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culturedays

SEPTEMBER 28, 29, 30

Celebrate Culture on the North Shore
OVER 55 FREE EVENTS + HANDS-ON FUN FOR EVERYONE!

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WELCOME TO NORTH SHORE CULTURE DAYS 2018

CREATE • PARTICIPATE • SHARE

Discover the world of artists, musicians, dancers, heritage experts, and curators in your community. North Shore Culture Days has something for the artist in everyone and best of all, everything is **FREE!** www.nvrc.ca/culturedays



HUB 1 Mid Lonsdale

Centennial Theatre, Silver Harbour Seniors' Activity Centre, Gordon Smith Gallery of Canadian Art, BlueShore Financial Centre for the Performing Arts, North Vancouver City Library, Mickey McDougall Performing Arts Studio

FRIDAY, SEPTEMBER 28

JAZZY TUNES FOR KIDS BY SAXALAMODE

North Vancouver Recreation and Culture invites you to join our Jazz Teacher, Mr. Guy, and his band for many teachable moments on the fun of jazzy music designed for ages 8 and under.

When: Friday, Sept. 28; 9:00-9:45 AM

Where: Centennial Theatre Lobby, 2300 Lonsdale Ave.

NORTH VANCOUVER CITY LIBRARY'S SPOKES 'N' WORDS

For those that love stories & bike riding, check out 'the City of North Vancouver Library book bike.' Librarians will be doing 'storytime' at 11 AM.

When: Friday, Sept. 28; 9:00-11:00 AM

Where: Centennial Theatre Lobby, 2300 Lonsdale Ave.

SQUIRM AND SQUEAL WITH GINALINA

Does your preschooler love to move, squeal and squirm? SO does Ginalina! Join this JUNO nominated children's music performer in the Studio at Centennial Theatre and move to the music.

When: Friday, Sept. 28; 10:00-10:45 AM

Where: Centennial Theatre, 2300 Lonsdale Ave.



WORLD BEATS: INTERNATIONAL SONGS BY THE SILVER HARBOUR CHOIR

Join us for a thirty minute journey where songs from around the world will carry you through several countries exploring the beats and rhythms, melodies and harmonies brought to you by the Silver Harbour Choir. Please stay and enjoy a refreshment and feel free to tour our beautiful arts facilities.

When: Friday, Sept. 28; 10:30-11:00 AM

Where: Silver Harbour Seniors' Activity Centre, 144 East 22nd St.

CENTENNIAL THEATRE - OPEN HOUSE IN THE STUDIO

North Vancouver Recreation and Culture invites you to come see the newest performance space available on the North Shore!

When: Friday, Sept. 28; 11:00 AM-12:00 PM

Where: Centennial Theatre, 2300 Lonsdale Ave.

SNEAK PEAK TOUR: OPENING OF AFK EXHIBIT; TRANSFORMATIONS

Join us at the Gordon Smith Gallery of Canadian Art for an informative gallery tour. Guests will have an opportunity to view and learn about Indigenous work from across Canada. Selected from the Artists for Kids permanent collection, these works have been curated to explore the Indigenous Principles of Learning and highlights work from Indigenous People across the country.

When: Friday, Sept. 28; 12:00-5:00 PM and Saturday, Sept. 29; 12:00-5:00 PM

Where: Gordon Smith Gallery of Canadian Art, 2121 Lonsdale Ave.

TRUTH AND RECONCILIATION WEEK

We invite you to join us at Capilano University for the Truth and Reconciliation Week keynote address by The Honourable Steven Lewis Point, OBC, former Lieutenant Governor of British Columbia. Truth and Reconciliation Week begins Sept. 24 and all week there are free activities for all. For more information visit capilanou.ca or call David Kirk, First Nation's Advisor at 604-984-1762.

When: Friday, Sept. 28; 1:30-3:00 PM

Where: BlueShore Financial Centre for the Performing Arts, 2055 Purcell Way

CULTURE DAYS' FOOD WORKSHOP FOR ADULTS

Join us as we celebrate Culture Days by learning about food from different cultures. Come learn how to create a traditional appetizer or dish from Persian, Mexican and Italian community members. In this fun, casual workshop, participants will have an opportunity to meet one another, eat, learn about each dish, and take home recipes. Free of charge. Registration required. Contact Shideh Taleban at staleban@cnv.org. Visit nvcl.ca/calendar.

When: Friday, Sept. 28th, 6:00-8:00 PM

Where: North Vancouver City Library, 3rd Floor Program Room, 120 W 14th St.

SUNDAY, SEPTEMBER 30

GIRLS WITH GRIT: YOGA & SOUL-RESILIENCE

For girls 8-10 years old. North Vancouver Recreation and Culture invites you to join us for an hour of yoga, mindful meditation and awesome crafts. Free but participants must register. Call 604-987-Play (7529). Visit econnect.northvanrec.com/ereg/ and enter code #409651.

When: Sunday, Sept. 30; 1:30-2:30 PM

Where: Mickey McDougall Performing Arts Studio, 23rd St E.

HUB 2 Lower Lonsdale

Lonsdale Quay Outdoor Plaza, CityScape Community Art Space, The Polygon Gallery, Presentation House Theatre, Rogers Plaza

FRIDAY, SEPTEMBER 28

PUBLIC ART WALKING TOUR

See bears, camels, sculptures, mosaics and more on a unique public art walking tour. North Vancouver has over 150 pieces of public art. Join us for a guided tour of some of the many pieces in the Central Lonsdale area! Participants must be able to walk at a comfortable pace for approx. two hours. Free tour but registration is required (no drop-ins please). Register at econnect.northvanrec.com/ereg and enter code #409315

When: Friday, Sept. 28; 1:00-3:00 PM

Where: Register for start location (close to Victoria Park)

SATURDAY, SEPTEMBER 29

NORTH SHORE CELTIC ENSEMBLE - 20 YEARS: JOIN US IN CELEBRATION!

Come enjoy a dynamic and entertaining performance of the North Shore Celtic Ensemble. It is no accident this inspired group of fiddlers has had a successful 20-year-run as one of North Vancouver's best known youth ensembles. Bring your instrument and join them for a BIG finale. Visit the NSCE website nsce.ca for music and information about the event.

When: Saturday, Sept. 29; 11:00 AM-12:00 PM

Where: Lonsdale Quay Outdoor Plaza

POETS IN THE KITCHEN

A food and poetry performance, where audiences come learn how to prepare delicious salmon themed dishes and experience amazing spoken word, art and music. Come celebrate local artists, and local fare. Enjoy our current exhibition, *Journey of a Salmon*, and mingle with our community over snacks.

When: Saturday, Sept. 29; 1:00-4:00 PM

Where: CityScape Community Art Space, 335 Lonsdale Ave.



PUBLIC TOUR OF CURRENT EXHIBITIONS

The Polygon Gallery hosts public tours by donation of current exhibitions. Visit thepolygon.ca to find out what's on!

When: Saturday, Sept. 29; 2:00 PM

Where: The Polygon Gallery, 101 Carrie Cates Cr.

MIDDLE EASTERN DANCE PERFORMANCE & WORKSHOP WITH AMED DANCE AT LONSDALE QUAY MARKET

Feel fresh and fantastic with our FREE and FUN dance workshops (Persian, Arabic, Belly Dance and Samba). So easy to follow along and join in. All cultures and all ages welcome. Weather permitting. Presented by the Academy of Middle Eastern Dance (AMED).

When: Saturday, Sept. 29; 3:00-4:00 PM

Where: Lonsdale Quay Market Outdoor Plaza, 123 Carries Cates

TALES OF AN URBAN INDIAN

Tales of an Urban Indian, featuring Craig Lauzon of Royal Canadian Air Farce, is a deeply personal and darkly comic telling of the life of Simon Douglas, an Indigenous man born on a reserve in British Columbia in the 1970s and raised both on the reserve and in the city of Vancouver. Sold out across Canada, this show is staged entirely on a moving transit bus – it's one ride you won't want to miss! Pre-registration is required at boxoffice@phtheatre.org.

When: Saturday, Sept. 29; 4:00-5:30 PM

Where: Departing from Presentation House Theatre, 333 Chesterfield Ave.



SUNDAY, SEPTEMBER 30

SFU GIDDHA CLUB

Join the SFU Giddha Club and learn about the roots, heritage and culture of Punjab through the traditional folk dance Giddha, a traditional dance performed by women at special events, weddings and festivals.

When: Sunday, Sept. 30; 11:00 AM-12:00 PM

Where: Lonsdale Quay Market, 123 Carries Cates.

A MUSICAL JOURNEY WITH BORIS SICHON

North Vancouver Recreation and Culture welcomes you to an interactive musical experience good for children and adults. Join Boris Sichon and explore the world of music. Boris Sichon is a multi-instrumentalist. He has performed in 40 countries on five continents. Come out and discover how together, music can move you.

When: Sunday, Sept. 30; 2:00-3:00 PM

Where: Rogers Plaza, 145 W 1st St.
(if raining, inside John Braithwaite Community Centre)



COMMUNITY ENGAGED ARTS AT MOUNTAINSIDE SECONDARY – NORTH VANCOUVER COMMUNITY ARTS COUNCIL

Curious to know more about all our programs and projects over the past year, and excited to see what we will be working on next? Join us at CityScape Community Art and learn more about our community engaged programs we are spearheading. Hear from music therapist Tatyana Dobrowolski who has facilitated our Rythm & Word music therapy program at Mountainside for the past 5 years. Also learn about our brand new Embodied Mycology project at Mountainside Secondary, which will be led by interdisciplinary choreographer Isabelle Kirouac and visual artist and mycologist Willoughby Arealo.

When: Sunday, Sept. 30; 3:00-5:00 PM

Where: CityScape Community Art Space, 335 Lonsdale Ave.

HUB 3 Lynn Valley Village + Area

North Vancouver Museum & Archives, Community History Centre, Lynn Valley Village, Karen Magnussen Community Recreation Centre, North Vancouver District Public Library, Lynn Valley Shopping Centre

FRIDAY, SEPTEMBER 28

BEHIND-THE-SCENE AT THE ARCHIVES

Discover what your archives has to offer! Meet the archivist, explore the state-of-the-art storage areas and become acquainted with your community's stories. Bring a research question and see where it takes you.

When: Friday, Sept. 28; 1:00-4:00 PM

Where: North Vancouver Museum & Archives, 3203 Institute Rd.

SATURDAY, SEPTEMBER 29

SHAKETOWN WALK

A guided walk with NVMA curator Karen Dearlove around Lynn Valley's historic Shaketown. History, community stories and archival photographs will reveal the area's early life. Call **604-990-3700 x8016** to pre-register.

When: Saturday Sept. 29; 10:00-11:00 AM

Where: Community History Centre, 3203 Institute Rd.

RNB DANCE

Come watch RNB Dance perform and try some moves. Watch a variety of dance styles and learn more about being a part of RNB. Dance, friendship, physio and nutrition, recreational and competitive classes. A family friendly atmosphere with the compassion to be your best in every way.

When: Saturday, Sept. 29; 12:00-2:00 PM

Where: Lynn Valley Village, 1277 Lynn Valley Rd.

MOUNTAINEERING MEMORIES

Unique pieces from the North Vancouver Museum & Archives' BC Mountaineer Club's and Alpine Club of Vancouver's collections will be displayed and the stories they hold revealed.

When: Saturday, Sept. 29; 1:00-2:00 PM and 3:00-4:00 PM

Where: Community History Centre, 3203 Institute Rd.

THE GLORIOUS MOUNTAINS OF VANCOUVER'S NORTH SHORE

Author David Crerar will present stories from his book, *The Glorious Mountains of Vancouver's North Shore: a Peak Bagger's Guide*. The history and secrets of the peaks will be revealed. Call **604-990-3700 x8016** to pre-register.

When: Saturday, Sept. 29; 2:00-3:00 PM

Where: Community History Centre, 3203 Institute Rd.



SUNDAY, SEPTEMBER 30

A MUSICAL JOURNEY WITH BORIS SICHON

Join Boris Sichon and explore the world of music. North Vancouver Recreation and Culture welcomes multi-instrumentalist Boris Sichon for an interactive musical experience good for children and adults. Let us take you on a musical journey.

When: Sunday, Sept. 30; 11:00 AM-12:00 PM

Where: Karen Magnussen Community Recreation Centre, 2300 Kirkstone Rd.

THE HUMAN LIBRARY @ NVDPL

The Human Library is designed to provide a safe, neutral space to explore your curiosity through respectful conversations with people in your community. Meet real people, each with diverse life experiences in different areas of arts and culture, who will be "loaned" to you for twenty minute sessions.

When: Sunday, Sept. 30; 1:00-4:00 PM

Where: North Vancouver District Public Library, 1277 Lynn Valley Rd.

"KEEP THE BEAT" WITH THE NORTH SHORE BC REGISTERED MUSIC TEACHERS

Come and hear students and teachers perform on different instruments. We'll then invite you to come on up and get your fingers on the piano, you'll be improvising in no time. Wrong notes accepted. No experience necessary! Just have fun exploring your inner musician while sharing the joy of creating music. Visit northshoremusicteachers.com/

When: Sunday, Sept. 30; 3:00-5:00 PM

Where: Lynn Valley Shopping Centre, 1199 Lynn Valley Rd.

YOUTH FILM SCREENING & RECEPTION

Come out and support local youth filmmakers. View their incredible works, learn more about the process of filmmaking and stay for the reception following the screening. Space is limited.

When: Sunday, Sept. 30; 3:30-5:00 PM

Where: Community Room at the North Vancouver District Public Library, 1277 Lynn Valley Rd.

HUB 4 Deep Cove + Parkgate

Parkgate Community Recreation Centre, Ron Andrews Community Recreation Centre, Deep Cove Shaw Theatre, Seymour Art Gallery

FRIDAY, SEPTEMBER 28

MUSIC IN THE MORNING

North Vancouver Recreation and Culture welcomes Siobhan Walsh with her soulful voice and jazzy tunes. We invite you to drop by and enjoy music in the morning at Parkgate Community Recreation Centre.

When: Friday, Sept. 28; 10:00-11:00 AM

Where: Parkgate Community Recreation Centre lobby, 3625 Banff Crt.

SUNDAY, SEPTEMBER 30

DIY INSTRUMENT WORKSHOP

North Vancouver Recreation and Culture invites you to Tap, Shake, Bang, Beat, and Strum along with us! Celebrate Culture Days at Ron Andrews by making your own instruments from household and up-cycled items. Drop-in. Parents must accompany children.

When: Sunday, Sept. 30; 10:00 AM-12:00 PM

Where: Ron Andrews Community Recreation Centre, 931 Lytton St.

DEEP COVE STAGE SOCIETY

Come and see how the magic of live theatre is created. Join the Deep Cove Stage Society for backstage tours, hands-on lighting demos - you are the lighting tech, and set construction demos.

When: Sunday Sept. 30; 12:00-4:00 PM

Where: Deep Cove Shaw Theatre, 4360 Gallant Ave.

REDUCTION | RECONSTRUCTION: DRAWING THROUGH ERASURE

Do you find yourself erasing mistakes more than creating finished works? Join us for a free drop-in workshop that focuses on creating out erasure. Be inspired by the process of Arnold Shives' paintings in his exhibition, *And They Faded into the Landscape*, and use similar techniques in an artwork of your own. All ages welcome, no experience required.

When: Sunday, Sept. 30; 2:00-4:00 PM

Where: Seymour Art Gallery, 4360 Gallant Ave.

HUB 5

Upper Lonsdale, Queens, Delbrook, Edgemont

Kahlana Movement Studio, Delbrook Community Recreation Centre

FRIDAY, SEPTEMBER 28

CIZE WITH JENNIFER CARLYLE GREENE

It's Dance, it's Sweat, It's the Future of exercise.

When: Friday, Sept. 28; 10:15-11:15 AM

Where: Kahlana Movement Studio, 3120 Highland Blvd.

SIMONSON DANCE WITH KAREN KOBEL

Join us for an organic approach to movement that prepares the body to dance in a way that is anatomically intelligent and somatically aware. Learn a full warm up, followed by floor work, Pilates ab work, strengthening, toning, and build on choreography. Simonson Technique, created and developed by master teacher Lynn Simonson.

When: Friday, Sept. 28; 7:00-8:45 PM

Where: Kahlana Movement Studio, 3120 Highland Blvd.

SATURDAY, SEPTEMBER 29

FALL FELTING WITH HELEN MURPHY

Celebrate fall by joining Helen for a fun Wet Felting Workshop. Create a piece of art from sheep's wool, hot water, friction and your imagination. This event is great for all ages.

When: Saturday, Sept. 29; 10:00 AM-12:00 PM; 1:00-3:00 PM

Where: Delbrook Community Recreation Centre, 851 West Queens Rd.

KIDS YOGA WITH KYLIE RAILTON

Come enjoy a Kids Yoga your children will love. Your child will learn basic yoga poses in an environment of creativity and laughter! Asanas, salutations and breathing will be covered. We will be focusing on meditation, mindfulness, breathing, and yoga flow. Class is open to children ages 5 and up.

When: Saturday, Sept. 29; 10:00-11:00 AM

Where: Kahlana Movement Studio, 3120 Highland Blvd.

UPCYCLING CRAFTS WITH DENISE CORCORAN

Join Denise for an exciting Upcycling Craft Workshop. Denise will guide you through the steps to turn everyday items into treasures and keepsakes. You will be amazed at what you can create!

When: Saturday, Sept. 29; 10:00 AM-12:00 PM; 1:00-3:00 PM

Where: Delbrook Community Recreation Centre, 851 West Queens Rd.

SUNDAY, SEPTEMBER 30

FAMILY YOGA WITH JESSIE ARIELLE SMITH

Come to breathe, stretch and connect with one another. This Yoga experience is aimed at children age 3-10 and their parents.

When: Sunday, Sept. 30; 10:00-11:00 AM

Where: Kahlena Movement Studio, 3120 Highland Blvd.

WATERCOLOUR WORKSHOP, FALLING FOR AUTUMN LEAVES WITH ARTIST CHERIE SUMMERS

September is the perfect time of year to explore all the beautiful colours of the season. Bring your supplies and enjoy an afternoon getting inspired painting with watercolour in a relaxing and supportive environment.

A variety of pictures, paintings and leaves gathered from the natural environment will be provided as well as demonstrations to assist you with composition, colour and painting techniques. Some experience required. The workshop is free but pre-registration is required.

Visit econnect.northvanrec.com/ereg/ and enter code #409708.

When: Sunday, Sept. 30; 1:00-4:00 PM

Where: Art Studio, Delbrook Community Recreation Centre, 851 West Queens Rd.



COLOUR YOUR MANDALA MEDITATION

Select a black and white mandala line drawing that represents a symbol of balance, wholeness, centeredness, and harmony, and use felt pens or pencil crayons to colour your own personal mandala. After 45 minutes of meditative colouring, we will do a 10-minute sitting meditation.

When: Saturday, Sept. 29; 5:00-6:00 PM

Where: The Yoga Root, 106-850 Harbourside Dr.



STAND UP FOR MENTAL HEALTH COMEDY SHOW

Come for a hilarious look at the lighter side of taking meds, dealing with addictions, seeing counselors, getting diagnosed, and surviving the mental health system. Comics are all alumni of the SMH Comedy Program.

When: Saturday, Sept. 29; 7:00-9:00 PM

Where: The Yoga Root, 106-850 Harbourside Dr.

SUNDAY, SEPTEMBER 30

GONG SOUND BATH

Join Donna for a free Gong Sound Bath & Meditation. Vibrational healing modalities, such as the gong and crystal bowl, help to balance the body by transforming blocked energy. This is a beautiful, calming session and chance to restore your mind, body, and soul.

When: Sunday, Sept. 30; 11:00-11:45 AM

Where: Studio 202, 1761 Capilano Rd.

INTRODUCTION TO KUNDALINI YOGA AND THE ART OF JOY

Come for a quick overview of Kundalini energy (your life force!) and how this yoga works to balance your nervous and glandular systems, awakening you to deeper levels of yourself. Learn how Kundalini yoga positively affects your community and life.

When: Sunday, Sept. 30; 1:00-2:15 PM

Where: The Yoga Root, 106-850 Harbourside Dr.

GINA LEON ART SHOW

Gina Leon was born in Johannesburg, South Africa and raised in West Vancouver. She is a Vancouver based actress, visual artist and art teacher. She earned a BFA at the University of Toronto in theatre and art history and an MFA in acting at the New School For Drama in NYC.

When: Sunday, Sept. 30; 1:30-3:00 PM

Where: Studio 202, 1761 Capilano Rd.

ZUMBINI – MUSIC, DRUMS, DANCE

Join Milica for fun with your little one (0-4yrs). Zumbini combines music & movement to create the ultimate bonding experience! Sing, dance and play together while developing your little one's social, cognitive, emotional and motor skills.

When: Sunday, Sept. 30; 4:00-4:45 PM

Where: Studio 202, 1761 Capilano Rd.

HUB 6 Pemberton, Capilano, Harbourside

The Yoga Root, 195 Artist's Studios, Studio 202

FRIDAY, SEPTEMBER 28

GONG SOUND AND SOUL HEALING: AUTUMN CELEBRATION OF LIGHT AND DARK

Enjoy a sound journey into a deep experience of self-care, allowing the Sacred Gong to balance the fiery energies of summer and the earthy energies of fall. Experience the reflective aspects of the Autumn Equinox and invite new possibilities into your life!

When: Friday, Sept. 28; 7:30-9:00 PM

Where: The Yoga Root, 106-850 Harbourside Dr.

SATURDAY, SEPTEMBER 29

YOGA FOR PRE-TEENS: FINDING YOUR INNER POWER

Inviting anyone aged 9-13 to join us in an exploration of yoga to foster positive self-image, make friends and develop leadership skills! No prior yoga experience necessary.

When: Saturday, Sept. 29; 12:30-1:30 PM

Where: The Yoga Root, 106-850 Harbourside Dr.

YOGA STORIES FOR KIDS

Poses will be taught through a half hour of imaginative storytelling, leading the group through yoga asanas as the story progresses. Parents are invited (and encouraged!) to stay and participate as well.

When: Saturday, Sept. 29; 1:00-1:30 PM

Where: The Yoga Root, 106-850 Harbourside Dr.

MOTHER'S SHARING CIRCLE:

STORIES OF PUTTING DOWN ROOTS IN A NEW LAND

As immigrant mothers, we have unique stories of how we put down roots in a new land. We invite you to join us for a sharing circle where you can tell your stories in a safe, caring space. We will end with a Meditation of Gratitude for our children and all we have in our lives.

When: Saturday, Sept. 29; 2:00-3:30 PM

Where: The Yoga Root, 106-850 Harbourside Dr.

KOME FASHION SHOW

You won't want to miss local designer Kjaer Neletia Pedersen's 2018 Fall Collection. Timeless, Unique, Simply Beautiful pieces for all sizes. Space is limited, please RSVP to Kjaer at **604-612-6070** to reserve.

When: Saturday, Sept. 29; 2:00 PM

Where: 195 Artist's Studios, 195 Pemberton Ave.



HUB 7 West Vancouver

Kay Meek Centre, Anna Wyman School of Dance Arts, The Ferry Building Gallery

SATURDAY, SEPTEMBER 29

OPEN REHEARSAL WITH AMBLESIDE ORCHESTRA

Ambleside Orchestra and conductor Nicolas Krusek invite you to find out what happens behind the scenes at an orchestra rehearsal. Listen to thrilling classical orchestral music while learning about the process.

When: Saturday, Sept. 29; 3:00-5:00 PM

Where: Kay Meek Centre Studio Theatre, 1700 Mathers Ave.

SUNDAY, SEPTEMBER 30

BALLET CLASS FOR KIDS

Join this fun and inclusive class, where kids from ages five to eight can learn and enjoy the basics of ballet while giving them an opportunity to exercise their creativity. Parents Welcome.

When: Sunday, Sept. 30; 10:30-11:30 AM

Where: Anna Wyman School of Dance Arts, 1457 Marine Dr.

DEMYSTIFYING THE APPROACH TO ENJOYING ART

Art is for everyone! It doesn't need an intellectual approach, only an intelligent one. Join multimedia artist Susanna Blunt for an interactive exploration in learning how to look at and appreciate art and get beyond the intimidation factor. Bring a book or image of a piece of art you like, love, hate, or would like to know how to approach better.

When: Sunday, Sept. 30; 2:00-4:00 PM

Where: The Ferry Building Gallery, 1414 Argyle Ave. at Ambleside Landing



FOR FULL EVENT LISTINGS, VISIT:
WWW.CULTUREDAYS.CA