

CREATIVE ARTS



Open Studio Art & Painting Class

Ages: 18+ years

Receive lots of hands-on creating time, one-on-one coaching, feedback & encouragement in this relaxing art class. Work with any artistic medium you choose. Enjoy the flexibility to choose your own project or work on suggested projects. Benefit from helpful tips, articles, & live demonstrations while you develop your skills, confidence and creativity! Supplies not included; please collect the suggested art supply list from the front desk one week prior to the start of class. We will begin creating in the first class! Contact Chloe at 604-805-5622 if you have any questions; visit Chloe Ulis School of Art at: www.chloeulis.com

Instructor Chloe Ulis has a life-long background in art, a degree from Emily Carr, and she is an expert painter with 15 yrs experience. Chloe loves to encourage you at every level while bringing out your strengths and creativity.

42002.401FC \$125/8 sessions
Tu Sep 20-Nov 08 1:00 pm-3:00 pm
Instructor: Chloe Ulis

Painting: Beginner/Intermediate

Ages: 18+ years

Start your first canvas after only one class. More experienced painters will enjoy this weekly studio time and guidance. Each lesson adds new skills, including composition, colour theory, wet & dry brush, cast shadows, highlights, and canvas stretching. Slide show and discussion each night. Please bring stretched canvas, mixing surface, container, brushes and paint. Full materials list available at: www.klorker.com. No class Oct 10.

42001.401FC \$154/9 sessions
M Sep 12-Nov 14 7:00 pm-9:30 pm
Instructor: Eric Neighbour

Writers Guild

Ages: 18+ years

The False Creek Writers Guild is a writing and critique group that meets on the 2nd and 4th Saturday of each month. The group works at an advanced level and members are expected to submit and critique work (short stories, novel excerpts and/or poetry) on a regular basis. All applicants must submit writing samples to be considered for membership. Please contact: falsecreekwritersguild@gmail.com. Once approved, a FCCC membership is required.

42803.401FC FREE/7 sessions
Sa Sep 10-Dec 10 9:30 am-12:30 pm
Instructor: TBA

Crochet for Beginners

Ages: 16+ years

Get hooked on to crochet! Whether you want to make the very cute amigurumi animals or add another dimension to knitting, hooking is what you want to do. In just a couple of hours, learn basic crochet skill, including: foundation chain, single to triple crochet, turn and crochet in the round. One crochet hook and sample yarn included. See www.knittingAstor.com

42800.401FC \$35/1 session
Tu Sep 20 7:00 pm-9:00 pm
Instructor: Astor Tsang



Knitting for Beginners

Ages: 16+ years

Kick start yourself into Knitting! In just a couple of hours, learn basic knitting skills, including: cast on and off, knit, purl and combinations of knit and purl. One set of knitting needles and sample yarn included. Optional class references can be purchased for \$10. See www.knittingAstor.com.

42800.402FC \$35/1 session
Tu Oct 18 7:00 pm-9:00 pm
Instructor: Astor Tsang

Knitting/Crochet Private Lessons



Ages: 16+ years

Want to learn to knit or crochet, but no classes fit with your schedule? Want to take your skills to the next level? Bring your questions and all the materials you need to a private or semi-private knitting/crochet lesson. Materials are not included. Time to be agreed upon with each student.

42800.404FC \$35/1 session
W Oct 19 7:00 pm-9:00 pm
Instructor: Astor Tsang

Philosophers' Club

7 pm, first Thursday of the month. Admission \$5
Co-sponsored by the False Creek Community Centre



September 1: What is consciousness?

October 6: What's aging for?

November 3: Philosophia perennis?

December 1: Why give?

Moderator: Dr. Roman Onufrijchuk is a lecturer in the faculty of Canadian Studies and the School of Communication at SFU.

ARTS & POTTERY

**Pottery - Wheel Throwing**

Ages: 18+ years

Learn the art of wheel throwing! Join potter, Keith Lehman (inventor of the 'Mothership Cookie Jar' and 'Podrums'), as he leads demonstrations of basic to advanced throwing skills and decorating and finishing techniques. Get acquainted with wheel work or take your throwing to the next interstellar level! Clay must be purchased at first class. Price includes all glazes, firing and additional studio time (see instructor for details). No registration after the 2nd class.

42201.401FC \$199/10 sessions
Tu Sep 13-Nov 15 6:30 pm-9:00 pm

42201.402FC \$199/10 sessions
Th Sep 15-Nov 17 6:30 pm-9:00 pm

Instructor: Keith Lehman

Demo Series: Constructed Decoration with Fredi Rahn

Ages: 18+ years

This evening's demonstration introduces the idea of building decoration through relief printing and slab construction techniques. Using found objects and original relief carvings pattern and decoration is developed on pottery surfaces. We will look at a variety of techniques used to create a surface on plastic clay from stamping and rolling to carving sprigging and coloured slip application. Using these patterned slabs Fredi Rahn will then demonstrate a variety of construction techniques - patternmaking the use of simple press molds cutting and pasting and adding wheel-thrown parts to make complex functional objects. Instructor Fredi Rahn is an internationally recognized ceramic artist and teacher based in Vancouver BC.

42201.404FC \$25/1 session
F Nov 04 6:30 pm-9:00 pm

Instructor: Fredi Rahn

Pottery - Hand & Wheel

Ages: 18+ years

Explore hand building techniques, including pinching, coiling and slab building. Transform wheel work into altered forms incorporating hand building. Clay must be purchased at first class. Price includes all glazes, firing and additional studio time. (see instructor for details)

42202.401FC \$165/8 sessions
W Sep 07-Oct 26 6:30 pm-9:00 pm

42202.402FC \$165/8 sessions
W Nov 02-Dec 21 6:30 pm-9:00 pm

Instructor: Tarrynea Biallecki

Pottery – Wheel Throwing Skill Builder

Ages: 18+ years

If you have previous wheel throwing experience and would like to improve your skills quickly, this class is for you. These sessions will focus on technique and basic forms, helping you move past problem areas using guided repetition. Keith Lehman is a Vancouver-based artist who has spent many years as a production potter.

42201.403FC \$81/4 sessions
Tue Nov 22-Dec 13 6:30 pm-9:00 pm

Instructor: Keith Lehman

**Pottery Studio Membership**

To become a member of the Pottery Studio you need to have completed a pottery course at FCCC. Membership is \$47/month. Hours of operation are Mon-Fri 9:00 am-9:00 pm and weekends from 9:00 am-3:30 pm.

PHOTOGRAPHY

**Basic Digital SLR Photography**

Ages: 16+ years

So you have a new digital SLR camera. It has dozens of functions, lots of megapixels and a thick, unreadable manual. So why aren't your pictures what you'd hoped for? We'll take the mystery out of the f stops, the shutter speeds and the multiple camera functions. With demonstrations, slide shows, and mainly practice, you can understand your camera better. Photography is also about light and composition. We'll go outside as weather permits and shoot various subjects: cityscapes, portraits, movement, macro, and long exposures. You'll feel more confident with your camera but more importantly, more excited about making pictures. www.dwphotography.com.

42910.401FC \$99/3 sessions
Sa Sep 17-Oct 01 1:00 pm-4:00 pm

42910.402FC \$99/3 sessions
Sa Oct 15-Oct 29 1:00 pm-4:00 pm

42910.403FC \$99/3 sessions
Sa Nov 05-Nov 19 1:00 pm-4:00 pm

Instructor: Doug Williams

Drum Circle

Ages: 9+ years

Rhythm is the ultimate non-verbal communication tool that cuts through cultural, racial and gender differences. Bring your own drum or rent one for an additional \$5.00. First timers welcome. Children 12 and younger free with a participating adult. Takes place Sep 4, Oct 2, Nov 6 and Dec 4.

41107.401FC \$5.50/drop-in
Su Sep 04-Dec 04 4:00 pm-6:00 pm

Instructor: Ron Stelting

PERFORMING ARTS

Comedy Improv Drop-ins

Ages: 18+ years

Think you have what it takes to hit the stage? Maybe you're looking to unleash your inner creativity? Spend an afternoon with Vancouver TheatreSports League, world-renowned for producing 28 years of ground-breaking improv. This quick-witted workout is taught by a rotating roster of VTSL's finest players. Each workshop guides its participants through various theatre games designed to build and refine the skills needed for good improvisation. The workshop is ideally suited for the beginner improviser. Drop-in \$15. No classes on holiday weekends.

41301.401FC Drop-in \$15
Sa Sep 10-Dec 17 1:30 pm-3:30 pm
Instructor: Van Theatre Sports Lge.

Courting The Muse

Ever wonder where the inspiration is or went. For anyone who has felt the power of the Muse and wants it back or those who long for a greater creativity. This workshop series can get us Dancing in the Muse Light. Writing, painting, singing, dancing whatever is our interest or perhaps some new Muse will enter us to pursue something unexpected this 3-part workshop can help you get there. No drop-in.

Th Sep 22, Oct 13 & Nov 3 \$75 /3 sessions
44508.402FC 7:15 pm-9:15 pm
Instructor: Laurel McGregor

About Laurel McGregor

She is a dancer, yoga teacher has pursued her interests in music, art history, ceramic media and mythology. She has discovered the connecting thread that connects all creative work is the passion that fuels it, she shares her experience and insights about this elusive and exciting state. Dancing in the Muse Light.

**PRIVATE MUSIC LESSONS
GUITAR AND PIANO**

See page 8

**Zumba® Workout**

Ages: 16+ years

FREE TRIAL CLASS

Tu Sep 06 6:15 pm-7:30 pm

Let the pulsating, spicy Latin rhythms move your mind, body and spirit through a series of interval, strength and cardio dance training that will push you harder than you'd ever push yourself. All levels are welcome to have fun and sweat to the tempo of salsa, merengue, soca, jive, cha, cha, cumbia and so much more. You'll feel like you've been transported to Mexico, Rio, Caribbean or some other hot tropical island. This is NOT your typical bootcamp!! Drop-in \$12, space permitting.

41609.401FC \$63/7 sessions
Tu Sep 13-Oct 25 6:15 pm-7:30 pm

41609.402FC \$63/7 sessions
Tu Nov 01-Dec 13 6:15 pm-7:30 pm
Instructor: Janet Mcleish

Ballroom Dance- Tango

Ages: 16+ years

Gabriel & Catherine will cover the basic steps to the more exciting dance patterns in each workshop. Their unique team-teaching method will enhance your 'lead & follow' dancing experience and help you shine on the dance floor. Drop-in \$11, space permitting. No class Oct 9.

41610.401FC \$37/4 sessions
Su Sep 25-Oct 23 1:30 pm-2:30 pm
Instructor: Gabriel Yam

Ballroom Dance- Jive/East Coast Swing

Ages: 16+ years

No class Nov 13.

41610.402FC \$37/4 sessions
Su Nov 06-Dec 04 1:30 pm-2:30 pm
Instructor: Gabriel Yam

The Expressive Body

Have you ever felt "stuck" in your feelings? In this series, we will playfully look at each different area of the body using the creative arts of dance, visual art and writing to "see" what's being held there. You will experience, explore and gain new resources about your life and your reaction to life's circumstance. www.movingintoawareness.com

44811.402FC \$70 /8 sessions
Th Oct 6-Nov 24 10:30 am-12:00pm
Instructor: John Weiss

Brazilian Dance Fit

Ages: 16+ years

Shake your hips! Sculpt, energize, and dance to rhythmic African and Brazilian music. This is a unique fun-filled fitness workout. It will inspire you physically & mentally and make you smile! Everyone welcome; no experience required. Drop-in \$12, space permitting.

41615.401FC \$63/7 sessions
Tu Sep 20-Nov 1 7:00 pm-8:00 pm

41615.402FC \$54/6 sessions
Tu Nov 8-Dec 13 7:00 pm-8:00 pm

41615.403FC \$63/7 sessions
Sa Sep 17-Oct 29 9:45 am-10:45 am

41615.404FC \$54/6 sessions
Sa Nov 5-Dec 10 9:45 am-10:45 am
Instructor: Sheila Mohamed

Bellydance

Ages: 18+ years

Dating back to 5000 BC, Belly Dance has been called the oldest dance and it's more popular than ever! Learn the steps and rhythms basic to all styles from earthy folkloric to glamorous Egyptian. This ancient women's dance is a fun way to exercise and improve coordination while exploring personal expression and sensuality through dance. Wear dance tights, t-shirts and a hip scarf. Bring a water bottle. Drop-in \$15 space permitting.

44360.401FC \$90/6 sessions
Tu Sep 20-Oct 25 5:30 pm-6:30 pm

44360.402FC \$90/6 sessions
Tu Nov 1-Dec 6 5:30 pm-6:30 pm
Instructor: Ashley Kirkham

WORKSHOPS



Neighbourhood Emergency Preparedness Program

Emergency Preparedness

Ages: 5+ years

We have all witnessed the recent earthquakes in Japan and New Zealand and have seen the devastation caused. Living in Vancouver we too could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. This session covers what is required to develop your family emergency plan how to conduct a Home Hazard Hunt and what to do when an earthquake strikes.

43425.401FC FREE/1 session
W Sep 21 7:00 pm-9:00 pm



Move to Your Creative Groove

Ages: 18+ years

A Movement Awareness Workshop. Our bodies are very expressive instruments, from gestures to our physical posture. All these expressions tell a story about us, but are we listening? Join in a safe, introductory exploration of your expressive body. Moving to the musical beat, we will allow our feet to guide us on a journey. Please wear comfortable clothing, which allows ease of movement and bring a water bottle and journal, if you have one. All levels are welcome!

www.movingintoawareness.com.
44811.401FC \$18/1 session
Sa Oct 8 9:30 am-12:00 pm
Instructor: John Weiss

How to Create your Own Self-Directed Spirituality

Ages: 18+ years

Instructor Linda Christensen PhD teaches Comparative Religion at UBC and Douglas College having been teaching on the different religions for over 20 years and seasoned on the spiritual path as well. Many today say they're spiritual, not religious, yet lack clear direction as to how to nurture their own sense of spirituality on a regular basis without necessarily taking on a religious ideology or commitment. This evening session will give you the basic tools for nurturing a sense of spirituality for yourself on your terms. We will explore the deeper meaning and purpose behind the usual religious practices of meditation prayer ritual and explore as well the role of emotional healing and journaling. You will leave with a practical how-to-formula for your own daily practice with a CD and guidebook that you can use.

45423.401FC \$25/1 session
Th Sep 15 7:00 pm-9:00 pm
Instructor: Linda Christensen, Ph D.

Toddler at the Table

Ages: 19+ years

Parenting a toddler isn't easy, especially when it comes to food and eating. A registered dietitian will share strategies that help you support your child to become a good, healthy eater. Some of the topics covered include how to avoid battles at meal and snack time, progressing from baby to adult food, how to know if your child is eating enough plus much more! Workshop also includes hands-on experience with samples of a variety of finger foods.

45400.402FC \$20/1 session
Th Sep 29 7:00 pm-9:00 pm
Instructor: Kristen Yarker, MSc, RD

Baby Meets Broccoli

Ages: 19+ years

Introducing solid food to babies is a big step! A registered dietitian will cover the when, what and how of introducing solid foods. Workshop also includes hands-on experience with samples of a variety of first foods. You will leave with confidence in introducing your baby to solid foods. Babies are welcome.

45400.401FC \$20/1 session
M Oct 17 1:00 pm-3:00 pm
Instructor: Kristen Yarker, MSc, RD



Picky Preschoolers

Ages: 19+ years

Are you exhausting yourself trying to get your kids to eat well? This workshop will give you the tools to STOP THE MADNESS! Find out why your child has become a picky eater. Learn tools and strategies to stop the battles over food and support your child to be a good, healthy eater. Leave knowing how to support your preschooler to be confident with food.

45400.403FC \$20/1 session
Th Nov 17 7:00 pm-9:00 pm
Instructor: Kristen Yarker, MSc, RD





FINANCIAL WORKSHOPS WITH Edward Sernoski, CGA, CFP

Workshops are free but space is limited. Please call 604-257-8195 to reserve a space for you and a guest. Edward Sernoski's office will call all participants prior to each workshop. More info at www.edwardjones.com

When Can I Retire ?

Ages: 18+ years
5 steps toward a Better Retirement Seminar is an educational program designed to offer a foundational knowledge of important investment strategies for retirement and address common questions that investors have about their own retirement plans. Please call 604-257-8195 to reserve a space for you and a guest.
45413.401FC \$2/1 session
W Sep 14 5:30 pm-6:30 pm

Guaranteed Income for your Retirement

Ages: 18+ years
This seminar is designed to help people who are concerned about having adequate income in retirement better understand the basics of potential guaranteed income solutions like Annuities. Please call 604-257-8195 to reserve a space for you and a guest.
45413.403FC \$2/1 session
W Nov 09 5:30 pm-6:30 pm

Tax Efficient Investing

Ages: 18+ years
With Corporate Class Mutual Funds, Canadian investors face many challenges when trying to invest in a tax efficient manner. Corporate Class provides a key investment tool to help investors succeed in reaching their goals. Guest speaker to present. Please call 604-257-8195 to reserve a space for you and a guest.
45413.404FC \$2/1 session
W Dec 14 5:30 pm-6:30 pm

Take Stock in the Market

Ages: 18+ years
This educational program is geared toward people who have little or no stock market experience. Take Stock in the Market covers the basic structure of the stock market and three key principles to stock investing. Please call 604-257-8195 to reserve a space for you and a guest.
45413.402FC \$2/1 session
W Oct 12 5:30 pm-6:30 pm

Adult Guardianship and Planning Statutes Amendment Act

Ages: 18+ years
The new Legislation comes into force September 1, 2011 addresses not only the major documents used for incapacity planning (the Power of Attorney and the Representation Agreement) but adds a new document, the Advance Directive, for health care. The general intention of the new legislation is to provide persons with greater choice in planning for their incapacity and to reduce the likelihood of financial and elderly abuse. The legislation is an important step forward for persons of all ages and everyone should acquaint themselves with it.
45418.401FC FREE/1 session
Th Oct 13 7:00 pm-9:00 pm
Instructor: Jack Micner, LLB



How to Buy Your First Home

Ages: 19+ years
Have you ever thought about buying your first home, but don't know where to start? Buying a home is probably the largest investment you will ever make, financially and maybe even emotionally. Our panel of experts will help guide you every step of the way. Guest speakers include Geraldine Santiago, published author of the 'Complete Home Buyer's Guide for Canadians', as well as a mortgage broker, a certified home inspector and a lawyer.
45420.401FC FREE/1 session
Th Oct 06 7:00 pm-9:00 pm
Instructor: Geraldine Santiago

NWO International Banksters & Globalists

Ages: 18+ years
This course broadly covers issues which are being suppressed in our mainstream media, particularly how international bankers and globalists have been trying to take over control of countries, how they set up the Federal Reserve, secretly financed the Russian Revolution, profited from the World Wars and how the truth of politics, assassinations and great discoveries are pushed to the side. We will have short videos, a list of readings and YouTube viewings. Have an eye opening experience! Share your views with the class. The instructor is the author of two books and has taught for 15 years.
44902.401FC \$16/1 session
Th Sep 15 7:00 pm-9:30 pm
Instructor: Brian Ruhe

HEALTH & WELLNESS WORKSHOPS

Introduction to Birth Doula

This information session will provide an overview of the role and services of a birth doula. The word "doula" comes from an ancient Greek word meaning "a woman who serves," and is now used to refer to a trained professional who provides continuous physical, emotional and informational support to the mother (and her partner) before, during and after birth. The use of a doula has been proven to reduce caesarean and epidural rates. Please join us for this opportunity to learn more about the benefits of a doula attending your birth.

The intro is only 20-30 minutes long
45422.401FC Free/I session
Sat Sep 24 @ 12:00 pm

45422.402FC FREE/I session
Mon Oct 24 @ 6:45 pm
(before Dr.Peddle's discussion on fertility)

45422.403FC FREE/I session
Th Nov 17 @ 12:30 pm
(before Coastal Health workshop)
Instructor: Amanda Buckle R.Ac., Doula

Natural Pain Reduction in Childbirth

Are you pregnant or planning to become pregnant and looking for alternative methods of pain reduction for childbirth? Acupressure can be a very effective tool for pain management, as well as, supporting regular and effective contractions. This workshop will teach you and your birth partner the protocol for acupressure in childbirth and the post-partum period. This experience enhances the bond with the birth partner allowing them to feel more confident, helpful and involved and maximizes the opportunity for a more satisfying birth experience. We will also briefly introduce and discuss other natural discomfort relief techniques.

45424.401FC
W Sep 28 6:30 pm-8:30 pm

45424.402FC
Sa Nov 19 1:00 pm-3:00 pm
\$32/per couple /woman+birth partner
Instructor:Amanda Buckle R.Ac., Doula

Yoga Philosophy Primer: Yamas and Niyamas

Ages: 18+ years
Yoga is so much more than asana! This class introduces fundamental principles from the classical eight limb system of yoga. Discussion - and you will even learn a bit of Sanskrit!

44350.403FC \$28/I session
Th Oct 20 7:00 pm-9:00 pm
Instructor: Laura Arpiainen, RYT-500

Yogic Lifestyle

Ages: 18+ years
All life is yoga. This lecture-workshop introduces a wide array of lifestyle elements that will enhance your yoga practice. Topics include pranayama, meditation, nutrition, contemporary culture, alternative treatments etc.

44350.404FC \$28/I session
Th Nov 17 7:00 pm-9:00 pm
Instructor: Laura Arpiainen, RYT-500

Yoga For Better Sleep

Ages: 18+ years
The importance of good sleep cannot be overstated in our hectic society. Come learn simple poses and techniques to help you relax and let go. Discussion, asana and guided relaxation.

44350.405FC \$28/I session
M Sep 19 7:00 pm-9:00 pm
Instructor: Laura Arpiainen, RYT-500

How to Have a Healthy Neck & Back

Ages: 18+ years
Discover what you need to do on a daily basis to enjoy a very healthy neck and back. Workshop is free but space is limited. Please register to reserve your space.

44808.101FC FREE/I session
Tu Oct 25 7:30 pm-8:30 pm
Instructor: Dr. David Kvalheim

12 Keys to Fat Release

Ages: 19+ years
The 12 keys that can make an impact in the battle of the bulge will be revealed and discussed in depth. Be prepared to move! There will be small practical components throughout this lecture.

44805.401FC FREE/I session
Tu Sep 20 7:30 pm-8:30 pm
Instructor:Andrew Burchell

Fit over 50; Exercise for the Aging Body

Learn the 12 essential components of exercise that make all the difference towards improving health and living in a more youthful body. Learn simple & practical exercises that can be performed anywhere and promote health and functional independence.

44805.402FC FREE/I session
W Oct 26 7:30 pm-8:30 pm
Instructor:Andrew Burchell

Dr. Briana Peddle BSc, ND
www.drpeddle.com
email.drpeddle@yahoo.com

Surviving the Cold and Flu Season

Learn strategies to support a healthy immune system and discuss reasons for and against having the flu shot.

44800.401FC \$5/I session
M Sep 12 7:30 pm-8:30 pm

Healthy Fertility and Conception Planning

Preparations for a healthy conception and pregnancy will be discussed in addition to ways to boost fertility for couples considering assisted conception (IUI and IVF) . Tips for both men and women will be discussed.

44800.402FC \$5/I session
M Oct 24 7:30 pm-8:30 pm

Do you have Pain ?

Pain can be due to a recent injury, or something we live with every day. Dr. Peddle will discuss natural ways to manage pain and improve healing time.

44800.403FC \$5/I session
M Dec 05 7:30 pm-8:30 pm

Speechcraft

Ages: 18+ years

Do you need to give presentations at work? Speeches to large groups? A toast to the bride or groom at an upcoming wedding? Learn and practice the art of public speaking.. Practice both impromptu speaking and prepared speeches. You will be evaluated constructively and learn to evaluate others constructively. (You may even have a lot of fun!) Taught by Vancouver Club 59 Toastmasters members. No class Oct 31.

45001.401FC \$69/6 sessions
M Oct 17-Nov 28 7:00 pm-9:00 pm
Instructor: Club 59 Toastmasters

Italian for Beginners

Ages: 16+ years

Are you planning a trip to Italy? Learn conversational Italian in a fun and friendly atmosphere. The class provides an opportunity for communication, self-expression and interaction and includes basic grammar, vocabulary and pronunciation. Cost of text (approx \$16) is not included. No class Oct 10.

45005.401FC \$135/10 sessions
M Sep 12-Nov 21 7:00 pm-9:00 pm
Instructor: Bahareh Zolfaghari

Genealogy



Ages: 16+ years

Want to learn more about your long-ago ancestors, where they lived, what their occupations were, clear up those family mysteries, find out when that branch of the family came to Canada? In this course, you build a 5-generation family tree, learn where to find several family tree software programs and practical online resources, plus how to handle common problems and brick walls in your searches. The emphasis will be on helping beginners find free and quality resources online, as well as using non-internet information. Participants will need to have access to a computer and library as homework will be given.

45009.401FC \$66/4 sessions
Th Oct 06-Oct 27 6:30 pm-8:30 pm
Instructor: Celia Lewis

Ipad/Ipod As An Educational Tool



This course is for parents who wish to explore using an iPad/ IPod to supplement their children's education. The focus will be on PreK – grade 1. You do not need a device to take this course. Included in the course will be a brief overview of the iPad, different applications to use for education, an educational plan (how many times a week, length of each session, reward system), and a guide to assist with choosing a good app.



45430.401 Thu Nov 17 & 24 7:00-9:00 pm \$45 /2 sessions
Instructor: Chris Felzmann

DOG TRAINING

Instructor: Canine Companion.

Dog Behaviour- Good and No so Good

Ages: 18+ years

Nobody's perfect, not even our wonderful canine friends. Many behaviours that humans do not like, are natural for dogs and puppies. This module will show how to recognize potential problems and to change those already present. Tips will be offered to help your dog put his best paw forward.

45409.401FC \$28/1 session
W Nov 16 7:00 pm-9:00 pm

So You Wanna Get A Dog

Ages: 18+ years

This workshop addresses the cost, commitment and family considerations required before a dog or puppy is added to the home. Breed choices, medical issues, daily routine and what to look for when picking a puppy will be discussed.

45409.402FC \$28/1 session
W Oct 19 7:00 pm-9:00 pm

Doggy Daycamp

Ages: 18+ years

This is a short course for busy folks and their dogs to enhance the human-canine relationship. Reinforce the basics (sit, down, come, stay) and learn new skills to exercise the brain and body. Fun is the teaching methodology that will create a well-mannered and happy companion.

45409.403FC \$90/5 sessions
W Sep 21-Oct 19 12:00 pm-1:30 pm

45409.404FC \$90/5 sessions
W Oct 26-Nov 23 12:00 pm-1:30 pm

Dogs in Community-Level 1

Ages: 18+ years

Use the five basic obedience skills (sit, heel, down, come and stay) plus additional management tools, to create a well-mannered and confident companion who can accompany you anywhere. FUN will be the teaching methodology. Behaviour problems and pet care will be addressed. Bring your dogs on the first night. Suitable for all dogs 4 months+. This is not a competitive class. One dog's skill level can be very different from another's. Exercises and games are designed so dog and handler progress from their starting point.

45409.407FC \$90/7 sessions
Tu Sep 27-Nov 08 6:00 pm-7:15 pm



CULINARY

About Denise Swanson

She has spent a lifetime researching vegetarian issues, starting in 1972. Years of organic food gardening, studying plant based nutrition, and developing whole food vegan recipes has led Denise to take on diverse catering functions for several local non profit organizations and she has taught popular hands-on workshops in vegan cookery.

**Meatless Mondays**

So, what exactly do vegetarians eat, and how do they get ample protein? Learn how to prepare quick, satisfying and delicious meals for the vegetarian in your life. Explore the growing community of people shifting to a more plant based diet in the spirit of "flexitarianism".

45855.401FC \$25 /session;
\$70 /3 sessions
Mon, Sep 12, Nov 14 & Dec 12
10:00 am-1:00 pm

**Vegan Cooking for Sustainable Weight Loss**

Who doesn't want to lose weight easily and healthfully? Side effect: dramatically reduce your risk of disease AND lower your carbon footprint! Have fun preparing nutritious fresh and fast meals the whole family will love. Suggested reading: This Crazy Vegan Life, by Christina Pirello. No class Nov 12.

45855.405FC \$70 /7 sessions
Sat Oct 15-Dec 3 12:00-3:30 pm

Easy, Healthy, Kid-Friendly Snacks

Part 1: The Incredible Invisible Vegetable



Who says snacks and desserts have to be unhealthy? Come learn how to prepare amazingly nutritious goodies that are loaded with veggies. No one ever needs to know!

45855.402FC \$10/session
Su Sep 11 1:00-3:30 pm



Easy, Healthy, Kid-Friendly Snacks

Part 2: Low-Sugar and Gluten-Free



You don't have to be on a special diet to enjoy making and eating these wheat-free, low-sugar delights.

45855.403FC \$10/session
Su Sep 18 1:00-3:30 pm

Easy, Healthy, Kid-Friendly Snacks

Part 3: Mini-Meals, savory snacks



Learn how to create simple, nourishing, savory snacks or mini-meals both kids and the whole family will love.

45855.404FC \$10/session
Su Sep 25 1:00-3:30 pm



MARTIAL ARTS

Tai Chi

Ages: 16+ years

An ancient Chinese exercise that increases your sense of coordination, balance and overall body awareness; promotes physical and mental relaxation as a form of meditation; and fosters an understanding of self-defence and martial arts. Suitable for all ages and body types, it can be practised anywhere and requires no special equipment or clothing. Instruction is provided in the Yang style 24 Form. This class is suitable for both beginner & intermediate students.
43401.401FC \$64/8 sessions
Tu Sep 06-Oct 25 7:45 pm-9:15 pm
Instructor: Jean Kares

Tai Chi with Steve

Ages: 19+ years

An ancient and unique way of movement and martial art emphasizing relaxation, balance, coordination, and agility. Tai Chi can be a total system of exercise incorporating mental as well as physical discipline. Steve has taught Tai Chi to many students in Vancouver for over thirty-seven years. The class is conducted in a fun and relaxed manner, and is suitable for people of all ages and fitness levels. No class Oct 10.

43409.401FC \$60/6 sessions
M Sep 19-Oct 31 5:45 pm-6:45 pm
43409.402FC \$60/6 sessions
M Nov 7-Dec 12 5:45 pm-6:45 pm
Instructor: Steve Malliaris



MARTIAL ARTS

Kendo

Ages: 16+ years

Kendo is one of the traditional Japanese sword arts that was developed by the Samurai as a means to train realistically without fear of injury. Today, Kendo is practiced around the world by people of all ages and is best recognized for its use of a bamboo sword and unique body armour. Besides being an exciting martial art, Kendo practice will help cultivate character, perseverance and a calm mind. Only a bamboo and wooden sword (shinai & bokuto) are needed to get started. Contact admin@sunrisekendo.com for information on where to purchase equipment. For ages 16 years+ or with instructor's permission. Chief instructor: Takuo Uegaki, Renshi 7th Dan. Drop-in \$7, space permitting

43410.401FC \$70/14 sessions

W Sep 14-Dec 14 7:15 pm-9:30 pm

Instructor: Takuo Uegaki

Kung Fu - Beginners

Ages: 14+ years

(Choy Lay Fut/Pak Hsing Lineage) Kung Fu is not just about fighting. It's a way of viewing the world, a means of coordinating your body, sharpening your mind, improving your fitness and self-confidence. Kung Fu is colourful, exciting, exhilarating and precise. It cultivates skills for dealing with the stresses of everyday life. It's ideal for anyone and any fitness level. As well as learning self-defense, you will gain flexibility, strength and tone all parts of your body, as you move with speed, efficiency and suppleness. Drop-in \$12, space permitting. www.KungFuVan.com No class Mon October 10.

43411.401FC \$120/12 sessions

M Sep 19-Dec 12 7:45 pm-9:15 pm

Instructor: Philip Lee

**Karate - Ku Yu Kai**

Ages: 18+ years

Friendly class environment that introduces you to many aspects of this traditional style of Karate. George brings 26 years teaching experience to this program. The focus is on self-defence, fitness training, sparring practice and the graceful art of kata (forms). Progress at your own pace. Uniform optional for beginners. More info at www.kuyukai.com

43402.401FC \$108/12 sessions

Tu Sep 20-Oct 27 7:00 pm-9:30 pm

Th 7:00 pm-8:30 pm

43402.402FC \$130/14 sessions

Tu Nov 01-Dec 15 7:00 pm-9:30 pm

Th 7:00 pm-8:30 pm

Instructor: George Chan & Julie Zilber

Ki Aikido

Ages: 18+ years

In Ki Aikido there is no aggression, tension or competition. The purpose of practice is to learn to extend our power fully by developing a calm mind and relaxed body through enjoyable exercise, which will enhance the quality of our lives. Suitable for all levels of fitness and may be practiced equally by men and women of any size age or ability. Take one free class any time. For testimonials & more info at www.senshinkiaikido.com. Drop-in \$14 space permitting.

43405.401FC \$188/16 sessions

Th Sep 08-Dec 22 7:30 pm-9:30 pm

43405.402FC \$176/15 sessions

Tu Sep 06-Dec 13 7:00 pm-9:00 pm

Instructor: Michael Gordon

Boot Camp Style Kick Boxing

Ages: 18+ years

Urban Contender Kickboxing Bootcamp takes martial arts techniques and cardio conditioning to create the ultimate workout challenge for anyone at any level. Burn calories, tone your body, increase upper body strength, improve circulation, relieve stress, and gain self-confidence while losing weight. With intense 60 minute classes you'll look good and feel even better! A 25 % discount when registering for two classes per week. (Only available in-person or by phone). Class size is limited to 25. Drop-ins \$13 space permitting. More info at www.urbancontender.com

43406.401FC \$86/8 sessions

Tu Sep 13-Nov 01 8:15 pm-9:15 pm

43406.402FC \$86/8 sessions

Su Sep 11-Oct 30 11:00 am-12:00 pm

43406.403FC \$75/7 sessions

Tu Nov 08-Dec 20 8:15 pm-9:15 pm

43406.404FC \$75/7 sessions

Su Nov 06-Dec 18 11:00 am-12:00 pm

Instructor: Eric Marcina

**Capoeira**

Ages: 18+ years

This amazing art form combines dance, music, acrobatics and self-defense. Enjoy the music and positive energy of Group Abada Capoeira. Uniform includes white pants and a white t-shirt. Loose-fitting pants of any colour are okay for the first month. More info at www.abada.ca Drop-in \$13, space permitting. Program moves to the Tye Hall on Oct 28. No class Fri November 11.

43403.401FC \$126/12 sessions

F Sep 16-Dec 09 7:30 pm-8:45 pm

Instructor: Julio Monteiro

YOGA

Yoga - Iyengar

Ages: 18+ years

Improves flexibility, strength and endurance. As the body moves into alignment, less muscular work is required and relaxation increases naturally. The method is adaptable to suit individual needs, regardless of age or state of health. Drop-in \$18, space permitting.

Level 1 & 2 - Wednesday

44301.401FC \$208/13 sessions

W Sep 15-Dec 07 5:30 pm-7:00 pm

Instructor: Gerie Primerano

Level 1 & 2 - Monday

44302.401FC \$208/13 sessions

M Sep 12-Dec 12 6:00 pm-7:30 pm

Instructor: Arezou Moeini

**Yoga - Adapted for Movement Disorders**

Ages: 18+ years

A Beginner's Therapeutic Yoga class geared towards individuals living with Multiple Sclerosis and is suitable for others with disabilities. You can experience all of the benefits of Yoga in a safe, educational and compassionate environment that is adapted to meet your unique needs and abilities. Yoga has been shown to reduce fatigue, improve strength and balance, increase breathing capacity, and can reduce stress. The Yoga practice will be tailored to your needs and can be performed in a chair or on the floor with a strong emphasis on breathing, alignment and awareness. The class is taught by Maggie Reagh. Maggie is a certified yoga instructor with experience working with individuals with MS, brain injury, stroke, pain and other disabilities. Drop-in \$8. No class Oct 10. 44310.401FC \$33/12 sessions
M Sep 19-Dec 12 4:15 pm-5:30 pm
Instructor: Maggie Reagh

Yoga Made for Runners

Ages: 18+ years

Yoga Made for Runners is a dynamic stretching and strengthening program designed to help runners get fit for running and prevent or overcome injuries. The Yoga Made for Runners system will also restore balance to our body's musculature, return flexibility and suppleness to muscles, open tight, compressed joints and strengthen our core muscles. For more information please visit www.mikedennisonyoga.com. This class is appropriate for everyone, from those new to yoga to experienced practitioners. Yoga mats are provided. Drop-in is \$14, space permitting. Program moves to the Tye Hall on Oct 28. No class Nov 11.



44311.401FC \$142/13 sessions

F Sep 09-Dec 09 6:00 pm-7:15 pm

Instructor: Mike Dennison

Yoga Belly

Ages: 19+ years

Get leaner and centered with a fun fusion of bellydance, yoga and chi gung. Strengthen inside and outside with isolations and undulations of bellydance, build chi reserves and align, stretch and relax with the body wisdom of yoga leaving you feeling inspired, grounded and renewed. Laurel McGregor is a teacher of yoga and fusion fitness since 1995 at Vancouver CC, she has also taught for corporate employee programs, local high schools and internationally at Spa Deus in Italy. She is enthusiastic to offer this new program and share insights and fun of Yogabelly. No class Mo, Oct. 10. Drop-in fee \$15. 44508.501FC \$98 /10 sessions
M Sept 26-Dec 5 7:00 pm-8:00 pm

Chair Yoga

See page 29

**Rise & Shine w/ Purna Yoga**

Ages: 18+ years

Join this group of early risers for a fun and energizing yoga class. Alignment based asana, juicy stretches and restorative relaxation: what better way to start your day! Mixed levels welcome. No class Oct 4.

44350.401FC \$120/8 sessions

Tu Sep 06-Nov 01 7:00 am-8:30 am

44350.402FC \$105/7 sessions

Tu Nov 08-Dec 20 7:00 am-8:30 am

Instructor: Laura Arpiainen, RYT-500

PILATES

Pilates Mat

Ages: 18+ years

Improve core strength and coordination circulation, reduce stress, increase endurance, lessen chronic weaknesses, and prevent injury. Drop-in is \$13.00.

Beginner

44201.401FC \$104/6 sessions

W Sep 14-Oct 19 7:00 pm-8:00 pm

44201.402FC \$104/6 sessions

W Nov 02-Dec 07 7:00 pm-8:00 pm

Instructor: Karen Everall

Intermediate

44201.403FC \$104/6 sessions

W Sep 14-Oct 19 6:00 pm-7:00 pm

44201.404FC \$104/6 sessions

W Nov 02-Dec 07 6:00 pm-7:00 pm

Instructor: Karen Everall



HEALTH & WELLNESS

Feldenkrais

Ages: 18+ years

Ideal for those wanting more ease and grace in their lives. Fun and easy-to-follow, these group classes are perfect for alleviating aches, injuries and improving athletic abilities. Many who have taken Hilary's classes have seen improvement, sometimes immediate and very significant. Drop-in \$12, space permitting.

44701.401FC \$55/5 sessions
W Sep 28-Oct 26 6:30 pm-7:30 pm

44701.402FC \$55/5 sessions
W Nov 2-Nov 30 6:30 pm-7:30 pm

Instructor: Hilary Fuller

**Fit 4 Two****Mom & Baby Fitness**

Ages: 19+ years

This Baby Friendly class allows mom to get a great workout AND attend to baby's needs at any time. Each class provides a full body workout: cardio, muscular endurance, core work and flexibility. Benefit from increased energy, improved posture, less aches and pains and a stronger core. This is a fantastic opportunity to connect with other new moms in your community. Women should be 4+ weeks postpartum (weeks for caesareans). All fitness levels are welcome. This class is designed for pre-mobile babies. www.fit4two.ca Drop-in \$15.00.

43592.401FC \$90/7 sessions
Tu Sep 13-Oct 25 10:00 am-11:00 am

43592.402FC \$90/7 sessions
Tu Nov 01-Dec 13 10:00 am-11:00 am

Instructor: Melanie Osmack

**LeBlond Technique**

Ages: 18+ years

FREE TRIAL CLASS

Tu Sep 06 5:30 pm-7:30 pm

Th Sep 08 5:30 pm-7:30 pm

Stretching & Deep Relaxation for men & women.

All levels are welcome. Experience the fusion of Dance technique, Pilates and Yoga. You'll learn techniques based on back care, good alignment and healthy body mechanics with slow stretching, joint mobilization and strengthening exercises. This class is a physical meditation at its best. Janice has danced, choreographed and performed extensively for over 30 years, taught at venues across North America, and performed with dancers and dance companies all over the world. Drop-in \$17, space permitting. 25 percent discount when registering for two classes per week. (Discount is only available in-person or by phone).

44208.401FC \$203.50/15 sessions
Tu Sep 13-Dec 20 5:30 pm-7:30 pm

44208.403FC \$203.50/15 sessions
Th Sep 15-Dec 22 5:30 pm-7:30 pm

Instructor: Janice LeBlond

Nia

Ages: 18+ years

Nia is a transformational movement practice that leads to health, wellness and fitness. Through deepening our awareness of sensation, Nia draws us into a more loving relationship with our body, mind, emotions and spirit, and allows us to step into our potential safely and consciously. Done barefoot to soul-stirring music, Nia's movement is both guided and free-form, and can always be adapted to your needs and abilities. Step into your own joyful journey with Nia, and positively shape the way you feel, look, think and live.

Register for 2 or more Nia courses per week & receive a 25 percent discount. (Only available in-person or by phone). Drop-in \$16, space permitting. No class Oct 10 & Oct. 22.

44801.401FC \$156/13 sessions
Tu Sep 20-Dec 13 9:45 am-11:00 am

44801.402FC \$156/13 sessions
Th Sep 22-Dec 15 9:45 am-11:00 am

44801.403FC \$156/13 sessions
Sa Sep 17-Dec 10 11:00 am-12:15 pm

44801.404FC **NEW** \$132/11 sessions
M Sep 26-Dec 12 6:00 pm-7:15 pm

Instructor: Judy Cashmore



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