

THE FUTURE IS MINE - Lower Mainland Fall/ Winter 2017

It just keeps getting better and better; new members, an amazing group of long-time burn survivors and an array of engaging activities (all free of charge, thanks to our amazing Sponsors!), the Future Is Mine (FIM) program is pleased to offer the following events for Fall/Winter 2017.

Be sure to check out the schedule, mark your calendars and RSVP to Ann at: ann@burnfund.org to secure your spot today!

September:

Every Wednesday starting Sept. 6 - Nov. 29, 2017 @ 5:30 pm-6:45 pm - Yoga Wednesdays

Hosted at the Burn Fund Centre, FIM members are welcome to come and enjoy a restorative and relaxing yoga class; tailored for all abilities. Our talented instructors have created a program that provides a truly rejuvenating experience. All equipment is provided, so be sure to drop-in and experience this wonderful energy. Namaste! Burn Fund Centre, 3891 Main St., Vancouver, B.C. (Main St. & 23rd Ave.) www.burnfund.org

Thursday, Sept. 14, 2017 @ 6:30 pm - Craft Spirits Tour and Tasting at Sons of Distillery

Host James Lester, survivor & owner, will again be welcoming FIM members to a lovely evening of cocktails and appetizers. Bring friends (and a designated driver) and enjoy a very special evening sampling a selection of dynamic B.C. spirits. Please note: Transportation will be provided to the SeaBus from the distillery in North Vancouver. Sons of Distillery, 1431 Crown St., North Vancouver, B.C. <http://sonsofvancouver.ca/>

Wednesday, Sept. 27, 2017 @ 7:15 pm-8:30 pm - About Face Presentation

This is a very special opportunity for FIM members to connect with the adult burn survivors who participated in this amazing project. "About Face" is about changing perceptions and challenging prejudices against people with scars through media literacy and stories of burn survivors.

The presentation will take place at the Burn Fund Centre with the creators and participants of this project in attendance. Refreshments will be served. Burn Fund Centre, 3891 Main St., Vancouver, B.C. (Main St. & 23rd Ave.) http://burnfund.org/news_item/exhibition-brings-change-to-perceptions-of-survivors/

October:

Every Wednesday starting Oct. 4 - Nov. 29, 2017 @ 5:30 pm-6:45 pm - Yoga Wednesdays

Hosted at the Burn Fund Centre, FIM members are welcome to come and enjoy a restorative and relaxing yoga class; tailored for all abilities. Our talented instructors have created a program that provides a truly rejuvenating experience. All equipment is provided, so be sure to drop-in and

experience this wonderful energy. Namaste! Burn Fund Centre, 3891 Main St., Vancouver, B.C. (Main St. & 23rd Ave.) www.burnfund.org

Thursday, Oct. 5, 2017 @ 6:30 pm-8:00 pm - Escape to Provence through an evening of pampering

Come and enjoy an evening of pampering hosted by L'Occitane. This private event for FIM members includes a mini facial, hand massage, fragrance layering and more. With French music, delectable treats and a special gift for all attendees, you will leave feeling refreshed and rejuvenated. Registration is limited, so sign up today! L'Occitane, 3051 Granville St., Vancouver B.C.

Saturday, Oct. 21, 2017 @10:00 a.m.-Noon - Pumpkin Patch at Art Knapp Surrey

Get into the Halloween Spirit with Art Knapp Surrey! FIM members are invited to pick a pumpkin, play a round of mini golf and take a spooky train ride, all at Art Knapp's beautiful new Surrey location. Hosted by Ken Grant, survivor and sponsor, you won't want to miss out on any of the "spook-tacular" fun! Space is limited, so register today! Art Knapp Surrey, 4391 King George highway, Surrey, B.C. www.artknappsurrey.com/about-us

Thursday, Oct. 26, 2017 @ 6:30 pm-8:30 pm - Halloween Baking at Vancouver Community College (VCC)

Chef Fionna Chong and her students have generously invited FIM members to join them again in baking up some Halloween treats in their top-rated VCC kitchen. Located at the downtown campus, you'll spend the evening creating delicious Halloween-themed cupcake and cookie creations! Be sure to bring a container so you can take home your creations to share with family and friends. This really is a sweet treat you won't want to miss! <http://www.vcc.ca/about/college-information/contact-us/>

November:

Every Wednesday starting Nov. 1 - Nov. 29, 2017 @ 5:30 pm-6:45 pm - Yoga Wednesdays

Hosted at the Burn Fund Centre, FIM members are welcome to come and enjoy a restorative and relaxing yoga class; tailored for all abilities. Our talented instructors have created a program that provides a truly rejuvenating experience. All equipment is provided, so be sure to drop-in and experience this wonderful energy. Namaste! Burn Fund Centre, 3891 Main St., Vancouver, B.C. (Main St. & 23rd Ave.) www.burnfund.org

Saturday, Nov. 4, 2017 @ 9:00 am- 3:00 pm - Volunteers for Bright Nights Set Up at Stanley Park

Calling all FIM members who would like to volunteer for the biggest fundraiser for the BCPFF Burn Fund – Bright Nights in Stanley Park! The Burn Fund is counting on your help in making this year's event a success! In volunteering, your efforts will directly contribute to supporting all

the great programs the Burn Fund provides. Lunch and free parking is provided for up to 20 volunteers, so bring your enthusiasm and some warm mittens to this memorable day of lights and decorations; while giving back to a great organization! (Sorry, no children) Stanley Park, Vancouver, B.C. www.burnfund.org

Wednesday, Nov. 8, 2017 @ 7:15 pm-8:30 pm - Peer Support/ Meet Up Exchange

Through the use of technology, this evening is a very special opportunity for FIM members to connect with the adult burn community across the province. Special guest speaker, Don Schwartz, survivor of a helicopter crash, will be sharing his story and talking about the long term effects of PTSD. There will be opportunities for others to share their stories as well; all within an atmosphere of support and inclusion. Held at the Burn Fund Centre (23rd & Main St., Vancouver), the evening should prove to be a memorable one. Refreshments will be served. Hope you can join us! Burn Fund Centre, 3891 Main St., Vancouver, B.C. (Main St. & 23rd Ave.) www.burnfund.org

Saturday, Nov. 18, 2017 @ 9:30 am-1:00 pm - Holiday Cooking at The Dirty Apron

David Robertson, Chef, best-selling Author and Teacher has generously offered to once again host the Future Is Mine members to a morning of cooking and festive celebration! The morning will be filled with food, fun and fabulous tips on preparing for the Holiday Season. Bring your notebook and you'll receive all of the recipes in the class as a gift from The Dirty Apron. RSVP is a required and first-time attendees will be given priority.

Lunch (as prepared by you) with wine pairings will follow; making this a truly memorable culinary experience! The Dirty Apron, 540 Beatty St., Vancouver, B.C. <https://www.dirtyapron.com>

December:

Sunday, Dec. 3, 2017 @ 2:00 pm-4:00 pm - Christmas Tea Get Together for Families & Friends

The Burn Fund Centre invites one and all for an afternoon tea in celebration of the holiday season. We welcome you to show off your holiday baking skills and share some of the special holiday traditions you enjoy at this time of year! While you're here, take a tour of the HomeAway accommodation suites, meet members of the burn community and support teams. We also look forward to having you join us in sharing memories of 2017 and in celebrating, with gratitude and merriment, another great year with the adult burn community, family and friends! Burn Fund Centre, 3891 Main St., Vancouver, B.C. (Main St. & 23rd Ave.)

