

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

Spring program registration starts Friday March 1 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 retired citizens section but will pay an adult rate.

PARTICIPATION

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



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.

Dining Room

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

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

A full meal includes a main entrée with a dessert and beverage.

Lunch Program registration costs \$10 for the year.

The Lunch Program is open to residents over age 55. Lunch

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



(Monthly menu in the Monarch)

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

SPECIAL LUNCHES

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. Thursdays \$9

Easter-April 18

Tune Makers

Mother's Day-May 9

Kerrisdale Senior Singers

Father's Day-June 13

Brock House Big Band

MIND MATTERS EDUCATIONAL EXCURSIONS

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

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

THE MONARCH

This monthly newsletter is available for .25 cents starting on the last Wednesday at the seniors front desk or the main office.



ENJOY TOURS

Secret Cove -

Sunshine Coast

55+ yrs

Explore the Sunshine Coast and see why BC is called "Best Place on Earth"! Visit Davis Bay, an Ancient Forest, Rockwater Secret Cove Resort and take afternoon free time to discover Gibsons Landing's charming stores and galleries. Additional \$10 ferry fee for 64 years and under. PACKAGE INCLUDES: Lunch at Rockwater Secret Cove Resort, Hidden Groves, Davis Bay, Gibsons Landing, Tour Manager Gratuity, Relief driver, All ferry fees.

M 7:45 AM-7:30 PM

Apr 22

▶212112

\$119/1 sess

Instructor: Enjoy Tour And Travel

Fraser Valley

Wine Tour

55+ yrs

Enjoy is pleased to present wine tours and tastings at three of the Fraser Valley's premier wineries and vineyards. PACKAGE INCLUDES: Backyard Vineyards, Township 7 Vineyards, The Fort Wine Co., 3 Course Winery Lunch, Tour Manager Gratuity. ITINERARY: Fort Langley - Wendel's Bookstore & Cafe - Gasoline Alley. The Fort Wine Co. - Tasting. Backyard Vineyards - Lunch - Tour, tasting. Depart. Township 7 Vineyards- Tasting.

W 8:15 AM-4:45 PM

May 15

▶212113

\$109/1 sess

Instructor: Enjoy Tour And Travel

Westminster Abbey

55+ yrs

Westminster Abbey is a beautiful, peaceful place with magnificent architecture and stunning stained glass. Take this opportunity to see and hear about the monks unique way of life. PACKAGE INCLUDES: Westminster Abbey, Lunch Blackberry Kitchen, Rolley Lake escorted walk, Tour Manager Gratuity. ITINERARY: Tim Hortons Maple Ridge. Westminster Abbey-Tour, Monastery Grounds Free Time. Blackberry Kitchen- Fraser River Heritage Park. Rolley Lake escorted walk.

Tu 8:15 AM-5:30 PM

Jun 11

▶212115

\$99/1 sess

Instructor: Enjoy Tour And Travel

KERRISDALE MINI BUS



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.

M 10:00 AM-3:00 PM

Apr 29

▶207994

\$18/1 sess

Kerrisdale Mini Bus - Horseshoe Bay and Park Royal

55+ yrs

Enjoy a morning in Horseshoe Bay watching the ferries leave the terminal and enjoy a meal at one of the local eateries or bring a bag lunch. Spend the rest of the afternoon shopping and browsing at Park Royal mall before heading back to the centre.

M 10:00 AM-3:00 PM

May 27

▶205223

\$18/1 sess

Kerrisdale Mini Bus- Tsawwassen Mills

55+ yrs

Come and check out all the stores at Tsawwassen Mills. Transportation only.

M 10:00 AM-3:00 PM

Jun 24

▶209581

\$18/1 sess

Please note that a waiver form must be signed.

Seat selection will be available for mini bus trips only at the time of registration.

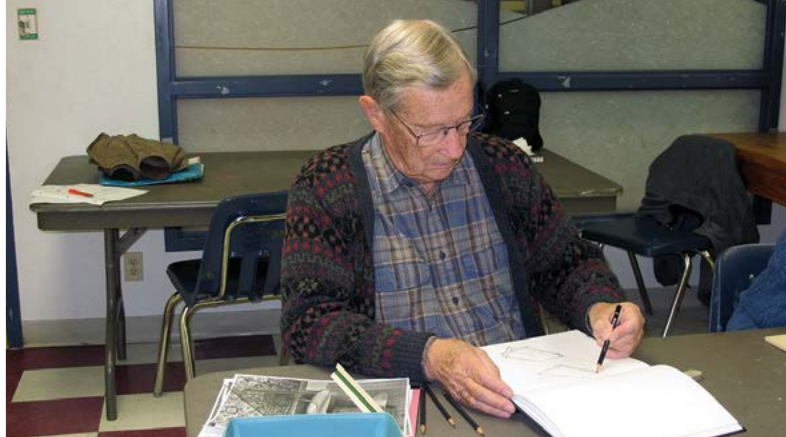
Please arrive 15 minutes BEFORE departure time.

Kerrisdale Seniors Centre

www.kerrisdalecc.com | SPRING 2019



SENIORS



ART

Everyday Printmaking 11+ yrs

We will modify printmaking conventions, In addition to synthetic inks, we will experiment with organics (coffee, henna, beets, grass) that change as they oxidize. We may sprinkle pigment over the surface and spray it with water to develop the colour, to form varied textures. Employing DIY methods, we will use common objects (ruber bands, paper cutouts, leaves bones, ferns, feathers) as “plates to make repeated patterns. We will also experiment with frottage and collage. Drop-in \$15.

Su 1:00 PM-3:00 PM May 19-Jun 23
205134 \$75/6 sess Adult Rate: \$100
 Instructor: Soyoung Park

Adventures in Watercolour 55+ yrs

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

W 1:00 PM-4:00 PM Apr 17-May 15
205047 \$90/5 sess Adult Rate: \$203
 W 1:00 PM-4:00 PM May 22-Jun 19
206781 \$90/5 sess Adult Rate: \$203
 Instructor: Julieanne Mcguinnes

Mixed Media 19+ yrs

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

Tu 3:00 PM-6:00 PM Apr 09-Jun 25
205241
 Th 11:30 AM-2:30 PM Apr 04-Jun 27
205242

NEW Workshops
 See page 40-42 for details.

- Accessing VPL Ebooks on Your Device
- Beginners Guide to Online Travel Planning
- Buying and Selling Real Estate
- Declutter Your Life
- Penions and Tax Options
- Osteoarthritis Educational Workshop
- Organic Hemp Skincare Products
- Falls Prevention
- VSB – Vuilding Bridges With Your Teens
- Getting to Know Dementia
- Medication Awareness
- Smoothie Making for Seniors
- Suzuribako (Japanese Writing Box Making)
- Vegan Soaps and Scrubs
- Pole Walking
- Life without Driving
- Stress and Sleep Management
- Natural Sun Protection
- Pedestrian Safety
- Technology & Aging
- Nag Hammadi Codex (Bookbinding)

CRAFTS

Busy Bees Crafts 55+ yrs

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 Apr 01-Jun 24
205120 Free

Funcrafts 55+ yrs

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

Tu 1:00 PM-3:00 PM Apr 02-Jun 25
205212 Free

Nag Hammadi Codex (Bookbinding) 19+ yrs

The Nag Hammadi is the oldest know codex-style book. In this workshop, participants will construct a codex using contemporary materials and bookbinding techniques. No prior experience necessary. All materials and tools provided. All materials are vegan.

Su 1:00 PM-4:00 PM Jun 09
205260 \$50/1 sess
 Instructor: Suzan Lee

Suzuribako (Japanese Writing Box Making) 19+ yrs

Learn to make a flat shallow box historically used in Japan to store valued brush calligraphy implements. In this Workshop, participants will apply bookbinding techniques and materials to construct this box. No prior experience necessary. All materials and tools provided. All materials are vegan

Su 1:00 PM-4:00 PM May 12
205237 \$50/1 sess
 Instructor: Suzan Lee



SENIORS

DANCE

Belly Dance for Seniors 55+ yrs

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

Free Trial

Tu 1:30 PM-3:00 PM Apr 16
 ▶205052 Free, registration required/1 sess
 Tu 1:30 PM-3:00 PM Apr 23-Jun 11
 ▶205051 \$60/8 sess Adult Rate: \$80
 Instructor: Gail (Rahma) Haddad

Saturday Social Dance 19+ yrs

Come and join this fun and relaxed group! \$2 drop in or \$15/10 visit card.
 Sa 4:00 PM-6:00 PM Apr 06-Jun 29
 ▶205257

Tap Happy 19+ yrs

Come learn some basic tap steps and easy routines in a fun relaxed environment and at the same time build up your fitness levels, balance, and rhythm and timing skills. We tap, dance, laugh, enjoy the music, get a little workout, and have a lot of fun. No dance experience necessary. Tap shoes not required, just a hard soled comfortable shoe is fine. If space permitting drop-ins \$10/Srs, \$12/adults. No class Apr 22 & May 20.

M 4:15 PM-5:15 PM Apr 08-Jun 24
 ▶205268 \$86.25/10 sess Adult Rate: \$115
 Instructor: Beryl Israel

Line Dancing: Beginners

19+ yrs

Good fun, great exercise and its not just country music any more! No experience necessary for the beginner level. If you join this class after the 3rd week, you must know some basic steps and terminology. No class Apr 22 & May 20. Drop in \$10 adults/\$8 seniors space permitting.

M 11:45 AM-1:00 PM Apr 01-Jun 17
 ▶205231 \$75/10 sess Adult Rate: \$100
 Th 6:30 PM-7:30 PM Apr 18-Jun 20
 ▶205232 \$75/10 sess Adult Rate: \$100
 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 and \$9/srs (space permitting).

Th 7:30 PM-9:00 PM Apr 18-Jun 20
 ▶205234 \$75/10 sess Adult Rate: \$100
 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 and \$7/srs if space permits.

Tu 12:00 PM-1:00 PM Apr 09-Jun 18
 ▶205233 \$60/11 sess Adult Rate: \$80
 Instructor: Dee Cresdee

EDUCATION

Save on Foods NEW

Nutrition Tour 19+ yrs

It can be hard to know what to buy to keep your family healthy. Fresh or frozen? Low fat or cholesterol-free? And what about fats, sugars, antioxidants and probiotics? Our Nutrition Tours can help you sort it all out. Save on Food's Registered Dietitians will lead your group through the store and show you how to tackle food labels, and how to meet special dietary requirements. Please meet at the Kerrisdale Save on Foods.

F 10:00 AM-11:00 AM Apr 26
 ▶208235 Free, registration required/1 sess
 F 10:00 AM-11:00 AM May 31
 ▶208236 Free, registration required/1 sess
 F 10:00 AM-11:00 AM Jun 28
 ▶208237 Free, registration required/1 sess

All About Apps for Smartphones and Tablets

19+ yrs

There are thousands of FREE apps for your mobile devices. Apps make your smartphone and tablets truly useful. Learn to take/edit/share photos & videos, enjoy free videos & radio from around the world, chat with loved ones, health & nutrition, navigation, Facebook, games, learn new skills, relax-the possibilities are endless in the world of apps! Please note that there is no pro-ration for this class. If you start the class after the first session, regular rates apply. We will discuss apps for all devices. Bring your own devices and specific questions.

Sa 3:00 PM-4:00 PM Apr 27-May 25
 ▶208568 \$182/5 sess Adult Rate: \$213
 Instructor: Luke Zukowski



SENIORS

EDUCATION

Android Smartphones and Tablets

19+ yrs

Need help with your smartphones and tablets? (This course does not cover Apple products iPhone & iPad) Learn functionalities such as taking photos/videos, general phone usage, chatting with friends and family, using Facebook, working with calendars, shopping lists and reminders, using Google Maps & GPS navigation, accessing music and entertainment well as your specific questions. Bring your device and charger to class. Please note that there is no pro-ration for this class. If you start the class after the first session, regular rates apply.

Sa 1:45 PM-2:45 PM Apr 27-May 25
205048 \$182/5 sess Adult Rate: \$213
 Instructor: Luke Zukowski

Computers Made Easy! Beginner

19+ yrs

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

Sa 10:15 AM-11:15 AM Apr 27-May 25
205129 \$182/5 sess Adult Rate: \$213
 Instructor: Luke Zukowski

Computers Made Easy! Intermediate

19+ yrs

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

Sa 9:00 AM-10:00 AM Apr 27-May 25
205130 \$182/5 sess Adult Rate: \$213
 Instructor: Luke Zukowski

Digital Photography and Videos

19+ yrs

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

Sa 11:30 AM-12:30 PM Apr 27-May 25
205132 \$182/5 sess Adult Rate: \$213
 Instructor: Luke Zukowski

Protect Yourself from Scams

19+ yrs

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

Sa 4:15 PM-5:15 PM Apr 27-May 25
208570 \$182/5 sess Adult Rate: \$213
 Instructor: Luke Zukowski

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 Apr 04-May 02
205208 \$56.25/5 sess Adult Rate: \$75
 Instructor: Rokia Tamache

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.

W 9:15 AM-10:30 AM Apr 03-Jun 26
205111 Free

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 using Safari to surf the worldwide web. Individual help and notes provided.

Th 1:30 PM-2:30 PM Apr 04-Apr 25
205209 \$43/4 sess Adult Rate: \$58
 Instructor: Catherine Myerowitz

EDUCATION

Fun with iPads and iPhones

Part 2 55+ yrs

No previous knowledge required. Learn to make free audio and video calls to your family and friends. Add new Contacts. Learn use You Tube to watch videos and listen to music. Download games and other apps. Bring your questions. Summarized handouts and individual help provided.

Th 1:30 PM-2:30 PM May 02-May 23
205210 \$43/4 sess Adult Rate: \$58
 Instructor: Catherine Myerowitz

Fun With iPads and iPhones

Part 3 55+ yrs

No previous knowledge required. Use the Maps app to get directions or to take transit. Browse the iTunes Store to rent movies, see previews, buy music and more. Download free books to read and audio books to listen to. Handouts and individual help provided.

Th 1:30 PM-2:30 PM May 30-Jun 20
205211 \$43/4 sess Adult Rate: \$58
 Instructor: Catherine Myerowitz

Kerrisdale Peter Talks 19+ yrs

Everyone is welcome! Join us for education talks on a variety of topics from science to the arts. Pick up a copy of the monthly Monarch for topic information Free, registration required.

Tu 11:00 AM-12:00 PM May 07
205224
 Tu 11:00 AM-12:00 PM Jun 04
205225
 Tu 11:00 AM-12:00 PM Apr 09
205226

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 Apr 22 & May 20.

M 10:00 AM-12:00 PM Apr 01-Jun 24
205115 \$56.50/11 sess Adult Rate: \$71.50
 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 Apr 03-Jun 26
205116 Drop-in \$5
 Instructor: Barry Wade

Youth and Senior

Technology Workshop 55+ yrs

Have questions about your iPad, want to learn how to send an email or attach a photo to your email? Let the Kerrisdale Youth Leaders help you with answers. Sign up to book your 30-minute session.

Sa 10:00 am-12:00 pm Apr 27
213321 Free
 Sa 10:00 am-12:00 pm May 25
213323 Free
 Instructor: Kerrisdale Youth Leaders

Vancouver

Spring Birding 19+ yrs

Join Naturalist Graham Sunderland for four fun and educational bird walks that will showcase many of the colourful creatures that pass through our area during the spring. Tips on identification will be combined with background on the lifestyles of the various species encountered as well some explanation of the habitats they frequent. Walks will be leisurely paced on flat ground. Before the walks there will be one Powerpoint presentation on the birds of our area. Graham has been birding this area for over 30 years and enjoys introducing people to his feathered friends in a fun and informative way. Waiver form required.

Bird Walk Schedule:
 April 16 - Stanley park
 April 30 - Jericho Beach
 May 10 - Queen Elizabeth Park
 May 27 - Trout Lake
 M Tu F 10:00 AM-1:00 PM Apr 09-May 27
214918 Srs Rate: \$47.75/5 sess Adult Rate: \$65
 Instructor: Graham Sunderland

A Morning Walk at the NEW Reifel Bird Sanctuary 19+ yrs

Join Naturalist Graham Sunderland for a stroll around the Reifel Bird Sanctuary to meet some of its feathered residents. Graham will give you some background on the variety of birds found at this delightful sanctuary as well as some insights into the lifestyles of its inhabitants. Waiver form required. Please arrive 15min prior to departure from Kerrisdale CC.

M 9:00 AM-1:00 PM Jun 03
214941 Srs Rate: \$20/1 sess Adult Rate: \$29
 Instructor: Graham Sunderland

HEALTH & WELLNESS

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 adult \$11 senior, space permitting.

Th 10:30 AM-11:30 AM Apr 11-Jun 27
205256 \$110.25/12 sess Adult Rate: \$147
 Instructor: Balbir Cheema

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 for adults and \$11 for seniors, space permitting.

Tu 10:30 AM-11:30 AM Apr 09-Jun 25
205124 \$118.25/12 sess Adult Rate: \$150
 Th 10:30 AM-11:30 AM Apr 11-Jun 27
205125 \$118.25/12 sess Adult Rate: \$150
 Instructor: Sylvia Smallman

HEALTH & WELLNESS

Cardiofit

55+ yrs

While designed with seniors in mind, CARDIOFIT is aimed at fitness for persons who have experienced, or are at risk of heart problems. It is particularly suitable to graduates of previous Healthy Heart programs. While the program follows certain guidelines, the instructors, who are all certified and carry CPR certification, each have their own routines and music. Everyone participates at his or her own pace. Each class on Mondays, Tuesdays and Thursdays is one hour long, from 7:30 am to 8:30 am and starts with 10 minutes of warm-up exercises followed by 15 minutes of more strenuous cardiac work and 5 minutes of cool down. Heart beat is monitored. The last half hour is devoted to general stretching and joint exercises, which includes work with weights and elastic bands, as well as exercises using chairs and mats. Drop-in seniors \$5 Adults \$6. No class Apr 22 & May 20.

M Tu Th 7:30 AM-8:30 AM Apr 01-Jun 27
205122 \$124/37 sess Adult Rate: \$157.25
 Instructor: Berdjis Bahrami

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
View Online Instructor: Maxine Wishart

Move to Music

55+ yrs

Train your posture, balance and strength while moving to classical music. Adult drop-in \$6, seniors \$5 if space permits.

Tu 10:00 AM-11:00 AM Apr 02-Jun 25
205244 \$45/13 sess Adult Rate: \$68.25
 Instructor: Carola Von Hahn

Health Qigong

19+ yrs

Chinese Health Qigong is a form of breathing and gentle physical exercises that will enhance your health. The movements are simple and easy to perform, yet each movement is designed to utilize both the ancient methods, and the modern, scientific medical theories to strengthen one's vital internal organs, the external body and limbs. Suitable for all ages. Drop in \$7 Seniors, \$9 Adults (space permitting). No Class Apr 22 & May 20.

Th 9:05 AM-10:05 AM Apr 04-Jun 27
205216 \$79.50/13 sess Adult Rate: \$100.75
 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 Adults \$6/Seniors \$5 space permitting.

W 2:30 PM-3:30 PM Apr 10-Jun 26
205220 \$47.25/12 sess Adult Rate: \$63
 F 2:30 PM-3:30 PM Apr 12-Jun 28
205221 \$47.25/12 sess Adult Rate: \$63
 Instructor: Keno Kinoshita

Keep Fit With Your Walker (Adapted Fitness)

55+ yrs

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

Th 1:30 PM-2:30 PM Apr 04-Jun 27
205222 \$48.75/13 sess Adult Rate: \$68.25
 Instructor: Carola Von Hahn

Minds in Motion

55+ yrs

Join us for light exercise conducted by a certified fitness instructor followed by activities and social time. This program is for people living with dementia to attend with a friend, family member or care partner. For more information or to try out a free session prior to registering, call Minds in Motion® Coordinator Kate 604.675.5156

W 9:45 AM-11:45 AM Mar 27-May 15
205240 \$45.71/8 sess Adult Rate:
 Instructor: Alzheimer's Society

Modified Fitness

55+ yrs

Formerly Adapted Fitness. 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. Adult drop-in \$6, seniors \$5 if space permitting.

Tu 1:30 PM-2:30 PM Apr 09-Jun 25
205243 \$48.75/12 sess Adult Rate: \$68.25
 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 Adults \$6/Seniors \$5 space permitting.

W F 1:20 PM-2:20 PM Apr 10-Jun 28
205249 \$90/24 sess Adult Rate: \$120
 Instructor: Keno Kinoshita



Lawn Bowling

Seniors Program (ages 60 plus)

Join Us!

Thursdays May 23, May 30, June 13
 from 1:30 to 3:30 PM.

All equipment provided. Cost \$50
 All sessions are at the Kerrisdale Bowls
 Club 5870 Elm St. @ 43rd Ave.

Please wear flat-soled shoes.

See page 7 for more details.

HEALTH & WELLNESS

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/adult and \$4/senior space permitting. No class Apr 22 & May 20

M Th 10:00 AM-11:00 AM Apr 04-Jun 27
205250 \$73.75/23 sess Adult Rate: \$97.75
 Instructor: Berdjis Bahrami

Osteoporosis Fitness 55+ yrs

Designed for people with osteoporosis and who have taken osteofit classes before. Build strength, improve posture and balance. No class Apr 22 & May 20. Adult Drop in \$5.00/Srs \$4.00 space permitting.

M 8:55 AM-9:55 AM Apr 01-Jun 24
205251 \$37/11 sess Adult Rate: \$49.50
 Instructor: Daphne Lee
 Th 8:55 AM-9:55 AM Apr 04-Jun 27
205252 \$44/13 sess Adult Rate: \$58.50
 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 Apr 10-Jun 12
205267 \$156.75/19 sess Adult Rate: \$209
 Instructor: Ben Yang

Therapeutic Weight Training 55+ yrs

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

W 3:45 PM-4:45 PM Apr 10-Jun 26
205272 \$113/12 sess Adult Rate: \$150
 F 3:45 PM-4:45 PM Apr 12-Jun 28
205273 \$113/12 sess Adult Rate: \$150
 Instructor: Keno Kinoshita

Chronic 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 May 20.

M 9:30 AM-12:00 PM Apr 29-Jun 10
205128 Free, registration required/6 sess
 Instructor: UVIC

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. Note: Must have taken The Pelvic Floor Series Bladder Health Program prior to the first class.

Sa 9:30 AM-10:30 AM Apr 27-May 11
205270 \$60/3 sess
 Instructor: Naomi Wolfman

The Pelvic Floor Series: Bladder Health 19+ yrs

Join Naomi Wolfman, Continence RN for an 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. Note: This course is a pre-requisite to The Pelvic Floor Exercise Routine.

Sa 9:30 AM-10:30 AM Apr 06-Apr 20
205271 \$60/3 sess
 Instructor: Naomi Wolfman

UBC Changing Aging Program 55+ yrs

Delivered by specially trained Kinesiology students with advanced skills to work with aging and clinical populations. 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 by calling 604-822-0207 2) Bring the completed forms listed on <http://outreach.kin.educ.ubc.ca/bodyworks/fitness-classes/forms> to the appointment, including the BodyWorks Referral Form which must be completed by a physician. For past participants, new physician referral forms are required every two years or if there has been a significant change in health status. Note that late registration will not be allowed past the first three weeks class. No class April 19.

Tu F 8:30 AM-9:25 AM Apr 02-Jun 28
205275 \$187.50/25 sess
 Tu F 9:30 AM-10:25 AM Apr 02-Jun 28
205276 \$187.50/25 sess
 Tu F 10:30 AM-11:25 AM Apr 02-Jun 28
205277 \$187.50/25 sess
 Tu F 11:30 AM-12:25 PM Apr 02-Jun 28
205278 \$187.50/25 sess

Instructor: UBC School Of Kinesiology

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!



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



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 13 Weeks	\$131.50	\$163.80

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 29.

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



SENIORS

MUSIC

Chorisma Vocal

Jazz Choir

19+yrs

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

W 11:00 AM-1:00 PM Apr 03-May 29
 ▶205127 \$180/9 sess
 Instructor: Juhli Conlinn

You Can Ukulele for

Beginners

55+ yrs

Start on the road to an exciting lifetime of fun with this old/new instrument - the Ukulele. Learn the basics, from a simple understanding of the instrument to chord formation, strumming, and singing. Instructor will bring a few extra Ukuleles on the first class but each student must have their own ukulele thereafter.

Sa 11:15 AM-12:15 PM Apr 20-Jun 22
 ▶205283 \$71.25/10 sess Adult Rate: \$95
 Instructor: Joesph Young

Kerrisdale Seniors Centre

Ukulele Group

19+ yrs

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 1:30 PM-2:30 PM Apr 06-Jun 29
 ▶205228 \$13/13 sess
 Instructor: Non-instructional

Brock House/Kerrisdale

Bell Ringers

55+ yrs

Join this enjoyable and rewarding group activity. No handbell experience is required but we do ask that you are 55 or older and can read music. We play 3.5 octaves of handbells and handchimes. Please contact Jean Peggie 604.732.3354 or Grace Lau 604.323.8131 before registering. Monday conductors are Grace Lau and Cheryl McHugh and Wednesday conductor is Jeong Hur. Please come and listen any time in the South Room.

M 9:15 AM-12:00 PM Apr 01-Jun 24
 ▶205118 \$13/13 sess
 W 1:30 PM-4:00 PM Apr 03-Jun 26
 ▶205117 \$13/13 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 Apr 02-Jun 25
 ▶205119 \$13/13 sess

Thursday Socials

55+yrs

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

Th 1:30 PM-2:30 PM Apr 04-Jun 27
 ▶205274

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 Apr 04-Jun 27
 ▶205227 \$13/13 sess
 Instructor: Marilyn Muckle

SPECIAL EVENTS



Apr 14

May 5

Jun 9

Opera Zone

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 a \$5/drop-in.

Su 2:00 pm-4:00 pm
 Apr 14, May 5, Jun 9



SENIORS



SOCIAL

Billiards/Snooker

Enjoy our billiards room with two pool tables.
On-going drop-in play available.

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

Enthusiastic Walkers 55+yrs

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

F 9:00 AM-12:00 PM Apr 05-Jun 28
▶205133

Table Tennis 55+ yrs

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 Apr 04-Jun 27
▶205266

Bingo 55 yrs

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

F 1:00 PM-3:30 PM Apr 05-Jun 28
▶205053

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 Apr 01-Jun 24
▶205126

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)

Cribbage 55+ yrs

On-going drop-in program.
W 9:00 AM-12:00 PM Apr 03-Jun 26
▶205131

Mah Jong 55+ yrs

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

W 9:00 AM-12:00 PM Apr 03-Jun 26
▶205235
Sa 12:15 PM-3:45 PM Apr 06-Jun 29
▶205236

Scrabble 55+ yrs

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

W 1:00 PM-3:00 PM Apr 03-Jun 26
▶205259 \$0/13 sess Adult Rate: \$0
Instructor: No Instructor

Texas Holdem Poker 55+ yrs

This program is for players of all levels and ages looking for fun and excitement. Just drop-in.

Tu 5:30 PM-9:30 PM Apr 02-Jun 25
▶205269

Video Movies 55+ yrs

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

Su Sa 1:30 PM-4:00 PM Apr 06-Jun 30
▶205280

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 Apr 03-Jun 26
▶205229

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 Apr 01-Jun 24
▶205230

Ukulele Sing-along 19+ yrs

Please note that the sing along will now be the first 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 2:45 PM-3:45 PM Apr 06-Jun 01
▶205279

MIND MATTERS EDUCATIONAL EXCURSIONS

Special trips are arranged for community centre patrons to business manufacturers in the Vancouver area to learn about the vast number of products produced here. — See page 45.