

Fitness & Health

BeMoved Plus (50+yrs) **NEW**

BeMoved is a dance fitness experience for people of all movement abilities. During a one hour class participants experience a well-being transformation. The Warm-up infuses breath and movement through choreographed, artistic sequences that activate core strength and balance while improving flexibility and coordination. The Genre section of class uses continuous engaging dance combinations to inspire anyone from first-time dancers to the seasoned performer. Finally, the Cool-down brings your work out full circle, leaving you balanced in mind, body and soul- feeling rejuvenated. Drop ins \$14.00 if space permits.

Instructor: Anita Siu

Tu Jan 9 1:30 PM-2:30 PM
134830 **FREE TRIAL**

Tu Jan 16-Mar 13 1:30 PM-2:30 PM
134827 \$108/9 sess

Pickleball

Beginner (50+yrs) **NEW**

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, registration only. No class on February 10. Drop ins \$3.81 if space permits.

Instructor: Non Instructional

Sa Jan 13-Mar 31 2:15 PM-3:45 PM
139471 \$22/11 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. As well as using yoga mats, chairs and bolsters are used 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 Jan 11-Mar 22 1:30 PM-2:45 PM
134926 \$156/12 sess

Chair Yoga (19+ yrs) **NEW DAY**

Yoga adapted to the Chair makes 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. No class on February 12.

Instructor: Bonnie Anderson

M Jan 8 12:30 PM-1:30 PM
134832 **FREE TRIAL**

M Jan 15-Feb 19 12:30 PM-1:30 PM
134831 \$52.40/5 sess

M Feb 26-Mar 26 12:30 PM-1:30 PM
145218 \$52.40/5 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 complete a medical form signed by the family physician Sorry, no drop ins.

Instructor: Jennifer Mah & Bill Galloway

Tu F Jan 9-Feb 13 10:30 AM-11:30 AM
134882 \$44/11 sess

Tu F Feb 16-Mar 23 10:30 AM-11:30 AM
134883 \$44/11 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 Jan 10 2:00 PM-3:00 PM
141226 **FREE TRIAL**

W Jan 17-Feb 28 2:00 PM-3:00 PM
134935 \$60/7 sess

W Mar 7-Apr 25 2:00 PM-3:00 PM
134936 \$68.57/8 sess

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 K MacDonald

W Mar 28-May 30 10:00 AM-11:30 AM
134837 \$90.00/10 sess

Ballroom Dancing (55+yrs)

Join hosts Gabriel and Catherine for an afternoon of social dancing. This is a social group. Program is free, but please sign in at room entrance. No dance on February 11.

Instructor: Gabriel And Catherine Yam

Su Jan 7-Mar 25 1:30 PM-3:30 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. No class on February 12.

Facilitator: Peter Huddba & Monique Giard

M Jan 22-Mar 5 7:00 PM-9:00 PM
134917 \$114.29/6 sess



Taxes not included in fees.

Social

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 Jan 9-Mar 13 1:00 PM-3:00 PM
134836 **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.

W Jan 10-Mar 28 1:00 PM-3:00 PM
134929 **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 Jan 11-Mar 15 1:00 PM-3:00 PM
134834 **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 February 12.

Instructor: No Instructor

M Jan 8-Mar 26 12:15 PM-3:00 PM
\$0.95/drop-in

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 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: City Of Vancouver NEPP

Tu Feb 20 2:00 PM-3:30 PM
134840 **FREE**

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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!

Follow us on Facebook and Twitter for up to date information on programs and registration.



recreation.vancouver.ca



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