

North Shore Neighbourhood House Seniors Program Staff

Name	Office Hours	Position	Contact Information
Tooka Hashemi	Mondays to Fridays 9:00am-5:00pm	Seniors Program Coordinator	604-983-6496 seniors@nsnh.bc.ca
Karin Weidner	Monday, Thursday, Friday 8:00am-1:00pm Tuesday 8:00am-2:00pm	Seniors Social Programmer	604-983-6488 srsocialprog@nsnh.bc.ca
Lorna Harding	Flexible	Seniors Peer Support Program Coordinator	604-983-6490-office 604-315-2084-cell lharding@nsnh.bc.ca

Please visit the North Shore Neighbourhood House website at www.nsnh.bc.ca

The North Shore Neighbourhood House programs promote and enhance the quality of life of adults 55+ living in our community through diverse activities and programs which facilitate leadership, learning, and healthy living.

Seniors Peer Support Program

This program offers **free** confidential one-on-one support to seniors 55+ who are facing different changes and challenges in their lives. Carefully screened and fully trained volunteers provide empathetic listening, encouragement, companionship, referrals and information on available resources. Please contact Lorna Harding at **604-983-6490 / 604-315-2084**-cell or lharding@nsnh.bc.ca for more information or if you'd like to volunteer with this rewarding program.

Mind and Body Fitness for People with Dementia

This interactive program for people with early stage dementia or mild cognitive impairment includes weekly sessions of mild physical exercise, fun games and creative activities. The focus is on maintaining strengths & abilities and encouraging social interaction. Participants attend on their own or with a caregiver. Refreshments, including coffee, tea, cookies, and fruits, will be served.

TBD	12:30-2:00pm	TBD	Mon	To start again in the Fall	Anchor Room	Drop-In
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NSNH at JBCC Seniors Program Summer 2024



Balance & Mobility Exercises

This class is designed to keep you active, strong and independent, to prevent injuries, and increase your energy levels. Every session starts with a gentle warm up and mild cardio, followed by balance, mobility and strength exercises, and ends with a gentle stretch.

284343	11-12pm	\$68.00	Wed	Jul 10 to Aug 28	Anchor Room	Registered Program
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Osteofit Level 2 Intermediates

This fall prevention program focuses on techniques to help improve muscle strength, bone health, joint mobility, posture and balance. It includes functional exercises, agility activities, resistance training and stretches. The Osteofit program is suitable for those with arthritis, osteoporosis and those at risk of falls and fractures.

284338	11-12pm	\$68.00	Tue	Jul 9 to Aug 27	Anchor Room	Registered Program
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Osteofit Level 1 for Beginners

This fall prevention program focuses on techniques to help improve muscle strength, bone health, joint mobility, posture and balance. It includes functional exercises, agility activities, resistance training and stretches. The Osteofit program is suitable for those with arthritis, osteoporosis and those at risk of falls and fractures.

284340	12:45-1:45pm	\$68.00	Thu	Jul 11 to Aug 29	Anchor Room	Registered Program
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Watercolour Exploration - All Levels

Learn the methods, materials and expressive potential of the watercolor medium. Basic techniques such as washes, wet on wet and dry brush will be explored individually and through group discussions. Background in drawing is helpful.

TBD	10:00-12:30pm	TBD	Mon	To start again in the Fall	Art Studio	Registered Program
TBD	10:00-12:30pm	TBD	Tue	To start again in the Fall	Art Studio	

Acrylic Painting All Levels

Create exciting art pieces using different art techniques and a variety of mediums. You will improve your technique through demonstrations and one on one instruction.

TBD	1:00-3:30pm	TBD	Tue	To start again in the Fall	Art Studio	Registered Program
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Drawing for Beginners

This is an introduction to the art of drawing. Formal elements of line, value, shape, texture and space are taught individually and in a group setting. Curriculum includes drawing from direct observation. Bring a pencil and paper to the first class.

TBD	1:00-3:00pm	TBD	Mon	To start again in the Fall	Art Studio	Registered
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French Conversation Group

Participate in lively discussions in the language that's spoken across the globe. Anyone who loves French and wants to improve their confidence & fluency in speaking it, is invited.

This group is led by volunteers with native proficiency. Call 604-983-6496 for details.

TBD	To start again in the Fall	Anchor Room	Drop-In
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Women's Discussion Group

Join us for vibrant discussions on new topics each week. We have two different groups, each limited to a maximum of 10 people. Be sure to arrive early to secure your spot!

287068	10:30-12:00pm	\$2.00	Wed	Jul 3 to Aug 28	Discovery Room	Drop-In
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Gentle Yoga

This is a healing Hatha yoga class that combines breathing awareness with gentle movement. It's excellent for opening the joints, easing tension and calming the mind. Please bring a mat. Drop-ins are available subject to space availability.

284361	9:00 –10:30am	\$73.50	Mon	Jul 8 to Aug 26	Anchor Room	Registered Program
284362	10:45-12:15pm	\$73.50	Mon	Jul 8 to Aug 26	Anchor Room	
284363	10:45-12:15pm	\$84.00	Thu	Jul 11 to Aug 29	Anchor Room	

Bridge for Beginners to Intermediates

Learn how to play or advance your bridge game with tips and strategies for better play.

TBD	9:30-11:30am	Mon	To start again in the Fall	Discovery Room	Registered
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Italian Intermediate Level 1

Improve learning the most melodic language in the world! Immerse yourself in the culture, the history, the people and the food. Italian is one of the easiest languages for English-speakers to learn. Please call 604-983-6496 for details.

284347	9:15-10:45am	\$36.00	Wed	Jul 10 to Aug 28	Anchor Room	Registered Program
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Mahjong Social Drop-In - Instruction is available

Enhance your memory with Mahjong, a game of Chinese origin, usually played by 4 people with 144 tiles that are drawn and discarded until one player secures a winning hand.

287069	1:30-3:30pm	\$2.00	Tue	Jul 2 to Aug 28	Discovery Room	Drop-In
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Spanish Level 1 Intermediates

Improve learning this beautiful language which has a wide global influence on business and culture. Please call 604-983-6496 for details.

284360	9:30-10:30am	\$32.00	Tue	Jul 9 to Aug 27	Anchor Room	Registered Program
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Friendly Learn

Attend presentations on how to navigate the systems that provide essential services for seniors in BC. Our workshops include topics such as Dementia, Emergency Preparedness, Housing, Food Resources, First Aid, Navigating the Health Care System, Pharmacy

Services and Consultations, Fraud Prevention, Wellness and Self-Care.

Please call Tooka Hashemi for dates and topics at 604-983-6496.

290959	10:00-11:30am	Free	Tue	Jul 9 to Aug 27	Discovery Room	Drop-In
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Cribbage Social Drop-In

Originating from the UK, this popular strategy-based card game is designed to be played by 2-6 players using a distinct cribbage board. It has a strict set of rules and a unique scoring system. Instruction is available.

287064	1:30-3:30pm	\$2.00	Thu	Jul 4 to Aug 29	Discovery Room	Drop-In
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Canasta Social Drop-In

This easy to learn game combines elements of Bridge and Rummy.

Players can play individually and in pairs. Instruction is available.

287066	1:00-3:00pm	\$2.00	Fri	Jul 5 to Aug 30	Discovery Room	Drop-In
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Men's Club

Join the club on Tuesdays at 10am for a variety of activities including games, presentations, discussions, coffee/tea and cookies. For more information, please call 604-983-6494.

Space is limited to 12 people. Come early to secure a spot.

287062	10:00-12:00pm	\$2.00	Tue	Jul 2 to Aug 27	Discovery Room	Drop-In
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Bridge Social Drop-In

Drop in or plan to meet a friend for a few hands of bridge!

287065	09:30-11:30am	\$2.00	Thu	Jul 4 to Aug 29	Discovery Room	Drop-In
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Seniors Lunch Program

Enjoy a delicious meal and develop new friendships at JBCC every Friday @12:00pm! All meals are prepared by the chef of the Medley's Italian and Grill and cost \$10 with sides of vegetables, rice, potatoes or noodles. Coffee, tea and dessert are also included. Quantities are limited. Call Karin at 604-983-6488 to reserve a spot by the end of Tuesday of that week and pay on the day of the lunch at front desk.

272629	12:00-1:00pm	\$10.00	Fri	Jul 5 to Aug 30	Anchor Room	Drop-In
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Music Jam

Join our friendly group of musicians for their weekly jam sessions. Participate in the singing and dancing or just sit back and enjoy the music.

287063	1:30-3:30pm	\$2.00	Fri	Jul 5 to Aug 30	Anchor Room	Drop-In
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Social Circle Drop-In - For Kiwanis Residents Only!

This is our weekly social gathering exclusively for residents of Kiwanis Towers - We enjoy tea and cookies while checking on each other, sharing stories or discussing interesting topics. We also play games, listen to music, do some chair exercises and tell jokes.

Contact Karin Weidner at 604-983-6488 for more information.

Location is at Kiwanis Towers, Main Floor, Recreation Room,

170 2nd St W, North Vancouver, BC

11:00-12:30pm	TBD	TBD	To start again in the Fall	Kiwanis Towers	Drop-In
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Knitting and Needlework Drop-In

Bring your latest project or work on one of ours. You don't knit? Drop in for some guidance from one of our experts. You don't need to be a senior to participate.

287067	01:00-3:00pm	Free	Mon	Jul 8 to Aug 26	Discovery Room	Drop-In
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