

## Information

### Hours:

Monday – Friday  
9:00 am – 4:00 pm

### Address:

#205 – 5680 Ash Street  
Vancouver, BC  
V5Z 3G7

### Telephone:

604-263-1833

### Website:

[www.oakridgeseniorscentre.com](http://www.oakridgeseniorscentre.com)

### Email:

[coordinatoroakridgeseniors@gmail.com](mailto:coordinatoroakridgeseniors@gmail.com)

### Get Involved

Do you have a special talent? Are you a performer? Donate an hour of your time to work in the office, entertain our members, teach a workshop or give a presentation. Don't have time to volunteer – consider sponsoring a program or making a donation.

There are so many ways you could help.

## Membership

All memberships reset  
January 1, 2025

Please update your information and pay your fees at the reception desk.

Individual: \$35.00/year  
Couples: \$60.00/year

# Birthday Celebration



January 30<sup>th</sup>  
1:30 – 2:30 pm

Celebrating December & January Birthdays with cake and refreshments.

Register your birthday or sign up on the reception desk bulletin board.



Oakridge  
Seniors' Centre  
a great place to be...

January 2025





## Groups & Clubs

### Ukulele Circle

Bring your ukulele and favourite music for an hour of fun.

Monday 10:30 am – 11:30 am

### Knitting

Want to learn to knit or crochet? Already know how and want to get your projects finished? Join our social knitters group!

Wednesday 9:30 – 11:30 am

### Sing – A – Long

This fun group meets twice a month. All types of music is sung and shared. Come sing along with us!

Thursday 1:00 – 3:00 pm

January 2<sup>nd</sup> & 16<sup>th</sup>

### Please Register in advance for Programming

Many classes and events require a minimum number of participants or require special equipment that may need to be purchased. Thank you for your support!

## Classes

### Tai Chi

Explore the ancient art of gentle movement and meditation.

Monday 2:00 – 3:00 pm

\$10 members

\$12 non-member

### Fun & Fitness

Stay active, get in shape and improve your health.

Tuesday & Thursday 11:30 am – 12:30 pm

January 7<sup>th</sup> to February 27<sup>th</sup>

\$40 for 1 day a week

\$80 for 2 days a week

\$7 drop-in

### Line Dancing

Kick up your heels and show off your dance moves.

Wednesday 1:00 – 2:30 pm

\$6 members

\$8 non-members

### Zumba

Easy to follow choreography focused on balance, range of motion and coordination.

Friday 9:30 – 10:30 am

No class January 3<sup>rd</sup>

\$5 members

\$7 non-members

### Belly Dancing

Gently exercise your hips with a fun, low-impact workout.

Friday 1:30 – 2:30 pm

\$40 for 8 classes

\$7 drop-in



## Cards & Games

### Scrabble

Enjoy this classic word game in a fun social setting while polishing up on your spelling and vocabulary.

Monday 1:00 – 3:00 pm

Free for members

### Beginners Bridge

Join our friendly group of players! Everyone is welcome.

Tuesday & Friday 10:00 am – Noon

\$10 month

\$3 drop-in

### Mahjong

Join us to play this tile-based game that was developed in 19<sup>th</sup> century China.

Friday 1:00 – 3:30 pm

\$10 month

\$3 drop-in