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

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.

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.

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.

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.
(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.
Enjoys 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

Enjoys 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

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, Escort 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

Enjoy The Journey – Lights at Lefarge 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: Escort 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

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

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

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

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.
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 1:30 pm. 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

Adventures in Watercolour
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.

Mixed Media
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.

Let’s Enjoy Ikebana, Floral Art for Beginners
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.

Seniors’ 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

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.

Opera Zone Series
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.

Kerrisdale Seniors Centre
www.kerrisdalecc.com | FALL 2019 # 45
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**

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**Fees**

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**Exercise Room Orientations**

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.

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
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
Instructor: Gail (Rahma) Haddad

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
$82.50/11 sess Adult Rate: $110
Instructor: Dee Cresdee

线舞：初学者 19+yrs
适合初学者的课程！加入我们，享受有趣的舞蹈吧！课程以乡村音乐和非乡村音乐为背景。大量的复习。参与者必须是经验丰富的舞者，才能在第3个班后加入。现场参加 $11 成人 / $9 高级，视空间情况而定。
Tu 1:30 PM-3:00 PM  Oct 01
Instructor: Gail (Rahma) Haddad

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

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

Medieval Tacket Bookbinding  19+yrs
NEW
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
$48/1 sess
Instructor: Suzan Lee

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.

线舞：初级 19+yrs
有趣的舞蹈！享受乡村音乐和非乡村音乐带来的乐趣。无需经验即可参加初级班。如果你在第3周后加入，必须知道一些基本步骤和术语。现场参加 $10 成人 / $8 高级，视空间情况而定。无班次10月14日、10月31日及11月11日。

Medieval Tacket Bookbinding  19+yrs
NEW
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
$48/1 sess
Instructor: Suzan Lee

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

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.
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
$52/13 sess
Instructor: Cathrine Conings

Showtime  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
$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
$112.25/13 sess Adult Rate: $149.50
Instructor: Beryl Israel

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. No class Oct 14 & Nov 14.
M  10:00 AM-12:00 PM  Sep 09-Dec 16
$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 for information.
W  12:40 PM-2:45 PM  Sep 11-Dec 18
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
$78.75/7 sess Adult Rate: $105
Instructor: Rokia Tamache

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 the arts www.kerrisdalecc.com
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  
$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  
$43.50/4 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 YouTube and browse the iTunes Store to watch TV 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  
$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-Sept 25  
$43.50/3 sess  
Instructor: Graham Sunderland

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  
Instructor: Graham Sunderland

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  
$143.50/45 sess  Adult Rate: $191.25  
Instructor: Berdjis Bahrami

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

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www.kerrisdalecc.com | FALL 2019 # 49
**HEALTH & WELLNESS**

**Chair Yoga**  
19+yrs  
Yoga adapted to the chair makes more yoga 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  
$131.25/14 sess Adult Rate: $175  
Instructor: UVIC  
Th 10:30 AM-11:30 AM Sep 19-Dec 19  
$131.25/14 sess Adult Rate: $175  
Instructor: Syl 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 $9 adults/$7 seniors, if space permits.  
Th 9:05 AM-10:05 AM Sep 05  
$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  
$155.25/14 sess Adult Rate: $73.50  
Instructor: Balbir Cheema  
F 2:30 PM-3:30 PM Sep 13-Dec 13  
$155.25/14 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  
$63/16 sess Adult Rate: $84  
Instructor: Carola Von Hahn

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

**Rentals Available**

Do you need a facility suitable for wedding receptions, birthday parties, meetings or sports? Kakrisdale Community Centre has rooms available to meet your needs! For more info, please phone 604-257-8100 or visit 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
$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
$33.75/5 sess Adult Rate: $45
Instructor: Keiko Murakami

W 8:30 AM-9:30 AM  Oct 09-Nov 06
$33.75/5 sess Adult Rate: $45

W 8:30 AM-9:30 AM  Nov 13-Dec 04
$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
$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.

M-Th 10:00 AM-11:00 AM  Sep 05-Dec 19
$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
$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-Th 8:55 AM-9:55 AM  Sep 09-Dec 16
$49/13 sess Adult Rate: $58.50
Instructor: Rachel King

Th 8:55 AM-9:55 AM  Sep 05-Dec 19
$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
$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
$60/3 sess
Instructor: Ben Yang

**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
$60/3 sess
Instructor: Naomi Wolfman
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
$131.25/14 sess Adult Rate: $175
F 3:45 PM-4:45 PM Sep 13-Dec 13
$131.25/14 sess Adult Rate: $175
Instructor: Keno Kinoshita

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
$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
Free, registration required/1 sess
Instructor: Connect Hearing

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.

PERSONAL TRAINING

Physical Activity 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

W 10:00 AM-1:00 PM Oct 02
Instructor: Vancouver Coastal Health Healthy Living Program

Instructor: UBC School Of Kinesiology

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 $291/10 sessions each, 2 people together
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 604.673.3354 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 $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 10-Dec 17 $15/15 sess

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

Su 1:00 PM-4:00 PM Sep 15, Oct 20, Nov 17 $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 $14/15 sess

Instructor: Marilyn Muckle

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 $107/15 sess Adult Rate: $142.50

Instructor: Joseph Young

You Can 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 $107/15 sess Adult Rate: $142.50

Instructor: Joseph Young

Seniors Pop Up 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 $0 Free, registration/1 sess

F 11:00 AM-12:00 PM Nov 08-Dec 06 $100/5 sess

Instructor: Jan Cooper

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

Instructor: Jan Cooper

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Su 2:00 PM-4:00 PM $10/year
SOCIAL

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.
W 9:00 AM-12:00 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

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