

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

Winter program registration starts Friday November 30 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.

**The Kitchen is closed
January 1 & February 18**

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.



SENIORS

KERRISDALE MINI BUS

Kerrisdale Mini Bus -

Krause Berry Farms 55+ yrs

Krause Berry Farms has lots to offer! U-Pick fields, markets, winery and locally made food. Transportation only. Please note a waiver form must be signed and seat selection will be done at time of registration.

W 10:00 am-3:00 pm Mar 27
 ▶192881 \$16/1 sess

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

Enjoy Tours/Joy

Brown Tours

Out trips to return in spring.

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 for .25 cents starting on the last Wednesday at the seniors front desk or the main office.



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.

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



Christmas-Dec 14

Kerrisdale Senior Singers

Robbie Burns-Jan 24

Scottish Entertainment

Valentines Days-Feb 14

Brock House Big Band

St. Patrick's Day-Mar 14

Bob York

Busy Bees Boutique

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.

Thursdays 10:00am-3:00pm





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 Jan 07-Mar 25
192789

Funcrafts 55+ yrs

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

Tu 1:00 pm-3:00 pm Jan 01-Mar 26
192866

Medieval Bookbinding 19+ yrs

Learn to make a book using historical medieval technique; ideal for journaling or sketching. No prior experience necessary. All material and tool provided. All materials are vegan.

Sa 1:45 pm-4:45 pm Feb 23
192915 50/1 sess

Instructor: Suzan Lee

Small Boxes 19+ yrs

Learn to make a small box; ideal for packing small gifts (e.g. bracelets) or storing loose items safely and neatly (e.g. pins). No prior experience necessary. All materials and tools provided. All materials are vegan.

Sa 1:45 pm-4:45 pm Mar 23
194762 \$50/1 sess

Instructor: Suzan Lee

Arm Knitting 16+ yrs

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

Sa 10:00 am-1:00 pm Feb 09
192719 \$35/1 sess

Instructor: Karen Lam



Artists of Kerrisdale 2019 Spring Celebration Artshow

April 4-24 &
Weekend Artshow Apr 13 & 14

at the
Kerrisdale Community Centre
Art Space (Seniors Lounge)
www.artistsofkerrisdale.com

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

ART

Adventures in Watercolour 55+ yrs

Julieann the regular instructor for this program is away for the rest of the winter. This program is an opportunity for students to continue to come in on a drop-in basis and paint. Srs drop-in \$3, adult rate \$4. Community centre membership is required.

W 1:00 pm-4:00 pm Jan 2-Mar 27
194940 Drop-in: Srs \$3, Adults \$4

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 Jan 8-Mar 26
192896

Th 11:30 am-2:30 pm Jan 3-Mar 28
192897

Everyday NEW Printmaking 12+ 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 (rubber bands, paper cutouts, leaves, bones, ferns, feathers) as "plates" to make repeated patterns. We will also experiment with frottage and collage.

Su 1:00 pm-3:00 pm Jan 6-Feb 24
196988 \$75/8 sess Adult Rate: \$100

Instructor: Soyoung Park



SENIORS

EXERCISE ROOM

The Community Centre has an exercise room which has computerized bikes, treadmills, stair climbers, a variety of free weights, machines and more. It's open 7 days a week.

Fees	Sr/Yth	Adult
Drop-In	\$3.50	\$3.50
10 Visit Pass	\$29	\$29
1 Month Pass	\$27	\$35
3 Month Pass	\$56	\$76
6 Month Pass	\$105	\$140
12 Month Pass	\$168	\$221

Hours of Operation

Monday-Friday.... 6:00am-9:30pm
 Saturday 7:00am-6:30pm
 Sunday 9:00am-4:30pm
 For Holiday Hours see page 3.

EXERCISE ROOM ORIENTATIONS FREE

We are now offering Exercise Room orientations during the day (8am-noon) on the last Wednesday of every month.

If you have any questions about your current fitness program or need some help getting started, please book a free 30 minute appointment with our Fitness Attendant.

Orientations also available Monday and Thursday evenings. Appointments can be made at the front desk or by calling 604-257-8100.

SENIORS GROUP FITNESS

Rates	Seniors	Adult
Drop-In	\$4.00	\$5.00
Fit Card 10 Classes	\$36.25	\$45.25
Fit Chip 13 Weeks	\$163.80	\$131.50

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 28.

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

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, registration not required.

W 9:15 am-10:30 am Jan 09-Mar 27

▶192780

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 Feb 18.

M Tu Th 7:30 am-8:30 am Jan 03-Mar 28

▶192791

\$115/36 sess Adult Rate: \$153

Instructor: Berdjis Bahrami

Chair Yoga

19+ yrs

Yoga adapted to the chair makes more yoga more accessible to more people. The many benefits of yoga can be enjoyed without getting up and down from the floor. This gentle yet deep practice works all parts and systems of the body. Breath awareness calms and balances the body and the mind. Some optional standing poses using the chair for balance help to improve strength and balance. Drop-ins \$13 for adults and \$11 for seniors, space permitting.

Tu 10:30 am-11:30 am Jan 08-Mar 26

▶192792 \$118.25/12 sess Adult Rate: \$150

Th 10:30 am-11:30 am Jan 10-Mar 28

▶192793 \$118.25/12 sess Adult Rate: \$150

Instructor: Sylvia Smallman

Footcare

55+ yrs

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 30 minute appointments

\$43/1 sess

Instructor: Maxine Wishart

Minds in Motion

55+ yrs

Minds in Motion® is a fitness/social program for people experiencing early symptoms of Alzheimer's disease or another dementia. A 45-minute fitness program is led by a certified fitness instructor, followed by an hour of socializing, refreshments, and activities such as board games, trivia games, word games, or other activities.

W 9:45 am-11:45 am Jan 9-Mar 13

▶200462

\$65/10 sess

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 Feb 18.

M 6:00 pm-7:00 pm Jan 07-Mar 25

▶192872 \$64/11 sess Adult Rate: \$85.25

Th 9:05 am-10:05 am Jan 10-Mar 28

▶192873 \$69.75/12 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 Adults \$6/Seniors \$5 space permitting.

W 2:30 pm-3:30 pm Jan 09-Mar 27

▶192875 \$45/12 sess Adult Rate: \$60

F 2:30 pm-3:30 pm Jan 11-Mar 29

▶192876 \$45/12 sess Adult Rate: \$60

Instructor: Keno Kinoshita

THE MONARCH

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





SENIORS

HEALTH & WELLNESS

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 Jan 03-Mar 28
192880 \$51.25/13 sess Adult Rate: \$68.25
 Instructor: Carola Von Hahn

Modified Fitness 55+ yrs

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

Tu 1:30 pm-2:30 pm Jan 08-Mar 26
192715 \$47.25/12 sess Adult Rate: \$63
 Instructor: Berdjis Bahrami

Move to Music NEW 55+ yrs

Train your posture, balance and strength while moving to classical music.

Tu 10:00 am-11:00 am Jan 08-Mar 26
192879 \$45/12 sess Adult Rate: \$63
 Instructor: Carola Von Hahn

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 Jan 09-Mar 29
192903 \$90/24 sess Adult Rate: \$120
 Instructor: Keno Kinoshita

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 tba and Thursday class taught by Berdjis Bahrami. Drop-in \$5/adult and \$4/senior space permitting. No class Feb 18.

M Th 10:00 am-11:00 am Jan 03-Mar 28
192904 \$76.50/24 sess Adult Rate: \$102
 Instructor: Berdjis Bahrami & tba

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. No class Feb 18. Adult Drop in \$5.00 / Srs \$4.00 space permitting.

M 8:55 am-9:55 am Jan 07-Mar 25
192905 \$37/11 sess Adult Rate: \$49.50
 Instructor: tba
 Th 8:55 am-9:55 am Jan 03-Mar 28
192906 \$44/13 sess Adult Rate: \$58.50
 Instructor: Berdjis Bahrami

Pelvic Floor Exercise Routine 19+ yrs

Join Naomi Wolfman, Contingence 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 Jan 12-26
192926 \$60/3 sess
 Sa 10:00 am-11:00 am Feb 2-16
192925 \$60/3 sess
 Instructor: Naomi Wolfman

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 Jan 10-Mar 28
192911 \$110.25/12 sess Adult Rate: \$147
 Instructor: Balbir Cheema

Taiji (Taichi) for Seniors 48 Form part 2 55+ yrs

Taiji (Taichi) is a traditional Chinese martial art and a treasure to the world. It brings harmony to both body and mind. It is beneficial to people of all ages and all lifestyles. The 48 Form Taiji (Taichi) is a standardized Taiji (Taichi) routine that was compiled by the Chinese National Athletic Association in 1976. Must have taken Form before. Class will start in the middle of the form. Drop in \$ 13 adults, \$ 11 seniors, space permitting.

W F 10:45 am-11:45 am Jan 04-Mar 22
192922 \$199.25/23 sess Adult Rate: \$253
 Instructor: Ben Yang



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 Jan 09-Mar 27
▶192927 \$113/12 sess Adult Rate: \$150
 F 3:45 pm-4:45 pm Jan 11-Mar 29
▶192928 \$113/12 sess Adult Rate: \$150
 Instructor: Keno Kinoshita

PERSONAL TRAINING

Discuss your personal goals and health background with one of our certified trainers, who will then customize a program for you and lead you through a series of workouts.

To get started, please complete our Personal Training Request Form which is located at the community centre office or on-line at www.kerrisdalecc.com (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.

\$151.25/3 sessions, 1 person or
 \$96.80/3 sessions each, 2 people together
 \$453.75/10 sessions, 1 person or
 \$20.65/10 sessions each, 2 people together

UBC Changing Aging Program **55+ yrs**

This renowned evidence-based exercise program is delivered by specially trained Kinesiology students with advanced skills to work with aging and clinical populations. Designed for individuals age 65+, the program targets mobility and injury/disease prevention. Exercises focus on reducing cardiovascular disease risk factors and improving joint mobility and stability through strength, endurance, balance, coordination, agility and flexibility training. Prerequisites: stable health condition(s), moderate to high functional mobility and no use of mobility aids. To confirm eligibility, NEW participants MUST: 1) Schedule a free intake appointment with the School of Kinesiology staff by calling 604-822-0207. 2) Bring the completed forms listed on <http://outreach.kin.educ.ubc.ca/bodyworks/fitness-classes/forms> to the intake appointment, including the BodyWorks Referral Form which must be completed by a physician. For participants who have already attended Changing Aging classes in the past, new physician referral forms are required every two years or if there has been a significant change in health status. Please note that late registration will not be allowed past the first three weeks class.

Tu F 8:30 am-9:25 am Jan 08-Mar 29
▶192930 \$180/24 sess
 Tu F 9:30 am-10:25 am Jan 08-Mar 29
▶192931 \$180/24 sess
 Tu F 10:30 am-11:25 am Jan 08-Mar 29
▶192932 \$180/24 sess
 Tu F 11:30 am-12:25 pm Jan 08-Mar 29
▶192933 \$180/24 sess

Instructor: UBC School Of Kinesiology

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 Seniors \$9/Adults \$11

Tu 1:30 pm-3:00 pm Jan 15
▶200369 Free Trial
 Tu 1:30 pm-3:00 pm Jan 22-Mar 12
▶192721 \$60/8 sess Adult Rate: \$80
 Instructor: Gail (Rahma) Haddad

Line Dancing: Beginners **19+ yrs**

Good fun, great exercise and its not just country music any more! No experience necessary for the beginner level. If you join this class after the 3rd week, you must know some basic steps and terminology. No class Feb 18. Drop-in \$10 adults/\$8 seniors space permitting.

M 11:45 am-1:00 pm Jan 07-Mar 18
▶192662 \$75/10 sess Adult Rate: \$100
 Th 6:30 pm-7:30 pm Jan 10-Mar 28
▶192665 \$90/12 sess Adult Rate: \$120
 Instructor: Dee Cresdee

DANCE

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. Tue - Drop-in \$9 / adult and \$7/srs. Thu - Drop-in \$11/adult and \$9/srs (space permitting).

Tu 12:00 pm-1:00 pm Jan 08-Mar 19

▶192664 Srs Rate: \$66/11 sess Adult Rate: \$88

Th 7:30 pm-9:00 pm Jan 10-Mar 28

▶192891 Srs Rate: \$90/12 sess Adult Rate:

\$120

Instructor: Dee Cresdee

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 Feb 4 & 18.

M 4:15 pm-5:15 pm Jan 07-Mar 18

▶192923 \$82.50/10 sess Adult Rate: \$110

Instructor: Beryl Israel

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 Jan 05-Mar 30

▶192912

THE MONARCH

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



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 Jan 08-Mar 26

▶192913 \$48/12 sess

Instructor: Cathrine Conings

MUSIC & SINGING

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 Jan 07-Mar 25

▶192787 \$14/12 sess

W 1:30 pm-4:00 pm Jan 09-Mar 27

▶192786 \$14/12 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 Jan 08-Mar 26

▶192788 \$14/12 sess

MUSIC & SINGING

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 Jan 9-Mar 20

▶192795 \$220/11 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 Jan 10-Mar 28

▶192885 \$15/12 sess

Instructor: Marilyn Muckle

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 \$5 drop-in.

Su 2:00 pm-4:00 pm

\$10 annual Opera Zone card required

[View online](#) Jan 6, Feb 3, Mar 3

Thursday Socials

55+ yrs

Join other seniors every Thursday for fun, friendship and entertainment. 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. Drop-in \$1.00 and includes afternoon tea.

Th 1:30 pm-2:30 pm Jan 03-Mar 28

▶192929

MUSIC & SINGING

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 Jan 19-Mar 23
▶192937 \$71.25/10 sess Adult Rate: \$95
 Instructor: TBA

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

For those who have taken the beginner class. Work on improving your skills. Instructor will bring a few extra Ukuleles on the first class but each student must have their own ukulele thereafter.

Sa 1:30 pm-2:30 pm Jan 19-Mar 23
▶192938 Srs Rate \$71.25/10 sess Adult Rate \$95
 Instructor: TBA

World Music **NEW** Workshop **55+ yrs**

World Music has become one of the main influences of popular music and culture today. I will provide an exciting, unique educational musical experience, designed for all levels. In this interactive workshop you will see a wide variety of instruments, whole group participation, choreography and cooperative and active learning. We will play traditional instruments from Africa, Brazil and Cuba along with ensemble dynamics & melodic rhythm patterns. The participants will join David (facilitator) playing the instruments used in African Ceremonies & Brazilian Carnival. Then we will also learn basic dance movements and choreography. We will experience enjoyment, exploration, diversity: self-expression, culture, musical styles, music dynamics and a fun filled time.

F 1:30 pm-2:30 pm Mar 8
199443 \$12/1 sess

EDUCATION

Youth and Senior **NEW** 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 Jan 19
▶192087 Free
 Sa 10:00 am-12:00 pm Feb 09
▶192088 Free
 Sa 10:00 am-2:00 pm Mar 02
▶192089 Free
 Instructor: Kerrisdale Youth Leaders

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.

Tu 1:45 pm-2:45 pm Jan 22-Feb 19
▶192718
 \$182/5 sess Adult Rate: \$213
 Instructor: Luke Zukowski

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 Feb 18.

M 10:00 am-12:00 pm Jan 07-Mar 25
▶192784 \$53.75/11 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. Community Centre membership required.

W 12:40 pm-2:45 pm Jan 09-Mar 27
▶192785 \$5/1 sess
 Instructor: Barry Wade

Hearing Screening & Demonstration **55+ yrs**

Free adult & senior hearing screening & hearing aid demonstration. Many people don't realize they have hearing loss. Come and have your hearing tested.

Tu 10:00 am-2:00 pm Mar 20
▶199662 Free

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

We all know that buying or selling real estate in Vancouver is a high-stakes enterprise. But it is also complex, so understanding the way it works and knowing what to watch out for are keys to making informed decisions. In this educational seminar, we'll review market conditions, the best markets for buying and selling, the steps in buying and selling a condo or a house, financing, all aspects of downsizing, and what you should expect from your Realtor® to ensure your interests are protected. 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 CEO and business coach. Everyone is welcome! Free but please pre-register.

Tu 7:00 pm-9:00 pm Feb 19
▶192790 Free, registration required



SENIORS

EDUCATION

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.

Tu 10:15 am-11:15 am Jan 22-Feb 19
192796 \$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.

Tu 9:00 am-10:00 am Jan 22-Feb 19
192797 \$182/5 sess Adult Rate \$213
 Instructor: Luke Zukowski

Chronic Conditions

Self-Management

19+ yrs

Chronic Conditions Self-Management Program (CCSMP) Learn information and practical strategies to help cope with day-to-day physical and emotional challenges experienced as a result of chronic conditions. Open to adults of all ages with any ongoing or recurrent health issues, significant others are welcome. Proven to increase participants' motivation and confidence to manage symptoms and take action toward the best life possible. There is no cost to attend or for the excellent reference book. The CCSMP is offered by the University of Victoria with resources from the BC Ministry of Health. No class Feb 18.

M 9:30 am-12:00 pm Jan 21-Mar 04
195906 Free, registration required/6 sess

Falls and Falls

Prevention

19+ yrs

"What is your Risk of Falling and being Injured? As our population grows older it becomes more important than ever to increase our efforts to minimize the risk of falls and injury. Determining your risk is the first step and key component of any fall prevention program. Samuel Ko, a Registered Physiotherapist at Marpole Physiotherapy Clinic, will be able to answer your questions about your individual risk and provide guidelines on how to prevent falls." Everyone is welcome! Free but please pre-register.

W 10:00 am-12:00 pm Feb 13
192804 Free, registration required

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.

Tu 11:30:00 am-12:30 pm Jan 22-Feb 19
192799 \$182/5 sess Adult Rate \$213
 Instructor: Luke Zukowski

Frauds



and Scams

55+ yrs

We investigate the ways in which fraudsters take in people in order to rob them of their money and possessions. Seniors are frequent victims, and need to be aware of how to protect themselves.

F 10:00 am-11:00 am Feb 22
196111 Free, registration required

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 Feb 07-Mar 28
192862 \$90/8 sess /Adult Rate: \$120
 Instructor: Rokia Tamache



EDUCATION

Fun with iPads and iPhones Part 1 55+ yrs

No knowledge of technology required. Learn how to take beautiful pictures and to store and send your photos to friends and family. Its an easy tap on your screen to send and reply to email. Have fun surfing the the worldwide web. Handouts provided. Do shopping and more. Work at your own pace. Individual help and notes provided.

Th 1:30 pm-2:30 pm Jan 10-Jan 24

▶192863

\$32.25/3 sess Adult Rate: \$43

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.

Th 1:30 pm-2:30 pm Feb 07-Feb 21

▶192864

\$32.25/3 sess Adult Rate: \$43

Instructor: Catherine Myerowitz

Fun With iPads and iPhones Part 3 55+ yrs

Use Maps. It's just an easy tap on the screen to find directions to drive or take the bus! Learn to navigate You Tube and browse the iTunes Store to watch T.V episodes or movies and more. Enjoy choosing and downloading free books and audio books. Handouts summarizing each class will be provided. Work at your own pace with individual help.

Th 1:30 pm-2:30 pm Feb 28-Mar 14

▶192865

\$32.25/3 sess Adult Rate: \$43

Instructor: Catherine Myerowitz

Healthy Eating for Seniors 55+ yrs

NEW

How to use Canada's revised Food Guide and food labels to make healthy food choices.

F 10:00 am-11:00 am Jan 18

▶196104

Free, registration required

Instructor: COSCO

Kerrisdale Peter Talks 19+ yrs

Everyone is welcome! Join us for education talks on a variety of topics from science to the arts Free, registration required.

Tu 11:00 am-12:00 pm

▶192884

Jan 08

▶192882

Feb 05

▶192883

Mar 05

Social Connectedness 55+ yrs

NEW

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 Mar 29

▶196119

Free, registration required

Instructor: COSCO

Indispensible Binder 55+ yrs

Imagine your house is on fire and you need to take with you your most important information and documents. Grab your Indispensible Binder! Imagine you are have a stroke or heart attack, or are hurt in a serious accident. Your family needs to have all the important information to manage everything while you are in hospital recovering. Grab your binder! What if you, or your spouse dies suddenly? Where are all the important documents and information? This important course walks you through the steps to create your own Indispensible Binder. It will become a handy reference for you, your property, travel medications, finances, will, power of attorney representation agreement, contact information for your friends and relatives, and lots more. Here is a systematic format for you to create and organize your own binder, or for \$30 in class, you can purchase a binder ready to go. Binder not included in the cost of the workshop. Come early and purchase your binder at the Seniors desk.

Tu 9:30 am-12:00 pm Feb 12

▶192874

\$30/1 sess

Instructor: Diana Cruchley

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

THE MONARCH

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





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

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! Social Recreation Card required, on-going, no registration required.

F 1:00 pm-3:30 pm Jan 04-Mar 29
▶192722

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 Jan 07-Mar 25
▶192794

Cribbage 55+ yrs

On-going drop-in program.

W 9:00 am-12:00 pm Jan 02-Mar 27
▶192798

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 Jan 04-Mar 29
▶192803

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 Jan 02-Mar 27
▶192886

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.

W 9:00 am-12:00 pm Jan 02-Mar 27
▶192892
Sa 12:15 pm-3:45 pm Jan 05-Mar 30
▶192893

Mind Matters Mix 55+ yrs

A stimulating and interesting discussion group meets MONDAYS from 2 to 3:30pm 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. Educational mini-bus excursions are organized once month for a nominal fee. See monthly Monarch for more information of topics and bus trips. On-going, no registration required. No session Feb 18.

M 2:00 pm-3:30 pm Jan 07-Mar 25
▶192894

Instructor: Angel Drummond

Scrabble 55+ yrs

Join us for a friendly game of Scrabble! On-going drop-in program. Registration not required.

W 1:00 pm-3:00 pm Jan 02-Mar 27
▶192914

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 Jan 03-Mar 28
▶192921

Texas Holdem Poker 55+ yrs

You have seen it on TV and on the computer, now is the chance to learn how to play it at the Kerrisdale Seniors centre. 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 Jan 08-Mar 26
▶192924

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 Jan 5, Feb 2, Mar 2
▶192934

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 Jan 05-Mar 31
▶192935

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 Jan 7-Mar 11
▶200463