

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

APRIL

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

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

Sa 12:30 PM-3:30 PM Apr 06
212120 \$60/1 sess
 Instructor: Margaret Ng

Declutter Your Life! **19+ yrs**

This workshop is an introduction to the concept of decluttering different areas of your life and its rewarding benefits for your physical, mental and emotional wellbeing. Whether it is toxins in your body, unorganized home or past unpleasant experiences, there's no better time than NOW to identify them and take action. At the end of this workshop, you'll take away more awareness, inspiration and useful tips.

Sa 2:00 PM-3:00 PM Apr 06
213599 Free/1 sess
 Instructor: Maryam Fallah

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

Buying and Selling Real Estate **19+ yrs**

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

Tu 7:00 PM-9:00 PM Apr 09
205121 Free, registration required/1 sess

Pensions and Tax Options **55+ yrs**

This workshop describes the potential pension benefits that may occur if a couple enters involuntary separation. The workshop also deals with the rules which govern tax allowances for caregivers and disabled persons. The procedures and forms to use to apply for these allowances are reviewed.

F 10:00 AM-11:00 AM Apr 12
205217 Free, registration required/1 sess
 Instructor: COSCO

Osteoarthritis Educational Workshop **55+ yrs**

Hosted by the Kerrisdale Save on Foods Pharmacy. Join a pharmacist and a holistic nutritionist as they will be educating on Osteoarthritis risk factors, prevention and treatment options. Bring your questions!

F 1:00 PM-3:00 PM Apr 12
208228 Free, registration required/1 sess
 Instructor: Save on Foods Pharmacy

Beginners Guide to Online Travel Planning **19+ yrs**

Planning a vacation, but don't know where to start? Learn about the many online resources available to help you get started with transportation, accommodation, finding things to do when you arrive and more!

W 10:30 AM-11:30 AM Apr 17
214894 Free/1 sess
 Instructor: Kerrisdale VPL

Getting to Know Dementia **19+ yrs**

Learn about Alzheimer's disease and other dementias and the impact of receiving a diagnosis. Participants will learn about the different types of support available throughout the dementia journey, including an introduction to programs and services offered by the Alzheimer Society of B.C.

*This session is only intended for people experiencing early symptoms of dementia, as well as family members or friends who have recently begun supporting a person with dementia. Please register with the Alzheimer Society by calling: 604-675-5150 or by E-mail: info.vancouver@alzheimerbc.org

F 10:00 AM-12:00 PM Apr 19
205213 Free, registration required/1 sess
 Instructor: Alzheimer Society Of BC

Organic Hemp Skincare Products **19+ yrs**

Discover the amazing properties of Hemp Seed Oil! This exceptionally rich oil high in essential omega fatty acids and proteins absorbs well into the skin, and is very healing and rejuvenating. Make high-quality skincare products for all skin types from scratch! Participants will make and take home a Hemp Body Lotion, Hemp Seed Body Exfoliant, Heavenly Hemp Bath n' Body Oil and a Hemp Seed Soap. Recipes for healing salves and body washes. All supplies included in course fee.

Tu 6:30 PM-9:00 PM Apr 23
205245 \$45/1 sess
 Instructor: Cheryl Theilade

HEALTH & WELLNESS | EDUCATIONAL

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Falls Prevention **NEW** 55+ yrs

We review the alarming impact falls have on the well-being of seniors and identify hazards that contribute to the likelihood of falls. We recommend safeguards and demonstrate exercises to improve balance and strength.

F 10:00 AM-11:00 AM Apr 26
205207 Free, registration required/1 sess
 Instructor: COSCO

MAY

VSB – Building Bridges With Your Teen **NEW** 19+ yrs

Parents of teens and pre-teens, do you want to: Have more fun & strengthen your connection with your teen? Explore new strategies for boundaries as your teen matures? Learn practical communication skills to reduce tension and increase understanding? Please join us for a morning workshop to explore some of the science behind teen behavior and effective approaches for parents that work with the teens changes. We will look at practical ways to guide our children toward healthy decision-making and creating capable youth.

F 9:30 AM-11:00 AM May 03
209538 Free/1 sess
 Instructor: VSB

NEPP Earthquake Preparedness - Personal & Family 16+yrs

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

Thu 7:00pm-8:30pm May 9
215419 Free
 Instructor: City Of Vancouver NEPP

Medication Awareness **NEW** 55+ yrs

The potential misuse of medications is a growing concern. Information about how seniors can interact with doctors and pharmacists to ensure safe and effective use of medications is presented.

F 10:00 AM-11:00 AM May 10
205262 Free, registration required/1 sess
 Instructor: COSCO

Smoothie Making for Seniors **NEW** 55+ yrs

Concerned about meeting your daily nutrient requirements? Learn to make delicious, nutrient dense smoothies with Holistic Nutritionists. Put on by the Wellness Advisors at the Kerrisdale Save on Foods Pharmacy. We will be discussing nutrient requirements for senior citizens and how to get the most out of your food. This class will give you the confidence to make your own smoothies at home, a great alternative to store bought meal replacement drinks.

F 12:00 PM-2:00 PM May 10
208222 Free, registration required/1 sess
 Instructor: Save on Foods Nutritionist

Kombucha Workshop 19+yrs

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

Sa 1:00 pm-3:00 pm May 11
204677 \$25/1 sess
 Instructor: Sharon Lee

View instructor profiles at
www.kerrisdalecc.com

Suzuribako (Japanese Writing Box Making) **NEW** 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

Arthritis & Exercise **NEW** 55+ yrs

An informative, interactive presentation that will address: How can exercise and activity help? What exercises should I do? How often should I exercise? How do I know if I've exercised too much?

Th 1:00 PM-3:00 PM May 15
214751 Free/1 sess
 Instructor: COSCO

Vegan Soaps and Scrubs **NEW** 19+ yrs

Great Family Fun! In this hands-on class, create healthy handmade suds with natural herbs, spices, and scents using all vegan based soap blocks. Make a ginger and ginseng soap, an almond exfoliating facial bar, plus a fresh mint body wash, and a Marigold Soapy Body Scrub. Recipes for citrus dish soap and shaving soap. No previous soap making experience required! All supplies

W 6:30 PM-8:30 PM May 15
205050 \$45/1 sess
 Instructor: Cheryl Theilade

Accessing VPL Ebooks on Your Device **NEW** 19+ yrs

Learn how to access your ebooks from our VPL to Go collection and other free ebook resources provided by the library on your iPad, tablet, or eReader. Registration required. Please call the Kerrisdale Branch at 604-665-3974.

W 10:30 AM-11:30 AM May 15
214893 Free/1 sess
 Instructor: Kerrisdale VPL

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Pole Walking **NEW** Workshop 55+ yrs

Join us for this interactive workshop on pole walking. Learn the benefits of pole walking, What to look for when buying poles and where, how to properly use them. review appropriate pole stretching and finally relaxations techniques. Please dress weather appropriate as there will be a portion spent outside. How can pole walking make it easier for me to stay active when my joints hurt? How do I use the poles? What stretches can I do with the poles? How can breathing and relaxation exercises help manage my pain?

W 9:30 AM-11:00 AM May 22
208014 Free, registration required/1 sess
 Instructor: Vancouver Coastal Health

Heads Up: An Introduction to Brain Health 19+ yrs

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

F 10:00 AM-11:30 AM May 17
212166 Free/ 1 sess
 Instructor: Alzheimer Society Of BC

Life without **NEW** Driving 55+ yrs

The difficult decision to no longer drive has a profound impact on many seniors. We explore warning signs of the need to consider other ways of getting around, encourage early planning, and outline alternatives to driving.

F 10:00 AM-11:00 AM May 24
207812 Free, registration required/1 sess
 Instructor: COSCO

View instructor profiles at
www.kerrisdalecc.com

Stress and Sleep **NEW** Management 55+ yrs

Please join Susan Johnston, Registered Nurse, for an interactive presentation that will address: Why do I need to sleep? How can I take control and improve my sleep? What is stress? How can i manage my stress? How are sleep, stress and osteoarthritis related?

Tu 1:00 PM-3:00 PM May 16
208019 Free, registration required/1 sess
 Instructor: Vancouver Coastal Health

JUNE

Technology & **NEW** Aging 55+ yrs

Loneliness and isolation are unhealthy. This workshop examines the social determinants of health and well-being. It helps participants to determine the level of social connectedness they need and how to achieve it.

F 10:00 AM-11:00 AM Jun 07
207813 Free, registration required/1 sess
 Instructor: COSCO

Sushi Making **NEW** Workshop 19+ yrs

Learn how to season your rice, and how to create different rolls. This is a hands on class where you will learn techniques to be successful in recreating it at home. After we make our rolls, we will enjoy the rolls together family style. Feel free to bring your own beverage, notebook, and pen for class. All supplies included.

Sa 1:00 pm-3:00 pm Jun 08
204679 \$25/1 sess
 Instructor: Sharon Lee

Nag Hammadi Codex **NEW** (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

NEPP Earthquake Preparedness – Apartment Living 16+ yrs

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

W 7:00pm-8:30pm Jun 12
215421 Free
 Instructor: City Of Vancouver NEPP

Natural Sun **NEW** Protection 19+ yrs

Customize your sun protection - worry free! Look after skin and hair naturally by making your own beach and poolside essentials: make and take home a tropical sun lotion, aloe after sun spray, chamomile hair treatment and a spf lip balm. Recipes on hair rinses and deep conditioners. All supplies included in course fee.

Th 6:30 PM-9:00 PM Jun 13
207756 \$45/1 sess
 Instructor: Cheryl Theilade

Pedestrian **NEW** Safety 55+ yrs

Although walking has many benefits for older adults there is also a need to understand its potential hazards and take necessary precautions. This workshop also covers the use of public transit and improving safety in the community.

F 10:00 AM-11:00 AM Jun 21
207814 Free, registration required/1 sess
 Instructor: COSCO