



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/Self-paced 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
Zoom Virtual Exercise Class Online: to register contact www.keepwellsociety.ca 9:00 - 10:00 Mild Exercise	Parkgate Community Centre 3625 Banff Court North Vancouver 9:30 Mild Exercise 10:30 Social Hour & activities	Zoom Virtual Exercise Class Online: to register contact www.keepwellsociety.ca 9:00 - 10:00 Mild Exercise	West Vancouver Kiwanis Centre 959 21 Street West Vancouver 9:30 Mild Exercise 10:30 Social Hour & activities	Silver Harbour Seniors Centre 144 East 22nd Street North Vancouver 9:30 Mild Exercise 10:30 Social Hour & activities
North Shore Neighbourhood House 225 East 2 nd Street North Vancouver 9:30 Mild Exercise 10:30 Social Hour & activities		Silver Harbour Seniors Centre 144 East 22 nd Street North Vancouver 9:30 Mild Exercise 10:30 Social Hour & activities	NEW - Lynn Woods Kiwanis Centre 2551 Whiteley Court North Vancouver 9:30 Mild Exercise 10:30 Social Hour & activities	
			Lions Gate Community Centre 1733 Lions Gate Lane North Vancouver 10:00 Mild Exercise 11:00 Social Hour & activities	
Delbrook Community Centre Arbutus Room 851 West Queens Road North Vancouver 11:00 Mild Exercise 12:00 Social Hour & activities		West Vancouver Seniors Activity Center 695 – 21 st Street West Vancouver 11:15 Mild Exercise 12:00 Social Hour & activities		

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

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