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# Take a moment for activities

**PARKS AND REC Activity Guide** offers range of programs for all ages and abilities.

active together. Learn cycling etiquette, safety and polish up on your riding skills.

without chemicals or excess water by adopting edible and native plants into your landscaping.

My mom has told me throughout my life that the older you get, the faster time goes by. I am discovering as I get older that she was right.

take a moment. **Frozen for fun** (ages 3-5) – I don't know many toddlers who aren't obsessed with Ana or Olaf. In this fun

**Be a street style star** (ages 13-15) – If you're into fashion and style, this is for you. Whether you're male or female, learn how to adapt your inner

**Cardio sculpt** – Check out this new fitness program at Oliver Woods that incorporates low weight, high repetition resistance exercises to tone and sculpt your muscles.

How is it that it's already the month of March?

With the release of the new Spring and Summer Activity Guide, however, the City of Nanaimo is encouraging you to take our new theme 'Take a Moment' to heart by taking the time to discover some of the many new programs available to you and your family.



**ACTIVE LIFE**  
Tammy Toor  
Parks and recreation

**Sunset paddling** – Enjoy the views of the coastline as you get out and try this sport that is increasing in popularity. This is a great core and balance workout.

Here are a few to consider as you

**Jazz for beginners** (ages 6-12) – Dancing is one of the best exercises for both the body and the mind and jazz dancing is so much fun.

**Shiv's kitchen** – Who can resist the smell and intense flavours of Indian cuisine? In this course, Shiv will teach participants how to make some very tasty vegetarian dishes that are easy to make.

For more information on these course or other program ideas, please pick up the new City of Nanaimo Spring and Summer Activity Guide or view it on our website at [www.nanaimo.ca](http://www.nanaimo.ca).

**Family bicycle workshop** – Cycling is a great way for families to stay

**Lawn alternative workshop** – Learn how to have your yard look vibrant

*Tammy Toor is a communications specialist with Parks, Recreation and Environment.*

## SENIORS' SERVICE DIRECTORY

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## Horoscope

YOUR WEEKLY HOROSCOPE: UP TO MAR. 23RD, 2015

<p><b>ARIES</b> - Mar 21/Apr 20 Aries, give a loved one the benefit of the doubt before jumping to conclusions. This beloved confidante deserves your trust and ardent support.</p>	<p><b>LIBRA</b> - Sept 23/Oct 23 Libra, you have a difficult decision to make, but forge ahead with what you think is best. Keep a level head and weigh all of the consequences of your decision.</p>
<p><b>TAURUS</b> - Apr 21/May 21 Taurus, expect some powerful emotions to surface when you meet a new person this week. You may be immediately drawn to this individual, so embrace the attraction.</p>	<p><b>SCORPIO</b> - Oct 24/Nov 22 Friends jokingly suggest you have psychic powers, Scorpio. They are put to the test this week when you suspect something is amiss. Rectify the situation in due time.</p>
<p><b>GEMINI</b> - May 22/June 21 Gemini, the week starts off on a bumpy note but quickly turns itself around. By Friday, you will have a smile on your face and be ready to make the most of the weekend.</p>	<p><b>SAGITTARIUS</b> - Nov 23/Dec 21 Avoid taking a big financial risk this week, Sagittarius. Hold on tight to your money and resist the temptation to spend any money for the time being.</p>
<p><b>CANCER</b> - Jun 22/Jul 22 Cancer, some long weeks have left you physically and emotionally wiped out. Take some time out for yourself in the coming days and resist the urge to jump back into the fray too quickly.</p>	<p><b>CAPRICORN</b> - Dec 22/Jan 20 Capricorn, pressure to complete an important project will find its way to you this week. No matter how quickly you need to get things done, calmly approach the tasks at hand.</p>
<p><b>LEO</b> - Jul 23/Aug 23 A romance at work begins to heat up, Leo. This may be the perfect opportunity to find your match. Just don't let feelings get in the way of productivity.</p>	<p><b>AQUARIUS</b> - Jan 21/Feb 18 Resist the instinct to keep your feelings bottled up this week, Aquarius. Get your thoughts out in the open, and you will instantaneously feel much better.</p>
<p><b>VIRGO</b> - Aug 24/Sept 22 A problem dominates your thoughts as you work to find a solution, Virgo. Until you pull away and focus on something else, you will not be able to see the answer clearly.</p>	<p><b>PISCES</b> - Feb 19/Mar 20 Pisces, you will be very productive this week as you benefit from a new outlook. Plan ahead for some magic.</p>

		
<b>Karla Harris, AMP</b> 250-741-4706	<b>Gillian Falk, AMP</b> 250-716-1930	<b>Rhonda Brown, AMP</b> 250-751-5434

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**Michael's THE ARTS AND CRAFTS STORE**

# FLYER NOTICE!

**WATCH FOR OUR FLYER**  
in Today's Edition of the  
**NANAIMO NEWS Bulletin**  
NANAIMO'S COMMUNITY NEWSPAPER

**Michael's THE ARTS AND CRAFTS STORE**  
Woodgrove Crossing - Located behind "Chapters"  
**(250) 390-5309**  
6677 Mary Ellen • Nanaimo

**OPEN EVERY DAY**  
Monday to Saturday  
9 am - 9 pm  
Sunday  
10 am - 7 pm

## Inbrief

community

### Museum hosts themed events

A week of drop-in activities is scheduled at the Nanaimo Museum during spring break (March 23-27).

Each afternoon has a different theme with related activities: Monday offers a Blast from the Past; Tuesday the Coal Miner; Wednesday kids can Sail Away; Thursday discover Chinatown; and Friday consider Shipwrecked.

The activities include hands-on activities and art projects, and will take approximately one hour to complete. The activities are designed for children in elementary school but each day will have one activity suitable for preschool-aged children.

Families may participate in activities on all five days or just attend the theme day of their choice. The activities are available on a drop-in basis from 1-4 p.m. There is no pre-registration.

Admission is by donation. Caregivers must be present for the duration of the program.

For more information, please call 250-753-1821 or e-mail [program@nanaimomuseum.ca](mailto:program@nanaimomuseum.ca).

### Tech week aids teen creativity

Teen Tech Week 2015 started Sunday and teens everywhere are being invited to showcase their creativity and make, build, code, fix, write, knit, draw and design at their local library.

This year's theme, Libraries are for Making, encourages teens to use their library space as their canvas to developing their creations by providing a place to explore, be inspired, create and share content.

Participating branches of Vancouver Island Regional Library will be offering a host of resources for teens, including: scavenger hunts and contests; web video production tutorial for aspiring athletes and web video producers; design-your-own-smart-phone-case workshop for teens to craft their own mobile phone cases.

For more information, please visit [virl.bc.ca/teens](http://virl.bc.ca/teens).