Newsletter

January 2023 Winter/Spring Issue

Check out the upcoming classes, events, interesting groups, etc., and join in the Fun!

Saltair Community Society Membership Renewal:

It is time to renew your annual membership. Membership supports the volunteer SCS board to host community events and operate the Community Centre building.

Membership Fee is $10/yr. Or $15. /yr. for a family. There are three ways to renew or sign up: 1). **e-transfer** to saltaircc@gmail.com 2). There will be a **membership table at Seedy Sunday March 5th.** 10 am to 2 pm and you can enter a draw to win a Mason Bee Condo. 3). **mail a cheque t**o 3850 South Oyster School Rd. Ladysmith BC V9G 1Z4.

Yoga sessions by donation with Instructor Shannon Crowards:

Yoga can be adapted for beginners or to challenge those familiar with the practice. All are welcome! Please bring a yoga mat and enter from the parking lot in the rear of Saltair Community Centre room 19.

3850 South Oyster School Road, **Sundays 4:30 pm to 5:30 pm Tuesdays 7:00 pm to 8:00 pm.** Any questions email to: scrowards@gmail.com

Gentle Hatha Yoga with Instructor Anna Kloosterboer

Saturday Morning- SUPER GENTLE Hatha Yoga Saltair Community Centre Room 19

Saturday's January 21st, 2023, 9:30 am to 10:30 am Class starts January 21st running through to the end of February. (6 sessions total). This class is great for those looking for some movement but also more relaxation. For those with very limited strength and or flexibility. Each class is adjusted to suit injuries. This class will bring you a bit of movement for joint lubrication without the stress of a regular yoga class being too much. It is lighthearted but also allows students to bring themselves as they are with no worries about where they are at. Class sizes with Mad Gatherer yoga are always small enough that every student gets a personalized class with adjustments for where you are at instead of generic pose cues. **Fee is $80.00 for six classes. E-transfers to:** anna.d.klooster@gmail.com password is: Yoga123. You know your spot is reserved when the e-transfer is accepted. Please PM if you are a new student so I can send you a form to fill out and we can have a little discussion about your personal limitations and concerns. Yoga is for Everybody, including yours. Cannot wait to see you there!

Join the Chemainus Art Group:

If you are interested in inviting more artistic play into your life, want to learn more about drawing and painting, or you are lonely artist who would enjoy meeting other like-minded people for support and motivation, come join the Chemainus Art group!

We are a group of people varied in ability and interest, but with common goal to support each other in our artistic community. We meet in person **every 2nd Wednesday and 4th Wednesday of each month.** Our Meetups include demonstrations from guest artists, presentations from members, discussions, and feedback about member's work, and much more. To learn more about us check out our website at www.chemainusartgroup.com

Join Saltair Quilters and Fibre Artists:

We call ourselves the Saltair Quilters, but we do not just quilt, we knit, crochet, embroider, sew, stitch, bead etc. If you feel the need to socialize and craft, please join us, bring a craft to work on any you will find us welcoming to all! We meet **every Tuesday from 9:30 am to 2:30 pm in Room 18.** Please park at the very back of the Centre and enter through the blue doors. Contact Kate Abraham at: kate@communitypower.ca

Little Kickers Classes: Offered to 1.5 years to 8 years old. Indoor at Saltair Community Centre Hall every **Sunday 9:30 am to 12:30pm.** To register please contact Nicole: nbergot@littlekickers.ca

Open house with Area G director Jesse McClinton:

Come and meet newly elected Saltair Area G Director Jesse McClinton. Get an update on parks, bylaws, and local area plans. **Sunday January 29th 2:30 pm to 4:30 pm Saltair Community Centre Hall. Coffee and tea will be available.**

CVRD Public Open House Local Area Plan:

Join CVRD staff and local Area Directors at an interactive open house focused on the local area plan as part of the development of the modernized Official Community Plan for Area G. **February 10th, 2023, 4:00 pm to 8pm.** Presentation at **6 pm Saltair Community Centre Hall.** For more information check out planyourcowichan.ca

Littles "N" Loved Ones

Join the fun with Littles 'n' Loved Ones at Saltair Community Centre with Stephanie Roth Performing Arts Studio!

This program is designed for children ages 3-4 years old and a loved one who will participate together, allowing them to bond and create memories while exploring the world of theatre, music, and movement. With our experienced instructor, your child's creativity will soar!

For a limited time, we're offering a 6-week program for only $95! Don't miss this opportunity to give your little one a chance to explore their artistic side and have a blast doing it with a loved one.

Sign up now and let the fun begin! REGISTER HERE: https://forms.gle/WFyyoFCHsxmMYAXA9

Saltair Annual Seedy Sunday:

Calling all Garden enthusiasts! Would you like to be a vendor at Saltair Community Centre's 4th Annual Seedy Sunday. Join in to meet other gardeners, experts and have fun socializing.

We are looking for Vendors that want to sell or trade seedlings, seeds, plants(indoor or outdoor) mason bee housing, and cocoons, berry canes, eggs, honey, worms, veggie starters, flower starters, bulbs of any kind, bagged manure, gardening books, stakes, anything garden or food growth related. Please email to: info@saltaircommunitycentre.ca for a vendor form and to book a table.

Sunday, March 5th, 2023, 10am to 2 pm Saltair Community Centre Hall. 3850 South Oyster School Road, Admission: Cash donation accepted for local Food Bank Tables: $20. each (size 6ft by 3ft) Tables either inside or outside.

Saltair Annual Spring Market

Just in time for **Mother's Day Saturday, May 6th, 2023 10 am to 2pm**

Saltair Community Centre Hall, Spring Theme.

Vendors wanted, Tables $30.00 each (size 6ft by 3ft).

Contact: Nadi Bottomley email: ainlet@shaw.ca for vendor application form to book a table.

Canadian Tai Chi Academy:

Introduction – Beginner classes February to end of May 2023 Saltair Community Centre Hall Contact: duncan@canadiantaichiacademy.org for more information.

Rental Spaces at the Centre:

If you are in need of an affordable rental space for a birthday, meeting, craft class, family event, etc. check out our website at www.saltaircommunitycentre.ca or Facebook page for upcoming events or programs.

Thank you for your continued support of the Saltair Community Society, a volunteer board of directors who operate and maintain the Centre for community use.