

## Registering for Senior & Recreation Programs at North Shore Neighbourhood House

Step 1: Visit our website at [www.nsnh.bc.ca](http://www.nsnh.bc.ca)

Step 2: On the front page, click on the “Seniors” picture



### Neighbourhood Small Grants - Apply Now!

July 10, 2024

The Neighbourhood Small Grants program helps residents take part in building community, and applications are open NOW!

Small grants of up to \$500 are available to bring your project to life. Because small things can have a big impact to your neighbours and community.

Learn more: <https://neighbourhoodsmallgrants.ca/> and please contact our Neighbourhood Small Grants Coordinator Amal Hasan by email at [ahasan@nsnh.bc.ca](mailto:ahasan@nsnh.bc.ca)

[LEARN MORE >>](#)



Step 3: Select the activity you would like to register for

## Recurring Activities



### Introduction to Tai Chi and Qigong Fusion

\$162.00 Sep 12 - Nov 28

Join Sifu Josie, with the TQ Spirit, in learning the basics of tai chi along with a wide variety of Health Qigong. Combining Tai Chi and Qigong provides a comprehensive workout that enhances physical health, mental clarity, emotional well-being, and overall...

[VIEW ACTIVITY](#)

### Bridge Beginners / Intermediate

\$4.50 Sep 9 - Dec 16

Learn how to play or advance your bridge game with tips and strategies for better play. Please contact NSNH staff for withdrawal policy. Tooka Hashemi, Seniors Program Coordinator, (604) 983-6496.

[VIEW ACTIVITY](#)

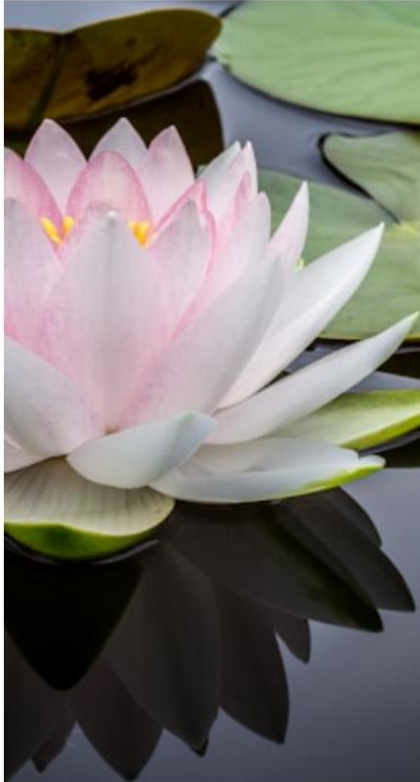
### JBCC Lunch Program

DROP-IN Sep 6 - Dec 20

If you're 55+, enjoy a low-cost meal and develop new friendships at the John Braithwaite Community Centre every Friday at 12:00 pm! All meals are \$10 and include a side of either rice, potatoes or noodles. Coffee, tea and dessert...

[VIEW ACTIVITY](#)

**Step 4:** Select the quantity of tickets you would like to purchase using the “+” and “-” symbols. The location of your event will be listed next to “Venue”.



### Introduction to Tai Chi and Qigong Fusion

**\$162.00**

**Sep 12 - Nov 28**

Join Sifu Josie, with the TQSpirit, in learning the basics of tai chi along with a wide variety of Health Qigong. Combining Tai Chi and Qigong provides a comprehensive workout that enhances physical health, mental clarity, emotional well-being, and overall vitality. The benefits are numerous: Improved Balance and Coordination, Flexibility and Strength, Pain Relief, Stress Reduction and Emotional stabilization. Come join us! You will find community in this welcoming group.

**Venue:** NSNH: Gym

**Organizer:** Christine Cameron

#### Tickets

Series Passes

#### Introduction to Tai Chi & Qigong Fusion Pass

**\$ 162.00**

- **1** +


A Pass to Introduction to Tai Chi & Qigong Fusion

20 available

Quantity: **1** Total: **\$ 162.00**

**Sign Up**

**Step 5:** If the quantities are correct, select “Proceed to Checkout”

PRODUCT	TOTAL
 Introduction to Tai Chi & Qigong Fusion Pass \$162.00 - 1 + <a href="#">Remove Item</a>	\$162.00

CART TOTALS	
Add a coupon	▼
Subtotal	<b>\$162.00</b>
<b>Total</b>	<b>\$162.00</b>

**PROCEED TO CHECKOUT**

**Step 5:** Fill out all of your contact and payment information & select “Place Order”, and you will receive a confirmation email.

### Contact information


We'll use this email to send you details and updates about your order.

### Billing address

Enter the billing address that matches your payment method.

+ Add apartment, suite, etc.

### Payment options

 There are no payment methods available. This may be an error on our side. Please contact us if you need any help placing your order.

Add a note to your order

By proceeding with your purchase you agree to our [Terms and Conditions](#) and [Privacy Policy](#)

[← Return to Cart](#)

**PLACE ORDER**

### Order summary

1	Introduction to Tai Chi & Qigong Fusion Pass	\$162.00
	\$162.00	
	A Pass to Introduction to Tai Chi & Qigong Fusion	

Add a coupon

Subtotal **\$162.00**

**Total \$162.00**