

KERRISDALE SENIORS CENTRE



Open to patrons 55 years and older.

OFFICE HOURS

Monday-Friday 9:00am-8:00pm
Saturday 9:00am-4:00pm
Sunday Closed
For Centre Hours please see page 3.

HOW TO REGISTER

IN PERSON:

Fall program registration starts Friday August 10 at 9:00am. Numbers will be given out at the Seniors Centre at 8:00am. You may register yourself and one other person. Ensure you have all necessary information such as name, address, phone number and birthdate for that person. Cash, cheques, VISA/MC, and debit cards accepted. Please see page 3 for phone, fax, and [online registration information](#).

SENIORS (65 YRS & OLDER)

Retired Citizens (65yrs & older) may enroll in most of the adult programs and receive 25% off the adult fees. This does not include the programs in the retired citizens section as they are already reduced.

ADULTS (64 YRS & UNDER)

may enroll in the programs in the retired citizens section but will pay an adult rate.

PARTICIPATION

A resident age 55 and older may participate in a wide variety of activities in the Kerrisdale Seniors' Centre. Many programs are offered on a drop in basis. Many of these activities are self-organized and do not have an instructor or guide; however, residents who wish to participate are required to register for the programs and to pay an annual fee of \$10. Programs requiring a \$10 registration fee include the following: Lunch Program, Social Recreation and Opera Zone. The Social Recreation program includes a broad range of "free" activities including, but not limited to, mah jong, chess, Texas holdem poker, bridge, cribbage, ukulele sing along, bingo, drop-in Mandarin, table tennis, scrabble, weekend movies, billiards and snooker. (See page 54 for more program details.)

Dining Room

**Monday-Saturday
11:30am-1:00pm**

We offer a nutritious hot lunch 6 days a week to adults/seniors over age 55 who are registered in the Lunch Program.

A full meal includes a main entrée with a dessert and beverage. Lunch Program registration costs \$10 for the year.

The Lunch Program is open to residents over age 55. Lunch Program participants may purchase a single lunch or 10 meal punch card. Lunch Program participants may be asked to show their Lunch Program registration card. A guest of a program participant may purchase a single lunch provided the guest is over age 55.



Seniors' Centre Coffee Bar

Mon-Thu 9:00am-7:00pm
Fri 9:00am-5:30pm
Sat 9:00am-3:00pm

Check out our daily fresh baked goods available Mon-Fri.

**The Kitchen is closed
September 3, October 8,
December 25 & 26.**



(Monthly menu in the Monarch)

For patrons dining frequently, a 10 meal punch card is also available. At \$65 it provides a savings of \$5. Available for purchase at the seniors front desk.

ENJOY TOURS

Arts Whistler Holiday Market 55+ yrs

Whistler's Original Artisan Market has built a reputation of presenting unique, quality, handmade arts and crafts featuring over 100 artisans. PACKAGE INCLUDES: Squamish Adventure Centre. Escorted entry. Admission by donation. 3 hours free time at the Arts Whistler Holiday Market. AGENDA: 10:00am-Squamish Adventure Centre. 11:30am-Whistler Conference Centre. 2:30pm-Holiday Market escorted entry & free time. 3:15pm- Depart for Tim Horton's Squamish. Arrive 15 minutes prior to departure time.

Su 8:15 am-5:15 pm Nov 25
 ▶168214 \$79/1 sess
 Instructor: Enjoy Tour And Travel

Harrison Lake Cruise 55+ yrs

Soak up the last of Summer in Harrison Hot Springs on a two hour wildlife sightseeing cruise of Harrison Lake! PACKAGE INCLUDES: Two hour Harrison Lake Cruise. Lunch served on board the ship. Sasquatch Provincial Park, Green Point. AGENDA: 10:00am-Tim Hortons Chilliwack. 11:00am - Harrison Hot Springs. 11:15am-Sailing, Echo Island, Fossil Bay-Cascade Bay, Rainbow Falls. 1:30pm-Harrison Hot Springs & Free time. 2:45pm-Green point at Sasquatch Provincial Park. 3:15pm-Depart. 4:45pm-Tim Hortons Langley.

Th 9:15 am-6:15 pm Sep 06
 ▶168211 \$139/1 sess
 Instructor: Enjoy Tour And Travel

Manning Fall Foliage Tour 55+ yrs

Take a sightseeing tour to see splendid fall foliage between Hope and Manning Provincial Park located in the heart of the Cascade Mountains. PACKAGE INCLUDES: 9:15am-Tim Hortons/Starbucks Abbotsford. 9:45am-Depart. 10:45am-Rhododendron Flats. 11:45am-Manning Park- Pinewoods Restaurant Lunch. 1:15pm-Lighting Lake nature walk. 2:00pm - Depart. 2:45pm-Hope Slide. 4:00pm-Langley Tim Hortons. Arrive 15 minutes prior to departure time.

Tu 7:45 am-6:15 pm Oct 23
 ▶168212 \$99/1 sess
 Instructor: Enjoy Tour And Travel

Polar Express 55+ yrs

Kick off the holiday season with family and grandchildren aboard the 9th Annual Polar Express designed to delight and inspire as it makes it's magical round trip journey to the North Pole! Package Includes: Polar Express coach ticket. Admission to the North Pole Workshop and Gingerbread Village Mini Train Ride, Lunch Watershed Grill. All fees and taxes. AGENDA 11:00am-Squamish Adventure Centre. 11:45am-Lunch Watershed Grill. 1:30pm-WC Railway Heritage Park. 2:00pm-Polar Express. 3:00pm - Free time 4:00-Depart. Arrive 15 min. prior to departure time.

Sa 9:15 am-4:45 pm Dec 08
 ▶168221 \$99/1 sess
 Instructor: Enjoy Tour And Travel

JOY BROWN TOURS

Luxury Eagle Boat Cruise 55+ yrs

Enjoy a 3 hour luxury boat cruise with magnificent scenery on the beautiful Harrison River. Depart from Harrison Hot Springs to view magnificent Bald Eagles. Last year there were 3,000 daily during late November. In the boat we are able to get up very close to view the eagles. A delicious picnic lunch with dessert is served aboard the boat with hot drinks. We will stop at a farm to taste local food. The boat is large, comfortable and warm, with great indoor and outside seating. Whatever the weather, a great day out! Please arrive 15 minutes prior to departure time.

Th 9:00 am-5:30 pm Nov 22
 ▶179566 \$155/1 sess
 Instructor: Galiano Tours

KERRISDALE MINI BUS

Kerrisdale Mini Bus- Deep Cove 55+ yrs

Visit this gem in just outside the city limits. You can bring a bagged lunch or eat at one of the local cafes. This is an outdoor event, please dress for the weather. Transportation only provided.

W 10:00 am-3:00 pm Sep 19
 ▶179212 \$16/1 sess
 Instructor: Brian Swartz

Kerrisdale Mini Bus- Tsawwassen Mills 55+ yrs

Just in time for Christmas shopping, come and check out all the stores at Tsawwassen Mills. Transportation only.

W 10:00 am-3:00 pm Nov 28
 ▶179211 \$16/1 sess

Don't forget to check the Monarch for monthly day trips offered with our 16 passenger mini-bus.

MIND MATTERS EDUCATIONAL EXCURSIONS

Special trips are arranged for community centre patrons to business manufacturers in the Vancouver area to learn about the vast number of products produced here. Places are unique and have included a violin maker, world famous submersible craft company, eye glass lens manufacturer, a luxury automobile manufacturer and cancer research laboratory.

Destinations are out of the ordinary and tours are especially arranged for this group. All trips are on a Monday afternoon once a month. Registration is \$20 at the Seniors Desk. Pick up a copy of the monthly Monarch for trip information.



Waiver form must be signed for ALL BUS TRIPS. Seat selection will be done at time of registration.

Special Lunches

Each month we celebrate an event with a sit down lunch. Lunch is a full hot entrée and dessert with tea and coffee. Price of lunch includes afternoon entertainment. Participants are seated at noon. Entertainment begins at 1:30pm. Tickets need to be purchased in advance. Check the Monarch for the lunch menu.



Fall Lunch-Sept 20

Brock House Jazz Band

Thanksgiving-Oct 4

Brock House Big Band

Remembrance Day-Nov 8

Tunemakers

Christmas-Dec 13

Kerrisdale Senior Singers

Christmas-Dec 14

Elgar Strings

Thursdays \$9

Seniors' **FREE**

Resource Fair

Here is a chance for you to collect information from a variety of health and wellness providers and organizations.

Gather information on senior services ranging from housing to nutrition. FREE

M Nov 5 10:00am-1:00pm

ART

Mixed Media 19+ yrs

Do you have a small apartment or no place to paint? Come to this drop-in social studio time. Participants paint using oils, pastels, watercolour, pen and ink or any other medium. No instruction. Sr drop-in \$3; adult drop-in \$4.

Tu 3:00 pm-6:00 pm Sep 04-Dec 18

▶179458

Th 11:30 am-2:30 pm Sep 06-Dec 27

▶179459

Adventures in Watercolour 55+ yrs

The class is for all levels. You'll learn different techniques - from how to retain whites, understanding positive versus negative shapes - how to render different forms, creating textures and more. We have a different subject each week beginning with a demo and then time for personal attention. Supply list available at seniors desk. Drop-in Adults \$22/ Seniors \$19 Space permitting.

W 1:00 pm-4:00 pm Sep 05-Oct 03

▶179315 \$90/5 sess Adult Rate \$113

Instructor:Julieanne Mcguinness

W 1:00 pm-4:00 pm Oct 10-Nov 07

▶

\$90/5 sess Adult Rate \$113
Instructor:Julieanne Mcguinness

CRAFTS

Busy Bees Crafts 55+ yrs

These busy bees work hard creating beautiful articles. Baby sets, aprons, tea cosies, blankets and so much more. Items are displayed in the Senior Centre and are on sale Thursdays, 10am-3pm. The group welcomes new members especially those who can knit and sew. On-going no registration necessary.

M 1:00 pm-3:00 pm Sep 03-Dec 31

▶168201

Funcrafts 55+ yrs

This group works on special craft projects for cultural and special events.

Tu 1:00 pm-3:00 pm Sep 04-Dec 11

▶171840

Book Sales

Check the Monarch for the dates of our book sales which happen most Thursdays. From hardcovers to softcover from fiction to cook books—we sell it all!

THE MONARCH

This monthly newsletter is available on the last Wednesday of each month for .25 cents.



Busy Bees Boutique

These busy bees work hard creating beautiful articles. Baby sets, aprons, tea cosies, blankets and so much more. Items are displayed in the Senior Centre and are on sale Thursdays, 10am-3pm. The group welcomes new members especially those who can knit and sew.

Thursdays 10:00am-3:00pm



SENIORS

EXERCISE ROOM

The Community Centre has an exercise room which has computerized bikes, treadmills, stair climbers, a variety of free weights, machines and more. It's open 7 days a week.

Fees	Sr/Yth	Adult
Drop-In	\$3.50	\$3.50
10 Visit Pass	\$29	\$29
1 Month Pass	\$27	\$35
3 Month Pass	\$56	\$76
6 Month Pass	\$105	\$140
12 Month Pass	\$168	\$221

Hours of Operation

Monday-Friday.... 6:00am-9:30pm
 Saturday 7:00am-6:30pm
 Sunday 9:00am-4:30pm
 For Holiday Hours see page 3.

EXERCISE ROOM ORIENTATIONS FREE

We are now offering Exercise Room orientations during the day (8am-noon) on the last Wednesday of every month.

If you have any questions about your current fitness program or need some help getting started, please book a free 30 minute appointment with our Fitness Attendant.

Orientations also available Monday and Thursday evenings. Appointments can be made at the front desk or by calling 604-257-8100.

SENIORS GROUP FITNESS

Rates	Seniors	Adult
Drop-In	\$4.00	\$5.00
Fit Card 10 Classes	\$36.25	\$45.25
Fit Chip 17 Weeks	\$171.75	\$214.40

Please note: These prices are for all Kerrisdale fitness classes with the exception of pre-registered classes such as Joint Works, Osteofit, Yoga, Tai Chi, Adapted Fitness, Pilates and Exercise Room Workouts.

The classes listed below are designed especially for the older adult and can be attended by purchasing any of the price options above.
For a complete schedule of Kerrisdale's fitness classes please see page 26.

Monday Gentle Fit (Advanced)

Join in for an hour of fun and exercise. This is a go at your own pace workout. Suitable for the more active and mobile senior.
 M 10:30am-11:30am On-going Instructor: Dee Cresdee

Tuesday Gentle Fit

A complete workout featuring options for performing all exercises on chairs. Our goal is to promote unaided mobility through gentle cardiovascular exercise.
 Tu 9:15am-10:15am On-going Instructor: Audrey Darling

Wednesday Gentle Fit

Fitness for fun! Strengthen and build, then relax those muscles while you enjoy a work-out especially designed with seniors in mind.
 W 9:00am-10:00am On-going Instructor: Berdjis Bahrami

Friday Gentle Fit

Fitness for the young at heart. Mild to moderate exercise to motivating music. For seniors who have attended fitness classes and wish to maintain their fitness level. Floor work will be done in chairs.
 F 9:00am-10:00am On-going Instructor: Audrey Darling

Saturday Gentle Fit

Join us for an invigorating start to the week-end. Look for toe-tapping tunes, smooth moves and a good time. The floor work will be done in chairs.
 Sa 10:20am-11:15am On-going Instructor: Audrey Darling



HEALTH & WELLNESS

Adapted Fitness 55+ yrs

An exercise class adapted to meet the needs of those with various disabilities. Work on mobility and coordination, strength and flexibility. Doctor or physiotherapist referral recommended. Class suitable for wheelchair users. No class Oct 16. Adult drop-in \$6, seniors \$5 space permitting.

Tu 1:30 pm-2:30 pm Sep 04-Dec 18
 ▶180638 \$63/15 sess Adult Rate \$79
 Instructor: Berdjis Bahrami

Belly Dance NEW for Seniors

55+ yrs

Enjoy learning and having fun with Rahma Haddad, an internationally acclaimed instructor, who will lead you step by step through dancing to sensual melodies and dynamic rhythms of the Middle East in this 1 hour class. This course is similar to her regular classes but, as a senior herself with over 40 years experience, Rahma is acutely aware of some of the physical challenges faced by many seniors who love to dance! Classes start with a 15 min. stretch warm-up. Wear exercise clothes, bare feet or dance slippers, and scarf or shawl for hips.- Drop-in: seniors \$9 adults \$11.

Tu 1:30 pm-3:00 pm Sep 25-Nov 13
 ▶180558 \$63/8 sess Adult Rate \$79
 Instructor: Gail (Rahma) Haddad

THE MONARCH

This monthly newsletter is available on the last Wednesday of each month for .25 cents.



Cardiofit 55+ yrs

While designed with seniors in mind, CARDIOFIT is aimed at fitness for persons who have experienced, or are at risk of heart problems. It is particularly suitable to graduates of previous Healthy Heart programs. While the program follows certain guidelines, the instructors, who are all certified and carry CPR certification, each have their own routines and music. Everyone participates at his or her own pace. Each class on Mondays, Tuesdays and Thursdays is one hour long, from 7:30 am to 8:30 am and starts with 10 minutes of warm-up exercises followed by 15 minutes of more strenuous cardiac work and 5 minutes of cool down. Heart beat is monitored. The last half hour is devoted to general stretching and joint exercises, which includes work with weights and elastic bands, as well as exercises using chairs and mats. Drop-in seniors \$5 Adults \$6. No class Oct 8 Nov 12.

M Tu Th 7:30 am-8:30 am Sep 04-Dec 20
 ▶178746 \$151/45 sess Adult Rate \$190
 Instructor: Berdjis Bahrami, Vera Maslove, Carola Von Hahn

Footcare 55+ yrs

Simple footcare. Make an appointment to see a registered foot care nurse who will spend time assessing your feet and dealing with common conditions like foot fungus, in-grown nails, calluses, corns etc. Each appointment will be 30 minutes in length. Please no open wounds.

F 1:00 pm-5:30pm 30 minute appointments
 ▶179369 \$43/1 sess
 Instructor: Maxine Wishart

Chair Yoga 19+ yrs

Yoga adapted to the chair makes more yoga more accessible to more people. The many benefits of yoga can be enjoyed without getting up and down from the floor. This gentle yet deep practice works all parts and systems of the body. Breath awareness calms and balances the body and the mind. Some optional standing poses using the chair for balance help to improve strength and balance. Everyone moves within their own level of comfort. No class Nov 6 and 8. Drop-ins \$13 for adults and \$11 for seniors, space permitting.

Tu 10:30 am-11:30 am Sep 18-Dec 18
 ▶178732 \$128/13 sess Adult Rate \$160
 Th 10:30 am-11:30 am Sep 20-Dec 20
 ▶178740 \$128/13 sess Adult Rate \$160
 Instructor: Sylvia Smallman

Health Qigong 19+ yrs

Chinese Health Qigong is a form of breathing and gentle physical exercises that will enhance your health. The movements are simple and easy to perform, yet each movement is designed to utilize both the ancient methods, and the modern, scientific medical theories to strengthen one's vital internal organs, the external body and limbs. Suitable for all ages. Drop in \$7 Seniors, \$9 Adults (space permitting). No class Oct 15.

M 6:00pm-7:00pm Sep 17-Dec 3
 ▶ \$66/11 sess Adult Rate \$83
 Th 9:00am-10:00am Sep 20-Dec 6
 ▶180567 \$72/12 sess Adult Rate \$91
 Instructor: Lai Chun Cheung



SENIORS

HEALTH & WELLNESS

Joint Works **55+ yrs**

An exercise program approved by the Arthritis Society. Suitable for those with mild to advanced Arthritis. The class helps to relieve stiffness, improve posture and increase endurance, flexibility and strength. Learn to relax your muscles and loosen up joints. Drop-in Adults \$6/ Seniors \$5 space permitting.

W 2:30 pm-3:30 pm Sep 12-Dec 12
180582 \$58/14 sess Adult Rate \$73
 F 2:30 pm-3:30 pm Sep 14-Dec 14
180585 \$58/14 sess Adult Rate \$73
 Instructor:Keno Kinoshita

Keep Fit With Your Walker (Adapted Fitness) **55+ yrs**

This exercise class is specifically designed for older adults who use a walking aid or a walker. Exercises will focus on strength, mobility, posture, balance and fall prevention. Doctor or physiotherapist referral recommended. Class suitable for wheelchair and walking aid users. Drop-in Adults \$6/Seniors \$5 space permitting.

Th 1:30 pm-2:30 pm Sep 06-Dec 20
180636 \$67/16 sess Adult Rate \$84
 Instructor:Carola Von Hahn

Line Dancing: **Beginners 19+ yrs**

Good fun, great exercise and its not just country music any more! No experience necessary for the beginner level. If you join this class after the 3rd week, you must know some basic steps and terminology. Drop-in Adults \$9/\$7 seniors space permitting.

Th 6:30 pm-7:30 pm Sep 13-Nov 29
177624 \$72/12 sess Adult Rate \$96
 Instructor:Dee Cresdee

Line Dancing **Ultra Beginner 19+ yrs**

Lots of repeat and practice as you learn many of the old favourites. Have fun and exercise in this social dance program. No experience needed, all levels welcome. Drop-in \$4/senior \$5/adult space permitting.

F 10:15 am-11:25 am Sep 14-Dec 07
179601 \$46/13 sess Adult Rate \$57
 Instructor:Irene Groundwater

Line Dancing: **Beginners 19+ yrs**

Good fun, great exercise and its not just country music any more! No experience necessary for the beginner level. If you join this class after the 3rd week, you must know some basic steps and terminology. No class Oct 8 and 15. \$10 adults/\$8 seniors space permitting.

M 11:45 am-1:00 pm Sep 10-Nov 26
177622 \$72/10 sess Adult rate \$96
 Instructor:Dee Cresdee

Line Dancing: **Intermediate 19+ yrs**

Experienced Line Dancers only please! Come and join the fun, dancing to country and non-country music. Lots of review. Participants must be experienced and know steps and terminology to drop-in after the 3rd class. Drop-in \$11/ adult and \$9/srs(space permitting).

Th 7:30 pm-9:00 pm Sep 13-Nov 29
177625 \$90/12 sess Adult Rate \$120
 Instructor:Dee Cresdee

Line and Group Dance - **Beginner Plus 19+ yrs**

New dances will be introduced each week as well as the old favorites. Irene, the instructor, started her training in ballroom dance, and for over 20 years has taught a variety of line dance programs throughout the city. First two classes will cover basic steps and terminology. No new beginner drop-ins after second class. Drop-in Adults \$5/Seniors \$4 space permitting. No class Oct 8 Nov 12.

M 10:15 am-11:25 am Sep 10-Dec 03
179600 \$37/11 sess Adult Rate \$47
 Instructor:Irene Groundwater

Line Dancing: **Beyond Beginners 19+ yrs**

Must have completed one or two beginner sessions. New dances and some old favourites will be taught to many types of music. Lots of review. After 3rd class must know basic terminology. Drop-in \$9 / adult and \$7/srs (space permitting) No class Oct 16.

Tu 12:00 pm-1:00 pm Sep 11-Nov 27
177623 \$75/11 sess Adult Rate \$88
 Instructor:Dee Cresdee

Tap Happy **19+ yrs**

Come learn some basic tap steps and easy routines in a fun relaxed environment and at the same time build up your fitness levels, balance, and rhythm and timing skills. We tap, dance, laugh, enjoy the music, get a little workout, and have a lot of fun. No dance experience necessary. Tap shoes not required, just a hard soled comfortable shoe is fine. If space permitting drop-ins \$10/Srs, \$12/adults. No class Oct 8.

M 4:15 pm-5:15 pm Sep 17-Dec 03
179589 \$99/11 sess Adult Rate \$121
 Instructor:Beryl Israel



HEALTH & WELLNESS

Osteofit For Life 55+ yrs

For those who have taken the Osteofit classes and are comfortable with Osteofit techniques. This exercise program is for those with osteoporosis with an emphasis on building strength and improving balance. Drop-in Adults \$6/Seniors \$5 space permitting.

W F 1:20 pm-2:20 pm Sep 12-Dec 14
 ▶180591 \$115/28 sess Adult Rate \$144
 Instructor:Keno Kinoshita

Osteofit Level 1 55+ yrs

Provided in partnership with BC Women's Health Centre, this exercise program is for people with Osteoporosis. Emphasis is on building strength and improving balance to prevent falls. An education component on nutrition, treatment options and osteoporosis is also included. Monday class taught by Nyla Sunga and Thursday class taught by Berdjis Bahrami. Drop-in \$5/adult and \$4/senior space permitting. No class Oct 8 and Nov 12.

M Th 10:00 am-11:00 am Sep 06-Dec 20
 ▶180628 \$95/29 sess Adult Rate \$119
 Instructor:Berdjis Bahrami & Nyla Sunga

Osteoporosis Fitness 55+ yrs

This class is designed for people with osteoporosis and who have taken osteofit classes before. Build strength, improve posture and balance. No class Oct 8 and Nov 12. Adult Drop in \$5.00 / Srs \$4.00 space permitting.

M 8:55 am-9:55 am Sep 10-Dec 17
 ▶180632 \$45/13 sess Adult Rate \$56
 Instructor:Nyla Sunga
 Th 8:55 am-9:55 am Sep 06-Dec 20
 ▶180634 \$55/15 sess Adult Rate \$69
 Instructor:Berdjis Bahrami

Saturday Social Dance 19+ yrs

Come and join this fun and relaxed group! \$2 drop in or \$15/10 visit card No session Dec 15.

Sa 4:00 pm-6:00 pm Sep 01-Dec 29
 ▶179501

Scottish Country Dance 55+ yrs

Beginners should begin in September but late newcomers are welcome to come and try it. This friendly group spends a pleasant afternoon dancing and socializing. Scottish Country dance is a good physical workout, good fun and a good chance to exercise your memory! Led by Cathrine Conings.

Tu 1:30 pm-3:30 pm Sep 11-Dec 11
 ▶171845 \$28/14 sess

Instructor:Cathrine Conings

Taiji (Taichi) for Seniors

48 Form-Part 2 55+ yrs

Taiji (Taichi) is a traditional Chinese martial art and a treasure to the world. It brings harmony to both body and mind. It is beneficial to people of all ages and all lifestyles. The 48 Form Taiji (Taichi) is a standardized Taiji (Taichi) routine that was compiled by the Chinese National Athletic Association in 1976. Must have taken this form before. Class will start in the middle of the form. Drop in \$ 13 adults, \$ 11 seniors(space permitting). Please note there will be no class Oct 10,12 and 17.

W F 10:45 am-11:45 am Sep 05-Dec 07
 ▶179229 \$212/25 sess Adult Rate \$265

Instructor:Ben Yang

Therapeutic

Weight Training 55+ yrs

Improve your quality of life beyond chronic problems like diabetes, arthritis, bursitis, fibromyalgia, hypertension, asthma, and lower back problems with a low intensity and educational program using exercise bands and low weights. A doctor or physiotherapist's referral is recommended. Class incorporates use of the exercise room and is suitable for those able to lift at least 10lbs.

W 3:45 pm-4:45 pm Sep 12-Dec 12
 ▶180586 \$140/14 sess Adult Rate \$175

Instructor:Keno Kinoshita

F 3:45 pm-4:45 pm Sep 14-Dec 14
 ▶180588 \$140/14 sess Adult Rate \$175

Instructor:Keno Kinoshita

PERSONAL TRAINING

Discuss your personal goals and health background with one of our certified trainers, who will then customize a program for you and lead you through a series of workouts.

To get started, please complete our Personal Training Request Form which is located at the community centre office or on-line at www.kerrisdalecc.com (look under Administration, then Forms). Please return the completed form to our main office.

A programmer will review your request and have a suitable trainer contact you to set up your sessions.

\$137.50/3 sessions, 1 person or
 \$88/3 sessions each, 2 people together
 \$412.50/10 sessions, 1 person or
 \$291.50/10 sessions each, 2 people together



UBC Changing Aging Program **55+ yrs**

This renowned evidence-based exercise program is delivered by specially trained Kinesiology students with advanced skills to work with aging and clinical populations. Designed for individuals age 65+, the program targets mobility and injury/disease prevention. Exercises focus on reducing cardiovascular disease risk factors and improving joint mobility and stability through strength, endurance, balance, coordination, agility and flexibility training. **Prerequisites:** stable health condition(s), moderate to high functional mobility and no use of mobility aids. To confirm eligibility, NEW participants MUST: 1) Schedule a free intake appointment with the School of Kinesiology staff by calling 604-822-0207 2) Bring the completed forms listed on <http://outreach.kin.educ.ubc.ca/bodyworks/fitness-classes/forms> to the intake appointment, including the "BodyWorks Referral Form" which must be completed by a physician. For participants who have already attended Changing Aging classes in the past, new physician referral forms are required **every two years** or if there has been a significant change in health status. Please note that late registration will not be allowed past the first three weeks class.

Tu F	8:30 am-9:25 am	Sep 04-Dec 21	\$235/32 sess
▶	179603		
Tu F	9:30 am-10:25 am	Sep 04-Dec 21	\$235/32 sess
▶	179604		
Tu F	10:30 am-11:25 am	Sep 04-Dec 21	\$235/32 sess
▶	179605		
Tu F	11:30 am-12:25 pm	Sep 04-Dec 21	\$235/32 sess
▶	180542		

Instructor:UBC School Of Kinesiology

Drop-in Fitness Schedule
See page 26.

The Pelvic Floor Exercise Routine **19+ yrs**

Join Naomi Wolfman, Continenence RN for this workshop where you will learn how to tone your pelvic floor with a mat and upright exercises! Bring a yoga mat and wear comfortable clothing.

Sa 10:00 am-11:00 am Nov 03-Nov 17
▶ **171844** \$59/3 sess

Instructor:Naomi Wolfman

The Pelvic Floor Series: Bladder Health **19+ yrs**

Join Naomi Wolfman, Continenence RN for an exciting and informative course focused on empowering women and men to fulfill their deepest potential related to the function of their pelvic floor. It is required to participate in the first class.

Sa 10:00 am-11:00 am Oct 13-Oct 27
▶ **171843** \$59/3 sess

Instructor:Naomi Wolfman

Getting to Know Dementia

This introductory session reviews basic information about Alzheimer's disease and other dementias and the impact of receiving a diagnosis. Participants will learn about the different types of support available throughout the dementia journey, including an introduction to programs and services offered by the Alzheimer Society of B.C. *This session is only intended for people experiencing early symptoms of dementia, as well as family members or friends who have recently begun supporting a person with dementia. Please register with the Alzheimer Society by calling: 604-675-5150 or by E-mail: info.vancouver@alzheimercbc.org

Tu 10:00am-12:00pm Oct 9
▶ **182690** Free

Heads Up: An Introduction to Brain Health

Healthy aging is important for everyone, and it is essential not to forget the health of your brain as well! This workshop encourages participants to actively engage in protecting and maintaining their brain. Learn strategies and set goals for improving the health of your mind, body and spirit. Anyone interested in brain health is welcome to attend. Presented by the Alzheimer's Society of BC.

Tu 10:00am-11:00am Oct 30
▶ **183528** Free

Laughter Yoga **19+ yrs**

Why should you join my laughter yoga class? 10 minutes in this class is the equivalent of doing 30 minutes of cardio. As your brain needs 25% more oxygen we will be focusing on breathing exercise. This will in turn make you more energetic and motivated. Laughter yoga can change your mood within minutes. This class will always leave you with a smile. There are ups and downs in life, regular practices of laughter exercise will give you a positive outlook on life which will help you get over difficulties in a much better way. Exercises will done in a chair. Drop-in \$13 adult \$11 senior, space permitting. No class Oct 8 & Nov 12.

M 11:40 am-12:40 pm Sep 10-Nov 26
▶ **179368** \$102/11 sess Adult Rate \$132

Instructor:Balbir Cheema

Relief Yoga **19+ yrs**

Focus on blood pressure, cholesterol and joint pain. We will be focusing on breathing techniques and exercises that cater to relieving pain. The yoga poses will make your joints stronger. Exercises will done in a chair. Drop-in \$13 adult \$11 senior, space permitting.

Th 10:30 am-11:30 am Sep 13-Nov 29
▶ **179366** \$112/12 sess Adult Rate \$145

Instructor:Balbir Cheema

MUSIC & SINGING

Chorisma Vocal Jazz Choir

19+ yrs

This group is for singers with previous choral experience, and is focused on jazz and "American Songbook" repertoire. Good sight reading is an asset. Our conductor is Juhli Conlinn and our full-time accompanist is Elliot Langford. If you are interested in joining please email pgelmon@shaw.ca

W 11:00 am-1:00 pm Sep 12-Nov 28

▶178683 \$236/12 sess

Instructor: Juhli Conlinn

You Can Ukulele for

Beginners

55+ yrs

Start on the road to an exciting lifetime of fun with this old/new instrument - the Ukulele. Learn the basics, from a simple understanding of the instrument to chord formation, strumming, and singing. Instructor will bring a few extra Ukuleles on the first class but each student must have their own ukulele thereafter. No class Nov 10.

Sa 11:15 am-12:15 pm Sep 22-Dec 01

▶179360 \$75/10 sess Adult Rate \$93

Instructor: Carrie Nelson

You Can Ukulele

for Level 2

55+ yrs

For those who have taken the beginner class. Work on improving your skills. Instructor will bring a few extra Ukuleles on the first class but each student must have their own ukulele thereafter. No class Nov 10.

Sa 1:30 pm-2:30 pm Sep 22-Dec 01

▶179361 \$75/10 sess Adult Rate \$93

Instructor: Carrie Nelson

Kerrisdale Senior

Singers Choir

55+ yrs

Join the original Kerrisdale Senior Singers Choir established at the Kerrisdale Community Centre in the 1970's. We enjoy singing and entertaining others in the Vancouver area. Tenors, sopranos, altos most welcome. Please contact the conductor, Marilyn Muckle, at 604-876-8666 before registering.

Th 9:30 am-12:00 pm Sep 13-Dec 20

▶178052 \$14/15 sess

Instructor: Marilyn Muckle

Brock House/Kerrisdale

Bell Ringers

55+ yrs

Join this enjoyable and rewarding group activity. No handbell experience is required but we do ask that you are 55 or older and can read music. We play 3.5 octaves of handbells and handchimes. Please contact Jean Peggie 604-732-3354 or Grace Lau 604-323-8131 before registering. Monday various conductors and Wednesday conductor is Jeong Hur. Please come and listen any time in the South Room.

W 1:30 pm-4:00 pm Sep 12-Dec 12

▶172449 \$14/14 sess

M 9:15 am-12:00 pm Sep 10-Dec 10

▶172450 \$14/14 sess

Brock House/Kerrisdale

Choir

55+ yrs

A 4 part choir who sing a variety of music, we entertain in a volunteer capacity throughout the Lower Mainland. Currently the choir is full, please call Diana Bragg at 604-224-3897 or Sharon Copeman 604-263-9917 for more information.

Tu 1:00 pm-3:00 pm Sep 11-Dec 18

▶179319 \$14/15 sess



VOLUNTEER PIANIST NEEDED

Kerrisdale Seniors Singers Choir practices on Thursdays from 9:30 to 11:30 am at the Kerrisdale Seniors Centre.

We perform 12 concerts a year at seniors' residences, care and community centres.

An honorarium is presented to our pianist twice a year.

Contact the Musical Director Marilyn at 604-876-8666.

Thursday Socials

55+ yrs

Join other seniors every Thursday for fun, friendship and entertainment. Costs only \$1.00 and includes afternoon tea. Bands, piano entertainers, special events and more! Something different every week. Please call 604-257-8109 or look in the monthly Monarch for the schedule. Pay your drop-in at the desk on the day of the event.

Th 1:30 pm-2:30 pm Sep 06-Dec 27

▶168192 \$1 per session

Historic Melodies

NEW

Gems! Can you name songs from the 1890's? The 1900's? Much popular music has surprisingly long histories and staying powers. Donna Cullis (piano) and Howard Meadows (clarinet, woodwinds) perform a four concert series linking styles of lyrics, harmony and melody with the rich and often times in which they were composed! Share sad and happy times through chats and enthusiastic performances. Each performance is 1.5 hours long.

Th 2:30 pm-4:00 pm Oct 18-Nov 8

▶183166 \$125/4 sessions Adult Rate \$150

RENTAL SPACE AVAILABLE

Do you need a facility suitable for wedding receptions, birthday parties, meetings or sports?

Kerrisdale Community Centre has rooms available to meet your needs!

For more info, please phone 604-257-8100 or visit

www.kerrisdalecc.com/room-rentals

THE MONARCH

This monthly newsletter is available on the last Wednesday of each month for .25 cents.





SENIORS

EDUCATION

Fun with iPads and iPhones Part 1 55+ yrs

No knowledge of technology required. Learn how to take beautiful pictures and to store and send your photos to friends and family. Its an easy tap on your screen to send and reply to email. Have fun surfing the the worldwide web. Get the most from it. No class Sep 19.

W 11:00 am-12:00 pm Sep 12-Oct 3
181022 \$38/3 sess Adult Rate \$43
 Instructor: Catherine Myerowitz

Fun with iPads and iPhones Part 2 55+ yrs

Learn how easy it is to chat to your family and friends using free audio and video calls. Add new Contacts. Organize events and appointments on your Calendar. Also learn to use the alarm and timer features on your iPad or iPhone. Download games and other apps. Summarized handouts and individual help provided.

W 11:00 am-12:00 pm Oct 10-Oct 24
181025 \$38/3 sess Adult Rate \$43
 Instructor: Catherine Myerowitz

Fun with iPads NEW and iPhones Part 3 55+ yrs

Use Maps. It's just an easy tap on the screen to find directions to drive or take the bus! Learn to navigate You Tube and browse the iTunes Store to watch T.V. episodes or movies and more. Enjoy choosing and downloading free books and audio books. Handouts summarizing each class will be provided. Work at your own pace with individual help.

W 11:00 am-12:00 pm Oct 31-Nov 14
182640 \$38/3 sess Adult Rate \$43

Computers Made Easy! Beginner 19+ yrs

Have you always put off learning about computers? Do you have many questions but need a patient and fun environment to learn? Discover all the possibilities that computers can bring to your life! In this class, you will get hands-on experience. Find out about programs, files and folders, and also understand important computer concepts and terminology. No previous computer experience necessary! Please note that there is no proration for this class. If you start the class after the first session, regular rates apply.

Tu 10:15 am-11:15 am Sep 11-Oct 09
180597 \$182/5 sess Adult Rate \$213
 Instructor: Luke Zukowski

Computers Made Easy! Intermediate 19+ yrs

Do you know the basics about computers but now want to expand your knowledge? Learn about creating documents, editing photos, backing up your information as well as keeping your computer fast. This course also teaches you how to make smart decisions about buying or using technology which will save you time, trouble and money. Your particular needs can be addressed during this class.***Must be comfortable using keyboard and mouse***Please note that there is no proration for this class. If you start the class after the first session, regular rates apply.

Tu 9:00 am-10:00 am Sep 11-Oct 09
180595 \$182/5 sess Adult Rate \$213
 Instructor: Luke Zukowski

Digital Photography and Videos 19+ yrs

Want to learn to take beautiful digital photographs and videos? Discover Google Photos where you can save and manage all your photos and videos, for free and forever. Get tips on dramatically improving your photo-taking, both on cameras and smartphones. Learn how to make your photos look fantastic before printing or sharing them with your friends and family. We will also discuss options for converting your paper photographs into digital format. Please note that there is no proration for this class. If you start the class after the first session, regular rates apply.

Tu 11:30 am-12:30 pm Sep 11-Oct 09
180599 \$182/5 sess Adult Rate \$213
 Instructor: Luke Zukowski

Protect Yourself from Scams 19+ yrs

Protect yourself from identity theft, scams, telephone/mail fraud, viruses and hackers! Technology is great for shopping, banking and keeping in touch, but you often hear stories about the dangers of being connected. In this class, you will learn all about how to keep yourself, your loved ones, and your money safe while using computers, websites, and phones.

Tu 4:15 pm-5:15 pm Sep 11-Oct 09
180614 \$182/5 sess Adult Rate \$213
 Instructor: Luke Zukowski

For Educational Workshops
 See page 39-41.



SENIORS

EDUCATION

French Conversation for the Older Adult 55+ yrs

These informal meetings in a friendly atmosphere offer a good opportunity to practice your conversation in French. You will develop and improve your ability to communicate on different topics of daily life. This is an intermediate level class.

Th 1:30 pm-3:00 pm Nov 08-Dec 20
 ▶180564 \$82/7 sess Adult Rate \$103
 Instructor:Rokia Tamache

Indispensable Binder 19+ yrs

Imagine your house is on fire and you need to take with you your most important information and documents. Grab your Indispensable Binder! Your family needs to have all the important information to manage everything while you are in hospital recovering. Grab your binder! What if you, or your spouse dies suddenly? Where are all the important documents and information? This important course walks you through the steps to create your own Indispensable Binder. It will become a handy reference for you, your property, travel medications, finances, will, power of attorney representation agreement, contact information for your friends and relatives, and lots more. Here is a systematic format for you to create and organize your own binder, or for \$30, you can purchase a binder ready to go. Binder not included in the cost of the workshop. Come early to purchase a binder at the seniors desk.

W 9:30 am-12:00 pm Oct 10
 ▶179199 \$30/1 sess
 Instructor:Diana Cruchley

Smart Downsizing 19+ yrs

A Guide to Successful Downsizing and Disposing of Your "Stuff" Why not downsize and de-clutter your home now - and find happiness! Imagine thirty years of accumulations and just six weeks to stage, sell, and empty an eight level, 3000 square foot home and move into a condo. Popular seminar presenter, Diana Cruchley, shares her strategies for success. Learn unique strategies to systematize the process of de-cluttering. Understand the psychology of letting go, why it is so hard, Category by category, what to let go and why. Then, learn how and where you can dispose of your best stuff, Craigslist, auctions, consignment, charitable donation receipts, china, gold, silver. More than 10 different categories of what to do, where to go, and how it works when you get there. Leave inspired to improve your life, have a beautiful home, lighten your heart, be happier, all by getting rid of too much stuff.

W 1:00 pm-3:30 pm Oct 10
 ▶179200 \$30/1 sess
 Instructor:Diana Cruchley

Traditional Mid Autumn Chinese Dance Demo/Crafts

Join Jessica Yue as she introduces us to Traditional Mid Autumn Festival Moon cake and she will also be demonstrating Chinese classical dance.

Sa 1:30 pm-2:30 pm Sep 15
 ▶179662 \$5/1 sess
 Instructor:Jessica Yue

Bridge: Intermediate 19+ yrs

For people who have played cards before and want to continue learning. Please call Barry at (604) 872-0289 or email at bwade020@gmail.com for more information. Drop-in \$8. There will be no class Oct 8.

M 10:00 am-12:00 pm Sep 10-Dec 17
 ▶179667 \$74/14 sess Adult Rate \$90
 Instructor:Barry Wade

Bridge: Practice Drop-in 19+ yrs

An opportunity for duplicate-style bridge practice in a supervised environment. Please call Barry at (604) 872-0289 or Email bwade020@gmail.com for information.

W 12:40 pm-2:45 pm Sep 05-Dec 19
 ▶179666 \$5/per sess
 Instructor:Barry Wade

Falls and Falls Prevention 19+ yrs

"What is your Risk of Falling and being Injured? As our population grows older it becomes more important than ever to increase our efforts to minimize the risk of falls and injury. Determining your risk is the first step and key component of any fall prevention program. Samuel Ko, a Registered Physiotherapist at Marpole Physiotherapy Clinic, will be able to answer your questions about your individual risk and provide guidelines on how to prevent falls." Everyone is welcome! Free but please pre-register.

W 10:00 am-12:00 pm Oct 17
 ▶171829



A Social Recreation card is required to participate in activities listed on this page. This annual card can be purchased at the front desk for \$10. (Valid from Sept 1-Aug 31)

Billiards/Snooker

Enjoy our billiards room with two pool tables.

On-going drop-in play available.

Mon/Wed..... 9:00am-1:00pm
 4:00pm-9:30pm
 Tues/Thurs/Fri..... 9:00am-9:30pm
 Sat/Sun..... 9:00am-5:00pm

Bingo

55+ yrs

Spend a pleasant afternoon with friendly seniors. Try your luck, maybe you will be a winner! no registration required.

F 1:00 pm-3:30 pm Sep 07-Dec 28
 ▶168196

Chess - Seniors Centre

55+ yrs

Join us for a friendly game of Chess! On-going drop-in program. Registration not required.

M 1:30 pm-3:30 pm Sep 10-Dec 17
 ▶172452

Cribbage

55+ yrs

On-going drop-in program.

W 9:00 am-12:00 pm Sep 05-Dec 26
 ▶172456

Ladies Bridge

55+ yrs

No partners required. Please drop-in and play with a fun and friendly group. Always looking for new players. For people who have played bridge before. \$0.25/session

M W 12:30 pm-3:00 pm Sep 05-Dec 26
 ▶168194

Mah Jong

55+ yrs

Come and learn this Chinese game about numbered and pictured tiles. Great for the mind, all levels welcome. No registration required. Held in seniors lounge.

W 9:00 am-12:00 pm Sep 05-Dec 26
 ▶172458
 Sa 12:15 pm-3:45 pm Sep 08-Dec 29
 ▶179320

Scrabble

55+ yrs

Join us for a friendly game of Scrabble! On-going drop-in program.

W 1:00 pm-3:00 pm Sep 05-Dec 19
 ▶172453

Table Tennis

55+ yrs

Play table tennis - enjoy fun and exercise with friends. Table are located in the seniors' centre and in the youth games room. Youth room table tennis is reserved for youth after 3 pm daily and all day on weekends.

Th 2:30 pm-5:30 pm Sep 06-Dec 27
 ▶172454

Texas Holdem Poker

55+ yrs

You have seen it on TV and on the computer, now is the chance to learn how to play it at the Kerrisdale Seniors centre. This program is for players of all levels and ages looking for fun and excitement.

Tu 5:30 pm-9:30 pm Sep 04-Dec 18
 ▶172457

Video Movies

55+ yrs

Come and enjoy a movie shown on a large screen TV. Movie titles will be posted monthly in the Monarch newsletter.

Su Sa 1:30 pm-4:00 pm Sep 01-Dec 30
 ▶172455

Blood Pressure

Monitoring

55+ yrs

This weekly service offered by retired nurses provide members an opportunity to keep track of their blood pressure. Helps to reduce anxiety between doctor visits. Please note: the first appointment will start at 9:15am. Due to time limitations please keep topics to blood pressure. Free registration not required.

W 9:15 am-10:30 am Sep 05-Dec 26
 ▶168193

Enthusiastic Walkers

55+ yrs

This group meets at the centre and proceeds to a pre-arranged destination for their weekly walk. Walks are leisurely and allow time to enjoy and appreciate the sights of Vancouver and the lower mainland. Outings will be posted in the Monarch. No registration is required but a waiver must be filled out each season.

F 9:00 am-12:00 pm Sep 07-Dec 28
 ▶168262

Mind Matters Mix

55+ yrs

A stimulating and interesting discussion group meets MONDAYS from 2 to 3:30pm to share opinions on various topics. Conversation is informative and is conducted with acceptance for others ideas. Discussions are shared by all in the group and differences of opinions are respected. Questionable points and passionate topics are handled diplomatically. Topics cover every realm from current new items, health, social and life issues. Activate your brain and enjoy various exercises to keep your mind active and alert. Educational mini-bus excursions are organized once month for a nominal fee. See monthly Monarch for more information of topics and bus trips. On-going, no registration required. No session Oct 8 & Nov 12.

M 2:00 pm-3:30 pm Sep 10-Dec 17
 ▶179291 Instructor:Angel Drummond

Ukulele Sing-along

55+ yrs

Come join this program that happens the first Saturday of the month! We will sing and play ukulele in this fun and relaxed atmosphere. Songbooks will be provided to use during the session. Volunteer lead.

Sa 2:45pm-3:45pm Sep 1, Oct 6, Nov 3, Dec 1
 ▶181764