

HEALTH & WELLNESS



Brian Ruhe was trained as a monk in Thailand and has taught for 15 years. He is the author of a guided meditation CD as well as two books. He is a leading teacher of the Theravada tradition in Vancouver. For more information: www.theravada.ca or 604-738-8475.

Mindfulness Meditation for Well-Being

Ages: 18+ years
 Are you burned-out, agitated, unable to concentrate or sleep? Learn clinically shown effective mindfulness practices in a step-by-step way. Practice breath, walking meditation and loving-kindness contemplation to protect yourself from the harmful effects of stress, such as anxiety and depression. Results experienced by many include an ability to relax, decreases in insomnia and greater enthusiasm for life. The instructor, Brian Ruhe has taught mindfulness for 15 years. He is the author of two meditation books and a guided meditation CD, which will be available. Info: theravada.ca or 604-738-8475.
 44902.402FC \$32/2 sessions
 Sa Sep 24-Oct 01 9:30 am-11:45 am
Instructor: Brian Ruhe

Vipassana Meditation and Buddhist Philosophy

Ages: 18+ years
 Do you need to tame your monkey mind? Learn the mindfulness practice of Vipassana breath, walking and loving-kindness meditations. Discover the teachings of the Buddha-mindfulness, the big picture of karma and the round of rebirth, impermanence, reducing anger and stress, creating happiness, nirvana, as well as examine Buddhist social teaching. Expect some humour too! Results experienced by many include an ability to relax and decrease insomnia. Instructor is a former monk and has taught for 15 years. His book is recommended and will be available. Info: theravada.ca or 604-738-8475.
 44902.403FC \$64/4 sessions
 M Nov 21-Dec 12 7:00 pm-9:15 pm
Instructor: Brian Ruhe

KAYAKING

Kayak or Canoe Club

An excellent opportunity to get out on the water at a great price without having to own or store a boat! Upon successful completion of the Introduction to Sea Kayaking course within the past 3 years or RCABC level 2 canoe certification, you can join the appropriate club and sign out a boat for a 2-hour period during our Community Centre operating hours. Boats must be returned 30 minutes before dusk. An orientation is required prior to taking out a boat. A Medical/Consent form is required prior to starting a session. \$27 /drop-in /\$56 month

The False Creek Racing Canoe Club offers opportunities to train in and race canoe, kayak, dragon boat, and outrigger at all ages and levels.

If you are interested in fitness, fun, and fully experiencing Vancouver's beautiful maritime setting, visit www.fcrcc.com to learn what we can offer you.



SOCIAL

Sunday Ballroom Dancing

Ages: 55+ years
 Join hosts Gabriel and Catherine for an afternoon of social dancing. This is a social group, instruction is not provided. FCCC Membership (\$10) is required.
 51605.401FC FREE/15 sessions
 Su Sep 04-Dec 11 1:45 pm-4:00 pm
Instructor: Gabriel Yam



Sweetheart Dance

Ages: 19+ years
 Come to dance and meet new people. Social Ballroom and Latin Dance music will be provided and all levels of dancers are welcome. Dances are held on the 2nd Friday of the month. Drop-in: \$2.25 per person. Co-ordinators: Gabriel & Catherine Yam. No session Sept 9 and Nov 11.
 51606.401FC \$2.25/drop-in
 F Oct 14-Dec 09 8:45 pm-11:00 pm
Instructor: Gabriel Yam

Duplicate Bridge

Ages: 18+ years
 Enjoy a challenging, yet friendly game of duplicate bridge. Beginners are also welcome and will be supported by more experienced players. Free with FCCC membership. No program on statutory holidays.
 55801.401FC FREE/14 sessions
 M Sep 12-Dec 19 1:00 pm-3:00 pm

Creative Endeavours

Ages: 55+ years
 All are welcome to visit and participate in painting, drawing or your medium of choice. No instructor, but advice, encouragement and friendship for beginners and experienced alike. Some materials available to share. Bring your own supplies and help us grow. Specific demos at the request of the group. Free with FCCC membership. No program on statutory holidays.
 55803.401FC FREE/15 sessions
 Tu Sep 06-Dec 13 1:00 pm-3:00 pm

Dragonboating for Seniors - Beginners

Ages: 55+ years

This is a recreational and social program where participants can experience the boating life, the outdoors and keep physically fit. Sponsored by the False Creek Racing Canoe Club (www.fcrc.com). Waiver forms are required and are available at the Centre Office or online at www.FalseCreekCC.ca>Community>Schedules & Forms>Forms>Dragonboating for Seniors.

53004.401FC \$60/8 sessions
W Sep 07-Oct 26 10:00 am-11:30 am
Instructor: Ron MacDonald

Weight Training

Ages: 55+ years

A qualified instructor will teach participants how to safely and effectively weight train. Also learn how to work the cardio machines. Come prepared to workout! Class size is limited to 6 participants, register early.

53005.401FC \$38 /4 sessions
M Sep 12-Oct 3 10:00 am-11:00 am

53005.402FC \$38/4 sessions
M Oct 24-Nov 14 10:00 am-11:00 am
Instructor: Moises Bosire

Osteofit

Ages: 55+ years

This gentle exercise class is suitable for those who have not been active for some time, or perhaps have never been active. Its unique fall-prevention program is especially safe for those with osteoporosis or arthritis. Through strength, balance and stretching exercises (no cardio) you will improve your balance, functional ability, independence, and quality of life. Sorry, no drop-ins. No class Oct 10.

Osteofit I

54808.401FC \$109/29 sessions
MTh Sep 12-Dec 22 10:30 am-11:30 am

Osteofit 2

Ages: 55+ years

54810.401FC \$109/29 sessions
MTh Sep 12-Dec 22 11:30 am-12:30 pm
Instructor: Jennifer Mah

Osteofit for Life

Ages: 55+ years

Emphasis is on improving posture, alignment, strength, balance, coordination and agility through safe and specific movements in a comfortable, fun environment. Participants must have completed a full course in Osteofit I. Sorry, no drop-ins. No class Nov 11.

54809.401FC \$109/29 sessions
Tu F Sep 06-Dec 16 10:30 am-11:30 am
Instructor: Petronella Vander Valk

Stroke Association of BC

Ages: 55+ years

The Stroke Recovery Branch affords recreational, rehabilitative and social opportunities for Stroke Survivors on a weekly basis. There is an emphasis on facilitating adapted fitness and exercises that survivors may wish to engage in at home, but lack the motivation, space and/or supervision to do so. The branch also offers social support, speech services, brain games, outings, a walking group and other activities. For more information, call Matthew Millar at 604-688-3603.

56600.401FC FREE/16 sessions
Tu Sep 06-Dec 20 1:00 pm-4:00 pm

Chair Yoga

Ages: All ages welcome

Gentle yoga adapted for practice on a chair works all parts and systems of the body and more. The benefits of yoga can be enjoyed without getting up and down from the floor. Breath awareness calms and balances the body and the mind. Some optional standing postures behind the chair help to improve balance. Everyone moves within their own level of comfort. For more info. www.joyofgentleyoga.com.

53009.401FC \$70 /10 sessions
W Sep 21-Nov 23 10:30am-11:30 am
Instructor: Sylvia Smallman, R.Y.T., the

Lifelong Journey Stories Project

A collection of Lifelong Journey stories including digital photography, short biographical stories related to the lives of Vancouver's Eldest Citizens who come from diverse backgrounds and communities in Vancouver.

With support from the City of Vancouver's 125th Anniversary Grants Program this project celebrates Vancouver's eldest citizens through a series of interactive, inter-generational, and inter-cultural social events at 14 locations in Vancouver.

If you wish to be involved in this project and/or know of someone who should be recognized contact Cindy Gulbransen, False Creek Community Centre at 604-257-8198. Check our website www.vancouverparks/seniors.



Vancouver 125 Anniversary Celebrates Vancouver's Eldest Citizens

Our grand finale !

Join us as we pay tribute to and celebrate Vancouver's citizens. Refreshments included. At Sunset Community Centre.

Tuesday, November 22, 3:30-5:00pm

OUT TRIPS

*Out Trips are offered by Enjoy Tour Travel and Galiano Tours
Ages 19+ years. Please note that return times are approx.*

Steam Train Winery Tour

Ages: 55+ years

Travel to Port Alberni to visit one of the only wineries in North America serviced by Steam Train that stops right at the vineyard. Board the Steam Train at the restored 1912 CPR Station and travel through the scenic Alberni Valley and mountains to Chase & Warren Estate Winery and McLean Mill. The friendly winery staff host our group for a guided walk through the vineyards, generous red and white wine tastings and serve delicious afternoon appetizers. Sail by BC Ferry from Horseshoe Bay to Nanaimo and sightsee Cameron Lake and MacMillan Provincial Park's Cathedral Grove on route to Port Alberni. This tour includes a three-course lunch at Port Alberni's popular Swale Rock Cafe. BC Gold Card required for no charge ferry travel. Pick-up @ 6:45 am. Arrival back at the Centre @ 9:30 pm.

55740.401FC \$125/1 session
Tu Sep 06 6:45 am-9:30 pm
Instructor: Tour and Travel Enjoy

Cranberry Celebration Tour

Ages: 55+ years

B.C is the world's third-largest producer of cranberries! Celebrate the harvest leading up to the 16th Annual Cranberry Festival in Fort Langley with a guided cranberry bog tour and cranberry inspired tastings throughout the day. Visit the Fort Wine Co. for a demonstration on the cranberry harvest process and taste of their award winning cranberry wine with a delicious cheese plate pairing. Well Seasoned, A Gourmet Food Store hosts our group for a cranberry inspired lunch over a live cooking demonstration and take free time to explore the historic town of Fort Langley. Pick-up @ 9:40 am. Arrival back at the Centre @ 5:30 pm.

55740.402FC \$79/1 session
M Oct 03 9:40 am-5:30 pm
Instructor: Tour and Travel Enjoy

Hallowe'en Fun Tour

Ages: 55+ years

The ghoulish evening starts with a guided tour of the Vancouver Police Museum built in 1932 as the City Morgue. Share in stories about local characters, exploits and chilling tales before a 3 course upgraded dinner at Gastown's Old Spaghetti Factory. Finish the evening with ride on the Ghost Train at Stanley Park where the annual Halloween tradition reinvents itself each year with new themes, sets, costumes and many more surprises. Pick-up @ 3:15. Arrival back at the Centre @ 8:45 pm.

55740.403FC \$79/1 session
M Oct 24 3:15 pm-8:45 pm
Instructor: Tour and Travel Enjoy



Christmas Lights Tour & Train

Ages: 55+ years

A holiday tradition! Start at Canucks Place Children's Hospice continue to St. Paul's Hospital Lights of Hope Bright Nights in Stanley Park including a ride on the Christmas Train Lost Lagoon Fountain (Jubilee Fountain) Stanley Park Lights at Coal Harbour The Elm Grove **Big Finish** 12th Annual Trinity Streets Lights competition. Includes fresh Christmas Shortbread and Hot coco at Tim Hortons. Pick-up @ 4:50 pm and arrival back at the Centre @ 9:00 pm.

55740.404FC \$45/1 session
M Dec 12 4:50 pm-9:00 pm
Instructor: Tour and Travel Enjoy



Sunshine Coast Tour

The Sunshine Coast is full of wonderful places to explore. We will begin with a visit to the eclectic community of Robert's Creek, walk along the waterfront in Sechelt where we will have lunch and dessert overlooking the sea. Then off to charming and historic town of Gibsons where we will enjoy a 1 hour boat cruise passing by Keats Island with fabulous views.

55741.401FC \$125/1 session
Th Sep 22 7:30 am-6:45 pm
Instructor: Galiano Tours

Ladysmith and Yellow Point

Yellow Point is a beautiful rural area south of Nanaimo. We will explore the area stopping to visit artisans, eclectic gardens, a gallery and the charming Honeysuckle Cottage. Lunch is served at the islands famous Crow and Gate, a tutor-style English pub. In Ladysmith, we will visit the historic downtown overlooking the harbour with time to explore. We end the day with a delicious Afternoon Tea served in a private home: a Victorian Mansion in Ladysmith. During our time at the mansion, we will also be given a cooking demo.

55741.402FC \$125/1 session
Wed Oct 5 6:45 am-7:45 pm
Instructor: Galiano Tours