

EDUCATIONAL & DEVELOPMENT

Cryptic Crosswords for Beginners

Looking for a gym class for your mind? Learning how to solve cryptic crosswords gives you an opportunity to improve your memory and your lateral thinking skills. Have you always thought these puzzles were for smart people only? Enjoy the fun and satisfaction of finding out that you are one of those people. This is an introductory course catering to the learning needs of people with no experience in solving cryptic crossword puzzles but those with experience are welcome to attend.

W 1:00pm-3:00pm Jan 18-Feb 22
 64777.101KR 6 sessions/\$50
 Instructor: Maggie Sherlock



Executor and Estate Planning Seminar

Have you been appointed an executor for your estate? Are you an executor for someone else's estate? Come to this free seminar hosted by a local financial planning company, a funeral services company and the Vancouver Hospice. Find out how to enjoy more retirement income. Leave a bigger estate and avoid disputes and keep your family united. Save time and money settling an estate. Understand probate and more. Pre-registration required at 604-257-8100.

Tu 7:00pm-9:00pm Feb 21
 65340.101KR FREE



Essentials of Aromatherapy

Aromatic essences derived from portions of plants- discover the alternative form of healing! Learn the top ten essential oils, their therapeutic properties and how to safely and effectively use them everyday. Discuss creating your own essential oil medicine cabinet. In class, create blends for lymphatic drainage, scarring, acne and other ailments. Create personal synergy (blend), a roll-on, massage oil, a solid scent perfume and a perfume spray. Recipes and blends provided. All supplies included. Offered by Sentimental Creations.

Th 6:30pm-9:30pm Mar 1
 64819.102KR 1 session/\$38

Natural Skin and Hair Care

Struggling with eczema, psoriasis or dermatitis? Using herbs, essential oils, organic butters and botanicals, customize your own skincare! Improve the look of skin and hair naturally by creating a balancing body lotion, herbal shampoo, citrus hair spray and a moisture lip balm. Recipes on hair rinses, detanglers, conditioners, dandruff control treatment and deep conditioners. All supplies included. Offered by Sentimental Creations.

Th 6:30pm-9:30pm Feb 16
 64819.101KR 1 session/\$39



NEPP #1: Earthquake Preparedness

We all witnessed the earthquakes in New Zealand, Haiti and Chile and saw 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. Pre-registration necessary at 604-257-8100.
 Tu 7:00pm-8:30pm Mar 6
 65502.101KR 1 session/FREE

New Technologies

Come and explore the world of technologies. What is the internet and what can you do on line? What is social networking and how do you protect yourself? What are IPODS, IPHONES and all these other handheld gadgets? How to you get what you want when shopping for items? Andrea MacDonald has been teaching programs for a number of years throughout the city.

W 7:00pm-9:00pm Feb 8
 65580.101KR FREE

VSB Inclusion program presents:

Year of the Dragon Cultural Fest

Join us for a performance followed by fun and games to celebrate Chinese New Year. The event will include song and dance, game booths and refreshments. Admission is free and the whole family is welcome.

Saturday January 28 2-4pm
 at the Kerrisdale Community Centre



The Insider's Guide to Buying/ Selling Real Estate

How do I find a great deal? What should my realtor do for me? How can I get the best price for my home and secure financing, too? In this fun and informal seminar Maureen answers these and other key questions and provides a step by step guide for buyers and sellers from financing to completion. Session is offered by Maureen Stout a local realtor and former university professor who writes and speaks on Vancouver real estate. She specializes in residential and investment properties. Pre-register at 604-257-8100.

Tu 7:00pm-9:00pm Feb 28
65533.101KR 1 session/FREE

Protect Yourself! Part 1

This 2 part financial literacy program provides older adults with the information they need to protect their finances, recognize and respond to financial abuse, access community resources for further information or assistance. Offered by the BC Centre for Elder Advocacy and Support.

Part 1: This module focuses on different types of powers of attorney, legal issues of capacity relating to them, common myths which lead to abuse, the dangers of joint accounts and the importance of advance planning. Pre- registration necessary call 604-257-8109.

Tu 10:00am-11:30am Jan 24
58045.101KR FREE

Part 2: This module deals with frauds, scams, identity theft and telemarketing; it includes topics such as common scams targeting seniors, identity theft, strategies to protect personal information and the National Do-Not-Call list. Pre-registration necessary call 604-257-8109.

Tu 10:00am-11:30am Feb 21
58045.102KR FREE

The Art of Wealth and Estate Preservation

Where do I start? Uncertainty can lead to discomfort and frustration around issues like second marriages, kids and grandkids, probate fees, income taxes, conflicting income needs and estate planning wishes. Being overwhelmed may cause you to feel anxious. Add in volatile markets, inflationary pressures and future healthcare uncertainties and you have the basis for a real dilemma. Uncover the strategies essential to help you preserve your wealth and still address your estate planning needs. Jim Doyle CFP, TEP, CDFA, CLU commentary has appeared in the Financial Times, Financial Post and Vancouver Sun. He has also appeared on City TV morning show and the Bill Good Show. Registration necessary at 604-257-8100.

Tu Feb 7 3:30- 5:30pm
65203.101KR FREE

Six Mistakes Retirees Make with Their Finances

For investors 55yrs and older who are planning to retire or have already retired and want to avoid costly mistakes. In this 90 minute presentation, Jim Doyle CFP, TEP, CDFA, CLU will help you uncover a retiree's biggest mistake and how to avoid them. Issues on the pitfalls of joint ownership and financial planning strategies you wish your advisor has shown you will be explored. See which investment choices could cause you to outlive your money. Explore common and costly errors made by investors when buying mutual funds. Registration necessary at 604-257-8100.

Tu Jan 24 3:30-5:30pm
65204.101KR FREE



What is the RDSP?

Come and learn about the Registered Disability Savings Plan (RDSP), a long term savings program for people with disabilities and their families, introduced by the federal government in 2007. Did you know that, if you do nothing but deposit a \$250 GST cheque each year, starting when you are 32 years old, by the time you are 60, the value of a RDSP should be over \$100,000. This program helps individuals and families save money to increase their long-term financial security. Register by calling 604-257-8100.

Thu Jan 26 6:30 -8:00pm
65600.101KR FREE

Adventures For The Mind

Join Jeremy and Kanal, volunteer facilitators for thought provoking discussion. Group will meet every 2nd and 4th Tuesday evening of each month from 7-9pm. Format of the discussion will be an hour of a pre-selected topic, followed by a short break. The last hour will be open to participant ideas and suggestions. Bring your ideas, all are welcome. Pre-register at the front desk. Free with membership

View instructor profiles at
www.kerrisdalecc.com