

New!

## Health and Fitness

### Memory Arts

**Where Connection Sparks Joy!**

Laugh, socialize, make music, art and new friends! You and your family member will meet other care-pairs living with memory loss in a place where others really understand.

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

**Refreshments will be provided**

Please contact Tooka Hashemi at 236-987-1046 or [seniors@nsnh.bc.ca](mailto:seniors@nsnh.bc.ca) for more information.

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

### 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 |
|--------------|-------|-----|------------------|-------------|--------------|

### Osteofit #2

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

### Osteofit #3

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

## 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<br>9am- 5pm                               | Seniors Program Coordinator              | (236) 987-1046<br><a href="mailto:seniors@nsnh.bc.ca">seniors@nsnh.bc.ca</a>           |
| Karin Weidner | Tuesdays, 8am- 2pm<br>Mondays, Thursdays, Fridays<br>8am-1pm | Seniors Social Programmer                | (236) 985-5507<br><a href="mailto:srsocialprog@nsnh.bc.ca">srsocialprog@nsnh.bc.ca</a> |
| Lorna Harding | Flexible                                                     | Seniors Peer Support Program Coordinator | 604-315-2084<br><a href="mailto:lharding@nsnh.bc.ca">lharding@nsnh.bc.ca</a>           |

**Please visit the North Shore Neighbourhood House website at [www.nsnh.bc.ca](http://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](mailto: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 |
|-----------|----------|-----|------------------|-------------|--------------|

### Gentle Yoga #2

No Class on Oct 12

|                 |          |     |                  |             |              |
|-----------------|----------|-----|------------------|-------------|--------------|
| 10:45am-12:15pm | \$136.50 | Mon | Sep 14 to Dec 14 | Anchor Room | Registration |
|-----------------|----------|-----|------------------|-------------|--------------|

### Gentle Yoga #3

No Class on Oct 1 & 8

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

### Chair Yoga #1

|              |       |     |                 |             |              |
|--------------|-------|-----|-----------------|-------------|--------------|
| 12:30-1:30pm | \$120 | Tue | Sep 8 to Dec 15 | Anchor Room | Registration |
|--------------|-------|-----|-----------------|-------------|--------------|

### Chair Yoga #2

No Class on Sep 30 & Nov 11

|       |       |     |                 |             |              |
|-------|-------|-----|-----------------|-------------|--------------|
| 1-2pm | \$104 | Wed | Sep 9 to Dec 16 | Anchor Room | Registration |
|-------|-------|-----|-----------------|-------------|--------------|

## 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 |
|-----------|------|-----|-----------------|-------------|--------------|

## 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 |
|--------------|-------|-----|------------------|-------------|--------------|

## 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 |
|--------------|--------|-----|------------------|-------------|--------------|

## 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 |
|-----------|----------|-----|-----------------|-------------|--------------|

## 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 |
|--------------|-----|-----|-----------------|-------------|---------|

## Fitness and Language Programs

New!

## 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 |
|--------------|-------|-----|------------------|------------|--------------|

#### Watercolour Exploration #2

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

### 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 |
|-------|-------|-----|------------------|------------|--------------|

### 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 |
|----------|----------|-----|------------------|------------|--------------|

## 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 |
|--------------|-----|-----|------------------|--------------|----------------------|

### 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 |
|-----------|-----|-----|-----------------|----------------|---------|

### 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<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 .**

|     |     |     |     |             |         |
|-----|-----|-----|-----|-------------|---------|
| TBA | TBA | TBA | TBA | Anchor Room | Drop-In |
|-----|-----|-----|-----|-------------|---------|

## 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 |
|----------------|-----|-----|-----------------|----------------|---------|

## 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 |
|-------------|-----|-----|-----------------|----------------|---------|

## 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 |
|-------------|-----|-----|-----------------|----------------|---------|

## 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 |
|-------|-----|-----|-----------------|----------------|---------|

## 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 |
|--------------|--------|-----|------------------|----------------|--------------|

## Ukulele

**No Program on Oct 12**

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– 3pm | \$2 | Wed | Sep 14 to Dec 14 | NSNH– Inman Room | Drop-In |
|--------|-----|-----|------------------|------------------|---------|

## Social Programs

## Thanksgiving Lunch

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

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

## Christmas Lunch

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

**Registration is required by Dec 4 at 4pm!**

|           |         |     |             |                |               |
|-----------|---------|-----|-------------|----------------|---------------|
| 11:30-2pm | \$20.00 | Fri | December 11 | Shoreline 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.**

**No Lunch on Dec 11**

|        |      |     |                  |             |             |
|--------|------|-----|------------------|-------------|-------------|
| 12-1pm | \$12 | Fri | Sep 11 to Dec 18 | Anchor Room | Reservation |
|--------|------|-----|------------------|-------------|-------------|

## Music Jam

**No Music Jam on Dec 11**

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 | Sep 11 to Dec 18 | Anchor Room | Drop-In |
|-------------|-----|-----|------------------|-------------|---------|

## 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 |
|-------|------|-----|------------------|----------------|---------|

## Social Programs