



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 skills, including: foundation chain, single to triple crochet, turn and crochet in the round. One crochet hook and sample yarn included. See www.knittingAstor.com

42800.101FC \$35/1 sess
W Feb 1 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.

42800.104FC \$56 w/private
\$43 w/semi-private
W Jan 3-Apr 30 7:00 pm-9:00 pm
Instructor: Astor Tsang

Open Studio - Art & Painting

Ages: 19+ years

Express yourself and let go in this accepting and relaxing art class. Receive lots of hands-on creating time, one-on-one coaching, feedback & encouragement as you develop skills, confidence and creativity! Work with any art medium and enjoy the option to choose your own project. Learn from step-by-step demonstrations and get amazing tips from our online learning resource. Class material is customized to your needs, but can cover any topic including colour mixing, brush technique, abstracts, mixed-media collage, palette knife painting, creative process, and more. Open to all levels. Instructor Chloe Ulis has a life-long background in art, a degree from Emily Carr and 15 yrs painting experience. A certified Life Coach, Chloe loves to bring out your creativity and help you to achieve your goals. Questions? Call Chloe at 604-805-5622, website: www.chloeulis.com

42002.101FC \$112/7 sessions
Tu Jan 10-Feb 21 10:30 am-12:30 pm
42002.102FC \$112/7 sessions
Tu Feb 28-Apr 24 10:30 am-12:30 pm
Instructor: Chloe Ulis

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.

42803.101FC Free/8 sessions
Sa Jan 14-Apr 28 9:30 am-12:30 pm

Philosophers' Cafe

7 pm, first Thursday of the month.

Admission \$5

Co-sponsored by the False Creek Community Centre

- January 5: The republic of Canada?
- February 2: Animals and people . Today not many children would know a goat from a ramp, except they may have seen on TV or the Internet.
- March 1: what Politics-Matters of principle or pragmatics (compromise)?
- April 5: What is the good life?



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.

42201.101FC \$199/10 sessions
Tu Jan 17-Mar 20 6:30 pm-9:00 pm

42201.102FC \$199/10 sessions
Th Jan 19-Mar 22 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.

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 ceramic artist who has spent many years as a production potter.

42201.103FC \$81/4 sessions
Tu Apr 3-Apr 24 6:30 pm-9:00 pm
Instructor: Keith Lehman

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).

42202.101FC \$199/10 sessions
W Jan 4-Mar 7 6:30 pm-9:00 pm

42202.102FC \$199/10 sessions
W Mar 28-May 30 6:30 pm-9:00 pm

Instructor: Tarrynea Biallecki



PHOTOGRAPHY

**Basic Digital Photography**

Ages: 16+ years

For owners of DSLR cameras or cameras with manual functions for aperture and shutter speed. So you have a new digital camera. It has dozens of functions, lots of megapixels and a thick unreadable manual. So why aren't your pictures what you 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 will 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.

42910.101FC \$120/4 sessions
Sa Jan 14, 21, 28, Feb 4 1:30 pm-4:00 pm

42910.102FC \$120/4 sessions
Sa Feb 11, 18, 25, Mar 3 1:30 pm-4:00 pm

42910.103FC \$120/4 sessions
Sa Mar 10, 17, 24, 31 1:30 pm-4:00 pm

42910.104FC \$120/4 sessions
Sa Apr 14-May 5 1:30 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.

41107.101FC \$5.50/Drop-in
Su Jan 8, Feb 5, Mar 4, Apr 1 4:00 pm-6:00 pm

Instructor: Ron Stelting



PERFORMING ARTS

Courting the Muse

Ages: 18+ years

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. Sorry no drop-in. Laurel McGregor 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.

44508.102FC \$75/3 sessions

Th Jan 19, Feb 16 & Mar 15 7:15 pm-9:15 pm

Instructor: Laurel McGregor

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 30 years of groundbreaking 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. Minimum of 4 participants required.

41301.101FC Drop-in \$15

Sa Jan 7-Apr 28 1:30 pm-3:30 pm

Instructor: Van Theatre Sports Lge.

Private Piano Lessons

See page 8

**ZUMBA® Gold or Seniors****FREE TRIAL CLASS****W Jan 4 2:00 pm-3:00 pm**

Is a dance-fitness class that uses the zesty Latin music, like Salsa, Cha Cha, Merengue, Cumbia, Rock & Roll (including Twist and Charleston), Flamenco and Tango with easy to follow moves to create a dynamic and fun fitness class. ZUMBA® Gold classes strives to improve our balance, strength, flexibility and most importantly, the heart. It is a "feel-happy" workout that is great for both the body and the mind.

44815.101FC \$ 63 /7 sess

Jan 11-Feb 22 2:00 pm-3:00 pm

44815.102FC \$ 63 /7 sess

Mar 7-Apr 18 2:00 pm-3:00 pm

Instructor: *Luglio Romero***Zumba®****FREE TRIAL CLASS****Tu Jan 10 6:15 pm-7:30 pm****W Jan 11 6:00 pm-7:15 pm**

Ages: 19+ years

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, socca, 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

41606.101FC \$63/7 sessions

W Jan 18-Feb 29 6:00 pm-7:15 pm

41606.102FC \$63/7 sessions

W Mar 7-Apr 18 6:00 pm-7:15 pm

Instructor: *Janet McLeish*

41609.101FC \$63/7 sessions

Tu Jan 17-Feb 28 6:15 pm-7:30 pm

41609.102FC \$63/7 sessions

Tu Mar 6-Apr 17 6:15 pm-7:30 pm

Instructor: *Janet McLeish***Ballroom Dance**

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.

Foxtrot

41610.101FC \$37/4 sessions

Su Feb 5-Feb 26 1:30 pm-2:30 pm

Instructor: *Gabriel Yam***Night Club 2-Step**

Ages: 16+ years

41610.102FC \$37/4 sessions

Su Apr 15-May 6 1:30 pm-2:30 pm

Instructor: *Gabriel Yam***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.

44360.101FC \$90/6 sessions

Tu Jan 17-Feb 21 5:30 pm-6:30 pm

44360.102FC \$90/6 sessions

Tu Mar 6-Apr 10 5:30 pm-6:30 pm

EDUCATIONAL WORKSHOPS



Neighbourhood Emergency Preparedness Program

Emergency Preparedness

Ages: 5+ years

NEPP #1 Earthquake Preparedness – Be Prepared not Scared. 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.

43425.101FC Free/1 sess

W Mar 7 7:00 pm-9:00 pm

Instructor: NEPP

Emergency Preparedness & your Pet

Ages: 5+ years

NEPP #2 - Earthquake Preparedness for you and your Pet. We all know we live in an area that could be affected by a wide variety of emergencies or disasters and the time to prepare is now. The key to better surviving a disaster is to ensure you and your family are prepared before the disaster strikes. But what about Pets? We saw in Hurricane Katrina that people refused to evacuate if they were not able to take their pets with them. Don't let this happen to you. This session will cover the supplies you should have on hand how to make your home safe what to do if you are evacuated and other key steps in developing your family and pet emergency plan. Please pre-register with the front office.

43426.101FC Free/1 sess

M Apr 16 7:00 pm-9:00 pm

Instructor: NEPP

Clutter Clearing for Lighter Living

Got stuff? Are you sick and tired of feeling overwhelmed? Are you looking for a fun and effective way to clear clutter? Join Sheila Gomez-Lagman for this inspiring and dynamic talk and discover the joy of lighter living in modern times. You will learn the "types" of clutter and how they affect you. She will also talk about why people keep clutter and will give tips on letting go to help your move forward. Be entertained with actual stories based on her experiences of how clutter clearing facilitated dynamic shifts in people's lives!

45425.101FC \$15 /1 sess

Fri Apr 20 1:00 pm-3:00 pm

Instructor: Sheila Gomez-Lagman



Bicycle Maintenance

Ages: 15+ years

Learn the basics of how to keep your bicycle running at its best. This is a 6 hour hands-on workshop that will teach you how to perform simple, yet important and necessary service. You will learn about flat repair, lubrication, chain maintenance, brake and shifter adjustments and much more. Cycling is so much more enjoyable when your bike is well tuned. Bringing your own functioning bike to the workshop is encouraged.

43805.101FC \$55/1 sess

Sa Apr 28 9:30 am-3:30 pm

Instructor: Barry Kwok



Valentine Vegan Lover's Feast

Show your sweetheart, friends, or family how special they are this Valentine's Day: present a delectable vegan feast sure to win their hearts.

45855.105FC \$35 /1 sess

Fri Feb 10 6:00 pm-9:30 pm

Instructor: Denise Swanson

So You Wanna Get A Dog

Ages: 19+ 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.

45409.102FC \$28/1 sess

W Jan 18 7:00 pm-9:00 pm

Instructor: Canine Companion



Dog Behaviour - Good and No so Good

Ages: 19+ 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.

45409.101FC \$28/1 sess

W Feb 15 7:00 pm-9:00 pm

Instructor: Canine Companion

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.
 45400.102FC \$20/1 sess
 Th Feb 16 7:00 pm-9:00 pm
Instructor: Kristen Yarker-Edgar

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.
 45400.101FC \$20/1 sess
 M Mar 5 1:00 pm-3:00 pm
Instructor: Kristen Yarker-Edgar

Picky Preschoolers

Ages: 19+ years
 Feeding your 3-5 year old can be challenging. Learn the tools and strategies to stop the battles over food and support your child to be a good, healthy eater. Some of the topics covered include how to know if your child is eating enough, best ways to get your child to eat vegetables, how to support your child to learn to handle situations when their favourite foods aren't available plus many more! This workshop includes hands-on experience making kid-friendly foods.
 45400.103FC \$20/1 sess
 Th Mar 29 7:00 pm-9:00 pm
Instructor: Kristen Yarker-Edgar

Presented By Family Services Of Greater Vancouver

Helping Preteens Make the Right Choices

This workshop will cover several methods to guide children ages 9-12 yrs to make choices that meet their needs in a healthy, positive way. With an understanding of our child's personality and the tools to teach children what their "needs" are, you can work together with your preteen to create successful choices.
 45414.101FC \$23/1 sess
 W Feb 29 6:30-8:30 pm
Facilitator: Lyndsy Sieger

Go to Sleep Please!

The end of the day can be exhausting and stressful. Both parent and child are tired and it usually becomes difficult to finish the day with a calm, predictable and joyful bedtime. There are several theories about how to get your child to sleep, suggesting a very broad range of strategies in many cases contradictory, making the situation more confusing. We will explore the different options and strategies available and according to your child's age and the family needs, we will help you formulate a bedtime plan that will allow you and your child a happy end of the day.
 45412.101FC \$23/1 sess
 Sa Mar 31 10:00 am-12:00 pm
Facilitator: TBA

Money Skills - The Financial Literacy Program

Are you struggling to make sense of your money? Join this fun interactive class to learn more about setting money goals, budgeting, savings tools and the wise use of credit. The workshop is designed for people with low to modest incomes who want to take more control over their money. It's free and priceless! Space is limited. Please phone 604-257-8195 to reserve your space.
 45411.101FC FREE /4 sess
 Th Feb 16-Mar 8 7:00 pm- 9:00 pm
Facilitator: Jose Guerrero

Edward Sernoski, CGA, CFP

Workshops are free and geared to an audience 40+ years but space is limited. More info at www.edwardjones.com

Tax Free Savings Accounts

Time to Enhance your wealth planning strategy. Presentation providing investors with a detailed overview of TFSA's and investment options available. Presentations by CA and Invesco Trimark.
 45413.101FC FREE/1 sess
 W Jan 11 5:30 pm-6:30 pm

Staying the Course in Challenging Markets

Presentation will provide a look at 5 key strategies for dealing with market volatility and benefits of staying invested in for the long term. Presentation by CI Investments.
 45413.102FC FREE/1 sess
 W Feb 8 5:30 pm-6:30 pm

Smart Income in Retirement

Presentation walks clients through different types of income in retirement and challenges faced today with longer life expectancy and ways to manage challenges. Presentation by AGF Investments.
 45413.105FC FREE/1 sess
 W Feb 22 5:30 pm-6:30 pm

Top Ten Tax Resolutions

RRSP's RRIIF, RESP and TFSA's income splitting and more: Presentation to illustrate top tax and estate planning tips. Presentations by CA and Invesco Trimark.
 45413.103FC FREE/1 sess
 W Mar 14 5:30 pm-6:30 pm

Capital Markets Review

Presentation to take a closer look at fundamentals of the year so far, insight into economic trends impacting you and their implications and the benefits of a balanced portfolio to meet investment goals. Guest speaker, Mackenzie Financial.
 45413.104FC FREE/1 sess
 W Apr 11 5:30 pm-6:30 pm

HEALTH & WELLNESS WORKSHOPS

Dr. Briana Peddle BSc, ND

www.drpeddle.com

email.drpeddle@yahoo.com

Weightloss 101

With so many fad diets and weight loss programs to choose from, how do you know which ones actually work and which one is right for you? Come learn about the barriers to weight loss and the various weight loss options that are out there. Everything from HcG to the Naturopathic Wholistic approach will be discussed. You will leave this lecture with concrete tips to improve your weight loss outcomes.

44800.101FC \$5/1 sess
Tu Jan 10 7:30 pm-8:30 pm

Introduction to Naturopathic Medicine

Naturopathic Medicine is a popular and rapidly growing field of health care, but what do Naturopathic Doctors (NDs) really do? How are we different from and how are we the same as Medical Doctors? Learn about the modalities NDs use, what kind of conditions and diseases we treat, our scope of practice (can my ND prescribe me pharmaceuticals?) as well as our philosophy. You will leave this lecture with a clear understanding of what Naturopathic Doctors can do to help improve your physical, mental and emotional health, as well as some tips for living a healthy life.

44800.102FC \$5/1 sess
Tu Feb 21 7:30 pm-8:30 pm

Vitamins 101 from A to Zinc

Come learn about vitamins and minerals and the roles they play in your health. Who should take supplements? How much should you take? How do vitamins and minerals help treat common health concerns? This lecture will discuss the individual roles that specific vitamins and minerals play as well as covering what to look for in a good supplement.

44800.103FC \$5/1 sess
Tu Apr 17 7:30 pm-8:30 pm

Fitness Solutions for Busy People

Ages: 19+ years

In a time when people are extremely busy and stress levels are higher than ever, regular exercise has become even more crucial for increased energy & optimal health. Time, it seems, has become the #1 reason/barrier for individuals



not exercising on a regular basis. In this highly informative and practical seminar, StayFitAnywhere's Advanced Health & Fitness Specialist Andrew Burchell will share a 5-step plan along with stats, facts, tips, and tools on how you can overcome the barriers and learn the strategies to get more results in less time. If you are looking to change and get on top of your health & fitness plan once and for all, then this seminar is not to be missed!

44805.101FC \$8/1 sess M Apr 23 7:30 pm-8:30pm
Instructor: Andrew Burchell

Community Care First Aid

TRAINING PARTNER OF THE RED CROSS

For further course details, visit www.communitycarefirstaid.com**Basic First Aid & CPR for Babies & Children**

Ages: 13-75 years

This short, informative and interactive course provides basic first-aid and CPR skills to treat babies and children. The course will cover common emergencies such as choking, SIDS, allergic reactions and more. This course is non-certifying. Instructor website: communitycarefirstaid.com.

48019.101FC \$63/1 sess
Th Feb 9 6:30 pm-9:30 pm
48019.102FC \$63/1 sess
Sa Feb 11 10:00 am-1:00 pm

**Red Cross Babysitter Course**

Ages: 11+ yrs

This course is a nationally recognized program designed to prepare your growing teen to develop self-assurance, knowledge, and skills required for babysitting duties and when caring for themselves alone.

38020.101FC \$75/1 sess
Sa Mar 3 9:00 am-4:00 pm

Emergency First Aid & CPR-C/AED

Ages: 13-75 years

Red Cross First-aid and CPR-C covering common emergencies in adults, children and babies. Also includes heart attacks, bleeding, choking, airway, breathing and respiratory emergencies. This is a certifying course – 3 years valid ticket. Instructor website: communitycarefirstaid.com

48020.101FC \$99/1 sess
Sa Jan 28 9:00 am-4:00 pm

HEALTH & WELLNESS WORKSHOPS

Yoga For a Better Sleep

Ages: 19+ 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. We start with a discussion about various factors affecting sleep, then learn simple restorative yoga postures and finish with a fabulous 30 minute guided relaxation. Please dress comfortably and bring a bolster if you have one at home! Open to all - no prerequisites or previous yoga experience required.

44350.105FC \$28/1 sess

M Jan 16 7:00 pm-9:00 pm

*Instructor: Laura Arpiainen, RYT-500***Purna Yoga Teacher Training**

Ages: 19+ years

This is a FREE workshop, but please pre-register. In fall 2012 the College of Purna Yoga premiers its introductory level 200-hour teacher training in Canada. In this free information session we will discuss what distinguishes Purna Yoga and this training from other programs. We will review course prerequisites, format content, expectations as well as costs. All serious practitioners are invited to attend this meeting to learn the extent of the transformational possibilities offered by Purna Yoga!

44350.103FC FREE/1 sess

M Jan 23 7:00 pm-9:00 pm

*Instructors: Brad Waites &**Laura Arpiainen, RYT-500***Yoga Philosophy: Kleshas**

Ages: 19+ years

Studying yoga philosophy will inform both your life and your yoga practice. Come learn about kleshas, those pernicious obstacles on the path of progress. Let Patanjali reveal to you what really holds us back in life. Freedom just might be a step closer after this two hour session. Presentation, handout and discussion - and you will even learn a bit of Sanskrit!

44350.106FC \$28/1 sess

M Mar 12 7:00 pm-9:00 pm

*Instructor: Laura Arpiainen RYT-500***Yoga and Women's Health**

Ages: 19+ years

Yoga teaches us to find ourselves and to understand our bodies more and more deeply. Come find out how a holistic lifestyle and a regular, kind, yoga practice can greatly benefit women's health. We will also discuss some common disorders and why 'thirty day challenges' are not a good idea. Discussion and simple asana. No prerequisites, women only please.

44350.104FC \$28/1 sess

M Apr 2 7:00 pm-9:00 pm

*Instructor: Laura Arpiainen RYT-500***The Pulses of Life, A Movement Workshop**

Ages: 18+ years

Pulses, they are everywhere in our world...in our lives, in our bodies and in our music. In this playful exploration, we will look at our hearts, our emotions and our minds in how they move us forward and how they hold us back. This will be accomplished by feeding the soul through lots of movement, some dialogue and even a bit of drawing. Come explore the "pulses" in your life! Please wear comfortable clothing, which allows ease of movement and bring a water bottle and journal, if you have one. All adults (18+) are welcome. No experience is needed.

44812.101FC \$18/1 sess

Sa Mar 17 9:30 am-12:00 pm

Instructor: John Weiss**Natural Pain Reduction in Childbirth**

Ages: 18+ years

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. Price is based on per couple.

45424.101FC \$36/1 sess

W Feb 22 12:30 pm-2:30 pm

45424.102FC \$36/1 sess

Sa Mar 31 1:00 pm-3:00 pm

45424.103FC \$36/1 sess

M Apr 23 6:15 pm-8:15 pm

*Instructor: Amanda Buckle***We don't want to cancel good programs, but...**

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, make a decision on activities the day prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!

Italian for Beginners

Ages: 16+ years

Are you planning a trip to Italy? Do you have an interest in a new language or culture? 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.

45005.101FC \$135/10 sessions

M Jan 16-Mar 19 7:00 pm-9:00 pm

Instructor: Bahareh Zolfaghari

The Expressive Body

Ages: 18+ years

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. No class Mar 15 & Mar 22. All levels are welcome! www.movingintoawareness.com

44811.102FC \$70/8 sessions

Th Feb 2-Apr 5 10:30 am-12:00 pm

Instructor: John Weiss

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? Or would you just like to try something new? Learn and practice the art of public speaking in this practical 6 week course. 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.

45001.101FC \$69/6 sessions

Tu Feb 7-Mar 13 7:00 pm-9:00 pm

Instructor: Club 59 Toastmasters

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: thereveda.ca or 604-738-8475.

44902.102FC \$32/2 sessions

Sa Mar 10 & 17 1:30 pm-3:45 pm

Instructor: Brian Ruhe

Buddhist Philosophy and Vipassana Meditation

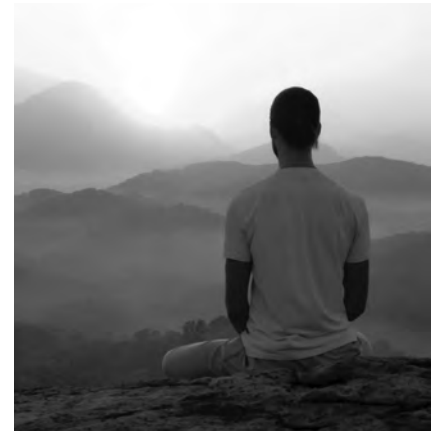
Ages: 18+ years

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 decreases in insomnia. Instructor is a former monk and has taught for 15 years. His book is recommended and will be available. A book will be available for \$19, plus meditation CDs. For info. visit: thereveda.ca or phone 604-738-8475.

44902.101FC \$45/1 sesss

Sat Feb 11 9:30 am-3:30 pm

Instructor: Brian Ruhe



Buddhism-in-Action and You

Ages: 18+ years

We need to awaken from the manipulative hypnosis and deceptive, delusive sleep that corporations and governments lull us into. The new techno consumerism and comodification of our culture is sexy and hard to resist. It is not enough to see through our own individual delusions; we need to learn to see through the delusions being fed to us by corporate-owned media and government institutions controlled by international bankers. Thus, experience our Social Awakening! The Buddhist Eightfold Path is an extraordinary eye-opening lens to see through deception and delusion such as New World Order agendas! Learn the hidden history of the past century and the evidence about the influence of secret societies such as the Bilderberg Group. Watch short videos and get a list of readings and YouTube viewings. This course will give you a wonderful refreshing perspective on how to regain your own powers of critical thinking and a renewed empowered perception of our society.

44902.104FC \$64/3 sessions

Tu Jan 17-Jan 31 7:00 pm-9:00 pm

Instructor: Brian Ruhe

SUN RUN TRAINING

The ideal way to prepare for the Vancouver Sun Run on April 17th. SportMedBC & the Vancouver Sun offer a graduated training program for runners & walkers at all levels.

FAQ & refund info is available at www.sportmedbc.com, or at the community centre office.

Registration begins December 1st



The program will gradually increase your fitness level until you are ready to safely tackle 10K. Topics include: footwear, clothing, nutrition, hydration, injury prevention and cross training. Fee includes entry to the Sun Run, an exclusive InTraining technical shirt, event souvenir t-shirt, expert advice, and motivational support and online technical information. Participants 13-15 years old must be accompanied by a participating adult. No refunds after the 2nd class. No registration after the 3rd class.

Walk 10K

44910.101FC \$155.68/13 sessions
Sa Jan 14-Apr 7 8:30 am-10:30 am

Run 10K

44910.102FC \$155.68/13 sessions
Sa Jan 14-Apr 7 8:30 am-10:30 am

RunFaster 10K

44910.103FC \$155.68/13 sessions
Sa Jan 14-Apr 7 8:30 am-10:30 am

Nordic Pole Walking 10K

As a pre-requisite, you should be familiar with the use of Nordic Poles and be able to walk comfortably for 30 minutes at a time. Please come prepared with your own poles. A limited number will be available for sale during the 1st or 2nd week at the clinic. Gradually increase your fitness level until you are ready to safely tackle 10K.

44910.104FC \$155.68/13 sessions
Sa Jan 14-Apr 7 8:30 am-10:30 am

WATERFRONT

Dragon Boating for Adults

Dragon boat racing is a popular and exciting team sport. It's a great way to exercise and make new friends. This course will teach paddling safety, basic technique and engage in work-outs designed to increase core strength and general fitness. No previous experience required. Life jackets and paddles supplied. Participants are recommended to wear non-cotton athletic clothing and plastic/rubber sandals, flip-flops or other waterproof footwear. Sessions are rain or shine. A Medical/Consent form is required prior to starting session. www.fcrc.com
43220.101FC \$139 /12 sess
Tu Apr 10 -Jun 26 6:00 pm-7:30 pm
Instructor: False Creek Racing Canoe Club



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.fcrc.com to learn what we can offer you.

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.

43401.101FC \$80/10 sessions
Tu Jan 24-Mar 27 7:45 pm-9:15 pm
Instructor: Jean Kares

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. Tue class: 8:00-9:00pm in Mini Gym. Thur class: 7:00-9:00pm in Lind Hall. More info at www.kuyukai.com

43402.101FC \$126/14 sessions
Tu Th Jan 10-Feb 23 7:00 pm-9:00 pm
43402.102FC \$135/15 sessions
Tu Th Mar 1-Apr 19 7:00 pm-9:00 pm
Instructors: George Chan & Julie Zilber

Kendo

Ages: 16+ years

A 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. 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.

43410.101FC \$85/17 sessions
W Jan 4-Apr 25 7:15 pm-9:30 pm
Instructor: Takuo Uegaki

MARTIAL ARTS

Capoeira

Ages: 19+ 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 Tyee Hall on Feb 3.

43403.101FC \$126/12 sessions
F Jan 13-Mar 30 7:30 pm-8:45 pm
Instructor: RASTA

**Kung Fu - Beginners**

Ages: 14+ years

(Choy Lay Fut 北勝)

Kung Fu is colorful, exciting, exhilarating and precise. You will experience coordination of your body, sharpening of your mind, improvement in overall fitness and self-confidence. We train in hand to hand combat techniques, with a focus on health and self-defense. You will gain flexibility, strength and tone all parts of your body and learn to move with agility. It's ideal for anyone and any fitness level. Drop-in \$12,

space permitting. www.KungFuVan.com
43411.101FC \$150/15 sessions
M Jan 9-Apr 23 7:45 pm-9:15 pm
Instructor: Philip Lee

**Boot Camp
Style Kick Boxing**

Ages: 19+ 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.

43406.101FC \$86/8 sessions
Tu Jan 10-Feb 28 8:15 pm-9:15 pm

43406.102FC \$86/8 sessions
Su Jan 8-Feb 26 11:00 am-12:00 pm

43406.103FC \$86/8 sessions
Tu Mar 6-Apr 24 8:15 pm-9:15 pm

43406.104FC \$86/8 sessions
Su Mar 4-Apr 22 11:00 am-12:00 pm
Instructor: Eric Marcina

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.

43409.101FC \$60/6 sessions
M Jan 16-Feb 20 5:45 pm-6:45 pm

43409.102FC \$60/6 sessions
M Feb 27-Apr 2 5:45 pm-6:45 pm

43409.103FC  \$60/6 sessions
M Jan 16-Feb 20 10:30 am-11:30 am

43409.104FC  \$60/6 sessions
M Feb 27-Apr 2 10:30 am-11:30 am
Instructor: Steve Malliaris

Ki Aikido

Ages: 19+ 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.

43405.101FC \$188/16 sessions
Th Jan 5-Apr 19 7:30 pm-9:30 pm

43405.102FC \$188/16 sessions
Tu Jan 3-Apr 17 7:00 pm-9:00 pm

Instructor: Michael Gordon

Yoga - Iyengar

Ages: 19+ 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. No classes during Spring Break, Wednesdays, March 14 & 21.

Level 1 & 2 - Monday

44302.101FC \$240/15 sessions
M Jan 9-Apr 23 6:00 pm-7:30 pm
Instructor: Arezou Moeini

Level 1 & 2 - Wednesday

44301.101FC \$224/14 sessions
W Jan 11-Apr 25 5:30 pm-7:00 pm
Instructor: Gerie Primerano

Yoga - Adapted for Movement Disorders

Ages: 19+ years

This beginner's slow flowing Therapeutic Yoga class is geared towards individuals living with minor disabilities including Multiple Sclerosis, Arthritis, Scoliosis, Stroke, Head Injuries, Parkinson's Disease, and Paraplegia as well as more common problems with neck, shoulder lower back, hip, and knee pain. Therapeutic Yoga is tailored to your individual needs, using chairs, props, the wall, and the floor. There is a strong emphasis on breathing, alignment, chanting, and meditation. Those in wheel chairs must have a medically trained assistant. The class size is limited to 10 people so register early. Note that drop-ins are permitted for your first time only for \$8. Maggie Reagh, MA in Teaching, E-RYT 500 (Yoga Teacher Trainer) has been teaching Therapeutic Yoga and training Yoga Therapists in Vancouver and internationally for over 10 years. No class Feb 20 & Apr 9.

44310.101FC \$97.5/15 sessions
M Jan 9-Apr 30 4:15 pm-5:30 pm
Instructor: Maggie Reagh

Yoga Made for Runners

Ages: 19+ 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.

44311.101FC \$176/16 sessions
F Jan 6-Apr 27 6:00 pm-7:15 pm
Instructor: Mike Dennison

Rise & Shine with Purna Yoga

Ages: 19+ 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.

44350.101FC \$120/8 sessions
W Jan 11-Feb 29 7:00 am-8:30 am

44350.102FC \$120/8 sessions
W Mar 7-Apr 25 7:00 am-8:30 am
Instructor: Laura Arpiainen RYT-500

Purna Yoga: Advanced Asana Class



Balance your day with a deep and strong lunch hour asana practice. In this class Laura guides experienced students to new insights in asana. This is a true Purna yoga power hour! Prerequisite: 3 years of alignment based yoga, full inversions.

44351.101 \$120/8 sess
Th Jan 12 Mar 1 11:45 am-1:00 pm

44351.102 \$120/8 sess
Th Mar 8-Apr 26 11:45 am-1:00 pm
Instructor: Laura Arpiainen RYT-500



Yoga Belly

Ages: 18+ 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. Drop-in fee \$15. 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 the fun of Yogabelly.

44508.101FC \$98/10 sessions
M Jan 23-Mar 26 7:00 pm-8:00 pm
Instructor: Laurel McGregor

Chair Yoga
All Ages
See page 28





Fit 4 Two Mom & Baby Bootcamp

FREE TRIAL CLASS

Tu Jan 10 10:00 am-11:00 am

Fit 4 Two® Mom & Baby Bootcamp. Bring baby - Get Fit Bootcamp Style! If you are looking for an advanced high energy indoor workout - this class is for you. Mom & Baby Bootcamp includes a variety of drills that focus on strength, power, agility, balance, cardio and core. Due to the advanced nature of this class women must have been exercising regularly (cardio and strength training) for 6+ weeks immediately prior to the session. Not quite ready? Check out Fit 4 Two® Mom & Baby Fitness (multi-level) at neighboring community centres. Pre-mobile babies only please. All Fit 4 Two® Instructors are Certified Pre & Postnatal Fitness Specialists and follow the guidelines of Society of Obstetricians and Gynecologists of Canada (SOGC).

43593.102FC \$104/7 sessions
Tu Th Jan 12-Feb 2 10:00 am-11:00 am

43593.103FC \$119/8 sessions
Tu Th Feb 7-Mar 1 10:00 am-11:00 am

43593.104FC \$119/8 sessions
Tu Th Mar 6-Mar 29 10:00 am-11:00 am

Instructor: Melanie Osmack

LeBlond Technique

TRIAL CLASS

44208.106FC \$10/1 sess

Tu Jan 3 5:30 pm-7:30 pm

44208.105FC \$10/1 sess

Th Jan 5 5:30 pm-7:30 pm

Ages: 18+ years

Stretching & Deep Relaxation for men & women. 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. Janice has danced, choreographed and performed extensively for over 20 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).

44208.101FC \$216/16 sessions
Tu Jan 10-Apr 24 5:30 pm-7:30 pm

44208.103FC \$216/16 sessions
Th Jan 12-Apr 26 5:30 pm-7:30 pm

Instructor: Janice LeBlond

PILATES

Pilates Mat

Improve core strength and coordination circulation, reduce stress, increase endurance, lessen chronic weaknesses, and prevent injury. Drop-in is \$14.00.

Beginner

44201.101FC \$91/7 sessions
W Jan 18-Feb 29 7:00 pm-8:00 pm

44201.102FC \$91/7 sessions
W Mar 14-Apr 25 7:00 pm-8:00 pm

Intermediate

Ages: 18+ years

44201.103FC \$91/7 sessions
W Jan 18-Feb 29 6:00 pm-7:00 pm

44201.104FC \$91/7 sessions
W Mar 14-Apr 25 6:00 pm-7:00 pm

Instructor: Karen Everall

Feldenkrais

Ages: 19+ 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 \$14 space permitting.

44701.101FC \$78/6 sessions
W Jan 18-Feb 22 6:30 pm-7:30 pm

44701.102FC \$78/6 sessions
W Mar 7-Apr 11 6:30 pm-7:30 pm

Instructor: Jessica Zay

Nia

Ages: 19+ years

Nia is a transformational, 30-year-old movement practice that leads to greater health, aliveness, fitness and joy. Through deepening our connection to sensation, Nia guides us into a more loving relationship with our body, mind, emotions and spirit, and allows us to grow 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 playful 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 Feb 18, 21, 23, 25, 27, 28, Mar 1, 19, 20, 22, 24, Apr 9.

44801.101FC \$168/14 sessions
Tu Jan 3-Apr 24 9:45 am-11:00 am

44801.102FC \$168/14 sessions
Th Jan 5-Apr 26 9:45 am-11:00 am

44801.103FC \$168/14 sessions
Sa Jan 7-Apr 28 11:00 am-12:15 pm

44801.106FC \$168/14 sessions
M Jan 9-Apr 30 6:00 pm-7:15 pm

Instructor: Judy Cashmore

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.

51605.101FC Free/16 sessions

Su Jan 8-Apr 29 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/person. Co-ordinators: Gabriel & Catherine Yam.

51606.101FC

F Jan 13-Apr 13 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. No program on statutory holidays. Free with FCCC membership.

55801.101FC Free/14 sessions

M Jan 9-Apr 30 1:00 pm-3:00 pm

Instructor: Instructor No

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. No class Mar 13 or 20.

55803.101FC Free/15 sessions

Tu Jan 3-Apr 24 1:00 pm-3:00 pm

Instructor: Instructor No

OUT TRIPS

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

**Harrison River Eagle Tour**

Harrison River has one of the largest concentrations of bald eagles in North America with a count of over 6000 eagles in 2011. This may be the best eagle viewing in BC history! Travel to Harrison Mills for a river eagle walk featuring the relationship between the spawning salmon and bald eagle. This tour includes a 3 course lunch at Kilby Historic site and admission to the museum and farm. Pick-up @ 9:15 am, arrival @ 4:00 pm.

55740.101FC \$79 /1 sess

W Jan 18 9:15am-4:00pm

“Behind the Scenes” Tour

Take part in this unique opportunity to tour a working television and radio facility. The CBC studios are located in the heart of downtown Vancouver and provide a fascinating insight into breaking news, television and radio production - you may even bump into your favorite local news personality! Our next stop is designed to give you an intimate look at where your NHL favorite players and world class entertainers prepare for games and performances. The Rogers Arena tour includes a view from the luxurious hospitality suites and presentation in the comfortable seats of the Private Club section. Dine beach side at a true Vancouver landmark, the Sylvia Hotel, for a delicious three course lunch.

55740.102FC \$89 /1 sess

Fr Feb 17 9:30am-4:00pm

100 Mile Tour

Inspired by the book “The 100 Mile Diet – Local Eating” this tour focuses on local, seasonal, fresh and sustainable food in our own backyard. Travel to the Agassiz-Harrison region for an informative and delicious tour of farm fresh favorites including Limbert Mountain Farms’ amazing herb farm, Suplesse Dairy Farms with the robot milker, Canadian Hazelnuts and BC’s largest beekeeping farm Honeyview Farms. This tour includes a farm fresh artisan lunch at “Simply Fine Foods Kitchen” at Limbert Mountain Farms featuring tarragon chicken crepes served with seasonal roast veggies, herbal salad, rustic Italian bread, tea or coffee.

55740.103FC \$89 /1 sess

Th Mar 22 8:45am-6:00pm

Britannia Mine Museum Tour

Visit the newly renovated Britannia Mine Museum featuring the Underground Adventure Tour! This tour includes the Britannia Mine’s underground train, new exhibits, galleries, a visit into the Historic Mill Building, gold panning pavilion and a delicious lunch on the Squamish River at the popular Watershed Grill. Finish the day at the Squamish Adventure Centre for the screening of the educational and entertaining 40 minute film “In the Shadow of the Chief”. The charming 36 seat theater hosts a unique look at a part of climbing history and the spirit of the community surrounding the Stawamus Chief Mountain

55740.104FC \$89 /1 sess

Fr Mar 30 9:00am-4:30pm

FITNESS & HEALTH

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.

53004.101FC \$60/8 sessions
W Mar 28-May 16 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 cardiovascular machines. Come prepared to workout! Class limited to 6 participants register early.

53005.101FC \$38/4 sessions
M Feb 6-Feb 27 10:00 am-11:00 am

53005.102FC \$38/4 sessions
M Mar 5-Mar 26 10:00 am-11:00 am
Instructor: Moses Bosire

Developing Eldercare Plans

This seminar will discuss how to develop eldercare plans to address some of the main issues associated with senior living. Discussion will include planning for health and wellness needs, when to make changes in one's living environment or to move to a senior's residence, legal and financial considerations and addressing caregiver needs. Particular focus will be on looking at the range of senior living options available in Greater Vancouver and how to prepare for a smooth transition when the time comes. This is a FREE presentation from Home-to-Home Advisory Services.

55502.101FC FREE /1 sess
Thur Feb 16 1:00-2:00 pm
Instructor: Stephanie Chan



Chair Yoga

All Ages

Gentle yoga adapted for practice on a chair works all parts and systems of the body. 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 standing postures behind the chair help to improve balance. Everyone moves within their own level of comfort. Space permitting, drop-in fee \$10.00.

53009.101FC \$68 /8 sess
W Jan 18-Mar 7 10:30-11:30 am

53009.102FC \$68 /8 sess
W Mar 21-May 9 10:30-11:30 am
1st class Lind Hall

Instructor: Sylvia Smallman

Osteoporosis 101

Ages: 19+ years

This is a FREE workshop courtesy of the UBC Pharmaceutical Sciences Dept Stedents.

54805.101FC Free/1 sess
M Feb 6-Feb 6 11:45 am-12:45 pm

Instructor: Pharmacy Studen UBC

Zumba Gold® for Seniors

See page 17

Tai Chi with Steve

Ages: 19+ years

See page 24 for course description.

43409.103FC \$60/6 sessions
M Jan 16-Feb 20 10:30 am-11:30 am

43409.104FC \$60/6 sessions
M Feb 27-Apr 2 10:30 am-11:30 am

Instructor: Steve Malliaris

Osteofit I

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.

54808.101FC \$124/33 sessions
MTh Jan 5-Apr 30 10:30 am-11:30 am
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.

54809.101FC \$120/32 sessions
Tu F Jan 6-Apr 27 10:30 am-11:30 am
Instructor: Petronella Vander Valk



Stroke Association of BC

Ages: 55+ years

For more information, call Matthew Millar at 604-688-3603. This is a drop-in program.

56600.101FC Free/17 sessions
Tu Jan 3-Apr 24 1:00 pm-4:00 pm

