

55+ Older Active Adults

Welcome to the 55+ Centre

The 55+ team welcomes you all back! As we all find our way back to gathering in groups this fall, some classes will be free and some will begin a little later in the season, as we work toward a safe and happy return. For those who are interested, online programs are still available.

Drop-in Hours

Mon/Thu/Fri 10:00am-5:00pm
Tue (Vietnamese 55+ Day) 9:00am-2:00pm
Wed 1:00pm-5:00pm
Sat/Sun 10:00am-3:00pm
*except during special events.

55+ Centre Staff

Anne Cowan anne.cowan@vancouver.ca
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604.718.5837

Vietnamese Programmer

Luong Ho luong.ho@vancouver.ca
604.718-5818

Registration for 55+ Programs

Registration for programs starts on Tue, Aug 24 at 9:00am (online and in-person only) and at 1:00pm by phone.

Registration for FREE programs starts on Wed, Aug 25 at 9:00am (online and in-person only) and at 1:00pm by phone.

604.718.5800 (1) recreation.vancouver.ca

Seniors, Elders and Advocates (SEA) Committee



We meet on the 3rd Wednesday of every month to discuss what matters to seniors and older adults in our community. Inclusion, representation and participation of seniors and Elders is of the utmost importance as we discuss programs and services to offer the community that are relevant, needed and valued. New members are welcome and encouraged.

Wed 3:30-5:00pm Sep 15, Oct 20
55+ Centre Nov 17, Dec 15
357836

Vietnamese Program

This program provides settlement services, and educational and informative workshops about federal and provincial programs for Vietnamese seniors. It also raises the awareness of issues impacting seniors as well as providing advocacy, information about legal issues, safety, and support resources. If you have any questions, please contact Luong Ho at 604.718.5818 or luong.ho@vancouver.ca.

Chương Trình Cao Niên Việt Nam

Cung cấp miễn phí tất cả các dịch vụ hỗ trợ cho cao niên Việt Nam về những chương trình trợ cấp của chính phủ liên bang và tỉnh bang. Bao gồm tiền già (OAS) tiền phụ cấp (GIS), nhà cửa (BC Housing), phụ cấp tiền nhà cho cao niên (SAFER), thẻ xe bus (Bus Pass), thẻ bơi (OneCard). Chương trình cao niên Việt Nam họp mặt vào mỗi ngày thứ ba hằng tuần từ 9:00 sáng đến 3:00 giờ chiều tại Nhà Cao Niên của Trung Tâm Britannia. Chương trình tạo điều kiện cho các cao niên Việt Nam gặp gỡ chia sẻ và hỗ trợ tinh thần, tham dự những buổi nói chuyện phổ biến những thông tin mới về quyền lợi và sức khỏe dành cho cao niên; tổ chức các chương trình vui chơi, du ngoạn... Để biết thêm chi tiết, xin gọi Luong Ho 604.718.5818.

Nhảy Nhịp Điện/Vietnamese Line Dancing



Lớp line dancing miễn phí được tổ chức chung với cơ quan REACH. Dành cho quý vị tuổi từ 55 trở lên tham dự. Lớp hướng dẫn các điệu nhảy line dancing vui nhộn và nhẹ nhàng. Xin liên lạc Luong Ho 604.718.5818.

Free admission for active 55+ Vietnamese adults to enjoy. This is a joint program with REACH. For more information, contact Luong Ho at 604.718.5818.

360386 Fri 10:00am-12:00pm Sep 10-Dec 10 CFEC Free*
*Registration required



Virtual Computer Classes



Free YMCA digital literacy programs with Conroy. Links to online workshops will be emailed to you after you register.

Monday Virtual Computer Workshop

Drop-in workshops through the YMCA for people looking to improve their computer skills. No registration required.

To view the current schedule and for more information, visit:

ymcastrongfoundations.org/Programs/Education-and-Training/Digital-Literacy-Exchange-Program

Online Free*
Conroy

Understanding Your iPhone or iPad

Great for new users. Get to know your device.

Tues 3:00-4:30pm Sep 23
364247 Free*

Basic Computer Skills

Learn and become more familiar with your device. How to save, print, use your mouse, manage files and more.

Thu 10:00-11:30am Oct 7
364256 Free*

Zoom 101 for Virtual Gatherings & Classes

Ideal for those that haven't used Zoom before. Review the basics you need to know to take part in workshops and events.

Thu 12:00-1:30pm Nov 4 364275 Free*
*Registration required for all free programs

55+ Older Active Adults

Weaving Our Community Together



Indigenous Services Canada

Weaving our Community Together brings Indigenous youth, elders and other community members together for mutual sharing, learning, connecting and growing. WOCT features elder and youth circles, mentorship activities, cross-cultural sharing, and outreach to promote belonging, respect, cultural pride, and intergenerational learning. For more information, visit:

britanniacentre.org/programs/55plus/program_overview



Registration required for all WOCT programs. To register please call 604.718.5837 or email daniel.cook@vancouver.ca and/or kya.prince@vancouver.ca.

WOCT Indigenous Crafts – Level 1 & 2 (now combined)



An Indigenous-led crafts class, open to all peoples. Level 1 classes involve simple projects that allow plenty of social time while still completing the project by the end of the session. Classes take place every Monday. No class Oct 11. Register in advance. kya.prince@vancouver.ca 604-718-5837

Mon 1:00-3:00pm Ongoing 55+ Centre Free*
Sep 13, Sep 27, Oct 25, Nov 8, Nov 22, Dec 6, Dec 20

WOCT Indigenous Crafts – Level 2



An Indigenous-led crafts class, open to all peoples. Level 2 classes are more difficult and time-consuming and most will require completion on your own over the week. Drumsticks, dreamcatchers, beaded rock and more. Classes take place every other Monday, starting on September 20, 2021.

Mon 1:00-3:00pm Ongoing 55+ Centre Free*
Sep 20, Oct 4, Oct 18, Nov 1, Nov 15, Dec 13

WOCT Virtual Craft Night - Postponed



Following in the footsteps of traditional grandmothers, we share traditional artistic skills and find ways to combine them with modern arts and crafts. Everyone is welcome!

WOCT Hybrid Indigenous Led Drum Circle



Seislom and Daniel invite you to join our Indigenous-led drum circle, open to all peoples. Share medicine through virtual and on-site drumming, singing, and listening. While we practice physical distancing to keep our hearts beating, we can beat our drums and hearts together. In-person will be at the 5xwq*elawen ct carving centre. Register in advance. kya.prince@vancouver.ca 604-718-5837

Mon 5:00-6:00pm Ongoing
5xwq*elawen ct Free*
357840 Seislom

WOCT Wednesday Weaving with Todd



Learn how to weave small/medium cedar weaving projects with Haida artist, Todd DeVries. Listen to the protocols followed when harvesting and preparing cedar. Enjoy cultural crafting, peer support and sharing with Indigenous and non-Indigenous Elders and others.

Wed 1:00-3:00pm Sep 15
Oniine Free*
Todd.

*Registration required for all WOCT programs. To register please call 604.718.5837 or email daniel.cook@vancouver.ca and/or kya.prince@vancouver.ca.



Leisure Access Program

The Leisure Access Program (LAP) provides low-income City of Vancouver residents with reduced cost programs and services at Britannia and Park Board facilities. LAP card holders may receive up to 50% off certain programs. To learn more and to apply, visit:

vancouver.ca/parks-recreation-culture/leisure-access-card

HATTA: Hat Weaving Arts & Health Project



Together with Haida artist Gihlgiigaa Todd DeVries, Elders and others gather weekly in a supportive environment of community engagement and cultural learning.

We are now taking applications for fall sessions. Applications are available at the 55+ Centre, Info Centre and by emailing Kya at kya.prince@vancouver.ca.

Thu 1:30-4:00pm Oct 7-Dec 16
CFEC Todd Free*

Quirk-e



Quirk-e is the Queer Imaging and Riting Collective for Elders experimenting with language, printed text, graphics, digital imagery, spoken word, and performance. Call 604.718.5837 for an application.

Wed 11:00am-1:00pm Ongoing
55+ Centre Free*
357820

Sunday Movie Night Series



Everyone is welcome to attend our movie series every Sunday evening. Please see britanniacentre.org for the schedule.

Sun 6:00-9:00pm Sep 19-Dec 12
55+ Centre Free*
357834 John

Ukulele for Absolute Beginners



No ukulele experience needed! Ukulele provided but please register so we know how many participants will be attending.

Mon 11:00am-12:00pm Sep 13-Dec 13
55+ Centre Free*
357837 Jane

*Registration required for all free programs. Registration for free programs opens on Wednesday Aug 25, 2021 at 9:00am (online and in-person only) and at 1:00pm by phone.

55+ Older Active Adults

Health & Fitness

Boxfit for Seniors 55+

Want to learn something new and improve your physical fitness and mental alertness? This introduction to boxing class is designed specifically to enhance your strength, balance, coordination, muscular endurance and overall well-being. All fitness levels welcome and all equipment will be provided. Ten people max. For a sliding scale fee, register by phone or in person.

Set 1

357826 Tue/Fri 3:30-4:30pm Sep 7-Oct 26 Boxing Rm
Sliding Scale: \$0-\$20/15 sess. Registration required.

Set 2

357827 Tue/Fri 3:30-4:30pm Oct 29-Dec 17 Boxing Rm
Sliding Scale: \$0-\$20/15 sess. Registration required.



Yoga 50+

As we move through time, we need to keep moving our bodies. Whether you're brand new to yoga or a seasoned practitioner, if you're 50 or over then this all-levels yoga class is ideal for you. Safety and a pain-free practice is a priority.

Yoga can improve your flexibility, mobility, balance, bone density, and strength. In addition to physical health benefits, yoga has a calming effect on the mind and nervous system. \$15/drop-in. No class Oct 11.

Set 1

357181	Mon	2:00-3:15pm	Sep 13-Oct 25	CFEC	\$72/6 sess
357184	Wed	2:00-3:15pm	Sep 15-Oct 20	CFEC	\$72/6 sess

Joan

Set 2

357182	Mon	2:00-3:15pm	Nov 1-Dec 13	CFEC	\$84/7 sess
357185	Wed	2:15-3:30pm	Nov 3-Dec 15	CFEC	\$84/7 sess

Joan

Osteofit

A gentle strength, balance and coordination program designed to improve fitness and promote healthy bones. This program focuses on improving individual functional ability and quality of life, and reducing the risk of falls and fractures.

The program is taught by a trained Osteofit fitness instructor. No drop-in. No class Oct 11.

Set 1

357832	Mon	11:00am-12:00pm	Sep 13-Oct 25	CFEC	\$60/6 sess
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Berjis

Set 2

357833	Mon	11:00am-12:00pm	Nov 1-Dec 6	CFEC	\$60/6 sess
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Berjis

Badminton – 55+

Fun and easy badminton for older adults. No class Sep 30, Oct 2, 9, 11, & Nov 11.

Mon/Wed	11:20am-12:35pm	Sep 13-Dec 15
Gym C		\$14/27 sess
357115	Tho	

Tue/Thu	11:20am-12:35pm	Sep 14-Dec 16
Gym C		\$14/26 sess
357116	Tho	

Sat	2:00-4:00pm	Sep 18-Dec 18
Gym A		\$14/32 sess
357117	Wally	

Friday Wellness

Exercise with Friends

Senior-led video exercise with light and easy movement.

Fri POSTPONED

357831 *Registration required.

Blood Pressure & Sugars

RN Monica will chart pressures. Drop-in and see her to keep track of your health.

Fri POSTPONED

357824 *Registration required.



Advanced Foot Care

Available by appointment only: RN M.Rinard, 604.228.0261.

Fri	1:00-4:00pm	Ongoing
55+ Centre		Monica

Social Programs

55+ Lunch Program

We are hoping to begin our Mon/Fri Lunch Programs in early October. Healthy meals and good company. The \$5 lunch fee can be paid at the Info Centre.

Mon/Fri	12:00-1:00pm	Oct-Dec
55+ Centre		\$5/1 sess

55+ Older Active Adults

Dance

New Chinese Folk Dance

Traditional Chinese folk dancing lessons. Everyone is welcome! Program is free but you must register. This class is taught in English and Chinese. No drop-ins. No class Sep 23, 30, Oct 11.

Thu 9:30-11:30am Sep 9-Dec 9
CFEC Free*

377986 Helen
*Registration required

Classical Chinese Dance

Classical Chinese dance uses body language to express graceful movements to music. This is a great way to enjoy music, exercise and learn Chinese culture!

Sun 2:00-4:00pm Sep 5-Dec 12
CFEC Free*

357829 V
*Registration required

Line Dancing

This class is filled with fun, light musical movements, lots of laughs and is a great way to exercise and socialize.

Tue 1:00-3:00pm Sep 7-Dec 21
357838 Anita CFEC \$20/14 sess

Ballroom Dance

This dance class is for men and women 55+ years and is for both beginners and those with previous experience. Emphasis is placed on correct body alignment and muscle use. The exercises you learn are gentle, safe and progressive. Meet some wonderful people and have an enjoyable time in an expressive and artistic way. No drop-ins.

Fri 12:15-3:15pm Sep 3-Dec 17
CFEC Free*
357836 *Registration required

Nhảy Nhịp Điệu/ Vietnamese Line Dancing

Lớp line dancing miễn phí được tổ chức chung với cơ quan REACH. Dành cho quý vị tuổi từ 55 trở lên tham dự. Lớp hướng dẫn các điệu nhảy line dancing vui nhộn và nhẹ nhàng. Xin liên lạc Luong Ho 604.718.5818.

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Fri 10:00am-12:00pm Sep 10-Dec 10
CFEC Free*
360386 *Registration required

Special Events

Orange Shirt Day

We are gathering with Elders and their families on Orange Shirt Day. We invite you all to join us on this important day to help raise awareness about Residential Schools and their lasting impact on Indigenous peoples. Every Child Matters. Wear your orange shirt in support.

9:00am Assemble at the Vancouver Aboriginal Friendship Centre

9:45am Walk to Grandview Park

10:30am Ceremony at Grandview Park

11:00am-2:00pm Activities (lunch, drum circle, crafting and sharing)

Thu 9:00am-2:00pm Sep 30 Grandview Park Free

Resilience & Reconciliation in Action

Join us for RIA! This year's events are a community observance of resilience and recovery. After 19 months of COVID-19 we are expecting to return to 'normal'—but nothing is normal. We have lost many community members due the opioid and COVID-19 health crises. Many of our community members may have diminished earnings, health, and wellness. It is time for us to come together to acknowledge the impacts, celebrate our resilience, and put our minds and hearts to helping each other move forward. Everyone welcome.

We want to work with the community to plan and host this event. If you are interested in joining us, please contact Cynthia Low at cynthia.low@vancouver.ca or call 604.718.5815.

Fri-Sun Oct 1-3 More details TBA



The Coastal Wolf Pack dance group from the Musqueam Nation at the 2019 RIA celebrations.



WOCT Change of Season Gathering

The trees prepare themselves for the new season with the leaves changing colour and shedding. Let us follow their lead by reflecting on the summer season and looking forward to autumn. The gathering, led by seislom, will include drumming, singing, storytelling, and a sharing circle.

For more information about Weaving Our Community Together (WOCT), see page 19.

Wed 4:00-6:00pm Sep 22
55+ Centre Free