

Adult Learning & Adult Social

Spanish - Beginners #1

Bienvenidos! Learn a new language in a relaxed and enjoyable atmosphere. This course will emphasize communication, proper phonetics, vocabulary, some basic grammar and writing. At the end of the course, you'll be able to introduce yourself in Spanish and converse about travel, work and much more! Fee includes textbook. Please bring a notebook and a pen. No session May 22, Jul 3.

19+ yrs	Rohana Filippi
103108	\$143.69/10 sess
Apr 24-Jul 10	M 12:30pm-2:00pm

English Corner

At English Corner, participants learn English informally, share ideas and discover ways to build community. All English language levels are welcome! No session Apr 14, 17, May 22, Aug 7.

19+ yrs	Howard & Huda Bolbolan
100091	\$1.90/18 sess
Apr 3-Aug 28	M 6:30pm-8:30pm
19+ yrs	Sahba Imani
100092	\$1.90/22 sess
Apr 5-Aug 30	W 3:30pm-5:30pm
19+ yrs	Farah Aghdasi
100093	\$1.90/22 sess
Apr 7-Jun 30	F 3:30pm-5:30pm
Jul 7-Sep 1	F 3:30pm-4:45pm

Watercolour Workshop with Jane

Join Artist & Emily Carr Graduate of Fine Arts, Jane Lu in our Journey with Watercolours Workshop. Learn the basics of watercolour painting & expand our painting skills with colour mixing & texture making techniques. Explore & learn with hands-on demonstrations & step by step instructions. A list of supplies needed will be provided on the first day.

18+ yrs	Jane Lu
106888	\$125/8 sess
Apr 26-Jun 14	W 5:45pm-7:15pm

Evergreen Karaoke Group

Come join in on Chinese Karaoke, facilitated by Ms. Vivien Wong, with the S.U.C.C.E.S.S. Evergreen News Club. Please call 604-408-7274 ext. 1054 or email publications@success.bc.ca for more information. Drop-in only.

19+ yrs	Loretta Chiu - SUCCESS
100095	Drop-in \$6.67
Apr 6-Jun 29	Th 10:00am-12:00pm
19+ yrs	Loretta Chiu - SUCCESS
105305	Drop-in \$6.67
Jul 6-Aug 31	Th 10:00am-12:00pm

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
100097	\$21.67/13 sess; Drop-in \$1.90
Apr 5-Jun 28	W 12:30pm-3:30pm
50+ yrs	Wai Sin
100100	\$21.67/13 sess; Drop-in \$1.90
Apr 6-Jun 29	Th 12:30pm-3:30pm
50+ yrs	Wai Sin
100215	\$15/9 sess; Drop-in \$1.90
Jul 5-Aug 30	W 12:30pm-3:30pm
50+ yrs	Wai Sin
100217	\$15/9 sess; Drop-in \$1.90
Jul 6-Aug 31	Th 12:30pm-3:30pm



Art Photo Club

The first Thursday of each month participants who share a common interest in photography, present their work, exchange opinions, experience and information on photography. Workshops also include basic photography skills, photo-editing and various computer skills. Please attend the workshops for a detailed calendar. Workshops are facilitated in Chinese/English.

19+ yrs	Danlei Ye
100168	\$23.81/5 sess
Apr 6-Jun 1	Th 7:15pm-9:15pm
Jul 13-Aug 3	Th 6:45pm-8:45pm

Adaptive Sports

Indoor Soccer - Adaptive

An opportunity to engage in recreational soccer in a supportive, social environment. Facilitated by Vancouver Coast Health for their clients, friends and family members. Contact Katie Maher at 604-269-2731 for more details. Participation is by referral only.

19+ yrs	VCH
100638	\$28.57/13 sess Drop-in \$2.86
Apr 5-Jun 28	W 2:00pm-3:15pm
19+ yrs	VCH
103553	\$19.76/9 sess
Jul 5-Aug 30	W 2:00pm-3:15pm

Basketball - Adaptive

The Developmentally Challenged Youth Basketball Association (DCYBA) promotes and supports the development of youth with developmental challenges through basketball. Males 14-25 yrs old are welcome to join. Learn to play in a non-competitive and fun environment. Contact Ann Carr if interested in joining at 604-228-9527 or visit www.dcyba.org for more information.

14-25 yrs	DCYBA
100296	\$24.76/12 sess
Apr 11-Jun 27	Tu 7:00pm-8:15pm

Dance



Line Dance with Ember

Exercise your body and mind dancing to lively and upbeat music. Line dance for fun, meet friends and socialize. Line dancing is a great exercise to stay healthy while having lots of fun. No session Apr 10, 13, 17, May 22, Aug 7.

19+ yrs	Ember Schira
100104	\$49.29/9 sess; Drop-in \$6.19
Apr 3-Jun 19	M 6:30pm-7:30pm
19+ yrs	Ember Schira
100105	\$60.24/11 sess; Drop-in \$6.19
Apr 6-Jun 22	Th 6:30pm-7:30pm
19+ yrs	Ember Schira
100225	\$38.33/7 sess; Drop-in \$6.19
Jul 10-Aug 28	M 6:30pm-7:30pm
19+ yrs	Ember Schira
100226	\$43.81/8 sess; Drop-in \$6.19
Jul 13-Aug 31	Th 6:30pm-7:30pm

Line Dance Plus

Take dancing to the next level with our Line Dance Plus class. No session Apr 10, 13, 17, May 22, Aug 7.

19+ yrs	Ember Schira
100107	\$49.29/9 sess; Drop-in \$6.19
Apr 3-Jun 19	M 7:30pm-8:45pm
19+ yrs	Ember Schira
100108	\$60.24/11 sess; Drop-in \$6.19
Apr 6-Jun 22	Th 7:30pm-8:45pm
19+ yrs	Ember Schira
100220	\$38.33/7 sess; Drop-in \$6.19
Jul 10-Aug 28	M 7:30pm-8:45pm
19+ yrs	Ember Schira
100221	\$43.81/8 sess; Drop-in \$6.19
Jul 13-Aug 31	Th 7:30pm-8:45pm



Line Dance with Karen

Line dance is a great way to have some fun and to get fit. Music and classes are conducted in Cantonese and Mandarin. No session Apr 14, 26, 28, May 3, 5.

19+ yrs	Karen Tsai
100110	\$52.38/11 sess; Drop-in \$5.71
Apr 5-Jun 28	W 1:00pm-2:30pm
19+ yrs	Karen Tsai
100111	\$47.62/10 sess; Drop-in \$5.71
Apr 7-Jun 30	F 1:00pm-2:30pm
19+ yrs	Karen Tsai
100227	\$42.86/9 sess; Drop-in \$5.71
Jul 5-Aug 30	W 1:00pm-2:30pm
19+ yrs	Karen Tsai
100228	\$38.1/8 sess; Drop-in \$5.71
Jul 7-Aug 25	F 1:00pm-2:30pm

Line Dance Plus

Take dancing to the next level with our Line Dance Plus class. Music and classes are conducted in Cantonese and Mandarin. No session Apr 25, 27, May 2, 4.

19+ yrs	Karen Tsai
100115	\$52.38/11 sess; Drop-in \$5.71
Apr 4-Jun 27	Tu 1:00pm-2:30pm
19+ yrs	Karen Tsai
100117	\$52.38/11 sess; Drop-in \$5.71
Apr 6-Jun 29	Th 1:00pm-2:30pm
19+ yrs	Karen Tsai
100222	\$42.86/9 sess; Drop-in \$5.71
Jul 4-Aug 29	Tu 1:00pm-2:30pm
19+ yrs	Karen Tsai
100223	\$42.86/9 sess; Drop-in \$5.71
Jul 6-Aug 31	Th 1:00pm-2:30pm

Line Dance Social

Enjoy a variety of dances, classic and new, beginner to intermediate. There will be a quick walk through on all dances and split floors for most dances.

19+ yrs	Ember Schira
100118	\$6.67/1 sess
Jun 10	Sa 1:00pm-4:00pm

Social Dance

Come join in on some fun and dance! It's a great way to stay active. All dancers welcome. No partner necessary. No session Apr 17, May 22, Jun 22, Aug 7.

19+ yrs	Aki Kakiuchi
100121	\$15.71/11 sess; Drop-in \$1.90
Apr 3-Jun 26	M 12:30pm-3:00pm
19+ yrs	Jane Oishi
100122	\$17.14/12 sess; Drop-in \$1.90
Apr 6-Jun 29	Th 12:30pm-3:00pm
19+ yrs	Aki Kakiuchi
100242	\$10/7 sess; Drop-in \$1.90
Jul 10-Aug 28	M 12:30pm-3:00pm
19+ yrs	Jane Oishi
100243	\$12.86/9 sess; Drop-in \$1.90
Jul 6-Aug 31	Th 12:30pm-3:00pm



WE WANT TO HEAR FROM YOU!

Do you have program idea?
Do you have feedback?
Would you like to offer a course?
Get in touch!
marpolecc@vancouver.ca

Martial Arts



Tai Chi Learn and Practice

Join this dedicated group to learn and practice Qigong, Tai Chi 24 & 108 (Tue) and Tai Chi Chi Kung 18 (Fri) and Yang 88 (Sat). All levels are welcome. No session Apr 14, Jun 3.

19+ yrs	Georgia Nijjar
102992	\$11.43/12 sess; Drop-in \$1.19
Apr 11-Jun 27	Tu 10:30am-11:30am
19+ yrs	Georgia Nijjar
103363	\$8.57/9 sess; Drop-in \$1.19
Jul 4-Aug 29	Tu 10:30am-11:30am
19+ yrs	King Li
102995	\$11.43/12 sess; Drop-in \$1.19
Apr 7-Jun 30	F 10:30am-11:30am
19+ yrs	King Li
103368	\$8.57/8 sess; Drop-in \$1.19
Jul 7-Aug 25	F 10:30am-11:30am
19+ yrs	Jack Fong
102996	\$9.53/10 sess; Drop-in \$1.19
Apr 8-Jun 24	Sa 12:00pm-1:30pm

Sunny Kim Tae Kwon Do

This fast-paced martial art combines athletic kicks, strong hand work, balance & speed. Emphasis is placed on forms & light contact sparring. Students are encouraged to participate in BC Taekwondo Federation events. A great workout for all ages! Please check the best suited class at 604-990-1331 or info@sunnykimtkd.com.

19+ yrs	Sunny Kim
100685	No sess Apr 14 \$192/24 sess
Apr 4-Jun 30	Tu F 7:00pm-7:45pm

Iaido

Iaido is the traditional Japanese martial art of drawing and cutting with the samurai sword. The purpose is to develop awareness, centeredness, sincerity, a calm mind, and mental and physical harmony through the practice of traditional sword techniques. Beginners are welcome to join. No session Apr 14.

19+ yrs	Hiro Inoue
102999	\$114/12 sess; Drop-in \$11.43
Apr 7-Jun 30	F 5:45pm-7:15pm
19+ yrs	Hiro Inoue
103385	\$67/7 sess; Drop-in \$11.43
Jul 10-Aug 28	M 5:45pm-7:15pm

Karate for Women

This Shito-Ryu style karate class is for women only. The focus will be on self-defense, fitness and forms. Taught in a non-competitive environment, all levels (including beginners), welcome. No session Apr 27, May 25.

19+ yrs	Atsuko Kunikata
103002	\$71.67/8 sess
Apr 6-Jun 8	Th 6:10pm-7:10pm

Karate

For all ages! Have fun while learning traditional Go-Ju-Ryu Karate. This program improves focus and self-discipline. Students learn at their own pace and gain confidence with mini-tests to determine progress levels. Parents are encouraged to register and participate in the program with their children.

19+ yrs	George Chan
104134	Free Trial Class
Apr 5	W 7:00pm-8:30pm
19+ yrs	George Chan
100679	\$109/11 sess
Apr 5-Jun 28	W 7:00pm-8:30pm
19+ yrs	George Chan
103295	\$79/8 sess
Jul 5-Aug 23	W 7:15pm-8:45pm

Health & Fitness

Tennis - Adult Outdoor

We can provide Racquets if required for use in class. Courts are located on Heather & West 57th Ave. In the event of rain, please contact MOCC for class status updates. No drop-ins. For more information, go to gordhaukastennis.com.

15+ yrs	Gord Hauka Tennis
104135	\$109.25/7 sess
Jul 4-Jul 12	Tu-F,M-W 6:30pm-8:00pm
15+ yrs	Gord Hauka Tennis
104136	\$124.25/8 sess
Jul 17-Jul 26	M-Th, M-Th 6:30pm-8:00pm



Designed for 55+ Pickleball Drop-in

Get active on the court with Pickleball. This sport combines elements of badminton, tennis and table tennis. It is a fun and easy to learn sport, and will have you coming back for more! Please note that this program is non-instructional and geared toward newer players. Some paddles available. No session Apr 17, May 22, Aug 7. Drop-in if space permits. Free instructional session Apr 3.

50+ yrs	MO Volunteer
103049	\$25.74/11 sess; Drop-in \$2.86
Apr 3-Jun 26	M 1:40pm-3:10pm
50+ yrs	MO Volunteer
103619	\$14.04/6 sess; Drop-in \$2.86
Jul 10-Aug 21	M 1:40pm-3:10pm

Health & Fitness

Dancing Pilates new

This unique Dancing Pilates class mixes classical ballet barre repertoire with traditional Mat Pilates and Standing Mat Pilates to improve posture, placement, core strength, alignment, balance, turnout and flexibility. Open to all levels.

19+ yrs **Sheri Kauhausen**
101934 \$102/8 sess; Drop-in \$14
Apr 13-Jun 1 **Th** 7:00pm-8:00pm

Iyengar Yoga

Saturday morning yoga – to energize and renew for the weekend and throughout life! The Iyengar method is adaptable to suit individual needs. Increased flexibility, reduced risk of injury, enhanced fitness for sports, relaxation for the mind and an increase of self-confidence are a few of the benefits one can experience. Drop-ins welcome. No session Jun 3.

19+ yrs **Grant Richards**
100125 \$109.52/10 sess; Drop-in \$15.24
Apr 15-Jun 24 **Sa** 9:30am-11:00am

Cardio Pilates

Cardio Pilates is a fusion of classic Pilates movements, fat burning cardio exercises and full body strengthening exercises with use of hand weights, flex bands and small stability balls. This energizing workout improves cardiovascular endurance, core balance, and lengthens and tones the entire body.

19+ yrs **Emily Chan**
100123 \$76.19/10 sess; Drop-in \$9.52
Apr 19-Jun 21 **W** 6:00pm-7:00pm

19+ yrs **Emily Chan**
100198 \$53.33/7 sess; Drop-in \$9.52
Jul 5-Aug 16 **W** 6:00pm-7:00pm

Yoga: Knee, Hip and Shoulders

This class will help strengthen the knees, open the hips & help relax the shoulders. To help release any tension, you will be guided through various relaxation methods, including yoga & breathing exercises.

19+ yrs **Balbir Cheema**
107325 **Free Trial Class**
Apr 11 **Tu** 10:00am-11:15am
19+ yrs **Balbir Cheema**
106418 \$66.67/10 sess; Drop-in \$7.62
Apr 18-Jun 20 **Tu** 10:00am-11:15am

Mindful Chair Yoga

Chair yoga uses relaxation exercises and yoga positions while you are seated. Benefits of chair yoga include arthritis relief & muscle relaxation, pain relief from arthritis and relaxing stiff and sore muscles. Students will learn different yoga postures, breathing techniques, meditation and forms of relaxation. No session Jun 22.

19+ yrs **Balbir Cheema**
107320 **Free Trial Class**
Apr 13 **Th** 10:00am-11:15am
19+ yrs **Balbir Cheema**
106417 \$60/9 sess; Drop-in \$7.62
Apr 20-Jun 15 **Th** 10:00am-11:15am

Waikiki Workout

Based on basic hip movements of Hawaiian hula and Tahitian drum dances, Waikiki Workout is cardio, toning, and low-impact. Dance to soothing melodies of Hawaii, exotic drums of Tahiti and other fast-paced favorites, and say ALOHA to your new beach body!

19+ yrs **Lehualani Mulder**
100131 **Free Trial Class**
Apr 24 **M** 5:45pm-6:45pm
19+ yrs **Lehualani Mulder**
100132 \$30.48/4 sess; Drop-in \$8.57
May 1-May 29 **M** 5:45pm-6:45pm

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.

False Creek & Granville Island

Join us for a walk along the south east side of False Creek, finishing at Granville Island Market. Bring or buy lunch. Registration deadline Fri Apr 21.

50+ yrs **MO Volunteer**
100126 **Cost of Bus Fare**
Apr 26 **W** 10:00am-3:00pm

Lonsdale Quay Market

Explore the market at Lonsdale Quay and enjoy a return trip on the sea bus. Bring or buy lunch. Registration deadline is Fri May 26.

50+ yrs **MO Volunteer**
100127 **Cost of Bus Fare**
May 31 **W** 10:00am-3:00pm

Beaty Biodiversity Biology Museum

Check out the museum and walk through the UBC campus. Admission fee is \$12. Bring or buy lunch. Registration deadline is Fri Jun 23.

50+ yrs **MO Volunteer**
100129 **Cost of Bus Fare**
Jun 28 **W** 10:00am-3:00pm

Tsawwassen Mills Mall

Explore the shops and admire the works of art. Bring or buy lunch. Registration deadline is Fri Jul 21.

50+ yrs **MO Volunteer**
108998 **Cost of Bus Fare**
Jul 26 **W** 10:00am-3:00pm

Vancouver Police Museum

Explore North America's oldest police museum. Admission fee is \$10. Bring or buy lunch. Registration deadline is Fri Aug 25.

50+ yrs **MO Volunteer**
108999 **Cost of Bus Fare**
Aug 30 **W** 10:00am-3:00pm

To avoid disappointment, register early and bring a friend along!

Register Early!