



Northeast Burnaby

Programs in Your Neighbourhood

Winter 2019

Cameron Recreation Centre & Library

9523 Cameron Street, Burnaby

About Cameron Recreation Centre

Our facility features a large sports hall, cardio & weight room, indoor tennis, squash and racquetball courts, and a cycling studio. We offer programs for everyone from babies to seniors. There are multi-purpose rooms available for rental, with rooms that can hold up to 200 people. For adults 55+, our Senior Centre offers a lounge, activity area and snooker room.

Hours of Operation (Winter)

Monday-Friday.....6am-11pm
Saturday.....7am-6pm
Sunday.....7am-9pm

Sports Desk 604-297-4452

Court reservations and sport drop-ins are taken 30 minutes after the complex opens and will end 30 minutes before the complex closes for the day.

Community Office 604-297-4456

Monday-Friday.....8:30am-4pm
Saturday, Sunday & Statutory Holidays.....Closed

Seniors' Centre Lounge..... 604-415-3555

Monday-Friday9:30am-3:30pm
Saturday & SundayClosed

Cameron Library 604-421-5454

Monday-Thursday.....10am-9pm
Friday & Saturday.....10am-6pm
Sunday.....1-5pm
Statutory HolidaysClosed
Sunday before statutory Holidays.....Closed

Holiday Hours

New Year's Day (January 1).....Closed
Family Day (February 18)9am-7pm

Recreation for All

We are committed to providing opportunities for people of various abilities to get involved in the recreation activities of their choice. We aim to...

Advocate on behalf of people with disabilities.

Assist individuals with accessing their choices.

Educate the public and staff about disability issues.

Participants with Allergies

If your child has a life-threatening allergy requiring emergency medication (an EpiPen), they may be able to participate independently. Please register at least two weeks before the program start date and immediately contact the program supervisor to discuss the required forms (including doctor authorization) and to create a safety plan for your child.

Special Event

Family Day All Ages w/ Adult

Join us for a variety of games and activities. From musical movement and crafts to board games and other activities. Family Day is a great day to play and explore movement together as a family. Register early as space is limited. Free.

Monday, February 18

10-11am 490210

11am-12noon 490209



Winter Tennis Lessons

9 sessions, \$105.75 Sports Hall 1 & 2

PeeWee 1.0-1.5 5-8 years
Sa, January 12, 9-10am 486980

PeeWee 2.0-2.5 5-8 years
Sa, January 12, 1-2pm 487194

Youth 1.0-1.5 9-13 years
Sa, January 12, 10-11am 487188
Sa, January 12, 11am-12noon 487189

Youth 2.0-2.5 9-13 years
Sa, January 12, 12noon-1pm 487190
Sa, January 12, 2-3pm 487191

Youth 3.0-3.5 9-13 years
Sa, January 12, 3-4pm 487200

Do You Have a Child in Grade 5 this School Year?

Burnaby's Grade 5 **Active Program** is offered again this year. Grade 5 students can receive a free **Active Pass** which grants them access to public swims, public skates, some gymnasium activities and golf driving ranges. For more information ask your local school, recreation facility or go online at burnaby.ca/grade5beactive

Cameron Programs for Preschool & Children

Prices do not include tax. For the most up to date information, visit burnaby.ca/cameron

For more information about programs, contact Justine Henderson at 604-415-3553 or Justine.Henderson@burnaby.ca

Program	Age	Time	Location	Session	Fee	Start	Barcode
Monday (no classes on statutory holidays)							
Play to Learn Preschool	3-5 yrs	9:15-11:15am	Spruce	8	\$100	Jan 14	474183
Toddlers First Dance & Play	15-36 mos	9:30-10:15am	Hemlock	8	\$46.20	Jan 14	474188
Baby's First Dance & Play	2-18 mos	10:30-11:15am	Hemlock	8	\$46.20	Jan 14	474175
Buck A Roo	10 mos-5 yrs	5:45-6:45pm	Sports Hall	9	\$1 Drop in	Jan 7	Drop in
Tuesday							
Pre Kindergarden	4-5 yrs	9:30-11:30am	Spruce	8	\$123.35	Jan 8	474184
Tot Gymnastics	10-47 mos	12:15-1:15pm	Sports Hall	8	\$42.65	Jan 8	474189
Kindergym	40 mos-5 yrs	1:30-2:30pm	Sports Hall	8	\$49.50	Jan 8	474180
Recreational Gymnastics	5-7 yrs	3:30-5pm	Sports Hall	8	\$88.20	Jan 8	474185
Recreational Gymnastics	8-10 yrs	3:30-5pm	Sports Hall	8	\$88.20	Jan 8	474186
Thursday							
Baby Busy Bees	4 mos-3 yrs	9:45-11:15am	Spruce	8	\$63.95	Jan 17	474174
Creative Ballet	3 yrs	9:45-10:15am	Spruce	10	\$38.50	Jan 10	478638
Creative Ballet	4-5 yrs	10:20-11:05am	Spruce	10	\$57.75	Jan 10	478655
First Steps (Parent & Tot)	2-3 yrs	11:10-11:40am	Spruce	10	\$38.50	Jan 10	478530
Creative Ballet	4-5 yrs	11:45am-12:30pm	Spruce	10	\$57.75	Jan 10	478658
Kinderkids Can Move	40 mos-5 yrs	1:30-2:30pm	Sports Hall	8	\$49.50	Jan 17	474182
Kids Can Move	5-7 yrs	3:30-5pm	Sports Hall	8	\$88.20	Jan 17	474178
Kids Can Move	8-10 yrs	3:30-5pm	Sports Hall	8	\$88.20	Jan 17	474179
Friday							
Play to Learn Preschool	3-5 yrs	9:15-11:15am	Spruce	8	\$100.00	Jan 18	477840
Saturday							
Tot Gymnastics	10-47 mos	9-10am	Sports Hall	8	\$42.65	Jan 12	474190
Kindergym	40 mos-5 yrs	10:10-11:10am	Sports Hall	8	\$49.50	Jan 12	474181
Recreational Gymnastics	5-9 yrs	11:15-12:15pm	Sports Hall	8	\$58.80	Jan 12	474187

Preschool in the Northeast

Schedules subject to change. Prices do not include tax. For the most up to date information, burnaby.ca/cameron

Play is your child's most important first learning experience. In an encouraging atmosphere, our creative instructors use art, music, science and activity centres for positive play adventures. For programs at Forest Grove & Charles Rummel, contact Amanda Robertson at 604-420-2675.

Program	Age	Day	Time	Session	Fee	Start	Barcode
Charles Rummel School - 3630 Lozells Avenue							
Play to Learn Preschool	3-5 yrs	W	9:30-11:30am	9	\$112.50	Jan 16	478517
Preschool Sports & More	3-5 yrs	F	9:30-11:30am	9	\$112.50	Jan 18	478523
*Busy Bees	10 mos-3 yrs w/ Adult	F	9:45-11:15am	9	\$71.95	Jan 18	478526
Stoney Creek Community School							
Play to Learn Preschool	3-5 yrs	Tu, Th	12:30-2:30pm	10	\$125.00	Jan 15	478453
Forest Grove Elementary School - 8525 Forest Grove Drive							
Storybook Adventures	3-5 yrs	W	12:30-2:30pm	8	\$123.40	Jan 16	478542
Winter Play to Learn classes are full.							
Programs at University Highlands Elementary School - 9388 Tower Road							
Play to Learn Preschool	3-5 yrs	M	9:30-11:30am	8	\$100.00	Jan 7	478552
Play to Learn Preschool	3-5 yrs	W	9:30-11:30am	10	\$125.00	Jan 9	478553
ABC Active Adventures	3-5 yrs	F	9:30-11:30am	9	\$112.50	Jan 11	478846
*Busy Bees	10 mos-5 yrs	Tu	9:30-11am	10	\$79.95	Jan 8	478557
*Busy Bees	10 mos-5 yrs	Th	9:30-11am	10	\$79.95	Jan 10	478558
Creative Dance	3-5 yrs	W	5:05-5:50pm	8	\$46.20	Jan 16	478512
First Steps - Creative Dance	12 mos-2 yrs	W	4:30-5pm	8	\$30.80	Jan 16	478532

How to Reserve

- Same calendar day reservations over the phone or in-person are accepted 60 minutes after the centre opens. Please refer to Hours of Operations on the front cover.
- A Gym Punchcard (10 visits for \$51.40 not including taxes), per person, is required to reserve over the phone. Acrogym does not require a Gym Punchcard.
- Payments are due in full for in-person reservations; it is non-refundable and non-transferrable.

Checking in

- You must check-in at the Sports Desk before you can participate in the program.
- Any reserved spots will be held for 10 minutes from the start of each drop-in program. Your spot will be passed to the next participant on the waitlist. This rule is strictly enforced with no exceptions. Please arrive on time.

Fee

- In-person Drop-in fees are listed below.
- Non-Scheduled gym times are subjected to availability and you can drop-in to play for FREE.

Drop-in Activities

Effective dates: January 2-March 31, 2019

phone 604-297-4452

	Program	Age	Time	Fee
Monday	Pickle Ball	18 yrs & up	7-9:30am	\$2.62
	Badminton/Basketball	13-18 yrs	3:15-4:45pm	Teen \$2.90
	Badminton	18 yrs & up	7:15-9:15pm	\$5.71
	Soccer	18 yrs & up	9:20-10:50pm	\$5.71
Tuesday	Badminton/Basketball	18 yrs & up	9:30-10:45pm	\$2.62
Wednesday	Pickle Ball	18 yrs & up	6:45-8:45am	\$2.62
	Badminton/Basketball	13-18 yrs	3:15-4:45pm	Teen \$2.90
	Soccer	18 yrs & up	7:10-8:40pm	\$5.71
	Badminton/Basketball	18 yrs & up	8:50-10:50pm	\$5.71
Thursday	Acrogym	18 yrs & up	9-11pm	\$15.20
Friday	Pickle Ball	18 yrs & up	7-9:30am	\$2.62
	Basketball	13-18 yrs	3:30-6pm	Teen \$2.90
	Badminton/Basketball	16 yrs & up	6:10-8:30pm	\$5.71
	Badminton/Basketball	18 yrs & up	8:40-10:40pm	\$5.71
Saturday	Badminton/Basketball	16 yrs & up	1-3:30pm	\$5.71
	Badminton/Basketball	13 yrs & up	3:30-5:45pm	Teen \$2.90 / Adult \$5.71
Sunday	Family Badminton	Child/ Teen/ Adult	12noon-2pm	Teen \$2.90 / Adult \$5.71
	Family Badminton	Grade 5	12noon-2pm	Free
	Family Gym	6 yrs & under w/ Adult	12:15-1:45pm	Free
	Basketball	13-18 yrs	2:30-4pm	Teen \$2.90
	Basketball	16 yrs & up	4:15-6:15pm	Adult \$5.71
	Soccer	16 yrs & up	6:30-8:30pm	\$5.71



If You're Not Feeling Well

If you're feeling unwell while you're at the centre, please let someone know; you can talk with your instructor or any of the staff in the office. We have a quiet space where you can rest until you feel better and we can help find you a safe way home.

Your Personal Information

The personal information you provide during the registration process is collected and used under the authority of the Freedom of Information and Protection of Privacy Act. The information is used only for the purpose of administering recreation and cultural programs, informing you of our services and benefits, and for statistical purposes. If you have questions about the collection, use or disclosure of your personal information, please contact the Administration Office at 604-294-7450.

Court Reservations at Cameron Centre

For more info, contact Cameron Complex at 604-297-4452. Prices do not include tax.

How to Reserve an Indoor Tennis, Racquetball, Squash or Wallyball Court:

You can reserve a time to play Indoor Tennis, Racquetball, Squash or Wallyball at Cameron Centre over the phone up to 7 days in Advance or on the Same Calendar Day:

- » Advance and Same Calendar Day reservations over the phone are taken starting 30 minutes after the centre opens until 30 minutes before the centre closes each day (see Sports Desk hours of operation on the front cover).
- » Indoor Tennis: Your valid Court Reservation card or Seniors Membership card is required to make a phone reservation.
- » Racquetball/Squash/Wallyball: Your valid Court Reservation or **Active Pass** is required to make a phone reservation.
- » Call 604-297-4452 to reserve.

Don't have the required card to reserve a court over the phone?

- » In-person only reservations can be made for the Same Calendar Day and payment is due immediately.
- » All fees are non-refundable and due immediately.
- » Racquetball and Squash Single Player Practice Court time can be reserved as a Same Calendar Day reservation only as space allows at half the rental fee. The player is required to tell the Booking Clerk this is a single player practice at the time of reservation or the full court rental fee will apply, full court rental fee will also apply for multiple players court use.
- » Booking a practice time: Single player practice only. Available during non-Prime time as a Same Calendar Day booking.

Each week a person can reserve up to 2 non-Prime time and 2 Prime time courts per sport.

Prime Time: 4pm to Closing daily; all day on weekends & stat holidays

Non-Prime Time: Open to 4pm, Monday to Friday

Payment and Cancellations:

- » Payment for Advance and Same Calendar Day reservations is due in full prior to play.
- » Payment for in-person Same Calendar Day reservations is due in full immediately and is non-refundable.
- » Cancellations for Advance reservations are accepted without penalty up to 24 hours prior to the time of play.
- » Late cancellations or no-shows will be charged a penalty of a full court rental fee per each court cancelled; a monthly or annual **Active Pass** can not be used to pay penalties, call 604-297-4452 for more details about court rental penalties.

Rental Fees:

Racquetball & Squash: \$12.76 per 45 minutes; your **Active Pass** pays for your half of the court rental

Wallyball: \$20.30 per 45 minutes (includes equipment)

Tennis: Prime Time \$23.82 per court per hour

Non-Prime Time \$21.97 per court per hour adults

Non-Prime Time \$18.02 per court per hour students/seniors

10-one hour rentals punch card is \$214.40

Check-in to Play:

- » Please arrive early to check-in at the Cameron Sports Desk, payment in full is due prior to play.
- » The customer who reserved the court must be present to claim the reservation; court reservations are non-transferrable.

Weight Room Admissions

You'll find the weight room admissions for students, adults and seniors are the same as the **Active Pass** price (see chart). Pumped with great value, this pass allows you to be more flexible with your activities—a chance to mix it up! So you can run on the treadmill, lift weights and take a fitness class at Cameron or swim or public skate at other Burnaby facilities.

Not Sure Where to Start in the Weight Room?

We have a weight room supervisor scheduled at various times throughout the week to answer questions and demonstrate how to use the equipment safely. Call 604-297-4452 for days and times. Weight room orientations are available by appointment only.

Active Pass Fees		Prices do not include tax.				
	Annual	4 Month	1 Month	10 Visit	Drop-in	
Adult	\$410.40	\$171.00	\$57.00	\$57.00	\$6.38	
Teen (13-18 yrs) / Student (19-25 yrs with valid student ID) / Senior (65 yrs & up)	\$308.15	\$128.40	\$42.80	\$42.80	\$4.75	

Healthy Lifestyles for Teens & Adult of All Abilities

For Cameron Complex's Lifestyles Services Coordinator, call 604-297-4454. Prices do not include tax.

	Program	Age	Time	Session	Fee	Start	Barcode
Monday	Women Weight Training	19 yrs & up	10-11:15am	4	\$42.75	Jan 14	488761
	Advanced Women Weight Training	19 yrs & up	10-11:15am	4	\$42.75	Feb 25	488762
	Osteofit	55 yrs & up	1-2pm	4	\$21.60	Jan 14	488752
	Osteofit	55 yrs & up	1-2pm	4	\$21.60	Feb 25	488753
Tuesday	55+ Cycle & Strength	55 yrs & up	9:30-10:30am	4	\$26.80	Jan 8	488744
	55+ Cycle & Strength	55 yrs & up	9:30-10:30am	4	\$26.80	Feb 12	488745
	55+ Cycle & Strength	55 yrs & up	9:30-10:30am	3	\$20.10	Mar 12	488746
	Hatha Yoga - Define	14 yrs & up	6-7:30pm	12	\$129.60	Jan 8	489015
	Hatha Yoga - Define	14 yrs & up	7:35-9:05pm	12	\$129.60	Jan 8	489016
Wednesday	Resorative Yoga	14 yrs & up	6-7:15pm	11	\$99.00	Jan 9	488765
	Power Yoga - Once Were Warriors	14 yrs & up	7:20-8:35pm	11	\$99.00	Jan 9	488766
	TRX & More	14 yrs & up	6:10-6:55pm	6	\$34.43	Jan 9	488767
	TRX & More	14 yrs & up	6:10-6:55pm	6	\$34.43	Feb 20	488768
Thursday	55+ Cycle & Strength	55 yrs & up	9:30-10:30am	4	\$26.80	Jan 10	488742
	55+ Cycle & Strength	55 yrs & up	9:30-10:30am	4	\$26.80	Feb 7	488743
	55+ Cycle & Strength	55 yrs & up	9:30-10:30am	4	\$26.80	Mar 7	488748
	TRX - Suspension Training	14 yrs & up	10:45-11:30am	5	\$28.69	Jan 10	488740
	TRX - Suspension Training	14 yrs & up	10:45-11:30am	5	\$28.69	Feb 14	488741
	Pilates & Yoga 50/50	14 yrs & up	5:45-7pm	6	\$72.38	Jan 10	488736
	Pilates & Yoga 50/50	14 yrs & up	5:45-7pm	6	\$72.38	Feb 21	488737
Saturday	Functional Strength & Stretch	14 yrs & up	8:45-9:45am	4	\$26.80	Jan 5	488733
	Functional Strength & Stretch	14 yrs & up	8:45-9:45am	4	\$26.80	Feb 2	488734
	Functional Strength & Stretch	14 yrs & up	8:45-9:45am	5	\$33.50	Mar 2	488735
	Osteofit for Life	19 yrs & up	10-11am	4	\$21.60	Jan 5	488727
	Osteofit for Life	19 yrs & up	10-11am	4	\$21.60	Feb 2	488728
	Osteofit for Life	19 yrs & up	10-11am	5	\$27.00	Mar 2	488729
	Weight Training for Youth	14 yrs & up	2:15-3:15pm	4	\$23.80	Jan 19	488725
	Weight Training for Youth	14 yrs & up	2:15-3:15pm	4	\$23.80	Feb 23	488726
	Cycle & Strength for Youth	14 yrs & up	1-2pm	4	\$23.80	Jan 19	488723
	Cycle and Strength for Youth	14 yrs & up	1-2pm	4	\$23.80	Feb 23	488724
Sunday	Sun Run Clinic	14 yrs & up	8:30-10am	13	\$150.00	Jan 13	495905
	Intro to Indoor Cycling	14 yrs & up	10:45-11:45am	1	\$6.70	Jan 20	488720
	Intro to Indoor Cycling	14 yrs & up	10:45-11:45am	1	\$6.70	Feb 17	488721
	Intro to Indoor Cycling	14 yrs & up	10:45-11:45am	1	\$6.70	Mar 17	488722

To Register

WebReg: burnaby.ca/webreg

Or visit any Parks, Recreation & Cultural Services facility.

Fees must be paid when you register. We accept cash, cheque, VISA, MasterCard, AMEX or your bank debit card.

Financial Assistance

Burnaby Recreation Credit Program

Individuals and families in financial need may be eligible for a credit that can be applied to Burnaby Parks, Recreation and Cultural Services program fees and admissions. There are some exceptions. For details, pick up a copy of the Burnaby Recreation Credit Program brochure at any Burnaby recreation centre.

Program Cancellations & Schedule Changes

All scheduled drop-in and registered programs are subject to change, postponement or cancellation due to statutory holidays, special events and low registration levels. Call 604-421-5225 for details and for holiday schedule confirmation.

Healthy Lifestyles for All Ages & Abilities

Prices do not include tax. For the most up to date information, visit burnaby.ca/cameron

For Cameron Complex's Lifestyles Services Coordinator, call Marisa or Kelly 604-297-4454.

Fitness Schedule 14 years & up							Effective date: January 2-March 31, 2019		Schedules are subject to change.	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
	Boot Camp 6:15-7:15am ▲	55+ Low Impact I & II 10:20-11:20am ●	Boot Camp 6:15-7:15am ▲	55+ Low Impact I & II 10:20-11:20am ●	Zumba® 8-9am ●/■					
55+ Low Impact I & II 10:20-11:20am ●	55+ Functional Fitness 9-10am ●	Core & More Xpress 10:45-11:15am ■	55+ Functional Fitness 9-10am ●	Foam Rolling 4 th Friday of the Month 10:45-11:15am ●	Power Workout 9:15-10:15am ▲					
Zumba® 2:15-3:15pm ●	Cardio Cross-training 9:30-10:45am ▲		Cardio Cross-training 9:30-10:30am ▲							
Zumba® 6-7pm ●/■		Zumba® 6-7pm ●/■					For the safety and consideration of all participants, please arrive on time for all fitness classes. A 5 minute grace period is strictly enforced.			
Stretch & Core 7:15-8pm ■							Intensity levels: ● Mild / All levels ■ Moderate ▲ Moderate-Intense ◆ Intense			

Indoor Cycling Schedule							Effective date: January 2-March 31, 2019		Schedules are subject to change.	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
Rise & Ride 6:15-7am ■		Rise & Ride 6:15-7am ■		Rise & Ride 6:15-7am ■	Weekend Warrior Ride 8:45-9:45am ▲	Weekend Warrior Ride 9:30-10:30am ▲				
Manic Monday 9:30-10:30am ▲		Rev'd Up 9:30-10:30am ▲		Fired up Friday 9:30-10:30am ▲	Rev'd Up 10-10:45am ▲					
	Noon Express 12:05-12:55pm ■		Noon Express 12:05-12:55pm ■		With a Active Pass, call 604-297-4452 to reserve a bike over the phone. Phone after 2pm the day before for classes starting at 10am or earlier. Phone 1 hour after facility opens on the same day for classes starting after 10am.					
NEW! Cycle + Circuit 5:45-7pm ▲	Tune'd Up 6-7pm ▲		Tune'd Up 6-7pm ▲							
Rev'd Up+ 6:30-7:30pm ▲	Painless Pedal 7:15-8pm ●	Rhythm Ride 6:30-7:15pm ▲	Painless Pedal 7:15-8pm ●		Intensity levels: ● Mild / All levels ■ Moderate ▲ Moderate-Intense ◆ Intense					

Adult Sports

Come out and enjoy fun and friendly recreational experiences, meet new friends and practice your skills. There are a variety of activities and times to choose from—now is the time to come out and participate!

Program	Age	Day	Time	Session	Fee	Start	Barcode
Acrogym	18 yrs & up	Th	9-11pm	5	\$76.00	Jan 10	488533
Acrogym	18 yrs & up	Th	9-11pm	5	\$76.00	Feb 14	488534
Squash Leagues							
Intermediate	18 yrs & up	M	4:30-9pm	10	\$63.80	Jan 14	488541
Advanced	18 yrs & up	W	4:30-9pm	11	\$70.18	Jan 16	488546
Squash Lessons							
Level 1	18 yrs & up	Su	10-11:30am	3	\$105.80	Jan 20	488809
Level 2	18 yrs & up	Su	10-11:30am	3	\$105.80	Feb 10	488807
Level 1	18 yrs & up	Su	10-11:30am	3	\$105.80	Mar 10	488811
Adult Indoor Tennis Lessons							
Tennis Adult 1.0-1.5	17 yrs & up	M	6-7:30pm	4	\$85.20	Jan 14	487985
Tennis Adult 1.0-1.5	17 yrs & up	M	7:30-9pm	4	\$85.20	Feb 11	487986
Tennis Adult 2.0-2.5	17 yrs & up	M	7:30-9pm	4	\$85.20	Jan 14	487988
Tennis Adult 2.0-2.5	17 yrs & up	M	6-7:30pm	4	\$85.20	Feb 11	487987

For Adults 55+

55+ Membership prices. Prices do not include tax.
For the most up to date information, visit burnaby.ca/cameron

For more info, contact Sue McIntyre, Coordinator of Cameron Recreation Centre Senior Services at 604-297-4453.

Program	Day	Time	Session	Member Fee	Start	Barcode
Bus Trips						
Titanic - The Artifact Exhibition	Tu	10:30am-2pm	1	\$37.19	Jan 8	495168
Tsawwassen Mills Mall Exploration	Th	9:30am-3:30pm	1	\$14.44	Jan 24	495164
Campbell's Gold Honey Farm & Meadery (Abb.)	Tu	9:30am-3pm	1	\$18.56	Feb 12	495166
Pet Lover Show (Abbotsford)	Sa	9:45am-3:15pm	1	\$26.95	Feb 23	495244
YVR Tour	M	9:30am-2pm	1	\$12.94	Mar 11	495129
Culinary School Lunch & Granville Island	Th	10:45am-3:45pm	1	\$45.20	Mar 28	495127
Bridge Lessons - Beginner Level II	Th	1-3pm	8	\$58.40	Feb 7	485620
Watercolour Painting	Th	1-4pm	11	\$140.25	Jan 3	484657
Spanish - Beginner I	M	10am-12noon	9	\$67.50	Jan 21	484450
Spanish - Beginner II	W	1:30-3:30pm	10	\$75.00	Jan 23	484451
Spanish - Intermediate	W	9am-11am	10	\$75.00	Jan 23	484452
Spanish - Advanced	W	11am-1pm	10	\$75.00	Jan 23	484453
Uke Can Do It Beginner Ukulele	Tu	10:15-11:30am	8	65+ \$62.40, 64- \$78.00	Jan 15	485643
T'ai Chi - Beginners	M	10:15-11:30am	10	\$50.65	Jan 14	485627
T'ai Chi - Intermediate I	Tu	10:15-11:30am	10	\$50.65	Jan 15	485634
T'ai Chi - Intermediate II	M	11:30am-12:30pm	10	\$40.50	Jan 14	485635
Yoga - Gentler	Tu	12:15-1pm	11	\$42.90	Jan 8	484675
Yoga - Gentle	Tu	1:15-2:15pm	11	\$57.20	Jan 8	484676
Yoga - Gentle	F	9-10am	10	\$52.00	Jan 11	484678
Yoga - Seniors	Tu	2:30-3:30pm	11	\$57.20	Jan 8	484677
Yoga - Seniors	F	10:15-11:15am	10	\$52.00	Jan 11	484679
Chair Yoga	M	9:15-10:15am	9	\$46.80	Jan 7	485380
Chair Yoga	M	10:30-11:30am	9	\$46.80	Jan 7	485379
Osteofit	M	1-2pm	4	\$17.28	Jan 14	488752
Osteofit	M	1-2pm	4	\$17.28	Feb 25	488753
55+ Cycle & Strength	Tu	9:30-10:30am	4	\$21.44	Jan 8	488744
55+ Cycle & Strength	Tu	9:30-10:30am	4	\$21.44	Feb 12	488745
55+ Cycle & Strength	Tu	9:30-10:30am	3	\$16.08	Mar 12	488746
55+ Cycle & Strength	Th	9:30-10:30am	4	\$21.44	Jan 10	488742
55+ Cycle & Strength	Th	9:30-10:30am	4	\$21.44	Feb 7	488743
55+ Cycle & Strength	Th	9:30-10:30am	4	\$21.44	Mar 7	488748
Osteo For Life	Sa	10-11am	4	\$17.28	Jan 5	488727
Osteo For Life	Sa	10-11am	4	\$17.28	Feb 2	488728
Osteo For Life	Sa	10-11am	5	\$21.60	Mar 2	488729
New Members Tea	T	10:30am-12noon	1	No Fee	Jan 22	485388
New Members Tea	T	10:30am-12noon	1	No Fee	Feb 26	485387
New Members Tea	T	10:30am-12noon	1	No Fee	Mar 26	485389
Martial Gym	F	11:30am-12:30pm	6	\$24.30	Jan 18	485616

Seniors Health Focus Drop-in

2nd Wednesday each month, 8:45-11:30am
\$1.00 suggested donation

Health Focus promotes healthy living and wellness for seniors. Seniors can have their blood pressure checked and for a small fee, have their feet attended to by a team of foot care specialists. They can also attend a presentation about wellness topics that can be used in their daily lives. Health Focus is drop-in, but appointments are needed for foot care specialist. Call 778-228-6021.

Please watch the board in the Seniors Lounge for upcoming presentation topics.

Seniors' Society Membership

To take part in the 55+ activities, you need to purchase a membership. You can use the **single centre** fee if you usually take part in activities in only one centre or you can use the **multi-centre** fee if you enjoy taking part in activities in more than one centre. If you have any questions, please call 604-297-4453.

Single Centre: \$18.90 per year Multi-centre: \$45.30 per year

Remember to renew expiring memberships.

Regular checks are being conducted at all activities.

Drop into the Cameron Complex Arbutus Lounge between 9:30am-2:30pm, Monday to Friday, and speak to a hostess for more information. Our lounge can be reached at 604-415-3555.

	Program	Locatoins	Date	Time
Monday	Low Impact Fitness	Sports Hall	Ongoing	10:20-11:20am
	*Badminton	Sports Hall 3/4	Ongoing	11:30am-3pm
	*500 Cards	Cedar	Ongoing	12noon-1pm
	*Rummy-O	Spruce/Hemlock	Ongoing	12:30-4pm
	*Craft Group	Willow	Ongoing	1-3pm
	*Court Whist	Cedar	Ongoing	1-3pm
	*Sing-a-long	Spruce	Every other Monday	1:30-3:30pm
	Zumba Seniors	Maple	Ongoing	2:15-3:15pm
	*Computer Users One-to-One Help	Juniper	Ongoing	3-4:30pm
Tuesday	*Table Tennis	Sports Hall 3/4	Ongoing	7:20-9:15am
	Functional Fitness	Maple	Ongoing	9-10am
	*ESL	Cedar	Sign Up January 8	9am-12noon
	*Chinese Calligraphy	Willow	Ongoing	9:30-11:30am
	*Garden Club	Maple 1	Ongoing	10:15-11:45am
	*Artists' Studio	Cedar	Ongoing	12:30-3:30pm
	*Dominoes - Mexican Train	Willow	Ongoing	12:30-4pm
	*Carpet Bowling	Hemlock/Spruce	Ongoing	1-3pm
Wednesday	*Health Focus	Cedar/Juniper	2nd Wednesday	8:45-11:30am
	*Fan Tai Chi	Sports Hall 3/4	Ongoing	9-10:15am
	Low-Impact Fitness	Sports Hall	Ongoing	10:20-11:20am
	*Spanish Club Intermediate	Willow	Ongoing	11am-12noon
	*Kitchen Table	Maple	Ongoing	11:15am-12:15pm
	*Badminton	Sports Hall 3/4	Ongoing	12:30-3pm
	*Bingo (19 years & up)	Evergreen	Ongoing	12:30-4pm
	*Mah Jong	Willow	Ongoing	12:30-5pm
	*Bridge Drop-in Intermediate	Maple 1	Ongoing	1-3:30pm
Thursday	*Table Tennis	Sports Hall 3/4	Ongoing	7:20-9:15am
	Functional Fitness	Maple	Ongoing	9-10am
	*Creative Cards	Willow	Except 3rd Thursday	10am-12noon
	*Book Club	Willow	3rd Thursday	10:15-11:45am
	*Seniors Card Games	Maple	Ongoing	11:30am-1pm
	*Coffee Talk	Willow	Ongoing	1-2:30pm
	*Cribbage	Maple	Ongoing	1-3pm
Friday	*Chinese Dance	Cedar/Hemlock	Ongoing	9-11am
	*Mandarin Conversation	Juniper	1st & 3rd Friday	9:30-11:30am
	*Erhu Workshop	Cedar & Juniper	2nd & 4th Friday	9:30am-12:15pm
	Low-Impact Fitness	Sports Hall	Ongoing	10:20-11:20am
	*WHAT-A-Theatre	Willow	Watch for posted dates	11:30am-12:30pm
	*Table Tennis	Sports Hall 3/4	Ongoing	11:30am-1:30pm
	*Mah Jong	Cedar	Ongoing	12:30-5:30pm
	*Floor Curling	Maple	Ongoing	1-3pm
	*Carpet Bowling	Hemlock/Spruce	Ongoing	1-3pm
	*Bridge Drop-in Intermediate	Willow	Ongoing	1-3:30pm
	*Badminton	Sports Hall 3/4	Ongoing	1:30-3:30pm
	*Happy Hour Sing Together	Maple	Ongoing	3:30-5pm
	*Poker	Willow	Ongoing	6-10pm
Saturday	* Whist	Arbutus	Ongoing	11:30am-3pm
	* Iranian-Canadian Association	Maple	Ongoing (Sep-May)	2:30-5:30pm