



# WORKSHOPS

## HEALTH & WELLNESS | EDUCATIONAL

Pre-registration is required for all workshops. Call 604-257-8100

### SEPTEMBER

#### Traditional Mid Autumn Chinese Dance

**Demo/Crafts** 19+ yrs  
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  
\$5/1 sess  
Instructor: Jessica Yue

#### Sports First Aid Course 16+yrs

Participants are introduced to sport injury prevention and on-site management of sports related injuries. Topics covered include roles and responsibilities, emergency planning and prevention of injuries, recognition and control of life-threatening situations and common sports injuries. \*A certificate of completion will be issued. This course is approved for 7.0 PE/A2 CMTBC Continuing Education Credits.

Sa 10:00 am-6:00 pm Sep 15  
\$126/1 sess  
Instructor: Sport Medicine Council Of BC

#### NEPP Earthquake Preparedness -

#### Apartment Living 16+yrs

Many sessions offered for emergency preparedness focus on people who live in houses - not this session. This session is for the apartment / condo dwellers - who have unique challenges when preparing for emergencies or disasters. We have all witnessed the recent earthquakes in Japan & New Zealand and have seen the devastation caused. Living in Vancouver, we too could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. It covers what is required to develop your emergency plan, how to conduct a Hazard Hunt and what to do when an earthquake strikes when you live in an apartment or strata.

M 2:00 pm-3:00 pm Sep 17  
\$176068 Free pre-registration required  
Instructor: City Of Vancouver NEPP

#### Let's Enjoy Ikebana, Floral Art for Beginners 19+ yrs

Get a taste of flower arrangement in Japanese style. Ikebana were not only elegant but could reflect the beauty of nature and the feelings in our heart. Learn about the history, theory and technique of Ikebana. Ikebana starts from depiction of nature but not simply an imitation of nature. When we sense plant's unspoken words and their silent movements we express our impressions through an art called Ikebana. Fee includes tools and materials.

Tu 10:00 am-1:00 pm Sep 18  
\$60/1 sess

Instructor: Margaret Ng

#### Concussion Management Workshop 16+yrs

Certified Athletic Therapists will lead participants through best practices in understanding brain injury, sport risk factors, prevention techniques and concussion management guidelines. Participants will review on-field assessment techniques, the use of the SCAT 3 tool and return to play protocols. Participants will be given time for sport specific questions. This course is approved for 2.0 BCRPA Continuing Education Credits.

Tu 7:00 pm-9:00 pm Sep 18  
\$27.30/1 sess  
Instructor: Sport Medicine Council Of BC

#### Stab Bookbinding **NEW** 19+ yrs

This is an historical technique common in Asia. Japan preferred the 4-hole stab binding. Over the centuries, 4 stitch patterns have surfaced as the most traditional. Participants will complete at least 2 books using Kangxi, Noble, Hemp Leaf, Tortoise Shell. Whether these books hold poetry, pictures or personal thoughts; this historical bookbinding will showcase them beautifully. No prior experience is necessary. All materials and tools will be provided. All supplies are vegan.

Sa 1:00 pm-4:00 pm Sep 22  
\$49/1 sess  
Instructor: Suzan Lee

### 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](http://www.kerrisdalecc.com/room-rentals)

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### Kombucha & Cordial

Crafting **NEW**

19+ yrs

In this class we will start with tasty samples and conversations about Kombucha/Cordials and everyone's experiences with it. We will learn about the benefits, process, what supplies we will need, and techniques for flavoring and carbonating. This will be a hands on workshops and participants will get to bring their Kombucha starter kit home with them. We will also brew a fresh batch of Kombucha together. By the end of the class, you will have the information, materials, and confidence you need to start making your own Kombucha and Cordial!

Sa 1:00 pm-3:00 pm Sep 22

▶177569 \$25/1 sess

Th 7:00 pm-9:00 pm Oct 04

▶177570 \$25/1 sess

Instructor: Sharon Lee

## OCTOBER

### 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@alzheimerbc.org](mailto:info.vancouver@alzheimerbc.org)

Tu 10:00am-12:00pm Oct 9

▶182690 Free

View instructor profiles at  
[www.kerrisdalecc.com](http://www.kerrisdalecc.com)

### 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! Imagine you are have a stroke or heart attack, or are hurt in a serious accident. 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 in class, 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

▶179200 \$30/1 sess

### 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! 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

### The Pelvic Floor Series:

Bladder Health

19+ yrs

Join Naomi Wolfman, Continence 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

### 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!

W 10:00 am-12:00 pm Oct 17

▶171829 Free but please pre-register

### NEPP Earthquake

Preparedness -

Personal & Family

16+ yrs

We all witnessed the earthquakes in New Zealand, Haiti and Italy and saw the devastation caused. Vancouver was rocked with a magnitude 4.8 earthquake serving as a wakeup call - we too could be faced with a massive earthquake - yet few of us take the steps to ensure we are prepared. This session covers what is required to develop your family emergency plan, how to conduct a "Home Hazard" Hunt and what to do when an earthquake strikes.

W 7:00 pm-8:30 pm Oct 17

▶176069 Free pre-registration required

Instructor: City Of Vancouver NEPP

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### Let's Enjoy Ikebana, Floral Art for Beginners 19+ yrs

See page 39 for course description.  
Sa 12:30 pm-3:30 pm Oct 20  
▶179358 \$60/1 sess  
Instructor: Margaret Ng

### Buying and Selling Real Estate 19+ yrs

Buying or selling real estate in Vancouver is a high-stakes enterprise. But it is also complex, so understanding how it works and knowing what to watch out for are key to making informed decisions. In this seminar, we'll review market conditions, the steps in buying or selling a condo or a house, financing, downsizing, and what to expect from your Realtor® to ensure an optimum outcome and to ensure that your interests are protected. Please note that this is an educational seminar, not a sales seminar. Maureen Stout, Ph.D., is a Realtor® with Sutton Group – West Coast Realty, and a former university professor and author. Paul Richard, MBA, is a former Realtor®, CEO and business coach.

Tu 7:00 pm-9:00 pm Oct 23  
▶180589 Free but please pre-register

### Athletic Taping Course 16+yrs

Certified Athletic Therapists will cover taping techniques used in a sport setting through a combination of lecture and practical sessions. Safety considerations, preventative and supportive techniques will be discussed. Participants will be introduced to procedures for the ankle, knee, hip, elbow, wrist, fingers and thumb. \*A certificate of completion will be issued. This course is approved for 7.0 BCRPA, and 7.0 PE/A2 CMTBC Continuing Education Credits.

Sa 10:00 am-6:00 pm Oct 27  
▶175930 \$168/1 sess  
Instructor: Sport Medicine Council Of BC

## NOVEMBER

### The Pelvic Floor Exercise Routine 19+ yrs

Join Naomi Wolfman, Continence 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

### Arm Knitting 16+ yrs

Would you like to make a DIY project for a handmade Christmas gift or for yourself? Join our class to learn the new and trending concept of "arm knitting" to make a "30 minute infinity scarf" using only yarn and your two arms! You will have a complete project done by the end of the class. Materials and instruction included in the fee.

Sa 10:00 am-1:00 pm Nov 10  
▶171644 \$35/1 sess  
Instructor: Karen Lam

### Keep Fit with Your Walker Workshop 19+ yrs

Did you know that your walker is an exercise tool? Learn how to use your walker to help maintain your strength, balance and independence. Workshop specifically designed for older adults who use walking aids. Caregivers and Family members welcome to attend! Don't forget to bring your walker!

Sa 10:00am-11:00am Nov 17  
▶182350 \$10  
Instructor: Carola Von Hahn

### Secret Belgian Bookbinding 19+ yrs

A contemporary Belgian technique that rivals any historical bookbinding method. The "secret" points to its very unusual technique. Use of decorative materials adds to how beautiful this book will turn out. No prior experience necessary. All materials and tools are provided. All materials are vegan.

Su 1:00 pm-4:00 pm Nov 18  
▶171849 \$49/1 sess

Instructor: Suzan Lee

### Natural Beer and Wine Soap Making 19+ yrs

Beer & Red Wine, the great skin conditioner! From pre-blended vegan bases, learn the basics of creating soap using alcohol. Previous knowledge of cold process soap making is NOT necessary. Using a stout beer, create a cedarwood and lemon bar and using a merlot red wine, create a citrus twist bar. Explore different ingredients, methods and techniques that you can use to create exciting soaps. Learn about trouble-shooting, history and packaging/decorating your soaps! Also receive a finished soap bar. Please bring hand towel to class. Come to class scent free and bring an apron (or wear appropriate clothing).

Th 6:30pm-9:00 pm Nov 22  
▶182356 \$60

Instructor: Cheryl Theilade

## DECEMBER

### BEE Cause Body Care and More 19+ yrs

Organic unrefined beeswax is the foundation for many nourishing body care products. The amazing wax actually locks in moisture allowing skin to breath and not only does beeswax keep us moisturized; it also will keep skin protected from the harsh environments. Beeswax also works as a skin softener, and nourishes our skin too. In this class, make and take home a healthy lip balm, an herbal salve, honey & papaya facial mask, lotion bar and a beeswax aromatherapy votive candle. Also, receive recipes on furniture polish and owie balm. All supplies included in course fee.

M 6:30pm-9:00 pm Dec 3  
▶182354 \$60

Instructor: Cheryl Theilade