

Fitness & Health

Osteofit for Life (19+yrs)

Emphasis is on improving posture, alignment, strength, balance coordination and agility through safe and specific movements in a comfortable, fun environment. Participants must have completed a full course in Osteofit I. Sorry, no drop ins.

Instructor: Bill Galloway, Jenny Mah

Tu F Sep 19-Nov 24 10:30 AM-11:30 AM

120972 \$76.19/20 sess

Tu F Nov 28-Dec 12 10:30 AM-11:30 AM

120973 \$19.05/5 sess



Zumba Gold (55+yrs)

ZUMBA® Gold is a low impact dance - fitness class for beginners and seniors that uses zesty latin music, Salsa, Cha Cha, Cumbia, Merengue, Rock n' Roll, (including Twist and Charleston), with easy to follow moves to create a dynamic and fun fitness class. Zumba® Gold strives to improve your balance, strength, flexibility and most importantly the heart. It is a "feel happy" workout that is great for both the body and the mind. Drop-ins \$9.50 - space permitting www.zumbavancouver.ca

Instructor: Zumba Vancouver

W Sep 20-Nov 1 2:00 PM-3:00 PM

121031 \$60/7 sess

W Nov 8-Dec 13 2:00 PM-3:00 PM

121032 \$51.43/6 sess

Taxes not included in fees.

Chair Yoga (19+ yrs)

Yoga adapted to the Chair makes more yoga more accessible to more people. The many benefits of yoga can be enjoyed without getting up and down from the floor. This gentle yet deep practice works all parts and systems of the body. Breath awareness calms and balances the body and the mind. Some optional standing poses using the chair for balance help to improve strength and balance. Everyone moves within their own level of comfort. Drop-in \$12.38.

Instructor: Bonnie Anderson

Tu Sep 19 12:30 PM-1:30 PM

128977 **FREE TRIAL**

Tu Sep 26-Nov 28 12:30 PM-1:30 PM

120875 \$104.76/10 sess

The Joy of Gentle Yoga (19+ yrs)

This is a gentle and therapeutic yoga class that works with every body's unique strengths and challenges. Yoga mats, chairs and bolsters are used to make yoga poses more accessible to more people in a deep, comfortable and safe way. This class will help build and maintain strength, tone and balance in both your body and mind. Bring your own blanket for the final relaxation. No class on November 2. More information at www.joyofgentleyoga.com, Drop-ins are welcome. \$14.29

Instructor: Sylvia Smallman

Th Sep 14-Dec 14 1:30 PM-2:45 PM

121022 \$169/13 sess



Education

Earthquake Preparedness -

Seniors (50+ yrs) **NEW**

Many sessions offered for emergency preparedness focus on families - not this session. This session is specific for Seniors focusing on challenges they may face when preparing for emergencies or disasters. We have all witnessed the recent earthquakes around the world and have seen the devastation caused. Living in Vancouver, we too could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. This session will ensure you and your pets are prepared for whatever disaster comes your way. It covers what is required to develop your emergency plan, how to conduct a Hazard Hunt and what supplies to keep on hand.

Instructor: NEPP

Th Sep 28 2:00 PM-3:30 PM

123262 Free

Creative Endeavours (55+ yrs)

All are welcome to visit and participate in painting, drawing or your medium of choice. No instructor, but advice, encouragement and friendship for beginners and experienced alike. Some materials are available to share. Bring your own supplies and help us grow.

Tu Sep 12-Dec 12 1:00 PM-3:00 PM

Free

Writers' Group (55+yrs)

Join our self-directed writing group. Use this time to write in your own way: Reflections on life memoir, stories of the "old days", or moments of inspiration. Share your work in a safe and friendly space and build from suggestions. Free, but please pre-register.

W Sep 13-Dec 13 1:00 PM-3:00 PM

Free

Stress Management and Burnout Prevention (19+yrs)

Dr. Peter Hudoba and Dr. Monique Giard combine their extensive medical and psychological knowledge with their years of meditation training, to offer a tried and true system for identifying, healing and preventing Burnout. Provides 6 CCPA-ACCP credits, and 6 EMDRIA credits.

Instructor: Dr. Peter Hudoba & Dr. Monique Giard

M Nov 6-Dec 11 7:00 PM-9:00 PM

120873 \$114.29/6 sess

Outdoor Activities

Dragon Boating (55+yrs)

For all level of water enthusiasts to come out once per week and paddle in a dragon boat. This is a senior recreational program and all abilities are welcome. Sponsored by the False Creek Racing Canoe Club. Waiver forms are required and available at the front desk.

Instructor: Ron MacDonald

W Sep 6-Oct 25 10:00 AM-11:30 AM
120880 \$68.57/8 sess

Arts Whistler Holiday

Market (55+yrs)

Whistlers Original Artisan Market has built a reputation of presenting unique, quality, handmade arts and crafts for Whistler residents and visitors looking for one-of-a-kind treasures. Featuring over 100 artisans from the Sea to Sky Corridor, Lower Mainland and beyond, the 27th annual holiday craft fair will feature a wide array of ceramics, clothing, fine art, wood, glass, metal, jewelry, candles and aromatherapy products as well as Christmas decorations. Whistler Arts Council presents Bizarre Bazaar, a vibrant community event that includes live music, a silent auction, dance and food at the Whistler Conference Center.

Instructor: Enjoy Day Trips

Su Nov 26 8:15 AM-5:15 PM
120890 \$79/1 sess

Audain Art Museum and Fairmont

Chateau Whistler (55+yrs)

The Audain Art Museum is Canada's newest Art Museum which opened March 12, 2016 in Whistler. The Audain Art Museum's permanent collection of nearly 200 works of art is a visual journey through the history of art from coastal British Columbia including a large collection of works by Emily Carr. The Special Exhibition is Edward Burtynsky: The Scarred Earth, on June 10 - October 16, is an intimate look at how we, as a species, have altered our physical landscape through resource extraction. Edward Burtynsky, as a documentary photographer, has chronicled humanity's influence over the Earth's surface over the past three decades. This tour includes a one hour docent led tour, Museum free time, a lunch to remember at the Fairmont Chateau Whistler and afternoon free time in Whistler Village.

Instructor: Enjoy Day Trips

Th Oct 12 7:30 AM-6:00 PM
120886 \$139/1 sess

Polar Express (55+yrs)

Kick off the Holiday season with family and grandchildren aboard the 9th Annual Polar Express! West Coast Railway Heritage Park in Squamish operates Canada's only Polar Express designed to delight and inspire as it makes it's magical round trip journey to the North Pole. The one-hour train ride is filled with magic, music, stories and on board refreshments Polar Express style. Includes coach ticket, one mini train ride and entry to the "North Pole Workshop", the "Gingerbread Village" and lunch on the Squamish River at the Watershed Grill in Brackendale.

Instructor: Enjoy Day Trips

Su Dec 17 9:15 AM-5:30 PM
120974 \$109/1 sess

Sunshine Coast and Smuggler Cove (55+yrs)

Explore the Sunshine Coast and see why BC is called "Best Place on Earth". Visit Smuggler Cove located between Secret Cove and Half Moon Bay for an escorted walk to soak up this picturesque marine park's board walks and storied past. Take afternoon free time to shop and stroll in Gibsons Landing where CBC filmed the internationally televised series The Beachcombers or relax at the picturesque Winegarden Waterfront Park. This tour includes an escorted walk at Smuggler Cove, lunch at The Lighthouse Pub and afternoon free time in Gibsons Landing. Please Note: Additional \$8 ferry fee applies to those under the age of 65 and to non BC residents.

Instructor: Enjoy Day Trips

Tu Sep 12 7:30 AM-6:00 PM
120876 \$119/1 sess

Social

Ballroom Dancing (55+yrs)

Join hosts Gabriel and Catherine for an afternoon of social dancing. This is a social group; instruction is not provided. Program is free, but please sign in at room entrance. No dance on Oct 8 & Nov 12.

Instructor: Gabriel And Catherine Yam

Su Sep 10-Dec 17 1:45 PM-3:45 PM
Free

Crafternoons (55+ yrs)

Please join our drop-in group of individuals who like to play and create. Our media has included paper, fabric, yarn, beads and paint but possibilities are endless. Bring any craft you are working on to share the afternoon with like-minded people.

Th Sep 7-Dec 14 1:00 PM-3:00 PM
Free

Duplicate Bridge Practice (55+yrs)

Get a feel for duplicate bridge, typically playing 3 rounds of at least 6 pre-dealt hands with various partners. Pace of play attempts to approximate a real duplicate setting. A working knowledge of bidding and scoring is required as this is a non-instructional program. Facilitated by volunteers. No class on October 9 and November 13.

M Sep 11-Dec 11 12:15 PM-3:00 PM
\$0.95/drop-in

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Create an online account and register for unique and exciting programs across 24 community centres. Your online account allows you to keep track of your schedules, rental agreements, payment receipts and look up your current pass status.

Skip the line and buy your pass online All our passes are now available online. Get your 10-usage pass to indoor cycling classes or visit a fitness centre, pool or rink with the click of a button. Monthly Flexipasses are great for getting active and staying active, giving you access to 21 fitness centres, 9 indoor pools, 5 outdoor pools, and 8 ice rinks! vancouver.ca/passes

Drop-in activities

If you're looking for something to do last minute or make a long term commitment, we offer a wide range of drop-in activities to fit anyone's schedule. Check out what's available today on our drop-in calendar.

Event space

Planning a sporting event, social gathering or wedding? Submit your request for use of community centre rooms, outdoor parks or fields, ice rinks and more!

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recreation.vancouver.ca

