



Please follow us on social media



James Bay Community Project



@jamesbaycp

250-388-7844 askus@jbcp.bc.ca
547 Michigan Street Victoria BC V8V 1S5
Open Monday to Friday 8:00 am - 4:00 pm

Reiki
 A holistic, light touch, energy based healing technique. By appointment: 250-388-7844 ext. 0 \$5 per session. Please note, after 2 missed appointments participants will be ineligible to book for 3 months.

Qi Gong
 Breathing, concentration and posture/movement exercises. Drop in \$3.

Ancient Chinese Health Practices
 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

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 **on hold until September 17*

Blood Pressure Clinic
 Keep track of your blood pressure, get your weight measured. Drop in. Free.

Macular Degeneration & Low Vision Support Group
 Information, speakers and support.
**Resumes in September*

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

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 James Bay Community Project Closed for Canada Day	3 9:00-11:00 am Foot Care Appointments 1:30-3:30 pm Reiki Appointments	4 1:00-3:00 pm Blood Pressure Clinic 5:00-6:30 pm JBCP Board Meeting	5 9:45 am-12 pm Reiki Appointments 1:00-3:00 pm Seniors Social Connections 3:00-5:00 pm HerWay Home For info 250-519-3681 LifeRing For info 250-920-2095 7:30-8:30 pm	6 10:30 am-12 pm Qi Gong 12:00-3:00 pm HerWay Home For info 250-519-3681 1:00-2:30 pm Ancient Chinese Health Practices
9 10:30-11:45 am Postural Stretching The Quest for Alignment	10 9:00-11:00 am Foot Care Appointments 1:30-3:30 pm Reiki Appointments	11	12 9:30 am-12 pm Breast Friends Group 9:45 am-12 pm Reiki Appointments 1:00-3:00 pm Seniors Social Connections 3:00-5:00 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	13 10:30 am-12 pm Qi Gong 12:00-3:00 pm HerWay Home For info 250-519-3681 1:00-2:30 pm Ancient Chinese Health Practices
16 10:30-11:45 am Postural Stretching The Quest for Alignment	17 9:00-11:00 am Foot Care Appointments 1:30-3:30 pm Reiki Appointments	18 1:00-3:00pm African AIDS Angels	19 9:45 am-12 pm Reiki Appointments 1:00-3:00 pm Seniors Social Connections 3:00-5:00 pm HerWay Home For info 250-519-3681 7:30-8:30 pm LifeRing For info 250-920-2095	20 10:30 am-12 pm Qi Gong 12:00-3:00 pm HerWay Home For info 250-519-3681 1:00-2:30 pm Ancient Chinese Health Practices
23 10:30-11:45 am Postural Stretching The Quest for Alignment	24 9:00-11:00 am Foot Care Appointments 1:30-3:30 pm Reiki Appointments	25	26 9:30 am-12 pm Breast Friends Group 9:45 am-12 pm Reiki Appointments 1:00-3:00 pm Seniors Social Connections 3:00-5:00 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	27 10:30 am-12 pm Qi Gong 12:00-3:00 pm HerWay Home For info 250-519-3681 1:00-2:30 pm Ancient Chinese Health Practices
30 10:30-11:45 am Postural Stretching The Quest for Alignment	31 9:00-11:00 am Foot Care Appointments 1:30-3:30 pm Reiki Appointments			

All of our programs are FREE for current James Bay Community Project Volunteers and Capital City Volunteers