

# ADULT RECREATION

Call 250-382-4604 to register

## Cooking with Heidi Fink

### FLAVOURFUL VEGETARIAN SOUPS

Not just a collection of gourmet recipes, this class will teach you the key techniques needed to create soups that are rich in flavour, depth, and body. Learn why so many vegetable stocks are insipid or off-tasting, how to build layers of flavour using simple ingredients, and how to use ethnic foods to enhance the taste of ordinary soups. This is a fabulous class to take as we head into winter.

**Tuesday, Jan. 24<sup>th</sup> 6:00pm – 9:00pm 1/\$70**

### AUTHENTIC INDIAN CUISINE 2 (vegetarian)

No more drab, heavy curries! One class is not enough to explore this wonderfully complex and delicious cuisine. A follow-up to our first class, this time we explore vegetable pakoras, fruit chutneys, basmati rice pilaf, South Indian coconut curry, cardamom rice pudding and more. Authentic Indian I is a pre-requisite.

**Tuesday, Feb. 7<sup>th</sup> 6:00pm – 9:00pm 1/\$70**

### SOUTH EAST ASIAN VEGETARIAN

Relax and watch as I prepare some fabulous foods from Thailand and Vietnam. All dishes will be vegetarian, while still capturing authentic flavours. Highlights of tonight's delicious meal include: rice noodle salad with lime and mint, red coconut curry made from scratch, and sticky coconut pudding. Also included in the class handout is a vegetarian substitute for fish sauce.

**Tuesday, Feb. 21<sup>st</sup> 6:00pm – 9:00pm 1/\$70**

### MEDITERRANEAN VEGETARIAN CUISINE

Come discover both exotic and familiar tastes in this exploration of the Mediterranean region. We go beyond Italian pastas and French stews, to explore less familiar recipes from Italy, Morocco, Spain and beyond! The delicious, seasonal menu includes homemade biscotti, Spanish Romesco sauce, Tuscan white beans with winter greens, Moroccan Tagine and other delicious recipes.

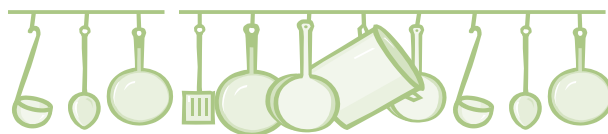
**Tuesday, Mar. 27<sup>th</sup> 6:00pm – 9:00pm 1/\$70**

## Cooking with Jackie Hitchcock

### RAW FOODS

Enjoy a fresh perspective on eating raw fruits & vegetables! This workshop is an introduction to preparing delicious raw food meals that are vegan and gluten-free. Raw foods are nutrient and enzyme-rich. You'll learn about seed and nut sprouting which increases the nutrient value of these foods. We will cover a variety of raw food prep methods including dehydration. In class a number of dishes and desserts will be prepared and sampled, bring your appetite! You may relax and observe or participate in the food preparation. All food supplies included.

**Saturday, Jan.21<sup>st</sup> 1:00pm-5:00pm 1/\$80**



## Cooking with Sonja Limberger

### THAI VEGETARIAN WITH CHEF SONJA

Come and discover the wonderful aromatic flavours of Thailand with Chef Sonja Limberger. Recipes will be based on traditional Thai dishes with vegetarian substitutions for meat. Recipes include a Thai curry made from scratch, a Pad Thai Noodle dish, and a peanut sauce. Copies of the recipes will be supplied. Bring a hearty appetite or some containers to take some food home.

**Monday, March 12<sup>th</sup> 6:30pm-9:30pm 1/\$49**

### NEPALESE VEGETARIAN CUISINE

In this class with Chef Sonja Limberger, discover how to make Nepalese vegetable curry, vegetarian momos (Nepalese version of Tibetan dumplings) and a tomato cilantro achar (dipping sauce). These recipes were passed on to Sonja directly from a Nepalese cook! Please bring containers to take your food home.

**Monday, Jan. 30<sup>th</sup> 6:30pm-9:30pm 1/\$49**

### EAST INDIAN CUISINE

In this class we will make some vegetarian recipes from the northern part of India. The menu for this session will include a carrot, green bean, and potato subji, palek paneer curry (Spinach and Indian cheese), a mung bean dahl, and either a cucumber riata or a chutney. Bring your appetite!

**Monday, Feb.13<sup>th</sup> 6:30pm-9:30pm 1/\$49**

## Cooking with Daniel Tschudin

### UNUSUAL WINTER CROPS

Radichio, Cornsalad and Brussel Endive: Everybody knows about classic cold weather vegetables that grow or can be harvested in winter: carrots, leek, and cabbage to name just a few. The 100 mile diet does not stop there: Victoria's mild winters allow you to harvest a variety of fresh salads and 'exotic' European vegetables all year long. During the first part of the class you will learn everything you need to know to ensure your next winter's diet will not consist solely of leek, carrots and imported Mexican salads. Next winter your salads will come fresh from your own garden! You will be given seeds of the less common varieties and given instructions to guarantee a plentiful crop. During the second part of the class Chef Daniel will demonstrate amazing dishes that will freshen up your usual winter diet. There will be ample opportunity to sample the delicacies and as always, a recipe collection will be handed out.

**Wednesday, Jan.25<sup>th</sup> 7:30pm-9:30pm 1/\$55**

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## Creative Arts



### AFRICAN HAND DRUMMING (Level 1)

Learn to play the djembe drum from West Africa with Jordan Hanson of Hand Drum Rhythms. This course covers traditional rhythms, hand positions and listening skills in a fun, welcoming environment. No prior experience is necessary. All drums provided.

**Mondays, Jan 23<sup>rd</sup>-Apr.2<sup>nd</sup> (no class Feb.13th)**  
**7:00pm-8:15pm** **10/\$120**

### AFRICAN HAND DRUMMING (Level 2-3)

For students who have taken the introductory course with Jordan Hanson or who have previous playing experience. Students will develop more challenging polyrhythms, refine their drum tones and experiment with solo phrases and variations.

**Mondays, Jan 23<sup>rd</sup>-Apr.2<sup>nd</sup> (no class Feb.13th)**  
**8:15pm-9:30pm** **10/\$120**

### GUITAR FOR ADULTS

Guitar for adults is a great way to learn guitar. The course uses a free flowing method of teaching meaning each student will learn their own styles by adapting techniques from other styles of guitar (classical, acoustic), and many genres of music (rock, blues, metal, classical, and more...). The course also focuses on music theory, sight reading scales, and chords. Students will also learn how to play songs together as an orchestra. Must supply own guitar (contact instructor for rentals). Guitar must have six strings, classical guitars recommended.

**Wednesdays, Jan.25<sup>th</sup>-Mar. 28<sup>th</sup>** **10/\$70**  
**6:00pm-7:00pm**

***Don't delay - register today!***

*Classes will be cancelled 48 hours prior to start date if insufficient registration is received.*

*Call 250-382-4604 to register.*

## Special Events

### THE FAIRFIELD COMMUNITY PLACE IS YOUR PLACE

Come join us here at the Fairfield Community Place on the last Monday of the month for board games, guitar jamming, clothing exchanges, book clubs, video games, and free computer access. This is your opportunity to get connected with the community by sharing a space with like-minded individuals. We welcome new ideas so bring your creativity and energy. All ages are welcome, by donation.

**Mondays, Jan. 30<sup>th</sup>, Feb.27<sup>th</sup>, Mar. 26<sup>th</sup>, Apr. 30<sup>th</sup>**  
**6:00pm – 8:00pm** **By Donation**

### THE HARMONIOUS SINGERS

#### Kids & Adults Program

With a little kid repertoire that includes a mixture of friendly rounds, chants and songs plus some body percussion, dance and musical games for extra fun.

**Mondays**  
**4:00pm - 5:00 pm**  
**fees vary with age and frequency**

#### Teens & Adults Program

With a more varied repertoire focused on singing together in multi-part harmony. Please note that younger children are welcome if they can participate, or be otherwise occupied without disrupting the kids & adults who are practicing harmonies.

**Mondays**  
**7:00pm - 8:30 pm**  
**Fees vary with age and frequency**

#### For fees & registration

For fees refer to [www.HarmoniousSingers.com](http://www.HarmoniousSingers.com) & contact Bill Hanson at [sing@HarmoniousSingers.com](mailto:sing@HarmoniousSingers.com) or call Doug at 250-385-SING (7464)



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## Health & Wellness

### NIA DANCE

Are you looking for a way to keep fit that is gentle on your joints and is fun? Nia Dance is movement to music – more like dance than anything else – that is a safe way to strengthen your heart and lungs, improve your circulation and maintain healthy weight. Through Nia you can gain agility, strength, flexibility, increase your range of motion and most of all, feel good! Nia can be done by all ages, sizes and shapes; participants are encouraged to go at their own level of fitness and comfort. Nia is gentle on your joints with no jumping. It is actually so safe on the joints that we do Nia in our bare feet! (or shoes if you prefer) Wear loose comfortable clothing & be ready to have fun!

**Tuesdays, Jan. 10<sup>th</sup>-Feb. 14<sup>th</sup>** 6/\$60  
6:00pm-7:00pm

**Tuesdays, Feb. 14<sup>th</sup> - Mar. 27<sup>th</sup>** 6/\$60  
6:00pm-7:00pm

### QI GONG (CHI KUNG)

'Expanding the Heart and Balancing the Blood Practice' is a medical Qi Gong developed in China as treatment for hypertension, coronary disease, anxiety, stress or low vitality, with remarkable results. The graceful movements take approximately 20 minutes of practice daily. Health practitioner Dennis Murphy brings over 30 years of experience in teaching this class.

**Tuesdays, Jan. 24<sup>th</sup> - Mar. 20<sup>th</sup>** 9/\$81  
6:00pm-7:00pm

### MEDITATION FOR THE MODERN WORLD

Meditation affords a deeper connection with living than most of us typically experience. Focussing on the core elements of relaxation, posture, and breath, these classes will introduce an accessible body-oriented technique while helping us take the practice into our daily lives. Participants are encouraged to wear warm clothing and bring a blanket for added comfort. No previous experience is required.

**Mondays, Feb. 6<sup>th</sup>-Feb. 20<sup>th</sup>** 3/\$48  
7:00pm-9:00pm

### SELF-SHIATSU

What is Shiatsu? Find out while learning how to press basic shiatsu points on your body during an eight week course. When practiced regularly self-shiatsu strengthens the body, improves posture and flexibility, and boosts energy levels to achieve vibrant health. You will listen to the body in a whole new way!

**Saturdays, Jan. 28<sup>th</sup> - Mar. 17<sup>th</sup>** 8/\$110  
10:00am - 11:30am

### ZUMBA® TONING

This is the original Latin inspired, dance-fitness class taken to the next level. **ZUMBA® TONING** is an innovative muscle training program with the addition of light weight toning sticks. We provide the 2 1/2 lb, sand filled toning sticks, which are very similar to maracas. In a relatively short period of time, this challenging workout helps in building coordination and muscle endurance. Now that you've worked on your lower body rhythm, it's time to perfect the upper body! The NEW and exciting Zumba toning program is designed to offer the participant a safe, yet effective total body toning workout! This class is open to everyone, no previous dance or ZUMBA® class experience necessary.

**Friday, Jan. 13<sup>th</sup>-Feb. 17<sup>th</sup>** 6/\$48  
7:00am-8:00am

**Wednesdays, Jan. 18<sup>th</sup>-Feb. 22<sup>nd</sup>** 6/\$48  
5:30pm-6:30pm

**Friday, Feb. 24<sup>th</sup> - Mar. 30<sup>th</sup>** 6/\$48  
7:00am-8:00am

**Wednesdays, Feb. 29<sup>th</sup>-Apr. 4<sup>th</sup>** 6/\$48  
5:30pm-6:30pm

### ZUMBA

Join us for one of the fastest growing Latin dance-inspired fitness crazes across the world! People of all ages are falling in love with its infectious music, easy-to-follow dance moves and body-sculpting benefits. Come dance to the rhythms of Salsa, Merengue, Mambo and other Latin beats. This is a fitness class you will not want to miss!

**Mondays, Jan. 16<sup>th</sup>-Feb. 20<sup>th</sup>** 6/\$48  
5:30pm-6:30pm

**Mondays, Feb. 27<sup>th</sup> - Apr. 2<sup>nd</sup>** 6/\$48  
5:30pm-6:30pm

### JIN SHIN JYUTSU

Experiencing stress, fatigue or health issues? Jin Shin Jyutsu physio-philosophy is an ancient art of harmonizing the life energy of the body. Learn the innate wisdom of your own energy meridians and how their messages can help you restore balance for yourself and others. Each class will include several short hands-on applications for centering, easing discomforts, revitalizing and balancing as well as longer more meditative sets for maintaining health. Printed resource material is available for students. Wear loose fitting clothing. Mats will be provided but you may want to bring your own yoga mat, a blanket and a pillow.

**Thursdays, Jan. 19<sup>th</sup>-Mar. 8<sup>th</sup>** 8/\$110  
6:30pm-8:00pm

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## Health & Wellness

### IYENGAR YOGA - BEGINNERS

The Iyengar approach to Hatha Yoga encourages a balance between flexibility, strength and endurance. Emphasizing correct body alignment and precision, enjoy a sense of well being and increased relaxation

**Tuesdays, Jan. 10<sup>th</sup>-March 27<sup>th</sup>** 12/\$132  
11:00am-12:30pm

**Tuesdays, Jan. 10<sup>th</sup>-March 27<sup>th</sup>** 12/\$132  
7:00pm-8:30pm

### IYENGAR YOGA - INTERMEDIATE

The Iyengar approach to Hatha Yoga encourages a balance between flexibility, strength and endurance. Emphasizing correct body alignment and precision, enjoy a sense of well being and increased relaxation.

**Tuesdays, Jan. 10<sup>th</sup>-March 27<sup>th</sup>** 12/\$132  
5:30pm-7:00pm

### YOGA - YIN

This session will target the main joints of the body (hips, back and shoulders). Classes are kept at a peaceful and mindful pace to allow deeper exploration of poses and cultivate greater somatic awareness. Yogic poses are maintained mainly in a seated or reclined position from 3 to 5 minutes. Practices are supported with guided meditative and relaxation techniques, including breath work. All levels.

**Wednesdays, Jan. 25<sup>th</sup>-Feb. 15<sup>th</sup>** 4/\$32  
6:30pm-7:45pm

### BODY ROLLING

Learn self massage techniques to release unwanted muscle tension, free the body of restrictions, reorganize your muscular patterns, and create a calm, balanced you!

**Thursdays, Jan. 26<sup>th</sup> - Mar. 1<sup>st</sup>** 6/\$72  
5:30pm-6:30pm

### TIMES COLONIST 10K TRAINING CLINICS

Planning to participate in a 10K walk, jog or run event? Offered through the Greater Victoria area, these city-wide training clinics will help you prepare for the Times Colonist 10k. Your 14 week training program includes a graduated plan for walkers or runners of all levels, expert training tips and the support and encouragement of experienced leaders. Your clinic will cover a variety of topics such as footwear, nutrition, hydration, injury prevention and cross training. As part of your registration package, you'll receive entry into the Times Colonist 10k, race t-shirt, technical training shirt and the use of the recreation centre on clinic training days.

**Wednesdays,**  
**Jan. 25<sup>th</sup>-Apr. 25<sup>th</sup>**  
6:00pm-7:30pm

14/\$120



### Don't delay register today!

*Classes will be cancelled 48 hours prior to start date if insufficient registration is received*

## Drop In Sports

### DROP-IN BADMINTON

Join our group of enthusiasts for an evening of co-ed badminton. Please bring your own racquet. Birdies provided.

**Tuesdays**  
8:30pm-10:00pm

1/\$3.50



## RECREATION REGISTRATION

To register by phone, please call 382-4604

You may also register in person during office or reception hours, listed on the back of this guide.

We accept Visa, MasterCard and American Express for phone registrations.

Walk-in registrations may also be paid in cash, or by cheque or debit.