

Art, Culture & Environment

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.

Instructor: No Instructor

Tu Apr 03-Jun 05 1:00 PM-3:00 PM
151490 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. Please note, this program takes place every 2nd and 4th Wednesday of the month. Free, but please pre-register.

Instructor: No Instructor

W Apr 11-Jun 27 1:00 PM-3:00 PM
151493 FREE

Education

Earthquake Preparedness - Seniors (50+ yrs)

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 in Japan & New Zealand 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. It covers what is required to develop your emergency plan, how to conduct a Hazard Hunt and what to do when an earthquake strikes when you live in an apartment or strata.

Instructor: City Of Vancouver NEPP

Tu Jun 19 2:00 PM-3:30 PM
151498 FREE

Coptic

Bookbinding (19+ yrs) **NEW**

Coptic book uses an ancient Egyptian technique for binding a book that requires no glue or paste. It's strength is proven when you flip the pages onto itself (like a sketchbook) and it refuses to weaken. The structure is also ideal for travel as it can hold up to extreme wet and dry climates. No prior experience is required. All supplies and tools will be provided.

Instructor: Suzan Lee

Sa Jun 23 11:00 AM-2:00 PM
158231 \$48.57/1 sess

Japanese Box

Bookbinding (19+ yrs) **NEW**

Participants will learn how to make a beautiful box in using a historical Japanese method. Beautiful decorative paper and book cloth are used to finish a roughly 6 x 4 x 2 box with a bone clasp closure. No prior bookbinding or Box Making experience is required. Each student will finish a Japanese Box. No handouts will be provided. Students are encouraged to take notes and photos.

Instructor: Suzan Lee

Summer ☀️
Sa Aug 11 11:00 AM-2:00 PM
158288 \$86.67/1 sess

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 complete a medical form signed by their family physician. Sorry, no drop ins.

Instructor: Jennifer Mah & Bill Galloway

Tu F Apr 03-May 08 10:30 AM-11:30 AM
151428 \$44/11 sess

Tu F May 11-Jun 15 10:30 AM-11:30 AM
15143 \$44/11 sess

Summer ☀️
Tu F Jun 19-Jul 24 10:30 AM-11:30 AM
151447 \$44/11 sess

Summer ☀️
Tu F Jul 27-Aug 28 10:30 AM-11:30 AM
151452 \$44/11 sess

Seniors Weight

Training (55+ yrs) **NEW**

The first half of this session is spent strengthening and toning muscles in the Fitness Centre. The last half of this session focuses on stretching and strengthening your core muscles. The cost is the senior's drop-in rate or FREE with a valid Fitness Centre Pass or Usage Pass. PAR-Q and consent form must be completed before participation. Registration is required.

Instructor: Jennifer Mah

Th May 03-Jun 21 11:00 AM-12:00 PM
154167 Free w/ Admission

Summer ☀️
Th Jul 05-Aug 23 11:00 AM-12:00 PM
154168 Free w/ Admission

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 May 09-Jun 27 2:00 PM-3:00 PM
150960 \$68.56/8 sess

Summer ☀️
W Jul 04-Aug 15 2:00 PM-3:00 PM
150961 \$59.99/7 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. We use yoga mats, chairs and bolsters to make more 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. More information at www.joyofgentleyoga.com, Drop-ins are welcome. \$14.29

Instructor: Sylvia Smallman

Th Apr 12-Jun 28 1:30 PM-2:45 PM
150952 \$156/12 sess

Taxes not included in fees.

Social

Ballroom Dancing (55+ yrs)

Join hosts Gabriel and Catherine for an afternoon of social dancing. This is a social group, but please sign in at room entrance. No class on April 1, May 20 and 27, July 1, August 5 and 19.

Instructor: Gabriel And Catherine Yam

Su Apr 08-Jun 24 1:30 PM-3:30 PM
151470 FREE

Summer ☀️

Su Jul 08-Aug 26 1:30 PM-3:30 PM
151471 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.

Instructor: No Instructor

Th Apr 05-Jun 07 1:00 PM-3:00 PM
151495 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 April 2, May 21, July 2 and August 6.

Instructor: No Instructor

M Apr 09-Jun 25 12:15 PM-3:00 PM
151496 \$0.95/drop-in

Summer ☀️

M Jul 09-Aug 27 12:15 PM-3:00 PM
151497 \$0.95/drop-in

Outdoor Activities

Dragon Boat for Seniors (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 K MacDonald

W Jun 27-Aug 29 10:00 AM-11:30 AM
150828 \$90/10 sess

Out Trips

Circle Farm Tour (55+ yrs)

Experience the best of the Fraser Valley on a Circle Farm Tour with 3 distinctly different hand picked farms in Abbotsford including the Tulip Festival! Activity Level: Easy. Package includes: Abbotsford Tulip Festival admission, Bow & Stern Restaurant lunch, Campbell's Gold & Honey Farm & Meadery, Birchwood Dairy Farms ice cream cone, all fees and taxes. Please meet in the lobby.

Instructor: Enjoy Tour And Travel

F Apr 13 8:00 AM-5:15 PM
155926 \$94.29/1 sess



Royal BC Museum Egypt:

The Time of Pharaohs (55+ yrs)

Be among the first in North America to see this staggering exhibition's priceless ancient artifacts some an astounding 4,500 years old. Additional \$20 ferry fee for 65 years and under. Activity Level: Easy. Package includes: All Ferry fees, Royal BC Museum Egypt: The Time of Pharaohs, Legislative Dining Room Lunch, Victoria's Inner Harbour free time, Relief driver, all fees and taxes. Please meet in the lobby.

Instructor: Enjoy Tour And Travel

W May 30 7:15 AM-7:30 PM
155931 \$141.90/1 sess

Pender Harbour

Cruise (55+ yrs)

Enjoy a 90 minute narrated tour of Pender's vibrant and historic harbour with SloCat Harbour Tours. Visit a Sunshine Coast favorite Rockwater Secret Cove Resort for a stroll on the forest boardwalk and lunch. Additional \$10 ferry fee for 65 years and under. Activity Level: Easy. Package includes: SloCat Harbour Pender Tour, Lunch Rockwater Secret Cove Resort, Gibsons Landing, Relief driver, all ferry fees, all fees and taxes. Please meet in the lobby.

Instructor: Enjoy Tour And Travel

M Jun 25 7:30 AM-6:15 PM
155933 \$141.90/1 sess

Salt Spring Saturday

Market (55+ yrs)

Vendors and entertainment include potters, jewelers, fiber artists, woodworkers, and fine decorative arts, armstead cheeses, organic foods, music and free festive fun! Enjoy meeting more than 140 artisans and food producers who all contribute to Salt Spring's international reputation as a hotbed of world-class artists and organic farmers. Includes: 4 Hours Salt Spring Saturday Market, Scenic sail through Gulf Islands, Relief driver, All Ferry fees and taxes. Please meet in the lobby.

Instructor: Enjoy Tour And Travel

Summer ☀️

Sa Jul 28 6:30 AM-7:00 PM
159227 \$122.86/1 sess

Bowen Island (55+ yrs)

Located 20 minutes by ferry from Horseshoe Bay, Bowen Island is a scenic, forested retreat with a rich history and unique shops. Additional \$10 ferry fee for 65 years and under. Includes: Bowen Island Museum, Lunch at Artisan Eats, Village Square, Killarney Lake escorted walk, Snug Cove, Orchard Historical Society, All BC ferry fees and taxes. Please meet in the lobby.

Instructor: Enjoy Tour And Travel

Summer ☀️

Th Aug 23 8:00 AM-5:45 PM
159238 \$133.33/1 sess

Sports

Pickleball Beginner (50+ yrs)

Get active on the court with Pickleball. This sport combines elements of badminton, tennis and table tennis. It is a fun and easy to learn sport will have you coming back for more! Please note that this program is non-instructional. All equipment supplied. Maximum of 8 players, drop ins \$3.81 if space permits.

Instructor: Instructional Non

Sa Apr 07-Jun 30 2:15 PM-3:45 PM
151405 \$26/13 sess

Summer ☀️

Sa Jul 07-Aug 25 2:15 PM-3:45 PM
151418 \$16/8 sess

Taxes not included in fees.