

EVENING & WEEKEND



PROGRAMS

For Adults of All Ages!

These programs are open to the general public. You don't have to be a senior to participate; any adult 18+ may attend. Please register at the office or see the mail-in registration form on page 34. **Sign up at least 1 week prior to class to avoid cancellation due to insufficient registration.** A seasonal pass for \$30 or an annual pass for \$60 entitles you to take classes at member rates. We accept cheques, debit, VISA, and MC.

BASIC PARTNER YOGA MASSAGE

Wed., Sept. 22—Dec. 8, (12 wks) **NF-155**
7—8 pm

Fee: \$72 (\$102 Non-Members)



Instructor: Kathy Ochoa

This workshop is based on simple, easy-to-learn Traditional Thai massage techniques where partners, couples or friends can share the relaxing, therapeutic benefits of massage. In this interactive hands-on class, participants will learn a blend of passive stretches, acupressure techniques, and restorative postures that help to relieve muscle and joint tension, chronic pains and daily stress. By both giving and receiving the massage each class, participants will get a bit of a work-out as well as gain relaxation and a sense of renewed vitality. The work is done both in chairs and on mats; so comfortable clothing, a blanket from home, and the ability to move up and down off the floor is required. No previous experience is needed.

BELLY DANCING

NF-156

Tues., Sept. 21—Nov. 23, (10 wks)

6:30—7:30 pm

Fee: \$65 (\$95 Non-Members)

Instructor: Valda Roberts

Discover a new path to fitness through this ancient and fun dance form. Improve your body's rhythm, flexibility and muscle tone as you jiggle and giggle with friends. No dance experience necessary.

BROADWAY DANCE

NF-157



Date: TBA

Time: TBA

Fee: TBA

Instructor: TBA

This class combines Broadway splendor with a big dose of cardio! Learn the choreography from the most popular Broadway shows including Chicago, Cats, Cabaret and more! Anything goes in Show business!

COMPASS FOR THE CAREGIVER **NF-158**

Tues., Oct. 5—Nov. 23, (8 wks)

6—8 pm

Fee: \$25 (\$55 Non-Members)

Instructor: Sharlene Wyness

This program focuses specifically on the caregiver & addresses a number of crucial issues. The topics include: caregiver characteristics, the emotional journey, knowing your capacities, assertiveness, sharing the care, putting yourself first, caregiver burn-out, navigating the system and planning for the journey ahead.

CREATIVE CHRISTMAS CARDS

NF-159

Sat., Dec. 4

9:30 am—12 Noon

Fee: \$24 (\$54 Non-Members)

Instructor: Janelle Taming

*See page 9 for class description.

CREATIVE CHRISTMAS GIFT TAGS AND STOCKING STUFFERS **NF-160**

Sat., Dec. 4

1—3:30 pm

Fee: \$24 (\$54 Non-Members)

**All supplies provided*

Instructor: Janelle Tameling

Get into the Christmas spirit by making a variety of beautiful unique tags to attach to your gifts. You will also have the opportunity to make some simple, fun stocking stuffers.

CUPCAKE CREATIONS— **NF-161**

With the Grandkids, "Halloween Treats"

Sat., Oct. 23

1—3:30 pm

Fee: \$26 (\$56 Non-Members),

Grandparent & child (ages 6—10 yrs)

Instructor: Sharlene Wyness

Halloween is the best time to decorate scary cupcakes. Spiders, owls, creepy-crawlers and pumpkins. It is so easy and inexpensive. All materials are provided—just bring a container to carry your creations home safely.

CUPCAKE CREATIONS— **NF-162**

With the Grandkids, "Holiday on Icing"

Sat., Dec. 11

1—3:30 pm

Fee: \$26 (\$56 Non-Members),

Grandparent & child (ages 6—10 yrs)

Instructor: Sharlene Wyness

Snowmen, ornaments & Christmas lights! What could be more fun than decorating cupcakes for this holiday season! All materials are provided—just bring a container to carry your creations home safely.

DANCE YOGA **NF-163**

Mon., Sept. 20—Dec. 13, (12 wks)
(omit Oct. 11)

8—9 pm

Fee: \$72 (\$102 Non-Members)



Instructor: Kathy Ochoa

Yoga Dance is a combination of fluid yoga and modern dance that promotes mind-body connections and whole health fitness. This class will transcend the traditional boundaries of yoga incorporating flowing movements to take the body, mind & spirit to a life-changing experience. Yoga Dance is for anyone interested in exploring movement, yoga flow and music, at all levels!

DRAWING—Basic **NF-164**

Tues., Sept. 21—Oct. 26, (6 wks)

6:30—9:30 pm

Fee: \$67 (\$97 Non-Members)

+ supplies approx. \$60

Instructor: Muhammed Salayi

**See page 12 for class description.*

INTRO TO POKER—Texas Hold 'Em Sytle **NF-165**

Thurs., Sept. 30

7—8:30 pm

Fee: \$29 (\$59 Non-Members)

Instructor: Susan Taylor

For ladies only! No experience necessary! Susan from "Poker Chicks 101" will teach you all the basic skills and strategies you'll need to feel comfortable playing this popular game. Each participant will receive their own "poker Chicks Handbook" - yours to keep as a reference for future poker games. You'll be playing for chips (not real money) so you can relax and just have fun learning! Limited seating, be sure to sign up early!



JAZZERCISE **NF-166**

Mon., Sept. 20—Nov. 15, (8 wks)

(omit Oct. 11)

6:45—7:45 pm

Fee: \$38 (\$68 Non-Members)

Instructor: Andrea Thigpen

Jazzercise is a self-paced, fun, dynamic cho-



choreographed class for both men and women of all ages. The class consists of a warm-up, 30 minutes of cardio and finishes with strength training and stretching. Jazzercise is the #1 dance fitness program in the world! Each class incorporates jazz dance movements as well as kick-boxing, Pilates and yoga principles.

OIL PAINTING—Beginners **NF-167**

Thurs., Sept. 23—Oct. 28, (6 wks)

6:30—9:30 pm

Fee: \$67 (\$97 Non-Members)

+ supplies approx. \$50—\$80

Instructor: Muhammed Salayi

Whether you are new to painting or looking to perfect a new technique, the wealth of knowledge offered by this talented artist will fulfill your needs. You will experience tutorials, step by step instruction and expert advice on oil landscape painting. Learn the fundamentals of how to paint with oils, explore fresh ideas and receive inspiration.

PILATES **NF-168**

Mon., Sept. 20—Dec. 13, (12 wks)

(omit Oct. 11)

7—8 pm

Fee: \$72 (\$102 Non-Members)

Instructor: Kathy Ochoa

Improve your coordination, strength, balance, posture & flexibility. This class involves a series of controlled movements on mats that will engage both your body and mind.

SILVERSMITHING— **NF-169**

Beginner & Intermediate

Tues., Sept. 21—Dec. 7, (12 wks)

6:30—9:30 pm

Fee: \$140 (\$170 Non-Members)

+ supplies approx. \$50—\$100

Instructor: Lew Houle

* See page 10 for class description.

SPANISH—Conversational **NF-170**

Tues., Sept. 21—Dec. 7, (12 weeks)

7—8:50 pm

Fee: \$90 (\$120 Non-Members)

Instructor: Juan Acevedo

Learn useful dialogue for the everyday conversations at the airport, in the hotel restaurant, on the street, and in stores. Learn how to address yourself using common sentences and phrases, and much more. This course is essential for anyone thinking of traveling to a Spanish-speaking country.

TAI CHI—(Yang) - Level I **NF-171**

Thurs., Sept. 23—Dec. 9, (11 wks)

(omit Nov. 11)

6:30—7:30 pm

Fee: \$83 (\$113 Non-Members)

Instructor: Leslie Pedden—Sarabin

Invite grace and discipline into your life. This martial art uses fluid, yielding motions to strengthen the body and quiet the soul. Discover the beauty for yourself!

TAI CHI—(Yang) - Level II **NF-172**

Thurs., Sept. 23—Dec. 9, (11 wks)

(omit Nov. 11)

7:30—8:30 pm

Fee: \$83 (\$113 Non-Members)

Instructor: Leslie Pedden—Sarabin

This class is perfect for those who have completed Level I and want more of a challenge!

TWO STEP & JIVE **NF-173**

Tues., Sept. 14—Oct. 19, (6 wks)

7:30—9 pm

Fee: \$67 (\$97 Non-Members)

Instructor: Dwayne Tulik

Take a step or two away from your regular routine. Join Dwayne for this swingin' class that will get your feet tappin' and your heart thumpin'! Both of these dances are easy to learn and FUN. No partner required.

TWO STEP & WALTZ

Tues., Oct. 26—Nov. 30, (6 wks)

7:30—9 pm

Fee: \$67 (\$97 Non-Members)

Instructor: Dwayne Tulik

Even if you now think you have two left feet, you'll be gliding across the dance floor with new confidence in no time! This class is great for beginners as well as those wanting to brush up on their dancing techniques. No partner required.

NF-174

YOGA BOOTY & BALLET

Tues., Sept. 21—Dec. 7, (12 wks)

6—7 pm

Fee: \$58 (\$88 Non-Member)

Instructor: Grace McDonald

Take your workout to a whole new level! It's a blend of yoga, ballet and booty shaking dance moves all in one class! It's a workout that's fun and easy...you won't believe you're working out! You'll work your Abs, lift your Booty, and do fat blasting cardio in every class!

NF-178



YOGA

Tues., Sept. 21—Dec. 7, (12 wks)

7:15—8:45 pm

Fee: \$87 (\$117 Non-Members)

OR

Thurs., Sept. 23—Dec. 9, (11 wks)
(omit Nov. 11)

7:15—8:45 pm

Fee: \$79 (\$109 Non-Members)

Instructor: Beverley Moore

This invigorating mind and body class is suitable for any fitness level. Release tension, relieve stress while improving strength, flexibility and general well-being.

NF-175

ZUMBA

Thurs., Sept. 23—Dec. 9, (11 wks)

(omit Nov. 11)

6—7 pm

Fee: \$44 (\$74 Non-Members)

Instructor: Grace McDonald

* See page 19 for class description.

NF-179

YOGALATES

Wed., Sept. 22—Dec. 8, (12 wks)

8—9 pm

Fee: \$72 (\$102 Non-Members)

Instructor: Kathy Ochoa

Pilates meets Yoga in this class that blends gentle hatha yoga and Pilate's poses for a healthy dose of low-impact exercise that will help you sculpt a leaner, stronger body while releasing stress and fatigue. Take time to stretch tight muscles plus relax...you deserve it!

NF-177



You cancelled the program!

Why???

Did you know it is program policy to cancel classes one week prior to the start date if there are not enough registrations.

Don't delay—sign up today!



Refunds...



Participants will be called if a class is cancelled. Refunds can be picked up Mon.—Fri. between 8:30 am & 4:30 pm. (Sorry, refunds cannot be given after 4:30 pm)

All refunds must be picked up within 30 days of the call!