

## North Shore Neighbourhood House Seniors Program Staff

Name	Office Hours	Position	Contact Information
Zheni Gazdova	Mondays to Fridays 8:00-4:00	Seniors Program Coordinator	604-983-6496 <a href="mailto:zgazdova@nsh.bc.ca">zgazdova@nsh.bc.ca</a>
Karin Weidner	Tuesdays 9:00-3:00 Wed to Fri 8:00-1:00	Seniors Social Programmer	604-983-6488 <a href="mailto:srsocialprog@nsh.bc.ca">srsocialprog@nsh.bc.ca</a>
Lorna Harding	Flexible	Seniors Peer Support Program Coordinator	604-983-6490-office 604-315-2084-cell <a href="mailto:lharding@nsh.bc.ca">lharding@nsh.bc.ca</a>

### Seniors Peer Support Program

This program offers **free** confidential one-on-one support to seniors 55+ who are facing different changes and challenges in their lives. Carefully screened and fully trained volunteers provide empathetic listening, encouragement, companionship, referrals and information on available resources. Please contact Lorna Harding at **604-983-6490 / 604-315-2084-cell** or [lharding@nsh.bc.ca](mailto:lharding@nsh.bc.ca) for more information or if you'd like to volunteer with this rewarding program.

### Christmas Lunch

Join us in celebrating the Holiday season with a festive lunch and fun activities. Share your creative ideas on how to make this Christmas celebration extra special! Call Karin at 604-983-6488 or Zheni at 604-983-6496 with suggestions!

177420	11:30-2pm	\$19.00	Fri	December 9	Shoreline Room	Registered
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**Please visit the North Shore Neighbourhood House website at [www.nsh.bc.ca](http://www.nsh.bc.ca)**

The North Shore Neighbourhood House programs promote and enhance the quality of life of adults 55+ living in our community through diverse activities and programs which facilitate leadership, learning, and healthy living.

# NSNH at JBCC Seniors Programs Fall 2022



## Balance & Mobility Exercises

This class is designed to keep you active, strong and independent, to prevent injuries, and increase your energy levels. Every session starts with a gentle warm up and mild cardio, followed by balance, mobility and strength exercises, and ends with a gentle stretch.

161519	11-12pm	\$56.00	Wed	Sep 14 to Oct 26	Anchor Room	Registered Program
161522	11-12pm	\$56.00	Wed	Nov 02 to Dec 14	Anchor Room	

## Osteofit

This fall prevention program focuses on techniques to help improve muscle strength, bone health, joint mobility, posture and balance. It includes functional exercises, agility activities, resistance training and stretches. The Osteofit program is suitable for those with arthritis, osteoporosis and those at risk of falls and fractures.

161550	11-12pm	\$59.50	Tue	Sep 13 to Oct 25	Anchor Room	Registered Program
161552	11-12pm	\$59.50	Tue	Nov 01 to Dec 13	Anchor Room	
161540	12:45-1:45pm	\$59.50	Thu	Sep 15 to Oct 27	Anchor Room	
161543	12:45-1:45pm	\$59.50	Thu	Nov 03 to Dec 15	Anchor Room	

## Mind and Body Fitness for People with Dementia

This interactive program for people with early stage dementia or mild cognitive impairment includes weekly sessions of mild physical exercise, fun games and creative activities. The focus is on maintaining strengths & abilities and encouraging social interaction. The intake process includes a short interview. Participants attend on their own or with a caregiver.

161806	1:30- 3:00pm	\$52.50	Mon	Sep 12 to Oct 31	Anchor Room	Registered Program
161807	1:30- 3:00pm	\$45.00	Mon	Nov 07 to Dec 12	Anchor Room	

## Watercolour Exploration - All Levels

Learn the methods, materials and expressive potential of the watercolor medium. Basic techniques such as washes, wet on wet and dry brush will be explored individually and through group discussions. Background in drawing is helpful.

161813	10:00-12:30pm	\$64.50	Mon	Sep 12 to Oct 24	Art Studio	Registered Program
161816	10:00-12:30pm	\$53.75	Mon	Oct 31 to Nov 28	Art Studio	
161821	10:00-12:30pm	\$75.25	Tue	Sep 13 to Oct 25	Art Studio	
161823	10:00-12:30pm	\$53.75	Tue	Nov 01 to Nov 29	Art Studio	

## Acrylic Painting All Levels

Create exciting art pieces using different art techniques and a variety of mediums. You will improve your technique through demonstrations and one on one instruction.

161829	1:00-3:00pm	\$60.20	Tue	Sep 13 to Oct 25	Art Studio	Registered Program
161830	1:00-3:00pm	\$43.00	Tue	Nov 01 to Nov 29	Art Studio	

## Drawing for Beginners

This is an introduction to the art of drawing. Formal elements of line, value, shape, texture and space are taught individually and in a group setting. Curriculum includes drawing from direct observation. Bring a pencil and paper to the first class.

161833	1:00-3:00pm	\$43.00	Mon	Oct 31 to Nov 28	Art Studio	Registered
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## French Conversation Group

Participate in lively discussions in the language that's spoken across the globe. Anyone who loves French and wants to improve their confidence & fluency in speaking it, is invited. This group is led by volunteers with native proficiency. Call 604 983 6496 for details.

161350	9:30-10:30pm	\$2.00	Thu	Sept 01 to Dec 15	Anchor Room	Drop-In
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## Women's Discussion Group

Participate in lively discussions with new topics every week. Space is limited to 10 people. Come early to secure a spot.

161368	10:30-12:00am	\$2.00	Wed	Sep 07 to Dec 14	Discovery Room	Drop-In
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## Gentle Yoga

This is a healing Hatha yoga class that combines breathing awareness with gentle movement. It's excellent for opening the joints, easing tension and calming the mind. Please bring a mat. Drop-ins are available subject to space availability.

161492	10:45-12:15pm	\$73.50	Mon	Sep 12 to Oct 31	Anchor Room	Registered Program
161494	10:45-12:15pm	\$63.00	Mon	Nov 07 to Dec 12	Anchor Room	
161483	10:45-12:15pm	\$73.50	Thu	Sep 15 to Oct 27	Anchor Room	
161486	10:45-12:15pm	\$73.50	Thu	Nov 03 to Dec 15	Anchor Room	

## Bridge for Beginners

Learn how to play or advance your bridge game with tips and strategies for better play.

161851	9:30-11:30am	\$63.00	Mon	Sep 12 to Oct 31	Discovery Room	Registered Program
161852	9:30-11:30am	\$54.00	Mon	Nov 07 to Dec 12	Discovery Room	

## Ukulele Circle 55+

Learn basic ukulele principles with tips and techniques to upgrade your ukulele skills. Then practice what you've learned in the fun sing and strum that follows. Handouts are included. Limited to 12 registered participants. The wearing of Masks may be requested.

161834	2:00-3:30pm	\$21.00	Wed	Nov 02 to Dec 14	Anchor Room	Registered
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## Italian Beginner

Start learning the most melodic language in the world! Immerse yourself in the culture, the history, the people and the food. Italian is one of the easiest languages for English-speakers to learn. Please call 604 983 6496 for details.

161517	9:30-10:30am	\$14.00	Wed	Sep 14 to Oct 26	Anchor Room	Registered Program
161518	9:30-10:30am	\$14.00	Wed	Nov 02 to Dec 14	Anchor Room	

## Spanish Beginner

Start learning this beautiful language which has a wide global influence on business and culture. Please call 604 983 6496 for details.

161498	9:00-10:30am	\$72.00	Wed	Nov 07 to Dec 12	Anchor Room	Registered
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## Friendly Friday / Lunch and Learn

Attend presentations on how to navigate the systems that provide essential services for seniors in BC. Our **Healthy and Purposeful at 55+** project includes 12 workshops on topics such as Dementia, Emergency Preparedness, Housing, Food Resources, First Aid, Navigating the Health Care System, Pharmacy Services and Consultations, Fraud Prevention, Wellness and Self-Care. **We need your support in passing the information to the seniors who need it most.** Please call Zheni Gazdova for dates and topics at 604-983-6496.

161373	10:30-12:00pm	Free	Fri	Sep 09 to Dec 16	Discovery Room	Drop-In
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### Mahjong Social Drop-In - Instruction is available.

Enhance your memory with Mahjong, a game of Chinese origin, usually played by 4 people with 144 tiles that are drawn and discarded until one player secures a winning hand.

161356	1:30-3:30pm	\$2.00	Tue	Sep 06 to Dec 27	Discovery Room	Drop-In
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### Cribbage Social Drop-In

Originating from the UK, this popular strategy-based card game is designed to be played by 2-6 players using a distinct cribbage board. It has a strict set of rules and a unique scoring system. Instruction is available.

161403	1:30-3:30pm	\$2.00	Thu	Sep 01 to Dec 29	Discovery Room	Drop-In
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### Canasta Social Drop-In

This easy to learn game combines elements of Bridge and Rummy. Players can play individually and in pairs. Instruction is available.

161390	1:00-3:00pm	\$2.00	Fri	Sep 02 to Dec 16	Discovery Room	Drop-In
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### Men's Club

Join the club on Wednesdays at 10am for a variety of activities including games, presentations, discussions, coffee/tea and cookies. For more information, please call 604.983.6488

161424	10:00-1:00pm	\$2.00	Wed	TBD to Dec 14	Youth Centre	Drop-In
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### Thanksgiving Lunch

Join us for a festive Turkey Lunch. Registration is mandatory by Oct 4th at 4pm.

177320	12:00-1:00pm	\$2.00	Fri	Oct 7	Anchor & Discovery Rooms	Register!
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## VCH Diners' Club Lunch

Enjoy a low-cost meal and develop new friendships at JBCC every Friday @12:00pm! All meals are \$7 cash and include sides of vegetables, rice, potatoes or noodles.

Coffee, tea and dessert are also included. **Cash only.** Quantities are limited.

Starting October, call Karin at 604 983 6488 to reserve a spot.

174951	12:00-1:00pm	\$7.00 Cash	Fri	Sep 09 to Dec 23	Anchor Room	Drop-In
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### Music Jam

Join our friendly group of musicians for their weekly jam sessions. Participate in the singing and dancing or just sit back and enjoy the music.

161414	01:30-3:30pm	\$2.00	Fri	Sep 02 to Dec 16	Anchor Room	Drop-In
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### Golden Circle

This is our social get together for the week - we enjoy tea and cookies while checking on each other, sharing stories or discussing interesting topics. We also play games, listen to music, do some chair exercises and tell jokes. Golden Circle is a socialization program for anyone who enjoys the company of others and wants to have some fun.

Contact Karin Weidner at 604-983-6488 for more information.

161366	01:00-2:30pm	\$3.00	Tue	Sep 06 to Dec 13	Anchor Room	Drop-In
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### Movies Social Drop-In

Join us for a viewing of the latest and greatest movies selected by our team. Every Wed except the first Wed of the month when we meet for our Book Club Sessions.

161410	12:30-2:30pm	\$2.00	Wed	Sep 07 to Dec 14	Discovery Room	Drop-In
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### Knitting and Needlework Drop-In

Bring your latest project or work on one of ours. You don't knit? Drop in for some guidance from one of our experts. You don't need to be a senior to participate.

161376	01:00-3:00pm	Free	Mon	Sep 12 to Dec 19	Discovery Room	Drop-In
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### Bridge Social Drop-In

161399	09:30-11:30pm	\$2.00	Thu	Sep 01 to Dec 29	Discovery Room	Drop-In
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