

scan this code with  
your smart phone to  
visit adult 55+ online

2011 2012 adult 55+



Active living - it is good for you! We have something for everyone.

## capilano area Delbrook Community Recreation Centre

600 West Queens Road  
Call 604-983-6326 for more information.

### arts - visual

#### Delbrook Pottery Studio

There are a wide range of instructional and membership opportunities. Details on p.62

#### Quilters Rendezvous

Bring your own projects to work on with fellow quilters.

Cedar Rm  
W 12:00-3:00pm  
\$3

### fitness & active pursuit

#### Badminton

An excellent way to stay fit and meet new people. Details on p.133



northvanrec

#### Ballroom Sunday Tea Dance Drop-In

Couples will enjoy an afternoon of non-stop dancing to strict tempo music. A great place to practice newly learned dance steps. Ballroom dances include: Waltz, Slow Fox, Rhumba, Cha Cha, Samba, and the Viennese Waltz. Refreshments provided.

Delbrook, Tamarack Rm  
265871 Su Sep 11-Dec 18 2:00-4:00pm  
266262 Su Jan 8-Mar 25 2:00-4:00pm  
\$7.50

#### Elderobics

Advanced mild fitness class suitable for seniors who already participate in a fitness program.

#### Fitness Classes

Delbrook classes include: Mild Fitness, High/Low, Fitness, Yostretch and Moderate Fitness.

#### Keep Well

A drop-in program for older adults includes mild chair exercises, blood pressure checks, occasional guest speakers, massages, coffee hour etc.

Delbrook, Tamarack Rm  
265854 M Sep 12-Dec 19 10:45-1:00pm  
266233 M Jan 9-Mar 26 10:45-1:00pm  
Free

#### Memory Games for Body, Brain & Balance Delbrook. See p.123

#### Pilates Introductory

Strengthen and stabilize your core muscles. Details on p.118

#### Tai Chi/Qi Gong

This gentle Chinese martial art emphasizes relaxation, stretching, and balance. Details on p.132

### social

#### Bridge - Contract

Modified Chicago-style bridge for advanced beginners. Participants organize themselves.

Delbrook, Cedar Rm  
M,Th 12:30-3:00  
\$2

#### Bridge - Duplicate

A competitive game without master points for advanced players.

Delbrook, Tamarack Rm  
Tu,Th 12:45-4:00  
\$2

#### William Griffin Community Recreation Centre

851 West Queens Road  
Call 604-987-Play (7529) for more information.

### fitness & active pursuit Adapted Fitness - Chair & Pool Exercise

This specialty class consists of self-paced chair and/or water exercises for people with mobility, coordination, strength and flexibility limitations due to disabilities or injury. Call 604-983-6534 for prices or referrals. Drop-ins available

Adapted Land M, W 1:00-2:00pm  
Adapted Water M, W 2:00-3:00pm  
Griffin, Edgemont Rm/Pool  
\$4 per class

(Registration also available on a monthly basis)

#### Osteo/Arthritis Fitness

Mild exercises to increase joint mobility and flexibility and improve your sense of well-being.

(Louise)  
Griffin, Edgemont Rm  
M,W 10:45-11:45am  
Membership or drop-in fee



**Pilates Intro 55yrs&up**

Learn mat Pilates techniques that safely and effectively strengthen your core, including your deep abdominals, pelvic floor and back. This class is intended for healthy individuals. (Deb C.)

Griffin, Edgemont Rm  
 273739 Th Sep 22-Oct 27 10:30-11:15am  
 273740 Th Nov 10-Dec 15 10:30-11:15am  
 \$58.50  
 273741 Th Jan 12-Mar 8 10:30-11:15am  
 \$87.75

**Private Swim Lessons**

Private and semi-private learn to swim lessons, stroke improvement or triathlon training are available for all older adults.

Griffin, Pool  
 1/2 hour private \$31.50  
 5 lesson package \$137.00  
 1/2 hour semi-private (up to 3 people)  
 \$23.63 each  
 5-lesson package \$141.75  
 Adults will be charged appropriate taxes.  
 Please contact Griffin's Head Guard for info 604-983-6539.

**Seniors Chair Fitness**

Join Roxanna and the gang for a fun morning of light exercise to increase balance and mobility.

Griffin, Edgemont Rm  
 F 11:15-12:15pm  
 Membership or drop-in fee

**Weight Training Introduction**

This intro program includes three 1-hour group sessions that review the use of equipment, effective exercises, and a simple core program to get started. In addition you will receive a three-month membership and have a personalized session with our Weight Room staff that will design for you an individualized program to keep you going.

Griffin, Weight Rm  
 267279 Tu Sep 20-Oct 4 1:45-2:45pm  
 267282 Tu Jan 24-Feb 7 1:45-2:45pm  
 \$103.30/\$15 with membership

**Weight Training Introduction**

**Hip and Knee Replacement Specific**

This program is ideal for people with a specific chronic condition as well as those recovering from a relating injury or is pre/post surgery. Includes three 1-hour group sessions that review the use of equipment and effective exercises. Includes a 3 month membership and a personalized session with our Fitness Centre Staff. \* Some individuals may require a Doctor's or Physio's referral. Call 604-983-6537 for more info.

Griffin, Weight Rm  
**Hip Specific**  
 276193 Tu Oct 18-Nov 1 2:00-3:00pm  
 276194 Tu Feb 21-Mar 6 2:00-3:00pm  
 \$103.30/\$15 with membership

**Knee Specific**

276210 Tu Nov 15-Nov 29 2:00-3:00pm  
 276211 Tu Mar 20-Apr 3 2:00-3:00pm  
 \$103.30/\$15 with membership

**upper lonsdale area**

**Harry Jerome Community Recreation Centre**

123 East 23rd Street  
 Call Sue at 604-983-6420 for more info.

**fitness & active pursuit**

**Circuit 50+**

Whatever your level of fitness, join our great fitness instructors for a fun-filled hour of strength training, cardio and balance.

Harry Jerome, CT Wt, Rm  
 M,W,F 8:00-9:00am, 10:30-11:30am, or  
 1:30-2:30pm  
 Membership or drop-in fee

**Dance Classes**

Tap, jazz, zumba, bollywood or belly dance - the choice is yours! Try one of these fun dance programs to keep you limber and on your toes. See p.50 & 113

**Gentle Yoga for Seniors**

This gentle seniors program is designed for beginners, and adapts Hatha yoga poses for all body types with Zen elements for focus and concentration. (Rio C.)

McDougall, Performing Arts Studio  
 276323 Th Sept 8 9:30-10:15am  
 276322 Th Sept 8 10:30-11:30am  
 276205 Th Jan 5 9:30-10:15am  
 276207 Th Jan 5 10:30-11:30am

**Free "try-it" class - must register**  
 276197 Th Sep 15-Oct 27 9:30-10:15am  
 \$34.76  
 276195 Th Sep 15-Oct 27 10:30-11:30am  
 \$46.48  
 276199 Th Nov 3-Dec 15 9:30-10:15am  
 \$34.76  
 276198 Th Oct 27-Dec 8 10:30-11:30am  
 \$46.48  
 276203 Th Jan 12-Feb 16 9:30-10:15am  
 \$29.88  
 276201 Th Jan 12-Feb 16 10:30-11:30am  
 \$39.84  
 276200 Th Feb 23-Mar 29 9:30-10:15am  
 \$29.88  
 276202 Th Feb 23-Mar 29 10:30-11:30am  
 \$39.84

**Life's Cycle - A cycle class for the Older Adult see p.114**

**Joint Replacement**

Referred from a physio?  
 A trainer will supervise a carefully designed circuit to strengthen the joints and enhance overall fitness without overstraining injured, arthritic or newly replaced joints. Call Jennifer Beever at 604-983-6406 for more info.  
 Harry Jerome, Rehab Weight Rm  
 Tu,Th 1:00-3:00pm  
 Membership or drop-in fee

**Pilates see p.118.**

**Silver Harbour Centre**

144 East 22nd Street  
 Silver Harbour Centre's mission is to inspire and enhance the physical and mental well-being of adults 55 plus. We do this by offering over 60 different social, creative, educational, and physical activities for seniors as well as a number of helpful services. Membership is just \$25 a year and programs are very reasonably priced. Call 604-980-2474 or visit www.silverharbourcentre.com for more info.

**arts - visual & performing**

**Bazaar Group**

Join this happy group and help make our craft sales a success. Materials provided.

Silver Harbour  
 M 10:00-12:00pm  
 Free

**Calligraphy**

Learn this beautiful traditional art form.  
 Silver Harbour  
 Fr 9:30-11:00am  
 \$18/season

**Choir**

Share your love of music!  
 Silver Harbour  
 F 9:15-11:15am  
 \$25/season

**Craft Workshops**

Please call 604-980-2474 or see our monthly newsletter for details on our next workshop.

**Creative Crafts**

Learn new projects and create quality items for our craft sales. Materials provided.  
 Silver Harbour  
 F 10:00-12:00pm  
 Free



## Digital Storytelling

Learn how to tell your stories using digital format – Write, shoot, record and edit. Call 604-980-2474 for more information.

[Silver Harbour](#)

Tu 10:00-12:00pm  
Free

## Dressmaking

Expert instruction in all aspects of sewing including tailoring, cutting, sewing and fitting. Sewing machines and sergers available.

[Silver Harbour](#)

W 1:00-3:00pm  
\$18/season

## Harmonicats

Come learn to play the harmonica.

[Silver Harbour](#)

Th 10:00-11:00am  
\$18/season

## Knit and Crochet Volunteers

A great social group with all skill levels. Work on fundraising sale projects for the Centre. Materials provided.

[Silver Harbour](#)

F 10:00-12:00pm  
Free

## Oil Painting

Skilled instruction in a studio atmosphere. You must have basic drawing skills and bring your own materials.

[Silver Harbour](#)

Th 1:00-3:00pm  
\$18/season

want more?

try our new  
online guide at  
[northvanrec.com](http://northvanrec.com)



northvanrec

## PaperTole Studio

Share your paper tole skills.

[Silver Harbour](#)

F 10:00-12:00pm  
Free

## Pottery

Hand-building and wheelwork, low and high fire, wheelthrowing instruction. Beginners welcome!

[Silver Harbour](#)

Th 1:00-3:00pm  
\$18/season plus materials

## Quilting

Beginners are welcome. Help create our large raffle quilt and small projects all year round.

[Silver Harbour](#)

Tu 1:00-3:00pm  
Free

## Seniors Acting Up

This group rehearses jokes, songs and other cabaret acts with a view to performance.

[Silver Harbour](#)

Th 10:00-12:00pm  
\$18/season

## Silk Painting

Learn salt and resist techniques to make cards, scarves, and yardage.

[Silver Harbour](#)

M 1:00-3:00pm  
\$18/season plus materials

## Stained Glass

All levels and three instructors to give lots of help. Some materials provided.

[Silver Harbour](#)

F 1:00-3:00pm  
\$18/season, plus cost of materials

## Tole Painting

Five different classes for different skill levels. Please call 604-980-2474 to inquire.

[Silver Harbour](#)

\$18/season, plus material fee

## Watercolour Painting

Learn watercolour techniques from a skilled instructor. All levels welcome.

[Silver Harbour](#)

Th 10:00-12:00pm  
\$18/season

## Weaving

Learn this beautiful craft from a highly skilled instructor.

[Silver Harbour](#)

Tu 10:00-3:00pm  
\$18/season

## Whittling/Woodcarving

Instruction on a whittling project ideal for beginners. Wood and pattern supplied.

[Silver Harbour](#)

W 10:00-12:00pm  
\$18/season

## Woodworking Shop

A splendidly equipped woodworking shop for all those who enjoy this hobby.

[Silver Harbour](#)

Tu-F 9:00-2:30pm (times may vary)  
By donation to cover material costs.

## fitness & active pursuits

### Carpet Bowling

An indoor version of lawn bowling, easy to learn and great exercise.

[Silver Harbour](#)

Th 10:00-12:00pm  
\$18/season



Capilano  
Community  
Services  
Society

## Seniors' Hub

Making a Difference in  
your Community!

Volunteer Telefriend  
Volunteer Driver Service  
Social Events  
Escorted Walking Groups  
Drop-in Groups  
Shopping with Doris Too  
Home Visiting  
Newsletter

**VOLUNTEERS ALWAYS  
WELCOMED!**

North Building  
Delbrook Community  
Recreation Centre  
600 West Queens Rd.  
604.988.7115



## Daytime Dance

A fun and informal hour of ballroom dancing to classic tunes.

[Silver Harbour](#)

Tu 10:00-11:00am  
\$18/season or \$2 drop-in

## Line Dancing

Not just for cowpokes! Learn fun dance routines to fabulous music - no partners required.

[Silver Harbour](#)

### Beginners

F 1:00-2:00pm

### Intermediate

F 2:00-3:00pm

### Advanced

F 3:00-4:00pm

\$48/12 weeks

## Keep Well

Exercise to music, then enjoy massage, blood pressure checks, nutrition counseling and more.

[Silver Harbour](#)

W 9:30-11:15am

By donation

## Osteofit

A full-body workout designed for those with (or at risk of) osteoporosis.

[Silver Harbour](#)

M,F 8:45-9:45am

\$108/8 weeks

M 12:30-1:30pm

\$54/8 weeks

## Scottish Country Dancing

Learn steps and routines to Scottish folk dances.

[Silver Harbour](#)

W 1:00-2:30pm

\$18/8 weeks

## Table Tennis

Get a great workout with one of the world's most popular sports. Equipment provided.

[Silver Harbour](#)

M,F 10:00-12:00pm

W 2:30-4:15pm

\$18/season

## Tai Chi

A fun class of healing exercises that promotes calmness, strength, flexibility and confidence. Everyone welcome; no experience necessary.

[Silver Harbour](#)

Tu 9:00-10:00am

\$26/8 weeks

## Yoga

Gentle stretches and breathing exercises to help increase your flexibility and relax your mind.

[Silver Harbour](#)

M 9:00-10:00am

\$48/8 weeks

## games

### Billiards

Everyone from novice to expert is welcome.

[Silver Harbour](#)

M-F 9:00-4:15pm

\$4/mo or \$40/yr

### Bingo

Fun games with great prizes.

[Silver Harbour](#)

M 1:00-3:30pm

Th 1:00-4:00pm

### Bridge

5 bridge groups to choose from, plus different lessons every season:

[Silver Harbour](#)

#### Bridge - Drop-in

Partners not required

Th 9:30-12:00pm

\$2 drop-in

#### Bridge - Duplicate

For more advanced and competitive players.

Partners required.

F 12:40-4:00pm

\$3 drop-in

#### Bridge - Low-Key

Friendly games (please bring a table of 4).

Th 1:00-3:00pm

\$2 drop-in

#### Bridge - Social

Rubber bridge with prizes.

M 1:00-4:00pm

\$3 drop-in

#### Bridge - Supervised

No partners required. Some instruction provided.

F 9:30-12:00pm

\$2 drop-in

### Canasta

Fun, strategic card game. Play for prizes.

Th 9:30-12:00pm

\$3 drop-in

### Chess

A great board game and mental workout for beginners and intermediates.

[Silver Harbour](#)

M,F 10:00-12:00pm

## Cribbage

Play for prizes to keep the game interesting.

[Silver Harbour](#)

Tu 1:00-3:30pm

\$3 drop-in

## Mah Jong

Ancient Chinese game similar to gin rummy.

[Silver Harbour](#)

M 10:00-12:00pm

\$2 drop-in

## Scrabble

Put your spelling to the test!

[Silver Harbour](#)

W 10:00-12:00pm

Free

## life long learning

### Computer Club

A group who shares newly gained skills so as not to forget what they've learned! Find free computer programs, solve problems and look up interesting topics.

[Silver Harbour](#)

M,F 9:00-12:00pm

\$40/year

### Computer Courses

Please call 604-980-2474 or see our monthly newsletter for details.

- Computers for Beginners
- Basic Word Processing
- Email and Internet
- CD/DVD Burning and Storage
- Computers for Intermediates
- Digital Photography
- Enhancing Digital Photos
- Skype

### Spanish

Many levels to help you learn this fun and interesting language. Please call 604-980-2474 to inquire.

[Silver Harbour](#)

\$18/season (plus workbook)



# adult 55+

# upper / lower lonsdale



## outtrips

### Day trips and tours

Day trips around the Lower Mainland and longer trips to great destinations beyond, organized jointly with the Lynn Valley Seniors. Call 604-980-2474 or see our monthly newsletter for details.

#### September:

- Port Townsend
- Crab Feast
- Hastings Racecourse

#### October

- Harrison Hot Spring Cruise
- Portobello West Market
- Steam Train Winery

## social

### Boutique

Household goods and other treasures with bargains galore. Donations of small, saleable merchandise welcome.

Silver Harbour

M-F 10:00-1:00pm

### Chinese Seniors Group

This Mandarin and Cantonese-speaking group Meets for ESL class and Tai Chi practice.

Silver Harbour

W 9:30 – 11:30 am

### Clothes Closet

Stylish and good quality new and used clothing at bargain prices. Donations always welcome and fresh stock is put out every week.

Silver Harbour

M-F 10:00-1:00pm



northvanrec

## Food Services

Delicious, nutritious and affordable 3-course hot lunch, plus refreshments throughout the day.

Silver Harbour

M-F 9:30-1:00pm, 1:30-2:30pm

M-F 11:45-1:00pm Lunch

\$10/\$8 member seniors services

## Free Legal Advice & Referral Clinic

Open to all North Shore residents 55 and over with no income or asset restrictions. Practicing lawyers staff the clinic and will provide advice about your legal concern and suggestions for referrals. Confidential, free of charge, and by appointment only - call 604-980-2474.

Silver Harbour

Th 9:00-11:00am

Free

## Library

Drop in to browse our magazines and newspapers or sign out your favourite book.

Silver Harbour

M-F 9:00-4:15pm

Free

## Volunteer Opportunities

Silver Harbour relies on volunteers to be program instructors, special events helpers, sales assistants, kitchen workers, crafters, maintenance workers and so much more. Please call 604-980-2474 to find a volunteer opportunity that suits you.

## lower lonsdale area

### John Braithwaite Community Centre

145 West 1st Street

604-982-8300

The Seniors Centre at JBCC is a warm and welcoming community for folks 55+ to attend programs, take courses and make new friends. Many of our programs are free or low cost and we offer a variety of free services including the Senior Peer Support program, information and referral, legal clinics, and the Keep Well program. For more detailed information about our seniors program please see the information board in the main hall or contact the Seniors Program Coordinator at 604-982-8326.

## arts – visual

### Abstract Acrylic

Introduction to abstract art, an exploration of color, shape and application. With demos, one-on-one guidance and group discussion; Fariba will help you to develop your ideas and gain the mastery of your technique. Bring your acrylic supplies. The supply list is available on-line.

JBCC, Art Studio

268944 Tu Sep 13-Nov 22 3:15-5:15pm

272078 Tu Jan 10-Mar 20 3:15-5:15pm

\$77



### Collage Techniques

Explore various techniques for making 'artistic' collage using found papers, materials found in nature, and around the house. There is no right way; therefore no wrong way – only just fun. Bring magazines, greeting cards, newspapers and anything that inspires you.

JBCC, Art Studio

268943 F Sep 16-Nov 4 10:00-12:00pm

\$56

272077 F Jan 13-Mar 23 10:00-12:00pm

\$77

### Drawing

This course provides a comprehensive introduction to the art of drawing. Formal elements of line, value, shape, texture and space are worked individually and in common. Bring pencil and drawing papers for first class.

JBCC, Art Studio 1

270371 Tu Sept 13-Nov 22 1:00-3:00pm

272166 Tu Jan 10-Mar 20 1:00-3:00pm

Adults \$98.56/Seniors \$87.01

### Drawing - Advanced

Expand your drawing skills in this guided drawing course. This advanced course is ideal for those who had taken the beginner class. Please bring paper and pencil for first class. Supply list will be discussed in first class.

275794 F Sept 16-Nov 25 1:00-3:00pm

Adults \$98.56/Seniors \$87.01

272165 F Jan 13-Mar 23 10:00-12:00pm

\$98.56 Adults /Senior \$86.24

### Watercolour Explorations

The program is open to all artistic levels. Students will learn the methods, materials and expressive potential of the watercolor medium. Background in drawing is helpful. Supply list available on-line.

JBCC, Art Studio

272008 Tu Sep 13-Nov 22 10:00-12:30pm

275792 Tu Jan 10-Mar 20 10:00-12:30pm

\$85

*"The heart is the real fountain of youth"*

*unknown*



fitness & active pursuits

**Badminton 55+**

Join a fun, friendly, social group of badminton players.

Tu 1:15-3:15pm  
\$2 drop-in



**Brain Games**

Stretch your brain with a variety of 'Brain Games' designed to challenge all 5 areas of our brain. Perfect for the active brain.

JBCC, Anchor Rm

270394 Th Sep 15-Oct 27 1:00-2:30pm  
270710 Th Nov 3-Dec 15 1:00-2:30pm \$42  
273334 Th Jan 12-Feb 16 1:00-2:30pm  
273401 Th Feb 23-Mar 29 1:00-2:30pm \$36

**Brain Body Wellness - for seniors of ALL cultures**

Topics are: coordination and balance, eye-hand coordination, focus and memory, clear thinking and organization and more. Brain Gym® gentle exercises and playful activities can be adapted to your needs.

JBCC, Anchor Rm

270412 Tu Sep 13-Oct 18 10:35-12:00pm  
273172 Tu Oct 25-Nov 29 10:35-12:00pm  
273351 Tu Jan 10-Feb 14 10:35-12:00pm  
273377 Tu Feb 21-Mar 27 10:35-12:00pm \$40



**Chair Zumba**

Focuses on providing people with limitations in movement and mobility a safe way to participate in an exercise class. The benefits include maintaining and/or improving current flexibility, range of motion, and mental alertness. There is a chance to socialize and have fun while enjoying the exciting Latin and international dance rhythms used in all the Zumba programs.

**Sampler Class**

Must pre-register:

JBCC, Anchor Rm

270973 M Sept 12-Sept 16 9:45-10:30am  
275620 Th Sept 8-Sept 15 10:45-11:30am  
272170 Th Jan 12-Jan 19 10:45-11:30am \$4.48

**Chair Zumba**

270372 M Sept 26-Dec 1 9:45-10:30am  
276068 M Jan 23-April 12 9:45-10:30am  
275619 Th Sept 22-Nov 24 10:45-11:30am  
272175 Th Jan 26-Mar 29 10:45-11:30am \$50.40

**Fitness for Persian Women**

A combination of strength, cardio and stretching for an all over workout.

JBCC, Shoreline Rm

270375 Sa Sep 15-Nov 24 1:30-2:30pm  
272174 Sa Jan 14-Mar 24 1:30-2:30pm \$50

**Feet in Motion**

This advanced walking, balance, and wellness program focuses on falls prevention for seniors.

JBCC, Shoreline Rm

275946 M,W Sep 12-Oct 26 1:15-2:15pm  
275949 M,W Oct 31-Dec 14 1:15-2:15pm \$154  
275959 M,W Jan 9-Feb 15 1:15-2:15pm  
275964 M,W Feb 20-Mar 28 1:15-2:15pm \$132

**Flamenco for Absolute Beginners**

In this class learn some of flamenco's basic body and simple footwork. Please wear, comfortable exercise clothing, Flamenco shoes are not required for this level, character shoes or other heeled, close-toed street shoes are acceptable.

272163 Th Jan 12-Mar 15 3:45-5:00pm  
Adult \$56 /Senior \$50



**Functional Fitness**

This progressive class initially focuses on posture, balance and proper walking, lifting and movement techniques. Muscular strengthen and stretching are incorporated to improve overall body balance and enhance coordination.

JBCC, Anchor Rm

270377 Tu Sep 20-Nov 29 9:30-10:30am  
272176 Tu Jan 10-Mar 20 9:30-10:30am \$50

**Health & Well Being for Farsi Women**

Yoga, meditation, fitness, networking and sharing of stories. Join us for this casual social morning.

JBCC, Discovery Rm

270711 F Sep 2-Dec 16 11:00-1:00pm  
JBCC, Harbourview Rm  
273403 F Jan 6-Mar 30 9:30-11:30am

**Memory Games for Brain, Body, Balance**

This fun new program utilizes both mental and physical exercise to stimulate the brain-body connection improving both physical and mental balance.

The first half of the class is physical exercises specifically designed to stimulate our brains.

JBCC, Harbourview Rm

270397 M Sep 12-Oct 31 1:00-3:00pm \$45  
270709 M Nov 7-Dec 19 1:00-3:00pm \$42  
273332 M Jan 9-Feb 13 1:00-3:00pm  
273389 M Feb 20-Mar 26 1:00-3:00pm \$40

**Nordic Pole Walking**

Ever wonder what those poles are for? Lead by a certified Urban Poling instructor, Social, fitness and fun!

JBCC, Lobby

270374 W Sep 14-Nov 30 11:00-12:00pm  
272169 W Jan 11-Mar 28 11:00-12:00pm \$4 drop-in

**Osteo-fit - Balance and Agility**

Have fun while strengthening the muscles, improving balance, agility and coordination and enhancing the mind to muscle connection. Using inspiring music and fun activities, this class is sure to challenge all your senses.

JBCC, Anchor Rm

**Level 2**

270373 Th Sep 15-Nov 24 9:30-10:30am  
272171 Th Jan 12-Mar 22 9:30-10:30am \$50

**PickleBall**

Combines elements of badminton, tennis, and table tennis. Pickleball is played on a court with the same dimensions as a badminton court, the net is lower than most other racquet sports allowing for faster play. Please wear appropriate footwear.

JBCC, Gym

Th 1:15-3:15  
\$3 drop-in



**pick up your Playcard key tag**

see p.4-5 for details





## Steady Feet Walking & Balance Program

A balance and falls prevention program helping older seniors feel stronger and more confident about walking. Instructed by certified Falls Prevention instructors. New participants are required to attend an assessment day. Please call 604-982-8311 to book a time.

JBCC, Shoreline Rm

### Level 1

275942	Tu,Th	Sep 13-Oct 27	1:15-2:15pm
275947	Tu,Th	Nov 1-Dec 15	1:15-2:15pm
\$154			
275954	Tu,Th	Jan 10-Feb 16	1:15-2:15pm
275960	Tu,Th	Feb 21-Mar 29	1:15-2:15pm
\$132			

### Level 2

275943	W,F	Sep 14-Oct 28	2:30-3:30pm
\$154			
275948	W,F	Nov 2-Dec 16	2:30-3:30pm
\$143			
275956	W,F	Jan 11-Feb 17	2:30-3:30pm
275962	W,F	Feb 22-Mar 30	2:30-3:30pm
\$132			

## Table Tennis Drop-in 55+

Bring your partner or come and play with new friends.

JBCC, Anchor Rm

270381	F,W	Sep 9-Dec 21	4:00-5:30pm
--------	-----	--------------	-------------

## Tap Beginner

Get in on this fun class that will cover the basic steps coordinated to music.

271994	M	Sep 12-Dec 5	11:20-12:05pm
Adult: \$54 / Senior \$48			
275789	M	Jan 9 - Mar 5	11:20-12:05pm
Adult: \$50.40/Senior \$44.80			



northvanrec

## Tap - Broadway Style

Come and join in the fun as we practice tap technique and learn lively dance routines on Mondays at John Braithwaite! Participants must complete at least one year of tap instruction.

JBCC

### Level 1 Beginners

271994	M	Sep 12-Dec 5	11:20-12:05pm
\$48			
275789	M	Jan 9-Mar 5	11:20-12:05pm
\$40			

### Intermediate

271992	M	Sep 12-Dec 5	10:15-11:15am
\$54			
275791	M	Jan 9-Mar 5	10:15-11:15am
\$41			



## Vibrant Eating for those 55+

A 3 week series that covers: Anti-Aging Nutrition - A discussion on super foods for healthy aging; Anti-aging recipes and meal planning for 1; and healthy eating on a budget. There will be some hands on work, take home handouts, recipes and guests!

JBCC, Discovery Rm

270403	W	Oct 19-Nov 2	2:00-4:00pm
\$30			

## Yoga - Gentle

A Hatha Yoga class that combines breath awareness with gentle movement. Details p.121

## games

### Bridge Social Drop-in

Play bridge in a friendly and relaxed atmosphere.

JBCC, Discovery Rm

270380	Th	Sep 8-Dec 8	9:30-11:30am
273276	Th	Jan 5-Mar 22	9:30-11:30am
\$2			

### Bridge Lessons Advanced

Have lots of fun and improve your skills in Bridge. Lots of play. Great way to meet new friends.(Judy)

JBCC, Discovery Rm

270379	M	Sep 19-Dec 5	9:30-11:30am
273277	M	Jan 30-Mar 26	9:30-11:30am
\$40			

## Bridge-in Farsi and English

Have lots of fun and learn basics of Bridge. Lots of play. Great way to meet new friends. Lessons are in Farsi and English.

JBCC, Discovery Rm

### Beginner

270378	M	Sep 19-Dec 5	2:30-4:00pm
273322	M	Jan 16-Mar 26	2:35-4:00pm

### Intermediate

270382	M	Sep 19-Dec 5	1:00-2:30pm
273278	M	Jan 16-Mar 26	1:00-2:30pm
\$50			

## lifelong learning

### Computers - Intro Class for Seniors

Learn the basics about computers. No experience necessary. Small group teaching, 1 student per computer, maximum 6 students.

JBCC, Anchor Rm

268954	M	Sep 12-Oct 24	1:00-2:30pm
268955	M	Oct 31-Dec 5	1:00-2:30pm
272121	M	Jan 9-Feb 13	1:00-2:30pm
272123	M	Feb 20-Mar 26	1:00-2:30pm

### Computers Level 2 Seniors

268957	M	Sep 12-Oct 24	4:00-5:30pm
\$29			

### Intro Class for Farsi speaking Seniors

Learn the basics about computers. No experience necessary. Small group teaching,

JBCC, Anchor Rm

268952	M	Sep 12-Oct 24	2:30-4:00pm
272120	M	Jan 9-Feb 13	2:30-4:00pm
268953	M	Oct 31-Dec 5	2:30-4:00pm
272122	M	Feb 20-Mar 26	2:30-4:00pm
\$29			



## Internet and Email

Learn more about the internet, send emails and browse the world wide web. Some basic computer knowledge is required

JBCC, Anchor Rm

272147	M	Jan 9-Feb 13	4:00-5:30pm
\$29			

## Digital Photos

JBCC, Anchor Rm

272145	M	Feb 20-Mar 26	4:00-5:30pm
\$29			



## Digital Photography

An introduction to using your digital camera and picture software. Please bring your camera and manual. Some basic computer knowledge is required

JBCC, Anchor Rm

268958	M	Oct 31-Dec 5	4:00-6:00pm
\$29			

need help?

call our  
customer care  
centre

604-983-6388

**social**

**Community Services**

- Health programs in partnership with Vancouver Coastal Health
  - ESL and other multi-cultural programs
  - Public access computers
  - Free legal clinic by appointment only.
- Please call 604-982-8300

**Easter Luncheon**

Homemade Easter lunch, an Easter egg hunt, and more surprises. Join us for this special Easter lunch.  
**JBCC Anchor Rm**  
 275782 W Apr 5 11:45-1:30pm  
 \$8.96

**Golden Circle**

This is program is designed to meet the needs of the frailer senior. Our volunteers are trained in how to communicate with people that have dementia as well as mental illnesses such as depression, anxiety and mood disorder.  
**JBCC, Kitchen**  
 270407 Tu Sep 6-Dec 13 12:30-3:00pm \$48  
 273350 Tu Jan 10-Mar 28 12:30-3:00pm \$39

**Hallowe'en Party**

Spooky food, gross deserts, prizes for best costume and wacky games.  
**JBCC, Anchor Rm**  
 270723 F Oct 28 11:45-1:30pm  
 \$8.96

**JBCC Bistro**

Join us for a nutritious lunch (includes beverage and dessert). Please contact us for the weekly menu. Phone: 604-982-8325.  
**JBCC, Anchor Rm**  
 Wednesdays Soup and Sandwich 12:00-1:00pm  
 Fridays Hot n' Healthy  
 \$6 adults and seniors  
 \$2.80 for children

**JBCC Lunch Program Seniors**

**JBCC, Kitchen**  
 266832 F,W Sep 2-Dec 30 9:30-2:00pm  
 267177 W,F Jan 4-Jun 29 9:30-2:00pm

**Library**

Drop-in to browse our magazines and books. Lots of new selections and a large print collection. For more information call 604-982-8325.

**Lunch Bunch**

The Lunch Bunch program focuses on the senior who may be physically or mentally frailer. Participants enjoy a nutritious lunch, soup and sandwich for \$5 or \$3 for soup or sandwich only. We play a variety of brain games, do gentle exercise, and have a great time.  
**JBCC, Discovery Rm**  
 270409 W Sep 7-Dec 21 12:15-2:30pm  
 273345 W Jan 11-Mar 28 12:15-2:15pm

**Men's Club**

This is an opportunity for men to get together and enjoy cooking classes, bus trips, films and more. For monthly schedules and more information please call Amal at 604-982-8325. Mens Club returns September 7, 2011

**Social Conversation**

A great opportunity to meet new friends and share in a lively discussion. New topics every week. Drop-in \$1 includes coffee, tea, and treats!  
**JBCC, Discovery Rm**  
 270410 W Sep 7-Dec 14 10:30-11:45am  
 273347 W Jan 11-Mar 28 10:30-12:00pm

**Thanksgiving Lunch**

Join us on October 7 for a very special Thanksgiving lunch. Turkey, ham, sweet potatoes, pumpkin pie and all the fixings! Hosted by the Seniors Program, all are welcome. Please purchase your ticket in advance for this special lunch.  
**JBCC, Anchor Rm**  
 270721 F Oct 7 11:45-1:15pm  
 \$8.96

**Traditional Christmas Dinner**

Come with an old friend and meet new friends at our Annual Christmas Dinner. Entertainment, a wonderful dinner, draw prizes. Please purchase your ticket in advance we are sure to sell out!  
**JBCC, Shoreline Rm**  
 270724 F Dec 9 5:30-8:00pm  
 \$22.40 Senior/\$28 Adult

**St Patrick's Day Pub**

Join us on for a great afternoon of entertainment and fun. The Irish Dancers will be making a special appearance, green beer, and much more.  
**JBCC Shoreline Rm**  
 275783 Th Mar 15 3:00-5:00pm  
 \$11.20

**Voices for Community**

A musical morning raising funds for our seniors programs.  
**JBCC, Kitchen**  
 270722 Su Nov 6 11:00-1:30pm  
 \$16.80 Senior/\$22.40 Adult

**Volunteer Opportunities**

Volunteering is a great way to get involved, make new friends and learn new skills. Please, call the Volunteer Coordinator at 604-982-8314 for more information.

**North Shore Neighbourhood House**

**225 East 2nd Street**  
 604-987-8138  
 The North Shore Neighbourhood House is a diverse and dynamic non-profit community centre serving Lower Lonsdale and the rest of the North Shore. Please call us any time at 604-987-8138.

**fitness & active pursuits**  
**Keep Well**

A drop in program for older adults includes mild chair exercises, blood pressure checks, guest speakers, massages, coffee hour etc.  
**North Shore Neighbourhood House**  
 M on-going dates 9:30-12:00pm

**Tai ChiYang Style All Forms**

Yang style emphasizes natural movement and smooth energy flow to develop health, harmony and power. The program can include long forms, short forms, applications, Qi Gong, meditation.

**Vital Living**

A series of informative sessions to support healthier lifestyle choices for aging boomers and older adults. Mental stimulation is a core component to all sessions. Call for schedule at 604-987-8138.



**Zumba Fit 55yrs&up**

**Neighbourhood House, Inman Rm**  
 273284 M Sep 12-Oct 24 1:30-2:30pm  
 273295 M Oct 31-Dec 5 1:30-2:30pm  
 273298 M Jan 9-Feb 13 1:30-2:30pm  
 273299 M Feb 13-Mar 19 1:30-2:30pm  
 \$50

**outtrips**

**55+ Bus Trips**

Trips for the newly retired and the older person too! They are lots of fun and offer a sense of adventure to all. All trips leave from the Neighbourhood House Lobby. Please see the JBCC or NSNH guide or contact Amal at 604-982-8325 for more details.

# adult 55+

# lower lonsdale



## Tour de Coffee Shops

Did you know that there are more than 3000 coffee houses in the Lower Mainland?! These accessible bus trips are for people that want to stay connected but have a walking aid and/or limiting health condition. Transportation to the NSNH can be arranged through Handy Dart. Price includes transportation only.

[Neighbourhood House, Lobby](#)  
\$11.20

## Mystery Trips

It's a mystery until the day of the trip. Price includes transportation & activity fees.

[Neighbourhood House, Lobby](#)  
\$20.60

## Scenic Adventures

Come on a scenic drive to an unknown location in the Lower Mainland. This is a slower paced trip, appropriate for people with a walking aid. There will be a refreshment stop along the way.

[Neighbourhood House, Lobby](#)  
\$11.20

## social

### Hamrahan Iranian Seniors' Support Program

This program provides trained volunteers who speak Farsi to assist Iranian seniors in adjusting to the many changes in their lives. This is a confidential service for individual and group support. To arrange an appointment or to attend the group sessions, please call Manijeh or Saeid at North Shore Neighbourhood House. 604-987-8138 ext 211.



northvanrec

## Mens Club

This is a great opportunity for men to get together and enjoy cooking classes, bus trips, films and more. The group meets Wednesdays. For more information please contact 604-982-8325.

## Seniors Services

The Neighbourhood House provides an abundance of services relating to social well-being, including the Food Bank on Wednesdays, ESL programs, law clinics, income tax clinics, flu clinics, community access computers and our wonderful community garden at the corner of 2nd and St. Georges.

## North Shore Stroke Recovery Centre

A meeting place for stroke survivors and their families to come together for mutual support, understanding and enjoyment in a self-help environment. Call 604-929-5803 for details.

[Neighbourhood House, Inman Rm](#)  
Tu-Th 10:00-2:00pm

## Seniors' Peer Support

North Shore Senior Peer Support Volunteers are seniors trained to listen and offer support and encouragement during times of bereavement, loss of health or independence, relocation, relationship concerns and other challenges. Call Lori Wall at 604-987-8138 for details.

## Senior Peer Support for Health & Wellness

Are you learning to cope with one or more chronic conditions such as diabetes, arthritis, heart conditions? We have trained mature volunteers who listen and talk with you about your needs and concerns. They are able to provide support as well assist with setting positive health goals. Contact Lori at 604-987-8138.

## Volunteer Opportunities

Volunteering is a great way to make a difference in your own life and in the lives of the people around you. Call the Volunteer Coordinator at 604-987-8314 for details.

## lynn valley area Karen Magnussen Community Recreation Centre

2300 Kirkstone Road  
604-987-Play(7529)

## fitness & active pursuits

### Circuit 50+

Whatever your level of fitness, join Chris and Rose for a fun-filled hour of strength training, cardio and balance.

[Magnussen, Fitness Centre](#)  
M,W,F 10:15-11:15am

### Stroke Rehab Aquafit

The warmer water temperature and zero depth pool entry make walking with support or wheeling into the pool comfortable and easy. The instructors and volunteers assist participants with various exercises specifically designed to improve balance, strength, and flexibility.

[Magnussen, Pool](#)  
M,W,F 9:30-10:30am  
included with fitness membership

**Specialty Aquatic Rehab see p.106**

**Tai Chi Senior see p.132**

**WaterJoints see p.107**

**Okido Yoga see p.121**

**Yin Yoga see p.122**

## Mollie Nye House

940 Lynn Valley Road  
**Lynn Valley Seniors Association (LVSA)**  
Lynn Valley Seniors Association works with the Recreation Commission to provide seniors in Lynn Valley with fun, interesting and challenging recreation activities. Membership in the Association is only \$20 per year and members receive program discounts as well as a bi-monthly newsletter: Lynn Valley Seniors and the Lynn Valley Community Association operate the beautifully restored Mollie Nye House (940 Lynn Valley Rd) as a seniors and community centre. Call us at 604-987-5820 or visit us at [www.lvsa.ca](http://www.lvsa.ca) for more information.

## arts – visual & performing

### Arts and Crafts

[Mollie Nye Activity Rm](#)  
M 1:30 – 3:30pm

Bring your bag lunch and projects or help make items for the fall sale. \$2 drop in with LVSA membership.

### Music Drop-in-Groups

Bring your instrument and your favorite music to these fun sessions. Tuesday's group is mostly harmonicas while Wednesday's group plays a variety of instruments, keys, and styles. A digital piano is also available on some Wednesdays.

**Acoustic Jam**

[Mollie Nye Dining Rm](#)

M 1:30 – 3:30pm

\$2 drop in with LVSA membership



**Mostly Harmonicas**

Mollie Nye Library  
 Tu 1:00 – 3:00pm  
 \$2 drop in with LVSA membership  
**Assortment of Instruments**  
 Mollie Nye Activity Room  
 W 1:30 – 3:30pm  
 \$2 drop in with LVSA membership

**Sewing Group**

Bring your own sewing machine and lunch, and work on your projects in the company of others. Quilters welcome. For more information, contact Marie at 604-987-4923.  
 Mollie Nye Activity Room  
 Th 12:00-3:30pm  
 \$2 drop in with LVSA membership

**Singing Group**

Come and join us! We're a group of people who enjoy singing. No experience necessary.  
 Mollie Nye Dining Rm  
 M 10:00 – 11:00am  
 \$2 drop in with LVSA membership

**Stitches and Strokes**

Bring your painting projects, crochet, knitting or needlework and share your helpful hints over coffee and cookies.  
 Mollie Nye Activity Rm  
 F 9:30-11:30am  
 \$2 drop in with LVSA membership

**fitness & active pursuits**

**Dance Fitness 55+**

Dance fitness is a slower paced, fun, dance fitness class. We may move a little slower, but that does not mean we will not get fit and have fun too! Please register at 604-987-5820.  
 Th Sept 22-Oct 27 11:10-11:50am  
 Th Nov 3-Dec 8 11:10-11:50am  
 \$30

**Short Distance Walking Group**

Meet at Mollie Nye House and walk to a different local coffee shop each week. Stop for a drink and a chat and then walk back to Mollie Nye. Walks will be primarily flat and short and at a slower pace.  
 W 10:15-11:45am  
 \$2 drop in with LVSA membership



**Steady Feet Walking & Balance Program**

A balance and falls prevention program helping older adults feel stronger, more confident, and independent. Classes taught by certified Fallproof™ instructors. Please contact 604-987-5820 ext.15 for info.  
 Mollie Nye House Activity Room  
**Level 1**  
 Tu,Th 4:00pm-5:00pm  
**Level 2**  
 M,W 4:00pm-5:00pm  
 This is a registered program, please contact 604-987-5820 to inquire about the fee.

**Walking Club**

We are looking to start a new social walking club on Thursdays 10:00am We need a volunteer walk leader and new members to walk local trails and pathways, and then meet for coffee with this social group. If you are interested in either being a leader or walker, please call 604-987-5820.

**games**

**Bridge & Table Games**

Play social bridge, tile rummy, scrabble or any other game. No need to bring a partner.  
 Mollie Nye Activity Rm  
 Tu 1:30-3:30pm  
 \$2 drop in with LVSA membership

**life long learning**

**Spanish**

Learn through games, music, and activities with a focus on oral communication. Call 604-987-5820 for information on program starting in September. In person registration may be done at Mollie Nye House – 940 Lynn Valley Road.

**Beginner:**

W	Sep14-Dec 14	1:45-3:15pm
W	Jan 18-Mar 28	1:45-3:15pm

**Intermediate 1:**

Th	Sept 15-Dec 15	1:15-2:45pm
Th	Jan 19-Mar 29	1:15-2:45pm

**Intermediate 2:**

W	Sep14-Dec 14	12:00-1:30pm
W	Jan 18-Mar 28	12:00-1:30pm

**outtrips**

**55+ Bus Trips**

Day trips around the Lower Mainland and longer trips to great destinations beyond, organized jointly with the Silver Harbour Centre. Call 604-987-5820 for details.  
**September:**

- Port Townsend
- Crab Feast
- Hastings Racecourse

**October**

- Harrison Hot Spring Cruise
- Portobello West Market
- Steam Train Winery

**social Book Club**

1st Wednesday of the month, 1:00 – 2:00pm Read and discuss a new book each month. For more information call 604-987-5820. Begins in October.  
 Mollie Nye Living Rm  
 \$2 drop in with LVSA membership

**Coffee Talk**

Mollie Nye Library  
 1st Monday of the month, 1:30-2:30pm This program is facilitated by two volunteers who lead topical discussions about current events, history, holidays and more. Call for more information at 604-987-5820.

**Hearty Lunch Program**

Join us for a delicious lunch, including dessert, at Mollie Nye House. Bring a friend - everyone is welcome. Preregistration is required. Call 604-987-5820 for dates and info.  
 Mollie Nye House, Activity Rm  
 \$5

**Stamp Club**

2nd and 4th Wednesday of the month, W 1:30-3:30pm  
 \$2 drop in with LVSA membership  
 Contact Archie B. at 604-988-4956 for details.

**Theme Dinners**

Join us for a themed dinner. Great fun, great laughs and great friends – don't miss the fun! Call 604-987-5820 to get the dates for upcoming dinners and to reserve your ticket!

**Volunteer Leader Opportunities**

If you are interested in being a volunteer leader and share your special skills with a group of participants in a social activity, please call the Volunteer Coordinator at 604-987-5820 for more information. Program leaders we are currently looking for include:

- Walk Leaders
- Computer Programs & Workshops
- Digital Photography
- Dog Walking Club



## seymour area Parkgate Community Centre

### 3625 Banff Court

Call 604-983-6350 for more information. Guided by the Seniors Advisory Committee, the Parkgate Seniors Centre provides a variety of programs which offer a balance between instructional learning, physical activity, drop-in socials, drop-in interest group activities, special events and bus trips.

## arts – performing & visual

### Sing-A-Long

Start your week off on a happy note. Join your friends for a round of social singing. Stay for lunch afterwards.

**Parkgate, North Wing Multi-purpose Rm**

M Sep 12-Dec 5 10:00-11:00am

M Jan 9-Mar 26 10:00-11:00am

Free

### Parkgate Senior Crafters

Make crafts and share ideas. All items made are sold to support the Parkgate Seniors' Centre.

**Parkgate**

Tu Sep 6-Nov 29 1:00-4:00pm

Tu Jan 3-Mar 27 1:00-4:00pm

### Parkgate Singers

Calling all men and women who love to sing; We are young at heart, slightly older in other places. Ruth T instructor.

**Parkgate**

272978 Th Sep 8-Dec 1 11:00-12:00pm

\$52/\$58.50 for non-member

275419 Th Jan 5-Mar 29 11:00-12:00pm

\$52/\$58.50 for non-member



northvanrec

### Social Quilting

Bring your projects. Here's an opportunity to perfect your technique while enjoying the company of fellow quilters. Coffee and tea service.

**Parkgate**

W Sep 14-Dec 7 10:00-12:00pm

W Jan 4-Mar 28 10:00-12:00pm

\$2 drop-in

## fitness & active pursuits

### Ageless Yoga 55yrs&up

An all-levels hatha style yoga class for active people 55 year and over.

(Skyelar N.)

**Parkgate, North Wing Multi-purpose Rm**

268344 Tu Sep 20-Dec 13 9:30-10:45am

\$109.98

268378 Tu Jan 17-Mar 13 9:30-10:45am

\$95.22

### Badminton - Seniors

Learn the basic strokes, rules, court play and etiquette or just come down and play socially.

**Gym**

Tu 10:30-12:30pm

Fr 10:00-12:00pm

\$3 drop-in

### Cardiac Fitness Phase III-IV

For those with a heart condition or who have had a heart attack. Phase III (beginner's level) requires a physician's referral. Phase IV (continuing level) is for stable cardiac clients. A stress test is recommended before participating.

**Parkgate, Seniors Half Multi-purpose Rm**

M,W,F Sep 12-Dec 7 8:30-9:30am

**Parkgate, Mary Hunter Hall**

W,F,M Jan 4-Mar 30 8:30-9:30am

### Circuit Training

Join in the Circuit Training class in the Parkgate Weight room from 8:30-9:30am. Join us for coffee/tea afterwards in the Sr Multi-purpose room.

**Parkgate, Seniors Half Multi-purpose Rm**

Tu,Th 9:30-10:00am



### ChairYoga 55+

Discover the benefits of gentle yoga and breathing with Jen D.

**Parkgate, Youth Centre**

**Part 1**

272379 F Sep 9-Oct 14 9:30-10:30am

\$66

**Part 2**

272396 F Oct 21-Nov 25 9:30-10:30am

\$55

### ChairYoga 55+

Gentle yoga and breathing with Jen D.

**Parkgate, Mary Hunter Hall**

275236 F Jan 6-Mar 23 10:00-11:00am

\$96

### H & S Walking Group

Walk local trails and pathways, then meet for coffee with this social group. No coffee service September through December due to kitchen construction.

**Parkgate, Mary Hunter Hall**

M,Th Sep 12-Nov 24 9:45-11:15am

M,Th Jan 9-Apr 5 1:00-2:45pm

by donation to H&S

### Keep Well

A drop in program for older adults includes mild chair exercises, blood pressure checks, guest speakers, massages, coffee hour and fellowship.

**Parkgate**

272376 Tu Sep 13-Dec 13 8:45-10:45am

275238 Tu Jan 3-Mar 27 8:30-11:00am

\$2



### Line Dancing with the Stars

Line Dancing exercises your body and mind while dancing to a great variety of music. Line Dancing is a FUN way to dance socially without a dance partner.

**Parkgate, Large Multi-purpose Rm**

**Part 1**

272380 Tu Sep 13-Oct 25 2:30-3:30pm

\$36/\$42 for non-member

**Part 2**

272381 Tu 01-Nov- Dec 6 2:30-3:30pm

\$36/\$42 for non-member

**Winter**

275576 Tu Jan 10-Mar 27 2:30-3:30pm

\$72/\$84 for non-member

**Qi Gong see p.132**

### Volleyball - Recreation Co-ed All Ages

Come out and enjoy a game of non-competitive volleyball. There will be an instructor available to provide some instruction.

**Gym**

Tu 1:00-3:00pm

\$3 drop in



**pick up your Playcard key tag**

see p.4-5 for details



games

**Bridge Social Drop-in: group of 4**

Bring your foursome and drop-in to an afternoon of bridge. Coffee Trolley always served.

[Parkgate](#)

W	Sep 14-Dec 7	1:00-3:00pm
W	Jan 4-Mar 28	1:00-3:00pm

\$2

**Bridge Lesson Beg./Inter.**

Most of the student's time will be spent learning how to bid. However, strategies for playing the hand and defending will be introduced, as well as commonly used conventions.

[Parkgate, Seniors Half Multi-purpose Rm](#)

275300	Th	Jan 12-Mar 1	1:00-3:00pm
--------	----	--------------	-------------

\$40/\$48 for non-member

**Bridge Social Drop-in**

Play bridge in a friendly and relaxed atmosphere.

[Parkgate, 2nd Floor Meeting Rm](#)

M	6:30-9:30pm
F	1:00-4:00pm

**Chess**

Play chess in a friendly and relaxed atmosphere. Always includes coffee trolley.

[Parkgate, Meeting Rm](#)

M,W	1:00-4:00pm
-----	-------------

\$2

**Cribbage**

Play cribbage in a friendly and relaxed atmosphere. Coffee Trolley included.

[Parkgate, Seniors Multi-purpose Rm](#)

M,Th	1:00-4:00pm
------	-------------

\$2

**Mah Jong**

Play Mah Jong in a friendly and relaxed atmosphere. Coffee and tea included.

[Parkgate, Seniors Lounge](#)

W	1:00-3:00pm
---	-------------

\$2

**Scrabble Drop-In**

Play scrabble in a friendly and relaxed atmosphere. Coffee trolley always served.

[Parkgate, Meeting Rm](#)

M, W	Sep 12-Dec 14	10:00-12:00pm
W, M	Jan 4-Mar 28	10:00-12:00pm

\$2

outtrips

**Bus Trips Parkgate Centre**

These trips leave from and return to Parkgate Community Centre. If there are requests for pick-ups or drop-offs at another location we will do our best to accommodate them. We also do pick-ups at Lions Manor and the Atrium.

**Bard on the Beach: As you Like it**

In this merriest of comedies, Shakespeare draws on his signature themes of disguise, misplaced affections and pastoral passion. Please pack a lunch for the bus ride.

273483	W	Sep 14	11:30-4:00pm
--------	---	--------	--------------

\$30/\$33 non-member

**Chemainus Dinner/Theatre overnight**

Travel aboard the BC Ferries to Nanaimo and head to Chemainus for an overnight stay. Hotel accommodation, Amadeus theatre tickets, dinner buffet and continental breakfast. Includes ferry passage.

273482	W,Th	Oct 12-13	9:30-4:30pm
--------	------	-----------	-------------

\$180/\$198/\$250 for single occupancy.

**Lynn Valley Mall Shopping Trip**

This shopping mall program runs on the 1st Monday of each month and travels to Lynn Valley Mall. You must register through the Parkgate front desk to assure a seat on this popular trip.

[Parkgate, Lobby](#)

**Fall**

272944	M	Sep 12	12:00-3:30pm
272958	M	Oct 3	12:00-3:30pm
272965	M	Nov 7	12:00-3:30pm
272969	M	Dec 5	12:00-3:30pm

**Winter**

275384	M	Jan 9	12:00-3:30pm
275387	M	Feb 6	12:00-3:30pm
275385	M	Mar 5	12:00-3:30pm

\$3 or \$3.50 pay on the bus

social

**Friday Movies**

Watch your favourite movies on the 54-inch flat screen TV. Movie and popcorn included. Everyone Welcome!

[Parkgate, Senior's Lounge](#)

F	1:00-3:00pm
---	-------------

\$2

**Parkgate Luncheons**

Enjoy home cooked meals, soups, sandwiches prepared by the seniors on Mondays. Dessert and Coffee/Tea included.

[Parkgate](#)

M,Th	Sep 12-Dec 15	11:30-12:30pm
M,W	Jan 9-Apr 4	11:30-12:30pm

\$5

**Vancouver Coastal Health Diners Club**

Parkgate welcomes the Diners Club, a congregate meal program sponsored by Community Health Services. A reservation must be made by 10:00am on the day of the dinner. Call 604-904-6273.

[Parkgate, Community Kitchen](#)

Tu	Sep-Dec	TBA
Tu	Jan 3-Mar 27	5:00-6:30pm

\$6

**St. Pat's Dinner**

Enjoy an Irish feast with lively entertainment and dancing to follow. 50/50 draw, cash bar and a ride home on our shuttle to select locations.

[Parkgate, Mary Hunter Hall](#)

275423	F	Mar 16	6:00-8:00pm
--------	---	--------	-------------

\$12/\$15

**Valentine Lunch**

We will have a hot lunch to warm your heart; Entertainment by the Parkgate Singers, 50/50 draw.

[Parkgate, Community Kitchen](#)

275418	M	Feb 13	12:00-2:00pm
--------	---	--------	--------------

\$10

**Ron Andrews Community Recreation Centre**

931 Lytton Rd

fitness & active pursuits

For Private Swim Lessons see p.24

**Cardiac Rehab**

For stable cardiac clients. Group fitness classes combined with resistance training under the guidance of certified exercise specialists and cardiac rehab fitness instructors.

M,W,F	1:30-2:30pm
-------	-------------

M,W,F	2:30-3:30pm
-------	-------------

\*Specialty membership required

social

**Coffee Talk 55+**

Facilitated topical discussions about current events, history, holidays and more.

[Andrews, Kitchen](#)

274069	W	Sep 21	11:00am-12:00pm
274070	W	Oct 19	11:00am-12:00pm
274072	W	Nov 16	11:00am-12:00pm
274074	W	Dec 14	11:00am-12:00pm
274075	W	Jan 18	11:00am-12:00pm
274076	W	Feb 15	11:00am-12:00pm
274077	W	Mar 21	11:00am-12:00pm

\$3

"Live to learn and you will learn to live" Portuguese proverb