



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

**Spring 2026** | APR-JUN  
[richmond.ca/register](https://richmond.ca/register)



## Contents

Arts–Dance.....	3
Arts–Music .....	5
Arts–Performing .....	6
Arts–Visual.....	6
Computers, Technology and Social Media.....	8
Cooking.....	9
Events and Seasonal Programs.....	10
Fitness .....	11
General Interest.....	14
Health and Wellness .....	15
Languages.....	18
Martial Arts.....	18
Out Trips and Tours .....	19
Racquet Sports.....	22
Sports .....	22

## Seniors Annual Facility Pass Programs.....24

## Refunds / Withdrawals / Transfers

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

### Seasonal Programs

Unless otherwise specified:

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

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

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

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

Unless otherwise specified:

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

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

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

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

## 3 Ways to Register



### Online

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

Register online anytime.

24 hours a day, 7 days a week



### Phone

**604-276-4300**

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

Monday–Friday, 8:30am–5:00pm



### In-person

Drop-in and register at any community facility

## You will need

### ✓ Your online registration account

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

### ✓ Your Course ID number

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

Apr 8–Jun 10..... **00123456**

### ✓ Your method of payment

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

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

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



## Arts–Dance

### ANCIENT ECHOES–THE SPIRIT OF CHINESE DANCING–ALL LEVELS

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

#### West Richmond Community Centre

Apr 11-Jun 20 .....Sa..... 3:00-4:15pm ..... \$84/10 sess ..... 00488519

### BALLET–BEGINNER

Learn basic ballet techniques that improve coordination, balance, musicality and fluidity of movement while developing skills that complement other physical activity. Dress code in effect. No experience required.

#### Richmond Cultural Centre

Apr 13-Jun 22 .....M..... 2:00-3:15pm ..... \$84/10 sess ..... 00488356

Apr 8-Jun 17 .....W..... 2:00-3:15pm ..... \$92.40/11 sess .... 00488415

### BALLET–FUNDAMENTALS

Improve mobility, posture, coordination and energy levels while learning introductory ballet techniques including barre work and dance combinations in a fun and supportive environment. Exercises are modified for all levels.

#### Seniors Centre–Minoru Centre for Active Living

Apr 14-Jun 16 .....Tu..... 3:00-4:00pm ..... \$67.20/10 sess .... 00489188

#### South Arm Community Centre

Apr 14-Jun 16 .....Tu..... 12:30-1:45pm ..... \$84/10 sess ..... 00488852

### BALLROOM AND LATIN DANCING

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

#### Seniors Centre–Minoru Centre for Active Living

Apr 14-Jun 16 ...Tu... 3:30-4:30pm.... \$90.60/10 sess (45-54yrs)... 00490377  
\$67.20/10 sess (55+yrs)

### BALLROOM DANCING–BEGINNER

Dance for fitness and fun in these introductory sessions that cover basic steps and foundational techniques. Designed for those new to this style of dance. Suitable for singles and pairs. No experience required.

#### Seniors Centre–Minoru Centre for Active Living

Apr 13-Jun 22 .....M..... 3:00-4:30pm ..... \$100.80/10 sess .. 00489153

#### West Richmond Community Centre

Apr 10-Jun 19 .....F..... 3:30-4:30pm ..... \$73.90/11 sess .... 00491904

Apr 10-Jun 19 .....F..... 4:40-5:40pm ..... \$73.90/11 sess .... 00488595

### BALLROOM DANCING–INTERMEDIATE

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

#### Seniors Centre–Minoru Centre for Active Living

Apr 13-Jun 22 ...M... 6:30-8:00pm.... \$135.90/10 sess (45-54yrs). 00489154  
\$100.80/10 sess (55+yrs)

#### Thompson Community Centre

Apr 18-Jun 13 ...Sa.. 1:30-3:00pm.... \$90.70/9 sess..... 00491484

### BALLROOM DANCING–JIVE AND TANGO–BEGINNER

Explore dynamic footwork and expressive movement while strengthening coordination and musicality, and enjoy social connection and light cardio through energetic partner dances. Suitable for singles and pairs.

#### Thompson Community Centre

Apr 22-Jun 10 .....Wed.. 4:30-6:00pm ..... \$80.65/8 sess ..... 00491491

### BALLROOM DANCING–ULTIMATE–SAMBA

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

#### South Arm Community Centre

May 29-Jun 26 ....F..... 5:00-6:30pm ..... \$75/5 sess ..... 00492053

### BALLROOM DANCING–ULTIMATE–WALTZ

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

#### South Arm Community Centre

Apr 17-May 22 ....F..... 5:00-6:30pm ..... \$90/6 sess ..... 00492047

### BELLYDANCING–LEVEL 1

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

#### Seniors Centre–Minoru Centre for Active Living

Apr 16-Jun 18 .....Th..... 2:30-3:45pm ..... \$84/10 sess ..... 00489219

### DANCE MOVES–ALL LEVELS

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

#### Cambie Community Centre

Apr 13-May 11 ....M..... 10:00-11:00am ..... \$33.60/5 sess ..... 00483984

May 25-Jun 22 ....M..... 10:00-11:00am ..... \$33.60/5 sess ..... 00483985

### FLAMENCO DANCING–BEGINNER

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

#### South Arm Community Centre

Apr 17-May 23 ....Sa..... 7:00-8:00pm ..... \$40.30/6 sess ..... 00488439

### HAWAIIAN HULA DANCING–BEGINNER

Learn and practice the basic techniques and rhythmic patterns of this graceful and expressive cultural dance form that engages the body, mind and spirit. Some dance movements may be performed sitting down. No experience required.

#### Seniors Centre–Minoru Centre for Active Living

Apr 24-Jun 19 .....F..... 10:00-11:00am ..... \$60.50/9 sess ..... 00489220

### HIP HOP

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

#### City Centre Community Centre

**TRY-IT** Apr 10 .....F..... 2:15-3:15pm ..... Free/1 sess ..... 00490995

Apr 17-Jun 26 .....F..... 2:15-3:15pm ..... \$73.90/11 sess .... 00491015

#### West Richmond Community Centre

**TRY-IT** Apr 14 .....Tu..... 3:30-4:30pm ..... Free/1 sess ..... 00488533

Apr 21-Jun 16 .....Tu..... 3:30-4:30pm ..... \$60.50/9 sess ..... 00488534

## JAZZ AND BALLET BLEND-BEGINNER

Explore some fundamental techniques of two dance styles along with choreography in these upbeat and enjoyable sessions. No experience required.

### West Richmond Community Centre

Apr 13-Jun 22 .....M..... 3:30-4:30pm..... \$67.20/10 sess .... 00488526  
Apr 08-Jun 17 .....W..... 2:20-3:20pm..... \$73.90/11 sess .... 00488527

## JAZZ DANCING

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

### Seniors Centre-Minoru Centre for Active Living

Apr 13-Jun 22 .....M..... 12:00-1:00pm..... \$67.20/10 sess .... 00489155

## LATIN DANCING-ADVANCED

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

### Seniors Centre-Minoru Centre for Active Living

Apr 15-Jun 17 .....W..... 6:30-8:00pm..... \$100.80/10 sess .. 00489217

## LINE DANCING-BEGINNER

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

### City Centre Community Centre

**TRY-IT** Apr 10 .....F..... 1:00-2:00pm..... Free/1 sess..... 00490958  
Apr 17-Jun 26 .....F..... 1:00-2:00pm..... \$73.90/11 sess .... 00490934

### Seniors Centre-Minoru Centre for Active Living

Apr 14-Jun 9 .....Tu..... 2:00-3:00pm..... \$60.50/9 sess ..... 00485214

### South Arm Community Centre

Apr 15-Jun 10 .....W..... 3:45-4:45pm..... \$60.50/9 sess ..... 00489356

### Steveston Community Centre

Apr 16-May 7 .....Th..... 1:00-2:00pm..... \$26.90/4 sess ..... 00489827  
May 14-Jun 11 .....Th..... 2:00-3:00pm..... \$33.65/5 sess ..... 00489831

## LINE DANCING-INTERMEDIATE

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

### Seniors Centre-Minoru Centre for Active Living

Apr 14-Jun 9 .....Tu..... 3:15-4:15pm..... \$60.50/9 sess ..... 00485215

## LINE DANCING-BEGINNER-IMPROVER

Improve dance moves and learn more complex steps and patterns to Latin and Ballroom and country and popular music. Pre-requisite-Line Dancing-Beginner.

### South Arm Community Centre

Apr 15-Jun 10 .....W..... 2:30-3:30pm..... \$60.50/9 sess ..... 00489354

### Steveston Community Centre

Apr 16-May 7 .....Th..... 2:15-3:15pm..... \$26.90/4 sess ..... 00489835  
May 14-Jun 11 .....Th..... 2:00-4:15pm..... \$33.60/5 sess ..... 00489842

## LINE DANCING-INTERNATIONAL-NEW BEGINNER

Learn some of the basic, easy-to-learn steps for short dances set to popular music. No experience required.

### Seniors Centre-Minoru Centre for Active Living

Apr 15-Jun 17 .....W..... 11:00am-12:00pm..... \$60.50/9 sess ..... 00485216

## LINE DANCING-INTERNATIONAL-BEGINNER

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

### Seniors Centre-Minoru Centre for Active Living

Apr 18-Jun 20 ...Sa.. 2:15-3:45pm..... \$135.90/10 sess (45-54yrs). 00489156  
\$100.80/10 sess (55+yrs)

## LINE DANCING-INTERNATIONAL-INTERMEDIATE/ADVANCED

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

### Seniors Centre-Minoru Centre for Active Living

Apr 15-Jun 17 .....W..... 12:30-2:00pm..... \$90.70/9 sess ..... 00485217

## LINE DANCING-INTERNATIONAL-BEGINNER-IMPROVER

Build on easy-to-learn steps for short dances set to popular music. Pre-requisite: Line Dancing-International-Beginner.

### Seniors Centre-Minoru Centre for Active Living

Apr 15-Jun 17 .....W..... 2:15-3:45pm..... \$90.70/9 sess ..... 00485218

## LINE DANCING-INTERNATIONAL-INTERMEDIATE-IMPROVER

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

### Seniors Centre-Minoru Centre for Active Living

Apr 18-Jun 20 .....Sa..... 12:30-2:00pm..... \$100.80/10 sess .. 00485219

## LINE DANCING VARIETY-BEGINNER

Focus on the fundamental steps of this dance style that is adaptable to country, ballroom, rock and roll, disco, Latin and pop music. No experience required.

### Thompson Community Centre

Apr 15-Jun 10 .....W..... 10:45-11:45am..... \$60.50/9 sess ..... 00491008

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

Focus on the fundamental steps of this dance style that is adaptable to country, ballroom, rock and roll, disco, Latin and pop music. Conducted in Cantonese and Mandarin. No experience required.

### Seniors Centre-Minoru Centre for Active Living

Apr 13-Jun 15 .....M..... 12:00-1:00pm..... \$60.50/9 sess ..... 00485210  
Apr 17-Jun 19 .....F..... 9:30-10:30am..... \$67.20/10 sess .... 00485213

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

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

### Seniors Centre-Minoru Centre for Active Living

Apr 13-Jun 15 .....M..... 10:45-11:45am..... \$60.50/9 sess ..... 00485209

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

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

### Seniors Centre-Minoru Centre for Active Living

Apr 14-Jun 16 ..... Tu..... 9:45-10:45am ..... \$67.20/10 sess .... 00485211

Apr 16-Jun 25 ..... Th..... 10:45-11:45am ..... \$67.20/10 sess .... 00485212

## LYRICAL DANCING

Connect with music and tell stories through fluid movement, self-expression and by fostering creativity and artistic exploration building on ballet and contemporary dance techniques. No experience required.

### Seniors Centre-Minoru Centre for Active Living

Apr 15-Jun 17 ..... W..... 11:45am-12:45pm ..... \$67.20/10 sess .... 00489210

## TAP DANCING-BEGINNER

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

### Seniors Centre-Minoru Centre for Active Living

Apr 13-Jun 15 ..... M..... 10:45-11:45am ..... \$60.50/9 sess ..... 00489179

## TAP DANCING-INTERMEDIATE

Combine previously learned steps with new moves and choreography in these social sessions that also offer a fun workout. Tap shoes required at each session. Pre-requisite: Tap Dancing-Beginner or previous Tap Dancing experience.

### Seniors Centre-Minoru Centre for Active Living

Apr 15-Jun 17 ..... W..... 10:30-11:30am ..... \$67.20/10 sess .... 00489186

## Arts-Music

## DRUMMING RHYTHMS FROM AROUND THE WORLD

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

### West Richmond Community Centre

Apr 10-May 15 ..... F..... 6:30-8:00pm ..... \$60.50/6 sess ..... 00488668

## GUITAR GROUP LESSONS-BEGINNER-LEVEL 1

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

### Seniors Centre-Minoru Centre for Active Living

Apr 17-Jun 19 ..... F..... 12:30-1:30pm ..... \$67.20/10 sess .... 00487338

## GUITAR GROUP LESSONS-BEGINNER-LEVEL 2

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

### Seniors Centre-Minoru Centre for Active Living

Apr 17-Jun 19 ..... F..... 1:45-2:45pm ..... \$67.20/10 sess .... 00487341

## INTRODUCTION TO PIANO- INTERGENERATIONAL

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

### City Centre Community Centre

Apr 13-Jun 22 ..... M..... 4:30-5:15pm ..... \$75/10 sess ..... 00490804

Apr 13-Jun 22 ..... M..... 4:30-5:15pm ..... \$75/10 sess ..... 00490812

Apr 13-Jun 22 ..... M..... 5:30-6:15pm ..... \$75/10 sess ..... 00490808

Apr 13-Jun 22 ..... M..... 5:30-6:15pm ..... \$75/10 sess ..... 00490816

Apr 08-Jun 24 ..... W..... 4:30-5:15pm ..... \$90/12 sess ..... 00490818

Apr 08-Jun 24 ..... W..... 4:30-5:15pm ..... \$90/12 sess ..... 00490820

Apr 08-Jun 24 ..... W..... 5:30-6:15pm ..... \$90/12 sess ..... 00490819

Apr 08-Jun 24 ..... W..... 5:30-6:15pm ..... \$90/12 sess ..... 00490822

Apr 10-Jun 26 ..... F..... 4:30-5:15pm ..... \$90/12 sess ..... 00490825

Apr 10-Jun 26 ..... F..... 4:30-5:15pm ..... \$90/12 sess ..... 00490828

Apr 10-Jun 26 ..... F..... 5:30-6:15pm ..... \$90/12 sess ..... 00490826

Apr 10-Jun 26 ..... F..... 5:30-6:15pm ..... \$90/12 sess ..... 00490830

Apr 11-Jun 27 ..... Sa..... 10:00-10:45am ..... \$90/12 sess ..... 00490838

Apr 11-Jun 27 ..... Sa..... 11:00-11:45am ..... \$90/12 sess ..... 00490842

Apr 11-Jun 27 ..... Sa..... 12:00-12:45pm ..... \$90/12 sess ..... 00490854

Apr 11-Jun 27 ..... Sa..... 1:00-1:45pm ..... \$90/12 sess ..... 00490855

Apr 11-Jun 27 ..... Sa..... 2:00-2:45pm ..... \$90/12 sess ..... 00490856

Apr 11-Jun 27 ..... Sa..... 2:00-2:45pm ..... \$90/12 sess ..... 00490857

Apr 11-Jun 27 ..... Sa..... 3:00-3:45pm ..... \$90/12 sess ..... 00490858

Apr 12-Jun 28 ..... Su ..... 11:00-11:45am ..... \$90/12 sess ..... 00490864

Apr 12-Jun 28 ..... Su ..... 11:00-11:45am ..... \$90/12 sess ..... 00490866

Apr 12-Jun 28 ..... Su ..... 12:00-12:45pm ..... \$90/12 sess ..... 00490867

Apr 12-Jun 28 ..... Su ..... 12:00-12:45pm ..... \$90/12 sess ..... 00490859

Apr 12-Jun 28 ..... Su ..... 1:00-1:45pm ..... \$90/12 sess ..... 00490868

Apr 12-Jun 28 ..... Su ..... 1:00-1:45pm ..... \$90/12 sess ..... 00490873

Apr 12-Jun 28 ..... Su ..... 2:00-2:45pm ..... \$90/12 sess ..... 00490869

Apr 12-Jun 28 ..... Su ..... 2:00-2:45pm ..... \$90/12 sess ..... 00490875

## SINGING-INTERMEDIATE

Build on basic vocal techniques, sight reading, sight singing and two- or three-part harmonies. Instructed by the Richmond Music School. Pre-requisite: Singing-Beginner or previous choral experience.

### Seniors Centre-Minoru Centre for Active Living

Apr 17-Jun 19 ..... F..... 3:30-4:30pm ..... \$120/10 sess ..... 00488036

## TAIKO DRUMMING-BEGINNER

Explore this fun and exciting centuries-old type of drumming that combines music, dance, martial arts and culture for a full-body workout. No experience required.

### South Arm Community Centre

Apr 20-Jun 15 ..... M..... 7:30-8:30pm ..... \$53.75/8 sess ..... 00488850

## TAIKO DRUMMING-INTERMEDIATE

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

### South Arm Community Centre

Apr 20-Jun 15 ..... M..... 6:30-7:30pm ..... \$53.75/8 sess ..... 00488848

## TAIKO DRUMMING-ADVANCED

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

### South Arm Community Centre

Apr 20-Jun 15 ..... M..... 5:30-6:30pm ..... \$53.75/8 sess ..... 00488846

## UKULELE

Enjoy this introductory session that covers a few basics that includes picking strumming and playing a fun first song. No experience required. Ukulele provided for this session. Registration required.

### Steveston Community Centre

**TRY-IT** Apr 8 ..... W ..... 11:00am-12:00pm ..... Free/1 sess ..... 00489871

## UKULELE-BEGINNER

Play this easy-to-learn instrument for fun and to increase cognitive abilities. No experience required. Ukulele required at each session. Ukuleles available to borrow.

### Seniors Centre-Minoru Centre for Active Living

Apr 20-Jun 15 ..... M ..... 3:30-4:30pm ..... \$60.50/9 sess ..... 00492024

## UKULELE-GET STARTED

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

### Steveston Community Centre

Apr 15-May 13 .. W .. 11:00am-12:15pm .. \$56/5 sess (45-54yrs) .. 00489875  
\$42/5 sess (55+yrs)  
May 20-Jun 17 .. W .. 11:00am-12:15pm .. \$56/5 sess (45-54yrs) .. 00489877  
\$42/5 sess (55+yrs)

## UKULELE-KEEP GOING

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

### South Arm Community Centre

Apr 13-Jun 15 ..... M ..... 11:00am-12:30pm ..... \$90.70/9 sess ..... 00491497

### Steveston Community Centre

Apr 8-May 13 ..... W .. 1:00-2:15pm ..... \$67.95/6 sess (45-54yrs) .. 00489879  
\$50.40/6 sess (55+yrs)  
May 20-Jun 17 .. W .. 1:00-2:15pm ..... \$56.60/5 sess (45-54yrs) .. 00489882  
\$42/5 sess (55+yrs)

## UKULELE-SKILL BUILDING-CHORD MELODY

Create a solo style arrangement by blending melody, harmony and rhythm for a captivating and personalized musical expression. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library. Pre-requisite: Beginner knowledge of ukulele and fluency in musical notation and tablature.

### Steveston Community Centre

Apr 7-May 12 ..... Tu ..... 11:00am-12:15pm ..... \$50.40/6 sess ..... 00489860

## UKULELE-SKILL BUILDING-FINGERSTYLE

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

### Steveston Community Centre

Apr 7-May 12 ..... Tu ..... 1:00-2:15pm ..... \$50.40/6 sess ..... 00489863

## UKULELE-SKILL BUILDING-MAJOR AND MINOR CHORDS

Explore major and minor chords, progressions and how one note can add light, shadow and change the emotion of a song. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library. Pre-requisite: Beginner knowledge of ukulele and fluency in musical notation and tablature.

### Steveston Community Centre

May 19-Jun 16 .... Tu ..... 11:00am-12:15pm ..... \$42/5 sess ..... 00489866

## UKULELE-SKILL BUILDING-STRUMMING

Explore basics and beyond for the rhythm hand to create different patterns, textures and musical interest. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library. Pre-requisite: Beginner knowledge of ukulele and fluency in musical notation and tablature.

### Steveston Community Centre

May 19-Jun 16 .... Tu ..... 1:00-2:15pm ..... \$42/5 sess ..... 00489869

## Arts-Performing

### IMPROV-BEGINNER

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

### Seniors Centre-Minoru Centre for Active Living

Apr 13-Jun 15 ..... M ..... 4:00-5:00pm ..... \$67.20/10 sess ..... 00488040

## Arts-Visual

### ACRYLIC PAINTING-ALL LEVELS

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

### Seniors Centre-Minoru Centre for Active Living

Apr 15-Jun 17 ..... W ..... 12:30-2:00pm ..... \$100.80/10 sess .. 00489230

### Steveston Community Centre

Apr 13-May 11 ..... M ..... 12:30-2:30pm ..... \$67.20/5 sess ..... 00489784  
May 25-Jun 22 ..... M ..... 12:30-2:30pm ..... \$67.20/5 sess ..... 00489788

## ART MINDFULNESS-GENTLE ART OF PRESENCE

Cultivate calm and creativity through art-based mindfulness using drawing, painting, colouring and brush painting. Evoke emotion through colour while supporting reflection, creative expression and meaningful connection in a soothing and welcoming environment. Supplies included.

### Seniors Centre-Minoru Centre for Active Living

May 25-Jun 29 .... M ..... 3:00-4:30pm ..... \$60.50/6 sess ..... 00490975

## CALLIGRAPHY AND HAND LETTERING-EASTER THEME

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

### Seniors Centre-Minoru Centre for Active Living

Apr 2-Apr 23 ..... Th .. 5:30-6:30pm ..... \$36.25/4 sess (45-54yrs) ..... 00490492  
\$26.90/4 sess (55+yrs)



## CHINESE BRUSH PAINTING

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

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

Apr 13-Jun 15 .....M..... 9:30-11:30am ..... \$120.95/9 sess .... 00489225

**Steveston Community Centre**

May 6-Jun 17 .....W..... 10:30am-12:30pm ..... \$94.10/7 sess ..... 00489800

## CHINESE CALLIGRAPHY (CANTONESE/MANDARIN)

Learn and build the skills and techniques required to produce advanced calligraphy art. Conducted in Chinese and Mandarin with English translation available. Supplies list provided.

**Steveston Community Centre**

Apr 7-May 12 .....Tu..... 9:30-11:30am ..... \$80.65/6 sess ..... 00489805

Apr 9-May 14 .....Th..... 12:00-2:00pm ..... \$80.65/6 sess ..... 00489813

May 14-Jun 25 .....Th..... 9:30-11:30am ..... \$80.65/6 sess ..... 00489816

May 19-Jun 16 .....Tu..... 9:30-11:30am ..... \$67.20/5 sess ..... 00490959

## CHINESE CALLIGRAPHY AND PAINTING (CANTONESE/MANDARIN)

Experience the beauty of Chinese brush painting and calligraphy while learning essential brush techniques, expressive ink work, and the cultural meaning behind each stroke. Conducted in Cantonese and Mandarin. Supplies list provided.

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

Apr 18-Jun 20 .....Sa..... 1:00-2:30pm ..... \$100.80/10 sess .. 00489222

## CLAY CREATIONS–AIR DRY CLAY

Discover the art of crafting unique, useable pieces using lightweight sculpting materials. Supplies included.

## JEWELLERY

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

Apr 10-Apr 17 ...F .... 4:30-6:00pm.... \$27.20/2 sess (45-54yrs)..... 00491462  
\$20.15/2 sess (55+yrs)

## TRINKET DISHES

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

May 22-May 29 .F .... 4:30-6:00pm.... \$27.20/2 sess (45-54yrs)..... 00491456  
\$20.15/2 sess (55+yrs)

## CANDLE HOLDER

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

Jun 19-Jun 26 ....F .... 4:30-6:00pm.... \$27.20/2 sess (45-54yrs)..... 00491812  
\$20.15/2 sess (55+yrs)

## CREATIVE PAINTING

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

**Thompson Community Centre**

Apr 24-May 29 ....F..... 10:30am-12:30pm ..... \$80.65/6 sess ..... 00491850

## CREATIVE CLAY

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

**West Richmond Community Centre**

Apr 10-Jun 12 .....F..... 9:30-10:30am ..... \$67.20/10 sess .... 00488734

## CROCHET CREATIONS–ALL LEVELS

Start to make take-home pieces by learning or improving on a variety of stitches including the Fountain Chain. Supply list provided or a \$15 non-refundable supplies fee charged when registering.

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

Apr 13-Jun 22 .....M..... 1:00-2:15pm ..... \$84/10 sess ..... 00491204

## DRAWING BASICS

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

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

Apr 13-Jun 15 .....M..... 12:30-2:00pm ..... \$90.70/9 sess ..... 00489223

## FLORAL ARRANGEMENT–SPRINGTIME IN BLOOM WORKSHOP

Learn how to combine seasonal fresh flowers into stunning designs that capture the essence of the season. A \$30 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

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

Apr 17-May 1 ....F .... 2:30-4:00pm.... \$40.75/3 sess (45-54yrs)..... 00490373  
\$30.25/3 sess (55+yrs)

## FLORAL ARRANGING WORKSHOP SERIES–SPRING DRIED FLORAL ART

Discover the beauty of winter blooms using preserved dried flowers, and create stunning take-home pieces—from floral wall art to elegant wearable designs. A \$30 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

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

Jun 12-Jun 26 .....F..... 2:30-4:00pm ..... \$30.25/3 sess ..... 00489525

## KNITTING GROUP–INTERGENERATIONAL

Connect across generations while practicing beginner-friendly knitting in a welcoming creative space. Strengthen skills, spark creativity and build meaningful relationships between seniors and youth (13-18 years). Knitting supplies provided.

**Steveston Community Centre**

**FREE** Apr 8-Jun 17 ....W ..... 3:30-5:00pm... Free/11 sess..... 00489902

## LEARN TO STITCH–BASIC MENDING WORKSHOP

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

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

Jun 13 .....Sa..... 9:00am-12:00pm ..... \$20.15/1 sess ..... 00489961

## LEARN TO STITCH–SELF PORTRAIT DOLL WORKSHOP

Create a one-of-a-kind keepsake by crafting a miniature self using new and repurposed fabrics while learning hand sewing, embroidery and basic fashion design skills that inspire creativity, confidence and personal expression. Basic mending kit to take home included. A \$15 non-refundable supplies fee charged when registering.

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

May 24-Jun 28 ..Su .. 9:00-11:00am.. \$108.70/6 sess (45-54yrs)... 00491471  
\$80.65/6 sess (55+yrs)

## LEARN TO STITCH-VISIBLE MENDING WORKSHOP

Learn fun hand sewing techniques to repair and turn old pieces of clothing into something new and beautiful using techniques such as Sashiko, embroidery and darning. Basic mending kit to take home included. A \$12 non-refundable supplies fee charged when registering.

### Seniors Centre–Minoru Centre for Active Living

Apr 18-May 23..Sa..9:00-11:00am...\$108.70/6 sess (45-54yrs)...00491474  
\$80.65/6 sess (55+yrs)

## ORIGAMI-SPRING THEME

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

### Seniors Centre–Minoru Centre for Active Living

Apr 10.....F.....10:00-11:00am.....\$6.70/1 sess.....00489724  
May 15.....F.....10:00-11:00am.....\$6.70/1 sess.....00489726  
Jun 12.....F.....10:00-11:00am.....\$6.70/1 sess.....00489728

## PAINT NIGHT-PARTY WITH LAURA

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

### Cambie Community Centre

Apr 23.....Th.....6:30-8:30pm.....\$35/1 sess.....00483964  
Jun 18.....Th.....6:30-8:30pm.....\$35/1 sess.....00483965

## PAINT, SIP AND SNACK

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

### Seniors Centre–Minoru Centre for Active Living

Jun 12.....F....6:00-7:30pm....\$13.60/1 sess (45-54yrs)....00490776  
\$10.10/1 sess (55+yrs)

## PAINT, SIP AND SNACK-MOTHER'S DAY THEME

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

### Seniors Centre–Minoru Centre for Active Living

May 8.....F....6:00-7:30pm....\$13.60/1 sess (45-54yrs)....00490783  
\$10.10/1 sess (55+yrs)

## PHOTOGRAPHY FUNDAMENTALS-LEVEL 1

Explore a camera's functions and learn some basic photographic techniques. Digital camera provided for use if required. Participants must bring their own camera or newer smartphone for the Thompson course, but West Richmond has them available for use.

### Thompson Community Centre

Apr 22-May 27....W.....9:30-11:30am.....\$98.05/6 sess.....00491927

### West Richmond Community Centre

Apr 10-Jun 12....F.....11:00am-12:30pm.....\$100.80/10 sess..00488735

## WATERCOLOUR PAINTING-TECHNIQUES AND STYLES-ALL LEVELS

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

### Steveston Community Centre

Apr 7-May 12.....Tu.....9:00-11:00am.....\$80.65/6 sess.....00489793  
May 19-Jun 23....Tu.....9:00-11:00am.....\$80.65/6 sess.....00489795

# Computers, Technology and Social Media

## DIGITAL LITERACY

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

### South Arm Community Centre

**FREE** Apr 13-May 25 M.....3:30-5:00pm...Free/6 sess.....00491489

## DIGITAL LITERACY (CANTONESE/MANDARIN)

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

### South Arm Community Centre

**FREE** Apr 12-Jun 7....Su.....3:00-4:30pm...Free/8 sess.....00491488

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

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

### Seniors Centre–Minoru Centre for Active Living

**FREE** Apr 11.....Sa.....1:30-2:00pm.....Free/1 sess.....00491187  
**FREE** Apr 11.....Sa.....2:00-2:30pm.....Free/1 sess.....00491188  
**FREE** Apr 11.....Sa.....2:30-3:00pm.....Free/1 sess.....00491189  
**FREE** Apr 11.....Sa.....3:00-3:30pm.....Free/1 sess.....00491190  
**FREE** Apr 25.....Sa.....1:30-2:00pm.....Free/1 sess.....00491191  
**FREE** Apr 25.....Sa.....2:00-2:30pm.....Free/1 sess.....00491192  
**FREE** Apr 25.....Sa.....2:30-3:00pm.....Free/1 sess.....00491194  
**FREE** Apr 25.....Sa.....3:00-3:30pm.....Free/1 sess.....00491195  
**FREE** May 9.....Sa.....1:30-2:00pm.....Free/1 sess.....00491257  
**FREE** May 9.....Sa.....2:00-2:30pm.....Free/1 sess.....00491259  
**FREE** May 9.....Sa.....2:30-3:00pm.....Free/1 sess.....00491260  
**FREE** May 9.....Sa.....3:00-3:30pm.....Free/1 sess.....00491261  
**FREE** May 23.....Sa.....1:30-2:00pm.....Free/1 sess.....00491262  
**FREE** May 23.....Sa.....2:00-2:30pm.....Free/1 sess.....00491263  
**FREE** May 23.....Sa.....2:30-3:00pm.....Free/1 sess.....00491264  
**FREE** May 23.....Sa.....3:00-3:30pm.....Free/1 sess.....00491266  
**FREE** Jun 6.....Sa.....1:30-2:00pm.....Free/1 sess.....00491267  
**FREE** Jun 6.....Sa.....2:00-2:30pm.....Free/1 sess.....00491268  
**FREE** Jun 6.....Sa.....2:30-3:00pm.....Free/1 sess.....00491269  
**FREE** Jun 6.....Sa.....3:00-3:30pm.....Free/1 sess.....00491270  
**FREE** Jun 20.....Sa.....1:30-2:00pm.....Free/1 sess.....00491271  
**FREE** Jun 20.....Sa.....2:00-2:30pm.....Free/1 sess.....00491272  
**FREE** Jun 20.....Sa.....2:30-3:00pm.....Free/1 sess.....00491273  
**FREE** Jun 20.....Sa.....3:00-3:30pm.....Free/1 sess.....00491275

### West Richmond Community Centre

**FREE** Apr 8.....W.....10:00-10:30am.....Free/1 sess.....00489042  
**FREE** Apr 8.....W.....10:30-11:00am.....Free/1 sess.....00489046  
**FREE** Apr 8.....W.....11:00-11:30am.....Free/1 sess.....00489048  
**FREE** May 13.....W.....10:00-10:30am.....Free/1 sess.....00489044  
**FREE** May 13.....W.....10:30-11:00am.....Free/1 sess.....00489049  
**FREE** May 13.....W.....11:00-11:30am.....Free/1 sess.....00489047  
**FREE** Jun 10.....W.....10:00-10:30am.....Free/1 sess.....00489045  
**FREE** Jun 10.....W.....10:30-11:00am.....Free/1 sess.....00489050  
**FREE** Jun 10.....W.....11:00-11:30am.....Free/1 sess.....00489051



## TECHNOLOGY AND AGING WORKSHOP

Connect with family, access assistance when needed and better manage the demands of daily living with easy-to-learn technology tips. Presented by Council of Senior Citizens' Organizations of BC (COSCO). Registration required.

**Thompson Community Centre**

**FREE** Jun 4 ..... Th..... 1:30-2:30pm ..... Free/1 sess ..... 00492043

## Cooking

### BAKE THE WORLD A BETTER PLACE WORKSHOP

Discover the joy of baking while making new friends. Whip, whisk and bake delicious treats perfect for sharing and learn oven skills and baking techniques in a fun, supportive atmosphere. A \$10 non-refundable supplies fee charged when registering.

**South Arm Community Centre**

### SOUR CREAM TART

Apr 17 ..... F..... 5:30-7:00pm ..... \$24.55/1 sess ..... 00489098

### VENETIAN TIRAMISU

May 15 ..... F..... 5:30-7:00pm ..... \$24.55/1 sess ..... 00489099

### VANILLA CREAM PUFF

Jun 19 ..... F..... 5:30-7:00pm ..... \$24.55/1 sess ..... 00489104

### COOKING-FLAVOURS OF ITALY WORKSHOP-ALL LEVELS

Experience authentic Italian cooking in this hands-on session featuring classic dishes made with fresh ingredients, simple techniques and bold flavours-perfect for elevating everyday meals and impressing guests. A \$5 non-refundable supplies fee charged when registering.

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

Apr 22 ..... W..... 2:30-4:00pm ..... \$24.55/1 sess ..... 00491647

### COOKING-TASTE OF NATIONS WORKSHOPS

Travel the world through flavour in this fun, hands-on cooking series. Each session explores a country's signature dishes while discovering new ingredients, learning traditional techniques and sharing international cuisine with friends while anticipating lively global sporting festivities. Cook, taste and celebrate the vibrant flavours that make each culture unique.

### SAVOUR COLUMBIA

Discover vibrant Colombian flavours by cooking Ajiaco, Arepas, Chorizo with potatoes, Coconut Rice and Corn Kernels with fresh cheese. Enjoy hands-on fun, explore trends and share the joy of Colombian cuisine.

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

May 13 ..... W..... 2:30-4:00pm ..... \$24.55/1 sess ..... 00491621

### EXPLORE MOROCCO

Blend Arabic, Andalusian and Mediterranean flavours while cooking Chicken Tagine with preserved lemon and olives, Couscous, Cumin-Honey Lamb and Tabbouleh. Savour rich aromas, hands-on fun and vibrant Moroccan cuisine together.

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

May 20 ..... W..... 2:30-4:00pm ..... \$24.55/1 sess ..... 00491618

## CELEBRATE SPAIN

Create classic tapas by cooking Ham Croquetas, Patatas Bravas, Garlic Prawns, Zucchini Fritters and Boquerones on toast. Enjoy hands-on fun, share laughter and savour authentic Spanish flavours together.

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

Jun 10 ..... W..... 2:30-4:00pm ..... \$24.55/1 sess ..... 00491623

## DISCOVER AUSTRALIA

Experience Australia's diverse cuisine by cooking Snapper with herb oil, Pork with Granny Smith apples, Crispy Green-Lip Mussels and Lamb-Potato Pot Pie. Enjoy hands-on fun and hearty flavours together.

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

Jun 17 ..... W..... 2:30-4:00pm ..... \$24.55/1 sess ..... 00491624

## EXPERIENCE KOREA

Dive into Korea's regional flavours by cooking Beef Bulgogi, Glass Noodle Stir-Fry, Sticky Chicken and Smashed Cucumber Salad with black sesame chili. Enjoy hands-on fun and vibrant Korean cuisine together.

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

Jun 24 ..... W..... 2:30-4:00pm ..... \$24.55/1 sess ..... 00491627

### COOKING FOR ONE-FLAVOURFUL AND FUN WORKSHOP

Discover how to create delicious and healthy single meals in this fun, hands-on session. Learn smart cooking tips, simple recipes and techniques for enjoyable and satisfying dining experiences every time. A \$5 non-refundable supplies fee charged when registering.

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

Apr 15 ..... W..... 2:30-4:00pm ..... \$24.55/1 sess ..... 00488043

Apr 29 ..... W..... 2:30-4:00pm ..... \$24.55/1 sess ..... 00488079

### COOKING SERIES-MEDITERRANEAN WORKSHOP

Discover the joys of cooking the Mediterranean way, which is widely recognized as a healthy and balanced cuisines. Prepare fresh, flavourful dishes to take home to enjoy later. A \$10 non-refundable supplies fee charged when registering.

**South Arm Community Centre**

### GREECE

Apr 14 ..... Tu..... 5:30-7:00pm ..... \$24.55/1 sess ..... 00488767

### ITALY

Apr 21 ..... Tu..... 5:30-7:00pm ..... \$24.55/1 sess ..... 00489125

### SPAIN

Apr 28 ..... Tu..... 5:30-7:00pm ..... \$24.55/1 sess ..... 00489126

### CROATIA

May 19 ..... Tu..... 5:30-7:00pm ..... \$24.55/1 sess ..... 00489127

### HEALTHY WORLD COOKING-INDIGENOUS CUISINE

Learn how to make healthy and nutritious recipes from around the world. After cooking, enjoy eating together and take home some items to enjoy later. A \$10 non-refundable supplies fee charged when registering.

**South Arm Community Centre**

Jun 9 ..... Tu..... 5:00-6:30pm ..... \$24.55/1 sess ..... 00490971

## ONE PAN WONDERS—SHEET PAN DINNERS MADE EASY WORKSHOP

Create delicious, fuss-free meals in this session designed for seniors. Learn to cook healthy, balanced dishes using just one pan—less prep, easy clean up and full of flavour. A \$5 non-refundable supplies fee charged when registering.

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

May 6.....W.....2:30-4:00pm.....\$24.55/1 sess.....00488080

## Events and Seasonal Programs

### FRIDAY NIGHT DINNER

Check with front desk in-person or call 604-238-8450 for weekly menu and to reserve meals. To go options available. Additional \$.50 per container. Limited walk in quantities, reservations encouraged

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

Weekly.....F.....4:30-6:15pm.....\$17.85 (non-members)  
\$14.70 (members)

### FRIDAY NIGHT LIVE

Mix and mingle with new friends during weekly activities that include dancing, singing, games and watching special guest performances. Check with front desk in-person or call 604-238-8450 for weekly theme/activity.

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

Weekly.....F.....6:00-8:00pm.....\$5

## APRIL

### AFTERNOON TEA AND TREATS—PETITE TEA PLATE

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

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

Apr 7.....Tu.....2:45-4:15pm...\$9.80/1 sess (non-member).....00491553  
\$8.95/1 sess (member)

### AFTERNOON TEA AND TREATS—TEA TIME FOR FOUR

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

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

Apr 7.....Tu.....2:45-4:15pm...\$35.25/1 sess (non-member).....00491557  
\$32.05 (member)

### VAISAKHI CELEBRATION

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

**Cambie Community Centre**

Apr 9.....Th.....12:00-2:00pm.....\$17/1 sess.....00490585

### PUZZLE SWAP

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

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

**FREE** Apr 11.....Sa.....1:30-2:30pm.....Free/1 sess.....00492042

### CHEF'S DINNER

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

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

Apr 14.....Tu.....5:00-7:00pm....\$32/1 sess (55-89yrs).....00489576  
\$20/1 sess (90+yrs)

### SPRING TEA PARTY

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

**Steveston Community Centre**

Apr 22.....W.....12:00-2:00pm.....\$17/1 sess.....00491338

### BIRTHDAY PARTY SOCIAL

Registrants celebrating a birthday are invited to bring one complimentary guest. Registration required in-person at Seniors Centre at Minoru Centre for Active Living or by calling 604-238-8450.

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

**FREE** Apr 29.....W.....2:30-3:30pm.....Free/1 sess.....00489931

## MAY

### AFTERNOON TEA AND TREATS—PETITE TEA PLATE

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

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

May 5.....Tu.....2:45-4:15pm...\$9.80/1 sess (non-member)....00491554  
\$8.95/1 sess (member)

### AFTERNOON TEA AND TREATS—TEA TIME FOR FOUR

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

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

May 5.....Tu.....2:45-4:15pm.....\$35.25/1 sess (non-member).....00491559  
\$32.05/1 sess (member)

### MOTHER'S DAY TEA

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

**Steveston Community Centre**

May 6.....W.....12:00-2:00pm.....\$17/1 sess.....00491343

### BIRTHDAY PARTY SOCIAL

Registrants celebrating a birthday are invited to bring one complimentary guest. Registration required. In-person at Seniors Centre at Minoru Centre for Active Living or call 604-238-8450.

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

**FREE** May 20.....W.....2:30-3:30pm.....Free/1 sess.....00489937

## DINNER AND DANCE—RETRO REWIND

Travel back in time with nostalgic bites and groove to classic favourites—from Motown and disco to rock 'n' roll and new wave—with the chance to request favourite songs from the DJ. Round trip transportation (\$5) and home drop off (\$3) available. In-person registration starts March 11, 2026 at 9:00am at the Seniors Centre at Minoru Centre for Active Living. Phone registration starts the same day at 2:00pm by calling 604-238-8450. Note: There is a new ticket policy. See Registration Notes for more details.

### Seniors Centre—Minoru Centre for Active Living

May 27 ..... W... 4:30-8:00pm.... \$36/1 sess (55-89yrs)..... 00489990  
\$22/1 sess (90+yrs)

## JUNE

### SENIORS WEEK 2026 – JUNE 1–7

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

## AFTERNOON TEA AND TREATS— PETITE TEA PLATE

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

### Seniors Centre—Minoru Centre for Active Living

Jun 2 ..... Tu ..... 2:45-4:15pm... \$9.80/1 sess (non-member)... 00491556  
\$8.95/1 sess(member)

## AFTERNOON TEA AND TREATS— TEA TIME FOR FOUR

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

### Seniors Centre—Minoru Centre for Active Living

Jun 2 ..... Tu ..... 2:45-4:15pm... \$35.25/1 sess (non-member). 00491561  
\$32.05/1 sess (member)

## SPRING FLING LUNCHEON IN THE PARK FEATURING THE CAMILLI QUARTET

Indulge in an elegant meal of soup and sandwiches in the Seniors Courtyard with fresh flavours, live music and a welcoming outdoor atmosphere. No refunds within 7 days of event.

### South Arm Community Centre

Jun 9 ..... Tu..... 12:00-1:30pm..... \$17/1 sess ..... 00491247

## CHEF'S DINNER—TASTE OF THE WORLD

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

### Seniors Centre—Minoru Centre for Active Living

Jun 9 ..... Tu... 5:00-7:00pm.... \$32/1 sess (55-89yrs)..... 00491279  
\$20/1 sess (90+yrs)

## BIRTHDAY PARTY SOCIAL

Registrants celebrating a birthday are invited to bring one complimentary guest. Registration required. In-person at Seniors Centre at Minoru Centre for Active Living or call 604-238-8450.

### Seniors Centre—Minoru Centre for Active Living

**FREE** Jun 24 ..... W..... 2:30-3:30pm..... Free/1 sess..... 00489941

## Fitness

### ACTIVE AND FIT

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

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

Apr 7-May 12 ..... Tu..... 10:15-11:15am ..... \$42/6 sess ..... 00491419  
Apr 10-May 15 ..... F..... 10:15-11:15am ..... \$42/6 sess ..... 00491648  
May 19-Jun 23 ..... Tu..... 10:15-11:15am ..... \$42/6 sess ..... 00491423  
May 22-Jun 26 ..... F..... 10:15-11:15am ..... \$42/6 sess ..... 00491650

#### South Arm Community Centre

Apr 2-Jun 18 ..... Th..... 11:00am-12:00pm ..... \$70/10 sess ..... 00489885  
Apr 7-Jun 9 ..... Tu..... 11:00am-12:00pm ..... \$70/10 sess ..... 00489802

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

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

#### Steveston Community Centre

Apr 1-May 13 ..... W..... 1:00-2:00pm ..... \$78/7 sess ..... 00489173  
May 20-Jun 24 ..... W..... 1:00-2:00pm ..... \$66.85/6 sess ..... 00489175

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

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

#### Steveston Community Centre

Mar 30-May 11 ..... M..... 11:45am-12:45pm ..... \$66.85/6 sess ..... 00489166  
Apr 10-May 15 ..... F..... 11:45am-12:45pm ..... \$66.85/6 sess ..... 00489257  
May 22-Jun 19 ..... F..... 11:45am-12:45pm ..... \$55.70/5 sess ..... 00489259  
May 25-Jun 22 ..... M..... 11:45am-12:45pm ..... \$55.70/5 sess ..... 00489172

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

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

#### Steveston Community Centre

Apr 10-May 15 ..... F..... 1:00-2:00pm ..... \$66.85/6 sess ..... 00489260  
May 22-Jun 19 ..... F..... 1:00-2:00pm ..... \$55.70/5 sess ..... 00489261

### BETTER BACKS AND BALANCE—BEGINNER

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

#### South Arm Community Centre

Apr 1-Jun 10 ..... W..... 10:30-11:30am ..... \$68.75/11 sess ..... 00489864  
Apr 13-Jun 22 ..... M..... 12:00-1:00pm ..... \$62.50/10 sess ..... 00489748

#### Steveston Community Centre

Mar 31-May 12 ..... Tu..... 11:45am-12:45pm ..... \$37.50/6 sess ..... 00489262  
Apr 11-May 16 ..... Sa..... 10:30am-11:30am ..... \$37.50/6 sess ..... 00489277  
May 19-Jun 23 ..... Tu..... 11:45am-12:45pm ..... \$37.50/6 sess ..... 00489266  
May 23-Jun 20 ..... Sa..... 10:30am-11:30am ..... \$31.25/5 sess ..... 00489278

#### Thompson Community Centre

Apr 13-Jun 15 ..... M..... 11:00am-12:00pm ..... \$56.25/9 sess ..... 00488012



## CHAIR FITNESS

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

### Seniors Centre–Minoru Centre for Active Living

Apr 9-May 14 ..... Th ..... 11:45am-12:45pm ..... \$37.50/6 sess ..... 00491642

May 21-Jun 25 ..... Th ..... 11:45am-12:45pm ..... \$37.50/6 sess ..... 00491643

## CHAIR FITNESS (CANTONESE/ENGLISH)

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

### Seniors Centre–Minoru Centre for Active Living

Apr 8-Jun 24 ..... W ..... 11:30am-12:30pm ..... \$56.25/9 sess ..... 00491473

## CHAIR YOGA

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

### Seniors Centre–Minoru Centre for Active Living

Apr 7-May 12 ..... Tu ..... 9:15-10:15am ..... \$43.55/6 sess ..... 00491698

May 19-Jun 23 ..... Tu ..... 9:15-10:15am ..... \$43.55/6 sess ..... 00491702

### Thompson Community Centre

Apr 8-Jun 17 ..... W ..... 1:15-2:15pm ..... \$79.85/11 sess ..... 00488037

## CYCLE AND STRENGTH–SILVER–BEGINNER

Combine cycling and strength training to age-appropriate music to become stronger, more balanced and energized. These results-oriented sessions cover cadence, balance and strength. No experience required.

### West Richmond Community Centre

Apr 2-Jun 25 ..... Th ..... 11:50am-12:50pm ..... \$84/12 sess ..... 00486363

Mar 31-Jun 23 ..... Tu ..... 11:50am-12:50pm ..... \$84/12 sess ..... 00489167

## CYCLE AND STRENGTH–GOLD–BEGINNER

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. No experience required. Suitable for beginners 75+ years.

### West Richmond Community Centre

75+yrs

Apr 13-Jun 29 ..... M ..... 1:00-2:00pm ..... \$70/10 sess ..... 00489162

## CYCLE FIT–SILVER–BEGINNER

Cycle to age-appropriate music to become stronger, more balanced and energized. These results-oriented sessions cover cadence and balance. No experience required.

### West Richmond Community Centre

Apr 8-Jun 24 ..... W ..... 12:10-12:50pm ..... \$84/12 sess ..... 00489178

Apr 10-Jun 26 ..... F ..... 1:10-1:50pm ..... \$84/12 sess ..... 00486361

## CHAIR DANCE AND TONE

Move to rhythmic dance sequences and tone the body while seated for a fun and balanced workout.

### South Arm Community Centre

Apr 11-Jun 13 ..... Sa ..... 11:00am-12:00pm ..... \$63/9 sess ..... 00489892

## EXERCISES FOR THOSE WITH PARKINSON'S

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

### Seniors Centre–Minoru Centre for Active Living

Apr 7-May 14 ..... Tu/Th ..... 12:45-1:45pm ..... \$75/12 sess ..... 00491451

May 19-Jun 25 ..... Tu/Th ..... 12:45-1:45pm ..... \$75/12 sess ..... 00491454

### Steveston Community Centre

Apr 2-May 14 ..... Th ..... 11:45am-12:45pm ..... \$43.75/7 sess ..... 00489273

May 21-Jun 25 ..... Th ..... 11:45am-12:45pm ..... \$37.50/6 sess ..... 00489274

## FITNESS AND MOBILITY EXERCISE STROKE RECOVERY

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

### Seniors Centre–Minoru Centre for Active Living

Apr 7-May 14 ..... Tu/Th ..... 11:00am-12:00pm ..... \$133.70/12 sess .. 00491432

May 19-Jun 25 ..... Tu/Th ..... 11:00am-12:00pm ..... \$133.70/12 sess .. 00491438

## FUNDAMENTALS OF FITNESS–LEVEL 1

Train smarter, not longer, in these small, group training sessions developing lean, functional muscle tone using foundational lifts, posture alignment and progressive overload—all within a supportive and motivating small-group environment.

### Steveston Community Centre

Mar 31-May 12 ..... Tu ..... 1:00-2:00pm ..... \$78/7 sess ..... 00489279

Apr 1-May 13 ..... W ..... 2:15-3:15pm ..... \$78/7 sess ..... 00489282

May 19-Jun 23 ..... Tu ..... 1:00-2:00pm ..... \$66.85/6 sess ..... 00489281

May 20-Jun 24 ..... W ..... 2:15-3:15pm ..... \$66.85/6 sess ..... 00489285

## GET UP AND GO!

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

### Seniors Centre–Minoru Centre for Active Living

Apr 9-May 14 ..... Th ..... 9:15-10:15am ..... \$37.50/6 sess ..... 00491475

May 28-Jun 25 ..... Th ..... 9:15-10:15am ..... \$31.25/5 sess ..... 00491478

## GROUP WEIGHT TRAINING (MANDARIN/ENGLISH)

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

### City Centre Community Centre

Apr 10-May 8 ..... F ..... 11:30am-12:30pm ..... \$55.70/5 sess ..... 00486842

May 15-Jun 12 ..... F ..... 11:30am-12:30pm ..... \$55.70/5 sess ..... 00486847

### Thompson Community Centre

Apr 13-Jun 15 ..... M ..... 12:00-1:00pm ..... \$100.25/9 sess ..... 00488018

## HATHA YOGA–SILVER

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

### West Richmond Community Centre

Apr 7-Jun 23 ..... Tu ..... 2:05-3:05pm ..... \$133.70/12 sess .. 00489170

Apr 9-Jun 25 ..... Th ..... 2:05-3:05pm ..... \$133.70/12 sess .. 00489177

## JOINT MOVES

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

### Seniors Centre–Minoru Centre for Active Living

Apr 7-May 19 ..... Tu..... 10:30-11:30am..... \$43.75/7 sess ..... 00491428  
 Apr 9-May 14 ..... Th..... 10:30-11:30am..... \$37.50/6 sess ..... 00491637  
 May 26-Jun 30 ..... Tu..... 10:30-11:30am..... \$37.50/6 sess ..... 00491430  
 May 21-Jun 25 ..... Th..... 10:30-11:30am..... \$37.50/6 sess ..... 00491639

## KICKBOXING–DRILLS AND SKILLS–ALL LEVELS

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

### Thompson Community Centre

Apr 9-Jun 11 ..... Th..... 1:30-2:30pm..... \$70/10 sess ..... 00491693

## LADIES WHO LIFT–BEGINNER

Develop lean and functional muscle tone with foundational lifts, and learn how to create a fitness program for the gym while working on posture alignment and progressive overload. No experience required.

### City Centre Community Centre

Apr 10-May 8 ..... F..... 12:45-1:45pm..... \$55.70/5 sess ..... 00491688  
 May 15-Jun 12 ..... F..... 12:45-1:45pm..... \$55.70/5 sess ..... 00491708

### West Richmond Community Centre

60+yrs

Apr 13-Jun 22 ..... M..... 9:30-10:30am..... \$111.40/10 sess .. 00489159  
 Apr 13-Jun 22 ..... M..... 10:45-11:45am..... \$111.40/10 sess .. 00489165

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

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

### South Arm Community Centre

Apr 13-Jun 22 ..... M..... 10:30-11:30am..... \$70/10 sess ..... 00489741

## MEN ON WEIGHTS

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

### Seniors Centre–Minoru Centre for Active Living

Apr 13-May 11 ..... M..... 1:15-2:15pm..... \$55.70/5 sess ..... 00491467  
 May 25-Jun 22 ..... M..... 1:15-2:15pm..... \$55.70/5 sess ..... 00491472

## MIND TO MUSCLE–BEGINNER

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

### West Richmond Community Centre

Apr 8-Jun 24 ..... W..... 1:00-2:00pm..... \$79.85/11 sess .... 00489174

## MINDS IN MOTION

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

### South Arm Community Centre

Apr 2-May 7 ..... Th..... 1:30-3:00pm..... \$35.80/6 sess ..... 00488677  
 May 21-Jun 25 ..... Th..... 1:30-3:00pm..... \$35.80/6 sess ..... 00488687

## MINDS IN MOTION (CANTONESE)

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

### Cambie Community Centre

Apr 22-Jun 10 ..... W..... 1:00-2:30pm..... \$47.75/8 sess ..... 00483986

## MINDS, MUSCLES AND MOBILITY

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

### Steveston Community Centre

Mar 31-May 12 ..... Tu..... 10:30-11:30am..... \$37.50/6 sess ..... 00489267  
 Apr 2-May 14 ..... Th..... 10:30-11:30am..... \$43.75/7 sess ..... 00489269  
 May 19-Jun 23 ..... Tu..... 10:30-11:30am..... \$37.50/6 sess ..... 00489268  
 May 21-Jun 18 ..... Th..... 10:30-11:30am..... \$31.25/5 sess ..... 00489272

## OSTEOFIT FOR BETTER BONES

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

### City Centre Community Centre

Apr 7-Jun 9 ..... Tu..... 9:30-10:30am..... \$62.50/10 sess .... 00491735

### Thompson Community Centre

Apr 7-Jun 16 ..... Tu..... 4:00-5:00pm..... \$68.75/11 sess .... 00488032

## OSTEOFIT FOR LIFE

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

### Thompson Community Centre

Apr 7-Jun 16 ..... Tu..... 5:15-6:15pm..... \$68.75/11 sess .... 00487925

## OSTEOFIT FOR LIFE (CANTONESE)

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

### City Centre Community Centre

Apr 7-Jun 9 ..... Tu..... 10:45-11:45am..... \$62.50/10 sess .... 00491731  
 Apr 9-Jun 11 ..... Th..... 10:30-11:30am..... \$62.50/10 sess .... 00491746

## OSTEOFIT FOR LIFE

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

### City Centre Community Centre

Apr 13-Jun 22 ..... M..... 9:30-10:30am..... \$62.50/10 sess .... 00491651

## STAY STRONG

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

### Hamilton Community Centre

Apr 1-Jun 24 ..... W ..... 10:15-11:15am ..... \$81.25/13 sess .... 00490480

### Seniors Centre–Minoru Centre for Active Living

Apr 7-May 12 ..... Tu ..... 1:15-2:15pm ..... \$37.50/6 sess ..... 00491460

Apr 8-Jun 24 ..... W ..... 10:15-11:15am ..... \$56.25/9 sess ..... 00491468

Apr 9-May 14 ..... Th ..... 12:30-1:30pm ..... \$37.50/6 sess ..... 00491644

Apr 13-Jun 22 ..... M ..... 10:15-11:15am ..... \$62.50/10 sess ..... 00491401

May 21-Jun 25 ..... Th ..... 12:30-1:30pm ..... \$37.50/6 sess ..... 00491645

### South Arm Community Centre

Apr 14-Jun 16 ..... Tu ..... 2:00-3:00pm ..... \$62.50/10 sess ..... 00489849

### Thompson Community Centre

Apr 10-Jun 19 ..... F ..... 10:30-11:30am ..... \$68.75/11 sess ..... 00488039

## STRONG AND FIT–65+

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

### West Richmond Community Centre

65+yrs

Apr 2-Jun 25 ..... Th ..... 2:15-3:10pm ..... \$77/11 sess ..... 00486366

Apr 10-Jun 26 ..... F ..... 12:00-1:00pm ..... \$84/12 sess ..... 00486359

Apr 13-Jun 22 ..... M ..... 2:15-3:10pm ..... \$70/10 sess ..... 00489164

## WOMEN ON WEIGHTS

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

### Seniors Centre–Minoru Centre for Active Living

Apr 14-May 12 ..... Tu ..... 2:15-3:15pm ..... \$55.70/5 sess ..... 00491479

Apr 15-May 13 ..... W ..... 1:00-2:00pm ..... \$55.70/5 sess ..... 00491481

May 19-Jun 9 ..... Tu ..... 2:15-3:15pm ..... \$44.55/4 sess ..... 00491480

May 20-Jun 10 ..... W ..... 1:00-2:00pm ..... \$44.55/4 sess ..... 00491483

### South Arm Community Centre

Apr 7-May 5 ..... Tu ..... 12:30-1:30pm ..... \$55.70/5 sess ..... 00490747

May 12-Jun 9 ..... Tu ..... 12:30-1:30pm ..... \$55.70/5 sess ..... 00490748

## ZUMBA®–GOLD–ALL LEVELS

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

### Seniors Centre–Minoru Centre for Active Living

Apr 7-Jun 9 ..... Tu ..... 12:30-1:30pm ..... \$70/10 sess ..... 00491658

Apr 10-Jun 12 ..... F ..... 12:15-1:15pm ..... \$70/10 sess ..... 00491661

### South Arm Community Centre

Apr 8-Jun 10 ..... W ..... 10:45-11:45am ..... \$70/10 sess ..... 00489873

Apr 10-Jun 12 ..... F ..... 10:30-11:30am ..... \$70/10 sess ..... 00489889

### Steveston Community Centre

Apr 1-May 13 ..... W ..... 11:45am-12:45pm ..... \$49/7 sess ..... 00489157

May 20-Jun 10 ..... W ..... 11:45am-12:45pm ..... \$28/4 sess ..... 00489158

### West Richmond Community Centre

Apr 7-Jun 23 ..... Tu ..... 1:00m-2:00pm ..... \$84/12 sess ..... 00489169

## General Interest

### BRIDGE–LEVEL 1–BEGINNER

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

### Seniors Centre–Minoru Centre for Active Living

Apr 16-Jun 18 ..... Th ..... 2:00-3:30pm ..... \$87.60/10 sess ..... 00485235

### BRIDGE–LEVEL 2–BEGINNER

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

### Seniors Centre–Minoru Centre for Active Living

Apr 16-Jun 18 ..... Th ..... 3:45-5:15pm ..... \$87.60/10 sess ..... 00485237

## COFFEE AND CHAT FOR THOSE LIVING WITH DEMENTIA

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

### Seniors Centre–Minoru Centre for Active Living

**FREE** Apr 10-Jun 19 ..... F ..... 12:45-2:15pm ..... Free/6 sess ..... 00484903

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

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

### Seniors Centre–Minoru Centre for Active Living

**FREE** Apr 21-Jun 9 ..... Tu .. 1:30-3:00pm ..... Free/8 sess ..... 00483801

## EASTER EGG PAINTING WITH YOUTH

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

### Thompson Community Centre

**FREE** Apr 2 ..... Th ..... 4:00-6:00pm ..... Free/1 sess ..... 00491656

## FRAUDS AND SCAMS WORKSHOP

Review a variety of ways to avoid common scams, counterfeit bank notes and financial abuse. Presented by the Richmond RCMP's Community Engagement Team. Registration required.

### Thompson Community Centre

**FREE** May 21 ..... Th ..... 1:30-2:30pm ..... Free/1 sess ..... 00491881

## 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

**ONLINE FREE** Apr 17-Jun 19 ..... F ..... 2:00-3:00pm ... Free/3 sess ..... 00483982

## MAPQUEST TRAVEL

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

### Cambie Community Centre

**ONLINE FREE** Apr 14-Jun 9 ..... Tu ... 1:00-2:00pm ... Free/3 sess ..... 00483981



## NAVIGATING THE HOUSING DILEMMA WORKSHOP

Get informed about various housing options and support services whether living independently or curious about supported living. Presented by Richmond Cares, Richmond Gives and BC Housing. Registration required.

**Thompson Community Centre**

**FREE** May 14.....Th..... 1:00-2:45pm..... Free/1 sess..... 00491081

## PRIMARY CARE NETWORK WORKSHOP

Discover how to access the Richmond Primary Care Network's MSP-covered health care services that include physiotherapy, occupational therapy, chronic disease management, counseling and more. Also learn how to find a family doctor in Richmond. Registration required.

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

**FREE** Jun 16 .....Tu..... 1:30-3:00pm..... Free/1 sess..... 00491841

## PRIMARY CARE NETWORK WORKSHOP (CANTONESE)

Discover how to access the Richmond Primary Care Network's MSP-covered health care services that include physiotherapy, occupational therapy, chronic disease management, counseling and more. Also learn how to find a family doctor in Richmond. Conducted in Cantonese. Registration required.

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

**FREE** Jun 23 .....Tu..... 1:30-3:00pm..... Free/1 sess..... 00490255

## 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. Registration required.

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

**FREE** Apr 15 .....W..... 10:00-11:00am..... Free/1 sess..... 00491421

**FREE** Jun 17 .....W..... 10:00-11:00am..... Free/1 sess..... 00491427

## STAYING SAFE ON TRANSIT AND AS A PEDESTRIAN–TIPS FOR SENIORS WORKSHOP

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

**West Richmond Community Centre**

**FREE** Apr 22 .....W..... 10:30am-12:00pm..... Free/1 sess..... 00488862

## Health and Wellness

### WELCOME ABOARD!

The Shopping Bus is a door-to-door transportation service for seniors to easily access local businesses including grocery stores, banks and doctor's offices and the Seniors Centre at Minoru Centre for Active Living.

This service operates on Mondays and Thursdays from 9:45am to 1:30pm. The Shopping Bus does not run on Stat Holidays.

#### Fares (cash only)

- Round Trip: \$2

#### Information

- Walkers can be accommodated on the Shopping Bus. The driver will help you safely stow the walker upon boarding and retrieve it at your destination.
- Only purchases that can be carried are accepted as bus storage is limited.
- Stop times are estimated. Please arrive 5-minutes before the scheduled departure time and have fare (\$2) ready before boarding.
- To sign up for Service Alerts (e.g. schedule changes and cancellations), please call 604-238-8450.

#### Riding the Bus

##### Regular Stops:

- Advanced booking is not required for riders getting on from Cedarwood Place, Golden Mews, Carmel Pointe, Ukrainian Village, Lion's Park, Steveston Community Centre, Austin Harris Residence or Minoru Centre for Active Living.
- Simply wait at the stop 5-minutes prior to the pickup time.

##### On-Request Stops

- The Shopping Bus can pickup at the following locations upon request: Wisteria Place, Thompson Community Centre, Oak Tree House, Park Towers, Kiwanis Towers and along Minoru Blvd and Moffatt Rd.
- To request pickup from an On-Request Stop or along Minoru Blvd. / Moffatt Rd., please call 604-238-8456.

#### Contact

##### General Information:

- By phone: 604-238-8456
- In person: ask the front desk (Seniors Centre at Minoru Centre for Active Living)
- Online: [www.minorucentre.ca](http://www.minorucentre.ca)

## ACTIVE LIVING WITH DIABETES SELF-MANAGEMENT PROGRAM

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

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

**FREE** Apr 22-Jun 3...W... 10:00am-12:30pm.....Free/6 sess ..... 00485196

## CHRONIC CONDITION SELF-MANAGEMENT PROGRAM (CANTONESE)

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

**South Arm Community Centre**

**FREE** Apr 2-May 7...Th.. 9:30am-12:00pm.....Free/6 sess ..... 00491495

## CHRONIC PAIN SELF-MANAGEMENT PROGRAM

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

**Thompson Community Centre**

**FREE** Apr 27-Jun 8... M... 12:30-3:00pm .....Free/6 sess ..... 00490524

## COME OUT OF THE BLUE—TIPS TO MANAGE STRESS, ANXIETY AND DEPRESSION

Learn the cause and explore strategies to manage and reduce these symptoms, as well as minimize the impact on daily and social life. Presented by Pathways Clubhouse. Registration required.

**Cambie Community Centre**

**FREE** May 28..... Th..... 1:00-2:00pm ..... Free/1 sess ..... 00485496

## D.I.Y. (DO-IT-YOURSELF)—ESSENTIAL OIL AROMA INHALER WORKSHOP

Experience the benefits of aromatherapy in a simple and portable form while learning about essential oils that support mood, focus and relaxation. Create two customized aroma inhalers to take home to enjoy. A \$10 non-refundable supplies fee charged when registering.

**City Centre Community Centre**

Apr 10 ..... F ..... 11:00am-12:00pm ..... \$6.70/1 sess ..... 00491209

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

Learn how to make effective, non-toxic and natural bug spray using essential oils. Create ready to use, plant-based spray bottles to take home. A \$10 non-refundable supplies fee charged when registering.

**City Centre Community Centre**

Jun 12 ..... F ..... 11:00am-12:00pm ..... \$6.70/1 sess ..... 00491619

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

Learn about nourishing carrier oils, essential oil blends and safe use, and create a personalized 8 oz. glass bottle of shower oil to take home. A \$20 non-refundable supplies fee charged when registering.

**City Centre Community Centre**

May 8 ..... F ..... 11:00am-12:00pm ..... \$6.70/1 sess ..... 00491218

## EFFECTS OF HYPERTENSION AND DIABETES ON VISION WORKSHOP

Learn how chronic conditions can affect vision, explore practical daily habits that support eye health and become familiar with essential resources that promote independence. Presented by an optometrist. Registration required.

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

**FREE** May 25..... M ..... 10:30am-12:00pm ..... Free/1 sess ..... 00491736

## 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's Falls Prevention Clinic. Registration required.

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

**FREE** Apr 7 ..... Tu ..... 10:30am-12:00pm ..... Free/1 sess ..... 00485431

## FOOT CARE CLINIC

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

**Cambie Community Centre**

Apr 13 ..... M ..... 9:00am-3:00pm ..... \$65/1 sess ..... 00483975

Apr 27 ..... M ..... 9:00am-3:00pm ..... \$65/1 sess ..... 00483976

May 11 ..... M ..... 9:00am-3:00pm ..... \$65/1 sess ..... 00483977

Jun 8 ..... M ..... 9:00am-3:00pm ..... \$65/1 sess ..... 00483978

Jun 15 ..... M ..... 9:00am-3:00pm ..... \$65/1 sess ..... 00483979

## 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). Offered in partnership with Tonari Gumi. Participants must be members of Tonari Gumi to register for this program. Conducted in Japanese and English. Call 604-238-8084 or 604-238-8080 to register.

**Steveston Community Centre**

**FREE** Apr 13-Jun 15. M... 10:00am-12:00pm.....Free/10 sess ..... 00489818

## HEARING CLINICS

Register for a hearing test appointment. Registration required.

**Cambie Community Centre**

**FREE** Apr 22 ..... W ..... 9:00-9:30am ..... Free/1 sess ..... 494720

**FREE** Apr 22 ..... W ..... 9:30-10:00am ..... Free/1 sess ..... 494722

**FREE** Apr 22 ..... W ..... 10:00-10:30am ..... Free/1 sess ..... 494731

**FREE** Apr 22 ..... W ..... 10:30-11:00am ..... Free/1 sess ..... 494732

**FREE** Apr 22 ..... W ..... 11:00-11:30am ..... Free/1 sess ..... 494736

**FREE** Apr 22 ..... W ..... 11:30am-12:00pm ..... Free/1 sess ..... 494737

**FREE** May 27 ..... W ..... 9:00-9:30am ..... Free/1 sess ..... 494738

**FREE** May 27 ..... W ..... 9:30-10:00am ..... Free/1 sess ..... 494739

**FREE** May 27 ..... W ..... 10:00-10:30am ..... Free/1 sess ..... 494740

**FREE** May 27 ..... W ..... 10:30-11:00am ..... Free/1 sess ..... 494741

**FREE** May 27 ..... W ..... 11:00-11:30am ..... Free/1 sess ..... 494743

**FREE** May 27 ..... W ..... 11:30am-12:00pm ..... Free/1 sess ..... 494745

**FREE** Jun 24 ..... W ..... 9:00-9:30am ..... Free/1 sess ..... 494747

**FREE** Jun 24 ..... W ..... 9:30-10:00am ..... Free/1 sess ..... 494750

**FREE** Jun 24 ..... W ..... 10:00-10:30am ..... Free/1 sess ..... 494751

**FREE** Jun 24 ..... W ..... 10:30-11:00am ..... Free/1 sess ..... 494752

**FREE** Jun 24 ..... W ..... 11:00-11:30am ..... Free/1 sess ..... 494754

**FREE** Jun 24 ..... W ..... 11:30am-12:00pm ..... Free/1 sess ..... 494755

## HOLISTIC HEALTH SERIES—NAVIGATING SUPPLEMENTS WORKSHOP

Learn how to choose important supplements for seniors and how to avoid interactions with medications. Presented by a naturopathic doctor. Registration required.

**Cambie Community Centre**

**FREE** Apr 2 ..... Th ..... 1:00-2:30pm ..... Free/1 sess ..... 00488744

## HOLISTIC HEALTH SERIES—THE FAT PARADOX WORKSHOP

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.

**Thompson Community Centre**

**FREE** Apr 13 ..... M ..... 1:30-2:30pm ..... Free/1 sess ..... 00491082

## HOLISTIC HEALTH SERIES— HYPERTENSION WORKSHOP

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

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

**FREE** Apr 20 ..... M ..... 10:30am-12:00pm ..... Free/1 sess ..... 00489351

**ONLINE FREE** Apr 20 ..... M ..... 10:30am-12:00pm ..... Free/1 sess ..... 00489352

## HOLISTIC HEALTH SERIES—CALIBRATING THE BODY'S NATURAL CYCLES WORKSHOP

Join in this informative session to learn about the cyclical nature of sleep, organs and the body and how all work together to be an important cornerstone to good health. Presented by a naturopathic doctor. Registration required.

**Cambie Community Centre**

**FREE** May 4 ..... M ..... 1:00-2:30pm ..... Free/1 sess ..... 00490687

## HOLISTIC HEALTH SERIES—THE ART OF FOREST BATHING AND IT'S EXTRODINARY EFFECTS ON OUR HEALTH

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.

**Steveston Community Centre**

**FREE** May 11 ..... M ..... 1:00-2:30pm ..... Free/1 sess ..... 00490967

## HOLISTIC HEALTH SERIES—DIGESTIVE HEALTH WORKSHOP

Learn why digestive health is considered the second brain of the body and how to make improvements. Presented by a naturopathic doctor. Registration required.

**South Arm Community Centre**

**FREE** May 25 ..... M ..... 1:00-2:30pm ..... Free/1 sess ..... 00490737

## 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.

**Hamilton Community Centre**

**FREE** Jun 15 ..... M ..... 12:00-1:30pm ..... Free/1 sess ..... 00490727

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

Build resilience against everyday stress by understanding cortisol, its impact on brain and body and how imbalance affects health. Learn practical strategies to strengthen stress response, improve focus and support long-term wellbeing. Presented by a naturopathic doctor. Registration required.

**City Centre Community Centre**

**FREE** Jun 22 ..... M ..... 10:30am-12:00pm ..... Free/1 sess ..... 00491281

## IKI IKI SOCIAL (JAPANESE/ENGLISH)

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

**Steveston Community Centre**

Apr 9-May 07 ..... Th ..... 12:30-3:30pm ..... \$121.80/5 sess ..... 00489823

May 14-Jun 18 ..... Th ..... 12:30-3:30pm ..... \$147.05/6 sess ..... 00489820

## MEDITATION MADE EASY

Learn basic meditation techniques and simple breathing exercises in these entirely chair-based sessions.

**South Arm Community Centre**

Apr 15-Jun 3 ..... W ..... 1:15-2:15pm ..... \$46.70/8 sess ..... 00491832

## PREVENTING AND REDUCING THE RISKS OF DIABETES WORKSHOP

Learn about the different types of diabetes, risks, symptoms, prevention, treatment and current health and community support available. Presented by BC Diabetes. Registration required.

**West Richmond Community Centre**

**FREE** Apr 29 ..... W ..... 10:30am-12:00pm ..... Free/1 sess ..... 00491173

## SERVICE CANADA DENTAL PLAN INFORMATION SESSION AND CLINIC SESSION

Unlock coverage opportunities in this two-part program. Discover eligibility requirements during a focused information session then receive hands-on application support and real-time status checks at an enrollment clinic. Gain clarity, save time and increase approval confidence. Registration required.

**Cambie Community Centre**

**FREE** Apr 16 ..... Th ..... 1:00-2:00pm

May 21 ..... Th ..... 10:00am-12:00pm ..... 00486041

## 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.

**South Arm Community Centre**

**FREE** Apr 15 and May 20 ... W ... 10:00am-12:30pm .. Free/6 sess .. 00488859

## WELLNESS CONNECTIONS

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

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

Apr 23-Jun 11 ..... Th ..... 10:30am-1:30pm ..... \$210/8 sess ..... 00489407

## WELLNESS CONNECTIONS (CANTONESE/MANDARIN)

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

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

Apr 21-Jun 9 ..... Tu ..... 10:30am-1:30pm ..... \$210/8 sess ..... 00489404

## 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 New Horizons Seniors Grant. Registration required.

**Hamilton Community Centre**

**FREE** Apr 22-Jun 10 ..... W ..... 11:30am-1:30pm ..... Free/8 sess .. 00487978



## Languages

### ENGLISH-BEGINNER

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

#### Seniors Centre–Minoru Centre for Active Living

Apr 16-Jun 18 .....Th..... 10:00-11:30am..... \$100.80/10 sess .. 00486495

### FRENCH-NEW BEGINNER

Learn basic words and sentences, intonations and interactive methods to be able to have some limited conversations in this popular language. Instructed by a fluent French speaking instructor. No experience required.

#### Seniors Centre–Minoru Centre for Active Living

Apr 25-Jun 20 .....Sa..... 9:00-10:30am..... \$90.70/9 sess ..... 00486555

### FRENCH-BEGINNER

Boost French skills in friendly low-pressure sessions tailored for beginners with some basic knowledge. Strengthen core fundamentals, unlock new vocabulary and master simple sentence structures all at a comfortable pace. Instructed by a fluent French-speaking instructor. No experience required.

#### Seniors Centre–Minoru Centre for Active Living

Apr 25-Jun 20 .....Sa..... 10:45am-12:15pm..... \$90.70/9 sess ..... 00486556

### FRENCH-INTERMEDIATE

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

#### Seniors Centre–Minoru Centre for Active Living

Apr 25-Jun 20 .....Sa..... 12:30-2:00pm..... \$90.70/9 sess ..... 00486558

### MANDARIN-BEGINNER

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

#### Thompson Community Centre

Apr 18-Jun 20 .....Sa..... 12:00-1:30pm..... \$90.70/9 sess ..... 00493711

### SPANISH-NEW BEGINNER

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

#### Seniors Centre–Minoru Centre for Active Living

Apr 17-Jun 19 .....F..... 10:30am-12:00pm..... \$100.80/10 sess .. 00486554

### SPANISH-BEGINNER

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

#### Seniors Centre–Minoru Centre for Active Living

Apr 17-Jun 19 .....F..... 12:30-2:00pm..... \$100.80/10 sess .. 00486515

### CONVERSATIONAL SPANISH-LEVEL 1

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

#### Seniors Centre–Minoru Centre for Active Living

Apr 15-Jun 17 .....W..... 10:30am-12:00pm..... \$100.80/10 sess .. 00486559

### CONVERSATIONAL SPANISH-LEVEL 2

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

#### Seniors Centre–Minoru Centre for Active Living

Apr 15-Jun 17 .....W..... 12:30-2:00pm..... \$100.80/10 sess .. 00486560

## Martial Arts

### HEALTH QIGONG-DAO YIN YANG SHENG GONG 12 METHOD AND TAI CHI STICK

Integrate meditation and breath regulation to guide Qi through the body's meridians. This practice combines breathing exercises, gentle movements and Tai Chi stick techniques to regulate the mind, lungs and overall body system. The 12-step routine is selected from over 50 traditional Dao Yin Qigong exercises, promoting health and vitality. Tai Chi stick required at each session. Instructed by a certified Qigong instructor.

#### City Centre Community Centre

Apr 17-Jun 26 .....F..... 10:00-11:00am..... \$67.30/10 sess .... 00491405

### HEALTH QIGONG-MA WANG DUI DAO YIN SHU

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

#### City Centre Community Centre

Apr 15-Jun 24 .....W..... 9:15-10:15am..... \$67.30/10 sess .... 00491392

### QIGONG-DAO YING 12 SET

Learn this all-levels practice that uses gentle, guided movements and breath to release tension, improve circulation and restore natural energy flow for whole-body wellness.

#### South Arm Community Centre

Apr 2-Jun 18 .....Th..... 12:15-1:15pm..... \$74.05/11 sess .... 00491256

### 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 10-Jun 12 .....F..... 2:00-3:00pm..... \$67.30/10 sess .... 00488676

### TAI CHI-48 FORM YANG STYLE

Achieve health benefits that include better balance, increased flexibility and relaxation through mindful movement and breath work.

#### South Arm Community Centre

Apr 2-Jun 18 .....Th..... 2:15-3:15pm..... \$74.05/11 sess .... 00491276

### TAI CHI-BEGINNER

Learn basic movements in these Yang-style sessions.

#### City Centre Community Centre

Apr 15-Jun 24 .....W..... 11:45am-12:45pm..... \$67.30/10 sess .... 00491397

#### Seniors Centre–Minoru Centre for Active Living

Apr 17-Jun 19 .....F..... 11:15am-12:15pm..... \$67.30/10 sess .... 00489233

Apr 18-Jun 20 .....Sa..... 11:15am-12:15pm..... \$67.30/10 sess .... 00489238

#### Steveston Community Centre

Apr 9-May 7 .....Th..... 11:30am-12:30pm..... \$33.65/5 sess ..... 00489850

May 14-Jun 18 .....Th..... 11:30am-12:30pm..... \$40.40/6 sess ..... 00489854

## TAI CHI-INTERMEDIATE

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

### City Centre Community Centre

Apr 13-Jun 29 .....M..... 10:45-11:45am..... \$67.30/10 sess .... 00491265

## TAI CHI-ADVANCED

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

### City Centre Community Centre

Apr 15-Jun 24 .....W..... 10:30-11:30am..... \$67.30/10 sess .... 00491395

### Seniors Centre-Minoru Centre for Active Living

Apr 18-Jun 20 .....Sa..... 10:00-11:00am..... \$67.30/10 sess .... 00489235

### Steveston Community Centre

Apr 07-May 12.....Tu..... 11:30am-12:30pm..... \$40.40/6 sess ..... 00489847

May 19-Jun 16.....Tu..... 11:30am-12:30pm..... \$33.65/5 sess ..... 00489848

## TAI CHI-FAN-BEGINNER

Practice this elegant and popular form of martial arts that also improves flexibility and balance. Fan provided for use during session. No experience required.

### City Centre Community Centre

Apr 13-Jun 29 .....M..... 12:45-1:45pm..... \$67.30/10 sess .... 00491337

### South Arm Community Centre

Apr 2-Jun 18 .....Th..... 1:15-2:15pm..... \$74.05/11 sess .... 00491477

## TAI CHI-FAN-INTERMEDIATE

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

### City Centre Community Centre

Apr 13-Jun 29 .....M..... 11:45am-12:45pm..... \$67.30/10 sess .... 00491326

## TAI CHI-SWORD-BEGINNER

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

### City Centre Community Centre

Apr 17-Jun 26 .....F..... 8:50-9:50am..... \$67.30/10 sess .... 00491402

### Seniors Centre-Minoru Centre for Active Living

Apr 16-Jun 11 .....Th..... 12:45-1:45pm..... \$60.55/9 sess ..... 00485516

## TAI CHI-SWORD-YANG STYLE-INTERMEDIATE

Strive to perfect the core principles, improve balance and develop proper breathing all while learning this beautiful sword routine. Instructed by a qualified martial arts instructor. Pre-requisite: Tai Chi-Sword-Beginner or Tai Chi Sword experience.

### City Centre Community Centre

Apr 17-Jun 26 .....F..... 11:15am-12:15pm..... \$67.30/10 sess .... 00491413

## WING CHUN-BEGINNER

Improve stance and moves of this martial arts discipline while learning the basic concepts and origin of the first Wing Chun style called 'Siu Nim Tau' (Little Concept). Registered required.

### South Arm Community Centre

Apr 6-Jun 15 .....M..... 5:45-6:45pm..... \$67.30/10 sess .... 00491425

## Out Trips and Tours

### APRIL

#### THE PRICE IS RIGHT LIVE TRIP

Take a trip to the Orpheum Theatre and step into this interactive, non-televised live version of this iconic game show, with audience members randomly selected to play classic games and win prizes. Transportation and admission included. Home drop off (\$3) available. No refunds within 30 days of trip.

#### Seniors Centre-Minoru Centre for Active Living

Apr 1 .....W..... 6:00-9:30pm..... \$82/1 sess ..... 00491226

#### ABBOTSFORD WATER BUFFALO AND BISON FARM TOUR

Discover this 108-acre Abbotsford farm on a guided tour, meet water buffalo and bison, enjoy a scenic wagon ride and sample fresh cheese before heading to RioCan Langley Centre for lunch. Transportation and tour admission included.

#### Thompson Community Centre

Apr 10 .....F..... 9:30am-5:30pm..... \$43.50/1 sess ..... 00491083

#### 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. 18% gratuity automatically added to restaurant bills.

#### Thompson Community Centre

Apr 14 .....Tu..... 4:30-8:00pm..... \$19.50/1 sess ..... 00490498

#### West Richmond Community Centre

Apr 14 .....Tu..... 4:45-8:15pm..... \$19.50/1 sess ..... 00490510

#### ABBOTSFORD TULIP FESTIVAL TRIP

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

#### City Centre Community Centre

Apr 17 .....F..... 10:15am-3:45pm..... \$42/1 sess ..... 00483049

#### South Arm Community Centre

Apr 17 .....F..... 10:00am-4:00pm..... \$42/1 sess ..... 00483046

#### HARRISON TULIP FESTIVAL TRIP

Take in the more than 10 million tulips at this vibrant festival set amidst breathtaking mountain views, and enjoy scenic pathways, fragrant blooms and a new show garden. Transportation and admission included. Bring or buy lunch. No refunds within 7 days of trip.

#### Thompson Community Centre

Apr 21 .....Tu..... 9:45am-4:00pm..... \$42/1 sess ..... 00490490

#### THRIFTING EXTRAVAGANZA TRIP-COQUITLAM

Explore and shop at popular thrift and liquidation stores on this tour in Coquitlam. Purchase or bring a lunch. Transportation only included. Home drop off (\$3) available.

#### Seniors Centre-Minoru Centre for Active Living

Apr 21 .....Tu..... 9:00am-3:00pm..... \$28/1 sess ..... 00490376

## MUSEUM OF ANTHROPOLOGY TRIP

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

**Steveston Community Centre**

Apr 22 ..... W ..... 11:00am-4:00pm ..... \$40/1 sess ..... 00491317

## WALKING TOUR-MINORU PARK

Learn how the park transformed from an aviation landmark and social hub to today's vibrant civic space. Visit the relocated Minoru Chapel, stroll past the symbolic Pierrefonds Garden and explore the Minoru Lakes redesigned for future generations. Guided tour and refreshments included.

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

Apr 29 ..... W ..... 10:00-11:00am ..... \$5.85/1 sess ..... 00489040

## MAY

## WHITE ROCK FARMERS' MARKET TRIP

Browse the 80+ vendors made up of local makers, bakers and growers and enjoy live music at this established market. Transportation only included. Home drop off (\$3) available.

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

May 3 ..... Su ..... 10:00am-3:00pm ..... \$25/1 sess ..... 00490355

## GRABENHORST GARDEN AND PITT MEADOWS LUNCH TRIP

Stroll this new stunning five-acre sanctuary in Pitt Meadows with peaceful garden pathways, over 700 rhododendrons and natural beauty, then gather for lunch at the welcoming Jolly Coachman Pub. Transportation only included. 18% gratuity automatically added to restaurant bills.

**Thompson Community Centre**

May 4 ..... M ..... 9:45am-3:45pm ..... \$32.75/1 sess ..... 00491567

## AUDAIN ART MUSEUM AND WHISTLER TRIP

Experience this extraordinary museum in Whistler that features a vast collection of West Coast art, followed by time to shop and have lunch in Whistler Village. Transportation and admission included.

**Thompson Community Centre**

May 11 ..... M ..... 9:30am-5:00pm ..... \$52.50/1 sess ..... 00490547

## BOWEN ISLAND TRIP

Take a 20-minute ferry ride from Horseshoe Bay to Snug Cove to explore village shops, restaurants and studios. Bus and ferry transportation included. Bring or buy lunch. No refunds within 30 days of trip.

**Steveston Community Centre**

May 14 ..... Th ..... 11:00am-5:00pm ..... \$77.50/1 sess (55-64yrs) ... 00490271  
\$60.50/1 sess (65+yrs)

## BELCARRA BAY PICNIC AND SHOPPING AT COQUITLAM CENTRE TRIP

Relax at Belcarra Bay near Port Moody with a gentle shoreline walk and scenic waterfront picnic then explore Coquitlam Centre for shopping across 200+ stores. Transportation only included.

**City Centre Community Centre**

May 15 ..... F ..... 10:00am-5:30pm ..... \$22/1 sess ..... 00491205

**South Arm Community Centre**

May 15 ..... F ..... 9:45am-5:45pm ..... \$22/1 sess ..... 00491237

## HATLEY CASTLE AND GARDENS VICTORIA TRIP

Take a self-guided tour of this historic castle and spectacular gardens at Royal Roads University followed by shopping or lunch in downtown Victoria. Transportation and admission included. Bring or buy lunch No refunds within 30 days of trip.

**Thompson Community Centre**

May 20 ..... W ..... 7:30am-7:00pm... \$112.10/1 sess (55-64yrs) .... 00490736  
\$95.10/1 sess (65+yrs)

## WALKING TOUR-MINORU PARK

Learn how the park transformed from an aviation landmark and social hub to today's vibrant civic space. Visit the relocated Minoru Chapel, stroll past the symbolic Pierrefonds Garden and explore the Minoru Lakes redesigned for future generations. Guided tour and refreshments included.

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

May 21 ..... Th ..... 10:00-11:00am ..... \$5.85/1 sess ..... 00489041

## SYLVIA HOTEL DINNER TRIP

Savour smooth live jazz and a classic prime rib dinner at this iconic hotel in Vancouver's West End. Transportation only included. All meals are subject to an automatic gratuity of up to 18%. Home drop off (\$3) available.

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

May 24 ..... Su ..... 5:00-9:00pm ..... \$24.60/1 sess ..... 00490375

## QUEEN ELIZABETH THEATRE-MAMMA MIA MUSICA

Take in this vibrant musical production at Vancouver's Queen Elizabeth Theatre with iconic ABBA songs, dazzling choreography and a heartwarming story that inspires nonstop smiles, singing and dancing in every seat. Transportation and admission included. No refunds within 30 days of trip.

**City Centre Community Centre**

May 26 ..... Tu ..... 5:15-11:00pm ..... \$147/1 sess ..... 00488133

**South Arm Community Centre**

May 26 ..... Tu ..... 5:00-10:45pm ..... \$147/1 sess ..... 00488124

## VANCOUVER LOOKOUT AND LUNCH TRIP

Ride the glass elevator up 168 meters (553 feet) to reach the observation level to take in the sweeping 360° view of Stanley Park, historic Gastown, the North Shore mountains and the vibrant downtown core followed by lunch at a nearby restaurant. Transportation and admission included.

**Cambie Community Centre**

May 26 ..... Tu ..... 10:00am-2:00pm ..... \$38/1 sess ..... 00488741

## BASEBALL AND FIREWORKS SHOW AT NAT BAILEY STADIUM TRIP

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

**Thompson Community Centre**

May 28 ..... Th ..... 6:00-10:45pm ..... \$46.50/1 sess ..... 00490504

**West Richmond Community Centre**

May 28 ..... Th ..... 6:15-11:00pm ..... \$46.50/1 sess ..... 00490506



## CHERRY BLOSSOMS AT DAVID LAM PARK TRIP

Stroll amongst the stunning cherry blossoms at this special Vancouver park, take in the fresh air and waterfront views on a gentle walk along the seawall and relax with a coffee afterwards. Transportation only included.

**Steveston Community Centre**

May 28 ..... Th ..... 11:00am-3:00pm ..... \$16.25/1 sess ..... 00491176

## JUNE

### CATORO CAT CAFE TRIP

Cuddle and connect with adoptable rescue cats at this cozy Vancouver café during a 50-minute visit of gentle play and pets, and enjoy the calming, therapeutic benefits of animal companionship. Transportation and admission included. Home drop off (\$3) available. No refunds within 7 days of trip.

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

Jun 5 ..... F ..... 12:30-2:30pm ..... \$33.80/1 sess ..... 00490374

### SOUTHLANDS TSAWWASSEN FARMERS MARKET TRIP

Step into the historic red barn and wander through and shop from the curated selection of vendors, hosted by The Collective Markets. Transportation only included.

**Thompson Community Centre**

Jun 6 ..... Sa ..... 11:00am-3:00pm ..... \$22/1 sess ..... 00491501

### SALT SPRING ISLAND TRIP

Explore the secluded beaches and charming artisan shops on this Gulf Island with free time to roam through the main town of Ganges. Transportation only included. No refunds with 30 days of trip.

**Thompson Community Centre**

Jun 9 ..... Tu ..... 7:30am-6:15pm... \$99/1 sess (55-64yrs) ..... 00490535  
\$82/1 sess (65+yrs)

### REIFEL BIRD SANCTUARY TRIP

Explore nature at the Reifel Bird Sanctuary. Visit this peaceful wetland reserve to observe a variety of birds and wildlife along accessible walking paths. Enjoy fresh air, gentle movement and a calming connection with nature. Transportation and entry included.

**Steveston Community Centre**

Jun 11 ..... Th ..... 10:00am-4:00pm ..... \$20.25/1 sess ..... 00490238

### ITALIAN DAY ON THE DRIVE TRIP

Join in on this vibrant Vancouver cultural street festival that celebrates Italian culture, heritage and community with piazza-style animated zones, live music, food vendors, patios, lifestyle attractions, family fun activities and more. Transportation only included. Home drop off (\$3) available.

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

Jun 14 ..... Su ..... 12:00-4:00pm ..... \$20/1 sess ..... 00490350

### MUSEUM OF ANTHROPOLOGY TRIP

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

**City Centre Community Centre**

Jun 16 ..... Tu ..... 11:15am-3:15pm ..... \$39/1 sess ..... 00491626

**South Arm Community Centre**

Jun 16 ..... Tu ..... 11:00am-3:30pm ..... \$39/1 sess ..... 00491458

## DR. SUN YAT SEN CLASSICAL CHINESE GARDEN AND CEREMONIAL TEA EXPERIENCE TRIP

Enjoy a guided tour of this classical Chinese garden in Vancouver, featuring its history, design, symbolism and cultural significance. Afterwards, take part in a private tea ceremony that introduces traditional Chinese tea culture, including tea etiquette, brewing methods and tasting. Transportation, admission, guided tour and tea ceremony included.

**Steveston Community Centre**

Jun 18 ..... Th ..... 12:00-5:00pm ..... \$49.40/1 sess ..... 00490289

### 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 20 ..... Sa ..... 11:00am-5:30pm ..... \$44/1 sess ..... 00490536

### QUEEN ELIZABETH PARK AND DOSA FACTORY LUNCH TRIP

Stroll through the stunning gardens and take in breathtaking views at this iconic Vancouver park followed by an authentic South Indian cuisine lunch. Transportation only included. No refunds within 7 days of trip.

**South Arm Community Centre**

Jun 22 ..... M ..... 11:00am-3:15pm ..... \$25/1 sess ..... 00490017

### SQUAMISH CANYON TRIP

Explore elevated forest walkways and cliffside viewpoints, take in the cascading waterfalls and coastal rainforest scenery and explore this breathtaking rainforest safely, while preserving its delicate ecosystem offering a safe, inspiring nature experience that supports mobility and mindful connection. Transportation and admission included. No refunds within 7 days of trip.

**Thompson Community Centre**

Jun 26 ..... F ..... 9:30am-5:30pm ..... \$78.50/1 sess ..... 00490887

### GREEK DAY ON BROADWAY TRIP

Join in this festive day that celebrates all things Greek complete with authentic food, live music, traditional dance performances and interactive activities for all ages. Transportation only included.

**Cambie Community Centre**

Jun 28 ..... Su ..... 10:30am-2:30pm ..... \$19.50/1 sess ..... 00488738

## Racquet Sports

### PICKLEBALL-BEGINNER

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

#### South Arm Community Centre

Apr 7-May 12 ..... Tu ..... 8:00-9:30am ..... \$60.75/6 sess ..... 00488786  
 Apr 7-May 12 ..... Tu ..... 5:30-7:00pm ..... \$60.75/6 sess ..... 00488818  
 May 12-Jun 23 ..... Tu ..... 8:00-9:30am ..... \$70.85/7 sess ..... 00488841  
 May 12-Jun 23 ..... Tu ..... 5:30-7:00pm ..... \$70.85/7 sess ..... 00488844

#### Thompson Community Centre

Apr 9-Jun 18 ..... Th ..... 1:15-2:30pm ..... \$92.80/11 sess ..... 00490578

#### West Richmond Community Centre

Mar 30-Jun 22 ..... M ..... 12:45-2:00pm ..... \$92.80/11 sess ..... 00488822

### PICKLEBALL-BEGINNER-FOR WOMEN

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

#### West Richmond Community Centre

Apr 10-Jun 26 ..... F ..... 9:30-10:45am ..... \$84.35/10 sess ..... 00489038  
 Apr 10-Jun 26 ..... F ..... 10:45am-12:00pm ..... \$84.35/10 sess ..... 00489039

### PICKLEBALL-INTERMEDIATE

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

#### South Arm Community Centre

Apr 7-May 12 ..... Tu ..... 9:45-11:15am ..... \$60.75/6 sess ..... 00488787  
 Apr 7-May 12 ..... Tu ..... 7:15-8:45pm ..... \$60.75/6 sess ..... 00488811  
 May 12-Jun 23 ..... Tu ..... 9:45-11:15am ..... \$70.85/7 sess ..... 00488842  
 May 12-Jun 23 ..... Tu ..... 7:15-8:45pm ..... \$70.85/7 sess ..... 00488845

#### Thompson Community Centre

Apr 8-Jun 17 ..... W ..... 12:00-1:15pm ..... \$92.80/11 sess ..... 00490574  
 Apr 9-Jun 18 ..... Th ..... 2:35-3:50pm ..... \$92.80/11 sess ..... 00490581

#### West Richmond Community Centre

Apr 1-Jun 24 ..... W ..... 11:45am-1:15pm ..... \$131.60/13 sess ..... 00488836  
 Apr 1-Jun 24 ..... W ..... 1:15-2:45pm ..... \$131.60/13 sess ..... 00488837

### PICKLEBALL-ADVANCED

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

#### South Arm Community Centre

Apr 7-May 12 ..... Tu ..... 11:30am-1:00pm ..... \$60.75/6 sess ..... 00488796  
 May 12-Jun 23 ..... Tu ..... 11:30am-1:00pm ..... \$70.85/7 sess ..... 00488843

### PICKLEBALL-NON-INSTRUCTIONAL-ALL LEVELS

Practice and play with fellow players in these non-instructional sessions. Bring racquet and other supplies.

#### City Centre Community Centre (Anderson School)

Apr 12-Jun 21 ..... Su ..... 2:30-4:15pm ..... \$67.50/10 sess ..... 00487145

## Sports

### BOCCE-OUTDOOR

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

#### Thompson Community Centre

**FREE** Jun 24 ..... W ..... 6:00-7:00pm ..... Free/1 sess ..... 00490982

### GOLF LESSONS FOR SENIORS-BEGINNER

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

#### Richmond Pitch & Putt Golf Course

Jun 9-Jun 11 ..... Tu/Th. 1:00-2:30pm ..... \$45/2 sess ..... 00489528  
 Jun 16-Jun 18 ..... Tu/Th. 1:00-2:30pm ..... \$45/2 sess ..... 00489529  
 Jun 23-Jun 25 ..... Tu/Th. 1:00-2:30pm ..... \$45/2 sess ..... 00489530

### WALKING SOCCER-OUTDOOR

Step onto the field for fun, fitness and friendship while enjoying safe and easy-paced soccer activities with others. Previous soccer experience required.

#### Seniors Centre-Minoru Centre for Active Living

**FREE** May 6-Jun 17 ..... W ..... 4:00-5:00pm ..... Free/4 sess ..... 00488078

# Richmond Wellness Clinics 55+



*Take Charge  
of your Health*

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

## Health Information and Education (Drop-in)

- Information and referral services from multilingual volunteers

Booths hosted by local organizations and businesses

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

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

## Treatments (Registration required)

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

\*\*In-person or phone registration only

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

## Locations

### City Centre Community Centre

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

### East Richmond Community Hall

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

### Seniors Centre—Minoru Centre for Active Living

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

### South Arm Community Centre

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

### Steveston Japanese Canadian Cultural Centre

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

### Thompson Community Centre

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

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

## 3 ways to register

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





# Seniors Annual Facility Pass Programs

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

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

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

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

### Seniors Facility Passes at the following community centres are \$19.00 per year, per facility.

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

Cambie Community Centre						
SUN	MON	TUE	WED	THU	FRI	SAT
	<b>Coffee and Tea</b> 11:00am–12:30pm (ERCH)	<b>Tai Chi Practice– Form 24</b> 8:30–9:15am (no instruction) 00483968* (ERCH)	<b>Tai Chi–48 Form</b> 8:30–9:30am 00483967* (ERCH)	<b>Indoor Walking</b> 10:00–11:00am 00456846* (CCC)	<b>Tai Chi–24 Form</b> 8:30–9:30am 00483966* (ERCH)	
		<b>Tai Chi Practice– Form 48</b> 9:15–10:00am (no instruction) 00483969* (ERCH)	<b>Table Tennis</b> 9:30–10:30am (ERCH)		<b>Table Tennis</b> 9:30–10:30am (ERCH)	
		<b>Mahjong</b> (2nd Tue/mth) 10:00am–12:00pm 00483974* (ERCH)	<b>Book Club</b> (1st Wed/mth) 11:00am–12:30pm 00483972* (ERCH)		<b>Knitting</b> 10:00–11:30am (ERCH)	
		<b>Karaoke</b> (1st and 3rd Tu/mth) 10:30am–12:30pm (ERCH)	<b>Writing Club</b> 10:00am–12:00pm 00483973 (ERCH)		<b>Luk Tung Kuen</b> 11:00–11:45am 00483971* (ERCH)	
			<b>Luk Tung Kuen</b> 11:00–11:45am 00483970* (ERCH)			
			<b>Coffee and Tea</b> (2nd Wed/mth) 11:30am–1:30pm (ERCH)			

\*Registration required.

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

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

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

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

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

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

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

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

Steveston Community Centre						
SUN	MON	TUE	WED	THU	FRI	SAT
	<b>Chinese Multicultural Group</b> 10:00–11:30am	<b>Karaoke Social (Multilingual)</b> 12:30–3:15pm	<b>Knitting and Crocheting Social</b> 10:00am–12:00pm	<b>Chinese Multicultural Group</b> 9:30–11:30am	<b>Ukulele Circle</b> 9:30am–12:00pm	
			<b>Low Vision Support Group (2nd Wed/mth)</b> 10:00am–12:00pm		<b>Japanese Tablet Club</b> 9:30–11:30am	
	<b>Drumming Ensemble*</b> 1:30–2:30pm		<b>Japanese Crafts Group</b> 12:30–2:30pm		<b>Bridge Social</b> 1:00–4:00pm	
			<b>Tech Help 101</b> 1-on-1 (in English) 1:00–3:00pm (604-238-8084 to register)		<b>Ukulele Ensemble</b> 1:30–3:00pm	
			<b>Kokufo Shigin Club</b> 1:00–3:00pm			

\*Call 604-238-8084

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

**Thompson Community Centre**

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Table Tennis</b> 7:30–9:30am	<b>Table Tennis</b> 7:30–9:30am
	<b>Tai Chi</b> 8:50–9:20am	<b>Luk Tung Coffee Hour</b> 9:00–10:00am	<b>Tai Chi</b> 8:50–9:20am	<b>Crafts Group</b> 11:00am–1:00pm	<b>Luk Tung Kuen</b> 7:45–8:45am	
	<b>Table Tennis</b> 1:30–5:00pm		<b>Chinese Cultural Dance</b> 1:30–2:45pm	<b>Table Tennis</b> 8:15–9:30pm	<b>Gentlemen in Conservation</b> (2nd & 4th week) 10:30am–12:00pm	
					<b>Karaoke</b> 10:30am–12:30pm	

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

**West Richmond Community Centre**

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

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





## City of Richmond

6911 No. 3 Road, Richmond, BC V6Y 2C1

Telephone: 604-276-4000

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