



Winter Program Guide
January - March 2012

the heart of the community for more than 70 years



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MANAGEMENT TEAM

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OFFICE HOURS

Monday to Friday
9:00 am to 6:30 pm
Saturday: 8:45 am to 12:45 pm
Closed on Sunday & statutory holidays

MISSION STATEMENT

The North Shore Neighbourhood House is a not-for-profit registered charity serving the North Shore community since 1939. We believe working together to meet the grassroots needs of our neighbours, especially our most vulnerable residents, is essential to building a safe, healthy and strong community. The House values and promotes cooperation, respect and empowerment through the provision of programs and services designed to meet the needs of individuals and the community as a whole.

اهداف:

خانه محله نورت شور یک موسسه خیریه غیرانتفاعی است که از سال ۱۹۳۹ مشغول خدمت رسانی به جامعه نورت شور می باشد. ما اعتقاد داریم همیاری و همکاری همه ما به منظور تامین نیازهای مردم محله بویژه آسیب پذیرترین آنها، ضروری ترین گام جهت ساختن جامعه ای امن، سالم و قوی است. خانه محله نورت شور از طریق ارائه خدمات و برنامه هایی مطابق با نیازهای فردی و اجتماعی مردم، ارزشهایی مانند همیاری و احترام متقابل را ترویج می دهد.

THANK YOU

As a non-profit charity, North Shore Neighbourhood House relies on the financial support of individuals, organizations and government partners in order to fulfil its mission.

We thank the following sources for major operating and program funding:

City of North Vancouver
District of North Vancouver
United Way of the Lower Mainland
Province of British Columbia
North Vancouver Recreation Commission

We also extend warm thanks to our individual, business and service club donors for their generous ongoing support.

Donations are tax deductible and can be made online at www.nsnh.bc.ca, by mail or fax, or in person at our office.



CREDIBILITY • INTEGRITY • ACHIEVEMENT

MESSAGE FROM LISA HUBBARD ACTING EXECUTIVE DIRECTOR

At North Shore Neighbourhood House we say that “*you belong here*” as a statement of welcome and inclusion; an indication that you are among neighbours and friends. Our goal is to capture your interest, inspire your curiosity and engage you through events and activities in your neighbourhood.

Through the darkest days of winter, and as you check in with your New Year’s resolutions, why not join us for a program or try a drop in fitness class, basketball or badminton programs, Stroller Fit or yoga. Our seniors’ bus tours, luncheons and programs are warm and welcoming. For youth, look for our continually evolving and expanding activities at Lynn Valley, Harry Jerome and John Braithwaite Community Centre Youth lounges as well as our Friday night activities for ‘twens’ at the Neighbourhood House on West 2nd.

North Shore Neighbourhood House is also your home and we want to hear from you to let us know how we are doing and how we might serve you better and continue to offer programs that address your needs.

NEIGHBOURS GROWING NEIGHBOURHOODS SINCE 1939

JOHN BRAITHWAITE COMMUNITY CENTRE



North Vancouver Recreation Commission

QUEEN MARY COMMUNITY SCHOOL



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childcare

All North Shore Neighbourhood House Childcare Programs are licensed by the North Shore Health Region. Daycare and Preschool staff are qualified Early Childhood Educators and children requiring extra support benefit from staff with well developed skill levels and a wide knowledge base.

North Shore Neighbourhood House has a commitment to working together with families and the community to provide a programs and services to help grandparents, parents, caregivers, youth and kids to reach their full potential in a safe, supported environment; quality childcare is just one of the many ways we achieve this.

Our programs are eligible for Ministry of Children and Family Development childcare subsidy.

preschools

Our Preschools deliver an active and stimulating program for children ages three and four with the goal of enhancing all areas of a child's development. These childcare programs are open to everyone.

For enrollment call **Roberta at 604.987.2052**

- ▶ Lynn Valley Kids' Club Preschool
3361 Mountain Hwy 604.985.4013
Mon-Fri 9:00 - 11:30 am
- ▶ Norgate Kids' Club Preschool
1295 Sowden Street 604.988.6821
Wed - Fri 9:00 - 11:30 am
- ▶ NSNH Kids' Club Preschool
225 East 2nd St 604.987.8138
Tue, Thu, Fri 8:45 - 11:15 am
- ▶ Ridgeway Kids' Club Preschool
410 East 8th St 604.987-0322
Mon-Fri 9:00 - 11:30 am

nsnh daycare

INFANT-5 YRS
225 East 2nd St 604.987.2052

nsnh novaco childcare centre

INFANT-5 YRS
1370 Redwood St 604.988.6821

Mon - Fri 0-3 yrs 8:00 am - 5:00 pm
 3-5 yrs 7:45 am - 5:45 pm

Full-time daycare for children in a stimulating, nurturing environment. This is an inclusive program which focuses on the individual needs of each child. The ECE qualified staff work with families and community professionals in delivering quality care for children.

kids' clubs

BEFORE & AFTER SCHOOL CARE
Mon - Fri 7:30 am - 6:00 pm

NSNH offers kindercare, before and after school care, and holiday care for school age children 5-12 years. The programs offer a variety of activities which are aimed at enhancing the child's development and providing a safe and secure environment.

- ▶ Capilano Kids' Club
1230 West 20th St 604.985.0116
- ▶ Cleveland Kids' Club
1255 Eldon St 604.929.4829
- ▶ Lynn Valley Kids' Club
3361 Mountain Hwy 604.985.4013
- ▶ Norgate Kids' Club
1295 Sowden St 604.988.6821
- ▶ Ridgeway Kids' Club
410 East 8th St 604.987-0322
- ▶ Westview Kids' Club
641 West 17th St 604.998.0182

learning together

INFANT-TODDLER CENTRE
1860 Sutherland Ave 604.903.3519
 604.987.8138

Mon - Fri 8:00 am - 5:00 pm

This program offers childcare for children up to the age of three. There are two components to this program; an on-site daycare for children of young parents wishing to further their education and a childcare program that is open to the community.

special needs teen club

ADOLESCENT SPECIAL NEEDS AFTERSCHOOL PROGRAM

225 East 2nd St
Mon - Fri
School holidays

604.987.8138
2:00 - 6:00 pm
8:30 - 5:30 pm

This is an after school program for teenagers, 13 to 18 years old with special needs, that focuses on life skills development and age appropriate activities. Referrals to the program are made through the Ministry of Children and Family Development.

supported child development program

213 West 1st St 604.998.0131

Supported Child Development (SCDP) is a community-based program that assists families of children with extra support needs to access inclusive child care that meets family needs. The program is intended to serve children from birth to 12 years, with services for youth 13 – 19 years available in some communities.

SCDP operates under the principles of inclusion and family centred practice. SCDP uses a multi-disciplinary team approach. Parents may self-refer, or with parent consent, referrals may come from other service providers. The service is voluntary and free of charge.

recreation programs for kids cooking & play

STORMY CHEFS 8 TO 12 YEARS

Kids will learn practical cooking, nutrition, hygiene and have fun with our Chef Coach. She will lead the kids through this food creative journey-from ingredients to appetizing edibles.

269174	Mon	4:00-5:30 pm	\$65
		Jan 9-Feb 13	6 sessions
269175	Mon	4:00-5:30 pm	\$65
		Feb 20-Mar 26	6 sessions

INDOOR PLAYTIME

AGES 2-5 YRS

This is a parent participation gym time that encourages imaginative and active play. Balls, mats, and other equipment.

Fri	10:45 - 11:45 am	Drop-in \$2.00
	Jan 6 - Mar 30	13 sessions

music

CREATIVE MUSIC FOR YOUTH

AGES 13—15 YRS

Learn from the best, Robbie Steininger, guitar genius. Music and recording through all aspect of the process of writing, arranging and producing songs. A wide variety of instruments will be used, as well as a broad scope to include any & all musical influences.

274405	Mon	3:30-5:00	\$85
		Jan 16-Feb 20	6 sessions
274406	Mon	3:30-5:00	\$80
		Feb 27-Mar 26	5 sessions

MUSIC WITH ROBBIE

AGES 1 MONTH-5 YRS

Great fun for everyone! Singing, world beat and U-play dance movements with parent participation.

273112	Mon	9:30 - 10:10 am	\$45
		Jan 9 - 30	4 sessions
273113	Mon	9:30 - 10:10 am	\$45
		Feb 6 - 27	4 sessions

GUITAR WITH JR

AGES 8-15 YRS

PLEASE BRING YOUR OWN GUITAR

BEGINNER

Basic chord structure, single note reading and strums in the open position.

269205	Sat	9:00 - 10:00 am	\$65
		Jan 14-Mar 10	9 sessions

INTERMEDIATE

Basic chord structure, single note reading and strums in the open position. Previous experience is necessary.

269201	Sat	11:00 - 12:00 pm	\$65
		Jan 14-Mar 10	9 sessions

SINGING WITH JR

AGES 8-15 YRS

In search of your inner voice or want to give your voice strength? Learn proper breathing, vocal health and exercises to help your tone and pitch.

269230	Sat	10:00 - 11:00 am	\$65
		Jan 14-Mar 10	9 sessions

children/youth | programs

piano

PRIVATE PIANO LESSONS

Explore your interest in musical expression. Learn the fundamentals of playing including reading, basic technique and music appreciation. No previous background in piano required. Session cost \$180

AGES 8-15 YRS

Jan 7 to Mar 3			9 sessions
269986	Sat	12:30 - 1:00 pm	
269987	Sat	1:00 - 1:30 pm	
269989	Sat	1:30 - 2:00 pm	
269969	Sat	2:00 - 2:30 pm	
269990	Sat	2:30 - 3:00 pm	
269991	Sat	3:00 - 3:30 pm	

AGES 6-12

Jan 9 to Mar 5			9 sessions
269982	MON	3:30 - 4:00 PM	
269983	Mon	4:00 - 4:30 pm	
269984	Mon	4:30 - 5:00 pm	
269985	Mon	5:00 - 5:30 pm	

visual & performing arts

ART BLAST

AGES PRESCHOOLERS 3 TO 6 YRS.

Join us for a fun creative camp. Each week you'll be introduced to something new; paint, sculpt, draw and more.

275967	SAT	Jan 14-Feb 4	\$45
		10:00-11:30 am	4 sessions
275981	SAT	Feb 11-Mar 3	\$45
		10:00-11:30 am	4 sessions

THEATRE & DRAMA

Instructor: Susan

Come and express yourself in our interactive theatre and drama club. Focus on scene acting, musical theatre, and much more.

AGES 7-12 YRS

2692316	Wed	3:30 - 5:00 pm	\$60
		Jan 11-Feb 29	8 sessions
269237	Fri	3:30 - 5:00 pm	\$60
		Jan 13-Mar 2	8 sessions

INTERMEDIATE LEVEL

AGES 10-16 YRS

269235	Sat	11:00 am - 12:30 pm	\$60
		Jan 14-Mar 3	8 sessions

THEATRE PERFORMANCE MARCH 5TH

CREATIVE BALLET

AGES 4-6 YRS

Presenting Kelsey from Royal Academy of Dance who will be teaching a beginner level to ballet. 1 & 2.

Jan 12 - Mar 8	cost	\$72	9 sessions
269957 Level 1	Thu	4:00-4:45 pm	
269958 Level 2	Thu	3:30-4:15 pm	

martial arts

KARATE - SHOTOKAN SCHOOL AGE

Certified Instructor: Hamid, 3rd DAN

Canadian Champion & 4 year BC Champion.

Learn martial art skills, self defense, and improving fitness. Great conditioning for BC and Canadian Teams. Membership fee to instructor \$35/yr.

5 TO 7 YRS

269190	Tue, Thu	3:30-4:30 pm	\$130
		Jan 3-Mar 29	26 sessions

7 TO 12 YRS

269191	Tue, Thu	4:30-5:30 pm	\$130
		Jan 3-Mar 29	26 sessions

TEENS (13-18 YRS)

269181	Tue, Thu	5:30 - 7:00 pm	\$150
		Jan 3-Mar 29	26 sessions

ADULTS (18 YRS & UP)

269188	Tue, 7:00-8:30 pm	Thu 7:00-8:15pm	
	Jan 3-Mar 29	\$150	26 sessions

sports

BASKETBALL CAMPS

Have fun learning and developing Basketball skills. An excellent way to meet new friends and enjoy the sport. Skills, drills and learn how to play the game with style.

AGES 6-9 YRS

			4 sessions
272903	Sat	9:30 - 11:00 am	
		Jan 7-Jan 28	\$42
272904	Sat	9:30 - 11:00 am	
		Feb 4 - Feb 25	\$42

SPRING BREAK BASKETBALL CAMPS

AGES 6-9 YRS

272909	Mon to Th	1:15 - 3:00	\$45
		Mar 12 -15	4 sessions
272911	Mon to Th	1:15 - 3:00	\$45
		Mar 19 -22	4 sessions

AGES 9-12 YRS

272910	Mon to Th	3:15 - 5:00	\$45
		Mar 12 -15	4 sessions
272912	Mon to Th	3:15 - 5:00	\$45
		Mar 19 -22	4 sessions

the family centre makes a difference!

North Shore Neighbourhood House Family Resource Centre is located at the John Braithwaite Community Centre, (JBCC) 145 West 1st Street. Form friendships and connect with neighbours. Learn through new ideas, get helpful parenting support and share common successes and challenges. Voice your opinions and make a difference! Connect with your children through play, laughter, stories and song.

Family Centre Coordinator, Megan McDonnell at 604-982-8315 or e-mail mmcdonnell@jbcc.ca

BRING YOUR FAMILY TO OUR FREE OR LOW COST PROGRAMS ALL WEEK LONG AT THE CENTRE LOCATED IN THE JOHN BRAITHWAITE COMMUNITY CENTRE

mondays

LOWER LONSDALE DROP-IN

9:30-11:30 am and 12:30-2:30pm

A program for parents/caregivers and their children (0-6 yrs) Enjoy free play time, crafts, a snack and circle time. JBCC **FREE**

PARENT EDUCATION SERIES

HELP! MY KID DIDN'T COME WITH AN OWNER'S MANUAL!

Facilitated by Johanna Simmons

268752 Mon Jan 16-Feb 27 7-9 pm

Register: 604.982.8300 **FREE**

Childminding available for all sessions cost is \$20

tuesdays

CIRCLE OF CARE

9:30-11:30am (not following holiday weekends)

A drop in program for childcare providers and their children. Snack, crafts, story time, and free play.

FREE

PARENT-CHILD MOTHER GOOSE

9:30-10:30am Jan 10 - March 13

A 10 week program for parents and their young children to gather and learn rhymes, stories and songs.

Must pre-register. Contact Megan at 604.982.8315

FREE

SUNSHINE SONG TIME 0-5 YRS

268764 Jan 10-March 13 11-12 pm

\$73 1st child / \$58 second child

A fun interactive program inspired by the popular "Mother Goose" program, lead by a trained facilitator. Connect with music, your child and community with songs, rhymes and storytelling. Grandparents and caregivers warmly welcomed. JBCC

PARENT EDUCATION SERIES

Facilitated by Family Services of North Shore

Tuesday 6:30-8:00 pm at JBCC

268745 Jan 24-"Parenting through those Tricky and Sticky times"-Fran Kammermayer

268746 Feb 21-"For Dads Only" - Jorge Gonzales

278493 Apr 17-"Improving Family Relationships" Chasidy Karpluk

278500 May 22 - "Bonding with Baby"-Marla Evans

Call 604-982-8300 to register

FREE

Childminding available \$5 per session per child

wednesdays

LOWER LONSDALE DROP-IN

9:30-11:30am

A program for parents/caregivers and their children (0-5 yrs). Enjoy free play time, crafts, a snack and circle time. Visit with a Parent Community Developer, borrow a book from our lending library or enjoy a toy from the toy lending program.

FREE

VANCOUVER COASTAL HEALTH YOUNG PARENT & BABY DROP-IN

**PARENTS MUST BE 24 YEARS OF AGE OR YOUNGER
12:30-2:30pm**

A program for young parents offering support and the opportunity to speak with a public health nurse. Childminding & lunch provided.

family centre

thursdays

GRANDPARENT CONNECTIONS

3:30-5:30pm

A meeting place for grandparents and their grandchildren to learn from each other by sharing knowledge, ideas, and experiences.

Snacks and free child minding provided.

Contact Carol at 604.987.8138 for more information.

FREE

VANCOUVER COASTAL HEALTH BREAST FEEDING SUPPORT PARENT & INFANT DROP-IN

Thu 1:00-3:00pm

FREE

Visit with a public health nurse, weigh your baby and receive breastfeeding support. JBCC

STORY TIME WITH THE CITY LIBRARIAN

0-2 yrs 10-10:30 a.m. Jan 5 - Mar 28

2-5 yrs 10:30-11a.m. At JBCC **FREE**

FATHER GOOSE PROGRAM FOR DADS

A program specifically for Fathers at our Lynn Valley Kids Club Location 3361 Mountain Hwy

Thu 6:30 -7:30

Jan 12-Mar 15

FREE

fridays

DADDY & ME DROP-IN

6:00-8:00pm Jan 6 March 30

A drop-in for fathers and their children (0-6yrs).

Participate in our Father Goose inspired program.

Enjoy crafts, stories, music, and the opportunity to connect with others. Dinner is provided.

FREE

PACIFIC POST PARTUM SUPPORT GROUP

12:30-2:30pm Jan 6 - Mar 30

A group for women experiencing post partum issues. Call 604.255.7999 to join. Childminding is provided.

FREE

sundays

SUNDAY FAMILY DROP-IN

1-4 pm

Jan 7 - Apr 1

Spend time with your family at JBCC! Visit the Family Centre, enjoy games and sports in the gym and visit the art studio.

\$3 per family



Photo: Rob Newell

parent community developers

Funded by Public Health Agency of Canada through CAPC (Community Action Program for Children)

This program is designed to “empower families to identify and build on their capacities.” Parents from each of the Lower Lonsdale, and Lynn Valley neighbourhoods are hired, trained and work with parents and groups to provide connections, identify community resources, host special events and support families with children 6 and under. To find out what’s happening in your community or to access support, contact:

Lower Lonsdale: 604.645.5316

Lynn Valley: 604.632.2667

a place for youth on the north shore

Outreach Workers work with youth in North Vancouver ages 10-24, providing drop-in programs, one-to-one support, skills development, referrals to community resources, social and recreational opportunities including out trips. From adventures to leadership programs and places for teens to hang with friends or to make new ones, our youth centres offer great atmosphere & healthy snacks in three neighbourhoods.

Youth Team: Dave Huber, Manager 604-987-8138

City of North Vancouver outreach workers

Alicia 604.258.8539
Kelly 604.258.8589
Rob 604.258.8355

Lynn Valley Outreach workers

Lisa 604.258.8775
Rachel 604.258.8765

City pre teen worker

Sam 604.258.8750

Family Support worker

Nina 604-258-832

young parents program

One on one and groups providing outreach support to young parents ages 13 to 24 years old. Helps teens deal with the decisions and challenges of pregnancy and parenting.

Nina Polkinghorne Family Support Worker 604.258.8325

PRE-NATAL CLASSES

For expecting parents aged 13 to 24. Presented by Vancouver Coastal Health Authority Community Health Nurse. Register through VCHA, 604.983.6700.

THURSDAY NIGHT SUPPORT GROUP

6:00 - 7:30 pm Please contact Nina to sign up.
Transportation and child minding available **FREE**

YOUNG PARENTS & BABIES

Drop-in to speak with the Community Health Nurse and meet with other parents. 604.982.8300

JBCC, 145 West 1st St, North Vancouver
Wed 12:30 - 2:30 pm

outings

Check the website for winter trips offered through our Youth Centres ... Snow Tubing, Ice Skating, Snow Boarding, Movies, Swimming, and many more
http://www.nsnh.bc.ca/youth_activities.php

CITYFEST YOUTH COMMITTEE

Calling youth 10-18 years to HELP plan and organize City Fest as part of Youth Week for May 5th 2012. Committee members and volunteers are needed to create this amazing event

For more info call Dave Huber 604.987.8138 x204

SEYLYNN HALL CONCERTS

MUSIC at Seylynn Hall! The venue is organized and run by youth with support from the Youth Workers.

For more information contact Lisa Devine 604.258.8775 or check out Seylynn on Facebook.

youth living with loss

YOUTH LIVING WITH LOSS

YLWL serves youth ages 13–19 yrs who are grieving the death of a family member or friend. Bereavement counsellors provide free assessment, short-term individual counseling and support groups. Peer mentors assist with the support groups, which focus on providing youth with opportunities to connect in a safe environment, increase understanding of the grieving process and develop coping skills.

For information contact Beth Clark:
ylwlgroup@gmail.com

pre teen programs

Sam, Outreach worker 604.258.8750
smoscipan@nsnh.bc.ca

SERVICES

For kids ages 10-12 yrs including one to one support, life skills, Drug and alcohol information, opportunities to volunteer and participate in safe and healthy activities.

LYNN VALLEY PRE-TEEN PROGRAM

Drop-in for youth aged 10—12 yrs old. Centre is at the corner of Fredrick Road and Mountain Highway in the Lynn Valley Hall.
Fridays 3:30 - 5:30 pm

NORTH VAN CITY PRE-TEEN PROGRAM

Drop-in for pre-teens at North Shore Neighbourhood House, 225 East 2nd St for basketball, air hockey, arts and crafts, and other games.
Fridays 7:00 - 9:00 pm



Photo: Rpb Newell

youth centres

JBCC YOUTH CENTRE

604.982.8318

Monday - Thursday 6 - 9:30 pm

Friday & Saturday 6-11pm

Friday & Saturday 7-10pm Open Gym

- * Mondays Arts & Crafts w/ snacks
- * Tuesdays Youth Council @ 4pm & Glee Night
- * Wednesdays DeeJay lessons 4:30pm & Games Night
- * Thursdays Dinner Night
- * Fridays Open Gym & Smoovie Night
- * Saturdays Open Gym & various activities in gym

LONSDALE YOUTH LOUNGE DROP-IN

Drop-in for pre-teens & youth at Harry Jerome Recreation Centre at 123 East 23rd St. Enjoy pool, movie nights, girls' group, video games, air hockey, foosball & many special events.

Tuesday 5:30 - 8:30 pm 12-15 years

Thursday 5:00 - 8:30 pm Grades 5-7

Friday 6:00 - 9:30 pm 13-18 years

youth for leadership

YOUTH FOR LEADERSHIP

A six week program offered to pre-teens ages 10-13 years old. The emphasis is to give pre-teens the skills and abilities to volunteer in areas they are interested in. They will also learn skills to plan activities and events in their school or community.

y4c@nsnh.bc.ca

FREE!

Session 6 January 18—February 25

Wednesdays January 18-Feb 8 3:30pm -5:30 pm


Saturday, February 18 & 25 10 am-12 pm

Session 7 March 28-April 14

Wednesdays March 28, April 4 & 11 3:30pm-5:30pm

Saturday, March 31, April 7 & 14 10am-12pm

fitness classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STROLLER FIT * Instructor: Christine 10:30-11:30 am ZUMBA GOLD* 1:30-2:30 PM	TAI CHI * Instructor: Lynne/Josie 8:30 - 10:00 am	ONLY CORE Inst: Charlotte 8:30-9:30 am STROLLER FIT * Instructor: Christine 10:30-11:30 am	TAI CHI * Instructor: Lynne/Josie 8:30 - 10:00 am	YOSTRETCH Please bring mat. Instructor: Rosemary 9:15 - 10:15 am CARDIO KICKBOX 6:00-7:00 PM	*CARDIO CIRCUIT KICKBOXING Instructor: Christine 11:15 - 12:30 pm
CARDIO KICKBOXING Instructor: Christine 7:00 - 8:00 pm	ZUMBA * Instructor: Cathy 6-7pm			MEMBERSHIP DROP-IN FEES \$6.45 adults SUBJECT TO CHANGE \$5.10 seniors/students * registered programs memberships don't apply no classes on statutory holidays & their weekends	

Purchase pre-paid drop-in cards for Stroller Fit, Only Core, Yo-stretch & Cardio Kickbox at Front Office.



ZUMBA FIT

This class fuses hypnotic Latin and International rhythms with easy to follow moves to create a dynamic workout system. Routines, include Cumbia, Soca, Meringue, Salsa, African, Reggaeton, Flamenco, Funk and Bellydance.

ages 14yrs+

273296 Tue 6:00 - 7:00 pm
 Jan 10-Feb 14 \$60 6 sessions
 273297 Tue 6:00 - 7:00 pm
 Feb 21-Mar 27 \$60 6 sessions

\$12 drop-in

STROLLER FIT

INSTRUCTOR: CHRISTINE CAMERON POOLE

This is a specialty fitness class for Mums to get back into shape, and meet other mothers- babies too! Monday's class is circuit and Wednesday's class is cardio. Bring your babies and strollers.

268405 Mon, Wed 10:30 - 11:30 am
 Jan 9-Mar 28 \$6.50 Drop-in
 \$110 2/wk 24 sessions \$ 58 1/wk 12 sessions

HATHA YOGA

BEGINNER

INSTRUCTOR: LINDEN

A system of physical and mental fitness. The focus is on relaxation, breathing techniques, flexibility and maintaining health. Please bring a mat or blanket.

268413 Mon 8:00-9:30 pm
 Jan 9-Mar 26 \$114 12 sessions
 268414 Wed 8:30 - 10:00 pm
 Jan 11-Mar 28 \$114 12 sessions

INSTRUCTOR: ROSEMARY

No registrations after 2nd class without instructor's permission.

268417 Thu 6:00 - 7:30 pm
 Jan 5-Mar 22 \$114 12 sessions
 268416 Sat 9:00 - 10:30 am
 Jan 7-Mar 24 \$114 12 sessions

INTERMEDIATE

INSTRUCTOR: LINDEN

268423 Mon 6:30 - 8:00 pm
 Jan 9-Mar 26 \$114 12 sessions
 268422 Wed 6:30 - 8:30 pm
 Jan 11-Mar 28 \$114 12 sessions

INSTRUCTOR: ROSEMARY

279761 Wed 6:30-8:00 pm
 Jan 11-Mar 28 \$114 12 sessions

adults | programs

sports drop-ins

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MEN'S BASKETBALL 8:00-10:00 pm \$5			MEN'S BASKETBALL 8:00-10:00 pm \$5		MEN'S FLOOR HOCKEY 1:00-3:00 pm \$5
<i>Purchase pre-paid drop in card at front office. No classes on all statutory holidays & their weekends</i>					

sports

MEN'S BASKETBALL

Enjoy a recreational game of basketball. Players organize themselves. Participants must have finished high school.

Mon, 8:00 - 10:00 pm
Thu 8:15 -10:15 pm

Drop-in: \$5 or Pre-paid card of 10 for \$50

MEN'S FLOOR HOCKEY

Ages 18- and up

Saturday afternoon floor hockey with the guys.
Plastic blades needed.

265924 Sat Sep 10 –Dec 3 1:00-3:00 pm
\$45 Drop in \$5

dance

BELLY DANCE

Middle eastern dance, also known as “danse orientale” or raks sharqui, (dance of the East) An ideal exercise for all women and men. Learn the graceful movements of the Middle Eastern belly dancer. Instructor: Pooneh

LEVEL 1 AGES 14YRS+
270037 Mon 6:15 - 7:15 pm
Jan 16-Mar 19 \$85 10 sessions

LEVEL 2
270036 MON 7:15 – 8:15 PM
Jan 16-Mar 19 \$85 10 sessions

ADVANCED
270038 Mon 8:15 - 9:15 pm
Jan 16-Mar 19 \$85 10 sessions

performing arts

GUITAR WITH JR

Basic chord structure, single note reading and strums in the open position. Previous experience is necessary.

269228 Sat 11:00 - 12:00 pm
Jan 14-Mar 10 \$65 9 sessions

martial arts

KARATE - SHOTOKAN SCHOOL AGE

Certified Instructor: Hamid, 3rd DAN

Canadian Champion & 4 year BC Champion.

ADULTS (18 YRS & UP)

269188 Tue, 7:00-8:30 pm Thu 7:00-8:15pm
Jan 3-Mar 29 \$150 26 sessions

TAI CHI YANG STYLE

Instructor: Lynne & Josie

BEGINNER—GET RELAXED AND STRONG

Two instructors dedicated to helping you learn one of the beginners' forms. This class will give you the confidence to learn level 2 and intermediate forms.

272956 Tue, Thu 9:00 - 10:00 am
12 sessions Jan 10-Feb 16 \$72 Drop in \$9
272957 Tue, Thu 9:00 - 10:00 am
12 sessions Feb 21-Mar 29 \$72 Drop in \$9

BEGINNER LEVEL 2 & INTERMEDIATE

Various forms taught: 5 section (Baduan tajiquan), 24 form, 48 form, 108 form Cheng Man Ching, 32 form sword, 13 postures, 13 postures yin yang and more advanced styles of Yang Chen, Sun, and Weapons.

272970 Tue, Thu 8:30-10:00 am
12 sessions Jan 10-Feb 16 \$72 1 hr Drop in \$9
\$102 1.5 hr Drop in \$12
272971 Tue, Thu 8:30-10:00 am
12 sessions Feb 21-Mar 29 \$72 1 hr Drop in \$9
\$102 1.5 hr Drop in \$12

ADVANCED

By permission only, this class practices more advanced forms.

272990 Tue, Thu 8:30 - 10:00 am
12 sessions Jan 10-Feb 16 \$102 1.5 hrs Drop in \$12
276387 Tue, Thu 8:30 - 10:00 am
12 sessions Feb 21-Mar 29 \$102 1.5 hrs Drop in \$12

FAST TRACK Rejuvenating Tai Chi

Missed the first few Tai Chi classes but still want to start from the beginning? Join the Fast Track class. Personal attention from your instructor means after 4 classes you'll have all you need to know to join the beginner group in session. No drop ins. To register call 604-986-9276.

dog obedience with denise holowenko, cpdt

(CERTIFIED PET DOG TRAINER)

Trainers must be 16 years or older. Puppies have up-to-date vaccinations and very young puppies must be veterinary-cleared for participation.

PUPPY TRAINING

AGES 3-5 MONTHS

Designed to get and keep the attention of young puppies 3 to 5 months of age. Adult handlers teach manners and introduce non-precision obedience exercises through structured play and social interaction.

First night is lecture only. Puppies DO NOT attend!

270191 Wed 6:30 - 7:30 pm
11 sessions Jan 11-Mar 21 \$85 / \$121 2 handlers

DOG OBEDIENCE

BEGINNERS

AGES 6 MONTHS & UP

"Training you to train your dog." On-leash training only. Adult handlers are taught to analyze their dogs' personalities and then to teach them the five basic obedience commands by the most appropriate method for their particular dog. First session is a lecture – dogs DO NOT attend.

270356 Wed 7:40 - 8:40 pm
11 sessions Jan 11-Mar 21 \$85 or \$121 for 2 handlers
270357 Fri 1:00 - 2:00 pm
11 sessions Jan 13-Mar 23 \$85 or \$121 for 2 handlers

INTRO TO RALLY-O

This is an 8-week class introducing Rally-O, a fun, individual dog/handler sport open to all types of dogs and adult handlers. While it is competition-oriented, blending obstacle work with activities based on the heeling exercise; the focus is on a positive partnership. Previous obedience work is a prerequisite. Dogs DO attend first session.

272948 Fri 2:15 - 3:15 pm
11 sessions Jan 13-Mar 23 \$85 or \$121 2 handlers

DISTRACTION TRAINING

For owners and their dogs who have completed a beginner level class. This course includes instruction in off leash work and control exercises such as moving stand, moving down, drop on recall out-of-sight stays, as well as come to heel.

270309 Wed 8:45 - 9:45 pm
11 sessions Jan 11-Mar 21 \$85 or \$121 2 handlers

DOG OBEDIENCE

INTERMEDIATE

For owners and their dogs who have completed a beginners level obedience class.

270308 Tue 8:10 - 9:10 pm
11 sessions Jan 10-Mar 20 \$85 or \$121 2 handlers

Must pre-register for all Dog Obedience class or they will be cancelled.

active living workshops

MINDFULNESS - FREE intro class

Are you burnt out, agitated, irritable, unable to concentrate or sleeplessness? Learn mindfulness techniques that are scientifically and clinically show effective in reducing stress and protect yourself from damaging effects of stress like heart disease, high blood pressure, accelerated aging, anxiety, depression, anger, and forgetfulness.

Instructor Sung Yang NSNH

274082 Thu 7:00 - 8:00 pm
Jan 19 FREE

LEVEL 1
274083 Thu 7:00 - 9:00 pm
Jan 26-Feb 9 \$40 3 sessions

STRESS REDUCTION WITH MINDFULNESS

More from Sung Yang but with an additional emphasis on reducing stress techniques.

274084 Thu 7:00 - 9:15 pm
Feb 16-Mar 8 \$50 4 sessions

visual arts

ART STUDIO WITH JAMES PICARD

Love to paint? Join us whether you are experienced, a dabbler or just starting out. Students will be encouraged to explore and enjoy the freedom of expression. Provide your own media and join us!

273038 Fridays 9-noon
Jan 13-Mar 16 \$147 10 sessions



cooking class

EAT & LEARN

Each week learn to create a 3 course meal from different regions.

INDIAN CUISINE	Tue	7:00 - 9:00 pm	
279513	Jan 10		\$30
MEXICAN	Tue	7:00 - 9:00 pm	
279533	Jan 17		\$30
JAPANESE sushi	Tue	7:00 - 9:00 pm	
279534	Jan 24		\$30
FRENCH	Tue	7:00 - 9:00 pm	
279535	Feb 7		\$30
ITALIAN	Tue	7:00 - 9:00 pm	
279536	Feb 21		\$30

languages

FRENCH - communication

This class will help to improve oral skills in French to be able to effectively communicate in French. This will further enhance travel to French speaking cities, increase your job opportunities and a step towards bilingual fluency.

Instructor Anna Nafar NSNH

274425	Tue	7:00 - 8:30 pm		
	Jan 10-Feb 14		\$50	6 sessions
274426	Tue	7:00 - 8:30 pm		
	Feb 21-Mar 27		\$50	6 sessions

SPANISH

AGES 16 & UP

Learn Spanish words, phrases, and dialogue. Enjoy fun activities with a focus on oral communication.

Extra cost for materials may apply. Instructor Patricia Asbun

BEGINNER 2

269170	Wed	6:00 - 7:30 pm		
	Jan 11-Mar 14		\$75	10 sessions

BEGINNER 1

2699171	Wed	7:30 - 9:00 pm		
	Jan 11-Mar 14		\$75	10 sessions



new to Canada?

Welcome to North Shore Neighbourhood House! We are a place where people in the community gather and we offer supportive services, social and recreational programs, childcare; host fun events and much more. Join us!

welcoming neighbours, a social english program for newcomers

Meet other newcomers, make new friends, have fun, and learn more about Canada and the community. Improve your English language skills and build your confidence by expressing your thoughts and ideas in small group discussions. This is a relaxed, informal social program.

Location: Westview Elementary School Kids Club
641 West 17th St.

When: Wednesdays, Jan 11 to Mar 7 **Time:** 9:30 to noon

Cost: \$2 per class Registration required

English level: intermediate and above

To register for this program, call or e-mail:

Liz Chase, 778-840-6670 or lchase@nsnh.bc.ca

friendship circle, 55+ years

The friendship circle is a social group which welcomes older adults new to Canada who would like to meet new friends, socialize, practice English and get to know the community.

For: older adults 55+

Location: John Braithwaite Centre—Family Room upstairs

When: Tuesdays, Jan 10 to Mar 27 **Time:** 12:30 to 2:30 pm

Cost: \$2 per class Registration required

English level: intermediate and above

To register for this program, call or e-mail:

Mojgan, 778-859-1746 or mojgan787@yahoo.com

cooking in Canada

Learn to cook delicious, simple meals common to Canada while learning healthy cooking skills. This six week program lets you cook while you learn. You'll meet new friends and have fun cooking together!

Mondays, Jan 9 to Feb 13—Bar Code: 279517

Time: 9:15 am to noon

Fridays, Jan 13 to Feb 24—Bar Code: 279518

Time: 10:45 am to 1:30 pm

Location: North Shore Neighbourhood House

Cost: \$192 for 6 week program. Payable when you register.

To register, call North Shore Neighbourhood House
604-987-8138 and provide the bar code.

a place for seniors on the north shore

North Shore Neighbourhood House is proud to offer many fun, interesting and helpful services and programs for seniors (aged 55+) throughout the North Shore. From special events and bus trips to fitness classes, wellness workshops and peer counseling, there is sure to be something to fit everyone's budget and interests.

Questions, or don't see what you are looking for—contact our Seniors Program Staff:

Robyn McGuinness, Program Coordinator,	604.982.8326
Amal Hasan, Program Worker	604.982.8325
Lori Wall, Program Worker/Seniors Peer Support/VLHA	604.987.8138
Tricia Andrew, Manager Seniors Programs	604-982-8312

social programs

JBCC BISTRO

Wed & Fri 12:00-1:00pm
 Delicious lunch at the "Bistro". Homemade soups and sandwiches are featured on Wednesday with a full entrée on Friday. Cost includes tea/coffee.
 JBCC, Anchor Rm \$6.00 adults and seniors

LIBRARY & RESOURCES

Browse our magazines and books. Lots of new selections and a large print collection.

MEN'S CLUB

Join us for day trips, cooking classes and a monthly meal. Price varies according to activity. Meets every Wednesday.
 Contact Amal for details 604.982.8325

SOCIAL CONVERSATION

Lively discussion with new topics each week. Coffee and tea provided. Please come early as space is limited to 10 participants.
 Wednesdays 10:30-12:00pm
 \$2.00 drop-in includes coffee

MUSIC JAM

Join this friendly group of musicians for their weekly jam session. Participate in the singing, dancing or just sit back and enjoy the music.
 F 1:30– 3:30 pm
 \$2.00 drop-in includes tea/coffee

BEGINNER BRIDGE-FARSI/ENGLISH

Bridge can be a fascinating and enjoyable game. Learn the basics of bidding and play of the hand. JBCC Discovery Rm
 273278 M Jan 16-Mar 26 1:30-3:30 pm
 \$40 senior / \$50 adult

BRIDGE ADVANCED PLAY

Judy will help you advance your game with tips and strategies for better play
 JBCC Discovery Rm
 273277 M Jan 30-Mar 26 9:30-11:30am
 seniors \$40 / adult \$50

BRIDGE SOCIAL

Thu 10:30-12:00pm JBCC, Discovery Rm
 \$2 drop-in

seniors | programs

computer classes

INTRODUCTORY CLASS

Introduction to computer basics, including word processing and the internet. No experience necessary. Maximum 6 students.

JBCC, Anchor Rm

272121 Mon Jan 9-Feb 11 1:30-2:30pm
272123 Mon Feb 20-Mar 26 1:30-2:30pm
\$29

INTRODUCTORY CLASS-FARSI

JBCC, Anchor Rm

272120 Mon Jan 9-Feb 13 2-4:30 pm
272122 Mon Feb 20-Mar 26 2-4:30 pm
\$29

COMPUTERS-INTERNET & EMAIL

Learn more about the internet, send emails and browse the world wide web. Some basic computer knowledge is required.

272147 Mon Jan 9-Feb 13 4-5:30 pm
seniors \$29 / adults \$40



DIGITAL PHOTOGRAPHY

An introduction to using your digital camera and picture software. Please bring your camera and manual. Basic computer knowledge is required.

272145 Mon Feb 20-Mar 26 4-5:30 pm
\$29 seniors / \$40 adults

visual arts

DRAWING

A comprehensive introduction to the art of drawing using various techniques and media. Bring pencil, and drawing paper to first class.

JBCC, Art Studio 1

272166 Tue Jan 10-Mar 20 1-3:00pm
\$77 seniors/ \$88 adults

ADVANCED DRAWING

Formal elements of line, value, shape, texture and space are taught including drawing from direct observation. For students who wish to take their drawing to the next level. Bring pencil, and drawing papers for first class. JBCC, Art Studio 1
272165 Fri Jan 13-Mar 23 10am-12pm
\$77 seniors/ \$88 adults

ABSTRACT ACRYLICS

Introduction to abstract art. Demos, one-on-one guidance and group discussion. Develop your ideas & master your technique. Bring acrylic supplies if you have any. Supply list will be given at the first class. JBCC, Art Studio
272078 Tue Jan 10-Mar 20 3:15-5:15pm
\$77 seniors / \$88 adults

MIXED MEDIA

Explore various mediums and painting techniques using acrylics, watercolours and charcoal. JBCC Art Studio 1
272077 Fri Jan 13-Mar 23 10:00-12:00pm
\$77 seniors / \$88 adults

FIGURE DRAWING

Expand your figure drawing skills and knowledge of proportions, values and composition. This class is designed for all levels. Bring drawing paper and pencil to first class. Supply list will be provided at the first session. JBCC, Art Studio
278316 Tue Jan 12 – Mar 22 10am-12:00pm
seniors \$77/ \$88 adults

WATERCOLOUR EXPLORATION

The program is open to all artistic levels. Learn the methods, materials and expressive potential of the watercolor medium. Master basic techniques; such as washes, wet on wet, dry brush, etc. Fariba will guide the students to master their techniques. Background of drawing is required. JBCC, Art Studio
275792 Tue Jan 10 – Mar 20 10am-12:30pm
seniors \$85/ \$95 adults

performing arts

BROADWAY TAP

BEGINNER

This fun class will cover basic tap steps and simple routines. JBCC Shoreline Rm
275789 M Jan 9-Mar 5 11:20-12:05pm
\$40 seniors / \$45 adults

INTERMEDIATE

Students must have completed at least 1 full year of tap dance instruction. JBCC Shoreline Rm
275791 M Jan 9-Mar 5 10:15-11:15am
\$40seniors / \$45 adults

drop in sports (WEAR APPROPRIATE FOOTWEAR)

BADMINTON

Tuesdays 1:15-3:15pm Gymnasium
\$2.00 drop-in/free with fitness membership

TABLE TENNIS

Fridays 4:00-5:30pm Anchor Room
Wednesday – join us after lunch for a few friendly rounds of table tennis! 1:45pm-3:45pm
JBCC, Anchor Rm
\$2.00 drop-in / free with fitness membership

PICKLEBALL

This mini-tennis game is played by 2 or 4 people on a badminton-sized court using wood paddle racquets and a wiffle ball. Lots of fun,
Tuesdays 3:45-5:45pm Gymnasium
\$3.00 drop-in

martial arts

FAST TRACK Rejuvenating Tai Chi NSNH - GYM

Missed the first few session of any Tai Chi class but still want to start from the beginning? Join the Fast Track class where you'll get personal attention from your instructor. After 4 classes you'll have all you need to know to join the beginner group in session. No drop ins.

TO REGISTER CALL 604-986-9276.

TAI CHI – YANG STYLE

5 section and 24 movements
JBCC Anchor RM
275788 W Jan 11-Mar 28 10:30am-11:45pm
\$60 seniors / \$70 adults

QI GONG

Bring harmony and balance to your body, mind and soul through Qi Gong techniques and practice.
JBCC Anchor Rm
275627 W Jan 11-Mar 28 9am-10am
275628 F Jan 13– Mar 30 9am-10am
\$60 seniors / \$70 adults

TAI CHI YANG STYLE NSNH – GYM

BEGINNER—GET RELAXED AND STRONG

Two instructors dedicated to helping you learn one of the beginners' forms. This class will give you the confidence to learn level 2 and intermediate forms. Instructor: Lynne & Josie

273001 Tue, Thu 9:00 - 10:00 am
Jan 10-Feb 16 \$72 Drop in \$9.50
12 sessions

273002 Tue, Thu 9:00 - 10:00 am
Feb 21-Mar 29 \$72 Drop in \$9.50
12 sessions

seniors | programs

TAI CHI YANG STYLE

BEGINNER LEVEL 2 & INTERMEDIATE

Various forms taught: 5 section (Baduan taji quan), 24 form, 48 form, 108 form Cheng Man Ching, 32 form sword, 13 postures, 13 postures yin yang and more advanced styles of Yang Chen, Sun, and Weapons.

273010 Tue, Thu 8:30-10:00 am
Jan 10-Feb 16 \$72 1 hr Drop in \$9
\$102 1.5 hr Drop in \$12
12 sessions

273011 Tue, Thu 8:30-10:00 am
Feb 21-Mar 29 \$72 1 hr Drop in \$9
\$102 1.5 hr Drop in \$12
12 sessions

ADVANCED

By permission only, this class practices for 1.5 hrs a number of more advanced forms.

273023 Tue, Thu 8:30 - 10:00 am
Jan 10-Feb 16 \$102 1.5 hrs Drop in \$12
12 sessions

273024 Tue, Thu 8:30 - 10:00 am
Feb 21-Mar 29 \$102 1.5 hrs Drop in \$12
12 sessions

health & well being

ZUMBA GOLD 55+

This class uses a variety of styles in its routines, including Cumbia, Soca, Meringue, Salsa, African, Reggae, Flamenco, Funk and Bellydance. NSNH - Gym

273298 Mon 1:30 - 2:30 pm
Jan 9-Feb 13 \$45
6 sessions

273295 Mon 1:30 - 2:30 pm
Feb 20-Mar 26 \$45
6 sessions

OSTEOFIT LEVEL 1

Osteofit is designed to improve strength, posture, balance and agility through the use of exercises, agility activities, resistance training and stretches. Safe for people with osteoporosis. JBCC Anchor Rm

277811 Mon 9:30-10:30am
Jan 9-Mar 19
\$50 senior / \$60 adults

OSTEOFIT LEVEL 2

A continuation of Level 1, focusing on improving strength, posture, balance and agility through the use of exercises, resistance training and stretches.

JBCC Anchor Rm
272171 Thu Jan 12-Mar 22 9:30-10:30am
\$50 senior / \$60 adults

NORDIC POLE WALKING

Learn how to safely and effectively use Nordic pole walking for improved fitness and balance. Led by a certified urban poling instructor.

Wednesdays 11:00-12:00pm
\$4.00 – drop-in

Join us afterwards at the JBCC Bistro for a soup and sandwich, just \$6.00.

brain wellness programs

MEMORY GAMES FOR BODY, BALANCE & BRAIN

Utilizing both mental and physical exercise stimulates the brain-body connection improving both physical and mental balance. This preventative program is fun social and excellent for improving memory!

JBCC, Harborview Rm,
 273332 M Jan 9-Feb 13 1-3pm
 272389 M Feb 20-Mar 26 1-3pm
 \$42 / \$7.00 drop-in

BRAIN GAMES FOR THE ACTIVE BRAIN

Sharpen your focus and improve your mental fitness by playing brain games such as board and word games, quizzes, crossword puzzles and more!

JBCC, Anchor Rm
 Thu Jan 9 –Mar 26 1:00-2:30pm
 \$5.00 drop-in

BRAIN BODY WELLNESS

FEEL ENERGIZED AND REVITALIZED WITH PLAYFUL ACTIVITIES BRAIN GYM® uses gentle movements plus a series of balance, auditory and vision exercises while engaging in individual and partner activities. The rhythm patterns improve focus attention and memory eye hand coordination and balance. English second-language senior participants are welcome.

273351 Tue Jan 10-Feb 14 10:30-12pm
 273377 Tue Feb 21-Mar 27 10:30-12pm
 \$40.00 / Drop-in \$7.00

FUNCTIONAL FITNESS

This progressive class initially focuses on posture, balance and proper walking, lifting and movement techniques. Muscular strength and stretching are incorporated to improve overall body balance and enhance coordination and efficiency in performing activities of daily living.
 272176 Tue Jan 10-Mar 20 9:30-10:30am
 \$50 seniors / \$60 adults

FITNESS - IN FARSI

A great all-over workout including stretching. This class is taught in Farsi.
 JBCC, Anchor Room.
 272174 Sat Jan 14-Mar 24 1:30-2:30pm
 \$50 senior/ \$60 adult
 Drop- in seniors \$5.20/ adults \$6.25

BALANCE ON THE BALL

Thu 10:30-11:30
 JBCC, Shoreline Room
 NVRC Fitness membership or
 \$2 Drop-in

GENTLE YOGA

Hatha yoga class that combines breath awareness with gentle movement. Excellent for opening the joints deepening the breath and easing tension in the body and mind. Bring a mat.
 JBCC, Anchor Rm
 276842 M Jan 9-Feb 13 10:45-12:15pm
 276843 M Feb 20-Mar 26 10:45-12:15 pm

seniors \$31.50/ adults \$38.50
 Drop in seniors \$4.50/ adults \$ 5.50

support programs & services

SENIORS PEER SUPPORT

A trained volunteer of similar age and experience meets with you in your home or other suitable location to provide FREE, trained, confidential non-judgmental support and resource information to anyone regardless of gender, race, religion, sexual orientation or disability.

Languages spoken: English, Farsi, German.

This program is a member of Seniors Peer Counseling British Columbia. For information or to become a volunteer for this program, contact Lori Wall at: 604-987-8138 Ext 211.

Hamrahan (Iranian) Seniors Support

Individual and group support is available. Inquiries and appointments are accepted in both Farsi and English. 604-987-8138 Ext 211. Program Coordinators, Saeid Poursaeid and Manijeh Habashi.

همراهان - برنامه مخصوص سینیورهای ایرانی
مشاوره گروهی و انفرادی جهت سینیورهای ایرانی که کاملاً بصورت محرمانه انجام میشود. جهت تعیین وقت قبلی و اطلاعات بیشتر با مسئولین این برنامه؛ خانم منیژه حبشی و سعید پورسعید با شماره تلفن 6049878138 داخلی 211 تماس بگیرید.

SEATED MASSAGE THERAPY

FOR SENIORS

Wednesdays 1:30-4:30pm
Fridays 1:30-4:30pm

Students from Spa Utopia Academy offer chair massage therapy services under the careful guidance of their instructor.

Appointments are ½ hour in length.

**604-982-8300 TO BOOK AN APPOINTMENT
AND CHECK SCHEDULES. FREE**

special events for seniors

CHRISTMAS DINNER

Enjoy a festive turkey dinner with all the trimmings, entertainment, a visit from Santa and holly door prizes.

JBCC Shoreline Room

Friday December 9 5:30—8pm

\$20 Seniors/\$25 Adults

VALENTINE'S DAY TEA

Celebrate this traditional day of love by treating yourself to a delicious tea. Dainty sandwiches, fancy squares and cakes and Earl Grey tea plus chocolates of course!

JBCC Anchor Room

Thursday Feb 16 1—3pm

\$6 seniors/\$8 adults

ST PATRICK'S DAY PARTY

The Irish culture is celebrated around the world on St. Patrick's Day. Limmericks, wearing green, and having a pint of green beer are all part of the fun. Snacks and refreshments included. JBCC Shoreline Room

Thursday March 15 3—5 pm

\$10 seniors-\$12 adults

EASTER LUNCHEON

Easter heralds Springtime on the West Coast. Celebrate the beginning of the season with an Easter luncheon complete with Easter eggs and chocolate bunnies. Prizes will be given for the best Easter Bonnets.

JBCC Anchor Room

Friday April 13 12:00-1:30pm

\$8.00

less active seniors

GOLDEN CIRCLE

A health, wellness and socialization program that aims to improve quality of life. Enjoy guest speakers, chair exercises, slide shows, movies, discussions, entertainment, bus trips and more! Contact Robyn McGuinness, Seniors Program Coordinator 604-982-8326 for details and to make a referral. \$3 drop in.

Kiwanis Tower 1:00-3:00pm Thursday
JBCC, Anchor Rm 1:00-3:00pm Tuesday



Photo: Rpb Newell

LUNCH BUNCH

A fun social program that focuses on overall wellness. A shared lunch time, followed by brain games (always a highlight), gentle exercise, health education workshops, and other social activities decided on among the group. Call 604-982-8326

JBCC 11:45-2:00pm Wednesday

KEEP WELL

Mild exercise, blood pressure monitoring, information and referrals, educational workshops, and a tea & coffee social. NSNH – Mondays 9:30-12:00pm

Last Monday of each month: muffins, coffee & guest speaker

HEALTH AND WELLNESS FOR WOMEN (IN FARSI)

Yoga, meditation, fitness (toning, strength development, fun and flexibility in a supportive environment.

JBCC, Harbourview Room
Friday's 10:30 -11:30
Drop in \$2.00

برنامه برای خانم های فارسی زبان 55 سال به بالا
یوگا، مدیتیشن و ورزش: (افزایش قدرت و توان جسمی، کنترل وزن، تناسب
اندام با نگرش مثبت به خود) ، قسمت دوم برنامه
مشاوره گروهی، آموزشی و آموزش نگرش مثبت نسبت به زندگی جمعه ها
از ساعت 9:30 تا 11:30 در اطاق هارپورویو

registration information

Trip may be cancelled a week before the start date due to low registration

To avoid cancellations please register early. If a trip is full, add your name to our waiting list.

refund policy

There will be no refunds after the event occurs. Please note the drivers are volunteers, there may be cancellations due to driver availability. Should this occur, refunds will be provided.

All Bus Trips start and end at North Shore Neighbourhood House, 225 East 2nd St, N Vancouver, 604.987.8138.

Financial assistance is available for any North Vancouver resident who is unable to afford the full fees for a program. If you are experiencing financial hardship which prevents you from taking part in programs at NSNH, contact the front desk at 604.987.8138.

MYSTERY TRIPS

A mystery until the day of the tour! We will stop for lunch at a nice restaurant. Raffle tickets will be given for a chance to win fabulous prizes.

Price \$10 includes transportation only

267485	Fri	Jan 20	10:00am -3:00pm	No refund after Jan 15
267490	Fri	Feb 17	10:00am -3:00pm	No refund after Feb 12
267491	Mon	Mar 19	10:00 am -3:00pm	No refund after Mar 14

COFFEE TOURS TOUR DE COFFEE SHOPS

Explore different coffee shops and neighbourhoods around the Lower Mainland. This trip is at a **slower pace**. Price \$10 includes transportation only.

267486	Mon	Jan 30	1:00pm-4:00pm	No refund after Jan 25
267492	Mon	Feb 27	1:00pm-4:00pm	No refund after Feb 22
267493	Mon	Mar 26	1:00pm-4:00pm	No refund after Mar 21

SCENIC ADVENTURES

Enjoy a scenic drive to a surprise location in the Lower Mainland. There will be a refreshment stop along the way. This trip is at a **slower pace**. Price \$10 includes transportation only.

267494	Mon	Jan 9	1:00pm-4:00pm	No refund after Jan 4
267498	Mon	Mar 12	1:00pm-4:00pm	No refund after Mar 7

EXPLORE !!

This trip will take us on an adventure to other communities in the Lower Mainland. There will be an interesting refreshment stop.

Price \$10 includes transportation only.

279576	Mon	Feb 13	10:30am-2:00pm	No refund after Feb 8
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bus trips | seniors

Day Trip	Day	Date	Time	Barcode	Price
Eagle Watching Tour and Brackendale Art Gallery in Squamish	Tue	Jan 3	10:00-3:30 pm	267487	\$ 39
Dinner at Dockside Restaurant, Granville Island Hotel	Thu	Jan 5	5:00 – 8:00 pm	267473	\$22
Mystery Lunch	Thu	Jan 12	10:30-3:00 pm	267474	\$18
Lunch at Bowen Island	Tue	Jan 17	10:00-4:15 pm	267475	\$ 25
Chinese New Year – Flower and Gift Fair	Mon	Jan 23	10:00- 3:00 pm	267481	\$ 22
The Loafing Shed Glass Studio - Master glass blower	Thu	Jan 26	10:00 – 3:00 pm	267478	\$ 22
Limousine Ride & Dinner - Girls Night Out	Tue	Jan 31	5:30 – 8:30 pm	267476	\$ 40
Gourmet Lunch at JJ's Restaurant	Thu	Feb 2	10:30 – 3:00 pm	267477	\$15
Brunch at The Sandbar on Granville Island	Sun	Feb 5	11:00 – 2:00 pm	267488	\$18
Fireside lunch at Sasamat Outdoor Centre	Thu	Feb 9	10:00 – 4:00 pm	267479	\$35
Fashion Outlets Tour and Lunch	Fri	Feb 24	10:00 – 3:30 pm	267480	\$ 25
Tea and Trumpets with the Vancouver Symphony Orchestra	Thu	Mar 1	10:30 – 5:00 pm	267482	\$44
Boulevard Casino	Tue	Mar 6	10:00 – 3:00 pm	267483	\$18
Roedde House Museum and Tea	Thu	Mar 8	10:00 – 3:00 pm	267484	\$22
Lunch at Duke of Dublin Irish Pub	Fri	Mar 16	10:30 – 3:00 pm	267495	\$22
Beaty Biodiversity Museum	Thu	Mar 22	10:00 – 3:00 pm	267499	\$18
Mystery Lunch (\$25-45)	Fri	Mar 30	10:30 – 3:00 pm	267497	\$18

Tax is not included in the price

For details on the day trips check the brochure available December 12

All bus trips leave from NSNH Lobby

Registration Day; Friday, Dec 16

volunteers

volunteering at north shore neighbourhood house

North Shore Neighbourhood House (NSNH) has a strong tradition of volunteering for more than 70 years. As our community expands, that volunteer spirit has grown to include the John Braithwaite Community Centre (JBCC).

NSNH partners in delivering social, recreational and child care services at John Braithwaite Community Centre. Today, volunteers at both locations make the North Shore a friendly and caring community. There are numerous opportunities for volunteering at both NSNH and JBCC.

volunteer opportunities

SENIORS' PROGRAMS

- ▶ Programs for less active seniors
- ▶ **Bus Trips: Drivers/Trip Assistants**
- ▶ Seniors Peer Support Program

FAMILY PROGRAMS /CHILD CARE SERVICES

- ▶ Family Resource Drop-in
- ▶ Daycare/After School Programs
- ▶ Sunday Family Drop in

RECREATIONAL PROGRAMS

- ▶ Day Camps
- ▶ Fitness Centre Assistants
- ▶ Child and Adult programs

SPECIAL EVENTS & COMMUNITY SERVICES

- ▶ Fundraising events
- ▶ Santa's Breakfast/Easter Bunny Brunch
- ▶ Seniors' Christmas Dinner
- ▶ Community Celebrations

COMMUNITY SERVICES

- ▶ Board of Directors NSNH
- ▶ Income Tax Clinic for low income North Shore residents
- ▶ Queen Mary Community Development Project
- ▶ Edible Garden Project
- ▶ Lunch Program

For more information contact:

Kelly Hardman, volunteer services coordinator

T: 604.982.8314

E: khardman@jbcc.ca

room rental

we have rooms to meet all your needs...
meetings, birthday parties or
family gatherings

- * kitchen
- * meeting rooms
- * social space
- * Patio
- * Gymnasium

non-profit rates available



604.987.8138

other programs

GREATER VANCOUVER FOOD BANK

Through the Food Bank, groceries are distributed to people with low incomes. Recipients must present one piece of picture identification at the time of initial registration. Donations of food can be made on Tuesday afternoon or Wednesday morning at the House.

Wed 11:30 am - 1:00 pm
*with the exception of Income Assistance
cheque-issue day*

NORTH SHORE STROKE RECOVERY PROGRAM

Have you or someone you know had a stroke?

The North Shore Stroke Recovery Centre offers support, companionship and a full program, including speech and music, exercises and counselling. We also offer caregiver support groups for family members, outings and guest speakers.

NSNH, 225 East 2nd St. North Vancouver
Tue - Thu 10:00 am - 2:00 pm
778.340.5803

MOBILE MAMMOGRAPHY SERVICE



The Lower Mainland mobile service began its pilot run in January 2006. Eligible women do not require a referral from their doctor to make an appointment.

ELIGIBILITY REQUIREMENTS FOR WOMEN:

- ▶ B.C. resident, 40 to 79 years of age
- ▶ have no breast changes (ex. new lumps, thickening or discharge)
- ▶ can provide the name of a doctor to receive the results
- ▶ have not had a mammogram within 12 months
- ▶ have not had breast cancer
- ▶ do not have breast implants
- ▶ are not pregnant or breast feeding

1.800.663.9203 www.smpbc.ca

UBC LAW STUDENTS' LEGAL ADVICE PROGRAM

The Law Students' Legal Advice Program (LSLAP) offers free legal services for low-income people in the Lower Mainland. The Law Students' Legal Advice Program (LSLAP) is a non-profit organization that offers free legal advice for low-income earners throughout the lower mainland.

Volunteer UBC Law students, working under the guidance of supervising lawyers provide legal expertise in a variety of areas including small claims, criminal matters, WCB, CPP, tenancies, wills and social assistance.

LSLAP helps over 4,000 individuals annually, with clinic sites throughout the Greater Vancouver community.

People in need of legal assistance can make appointments through office at 604.822.5791.

QUEEN MARY AND WESTVIEW ELEMENTARY SCHOOL COMMUNITY DEVELOPMENT

Our Community School program meets the social and recreational needs of children and families of Queen Mary and Westview schools. In-school and after-school programs are offered in partnership with the John Braithwaite Community Centre, North Vancouver Community Arts Council and many others. Activities include soccer, dance, science, art classes and much more.

Parents are invited to enjoy coffee mornings, parent luncheons, parenting classes, active adventures and other fun stuff.

Come meet other parents from the school and community. For more information contact :

Maria Morisseau, Program Coordinator T: 604-290-2384
e: mmorisseau@nsnh.bc.ca

Office temporarily located at:
Cloverley Site, 440 Hendry Avenue

SWEET PEAS PROGRAM

Are you a mother with a child 6 months to 6 years old, who is struggling to make ends meet? You are not alone. Would you like to learn how to cook on a tight budget and participate in interesting discussions?

This program promotes a healthy lifestyle through valuable information sharing and tips on preparing healthy, affordable meals.

NSNH Kitchen—contact Maya 604.961.7193
For upcoming sessions and to register.

COMMUNITY GARDENS

North Shore Neighbourhood House is proud to be a partner in Community Gardens. Vacant garden plots are assigned on a lottery basis yearly. Gardens are open to the public between 8am and dusk.

In 2011, the Charros Community Garden at Lower Lonsdale will be built immediately to the south of the Lower Lonsdale Community Garden to accommodate 35 NEW garden plots.

The Charros Garden (1st and St. Georges open to CNV residents), the Queen Mary Community Garden (Keith Rd. and Mahon, open to CNV residents) and the Lillooet Park Community Garden (Lillooet and Old. Lillooet Rd., open to DNV residents) are operated in partnership with the North Shore Community Garden Society. The Lower Lonsdale Community Garden (2nd & St. Georges) is operated in partnership with the Lower Lonsdale Community Garden Society.

Waiting lists are being taken for each garden.

Lower Lonsdale Community Garden:

lccgcoord@hotmail.com

Queen Mary Community Garden:

queenmarygarden@gmail.com

Lillooet Park Community Garden:

lillooetgarden@gmail.com

Charros Community Garden at Lower Lonsdale:

charrosgarden@gmail.com

For more information and volunteer opportunities contact Heather:

604-987-8139 ext 231, hjohnstone@nsnh.bc.ca

www.ediblegardenproject.com

info@ediblegardenproject.com

604-255-4342 ext 209



EDIBLE GARDEN PROJECT

The Edible Garden Project (EGP) is working to address urban social and environmental issues by creating a community network that grows and shares local food and promotes sustainable regional agriculture.

We serve gardeners in need of skills and garden space, people with garden space and produce to share and marginalized members of the community who benefit not only from access to healthy home grown foods, but also from programming aimed at engaging and empowering vulnerable populations to grow their own.

From group gardening sessions where volunteers can get their hands dirty, to GardenSmart workshops to school programs the EGP is working to promote local healthy food. The EGP has been operating out of the North Shore Neighbourhood House since its inception in 2006.

LOUTET FARM

A sustainable social enterprise that facilitates social, environmental, economic and educational benefits for the community is the first step in building a plant to plate local food system on the North Shore. 14th & Rufus Ave.

Founded as a unique partnership between the North Shore Neighbourhood House, the City of North Vancouver and the University of British Columbia, Loutet Farm is an exciting project designed for local folks to become involved in and better understand food production and have greater access to locally grown produce.

Happy farmers grow all the produce at Loutet farm without chemicals. Fresh picked gate sales of fresh produce start again in the spring. Check the website for details or drop by the farm. www.ediblegardenproject.ca

membership

give back to your community

And enjoy member benefits! Your membership with the North Shore Neighbourhood House contributes to quality programs and services for people of all ages.

THANKS FOR GETTING INVOLVED!

First Name: _____ Last Name: _____

Address: _____ Postal Code: _____

Phone: _____ Email: _____ Birth Date: _____

Today's Date: _____ I am a renewing member: Yes No

Select a membership category: Senior/Youth (\$5) Regular (\$10) Family (\$15)

The North Shore Neighbourhood House is a registered not-for-profit charity. We greatly appreciate donations from the community to support our activities. These gifts allow us to offer many of our programs and services free of charge or with a nominal fee so that they can be accessed by all members of our community.

I WOULD LIKE TO MAKE A DONATION TO THE NORTH SHORE NEIGHBOURHOOD HOUSE!

\$20 \$100 \$50 \$20 Other: \$ _____

I will pay by cheque.

Pay by VISA Credit Card #: _____

Pay by MC Exp. Date: _____ Signature: _____

I would like information on making a bequest or legacy gift to the NSNH.

I have named the NSNH as a beneficiary in my will or other legacy gift.

Did you know that you can donate on line? www.nsnh.bc.ca and click on the "Donate Now" button-convenient!

All donations more than \$10 will receive an official tax receipt. Charitable BN# 11906-1323 RR001

up next

easter bunny breakfast

SATURDAY MAR 31 9:30-11:00 AM

Breakfast with the Easter Bunny! Enjoy pancakes, fruit, juice, coffee and tea. Kids will enjoy making crafts and going on an Easter Egg Hunt.

Pre-registration is required. No tickets at the door. Don't miss out!

269177

\$7.00/Adult \$4.50/Child

registration

We make it easy for you to join us!

- * Visit the North Shore Neighbourhood House at 225 East 2nd St and register in person
- * Call 604.987.8138 and pay by VISA or MasterCard
- * Register on line at www.northvanrec.com or by using automated registration by phone at 604.987.PLAY (604.987.7529)
- * Or visit the John Braithwaite Community Centre at 145 West 1st Street

- ▶ Unless otherwise noted, full payment of fees must be made at time of registration.
- ▶ HST will be added to most programs at time of registration.
- ▶ 72 hours notice is required to receive refund for bus trips, (For some trips, you may not receive a refund after a certain date.)
- ▶ Programs are not held on statutory holidays or weekends of statutory holidays, unless otherwise indicated.
- ▶ The Recreation Assistance Program is available for those people who are not able to afford the full fees for a recreation program. The funds are provided by the City and the District of North Vancouver. contact Christine Poole, 604.987.8138 to make arrangements for assistance.



www.nsnh.bc.ca