

# SENIORS



## THE SENIORS CENTRE

*A place for seniors in Lower Lonsdale*

The Seniors Centre at John Braithwaite Community Centre is a warm and welcoming community for folks 55+ to attend programs, take courses, make new friends and participate in a variety of bus trips. 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, and legal clinics.

The seniors program at JBCC is operated in partnership with the North Shore Neighbourhood House. You will find us on the main floor in both the Discovery and 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 Robyn McGuinness, Seniors Program Coordinator at 604-982-8326.

## SOCIAL ACTIVITIES

### Music Jam!

Join this friendly group of musicians for their weekly jam session. Participate in the singing and dancing or just sit back and enjoy the music.

Includes tea/coffee.

**JBCC, Anchor Room**  
F 1:30-3:30pm \$2 drop-in

### Social Conversation

Lively discussion with new topics each week. Coffee and treats provided. Please come early as there is only space for 10 participants.

**JBCC, Discovery Room**  
W 10:30am-12:00pm \$2 drop-in

### Men's Club

Meets every Wednesday. Join the guys for a variety of activities including out-trips, cooking classes and monthly meals. Price varies according to the activity.

For details call Amal Hasan at 604-982-8325

### Library & Resource Centre

Drop in to browse our magazines and books. Lots of new selections and a large print collection.

### JBCC Bistro

Join us for a delicious lunch at the "bistro" (Anchor Room). Home-made soups and sandwiches are featured on Wednesday with a full entrée on Friday. Price includes coffee or tea.

**Ongoing**      **Wed/Fri**      **12:00-1:00pm**  
\$6



## GENERAL INTEREST

### Introduction to Computers

Introduction to IBM-PC, WORD and the Internet. Small class size, 1 person per computer. (Nigel)

JBCC, Anchor Room

272121 Jan 9-Feb 13 M 1:00-2:30pm

272123 Feb 20-Mar 26 M 1:00-2:30pm

\$29

### Introduction to Computers in Farsi

Same material as our Level 1 class but taught in Farsi! You may be required to share a computer.

JBCC, Anchor Room

272120 Jan 9-Feb 13 M 2:30-4:00pm

272122 Feb 20-Mar 26 M 2:30-4:00pm

\$29

### Internet & Email

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

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

\$29 seniors/ \$40 adult

### Digital Photography

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

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

\$29 Seniors/ \$40 Adult

## ARTS

### Mixed Media

Explore various mediums and painting techniques including acrylics, watercolours and charcoal. Bring supplies if you have them. A supply list will be provided at the first class. All levels welcome.

272077 Jan 13-Mar 23 F 1:00-3:00pm

\$77 Seniors/ \$88 Adult

### 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. Includes drawing from direct observation. This course is intended for beginning and advanced students. Bring pencil and drawing paper for first class. (Fariba D.)

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

\$77 seniors/ \$88 adult

### Abstract Acrylics

Introduction to abstract art; an exploration of colour, shape and application. With demos, one-on-one guidance and group discussion, Fariba will help you to develop your ideas and gain mastery of your technique. Bring your acrylic supplies if you have them. A supply list will be given at the first class.

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

\$77 seniors/ \$88 adult

### Watercolour Exploration

This program is open to all artistic levels. Students will learn the methods, materials and expressive potential of the watercolour medium. Master basic techniques such as washes, wet on wet and dry brush through individual attention and common discussions. Background in drawing is required.

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

\$85 seniors/ \$95 adult

### Advanced Drawing

Formal elements of line, value, shape, texture and space are worked individually and in common. Includes drawing from direct observation. This course is intended for those students who wish to take their drawing to the next level. Bring pencil and drawing paper to first class.

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

\$77 seniors/ \$88 adult

### Figure Drawing

Expand your figure drawing skills and knowledge of proportions, values and composition. This class is designed for all levels. Bring drawing paper, and pencil to first class. Supply list will be provided and discussed at the first session.

278316 Jan 12-Mar 22 Th 10:00am-12:00pm

\$77 seniors/ \$88 adult

### Tap Dance

#### Beginner

It is never too late to try something new! This fun class will cover the basic steps and routines coordinated to music. Great for all abilities.

275789 Jan 9-Mar 5 M 11:20am-12:05pm

\$40 seniors/ \$45 adult

#### Intermediate

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

275791 Jan 9-Mar 5 M 10:15-11:15am

\$40 seniors/ \$45 adults

# SENIORS

## SOCIAL RECREATION

### Bridge Lessons - Farsi & English

Bridge can be a fascinating, challenging and enjoyable game. Learn the basics of bidding and play of the hand with Farhad or improve your game. Beginners and intermediate players welcome.

273278      Jan 16-Mar 26      M      1:30-3:30pm  
\$40 seniors/ \$50 adults

### Bridge Advanced Play

Judy will help you advance your game with tips and strategies for better play. Lots of practice time and fun with your bridge partners.

273277      Jan 30-Mar 26      M      9:30-11:30am  
\$40 seniors/ \$50 adults

### Bridge Social Drop-in

Discovery Room, JBCC

Thursdays      Jan 5-Mar 29      9:30-11:30am  
\$2 drop-in



## HEALTH AND WELLNESS

### Drop-in Sports

#### Badminton

Join a fun, friendly, social group of badminton players! Appropriate footwear must be worn. Beginners welcome.

Gym, JBCC

Tuesdays      Jan 10-Mar 27      1:15-3:15pm  
\$2 drop-in

#### Table Tennis

Appropriate footwear must be worn.

Anchor Rm, JBCC

Wednesdays      Jan 11-Mar 28      1:45-5:30pm  
Fridays      Jan 13-Mar 30      4:00-5:30pm  
\$2 drop-in/ free with Fitness Membership

#### Pickleball

This mini-tennis game is played by 2 or 4 people on a badminton-sized court using wood paddle racquets and a waffle ball. It's lots of fun! All equipment supplied, why not give it a try?

Appropriate footwear must be worn.

Gym, JBCC

Thursdays      Jan 12-Mar 29      1:15-3:15pm  
\$3 drop-in

#### Nordic Pole Walking

Ever wondered what those poles are for? Facilitated by a certified Urban Poling Instructor, these weekly sessions will teach you how to safely and effectively use Nordic poles for improved fitness and balance. Join us at the JBCC Bistro for lunch after!

Wednesdays      11:00am-12:00pm  
\$4 drop-in \*BEST RATE ON THE NORTH SHORE!\*

*We welcome ideas for new programs.  
Please contact the  
Seniors Program Coordinator:  
Robyn McGuinness  
604-982-8326*

## FITNESS

### Gentle Yoga

A Hatha Yoga class that combines breathing awareness with gentle movement. Excellent for opening joints, better breathing and easing tension from the body and mind. Bring a mat.

Anchor Rm, JBCC

280602	Jan 9-Feb 13	M	10:45am-12:15pm
280603	Feb 20-Mar 26	M	10:45am-12:15pm

\$31.50 seniors  
\$4.50 senior drop-in

### Laughter Yoga

Use laughter to improve your health. Our playful exercises will make you laugh.

Anchor Rm, JBCC

280600	Jan 7-Mar 31	Sa	11:15am-12:15pm
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\$2 drop-in

### Health & Wellness For Women (in Farsi)

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

JBCC, Harbourview Room

273403	Jan 13-Mar 23	F	10:30-11:30am
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\$2 drop-in

### Fitness (in Farsi)

A great all-over workout including stretching.

JBCC, Shoreline Room

272174	Jan 14-Mar 24	Sa	1:30-2:30am
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\$50 seniors/ \$60 adults  
\$5.20 senior drop-in/ \$6.25 adult drop-in

### Cardiac Rehab Phase III/IV

For stable cardiac clients wanting to work toward restoring your optimal health. Group fitness classes combined with resistance training under the guidance of Certified Exercise Specialist and Cardiac Rehab Fitness Instructors.

Contact Min Naruki-van Velzen at 604-983-6423 for information on how to get started.

Fitness Class & Fitness Centre

M/W/F	8:30-9:30am
M/W/F	9:30-10:30am

Fitness Centre Only

M/W/F	10:30-11:30am
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Requires an Adult or Senior Specialty Fitness Membership.

No drop-ins available.

### Functional Fitness

This progressive class initially focuses on posture, balance and proper walking, lifting and movement techniques. Muscular strength and stretching are incorporated to improve overall body balance and enhance coordination and efficiency in performing activities of daily living.

272176	Jan 10-Mar 20	Tu	9:30-10:30am
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\$50 seniors/ \$60 adults

### Osteo Fit Level 1

Osteofit is designed to improve strength, balance and coordination as well as functional ability, independence, and quality of life, and is especially safe for those with osteoporosis. The classes focus on improving strength, posture, balance and agility, through the use of functional exercises, agility activities, resistance training and appropriate stretches.

Anchor Rm, JBCC

277811	Jan 9-Mar 19	M	9:30-10:30am
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\$50 seniors/ \$60 adults

### Osteo Fit Level 2 - Balance & Agility For Fun

A continuation of Level 1, focusing on improving strength, posture, balance and agility, through the use of functional exercises, agility activities, resistance training and appropriate stretches.

Anchor Rm, JBCC

272171	Jan 12-Mar 22	Th	9:30-10:30am
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\$50 seniors/ \$60 adults

### Tai-Chi-Yang Style

This class will introduce the basic principles and movements of Tai Chi. Simple and easy, yet requiring mindfulness you will learn all the basic postures, correct alignment, terms, and movements. (Lynne C.)

Shoreline Rm, JBCC

275788	Jan 11-Mar 28	W	10:30-11:30am
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\$60 seniors/ \$70 adults  
\$6 senior drop-in/ \$7 adult drop-in

### Qi Gong

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

JBCC, Anchor Room

275627	Jan 11-Mar 28	W	9:00-10:00am
275628	Jan 13-Mar 30	F	9:30-10:30am

\$60 seniors/ \$70 adults  
\$6 senior drop-in/ \$7 adult drop-in

# SENIORS



## Steady Feet Walking & Balance Program

These falls prevention and balance programs help frail seniors feel stronger, more confident, and independent. Seniors will participate in activities and exercises that will improve functional mobility, improve balance, reduce falls risk, and increase lower body strength. Classes are facilitated by certified Fallproof™ instructors.

**New participants will be required to attend an assessment session prior to the start date of the program. Call Jennifer at 604-982-8311 for more information or to book an assessment.**

Shoreline Rm., JBCC

### LEVEL 2

Jan 18-Feb 17 Tu/Th 1:15-2:15pm

\$123.20

Feb 22-Mar 30 Tu/Th 1:15-2:15pm

\$147.84

Late registrations may be available if space permits

## Feet in Motion

This advanced walking, balance and wellness program focuses on falls prevention for seniors. Ideal for seniors where balance/mobility make it a challenge to attend a seniors fitness class. Participants must be able to walk without assistance. Monday only and Wednesday only classes available.

275959 Jan 9-Feb 15 M/W 1:15-2:15pm

275964 Feb 20-Mar 26 M/W 1:15-2:15pm

\$96

## BRAIN FITNESS

### Memory Games for Body, Balance & Brain

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. This preventative program is fun, social and excellent for improving memory! For more information call Gail Roxburgh at 604-982-8330.

273332 Jan 9-Feb 20 M 1:00-3:00pm

272389 Feb 27-Apr 2 M 1:00-3:00pm

\$42; \$7 drop-in

### Brain Games Social Drop-In

Sharpen your focus and improve your mental fitness by playing brain games such as memory games, quizzes, word games, board games, crossword puzzles and more! For more information call Gail Roxburgh at 604-982-8330.

Jan 12-Mar 29 Th 1:00-2:30pm

\$5 drop-in

### Brain Body Wellness

Feel energized and revitalized with playful activities. Brain Gym uses gentle movements, plus a series of balance, auditory and vision exercises while engaging in individual and partner activities. The rhythm patterns improve focus, attention and memory eye hand coordination and balance. English second-language senior participants are welcome.

273351 Jan 10-Feb 14 Tu 10:35am-12:00pm

273377 Feb 21-Mar 27 Tu 10:35am-12:00pm

\$40 seniors; \$7 drop-in



## SPECIAL EVENTS

### Christmas Dinner

Enjoy a festive turkey dinner with all the trimmings, entertainment, a visit from Santa and door prizes! Please purchase your ticket in advance as seating is limited.

JBCC Shoreline Rm

270724 Dec 9 F 5:30-8:00pm  
\$20 seniors & \$25 adults

### Valentine's Day Tea

Celebrate this traditional day of love by treating yourself to a delicious tea. Dainty sandwiches, fancy squares and cakes, and Earl Grey tea plus chocolate of course!

Anchor Rm

279024 Feb 16 Th 1:00-3:00pm  
\$6 seniors/\$8 adults

### St. Patricks Day

The Irish culture is celebrated around the world on St. Patricks Day. Limericks, donning the green and having a pint of beer are all part of the fun. Snacks and refreshments included.

Shoreline Rm

275783 Mar 15 Th 3:00-5:00pm  
\$10 seniors/\$12 adults

### Easter Luncheon

Easter heralds Springtime on the West Coast! Celebrate the beginning of the season with an Easter luncheon complete with Easter eggs and chocolate bunnies. Prizes will be given for the best Easter Bonnets!

Anchor Rm

275782 Apr 6 F 12:00-1:30pm  
\$8

## LESS ACTIVE SENIORS

### Golden Circle

A health, wellness and socialization program that aims to improve quality of life. Enjoy guest speakers, chair exercises, slide shows, movies, discussions, entertainment, bus trips & more! Contact Robyn McGuinness at 604-982-8326 for details and/or for referrals.

Tu 1:00-3:00pm JBCC, Anchor Rm

Th 1:00-3:00pm Kiwanis Towers #170 West 2nd Street  
\$3 Drop-in

### Lunch Bunch

A fun social program that focuses on overall wellness. A shared lunch time followed by brain games (always a highlight), gentle exercise, health education workshops and social activities decided on among the group. To make a referral please contact Robyn McGuinness Seniors Program Coordinator, 604-982-8326.

JBCC, Anchor Rm & Discovery Rm

Jan 11-Mar 28 W 11:45am-2:00pm

No fee

Lunch can be purchased from the Wednesday Lunch Program

### Keep Well

Mild exercise, massage and blood pressure monitoring, information and referrals, educational workshops and a tea & coffee social.

NSNH, Inman Rm

M 9:30am-12:00pm

No fee

Last Monday of each month: muffins, coffee & guest speaker



# SENIORS

## SUPPORT PROGRAMS & SERVICES

### Seniors Peer Support

A trained volunteer of similar age and experience meets with you in your home or other suitable location to provide confidential non-judgmental support and resource information to anyone regardless of gender, race, religion, sexual orientation or disability. This program is a regional member of Seniors Peer Counselling British Columbia.

Call for a free confidential appointment: 604-987-8138 Ext. 211

Coordinator: Lori Wall

Languages spoken: English, Farsi, German.

### 1. For Health & Wellness

Trained mature volunteers listen and talk with you about your needs and concerns. They provide one-to-one support and guidance in the areas of lifestyle and health changes due to chronic disease.

### 2. For Sharing and Caring

Senior volunteers are of similar age and experience so they are able to listen, offer encouragement and assist others to feel empowered. They have knowledge of community resources to help you keep active and develop your interests.

### 3. Hamrahan (Iranian) Seniors Support

Individual and group support is available. Inquiries and appointments are accepted in both Farsi and English.

Call 604-987-8138 Ext. 211. Program Assistants, Saeid Poursaeid and Manijeh Habashi.

وَرَبُّنِي "بِرَبِّهِ" هُنَّ نَصِيحَتِي رُبِّي طِرَائِي"  
مَشْرَبِ رِگَرِ نِي "طِرَادِي جِت سِرِي قُرْبِي اِي رِي كَكَب مَلَب صُرْت ه حَرْبِ اَج ب مَش د. ج نَت عِي ق تَقِيلِي"  
اطلاع بتدوین توبسنی لای وای بر به ؛ نُن هُن رِجِشِي س عِن پَرَس عِد  
نَشَه بَر تَفْهِي 6049878138 لَخْلِي 11 تَو ب س رِگِي د.

### 4. Seated Massage Therapy for Seniors

Wednesdays & Fridays, 1:30-3:30pm the students from Spa Utopia Academy are here to offer chair massage therapy services under the careful guidance of their instructor. Appointments are 1/2 hour in length.

FREE. Please contact the office at JBCC at 604-982-8300 to book an appointment and check schedules.

### 5. 55+ Health and Well-Being for Persian Women (in Farsi) \$2 drop-in

Yoga, meditation, fitness (weight loss, toning, strength development, fun and flexibility). The second part; Social Supportive Group, Confidentiality, Sharing stories and Morality. The third part is Persian Classic Dance.

Fridays 9:30-11:30am

بِر وَا مَبْرَايِ خَاوَمِ طِي فَرَسِ يَزْبَانِ 55 سَالِ بَه بَالَا  
يَو كَا، مَدَنِي طَه و وَر ز شَهِي اِي ص قِ دَر ت و تَوَانِ جِي مِوَكِ مِ تَر ل و ز ن تِي سَل ب اُولَمِ بِل و كَر شِ شَبْتِ بَ خُودِ (ق س م ت  
بوم بروام مطوري رگر و، آموتوي و آموزش وگرش شبت سبت ب زوگي ج مع از ساعت 9:30 تا 11:30  
در اطاق زابورهو.

# SENIORS BUS TRIPS

## REGISTRATION INFORMATION

### Please note:

- You will be refunded if the event is cancelled by the Centre
- No refunds will be given after a trip
- Tax is not included in the price



### Register Early

A class or trip may be cancelled a week before the start date if too few people have registered. To avoid cancellations, don't wait until the last minute to register. All the bus trips start at North Shore Neighborhood House : 225 East 2nd St. North Vancouver (604.987.8138).

Day Trip	Day	Date	Time	Barcode	Price
Eagle Watching Tour and Brackendale Art Gallery(Squamish)	Tue	Jan 3	10:00-3:30 pm	267487	\$ 39
Dinner at Dockside Restaurant, Granville Island Hotel	Thu	Jan 5	5:00 – 8:00 pm	267473	\$22
Mystery Lunch	Thu	Jan 12	10:30-3:00 pm	267474	\$18
Lunch at Bowen Island	Tue	Jan 17	10:00-4:15 pm	267475	\$ 25
Chinese New Year – Flower and Gift fair	Mon	Jan 23	10:00- 3:00 pm	267481	\$ 22
The Loafing Shed Glass Studio - Master glass blower	Thu	Jan 26	10:00 – 3:00 pm	267478	\$ 22
Limousine Ride & Dinner - Girls Night out	Tue	Jan 31	5:30 – 8:30 pm	267476	\$ 40
Gourmet Lunch at JJ's Restaurant	Thu	Feb 2	10:30 – 3:00 pm	267477	\$15
Brunch at The Sandbar on Granville Island	Sun	Feb 5	11:00 – 2:00 pm	267488	\$18
Fireside Lunch at Sasamat Outdoor Centre	Thu	Feb 9	10:00 – 4:00 pm	267479	\$35
Fashion Outlets Tour and Lunch	Fri	Feb 24	10:00 – 3:30 pm	267480	\$ 25
Tea and Trumpets with the Vancouver Symphony Orchestra	Thu	Mar 1	10:30 – 5:00 pm	267482	\$44
Boulevard Casino	Tue	Mar 6	10:00 – 3:00 pm	267483	\$18
Roedde House Museum and Tea	Thu	Mar 8	10:00 – 3:00 pm	267484	\$22
Lunch at Duke of Dublin Irish Pub	Fri	Mar 16	10:30 – 3:00 pm	267495	\$22
Beaty Biodiversity Museum	Thu	Mar 22	10:00 – 3:00 pm	267499	\$18
<u>Mystery Lunch (\$25-45)</u>	Fri	Mar 30	10:30 – 3:00 pm	267497	\$18

# SENIORS BUS TRIPS

## Mystery Trips

It's a mystery until the day of the tour! We'll stop for lunch at a local restaurant. Raffle tickets will be given on board for a chance to win fun prizes! Lunch costs are not included.

267485	Jan 20	10:00am-3:00pm
267490	Feb 17	10:00am-3:00pm
267491	Mar 19	10:00am-3:00pm

\$10  
No withdrawal five days prior to trips.

## Tour de Coffee Shops

Explore different coffee shops and neighbourhoods around the Lower Mainland. The price includes transportation only. This trip is at a **slower pace**.

267486	Jan 30	M	1:00-4:00pm
267492	Feb 27	M	1:00-4:00pm
267493	Mar 26	M	1:00-4:00pm

\$10  
No withdrawal five days prior to trips.

## Scenic Adventures

Enjoy a scenic drive to a surprise location in the Lower Mainland! There will be a refreshment stop along the way. This trip is at a **slower pace**. Price includes transportation only.

267494	Jan 9	M	10:00am-3:00pm
267498	Mar 12	M	10:00am-3:00pm

\$10  
No withdrawal five days prior to trips.

## Explore!

This trip will take us on an adventure to other communities and cultures in the Lower Mainland. There will be an interesting restaurant stop along the way. Price includes transportation only.

279576	Feb 13	M	10:00am-3:00pm
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\$10  
No withdrawal five days prior to trips.



If you need more information  
or have any questions or concerns  
about bus trips

Please call Seniors Program  
Worker:

**Amal Hasan at  
604-982-8325**