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

parc retirement living

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.

September 2026

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** 2325 St Georges Ave. North Vancouver 9:30 Mild Exercise *10:30 Social Hour & activities*
North Shore Neighbourhood House 225 East 2nd Street North Vancouver 9:30 Mild Exercise *10:30 Social Hour & activities*		**Silver Harbour Seniors Centre** 2325 St Georges Ave. North Vancouver 9:30 Mild Exercise *10:30 Social Hour & activities*	**Lynn Woods Kiwanis Centre** 2551 Whiteley Court North Vancouver 9:30 Mild Exercise *10:30 Social Hour & activities*	**North Shore Neighbourhood House** 225 East 2nd Street North Vancouver 9:30 Mild Exercise *10:30 Social Hour & activities*
		West Vancouver Seniors Activity Center 695 – 21st Street West Vancouver 11:15 Mild Exercise 12:00 *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*				

The North Shore Keep Well Society acknowledges that we are on the unceded territories of the Coastal Salish people, including the Sḵwx̱wú7mesh (Squamish), xʷməθkʷəy̓əm (Musqueam) and Səl̓ílwətaʔ/Sel̓íl̓witulh (Tsleil-Waututh) Nations

Tel: (604) 988-7115 ext 3001 **Email: keepwellsociety@telus.net** **Website: www.keepwellsociety.ca**

September 2026