

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 Jan 08-Mar 12 1:00 PM-3:00 PM
187816 **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 Jan 09-Mar 27 1:00 PM-3:00 PM
187820 **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

F Jan 25-Feb 08 11:00 AM-2:00 PM
193409 **FREE**

Education

Coptic Bookbinding (19+ yrs)

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 Jan 26 11:00 AM-2:00 PM
190622 \$48.57/1 sess

Japanese Box (Bookbinding) (19+ yrs)

Participants will learn how to make a beautiful box in using a historical Japanese method. Beautiful decorative paper and bookcloth are used to finish a roughly 6"x4"x2" 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. Please bring magazines and catalogues as gluesheets.

Instructor: Suzan Lee

Sa Feb 23 11:00 AM-3:00 PM
190664 \$86.67/1 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 Mar 19 2:00 PM-3:30 PM
193186 **FREE**

Reading Circle (19+ yrs)

A fun and interactive way to share your favourite reads (including books, articles or blogs) with other 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 Jan 23-Mar 27 10:30 AM-11:30 AM
190817 **FREE**

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 Jan 08 1:00 PM-2:00 PM
190657 **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 Jan 15-Feb 05 1:00 PM-2:00 PM
190658 \$22.84/4 sess

Tu Mar 12-Apr 02 1:00 PM-2:00 PM
193402 \$22.84/4 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 Feb 12-Mar 05 1:00 PM-2:00 PM
190661 \$22.84/4 sess

Tu Apr 09-Apr 30 1:00 PM-2:00 PM
193404 \$22.84/4 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: No Instructor

Sa Jan 12-Feb 16 2:15 PM-3:45 PM
187812 \$11.40/6 sess

Sa Feb 23-Mar 30 2:15 PM-3:45 PM
187815 \$11.40/6 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: Bill Galloway & Jennifer Mah

Tu F Jan 08-Feb 15 10:30 AM-11:30 AM
187810 \$48/12 sess

Tu F Feb 19-Mar 29 10:30 AM-11:30 AM
187811 \$48/12 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 (\$3.25) or FREE with a valid Fitness Centre Pass or Usage Pass. PAR-Q and consent form must be completed before participation. Registration is required. 1 registration per person, per season.

Instructor: Jennifer Mah

Th Jan 10-Jan 31 11:00 AM-12:00 PM
187808 **FREE** w/ Admission

Th Feb 07-Feb 28 11:00 AM-12:00 PM
187809 **FREE** w/ Admission

Th Mar 07-Mar 28 11:00 AM-12:00 PM
190406 **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 Jan 09 2:00 PM-3:00 PM
193025 **FREE TRIAL**

W Jan 16-Feb 20 2:00 PM-3:00 PM
193019 \$51.42/6 sess

W Feb 27-Mar 27 2:00 PM-3:00 PM
193021 \$42.85/5 sess

Zumba Gold Toning (55+ yrs)

Zumba® Gold-Toning - MUSCLE TONING FOR BEGINNERS AND ACTIVE OLDER ADULTS. 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. This is an easy-to-follow, fun, health-boosting dance-fitness program anyone can enjoy! Taught by Luglio from ZumbaVancouver.ca Drop-ins \$9.50 - space permitting. No class on Feb 18.

Instructor: Zumba Vancouver

M Jan 07-Feb 11 2:30 PM-3:30 PM
193027 \$51.42/6 sess

M Feb 25-Mar 25 2:30 PM-3:30 PM
193028 \$42.85/5 sess

Nordic Pole Walking for Arthritis (16+ yrs)

Learn how to use Nordic Walking poles to stay active while managing Osteoarthritis. This one time free workshop is designed to introduce Nordic pole walking to individuals with osteoarthritis (OA), as a strategy to maintain or increase activity. Benefits of pole walking for people with OA may include better posture, improved balance, increased muscle activation compared to walking without poles and taking stress off the joint to be able to walk more comfortably. In addition to pole walking, this workshop introduces activities such as stretching, deep breathing, and relaxation. Techniques are taught at a basic level with a focus on take-home activities that can be used immediately. Poles are provided for use during the class. Please contact Vancouver Coastal Health at 604-875-4544 for program details.

Instructor: Vancouver OASIS

Tu Feb 12 12:00 PM-1:30 PM
196495 **FREE**

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.joyofgentleyogawithsylvia.com. Drop-ins are welcome. \$15.43, if space permits.

Instructor: Sylvia Smallman

Th Jan 10-Mar 28 1:30 PM-2:45 PM
192563 \$163.8/12 sess

Social

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 Feb 17.

Instructor: Gabriel And Catherine Yam

Su Jan 06-Mar 31 1:30 PM-3:30 PM
187807 **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 10-Mar 14 1:00 PM-3:00 PM
187806 **FREE**

M Jan 14-Mar 11 11:00 AM-1:00 PM
187806 **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 Feb 18.

Instructor: No Instructor

M Jan 07-Mar 25 12:15 PM-3:00 PM
187805 \$0.95/Drop-in

Mah Jong (50+ yrs)

Come and enjoy Mah Jong for a fun time playing this ancient/intellectual Chinese game using number tiles. All levels are welcome. Beginners can get basic instructions by watching and playing! No instructor. Registration is recommended as space is limited. Drop-in is \$2 if space is permitted.

Instructor: No Instructor

Su Jan 06-Mar 31 11:00 AM-1:00 PM
196460 \$12.35/13 sess

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