

SPRING SELECTIONS

Enhancing
Lives of the 50 +
Generation



INSTRUCTIONAL CLASSES • APRIL TO JUNE 2010
Century House • 620 Eighth Street • New Westminister • BC • V3M 3S2 • Phone: 604.519.1066

HIGHER LEARNING

SPANISH CLASSES

Enjoy learning the beautiful language of Spanish. Aida Riano has customized two levels of classes for you based on your needs and previous exposure to the Spanish language.

SPANISH BEGINNERS LEVEL 2

This level is for people who have taken *Spanish Beginners Level 1*. This beginner class teaches you in a relaxed atmosphere and provides you simple everyday language while focusing on proper pronunciation and grammar. Please note, we only offer our *Beginners Level 1* class in the Fall.

Aida Riano
Thursday, 9:00 - 10:30 am
April 1 - May 20
Registration Fee: \$64.00

102067

SPANISH CONTINUING

This is for those who have taken the *Beginners Level Spanish Class* or who have previous Spanish speaking experience. The program will continue to enhance your Spanish vocabulary through the use of fun, creative activities and exercises.

Aida Riano
Thursday, 10:45 am - 12:15 pm
April 1 - May 20
Registration Fee: \$64.00

102068

SUMMER HANGING BASKET

Have you ever admired the City's hanging baskets and wondered how they are made? This is your chance to get a close-up look at them just before they are hung on the streets of New Westminister, and to make your own smaller version for yourself. We will be making a 12" plastic basket with two layers of beautiful flowering annuals. Following the class we'll visit our new greenhouse to take a closer look at the city baskets and then sit down for coffee or tea with a treat. The class is held in a working greenhouse so be sure to wear casual clothes and consider bringing disposable gloves.

Joan Miller
Monday, 1:30 - 3:00 pm
May 10
Registration Fee: \$26.00

102074

MOVING SAFELY WITH OSTEOPOROSIS

Learn how to safely perform tasks such as lifting, carrying, reaching, picking things up from the floor, what exercises to avoid, better exercise choices, adaptations, etc. All designed to help you stay safe while you still enjoy a healthy active life. Deanne will demonstrate options and answer your questions fully and concisely.

Deanne Rapacioli
Thursday, 1:00 - 3:00 pm
March 25
Registration Fee: \$7.50

102076

UKULELE LESSONS

Learn to play the ukulele with instructors from the *Langley Ukulele Ensemble!* Imagine learning a musical instrument with members of an ensemble that are internationally famous for their musical excellence. If you ever wanted to learn to play the ukulele, this is an opportunity not to be missed. Participants need their own ukulele and program books, which can be purchased through the Century House office for approximately \$85.00 in total.

UKULELE BEGINNERS

For people with no previous ukulele playing experience.

Caitlyn Lovett & Melanie Leonard
Saturday, 9:30 - 11:00 am
April 3 - May 15
Registration Fee: \$71.00

102072

UKULELE INTERMEDIATE

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

Caitlyn Lovett & Melanie Leonard
Saturday, 11:10 am - 12:40 pm
April 3 - May 15
Registration Fee: \$71.00

100660

HIGHER *LEARNING*

GARDENING IN THE GREENHOUSE

Brighten your porch or balcony with this colourful urn of summer flowers. We'll have a good selection of plants for sun or shade, and you'll get instructions and tips from the City's Horticulture Manager, Claude LeDoux. Your flowers are sure to thrive thanks to our special soil blend and long-lasting fertilizer. After the class we'll tour the greenhouse and then enjoy refreshments. The class is held in a working greenhouse so be sure to wear casual clothes and consider bringing disposable gloves.

Claude LeDoux
Thursday, May 6
1:30 - 3:00 pm

Registration Fee: \$34.00

102073

REGISTRATION AND PROGRAM INFORMATION

Current memberships and payment must accompany all registrations. Visa, MasterCard and debit are accepted.

Four convenient ways to register:

1. Online at www.nwpr.bc.ca
2. In person
3. Phone our office at 604-519-1066
4. Mail to 620 Eighth Street, New Westminster BC, V3M 3S2

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

Refunds or credits will be given in the event the participant misses four consecutive classes.

Looking for up to date information? Check out www.nwpr.bc.ca for all our latest programs.

CREATIVE *TOUCH*

CERAMICS

Century House is home to a fabulous, well equipped ceramics studio that will meet all of your pottery needs. There will be five weeks of instruction alternated by five weeks of technical support workshop time. The instructor will work in cooperation with the potters to determine instructional class topics. All firings are included in the price. Clay is extra and can be purchased through the studio. Please note the studio is also open additional times during the week for participants to work on their masterpieces.

Debra McKenzie
Tuesday, 12:30 - 2:30 pm
April 6 - June 15 (no class May 18)

Registration Fee: \$97.00

102071

PAINTING - *Acrylic or Oil*

Discover the pleasure you can derive from creating your own paintings. Heather will offer individual instruction to both beginner and experienced painters. A supply list will be handed out the first day, it is best to wait before buying materials.

Heather Anderson
Friday, 10:00 am - 12:00 pm
April 9 - June 11

Registration Fee: \$73.00

102069

PAINTING -

Watercolours Intermediate

This class is for artists who have taken the introductory class or who have previous watercolour painting experience. This seven week program will explore alternative watercolour techniques and different types of painting surfaces. Weather cooperating, on site painting techniques will be demonstrated outside in Moody Park.

Robert Ascroft
Monday, 12:30 - 2:30 pm
April 12 - May 31 (no class May 24)
Registration Fee: \$51.00

102070

SOAPSTONE CARVING

Sculpt your own unique creations from soapstone in this self-directed workshop. Participants must provide their own soapstone; information regarding suppliers is available.

Monday, 9:00 - 11:00 am
Ongoing
Drop-In Fee: \$0.50

KEEP ACTIVE

EVENING FITNESS - 40+

Using the same components as our *Workout* program, this class is designed for adults over the age of 40 that are looking for fitness opportunities during the evening hours. Century House membership is not required.

Deanne Rapacioli

Tuesday, 6:00 - 7:00 pm

Myken Beka

Thursday, 5:15 - 6:15 pm

Ongoing

EASY DANCE WORKOUT

All components of a fitness class are included in this session with fun as a priority. The cardio portion incorporates dance routines broken down into simple basic moves that anyone can learn quickly. In addition to the usual benefits of a moderate class, dance provides improvement to posture, agility and mental quickness. Strength is improved through the floor exercises and a yoga-style stretching portion improves flexibility with beneficial relaxation.

Beth Wallace

Wednesday, 9:30 - 10:30 am

Ongoing

LIGHT EXERCISE

This class includes breathing exercises as well as stretching, balancing and chair exercises. There is a gentle aerobic component with marching and walking to music, participants are given tips on healthy living, safety, osteoporosis, arthritis and preventing falls. All fitness levels are welcome and everyone works comfortably at their own pace.

Deanne Rapacioli

Monday, 11:00 am - 12:00 pm

Ongoing

STRETCH AND STRENGTH

This class strengthens your muscles using light weights, tubing and your own body weight. You will increase your strength and endurance and work on maintaining bone mass. This class will finish off with appropriate stretching and relaxing on the floor. There is no cardio component.

Myken Beka

Tuesday, 9:30 - 10:30 am

Ed Wong

Friday, 9:30 - 10:30 am

Ongoing

TONING

This class focuses on increasing muscle endurance in all major muscle groups through the use of bands, weights and chair exercises. Improving your muscle tone will make all those everyday tasks easier and will help improve the density of your bones. All fitness levels are welcome and everyone works comfortably at their own pace.

Gillian Wright

Wednesday, 11:00 am - 12:00 pm

Ed Wong

Friday, 11:00 am - 12:00 pm

Ongoing

WORKOUT

This class offers an interesting and stimulating aerobic component with a variety of music styles that will motivate you to get moving. Although the movements are energetic it is low impact, adaptations are given for safety and there is an emphasis on having fun and moving for the joy of it. The second segment may include strength and resistance training, posture and balance work with stretching and relaxation to complete a great all round fitness program.

Myken Beka

Monday, 9:30 - 10:30 am

Deanne Rapacioli

Thursday, 9:30 - 10:30 am

Ongoing

<p>FITNESS PASS: \$35.00 for 10 classes \$63.00 for 20 classes Drop-in Fee: \$4.00 per class All of our instructors are BCRPA Third Age Certified.</p>

POSTURE, BALANCE AND GAIT - FOR WOMEN

Poor posture increases fatigue, aches and pains because the body is out of balance. Exercising and fitness pursuits will not have the same health benefits and can actually damage you when performed with poor posture or incorrect body alignment. In this class Deanne includes education and exercises for postural muscles, for core stability, you will learn balance techniques, the importance of directional changes and much more - Deanne's goal is to keep you upright longer, reduce your risk of falling, boost your confidence and help you maintain your independence.

Deanne Rapacioli

Tuesday, 11:00 am - 12:00 pm

April 6 - May 11

Registration Fee: \$26.00

102078

KEEP ACTIVE

NORDIC WALKING

Are you looking for a way to get more of an upper body workout while walking? If so, Nordic Walking might be the thing for you. This sport burns 28% more calories than regular walking and is ideal for all ages and fitness levels. Nordic Walking increases your stability, balance and posture and is suitable for people who have undergone joint surgery. Take advantage of this great opportunity and register at the office today. Participants need their own set of Urban Nordic Walk Poles for this class, which can be purchased through the Century House office for approximately \$112.00.

Gayle Hryciw

Thursday, 10:00 - 11:00 am

June 3 - 24

Registration Fee: \$15.75

102075

YOGA

The practice of Yoga creates a balance between body, mind and spirit through gentle exercises and breathing. It enhances physical vitality and mental clarity. Participants are asked to wear loose, comfortable clothing and to bring a small blanket.

Rose-Marie Preston

Tuesday, 9:00 - 10:30 am

March 16 - May 4

Registration Fee: \$57.00

102066

TAI CHI

Learn about *Tai Chi* and discover the many health benefits associated with this centuries old Chinese Art. Through continuous exercise, you can increase muscle strength, flexibility, balance and reduce stress. Classes are lead by qualified volunteer instructors through the *Taoist Tai Chi Society of Canada*.

TAI CHI - BEGINNERS LEVEL 2

This level is for people who have taken *Tai Chi Beginners Level 1*. Please note, we only offer our *Level 1* class in the Fall.

Sylvia Davis

Monday, 1:00 - 2:00 pm

102060

Margaret Neale

Monday, 2:15 - 3:15 pm

102061

April 12 - June 21 (no class May 24)

Registration Fee: \$13.25

TAI CHI - CONTINUING

For people who know and are working on the full set of 108 moves. Register for one or both classes.

Margaret Neale

Wednesday, 1:00 - 2:00 pm

102064

Wednesday, 2:15 - 3:15 pm

102065

April 7 - June 9

Registration Fee: \$13.25

DANCE CLASSES

DANCE EXERCISE TO MUSIC

This class skillfully blends the art of moving to music with the science of fitness and is designed for currently active women. Deanne includes contemporary dance, barre and balance, strength and resistance training as well as good old fashioned calisthenics with a new age twist. This is an opportunity to increase and maintain your strength and flexibility in a more artistic manner. (Not suitable for beginners).

Deanne Rapacioli

Monday, 6:00 - 7:00 pm

April 12 - June 7 (no class May 24)

Registration Fee: \$32.00

102077

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.

SQUARE DANCING

Square up for laughter and a swingin' good time in our *Square Dance* classes. Participants will be assigned to their appropriate level. New dancers are asked to come for 11:00 am.

Ken Crisp

Beginner/Mainstream: Monday, 11:00 am - 12:15 pm

Mainstream/Plus: to follow at 12:45 - 2:30 pm

Ongoing

Drop-in Fee: \$5.00

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 be sure to register early!**