

# 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

**Fall program registration starts  
Saturday August 10, at 9:00am**

**IN PERSON:** 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/AMEX, and debit cards accepted. Please see page 3 for phone, fax, and [online registration information.](#)

## SENIORS (65 YRS & OLDER)

Seniors(65 yrs & 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 seniors 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.



## 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 2, October 12 & 14,  
November 11, December 25 & 26.**

## Dining Room

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

We offer a nutritious hot lunch 6 days a week to adults/seniors over the 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.



## (Monthly menu in the Monarch)

For patrons dining frequently, a 10 meal punch card is also available. At \$70 it provides a savings of \$5. Available for purchase at the seniors front desk.



## ENJOY TOURS

### Enjoy The Journey - Bowen Island 55+yrs

Located 20 minutes by ferry from Horseshoe Bay, Bowen Island is a scenic, forested retreat with a rich history and unique shops. Additional \$10 ferry fee for 64 years and under. **PACKAGE INCLUDES:** Bowen Island Museum, Lunch at Artisan Eats, Village Square, Killarney Lake escorted walk & Snug Cove Orchard Historical Society. Arrive 15 minutes prior to departure time. Please note that a waiver form must be signed for all bus trips.

Th 7:45 AM-5:45 PM Sep 26  
 \$119/1 sess  
 Instructor: Enjoy The Journey

▶232811

### Enjoy The Journey - Westham Island 55+yrs

Discover a hidden gem! Travel across them Fraser River over one-lane wooden bridge to a tiny island with its own world-class bird sanctuary. Also visit Garry Point Park's Sturgeon Estuary and London Farms for a High Tea lunch. **PACKAGE INCLUDES:** Reifel Migratory Bird Sanctuary, Educational Lesser Snow Geese guided tour, Lunch, London Heritage Farm, Garry Point Park Sturgeon Banks Estuary & Angel Estate Winery Tasting. Arrive 15 minutes prior to departure time. Please note that a waiver form must be signed for all bus trips.

Tu 9:50 AM-4:30 PM Oct 29  
 \$99/1 sess  
 Instructor: Enjoy The Journey

▶232810

### Enjoy The Journey - 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 donation, Arts Whistler Holiday Market, 3 hours free time. All fees and taxes

Arrive 15 minutes prior to departure time. Please note that a waiver form must be signed for all bus trips. Seat selection will be done at time of registration.

Tu 8:30 AM-5:40 PM Nov 24  
 \$79/1 sess  
 Instructor: Enjoy The Journey

▶232812

### Enjoy The Journey - Lights at Lafarge Heritage Christmas 55+yrs

Step back in time at this year's Heritage Christmas, stroll through the village and take a ride on the carousel! After dinner take a stroll around Lake Lafarge, where illuminated tunnels and spectacular light displays comprise the biggest Xmas display in the Lower Mainland. **PACKAGE INCLUDES:** Escorted entry, Heritage Museum tour, Carousel ride, Dinner in Port Moody, Lights at Lafarge Lake. All fees and taxes. Arrive 15 minutes prior to departure time. Please note that a waiver form must be signed for all bus trips.

Sa 1:45 PM-9:20 PM Dec 19  
 \$109/1 sess  
 Instructor: Enjoy The Journey

▶232813

## KERRISDALE MINI BUS



### Granville Island 55+ yrs

Visit this gem in our city. Explore the market, enjoy lunch at one of the many restaurants or bring a bag lunch and watch the boats in the harbour! This is an outdoor event, please dress for the weather. Transportation only provided. Please note a waiver form must be signed and seat selection will be done at time of registration.

M 10:00 AM-3:00 PM Sep 16  
 \$18/1 sess

▶232889

### Tsawwassen Mills 55+ yrs

Come and check out all the stores at Tsawwassen Mills. Transportation only. Please note a waiver form must be signed and seat selection will be done at time of registration.

M 10:00 AM-3:00 PM Oct 21  
 \$18/1 sess

▶238032

## THE MONARCH

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



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

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



# SENIORS

## 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.



### Welcome Back-Sep 10

Brock House Jazz Band

### Thanksgiving-Oct 10

Vaudevillians

### Remembrance Day-Nov 7

Tunemakers

### Christmas Thursday-Dec 12

Kerrisdale Senior Singers

### Christmas Friday-Dec 13

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 4 10:00am-1:00pm**

## ART

### 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 \$22 adults/\$19 seniors, if space permits.

W 12:45 PM-3:45 PM Sep 25-Nov 13  
**232784** \$136.50/8 sess Adult Rate: \$182  
 Instructor: Julieanne Mcguinness

### 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. Drop-in \$4 adults/\$3 seniors.

Tu 3:00 PM-6:00 PM Sep 03-Dec 31  
**232906**  
 Th 11:30 AM-2:30 PM Sep 05-Dec 26  
**232907**

## Kerrisdale's Own Fashion Show

A very popular tradition at our centre. Members model their own clothes that range from evening gowns to cultural costume. If you are interested in being a model or require more information please contact Austin Su at 604.257.8111.

**Th 1:30 PM Oct 24**

### 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. 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. Come, have fun and make an arrangement to take home.

Sa 1:00 PM-3:00 PM Sep 28  
**232895** \$61/1 sess  
 Instructor: Margaret Ng



Sep 1

Oct 6

Nov 3

Dec 1

## Opera Zone

## Series

All Ages

Enjoy an afternoon of listening to arias sung by Gerard Satamian and others, accompanied by a piano. A \$10 annual registration fee is required to attend Opera Zone performances for the year. You will be asked at the door to show your registration card or pay \$5/drop-in.

Su 2:00 PM-4:00 PM \$10/year  
**232909** Sep 1 | **232910** Oct 6  
**232911** Nov 3 | **232912** Dec 1



# 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



## 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 02-Dec 30  
**232799**

### Funcrafts 55+yrs

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

Tu 1:00 PM-3:00 PM Sep 03-Dec 17  
**232877**

### Medieval Tacket NEW

#### Bookbinding 19+yrs

Make a book using an unusual historical bookbinding technique called "tacket" or "tacketing". They may look like sausages at a casual glance, but they are carefully wrapped linen threads. What is it's purpose ... decorative or functional? Join us and find out! No prior experience necessary. All tools and supplies provided.

Sa 1:00 PM-4:00 PM Oct 05  
**232931** \$48/1 sess  
 Instructor: Suzan Lee

## 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!

## DANCE

### Belly Dance 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 \$11 adults/\$9 seniors, if space permits.

Tu 1:30 PM-3:00 PM Oct 01  
**234576** Free, registration required/1 sess

Tu 1:30 PM-3:00 PM Sep 24-Nov 12  
**232789** \$60/8 sess Adult Rate: \$80  
 Instructor: Gail (Rahma) Haddad

### 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 \$10 adult/\$8 senior, if space permits. No class Oct 14, Oct 31 & Nov 11.

M 11:45 AM-1:00 PM Sep 09-Nov 25  
**232896**

Th 6:30 PM-7:30 PM Sep 12-Nov 28  
**232897** \$82.50/11 sess Adult Rate: \$110  
 Instructor: Dee Cresdee

### Line Dancing: Improver 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/\$9 senior, if space permits.

Th 7:30 PM-9:00 PM Sep 12-Nov 28  
**232899** \$82.50/11 sess Adult Rate: \$110  
 Instructor: Dee Cresdee

### Line Dancing: Improver 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/ \$7 senior, if space permits. No class Oct 15.

Tu 12:00 PM-1:00 PM Sep 10-Nov 26  
**232898** \$66/11 sess Adult Rate: \$88  
 Instructor: Dee Cresdee

### Saturday Social Dance 19+yrs

Come and join this fun and relaxed group! \$2 drop in or \$15/10 visit card. No class Dec 14.

Sa 4:00 PM-6:00 PM Sep 07-Dec 28  
**232922**

## THE MONARCH

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





# SENIORS



## DANCE

**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 17-Dec 10  
**232923** \$52/13 sess  
 Instructor: Cathrine Conings



**The Opera Zone**  
*Fall 2019 Kick-off Featuring*  
**The Best Friend Dancing Group**  
 Sep 1, 2pm  
 Seniors Multipurpose Room  
 A \$10 annual registration fee required to support for the arts  
[www.kerrisdalecc.com](http://www.kerrisdalecc.com)

**Showtime** **NEW** **19+yrs**  
 Come and share your dance talents and join SHOWTIME! We entertain throughout the Vancouver area at senior community centres, resident homes, hospitals, etc. This program gives you the opportunity of bringing joy to others and at the same time offering you the chance to learn various dances from popular Broadway shows in a FUN environment. Some previous dance background is required. Details of concert times, costumes and commitments will be discussed at the sessions or you are welcome to contact Kerrisdale Community Seniors Centre 604.257.8111 for more information about this program. No class Oct 1.  
 Tu 9:30 AM-11:00 AM Sep 03-Dec 17  
**233218** \$15/15 sess  
 Instructor: Beryl Israel

**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. Drop-ins \$12 adults/\$10 seniors, if space permits. No class Oct 14 & Nov 11.  
 M 4:15 PM-5:15 PM Sep 02-Dec 09  
**232934** \$112.25/13 sess Adult Rate: \$149.50  
 Instructor: Beryl Israel

## EDUCATION

**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](mailto:bwade020@gmail.com) for more information. Drop-in \$8. No class Oct 14 & Nov 14.  
 M 10:00 AM-12:00 PM Sep 09-Dec 16  
**232794** \$63.50/13 sess Adult Rate: \$84.50  
 Instructor: Barry Wade

**Bridge: Practice Drop-in** **19+yrs**  
 An opportunity for duplicate-style bridge practice in a supervised environment. Call Barry at 604.872.0289 or email [bwade020@gmail.com](mailto:bwade020@gmail.com) for information.  
 W 12:40 PM-2:45 PM Sep 11-Dec 18  
**232795** Drop-in \$5/sess  
 Instructor: Barry Wade

**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 07-Dec 19  
**232873** \$78.75/7 sess Adult Rate: \$105  
 Instructor: Rokia Tamache



## 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 . Do shopping and more. Work at your own pace. Individual help and notes provided.  
 W 11:00 AM-12:00 PM Sep 11-Oct 02  
 ▶232874 \$43.50/4 sess Adult Rate: \$58  
 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 09-Oct 23  
 ▶232875 \$43.50/3 sess Adult Rate: \$58  
 Instructor: Catherine Myerowitz

### Fun With iPads 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 Nov 06-Nov 20  
 ▶232876 \$43.50/4 sess Adult Rate: \$58  
 Instructor: Catherine Myerowitz

### Harrison Eagle Extravaganza 19+yrs

Every year the winter salmon run on the Harrison River system draws thousands of eagles to the area where a banquet of spawned out salmon awaits them. Join Naturalist Graham Sunderland on a trip to view this magnificent spectacle as well as wintering swans and waterfowl on nearby Nicomen Slough. Pack a lunch and dress warmly with the possibility of rain to enjoy this sight which annually draws thousands over the spawning period.  
 M 9:00 AM-1:00 PM Sep 11-Sep 25  
 ▶237485 \$43.50/3 sess  
 Instructor: Graham Sunderland

**NEW Workshops**  
 See page 39-41 for details.

- Life without Driving
- Creams Lotions & Herbs Potions
- Medieval Tacket Bookbinding
- Decluttering and Organizing in Action!
- Knowing Your Bladder
- Getting Your Stories onto Paper – Time For Your Random Memoir
- Aromatherapy
- The Art of Blending
- Chronic Diseases
- How to Make Christmas Cards in Watercolour
- Hyper Tension
- VSB - Life at School
- VSB - Healthy Development

## HEALTH & WELLNESS

### 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, but Centre membership is required.  
 W 9:15 AM-10:30 AM Sep 04-Dec 18  
 ▶232792 Free

### 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. 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 \$6 adults/\$5 seniors. No class Oct 14 & Nov 11.  
 M Tu Th 7:30 AM-8:30 AM Sep 03-Dec 19  
 ▶232801 \$143.50/45 sess Adult Rate: \$191.25  
 Instructor: Berdjis Bahrami

### 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. Drop-ins \$13 adults/\$11 seniors, if space permits.

Tu 10:30 AM-11:30 AM Sep 17-Dec 17  
**232802** \$131.25/14 sess Adult Rate: \$175  
 Th 10:30 AM-11:30 AM Sep 19-Dec 19  
**232803** \$131.25/14 sess Adult Rate: \$175  
 Instructor: Sylvia Smallman

### Chronic Pain

#### Self-Management

19+yrs

The Chronic Pain Self-Management Program is a free six-session workshop. The workshop helps people living with chronic pain and their caregivers to better manage symptoms and activities of daily life. Participants receive the "Living a Healthy Life with Chronic Pain" companion book and the "Moving Easy" CD. Participants should attend all six sessions to get the maximum benefit. No class Nov 11.

M 9:30 AM-12:00 PM Oct 28-Dec 09  
**237388** Free, registration required/6 sess  
 Instructor: UVIC

### 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-5:30 PM \$43/1 sess  
 Instructor: Maxine Wishart

### 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 \$9 adults/\$7 seniors, if space permits.

#### Free Trial

Th 9:05 AM-10:05 AM Sep 05  
**237354** Free, registration required  
 Th 9:05 AM-10:05 AM Sep 19-Dec 05  
**232881** \$68.25/12 sess Adult Rate: \$93  
 Instructor: Lai Chun Cheung

### 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 \$6 adults/\$5 seniors, if space permits.

W 2:30 PM-3:30 PM Sep 11-Dec 11  
**232883** \$55.25/14 sess Adult Rate: \$73.50  
 F 2:30 PM-3:30 PM Sep 13-Dec 13  
**232884** \$55.25/14 sess Adult Rate: \$73.50  
 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 \$6 adults/\$5 seniors, if space permits.

Th 1:30 PM-2:30 PM Sep 05-Dec 19  
**232888** \$63/16 sess Adult Rate: \$84  
 Instructor: Carola Von Hahn

### 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 adults/\$11 seniors, if space permits.

Th 9:15 AM-10:15 AM Sep 05-Dec 19  
**237353** \$144/16 sess Adult Rate: \$192  
 Instructor: Balbir Cheema

### Minds in Motion

55+yrs

Minds in Motion® is a fitness and social program for people living with any form of early stage dementia along with a family member, friend or other care partner. The program is offered in partnership with the Alzheimer Society of B.C. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Coffee, tea and light refreshments are provided. Care partners must attend. Registration fees include the cost of the person living with dementia and one care partner. Start at any time and pay a pro-rated registration fee.

W 9:45 AM-11:45 AM Sep 04-Oct 23  
**233142** \$48/8 sess  
 W 9:45 AM-11:45 AM Oct 30-Dec 04  
**233145** \$36/6 sess  
 Instructor: Keiko Murakami

### 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)





## HEALTH & WELLNESS

### Modified 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. Drop-in \$6 adults/\$5 seniors, if space permits. No Class Oct 16th.

Tu 1:30 PM-2:30 PM Sep 03-Dec 17  
**232783** \$63/16 sess Adult Rate: \$84  
 Instructor: Berdjis Bahrami

### Morning Chair Yoga 19+yrs

It's never too late to start something new and something beneficial for your Body-Soul-Mind. If you are an early riser, how about joining the new class "Morning Chair Yoga" and starting up your day with a great feeling. Drop-in \$10 adults/\$9 seniors, if space permits.

W 8:30 AM-9:30 AM Sep 04-Oct 02  
**237523** \$33.75/5 sess Adult Rate: \$45  
 W 8:30 AM-9:30 AM Oct 09-Nov 06  
**237524** \$33.75/5 sess Adult Rate: \$45  
 W 8:30 AM-9:30 AM Nov 13-Dec 04  
**237526** \$33.75/4 sess Adult Rate: \$45  
 Instructor: Keiko Murakami

### Move to Music 55+yrs

Discover joy in moving to classical music while stretching and strengthening your whole body. At the same time we will train posture, balance and agility. Drop-in \$6 adults/\$5 seniors, if space permits.

Tu 10:00 AM-11:00 AM Sep 10-Dec 17  
**235862** \$59.25/15 sess Adult Rate: \$78.75  
 Instructor: Carola Von Hahn

### 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 Rachel King and Thursday class taught by Berdjis Bahrami. Drop-in \$5 adults/\$4 seniors, if space permits. No class Oct 14 and Nov 11.

MTh 10:00 AM-11:00 AM Sep 05-Dec 19  
**232914** \$92.51/29 sess Adult Rate: \$123.25  
 Instructor: Berdjis Bahrami

### 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 \$6 adults/\$5 seniors, if space permits.

W F 1:20 PM-2:20 PM Sep 11-Dec 13  
**232913** \$105/28 sess Adult Rate: \$140  
 Instructor: Keno Kinoshita

### 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. Drop-in adults \$5/seniors \$4, if space permits. No class Oct 14 & Nov 11.

M 8:55 AM-9:55 AM Sep 09-Dec 16  
**232915** \$49/13 sess Adult Rate: \$58.50  
 Instructor: Rachel King  
 Th 8:55 AM-9:55 AM Sep 05-Dec 19  
**232916** \$54/16 sess Adult Rate: \$72  
 Instructor: Berdjis Bahrami

### Taiji (Taichi) for Seniors 24 Form 55+yrs

The 24 Form Taiji is the most widely practiced simplified Taiji in the world. It was compiled by the Chinese Sports Commissions with the goal of standardizing and popularizing Taiji. It is the foundation for many other styles of Taiji including both fist and weapon routines. Drop-in \$13 adults/ \$11 seniors, if space permits.

W F 10:45 AM-11:45 AM Sep 11-Nov 29  
**237186** \$198/24 sess Adult Rate: \$264  
 Instructor: Ben Yang

### 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 Oct 19-Nov 02  
**232936** \$60/3 sess  
 Instructor: Naomi Wolfman

### 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 Sep 28-Oct 12  
**232937** \$60/3 sess  
 Instructor: Naomi Wolfman

**Drop-in Fitness Schedule**  
 See page 26.



# SENIORS

## HEALTH & WELLNESS

### 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 11-Dec 11

▶232938 \$131.25/14 sess Adult Rate: \$175

F 3:45 PM-4:45 PM Sep 13-Dec 13

▶232939 \$131.25/14 sess Adult Rate: \$175

Instructor: Keno Kinoshita

#### Physical Activity NEW Screening

55+yrs

Registered Nurses, Dietitians and/or Exercise Physiologists from the VCH Healthy Living Program will be running FREE health screening events. Check your physical activity levels and discover lifestyle tips for optimal health. This event will help build knowledge and awareness around self-management. Drop in anytime. For more information and other program offerings please contact the Healthy Living Program at 604.267.4430, or visit our website [www.vch.ca/healthylivingprogramvancouver](http://www.vch.ca/healthylivingprogramvancouver)

W 10:00 AM-1:00 PM Oct 02

▶240061

Instructor: Vancouver Coastal Health  
Healthy Living Program

#### 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 be done in a chair. Drop-in \$13 adults/\$11 seniors, if space permits.

Th 10:30 AM-11:30 AM Sep 05-Dec 19

▶232921 \$147/16 sess Adult Rate: \$196

Instructor: Balbir Cheema

#### Hearing Screening

19+ yrs

Adult & seniors hearing screening. Many people don't realize they have hearing loss. Come and have your hearing tested.

W 9:00 AM-12:00 PM Sep 18

▶240030 Free, registration required/1 sess

Instructor: Connect Hearing

## 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](http://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 03-Dec 20

▶232941 \$269/32 sess

Tu F 9:30 AM-10:25 AM Sep 03-Dec 20

▶232942 \$269/32 sess

Tu F 10:30 AM-11:25 AM Sep 03-Dec 20

▶232943 \$269/32 sess

Tu F 11:30 AM-12:25 PM Sep 03-Dec 20

▶232944 \$269/32 sess

Instructor: UBC School Of Kinesiology

## MUSIC

### Brock House/Kerrisdale

#### Bell Ringers **55+yrs**

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. Contact Jean Peggie 604.732.3354 or Grace Lau 604.323.8131 before registering. Monday conductors are Grace Lau and Cheryl McHugh and Wednesday conductor is Jeong Hur. Come and listen any time in the South Room.

M 9:15 AM-12:00 PM Sep 09-Dec 09  
**232797** \$14/14 sess

#### Beginners **NEW**

W 1:30 PM-2:30 PM Sep 04-Dec 11  
**232796** \$15/15 sess

#### Ensemble

W 2:30 PM-4:30 PM Sep 04-Dec 11  
**237705** \$15/15 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 10-Dec 17  
**232798** \$15/15 sess

### Thursday Socials **55+yrs**

Join us 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 05-Dec 26  
**232940**

### Chorisma Vocal

#### Jazz Choir **19+yrs**

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](mailto:pgelmon@shaw.ca)

Su 1:00 PM-4:00 PM Sep 15, Oct 20, Nov 17  
 W 11:00 AM-1:00 PM Sep 18-Dec 04  
**232805** \$300/15 sess

Instructor: Juhli Conlinn

### 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 12-Dec 19  
**232893** \$14/15 sess

Instructor: Marilyn Muckle

### Seniors Pop Up **NEW**

#### Musical Theatre **55+yrs**

This is a new form of theatre where the participants learn to sing and act the music they grew up with. The dialogue is based on the stories and music of when they were young. The story can take place anywhere. Most of the production is decided by the Participants. Each person gets a song to sing. Participants can be trained to be singers.

**Free Trial** F 11:00 AM-12:00 PM Nov 01  
**240058** Free, registration/1 sess  
 F 11:00 AM-12:00 PM Nov 08-Dec 06  
**240047** \$100/5 sess

Instructor: Jan Cooper

### You Can Ukulele for Beginners **55+yrs**

Start on the road to an exciting lifetime of fun with 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.

Sa 11:15 AM-12:15 PM Sep 14-Dec 21  
**232948** \$107/15 sess Adult Rate: \$142.50  
 Instructor: Joseph Young

### You Can **NEW** Ukulele for Level 2 **55+yrs**

Builds on the fundamentals established in "You Can Ukulele for Beginners" and also adds some fun new techniques and materials to work with. Topics will include continued work on chords and strumming with new songs, reading tablature and a brief introduction to useful elements of music theory and note reading. Join us and continue your ukulele journey in a fun and non-judgmental atmosphere!

Sa 12:15 PM-1:15 PM Sep 14-Dec 21  
**232949** \$107/15 sess Adult Rate: \$142.50  
 Instructor: Joseph Young

## Opera Zone Series All Ages

Enjoy an afternoon of listening to arias sung by Gerard Satamian and others, accompanied by a piano. A \$10 annual registration fee is required to attend Opera Zone performances for the year. You will be asked at the door to show your registration card or pay \$5/drop-in.

Su 2:00 PM-4:00 PM \$10/year  
**232909** Sep 1 | **232910** Oct 6  
**232911** Nov 3 | **232912** Dec 1

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

**55+yrs**

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! Membership required, on-going, no registration required.

F 1:00 PM-3:30 PM Sep 06-Dec 27

▶232790

### Chess -

#### Seniors Centre

**55+yrs**

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

M 1:30 PM-3:30 PM Sep 09-Dec 30

▶232804

### Cribbage

**55+yrs**

On-going drop-in program.

W 9:00 AM-12:00 PM Sep 04-Dec 18

▶232808

### 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. Free with membership. A waiver must be filled out each season.

F 9:00 AM-12:00 PM Sep 06-Dec 27

▶232814

Free, registration required

### 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 04-Dec 18

▶232894

### Language Exchange

**55+ yrs**

Looking to learn English or Mandarin? Come join us in casual language learning and conversation sessions with native English and Mandarin speakers.

M 10:00 AM-12:00 PM Sep 9-Dec 30

▶238003

### Mah Jong

**55+yrs**

Come and learn this Chinese game about numbered and pictured tiles. Great for the mind, all levels welcome. Held in seniors lounge. No session Sept 21 and 28.

W 9:00 AM-12:00 PM Sep 04-Dec 18

▶232900

Sa 12:15 PM-3:45 PM Sep 07-Dec 28

▶232901

### Scrabble

**55+yrs**

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

W 1:00 PM-3:00 PM Sep 04-Dec 18

▶232924

### 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 05-Dec 26

▶232932

### Texas Holdem Poker

**55+yrs**

This program is for players of all levels and ages looking for fun and excitement.

Tu 5:30 PM-9:30 PM Sep 03-Dec 17

▶232935

### Ukulele Jam

**19+yrs**

Please note that the sing along will now be the second Saturday of the month. Come join this program! We will sing and play ukulele in this fun and relaxed atmosphere. Songbooks will be provided to use during the session.

Sa 2:15 PM-3:15 PM

Sep 14, Oct 12, Nov 09, Dec 13

▶232945

### 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. No session Dec 15.

Su Sa 1:30 PM-4:00 PM Sep 07-Dec 29

▶232946

### Mind Matters Mix

**55+yrs**

A stimulating and interesting discussion group 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. On-going, no registration required. No class Oct 14 & Nov 11.

M 2:00 PM-3:30 PM Sep 09-Dec 30

▶232903