

New!

Health and Fitness

The Lyrics and Laughter to Lift Collective

Where Connection Sparks Joy!

A social gathering for family care-partners and persons with memory loss. Through music, laughter yoga, and creative activities, you will experience stress release, lightness and new learning. Be part of a community of those who understand.

For people with memory loss & their Family/Friends/Care Partners (no paid caregivers). Diagnosis of dementia is NOT required.

Min: 3 care pairs- Max: 7 care pairs

Refreshments will be provided

Please contact Tooka Hashemi at 236-987-1046 or seniors@nsnh.bc.ca for more information.

1:30-3pm	\$99	Tue	Oct 20 to Dec 8	NSNH – Inman 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 #1

No Class On Oct 12

12:45-1:45pm	\$117	Mon	Sep 14 to Dec 14	Anchor Room	Registration
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Osteofit #2

11am-12pm	\$108	Tue	Sep 29 to Dec 15	Anchor Room	Registration
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Osteofit #3

12:45-1:45pm	\$108	Thu	Oct 1 to Dec 17	Anchor Room	Registration
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Health and Fitness

North Shore Neighbourhood House

Seniors Programs Fall 2026

At John Braithwaite Community Centre

Address: 145 W 1st St, North Vancouver, BC V7M 1B1



Name	Office Hours	Position	Contact Information
Tooka Hashemi	Mondays to Fridays 9am- 5pm	Seniors Program Coordinator	(236) 987-1046 seniors@nsnh.bc.ca
Karin Weidner	Tuesdays, 8am- 2pm Mondays, Thursdays, Fridays 8am-1pm	Seniors Social Programmer	(236) 985-5507 srsocialprog@nsnh.bc.ca
Lorna Harding	Flexible	Seniors Peer Support Program Coordinator	604-315-2084 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.

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 Oct 12

9-10:30am	\$136.50	Mon	Sep 14 to Dec 14	Anchor Room	Registration
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Gentle Yoga #2

No Class on Oct 12

10:45am-12:15pm	\$136.50	Mon	Sep 14 to Dec 14	Anchor Room	Registration
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Gentle Yoga #3

No Class on Oct 1 & 8

10:45am-12:15pm	\$136.50	Thu	Sep 10 to Dec 17	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.

Chair Yoga #1

12:30-1:30pm	\$120	Tue	Sep 8 to Dec 15	Anchor Room	Registration
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Chair Yoga #2

No Class on Sep 30 & Nov 11

1-2pm	\$104	Wed	Sep 9 to Dec 16	Anchor Room	Registration
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Balance & Mobility Exercises

No Class on Nov 11

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	\$90	Wed	Oct 7 to Dec 16	Anchor Room	Registration
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Health and Fitness Programs

Tai Chi- Yang Style

No Class On Oct 1 & Oct 8

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	\$104	Thu	Sep 10 to Dec 17	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	\$ 120	Fri	Sep 11 to Dec 18	Anchor Room	Registration
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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	\$112.50	Tue	Sep 8 to Dec 15	Anchor Room	Registration
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French Conversation Group

No Program on Sep 30 & Nov 11

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	Sep 9 to Dec 16	Anchor Room	Drop-In
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Fitness and Language Programs

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 Oct 12

10am-12:30pm	\$125	Mon	Sep 14 to Nov 23	Art Studio	Registration
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Watercolour Exploration #2

10am-12:30pm	\$137.50	Tue	Sep 15 to Nov 24	Art Studio	Registration
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Drawing Beginner

No Class on Oct 12

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	Sep 14 to Nov 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	\$137.50	Tue	Sep 15 to Nov 24	Art Studio	Registration
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Art Programs

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	Sep 15 to Dec 15	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 (236) 987-1046 .

Space is limited to 12.

10am–12pm	\$2	Tue	Sep 8 to Dec 15	Discovery Room	Drop-In
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Women's Discussion Group

No Program On Sep 30 & Nov 11

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	Sep 9 to Dec 16	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 (236) 987-1046 .

TBA	TBA	TBA	TBA	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!

9:30am-12:30pm	\$2	Thu	Sep 3 to Dec 31	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	Sep 1 to Dec 29	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	Sep 3 to Dec 31	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	Sep 4 to Dec 18	Discovery Room	Drop-In
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Bridge for Beginner/ Intermediate

No Class On Oct 12

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

9:30-11:30am	\$ 117	Mon	Sep 14 to Dec 14	Discovery Room	Registration
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Ukulele

No Program on Sep 30 & Nov 11

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!

12-1:45pm	\$2	Wed	Sep 9 to Dec 16	Youth Centre	Drop-In
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Social Programs

Thanksgiving Lunch

Join us for a festive Turkey Lunch. **Registration is needed by Oct 5 at 4pm!**

12-1pm	\$15.00	Fri	October 9	Anchor Room	Registration!
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Christmas Luncheon

Join us in celebrating the holiday season with a festive lunch and fun activities!

Registration is needed by Dec 4 at 4pm!

11:30-2pm	\$20.00	Fri	December 11	Shoreline Room	Registration!
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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 \$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.

No Lunch on Dec 11

12-1pm	\$12	Fri	Sep 11 to Dec 18	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.

No Music Jam on Dec 11

1:30-3:30pm	\$2	Fri	Sep 11 to Dec 18	Anchor Room	Drop-In
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Knitting and Needlework Drop-In

No Program on Oct 12

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	Sep 14 to Dec 28	Discovery Room	Drop-In
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Social Programs