



55+ Programs | In-person and online

Summer 2023 | JUL-SEP
www.richmond.ca/register



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Refunds / Withdrawals / Transfers

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

Seasonal Programs

Unless otherwise specified:

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

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

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

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

Unless otherwise specified:

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

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

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

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

3 Ways to Register



Online

www.richmond.ca/register

Register online anytime.
24 hours a day, 7 days a week



Phone

604-276-4300

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

Monday–Friday, 8:30am–5:00pm



In-person

Drop-in and register at any community facility

You will need

✓ Your online registration account

If you have not activated your account and need assistance, call 604-276-4300 or visit www.richmond.ca/reghelp.

✓ Your Course ID number

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

Jul 6 – Aug 24..... **123456**

✓ Your method of payment

Pay with AMEX, Visa or MasterCard.

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

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

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

In-person Programs

Arts—Dance

BALLROOM DANCING—BEGINNER

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

Thompson Community Centre

Jul 5-Jul 26..... W..... 9:00-10:30am..... \$36.25/4 sess 236344
 Aug 2-Aug 30..... W..... 9:00-10:30am..... \$45.30/5 sess 238178

BALLROOM DANCING—INTERMEDIATE

Learn even more jive, cha cha, waltz and foxtrot dance skills. Singles and pairs welcome. Pre-requisite: Ballroom Dancing—Beginner.

Thompson Community Centre

Jul 8-Jul 29..... Sa 1:30-3:00pm..... \$36.25/4 sess 236444
 Aug 5-Aug 26..... Sa 1:30-3:00pm..... \$36.25/4 sess 236449

BAROQUE DANCING

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

Cambie Community Centre

Jul 4-Jul 25..... Tu..... 1:15-2:30pm..... \$30.20/4 sess 237596

West Richmond Community Centre

Jul 6-Jul 27..... Th 2:15-3:30pm..... \$30.20/4 sess 231698

BROADWAY JAZZ DANCING

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

Minoru Centre for Active Living (Seniors Centre)

Jul 10-Aug 14..... M..... 10:45-11:45am..... \$30.20/5 sess 235245

CONDITIONING THROUGH DANCE

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

Minoru Centre for Active Living (Seniors Centre)

Jul 10-Aug 14..... M..... 12:00-1:00pm..... \$30.20/5 sess 235253

DANCE MOVES

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

East Richmond Community Hall (Cambie)

Jul 10-Aug 28..... M..... 10:00-11:00am..... \$48.30/8 sess 235159

HAWAIIAN HULA DANCING—BEGINNER

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

Steveston Community Centre

Aug 11-Sep 1 F 12:00-1:00pm..... \$24.15/4 sess 235733

HAWAIIAN HULA DANCING—INTERMEDIATE

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

Steveston Community Centre

Aug 11-Sep 1 F 1:00-2:00pm..... \$24.15/4 sess 235734

JAZZ DANCING—INTERGENERATIONAL—GRANDPARENT AND GRANDCHILD

Connect with others while dancing in this unique and fun program that is sure to bring lots of delight and laughter. Registration covers one senior and one child (3-5 years).

Minoru Centre for Active Living (Seniors Centre)

Jul 5-Jul 26..... W..... 9:15-10:00am..... \$18.10/4 sess 237284
 Aug 2-Aug 16..... W..... 9:15-10:00am..... \$13.60/3 sess 237287

LINE DANCING—BEGINNER

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

City Centre Community Centre

Jul 12-Aug 23..... W..... 1:30-2:30pm..... \$42.30/7 sess 231760

Minoru Centre for Active Living (Seniors Centre)

Jul 11-Aug 22..... Tu..... 2:00-3:00pm..... \$42.30/7 sess 236417

Steveston Community Centre

Jul 13-Aug 24..... Th 1:00-2:00pm..... \$42.30/7 sess 235725

LINE DANCING—BEGINNER—IMPROVER

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

Steveston Community Centre

Jul 13-Aug 24..... Th 2:15-3:15pm..... \$42.30/7 sess 233131

LINE DANCING VARIETY—NEW BEGINNER (CANTONESE AND MANDARIN)

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

Minoru Centre for Active Living (Seniors Centre)

Jul 7-Sep 1 F 9:30-10:30am..... \$54.35/9 sess 236722
 Jul 10-Aug 31..... M/Th. 1:15-2:15pm..... \$90.60/15 sess 234756

LINE DANCING VARIETY–BEGINNER

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

Thompson Community Centre

Jul 5-Jul 26..... W..... 10:45-11:45am..... \$24.15/4 sess 240390
Aug 2–Aug 30..... W..... 10:45-11:45am..... \$30.20/5 sess 240437

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

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

Minoru Centre for Active Living (Seniors Centre)

Jul 7-Sep 1 F 10:45-11:45am..... \$54.35/9 sess 236724
Jul 10-Aug 28..... M..... 10:45-11:45am..... \$42.30/7 sess 235265

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

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

Minoru Centre for Active Living (Seniors Centre)

Jul 4-Aug 29..... Tu..... 9:45-10:45am..... \$54.35/9 sess 236199
Jul 6-Aug 31..... Th 10:45-11:45am..... \$54.35/9 sess 236671

LINE DANCING–INTERMEDIATE

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

City Centre Community Centre

Jul 12-Aug 23..... W..... 2:45-3:45pm..... \$42.30/7 sess 231761

Minoru Centre for Active Living (Seniors Centre)

Jul 11-Aug 22..... Tu..... 3:15-4:15pm..... \$42.30/7 sess 236418

LINE DANCING–INTERNATIONAL–BEGINNER

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

Minoru Centre for Active Living (Seniors Centre)

Jul 8-Aug 26..... Sa 2:15-3:45pm..... \$72.50/8 sess 236739

LINE DANCING–INTERNATIONAL–BEGINNER–IMPROVER

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

Minoru Centre for Active Living (Seniors Centre)

Jul 5-Aug 30..... W..... 2:15-3:45pm..... \$81.55/9 sess 236576

LINE DANCING–INTERNATIONAL–INTERMEDIATE–IMPROVER

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

Minoru Centre for Active Living (Seniors Centre)

Jul 8-Aug 26..... Sa 12:30-2:00pm..... \$72.50/8 sess 236737

LINE DANCING–INTERNATIONAL–INTERMEDIATE/ADVANCED

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

Minoru Centre for Active Living (Seniors Centre)

Jul 5-Aug 30..... W..... 12:30-2:00pm..... \$81.55/9 sess 236573

SWINGIN' ROCKIN' DANCE PARTY–BEGINNER

Dance to mostly up-tempo music and dance favourites from the 1960s to 1980s with short and easy-to-follow sequences complete with flair, style and fun.

Minoru Centre for Active Living (Seniors Centre)

Jul 4-Aug 29..... Tu..... 12:45-1:45pm..... \$54.35/9 sess 236403

SWINGIN' ROCKIN' DANCE PARTY–ADVANCED

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

Minoru Centre for Active Living (Seniors Centre)

Jul 4-Aug 29..... Tu..... 2:00-3:00pm..... \$54.35/9 sess 236405

TAP DANCING–BEGINNER

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

Minoru Centre for Active Living (Seniors Centre)

Jul 6-Aug 17..... Th 3:00-4:00pm..... \$42.30/7 sess 236666

TAP DANCING–INTERMEDIATE

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

Minoru Centre for Active Living (Seniors Centre)

Jul 5-Aug 16..... W..... 10:10-11:10am..... \$42.30/7 sess 236516

TAP DANCING—CHOREOGRAPHY

Develop some dance skills and learn a routine that challenges both the brain and the body with a short, fast warm up prior to the choreography portion. Tap shoes required. Pre-requisite: Current registration in Tap Dancing—Intermediate at Minoru Centre for Active Living.

Minoru Centre for Active Living (Seniors Centre)
Jul 5-Aug 16..... W..... 11:15am-12:00pm..... \$31.70/7 sess 236572

Arts—Music

INTRODUCTION TO PIANO— INTERGENERATIONAL

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

City Centre Community Centre
Jul 8-Sep 2 Sa 2:00-2:45pm..... \$64.35/9 sess 233157
Jul 8-Sep 2 Sa 3:00-3:45pm..... \$64.35/9 sess 233158
Jul 2-Sep 3 Su 10:00-10:45am..... \$71.50/10 sess ... 239131
Jul 2-Sep 3 Su 11:00-11:45am..... \$71.50/10 sess ... 239132
Jul 2-Sep 3 Su 11:00-11:45am..... \$71.50/10 sess ... 233159
Jul 2-Sep 3 Su 12:00-12:45pm..... \$71.50/10 sess ... 233161
Jul 5-Aug 30..... W..... 4:15-5:00pm..... \$64.35/9 sess 233163
Jul 5-Aug 30..... W..... 4:30-5:15pm..... \$64.35/9 sess 239133
Jul 5-Aug 30..... W..... 5:15-6:00pm..... \$64.35/9 sess 233164
Jul 5-Aug 30..... W..... 5:30-6:15pm..... \$64.35/9 sess 239134
Jul 7-Sep 1 F 4:00-4:45pm..... \$64.35/9 sess 233167
Jul 7-Sep 1 F 5:00-5:45pm..... \$64.35/9 sess 233170

PRIVATE PIANO LESSONS—BEGINNER

Work on the basics of playing jazz piano covering jazz scales, chords, harmony, progressions, rhythms and notation and learn how to apply these features and techniques to playing well-known jazz standards. Instructed by an experienced piano instructor.

Minoru Centre for Active Living (Seniors Centre)
Jul 14 F 11:30am-12:30pm..... \$51.65/1 sess 237897
Jul 21 F 11:30am-12:30pm..... \$51.65/1 sess 237940
Jul 28 F 11:30am-12:30pm..... \$51.65/1 sess 237943
Aug 4 F 11:30am-12:30pm..... \$51.65/1 sess 237946
Aug 11 F 11:30am-12:30pm..... \$51.65/1 sess 237954
Aug 18 F 11:30am-12:30pm..... \$51.65/1 sess 237992
Aug 25 F 11:30am-12:30pm..... \$51.65/1 sess 237993
Sep 1 F 11:30am-12:30pm..... \$51.65/1 sess 237994

UKULELE IN THE CLASSROOM— INTRODUCTION

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

Steveston Community Centre
TRY-IT> Aug 23 W..... 1:30-2:30pm..... Free/1 sess..... 235822

UKULELE—BEGINNER

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

Minoru Centre for Active Living (Seniors Centre)
Jul 6-Aug 31 Th 11:45am-12:45pm..... \$54.35/9 sess 236660

UKULELE—INTERMEDIATE

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

Minoru Centre for Active Living (Seniors Centre)
Jul 7-Sep 1 F 1:30-2:30pm..... \$54.35/9 sess 236721

UKULELE ENSEMBLE WORKSHOP FOR BEGINNERS

Discover the enjoyment of playing multipart instrumental arrangements with others in a relaxed and fun environment. Pre-requisite: Must be able to read musical notation, be familiar with tablature and understand basic rhythm and note values.

Steveston Community Centre
Aug 8 Tu..... 1:30-3:00pm..... \$9.05/1 sess 235828

UKULELE FOR CHINESE MUSIC

Explore pop and traditional Chinese music with this popular instrument and gain skills in Chinese music score reading, strumming, picking, playing and singing. Pre-requisite: Ukulele—Beginner.

West Richmond Community Centre
Jul 8-Jul 29..... Sa 11:35am-12:35pm..... \$24.15/4 sess 231653

UKULELE WORKSHOP—CHORD MELODY—INTRODUCTION

Experience the magic of putting melody, harmony and rhythm together to create a solo style arrangement. Pre-requisite: Ukulele—Advanced Beginner or confident beginners with ability to read musical notation and tablature.

Steveston Community Centre
Aug 16 W..... 1:30-3:00pm..... \$9.05/1 sess 236491

Arts—Visual

ART CLASS—INTERGENERATIONAL— GRANDPARENT AND GRANDCHILD

Paint a canvas together in this social, fun and unique program. Facilitated by an art instructor. Registration covers one senior and one child (6-8 years).

Minoru Centre for Active Living (Seniors Centre)
Jul 6-Jul 13..... Th 4:00-6:00pm..... \$29.40/2 sess 237445
Aug 3-Aug 24..... Th 4:00-6:00pm..... \$58.80/4 sess 237447
Aug 29-Aug 31..... Tu/Th. 10:00am-12:00pm..... \$29.40/2 sess 237433

ARTFUL AGING SERIES— INTERGENERATIONAL ART PROGRAM

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

3D CARD MAKING WORKSHOP

City Centre Community Centre

Aug 22 Tu 4:00-5:30pm..... \$11.05/1 sess 236523

D.I.Y. (DO-IT-YOURSELF) CD PAINTING WORKSHOP

City Centre Community Centre

Jul 18 Tu 4:00-5:30pm..... \$11.05/1 sess 236521

PLANTER ART WORKSHOP

City Centre Community Centre

Aug 15 Tu 4:00-5:30pm..... \$11.05/1 sess 235248

PRESSED FLOWER FRAME WORKSHOP

City Centre Community Centre

Jul 25 Tu 4:00-5:30pm..... \$11.05/1 sess 235237

CHINESE BRUSH PAINTING—INTERMEDIATE

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

South Arm Community Centre

Jul 8-Aug 19..... Sa 9:45-11:15am..... \$63.40/7 sess 234769

CHINESE CALLIGRAPHY (CANTONESE AND MANDARIN)

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

Steveston Community Centre

Jul 13-Aug 31 Th 9:30-11:30am..... \$96.65/8 sess 235847

DRAWING BASICS

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

Minoru Centre for Active Living (Seniors Centre)

Jul 5-Aug 30..... W..... 6:00-8:00pm..... \$96.65/8 sess 236509

PAINTING BASICS

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

Minoru Centre for Active Living (Seniors Centre)

Jul 10-Aug 28..... M..... 4:00-6:00pm..... \$84.55/7 sess 234761

South Arm Community Centre

FREE Jul 4 Tu..... 2:00-3:30pm..... Free/1 sess..... 235845

Jul 11-Aug 1 Tu..... 2:00-3:30pm..... \$36.25/4 sess 234041

Aug 8-Aug 29..... Tu..... 2:00-3:30pm..... \$36.25/4 sess 234066

SKETCHING

Create landscapes, figure drawings and still life sketches using materials that include charcoal, oil pastels and chalk along with different drawing styles and techniques. Supplies not included.

Steveston Community Centre

Aug 14-Aug 28..... M..... 1:00-2:30pm..... \$27.20/3 sess 235756

TAKE HOME FLORAL ARRANGEMENT WORKSHOP

Design and make a unique flower arrangement in this fun, creative and social session. Instructed by an experienced florist. Green foam, small basket/vase and flowers included. No refunds within 7 days of workshop.

South Arm Community Centre

Jul 14 F 2:00-3:30pm..... \$40/1 sess 233952

WATERCOLOUR PAINTING TECHNIQUES AND STYLES

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

Steveston Community Centre

Jul 10-Jul 24..... M..... 1:00-3:00pm..... \$36.25/3 sess 235757

Computers, Technology and Social Media

INTRODUCTION TO IPADS—LEVEL 2

Continue to increase knowledge with topics that include how to use the camera feature, the instant messaging platform, WhatsApp and the calendar. iPads provided for use during session if required.

Minoru Centre for Active Living (Seniors Centre)

Aug 14-Aug 28..... M..... 2:30-3:30pm..... \$15.75/3 sess 233130

Cooking

FREE FOOD SKILLS FOR FAMILIES—SENIORS EDITION

Gain hands-on cooking experience and adapt simple and delicious recipes to make at home. Presented by the Canadian Diabetes Association. Registration required.

East Richmond Community Hall (Cambie)

Aug 14-Sep 25 M..... 11:00am-2:00pm..... Free/6 sess..... 228195

HEALTHY EATING, HAPPY AGING—NUTRITION AND COOKING

Learn to make easy, on-the-go recipes that support health and wellbeing in this hands-on session that includes preparing and assembling a simple meal that can be easily recreated at home. Supplies included.

Minoru Centre for Active Living (Seniors Centre)

Jul 12 W..... 2:00-4:00pm..... \$28.85/1 sess 236891
 Aug 23 W..... 2:00-4:00pm..... \$28.85/1 sess 237602

Events and Seasonal Programs

BARBEQUE

Socialize and enjoy a tasty BBQ meal and a refreshing drink in the court yard.

South Arm Community Centre

Aug 2 W..... 11:30am-1:30pm..... \$10.75/1 sess 233948

MINORU ANNUAL BBQ

Celebrate summer while socializing with friends at this Minoru tradition that includes a delicious BBQ meal and refreshments. No refunds within 7 days of event.

Minoru Centre for Active Living (Seniors Centre)

Aug 16 W..... 4:00-6:00pm..... \$20/1 sess 235680

SUMMER CONCERT SERIES

Bring a chair or blanket to better enjoy these live musical performances in the northeast plaza. Weather dependant.

Minoru Centre for Active Living (Seniors Centre)

FREE Jul 12 W..... 7:00-8:00pm

FREE Aug 2 W..... 7:00-8:00pm

FREE Aug 23 W..... 7:00-8:00pm

Fitness

ACTIVE AND FIT

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

Minoru Centre for Active Living (Seniors Centre)

Jul 7-Aug 25..... F 9:30-10:30am..... \$49.85/8 sess 239128

South Arm Community Centre

Jul 4-Aug 22..... Tu..... 10:00-11:00am..... \$49.85/8 sess 238766

Thompson Community Centre

Jul 11-Aug 15..... Tu..... 9:30-10:30am..... \$55.50/6 sess 231135

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

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

Steveston Community Centre

Jul 14-Aug 18..... F 12:30-1:30pm..... \$55.50/6 sess 235745

BETTER BACKS AND BALANCE—BEGINNER

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

Steveston Community Centre

Jul 11-Aug 1 Tu..... 11:45am-12:45pm..... \$19.90/4 sess 235790

Jul 13-Aug 3..... Th 11:45am-12:45pm..... \$19.90/4 sess 235793

Aug 8-Aug 29..... Tu..... 11:45am-12:45pm..... \$19.90/4 sess 235791

Aug 10-Aug 31..... Th 11:45am-12:45pm..... \$19.90/4 sess 235795

CARDIO SALSA—BEGINNER

Work out to recognizable Latin rhythms that include the Salsa, Reggaetón, Cumbia and Merengue in this low impact fitness dance class with a focus on rhythm, balance, range of motion and coordination. No partner required. Suitable for beginners 55+ years.

West Richmond Community Centre

Jul 6-Aug 24..... Th 1:00-2:00pm..... \$37.40/6 sess 228342

CHAIR FITNESS

Manage chronic conditions and pain better with simple exercises learned in this basic fitness class designed for older adults and those with physical limitations.

Minoru Centre for Active Living (Seniors Centre)

Jul 6-Aug 31..... Th 12:00-1:00pm..... \$44.80/9 sess 238312

Steveston Community Centre

Jul 12-Aug 30..... W..... 10:45-11:45am..... \$39.85/8 sess 235753

CHAIR FITNESS (CANTONESE AND ENGLISH)

Manage chronic conditions and pain better with simple exercises learned in this basic fitness class designed for older adults and those with physical limitations. Conducted in Cantonese and English.

Minoru Centre for Active Living (Seniors Centre)

Jul 5-Aug 30..... W..... 11:30am-12:30pm..... \$34.85/7 sess 238309

CHAIR YOGA

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

Minoru Centre for Active Living (Seniors Centre)

Jul 4-Aug 29..... Tu..... 9:15-10:15am..... \$50.60/9 sess 238316

EXERCISES FOR THOSE WITH PARKINSON'S

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

Minoru Centre for Active Living (Seniors Centre)

Jul 4-Aug 24..... Tu/Th. 12:45-1:45pm..... \$79.70/16 sess ... 238317

Steveston Community Centre

Jul 11-Aug 03..... Tu/Th. 11:45am-12:45pm..... \$39.85/8 sess 236279

Aug 8-Aug 31..... Tu/Th. 11:45am-12:45pm..... \$39.85/8 sess 236283

GET UP AND GO!

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

Minoru Centre for Active Living (Seniors Centre)

Jul 6-Aug 31..... Th 9:15-10:15am..... \$44.80/9 sess 238310

JOINT MOVES

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

Minoru Centre for Active Living (Seniors Centre)

Jul 4-Aug 29..... Tu..... 10:30-11:30am..... \$44.80/9 sess 238306

Jul 6-Aug 31..... Th 10:30-11:30am..... \$44.80/9 sess 238311

LADIES WHO LIFT

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

Thompson Community Centre **55yrs+**

Jul 12-Aug 16..... W..... 11:00am-12:00pm..... \$55.50/6 sess 231134

West Richmond Community Centre **65yrs+**

Jul 10-Jul 31..... M..... 10:45-11:45am..... \$37/4 sess 228600

MIND TO MUSCLE

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

West Richmond Community Centre

Jul 12-Aug 16..... W..... 1:00-2:00pm..... \$37.40/6 sess 234478

MINDS IN MOTION (CANTONESE)

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

East Richmond Community Hall (Cambie)

Jul 5-Aug 30..... W..... 1:30-3:30pm..... \$50.85/9 sess 229235

MINDS, MUSCLES AND MOBILITY

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

Steveston Community Centre

Jul 11-Aug 1..... Tu..... 10:30-11:30am..... \$19.90/4 sess 235783

Jul 13-Aug 3..... Th 10:30-11:30am..... \$19.90/4 sess 235785

Aug 8-Aug 29..... Tu..... 10:30-11:30am..... \$19.90/4 sess 235784

Aug 10-Aug 31..... Th 10:30-11:30am..... \$19.90/4 sess 235787

STAY STRONG

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

Minoru Centre for Active Living (Seniors Centre)

Jul 5-Aug 30..... W..... 10:15-11:15am..... \$34.85/7 sess 238308

Jul 10-Aug 28..... M..... 10:30-11:30am..... \$34.85/7 sess 238313

Thompson Community Centre

Jul 7-Sep 1..... F 10:30-11:30am..... \$44.80/9 sess 231131

SILVER CYCLE

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

Steveston Community Centre

Jul 12-Aug 2..... W..... 9:00-9:45am..... \$24.90/4 sess 236312

Aug 9-Aug 30..... W..... 9:00-9:45am..... \$24.90/4 sess 236313

WALK RICHMOND-GARDEN CITY/PAULIK PARK

Free guided walk for those 55+, approximately 60 minutes in length and includes a warm-up, cool down and stretch. Transportation and refreshments provided. Registration required.

Minoru Centre for Active Living (Seniors Centre)

FREE Jul 14..... F 9:15-11:00am..... FREE/1 sess 237985

WALK RICHMOND-MIDDLE ARM DYKE

Free guided walk for those 55+, approximately 60 minutes in length and includes a warm-up, cool down and stretch. Transportation and refreshments provided. Registration required.

Minoru Centre for Active Living (Seniors Centre)

FREE Aug 9..... W..... 9:15-11:00am..... FREE/1 sess 237996

ZUMBA®-GOLD

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

Minoru Centre for Active Living (Seniors Centre)

Jul 4-Aug 29..... Tu..... 12:30-1:30pm..... \$56.05/9 sess 238314
Jul 7-Aug 25..... F 12:30-1:30pm..... \$49.85/8 sess 238315

South Arm Community Centre

Jul 8-Aug 26..... Sa 12:45-1:45pm..... \$43.60/7 sess 237459

West Richmond Community Centre

Jul 11-Aug 22..... Tu..... 1:00-2:00pm..... \$43.60/7 sess 228442

General Interest

BRIDGE-BEGINNER-LEVEL 1

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

Minoru Centre for Active Living (Seniors Centre)

Jul 10-Aug 28..... M..... 2:30-4:00pm..... \$55.15/7 sess 234765

BRIDGE-BEGINNER-LEVEL 2

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

Minoru Centre for Active Living (Seniors Centre)

Jul 6-Aug 31..... Th 3:30-5:00pm..... \$70.90/9 sess 236663

COFFEE AND CHAT FOR THOSE LIVING WITH DEMENTIA (CANTONESE)

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

Minoru Centre for Active Living (Seniors Centre)

FREE Jul 11-Aug 29 Tu..... 1:30-3:00pm..... Free/8 sess..... 238156

DOWNSIZING-THE INSIDE STORY

Learn about the moving process, including tips on decluttering, staging, pricing and more.

Minoru Centre for Active Living (Seniors Centre)

FREE Aug 29 Tu..... 10:00-11:30am..... Free/1 session..... 234685

FLOWER ARRANGING WORKSHOP

Design and create vibrant arrangements in this hands-on session. Instructed by a qualified florist. A \$15 non-refundable supplies fee charged when registering.

Steveston Community Centre

Jul 11 Tu..... 10:00-11:30am..... \$9.05/1 sess 231110
Aug 22 Tu..... 10:00-11:30am..... \$9.05/1 sess 231112

GARDEN GAMES AND REFRESHMENTS

Share in the nostalgia of classic and casual outdoor garden games while enjoying fresh air, lemonade and treats. Registration required.

Minoru Centre for Active Living (Seniors Centre)

FREE Jul 19 W..... 10:00am-12:00pm..... Free/1 sess..... 235655

FREE Aug 23 W..... 10:00am-12:00pm..... Free/1 sess..... 236148

LEGAL CLINICS

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

Minoru Centre for Active Living (Seniors Centre)

FREE July 27 Th 10:00am-12:00pm

FREE Aug 24 Th 10:00am-12:00pm

MAHJONG INSTRUCTIONAL CLASS

Play this tile-based game that originated in China and is similar to the Western card game rummy. This social and popular game includes skill, strategy and calculation and involves a degree of chance. This is a progressive instructional program led by a volunteer instructor in English.

South Arm Community Centre

FREE Aug 8-Aug 24 Tu/Th. 9:30-11:00am..... Free/6 sess..... 231988

NATURE WALK AND PICNIC IN THE PARK

Join in this walk from Minoru Centre for Active Living to a quiet spot at Minoru Park to enjoy lunch. Take part in hands-on activities and learn fun facts about the park, plants and animals. Picnic lunch included. Registration required.

Minoru Centre for Active Living (Seniors Centre)

FREE Aug 23 W..... 11:00am-1:00pm..... Free/1 sess..... 235594

SENIOR DRIVER RE-EXAM WORKSHOP

Learn about the government's Enhanced Road Assessment (ERA) program that evaluates one's ability to safely operate a motor vehicle. Presented by the Insurance Corporation of BC (ICBC). Registration required.

South Arm Community Centre

FREE Jul 18 Tu..... 11:00am-12:00pm..... Free/1 sess..... 233662

SMOOTHIE CAFE

Enjoy tasty and refreshing blended beverages made from nutritious and flavourful ingredients. Samples and recipes included.

East Richmond Community Hall (Cambie)

Jul 17 M..... 11:00am-1:00pm..... \$10.75/1 sess 234747

TRAVEL PLANNING WORKSHOP– METRO VANCOUVER (MANDARIN)

Explore Metro Vancouver's transit-friendly destinations and become a travel expert with practical training and resources aimed to increase confidence. Conducted in Mandarin. Registration required.

Minoru Centre for Active Living (Seniors Centre)

FREE Jul 27 F 10:00-11:30am..... Free/1 sess..... 231558

Health and Wellness

ACTIVE LIVING WITH DIABETES SELF-MANAGEMENT PROGRAM (CANTONESE)

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. Conducted in Cantonese. Registration required.

East Richmond Community Hall (Cambie)

FREE Jul 27-Aug 31 Th 9:30am-12:00pm..... Free/6 sess..... 231965

BLOOD PRESSURE AND GLUCOSE TEST CLINICS–DROP-IN

City Centre Community Centre

FREE Jul 6, Aug 3 ... Th 10:00am-12:00pm

East Richmond Community Hall (Cambie)

FREE Jul 12, Aug 9 . W..... 9:30am-12:00pm

Minoru Centre for Active Living (Seniors Centre)

FREE Jul 19, Aug 16W..... 10:00am-12:00pm

South Arm Community Centre

FREE Jul 14, Aug 11 F 9:30-11:30am

Steveston Japanese Canadian Cultural Centre (Steveston)

FREE Jul 5, Aug 2 ... W..... 9:00am-12:00pm

BRAIN HEALTH AND DEMENTIA WORKSHOP

Find out how to make changes to keep the brain active and healthy to help prevent or slow the progression of dementia. Presented by the Alzheimer's Society. Registration required.

Minoru Centre for Active Living (Seniors Centre)

FREE Aug 17 Th 2:30-4:00pm..... Free/1 sess..... 230773

CHAIR MASSAGE–REGISTERED MASSAGE THERAPIST STUDENT

Relieve stress with a 15-minute massage focused on the head, neck, shoulders, backs and arms. Sessions are performed by a Langara College student under the supervision of a qualified Registered Massage Therapy instructor. Registration required.

Minoru Centre for Active Living (Seniors Centre)

FREE Jul 19 W..... 9:00-9:20am..... Free/1 sess..... 241545

FREE Jul 19 W..... 9:30-9:50am..... Free/1 sess..... 241547

FREE Jul 19 W..... 10:00-10:20am..... Free/1 sess..... 241549

FREE Jul 19 W..... 11:00-11:20am..... Free/1 sess..... 241553

FREE Jul 19 W..... 11:30-11:50am..... Free/1 sess..... 241554

FREE Jul 19 W..... 12:00-12:20pm..... Free/1 sess..... 241555

ELDER ABUSE PREVENTION WORKSHOP

Join this interactive session to understand elder abuse, identify the warning signs, learn to respond as a bystander and know what community resources are available for protection. Presented by facilitator from BC Community Response Networks. Registration required.

Minoru Centre for Active Living (Seniors Centre)

FREE Jul 17 M..... 10:30am-12:00pm..... Free/1 sess..... 230769

FOOT CARE CLINIC

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

East Richmond Community Hall (Cambie)

Jul 24 M..... 9:00am-3:00pm..... \$55/1 sess 231086

Aug 21 M..... 9:00am-3:00pm..... \$55/1 sess 231087

Minoru Centre for Active Living (Seniors Centre)

Jul 19 W..... 9:00-9:20am..... \$55/1 sess 241560

Jul 19 W..... 9:30-9:50am..... \$55/1 sess 241563

Jul 19 W..... 10:00-10:20am..... \$55/1 sess 228968

Jul 19 W..... 10:30-10:50am..... \$55/1 sess 228970

Jul 19 W..... 11:00-11:20am..... \$55/1 sess 229381

Jul 19 W..... 11:30-11:50am..... \$55/1 sess 229383

Jul 19 W..... 12:00-12:20pm..... \$55/1 sess 229385

Jul 19 W..... 12:30-12:50pm..... \$55/1 sess 229388

Jul 19 W..... 1:00-1:20pm..... \$55/1 sess 229390

Jul 19 W..... 1:30-1:50pm..... \$55/1 sess 229392

Aug 16 W..... 9:00-9:20am..... \$55/1 sess 229394

Aug 16 W..... 9:30-9:50am..... \$55/1 sess 229396

Aug 16 W..... 10:00-10:20am..... \$55/1 sess 229400

Aug 16 W..... 10:30-10:50am..... \$55/1 sess 229402

Aug 16 W..... 11:00-11:20am..... \$55/1 sess 229404

Aug 16 W..... 11:30-11:50am..... \$55/1 sess 229408

Aug 16 W..... 12:00-12:20pm..... \$55/1 sess 229418

Aug 16 W..... 12:30-12:50pm..... \$55/1 sess 229422

Aug 16 W..... 1:00-1:20pm..... \$55/1 sess 229425

Aug 16 W..... 1:30-1:50pm..... \$55/1 sess 229427

GENKI WELLNESS PROGRAM (JAPANESE AND ENGLISH)

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

Steveston Community Centre

Jul 10-Aug 28..... M..... 10:00am-12:00pm..... \$88.20/7 sess 235748

HEARING CLINICS

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

Minoru Centre for Active Living (Seniors Centre)

FREE Jul 24 M..... 2:20-2:40pm..... Free/1 sess..... 228903
FREE Jul 24 M..... 2:40-3:00pm..... Free/1 sess..... 228905
FREE Jul 24 M..... 3:00-3:20pm..... Free/1 sess..... 228907
FREE Jul 24 M..... 3:20-3:40pm..... Free/1 sess..... 228909
FREE Jul 24 M..... 3:40-4:00pm..... Free/1 sess..... 236580
FREE Jul 24 M..... 4:00-4:20pm..... Free/1 sess..... 228910
FREE Aug 28 M..... 2:20-2:40pm..... Free/1 sess..... 228912
FREE Aug 28 M..... 2:40-3:00pm..... Free/1 sess..... 228913
FREE Aug 28 M..... 3:00-3:20pm..... Free/1 sess..... 228914
FREE Aug 28 M..... 3:20-3:40pm..... Free/1 sess..... 228915
FREE Aug 28 M..... 3:40-4:00pm..... Free/1 sess..... 228916
FREE Aug 28 M..... 4:00-4:20pm..... Free/1 sess..... 228917

HEAT-RELATED ILLNESS

Find out how to recognize the signs of heat cramps, heat exhaustion and heat stroke along with safety measure tips for lower risk. Presented by Vancouver Coastal Health. Registration required.

West Richmond Community Centre

FREE Jul 5 W..... 10:30am-12:00pm..... Free/1 sess..... 231863

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.

East Richmond Community Hall (Cambie)

FREE Jul 10 M..... 1:00-2:30pm..... Free/1 sess..... 235814

MOOD AND SLEEP WORKSHOP

Learn about how specific nutrients can affect the body capacity of producing melatonin and how this hormone can help your mood and sleep. Presented by a naturopathic doctor. Registration required.

South Arm Community Centre

FREE Aug 28 M..... 1:00-2:30pm..... Free/1 sess..... 234740

THE POWER OF MELATONIN WORKSHOP

Find out the effect that sleep deprivation can have on the immune system and the importance of sleep. Presented by a naturopathic doctor. Registration required.

South Arm Community Centre

FREE Jul 24 M..... 1:00-2:30pm..... Free/1 sess..... 233666

IKI IKI SOCIAL (JAPANESE AND ENGLISH)

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

Steveston Community Centre

Jul 13-Aug 31 Th 12:30-3:00pm..... \$147.05/8 sess ... 235761

JUST FOR YOU—HEALTH TALK WORKSHOP

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

West Richmond Community Centre

FREE Jul 12-Jul 26.. W..... 10:00-11:30am..... Free/3 sess..... 231845

LOVE YOUR LIVER WORKSHOP

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

South Arm Community Centre

FREE Aug 16 W..... 11:00am-12:30pm..... Free/1 sess..... 233675

MEDITATION—COOL THE FIRES OF ANXIETY AND STRESS

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

Minoru Centre for Active Living (Seniors Centre)

Jul 6-Aug 31 Th 2:30-4:00pm..... \$81/9 sess 236619



OSTEOARTHRITIS SERIES

EXERCISE AND ARTHRITIS

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

Steveston Community Centre

FREE Jul 19 W..... 10:00am-12:00pm..... Free/1 sess... 235864

MANAGING HAND, FOOT, SHOULDER AND SPINE ARTHRITIS

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

Steveston Community Centre

FREE Aug 9 W..... 10:00am-12:00pm..... Free/1 sess... 235867

MANAGING HIP AND KNEE OSTEOARTHRITIS

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

Steveston Community Centre

FREE Aug 30 W..... 10:00am-12:00pm..... Free/1 sess... 235873

NORDIC POLE WALKING FOR ARTHRITIS

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

Steveston Community Centre

FREE Aug 2 W..... 1:00-2:30pm..... Free/1 sess..... 235865

NUTRITION, SUPPLEMENTS AND ARTHRITIS

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

Steveston Community Centre

FREE Aug 15 Tu 1:00-3:30pm..... Free/1 sess..... 235871

SLEEP AND STRESS MANAGEMENT PRESENTATION

Learn about the health benefits of sleep, the relationship between sleep and stress and strategies for improving both areas. Presented by Vancouver Coast Health's Osteoarthritis Service Integration System. Registration required.

South Arm Community Centre

FREE Jul 5 W..... 2:00-4:00pm..... Free/1 sess..... 235897

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 and intake interview required. Call the Seniors Wellness Coordinator at 604-238-8460 for details.

Minoru Centre for Active Living (Seniors Centre)

Jul 13-Aug 31 Th 10:30am-1:30pm..... \$190/8 sess 230070

WELLNESS CONNECTIONS (CANTONESE AND MANDARIN)

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

Minoru Centre for Active Living (Seniors Centre)

Jul 11-Aug 29 Tu..... 10:30am-1:30pm..... \$190/8 sess 230061

Martial Arts

TAI CHI-BEGINNER

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

Minoru Centre for Active Living (Seniors Centre)

Jul 6-Aug 31 Th 6:30-7:30pm..... \$54/9 sess 236620

Jul 7-Sep 1 F 11:15am-12:15pm..... \$54/9 sess 236695

Jul 8-Aug 26 Sa 11:15am-12:15pm..... \$48/8 sess 236730

Steveston Community Centre

Jul 10-Aug 28 M..... 11:45am-12:45pm..... \$42/7 sess 235738

Jul 13-Aug 31 Th 11:30am-12:30pm..... \$48/8 sess 235744

TAI CHI-ADVANCED

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

Minoru Centre for Active Living (Seniors Centre)

Jul 8-Aug 26 Sa 10:00-11:00am..... \$48/8 sess 236729

Steveston Community Centre

Jul 11-Aug 29 Tu..... 11:45am-12:45pm..... \$48/8 sess 235743

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.

Minoru Centre for Active Living (Seniors Centre)

Jul 6-Jul 27 Th 1:00-2:00pm..... \$24/4 sess 236683

WING CHUN—BEGINNER

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

Minoru Centre for Active Living (Seniors Centre)
 Jul 10-Aug 28..... M..... 6:30-7:30pm..... \$42/7 sess 235266

Out Trips and Tours

JULY

BURNABY VILLAGE HERITAGE TRIP

Visit this historical village and farmhouse museum with traditional entertainment, demonstrations and exhibits from the early 1900s. Free admission. Transportation only included. No refunds within 7 days of trip.

Steveston Community Centre
 Jul 4 Tu..... 10:00am-2:30pm..... \$32.50/1 sess 235875

SQUAMISH SEA TO SKY GONDOLA TRIP

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

Thompson Community Centre
 Jul 4 Tu..... 9:00am-5:15pm..... \$75.50/1 sess 235179

West Richmond Community Centre
 Jul 4 Tu..... 8:45am-5:00pm..... \$75.50/1 sess 231020

CARNAVAL DEL SOL TRIP

Be part of this Latin American festival in Vancouver celebrating this rich culture with live music, food, drinks, art, dance, sports and poetry. Transportation and admission included. No refunds within 7 days of trip.

Cambie Community Centre
 Jul 7 F 1:00-5:00pm..... \$27.25/1 sess 230711

South Arm Community Centre
 Jul 7 F 12:45-5:15pm..... \$27.25/1 sess 236805

FORT LANGLEY MARKET TRIP

Shop for local farm produce and handmade artisan items at this unique farmers market located alongside the Fraser River. Transportation only included. Home drop off (\$3) available. No refunds within 7 days of trip.

Minoru Centre for Active Living (Seniors Centre)
 Jul 8 Sa 9:30am-3:30pm..... \$24/1 sess 234552

HONEYBEE CENTRE TRIP

Learn all about this sweet treat on this guided tour in Surrey that includes a taste test and a chance to watch honey extraction. Transportation and admission included. No refunds within 7 days of the trip.

Steveston Community Centre
 Jul 12 W..... 9:45am-3:30pm..... \$58.25/1 sess 235879

West Richmond Community Centre
 Jul 12 W..... 9:30am-3:45pm..... \$58.25/1 sess 236346

WESTHAM ISLAND AND CENTENNIAL BEACH TRIP—55+

Pick berries at this picturesque Ladner location followed by a walk along Tsawwassen's Centennial Beach to take in the panoramic vistas of the Coast Mountains and majestic Mount Baker. Transportation only included. No refunds within 30 days of trip.

Thompson Community Centre
 Jul 11 Tu..... 11:00am-3:30pm..... \$20.50/1 sess 240543

MILLTOWN BAR AND GRILL TRIP

Enjoy a unique and casual dining experience that boasts expansive views of the Fraser River and the main YVR runway. Transportation only included. No refunds within 7 days of trip.

Cambie Community Centre
 Jul 13 Th 11:00am-2:00pm..... \$16.25/1 sess 234843

South Arm Community Centre
 Jul 13 Th 10:45am-2:15pm..... \$16.25/1 sess 235557

GROUSE MOUNTAIN TRIP

Travel to this North Shore mountain for an action-packed day that includes the Grouse Mountain skyride, Birds in Motion demonstrations, scenic chairlift ride, admission to Theatre in the Sky, visiting the Refuge for Endangered Wildlife and the Lumberjack Show. Walking some distances is required. Transportation, all activities and admissions included. No refunds within 30 days of trip.

Thompson Community Centre
 Jul 17 M..... 9:30am-5:00pm..... \$77.50/1 sess 235794

CRESCENT BEACH BIRDING WALK TRIP

Join this trip that includes a visit to Blackie Spit Park, considered one of Canada's best bird-watching areas, and a visit to Stuart Farm House that showcases the story of an early Surrey pioneer family that lived on the site from 1880 to 1944. Bring a lunch or purchase at a local restaurant. Dress for the weather and wear comfortable shoes. Transportation only included. No refunds within 7 days of trip.

Steveston Community Centre
 Jul 18 Tu..... 9:45am-3:15pm..... \$33.80/1 sess 235876

West Richmond Community Centre
 Jul 18 Tu..... 9:30am-3:30pm..... \$50/1 sess 236414

TAP AND BARREL AT THE SHIPYARDS TRIP

Enjoy a delicious lunch on this North Vancouver restaurant's outdoor patio with breathtaking views of downtown Vancouver. Transportation only included. No refunds within 7 days of trip.

Cambie Community Centre

Jul 18 Tu..... 10:00am-2:30pm..... \$22.75/1 sess 236909

BARD ON THE BEACH TRIP

Watch an outdoor theatre production in Vancouver's Vanier Park and be part of this long-standing summer tradition.

This year's show is 'As You Like It', a joyful tribute to The Beatles. Transportation and admission included. Home drop off (\$3) available. No refunds within 30 days of trip.

Minoru Centre for Active Living (Seniors Centre)

Jul 19 W..... 6:00-10:30pm..... \$69.50/1 sess 236649

BLOEDEL CONSERVATORY AT QUEEN ELIZABETH PARK AND LUNCH TRIP

Wander through this iconic triodetic dome while learning about the beautiful array of exotic plants and flowers, colourful Koi fish and more than 100 free-flying birds of various species. Lunch available to purchase at a local restaurant. Transportation and admission included. No refunds within 7 days of trip.

City Centre Community Centre

Jul 19 W..... 9:30am-2:30pm..... \$30/1 sess 235840

South Arm Community Centre

Jul 19 W..... 9:45am-2:15pm..... \$30/1 sess 231751

BOUNDARY BAY AIR SHOW TRIP

Watch exciting aerobatic performances, visit displays and community booths and try delicious food from a variety of food vendors at this annual Delta event. Bring a folding chair. Price includes transportation only, admission is free. No refunds within 7 days of trip.

Minoru Centre for Active Living (Seniors Centre)

Jul 22 Sa 10:00am-3:30pm..... \$23.50/1 sess 234688

Thompson Community Centre

Jul 22 Sa 10:30am-3:30pm..... \$23.50/1 sess 234220

KRAUSE BERRY FARM TRIP

Enjoy learning about the history and operations of this working Langley farm and shop in the on-site market, bakery and winery. Transportation, berry pie and coffee or tea included. No refunds within 7 days of trip.

City Centre Community Centre

Jul 27 Th 9:00am-3:00pm..... \$52.50/1 sess 235835

South Arm Community Centre

Jul 27 Th 9:15am-3:00pm..... \$52.50/1 sess 231755

AUGUST

CIRCLE FARM TOUR TRIP

Take some delicious tastes of farm-to-table edibles, sip the flavours of the valley and meet the fuzzy friends of the farms on this self-guided tour of Harrison's cheese shops, farm markets and more. Transportation only included. No refunds within 7 days of trip.

Cambie Community Centre

Aug 10 Th 9:00am-4:30pm..... \$38/1 sess 234689

Thompson Community Centre

Aug 10 Th 8:45am-4:45pm..... \$38/1 sess 235800

KITSILANO BOATHOUSE RESTAURANT TRIP

Dine on fabulous West Coast cuisine at this well-known West End restaurant while taking in the stunning views of Kitsilano Beach. Transportation only included. No refunds within 7 days of trip.

Steveston Community Centre

Aug 11 F 10:45am-3:15pm..... \$31.25/1 sess 235878

LULU ISLAND WINERY VISIT AND PICNIC TRIP

Visit this local one-of-a-kind and award-winning winery for a tasting, music performance and picnic. Transportation, winery tasting and picnic (includes an individual charcuterie box and a 6 oz. glass of wine) included. No refunds within 30 days of trip.

Minoru Centre for Active Living (Seniors Centre)

Aug 12 Sa 1:00-5:00pm..... \$56/1 sess 236685

LADNER VILLAGE MARKET TRIP

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

Thompson Community Centre

Aug 13 Su 11:00am-3:00pm..... \$20.50/1 sess 236495

RED ROBIN RESTAURANT TRIP

Choose from the flavourful appetizers, sandwiches, soups, salad and entrées, which include 25 outrageously delicious burger options, offered at this established downtown Vancouver restaurant followed by a stroll on Robson Street. Transportation only included. No refunds within 7 days of trip.

Cambie Community Centre

Aug 15 Tu..... 10:30am-2:30pm..... \$21.50/1 sess 235052

SANDCASTLE COMPETITION TRIP

View the structures on a beautiful Parksville beach created from Master Sand Sculptors from all over the world followed by a visit to Coombs Market well known for the goats on the roof. Transportation only included. No refunds within 7 days of trip.

Thompson Community Centre

Aug 15 Tu 9:00am-8:45pm..... \$90 (55-64yrs)/1 sess 238196
\$73 (65+yrs)/1 sess

HOPE CHAINSAW WOODCARVING TRIP

Watch masters transform cedar logs into works of art at this world class competition in Hope. Transportation and admission included. No refunds within 7 days of trip.

Thompson Community Centre

Aug 18 F 9:00am-5:00pm..... \$36.75/1 sess 235839

LAFARGE LAKE PARK AND LUNCH TRIP

Stroll an easy walking trail along the beautiful 5-hectare man-made lake in central Coquitlam followed by a lunch stop at a neighbourhood restaurant. Transportation only included. No refunds within 7 days of trip.

City Centre Community Centre

Aug 23 W 10:00am-2:30pm..... \$27.50/1 sess 235838

South Arm Community Centre

Aug 23 W 9:45am-2:30pm..... \$27.50/1 sess 234703

BASEBALL AT NAT BAILEY STADIUM TRIP

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

Minoru Centre for Active Living (Seniors Centre)

Aug 25 F 11:15am-4:45pm..... \$46.50/1 sess 235057

Thompson Community Centre

Aug 25 F 11:15am-4:45pm..... \$46.50/1 sess 234243

West Richmond Community Centre

Aug 25 F 11:30am-5:00pm..... \$46.50/1 sess 231107

SASAMAT LAKE PICNIC TRIP

Escape to the mountains for a gentle naturalist-led hike around this Port Moody lake. Trip runs in all weather. Bring a lunch. Transportation only included. No refunds within 7 days of trip.

Steveston Community Centre

Aug 29 Tu 9:45am-3:30pm..... \$35/1 sess 235877

VANCOUVER ART GALLERY AND DINNER TRIP

Be entertained and intrigued at this popular Vancouver gallery that boasts contemporary and historic presentation from BC, Canadian and international artists followed by a dinner stop at a local restaurant. Transportation and admission included. Home drop-off (\$3) available. No refunds within 7 days of trip.

Cambie Community Centre

Aug 29 Tu 4:15-8:45pm..... \$30/1 sess 235643

South Arm Community Centre

Aug 29 Tu 4:00-9:00pm..... \$30/1 sess 235277

Racquet Sports

OUTDOOR-INTRODUCTION TO PICKLEBALL WORKSHOP

Try this popular paddle sport that combines many elements of tennis, badminton, ping-pong and is also fun, social and easy on the body.

West Richmond Community Centre

Jul 10-Jul 13 M/Tu/Th ...9:00-10:15am \$22.50/3 sess 240657

Jul 31-Aug 3 M/Tu/Th ...9:00-10:15am \$22.50/3 sess 240659

OUTDOOR-PICKLEBALL-DRILLS AND SKILLS

Improve shots using a drilling format to move to the next level of play and learn intermediate skills, techniques and strategies along with rules and etiquette. Pre-requisite: Pickleball-Beginner or basic Pickleball knowledge.

West Richmond Community Centre

Jul 24-Jul 27 M/Tu/Th ...9:00-10:15am \$22.50/3 sess 240671

Aug 14-Aug 17.. M/Tu/Th ...9:00-10:15am \$22.50/3 sess 240672

PICKLEBALL-BEGINNER

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

South Arm Community Centre

Jul 11-Aug 15 Tu 6:30-7:45pm..... \$45/6 sess 232776

Thompson Community Centre

Jul 13-Jul 27 Th 10:45am-12:15pm..... \$27/3 sess 236353

Aug 3-Aug 17 Th 10:45am-12:15pm..... \$27/3 sess 236357

Sports

BASKETBALL

Get active shooting hoops with friends or practice dribbling and other skills in these non-structured sessions. Suitable for all skill levels and abilities.

Minoru Centre for Active Living (Errington Elementary School)

Jul 16-Aug 24 Tu 10:00-11:00am..... \$48/8 sess 235804

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

Jul 4-Jul 6 Tu/Th. 9:30-11:00am..... \$22.05/2 sess 231887

Jul 18-Jul 20 Tu/Th. 9:30-11:00am..... \$22.05/2 sess 231891

Aug 8-Aug 10 Tu/Th. 9:30-11:00am..... \$22.05/2 sess 231892

Aug 22-Aug 24 Tu/Th. 9:30-11:00am..... \$22.05/2 sess 231893

OUTDOOR WALKING SOCCER

Get exercise playing in fun, modified, low impact and non-instructional sessions and games. Suitable for beginners and experienced players.

Minoru Centre for Active Living (Seniors Centre)

Jul 5-Aug 23 W 10:00-11:00am..... \$48/8 sess 235623

Online Programs

CHAIR FITNESS

Manage chronic conditions and pain better with simple exercises learned in this basic fitness class designed for older adults and those with physical limitations.

Steveston Community Centre

Jul 12-Aug 30..... W..... 10:45-11:45am..... \$39.85/8 sess 240710

COOKING CHAT LINE WITH SIMON (CANTONESE)

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

Cambie Community Centre

FREE Jul 6-Aug 3.... Th 11:00am-12:00pm..... Free/2 sess..... 230435

NAME THAT TUNE

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

Thompson Community Centre

FREE Jul 17-Aug 21 M-Tu. 10:30-11:45am..... Free/2 sess..... 235777

OVERVIEW OF SENIOR SERVICES BY RICHMOND CARES, RICHMOND GIVES

Learn about programs and services offered by this local registered charity that offers Seniors Community Support Services. Offered through Zoom. Registration required.

City Centre Community Centre

FREE Jul 18 Tu..... 10:00-11:30am..... Free/1 sess..... 234981

OVERVIEW OF SENIOR SERVICES BY RICHMOND CARES, RICHMOND GIVES (CANTONESE)

Learn about programs and services offered by this local registered charity that offers Seniors Community Support Services. Conducted in Cantonese. Offered through Zoom. Registration required.

City Centre Community Centre

FREE Jul 28 F 10:00-11:30am..... Free/1 sess..... 234979

TRAVEL PLANNING WORKSHOP- METRO VANCOUVER (MANDARIN)

Explore Metro Vancouver's transit-friendly destinations and become a travel expert with practical training and resources aimed to increase travel confidence. Conducted in Mandarin. Offered through Zoom. Registration required.

City Centre Community Centre

FREE Jul 5 W..... 10:00-11:30am..... Free/1 sess..... 237755



Seniors Annual Facility Pass Programs

The Seniors Facility Pass at the Minoru Centre for Active Living supports the Minoru Seniors Society and is **\$36 per year**. Complimentary Seniors Facility Passes are available to honour those **90+ years old**.

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

Minoru Centre for Active Living (Seniors Centre)

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

Registration required for Billiards

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

Seniors Facility Passes at the following community centres are \$15 per year, per facility.

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

Cambie Community Centre						
MON	TUE	WED	THU	FRI	SAT	SUN
Coffee and Tea (last Mon/mth) 11:00am–12:30pm (Call for more dates) (ERCH)	Tai Chi Practice– Form 24 8:30–9:15am (no instruction) #228213* (ERCH)	Tai Chi–48 Form 8:30–9:30am #228219* (ERCH)	Indoor Walking 10:00–11:00am #228261* (CCC)	Tai Chi–24 Form 8:30–9:30am #228217* (ERCH)		
	Tai Chi Practice– Form 48 9:15–10:00am (no instruction) #210245* (ERCH)	Table Tennis 9:30–10:30am (ERCH)		Table Tennis 9:30–10:30am (ERCH)		
	Mahjong (2nd Tue/mth) 10:00am–12:00pm #228234* (ERCH)	Book Club (1st Wed/mth) 10:00–11:30am #228223* (ERCH)		Knitting 10:00–11:30am (ERCH)		
	Karaoke (1st and 3rd Tu/mth) 9:00–11:00am (ERCH)	Luk Tung Kuen 11:00–11:45am #228221* (ERCH)		Luk Tung Kuen 11:00–11:45am #228222* (ERCH)		
		Crib and assorted games (2nd Wed/mth) 12:00–1:30pm (ERCH)				

*Registration required.

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

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

City Centre Community Centre						
MON	TUE	WED	THU	FRI	SAT	SUN
Karaoke (English) 10:30am–12:30pm	Singing Group 10:00am–1:00pm	Poetry Appreciation Group (2nd Wed/mth) 2:00–4:00pm	Karaoke (Chinese) 10:30am–12:30pm		Technology Help 3:30–5:00pm	English Conversation Group 3:00–4:30pm
Ballroom Dance 1:00–2:30pm	Chinese Calligraphy in Mandarin 1:00–3:00pm		Ballroom Dance 1:00–2:30pm		Wellness Social Corner (last week) 10:30–11:30am	
Chinese Traditional Dance 1:30–3:00pm			Chinese Traditional Dance 1:30–3:00pm			
Brush Hour 3:00–5:00pm						

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

Hamilton Community Centre

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

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

South Arm Community Centre

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

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

Steveston Community Centre

MON	TUE	WED	THU	FRI	SAT	SUN
Chinese Multicultural Group 10:00–11:30am	Karaoke Social (Multilingual) 2:45–4:45pm	Knitting and Crocheting Social 10:00am–12:00pm	Chinese Multicultural Group 9:30–11:30am	Japanese Tablet Club 9:30–11:30am	Akebono Karaoke (in Japanese) 3:00–5:00pm	
Drumming Circle* 12:00–1:00pm		Low Vision Support Group (2nd Wed/mth) 10:00am–12:00pm		Ukulele Circle 10:00–11:30am		
Drumming Ensemble* 1:30–2:30pm		Japanese Crafts Group 12:30–3:00pm		Bridge Social 1:00–4:00pm		
		Tech Help 101 1-on-1 (in English) 1:00–3:00pm (604-238-8084 to register)		Ukulele Ensemble 1:00–2:30pm		

*Call 604-238-8084

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

Thompson Community Centre

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

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

West Richmond Community Centre

MON	TUE	WED	THU	FRI	SAT	SUN
French Conversation Group 10:30am–12:00pm Jul 10, 24, Aug 14, 28	Outdoor Walking 9:30–10:30am Jul 4–25	Ukulele and Singing Circle 4:30–5:30pm				
	Seniors Social 10:00–11:00am Jul 4–25					
	English Conversation Group 11:00am–12:00pm Jul 11, 25, Aug 15, 29 (604-238-8431 for availability)					
	Spanish Conversation Group (online) 1:45–3:00pm					

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