# North Shore Neighbourhood House
# Seniors Program Spring 2026

**At John Braithwaite Community Centre**

North Shore Neighbourhood House

## North Shore Neighbourhood House Seniors Program Staff

| Name | Office Hours | Position | Contact Information |
|---|---|---|---|
| Tooka Hashemi | Mondays to Fridays<br>9am- 5pm | Seniors Program Coordinator | (236) 987-1046<br>seniors@nsnh.bc.ca |
| Karin Weidner | Thursdays, 8am- 2pm<br>Mondays, Tuesdays, Fridays 8am-1pm | Seniors Social Programmer | (236) 985-5507<br>srsocialprog@nsnh.bc.ca |
| Lorna Harding | Flexible | Seniors Peer Support Program Coordinator | 604-315-2084<br>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 **604-315-2084** -or lharding@nsnh.bc.ca for more information or if you'd like to volunteer with this rewarding program.

## 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 to register.

| | | | | | |
|---|---|---|---|---|---|
| 11:30am-1pm | $15.00 | Fri | June 26 | Anchor Room | Register before June 22 |

# 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 (236) 985-5507 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 |

## 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 #1

**No Class On May 18**

| | | | | | |
|---|---|---|---|---|---|
| 12:45-1:45pm | $100 | Mon | Apr 13 to Jun 22 | Anchor Room | Registration |

## Osteofit #2

| | | | | | |
|---|---|---|---|---|---|
| 11am-12pm | $120 | Tue | Apr 7 to Jun 23 | Anchor Room | Registration |

## Osteofit #3

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|---|---|---|---|---|---|
| 12:45-1:45pm | $108 | Tue | Apr 9 to Jun 25 | Anchor Room | Registration |

## 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 Class on Apr 20, May 18 & 25**

| | | | | | |
|---|---|---|---|---|---|
| 9– 10:30am | $84 | Mon | Apr 13 to Jun 22 | Anchor Room | Registration |

## Gentle Yoga #2

**No Class on Apr 20, May 18 & 25**

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|---|---|---|---|---|---|
| 10:45am-12:15pm | $84 | Mon | Apr 13 to Jun 22 | Anchor Room | Registration |

## Gentle Yoga #3

**No Class On Apr 16 & May 28**

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|---|---|---|---|---|---|
| 10:45am–12:15pm | $105 | Thu | Apr 9 to Jun 25 | Anchor Room | Registration |

## 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 | Apr 7 to Jun 23 | Anchor Room | Registration |

## 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.

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| 11am-12pm | $108 | Wed | Apr 8 to Jun 24 | Anchor Room | Registration |



## Tai Chi- Yang Style

**No Class On Apr 16 & May 28**

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.

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|---|---|---|---|---|---|
| 9:30-10:30am | $70 | Thu | Apr 9 to Jun 25 | Anchor Room | Registration |

## Line Dancing

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

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|---|---|---|---|---|---|
| 9:30-10:30am | $96 | Fri | Apr 11 to Jun 26 | Anchor Room | Registration |

# Language

## 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 | Apr 7 to Jun 23 | Anchor Room | Registration |

## 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.

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|---|---|---|---|---|---|
| 9:30-10:30am | $2 | Wed | Apr 8 to Jun 24 | Anchor Room | Drop-In |

# Art Programs

## 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 May 18**

| | | | | | |
|---|---|---|---|---|---|
| 10am-12:30pm | $125 | Mon | Apr 13 to Jun 22 | Art Studio | Registration |

## Watercolour Exploration #2

| | | | | | |
|---|---|---|---|---|---|
| 10am-12:30pm | $137.50 | Tue | Apr 14 to Jun 23 | Art Studio | Registration |

## Drawing Beginner

**No Class On May 18**

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 | $100 | Mon | Apr 13 to Jun 22 | Art Studio | Registration |

## 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.

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|---|---|---|---|---|---|
| 1-3:30pm | $137.50 | Tue | Apr 14 to Jun 23 | Art Studio | Registration |



# Social Programs

## 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 (236) 985-5507 for more information and reservation.

**A Light lunch will be provided**

| | | | | | |
|---|---|---|---|---|---|
| 11am-12:30pm | $2 | Tue | Apr 14 to Jun 23 | Youth Centre | Requires Reservation |

## 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 (236) 987-1046 .

**Space is limited to 12.**

| | | | | | |
|---|---|---|---|---|---|
| 10am–12pm | $2 | Tue | Apr 7 to Jun 30 | Discovery Room | Drop-In |

## 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.**

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|---|---|---|---|---|---|
| 10:30am-12pm | $2 | Wed | Jan 7 to Mar 25 | Group 1, Discovery<br>Group 2,Youth Centre | Drop-In |

## 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 (236) 987-1046 .

| | | | | | |
|---|---|---|---|---|---|
| TBD | TBD | TBD | TBD | Anchor Room | Drop-In |

## Bridge Social Drop-In

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

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|---|---|---|---|---|---|
| 9:30-11:30am | $2 | Thu | Apr 2 to Jun 25 | Discovery Room | Drop-In |

## 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.

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|---|---|---|---|---|---|
| 1:30-3:30pm | $2 | Tue | Apr 7 to Jun 30 | Discovery Room | Drop-In |

## 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 | Apr 2 to Jun 25 | Discovery Room | Drop-In |

## 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 | Apr 10 to Jun 26 | Discovery Room | Drop-In |

## Bridge for Beginner/ Intermediate

**No Class on May 18**

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

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|---|---|---|---|---|---|
| 9:30-11:30am | $90 | Mon | Apr 13 to Jun 22 | Discovery Room | Registration |



## 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

Coffee, tea and dessert are also included. Quantities are limited.

Call Tooka at (236) 987-1046 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 | Apr 10 to Jun 19 | Anchor Room | Reservation |

## 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.

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|---|---|---|---|---|---|
| 1:30-3:30pm | $2 | Fri | Apr 10 to Jun 26 | Anchor Room | Drop-In |

## Knitting and Needlework Drop-In

**No Program on May 18**

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 | Apr 13 to Jun 29 | Discovery Room | Drop-In |

## 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 |