



TO ASSIST YOU AT CENTURY HOUSE

Century House offers you several support services including:

- Caregivers Support Group
- Senior Peer Counselling
- Seniors Housing Information
- Vital Connections
- Alzheimer's Support Group
- Parkinson's Self Help Group
- Low Vision Support Group
- Health Drop-in Presentations
- Relaxation and Support Circle

For further information, call 604.519.1066.

People who are 50+ looking for a place that will provide them with fitness and active living options, day excursions, special events, fun and fellowship should look to Century House. For \$15.00 a year, you can enjoy all the benefits of a Century House senior's recreation center membership.

JOIN AN ACTIVITY GROUP

AT CENTURY HOUSE

- | | |
|--------------------------|--------------------|
| • Bingo | • Bridge |
| • Canasta | • Carpet Bowling |
| • Conversation Class | • Court Whist |
| • Crafts | • Creative Writing |
| • Cribbage | • Dance |
| • Darts | • Drama |
| • Hikers | • Mah Jongg |
| • Mexican Train Dominoes | • Nintendo Wii |
| • Pool / Snooker | • Poker |
| • Quilting | • Scrabble |
| • Singers | • Table Tennis |
| • Texas Hold'em | • Theatre Outings |
| • Travel Club | • Walking |
| • Whist | |

**Drop-in Fitness Programs.
See page 6.**



Arts & Crafts

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.

Century House **604.519.1066**
 Friday, 10:00 am - 12:00 pm
 January 15 - March 19
 Registration Fee: \$73.00 **100656**

PAINTING - WATERCOLOURS

Would you like to paint but don't know how to begin? Are you an intermediate painter who wants to try or expand your watercolour techniques? Join the class for instruction in a relaxed and supportive atmosphere. For beginners, a limited supply list will be handed out the first day, so wait before buying materials.

Century House **604.519.1066**
 Monday, 12:30 - 2:30 pm
 January 18 - March 22
 Registration Fee: \$73.00 **100657**

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.

Century House **604.519.1066**
 Tuesday, 12:30 - 2:30 pm
 January 19 - March 23
 Registration Fee: \$97.00 **100658**

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.

Century House **604.519.1066**
 Monday, 9:00 - 11:00 am
 Ongoing
 Drop-in Fee: \$0.50

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.

Century House **604.519.1066**
 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



Dance

BALLET FOR WOMEN 40+

Designed for non-dancers or those with limited experience. Deanne teaches basic 'barre' exercises, centre practice and theory using French nomenclature. Participants will enjoy simple but beautiful adage, arm work, balance and some nifty footwork to all the right music. Ballet increases body awareness, encourages good posture and offers a lovely creative way to stay healthy.

Century House **604.519.1066**
 Monday, 6:00 - 7:00 pm
 January 11 - March 1
 Registration Fee: \$32.00 **100664**

CREATING MOVEMENT TO MUSIC

This class offers women a wonderful opportunity to explore movement in a safe and friendly environment. There are no routines to remember and no experience required. In this holistic program, Deanne offers an eclectic mix of movement, mime and imagination to wonderful music, combining classical, contemporary, ancient and culturally diverse rhythms and dance styles. Banish stress, learn to play again and set your creative spirit free.

Century House **604.519.1066**
 Monday, 6:00 - 7:00 pm
 March 8 - 29
 Registration Fee: \$16.00 **100679**



Fitness Classes

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.

Century House **604.519.1066**
 Monday, 11:00 am - 12:00 pm
 Ongoing

TONING

Focus is 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.

Century House **604.519.1066**
 Wednesday & Friday, 11:00 am - 12:00 pm
 Ongoing

EASY DANCE WORKOUT

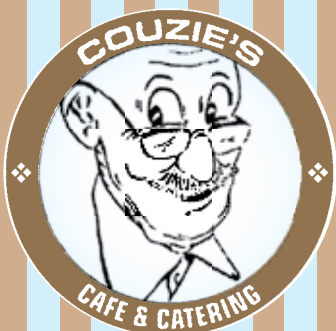
All components of a fitness class are included in this session with fun as a priority. The cardio portion incorporates dance routines broken down into simple basic moves that anyone can learn quickly. In addition to the usual benefits of a moderate class, dance provides improvement to posture, agility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

Century House **604.519.1066**
 Wednesday, 9:30 - 10:30 am
 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.

Century House **604.519.1066**
 Tuesday & Friday, 9:30 - 10:30 am
 Ongoing



Couzie's Saturdays & Sundays Brunch Specials

8:00 am - 2:30 pm

Traditional
 Eggs Benedict \$7.95

Corned Beef
 Eggs Benedict \$8.95

Shrimp & Avocado
 Eggs Benedict \$8.95

Eggs Kimmy Roasted
 Red Peppers \$7.95

619 Belmont Street Tel: 604-526-1185
 New Westminster, BC Email: couziescafe@shaw.ca



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.

Century House **604.519.1066**
 Monday & Thursday, 9:30 - 10:30 am
 Ongoing

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.

Century House **604.519.1066**
 Tuesday, 6:00 - 7:00 pm
 Thursday, 5:15 - 6:15 pm
 Ongoing

Fitness Pass: \$35.00 for 10 classes
 \$63.00 for 20 classes
 Drop-in Fee: \$4.00 per class
 Our instructors are BCRPA Third Age Certified.

STRETCHING TO MUSIC:

LEVEL 2 - FOR WOMEN

Level 2 by-passes the basics and is not suitable for beginners. Deanne guides you gently around the entire body, stretching softly as the music creates a relaxed atmosphere and gives you a nice break in your busy day. This program is designed for women who have attended the Level 1 and continue to be regularly active.

Century House **604.519.1066**
 Monday, 11:00 am - 12:00 pm
 January 28 - March 4
 Registration Fee: \$35.50 100663

STRETCH AND STRENGTH (50+ years)

This one-hour 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. The class will finish off with appropriate stretching and relaxing on the floor. This class is lead by Gillian Wright ranked third in New Westminster for top instructors.

Queensborough Community Ctr. **604.525.7388**
 Monday & Wednesday, 9:15 - 10:15 am
 January 4, ongoing
 Drop-in Fee: \$4.00
 \$35.00 for a 10 session pass
 \$63.00 for a 20 session pass



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

Century House 604.519.1066
 Monday, 1:00 pm 100649
 Monday, 2:15 pm 100650
 January 11 - March 15
 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.

Century House 604.519.1066
 Wednesday, 1:00 pm 100651
 Wednesday, 2:15 pm 100652
 January 13 - March 24 (no class February 10)
 Registration Fee: \$13.25

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.

Century House 604.519.1066
 Tuesday, 9:00 - 10:30 am
 January 19 - March 9 (no class February 11)
 Registration Fee: \$57.00 100653



General Programs

SENIORS' BINGO (50+ years)

Join us for an afternoon of visiting and playing bingo. Our group plays for two hours with a break for tea, coffee and cookies. Come on down and shake out those winter blues. We would love to meet you!

Queensborough Community Ctr. 604.525.7388
 Tuesday, 1:00 - 3:00 pm
 1st, 3rd, 4th & 5th Tuesday of each month
 January 5, ongoing
 Drop-in Fee: \$0.30 for coffee and bingo card fee

DIABETES & FOOT CARE PRESENTATION (In Punjabi)

Fraser Health Authority is proud to present a FREE presentation and ask-the-expert session about the effects of diabetes and foot care. This presentation is only in Punjabi and a Podiatric Doctor of Medicine will be there to answer your questions.

Queensborough Community Ctr. 604.525.7388
 Thursday, 1:00 - 3:00 pm
 January 28
 Drop-in Fee: Free

Auto Insurance advice you can trust.



Daljit Chouhan
 Insurance Advisor
 604-268-5706



Paul Bachin
 Insurance Advisor
 604-268-5705



Joe Vaz
 Insurance Advisor
 604-268-5717



Kristina van der Wal
 Insurance Advisor
 604-268-5707



Melissa Carothers
 Insurance Advisor
 604-268-5708

Let our insurance advisors make things easier for you.

Our many years of Auto Insurance experience will help us answer all your questions about BCAA Advantage Auto, ICBC, out of province auto insurance, estate transfers and more.

Call 604-268-5700
Visit 501 Sixth Street
Click bcaa.com/insurance



Insurance is sold through BCAA Insurance Agency and underwritten by BCAA Insurance Corporation.



MOVING SAFELY WITH OSTEOPOROSIS

This presentation is designed to help you stay safe while performing simple everyday tasks like carrying, lifting, reaching and picking things up off the floor while protecting your spine.

Century House **604.519.1066**
 Thursday, 1:00 - 2:00 pm
 January 7
 Registration Fee: \$7.50 **100678**

MINIATURE EVERGREEN GARDEN

Join us at the Greenhouse in Queen's Park to welcome 2010 by creating a miniature evergreen garden to brighten your winter sill. We'll provide a selection of tiny evergreen plants, a pretty container, soil, fertilizer, moss and instructions - you'll provide the green thumb. Bring gardening gloves and wear sturdy shoes and clothes you won't mind getting dirty. After the class we'll tour the greenhouse to look at the new plants growing for City's famous hanging baskets. Of course, no class at the greenhouse would be complete without a treat with a cup of tea or coffee!

Century House **604.519.1066**
 Thursday, 1:30 - 3:00 pm
 January 28
 Registration Fee: \$30.00 **100945**

TEA (50+ years)

Drop by on the 2nd Tuesday of the month for our monthly tea. Learn what's new in our community and connect with other seniors.

Queensborough Community Ctr. **604.525.7388**
 Tuesday, 1:00 - 3:00 pm
 2nd Tuesday of the month
 Drop-in Fee: \$3.00
 Annual Membership Fee: \$6.00

Higher Learning

SPANISH CLASSES

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

Century House **604.519.1066**

SPANISH BEGINNERS LEVEL 2

This level is for people who have taken Spanish 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.

Thursday, 9:00 - 10:30 am
 January 14 - March 11
 (no class February 11)
 Registration Fee: \$64.00 **100654**

SPANISH CONTINUING

This program 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.

Thursday, 10:45 am - 12:15 pm
 January 14 - March 11
 (no class February 11)
 Registration Fee: \$64.00 **100655**

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. Participants need their own ukulele and program books, which can be purchased through the Century House office for approximately \$85.00 in total.

Century House **604.519.1066**

UKULELE BEGINNERS

For people with no previous ukulele playing experience.
 Saturday, 9:30 - 11:00 am
 January 23 - March 6
 Registration Fee: \$71.00 **100659**

UKULELE INTERMEDIATE

For people who took the Beginners Level previously or who have previous ukulele playing experience.
 Saturday, 11:10 am - 12:40 pm
 January 23 - March 6
 Registration Fee: \$71.00 **100661**