

## Day Camps

## Workshops: Registration Required



### Holiday Day Camp

6-13 yrs

Join us for action filled days. Children will participate in physical, social and educational activities including: games, sports, theatre, crafts and possibly out-trips. Children must be enrolled in at least grade 1 to participate.

**6-13 yrs** **Day Camp Staff**  
**117593** **\$114/4 sess**  
**Jan 2-Jan 5 Tu-F 9:00am-4:00pm**



### Chess for Kids Camp

5-10 yrs

Chess lessons using electronic presentations and videos, chess tournaments in a variety of fun formats, chess puzzle exercises, game analysis, and chess simultaneous exhibitions. The best part is that the children have fun while learning these lessons. (www.vanchess.ca).

**5-10 yrs** **Vancouver Chess School**  
**117799** **\$200/4 sess**  
**Jan 2-Jan 5 Tu-F 9:00am-3:00pm**

### Genealogy: Finding Your Roots

Valerie Martell will discuss the importance of knowing your family's history. Learn how to discover information that will help you build your genealogy project, find out how you can share your project with your family, and see the creative ways you can make your project your own. Materials and refreshments will be provided.

**19+ yrs** **Martin Brothers Funeral Services**  
**124790** **FREE/1 sess**  
**Sep 14 Th 10:30am-12:00pm**

### Pole Walking with Michelle

Join Michelle & Mich for a Keen Fit Pole Walking Clinic right in your Neighbourhood! Pole walking is a total body workout to gradually build arms, legs and core muscles. Walk is followed by a short stretching session. Bring your own poles or borrow a set. Register in advance.

**19+ yrs** **Michelle Stebnicki**  
**117975** **FREE/1 sess**  
**Sep 24 F 10:00am-11:30am**

### Learn to Make Kimchi

Learn to Make Kimchi: a traditional fermented Korean side dish in this Marpole-Oakridge Neighbourhood Food Network workshop. Bring any of the following items that you can: cutting board, large knife, kitchen scissors, large bowl or tub, 500mL wide-mouth jar and lid. Register by Sep 21.

**19+ yrs** **Village Vancouver**  
**117433** **\$20/1 sess**  
**Sep 23 Sa 1:00pm-3:00pm**

### Wine and Paint Night NEW

Discover and experience the art of abstract painting at Marpole. The instructor will be on hand to guide you through the evening of abstract painting. We will provide the canvas, paints, brushes, appetizers and of course, wine! No painting experience is required.

**19+ yrs** **Davide Merino**  
**123578** **\$28.57/1 sess**  
**Sep 29 F 6:00pm-8:00pm**

### Pelvic Floor Health

Men and women can optimize their pelvic floor health by learning and practicing Kegel exercises, as taught by a certified therapist.

**19+ yrs** **Naomi Wolfman**  
**129295** **\$1/1 sess**  
**Sep 30 Sa 11:15am-12:15pm**

### Getting to Know Dementia

Learn about Alzheimer's disease and other dementias, and the impact of receiving a diagnosis. Intended for people experiencing early symptoms of dementia, and family members or friends who have recently begun supporting a person with dementia. **This session is conducted in Mandarin.**

**50+ yrs** **Alzheimer Society**  
**117476** **FREE/1 sess**  
**Oct 3 Tu 10:00am-11:30am**

### Introduction to Canning

Now's the perfect time to do some canning! Instructor Caitlin Dorward will cover all the basics of boiling water bath canning with an emphasis on Fall flavours. All materials are provided; and participants will take home a jar of their own creation. Register by Oct 12 12:00pm.

**19+ yrs** **Village Vancouver**  
**117458** **\$30/1 sess**  
**Oct 12 Th 6:00pm-9:00pm**

## Workshops: Registration Required

### Tips, Tricks and Tools to Manage Your Joints

You may have arthritis, but it doesn't have YOU! While arthritis can make daily activities challenging and painful, this interactive workshop will provide information about the many tools, gadgets and techniques to help make daily tasks easier. Join us for information and tips to help you take control of your arthritis. **This session is conducted in Mandarin.**

**19+ yrs**      **Arthritis Society**  
**117450**      **FREE/1 sess**  
**Oct 16**      **M**      **1:00pm-3:00pm**

### Nordic Pole Walking

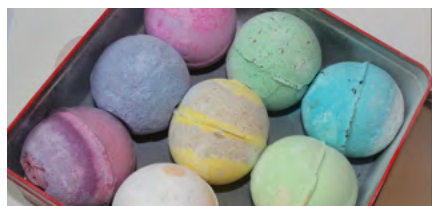
Designed to introduce Nordic pole walking to individuals with osteoarthritis (OA). Benefits may include: better posture, increased muscle activation and taking stress off the joint to be able to walk more comfortably. Poles are provided for use during the class. Register in advance. Contact Vancouver Coastal Health at 604-875-4544 for more details.

**19+ yrs**      **Vancouver OASIS**  
**117974**      **FREE/1 sess**  
**Oct 17**      **Tu**      **9:30am-11:00am**

### Dementia Friends

The Dementia Friends workshop for the public is an opportunity to enhance your knowledge of how to best support people living with dementia in your community.

**50+ yrs**      **Alzheimer Society**  
**123274**      **FREE/1 sess**  
**Oct 24**      **Tu**      **10:30am-12:00pm**



### Achieving Goals & Success

Many elementary and high school students start out with big goals and aspirations for the future. Once faced with difficulties, many lower their aspirations, or settle for goals that are easier to reach. It's important for parents to be aware of self-sabotaging habits and learn to foster a growth mindset. The instructor will provide information on how to help your child achieve their goals and experience success.

**21+ yrs**      **My Grade Booster**  
**128111**      **\$10/1 sess**  
**Oct 25**      **W**      **6:30pm-7:30pm**

### Beginners Guide to Online Travel Planning

This session will introduce you to a few of the many travel sites available to help you get started - from transportation and accommodation to finding things to do when you arrive.

**50+ yrs**      **VPL Librarian**  
**117459**      **FREE/1 sess**  
**Nov 2**      **Th**      **10:30am-12:00pm**

### Make Natural Sunscreen

In this workshop, you'll make effective sunscreen using all natural ingredients. All supplies, a recipe and resource sheet are included.

**19+ yrs**      **Farmers on 57th**  
**122911**      **\$28/1 sess**  
**Nov 4**      **Sa**      **2:00pm-3:30pm**

### Bath Bomb Creations

Make your own fizzy, luxurious bath bombs. You'll customize your bath bombs with essential oils, colours and flower petals from a local organic urban farm! All supplies, recipes, a resource sheet and molds are included.

**19+ yrs**      **Farmers on 57th**  
**122910**      **\$20/1 sess**  
**Nov 4**      **Sa**      **11:30am-1:00pm**

### Community Flu Shots

Stop in at Marpole-Oakridge C.C. and receive your free annual flu shot from the staff at Vancouver Coastal Health. No registration required. Available to infants, children, seniors and adults.

**All Ages**      **Vancouver Coastal Health**  
**115417**      **FREE**  
**Nov 20**      **M**      **10:00am-4:00pm**

### Heads Up: An Introduction to Brain Health

This workshop encourages participants to actively engage in protecting and maintaining their brain. Learn strategies and set goals for improving the health of your mind, body and spirit.

**50+ yrs**      **Alzheimer Society**  
**117451**      **FREE/1 sess**  
**Nov 7**      **Tu**      **10:30am-12:00pm**

### Exercising Control over Arthritis

Join us for this presentation where you will learn about the benefits of staying active, and some options to keep you moving! **This session is conducted in Mandarin.** Registration required.

**19+ yrs**      **Arthritis Society**  
**117449**      **FREE/1 sess**  
**Nov 22**      **W**      **1:00pm-3:00pm**

### Introduction to Organic Gardening

For details see page 19.

**19+ yrs**      **Village Vancouver**  
**117469**      **FREE/1 sess**  
**Nov 22**      **W**      **7:00pm-8:30pm**

To avoid disappointment, register early and bring a friend!

Register Early!