



**55+ Programs** | In-person and online

**Spring 2025** | APR-JUN  
[richmond.ca/register](https://richmond.ca/register)





## Contents

Arts—Dance.....	3
Arts—Music.....	5
Arts—Performing .....	6
Arts—Visual .....	6
Computers, Technology and Social Media.....	8
Cooking.....	9
Events and Seasonal Programs.....	9
Fitness .....	10
Gardening.....	12
Health and Wellness .....	13
Languages.....	16
Martial Arts.....	16
Out Trips and Tours .....	17
Racquet Sports.....	19
Sports .....	19

## Seniors Annual Facility Pass Programs.....21

## Refunds / Withdrawals / Transfers

To receive a refund, withdraw or transfer from a program or class, customers are to phone any Parks, Recreation and Culture facility or the Registration Call Centre at 604-276-4300, Monday to Friday, 8:30am to 5:00pm.

### Seasonal Programs

Unless otherwise specified:

- If notice is given prior to the beginning of the third session of the class, a refund, less classes taken, will be provided.
- If notice is given after the beginning of the third session, no refund will be given.

### Private/Semi-Private Lessons (Music, Aquatics and Skating), Aquatic Leadership Courses

- If notice is given 72 hours prior to the start of the course, a full refund will be provided.
- If notice is given less than 72 hours prior to the start of the course, no refund will be provided.

### Short Programs (1 week or less), Out Trips and Workshops

Unless otherwise specified:

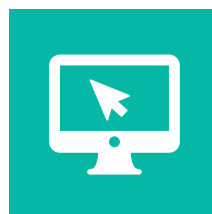
- If less than one week's notice is given, 50% of the fee will be provided.
- If notice is given on or after the start date of the program, no refund will be provided.
- Transfers will be allowed with 72 hours notice prior to the start date of the program.

### Pre-Registered single sessions (Fitness Classes and Court Bookings)

- If notice is given prior to the start of the session, a full refund will be provided.
- Visit richmond.ca/register to learn how to cancel your session or contact the facility directly.

*Note: Some courses and activities may have a no-refund policy for items such as art supplies or special guests.*

## 3 Ways to Register



### Online

[richmond.ca/register](https://richmond.ca/register)

Register online anytime.

24 hours a day, 7 days a week



### Phone

**604-276-4300**

Phone and press "2" to speak with a Customer Service Agent.

Monday–Friday, 8:30am–5:00pm



### In-person

Drop-in and register at any community facility

## You will need

### ✓ Your online registration account

If you have not activated your account and need assistance, call 604-276-4300 or visit [richmond.ca/reghelp](https://richmond.ca/reghelp).

### ✓ Your Course ID number

You can find this eight-digit number under the course description.

Apr 11–Jun 20..... **00123456**

### ✓ Your method of payment

**Pay with AMEX, Visa or MasterCard.**

**Note: Cash, debit and cheques are currently only accepted in-person at facilities.**

**5% GST will be added to all applicable programs and services.**

## Arts—Dance

### ANCIENT ECHOES—THE SPIRIT OF CHINESE DANCING

Learn about and experience firsthand these early Chinese dance forms that burst with rich theatrical and elegant themes from the 12th century. No experience required. Suitable for all skill levels.

#### West Richmond Community Centre

**TRY-IT** Apr 26 .....Sa..... 3:00-4:15pm ..... Free/1 sess ..... 00386054  
May 3-Jun 22 .....Sa..... 3:00-4:15pm ..... \$57.10/7 sess ..... 00386055

### BALLROOM DANCING—BEGINNER

Dance for fitness and fun in these introductory sessions that cover basic steps and foundational techniques. Designed for those new to this style of dance. Suitable for singles and pairs.

#### Seniors Centre—Minoru Centre for Active Living

Apr 9-May 7 .....W..... 5:00-6:30pm ..... \$48.95/5 sess ..... 00384997  
May 14-Jun 18 .....W..... 5:00-6:30pm ..... \$48.95/5 sess ..... 00384998

#### Thompson Community Centre

Apr 16-Jun 11 .....W..... 9:00-10:30am ..... \$88.15/9 sess ..... 00390774  
Apr 17-Jun 12 .....Th..... 6:30-8:00pm ..... \$88.15/9 sess ..... 00389876

#### West Richmond Community Centre

**TRY-IT** Apr 4 .....F..... 3:30-4:30pm ..... Free/1 sess ..... 00395328  
**TRY-IT** Apr 4 .....F..... 4:40-5:40pm ..... Free/1 sess ..... 00395329  
**TRY-IT** Apr 6 .....Su ..... 11:30am-12:30pm ..... Free/1 sess ..... 00386724  
Apr 11-Jun 20 .....F..... 3:30-4:30pm ..... \$65.30/10 sess ..... 00395331  
Apr 11-Jun 20 .....F..... 4:40-5:40pm ..... \$65.30/10 sess ..... 00395332  
Apr 13-Jun 22 .....Su ..... 11:30am-12:30pm ..... \$58.75/9 sess ..... 00386778

### BALLROOM DANCING—INTERMEDIATE

Build skills, expand ability and learn dance variations in these next step sessions. Suitable for singles and pairs. Pre-requisite: Ballroom Dancing—Beginner.

#### Seniors Centre—Minoru Centre for Active Living

Apr 7-Jun 16 .....M..... 6:30-8:00pm ..... \$118.80 (45-54yrs)/9 sess ..... 00384232  
\$88.15 (55yrs+)/9 sess

#### Thompson Community Centre

Apr 12-Jun 15 .....Sa..... 1:30-3:00pm ..... \$78.35/8 sess ..... 00393364

#### West Richmond Community Centre

**TRY-IT** Apr 6 .....Su ..... 12:35-1:35pm ..... Free/1 sess ..... 00386744  
Apr 13-Jun 22 .....Su ..... 12:35-1:35pm ..... \$58.75/9 sess ..... 00386779

### BALLROOM DANCING—ULTIMATE

Experience this beautiful form of dance, learn a new style every month and enjoy the many health benefits these sessions offer. Instructed by two professional and award-winning dancers.

#### South Arm Community Centre

Apr 11-May 2 .....F..... 5:00-6:30pm ..... \$45/3 sess ..... 00390885  
May 9-May 30 .....F..... 5:00-6:30pm ..... \$60/4 sess ..... 00390886  
Jun 6-Jun 27 .....F..... 5:00-6:30pm ..... \$60/4 sess ..... 00390887

### BAROQUE DANCING—LEVEL 1 AND 2

Learn and enjoy this early form of dance that includes social, theatrical and elegant themes from the 17th and 18th centuries. Suitable for all levels.

#### West Richmond Community Centre

Apr 14-Jun 23 .....M..... 3:15-4:30pm ..... \$73.45/9 sess ..... 00389229

### BELLYDANCING—LEVEL 1

Sweat and shimmy in these positive, fun and highly expressive dance sessions that focus primarily on movements of the hips and torso.

#### Seniors Centre—Minoru Centre for Active Living

May 1-Jun 19 .....Th..... 3:15-4:30pm ..... \$65.30/8 sess ..... 00394975

### CONDITIONING THROUGH DANCE

Improve overall health and body conditioning through a combination of ballet techniques and jazz dancing that focuses on core strength, posture, flexibility and increasing cardio health. No dance experience required.

#### Seniors Centre—Minoru Centre for Active Living

Apr 9-May 7 .....W..... 11:45am-12:45pm ..... \$32.65/5 sess ..... 00383631  
May 14-Jun 18 .....W..... 11:45am-12:45pm ..... \$39.20/6 sess ..... 00385046

### DANCE AND MOTION

Get fit while having fun in these upbeat sessions designed for new and experienced dancers. Music ranges from popular jazz, Motown, disco and pop for learning and building dance skills while making lots of social connections.

#### Seniors Centre—Minoru Centre for Active Living

Apr 11-May 9 .....F..... 12:15-1:15pm ..... \$26.10/4 sess ..... 00384866  
May 16-Jun 20 .....F..... 12:15-1:15pm ..... \$39.20/6 sess ..... 00384872

### DANCE MOVES

Enjoy a great workout with fun and easy-to-follow dance routines. Suitable for all fitness and experience levels.

#### Cambie Community Centre

Apr 7-Jun 23 .....M..... 10:00-11:00am ..... \$65.30/10 sess ..... 00382153

### HAWAIIAN HULA DANCING—BEGINNER

Learn and practice the basic techniques and rhythmic patterns of this graceful and expressive cultural dance form that engages the body, mind and spirit. Some dance movements may be performed sitting down.

#### Seniors Centre—Minoru Centre for Active Living

May 2-Jun 20 .....F..... 10:00-11:00am ..... \$52.25/8 sess ..... 00389853

#### Steveston Community Centre

May 2-Jun 20 .....F..... 12:00-1:00pm ..... \$52.25/8 sess ..... 00390448

### HIP HOP

Cover fundamental choreography, technique and freestyle in these positive and fun sessions that include grooving, pop and locking, krumping and street jazz movements.

#### West Richmond Community Centre

Apr 10-Jun 12 .....Th..... 2:15-3:15pm ..... \$65.30/10 sess ..... 00394367

### JAZZ AND BALLET BLEND—BEGINNER

Explore some fundamental techniques of two dance styles along with choreography in these upbeat and enjoyable sessions.

#### West Richmond Community Centre

Apr 9-Jun 11 .....W..... 2:15-3:15pm ..... \$65.30/10 sess ..... 00385413

### JAZZ DANCING

Learn a variety of techniques and classic jazz dance steps set to fun and energetic music.

#### City Centre Community Centre

Apr 2-30 .....W..... 3:15-4:15pm ..... \$32.65/5 sess ..... 00391009

#### Seniors Centre—Minoru Centre for Active Living

Apr 7-May 12 .....M..... 12:00-1:00pm ..... \$32.65/5 sess ..... 00383627  
May 26-Jun 16 .....M..... 12:00-1:00pm ..... \$26.10/4 sess ..... 00383628

## LINE DANCING-BEGINNER

Practice the fun, easy-to-learn and basic moves that make up current line dancing today. No experience required.

### City Centre Community Centre

Apr 2-30 ..... W ..... 2:00-3:00pm ..... \$32.65/5 sess ..... 00391002

### Seniors Centre-Minoru Centre for Active Living

Apr 15-Jun 10 ..... Tu ..... 2:00-3:00pm ..... \$58.75/9 sess ..... 00384807

### South Arm Community Centre

Apr 16-Jun 11 ..... W ..... 3:45-4:45pm ..... \$58.75/9 sess ..... 00387012

### Steveston Community Centre

Apr 17-Jun 12 ..... Th ..... 2:00-3:00pm ..... \$58.75/9 sess ..... 00390466

## LINE DANCING-BEGINNER-IMPROVER

Improve dance moves and learn more complex steps and patterns to Latin, Ballroom, country and popular music. Pre-requisite: Previous line dancing experience.

### South Arm Community Centre

Apr 16-Jun 11 ..... W ..... 2:30-3:30pm ..... \$58.75/9 sess ..... 00392411

### Steveston Community Centre

Apr 17-Jun 12 ..... Th ..... 3:15-4:15pm ..... \$58.75/9 sess ..... 00390441

## LINE DANCING-INTERMEDIATE

Improve beginner moves and learn more advanced ones in these social and physically active sessions. Pre-requisite: Previous line dancing experience.

### Seniors Centre-Minoru Centre for Active Living

Apr 15-Jun 10 ..... Tu ..... 3:15-4:15pm ..... \$58.75/9 sess ..... 00384808

## LINE DANCING-INTERNATIONAL-NEW BEGINNER

Learn some of the basic, easy-to-learn steps for short dances set to popular music.

### Seniors Centre-Minoru Centre for Active Living

Apr 2-Jun 25 ..... W ..... 11:00am-12:00pm ..... \$78.35/12 sess ..... 00384994

## LINE DANCING-INTERNATIONAL-BEGINNER

Follow easy-to-learn steps for short dances set to popular music. Pre-requisite: Basic line dancing experience.

### Seniors Centre-Minoru Centre for Active Living

Apr 5-Jun 28 ..... Sa ..... 2:15-3:45pm.. \$158.40 (45-54yrs)/12 sess .. 00389882  
\$117.55 (55yrs+)/12 sess

## LINE DANCING-INTERNATIONAL-BEGINNER-IMPROVER

Build on easy-to-learn steps for short dances set to popular music. Pre-requisite: Beginner line dancing experience.

### Seniors Centre-Minoru Centre for Active Living

Apr 2-Jun 25 ..... W ..... 2:15-3:45pm ..... \$117.55/12 sess .. 00384996

## LINE DANCING-INTERNATIONAL-INTERMEDIATE-IMPROVER

Move to a variety of styles and popular music and cover interesting combinations, steps, patterns and movements. Pre-requisite: Strong knowledge of international line dancing steps and terminology.

### Seniors Centre-Minoru Centre for Active Living

Apr 5-Jun 28 ..... Sa ..... 12:30-2:00pm ..... \$117.55/12 sess .. 00389881

## LINE DANCING-INTERNATIONAL-INTERMEDIATE/ADVANCED

Move to a variety of styles and popular music and cover interesting combinations, steps, patterns and movements. Pre-requisite: Previous line dancing experience and strong knowledge of international line dancing steps and terminology.

### Seniors Centre-Minoru Centre for Active Living

Apr 2-Jun 25 ..... W ..... 12:30-2:00pm ..... \$117.55/12 sess .. 00384995

## LINE DANCING VARIETY-NEW BEGINNER (CANTONESE/MANDARIN)

Focus on the fundamental steps of this dance form that are adaptable to country, ballroom, rock and roll, disco, Latin and pop music.

Conducted in Cantonese and Mandarin. Suitable for new dancers. No experience required.

### Seniors Centre-Minoru Centre for Active Living

Apr 7-May 12 ..... M ..... 12:00-1:00pm ..... \$32.65/5 sess ..... 00383917

Apr 11-May 9 ..... F ..... 9:30-10:30am ..... \$26.10/4 sess ..... 00389856

May 16-Jun 20 ..... F ..... 9:30-10:30am ..... \$39.20/6 sess ..... 00389872

May 26-Jun 16 ..... M ..... 12:00-1:00pm ..... \$26.10/4 sess ..... 00384231

## LINE DANCING VARIETY-BEGINNER

Focus on the fundamental steps of this dance form that are adaptable to country, ballroom, rock and roll, disco, Latin and pop music.

### Thompson Community Centre

Apr 16-Jun 18 ..... W ..... 10:45-11:45am ..... \$65.30/10 sess .... 00389383

## LINE DANCING VARIETY-BEGINNER LEVEL 1 (CANTONESE/MANDARIN)

Focus on the fundamental steps of this dance form that are adaptable to country, ballroom, rock and roll, disco, Latin and pop music.

Conducted in Cantonese and Mandarin. Pre-requisite: Beginner line dancing experience.

### Seniors Centre-Minoru Centre for Active Living

Apr 7-May 12 ..... M ..... 10:45-11:45am ..... \$32.65/5 sess ..... 00383914

Apr 11-May 9 ..... F ..... 10:45-11:45am ..... \$26.10/4 sess ..... 00389874

May 16-Jun 20 ..... F ..... 10:45-11:45am ..... \$39.20/6 sess ..... 00389875

May 26-Jun 16 ..... M ..... 10:45-11:45am ..... \$26.10/4 sess ..... 00383915

## LINE DANCING VARIETY-BEGINNER LEVEL 2 (CANTONESE AND MANDARIN)

Master the fundamental steps of this dance style that are adaptable to country, ballroom, rock and roll, disco, Latin and pop music.

Conducted in Cantonese and Mandarin. Pre-requisite: Beginner line dancing experience.

### Seniors Centre-Minoru Centre for Active Living

Apr 8-May 6 ..... Tu ..... 9:45-10:45am ..... \$32.65/5 sess ..... 00384377

Apr 10-May 8 ..... Th ..... 10:45-11:45am ..... \$32.65/5 sess ..... 00385694

May 13-Jun 17 ..... Tu ..... 9:45-10:45am ..... \$39.20/6 sess ..... 00384447

May 15-Jun 19 ..... Th ..... 10:45-11:45am ..... \$39.20/6 sess ..... 00385700

## TAP DANCING-BEGINNER

Tap into some fun and get some great exercise at the same time. No experience required. Tap shoes required.

### Seniors Centre-Minoru Centre for Active Living

Apr 7-May 12 ..... M ..... 10:45-11:45am ..... \$32.65/5 sess ..... 00385048

May 26-Jun 16 ..... M ..... 10:45-11:45am ..... \$26.10/4 sess ..... 00385049

## TAP DANCING-INTERMEDIATE

Combine previously learned steps with new moves and choreography in these social sessions that also offer a fun workout. Tap shoes required. Pre-requisite: Beginner tap dancing experience.

### Seniors Centre-Minoru Centre for Active Living

Apr 9-Jun 18 ..... W ..... 10:00-11:30am ..... \$107.75/11 sess .. 00384865

## Arts—Music

### DRUMMING RHYTHMS FROM AROUND THE WORLD

Venture through global rhythms, including Brazilian and African, while learning patterns and tunes on the djembe drum. Drum required at each session or available for use if required.

#### West Richmond Community Centre

Apr 25-May 16 .....F..... 6:30-8:00pm ..... \$39.20/4 sess ..... 00389121

### GUITAR GROUP LESSONS—BEGINNER LEVEL 1

Learn the basic fundamentals of guitar chords, tabs, basic fretting and strumming techniques while having fun. No experience required. Guitar required at each session.

#### Seniors Centre—Minoru Centre for Active Living

Apr 4-Jun 27 .....F..... 12:30-1:30pm ..... \$95.30/12 sess ..... 00384809

### GUITAR GROUP LESSONS—BEGINNER LEVEL 2

Build on the basic foundation of guitar chords, tabs and strumming while learning additional techniques through easy-to-learn songs. Pre-requisite: Guitar Group Lessons—Beginner Level 1 or previous guitar experience. Guitar required at each session.

#### Seniors Centre—Minoru Centre for Active Living

Apr 4-Jun 27 .....F..... 1:45-2:45pm ..... \$95.30/12 sess ..... 00384811

### HAND DRUMMING—BEGINNER

Learn how to make sounds on the djembe drum and play with a group. Emphasis is on listening, learning traditional (and other) rhythms, call and response. No musical training required. Drum provided for use during session.

#### Steveston Community Centre

Apr 7-Jun 16 .....M..... 12:30-1:30pm ..... \$58.75/9 sess ..... 00390470

### INTRODUCTION TO PIANO—INTERGENERATIONAL

Learn how to play the keyboard piano in these one-on-one sessions taught by a volunteer instructor. Suitable for beginners up to Level 5. Lessons are individually designed for the ability of each musician. This course is not eligible for support through the Recreation Fee Subsidy Program. Find details at [www.richmond.ca/subsidy](http://www.richmond.ca/subsidy).

#### City Centre Community Centre

Apr 7-Jun 16 .....M..... 4:30-5:15pm ..... \$71.50/10 sess ..... 00390243  
 Apr 7-Jun 16 .....M..... 4:30-5:15pm ..... \$71.50/10 sess ..... 00390248  
 Apr 7-Jun 16 .....M..... 5:30-6:15pm ..... \$71.50/10 sess ..... 00390246  
 Apr 7-Jun 16 .....M..... 5:30-6:15pm ..... \$71.50/10 sess ..... 00390249  
 Apr 9-Jun 18 .....W..... 4:15-5:00pm ..... \$78.65/11 sess ..... 00390251  
 Apr 9-Jun 18 .....W..... 4:30-5:15pm ..... \$78.65/11 sess ..... 00390279  
 Apr 9-Jun 18 .....W..... 5:15-6:00pm ..... \$78.65/11 sess ..... 00390252  
 Apr 9-Jun 18 .....W..... 5:30-6:15pm ..... \$78.65/11 sess ..... 00390281  
 Apr 11-Jun 20 .....F..... 4:00-4:45pm ..... \$71.50/10 sess ..... 00390302  
 Apr 11-Jun 20 .....F..... 4:30-5:15pm ..... \$71.50/10 sess ..... 00390305  
 Apr 11-Jun 20 .....F..... 5:00-5:45pm ..... \$71.50/10 sess ..... 00390303  
 Apr 11-Jun 20 .....F..... 5:30-6:15pm ..... \$71.50/10 sess ..... 00390308  
 Apr 12-Jun 21 .....Sa..... 10:00-10:45am ..... \$78.65/11 sess ..... 00390309  
 Apr 12-Jun 21 .....Sa..... 11:00-11:45am ..... \$78.65/11 sess ..... 00390310  
 Apr 12-Jun 21 .....Sa..... 11:00-11:45am ..... \$78.65/11 sess ..... 00390311  
 Apr 12-Jun 21 .....Sa..... 12:00-12:45pm ..... \$78.65/11 sess ..... 00390312  
 Apr 12-Jun 21 .....Sa..... 2:00-2:45pm ..... \$78.65/11 sess ..... 00390315  
 Apr 12-Jun 21 .....Sa..... 3:00-3:45pm ..... \$78.65/11 sess ..... 00390318  
 Apr 13-Jun 22 .....Su ..... 10:00-10:45am ..... \$78.65/11 sess ..... 00390321  
 Apr 13-Jun 22 .....Su ..... 11:00-11:45am ..... \$78.65/11 sess ..... 00390324  
 Apr 13-Jun 22 .....Su ..... 11:00-11:45am ..... \$78.65/11 sess ..... 00390325

Apr 13-Jun 22 .....Su ..... 12:00-12:45pm ..... \$78.65/11 sess ..... 00390326  
 Apr 13-Jun 22 .....Su ..... 1:00-1:45pm ..... \$78.65/11 sess ..... 00390327  
 Apr 13-Jun 22 .....Su ..... 1:00-1:45pm ..... \$78.65/11 sess ..... 00390330  
 Apr 13-Jun 22 .....Su ..... 2:00-2:45pm ..... \$78.65/11 sess ..... 00390328  
 Apr 13-Jun 22 .....Su ..... 2:00-2:45pm ..... \$78.65/11 sess ..... 00390331

### PRIVATE SINGING LESSONS (MANDARIN)

Enhance vocal range, master breathing techniques and build a strong foundation for singing by exploring Chinese pop, folk and opera songs. Conducted in Mandarin.

#### City Centre Community Centre

Apr 11-May 16 .....F..... 1:00-2:00pm ..... \$32.65/5 sess ..... 00390623  
 Apr 11-May 16 .....F..... 2:15-3:15pm ..... \$32.65/5 sess ..... 00390629  
 Apr 16-May 14 .....W..... 1:00-2:00pm ..... \$32.65/5 sess ..... 00390609  
 Apr 16-May 14 .....W..... 2:15-3:15pm ..... \$32.65/5 sess ..... 00390612  
 May 21-Jun 18 .....W..... 1:00-2:00pm ..... \$32.65/5 sess ..... 00390637  
 May 21-Jun 18 .....W..... 2:15-3:15pm ..... \$32.65/5 sess ..... 00390638  
 May 23-Jun 20 .....F..... 1:00-2:00pm ..... \$32.65/5 sess ..... 00390639  
 May 23-Jun 20 .....F..... 2:15-3:15pm ..... \$32.65/5 sess ..... 00390640

### SINGING—BEGINNER

Sing in these group sessions while learning basic knowledge of sheet music, note values, major and minor chords, scales and keys. No experience required.

#### Seniors Centre—Minoru Centre for Active Living

Apr 25-Jun 27 .....F..... 3:00-4:00pm ..... \$58.75/9 sess ..... 00384813

### SINGING—INTERMEDIATE

Build on basic vocal techniques, sight reading, sight singing and two- or three-part harmonies. Pre-requisite: Singing—Beginner or previous choral experience.

#### Seniors Centre—Minoru Centre for Active Living

Apr 25-Jun 27 .....F..... 4:15-5:15pm ..... \$58.75/9 sess ..... 00385001

### TAIKO DRUMMING—BEGINNER

Explore this fun and exciting centuries-old type of drumming that combines music, dance, martial arts and culture for a full-body workout.

#### South Arm Community Centre

Apr 14-Jun 16 .....M..... 7:30-8:30pm ..... \$52.25/8 sess ..... 00389726

### TAIKO DRUMMING—INTERMEDIATE

Experience this ancient Japanese percussion art that improves memory, physical skills and creativity and work on intricate rhythms, drills and vocal shouts in an enjoyable and supportive setting. Pre-requisite: Taiko Drumming—Beginner.

#### South Arm Community Centre

Apr 14-Jun 16 .....M..... 6:30-7:30pm ..... \$52.25/8 sess ..... 00390020

### TAIKO DRUMMING—ADVANCED

Build on existing Taiko drumming skills by learning challenging complex patterns, improving hand-eye coordination and memory for a full-body workout. Pre-requisite: Taiko Drumming—Intermediate.

#### South Arm Community Centre

Apr 14-Jun 16 .....M..... 5:30-6:30pm ..... \$52.25/8 sess ..... 00389723

### UKULELE—BEGINNER

Play this easy-to-learn instrument for fun and to increase cognitive abilities. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library.

#### South Arm Community Centre

Apr 7-Jun 16 .....M..... 12:00-1:00pm ..... \$65.30/10 sess ..... 00387790



## UKULELE—GET STARTED

Learn the basics of holding, tuning, playing and note reading while exploring how the pentatonic scale unlocks music from around the world. Suitable for absolute and early beginners. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library.

### Steveston Community Centre

Apr 9-Jun 18 .....W..... 11:00am-12:15pm..... \$89.75/11 sess .... 00390452

## UKULELE—KEEP GOING

Build on the basics and expand music understanding through picking and strumming songs in the key of C and F from a variety of genres. Suitable for advanced/confident beginners. Pre-requisite: Ukulele Beginner course and experience with note reading. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library.

### Steveston Community Centre

Apr 2-Jun 18 .....W..... 1:00-2:15pm..... \$97.95/12 sess .... 00390459

## UKULELE—MOVE ON UP

Break free from the first four frets using familiar chord shapes to access and gain knowledge of the whole fretboard. Prerequisite: Intermediate knowledge of ukulele and fluency in musical notation and tablature. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library.

### Steveston Community Centre

May 13-Jun 18 ....Tu..... 1:00pm-2:15pm..... \$48.95/6 sess ..... 00398289

## UKULELE—SKILL BUILDING—FLAT PICKING

Discover the benefits of using a little piece of plastic to add to a musical toolkit and have fun learning and connecting with others. Prerequisite: Any beginner ukulele course and experience with note reading and tablature. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library.

### Steveston Community Centre

Apr 1-May 6 .....Tu..... 1:00-2:15pm..... \$48.95/6 sess ..... 00390464

## UKULELE—SKILL BUILDING—MAJOR AND MINOR CHORDS

Explore major and minor chords, progressions and how one note can add light, shadow and change the emotion of a song. Prerequisite: Any beginner ukulele course and experience with note reading and tablature. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library.

### Steveston Community Centre

May 13-Jun 18 ....Tu..... 11:00am-12:15pm..... \$48.95/6 sess ..... 00398290

## UKULELE—SKILL BUILDING—PLAY IT BY EAR

Move from listening to playing with a few simple steps, connect with fun and familiar tunes, boost memory and support overall brain health. Prerequisite: Any beginner ukulele course and experience with note reading and tablature. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library.

### Steveston Community Centre

Apr 1-May 6 .....Tu..... 11:00am-12:15pm..... \$48.95/6 sess ..... 00390461

## Arts—Performing

### IMPROV—BEGINNER

Share the joy of improv-based drama activities in a fun, safe and low-pressure environment. Come and interact and share a few laughs. No experience required.

### Seniors Centre—Minoru Centre for Active Living

Apr 14-Jun 23 ....M..... 4:00-5:00pm..... \$71.85/11 sess .... 00392538

## Arts—Visual

### ABSTRACT ACRYLIC PAINTING SERIES

Receive personalized and step-by-step instructions from a skilled instructor in a fun, relaxed and supportive setting. Suitable for all skill levels. Supplies not included.

### SPRING FLOWERS

#### South Arm Community Centre

Apr 1 .....Tu..... 10:30am-12:30pm..... \$13.05/1 sess ..... 00388054

### LIGHTHOUSE

#### South Arm Community Centre

Apr 8 .....Tu..... 10:30am-12:30pm..... \$13.05/1 sess ..... 00388322

### GARDEN DOOR

#### South Arm Community Centre

Apr 15 .....Tu..... 10:30am-12:30pm..... \$13.05/1 sess ..... 00388323

### WATERFALL

#### South Arm Community Centre

Apr 22 .....Tu..... 10:30am-12:30pm..... \$13.05/1 sess ..... 00388324

### TULIPS

#### South Arm Community Centre

May 27 .....Tu..... 10:30am-12:30pm..... \$13.05/1 sess ..... 00388327

### FLOWERS ON THE WINDOWSILL

#### South Arm Community Centre

Jun 3 .....Tu..... 10:30am-12:30pm..... \$13.05/1 sess ..... 00388331

### SPRING PATH

#### South Arm Community Centre

Jun 10 .....Tu..... 10:30am-12:30pm..... \$13.05/1 sess ..... 00388345

### ACRYLIC PAINTING

Explore painting in a variety of styles that may include abstract, landscape and still life. Suitable for beginner and experienced painters with individual guidance provided. Supplies not included.

#### Steveston Community Centre

Apr 7-May 12 .....M..... 12:30-2:30pm..... \$65.30/5 sess ..... 00390462

May 26-Jun 16 ....M..... 12:30-2:30pm..... \$52.25/4 sess ..... 00390463

### CHINESE BRUSH PAINTING

Explore this beautiful ancient art through exercises that focus on basic techniques. A \$20 non-refundable supplies fee charged when registering.

#### Seniors Centre—Minoru Centre for Active Living

Apr 7-Jun 16 .....M..... 9:30-11:30am..... \$117.55/9 sess .... 00383606

#### Steveston Community Centre

Apr 9-30 .....W..... 10:30am-12:30pm..... \$52.25/4 sess ..... 00390440

Jun 4-25 .....W..... 10:30am-12:30pm..... \$52.25/4 sess ..... 00397054

### CHINESE CALLIGRAPHY (CANTONESE AND MANDARIN)

Learn basic techniques, strokes and words in this beautiful and timely art form and cultural experience widely practiced as a way of relaxing. Instructed by a calligraphy master. Course conducted in Mandarin and Cantonese. Supplies list provided.

#### Steveston Community Centre

Apr 1-Jun 17 .....Tu..... 9:30-11:30am..... \$156.70/12 sess .. 00390460

Apr 3-Jun 19 .....Th..... 9:30-11:30am..... \$156.70/12 sess .. 00390786

## COLLAGE AND JOURNALING

Use mixed media to create unique compositions that can be applied to a variety of projects. Supplies included.

### Seniors Centre–Minoru Centre for Active Living

Apr 7-May 12 ..... M ..... 12:30-2:00pm ..... \$48.95/5 sess ..... 00383607  
May 26-Jun 16 ..... M ..... 12:30-2:00pm ..... \$39.20/4 sess ..... 00383609

## CREATIVE CLAY

Make unique pieces and designs to take home, gain social connections and build confidence while exploring this tactile and creative outlet. Supplies included.

### West Richmond Community Centre

Apr 4-Jun 13 ..... F ..... 10:30-11:30am ..... \$65.30/10 sess ..... 00386006

## CREATIVE CRAFT SERIES

Unleash creativity making art using different mediums, including everyday items to repurpose. Experience the joy of hands-on activities that spark imagination and help maintain and improve fine motor skills. A \$5 non-refundable supplies fee charged when registering.

### PAPER FLOWERS

#### South Arm Community Centre

Apr 3 ..... Th ..... 10:30am-12:30pm ..... \$13.05/1 sess ..... 00388064

### EGG CARTOON FLORAL WREATH

#### South Arm Community Centre

Apr 17 ..... Th ..... 10:30am-12:30pm ..... \$13.05/1 sess ..... 00388336

### CREATIVE CURTAIN TIE

#### South Arm Community Centre

Apr 24 ..... Th ..... 10:30am-12:30pm ..... \$13.05/1 sess ..... 00388340

### FLORAL PICTURE FRAME

#### South Arm Community Centre

Jun 5 ..... Th ..... 10:30am-12:30pm ..... \$13.05/1 sess ..... 00388342

### PEG BOARD

#### South Arm Community Centre

Jun 12 ..... Th ..... 10:30am-12:30pm ..... \$13.05/1 sess ..... 00388343

## CREATIVE PAINTING

Explore new ideas and have fun creating amazing designs and patterns without the fear of messing up or experiencing the pressure to create something perfect. Supplies list provided.

### Thompson Community Centre

**TRY-IT** Apr 13 ..... Su ..... 9:30-11:30am ..... \$13.05/1 sess ..... 00393015  
Apr 27-Jun 15 ..... Su ..... 9:30-11:30am ..... \$91.40/7 sess ..... 00393013

## DRAWING BASICS

Capture on paper simple objects, images and still lifes while learning basic concepts and techniques to eventually progress to drawing from imagination with improved understanding and confidence. Supplies list provided.

### Cambie Community Centre

Apr 9-Jun 11 ..... W ..... 2:45-4:45pm ..... \$130.60/10 sess .. 00391373

## FLORAL ARRANGEMENT–ARTISTIC ASYMMETRIC WORKSHOP

Learn to create captivating floral arrangements that spark visual interest and embrace asymmetry as a guiding principle. A \$15 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

### Seniors Centre–Minoru Centre for Active Living

May 2 ..... F ..... 2:30-4:00pm ..... \$13.20 (45-54yrs)/1 sess ..... 00391281  
\$9.80 (55yrs+)/1 sess

## FLORAL ARRANGEMENT–CENTREPIECE MAKING WORKSHOP

Learn the basics of floral design and create a stunning display to use as home decor. A \$15 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

### Seniors Centre–Minoru Centre for Active Living

Apr 25 ..... F ..... 2:30-4:00pm ..... \$13.20 (45-54yrs)/1 sess ..... 00391301  
\$9.80 (55yrs+)/1 sess

## FLORAL ARRANGEMENT–CRESCENT-SHAPED FLORAL DESIGN WORKSHOP

Design a one-of-a-kind floral arrangement in this hands-on session, focusing on curved lines and flow for improved floral design skills. A \$15 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

### Seniors Centre–Minoru Centre for Active Living

Jun 21 ..... Sa ... 1:00-2:30pm ..... \$13.20 (45-54yrs)/1 sess ..... 00391261  
\$9.80 (55yrs+)/1 sess

## FLORAL ARRANGEMENT–DRIED AND PRESERVED FLOWER MAKING WORKSHOP

Create long lasting arrangements by learning the art of maintaining and preserving florals through air-dry methods. A \$15 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

### Seniors Centre–Minoru Centre for Active Living

May 23 ..... F ..... 2:30-4:00pm ..... \$13.20 (45-54yrs)/1 sess ..... 00391265  
\$9.80 (55yrs+)/1 sess

## FLORAL ARRANGEMENT–FLORAL HAIR CLAW AND DERBY HAT DESIGN WORKSHOP

Create a wearable floral creation and learn how to incorporate personal style and theme into everyday pieces. A \$10 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

### Seniors Centre–Minoru Centre for Active Living

Jun 27 ..... F ..... 2:30-4:00pm ..... \$13.20 (45-54yrs)/1 sess ..... 00391293  
\$9.80 (55yrs+)/1 sess

## FLORAL ARRANGEMENT–HAND-TIED BOUQUET WORKSHOP

Explore fundamental florist principles including colour theory and textures to create a full and airy display. A \$15 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

### Seniors Centre–Minoru Centre for Active Living

Jun 6 ..... F ..... 2:30-4:00pm ..... \$13.20 (45-54yrs)/1 sess ..... 00391303  
\$9.80 (55yrs+)/1 sess

## PAINT IN THE PLAZA WORKSHOP

Re-create an art piece to take home through step-by-step guided instructions while also enjoying a charcuterie box with cheese, meats and fruits. A \$15 non-refundable supplies fee charged when registering.

### Seniors Centre–Minoru Centre for Active Living

May 26.....M..... 10:30am-12:00pm..... \$9.80/1 sess..... 00386961

Jun 16.....M..... 10:30am-12:00pm..... \$9.80/1 sess..... 00387620

## PAINT NIGHT

Create a magnificent painting to take home with step-by-step instruction. Instructed by Party with Laura. No experience required. Supplies included.

### Cambie Community Centre

May 8.....Th..... 6:30-8:30pm..... \$35/1 sess..... 00385218

## PAINT, SIP AND SNACK

Learn to recreate a painting through step-by-step instructions while enjoying a glass of wine (non-alcoholic option available) and a charcuterie box with cheese, meat and fruit. A \$22 non-refundable supplies fee charged when registering.

### Seniors Centre–Minoru Centre for Active Living

Apr 25.....F..... 6:00-7:30pm..... \$13.20 (45-54yrs)/1 sess..... 00385275

\$9.80 (55yrs+)/1 sess

Jun 13.....F..... 6:00-7:30pm..... \$13.20 (45-54yrs)/1 sess..... 00385277

\$9.80 (55yrs+)/1 sess

## PHOTOGRAPHY FUNDAMENTALS–LEVEL 1

Explore a camera's functions and learn some basic photographic techniques. A digital camera, DSLR or mirrorless camera required at each session.

### Seniors Centre–Minoru Centre for Active Living

Apr 12-Jun 21.....Sa..... 11:30am-12:30pm..... \$71.85/11 sess..... 00392529

## WATERCOLOUR PAINTING

Work on personal projects to further develop voice and style in these loosely structured, enriching and supportive studio sessions. Suitable for all levels. Supplies list provided.

### Seniors Centre–Minoru Centre for Active Living

Apr 10-May 29.....Th..... 12:00-2:00pm..... \$104.50/8 sess..... 00385654

## WATERCOLOUR PAINTING TECHNIQUES AND STYLES

Explore still lifes, landscapes and figure studies using different styles and a variety of brushes. Suitable for all levels. Supplies list provided.

### Steveston Community Centre

Apr 2-Apr 30.....W..... 10:00am-12:00pm..... \$65.30/5 sess..... 00390451

May 7-Jun 11.....W..... 10:00am-12:00pm..... \$78.35/6 sess..... 00390467

## WREATH MAKING–SPRING THEME WORKSHOP

Discover the art of floral design and craft a seasonal decor piece to take home, featuring a blend of textures and layers. A \$15 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

### Seniors Centre–Minoru Centre for Active Living

Apr 12.....Sa..... 1:00-2:30pm..... \$13.20 (45-54yrs)/1 sess..... 00391299

\$9.80 (55yrs+)/1 sess

# Computers, Technology and Social Media

## SMART PHONES, TABLETS AND LAPTOPS–LEARN FROM A YOUTH

Meet one-on-one and get help from a friendly and informative youth member to learn about text messaging, apps, taking photos, Google maps and more. Personal device required at each class. Registration required.

### South Arm Community Centre

**FREE** Apr 10.....Th..... 3:30-4:00pm..... Free/1 sess..... 00387922

**FREE** Apr 10.....Th..... 4:00-4:30pm..... Free/1 sess..... 00387927

**FREE** Apr 24.....Th..... 3:30-4:00pm..... Free/1 sess..... 00387935

**FREE** Apr 24.....Th..... 4:00-4:30pm..... Free/1 sess..... 00387936

**FREE** May 8.....Th..... 3:30-4:00pm..... Free/1 sess..... 00387937

**FREE** May 8.....Th..... 4:00-4:30pm..... Free/1 sess..... 00387953

**FREE** May 22.....Th..... 3:30-4:00pm..... Free/1 sess..... 00387955

**FREE** May 22.....Th..... 4:00-4:30pm..... Free/1 sess..... 00387958

### West Richmond Community Centre

**FREE** Apr 24.....Th..... 3:30-4:15pm..... Free/1 sess..... 00386544

**FREE** May 29.....Th..... 3:30m-4:15pm..... Free/1 sess..... 00386547

## SMARTPHONES, TABLETS AND LAPTOPS–LEARN FROM A VOLUNTEER

Meet one-on-one and get help from a friendly and informative volunteer to learn how to use text messaging, email, camera, browsers, downloading and using apps and more. Bring questions. Personal device required at each session or iPad provided for use. Registration required.

### Seniors Centre–Minoru Centre for Active Living

**FREE** Apr 5.....Sa..... 1:30-2:00pm..... Free/1 sess..... 00387581

**FREE** Apr 5.....Sa..... 2:00-2:30pm..... Free/1 sess..... 00387582

**FREE** Apr 5.....Sa..... 2:30-3:00pm..... Free/1 sess..... 00387583

**FREE** Apr 5.....Sa..... 3:00-3:30pm..... Free/1 sess..... 00387584

**FREE** May 3.....Sa..... 1:30-2:00pm..... Free/1 sess..... 00387585

**FREE** May 3.....Sa..... 2:00-2:30pm..... Free/1 sess..... 00387586

**FREE** May 3.....Sa..... 2:30-3:00pm..... Free/1 sess..... 00387587

**FREE** May 3.....Sa..... 3:00-3:30pm..... Free/1 sess..... 00387588

**FREE** May 17.....Sa..... 1:30-2:00pm..... Free/1 sess..... 00387589

**FREE** May 17.....Sa..... 2:00-2:30pm..... Free/1 sess..... 00387590

**FREE** May 17.....Sa..... 2:30-3:00pm..... Free/1 sess..... 00387591

**FREE** May 17.....Sa..... 3:00-3:30pm..... Free/1 sess..... 00387594

**FREE** May 31.....Sa..... 1:30-2:00pm..... Free/1 sess..... 00387595

**FREE** May 31.....Sa..... 2:00-2:30pm..... Free/1 sess..... 00387596

**FREE** May 31.....Sa..... 2:30-3:00pm..... Free/1 sess..... 00387597

**FREE** May 31.....Sa..... 3:00-3:30pm..... Free/1 sess..... 00387598

**FREE** Jun 14.....Sa..... 1:30-2:00pm..... Free/1 sess..... 00387599

**FREE** Jun 14.....Sa..... 2:00-2:30pm..... Free/1 sess..... 00387600

**FREE** Jun 14.....Sa..... 2:30-3:00pm..... Free/1 sess..... 00387601

**FREE** Jun 14.....Sa..... 3:00-3:30pm..... Free/1 sess..... 00387602

**FREE** Jun 28.....Sa..... 1:30-2:00pm..... Free/1 sess..... 00387603

**FREE** Jun 28.....Sa..... 2:00-2:30pm..... Free/1 sess..... 00387604

**FREE** Jun 28.....Sa..... 2:30-3:00pm..... Free/1 sess..... 00387605

**FREE** Jun 28.....Sa..... 3:00-3:30pm..... Free/1 sess..... 00387606

### West Richmond Community Centre

**FREE** Apr 9.....W..... 10:00-10:30am..... Free/1 sess..... 00385379

**FREE** Apr 9.....W..... 10:30-11:00am..... Free/1 sess..... 00385388

**FREE** Apr 9.....W..... 11:00-11:30am..... Free/1 sess..... 00385397

**FREE** May 14.....W..... 10:00-10:30am..... Free/1 sess..... 00385383

**FREE** May 14.....W..... 10:30-11:00am..... Free/1 sess..... 00385390

**FREE** May 14.....W..... 11:00-11:30am..... Free/1 sess..... 00385400

**FREE** Jun 11.....W..... 10:00-10:30am..... Free/1 sess..... 00385385

**FREE** Jun 11.....W..... 10:30-11:00am..... Free/1 sess..... 00385394

**FREE** Jun 11.....W..... 11:00-11:30am..... Free/1 sess..... 00385403



## Cooking

### 12 HUNGRY MEN COOKING

Participate in this fun, all-men cooking group to make delicious food and enjoy engaging conversations over lunch. Supplies, recipes and instructions included.

**South Arm Community Centre**

Jun 3-Jun 24.....Tu..... 10:00-11:30am..... \$94.40/4 sess ..... 00388415

### COOK AND CREATE WORKSHOP—CHINESE STYLE DUMPLINGS

Discover the traditional art of dumpling folding through step-by-step instructions, complete with a demonstration of preparing an accompanying sauce. A \$15 non-refundable supplies fee charged when registering.

**Seniors Centre—Minoru Centre for Active Living**

May 28.....W..... 2:30-4:00pm..... \$23.60/1 sess ..... 00388252

### COOK AND CREATE WORKSHOP—VIETNAMESE SALAD ROLLS

Learn how to recreate a healthy and customizable meal through step-by-step instructions, complete with a demonstration of preparing an accompanying peanut sauce. Supplies included.

**Seniors Centre—Minoru Centre for Active Living**

Jun 18.....W..... 2:30-4:00pm..... \$23.60/1 sess ..... 00393251

### HEALTHY WORLD COOKING

Learn how to make healthy and nutritious recipes from around the world. After cooking, enjoy eating together and take home some items to enjoy later. Supplies included.

#### ITALIAN

**South Arm Community Centre**

Apr 1.....Tu..... 4:00-5:30pm..... \$23.60/1 sess ..... 00388503

#### ASIAN

**South Arm Community Centre**

Apr 8.....Tu..... 4:00-5:30pm..... \$23.60/1 sess ..... 00388504

#### INDIAN

**South Arm Community Centre**

Apr 15.....Tu..... 4:00-5:30pm..... \$23.60/1 sess ..... 00388505

#### JAPANESE

**South Arm Community Centre**

Apr 22.....Tu..... 4:00-5:30pm..... \$23.60/1 sess ..... 00388507

#### MIDDLE EASTERN

**South Arm Community Centre**

May 6.....Tu..... 4:00-5:30pm..... \$23.60/1 sess ..... 00388508

#### GREEK

**South Arm Community Centre**

May 13.....Tu..... 4:00-5:30pm..... \$23.60/1 sess ..... 00388509

#### SPAIN

**South Arm Community Centre**

May 20.....Tu..... 4:00-5:30pm..... \$23.60/1 sess ..... 00388511

### JAPANESE COOKING

Learn to make simple Japanese dishes that includes sushi rolls and teriyaki chicken in this hands-on session that focuses on basic cooking skills. Supplies included.

**Steveston Community Centre**

Apr 17.....Th..... 10:00-11:30am..... \$23.60/1 sess ..... 00390453

May 15.....Th..... 10:00-11:30am..... \$23.60/1 sess ..... 00390468

Jun 19.....Th..... 10:00-11:30am..... \$23.60/1 sess ..... 00390450

### MASON JAR SALADS AND SALAD DRESSING WORKSHOP

Learn to prepare and assemble these popular meals or sides and homemade dressing for simple and healthy meals at home. Supplies included.

**Seniors Centre—Minoru Centre for Active Living**

Apr 30.....W..... 2:30-4:00pm..... \$23.60/1 sess ..... 00393011

Jun 25.....W..... 2:30-4:00pm..... \$23.60/1 sess ..... 00393012

### SOUP AND SALAD MAKING WORKSHOP

Join this hands-on workshop to learn how to make a nutritious, delicious and comforting soup, and prepare a side dish to take home and enjoy. A \$5 non-refundable supplies fee charged when registering.

**Seniors Centre—Minoru Centre for Active Living**

Apr 16.....W..... 2:30-4:00pm..... \$23.60/1 sess ..... 00391296

May 14.....W..... 2:30-4:00pm..... \$23.60/1 sess ..... 00393010

Jun 4.....W..... 2:30-4:00pm..... \$23.60/1 sess ..... 00392713

## Events and Seasonal Programs

### APRIL

#### CHEF'S DINNER

Enjoy a decadent three course dining experience created by the chef of the Seniors Centre at Minoru Centre for Active Living. \$20 (90yrs+)/1 sess No refunds within 7 days of event.

**Seniors Centre—Minoru Centre for Active Living**

Apr 8.....Tu..... 5:00-7:30pm..... \$32 (55-89yrs)/1 sess ... 00387033  
\$20 (90yrs+)/1 sess

#### VAISAKHI CELEBRATION

Celebrate this colourful festival that marks the beginning of a new solar year in the Indo-Canadian culture. Light refreshments included. No refunds within 7 days of event.

**Cambie Community Centre**

Apr 11.....F..... 12:00-2:00pm..... \$16.50/1 sess ..... 00387571

#### PUZZLE SWAP

Swap, purchase and share new and used jigsaw puzzles with fellow enthusiasts. Registration required.

**Seniors Centre—Minoru Centre for Active Living**

**FREE** Apr 12.....Sa..... 1:30-2:30pm..... Free/1 sess..... 00393395

#### SPRING TEA PARTY

Choose a favourite hat to wear and come celebrate spring at this festive and elegant tea party. Homemade treats included.

**Steveston Community Centre**

Apr 16.....W..... 1:00-3:00pm..... \$16.50/1 sess ..... 00391379

## MAY

## BIRTHDAY PARTY SOCIAL-MAY AND JUNE

Celebrate with others born in the same months with a birthday treat and coffee or tea together. Those wanting to celebrate that aren't born in either month are very welcome. Registration required.

## Seniors Centre-Minoru Centre for Active Living

May 21 ..... W ..... 2:30-3:30pm ..... \$5/1 sess ..... 00392235

## MOTHER'S DAY TEA

Celebrate this special day by spending a wonderful afternoon together enjoying a tasty high tea and other yummy treats.

## Steveston Community Centre

May 21 ..... W ..... 1:00-3:00pm ..... \$16.50/1 sess ..... 00391384

## DINNER AND DANCE-"ELVIS AND BEATLEMANIA"

Enjoy an evening of live music paying tribute to Elvis Presley and The Beatles while enjoying delicious British-style food. Round trip transportation (\$5) and home drop off (\$3) available. Registration begins in-person only at the Seniors Centre at Minoru Centre for Active Living on Mar 26, 2025 at 9:00am.

## Seniors Centre-Minoru Centre for Active Living

May 28 ..... W ..... 4:30-8:00pm ..... \$36 (55-89yrs)/1 sess ..... 00392745  
\$22 (90yrs+)/1 sess

## JUNE

## CHEF'S DINNER

Enjoy a decadent three course dining experience created by the chef of the Seniors Centre at Minoru Centre for Active Living. No refunds within 7 days of event.

## Seniors Centre-Minoru Centre for Active Living

Jun 10 ..... Tu ..... 5:00-7:30pm ..... \$32 (55-89yrs)/1 sess ..... 00387035  
\$20 (90yrs+)/1 sess

## BARBEQUE

Socialize and enjoy a tasty BBQ meal, a refreshing drink and a sunny patio. \$20 (90yrs+)/1 sess

## Steveston Community Centre

Jun 18 ..... W ..... 12:30-3:00pm ..... \$22/1 sess ..... 00391388

## MULTICULTURAL DAY SOCIAL

Celebrate Canada's diverse cultures with friends and neighbours while enjoying entertainment and refreshments. Registration required.

## Cambie Community Centre

**FREE** Jun 27 ..... F ..... 1:00-3:00pm ..... Free/1 sess ..... 00391691

## Fitness

## INFORMATION SESSION FOR CHOOSE TO MOVE™ AND ACTIVAGE™

Learn all the details to decide if these two programs align with personal goals for an active and healthy lifestyle. Registration required.

## South Arm Community Centre

**FREE** Apr 16 ..... W ..... 12:30-1:30pm ..... Free/1 sess ..... 00392795

## ACTIVAGE™

Join this three-month group-led program designed for inactive older adults. Participants are introduced to a progressive approach to physical activity and encouraged to make it a daily commitment. Before registering, register for the April 16 INFORMATION SESSION FOR CHOOSE TO MOVE AND ACTIVAGE™ (#00392795) to learn if the ActivAge™ program aligns with personal goals for an active and healthy lifestyle. Registration required.

## South Arm Community Centre

**FREE** Apr 23-Jun 25 ..... W ..... 1:30-2:30pm ..... Free/10 sess ..... 00392718

## CHOOSE TO MOVE™

Join this free three-month motivational coaching program designed for older adults wanting to be more physically active. Discussion groups combine educational and social elements only, not a fitness class. Before registering, register for the April 16 INFORMATION SESSION FOR CHOOSE TO MOVE AND ACTIVAGE™ (#00392795) to learn if the Choose to Move™ program aligns with personal goals for an active and healthy lifestyle. Registration required.

## South Arm Community Centre

**FREE** Apr 23-Jun 25 ..... W ..... 12:30-1:30pm ..... Free/8 sess ..... 00392712

## ACTIVE AND FIT

Maintain or attain an active lifestyle by increasing cardiovascular fitness and building and preserving muscular strength, endurance, coordination, balance and flexibility.

## Seniors Centre-Minoru Centre for Active Living

Apr 4-Jun 27 ..... F ..... 10:15-11:15am ..... \$83.15/12 sess ..... 00392509

Apr 8-Jun 24 ..... Tu ..... 10:15-11:15am ..... \$83.15/12 sess ..... 00392273

## South Arm Community Centre

Apr 17-Jun 19 ..... Th ..... 11:00am-12:00pm ..... \$69.30/10 sess ..... 00389413

Apr 22-Jun 24 ..... Tu ..... 11:00am-12:00pm ..... \$69.30/10 sess ..... 00387768

## A.M.B.S. (AGILITY MOBILITY BALANCE STRENGTH)

Combine 'personalize' with 'socialize' in this small group training that focuses on agility, mobility, balance and strength with instruction and programming at personal fitness levels.

## Steveston Community Centre

Mar 31-May 12 ..... M ..... 11:30am-12:30pm ..... \$64.30/6 sess ..... 00389394

Apr 2-May 7 ..... W ..... 1:30-2:30pm ..... \$64.30/6 sess ..... 00389430

Apr 4-May 9 ..... F ..... 12:30-1:30pm ..... \$53.60/5 sess ..... 00389404

May 14-Jun 18 ..... W ..... 1:30-2:30pm ..... \$64.30/6 sess ..... 00389437

May 16-Jun 20 ..... F ..... 12:30-1:30pm ..... \$64.30/6 sess ..... 00389417

May 26-Jun 23 ..... M ..... 11:30am-12:30pm ..... \$53.60/5 sess ..... 00389399

## BETTER BACKS AND BALANCE

Learn ways to strengthen the mid section and lower back to improve balance. Suitable for those with osteoporosis.

## South Arm Community Centre

Apr 9-Jun 11 ..... W ..... 10:30am-11:30am ..... \$60.10/10 sess ..... 00387763

## Steveston Community Centre

Apr 1-May 6 ..... Tu ..... 11:45am-12:45pm ..... \$36.05/6 sess ..... 00389471

May 13-Jun 17 ..... Tu ..... 11:45am-12:45pm ..... \$36.05/6 sess ..... 00389481

## Thompson Community Centre

Apr 7-Jun 16 ..... M ..... 11:00am-12:00pm ..... \$54.10/9 sess ..... 00384764

## CHAIR FITNESS

Manage chronic conditions and pain more effectively both in and out of the chair. Focus on simple exercises, deep breathing and gentle stretches in these basic fitness sessions. Suitable for older adults and those with physical limitations.

## Cambie Community Centre

Apr 1-May 13 ..... Tu ..... 1:15-2:00pm ..... \$42.05/7 sess ..... 00391873

May 20-Jun 24 ..... Tu ..... 1:15-2:00pm ..... \$36.05/6 sess ..... 00391874

## Seniors Centre-Minoru Centre for Active Living

Apr 10-Jun 26 ..... Th ..... 11:45am-12:45pm ..... \$72.10/12 sess ..... 00392507

## CHAIR FITNESS (CANTONESE/ENGLISH)

Manage chronic conditions and pain more effectively both in and out of the chair. Focus on simple exercises, deep breathing and gentle stretches in these basic fitness sessions. Suitable for older adults and those with physical limitations. Conducted in Cantonese and English.

### Seniors Centre–Minoru Centre for Active Living

Apr 2-Jun 25 ..... W ..... 11:30am-12:30pm ..... \$60.10/10 sess .... 00392501

## CHAIR YOGA

Find length in the spine in this unique fitness program that opens the hips and moves the shoulders and neck. Suitable for those with mobility challenges.

### Seniors Centre–Minoru Centre for Active Living

Apr 8-Jun 26 ..... Tu ..... 9:15-10:15am ..... \$83.90/12 sess .... 00392522

### Thompson Community Centre

Apr 9-Jun 18 ..... W ..... 1:15-2:15pm ..... \$76.90/11 sess .... 00390018

## CYCLE AND STRENGTH–SILVER

Combine cycling and strength training to age-appropriate music to become stronger, more balanced and energized. These results-oriented sessions cover cadence, balance and strength. Suitable for beginners 55+ years.

### Steveston Community Centre

Mar 31-May 12 ..... M ..... 10:30-11:30am ..... \$41.60/6 sess ..... 00389619

Apr 2-May 7 ..... W ..... 9:00-10:00am ..... \$41.60/6 sess ..... 00389643

May 14-Jun 18 ..... W ..... 9:00-10:00am ..... \$41.60/6 sess ..... 00389644

May 26-Jun 23 ..... M ..... 10:30-11:30am ..... \$34.65/5 sess ..... 00389628

## CYCLE AND STRENGTH–GOLD

Combine cycling and strength training to become stronger, more balanced and energized. This results-oriented class covers cadence, balance and strength and is done to age-appropriate music. Suitable for beginners 75+ years.

### West Richmond Community Centre

75yrs+

Mar 31-Jun 23 ..... M ..... 1:00-2:00pm ..... \$69.30/10 sess .... 00383694

## CYCLE FIT–SILVER

Cycle to age-appropriate music to become stronger, more balanced and energized. These results-oriented sessions cover cadence and balance. Suitable for beginners 55+ years.

### West Richmond Community Centre

Apr 2-Jun 25 ..... W ..... 12:10-12:50pm ..... \$90.10/13 sess .... 00383218

Apr 4-Jun 27 ..... F ..... 1:10-1:50pm ..... \$69.30/10 sess .... 00383219

## EXERCISES FOR THOSE WITH PARKINSON'S

Improve function and reduce some of the physical limitations of this degenerative neurological disorder with targeted and instructor-led exercises.

### Seniors Centre–Minoru Centre for Active Living

Apr 1-Jun 26 ..... Tu/Th. 12:45-1:45pm ..... \$156.25/26 sess .. 00392464

### South Arm Community Centre

Apr 22-Jun 24 ..... Tu ..... 12:30-1:30pm ..... \$60.10/10 sess .... 00390368

### Steveston Community Centre

Apr 3-May 08 ..... Th ..... 11:45am-12:45pm ..... \$36.05/6 sess ..... 00389512

May 15-Jun 19 ..... Th ..... 11:45am-12:45pm ..... \$36.05/6 sess ..... 00389536

## GET UP AND GO!

Improve strength, balance, coordination, functional ability, independence and quality of life in this entry-level exercise program. Suitable for older adults with balance and mobility challenges.

### Seniors Centre–Minoru Centre for Active Living

Apr 3-Jun 19 ..... Th ..... 9:15-10:15am ..... \$72.15/12 sess .... 00392472

## GROUP WEIGHT TRAINING (MANDARIN/ENGLISH)

Learn to weight train and properly use machines, free weights, medicine balls and strength tubes all in a supervised setting. Conducted in Mandarin and English.

### Thompson Community Centre

Apr 7-Jun 16 ..... M ..... 1:00-2:00pm ..... \$96.50/9 sess ..... 00390474

## HATHA YOGA–SILVER

Aim to achieve a healthier body and clearer mind in these slower-paced and age-appropriate music sessions that cover stretching, breathing techniques and meditation.

### West Richmond Community Centre

Apr 1-Jun 24 ..... Tu ..... 2:05-3:05pm ..... \$139.35/13 sess .. 00382183

Apr 3-Jun 19 ..... Th ..... 2:05-3:05pm ..... \$128.65/12 sess .. 00382184

## JOINT MOVES

Increase range of motion, strength and flexibility and learn ways to minimize stiffness and pain. Suitable for older adults and those with arthritis.

### Seniors Centre–Minoru Centre for Active Living

Apr 8-Jun 24 ..... Tu ..... 10:30-11:30am ..... \$72.10/12 sess .... 00392460

Apr 10-Jun 26 ..... Th ..... 10:30-11:30am ..... \$72.10/12 sess .... 00392503

## KICKBOXING–DRILLS AND SKILLS

Improve cardiovascular strength and conditioning using a variety of boxing equipment and techniques for a full body workout. Suitable for all fitness levels.

### Thompson Community Centre

Apr 10-Jun 19 ..... Th ..... 11:45am-12:45pm ..... \$76.25/11 sess .... 00389904

## LADIES WHO LIFT

Develop lean and functional muscle tone with foundational lifts and learn how to create a fitness program for the gym while working on posture alignment and progressive overload. Suitable for beginners.

### Steveston Community Centre

Apr 1-May 6 ..... Tu ..... 12:30-1:30pm ..... \$64.30/6 sess ..... 00389648

May 13-Jun 17 ..... Tu ..... 12:30-1:30pm ..... \$64.30/6 sess ..... 00389650

### West Richmond Community Centre

60yrs+

Mar 31-Jun 23 ..... M ..... 10:45-11:45am ..... \$117.90/11 sess .. 00383216

Mar 31-Jun 23 ..... M ..... 9:30-10:30am ..... \$117.90/11 sess .. 00383217

## M.I.I.T. (MODERATE INTENSITY INTERVAL TRAINING)

Reach new fitness levels with this specific training that works on functional strength and has shown to increase resting metabolic rates for up to 24 hours after a workout. Sessions are based on High Intensity Interval Training (H.I.I.T.) and adapted for older adults or those new to this type of training.

### South Arm Community Centre

Apr 7-Jun 16 ..... M ..... 10:30-11:30am ..... \$62.35/9 sess ..... 00389328

## MIND TO MUSCLE

Improve overall fitness and well-being by focusing on mobility to stability work that includes balance, agility, flexibility, rehabilitation, core, cardio and overall strengthening. Suitable for beginners.

### West Richmond Community Centre

Apr 2-Jun 18 ..... W ..... 1:00-2:00pm ..... \$83.90/12 sess .... 00382176



## MINDS IN MOTION

Enjoy light exercise conducted by a certified fitness instructor, followed by activities or games and social time in a relaxed atmosphere. Designed for people living with early-stage memory loss due to Alzheimer's disease and other dementias and a friend, family member or care partner. Light refreshments provided. PAR-Q+ form must be completed at the start of the program. One person with dementia and one care partner covered in fee.

### South Arm Community Centre

Apr 3-May 8 ..... Th ..... 1:30-3:00pm ..... \$34.80/6 sess ..... 00389961  
May 22-Jun 26 ..... Th ..... 1:30-3:00pm ..... \$34.80/6 sess ..... 00390884

## MINDS IN MOTION (CANTONESE)

Enjoy light exercise conducted by a certified fitness instructor, followed by activities or games and social time in a relaxed atmosphere. Designed for people living with early-stage memory loss due to Alzheimer's disease and other dementias and a friend, family member or care partner. Light refreshments provided. PAR-Q+ form must be completed at the start of the program. One person with dementia and one care partner covered in fee. Must be referred by the Alzheimer's Society. Conducted in Cantonese.

### Cambie Community Centre

Apr 2-Jun 25 ..... W ..... 1:30-3:30pm ..... \$75.40/13 sess ..... 00381980

## MINDS, MUSCLES AND MOBILITY

Improve strength, balance and agility using mindful training principles in these basic fitness sessions that aim to improve movement issues common to those with chronic conditions.

### Steveston Community Centre

Apr 1-May 6 ..... Tu ..... 10:30-11:30am ..... \$36.05/6 sess ..... 00389459  
Apr 3-May 8 ..... Th ..... 10:30-11:30am ..... \$36.05/6 sess ..... 00389501  
May 13-Jun 17 ..... Tu ..... 10:30-11:30am ..... \$36.05/6 sess ..... 00389465  
May 15-Jun 19 ..... Th ..... 10:30-11:30am ..... \$36.05/6 sess ..... 00389505

## STAY STRONG

Exercise safely with gentle movements that focus on increasing range of motion, strength, balance and agility to better manage daily activities.

### Hamilton Community Centre

Apr 2-Jun 25 ..... W ..... 10:15-11:15am ..... \$66.10/11 sess ..... 00390674

### Seniors Centre–Minoru Centre for Active Living

Apr 2-Jun 25 ..... W ..... 10:15-11:15am ..... \$60.10/10 sess ..... 00392465  
Apr 7-Jun 30 ..... M ..... 10:15-11:15am ..... \$66.10/11 sess ..... 00392271  
Apr 8-Jun 24 ..... Tu ..... 1:15-2:15pm ..... \$72.10/12 sess ..... 00392524

### Thompson Community Centre

Apr 11-Jun 20 ..... F ..... 10:30-11:30am ..... \$60.10/10 sess ..... 00384765

## STAY STRONG CIRCUIT WORKOUT

Exercise safely with gentle movements in these circuit sessions that focus on increasing range of motion, strength, balance and agility to better manage daily activities.

### West Richmond Community Centre

Mar 31-Jun 23 ..... M ..... 2:15-3:05pm ..... \$76.25/11 sess ..... 00382173

## STAY STRONG CIRCUIT WORKOUT (MANDARIN/ENGLISH)

Exercise safely with gentle movements in these circuit sessions that focus on increasing range of motion, strength, balance and agility to better manage daily activities. Conducted in Mandarin and English.

### Thompson Community Centre

Apr 8-Jun 17 ..... Tu ..... 11:45am-12:45pm ..... \$76.25/11 sess ..... 00390232

## WOMEN ON WEIGHTS

Build confidence, strength and knowledge in this small group program designed for women. Focus on developing strength and toning muscles using machines, free weights and other fitness equipment in a supportive setting led by a personal trainer.

### Seniors Centre–Minoru Centre for Active Living

Apr 22-May 20 ..... Tu ..... 2:15-3:15pm ..... \$53.60/5 sess ..... 00392350  
Apr 23-May 21 ..... W ..... 1:00-2:00pm ..... \$53.60/5 sess ..... 00392370  
May 27-Jun 24 ..... Tu ..... 2:15-3:15pm ..... \$53.60/5 sess ..... 00392355  
May 28-Jun 25 ..... W ..... 1:00-2:00pm ..... \$53.60/5 sess ..... 00392375

### South Arm Community Centre

Apr 24-May 22 ..... Th ..... 12:30-1:30pm ..... \$53.60/5 sess ..... 00389645  
May 29-Jun 26 ..... Th ..... 12:30-1:30pm ..... \$53.60/5 sess ..... 00389646

## ZUMBA®–GOLD

Move gently with low impact exercises designed for older adults with slight mobility issues. Experience all of the fun, zesty Latin music and easy-to-follow routines of traditional Zumba®! Suitable for all fitness levels.

### Seniors Centre–Minoru Centre for Active Living

Apr 8-Jun 24 ..... Tu ..... 12:30-1:30pm ..... \$83.15/12 sess ..... 00392513  
Apr 11-Jun 27 ..... F ..... 12:15-1:15pm ..... \$76.25/11 sess ..... 00392518

### South Arm Community Centre

Apr 11-Jun 13 ..... F ..... 10:30-11:30am ..... \$62.35/9 sess ..... 00387756

### Steveston Community Centre

Apr 2-May 7 ..... W ..... 12:15-1:15pm ..... \$41.60/6 sess ..... 00389653  
May 14-Jun 18 ..... W ..... 12:15-1:15pm ..... \$41.60/6 sess ..... 00389655

### West Richmond Community Centre

Apr 1-Jun 24 ..... Tu ..... 1:00-2:00pm ..... \$90.10/13 sess ..... 00383220

## Gardening

### WELLNESS IN THE GARDEN WORKSHOP

Join others to learn about some of the therapeutic benefits of gardening and creating a relationship with plants. Presented by Urban Bounty. Registration required.

### Cambie Community Centre

**FREE** Apr 22 ..... Tu ..... 1:00-2:30pm ..... Free/1 sess ..... 00395196

## General Interest

### BIKE SKILLS–BEGINNER

Build skills and confidence with other seniors and learn basic maneuvering, maintenance and safe routes in a comfortable, off-road session. Bicycles and helmets provided. Presented in partnership with HUB Cycling.

### Thompson Community Centre

May 16-Jun 20 ..... F ..... 10:00am-12:00pm ..... \$30/6 sess ..... 00391441

### BRIDGE–LEVEL 1–BEGINNER

Learn the basics of this very popular, classic and group card game that offers a wonderful social opportunity. No experience required.

### Seniors Centre–Minoru Centre for Active Living

Apr 10-May 8 ..... Th ..... 2:00-3:30pm ..... \$42.50/5 sess ..... 00385663  
May 15-Jun 19 ..... Th ..... 2:00-3:30pm ..... \$51.05/6 sess ..... 00385666

### BRIDGE–LEVEL 3–BEGINNER

Master the game of Contract Bridge, learn more advanced techniques for playing with partners and gain confidence through hands-on experience. Pre-requisite: Bridge–Level 2–Beginner or previous Bridge experience.

### Seniors Centre–Minoru Centre for Active Living

Apr 10-Jun 19 ..... Th ..... 3:45-5:15pm ..... \$93.55/11 sess ..... 00385672

## COFFEE AND CHAT FOR THOSE LIVING WITH DEMENTIA (CANTONESE)

Enjoy the company of others while socializing and sharing. Suitable for those living with early symptoms of dementia. Presented by the Alzheimer Society of BC. Conducted in Cantonese. Registration required.

**Seniors Centre–Minoru Centre for Active Living**

**FREE** Apr 8-Jun 24..... Tu ..... 1:30-3:00pm..... Free/12 sess..... 00382680

## EASTER EGG PAINTING WITH YOUTH

Celebrate the Easter spirit by painting eggs alongside fellow seniors and youth volunteers. Enjoy vibrant craft activities, exchange treasured stories and build lasting connections coming together to embrace the season. Supplies included.

**Thompson Community Centre**

**FREE** Apr 17 ..... Th..... 4:00-6:00pm..... Free/1 sess..... 00391074

## EASY RIDERS–TRANSIT CONFIDENCE WORKSHOP

Gain confidence navigating on transit, and learn about route planning, HandyDART and transitioning from driving to transit. This interactive session includes a bus ride on the 406 and the Canada Line to practice learnings. Vouchers provided. Presented by Better Environmentally Sound Transportation (BEST)–Seniors On The Move. Registration required.

**Thompson Community Centre**

**FREE** Jun 12 ..... Th..... 1:00-3:00pm..... Free/1 sess..... 00391079

## FATHER'S DAY JOHNNY ROCKETS INSPIRED BBQ

Celebrate this special day with friends and a delicious diner-style BBQ, games, rock music and fun. Lunch and entertainment included.

**South Arm Community Centre**

Jun 24 ..... Tu..... 11:00am-1:00pm..... \$22/1 sess ..... 00388434

## FRAUDS AND CONS PREVENTION WORKSHOP

Learn tips on how to recognize, avoid and prevent frauds and cons that seem too good to be true. Presented by the RCMP. Registration required.

**Cambie Community Centre**

**FREE** Jun 12 ..... Th..... 1:00-2:00pm..... Free/1 sess..... 00390337

## JEOPARDY GAME

Compete against other participants to answer general knowledge clues in this fun game based on the popular TV show. Offered through Zoom. Registration required.

**Cambie Community Centre**

**FREE** May 16-Jun 20 .. F ..... 12:45-1:45pm..... Free/2 sess..... 00385463

## MAPQUEST TRAVEL

Sit back, relax and sip on a favourite beverage while "travelling" to exciting destinations. Offered through Zoom. Held on the second Tuesday of each month. Registration required.

**Cambie Community Centre**

**FREE** Apr 8-Jun 11 ..... Tu ..... 12:45-1:45pm..... Free/3 sess..... 00381971

## MOTHER'S DAY LUNCH PARTY

Celebrate this special day with friends at this '50s and '60s themed party. Light lunch, games and DJ music included.

**South Arm Community Centre**

May 20..... Tu..... 11:30am-2:00pm..... \$16.50/1 sess ..... 00388378

## SENIORS CENTRE AT MINORU CENTRE FOR ACTIVE LIVING TOURS

Experience the Seniors Centre vibe, and find the perfect personal fit of programs and services all year round. Tour highlights include specialized spaces, and the Fitness and Aquatics Centres at Minoru Centre for Active Living. Light refreshments included. Registration required.

**Seniors Centre–Minoru Centre for Active Living**

**FREE** May 21 ..... W ..... 10:30-11:30am ..... Free/1 sess ..... 00385466

## Health and Wellness

### ACTIVE LIVING WITH DIABETES SELF-MANAGEMENT PROGRAM

Recognize the signs and symptoms of diabetes and learn to manage low and high blood glucose, nutrition, activity, stress and medications to prevent complications. Also learn core self-management skills including problem-solving, making action plans and decision-making. Family members and caregivers welcome. Presented by Self-Management BC, University of Victoria and the BC Ministry of Health. Registration required.

**South Arm Community Centre**

**FREE** Apr 8-May 13 .... Tu ..... 10:30am-12:30pm.. Free/6 sess..... 00387727

### ADVANCE CARE PLANNING WORKSHOP–PERSONAL AND ESTATE

Plan for the future to ensure that personal wishes are respected and implemented. Learn about planning tools such as Wills, Power of Attorney, Joint Bank Accounts and Representation Agreements. Presented by Seniors First BC staff lawyers. Registration required.

**Seniors Centre–Minoru Centre for Active Living**

**FREE** Apr 4 ..... F ..... 10:00am-11:30am..... Free/1 sess..... 00384053

### AGING EYES–CATARACTS, GLAUCOMA AND MACULAR DEGENERATION WORKSHOP

Learn about the common conditions of aging eyes, the importance of routine eye exams and the signs, symptoms and treatment options. Presented by an optometrist. Registration required.

**Seniors Centre–Minoru Centre for Active Living**

**FREE** May 26 ..... M ..... 10:30am-12:00pm..... Free/1 sess..... 00391260

**Steveston Community Centre**

**FREE** May 6 ..... Tu ..... 1:30-3:00pm..... Free/1 sess..... 00390416

### BONE HEALTH 101

Cover what osteoporosis is, the risk factors, how to maintain healthy bones, fall prevention and the impact of nutrition and different types of physical activity. Presented by Osteoporosis Canada. Registration required.

**West Richmond Community Centre**

**FREE** Apr 5 ..... Sa ..... 11:00am-12:00pm..... Free/1 sess..... 00385513

### CHRONIC CONDITION SELF-MANAGEMENT PROGRAM (MANDARIN)

Gain systematic knowledge of how to effectively manage different aspects of health and improve practical skills that include goal-setting, decision-making and problem-solving. Caregivers welcome. Presented by Self-Management BC, University of Victoria and the BC Ministry of Health. Conducted in Mandarin. Registration required.

**City Centre Community Centre**

**FREE** Apr 16-May 21 .. W ..... 9:30am-12:00pm Free/6 sess..... 00391852

## CHRONIC PAIN SELF-MANAGEMENT PROGRAM

Learn coping strategies to help take control or better manage pain and to work more effectively and confidently with health care providers. Caregivers welcome. Presented by Self-Management BC, University of Victoria and the BC Ministry of Health. Registration required.

### Thompson Community Centre

**FREE** Apr 28-Jun 9..... M..... 12:30-3:00pm..... Free/6 sess..... 00389657

## D.I.Y. (DO-IT-YOURSELF)-ECO-FRIENDLY DISHWASHING TABLET WORKSHOP

Craft natural tablets infused with essential oils and discover how these oils boost cleaning efficiency while being kind to the environment. A \$10 non-refundable supplies fee charged when registering.

### City Centre Community Centre

May 2..... F..... 10:30am-12:00pm..... \$9.80/1 sess..... 00389409

## D.I.Y. (DO-IT-YOURSELF)-ESSENTIAL MASSAGE OIL WORKSHOP

Discover the various benefits and the art of blending essential oils to customize a relaxing massage oil for relaxation and rejuvenation. A \$15 non-refundable supplies fee charged when registering.

### City Centre Community Centre

Apr 4..... F..... 10:30am-12:00pm..... \$9.80/1 sess..... 00389503

## D.I.Y. (DO-IT-YOURSELF)-ESSENTIAL OIL BUG SPRAY WORKSHOP

Learn how to make effective, non-toxic and natural bug spray using essential oils. A \$10 non-refundable supplies fee charged when registering.

### City Centre Community Centre

Jun 6..... F..... 10:30-11:30am..... \$6.55/1 sess..... 00390218

## FOOT CARE CLINIC

Keep feet healthy with an assessment of the feet and nails by a licensed Foot Care Nurse. Receive treatment for corns, calluses, ingrown toenails or thickened toenails.

### Cambie Community Centre

Mar 31..... M..... 9:00am-3:00pm..... \$57.50/1 sess..... 00391031

Apr 14..... M..... 9:00am-3:00pm..... \$57.50/1 sess..... 00382042

May 12..... M..... 9:00am-3:00pm..... \$57.50/1 sess..... 00382047

Jun 9..... M..... 9:00am-3:00pm..... \$57.50/1 sess..... 00382051

## HEARING CLINICS

Register for a hearing test appointment offered. Registration required.

### Cambie Community Centre

**FREE** Apr 23..... W..... 9:00-9:20am..... Free/1 sess..... 00382215

**FREE** Apr 23..... W..... 9:20-9:40am..... Free/1 sess..... 00382218

**FREE** Apr 23..... W..... 9:40-10:00am..... Free/1 sess..... 00382219

**FREE** Apr 23..... W..... 10:00-10:20am..... Free/1 sess..... 00382220

**FREE** Apr 23..... W..... 10:20-10:40am..... Free/1 sess..... 00382222

**FREE** Apr 23..... W..... 10:40-11:00am..... Free/1 sess..... 00382223

**FREE** May 28..... W..... 9:00-9:20am..... Free/1 sess..... 00382227

**FREE** May 28..... W..... 9:20-9:40am..... Free/1 sess..... 00382229

**FREE** May 28..... W..... 9:40-10:00am..... Free/1 sess..... 00382232

**FREE** May 28..... W..... 10:00-10:20am..... Free/1 sess..... 00382235

**FREE** May 28..... W..... 10:20-10:40am..... Free/1 sess..... 00382236

**FREE** May 28..... W..... 10:40-11:00am..... Free/1 sess..... 00382237

**FREE** Jun 25..... W..... 9:00-9:20am..... Free/1 sess..... 00382238

**FREE** Jun 25..... W..... 9:20-9:40am..... Free/1 sess..... 00382239

**FREE** Jun 25..... W..... 9:40-10:00am..... Free/1 sess..... 00382241

**FREE** Jun 25..... W..... 10:00-10:20am..... Free/1 sess..... 00382242

**FREE** Jun 25..... W..... 10:20-10:40am..... Free/1 sess..... 00382243

**FREE** Jun 25..... W..... 10:40-11:00am..... Free/1 sess..... 00382244

### Seniors Centre–Minoru Centre for Active Living

**FREE** Apr 14..... M..... 2:00-2:20pm..... Free/1 sess..... 00381938

**FREE** Apr 14..... M..... 2:20-2:40pm..... Free/1 sess..... 00381939

**FREE** Apr 14..... M..... 2:40-3:00pm..... Free/1 sess..... 00381941

**FREE** Apr 14..... M..... 3:00-3:20pm..... Free/1 sess..... 00381942

**FREE** Apr 14..... M..... 3:20-3:40pm..... Free/1 sess..... 00381943

**FREE** Apr 14..... M..... 3:40-4:00pm..... Free/1 sess..... 00381944

**FREE** Apr 14..... M..... 4:00-4:20pm..... Free/1 sess..... 00381979

**FREE** Apr 14..... M..... 4:20-4:40pm..... Free/1 sess..... 00381945

**FREE** May 12..... M..... 2:00-2:20pm..... Free/1 sess..... 00381952

**FREE** May 12..... M..... 2:20-2:40pm..... Free/1 sess..... 00381955

**FREE** May 12..... M..... 2:40-3:00pm..... Free/1 sess..... 00381957

**FREE** May 12..... M..... 3:00-3:20pm..... Free/1 sess..... 00381961

**FREE** May 12..... M..... 3:20-3:40pm..... Free/1 sess..... 00381964

**FREE** May 12..... M..... 3:40-4:00pm..... Free/1 sess..... 00381965

**FREE** May 12..... M..... 4:00-4:20pm..... Free/1 sess..... 00381967

**FREE** May 12..... M..... 4:20-4:40pm..... Free/1 sess..... 00381981

**FREE** Jun 9..... M..... 2:00-2:20pm..... Free/1 sess..... 00381982

**FREE** Jun 9..... M..... 2:20-2:40pm..... Free/1 sess..... 00382028

**FREE** Jun 9..... M..... 2:40-3:00pm..... Free/1 sess..... 00382030

**FREE** Jun 9..... M..... 3:00-3:20pm..... Free/1 sess..... 00382032

**FREE** Jun 9..... M..... 3:20-3:40pm..... Free/1 sess..... 00382033

**FREE** Jun 9..... M..... 3:40-4:00pm..... Free/1 sess..... 00382034

**FREE** Jun 9..... M..... 4:00-4:20pm..... Free/1 sess..... 00382035

**FREE** Jun 9..... M..... 4:20-4:40pm..... Free/1 sess..... 00382036

## HEARING HEALTH WORKSHOP

Explore effective strategies to protect hearing, as age and several common factors can influence deterioration. Registration required. Presented by a Registered Audiologist

### Cambie Community Centre

**FREE** May 5..... M..... 1:00-2:30pm..... Free/1 sess..... 00389249

## HEATWAVE AND WILDFIRE SMOKE PREPAREDNESS WORKSHOP

Discover practical tips to be protected from heat and wildfire smoke, learn how to create a preparedness plan and explore tools to help keep family, friends and neighbours safer during the summer months. Presented by Vancouver Coastal Health. Registration required.

### Seniors Centre–Minoru Centre for Active Living

**FREE** May 12..... M..... 10:30-11:30am..... Free/1 sess..... 00386620

## HEATWAVE AND WILDFIRE SMOKE PREPAREDNESS WORKSHOP (CANTONESE)

Discover practical tips to be protected from heat and wildfire smoke, learn how to create a preparedness plan and explore tools to help keep family, friends and neighbours safer during the summer months. Presented by Vancouver Coastal Health. Conducted in Cantonese. Registration required.

### Seniors Centre–Minoru Centre for Active Living

**FREE** May 5..... M..... 10:30-11:30am..... Free/1 sess..... 00389270

## HOLISTIC HEALTH SERIES–DIABETES WORKSHOP

Explore this health issue characterized by sustained high blood sugar levels and the underlying contributors to insulin resistance. Presented by a naturopathic doctor. Registration required.

### Cambie Community Centre

**FREE** Apr 7..... M..... 1:00-2:30pm..... Free/1 sess..... 00385270



## HOLISTIC HEALTH SERIES—HEADACHES AND MIGRAINES WORKSHOP

Learn about the different types of headaches, as well as prevention and treatment measures that include lifestyle, diet, supplements and medication. Presented by a naturopathic doctor. Registration required.

**Steveston Community Centre**

**FREE** Apr 28 ..... M ..... 1:30-3:00pm ..... Free/1 sess ..... 00390399

## HOLISTIC HEALTH SERIES—HYPERTENSION WORKSHOP

Learn how high blood pressure affects the body and how to approach this 'silent killer' from a holistic perspective. Presented by naturopathic doctor. Registration required.

**South Arm Community Centre**

**FREE** May 26 ..... M ..... 1:00-2:30pm ..... Free/1 sess ..... 00387036

## HOLISTIC HEALTH SERIES—MUSCLE HEALTH IS BRAIN HEALTH WORKSHOP

Learn how body composition and lean muscle mass reflect overall health by discovering the significant link between muscles and the brain. Explore this connection and learn how to maintain and build lean muscle mass to enhance cognition and increase longevity. Presented by a naturopathic doctor. Registration required.

**City Centre Community Centre**

**FREE** May 5 ..... M ..... 10:30am-12:00pm ..... Free/1 sess ..... 00389617

## IKI IKI SOCIAL (JAPANESE AND ENGLISH)

Socialize and enjoy easier-paced and culturally-familiar activities in these safe and engaging sessions that focus on promoting and maintaining emotional, physical and cognitive wellbeing. Conducted in Japanese and English. Supplies, cultural lunch and refreshments included.

**Steveston Community Centre**

Apr 10-Jun 19 ..... Th ..... 12:30-3:00pm ..... \$218.35/11 sess .. 00390444

## JUST FOR YOU—HEALTH TALK WORKSHOP

Support healthy aging with community connection, relevant presentations by healthcare providers and practical information designed specifically for seniors. Registration required.

**West Richmond Community Centre**

**FREE** Apr 16-Jun 18 .... W ..... 10:30am-12:00pm ... Free/3 sess ..... 00385370

## KIDNEY HEALTH, CARE AND RESOURCES

Learn about this disease, management practices and self-care tips, and find out about available support resources in BC. Presented by SUCCESS. Conducted in English with Mandarin interpretation. Online offered through Zoom Registration required.

**City Centre Community Centre**

**FREE** Apr 8 ..... Tu ..... 10:00am-12:00pm ..... Free/1 sess ..... 00391241

**ONLINE** Apr 8 ..... Tu ..... 10:00am-12:00pm ..... Free/1 sess ..... 00391243

## LIVING WELL WITH HEARING LOSS WORKSHOP

Learn how to overcome some hearing difficulties and about the current technology available to help. Hearing loss affects communication and can lead to reduced mental health and well-being. Presented by an Audiologist. Registration required.

**Seniors Centre—Minoru Centre for Active Living**

**FREE** May 6 ..... Tu ..... 2:30-4:00pm ..... Free/1 sess ..... 00390011

## MANAGING STRESS, ANXIETY AND DEPRESSION WORKSHOP

Learn the causes and explore strategies to manage and reduce symptoms from these health issues and how to minimize the impact on daily and social life. Presented by Pathways Clubhouse. Registration required.

**West Richmond Community Centre**

**FREE** May 8 ..... Th ..... 10:30am-12:00pm ..... Free/1 sess ..... 00386004

## OSTEOARTHRITIS SERIES—NORDIC POLE WALKING FOR ARTHRITIS

Learn about the benefits of using poles while walking and techniques to support joints. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

**South Arm Community Centre**

**FREE** Apr 15 ..... Tu ..... 11:30am-1:00pm ..... Free/1 sess ..... 00392060

## SENIORS FIRST BC PROGRAM INTRODUCTION

Join this overview of the Seniors First BC programs that provide information, legal advocacy and support with issues affecting seniors' well-being such as elder abuse. Learn about recent trends and common issues. Presented by Seniors First BC. Registration required.

**Seniors Centre—Minoru Centre for Active Living**

**FREE** Jun 10 ..... Tu ..... 2:30-4:00pm ..... Free/1 sess ..... 00383406

## THRIVING AND SURVIVING CANCER SELF-MANAGEMENT PROGRAM

Learn techniques on managing the health of those living with or affected by cancer and find out ways to stay active in life and relationships. Caregivers welcome. Presented by Self-Management BC, University of Victoria and the BC Ministry. Registration required.

**Seniors Centre—Minoru Centre for Active Living**

**FREE** Apr 23-Jun 4 ..... W ..... 10:00am-12:30pm ..... Free/6 sess ... 00381639

## UNDERSTANDING PARKINSON'S AND LOCAL RESOURCES WORKSHOP

Discover the latest information about this degenerative neurological disorder, and find out about local resources in Richmond to help individuals manage stress. Presented by Parkinson Society British Columbia. Registration required.

**Seniors Centre—Minoru Centre for Active Living**

**FREE** Apr 7 ..... M ..... 11:00am-12:00pm ..... Free/1 sess ..... 00390924

## WELLNESS CONNECTIONS

Connect with others in this outreach program designed to reintegrate frail, at risk and isolated seniors back into the community. Special programming, lunch and transportation included. Registration, intake interview and instructor approval required. Call the Seniors Wellness Coordinator at 604-238-8460 for details.

**Seniors Centre—Minoru Centre for Active Living**

Apr 10-May 29 ..... Th ..... 10:30am-1:30pm ..... \$210/8 sess ..... 00391679

## WELLNESS CONNECTIONS (CANTONESE/MANDARIN)

Connect with others in this outreach program designed to reintegrate frail, at risk and isolated seniors back into the community. Special programming, lunch and transportation included. Conducted in Cantonese and Mandarin. Registration, intake interview and instructor approval required. Call the Seniors Wellness Coordinator at 604-238-8460 for details.

**Seniors Centre—Minoru Centre for Active Living**

Apr 8-May 27 ..... Tu ..... 10:30am-1:30pm ..... \$210/8 sess ..... 00391670

## WELLNESS WEDNESDAYS WORKSHOPS

Create connections and try wellness activities that focus on different facets of overall health and wellbeing. Transportation and lunch included. Program funded by Hamilton Community Association. Registration required.

**Hamilton Community Centre**

**FREE** Apr 16-Jun 4..... W..... 11:30am-1:30pm ..... Free/8 sess ... 00389983

## Languages

### CANTONESE-BEGINNER

Explore basic sentence structures, vocabulary and the six distinctive tones through interactive methods of this popular language. Instructed by a fluent Cantonese speaking instructor.

**Seniors Centre-Minoru Centre for Active Living**

Apr 15-Jun 17 ..... Tu..... 10:00-11:30am ..... \$97.95/10 sess .... 00387828

### ENGLISH-BEGINNER

Develop basic conversation skills, grammar, sentence structure and everyday vocabulary through engaging, hands-on interactive methods.

**Seniors Centre-Minoru Centre for Active Living**

Apr 10-Jun 19 ..... Th..... 10:00-11:30am ..... \$107.75/11 sess .. 00387881

### FRENCH-BEGINNER

Learn basic words and sentences, intonations and interactive methods to be able to have some limited conversations in this popular language. Instructed by a fluent French speaking instructor.

**Seniors Centre-Minoru Centre for Active Living**

Apr 12-Jun 21 ..... Sa..... 9:00-10:00am ..... \$71.85/11 sess .... 00389115

### FRENCH-INTERMEDIATE

Build on current language skills through conversation, games and topical discussions. Instructed by a fluent French-speaking instructor. Pre-requisite: Beginner knowledge of French.

**Seniors Centre-Minoru Centre for Active Living**

Apr 12-Jun 21 ..... Sa..... 10:15-11:15am ..... \$71.85/11 sess .... 00389116

### MANDARIN-BEGINNER

Learn some of this language through basic conversations and engaging with new people. Simplified written forms of Chinese characters and pinyin phonetics are also taught to complement this unique learning experience.

**Seniors Centre-Minoru Centre for Active Living**

Apr 16-Jun 18 ..... W..... 9:30-11:00am ..... \$97.95/10 sess .... 00388109

### SPANISH-BEGINNER

Learn basic words, sentences and intonations while using interactive methods to develop conversational fluency in this popular language. Instructed by a fluent Spanish speaking instructor.

**Seniors Centre-Minoru Centre for Active Living**

Apr 11-Jun 27 ..... F..... 10:30am-12:00pm ..... \$107.75/11 sess .. 00385286

Apr 11-Jun 27 ..... F..... 12:30-2:00pm ..... \$107.75/11 sess .. 00385287

### CONVERSATIONAL SPANISH-LEVEL 1

Meet others and converse in these fun and interactive sessions. Pre-requisite: Minimum basic knowledge of Spanish.

**Seniors Centre-Minoru Centre for Active Living**

Apr 9-Jun 25 ..... W..... 10:30am-12:00pm ..... \$117.55/12 sess .. 00385282

## CONVERSATIONAL SPANISH-LEVEL 2

Build on current language skills through conversation, games and topical discussions. Instructed by a fluent Spanish-speaking instructor. Pre-requisite: Intermediate knowledge of Spanish.

**Seniors Centre-Minoru Centre for Active Living**

Apr 9-Jun 25 ..... W..... 12:30-2:00pm ..... \$117.55/12 sess .. 00385284

## Martial Arts

### HEALTH QIGONG-MA WANG

#### DUI DAO YIN SHU

Improve physical and mental well-being with these exercises that help regulate the flow of energy through the body's meridians, the network of energetic passageways that run throughout the body, and stimulate energy flow through the lungs, stomach, heart and kidneys. Instructed by a certified Qigong instructor.

**City Centre Community Centre**

Apr 9-Jun 18 ..... W..... 9:15-10:15am ..... \$71.30/11 sess .... 00390170

### HEALTH QIGONG-TAI CHI STICK

Twist, turn, bend and stretch around the waist as a centre to strengthen and stretch muscles and bones. Stick required at each session. Instructed by a certified Qigong instructor.

**City Centre Community Centre**

Apr 11-Jun 20 ..... F..... 10:00-11:00am ..... \$71.30/11 sess .... 00390213

### HEALTH QIGONG-YI JIN JING-BEGINNER

Focus on the upper body, arms and spine to learn basic harmonious standing movements along with breathing techniques that help to strengthen muscles and tendons, improve flexibility and balance. Instructed by a certified Qigong instructor.

**South Arm Community Centre**

Apr 10-May 15 ..... Th..... 1:00-2:00pm ..... \$38.90/6 sess ..... 00387015

May 22-Jun 26 ..... Th..... 1:00-2:00pm ..... \$38.90/6 sess ..... 00387017

### QIGONG FOR HEALTH-ALL LEVELS

Maintain health, increase vitality and experience inner peace and healing with this ancient form of Chinese medicine that includes gentle physical movements, breathing techniques and meditation. Instructed by a certified Qigong instructor.

**West Richmond Community Centre**

Apr 4-Jun 13 ..... F..... 2:00-3:00pm ..... \$64.80/10 sess .... 00386011

### TAI CHI-BEGINNER

Learn basic movements in these Yang-style sessions.

**City Centre Community Centre**

Apr 9-Jun 18 ..... W..... 11:45am-12:45pm ..... \$71.30/11 sess .... 00387738

**Seniors Centre-Minoru Centre for Active Living**

Apr 11-Jun 20 ..... F..... 11:15am-12:15pm ..... \$64.80/10 sess .... 00389855

Apr 12-Jun 21 ..... Sa..... 11:15am-12:15pm ..... \$71.30/11 sess .... 00389878

**Steveston Community Centre**

Apr 3-Jun 19 ..... Th..... 11:30am-12:30pm ..... \$77.75/12 sess .... 00390455

### TAI CHI-INTERMEDIATE

Increase flexibility, relaxation and balance with this popular form of martial arts. Pre-requisite: Tai Chi experience.

**City Centre Community Centre**

Apr 7-Jun 16 ..... M..... 10:45-11:45am ..... \$64.80/10 sess .... 00387734

## TAI CHI-ADVANCED

Experience improved balance, increased flexibility and relaxation with movements that include Form 24, 42 and 48. Pre-requisite: Tai Chi experience.

### City Centre Community Centre

Apr 9-Jun 18 ..... W ..... 10:30-11:30am ..... \$71.30/11 sess .... 00387735

### Seniors Centre-Minoru Centre for Active Living

Apr 12-Jun 21 ..... Sa ..... 10:00-11:00am ..... \$71.30/11 sess .... 00389877

### Steveston Community Centre

Apr 1-Jun 17 ..... Tu ..... 11:30am-12:30pm ..... \$77.75/12 sess .... 00390456

## TAI CHI-FAN-BEGINNER

Practice this elegant and popular form of martial arts that also improves flexibility and balance. Fan provided for use during session.

### City Centre Community Centre

**TRY-IT** Apr 7 ..... M ..... 12:45-1:45pm ..... Free/1 sess ..... 00389243

Apr 14-Jun 16 ..... M ..... 12:45-1:45pm ..... \$58.30/9 sess ..... 00387737

## TAI CHI-FAN-INTERMEDIATE

Practice this elegant and popular form of martial arts that enhances flexibility and balance. Fan provided for use during session. Pre-requisite: Tai Chi-Fan-Beginner.

### City Centre Community Centre

Apr 7-Jun 16 ..... M ..... 11:45am-12:45pm ..... \$64.80/10 sess .... 00387736

## TAI CHI-SWORD-BEGINNER

Strive to perfect the core principles of this form of martial arts, improve balance and develop proper breathing all while learning this beautiful sword routine. Instructed by a qualified martial arts instructor.

### City Centre Community Centre

Apr 11-Jun 20 ..... F ..... 8:50-9:50am ..... \$71.30/11 sess .... 00387740

### Seniors Centre-Minoru Centre for Active Living

Apr 10-Jun 12 ..... Th ..... 12:45-1:45pm ..... \$64.80/10 sess .... 00385706

### Steveston Community Centre

Apr 7-Jun 16 ..... M ..... 1:30-2:30pm ..... \$58.30/9 sess ..... 00390442

## TAI CHI-SWORD-INTERMEDIATE

Advance beginner Tai Chi sword skills by learning more complex techniques, improving balance and developing proper breathing, all while mastering this beautiful sword routine. Instructed by a qualified martial arts instructor.

### Steveston Community Centre

Apr 7-Jun 16 ..... M ..... 11:45am-1:15pm ..... \$87.50/9 sess ..... 00390457

## TAI CHI-SWORD-YANG STYLE-INTERMEDIATE

Strive to perfect the core principles, improve balance and develop proper breathing all while learning this beautiful sword routine. Instructed by a qualified martial arts instructor.

### City Centre Community Centre

Apr 11-Jun 20 ..... F ..... 11:15am-12:15pm ..... \$71.30/11 sess .... 00387743

# Out Trips and Tours

## APRIL

## GATEWAY THEATRE-BEHIND THE SCENES TOUR

Take a tour of this well-known Richmond theatre, learn what goes into a theatre production and try a play reading of a character from the "Pride and Prejudice" script.

### Seniors Centre-Minoru Centre for Active Living

**FREE** Apr 3 ..... Th ..... 1:30-4:30pm ..... Free/1 sess ..... 00392158

## ABBOTSFORD TULIP FESTIVAL TRIP

Explore 10 acres of stunning fields and a flower market, u-pick tulips, views of Mount Baker and more. Bring lunch or purchase from on-site food trucks. Transportation and admission included. Home drop-off (\$3) available.

### City Centre Community Centre

Apr 12 ..... Sa ..... 10:15am-4:15pm ..... \$40/1 sess ..... 00386937

### South Arm Community Centre

Apr 12 ..... Sa ..... 10:00am-4:00pm ..... \$40/1 sess ..... 00386337

## HARRISON TULIP FESTIVAL TRIP

Take in the more than 10 million tulips at this vibrant festival set amidst breathtaking mountain views, and enjoy scenic pathways, fragrant blooms and a new show garden. Transportation and admission included.

### Thompson Community Centre

Apr 16 ..... W ..... 9:45am-4:00pm ..... \$40/1 sess ..... 00390223

## PAINT AND SIP AT LULU ISLAND WINERY TRIP

Visit Greater Vancouver's largest winery located in Richmond and learn how to paint with step-by-step instructions by a local artist with live entertainment and happy hour at Vibes and Vino. Transportation and painting supplies included. No refunds within 30 days of trip.

### Seniors Centre-Minoru Centre for Active Living

Apr 18 ..... F ..... 4:30-8:30pm ..... \$76.10/1 sess ..... 00391841

## GATEWAY THEATRE-PRIDE AND PREJUDICE SHOW

Walk together from the Seniors Centre to enjoy some pre-show refreshments before watching a fresh and vibrant theatre show performance of Jane Austen's classic novel, "Pride and Prejudice". Admission, tea and treats included. No refunds within 30 days of trip.

### Seniors Centre-Minoru Centre for Active Living

Apr 23 ..... W ..... 11:30am-4:00pm ..... \$55.15/1 sess ..... 00392162

## LOMBARDO'S RESTAURANT TRIP

Tantalize the senses with Italian favourites at this family-owned Vancouver restaurant that serves up wood oven pizzas, house made pastas and other authentic dishes. Transportation only included. Home drop off (\$3) available.

### Seniors Centre-Minoru Centre for Active Living

Apr 24 ..... Th ..... 4:30-8:30pm ..... \$22.50/1 sess ..... 00387018

## HIGH TEA AT THE DICKENS SWEETS AND BRITISH MUSEUM TRIP

Explore over 10,000 square feet of this Chilliwack destination that features all things British including a grocery store, museum, bakery and sweet shop. Transportation and high tea included.

### Steveston Community Centre

Apr 25 ..... F ..... 9:45am-3:15pm ..... \$66.20/1 sess ..... 00390419

## PAT QUINN'S AT TSAWWASSEN SPRINGS TRIP

Savour the flavours from this classic steak and seafood restaurant and bar set in a contemporary West Coast atmosphere overlooking the golf course fairways. Transportation only included.

### Thompson Community Centre

Apr 25 ..... F ..... 4:30-8:00pm ..... \$18.50/1 sess ..... 00390320

### West Richmond Community Centre

Apr 25 ..... F ..... 4:15-7:45pm ..... \$18.50/1 sess ..... 00390334



## HATLEY CASTLE AND GARDENS VICTORIA TRIP

Explore this historic castle and spectacular gardens at Royal Roads University followed by shopping or lunch in downtown Victoria. Transportation and admission included. No refunds within 30 days of trip.

### Thompson Community Centre

Apr 30.....W.....7:30am-7:00pm..\$110.10 (55-64yrs)/1 sess ... 00393197  
\$93.10 (65+yrs)/1 sess

## MAY

## VSO TEA AND TRUMPETS—SONGS MY MOTHER TAUGHT ME TRIP

Enjoy tea and biscuits followed by the Vancouver Symphony Orchestra's Assistant Concertmaster, the sensational violinist David Lakirovich performance of Tchaikovsky's Souvenir d'un lieu cher, alongside Dvořák's Songs My Mother Taught Me, one generation's hopes and teachings lovingly passed to the next. Transportation and admission included. No refunds within 30 days of trip.

### Seniors Centre—Minoru Centre for Active Living

May 1.....Th.....12:00-4:30pm.....\$73.75/1 sess ..... 00391838

## WHITE ROCK NIGHT MARKET TRIP

Explore this lively and vibrant evening market that includes live music and street performances, food trucks and an artisanal shopping marketplace and art walk. Transportation only included. Free admission.

### Seniors Centre—Minoru Centre for Active Living

May 2.....F.....3:30-8:00pm.....\$24/1 sess ..... 00392070

## SQUAMISH LIL'WAT CULTURAL CENTRE AND WHISTLER TRIP

Dive deep into the richness of Indigenous culture with a guided tour of this special cultural centre. Experience captivating stories, fascinating artifacts and informative exhibits followed by free time in the scenic charm of Whistler Village. Bring or buy lunch in Whistler Village. Transportation and admission included.

### Thompson Community Centre

May 6.....Tu.....9:30am-5:30pm.....\$54.75/1 sess ..... 00391126

## RENFREW COMMUNITY CENTRE LUNCH TRIP

Enjoy a full meal along with entertainment and a chance to win door prizes at this active East Vancouver community centre. Transportation, lunch and entertainment included.

### Cambie Community Centre

May 7.....W.....11:15am-3:00pm.....\$31.20/1 sess ..... 00387977

## BRITANNIA MINING MUSEUM TRIP

Take a trip through history at this historic copper mine in Squamish that has been in operation since the early 20th century. Transportation and admission included. No refunds within 30 days of trip.

### Thompson Community Centre

May 12.....M.....9:00am-5:00pm.....\$67.50/1 sess ..... 00390755

## NEW FUJI RESTAURANT TRIP

Embark on a foodie adventure to this casual, retro-themed Japanese fusion restaurant in Vancouver's Kitsilano neighbourhood. Savour the taste of nostalgic Japanese dishes with a modern twist. Transportation only included.

### Seniors Centre—Minoru Centre for Active Living

May 14.....W.....4:30-8:30pm.....\$22.50/1 sess ..... 00392055

## SEA LION BOAT TOUR

View California sea lions up close on this 90-minute exhilarating cruise aboard a 40-foot semi-covered vessel. Meet at Vancouver Whale Watch in Steveston Harbour. Dress for weather as trip runs in all weather. Nature presentation and transportation included.

### Richmond Nature Park

May 16.....F.....8:30-10:30am.....\$40/1 sess ..... 00390856

## BOWEN ISLAND TRIP

Take a 20-minute ferry ride from Horseshoe Bay to Snug Cove to explore village shops and the wooded trails of Killarney Lake. Bus and ferry transportation included. No refunds within 30 days of trip.

### Thompson Community Centre

May 22.....Th.....9:15am-5:45pm..\$77.50 (55-64yrs) /1 sess .... 00393029  
\$60.50 (65+yrs)/1 sess

## IONA BEACH BIRD WATCHING TRIP

Walk through this picturesque park near the airport watching for and learning about birds and other local wildlife from an experienced guide. Walking long distance required. Transportation only included.

### Steveston Community Centre

May 23.....F.....9:45am-2:30pm.....\$20.50/1 sess ..... 00390425

## BASEBALL AND FIREWORKS SHOW AT NAT BAILEY STADIUM TRIP

Cheer on the Vancouver Canadians at this historical and picturesque outdoor stadium and watch a special fireworks show after the game. Transportation and admission included. Home drop off (\$3) available. No refunds within 30 days of trip.

### Thompson Community Centre

May 27.....Tu.....6:00-10:30pm.....\$45/1 sess ..... 00390217

### West Richmond Community Centre

May 27.....Tu.....5:45-10:30pm.....\$45/1 sess ..... 00390317

## ART IN THE PARK

Create a personal art piece with the help of an experienced instructor, drawing inspiration from the stunning landscapes of Vancouver's iconic Stanley Park. After the art session, enjoy a light lunch and take some time to explore the park. Transportation, supplies, lunch and keepsake paint set and brush included.

### City Centre Community Centre

May 29.....Th.....10:45am-2:45pm.....\$42/1 sess ..... 00386938

### South Arm Community Centre

May 29.....Th.....10:30am-3:00pm.....\$42/1 sess ..... 00386339

## JUNE

## LADNER VILLAGE MARKET TRIP

Spend the afternoon outdoors at this buzzing market filled with fresh, locally grown produce, handmade crafts and delicious food vendors. Transportation only included.

### Thompson Community Centre

Jun 8.....Su.....11:00am-3:00pm.....\$20.50/1 sess ..... 00392987

## VSO—THE PAUL SIMON SONGBOOK TRIP

Enjoy an evening of music from the legendary Paul Simon performed by the Vancouver Symphony Orchestra at the Orpheum Theatre. Transportation and admission included. No refunds within 30 days of trip.

### City Centre Community Centre

Jun 13.....F.....7:15-10:30pm.....\$65/1 sess ..... 00386939

### South Arm Community Centre

Jun 13.....F.....7:00-10:45pm.....\$65/1 sess ..... 00386100

## SQUAMISH SEA TO SKY GONDOLA TRIP

Take a thrilling and picturesque ride up the mountain before walking interpretive trails and dining at the Summit Lodge or having a picnic. Walking long distance required. Transportation and gondola admission included. No refunds within 30 days of trip.

### Thompson Community Centre

Jun 16 ..... M ..... 9:00am-5:15pm ..... \$78.50/1 sess ..... 00392993

## STANDING STRAWBERRY U-PICK TRIP

Harvest fresh strawberries at this unique, naturally beautiful spot in Abbotsford, featuring elevated rows for easier berry picking. Transportation included. Cost of berries extra.

### Seniors Centre–Minoru Centre for Active Living

Jun 16 ..... M ..... 8:30am-2:00pm ..... \$25/1 sess ..... 00392062

## BC HIGHLAND GAMES AND SCOTTISH FESTIVAL TRIP

Experience solo piping and drumming, pipe bands, Highland and Scottish Country dancing and the famous Haggis Hunt at this 80-year-old event in Coquitlam. Transportation and admission included.

### Thompson Community Centre

Jun 21 ..... Sa ..... 11:00am-5:30pm ..... \$44/1 sess ..... 00390722

## SCANDINAVIAN MIDSUMMER FESTIVAL TRIP

Experience this 20+ year vibrant celebration in Burnaby that highlights Danish, Finnish, Icelandic, Norwegian and Swedish cultures with live music, 50 food and craft vendors, games and a real Viking raid! Transportation and admission included.

### Cambie Community Centre

Jun 22 ..... Su ..... 10:15am-3:45pm ..... \$32/1 sess ..... 00396438

### South Arm Community Centre

Jun 22 ..... Su ..... 10:00am-4:00pm ..... \$32/1 sess ..... 00396257

## BUTCHART GARDENS TRIP

Stroll through Victoria's iconic 55-acre floral display that is a National Historic Site of Canada. Bring or buy lunch. Transportation, ferry fees and garden admission included. No refunds within 30 days of trip.

### Thompson Community Centre

Jun 24 ..... Tu ..... 7:30am-7:00pm ..... \$127.60 (55-64yrs)/1 sess ..... 00390740  
\$110.60 (65+yrs)/1 sess

## BRENTWOOD MALL AND FARMERS MARKET TRIP

Dine, shop and explore this revitalized shopping mall and the Artisan Farmers' Market that boasts fresh local produce, handmade goods and artisanal treats. Transportation only included.

### Seniors Centre–Minoru Centre for Active Living

Jun 28 ..... Sa ..... 9:30am-2:30pm ..... \$23/1 sess ..... 00391844

# Racquet Sports

## PICKLEBALL–BEGINNER

Learn the rules and basic techniques of this fun, simple and fast-paced game that combines ping pong, tennis and badminton on a badminton size court utilizing paddles and a plastic wiffle ball. Suitable for beginners. Paddles provided for use if required.

### South Arm Community Centre

Apr 1-May 13 ..... Tu ..... 9:45-11:15am ..... \$68.90/7 sess ..... 00386986

Apr 1-May 13 ..... Tu ..... 5:30-7:00pm ..... \$68.90/7 sess ..... 00386987

May 20-Jun 24 ..... Tu ..... 9:45-11:15am ..... \$59.05/6 sess ..... 00387007

May 20-Jun 24 ..... Tu ..... 5:30-7:00pm ..... \$59.05/6 sess ..... 00387010

### Thompson Community Centre

Apr 3-May 15 ..... Th ..... 1:15-2:30pm ..... \$57.40/7 sess ..... 00390001

May 22-Jun 26 ..... Th ..... 1:15-2:30pm ..... \$49.20/6 sess ..... 00390017

### West Richmond Community Centre

Apr 7-Jun 23 ..... M ..... 12:45-2:00pm ..... \$90.20/11 sess ..... 00386922

## PICKLEBALL–BEGINNER–FOR WOMEN

Learn the rules and basic techniques of this fun, simple and fast-paced game that combines ping pong, tennis and badminton on a badminton size court utilizing paddles and a plastic wiffle ball. Suitable for beginners. Paddles provided for use if required.

### West Richmond Community Centre

Apr 11-Jun 27 ..... F ..... 9:30-10:45am ..... \$82/10 sess ..... 00387312

Apr 11-Jun 27 ..... F ..... 10:50am-12:05pm ..... \$82/10 sess ..... 00387313

## PICKLEBALL–INTERMEDIATE

Continue to improve in these high-intensity, drill-focused sessions that focus on perfecting shots and heightening game awareness. Instructed by a certified instructor. Paddles provided for use if required. Pre-requisite: Pickleball–Beginner.

### South Arm Community Centre

Apr 1-May 13 ..... Tu ..... 8:00-9:30am ..... \$68.90/7 sess ..... 00386982

Apr 1-May 13 ..... Tu ..... 11:30am-1:00pm ..... \$68.90/7 sess ..... 00386985

Apr 1-May 13 ..... Tu ..... 7:15-8:45pm ..... \$68.90/7 sess ..... 00386984

May 20-Jun 24 ..... Tu ..... 8:00-9:30am ..... \$59.05/6 sess ..... 00387005

May 20-Jun 24 ..... Tu ..... 11:30am-1:00pm ..... \$59.05/6 sess ..... 00387009

May 20-Jun 24 ..... Tu ..... 7:15-8:45pm ..... \$59.05/6 sess ..... 00387011

### Thompson Community Centre

Apr 3-May 15 ..... Th ..... 2:35-3:50pm ..... \$57.40/7 sess ..... 00390004

May 22-Jun 26 ..... Th ..... 2:35-3:50pm ..... \$49.20/6 sess ..... 00390030

### West Richmond Community Centre

Apr 9-Jun 25 ..... W ..... 11:45am-1:15pm ..... \$118.10/12 sess ..... 00386958

Apr 9-Jun 24 ..... W ..... 1:20-2:50pm ..... \$108.25/11 sess ..... 00386960

## PICKLEBALL–NON-INSTRUCTIONAL

Practice and play with fellow players in these non-instructional sessions. Suitable for all skill and fitness levels.

### City Centre Community Centre (Anderson School)

Apr 6-Jun 8 ..... Su ..... 2:00-3:45pm ..... \$52.50/8 sess ..... 00386666

# Sports

## BOCCE–OUTDOOR

Compete against each other as a team in this fun and easy outdoor game that closely resembles bowling. Refreshments included. Registration required.

### Thompson Community Centre

**FREE** Jun 19 ..... Th ..... 6:00-7:00pm ..... Free/1 sess ..... 00391443

## GOLF LESSONS FOR SENIORS–BEGINNER

Learn the basics of putting, chipping and pitching in this beginner 45-minute group lesson followed by a 9 hole round with the golf instructor. Rentals included if required.

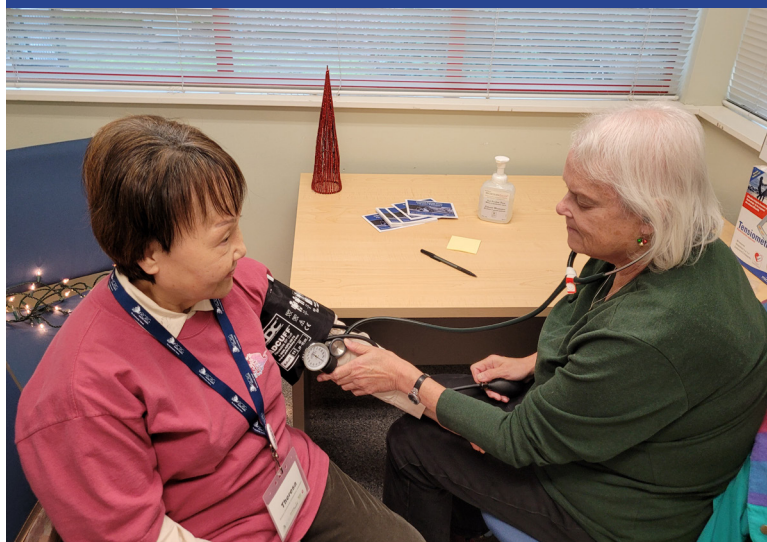
### Richmond Pitch & Putt Golf Course

Jun 10-Jun 12 ..... Tu/Th. 1:00-2:30pm ..... \$45/2 sess ..... 00389783

Jun 17-Jun 19 ..... Tu/Th. 1:00-2:30pm ..... \$45/2 sess ..... 00389787

Jun 24-Jun 26 ..... Tu/Th. 1:00-2:30pm ..... \$45/2 sess ..... 00389788

# Richmond Wellness Clinics 55+



*Take Charge  
of your Health*

Clinics offer information on a wide range of programs, services and supports specifically for Richmond seniors (55+ years) and may include:

## Health Information and Education (Drop-in)

- Information and referral services from multilingual volunteers

Booths hosted by local organizations and businesses

## Prevention Services and Health Monitoring (Drop-in)

- Blood pressure checks with retired volunteer nurses
- Blood glucose and blood cholesterol checks with local pharmacy staff

## Treatments (Registration required)

- Foot Care with a Licensed Foot Care Nurse (for a fee)
- Reflexology or Shiatsu with a Holistic Health Practitioner (for a fee)
- Chair massage with a Registered Massage Therapy student (free)\*\*

*\*\*In-person or phone registration only*

Call each centre directly to confirm the services offered at each site. Refunds for withdrawals are permitted up to three days prior to the clinic.

## Locations

### City Centre Community Centre

604-204-8588 (1st Thu/mth)

### East Richmond Community Hall

604-238-8399 (2nd Wed/mth)

### Seniors Centre—Minoru Centre for Active Living

604-238-8450 (3rd Wed/mth)

### South Arm Community Centre

604-238-8060 (2nd Fri/mth)

### Steveston Japanese Canadian Cultural Centre

604-238-8084 (1st Wed/mth)

### Thompson Community Centre

604-238-8422 (2nd Mon/mth)

*Registration opens on the day of the current Wellness Clinic for the next month's Clinic. For Foot Care treatments, registration opens two months prior.*

## 3 ways to register

- [richmond.ca/register](https://richmond.ca/register)
- 604-276-4300  
Mon - Fri,  
8:30am - 5:00pm
- In-person at any community facility





# Seniors Annual Facility Pass Programs

The Seniors Facility Pass at the Minoru Centre for Active Living supports the Minoru Seniors Society and is \$36.00 per year. Complimentary Seniors Facility Passes are available to honour those 90+ years old.

Passes are available for individuals 55+ years old and to spouses less than 55 years old. Passes are valid for one year from date of purchase. Visit the front desk or call 604-238-8450 to purchase a pass and for more information.

Minoru Centre for Active Living (Seniors Centre)						
SUN	MON	TUE	WED	THU	FRI	SAT
<b>Billiards*</b> 8:00am–4:45pm (Drop-in)	<b>Billiards*</b> 8:00am–8:45pm	<b>Billiards*</b> 8:00am–8:45pm	<b>Billiards*</b> 8:00am–8:45pm	<b>Billiards*</b> 8:00am–8:45pm	<b>Billiards*</b> 8:00am–8:45pm	<b>Billiards*</b> 8:00am–4:45pm (Drop-in)
<b>Wood Carving***</b> 9:30am–12:00pm 1:00–4:30pm	<b>Woodworking*</b> 8:30am–2:00pm	<b>Tai Chi Practice**</b> 9:00–10:00am	<b>Woodworking*</b> 8:30am–2:00pm	<b>Tai Chi Practice**</b> 8:45–9:45am	<b>Woodworking*</b> 8:30am–2:00pm	<b>Woodworking*</b> 8:30am–4:00pm (Finishing day)
<b>Model Walkers**</b> 11:00am–1:00pm	<b>Tai Chi Practice**</b> 8:45–9:45am	<b>French Conversation</b> 9:30–11:30am	<b>Yuanji Dance**</b> 8:30–10:30am	<b>Yuanji Dance**</b> 9:00–10:30am	<b>Tai Chi Practice**</b> 9:00–10:30am	<b>Tai Chi Practice**</b> 8:45–9:45am
<b>Poker</b> 11:30am–4:00pm	<b>Yuanji Dance**</b> 9:00–10:30am	<b>Wood Carving***</b> 9:30am–12:00pm 1:00–4:30pm	<b>Tai Chi Practice**</b> 8:45–9:45am	<b>Busy Fingers/ Knitters and Knatters</b> 9:30–11:30am 1:00–3:00pm	<b>Mahjong**</b> 10:00am–5:00pm	<b>Ballroom Dance**</b> 10:00am–12:00pm
<b>Minoru Community Line Dancers**</b> 1:30–3:30pm	<b>Busy Fingers/ Knitters and Knatters</b> 9:30–11:30am	<b>Poker</b> 11:30am–4:00pm	<b>Happy Chorus</b> 10:00am–12:30pm	<b>Minoru Strummers Ukulele Circle**</b> 10:00–11:30am	<b>Silver Singers**</b> 9:45am–12:00pm	<b>Chinese Drum and Guitar Social **</b> 10:00am–12:00pm
	<b>Lego®</b> 10:00am–2:00pm	<b>Carpet Bowling</b> 12:30–3:00pm	<b>Mahjong**</b> 10:00am–5:00pm	<b>Poker</b> 11:30am–4:00pm	<b>Bridge Duplicate</b> 12:30–4:00pm	<b>Spanish Social</b> 10:30am–1:00pm
	<b>Happy Chorus</b> 10:00am–12:30pm	<b>Kingsland Calligraphy</b> 1:30–4:00pm	<b>Crib</b> 1:00–3:30pm	<b>Scrabble</b> 12:45–4:00pm	<b>Chinese Calligraphy**</b> 1:00–4:00pm	<b>Peking Opera</b> 1:30–4:30pm
	<b>Reading Social for Chinese Speaking Seniors</b> 10:15am–12:15pm	<b>Seniors Saxophone**</b> 3:00–5:00pm	<b>Glee</b> 2:00–4:00pm	<b>Joy Singing and Dancing** (Singing)</b> 1:00–3:00pm	<b>Euchre</b> 1:30–4:00pm	<b>Multicultural Dance**</b> 2:00–4:30pm
	<b>Crib</b> 1:00–3:00pm	<b>Board Games</b> 3:30–5:30pm	<b>Joy Singing and Dancing (Dancing)</b> 2:30–4:30	<b>Wood Carving***</b> 1:00–4:30pm	<b>Minoru Community Line Dancers**</b> 1:30–3:30pm	
	<b>Bridge</b> 1:00–4:30pm	<b>Yuanji Dance**</b> 6:30–8:30pm	<b>Multicultural Dance** (Performance group only)</b> 6:45–8:45pm	<b>Platinum Players</b> 1:30–3:30pm	<b>Hanging with The Guys</b> 3:00–4:30pm	
	<b>Photo Group (2nd &amp; 4th week)</b> 1:30–3:30pm	<b>Joy Singing and Dancing** (Dancing)</b> 6:45–8:45pm		<b>Ballroom Dance**</b> 3:30–5:15pm	<b>Classical Chinese Ethnic Folk Dance**</b> 6:45–8:45pm	
	<b>Multicultural Dance**</b> 2:30–4:30pm	<b>Model Dance**</b> 6:45–8:45pm		<b>Seniors Saxophone**</b> 4:00–6:00pm		
	<b>Whist</b> 6:00–8:45pm			<b>Prostate Cancer Support Group (2nd week)</b> 6:30–8:30pm		
				<b>Yuanji Dance</b> 6:30–8:30pm		

\*Additional Passes \$48.00/year | \*\*Additional Fees \$2.00/Drop-in | \*\*\*Additional Pass \$42.00/year

Seniors Facility Passes at the following community centres are \$18.00 per year, per facility.

Passes are available for individuals 55+ years old and to spouses less than 55 years old. Passes are valid for one year from date of purchase. Visit the front desk of individual community centres or call 604-276-4300 to purchase a pass and for more information.

Cambie Community Centre						
SUN	MON	TUE	WED	THU	FRI	SAT
	<b>Coffee and Tea</b> 11:00am–12:30pm (ERCH)	<b>Tai Chi Practice– Form 24</b> 8:30–9:15am (no instruction) 00381950* (ERCH)	<b>Tai Chi–48 Form</b> 8:30–9:30am 00381956* (ERCH)	<b>Indoor Walking</b> 10:00–11:00am 00381963* (CCC)	<b>Tai Chi–24 Form</b> 8:30–9:30am 00381958* (ERCH)	
		<b>Tai Chi Practice– Form 48</b> 9:15–10:00am (no instruction) 00381954* (ERCH)	<b>Table Tennis</b> 9:30–10:30am (ERCH)		<b>Table Tennis</b> 9:30–10:30am (ERCH)	
		<b>Mahjong</b> (2nd Tue/mth) 10:00am–12:00pm 00381968* (ERCH)	<b>Book Club</b> (1st Wed/mth) 10:00–11:30am 00381972* (ERCH)		<b>Knitting</b> 10:00–11:30am (ERCH)	
		<b>Karaoke</b> (1st and 3rd Tu/mth) 10:30am–12:30pm (ERCH)	<b>Writing Club</b> 10:00am–12:00pm 00381973 (ERCH)		<b>Luk Tung Kuen</b> 11:00–11:45am 00381962* (ERCH)	
			<b>Luk Tung Kuen</b> 11:00–11:45am 00381959* (ERCH)			
			<b>Coffee and Tea</b> (2nd Wed/mth) 11:30am–1:30pm (ERCH)			

\*Registration required.

Note: Cambie's Facility Pass activities are cancelled on statutory holidays.

ERCH = East Richmond Community Hall. CCC = Cambie Community Centre.

City Centre Community Centre						
SUN	MON	TUE	WED	THU	FRI	SAT
<b>English Conversation Group</b> 3:00–4:30pm	<b>Karaoke (English)</b> 10:00am–1:00pm	<b>Singing Group</b> 10:00am–1:00pm	<b>Poetry Appreciation Group</b> (2nd Wed/mth) 2:00–4:00pm	<b>Karaoke (Chinese)</b> 10:30am–12:30pm		<b>Technology Help</b> 3:30–5:00pm
	<b>Ballroom Dance</b> 1:00–3:00pm	<b>Chinese Calligraphy in Mandarin</b> 1:00–3:00pm		<b>Ballroom Dance</b> 1:00–3:00pm		
	<b>Chinese Traditional Dance</b> 2:00–3:30pm	<b>Drama Group (Cantonese)</b> 2:00–4:00pm		<b>Chinese Traditional Dance</b> 2:00–3:30pm		
	<b>Brush Hour</b> 3:00–5:00pm					

Note: City Centre's Facility Pass activities are cancelled on statutory holidays.

### Hamilton Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>Tai Chi Advanced</b> 7:30–8:30am	<b>Tai Chi Advanced</b> 7:30–8:30am	<b>Tai Chi Advanced</b> 7:30–8:30am	<b>Tai Chi Advanced</b> 7:30–8:30am	<b>Tai Chi Advanced</b> 7:30–8:30am	
	<b>Mahjong</b> 10:15am–12:30pm	<b>Tai Chi Beginners</b> 9:00–10:00am		<b>Tai Chi Beginners</b> 9:00–10:00am	<b>Dancing and Sing-a-long</b> 10:00am–12:00pm	
		<b>Seniors Circle Group</b> 10:00–11:30am		<b>Mahjong</b> 10:15am–12:30pm		

Note: Hamilton's Facility Pass activities are cancelled on statutory holidays.

### South Arm Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
<b>Sahara Sisters</b> (last Sun/mth) 12:30–3:30pm	<b>Luk Tung Kuen</b> 7:45–8:30am	<b>Luk Tung Kuen</b> 7:45–8:30am	<b>Luk Tung Kuen</b> 7:45–8:30am	<b>Luk Tung Kuen</b> 7:45–8:30am	<b>Luk Tung Kuen</b> 7:45–8:30am	<b>MILAP Group – B</b> 11:00am–1:00pm
	<b>New Immigrant Support/English Learning Group</b> 9:00–11:30am	<b>Seniors Social Group</b> 9:30–11:00am	<b>Book Club (4th Wed/mth)</b> 10:00–11:30am	<b>Friendship Group</b> 8:30–9:20am	<b>Ted Talks (4th Fri/mth)</b> 10:00–11:00am	
	<b>Scrabble</b> 10:00am–12:00pm		<b>Classic QiPao Dance</b> 12:00–2:00pm	<b>Karaoke</b> 9:30am–12:00pm		
	<b>MILAP Group – A</b> (bi-weekly) 1:00–3:00pm		<b>Singing Along</b> 12:00–2:00pm	<b>Mahjong Social</b> 9:30am–1:30pm		
				<b>Knitting Group</b> 1:00–3:00pm		

Note: South Arm's Facility Pass activities are cancelled on statutory holidays.

### Steveston Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>Chinese Multicultural Group</b> 10:00–11:30am	<b>Karaoke Social (Multilingual)</b> 2:45–4:45pm	<b>Knitting and Crocheting Social</b> 10:00am–12:00pm	<b>Chinese Multicultural Group</b> 9:30–11:30am	<b>Japanese Tablet Club</b> 9:30–11:30am	
	<b>Tai Chi Practice</b> 10:30–11:30am		<b>Low Vision Support Group</b> (2nd Wed/mth) 10:00am–12:00pm		<b>Ukulele Circle</b> 10:00–11:30am	
	<b>Drumming Ensemble*</b> 1:30–2:30pm		<b>Japanese Crafts Group</b> 12:30–2:30pm		<b>Bridge Social</b> 1:00–4:00pm	
			<b>Tech Help 101</b> 1-on-1 (in English) 1:00–3:00pm (604-238-8084 to register)		<b>Ukulele Ensemble</b> 1:00–2:30pm	

\*Call 604-238-8084

Note: Steveston's Facility Pass activities are cancelled on statutory holidays.



Thompson Community Centre						
SUN	MON	TUE	WED	THU	FRI	SAT
	<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Table Tennis</b> 7:30–9:30am	<b>Table Tennis</b> 7:30–9:30am
	<b>Tai Chi</b> 9:00–9:30am	<b>Luk Tung Coffee Hour</b> 9:00–10:00am	<b>Tai Chi</b> 9:00–9:30am	<b>Crafts Group</b> 11:00am–1:00pm	<b>Luk Tung Kuen</b> 7:45–8:45am	
	<b>Table Tennis</b> 1:30–5:00pm		<b>Chinese Cultural Dance</b> 1:30–2:45pm		<b>Gentlemen in Conservation</b> (2nd & 4th week) 10:30am–12:00pm	
					<b>Karaoke</b> 10:30am–12:30pm	

Note: Thompson's Facility Pass activities are cancelled on statutory holidays.

West Richmond Community Centre						
SUN	MON	TUE	WED	THU	FRI	SAT
<b>Chinese Folk Dancing</b> 2:00–4:00pm	<b>French Conversation Group</b> 10:30am–12:00pm	<b>Chinese Folk Dancing</b> 9:45–10:45am	<b>Ukulele and Singing Circle</b> 6:30–8:00pm	<b>English Conversation Group—Intermediate</b> 11:00am–12:15pm		
		<b>English Conversation Group—Beginner</b> 11:00am–12:30pm (Contact 604-238-8431 for availability)				
		<b>Spanish Intermediate Conversation Group</b> (online) 1:30–3:00pm				
		<b>Scottish Country Dancing</b> 2:15–3:45pm				

Note: West Richmond's Facility Pass activities are cancelled on statutory holidays.