

## Events & Workshops

### Internet Basics

Learn about what's available on the Internet and how to find it. Explore browsers, navigation and effective searching.

**50+ yrs** **VPL**  
**100175** **FREE/1 sess**  
**Apr 6** **Th** **10:30am-12:00pm**

### Protecting Online Identity

Take control of your online identity by managing your online activities and content. Explore topics such as social media, privacy and building a professional identity.

**50+ yrs** **VPL**  
**100176** **FREE/1 sess**  
**May 4** **Th** **10:30am-12:00pm**

### Digital Storage

Are your mobile devices and computers getting full? Want to make sure you don't lose your photos, videos and music? Learn how to back up, access, and share the digital files you generate.

**50+ yrs** **VPL**  
**100177** **FREE/1 sess**  
**Jun 1** **Th** **10:30am-12:00pm**

### Exercising Control over Arthritis

Motion is lotion! It may be cheeky but it's true - staying physically active is a vital part of managing arthritis and the maintenance of joint mobility, muscle strength and cardiovascular health. Join us for this presentation where you will learn about the benefits of staying active, and some options to keep you moving! Registration required.

**19+ yrs** **Arthritis Society**  
**100170** **FREE/1 sess**  
**Jun 21** **W** **11:30am-1:30pm**

### Gardening for Arthritis

Don't let your arthritis pain get in the way of gardening. Learn creative ways that you can make gardening with arthritis easier. With preparation, planning and a few tools, you'll have the garden you love in no time at all. Registration required.

**19+ yrs** **Arthritis Society**  
**100169** **FREE/1 sess**  
**May 18** **Th** **11:30am-1:30pm**

### Chronic Pain Self-Management Program

Self-Management BC is a Ministry of Health, Patients as Partners initiative, administered by the University of Victoria. For more information, contact Self-Management BC at 604-940-1273 or selfmgmt@uvic.ca, or visit the website: www.selfmanagementbc.ca.

**19+ yrs** **Self-Management BC**  
**102774** **FREE/6 sess**  
**May 16-Jun 20** **Tu** **6:00pm-8:30pm**

### Make Your Own 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**  
**100181** **\$28/1 sess**  
**Jun 10** **Sa** **1:30pm-3:00pm**

### Bath Bomb Creations

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

**19+ yrs** **Farmers on 57th**  
**100627** **\$20/1 sess**  
**Jun 10** **Sa** **11:00am-12:30pm**

### Family Movie Nights

Bring the whole family and join us for a fun filled evening watching different movies every Friday night! FREE popcorn included! No session April 14.

**All Ages** **105302**  
**FREE/12 sess**  
**Apr 7-Jun 30**  
**F 6:00pm-8:00pm**



### Late Spring Gardening

In this Marpole Oakridge Neighbourhood Food Network workshop, you'll learn the best plants to plant this time of year, in your garden or balcony containers. For information, contact ross.MONFN@villagevancouver.ca.

**19+ yrs** **Village Vancouver**  
**108993** **FREE/1 sess**  
**Apr 27** **Th** **6:30pm-8:30pm**

### Earthquake Preparedness

我們都看到了在新西蘭 海地及智利發生的地震及其引發的災難。生活在溫哥華，我們亦面對地震發生的可能，然而為此作好準備的人卻不多。這講座涵括了制定家庭緊急應變計劃、如何找出家中有潛在危險的物品以及在地震時應該怎樣做這些有用的資訊。

**19+ yrs** **Cantonese - Henry Hui**  
**100172** **FREE/1 sess**  
**Jun 7** **W** **7:00pm-8:30pm**  
**19+ yrs** **Mandarin - Henry Hui**  
**100173** **FREE/1 sess**  
**Jun 14** **W** **7:00pm-8:30pm**

### Seed Saving Introduction

This MO Neighbourhood Food Network workshop will provide you with the knowledge needed to begin seed saving. For information, contact ross.MONFN@villagevancouver.ca.

**19+ yrs** **Village Vancouver**  
**100180** **FREE/1 sess**  
**Jul 27** **Th** **6:30pm-8:30pm**



# MARPOLE COMMUNITY DAY

Free Rides & Games \* Stage Performances  
Entertainment \* Food Concession  
50/50 Draw \* Community Tables \* Spray Park

**Saturday, June 3 11:00am-3:00pm**

**Marpole-Oakridge Community Centre**

990 West 59th Ave (at Oak St.)



Hosted by Marpole-Oakridge Community Association and Vancouver Board of Parks & Recreation  
[www.marpoleoakridge.org](http://www.marpoleoakridge.org)

