

MARTIAL ARTS

Aikido

Shohei Juku Aikido Canada

Aikido is an opportunity for everyone to learn self-defence and spiritual discipline while improving body coordination with gentle circular movements. **Please note: Pro-rated fees do not apply to this program. Student registration rate only available at front desk. Drop-in \$10.00.**

M Tu Th, 6:00-7:30 PM	Sa 11:00 AM-12:30 PM	Sep03-Sep30	\$70/16 sess	Elm Room	232648
M Tu Th, 6:00-7:30 PM	Sa 11:00 AM-12:30 PM	Oct01-Oct31	\$70/18 sess	Elm Room	232649
M Tu Th, 6:00-7:30 PM	Sa 11:00 AM-12:30 PM	Nov02-Nov30	\$70/17 sess	Elm Room	232650
M Tu Th, 6:00-7:30 PM	Sa 11:00 AM-12:30 PM	Dec02-Dec31	\$70/18 sess	Elm Room	232651

Shorinji Kempo

Shorinji Kempo Society

A martial art that develops an individual's confidence and courage. Develop cooperation, teamwork, and leadership skills while having fun! **Pro-rated fees do not apply to this program. Drop-in \$8.00.**

M 7:35-9:35 PM	F 7:00-9:00 PM	Sa 2:30-4:30 PM	Sep03-Sep30	\$50/12 sess	Elm Room	233650
M 7:35-9:35 PM	F 7:00-9:00 PM	Sa 2:30-4:30 PM	Oct04-Oct28	\$50/11 sess	Elm Room	233652
M 7:35-9:35 PM	F 7:00-9:00 PM	Sa 2:30-4:30 PM	Nov01-Nov30	\$50/13 sess	Elm Room	233655
M 7:35-9:35 PM	F 7:00-9:00 PM	Sa 2:30-4:30 PM	Dec02-Dec21	\$35/9 sess	Elm Room	233656

Self-Defence for Women

Miguel Renigifo

This course teaches defence against the most common types of physical aggression. It has a strong emphasis on overcoming differences of strength and size as well as developing better awareness.

Th, 7:45-8:45 PM	Sep12-Nov14	\$109/10 sess	Elm Room	237491
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Tai Chi with Amy

Amy Li Hua Zhu

Tai Chi incorporates a wide range of movements from traditional Chinese Kung Fu, Tai Chi, and movements for upper body conditioning. **This class is instructed by Amy Zhu, national gold medal Qi Gong Tai Chi Champion and certified Tai Chi instructor.**

Health Qigong

Th, 10:30-11:10 AM	Sep12-Oct24	\$35.30/7 sess	Cedar Hall	234834
Th, 10:30-11:10 AM	Oct31-Dec12	\$35.30/7 sess	Cedar Hall	234836

Yang Style 42 Steps & Tradition 10 Steps

Th, 11:15 AM-12:10 PM	Sep12-Oct24	\$60/7 sess	Cedar Hall	234838
Th, 11:15 AM-12:10 PM	Oct31-Dec12	\$60/7 sess	Cedar Hall	234839

Tai Chi - 24 Form

Kelly Maclean

Tai Chi is an internal martial art that improves physical and mental balance. It improves concentration and cultivates awareness. This simplified Yang style form is perfect for beginners. **Kelly has practiced martial arts and meditation for over 30 years. She has twice represented Canada at the World Wushu Competitions. No Class Nov 27. Drop in \$16.00.**

W, 6:00-7:00 PM	Sep18-Dec11	\$168/12 sess	Grandview Room	235738
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Tai Chi - Chen Style 18 Form NEW

Kelly Maclean

Chen style is the oldest of the traditional forms of Tai Chi. It is characterized by contrasts between hard and soft, high and low, large and small movements. In this course, we will study a short form which will provide a foundation in the movement vocabulary of the Chen style. **Some previous experience with Tai Chi is recommended for this course. No Class Nov 27. Drop in \$16.**

W, 7:00-8:00 PM	Sep18-Dec11	\$168/12 sess	Grandview Room	235739
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Tai Chi - Yang Style

Michael Chiao

Tai Chi improves strength, flexibility, balance and coordination. Suitable for all ages and fitness levels. **No class October 12, and 26.**

Sa, 9:00-11:00 AM	Sep07-Dec07	\$52/13 sess	Lakewood Room	234833
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PILATES

Freeflow Pilates & Barre NEW

Rachel Helten

Enjoy a total body workout that leaves you feeling strong, energetic and pain-free. **Drop in \$18.00. No class Oct 12.**

Sa, 1:30-2:30 PM	Sep14-Oct26	\$96/6 sess	Cedar Hall	234842
Sa, 1:30-2:30 PM	Nov02-Dec14	\$112/7 sess	Cedar Hall	234846

Pilates Beginners

Amy Kiara Ruth

In this class, you will focus on breath, alignment, movement, quality, and integration of core support. The mat work exercises are tools to help us move with ease. **Drop in \$15.00. No class Oct 14 & Nov 11**

M, 12:00-1:10 PM	Sep09-Nov25	\$120/10 sess	Elm Room	234853
W, 6:15-7:25 PM	Sep11-Dec11	\$168/14 sess	Elm Room	234856

Pilates Intermediate

Amy Kiara Ruth

Enjoy more advanced Pilates exercises and continue to pay attention to breath, alignment, movement quality, and integration of core support. **Drop in \$15.00.**

W, 7:30-8:40 PM	Sep11-Dec11	\$168/14 sess	Elm Room	234859
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Pilates Fusion

Diana VanderVeen

For women and men who want to try a different method of fitness in a warm, encouraging environment. Increase levels of core strength, balance, flexibility, muscle tone, stamina, and well-being. Exercises are modified to meet the different needs of the class. **Drop in \$12.00.**

Th, 9:30-10:15 AM	Sep12-Dec12	\$140/14 sess	Cedar Hall	234860
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YOGA

Baby and Me Yoga

Melissa Rodrigues

We will stretch and strengthen and find moments to involve baby with movement, massage and songs. **Crawlers are welcome and older children may come and watch and we can set up a reading area. Please bring a blanket for baby. Drop in \$15.00. No class Oct 14 & Nov 11.**

M, 10:00-11:00 AM Sep09-Dec09 \$144/12 sess
Elm Room **235215**

Chair Yoga

Michele Smith

This course is for anyone who finds traditional yoga challenging or inaccessible. We will use chairs and other props to modify traditional yoga poses and will practice breathing and meditation exercises with the aim of improving strength, flexibility, and circulation and creating a renewed sense of confidence and well-being. **Drop in \$12.00 and Seniors \$8.00.**

Tu, 9:00-10:00 AM Sep17-Dec10
\$130 Adults & \$78 Seniors/13 sess
Lakewood Room **235261**

Gentle Yoga

Michele Smith

In this dynamic style of yoga, postures are linked together in slow, gentle flowing sequences that follow the natural rhythm of the breath. Suitable for anyone wishing to practice at a more calming meditative pace. **Drop in Adult \$12.00 and Senior \$8.00.**

No class Oct 13, Nov 3, Nov 10.

Su, 11:30-12:45 PM Sep15-Nov24
\$80 Adults & \$48 Seniors/8 sess
Lakewood Room **235281**

Tu, 10:15-11:45 AM Sep17-Dec10
\$130 Adults & \$78 Seniors/13 sess
Cedar Hall **235264**

Prenatal Yoga

Melissa Rodrigues

Prenatal yoga is a great way to prepare your body for birth and connect with your growing baby. Some of the postures can help improve or prevent back ache and can help relax and calm your whole body and mind. **All trimesters and levels welcome. Partners welcome too! www.melissarodrigues.com Drop in \$15.00. No class Oct 12, Oct 26 & Nov 9.**

Sa, 11:15 AM-12:15 PM Sep14-Dec07 \$120/10 sess
Lakewood Room **235218**

Yoga by Candle Light

Kylie Railton

Enjoy yoga to candle light. All levels welcome. **No class Oct 14. Drop in \$8.00 if there is space. Program subsidized by the GCCA.**

M, 8:15-9:15 PM Sep30-Oct28 \$28/4 sess
Cedar Hall **234659**
M, 8:15-9:15 PM Nov18-Dec16 \$35/5 sess
Cedar Hall **234660**

Yoga Flow

Suitable for active beginners through to seasoned practitioners, this class will synchronize movement to breath, connecting one posture to the next in smooth, choreographed sequences that create heat in the body and develop strength and flexibility in the muscles and joints. **Drop in \$12.00.**

Melissa Rodrigues

No class Oct 4 & Nov 8

F, 9:45-11:00 AM Sep13-Nov22 \$90/9 sess
Lakewood Room **235219**

Michele Smith

No class Oct 13, Nov 3 & Nov 10

Su, 9:00-10:15 AM Sep15-Nov24 \$80/8 sess
Lakewood Room **235282**

Yoga For Athletes

Michele Smith

This series will focus specifically on lubricating the joints, stretching the muscles, and finding functional alignment to help you prevent injuries and improve your performance. Less stiffness in the body will enhance your enjoyment of your favourite activities. **Modifications will be offered to make poses accessible to all. Drop in \$15.00. No class Oct 14 & Nov 11.**

M, 5:30-6:45 PM Sep16-Dec09 \$110/11 sess
Lakewood Room **236655**

Yoga Iyengar Bridget

Bridget Donald

Join this class to increase your flexibility, strength and relaxation. The Iyengar method of yoga involves meditation in action: with its focus on the details of the yoga poses and conscious movement, it helps to bring the body and mind into healthy alignment. **Beginners and ongoing students are welcome in the class. Bridget is an Iyengar-certified instructor. Drop in \$18.00.**

Tu, 7:45-9:15 PM Sep17-Dec10 \$195/13 sess
Lakewood Room **235295**
Th, 9:30-11:00 AM Sep19-Dec12 \$195/13 sess
Lakewood Room **235298**



Belly Dance

(16-0 yrs)

Georgina Daniels

Bellydance is a beautiful dance form that is available to every type of body. It is low impact, while offering an all body workout. We will isolate, shimmy, learn combos and short choreographies, dare to improvise, laugh a lot and have fun dancing together. **All levels welcome. Drop in \$12.00.**

W,6:15-7:15 PM Sep18-Nov27 \$110/11 sess
Cedar Hall **235504**

Learn to Dance

(16+ yrs)

Jhaymee Hizon

Ever wanted to learn how to dance, but did not have the courage? Become confident on the dance floor. Come and learn basic dance steps you can use for all types of music. You will then take the basic steps and make it your own by putting your own groove and feeling into the move! Come have some fun and get your heart rate going at the same time! **Jhaymee (aka bboy Eloquence) is a national breakdance champion. Drop in \$12.00.**

Tu,6:30-7:30 PM Sep10-Nov19 \$110/11 sess
Cedar Hall **240392**

Zumba Mondays with Denise

(16+ yrs)

Zumba Vancouver

ZUMBA® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. It combines Salsa, Cumbia, Merengue, and more giving you a feel-happy workout that is great for both the body and the mind. **Drop in \$11.00 space permitting. No classes Oct 14 and Nov 11. <http://www.ZumbaVancouver.ca>**

M,7:00-8:00 PM Sep09-Sep09 Free Trial
Cedar Hall **236603**
M,7:00-8:00 PM Sep16-Oct28 \$48/6 sess
Cedar Hall **236604**
M,7:00-8:00 PM Nov04-Dec16 \$48/6 sess
Cedar Hall **236606**

Drumming Musical Rhythm and Creative Expression

NEW

(16+ yrs)

Kevin Pereria

Learn to use rhythm and creative expression with percussion instruments. **Bring your own hand drum (djembe) or rhythm and percussion instruments. Some classes will be outside by Trout Lake, weather permitting. No class on Oct 13.**

Su, 3:00-4:30 PM Sep 15-Nov 3 \$65/7 sess
TLCCA Board Room **241894**

Zumba Tuesdays with Lesley

(16+ yrs)

Zumba Vancouver

This fitness class fuses Latin rhythms with easy to follow moves to create a dynamic workout designed for everyone at any fitness level. It combines Salsa, Cumbia, Merengue, Samba, Flamenco and more. **www.zumbavancouver.ca Drop in \$11.00.**

Tu,7:45-8:45 PM Sep10-Sep10 Free Trial
Cedar Hall **236607**
Tu,7:45-8:45 PM Sep17-Oct29 \$56/7 sess
Cedar Hall **236608**
Tu,7:45-8:45 PM Nov05-Dec17 \$56/7 sess
Cedar Hall **236609**

Singing Fun For Adults

(16+ yrs)

Allison Berry

Do you sing in the shower? Do you sing only when nobody is listening? Then this is the class for you! This class will introduce you to simple singing techniques that will enhance your singing skills and build your confidence. Come learn to sing with a friendly, patient and experienced instructor! **No class Oct 1 and 9.**

Tu, 6:30 -7:30 PM Sep 17-Nov26 \$85/10 sess
TLCCA Board Room **241989**
W, 11:30AM-12:30 PM Sep18-Nov27 \$85/10 sess
TLCCA Board Room **241990**



All Bodies Dance Project (16+ yrs)

Rianne Svelnis **TLCCA SUBSIDIZED**

Bringing people together with and without disabilities to explore movement as a means of creative expression. Participants experience the joy of dancing in a diverse community of movers. Classes explore improvisation in a fun and creative environment. **No experience required. ASL interpretation is available for this program upon request. Free, thanks to the funding from the Trout Lake Community Association. Registration required. No classes Oct 17 & Nov 21. www.allbodiesdance.ca**

Th, 6:30-8:00 PM Sep26-Dec12 Free/10 sess
Lakewood Room **241997**



**Bluegrass and Appalachian
Harmony Singing
with Sue** (16+ yrs)

Sue Malcolm
Learn to sing the high lonesome harmonies of bluegrass and Appalachian old time songs the traditional way, by ear. We'll explore the music of The Carter Family, Doc Watson, The Stanley Brothers, Monroe Brothers and many more pioneers of this rich musical style. Discover how to find harmony parts with different combinations of singers in small and large groups. **No music reading or instrument playing - just lots of breathing, singing and fun! No drop-ins.**
Tu, 7:00-8:30 PM Sep24-Nov12 \$157.50/8 sess
Grandview Room **233766**

**Bluegrass Slow Pitch Jam
Songbook Volume 6** (16+ yrs)

Sue Malcolm
All levels welcome. For guitar, mandolin, banjo, fiddle, bass, dobro and ukulele. You should be able to play basic chords or melody and speed is not necessary. Learn by ear through lots of singing and playing. An excellent way to practice your instrument, work on soloing, sing lead and harmony, and meet jamming buddies. There will be one or two community performances at the end of the session. **Instructional materials are available from Sue. Slow Pitch Jam Volume 6 songbook, and play-along CD. \$20.00. Please pay Sue for material. Drop in \$18.00. No class April 25 - Make-up class June 13 (extended a week)**
Th, 7:00-9:00 PM Oct03-Nov21 \$120/8 sess
Lakewood Room **233767**

**Contact
Improvisation Jam** (16+ yrs)

Katherine Single-Dain
This is a facilitated open jam space for contact dancing and improvisation. We welcome newcomers; however, because it is not a lesson, some experience is required. **Facilitators: Katherine Single-Dain, River Ritcey and Joni Cooke. Drop in \$3.50.**
Th, 7:00-8:30 PM Sep12-Dec05 \$39/13 sess
Cedar Hall **234639**

**Beginner Hoop Dance
Tricks** (16+ yrs)

Jenny Zhang
Take a creative spin on dance and fitness using the hula hoop as a primary tool. Learn all the basic tricks and tips to get you started. Explore movement and dance choreography all while having a blast and meeting new hula hoopers! Jenny is a hoop dancer whose mission is to inspire people to experience the joy of hooping and empower them to express themselves. Her classes blend high-cardio fitness hula hooping with modern hoopedance and mindful movement. No class October 14 or Nov 11. Drop in \$12.00.
M, 5:30-6:30 PM Sep16-Nov25 \$90/9 sess
Cedar Hall **240250**

Parent & Child Dance
Go to page 5 for detailed information.

**Vintage Swing
Partnered Dance** (16+ yrs)

Kat Single-Dain
Join us for a fun progressive class series on Charleston and Swing Dance basics in a rare and wonderfully accessible way using the partnered connection as a base for the Lindy Hop Step. No partner or previous experience needed! Drop in \$12.00. Register with two people and pay \$90.00 each.
Th, 8:40-9:40 PM Sep18-Nov20 \$100/10sess
Cedar Hall **234640**

**Collaborative Creative
Dance Workshops** (50+ yrs)

Desiree Dunbar
Take a creative journey and discover the joy of working and creating dance collaboratively. No experience necessary. All abilities are welcome. Desiree is a graduate from the dance program at SFU University who specializes in dance technique and choreography. Drop in \$5.00. No classes October 14 and Nov 11
M, 12:30-2:00 PM Sep09-Nov25 \$40/10sess
Grandview Room **235522**

**Line Dancing Intermediate
With Helen** (16+ yrs)

Helen Ai Yee Lee
Get out on the dance floor and learn some new steps! Great for the body and soul. No partner needed. **Drop in \$6.50. Seniors rate is \$2.00 class. No classes October 14 and Nov 11**
M, 2:00-3:30 PM Sep09-Dec16
\$52 and \$26 for Seniors/13 sess
Cedar Hall **235532**
Tu, 12:00-1:30 PM Sep10-Dec
\$60 and \$30 for Seniors/15 sess
Cedar Hall **235530**

**Modern Line Dance
Beginner** (16+ yrs)

Lucy Chiu
In this beginner class, learn ballroom dance steps like Cha Cha, Waltz, Samba, Tango etc. with beautiful contemporary music. It's a great way to exercise and meet new friends. **No partners required. No previous experience required. Drop in \$6.00. No class October 25.**
F, 6:30 -8:30 PM Sep13-Dec06 \$68.40/12 sess
Cedar Hall **235533**



Acrylic Painting In The Style Of Oil & Watercolour (35+ yrs)

Philip Tsang

Acrylic painting in oils and watercolor style, the class will guide you to paint in oils or watercolor techniques with acrylic. Philip will demonstrate step by step to paint a beautiful picture in every session. A supply list, which is not included in the course price, will be handed out at the first class. **Philip loves teaching art and has taught interior design and art classes at, Vancouver Training Institute, Vancouver School Board continuing education and Langara College continuing education. Philip speaks English, Mandarin, Cantonese and Taiwanese.**

M,9:45 AM-11:45 AM Sep09-Oct07 \$40/5 sess
Grandview Room 235319

ABC Acrylic Beginners - Colours NEW (16+ yrs)

Niina Chebry

ABC ACRYLICS - BEGINNERS - COLOUR With acrylics there is never a mistake - it's just another layer! Fast drying, water based acrylics has few rules and is a perfect medium for beginners to delve into painting. Colour mixing, theory and brush technique will be clearly demonstrated and will ultimately lead you into a juicy Loose Landscape. **No fear of getting lost - experienced navigator of colour and composition - instructor Niina Chebry will lead you through to the other side! This is a class suited for beginners or for those who need a refresher in colour theory and brush technique. Acrylic paint supplies available upon request. \$55 art kit includes paint, canvas and brushes.**

Tu,7:00-9:00 PM Sep24-Oct22 \$105/5 sess
Art Studio 240390

The Trout Lake Pottery Club

The Trout Lake Pottery Club is an affiliated group of the Grandview Community Centre Association. This club is a volunteer-operated club that promotes & encourages community involvement and active participation. Not suitable for production and/or professional potters.

New membership applications only accepted at monthly meetings if space available (3rd Saturday @ 9:45am).

\$80/4 months.

Pottery experience required.
info@troutlakepotteryclub.groups.io

Be Bold and Go Big! Acrylic Painting NEW (16+ yrs)

Niina Chebry

Try new techniques with acrylics and enjoy a creative release in this Be Bold and Go Big Acrylic Painting Class. We will be working with a variety of painting tools in a large scale format. Upstretched canvases will give you more freedom. Be prepared to use more than just a brush! Niina Chebry, will be your personal painting coach, providing clear demonstrations on colour mixing and new painting techniques. Projects are designed to build confidence in painting and to simply loosen up. **Supplies not included, may be purchased in class. A starter kit (paint, brushes, canvas paper) is available, \$55.00 upon request. For further info, go to www.niinachebry.com. No class Oct 14**

M,7:00-9:00 PM Sep30-Nov04 \$80/5 sess
Grandview Room 235318

Creative Photography (16+ yrs)

Jhaymee Hizon

Learn to take professional looking photographs with your DSLR. Understand how to use the manual setting to take control of your picture. You will develop skills in composition by understanding shape, colour, and texture. You will also learn how to enhance your photos by using photo editing software. **No classes Sept 30, Oct 14 and Nov 11.**

M,6:00-7:15 PM Sep09-Nov25 \$90/9 sess
TLCCA Board Room 240393

Drawing Portraits and the Human Figure (16+ yrs)

Cara Bain

Have you ever wanted to express the people around you through art? Many people think drawing people is too difficult for beginner artists to achieve. The instructor will teach you how to break it down into steps and that anyone can learn to draw a beautiful portrait or figurative piece of art! **This class includes at least 1 live model session. Please bring an art notebook and pencil. No class Oct 14 and Nov 11.**

M,7:30-9:30 PM Sep09-Nov25 \$225/10 sess
Art Studio 234710

Pottery Sale

November 29-December 1
Go to page 41 for detailed information.

Parent & Child Pottery (5+ yrs)

Myriam Duchesne

A class to bond with your loved one, whether 5 or 105. This class is designed to make collaborative projects while learning basic beginner pottery techniques. Make creative keepsakes and memories with your child or parent. **Family friendly atmosphere. Price is for two people.**

F,6:00-7:30 PM Sep20-Nov15 \$243/9 sess
Pottery Studio 238424

Pottery Hand & Wheel (16+ yrs)

Janine Schroedter

This class offers the opportunity to create sculptural and functional pottery. We will explore hand building techniques and wheel work. **Purchase clay at the front desk.**

Tu,7:00-9:30 PM Sep17-Nov26 \$250/11 sess
Pottery Studio 240257

Adult Pottery (16+ yrs)

Laura Van Der Linde

A fun and inspiring class with an emphasis on creating functional ware while learning new skills. Slabbing, pinching and wheel work are just a few of the techniques to be learned. **Purchase clay at first class. Laura has been working in clay for over 25 years.**

Th,9:00-11:30 AM Sep19-Dec12 \$275/11 sess
Pottery Studio 233773

Th,12:00-2:30 PM Sep19-Dec12 \$275/11 sess
Pottery Studio0 233774

Th,7:00-9:30 PM Sep19-Dec12 \$275/11 sess
Pottery Studio 233775

Learn All About Drawing and Painting (16+ yrs)

Philip Tsang

This class will lead you to the complete artistic knowledge and technique of pencil, graphite drawings and also the watercolor, acrylic paintings, demonstrate step by step in every session. **Philip loves teaching art and has taught interior design and art classes at, Vancouver Training Institute, Vancouver School Board continuing education and Langara College continuing education. Philip speaks English, Mandarin, Cantonese and Taiwanese.**

M,7:00-8:30 PM Sep09-Oct07 \$75/5 sess
Lakewood Room 240391

Watercolour Painting for Adults and Seniors **NEW** (19+ yrs)

Mohammad Atashzad

Learn to use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. **Mohammad Atashzad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. Supply list available upon registration. Drop-in \$25.00 space permitting. Material list needed for this program will be given by the instructor. www.atashzad.com**

W, 1:00-3:00 PM Oct02-Dec04 \$195/10 sess
Art Studio **240423**

Acrylic Painting With Rey (19+ yrs)

Reynato Pablo

Discover the creative artist in you! Rey will teach you how to paint from a painting of your choice (abstract, landscape, still-life or portrait). Bring your ideas and leave with a ready-to-frame work of art! **Reynato Pablo is an active member of the Federation of Canadian Artists. A supply list, which is not included in the course price, will be handed out at the first class. No class Sept 30.**

Sa, 2:00-3:30 PM Sep14-Nov16 \$46/9 sess
Art Studio **240401**

Painting and Drawing (50+ yrs)

Caroline Embling

We all see the world around us a little differently, making each of us unique when it comes to our creativity. Come learn to draw and paint no matter your level of experience. **All supplies included. No class Oct 4th and Nov 8th**

F, 10:00 AM-12:00 PM Sep06-Nov22 \$57/10 sess
Grandview Room **234401**

Weaving 101 (16+ yrs)

Ana Sousa

Learn to weave using a rigid heddle loom. Our first project is a sampler wall hanging to practice and experiment using different materials and techniques. The second project will be discussed in class. **Materials and loom rental fee is \$40 payable to the instructor on the first class. Maximum 5 people. Ana Sousa is a Vancouver weaver under the name Ana Isabel Textiles.**

W, 7:00-9:00 PM Oct30-Nov13 \$95/3 sess
Art Studio **241991**

W, 7:00-9:00 PM Nov20-Dec4 \$95/3 sess
Art Studio **241992**

Watercolour Painting Christmas Cards **NEW** (7+ yrs)

Mohammad Atashzad

Join us for a fun, engaging workshop and learn how to make your own beautiful Christmas cards with various watercolour techniques. You will leave at the end of the workshop with up to three original Christmas cards. **All materials such as paints, brushes, matching blank cards and envelopes are provided. Visit: www.atashzad.com**

W, 2:30-5:30 PM Dec11-Dec11 \$57/1 sess
Art Studio **240428**

W, 5:30-8:30 PM Dec11-Dec11 \$57/1 sess
Art Studio **240425**

W, 2:30-5:30 PM Dec18-Dec18 \$57/1 sess
Art Studio **240427**

W, 5:30-8:30 PM Dec18-Dec18 \$57/1 sess
Art Studio **240426**

Cedar Basket Weaving Workshop (16+ yrs)

Todd DeVries

Participants will learn traditional knowledge of cedar, and the historical and spiritual importance of cedar and the steps of harvesting cedar bark. Learn to weave cedar bark into baskets that you will take home with you. **All supplies included. Todd DeVries Giihlgiaa is a Haida Weaver.**

Su, 1:30-4:00 PM Oct20-27 \$20/2 sess
Lakewood Room **240966**

Cedar Bracelet Weaving Workshop (16+ yrs)

Todd DeVries

Participants will learn traditional knowledge of cedar, and the historical and spiritual importance of cedar and the steps of harvesting cedar bark. Learn to weave cedar bark into a beautiful bracelet that you can take home with you. **All supplies included.**

Su, 1:30-3:30 PM Nov24 \$12/1 sess
Art Studio **240969**



Portraits and Drawing Level 2 (16+ yrs)

Cara Bain

Want to dive deeper into portraiture and figure drawing? This three hour class is perfect for those who have some basic experience with portrait and figure drawing, and want to dive deeper and improve. Alternating weeks, we will learn a technique or theory and then the following week apply it with a live figure model (clothed). We will cover topics ranging from anatomy to light and shadow, and colour. A supply list will be provided during the first session. Please bring a sketchbook, pencil, and eraser to the first session.

Th 6:30 -9:30 PM Sep 19-Nov 7 \$240/8 sess
Art Studio **241796**



Learn to See – Learn to Draw Beginners (16+ yrs)

Cara Bain

Have you always wanted to learn how to draw the beauty you see around you? In this class, we'll learn techniques and a variety of art materials to translate what we see onto paper. Working both from photographs and from life, we'll work with a variety of subject-matter from simple forms to complex ones such as faces, flowers, and landscapes. We'll focus on developing our eye-brain-hand coordination to create realistic and expressive drawings.

F, 7:00-9:30 PM Sep 19-Nov 7 \$180/8 sess
Lakewood **241808**

Trout Lake Community
Centre Association
Annual General Meeting
Wednesday, November 27



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,6:15-7:15 PM Sep18-Oct23 \$169/6 sess
Lakewood Room **235471**

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,7:20-8:20 PM Sep18-Oct23 \$169/6 sess
Lakewood Room **235473**

**Trout Lake Community
Centre Association
Annual General Meeting
Wednesday, November 27**

Learn English

Lima Geogy Samuel

Learn English is a fun interactive environment!
Program subsidized by the GCCA.

Beginner

F,10:00-11:15 AM Sep20-Nov22 \$10/10 sess
Maple Room **235517**

Intermediate

F,11:15 AM-12:30 PM Sep20-Nov22 \$10/10 sess
Maple Room **235519**

Spanish Language Beginner

Edgar Anco Ascarza

Learn Spanish in a warm and encouraging environment. You will learn basic Spanish for practical day-to-day situations; as well as, using the present tense to communicate with locals in all 20 Spanish-speaking countries. Be ready to participate and have fun.

Th,6:00-7:30 PM Sep05-Oct17 \$91/7 sess
TLCCA Board Room **235730**

Th,6:00-7:30 PM Oct31-Dec12 \$91/7 sess
TLCCA Board Room **235733**

Spanish Language Beginner 2

Edgar Anco Ascarza

Continue learning Spanish using everyday situations as: daily routines, activities at home and with the family. Expressing likes, dislikes and similar feelings. You will learn new grammatical constructions; as well as, improving your fluency, pronunciation and listening. *Drop in \$18.00.*

Th,7:30-9:00 PM Sep05-Oct17 \$91/7 sess
TLCCA Board Room **235731**

Spanish Language Beginner 3 **NEW**

Edgar Anco Ascarza

For those with command of the present tense, learn how to express near future events. Communicate past situations. Discuss culture, traditions. Be ready to participate, attend all sessions and have fun. *Drop in \$18.00.*

Th,7:30-9:00 PM Oct31-Dec12 \$91/7 sess
TLCCA Board Room **235735**

Accessible Vegan: **NEW** Healthy Meals under 30 Minutes

Sarah Kim **TLCCA SUBSIDIZED**

In this workshop, we will review quick and delicious recipes while discussing modifications for allergies and dietary preferences. We'll also make one of these recipes and you'll see how easy it can be to cook up a delicious, hearty, vegan meal. You'll come away with new weekday go-to recipes and ideas that you (and your family) will enjoy. *This workshop is led by Sarah Kim, a vegan baker and chef of 15+ years, and founder/owner of OwnGrown; a company providing personal chef services, zero-waste catering, and Accessible Vegan workshops.*

www.owngrown.cooking

Su,10:00 AM-12:30 PM Oct20 \$12/1 sess
Kitchen **237202**

Baby & Business: Keeping your Network Current **NEW**

Karin Tischler

Do you sometimes forget your pre-baby/professional identity? Would you like to attend networking meetings to stay connected but find evening events difficult? This workshop enables parents to network in a professional setting while taking their baby along. Parents will also learn the latest LinkedIn tips for expanding their network.

Th,10:00 AM-12:00 PM Oct10 \$20/1 sess
Board Room **238112**

Parenting Workshop - Empowering Your Child **NEW**

Miri Malkin

This program is for parents to children ages 5-15 who are interested to learn more on: How to Empower your Children in their lives? How to Help Your Child Cope with Stress and Anxiety? How to Communicate with Your Child More Effectively? How to Create a Calm and Supportive Environment for Your Child?

M,6:30-8:00 PM Sep30 \$20/1 sess
TLCCA Board Room **237560**

DIY Coffee Skin Care **NEW**

Iona Bonamis

Did you know coffee can help create healthy glowing skin? Join natural living guru Iona Bonamis in this DIY workshop inspired by coffee! Learn how coffee can benefit your skin, and how to combine coffee and other natural ingredients to create a coffee coconut lip and body scrub, coffee firming under eye serum, and coffee lip balm. Iona Bonamis from A Healthy Beginning (ahealthybeginning.ca). **All supplies provided.**

Su, 11:00 AM-1:00 PM Oct27 \$45/1 sess
Kitchen **237213**

Fungi & Art Walk **NEW** (7+ yrs)

Willoughby Davi Arevalo

An experiential, educational, and artistic urban mushroom walking tour facilitated by mycologist and artist Willoughby Arevalo. Guided through sensorial and artistic explorations, each participant will be invited to reflect on the intersections between fungi, the urban ecosystem and the sensing/thinking body. **Under 13yrs old must be accompanied by an adult.**

Sa, 1:00-4:00 PM Oct12 \$25/1 sess
Willow Room **238113**



Brain Training-Cognicise (40+yrs)

Keiko Murakami

Did you know that Mild Cognitive Impairment could start as early as age 40? It is best to start training your brain at an early age. This class focuses on dual task training, physical exercise and cognitive function. You're body and brain will be vividly led towards an active FUN-ctional workout!

Sa, 11:00 AM-12:15 PM Sep07-Oct05 \$62.50 /5 sess
Spruce Room **232268**
Sa, 11:00 AM-12:15 PM Oct19-Nov09 \$50/4 sess
Spruce Room **232269**
Sa, 11:00 AM-12:15 PM Nov23-Dec14 \$50/4 sess
Spruce Room **232270**

Fabric Doll Making **NEW** (7+yrs)

Mariana Frochtengarten

In this 3 day workshop, child and parent will learn how to make dolls using a whole variety of fabrics and accessories like yarn, beads, sequins and buttons. Starting from a simple body structure, each doll will acquire their own personality and become alive as they gain face features, hair, clothes, and accessories that we will create and produce during the workshop. **Participants will take their doll home. Please note, price is for 1 doll. If families would like to work on the same doll, only register one person.**

Su, 1:00-3:00 PM Nov17-Dec01 \$50/3 sess
Willow Room **238166**



Lakeview & Cedar Cottage Historical Walk

Peter Finch **TLCCA SUBSIDIZED**

Starting from TLCC, this walk skirts two early town sites outside Vancouver before World War I. Learn about the Lakeview Disaster, some local stories and legends, forgotten street names, streetcars, and the village of Cedar Cottage. **Led by artist/historian/gardener Peter Finch.**

Sa, 12:00-1:00 PM Sep21 \$2/1 sess
Centre Lobby **237377**

Philosophers' Cafe

SFU Philosopher's Cafe

Your chance to discuss philosophical issues with members of your community. This café is free and open to the public. You do not need formal training or experience, just a willingness to listen and exchange ideas.

W, 7:00-8:30 PM Sep18 Free
TLCCA Board Room **237492**
W, 7:00-8:30 PM Oct16 Free
TLCCA Board Room **237493**
W, 7:00-8:30 PM Nov20 Free
TLCCA Board Room **237494**
W, 7:00-8:30 PM Dec18 Free
TLCCA Board Room **237495**

Red Cross Emergency Childcare First Aid & CPR (13+ yrs)

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.**

Su, 9:00 AM-5:00 PM Nov03 \$95/1 sess
Willow Room **237325**

Earthquake Preparedness - Apartment Living

City Of Vancouver NEPP

This session is for the apartment/condo dwellers - who have unique challenges when preparing for emergencies or disasters. Living in Vancouver, we too could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. This session will cover what is required to develop your emergency plan, how to conduct a Hazard Hunt and what to do when an earthquake strikes when you live in an apartment or strata.

Tu, 7:00-8:30 PM Oct22 Free
Willow Room **234717**

Standard First Aid (Blended) **NEW**

(13+ yrs)

First Aid Pro

Comprehensive one day course with an online component (which can be completed in 2-7 hours) to be completed prior to the course. Offering first aid and CPR skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home/work. **Course meets legislation requirements for provincial worker safety and insurance boards and includes the latest first aid and CPR guidelines. Online access will be provided through email at least 2 weeks before class. Please make sure your email address is on your profile when registering.**

Sa, 9:00 AM-4:00 PM Nov30 \$117/1 sess
Willow Room **238118**

**Trout Lake Community
Centre Association
Annual General Meeting
Wednesday, November 27**

ABC The Mediterranean Diet

The Mediterranean Diet - Joyce Wong, Registered Dietician, VCH- Healthy Living Program . The Mediterranean Diet . A diet that stands the test of time. Learn why the Mediterranean Diet continues to show reduced risk of chronic diseases as well as better mental and physical functioning. See what a typical Mediterranean Diet looks like. Learn how to incorporate these healthy foods into your diet.

Tu, 7:00-8:30 PM Sep24 Free
Willow Room **235879**

ABC Working with a Physiotherapist

Tu, 7:00-8:30 PM Nov05 Free
Willow Room **235868**

ABC Working with a Physiotherapist Neck pain and Whiplash

Neck pain and Whiplash: Best management strategies. **Registered Physiotherapists, Patrizio Jacova and Iyad Salloum.**

Tu, 7:00-8:30 PM Oct15 Free
Willow Room **235876**

Cedar Basket Weaving Workshop (16+ yrs)

Todd DeVries

Participants will learn traditional knowledge of cedar, and the historical and spiritual importance of cedar and the steps of harvesting cedar bark. Learn to weave cedar bark into baskets that you will take home with you. **All supplies included.**

Todd DeVries Giihlgiaa is a Haida Weaver.

Su, 1:30-4:00 PM Oct20-27 \$20/2 sess
Lakewood Room **240966**

Cedar Bracelet Weaving Workshop

(16+ yrs)

Todd DeVries

Participants will learn traditional knowledge of cedar, and the historical and spiritual importance of cedar and the steps of harvesting cedar bark. Learn to weave cedar bark into a beautiful bracelet that you can take home with you. **All supplies included.**

Su, 1:30-3:30 PM Nov24 \$12/1 sess
Art Studio **240969**

Zero Waste in the Kitchen **NEW** & Making Beeswax Wraps

Village Vancouver **TLCCA SUBSIDIZED**

In this Village Vancouver workshop with Rashmi GC, we'll talk about how to reduce food waste, package-free grocery shopping, proper segregation of kitchen waste, recycling and composting. Workshop participants will make beeswax wraps to take home with them with all materials and handouts provided. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds.

Su, 11:00AM-1:00PM Sep 29 \$20/1 sess
Grandview Room **237372**

Menu Planning, Meal Prep **NEW** and Mason Jar Salads

Village Vancouver **TLCCA SUBSIDIZED**

In this Village Vancouver workshop with Rashmi GC, you'll learn how to plan healthier options for meals throughout the week, get tips about meal preparation, and take home a Mason Jar Salad! We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds.

Su, 11:00 AM-1:00 PM Nov 17 \$20/1 sess
Grandview Room **227373**



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/PPP, 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.**

M, 6:30-8:30 PM Sep23-Nov18
Willow Room **239946**