

ARTS & CREATIVE ARTS

SKETCHING & DRAWING (25+)

\$9/DROP-IN

Develop your drawing skills with subjects, life drawing, landscapes and more. Materials not included; bring basic drawing supplies to the first class. Drop-ins welcome if the class is not full. No class May 5, Jun 9.

Fr | Apr 21-Jun 23 | 1:15-3:15pm | \$67/8 sess | 95705 | 25+ | Room C

Fr | Jul 7-Aug 11 | 1:15-3:15pm | \$50/6 sess | 101904 | 25+ | Room C

Instructor: *Edouard Beaudry*

WATERCOLOUR PAINTING (19+)

\$9/DROP-IN

Learn basic watercolour experience in a loosely structured, enriching, and supportive studio setting. You will work on personal projects to develop your own voice and style. Bring your own supplies or email the instructor for supply list.

We | Apr 12-Jun 28 | 11am-1pm | \$99/12 sess | 96972 | 55+ | Arts & Crafts Rm

Instructor: *Bill Miloglav, baldozar@shaw.ca*

NEW **FREE** YARN-AROUND CIRCLE (12+)

This circle is for anyone interested in knitting, crocheting, arm and finger knitting, and stories and cultural exchanges. Please register, come for a few session or all, the registration is ongoing, no experience necessary. Special guests will be invited throughout. Our creations could be installed in the Roundhouse for a great Yarn-Bombing experiment!

Sa | Feb 25-May 6 | 11am-12:30pm | Free | 12+ | Foyer



Watercolour by Bill Miloglav.

DANCE

LATIN & SWING DANCE (16+)

\$18.75/DROP-IN

Have fun learning to dance swing, Latin and ballroom with style and confidence. Join us in a fun and supportive atmosphere. No partner or experience required. Drop-ins are welcome if the class is not full.

We | Apr 12-Jun 21 | 8:15-9:45pm | \$132/11 sess | 95696 | 16+ | Dance St

Instructor: *Barney Lee*

BALLROOM DANCE INSTRUCTION & SOCIAL (55+) \$3.50/DROP-IN

Improve your balance, motivation, boost your memory, and meet new friends in a relaxed and social atmosphere. Social dance 3-4pm. No partner or experience necessary. Drop-ins are welcome if the class is not full. Tea Dance June 9. No class Apr 14, Jun 9.

Fr | Apr 7-Jun 23 | 1:45-3pm | \$31/10 sess | 95691 | 55+ | Dance St

Fr | Jul 7-Aug 25 | 1:45-3pm | \$31/10 sess | 57070 | 55+ | Dance St

Instructor: *Barney Lee*

LINE DANCING (55+)

\$6.75/DROP-IN

Learn the elements of line dancing, a wonderful form of dance and fitness. Wear comfortable clothes and your dancing shoes. No experience required. Drop-ins are welcome if the class is not full.

Th | Apr 13-Jun 29 | 12:45-2pm | \$77/12 sess | 96938 | 55+ | Dance St

Instructor: *Phillis Lim*

Please note that course prices do not include taxes.

FREE ROUNDHOUSE AGELESS DANCERS (55+)

Join Mascall Dance for an exploratory self-reflection. We ask why do we dance? What brings us here? What keeps us here? What traditions do we carry on? What do we leave behind? How do these diverse experiences and journeys shape us? Follow your imagination and find your own movement style. Improvise, explore the use of dance scores, composition, poetry, rhythms and storytelling. No dance experience necessary. Registration required. This project is funded by the Vancouver Board of Parks & Recreation.

We | Mar 22-May 24 | 1-3pm | Free/10 sess | 97720 | 55+ | Dance St

Instructors: Jennifer Mascall & Nina Patel, www.mascalldance.ca

EDUCATION & DEVELOPMENT

SPANISH: BEGINNER LEVEL I (55+)

Learn Spanish in a friendly and safe environment with an experienced instructor. No class Apr 17, May 22.

Mo | Apr 10-Jun 26 | 1-2:15 pm | \$71/10 sess | 95706 | 55+ | Room C

Instructor: Gloria Alonso

HEARING CLINIC BY CONNECT HEARING (19+)

Test your hearing with Connect Hearing Clinic. Bookings are in 15 minute intervals.

We | Apr 19 | Jul 19 | 10:30am-12:30pm | Free/1 sess | 103020-1 | 19+ | Room A

Instructor: TBA Instructor

HEALTH & FITNESS

JOINT MOBILITY (45+)

Men and women with arthritis, osteoporosis and mobility issues learn how to keep their bodies moving and limber. This class is also great for those just starting an exercise program or recovering from an injury or stroke. No class Apr 17, May 22.

Mo | Apr 3-Jun 26 | 3:30-4:30pm | \$42.50/11sess | 107229 | 45+ | Dance St

Mo | Jul 10-31 | 3:30-4:30pm | \$15.50/4 sess | 95695 | 45+ | Dance St

Instructor: Keno Kinoshita

OSTEOFIT (19+)

\$4.50/DROP-IN

This specialized class is geared toward individuals with osteoporosis, arthritis, joint-mobility problems, or anyone who wants a lighter exercise routine using bands, weights, and chairs. Drop-ins are welcome if the class is not full.

Fr | Apr 7-Jun 23 | 9:15-10:15am | \$42.50/11 sess | 95700 | 19+ | Dance St

Fr | Jul 7-28 | 9:15-10:15am | \$15.50/4 sess | 101914 | 19+ | Dance St

Instructor: Keno Kinoshita

FREE WALK & ROLL SOCIAL (55+)

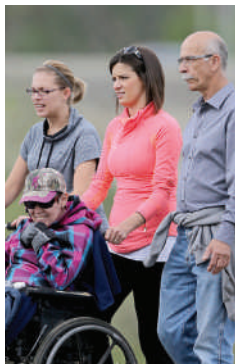
Regular walking reduces heart disease, lowers cholesterol and helps to control body weight. Walk the Seawall in Yaletown and make fiends. Mixed abilities welcome. Arrive early. No walk in rainy weather. Drop-ins are welcome if the class is not full.

Tu | Jun 6-27 | 11-11:45am | Free/4 sess | 96970 | 55+ | Foyer

Tu | Jul 4-Aug 29 | 11-11:45am | Free/9 sess | 98027 | 55+ | Foyer

Instructor: Diana VanderVeen

OLDER ADULT



Take a walk on the Seawall with the Walk & Roll Social. Photo by Robert Antoniuk, rphoto.ca, 2014.

Please note that course prices do not include taxes.

OLDER ADULT



Gentle Yoga class.

PILATES, YOGA

PILATES FOR BEGINNERS (55+)

\$6.75/DROP-IN

Pilates increases strength, balance, flexibility, muscle tone, stamina, and well-being. A fun and inviting senior's program for men and women of all abilities. Movements are adaptable to suit your needs.

We | Apr 5-Jun 21 | 2:30-3:15pm | \$77/12 sess | 96943 | 55+ | Room B

We | Jul 12-Aug 23 | 2:30-3:15pm | \$47/7 sess | 98006 | 55+ | Room B

Instructor: Diana VanderVeen

GENTLE YOGA (55+) SENIORS \$9/DROP-IN | ADULTS \$14.50/DROP-IN

Experience the joy of gentle hatha yoga. Focus on breath and meditation while improving body awareness, flexibility, and core strength. Drop-ins are welcome only if the class is not full. No class Apr 17, May 3, 22.

Mo | Apr 10-Jun 26 | 9:30-11am | \$123/10 sess | 96923 | 55+ | Room C

We | Apr 12-Jun 28 | 9:30-11am | \$136/11 sess | 96924 | 55+ | Room C

Mo | Jul 10-Aug 21 | 9:30-11am | \$72/6 sess | 97986 | 55+ | Room C

We | Jul 12-Aug 23 | 9:30-11am | \$84/7 sess | 97987 | 55+ | Room C

Instructor: Natalia Nimetz

GROUP FITNESS

GROUP FITNESS PRICING

Participants must complete a PAR-Q form for health screening purposes. Drop-ins are welcome if the class is not full.

Adult

\$6/drop-in

\$49/10-class pass

55+

\$3.50/drop-in

\$28/10-class pass

GENTLE FIT (19+) SENIORS \$3.50/DROP-IN | ADULT \$6/DROP-IN

Geared towards older adults looking for a lower-impact fitness class providing cardio, balance and strength training for a whole body workout. Increase fitness confidence and strength. No class Apr 17, May 22, Aug 7.

Mo | Apr 10-Jun 26 | 11-11:45 am | See Sidebar/10 sess | 96922 | 19+ | Dance St

Mo | Jul 10-Aug 28 | 11-11:45am | See Sidebar /7 sess | 97985 | 19+ | Dance St

Instructor: Diana VanderVeen

GET FIT & KEEP FIT (19+)

Total body conditioning using the body ball, steps, weights and bands to get an overall workout. Space and equipment limited. Class size at the discretion of the instructor.

Tu | Apr 4-Jun 27 | 9:15-10:15am | See Sidebar /13 sess | 96925 | 19+ | Dance St

Tu | Jul 4-Aug 29 | 9:15-10:15am | See Sidebar /9 sess | 97988 | 19+ | Dance St

Instructor: Harry Wong

CARDIO COMBO (19+)

Geared towards older adults looking for a lower-impact fitness class providing cardio, balance and strength training for an overall body workout. Increase fitness confidence and strength working with bands.

We | Apr 12-Jun 28 | 11:15am-12pm | See Sidebar /12 sess | 96910 | 19+ | Rm B

We | Jul 5-Aug 30 | 11:15am-12pm | See Sidebar /9 sess | 97973 | 19+ | Rm B

Instructor: Ferial Ahmadzadeh

Please note that course prices do not include taxes.

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POSTURE PERFECT (19+)

Geared towards older adults, this class includes a cardio warmup, weights, stability ball, spine work, and stretches. Strengthen the body to improve balance, agility, and posture.

Th | Apr 6-Jun 29 | 11:15am-12pm | See Sidebar /13 sess | 96946 | 19+ | Dance St

Th | Jul 6-Aug 31 | 11:15am-12pm | See Sidebar /9 sess | 98009 | 19+ | Dance St

Instructor: Ferial Ahmadzadeh

CARDIO CORE (19+)

Cardio Core brings your heart rate up and works your core through muscle conditioning. This class is geared towards active and fit older adults. Suitable for all ages.

No class Apr 14

Fr | Apr 7-Jun 23 | 11-11:45am | See Sidebar /11 sess | 96911 | 19+ | Dance St

Fr | Jul 7-Aug 25 | 11-11:45am | See Sidebar/8 sess | 97974 | 19+ | Dance St

Instructor: Edouard Beaudry

SPORTS

PICKLEBALL BEGINNER (30+)

\$3.75/DROP-IN

Learn how to play pickleball, a fun and easy-to-learn game played on a badminton court with a lowered net, a whiffle ball, and large hand-held paddles. Two out of the four courts will be reserved for instruction. Register to ensure your spot. Drop-ins are welcome only if the class is not full. No class Apr 14, June 30. Please note the new summer time.

Fr | Apr 7-Jun 23 | 1:15-3:15pm | \$37/11 sess | 95701 | 30+ | Gym

Fr | Jul 7-Sep 1 | 12:15-2:15pm | \$30/9 sess | 101799 | 30+ | Gym

Instructor: RH Volunteer

SENIORS RACQUET SPORT (55+)

SENIORS \$1.75/DROP-IN | ADULTS \$2.75/DROP-IN

Bring your racquet to enjoy table tennis and badminton. Some knowledge and experience of table tennis is needed. Monday is for mixed ages. Drop-ins are welcome if the class is not full. The program is subject to the Roundhouse Code of Ethics. No class Apr 3, 5, 14, 17, May 22.

Mo We Fr | Apr 7-Jun 23 | 9-11:55am | Sidebar/31 sess | 95704 | 55+ | Gym

We Fr | Jul 5-Aug 30 | 9-11:55am | Sidebar/17 sess | 101785 | 55+ | Gym

Instructor: RH Volunteer

SOCIAL

ROUNDHOUSE CHOIR: BACK POCKET SONGS (55+)

The Back Pocket Songs Project focusses on group singing and the integration of the arts. Our approach is more campfire than cantata, with a repertoire of new and classic folk songs, as well as songs you bring to share. Presented in collaboration with the Arts and Health Project and Music on Main.

Tu | Apr 11-Jun 13 | 1-3pm | \$10/10 sess | 95702 | 55+ | Room C

Instructor: Vanessa Richards

OLDER ADULT

GROUP FITNESS PRICING

Participants must complete a PAR-Q form for health screening purposes. Drop-ins are welcome if the class is not full.

Adult

\$6/drop-in

\$49/10-class pass

55+

\$3.50/drop-in

\$28/10-class pass

SENIORS RACQUET SPORTS PRICING

\$2/55+ drop-in

\$13.50/10-visit pass

MONDAYS: MIXED AGES (19+)

\$3/adult drop-in

\$23.50/10-visit pass

Please note that course prices do not include taxes.

OLDER ADULT

FREE JAZZ IN THE MEWS

Join us for some free weekend jazz in the lobby every Saturday and some Sunday mornings with a full slate of local musicians, including Cambridge Street Combo, Asheida and Friends, John Pippus and Friends, Stringz Aloud, Lawless Firm, and Rain City Swing. See our poster or the Roundhouse website www.roundhouse.ca for dates. For more information in becoming a part of the Jazz in the Mews please contact valerie.ferrar@vancouver.ca. No registration required. No event Jul 1.
Sa (Su) | Apr 1-Jun 25 | Jul 8-Aug 26 | 10:30am-12:30 pm | Free | Foyer

BRIDGE DROP-IN PRICING

\$2.75/drop-in
\$20/10-class pass

BRIDGE DROP-IN (55+)

Enjoy contact (standard) bridge with other experienced players. Welcome to our new volunteer leader, Ward Hunting. Registration required. We will provide you will a 10-visit pass which the volunteer will punch at the start of the class.

Tu | Apr 4-Jun 27 | 7:05-9:50pm | Sidebar/13 sess | 95692 | 55+ | Room A
Tu | Jul 4-Aug 29 | 7:05-9:50pm | Sidebar/9 sess | 101433 | 55+ | Room A
Instructor: Ward Hunting

BRIDGE INSTRUCTION FOR BEGINNERS (55+) \$5/DROP-IN

Participants will receive instruction in contact (standard) bridge from our volunteer Kathleen. All equipment is provided. Must have some bridge playing experience to register. Drop-ins are welcome only if the class is not full.

Tu | Apr 4-Jun 27 | 5:30-7pm | \$53/13 sess | 95693 | 55+ | Room A
Tu | Jul 4-Aug 29 | 5:30-7pm | \$37/9 sess | 101425 | 55+ | Room A
Instructor: RH Volunteer

FREE MAH JONG (55+)

Must have experience with Mah Jong to play. Monday class ends at 12:45pm. Drop-ins are welcome only if the class is not full. No class Apr 17, May 22, Jul 3, Aug 7.

Mo Tu | Apr 3-Jun 27 | 9am-12:45 pm | Free/22 sess | 95697 | 55+ | Room A
Mo Tu | Jul 4-Aug 29 | 9am-12:45 pm | Free/16 sess | 101443 | 55+ | Room A
Instructor: RH Volunteer

FREE MORNING TAI CHI EXERCISE/YUEN GI DANCE (55+)

Everyone is welcome to our friendly morning movement group. Energize your morning with tai chi exercise and Chinese-based dance. Volunteer instructors teach in Cantonese and English. Drop-ins are welcome only if the class is not full.

Mo-Fr | Apr 10-Jun 30 | 9:30-11am | Free/60 sess | 100444 | 55+ | Room B
Mo-Fr | Jul 5-Aug 31 | 9:30-11am | Free/41 sess | 100671 | 55+ | Room B
Instructor: RH Volunteer



Mah Jong.

Please note that course prices do not include taxes.

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OPEN MIC (19+)

\$5/DROP-IN

A fully accessible, experimental, and welcoming space for performers of all ages, abilities, and identifications, performing in any genre. If you can make it work in a small space with a Fender sound system, then bring it on! Strict 6-minute time limit except for our featured performer. Come early to pay at the front desk and sign up. Show case performance on Jun 6 in the Exhibition Hall during Seniors Week. Limited spaces available.

Tu | Apr 4, May 2, Jun 6 | 7-9pm | 3 sess | 95699 | 19+ | Multimedia Rm

Tu | Jul 4, Aug 1 | 7-9pm | 2 sess | 101440 | 19+ | Multimedia Rm

Instructor: RH Volunteer, www.planetquirke.com

FREE ROUNDHOUSE POETRY CIRCLE (55+)

Discuss the poetry of major poets chosen by members of the group. Links to the poems are provided on the group's website www.roundhousepoetrycircle.wordpress.com so that members may read and print them out in advance. The group meets the fourth Thursday of the month. Please register.

Th | Apr 27, May 24, Jun 22 | 12:45-2:45pm | Free/3 sess | 95703 | 55+ | Multimedia Rm

Th | Jul 27, Aug 24 | 12:45-2:45 pm | Free/2 sess | 101481 | 55+ | Multimedia Rm

Instructor: RH Volunteer

SOCIAL FESTIVALS

FREE MOVE FOR HEALTH (30+)

Move for Health Day is an international event created in 2002 by the World Health Organization to promote physical activity. Join our walk and roll group for a guided art and history walk round Yaletown, with healthy refreshments to follow.

We | May 10 | 11am-1:30pm | Free/1 sess | 53053 | 30+ | Foyer

FREE OLDER AND LOVING IT ART EXHIBITION OPENING (55+)

Roundhouse art instructors Barry Cogswell and Edouard Beaudry, Sculpture Society of BC and LGBTQ Community will be displaying many of their works. Older and loving it will give a glimpse of the wonderful works of our elders.

Mo | Jun 5 | 6-8pm | Free/1 sess | 108913 | 55+ | Exhibition Hall

SENIORS WEEK: TEA DANCE (55+)

Fr | Jun 9 | 12-3pm | \$10/1 sess | 101786 | 55+ | Exhibition Hall

Join our yearly tea dance during Seniors Week. We will be serving a light lunch.

SENIORS WEEK ART EXHIBITION & CELEBRATION

Mon Jun 5 – Fri Jun 9

See page 16 for details.

MON JUN 5

6-8pm Art opening and launch

TUE JUN 6

1-3pm Choir workshop
3-5pm Artist talk/demo
7-9pm LGBTQ open mic

WED JUN 7

12-2pm Life drawing
2-3:30pm Yoga, meditation & sounds
3:30-5pm Marking art
7-9pm *Can't Stop the Feelin'!* PALS Chorus

THU JUN 8

1-3pm Artist talk/demo
7-9pm Burning Man talk

FRI JUN 9

12-3pm Tea Dance \$10

OLDER ADULT



Seniors Week, 2016.



Seniors Week Tea Dance, 2016.

Please note that course prices do not include taxes.