

FALL FAVOURITES

Enhancing Lives of the
50+ Generation

Instructional Classes
September to December 2019



Fitness

All instructors are BCRPA Third Age Certified

Light Exercise

This class includes breathing, stretching, balancing, chair exercises and a gentle aerobic walking component to familiar music. Tips on healthy living, osteoporosis, arthritis and fall prevention are included with lots of fun and humour. This gentle class allows you to progress at your own pace.

Monday, 11:00 am - 12:00 pm (Jane Braithwaite & Anya Olenchenko)
On-going

Drop-in Fee: \$4.50, \$36.00 for 10 sessions

Stretch and Strength

Strengthen your muscles using lighter weights, tubing and your own body weight to build endurance and maintain bone mass. The class finishes with stretching and relaxing.

Tuesday, 9:30 - 10:30 am (Myken Brooks)

Friday, 9:30 - 10:30 am (Colleen Waldron)

On-going

Drop-in Fee: \$4.50, \$36.00 for 10 sessions

Toning

Focus on increasing endurance in all major muscle groups through the use of bands, weights and chair exercises. Improving your muscle tone can make everyday tasks easier and help improve bone density. Everyone is welcome and you can work at your pace.

Wednesday, 11:00 am - 12:00 pm (Gillian Wright)

Friday, 11:00 am - 12:00 pm (Colleen Waldron)

On-going

Drop-in Fee: \$4.50, \$36.00 for 10 sessions

Workout

Enjoy a stimulating aerobics class aimed at improving your heart health. Familiar music motivates you in these energetic classes that include a low-impact option. Emphasis is on improving agility, reflexes, fun and moving for the joy of it. Classes may include resistance training, posture, balance work, stretching and relaxation for a balanced fitness program.

Mon. & Wed., 9:30 - 10:30 am (Myken Brooks)

Thursday, 9:30 - 10:30 am (Gillian Wright)

Ongoing

Drop-in Fee: \$4.50, \$36.00 for 10 sessions

Looking for up-to-date information?

Check out our website at www.newwestpcr.ca
for all our latest programs.



Drop-in Yoga

This class focuses on the importance of mindful breathing to prepare your body and mind to move through a gentle flow of poses, at your own pace, requiring different levels of strength and balance. A restful meditation to finish will leave you feeling calm and centered.

Mon., Tues. & Wed., 10:45 - 11:45 am (Myken Brooks)

Ongoing

Drop-in Fee: \$4.50, \$36.00 for 10 sessions

Century House Exercise Room

The exercise room offers 50+ members a variety of easy to use exercise machines, cardiovascular equipment and free weights.

Monday - Friday, 9:00 am - 2:30 pm

Saturday, 9:00 am - 2:30 pm

Sunday, 12:00 - 3:30 pm

Ongoing

Drop-in Fee: \$4.50, \$36.00 for 10 sessions

The ABCs of the Exercise Room

(50+ years)

Learn how to use the exercise room at Century House properly. Enjoy this small class (2 participants per instructor) and Myken will ensure you have a fitness practice plan by the end of the program.

Tuesday, 12:00 - 1:00 pm (Myken Brooks)

September 10 & 17 **26765**

October 1 & 8 **26767**

October 22 & 29 **26769**

November 12 & 19 **26770**

Registration Fee: \$70.00

Exercise Room Circuit (50+ years)

Join a fun and energetic circuit training group in our fantastic exercise room! You will enjoy instructed and supervised workouts that include the use of cardio, weight equipment, free weights, stability balls, bosu and balance to achieve a full body workout. The great thing about a circuit training is your ability to work at your own pace and effort.

Thursday, 9:30 - 10:30 am (Myken Brooks)

September 5 - 26 **26756**

October 3 - 24 **26757**

October 31 - November 21 **26759**

November 28 - December 19 **26760**

Thursday, 12:15 - 1:15 pm (Myken Brooks)

September 5 - 26 **26761**

October 3 - 24 **26762**

October 31 - November 21 **26763**

November 28 - December 19 **26764**

Registration Fee: \$44.25

Osteofit (50+ years)

Safely exercise your way to healthier bones in a fitness program designed for people with osteoporosis or at risk for developing this condition. The program includes an educational component as well as an active session that includes strength, balance, and agility components. Check with your doctor before commencing this program to ensure you do not have any other pre-existing condition that may prevent you from doing certain exercises.

Thursday, 11:00 am - 12:00 pm (Colleen Waldron)

September 12 - October 24 **26982**

November 7 - December 19 **26983**

Registration Fee: \$60.00



Better Balance (50+ years)

This progressive program is designed to help challenge stability, improve mobility and prevent falls that can lead to debilitating fractures or worse. Learn about how balance works and why it is essential to maintaining good health. Exercises that focus on static and dynamic balance, improving posture as well as strengthening the core and lower body muscles will assist participants in maintaining and increasing their flexibility, coordination, and agility which can lead to greater confidence and more independence. Suitable for individuals of any age or ability. It's never too late to improve your balance.

Thursday 12:10 - 1:10 pm (Colleen Waldron)

September 5 - October 10 (6 weeks) **28956**

October 24 - November 28 (6 weeks) **28957**

Registration Fee: \$52.00

Fit Fellows (50+ years)

This is an introductory exercise class designed for men only. Strengthen your muscles using light weights, tubing and your own body weight to build endurance and maintain bone mass. This class will finish off with stretching and relaxing. You can work at your own pace.

Thursday, 11:00 am - 12:00 pm (Myken Brooks)

September 5 - October 24 **26772**

October 31 - December 19 **26773**

Registration Fee: \$47.00

Relaxation (50+ years)

This class is suitable for all women regardless of experience. Deanne teaches serenity breathing, gentle stretching and helps women understand mindfulness and the concept of present moment awareness. The goal is to give mature women the tools they need to help them manage stress, stay positive and find the energy and time to truly enjoy life.

Monday, 6:00 - 7:15 pm (Deanne Rapacioli)

September 16 - 30

Registration Fee: \$27.00 **26777**

Women's Wellness Circle (50+ years)

The Women's Wellness Circle is a welcoming drop-in for mature women where we focus on healthy aging, prevention and wellness and offer education, friendship, equanimity and respect.

Non-Exercise Movement - Essential to Health

More is not always better and taking the stairs really does work. Brain and body both benefit from short bursts of activity throughout the day. A quick burst of oxygen keeps the brain working well. New science confirms that non-exercise movement is essential to health even for those who do not engage in structured fitness programs.

Monday, 7:00 - 8:30 pm (Deanne Rapacioli)

October 7 **26778**

From Limited to Limitless

Aging is often seen as a time of loss; children leave home, careers are over –what's left? Now is the time to shake off those limitations society places on us, free ourselves, explore our potential and live life our way without apology. It's time to fully embrace our 'third act'.

Thursday, 10:45 am - 12:15 pm (Deanne Rapacioli)

September 19 **26779**

The Art of Living Well

Paint, sing, dance, read poetry or listen to music? Engaging in art of any kind, whether we can 'do it' or not, benefits us all. Artistic endeavours boost mental health, balance emotions and reduce stress. Dr. Gene Cohen's research shows how art can help us age with vitality, humour and gusto.

Thursday, 10:45 am - 12:15 pm (Deanne Rapacioli)

October 10 **26781**

Holism

Explore the concept of holism and ways to adopt a more holistic perspective. The benefits from healthy living, activity and exercise are all enhanced when we include holistic principles, and it turns out women can benefit most.

Thursday, 10:45 am - 12:15 pm (Deanne Rapacioli)

November 7 **26782**



Posture for Health

Many of us never learned how to stand well and as a consequence we suffer with back aches, fatigue, poor balance and bladder issues. Learn important dos and don'ts and how to improve and even fix poor posture. Good posture helps us feel stronger, energized and more confident.

Thursday, 10:45 am - 12:15 pm (Deanne Rapacioli)

November 14 **26784**

Mindful Living

What does it mean to be mindful? What is present moment awareness? How can we really 'be here now'? And what if we can't meditate? Are there other options? We'll explore strategies for balanced living and you won't even have to leave your chair.

Thursday, 10:45 am - 12:15 pm

November 21 **26889**

Hormones Health and the Pleasure Principle

Guilt often prevents women realizing the potential of pleasure to good health. Pleasure affects hormones that impact mood and link to depression. Pleasure goes much deeper than just having fun. Learn how to avoid PDD and how pleasure and healthy hedonism can be good for us.

Thursday, 10:45 am - 12:15 pm (Deanne Rapacioli)

December 12 **26985**

Registration Fee: \$6.75

Or participants can drop-each week: \$6.75

Looking for up-to-date information?

Check out our website at www.newwestpcr.ca for all our latest programs.

Dance, Dance, Dance (50+ years)

All women are welcome as this class is designed for non-dancers and former dancers alike. Classically based, creative, expressive and sometimes a little sassy, Deanne's unique movement to music class is safe and enjoyable for all women. Dancing is good for us - it keeps our bodies agile, our brains sharp, elevates mood and helps us feel great! Remember ladies - we are never too old to dance!

Monday, 6:00 - 7:15 pm (Deanne Rapacioli)
October 21 - December 9 (no class Nov. 11)
Registration Fee: \$61.25 **26887**

Get Up & Go! (50+ years)

This entry level exercise program helps with balance and mobility impairments with an emphasis on safety. You will improve strength, balance and coordination as well as functional ability, independence and quality of life. For a referral, contact Fraser Health Fall & Injury Prevention: 604.587.7866.

Wednesday, 12:30 - 1:30 pm (Jenny Mah)
Friday, 12:30 - 1:30 pm
September 18 - December 4
(no class Oct. 18, Nov. 1 & 27)
Registration Fee: \$77.50 **27001**

Yoga (50+ years)

Yoga balances body, mind and spirit through gentle exercises and breathing. Yoga also enhances physical vitality and mental clarity. Please wear loose, comfortable clothing and bring a small blanket.

Tuesday, 9:00 - 10:30 am (Rose-Marie Preston)
October 1 - December 3
Registration Fee: \$89.00 **27002**

Hatha Yoga (50+ years)

Hatha focuses on postures and conscious breathing to develop body awareness, strength, flexibility and relaxation. Through proper alignment and mindful body actions, you will move through a gentle flow of poses at your own pace, to encourage a sense of calm and peace creating physical and mental balance. The class is practiced in ambient lighting to calm the nervous system to promote restful sleep.

Friday, 6:00 - 7:00 pm (Jane Braithwaite)
September 20 - November 22
(no class Oct. 18 & Nov. 1)
Registration Fee: \$71.25 **27035**
Drop-in Fee: \$10.00



Meditation (50+ years)

Meditation is a centering, calming way of getting beyond the exhaustion of the racing mind. We will learn how to get beyond fear, into a state of truth, consciousness, love, wholeness. We will work to shift from the stressful fight-or-flight nervous system or sympathetic nervous system into the calming, intuitive, receiving parasympathetic nervous system. This is where healing in the body and mind can take place. We meditate in a non-judgmental, highly supportive environment.

Thursday, 1:00 - 2:00 pm (Jane Braithwaite)
September 12 - October 3 **27093**
October 17 - November 7 **27096**
November 21 - December 12 **27098**
Registration Fee: \$35.00

Tai Chi - Beginners Level I (50+ years)

Taoist Tai Chi arts reduce stress, improve balance and have a beneficial effect on many conditions. The gentle, internal movements are balanced throughout the body and have a calming effect on the mind. An accredited volunteer instructor from Fung Loy Kok Institute of Taoism will teach this class. On completion of this beginning course, students will be ready to join a Taoist Tai Chi arts continuing level class.

Tuesday, 1:00 - 2:00 pm (Sylvia Davis)
September 24 - November 26
Registration Fee: \$30.00 **27031**

Taoist Tai Chi Arts Continuing (50+ years)

Taoist Tai Chi arts reduce stress, improve balance and have a beneficial effect on many conditions. The gentle, internal movements are balanced throughout the body and have a calming effect on the mind. The continuing level class will help students progress along this path. An accredited volunteer instructor from Fung Loy Kok Institute of Taoism will teach this class, which open to anyone interested in improving their health through Taoist Tai Chi practice.

Wednesday, 1:00 - 2:30 pm (Mary Hardy)
September 18 - November 20
Registration Fee: \$44.00 **27033**

SIRvivor BC: Prostate Cancer

Exercise Program

NEW!

This is a group-based exercise program for men living with prostate cancer. The 12-week program is led twice a week by a BCRPA-registered Fitness Leader with additional cancer exercise training, to address the needs of men with prostate cancer. The PCSC program will focus on resistance training, flexibility, balance and aerobic exercise. Wed. & Sat., 11:15 am - 12:15 pm (Robin Masters)
September 18 - December 11
(no class Oct. 19 & Nov. 2)

Registration Fee: \$120.00 **27421**



Choose to Move (65+ years)

Join Choose to Move to help you build the habit of physical activity into your daily life in ways that work for you. Choose to Move is free and flexible, and provides you with motivation and support. You will work with a trained activity coach who will support you in developing a physical activity plan made just for you. When it gets tough, you will have the support from your coach and a group of others, who, just like you, are making a choice for health—they are choosing to move! Register in this program and an activity coach will contact you directly.

Information Session: (Robin Masters) **27101**
September 11, 1:00 - 2:30 pm
Registration after Information Session
Motivational Meetings: Wednesday, 3:00 - 4:45 pm

ActivAge (65+ years)

Are you 65 or older and looking to increase physically activity? Then ActivAge is for you. This fun and social program will get you moving in a relaxed and inviting class environment with like-minded people. There are two program options to choose from:

Option 1 focuses on improving activities of daily living, strengthening muscles used day-to-day
Option 2 focuses on exercises that will enable you to become more involved with other activity programs or sports.

The class includes discussions and handouts to help you improve your overall health and physical well-being.

Option 1 **27026**
Wednesday, 12:30 - 1:30 pm (Robin Masters)
Option 2 **27030**
Wednesday, 1:45 - 2:45 pm (Robin Masters)
September 18 - December 4
Registration Fee: Free

Creative Touch

Pottery (50+ years)

Join us in our well-equipped pottery studio for a five weeks of instruction combined with five weeks of technical support in pottery arts. The instructor and potters determine instructional topics. Clay is purchased through the studio for a separate fee.

Tuesday, 12:30 - 2:30 pm (Rylie McGuire)
September 24 - November 26
Registration Fee: \$128.00 **27036**

Looking for up-to-date information?
Check out our website at www.newwestpcr.ca
for all our latest programs.



Pottery: Hand Built Tableware (19+ years)
 Century House's well-equipped pottery studio is perfect for learning how to create functional pottery using a variety of techniques. Suitable for beginner and intermediate levels. All firings are included. Clay is extra and can be purchased through the studio.
 Tuesday, 6:30 - 8:30 pm (Rylie McGuire)
 September 24 - November 26
Registration Fee: \$144.75 **27037**

Exploring with Pencil Crayons - Intermediate (50+ years)
 This class is for participants at levels 4, 5 and 6 and is a continuation for those who have taken Beginner and Levels 2 and 3. More time is given for each lesson with repetition to help increase your depth of learning and understanding. New lessons are also introduced so that you can progress at your own pace.
 Monday, 7:00 - 9:00 pm (Mimi Kemball)
 September 23 - November 25
 (no class Oct. 14 & Nov. 11)
Registration Fee: \$80.75 **27039**

Exploring with Pencil Crayons - Beginners (50+ years)
 Pencil crayons are a versatile medium and an excellent beginner introduction to colour. Lessons include layering, hatching, impressed line, shading and form, colour theory, burnishing, space, depth and composition. Individual attention is given to help you develop your skills. A supply list is available at time of registration.
 Saturday, 12:30 - 2:30 pm (Mimi Kemball)
 September 28 - November 30
 (no class Oct. 19 & Nov. 2)
Registration Fee: \$80.75 **27066**

Beginner Cartooning (50+ years)
 This beginner's class will show you how to create cartoon characters and comic books. Explore inventing characters, facial expressions, proportion, comic book layout, setting the scene and more. Characters can be human, non-human, animal, robots, anything you can dream up!
 Thursday, 1:30 - 3:30 pm (Mimi Kemball)
 September 26 - November 7 (no class Oct. 17)
Registration Fee: \$67.75 **27060**

Acrylic Painting: Passion & Excitement (50+ years)
 For artists with some experience painting in acrylics, learn how to get the most out of this versatile media, with continued emphasis on light and colour in your composition. Demonstration and practice will include ways to use interesting textures, and experimenting with different backgrounds to create your unique finished work. Note: Please request suggested supply list before first class.
 Monday, 12:30 - 2:30 pm (Peri Nilan)
 September 30 - December 2
 (no class Oct. 14 & Nov. 11)
Registration Fee: \$77.50 **27068**

Dabble in Acrylics (50+ years)
 These sessions are a great for those new to painting or who work in other media and want to explore other mediums. Demonstration and practice exercises will include basic colour mixing, blending, and brush stroke techniques. We will also discuss ways to approach semi-abstract painting through a variety of practice exercises. Receive individual guidance from a practicing artist to complete a finished painting. Drawing or painting skills not required. All supplies included.
 Wednesday, 9:30 am - 12:00 pm (Peri Nilan)
 October 9 - November 13 (no class Nov. 6)
Registration Fee: \$102.00 **27082**



Creative Drawing - All Levels (50+ years)
 Learn simple step-by-step strategies to make drawing less intimidating and more fun! Your drawings can be used to make beautiful greeting cards, embellish a journal or simply enjoyed on their own. Focusing on technical skill and creativity provides us with the meditative time that is essential to relieve stress and boost brain plasticity. All supplies are included and you will take home a completed project that is uniquely yours!
 Wednesday, 9:30 am - 12:00 pm (Peri Nilan)
 November 20 & 27
Registration Fee: \$37.25 **27085**

Beginner's Drawing & Watercolour (50+ years)
 This beginner's course covers some of the basics of drawing with pencil and ink, flowing into watercolour pencils and, includes the techniques of watercolours on paper. Each week has a new project to advance your skills. Please bring a pencil, eraser and sketch book, (if you have one) to the first class. Supplies shall be discussed in the first class.
 Tuesday, 10:00 am - 12:00 pm (Riette Gordon)
 September 10 - October 29
Registration Fee: \$90.25 **27115**
 November 5 - December 17
Registration Fee: \$79.25 **27117**

Intermediate Watercolour (50+ years)
 For experienced watercolour artists at an intermediate level, seeking to improve their watercolour skills. This progressive class focuses on composition, design, and mixing pure colours. Students will be guided through various watercolour projects through demonstrations, individual guidance and critiques. Suggested supply list will be discussed in the first class.
 Friday, 12:30 - 2:30 pm (Riette Gordon)
 September 13 - October 25
 (Oct. 18, 10:00 am - 12:00 pm, joint class with Advanced)
Registration Fee: \$68.00 **27113**
 November 1 - December 20
 (Nov. 1, 10:00 am - 12:00 pm, joint class with Advanced)
Registration Fee: \$77.50 **27114**

Advanced Watercolour (50+ years)
 For experienced watercolour artists at an advanced level, this progressive class will guide students in the creation of several pieces through demonstrations, individual guidance and critiques. A suggested supply list will be available but you're welcome to bring your own supplies.
 Friday, 10:00 am - 12:00 pm (Riette Gordon)
 September 13 - October 25
Registration Fee: \$68.00 **27110**
 November 1 - December 20
Registration Fee: \$77.50 **27111**



StrumFun (50+ years)

Have you thought about playing a musical instrument? We can teach you how to play basic ukulele in a fun group. Reading music is not required and you can join us anytime. All you need is a ukulele, a tuner and the willingness to have fun! We will even do some singing (it does not matter if you can't carry a tune in a basket).

Fridays, 10:00 - 11:30 am (Carla Krens)
September 13 - December 13

Registration Fee: Free **27179**

Ukulele Beginners (50+ years)

Learn to play ukulele! This course covers the fundamentals of strumming, chords, and reading music. You will need a C ukulele (not a baritone); see the office for details.

Saturday, 2:45 - 3:45 pm (Kaitlin Deavy)
September 28 - November 30

(no class Oct. 19 & Nov. 2)
Registration Fee: \$65.50 **27188**

Ukulele Intermediate (50+ years)

For people who have completed the beginner level previously or who have previous ukulele playing experience.

Saturday, 11:15 am - 12:45 pm (Kaitlin Deavy)
September 28 - November 30

(no class Oct. 19 & Nov. 2)
Registration Fee: \$81.50 **27187**

Ukulele Advanced (50+ years)

For those with extensive ukulele playing experience.

Saturday, 1:00 - 2:30 pm (Kaitlin Deavy)
September 28 - November 30

(no class Oc. 19 & Nov. 2)
Registration Fee: \$81.50 **27189**

Ukulele Orchestra (50+ years)

This program is for advanced and intermediate students. We will focus on playing tunes in separate parts as a group, and less on theory or skilled practice. After the last day, we will have a performance concert at Century House.

Thursday, 4:30 - 6:30 pm (Joel MacKenzie)
September 26 - November 21

Concert: Friday, November 22, 7:00 - 8:30 pm
Registration Fee: \$100.00 **27361**

Looking for up-to-date information?
Check out our website at www.newwestpcr.ca
for all our latest programs.

Storytelling (19+ years)

Using your own experiences as content, explore and practice devices for effective oral storytelling. Award-winning playwright and nationally touring performer Devon More will share the 7 Steps to telling a great story. Shape memorable snapshots from your life history into well-crafted narratives that hold the listener captive. New and returning participants welcome.

Tues., Wed. & Thurs. 6:00 - 8:30 pm (Devon More)
November 19 - 21

Registration Fee: \$65.00 **27177**

Write from the Heart (50+ years)

Everyone has a story to tell, not only your own personal story but those you can create! In this class we will explore writing our memoirs, including travel memoirs, developing characters, describing settings, writing short fiction, poetry and marketing what you have written.

Thursday, 2:30 - 4:00 pm (Ruth Kozak)
October 10 - November 28

Registration Fee: \$39.25 **27433**



Ukulele Song (50+ years)

Dance Me to the End of Love by Leonard Cohen - Beginner or Better

Come learn this tune for a one-class workshop! You can try this one if you're new to ukulele or advanced!
September 17 **29142**

Stardust Memories by Willie Nelson - Intermediate

Come learn this tune for a one-class workshop! This is an intermediate/advanced song, for those ukulele players with many chords under their belts.
October 22 **29140**

Heart of Gold by Willie Nelson - Beginner or Better

Come learn this piece of Canadiana for a one-class workshop! This is a perfect beginner's song, but try this one if you're new to ukulele or advanced!
November 19 **29141**

With a Little Help from My Friends by The Beatles - Intermediate

Come learn this classic Beatles tune for a one-class workshop! This is an intermediate song, for those ukulele players with a few chords under their belts.
December 3 **29144**

Tuesday, 10:00 am - 12:00 pm (Joel MacKenzie)
Registration Fee: \$14.50 for each class

Dance

Square Dancing

Square-up for laughter and a swingin' good time! Discover the healthy benefits of Square Dancing. You will enjoy the "low-impact" exercise, mental stimulation and friendly group camaraderie.

Monday, 12:00 - 1:00 pm *Beginners* (Chuck Jordan)

Monday, 1:00 - 3:00 pm *Mainstream* (Chuck Jordan)

Ongoing

Drop-in Fee: \$7.00

Higher Learning

Genealogy Recording - For the Family

Record Introduction (50+ years)

A presentation on the very effective recording tool 'A Simple Genealogy Handbook to Record Family History' was developed after many years of collecting family history by presenter Mara Baudais. The 150-page handbook which spans five generations is included in a high quality presentation binder allowing the pages to be moved around and to add inherited or researched facts, documents, family memorabilia and picture pages to make it personal and highly creative. No computer necessary!

Tuesday, 10:00 - 11:30 am (Mara Baudais)
October 15

Registration Fee: \$25.00 **29126**

Genealogy Recording - For the Family

Record Level II (50+ years)

A continuation course for those who have completed the introductory program and have the handbook, 'For the Family Record'. We will share progress and there will be time to discuss on-going genealogy research. Our main focus will be sharing progress and any issues that have risen in the process and creative ideas. This is a chance to showcase your handbook get re-inspired.

Important: Please bring along the handbook and any scrapbooking materials you wish to show to others.

Tuesday, 10:00 - 11:30 am (Mara Baudais)
December 17

Registration Fee: \$10.00 **29130**

Looking for up-to-date information?
Check out our website at www.newwestpcr.ca
for all our latest programs.



Computer Lab (50+ years)

Our lab has six computers for your use and some lab hours are supported by volunteers. The Lab is not available during some computer classes. Call for details.

Weekdays, 9:00 am - 2:30 pm

Saturdays, 9:00 am - 2:30 pm

Sundays, 12:00 - 3:30 pm

Drop-in Fee: Current Membership

Partnership Programs

Minds in Motion

Minds in Motion is a fitness and social program for people living with any form of early stage dementia along with a family member, friend or other care partner. The program is offered in partnership with the Alzheimer Society of B.C. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Coffee, tea and light refreshments are provided. Care partners must attend. Registration fees include the cost of the person living with dementia and one care partner. Start at any time and pay a pro-rated registration fee.

Wednesday, 1:30 - 3:30 pm

September 18 - December 11 (no class nov. 27)

Registration Fee: \$63.75

27364

All Instructional Classes require a Century House membership.

The Chronic Conditions

Self-Management Program (50+ years)

This program is offered as a fun, practical workshop which can help people with chronic conditions overcome daily challenges and maintain an active, fulfilling life. Participants learn about healthier ways to live, gain confidence and motivation to manage their health and feel more positive about their lives. Adults of all ages, who are experiencing chronic conditions such as arthritis, diabetes, heart disease, asthma, fibromyalgia, hypertension, depression or any other ongoing or long-term health condition(s) can attend. Their family members, friends and caregivers are also welcome, as they will benefit from the information personally and develop a better understanding of living with a chronic condition.

Saturday, 10:00 am - 12:30 pm

September 7 - October 12

Registration Required: Free

28365

Chronic Pain Self-Management

Program (50+ years)

This FREE community program helps people live successfully with chronic pain. You receive a Living a Healthy Life with Chronic Pain resource manual and Moving Easy CD for ongoing support. Gain knowledge, information and skills to manage chronic pain to help improve your quality of life. More details at www.selfmanagementbc.ca.

Saturday, 10:00 am - 12:30 pm

October 26 - December 7 (no class Nov. 2)

Registration Required: Free

28373



Shaping the Journey: Living with Dementia

Shaping the Journey: living with dementia is an educational program designed specifically for people experiencing the early symptoms of Alzheimer's disease or another dementia, as well as a care partner, family member, or friend. It is for people who want to explore the journey ahead in a positive and supportive environment. The program covers the following topics: The Brain and Dementia; Hearing the Diagnosis; Maintaining Your General Health; Life After Diagnosis; Planning Ahead; and Maintaining Your Spirit. Please note: Space is limited and pre-registration is required.

Call 604.298.0780 to register or email info.northfraser@alzheimerbc.org

Monday, 6:00 - 8:00 pm

September 9 - 30

Registration: Free

28438

Registration Information:

Fall Registration starts on Thursday July 18 at 8:45 am.

All Registrations are handled on a first come, first served basis.

Refund Policy for Century House: Refunds are not provided for:

- Programs offered by third party service providers.
- Missed classes/sessions where the customer has not withdrawn from the program.
- No refunds after the end of the second class.
- There will be a \$10.00 withdrawal fee for withdrawals between start of class and six days prior.

Please note: Dates and times are subject to change.

Low Income Assistance

If you are a New Westminster resident and find a program registration fee out of reach financially, assistance may be available. Please see one of the staff at the office for more information.

Don't Be Disappointed

Many of our programs fill up fast so be sure to register early. Sometimes excellent courses have to be cancelled because people wait until the last minute to register. Minimum numbers must be registered one week in advance in order for a class to run so please register early!

Memberships and payment must accompany all registrations. Visa, MasterCard, debit, cheque and cash are accepted.

Four convenient ways to register:

1. In person
2. By phone, 604.519.1066
3. Mail: 620 Eighth St., New Westminster, BC, V3M 3S2
4. Online

CENTURY HOUSE

620 Eighth Street • Ph: 604.519.1066

Mon. - Fri. 9:00 am - 9:00 pm

Saturday 9:00 am - 4:00 pm

Sunday 12:00 - 4:00 pm

Looking for up-to-date information?

Visit newwestcity.ca for all our latest programs.