

North Shore Neighbourhood House Seniors Program Winter 2026

At John Braithwaite Community Centre



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	Thursdays, 8:00am- 2:00pm Mondays, Tuesdays, Fridays 8:00am-1:00pm	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.

Health and Fitness

Active Social Minds

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.

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

A light lunch also will be served!

You can attend the class on your own or with a caregiver.

12– 1:30pm	\$2	Thu	Jan 15 to Mar 26	JBCC– Youth Centre	Drop– in
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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.

11am-12pm	\$108	Wed	Jan 7 to Mar 25	Anchor Room	Registration
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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.

Osteofit Beginner

12:45-1:45pm	\$108	Thu	Jan 8 to Mar 26	Anchor Room	Registration
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Osteofit Intermediate

11-12pm	\$108	Tue	Jan 6 to Mar 24	Anchor Room	Registration
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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

No Classes On Feb 2, 9,16

9– 10:30am	\$105	Mon	Jan 5 to Mar 30	Anchor Room	Registration
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Gentle Yoga #2

No Classes On Feb 2, 9, 16

10:45am-12:15pm	\$105	Mon	Jan 5 to Mar 30	Anchor Room	Registration
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Gentle Yoga #3

No Class on Feb 5

10:45am–12:15pm	\$115.50	Thu	Jan 8 to Mar 26	Anchor Room	Registration
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Chair Yoga

This gentle and accessible class is designed for older adults of all mobility levels. Using a chair for support, participants will practice seated and standing poses to improve flexibility, balance, and strength. The class also includes breathing exercises and relaxation techniques to promote overall well-being and reduce stress. No prior yoga experience is needed.

12:30-1:30pm	\$84	Tue	Jan 6 to Mar 24	Anchor Room	Registration
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Tai Chi- Yang Style

No Class on Feb 5

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	Thu	Jan 8 to Mar 26	Anchor Room	Registration
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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	\$64	Fri	Feb 6 to Mar 27	Anchor Room	Registration
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Health and Fitness Programs

Art and Language

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

No Class On Feb 16

10am-12:30pm	\$137.50	Mon	Jan 5 to Mar 23	Art Studio	Registration
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Watercolour Exploration #2

10am-12:30pm	\$150	Tue	Jan 6 to Mar 24	Art Studio	Registration
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Drawing Beginner

No Class On Feb 16!

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.

1-3pm	\$110	Mon	Jan 5 to Mar 23	Art Studio	Registration
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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.

1-3:30pm	\$150	Tue	Jan 6 to Mar 24	Art Studio	Registration
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Art and Language Programs

Spanish Level 1 Beginner

No Class On Feb 16!

This introductory class is perfect for seniors with little to no prior knowledge of Spanish. You'll learn basic vocabulary, common phrases, and simple grammar to help with everyday conversations. Join us and enjoy learning a new language in a relaxed and friendly environment!

1– 2:30pm	\$82.50	Mon	Jan 5 to Mar 23	Anchor Room	Registration
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Spanish Level 1 Intermediate

This class is ideal for seniors who have some basic knowledge of Spanish and want to build on their skills. You'll expand your vocabulary, improve your grammar, and gain confidence in speaking and understanding Spanish in everyday situations. Lessons include conversation practice, listening exercises, and interactive activities. Enjoy learning in a supportive and engaging environment!

9-10:30am	\$90	Tue	Jan 6 to Mar 24	Anchor Room	Registration
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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	Wed	Jan 7 to Mar 25	Anchor Room	Drop-In
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Social Programs

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!

1-2:45pm	\$2	Wed	Jan 7 to Mar 25	Anchor Room	Drop-In
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Social Circle

Social Circle Drop– In, by Reservation

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 reservation.

A Light lunch will be provided

11am-12:30pm	\$2	Tue	Jan 13 to Mar 24	Youth Centre	Requires Reservation
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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.

10am–12pm	\$2	Tue	Jan 6 to Mar 31	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.**

10:30am-12pm	\$2	Wed	Jan 7 to Mar 25	Group 1, Discovery Group 2, Youth Centre	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	TBD	TBD	TBD	Anchor Room	Drop-In
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Social Programs

Bridge Social Drop-In

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

9:30-11:30am	\$2	Thu	Jan 8 to Mar 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	Tue	Jan 6 to Mar 31	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	Thu	Jan 8 to Mar 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.

1-3pm	\$2	Fri	Jan 2 to Mar 27	Discovery Room	Drop-In
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Bridge for Beginner/ Intermediate

No Class on Feb 16

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

9:30-11:30am	\$108	Mon	Jan 5 to Mar 30	Discovery Room	Registration
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Social Programs

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 \$12 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.

12-1pm	\$12	Fri	Jan 9 to Mar 27	Anchor Room	Reservation
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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	Fri	Jan 9 to Mar 27	Anchor Room	Drop-In
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Knitting and Needlework Drop-In

No Program on Feb 16

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.

1-3pm	Free	Mon	Jan 5 to Mar 30	Discovery Room	Drop-In
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Social Programs