

North Shore Neighbourhood House Seniors Program Staff

Name	Office Hours	Position	Contact Information
Tooka Hashemi	Mondays to Fridays 9:00am-5:00pm	Seniors Program Coordinator	604-983-6496 seniors@nsnh.bc.ca
Karin Weidner	Monday, Thursday, Friday 8:00am-1:00pm Tuesday 8:00am-2:00pm	Seniors Social Programmer	604-983-6488 srsocialprog@nsnh.bc.ca
Lorna Harding	Flexible	Seniors Peer Support Program Coordinator	604-983-6490-office 604-315-2084-cell lharding@nsnh.bc.ca

Please visit the North Shore Neighbourhood House website at 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 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. Participants attend on their own or with a caregiver. Refreshments, including coffee, tea, cookies, and fruits, will be served.

281500	12:30-2:00pm	\$8.00	Mon	April 8 to June 24	Anchor Room	Drop-In
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NSNH at JBCC Seniors Program Spring 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.

272602	11-12pm	\$51.00	Wed	April 3 to May 8	Anchor Room	Registered
272604	11-12pm	\$51.00	Wed	May 22 to June 26	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.

272597	11-12pm	\$51.00	Tue	April 2 to May 7	Anchor Room	Registered
272598	11-12pm	\$51.00	Tue	May 21 to June 25	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.

272599	12:45-1:45pm	\$51.00	Thu	April 4 to May 9	Anchor Room	Registered
272600	12:45-1:45pm	\$51.00	Thu	May 23 to June 27	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.

272595	10:00-12:30pm	\$123.75	Mon	April 8 to June 24	Art Studio	Registered Program
272592	10:00-12:30pm	\$135.00	Tue	April 9 to June 25	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.

272587	1:00-3:30pm	\$135.00	Tue	April 9 to June 25	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.

272579	1:00-3:00pm	\$99.00	Mon	April 8 to June 24	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.

272735	9:30-10:30am	\$2.00	Thu	April 4 to June 27	Anchor Room	Drop-In
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Women's Discussion Group

Join us for vibrant discussions on new topics each week. We have two different groups, each limited to a maximum of 10 people. Be sure to arrive early to secure your spot!

272731	10:30-12:00pm	\$2.00	Wed	April 3 to June 26	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.

272721	9:00 –10:30am	\$115.50	Mon	April 8 to June 24	Anchor Room	Registered Program
272716	10:45-12:15pm	\$115.50	Mon	April 8 to June 24	Anchor Room	
272722	10:45-12:15pm	\$126.00	Thu	April 11 to June 27	Anchor Room	

Bridge for Beginners to Intermediates

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

272611	9:30-11:30am	\$54.00	Mon	April 8 to May 13	Discovery Room	Registered Program
272616	9:30-11:30am	\$45.00	Mon	May 27 to June 24	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.

272601	9:15-10:45am	\$36.00	Wed	April 10 to May15	Anchor Room	Registered
272706	9:15-10:45am	\$30.00	Wed	May 29 June 26	Anchor Room	Program

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.

272734	1:30-3:30pm	\$2.00	Tue	April 2 to June 25	Discovery Room	Drop-In
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Spanish Level 1 Intermediates

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

272707	9:30-10:30am	\$48.00	Tue	April 9 to June 25	Anchor Room	Registered
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Canada Day Lunch

Join us in celebrating Canada Day with a festive lunch and fun activities.

Registration is mandatory by June 21st at 4pm!

272636	11am-1pm	\$15.00	Fri	June 28	Anchor Room	Register!
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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.

272730	10:00-11:30am	Free	Fri	April 12 to June 28	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.

272726	1:30-3:30pm	\$2.00	Thu	April 4 to June 27	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.

272728	1:00-3:00pm	\$2.00	Fri	April 5 to June 28	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.

272724	10:00-12:00pm	\$2.00	Tue	April 2 to June 25	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

272629	12:00-1:00pm	\$10.00	Fri	April 5 to June 21	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.

272725	1:30-3:30pm	\$2.00	Fri	April 5 to June 28	Anchor Room	Drop-In
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Social Circle Drop-In - For Kiwanis Residents Only!

This is our weekly social gathering exclusively for residents of Kiwanis Towers - 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.

Location is at Kiwanis Towers, Main Floor, Recreation Room,
170 2nd St W, North Vancouver, BC

273090	11:00-12:30pm	\$2.00	Tue	April 9 to June 25	Kiwanis Towers	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.

272729	01:00-3:00pm	Free	Mon	April 8 to June 24	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!

272727	09:30-11:30am	\$2.00	Thu	April 4 to June 27	Discovery Room	Drop-In
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