

## Health & Wellness



### Pilates Matwork

Mary Craig

18yrs +

Pilates Matwork is part of a unique exercise method that was developed by Joseph Pilates over 90 years ago. It tones and strengthens muscles, increases flexibility, improves posture and balance. Learn and practice the basic exercises.

Thu Jan 7-Jan 28		5:45pm-6:45pm
44200.101SN	<i>Continuing</i>	\$47/4 sessions
Thu Mar 4-Mar 25		5:45pm-6:45pm
44200.102SN	<i>Continuing</i>	\$47/4 sessions
Thu Jan 7-Jan 28		6:45pm-7:45pm
44201.101SN	<i>Beginner</i>	\$47/4 sessions
Thu Mar 4-Mar 25		6:45pm-7:45pm
44201.102SN	<i>Beginner</i>	\$47/4 sessions

### Kundalini Yoga

15yrs +

Kundalini Yoga incorporates the body, mind and spirit through the use of postures, meditation, exercises, sound and breath. It is a very internal yoga which stimulates the potential of the mind, strengthen your nervous system and gets your glands working optimally. All levels are welcome.

Sal Bhullar

Tue Jan 12-Mar 16		6:00pm-7:00pm
44305.101SN		\$50/10 sessions

Baljit Dhudwal

Thu Jan 14-Mar 18		8:00pm-9:00pm
44305.102SN		\$50/10 sessions

### Yogalates

Lia Fletcher

16yrs +

Combines the basics of power yoga and pilates. It will help you develop inner awareness as well as flexibility, strength and balance. Register early as this popular class fills up quickly.

Studio upstairs

Mon Jan 18-Mar 22		6:15pm-7:15pm
44301.101SN		\$80/10 sessions

Mon Jan 18-Mar 22		7:25pm-8:25pm
44301.102SN		\$80/10 sessions

Hall main floor

Thu Jan 21-Mar 25		6:00pm-7:00pm
44301.103SN		\$80/10 sessions



**FREE DEMO CLASSES**  
for courses listed below  
January 9 See page 24

### NIA

Shary Bartlett

18yrs +

Nia is a body-mind-spirit fitness practice which combines movements and concepts from the dance arts, martial arts and healing arts. Nia classes focus on the joy of movement and provide total-body cardiovascular conditioning suitable for any age and level of fitness. [www.nianow.com/nia-in-action](http://www.nianow.com/nia-in-action).

Fri Jan 15-Mar 19		9:15am-10:15am
44810.101SN		\$100/10 sessions

### Athletic Yoga



Jenny Booth

18yrs +

Athletes today are turning to yoga for both an edge in their game and for some relief from muscle soreness. This yoga class will incorporate therapeutic postures along with traditional yoga postures. Areas of special interest will be improving core strength, hip flexibility, lower back, torso rotation, hamstrings, breathing, relaxation and posture. Physical activity is both a physical and mental game.

Tue Jan 19-Mar 23		7:00pm-8:00pm
44313.101SN		\$95/10 sessions

### Body Back Conditioning



Inderjit Waraich

16yrs +

Get back into shape on Wednesdays with an intense cardio class consisting of mainly anaerobic exercises. As well, get toned with body weight exercises and test your fitness levels on the first day with fit tests.

Wed Jan 6-Mar 24		6:00pm-7:00pm
44103.101SN		\$120/12 sessions

### Dynamic Flow Yoga

Into Yoga

18yrs +

Comprised of a series of vinyasa asanas (flowing postures). A solid connection to the breath is generated as you flow through a cycle of postures designed to awaken and build a powerful level of energy and heat in the body. Both new and experienced practitioners welcome.

Wed Jan 20-Feb 17		7:30pm-8:30pm
44309.101SN		\$53/5 sessions

Wed Feb 24-Mar 24		7:30pm-8:30pm
44309.102SN		\$53/5 sessions

## Sports



### Drop-in Sport Rates

Adult(16yrs+) \$5.00.

First priority is given to participants who are registered. Registered participants have until 15 minutes after program start time to sign-in. After grace period any extra spots will be sold to drop-in list. Drop-in participants may sign-up for themselves, in-person, 15 min. prior to start of program. Registered spaces are non-transferable

### Recreational Basketball

18yrs+

Drop in alone or with your friends. All levels of play are encouraged. Games start right at 7:45pm. Please bring your own ball. Play will be held on two courts, 5 on 5, 25 players max. Play will go up to 9 points. Sign-up starting at 7:30pm **IN-PERSON ONLY**. Registered players must check in prior to 8:00pm or forfeit spot.

Tue Jan 5-Mar 30 7:45pm-9:45pm  
43300.101SN \$52/13 sessions

### Badminton

16yrs+

Great recreational non-instructional play for all skill levels. Drop-ins welcome, check drop-in procedures. Please bring your own racquets and birds.

Sun Jan 10-Mar 28 9:15am-11:00am  
43006.101SN 48/12 sessions  
Mon Jan 4-Mar 29 7:50pm-9:50pm  
43001.101SN 52/13 sessions  
Wed Jan 6-Mar 31 7:45pm-9:45pm  
43003.101SN 52/13 sessions

### Ball Hockey: Men's

18yrs+

Can't skate, but want to play hockey? Shoot, pass and score during this non-instructional program. Eye and mouth guards are strongly recommended. All sticks must be for inside play only and NO tape on blade.

Thu Jan 7-Mar 25 7:45pm-9:45pm  
43103.101SN \$48/12 sessions



### Co-Ed Indoor Soccer

16yrs+

It won't be professional level soccer, but it will be fun! Meet new people in this fun and friendly environment. All skill levels welcome. Non-instructional, recreational play.

Mon Jan 4-Mar 29 6:00pm-7:45pm  
43101.101SN \$52/13 sessions  
Thu Jan 7-Mar 25 6:00pm-7:45pm  
43102.101SN \$48/12 sessions

### Subscribe & Win

Go online and subscribe to Sunset's online newsletter. FREE to subscribe. See page 24



## John Oliver—Get Up & Go Programs



**Get Up & Go! is a physical activity partnership between selected Vancouver schools, community centre's and Vancouver Park Board.** The aim is to help keep you active despite the weather. John Oliver Secondary School is located 530 East 41st Avenue Vancouver, B.C. V5W 1P3.



### Badminton – All you can play drop in

Come out by yourself or with a group of friends. Courts are first come first serve. Please bring your own equipments: Racquet(s), birdies, towels and other personal items. This is ideal for those who want to play all day and hang out with their friends. Please read the following information.

Each court can host a maximum of 4 players, with up to 4 additional players to rotate after each game. If the GYM is full at 32 players, new arrivals will be put on a waitlist. When space becomes available, the waitlist will be call. If players decides to leave and return on the same day, they must put their name on the waitlist and wait for a space to become available (re-entry is NOT guaranteed). \*Parking spaces are free of charge at John Oliver High School\*

Sat Jan 23-Mar 13 12:00pm-4:00pm  
\$5/day

### Boot Camp

*Inderjit Waraich*

18 yrs+

Inderjit is a certified Canadian Society of Exercise Physiology personal trainer. He has been a personal trainer at Sunset Community Centre for the past 2 years. Each week's circuit will provide a challenge and is guaranteed to make you work up a sweat.

Sat Jan 23-Mar 13 9:00am-10:15am  
44099.101SN \$110/8 sessions

### Drop-in Volleyball

18 yrs+

Bump! Set! Spike! Come out and play volleyball every Saturday. Full size court, weekly drop-ins are always welcome. Register to ensure a spot on the court. Max 16 participants (2 teams of 6 with 2 subs each team).

Sat Jan 23-Mar 13 10:00am-12:00pm  
43381.101SN \$40/8 sessions; \$4.50 drop-in

### Drop-in Indoor Soccer

18 yrs+

Indoor soccer will provide fun and fast paced action for all levels. Come score a goal every Saturday morning. Register to ensure a spot on the field. Max 15 participants (3 teams of 5).

Sat Jan 23-Mar 13 10:00am-12:00pm  
43382.101SN \$40/8 sessions; \$4.50 drop-in

### Just Ladies Fitness

*Naomi Bechingham*

18 yrs+

A women's exercise class geared towards all fitness levels. Class will incorporate cardio training, strength training an introduction to an assortment of fitness equipment and exercises. Participants should bring water, towel, yoga mat and 5lbs dumb bells if they have them. Be prepared to sweat, learn and have fun!

Sat Jan 23-Mar 13 2:30pm-4:00pm  
43380.101SN \$80/8 sessions

## SUBSCRIBE AND WIN!!!

- Go online and subscribe to Sunset's online newsletter. FREE to subscribe!
- If signed-up *before December 15th* you could win one of **three gift certificates** (\$50, \$75, \$100) for Sunset Community Centre Association Programs

### 3 easy steps

- 1 Go to [www.mysunset.net](http://www.mysunset.net)
- 2 Click on Sunset E-newsletter
- 3 Complete form and subscribe

### Benefits

- PDF version of Program Brochure BEFORE it is printed (starting Spring 2010)
- Registration reminders
- Stay up to date on what's happening at Sunset



## Martial Arts

### Self Defence

**NEW**

*Ebrahim Saadati*

18yrs+

This class is designed to improve flexibility, physical strength, self-confidence while teaching practical self-defence techniques from taekwondo and brazilian jiu-jitsu martial arts.

Mon Jan 11-Mar 29

8:00pm-9:00pm

43410.102SN

\$101/12 sessions

### Taekwondo - All Levels

**NEW**

*Ebrahim Saadati*

18yrs+

This class includes elements of Ultimate and Olympic style martial arts. Ultimate Martial arts training is designed to develop physical strength and teach practical self-defence techniques in both stand up and ground positions. Combination of Brazilian Ju-Jitsu & Taekwondo.) Olympic style includes sparring training, which is introduced at intermediate and advanced levels. The goals of the program are to improve flexibility, power, agility, and improve mental discipline and self-confidence. Testing and/ or competing is optional (extra fees will apply). Uniform required. [www.tetaekwondo.com](http://www.tetaekwondo.com) Beg: White, yellow and orange belts. Int: Green, purple and blue belts. Adv: Brown, red and black belts.



Mon Jan 11-Mar 29

7:00pm-8:00pm

43410.101SN

\$101/12 sessions

### Tai Chi Yang Style

*Sai Hock Goh*

16yrs+

Learn and practice Classical Tai Chi Chuan and Quigong exercises for health and rejuvenation. Strengthen postural (anti gravity) muscles, improve circulation, refine motor skills, increase flexibility and gain inner strength. Suitable for beginner and intermediate levels. Sai Goh is a certified instructor who began his training in 1990 and has studied extensively with many of Vancouver's foremost Tai Chi Masters Yang Style.



Thu Jan 14-Mar 25

8:15pm-9:45pm

43401.101SN

\$84/11 sessions

## Performing Arts

### Classical Indian Music

**NEW**

*Laxkshmi Mudunoori*

13yrs+

Make the most out of your singing voice by strengthening your breathing, sound and range while learning traditional Indian songs. Songs may include ragas, khayal, gazal, thumai, tappa and bhajan. Program will also introduce the notes: Sa Re Ga Ma Pa Dha Ni and Sa. Bring a notebook and pen. No knowledge required.

Thu Jan 14-Mar 25

7:00pm-8:30pm

41101.101SN

\$110/11 sessions

### Classical Indian Dance

*Emy Nobert Ravishankar*

18yrs+

Free demo class Jan 10, please pre-register.

Entertainment dancing will be the focus of this class. Dance steps will be introduced in a progressive way. Not only will you learn a new form of dance, but you will also improve your health.

Sun Jan 17-Mar 21

2:45pm-4:15pm

41602.101SN

\$105/10 sessions

## Language

### Hindi Language

**NEW**

*Laxkshmi Mudunoori*

13 yrs+

Explore and learn the Hindi language in a relaxed atmosphere. Classes will include: conversation, reading, writing and grammar. You will learn through practicing vocabulary, sentence formation, translation, story reading, tenses, greetings and more. Participant should bring a binder, paper and pen. No knowledge required.

Wed Jan 13-Mar 24

7:00pm-8:30pm

45001.101SN

\$110/11 sessions

## Creative Arts

### Knitting for Beginners

*Astor Tsang*

18yrs+

Kick start yourself into knitting! In just a couple of hours, learn basic knitting skills, including: cast on and off, knit, purl and combinations of knit and purl. One set of knitting needles and sample yarn included. See [www.knittingAstor.com](http://www.knittingAstor.com)

Wed Mar 24

7:00pm-9:00pm

42801.102SN

\$31/1 session

## THE FITNESS RESOLUTION EVENT

will be held Saturday January 9, 2010 with opportunities to consult with a trainer, try a new fitness class, win prizes and have some refreshments more details see page 24



## Culinary

**Learn to Cook with Darwin Vergara** 18 yrs+  
Afraid to cook or don't know how to get started? Darwin will make it easy and fun. He is a professional chef for with more than 14 years experience. There will be three sessions this winter, each focusing on a different type of cuisines.

### Learn to Cook Greek

Olive oil enriches and flavours while the cooking methods of grilling and long slow baking enhance and mellow traditional Greek dishes. From Greek salad, hummus and tzatziki to souvlaki and baklava you will learn the secrets of traditional Greek cooking.

Thu Jan 14-Jan 28 6:45pm-8:45pm  
42601.101SN \$60/3 sessions

### Learn to Cook Spanish

Ola! Learn all about making well known Spanish tapas, paella and traditional desserts such as flan. We will combine seafoods, rice and vegetables creating a delicious Spanish dish called paella. This class will be a great opportunity to get a taste of Spain!

Thu Feb 4-Feb 24 6:45pm-8:45pm  
42601.102SN \$80/4 sessions

### Learn to Cook Portuguese

Portuguese cuisine is renowned for being robust, flavourful and easy to prepare. Sometimes described as peasant food, it is also renowned for its sweets and pastries. So put on an apron and try a few Portuguese national treasures, a delicious way of understanding the culture.

Thu Mar 4-Mar 25 6:45pm-8:45pm  
42601.103SN \$80/4 sessions

## Dance

### Ballroom Dance - Beginner

*Irina Prodan* 18yrs+

Feel like you have two left feet? Now is the time to get stepping in the right direction. Learn the steps needed to be successful on the dance floor. No partner required.

Thu Jan 14-Feb 18 *Tango* 7:10pm-8:10pm  
41603.101SN \$54/6 sessions

Thu Feb 25-Apr 1 *Cha Cha* 7:10pm-8:10pm  
41603.102SN \$54/6 sessions

## Dance

### Moberly Arts & Cultural Centre (MACC)

7646 Prince Albert Street,  
(1 block east of Fraser between 60<sup>th</sup> & 61<sup>st</sup>)  
Phone: (604) 718-6521

### Belly Dance

*Leona Planko Finlayson* 16yrs+

Middle Eastern Belly Dance is a timeless dance rich in history and culture. Belly dancing is a way of learning to recognize the beauty in yourself, no matter what age, shape or size. Reconnect with your body in this sensuous and joyous form of expression. Drop-in \$12.00.

Mon Jan 11-Mar 29 5:45pm-7:00pm  
41601.102SN *Beginner* \$120/12 sessions

Mon Jan 11-Mar 29 7:15pm-8:30pm  
41601.104SN *Intermediate* \$120/12 sessions

### Bhangra Dance

*Baljeet Pattar* 14yrs+

Students will learn the fundamental techniques of bhangra, a folk dance from India. Learn proper hand movements and dance steps to both fast and slow beats.

Sun Jan 31-Mar 28 11:30am-12:30pm  
41604.101SN \$90/9 sessions

### Contemporary Dance— Intermediate Level

**NEW**

*Donna Redlick*

These Saturday morning classes are taught with a somatic approach to contemporary dance. Classes begin with floor-work utilizing the Bartenieff Fundamentals™ to assist dancers to find full-body connectivity through developmental movement patterns. This preparation is carried into the second part of class where the focus is on weight shifting and the carving of 3-dimensional space. The latter part of class is committed to working with expressive movement sequences that move through space. There is a balance between set sequences and structured improvisations to support personal expression. Exploration and taking time to sense movement is strongly encouraged. Students should have at least two years of previous dance experience. Bring kneepads and a pair of old socks to class.

Sat Jan 30-Mar 6 10:45am-12:15pm  
41601.101SN \$72/6 sessions

## Fitness

### Gentle Fit

Charleen McBeath

40 yrs+

Regular exercise is essential for good health, particularly for older adults with arthritis, osteoporosis, diabetes and other chronic conditions. This class is designed to help improve your strength, flexibility, balance and overall wellness, which is beneficial for everyone.

Tu Jan 12-Mar 23 12:00pm-1:00pm  
54101.101SN \$39/11 sessions  
Thu Jan 14-Mar 25 12:00pm-1:00pm  
54101.102SN \$39/11 sessions



**FREE DEMO CLASS**  
January 9 See page 24

### Strength Training

Charleen McBeath

40 yrs+

You can strengthen your muscles no matter what age you are! Start to feel comfortable in the weight room. Learn safe and effective ways to get stronger in a fun and relaxed atmosphere.

Thu Jan 14-Mar 25 1:30pm-2:30pm  
54103.101SN \$68/11 sessions

## Cycling

### Bicycle Maintenance Workshop

40 yrs+

More individuals and families are taking their bikes out of storage and cycling instead of driving the car. Learn basic maintenance and the way bikes function and what to prepare for as you head out on the road.

Sa Mar 20 12:00pm-2:00pm  
55401.101SN \$35/ 1 session

### Commuter Cycling Skills

40 yrs+

Taught by CAN-BIKE certified instructors, this 4 hr course builds traffic cycling skills for Adults who want to use their bikes for transportation. Through in-class, parking lot and on-road training, you will learn how to ride comfortably and safely in traffic, fit your bike properly, do a safety check and plan routes. Participants need their own bike and helmet



Sa Mar 27 12:30pm-4:30pm  
53801.101SN \$39/1 session

## Social

### Carpet Bowling

Minnie Jenkinson

50+yrs

Skilled members have competed at a Provincial level and will love to teach new players recreational carpet bowling with refreshments. Free with membership.

MW Jan 6-Mar 31  
1:00pm-2:30pm  
55601.101SN



\$3/13 sessions

### Seniors Games Room Activities

55 yrs+

Here is your chance to connect with friends while playing table tennis, pool or cards with upbeat music in the background!

Space is limited!

Mo Tu We Th Fr Jan 4-Mar 31 9:00am-12:00pm  
53002.101SN \$3/74 sessions

### Sunbrites Chinese Seniors Society

Rose Yee

50 yrs+

Join the Sunbrites social group for singing, dancing, arts & crafts and Chinese yoga. Contact Mrs. Yee @ 604-253-0810. Free with membership.

Fri Jan 15-Mar 26 12:30pm-4:00pm  
55601.102SN \$3/11 sessions

## Sports

### Seniors Thursday Badminton (Intro)

55 yrs+

Bring your racquets and friends to play recreation badminton in a social setting. Get into the game at your own pace. Everyone is welcome. No class Mar 11.

Thu Jan 14-Mar 25 1:00pm-2:45pm  
53001.101SN \$15/10 sessions

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FREE to subscribe. See page 24



## Health & Wellness

### Swine Flu/H1N1

55 yrs+

The Swine Flu or H1N1 virus is back this flu season. Get the latest updates on Swine Flu symptoms, the vaccine, treatment, pregnancy complications, and facts about the virus. Learn prevention methods in order to protect your health and the people around you.

Mon Jan 18 6:00pm-7:30pm  
54802.103SN Free, pre-register required

### The 12 Keys To Fat Loss

Andrew Burchell

50 yrs+

By 2015, THE WORLD HEALTH Association predicts that 75 per cent of the North American population will be overweight or obese. In a world of convenience and abundance of everything, the odds for you to be thin are against you! This seminar will cover stats and facts on health, activity and nutrition as well as trends in weight gain and obesity. You learn the "12 KEYS" that make the difference in the fat-loss battle. There will be small practical components throughout this lecture.

Tu Jan 26 6:00pm-7:30pm  
54802.101SN Free, pre-register required



### Fit Over 50: Fitness Considerations For Aging Bodies

Andrew Burchell

50 yrs+

In today's modern world, thanks to medical technology, people are living longer but not necessarily a longer health span. This workshop will review the physiological effects of the aging process. The following will be presented: The 12 'essential' components of exercise that make all the difference towards improving health and living in a more 'youthful body'. Simple & practical exercises that can be performed anywhere and promote health and functional independence. A deeper look into common conditions such as obesity, osteoporosis, and low back pain.

Tu Feb 23 6:00pm-7:30pm  
54802.102SN Free

## Out Trips



### 2010 Olympic Preview Tour

55 yrs+

Get ready for the 2010 Winter Olympic Games with a special "2010 Olympic Journey" multi media presentation by the "Whistler Story Tellers" and meet Jamie Cruickshank 2006 Torino Canadian Olympic Bobsledder. Travel, by winter equipped luxury mini coach to the Olympic themed Whistler Village with stops at Celebration Plaza, home of Whistler's medal ceremonies, The Whistler Museum and spend time with a Canadian Olympian to hear her story, ask questions and catch the Olympic spirit. Lunch is on your own during free time in Whistler Village with dining options provided to suit all price levels.

Mo Jan 18 8:00am-7:30pm  
55701.101SN \$69/1 session

### Bill Reid & Elliot Art Gallery Tour

55 yrs+

Take in an afternoon of Art at two of Vancouver's premier Art Galleries and enjoy a delicious lunch at the St. Regis Hotel. Begin with a private guided tour at the New Bill Reid Gallery of Northwest Coast Art, featuring Bill Reid's monumental works, exquisite gold and silver jewellery and featured exhibitions of contemporary Northwest Coastal Art. Continue with a buffet style lunch at the St. Regis Hotel including soup of the day, two kinds of salad, Chicken ala King, Vegetable Primavera, tea, coffee or soft drink, tax and gratuity included. Finish at the Elliott Louis Gallery showcasing Historic Canadian Artists, Contemporary Canadian and International Artists' paintings, sculptures, drawings and photography and fibre art.

Th Mar 11 9:45am-4:00pm  
55701.102SN \$59/1 session

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