

WORKSHOPS

HEALTH & WELLNESS | EDUCATIONAL

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

JANUARY

VSBC – Building NEW Student Success – BC's Curriculum

19+ yrs

Join us to learn about the new BC Curriculum, Core Competencies, Assessments & Reports. Workshop facilitated by VSBC ELL Consultant Miss Ann Steward Hunter. For more information, contact Elisabeth Chan at 778.227.5452 or echan@vsb.bc.ca
F 9:30 am-11:00 am Jan 11
▶179503 Free, registration required.

Healthy Eating NEW for Seniors

55+ yrs

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

Sports First Aid Course

16+yrs

Participants are introduced to sport injury prevention and on-site management of sports related injuries. Topics covered include roles and responsibilities, emergency planning and prevention of injuries, recognition and control of life-threatening situations and common sports injuries. *A certificate of completion will be issued. This course is approved for 7.0 PE/A2 CMTBC Continuing Education Credits.
Sa 10:00am-6:00pm Jan 26
▶192204 \$126/1 sess
Instructor: Sport Medicine Council Of BC

View instructor profiles at
www.kerrisdalecc.com

FEBRUARY

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

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 workshop 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 Dec 15
▶191712 \$25/1 sess
Sa 1:00 pm-3:00 pm Feb 09
▶191731 \$25/1 sess
Instructor: Sharon Lee

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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

Empower Me 16+yrs

Empower Me program is an award-winning energy conservation program designed to help people especially new comers from diverse cultural backgrounds to save energy, save money and to make their home safer and more comfortable. We work with various cultural communities and it's our mission to help people, especially the newcomers, to live comfortably and learn more about energy saving. This program is free for participants and available in multiple languages.

F 12:30pm-2:30pm Feb 15
▶195825 Free
F 12:30pm-2:30pm Mar 08
▶195826 Free
Instructor: Sepideh Dalil

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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

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
 Instructor: COSCO

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

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-registration is required.

W 7:00pm-8:30pm Feb 27
192653 Free
 Instructor: City Of Vancouver NEPP

MARCH

Mustard & Sauerkraut Workshop **19+ yrs**

Join Sharon in a hands on workshop in creating your own sauerkraut and mustard. You will get to take with you a jar of mustard and sauerkraut to enjoy at home. All supplies are included in workshop fee.

Sa 1:00 pm-3:00 pm Mar 09
191733 \$25/1 sess
 Instructor: Sharon Lee

Hearing Screening & Demostration **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

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

Social Connectedness **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 Mar 29
196119 Free, registration required
 Instructor: COSCO



Are you interested in becoming more involved in the Kerrisdale Community Centre Society ?

Our AGM will be on **February 20, 2019**. As a member of the Society you are invited to apply to become a Director and we look forward to your participation. Applications are due by February 9, 2019 to allow adequate time for a meeting with the Nominating Committee.

For more information:

visit: www.kerrisdaleecc.com/become-a-director-of-kccs and apply online

pick up: An application form from the main reception desk or

email: Alison at kerrisdaleeccsociety@gmail.com

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