

## EDUCATION

### **FREE** HEALTHY SUPPLEMENTS – INFORMATION SESSION (19+)

Professor of Pharmacology, Dr. Eric Fung shares his expertise on health supplements, focusing on the importance of calcium and vitamin D. Please bring a pen and paper to take notes. Presentation in Cantonese. 馮耀楷藥理科博士 分享健康知識，特別集中於多種維他命、鈣、維他命D和氨基葡萄糖。粵語講座。

Mo | Apr 15 | 11:15am-1:15pm | Free | 213530 | 19+ | Rm B

*Instructor: Dr. Eric Fung*

## LANGUAGE

### SPANISH: BEGINNER LEVEL 1 (55+)

Learn basic conversational Spanish set in practical day-to-day situations to help you when travelling to Spanish-speaking countries.

Tu | Apr 2-Jun 25 | 1pm-2:15pm | \$107/13 sess | 205879 | 55+ | Board Rm

*Instructor: Gloria Alonso*

### SPANISH: BEGINNER LEVEL 2 (55+)

Improve your conversational Spanish skills by practicing existing knowledge and applying past and future tense to help you express yourself and meet new friends when travelling to a Spanish country. No class Apr 8, 22, May 20.

Mo | Apr 1-Jun 24 | 1-2:15pm | \$82/10 sess | 205880 | 55+ | Rm C

*Instructor: Gloria Alonso*

## ART

### **NEW** IMPROV (25+)

**\$11/DROP-IN**

Create, collaborate, and discover together in this workshop on improvised theatre. Explore spontaneous storytelling, scene work, and character creation. This workshop is geared towards folks who want to have fun in a supportive environment, or gain confidence in performance or public presentation. No experience is required.

We | Jun 5-26 | 1:30-3pm | \$40/4 sess | 213311 | 25+ | Rm B

*Instructor: Amy Shostak*

### SKETCHING AND DRAWING (25+)

**\$11/DROP-IN**

Learn to understand the fundamentals of perspective while drawing a still-life in a supportive environment. From basic shapes to a refined outline, you will use different techniques to render light and shadow. No class Apr 19.

Fr | Apr 5-May 17 | 1:15-3:15pm | \$57/6 sess | 205861 | 25+ | Rm C

F | Jul 5-19 | 1:15-3:15pm | \$29/3 sess | 214294 | 25+ | Rm C

*Instructor: Edouard Beaudry*



## OLDER ADULT

Please note that course prices do not include taxes.

## OLDER ADULT



### THE MINDFUL ARTIST (25+)

\$11/DROP-IN

Combine painting, sketching, and meditation to boost your creativity in a calm environment. The natural flow of your breath will help you to use a variety of techniques to experiment with abstraction.

Fr | May 24-Jun 21 | 1:15-3:15pm | \$48/5 sess | 205881 | 25+ | Rm C

Instructor: *Edouard Beaudry*

### CHINESE CALLIGRAPHY (25+)

Acquire and improve writing skills through the use of Chinese ink, brush, and paper, while practicing the stress releasing ancient art of Chinese handwriting.

Tu | Apr 2-Jun 11 | 11am-1pm | \$100/11 sess | 205858 | 25+ | Mezz Meeting Rm

Instructor: *Pansy Poon*

### LET'S WORK WITH COLOURS (25+)

Improve your home and life with the right colour choice. Learn about colour, its interaction with our lived environment and its impact on our well-being, as well as how to change the appearance of your home using different colour combinations.

We | May 15-22 | 1:30-3:30pm | \$38/2 sess | 205868 | 25+ | Rm C

Instructor: *Enrica Sacconi*

## MUSIC

### ROUNDHOUSE CHOIR – SOUND AND SONG (55+)

Explore how the sounds around us change over the course of our lives through the collaborative writing of new choral works by participants. Singer/songwriter/composer Mark Beaty introduces deep listening practices, while group members apply new experiences to collective songwriting. Presented in collaboration with the Arts and Health Project. No class Apr 9, Jun 4.

Tu | Apr 2-Jun 25 | 1-3pm | \$12/10 sess | 205875 | 45+ | Rm C

Instructor: *Mark Beaty*

### NEW UKULELE – GROUP LESSON (25+)

Acquaint yourself with the ukulele by learning basic strumming, chords, tab reading, and tuning, as well as instrument history. This class is for beginners and participants are required to bring their own ukulele. No class Apr 22.

Mo | Apr 1-May 13 | 11am-12:30pm | \$100/6 sess | 218070 | 25+ | Music Rm

### FREE JAZZ IN THE MEWS (ALL AGES)

Enjoy jazz inside the foyer every Saturday and some Sunday mornings with a full slate of local musicians. More details available at [www.roundhouse.ca](http://www.roundhouse.ca). No performance May 18, 19, Jun 28, 29, 30.

Sa | Apr 6-Jun 29 | 10:30am-12:30pm | Free | 205788 | All Ages | Foyer



The ukulele is easy to learn and play!

Please note that course prices do not include taxes.

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## DANCE

### BALLROOM DANCE INSTRUCTION AND SOCIAL \$4/DROP-IN

Improve balance, increase motivation, boost memory, and meet new friends in a relaxed and social atmosphere. No partner or experience necessary. Includes forty-five minute dance social after class. No instruction Jun 7 for Tea Dance.

Fr | Apr 5-Jun 21 | 1:45-3pm | \$45/12 sess | 205854 | 55+ | Dance St

*Instructor: Barney Alfred Lee and Karen Lani*

**FREE** Fr | Jul 5-Aug 30 | 1:45-3pm | Free/9 sess | 214296 | 55+ | Dance

*Instructor: RH Volunteer*

### HAWAIIAN DANCE LESSONS (55+) \$7/DROP-IN

Join Hula or Hawaiian Dance and beat the Vancouver greys with a dose of Hawaiian fun. No class Apr 19, 26.

Fr | Apr 5-Jun 21 | 4-5pm | \$59/10 sess | 205863 | 55+ | Dance St

Fr | Jul 5-Aug 30 | 4-5pm | \$54/9 sess | 214311 | 55+ | Dance St

*Instructor: Yoshi Yamamoto*

### **FREE** LATIN AND BALLROOM DANCE FREE TRIAL CLASS (25+)

We | Apr 10 | 8:15-9:45pm | Free/1 sess | 205867 | 25+ | Dance St

### LATIN AND BALLROOM DANCE (25+) \$18.75/DROP-IN

Learn to dance in a fun and supportive atmosphere, supported by two experienced and enthusiastic instructors! No experience or partner needed.

We | Apr 17-Jun 19 | 8:15-9:45pm | \$120/10 sess | 205866 | 25+ | Dance St

*Instructor: Barney Alfred Lee and Mya Davidson*

### LINE DANCING (55+) \$7/DROP-IN

Learn the elements of line dancing, a wonderful form of dance and fitness. Wear comfortable clothes and dancing shoes. No experience required.

Th | Apr 4-Jun 27 | 12:45-2pm | \$88/13 sess | 205869 | 55+ | Dance St

*Instructor: Phillis Lim*

## FITNESS

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

Energize your morning with gentle exercise and dance in this friendly morning movement group. Volunteer instructors teach this cultural experience doubling as exercise in Cantonese and English. No class Apr 8-12, 19, 22, May 20, Jun 28, Aug, 26-30.

Mo-Fr | Apr 1-Jun 28 | 9:30-10:30am | Free/56 sess | 205871 | 55+ | Rm B

Mo-Fr | Jul 2-Aug 30 | 9:30-11am | Free/38 sess | 213378 | 55+ | Rm B

*Instructor: RH Volunteer*

### JOINT MOBILITY (45+) \$4.50/DROP-IN

Keep your body moving and limber. Suitable for those with arthritis, osteoporosis, and mobility issues, and those starting an exercise program or recovering from an injury or stroke. No class April 22, May 20.

Mo | Apr 8-Jun 24 | 3:30-4:30pm | \$43/10 sess | 205865 | 45+ | Dance St

Mo | Jul 8-Jul 29 | 3:30-4:30pm | \$18/4 sess | 210803 | 45+ | Dance St

*Instructor: Keno Kinoshita*

## OLDER ADULT



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## OLDER ADULT

### OSTEOFIT (19+)

**\$4.50/DROP-IN**

For those with osteoporosis, arthritis, joint-mobility problems or anyone who wanting a lighter exercise routine using bands, weights, and chairs. No class April 19.

Fr | Apr 12-Jun 21 | 9:15-10:15am | \$43/10 sess | 205872 | 19+ | Dance St

Fr | Jul 5-Jul 26 | 9:15-10:15am | \$18/4 sess | 210809 | 19+ | Dance St

*Instructor: Keno Kinoshita*

### **FREE** WALK AND ROLL SOCIAL (55+)

Regular walking reduces heart disease, lowers cholesterol, and helps to control body weight. Walk the seawall in Yaletown, boost your health, and make friends. Mixed abilities welcome. Arrive five minutes early for a prompt start and note that walks will be cancelled due to heavy rain.

Tu | Apr 9-Jun 25 | 11-11:45am | Free/12 sess | 205822 | 55+ | Foyer

Tu | Jul 2-Aug 27 | 11-11:45am | Free/9 sess | 213299 | 55+ | Foyer

*Instructor: Diana VanderVeen*

## 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

Passes are

non-refundable.

### GENTLE FIT (19+)

Increase fitness, confidence, and strength in this lower-impact class for older adults looking for cardio, balance, and strength training for an overall body workout. Participants must complete a PAR-Q form for health screening purposes. No class Apr 22, May 20.

Mo | Apr 1-Jun 24 | 11-11:45am | See Sidebar/11 sess | 205776 | 19+ | Dance St

Mo | Jul 8-Aug 26 | 11-11:45am | See sidebar/7 sess | 213109 | 19+ | Dance St

*Instructor: Alannah Lori*

### GET FIT AND KEEP FIT (19+)

Total body conditioning for all ages using body ball, steps, weights, and bands to get a great workout. Space and equipment limited. Class size at discretion of instructor.

Tu | Apr 2-Jun 25 | 9:15-10:15am | See Sidebar/13 sess | 205779 | 19+ | Dance St

Tu | Jul 2-Aug 27 | 9:15-10:15am | See Sidebar/9 sess | 213042 | 19+ | Dance St

*Instructor: Harry Wong*

### CARDIO COMBO (19+)

Increase fitness, confidence, and strength in this lower-impact class for older adults looking for cardio, balance, and strength training for an overall workout. No class April 10.

We | Apr 3-Jun 26 | 11:15am-12pm | See sidebar/12 sess | 205767 | 19+ | Rm B

We | Jul 3-Aug 28 | 11:15am-12pm | See Sidebar/9 sess | 213684 | 19+ | Dance St

*Instructor: Ferial Ahmadzadeh*

### POSTURE PERFECT (19+)

For older adults, this co-ed class includes a cardio warmup, weights, stability ball, spine work and stretches, to strengthen the body and improve balance, agility, and posture.

Th | Apr 4-Jun 27 | 11:15am-12pm | See Sidebar/13 sess | 205796 | 19+ | Dance St

Th | Jul 4-Aug 29 | 11:15am-12pm | See Sidebar/9 sess | 213153 | 19+ | Dance St

*Instructor: Ferial Ahmadzadeh*

Please note that course prices do not include taxes.

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## CARDIO CORE (19+)

Bring your heart rate up and work your core through muscle conditioning. For active and fit older adults. No class Apr 19.

Fr | Apr 5-Jun 21 | 11-11:45am | See Sidebar/11 sess | 205768 |

Fr | Jul 5-Aug 30 | 11-11:45am | See Sidebar/9 sess | 213685 | 19+ | Dance St

*Instructor: Edouard Beaudry*

## PILATES AND YOGA

### FUNCTIONAL FITNESS/PILATES (55+)

**\$7/DROP-IN**

Increase strength, balance, flexibility, muscle tone, stamina, and well-being in a co-ed class. Modifications available so participants can strengthen and tone their bodies no matter what restrictions they experience. No class Apr 10, Jun 5.

We | Apr 3-May 8 | 2:30-3:15pm | \$34/5 sess | 205757 | 55+ | Rm B

We | May 15-Jun 26 | 2:30-3:15pm | \$40/6 sess | 205758 | 55+ | Rm B

*Instructor: Diana VanderVeen*

## SPORTS

### PICKLEBALL BEGINNER (30+)

**\$4.50/DROP-IN**

Learn how to play pickleball, a fun game played on a badminton court with a lowered net, a whiffle ball, and large hand-held paddles. One court of the four courts will be set aside for beginner pickleball players. Some drop-ins spaces are available and the waitlist will be managed by volunteers 30 minutes prior to start time. Participants required to sign up in person for waitlist. This program is run by the Roundhouse Codes of Ethics; see side bar for more details. Class runs to 2:45pm on May 3.

Fr | Apr 5-Jun 21 | 1:15-3:15pm | \$44/11 sess | 205873 | 30+ | Gym

Fr | Jul 5-Aug 30 | 12:30-2:15pm | \$32/9 sess | 210831 | 30+ | Gym

*Instructor: RH Volunteer*

### SENIORS RACQUET SPORT (55+)

Bring your racquet to enjoy table tennis and badminton. Some knowledge and experience required and mixed-ages play on Mondays. This program is run by the Roundhouse Codes of Ethics; see side bar for more details. No class Apr 22, May 20, Jun 28.

Mo We Fr | Apr 1-Jun 26 | 9-11:55am | See sidebar | 205877 | Gym

We Fr | Jul 3-Aug 30 | 9-11:55am | See sidebar | 210829 | 55+ | Gym

*Instructor: RH Volunteer*

## SOCIAL ACTIVITIES

### RAINBOW ROUNDTABLE (55+)

Share stories, wisdom, and experience of the challenges aging in the LGBTQ2S community in a free discussion format. The Roundtable will invite guest speakers. Guided by interest, we may include movies, a book club, and group outings.

Stand and be counted at the Roundhouse this spring! Refreshments provided.

Fr | Apr 26-Jun 28 | 6:30-8:30pm | 10 sess | 205874 | 55+ | Rm C

*Facilitator: Travis Jones*

**\$5/DROP-IN**



## OLDER ADULT

### 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

### ROUNDHOUSE ADULT SPORTS CODE OF CONDUCT

#### Be a good sport

no excessive arguing or complaining

#### Control your temper

no yelling, ridiculing or criticizing another player or staff member

#### Be respectful

no foul language, no touching another player or staff member (Exception: incidental sport contact)

#### Play fair

no aggressive or dirty play

#### Govern yourself

fouls called on you by the opposing team must be respected

### TABLE TENNIS RULES

- **Any person can play** on any table
- **Tables are shared**, table is not yours alone
- **This is a social game**, not competitive
- **Singles: 20 mins** limit, everyone leaves the table to let the waiting players in
- **Doubles: 30 mins** limit, everyone leaves the table
- **Questions?** Ask Roundhouse staff or the volunteer instructor.

## OLDER ADULT

### SOCIAL GAMES DROP-IN PRICING

Bridge Drop-In,  
Chess, Euchre

55+

\$3/drop-in

\$20/10-visit pass

Passes are  
non-refundable.



## GAMES

### CHESS – SOCIAL DROP-IN (55+)

Play chess in a social and friendly atmosphere. Basic knowledge of the game is required and some boards will be provided.

Tu | Apr 2-Jun 25 | 10am-12pm | See sidebar | 205857 | 55+ | Lobby

Tu | Jul 2-Aug 27 | 10am-12pm | See sidebar | 213438 | 55+ | Lobby

*Instructor: RH Volunteer*

### EUCHRE – SOCIAL DROP-IN (55+)

Play this trick-taking card game, with four players in two partnerships and a deck of playing cards. Basic skills are required.

Th | Apr 4-Jun 27 | 1-3pm | See sidebar | 205862 | 55+ | Mezzanine

Th | Jul 4-Aug 29 | 1-3pm | See sidebar | 213445 | 55+ | Mezzanine

*Instructor: RH Volunteer*

### BRIDGE – SOCIAL DROP-IN (55+)

Enjoy contact (standard) bridge with other experienced players. Equipment provided.

Tu | Apr 2-Jun 25 | 7:05-9:50pm | See sidebar | 205855 | 55+ | Rm A

Tu | Jul 2-Aug 27 | 7:05-9:50pm | See sidebar | 212238 | 55+ | Rm A

*Instructor: Ward Hunting*

### BRIDGE INSTRUCTION (55+)

**\$6/DROP-IN**

Participants receive instruction in contact (standard) bridge from a Roundhouse volunteer. An understanding of bridge is required and all equipment is provided.

Tu | Apr 2-Jun 25 | 5:30-7pm | \$67/13 sess | 205856 | 55+ | Rm A

Tu | Jul 2-Aug 27 | 5:30-7pm | \$47/9 sess | 211080 | 55+ | Rm A

*Instructor: Ward Hunting*

### **FREE** MAH JONG (55+)

Originating in China, Mah Jong is played with a set of 136 tiles based on Chinese characters and symbols. Equipment included and experience required. Tables are available on a first come, first served basis. Monday classes end at 12:45pm. No class Apr 8, 9.

Mo Tu | Apr 1-Jun 25 | 9am-4pm | Free/22 sess | 205870 | 55+ | Rm A

Mo Tu | Jul 2-Aug 27 | 9am-4pm | Free/16 sess | 211073 | 55+ | Rm A

*Instructor: RH Volunteer*

## SPECIAL EVENTS

### **FREE** MOVE FOR HEALTH ART AND HISTORY WALK (ALL AGES)

Move for Health Day is an international event created in 2002 by the World Health Organization to promote physical activity. Join us on May 10 for a guided art and historical walk round Yaletown. Includes healthy refreshments.

Fr | May 10 | 11am-1pm | Free/1 sess | 213455 | 55+ | Foyer

Please note that course prices  
do not include taxes.

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## **FREE** ART OPENING (55+)

Join Roundhouse art instructors, local artists and community members as we celebrate Seniors Week which includes a fabulous art exhibit and many events, programs and dances.

Mo | Jun 3 | 7-8:30pm | Free | 213472 | 55+ | Ex Hall

## **FREE** ALOHA MAHALO DANCE INSTRUCTION / PRESENTATION

Learn to Hawaiian dance. No experience needed. Yoshi also teaches Hawaiian dance lessons on Fridays

Tu | Jun 4 | 11am-12pm | Free | 218035 | 55+ | Ex Hall

*Instructor: Yoshi Yamamoto*

## **FREE** RHYTHM AND SOUND FROM CUBA (55+)

Join bassist-choral leader Mark Beaty for an afternoon of rhythm and song, with music from Cuba and the United States. No singing experience necessary.

Tu | Jun 4 | 1-3pm | Free | 213296 | 55+ | Ex Hall

*Instructor: Mark Beaty*

## **FREE** ECSTATIC DANCE AND MURAL DRAWING (55+)

Let guided dance, music, and sound unleash your drawing potential.

We | Jun 5 | 12-2pm | Free | 214323 | 55+ | Ex Hall

*Instructor: Edouard Beaudry*

## **FREE** LET'S GET STITCHING (55+)

Learn basic stitches to create a mini masterpiece. All supplies provided. Please bring a pair of scissors, suitable eyeglasses, and a sense of humour!

Th | Jun 6 | 11am-1pm | Free | 217115 | 55+ | Ex Hall

*Instructor: Jill Taylor*

## **FREE** SPONTANEOUS CREATION – IMPROV (55+)

An afternoon of improvised theatre. Collaborate with others by playing games and creating stories on the spot. No experience required.

Th | Jun 6 | 1:30-3pm | Free | 215047 | 55+ | Ex Hall

*Instructor: Amy Shostak*

## **ANNUAL SENIORS WEEK TEA DANCE (55+)**

Dance and socialize with a lively group of folks, while Barney and Karen deejay. Includes a light lunch and refreshments. No partner needed.

Fr | Jun 7 | 12-3pm | \$12/1 sess | 213486 | 55+ | Ex Hall

## **PROM NIGHT – NOT JUST BALLROOM LGBTQ2S DANCE & SOCIAL (55+)**

Who doesn't love a theme party?! Join LGBTQ2S folks and allies for a fun-filled evening of dance and light-hearted fun. Dress it up in your fancy ball-gown, tux or come as you are. Short, fun, dance instruction at 7:30pm. No partner needed.

Fr | Jun 7 | 7-10pm | \$10 or by donation  
218037 | 55+ | Ex Hall

