

## Social Recreation

### Carpet Bowling

*Minnie Jenkinson*

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

Mon Wed Jan 4-Mar 28 1:00pm-3:00pm  
55601.101SN Free with Membership

### Seniors Bridge

Come join our friendly group of Bridge players. Prior knowledge of Bridge is required. No session during Spring break Mar 13, 15, 20 & 22nd. Free with membership.

Tue Thu Jan 3-Mar 29 1:00pm-3:00pm  
55602.101SN Free with Membership



### Seniors Games Room Activities (55 yrs+)

Here is your chance to connect with friends playing Pool, Air Hockey, Foosball, Bubble Hockey and cards with upbeat music background! Space is limited! Free with membership.

Mo Tu We Th Fr Jan 3-March 30 9:00am-12:00pm  
53002.101SN Free with Membership

### Sunbrites Chinese Seniors Society

*Rose Yee*

Join the Sunbrites social group for singing, dancing, arts & crafts and Chinese yoga. Contact Mrs. Yee @ 604-253-0810. Free with membership. Session March 16

Fri Jan 6-Mar 30 12:00pm-4:00pm  
55601.102SN Free with Membership

## Sports

### Seniors Thursday Badminton (Intro 55yrs+)

Bring your racquets and friends for some recreational badminton in a social setting. Get into the game at your own pace. Everyone is welcome.

Thu Jan 5-Mar 29 1:00pm-2:45pm  
53001.101SN \$26/13 sessions

## Yoga

### Gentle Yoga

*Varalaxmi Mudunoori*

Yoga will relax, renew and rejuvenate you by making you flexible, strong, optimistic and balanced. Please bring your own mat. No Drop ins.

Sat Jan 14-Mar 17 9:15am-10:15am  
54301.101SN \$80/10 sessions



## Dance

### Line Dancing with Hanna

Line dancing is for older adults and seniors who want to have fun, make new friends, reduce stress and have some exercise. The Line dance program is themed to a variety of music from Western, Asian and Latin music. No partners required. No Class February 24.

Wed (Beginner) Jan 4-Mar 28 11:30am-12:30pm  
46124.101SN \$32.50/13 sessions

Wed (Intermediate) Jan 4-Mar 28 10:15am-11:15am  
46124.102SN \$32.50/13 sessions

Fri (Beg/Inter) Jan 6-Mar 30 9:45am-11:45am  
46124.103SN \$60/12 sessions

**Out Trips**

**Christmas Lights Tour with Train**



A holiday tradition! Start at Canucks Place Children's Hospice, continue to St. Paul's Hospital Lights of Hope, Bright Nights in Stanley Park including a ride on the Christmas Train, Lost Lagoon Jubilee Fountain, Lights at Coal Harbour, The Elm Grove, \*\*Big Finish\*\* 12th Annual Trinity Streets Lights Competition. Includes delicious hot cocoa and treat at Tim Horton's. Please arrive at Sunset C.C. no later than 4:30pm sharp!!

Mon Dec 12 4:30pm-9:00pm  
55701.101SN \$45/1 session

**Harrison River Eagle Tour**



Harrison River has one of the largest concentration of bald eagles in North America with a count of over 6000 eagles in 2011. This may be the best eagle viewing in BC history! Travel to Harrison Mills for a river eagle walk featuring the relationship between the spawning salmon and bald eagle. This tour includes a 3 course lunch at Kilby Historic site and admission to the museum and farm. The Tour bus will pick-up participants at 8:15am sharp at Sunset C.C.

Tue Jan 17 8:15am-4:45pm  
65701.102SN \$79/1 session

**"Behind the Scenes" Tour**

Take part in this unique opportunity to tour a working television and radio facility. The CBC studios are located in the heart of downtown Vancouver and provide a fascinating insight into breaking news, television and radio production - you may even bump into your favourite local news personality! Our next stop is designed to give you an intimate look at where your NHL favorite players and world class entertainers prepare for games and performances. The Rogers Arena tour includes a view from the luxurious hospitality suites and presentation in the comfortable seats of the Private Club section. Dine beach side at a true Vancouver landmark the Sylvia Hotel for a delicious three course lunch. Please pre-register. The Tour bus will pick-up participants at 9:15am sharp at Sunset C.C.

Mon Fri Feb 24 9:15am-4:15pm  
65701.103SN \$89/1 session

**100 Mile Tour**

Inspired by the book "The 100 Mile Diet - Local Eating" this tour focuses on local, seasonal, fresh and sustainable food in our own backyard.



Travel to the Agassiz-Harrison region for an informative and delicious tour of farm fresh favorites including Limbert Mountain Farms' amazing herb farm, Suplesse Dairy Farms with the robot milker, Canadian Hazelnuts and BC's largest beekeeping farm Honeyview Farms. This tour includes a farm fresh artisan lunch at "Simply Fine Foods Kitchen" at Limbert Mountain Farms featuring tarragon chicken crepes served with seasonal roast veggies, herbal salad, rustic Italian bread, tea or coffee. Please pre-register. The Tour bus will pick-up participants at 8:15am sharp at Sunset C.C.

Wed Mar 14 8:15am-5:45pm  
65701.104SN \$89/1 session

**TravelSmart For Seniors**

Access Transit staff will deliver a presentation covering public transit accessibility; how to plan your trip including safety and security concerns. Free with membership.

Feb 21 2:00pm - 3:00pm  
55600.107SN Free with Membership



## Educational



### Canadian Tax Overview

*Lucilla Lai*

Introduction to Canadian income tax for the individual and self-employed. What is new for 2011/12? Learn some basic tax tips for the upcoming income tax filing. Our speaker Lucilla K. Lai, C.G.A. has been practicing in the areas of accounting and income tax for more than two decades.

Mon Mar 5 6:00pm-8:00pm  
55600.102SN \$5/1 session

### Incapacity/Representation Agreements

*Instructor TBA*

What if you or your loved one isn't capable of making important personal decisions when the time comes? Incapacity planning law has changed in BC this year. Focusing on health care decisions, we will discuss living wills, powers of attorney, representation agreements, advance directives, substitute decision makers and how these are applied under the new law.

Wed Jan 25 7:00pm-8:30pm  
55600.104SN \$5/1 session

### Money Skills for Older Adults & Seniors 55+

*Instructor TBA*

This workshop will empower Older adults & Seniors with their money to learn how to track expenses, goal setting and getting control over your money instead of your money controlling you. Free with membership.

Wed Feb 8-Feb 29 1:30pm-3:30pm  
55600.105SN Free with Membership

### Money Skills for Women

*Instructor TBA*

This workshop is designed for women survivors of violence who are working to make changes in their lives. Participants will gain a better understanding of their personal finances, learn about available resources, and create a personal money plan. Free with membership.

Thu Jan 12-Feb 2 6:15pm-8:15pm  
55600.106SN Free with Membership

## Fitness

### Gentle Fit

*Charleen McBeath*

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

Tue Jan 3-Mar 27 12:00pm-1:00pm  
54101.101SN \$51/13 sessions  
Thu Jan 5-Mar 29 12:00pm-1:00pm  
54101.102SN \$51/13 sessions

### Strength Training (40 yrs+)

*Charleen McBeath*

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.

Tue Jan 3-Mar 27 1:30pm-2:30pm  
54103.101SN \$90/13 sessions  
Thu Jan 5-Mar 29 1:30pm-2:30pm  
54103.102SN \$90/13 sessions

## Health & Wellness

### Exercise Strategies for Saving your Spine

*Andrew Burchell*

Statistics show that 80% of individuals will experience at least one episode of debilitating low back pain in their lifetime. This comes down to many factors, but for the most part, it is preventable through education and a solid understanding of how to use and train our bodies properly. In this highly informative and practical workshop, Advanced Health & Fitness Specialist Andrew Burchell will educate participants on posture, lifting mechanics, breathing, and share powerful exercises for strengthening the musculature that helps keep your spine safe for life. Get ready to work- All participants must bring a yoga mat!

Tue Mar 6 7:30pm-8:30pm  
54802.101SN \$5/1 session

### Full Body Flexibility

*Andrew Burchell*

Muscle is living tissue that, when not used, becomes short and stiff, and progressively declines in function. In this practical workshop, you will learn highly effective stretches and stretching techniques that you can perform to relieve tension, prevent injuries, and rebalance your body.

Tue Jan 24 7:30pm-8:30pm  
54803.101SN \$5/1 session