

FALL FAVOURITES

Enhancing Lives of the
50+ Generation

Instructional Classes
September to December 2018




NEW WESTMINSTER

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 is included with lots of fun and humour. This gentle class allows your own pace.

Monday, 11:00 am - 12:00 pm (Jane Braithwaite)

Ongoing

Drop-in Fee: \$4.25, \$34.02 for 10-sessions

Stretch and Strength

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.

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

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

On-going

Drop-in Fee: \$4.25, \$34.02 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 will 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: \$4.25, \$34.02 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.

Monday & Wednesday, 9:30 - 10:30 am (Myken Brooks)

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

Ongoing

Drop-in Fee: \$4.25, \$34.02 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 closing will leave you feeling calm and centered.

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

Drop-in Fee: \$4.25, \$34.02 for 10-sessions

Century House Fitness Centre

The fitness centre 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: \$4.25, \$34.02 for 10-sessions

Women's Wellness Circle

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.

September 27 - Looking Forward

Looking Forward - How can women avoid being affected by negative attitudes and perspectives about aging? We'll explore strategies for staying positive and planning for future health and wellness. Join us for this first sojourn to learn, to share your views and hear what other women have to say. (Deanne Rapacioli)

Thursday, 10:45 am - 12:15 pm **11507**

October 11 - Stress

Stress - are we 'at ease' or in danger of 'dis-ease'. Statistics show that those under stress are more prone to sickness and disease but how does that happen and how can we avoid being part of those statistics? How can we stay happy and healthy despite the stress of modern living?

Thursday, 10:45 am - 12:15 pm **11508**

October 25 - Switching Off

Switching Off - how to quiet the mind. Techniques for relaxation and help falling asleep. Will include good sleep hygiene; best sleeping positions and ways to ease morning stiffness as well as lifestyle factors that can help or hinder.

Thursday, 10:45 am - 12:15 pm **11509**

November 8 - The Aging Brain

The Aging Brain - covering important basics in addition to neurogenesis, plasticity, learning, memory and preventing mental decline. How can we keep our brains sharp and alert? Some solutions might surprise you.

Thursday, 10:45 am - 12:15 pm **11510**

November 22 - Energy Conservation

Energy Conservation - how to avoid wasting our precious energy. Can we make enough time in the day to do what we want to do? Yes we can, through making small lifestyle adjustments and changing perspective. Get tips and strategies to manage time, to stop rushing, to take charge, to set boundaries and close the day with energy to spare.

Thursday, 10:45 am - 12:15 pm **11511**

October 15 - Everyday Bio-Mechanics

Everyday Bio-Mechanics - avoid repetitive strain, back injury and bladder issues during daily tasks like sitting, using a keyboard or phone, lifting, carrying, sneezing, loading the car, vacuuming, walking for exercise etc. Check and improve bio-mechanics to avoid unnecessary problems down the road.

Monday, 7:00 - 8:30 pm **11512**

Registration Fee: \$6.50 each week

Drop-in fee applies to each week: \$6.50

The ABCs of the Fitness Centre

Learn how to use the fitness centre at Century House properly. Four weeks with Myken will give you a fitness practise plan.

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

September 27 - October 18 **10922**

November 1 - 22 **10923**

Registration Fee: \$42.50

Fitness Centre Circuit

Join a fun and energetic circuit training group in our fantastic fitness centre. You will enjoy instructed and supervised workouts that include the use of cardio, weight equipment, free weights, stability balls, bosu & 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 27 - October 18 **10924**

November 1 - 22 **10925**

Registration Fee: \$42.50



Osteofit

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 Walden)

September 20 - October 18 **11500**

November 1 - 29 **11504**

Registration Fee: \$41.00

Fit Fellows

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 20 - October 18 **11501**

November 1 - 29 **11503**

Registration Fee: \$20.00

Pause, Breath, Stretch and Relax for Women

Pause, take a few moments to just do nothing - breathe mindfully, calmly, fully - let the music inspire you to let go, gently stretch tired achy muscles - feel the tension easing and allow yourself to relax deeply, restoratively. What could be more inviting? This class will be the perfect quiet hour in your busy day.

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

September 17 - October 1 **11506**

Registration Fee: \$25.75

Dance, Dance, Dance

All women are welcome as this class is designed for non-dancers & 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 22 - December 3 (no class Nov. 12) **11505**

Registration Fee: \$53.50

Zumba Gold

Zumba fuses hypnotic Latin rhythms with easy-to-follow dance moves to create a one-of-a-kind fitness program. Routines feature interval training where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. These Zumba Gold classes are specialized for older adults.

Saturday, 9:30 - 10:30 am (Janice Stevens)

September 15 - October 6 **11578**

October 27 - November 24 (no class Nov. 3) **11579**

Registration Fee: \$34.50

Tuesday, 5:15 - 6:15 pm

September 25 - October 30 (6 weeks) **11580**

Registration Fee: \$51.50

November 13 - December 4 **11894**

Registration Fee: \$34.50

Drop-in Fee: \$10.00

Get Up & Go!

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)

Fridays, 12:30 - 1:30 pm

September 19 - November 23 (no class Nov. 2)

Registration Fee: \$66.15 **11499**

Hatha Yoga

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 that reduces stress to create physical and mental balance. Done in ambient lighting to calm the nervous system for a good night's rest!

Tuesday, 6:00 - 7:00 pm (Jane Braithwaite)

September 18 - November 20

Registration Fee: \$84.00 **10921**

Friday, 6:00 - 7:00 pm

September 21 - November 9
(no class Oct. 12 & Nov. 2)

Registration Fee: \$50.50 **11559**

Drop-in Fee: \$10.00



Yoga

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)

September 18 - November 27 (no class Oct. 30)

Registration Fee: \$88.00 **10920**

Tai Chi - Beginners Level I

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 18 - November 20

Registration Fee: \$29.00 **11642**

Taoist Tai Chi Arts Continuing

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 19 - November 21

Registration Fee: \$43.50 **11643**

Choose to Move (65+ years)

Join Choose to Move to help you introduce the habit of physical activity into your daily life in ways that make sense for you. Choose to Move is free and flexible, and provides you with the motivation and support to become more active. You will work with a trained activity coach who will support you to develop a physical activity plan made just for you. When it gets tough, you will have the support from your coach and a group of other seniors, who, just like you, are making a choice for health - they are choosing to move!

Information Session:

Wednesday, September 12, 3:00 - 4:00 pm **11577**

Registration after Information Session

Motivational Meetings:

Wednesday, 3:00 - 4:45 pm (Robin Masters)

ActivAge (65+ years)

Are you 65 or older? Wanting to get more physically active? Then ActivAge is for you. This fun and social program will get you moving in a relaxed and inviting class environment with likeminded people. You have two different 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

Wednesday, 12:30 - 1:30 pm (Robin Masters)

September 26 - December 12

Registration Fee: Free **11560**

Option 2

Wednesday, 1:45 - 2:45 pm

September 26 - December 12

Registration Fee: Free **11572**

Creative Touch

Pottery

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 but clay is extra and can be purchased through the studio.

Tuesday, 1:00 - 4:00 pm

September 25 - November 20 (no class Oct. 9)

Registration Fee: \$126.00 **11776**

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 but clay is extra and can be purchased through the studio.

Tuesday, 6:30 - 9:00 pm

September 25 - November 20 (no class Oct. 9)

Registration Fee: \$141.75 **11777**



Looking for up-to-date information?

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

Card Making

Creative card making for beginners. Learn the basics of designing your own greeting cards, birthday, get well, thank you, seasonal celebrations and more. All supplies will be provided. Five cards will be made in each session.

Tuesday, 10:00 am - 12:00 pm (Margaret Decario)
September 25 **11582**
November 20 **11584**

Registration Fee: \$15.75

Exploring with Pencil Crayons - Intermediate

This class is for people at levels 4, 5 & 6 and is a continuation for those who have taken Beginner and Levels 2 & 3. More time will be given for each lesson and repetition to increase your great depth of learning and understanding. New lessons are introduced so that you can progress at your own pace.

Monday, 7:00 - 9:00 pm (Mimi Kemball)
September 24 - November 26
(no class Oct. 8 & Nov. 12)

Registration Fee: \$74.25 **11659**

Exploring with Pencil Crayons - Beginners

Pencil crayons are a versatile medium and an excellent beginner introduction to colour. Lessons include layering, hatching, impressed line, shading and form, colour and theory, burnishing, space, depth and composition. Individual attention is given and a supply list is available at registration.

Thursday, 7:00 - 9:00 pm (Mimi Kemball)
September 27 - November 15

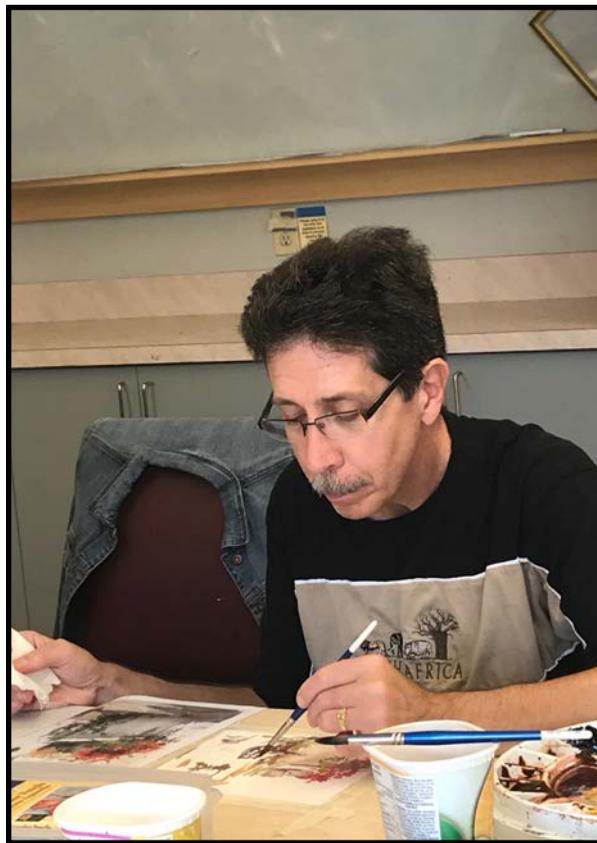
Registration Fee: \$74.25 **11663**

Zen Doodle Workshop

Learn to make simple lines and doodles into creative shapes and patterns with pen and ink. These can be used to make beautiful cards, to embellish a journal, other artwork, or simply enjoyed on their own. A relaxing pastime,, and a great way to develop some basic drawing skills. You will take home a completed project, uniquely yours! No drawing skills required.

All supplies included.
Wednesday, 9:30 - 12:00 pm (Peri Nilan)
November 28, December 12 & 19

Registration Fee: \$60.50 **11703**



Beginner Cartooning

This beginner's class will show you how to create cartoon characters and comic books. Course will include 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, 1:00 - 3:00 pm (Mimi Kemball)
October 4 - November 8

Registration Fee: \$65.00 **11667**

Acrylic Painting: Passion & Excitement

Veterans and beginners learn to get the most out of this versatile media, with continued emphasis on light and colour in the composition. Demonstration and practice will include more ways to use interesting textures, and experimenting with different backgrounds to create your unique finished work. Suggested supply list will be available at time of registration.

Monday, 12:30 - 2:30 pm (Peri Nilan)
October 1 - December 17 (no class Oct. 8 & Nov. 12)
Registration Fee: \$95.25 **11657**

Dabble in Acrylics

These sessions are a great learning experience for both beginners, new to painting, or those who work in other media and want to explore other options. Demonstration and practice exercises will include basic colour mixing, blending, and brush stroke techniques. We will also explore ways to approach abstract painting, through a variety of practice exercises. Work with a practicing artist to complete a finished painting, with lots of individual guidance. Drawing skills not required. All supplies included.

Wednesday, 9:30 - 12:00 pm (Peri Nilan)
October 10 - November 21 (no class Nov. 7)

Registration Fee: \$144.00 **11671**

Try Your Hand at Watercolour

This is an introduction course to see if you like the medium and to explore any hidden talents. We provide the supplies to get you started. Your Instructor will guide you through various techniques. See what you can do with pigment and water. It's so freeing and so much fun. Supplies included.

Tuesday, 10:00 - 12:00 pm (Riette Gordon)
September 11 & 18

Registration Fee: \$80.75 **12424**

Beginner's Drawing & Watercolour

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 25 - November 27

Registration Fee: \$95.25 **11649**

Intermediate Watercolour

For experienced watercolour artists at an Intermediate Level, seeking to improve your 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 shall be discussed in the first class.

Friday, 12:30 - 2:30 pm (Riette Gordon)
September 28 - December 7 (no class Nov. 2)

Registration Fee: \$95.25 **11651**

All Instructional Classes require a Century House membership.



Advanced Watercolour

For experienced watercolour artists at an advanced level, this progressive class will guide students in the creation of several watercolour pieces through demonstrations, individual guidance and critiques. Bring your supplies however a suggested supply list is available.

Friday, 10:00 am - 12:00 pm (Riette Gordon)
September 28 - November 30

Registration Fee: \$95.25 **11650**

Storytelling

Learn about 7 Steps, or Secrets, or "Key Ingredients" to a great story. Shape memorable moments from your life experience into well-crafted, engaging stories. Award-winning playwright and nationally touring performer Devon More shares secrets to creating narratives that hold the listener captive. Using their own true stories as content, participants explore and practice oral storytelling, culminating in a casual Story Share event that celebrates the diversity of human experience. On the Friday evening you will have an opportunity to showcase your new found storytelling skills.

Tues., Wed. & Thurs., 6:30 - 8:30 pm (Devon More)
November 20, 21 & 22

Performance
Friday November 23, 7:00 - 9:00 pm

Registration Fee: \$65.00 **11915**



Write From The Heart: Turning Your Story Into Memoir

Memoirs are important because they have to do with our sense of identity, our roots, connecting us to our family's past and shaping the events that make up our lives. Write from the Heart will help you write those stories. With prompts from the instructor, the class will create stories and work together to develop them along with honing writing skills. You will jump-start your creativity with spontaneous writing exercises that can be developed into finished stories and give you an opportunity to explore your creativity. The instructor will provide helpful ideas for generating new ideas for stories. Each class will be a surprise, some different technique for "prompting the Muse" and will include a time for discussion and workshopping.

Thursday, 1:00 - 3:00 pm (Ruth Kozak)
 September 27 - October 11
Registration Fee: \$20.00 **11920**

StrumFun

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

Friday, 10:00 - 11:30 am (Carla Krens)
 September 21 - November 23
Registration Fee: Free **11588**

Ukulele Beginners

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

Saturday, 1:00 - 2:00 pm (Joel Mackenzie)
 September 22 - November 24
 (no class Oct. 13 & Nov. 3)
Registration Fee: \$64.50 **11723**

Ukulele Intermediate

For people who took the Beginners level previously or who have previous ukulele playing experience.

Saturday, 9:30 - 11:00 am (Joel Mackenzie)
 September 22 - November 24
 (no class Oct. 13 & Nov. 3)
Registration Fee: \$80.50 **11706**

Ukulele Advanced

For people with extensive experience playing the Ukulele.

Saturday, 11:15 am - 12:45 pm (Joel Mackenzie)
 September 22 - November 24
 (no class Oct. 13 & Nov. 3)
Registration Fee: \$80.50 **11720**

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

Ukulele Workshop: Master a Song in an Evening

This class is suitable for intermediate and advanced ukulele players. For an hour and a half lesson, we focus on simply learning to play one song. We will cover the chords, melody, and any special parts of each song. The goal is to have the one song learned by the end of the class.

Thursday, 7:00 - 8:30 pm (Joel Mackenzie)
 Autumn Leaves September 20 **12369**
 Mack the Knife September 27 **12370**
 Mr. PC October 4 **12371**
 Ain't No Sunshine October 11 **12372**
 Flip, Flop, and Fly October 18 **12373**
 Georgia on My Mind October 25 **12374**
 Don't Get Around
 Much Anymore November 8 **12375**
 Somewhere Over the Rainbow/
 What a Wonderful World November 15 **12376**
Registration Fee: \$10.75 per session



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*
 Monday, 1:00 - 3:00 pm *Mainstream*
 Ongoing (Ken Crisp & Chuck Jordan)
Drop-in Fee: \$7.00

Higher Learning

Keyboarding, Internet and Email

Improve your keyboarding skills and computer confidence! Learn how to set up email and use the Internet in our awesome computer lab. Our goal is to get you comfortable using a computer with confidence. We also have open topic requests.

Saturday, 10:30 am - 12:00 pm (Pablo Clairmont)
 September 22 - October 20 (no class Oct. 13)
Registration Fee: \$37.50 **11895**

Laptop Lessons

Bring your laptop and expand your knowledge in using it! Learn basic computer maintenance, backups, online banking, free applications and computer safety (i.e. viruses, spyware, ransomware, etc.). Bring your laptop questions as we have open topic requests.

Saturday, 12:30 - 2:00 pm (Pablo Clairmont)
 September 22 - October 20 (no class Oct. 13)
Registration Fee: \$37.50 **11896**

Social Media - Facebook, Twitter and Instagram

Facebook, Twitter and Instagram are a great ways to connect with friends and family. Learn how to set up accounts, find long lost friends, share messages, videos and photos, set privacy settings and understand social media etiquette. Bring your questions.

Saturday, 10:30 - 12:00 pm (Pablo Clairmont)
 November 10 - December 1
Registration Fee: \$37.50 **11897**

Intermediate Mobile Devices & Tablets

Bring your devices to this class and the instructor will be able to offer assistance. Bring your questions and learn new things.

Saturday, 12:30 - 2:00 pm (Pablo Clairmont)
 November 10 - December 1
Registration Fee: \$37.50 **11898**



Computer Lab

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

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

Pop Up Community Kitchens

Cook new, fun, nutritious and delicious recipes in a relaxed supportive group. Learn to prepare and cook easy healthy meals and snacks that are low in fat, sugar and salt using vegetables, fruits and whole grains. Once prepared, we enjoy our efforts.

Monday, 9:30 am - 12:30 pm

(Pat Davison)

October 15, Soups

11726

October 29, Harvest Time

11840

November 19, One Dish Meals

11841

December 3, Christmas Appetizers

11842

Registration Fee: \$5.00

Partnership Programs

The Chronic Pain

Self-Management Program

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 - 1:00 pm

October 20 - December 8 (no class Nov. 3 & 10)

Registration Required: Free

Video Viewing - Beyond Memory

Beyond Memory: A Documentary about Dementia' is an intimate revelation of what it's like to live with dementia, or to love someone with this disease. The individuals and families profiled in the film offer an essential lesson about living and caregiving when dementia is involved. They explain why it is different and unique, and how they are finding ways to maintain their quality of life. You will be moved and inspired by these people who openly share their struggles, experiences, hopes and dreams. This Video Viewing is open to Family and Friends who are care givers for someone with dementia.

Tuesday, 7:00 - 9:00 pm

October 9

Registration Required: Free

11594

Dementia Dialogue:

Dementia and Behaviour

Increase your understanding of the behavioural changes associated with dementia and learn strategies for responding to delusions, paranoia, hallucinations, repetitive questions and mood changes. Discuss your own experiences with other caregivers and create some new approaches to help adjust to all the changes dementia brings.

This session is open to family and friends who are caregivers for someone with dementia

Tuesday, 3:30 - 5:30 pm

September 18

Registration Required: Free

11595

All Instructional Classes require a Century House membership.



Minds in Motion

This fitness and social program is for people experiencing early stage memory loss to attend with a care partner, friend or family member. A certified fitness instructor and facilitator collaborate to ensure participants are welcomed and support social interaction and participation.

Wednesday, 1:30 - 3:30 pm

September 19 - December 5

Registration Fee: \$70.00

11569

The Alzheimer Society of BC

Meet with a staff member from the Alzheimer Society of BC. A Staff member from the society will be available to meet with caregivers, family and friends. Drop-in appointments are 20 minutes each and focus on your priorities and questions around dementia and dementia caregiving. Brochures about the Alzheimer Society and other support services around dementia will be available to take home.

Thursday, 12:30 - 4:30 pm

November 22

Registration Fee: Free

12254

Registration Information:

Fall Registration starts on Thursday July 19 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 Westminister 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!

2018 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 Westminister, 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



NEW WESTMINSTER
Parks & Recreation

www.newwestcity.ca