

# 2011 adult 55+



## capilano area Delbrook Community Recreation Centre

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

### Delbrook Pottery Studio

There are a wide range of instructional and membership opportunities. Details on p.74

### Quilters Rendezvous

Bring your own projects to work on with fellow quilters.

**Cedar Rm**

W 12:00-3:00pm

\$3

### Sunday Tea Dance

Non-stop dancing to strict tempo music. International British style. Refreshments provided. Details on p.43

## fitness & active pursuits

### Badminton

An excellent way to stay fit and meet new people. Details on p.115

### Elderobics

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

### Fitness

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.

**Tamarack Rm**

M 10:45-1:00pm

No charge

## Pilates Introductory

Strengthen and stabilize your core muscles.

## Tai ChiYang Style All Forms

This gentle Chinese martial art emphasizes relaxation, stretching, and balance. Details on p.113

## Trail Trekkers Hiking Club

Explore the scenic North Shore. Good stamina, energy, and hiking boots needed. Schedules are available at the Delbrook Front Desk. Details on p.105

## social recreation

### Bridge - Contract

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

**Cedar Rm**

M,Th 12:30-3:00

\$2

### Bridge - Duplicate

A competitive game without master points for advanced players.

**Tamarack Rm**

Tu,Th 12:45-4:00

\$2

*Enjoy huge savings!*

**Fitness Memberships=  
Fitness Value!**

northvanrec offers you more  
for your fitness dollar

For more info see p.89

## Griffin Community Recreation Centre

**851 West Queens Rd.**  
Call 604-983-6534 for more information.

## Get Involved!

Looking for a way to get involved in your community? Interested in starting a club or a group? Call the Community Recreation Programmer at 604-983-6534 to find out more or to talk about new ideas.

## arts activities

### Stroll & Sketch

Go for a 30 minute nature stroll around the William Griffin Community! We are located beside the Mosquito Creek trail, rose garden and other inspiring places! Come back refreshed and take part in an hour drawing and sketching class! 259781 Tu May 3- Jun 7 1:30-3:00pm \$50



## capilano & upper lonsdale area fitness & active pursuits

### Adapted Aquatic Fitness

This pool exercise class emphasizes mobility, strength, and coordination in a well-supported environment. Participants requiring one-to-one support are asked to bring a caregiver (no charge). Class runs in chest deep water; no swimming ability required. William Griffin has an aquatic lift and wheelchair to facilitate entry and exit from the pool. Registration includes access to both Adapted Land Fitness and Adapted Aquatic Fitness if participants want to attend both.

#### Griffin, Pool

263006	M,W	Apr 4-27	2:00-3:00pm
263008	M,W	May 2-30	2:00-3:00pm
263007	M,W	Jun 1-29	2:00-3:00pm

\$4 per class  
(registration also available on a monthly basis)

### Adapted Land Fitness

This self-paced exercise class is specifically designed for people with mobility, coordination, strength, and flexibility limitations due to disability, neurological disorders or injury. Some standing exercises are incorporated for those who are able. Registration includes access to both Adapted Land Fitness and Adapted Aquatic Fitness if participants want to attend both.

#### Griffin, Edgemont Rm

263006	M,W	Apr 4-27	2:00-3:00pm
263008	M,W	May 2-30	2:00-3:00pm
263007	M,W	Jun 1-29	2:00-3:00pm

\$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

### Private Swim Lessons

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

#### Griffin, Pool

½ hour private \$31.50

5 lesson package \$137.00

½ 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

### The Want-To-Be's Men 60 + Fitness and Lunch

I want to be fit, I want to be healthy and I want to have a great lunch! Join our male 60+ focused fitness class followed by a healthy lunch in the Pelican Room!

259776 W Apr 6- Jun 8 11:30am-1:30pm  
\$40.60(fitness only)/\$70.60(lunch included)

### Try-Cycle

This entry level cycle class introduces the beginner cyclist to the power of the indoor cycle program. Riding positions, drills and individual bike set-up will be presented and practiced each week. (Brigitte L.)

#### Griffin, Edgemont Rm

262032 W Apr 6-May 11 6:15-7:00pm

262033 W May 18-Jun 22 6:15-7:00 pm

\$46.50/34.80 with membership

### 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

262980 Tu Apr 5-19 1:45-2:45pm

\$104.75/senior \$138.53/adult

## upper lonsdale area Harry Jerome Community Recreation Centre

123 East 23rd Street

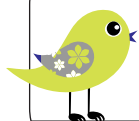
Call Sue M. at 604-983-6420 for more info.

### fitness & active pursuits

### Dance Classes

Tap, jazz, 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.60

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now available for purchase!

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friends or employees.

### 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

### fitness & rehab classes

### Joint Replacement

Referred from a physio? A trainer will supervise a carefully designed circuit to strengthen the joints and enhance overall fitness without over-stressing injured, arthritic or newly replaced joints. Call Jennifer Beever at 604-983-6406 for more information.

#### Harry Jerome, Rehab Weight Rm

Tu,Th 1:00-3:00pm

Membership or drop-in fee

**Pilates see p.101**

**Gentle Yoga for Seniors see p.103**

### Silver Harbour Centre

144 East 22nd Street

Call 604-980-2474 or visit [www.silverharbour-centre.com](http://www.silverharbour-centre.com) for more info.

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.

### Carpet Bowling

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

#### Silver Harbour

M,Tu,Th 1:00-3:00pm

Th 10:00-12:00pm

\$15/season

### 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

Th 12:30-1:30pm

\$54/8 weeks



adult 55+



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## Translated Guides for Newcomers

If English is not your first language, we now have an Easy Guide to Recreation available in 8 different languages.

Pick up a **FREE copy** of the guide at local community centres or visit [northvanrec.com](http://northvanrec.com) to download a copy of the guide in French, Japanese, Korean, Persian, Russian, Spanish, Simple Chinese or Traditional Chinese.

While online view our new 6 minute Welcome Video introducing you to programs and services at northvanrec – also available in 5 languages.

### 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  
\$15/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 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.

### Social Bridge

Rubber bridge with prizes.

Silver Harbour

M 1:00-4:00pm  
\$2 drop-in

### Drop-in Bridge

Partners not required.

Silver Harbour

Th 9:30-12:00pm  
\$1 drop-in

### Low-Key Bridge

Friendly games (please bring a table of 4).

Silver Harbour

Th 1:00-3:00pm  
\$1 drop-in

### Supervised Bridge

No partners required. Some instruction provided.

Silver Harbour

F 9:30-12:00pm  
\$1 drop-in

### Duplicate Bridge

For more advanced and competitive players. Partners required.

Silver Harbour

F 12:40-4:00pm  
\$2 drop-in

### Chess

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

Silver Harbour

M,F 10:00-12:00pm  
Free

### Cribbage

Play for prizes to keep the game interesting.

Silver Harbour

Tu 1:00-3:30pm  
\$2 drop-in

### Mah Jongg

Ancient Chinese game similar to gin rummy.

Silver Harbour

M 10:00-12:00pm  
\$1 drop-in

### Scrabble

Put your spelling to the test!

Silver Harbour

W 10:00-12:00pm  
Free  
computers & languages

### 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

\$15/season (plus workbook)

## performing arts

### Daytime Dance

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

Silver Harbour

Tu 10:00-11:00am

\$15/season

### 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

### Scottish Country Dancing

Learn steps and routines to Scottish folk dances.

Silver Harbour

W 1:00-2:30pm

\$15/8 weeks

## visual & performing arts

### 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

\$15/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

### 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

\$15/season

### Harmonicats

Come learn to play the harmonica.

Silver Harbour

Th 10:00-11:00am

\$15/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

\$15/season

### Pottery

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

Silver Harbour

Th 1:00-3:00pm

\$15/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

\$15/season

### Silk Painting

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

Silver Harbour

M 1:00-3:00pm

\$15/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

\$15/season, plus cost of materials

### Tole Painting

Five different classes for different skill levels.

Please call 604-980-2474 to inquire.

Silver Harbour

\$15/season plus material fee

### Watercolour Painting

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

Silver Harbour

Th 10:00-12:00pm

\$15/season

### Weaving

Learn this beautiful craft from a highly skilled instructor.

Silver Harbour

Tu 10:00-3:00pm

\$15/season

### Whittling/Woodcarving

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

Silver Harbour

W 10:00-12:00pm

\$15/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.

## social activities & sales

### Boutique

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

Silver Harbour

M-F 10:00-1:00pm

### 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



adult 55+



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## 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.

### April

River Rock Casino  
Tulips and the Harrison River  
Bill Reid Gallery  
Burns Bog and Lunch in Ladner

### May

Fashion Show at Newlands  
Milner Gardens  
European Festival  
Woodland Park Zoo

### June

Bard on the Beach  
Pacific Rim Kite Festival  
West Coast Classic Show Jumping Tournament  
Sidney and the Saanich Peninsula

### July

Berry Picking  
Harrison Festival of Arts  
Protection Island and Nanaimo

### August

West End Dog Show  
Whistler Lilwat Cultural Centre  
Steveston and the Fraser River

### September

Crab Feast with Enjoy Tours

## 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

\$9/\$7 member

## seniors services

### Free Legal Advice and 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

## Income Tax Preparation

Trained volunteers complete your income tax forms for you in March and April. Please call 604-980-2474 for eligibility and appointment. 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 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. Membership is \$5 per year and members receive program discounts, are a part of our birthday club, as well as receive a quarterly program guide. Please call us any time at 604-987-8138.

## fitness and wellness

### Keep Well

Mild exercises, massage and blood pressure checks plus a guest speaker the last Monday of the month. Call 604-987-8138 for details.

### Neighbourhood House, Inman Rm

M 9:30-12:00pm

Free

### 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.

### Neighbourhood House, Gym

## 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.

## social programs

### 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. Have an idea for a new trip? Let us know. We would love to hear from you. These are just a few highlights for the upcoming season. Please see the JBCC or NSNH guide or contact Amal at 604-982-8325 for more details.

### For the Spring and Summer we will be offering:

Cherry Blossom Festival at VanDusen Gardens

Bowen Island

Harrison Hot Springs

Overnight Adventure

Tulip Festival

### Tour de Coffee Shops

Did you know that there are more than 3000 coffee houses in the Lower Mainland?! This is your opportunity to explore just a few of these. 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

\$10.08

### Mystery Trips

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

### Neighbourhood House, Lobby

\$20.16

### Scenic Adventures

Come on a scenic drive to an unknown location in the Lower Mainland. You will not know where you are going until you are on your way. 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

\$10.08



## 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.

## 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.

## Hamrahan Phase Two

For those seniors who have completed one or more sessions of Hamrahan Peer Support. This program offers educational workshops and provides more focus on developing personal skills, learning about opportunities in the community, and leadership development. 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

## 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.

### Donations

North Shore Neighbourhood House is a registered society, relying greatly on donations and grants. Your contributions are tax deductible, and greatly appreciated. Please call 604-987-8138 ext. 204 for details on how you can help.

## 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. You will find us on the main floor in either the Discovery or Anchor room. Please drop in and say hello anytime. We welcome your suggestions and are always looking for new ideas.

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.

The following programs and services are offered at JBCC unless otherwise stated.

## slower paced & specialty programs

### Golden Circle

If you are less active and feel you need a little extra help, then Golden Circle is for you. Our goal is to provide a variety of activities to help you improve your quality of life. Our emphasis is on making each individual feel welcomed, respected and valued. This is a health, wellness and socialization program that aims to improve quality of life. Activities include chair exercise, bus trips, brain games, interesting speakers and monthly birthday parties.

Tu 1:00-3:00pm

JBCC, Anchor Rm

Th 1:00-3:00pm

Kiwanis Tower, W 2nd Street

### Lunch Bunch

A great program designed to meet the needs of any senior who would benefit from a social, supported program. Participants will enjoy a nutritious lunch followed by fun exercises for both body and mind as well as special occasion events, and educational topics. Cost is \$6.00 to purchase lunch, program is free.

JBCC, Anchor Rm

W 12:00-2:00pm

### Steady Feet Walking & Balance Program

A balance and falls prevention program helping older adults feel stronger, more confident, and independent. Activities and exercise will help improve mobility, balance, reduce falls risk, and increase lower body strength. Classes taught by certified Fallproof™ instructors. New participants are required to attend and assessment prior to starting the program. Please contact 604-982-8311 for more information.

JBCC, Shoreline Rm

#### Level 1

Tu,Th 1:15-2:15pm

#### Level 2

M,W 2:30-3:30pm

This is a registered program, please contact 604-982-8311 to inquire about the fee.



## 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 recCentre  
600 West Queens Rd.  
604.988.7115

adult 55+



# adult 55+

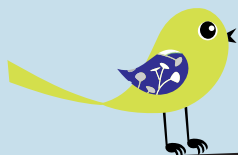


## Looking for the perfect gift?

Northvanrec Gift Cards now available for purchase!

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*Enjoy huge savings!*

**Fitness Memberships = Fitness Value!**

northvanrec offers you more for your fitness dollar

For more info see p.89

## Feet in Motion

This advanced walking, balance and wellness program focuses on falls prevention for seniors. Ideal for seniors who have completed Steady Feet Level 2 or where balance/mobility make it a challenge to attend a seniors fitness class. Participants must be able to walk without assistance.

JBCC, Shoreline Rm

M,W 1:15-2:15pm

This is a registered program, please contact 604-982-8311 to inquire about the fee.

## performing arts

### Broadway Tap

Come and join in the fun as we practice tap technique and learn lively dance routines on Mondays at John Braithwaite! It is recommended that participants complete at least one session of tap instruction.

JBCC, Shoreline Rm

262426 M Apr 11-Jun 27 10:30-11:45am

Adult \$61.60/ Senior \$56.00

**\*\*Summer Tap Dance Camp for Seniors RETURNS** – Please contact us for more information and specific dates.

### Beginner Tap Level 1

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

262427 Th Apr 7-Jun 9 2:30-3:45pm

Adult \$61.60 / Senior \$56.00

### Polynesian Dance (Hula for Health)

Dance to the rhythm of the South seas, experiencing "spiritual" as well as physical well-being. Learn from within. Mobile? Then you learn the complete hula dance, using your entire body up to the point of stage presentation. Those unable to stand for a period of time? Not a problem. Remain seated, and learn the routines, but practice just the hand and arm movements. Great exercise, but you'll be surprised how quickly you've learned to dance.

### 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.

262571 Th Apr 14 - Jun 30 3:45-5:00pm

262373 Sa Apr 9 - Jun 25 3:00-4:30pm

\$67.20 seniors/ \$78.40 Adults

## learning workshops

### Computers Level 1

Introduction to IBM-PC, teaches computer basics. Small class size, 1 person per computer.

262362 M Apr 4-May 16 1:00-2:30pm\*  
no class April 25

262364 M May 30-July 4 1:00-2:30pm

262458 M Jul 11-Aug 22 1:00-2:30pm

Seniors \$32.48

### Computers level 1 – Farsi

Same material as our Level 1 class, but taught in Farsi!

262363 M Apr 4-May 16 2:30-4:00pm\*  
no class April 25

262365 M May 30-Jul 4 2:30-4:00pm

262459 M Jul 11-Aug 22 2:30-4:00pm

Seniors \$32.48

### Computers Level 2

It is time to move on to the next step. Learn more about the internet, send emails and browse the world wide web. Learn word processing skills for personal use. Computer knowledge is required.

262366 M Apr 4-May 16 4:00-6:00pm

262368 M May 30-Jul 4 4:00-6:00pm

262462 M Jul 11-Aug 22 4:00-6:00pm

Seniors \$47.04/Adults \$ 56

### Seniors Speak Out Video and Discussion Series

6 videos developed by the Simon Fraser University Seniors Outreach program that cover topics impacting our seniors community today. Perceptions of God and Heaven, Multiculturalism and the Canadian Identity, Grand parenting in the 21st Century, Democracy - the intent and reality, Seniors Rights and the Challenge of Senior Abuse, A Place for Everyone - Age friendly communities. Coffee, tea and snacks will be available.

JBCC, Anchor Rm

262403 Th Apr 29-Jun 3 3:00-4:30pm

FREE – please pre-register for this workshop

### Way of the New Elder: Four Week Series on Growth & Meaning In the Third Age

**Week 1:** Intro – Elders in History, Elders Today; Effects of Elder Loss; The New Elder

**Week 2:** Inner Path – Life Review: The Promise of Hindsight; Courageous Conversations: Settling Your Accounts with Love and Mortality

**Week 3:** Inner Path – Values & Belief: Identify the Where and What You Stand For; Inner Practice: Explore Practices to Access Intuition for Wise Action

## Way of the New Elder cont.

**Week 4:** Outer Path – Serving the World as New Elder; Elder – Being With; New Elder As Teacher; Legacy: Discovering Your Purpose. Group sessions are interactive, conversational, supportive and joyful in spirit and discovery!

[JBCC, Anchor Rm](#)

262388 Tu May 3-24 10:30-1:00pm  
\$44.80

## Brain Gymnastics

Brain Gym® exercises build mental muscle to sharpen our ability to think, remember, and function at an optimal level. Brain Gym is fun to do and can be adapted for all ages and abilities. Come prepared to have fun while learning.

[JBCC](#), please contact for new dates, 604-987-8138, Lori.

## Memory Games for Body, Brain & 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. The second half of the class is a variety of brain games.

(Gail R.)

[Harbourview Rm](#)

262409 M Apr 11-May 30 1:00-3:00pm  
\*no class Apr 25, May 23

262468 M Jul 11-Aug 22 1:00-3:00pm  
\$44.80/drop-in \$7.00

## Brain Body Fitness for All Cultures

Flex your mental muscle with Brain Gym® and fun activities to stimulate your senses. Manage your stress, and learn how the brain-body connection works. This class is a continuation of the popular new program started last fall. Suitable for the active senior. (Lori W.)

[Anchor Rm](#)

262402 Tu Apr 12-May 17 10:30-12:30

262487 Tu Jul 5 – Aug 16 10:30-12:30

\$44.80/\$7 drop-in

## Laughter Yoga Teacher Training see p.112

## visual arts

### 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](#)

264569 Tu Apr 5-Jun 14 1:00-3:00pm

Adults \$98.56/Seniors \$87.01

264637 Tu Jul 5-Aug 23 1:00-3:00pm

\$72.80 Adult/Senior \$62.72

## Advanced Drawing

Expand your drawing skills in this guided drawing course. Improve and develop your understanding of perspective, form, value and line. 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.

264569 Sa Apr 9-Jun 18 10:00-12:00pm

Adults \$98.56/Seniors \$87.01

264638 Sa Jul 9-Aug 27 10:00-12:00pm

\$72.80 Adults / Senior \$62.72

## Abstract Acrylics

This class offers an 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 & gain the mastery of your technique. Bring the acrylic supplies you have. The supply list is available on-line.

262358 Tu Apr 5-Jun 14 3:15pm-5:15pm

Adults \$98.56/Seniors \$87.01

262454 Tu Jul 5-Aug 23 3:15pm-5:15pm

Adults \$72.80/Seniors \$67.20

## Painting with Acrylics & More

Get creative in this fun, explorative class. We will use acrylic, different art techniques using variety of mediums to create exciting art pieces. All levels welcome. Supply list will be discussed in first class. Please bring your supplies, if you have, to the first class.

[JBCC Art Studio 1](#)

262360 Sa Apr 9-Jun 18 12:30-3:00pm

Adults \$100.24/Seniors \$92.40

262455 Sa Jul 9-Aug 27 12:30-3:00pm

Adults \$72.80/Seniors \$67.20

## Painting - Watercolor Exploration

The program is open to all artistic levels. Students will learn the methods, materials and expressive potential of the watercolor medium. Mastery of basic techniques; such as washes, wet on wet, dry brush, etc. Through individual attention and common discussions, Fariba D. will guide the students to master their techniques. Back ground of drawing is required.

[JBCC, Art Studio](#)

262431 Tu Apr 5-Jun 14 10:00am-12:30pm

Adults \$98.56 / Seniors \$87.01

2625117 Tu Jul 5-Aug 23 10:00am-12:30pm

Adults \$73.50 / Senior \$68.25



## health & wellness

### Financial Fitness

You will learn about several proven financial solutions to help you plan, build, increase, and manage your retirement net worth. One of the most important money strategies in dealing with difficult markets is to invest wisely by seeking the expertise and advice of a licensed financial professional. Appointments are available. Please contact the coordinator to arrange.

## fitness classes

### Circuit Training for Adults

This circuit training program in our fitness centre is an ideal fit for the beginner looking for a safe and efficient workout. The class will include a variety of stations that will include core and strength training, stability and balance. Come and join us for this overall workout. Have fun and get fit! Please contact us for more information.

### Fit for Life 55+ with Brain

### Gymnastics

Brain Gym® exercises build mental muscle to sharpen our ability to think, remember, and function at an optimal level. Brain Gym is fun to do and can be adapted for all ages and abilities. Please contact for fall and winter dates  
[JBCC](#)

### 55+ Health & Well-being for Persian Women (Farsi)

Yoga, meditation, fitness (weight loss, toning, strength development, weight management, flexibility), tips for hair, aesthetics, & make-up, networking, sharing stories, different topics, and more...

[JBCC](#)

Fridays 9:30-11:30am

FREE

### fitness programs/ drop-in classes

Physical fitness is an essential part of a healthy and well-balanced lifestyle. We offer a range of fitness and health and wellness programs, including a fully equipped weight room. Call 604-982-8300 or visit the centre for a schedule.

adult 55+

# adult 55+

## Osteo-Fit Level 1

A specialty class designed for people with osteoporosis and arthritis to help with everyday activities and pain management. Aerobic activity, stretching, range of motion, strengthening and balance all play an important role in maintaining and improving overall flexibility and mobility. Monica is a certified Third-Age & Osteo-Fit instructor.

JBCC, Anchor Rm

262369 M Apr 4-Jun 27 9:30-10:30am  
\$57.63/Adults \$67.80

\*No class April 25; May 23

262465 M Jul 4-Aug 22 9:30-10:30am  
\$40.32/Adults \$47.04

## Osteo-Fit Level 2 – Balance & 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

262370 Th Apr 7-Jun 30 9:30-10:30am  
Seniors \$57.63/Adults \$67.80

262466 Th Jul 7-Aug 25 9:30-10:30am  
\$40.32/Adults \$47.04

## Sport Conditioning 50+

Using various equipment, the focus is on cardio, muscle strengthening and agility exercises that will challenge your core as well as your muscular endurance and strength.

JBCC, Anchor Rm

264501 Tu Apr 5-Jun 14 9:30-10:30am  
\$73.45 Seniors/\$79.10 Adults

264502 Tu Jul 5-Aug 23 9:30-10:30am  
\$50.40 / Adults \$56.00

## Balance on the Ball 55+

In this class you will learn proper technique using weights, bands, and various other equipment to improve your balance. JBCC, Shoreline Rm

Th 10:30-11:30am

NVRC Fitness Membership or Drop-in

## Nordic Pole Walking

Facilitated by certified Urban Poling Instructor Lois T., these weekly sessions will teach you how to safely and effectively use Nordic poles for improved fitness and balance. Join us afterwards for lunch at the Bistro, \$6.00 for a complete lunch.

JBCC, Lobby

W 11:00am-12:00pm

## wellness

### Social Conversation 55+

An opportunity to have a good time with friendly people and to express your ideas and thoughts. New topic every week, coffee and treats provided.

JBCC, Discovery Rm

W 10:30-12:00pm

\$1 drop-in

### Qi Gong

Bring harmony and balance to your body, mind and soul through Qi Gong techniques. This course, similar to Tai Chi, will teach you several techniques you can take home to practice and experience the benefits for yourself.

(Lynne C.)

JBCC, Anchor Rm

W Apr 6-Jun 22 9:00-10:00am

F Apr 1-Jun 17 9:30-10:30am

\$78.40 Senior/\$67.20 Adult

262507 W Jul 7-Aug 10 9:00-10:00am

262506 F Jul 8-Aug 12 9:00-10:00am

\$33.60 Senior/\$40.32 Adult

### Tai Chi Yang Style All Forms

This class will introduce the basic principles and movements of Tai Chi. Simple and easy yet requiring mindfulness.

(Lynn C.)

262424 W Apr 6-Jun 22 10:30-11:45am

\$67.80 Senior/\$80.64 Adult

262513 W Jul 6-Aug 10 10:30-11:45am

Senior \$39.20/ \$47.04 Adult

### LaughterYoga

Laugh your way into tomorrow, laugh your troubles away. Come have fun and meet new friends. This wonderful class is suitable to everyone.

Sa Apr 2-Jun 25 11:00-12:00pm

Su Apr 3-Jun 26 1:00-2:00pm

Sa Jul 2-Aug 27 11:00-12:00pm

Su Jul 3-Aug 28 1:00-2:00pm

### Gentle Yoga

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

262433 W Apr 6-May 25 11:15-12:45pm

\$44.80 Seniors/ \$50.40 Adults / \$8 drop-in

### Restorative Yoga

A therapeutic yoga class for those who enjoy a class is designed to relax and rejuvenate both body and mind, with a special emphasis on those with more complex needs.

Anchor Rm

262432 Th Apr 14-Jun 23 1:00-2:30pm

\$73.92 Seniors/ \$78.40 Adults

264639 Th Jul 7-Aug 25 1:00-2:30pm

\$61.60 Adults / \$53.76 Senior

## 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 recreation

### Bridge Lessons

Have lots of fun and improve your skills in bridge. A great way to meet new friends. (Judy S.)

JBCC, Discovery Rm

Advanced

262375 M Apr 4-Jun 27 9:30-11:30am

\$61.02/ \$5 drop-in

Bridge Lessons – Farsi & English

262376 M Apr 4-Jun 27 1:00-3:00pm

\*no class April 25

\$60.48 / \$5 drop-in

262471 M Jul 4-Aug 29 1:00-3:00pm

\$40.32 / \$5 drop-in

### Bridge Drop-in

JBCC, Discovery Rm

Th 9:30-11:30am

\$2 drop-in

## games

### Table Tennis

JBCC, Anchor Rm

F 4:00-5:30pm

\$2 drop-in

### Badminton 55+

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

Tu 1:15-3:15pm

\$2 drop-in

### 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. The game is played with a hard paddle and a wiffle ball. Please wear appropriate footwear.

JBCC, Gym

Th 1:15-3:15

\$3drop-in



## 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

## JBCC Bistro

Join us for a nutritious lunch. Includes beverage and dessert. Please contact us for the weekly menu, 604-982-8325.

### JBCC, Anchor Rm

Wednesdays Soup and Sandwich

Fridays Hot n' Healthy

12:00-1:00pm

\$6 adults and seniors

\$2.80 for children

## 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.

## 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.

## special events

### Spring High Tea & Fashion Show

Join us for a wonderful afternoon. View the latest spring fashions, enjoy our high tea, and don't forget to purchase your raffle ticket!

#### JBCC, Shoreline Rm

262416 Su May 1

1:00-3:00pm

\$20.34 Seniors / Adults \$22.60

## Easter Luncheon

Easter lunch, musical entertainment, even an Easter egg hunt. Join us for this special Easter lunch.

#### JBCC, Anchor Rm

262418 Th Apr 21

11:45-1:30pm

looking for the perfect gift?

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The perfect gift for family, friends or employees.

## Lynn Valley Area Karen Magnussen Community Recreation Centre

2300 Kirkstone Road  
604-987-Play(7529)

### 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. Both LVSA and the Mollie Nye House gratefully accept your donations - and we're happy to issue a tax receipt.

## Mollie Nye House

940 Lynn Valley Road

Call us at 604-987-5820 or visit us at [www.lvsa.ca](http://www.lvsa.ca) for more information.

## Arts and Crafts

Jan 3-Feb 21 M 1:30 - 3:30pm

Bring your bag lunch and projects or help make items for the fall sale. No experience and no need to bring supplies!

\$2 drop in with LVSA membership

## Coffee Talk

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. First Class is free, and then sign up is required. \$15 for 5 classes.

## 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.

\$2 drop in with LVSA membership

## Steady Feet

A balance and falls prevention program helping older adults feel stronger and more confident about walking. Ideal for those who are anxious about losing their independence or being able to participate in their favourite activities due to a lack of mobility. For info call Gillian at 604-987-5820

## Music Drop-in-Groups

**Acoustic Jam:** M 1:30 - 3:30pm

\$2 drop in with LVSA membership

**Mostly Harmonicas:** Tu 1:00 - 3:00pm

\$2 drop in with LVSA membership

**Assortment:** W 1:30 - 3:30pm

\$2 drop in with LVSA membership

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.

Session Fee or \$4.00 drop in

## Sewing Group

Th 12:00-3:30pm

\$2 drop in with LVSA membership

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.

## Singing Group

M 10:00 - 11:00am

\$2 drop in with LVSA membership

We're a brand new group of people who enjoy singing. Come and join us!

## Spanish

Beginner: M 10:00-11:30am

Intermediate 1: Th 1:00 - 3:00pm

Intermediate 2: Fr 10:30am - 12:00pm

Learn the basics of Spanish for travel or just for fun. A great way to exercise the mind! Learn through games, music, and activities with a focus on oral communication. Pre-registration required. Please sign-up at Mollie Nye House, 604.987.5820 for programs starting in January

## 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. Donations are appreciated!

## Stitches and Strokes

F 9:30 - 11:30am

\$2 drop in with LVSA membership

Bring your painting projects, crochet, knitting or needlework and share your helpful hints over coffee and cookies.

## Bridge & Table Games

Tu 1:30 - 3:30pm

\$2 drop in with LVSA membership

Play social bridge, tile rummy, scrabble or any other game. No need to bring a partner.



adult 55+



# adult 55+

## Walking Club

W 9:45 – 12:00pm  
\$2 drop in with LVSA membership  
Walk local trails and pathways, and then meet for coffee with this social group. This group ventures to locations such as Stanley Park, Bowen Island and West Vancouver Sea Wall. Call 604.987.5820 for meeting place each week.

## 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, see our bimonthly Newsletter or check on line at [www.lvsa.ca](http://www.lvsa.ca) for details.

### April

River Rock Casino  
Tulips and the Harrison River  
Bill Reid Gallery  
Burns Bog and Lunch in Ladner

### May

Fashion Show at Newlands  
Milner Gardens  
European Festival  
Woodland Park Zoo

### June

Bard on the Beach  
Pacific Rim Kite Festival  
West Coast Classic Show Jumping Tournament  
Sidney and the Saanich Peninsula

### July

Berry Picking  
Harrison Festival of Arts  
Protection Island and Nanaimo

### August

West End Dog Show  
Whistler Lilwat Cultural Centre  
Steveston and the Fraser River

### September

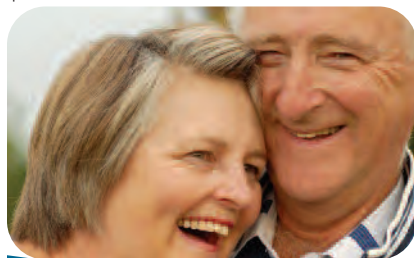
Crab Feast with Enjoy Tours

## 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 or pick up a LVSA newsletter for more dates and info.

Mollie Nye House, Activity Rm

3rd Monday of each month 12pm  
\$5



## fitness and wellness

### NVRC Fitness & Rehab

See [www.northvanrec.com](http://www.northvanrec.com), call 987-Play(7529) or visit your local recCentre for a fitness schedule. NVRC Weightroom at Karen Magnussen Our Weightroom welcomes people of all ages, fitness levels and abilities. Weightroom orientations are available. Call to find out when our friendly and knowledgeable staff are scheduled.

### Circuit 50+

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

Magnussen, Wt, Rm  
M,W,F 10:15-11:15am

JointWorks see p.93

Tai Chi Senior see p.113

### Walking Group

Walk local trails and pathways with this fun group. This group is designed for walkers who are able to handle longer distances and uneven ground. Call 604-987-5820 to find out where to meet.

W 9:45-11:45am  
\$2 drop in with LVSA membership

### 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

WaterJoints see p.93

Specialty Aquatic Rehab see p.93

One-on-One Sport Conditioning in the Water see p.58

## 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. Parkgate Community Centre offers a yearly seniors' centre membership. The membership will provide special discounts on outings, programs and special events. Belonging to your community starts here!

## fitness, health & wellness

### 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. Join this group for coffee in the Mary Hunter Hall at 8:30am.

M,W,F 7:30-8:30am  
Requires Specialty Fitness Membership

### Keep Well

Mild exercises, massage and blood pressure checks every Tuesday plus a guest speaker at 10:45am on the last Tuesday of the month.

Gym/Mary Hunter Hall

Tu 9:30-10:30am  
\$2 drop in (includes coffee and massage)  
10:30-11:15am massage and coffee

### Heart & Stroke Walking Club

Join your friends for an hour walk around the community and the occasional trip to other sites of interest. Return to Parkgate for tea and coffee. Walking times change according to the season. Please call the Parkgate front desk at 604-983-6350 for current times.

Lobby

M,Th  
\$10 yearly fee

### Seniors Badminton

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

Ageless Yoga 55+ see p.102

Qi Gong see p.113

### Recreation Volleyball Co-ed – All Ages

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

Parkgate, Gym

261832 Tu Apr 5-Jun 28 1:00-3:00pm  
\$3.00 drop in

Sit, Pray, Love Chair Yoga 55+ see p.104

## social outings

### Bus Trips

Discover interesting places around the Lower Mainland. Trips leave from and return to Parkgate Community Centre. Different trips are offered monthly. Up-to-date information regarding these and other trips is available in the monthly newsletter online ([www.myparkgate.com](http://www.myparkgate.com)) or by calling the Parkgate front desk at 604 983-6350.

### Shopping Trips

#### Mall trips

Parkgate Seniors Centre offers shopping trips on the 1st Monday of each month. Trips include transportation to and from Parkgate, Lions Manor and the Atrium.

Please call the Parkgate front desk at 604-983-6350 to register. Must register to be sure of a spot. 12:00 pm pick-up at the Lions Manor followed by pick-up at Parkgate then the Atrium. \$3

## dining

### Diners Club

Tired of eating alone? Having difficulty preparing your own meals? Enjoy a hot evening meal in the companionship of others! Parkgate welcomes the Diners Club, a congregate meal program sponsored by Community Health Services. A reservation must be made by 10:00 am on the day of the dinner (Call 604-904-6483). Assistance with transportation available if needed. Meal includes soup, main course, three vegetables, dessert and tea/coffee.

#### Seniors Multi-purpose Rm

Tu 5:00-6:30pm  
\$6 (reservations required)

### Parkgate Luncheons

Enjoy home-cooked soups and sandwiches prepared by the Seniors every Monday and Wednesday. All ages welcome!

#### Mary Hunter Hall

M,W 11:30-12:30pm  
\$5 full meal deal

### Monthly Luncheon Club

Join friends for lunch at one of the local restaurants. Please call the Parkgate front desk at 604-983-6350 to reserve your spot at the restaurant. 3rd Thursday of each month. (Call to confirm date & location as plans may change on occasion)

\$3 fee for bus transportation. Everyone must register even if using your own car.

## games

### Bridge Lessons Beginners

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. (Pat N.)

#### Seniors Multi-purpose Rm

261804 Th Apr 7-May 26 1:00-3:00pm  
\$37 member / \$40 non-member

### Bridge Casual Drop-in

Join your friends for a social afternoon of card playing. No instruction provided. You must form your own table of four.

#### Seniors Multi-purpose Rm

W 1:00-4:00pm  
\$2 drop in (includes coffee)

### Bridge Social Drop-in

Play bridge in a friendly and relaxed atmosphere. Monday and Friday bridge is drop-in and no pre-arranged table is required.

#### Seniors Multi-purpose Rm

M 6:30-9:00pm  
F 1:00-4:00pm  
\$2 drop-in (includes coffee)

### Chess

Come match minds with some of the best.

#### Meeting Rm C04

M,W 1:00-5:00pm  
\$2 drop in (includes coffee)

### Cribbage

Join your friends for an afternoon of cards.

#### Seniors Multi-purpose Rm

M,Th 1:00-3:00pm  
\$2 drop in (includes coffee)

### Mah Jong

Fun for everyone. Some instruction given.

#### Mary Hunter Hall

W 1:00-4:00pm  
\$2 drop in (includes coffee)

### Scrabble

Table games to challenge your mind.

#### Seniors Multi-purpose Rm

M,W 10:00-12:00pm  
\$2 drop in (includes coffee)  
hobbies and socials

### Cinema at Parkgate

Come and relax and enjoy a film every Friday in the cozy Eric Bennett Lounge

F 1:00-3:00pm

\$2 drop in (includes popcorn & treats!)

## Craft Circle

Join this group to make crafts and share new ideas. Crafts will be sold throughout the year and at certain special events such as Parkgate Days and Plants, Pottery and Painting!

#### Mary Hunter Hall

Tu 1:00-4:00pm

## Parkgate Singers

Calling all men and women who love to sing. This group is in their third year and will continue to perform in the community.

Directed by Ruth T.

#### Mary Hunter Hall

262633 Apr 7-Jun 30 11:00-12:00pm  
\$52/\$48.75 Senior Centre member

## Sing-A-Long

Start your week off on a cheerful note! Join your friends for a round of social singing.

#### Mary Hunter Hall

M 10:00-11:00am  
Free

## Social Quilting

Bring in your projects. Here's an opportunity to perfect your technique while enjoying the company of fellow quilters.

#### Seniors Multi-purpose Rm

W 10:00-12:00pm  
\$2 drop in (includes coffee)

### Oil Painting with Maria see p.77

### Acrylic Painting with Maureen see p.77

### Acrylics for the Absolute Beginner with Maureen see p.76

## Ron Andrews Community Recreation Centre

### 931 Lytton St.

604 983-6500

## Pool

1/2 hr private swim lessons \$31.50

5 lesson package \$137.00

See the Ron Andrews Head Guard for information and availability

## 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



adult 55+





## Wet Feet

**Ages 4-7 9am-12pm M-F**

**Ages 6-7 1pm-4pm M-F**

Beach combing, games and fun lessons on the water are all part of this exciting week! Children build confidence in and around boats through a controlled introduction to sailing with a strong focus on safety - giving you the chance to get a few hours back out of your busy day.

Cost: \$173.00

### Wet Feet AM

#### 4-7yrs

258623	July 4-8
258624	July 11-15
258625	July 18-22
258626	July 25-29
258627	Aug 2-5
258628	Aug 8-12
258629	Aug 15-19
258662	Aug 22-26

### Wet Feet PM

#### 6-7yrs

258633	July 4-8
258634	July 11-15
258635	July 18-22
258636	July 25-29
258637	Aug 2-5
258638	Aug 8-12
258639	Aug 15-19
258661	Aug 22-26

## White Sail

**Ages 11-16 9am-4pm M-F 2 weeks**

These fun, safe and socially rewarding courses are an introduction to sailing for teens and preteens. No experience is required. Cost \$445.00

### White Sail 1&2

258647	July 4-15
258640	July 18-29
258652	Aug 2-12
258656	Aug 15-26

### White Sail 3

258648	July 4-15
258649	July 18-29
258654	Aug 2-12
258655	Aug 15-26

## Opti 1/2

**Ages 8-11 9am-4pm M-F 1 week**

Designed for younger beginner sailors, these courses are taught on our fleet of Optimist dinghies. Opti 1 is the most basic level, and includes basic maneuvers and boating safety. The Opti 2 course helps sailors build confidence in sailing by themselves. Many students enjoy taking two courses consecutively. Cost \$ 284.00

### Opti 1

258630	July 4-8
258640	July 18-22
258641	Aug 2-5
258642	Aug 15-19

### Opti 2

258644	July 11-15
258645	July 25-29
258646	Aug 8-12
258643	Aug 22-26

## Bronze Sail

**Ages 11-16 9am-4pm M-F 2 weeks**

Students will learn some of the more technical aspects of sailing, about the importance of teamwork, and personal safety while sailing on Laser 2 and 420 dinghies rigged with a spinnaker and a trapeze. Bronze 5 is very challenging and most students will take two sessions to complete it. Cost: \$460.00

### Bronze 4

258631	July 4-15
258658	July 18-29
258659	Aug 2-12
258660	Aug 15-26

### Bronze 5

260959	July 4-15
260965	July 18-29
260960	Aug 2-12
260961	Aug 15-26

There is something for Everyone at Deep Cove Yacht Club!

**Scholarships are available**

**Adult sailing lessons**

**Interested in Racing Program?**

Please inquire at

[www.deepcoveyc.com/learn\\_2\\_sail.php](http://www.deepcoveyc.com/learn_2_sail.php)

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