

Zumba Gold 赞巴金牌有氧

Instructors: Kane Bustamante & Elizabeth Leon
Tuesdays, 12:00 - 1:00 pm

Thursdays, 10:10 – 11:05am

Fridays, 9:30 - 10:30 am

Program Ongoing

\$48.00/ 12 sessions

Drop-in: \$4.50

Maximum #: 20 participants (Annex), 30 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.

Seniors' Kundalini Yoga 老年灵性能量瑜伽

Instructor: Lillian Chin

Mondays, 9:00 – 10:00 am

\$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.

Senior's Strength & Stretch (NEW)

长者活力强体伸展课程

Instructor: Robby Anchânt

Mondays, 11:45 am – 12:45 pm

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

Maximum #: 20 participants

Program ongoing.

Inclusive and adaptable for every body and capacity. This class uses light weights, resistance bands, chairs for support, and mats to safely build your strength and flexibility. Improve your balance, ease everyday tasks, and connect with a supportive community. Perfect for all fitness levels!

Chinese Folk Dance 中国民族舞

Instructor: Yvette Wang

Fridays, 10:30 – 12:00 pm

Sept 18 - Dec 4

\$36/ 12 sessions

Pre-registration required.

Maximum #: 15 participants

An introduction to Chinese Folk Dance for experienced learners under 70. Learn foundational moves, music, and traditions from various Chinese ethnic groups. Instruction is in Mandarin and Cantonese.

Seniors Drop-in Badminton

老年羽毛球即到即打

Volunteer Supervisor: Ken Lau

Saturdays, 1:15 – 3:15 pm

Program Ongoing

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

Maximum #: 16 participants

Bring your own rackets and birdies. NO instruction provided.

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

Senior Pass: \$48.00/ 12 sessions (attend both Senior and Adult programs with one pass!)

(Drop-in: \$4.50 Senior Programs; \$6.00 Adult Programs)

For All pre-registration programs no refunds after 2nd class
No Refunds or Exchanges on Fitness/Recreation Passes.

For more information about our programs & safety concerns please visit our website at www.cnh.bc.ca or contact our recreation team:

Amir Sabbaghan (Manager)

604-435-0323 Ext. 257

Collingwood Neighbourhood House SENIORS' RECREATION PROGRAMS



FALL 2026



regportal.cnh.bc.ca



www.cnh.bc.ca
604-435-

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 Form Tai Chi 24式太极拳

Instructor: Thomas Wong

Tuesdays, 9:30 - 10:30 am

Sept 15 - Dec 8

\$68.25/ 13 sessions

Pre-registration required.

Maximum #: 25 participants

Integrate mind, body and qi (energy) – keep blood and energy circulation smooth in the entire body to

Qigong 氣功八段錦

Instructor: Thomas Wong

Mondays, 10:30 - 11:30 am

Sept 21 - Dec 7 (no class Oct 12 & 26)

\$52.50 / 10 sessions

Pre-registration required.

Maximum #:12 participants

This gentle program uses callisthenics, stretching, and breathing exercises to increase circulation of vital energy (Qi) to maintain good health and fight disease.

42 Form Tai Chi 42式太极拳

Instructor: Thomas Wong

Tuesdays, 10:45 – 11:45 am

Sept 15 - Dec 8

\$68.25/ 13 sessions; Pre-registration required.

Maximum #: 25 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.

32 Form Tai Chi Sword 32式太极剑

Instructor: Thomas Wong

Wednesdays, 10:00 – 11:00 am

Sept 23 - Dec 9 (no class Sept 30 & Nov 11)

\$70/ 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.

Fashion Modelling & Dancing

时装模特舞蹈班

Instructor: Rosy Wang

Wednesdays, 1:30 - 3:00 pm

Sept 16 - Dec 9 (no class Sept 30 & Nov 11)

\$33/ 11 sessions

Pre-registration required

Maximum #: 22 participants

Aging gracefully with the modelling and dancing exercise. This is a combination of simplified runway walk, ballet and Chinese classical dance. In the class, participants will do some warm-up first, and then learn some body shaping movements step by step led by the instructor. At the end of the class, participants will practice the moves with the music. This training is aimed to help older adults build up healthy standing and walking posture, develop body coordination with the music and rhythm and showcase the beauty and elegance inside out. The language of the instruction is Chinese Mandarin.

42 Form Tai Chi Sword 42式太极剑

Instructor: Thomas Wong

Wednesdays, 11:15 – 12:15 pm

Sept 23 - Dec 9 (no class Sept 30 & Nov 11)

\$70/ 10sessions

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.

Hula for Health 健康呼拉舞

Volunteer: Ingrid Guo

Tuesdays, 2:00 - 3:00 pm

Sept 22 - Nov 24

\$25/ 10 sessions

Pre-registration required.

Maximum #: 20 participants

Hula Along is a gentle dance that is beneficial for seniors' health. It helps maintain proper posture and promotes a cheerful mood. Additionally, it serves as a form of exercise, and moreover, it provides cognitive stimulation by coordinating hand motions, foot steps, and song lyrics. Hula Dance can also be adapted to chair-based movements, focusing primarily on hand motions. Everyone is welcome.