

## 2023 Moon Festival: Embrace Water's Wisdom

by Masa Kateb

Still Moon Arts Society Presents  
**21st ANNUAL RENFREW RAVINE MOON FESTIVAL** 月亮節  
 Water's Wisdom  
 September 9-29, 2023

Sat, September 9  
**Wetland BioBlitz: A Moon Festival Eco-Adventure**  
 1:00 - 3:00 PM @ Slovan Park

Wed, September 13  
**Cob Shed Party & Dyer's Guild Showcase**  
 6:00 - 8:00 PM @ Colour Me Local Eye Garden

Fri, September 22  
**Equinox Ceremony: Quantum Care Moon Music & Labyrinth Walk**  
 6:20 - 8:30 PM @ Renfrew Ravine Labyrinth

Sat, September 23 (Main festival day)  
**Harvest Fair** 4:00 - 7:30 PM @ Slovan Park  
**Twilight Lantern Procession** 7:30 PM @ Starts from Slovan Park at Sunset  
**Streamside Lantern Installation** 7:30 - 9:30 PM @ Renfrew Community Park

Fri, September 29 6:55 - 8:30 PM @ Renfrew Community Park  
**Consciousness of Streams Finale Performance**

www.StillMoonArts.ca/Moon-Festival  
 Scan/visit our website for full festival & workshop details



Get ready to experience a world of art, nature, music, and community as the Renfrew Ravine Moon Festival returns to the neighbourhood for the 21st year in a row!

Presented by Still Moon Arts Society, the festival embraces the powerful 2023 theme of "Water's Wisdom," shedding light on humanity's most precious element to thrive. The month-long festival celebrates Harvest Moon, Equinox, Still Creek, local art and diverse cultural traditions.

Mark your calendar for an unforgettable September experience of lanterns, music, dance, workshops and more.

**Wetland BioBlitz: A Moon Festival Eco-Adventure**  
 Sat, September 9 | 1:00 - 3:00 pm | Slovan Park

**Workshop: Create a Botanical Cyanotype Drum Lantern**  
 Sun, September 10 | 12:00 - 3:00 pm | Slovan Community Hall  
 By Brittney Appleby & Rea Saxena

Continued on page 2

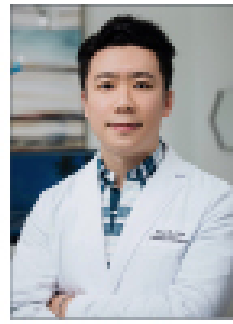
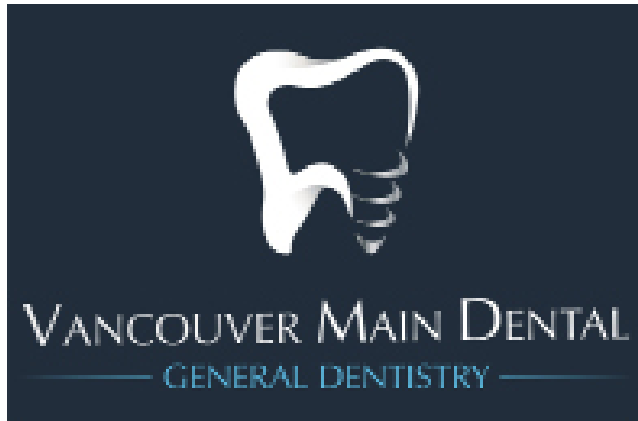
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**2023 Moon Festival: Continued from page 1**



**Cob Shed Party & Dyer's Guild Showcase**  
Sat, September 13 | 6:00 – 8:00 pm | Colour  
Me Local Dye Garden

**2-Day Workshop: Design and Build a Free-Form Art Lantern**  
Thu & Fri, September 14 & 15 | 4:00 – 6:00 pm | Slocan  
Community Hall  
By Yoko Tomita

**2-Day Workshop: Build and Program an Electronic LED Lantern**  
Sat & Sun, September 16 & 17 | 12:00 – 2:00 PM >  
break > 3:00 – 5:00 PM | Slocan Community Hall  
By Isaac Rufus

**For The Love of Trees: Drop-in Costume Making Workshop**  
Mon, September 18 to Wed, September 20 | 3:00 – 8:00  
pm | Slocan Community Hall  
By Runaway Moon Theatre

**Equinox Ceremony: Quantum Care Moon Music & Labyrinth Walk**  
Fri, September 22 | 6:30 – 8:30 pm | Renfrew Ravine  
Labyrinth  
By Quantum Care Coaching & Consultancy

**Main Festival Day**  
Sat, September 23 | Open to public of all ages

- **Harvest Fair:** 4:00 PM - Sunset (7:10 PM) at Slocan Park
- **Twilight Lantern Procession:** Sunset (7:10 PM) - 7:30 PM starting from Slocan Park and ending at Renfrew Community Park
- **Streamside Lantern Installation:** 7:30 PM - 9:30 PM at Renfrew Community Park.

**Truth & Reconciliation Workshop: Naturally Dye an Orange Shirt Emblem**  
Wed, September 27 | 6:00 – 9:00 pm | Slocan  
Community Hall  
With Ada Dragomir & Lori Snyder

**Food Justice: Mooncake Making Workshop**  
Thu, September 28 | Time TBA - check our website |  
Collingwood Neighbourhood House  
By Renfrew-Collingwood Food Justice

**Finale Performance: Consciousness of Streams**  
Fri, September 29 | 6:55 (sunset) – 8:30 pm | Renfrew  
Community Park  
Created & Choreographed by Isabelle Kirouac. Performed by Elektra Women's Choir, Nayana Fieldkov, Isabelle Kirouac, Uros Sanjevic & Community Performers.

More information & to register, visit [www.StillMoon-Arts.ca/Moon-Festival](http://www.StillMoon-Arts.ca/Moon-Festival)



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# RENFREW PARK COMMUNITY COMPLEX

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Complex Office: 604 257-8388 ext 1 Fax: 604 257-8392



## SEEKING NOMINATIONS FOR THE BOARD OF DIRECTORS



Join our existing group of dedicated volunteers to help shape the policy, growth, and direction of the RPCA. We are looking for Association members with ties to the Renfrew catchment area.

- Director terms of office are two years
- Time commitment is 4-10 hours per month depending on your involvement in committees.
- Directors should be at least 18 years of age by the date of our AGM, November 18, 2023
- We welcome people from all backgrounds but have a particular need for someone with accounting or finance background.

Exciting opportunity to shape programs at Renfrew Park Community Centre and its community. Get info at the centre's office or by emailing [RPCAnominations@gmail.com](mailto:RPCAnominations@gmail.com)

## RENFREW PARK COMMUNITY ASSOCIATION ANNUAL GENERAL MEETING ~ NOVEMBER 18, 2023

Join us at our AGM to meet our board members, elect new ones, and discover our achievements of the past year and exciting goals for the future. Voting is open to all members aged 16 and over. Don't forget to bring your RPCA membership card. If you don't have one, register for the AGM to receive your membership on the spot.



### BE PART OF SHAPING THE FUTURE OF RPCA!

Saturday ~ November 18  
12:00pm-2:00pm

## THANKSGIVING LUNCHEON (55+)



Join us for a heartwarming Senior Thanksgiving Luncheon. Grateful for friendship, good food, and cherished moments together. Enjoy a full lunch and entertainment!

### MENU

Dijon and herb roast beef, mashed potatoes, and gravy, green beans with mushrooms and shallots, Mississippi mud cake.

Wed Oct 4, 2023  
474050 12:00pm-2:00pm  
\$13.33/person



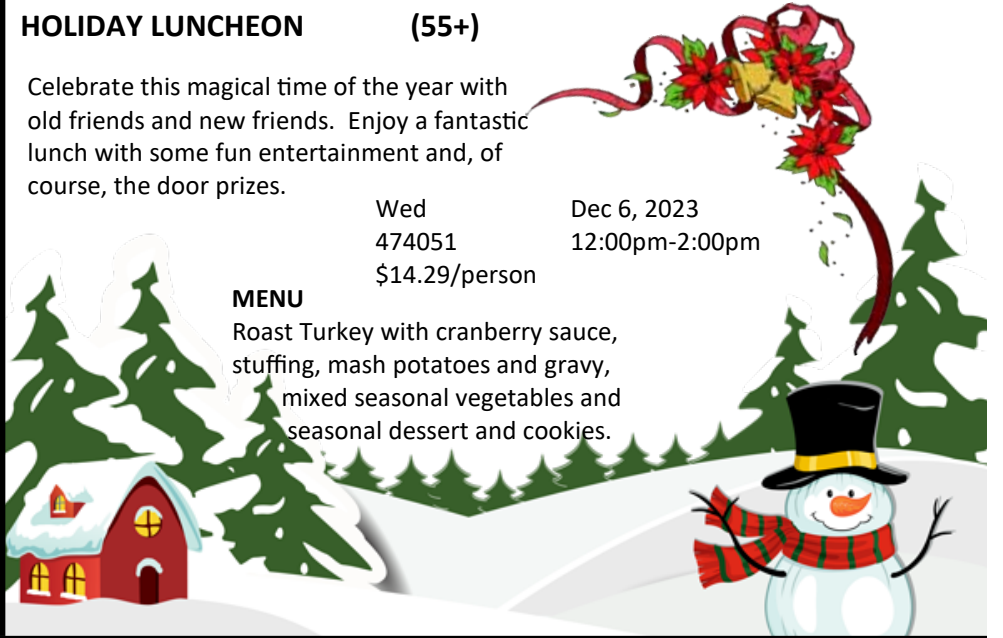
## HOLIDAY LUNCHEON (55+)

Celebrate this magical time of the year with old friends and new friends. Enjoy a fantastic lunch with some fun entertainment and, of course, the door prizes.

Wed Dec 6, 2023  
474051 12:00pm-2:00pm  
\$14.29/person

### MENU

Roast Turkey with cranberry sauce, stuffing, mash potatoes and gravy, mixed seasonal vegetables and seasonal dessert and cookies.



## Lego® Club 8-12 yrs

This is a fun social program where we will build together, solve problems and challenge each other in our building projects. Each week we will be building with various tasks to complete. Working on your creative thinking and story telling while building friendships.

Sat Oct 14-Nov 4 475255  
Sat Nov 25-Dec 16 475256  
\$40/4 session  
12:30-1:45



## Teen's Time Out 13-15yrs

Jesse W. & Emily N.  
Movies, swimming, ice-skating are just a sample of the fun things you will get to do in this program. Way better than sitting home by yourself on a Friday night! All activities will be planned in advance and shared with parents on the first day of the program. Consent forms will be required. When traveling we will be walking and taking public transit.  
Fri Sept 15-Oct 27 472242  
Fri Nov 3-Dec 15 472243  
\$84/7 sess  
5:30-9:30



## Professional Days 9-12 yrs

Starla Bayley  
Come with your friends or make friends on site. We will be traveling by walking and skytrain. Please be sure to dress for the weather, pack a lunch, snack and water bottle.

### CINEPLEX MOVIES

Fri Oct 20 473804  
\$20/1 sess 9:00-3:00

### FRASER RIVER DISCOVERY

Fri Nov 24 473805  
\$20/1 sess



## Have questions about our youth programs...

Many of our social programs are designed to develop your young persons social skills through play and fun. Our Youth Staff are trained in working with youth and have honed in their skills for connecting and building rapport. Studies have shown that resilient youth have connections outside of their family home with other trusting adults. At Renfrew Park Community Centre we have a team of caring adults that provide the social emotional supports your young people need to thrive in todays world.

If you have further questions please email me at [starla.bayley@vancouver.ca](mailto:starla.bayley@vancouver.ca)



COMMUNITY NEWS 社区新闻

The mission of this non-profit publication is to provide the residents, businesses and organizations of Renfrew/Collingwood with a medium for community communication.

**Paul Reid:** editorial and layout coordinator  
**Lisa Symons:** sales and distribution coordinator  
**Julie Cheng:** web and social media coordinator

**Contributors:** Masa Kateb, Graham Bruce Elementary PAC, Sophia Han, Paul Reid, Karen Vanon

## We want to hear from you!

Yes, You! Send comments, community events, press releases by regular post, fax or e-mail. Suggestions for improving the paper are welcome.

We welcome appropriate, unsolicited editorial submissions if accompanied by the author's real name, address and telephone number. The author should retain the original as we cannot return submissions without prior agreement nor does submission guarantee publication. We reserve the right to make editorial changes.

The Renfrew/Collingwood Community News does not necessarily support the views of its contributors.

## Next submission deadline: Sep. 10

The Renfrew-Collingwood Community News is an initiative of the Collingwood Neighbourhood House (CNH).

You Can Find the RC Community News @

Libraries, Collingwood Neighbourhood House, Renfrew Park Community Centre, The Italian Cultural Centre, Collingwood Policing Office, other organizations, religious institutions, schools, laundromats, Starbucks, Rona, Superstore, Canadian Tire, Walmart, London Drugs and Safeway coffee shops, restaurants, markets, corner stores, other businesses, and coffee tables all over Renfrew-Collingwood.

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Renfrew/Collingwood Community News  
 Collingwood Neighbourhood House  
 5288 Joyce Street  
 Vancouver, BC V5R 6C9

# Petitioning the subdivision of school grounds at Graham Bruce Elementary

by Graham Bruce Elementary PAC

On May 29, 2023 the Vancouver School Board held a private meeting to approve the motion "to consider the potential declaration of the eastern portion of the Graham Bruce Community Elementary school site as surplus to the education needs of the school district"

District staff are proposing to sell or long-term lease the eastern portion to generate "necessary capital revenue to address Board capital commitments and priorities that would benefit students in the VSB", not students who attend Graham Bruce Elementary School.

The Graham Bruce Elementary PAC Team has been working hard this summer reaching out to the Joyce/Renfrew community to inform and to ask the community to support our petition to stop to subdivision of the school field.

We need your help!

Please go to our website at [www.savebrucefield.com](http://www.savebrucefield.com) to sign the petition online.

## Save our School field

### Attention Parents and Community Members!

Graham Bruce Elementary's school is the only sports field for students in our area of Joyce-Collingwood.

The Vancouver School Board is proposing **to sell or lease a large portion of Bruce school's field.**

We need your support to **STOP the Vancouver School Board's plan.**

### Why It Matters

- Our school will not benefit from this plan:** The profits from the sale or lease **will not** go to provide needed seismic upgrades to Graham Bruce Elementary's school building. Instead, the Vancouver School Board will use those profits for capital projects in other areas of Vancouver.
- Our density is increasing.** Our school is filled with students now. There will be 1,600 more new homes coming to Joyce-Collingwood in the next 5 years. Disposing of school land now is shortsighted.
- Our school land is a valuable resource.** Once our school field is gone, we cannot easily get it back.

### How you can help

- Sign our **URGENT PETITION** on our website at: [savebrucefield.com](http://savebrucefield.com)
- Sign up to be a **volunteer** on our website.
- **Talk to your community** about the potential sale of the Graham Bruce field and the impact it has on other school communities.



**SIGN** the petition  
**SHARE** on social  
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Graham Bruce  
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# Read On! A news section for Renfrew-Collingwood learners

## 2023 Renfrew Ravine Moon Festival

by Sophia Han

### Names for full moons ☆ ☆

In English, there are many names for full moons depending on the time of the year. This August, there were two full moons in the month and the second moon was called a "blue" moon. This second moon is not blue in colour. Its name comes from the Old English saying, "Once in a blue moon." The expression can still be used to describe anything rare, special, or unbelievable.

A common name for the full moon in September is the harvest moon or corn moon. This is because the moon appears during the time of year when corn is harvested.

### Celebrating the harvest moon ☆ ☆ ☆

For more than 20 years, the harvest moon has been celebrated during the Renfrew Ravine Moon Festival at various locations near Still Creek. This is the only creek in the city that you can visit above ground in natural surroundings. The serene forest is home to more than 60 kinds of birds.

During this year's festivities, the Still Moon Arts Society will host a harvest fair at Slocan Park on Saturday, September 23rd. Join the family-friendly activities and games while admiring the best produce from a home-grown vegetable competition. During the evening, join the twilight lantern parade and then enjoy the streamside lantern installations at Renfrew Community Park.

To learn more or to sign up for a lantern-making workshop, visit the Still Moon Arts Society <https://stillmoonarts.ca/moon-festival/>

### VOCABULARY

- rare** — something that does not happen very often or that you do not see very often
- common** — something that happens often or is known to many people
- harvest** — fruits and plants gathered for food
- more than** — use more than before a number to talk about the amount or duration of something: "It has rained for more than two days."
- has been** (present perfect continuous) — use has been to talk about actions that began in the past that continue in the present: "It has been raining for two days and I don't think it will stop."
- ravine** — a small valley around a river or creek
- serene** — peaceful
- festivities** — celebrations
- host** — when you plan a social event
- admiring** — looking at something with pleasure
- produce** — fruits and vegetables grown for food
- homegrown** — grown in a home garden
- parade** — a line of people walking together
- streamside** — the area around a stream
- installation** — a type of artwork where the time and place is important



One of the beautiful lanterns on display at the Renfrew Ravine Moon Festival. Artwork: Still Moon Arts Society. Photo by Sophia Han

After three years of handling the RCC News' Read On page, this is Sophia Han's last contribution : ( Thank you Sophia for making our Read On page so awesome! - RCC News

**Read On!** has a web page. You can:

Read the articles

<http://renfrewcollingwoodcommunitynews.com/category/read-on/>

### Reading levels on this page

Level 1 ☆

Level 2 ☆ ☆

Level 3 ☆ ☆ ☆



### Celebrating the Harvest Moon

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- HOMEGROWN

<https://thewordsearch.com/puzzle/5899010/celebrating-the-harvest-moon/>

The following is a paid advertisement by Adrian Dix, MLA for Vancouver/Kingsway

Dear Neighbours,



I hope you had a restful summer.

This year's wildfire season and heatwave has impacted our communities in so many horrific ways -- we will see and feel the long-lasting impacts for many years to come. My gratitude to all our firefighters, everyone involved in the wildfire effort, our emergency health service providers, and every frontline worker for all that they continue to do. If you are able, please consider donating to the Canadian Red Cross 2023 BC Fires. For more information, please visit <https://www.redcross.ca/>

### Save Bruce Field

On June 2, 2023, the Vancouver School Board set a letter to the parents at Graham Bruce Elementary School advising that the City of Vancouver has granted preliminary approval to subdivide the school's play field. District staff are proposing to sell or long-term lease the eastern portion to generate "necessary capital revenue to address Board capital commitments and priorities that would benefit students in the VSB."

In the next 5 years, there are nine more developments approved or pending approval to create over 1,600 new homes in the Joyce-Collingwood area over the next five years. The new homes will bring more families into the area so there will be an increased need for schools and recreational areas.

Sign the petition today to Save Bruce Field at <https://www.savebrucefield.com/>

### Renfrew Ravine Moon Festival

Join me at the Renfrew Ravine Harvest Fair on Saturday, September 23 from 4PM-7PM at Slocan Park (29th Ave. and Slocan St.) to celebrate the full moon, harvest abundance, and diverse cultural traditions in our community. Highlights include local art and artists, music, environmental stewardship, and community participation. Throughout the event, musicians and dancers prepare the way for the twilight lantern parade along the ravine. Be sure to visit other Moon Festival events taking place September 9-29. For more details, visit [www.stillmoonarts.ca](http://www.stillmoonarts.ca).

My community office, at 5022 Joyce St. Vancouver, is open to provide services for constituents in person with appointments and via phone and email. Please give us a call at 604-660-0314 or email us at [adrian.dix.mla@leg.bc.ca](mailto:adrian.dix.mla@leg.bc.ca), and we will get in touch with you as soon as we can. 聯絡本辦事處請電郵 [adrian.dix.mla@leg.bc.ca](mailto:adrian.dix.mla@leg.bc.ca) 或致電 604-660-0314. 如欲親臨敬請預約。

Thank you very much for all that you're doing and take care.

Adrian Dix  
MLA for Vancouver-Kingsway

# Eating out in RC: YO-BONES BBQ

by Paul Reid

3475 Kingsway | Ph: 778-882-2376

Yo RC! Long time no eat. What is up? I gotta tell you bout this place in our hood...and it's good! It's fallin' of the bone yo. I'm talking Yo Bones BBQ. Yes RC, This is exactly what this community needed, some good ol' southern BBQ and I will be back there soon.

So listen up yo. You want and/or desparately need BBQ Pulled Pork or BBQ Beef Brisket by the half pound or pound; or BBQ Pork Back Ribs (four, six or a full rack of 12 bones)? Do you? Yo Bones has got us covered friends

And, all at a relatively affordable price. The pound of BBQ Beef Brisket (\$32); BBQ Chicken Tacos (2 pcs for \$9); Yo-Bones Pit Beans (\$4) Coleslaw (\$4) and Cornbread (2 pcs for \$2) was not only enough for us three that night, but we had enough brisket, beans and coleslaw left over for the dinner the next night!



The BBQ Beef Brisket at Yo Bones BBQ is superb.

And for the sides, I'm talkin' Yo-Bones Pit Beans, Red Potato Salad, Coleslaw, Cornbread, Mac & Cheese (those are all Vegan by the way). Then you got your BBQ Meat Slider (pork, Chicken or Brisket); BBQ Chicken tacos. Also for you twisted vegan types, the Black Bean Burger.

You know what that means: YO BONES BBQ scored very highly (and well) indeed on my patented 'Gourmet/Gourmand Scale of Goodness' which is: Quality X Amount / (divided by) \$ (price).



BBQ Chicken Tacos

My two accomplices and I all highly enjoyed our dinner at YO-Bones Bbq. It's quite a small and charming little place over on Kingsway, just East of Tyne street on the North side. This is one of those little hole in the wall type places that specialize in their food...in this case...southern barbecue meat, sandwiches and sides that are to die for!

We have the owner, Rick Bone, to thank for all this goodness. Rick, in the catering/food business for over 30 years, services an extensive range of clients, bringing excellent service and quality cuisine to stylish cocktail receptions, elegant weddings, distinctive corporate socials, important product launches, festive seasonal parties and vibrant galas. Visit [yobonescatering.ca](http://yobonescatering.ca) for more information. Bon appetit.



Yo-Bones Pit Beans

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# Collingwood Neighbourhood House H I G H L I G H T S



**Joyce Location:** 5288 Joyce St. ; **Tel:** 604-435-0323 / **Annex Location:** 3690 Vanness Ave. ; **Tel:** 604-428-9142 / **Visit:** [www.cnh.bc.ca](http://www.cnh.bc.ca)

## “You do only what you can” Florchita Bautista on exercising at CNH

By Collingwood Neighbourhood House

At 87, Florchita Bautista doesn't seem to be slowing down. After decades of work supporting labourers on the picket lines and amplifying the cause of Temporary Foreign Workers in Canada as a nun, she's now taking her time focusing on her well-being.

Florchita, who first moved to Toronto from the Philippines in 1987 where she spent 15 years advocating for domestic workers, moved to Vancouver in 2001 after retiring from her role. She first heard about Collingwood Neighbourhood House's recreation programs while attending service at St. Mary's Roman Catholic Church. She had been previously exercising at the community centres in Burnaby.

“I was looking for a place where I can exercise. Then I heard [about] this one and thought, why don't I try that one? I felt that my limbs are already starting to get rusty,” she said. Now she encourages her fellow seniors to get moving as well.

Florchita looks forward to attending the recreation classes as much as she can. She likes the flexibility that the programs offer, especially after she survived a heart attack.

“Even if I am not able to follow as vigorously as the others anymore, our facilitator/teacher is very nice. She tells me, “you do only what you can.” The doctor also told me that. And if you feel you are already too tired, you start feeling it a little bit, stop. And that's what I do. So I am not ashamed if I'm doing the other exercises already sitting down. I take myself for what I am.”

Florchita adds that exercising at Collingwood Neighbourhood House has helped her stay active and regain her strength.

“Especially after my heart attack, I was more or less just at home, but now, I feel that [the recreation classes are] really helping me.”

She also appreciates her fellow class participants for being understanding and supportive of her accessibility needs.



**Florchita Bautista**

“They are very nice—they are the ones to take the chairs, to bring back the chairs. And they do not like me helping out to lift the chairs anymore, realizing my age. I really am the oldest among them,” Florchita says.

For more information about recreation programs at CNH, please visit [cnh.bc.ca/recreation](http://cnh.bc.ca/recreation)

*Portions of Florchita's interview have been translated from Filipino.*



# Collingwood Neighbourhood House

## Recreation Programs: Fall 2023

Collingwood Neighbourhood House offers a range of recreation programs and activities for all ages. Activities include music, dance and the arts, as well as other physical and social activities. We strive to provide a good balance of activities for people of all ability levels and interests in our neighbourhood. Our recreation programs take place at our Main House at 5288 Joyce Street and the Annex at 3690 Vanness Avenue. Integration, fairness, cooperation and mutual respect are some of the values central to our recreation programs, while having fun!

### Registration

Please read the following program descriptions, which include start dates, times, cost and registration information. Participants in the many drop-in recreation programs at CNH pay the drop-in fee at the front desk. For some programs, participants must register before the program begins; in those cases, it is a good idea to sign up early as many popular programs fill quickly. Most pre-registered programs run for 12 weeks, three times each year (fall, winter, and spring) or as special summer programs. Recreation participants are required to purchase a very modestly priced annual CNH membership to participate in programs. Please register via [regportal.cnh.bc.ca](http://regportal.cnh.bc.ca) and for more information about our programs visit [www.cnh.bc.ca](http://www.cnh.bc.ca) or call 604-435-0323.

### Children's 2023 Fall Recreation Programs

#### Children's Gymnastics

Instructor: Lucinda Donaldson

##### Ages 5 to 7

Tuesdays, Sept 19 – Nov 21

4:00 – 5:00 pm (Max #: 12)

Saturday, Sept 23 – Dec 9 (No class on Sept 30 & Nov 11)

9:00 – 10:00 am (Max #: 24)

##### Ages 7 to 10

Tuesdays, Sept 19 – Nov 21

5:15 – 6:45 pm (Max #: 16)

Wednesdays, Sept 20 – Nov 22

4:00 – 5:00pm (Max #: 20)

Saturdays, Sept 23 – Dec 9 (No class on Sept 30 & Nov 11)

10:10 – 11:10 am (Max #: 24)

##### Ages 10 and over

Wednesdays, Sept 20 – Nov 22

5:15 – 7:00 pm (Max #: 24)

Saturdays, Sept 23 – Dec 9 (No class on Sept 30 & Nov 11)

11:15 – 12:30 pm (Max #: 24)

\$95.00/10 sessions; Pre-registration required.

Gym Sense provides an excellent gymnastics program; the safe and supportive atmosphere helps children learn the skills needed to enjoy gymnastics. Classes are working on a Can Gym badge system with children progressing at their own pace.



#### Rhythmic Gymnastics (Annex)

Instructor: Olympia RG Instructor

Mondays, Sept 18 – Dec 11 (No class on Oct 2, 9 & Nov 13)

##### Ages 4 to 6

4:00 – 5:00 pm

##### Ages 7 to 12

5:00 – 6:00pm

\$100.00/10 sessions; Pre-registration required.

Maximum #: 14 participants

Enjoy the unique combination of dance, gymnastics, music and self expression through the use of ribbons, balls, hoops and ropes, within choreographed routines.



#### Parent and Tot Activities

Supervisors: Pilar Ramirez & Rosanna Costantini

##### Ages 1 to 5

Tuesdays, Ongoing

10:00 – 11:45 am

\$30.00/11 classes; \$3.00 Drop-in (1<sup>st</sup> child) \$2.00 (every subsequent child)

Maximum #: 20 participants; Program ongoing.



Adult participation required. Games, music and play start us off on a journey of exploration and adventure! Gymnastics, games and physical play activities will help children develop social and motor skills.

#### Arts & Crafts

Instructor: Julieta Hernandez

##### Ages 6 to 9

Saturdays, Sept 23 – Dec 9 (No class on Sept 30 & Nov 11) 10:00 – 12:00

pm

\$75.00/10 sessions; Pre-registration required.

Maximum #: 12 participants

Children will learn a variety of visual art media, methods and contents in a free-flowing, fun environment where children can discover, experience and share the joy of the creative process. Techniques will include painting, collage, casting, relief and using recycled materials to create forms.



#### Creative Writing (Annex)

Instructor: Rania Hatzioannou

Fridays, Sept 22 – Nov 10

##### Ages 8 to 10

4:10 – 6:00 pm

##### Ages 11 to 12

6:10 – 8:00 pm

\$120.00/8 sessions

Pre-registration required; Maximum #: 12 participants



Students will explore writing through stories, poems, and letters. They will improve their vocabulary, spelling, grammar, public speaking, and writing skills. The instructor has nearly twenty years of experience teaching this class, and takes pride in her students' achievements. Lessons are progressive and includes homework assignments, so students wanting to register after the third class will need to speak with the instructor. Students will also need to bring their own pencils and eraser.

#### Wushu (Annex)

Instructor: Vicky Wang

Sundays, Sept 24 – Nov 26

Ages 6 to 11 (Beginner)

5:00 – 5:45 pm

Ages 6 to 11 (Advanced)

6:00 – 7:00 pm

\$60.00/10 sessions; Pre-registration required.

Maximum #: 14 participants



Wushu is a modern combination of Chinese martial arts based on the northern and southern Chinese forms of Kung Fu. This class is designed to work on conditioning, flexibility, and basic techniques. No experience is necessary.

#### Mixed Media (Annex)

Instructor: Hristina Hristozova

Ages 6 to 11

Wednesdays, Sept 20 – Nov 8

4:00 – 5:30 pm

\$140.00/8 sessions; Pre-registration required.

Maximum #: 12 participants

Fun and messy class of creation, learning and making new friends. Acrylic painting, watercolor, painting, ink, printmaking and more art techniques will be involved. The main project will be step by step, 3D mixed media creation. Come and have fun while creating masterpieces.

#### Children Soccer

Instructor: Daniel Petkovic

Wednesdays, Sept 20 – Nov 22

Ages 6 to 8

3:45 – 4:40 pm

Ages 9 to 12

4:45 – 5:45 pm

\$70.00/ 10 sessions

Maximum #: 12 participants

This program introduces sport by teaching high quality soccer skills in a friendly, pressure-free environment. Fundamentals and team skills will be emphasized.



#### Children Basketball

Instructor: Daniel Petkovic

Tuesdays, Sept 19 – Nov 21

Ages 8 to 10

3:45 – 4:45 pm

Ages 11 to 13

5:00 – 6:15 pm

\$70.00/ 10 sessions

Maximum #: 12 participants







# Collingwood Neighbourhood House

## Recreation Programs: Fall 2023

Basketball is currently the number one sport for elementary aged children. This program allows students develop their physical and basketball fundamental skills, individual and social skills, teamwork and sportsmanship.

### Yoga for Kids (Annex)

Instructor: Carolina Bergonzoni  
Ages 6 to 9  
Thursdays, Sept 21 – Nov 9  
3:45 – 4:45 pm  
\$75.00/ 8 sessions  
Maximum #: 12 participants



Using yoga posture, games, storytelling, and songs, in these classes the young yogi will explore their bodies, principles of yoga, and basic developmental movement patterning in a fun and welcoming environment! The classes aim to promote breath work, body awareness, focus and mindfulness from a young age.

### Break Dancing Hip-Hop (Annex)

Instructor: Thaiyo Seo

Ages 7 to 12  
Wednesdays, Oct 4 – Nov 22  
3:45 – 4:45 pm  
\$140.00/ 8 sessions  
Maximum #: 14 participants

Breaking is a great activity for kids! It's fun, engaging, burns lots of energy and boosts memory and concentration. With master B-Boy, Taiyo: B-boy Taiyo is a world-famous b-boy hailing from South Korea. He combines style, power, and foundation to create his dance, and passes it on to his students with great enthusiasm.



### Zumba for Kids

Instructor: Kayo Echizenya  
Ages 7 to 10  
Wednesdays, Oct 4 – Nov 22  
5:00 – 6:00 pm  
\$60.00/ 8 sessions  
Maximum #: 14 participants

Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. The instructor will break down the steps and add games, activities, and cultural exploration elements into the class structure. Benefits: helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun! Classes incorporate key childhood development elements like leadership, respect, teamwork, confidence, self-esteem, memory, creativity, coordination, and cultural awareness.

## Senior's 2023 Fall Recreation Programs

### Zumba Gold

Instructor: Kane Bustamante & Elizabeth Leon

Tuesdays, Ongoing (Annex)  
2:15 – 3:15 pm (Max #: 20 participants)  
Thursdays, Ongoing  
10:30 – 11:25 pm (Max #: 25 participants)  
Fridays, Ongoing (Starting Sept 8<sup>th</sup>)  
2:15 – 3:15 pm (Max #: 20 participants)  
\$48.00/ 12 sessions; \$4.50 Drop-in

Combines catchy Latin tunes with choreography for an aerobic workout that feels like dance party. It is accessible for beginners, seniors or others needing modification in their exercise routines.

### Seniors Kundalini Yoga

Instructor: Lillian Chin

Mondays, Jan 9 – Ongoing  
9:00 – 10:00 am (Max #: 18 participants)  
\$48.00/ 12 sessions; \$4.50 Drop-in

Drop-in and relax, renew, and rejuvenate through breathing, exercises, stretching and meditation.



### 24 Forms Tai Chi

Instructor: Thomas Wong

Mondays, Oct 16 – Dec 11  
10:30 – 11:30 am (Max #: 18 participants)  
\$36.00/ 8 sessions; pre-registration required.



Integrate mind, body and qi (energy) – keep blood and energy circulation smooth in the entire body to prevent disease.

### Qigong

Instructor: Thomas Wong

Tuesdays, Oct 3 – Dec 12  
9:30 – 10:30 am (Max #: 18 participants)  
\$49.50/ 11 sessions; pre-requisition required.

Also known as Baduanjin Qigong, this gentle program uses callisthenics, stretching, and breathing exercises to increase circulation of vital energy (Qi) to maintain good health and fight disease. This exercise is particularly suitable for those who find Tai Chi complicated and physically demanding.

### 42 Forms Tai Chi

Instructor: Thomas Wong

Tuesdays, Oct 3 – Dec 12  
10:45 – 11:45 am (Max #: 15 participants)  
\$49.50/ 11 sessions; pre-registration required.

42 Tai Chi is a condensed version of the 48-Form Tai Chi, embracing four major styles namely Chen, Yang, Wu, and Sun, as the official competition routine for international tournaments. This form enhances body balance, relaxation, concentration and nurtures good health.



### 32 Forms Tai Chi Sword

Instructor: Thomas Wong

Wednesdays, Oct 4 – Dec 13  
10:00 – 11:00 am (Max #: 12 participants)  
\$55.00/ 11 sessions; pre-registration required.

Tai Chi Sword is a weaponry form of Tai Chi Chuan, in which the sword is considered an extension of the body. The integration helps to direct body energy through the sword and bring about movements that are smooth and graceful. 32 Form is a simplified form derived from the traditional Yang style. Participants must buy their own swords.

### 42 Forms Tai Chi Sword

Instructor: Thomas Wong

Wednesdays, Oct 4 – Dec 13  
11:15 – 12:15 pm (Max #: 12 participants)  
\$55.00/11 sessions; pre-registration required

Tai Chi Sword is a weaponry form of Tai Chi Chuan, in which the sword is considered an extension of the body. The integration helps to direct body energy through the sword and bring about movements that are smooth and graceful.

### Fashion Modelling & Dancing

Instructor: Rosy Wang

Wednesday, Oct 4 – Dec 13  
1:00 – 2:30 pm (Max #: 22 participants)  
\$30.25/ 11 sessions; pre-registration required.

Aging gracefully with the modelling and dancing exercise. This is a combination of simplified runway walk, ballet and Chinese classical dance. In the class, participants will do some warm-up first, and then learn some body shaping movements step by step led by the instructor. At the end of the class, participants will practice the moves with the music. This training is aimed to help older adults build up healthy standing and walking posture, develop body coordination with the music and rhythm and showcase the beauty and elegance inside out. The language of the instruction is Chinese Mandarin.

### Chinese Classical Dance

Instructor: Joan Vue Ng

Fridays, Oct 6 – Dec 15  
10:00 – 11:30 am (Max #: 16 participants)  
\$30.25/ 11 sessions; pre-registration required.

This class introduces you to all aspects of Chinese Classical Dance, including the unique dance moves, music and apparel from various ethnical Chinese groups. Some basic dance experience is required.

### Seniors Drop-in Badminton

Volunteer Supervisor: Ken Lau

Saturdays, Ongoing  
1:15 – 3:00 pm (Max #: 16 participants)  
\$48.00/ 12 sessions; Drop-in \$4.50

Bring your own rackets and birdies. NO instruction provided.





# Collingwood Neighbourhood House

## Recreation Programs: Fall 2023

### Walking Club

Volunteer Supervisors: Elena & David

Mondays, Ongoing (last day Dec 4)  
Wednesdays, Ongoing (last day Dec 6)  
10:30 am START

FREE. Must reserve a spot online or through phone call

Get some exercise and meet new people. Dress for the weather and bring an umbrella. See the schedule, which is available at the front desk. Meet in front of the CNH Lobby.

## Adult 2023 Fall Recreation Programs

### Hatha Yoga (Annex)

Instructor: Vicky Kenny

Tuesdays, Ongoing  
7:00 – 8:15 pm (Max #: 20 participants)  
\$60.00/ 12 sessions; \$ 6.00 Drop-in

Slow your life down and join us for a relaxing yoga class. Increased strength, balance, stamina and body awareness are some benefits you can attain from Hatha Yoga. Please wear loose, comfortable clothing.

### Zumba

Instructors: Jenny, Kayo & Mika

Wednesdays, Ongoing  
7:15 – 8:15 pm (Max #: 24)  
Thursdays, Ongoing (Annex)  
5:30 – 6:30 pm (Max #: 20)  
Saturdays, Ongoing  
11:15 – 12:15 pm (Max #: 24)  
\$60.00/ 12 sessions; \$ 6.00 Drop-in



### Zumba Toning

Instructors: Claudia & Elizabeth

Tuesdays, Ongoing  
7:15 – 8:15 pm  
Thursdays, Ongoing  
9:30 – 10:30 am (starting Oct 5<sup>th</sup> 9:15 – 10:15 am)  
Max #: 24 participants  
\$60.00/ 12 sessions; \$ 6.00 Drop-in

A typical Zumba lasts about an hour and incorporates several dance styles, including cumbia, bachata, meringue, salsa, reggaeton, mambo, and belly dance. The Latin music includes both fast and slow rhythms, allowing for a great cardio workout as well as body sculpting exercises. Zumba classes are for ALL ages – no experience necessary. Most songs are pre-choreographed, so the more classes you attend the easier it gets!

### Beginners Modern Line Dance (Annex)

Instructor: Sunny Wang

Sundays, Sept 10<sup>th</sup> – Dec 10<sup>th</sup> (No class Sept 17, Oct 8)  
2:15 – 3:45 pm (Max #: 20 participants)  
\$70.00/ 12 sessions

A program of exercise and enthusiasm where we dance in lines to music without requiring a partner. Modern Line Dance is a combination of multiple dance steps including Salsa, Waltz, Bachata, Hip-Hop supported by contemporary songs. The Intermediate Line Dance Program requires past line dance experience, and is most suitable for young adults to seniors.

### Improval Plus Modern Line Dance (Annex)

Instructor: Sunny Wang

Mondays, Sept 11<sup>th</sup> – Dec 4<sup>th</sup> (No class on Oct 2, 9 & Nov 13)  
7:00 – 8:30 pm (Max #: 20 participants)  
\$58.50/ 10 sessions (check the price)

A program of exercise and enthusiasm where we dance in lines to music without requiring a partner. Modern Line Dance is a combination of multiple dance steps including Salsa, Waltz, Bachata, Hip-Hop supported by contemporary songs.

### Yoga & Movement Therapy

Instructor: Eda Ertan

Wednesdays, Ongoing  
6:00 – 7:15 pm (Max #: 20 participants)  
\$60.00/ 12 sessions; \$ 6.00 Drop-in

Yoga and movement therapy offer practitioners a gentle movement experience that is accessible, and holistic. You can expect to mindfully move and learn to better listen to your own body; release tensions, stress, and prevent burnout.

### Dance Fusion

Instructor: Jenny Andrea Ayala

Mondays, Ongoing (No class on Sept 4, Oct 2, 9 & Nov 13)  
7:00 – 8:00 pm (Max #: 20)  
\$60.00/ 12 sessions; \$ 6.00 Drop-in

The easy-to-follow dance-fitness choreography to popular Latin and radio hits in this high-energy dance-fitness fusion class will get your heart pumping and sweat dripping while having a blast. These routines incorporate interval training, alternating fast and slow rhythm to help improve cardiovascular fitness PLUS using weights with some routines for toning. All ages and levels of fitness are welcome.

### Adult Soccer

Supervisor: Daniel Petkovic

Tuesdays, Ongoing  
Thursdays, Ongoing  
8:30pm – 10:15 pm (Max #: 18 participants)  
\$51.00/ 12 sessions; \$5.00 Drop-in



This recreation soccer program is a great way too stay in shape and meet new friends in your community. The program promises to be popular so register early to ensure your spot. People of all skills level are welcome.

### Adult Volleyball

Supervisor: Daniel Petkovic

Mondays, Ongoing  
Wednesdays, Ongoing  
8:30 – 10:15 pm (Max #: 36 participants)  
\$51.00/ 12 sessions; \$5.00 Drop-in



Join us in a social game of volleyball where you can bump, set, and spike to your heart's content. Join friends and meet new people form your community while enjoying friendly games of volleyball. Players of all skills levels are welcome.

### Adult Badminton

Supervisor: Jimmy To

Thursdays, 6:45 – 8:20 pm  
Sundays, 10:15 am – 12:15 pm  
Max #: 24 participants  
\$51.00/ 12 sessions; \$5.00 Drop-in



A CNH favourite, badminton will help sharpen your reflexes and develop your racquet skills! The gym can be divided into four courses so we will be playing doubles throughout the program. All skill levels welcome.

### Pilates (Annex)

Instructor: Carolina Bergonzoni

Thursdays, Starting Sept 7<sup>th</sup> - Ongoing  
12:30 – 1:20 pm (Max #: 20 participants)  
\$60.00/ 12 sessions; \$ 6.00 Drop-in

Pilates is a method that focuses on both lengthening and building strength. The classes focus on breath, strength, mobility, and a strong connection to your body. It is suitable for all levels. These classes are based on a trauma-informed, holistic, inclusive approach and, as such, each unique indivual body's is celebrated.

### Chocolate Making for Christmas

Instructor: Sandra Suazo

Thursdays, Nov 9, 16, & 23  
3:30 – 5:30 pm (Max #: 15 participants)  
\$100.00/ 3 sessions

Get ready for Christmas Gift giving and learn to make your own Truffles and moulded chocolate. You will be working with milk, dark, and white chocolate. We will teach you how to wrap and box your creations. All materials included.



## September 2023

### Collingwood Days 20<sup>th</sup> Anniversary Celebration

Gaston Park was buzzing with community members, organizations, residents and guests, making this 20<sup>th</sup> Anniversary Celebration a HUGE success! The weather was a true summer day. The performances on the main stage were world class. Many traditional South Asian dances and songs were shared. Resident Elvis aka Peter Yap sang to the crowd. There was cake served to over 375 people. The winner of the watermelon eating contest, took less than a minute. Stilt walkers in amazing bird costumes, fluttered the park. The Kid Zone had everyone jumping and enjoy a game of mini golf. There were over 34 organizations, artists and artisans showing and sharing with the community. The volunteers were the heart and muscle for the event and we are all so grateful.

Check out the website and the social media platforms for photos and learn how you can participate next year. [www.collingwooddays.com](http://www.collingwooddays.com)

### New Mural at Tyne and Kingsway

We are so pleased to have the mural completed at Tyne and Kingsway. This particular wall was a target for many taggers. The CBIA, commissioned, Mara Cortez to design a mural to bring colour and vibrancy to the Collingwood area. Go by and have a seat at the bench and make sure you take a photo and tag us in it. [@shopcollingwood](https://www.instagram.com/shopcollingwood)

### Annual General Meeting September 20, 2023

Mark your calendars and look out for the AGM package in your email and it will also be hand delivered by the Collingwood Guardians. We will looking for new board members and committee members to sit on the Safety, Marketing and Street Beautification and Expansion committees. We meet monthly on the third Thursday for each month at 11:00a.m. If you interesting in helping create the future of Collingwood please contact, Angela at [angela@shopcollingwood.ca](mailto:angela@shopcollingwood.ca)

### Watering the Planter Boxes

During the warm and hot days this summer please take a few minutes to add water to the planter box near your business. For instructions, call the office at 604.639.4403.



### Stay Cool in Collingwood!

We are so fortunate to have many businesses in Collingwood to help keep us cool during these warm and hot days and evenings. We are desserts, bubble teas, ice cream, slushies along Kingsway. Visit them all! Follow us on Instagram to see how you can Stay Cool in Collingwood.

### Calendar of Events

August 19 – Sept. 4

PNE

September 4

Labour Day

September 5

Back to School

Annual General Meeting

September 20



### How to Reach Us:

-  [@shopcollingwoodvancouver](https://www.instagram.com/shopcollingwoodvancouver)
-  [@shopcollingwood](https://www.facebook.com/shopcollingwood)
-  [@shopcollingwood](https://www.twitter.com/shopcollingwood)

#### Office:

#300 – 3665 Kingsway,  
Vancouver, BC V5R 5W2  
T: 604.639.4403

E: [info@shopcollingwood.ca](mailto:info@shopcollingwood.ca)

W: [shopcollingwood.ca](http://shopcollingwood.ca)

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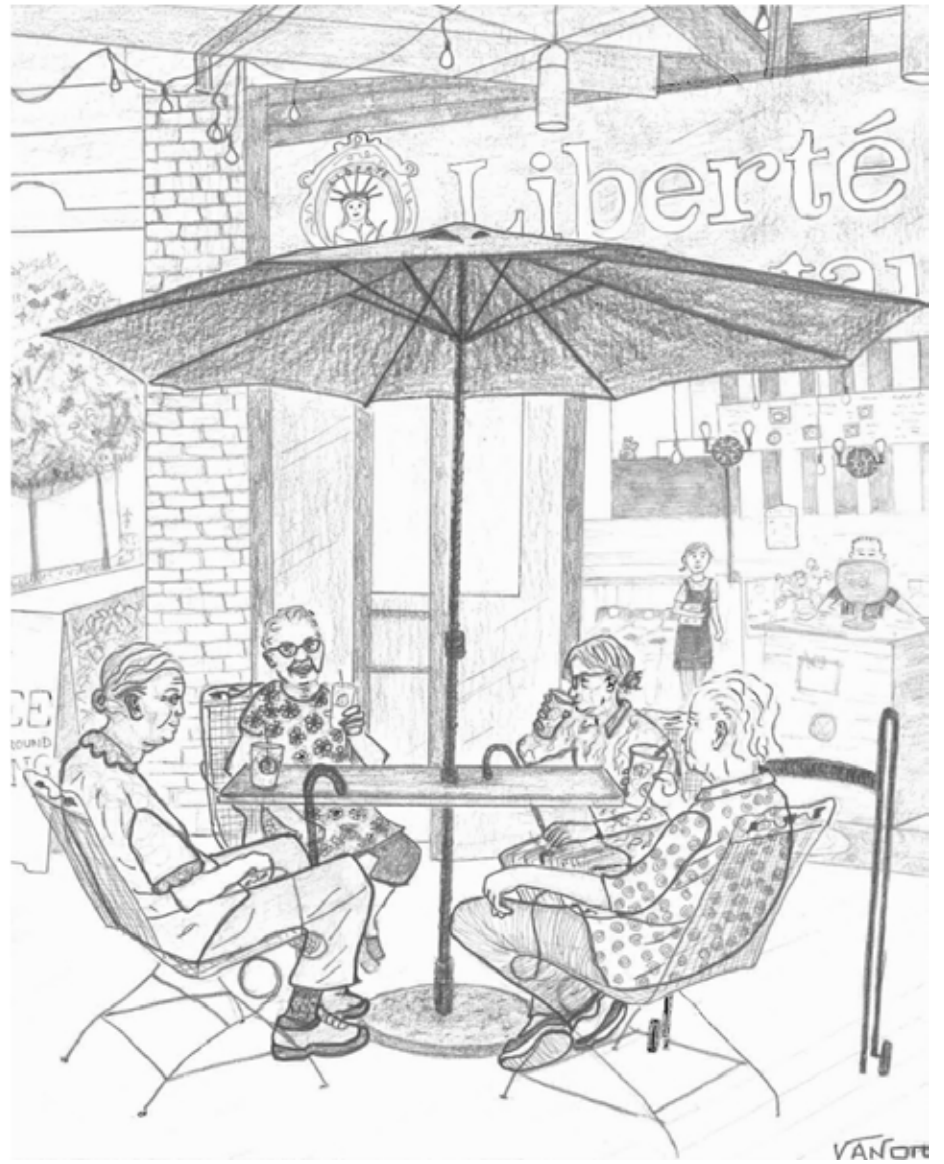


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VANORT

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## Working Hard for Working People



Happy Labour Day!

Community Office  
2951 Kingsway, Vancouver, BC V5R 5J4  
604-775-6263 | Don.Davies@parl.gc.ca



## Collingwood | BIA Annual General Meeting

Date: Wednesday, September 20, 2023  
Place: Max's Restaurant 3549 Kingsway  
Time: 5:30 - 7:00pm

Come join the annual general meeting for an opportunity to network with other business owners and showcase what your business has to offer. Appies and drinks will be provided.

If you're interested in joining the board of directors of the Collingwood BIA, please email [info@shopcollingwood.ca](mailto:info@shopcollingwood.ca) to request a nomination form. Nomination deadline is September 8th.

RSVP to: [info@shopcollingwood.ca](mailto:info@shopcollingwood.ca) or  
call  
604-639-4403 by September 13, 2023

