

All you need is love and a DOG! Charly loving that FALL fresh air!

## Dog Obedience Puppy SmartStart (dogs 10-20 wks) DOGSmart Training

Two sets of vaccinations are required. In this program, your puppy will learn the importance of socialization to other dogs, people, and objects. Course content includes an introduction to basic commands. Behaviours such as house training, bite inhibition, jumping up, and solutions are discussed.

W, 6:30 PM-7:30 PM	Sep13-Oct18	\$178/6 sess
Lakewood Room		117594
W, 6:30 PM-7:30 PM	Nov01-Dec06	\$178/6 sess
Lakewood Room		129371

## Dog Obedience Beginner Life Skills (dogs 6 mths+) DOGSmart Training

The focus of beginner training is to learn everyday basic life skill exercises such as sit, stay, down, come when called, and proper leash handling methods while incorporating varying degrees of distractions. **We use food, praise and play along with scientific learning principles to teach your dog how to achieve these goals.**

W, 7:30 PM-8:30 PM	Sep13-Oct18	\$178/6 sess
Lakewood Room		117596
W, 7:30 PM-8:30 PM	Nov01-Dec06	\$178/6 sess
Lakewood Room		129372

## Basic Spanish Conversation

**Bolivia Perez-Ramirez**

Join us for a very conversational class where we will review the basic grammar structures you have learned in your beginner classes. **Bolivia is from Mexico City and has a Bachelors Degree in Spanish and teaches Spanish at various schools and community centres in Vancouver.**  
**Drop in \$18.00.**

Th, 6:00 PM-7:30 PM	Sep21-Nov16	\$146/9 sess
GCCA Board Room		117545

## Spanish Beginner II

**Bolivia Perez-Ramirez**

If you had your first Spanish lessons or you know the basics of this language already, Beginners II is your place!

Th, 7:30 PM-9:00 PM	Sep21-Nov16	\$146/9 sess
GCCA Board Room		117547

## Mandarin Fun

**Helen Wang**

Learn Mandarin in a fun and supportive environment. You will learn sentences, vocabulary and use them in real life situations.

Tu, 7:00 PM-8:30 PM	Sep26-Nov21	\$18/9 sess
Spruce Room		117538

## ESL with Gloria Beginner NEW

**Gloria Lai**

The focus is on everyday English and expressions. Students are encouraged to talk and to participate in easy and creative word games. Bring your notebook, your enthusiasm and your willingness to share your experiences. **Gloria's experience consists of teaching EFL in Korea and ESL in Vancouver.**

W, 1:30 PM-3:00 PM	Sep27-Nov15	\$10/8 sess
GCCA Board Room		118358
Th, 10:00 AM-11:30 AM	Sep28-Nov16	\$10/8 sess
GCCA Board Room		118360

## ESL with Gloria Intermeditate NEW

**Gloria Lai**

Enjoy meeting new people while practicing your spoken English skills in a supportive environment. There will be opportunities to share your experiences and to participate in fun language games.

W, 4:00 PM-5:30 PM	Sep27-Nov15	\$10/8 sess
GCCA Board Room		118359

## Climate Change & Urban Forestry NEW

**UBC Professors**

Whether you're interested in increasing access to green space, enhancing the aesthetics of your street, or being more resilient to climate change, this guide will help bridge your individual ideas to neighbourhood-wide.

W, 6:00 PM-8:30 PM	Oct04	\$2/1 sess
Willow Room		128370

## Trout Lake Ecosystem NEW

**Deborah Simpson**

In this course, we'll explore the biodiversity of the Trout Lake/John Hendry Park ecosystem with the guidance of local scientists, naturalists, and environmentalists. Come and learn about the flora and fauna, past and present, of this urban lake habitat, as well as threats to the area and plans for the future. **Sessions will be both indoor and outdoor.**

Th, 5:45 PM-7:45 PM	Oct05-Oct26	\$20/4 sess
Willow Room		128376

## Red Cross Emergency Childcare First Aid & CPR B/AED

**Community Care First Aid**

This course is approved for Day Care and Day Home Providers in BC by the BC Provincial Childcare Facilities, covering major emergencies in babies and children. **Certificate valid for 3 years is provided with course completion.**  
**Please pre-register.**

Sa, 9:00 AM-5:00 PM	Sep30	\$95/1 sess
Willow Room		118261

## Basic First Aid & CPR For Babies & Children

**Community Care First Aid**

A short informative and interactive course which provides basic first-aid and CPR skills to treat babies and children. Cover common emergencies such as choking, SIDS, allergic reactions and more. **This course is noncertifying. Please pre-register.**

Su, 10:00 AM-1:00 PM	Nov19	\$59/1 sess
Willow Room		118263

## Eclairs, Cream Puffs and Choux Pastries

### Valentine Kitamura

The new pastry craze straight from France is "Choux Pastries"! Valentine is a baker from France who will show you the basics to make amazing pastries such as eclairs and cream puffs! **You will pipe your own pastries, fill and decorate them before taking them home. Please bring a container.**

Su, 2:00 PM-4:00 PM	Oct15	\$60/1 sess
Kitchen		118237
Su, 2:00 PM-4:00 PM	Dec10	\$60/1 sess
Kitchen		127619

## Chocolate Lovers

### Valentine Kitamura

This class is a must if you're looking to cook the most decadent, and easy, chocolate desserts! **We will teach you in this class how to make: Chocolate Mousse, Lava Cake, Chocolate Truffle. Bring containers for your chocolate mousse and truffles (we will eat the lava cake during the class).**

Su, 2:00 PM-4:00 PM	Nov19	\$60/1 sess
Kitchen		118241

## UBC Law Students Legal Advice Program

Free legal advice for people who cannot afford a lawyer. We can assist with residential tenancy disputes, employment matters, WCB/EI/ CPP, social assistance, simple wills and estates, small claims and minor criminal matters. **Please call 604-822-5791 to make an appointment. Do not register at Trout Lake CC. www.islap.bc.ca. September 26; October 10 and 24; November 7 and 21 from 6:30pm-8:30pm. Board room.**

## Earthquake Preparedness - Personal & Family

### City Of Vancouver NEPP

This session covers what is required to develop your family emergency plan, how to conduct a "Home Hazard" Hunt and what to do when an earthquake strikes.

M, 7:00 PM-8:30 PM	Sep18	FREE/1 sess
Grandview Room		120846

## Are You Cultured?

### Andrea Potter

A Series of 4 workshops which encourage radiant health and DIY projects. Learn the basics around traditional fermentation: how and why microbes are essential to your digestion, immunity and mood.

**Fruit of Ginger Soda: You will take home your own so bring 1 1L sealable bottle and 1 500mL glass jar with lid.**

Tu, 6:30 PM-8:30 PM	Nov07	\$30/1 sess
Kitchen		118230

**Sauerkraut and Pickles: Bring 1L glass jar with lid.**

Tu, 6:30 PM-8:30 PM	Nov14	\$30/1 sess
Kitchen		118232

**West Coast Kimchi: Bring a 1L jar with lid.**

Tu, 6:30 PM-8:30 PM	Nov21	\$30/1 sess
Kitchen		118233

**Dosas and Injera**

Tu, 6:30 PM-8:30 PM	Nov28	\$30/1 sess
Kitchen		118234

## Free Flu Clinic

### Evergreen Health Centre

**First come, First serve.**

Tu, 1:00 PM-4:00 PM	Nov14	Free/1 sess
Willow Room		127569



## Cedar Cottage Food Network Society

Visit us at [cedarcottagefoodnetwork.wordpress.com](http://cedarcottagefoodnetwork.wordpress.com). Pre-register for all workshops. We offer nutritious foods, community health and education, and community-based programs.

## Kombucha Workshop

Learn how to ferment kombucha at home. This informative class will provide a recipe booklet as well as the supplies to start brewing.

W, 6:30 PM-8:00 PM	Sep27	\$25/1 sess
Willow Room		129744

## Sauerkraut Class

Learn how to ferment sauerkraut at home. This informative class will provide a recipe booklet as well as a jar of sauerkraut

W, 6:30 PM-8:00 PM	Oct18	\$25/1 sess
Willow Room		129745

## Sourdough: Making and Maintaining a Starter

Learn to make sour-dough rye from scratch and get your own sour-dough starter to take home. Maintaining a sourdough starter can be a flexible, predictable and very rewarding practice.

Su, 2:30 PM-4:00 PM	Oct22	\$20/1 sess
Kitchen		129742

## Apple Cider Vinegar Workshop

This demonstrative class will provide a recipe booklet as well as a sample of healthful vinegars such as infused vinegars and herbal oxymels.

W, 6:30 PM-8:00 PM	Oct25	\$25/1 sess
Willow Room		129747

## Fermented Hot Sauce

Learn to make your own customizable hot sauce from green jalapenos. You will learn how to make it as flavourful or spicy as you like it with this fun and easy recipe.

Su, 2:30 PM-4:00 PM	Nov26	\$18/1 sess
Kitchen		129743

## Ginger Bug Fermented Sodas

Recipes include root beer, ginger ale, and other seasonal sodas. This demonstrative class will provide a recipe booklet as well as a sample of delicious sodas.

Tu, 6:30 PM-8:00 PM	Nov28	\$30/1 sess
Willow Room		129746

## Managing Anxiety and Depression **NEW**

Heidi Schmidt

Explore different ways of coping with symptoms of anxiety and depression including mindfulness, CBT - cognitive behaviour therapy and learn about community resources.

Tu, 7:00 PM-9:00 PM      Sep26      FREE/1 sess  
Willow Room      122678

## How to Sleep Better **NEW**

Susan Johnstone

Adequate sleep is essential for good health but can be so hard to get. What is good sleep hygiene and how does it affect my sleep? Come and find out how you can influence a good night's rest.

Tu, 7:00 PM-8:30 PM      Oct10      FREE/1 sess  
Willow Room      122677

## Calcium and Bone Health **NEW**

Sydney Massey

Learn about current research on nutrition and bone health. This session highlights the importance of adequate calcium, protein and vitamin D intake throughout life to reduce risk for osteoporosis. Find out about your personal risk for osteoporosis and what you can do about it.

Tu, 7:00 PM-8:30 PM      Oct24      FREE/1 sess  
Willow Room      122674

## Nutrition, Supplements and Osteoarth **NEW**

Arlaina Waisman

This workshop provides information on how diet affects osteoarthritis; how do I navigate Canada's Food Guide; are there any nutrients that can help; are there any supplements that can help; how does weight affect osteoarthritis; how can I improve my eating habits; and how do I manage portion size.

Tu, 7:00 PM-9:30 PM      Nov21      FREE/1 sess  
Willow Room      122679

*For more information on the above workshops, contact Kate Lee  
kate.lee@vancouver.ca.*

## Pain Relief and Community Acupuncture **NEW**

Jill Truscott

Often pain is inadequately managed, and greatly affects quality of life. Join Jill Truscott, Registered Acupuncturist, to discuss how acupuncture can be used as a safe and natural way to address pain, and how you can effectively manage your pain. You will also get to experience the benefits of acupuncture in a community setting.

W, 6:00 PM-7:30 PM      Oct04      \$15/1 sess  
GCCA Board Room      128583

## Naturopathic Medicine for Fertility **NEW**

Dr. Robyn Land

In this interactive lecture, Dr. Robyn Land, a naturopathic physician with Local Health Integrative Clinic, shares with you evidence-based, natural ways to boost your wellness for optimal fertility and healthy pregnancies.

W, 6:00 PM-7:00 PM      Oct11      \$5/1 sess  
GCCA Board Room      129865

## Dalian Method Talk and Active Meditation **NEW**

Jandy Anderson

Jandy Anderson will illustrate how to use the ground-breaking Dalian Method to release the underlying cause of blockages and pain so you can start living a more joyful and authentic life. Jandy will also lead the group through an Active Meditation to bring increased clarity, openness and joy.

W, 6:00 PM-8:00 PM      Oct18      \$20/1 sess  
GCCA Board Room      129866

## Stress Relief, Sleep and Community Acupuncture **NEW**

Jenny Abel

Join Registered Acupuncturist, Jenny Abel, as she gives practical tips to reduce stress and get a deep restorative sleep. You will also get to experience the gentle and calming effects of acupuncture in a community environment.

W, 6:00 PM-7:30 PM      Nov01      \$15/1 sess  
GCCA Board Room      129867

## First Steps to Prevention **NEW**

Vancouver Coastal Health  
Healthy Living Program

A program designed to support individuals at risk for developing chronic disease and promote healthy lifestyle changes. **Instructor includes VCH Registered Nurses and Dietitians. Registration required at Healthy Living Program at 604-267-4430. This program is suitable for people with pre-diabetes, not diabetes. Please pre-register space is limited. Do not register at TLCC.**

F, 1:30 PM-3:30 PM      Oct13-Oct27      Free/3 sess  
Grandview Room      117286

## Physical Activity Health Screening Event **NEW**

Vancouver Coastal Health  
Healthy Living Program

Tu, 11:30 AM-2:30 PM      Sep26      Free/1 sess  
Centre Lobby      117522

## Blood Pressure Health Screening Event **NEW**

Vancouver Coastal Health  
Healthy Living Program

Tu, 11:30 AM-2:30 PM      Oct03-      Free/1 sess  
Centre Lobby      117521

## Cultural Awareness Training For Foster Parents **NEW** (All Ages)

Barbara Lawson

An Aboriginal cultural awareness program for current foster parents and families. **The second Thursday of each month. Dinner included. Please register. September 14, October 12, November 9 and December 14.**

Th, 6:30 PM-9:30 PM      Sep14, Oct12, Nov9, Dec14      Free/4 sess  
Willow Room & Kitchen      128456

## Natural Thyroid Support **NEW**

Fiona Smulders

Are you or someone you know struggling with fatigue, foggy thinking, weight gain and/or hair loss? These could be signs that your thyroid gland is under-functioning. **Join Dr. Fiona Smulders, Naturopathic Physician, for an interactive talk on natural treatments for hypothyroidism to get you feeling your best!**

W, 6:00 PM-7:00 PM      Nov08      \$5/1 sess  
GCCA Board Room      129868

## Join Our Seniors Committee Sep 26, Oct 31 & Nov 28 at 2:30pm.

If you have a program idea, please join the committee. We have a lot of ideas! Meet in the Grandview Room.

### Kinesis and Stretch (55+ yrs)

**Christian Lacsamana**

Class is run as a circuit using the Kinesis machines, dumbbells, bands and body weight exercises. **All participants must provide a par q+ form and consent form. This class may not be suitable for participants with health issues such as osteoporosis, heart issues or other medical concerns. Please contact steven.tautscher@vancouver.ca if you have any health issues.**

W, 11:15 AM-12:15 PM Sep 13-Oct 11	\$30/5 sess
Fitness Centre	129404
W, 11:15 AM-12:15 PM Oct 25-Nov 22	\$30/5 sess
Fitness Centre	129405

### Seniors Weight Training (55 + yrs)

**Ivan/Denise**

The first hour of the session is spent strengthening and toning muscles in the fitness centre. The last half hour of this session focuses on stretching and strengthening core muscles. **65 years or older, the cost is a senior's drop in rate or Flexi-pass rate. Participants under 65 years of age will pay an adult fee. All participants must complete a written par q+ form. Pre-registration required.**

Tu, 9:30 AM-11:00 AM Sep 5-Dec 19	
Fitness Centre/ Elm Room	129392
Th, 9:30 AM-11:00 AM Sep 7-Dec 21	
Fitness Centre/ Elm Room	129395

### Breathe Well - Live Well

**Vancouver Coastal Health**

Designed for people living with chronic respiratory conditions. **Participants are required to attend a pre-program assessment. A medical referral is required. Please call 604.267.4430 or 604.709.6510 for more information. Register at Trout Lake CC. No class October 9.**

M Th, 12:30 PM-3:00 PM Sep 11-Oct 19	Free/11 sess
Maple Room	117257
M Th, 12:30 PM-3:00 PM Oct 23-Nov 27	Free/11 sess
Maple Room	117262



### Osteofit

**Winnie Leung**

Suitable for individuals who are not active or have little experience with exercise. **All participants are required to complete the Health Screening Form, and if there is an answer "yes", then also the Medical Clearing Form. Forms are available at the TLCC Front Desk.**

#### Level 1

Th, 12:00 PM-1:00 PM Sep 07-Nov 09	\$30/10 sess
Lakewood Room	128323

#### Level 2

Th, 1:15 PM-2:15 PM Sep 07-Nov 09	\$30/10 sess
Lakewood Room	128324

### SteadyFeet

**Sabine Iseli**

A balance and mobility program to help and to improve your functional mobility, to increase lower body strength, to improve balance and reduce fall risk. **Complete a health questionnaire prior to the start of class. Assessment date is September 11. Sabina will contact you to setup an assessment time. No class October 9.**

#### Level 1

M, 1:45 PM-2:45 PM Sep 11-Dec 11	\$39/13 sess
Lakewood Room	123481

#### Level 2

M, 12:30 PM-1:30 PM Sep 11-Dec 11	\$39/13 sess
Lakewood Room	123482

### Gentle Yoga & Chair Yoga

Go to page 28 for detailed information

### Table Tennis, Badminton & Pickle ball

Go to page 26 for detailed information



Life lived amidst tension and busyness needs leisure

### Physical Activity Health Screening Event **NEW**

Tu, 11:30 AM-2:30 PM Sep 26	Free/1 sess
Centre Lobby	117522

### Blood Pressure Health Screening Event **NEW**

Tu, 11:30 AM-2:30 PM Oct 03	Free/1 sess
Centre Lobby	117521

### First Steps to Prevention **NEW**

**Vancouver Coastal Health**

Go to page 35 for detailed information.

F, 1:30 PM-3:30 PM Oct 13-Oct 27	Free/3 sess
Grandview Room	117286

### Free Flu Clinic

**Evergreen Health Centre**

First come, First serve.

Tu, 1:00 PM-4:00 PM Nov 14	Free/1 sess
Willow Room	127569

### Seniors Fun Fitness

**Sharon Chan**

Go to page 25 for detailed information.

### Mary's Walking Group

**Mary Freeman**

Meet in the Lobby at 11:15am and walk around the lake with Mary and meet new friends. **Please pre-register.**

Tu, 11:15 AM-12:00 PM Sep 12-Dec 05	Free/13 sess
Centre Lobby	117242

# Seniors Enjoying the Good Life!



*Our Garden Gnome*



*Happy Reunion*



*Volunteers Extraordinaire*



*Great Motown Music*



*Family Affair*



*Boots are made for walking*

Enjoy the Seniors Coffee Break after the program from 2:30-3:30pm.

## Social Tuesdays

Discussion Group every second Tuesday of the Month 2:30-3:30pm

**September 12 - December 12 #117247**  
\$7/14 sessions. 12:15-2:30pm Please pre-register.

Join us for a different workshop each week from dance, drama, art, cooking to education. Workshops begin at **12:30pm**. All supplies included. Delicious sandwiches and desserts available for \$6.00 (please pay Dorothy cash). **Grandview Room**.

**Sep 12 Bingo**

**Sep 19 Art Class with an Artist:** All supplies included.

**Sep 26 Pizza Luncheon** \$6.00. Please pay at the front desk in advance. Space is limited. #117267. Live performance by Gwen.

**Oct 3 Staying Active as you Age** with Kate Lee

**Oct 10 Burnaby Dances:** Join the Fun.

**Oct 17 Footwear Workshop**

**Oct 24 Colouring Workshop to Live Music:** Colouring books supplied.

**Oct 31 Shepherd's Pie Lunch:** \$6.00. Please pay at the front desk in advance. #117268

**Nov 7 Safari in East Africa Travel Presentation** with Judith & Syd

**Nov 14 Holiday Sing A long** with Sue Malcolm

**Nov 21 Christmas Cookie Baking:** Make Gingerbread cookies and bring 3 dozen cookies for the cookie exchange.

**Nov 28 Chinese Luncheon:** \$7.00 Please pay at the front desk in advance. Space is limited #117269

**Dec 5 Decorate a Christmas Wreath or Swag:** Bring decorations to decorate your wreath.

**Dec 12 Christmas Lasagna Luncheon & Live Music:** \$6.00. Please pay at the front desk in advance. Space is limited. #128978



## Patch Work & Quilting

Judith Pilley & Pat

This term we will look at different forms of appliqué and introduce the raw edge appliqué. We will use our creations to embellish a choice of articles, including thread catchers, cushions, baby quilts, totes, table mats, Christmas wall hangings etc. **Patterns and kits will be available to buy. Bring your hand sewing equipment.**

W,12:45 PM-3:15 PM Sep20-Dec06 \$5/12 sess  
Grandview Room 117273

## Collaborative Creative Dance

Desiree Dunbar

See page 30 for detailed information. **No class October 9. Drop in \$5.00.**

M,12:30 PM-2:00 PM Sep18-Nov27 \$30/10 sess  
Grandview Room 117270

## Painting and Drawing NEW

Malory Tate

Come learn to draw and paint no matter your level of experience. Malory will be guiding you through projects using acrylics. **All supplies included. No class November 3.**

F,10:30 AM-12:00 PM Oct13-Nov17 \$15/5 sess  
Grandview Room 117523

## ESL Fun

Practice your English in our friendly, easy going class. Learn: conversation, reading, pronunciation, and vocabulary. **Drop in \$3.00.**

Helen Wang

Tu,10:00 AM-12:00 PM Sep26-Nov28 \$10/10 sess  
GCCA Board Room 117278

Gloria Umezuki

F,10:00 AM-12:00 PM Sep29-Dec01 \$10/10 sess  
GCCA Board Room 117279

## Mah Jong

Teresa Chang, Shirley and Lily

**Drop in \$1.00 if there is space.**

Tu,11:30 AM-3:30 PM Sep12-Dec12 \$3/14 sess  
Lakewood Room 117276

Th,11:30 AM-3:30 PM Sep14-Dec14 \$3/14 sess  
Grandview Room 117277

## Seniors Coffee Break

Sit back and enjoy a cup of coffee or tea and chat with your friends. **Please pre-register.**

Tu,2:30 PM-3:30 PM Sep12-Dec12 Free/14 sess  
Grandview Room 117274

## Knitting Together

Nini Ury

You will receive assistance in reading and interpreting patterns, help with colour work, cabling and crocheting. **The program also consists of knitting at least one hat and scarf, using donated wool for the Downtown Eastside homeless. Class will run on October 9.**

M,11:00 AM-3:00 PM Sep11-Dec11 \$2/14 sess  
Willow Room 117275

## Seniors Collaborative Creative Writing

Ingrid Rose

Ingrid will lead you through the creative writing process step by step from start to finish. **No previous experience with creative writing, just a willingness to let go and dive in. Experienced writers will also find room to expand.**

Th,10:00 AM-12:00 PM Sep28-Nov16 \$54/8 sess  
Willow Room 117281

## Seniors Writing Group

Vanneau Neesham

Join our writing group for motivation, encouragement, and structure as we write in a friendly, supportive environment. **Led by Vanneau Neesham, writer, retired journalist & English teacher. No class October 9. Please pre-register.**

M,10:00 AM-11:30 AM Sep25-Dec04 Free/10 sess  
GCCA Board Room 117280

## Tuesday

### Discussion Group NEW

Join us for discussions.

September 12: **Cultural Appropriation**

October 10: **Exoplanetary Life**

November 14: **Life's Lessons**

December 12: **What is Forgiveness.**

Tu,2:30 PM-3:30 PM

Sep12, Oct10, Nov14, Dec12 Free/4 sess  
Grandview Room 119342

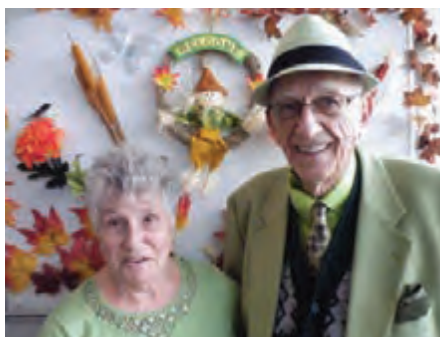
## Acrylic Painting Programs

Go to page 31 for detailed information



Trout Lake Knitting Group! The real problem of leisure time is how to keep others from using yours

**Friday Luncheons Held in the Grandview Room:  
Please Pre-register.  
Doors open at 11:30am**



*Maurice we miss you!*

**Fall Luncheon - Oct 6**

Celebrate the fall with us! MENU: Turkey, mashed potatoes, cole slaw, broccoli salad, green salad and buns. Dessert: fresh fruit, cake, cookies and lots of door prizes. Enjoy listening to Los Divas dancing band!

F, 12:00 PM-2:00 PM Oct06 \$7.50/1 sess  
Grandview and Lakewood Room 117283

**November Luncheon - Nov 30**

Enjoy a delicious lunch! MENU: Baked salmon, mashed potatoes, vegetables, cole slaw, bean salad, buns. Dessert: fresh fruit, cake, cookies and lots of door prizes. Enjoy a 17 piece big band plus vocalist who will play ballroom dance music from the 1940-1970 big band. **Bring your dancing shoes.**

F, 12:00 PM-2:00 PM Nov03 \$7.50/1 sess  
Grandview and Lakewood Room 117284

**Christmas Luncheon - Dec 1**

Enjoy a Christmas lunch together. MENU: turkey, cold ham, stuffing, cranberries, mashed potatoes, vegetables, cole slaw, green salad and pasta salad. Dessert: fresh fruit, Christmas cake, cookies, tarts and lots of door prizes. Enjoy Motown music with Checo Tohomaso. Bring your dancing shoes.

F, 12:00 PM-2:00 PM Dec01 \$7.50/1 sess  
Grandview and Lakewood Room 117285

**Tuesday Luncheons**  
Go to page 37 for detailed information

**ENJOY TRAVEL AND TOUR**

**Arts Whistler Holiday Market**

This holiday craft fair will feature a wide array of ceramics, clothing, fine art, wood, glass, metal, jewelry, candles and aromatherapy products as well as Christmas decorations. Whistler Arts Council presents Bizarre Bazaar, a vibrant community event that includes live music, a silent auction, dance and food at the Whistler Conference Center. **Activity Level: Easy**

Su, 8:30 AM-5:00 PM Nov26 \$79/1 sess  
Centre Lobby 120446

**Audain Art Museum + Fairmont Chateau Whistler**

The Audain Art Museum's permanent collection of nearly 200 works of art is a visual journey through the history of art from coastal British Columbia, including a large collection of works by Emily Carr. This tour includes a one hour docent led tour, Museum free time, a lunch to remember at the Fairmont Chateau Whistler and afternoon free time in Whistler Village. **Activity Level: Easy**

Th, 7:45 AM-6:00 PM Oct12 \$140/1 sess  
Centre Lobby 120445

**Polar Express**

The one-hour train ride is filled with magic, music, stories and on board refreshments. Includes coach ticket, one mini train ride and entry to the "North Pole Workshop", the "Gingerbread Village" and lunch on the Squamish River at the Watershed Grill in Brackendale.

**Activity Level: Easy**

Su, 9:30 AM-5:30 PM Dec17 \$109/1 sess  
Centre Lobby 120447

**Sunshine Coast / Smugglers Cove**

Visit Smuggler Cove located between Secret Cove and Half Moon Bay for an escorted walk to soak up this picturesque marine park's board walks and storied past. Tour includes an escorted walk at Smuggler Cove, lunch at The Lighthouse Pub and afternoon free time in Gibsons Landing.

**Please Note: Additional \$8.00 ferry fee applies to those under the age of 65 and to non BC residents. Activity Level: Moderate**

Th, 7:45 AM-6:00 PM Sep14 \$119/1 sess  
Centre Lobby 120444



*Chef Dorothy and helpers! Recreation Activities are my therapy*