

# Free Activities and Workshops



## Hastings Community Centre

3096 East Hastings Street – Vancouver, British Columbia

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### 2021 Artists in Residence - Hastings Community Centre



#### Lori Snyder & Laura Cisneros - In Harmony with Nature

Build relationship to this land, and learn about Indigenous plants, foods, and medicines with Indigenous herbalist Lori Snyder and art historian and writer Laura Cisneros.

We would like to bring awareness to the importance of diversity; to embrace and integrate cultural distinctions and similarities. Our intention is to create a harmonious space for collaboration, cross-pollination, fluidity and respect among different cultures and generations. To live in awareness of the intra-action\* of everything that exist.

We offer two monthly events. These free events include nature teachings, nature walks, art making, learning stories about the land, planting trees, guest artist, storyteller, music and other surprises.

#### February

Saturday, February 13th, 10:30am - 12:30pm

Thursday, February 25th, 6:45pm - 8:45pm

#### March

Thursday, March 11th, 6:45pm - 8:45pm with Guest Artist

Saturday, March 27th, 10:30am - 12:30pm start (possibly live at Burrardview Park)

Due to the Covid-19 restrictions, these workshops are currently held online. For more info, please visit

<https://inharmonywithnature.wixsite.com/inharmonywithnature>  
[\[inharmonywithnature.wixsite.com\]](https://inharmonywithnature.wixsite.com)

To register, please email Lori & Laura at [inharmonywithnaturewestcoast@gmail.com](mailto:inharmonywithnaturewestcoast@gmail.com)

## Family Yoga Online

Yoga is natural wellspring of health: helping with self awareness, as well as memory and concentration abilities. Yoga can nurture and inspire the children about self-regulating and self-care. The class includes stories along with yoga sequences and relaxation. Yoga can aid in children development and bring more harmony into one's life. This online class is intended as a parent and child class and is an opportunity for the family to practice yoga together.

For the online class, we will be using the platform Webex. You will have to download the application and create a username and password. We will give meeting number to join the class. Step by step instructions will be emailed to you prior to your first class. No session Feb 13.

**4-7 yrs | Vivien Gomes**

**Sa 1/30/2021-3/13/2021**  
301073 Free/6 sess

**11:00 AM-11:30 AM**

**8-12 yrs | Vivien Gomes**

**Sa 1/30/2021-3/13/2021**  
301074 Free/6 sess

**11:45 AM-12:30 PM**



## Healthy Weeds Workshop

**19+ yrs | Lori Snyder**

Let's discover who weeds really are! Join Lori Snyder Metis Herbalist, educator and mother of 2 as she shares deep knowledge of wild, native and medical plants. Learn how to properly identify, when to harvest, how to prepare and why weeds are so important for our living worlds health, including us.

**Sa 2/20/2021-2/20/2021**  
301896 Free/1 sess

**2:30 PM-4:00 PM**



## Intro to Gardening for Older Adults

**50+ yrs | Lisa Patterson**

Are you interested in Gardening, but not sure where to start? Join us with other older adults in the garden to learn about plants, soil, seeds and insects through fun and engaging activities. We'll cover a different topic each week. Increase your knowledge and become comfortable working in your own garden.

**M 2/22/2021-3/8/2021**  
300333 Free/3 sess

**1:00 PM-2:00 PM**

## Technology Hour for Older Adults

**50+ yrs | Raymond Eng**

Intimidated by the latest technology? Are you curious what your smart phone or tablet has to offer? Bring your questions and come sit with Raymond for Technology Hour and learn to become more comfortable navigating through your device. All levels of knowledge are welcome. Please do not sign up for more than 1 session a month.

**W 1/27/2021-1/27/2021**  
299708 Free/1 sess

**1:30 PM-2:30 PM**

**W 2/10/2021-2/10/2021**  
299710 Free/1 sess

**1:30 PM-2:30 PM**

**W 2/24/2021-2/24/2021**  
299711 Free/1 sess

**1:30 PM-2:30 PM**

**W 3/10/2021-3/10/2021**  
299712 Free/1 sess

**1:30 PM-2:30 PM**



Register early as spots are limited. Register by phone at 604-718-6222 and online at <https://vancouver.ca/parks-recreation-culture/recreational-lessons-and-classes.aspx>