

Aerobics Schedule September 2-December 30, 2018.

No class Dec 21, 25, 26 and Jan 1.

Monday	Tuesday	Wednesday	Friday	Sunday
Morning Fit 9:15 am-10:15 am Harry	Zoomerfit 9:15 am-10:15 am Jenny	Core Control 9:15 am-10:15 am Harry	Morning Fit 9:15 am-10:15 am Philippa	Zoomerfit 9:15 am-10:15 am Harry



	FEES	ADULT	55+ yrs
Drop-in		\$4.76	\$3.57
10 visits		\$42.86	\$32.14
20 visits		\$85.71	\$64.29
Tax not included.			

Morning Fit	A balanced workout emphasizing cardiovascular health, step & low impact conditioning, resistance training, stretching and body alignment.
Zoomerfit	Moderate cardio, free weights, and gentle stretching for the zesty, zippy, pre/present/post boomer in you.
Core Control	Functional fitness & body alignment using your own body's resistance and a variety of equipment. (No cardio).

Fitness, Health & Dance

Mom and Baby Barre (19+yrs)

Designed specifically for postpartum women, Fit 4 Two® Mom and Baby Barre focuses on strength, posture, core and flexibility. Inspired by a blend of ballet barre work, strength training, Pilates and yoga, barre style classes use the barre and a variety of equipment. The results, a long, lean and strong body. Pre-mobile babies only please. Drop in \$15.24, if space permits.

Instructor: Fit4Two Van Downtown/False Creek

Th Sep 13-Oct 18 10:00 AM-11:00 AM
172018 \$79.05/6 sess

Th Oct 25-Nov 29 10:00 AM-11:00 AM
172019 \$79.05/6 sess

Method of Modern Movement (19+ yrs)

Method of Modern Movement is a full body conditioning class that works through a flow of movements where fitness meets the foundation of classical dance techniques with Latin flare. All levels welcome. \$14.29 drop-in.

Instructor: Method Of Modern Movement

F Sep 14-Oct 19 9:30 AM-10:30 AM
172015 \$68.57/6 sess

F Oct 26-Nov 30 9:30 AM-10:30 AM
172016 \$68.57/6 sess

Abs, Butt, and Core (19+yrs)

You will develop and strengthen your deep core, abdominal, and gluteal muscles, all while improving your posture, balance, and preventing injury. This class will use mostly body weight resistance so that you can focus on isolation and form. Bring a yoga mat and towel. Drop-in \$13.00, if space permits.

Instructor: Nicole Wutschnik

Th Sep 20-Oct 25 5:45 PM-6:45 PM
171933 \$60/6 sess

Th Nov 8-Dec 13 5:45 PM-6:45 PM
171934 \$60/6 sess

Boot Camp **NEW** (19+yrs)

High intensity interval training themed conditioning class that utilizes a wide range of equipment dumbbells and much more. Classes are held indoors and outdoors (weather permitting). \$13.00 drop ins if space permits

Instructor: Mariam Besada

W Sep 12 7:30 AM-8:30 AM
183127 **FREE TRIAL**

W Sep 19-Oct 24 7:30 AM-8:30 AM
181656 \$60/6 sess

W Nov 7-Dec 12 7:30 AM-8:30 AM
181671 \$60/6 sess



We don't want to cancel good programs, but...

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decisions on activities 4 days prior to the start date. If activities do not meet the minimum required, the program will be postponed or cancelled. **Registration for programs starts on August 22 at 9:00am.**

Pilates All Levels NEW (19+yrs)

Matwork Pilates is a strength training technique that focuses on precise movement, focused breathing, and deep abdominal stabilization. Classes consist of a series of challenging, yet low-impact exercises that tone muscles, while improving flexibility, range of motion, and posture. This fun and invigorating exercise system will leave you feeling taller, leaner, and with more mental clarity. Pilates doesn't just make you look good, it makes you feel good too! This class is suitable for all levels. Drop in if space permits \$15.

Instructor: Olivia Shaffer

Tu	Sep 11	7:50 AM-8:50 AM	
I82630			FREE TRIAL
Tu	Sep 18-Oct 23	7:50 AM-8:50 AM	
I82628			\$90/6 sess
Tu	Oct 30-Dec 04	7:50 AM-8:50 AM	
I82629			\$90/6 sess

Medical Qigong (19+yrs)

This is an experiential introduction to how Qigong can enhance your life. Learn many different cleansing and healing movements along with relaxing meditations. All fitness levels welcome. This class is for adults looking to find greater vitality and awareness in daily life. For more info, please visit johnweiss.ca. \$14.29/drop in. No class on Sept 26, 30 and October 3.

Instructor: John F Weiss

Su	Sep 16-Oct 28	9:15 AM-10:30 AM	
I72013			\$71.90/6 sess
Su	Nov 4-Dec 16	9:15 AM-10:30 AM	
I73312			\$83.81/7 sess
W	Sep 12-Oct 31	10:15 AM-11:30 AM	
I72014			\$71.9/6 sess
W	Nov 14-Dec 19	10:15 AM-11:30 AM	
I73313			\$71.9/6 sess

The Expressive Body - Healing with Movement (19+yrs)

Feeling stuck in your life? Come find out how to use your own unique free-form way of moving to check-in to what's truly resonating in your life. This journey will also include a little drawing, writing and reflection as you take a playful and creative look at yourself. Dance the soul within! No experience needed. \$14.29 drop in if space permits. For more info, please visit johnweiss.ca.

Instructor: John F Weiss

Sa	Oct 13	10:00 AM-1:00 PM	
I74190			\$42.86/1 sess
Sa	Oct 20-Nov 3	10:00 AM-11:30 AM	
I74189			\$38.10/3 sess; \$14.29/ drop in

Zumba (19+yrs)

ZUMBA® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. Using fitness principles of interval and resistance training to maximize caloric output, fat burning, and total body toning. It combines Salsa, Cumbia, Merengue, and more giving you a feel-happy workout that is great for both the body and the mind. Drop in \$11.43 space permitting.

www.ZumbaVancouver.ca

Instructor: Zumba Vancouver

Tu	Sep 11	6:15 PM-7:15 PM	
I71976			FREE TRIAL
Tu	Sep 18-Oct 30	6:15 PM-7:15 PM	
I72093			\$63.33/7 sess
Tu	Nov 6-Dec 11	6:15 PM-7:15 PM	
I72094			\$54.29/6 sess

Hoop Dance (19+yrs)

Come dance with us! In this class we will learn basic hoop dance moves, tricks (both on and off body), and short dance sequences. This class is great if you want to try hooping for the first time, or want to try a new form of creative movement and low-impact exercise in a fun & positive environment. Bring your own hoop or use one provided. Drop in \$12.10.

Instructor: Sunita Provse

Th	Sep 6	7:15 PM-8:15 PM	
I81145			FREE TRIAL
Th	Sep 13-Oct 25	7:15 PM-8:15 PM	
I71979			\$68.67/7 sess

Nia with Noelle (19+yrs)

Nia is a fun and creative way to nurture your body, mind, and spirit. Using soul stirring music, this unique blend of Martial Arts, Healing Arts, and Dance is designed to give you a powerful workout, as well as the opportunity to explore, unleash and heal. Register for both Tuesday/Thursday and receive a 25% discount for both days (only available in person or by telephone before the start of the 3rd session) Drop-in \$13.34 if space permits.

Instructor: Noelle Wardell

Tu	Sep 25-Dec 4	9:45 AM-11:00 AM	
I72022			\$92.38/11 sess
Th	Sep 27-Dec 6	9:45 AM-11:00 AM	
I72023			\$92.38/11 sess

Nia with Team Joy (19+yrs)

Welcome to Nia, where loving your body is loving your life and where dancing through life is the body's way. Nia is a conscious movement practice that blends martial arts, dancing arts and healing arts choreographed to soul-stirring music. Team Joy consists of four inspiring teachers who invite you to step into your own joyful journey for a conditioning and healing experience that is adaptable for every body. Drop in \$13.34 space permitting. No class on October 20 and December 8.

Instructor: Roz Royce - Team Joy

Sa	Sep 15-Dec 15	11:00 AM-12:15 PM	
I72024			\$137.14/12 sess



Yoga

Yoga4StiffGuys - All Levels (19+yrs)

An all levels yoga series designed by Kate Misurka (misurkayoga.com) for guys who want to improve flexibility, increase strength, and relax the mind and body. Although everyone is welcome, this class pays special attention to parts of men's bodies that are often the least flexible with an emphasis on poses to open the hips, quadriceps, hamstrings and lower back. Drop in \$15.24, space permitting. No class October 8 and November 12.

Instructor: Misurka Yoga Ltd.

M	Sep 10-Oct 29	7:00 PM-8:00 PM	
	172089		\$84/7 sess
M	Nov 5-Dec 17	7:00 PM-8:00 PM	
	172090		\$72/6 sess

Yoga4StiffGuys- The Basics Plus (19+yrs)

A yoga series developed by Kate Misurka for guys that are newer to yoga, want to improve flexibility, increase strength, and relax the mind and body. Although everyone is welcome, this class pays special attention to parts of men's bodies that are often least flexible with an emphasis on poses to open the hips, quadriceps, hamstrings and lower back. Drop in \$15.24, space permitting.

Instructor: Misurka Yoga Ltd.

W	Sep 5-Oct 31	7:30 PM-8:30 PM	
	172091		\$108/9 sess
W	Nov 7-Dec 19	7:30 PM-8:30 PM	
	172092		\$84/7 sess

Iyengar Yoga - Levels 1 and 2 (19+ yrs)

Cultivate a healthy body, quiet mind and open heart! In this class you'll increase body awareness, flexibility and strength. Iyengar adapts to your personal needs, regardless of your age or health. All women and men are welcome. Drop in \$18.00, space permitting. No class October 8th and November 12.

Instructor: Arezou Moeni

M	Sep 10-Dec 17	6:00 PM-7:30 PM	
	171989		\$195/13 sess

Iyengar Yoga - Mixed Level (19+ yrs)

Reduce stress and move with more ease! Iyengar adapts to your personal needs, regardless of your age or health. In this class, you'll increase your flexibility, strength and endurance. Drop in \$18 space permitting. No class on September 26.

Instructor: Siobhan Sloane-Seale

W	Sep 12	5:30 PM-7:00 PM	
	171992		FREE TRIAL
W	Sep 19-Oct 31	5:30 PM-7:00 PM	
	171990		\$90/6 sess
W	Nov 14-Dec 19	5:30 PM-7:00 PM	
	171991		\$90/6 sess

Iyengar Yoga - Gentle Level (19+ yrs)

In this gentle yoga class, you will ease through your day feeling taller, calmer and more grounded. This class is ideal for students working with injuries, for older adults, or for anyone who needs to take it down a few notches! Drop ins \$18.00 if space permits. No class on September 27.

Instructor: Siobhan Sloane-Seale

Th	Sep 20	11:00 AM-12:30 PM	
	171988		FREE TRIAL
Th	Oct 4-Nov 1	11:00 AM-12:30 PM	
	171986		\$75/5 sess
Th	Nov 15-Dec 20	11:00 AM-12:30 PM	
	171987		\$90/6 sess

Rise and Shine with Purna Yoga (19+yrs)

This lovely early morning class will tease out many important aspects of knowing and respecting your body. You will increase your hip openness, your shoulder strength, your core strength as well as settle your nervous system. Throughout each series, during the weekly classes we will meditate, cultivate breath control, and strengthen, open, and relax our bodies using alignment based asana. Purna means complete and our Purna Yoga classes lay out a set of tools for healing, transforming and aligning our bodies and energy. All levels welcome. Sorry, no drop-ins due to ongoing nature of learning material.

Instructor: Christine Bickson

Th	Sep 13-Dec 13	7:00 AM-8:00 AM	
	172067		\$220.9/14 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. No class on November 8.

Instructor: Sylvia Smallman

Th	Sep 13-Dec 13	1:30 PM-2:45 PM	
	172087		\$177.48/13 sess



Education

Spanish

Conversational 1 (19+yrs)

Are you shy to speak Spanish? Would you like to be able to converse more comfortably and have fun with the language? COME AND PARTICIPATE TO THIS CONVERSATION CLASS! Together we will chat in a friendly environment, discuss subject that interest you in small groups, practice useful dialogues on everyday topics and enjoy words games and short stories. During this course we will provide audio and written materials to improve your listening an understanding, enrich your vocabulary, learn idioms and develop your conversational skills. TE ESPERAMOS!!!! Drop ins 14.29 if space permits. No class on November 20.

Instructor: Rohana Filippi

Tu Sep 18-Nov 27 4:00 PM-5:00 PM
I79707 \$114.29/10 sess



Spanish Level 1 (19+yrs)

BIENVENIDOS! Come and learn Spanish with us. This class is designed for you to learn a new language in a relaxing an enjoyable atmosphere. The emphasis of the course is on communication, proper phonetic, vocabulary and some basic grammar. At the end of the course you will be able to introduce yourself in Spanish and converse about travel, work and much more. Students are required to have the Soleado 1 textbook (\$ 29.40) which can be purchased on the second class at the registration desk. \$14.29 drop in, space permitting. No class on November 20.

Instructor: Rohana Filippi

Tu Sep 18-Nov 27 2:15 PM-3:45 PM
I72069 \$114.29/10 sess

Spanish

Beginner Level 2 (19+yrs)

ADELANTE!!!! Join my class designed for a small group and improve the basic Spanish you learned in Beginners 1 Spanish class. Emphasizing communication, you will become familiar with idiomatic expressions and verbs such as estar, gustar, tener, hacer. At the end of the course you will be able to talk about your family, to order in a restaurant, to go shopping, to ask the time and more? Students are required to have the Soleado 1 textbook (\$29.40) which can be purchased on the second class at the registration desk. Drop-in \$14.29 if space permits. No class on November 20.

Instructor: Rohana Filippi

Tu Sep 18-Nov 27 12:30 PM-2:00 PM
I72068 \$114.29/10 sess

Earthquake Preparedness- Apartments (16+ yrs)

This session is for the apartment / condo dwellers - who have unique challenges 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 family 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 Oct 23 7:00 PM-8:30 PM
I71973 Free

Granville Island Open Circle (19+yrs)

In a circle, you'll work with a group of people who will provide you with a foundation to progressively feel and experience spirit. Each session includes an opening meditation followed by an experiential circle and a healing circle. For centuries, the open circle has been a popular way for people to begin their psychic, mediumship and spiritual exploration. Drop in \$4.76.

Instructor: Patrick Couling

F Oct 30-Nov 30 6:30 PM-8:30 PM
I71978 \$35.52/8 sess


Speech Craft (19+yrs)

Do you need to give presentations at work? Speeches to large groups? A toast to the bride or groom at an upcoming wedding? Learn and practice the art of public speaking in this practical 6 week course. Practice both impromptu speaking and prepared speeches. You'll be evaluated constructively and learn to evaluate others constructively and you may even have a lot of fun!

Instructor: Toastmasters Club #59

Tu Oct 16-Nov 20 7:00 PM-9:00 PM
I72512 \$74/6 sess

Philosopher's Cafe



How Do You Explain Consciousness? (16+yrs)

Is consciousness changing with technology? What will consciousness be like in 5,000 years? How about 50,000 years?

Moderator: Daniel Sanderson

W Sep 12 6:30 PM-8:00 PM
Free

Logic, Language And Love.

What is the reason for Reason? How do emotions, biases and passion influence our lives?

Moderator: Daniel Sanderson

W Nov 7 6:30 PM-8:00 PM
Free

Thrive To Survive!

Is this statement compatible with environmental sustainability and a healthy economy? Can we have it all?

Moderator: Daniel Sanderson

W Oct 10 6:30 PM-8:00 PM
Free

How Is Philosophy Different From Religion?

Do these two traditions establish different parameters for debate and discussion?

Moderator: Daniel Sanderson

W Dec 12 6:30 PM-8:00 PM
Free

Taxes not included in fees.

Martial Arts

Aikido (16+yrs)

Aikido is a martial art all about challenging the mind, body, and spirit. Lucky Dog Dojo is all about having fun while doing it. Students of our dojo engage in an expression of equality and trust as they learn practical skills from falling with confidence to defusing an attack (also with confidence), with plenty of laughs along the way. We practice non-competitive aikido that focuses on utilizing balance, timing, and moving with one's entire centre to defuse an attack without violence. You won't force a 250-pound aggressor on the ground, but you will redirect his energy there, he'll do the rest. Join us for a new challenge in ways physical, mental, and even spiritual! Drop-in \$25 if space permits. For questions, reach out to Jess Hilliam via luckydogdojo.com, or find us on facebook.

Instructor: Jess Hilliam

Tu	Sep 11-Oct 23	7:45 PM-9:15 PM
171937		\$145.81/7 sess
Tu	Oct 30-Dec 11	7:45 PM-9:15 PM
171938		\$145.81/7 sess

Karate - Ku Yu Kai Go-Ju Ryu Adults (18+yrs)

There is no first strike in karate. Go Ju Ryu founder Chogun Miyagi. Find your inner karate kid! Learn Go Ju Ryu karate the style featured in the original Karate Kid movies. Courage. Respect. Perseverance. Prudence. Self-Control. Character. Patience. Courtesy. Friendship. These are the principles of Ku Yu Kai. Shihan George Chan (7th degree black belt) and Sensei Julie Zilber (5th degree black belt) teach classes for all levels and all ages (minimum 6 years) in a friendly class environment. Continuous intake start any time. Progress at your own rate. (Students are taught to control their techniques. For safety reasons, any contact to the head, face, throat, groin and joints is strictly prohibited.) * Uniform optional for beginners. More info at kuyukai.com. Drop-in: \$12.00 per class.

Instructor: George Chan

Tu Th	Sep 25-Nov 1	7:00 PM-8:30 PM
171994		\$112/12 sess
Tu Th	Sep 25-Nov 1	7:00 PM-9:00 PM
		\$130/12 sess
Tu Th	Nov 6-Dec 20	7:00 PM-8:30 PM
173230		\$130/14 sess
Tu Th	Nov 6-Dec 20	7:00 PM-9:00 PM
		\$150/14 sess

Taxes not included in fees.

Tai Chi: Exploring Yang Style (19+yrs)

The gentle movements of Tai Chi improve balance, alignment, and range of motion and foster body awareness while promoting relaxation. The widely practiced Yang Style is the foundation for this mixed levels class, where you will gain an understanding of the basics or expand your practice as we work towards learning the classic Long Form. Suitable for all body types and fitness levels. Taught in moderate stance with no extreme moves. Drop in \$12.38, space permitting.

Instructor: Jean Kares

Tu	Oct 2-Dec 18	7:00 PM-8:30 PM
172086		\$144/12 sess

Tai Chi with **NEW DATES** Nathan Szredni (19+yrs)

An ancient and unique system of health enhancement and self-defense, emphasizing relaxation, balance, coordination and agility, Tai chi incorporates both mental and physical discipline. Suitable for all ages and fitness levels, classes are conducted in a fun and relaxed manner. Over the last 15 years, Nathan has taught Tai Chi to hundreds of students. Drop in's \$13.33. All levels welcome. No class October 6 & November 10.

Instructor: Nathan Szredni

W	Sep 12-Dec 12	10:30 AM-11:30 AM
172083		\$168/14 sess
W	Sep 12-Dec 12	5:45 PM-6:45 PM
172084		\$168/14 sess
Sa	Sep 15-Dec 8	9:30 AM-10:30 AM
172085		\$132/11 sess

Tai Chi Applications (19+yrs)

Learn an ancient system of self-protection emphasizing mindfulness, power, balance and agility - through the tools of push hands, two person sparring sets and solo power sets. This course is an ideal way to both begin and enhance your understanding of the martial arts. Drop in's \$13.33. No class on October 6 and November 10.

Instructor: Nathan Szredni

Sa	Sep 15-Dec 8	11:00 AM-12:00 PM
172082		\$132/11 sess

Sports

Basketball (16+yrs)

Recreational 3 on 3 basketball - games are organized by players. Spots are held for registered participants for 15 minutes after start time and then may be sold to drop-in players. In-person drop-in sign up starts at 7pm. Completed waiver forms required for participants under 19 years. Drop-in \$4.76, space permitting. No class October 8 and November 12.

Instructor: No Instructor

M	Sep 24-Dec 17	7:30 PM-9:30 PM
171944		\$41.9/11 sess
W	Sep 26-Dec 19	7:30 PM-9:30 PM
171945		\$49.52/13 sess

Indoor Soccer (16+yrs)

Also known as futsal, this game is played with a smaller, heavier ball. Sign up as a single or register up to one additional person. Spots are held for registered participants for 15 minutes after start time and then may be sold to drop-in players. In person drop-in sign up starts at 7:00pm. Completed waiver forms required for participants under 19 years. Drop-in \$4.76, space permitting

Instructor: No Instructor

Th	Sep 27-Dec 20	7:30 PM-9:30 PM
171980		\$52/13 sess



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Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decisions on activities 4 days prior to the start date. If activities do not meet the minimum required, the program will be postponed or cancelled. **Registration for programs starts on August 22 at 9:00am.**



Art, Culture & Environment

Pottery - Wheel Throwing (18+yrs)

Learn the art of wheel throwing! Join potter Keith Lehman, as he leads demonstrations of basic to advanced throwing skills and decorating and finishing techniques. Get acquainted with wheel work or take your throwing to the next level. Clay must be purchased at the first class. Price includes all tools, glazing, firing and additional studio time (see instructor for details). No registration after the second class.

Instructor: Keith Lehman

Tu	Sep 18-Nov 6	6:30 PM-9:00 PM
I72040		\$160/8 sess
Th	Sep 20-Nov 8	6:30 PM-9:00 PM
I72041		\$160/8 sess

Wheel Throwing Skill Builder (18+yrs)

For students with previous wheel throwing experience who are ready to move beyond centering and develop their skills quickly. Sessions will focus on technique and basic forms, helping you to move past problem areas using guided repetition. Clay must be purchased at first class. Price includes all tools, glazes, firing and additional studio time (see instructor for details). No registration after the 1st class. Completion of this course does not qualify for False Creek Community Centre pottery studio membership.

Instructor: Keith Lehman

Tu	Nov 20-Dec 11	6:30 PM-9:00 PM
I74201		\$80/4 sess

Pottery Handbuilding 1 (18+yrs)

A basic introduction to pottery making in a fun studio environment. You will create functional pottery using handbuilding techniques. Earthenware clay must be purchased at the first class. Course price includes studio equipment use, glazes, firing and addition studio time. (see instructor for details). No registration after the 2nd class. No class October 8 & November 12.

Instructor: Suling Yuen

M	Sep 17-Nov 19	6:00 PM-8:30 PM
I72043		\$160/8 sess



Vancouver Theatre Sports Drop-in Improv Class (18+yrs)

This quick-witted workout is taught by a rotating roster of Vancouver TheatreSport League's finest players. Be guided through various theatre games designed to build and refine the skills needed for good improvisation. Ideally suited for beginner improvisers. Drop-in \$20+gst. No class on October 6 and November 10.

Instructor: Vancouver TheatreSports League

Sa	Sep 8-Dec 15	1:30 PM-3:30 PM
REGISTER		\$20+gst drop-in

Reframing Relations - Three Part Workshop (13+ yrs)

Reframing Relations brings artists and the public together for arts-based dialogue about reconciliation in Canada. In this three part workshop, one Indigenous and one non-Indigenous artist-facilitator collaborate to design an artistic process for participants that will engage with themes such as identity, culture, history, and relationship with land and with each other. People of all ages, abilities, and backgrounds are invited to join this open exploration, which may include elements of visual arts, dance and movement, poetry and storytelling, and more. No artistic experience required, simply a willingness to be open-minded and hearted!

Instructor: TBA Instructor

Th	Sep 13-Sep 27	11:00 AM-2:00 PM
I81505		FREE



Pottery Studio Membership

New pottery studio memberships are limited to those who have completed a minimum 8 week pottery course within the last 2-3 years at the False Creek Community Centre. Completion of a course does not guarantee membership, but means you are eligible to purchase one should space become available.





Food & Gardening



Kombucha! **NEW** (19+yrs)

In this Village Vancouver Fairview False Creek South Neighbourhood Food Network workshop, you'll learn how to make Kombucha, a fermented tea drink which contains anti-oxidants and is high in probiotics. Samples will be provided. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Advance registration suggested. Free for Seniors (50 and over).

Instructor: *Village Vancouver*

Su Nov 18 10:00 AM-12:00 PM
182226 \$15/1 sess

Fermented Ginger Sodas **NEW** (19+yrs)

In this Village Vancouver Fairview False Creek South Neighbourhood Food Network workshop with Laura Reid from Counter-Cultures, you'll learn how to make Ginger Ale, Ginger Beer, Switchel (a drink made with water and vinegar), and more! Samples will be provided, and you'll go home with an informative booklet which covers the topics discussed in class as well as various recipes. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Advance registration suggested. Free for Seniors (50 and over).

Instructor: *Village Vancouver*

Th Sep 20 6:30 PM-8:30 PM
182222 \$15/1 sess

Fermented Root Beer **NEW** (19+yrs)

In this Village Vancouver Fairview False Creek South Neighbourhood Food Network workshop, Laura Reid from Counter-Cultures will teach you how to make traditional fermented Root Beers. Samples will be provided, and you'll go home with an informative booklet which covers the topics discussed in class as well as various recipes. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds.

Instructor: *Village Vancouver*

Th Dec 6 6:30 PM-8:30 PM
182227 \$12/1 sess

Planning Your Spring Garden **NEW** (19+yrs)

Enjoy the taste of freshly grown veggies from your garden this coming spring! Village Vancouver's Fairview False Creek South Neighbourhood Food Network presents a workshop with Rhianon Johnson covering the basics of planning, and then preparing and starting a food garden come Spring. You'll learn how to plan and prepare your garden space, as well as some simple techniques for starting plants indoors and in the garden, tailored to your space. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Advance registration suggested. Free for Seniors (50 and over).

Instructor: *Village Vancouver*

Sa Oct 20 1:30 PM-3:30 PM
182225 \$15/1 sess

VOTE

in the 2018

municipal election

Advance voting:

October 10-17, 8am-8pm

Election day:

October 20, 8am-8pm



VANCOUVER
VOTES

vancouver.ca/vote
#VancouverVotes