

ADULT EDUCATION

Sept 2017 - Feb 2018

Photo: Tania Clarke



Vancouver
Botanical
Gardens
Association

5251 Oak St. at West 37th Ave, Vancouver BC V6M 4H1
Bloedel Conservatory: at the top of Queen Elizabeth Park
www.VanDusenGarden.org

BOTANY & ECOLOGY

New! The Conifer Collections of VanDusen

Further your plant ID skills outside using the conifer collections at VanDusen. Garden staff Samantha Sivertz will cover identification, ecology, history and cultural significance of different trees. Sam's engaging teaching style weaves stories with the science - learn about researchers, explorers, and folklore, plus medicinal, practical and ceremonial uses. Discover handy tips and tricks to help you remember the trees. Be ready to spend the afternoon walking outside in the Garden, rain or shine. Limited to 15 participants.

Conifers of North America: Sat. Sept 16, 1:30 - 4 pm

Conifers of East Asia: Sat. Oct 14, 1:30 - 4 pm

Cost per session: Member: \$36 / Non-member: \$40

Instructor: Samantha Sivertz

New! Tree Walk

Spend an early-autumn morning with Egan Davis exploring the Garden's vast collection of trees from around the globe. Learn a little tree ecology, hear interesting stories, and find out what trees are best suited for urban settings, attracting wildlife, or can add seasonal interest to your garden. This class is entirely outdoors - be prepared to walk, rain or shine. Limited to 15 participants.

Sat. Sept 23, 10 am - 12 pm | Member: \$27 / Non-member: \$30

Instructor: Egan Davis

Introduction to Bird Watching

Learn how to train your eyes and ears to find, observe, and identify birds during this intro class with VanDusen's long-time birding guide, Jeremy Gordon. He will cover basic guidelines, tips and techniques of bird watching, and best resources to continue birding in Vancouver. Class includes an indoor presentation, and a walk through the Garden to look for some of the 87 species of birds seen here. Dress for the weather, bring binoculars and a field guide if you have them. Class is limited to 18 people.

Sun. Sept 24, 10 am - 12:30 pm | Member: \$36 / Non-member: \$40

Instructor: Jeremy Gordon

TELL A TEACHER!

We're holding professional development workshops at VanDusen Botanical Garden. Check our website for details. Financial support provided by Vancouver Master Gardeners. **Price per workshop:**
Member: \$31.50 / Non-member: \$35

School Garden Ecology Workshop

Fri. Sept 20, 10 am - 3 pm

or Fri. Feb 23, 2018, 10 am - 3 pm

Inspire Environmental Awareness in your Students

Fri. Oct 20, 10 am - 3 pm

Drawing Nature: For K-12 Teachers

Fri. Oct 20, 10 am - 3 pm



New! Introduction to the World of Mushrooms

Join experienced mycologists, Paul Kroeger and Sharmin Gamiet, for an evening focussing on local native species of mushrooms. They will discuss fungal ecology and importance in forest ecosystems, and introduce how to identify different mushroom families based on physical macroscopic characteristics. Species of special interest, e.g. edible, toxic, will also be discussed, and freshly collected or dried specimens will be on display for viewing. Presented in collaboration with the Vancouver Mycological Society. VMS members can also enjoy the discounted rate with proof of membership.

Wed. Oct 11, 7 - 9 pm | VMS or VBGA Member: \$22.50 / Non-member: \$25

Speakers: Paul Kroeger & Sharmin Gamiet

PLANTS & PEOPLE

New! Herbs and Spices - from the World to your Home

Coriander, caraway, fennel seed, mustard, mint, bay, garlic, basil – discover the global importance of these and other herbs and spices through a culinary and historical lens. Learn how they shaped the world, and our palate, and which plants can be easily grown in your garden. Herbs and spices were highly valued, traded as currency, and drove advances in trade, exploration and medicine, while also leading to strife and even war. Learn how they impart key flavours and also give us specific protective, nutritional and/or medicinal benefits.

Wed. Oct 4, 6:30 - 9 pm | Member: \$36 / Non-member: \$40

Instructor: Claire Smith

Bitters: From Snake Oil to Artisanal Cocktails

Made with infusions of roots, barks, fruit peels, seeds, spices, herbs and flowers, the spectrum of flavours that can be achieved with bitters is seemingly limitless. Take a journey through the fascinating history of bitters, beginning as herbal remedies in the 17th century, into a multi-million dollar industry with bold claims of curing ailments of all kinds in the 19th century, through to prohibition and the recent re-emergence in modern cocktails. Sip on cocktails made with local spirits while we explore some of the botanicals commonly used as bittering agents and discuss current uses in drinks to try at home. *Ages 19+ only.*

Thurs. Nov 16, 7 - 8:30 pm | Member: \$36 / Non-member: \$40

Price w/o cocktails: Member: \$31.50 / Non-member: \$35

Instructor: Cole Benoit



New! Ethnobotany Walk in the Tropics

Come up to Bloedel Conservatory for a walk through a warm mini rainforest, led by Education Director, Gillian Drake. Enjoy stories of plants and cultures in tropical lands, see plants that we all love to eat and drink, and make the connection between bromeliads and poison-tipped blow darts used for hunting in the jungle. Fee includes conservatory admission. Limited to 12 participants.

Tues. Nov 7, 10:30 - 11:45 | Member: \$16.20 / Non-member: \$18

Instructor: Gillian Drake

New! Great Herbal Gifts for the Holidays

Looking for that perfect homemade gift from the garden? Join Claire for an evening of discovering gift ideas for everyone on your list! We'll discuss how to make a soothing salve for hard working hands, lavender sleep pillows, and linen sachets to protect fine textiles. For the gourmet in the family, learn how to DIY culinary vinegar like strawberry thyme, herbal salts with rosemary, lemon, or thyme, and sugars such as lemon verbena or vanilla. Participants will each make a herbal salt to take home, with herbs donated by Westham Island Herb Farm.

Wed. Nov 8, 6:30 - 9 pm | Member: \$36 / Non-member: \$40

Instructor: Claire Smith

GARDENING & DESIGN

New! Fall Planting and Winter Garden Prep

This class offers a great overview on how to plan your fall plantings, as well as which garden preparations are best done before winter arrives. Join VanDusen Gardener Casey for a look at a variety of plants to get into the ground at this time, including trees and shrubs, and best practices for winterizing your garden including perennial division, mulching and bed preparations to enhance soil nutrients during the cold and wet season. Class includes a walk in the Garden with demonstration of planting techniques.

Sat. Sept 16, 9:30 am - 12:30 pm | Member: \$36 / Non-member: \$40

Instructor: Casey Werfl

New! Janis' Top Trees and Shrubs

Discover Janis' favourite low maintenance trees and shrubs for year-round enjoyment in home gardens. Janis will discuss easy maintenance from the perspective of pruning (or lack thereof), drought tolerance, cleanliness, and other characteristics. Class includes a Garden walk to see trees at mature sizes.

Wed. Sept 20, 6 - 8:30 pm | Member: \$36 / Non-member: \$40

Instructor: Janis Matson

Permaculture: An Introduction

Permaculture is a philosophy of purposefully working with nature, maximizing useful connections between components of the landscape and the resulting synergy of the final design. This overview will cover the definitions, concepts and principles of permaculture. Participants will learn through lecture, discussion, observation of the patterns and relationships already present in nature, and a walkabout in the Garden where we can view space through the lens of permaculture to solidify what we learned in the classroom.

Sat. Sept 23, 10 am - 12:30 pm | Member: \$36 / Non-member: \$40

Instructor: Justin Schneider

New! How to Grow an Edible Garden this Winter

The end of summer doesn't have to mean the end of your edibles! Join Jennifer for an afternoon of learning what and how to plant for continuous harvest this winter, and discovering some of the best varieties of veggies for the cooler growing season. Look at design ideas for diverse growing spaces and conditions to help you develop a winter plan for your space, and work on some plant combinations to try out at home. Receive a sample seed pack to get your autumn edible garden started.

Sat. Sept 23, 1 - 4 pm | Member: \$45 / Non-member: \$50

Instructor: Jennifer Lipka

New! Indoor Vertical Gardens

Explore living walls, window farms, and other vertical systems that add plenty of greenery to your home or office without taking up much space. Learn of the benefits and the various systems that can be used to set up indoor vertical gardens, so you can enjoy a variety of plants year-round. Learn principles of planning a successful vertical garden, managing water and light requirements, and which plants are most suitable. Leave class feeling inspired to transform your home into a natural work of art!

Wed. Sept 27, 6:30 - 9 pm

Member: \$36 / Non-member: \$40

Instructor: Dr. Yael Stav

*K-12 teachers are eligible
for free Gardening, Botany
and Ecology courses.
Call 604-718-5898 for info.*

Permaculture: Food Forests

Take a deeper look into the concepts of permaculture, and learn how to design and create a diverse garden that yields food and provides habitat. This course will explore the layers of a food forest (including trees, shrubs and perennials), and will cover urban-appropriate species, natural plant communities and plant guilds. Includes a guided garden tour of plant species appropriate for an urban food forest, and what they can offer for food and habitat.

Sun. Oct 1, 10 am - 12:30 pm | Member: \$36 / Non-member: \$40

Instructor: Justin Schneider

Soil Lab for Gardeners

Get a practical understanding of your soil with this workshop that combines lecture and hands-on lab activities using soil from participants' gardens. Egan will lead the group through an analysis of the structure and texture of their soil, test the pH, and look for living soil organisms. Pooling the results to look for trends and connections, you will interpret the results, compare the different soils and discuss how it relates to healthy plants and gardens. Bring a small sample of your soil (approx. 2 cups) in a clear jar with a good lid.

Sat. Oct 14, 10 am - 12:30 pm | Member: \$36 / Non-member: \$40

Instructor: Egan Davis

Fun with Ferns

Ferns are graceful, dependable and low maintenance, and will thrive in most gardens. These fuss-free beauties have a delicate appearance, yet most are highly adaptable and hardy in average garden conditions. This class will explore how to incorporate ferns into your garden, offering interesting textural contrast to other plants. Learn which species are drought tolerant vs needing moisture, which are evergreen, and which are native to BC.

Wed. Oct 18, 6:30 - 9 pm | Member: \$31.50 / Non-member: \$35

Instructor: Janis Matson

Winter Pruning

During this seasonal look at pruning, join VanDusen gardener, Casey Werfl, for an overview of the fundamentals of pruning, and specifics on tree and shrub structure. This time of year is perfect for seeing how the structure of trees and shrubs can be modified with pruning, and how the plant will respond. Pruning vines will also be discussed. Course will include ample time in the Garden to examine plants in need of pruning, see the results of past pruning, and demonstrate proper techniques and clever tips. Limited to 15 participants.

Sat. Oct 21, 10 am - 2 pm

Member: \$72 / Non-member: \$80

Instructor: Casey Werfl

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New! Enjoy Microgreens and Sprouts all Winter

Microgreens and sprouts are delicate, young plants that are harvested while tiny and tasty to use in salads, sandwiches, soups and more. These healthy little bursts of flavor can be easily and quickly grown at home year-round. We will have different types of microgreens and sprouts already growing for you to sample while learning about the difference between sprouts and microgreens, what the easiest and best varieties are to grow and how to do it. We'll discuss types of containers, sunlight requirements, and storage. Make your own unique seed packets of mixed microgreens to take home and start to grow.

Sat. Nov 4, 10 am - 12:30 pm | Member: \$36 / Non-member: \$40

Instructor: Jennifer Lipka

Easy-to-Grow Native Plants

With close to 3,000 species of plants native to BC, there is something beautiful and easy to grow for every home garden. Native plants are well-adapted to our climate and geography, support beneficial wildlife, and contribute to a healthy and resilient urban ecosystem. Understand the similarities between the conditions in your garden and local natural areas, and how to integrate native plant species into your garden for stylish and low maintenance results.

Wed. Nov 15, 6:30 - 9 pm | Member: \$31.50 / Non-member: \$35

Instructor: Janis Matson

New! Essentials of Landscape Design

Spring is just around corner, so it's time to start thinking about garden design. Whether it's a formal entrance to your home, or a cozy retreat in the backyard, there are essential landscape design principles that should be considered. This 2-part workshop will cover the importance of the environmental details of the site such as the soil, grade or slope, sun exposure and natural water or irrigation. Janis will also discuss basic parameters of design such as focal points, scale, odd numbers, colour, balance and more. Bring photos of your garden to work on getting your design started.

Wed. Jan 24 & 31, 6:30 - 9 pm | Member: \$63 / Non-member: \$70

Instructor: Janis Matson



Veggies - What to Grow and When to Sow

For new (or always improving) vegetable gardeners, this course will cover the basics on what are the best veggies to grow in our climate, and how to successfully get started. Jennifer will discuss which plants should be purchased as seedlings, which should be grown from seed, and when they should be planted. Successful seed growing tips will include soils, how to prepare and sow the seeds, hardening off and transplanting seedlings.

Sat. Feb 17, 10 am - 12:30 pm | Member: \$36 / Non-member: \$40

Instructor: Jennifer Lipka

New! Spiral Herb Gardens: Easy, Efficient and Beautiful!

A spiral garden is typically a small herb garden that makes optimal use of three dimensional space, through a classic, naturally beautiful design. As different areas of the spiral garden have varying amounts of sun exposure and drainage, microclimates are created, enabling a diversity of plant species to grow in a small area. Learn how to set up your own spiral garden as an easy DIY project. The result is compact, accessible, thoughtful and aesthetically pleasing, making it a wonderful centerpiece in your garden. Great for school gardens too!

Wed. Feb 21, 6:30 - 8:30 pm | Member: \$36 / Non-member: \$40

Instructor: Dr. Yael Stav

Renovation Pruning

This course with long-time VanDusen gardener, Casey Werfl, takes a seasonal look at pruning, with focus on flowering shrubs, and renovation pruning. Casey will give a brief overview of the universal guidelines and logic for pruning, and some basic botany to help you understand how plants respond to being pruned. Class will cover knowing when and how to prune flowering shrubs for maximum blooms, and how to rejuvenate a plant and stimulate lots of new growth through renovation pruning. Course will include a walk in the Garden to examine plants in need of pruning and how to do it, see the results of past pruning and demonstrate proper techniques. Dress for the weather.

Sat. Feb 24, 10 am - 2 pm | Member: \$72 / Non-member: \$80

Instructor: Casey Werfl

New! Designing for Lawn Replacement

Garden designs have been gradually moving away from lawns as a main feature, whether it be to avoid chafer beetle destruction, have a more water-wise garden, or a generally more creative and lush outdoor space. Discover inspiring lawn-less designs and how to implement them in your own garden while taking into consideration areas for entertaining, water use/irrigation, drought tolerance, interesting plant combinations, ground cover, perennial alternatives and mixing hard surfaces.

Wed. Feb 28, 6:30 - 9 pm | Member: \$31.50 / Non-member: \$35

Instructor: Janis Matson

BOTANICAL ARTS

All botanical art classes are limited to 15 students unless otherwise noted.

New! Seaweed Pressing Workshop: Preserving Autumn Specimens

Learn to press and preserve gorgeous seaweeds in a variety of colours, textures and sizes. We will identify some common West Coast species, learn how to ethically collect your harvest, and store it. Create three mounted specimens in a DIY plant press to take home. All supplies are included. Limited to 12 students.

Sat. Sept 9, 10:30 am - 12:30 pm | Member: \$49.50 / Non-member: \$55

Instructor: Dana Mulder



Seaweed art by Dana Mulder

Chigiri-e Paper Art Workshops

Chigiri-e is a Japanese art form using pieces of hand-dyed washi paper to create beautiful and detailed images. The result can resemble a watercolour painting with a delicate texture. Leanne will provide a step-by-step introduction to the technique, and guide you through completing an image. Supplies included. Class limited to 10 students. Three new courses are available:

Pansies: Thurs. Sept 14, 1:30 - 4:30 pm | Member: \$63 / Non-member: \$70

'Fall' in Love: Thurs. Oct 12 & 19, 1:30 - 4 pm (2-part class)

Member: \$108 / Non-member: \$120

Die Winterreise: Thurs. Nov 16, 1:30 - 4:30 pm

Member: \$63 / Non-member: \$70

Instructor: Leanne Hildebrand



Detail of work by Susan Pearson

New! Watercolour Troubleshooting Workshop with Susan

Bring your watercolour painting questions and challenges to this workshop, and Susan will offer as much one on one help as possible along with group demonstrations. Topics like creating different textures and the illusion of dimension will be discussed. Practice working from still life and creating landscapes from subject matter. Bring your own watercolour painting supplies. A list can be provided upon request.

Thurs. Sept 21, 10 am - 2 pm | Member: \$54 / Non-member: \$60

Instructor: Susan Pearson

Creative Photography Principles 1

Enjoy the beautiful setting of the Garden while you hone your photography skills. Melissa will discuss the most important elements and principles of what makes a great photograph such as space, emphasis, rhythm, variety, and more. You will be guided through practical exercises and spend plenty of time in the Garden to practice and explore your creativity. Gain valuable input during a feedback session, and finish class feeling more confident. Bring your camera with USB cable, empty memory card, and user manual, and your lunch. Dress for the weather - rain or shine.

Sat. Sept 23, 10:30 am - 4:30 pm | Member: \$72 / Non-member: \$80

Instructor: Melissa Clark

New! Demystifying Colour - A Watercolour Workshop

Seeing colour is something you do everyday - but how do you transfer this onto paper? This class is all about colour mixing, using watercolour. For example, how many greens can you make? How do you make warm or cool colours?... and more. Bring your questions and be ready to play! Participants will be encouraged to develop their colour sense through experimentation. With a number of easy exercises we will demystify how to make the colours we see around us. Bring your own watercolour painting supplies. A list can be provided upon request.

Thurs. Sept 28, 10 am - 2 pm | Member \$54 / Non-member \$60

Instructor: Susan Pearson

Drawing Nature

This three-part workshop is for everyone who finds inspiration in nature, and wants to improve their ability to capture the beauty or the detail through drawing. Learn through fun exercises with different drawing techniques using pencil, pen and ink. The days will be spent both in the classroom, and outside in the Garden (weather permitting). A supply list will be provided on your receipt.

Fridays, Sept 29, Oct 6 & 13, 10 am - 12:30 pm (3 classes)

Member: \$99 / Non-member: \$110

Instructor: Katharine Dickinson

New! Creative Photography Principles 2

Build upon your understanding of photography principles, such as the effects of speed and lighting. Using traditional techniques such as shooting in black & white, we will dive deeper into what makes a great photograph, and why. A feedback session will be the finishing touch to this class. This class is for participants who have taken class #1 or have some previous knowledge and experience, and are looking to develop their skills. Bring your camera with USB cable and empty memory card. Bring your user manual if possible, a lunch, and be prepared to walk in the garden rain or shine.

Sat. Sept 30, 10:30 am - 4:30 pm | Member: \$72 / Non-member: \$80

Instructor: Melissa Clark

New! Natural Dyes from Your Garden

Explore the many beautiful colours you can derive from the “weeds” and flowers growing in your own garden, or even from some common kitchen compostables. Tour the Garden to learn which plants and plant parts can offer vibrant colours to your dye pot. Learn techniques for storing these dyes and a brief history of this fascinating fiber art. You will each prepare two solar jars to naturally dye your own skeins of wool. All supplies are included.

Sat. Sept 30, 10:30 am - 12:30 pm | Member: \$49.50 / Non-member \$55

Instructor: Dana Mulder

Painting with Watercolour

Take an trip through painting, finding inspiration in the vibrant colours of fall foliage, blooms, and even squash in our fall series. Be inspired by texture and form in our winter series. Susan’s group and individual instruction ensures that each participant can progress at their right pace as they develop techniques such as layering of colour, wet into wet, dry brush, splattering and using salt.

This course is suitable for novices or those seeking a refresher on watercolour techniques. Bring your own watercolour painting supplies.

Fall series: Thursdays, Oct 5 - Nov 2, 10 am - 12:30 pm (5 classes)

Winter series: Thursdays, Jan 18 - Feb 15, 10 am - 12:30 pm (5 classes)

Member: \$171 / Non-member: \$190 | Instructor: Susan Pearson

Digital Photography Workshop in the Autumn Garden

Expand your photographic knowledge, technique, and understanding of a digital camera's functionality to improve your photos while using the autumn Garden as your inspiration. This course will touch on principles of digital photography and the common functions on digital cameras. This workshop combines brief lecture, plenty of time taking photos outdoors in the Garden, and an extensive group feedback session. Bring your camera, empty memory card, a lunch and dress for the weather. Bring a large umbrella if it rains.

Sat. Oct 21, 10:30 am - 4:30 pm | Member: \$72 / Non-member: \$80

Instructor: Ron Long

Botanical Illustration

Learn how to draw plants from an aesthetic and botanical perspective while improving your observation and artistic skills. This six-session course is ideal for anyone wishing to learn the basics of botanical drawing. Students will be given step-by-step instructions on how to progress through botanical drawing projects using graphite pencil and watercolour washes. Katharine will guide students through contour and gesture drawing exercises, followed by longer studies using line and tonal drawing techniques. A supply list can be provided upon request following registration.

First Series: Fridays, Oct 27 - Dec 1, 10 am - 12:30 pm (6 classes)

Second Series: Fridays, Feb 2 - Mar 9, 10 am - 12:30 pm (6 classes)

Cost per series: Member: \$207 / Non-member: \$230

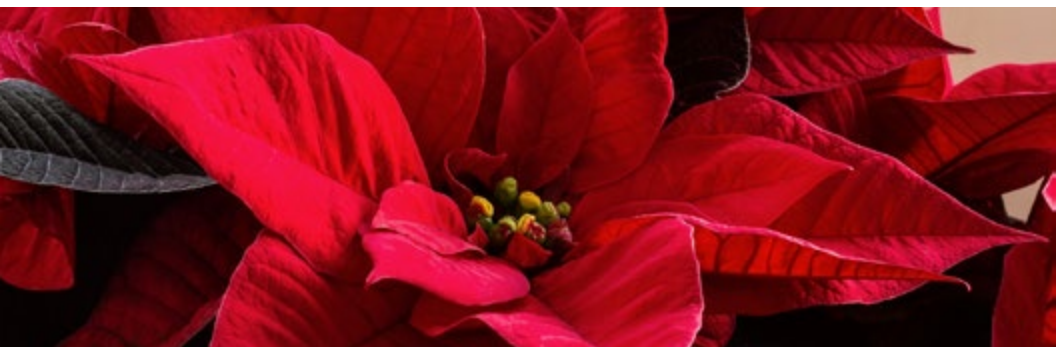
Instructor: Katharine Dickinson

Holiday Watercolour Cards

Paint your own unique watercolour greeting cards using poinsettia, holly and berries as your festive still life subjects. We will create these little works of art using techniques such as subtle layers of washes, wet on wet, wet on dry, and using the white of the paper to create snow covered landscapes. Bring your own painting supplies and a lunch; we will provide six 5" x 7" blank art cards per participant. Some painting experience is recommended. A supply list can be provided upon request.

Thurs. Nov 23, 10 am - 2 pm | Member: \$63 / Non-member: \$70

Instructor: Susan Pearson



Festival of Lights Photography Workshop

Develop your night time photography skills and have fun playing with light in the sparkling beauty of VanDusen's Festival of Lights. The first part of class will consist of a presentation indoors, followed by plenty of time out in the Garden to shoot photos. A discussion will follow for a chance for some feedback with the instructor and the group. Rain or shine – bring a large umbrella if it rains.

Wed. Dec 6, 3:00 - 8:30 pm | Member: \$63 / Non-member: \$70

Instructor: Ron Long

New! Drawing Vegetables

This one-day workshop explores how to draw some seasonal vegetables: squash, root veggies, winter greens, and more! Learn how to capture their natural beauty through fun exercises using live examples with different drawing techniques with pencil, pen and colour washes. Watercolour and brushes will be provided. Bring your own 11x14 multimedia sketchbook, and an HB or 2B pencil.

Fri. Jan 19, 10 am - 2 pm | Member: \$54 / Non-member: \$60

Instructor: Katharine Dickinson

Drawing Birds in the Conservatory

Whether it's purely for the fun of drawing, or to strengthen observation skills for studying birds, learn how to capture the plain form and some essential features of birds with simple sketches. This class will start in the classroom at VanDusen, practicing drawing simple shapes, exploring straightforward and quick sketching techniques with taxidermy samples from the Stanley Park Ecology Society. We will then move up to Bloedel Conservatory to practice while observing real birds in a warm and tropical environment. Bring lunch, an HB pencil, and sketch book.

Sat. Feb 10, 10 am - 3 pm | Instructor: Katharine Dickinson

Member: \$72 / Non-member: \$80

New! Creative Photography: Tropical Textures

Bring your camera as we hunt for tropical treasures that are waiting to be photographed. Beginning in the warmth of Bloedel Conservatory, this class will highlight environmental textures and colours found here, and how to capture them creatively with your lens. We will make our way to VanDusen Botanical Garden for a lunch break and feedback session. Bring your camera with USB cable and empty memory card. Bring your user manual if possible, and a lunch.

Sat. Feb 17, 10:30 am - 4:30 pm | Member: \$72 / Non-member: \$80

Instructor: Melissa Clark



HEALTH & WELLNESS

MultiPasses

MultiPasses can be used for any fitness and yoga classes and expire one year after the first class use. Want to try before you buy? Your first class is FREE!

MultiPass x 6: Member: \$90 / Non-member: \$100

MultiPass x 12 (best value!): Member: \$162 / Non-member: \$180

Don't want a pass? Single drop-in fees: Member: \$18 / Non-member: \$20

MultiPasses can be purchased online or by phone. Use your pass to register for classes in advance online, or call 604-718-5898.

Yin Yoga and Meditation

Yin yoga is a slow-paced style of yoga that focuses on stimulating the connective tissues of the body with the intention of increasing circulation in the joints and improving flexibility. The slow, mindful nature of yin yoga blends perfectly with a meditation practice. Bring a yoga mat, any props you may wish to use, and a light blanket or towel. Class takes place in the beautiful VanDusen Guides Classroom with garden views.

Mondays, Sept 18 - Nov 20 (8 classes, no classes Oct 9, Nov 13) 10:15 - 11:30 am

Mondays, Jan 15 - Feb 26 (6 classes, no class Feb 12) 10:15 - 11:30 am

Instructor: Timothy Martin

Brain and Body Workout for Boomers and Beyond

This class, designed by Kinesiologists and Occupational Therapists, is an evidence-based program to improve both physical and brain conditioning. The first half of the class combines physical conditioning exercises (cardiovascular, balance, strength, coordination) with rhythm, creativity, memory, kinesthetic learning, and cognitive play. The second half includes exercises for flexibility, core, posture, followed by visualization, meditation, and deep relaxation. Participants describe this class as "fun", "exciting", "refreshing" and "soothing".

Tuesdays, Sept 12 - Nov 28 (12 classes), 10:30 - 11:30 am

Tuesdays, Jan 9 - Mar 13 (10 classes), 10:30 - 11:30 am

Instructor: Love Your Age Fitness

Better Balance Workout for Seniors

This is a gentle class for all levels, focused on balance and mobility for fitness and for preventing falls. Exercises can be done seated or standing, and participants will increase their functional strength and mobility, core stability, lower body strength, and improve their balance.

Wednesdays, Sept 13 - Nov 29 (12 classes), 12 - 12:45 pm

Wednesdays, Jan 10 - Mar 14 (10 classes) 12 - 12:45 pm

Instructor: Love Your Age Fitness

New! Gentle Yoga

Start your day with this gentle yoga practice; relieve tension held in hips, spine and shoulders to deeply relax your body. Postures are instructed with care and attention on alignment, offering options for all levels. Through breath-guided movement and mediation we balance the nervous system and calm the mind. You will feel relaxed and at ease after class. Suitable for beginners or students looking for a gentle practice. Bring a yoga mat and a light blanket or towel. Recommended (but not required) props: pad, block, strap or belt. Class takes place in the beautiful VanDusen Guides Classroom with garden views.

Wednesdays, Sept 20 - Nov 22 (10 classes) 10:15 - 11:30 am

Wednesdays, Jan 17 - Mar 21 (10 classes) 10:15 - 11:30 am

Instructor: Nadine Spitteler

REGISTRATION

Advance Registration is recommended for all programs

- **Option 1:** Go online at www.vandusengarden.org/register
- **Option 2:** Call 604-718-5898 between Tues. - Fri. 10 a.m. - 4 p.m. and have your credit card ready.

Cancellation and Refund Policy

- **Two weeks notice:** receive a refund, less a \$15 administration fee.
- **One week notice:** no refunds, but will receive a credit towards a future course, less a \$10 administration fee.
- **Less than one week:** no refunds or credit will be given.
- **Transferring to another course** is subject to a \$10 administration fee.

Printed with veggie inks on 100% recycled paper.

*Read about our instructors at
[vandusengarden.org/learn/
instructors](http://vandusengarden.org/learn/instructors)*

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