



OLDER ADULTS COORDINATORS:

Coordinators connect with older adults to facilitate programs, services and resources in their area.

Richmond Coordinator Senior Services	Eva.....	604-238-8458
Richmond Seniors Wellness Coordinator.....	Debbie.....	604-238-8460
Cambie Community Centre	Linda	604-233-8372
Minoru Place Activity Centre.....	Renata/Kelly.....	604-238-8450
South Arm Community Centre	Stella	604-718-8070
Steveston Community Centre	Margie.....	604-718-8098
Thompson Community Centre	Andrea.....	604-238-8429
West Richmond Community Centre.....	Donna	604-238-8405

The following centres do not have Older Adults Coordinators but the Community Facilities Coordinators can assist with questions related to older adults programming and services.

City Centre Community Centre.....	Steve/Donna	604-233-8910
Hamilton Community Centre	Alisa	604-718-8055
Sea Island Community Centre	Teresa	604-238-8000

CAFETERIA AND CATERING SERVICES AT MINORU PLACE ACTIVITY CENTRE

Enjoy delicious and nutritious full course daily lunches Mon-Thu 8:30am-4:00pm, Fri 8:30am-7:00pm and Sat 10:00am-2:00pm. \$5 plate for Facility Pass holders; \$6 plate for non-Facility Pass holders.

FACILITY PASS

Many ongoing clubs, groups and services at Richmond Community Centres require a valid Facility Pass Membership.

Minoru Place Activity Centre: Annual fee \$22.40 from September 1, 2011-August 31, 2012.

Minoru Place Activity Centre: Annual Billiard Room Pass \$28, Annual Woodworking Pass \$22.40 and Wood Carving Pass \$22.40.

Cambie Community Centre: Annual Facility Pass \$11.20. Activities include Coffee Social, Walking Club, Book Club, Tai Chi, Luk Tung Kuen, Crib and Table Tennis.

Hamilton Community Centre: Annual Seniors Pass is \$11.20. Activities include Tai Chi, Sing-a-Long, Line Dancing and Seniors Group.

South Arm Community Centre: Annual Seniors Pass is \$11.20. Activities include Billiard, Board Games, Scrabble, Book Club, Bridge Social, Carpet Bowling, Craft Afternoon, Indoor Walking, Luk Tung Kuen, Karaoke, Mahjong and Wii Fridays.

Steveston Community Centre: Now requires an Annual Facility Pass of \$11.20. Activities include Bingo, Social Bridge and Chinese Multicultural Group.

Thompson Community Centre: Annual Facility Pass \$11.20. Activities include, Ballroom Dance, Wii Wednesdays, Chinese Seniors circle, Mah Jong, Luk Tung Kuen and Nordic Walking.

West Richmond Community Centre: Annual Facility Pass of \$11.20. Activities include Bridge, Book Club and Scrabble Club.

Seniors programs at Cambie Community Centre have moved to the East Richmond Community Hall. The new address is 12360 Cambie Rd. Fitness programs continue to be held in the Studio.

Arts - Dance, Music & Performing

BALLROOM DANCE GROUP

There is no instruction offered in these dance sessions. Facility Pass required.

[Minoru Place Activity Centre](#)

Sat 11:15am-1:15pm

[Thompson Community Centre](#)

1st Fri/mth 2:30-4:30pm

FREE CONCERT LOUNGE

Relax and enjoy musical concerts performed by local youth musicians.

[Minoru Place Activity Centre](#)

Last Fri/mth 3:00-4:00pm

DANCE - BALLROOM - BEGINNER

This dance class, taught by a member of the Imperial Society of Teachers of Dance, Ballroom and Latin America Branch, welcomes single and pair dancers.

[Minoru Place Activity Centre](#)

Jan 7-Mar 24..... Sa 1:30-2:30pm..... \$54/12 sess 190601

Jan 7-Mar 24..... Sa 10:45-11:15am..... \$24.75/11 sess.. 201452

Apr 21-Jun 16 ... Sa 1:30-2:30pm..... \$36/8 sess 190757

Apr 21-Jun 16 ... Sa 10:45-11:15am..... \$18/8 sess 201454

DANCE - BALLROOM - INTERMEDIATE

Learn the basic steps of the Jive, Cha Cha, Waltz and Foxtrot. This dance class is taught by a member of the Imperial Society of Teachers of Dance, Ballroom and Latin American Branch.

[Minoru Place Activity Centre](#)

Jan 11-Mar 28... W 7:00-8:30pm..... \$81/12 sess 190602

Apr 11-Jun 13 ... W 7:00-8:30pm..... \$67.50/10 sess.. 190758

NEW DANCE - BROADWAY JAZZ

Come learn modern jazz made popular by Broadway shows such as 'Chicago' and 'Cabaret'. Getting fit has never been so much fun!

[West Richmond Community Centre](#)

Jan 29-Mar 4..... Su..... 1:00-2:30pm..... \$40.50/6 sess 214412

Apr 15-May 27 .. Su..... 1:00-2:30pm..... \$40.50/6 sess 214413

DANCE - LINE DANCING

Get active and have fun by learning the basics that make up current line dancing techniques. No dance experience required. Facility Pass or drop-in (\$5) permitted.

[Hamilton Community Centre](#)

W 10:00am-11:00am

DANCE - LINE DANCING - BEGINNER

Learn the basics that make up current line dancing today. No dance experience required.

[Cambie Community Centre](#)

Jan 10-Mar 27 ... Tu 1:30-2:30pm..... \$54/12 sess 197401

Apr 10-Jun 19 ... Tu 1:30-2:30pm..... \$49.50/11 sess.. 201603

[South Arm Community Centre](#)

Jan 9-Mar 12..... M..... 12:00-1:00pm..... \$45/10 sess 190854

Apr 16-Jun 25 ... M..... 12:00-1:00pm..... \$45/10 sess 190917

[Steveston Community Centre - Steveston Martial Arts Centre](#)

Jan 12-Mar 29... Th 2:00-3:00pm..... \$54/12 sess 189171

Apr 5-Jun 21 Th 2:00-3:00pm..... \$54/12 sess 190159

[Thompson Community Centre](#)

Jan 11-Feb 29 ... W 11:15am-12:15pm .. \$36/8 sess 194379

Apr 11-Jun 27 ... W 11:15am-12:15pm .. \$49.50/11 sess.. 199855

DANCE - LINE DANCING - INTERMEDIATE

Previous line dancing experience is required to register and participate in this class.

[South Arm Community Centre](#)

Jan 9-Mar 12..... M..... 1:05-2:05pm..... \$45/10 sess 190855

Apr 16-Jun 25 ... M..... 1:05-2:05pm..... \$45/10 sess 190919

[Steveston Community Centre - Steveston Martial Arts Centre](#)

Jan 12-Mar 29... Th 3:15-4:15pm..... \$54/12 sess 189172

Apr 5-Jun 21 Th 3:15-4:15pm..... \$54/12 sess 190160

DANCE - SQUARE DANCING

Enjoy square dancing (without needing a partner) in this high-energy and enthusiastic class.

[Minoru Place Activity Centre](#)

Jan 11-Mar 28... W 10:00am-12:00pm .. \$49.50/11 sess.. 190603
Apr 11-Jun 13 ... W 10:00am-12:00pm .. \$45/10 sess 190759

DANCE - TAP - BEGINNER

Six weeks of tap dance lessons in this fun-based, no performance class. No experience necessary. Tap shoes not required.

[Minoru Place Activity Centre](#)

Jan 11-Mar 28... W 10:00-11:00am..... \$54/12 sess 190651
Apr 11-Jun 13 ... W 10:00-11:00am..... \$45/10 sess 190760

[Steveston Community Centre - Japanese Canadian Cultural Centre](#)

Feb 1-Mar 21 W 12:00-1:00pm..... \$48/8 sess 189175

DANCE - TAP - INTERMEDIATE

Previous tap experience is required for this dance class.

[Minoru Place Activity Centre](#)

Jan 11-Mar 28... W 10:45-11:45am..... \$54/12 sess 190652
Apr 11-Jun 13 ... W 10:45-11:45am..... \$45/10 sess 190761

DANCE - WESTERN LINE DANCING - BEGINNER

Keep fit, meet friends and enjoy great music. No dance experience or partner required.

[Minoru Place Activity Centre](#)

Jan 10-Mar 27 ... Tu 3:00-4:00pm..... \$54/12 sess 190653
Apr 10-Jun 12 ... Tu 3:00-4:00pm..... \$45/10 sess 190762

DANCE - WESTERN LINE DANCING - INTERMEDIATE

Keep fit, meet friends and enjoy great music. No partner required.

[Minoru Place Activity Centre](#)

Jan 10-Mar 27 ... Tu 4:00-5:00pm..... \$54/12 sess 190654
Apr 10-Jun 12 ... Tu 4:00-5:00pm..... \$45/10 sess 190763



DRUMMING - AFRICAN - BEGINNER

This program emphasizes the hand placement of Djembe drumming. Runs the second and fourth Monday of each month.

[Steveston Community Centre - Japanese Canadian Cultural Centre](#)

Jan 9-Feb 13 M..... 1:00-2:00pm..... \$36/6 sess 189188
May 7-Jun 25 M..... 1:00-2:00pm..... \$48/8 sess 190173

DRUMMING - AFRICAN - INTERMEDIATE

This program further emphasizes the hand placement of Djembe drumming. Participants must have previous drumming experience. Runs the second and fourth Monday of each month.

[Steveston Community Centre - Japanese Canadian Cultural Centre](#)

Jan 9-Feb 13 M..... 2:15-3:30pm..... \$36/6 sess 189190
May 7-Jun 25 M..... 2:15-3:30pm..... \$48/8 sess 190175

Please note: Program information including dates, pricing and locations are up to date as of November 1, 2011. We try our best to ensure that the Guide information in print is correct, however changes sometimes occur.

55+ years

DRUMMING - TAIKO - BEGINNER

A good workout and an excellent way to release stress and tension. This unique group experience is guaranteed to be gratifying and uplifting!

South Arm Community Centre

Jan 17-Mar 20... Tu 6:30-7:30pm..... \$55/10 sess 190851

Apr 17-Jun 19 ... Tu 6:30-7:30pm..... \$55/10 sess 190910

DRUMMING - TAIKO - INTERMEDIATE

Perfect new skills, engage in more vocal shouts and drills and learn more pieces and rhythms in this fun, energetic and creative environment. Prerequisite:

Drumming - Taiko - Beginner.

South Arm Community Centre

Jan 17-Mar 20... Tu 7:30-8:30pm..... \$55/10 sess 190852

Apr 17-Jun 19 ... Tu 7:30-8:30pm..... \$55/10 sess 190912

HAPPY CHORUS

Have fun singing Chinese folk songs with others. Facility Pass required. Call 604-238-8450 for more details. Doesn't run the third Wednesday of each month.

Minoru Place Activity Centre

W 10:00am-12:00pm

PEKING OPERA

A synthesis of music, dance, art and acrobatics. Facility Pass required. Call Ko Han at 604-207-0585 for more details.

Minoru Place Activity Centre

Sa..... 1:00-4:00pm

SING-A-LONG

Includes Cantonese, Mandarin and English songs with lyrics. Facility Pass or drop-in (\$2) permitted.

Hamilton Community Centre

F..... 9:00am-10:00am

Arts - Visual

ADVENTURES IN WATERCOLOR - WATERCOLOUR PLAY

A variety of watercolour painting techniques are covered to help create a beautiful exemplar booklet. A required supplies list provided upon registration.

Thompson Community Centre

45+yrs

Feb 26 Su 1:00-4:00pm..... \$25/1 sess 210904

ADVENTURES IN WATERCOLOR - POINTED BRUSH LETTERING

Learn brush lettering using a round brush and watercolour (or felt brush tip marker) to embellish cards, gift bags and envelopes. A required supplies list provided upon registration.

Thompson Community Centre

45+yrs

Mar 4 Su 1:00-4:00pm..... \$25/1 sess 210905

ADVENTURES IN WATERCOLOR - EDGED BRUSH FLORAL

Learn the artistry of the edged/flat brush to paint quick and easy watercolour flowers that look lovely on cards, bookmarks, gift bags and envelopes. A required supplies list provided upon registration.

Thompson Community Centre

45+yrs

Mar 11 Su 1:00-4:00pm..... \$25/1 sess 210907

ADVENTURES IN WATERCOLOR - ACRYLIC INK PAINTING

Come and explore acrylic ink and learn a new technique to paint unique floral cards. A required supplies list provided upon registration.

Thompson Community Centre

45+yrs

Mar 25 Su 1:00-4:00pm..... \$25/1 sess 210908

ARTIST WORKSHOP

Enjoy guest speakers, learn new techniques and share your love of art with other artists. Everyone welcome! Facility Pass required. Call Gwynneth at 604-275-0337 for more details. Runs second and fourth Wednesday of each month.

[Minoru Place Activity Centre](#)

W 1:00-3:00pm

ARTS - CHINESE BRUSH PAINTING

Explore this ancient art through exercises that emphasize basic techniques. Supplies are available from instructor at an additional cost.

[Minoru Place Activity Centre](#)

Jan 9-Mar 12.... M..... 9:30-11:30am..... \$114.20/10 sess 190655

Apr 16-Jun 11 ... M..... 9:30-11:30am..... \$91.40/8 sess 189733

ARTS - CHINESE BRUSH PAINTING - INTERMEDIATE

Expanding on art techniques taught in Chinese Brush Painting – Beginner, students continue to explore this ancient art.

[Cambie Community Centre](#)

Jan 14-Mar 10... Sa 12:30-2:00pm..... \$121.50/9 sess.. 207563

Apr 14-Jun 16 ... Sa 12:30-2:00pm..... \$121.50/9 sess.. 189738

ARTS - CHINESE CALLIGRAPHY

Some calligraphy instruction is provided. Everyone welcome. Facility Pass required. Contact Teresa at 604-273-6705 for more details.

[Minoru Place Activity Centre](#)

F..... 1:00-4:00pm

ARTS - JEWELLERY MAKING

Funky jewellery is created using wire, beads and mixed media.

[Cambie Community Centre](#)

Apr 11-May 9.... W 3:30-5:00pm..... \$75/5 sess 189800

[Minoru Place Activity Centre](#)

Apr 25-May 9.... W 10:00-11:30am..... \$45/3 sess 189801

ARTS - PAINTING - ACRYLIC - BEGINNER

This class provides step-by-step demonstrations on how to create a painting. Students may choose the demo subject or bring specific source material. Individual instruction is readily available. Supplies not included. Contact Stella Au, Older Adults Coordinator (604-718-8070 or sau2@richmond.ca) for the supplies list before attending the first class.

[South Arm Community Centre](#)

Jan 17-Mar 20... Tu 2:00-4:00pm..... \$102/10 sess 190853

Apr 17-Jun 19 ... Tu 2:00-4:00pm..... \$102/10 sess 189814

ARTS - WATERCOLOUR PAINTING

Techniques, colours and principles of design and composition are explored in this class.

[Minoru Place Activity Centre](#)

Jan 12-Feb 16 ... Th 3:30-5:30pm..... \$68.55/6 sess 190658

Feb 23-Mar 29 .. Th 3:30-5:30pm..... \$68.55/6 sess 190659

Apr 12-May 10.. Th 3:30-5:30pm..... \$57.10/5 sess 189853

May 17-Jun 14 .. Th 3:30-5:30pm..... \$57.10/5 sess 189854

[Steveston Community Centre](#)

Feb 21-Mar 27 .. Tu 4:15-5:45pm..... \$42/6 sess 189117

[Steveston Community Centre - Japanese Canadian Cultural Centre](#)

Jan 10-Feb 14 ... Tu 1:00-2:30pm..... \$42/6 sess 189116

DIGITAL PHOTOGRAPHY

Learn how to take photos, download them onto a computer with free software, edit and enhance them and create a web album to share with family and friends online. Bring a digital camera and USB cord (that plugs into the computer) to every class.

[Thompson Community Centre](#)

Jan 21-Feb 25 ... Sa 10:00-11:30am..... \$50/6 sess 194398

Apr 14-May 26.. Sa 10:00-11:30am..... \$50/6 sess 199951

55+ years

FUNDAMENTALS OF PHOTOGRAPHY

Learn how to take great family portraits, photos of pets and flowers and vacation images. This class covers the functions of digital and point and shoot cameras, basic composition tips, lighting and exposure. A digital camera and instruction book are required to be brought to each class.

Richmond Arts Centre

Jan 12-Mar 8..... Th..... 1:00-3:00pm..... \$88/8 sess 207736

Apr 5-Jun 14 Th..... 1:00-3:00pm..... \$121/11 sess..... 211302

Thompson Community Centre

45+yrs

Jun 2-Jun 23 Sa..... 10:00-11:30am..... \$30/4 sess 210251

HAND PAINTED SILK SCARF WORKSHOP

Learn to make beautiful and elegant hand painted scarves to keep or to give as gifts. Price includes all supplies to make one item with each additional scarf \$10 .

Thompson Community Centre

Apr 12-Apr 26 ... Th..... 11:30am-1:00pm \$22/3 sess 210401

KINGSLAND CALLIGRAPHY CLUB

A social and non-instructional Chinese calligraphy group. Facility Pass required. Call 604-238-8450 for more details.

Minoru Place Activity Centre

Th..... 1:45-4:45pm

PHOTOGRAPHY CLUB

Members gather to learn techniques and review others work. Included are speakers, discussions and outings. Facility Pass required. Call Klaas at 604-277-3607 for more details. Runs second and fourth Tuesday of each month.

Minoru Place Activity Centre

Tu..... 1:00-3:00pm

STAINED GLASS - BEGINNERS

Instructor Lenny Smith guides students through the process of using a copper foil technique to create beautiful pieces of stained glass. Purchasing of some materials is required.

Minoru Place Activity Centre

Jan 9-Feb 13 M..... 1:00-4:00pm..... \$102.80/6 sess .. 190660

Feb 27-Apr 2 M..... 1:00-4:00pm..... \$102.80/6 sess .. 190661

Apr 16-May 28 .. M..... 1:00-4:00pm..... \$102.80/6 sess .. 190786

WOOD CARVING CLUB

Use skills and creativity to turn a block of wood into a beautiful carving. Participants must provide tools and carving material. Facility Pass and Wood Carving Pass required. Call 604-238-8450 to leave a message for Jean.

Minoru Place Activity Centre

Tu..... 8:30am-4:00pm



Computers

COMPUTER BASICS - BEGINNER

For participants with no computer experience and who want to learn computer basics.

Thompson Community Centre

Jan 11-Jan 25 W 3:30-5:30pm..... \$15/3 sess 194357
 Feb 22-Mar 7 W 3:30-5:30pm..... \$15/3 sess 194358
 Apr 4-Apr 18 W 3:30-5:30pm..... \$15/3 sess 199851
 May 16-May 30. W 3:30-5:30pm..... \$15/3 sess 199853

COMPUTER CHAT GROUP

An informal social opportunity to discuss and practice computer related items. Facility Pass required. Call 604-238-8450 for more details.

Minoru Place Activity Centre

Th.....9:00-11:30am

COMPUTER INTERNET - BEGINNER

Little or no computer experience? No problem. Come learn to navigate the internet, set up an email address and send attachments.

Thompson Community Centre

Feb 1-Feb 15 W 3:30-5:30pm..... \$15/3 sess 194359
 Mar 14-Mar 28.. W 3:30-5:30pm..... \$15/3 sess 194360
 Apr 25-May 9 W 3:30-5:30pm..... \$15/3 sess 199852
 Jun 13-Jun 27 ... W 3:30-5:30pm..... \$15/3 sess 199854

General Interest

★ A SENIORS FINANCIAL PLANNING SERIES

Whether retired or about to retire, this financial planning series provides valuable information on how to maximize income, minimize taxes and preserve assets. Runs on the second Friday of each month.

Thompson Community Centre

Jan 13-Jun 8..... Sa 10:30am-12:00pm .. \$10/3 sess 194102

ASIAN GROUP

Educational presentations conducted in Chinese. Tea provided. Facility pass required.

South Arm Community Centre

Th..... 8:30-9:30am

BASIC CONVERSATIONAL MANDARIN CLASS

Come learn and practice general phrases for daily conversations.

Thompson Community Centre

45+yrs

Jan 20-Mar 23... F 10:00-11:30am..... \$46.95/10 sess ... 210402
 Apr 13-Jun 15 ... F 10:00-11:30am..... \$46.95/10 sess ... 210451

BILLIARDS CLUB

The enclosed Billiards Room, with three very well maintained tables and a pool cue rental storage box, is open to men and women wanting to play snooker and other pool games. Facility Pass and Billiards Pass required. Call 604-238-8450 for more details.

Minoru Place Activity Centre

Open daily during facility hours (see page 5).

BILLIARDS LESSONS

In a small group setting, first time or more experienced billiards or snooker players can learn basic skills and techniques from an experienced instructor. Cues provided.

Minoru Place Activity Centre

Jan 17-Feb 7 Tu 4:00-5:00pm..... \$12.55/4 sess 190662
 Mar 6-Mar 27 Tu 4:00-5:00pm..... \$12.55/4 sess 190663
 Apr 10-May 1 Tu 4:00-5:00pm..... \$12.55/4 sess 190753
 May 15-Jun 5 Tu 4:00-5:00pm..... \$12.55/4 sess 190754

★ *These courses are pilot programs, grant or sponsor funded or led by a volunteer instructor.*

55+ years

BINGO

Come join friends for a friendly game of Bingo. Runs last Mon of each month.

[Cambie Community Centre - East Richmond Community Hall](#)
2:00-4:00pm..... \$2 admission..... \$.50 card/per game
[Minoru Place Activity Centre](#)

(Facility Pass required)

Th..... 12:30-3:00pm..... \$.50/Drop-in
F..... 6:15-8:45pm..... \$.50/Drop-in

[Steveston Community Centre – Japanese Canadian Cultural Centre](#)

Tu..... 1:00-3:00pm..... User Group Fee

BOARD GAMES

Drop in and join this group that plays a variety of board games. Facility Pass required. Call 604-718-8070 (South Arm) or 604-233-8372 (Cambie) for more details.

[South Arm Community Centre](#)

M..... 11:00am-1:00pm

[Cambie Community Centre - East Richmond Community Hall](#)

Thu..... 10:00am-2:00pm

BOOK CLUB

Come meet with other bibliophiles to discuss recent books. The group meets on the first Wednesday of each month. Facility Pass and registration required.

[Cambie Community Centre - East Richmond Community Hall](#)

Call 604-233-8372 to pre-register

Jan 4, Feb 1, Mar 7 W..... 10:00-11:30am..... 195851

Apr 4, May 2, Jun 6 W..... 10:00-11:30am..... 190021

[South Arm Community Centre](#)

Call 604-718-8070 to pre-register

4th Wed of each month 10:00-11:30am

[Thompson Community Centre](#)

M..... 2:00-3:30pm..... 217851

[West Richmond Community Centre](#)

Call 604-238-8405 to pre-register

3rd Mon of each month 10:00-11:30am

BRIDGE

All skill levels and drop-ins welcome. Facility Pass required.

[West Richmond Community Centre](#)

Th..... 12:00-3:00pm

BRIDGE - BEGINNERS

Learn the basics before attempting trickier card techniques. No previous experience required. Be prepared to learn and have fun.

[Minoru Place Activity Centre](#)

Jan 13-Mar 16... F..... 11:00am-12:00pm .. \$31.30/10 sess ... 190664

Apr 13-Jun 15 ... F..... 11:00am-12:00pm .. \$31.30/10 sess ... 190756

BRIDGE - CONTRACT

No partner required. Facility Pass required. Call Ali at 604-275-5090 for more details.

[Minoru Place Activity Centre](#)

M/W..... 1:00-3:45pm

BRIDGE - DUPLICATE

Bring a partner to these sessions. Facility Pass required. Call Fred at 604-274-7846 for more details.

[Minoru Place Activity Centre](#)

F..... 12:30-4:30pm

BRIDGE - PARTNERSHIP

Bring a partner for a fun game of bridge. Facility Pass required. Contact Lois at 604-277-8948 for more details.

[Minoru Place Activity Centre](#)

Su..... 1:00-3:45pm

BRIDGE - SOCIAL

All skills levels and drop-ins welcome. Facility Pass required.

[South Arm Community Centre](#)

W..... 12:30-3:30pm

[Steveston Community Centre - Japanese Canadian Cultural Centre](#)

F..... 1:00-3:00pm..... User Group Fee

FREE BUILDING COMMUNITY CONNECTIONS WORKSHOP

A focus on social connection as a powerful tool to keep older adults safe from abuse and neglect. The presentation includes: types of mistreatment and strategies for getting help; brainstorming of local community resources; and a discussion following a short video on a fictional story of isolation and elder abuse. Registration required.

[Minoru Place Activity Centre](#)

Jan 10 Tu 10:30am-12:00pm 216464

FREE BUSY FINGERS

Fingers and minds are kept busy knitting as centre supplied materials are made into items for resale. Facility Pass required. Call 604-238-8450 for more details.

[Minoru Place Activity Centre](#)

M/Th 9:00am-1:30pm

CANASTA

Play canasta and share an evening of fun. New players welcome and no experience required. Come solo or bring a friend. Facility Pass required. Call 604-238-8450 for more details.

[Minoru Place Activity Centre](#)

Tu/Th 6:30-9:00pm

CAREGIVERS SUPPORT GROUP

All those caring for a family member or friend are encouraged to join this welcoming group. Facility Pass required. Call 604-238-8450 and leave a message for Lone or Bernice.

[Minoru Place Activity Centre](#)

M 2:00-4:00pm

CHINESE MULTICULTURAL GROUP

This group meets for tea and socializing.

[Steveston Community Centre - Japanese Canadian Cultural Centre](#)

M/Th 9:00-11:30am User Group Fee

CHINESE NEW YEAR CELEBRATION

Come out to this colourful festivity that features lion and creative dancing, tai chi demonstrations and a delicious Chinese lunch. Gung Hay Fat Choi!

[Cambie Community Centre - East Richmond Community Hall](#)

Jan 13 F 11:00am-1:30pm \$10/1 sess 207256

[Thompson Community Centre](#)

Jan 25 W 12:00-2:30pm \$10/1 sess 194355

FREE CHINESE OSTEOPOROSIS HEALTH FORUM

Learn valuable information on bone health at this free and informative session. 'Living Well with Osteoporosis' is presented by Osteoporosis Canada. Presentations are conducted in Cantonese by Dr Chui Kin Yuen (MD, RCPSC), Virginia Kwong (pharmacist, NCMP), Jessica Lin (registered Dietician) and Debbie Chong (OsteoFit exercise Provincial Coordinator. Info: www.osteoporosis.ca or 1-800-463-6842. Registration required.

[Minoru Place Activity Centre](#)

Feb 25 Sa 9:30am-12:30pm 196871

CHINESE SENIORS CIRCLE GROUP

Drop-in to meet Chinese speaking seniors, practice English and socialize. Facility Pass required.

[Minoru Place Activity Centre](#)

M 10:00am-11:30am

[Thompson Community Centre](#)

Tu 11:15am-2:00pm

COFFEE MORNING GROUP

Relax, make new friends and catch up on the latest news.

[South Arm Community Centre](#)

Tu 9:30-11:00am \$0.25/Drop-in

FREE COFFEE AND TEA

Meet new friends, play games, share stories or just come by to enjoy refreshments with other seniors. Registration not required.

[Cambie Community Centre](#)

M 11:00am-1:00pm

COOKING CLUB

Learn how to cook, try new recipes, make new friends and share a meal. Registration required. Call 604-233-8372 (Cambie) and 604-718-8070 (South Arm) to register.

[Cambie Community Centre - East Richmond Community Hall](#)

Jan 26-Mar 29 ... Th 12:00-2:00pm \$5/each 197551

Apr 26-Jun 28 ... Th 12:00-2:00pm \$5/each 201602

[South Arm Community Centre](#)

2nd and 4th Tue/mth 9:30am-12:00pm \$5/sess

CRIB

Join a group of like-minded seniors who enjoy playing crib. Facility Pass required. Call 604-233-8372 (Cambie) and 604-238-8450 (Minoru Place) for more details.

[Cambie Community Centre](#)

Wed 12:30-2:00pm

[Minoru Place Activity Centre](#)

M/W 1:00-3:30pm

Sa 12:30-3:00pm

CRAFT AFTERNOON

Fingers and minds are kept busy knitting and crocheting. Facility Pass required.

[South Arm Community Centre](#)

Th 1:00-3:00pm

FREE CRAFTS AND MORE

Bring projects and share ideas and patterns. Be part of this community fundraising group or just come for a social visit over coffee.

[Thompson Community Centre](#)

Th 11:30am-1:00pm

DIABETIC SUPPORT GROUP

Meetings include speakers, information sharing and support. Call Joyce at 604-244-7401 for more details. Facility Pass required. Runs first and third Tuesday of each month.

[Minoru Place Activity Centre](#)

Tu 10:00-11:30am

DISCUSSION GROUP

Join stimulating guest speakers and group discussions. Facility Pass required. Call Dick at 604-278-4703 for more details. Runs third Wednesday of each month.

[Minoru Place Activity Centre](#)

W 1:00-3:00pm

EUCHRE GROUP

This group meets to play this trick-taking card game. Facility Pass required. Call 604-238-8450 and leave a message for Georgina.

[Minoru Place Activity Centre](#)

F 1:30-4:00pm

FASHION SHOW

This fun show features Steveston seniors modeling clothes from Steveston Village merchants. A light tea is served. Purchase tickets in person at Steveston Community Centre after March 1.

[Steveston Community Centre - Japanese Canadian Cultural Centre](#)

May 4 F 1:30-3:30pm \$16/1 sess 190182

FREE ▶ **FINANCIAL LITERACY WORKSHOP 1**

The topic, 'Power of Attorney, Shared Bank Accounts and Financial Abuse', is presented by the BC Centre for Elder Advocacy and Support. This session is a great educational opportunity with guest speakers and information on support resources. Registration required.

[Minoru Place Activity Centre](#)

Apr 16 M 10:00am-2:00pm 213651

FREE ▶ **FINANCIAL LITERACY WORKSHOP 2**

The topic, 'Identity Theft, Frauds & Scams and Telemarketers', is presented by the BC Centre for Elder Advocacy & Support. This session is a great educational opportunity with guest speakers and information on support resources. Registration required.

[Minoru Place Activity Centre](#)

May 23 W 1:00-3:00pm 213652

FREE ▶ **FRIDAY GROUP**

Come knit blankets and clothes to be donated to those less fortunate, play games and socialize.

[Cambie Community Centre](#)

F 10:30am-1:00pm

GLEE CLUB

Come join the joyous sounds of resounding voices flowing from the music room. Facility Pass required. Call Joyce at 604-278-7217 for more details.

[Minoru Place Activity Centre](#)

W 2:00-3:30pm

FREE ▶ **HAND IN HAND WITH AFRICAN GRANDMOTHERS**

AIDS has orphaned an estimated 14 million children in sub Saharan Africa with many now being raised by grandmothers, younger siblings or alone. Through DVDs and a short presentation, the Richmond Gogos (Zulu word for grandmothers) share some of the stories of these resilient and resourceful African grandmothers and 'grand others' in Richmond and across Canada in the Grandmothers to Grandmothers Campaign.

[Minoru Place Activity Centre](#)

Jan 30 M 1:00-2:00pm 216751

HEARING CLINIC

Register for a free 20-minute hearing test if you have one or more of the following symptoms: Hearing but not understanding; asking people to repeat themselves; feeling that everyone mumbles; turning the TV louder than others find comfortable; difficulty understanding in noisy environments. Call 604-233-8399 (Cambie), 604-238-8450 (Minoru) or 604-718-8070 (South Arm) to book an appointment.

[Cambie Community Centre](#)

3rd Wed/mth 10:00-11:30am

[Minoru Place Activity Centre](#)

3rd Thu/mth 10:00am-12:00pm

[South Arm Community Centre](#)

4th Tue/mth 10:00am-12:00pm

ICE SKATING GROUP

Join other older adults every Wednesday morning from September through mid-April. Call 604-238-8450 for more details. Runs fourth Tuesday of each month.

[Minoru Arenas](#)

Jan 4-Mar 7 W 10:00-11:00am

KARAOKE

Come sing, sing, sing! Bring your own material or choose from the centres primarily Asian song collection. Facility Pass required.

[South Arm Community Centre](#)

Th..... 9:30-11:30am

LEARN TO BLOG

Perfect for the blogging beginner who wants to learn how to create a personal blog, add updates, photos and more! Price includes course material.

[Minoru Place Activity Centre](#)

Jan 27 F 10:00am-1:00pm \$13.50/1 sess213551

LECTURE SERIES WITH LUNCH

A themed lunch followed by a guest speaker.

[Steveston Community Centre - Japanese Canadian Cultural Centre](#)

Jan 19 Th 12:30-2:00pm..... \$5/1 sess 189226

Feb 16 Th 12:30-2:00pm..... \$5/1 sess 189227

Mar 22 Th 12:30-2:00pm..... \$5/1 sess 189228

MAHJONG DROP-IN

Come and socialize and play this skillful and strategic game. Facility Pass required. For more details, call 604-238-8450 (Minoru) or 604-718 8070 (South Arm).

[Minoru Place Activity Centre](#)

W 12:30-5:30pm

F 10:00am-5:00pm

[South Arm Community](#)

Th..... 9:30am-2:15pm

[Thompson Community Centre](#)

1st Sun/mth..... 10:00am-4:00pm

★ MAHJONG INSTRUCTIONAL CLASS

Learn to play the exciting game of Mahjong while learning all about Chinese culture. Led by a volunteer instructor.

[South Arm Community Centre](#)

Jan 12-Mar 15... Th 10:30am-12:00pm .. \$5/10 sess 190856

FREE MATURE DRIVERS WORKSHOP

Offered by BCAA Traffic Safety Foundation, this program is designed to help mature drivers assess their driving and make adjustments to reduce vehicular risk. Registration required.

[Minoru Place Activity Centre](#)

Jun 13 W 1:00-3:00pm..... 213653

MILAP GROUP

All Indo-Canadian ladies are welcome to this tea social that offers educational presentations in Punjabi. This group meets every other Monday. Call the Older Adult Coordinator at 604-718-8070 for meeting dates. Facility Pass required.

[South Arm Community Centre](#)

M 1:00-3:00pm

MINORU AMATEUR WRITERS

Join this group of avid readers and writers who meet to discuss ways to improve writing skills. Facility Pass required. Contact Mary Anne at 604-275-3236 for more details.

[Minoru Place Activity Centre](#)

1st and 3rd Tue/mth 12:45-2:45pm

MINORU SPRING FLEA MARKET

Sell gently used items and handmade crafts at this bustling market with live entertainment, a baked good sale and BBQ lunch. To book a table, call 604-718-8450.

[Minoru Place Activity Centre](#)

Apr 14 Sa 10:00am-4:00pm \$20/1 sess 191351

MOVIE MATINEE

Join this group in the lounge every Sunday to watch a movie. Call 604-238-8450 for more details.

[Minoru Place Activity Centre](#)

Su..... 1:00-4:00pm \$2/Drop-in

★ *These courses are pilot programs, grant or sponsor funded or led by a volunteer instructor.*

MY HOLISTIC KITCHEN WORKSHOP - COOKING FOR ALLERGIES

An interactive discussion on allergies followed by cooking and tasting simple egg-free and nut-free dishes.

[Minoru Place Activity Centre](#)

Jan 11 W 5:00-8:00pm..... \$24/1 sess 190665
Apr 11 W 5:00-8:00pm..... \$24/1 sess 190773

MY HOLISTIC KITCHEN WORKSHOP - COOKING FOR ARTHRITIS

An interactive discussion on arthritis followed by cooking and tasting simple and healthy dishes that benefit older adults struggling with pain due to arthritis.

[Minoru Place Activity Centre](#)

Jan 18 W 5:00-8:00pm..... \$24/1 sess 190666
Apr 18 W 5:00-8:00pm..... \$24/1 sess 190774

MY HOLISTIC KITCHEN WORKSHOP - COOKING FOR BREAST CANCER

An interactive discussion on causes, symptoms and management of breast cancer followed by cooking and tasting simple and healthy dishes.

[Minoru Place Activity Centre](#)

Jan 25 W 5:00-8:00pm..... \$24/1 sess 190667
Apr 25 W 5:00-8:00pm..... \$24/1 sess 190775

MY HOLISTIC KITCHEN WORKSHOP - COOKING FOR DIABETES

Learn how to manage diabetes with simple dietary and lifestyle changes. An interactive discussion on diabetes followed by cooking and tasting simple and healthy diabetic dishes.

[Minoru Place Activity Centre](#)

Feb 1 W 5:00-8:00pm..... \$24/1 sess 190668
May 2 W 5:00-8:00pm..... \$24/1 sess 190776

MY HOLISTIC KITCHEN WORKSHOP - COOKING FOR HEART HEALTH

An interactive discussion on cardiovascular health followed by cooking and tasting simple and healthy heart friendly dishes.

[Minoru Place Activity Centre](#)

Feb 8 W 5:00-8:00pm..... \$24/1 sess 190669
May 9 W 5:00-8:00pm..... \$24/1 sess 190777

MY HOLISTIC KITCHEN WORKSHOP - COOKING FOR INSOMNIA

An interactive discussion on what causes insomnia and how one can get a good nights sleep followed by cooking and tasting simple and healthy dishes that may combat this sleep disorder.

[Minoru Place Activity Centre](#)

Feb 15 W 5:00-8:00pm..... \$24/1 sess 190670
May 16 W 5:00-8:00pm..... \$24/1 sess 190778

MY HOLISTIC KITCHEN WORKSHOP - COOKING FOR OBESITY

Learn the risks associated with being overweight. An interactive discussion on obesity followed by cooking and tasting simple and healthy dishes beneficial for people struggling with weight loss.

[Minoru Place Activity Centre](#)

Feb 22 W 5:00-8:00pm..... \$24/1 sess 190671
May 30 W 5:00-8:00pm..... \$24/1 sess 190779

MY HOLISTIC KITCHEN - COOKING FOR OSTEOPOROSIS

An interactive discussion on how to fight osteoporosis followed by cooking and tasting simple and healthy dishes that help to ward off this disease.

[Minoru Place Activity Centre](#)

Feb 29 W 5:00-8:00pm..... \$24/1 sess 190672
Jun 6 W 5:00-8:00pm..... \$24/1 sess 190780



MY HOLISTIC KITCHEN WORKSHOP - COOKING FOR POST MENOPAUSE

An interactive discussion on post menopause followed by cooking and tasting simple and healthy dishes beneficial for achieving hormonal balance during this crucial time in a woman's life.

[Minoru Place Activity Centre](#)

Mar 7 W 5:00-8:00pm \$24/1 sess 190673
 Jun 13 W 5:00-8:00pm \$24/1 sess 190781

MUSICAL INTERLUDES

Join this lively group in the lounge every Tuesday afternoon for a sing-a-long. Facility Pass required. Call 604-238-8450 for more details.

[Minoru Place Activity Centre](#)

Tu 1:00-2:30pm

PARKINSONS SUPPORT GROUP

Meetings include periodic speakers, information sharing and support. Facility Pass required. Call Nicky at 604-274-9630 for more details.

[Minoru Place Activity Centre](#)

2nd Mon/mth 1:00-3:00pm

PLATINUM PLAYERS

Join this fun theatre group and take part in producing short plays and participating in theatre. No experience necessary. Facility Pass required. Call the Centre at 604-238-8450 and leave a message for Elaine.

[Minoru Place Activity Centre](#)

Tu 2:00-4:30pm

POKER

This group meets to play friendly games of poker. Facility Pass required. Call Peter at 604-244-2295 for more details.

[Minoru Place Activity Centre](#)

Tu/Th 11:00am-3:00pm

Su 12:15-3:45pm

ROBBIE BURNS SUPPER

Celebrate the birth of Scotland's favourite son widely regarded as the national poet of Scotland. Price includes roast beef dinner with haggis, entertainment and dancing.

[Steveston Community Centre - Japanese Canadian Cultural Centre](#)

Jan 26 Th 5:30-10:00pm \$50/1 sess 198604

FREE SATURDAY AFTERNOON AT THE MOVIES

Bring a non-perishable food item for donation to the Food Bank and enjoy a movie for free. Call 604-718-8060 for show titles. Runs second and fourth Saturday of each month.

[South Arm Community Centre](#)

Sa 2:00-4:00pm

SCRABBLE CLUB

Play with others who enjoy this classic, challenging game of word strategy. Facility Pass required. Call 604-238-8450 (Minoru), 604-718-8070 (South Arm) or 604-238-8405 (West Richmond) for more details.

Minoru Place Activity Centre

Th..... 1:00-3:00pm

South Arm Community Centre

M 10:00am-12:00pm

West Richmond Community Centre

Tu..... 3:00-5:00pm

SENIORS BBQ

Enjoy burgers and soft drinks on the JCCC patio.

Steveston Community Centre - Japanese Canadian Cultural Centre

May 31 Th 12:30-2:00pm..... \$7/1 sess 190274

Jun 14 Th 12:30-2:00pm..... \$7/1 sess 190275

FREE SENIORS CIRCLE GROUP

This seniors social group meets on a weekly basis. Meet neighbours and friends and enjoy tea and good conversation.

Hamilton Community Centre

Tu..... 10:00am-12:00pm

CHINESE NEW IMMIGRANT SUPPORT GROUP

This group meets on a weekly basis to learn basic English skills and provide information sharing and support to Mandarin-speaking Chinese new immigrants. Guest speakers are invited periodically to provide resource information. Facility Pass required.

South Arm Community Centre

F..... 9:30-11:30am

Thompson Community Centre

M 9:30am-12:00pm

★ *These courses are pilot programs, grant or sponsor funded or led by a volunteer instructor.*

★ **FREE/NEW** SHORT STORY FICTION AND MEMOIR WRITING WORKSHOP

Gain more writing knowledge and confidence with the help of professional feedback at this hands-on workshop. Registration and Facility Pass required.

Cambie Community Centre - East Richmond Community Hall

Jan 4-Feb 8 W 10:00-11:30am..... 213625

SOCIAL BRIDGE TOURNAMENT

Register in pairs for this card playing tournament. Price includes lunch, morning coffee and snacks.

Steveston Community Centre - Japanese Canadian Cultural Centre

Mar 16 F 9:00am-4:00pm..... \$32/pair 189292

SOCIAL MEDIA - PART 1

This fun, practical and introductory class reviews the pros and cons of some social media including Facebook, Skype, Twitter and blogs. Learn how social media compares to e-mail and digital web photo albums, potential dangers to steer clear of and how to avoid cyber-scams, worms and viruses.

Thompson Community Centre

Feb 4 Sa 1:00-3:00pm..... \$10/1 sess 194519

Mar 17 Sa 1:00-3:00pm..... \$10/1 sess 212101

FREE SPEAKER SERIES

This series features guest speakers that present on various topics and issues that are important to seniors. Call 604-718-8070 for more details.

South Arm Community Centre

1st Wed/mth..... 11:00am-12:00pm

SPECIAL EVENT

A theme-based special event each month all shared with good friends, great food and entertainment.

Price includes admission and dinner.

Minoru Place Activity Centre

Jan 19 Th 5:00-8:30pm..... \$22.32/1 sess 190674

Feb 16 Th 5:00-8:30pm..... \$22.32/1 sess 190675

Mar 15 Th 5:00-8:30pm..... \$22.32/1 sess 190676

Apr 19 Th 5:00-8:30pm..... \$22.32/1 sess 190783

May 17 Th 5:00-8:30pm..... \$22.32/1 sess 190784

Jun 14 Th 5:00-8:30pm..... \$22.32/1 sess 190785

55+ years

ST. GEORGE'S DAY CELEBRATION

Enjoy a themed lunch and entertainment all in honour of St. George's Day.

[Steveston Community Centre - Japanese Canadian Cultural Centre](#)

Apr 26 Th 12:30-2:00pm \$8/1 sess 190304

VAISAKHI CELEBRATION

This colourful festival marks the beginning of a new solar year in the Indo-Canadian culture. Chai tea, refreshments, henna hand painting, Bhangra dance and drum performances are included. Venue: East Richmond Community Hall.

[Cambie Community Centre - East Richmond Community Hall](#)

Apr 16 M 1:00-3:00pm \$5/1 sess 207201

[South Arm Community Centre](#)

Apr 16 M 1:00-3:00pm \$5/1 sess 212051

[Steveston Community Centre](#)

Apr 16 M 1:00-3:00pm \$5/1 sess 190463

WHIST

Meet at the centre for an evening of enjoyment with friends. Facility Pass required. Call Selma at 604-273-8643 or Iris at 604-273-7508 for more details.

[Minoru Place Activity Centre](#)

M 6:15-9:00pm

WOODWORKING CLUB

Use skills and creativity to build projects in Minoru Place Activity Centre's fully equipped woodworking shop. Facility Pass and Woodworkers Pass required. Call 604-238-8450 for more details.

[Minoru Place Activity Centre](#)

M/W/Th/F 8:30am-12:00pm

VOLUNTEER RICHMOND - SENIORS INFORMATION AND REFERRAL PROGRAM

Information and Referral (I & R) is a free service that links seniors to the services they are eligible for. All I & R counsellors are fully trained senior volunteers and can provide information on:

- Pension Information (entitlement & application processes)
- Old Age Pension and Guaranteed Income Supplement
- Income Tax Preparation
- Citizenship
- BC Medical Plan
- Fair PharmaCare
- Shelter Aid for Elderly Renters
- BC Housing

[The Caring Place, Volunteer Richmond](#)

Mon-Fri 9:00am-5:00pm

[West Richmond Community Centre](#)

Mondays 10:00am-12:00pm

[Minoru Place Activity Centre](#)

2nd/4th Mon/mth 10:00-11:30am

Drop in or set up an appointment by calling Volunteer Richmond at 604-279-7020.

VOLUNTEER RICHMOND INFORMATION SERVICES – SENIOR PEER COUNSELLING

Are you feeling anxiety, frustration or difficulty because of a new living situation? Retirement issues? Bereavement? Health and aging concerns? Senior Peer Counselling is a free support service ready to help seniors deal with emotional and practical issues. Call 604-279-7020 to make an appointment.

[The Caring Place, Volunteer Richmond](#)

Monday-Friday 9:00am-5:00pm

Health & Fitness

FREE WEST RICHMOND SENIORS' FITNESS CIRCUIT

The first senior's fitness circuit in Richmond. This convenient, free, outdoor fitness circuit is designed to provide a workout to improve flexibility, balance, strength and endurance. The circuit includes 14 exercise stations and while it has been designed for seniors in the community, people of all ages are welcome to enjoy the benefits of using the equipment. Each piece of equipment is simple to operate and instruction signs accompany each so that maximum benefits can be reached. For more details or to book an orientation, call 604-238-8400.

MINORU PLACE ACTIVITY CENTRE SCHEDULE

Find the Fitness Class Schedules for all other fitness programs offered at the community centres and the aquatic facilities on pages 132-134

Time	Mon	Tue	Wed	Thu	Fri	Sat
9:00-10:00am	Body Sculpt	Low Impact – All Levels		Low Impact – All Levels	Body Sculpt	
9:30-10:30am						Low Impact – All Levels
10:00-10:50am		Joint Works		Joint Works		
10:10-11:10am	Low Impact – All Levels				Better Backs and Balance	
11:00-11:50am		Joint Works				
11:15am-12:15pm	Yoga				Better Backs and Balance	
1:30- 3:00pm*		55+ Aquasize Seniors (1:30-2:15pm)		55+ Aquasize Seniors (1:30-2:15pm)	Better Backs and Balance (1:00-2:00pm)	
5:30- 6:30pm		Total Body Conditioning (5:15-6:15pm)		Zumba		
5:45-6:45pm			Ease Into Fitness with Yoga			

Minoru Place Activity Centre: Large Main Hall features a wood sprung floor perfect for reducing impact during dance and exercise classes. *Minoru Aquatic Centre: Seniors Swim/ Aquasize - \$4

Schedules are subject to change

ARTHRITIS EDUCATION AND SUPPORT GROUP

This group is partnered with the Arthritis Society of BC/Yukon and provides education, special guest speakers, peer support and information sharing.

[Thompson Community Centre](#)

3rd Thu/mth..... 7:15-9:15pm

BETTER BACKS AND BALANCE

Improve balance with this program that focuses on strengthening the mid-section and lower back.

[Minoru Place Activity Centre](#)

Jan 13-Mar 30... F 11:15am-12:15pm .. \$48.25/12 sess.. 190701

Jan 13-Mar 30... F 1:00-2:00pm..... \$48.25/12 sess.. 190702

Apr 20-Jun 15 ... F 11:15am-12:15pm .. \$36.20/9 sess 189998

Apr 20-Jun 15 ... F 1:00-2:00pm..... \$36.20/9 sess 189999

[South Arm Community Centre](#)

Jan 18-Mar 21... W 10:15-11:15am..... \$40.20/10 sess.. 206758

Apr 11-Jun 13 ... W 10:15-11:15am..... \$40.20/10 sess.. 206760

BETTER BACKS AND BALANCE - INTERMEDIATE

For participants who have completed the Better Backs and Balance course.

[Minoru Place Activity Centre](#)

Jan 13-Mar 30... F 10:10-11:10am..... \$48.25/12 sess.. 190703

Apr 20-Jun 15 ... F 10:10-11:10am..... \$36.20/9 sess 190000

BODY SCULPT

Resistance bands and free weights provide total body conditioning without cardiovascular work.

[Minoru Place Activity Centre](#)

Jan 9-Mar 26..... M..... 9:00-10:00am \$48.25/12 sess.. 190704

Jan 13-Mar 30... F 9:00-10:00am \$48.25/12 sess.. 190705

Apr 16-Jun 11 ... M..... 9:00-10:00am \$32.20/8 sess 190012

Apr 20-Jun 15 ... F 9:00-10:00am \$36.20/9 sess 190755

CARPET BOWLING

This drop-in program offers a gentle, social game of skill and strategy. Facility Pass required. Call 604-238-8450 (Minoru) or 604-718-8070 (South Arm) for more details.

[Minoru Place Activity Centre](#)

Tu..... 12:30-2:45pm

[South Arm Community Centre](#)

M/F 1:15-3:15pm

EASE INTO FITNESS WITH YOGA

This progressive beginners class helps to increase strength, flexibility, balance and mobility. Combine this with relaxation and stress relief for greater mind, spirit and body health.

[Minoru Place Activity Centre](#)

Jan 11-Mar 28... W 5:45-6:45pm..... \$54/12 sess 190706

Apr 11-Jun 13 ... W 5:45-6:45pm..... \$45/10 sess 190764

FALLPROOF™

Led by Ingrid Mayer, a certified FallProof instructor, this award-winning balance and mobility retraining program has been scientifically proven to reduce fall risk. Price includes pre-and post-assessment and home exercise manual.

[Steveston Community Centre - Steveston Martial Arts Centre](#)

Jan 23-Mar 26... M..... 12:00-1:00pm..... \$200/10 sess 189194

Apr 16-Jun 18 ... M..... 12:00-1:00pm..... \$180/9 sess 190180

GROUP WEIGHT TRAINING - BEGINNERS

This program is designed to introduce those 55+ years to the Fitness Centre with a focus on weights and cardio equipment.

[Steveston Community Centre](#)

Jan 11-Feb 1 W 11:00am-12:00pm .. \$24/4 sess 189212

Feb 8-Feb 29 W 11:00am-12:00pm .. \$24/4 sess 202451

[Thompson Community Centre](#)

Jan 19-Feb 2 Th 8:00-9:00am \$18/3 sess 194415

Apr 26-May 10.. Th 8:00-9:00am \$18/3 sess 196601

JOINT WORKS

For those living with arthritis, this course aims to improve flexibility, range of motion, posture, strength, endurance, pain reduction and relaxation.

[Minoru Place Activity Centre](#)

Jan 10-Mar 27 ... Tu 10:00-10:50am..... \$48.25/12 sess.. 190707
 Jan 10-Mar 27 ... Tu 11:00-11:50am..... \$48.25/12 sess.. 190708
 Jan 12-Mar 29... Th 10:00-10:50am..... \$48.25/12 sess.. 190709
 Apr 10-Jun 12 ... Tu 10:00-10:50am..... \$40.20/10 sess.. 190765
 Apr 10-Jun 12 ... Tu 11:00-11:50am..... \$40.20/10 sess.. 190766
 Apr 12-Jun 14 ... Th 10:00-10:50am..... \$40.20/10 sess.. 190767

LOW IMPACT

This cardiovascular workout has been designed for minimal stress on the joints.

[Minoru Place Activity Centre](#)

Jan 7-Mar 31..... Sa 9:30-10:30am \$48.25/12 sess.. 190710
 Jan 9-Mar 26..... M 10:10-11:10am..... \$48.25/12 sess.. 190711
 Jan 10-Mar 27 ... Tu 9:00-10:00am \$48.25/12 sess.. 190712
 Jan 12-Mar 29 ... Th 9:00-10:00am \$48.25/12 sess.. 190713
 Apr 10-Jun 12 ... Tu 9:00-10:00am \$40.20/10 sess.. 190770
 Apr 12-Jun 14 ... Th 9:00-10:00am \$40.20/10 sess.. 190771
 Apr 14-Jun 16 ... Sa 9:30-10:30am \$36.20/9 sess 190768
 Apr 16-Jun 11 ... M 10:10-11:10am \$32.20/8 sess 190769

LUK TUNG KUEN

Counter the pains of aging with this very gentle, safe and fluid form of exercise that keeps the mind alert and moves the whole body. Facility Pass required.

[Cambie Community Centre](#)

W/F 11:20am-12:20pm

[South Arm Community Centre](#)

M-F 7:30-8:30am

[Thompson Community Centre](#)

M-F 8:00-9:00am

MASTERS MARTIAL ARTS

Led by a black belt master, this program is the only City martial arts program for those 55+ years. Designed with safety in mind, the lower impact moves are taken from Karate, Tae Kwon Do, Aikido and Arnis. All fitness and ability levels welcome.

[Minoru Place Activity Centre](#)

Jan 9-Mar 28..... M/W 4:00-5:00pm..... \$108/24 sess 190715
 Apr 11-Jun 13 ... W/M 4:00-5:00pm..... \$81/18 sess 190772

MINDS IN MOTION

This fitness and social program is designed for people diagnosed with Alzheimer's disease or a related dementia. Light exercise is followed with social activities and refreshments. A friend, family member or caregiver is no charge.

[Cambie Community Centre - East Richmond Community Hall](#)

Jan 4-Feb 22 W 2:00-4:00pm..... \$35/8 sess 197552
 Feb 29-Apr 18 ... W 2:00-4:00pm..... \$35/8 sess 217703
 Apr 25-Jun 13 ... W 2:00-4:00pm..... \$35/8 sess 217704

OSTEOFIT FOR BETTER BONES

This exercise program is designed for those living with osteoporosis and focuses on improving balance and muscular strength to help protect against possible fractures.

[Minoru Sports Pavilion](#)

Jan 9-Mar 28..... M/W 1:00-2:00pm..... \$96.50/24 sess .. 197616
 Apr 11-Jun 27 ... W/M 1:00-2:00pm..... \$92.45/23 sess .. 197715

OSTEOFIT FOR BETTER BONES IN CHINESE

These important exercise and education sessions on osteoporosis are conducted in Cantonese.

[Minoru Sports Pavilion](#)

Jan 12-Mar 29... Th 10:45-11:45am..... \$48.25/12 sess .. 197618
 Apr 12-Jun 28 ... Th 10:45-11:45am..... \$48.25/12 sess .. 197716



SIT AND BE FIT

Using simple exercises, this basic fitness class helps older physically-limited adults better manage chronic conditions and chronic pain by enhancing the ability to function in daily life.

[Minoru Place Activity Centre](#)

Jan 10-Mar 13 ... Tu 12:40-1:40pm..... \$40.20/10 sess.. 190716

Apr 17-Jun 12 ... Tu 12:40-1:40pm..... \$36.20/10 sess.. 190782

[Steveston Community Centre - Steveston Martial Arts Centre](#)

Jan 20-Mar 9 F 1:00-1:45pm..... \$36/8 sess 217002

Apr 20-Jun 8 F 1:00-1:45pm..... \$36/8 sess 217003

STRENGTH AND STRETCH - BEGINNERS

Light weights and resistance bands are used to improve upper and lower body strength, followed by a full body stretch.

[Minoru Sports Pavilion](#)

50+yrs

Jan 3-Mar 29 Tu/Th... 9:30-10:30am \$104.50/26 sess 197620

Jan 6-Mar 30 F 9:30-10:30am \$52.25/13 sess.. 197651

Apr 3-Jun 28 Tu/Th... 9:30-10:30am \$104.50/26 sess 197718

Apr 13-Jun 29 ... F 9:30-10:30am \$48.25/12 sess.. 197719

TAI CHI - ADAPTED

Basic tai chi movements are taught in this Yang-style class. Participants with a disability, along with wheelchair users and those needing extra assistance, are encouraged to attend this class.

[Minoru Place Activity Centre](#)

Jan 11-Mar 28... W12:45-1:45pm..... \$48.25/12 sess ... 190717

Apr 11-Jun 13 ... W12:45-1:45pm..... \$40.20/10 sess ... 190788

TAI CHI - BEGINNERS

Basic tai chi movements are taught in this Yang-style class.

[Minoru Place Activity Centre](#)

Jan 7-Mar 31 Sa11:05am-12:05pm .. \$52.30/13 sess ... 190720

Jan 10-Mar 27 ... Tu11:30am-12:30pm .. \$48.25/12 sess ... 190721

Apr 10-Jun 12 ... Tu11:30am-12:30pm .. \$40.20/10 sess ... 190792

Apr 14-Jun 16 ... Sa11:05am-12:05pm .. \$40.20/10 sess ... 190791

TAI CHI - ADVANCED

Experience improved balance, increased flexibility and relaxation in this advanced Yang-style class.

[Minoru Place Activity Centre](#)

Jan 7-Mar 31 Sa10:00-11:00am..... \$52.30/13 sess ... 190719

Jan 13-Mar 30 ... F11:00am-12:00pm .. \$48.25/12 sess ... 190718

Apr 13-Jun 15 ... F11:00am-12:00pm .. \$40.20/10 sess ... 190789

Apr 14-Jun 16 ... Sa10:00-11:00am..... \$40.20/10 sess ... 190790

★ **FREE** TAI CHI - FORM 24 - LEVEL 1

Led by a qualified volunteer instructor, this beginner-only class is an excellent health program that results in better balance, increased flexibility and relaxation. Registration required.

[Cambie Community Centre - East Richmond Community Hall](#)

Jan 6-Mar 30 F 8:30-9:30am 195853

Tu 8:00-8:45am

Apr 13-Jun 29 ... F 8:30-9:30am 201606

Tu 8:00-8:45am

★ *These courses are pilot programs, grant or sponsor funded or led by a volunteer instructor.*

★ **FREE** **TAI CHI - FORM 48**

Led by a qualified volunteer instructor, this beginner-only class is an excellent health program that results in better balance, increased flexibility and relaxation. Registration required. Pre-requisite: Tai Chi - Form 24.

[Cambie Community Centre - East Richmond Community Hall](#)

Jan 4-Apr 3 W 8:30-10:00am 197403
 Tu 8:45-9:30am
 Apr 4-Jun 27 W 8:30-10:00am 201607
 Tu 8:45-9:30am

★ **FREE** **TAI CHI - QUAN 32 FORM**

Led by a qualified volunteer instructor, this beginner-only class is an excellent health program that results in better balance, increased flexibility and relaxation. For Form 24 intermediates only. Registration required.

[Cambie Community Centre - East Richmond Community Hall](#)

Jan 4-Mar 28..... W10:15-11:15am..... 197405
 Apr 4-Jun 27 W10:15-11:15am..... 201608

TOTAL BODY CONDITIONING

A variety of fitness equipment is used in this all over workout that may include some cardiovascular work. Intensity levels are adjusted for all fitness levels.

[Minoru Place Activity Centre](#)

Jan 10-Mar 27 ... Tu 5:30-6:30pm \$48.25/12 sess .. 190722
 Apr 10-Jun 12 ... Tu 5:30-6:30pm \$40.20/10 sess .. 190793

FREE **WALKING CLUB**

Meet for a local walk with walkers of all fitness levels. Registration required.

[Cambie Community Centre](#)

Apr 26-Jun 28 ... Th 10:00-11:30am 201701

WALKING CLUB

This group meets for a local walk and welcomes walkers of all fitness levels. Facility Pass required. Call 604-238-8450 (Minoru) and 604-233-8372 (Cambie) for more details.

[Cambie Community Centre](#)

Th 10:00-11:30am

[Minoru Place Activity Centre](#)

Tu 8:45-9:45am

NEW **INDOOR WALKING**

Love walking but not in inclement weather? Try this new exercise program in partnership with Walk Richmond that also offers social tea time after the walk. Facility Pass required.

[South Arm Community Centre](#)

W 1:30-2:30pm

NORDIC POLE WALKING

Weekly local walks for all fitness levels. Facility Pass required.

[Thompson Community Centre](#)

M 9:30-10:30am

WELLNESS CONNECTIONS

In partnership with Vancouver Coastal Health, this outreach program reintegrates frail and isolated seniors into the community.

[Minoru Place Activity Centre](#)

Jan 24-Mar 27 ... Tu 10:30am-12:30pm .. \$40.20/10 sess ... 202401

Apr 10-Jun 12 ... Tu 10:30am-12:30pm .. \$40.20/10 sess ... 202402

★ *These courses are pilot programs, grant or sponsor funded or led by a volunteer instructor.*



RICHMOND WELLNESS CLINICS HEALTHY OPTIONS FOR OLDER ADULTS

HEALTH MONITORING

- FREE Blood Pressure Checks
- FREE Health Record Book
- FREE Pharmacist Consultation

HOLISTIC HEALTH OPTIONS

- Manicures & Pedicures
- Reflexology & Acupressure
- Chair Massage
- Therapeutic Touch & more

INFORMATION

Information on a wide range of programs, services and supports specifically for older adults in Richmond.

See the schedule online at www.richmond.ca/wellnessclinics or call your local community centre for more information:

Minoru Place.....	604-238-8450
Beth Tikvah Congregation	(Ruth) 604-271-6262
Cambie Community Centre	(Linda) 604-233-8372
South Arm Community Centre.....	(Stella) 604-718-8070
Steveston Community Centre.....	(Margie) 604-238-8098
Thompson Community Centre	(Andrea) 604-238-8429
West Richmond Community Centre	604-238-8400

YOGA - HATHA STYLE

This gentle form of yoga introduces postures and breathing techniques that help improve strength, flexibility and body awareness, while promoting relaxation and stress reduction. Drop-in available.

[Minoru Place Activity Centre](#)

Jan 9-Mar 26..... M..... 11:15am-12:15pm .. \$54/12 sess 190723
Apr 16-Jun 11 ... M..... 11:15am-12:15pm .. \$45/8 sess 190794

ZUMBA™

Hypnotic Latin rhythms and easy-to-follow moves are fused together to create this one-of-a kind fitness program! Drop-in available. Class is cancelled every third Thursday of the month.

[Minoru Place Activity Centre](#)

Jan 12-Mar 29... Th..... 5:30-6:30pm..... \$40.50/9 sess 190724
Apr 12-Jun 7 Th..... 5:30-6:30pm..... \$31.50/7 sess 190795

NEW ZUMBA™ GOLD

Hypnotic Latin rhythms and easy-to-follow moves are fused together to create this one-of-a kind fitness program. Zumba Gold is designed for older adults with slight mobility issues and includes low impact and gentle movements for those new to, or returning to, fitness.

[Cambie Community Centre - East Richmond Community Hall](#)

Mar 9 F 10:45-11:30am..... \$6.50/1 sess 217351

[Minoru Place Activity Centre](#)

Jan 10-Mar 27... Tu 12:00-1:00pm..... \$54/12 sess 190725
Apr 10-Jun 12 ... Tu 12:00-1:00pm..... \$45/10 sess 190796

[South Arm Community Centre](#)

Jan 18-Mar 21... W 1:00-2:00pm..... \$45/10 sess 206351
Apr 18-Jun 20 ... W 1:00-2:00pm..... \$45/10 sess 206352

Languages

★ ENGLISH AS SECOND LANGUAGE FOR BEGINNERS

Taught by a volunteer instructor, this class covers basic English skills for daily use.

South Arm Community Centre

Jan 9-Mar 12..... M..... 1:00-3:00pm..... \$12/10 sess..... 190901

Apr 16-Jun 25 ... M..... 1:00-3:00pm..... \$12/10 sess..... 190908

ENGLISH - TUTORING - BEGINNER

This non-academic class, best suited for Chinese speaking people who speak little or no English and require Chinese translation, covers basic English.

Thompson Community Centre

Jan 4-Feb 8 W 10:00-11:15am..... \$23/6 sess..... 194402

Feb 15-Mar 28 .. W 10:00-11:15am..... \$19.15 /5 sess ... 194403

Apr 4-May 9 W 10:00-11:15am..... \$23/6 sess..... 204501

May 16-Jun 20 .. W 10:00-11:15am..... \$23/6 sess..... 204502

ENGLISH - INTERMEDIATE

Increase English language skills and practice speaking English in this non-academic class.

Thompson Community Centre

Jan 10-Mar 13... Tu 10:00-11:30am..... \$47/10 sess..... 194400

Apr 17-Jun 19 ... Tu 10:00-11:30am..... \$47/10 sess..... 200001

SPANISH - BEGINNERS

An introduction to the Spanish language focusing on vocabulary, grammar and Spanish songs.

Thompson Community Centre

Jan 19-Mar 22... Th 6:00-7:15pm..... \$39.15/10 sess.. 194520

Apr 19-Jun 21 ... Th 6:00-7:15pm..... \$39.15/10 sess.. 200051

SPANISH CLUB

Meet with other Spanish speaking seniors from Latin American countries. Facility Pass required. Call Ana at 604-231-7324 for more details.

Minoru Place Activity Centre

Sa..... 10:30am-1:00pm

★ *These courses are pilot programs, grant or sponsor funded or led by a volunteer instructor.*

SPANISH CONVERSATIONAL GROUP

This fun and interactive club brings together people of all conversational levels and is geared towards those traveling and communicating in Spanish speaking countries.

Thompson Community Centre

Jan 19-Mar 22... Th 7:15-8:30pm..... \$39.15/10 sess... 200052

Apr 19-Jun 21 ... Th 7:15-8:30pm..... \$39.15/10 sess... 200053

FREE SPANISH INSTRUCTION CLUB

Bienvenido a unirse a nuestro grupo! Join other like-minded individuals who have a keen interest in helping one another learn and improve Spanish language skills.

Minoru Place Activity Centre

F..... 1:00-3:00pm

Outdoor Trips & Tours

- Refunds will not be issued if cancellations are within 7 days prior to the trip date.
- Refunds for theatre trips will not be issued if cancellations are within 30 days prior to the theatre trip date.
- All trips offered by Minoru Place Activity Centre will depart from the "Book Drop" on the east side of the Library/Cultural Centre on Minoru Blvd. Minoru Place offers home drop off service for evening out trips for \$3 per person. Payment is due at time of registration if this service is requested.
- Remember to review receipt for what items to bring e.g., lunch, hat, proper clothing, health insurance, valid ID, BC Gold Card, etc.
- Gratuities are not accepted for drivers.
- Tours and trips are subject to date and time changes due to unforeseen circumstances.

January

SQUAMISH RIVER EAGLE VIEWING TRIP

During the salmon run on the Squamish River, travel the picturesque Sea to Sky Highway to Brackendale and take in nature's spectacular eagle show. Lunch follows at the award winning Sunshine Bakery and Café. Price includes transportation.

[Thompson Community Centre](#)

Jan 6 F 10:00am-5:00pm \$22/1 sess 205055

VANCOUVER STORYTELLERS TRIP

Spend an evening at the Vancouver Storyteller Society promises to be one filled with passion and laughter. Come listen to stories based on the theme 'The Spirit Moves Me', which ranges from individual achievements to traditional tales. Price includes transportation, admission and intermission refreshments. Home drop off (\$3) available.

[South Arm Community Centre](#)

Jan 15 Su 6:15-9:30pm \$19/1 sess 191802

[Thompson Community Centre](#)

Jan 15 Su 6:00-9:45pm \$19/1 sess 199702

CBC NEWS TOUR TRIP

A visit to the CBC Vancouver Broadcast Centre to experience a state-of-the-art integrated newsroom first-hand! This vibrant studio is home to CBC News Vancouver and CBC Radio. Price includes transportation and tour.

[Cambie Community Centre](#)

Jan 17 Tu 12:45-3:30pm \$14.75/1 sess 213084

THE WILLIAM SHAKESPEARE COMEDY TRIP

For a night of side-splitting comedy, 'The Complete Works of William Shakespeare' offers a parody of this wordsmith's plays. Performed by only three actors at Vancouver's Metro Theatre, the evening promises to be one filled with hilarity! Price includes transportation and admission.

[Minoru Place Activity Centre](#)

Jan 22 Su 1:00-5:00pm \$33.50/1 sess 214001

BLOEDEL CONSERVATORY TRIP

Vancouver's only triodetic dome is filled with exotic plants, tropical flowers, colorful Koi fish and over 100 free-flying birds of various species. Price includes transportation to Queen Elizabeth Park, admission and hot drinks. Pack bag lunch.

[Steveston Community Centre](#)

Jan 25 W 10:00am-2:30pm \$18/1 sess 198601

CHINATOWN WALKING TOUR AND DIM SUM LUNCH TRIP

In celebration of Chinese New Year, this self-guided walking tour of Chinatown starts with midmorning traditional dim sum at the Floata Seafood Restaurant followed by walks through the markets and visits to the Kuomintang and Sam Kee Buildings, T&T Market, Shanghai Alley, the Chinese Cultural Centre and Sun Yet Sen Gardens (optional visit). Price includes transportation and red envelopes!

[Thompson Community Centre](#)

Jan 26 Th 9:00am-4:00pm \$15/1 sess 194354

EDGEWATER CASINO TRIP

Vancouver's Plaza of Nations casino offers a full range of gaming and entertainment options and features 600 slot machines, 48 table games and Vancouver's first craps table. Price includes transportation.

[Minoru Place Activity Centre](#)

Jan 27 F 10:00am-3:00pm \$14.75/1 sess 208252

CLOVERDALE RECREATION CENTRE TRIP

Cloverdale is the home of a beautiful new multi-generational recreation centre with specialty programs and services offered to seniors. Have lunch in the Seniors' Lounge, take a tour of the new facility and visit the Surrey Museum, only a five minute walk from the centre. Price includes transportation only.

[South Arm Community Centre](#)

Jan 30 M 10:45am-3:30pm \$16/1 sess 191803

TOP CHEF CANADA RESTAURANT TRIP

Dale MacKay, Top Chef Canada Winner, is the Proprietor and Executive Chef at Vancouver's well-known ensemble Restaurant. Savour dishes from around the world all executed with traditional French techniques. \$-\$. Price includes transportation. Home drop off (\$3) available.

[Minoru Place Activity Centre](#)

Jan 31 Tu 5:00-8:00pm \$14/1 sess 215554

February

CHOCOLATE ARTS TRIP

Flowing chocolate rivers and intricate chocolate sculptures delight the senses at Vancouver's Chocolate Arts. A stop at this shop is followed by a visit to the Granville Island Market. Price includes transportation.

[Minoru Place Activity Centre](#)

Feb 13 M 10:00am-3:00pm \$14.75/1 sess 214051

POST-VALENTINE'S DAY HIGH TEA TRIP

Indulge in exquisite pastries and savouries at Vancouver's Schokolade Artisan Chocolate and Café. Award-winning chocolatier, Edward Suter, uses fresh BC ingredients in his delicious chocolate creation and pastries. Price includes transportation and tea.

[South Arm Community Centre](#)

Feb 15 W 11:00am-2:00pm \$30/1 sess 191801



GUIDED SNOWSHOEING TRIP

Looking to banish the winter blues? This trip to Cypress Mountain's winter wonderland for a guided snowshoeing adventure is the answer. Lunch at the old Heritage Cabin or bring a lunch. No experience necessary but participants should be in good general health. Price includes transportation, guide and snowshoe rentals.

[Thompson Community Centre](#)

Feb 16 Th 9:00am-3:00pm \$45/1 sess 205551

NATURE TRIP - BEATY AND THE BEAST

UBC's innovative Beaty Biodiversity Museum contains over 2 million specimens that represent natural history. Included on the tour is a stop at the biggest animal in the world - a blue whale measuring more than two city buses! Price includes transportation and admission.

[Richmond Nature Park](#)

Feb 16 Th 10:00am-3:00pm \$28/1 sess 216509

CALENDAR GIRLS THEATRE TRIP

Based on a true story, 'Calendar Girls' tells the account of a group of middle-aged English women who bare it all in a calendar to raise funds for Leukemia research. Don't miss this fun and heartwarming play at Vancouver's Stanley Theatre. Price includes transportation and admission. Home drop off (\$3) available.

[Minoru Place Activity Centre](#)

Feb 17 F 6:30-11:30pm \$65.50/1 sess 214101

VANCOUVER PLANETARIUM TRIP

Escape in Vancouver's only 360-degree planetarium and 'travel' through the night sky exploring planets, the solar system and thousands of stars. Price includes transportation and admission.

[Cambie Community Centre](#)

Feb 21 Tu 1:30-4:30pm \$26/1 sess 215251

SHARKEY'S SEAFOOD BAR & GRILLE TRIP

Situated on the picturesque government wharf overlooking an arm of the Fraser River, this Ladner restaurant is known for its fresh and delicious seafood. Price includes transportation. Lunch not included.

[Steveston Community Centre](#)

Feb 22 W 10:00am-2:00pm \$12/1 sess 198611

SCOTTISH CEILIDH DANCING TRIP

Ceilidhs (pronounced 'kay-lee's') are cheerful and lively Scottish dances with the basic steps learned easily. This trip to Vancouver's Scottish Cultural Centre includes dance lessons, live music, refreshments and fun. All dance levels are welcome and no partner required. Price includes transportation, admission and light refreshments. Home drop off (\$3) available.

[South Arm Community Centre](#)

Feb 24 F 6:30-9:30pm \$24/1 sess 191601

[Thompson Community Centre](#)

Feb 24 F 6:15-9:45pm \$24/1 sess 199701

CAMPAGNOLO ROMA TRIP

This modern Italian eatery on Main Street features specialty dishes from Rome all made with the highest quality and locally sourced ingredients. \$-\$. Price includes transportation. Home drop off (\$3) available.

[Minoru Place Activity Centre](#)

Feb 28 Tu 5:00-8:00pm \$14/1 sess 214102

March

VSO WICKED DIVAS TRIP

Stars of the long-running Broadway show 'Wicked' perform Broadway hits at Vancouver's Orpheum Theatre. Outstanding arrangements from 'Ragtime', 'Titanic', 'Wicked' and others are all accompanied by the Vancouver Symphony Orchestra. Price includes transportation and admission. Home drop off (\$3) available.

[Minoru Place Activity Centre](#)

Mar 2 F 6:30-11:00pm \$55/1 sess 214273

VANCOUVER INTL. PLAYHOUSE WINE FESTIVAL TRIP

This weeklong celebration of global food and wine includes the International Tasting Room with nearly 200 wineries pouring samples. Price includes transportation and tasting admission. Home drop off (\$3) available.

[Minoru Place Activity Centre](#)

Mar 3 Sa 5:00-11:00pm \$121/1 sess 215787

PACIFIC CULINARY ART SCHOOL GOURMET LUNCH TRIP

A full three course gourmet lunch by 'Chefs in Training' at the Pacific Culinary Arts School. Afterwards, stroll around beautiful False Creek or browse through the Granville Island Market.

[Thompson Community Centre](#)

Mar 7 W 11:00am-4:00pm \$38/1 sess 194449

BIRDING IN RICHMOND TRIP

A guided bird walk around Terra Nova Park. Price includes transportation.

[Steveston Community Centre](#)

Mar 9 F 9:45am-12:00pm \$8/1 sess 202509

EDGEWATER CASINO TRIP

Vancouver's Plaza of Nations casino offers a full range of gaming and entertainment options and features 600 slot machines, 48 table games and Vancouver's first craps table. Price includes transportation.

[Cambie Community Centre](#)

Mar 13 Tu 10:00am-3:00pm \$14.75/1 sess 216454

MYSTERY DINNER TRIP

Guessing is half the fun. Price includes transportation only. Home drop off (\$3) available.

[South Arm Community Centre](#)

Mar 14 W 5:00-8:00pm \$14.75/1 sess 191604

NATURE TRIP - FORT LANGLEY

Explore Derby Reach and the original site of Fort Langley, followed by lunch in the village and a visit to the Fort Langley National Historic Site. Price includes transportation. Rain or shine.

[Richmond Nature Park](#)

Mar 15 Th 9:30am-4:30pm \$35/1 sess 216601

SYLVIA HOTEL TRIP

Enjoy lunch at the Sylvia Hotel followed by a stroll along English Bay. Price includes transportation and lunch.

[Steveston Community Centre](#)

Mar 21 W 10:00am-2:30pm \$34/1 sess 189314

BARBER OF SEVILLE TRIP

Fun, witty and irresistible! Soak in the sights and sounds as the Vancouver Opera performs this popular show on an inventive new set at Vancouver's Orpheum Theatre. Price includes transportation and admission.

[Minoru Place Activity Centre](#)

Mar 25 Su 1:30-4:30pm \$78.50/1 sess 215773

HAWKSWORTH RESTAURANT TRIP

Run by chef and owner David Hawksworth, this 1920s inspired restaurant in the historic Rosewood Hotel Georgia offers modern Canadian cuisine and a wine list 17 pages long! \$\$\$\$. Price includes transportation. Home drop off (\$3) available.

[Minoru Place Activity Centre](#)

Mar 27 Tu 5:00-8:00pm \$14/1 sess 215776

LUNCH ON THE DRIVE TRIP

This trip to Vancouver's Commercial Drive offers almost every type of global cuisine all on one street. Choose from casual or fancy, just coffee or a full meal or forego eating altogether for shopping, shopping and more shopping! Price includes transportation and a restaurant guide list.

[Thompson Community Centre](#)

Mar 30 F 10:00am-4:00pm \$14/1 sess 205054



April

TEAHOUSE IN STANLEY PARK LUNCH TRIP

This iconic restaurant, located in the heart of Stanley Park, boasts fresh west coast cuisine and spectacular views. Price includes transportation.

[Thompson Community Centre](#)

Apr 3 Tu 11:00am-3:00pm \$12/1 sess 204003

SAKURA DAYS JAPAN FAIR TRIP

Soak in the wonderful Japanese festival atmosphere at this popular event at Vancouver's VanDusen Botanical Garden. Enjoy delicious Japanese food and sake, cultural performances and arts and crafts and learn about Japanese culture and business. Price includes transportation and admission.

[Cambie Community Centre](#)

Apr 7 Sa 11:00am-4:00pm \$19/1 sess 216452

SQUAMISH HERITAGE TRAIN AND MARKET TRIP

Learn about BC's railway history at the West Coast Railway Heritage Park in Squamish, see historic trains, railway equipment and the new CN Roundhouse and shop at the Winter Farmer's Market. Price includes transportation and admission.

[Minoru Place Activity Centre](#)

Apr 7 Sa 10:00am-5:00pm \$30/1 sess 215669

THE BIBO RESTAURANT ON WEST 4TH TRIP

A true slice of Italy in Vancouver, this restaurant's gregarious owners met as children in the Italian vineyards and the master pizza maker trained under one of the most prestigious pizza makers in Naples. That's amore! Price includes transportation.

[Minoru Place Activity Centre](#)

Apr 10 Tu 11:00am-4:00pm \$14.75/1 sess 215675

ROYAL CITY MUSICAL THEATRE TRIP

'Hello Dolly' is a classic show with a fabulous score, lots of tasty roles and dance numbers that bring audiences to their feet. This show features a large cast of all ages, including both a singing and a dancing ensemble. Price includes transportation and admission. Home drop off (\$3) available.

[South Arm Community Centre](#)

Apr 12 Th 7:00-11:00pm \$45/1 sess 191651

BIRDING IN RICHMOND TRIP

A guided bird walk around Terra Nova Park. Price includes transportation.

[Steveston Community Centre](#)

Apr 13 F 9:45am-12:00pm \$8/1 sess 190006

CHERRY BLOSSOM FESTIVAL TRIP

A visit to UBC's Japanese Gardens at Nitobe and a drive along the cherry blossom route are all part of this trip. Additional festivities to be announced closer to the date. Price includes transportation and garden admission.

[Thompson Community Centre](#)

Apr 14 Sa 10:00am-4:00pm \$14/1 sess 208806

TULIPS OF THE VALLEY TRIP

Stroll and see over 30 varieties of tulips over a 40 acre area on Seabird Island, just east of Agassiz. This is one of spring's most spectacular sights! Price includes transportation and admission.

[Steveston Community Centre](#)

Apr 18 W 8:30am-4:00pm \$20/1 sess 198751

NATURE TRIP - CRESCENT BEACH

This trip includes a visit to Blackie Spit Park, considered one of Canada's best bird-watching areas. Bring lunch or buy fish and chips. The trip ends with a visit to the Stuart Farm House. Price includes transportation.

[Richmond Nature Park](#)

Apr 19 Th 9:30am-4:30pm \$25/1 sess 216660

SUSHI MAKING TRIP

Assemble, roll, eat! Learn how to make sushi at Vancouver's Nikkei Place, Japanese Cultural Centre followed by a walking or bus tour (weather dependant) along one of the Cherry Blossom Festival's routes. Price includes transportation and workshop.

[Thompson Community Centre](#)

Apr 21 Sa 10:00am-4:00pm \$40/1 sess 204206

BROCK HOUSE SENIORS' CENTRE TRIP

This trip includes lunch at the picturesque Brock House Conservatory with its stunning views of the ocean and mountains. Following lunch is a tour of this unique seniors' activity centre. Price includes transportation.

[South Arm Community Centre](#)

Apr 24 Tu 10:45am-2:30pm \$14.75/1 sess 192172

NEW BOHEMIAN RESTAURANT TRIP

This stylish restaurant lounge, located in Vancouver's popular Kitsilano neighborhood, features a beautiful selection of unique Spanish and Moroccan inspired dishes. Price includes transportation. Home drop off (\$3) available.

[Minoru Place Activity Centre](#)

Apr 24 Tu 5:00-8:00pm \$14/1 sess 215682

SEA LION TOUR TRIP

See California sea lions up close on this 90-minute trip. Price includes cruise fee. Meet at Seabreeze Adventures (across from Starbucks in Steveston).

[Steveston Community Centre](#)

Apr 25 W 10:30am-12:30pm .. \$35/1 sess 190273

VANCOUVER CHAMBER CHOIR SONG STREET TRIP

'Song Street, More Music from the Stage' at Vancouver's Ryerson United Church features music from Beethoven, Verdi and Puccini, to lighter favourites by Gilbert and Sullivan to elegantly humorous madrigals from Gian Carlo Menotti. Price includes transportation and admission. Home drop off (\$3) available.

[Minoru Place Activity Centre](#)

Apr 27 F 6:00-11:00pm \$39/1 sess 215697

FRASER RIVER BOAT CRUISE TRIP

Get up close to some of the 17 islands that make up Richmond and visit the Steller and California sea lion colony at the mouth of the Fraser River.

[Britannia Heritage Shipyard](#)

10+yrs

Apr 29 Su 9:30am-1:00pm \$89/1 sess 214351

May

BOULEVARD CASINO TRIP

A trip to Boulevard Casino in Coquitlam for an afternoon of gaming and lunch. Price includes transportation.

[Minoru Place Activity Centre](#)

May 2 W 10:00am-3:00pm \$14.75/1 sess 208253

HIGH TEA AT ST. GEORGE'S SCHOOL FAIR TRIP

Be part of this elaborate and well-organized fair that is celebrating its 59th year. Enjoy delectable finger sandwiches, sweets and Murchie's tea. Savour the scrumptious country-style high tea to the accompaniment of student musicians who serenade on the piano and violin. Price includes transportation and high tea.

[South Arm Community Centre](#)

May 5 Sa 10:30am-3:30pm \$27/1 sess 191602

VANDUSEN GARDENS AND ANNUAL PLANT SALE TRIP

Stroll the picturesque gardens and shop at the biggest plant sale of the year. Over 40,000 plants are available along with free horticultural advice from onsite Master Gardeners. Price includes transportation. Admission is free during the sale.

[Thompson Community Centre](#)

May 6 Su 10:00am-4:00pm \$14/1 sess 204205

FRASER RIVER BOAT CRUISE TRIP

Get up close to some of the 17 islands that make up Richmond and visit the Steller and California sea lion colony at the mouth of the Fraser River.

[Britannia Heritage Shipyard](#)

10+yrs

May 9 W 9:30am-1:00pm \$89/1 sess 214352

BIRDING IN RICHMOND TRIP

A guided bird walk around Terra Nova Park. Price includes transportation.

[Steveston Community Centre](#)

May 11 F 9:45am-12:00pm \$8/1 sess 190007



BRUNCH AT THE OUTPOST CAFE TRIP

This Vancouver café has earned a reputation for down-home, unpretentious fare with legendary handmade biscuits. After brunch, time is set aside to stroll and window shop along Fraser Street. Price includes transportation.

[Minoru Place Activity Centre](#)

May 13 Su 10:00am-2:00pm \$14.75/1 sess 215665

NATURE TRIP - SASAMAT LAKE

Escape to the mountains for a gentle naturalist-led hike around Port Moody's glittering Sasamat Lake. Price includes transportation.

[Richmond Nature Park](#)

May 17 Th 9:30am-5:00pm \$30/1 sess 216752

CIRCLE FARM TO HARRISON TRIP

Come travel through the rustic and rural community of Harrison Mills for a visit to Limbert Mountain's Dutch-style barn and quirky country stores. Various stops along the way include meeting cheese makers and organic vegetable growers. Price includes transportation.

[Thompson Community Centre](#)

May 18 F 9:00am-5:00pm \$20/1 sess 211222

GRAND BALL TANGO FESTIVAL TRIP

The Grand Ball, the signature event of this festival, celebrates the sensual ballroom dance that originated in South America. Dance the night away or enjoy the energy of the evening. Price includes transportation and admission. Home drop off (\$3) available.

[Minoru Place Activity Centre](#)

May 19 Sa 5:00-11:30pm \$44/1 sess 215660

BURNABY VILLAGE MUSEUM VICTORIA DAY TRIP

Pomp. Ceremony. Fun. This museum, set in the 1920s, celebrates Victoria Day in grand style. Take in the all day special entertainment. Bring a bag lunch. Price includes transportation and admission.

[Cambie Community Centre](#)

May 21 M 11:00am-4:00pm \$17/1 sess 214951

SIDNEY-BY-THE-SEA TRIP

This pretty seaside community 20 miles north of Victoria features unique boutique shopping, art galleries, antique stores and a beautiful promenade for strolling. Price includes bus transportation only. Ferry fees extra or free for seniors with a Gold Care Card.

[Steveston Community Centre](#)

May 23 W 7:30am-7:00pm \$40/1 sess 198701

AN AFTERNOON IN HAMILTON TRIP

This afternoon trip starts with a tour of and lunch at the picturesque Tugboat Annie's Pub and Grille, followed by shopping at the Queensborough Landing. The final destination is a tour of the new Hamilton Community Centre. Price includes transportation.

[South Arm Community Centre](#)

May 29 Tu 11:00am-2:30pm \$14.75/1 sess 191603

TABLEAU BISTRO BAR TRIP

Don't miss this downtown dining experience that offers a beautifully renovated interior that combines old world classic bistro elements with modern touches and a dynamic bar scene. Price includes transportation. Home drop off (\$3) available.

[Minoru Place Activity Centre](#)

May 29 Tu 5:00-8:00pm \$14/1 sess 215629

HATLEY CASTLE AND GARDENS VICTORIA TRIP

Tour this historic castle and spectacular gardens at Royal Roads University followed by shopping or lunch in downtown Victoria. Price includes bus transportation and castle admission. Ferry fees extra or free for seniors with a Gold Care Card. Home drop off (\$3) available.

[Thompson Community Centre](#)

May 31 Th 7:00-9:00pm \$45/1 sess 205051

June

THUNDERBIRD EQUESTRIAN SHOW PARK TRIP

Incredible equestrian events, top Canadian riders and board horses, and the West Coast Classic Show Jumping Tournament make up this trip to Langley's Thunderbird Show Park. Price includes transportation and event admission. Home drop off (\$3) available.

[Minoru Place Activity Centre](#)

Jun 2 Sa 2:00-8:00pm \$15.75/1 sess 215558

BIRDING IN RICHMOND TRIP

A guided bird walk around Terra Nova Park. Price includes transportation.

[Steveston Community Centre](#)

Jun 8 F 9:45am-12:00pm \$8/1 sess 190008

BOWEN ISLAND TRIP

Take a 20 minute ferry trip to Bowen Island to the quaint village of Snug Cove steps from arrival. Explore the village and beautiful walking trails along the shore or through the wooded trails of Killarney Lake. Bring or buy a lunch at the seaside pub with its magnificent views of Howe Sound. Walking required. Price includes bus transportation only. Ferry fees extra or free for seniors with a Gold Care Card.

[Thompson Community Centre](#)

Jun 12 Tu 9:00am-5:00pm \$19/1 sess 190049



DE CHABERTON WINE TASTING AND DINNER TRIP

The first stop is the loft tasting room at Domaine de Chaberton's to sample some of BC's award-winning wines, followed by a tour of this south Langley winemaking facility and dinner at the phenomenal Bacchus Bistro. \$-\$\$\$. Price includes transportation and wine tour with tasting only. Home drop off (\$3) available.

[Minoru Place Activity Centre](#)

Jun 16 Sa 3:00-9:00pm \$15.75/1 sess 215556

ITALIAN HERITAGE CELEBRATION TRIP

Food, entertainment and fun - Italian style! Activities include: live music, gelato samples and presentation, Slow Food workshops, market vendors and more food, food, food! Price includes transportation.

Admission is free.

[South Arm Community Centre](#)

Jun 17 Su 11:30am-3:30pm \$14.75/1 sess 192164

COWICHAN VALLEY WINE TOUR TRIP

Vancouver Island's Cowichan Valley has gained world recognition for its many wineries. This full day trip includes at least two winery stops and lunch in the quaint seaside village of Cowichan Bay. Price includes bus transportation. Lunch and wine sampling not included. Ferry fees extra or free for seniors with a Gold Care Card. Home drop off (\$3) available.

[Thompson Community Centre](#)

Jun 21 Th 8:00am-10:00pm \$30/1 sess 199802

NATURE TRIP - GALIANO ISLAND

Tour Galiano Island with its Mediterranean climate and unique island nature and watch for eagles soaring overhead and orcas in Active Pass. Price includes transportation, ferry and a naturalist guided walk. Bring a bag lunch and rain and foot gear.

[Richmond Nature Park](#)

Jun 21 Th 8:00am-7:00pm \$40/1 sess 216753

CRESCENT BEACH TRIP

This trip includes a visit to Blackie Spit Park, considered one of Canada's best bird-watching areas, followed by lunch at one of the restaurants on Beecher Street. Price includes transportation.

[Steveston Community Centre](#)

Jun 13 W 10:00am-3:00pm \$12/1 sess 198652

PADDLEWHEELER RIVERBOAT CRUISE TRIP

See the working river of the Fraser up close along with chance sightings of wildlife en route. This trip includes views of the expanded Port Mann Bridge, Douglas Island and the mouth of Pitt River. Price includes buffet lunch.

[Thompson Community Centre](#)

Jun 13 W 10:00am-4:00pm \$60/1 sess 204204

BOATHOUSE RESTAURANT TRIP

Dine on fabulous West Coast cuisine at this well-known West End restaurant, while taking in the stunning views of Kitsilano Beach. \$-\$\$\$. Price includes transportation. Home drop off (\$3) available.

[Minoru Place Activity Centre](#)

Jun 26 Tu 5:00-8:00pm \$14/1 sess 216344

CLEVELAND DAM AND CAPILANO RIVER HATCHERY TRIP

Get up close to millions of gallons of rushing water, salmon struggling up fish ladders and spectacular outdoor scenery. Simple hiking is also included on this trip to one of the North Shore's natural jewels. Bring a bag lunch. Price includes transportation.

[Cambie Community Centre](#)

Jun 26 Tu 10:00am-3:00pm \$12.50/1 sess 216033

KRAUSE BERRY FARM TRIP

Take a wagon ride, go on a field tour and pick fresh berries. There are lots of delicious items - berry pies, jams and syrups - to purchase at the onsite market. Price includes transportation, all activities and a basket of berries.

[Minoru Place Activity Centre](#)

Jun 28 Th 9:00am-1:00pm \$21.75/1 sess 216405

LADYSMITH AND YELLOW POINT TRIP

Hop on the ferry and meander through the Island's Yellow Point region, visit the charming Honeysuckle Cottage and lunch at an authentic English pub. Explore historic Ladysmith in the afternoon with a free trolley or self-guided architectural tour. Price includes bus transportation. Ferry fees extra or free for seniors with a Gold Care Card. Home drop off (\$3) available.

[Thompson Community Centre](#)

Jun 28 Th 8:00am-10:00pm \$30/1 sess 205053

Sports

Find the Open Gym schedule on page 152

BADMINTON

Drop in badminton play and practice. This is a non-instructional program.

[South Arm Community Centre](#)

M/F 10:00am-12:00pm \$3.50/Drop-In

FREE BICYCLE CLUB

Join other bike enthusiasts for an easy Richmond ride with the destination decided each day. Facility Pass required. Call 604-238-8450 (Minoru Place) for more details.

[Minoru Place Activity Centre](#)

W/Sa 10:00am-12:00pm

NEW SENIOR BASKETBALL DROP-IN

Come play a friendly game of basketball with men and women playing separately. Ten visit punch card available for \$25.40.

[South Arm Community Centre](#)

Tu/F 1:30-3:00pm \$3.50/Drop-in

TABLE TENNIS

Serves, volleys, top spins and other basic table tennis skills are covered in this program.

[Steveston Community Centre](#)

Jan 20-Mar 9 F 11:35am-12:35pm .. \$68/8 sess 201951

Apr 13-Jun 15 ... F 11:35am-12:35pm .. \$85/10 sess 190334