Visual Arts

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 15

10am-12:30pm $125 Mon Jan 11 to Mar 22 Art Studio

Watercolour Exploration #2

10am-12:30pm $137.50 Tue Jan 12 to Mar 23 Art Studio

Drawing Beginner

No Class on Feb 15

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 Jan 11 to Mar 22 Art Studio

Acrylic Painting All Levels

Create exciting art pieces using different art techniques and a variety of mediums. You will improve your technique through demonstration and one on one instruction.

1-3:30pm $137.50 Tue Jan 12 to Mar 23 Art Studio

North Shore Neighbourhood House Seniors Programs Winter 2027

North Shore Neighbourhood House

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 to register.

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.

Health and Wellness

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 Feb 15

12:45-1:45pm $ 99 Mon Jan 4 to Mar 22 Anchor Room

Osteofit #2

11am-12pm $ 108 Tue Jan 5 to Mar 23 Anchor Room

Osteofit #3

12:45-1:45pm $108 Thu Jan 7 to Mar 25 Anchor Room

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 6 to Mar 24 Anchor Room

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 $ 108 Thu Jan 7 to Mar 25 Anchor Room

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 Feb 15

9-10:30am $115.50 Mon Jan 4 to Mar 22 Anchor Room

Gentle Yoga #2

No Class on Feb 15

10:45am-12:15pm $115.50 Mon Jan 4 to Mar 22 Anchor Room

Gentle Yoga #3

10:45am-12:15pm $126 Thu Jan 7 to Mar 25 Anchor Room

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 $ 96 Tue Jan 5 to Mar 23 Anchor Room

Chair Yoga #2

12:30-1:30pm $ 96 Wed Jan 6 to Mar 24 Anchor Room

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 $ 48 Fri Feb 12 to Mar 19 Anchor Room

Social Programs

Social Circle

By reservation only. Space is limited!

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 chair exercises and tell jokes.

Contact Karin Weidner at (236) 985-5507 for more information and reservations. A light lunch is provided.

11am-12:30pm $2 Tue Jan 19 to Mar 23 Multipurpose Room

Memory Arts

Where Connection Sparks Joy!

For people with memory loss & their family or friends.

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.

Refreshments will be provided.

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

1:30-3:30pm $124 Tue Jan 19 to Mar 23 NSNH – Inman Room

Friendly Learn, by reservation only

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.

Contact Tooka Hashemi at 236-987-1046 or seniors@nsnh.bc.ca for session updates.

TBD Free Anchor Room

Seniors Lunch Program

By Reservation Only

Enjoy a delicious meal and develop new friendships at JBCC every Friday @12:00pm! All meals are prepared by the chef of Medley's Italian & Grill and cost $12. Coffee, tea and dessert are also included. Quantities are limited.

Please 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 Jan 8 to Mar 19 Anchor Room

Music Jam Drop- In

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 8 to Mar 19 Anchor Room



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 Jan 5 to Mar 23 Anchor Room

French Conversation Group-Drop- In

Participate in lively discussions in the language that's spoken across the globe. Anyone who loves French and wants to improve their confidence and fluency in speaking it is invited. This group is led by volunteers with native proficiency.

9:30–10:30am $2 Wed Jan 6 to Mar 24 Anchor Room

Social Programs

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 7 to Mar 25 Discovery Room

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 8 to Mar 26 Discovery Room

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 5 to Mar 30 Discovery Room

Bridge Social Drop-In

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

9:30am-12:30pm $2 Thu Jan 7 to Mar 25 Discovery Room

Bridge for Beginners/Intermediate

No Class on Feb 15

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

9:30-11:30am $ 99 Mon Jan 4 to Mar 22 Discovery Room

Men’s Club Drop-In

Space is limited to 12.

Join the club on Tuesdays at 10am for activities including games, presentations, discussions.
Coffee/tea and cookies will be served.
For more information, please call Tooka Hashemi at (236) 987-1046.

10am-12pm $ 2 Tue Jan 5 to Mar 30 Discovery Room

Women's Discussion Group - Drop-In

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 6 to Mar 31 Discovery Room

Knitting and Needlework - Free Drop-In

No Program on Feb 15

Bring your latest project or work on one of ours. You don’t knit? Drop in for some guidance from one of our experts.

1-3pm Mon Free Jan 4 to Mar 22 Discovery Room