



schoolage

Childmind Evening Care 3-12yrs

The holiday-themed program will allow moms and dads to do some evening shopping without worrying about the kids. Leave them with us and we will have them doing crafts, games and more. They may even ask you to go shopping again!

Andrews, Windridge Rm

244391 F	Dec 17	6:15-9:15pm
244394 Sa	Dec 18	6:15-9:15pm
244395 Su	Dec 19	4:45-7:45pm
244396 M	Dec 20	6:15-9:15pm
244397 Tu	Dec 21	6:15-9:15pm
244398 W	Dec 22	6:15-9:15pm

\$10

Childmind Kid's Nite Out 3-12yrs

Parents, this is your opportunity for a quiet night out. Go for dinner, catch a movie, do some shopping — the choice is yours! Kids enjoy crafts, games, movies and interactive play. We offer a variety of activities for all age groups.

Andrews, Windridge Rm

244403 Sa	Sep 18	6:45-9:30pm
244405 Sa	Oct 2	6:45-9:30pm
244406 Sa	Oct 16	6:45-9:30pm
244408 Sa	Nov 20	6:45-9:30pm
244409 Sa	Dec 4	6:45-9:30pm
247590 Sa	Jan 15	6:45-9:30pm
247591 Sa	Jan 29	6:45-9:30pm
247592 Sa	Feb 12	6:45-9:30pm
247593 Sa	Feb 26	6:45-9:30pm
247594 Sa	Mar 5	6:45-9:30pm
247595 Sa	Mar 12	6:45-9:30pm

\$9.50

Kid's Nite Out cont.

Lynn Valley, Cardinal Hall

244938 F	Sep 10	6:45-9:30pm
244939 F	Sep 17	6:45-9:30pm
244946 F	Sep 24	6:45-9:30pm
244940 F	Oct 1	6:45-9:30pm
244941 F	Oct 8	6:45-9:30pm
244942 F	Oct 22	6:45-9:30pm
244943 F	Oct 29	6:45-9:30pm
244944 F	Nov 5	6:45-9:30pm
248383 F	Nov 12	6:45-9:30pm
244945 F	Nov 19	6:45-9:30pm
244960 F	Nov 26	6:45-9:30pm
244961 F	Dec 3	6:45-9:30pm
244962 F	Dec 10	6:45-9:30pm
244963 F	Dec 17	6:45-9:30pm
252666 F	Jan 7	6:45-9:30pm
252669 F	Jan 14	6:45-9:30pm
252668 F	Jan 21	6:45-9:30pm
252667 F	Jan 28	6:45-9:30pm
252670 F	Feb 4	6:45-9:30pm
252671 F	Feb 11	6:45-9:30pm
252679 F	Feb 18	6:45-9:30pm
252672 F	Feb 25	6:45-9:30pm
252673 F	Mar 4	6:45-9:30pm
252674 F	Mar 11	6:45-9:30pm
252675 F	Apr 1	6:45-9:30pm

\$9.50

Kid's Nite Out Halloween Party 3-12yrs

Wear your costume, and bring your Friends! Make some tricks and treats and have a dance party in the gym!

Andrews, Windridge Rm

244407 Sa	Oct 30	6:45-9:30pm
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\$10

Friday Fun Night 6-12yrs

Start your weekend off right with Friday Fun Night. Make new friends, swim, play sports, make crafts and more. Please register in advance to avoid disappointment.

Harry Jerome, Seymour Rm

245113 F	Sep 10	6:30-9:00pm
245114 F	Sep 24	6:30-9:00pm
245115 F	Oct 8	6:30-9:00pm
245116 F	Oct 22	6:30-9:00pm
245117 F	Nov 5	6:30-9:00pm
245118 F	Nov 19	6:30-9:00pm
245119 F	Dec 3	6:30-9:00pm
245120 F	Dec 17	6:30-9:00pm
245139 F	Jan 7	6:30-9:00pm
245140 F	Jan 21	6:30-9:00pm
245141 F	Feb 4	6:30-9:00pm
245142 F	Feb 18	6:30-9:00pm
245143 F	Mar 4	6:30-9:00pm
245144 F	Apr 1	6:30-9:00pm

\$9

cooking

Chefs in Training 8-10yrs

Learn how to make delicious and healthy meals. Take home recipes you can share with your family. Bring your appetite because you will eat what you make in class. (Althea C.)

Memorial, Memorial Kitchen

252794 W	Oct 6-27	5:30-7:00pm
252801 W	Nov 3-24	5:30-7:00pm
253117 W	Jan 12-Feb 2	5:30-7:00pm
253118 W	Feb 9-Mar 2	5:30-7:00pm

\$50

Antique
Roadshow
& Vintage
Costume Display
At the Mollie
Nye House



Bring your treasures, collectibles and heirlooms to our Antique Roadshow where Jill Turner of Maynards Antiques will give brief verbal appraisals on up to 3 items per person (\$10 per item)



Visit with members of the Canadian Costume Society with their display of vintage costumes (entry by donation)

Sat Sep 18

9-1pm

Mollie Nye
House

940 Lynn Valley
Road

More information:
Gillian 604 987 5820
mollienyehouse@gmail.com

Lunch Club Snack Attack
6-9yrs

Create healthy and delicious lunch snacks. Sit down with the group at the end of each class and enjoy what you created.

Memorial, Kitchen

252799	Sa Sep 25-Oct 23	12:00-1:30pm
253116	Sa Jan 29-Feb 19	12:00-1:30pm

\$50

Masterpieces and Munchies
5-12yrs

A night out for parents and an evening of art for the kids. Arrive and eat dinner with us and then explore a masterpiece of art so that we can create our own in that same style. We will explore different art mediums which will be messy, so be prepared for paint, glue and mess.

Parkgate, Art Studio

253944	F Nov 19-Dec 10	6:00-9:00pm
\$102.64		
253945	F Nov 19	6:00-9:00pm
253946	F Nov 26	6:00-9:00pm
253947	F Dec 3	6:00-9:00pm
253948	F Dec 10	6:00-9:00pm

\$25 (daily rate)

Stormy Chefs 8-12yrs

To many of our city kids, cooking is a familiar word but a foreign thing. The course is to equip our kids with this very important life skill in a fun and participative manner. Kids will learn practical cooking nutrition, hygiene and etiquette. Our experienced Chef Coach will lead the kids through this food creative journey - from ingredients to appetizing edibles. Put on your apron and join the chefs team now.

Neighbourhood House, Kitchen

253806	M Sep 13-Oct 18	4:00-5:30pm
253807	M Oct 25-Nov 29	4:00-5:30pm
\$45		
253808	M Jan 10-Feb 14	4:00-5:30pm
253809	M Feb 21-Mar 28	4:00-5:30pm

\$48

Thrills & Spills in the Kitchen
10-12yrs

An experienced instructor will coach kids in a fun and participative manner the important life skill of cooking. Will learn practical cooking tips, nutrition, hygiene and etiquette. Join your friends on this creative food journey - from ingredients, following recipes to creating appetizing edibles. Put on your apron and join the chef's team now and please bring your appetite as you will eat what you make. (Althea C.)

Memorial, Kitchen

252795	Th Oct 7-Oct 28	5:30-7:00pm
252796	Th Nov 4-Dec 2	5:30-7:00pm
253119	Th Jan 13-Feb 3	5:30-7:00pm
253120	Th Feb 10-Mar 3	5:30-7:00pm

\$50

cooking workshops

Christmas Cookies 6-9yrs

Create delicious Christmas treats that you and your family can enjoy during the holiday season.

Memorial, Kitchen

252798	Sa Dec 4	10:00-11:30am
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\$19

Crazy Cupcakes 6-9yrs

Have fun learning how to bake cupcakes as well as decorating them.

Memorial, Kitchen

253114	Sa Oct 16	10:00-11:30am
253125	Sa Jan 22	10:00-11:30am

\$19

Gingerbread House
Decorating 6-9yrs

Come join us and make your very own gingerbread house to decorate and take home.

Memorial, Kitchen

253113	Sa Dec 11	10:00-11:30am
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\$19

Halloween Treats 6-9yrs

Come join us and make your very own Haunted House to decorate and take home.

Memorial, Kitchen

252797	Sa Oct 30	10:00-11:30am
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\$19

Sushi for kids 6-9yrs

Have fun learning how to make sushi.

Memorial, Kitchen

253115	Sa Oct 2	11:00-12:30pm
253121	Sa Feb 26	11:00-12:30pm

\$19

Valentine Treats 6-9yrs

Come join us and make your very own Valentine treats.

Memorial, Kitchen

253122	Sa Feb 12	10:00-11:30am
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\$19

languages

French for Fun! All Levels

Classes cover sounds, numbers, greetings and vocabulary enriched with music and art activities. Children will learn basic sentences and common expressions through fun games and lessons. Material is based on child's individual level.

Andrews, Blueridge Room

6-8yrs

244995	M Sep 13-Nov 1	4:15-5:15pm
244996	M Nov 8-Dec 20	4:15-5:15pm
\$33.60		
247605	M Jan 10-Feb 28	4:15-5:15pm

\$38.40

**French for Fun cont.
8-12yrs**

251396	M	Sep 13-Nov 1	5:30-6:45pm
251397	M	Nov 8-Dec 20	5:30-6:45pm
\$42			
251416	M	Jan 10-Feb 28	5:30-6:45pm
\$48			

**Boys & Girls Science
Adventures 5-8yrs**

This after school science program continues to stimulate the investigative mind! Have fun with magnets, slime and loads of experiments. We'll create fossils, mini volcanoes, sand candles, personalized science books with recipes included, and much more! (Cherie S.)

JBCC, Art Studio

245321	M	Sep 13	3:30-5:00pm
\$2			
245323	M	Sep 20-Nov 1	3:30-5:00pm
245322	M	Nov 8-Dec 13	3:30-5:00pm
\$61.26			
245583	M	Jan 10	3:30-5:00pm
\$2			
245584	M	Jan 17-Mar 7	3:30-5:00pm
\$84.16			

Adapted Karate 6-13yrs

This program is for children 6-13years old with a developmental disability. This class will get your muscles and minds moving with karate discipline and moves. A great way to learn a new sport and have fun while you are at it!

Andrews, Windsor Room

245680	W	Sep 8-29	4:00-5:00pm
245681	W	Oct 6-27	4:00-5:00pm
245682	W	Nov 3-24	4:00-5:00pm
245683	W	Dec 1-22	4:00-5:00pm
248381	W	Jan 5-26	4:00-5:00pm
248380	W	Feb 2-23	4:00-5:00pm
\$100			

**adult
cooking****Chinese Cooking
15yrs & up****Neighbourhood House, Kitchen**

254645	Th	Sep 16-Oct 21	3:30 5:00pm
\$67.20			
254646	Th	Oct 28- Nov 25	3:30 5:00pm
\$56			

**Contract Bridge
19yrs&up**

Modified Chicago style bridge for advanced beginners. Players organize themselves into tables. Drop-ins pay at the Delbrook Front Desk prior to play.

Delbrook, Cedar Rm

248266	Th,M	Sep 9-Dec 9	12:30-3:00pm
248274	Th,M	Jan 6-Mar 31	12:30-3:00pm
\$2 drop in			

**Duplicate Bridge
19yrs&up****Delbrook, Tamarack Rm**

248267	Tu, Th	Sep 7-Dec 14	12:45-4:00pm
248276	Tu, Th	Jan 4-Mar 31	12:45-4:00pm
\$2 drop in			

**Cheryl Theilades's Natural
Skin/Hair Care 16yrs&up**

Struggling with eczema, psoriasis or dermatitis? Improve the look of skin and hair naturally by creating a balancing body lotion, herbal shampoo, citrus hair spray and a moisture lip balm. Recipes on hair rinses, detanglers, conditioners, dandruff control treatment, and deep conditioners. All supplies included in course fee.

Delbrook, Maple Rm

251001	Th	Oct 28	6:30-9:30pm
\$55			

**Cheryl Theilades's Stocking
Stuffer Skincare 16yrs&up**

Make six different bath bombs in a variety of scents and shapes, olive oil body wash with jojoba beads, a vanilla cream milk bath, bath n' body oils and a vegan hand-milled soap. Please bring a shoebox to class & come scent free. All supplies included in course fee.

Delbrook, Maple Rm

251002	Th	Dec 9	6:30-9:30pm
\$58			

**Cheryl Theilades's
Botanical Body Care
16yrs&up**

Make and take home a ginger n orange body polish, aloe body spray, olive oil body wash with jojoba beads, and tropical body butter. Recipes on liquid clay masks, stimulating nail salve and body oils. All supplies included in course fee.

Delbrook, Maple Rm

254673	Th	Feb 10	6:30-9:30pm
\$56			

**Cheryl Theilades's Mineral
Make Me Up 16yrs&up**

Using an array of earth elements, butters, oils, waxes, and pre blended bases, make and take home a foundation powder, concealer stick, mascara, eye shadow, lip gloss, cosmetic pencil, a moisturizing lipstick and handouts with instructions from the class.

All supplies included in course fee.

Delbrook, Cedar Rm

254674	Sa	Mar 5	9:00-4:00pm
\$110			

Healing with Art 19yrs&up

Exploring and creating art can produce many positive and therapeutic changes in the body and the mind. This course incorporates simple writing and drawing along with relaxation, guided imagery, colour exploration, drawing to music and many other techniques to ease worries and fears and change self image while discovering the artist within.

Mollie Nye House Dining room

253013	Th	Sep 30-Nov 25	12:45-2:45pm
253057	Th	Jan 13-Mar 3	12:45-2:45pm
\$120.96			

**Imagining Retirement?
Think "Rerirement"
45yrs&up**

Are you daydreaming about retirement, wondering what it will be like? Or are you recently retired and ready for the next step. This class will take you on a journey of self discovery and intentional choice, enabling you to create balance, meaning and zest in your next life adventure. Instructor Sandi Goldi MEd, Certified Life coach (CPCC)

Mollie Nye House Activity Room

253014	Sa	Nov 20	10:30-4:30pm
\$67.20			

Motivational Workshop

What is standing between you and your dreams? Join Rick Bains for a captivating, energizing workshop which will help you harness your energy, figure out where you're at and help you get where you would like to be in life. The difference between ordinary and extraordinary is that little extra you can find in just one day.

Mollie Nye House Activity Room

253087	Sa	Sep 25	10:30-3:30pm
\$56			

Public Speaking

Join Rick Bains, an experienced workshop facilitator, who will give you the skills and confidence to speak effectively in public either in meetings, or in your personal and business life. Rick has an easy way with people, genuinely understands them and is able to bring out their hidden potential.

Mollie Nye House Dining Room

253086 Tu Oct 19-Nov 30 7:15-9:15pm
\$134.40

Dog Obedience Beginners with Denise 16yrs&up

Training you to train your dog. On-leash training only. Adult handlers are taught to analyze their dogs' personalities and then to teach them the five basic obedience commands by the most appropriate method for their particular dog. First aid lecture by veterinarian is included. First night is a lecture-dogs do not attend. NOTE: 2nd handlers MUST pay extra and be 16 yrs and older. Instructor: Denise H.

Neighbourhood House, Gym

248572 Tu Sep 14-Nov 23 9:15-10:15pm
248569 Tu Sep 14-Nov 23 8:10-9:10pm
248571 F Sep 17-Nov 26 1:00-2:00pm
248570 W Sep 15-Nov 24 7:40-8:40pm
248669 Tu Jan 11-Mar 22 8:10-9:10pm
248671 Tu Jan 11-Mar 22 9:15-10:15pm
248672 F Jan 14-Mar 25 1:00-2:00pm
248670 W Jan 12-Mar 23 7:40-8:40pm
\$95.20/\$135.52 second Handler fee

Distraction Training with Denise

For owners and dogs who have completed basic obedience classes and need to work on performance with distractions. Includes moving stand, drop on recall, finishes, and obstacle work. Additional handler pays extra and they MUST be 16 yrs or older. Instructor: Denise H. Dogs DO attend the first class

Neighbourhood House, Gym

250343 W Sep 15-Nov 24 8:45-9:45pm
250345 W Jan 12-Mar 23 8:45-9:45pm
\$95.20/\$135.52 second Handler fee

Dog Obedience Intro to RALLY-O

This is an 11 week class introducing Rally-O, a fun, individual dog/handler sport open to all types of dogs. While it is competition oriented, blending obstacle work with activities based on the heeling exercise, the focus is on a positive partnership. Previous obedience work is a prerequisite. Handlers must be over 16 years. Dogs do attend the first session.

Neighbourhood House, Gym

250346 F Sep 17-Nov 26 2:15-3:15pm
250347 F Jan 14-Mar 25 2:15-3:15pm
\$95.20/\$135.52 second Handler fee



HJ Dog Obedience Beginners 6mos&up

A 10-week on-leash training course for dogs over 6 months of age. Adult handlers are taught to analyze their dog's personalities and then to teach the 5 basic obedience commands by the most appropriate method for their particular dog. First night is lecture only, dogs do not attend. (Denise H.)

Memorial, Capilano Rm

245877 M Sep 27-Dec 6 7:15-8:15pm
245918 M Jan 24-Mar 28 7:15-8:15pm
\$96.88/\$138.43 two handlers

HJ Dog Show Handling Class

Competition dog show handling for the conformation ring. A 10-week course for adults with purebred, CKC-registered dogs wanting to show their own animals. Covers an introduction to show rules, ring procedures, gaiting, stacking, socializing, grooming, and conditioning the potential show dog. Dog must be over 4 months of age, up-to-date on vaccinations, and not aggressive. (Denise H.)

Memorial, Capilano Rm

245876 M Sep 27-Dec 6 8:30-9:30pm
245919 M Jan 24-Mar 28 8:30-9:30pm
\$96.88/\$138.43 two handlers

Puppy Kindergarten 3-5mos

In addition to introducing the basic control exercises, this course examines dog management issues & offers instruction in basic canine manners. A 10-week course designed to get and keep the attention of young puppies 3-5 months of age. First night is lecture only, puppies do not attend. Trainer must be 16yrs or older. (Denise H.)

Memorial, Capilano Rm

245920 M Sep 27-Dec 6 6:00-7:00pm
245921 M Jan 24-Mar 28 6:00-7:00pm
\$96.88/\$138.43 two handlers

Puppy Training With Denise

Designed to get and keep the attention of young puppies 3-5 Mths of age. Adult handlers teach manners and introduce non-precision obedience exercises through structured play and social interaction. First aid lecture by veterinarian is included. First night is lecture only, Puppies do not attend. Trainer must be 16 yrs or older. (Denise H.)

Neighbourhood House, Gym

248557 Tu Sep 14-Nov 23 7:00-8:00pm
248556 W Sep 15-Nov 24 6:30-7:30pm
248567 Tu Jan 11-Mar 22 7:00-8:00pm
248566 W Jan 12-Mar 23 6:30-7:30pm
\$95.20/\$135.52 second Handler fee

languages

Spanish Conversation 16yrs&up

Practise your Spanish skills in this social setting. Only Spanish will be spoken in class. Our small group setting affords lots of opportunity to build your skills. Register at Mollie Nye House, 604-987-5820.

Mollie Nye, Dining Rm

M Sep 13-Dec 13 10:00-11:30am
\$101/\$96 LVSA member
M Jan 10-Mar 28 10:00-11:30am
\$103.50/\$88.50 LVSA member

Spanish Beginner 16yrs &up

Learn spanish for travel or fun. A great way to exercise your brain! Please register at Mollie Nye House, 604-987-5820.

Mollie Nye, Dining Rm

Tu Sep 29-Dec 14 1:30-3:00pm
\$80/\$75 LVSA member
Tu Jan 11-Mar 29 1:30-3:00pm
\$71/\$66 LVSA member

Spanish Intermediate 1 16yrs&up

Practice your Spanish skills in this social setting. Only Spanish will be spoken in class.

Mollie Nye, Dining Rm

Th Sep 9-Dec 16 1:30-3:00pm
\$68/\$63 LVSA member

Spanish Intermediate 2 16 yrs&up

A class for those who have experience speaking Spanish and want to continue to build their skills.

Mollie Nye, Dining Rm

F Sep 17-Dec 17 10:30-12:00pm
\$84
F Jan 7-Mar 25 10:30-12:00pm
\$68/\$63 LVSA member

Spanish Lessons Level 1 16yrs&up

Learn Spanish words, phrases and dialogue. Enjoy fun activities with a focus on oral communication. Manual available for additional fee.

Neighbourhood House, Activity Rm

245912 W Sep 15-Dec 1 7:30-9:00pm
\$61.60
245917 W Jan 12-Mar 30 7:30-9:00pm
\$67.20

Spanish Lessons Level 2 16yrs&up

Learn Spanish words, phrases and dialogue. Enjoy fun activities with a focus on oral communication.

Neighbourhood House, Activity Rm

245913 W Sep 15-Dec 1 6:00-7:30pm
245916 W Jan 12-Mar 30 6:00-7:30pm
\$67.20