



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
**This group will be on hold until October 13*

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

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. Drop in. Free.

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
JBCP Community Library is open Monday to Friday 10:00am – 4:00pm				1 10:30 am-12pm 12:00-3:00 pm 1:00-2:30 pm Qi Gong HerWay Home For info 250-519-3681 Ancient Chinese Health Practices <i>*last group - resumes October 13</i>
4 James Bay Community Project Closed for Labour Day	5 9:00-11:00 am Foot Care Appointments 1:30-3:30 pm Reiki Appointments	6 1:00-3:00 pm Blood Pressure Clinic 5:00-6:30 pm JBCP Board Meeting	7 9:45 am-12 pm 1:00-3:00 pm 3:00-6:00 pm 7:30-8:30 pm Reiki Appointments Seniors Social Connections HerWay Home For info 250-519-3681 LifeRing For info 250-920-2095	8 10:30 am-12 pm 12:00-3:00 pm Qi Gong HerWay Home For info 250-519-3681
11 10:30-11:45 am Postural Stretching The Quest for Alignment	12 9:00-11:00 am Foot Care Appointments 1:30-3:30 pm Reiki Appointments	13 7:00-8:30 pm Meditation and Self-Knowledge	14 9:30 am-12 pm 9:45 am-12 pm 1:00-3:00 pm 3:00-6:00 pm 5:30-7:30 pm 7:30-8:30 pm Breast Friends Group Reiki Appointments Seniors Social Connections HerWay Home For info 250-519-3681 Toastmasters For info 250-479-0828 LifeRing For info 250-920-2095	15 10:30 am-12 pm 12:00-3:00 pm Qi Gong HerWay Home For info 250-519-3681
18 10:30-11:45 am Postural Stretching The Quest for Alignment	19 9:00-11:00 am Foot Care Appointments 1:30-3:30 pm Reiki Appointments	20 1:00-3:00pm 7:00-8:30 pm African AIDS Angels Meditation and Self-Knowledge	21 9:45 am-12 pm 10:00-11:30 am 1:00-3:00 pm 3:00-6:00 pm 7:30-8:30 pm Reiki Appointments Macular Degeneration & Low Vision Support Group Seniors Social Connections HerWay Home For info 250-519-3681 LifeRing For info 250-920-2095	22 10:30 am-12 pm 12:00-3:00 pm Qi Gong HerWay Home For info 250-519-3681
25 10:30-11:45 am Postural Stretching The Quest for Alignment	26 9:00-11:00 am Foot Care Appointments 1:30-3:30 pm Reiki Appointments	27 7:00-8:30 pm Meditation and Self-Knowledge	28 9:30 am-12 pm 9:45 am-12 pm 1:00-3:00 pm 3:00-6:00 pm 5:30-7:30 pm 7:30-8:30 pm Breast Friends Group Reiki Appointments Seniors Social Connections HerWay Home For info 250-519-3681 Toastmasters For info 250-479-0828 LifeRing For info 250-920-2095	29 10:30 am-12 pm 12:00-3:00 pm Qi Gong HerWay Home For info 250-519-3681

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