.



## YOUTH AFTER SCHOOL PROGRAMS – FREE !

Open to all Lake Trail students \*Pre-registration preferred

### Garden Club

Tuesdays Sept. 19 – Oct.24 @ 3:15 – 4:45

Students join our Garden Coordinator extraordinaire in the school garden to learn about planting, harvesting, preserving and more.

### SMOGA

Tuesdays Sept. 19 – Oct.24 @ 3:15 – 4:45

Students enjoy a yoga class with Dana, followed by creative smoothie making in the kitchen using ingredients from the garden. *Instructor: Child's Pose Yoga*

### Youth Fly Fishing

Wednesdays Sept. 20 – Oct. 4 @ 3:15 – 4:45

Students spend 2 weeks on-site at the school learning to tie their own flies and practicing casting techniques. Week 3 is a field trip to the river to put their skills to use. All equipment provided. Wear weather appropriate clothing and footwear. *Instructor: Cumberland Fly Shop*

### Youth Drop-in

Wednesdays @ 3:15 – 4:45

The Community Room (102) is open Wednesdays after school for supervised drop-in. Play pinball, foosball, air hockey or just hang out.

**Stay tuned – Even more programs in the works!**

# Registration Details

There are several options for registering for LTNC classes:

- Call 250 – 650 – 7459
- Email your contact information and class request to [laketraivision@gmail.com](mailto:laketraivision@gmail.com)
- Complete the form below and drop at Lake Trail school office or mail to:

**LTNC – Attention: Community Coordinator  
805 Willemar Avenue Courtenay, BC V9N 3L7**

- Go to [www.laketrailconnect.ca](http://www.laketrailconnect.ca) and click on the links to register through Eventbrite
- We accept cash or cheque. Please make cheques payable to: Lake Trail Community Education Society.

**BURSARIES MAY BE AVAILABLE**

**Please note: Register early to avoid disappointment** - Classes must meet a designated minimum number of participants. In the event that minimum numbers are not met, LTNC reserves the right to cancel. Registrants will be notified immediately and issued a refund for class fees paid.

## What is Lake Trail Neighbourhood Connections?

LTNC is a registered non-profit society with a mission to “contribute to a safe, healthy and sustainable neighbourhood that supports the success of students, families and community members by increasing the links between school and community”. Parents of Lake Trail students are automatically LTNC members. All community members are also invited to become members. The one-time membership is by donation (suggested - \$10). Members can volunteer, participate and join us for events, programs and activities!

## Lake Trail Neighbourhood Connections – Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Course Name: \_\_\_\_\_

Date: \_\_\_\_\_ Payment method: \_\_\_\_\_

Are you interested in becoming a member of LTNC? Yes/No

Are you interested in volunteering? Yes/No

**Did you know?** Community organizations wishing to utilize the Lake Trail school building may be able to do so through LTNC? Also – our programs are run by community members like you. Contact [laketraivision@gmail.com](mailto:laketraivision@gmail.com) for more information about how book the space or get involved as a community partner, facilitator or volunteer.