

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 seniors@nsnh.bc.ca
Karin Weidner	Tuesdays 8:00-2:00 Mondays– Thursdays-Fridays 8:00-1:00	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.

NSNH at JBCC Seniors Program Spring 2025



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.

11-12pm	\$102.00	Wed	Apr 9 to Jun 25	Anchor Room	Registered Program
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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.

Level 1 for Beginners

12:45-1:45pm	\$102.00	Thu	Apr 10 to Jun 26	Anchor Room	Registered Program
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Level 2 Intermediates

11-12pm	\$102.00	Tue	Apr 8 to Jun 24	Anchor Room	Registered Program
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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.

Watercolour Exploration #1

Exclusion Dates: Apr 21 & May 19

10:00-12:30pm	\$137.50	Mon	Apr 7 to Jun 30	Art Studio	Registered
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Watercolour Exploration #2

10:00-12:30pm	\$150.00	Tue	Apr 8 to Jun 24	Art Studio	Registered
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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.

1:00-3:30pm	\$150.00	Tue	Apr 8 to Jun 24	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.

Exclusion Dates: Apr 21 & May 19

1:00-3:00pm	\$110.00	Mon	Apr 7 to Jun 30	Art Studio	Registered
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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.

Gentle Yoga #1

Exclusion Dates: Apr 21 & May 19

9:00 –10:30am	\$115.50	Mon	Apr 7 to Jun 30	Anchor Room	Registered
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Gentle Yoga #2

Exclusion Dates: Apr 21 & May 19

10:45-12:15pm	\$115.50	Mon	Apr 7 to Jun 30	Anchor Room	Registered
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Gentle Yoga #3

10:45-12:15pm	\$115.50	Thu	Apr 17 to Jun 26	Anchor Room	Registered
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Tai Chi- Yang Style

This class will introduce the basic principles and movements of Tai Chi. Simple and easy to learn, yet requiring mindfulness, you will learn all the basic postures, correct alignment, terms, and movements.

9:30-10:30am	\$77.00	Thu	Apr 17 to Jun 26	Anchor Room	Registered
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Mind and Body Fitness for People with Dementia

This unique class incorporates activities designed to strengthen memory and cognition, boost creativity, and improve coordination and balance. The program features weekly sessions of mild physical exercise, fun games, and creative activities. The focus is on maintaining individual strengths and abilities, and encouraging social engagement, all while enjoying a beverage and cookies.

Try the first class for free to see if the program is right for you!

10:00– 11:30am	\$99.00	Tue	Apr 8 to Jun 24	JBCC– Youth Centre	Registered
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Social Circle Drop– In, by Reservation (For Kiwanis' Residents Only)

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 do some chair exercises and tell jokes.

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

Space is limited to 12.

11:00-12:30pm	\$2.00	Tue	Apr 8 to Jun 24	Kiwanis Building	Reserved
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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.

9:30-11:30am	\$2.00	Tue	Apr 8 to Jun 24	Discovery Room	Drop-In
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Women's Discussion Group

Participate in lively discussions with new topics every week. Space is limited to 20 people. Come early to secure a spot. **2 Groups of 10.**

10:30-12:00pm	\$2.00	Wed	Apr 9 to Jun 25	Group 1, Discovery Group 2, Youth Centre Rooms	Drop-In
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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.

9:30-10:30am	\$2.00	Wed	Apr 9 to Jun 25	Anchor Room	Drop-In
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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. **Exclusion Dates: Apr 21 & May 19**

1:00-2:30pm	\$82.30	Mon	Apr 7 to Jun 30	Anchor Room	Registered
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Spanish Beginners to Intermediates

Start learning this beautiful language which has a wide global influence on business and culture.

9:00-10:30am	\$90.00	Tue	Apr 8 to Jun 24	Anchor Room	Registered
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Ukulele

Join our new ukulele drop-in program! Play in a relaxed, fun atmosphere. Spaces are first-come, first-served, with a maximum capacity of 20, so be sure to arrive early. Whether you're a beginner or experienced, this is a great opportunity to make music and connect with others!

1:00-2:45pm	\$2.00	Wed	Apr 9 to Jun 25	Anchor Room	Drop-In
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Friendly 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.

TBD	Free	TBD	TBD	Anchor 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!

10:00-12:00pm	\$2.00	Thu	Apr 3 to Jun 26	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.

1:30-3:30pm	\$2.00	Tue	Apr 1 to Jun 24	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.

1:30-3:30pm	\$2.00	Thu	Apr 3 to Jun 26	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.

1:00-3:00pm	\$2.00	Fri	Apr 4 to Jun 27	Discovery Room	Drop-In
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Bridge for Beginners/ Intermediates

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

Exclusion Dates: Apr 21 & May 19

9:30-11:30am	\$99.00	Mon	Apr 7 to Jun 30	Discovery Room	Registered
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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.

Exclusion Dates: Apr 21 & May 19

01:00-3:00pm	Free	Mon	Apr 7 to Jun 30	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 \$10 with sides of vegetables, rice, potatoes or noodles. Coffee, tea and dessert are also included. Quantities are limited.

Call Tooka at 604-983-6496 to reserve a spot by the end of Tuesday of that week and pay on the day of the lunch at front desk.

12:00-1:00pm	\$10.00	Fri	Apr 11 to Jun 20 Exclusion date: April 18	Anchor Room	Reserved
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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 20th at 4pm! Please visit our website at nsnh.bc.ca or call Tooka at 604-983-6496 to register.

11:30am-1pm	\$15.00	Fri	June 27	Anchor Room	Register before June 20th!
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Line Dancing

Join our Line Dancing class to learn simple, fun dance moves. Stay active, improve balance, and socialize in a friendly environment.

9:30-10:30am	\$77.00	Fri	Apr 11 to Jun 27 Exclusion date: April 18	Anchor Room	Registered
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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.

1:30-3:30pm	\$2.00	Fri	Apr 11 to Jun 27 Exclusion date: April 18	Anchor Room	Drop-In
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