

## Zumba Gold

Instructors: Kane Bustamante, Roslyn Bauyon, Elizabeth Leon

Tuesdays, 2:15 – 3:15 pm **A**  
Jan 10 – Ongoing

Wednesdays, 12:45 – 1:45 pm **A**  
Jan 11 – Ongoing

Thursdays, 11:00 – 12:00 pm  
Jan 5 – Ongoing

\$42.00/ 12 sessions  
Drop-in: \$4.00  
Maximum #: 16 (Annex), 20 participants

Combines catchy Latin tunes with choreography for an aerobic workout that feels like a dance party. For beginners, seniors or anyone needing modifications.

## Seniors' Kundalini Yoga

Instructor: Lillian Chin

Mondays, 9:00 – 10:00 am  
Jan 9 – Ongoing  
(No class on Feb 20)

\$42.00/ 12 sessions  
Drop-in: \$4.00  
Maximum #: 15 participants  
*Program ongoing.*

Relax, renew and rejuvenate through breathing, exercises, stretching and meditation.

## Seniors Drop-in Badminton

Volunteer Supervisor: Ken Lau

Saturdays, 1:15 – 3:00 pm  
Jan 14 – Ongoing

\$42.00/ 12 sessions.  
Maximum #: 16 participants

Bring your own rackets and burdies. NO instruction provided.

## Walking Club (Outdoor Activity)

Volunteer Supervisors: Josie, Elena & David  
Mondays, Jan 9 – Ongoing (no class Feb 20)  
Wednesdays, Jan 11 – Ongoing  
10:30 am START

FREE, unless otherwise noted on the schedule.  
Maximum #: 14 participants

Get some exercise and meet new people! Dress for the weather & bring an umbrella. See the schedule, which is available at the front desk. meet in front of the CNH Lobby

## Gentle Chair Yoga

Instructor: Nargis Jaffer  
Thursdays, 2:15 – 3:15 pm.  
Jan 5 – Ongoing

\$42.00/ 12 sessions  
Drop-in: \$4.00  
Maximum #: 15 participants

Enjoy safe, slow-moving exercises for increased joint range of motion, relaxation and improved stamina and muscular strength. Suitable for people with all forms of arthritis and various levels of ability.

---

A \$2 CNH membership is required for seniors to participate

Senior pass #1: \$42.00/ 12 sessions fitness programs (Drop-in \$4.00)  
\$53.00/ 12 pass for seniors attending adult fitness program. (Drop-in fee \$5.75)

**For All pre-registration programs no refunds after 2nd class**

**Jenny Shen:** Wellness and Recreation Program Manager  
jshen@cnh.bc.ca

**Seniors Hot Line:** 604-435-0375



Programs with this symbol take place at Collingwood Neighbourhood House Annex, 3690 Vanness Ave, V5R 5B6. | 604-428-9142

## Collingwood Neighbourhood House Seniors' Recreation Programs



## Fashion Modelling & Dancing (NEW)

Instructor: Rosy Wang

Wednesdays, 1:00 – 2:30 pm

Jan 11 – Mar 29

\$30.00/12 sessions  
Maximum #: 20 participants

A combination of simplified runway walk, ballet and Chinese classical dance. Participants will warm-up and learn some body shaping movements. After, participants will practice the moves with music. This training is aimed to help older adults build up healthy standing and walking posture, develop body coordination and rhythm with the music and showcase the beauty and elegance inside out.



www.cnh.bc.ca  
604-435-0323

**Collingwood Neighbourhood House.**  
5288 Joyce Street, Vancouver, BC, V5R 6C9

Please call Collingwood Neighbourhood House for more information. Staff are able to speak with you in a variety of languages including Mandarin and Cantonese.

想要獲得更多資料，請致電高靈活鄰舍中心 604. 435. 0323  
工作人員能夠說各種語言，包括國語和廣東話。

## 24 Forms Tai Chi

Instructor: Thomas Wong

Mondays, 10:30 – 11:30 am

Jan 9 - Mar 27

(no class on Feb 20)

\$49.50/11 sessions

Pre-registration required.

Maximum #: 18 participants

24 Tai Chi is a simplified version of the 48-Form Tai chi, This form enhances body balance, relaxation, concentration and nurtures good health. Integrate mind, body and qi (energy) – keep blood and energy circulation smooth in the entire body to prevent disease.

## 32 Forms Tai Chi Sword

Instructor: Thomas Wong

Wednesdays, 10:00 - 11:00 am

Jan 11 - Mar 29

\$54.00/12 sessions

Pre-registration required.

Maximum #: 12 participants

Tai Chi Sword is a weaponry form of Tai Chi Chuan in which the sword is considered an extension of the body. The integration helps to direct body energy through the sword and bring movements which are smooth and graceful.

Participants must buy their own swords.

## 42 Form Tai Chi

Instructor: Thomas Wong

Tuesdays, 10:45 – 11:45 pm

Jan 10 - Mar 28

\$54.00/ 12 sessions

Pre-registration required.

Maximum #:15 participants

42 Tai Chi is a condensed version of the 48-Form Tai Chi, embracing four major styles namely Chen, Yang, Wu, and Sun, as the official competition routine for international tournaments. This form enhances body balance, relaxation, concentration and nurtures good health.

## 42 Form Tai Chi Sword

Instructor: Thomas Wong

Wednesdays, 11:15 - 12:15 pm

Jan 11 - Mar 29

\$54.00/12 sessions

Pre-registration required.

Maximum #:12 participants

Tai Chi Sword is a weaponry form of Tai Chi Chuan, in which the sword is considered an extension of the body. The integration helps to direct body energy through the sword and bring about movements that are smooth and graceful. 42 Form is a standard routine for international competition, combining the Yang, Chen, and Sun styles.

## Chinese Classical Dance

Instructor: Joan Vue Ng

Fridays, 10:00 – 11:30 am

Jan 13 – Mar 31

\$30.00/12 sessions

Pre-registration required.

Maximum #: 16 participants

This class introduces you to all aspects of Chinese Classical Dance, including the unique dance moves, music and apparel from various ethnical Chinese groups. Some basic dance experience is required.

## Full Body Conditioning

Instructor: Nargis Jaffer

Wednesdays, 11:00 am - 12:00 pm

Jan 11 – Ongoing

\$42.00/12 sessions

Maximum #: 18 participants

Improve your muscle strength and endurance using light resistance equipment. Work your heart with gentle cardio and enjoy relaxing stretches. Please bring your own resistance band and other equipment needed.

## Qigong

Instructor: Thomas Wong

Tuesdays, 9:30 - 10:30 am

Jan 10 – Mar 28

\$54.00/ 12 sessions.

Maximum #: 15 participants

Pre-registration is required.

Also known as Baduanjin Qigong, this gentle program uses calisthenics, stretching and breathing exercises to increase circulation of vital energy (Qi) to maintain good health and fight diseases. This exercise is particularly suitable for those who find Tai Chi complicated and physically demanding.

