

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

Email:

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, 2024.

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

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

Birthday Celebration



May 30, 2024
1:30 – 2:30 pm

Celebrate April 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...

May 2024





Groups & Clubs

Ukulele Circle

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

Mondays 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!

Wednesdays 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, May 2nd & 16th

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.

Mondays 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

March 12th – June 6th

No Classes May 21, 23 & 28

\$45 for 1 day a week

\$90 for 2 days a week

\$7 drop-in

Line Dancing

Kick up your heels and show off your dance moves.

Wednesdays 1:00 – 2:30 pm

\$6 members

\$8 non-members

Zumba

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

Fridays 9:30 – 10:30 am

\$5 members

\$7 non-members

Belly Dancing

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

Fridays 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.

Mondays 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 19th century China.

Fridays 1:00 – 3:30 pm

\$10 month

\$3 drop-in

