



## WAYS TO SUPPORT US

### VOLUNTEERS NEEDED

- health professionals for blood pressure checks and nutritional consultations
- trained masseuse (or willing to be trained)
- site assistants
- educational and social event assistants

### BECOME A MEMBER

Arrive early to class and register with the site coordinator

### DONATE!

Donations may be sent to:

North Shore Keep Well Society  
1733 Lions Gate Lane  
North Vancouver, BC V7P 0C7

Official tax receipts will be issued over donations \$25.00

CRA Charitable Registration No.  
897468351 RR0001

## FUNDING PARTNERS

- Vancouver Coastal Health
- PARC Retirement Living
- District of North Van
- City of North Van
- District of West Van
- North Shore Community Foundation
- West Van Community Foundation
- Community Service Clubs

## COMMUNITY PARTNERS

- North Van Rec and Culture
- Silver Harbour Seniors Centre
- North Shore Neighbourhood House,
- West Van Seniors Activity Centre
- WV and NV Kiwanis Centres.

Brochure sponsored by



Our mission is to encourage and assist older adults to keep themselves well by leading active and independent lives.

## FITNESS CLASSES for Seniors 55+

### Mild Cardio, Strength, and Balance Exercises

plus

### Presentations Social Events

In-person drop-in classes offered at 9 different sites throughout the North Shore

plus

Virtual classes via Zoom

Keep Well Society is a community-based, not-for-profit charitable organization serving the community for over 35 years.

# KEEP WELL FITNESS CLASS SCHEDULE

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p style="text-align: center;"><b>Zoom Virtual Exercise Class</b></p> <p>Online: to register contact <a href="http://www.keepwellsociety.ca">www.keepwellsociety.ca</a></p> <p>9:00 - 10:00 Mild Exercise</p>	<p style="text-align: center;"><b>Parkgate Community Centre</b></p> <p>3625 Banff Court North Vancouver</p> <p>9:30 Mild Exercise 10:30 Social Hour &amp; activities</p>	<p style="text-align: center;"><b>Zoom Virtual Exercise Class</b></p> <p>Online: to register contact <a href="http://www.keepwellsociety.ca">www.keepwellsociety.ca</a></p> <p>9:00 - 10:00 Mild Exercise</p>	<p style="text-align: center;"><b>Lions Gate Community Centre</b></p> <p>1733 Lions Gate Lane North Vancouver</p> <p>9:30 Mild Exercise 10:30 Social Hour &amp; activities</p>	<p style="text-align: center;"><b>Silver Harbour Seniors Centre</b></p> <p>144 East 22nd Street North Vancouver</p> <p>9:30 Mild Exercise 10:30 Social Hour &amp; activities</p>
<p style="text-align: center;"><b>North Shore Neighbourhood House</b></p> <p>225 East 2<sup>nd</sup> Street North Vancouver</p> <p>9:30 Mild Exercise 10:30 Social Hour &amp; activities</p>		<p style="text-align: center;"><b>Silver Harbour Seniors Centre</b></p> <p>144 East 22<sup>nd</sup> Street North Vancouver</p> <p>9:30 Mild Exercise 10:30 Social Hour &amp; activities</p>	<p style="text-align: center;"><b>NEW - Lynn Woods Kiwanis Centre</b></p> <p>2551 Whiteley Court North Vancouver</p> <p>9:30 Mild Exercise 10:30 Social Hour &amp; activities</p>	
			<p style="text-align: center;"><b>West Vancouver Kiwanis Centre</b></p> <p>959 21 Street West Vancouver</p> <p>9:30 Mild Exercise 10:30 Social Hour &amp; activities</p>	
<p style="text-align: center;"><b>Delbrook Community Centre Arbutus Room</b></p> <p>851 West Queens Road North Vancouver</p> <p>11:00 Mild Exercise 12:00 Social Hour &amp; activities</p>		<p style="text-align: center;"><b>West Vancouver Seniors Activity Center</b></p> <p>695 – 21<sup>st</sup> Street West Vancouver</p> <p>11:15 Mild Exercise 12:00 Social Hour &amp; activities</p>		

The North Shore Keep Well Society acknowledges that we are on the unceded territories of the Coastal Salish people, including the Skwxwú7mesh (Squamish), xʷməθkʷəy̓əm (Musqueam) and Səl̓ílwətaʔ/Sel̓íl̓witulh (Tsleil-Waututh) Nations

**Tel: (604) 988-7115 ext 3001**

**Email: [keepwellsociety@telus.net](mailto:keepwellsociety@telus.net)**

**Website: [www.keepwellsociety.ca](http://www.keepwellsociety.ca)**