

WINTER 2024



Gardening Workshops

Programs take place at Crystal Pool & Fitness Centre unless otherwise specified.

Winter Fruit Tree Pruning

Sunday, January 19 from 10 a.m.-1 p.m. • \$20 • Fernwood NRG

Dive into the art and science of pruning fruit trees in this informative, hands-on workshop. Proper pruning is one of the greatest gifts you can give your trees and will substantially improve their health, productivity, and beauty for years to come.

Growing Together: Companion Planting & Garden Guilds

Saturday, February 22 from 3-5 p.m. • \$20

Celebrate Valentine's weekend with an exploration of companion planting and garden guilds to cultivate healthy, balanced relationships in your garden and beyond. Discover practical ways to design an edible garden where plants naturally support each other, reduce maintenance, and enhance growth.

Growing Mushrooms at Home

Wednesday, March 12 from 6:30-8:30 p.m. • \$30

Did you know you can grow fresh culinary mushrooms right in your own home? It's true! This class offers an introduction to the methods and tools needed for cultivation of mushrooms at home. During a hands-on section, students will make their own oyster mushroom fruiting block to bring home!

Indoor Sprouts and Microgreens

Thursday, March 20 from 6:30-8:30 p.m. • \$20

Do you wish you had a mini garden all winter long to harvest from right in your kitchen? You can! Come learn the ins and outs of microgreens growing and sprouting in your home so you can have nutrient dense greens all year round!



LEARN MORE AND REGISTER:
victoria.ca/registration

WINTER 2024

FREE Community Rec Programs



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Choose to Move & ActivAge Info Session

Monday, January 13 from 9:30-10:30 a.m.

Are you an older adult looking to become more active? Curious about the Choose to Move & ActivAge program but not sure if you want to make the 3-month commitment? Join us for this FREE Info Session to learn more and see if this is the right program for you!

Choose to Move & ActivAge

January 20-April 11: Mondays 9:30-10:30 a.m. & Fridays 11:30 a.m.-12:30 p.m.

Are you an older adult looking to become more active? Get support with building the habit of physical activity into your daily life in ways that make sense for you. With the help of your activity coach and support group, you will find the motivation and accountability you need to achieve your goals!

Senior Safety & Fraud Prevention Seminar

Wednesday, February 12 from 10 a.m.-12 p.m.

Join us for a free informative session focused on safety for seniors. We will cover essential topics such as personal safety and fraud and scam prevention, as well as tips for using technology safely. The presentation will be conducted by a Vic PD officer. Light refreshments will be served.

March Tree Tour in Beacon Hill Park

Wednesday, March 19 from 12-1 p.m. in Beacon Hill Park

Take a nature break and join our knowledgeable Parks staff for a tour of local green areas. From specimen trees and seasonal interests to ecological significance and historical references, you'll learn something new about your favourite parks and meet like-minded folks in a quick, fun and informative tour.



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The Art of Resilience: Art for Healing, Connection, and Growth

Mondays, January 20-February 10 from 6-8 p.m. • \$90/4

Looking to build a community and flex your creative muscles? We invite you to join professional artist and mental health advocate, Amy Frank, in this 4 week workshop. Focus is on community building and mental health wellness while learning technical art skills in graphite, pen, and watercolour pencil!

At Home Herbalism: Kitchen Herbs & Spices

Wednesday, January 22 from 6:30-8 p.m. • \$40 • Quadra Village Community Centre

Join us in learning how to use everyday culinary herbs and spices for daily health and wellness. You'll be amazed at how much herbal healthcare can be found right in your kitchen cupboards!

Wetland Archaeology 101

Wednesday, January 29 from 7-8:30 p.m. • \$15

Join Dr. Hill in this fascinating introduction to the unique challenges and cultural importance of wetland archaeological sites, such as those found right here in BC.

Loom Weaving

Tuesdays, February 11-March 11 from 6:30-8:30 p.m. • \$140/5

Join us as we explore various weaving techniques and materials using tapestry frame looms. All materials provided, all skill levels welcome.

Mason Bee Workshop: Build a Nesting Box

Friday, March 21 from 1:30-3 p.m. • \$28

Calling all aspiring beekeepers! Mason bees are a native solitary bee known for their impressive pollinating powers and gregarious nature. This workshop will teach you all the benefits of keeping Mason bees, all while you assemble a nesting box to take home.



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Recreation Bus Trips



Round trip transportation provided from Crystal Pool.

The bus does not have a lift and there is a large step up to get into the bus.

Butterfly Garden Visit & Lunch at Politano Cafe

Saturday, January 25 from 10 a.m.-2:30 p.m. • \$35

Take a trip to the tropics in January and visit the tortoises, iguanas, flamingos, and tropical birds at the Butterfly Garden! Then, have lunch or a light snack at Politano Cafe. Admission is included, lunch is extra.

Road Trip to Church & State Wines: Wine Tasting & Lunch

Thursday, February 20 from 11 a.m.-2:30 p.m. • \$45

Come have lunch and a wine tasting at Vancouver Island's largest winery, Church & State Wines. Cost includes transportation and a tasting flight of wine. Lunch is extra.

Road Trip to Evergreens at Francis/King Regional Park

Sunday, February 23 from 1-3:30 p.m. • \$15

Join a CRD Naturalist and learn how to identify evergreens and discover survival strategies that keep these plants green all year round.

Early Spring Fungi Walk

Saturday, March 8 from 10 a.m.-2:30 p.m. • \$28

Talk a walk through one of our region's beautiful parks with experienced mushroom hunters and learn the basics of identifying some common mushrooms and enjoy a fun foray with fungal friends!

Road Trip to BC Aviation Museum & Lunch at Dakota Cafe

Friday, March 14 from 10 a.m.-2:30 p.m. • \$40

Take a guided tour of the BC Aviation Museum, home to the Hawaii Mars and over 40 aircraft showcasing BC aviation history. Then, enjoy lunch with a view at the Dakota Cafe. Lunch is extra.



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