

## North Shore Neighbourhood House Seniors Program Staff

Name	Office Hours	Position	Contact Information
Tooka Hashemi	Mondays to Fridays 9:00-5:00	Seniors Program Coordinator	604-983-6496 <a href="mailto:seniors@nsnh.bc.ca">seniors@nsnh.bc.ca</a>
Karin Weidner	Monday, Thursday, Friday 8:00am-1:00pm Tuesday 9:00am - 3:00pm	Seniors Social Programmer	604-983-6488 <a href="mailto:srsocialprog@nsnh.bc.ca">srsocialprog@nsnh.bc.ca</a>
Lorna Harding	Flexible	Seniors Peer Support Program Coordinator	604-983-6490-office 604-315-2084-cell <a href="mailto:lharding@nsnh.bc.ca">lharding@nsnh.bc.ca</a>

Please visit the North Shore Neighbourhood House website at [www.nsnh.bc.ca](http://www.nsnh.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.

### 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@nsnh.bc.ca](mailto:lharding@nsnh.bc.ca) for more information or if you'd like to volunteer with this rewarding program.

### 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.

257297	1:30- 3:00pm	\$82.50	Mon	Jan 08 to Mar 25	Anchor Room	Registered Program
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## NSNH at JBCC Seniors Program Winter 2024



### 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.

257292	11-12pm	\$59.50	Tue	Jan 03 to Feb 14	Anchor Room	Registered
257291	11-12pm	\$42.50	Tue	Feb 28 to Mar 27	Anchor Room	Program

### Osteofit Level 2 Intermediates

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.

257296	11-12pm	\$59.50	Tue	Jan 02 to Feb 13	Anchor Room	Registered
257295	11-12pm	\$42.50	Tue	Feb 27 to Mar 26	Anchor Room	Program

### Osteofit Level 1 for Beginners

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.

257294	12:45-1:45pm	\$59.50	Thu	Jan 04 to Feb 15	Anchor Room	Registered
257293	12:45-1:45pm	\$42.50	Thu	Feb 29 to Mar 28	Anchor Room	Program

## 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.

25729	10:00-12:30pm	\$123.75	Mon	Jan 08 to Mar 25	Art Studio	Registered Program
25729	10:00-12:30pm	\$135.00	Tue	Jan 09 to Mar 26	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.

257300	1:00-3:30pm	\$135.00	Tue	Jan 09 to Mar 26	Art Studio	Registered
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## 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.

257301	1:00-3:00pm	\$99.00	Mon	Jan 08 to Mar 25	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.

249923	9:30-10:30am	\$2.00	Thu	Jan 04 to Mar 28	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 12 people. Come early to secure a spot.

249920	10:30-12:00pm	\$2.00	Wed	Jan 03 to Mar 27	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.

257303	9:00 –10:30am	\$115.50	Mon	Jan 08 to Mar 25	Anchor Room	Registered Program
257304	10:45-12:15pm	\$115.50	Mon	Jan 08 to Mar 25	Anchor Room	
257302	10:45-12:15pm	\$136.50	Thu	Jan 04 to Mar 28	Anchor Room	

## Bridge for Beginners to Intermediates

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

258324	9:30-11:30am	\$54.00	Mon	Jan 08 to Feb 12	Discovery Room	Registered Program
258325	9:30-11:30am	\$45.00	Mon	Feb 26 to Mar 25	Discovery Room	

## Italian Intermediate Level 1

Improve 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.

257290	9:15-10:45am	\$16.20	Wed	Jan 10 to Jan 31	Anchor Room	Registered Program
257289	9:15-10:45am	\$28.30	Wed	Feb 14 to Mar 27	Anchor Room	

## Spanish Beginners to Intermediates

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

257305	9:30-10:30am	\$48	Tue	Jan 09 to Mar 26	Anchor Room	Registered
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## Friendly Friday Learn

Attend presentations on how to navigate the systems that provide essential services for seniors in BC. Our workshops include 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.

Please call Tooka Hashemi for dates and topics at 604-983-6496.

249919	10:00-11:30am	Free	Fri	Jan 12 to Mar 22	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.

249922	1:30-3:30pm	\$2.00	Tue	Jan 02 to Mar 26	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.

249915	1:30-3:30pm	\$2.00	Thu	Jan 04 Mar 28	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.

249917	1:00-3:00pm	\$2.00	Fri	Jan 05 to Mar 22	Discovery Room	Drop-In
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## Men's Club

Join the club on Tuesdays at 10am for a variety of activities including games, presentations, discussions, coffee/tea and cookies. For more information, please call 604-983-6494. Space is limited to 12 people. Come early to secure a spot.

249912	10:00-12:00pm	\$2.00	Tue	Jan 02 to Mar 26	Discovery Room	Drop-In
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## Bridge Social Drop-In

Drop in or plan to meet a friend for a few hands of bridge!

249916	09:30-11:30am	\$2.00	Thu	Jan 04 to Mar 28	Discovery Room	Drop-In
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## Seniors Lunch Program

Enjoy a delicious meal and develop new friendships at JBCC every Friday @12:00pm! All meals are prepared by the chef of the Medley's Italian and Grill and cost \$8 with sides of vegetables, rice, potatoes or noodles. Coffee, tea and dessert are also included. Quantities are limited. Call Karin at 604-983-6488 to reserve a spot by the end of Tuesday of that week and pay on the day of the lunch at front desk.

250539	12:00-1:00pm	\$8.00	Fri	Jan 05 to Mar 22	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.

249913	1:30-3:30pm	\$2.00	Fri	Jan 05 to Mar 22	Anchor Room	Drop-In
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## Social Circle Drop-In

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.

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

249921	01:00-2:30pm	\$2.00	Tue	Jan 09 to Mar 26	Anchor Room	Drop-In
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## Movies Drop-In

Join us for a viewing of the latest and greatest movies selected by our team.

249914	12:30-3:00pm	\$2.00	Wed	Jan 03 to Mar 27	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.

249918	01:00-3:00pm	Free	Mon	Jan 08 to Mar 25	Discovery Room	Drop-In
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