

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 May 2-Jun 27 1:00 PM-3:00 PM
110123 \$0/9 sess

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.

Instructor: No Instructor

W May 3-Jun 28 1:00 PM-3:00 PM
110125 \$0/9 sess

Fitness & Health

Zumba Gold (55+ yrs)

This low-impact dance-fitness class is for beginners and seniors. Dance easy-to-follow moves to zesty Latin music like salsa, cha cha and merengue and Rock & Roll (including the Twist and Charleston). Improve your balance, strength, flexibility and most importantly, heart in this "feel-happy" workout that is great for both the body and the mind. Drop in \$8.57, space permitting.

Instructor: Zumba Vancouver

W May 3-Jun 14 2:00 PM-3:00 PM
108382 \$46.69/7 sess

W Jun 21-Jul 26 2:00 PM-3:00 PM
108383 \$40.02/6 sess



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 May 2-Jun 27 1:00 AM-2:00 AM
108402 \$94.32/9 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. Chairs and bolsters, etc. are available to make more yoga poses more accessible to more people in a deep, pleasurable and safe way. This class will help to build and maintain strength, tone and balance in both your body and mind. Bring your own blanket for final relaxation. More information at www.joyofgentleyoga.com. Drop in \$14.29.

Instructor: Sylvia Smallman

Th May 11-Jun 29 1:30 PM-2:45 PM
110059 \$104/8 sess

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: Barbara McDonald

Tu F May 2 -Jun 23 10:30 AM-11:30 AM
111889 \$60.96/16 sess

Social

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 May 4-Jun 29 1:00 PM-3:00 PM
110124 \$0/9 sess

Duplicate Bridge Practise (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 May 22, Jul 3, Aug 7. Drop-in \$0.95

Instructor: No Instructor

M May 1-Aug 28 12:15 PM-3:00 PM
108455 \$0.95/15 sess

Taxes not included in fees.

Outdoor Activities

Circle Farm + Tulip Tour (55+ yrs)

Experience the best of the Fraser Valley on a Circle Farm Tour featuring the Abbotsford Tulip Festival with 10 acres of Tulip Fields! The Abbotsford Tulip Festival has an on-site flower market, photo cut out boards and U-Pick Tulip Field! This tour also includes a visit Campbell's Gold Honey Farm & Meadery for a Gold Floral Blend honey tasting, ice cream at Birchwood Dairy Farms and lunch at Bow & Stern Restaurant in Abbotsford. Activity Level: Easy

Instructor: Day Trips Troy Oppen Enjo

F Apr 7 8:00 AM-4:30 PM
108458 \$99/1 sess



Galiano Island (55+ yrs)

Experience the magic of BC's Wild West Coast on the Gulf Island closest to Vancouver. Beautiful white shelled beaches, stunning views, marine park trails and local artisans await you on Galiano Island. This tour includes an escorted ocean side walk on Gray Peninsula, local artisans Glassworks Studio, Pottery Studio, lunch at the at the Hummingbird Inn and afternoon dessert at the Galiano Oceanfront Inn and Spa. Please Note: Additional \$20 ferry fee applies to those under the age of 65 and to non BC residents. Activity Level: Easy

Instructor: Day Trips Troy Oppen Enjo

Tu May 16 8:30 AM-6:15 PM
108459 \$149/1 sess

Hell's Gate + Bridal Falls + Othello Tunnels (55+ yrs)

The Fraser Canyon is filled with natural scenic beauty highlighted by Hell's Gate scenic Tram Ride and suspension bridge. Continue on a 25 minute walk at Bridal Veil Falls that cascades down the rocks create a "veil like" effect and Finish at Coquihalla Canyon Provincial Park for a leisurely escorted walk through Othello Tunnels displaying great history, scenery and offering some of British Columbia's most beautiful landscapes. This tour includes bottled water, lunch Hell's Gate and afternoon snacks at Othello Tunnels. Activity Level: Moderate

Instructor: Day Trips Troy Oppen Enjo

Th Aug 11 7:15 AM-7:30 PM
108478 \$119/1 sess

Pemberton Strawberry Tour (55+ yrs)

It's that special time of the year again... strawberry picking time in the Pemberton Valley! The local strawberry picking season generally lasts less than a month so visit Camel's Back Harvest for their lush strawberry fields and North Arm Farms 60 acre organic family owned farm and bakery. This tour includes a take home bag of fresh strawberries, a guided tour and strawberry field picnic lunch at North Arm Farms and sightseeing throughout the scenic Pemberton Valley. Activity Level: Easy

Instructor: Day Trips Troy Oppen Enjo

Th Jun 8 8:00 AM-6:30 PM
108473 \$109/1 sess

Salt Spring Island's Best (55+ yrs)

Sightsee and taste the best Salt Spring has to offer with a mix of nature, creativity and fresh food on the island's best of the best! We hand picked 3 of the best including Sacred Mountain Lavender, Salt Spring Island Cheese Co and the Salt Spring Island Bread Co. for a fresh baked brick oven afternoon dessert to remember. Take a guided tour of Salt Spring Island Cheese Company including a generous tasting room for local chevre and olive samples. Browse the funky shops in Fulford Village where lunch is available for purchase at Salt Spring Island Mercantile, Morningside Bakery or Rock Salt Cafe. Please Note: Additional \$20 ferry fee applies to those under the age of 65 and to non BC residents. Activity Level: Easy

Instructor: Day Trips Troy Oppen Enjo

Th Jul 27 7:30 AM-6:45 PM
108477 \$129/1 sess

Dragon Boating 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 MacDonald

W Jun 21-Aug 23 10:00 AM-11:30 AM
109415 \$85.71/10 sess



Adult 55+



FALSE CREEK
COMMUNITY CENTRE

Association Website
www.FalseCreekCC.ca

**False Creek Community
Centre Association
Annual General Meeting
Monday, May 8th at 7:00pm
All Members welcome.**