

Rentals at The HUB

For classes, workshops, meetings, AGMs, banquets, weddings, screenings, concerts, plays, outdoor events, etc.,. Local, affordable community rentals for one time/meetings events, monthly or weekly. Ask about our regular renter discount & volunteer incentive program. Free for local community group meetings in the CVRD Area E.

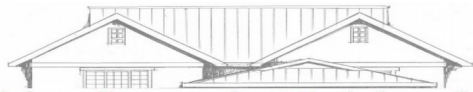
rentals@cowichanhub.ca

250.746.1794

HUB Services, Denizens & Programs

International Montessori Academy of Canada 250.737.1119

Sharpe Occupational Therapy Inc 250.710.7060



Cowichan Community Workshop Co-op

Cowichan Valley Rockhounds

The Clay Hub Collective

HUB Friday Cafe

HUB Film Club

Rec & Roll Fridays

HUB Disc Golf Course

HUB Free Library

Pub in the HUB

* Easter Fair * Halloween * Christmas Market *

Come help build community!



Programming Spring 2020

(March–June)

- *Arts & Skills*
- *Community*
- *Dance & Music*
- *Health & Well Being*
- *Kids & Youth*
- *Leisure & Food*
- *Seniors*
- *Sports & Fitness*

***Something for everyone
in the community!***

programs@cowichanhub.ca

250.746.1794

2375 Koksilah Rd. Duncan BC V9L 6M5

Cowichan Station Area Association

cowichanhub.ca

HUB Program Guide Spring 2020

***Please see calendar for up-to-date times and days
cowichanstation.org/calendar-of-events/ ***

Arts & Skills

Clay Hub Collective theclayhubcollective@gmail.com Mon-Sat
Cowichan Community Workshop Co-op cowichancommunityworkshop@gmail.com Mon-Sat
Cowichan Valley Rockhounds judithmoss@uniserve.com Sun & Mon
Repair Cafe programs@cowichanhub.ca Quarterly
Art Social Sessions lesleyfountainstudio@gmail.com March Thu 6pm

Community

Dialogue by Design programs@cowichanhub.ca Monthly
Koksilah Watershed koksilah@cowichanstation.org
The Mankind Project jimlavers@telus.net Wed 7pm

Dance & Music

Barley North Concerts andrew@barelynorth.com Monthly
Contact Improv Jam jasper.sircus@gmail.com
Dance Temple Cowichan ancientfutures@gmail.com 2nd Fri 5pm
Jubilate Choir annette.lampson@gmail.com Mon 7pm
Music Together marniemtmidisland@gmail.com Wed 9:30 & 10:30am
Sensitive Dance jacksonpatrick0@gmail.com Sun 10am
Shady Grove Folk Square Dance peter@shadygrove.ca 1st Fri 7pm
Warmland Dance admin@warmlanddance.ca Daily
Singing at the HUB annette.lampson@gmail.com Fri 1:30pm

Health & Well Being

Feldenkais Neuromovement movement2@gmail.com Fri 9:30am
Meditation davidpmccauley@gmail.com Sun 5:30pm

HUB Program Guide Spring 2020

Wild Goose Qigong rivendellrhythm@shaw.ca Thu 8:30am
Prenatal Yoga carla.nigro@gmail.com Tues 7pm
Postnatal Yoga dianebarryyoga@gmail.com Thu 10am
Weekend Yoga dianebarryyoga@gmail.com Sun 9am

Kids & Youth

Beavers & Cubs davidvan33540@gmail.com Mon 5:45pm
Kids & Youth Capoeira hilary@foelse.com Tue 3:30/4:30pm
Japanese Language & Cultural Class atsuko@happyflow.net Fri 3pm
Rec & Roll kids@cowichanstation.org Fri 3:15-4:15pm
Youth Mind Movement amosclayworks@gmail.com

Leisure & Food

Board Game Night programs@cowichanhub.ca Monthly
The HUB Friday Cafe cafe@cowichanstation.org Fri 11:30-2pm
The HUB Film Club hubfilmclub@gmail.com 4th Fri 6:30pm
Pub in the HUB programs@cowichanhub.ca 3rd Sat 6pm
Cowichan Beekeepers cowichanbeekeepers@gmail.com 3rd Wed 7pm
Cowichan Fly Fishers murraym23@gmail.com 1st Thu 7pm

Seniors

Fitness & Coffee Plus programs@cowichanhub.ca
Painting for Seniors programs@cowichanhub.ca Fri 2pm Monthly

Sports & Fitness

Adult Capoeira hilary@foelse.com Mon & Fri 5:30pm
Ball Hockey programs@cowichanhub.ca
CV Jazzercise Tue 8:15am Thu 8:30am Sat 9am
jazzercisepamkrewda@gmail.com
CV Zumba bodyparts.fitness.firstaid@gmail.com Wed 5pm/Sat 9am
Disc Golf Course discgolf@cowichanhub.ca All Week