



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

**Spring 2023** | APR-JUN  
[www.richmond.ca/register](http://www.richmond.ca/register)





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## Refunds / Withdrawals / Transfers

To receive a refund, withdraw or transfer from a program or class, customers are to phone any Community Services 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 [www.richmond.ca/register](http://www.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

[www.richmond.ca/register](http://www.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 [www.richmond.ca/reghelp](http://www.richmond.ca/reghelp).

### ✓ Your Course ID number

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

Jan 11 – Mar 8..... **123456**

### ✓ 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.**

**Our facilities and programs follow current provincial and local health guidelines to support public safety and reduce the spread of communicable diseases; therefore, program offerings may be adjusted as requirements change.**

# In-person Programs

## Arts—Dance

### BALLROOM DANCING—BEGINNER

Cover the basic steps of the jive, cha cha, waltz and foxtrot. Singles and pairs welcome.

#### Thompson Community Centre

**TRY-IT** Apr 5 ..... W ..... 9:00-10:30am ..... Free/1 sess ..... 212867  
Apr 12-Jun 14 ..... W ..... 9:00-10:30am ..... \$81.55/9 sess ..... 212859

### BAROQUE DANCE

Enjoy this elegant dance that includes both social (ballroom) dancing and theatrical dancing (ballet) and consists of basic, natural movements.

#### Cambie Community Centre

Apr 4-May 9 ..... Tu ..... 1:30pm-3:00pm ..... \$54.35/6 sess ..... 213029

#### West Richmond Community Centre

**TRY-IT** Apr 6 ..... Th ..... 2:15-3:30pm ..... Free/1 sess ..... 214030  
Apr 13-Jun 1 ..... Th ..... 2:15-3:30pm ..... \$60.40/8 sess ..... 214043

### BROADWAY JAZZ DANCING

Explore the theatrical dance style and choreography inspired by Broadway musicals. Set to favourite songs, work on developing coordination and improving balance while building jazz dance techniques. Suitable for all levels. Beginners welcome.

#### Minoru Centre for Active Living (Seniors Centre)

Apr 17-Jun 19 ..... M ..... 10:45-11:45am ..... \$54.35/9 sess ..... 214006

### CONDITIONING THROUGH DANCE

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

#### Minoru Centre for Active Living (Seniors Centre)

Apr 17-Jun 19 ..... M ..... 12:00-1:00pm ..... \$54.35/9 sess ..... 214014

### DANCE AND MOTION

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

#### Minoru Centre for Active Living (Seniors Centre)

Apr 12-Jun 21 ..... W ..... 11:00am-12:00pm ..... \$66.45/11 sess ..... 214615

### DANCE MOVES

Enjoy a great workout with fun and easy-to-follow dance routines. All fitness and experience levels welcome.

#### East Richmond Community Hall (Cambie)

Apr 3-May 15 ..... M ..... 10:00-11:00am ..... \$36.25/6 sess ..... 214921

### HAWAIIAN HULA DANCING—BEGINNER

Learn the basic 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.

#### Steveston Community Centre

Apr 21-Jun 23 ..... F ..... 12:00-1:00pm ..... \$60.40/10 sess ..... 209570

### 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.

#### Steveston Community Centre

Apr 21-Jun 23 ..... F ..... 1:00-2:00pm ..... \$60.40/10 sess ..... 209548

### LINE DANCING—BEGINNER

Practice the basic moves that make up current line dancing today. This style of dance is easy to learn and it's fun! No dance experience required.

#### City Centre Community Centre

Apr 12-Jun 14 ..... W ..... 1:30-2:30pm ..... \$60.40/10 sess ..... 213219

#### Minoru Centre for Active Living (Seniors Centre)

Apr 11-Jun 13 ..... Tu ..... 2:00-3:00pm ..... \$60.40/10 sess ..... 214092

#### Steveston Community Centre

Apr 13-Jun 15 ..... Th ..... 1:00-2:00pm ..... \$60.40/10 sess ..... 209557

Apr 13-Jun 15 ..... Th ..... 2:15-3:15pm ..... \$60.40/10 sess ..... 209575

### LINE DANCING VARIETY—BEGINNER

Try this class that focuses on the fundamental steps of line dancing and is adaptable to country, ballroom, rock and roll, disco, Latin and pop music. Suitable for new dancers. Dance experience not required.

#### Thompson Community Centre

**TRY-IT** Apr 5 ..... W ..... 10:45-11:45am ..... Free/1 sess ..... 212870

Apr 12-Jun 14 ..... W ..... 10:45-11:45am ..... \$54.35/9 sess ..... 212938

### LINE DANCING VARIETY—BEGINNER LEVEL 1 (CANTONESE AND MANDARIN)

Try this class that focuses on the fundamental steps of line dancing and is adaptable to country, ballroom, rock and roll, disco, Latin and pop music. Conducted in Cantonese and Mandarin. Pre-requisite: Beginner line dancing experience.

#### Minoru Centre for Active Living (Seniors Centre)

Apr 14-Jun 23 ..... F ..... 10:45-11:45am ..... \$60.40/10 sess ..... 218231

Apr 17-Jun 19 ..... M ..... 10:45-11:45am ..... \$48.30/8 sess ..... 214679

## LINE DANCING VARIETY–BEGINNER LEVEL 2 (CANTONESE AND 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: Beginner line dancing experience.

### Minoru Centre for Active Living (Seniors Centre)

Apr 11-Jun 20 ..... Tu..... 9:45-10:45am..... \$60.40/10 sess ... 214015

Apr 13-Jun 22 ..... Th ..... 10:45-11:45am..... \$60.40/10 sess ... 218224

## LINE DANCING–INTERNATIONAL–BEGINNER

Follow easy-to-learn steps for short dances set to popular music. No dance experience required.

### Minoru Centre for Active Living (Seniors Centre)

Apr 15-Jun 24 ..... Sa ..... 2:15-3:45pm..... \$99.65/11 sess ... 214736

## LINE DANCING–INTERNATIONAL–BEGINNER–IMPROVER

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

### Minoru Centre for Active Living (Seniors Centre)

Apr 12-Jun 21 ..... W..... 2:15-3:45pm..... \$99.65/11 sess ... 214604

## LINE DANCING VARIETY–NEW BEGINNER (CANTONESE AND MANDARIN)

Try this class that focuses on the fundamental steps of line dancing and is adaptable to country, ballroom, rock and roll, disco, Latin and pop music. Conducted in Cantonese and Mandarin. Suitable for new dancers. Dance experience not required.

### Minoru Centre for Active Living (Seniors Centre)

Apr 14-Jun 23 ..... F ..... 9:30-10:30am..... \$60.40/10 sess ... 218235

## LINE DANCING–INTERMEDIATE

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

### City Centre Community Centre

Apr 12-Jun 14 ..... W..... 2:45-3:45pm..... \$60.40/10 sess ... 213220

### Minoru Centre for Active Living (Seniors Centre)

Apr 11-Jun 13 ..... Tu..... 3:15-4:15pm..... \$60.40/10 sess ... 214283

## LINE DANCING–INTERNATIONAL–INTERMEDIATE–IMPROVER

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

### Minoru Centre for Active Living (Seniors Centre)

Apr 15-Jun 24 ..... Sa ..... 12:30-2:00pm..... \$99.65/11 sess ... 214737

## LINE DANCING–INTERNATIONAL–INTERMEDIATE–ADVANCED

Move to a variety of styles and popular music and cover interesting combinations and more complex steps, patterns and movements. Suitable for experienced dancers. Pre-requisite: Advanced knowledge of line dancing steps and terminology.

### Minoru Centre for Active Living (Seniors Centre)

Apr 12-Jun 21 ..... W..... 12:30-2:00pm..... \$99.65/11 sess ... 214601

## SWINGIN' ROCKIN' DANCE PARTY–BEGINNER

Dance to a variety of short and easy-to-follow sequences with flair and style. Music is mostly up-tempo dance favourites from the 1960s through the 1980s with an emphasis on having fun and looking good dance-wise.

### Minoru Centre for Active Living (Seniors Centre)

Apr 11-Jun 20 ..... Tu..... 12:45-1:45pm..... \$66.45/11 sess ... 215190

## SWINGIN' ROCKIN' DANCE PARTY–ADVANCED

Dance to popular and familiar dance tunes with easy-to-follow steps and sequences and high-energy, non-stop action. Suitable for trained or experienced dancers with the ability to learn steps and sequences quickly. Pre-requisite: Advanced dance experience or Swingin' Rockin' Dance Party–Beginner.

### Minoru Centre for Active Living (Seniors Centre)

Apr 11-Jun 20 ..... Tu..... 2:00-3:00pm..... \$66.45/11 sess ... 214325

## TAP DANCING–BEGINNER

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

### Minoru Centre for Active Living (Seniors Centre)

Apr 13-Jun 22 ..... Th ..... 3:00-4:00pm..... \$66.45/11 sess ... 214634

## TAP DANCING–INTERMEDIATE

Combine previously learned steps with new moves in this social class that also offers a fun workout. Tap shoes required. Pre-requisite: Beginner tap dancing experience.

### Minoru Centre for Active Living (Seniors Centre)

Apr 12-Jun 21 ..... W..... 10:10-11:10am..... \$66.45/11 sess ... 214552

## TAP DANCING–CHOREOGRAPHY

Develop some dance skills and learn a routine that challenges both the brain and the body with a short, fast warm up prior to the choreography portion. Tap shoes required. Pre-requisite: Tap Dancing–Intermediate or intermediate tap dance level ability.

### Minoru Centre for Active Living (Seniors Centre)

Apr 12-Jun 21 ..... W..... 11:15am-12:30pm..... \$83.05/11 sess ... 214569



## Arts—Music

### INTRODUCTION TO PIANO— INTERGENERATIONAL

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

#### City Centre Community Centre

Mar 27-Jun 26..... M.....	4:00-4:45pm.....	\$92.95/13 sess ...	211812
Mar 27-Jun 26..... M.....	4:45-5:30pm.....	\$92.95/13 sess ...	211816
Mar 27-Jun 26..... M.....	5:00-5:45pm.....	\$92.95/13 sess ...	211814
Mar 27-Jun 26..... M.....	5:45-6:30pm.....	\$92.95/13 sess ...	211817
Mar 29-Jun 28..... W.....	4:15-5:00pm.....	\$100.10/14 sess ...	211818
Mar 29-Jun 28..... W.....	4:30-5:15pm.....	\$100.10/14 sess ...	211820
Mar 29-Jun 28..... W.....	5:15-6:00pm.....	\$100.10/14 sess ...	211819
Mar 29-Jun 28..... W.....	5:30-6:15pm.....	\$100.10/14 sess ...	211821
Mar 31-Jun 30..... F.....	4:00-4:45pm.....	\$92.95/13 sess ...	211822
Mar 31-Jun 30..... F.....	4:00-4:45pm.....	\$92.95/13 sess ...	211824
Mar 31-Jun 30..... F.....	5:00-5:45pm.....	\$92.95/13 sess ...	211823
Mar 31-Jun 30..... F.....	5:00-5:45pm.....	\$92.95/13 sess ...	211825
Apr 1-Jun 24..... Sa.....	10:00-10:45am.....	\$92.95/13 sess ...	211826
Apr 1-Jun 24..... Sa.....	11:00-11:45am.....	\$92.95/13 sess ...	211827
Apr 1-Jun 24..... Sa.....	12:45-1:30pm.....	\$92.95/13 sess ...	211828
Apr 1-Jun 24..... Sa.....	1:45-2:30pm.....	\$92.95/13 sess ...	211829
Apr 1-Jun 24..... Sa.....	2:00-2:45pm.....	\$92.95/13 sess ...	211830
Apr 1-Jun 24..... Sa.....	2:45-3:30pm.....	\$92.95/13 sess ...	211832
Apr 1-Jun 24..... Sa.....	3:00-3:45pm.....	\$92.95/13 sess ...	211831
Apr 1-Jun 24..... Sa.....	3:45-4:30pm.....	\$92.95/13 sess ...	211833
Apr 2-Jun 25..... Su.....	10:00-10:45am.....	\$92.95/13 sess ...	211834
Apr 2-Jun 25..... Su.....	11:00-11:45am.....	\$92.95/13 sess ...	211835
Apr 2-Jun 25..... Su.....	11:00-11:45am.....	\$92.95/13 sess ...	211836
Apr 2-Jun 25..... Su.....	12:00-12:45pm.....	\$92.95/13 sess ...	211837
Apr 2-Jun 25..... Su.....	12:00-12:45pm.....	\$92.95/13 sess ...	211838
Apr 2-Jun 25..... Su.....	1:00-1:45pm.....	\$92.95/13 sess ...	211839
Apr 2-Jun 25..... Su.....	1:00-1:45pm.....	\$92.95/13 sess ...	211840
Apr 2-Jun 25..... Su.....	2:00-2:45pm.....	\$92.95/13 sess ...	211841

### PRIVATE PIANO LESSONS

Work individually to become a more skillful pianist in these one-on-one sessions instructed by an experienced piano instructor.

#### Minoru Centre for Active Living (Seniors Centre)

Apr 14..... F.....	10:45-11:45am.....	\$51.65/1 sess .....	215141
Apr 21..... F.....	10:45-11:45am.....	\$51.65/1 sess .....	215161
Apr 28..... F.....	10:45-11:45am.....	\$51.65/1 sess .....	215163
May 5..... F.....	10:45-11:45am.....	\$51.65/1 sess .....	215164
May 12..... F.....	10:45-11:45am.....	\$51.65/1 sess .....	215165
May 19..... F.....	10:45-11:45am.....	\$51.65/1 sess .....	215166
May 26..... F.....	10:45-11:45am.....	\$51.65/1 sess .....	215167
Jun 2..... F.....	10:45-11:45am.....	\$51.65/1 sess .....	215168
Jun 9..... F.....	10:45-11:45am.....	\$51.65/1 sess .....	215169
Jun 16..... F.....	10:45-11:45am.....	\$51.65/1 sess .....	215170
Jun 23..... F.....	10:45-11:45am.....	\$51.65/1 sess .....	215171

### TAIKO DRUMMING—LEVEL 1

Release stress and tension while learning different patterns and rhythms in this uplifting and unique group playing experience. No drumming experience required.

#### South Arm Community Centre

<b>TRY-IT</b> Mar 27..... M.....	6:00-7:00pm.....	Free/1 sess.....	209900
Apr 3-Jun 19..... M.....	5:30-6:30pm.....	\$54.35/9 sess .....	209897

### TAIKO DRUMMING—LEVEL 2

Perfect new skills, engage in more vocal shouts and drills and learn pieces with complex rhythms in this fun, energetic and creative environment. Pre-requisite: Taiko Drumming—Level 1 or basic Taiko Drumming knowledge.

#### South Arm Community Centre

Mar 27-Jun 19..... M.....	6:30-7:30pm.....	\$66.45/11 sess ...	209908
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### TAIKO DRUMMING—LEVEL 3

Create a new mind-enriching repertoire with musical pieces that focus on challenging patterns and the beauty of movements and music. Pre-requisite: Taiko Drumming—Level 2.

#### South Arm Community Centre

Mar 27-Jun 19..... M.....	7:30-8:30pm.....	\$66.45/11 sess ...	209911
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## UKULELE IN THE CLASSROOM—INTRODUCTION

Check out this information session to learn more about this approach to understanding music while learning to play this easy-to-learn instrument. Ukulele provided for this session. Registration required.

### Steveston Community Centre

Mar 27 ..... M..... 10:30-11:30am..... Free/1 sess ..... 209568

## UKULELE—ABSOLUTE BEGINNER

Learn how to play this fun and versatile instrument while developing an understanding of music fundamentals with the Ukulele in the Classroom approach (Level 1). No experience required. Ukulele required at each class.

### West Richmond Community Centre

Apr 15-Jun 10 ..... Sa ..... 11:30am-12:30pm..... \$48.30/8 sess..... 213985

## UKULELE—ABSOLUTE AND EARLY BEGINNER

Learn how to play this fun and versatile instrument while developing an understanding of music fundamentals. No experience required. Ukulele required at each class.

### Steveston Community Centre

Apr 5-Jun 21 ..... W..... 11:00am-12:15pm..... \$83.05/11 sess..... 209574

## UKULELE—BEGINNER

Play this easy-to-learn instrument for fun and to increase cognitive abilities. Ukulele required at each class.

### Minoru Centre for Active Living (Seniors Centre)

Apr 14-Jun 23 ..... F ..... 12:30-1:30pm..... \$66.45/11 sess ..... 214678

### West Richmond Community Centre

Apr 15-Jun 11 ..... Sa ..... 11:30am-12:30pm..... \$48.30/8 sess..... 213985

## UKULELE—ADVANCED BEGINNER

Enhance musical skills and understanding and learn more complex repertoire and chord melody arrangements. Pre-requisite: Ukulele—Absolute Beginner and Early Beginner and the ability to read musical notation. Ukulele required at each class.

### Steveston Community Centre

Apr 5-Jun 21 ..... W..... 1:00-2:15pm..... \$83.05/11 sess..... 209564

## UKULELE—EARLY INTERMEDIATE

Learn new skills, broaden music literacy and enjoy repertoire in many styles from around the world. Pre-requisite: Ukulele—Advanced Beginner and/or the ability to read musical notation.

### Steveston Community Centre

Apr 4-Jun 20 ..... Tu ..... 11:00am-12:15pm..... \$83.05/11 sess..... 209550

## UKULELE—INTERMEDIATE

Learn more skills and pieces to play on this fun instrument. Pre-requisite: Ukulele—Beginner. Ukulele required at each class.

### Minoru Centre for Active Living (Seniors Centre)

Apr 14-Jun 23 ..... F ..... 2:00-3:00pm..... \$66.45/11 sess..... 214677

## UKULELE—ADVANCED INTERMEDIATE

Elevate playing skills to include flatpicking and the triple strum, and explore the colour and feeling of minor chords and keys. Pre-requisite: Ukulele—Early Intermediate.

### Steveston Community Centre

Apr 4-Jun 20 ..... Tu ..... 1:00-2:15pm..... \$83.05/11 sess..... 209571

## UKULELE WORKSHOP—BEYOND INTERMEDIATE—12 TONES AND CHROMATIC TUNES

Review and enhance skill development and musical literacy for further enjoyment and improved musicianship. Pre-requisite: Ukulele—Advanced Intermediate or equivalent knowledge and experience, including fluency in reading musical notation.

### Steveston Community Centre

Jun 12 ..... M..... 1:00-2:30pm..... \$9.05/1 sess..... 209559

## UKULELE WORKSHOP—BEYOND INTERMEDIATE—MUSICAL TOOLS—GATHERING KNOWLEDGE AND SKILLS

Review and enhance skill development and musical literacy for further enjoyment and improved musicianship. Pre-requisite: Ukulele—Advanced Intermediate or equivalent knowledge and experience, including fluency in reading musical notation.

### Steveston Community Centre

Apr 24 ..... M..... 1:00-2:30pm..... \$9.05/1 sess..... 209567

## UKULELE WORKSHOP—BEYOND INTERMEDIATE—SOLO SKILLS—CHORD MELODY

Review and enhance skill development and musical literacy for further enjoyment and improved musicianship. Pre-requisite: Ukulele—Advanced Intermediate or equivalent knowledge and experience, including fluency in reading musical notation.

### Steveston Community Centre

May 22 ..... M..... 1:00-2:30pm..... \$9.05/1 sess..... 209545

## DID YOU KNOW?

The Richmond Public Library has complete ukulele kits available to borrow, for free, courtesy of the Linda Perron Ukulele Lending Library!

Choose from concert, tenor or soprano, and borrow for up to three weeks at a time. Visit [www.yourlibrary.ca/linda-perron-ukulele-lending-library](http://www.yourlibrary.ca/linda-perron-ukulele-lending-library)



## Arts—Visual

### ACRYLIC PAINTING

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

#### Steveston Community Centre

Apr 17-May 15 ..... M ..... 9:30-11:30am ..... \$60.40/5 sess ..... 209552  
May 29-Jun 26 ..... M ..... 9:30-11:30am ..... \$60.40/5 sess ..... 209565

#### Thompson Community Centre

Apr 21-May 26 ..... F ..... 1:00-3:00pm ..... \$72.50/6 sess ..... 218257

#### West Richmond Community Centre

Apr 6-Jun 8 ..... Th ..... 10:30am-12:00pm ..... \$90.60/10 sess ..... 213253

### ARTFUL AGING SERIES— INTERGENERATIONAL ART PROGRAM

Express creativity, build intergenerational friendships and stimulate the senses while exploring different art workshops in these interactive sessions. Instruction and supplies included.

#### BUTTON ART CANVAS WORKSHOP

##### City Centre Community Centre

Apr 4-Apr 11 ..... Tu ..... 4:00-5:30pm ..... \$18.10/2 sess ..... 217557

#### CLOTHESPIN DECORATION MAKING WORKSHOP

##### City Centre Community Centre

May 9-May 16 ..... Tu ..... 4:00-5:30pm ..... \$18.10/2 sess ..... 217559

#### GLASS BOTTLE CRAFTING WORKSHOP

##### City Centre Community Centre

Jun 13-Jun 20 ..... Tu ..... 4:00-5:30pm ..... \$18.10/2 sess ..... 217563

### CHINESE BRUSH PAINTING

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

#### Minoru Centre for Active Living (Seniors Centre)

Apr 17-Jun 19 ..... M ..... 9:30-11:30am ..... \$108.70/9 sess ..... 212842

### CHINESE BRUSH PAINTING—INTERMEDIATE

Explore this ancient art and create beautiful pieces and experiment with various exercises. Pre-requisite: Chinese Brush Painting—Beginner or basic Chinese Brush Painting knowledge. A \$12 non-refundable supplies fee charged when registering.

#### South Arm Community Centre

Apr 1-Jun 3 ..... Sa ..... 10:00-11:30am ..... \$90.60/10 sess ..... 209915

### CLAY THERAPY

Exercise hands and improve hand-eye coordination by kneading clay and creating art. This type of creative therapy has been known to stimulate neurological pathways and may also aid in stress reduction. Supplies included.

#### West Richmond Community Centre

Apr 14-Jun 9 ..... F ..... 11:00am-12:00pm ..... \$48.30/8 sess ..... 210755

### CROCHET CREATIONS

Start to make take-home pieces by learning or improving on a variety of stitches including the Fountain Chain. All levels welcome in these instructor-led sessions. Supplies list provided or a \$14.25 non-refundable supplies fee charged when registering.

#### West Richmond Community Centre

Apr 14-Jun 9 ..... F ..... 9:30-10:30am ..... \$48.30/8 sess ..... 210747

### DRAWING—BASICS

Capture on paper simple objects, images and still life's while learning basic concepts and techniques to eventually progress to drawing from imagination with improved understanding and confidence. A \$12 non-refundable supplies fee charged when registering.

#### Minoru Centre for Active Living (Seniors Centre)

Apr 19-Jun 21 ..... W ..... 10:00am-12:00pm ..... \$120.80/10 sess ..... 214521

### KNITTING—BEGINNER

Learn to knit or refresh skills in this fun and relaxed setting. Supply list provided in first class.

#### Steveston Community Centre

Apr 5-May 31 ..... W ..... 10:00-11:30am ..... \$81.55/9 sess ..... 209547



## PAINTING BASICS

Pick up a brush and start creating through step-by-step and supportive instruction that develops the ability and confidence to paint simple subjects including still life images. A \$12 non-refundable supplies fee charged when registering.

### Minoru Centre for Active Living (Seniors Centre)

Apr 17-Jun 19 ..... M..... 12:30-2:30pm..... \$108.70/9 sess .... 214399

## PAINTING FUN WITH ACRYLICS—ABSTRACT PAINTING

Take chances, make mistakes and get messy while developing skills by experimenting with new techniques and this random approach to painting. \$12 non-refundable supplies fee charged when registering.

### South Arm Community Centre

Apr 4-May 9 ..... Tu..... 12:30-2:00pm..... \$54.35/6 sess ..... 209912  
May 16-Jun 20 ..... Tu..... 12:30-2:00pm..... \$54.35/6 sess ..... 209914

## WATERCOLOUR PAINTING

Work on personal projects to further develop voice and style in these loosely structured, enriching and supportive studio sessions. All levels welcome. Supplies not included. Suggested supply list available upon request.

### Minoru Centre for Active Living (Seniors Centre)

Apr 13-May 25 ..... Th ..... 12:00-2:00pm..... \$84.55/7 sess ..... 214621

## WATERCOLOUR PAINTING TECHNIQUES AND STYLES

Explore still life's, landscapes and figure studies using different styles and a variety of brushes in this class suitable for all experience level painters. Supplies not included.

### Steveston Community Centre

Apr 17-May 15 ..... M..... 12:30-2:30pm..... \$60.40/5 sess ..... 218476  
May 29-Jun 26 ..... M..... 12:30-2:30pm..... \$60.40/5 sess ..... 218478

# Computers, Technology and Social Media

## INTRODUCTION TO IPADS—LEVEL 1

Become more socially connected by learning and practicing how to browse the internet, send email, video chat and more with this Apple product. iPad required at each class. iPads available for use if required.

### Minoru Centre for Active Living (Seniors Centre)

Apr 24-May 15 ..... M..... 2:30-3:30pm..... \$21/4 sess ..... 217707

## SMARTPHONES, TABLETS AND LAPTOPS—LEARN FROM A YOUTH

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

### South Arm Community Centre

**FREE** Apr 13 ..... Th ..... 3:30-4:00pm..... Free/1 sess..... 215974  
**FREE** Apr 13 ..... Th ..... 4:00-4:30pm..... Free/1 sess..... 215976  
**FREE** Apr 13 ..... Th ..... 4:30-5:00pm..... Free/1 sess..... 215977  
**FREE** Apr 27 ..... Th ..... 3:30-4:00pm..... Free/1 sess..... 215982  
**FREE** Apr 27 ..... Th ..... 4:00-4:30pm..... Free/1 sess..... 215990  
**FREE** Apr 27 ..... Th ..... 4:30-5:00pm..... Free/1 sess..... 215998  
**FREE** May 11 ..... Th ..... 3:30-4:00pm..... Free/1 sess..... 216008  
**FREE** May 11 ..... Th ..... 4:00-4:30pm..... Free/1 sess..... 216023  
**FREE** May 11 ..... Th ..... 4:30-5:00pm..... Free/1 sess..... 216025  
**FREE** May 25 ..... Th ..... 3:30-4:00pm..... Free/1 sess..... 216029  
**FREE** May 25 ..... Th ..... 4:00-4:30pm..... Free/1 sess..... 216030  
**FREE** May 25 ..... Th ..... 4:30-5:00pm..... Free/1 sess..... 216032

### Thompson Community Centre

**FREE** Apr 27 ..... Th ..... 3:30-4:00pm..... Free/1 sess..... 216287  
**FREE** Apr 27 ..... Th ..... 4:00-4:30pm..... Free/1 sess..... 216297  
**FREE** Apr 27 ..... Th ..... 4:30-5:00pm..... Free/1 sess..... 216302  
**FREE** May 25 ..... Th ..... 3:30-4:00pm..... Free/1 sess..... 216313  
**FREE** May 25 ..... Th ..... 4:00-4:30pm..... Free/1 sess..... 216319  
**FREE** May 25 ..... Th ..... 4:30-5:00pm..... Free/1 sess..... 216327

### West Richmond Community Centre

**FREE** May 10 ..... W..... 3:30-4:00pm..... Free/1 sess..... 213564  
**FREE** May 10 ..... W..... 4:00-4:30pm..... Free/1 sess..... 213573  
**FREE** Jun 14 ..... W..... 3:30-4:00pm..... Free/1 sess..... 213575  
**FREE** Jun 14 ..... W..... 4:00-4:30pm..... Free/1 sess..... 213586

# Cooking

## DELICIOUS MEALS FOR ONE OR TWO

Learn to create delicious and nutritious meals, creatively use leftovers and adapt recipes for up to two people with the help of a food enthusiast.

### Thompson Community Centre

Jun 13 ..... Tu..... 6:00-8:00pm..... \$28.85/1 sess ..... 218444

## HEALTHY AND ON BUDGET COOKING

Learn how to whip up inexpensive but impressive snacks and meals and grocery shopping tips and tricks to save money.

### Thompson Community Centre

May 9 ..... Tu..... 6:00-8:00pm..... \$28.85/1 sess ..... 218041  
Jun 29 ..... Th ..... 6:00-8:00pm..... \$28.85/1 sess ..... 218447



## HEALTHY COOKING AND BAKING

Learn how to create healthy and delicious options that might include sushi rolls, beef and veggie stew, and cheesecake. These hands-on sessions include take home recipes and food samples. A \$5 non-refundable supplies fee charged when registering.

### Steveston Community Centre

Apr 27 ..... Th ..... 10:00-11:30am..... \$21.65/1 sess ..... 218452  
 May 25 ..... Th ..... 10:00-11:30am..... \$21.65/1 sess ..... 218458  
 Jun 22 ..... Th ..... 10:00-11:30am..... \$21.65/1 sess ..... 218460

### Thompson Community Centre

Apr 27 ..... Th ..... 6:00-8:00pm..... \$28.85/1 sess ..... 218035

## SOUPS AND STEWS

Discover different techniques to make healthy, hearty, delicious meals using fresh ingredients and also take home easy-to-learn recipes.

### Thompson Community Centre

May 18 ..... Th ..... 6:00-8:00pm..... \$28.85/1 sess ..... 218443  
 Jun 22 ..... Th ..... 6:00-8:00pm..... \$28.85/1 sess ..... 218446

# Events and Seasonal Programs

## APRIL

### VAISAKHI CELEBRATION

Celebrate this colourful festival that marks the beginning of a new solar year in the Indo-Canadian culture. Light refreshments included.

### East Richmond Community Hall (Cambie)

Apr 13 ..... Th ..... 12:00-2:00pm..... \$15.75/1 sess ..... 212512

### South Arm Community Centre

Apr 13 ..... Th ..... 12:00-2:00pm..... \$15.75/1 sess ..... 212652

## CHEF'S DINNER

Enjoy a decadent three course dining experience created by a featured guest chef from a local restaurant.

### Minoru Centre for Active Living (Seniors Centre)

Apr 18 ..... Tu ..... 5:00-7:30pm..... \$32/1 sess ..... 216721

## WINE TASTING

Join this fun and educational session that includes local wine and cheese pairings and basic tasting skills. Instructed by a professional wine consultant.

### Minoru Centre for Active Living (Seniors Centre)

Apr 26 ..... W ..... 1:30-3:00pm..... \$25/1 sess ..... 217571

## MAY

### SOCK HOP DINNER AND DANCE

Shake, rattle and roll at this evening event that includes diner-style food and dancing. No refunds within 7 days of event. Round trip transportation (\$5) and home drop off (\$3) available.

### Minoru Centre for Active Living (Seniors Centre)

May 10 ..... W ..... 5:00-8:30pm..... \$22 (90+ yrs)/1 sess ..... 211249  
 \$36 (55-89 yrs)/1 sess

## BEER TASTING

Join this fun and educational session that includes samples from a local brewery, a snack and learning basic tasting skills. Instructed by a local beer enthusiast.

### Minoru Centre for Active Living (Seniors Centre)

May 24 ..... W ..... 1:30-3:00pm..... \$15/1 sess ..... 218131

## JUNE

### CHEF'S DINNER

Enjoy a decadent three course dining experience created by a featured guest chef from a local restaurant.

### Minoru Centre for Active Living (Seniors Centre)

Jun 20 ..... Tu ..... 5:00-7:30pm..... \$32/1 sess ..... 218319

## SENIORS WEEK 2023 — JUNE 5-11

Get ready for a fun week that celebrates seniors in Richmond! Visit [www.richmond.ca/seniorsweek](http://www.richmond.ca/seniorsweek) beginning May 1 for details.



## 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.

#### Minoru Centre for Active Living (Seniors Centre)

Apr 4-Jun 20 ..... Tu..... 10:15-11:15am..... \$74.75/12 sess ... 213189

Apr 14-Jun 23 ..... F ..... 9:30-10:30am..... \$68.55/11 sess ... 215187

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

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

#### South Arm Community Centre

Apr 12-Jun 14 ..... W..... 1:30-2:30pm..... \$92.50/10 sess ... 215245

### BETTER BACKS AND BALANCE-BEGINNER

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

#### South Arm Community Centre

Apr 12-Jun 14 ..... W..... 10:30-11:30am..... \$49.80/10 sess ... 215252

#### Steveston Community Centre

Mar 28-May 9 ..... Tu..... 11:45am-12:45pm..... \$34.85/7 sess ..... 216946

May 16-Jun 20 ..... Tu..... 11:45am-12:45pm..... \$29.90/6 sess ..... 216947

Mar 30-May 4 ..... Th ..... 11:45am-12:45pm..... \$29.90/6 sess ..... 216950

### CARDIO SALSA-BEGINNER

Work out to recognizable Latin rhythms that include the Salsa, Reggaetón, Cumbia and Merengue in this low impact fitness dance class with a focus on rhythm, balance, range of motion and coordination. No partner required.

#### West Richmond Community Centre

May 18-Jun 29 ..... Th ..... 1:00-2:00pm..... \$45.60/7 sess ..... 212058

### CHAIR FITNESS

Manage chronic conditions and pain more effectively with simple exercises in this basic fitness class designed for older adults and those experiencing mobility challenges.

#### Minoru Centre for Active Living (Seniors Centre)

Apr 6-Jun 22 ..... Th ..... 12:00-1:00pm..... \$59.75/12 sess ... 215178

### CHAIR FITNESS (CANTONESE AND ENGLISH)

Manage chronic conditions and pain more effectively with simple exercises in this basic fitness class designed for older adults and those experiencing mobility challenges. Conducted in Cantonese and English.

#### Minoru Centre for Active Living (Seniors Centre)

Apr 5-Jun 28 ..... W..... 12:30-1:30pm..... \$49.80/10 sess ... 215151

### CHAIR YOGA

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

#### Minoru Centre for Active Living (Seniors Centre)

Apr 4-Jun 20 ..... Tu..... 9:15-10:15am..... \$74.75/12 sess ... 215228

### COMMUNITY CHALLENGE-STRENGTH TRAINING WORKSHOP-INTERGENERATIONAL

Exercise safely in this intergenerational workshop that focuses on gentle movement to increase range of motion, strength, balance and agility to better manage daily activities. Registration required.

#### City Centre Community Centre

**FREE** Jun 10 ..... Sa ..... 3:00-4:00pm..... Free/1 sess..... 218277

### CYCLE AND STRENGTH-SILVER

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

#### West Richmond Community Centre

Mar 28-May 9 ..... Tu..... 11:50am-12:50pm..... \$37.40/6 sess ..... 212413

May 16-Jun 20 ..... Tu..... 11:50am-12:50pm..... \$37.40/6 sess ..... 212414

Mar 30-May 11 ..... Th ..... 11:50am-12:50pm..... \$37.40/6 sess ..... 212416

May 18-Jun 22 ..... Th ..... 11:50am-12:50pm..... \$37.40/6 sess ..... 212428

### CYCLE AND STRENGTH-GOLD

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

#### West Richmond Community Centre

**75yrs+**

Mar 27-May 15 ..... M..... 12:45-1:45pm..... \$37.40/6 sess ..... 212407

May 29-Jun 26 ..... M..... 12:45-1:45pm..... \$31.15/5 sess ..... 212410

### 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.

#### Minoru Centre for Active Living (Seniors Centre)

Apr 11-Jun 22 ..... Tu/Th. 12:45-1:45pm..... \$109.55/22 sess . 215237

### 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 who experience balance and mobility challenges.

#### Minoru Centre for Active Living (Seniors Centre)

Apr 6-Jun 22 ..... Th ..... 9:15-10:15am..... \$59.75/12 sess ... 215155



## INTRODUCTION TO FITNESS AT MINORU CENTRE

Tour the state-of-the-art fitness centre and studio spaces, view demonstrations of features and exercises for beginners and learn about the many programs and opportunities available. Registration required

### Minoru Centre for Active Living (Seniors Centre)

<b>FREE</b> Apr 5 .....	W.....	10:30-11:15am.....	Free/1 sess.....	213011
<b>FREE</b> May 3 .....	W.....	10:30-11:15am.....	Free/1 sess.....	213014
<b>FREE</b> Jun 7 .....	W.....	10:30-11:15am.....	Free/1 sess.....	213015

## JOINT MOVES

Increase range of motion, strength and flexibility in these instructor-led classes. Suitable for people with arthritis seeking ways to minimize stiffness and pain.

### Minoru Centre for Active Living (Seniors Centre)

Apr 4-Jun 20 .....	Tu.....	10:30-11:30am.....	\$59.75/12 sess ...	215221
Apr 6-Jun 22 .....	Th .....	10:30-11:30am.....	\$59.75/12 sess ...	215158

## LADIES WHO LIFT

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

### West Richmond Community Centre

**65yrs+**

Mar 27-Apr 24 .....	M.....	10:00-11:00am.....	\$37/4 sess .....	212065
May 1-May 29 .....	M.....	10:00-11:00am.....	\$37/4 sess .....	212067
Jun 5-Jun 26 .....	M.....	10:00-11:00am.....	\$37/4 sess .....	212068

## 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. Based on High Intensity Interval Training (H.I.I.T.) and adapted for the older adult or those new to this type of training.

### South Arm Community Centre

Apr 17-Jun 12 .....	M.....	10:30-11:30am.....	\$49.85/8 sess .....	215261
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## MINDS IN MOTION

Join this fitness and social program for people living with any form of early-stage dementia. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partner participation required and free of charge. PAR-Q+ Form must be completed at the start of the program.

### South Arm Community Centre

Mar 28-May 02 .....	Tu.....	1:30-3:30pm.....	\$33.90/6 sess .....	212197
May 9-Jun 13 .....	Tu.....	1:30-3:30pm.....	\$33.90/6 sess .....	212199

## MINDS IN MOTION (CANTONESE)

Join this fitness and social program for people living with any form of early-stage dementia. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partner participation required and free of charge. PAR-Q+ Form must be completed at the start of the program. Conducted in Cantonese.

### East Richmond Community Hall (Cambie)

Mar 29-Jun 28 .....	W.....	1:30-3:30pm.....	\$79.10/14 sess ...	211164
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## MIND TO MUSCLE

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

### West Richmond Community Centre

Mar 29-Jun 28 .....	W.....	1:00-2:00pm.....	\$87.25/14 sess ...	211515
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## MINDS, MUSCLES AND MOBILITY

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

### Steveston Community Centre

Mar 28-May 9 .....	Tu.....	10:30-11:30am.....	\$34.85/7 sess .....	216941
Mar 30-May 11 .....	Th .....	10:30-11:30am.....	\$34.85/7 sess .....	216948
May 16-Jun 20 .....	Tu.....	10:30-11:30am.....	\$29.90/6 sess .....	216945
May 18-Jun 22 .....	Th .....	10:30-11:30am.....	\$29.90/6 sess .....	216949

## SILVER CYCLE

Combine 30 minutes of basic spin drills and 15 minutes of upper body strength and stretching exercises in this specially designed workout for 55+ years. Suitable for beginners.

### Steveston Community Centre

Mar 29-Apr 19 .....	W.....	9:00-9:45am.....	\$24.90/4 sess .....	216942
Apr 26-May 17 .....	W.....	9:00-9:45am.....	\$24.90/4 sess .....	216943
May 24-Jun 14 .....	W.....	9:00-9:45am.....	\$24.90/4 sess .....	216944



## STAY STRONG

Exercise safely in this gentle movement class that focuses on increasing range of motion, strength, balance and agility to better manage daily activities.

### Minoru Centre for Active Living (Seniors Centre)

Apr 3-Jun 26 ..... M..... 10:15-11:15am..... \$54.80/11 sess ... 213150  
Apr 5-Jun 28 ..... W..... 10:15-11:15am..... \$49.80/10 sess ... 213168

### Thompson Community Centre

Apr 14-Jun 17 ..... F ..... 10:30-11:30am..... \$49.80/10 sess ... 214152

## ZUMBA®-GOLD

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

### Minoru Centre for Active Living (Seniors Centre)

Apr 4-Jun 20 ..... Tu..... 12:30-1:30pm..... \$74.75/12 sess ... 215230  
Apr 14-Jun 30 ..... F ..... 12:30-1:30pm..... \$74.75/12 sess ... 215232

### South Arm Community Centre

Apr 14-Jun 16 ..... F ..... 10:30-11:30am..... \$62.30/10 sess ... 215310

### West Richmond Community Centre

Mar 28-Jun 27 ..... Tu..... 1:00-2:00pm..... \$87.20/14 sess ... 212046

## ZUMBA®-GOLD-TONING

Blend the much-loved Zumba® party with a slower pace for a redefining total body workout that utilizes light weights and shakes up muscles. Designed for beginners.

### West Richmond Community Centre

Mar 30-May 11 ..... Th ..... 1:00-2:00pm..... \$43.60/7 sess ..... 214571

## General Interest

### LEGAL CLINICS

Access legal help from Seniors First BC with this service for older adults not able to access legal help elsewhere due to low income or other barriers. Clinics offered the fourth Thursday of each month. Phone Seniors First BC at 604-688-1927 (ext. 258) to make a 30 minute legal appointment.

### Minoru Centre for Active Living (Seniors Centre)

**FREE** Apr 27 ..... Th ..... 10:00am-12:00pm

**FREE** May 25 ..... Th ..... 10:00am-12:00pm

**FREE** Jun 22 ..... Th ..... 10:00am-12:00pm

## ACCESSING TRANSIT WORKSHOP

Discover the practical side of transit along with the associated opportunities for greater freedom and social interaction. Presented by TransLink. Registration required.

### Hamilton Community Centre

**FREE** May 18 ..... Th ..... 12:30-2:00pm..... Free/1 sess..... 217660

## ACCESSING TRANSIT WORKSHOP (CANTONESE)

Discover the practical side of transit along with the associated opportunities for greater freedom and social interaction. Presented by TransLink. Conducted in Cantonese. Registration required.

### East Richmond Community Hall (Cambie)

**FREE** May 23 ..... Tu..... 10:00am-12:00pm..... Free/1 sess..... 197530

## BRIDGE-BEGINNER-LEVEL 1

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

### Minoru Centre for Active Living (Seniors Centre)

Apr 17-Jun 19 ..... M..... 12:00-1:30pm..... \$63/8 sess ..... 213160

## BRIDGE-BEGINNER-LEVEL 2

Build on the basics of Contract Bridge, learn techniques for playing with partners and gain confidence through hands-on experience. Pre-requisite: Bridge-Beginner-Level 1 or previous Bridge experience.

### Minoru Centre for Active Living (Seniors Centre)

Apr 13-Jun 22 ..... Th ..... 3:30-5:00pm..... \$55.15/7 sess ..... 214633

## CRA BENEFITS AND CREDITS AVAILABLE TO SENIORS WORKSHOP

Learn what Canada Revenue Agency benefits and resources are available to adults 65+ years, how to navigate the system and where to seek further information. Presented by a CRA outreach officer. Registration required.

### South Arm Community Centre

**FREE** Apr 5 ..... W ..... 10:00-11:00am..... Free/1 sess..... 215241

## ESTATE PLANNING WORKSHOP

Discover ways to leave an efficient legacy by recognizing estate planning mistakes and learning about various types of trusts and methods to avoid probate. Registration required.

### Minoru Centre for Active Living (Seniors Centre)

**FREE** Apr 27 ..... Th ..... 1:30-3:00pm..... Free/1 sess..... 218429

## FINANCIAL LITERACY WORKSHOP

Join this educational opportunity that covers 'Power of Attorney, Shared Bank Accounts and Financial Abuse' and includes a guest speaker and information on support resources. Presented by Council of Senior Citizens' Organizations of BC (COSCO). Registration required.

### Thompson Community Centre

**FREE** Jun 1 ..... Th ..... 2:00-3:00pm..... Free/1 sess..... 218438

## FRAUDS AND CONS WORKSHOP

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

### West Richmond Community Centre

**FREE** Apr 19 ..... W ..... 11:00am-12:00pm..... Free/1 sess..... 216724

## MAHJONG INSTRUCTIONAL CLASS

Play this tile-based game that originated in China and is similar to the Western card game rummy. This social and popular game includes skill, strategy and calculation and involves a degree of chance. Instructed by a volunteer instructor in English. Registration and Facility Pass (\$15/year) required.

### South Arm Community Centre

**FREE** Apr 11-May 4 Tu/Th. 9:30-11:00am..... Free/8 sess..... 211700

## NAVIGATING THE HOUSING DILEMMA WORKSHOP

Get informed about various housing options and support services whether living independently or curious about supported living. This session includes a panel of guest speakers and members of community service organizations. Registration required.

### Minoru Centre for Active Living (Seniors Centre)

**FREE** Jun 1 ..... Th ..... 1:30-3:30pm..... Free/1 sess..... 210274

## SAFE TRAVELS TRANSIT WORKSHOP

Discover the practical side of transit along with the associated opportunities for greater freedom and social interaction. Presented by TransLink. Registration required.

### South Arm Community Centre

**FREE** May 3 ..... W ..... 11:00am-12:00pm..... Free/1 sess..... 212194

## SENIORS CENTRE AT MINORU CENTRE FOR ACTIVE LIVING TOURS

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

### Minoru Centre for Active Living

**FREE** Apr 19 ..... W ..... 10:30-11:30am..... Free/1 sess..... 217126

**FREE** May 17 ..... W ..... 10:30-11:30am..... Free/1 sess..... 217127

**FREE** Jun 21 ..... W ..... 10:30-11:30am..... Free/1 sess..... 217128

## SHINRINYOKU—THE ART OF FOREST BATHING

Discover this Japanese practice that fosters an appreciation of the stillness and mood elevating connection to the earth experienced when walking in the forest. Presented by a naturopathic doctor. Registration required.

### Thompson Community Centre

**FREE** May 1 ..... M ..... 1:30-2:30pm..... Free/1 sess..... 218434

## TED TALKS—BE INSPIRED

Prepare to be inspired, engaged and entertained watching this online presentation of TED (Technology, Entertainment, Design) Talks that focus on the topic of 'Ideas Worth Spreading'. Registration required. Drop-ins welcome if space permits.

### South Arm Community Centre

**FREE** Apr 28 ..... F ..... 10:30-11:30am..... Free/1 sess..... 212079

**FREE** May 26 ..... F ..... 10:30-11:30am..... Free/1 sess..... 212081

**FREE** Jun 23 ..... F ..... 10:30-11:30am..... Free/1 sess..... 212084

## WILL PLANNING WORKSHOP

Learn tips on how to build a will and understand the importance of choosing an executor. Other topics include corporate executor, agent for executor and power of attorney. Registration required.

### Minoru Centre for Active Living (Seniors Centre)

**FREE** May 11 ..... Th ..... 1:30-3:00pm..... Free/1 sess..... 218432

## Health and Wellness

### BLOOD PRESSURE AND GLUCOSE TEST CLINICS—DROP-IN

#### City Centre Community Centre

**FREE** Apr 6, May 4, Jun 1 ..... Th ..... 10:00am-12:00pm

#### East Richmond Community Hall (Cambie)

**FREE** Apr 12, May 10, Jun 14 ..... W ..... 9:30am-12:00pm

#### Minoru Centre for Active Living (Seniors Centre)

**FREE** Apr 19, May 17, Jun 21 ..... W ..... 10:00am-12:00pm

#### South Arm Community Centre

**FREE** Apr 14, May 12, Jun 9 ..... F ..... 9:30-11:30am

#### Steveston Japanese Canadian Cultural Centre (Steveston)

**FREE** Apr 5, May 3, Jun 7 ..... W ..... 9:00am-12:00pm

## AGING AND MEMORY

Learn when memory loss is a normal process of aging and when it should be of concern. Presented by health professionals from Vancouver Coastal Health. Registration required.

### West Richmond Community Centre

**FREE** Apr 12 ..... W ..... 10:30-11:30am..... Free/1 sess..... 214572

## AGING AND MOOD CHANGES

Learn to recognize the signs of mood changes, memory loss and substance misuse that may occur with aging and the proactive steps to take to support mental wellness. Presented by health professionals from Vancouver Coastal Health. Registration required.

### West Richmond Community Centre

**FREE** May 24 ..... W ..... 10:30-11:30am..... Free/1 sess..... 214575

## ARTFUL AGING SERIES—D.I.Y. (DO-IT-YOURSELF)

Produce a natural product using essential oils and other natural ingredients in these hands-on session. Also included are various tips to help create a natural and non-toxic living environment. Instruction and materials included. A \$7.50 non-refundable supplies fee charged when registering.

## CUTICLE OIL MAKING WORKSHOP

City Centre Community Centre

Jun 16 ..... F ..... 1:00-3:00pm ..... \$11.70/1 sess ..... 214456

## ESSENTIAL OIL LIPSTICK MAKING WORKSHOP

City Centre Community Centre

Jun 2 ..... F ..... 1:00-3:00pm ..... \$11.70/1 sess ..... 216215

## LOTION BAR MAKING WORKSHOP

City Centre Community Centre

May 12 ..... F ..... 1:00-3:00pm ..... \$11.70/1 sess ..... 214408

## MASSAGE SOAP MAKING WORKSHOP (MANDARIN)

Conducted in Mandarin.

City Centre Community Centre

Jun 23 ..... F ..... 1:00-3:00pm ..... \$11.70/1 sess ..... 216370

## SOAP MAKING WORKSHOP

City Centre Community Centre

Apr 28 ..... F ..... 1:00-3:00pm ..... \$11.70/1 sess ..... 214310

## AVOIDING AND COPING WITH HEAT- RELATED ILLNESSES WORKSHOP

Prepare for the warmer weather with practical tips on staying cool and safe and learning how to recognize, diagnose and treat ailments due to excessive heat. Presented by Vancouver Coastal Health. Registration required.

Hamilton Community Centre

**FREE** Jun 15 ..... Th ..... 12:30-2:00pm ..... Free/1 sess ..... 217651

Minoru Centre for Active Living (Seniors Centre)

**FREE** May 4 ..... Th ..... 1:30-3:00pm ..... Free/1 sess ..... 210471

South Arm Community Centre

**FREE** May 25 ..... Th ..... 1:00-2:30pm ..... Free/1 sess ..... 212643

## CHRONIC CONDITION SELF-MANAGEMENT PROGRAM (MANDARIN)

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

Minoru Centre for Active Living (Seniors Centre)

**FREE** Apr 28-Jun 2 .. F ..... 9:30am-12:00pm ..... Free/6 sess ..... 210308

## CHRONIC CONDITION SELF-MANAGEMENT PROGRAM (PUNJABI)

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

Minoru Centre for Active Living (Seniors Centre)

**FREE** Apr 25-May 30 .. Tu . 10:00am-12:30pm ..... Free/6 sess ..... 210306

## FALLS PREVENTION WORKSHOP

Explore the common causes and risks of predictable and preventable falls that are the leading cause of injury and hospitalization. Presented by Vancouver Coastal Health Falls Prevention Team. Registration required.

East Richmond Community Hall (Cambie)

**FREE** Apr 25 ..... Tu ..... 1:00-2:30pm ..... Free/1 sess ..... 213041

Hamilton Community Centre

**FREE** Apr 27 ..... Th ..... 12:30-2:00pm ..... Free/1 sess ..... 217647

South Arm Community Centre

**FREE** Jun 21 ..... W ..... 1:00-2:30pm ..... Free/1 sess ..... 212948

## 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.

East Richmond Community Hall (Cambie)

Apr 3 ..... M ..... 9:00am-3:00pm ..... \$55/1 sess ..... 211009

May 1 ..... M ..... 9:00am-3:00pm ..... \$55/1 sess ..... 211020

May 29 ..... M ..... 9:00am-3:00pm ..... \$55/1 sess ..... 211064

Jun 26 ..... M ..... 9:00am-3:00pm ..... \$55/1 sess ..... 211069

## GENKI WELLNESS PROGRAM (JAPANESE AND ENGLISH)

Socialize, learn and have fun with brain-training exercises, tea time and other activities that promote physical and mental well-being (Genki). Conducted in Japanese and English.

Steveston Community Centre

Apr 3-Jun 19 ..... M ..... 10:00am-12:00pm ..... \$126/10 sess ..... 209549

## HEALTHY AGING AND HEALTHY EATING PRESENTATION

Create simple changes with better food choices that help maintain and improve health while aging. Presented by Vancouver Coastal Health. Registration required.

Minoru Centre for Active Living (Seniors Centre)

**FREE** Apr 20 ..... Th ..... 1:30-3:00pm ..... Free/1 sess ..... 210277



## HEALTHY WEIGHT WORKSHOP

Explore potential causes of weight gain and learn how to increase overall wellness and energy including ways to reach and maintain a healthy weight to lower the risk of many conditions. Presented Vancouver Coastal Health. Registration required.

### South Arm Community Centre

**FREE** Apr 19 ..... W..... 1:00-2:00pm..... Free/1 sess..... 212600

## HEARING CLINICS

Register for a hearing test appointment offered the fourth Monday of each month. Registration required.

### Minoru Centre for Active Living (Seniors Centre)

**FREE** Apr 24 ..... M..... 2:20-2:40pm..... Free/1 sess..... 210254

**FREE** Apr 24 ..... M..... 2:40-3:00pm..... Free/1 sess..... 210256

**FREE** Apr 24 ..... M..... 3:00-3:20pm..... Free/1 sess..... 210257

**FREE** Apr 24 ..... M..... 3:20-3:40pm..... Free/1 sess..... 210259

**FREE** Apr 24 ..... M..... 3:40-4:00pm..... Free/1 sess..... 210260

**FREE** Apr 24 ..... M..... 4:00-4:20pm..... Free/1 sess..... 210261

**FREE** Jun 26 ..... M..... 2:20-2:40pm..... Free/1 sess..... 210264

**FREE** Jun 26 ..... M..... 2:40-3:00pm..... Free/1 sess..... 210267

**FREE** Jun 26 ..... M..... 3:00-3:20pm..... Free/1 sess..... 210268

**FREE** Jun 26 ..... M..... 3:20-3:40pm..... Free/1 sess..... 210269

**FREE** Jun 26 ..... M..... 3:40-4:00pm..... Free/1 sess..... 210271

**FREE** Jun 26 ..... M..... 4:00-4:20pm..... Free/1 sess..... 210273



## HOLISTIC HEALTH SERIES

### HOLISTIC HEALTH SERIES–VITAMIN D WORKSHOP

Learn about this important vitamin and understand how it affects bone and overall health. Presented by a naturopathic doctor. Registration required.

### East Richmond Community Hall (Cambie)

**FREE** Jun 19 ..... M..... 1:00-2:30pm..... Free/1 sess..... 217678

### HOLISTIC HEALTH SERIES–ACID REFLUX AND G.E.R.D. WORKSHOP

Understand the physiology behind symptoms of heartburn, belching, chest pain and bloating and learn how treatment is approached from an alternative medicine perspective. Presented by a naturopathic doctor. Registration required.

### South Arm Community Centre

**FREE** May 29 ..... M..... 1:00-2:00pm..... Free/1 sess..... 216614

### HOLISTIC HEALTH SERIES–ALZHEIMER'S AND DEMENTIA WORKSHOP

Learn about the underlying contributors and symptoms of mild cognitive decline and dementia. Presented by a naturopathic doctor. Registration required.

### East Richmond Community Hall (Cambie)

**FREE** Apr 17 ..... M..... 1:00-2:30pm..... Free/1 sess..... 217737

### HOLISTIC HEALTH SERIES–FAT PARADOX

Learn about cholesterol and how fear of this essential type of fat found in blood has caused the low-fat food industry to flourish and the positive and negative effect on people's health. Presented by a naturopathic doctor. Registration required.

### South Arm Community Centre

**FREE** Mar 27 ..... M..... 1:00-2:15pm..... Free/1 sess..... 193922

### HOLISTIC HEALTH SERIES–INTRODUCTION TO NATUROPATHIC MEDICINE WORKSHOP

Learn about this distinct primary health care system that emphasizes prevention, treatment and optimal health through the use of therapeutic methods that support the body's natural ability to heal. Presented by a naturopathic doctor. Registration required.

### South Arm Community Centre

**FREE** Jun 26 ..... M..... 1:00-2:15pm..... Free/1 sess..... 216605

## IKI IKI SOCIAL (JAPANESE AND ENGLISH)

Socialize and enjoy easier-paced and culturally-familiar activities in this safe and engaging program for older adults with mild to moderate dementia. Conducted in Japanese and English. Program supplies and lunch included.

### Steveston Community Centre

Apr 6-Jun 22 ..... Th ..... 12:30-3:00pm..... \$220.60/12 sess . 209556

## JUST FOR YOU-HEALTH TALK WORKSHOP

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

### West Richmond Community Centre

**FREE** Apr 5-Jun 7 .... W..... 10:00-11:00am..... Free/3 sess..... 214099

## MANAGING STRESS

Observe ways stress can contribute to the development of many diseases, complete a stress index and learn strategies to manage emotional tension. Presented by health professionals from Vancouver Coastal Health (VCH). Registration required.

### West Richmond Community Centre

**FREE** Jun 14 ..... W..... 10:30-11:30am..... Free/1 sess..... 214576

## MEDITATION-COOL THE FIRES OF ANXIETY AND STRESS

Discover the benefits of meditation in this integrated class that combines deep breathing techniques, guided meditation and gentle stretches that aim to reduce worries and improve quality of life.

### Minoru Centre for Active Living (Seniors Centre)

Apr 13-Jun 22 ..... Th ..... 2:30-4:00pm..... \$99/11 sess ..... 214622

## MEMORY AND AGING WORKSHOP

Discover tips for maintaining and improving memory as aging occurs along with information about when to seek professional help. Presented by the Council of Senior Citizens' Organizations of BC (COSCO). Registration required.

### Thompson Community Centre

**FREE** Apr 13 ..... Th ..... 2:00-3:00pm..... Free/1 sess..... 218436

## OSTEOARTHRITIS SERIES

### INTRODUCTION TO MEDITATION

Learn basic meditation techniques to help manage pain in this entirely chair-based class. Registration required.

### South Arm Community Centre

**FREE** Jun 14 ..... W.... 10:00-11:30am ..... Free/1 sess..... 217361

### MANAGING HIP AND KNEE OSTEOARTHRITIS

Learn about osteoarthritis in these commonly affected joints, ways of managing osteoarthritis without surgery and what happens during joint replacement surgery. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

### South Arm Community Centre

**FREE** May 19 ..... F ..... 10:00am-12:00pm ... Free/1 sess..... 217348

### NORDIC POLE WALKING FOR ARTHRITIS

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

### South Arm Community Centre

**FREE** Jun 7 ..... W.... 11:00am-12:30pm ... Free/1 sess..... 217355

### NUTRITION, SUPPLEMENTS AND ARTHRITIS

Learn how diet and weight affect osteoarthritis with topics that include nutrients, supplements, weight, eating habits, portion sizes and Canada's Food Guide. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

### South Arm Community Centre

**FREE** May 31 ..... W.... 10:00am-12:30pm ... Free/1 sess..... 217354

### PAIN MANAGEMENT AND ARTHRITIS

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.

### South Arm Community Centre

**FREE** May 10 ..... W.... 10:00am-12:30pm ... Free/1 sess..... 217338

### UNDERSTAND OSTEOARTHRITIS

Learn the signs and symptoms of osteoarthritis and strategies to protect joints to improve the overall management of osteoarthritis. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

### South Arm Community Centre

**FREE** Jun 21 ..... W.... 10:00am-12:00pm ... Free/1 sess..... 217363

## PRE-DIABETES WORKSHOP

Reduce the risks of getting this silent disease by learning about simple self-management strategies and lifestyle choices. Presented by health professionals from Vancouver Coastal Health. Registration required.

### South Arm Community Centre

**FREE** Mar 29 ..... W..... 11:00am-12:15pm..... Free/1 sess..... 195095

## THRIVING AND SURVIVING CANCER SELF-MANAGEMENT PROGRAM

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

### Minoru Centre for Active Living (Seniors Centre)

**FREE** Apr 26-Jun 7.. W..... 10:00am-12:30pm..... Free/6 sess..... 210489

## WELLNESS CONNECTIONS

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

### Minoru Centre for Active Living (Seniors Centre)

Apr 13-Jun 1 ..... Th ..... 10:30am-1:30pm..... \$190/8 sess ..... 217145

## WELLNESS CONNECTIONS (CANTONESE AND MANDARIN)

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

### Minoru Centre for Active Living (Seniors Centre)

Apr 11-Jun 13 ..... Tu..... 10:30am-1:30pm..... \$190/8 sess ..... 217149

## WELLNESS WEDNESDAYS WORKSHOPS

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

### Hamilton Community Centre

**FREE** Apr 19-Jun 7.. W..... 11:00am-1:00pm..... Free/8 sess..... 214520

## Languages

### CONVERSATIONAL SPANISH-LEVEL 1

Meet others and converse in these fun and interactive sessions. Instructed by a fluent Spanish-speaking instructor. Pre-requisite: Basic knowledge of Spanish.

### Minoru Centre for Active Living (Seniors Centre)

Apr 19-Jun 28 ..... W..... 10:30am-12:00pm..... \$99.65/11 sess ... 214509

### CONVERSATIONAL SPANISH-LEVEL 2

Build on current language skills through conversation, games and topical discussions. Instructed by a fluent Spanish-speaking instructor. Pre-requisite: Intermediate knowledge of Spanish or Conversational Spanish-Level 1.

### Minoru Centre for Active Living (Seniors Centre)

Apr 19-Jun 28 ..... W..... 12:30-2:00pm..... \$99.65/11 sess ... 214518

### SPANISH-BEGINNER

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

### Minoru Centre for Active Living (Seniors Centre)

Apr 14-Jun 23 ..... F ..... 12:30-2:00pm..... \$99.65/11 sess ... 214671

### SPANISH FOR TRAVELLERS

Prepare for a visit to Spanish speaking countries with simple phrases and tips for safety, local customs, food and culture. Instructed by a fluent Spanish-speaking instructor. No Spanish language experience required.

### Minoru Centre for Active Living (Seniors Centre)

Apr 14-Jun 23 ..... F ..... 10:30am-12:00pm..... \$99.65/11 sess ... 214662

## Martial Arts

### HEALTH QIGONG-YI JIN JING-BEGINNER

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

### City Centre Community Centre

Apr 5-Jun 28 ..... W..... 9:15-10:15am..... \$78/13 sess ..... 213139

### HEALTH QIGONG-YI JIN JING-INTERMEDIATE

Build upon previous knowledge of Yi Jin Jing basic forms and advanced to Dao Yin style by focusing on the upper body, arms and spine to learn enhanced harmonious standing movements. Along with breathing techniques, these exercises help to strengthen muscles and tendons, improve flexibility and balance. Instructed by a certified Qigong instructor.

### City Centre Community Centre

Apr 14-Jun 30 ..... F ..... 11:15am-12:15pm..... \$72/12 sess ..... 213144

### QIGONG FOR HEALTH-ALL LEVELS

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

### West Richmond Community Centre

Apr 17-Jun 12 ..... M..... 1:45-2:45pm..... \$48/8 sess ..... 213735



## QIGONG FOR HEALTH—INTERMEDIATE

Continue to build on this ancient form of Chinese medicine that includes gentle physical movements, breathing techniques and meditation. Instructed by a certified Qigong instructor. Pre-requisite: Previous Qigong experience.

### West Richmond Community Centre

Apr 14-Jun 16 ..... F ..... 1:30-2:30pm..... \$60/10 sess ..... 213777

## TAI CHI—BEGINNER

Increase flexibility, relaxation and balance with this popular form of martial arts.

### City Centre Community Centre

Apr 5-Jun 28 ..... W..... 11:45am-12:45pm..... \$78/13 sess ..... 213213

### Minoru Centre for Active Living (Seniors Centre)

Apr 13-Jun 22 ..... Th ..... 6:00-7:00pm..... \$66/11 sess ..... 214628

Apr 14-Jun 23 ..... F ..... 11:15am-12:15pm..... \$66/11 sess ..... 214655

Apr 15-Jun 24 ..... Sa ..... 11:15am-12:15pm..... \$66/11 sess ..... 214734

### Steveston Community Centre

Apr 3-Jun 19 ..... M..... 11:45am-12:45pm..... \$60/10 sess ..... 209555

Apr 6-Jun 22 ..... Th ..... 11:30am-12:30pm..... \$72/12 sess ..... 209576

## TAI CHI—INTERMEDIATE

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

### City Centre Community Centre

Apr 3-Jun 26 ..... M..... 11:00am-12:00pm..... \$72/12 sess ..... 213145

## TAI CHI—ADVANCED

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

### City Centre Community Centre

Apr 5-Jun 28 ..... W..... 10:30-11:30am..... \$78/13 sess ..... 213159

### Minoru Centre for Active Living (Seniors Centre)

Apr 15-Jun 24 ..... Sa ..... 10:00-11:00am..... \$66/11 sess ..... 214733

### Steveston Community Centre

Apr 4-Jun 20 ..... Tu..... 11:45am-12:45pm..... \$72/12 sess ..... 209572

## TAI CHI—SWORD

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

### City Centre Community Centre

Apr 14-Jun 30 ..... F ..... 9:00-10:00am..... \$72/12 sess ..... 213214

### Minoru Centre for Active Living (Seniors Centre)

Apr 13-Jun 22 ..... Th ..... 1:00-2:00pm..... \$66/11 sess ..... 214647

## TAI CHI—SWORD—YANG STYLE—INTERMEDIATE

Build upon core principles of martial arts while learning new sword routines. Instructed by a qualified martial arts instructor. Pre-requisite: Tai Chi—Sword—Beginner

### City Centre Community Centre

Apr 14-Jun 30 ..... F ..... 10:00-11:00am..... \$72/12 sess ..... 213216

## WING CHUN—BEGINNER

Stimulate the senses of reaction, touch and feeling while learning the first form of this martial art that utilizes soft technical skills through hand drill exercises. Sessions are non-contact, inclusive and offer a good workout that improves coordination and balance.

### Minoru Centre for Active Living (Seniors Centre)

Apr 17-Jun 19 ..... M..... 1:00-2:00pm..... \$54/9 sess ..... 216995

# Out Trips and Tours

## APRIL

### PINK PEPPERCORN DINNER TRIP

Choose from fresh seafood appetizers and entrees that include Nova Scotia lobster, wild salmon, Louisiana-style catfish and more at this one-of-a-kind Vancouver restaurant. Transportation only included. No refunds within 7 days of trip. Note: All meals are subject to an automatic gratuity of up to 18%. Home drop off (\$3) available. Menu available at <https://eddyspinkpeppercorn.ca/>.

### Minoru Centre for Active Living (Seniors Centre)

Apr 5..... W..... 4:30-8:00pm..... \$22.50/1 sess ..... 218260

### BASEBALL AT NAT BAILEY STADIUM TRIP

Cheer on the Vancouver Canadians at this historical and picturesque outdoor stadium. Transportation and game admission included. No refunds within 7 days of trip.

### Thompson Community Centre

Apr 14..... F ..... 11:15am-4:45pm..... \$44/1 sess ..... 218461

### CHILLIWACK TULIP FESTIVAL TRIP

Stroll through more than 12 acres of fields filled with bloomed varieties of tulips and daffodils and visit the food truck on-site. Transportation and admission included. No refunds within 7 days of trip.

### South Arm Community Centre

Apr 18..... Tu..... 10:00am-3:30pm..... \$33.25/1 sess ..... 216006

### Thompson Community Centre

Apr 18..... Tu..... 9:45am-3:45pm..... \$33.25/1 sess ..... 216590

### SALMON HOUSE RESTAURANT TRIP

Dine on a fabulous West Coast meal perched on this West Vancouver hillside with undeniably spectacular views. Transportation only included. No refunds within 7 days of trip. Note: All meals are subject to an automatic gratuity of up to 18%. Home drop off (\$3) available.

Menu available at <https://www.salmonhouse.com/>.

#### Minoru Centre for Active Living (Seniors Centre)

Apr 18..... Tu..... 4:30-8:30pm..... \$25/1 sess ..... 218262

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

Explore over 10,000 square feet of this Chilliwack destination that features all things British including a grocery store, museum, bakery and sweet shop. Transportation and high tea included. No refunds within 7 days of the trip.

#### Steveston Community Centre

Apr 20..... Th ..... 10:00am-3:30pm..... \$66.20/1 sess ..... 217179

#### West Richmond Community Centre

Apr 20..... Th ..... 9:45am-3:45pm..... \$66.20/1 sess ..... 217183

### PAT QUINN'S AT TSAWWASSEN SPRINGS TRIP

Savour the flavours from this classic steak and seafood restaurant and bar set in a contemporary West Coast atmosphere overlooking the golf course fairways. Transportation only included. No refunds within 7 days of trip.

#### Cambie Community Centre

Apr 28..... F ..... 4:45-7:45pm..... \$20/1 sess ..... 218370

#### Thompson Community Centre

Apr 28..... F ..... 4:30-8:00pm..... \$20/1 sess ..... 216352

## MAY

### JJ'S RESTAURANT LUNCH TRIP

Dine on a gourmet lunch prepared and served by culinary students of this Vancouver Community College restaurant. This trip includes a stop at Bosa Foods, a retail establishment that carries a range of Mediterranean and Italian imports. Transportation only included. No refunds within 7 days of trip. Note: All meals are subject to an automatic gratuity of up to 18%.

#### Steveston Community Centre

May 9..... Tu..... 10:15am-4:15pm..... \$40/1 sess ..... 220308

#### West Richmond Community Centre

May 9..... Tu..... 10:00am-4:00pm..... \$40/1 sess ..... 220397

### PIVA MODERN ITALIAN RESTAURANT DINNER TRIP

Experience the tradition, history and delicious food at this New Westminster fine dining establishment, a 2018 Diners' Choice Award recipient. Transportation only included. Home drop-off (\$3) available. No refunds within 7 days of trip. Note: All meals are subject to an automatic gratuity of 18%.

#### City Centre Community Centre

May 11..... Th ..... 5:15-8:00pm..... \$22.50/1 sess ..... 217795

#### South Arm Community Centre

May 11..... Th ..... 5:00-8:15pm..... \$22.50/1 sess ..... 215314

### SYLVIA HOTEL BRUNCH TRIP

Take in the beauty of English Bay while dining at this historic Vancouver hotel. Transportation only included. No refunds within 7 days of trip. Note: All meals are subject to an automatic gratuity of up to 18%. Home drop off (\$3) available.

#### Minoru Centre for Active Living (Seniors Centre)

May 14..... Su ..... 9:30am-2:00pm..... \$22.25/1 sess ..... 218269

### AUDAIN ART MUSEUM AND WHISTLER TRIP

Experience this extraordinary new museum in Whistler that features a vast collection of West Coast art. This trip includes time to shop and have lunch in Whistler Village. Price includes transportation and admission. No refunds within 7 days of trip.

#### Thompson Community Centre

May 15..... M ..... 9:30am-5:00pm..... \$49.25/1 sess ..... 221117

### SEA LION BOAT TOUR

View California sea lions up close on this 90-minute exhilarating cruise aboard a 40-foot semi-covered vessel. Meet at Vancouver Whale Watch in Steveston Harbour. Dress for the weather as program runs rain or shine. Tour and transportation included. No refunds within 7 days of trip.

#### Richmond Nature Park

May 19..... F ..... 8:30-11:00am..... \$48/1 sess ..... 211162

### BUTCHART GARDENS TRIP

Stroll through Victoria's iconic 55-acre floral display that is a National Historic Site of Canada. Bring or buy lunch. Transportation, ferry fees and garden admission included. No refunds within 14 days of trip.

#### Thompson Community Centre

May 24..... W ..... 7:30am-7:00pm..... \$118.90 (55-64yrs)/1 sess... 216339  
\$101.90 (65+yrs)/1 sess

## 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. No refunds within 7 days of trip.

### Minoru Centre for Active Living (Seniors Centre)

May 24..... W..... 11:00am-3:00pm..... \$20/1 sess ..... 218268

## ROCKY POINT PARK TRIP

Take in the picturesque Burrard Inlet from the Port Moody recreational pier followed by a picnic lunch or an easy walk along the Shoreline Trail. Transportation only included. No refunds within 7 days of trip.

### Cambie Community Centre

May 30..... Tu..... 10:15am-2:45pm..... \$28.50/1 sess ..... 218395

### Thompson Community Centre

May 30..... Tu..... 10:00am-3:00pm..... \$28.50/1 sess ..... 216257

## BURNABY LAKE AND LUNCH TRIP

Spot birds such as the belted kingfisher and osprey from the viewing tower or spotting scope on this wildlife trip with a lunch stop at a local cafe. Transportation only included. No refunds within 7 days of trip.

### City Centre Community Centre

May 31..... W..... 10:15am-2:30pm..... \$24/1 sess ..... 217820

### South Arm Community Centre

May 31..... W..... 10:00am-2:45pm..... \$24/1 sess ..... 214693

## JUNE

## BASEBALL AT NAT BAILEY STADIUM TRIP

Cheer on the Vancouver Canadians at this historical and picturesque outdoor stadium. Transportation and game admission included. No refunds within 7 days of trip.

### Thompson Community Centre

Jun 2 ..... F ..... 11:15am-4:45pm..... \$44/1 sess ..... 218462

## THE CABIN RESTAURANT TRIP

Enjoy excellent food and service at this Crescent Beach eatery with a fun and friendly ambiance that boasts delicious Pacific Northwest cuisine. Transportation only included. No refunds within 7 days of trip. Note: All meals are subject to an automatic gratuity of up to 18%. Home drop off (\$3) available. Menu available at <https://cabinrescentbeach.com/menus/dinner-menu-copy/>.

### Minoru Centre for Active Living (Seniors Centre)

Jun 6 ..... Tu..... 4:15-7:45pm..... \$20.25/1 sess ..... 218264

## LADNER VILLAGE MARKET TRIP

Spend the afternoon outdoors at this buzzing market filled with fresh, locally grown produce, handmade crafts and delicious food vendors. Transportation only included. No refunds within 7 days of trip.

### Cambie Community Centre

Jun 11 ..... Su ..... 11:15am-2:45pm..... \$20.50/1 sess ..... 218400

### Thompson Community Centre

Jun 11 ..... Su ..... 11:00am-3:00pm..... \$20.50/1 sess ..... 216174

## BIRDING AT CAMPBELL VALLEY PARK TRIP

Explore this fascinating Langley bird and other wildlife habitat led by an experienced guide. Wear comfortable walking shoes. Bring a lunch. Transportation and tour included. No refunds within 7 days of trip.

### Steveston Community Centre

Jun 15 ..... Th ..... 9:30am-3:45pm..... \$52.50/1 sess ..... 217213

### West Richmond Community Centre

Jun 15 ..... Th ..... 9:15am-3:45pm..... \$52.50/1 sess ..... 217174

## LANGLEY AVIATION ADVENTURE TRIP

Combine a guided tour of the Canadian Museum of Flight followed by lunch at Adrian's, a popular Greek restaurant that overlooks the Langley Airport runways. Transportation and museum admission included. No refunds within 7 days of trip.

### City Centre Community Centre

Jun 15 ..... Th ..... 9:45am-3:45pm..... \$37/1 sess ..... 217842

### South Arm Community Centre

Jun 15 ..... Th ..... 10:00am-3:30pm..... \$37/1 sess ..... 212966

## BC HIGHLAND GAMES AND SCOTTISH FESTIVAL TRIP

Experience solo piping and drumming, pipe bands, Highland and Scottish Country dancing and the famous Haggis Hunt at this 80-year-old event in Coquitlam. Transportation and admission included. No refunds within 7 days of trip.

### Thompson Community Centre

Jun 17 ..... Sa ..... 10:30am-5:00pm..... \$42/1 sess ..... 216169

## 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 (not beverages). No refunds within 7 days of trip. Home drop off (\$3) available.

### Minoru Centre for Active Living (Seniors Centre)

Jun 18 ..... Su ..... 9:30am-1:30pm..... \$53.25/1 sess ..... 218258

## WHITECAPS SOCCER GAME TRIP

Cheer on Vancouver's premier soccer club now part of Major League Soccer. Transportation and admission included. No refunds within 7 days of trip.

### Thompson Community Centre

Jun 21 ..... W..... 4:30-9:00pm..... \$62.50/1 sess ..... 218453



## OWL SANCTUARY TRIP

Learn how owls are rescued, rehabilitated and released on this guided tour of this delightful sanctuary in South Delta. Lunch available for purchase at a neighborhood restaurant. Transportation and admission included. No refunds within 7 days of trip.

### City Centre Community Centre

Jun 24 ..... Sa ..... 9:45am-2:15pm..... \$24/1 sess ..... 217829

### South Arm Community Centre

Jun 24 ..... Sa ..... 10:00am-2:00pm..... \$24/1 sess ..... 214675

## BOWEN ISLAND TRIP

Take a 20-minute ferry ride from Horseshoe Bay to Snug Cove to explore village shops and the wooded trails of Killarney Lake. Bring or buy a lunch. Bus and ferry transportation included. No refunds within 7 days of trip.

### Thompson Community Centre

Jun 27 ..... Tu ..... 9:15am-5:30pm..... \$53.55 (55-64yrs)/1 sess ..... 218045  
\$70.55 (65+yrs)/1 sess

# Racquet Sports

## INDOOR SOFT TENNIS

Play this safe, fun and social sport that utilizes portable nets, and larger and softer specialized balls all perfect for beginners or those returning to this court activity. Registration required.

### Minoru Centre for Active Living (Seniors Centre)

**TRY-IT** Apr 14 ..... F ..... 3:00-4:15pm..... Free/1 sess..... 216714

**TRY-IT** Apr 21 ..... F ..... 3:00-4:15pm..... Free/1 sess..... 216347

Apr 28-Jun 9 ..... F ..... 3:00-4:15pm..... \$52.50/7 sess ..... 216345

## INTRODUCTION TO PICKLEBALL-LEVEL 1

Learn the rules and basic techniques of this increasingly popular game that combines ping pong, tennis and badminton on a badminton size court utilizing wooden paddles and a plastic wiffle ball. This fun, simple and fast-paced program is designed for beginners.

### Hamilton Community Park

May 5-Jun 23 ..... F ..... 2:30-3:30pm..... \$48/8 sess ..... 215378

## PICKLEBALL-BEGINNER

Learn the rules and basic techniques of this popular game that combines ping pong, tennis and badminton on a badminton size court. These fun, simple and fast-paced sessions are designed for beginners.

### South Arm Community Centre

Mar 28-May 9 ..... Tu..... 9:00-10:30am..... \$63/7 sess ..... 209884

### Thompson Community Centre

Apr 6-May 11 ..... Th ..... 1:15-2:30pm..... \$45/6 sess ..... 214623

May 18-Jun 22 ..... Th ..... 1:15-2:30pm..... \$45/6 sess ..... 214625

## PICKLEBALL-BEGINNER-FOR WOMEN

Learn the rules and basic techniques of this increasingly popular game that combines ping pong, tennis and badminton on a badminton size court. These fun, simple and fast-paced sessions are designed for Women who are beginners. Paddles supplied if needed.

### West Richmond Community Centre

Apr 14-Jun 23 ..... F ..... 9:15-10:30am..... \$75/10 sess ..... 220393

Apr 14-Jun 23 ..... F ..... 10:45am-12:00pm..... \$75/10 sess ..... 220402

## PICKLEBALL-DRILLS AND SKILLS

Build on basic skills using a drilling format to improve skills, techniques and strategies along with rules and etiquette. Pre-requisite: Pickleball-Beginner or basic Pickleball knowledge.

### South Arm Community Centre

Mar 28-May 9 ..... Tu..... 10:30am-12:00pm..... \$63/7 sess ..... 209893

May 16-Jun 27 ..... Tu..... 9:00-10:30am..... \$63/7 sess ..... 209887

May 16-Jun 27 ..... Tu..... 10:30am-12:00pm..... \$54/6 sess ..... 211692

### Thompson Community Centre

Apr 6-May 12 ..... Th ..... 2:45-4:00pm..... \$45/6 sess ..... 214629

May 18-Jun 22 ..... Th ..... 2:45-4:00pm..... \$45/6 sess ..... 214650

### West Richmond Community Centre

Mar 29-Jun 21 ..... W..... 11:45am-1:00pm..... \$97.50/13 sess ..... 210653

Mar 29-Jun 21 ..... W..... 1:15-2:45pm..... \$117/13 sess ..... 210654

# Sports

## GOLF LESSONS FOR SENIORS-BEGINNER

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

### Richmond Pitch & Putt Golf Course

Jun 12-Jun 16.. M/Tu/Th ... 1:00-2:30pm..... \$33.10/3 sess ..... 216320

Jun 19-Jun 22.. M/Tu/Th ... 1:00-2:30pm..... \$33.10/3 sess ..... 218869



# Online Programs

## Fitness

### CARDIO SALSA-BEGINNER WORKSHOP

Work out to recognizable Latin rhythms that include the Salsa, Reggaeton, Cumbia and Merengue in this low impact fitness dance class with a focus on rhythm, balance, range of motions and coordination. No partner required. Suitable for beginners 65+ years. Offered through Zoom.

#### West Richmond Community Centre

Apr 24 ..... M ..... 2:00-3:00pm ..... \$5.25/1 sess ..... 212074  
May 29 ..... M ..... 2:00-3:00pm ..... \$5.25/1 sess ..... 212075

## General Interest

### COOKING CHAT LINE (CANTONESE)

Talk online with a chef and others in this unique session that includes sharing recipes, discussing various cooking methods and having culinary questions answered. Conducted in Cantonese. Offered through Zoom. Registration required.

#### Cambie Community Centre

**FREE** Apr 6-Jun 1 .... Th ..... 11:00am-12:00pm ..... Free/3 sess ..... 210276

### JEOPARDY GAME

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

#### Cambie Community Centre

**FREE** Apr 21-Jun 16 F ..... 2:00-3:00pm ..... Free/3 sess ..... 210281

### MAPQUEST TRAVEL

Sit back, relax and sip on a favourite beverage while "travelling" to exciting destinations. Offered through Zoom. Registration required.

#### Cambie Community Centre

**FREE** Apr 11-Jun 13 Tu ..... 12:45-1:45pm ..... Free/3 sess ..... 210278

### NATURE'S WONDERS

Prepare to be fascinated by nature's gems through YouTube videos that feature Mother Nature's bounty. Offered through Zoom. Registration required.

#### Cambie Community Centre

**FREE** Apr 5-Jun 7 .... W ..... 2:00-3:00pm ..... Free/3 sess ..... 210275



## Health and Wellness

### ADVANCE CARE AND FINANCE PLANNING (ENGLISH AND MANDARIN)

Learn how to start this important conversation along with this topic's myths and realities. Presented by professionals. Conducted in English and Mandarin. Offered through Zoom. Registration required.

#### City Centre Community Centre

**FREE** Jun 6 ..... Tu ..... 10:00-11:30am ..... Free/1 sess ..... 218414

### HOLISTIC HEALTH SERIES—OPTIMIZING NATURAL STRESS RESPONSE

Learn about the stress pathway and how it affects overall health. Presented by a naturopathic doctor. Offered through Zoom. Registration required.

#### City Centre Community Centre

**FREE** May 15 ..... M ..... 1:30-2:30pm ..... Free/1 sess ..... 218771

## Music

### NAME THAT TUNE

Connect with others from the comfort of home while listening to music from across the decades. Offered through Zoom. Registration required.

#### Thompson Community Centre

**FREE** Apr 17-Jun 19 M ..... 10:30-11:45am ..... Free/3 sess ..... 216155



## Seniors Annual Facility Passes and Activities

A Seniors Facility Pass offers pass holders a chance to participate in any of the activities listed in the individual schedules—all for a low yearly fee!

### Annual Pass Fees

Minoru Centre for Active Living .....	\$36 per year
Community Centres.....	\$15 per year, per facility

Choices range from **woodworking** at Minoru Centre for Active Living to **Tai Chi** at Cambie and Hamilton Community Centres, the **Singing Group** at City Centre Community Centre to the **Knitting Group** at South Arm Community Centre, the **Drumming Circle** at Steveston Community Centre to **Luk Tung Kuen** at Thompson Community Centre, the **Ukulele Circle** at West Richmond Community Centre **and more!**

### Facility Pass activities take place at the following community recreation facilities:

- Cambie Community Centre (12800 Cambie Rd.)
- City Centre Community Centre (5900 Minoru Blvd.)
- Hamilton Community Centre (5140 Smith Dr.)
- Minoru Centre for Active Living (7191 Granville Ave.)
- South Arm Community Centre 8880 Williams Rd.)
- Steveston Community Centre (4111 Moncton St.)
- Thompson Community Centre (5151 Granville Ave.)
- West Richmond Community Centre (9180 No. 1 Rd.)

### Additional Pass Fees

Minoru Centre for Active Living .....	Billiard Room Pass .....	\$48 per year
Minoru Centre for Active Living .....	Woodworking Pass .....	\$48 per year
Minoru Centre for Active Living .....	Wood Carving Pass .....	\$42 per year

[www.richmond.ca/schedules](http://www.richmond.ca/schedules)



# Seniors Annual Facility Pass Programs

The Seniors Facility Pass at the Minoru Centre for Active Living supports the Minoru Seniors Society and is **\$36 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)

MON	TUE	WED	THU	FRI	SAT	SUN
<b>Woodworking*</b> 8:30am–12:30pm	<b>Billiards*</b> 8:45am–3:45pm (Registered Visits)	<b>Woodworking*</b> 8:30am–2:00pm	<b>Billiards*</b> 8:45am–3:45pm (Registered Visits)	<b>Woodworking*</b> 8:30am–2:00pm	<b>Woodworking*</b> 8:30am–4:00pm (Finishing day)	<b>Billiards*</b> 8:45am–4:45pm (Drop-in)
<b>Billiards*</b> 8:45am–3:45pm (Registered Visits)	<b>Tai Chi Practice**</b> 9:00–10:00am	<b>Billiards*</b> 8:45am–3:45pm (Registered Visits)	<b>Tai Chi Practice**</b> 8:45–9:45am	<b>Billiards*</b> 8:45am–3:45pm (Registered Visits)	<b>Tai Chi Practice**</b> 8:45–9:45am	<b>Wood Carving***</b> 9:30am–12:00pm 1:00–4:30pm
<b>Tai Chi Practice**</b> 8:45–9:45am	<b>Wood Carving***</b> 9:30am–12:00pm 1:00–4:30pm	<b>Tai Chi Practice**</b> 8:45–9:45am	<b>Yuanji Dance**</b> 9:00–10:30am	<b>Tai Chi Practice**</b> 9:00–10:00am	<b>Billiards*</b> 8:45am–4:45pm (Drop-in)	<b>Model Walkers**</b> 11:00am–1:00pm
<b>Yuanji Dance**</b> 9:00–10:30am	<b>Poker</b> 11:30am–4:00pm	<b>Yuanji Dance**</b> 9:00–10:30am	<b>Busy Fingers</b> 9:30–11:30am	<b>Mahjong**</b> 10:00am–5:00pm	<b>Ballroom Dance**</b> 10:00am–12:00pm	<b>Poker</b> 11:30am–4:00pm
<b>Busy Fingers</b> 9:30–11:30am	<b>Carpet Bowling</b> 12:30–3:00pm	<b>Happy Chorus</b> 10:00am–12:30pm	<b>Minoru Strummers Ukulele Circle</b> 10:00–11:30am	<b>Bridge Duplicate</b> 12:30–4:00pm	<b>Spanish Social</b> 10:30am–1:00pm	<b>Parkinson's Support Group</b> (1st week) 1:00–2:00pm
<b>English Social for Chinese Seniors</b> 10:00–11:30am	<b>Musical Interludes</b> 1:30–3:00pm	<b>Mahjong**</b> 10:00am–5:00pm	<b>Poker</b> 11:30am–3:30pm	<b>Chinese Calligraphy**</b> 1:00–4:00pm	<b>Peking Opera</b> 1:30–4:30pm	<b>Minoru Community Line Dancers**</b> 1:30–3:30pm
<b>Happy Chorus</b> 10:00am–12:30pm	<b>Kingsland Calligraphy</b> 1:30–4:00pm	<b>Crib</b> 1:00–3:30pm	<b>Scrabble</b> 12:45–4:00pm	<b>Euchre</b> 1:30–4:00pm	<b>Multicultural Dance**</b> 2:00–4:30pm	
<b>Crib</b> 1:00–3:00pm	<b>Seniors Saxophone**</b> 3:00–5:00pm	<b>Glee</b> 2:00–4:00pm	<b>Joy Singing and Dancing**</b> 1:00–3:00pm	<b>Hanging with The Guys</b> (2nd & 4th week) 3:00–4:30pm		
<b>Bridge</b> 1:00–4:30pm	<b>Billiards*</b> 4:00–8:45pm (Drop-in)	<b>Billiards*</b> 4:00–8:45pm (Drop-in)	<b>Knitters and Natters</b> 1:00–3:00pm	<b>Billiards*</b> 4:00–8:45pm (Drop-in)		
<b>Photo Group</b> (2nd & 4th week) 1:30–3:30pm	<b>Yuanji Dance**</b> 6:30–8:30pm	<b>Multicultural Dance**</b> 6:45–8:45pm	<b>Wood Carving***</b> 1:00–4:30pm			
<b>Multicultural Dance**</b> 2:30–4:30pm			<b>Ballroom Dance**</b> 3:30–5:15pm			
<b>Billiards*</b> 4:00–8:45pm (Drop-in)			<b>Seniors Saxophone**</b> 4:00–6:00pm			
<b>Whist</b> 6:00–8:45pm			<b>Billiards*</b> 4:00–8:45pm (Drop-in)			
			<b>Prostate Cancer Support Group</b> (2nd week) 6:30–8:30pm			
			<b>Yuanji Dance</b> 6:30–8:30pm			
			<b>Page Turners Book Club</b> (3rd week) 7:00–8:30pm			

Registration required for Billiards

\*Additional Passes \$48/year | \*\*Additional Fees \$2/Drop-in | \*\*\*Additional Pass \$42/year

### Seniors Facility Passes at the following community centres are \$15 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

MON	TUE	WED	THU	FRI	SAT	SUN
<b>Coffee and Tea</b> (last Mon/mth) 11:00am–12:30pm (Call for more dates) (ERCH)	<b>Tai Chi Practice– Form 24</b> 8:30–9:15am (no instruction) #210242* (ERCH)	<b>Tai Chi–48 Form</b> 8:30–9:30am #210247* (ERCH)	<b>Indoor Walking</b> 10:00–11:00am #210258* (CCC)	<b>Tai Chi–24 Form</b> 8:30–9:30am #210246* (ERCH)		
	<b>Tai Chi Practice– Form 48</b> 9:15–10:00am (no instruction) #210245* (ERCH)	<b>Book Club</b> (1st Wed/mth) 10:00–11:30am #210250* (ERCH)		<b>Table Tennis</b> 9:30–10:30am (ERCH)		
	<b>Mahjong</b> (2nd Tue/mth) 10:00am–12:00pm #210255* (ERCH)	<b>Memoir Writing</b> (3rd Wed/mth) 10:00am–12:00pm #210251* (ERCH)		<b>Knitting</b> 10:00–11:30am (ERCH)		
	<b>Karaoke</b> (1st and 3rd Tu/mth) 9:00–11:00am (ERCH)	<b>Luk Tung Kuen</b> 11:00–11:45am #210248* (ERCH)		<b>Luk Tung Kuen</b> 11:00–11:45am #210249* (ERCH)		
		<b>Crib and assorted games</b> (2nd Wed/mth) 12:00–1:30pm (ERCH)				

\*Registration required.

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

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

#### City Centre Community Centre

MON	TUE	WED	THU	FRI	SAT	SUN
<b>Karaoke (English)</b> 10:30am–12:30pm	<b>Singing Group</b> 10:00am–1:00pm	<b>Poetry Appreciation Group</b> (2nd Wed/mth) 2:00–4:00pm	<b>Karaoke (Chinese)</b> 10:30am–12:30pm		<b>Technology Help</b> 3:30–5:00pm	<b>English Conversation Group</b> 3:00–4:30pm
<b>Dance Space</b> 1:00–2:30pm	<b>Chinese Calligraphy in Mandarin</b> 1:00–3:00pm		<b>Dance Space</b> 1:00–2:30pm		<b>Wellness Social Corner</b> (1st and 4th Mon/mth) 10:30–11:30am	
<b>Brush Hour</b> 3:30–5:00pm						

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

## Hamilton Community Centre

MON	TUE	WED	THU	FRI	SAT	SUN
<b>Tai Chi Advanced</b> 7:30–8:30am	<b>Tai Chi Advanced</b> 7:30–8:30am	<b>Tai Chi Advanced</b> 7:30–8:30am	<b>Tai Chi Advanced</b> 7:30–8:30am	<b>Tai Chi Advanced</b> 7:30–8:30am		
<b>Mahjong</b> 10:15am–12:00pm	<b>Tai Chi Beginners</b> 8:30–9:30am		<b>Tai Chi Beginners</b> 8:30–9:30am	<b>Dancing and Sing-a-long</b> 10:00am–12:00pm		
	<b>Seniors Circle Group</b> 9:30–11:00am		<b>Mahjong</b> 9:45am–12:15pm			

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

## South Arm Community Centre

MON	TUE	WED	THU	FRI	SAT	SUN
<b>Luk Tung Kuen</b> 7:45–8:30am	<b>Luk Tung Kuen</b> 7:45–8:30am	<b>Luk Tung Kuen</b> 7:45–8:30am	<b>Luk Tung Kuen</b> 7:45–8:30am	<b>Luk Tung Kuen</b> 7:45–8:30am		<b>Sahara Sisters</b> (Last Sun/mth) 12:30–3:30pm
<b>New Immigrant Support/English Learning Group</b> 9:00–11:30am	<b>Seniors Social Group</b> 9:30–11:00am	<b>Book Club</b> (4th Wed/mth) 10:00–11:30am	<b>Friendship Group</b> 8:30–9:20am	<b>Carpet Bowling</b> 1:00–3:00pm		
<b>Scrabble</b> 10:00am–12:00pm		<b>Classic QiPao Dance</b> 12:00–2:00pm	<b>Karaoke</b> 9:30am–12:00pm			
<b>Carpet Bowling</b> 1:00–3:00pm		<b>Bridge Social</b> 12:30–3:30pm	<b>Mahjong Social</b> 9:30am–1:30pm			
<b>MILAP Group</b> (bi-weekly) 1:00–3:00pm		<b>Indoor Walking</b> 1:30–2:30pm	<b>Knitting Group</b> 1:00–3:00pm			
		<b>Educational Presentation</b> (1st Wed/mth) 11:00am–12:00pm				

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

## Steveston Community Centre

MON	TUE	WED	THU	FRI	SAT	SUN
<b>Chinese Multicultural Group</b> 10:00–11:30am		<b>Knitting and Crocheting Social</b> 10:00am–12:00pm	<b>Chinese Multicultural Group</b> 9:30–11:30am	<b>Japanese Tablet Club</b> 9:30–11:30am	<b>Akebono Karaoke (in Japanese)</b> 3:00–5:00pm	
<b>Drumming Circle*</b> 12:00–1:00pm		<b>Low Vision Support Group</b> (2nd Wed/mth) 10:00am–12:00pm		<b>Ukulele Circle</b> 10:00–11:30am		
<b>Drumming Ensemble*</b> 1:30–2:30pm		<b>Japanese Crafts Group</b> (2nd, 3rd, 4th Wed/mth) 12:30–3:00pm		<b>Bridge Social</b> 1:00–4:00pm		
		<b>Tech Help 101</b> 1-on-1 (in English) 1:00–3:00pm (604-238-8084 to register)		<b>Ukulele Ensemble</b> 1:00–2:30pm		

\*Call 604-238-8084

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



### Thompson Community Centre

MON	TUE	WED	THU	FRI	SAT	SUN
<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Luk Tung Kuen</b> 7:45–8:45am		
<b>Tai Chi</b> 9:00–9:30am	<b>Luk Tung Coffee Hour</b> 9:00–10:00am	<b>Tai Chi</b> 9:00–9:30am	<b>Crafts Group</b> 11:00am–1:00pm	<b>Gentlemen in Conservation</b> (2nd & 4th week) 10:30am–12:00pm		
<b>Online-Name that Tune</b> (3rd Mon/mth) 10:30–11:45am  <b>Book Club</b> (2nd Mon/mth) 2:15–3:30pm		<b>Seniors Activity Time</b> 1:30–2:45pm		<b>Karaoke</b> 10:30am–12:30pm		

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

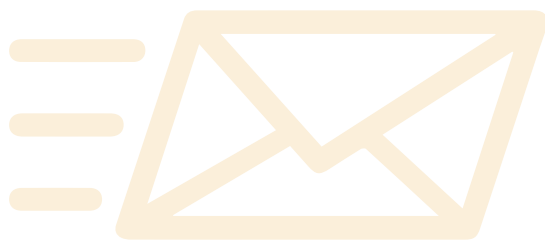
### West Richmond Community Centre

MON	TUE	WED	THU	FRI	SAT	SUN
<b>Book Club</b> (3rd Mon/mth) (604-238-8431 for availability)	<b>Indoor Walking</b> 9:30–10:30am	<b>Ukulele and Singing Circle</b> 4:30–5:30pm				
<b>French Conversation Group</b> 10:30am–12:00pm (Not on 3rd Mon/mth or Stat holidays)	<b>Seniors Social</b> 10:00–11:00am					
<b>Conversations about Indigenous History</b> (1st Mon/mth) 1:45–3:00pm	<b>English Conversation Group</b> 11:00am–12:00pm (604-238-8431 for availability)					
	<b>Spanish Conversation Group</b> 1:45–3:00pm					
	<b>Scottish Country Dancing</b> 2:15–3:45pm					

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



# GET CONNECTED



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