

55+ Programs | In-person and online

Winter 2027 | JAN–MAR

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Richmond

Contents

Arts–Dance 3
Arts–Music 5
Arts–Performing 6
Arts–Visual 7
Computers, Technology and Social Media 9
Cooking 10
Environmental Sustainability 10
Events and Seasonal Programs 11
Fitness 12
General 15
Health and Wellness 17
Languages 19
Martial Arts 19
Out Trips and Tours 21
Racquet Sports 23

Seniors Annual Facility Pass Programs 25

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

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**.

Your Course ID number

You can find this eight-digit number under the course description.
Jan 13–Feb 24..... **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–ALL LEVELS

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.

West Richmond Community Centre
Jan 12-Mar 9.....Tu.....7:30-8:45pm..... $78.20/9 sess 00567630
Jan 9-Mar 20.....Sa.....3:00-4:15pm..... $86.90/10 sess 00567807

BALLET–BEGINNER

Learn basic ballet techniques that improve coordination, balance, musicality and fluidity of movement while developing skills that complement other physical activity. Dress code in effect.

Richmond Cultural Centre
Jan 20-Mar 11.....W.....2:00-3:15pm..... $60.80/7 sess 00565929

BALLET–BEGINNER/INTERMEDIATE

Continue to learn basic ballet techniques that improve coordination, balance, musicality and fluidity of movement while developing skills that complement other physical activity. For returning students to Beginner Ballet. Recommended Pre-requisite: Beginner Ballet or equivalent. Dress code in effect.

Richmond Cultural Centre
Jan 18-Mar 9.....M.....2:00-3:15pm..... $60.80/7 sess 00565613

BALLET FUNDAMENTALS–LEVEL 1

Improve mobility, posture, coordination and energy levels while learning introductory ballet techniques including barre work and dance combinations all in this fun and supportive environment. No experience required.

South Arm Community Centre
Jan 12-Mar 17.....Tu.....12:30-1:45pm..... $86.90/10 sess 00568594

BALLET FUNDAMENTALS–LEVEL 2

Improve on basic ballet techniques with an emphasis on musicality, increased complexity of combinations, strength and control all in this fun and supportive environment. Recommended Pre-requisite: Ballet Fundamentals–Level 1 or previous beginner ballet classes.

South Arm Community Centre
Jan 19-Mar 18.....Tu.....9:30-10:45am..... $78.20/9 sess 00568595

BALLROOM AND LATIN DANCING

Experience vibrant rhythms and learn fundamental ballroom and Latin techniques in dances such as the Waltz, Jive, Cha Cha, Rumba, Tango and Samba. Boost confidence, coordination and social skills while having fun in these lively sessions.

Seniors Centre–Minoru Centre for Active Living
Jan 11-Mar 23...M... 1:30-2:45pm....$117.10/10 sess (45-54yrs). 00563123
$86.85/10 sess (55+yrs)

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. No experience required.

Seniors Centre–Minoru Centre for Active Living
Jan 11-Mar 22...M... 3:00-4:30pm....$140.55/10 sess (45-54yrs). 00563125
$104.25/10 sess (55+yrs)

West Richmond Community Centre
Jan 15-Mar 19.....F.....4:30-5:30pm..... $69.50/10 sess 00567637
Jan 15-Mar 19.....F.....5:40-6:40pm..... $69.50/10 sess 00567638

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
Jan 11-Mar 22....M... 6:45pm-8:15pm ...$150/10 sess (55+).....00563126
$200/10 sess (45-54yrs)

BALLROOM DANCING–ULTIMATE–LATIN-AMERICAN–INTERMEDIATE

Continue working on Latin-American dance steps, combinations and basic routines while building further confidence, rhythm and coordination. Develop movement skills through engaging sessions designed to improve technique, encourage self-expression and make dancing fun. No partner required. Instructed by a professional and award-winning dancer. Pre-requisite: Basic knowledge of Latin dance steps.

Thompson Community Centre
Jan 9-Mar 13.... Sa.. 1:30-3:00pm ..... $200/10 sess (45-54yrs) ... 00571069
$150/10 sess (55+)

BALLROOM DANCING–ULTIMATE–MAMBO

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
Feb 19-Mar 19 ....F.....5:00-6:30pm..... $75/5 sess 00567848

BALLROOM DANCING–ULTIMATE–RUMBA

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
Jan 8-Feb 12.....F.....5:00-6:30pm..... $90/6 sess 00567847

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. No experience required.

Seniors Centre–Minoru Centre for Active Living
Jan 14-Mar 18.....Th.....2:30-3:45pm..... $86.85/10 sess 00562890

CHAIR DANCING

Discover rhythmic movement and expressive gestures through simple choreography while sitting. Follow the music, add personal flair and enjoy a lively dance experience that celebrates style and connection. No experience required.

Seniors Centre–Minoru Centre for Active Living
Jan 13-Mar 24.....W.....3:00-4:00pm..... $76.45/11 sess 00563253

West Richmond Community Centre
Jan 25-Mar 15.....M.....3:30-4:15pm..... $36.50/7 sess 00567495

DANCE MOVES–ALL LEVELS

Get fit while having fun in these upbeat sessions with music that ranges from popular jazz, Motown, disco and pop. Learn and build dance skills while making lots of social connections. Suitable for all fitness and experience levels.

Cambie Community Centre
Jan 11-Feb 8.....M.....10:00-11:00am..... $34.75/5 sess 00561871
Feb 22-Mar 22 ....M.....10:00-11:00am..... $34.75/5 sess 00561897

FLAMENCO DANCING
Ignite rhythm and vitality through this Spanish dance art form that features gentle footwork, expressive arms and rich musicality. Build balance, strength and mental sharpness while enjoying a welcoming supportive atmosphere that boosts confidence, coordination and joy.

South Arm Community Centre
Jan 15-Mar 12.....F.....7:00-8:00pm.....$62.55/9 sess 00564009

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. No experience required.

Seniors Centre–Minoru Centre for Active Living
Jan 15-Mar 26.....F.....9:30-10:30am.....$76.45/11 sess 00563260

HAWAIIAN HULA DANCING–INTERMEDIATE
Continue to learn more advanced techniques and rhythmic patterns of this graceful and expressive form of cultural dance that engages the body, mind and spirit. Some dance movements might be performed sitting down. Pre-requisite: Hawaiian Hula Dancing–Beginner.

Seniors Centre–Minoru Centre for Active Living
Jan 15-Mar 26.....F.....10:45-11:45am.....$76.45/11 sess 00563263

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.

City Centre Community Centre
Jan 8-Mar 19.....F.....2:15-3:15pm.....$76.45/11 sess 00567088

JAZZ AND BALLET BLEND–BEGINNER
Explore some fundamental techniques of these two dance styles along with choreography in these upbeat and enjoyable sessions. No experience required.

West Richmond Community Centre
Jan 20-Mar 17.....W.....2:20-3:20pm.....$62.55/9 sess 00567632

LATIN FUNK DANCING
Get moving in these high-energy sessions that combine seven Latin dance styles with hip hop, Afro-funk, jazz and more. Improve coordination, cardio, stamina, body awareness and musicality through fun, rhythmic routines. Each session ends with a new, short, choreographed routine. No partner required.

South Arm Community Centre
Jan 19-Mar 16.....Tu.....8:15-9:15pm.....$62.55/9 sess 00568149

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

Seniors Centre–Minoru Centre for Active Living
Jan 12-Mar 9.....Tu.....2:00-3:00pm.....$62.55/9 sess 00563127

South Arm Community Centre
Jan 13-Mar 10.....W.....3:45-4:45pm.....$62.55/9 sess 00564008

LINE DANCING–BEGINNER–IMPROVER
Improve dance moves and learn more complex steps and patterns to Latin and Ballroom and country and popular music. Pre-requisite: Line Dancing–Beginner.

South Arm Community Centre
Jan 13-Mar 17.....W.....2:30-3:30pm.....$69.50/10 sess 00564007

LINE DANCING–INTERMEDIATE
Improve beginner moves and learn more advanced ones in these social and physically active sessions. Pre-requisite: Line dancing experience.

Seniors Centre–Minoru Centre for Active Living
Jan 12-Mar 9.....Tu.....3:15-4:15pm.....$62.55/9 sess 00563128

LATIN DANCING–ADVANCED–FOR WOMEN
Explore vibrant Latin-American dance styles by practicing solo routines and group numbers to boost rhythm, coordination and confidence on the dance floor. Enjoy improved fitness and social connection through dynamic movement. Pre-requisite: Latin dancing experience.

Seniors Centre–Minoru Centre for Active Living
Jan 13-Mar 24.....W.....6:30-8:00pm.....$114.65/11 sess ..00563129

LINE DANCING–INTERNATIONAL–NEW BEGINNER
Learn some of the basic, easy-to-learn steps for short dances set to popular music. No experience required.

Seniors Centre–Minoru Centre for Active Living
Jan 6-Mar 24.....W.....11:00am-12:00pm.....$76.45/11 sess 00563300

LINE DANCING–INTERNATIONAL–BEGINNER
Follow easy-to-learn steps for short dances set to popular music. Pre-requisite: Line Dancing–International–New Beginner.

Seniors Centre–Minoru Centre for Active Living
Jan 9-Mar 27.....Sa .. 2:15-3:45pm....$168.65/12 sess (45-54yrs). 00565744
$125.10/12 sess (55+yrs)

LINE DANCING–INTERNATIONAL–BEGINNER–IMPROVER
Build on easy-to-learn steps for short dances set to popular music. Pre-requisite: Line Dancing–International–Beginner.

Seniors Centre–Minoru Centre for Active Living
Jan 6-Mar 24.....W.....2:15-3:45pm.....$114.65/11 sess ..00563317

LINE DANCING–INTERNATIONAL–INTERMEDIATE–IMPROVER
Move to a variety of styles and popular music and cover interesting combinations, steps, patterns and movements. Pre-requisite: Line Dancing–International–Intermediate or strong knowledge of international line dancing steps and terminology.

Seniors Centre–Minoru Centre for Active Living
Jan 9-Mar 27.....Sa.....12:30-2:00pm.....$125.10/12 sess ..00563323

LINE DANCING–INTERNATIONAL–INTERMEDIATE/ADVANCED
Move to a variety of styles and popular music and cover interesting combinations, steps, patterns and movements. Pre-requisite: Line Dancing–International–Beginner or previous line dancing experience and strong knowledge of international line dancing steps and terminology.

Seniors Centre–Minoru Centre for Active Living
Jan 6-Mar 24.....W.....12:30-2:00pm.....$114.65/11 sess ..00563307

LINE DANCING VARIETY–NEW BEGINNER (CANTONESE/MANDARIN)
Focus on the fundamental steps of this dance style that is adaptable to country, ballroom, rock and roll, disco, Latin and pop music. Conducted in Cantonese and Mandarin. No experience required.

Seniors Centre–Minoru Centre for Active Living
Jan 11-Mar 8.....M.....12:00-1:00pm.....$55.60/8 sess 00563635

LINE DANCING VARIETY–BEGINNER LEVEL 1 (CANTONESE/MANDARIN)

Focus on the fundamental steps of this dance style that is adaptable to country, ballroom, rock and roll, disco, Latin and pop music. Conducted in Cantonese and Mandarin. Pre-requisite: Line Dancing Variety–New Beginner or previous line dancing experience.

Seniors Centre–Minoru Centre for Active Living

Jan 12-Mar 9 ..... Tu ..... 9:45-10:45am ..... $62.55/9 sess 00567049
Jan 15-Mar 12 ..... F ..... 9:30-10:30am ..... $62.55/9 sess 00567050

LINE DANCING VARIETY–BEGINNER LEVEL 2 (CANTONESE/MANDARIN)

Master the fundamental steps of this dance style that is adaptable to country, ballroom, rock and roll, disco, Latin and pop music. Conducted in Cantonese and Mandarin. Pre-requisite: Line Dancing Variety–Beginner Level 1.

Seniors Centre–Minoru Centre for Active Living

Jan 11-Mar 8 ..... M ..... 10:45-11:45am ..... $55.60/8 sess 00563637
Jan 14-Mar 11 ..... Th ..... 10:45-11:45am ..... $62.55/9 sess 00563638
Jan 15-Mar 12 ..... F ..... 10:45-11:45am ..... $62.55/9 sess 00567052

LINE DANCING–ULTIMATE

Discover the joy of line dancing through lively music, fun choreography and easy-to-follow routines. Build rhythm, coordination and confidence while staying active, learning new steps and connecting with others in an energetic, welcoming environment. Instructed by a professional and award-winning dancer.

Thompson Community Centre

Jan 13-Mar 10 ..... W ..... 10:45-11:45am ..... $72/9 sess 00571070

SALSA DANCING–BEGINNER

Learn the basic steps of this popular dance in this fun, relaxed and supportive environment that focuses on rhythm, coordination and confidence. Get ready to move, smile and feel the music while improving the understanding of basic steps.

Seniors Centre–Minoru Centre for Active Living

Jan 14-Mar 25 ... Th .. 6:00-7:15pm .... $128.85/11 sess (45-54yrs). 00563248
$95.55/11 sess (55+yrs)

STEP INTO DANCE–ALL LEVELS

Explore this lively introduction to jazz, tap and lyrical styles while building rhythm, coordination and expression through guided movement. Suitable for all levels.

Seniors Centre–Minoru Centre for Active Living

Jan 11-Mar 22 ..... M ..... 10:45-11:45am ..... $76.45/11 sess 00563267

TAP DANCING–BEGINNER

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

Seniors Centre–Minoru Centre for Active Living

Jan 13-Mar 24 ..... W ..... 11:45am-12:45pm ..... $76.45/11 sess 00563290

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 at each session. Pre-requisite: Tap Dancing–Beginner or previous tap dancing experience.

Seniors Centre–Minoru Centre for Active Living

Jan 13-Mar 24 ..... W ..... 10:30-11:30am ..... $76.45/11 sess 00563277

Arts–Music

ACCORDION–INTRODUCTION–TRY-IT

Explore the accordion through hands-on practice with key and button layouts, melody and accompaniment. Build foundational playing skills, develop musical confidence and discover the joy of creating expressive music with this versatile instrument. Accordion provided for use if required. Registration required.

Cambie Community Centre

FREE Jan 11 ..... M ..... 1:00-2:30pm ..... Free/1 sess 00571123

GUITAR GROUP LESSONS–BEGINNER–LEVEL 1

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

West Richmond Community Centre

Jan 13-Mar 10 ..... W ..... 10:00-11:00am ..... $75.70/9 sess 00567812

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. Guitar required at each session. Pre-requisite: Guitar Group Lessons–Beginner–Level 1 or previous guitar experience.

West Richmond Community Centre

Jan 13-Mar 10 ..... W ..... 11:15am-12:15pm ..... $75.70/9 sess 00567813

GUITAR GROUP LESSONS–INTERMEDIATE

Continue developing guitar skills in a relaxed and supportive setting. Learn new chords, strumming patterns and songs while improving rhythm, technique and confidence. Guitar required at each session. Pre-requisite: Guitar Group Lessons–Beginner–Level 2 or previous guitar experience.

Seniors Centre–Minoru Centre for Active Living

Jan 15-Mar 12 ..... F ..... 1:45-2:45pm ..... $75.70/9 sess 00569496

GUITAR GROUP LESSONS–ADVANCED

Take guitar playing to the next level in a relaxed and supportive setting. Explore more challenging chords, strumming patterns, fingerpicking techniques and songs while refining rhythm and technique. Guitar required at each session. Pre-requisite: Guitar Group Lessons–Intermediate.

Seniors Centre–Minoru Centre for Active Living

Jan 15-Mar 12 ..... F ..... 12:30-1:30pm ..... $75.70/9 sess 00578179

INTRODUCTION TO PIANO–INTERGENERATIONAL

Learn how to play the keyboard piano in these one-on-one sessions taught by a volunteer instructor. Sessions 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.

City Centre Community Centre

Jan 4-Mar 22 ..... M ..... 4:30-5:15pm ..... $82.50/11 sess 00567986
Jan 4-Mar 22 ..... M ..... 4:30-5:15pm ..... $82.50/11 sess 00567989
Jan 4-Mar 22 ..... M ..... 5:30-6:15pm ..... $82.50/11 sess 00567999
Jan 4-Mar 22 ..... M ..... 5:30-6:15pm ..... $82.50/11 sess 00568008
Jan 6-Mar 24 ..... W ..... 4:30-5:15pm ..... $90/12 sess 00568041
Jan 6-Mar 24 ..... W ..... 4:30-5:15pm ..... $90/12 sess 00568083
Jan 6-Mar 24 ..... W ..... 5:30-6:15pm ..... $90/12 sess 00568088
Jan 6-Mar 24 ..... W ..... 5:30-6:15pm ..... $90/12 sess 00568091
Jan 8-Mar 26 ..... F ..... 4:30-5:15pm ..... $82.50/11 sess 00568095
Jan 8-Mar 26 ..... F ..... 4:30-5:15pm ..... $82.50/11 sess 00568100
Jan 8-Mar 26 ..... F ..... 5:30-6:15pm ..... $82.50/11 sess 00568104

Jan 8-Mar 26.....F.....5:30-6:15pm.....$82.50/11 sess 00568112
Jan 9-Mar 27.....Sa.....11:00-11:45am.....$90/12 sess 00568115
Jan 9-Mar 27.....Sa.....11:00-11:45am.....$90/12 sess 00568116
Jan 9-Mar 27.....Sa.....12:00-12:45pm.....$90/12 sess 00568118
Jan 9-Mar 27.....Sa.....12:00-12:45pm.....$90/12 sess 00568121
Jan 9-Mar 28.....Sa.....2:00-2:45pm.....$90/12 sess 00568167
Jan 9-Mar 27.....Sa.....2:00-2:45pm.....$90/12 sess 00568177
Jan 9-Mar 28.....Sa.....3:00-3:45pm.....$90/12 sess 00568190
Jan 9-Mar 27.....Sa.....3:00-3:45pm.....$90/12 sess 00568196
Jan 10-Mar 28.....Su .....11:00-11:45am.....$90/12 sess 00568204
Jan 10-Mar 28.....Su .....11:00-11:45am.....$90/12 sess 00568209
Jan 10-Mar 28.....Su .....12:00-12:45pm.....$90/12 sess 00568223
Jan 10-Mar 28.....Su .....12:00-12:45pm.....$90/12 sess 00568231
Jan 10-Mar 28.....Su .....1:00-1:45pm.....$90/12 sess 00568239
Jan 10-Mar 28.....Su .....1:00-1:45pm.....$90/12 sess 00568240
Jan 10-Mar 28.....Su .....2:00-2:45pm.....$90/12 sess 00568248
Jan 10-Mar 28.....Su .....2:00-2:45pm.....$90/12 sess 00568249

SINGING–BEGINNER–RICHMOND MUSIC SCHOOL

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

Seniors Centre–Minoru Centre for Active Living
Jan 15-Mar 12.....F.....3:00-4:00pm.....$108/9 sess 00569835

SINGING–INTERMEDIATE/ADVANCED–RICHMOND MUSIC SCHOOL

Continue developing vocal technique, ensemble skills and musical expression through breathing, resonance, tone quality, diction, projection and vocal range. Explore intervals, ear training, harmony, part-singing and varied vocal styles through a challenging repertoire including choral works, musical theatre, pop songs and duets. Instructed by the Richmond Music School. Pre-requisite: Singing–Beginner.

Seniors Centre–Minoru Centre for Active Living
Jan 15-Mar 12.....F.....4:15-5:15pm.....$108/9 sess 00569803

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
Jan 18-Mar 15.....M.....7:30-8:30pm.....$53.75/8 sess 00567963

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
Jan 18-Mar 15.....M.....6:30-7:30pm.....$53.75/8 sess 00567965

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
Jan 18-Mar 15.....M.....5:30-6:30pm.....$53.75/8 sess 00567966

UKULELE–TRY-IT

Enjoy this engaging one-off session that introduces a few basics of picking, strumming and playing a fun first song. No experience required. Ukulele provided for use if required. Registration required.

Steveston Community Centre
FREE Jan 12 .....Tu...2:00-3:00pm.....Free/1 sess 00567975

UKULELE–BEGINNER

Play this easy-to-learn instrument for fun and to increase cognitive abilities. Ukulele provided for use if required.

Seniors Centre–Minoru Centre for Active Living
Jan 11-Mar 8.....M.....4:00-5:00pm.....$55.60/8 sess 00567849

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
Jan 20-Mar 10 W..11:00am-12:15pm...$93.70/8 sess (45-54yrs) 00567977
$69.50/8 sess (55+yrs)

UKULELE–KEEP GOING

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

South Arm Community Centre
Jan 18-Mar 15.....M.....11:00am-12:30pm.....$83.35/8 sess 00568590

Steveston Community Centre
Jan 6-Feb 3.....W...1:00-2:15pm....$58.55/5 sess (45-54yrs).....00569174
$43.45/5 sess (55+yrs)
Feb 10-Mar 10 ..W...1:00-2:15pm....$58.55/5 sess (45-54yrs).....00567978
$43.45/5 sess (55+yrs)

UKULELE–SKILL BUILDING–FINGERSTYLE

Combine thumb, finger picking and strumming to play melodies and have fun connecting with others through music. Pre-requisite: Ukulele–Advanced Beginner or confident beginner.

Steveston Community Centre
Feb 9-Mar 9 .....Tu...1:00-2:15pm....$58.55/5 sess (45-54yrs).....00569133
$43.45/5 sess (55+yrs)

Arts–Performing

IMPROV–BEGINNER

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

Seniors Centre–Minoru Centre for Active Living
Jan 11-Mar 8.....M.....4:00-5:00pm.....$55.60/8 sess 00567850

Arts–Visual

ACRYLIC PAINTING–ALL LEVELS

Explore abstract, landscape and still life painting using acrylic paints and sketching materials. Suitable for beginner and experienced painters with individual guidance provided. Supplies list provided.

Seniors Centre–Minoru Centre for Active Living
Jan 13-Mar 24.....W.....12:30-2:30pm..... $139/10 sess 00566041

Steveston Community Centre
Jan 11-Mar 8.....M.....12:30-2:30pm..... $111.20/8 sess 00567938

CALLIGRAPHY AND HAND LETTERING–BEGINNER

Explore creative writing styles with brush pens and paintbrushes and learn classic and modern fonts to design unique cards, envelopes, bookmarks and more. A $10 non-refundable supplies fee charged when registering.

Seniors Centre–Minoru Centre for Active Living
Feb 5-Mar 12 ....F .... 5:30-7:00pm.... $84.35/6 sess (45-54yrs)..... 00566036
$62.55/6 sess (55+yrs)

CALLIGRAPHY AND WELLNESS JOURNALING

Combine creativity and wellness while learning brush marker calligraphy techniques and decorative drawing styles, including florals and patterns. Personalize a take-home journal while exploring a variety of journaling methods that support mindfulness, reflection, gratitude, memory keeping and goal tracking. A $10 non-refundable supplies fee charged when registering.

Seniors Centre–Minoru Centre for Active Living
Mar 19-Mar 26..F .... 5:00-7:00pm.... $37.50/2 sess (45-54yrs)..... 00566040
$27.80/2 sess (55+yrs)

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
Jan 11-Mar 8.....M.....9:30-11:30am..... $111.20/8 sess 00567014

Steveston Community Centre
Jan 6-Feb 3.....W.....10:30am-12:30pm..... $69.50/5 sess 00567941
Feb 10-Mar 10 ....W.....10:30am-12:30pm..... $69.50/5 sess 00567945

CHINESE CALLIGRAPHY (CANTONESE/MANDARIN/ENGLISH)

Learn and build the skills and techniques required to produce advanced calligraphy art. Conducted in Cantonese, Mandarin and English. Supplies list provided.

South Arm Community Centre
Jan 13-Mar 10.....W.....10:30-11:30am..... $62.55/9 sess 00571537

Steveston Community Centre
Jan 5-Mar 9.....Tu.....9:30-11:30am..... $97.30/7 sess 00567949
Jan 7-Mar 11.....Th.....9:30-11:30am..... $97.30/7 sess 00567950

CHINESE CALLIGRAPHY (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. Conducted in Mandarin. Supplies list provided.

City Centre Community Centre
Jan 7-Mar 11.....Th.....10:00-11:30am..... $104.25/10 sess .. 00567074

CHINESE CALLIGRAPHY AND PAINTING (CANTONESE/MANDARIN)

Experience the beauty of these two art forms while learning essential brush techniques, expressive ink work and the cultural meaning behind each stroke. Conducted in Cantonese and Mandarin. Supplies list provided.

Seniors Centre–Minoru Centre for Active Living
Jan 9-Mar 13.....Sa.....1:00-2:30pm..... $104.25/10 sess .. 00562836

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 not included.

Thompson Community Centre
Jan 29-Mar 6.....F.....10:30am-12:30pm..... $83.40/6 sess 00567820

DRAWING AND PAINTING (MANDARIN)–ALL LEVELS

Explore the fundamentals of visual arts in this supportive environment. Learn techniques for sketching, shading, colour mixing and composition through guided projects. Conducted in Mandarin. Suitable for all levels. Supplies included.

Seniors Centre–Minoru Centre for Active Living
Jan 11-Mar 29...M... 2:30-4:00pm.... $154.60/11 sess (45-54yrs). 00566023
$114.65/11 sess (55+yrs)

DRAWING AND SKETCHING–BEGINNER

Capture images on paper by developing drawing skills that include basic shapes of objects, people and landscapes. No experience required. Supplies list provided.

Steveston Community Centre
Jan 14-Mar 12.....Th.....1:15-3:15pm..... $125.10/9 sess 00569510

DRAWING AND SKETCHING–INTERMEDIATE

Produce more detailed artwork and improve drawing skills in these sessions that focus on more advanced techniques. Pre-requisite: Drawing and Sketching – Beginner or previous drawing and sketching experience.

Steveston Community Centre
Jan 12-Mar 10.....Tu.....1:15-3:15pm..... $125.10/9 sess 00569509

DRAWING BASICS

Capture simple objects, images and still lifes on paper while learning basic concepts and techniques to improve understanding and confidence. Supplies included.

Seniors Centre–Minoru Centre for Active Living
Jan 11-Mar 29...M... 12:30-2:00pm.. $154.60/11 sess (45-54yrs). 00566011
$114.65/11 sess (55+yrs)

DRIED FLOWER RESIN COASTER WORKSHOP (ENGLISH/MANDARIN)

Create personalized coasters in this step-by-step guided session. Learn simple techniques to mix, pour and arrange decorative elements. Perfect for discovering a relaxing hands-on craft and creating a unique piece to take home. No experience required. Conducted in English and Mandarin. A $8 non-refundable supplies fee charged when registering.

City Centre Community Centre
Mar 12 .....F.....10:30am-12:30pm..... $13.90/1 sess 00567636

FLORAL ARRANGEMENT–VALENTINE'S CENTREPIECE (ENGLISH/MANDARIN)

Create a beautiful Valentine's centrepiece using fresh flowers and decorative materials. Learn arranging techniques, explore romantic colour and texture combinations and take home a handcrafted display perfect for celebrating the season or sharing with someone special. Conducted in English and Mandarin. A $15 non-refundable supplies fee charged when registering.

Thompson Community Centre

Feb 11 ..... Th .. 5:30-7:00pm .... $14.05/1 sess (45-54yrs) 00571065
$10.40/1 sess (55+yrs)

FLORAL ARRANGING–EASTER CENTREPIECE (ENGLISH/MANDARIN)

Create a beautiful seasonal centrepiece using fresh flowers and decorative materials. Learn arranging techniques, explore colour and texture combinations and take home a handcrafted display ready to enjoy during Easter celebrations. Conducted in English and Mandarin. A $15 non-refundable supplies fee charged when registering.

Thompson Community Centre

Mar 23 ..... Tu... 5:30-7:00pm .... $14.05/1 sess (45-54yrs) 00571064
$10.40/1 sess (55+yrs)

FLORAL ARRANGING WORKSHOP SERIES–WINTER

Create beautiful seasonal displays for home while learning the fundamentals of floral arranging, including colour harmony, shape and technique. Explore winter-inspired flowers, greenery and design elements while developing skills to create balanced arrangements. A $30 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

Thompson Community Centre

Feb 18-Mar 11 .. Th .. 5:30-7:00pm .... $56.20/4 sess (45-54yrs) 00571463
$41.70/4 sess (55+yrs)

JAPANESE CALLIGRAPHY WORKSHOP

Learn basic techniques, strokes and words in this ink-brush art form that combines Kanji and Kana symbols. Instructed by a calligraphy master. A $10 non-refundable supplies fee charged when registering.

Seniors Centre–Minoru Centre for Active Living

Jan 14 ..... Th..... 2:30-4:00pm ..... $10.40/1 sess 00566037
Feb 11 ..... Th..... 2:30-4:00pm ..... $10.40/1 sess 00566038
Mar 11 ..... Th..... 2:30-4:00pm ..... $10.40/1 sess 00566039

KNITTING GROUP–INTERGENERATIONAL

Share skills across generations in this self-led group where seniors guide youth (13-18 years) in beginner-friendly shared projects. Build confidence, spark creativity and form meaningful connections in a relaxed, collaborative space. Supplies not included.

Steveston Community Centre

FREE Jan 6-Mar 10 ..... W ... 3:30-5:00pm ..... Free/10 sess 00567979

LEARN TO STITCH–BASIC MENDING WORKSHOP

Learn practical hand sewing techniques to repair and refresh clothing or fabrics in this hands-on session. A basic mending kit is provided to take home. An $8 non-refundable supplies fee charged when registering.

Seniors Centre–Minoru Centre for Active Living

Jan 17 ..... Su ..... 9:00am-12:00pm ..... $20.85/1 sess 00567460
Feb 21 ..... Su ..... 9:00am-12:00pm ..... $20.85/1 sess 00567461
Mar 21 ..... Su ..... 9:00am-12:00pm ..... $20.85/1 sess 00567463

JOURNEY THROUGH INDIAN FOLK ART–BEGINNER

Discover the vibrant world of Indian folk art exploring diverse regional traditions, stories and cultural expressions. Learn distinctive lines, shapes, patterns and colour palettes while creating a beautiful artwork inspired by India's rich artistic heritage. No experience required. A $15 non-refundable supplies fee charged when registering.

South Arm Community Centre

Jan 14-Feb 18 ..... Th..... 10:30am-12:30pm ..... $83.40/6 sess 00569728

NAGOMI ART WORKSHOP–BEGINNER

Learn this form of Japanese art that uses soft pastels and fingers to create calming and gentle art pieces. No experience required. A $10 non-refundable supplies fee charged when registering.

City Centre Community Centre

Jan 11-Mar 8 ..... M ..... 10:00-11:30am ..... $83.40/8 sess 00567076

NAGOMI ART WORKSHOP–BEGINNER (CANTONESE/ENGLISH)

Learn this form of Japanese art that uses soft pastels and fingers to create calming and gentle art pieces. Conducted in Cantonese and English. No experience required. A $10 non-refundable supplies fee charged when registering.

West Richmond Community Centre

Jan 18-Feb 8 ..... M ..... 4:30-6:00pm ..... $41.70/4 sess 00576650

NAGOMI ART WORKSHOP–INTERMEDIATE

Explore more advanced techniques of this form of Japanese art such as stencil making, layered compositions and colour use to create richer, more dynamic artworks. Pre-requisite: Nagomi Art Workshop–Beginner. An optional $10 non-refundable supplies fee is charged when registering.

City Centre Community Centre

Jan 15-Mar 5 ..... F..... 10:00-11:30am ..... $72.95/7 sess 00567082

NEUROGRAPHIC MANDALA ART THERAPY

Explore creativity and self-discovery through this gentle, person-centred art therapy program that uses colours, patterns and art-making to encourage emotional expression, reflection, self-awareness and social connection. Led by a trained Art Psychotherapy practitioner and member of the Canadian Art Therapy Association, A $10 non-refundable supplies fee charged when registering.

South Arm Community Hall

FREE Jan 18 ..... M ..... 10:30-11:30am ..... Free/1 sess 00569751
Jan 25-Mar 8 ..... M ..... 10:30-11:30am ..... $41.70/6 sess 00571543

PAINT NIGHT–PARTY WITH LAURA

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

Cambie Community Centre

Jan 7 ..... Th..... 6:30-8:30pm ..... $35/1 sess 00569254
Feb 25 ..... Th..... 6:30-8:30pm ..... $35/1 sess 00569264

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

Jan 15 ..... F .... 6:00-7:30pm .... $14.05/1 sess (45-54yrs) 00566034
$10.40/1 sess (55+yrs)
Feb 12 ..... F .... 6:00-7:30pm .... $14.05/1 sess (45-54yrs) 00566086
$10.40/1 sess (55+yrs)
Mar 12 ..... F .... 6:00-7:30pm .... $14.05/1 sess (45-54yrs) 00566093
$10.40/1 sess (55+yrs)

PEARL AND BEADS ART CANVAS WORKSHOP (ENGLISH/MANDARIN)

Create a personalized canvas in this step-by-step guided session that explores different patterns, textures and designs. Perfect for discovering a relaxing hands-on craft and creating a unique piece to take home. No experience required. Conducted in English and Mandarin. An $8 non-refundable supplies fee charged when registering.

City Centre Community Centre

Jan 22 ..... F ..... 10:30am-12:30pm ..... $13.90/1 sess 00567641

STRING FLOWER ART WORKSHOP (ENGLISH/MANDARIN)

Create colourful geometric art in this step-by-step guided session. Weave vibrant string around pre-hammered pins on a wooden board to form a beautiful flower design while developing creativity, focus and fine motor skills. Perfect for discovering a relaxing hands-on craft and creating a unique piece to take home. No experience required. Conducted in English and Mandarin. An $8 non-refundable supplies fee charged when registering.

City Centre Community Centre

Feb 19 ..... F ..... 10:30am-12:30pm ..... $13.90/1 sess 00567620

WATERCOLOUR PAINTING–ALL LEVELS

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

Jan 14-Mar 18 ..... Th ..... 9:30-11:30am ..... $139/10 sess 00562838
Jan 14-Mar 18 ..... Th ..... 12:00-2:00pm ..... $139/10 sess 00566035

WATERCOLOUR PAINTING–TECHNIQUES AND STYLES–ALL LEVELS

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

West Richmond Community Centre

Jan 22-Mar 13 ..... F ..... 10:00-11:30am ..... $83.40/8 sess 00567818

WINTERSCAPES AND WILDLIFE PAINTING

Develop a sense of depth, perspective, scale, texture, light and atmosphere in these creative sessions. Sketching and drawing three-dimensional techniques are introduced in this welcoming and supportive environment. No experience required. Supplies included.

South Arm Community Centre

Jan 12-Feb 16 ..... Tu ..... 10:30am-12:30pm ..... $83.40/6 sess 00557491

Computers, Technology and Social Media

DIGITAL LITERACY

Enhance personal digital literacy and build confidence with digital devices through this volunteer-led program. Maximize learning outcomes by attending the full duration of the program. Registration required.

South Arm Community Centre

FREE Jan 18-Mar 1 ..... M ... 3:45-5:15pm ..... Free/6 sess 00569352

DIGITAL LITERACY (CANTONESE/MANDARIN)

Enhance personal digital literacy and build confidence with digital devices through this volunteer-led program. Maximize learning outcomes by attending the full duration of the program. Conducted in Cantonese and Mandarin. Registration required.

South Arm Community Centre

FREE Feb 20-Mar 20 ... Sa ... 3:00-4:00pm ..... Free/5 sess 00569345

SMART PHONES, TABLETS AND LAPTOPS–LEARN FROM A YOUTH

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

South Arm Community Centre

FREE Jan 14 ..... Th ..... 3:30-4:30pm ..... Free/1 sess 00569364
FREE Jan 28 ..... Th ..... 3:30-4:30pm ..... Free/1 sess 00569368
FREE Feb 11 ..... Th ..... 3:30-4:30pm ..... Free/1 sess 00569376
FREE Feb 26 ..... F ..... 3:30-4:30pm ..... Free/1 sess 00569378
FREE Mar 12 ..... F ..... 3:30-4:30pm ..... Free/1 sess 00569381

West Richmond Community Centre

FREE Jan 27 ..... W ..... 3:30pm-4:15pm ..... Free/1 sess 00569449
FREE Feb 24 ..... W ..... 3:30pm-4:15pm ..... Free/1 sess 00569450

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 Jan 16 ..... Sa..... 1:30-2:00pm ..... Free/1 sess 00571083
FREE Jan 16 ..... Sa..... 2:00-2:30pm ..... Free/1 sess 00571084
FREE Jan 16 ..... Sa..... 2:30-3:00pm ..... Free/1 sess 00571086
FREE Jan 16 ..... Sa..... 3:00-3:30pm ..... Free/1 sess 00571089
FREE Jan 30 ..... Sa..... 1:30-2:00pm ..... Free/1 sess 00571090
FREE Jan 30 ..... Sa..... 2:00-2:30pm ..... Free/1 sess 00571092
FREE Jan 30 ..... Sa..... 2:30-3:00pm ..... Free/1 sess 00571094
FREE Jan 30 ..... Sa..... 3:00-3:30pm ..... Free/1 sess 00571097
FREE Feb 13 ..... Sa..... 1:30-2:00pm ..... Free/1 sess 00571101
FREE Feb 13 ..... Sa..... 2:00-2:30pm ..... Free/1 sess 00571102
FREE Feb 13 ..... Sa..... 2:30-3:00pm ..... Free/1 sess 00571105
FREE Feb 13 ..... Sa..... 3:00-3:30pm ..... Free/1 sess 00571106
FREE Feb 27 ..... Sa..... 1:30-2:00pm ..... Free/1 sess 00571107
FREE Feb 27 ..... Sa..... 2:00-2:30pm ..... Free/1 sess 00571108
FREE Feb 27 ..... Sa..... 2:30-3:00pm ..... Free/1 sess 00571110
FREE Feb 27 ..... Sa..... 3:00-3:30pm ..... Free/1 sess 00571111
FREE Mar 13 ..... Sa..... 1:30-2:00pm ..... Free/1 sess 00571112
FREE Mar 13 ..... Sa..... 2:00-2:30pm ..... Free/1 sess 00571113
FREE Mar 13 ..... Sa..... 2:30-3:00pm ..... Free/1 sess 00571115
FREE Mar 13 ..... Sa..... 3:00-3:30pm ..... Free/1 sess 00571116

West Richmond Community Centre

FREE Jan 13 ..... W..... 10:00-10:30am ..... Free/1 sess 00569432
FREE Jan 13 ..... W..... 10:30-11:00am ..... Free/1 sess 00569436
FREE Jan 13 ..... W..... 11:00-11:30am ..... Free/1 sess 00569444
FREE Feb 10 ..... W..... 10:00-10:30am ..... Free/1 sess 00569433
FREE Feb 10 ..... W..... 10:30-11:00am ..... Free/1 sess 00569437
FREE Feb 10 ..... W..... 11:00-11:30am ..... Free/1 sess 00569445
FREE Mar 10 ..... W..... 10:00-10:30am ..... Free/1 sess 00569434
FREE Mar 10 ..... W..... 10:30-11:00am ..... Free/1 sess 00569443
FREE Mar 10 ..... W..... 11:00-11:30am ..... Free/1 sess 00569447

Cooking

BAKE THE WORLD A BETTER PLACE WORKSHOPS

Discover the joy of baking while making new friends. Whip, whisk and bake delicious treats perfect for sharing and learn oven skills and baking techniques in a fun, supportive atmosphere.

CHOCOLATE MARBLE POUND CAKE

South Arm Community Centre

Feb 19 ..... F..... 5:00-6:45pm ..... $29.50/1 sess 00569310

CHOCOLATE MACARON

South Arm Community Centre

Jan 15 ..... F..... 5:00-6:45pm ..... $29.50/1 sess 00569138

CHESTNUT CHIFFON MINI CAKES

South Arm Community Centre

Mar 19 ..... F..... 5:00-6:45pm ..... $29.50/1 sess 00569311

HEALTHY WORLD COOKING–VEGAN SERIES

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. A $10 non-refundable supplies fee charged when registering.

VIETNAM

South Arm Community Centre

Jan 12 ..... Tu..... 6:00-7:30pm ..... $25.25/1 sess 00567119

INDONESIA

South Arm Community Centre

Jan 19 ..... Tu..... 6:00-7:30pm ..... $25.25/1 sess 00567210

MALAYSIA

South Arm Community Centre

Jan 26 ..... Tu..... 6:00-7:30pm ..... $25.25/1 sess 00567211

SOUTHERN INDIA

South Arm Community Centre

Feb 2 ..... Tu..... 6:00-7:30pm ..... $25.25/1 sess 00567212

NORTHERN INDIA

South Arm Community Centre

Feb 9 ..... Tu..... 6:00-7:30pm ..... $25.25/1 sess 00567220

THAILAND

South Arm Community Centre

Feb 16 ..... Tu..... 6:00-7:30pm ..... $25.25/1 sess 00567224

SRI LANKA

South Arm Community Centre

Feb 23 ..... Tu..... 6:00-7:30pm ..... $25.25/1 sess 00567225

CHINA (SICHUAN STYLE)

South Arm Community Centre

Mar 2 ..... Tu..... 6:00-7:30pm ..... $25.25/1 sess 00567226

TAIWAN

South Arm Community Centre

Mar 9 ..... Tu..... 6:00-7:30pm ..... $25.25/1 sess 00567230

Environmental Sustainability

LET'S RECYCLE CORRECTLY WORKSHOP

Become a Gold Star Recycler in Richmond after learning the basics in this interactive session. Led by Environmental Programs–City of Richmond. Registration required.

Cambie Community Centre

FREE Feb 25 ..... Th..... 1:00-2:30pm ..... Free/1 sess 00565600

Events and Seasonal Programs

JANUARY

ORIGAMI–BEGINNER
Transform 6 x 6" pieces of paper into art in this session that gets minds and hands working creatively. Supplies included.

Seniors Centre–Minoru Centre for Active Living
Jan 8 ..... F..... 10:00-11:00am ..... $6.95/1 sess 00563378

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
Jan 12 ..... Tu... 5:00-6:30pm.... $33.50/1 sess (55-89yrs)..... 00562618
$21.50/1 sess (90+yrs)

AFTERNOON TEA AND TREATS–PETITE TEA PLATE
Enjoy a cozy afternoon in a warm and welcoming atmosphere sipping from a selection of soothing teas or freshly brewed coffee perfectly paired with delicious, bite-sized savoury and sweet treats.

Seniors Centre–Minoru Centre for Active Living
Jan 20 ..... W... 2:45-4:15pm.... $9.80/1 sess (non-member) 00567852
$8.95/1 sess (member)

AFTERNOON TEA AND TREATS–TEA TIME FOR FOUR
Gather with friends to enjoy this warm and welcoming atmosphere sipping from a selection of soothing teas or freshly brewed coffee paired with an elegant assortment of bite-sized savoury and sweet treats. This curated tea service is designed to be shared among four people for a wonderful way to connect and spend time together.

Seniors Centre–Minoru Centre for Active Living
Jan 20 ... W ... 2:45-4:15pm... $35.25/1 sess (non-member) 00567855
$32.05/1 sess (member)

BIRTHDAY PARTY SOCIAL
Enjoy a festive gathering with others celebrating birthdays, complete with a complimentary cupcake and a choice of coffee or tea. Registration required. Registrant's birthday must fall within the current month. Limit one guest per registrant (guests must register as a walk-in).

Seniors Centre–Minoru Centre for Active Living
FREE Jan 27 ..... W..... 2:30-3:30pm ..... Free/1 sess 00569559

FEBRUARY

LUNAR NEW YEAR CELEBRATION
Enjoy colourful and festive lion dancing and tai chi demonstrations followed by a delicious Chinese lunch.

Cambie Community Centre
Feb 2 ..... Tu..... 12:00-2:00pm ..... $17.50/1 sess 00563062

LUNAR NEW YEAR CELEBRATION
Celebrate the "Year of the Fire Goat" with entertainment and refreshments.

South Arm Community Centre
Feb 9 ..... Tu..... 11:30am-1:00pm ..... $17.50/1 sess 00567959

AFTERNOON TEA AND TREATS–PETITE TEA PLATE
Enjoy a cozy afternoon in a warm and welcoming atmosphere sipping from a selection of soothing teas or freshly brewed coffee perfectly paired with delicious, bite-sized savoury and sweet treats.

Seniors Centre–Minoru Centre for Active Living
Feb 10 ..... W... 2:45-4:15pm.... $9.80/1 sess (non-member) 00567853
$8.95/1 sess (member)

AFTERNOON TEA AND TREATS–TEA TIME FOR FOUR
Gather with friends to enjoy this warm and welcoming atmosphere sipping from a selection of soothing teas or freshly brewed coffee paired with an elegant assortment of bite-sized savoury and sweet treats. This curated tea service is designed to be shared among four people for a wonderful way to connect and spend time together.

Seniors Centre–Minoru Centre for Active Living
Feb 10 ... W ... 2:45-4:15pm... $35.25/1 sess (non-member) 00567856
$32.05/1 sess (member)

ORIGAMI–BEGINNER
Transform 6 x 6" pieces of paper into art in this session that gets minds and hands working creatively. Supplies included.

Seniors Centre–Minoru Centre for Active Living
Feb 12 ..... F..... 10:00-11:00am ..... $6.95/1 sess 00563393

LUNAR NEW YEAR SHOW
Celebrate this annual cultural event with dance and music performances. Lunch provided.

City Centre Community Centre
Feb 12 ..... F..... 12:00-2:30pm ..... $17.50/1 sess 00567053

BIRTHDAY PARTY SOCIAL
Enjoy a festive gathering with others celebrating birthdays, complete with a complimentary cupcake and a choice of coffee or tea. Registration required. Registrant's birthday must fall within the current month. Limit one guest per registrant (guests must register as a walk-in).

Seniors Centre–Minoru Centre for Active Living
FREE Feb 17 ..... W..... 2:30-3:30pm ..... Free/1 sess 00569573

DINNER AND DANCE–A NIGHT TO REMEMBER
Step aboard for an elegant evening inspired by Titanic's maiden voyage. Enjoy a delicious buffet dinner and entertainment shaped by the 20th Century and connect with friends and meet new people. Dress in period-inspired attire and experience a memorable night of music, dining and socializing. In-person registration starts January 14 at 9:00am at the Seniors Centre at Minoru Centre for Active Living. Phone registration starts the same day at 2:00pm at 604-238-8450. There is a new ticket policy. See Registration Notes for details. Round trip transportation ($5) and home drop off ($3) available.

Seniors Centre–Minoru Centre for Active Living
Feb 24 ..... W... 4:30-8:00pm.... $37.50/1 sess (55-89yrs)..... 00564784
$23.50/1 sess (90+yrs)

MARCH

YUK YUK'S COMEDY NIGHT AT MINORU CENTRE

Laugh the night away at this high-energy evening of relatable stories, hilarious observations and everyday humour by comedians from Yuk Yuk's Comedy Club. Enjoy tasty appetizers, great company and plenty of big laughs in a lively atmosphere. Sit back, relax and enjoy an unforgettable night of comedy and fun.

Seniors Centre–Minoru Centre for Active Living

Mar 5 ..... F .... 4:30-6:30pm .... $37.50/1 sess (55-89yrs) 00569425
$23.50/1 sess (90+yrs)

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

Mar 8 ..... Tu... 5:00-7:00pm .... $33.50/1 sess (55-89yrs) 00563451
$21.50/1 sess (90+yrs)

AFTERNOON TEA AND TREATS–PETITE TEA PLATE

Enjoy a cozy afternoon in a warm and welcoming atmosphere sipping from a selection of soothing teas or freshly brewed coffee perfectly paired with delicious, bite-sized savoury and sweet treats.

Seniors Centre–Minoru Centre for Active Living

Mar 10 ..... W... 2:45-4:15pm .... $9.80/1 sess (non-member) 00569408
$8.95/1 sess (member)

AFTERNOON TEA AND TREATS–TEA TIME FOR FOUR

Gather with friends to enjoy this warm and welcoming atmosphere sipping from a selection of soothing teas or freshly brewed coffee paired with an elegant assortment of bite-sized savoury and sweet treats. This curated tea service is designed to be shared among four people for a wonderful way to connect and spend time together.

Seniors Centre–Minoru Centre for Active Living

Mar 10 ..... W.... 2:45-4:15pm .... $35.25/1 sess (non-member) 00567857
$32.05/1 sess (member)

ORIGAMI–BEGINNER

Transform 6 x 6" pieces of paper into art in this session that gets minds and hands working creatively. Supplies included.

Seniors Centre–Minoru Centre for Active Living

Mar 12 ..... F..... 10:00-11:00am ..... $6.95/1 sess 00563396

BIRTHDAY PARTY SOCIAL

Enjoy a festive gathering with others celebrating birthdays, complete with a complimentary cupcake and a choice of coffee or tea. Registration required. Registrant's birthday must fall within the current month. Limit one guest per registrant (guests must register as a walk-in).

Seniors Centre–Minoru Centre for Active Living

FREE Mar 31 ..... W..... 2:30-3:30pm ..... Free/1 sess 00569573

Fitness

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

Jan 5-Mar 23 ..... Tu..... 10:00-11:00am ..... $84/12 sess 00566125
Jan 8-Mar 20 ..... F..... 10:15-11:15am ..... $77/11 sess 00566562

South Arm Community Centre

Jan 5-Mar 23 ..... Tu..... 11:00am-12:00pm ..... $70/10 sess 00564273
Jan 5-Feb 3 ..... Tu..... 1:30-2:30pm ..... $35/5 sess 00564328
Jan 7-Mar 26 ..... Th..... 11:00am-12:00pm ..... $70/10 sess 00565196
Feb 9-Mar 10 ..... Tu..... 1:30-2:30pm ..... $35/5 sess 00564329

A.M.B.S. (AGILITY MOBILITY BALANCE STRENGTH)–ALL LEVELS

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. Suitable for all levels.

Steveston Community Centre

Jan 6-Feb 10 ..... W..... 1:00-2:00pm ..... $68.15/6 sess 00568389
Feb 17-Mar 24 ..... W..... 1:00-2:00pm ..... $68.15/6 sess 00568390

A.M.B.S. (AGILITY MOBILITY BALANCE STRENGTH)–LEVEL 1

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. No experience required.

Steveston Community Centre

Jan 4-Feb 8 ..... M..... 11:45am-12:45pm ..... $68.15/6 sess 00568350
Jan 8-Feb 12 ..... F..... 11:45am-12:45pm ..... $68.15/6 sess 00568443
Feb 19-Mar 19 ..... F..... 11:45am-12:45pm ..... $56.80/5 sess 00568448
Feb 22-Mar 22 ..... M..... 11:45am-12:45pm ..... $56.80/5 sess 00568351

A.M.B.S. (AGILITY MOBILITY BALANCE STRENGTH)–LEVEL 2

Combine 'personalize' with 'socialize' in this small group training that focuses on agility, mobility, balance and strength with more advanced instruction and programming aimed at increasing fitness levels. Recommended Pre-requisite: A.M.B.S. (Agility Mobility Balance Strength)–Level 1.

Steveston Community Centre

Jan 8-Feb 12 ..... F..... 1:00-2:00pm ..... $68.15/6 sess 00568452
Feb 19-Mar 19 ..... F..... 1:00-2:00pm ..... $56.80/5 sess 00568458

BETTER BACKS AND BALANCE–BEGINNER

Learn ways to strengthen the mid-section and lower back to improve balance. Suitable for those with osteoporosis. No experience required.

South Arm Community Centre

Jan 4-Mar 22 ..... M..... 12:00-1:00pm ..... $70/10 sess 00563987
Jan 6-Mar 24 ..... W..... 10:30-11:30am ..... $77/11 sess 00566539

Steveston Community Centre

Jan 5-Feb 09 ..... Tu..... 11:45am-12:45pm ..... $42/6 sess 00568363
Jan 9-Feb 6 ..... Sa..... 10:30-11:30am ..... $35/5 sess 00569150
Feb 16-Mar 23 ..... Tu..... 11:45am-12:45pm ..... $42/6 sess 00568364
Feb 20-Mar 20 ..... Sa..... 10:30-11:30am ..... $28/4 sess 00569153

Thompson Community Centre

Jan 11-Mar 2 ..... M..... 11:00am-12:00pm ..... $49/7 sess 00564439

BETTER BONES AND BALANCE–LEVEL 1
Combine strength, balance and impact training to improve muscle mass, balance and bone health. No experience required.

Steveston Community Centre
Jan 6-Feb 10.....W.....2:15-3:15pm.....$68.15/6 sess.....00568412
Feb 17-Mar 24 ....W.....2:15-3:15pm.....$68.15/6 sess.....00568414

CHAIR DANCING AND TONING–ALL LEVELS
Move to rhythmic dance sequences and tone the body while sitting for a fun and balanced workout. Suitable for all levels.

South Arm Community Centre
Jan 9-Mar 27.....Sa.....11:00am-12:00pm.....$84/12 sess.....00566264

CHAIR FITNESS–LEVEL 1
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
Jan 5-Mar 23.....Tu.....11:15am-12:00pm.....$84/12 sess.....00566305
Jan 8-Mar 19.....F.....11:15am-12:00pm.....$70/10 sess.....00566313

Hamilton Community Centre
Jan 6-Mar 24.....W.....11:30am-12:30pm.....$84/12 sess.....00566466

Seniors Centre–Minoru Centre for Active Living
Jan 7-Mar 25.....Th.....11:45am-12:45pm.....$84/12 sess.....00566560

South Arm Community Centre
Jan 4-Mar 22.....M.....1:30-2:30pm.....$77/11 sess.....00564046

CHAIR FITNESS–LEVEL 1 (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
Jan 6-Mar 31.....W.....11:30am-12:30pm.....$70/10 sess.....00566558

CHAIR YOGA
Find length in the spine in these unique fitness sessions that open the hips and move the shoulders and neck. Suitable for those with mobility challenges.

Seniors Centre–Minoru Centre for Active Living
Jan 5-Mar 23.....Tu.....9:15-10:15am.....$93.10/12 sess....00568069

Thompson Community Centre
Jan 13-Mar 3.....W.....1:15-2:15pm.....$62.10/8 sess.....00564481

CYCLE AND STRENGTH–SILVER–BEGINNER
Combine cycling and strength training to age-appropriate music to become stronger, more balanced and energized. These result-oriented sessions cover cadence, balance and strength. No experience required.

West Richmond Community Centre
Jan 5-Mar 23.....Tu.....11:50am-12:50pm.....$70/10 sess.....00563443
Jan 7-Mar 25.....Th.....11:50am-12:50pm.....$70/10 sess.....00563444

CYCLE AND STRENGTH–GOLD–BEGINNER
Combine cycling and strength training to age-appropriate music to become stronger, more balanced and energized. These result-oriented sessions cover cadence, balance and strength. No experience required. Suitable for beginners 75+ years.

West Richmond Community Centre
Jan 4-Mar 22.....M.....1:00-2:00pm.....$63/9 sess.....00563438

CYCLE FIT–SILVER–BEGINNER
Cycle to age-appropriate music to become stronger, more balanced and energized. These result-oriented sessions cover cadence and balance. No experience required.

West Richmond Community Centre
Jan 6-Mar 24.....W.....12:10-12:50pm.....$84/12 sess.....00563131
Jan 8-Mar 19.....F.....1:00-1:40pm.....$63/9 sess.....00563445

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
Jan 5-Feb 11.....Tu/Th.12:45-1:45pm.....$84/12 sess.....00566140
Feb 16-Mar 23 ....Tu/Th.12:45-1:45pm.....$77/11 sess.....00567875

Steveston Community Centre
Jan 7-Feb 11.....Th.....11:45am-12:45pm.....$42/6 sess.....00568432
Feb 18-Mar 25 ....Th.....11:45am-12:45pm.....$42/6 sess.....00568433

FITNESS AND MOBILITY EXERCISE STROKE RECOVERY
Improve fitness and mobility through this evidence-based exercise program designed for those recovering from a stroke. These small group sessions include functional strengthening, agility, balance and stretching exercises. Suitable for anyone who has experienced a stroke and can safely stand for five minutes, walk 10 meters (even with assistive devices) and can communicate with the instructor. Led by a certified exercise professional. Medical screening required before registration. Call 604-238-8004 for details.

Seniors Centre–Minoru Centre for Active Living
Jan 5-Feb 11.....Tu/Th.11:00am-12:00pm.....$136.30/12 sess..00566137
Feb 16-Mar 23 ....Tu/Th.11:00am-12:00pm.....$124.95/11 sess..00567877

FUNDAMENTALS OF FITNESS–LEVEL 1
Train smarter, not longer, in these small, group training sessions developing lean, functional muscle tone using foundational lifts, posture alignment and progressive overload all within a supportive and motivating environment.

Steveston Community Centre
Jan 5-Feb 9.....Tu.....12:15-1:15pm.....$68.15/6 sess.....00568369
Feb 16-Mar 23 ....Tu.....12:15-1:15pm.....$68.15/6 sess.....00568374

GENTLE BALANCE YOGA
Learn basic yoga, breathing and relaxation techniques while improving balance and joint mobility in a safe and supportive environment. A chair and other props are incorporated for support and to aid body positioning during seated and standing postures. Modifications are provided as needed.

Seniors Centre–Minoru Centre for Active Living
Jan 11-Mar 22.....M.....8:15-9:15am.....$77.60/10 sess....00568078

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
Jan 7-Mar 18.....Th.....9:15-10:15am.....$77/11 sess.....00566556

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.

City Centre Community Centre

Jan 4-Feb 8 ..... M ..... 1:00-2:00pm ..... $68.15/6 sess 00566656
Feb 22-Mar 22 .... M ..... 1:00-2:00pm ..... $58.60/5 sess 00569802

Thompson Community Centre

Jan 11-Mar 2 ..... M ..... 12:00-1:00pm ..... $79.50/7 sess 00565629

GROUP WEIGHT TRAINING–FOR BETTER BONES

Build stronger bones and improve balance through gentle, safe resistance exercises designed for everyday movement and independence. Suitable for all fitness levels and those with osteoporosis. No experience required.

City Centre Community Centre

Jan 8-Mar 5 ..... F ..... 2:45-3:45pm ..... $102.25/9 sess 00575288

HATHA YOGA–SILVER

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

West Richmond Community Centre

Jan 5-Mar 23 ..... Tu ..... 2:05-3:05pm ..... $77.60/10 sess 00563691

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

Jan 5-Mar 23 ..... Tu ..... 10:30-11:30am ..... $84/12 sess 00566134
Jan 7-Mar 25 ..... Th ..... 10:30-11:30am ..... $84/12 sess 00566559

KICKBOXING–DRILLS AND SKILLS–ALL LEVELS

Improve cardiovascular strength and conditioning using a variety of boxing equipment and techniques for a full body workout. Boxing gloves recommended at each session. Suitable for all levels.

Thompson Community Centre

Jan 14-Mar 4 ..... Th ..... 12:15-1:15pm ..... $56/8 sess 00566837

LADIES WHO LIFT–BEGINNER

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. No experience required.

City Centre Community Centre

Jan 4-Feb 8 ..... M ..... 2:15-3:15pm ..... $68.15/6 sess 00566652
Feb 22-Mar 22 .... M ..... 2:15-3:15pm ..... $56.80/5 sess 00569805

West Richmond Community Centre **60yrs+**

Jan 4-Mar 22 ..... M ..... 9:30-10:30am ..... $113.60/10 sess .. 00563136
Jan 4-Mar 22 ..... M ..... 10:45-11:45am ..... $113.60/10 sess .. 00563137

MEN ON WEIGHTS

Build confidence, strength and knowledge in this small group program designed for men. 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

Jan 11-Feb 8 ..... M ..... 1:15-2:15pm ..... $56.80/5 sess 00569978
Feb 22-Mar 22 .... M ..... 1:15-2:15pm ..... $56.80/5 sess 00569979

South Arm Community Centre

Jan 11-Feb 9 ..... M ..... 12:00pm-1:00pm ..... $56.80/5 sess 00564029
Feb 22-Mar 22 .... M ..... 12:00-1:00pm ..... $56.80/5 sess 00564034

MIND TO MUSCLE–BEGINNER

Improve overall fitness and well-being by focusing on mobility to stability work that includes balance, agility, flexibility, rehabilitation, core, cardio and overall strengthening. No experience required.

West Richmond Community Centre

Jan 6-Mar 24 ..... W ..... 1:00-2:00pm ..... $84/12 sess 00563117

MINDS IN MOTION

Enjoy light exercise led 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.

South Arm Community Centre

Jan 7-Feb 11 ..... Th ..... 1:30-3:00pm ..... $35.80/6 sess 00568601
Feb 25-Mar 25 .... Th ..... 1:30-3:00pm ..... $29.85/5 sess 00568602

MINDS IN MOTION (CANTONESE)

Enjoy light exercise led 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 to by the Alzheimer's Society. Conducted in Cantonese.

Cambie Community Centre

Jan 20-Mar 10 ..... W ..... 1:00-2:30pm ..... $47.75/8 sess 00561848

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

Jan 5-Feb 9 ..... Tu ..... 10:30-11:30am ..... $42/6 sess 00568361
Jan 7-Feb 11 ..... Th ..... 10:30-11:30am ..... $42/6 sess 00568429
Feb 16-Mar 23 .... Tu ..... 10:30-11:30am ..... $42/6 sess 00568362
Feb 18-Mar 25 .... Th ..... 10:30-11:30am ..... $42/6 sess 00568430

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

Jan 4-Mar 22 ..... M ..... 10:30-11:30am ..... $77/11 sess 00563985

OSTEOFIT FOR BETTER BONES (CANTONESE/ENGLISH)

Improve balance and muscular strength to help protect against possible fractures in this program designed specifically for those living with osteoporosis.

City Centre Community Centre

Jan 5-Feb 9 ..... Tu ..... 9:15-10:15am ..... $42/6 sess 00569487
Feb 16-Mar 30 .... Tu ..... 9:15-10:15am ..... $49/7 sess 00571689

Thompson Community Centre

Jan 12-Mar 2 ..... Tu ..... 12:15-1:15pm ..... $56/8 sess 00564452

OSTEOFIT FOR LIFE
Reinforce important lifestyle habits introduced in Osteofit For Better Bones while enhancing muscular strength and balance to support bone health through resistance work and agility games. Pre-requisite: Osteofit For Better Bones.

Thompson Community Centre
Jan 12-Mar 2 ..... Tu ..... 1:30-2:30pm ..... $56/8 sess 00564453

OSTEOFIT FOR LIFE (CANTONESE/ENGLISH)
Reinforce important lifestyle habits introduced in Osteofit For Better Bones while enhancing muscular strength and balance to support bone health through resistance work and agility games. Conducted in Cantonese. Pre-requisite: Osteofit For Better Bones.

City Centre Community Centre
Jan 5-Feb 9 ..... Tu ..... 10:30-11:30am ..... $42/6 sess 00569503
Feb 16-Mar 30 .... Tu ..... 10:30-11:30am ..... $49/7 sess 00571701

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
Jan 4-Mar 22 ..... M ..... 10:15-11:15am ..... $77/11 sess 00564945
Jan 6-Mar 24 ..... W ..... 10:15-11:15am ..... $84/12 sess 00564948

Seniors Centre–Minoru Centre for Active Living
Jan 4-Mar 22 ..... M ..... 10:15-11:15am ..... $77/11 sess 00566563
Jan 4-Mar 22 ..... M ..... 11:30am-12:30pm ..... $77/11 sess 00566566
Jan 5-Mar 23 ..... Tu ..... 1:15-2:15pm ..... $84/12 sess 00566557
Jan 6-Mar 24 ..... W ..... 10:15-11:15am ..... $63/9 sess 00565968
Jan 7-Mar 25 ..... Th ..... 12:30-1:30pm ..... $77/11 sess 00566561

Thompson Community Centre
Jan 15-Mar 6 ..... F ..... 10:30-11:30am ..... $56/8 sess 00566865

STRONG AND FIT
Combine strength training with a cardio fitness warm up, focusing on building muscle, endurance, stability and functional movements for a full-body workout. Suitable for 65+ years.

West Richmond Community Centre **65yrs+**
Jan 4-Mar 22 ..... M ..... 2:15-3:10pm ..... $77/11 sess 00563118
Jan 7-Mar 25 ..... Th ..... 2:15-3:10pm ..... $84/12 sess 00563119
Jan 8-Mar 19 ..... F ..... 11:45am-12:45pm ..... $63/9 sess 00563120

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
Jan 5-Jan 26 ..... Tu ..... 2:15-3:15pm ..... $45.45/4 sess 00569930
Jan 6-Jan 27 ..... W ..... 1:00-2:00pm ..... $45.45/4 sess 00569975
Feb 23-Mar 23 .... Tu ..... 2:15-3:15pm ..... $56.80/5 sess 00569973
Feb 24-Mar 25 .... W ..... 1:00-2:00pm ..... $56.80/5 sess 00569976

South Arm Community Centre
Jan 5-Jan 26 ..... Tu ..... 12:30-1:30pm ..... $45.45/4 sess 00564294
Feb 16-Mar 23 .... Tu ..... 12:30-1:30pm ..... $68.15/6 sess 00564295

Thompson Community Centre
Jan 17-Mar 8 ..... Su ..... 8:00-9:00am ..... $90.90/8 sess 00566843

ZUMBA®–GOLD–ALL LEVELS
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 levels.

Seniors Centre–Minoru Centre for Active Living
Jan 5-Mar 16 ..... Tu ..... 12:30-1:30pm ..... $84/12 sess 00571970
Jan 8-Mar 19 ..... F ..... 12:15-1:15pm ..... $77/11 sess 00566565

South Arm Community Centre
Jan 6-Mar 10 ..... W ..... 10:45-11:45am ..... $70/10 sess 00566600
Jan 8-Mar 12 ..... F ..... 10:30-11:30am ..... $70/10 sess 00566618

Steveston Community Centre
Jan 6-Feb 10 ..... W ..... 11:45am-12:45pm ..... $42/6 sess 00568387
Feb 17-Mar 24 .... W ..... 11:45am-12:45pm ..... $42/6 sess 00568388

West Richmond Community Centre
Jan 12-Mar 23 ..... Tu ..... 1:00-2:00pm ..... $77/11 sess 00563121

General

ACCESSING YOUR HEALTH INFORMATION ONLINE WORKSHOP
Receive hands-on, step-by-step support in this two-part workshop to set up the BC Services Card app and access Health Gateway. Learn how to securely view available health records, such as lab results and medication history, while building confidence navigating and managing personal health information online. Presented by Richmond Division of Family Practice. Registration required.

Seniors Centre–Minoru Centre for Active Living
FREE Jan 5-Jan 12 ..... Tu ... 3:45-4:45pm ..... Free/2 sess 00569435

ACCESSING YOUR HEALTH INFORMATION ONLINE WORKSHOP (CANTONESE)
Receive hands-on, step-by-step support in this two-part workshop to set up the BC Services Card app and access Health Gateway. Learn how to securely view available health records, such as lab results and medication history, while building confidence navigating and managing personal health information online. Presented by Richmond Division of Family Practice. Conducted in Cantonese. Registration required.

Seniors Centre–Minoru Centre for Active Living
FREE Jan 5-Jan 12 ..... Tu ... 2:30-3:30pm ..... Free/2 sess 00561751

AGING IN PLACE–HOME PLANNING AND SUPPORTS WORKSHOP
Learn how to identify home needs and explore changes that can support safer, more accessible and comfortable living. Discover government assistance programs, other resources and where to seek professional support. Presented by the Rotary Club of Richmond. Registration required.

Seniors Centre–Minoru Centre for Active Living
FREE Mar 9 ..... Tu ..... 2:30-4:00pm ..... Free/1 sess 00568270

BRIDGE–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
Jan 14-Mar 25 ..... Th ..... 1:30-3:00pm ..... $99.15/11 sess 00566247

BRIDGE–INTERMEDIATE

Build on the basics of Contract Bridge, learn techniques for playing with partners and gain confidence through hands-on experience. Pre-requisite: Bridge–Beginner or previous Bridge experience.

Seniors Centre–Minoru Centre for Active Living

Jan 14-Mar 25 ..... Th ..... 3:15-4:45pm ..... $99.15/11 sess 00566255

CARD MAKING EXTRAVAGANZA–VALENTINE'S THEME

Join this heart-warming social to create personalized and beautiful cards with youth volunteers to give to loved ones to celebrate this special holiday. Supplies included. Registration required.

Thompson Community Centre

FREE Feb 12 ..... F ..... 4:00-6:00pm ..... Free/1 sess 00568633

COFFEE AND CHAT FOR THOSE LIVING WITH DEMENTIA

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 and Yukon. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE Jan 13-Mar 10 ... W ... 10:30am-12:00pm Free/9 sess 00569377

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. Conducted in Cantonese. Presented by the Alzheimer Society of BC and Yukon. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE Jan 12-Mar 9 ..... Tu ... 1:30-3:00pm ..... Free/9 sess 00562226

COFFEE AND CHAT FOR THOSE LIVING WITH DEMENTIA (MANDARIN)

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

Seniors Centre–Minoru Centre for Active Living

FREE Jan 20-Mar 10 ... W ... 1:30-3:00pm ..... Free/8 sess 00562207

ELDERDOG CANADA FREE CANINE SUPPORT SERVICES INFORMATION WORKSHOP

Discover how the Richmond/Delta Pawd of this non-profit organization preserves the vital bond between local seniors and their aging dogs through dedicated volunteer support. The presentation outlines the free canine care services available in the community and covers how to get involved to help keep love in the home.

South Arm Community Centre

FREE Feb 3 ..... W ..... 10:00-11:00am ..... Free/1 sess 00557487

EMERGENCY PREPAREDNESS WORKSHOP

Learn to create a safer home and develop skills to remain calm and collected in the event of an emergency. Led by Emergency Programs–City of Richmond. Registration required.

Cambie Community Centre

FREE Jan 14 ..... Th ..... 1:00-2:30pm ..... Free/1 sess 00561945

ENERGY AND ENERGY SAVINGS WORKSHOP

Learn how energy gets generated and delivered along with rebate saving tips to improve energy efficiency and save on home energy bills. Presented by the BC Hydro Community Team. Registration required.

Hamilton Community Centre

FREE Mar 11 ..... Th ..... 12:15-1:15pm ..... Free/1 sess 00569170

EXPLORE MORE AT SENIORS CENTRE–MINORU CENTRE FOR ACTIVE LIVING

Discover new connections, build confidence and explore everything that Minoru has to offer. Meet new people through a centre tour and social hour, fitness and aquatics orientations plus a fun Try-It activity. Find new ways to stay active, connected and engaged while discovering activities to enjoy at this popular facility.

Seniors Centre–Minoru Centre for Active Living

Jan 7-Jan 28 ..... Th ..... $30/4 sess 00567842
Jan 7 ..... 2:45-3:45pm ..... Centre Tour and Social Hour
Jan 14 ..... 9:30-10:30am ..... Fitness Orientation
Jan 21 ..... 11:45am-12:45pm ..... Ukulele–Try-It
Jan 28 ..... 1:00-2:30pm ..... Swim Orientation

Feb 4-Feb 25 ..... Th ..... $30/4 sess 00567842
Feb 4 ..... 2:45-3:45pm ..... Centre Tour and Social Hour
Feb 11 ..... 9:30-10:30am ..... Fitness Orientation
Feb 18 ..... 2:30-3:30pm ..... Painting–Try-It
Feb 25 ..... 1:00-2:30pm ..... Swim Orientation

Mar 4-Mar 25 .... Th ..... $30/4 sess 00567842
Mar 4 ..... 2:45-3:45pm ..... Centre Tour and Social Hour
Mar 11 ..... 9:30-10:30am ..... Swim Orientation
Mar 18 ..... 11:45am-12:45pm ..... Spanish–Try-It
Mar 25 ..... 1:00-2:30pm ..... Fitness Orientation

HOME AND PERSONAL SAFETY TALKS

Learn valuable residential break and enter prevention tips along with ways to maintain home and personal safety using inexpensive security props. Led by an RCMP officer and includes a brochure and checklist to take home. Registration required.

Hamilton Community Centre

FREE Jan 13 ..... W ..... 11:30am-12:30pm ..... Free/1 sess 00563872

JEOPARDY GAME–ONLINE

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 Jan 15-Mar 19 ... F ..... 2:00-3:00pm ..... Free/3 sess 00561976

MAPQUEST TRAVEL–ONLINE

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 Jan 12, Feb 9, Mar 9 .... Tu ..... 1:00-2:00pm .. Free/3 sess 00561955

MIND FLEX MEMORY AND WELLNESS (CANTONESE/MANDARIN/ENGLISH)

Join this engaging cognitive wellness program for individuals living with dementia, featuring hand–brain coordination activities, cognitive games and social interaction in a supportive and inclusive environment. Through fun activities and shared mealtime experiences, participants are encouraged to stay mentally active, connected and engaged. Conducted in Cantonese, Mandarin and English.

South Arm Community Hall

Jan 11-Mar 15 ..... M ..... 1:00-2:30pm ..... $54.10/9 sess 00568428

NAVIGATING COMMUNITY SUPPORTS IN RICHMOND WORKSHOP

Explore how to access a wide range of local supports for older adults with topics that range from housing and healthcare to transportation and government benefits. Learn about the Seniors Community Connections and SHINE programs, and how trained volunteers can help with forms, applications and referrals. Presented by Richmond Cares, Richmond Gives. Registration required.

Thompson Community Centre

FREE Mar 1 ..... M ..... 1:30-2:30pm ..... Free/1 sess 00568654

RECREATION FEE SUBSIDY PROGRAM WORKSHOP

Learn about the City of Richmond's financial support available for low income older adults. Registration required.

South Arm Community Centre

FREE Mar 3 ..... W ..... 10:00-10:45am ..... Free/1 sess 00568600

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 Seniors Centre–Minoru Centre for Active Living. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE Jan 20 ..... W ..... 10:00-11:00am ..... Free/1 sess 00567838
FREE Feb 17 ..... W ..... 10:00-11:00am ..... Free/1 sess 00567839
FREE Mar 17 ..... W ..... 10:00-11:00am ..... Free/1 sess 00567840

SOCIAL HOUR–WINTER BERRY TART AND COFFEE

Enjoy a delicious treat and warm beverage. Offered self-serve style in the cafeteria, this is a perfect opportunity to meet up with others or enjoy solo.

Seniors Centre–Minoru Centre for Active Living

Jan 7 ..... Th .. 2:45-3:45pm .... $7.50/1 sess (non-member) 00564326
$6.50/1 sess (member)

SOCIAL HOUR–SWEETHEART BROWNIE AND CHOCOLATE-DIPPED STRAWBERRY

Celebrate the sweetest time of year with a decadent treat and coffee. Offered self-serve style in the cafeteria, this is a perfect opportunity to meet up with others or enjoy solo.

Seniors Centre–Minoru Centre for Active Living

Feb 4 ..... Th .. 2:45-3:45pm .... $7.50/1 sess (non-member) 00564327
$6.50/1 sess (member)

SOCIAL HOUR–CRÈME BRÛLÉE AND COFFEE AND TEA

Savour an afternoon of sweet indulgence and delightful conversation while connecting with friends, neighbours and fellow community members. Relax, socialize and enjoy a warm welcoming atmosphere designed for delicious treats and meaningful connections. Offered self-serve style in the cafeteria, this is a perfect opportunity to meet up with others or enjoy solo.

Seniors Centre–Minoru Centre for Active Living

Mar 4 ..... Th .. 2:45-3:45pm .... $7.50/1 sess (non-member) 00564333
$6.50/1 sess (member)

STAYING SAFE ON TRANSIT–TIPS FOR SENIORS WORKSHOP

Learn practical strategies to stay alert and safe while using public transit in this session that includes guidance from ICBC and Transit Police on personal safety, scams and accessibility supports. Registration required.

Thompson Community Centre

FREE Feb 18 ..... Th ..... 1:30-2:45pm ..... Free/1 sess 00569392

VOLUNTEERING FOR WELLBEING WORKSHOP

Explore the benefits of volunteering for personal wellbeing and learn how to get connected with organizations. Presented by Richmond Cares, Richmond Gives. Registration required.

Thompson Community Centre

FREE Feb 4 ..... Th ..... 1:30-2:30pm ..... Free/1 sess 00568611

Health and Wellness

ACTIVATE! WELLNESS FAIR

This biennial event takes place on Thursday, March 25, 2027 at Minoru Centre for Active Living. Community booths, a keynote speaker, workshops and more will be part of this information fair that promotes health, wellness, safety and independence. Visit richmond.ca/seniors beginning March 4 for more details.

ALZHEIMER SOCIETY OF BC PUBLIC HEALTH TALK ON BRAIN HEALTH AND DEMENTIA (CANTONESE)

Join this session to learn about brain health, different types of dementia and how to reduce the risks. Q&A session included. Presented by the Alzheimer Society of BC. Registration required.

Hamilton Community Centre

FREE Feb 22 ..... M ..... 12:15-1:15pm ..... Free/1 sess 00565208

BETTER AT HOME PROGRAM AND COMMUNITY SUPPORT SERVICES WORKSHOP (MANDARIN)

Learn about this program, resources for helping seniors stay independent and how caregivers can offer support. Conducted in Mandarin. Presented by SUCCESS. Registration required.

City Centre Community Centre

FREE Mar 2 ..... Tu ..... 10:00am-12:00pm ..... Free/1 sess 00566611

BETTER AT HOME PROGRAM AND COMMUNITY SUPPORT SERVICES WORKSHOP (MANDARIN)–ONLINE

Learn about this program, resources for helping seniors stay independent and how caregivers can offer support. Conducted in Mandarin. Presented by SUCCESS. Offered through Zoom with multilingual translation captions available. Registration required.

City Centre Community Centre

FREE Mar 2 ..... Tu ..... 10:00am-12:00pm ..... Free/1 sess 00370544

EXTREME CLUTTER WORKSHOP–INTRODUCTION

Explore the causes, impacts and practical support strategies of extreme clutter. Learn how community resources, assessments and collaborative approaches can improve wellbeing and create safer living environments. Presented by the BC Association of Community Response Networks. Registration required.

West Richmond Community Centre

FREE Feb 3 ..... W ..... 10:30am-12:00pm ..... Free/1 sess 00568250

FALLS PREVENTION WORKSHOP–FOR SENIORS WITH PARKINSON'S

Discover common risk factors contributing to falls, explore practical exercises to enhance safety and mobility and access valuable support resources for individuals living with Parkinson's and their caregivers. Presented by Parkinson Society British Columbia. Registration required.

West Richmond Community Centre

FREE Jan 19 ..... Tu ..... 10:30am-12:00pm ..... Free/1 sess 00568228

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

Jan 18 ..... M ..... 9:00am-3:00pm ..... $65/1 sess 00561906
Feb 1 ..... M ..... 9:00am-3:00pm ..... $65/1 sess 00562363
Feb 22 ..... M ..... 9:00am-3:00pm ..... $65/1 sess 00562415
Mar 15 ..... M ..... 9:00am-3:00pm ..... $65/1 sess 00562422
Mar 23 ..... Tu ..... 9:00am-3:00pm ..... $65/1 sess 00564946

GENKI WELLNESS PROGRAM (JAPANESE/ENGLISH)

Socialize, learn and have fun with brain-training exercises, tea time and other activities that promote physical and mental well-being (Genki). Offered in partnership with Tonari Gumi. Participants must be members of Tonari Gumi to register for this program. Conducted in Japanese and English. Call 604-238-8084 or 604-238-8080 to register.

Steveston Community Centre

FREE Jan 4-Mar 8 M ..... 10:00am-12:00pm ..... Free/9 sess 00567955

HEARING CLINICS

Register for a hearing test appointment. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE Jan 11 ..... M ..... 2:00-2:20pm ..... Free/1 sess 00561286
FREE Jan 11 ..... M ..... 2:20-2:40pm ..... Free/1 sess 00561287
FREE Jan 11 ..... M ..... 2:40-3:00pm ..... Free/1 sess 00561288
FREE Jan 11 ..... M ..... 3:00-3:20pm ..... Free/1 sess 00561289
FREE Jan 11 ..... M ..... 3:20-3:40pm ..... Free/1 sess 00561290
FREE Jan 11 ..... M ..... 3:40-4:00pm ..... Free/1 sess 00561291
FREE Jan 11 ..... M ..... 4:00-4:20pm ..... Free/1 sess 00561292
FREE Jan 11 ..... M ..... 4:20-4:40pm ..... Free/1 sess 00561293
FREE Mar 15 ..... M ..... 2:00-2:20pm ..... Free/1 sess 00561294
FREE Mar 15 ..... M ..... 2:20-2:40pm ..... Free/1 sess 00561295
FREE Mar 15 ..... M ..... 2:40-3:00pm ..... Free/1 sess 00561296
FREE Mar 15 ..... M ..... 3:00-3:20pm ..... Free/1 sess 00561297
FREE Mar 15 ..... M ..... 3:20-3:40pm ..... Free/1 sess 00561298
FREE Mar 15 ..... M ..... 3:40-4:00pm ..... Free/1 sess 00561299
FREE Mar 15 ..... M ..... 4:00-4:20pm ..... Free/1 sess 00561300
FREE Mar 15 ..... M ..... 4:20-4:40pm ..... Free/1 sess 00561301

IKI IKI SOCIAL (JAPANESE/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.

Steveston Community Centre

Jan 7-Mar 4 ..... Th ..... 12:30-3:00pm ..... $189.20/9 sess 00567961

LOVE YOUR LIVER WORKSHOP

Discover the functions, common causes of disease, risk factors and how to keep this vital organ healthy longer. Presented by the Canadian Liver Foundation. Registration required.

South Arm Community Centre

FREE Mar 31 ..... W ..... 12:15-1:45pm ..... Free/1 sess 00562430

MEDITATION–INTRODUCTION

Discover the basics of meditation in this welcoming and supportive environment either seated or laying down. Practice breath awareness, grounding techniques and guided meditation while learning strategies to quiet mental chatter. Develop simple, sustainable habits that can be incorporated into daily life to support greater calm and well-being. Yoga mat provided for use if required.

Seniors Centre–Minoru Centre for Active Living

Jan 26-Mar 2 ..... Tu ..... 4:00-5:00pm ..... $36.05/6 sess 00563122
Jan 26-Mar 2 ..... Tu ..... 5:30-6:30pm ..... $36.05/6 sess 00568279

OSTEOARTHRITIS SERIES–EXERCISE AND ARTHRITIS

Learn about the various types and amount of exercise that can help those with osteoarthritis to increase range of motion, strength and endurance. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

Cambie Community Centre

FREE Jan 28 ..... Th ..... 1:00-3:00pm ..... Free/1 sess 00566617

OSTEOARTHRITIS SERIES–PAIN MANAGEMENT

Gain an understanding of why pain occurs for those with osteoarthritis, factors that increase pain and strategies to manage a flare up and chronic pain. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE Feb 9 ..... Tu ..... 2:00-4:00pm ..... Free/1 sess 00569446

OSTEOARTHRITIS SERIES–SUPPLEMENTS AND ARTHRITIS

Learn about vitamins, minerals, herbs, probiotics, prebiotics and "natural supplements" for arthritis. Explore the safety, quality and dosages of supplements, interactions with medications and side effects. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

Cambie Community Centre

FREE Mar 18 ..... Th ..... 1:00-3:00pm ..... Free/1 sess 00569292

PROTECT YOUR EYES–EARLY DETECTION AND TREATMENT WORKSHOP

Cover common eye disorders and diseases, the warning signs of eye problems, early eye detection and eye disease treatment. Following the workshop, participants are welcome to join the Seniors Monthly Meeting to share ideas and feedback about programs and services offered at the community centre. Refreshments included. Registration required.

South Arm Community Centre

FREE Jan 6 .....W.....10:00-11:00am..... Free/1 sess.....00567146

UNDERSTANDING GLAUCOMA WORKSHOP

Learn about the causes, signs and symptoms and ways to prevent and treat these eye diseases. Presented by an optometrist. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE Mar 15 .....M.....10:00-11:30am..... Free/1 sess.....00569459

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

Jan 21-Mar 11.....Th.....10:30am-1:30pm..... $210/8 sess 00569466

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. Registration, intake interview and instructor approval required. Conducted in Cantonese and Mandarin. Call the Seniors Wellness Coordinator at 604-238-8460 for details.

Seniors Centre–Minoru Centre for Active Living

Jan 19-Mar 9.....Tu.....10:30am-1:30pm..... $210/8 sess 00569464

WELLNESS WEDNESDAYS WORKSHOP

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 Jan 20-Mar 10...W... 11:30am-1:30pm..Free/8 sess 00563932

Languages

ENGLISH–BEGINNER

Develop basic conversation skills, grammar, sentence structure and everyday vocabulary through engaging, hands-on interactive methods. No experience required.

Seniors Centre–Minoru Centre for Active Living

Jan 13-Mar 10.....W.....10:00-11:30am..... $93.40/9 sess 00567851

FRENCH–BEGINNER

Develop basic French skills in these friendly, low-pressure sessions. Strengthen core fundamentals, unlock new vocabulary and master simple sentence structures all at a comfortable pace. Instructed by a fluent French-speaking instructor. No experience required.

Seniors Centre–Minoru Centre for Active Living

Jan 16-Mar 13.....Sa.....9:30-11:00am..... $93.40/9 sess 00567833

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

Jan 16-Mar 13.....Sa.....11:15am-12:45pm..... $93.40/9 sess 00567834

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.

Thompson Community Centre

Jan 16-Mar 13.....Sa.....12:00-1:30pm..... $93.40/9 sess 00573362

SPANISH–BEGINNER

Continue to expand learning basic words, sentences and intonations while using interactive methods to develop conversational fluency in this popular language. Suitable for those with some basic familiarity or comfort with learning languages. Instructed by a fluent Spanish speaking instructor.

Seniors Centre–Minoru Centre for Active Living

Jan 22-Mar 12.....F.....12:30-2:00pm..... $83.05/8 sess 00567832

South Arm Community Centre

Jan 19-Mar 9.....Tu.....10:00-11:30am..... $83.05/8 sess 00568487

SPANISH–NEW BEGINNER

Start learning Spanish with basic vocabulary, greetings and simple phrases. Instructed by a fluent Spanish speaking instructor. No experience required.

Seniors Centre–Minoru Centre for Active Living

Jan 22-Mar 12.....F.....10:30am-12:00pm..... $83.05/8 sess 00567831

SPANISH–CONVERSATIONAL–LEVEL 1

Meet others and build on current skills and converse in these fun, non-grammar-based and interactive sessions that include games and topical discussions. Instructed by a fluent Spanish speaking instructor. Pre-requisite: Minimum basic knowledge of Spanish.

Seniors Centre–Minoru Centre for Active Living

Jan 20-Mar 10.....W.....10:30am-12:00pm..... $83.05/8 sess 00567836

SPANISH–CONVERSATIONAL–LEVEL 2

Build on current skills and converse in these fun, non-grammar based and interactive sessions that include games and topical discussions. Instructed by a fluent Spanish speaking instructor. Pre-requisite: Conversational Spanish–Level 1.

Seniors Centre–Minoru Centre for Active Living

Jan 20-Mar 10.....W.....12:30-2:00pm..... $83.05/8 sess 00567837

Martial Arts

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

Jan 22-Mar 12.....F.....2:00-3:00pm..... $55.45/8 sess 00567808

TAI CHI–BEGINNER
Learn basic movements in these Yang-style sessions. No experience required.

Seniors Centre–Minoru Centre for Active Living
Jan 16-Mar 27.....Sa.....11:15am-12:15pm..... $76.25/11 sess 00566175

TAI CHI–ADVANCED
Experience improved balance, increased flexibility and relaxation with movements that include Form 24, 42 and 48. Pre-requisite: Tai chi experience.

Seniors Centre–Minoru Centre for Active Living
Jan 16-Mar 27.....Sa.....10:00-11:00am..... $76.25/11 sess 00566172

TAI CHI–SWORD–32 CHEN STYLE
Explore the 32-form sequence through guided practice of basic sword techniques, flowing movements and traditional forms. Improve balance, coordination, focus and body control in a supportive learning environment.

City Centre Community Centre
Jan 4-Mar 15.....M.....12:00-1:00pm..... $69.30/10 sess 00571122

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.

Seniors Centre–Minoru Centre for Active Living
Jan 14-Mar 25.....Th.....12:45-1:45pm..... $76.25/11 sess 00566163

TAI CHI–YANG STYLE–BEGINNER (CANTONESE)
Discover gentle, flowing movements that focus on balance, coordination, breathing, relaxation and mindful movement. Learn foundational movements, including Cross Hands in a relaxed and supportive environment. Conducted in Cantonese. No experience required.

City Centre Community Centre
Jan 4-Mar 8.....M.....10:00-11:00am..... $62.35/9 sess 00571253
Jan 8-Mar 12.....F.....10:00-11:00am..... $69.30/10 sess 00571248

TAI CHI WITH QIGONG–BEGINNER
Discover the gentle power of these two ancient Chinese practices designed to improve balance, strength, flexibility, relaxation and overall well-being. No experience required. Led by an experienced martial artist and award-winning tai chi practitioner.

South Arm Community Centre
Jan 14-Mar 18.....Th.....12:15-1:15pm..... $69.30/10 sess 00569683

TAI CHI WITH QIGONG–INTERMEDIATE
Elevate tai chi practice with dynamic movements from four major styles paired with focused Qigong breathing. Build strength, flexibility and balance through this challenging mind-body workout designed to deepen technique, improve body awareness and enhance overall well-being. Pre-requisite: Tai chi experience.

South Arm Community Centre
Jan 14-Mar 18.....Th.....1:30-2:30pm..... $69.30/10 sess 00569686

TAI CHI–WUDANG STYLE 13 FORM–BEGINNER (CANTONESE)
Learn and practice the slow, controlled movements and mindful breathing of this form of tai chi to improve balance, flexibility and overall health while promoting relaxation and wellbeing. Conducted in Cantonese. No experience required.

South Arm Community Centre
Jan 13-Mar 17.....W.....12:00-1:00pm..... $69.30/10 sess 00567199

TAI CHI–WUDANG STYLE 13 FORM–INTERMEDIATE (CANTONESE)
Further develop this style of tai chi to deepen the understanding of form, improve flow and refine control of movement and breath. Build strength, balance and confidence progressing in this supportive and focused practice environment. Conducted in Cantonese. Pre-requisite: Tai Chi–Wudang Style 13 Form–Beginner.

South Arm Community Centre
Jan 13-Mar 17.....W.....1:15-2:15pm..... $69.30/10 sess 00567208

Thompson Community Centre
Jan 11-Mar 8.....M.....2:00-3:00pm..... $55.45/8 sess 00567829

WING CHUN–BEGINNER
Improve stance and moves of this martial arts discipline while learning the basic concepts and origin of the first Wing Chun style called 'Siu Nim Tau' (Little Concept). No experience required.

City Centre Community Centre
Jan 6-Mar 17.....W.....10:30-11:30am..... $76.25/11 sess 00567059

WUDANG NEIGONG–FINGER SWORD–BEGINNER 1 (MANDARIN/CANTONESE/ENGLISH)
Build strength, balance and inner energy through Xiaolianxing as the main foundation, traditional stance work, controlled breathing and mindful movement. Improve flexibility, stability, coordination and focus while developing greater body awareness, calmness and physical confidence through a practice that nurtures overall well-being.Conducted in Mandarin, Cantonese and English. No experience required.

City Centre Community Centre
Jan 14-Mar 11.....Th.....9:30am-11:00am..... $93.55/9 sess 00571915

WUDANG NEIGONG–FINGER SWORD–BEGINNER
Build strength, balance and inner energy through Xiaolianxing as the main foundation, traditional stance work, controlled breathing and mindful movement. Improve flexibility, stability, coordination and focus while developing greater body awareness, calmness and physical confidence through a practice that nurtures overall well-being. No experience required.

West Richmond Community Centre
Jan 19-Mar 16.....Tu.....4:15-5:45pm..... $93.55/9 sess 00573464

WUDANG NEIGONG–FINGER SWORD–BEGINNER 2 (MANDARIN/CANTONESE/ENGLISH)
Advance strength, balance and inner energy with Liubuchugong as the main foundation through refined stance work, controlled breathing and mindful movement. Enhance flexibility, stability, coordination and focus while building greater body awareness, physical confidence and a deeper connection between movement, breath and mind. Conducted in Mandarin, Cantonese and English.

City Centre Community Centre
Jan 16-Mar 13.....Sa.....2:00-3:30pm..... $93.55/9 sess 00571918

Out Trips and Tours

JANUARY

STANLEY PARK LUNCH TRIP
Enjoy a scenic drive around this Vancouver landmark with a stop for lunch at Stanley's Bar and Grill in Vancouver. Transportation only included.

Thompson Community Centre
Jan 15 ..... F ..... 11:00am-3:30pm ..... $23/1 sess 00567824

BLOEDEL CONSERVATORY AT QUEEN ELIZABETH PARK AND LUNCH TRIP
Wander through this iconic Vancouver triodetic dome learning about the beautiful array of exotic plants and flowers, colourful koi fish and more than 100 free-flying birds of various species, followed by a delicious South Asian lunch at the Dosa Factory. Transportation and admission included.

Cambie Community Centre
Jan 18 ..... M ..... 9:45-3:30pm ..... $29/1 sess 00565752

South Arm Community Centre
Jan 18 ..... M ..... 9:30-3:45pm ..... $29/1 sess 00564743

LAFARGE LAKE LIGHTS TRIP
Experience Metro Vancouver's largest free outdoor winter lights display complete with a hot beverage at PappaRoti. Home drop-off ($3) available. Transportation only included.

Seniors Centre–Minoru Centre for Active Living
Jan 19 ..... Tu ..... 4:00-9:00pm ..... $21/1 sess 00564162

HELEN'S GRILL LUNCH TRIP
Step into this classic Vancouver diner filled with vintage charm, cozy booths and personal jukeboxes. Savour unfussy diner favourites and Greek classics while discovering a beloved neighbourhood eatery where nostalgic atmosphere and comfort food create a memorable dining experience. Transportation only included.

Cambie Community Centre
Jan 21 ..... Th ..... 12:30-3:00pm ..... $17/1 sess 00563781

BRUNCH AT NEWLANDS GOLF CLUB TRIP
Enjoy the legendary Sunday brunch at this Langley golf and country club with stunning views of the 18th green. Transportation and brunch buffet included. Home drop off ($3) available.

Seniors Centre–Minoru Centre for Active Living
Jan 24 ..... Su ..... 9:30am-1:30pm ..... $59.45/1 sess 00564395

LET'S DO LUNCH SERIES TRIP
Discover new cuisines, local favourites and hidden gems in this new series of monthly out trips to various local restaurants. Lunch at Milestones Restaurant in Tsawwassen. Transportation only included.

Thompson Community Centre
Jan 26 ..... Tu ..... 11:00am-2:30pm ..... $20.50/1 sess 00567823

FEBRUARY

LET'S DO LUNCH SERIES TRIP
Discover new cuisines, local favourites and hidden gems in this new series of monthly out trips to various local restaurants. Lunch at Speeds Pub in Ladner. Transportation only included.

Thompson Community Centre
Feb 9 ..... Tu ..... 11:00am-2:30pm ..... $20.50/1 sess 00567828

MASSEY THEATRE–TRIBUTE TO THE BLUES BROTHERS–I'M A SOULMAN TRIP
Experience the electrifying sounds of rhythm, blues and soul in this high-energy live tribute at this popular venue in New Westminster. Enjoy two hours of iconic hits from The Blues Brothers, The Isley Brothers, Sam and Dave, James Brown, Ray Charles and more, performed by internationally travelled brothers Chris and Geoff Dahl. Sing along, dance and celebrate legendary music. Admission and transportation included. Home drop off ($3) available. No refunds within 30 days of trip.

City Centre Community Centre
Feb 13 ..... Sa ..... 6:00-10:15pm ..... $84/1 sess 00560871

South Arm Community Centre
Feb 13 ..... Sa ..... 5:45-10:00pm ..... $84/1 sess 00560067

MICHAEL J FOX THEATRE–BALLET OF LIGHTS–SLEEPING BEAUTY IN A SPARKLING SHOW TRIP
Discover a world of light and dance in this retelling of a classic story through classical dance and stunning choreography, featuring beautiful flow-in-the-dark costumes. Transportation and admission included. Home drop off ($3) available. No refunds within 30 days of trip.

Seniors Centre–Minoru Centre for Active Living
Feb 13 ..... Sa ..... 4:00-7:00pm ..... $81.15/1 sess 00564789

CANADIAN MUSEUM OF FLIGHT AND SHOPPING TRIP
Enjoy a fun and fascinating visit to this Langley museum exploring the more than 25 historic aircrafts and learning about Canada's aviation history. Continue to Willowbrook Shopping Centre for lunch, shopping and free time. Transportation and admission included.

City Centre Community Centre
Feb 17 ..... W ..... 10:00am-3:00pm ..... $25/1 sess 00569206

CITY OF RICHMOND ARCHIVES TOUR
Celebrate Archives Week with this special talk and behind-the-scenes tour of this local archives. Offered in collaboration with the Friends of the Richmond Archives. Registration required.

West Richmond Community Centre
FREE Feb 17 ..... W ..... 10:00-11:00am ..... Free/1 sess 00568108

CURLING AT THE MARPOLE CURLING RINK TRIP
Discover the fun of curling with a welcoming, accessible introduction to this classic winter sport. Learn game basics during a two-hour guided session with mobility aids available to support accessibility needs followed by a meal at the Dublin Crossing Irish restaurant. No experience required. Transportation and curling included.
Feb 18 ..... Th ..... 10:00am-3:30pm ..... $78.20/1 sess 00576246

MUSIC BINGO NIGHT AT MATCH EATERY
Join this fun-filled evening of music, food and prizes at this Ladner eatery. Enjoy a lively mix of classic tunes and friendly competition in a vibrant pub-style atmosphere. Experience social connection, entertainment and a chance to win great prizes. Transportation only included.

Thompson Community Centre
Feb 18 ..... Th ..... 4:30-8:30pm ..... $21.50/1 sess 00567830

MUSEUM OF ANTHROPOLOGY TRIP
Tour this renowned UBC museum featuring traditional and contemporary art from Northwest Coast First Nations and cultures from around the world. Transportation and admission included. Bring or buy lunch.

Thompson Community Centre
Feb 25 ..... Th..... 11:00am-3:30pm ..... $39.75/1 sess 00567825

CANDLELIGHT CONCERTS–A TRIBUTE TO FLEETWOOD MAC
Rediscover the music at Vancouver's Kerrisdale Presbyterian Church under the gentle glow of candlelight. Enjoy this live, multi-sensory musical experience. Presented by Candlelight Concerts. Transportation and admission included. Home drop off ($3) available. No refunds within 30 days of trip.

City Centre Community Centre
Feb 27 ..... Sa..... 5:15-9:15pm ..... $69/1 sess 00560979

South Arm Community Centre
Feb 27 ..... Sa..... 5:00-9:00pm ..... $69/1 sess 00560977

MARCH

HISTORIC STEWART FARM AND CRESCENT BEACH TRIP
Discover Surrey's heritage and seaside scenery on this visit to Historic Stewart Farm and Elgin Heritage Park. Explore the 1894 farmhouse and heritage grounds before continuing to Blackie Spit and Crescent Beach for scenic waterfront views, lunch and free time to explore the neighbourhood. Transportation and admission included. No refunds within 7 days of trip.

Thompson Community Centre
Mar 2 ..... Tu..... 9:45am-4:00pm ..... $31.75/1 sess 00569679

CHINESE CANADIAN MUSEUM TRIP
Travel to Vancouver's Chinatown to explore exhibits in the historic Wing Sang Building and gain a deeper appreciation of Chinese Canadian history and culture. Choose a restaurant nearby for lunch. Transportation and admission included.

Seniors Centre–Minoru Centre for Active Living
Mar 4 ..... Th..... 9:30am-2:30pm ..... $41.15/1 sess 00564367

VANCOUVER ART GALLERY AND DINNER TRIP
Discover captivating contemporary and historic artworks by BC, Canadian and international artists at this popular gallery. Enjoy inspiring exhibitions, spark creative curiosity and round out the cultural outing with a relaxing dinner stop at a local restaurant. Transportation and admission included. Home drop-off ($3) available.

Cambie Community Centre
Mar 5 ..... F..... 5:00-9:15pm ..... $30/1 sess 00562883

South Arm Community Centre
Mar 5 ..... F..... 4:45-9:30pm ..... $30/1 sess 00565038

METRO THEATRE–MURDER ON THE ORIENT EXPRESS TRIP
Take in this famous play at this theatre in the heart of Vancouver's Marpole neighbourhood. A glamorous train, a shocking murder and a race against time, this show delivers all the intrigue and suspense of a classic whodunit. Adapted by Ken Ludwig from the celebrated novel by Agatha Christie, this stylish and suspenseful thriller is filled with twists, clever humour and edge-of-your-seat excitement. Admission and transportation included. No refunds within 30 days of trip.

City Centre Community Centre
Mar 6 ..... Sa..... 12:45-5:30pm ..... $73/1 sess 00560065

South Arm Community Centre
Mar 6 ..... Sa..... 12:30-5:30pm ..... $73/1 sess 00562285

GRANVILLE ISLAND MARKET TRIP
Shop and stroll through this world famous Vancouver public market with time included for a delicious lunch. Bring a lunch or dine at one of the local restaurants. Transportation only included.

Thompson Community Centre
Mar 9 ..... Tu..... 11:00am-3:30pm ..... $25.50/1 sess 00567827

West Richmond Community Centre
Mar 9 ..... Tu..... 11:15am-3:15pm ..... $25.50/1 sess 00568113

BANANA LEAF RESTAURANT TRIP
Enjoy the vibrant flavours of Southeast Asia at this popular Kitsilano restaurant, where Malaysian roots blend with culinary influences from across the region. Savour distinctive dishes bursting with diverse flavours while sharing a memorable dining experience with friends and new connections. Transportation only included. Home drop off ($3) available. All meals are subject to an automatic gratuity of up to 18%.

Seniors Centre–Minoru Centre for Active Living
Mar 11 ..... Th..... 11:30am-2:30pm ..... $19.50/1 sess 00564505

ACADEMY FARMS WATER BUFFALO AND BISON FARM TOUR AND SHOPPING TRIP
Discover Academy Farms in Langley on this guided farm experience featuring water buffalo and bison, a scenic wagon ride and fresh cheese sampling. Continue to Willowbrook Shopping Centre for lunch, shopping and free time. Transportation and tour admission included.

Thompson Community Centre
Mar 16 ..... Tu..... 9:00am-5:00pm ..... $44.50/1 sess 00569397

BIRDING IN STANLEY PARK TRIP
Take in the annual and natural phenomenon of the Great Blue Heron's arrival and nest building in this popular park. Bring a lunch. Transportation only included.

Steveston Community Centre
Mar 18 ..... Th..... 10:00am-4:00pm ..... $44/1 sess 00568604

HORSESHOE BAY DAY TRIP
Travel to this northwest, popular and picturesque area of West Vancouver to explore the area independently. Explore Horseshoe Bay Park, have lunch or a snack with a view or walk around the village and marina. Transportation only included.

Thompson Community Centre
Mar 19 ..... F..... 10:30am-3:45pm ..... $25/1 sess 00567826

West Richmond Community Centre
Mar 19 ..... F..... 10:45am-3:15pm ..... $25/1 sess 00568117

CHILLIWACK DISTRICT 1881 TRIP
Stroll through this downtown Chilliwack gem with pedestrian alleys lined with stunning heritage buildings, unique local businesses, cozy restaurants, breweries and charming retail shops. Transportation only included.

Cambie Community Centre
Mar 23 ..... Tu ..... 9:45am-4:45pm ..... $28.50/1 sess 00572458

Thompson Community Centre
Mar 23 ..... Tu ..... 9:30am-5:00pm ..... $28.50/1 sess 00569525

MILL LAKE PARK AND THE REACH GALLERY MUSEUM TRIP
Discover the natural beauty of this Abbotsford lake with a relaxing lakeside walk and scenic views followed by an exploration of The Reach Gallery Museum filled with local art, history and culture. Transportation and admission included.

City Centre Community Centre
Mar 24 ..... W ..... 9:30am-4:00pm ..... $22/1 sess 00569457

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. No experience required. Paddles provided for use if required.

Cambie Community Centre
Jan 9-Mar 20 ..... Sa ..... 1:00-2:30pm ..... $171/9 sess 00571346

South Arm Community Centre
Jan 5-Feb 9 ..... Tu ..... 8:00-9:30am ..... $63.20/6 sess 00560129
Jan 5-Feb 9 ..... Tu ..... 5:30-7:00pm ..... $63.20/6 sess 00560133
Feb 16-Mar 23 .... Tu ..... 8:00-9:30am ..... $52.65/5 sess 00560136
Feb 16-Mar 23 .... Tu ..... 5:30-7:00pm ..... $52.65/5 sess 00560143

Thompson Community Centre
Jan 14-Mar 5 ..... Th ..... 1:15-2:30pm ..... $70.20/8 sess 00564745

West Richmond Community Centre
Jan 4-Mar 8 ..... M ..... 12:45-2:00pm ..... $61.40/7 sess 00569504

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. No experience required. Paddles provided for use if required.

West Richmond Community Centre
Jan 8-Mar 12 ..... F ..... 9:30-10:45am ..... $70.20/8 sess 00569515
Jan 8-Mar 12 ..... F ..... 10:50am-12:05pm ..... $70.20/8 sess 00569517

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
Jan 5-Feb 9 ..... Tu ..... 9:45-11:15am ..... $63.20/6 sess 00560130
Jan 5-Feb 9 ..... Tu ..... 7:00-8:30pm ..... $63.20/6 sess 00560134
Feb 16-Mar 23 .... Tu ..... 9:45-11:15am ..... $52.65/5 sess 00560138
Feb 16-Mar 23 .... Tu ..... 7:00-8:30pm ..... $52.65/5 sess 00560144

Thompson Community Centre
Jan 13-Mar 3 ..... W ..... 12:00-1:15pm ..... $70.20/8 sess 00564744
Jan 14-Mar 4 ..... Th ..... 2:35-3:50pm ..... $70.20/8 sess 00564754

PICKLEBALL–ADVANCED
Master advanced strategies, refine precision in shot placement and enhance court coverage. Instructed by a certified instructor. Paddles provided for use if required. Pre-requisite: Pickleball–Intermediate.

South Arm Community Centre
Jan 5-Feb 9 ..... Tu ..... 11:30am-1:00pm ..... $63.20/6 sess 00560131
Feb 16-Mar 23 .... Tu ..... 11:30am-1:00pm ..... $52.65/5 sess 00560140

PICKLEBALL–NON-INSTRUCTIONAL–ALL LEVELS
Practice and play with fellow players in these non-instructional sessions. Racquet and other equipment required at each session.

Anderson School (City Centre)
Jan 10-Mar 7 ..... Su ..... 2:45-4:30pm ..... $56.15/8 sess 00568753

PICKLEBALL TOURNAMENT–BEGINNER
Play in a fun, round robin style tournament for beginners. Players paired randomly on the day of tournament. Tournament play and light refreshments included. Pre-requisite: Minimum of one year's experience and not more than two years' experience.

South Arm Community Centre
Feb 23 ..... Tu ..... 9:15-11:15am ..... $17.50/1 sess 00571540
Feb 23 ..... Tu ..... 11:15am-1:15pm ..... $17.50/1 sess 00571541

PICKLEBALL TOURNAMENT–ADVANCED
Play in a fun round robin style tournament for beginners. Players paired randomly on the day of tournament. Tournament play and light refreshments included. Pre-requisite: Minimum of one year's experience and not more than two years' experience.

South Arm Community Centre
Feb 23 ..... Tu ..... 5:00-7:00pm ..... $17.50/1 sess 00571542

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 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)

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
- 604-276-4300
  Mon - Fri,
  8:30am - 5:00pm
- In-person at any community facility

richmond.ca/seniors

Richmond

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
Billiards* 8:00am–4:45pm (Drop-in)	**Billiards*** 8:00am–8:45pm	**Billiards*** 8:00am–8:45pm	**Billiards*** 8:00am–8:45pm	**Billiards*** 8:00am–8:45pm	**Billiards*** 8:00am–8:45pm	**Billiards*** 8:00am–4:45pm (Drop-in)
Wood Carving*** 9:30am–12:00pm 1:00–4:30pm	**Woodworking*** 8:30am–2:00pm	**Tai Chi Practice**** 9:00–10:00am	**Woodworking*** 8:30am–2:00pm	**Tai Chi Practice**** 8:45–9:45am	**Woodworking*** 8:30am–2:00pm	**Woodworking*** 8:30am–4:00pm (Finishing day)
Model Walkers** 11:00am–1:00pm	**Tai Chi Practice**** 8:45–9:45am	**French Conversation** 9:30–11:30am	**Yuanji Dance**** 8:30–10:30am	**Yuanji Dance**** 9:00–10:30am	**Tai Chi Practice**** 9:00–10:30am	**Tai Chi Practice**** 8:45–9:45am
Poker 11:30am–4:00pm	**Yuanji Dance**** 9:00–10:30am	**Wood Carving***** 9:30am–12:00pm 1:00–4:30pm	**Tai Chi Practice**** 8:45–9:45am	**Busy Fingers/ Knitters and Knatters** 9:30–11:30am 1:00–3:00pm	**Mahjong**** 10:00am–5:00pm	**Ballroom Dance**** 10:00am–12:00pm
Minoru Community Line Dancers** 1:30–3:30pm	**Busy Fingers/ Knitters and Knatters** 9:30–11:30am	**Vinyl Club** 11:00am–12:00pm (1st and 3rd weeks)	**Happy Chorus (U.R.)** 10:00am–12:30pm	**Minoru Strummers Ukulele Circle**** 10:00–11:30am	**Silver Singers**** 9:45am–12:00pm	**Chinese Drum and Guitar Social **** 10:00am–12:00pm
Korean Style Dance Circle** 2:00–4:00pm	**Happy Chorus (U.R.)** 10:00am–12:30pm	**Poker** 11:30am–4:00pm	**Mahjong**** 10:00am–5:00pm	**Poker** 11:30am–4:00pm	**Bridge Duplicate** 12:30–4:00pm	**Bridge Practice Group** 10:30am–12:30pm
	Reading Social for Chinese Speaking Seniors** 10:15am–12:15pm	**Carpet Bowling** 12:30–3:00pm	**Minoru Waist Drum**** 12:45–2:45pm	**Scrabble** 12:45–4:00pm	**Chinese Calligraphy**** 1:00–4:00pm	**Peking Opera** 1:30–4:30pm
	Crib 1:00–3:00pm	**Starlight Choir**** 12:45–2:45pm	**Crib** 1:00–3:30pm	**Joy Singing and Dancing** (Singing)** 1:00–3:00pm	**Euchre** 1:30–4:00pm	**Multicultural Dance**** 2:00–4:30pm
	Bridge 1:00–4:30pm	**Kingsland Calligraphy** 1:30–4:00pm	**Glee** 2:00–4:00pm	**Wood Carving***** 1:00–4:30pm	**Minoru Community Line Dancers**** 1:30–3:30pm	
	Photo Group (2nd & 4th week) 1:30–3:30pm	**Seniors Saxophone**** 3:00–5:00pm	**Joy Singing and Dancing (Dancing)** 2:45–4:45pm	**Platinum Players** 1:30–3:30pm	**Hanging with The Guys** 2:30–4:30pm	
	Multicultural Dance** 2:30–4:30pm	**Yuanji Dance**** 6:30–8:30pm	**Multicultural Dance** (Performance group only)** 6:45–8:45pm	**Ballroom Dance**** 3:30–5:15pm	**Classical Chinese Ethnic Folk Dance**** 6:45–8:45pm	
	Whist 6:00–8:45pm	**Joy Singing and Dancing** (Dancing)** 6:45–8:45pm		**Seniors Saxophone**** 4:00–6:00pm		
		Model Dance** 6:45–8:45pm		**Prostate Cancer Support Group (Hybrid)** (2nd week) 6:30–8:30pm		
				Yuanji Dance 6:30–8:30pm		

*Additional Passes $48.00/year | **Additional Fees $2.00/Drop-in | ***Additional Pass $42.00/year | U.R. means under review

Seniors Facility Passes at the following community centres are **$20.00 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
	Coffee and Tea 11:00am–12:30pm (ERCH)	**Tai Chi Practice–Form 24** 8:30–9:15am (no instruction) 00561832* (ERCH)	**Tai Chi–48 Form** 8:30–9:30am 00561831* (ERCH)	**Indoor Walking** 10:00–11:00am 00561970* (CCC)	**Tai Chi–24 Form** 8:30–9:30am 00561829* (ERCH)	
		Tai Chi Practice–Form 48 9:15–10:00am (no instruction) 00561833* (ERCH)	**Table Tennis** 9:30–10:30am (ERCH)		**Table Tennis** 9:30–10:30am (ERCH)	
		Mahjong (2nd Tue/mth) 10:00am–12:00pm 00561841* (ERCH)	**Book Club** (1st Wed/mth) 10:30am–12:00pm 00561839* (ERCH)		**Knitting** 10:00–11:30am (ERCH)	
		Karaoke (1st and 3rd Tu/mth) 10:30am–12:30pm (ERCH)	**Writing Club** 10:00–12:00pm 00561840* (ERCH)		**Luk Tung Kuen** 11:00–11:45am 00561835 (ERCH)	
			Luk Tung Kuen 11:00–11:45am 00561834 (ERCH)			
			Coffee and Tea (2nd Wed/mth) 11:30am–1:30pm (ERCH)			
			Peking Opera 2:45–5:00pm			

*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
English Conversation Group 3:00–4:30pm	**Karaoke** 10:30am–12:30pm	**Singing Group** 10:00am–1:00pm	**Poetry Appreciation Group** 2:00–4:00pm	**Karaoke (Chinese)** 10:30am–12:30pm		**Technology Help** 3:30–5:00pm
	Ballroom Dance 1:00–3:00pm	**Chinese Calligraphy in Mandarin** 1:00–3:00pm		**Ballroom Dance** 1:00–3:00pm		
	Chinese Traditional Dance 2:00–3:30pm	**Social Group** 2:00–4:00pm		**Chinese Traditional Dance** 2:00–3:30pm		
	Brush Hour 3:00–5:00pm	**Knitting Group** 2:30–4:30pm				

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

Hamilton Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
	Tai Chi Advanced 7:30–8:30am	**Tai Chi Advanced** 7:30–8:30am	**Tai Chi Advanced** 7:30–8:30am	**Tai Chi Advanced** 7:30–8:30am	**Tai Chi Advanced** 7:30–8:30am	
	Seniors Circle 11:30am–1:00pm	**Tai Chi Beginners** 9:00–10:00am		**Tai Chi Beginners** 9:00–10:00am	**Karaoke** 10:00am–11:00am	
	Dancing and Sing-A-Long 12:45–1:45pm	**Mahjong** 10:15am–12:30pm		**Mahjong** 10:15am–12:30pm	**Line Dancing** 11:00am–12:00pm	

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

South Arm Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
Sahara Sisters (last Sun/mth) 12:30–3:30pm	**Luk Tung Kuen** 7:45–8:30am	**Luk Tung Kuen** 7:45–8:30am	**Luk Tung Kuen** 7:45–8:30am	**Luk Tung Kuen** 7:45–8:30am	**Luk Tung Kuen** 7:45–8:30am	**MILAP Group – B** 11:00am–1:00pm
	New Immigrant Support/English Learning Group 9:00–11:30am	**Seniors Social Group** 9:30–11:00am	**Book Club (4th Wed/mth)** 10:00–11:30am	**Friendship Group** 8:30–9:20am	**Ted Talks (4th Fri/mth)** 10:00–11:00am	
	Scrabble 10:00am–12:00pm		**Classic QiPao Dance** 12:00–2:00pm	**Karaoke** 9:30am–12:00pm		
	Global Connections (Biweekly) 12:00–2:00pm		**Singing Along** 12:00–2:00pm	**Mahjong Social** 9:30am–1:30pm		
	MILAP Group – A (bi-weekly) 1:00–3:00pm		**Tai Chi** 1:30–2:30pm	**Knitting Group** 1:00–3:00pm	**Carpet Bowling** 1:00–3:00pm	
	Carpet Bowling 1:00–3:00pm		**Gardening Club** 3:30–5:00pm			

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

Steveston Community Centre

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

*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
Table Tennis 5:00–8:00pm	**Luk Tung Kuen** 7:45–8:45am	**Luk Tung Kuen** 7:45–8:45am	**Luk Tung Kuen** 7:45–8:45am	**Luk Tung Kuen** 7:45–8:45am	**Table Tennis** 7:30–9:30am	**Table Tennis** 7:30–10:30am
	Tai Chi 8:50-9:20am	**Luk Tung Coffee Hour** 9:00–10:00am	**Tai Chi** 8:50-9:20am	**Women in Conversation** 11:00am–1:00pm	**Luk Tung Kuen** 7:45–8:45am	
	Table Tennis 2:00–4:30pm	**Bridge** 1:30–3:00pm	**Chinese Cultural Dance** 1:30–2:45pm	**Table Tennis** 8:15–9:30pm	**Gentlemen in Conservation** (2nd & 4th week) 10:30am–12:00pm	
					Karaoke 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
		Chinese Folk Dancing 9:00–10:30am		**Multicultural Social** 9:45–10:45am		
	French Conversation Group–All Levels 10:30am–12:00pm	**English Conversation Group–Beginner** 11:00am–12:30pm (Contact 604-238-8431 for availability)		**English Conversation Group–Intermediate** 11:00am– 12:15pm		
		Spanish Conversation Group–Intermediate/ Advanced–Online 1:30–3:00pm				
Chinese Folk Dancing 2:00–4:00pm		**Scottish Country Dancing** 2:15–3:45pm			**Basketball Drop-In** 2:00–3:30pm	
	Guitar Circle 6:30–8:30pm		**Ukulele and Singing Circle** 6:30–8:00pm			

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