



Please follow us on social media



James Bay Community Project



@jamesbaycp

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>250-388-7844 askus@jbcp.bc.ca 547 Michigan Street Victoria BC V8V 1S5 Open Monday to Friday 8:00 am - 4:00 pm</p> <p>Reiki A holistic, light touch, energy based healing technique. By appointment: 250-388-7844 ext. 0 \$5 per session.</p> <p>Qi Gong Breathing, concentration and posture/movement exercises. Drop in \$3.</p> <p>Exploring Ancient Chinese Wisdom Exercises and discussion held in a group setting based on ancient Chinese health perspectives incorporating Taiji, Qi Gong, Neigong and Dao Yin. Drop in. \$3</p> <p>Meditation and Self-Knowledge The class is divided into a 20 – 30 minute meditation followed by a lecture style class teaching a Vedanta text. Drop in. \$2</p> <p>Blood Pressure Clinic Keep track of your blood pressure, get your weight measured. Drop in. Free.</p> <p>Macular Degeneration & Low Vision Support Group Information, speakers and support. Drop in. Free.</p> <p>Foot Care Practical care of the feet including foot assessment, toenail cutting, foot bath, and callus and corn removal. Eligibility requirements apply. By appointment: 250-388-7844 ext. 308. \$5</p> <p>Senors Social Connections For older members of our community. Join in for a light lunch, conversation, recreation and special activities. For more info please call Jennifer 250-388- 7844 ext. 334. Suggested donation \$0-\$5</p> <p>Postural Stretching – The Quest for Alignment Energize your spine and lengthen the body core through auto-stretching using Hatha Yoga poses. This program is for all ages and can be done sitting in a chair. Drop in. \$3</p>	<p>3 James Bay Community Project Closed for Canada Day</p>	<p>4 9:00-11:00 am Foot Care Appointments 1:30-3:30 pm Reiki Appointments</p>	<p>5 1:00-3:00 pm Blood Pressure Clinic 7:00-8:30 pm Meditation and Self-Knowledge</p>	<p>6 9:45 am-12 pm Reiki Appointments 1:00-3:00 pm Seniors Social Connections 3:00-6:00 pm HerWay Home For info 250-519-3681 7:30-8:30 pm LifeRing For info 250-920-2095</p>	<p>7 10:30 am-12pm Qi Gong 12:00-3:00 pm HerWay Home For info 250-519-3681</p>
	<p>10 10:30-11:45 am Postural Stretching The Quest for Alignment</p>	<p>11 9:00-11:00 am Foot Care Appointments 1:30-3:30 pm Reiki Appointments</p>	<p>12 7:00-8:30 pm Meditation and Self-Knowledge</p>	<p>13 9:30 am-12 pm Breast Friends Group 9:45 am-12 pm Reiki Appointments 1:00-3:00 pm Seniors Social Connections 3:00-6:00 pm HerWay Home For info 250-519-3681 5:30-7:30 pm Toastmasters For info 250-479-0828 7:30-8:30 pm LifeRing For info 250-920-2095</p>	<p>14 10:30 am-12 pm Qi Gong 12:00-3:00 pm HerWay Home For info 250-519-3681 1:00-2:30 pm Exploring Ancient Chinese Wisdom</p>
	<p>17 10:30-11:45 am Postural Stretching The Quest for Alignment</p>	<p>18 9:00-11:00 am Foot Care Appointments 1:30-3:30 pm Reiki Appointments</p>	<p>19 7:00-8:30 pm Meditation and Self-Knowledge</p>	<p>20 9:45 am-12 pm Reiki Appointments 1:00-3:00 pm Seniors Social Connections 3:00-6:00 pm HerWay Home For info 250-519-3681 7:30-8:30 pm LifeRing For info 250-920-2095</p>	<p>21 10:30 am-12 pm Qi Gong 12:00-3:00 pm HerWay Home For info 250-519-3681 1:00-2:30 pm Exploring Ancient Chinese Wisdom</p>
	<p>24 10:30-11:45 am Postural Stretching The Quest for Alignment</p>	<p>25 9:00-11:00 am Foot Care Appointments 1:30-3:30 pm Reiki Appointments</p>	<p>26 7:00-8:30 pm Meditation and Self-Knowledge</p>	<p>27 9:30 am-12 pm Breast Friends Group 9:45 am-12 pm Reiki Appointments 1:00-3:00 pm Seniors Social Connections 3:00-6:00 pm HerWay Home For info 250-519-3681 5:30-7:30 pm Toastmasters For info 250-479-0828 7:30-8:30 pm LifeRing For info 250-920-2095</p>	<p>28 10:30 am-12 pm Qi Gong 12:00-3:00 pm HerWay Home For info 250-519-3681 1:00-2:30 pm Exploring Ancient Chinese Wisdom</p>
	<p>31 10:30-11:45 am Postural Stretching The Quest for Alignment</p>	<p>JBCP Community Library is open</p> <p>Monday to Friday 10:00am – 4:00pm</p>			
<p>All of our programs are FREE for current James Bay Community Project Volunteers and Capital City Volunteers</p>					