

WINTER WARM UP

*Enhancing
Lives of the 50 +
Generation*



NEW WESTMINSTER
Parks, Culture & Recreation

INSTRUCTIONAL CLASSES • JANUARY TO MARCH 2010

Century House • 620 Eighth Street • New Westminister • BC • V3M 3S2 • Phone: 604-519-1066

FITNESS CLASSES

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

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

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

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.

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

GET ACTIVE

STEP TRAINING FOR LATE BLOOMERS

Did you miss the boat with Step classes? Are you constantly trying to catch up? We know that can be risky - why not join Deanne and start from the beginning?

This is a down to earth, sensible approach to step training with nothing too fast or fancy, just solid steady rhythms and uncomplicated patterns. You'll get a handout to help you remember the steps and a simple combination you can use at home. A proven way to maintain or re-gain strength in the legs and lower body, it's aerobic, good for balance and keeps your mind active, however, step classes are not suitable for everyone so ask Deanne if you need guidance. With music to take you back to the 80's Deanne promises you'll have lots of fun learning!! Steps provided. Please wear exercise shoes.

Deanne Rapacioli

Saturday, 10:00 am - 12:00 pm

February 20

Registration Fee: \$12.00

101816

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.

Deanne Rapacioli

Thursday, 11:00 am - 12:00 pm

January 28 - March 4

Registration Fee: \$35.50

100663

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 I*. Please note, we only offer our *Beginners Level 1* class in the Fall.

Sylvia Davis

Monday, 1:00 - 2:00 pm

100649

Margaret Neale

Monday, 2:15 - 3:15 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.

Margaret Neale

Wednesday, 1:00 - 2:00 pm

100651

Wednesday, 2:15 - 3:15 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.

Rose-Marie Preston

Tuesday, 9:00 - 10:30 am

January 19 - March 9 (no class February 11)

Registration Fee: \$57.00

100653

CREATIVE TOUCH

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.

Robert Ascroft

Monday, 12:30 - 2:30 pm

January 18 - March 22

Registration Fee: \$73.00

100657

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

January 15 - March 19

Registration Fee: \$73.00

100656

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 co-operation 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

January 19 - March 23

Registration Fee: \$97.00

100658

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!

Joan Miller

Thursday, January 28

1:30 - 3:00 pm

Registration Fee: \$30.00

100945

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

**For more information or to register,
call Century House at 604-519-1066.**

DANCE CLASSES

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.

Deanne Rapacioli

Monday, 6:00 - 7:00 pm

March 8 - 29

Registration Fee: \$16.00

100679

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 foot-work to all the right music. Ballet increases body awareness, encourages good posture and offers a lovely creative way to stay healthy.

Deanne Rapacioli

Monday, 6:00 - 7:00 pm

January 11 - March 1

Registration Fee: \$32.00

100664

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** to ensure you get the program you want. 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.

HIGHER LEARNING

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.

Deanne Rapacioli

Thursday, 1:00 - 2:00 pm

January 7

Registration Fee: \$7.50

100678

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.

BEGINNERS

For people with no previous ukulele playing experience.

Caitlyn Lovett & Melanie Leonard

Saturday, 9:30 - 11:00 am

January 23 - March 6

Registration Fee: \$71.00

100659

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

January 23 - March 6

Registration Fee: \$71.00

100661

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.

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.

Aida Riano

Thursday, 9:00 - 10:30 am

January 14 - March 11 (no class February 11)

Registration Fee: \$64.00

100654

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.

Aida Riano

Thursday, 10:45 am - 12:15 pm

January 14 - March 11 (no class February 11)

Registration Fee: \$64.00

100655

**For more information or to register,
call Century House at 604-519-1066.**

REGISTRATION AND PROGRAM INFORMATION

2010 memberships and payment must accompany all registrations. Visa, MasterCard and debit are accepted.

Three convenient ways to register:

1. In person
2. Phone our office at 604-519-1066
3. Mail to 620 Eighth Street, New Westminster, 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 our website at www.nwpr.bc.ca for all our latest programs.

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.