

# Groups & Clubs

## Knitting

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

**Wednesdays 9:30 - 11:30 am**

## OSC Sing - A - Long

This fun group meets on the 1<sup>st</sup> & 3<sup>rd</sup> Thursday of the month. All types of music is sung and shared. Come sing along with us!

**Thursday 1:30 - 3:30 pm**

## Ukulele Circle

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

**Mondays 11:00 - 12:00 pm**

Do you have an idea for a group, class or social event? Maybe you'd like to run a program or volunteer with the Centre.

Speak to our coordinator today!

We are always looking to add more programming to our centre.



# Birthday Celebration

Join us the last Thursday  
of every month!

From 1:30 - 2:30 pm

Cake and refreshments will be served

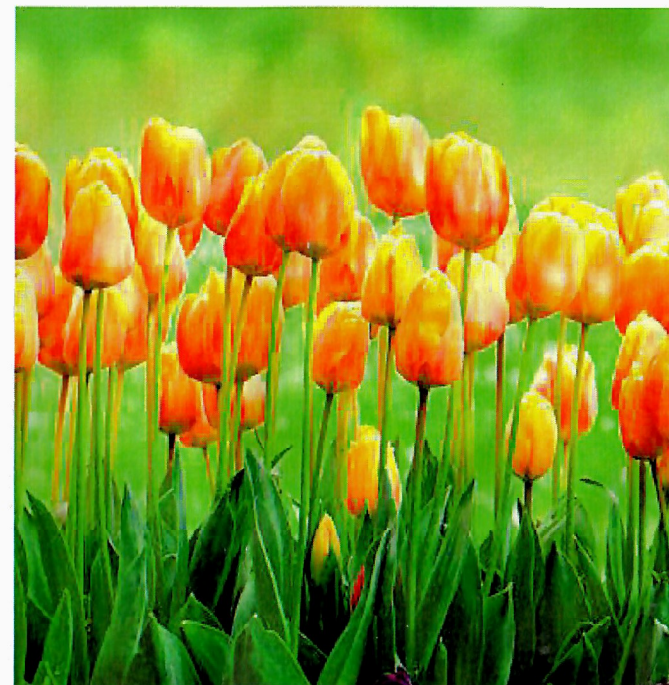
Sign up on the front desk bulletin

Space is limited



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

September 2022



# Information

## Hours of Operation

Monday - Friday  
9:00 am - 4:00 pm

## Address

5680 Ash Street  
Vancouver, BC, V5Z 3G7

## Telephone:

604 - 263 - 1833

## Website:

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

## Email:

coordinatoroakridgeseniors  
@gmail.com



## Membership:

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

## New Members from July:

Individual Membership: \$20.00  
Couples Membership: \$30.00

**FREE MEMBERSHIP FOR ALL UNTIL  
JANUARY 2023**

# Classes

## Chair Yoga

This seated yoga class incorporates breathing, guided meditation and gentle mobility of muscles and joints.

September 13<sup>th</sup> to October 11<sup>th</sup>

**Tuesday 2:00 - 3:00 pm**

\$35 / 5 classes \$8.00 drop-in

## Zumba Gold

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

**Fridays 9:00 - 10:00 am**

\$5 for members or  
\$7 for non-members

## Belly Dancing

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

September 9<sup>th</sup> - November 18<sup>th</sup>

\*No Class November 11<sup>th</sup>

**Fridays 1:00 - 2:00 pm**

\$40 / 8 classes \$7.00 Drop in fee

## Line Dancing

Kick up your heels and perfect your dance moves.

**Wednesdays 1:00 - 2:30 pm**

\$6 for members  
\$8 for non-members

## Ukulele Lessons

Join our new instructor Joe to learn a new musical skill or polish your musical abilities.

September 15<sup>th</sup> - November 17<sup>th</sup>

**Thursday 10:30 - 11:30 am**

\$100 / 10 classes

# Cards & Games

## Beginners Bridge

Join our friendly group of players! Everyone Welcome.

**Tuesdays and Fridays 10 am - Noon**

\$25 / 3 Months

\$10 Month or \$3 drop-in

## OSC Bridge Tournament

Sharpen your skills and join us on the second Thursday of every month.

**Thursdays 12:00 - 4:00 pm**

\$3.00 / Month or \$30.00 a year

## Mahjong

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

**Tuesdays 1:00 - 4:00 pm**

\$10 / month or \$3.00 drop-in

## Scrabble

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

**Mondays 1:00 - 3:00 pm**

Free

