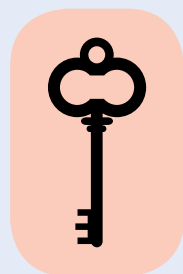


Social Recreation



Get your Social Key!

Participate in any one or more of the following listed programs: English Corner, Knitting, Tuesday Art Club, Daytime Social Drop-In, Tea Time, Bridge. You can also sign up for an individual program for \$1.90 per session.

Sep 5-Dec 15 117486 \$4.76

Daytime Social Drop-In

Join us for a cup of tea or coffee. Play cards, board games, do puzzles or just chat about current events.

50+ yrs MO Volunteer
117441 \$1.90/15 sess
Sep 5-Dec 12 Tu 1:00pm-3:00pm
50+ yrs MO Volunteer
117442 \$1.90/15 sess
Sep 7-Dec 14 Th 10:00am-12:00pm

Tuesday Art Club

Looking for a place to draw or paint and meet other people who enjoy art too? Come and join our group! No oils please. This is a self-led program.

50+ yrs No Instructor
117494 \$1.90/15 sess
Sep 5-Dec 12 Tu 10:00am-12:00pm

Knitting

Work on your new or unfinished projects in this social, self-directed group. Whether knitting, crocheting or other needlework, share your ideas with others and try new things.

19+ yrs MO Volunteer
117457 \$1.90/15 sess
Sep 8-Dec 15 F 1:00pm-3:00pm

Crafty Tuesday

Come join us every 2nd Tuesday of the month to make unique and creative crafts!

50+yrs MO Volunteer
127774 \$7.62/4 sess
Sep 12, Oct 10, Nov 14, Dec 12 Tu 1:00pm-3:00pm

English Corner

English Corner is an informal way to improve conversational English. At English Corner, participants learn English, share ideas and discover ways to build community. All English language levels are welcome! No session Oct 9, Nov 13.

19+ yrs Howard & Huda
117445 \$1.90/12 sess
Sep 11-Dec 11 M 6:30pm-8:30pm
19+ yrs Sahba Imani
117446 \$1.90/12 sess
Sep 20-Dec 6 W 3:30pm-5:30pm
19+ yrs Farah Aghdasi
117447 \$1.90/15 sess
Sep 8-Dec 15 F 3:30pm-5:30pm

Tea Time

Have some coffee/tea and enjoy a casual conversation with others. There is also a variety of games you can enjoy, such as Dominoes, Mahjong, Chess, Cards, etc.

50+ yrs Loritza Lo
117491 \$1.90/14 sess
Sep 8-Dec 9 F 10:00am-12:00pm

Bridge

Come play bridge on Friday afternoons and enjoy some coffee/tea with others. Previous bridge knowledge is required.

50+ yrs No Instructor
117435 \$1.90/15 sess
Sep 8-Dec 15 F 1:00pm-3:30pm

Luncheon

You are invited to our Lunch Party. Have a social lunch where you can meet new people and chat over a lovely meal. Please register early as space is limited.



Oktoberfest

Oktoberfest is one of the most famous events in Germany and is the world's largest fair, with more than 5 million people attending every year. It is an important part of Bavarian culture, having been held since 1810. Join us as we celebrate Oktoberfest in our community with entertainment by Oktoberfest Enterprises and a traditional lunch.

55+ yrs Reg by Sep 22
117483 \$19.76/person
Sep 26 Tu 12:00pm-2:30pm

Kick-off to Christmas

You are invited to our Lunch Party. Have a social lunch where you can meet new people and chat over a lovely meal. Please register early as space is limited.

50+ yrs Reg by Nov 24
117474 \$4.76/person
Nov 28 Tu 12:00pm-3:00pm

Social Recreation and Fitness

Out Trips

Chinese Seniors Group

Make new friends and promote mutual help. There are workshops on current issues, seniors benefits and safety, community resources, physical/mental wellness, and cross-cultural sharing. This is a joint program with S.U.C.C.E.S.S. Please call 604-408-7260 or email timothy.kwan@success.bc.ca for more information.

50+ yrs	Cantonese - Timothy Kwan
117437	\$1.90/16 sess
Sep 7-Dec 21	Th 9:30am-11:30am
50+ yrs	Mandarin - Timothy Kwan
17438	\$1.90/16 sess
Sep 7-Dec 21	Th 1:30pm-3:30pm

Chronic Pain Self-Management Program

Information and practical strategies are provided to help you take control of physical and emotional challenges, better manage pain, and work more effectively with health care providers. Significant others are welcome. This program is provided by the UVic - Institute on Aging & Lifelong Health, and funded by the BC Ministry of Health Services. For more info call 604-940-1273.

19+ yrs	Self-Management BC
117439	FREE/6 sess
Sep 12-Oct 17	Tu 6:00pm-8:30pm

Evergreen Karaoke Group

For details see page 19. Drop-in only.

19+ yrs	Dennis Li - SUCCESS
117448	Drop-in \$6.67
Sep 7-Dec 21	Th 10:15am-12:15pm

Refit Group Fitness Class

A gentle class geared for the older participant or those new or returning to fitness. Mondays, Wednesdays and Fridays, 10:30am-11:25am.

Minds in Motion

This fitness (12:00-1:00pm) and social program (1:00-2:00pm) is for people experiencing early stage memory loss. A certified fitness instructor conducts the fitness portion and a facilitator assists with social interaction. Activities are guided by the needs and interests of the participants. Registrants may be accompanied by a caregiver, friend or family member.

50+ yrs	Bonnie & Kate
117472	\$99.05/16 sess; Drop-in \$7.43
Sep 5-Dec 19	Tu 12:00pm-2:00pm

Yogafit for Older Adults

Yogafit blends balance, strength, flexibility and power in a fitness format. It is designed to improve the health, performance and mental activity of individuals interested in improving their level of fitness. Poses will allow older adults to increase muscular strength, endurance, flexibility, lung capacity and overall wellness.

50+ yrs	Emily Chan
117500	\$66.67/10 sess; Drop-in \$7.62
Sep 22-Nov 24	F 9:30am-10:30am

Karaoke

Register for some fun while singing along with your friends. Bring your own music or select from the music provided. English and all languages are welcome. Space is limited. Drop-ins allowed if registration does not fill.

50+ yrs	Wai Sin
117455	\$13.33/8 sess; Drop-in \$1.90
Sep 6-Oct 25	W 12:30pm-3:30pm
50+ yrs	Wai Sin
117456	\$13.33/8 sess; Drop-in \$1.90
Sep 7-Oct 26	Th 12:30pm-3:30pm
50+ yrs	Wai Sin
117972	\$13.33/8 sess; Drop-in \$1.90
Nov 1-Dec 20	W 12:30pm-3:30pm
50+ yrs	Wai Sin
117973	\$13.33/8 sess; Drop-in \$1.90
Nov 2-Dec 21	Th 12:30pm-3:30pm



Adventures on Transit

Explore different venues in the Lower Mainland by public transit. Meet in the community centre lobby at 9:45am. The group will depart at 10:00am. Wear comfortable shoes and dress for the weather. Bring your Compass Card.

Bowen Island

Join us for a ferry ride to explore Bowen Island! Bring or buy lunch. Adult Ferry Fare \$12.35 + tax.

50+ yrs	Reg by Sep 8
117428	Cost of Bus Fare
Sep 13	W 10:00am-4:00pm

Charlie's Chocolate Factory+

Explore Charlie's Chocolate Factory, Storm Tech Performance Apparel Factory & Bosa Italian Foods. Bring or buy lunch.

50+ yrs	Reg by Oct 13
117429	Cost of Bus Fare
Oct 18	W 10:00am-3:00pm

Museum of Vancouver

The Museum of Vancouver features local history from before first contact with Europeans to the 1970's. Bring or buy lunch. Seniors admission fee \$15.

50+ yrs	Reg by Nov 17
117427	Cost of Bus Fare
Nov 22	W 10:00am-3:00pm