

Art

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 Sep 11-Dec 11 1:00 PM-3:00 PM
168235 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 Sep 12-Dec 12 1:00 PM-3:00 PM
168237 FREE

Education

Understanding Tablets & Smart Phones (19+ yrs)

Free trial class for individuals who want to learn skills with their own tablet, smart phone, iPhone, iPad, and other smart devices. Please bring your own device.

Instructor: Jason Datt

Tu Sep 25 1:00 PM-2:00 PM
168393 FREE TRIAL

Understanding Tablets & Smart Phones - Level 1 (19+ yrs)

This class is for individuals who want to learn the basics on how to use their own tablet, smart phone, iPhone, iPad, and other smart devices. Please bring your own device.

Instructor: Jason Datt

Tu Oct 02-Nov 06 1:00 PM-2:00 PM
168391 \$34.26/6 sess

Understanding Tablets & Smart Phones - Level 2 (19+ yrs)

This class is for individuals who want to learn more advanced skills with their own tablet, smart phone, iPhone, iPad, and other smart devices. Please bring your own device.

Instructor: Jason Datt

Tu Nov 13-Dec 18 1:00 PM-2:00 PM
168392 \$34.26/6 sess

How to Live a Longer and Stronger Life (16+ yrs)

Our sleep, activity, and nutritional needs change as we go through the different stages of life. In this talk, we will discuss the aging process and what changes we can make to increase longevity and vibrancy in our later years.

Instructor: Esha Singh

Sa Nov 03 1:00 PM-2:00 PM
168316 \$2.86/1 sess

Your Second Brain with Dr. Esha Singh (16+ yrs)

What do you know about your second brain? Join Dr. Singh in this workshop where she will give a 60-minute talk, and share tips on how to optimize your intestinal flora and the links between micro biome and obesity/insulin resistance. .

Instructor: Esha Singh

Sa Oct 06 1:00 PM-2:00 PM
168315 \$2.86/1 sess

Reading Circle (19+ yrs)

A fun and interactive way to share your favourite reads (including books, articles or blogs) with other enthusiastic book lovers. Bring a few must-read titles, authors or themes you'd like to share. Tell us why you enjoyed them and, if you like, read a short passage.

Instructor: TBA Instructor

W Sep 26-Nov 28 10:30 AM-11:30 AM
172064 FREE

Romanesque

Bookbinding (19+ yrs)

This book structure dates back to 15th century; commonly produced by monastic orders in Europe. Students will learn a simplified version incorporating leather that makes for a sturdy book. It opens completely flat; ideal for calligraphy and illustrations in the past; journaling and sketching in present day. All tools and supplies provided. No prior experience necessary.

Instructor: Suzan Lee

Sa Oct 13 11:00 AM-2:00 PM
168422 \$48.57/1 sess



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 Nov 27 2:00 PM-3:30 PM
178737 FREE

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
181505 FREE

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: No Instructor

Sa Sep 29-Nov 03 2:15 PM-3:45 PM
168249 \$12/6 sess

Sa Nov 10-Dec 22 2:15 PM-3:45 PM
168250 \$14/7 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 Sep 18-Oct 30 10:30 AM-11:30 AM
168240 \$52/13 sess

Tu F Nov 02-Dec 14 10:30 AM-11:30 AM
168241 \$52/13 sess

Seniors

Weight Training (55+ yrs)

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 Sep 06-Oct 18 11:00 AM-12:00 PM
168243 Free w/ Admission

Th Nov 01-Dec 13 11:00 AM-12:00 PM
168244 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 Sep 05-Oct 24 2:00 PM-3:00 PM
169131 \$68.56/8 sess

W Oct 31 2:00 PM-3:00 PM
175806 FREE TRIAL

W Nov 07-Dec 19 2:00 PM-3:00 PM
169132 \$59.99/7 sess

Zumba Gold

Toning **NEW** (55+ yrs)

Zumba® Gold-Toning combines the enticing international rhythms of a Zumba® Gold dance-fitness class and adds light weights to enhance muscle strength, tone and endurance. Resistance training is essential to prevent a dramatic reduction in muscle mass and strength. Drop-ins \$9.50 - space permitting. No class on Oct 8 and Nov 12.

Instructor: Zumba Vancouver, Luglio

M Sep 10 2:30 PM-3:30 PM
178407 FREE TRIAL

M Sep 17-Oct 29 2:30 PM-3:30 PM
178392 \$51.42/6 sess

M Nov 05-Dec 17 2:30 PM-3:30 PM
178396 \$51.42/6 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



Social

Harrison Lake Cruise (55+ yrs)

Soak up the last of Summer in Harrison Hot Springs on a two hour wildlife sightseeing cruise of Harrison Lake! PACKAGE INCLUDES: Two hour Harrison Lake Cruise, Lunch served on board the ship, Sasquatch Provincial Park, Green Point, Relief driver, All fees and taxes. Activity Level: Easy. Meet in the lobby.

Instructor: Enjoy Tour And Travel

M Sep 10 8:30 AM-6:00 PM
168349 \$132.38/1 sess



Manning Fall Foliage Tour (55+ yrs)

Take a sightseeing tour to see splendid fall foliage between Hope and Manning Provincial Park located in the heart of the Cascade Mountains. PACKAGE INCLUDES: Manning Park, Lunch Pinewood Restaurant, Lightning Lake Escorted Walk, Hope Slide, Rhododendron Flats, Relief driver, All fees and taxes. Activity Level: Easy. Meet in the lobby.

Instructor: Enjoy Tour And Travel

Th Oct 25 8:00 AM-5:15 PM
168350 \$94.29/1 sess

Arts Whistler Holiday Market (55+ yrs)

Whistler's Original Artisan Market has built a reputation of presenting unique, quality, handmade arts and crafts featuring over 100 artisans. PACKAGE INCLUDES: Squamish Adventure Centre, Escorted entry, Admission donation, Arts Whistler Holiday Market, 3 hours free time, Relief driver, All fees and taxes. Activity Level: Easy. Meet in the lobby.

Instructor: Enjoy Tour And Travel

Su Nov 25 8:45 AM-5:00 PM
168351 \$75.24/1 sess

Christmas in the Country (55+ yrs)

Catch the Christmas spirit on a fun filled day in the Langley Countryside at Potters, Krause Berry Farms and The Little White House. PACKAGE INCLUDES: Potters The Christmas Store, Krause Berry Farms Christmas Market, Lunch Krause Berry Farms Bistro, Little White House, All fees and taxes. Activity Level: Easy. Please meet in the lobby.

Instructor: Enjoy Tour And Travel

Th Dec 06 8:45 AM-4:45 PM
168352 \$94.29/1 sess

Ballroom Dancing (55+ yrs)

Join our hosts, Gabriel and Catherine for an afternoon of social dancing. This is a social group, please register at the front office and check in at the room entrance. No class Oct 7 and Nov 11.

Instructor: Gabriel And Catherine Yam

Su Sep 09-Dec 16 1:30 PM-3:30 PM
168245 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 Sep 06-Dec 13 1:00 PM-3:00 PM
168246 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 Oct 8 and Nov 12.

Instructor: No Instructor

M Sep 10-Dec 10 12:15 PM-3:00 PM
168248 \$0.95/Drop-in

Mah Jong **NEW** (50+ yrs)

Come and join our Mah Jong group for a fun time playing this ancient/intellectual Chinese game using number tiles. We play Hong Kong old style and all levels are welcome. Beginners can get basic written instruction and learn by watching and playing! No instructor. Registration is recommended as space is limited. Drop-in is \$2 if space permits.

Instructor: No Instructor

Su Sep 16-Dec 16 11:00 AM-1:00 PM
171725 \$13.33/14 sess

