



Zumba Gold

Instructors: Kane Bustamante & Elizabeth Leo
Tuesdays, 2:15 – 3:15 pm 

Thursdays, 10:30 – 11:25am

Fridays, 2:15 – 3:15 pm 

Program Ongoing.

\$48.00/ 12 sessions

Drop-in: \$4.50

Maximum #: 20 participants (Annex), 25 participants

Combining catchy Latin tunes with choreography, Zumba Gold offers an aerobic workout that feels like a dance party. It is accessible for beginners, seniors, or others needing modifications in their exercise routines. *On Fridays, Zumba Gold includes extended stretching time.*

Seniors' Kundalini Yoga

Instructor: Lillian Chin

Mondays, 9:00 – 10:00 am
(no class April 1, May 20 & July 1)

\$48.00/ 12 sessions Drop-in: \$4.50

Maximum #: 18 participants

Program ongoing.

Drop-in and relax, renew, and rejuvenate through breathing, exercises, stretching and meditation.

Walking Club

Volunteer Supervisors: Josie, Julie & David

Mondays & Wednesdays

10:30 am Start-time

(No class on April 10, May 22 & Jul 3)

Program Ongoing

FREE / must reserve a spot online or through phone

Maximum #: 18 participants

Take a bus or SkyTrain to a senior-friendly park in the Metro Vancouver area for a day of walking activities. Dress for the weather, bring an umbrella, and pack your lunch. The monthly walking calendar is available at the front desk. Meet in the CNH Lobby.

Chinese Classical Dance

Instructor: Joan Vue Ng

Fridays, 10:00 – 11:30 am

Apr 12 - June 28

\$36.00/12 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 ethnic Chinese groups. Some basic dance experience is required. The class is instructed in Mandarin and Cantonese.



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

Senior Pass: \$48.00/ 12 sessions
(Drop-in \$4.50)

\$53.00/ 12 pass **for seniors attending adult fitness** program. (Drop-in fee \$6.00)

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

No Refunds or Exchanges on Fitness/Recreation Passes

Jenny Shen: Senior's Recreation Program Manager
jshen@cnh.bc.ca

Seniors Hot Line: 604-435-0375

Collingwood Neighbourhood House SENIORS' RECREATION PROGRAMS



SCAN
CNH Program Registration



SPRING 2024



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。



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

24 Forms Tai Chi

Instructor: Thomas Wong

Mondays, 10:30 – 11:30 am

April 8 - June 17

(no class May 20)

\$52.50 / 10 sessions

Pre-registration required.

Maximum #: 18 participants

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

Apr 10 - June 12

\$70.00 / 10 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. 32 Form is a simplified form derived from the traditional Yang style. Participants must buy their own swords.

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Seniors Drop-in Badminton

Volunteer Supervisor: Ken Lau

Saturdays, 1:15 – 3:15 pm

Ongoing

\$48.00/ 12 sessions; \$4.50 Drop-in

Maximum #: 16 participants

Bring your own rackets and burdies. NO instruction provided.

42 Form Tai Chi

Instructor: Thomas Wong

Tuesdays, 10:45 – 11:45 am

Apr 9 - Jun 25

\$63.00 / 12 sessions; Pre-registration required.

Maximum #:18 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

Apr 10 - June 12

\$70.00 / 10 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.

Participants must buy their own swords.



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Qigong

Instructor: Thomas Wong

Tuesdays, 9:30 - 10:30am

Ongoing

\$48.00/ 12 sessions

Drop-in: \$4.50

Pre-registration required.

Maximum #:18 participants

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