



55+ Programs | In-person and online

Winter 2023 | JAN-MAR
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.

Jan 11 – Mar 8..... **123456**

✓ Your method of payment

Pay with AMEX, Visa or MasterCard.

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

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

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

In-person Programs

Arts—Dance

BALLROOM DANCING—BEGINNER

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

Thompson Community Centre

FREE Jan 11 W..... 9:00-10:30am..... Free/1 sess..... 192112
Jan 18-Mar 8..... W..... 9:00-10:30am..... \$63.40/7 sess 191879

BAROQUE DANCE

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

Cambie Community Centre

TRY-IT Feb 14 Tu..... 1:30-3:00pm..... Free/1 sess..... 195603

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. Open to all levels. Beginners welcome.

Minoru Centre for Active Living (Seniors Centre)

Jan 9-Mar 13..... M..... 10:45-11:45am..... \$54.35/9 sess 189705

CONDITIONING THROUGH DANCE

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

Minoru Centre for Active Living (Seniors Centre)

Jan 9-Mar 13..... M..... 12:00-1:00pm..... \$54.35/9 sess 189707

DANCE AND MOTION

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

Minoru Centre for Active Living (Seniors Centre)

Jan 11-Feb 8..... W..... 11:00am-12:00pm..... \$30.20/5 sess 193397
Feb 15-Mar 22 W..... 11:00am-12:00pm..... \$36.25/6 sess 195197

DANCE MOVES

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

East Richmond Community Hall (Cambie)

Jan 9-Feb 13..... M..... 10:00-11:00am..... \$30.20/5 sess 194090

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

Jan 13-Mar 24..... F 12:00-1:00pm..... \$66.45/11 sess ... 193959

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

Jan 13-Mar 24..... F 1:00-2:00pm..... \$66.45/11 sess ... 193960

JAZZ DANCING—BEGINNER

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

Minoru Centre for Active Living (Seniors Centre)

Jan 11-Mar 15..... W..... 9:00-10:00am..... \$60.40/10 sess ... 190921

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

Jan 11-Mar 15..... W..... 2:00-3:00pm..... \$60.40/10 sess ... 191928

Minoru Centre for Active Living (Seniors Centre)

Jan 10-Mar 14..... Tu..... 2:00-3:00pm..... \$60.40/10 sess ... 190028

Steveston Community Centre

Jan 12-Mar 16..... Th 1:00-2:00pm..... \$60.40/10 sess ... 193953

LINE DANCING—INTERMEDIATE

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

City Centre Community Centre

Jan 11-Mar 15..... W..... 3:15-4:15pm..... \$60.40/10 sess ... 191931

Minoru Centre for Active Living (Seniors Centre)

Jan 10-Mar 14..... Tu..... 3:15-4:15pm..... \$60.40/10 sess ... 190082

Steveston Community Centre

Jan 12-Mar 16..... Th 2:15-3:15pm..... \$60.40/10 sess ... 193957

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)

Jan 21-Mar 25..... Sa 12:30-1:30pm..... \$60.40/10 sess ... 191061

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)

Jan 18-Mar 22..... W..... 2:15-3:45pm..... \$90.60/10 sess ... 191048
Jan 21-Mar 25..... Sa 3:30-4:30pm..... \$60.40/10 sess ... 191063

LINE DANCING-INTERNATIONAL- INTERMEDIATE-IMPROVER

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

Minoru Centre for Active Living (Seniors Centre)

Jan 21-Mar 25..... Sa 1:45-3:15pm..... \$90.60/10 sess ... 191062

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. Suited for experienced dancers. Pre-requisite: Advanced knowledge of line dancing steps and terminology.

Minoru Centre for Active Living (Seniors Centre)

Jan 18-Mar 22..... W..... 12:30-2:00pm..... \$90.60/10 sess ... 190941

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. Drop-in fee \$7.90.

Thompson Community Centre

TRY-IT Jan 11..... W..... 10:45-11:45am..... Free/1 sess..... 192097
Jan 18-Mar 8..... W..... 10:45-11:45am..... \$42.30/7 sess 191893

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. No dance experience required.

Minoru Centre for Active Living (Seniors Centre)

Jan 13-Mar 24..... F 9:30-10:30am..... \$66.45/11 sess ... 191056

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)

Jan 9-Mar 20..... M..... 10:45-11:45am..... \$60.40/10 sess ... 189973
Jan 13-Mar 24..... F 10:45-11:45am..... \$66.45/11 sess ... 191057

LINE DANCING VARIETY-BEGINNER PLUS (CANTONESE AND MANDARIN)

Improve 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: Basic line dancing experience.

Minoru Centre for Active Living (Seniors Centre)

Jan 10-Mar 21..... Tu..... 9:45-10:45am..... \$66.45/11 sess ... 190019
Jan 12-Mar 23..... Th 10:45-11:45am..... \$66.45/11 sess ... 191051

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)

Jan 18-Mar 15..... W..... 2:00-3:00pm..... \$54.35/9 sess 191050

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)

Jan 11-Mar 15..... W..... 10:10-11:10am..... \$60.40/10 sess ... 190922

TAP DANCING-CHOREOGRAPHY

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

Minoru Centre for Active Living (Seniors Centre)

Jan 11-Mar 15..... W..... 11:15am-12:30pm..... \$75.50/10 sess ... 190929



Arts—Music

INTRODUCTION TO PIANO

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.

City Centre Community Centre

Jan 9-Mar 20..... M.....	4:00-4:45pm.....	\$71.50/10 sess ...	190964
Jan 9-Mar 20..... M.....	5:00-5:45pm.....	\$71.50/10 sess ...	190965
Jan 11-Mar 22..... W.....	4:15-5:00pm.....	\$78.65/11 sess ...	190261
Jan 11-Mar 22..... W.....	4:15-5:00pm.....	\$78.65/11 sess ...	190960
Jan 11-Mar 22..... W.....	5:15-6:00pm.....	\$78.65/11 sess ...	190262
Jan 11-Mar 22..... W.....	5:15-6:00pm.....	\$78.65/11 sess ...	190961
Jan 12-Mar 23..... Th	4:00-4:45pm.....	\$78.35/11 sess ...	190955
Jan 12-Mar 23..... Th	5:00-5:45pm.....	\$78.65/11 sess ...	190957
Jan 13-Mar 22..... F	5:00-5:45pm.....	\$71.50/10 sess ...	190963
Jan 14-Mar 25..... Sa	2:00-2:45pm.....	\$78.65/11 sess ...	191673
Jan 14-Mar 25..... Sa	2:45-3:30pm.....	\$78.65/11 sess ...	190968
Jan 14-Mar 25..... Sa	3:00-3:45pm.....	\$78.65/11 sess ...	190966
Jan 14-Mar 25..... Sa	3:45-4:30pm.....	\$78.65/11 sess ...	190969
Jan 15-Mar 26..... Su	10:00-10:45am.....	\$78.65/11 sess ...	191682
Jan 15-Mar 26..... Su	10:00-10:45am.....	\$78.65/11 sess ...	190958
Jan 15-Mar 26..... Su	11:00-11:45am.....	\$78.65/11 sess ...	190959
Jan 15-Mar 26..... Su	11:00-11:45am.....	\$78.65/11 sess ...	191686
Jan 15-Mar 26..... Su	1:00-1:45pm.....	\$78.65/11 sess ...	183111
Jan 15-Mar 26..... Su	2:00-2:45pm.....	\$78.65/11 sess ...	190953

TAIKO DRUMMING—LEVEL 1

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

South Arm Community Centre

Jan 9-Mar 6..... M.....	6:00-7:00pm.....	\$48.30/8 sess	194194
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TAIKO DRUMMING—LEVEL 2

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

South Arm Community Centre

Jan 9-Mar 6..... M.....	7:00-8:00pm.....	\$48.30/8 sess	194204
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TAIKO DRUMMING—LEVEL 3

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

South Arm Community Centre

Jan 9-Mar 6..... M.....	8:15-9:15pm.....	\$48.30/8 sess	195202
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UKULELE IN THE CLASSROOM—INTRODUCTION

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

Steveston Community Centre

TRY-IT Jan 9..... M.....	2:00-3:00pm.....	Free/1 sess.....	194730
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UKULELE—ABSOLUTE AND EARLY-BEGINNER

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

Steveston Community Centre

Jan 18-Mar 22..... W.....	11:00am-12:15pm..	\$75.50/10 sess...	194789
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UKULELE—ADVANCED BEGINNER

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

Steveston Community Centre

Jan 18-Mar 22..... W.....	1:00-2:15pm.....	\$75.50/10 sess	194793
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UKULELE—EARLY INTERMEDIATE

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

Steveston Community Centre

Jan 17-Mar 21..... Tu	11:00am-12:15pm..	\$75.50/10 sess...	194804
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UKULELE—ADVANCED INTERMEDIATE

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

Steveston Community Centre

Jan 17-Mar 21..... Tu	1:00-2:15pm.....	\$75.50/10 sess	194808
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UKULELE WORKSHOP—BEYOND INTERMEDIATE—12 TONES AND CHROMATIC TUNES

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

Steveston Community Centre

Mar 20	M.....	1:00-2:30pm.....	\$9.05/1 sess	194769
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UKULELE WORKSHOP-BEYOND INTERMEDIATE-MUSICAL TOOLS-GATHERING KNOWLEDGE AND SKILLS

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

Steveston Community Centre

Jan 30 M 1:00-2:30pm \$9.05/1 sess 194767

UKULELE WORKSHOP-BEYOND INTERMEDIATE-SOLO SKILLS-CHORD MELODY

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

Steveston Community Centre

Feb 27 M 1:00-2:30pm \$9.05/1 sess 194768

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)

Jan 13-Mar 24 F 12:30-1:30pm \$66.45/11 sess 191080

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)

Jan 13-Mar 24 F 2:00-3:00pm \$66.45/11 sess 191081

UKULELE-ABSOLUTE BEGINNER

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

West Richmond Community Centre

Jan 7-Feb 11 Sa 11:30am-12:30pm \$36.25/6 sess 191589

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

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

Arts—Visual

ACRYLIC PAINTING

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

Steveston Community Centre

Jan 9-Feb 13 M 12:30-2:30pm \$72.50/6 sess 193994

Jan 12-Feb 9 Th 9:30-11:30am \$60.40/5 sess 194312

Feb 16-Mar 16 Th 9:30-11:30am \$60.40/5 sess 199468

Feb 27-Mar 20 M 12:30-2:30pm \$48.30/4 sess 199465

West Richmond Community Centre

Jan 12-Feb 24 Th 10:30am-12:00pm \$63.40/7 sess 191439

ACRYLIC PAINTING SERIES

Create a unique piece of art trying a variety of acrylic painting techniques. This is a two-part instructor-led series with the theme of different animals and landscapes. A non-refundable \$12 supplies fee charged when registering.

ANIMALS

South Arm Community Centre

Feb 14-Mar 14 Tu 12:30-2:00pm \$45.30/5 sess 190719

LANDSCAPES

South Arm Community Centre

Jan 10-Feb 7 Tu 12:30-2:00pm \$45.30/5 sess 190716



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.

AIR BLOW TECHNIQUE PAINTING WORKSHOP

City Centre Community Centre

Jan 31 Tu 4:00-5:30pm..... \$11.05/1 sess 192127

CHANDELIER WALL DECORATION WORKSHOP

City Centre Community Centre

Mar 7 Tu 4:00-5:30pm..... \$11.05/1 sess 192116

CREPE ROSES BOUQUET WORKSHOP

City Centre Community Centre

Jan 17-Jan 24 Tu 4:00-5:30pm..... \$18.10/2 sess 192106

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

City Centre Community Centre

Mar 21 Tu 4:00-5:30pm..... \$11.05/1 sess 192117

START TO ART WORKSHOP BY INTERGEN

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

City Centre Community Centre

FREE Feb 20 M..... 1:00-3:00pm..... Free/1 sess.....
193895

TIE DYE MERCHANDISE WORKSHOP

City Centre Community Centre

Feb 14-Feb 28 Tu 4:00-5:30pm..... \$27.20/3 sess 192114

CHINESE BRUSH PAINTING

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

Minoru Centre for Active Living (Seniors Centre)

Jan 9-Mar 13..... M..... 9:30-11:30am..... \$108.70/9 sess ... 189698

CHINESE BRUSH PAINTING—BEGINNER

Learn techniques and skills while exploring this beautiful ancient art. Build knowledge prior to enrolling in Chinese Brush Painting—Intermediate. No experience required. A \$12 non-refundable supplies fee charged when registering.

South Arm Community Centre

Jan 12-Mar 9..... Th 11:45am-1:15pm..... \$81.55/9 sess 193762

CHINESE BRUSH PAINTING—INTERMEDIATE

Explore this ancient art and create beautiful pieces and 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

Jan 12-Mar 9..... Th 10:00-11:30am..... \$81.55/9 sess 193771

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. Conducted in Mandarin and Cantonese with English translation available.

Steveston Community Centre

Jan 11-Mar 22..... W..... 3:00-5:00pm..... \$132.90/11 sess . 194307

CLAY MODELLING WORKSHOP

Create unique air dry clay pieces in this hands-on and interactive session. Supplies included. Instructed by Senses Lab.

Hamilton Community Centre

Feb 22 W..... 12:30-1:30pm..... \$30/1 sess 192207

CLAY THERAPY

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

West Richmond Community Centre

Jan 13-Feb 18..... F 10:45-11:45am..... \$36.25/6 sess 194138

CRAFT AFTERNOON WORKSHOP

Make and take home creative items that might include a key chain, an aromatic sachet, holiday decorations and more. Supplies included.

Steveston Community Centre

Jan 26 Th 1:30-2:30pm..... \$6.05/1 sess 194858

Feb 23 Th 1:30-2:30pm..... \$6.05/1 sess 194859

Mar 23 Th 1:30-2:30pm..... \$6.05/1 sess 194860

CROCHET CREATIONS

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

West Richmond Community Centre

Jan 13-Mar 4..... F 9:30-10:30am..... \$48.30/8 sess 191885

DRAWING-BASICS

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

Minoru Centre for Active Living (Seniors Centre)

Jan 11-Mar 22..... W..... 12:00-2:00pm..... \$132.90/11 sess . 190856

KNITTING-BEGINNER

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

Steveston Community Centre

Jan 11-Mar 8..... W..... 10:00-11:30am..... \$81.55/9 sess 194501

PAINT NIGHT

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

East Richmond Community Hall (Cambie)

Jan 12 Th 6:30-8:30pm..... \$35/1 sess 192492

Mar 9 Th 6:30-8:30pm..... \$35/1 sess 192495

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. Supplies included. A \$12 non-refundable supplies fee charged when registering.

Minoru Centre for Active Living (Seniors Centre)

Jan 10-Mar 22..... Tu..... 10:00am-12:00pm..... \$132.90/11 sess . 190900

SKETCHING

Create landscapes, figure drawings and still life sketches using a variety of materials that include charcoal, oil pastels and chalk along with different drawing styles and techniques. Supplies not included. Supply list provided upon registration.

South Arm Community Centre

TRY-IT Jan 12..... Th 1:45-3:00pm..... Free/1 sess..... 193775

Jan 19-Mar 9..... Th 1:45-3:00pm..... \$60.40/8 sess 193793

Steveston Community Centre

Jan 9-Feb 13..... M..... 9:30-11:00am..... \$54.35/6 sess 193989

Feb 27-Mar 20 M..... 9:30-11:00am..... \$36.25/4 sess 199471

WATERCOLOUR PAINTING

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

Minoru Centre for Active Living (Seniors Centre)

Jan 12-Mar 23..... Th 12:00-2:00pm..... \$132.90/11 sess . 190907

WATERCOLOUR PAINTING TECHNIQUES AND STYLES

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

Steveston Community Centre

Jan 12-Feb 9..... Th 12:30-2:30pm..... \$60.40/5 sess 194349

Feb 16-Mar 16 Th 12:30-2:30pm..... \$60.40/5 sess 199474

Computers, Technology and Social Media

INTRODUCTION TO IPADS-LEVEL 1

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

Minoru Centre for Active Living (Seniors Centre)

Jan 16-Feb 6..... M..... 2:30-3:30pm..... \$21/4 sess 196217

Feb 27-Mar 20 M..... 2:30-3:30pm..... \$21/4 sess 196239

SMARTPHONES, TABLETS AND LAPTOPS-LEARN FROM A YOUTH

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

South Arm Community Centre

FREE Feb 2 Th 3:15-3:45pm..... Free/1 sess..... 194260

FREE Feb 2 Th 3:45-4:15pm..... Free/1 sess..... 194263

FREE Feb 2 Th 4:15-4:45pm..... Free/1 sess..... 194269

FREE Feb 16 Th 3:15-3:45pm..... Free/1 sess..... 194271

FREE Feb 16 Th 3:45-4:15pm..... Free/1 sess..... 194273

FREE Feb 16 Th 4:15-4:45pm..... Free/1 sess..... 194276

FREE Mar 9 Th 3:15-3:45pm..... Free/1 sess..... 194277

FREE Mar 9 Th 3:45-4:15pm..... Free/1 sess..... 194278

FREE Mar 9 Th 4:15-4:45pm..... Free/1 sess..... 194280

Thompson Community Centre

FREE Jan 26 Th 3:30-4:00pm..... Free/1 sess..... 193806

FREE Jan 26 Th 4:00-4:30pm..... Free/1 sess..... 193835

FREE Jan 26 Th 4:30-5:00pm..... Free/1 sess..... 193839

FREE Feb 23 Th 3:30-4:00pm..... Free/1 sess..... 193868

FREE Feb 23 Th 4:00-4:30pm..... Free/1 sess..... 193869

FREE Feb 23 Th 4:30-5:00pm..... Free/1 sess..... 193891

West Richmond Community Centre

FREE Jan 25 W..... 3:30-4:00pm..... Free/1 sess..... 191539

FREE Jan 25 W..... 4:00-4:30pm..... Free/1 sess..... 193029

FREE Feb 22 W..... 3:30-4:00pm..... Free/1 sess..... 193047

FREE Feb 22 W..... 4:00-4:30pm..... Free/1 sess..... 191540

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 Jan 20 F 2:00-3:00pm..... Free/1 sess..... 196094

Cooking

HEALTHY COOKING AND BAKING

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

Steveston Community Centre

Jan 12 Th 10:00am-12:00pm \$14.70/1 sess 194696
Jan 26 Th 10:00am-12:00pm \$14.70/1 sess 194700
Feb 9 Th 10:00am-12:00pm \$14.70/1 sess 194705
Feb 23 Th 10:00am-12:00pm \$14.70/1 sess 194707
Mar 9 Th 10:00am-12:00pm \$14.70/1 sess 194713
Mar 23 Th 10:00am-12:00pm \$14.70/1 sess 194716

Events and Seasonal Programs

JANUARY

CHINESE NEW YEAR CELEBRATION

Enjoy colourful and festive lion dancing and Tai Chi demonstrations followed by a delicious Chinese lunch.

East Richmond Community Hall (Cambie)

Jan 17 Tu 11:00am-1:00pm \$10.75/1 sess 196625
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CHINESE NEW YEAR SHOW

Celebrate this annual cultural event with an entertainment-filled show of dance, music and cultural snacks.

City Centre Community Centre

Jan 17 Tu 10:45am-1:45pm \$10.75/1 sess 193892
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CHEF'S DINNER

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

Minoru Centre for Active Living (Seniors Centre)

Jan 24 Tu 5:00-7:30pm \$32/1 sess 195104
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LUNAR NEW YEAR CELEBRATION

Celebrate the "Year of the Rabbit" with entertainment and refreshments.

South Arm Community Centre

Jan 25 W 1:00-3:00pm \$10.75/1 sess 193946
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ROBBIE BURNS SUPPER

Celebrate the birth of Scotland's favourite son widely regarded as the national poet of Scotland. Roast beef dinner with haggis, entertainment and dancing included.

Thompson Community Centre

Jan 25 W 5:30-9:00pm \$25/1 sess 196092
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FEBRUARY

DINNER AND MUSIC WITH "TOM JONES" AND "ROD STEWART"

Join this fantastic evening of great food and entertainment by two musical impersonators. Dinner, dessert, coffee and tea included with cash bar available.

Minoru Centre for Active Living (Seniors Centre)

Feb 15 W 5:00-8:30pm \$36 (55-64)/1 sess 196484
		 \$22 (90+)/1 sess	

MARCH

CHEF'S DINNER

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

Minoru Centre for Active Living (Seniors Centre)

Mar 14 Tu 5:00-7:30pm \$32/1 sess 196755
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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)

Jan 10-Feb 14 Tu 10:15-11:15am \$37.40/6 sess 192118
Jan 13-Feb 17 F 9:30-10:30am \$37.40/6 sess 192433
Feb 21-Mar 28 Tu 10:15-11:15am \$37.40/6 sess 192119
Feb 24-Mar 31 F 9:30-10:30am \$37.40/6 sess 192438

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

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

South Arm Community Centre

Jan 11-Mar 8 W 1:30-2:30pm \$74/8 sess 197259
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BETTER BACKS AND BALANCE-BEGINNER

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

South Arm Community Centre

Jan 11-Mar 8 W 10:30-11:30am \$39.85/8 sess 190103
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Steveston Community Centre

Jan 10-Feb 14 Tu 11:30am-12:30pm \$29.90/6 sess 193242
Jan 12-Feb 16 Th 11:30am-12:30pm \$29.90/6 sess 193250
Feb 21-Mar 21 Tu 11:30am-12:30pm \$24.90/5 sess 193243
Feb 23-Mar 23 Th 11:30am-12:30pm \$24.90/5 sess 193251

CHAIR FITNESS

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

Minoru Centre for Active Living (Seniors Centre)

Jan 12-Feb 16 Th 12:00-1:00pm \$29.90/6 sess 192101
Feb 23-Mar 30 Th 12:00-1:00pm \$29.90/6 sess 192105

CHAIR FITNESS (CANTONESE AND ENGLISH)

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

Minoru Centre for Active Living (Seniors Centre)

Jan 11-Feb 8..... W..... 11:30am-12:30pm..... \$24.90/5 sess 191877
Feb 22-Mar 29 W..... 11:30am-12:30pm..... \$24.90/5 sess 191882

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)

Jan 10-Feb 14..... Tu..... 9:15-10:15am..... \$37.40/6 sess 192128
Feb 21-Mar 28 Tu..... 9:15-10:15am..... \$37.40/6 sess 192134

CYCLE AND STRENGTH-SILVER

Combine cycling and strength training to become stronger, more balanced and energized. This results-oriented class covers cadence, balance and strength and is done to age-appropriate music. Suitable for beginners 55+ years.

West Richmond Community Centre

Jan 3-Jan 31 Tu..... 11:50am-12:50pm..... \$31.15/5 sess 187987
Jan 5-Feb 2..... Th 11:50am-12:50pm..... \$31.15/5 sess 188020
Feb 7-Mar 7 Tu..... 11:50am-12:50pm..... \$31.15/5 sess 188011
Feb 9-Mar 9 Th 11:50am-12:50pm..... \$31.15/5 sess 188025

CYCLE AND STRENGTH-GOLD

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

West Richmond Community Centre

Jan 9-Jan 30 M..... 12:45-1:50pm..... \$24.90/4 sess 187980
Feb 6-Mar 6 M..... 12:45-1:50pm..... \$24.90/4 sess 187982

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)

Jan 10-Feb 16..... Tu/Th. 12:45-1:45pm..... \$59.75/12 sess ... 192179
Feb 28-Mar 30 Tu/Th. 12:45-1:45pm..... \$49.80/10 sess ... 192181

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 impairments.

Minoru Centre for Active Living (Seniors Centre)

Jan 12-Feb 16..... Th 9:15-10:15am..... \$29.90/6 sess 192083
Feb 23-Mar 30 Th 9:15am-10:15am..... \$29.90/6 sess 192086

INTRODUCTION TO FITNESS

AT MINORU CENTRE

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

Minoru Centre for Active Living (Seniors Centre)

FREE Jan 10 Tu..... 10:00-10:45am..... Free/1 sess..... 191102
FREE Jan 11 W..... 10:30-11:15am..... Free/1 sess..... 191104
FREE Jan 17 Tu..... 10:00-10:45am..... Free/1 sess..... 191105
FREE Jan 18 W..... 10:30-11:15am..... Free/1 sess..... 191107
FREE Feb 21 Tu..... 12:30-1:15pm..... Free/1 sess..... 191109
FREE Feb 22 W..... 12:30-1:15pm..... Free/1 sess..... 191115
FREE Mar 21 Tu..... 12:30-1:15pm..... Free/1 sess..... 191112
FREE Mar 22 W..... 12:30-1:15pm..... Free/1 sess..... 191120

JOINT MOVES

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

Minoru Centre for Active Living (Seniors Centre)

Jan 10-Feb 14..... Tu..... 10:30-11:30am..... \$29.90/6 sess 191605
Jan 12-Feb 16..... Th 10:30-11:30am..... \$29.90/6 sess 191707
Feb 21-Mar 28 Tu..... 11:00am-12:00pm..... \$29.90/6 sess 191703
Feb 23-Mar 30 Th 10:30-11:30am..... \$29.90/6 sess 191708

LADIES WHO LIFT

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

West Richmond Community Centre

65+yrs

Jan 9 M..... 10:00-11:00am..... \$37/4 sess 203867

MINDS IN MOTION

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

South Arm Community Centre

Jan 10-Feb 28..... Tu..... 1:30-3:30pm..... \$45.20/8 sess 190609

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)

Jan 4-Mar 22..... W..... 1:30-3:30pm..... \$67.80/12 sess ... 189737

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

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

South Arm Community Centre

Jan 9-Mar 6..... M..... 10:30-11:30am..... \$49.85/8 sess 190075

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

Jan 10-Feb 14..... Tu..... 10:15-11:15am..... \$29.90/6 sess 193236
Jan 12-Feb 16..... Th 10:15-11:15am..... \$29.90/6 sess 193247
Feb 21-Mar 21 Tu..... 10:15-11:15am..... \$24.90/5 sess 193240
Feb 23-Mar 23 Th 10:15-11:15am..... \$24.90/5 sess 193249

MINDS 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

Jan 11 W..... 1:00-2:00pm..... \$56.10/9 sess 188034

OSTEOFIT FOR BETTER BONES (CANTONESE)

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

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. Pre-requisite: Osteofit for Better Bones. Conducted in Cantonese.

After December 12, call City Centre at 604-204-8588 for more information.

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)

Jan 9-Feb 13..... M..... 10:15-11:15am..... \$29.90/6 sess 191704
Jan 11-Mar 29..... W..... 10:15-11:15am..... \$44.80/9 sess 191706
Feb 27-Mar 27 M..... 10:15-11:15am..... \$24.90/5 sess 191705

Thompson Community Centre

Jan 13-Mar 11 F 10:30-11:30am..... \$44.80/9 sess 192043

SIRvivor BC-PROSTATE CANCER EXERCISE PROGRAM

Help improve muscle and cardiovascular fitness, meet new people and learn safe and effective exercises in this specialized exercise program for men who have been diagnosed with prostate cancer and are in any stage of treatment or recovery. To register, contact Donna Bishop at 604-238-8004.

Minoru Centre for Active Living (Seniors Centre)

Jan 11-Feb 19..... W/Sa. 2:00-3:00pm..... \$60/12 sess 197110

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

Jan 11-Feb 15..... W..... 9:00-9:45am..... \$37.40/6 sess 194852
Feb 22-Mar 22 W..... 9:00-9:45am..... \$31.15/5 sess 194853

ZUMBA®-GOLD

Move gently in this class 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! All fitness levels welcome.

Cambie Community Centre

TRY-IT Jan 12..... Th 10:30-11:30am..... Free/1 sess..... 196454
Jan 19-Feb 16..... Th 10:30-11:30am..... \$31.15/5 sess 196458
Feb 23-Mar 23 Th 10:30-11:30am..... \$31.15/5 sess 196460

Minoru Centre for Active Living (Seniors Centre)

Jan 10-Feb 14..... Tu..... 12:30-1:30pm..... \$37.40/6 sess 192122
Jan 13-Feb 17..... F 12:30-1:30pm..... \$37.40/6 sess 192124
Feb 21-Mar 28 Tu..... 12:30-1:30pm..... \$37.40/6 sess 192123
Feb 24-Mar 31 F 12:30-1:30pm..... \$37.40/6 sess 192125

South Arm Community Centre

Jan 13-Mar 10..... F 10:30-11:30am..... \$56.05/9 sess 190101

West Richmond Community Centre

Jan 3-Jan 31 Tu..... 1:00-2:00pm..... \$31.15/5 sess 188028
Jan 5-Feb 2..... Th 1:00-2:00pm..... \$31.15/5 sess 188030
Feb 7-Mar 7 Tu..... 1:00-2:00pm..... \$31.15/5 sess 193725
Feb 9-Mar 9 Th 1:00-2:00pm..... \$31.15/5 sess 193729

General Interest

ACCESSING TRANSIT WORKSHOP

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

Steveston Community Centre

FREE Jan 18 W..... 10:00am-12:00pm..... Free/1 sess..... 194512

West Richmond Community Centre

FREE Mar 1 W..... 10:00am-11:45am..... Free/1 sess..... 191545

ACCESSING TRANSIT WORKSHOP (CANTONESE)

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

East Richmond Community Hall (Cambie)

FREE Jan 24 Tu..... 10:00am-12:00pm..... Free/1 sess..... 197530

ARMCHAIR TRAVEL

View photographs, learn travel tips and hear tales of interesting places from around the world. Registration required.

Thompson Community Centre

FREE Mar 8 W..... 11:00am-12:00pm..... Free/1 sess..... 195040

BILLIARDS LESSONS

Learn basic skills and techniques in small groups perfect for first time or less experienced billiards players. Equipment provided.

South Arm Community Centre

Jan 23-Feb 8..... M/W . 10:00-11:00am..... \$31.50/6 sess 193820

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)

Jan 9-Mar 20..... M..... 2:30-4:00pm..... \$75/10 sess 190877

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)

Jan 12-Mar 23..... Th 3:15-4:45pm..... \$86.65/11 sess ... 190913

"ELVIS PRESLEY" GREATEST HITS CONCERT

Connect with new people or socialize with friends at this themed-gathering that includes light refreshments and a live musical performance by an Elvis impersonator.

South Arm Community Centre

Feb 13 M..... 12:30pm-2:30pm..... \$10.75/1 sess 194325

FIRE AND LIFE SAFETY WORKSHOP

Learn how to prevent and stay safe from fires, what to do if a fire starts and how to avoid injuries. Presented by Richmond Fire-Rescue. Registration required.

Minoru Centre for Active Living (Seniors Centre)

FREE Mar 2 Th 1:30-3:00pm..... Free/1 sess..... 190942

FLOWER ARRANGING WORKSHOP

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

Steveston Community Centre

Jan 10 Tu..... 10:00-11:30am..... \$9.05/1 sess 194861
Jan 24 Tu..... 10:00-11:30am..... \$9.05/1 sess 199450
Feb 7 Tu..... 10:00-11:30am..... \$9.05/1 sess 199452
Feb 21 Tu..... 10:00-11:30am..... \$9.05/1 sess 199453
Mar 7 Tu..... 10:00-11:30am..... \$9.05/1 sess 199455
Mar 21 Tu..... 10:00-11:30am..... \$9.05/1 sess 199456

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 Feb 24 F 2:00-3:00pm..... Free/1 sess..... 196095

FINANCIAL LITERACY-CREATING A FINANCIAL PLAN

Learn tips and tricks and get help on the path to financial success. Presented by a G&F Financial advisor. Registration required.

East Richmond Community Hall (Cambie)

FREE Mar 2 Th 6:30-8:00pm..... Free/1 sess..... 191426

FINANCIAL LITERACY-INVESTING IN REAL ESTATE

Learn the latest updates on Metro Vancouver real estate values, the pros and cons of investing in real estate versus the stock market and tax tips for real estate investing. Instructed by a tax expert. Registration required.

Steveston Community Centre

FREE Feb 7 Tu..... 1:30-3:00pm..... Free/1 sess..... 194555

FINANCIAL LITERACY-WHY YOU NEED AN ESTATE PLAN

Understand the important role a well-executed estate plan can play in ensuring strategic financial planning aligns with family goals and a secure future. Instructed by a financial specialist. Registration required.

West Richmond Community Centre

FREE Feb 1 W..... 10:30-11:30am..... Free/1 sess..... 191597

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. Call Seniors First BC at 604-688-1927 (ext. 258) to make a 30 minute legal appointment.

Minoru Centre for Active Living (Seniors Centre)

FREE Jan 26 Th 10:00am-12:00pm..... Free/1 sess

FREE Feb 23 Th 10:00am-12:00pm..... Free/1 sess

FREE Mar 23 Th 10:00am-12:00pm..... Free/1 sess

PEDESTRIAN AND SAFETY PRESENTATION

Plan to be a safer pedestrian and transit rider with tips on how to reduce personal risks as the weather changes. Presented by ICBC and Transit Police.

Steveston Community Centre

FREE Mar 7 Tu..... 1:30-3:00pm..... Free/1 sess..... 194644

RESIDENTIAL TENANCY WORKSHOP

Review the rights and responsibilities of both landlords and tenants and the process involved in dispute resolution with the Residential Tenancy Branch. Presented by Amici Curiae (AC) Friends of Court. Registration required.

Minoru Centre for Active Living (Seniors Centre)

FREE Mar 7 Tu..... 6:00-7:00pm..... Free/1 sess..... 191621

SAFE TRAVELS TRANSIT WORKSHOP (CANTONESE)

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

Minoru Centre for Active Living (Seniors Centre)

FREE Feb 15 W..... 2:30-4:30pm..... Free/1 sess..... 192928

SAFETY AT HOME (CANTONESE)

Learn about different communication techniques and the importance of setting personal boundaries in order to build thriving and healthy relationships. Presented by the Chinese Community Policing Centre. Conducted in Cantonese. Registration required.

South Arm Community Centre

FREE Feb 17 F 11:00am-12:00pm..... Free/1 sess..... 195058

SENIORS CENTRE AT MINORU CENTRE FOR ACTIVE LIVING TOURS

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

Minoru Centre for Active Living (Seniors Centre)

FREE Jan 18 W..... 10:30-11:30am..... Free/1 sess..... 187280

FREE Feb 15 W..... 10:30-11:30am..... Free/1 sess..... 187284

FREE Mar 15 W..... 10:30-11:30am..... Free/1 sess..... 187290

SENIORS INCOME TAX WORKSHOP

Learn about the different types of seniors-specific income along with credits and benefits, pension income splitting, RRSPs, old age security repayment and scams. Instructed by a financial specialist. Registration required.

Steveston Community Centre

FREE Jan 10 Tu..... 1:30-3:00pm..... Free/1 sess..... 194640

TAKE HOME FLORAL ARRANGEMENT

Design and make a unique flower arrangement in this fun, creative and social session. Instructed by an experienced florist. A \$25 refundable supplies fee will be charged when registering. Fee includes vase, flowers and light refreshments.

West Richmond Community Centre

FREE Jan 18 W..... 10:00-11:30am..... Free/1 sess..... 197717

FREE Mar 8 W..... 10:00-11:30am..... Free/1 sess..... 197720

Health and Wellness

ACTIVE LIVING WITH DIABETES SELF-MANAGEMENT PROGRAM

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

City Centre Community Centre

FREE Feb 23-Mar 30... Th . 1:00-3:30pm..... Free/6 sess 196445

AGING AND MEMORY WORKSHOP

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

South Arm Community Centre

FREE Feb 15 W..... 11:00am-12:15pm..... Free/1 sess..... 195090



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

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

ESSENTIAL OIL LIPSTICK MAKING WORKSHOP

City Centre Community Centre

Jan 20 F 1:00-3:00pm \$11.70/1 sess 192148

MASSAGE SOAP MAKING WORKSHOP (MANDARIN)

City Centre Community Centre

Feb 17 F 1:00-3:00pm \$11.70/1 sess 192228

Feb 24 F 1:00-3:00pm \$11.70/1 sess 192229

SOAP MAKING WORKSHOP

City Centre Community Centre

Jan 27 F 1:00-3:00pm \$11.70/1 sess 192164

BLOOD PRESSURE AND GLUCOSE TEST CLINICS—DROP-IN

City Centre Community Centre

FREE Jan 5, Feb 2, Mar 2 Th 10:00am-12:00pm

East Richmond Community Hall (Cambie)

FREE Jan 11, Feb 8, Mar 8 W 9:30am-12:00pm

Minoru Centre for Active Living (Seniors Centre)

FREE Jan 18, Feb 15, Mar 15 W 10:00am-12:00pm

South Arm Community Centre

FREE Jan 13, Feb 10, Mar 10 F 9:30-11:30am

Steveston Japanese Canadian Cultural Centre (Steveston)

FREE Jan 4, Feb 1, Mar 1 W 9:00am-12:00pm

BRAIN HEALTH AND DEMENTIA WORKSHOP (MANDARIN)

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. Conducted in Mandarin. Registration required.

Minoru Centre for Active Living (Seniors Centre)

FREE Mar 23 Th 11:00am-12:30pm Free/1 sess 194381

CHRONIC CONDITION SELF-MANAGEMENT PROGRAM

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. Registration required.

City Centre Community Centre

FREE Jan 12-Feb 16 Th 1:00-3:30pm Free/6 sess 196459

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.

Minoru Centre for Active Living (Seniors Centre)

FREE Feb 17-Mar 24 F 9:30am-12:00pm Free/6 sess 190753

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 are welcome. Presented by Self-Management BC, University of Victoria and the BC Ministry of Health. Registration required.

Minoru Centre for Active Living (Seniors Centre)

FREE Jan 25-Mar 8 W 10:00am-12:30pm Free/6 sess 194590

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.

South Arm Community Centre

FREE Feb 1 W 11:00am-12:00pm Free/1 sess 195071

ELDER ABUSE PREVENTION WORKSHOP (CANTONESE)

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. Conducted in Cantonese. Registration required.

South Arm Community Centre

FREE Feb 8 W 11:00am-12:00pm Free/1 sess 195073

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)

Jan 9 M 9:00am-3:00pm \$55/1 sess 189762

Feb 13 M 9:00am-3:00pm \$55/1 sess 189763

Mar 6 M 9:00am-3:00pm \$55/1 sess 189764

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

Jan 9-Mar 20 M 10:00am-12:00pm \$138.60/11 sess 193987

GETTING TO KNOW DEMENTIA WORKSHOP

Learn about support options and planning for the future in this introductory session that covers information about Alzheimer's disease and other dementias along with the challenges encountered when first receiving a diagnosis. Those with dementia, care partners and family members supporting a person with dementia are welcome. Presented by the Alzheimer Society of BC. Registration required.

Minoru Centre for Active Living (Seniors Centre)

FREE Jan 26 Th 1:30-3:30pm..... Free/1 sess..... 189148

HEALTHY AGING SERIES

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

Learn about the symptoms and causes and practical techniques to cope with this disease. Presented by a retired outreach Nurse Practitioner and in partnership with Vancouver Coastal Health. Registration required.

Steveston Community Centre

FREE Jan 19 Th 9:30-11:00am..... Free/1 sess..... 194833

FALLS PREVENTION PRESENTATION

Explore the common causes and risks of predictable and preventable falls that are the leading cause of injury and hospitalization. Presented by health professionals from Vancouver Coastal Health (VCH). Registration required.

West Richmond Community Centre

FREE Jan 25 W 10:30-11:30am..... Free/1 sess..... 192987

HEARING CLINICS

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

Minoru Centre for Active Living (Seniors Centre)

FREE	Jan 23 M.....	2:20-2:40pm.....	Free/1 sess.....	187819
FREE	Jan 23 M.....	2:40-3:00pm.....	Free/1 sess.....	187837
FREE	Jan 23 M.....	3:00-3:20pm.....	Free/1 sess.....	187829
FREE	Jan 23 M.....	3:20-3:40pm.....	Free/1 sess.....	187820
FREE	Jan 23 M.....	3:40-4:00pm.....	Free/1 sess.....	187825
FREE	Jan 23 M.....	4:00-4:20pm.....	Free/1 sess.....	187827
FREE	Feb 27 M.....	2:20-2:40pm.....	Free/1 sess.....	187839
FREE	Feb 27 M.....	2:40-3:00pm.....	Free/1 sess.....	187841
FREE	Feb 27 M.....	3:00-3:20pm.....	Free/1 sess.....	187843
FREE	Feb 27 M.....	3:20-3:40pm.....	Free/1 sess.....	187846
FREE	Feb 27 M.....	3:40-4:00pm.....	Free/1 sess.....	187847
FREE	Feb 27 M.....	4:00-4:20pm.....	Free/1 sess.....	187848
FREE	Mar 27 M.....	2:20-2:40pm.....	Free/1 sess.....	187852
FREE	Mar 27 M.....	2:40-3:00pm.....	Free/1 sess.....	187854
FREE	Mar 27 M.....	3:00-3:20pm.....	Free/1 sess.....	187857
FREE	Mar 27 M.....	3:20-3:40pm.....	Free/1 sess.....	187858
FREE	Mar 27 M.....	3:40-4:00pm.....	Free/1 sess.....	187860
FREE	Mar 27 M.....	4:00-4:20pm.....	Free/1 sess.....	187862

HEART FAILURE WORKSHOP

Gain an understanding of the causes, risk factors, signs and symptoms of heart failure and how to better manage and live well with this chronic condition. Presented by Vancouver Coastal Health. Registration required.

Steveston Community Centre

FREE Feb 16 Th 9:30-11:00am..... Free/1 sess..... 194845

West Richmond Community Centre

FREE Feb 22 W 10:30-11:30am..... Free/1 sess..... 194126

HEART HEALTH WORKSHOP

Learn how stress can increase blood pressure and contribute to the development of heart disease and strokes. Time for questions and tips on strategies for support through nutrition and lifestyle adjustments included. Presented by Vancouver Coastal Health. Registration required.

Minoru Centre for Active Living (Seniors Centre)

FREE Feb 9 Th 1:30-3:00pm..... Free/1 sess..... 189137



HEALTH SERIES

BONE HEALTH WORKSHOP

Understand some of the physiological factors behind osteoporosis and steps to increase bone density from a holistic health perspective. Presented by a naturopathic doctor. Registration required.

South Arm Community Centre

FREE Jan 16 M 1:00-2:00pm Free/1 sess 193933

FAT PARADOX

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

South Arm Community Centre

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

LYMPHATICS—THE OVERLOOKED SYSTEM

Learn how vital this system is for immune response and disease resistance and gain knowledge on simple habits to keep healthy. Presented by a naturopathic doctor with time for questions. Registration required.

East Richmond Community Hall (Cambie)

FREE Mar 13 M 1:00-2:30pm Free/1 sess 193339

OPTIMIZE YOUR NATURAL STRESS RESPONSE WORKSHOP

Learn about the stress pathway and the organs affected, how immune responses are impacted and mood, fatigue, digestion and unrestful sleep. Presented by a naturopathic doctor. Registration required.

Thompson Community Centre

FREE Mar 6 M 1:00-2:00pm Free/1 sess 193918

THE SWEET DANGERS OF SUGAR WORKSHOP

Learn why Alzheimer's disease is now coined "Type 3 diabetes" as elevated blood sugar can cause physiological changes that impair cognition and brain health. Presented by a naturopathic doctor. Registration required.

East Richmond Community Hall (Cambie)

FREE Jan 23 M 1:00-2:30pm Free/1 sess 192551

IKI IKI SOCIAL (JAPANESE AND ENGLISH)

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

Steveston Community Centre

Jan 12-Mar 23 Th 12:30-3:30pm \$291.50/11 sess 193978

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 Jan 11-Mar 8. W 10:00-11:00am Free/3 sess 191592

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)

Jan 12-Feb 23 Th 2:30-4:00pm \$63/7 sess 190908

OSTEOARTHRITIS SERIES

BEVERAGES AND HEALTH (ENGLISH AND CANTONESE)

Learn how drinks that include water, coffee, juice, milk and milk alternatives, alcohol and pop can affect living with arthritis and general wellbeing and find out examples of healthy choices. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Conducted in English and Cantonese. Registration required.

Minoru Centre for Active Living (Seniors Centre)

FREE Jan 24 Tu 11:00am-12:30pm Free/1 sess 195940

EXERCISE

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

East Richmond Community Hall (Cambie)

FREE Feb 2 Th 1:00-3:00pm Free/1 sess 193494

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.

East Richmond Community Hall (Cambie)

FREE Feb 16 Th 1:00-3:00pm Free/1 sess 191853

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.

East Richmond Community Hall (Cambie)

FREE Feb 9 Th 1:00-3:00pm..... Free/1 sess..... 193503

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.

Cambie Community Centre

FREE Mar 2 Th 10:00-11:30am.... Free/1 sess..... 192516

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.

East Richmond Community Hall (Cambie)

FREE Feb 23 Th 1:00-3:30pm..... Free/1 sess..... 193861

PAIN MANAGEMENT

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

East Richmond Community Hall (Cambie)

FREE Mar 9 Th 1:00-3:30pm..... Free/1 sess..... 193876

PRE-DIABETES WORKSHOP

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

South Arm Community Centre

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

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)

Jan 26-Mar 16 Th 10:00am-1:00pm..... \$190/8 sess 191425

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)

Jan 17-Mar 21 Tu 10:00am-1:00pm..... \$190/8 sess 191424

Languages

CONVERSATIONAL SPANISH-LEVEL 1

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

Minoru Centre for Active Living (Seniors Centre)

Jan 11-Mar 22 W 10:30am-12:00pm..... \$99.65/11 sess ... 190903

CONVERSATIONAL SPANISH-LEVEL 2

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

Minoru Centre for Active Living (Seniors Centre)

Jan 11-Mar 22 W 12:30-2:00pm..... \$99.65/11 sess ... 190905

SPANISH-BEGINNER

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

Minoru Centre for Active Living (Seniors Centre)

Jan 13-Mar 24 F 12:30-2:00pm..... \$99.65/11 sess ... 191055

SPANISH FOR TRAVELLERS

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

Minoru Centre for Active Living (Seniors Centre)

Jan 13-Mar 24 F 10:30am-12:00pm..... \$99.65/11 sess ... 191054

Martial Arts

HEALTH QIGONG–YI JIN JING–BEGINNER

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

City Centre Community Centre

Jan 11-Mar 22..... W..... 9:15-10:15am..... \$66/11 sess 191958

HEALTH QIGONG–YI JIN JING–INTERMEDIATE

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

City Centre Community Centre

Jan 13-Mar 24..... F..... 10:00-11:00am..... \$66/11 sess 191963

FUSION TAI CHI AND KUNG FU

Learn and practice the basic steps of these two forms of martial arts including kicking and developing coordination and balance while improving breathing technique. No experience required.

South Arm Community Centre

Jan 12-Feb 16..... Th..... 4:00-5:30pm..... \$54/6 sess 195119

QIGONG FOR HEALTH–ALL LEVELS

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

West Richmond Community Centre

Jan 9-Mar 7..... M..... 2:00-3:00pm..... \$48/8 sess 191536

QIGONG FOR HEALTH–INTERMEDIATE

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

West Richmond Community Centre

Jan 13-Mar 11..... F..... 1:30-2:30pm..... \$54/9 sess 191538

TAI CHI–BEGINNER

Experience improved balance, increased flexibility and relaxation in this Yang-style class.

City Centre Community Centre

Jan 9-Mar 20..... M..... 11:00am-12:00pm..... \$60/10 sess 191942

Minoru Centre for Active Living (Seniors Centre)

Jan 7-Mar 25..... Sa..... 11:15am-12:15pm..... \$72/12 sess 191060

Jan 12-Mar 23..... Th..... 6:00-7:00pm..... \$66/11 sess 190909

Jan 13-Mar 24..... F..... 11:15am-12:15pm..... \$66/11 sess 191053

Steveston Community Centre

Jan 9-Mar 13..... M..... 11:45am-12:45pm..... \$60/10 sess 193963

Jan 12-Mar 23..... Th..... 11:30am-12:30pm..... \$66/11 sess 193972

West Richmond Community Centre

TRY-IT Feb 1-Mar 9. W..... 2:00-2:45pm..... Free/6 sess 194173

TAI CHI–INTERMEDIATE

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

City Centre Community Centre

Jan 11-Mar 22..... W..... 10:30-11:30am..... \$66/11 sess 191948

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)

Jan 7-Mar 25..... Sa..... 10:00-11:00am..... \$72/12 sess 191058

Steveston Community Centre

Jan 10-Mar 21..... Tu..... 11:45am-12:45pm..... \$66/11 sess 193970

TAI CHI–SWORD

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

Minoru Centre for Active Living (Seniors Centre)

Jan 26-Mar 16..... Th..... 1:00-2:00pm..... \$48/8 sess 191052

TAI CHI–SWORD–YANG STYLE–INTERMEDIATE

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

Jan 13-Mar 24..... F..... 11:15am-12:15pm..... \$66/11 sess 191967

Out Trips and Tours

JANUARY

STANLEY PARK TRIP

Enjoy a scenic drive around this Vancouver landmark with a dinner stop at Stanley Park Brewing Restaurant & Brewpub. Transportation only included. No refunds within 7 days of trip.

Thompson Community Centre

Jan 9 M 4:00-8:30pm \$22.75/1 sess 196096

VANCOUVER ART GALLERY TRIP

Be entertained, interested and intrigued at this popular Vancouver gallery that boasts contemporary and historic presentations from BC, Canadian and international artists. Transportation, private group tour and admission included. No refunds within 7 days of trip.

Minoru Centre for Active Living (Seniors Centre)

Jan 11 W 1:00-5:00pm \$45.55/1 sess 196369

TEAHOUSE IN STANLEY PARK DINNER TRIP

Dine at this iconic restaurant located in the heart of Stanley Park with fresh west coast cuisine and spectacular views. Transportation only included. No refunds within 7 days of trip. Note: All meals are subject to an automatic gratuity of up to 18%, which may be added to bill.

Steveston Community Centre

Jan 19 Th 3:00-8:15pm \$33/1 sess 199481

West Richmond Community Centre

Jan 19 Th 3:15-8:30pm \$33/1 sess 199476

PARK ROYAL SHOPPING TRIP

Shop, shop and shop some more at this established West Vancouver mall with indoor and outdoor options. Stop for lunch included. Transportation only included. No refunds within 7 days of trip.

South Arm Community Centre

Jan 20 F 10:00am-2:30pm \$24/1 sess 194511

BOWLING BLAST AND DINING TRIP

Play two games of fun and social 10 pin bowling followed by dinner at Burnaby's REVS Bowling Centre. Transportation, bowling and shoe rental included. No refunds within 7 days of trip.

Thompson Community Centre

Jan 23 M 11:30am-4:00pm \$33.75/1 sess 194784

JJ'S RESTAURANT LUNCH TRIP

Dine on a gourmet lunch prepared and served by culinary students of this Vancouver Community College restaurant. Transportation only included. No refunds within 7 days of trip.

Minoru Centre for Active Living (Seniors Centre)

Jan 25 W 11:15am-2:45pm \$20.25/1 sess 196376

PINK PEPPERCORN DINNER TRIP

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

City Centre Community Centre

Jan 26 Th 5:00-8:15pm \$24/1 sess 196736

South Arm Community Centre

Jan 26 Th 4:45-8:30pm \$24/1 sess 194357

FEBRUARY

MUSEUM OF ANTHROPOLOGY TRIP

Tour this renowned and iconic UBC museum with displays of traditional and contemporary art from Northwest Coast First Nations and other cultures across the world. Transportation and admission included. Bring or buy lunch. No refunds within 7 days of trip.

Thompson Community Centre

Feb 7 Tu 11:00am-3:30pm \$32.75/1 sess 195196

BEATY BIODIVERSITY MUSEUM AND LUNCH TRIP

Explore this active research collection that showcases the diversity of living creatures of the past and present at the museum at UBC. Lunch available for purchase at a neighbourhood restaurant. Transportation, admission and guided tour included. No refunds within 7 days of trip.

Minoru Centre for Active Living (Seniors Centre)

Feb 8 W 11:30am-4:00pm \$34/1 sess 196384

LANGLEY AVIATION ADVENTURE TRIP

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

Steveston Community Centre

Feb 14 Tu 9:30am-4:00pm \$37/1 sess 194854

West Richmond Community Centre

Feb 14 Tu 9:15am-3:45pm \$37/1 sess 194855

MUSEUM OF VANCOUVER AND LUNCH TRIP

Learn about the history of Vancouver and its natural environment by exploring exhibits and sharing experiences and stories at this civic history museum located in Vanier Park. Lunch available for purchase at the local cafe. Transportation, admission and guided tour included. No refunds within 7 days of trip.

City Centre Community Centre

Feb 16 Th 10:45am-2:45pm \$35/1 sess 196744

South Arm Community Centre

Feb 16 Th 10:30am-3:00pm \$35/1 sess 194256

LOMBARDO'S RESTAURANT TRIP

Tantalize the senses with Italian favourites at this family-owned Vancouver restaurant that serves up wood oven pizzas, house made pastas and other authentic dishes. Transportation only included. Home drop off (\$3) available. No refunds within 7 days of trip. Note: All meals are subject to an automatic gratuity of up to 18%, which may be added to bill.

Minoru Centre for Active Living (Seniors Centre)

Feb 22 W 4:15-7:45pm \$20.25/1 sess 196387

BILL REID GALLERY AND LUNCH TRIP

Visit the only public gallery in Canada dedicated to contemporary Indigenous Art of the Northwest Coast and celebrate the Haida master artist Bill Reid (1920-1998), and the diverse living cultures of the Northwest Coast. Lunch available for purchase at the local café. Transportation and admission included. No refunds within 7 days of trip.

South Arm Community Centre

Feb 24 F 10:30am-2:30pm \$24/1 sess 194259

West Richmond Community Centre

Feb 24 F 10:10am-2:15pm \$24/1 sess 195262

ONE UNDER GOLF TRIP

Drive away the winter blues 'playing' some of the world's top courses in this Vancouver eatery that boasts six industry-leading golf simulation bays, bar and eatery. Transportation and two hours in a golf simulator bay included. No refunds within 7 days of trip.

Thompson Community Centre

Feb 27 M 11:30am-3:30pm \$34.50/1 sess 194667

MARCH

HIGH SCHOOL BASKETBALL TOURNAMENT TRIP

Support high school basketball programs by watching the classic BC High School Boys Basketball Tournament at Langley Events Centre. Transportation and admission included. No refunds within 7 days of trip.

Thompson Community Centre

Mar 8 W 11:00am-4:00pm \$33.75/1 sess 195256

HORIZONS ON BURNABY MOUNTAIN TRIP

Savour a delicious West Coast meal prepared by an award-winning chef combined with a spectacular view of the city. Transportation only included. No refunds within 7 days of trip.

Minoru Centre for Active Living (Seniors Centre)

Mar 8 W 4:15-7:45pm \$20.25/1 sess 196790

WESTMINSTER ABBEY AND LUNCH TRIP

Experience the beauty and serenity of this Mission destination with a tour Presented by a resident Benedictine monk. Purchase lunch at a neighborhood restaurant. Transportation and tour admission included. No refunds within 7 days of trip. Note: All meals are subject to an automatic gratuity of 15% to 18%, which may be added to bill.

City Centre Community Centre

Mar 8 W 10:15am-4:15pm \$45/1 sess 196752

South Arm Community Centre

Mar 8 W 10:30am-4:00pm \$45/1 sess 195149

VANDUSEN BOTANICAL GARDEN TRIP

Visit this popular Vancouver attraction that has recently undergone a spectacular renovation and features outstanding plant collections set amidst rolling lawns, tranquil lakes and dramatic rockwork. Bring a lunch or purchase from on-site restaurants. Transportation, admission and guided tour included. No refunds within 7 days of trip.

Steveston Community Centre

Mar 14 Tu 9:30am-3:00pm \$33.25/1 sess 194849

West Richmond Community Centre

Mar 14 Tu 9:15am-3:15pm \$33.25/1 sess 194851

BEATY BIODIVERSITY MUSEUM AND LUNCH TRIP

Explore this active research collection that showcases the diversity of living creatures of the past and present at this museum at UBC. Lunch available for purchase at a neighbourhood restaurant. Transportation, admission and guided tour included. No refunds within 7 days of trip.

Cambie Community Centre

Mar 16 Th 9:30am-1:30pm \$34/1 sess 197026

South Arm Community Centre

Mar 16 Th 9:15am-1:45pm \$34/1 sess 194258

ROGERS ARENA TOUR

Take this rare and behind-the-scenes tour of the home of the Vancouver Canucks and venue for the 2010 Winter Olympics. Transportation and admission included. No refunds within 7 days of trip.

Thompson Community Centre

Mar 21 Tu 11:00am-3:30pm \$36.75/1 sess 194639

OLIVE GARDEN LUNCH TRIP

Dine on authentic Italian dishes at this popular Langley restaurant. Transportation only included. No refunds within 7 days of trip.

Cambie Community Centre

Mar 22 W 10:30am-2:00pm \$18.25/1 sess 194480

BARNside BREWERY AND DELTA FARM TOURS

Take a tour of this small batch brewery in Delta that includes a visit to the taproom and a taster round of cider or beer followed by a scenic drive around Westham Island. Transportation, tours and tasting fee included. No refunds within 7 days of trip.

Thompson Community Centre

Mar 23 Th 12:00-4:00pm..... \$31.75/1 sess 195331

TEAHOUSE IN STANLEY PARK LUNCH TRIP

Dine at this iconic restaurant located in the heart of Stanley Park with fresh west coast cuisine and spectacular views. Transportation only included. No refunds within 7 days of trip. Note: All meals are subject to an automatic gratuity of up to 18%, which may be added to bill.

South Arm Community Centre

Mar 25 Sa 10:30am-2:30pm..... \$24/1 sess 194540

STANLEY THEATRE-SENSE AND SENSIBILITY TRIP

Take in this smart, playful show at this classic Vancouver venue and revel in the witty dialogue, charming romance and bold theatricality of this innovative retelling. Transportation and admission included. No refunds within 30 days of trip.

Minoru Centre for Active Living (Seniors Centre)

Mar 29 W 12:15-5:15pm..... \$69.05/1 sess 196390

Thompson Community Centre

Mar 29 W 12:00-5:00pm..... \$69.05/1 sess 196393

Racquet Sports

INTRODUCTION TO PICKLEBALL WORKSHOP

Try this popular paddle sport that combines many elements of tennis, badminton, table tennis and is also fun, social and easy on the body. Paddles available for use if required.

West Richmond Community Centre

Mar 13-Mar 18.....M/Tu/Th.... 9:00-10:15am..... \$22.50/3 sess 196057

PICKLEBALL-BEGINNER

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

Thompson Community Centre

Jan 12-Mar 9..... Th 1:45-3:15pm..... \$81.10/9 sess 193258

South Arm Community Centre

Jan 3-Jan 31 Tu..... 9:00-10:30am..... \$45/5 sess 194153

Feb 7-Mar 7 Tu..... 9:00-10:30am..... \$45/5 sess 194156

PICKLEBALL-BEGINNER-FOR WOMEN

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

West Richmond Community Centre

Jan 13-Mar 11 F 9:15-10:30am..... \$52.50/7 sess 190784

Jan 13-Mar 11 F 10:45am-12:00pm..... \$52.50/7 sess 190789

PICKLEBALL-DRILLS AND SKILLS

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

South Arm Community Centre

Jan 3-Jan 31 Tu..... 10:30am-12:00pm..... \$45/5 sess 194163

Feb 7-Mar 7 Tu..... 10:30am-12:00pm..... \$36/4 sess 194167

West Richmond Community Centre

Jan 11-Mar 9..... W 11:45am-1:00pm..... \$60/8 sess 190778

Jan 11-Mar 9..... W 1:45-3:15pm..... \$72/8 sess 190780

PICKLEBALL-DRILLS AND SKILLS-LEVEL 2

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.

Sea Island Elementary School

Jan 14-Mar 11 Sa 9:00-10:30am..... \$72/8 sess 191111



Online Programs

ADVANCE CARE PLANNING WORKSHOP (CANTONESE)

Learn how to start this important medical and health-care conversation along with this topic's myths and realities. Presented by a trained facilitator in Cantonese. Offered through Zoom. Registration required.

South Arm Community Centre

FREE Jan 13 F 1:00-2:15pm..... Free/1 sess..... 195077

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 Jan 5-Mar 2... Th 11:00am-12:00pm..... Free/3 sess..... 189734

JEOPARDY GAME

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

Cambie Community Centre

FREE Jan 20-Mar 17... F... 2:00-3:00pm..... Free/3 sess 189739

MAPQUEST TRAVEL

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

Cambie Community Centre

FREE Jan 10-Mar 14... Tu . 12:45-1:45pm..... Free/3 sess 189743



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 Jan 16-Mar 20... M.. 10:30-11:45am..... Free/3 sess 195210

NATURE'S WONDERS

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

Cambie Community Centre

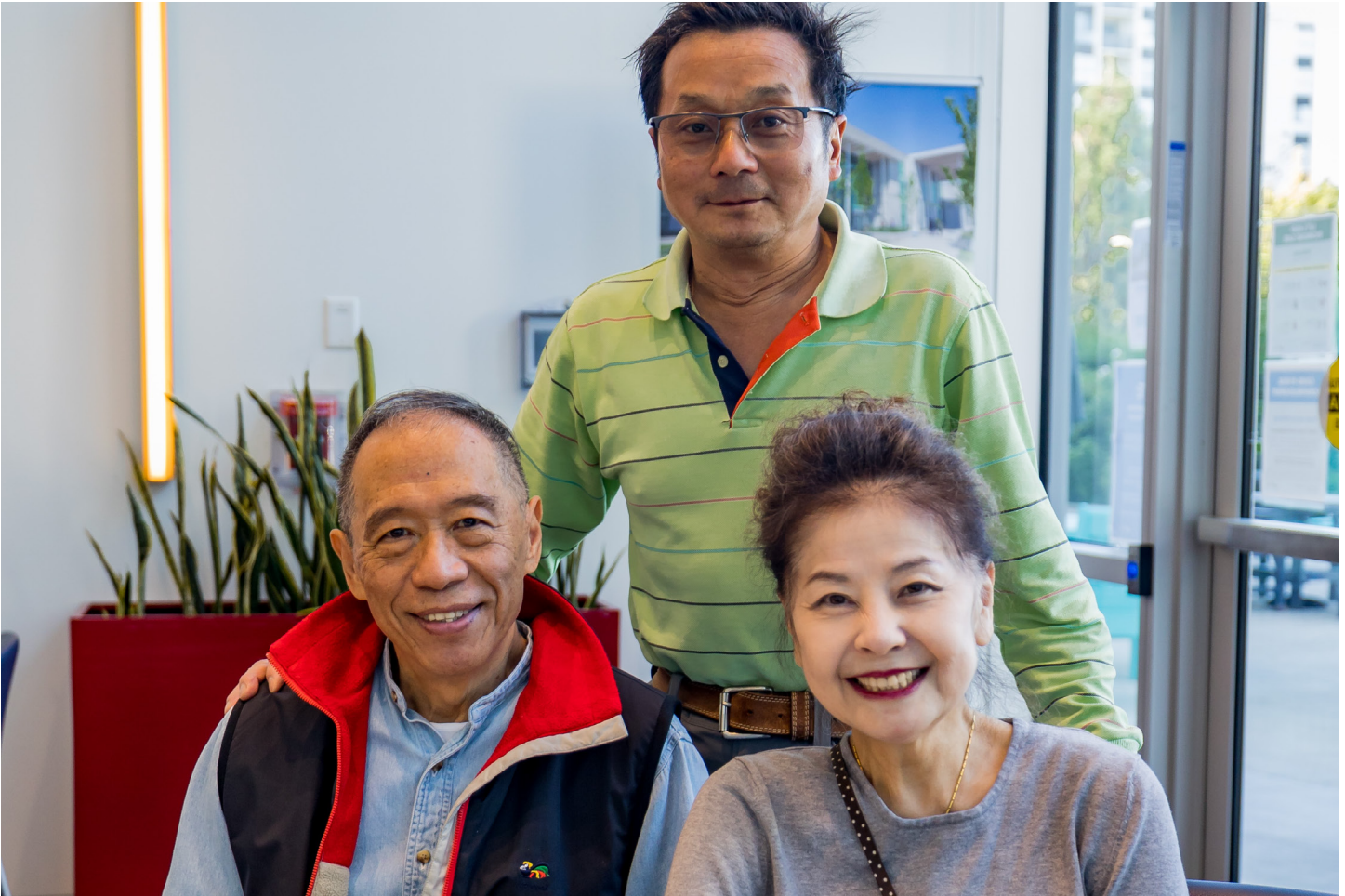
FREE Jan 4-Mar 1... W..... 2:00-3:00pm..... Free/3 sess..... 189771

SEASONAL ALLERGY PREVENTION WORKSHOP (MANDARIN)

Learn about the common root causes of allergies, types specific in Canada and how diet and lifestyle can prevent or reduce reactions. Conducted in Mandarin. Offered through Zoom. Registration required.

City Centre Community Centre

FREE Mar 14 Tu..... 10:00-11:30am..... Free/1 sess..... 195012



Seniors Annual Facility Passes and Activities

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

Annual Pass Fees

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

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

Club and Group activities takes place at the following community recreation facilities:

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

Additional Pass Fees

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

www.richmond.ca/schedules

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–12:30pm	Billiards* 8:45am–3:45pm (Registered Visits)	Woodworking* 8:30am–2:00pm	Billiards* 8:45am–3:45pm (Registered Visits)	Woodworking* 8:30am–2:00pm	Woodworking* 8:30am–4:00pm (Finishing day)	Billiards* 8:45am–4:45pm (Drop-in)
Billiards* 8:45am–3:45pm (Registered Visits)	Tai Chi Practice** 9:00–10:00am	Billiards* 8:45am–3:45pm (Registered Visits)	Tai Chi Practice** 8:45–9:45am	Billiards* 8:45am–3:45pm (Registered Visits)	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 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** 9:00–10:30am	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 (1st week) 1:00–2:00pm
English Social for Chinese Seniors 10:00–11:30am		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	Musical Interludes 1:30–3:00pm	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	Kingsland Calligraphy 1:30–4:00pm	Glee Singers 2:00–4:00pm	Knitters and Natters 1:00–3:00pm	Hanging with The Guys (2nd & 4th week) 3:00–4:30pm		
Bridge 1:00–4:30pm	Platinum Players 2:00–4:00pm	Billiards* 4:00–8:45pm (Drop-in)	Wood Carving*** 1:00–4:30pm	Billiards* 4:00–8:45pm (Drop-in)		
Photo Group (2nd & 4th week) 1:30–3:30pm	Billiards* 4:00–8:45pm (Drop-in)	Multicultural Dance** 6:45–8:45pm	Ballroom Dance** 3:30–5:15pm			
Multicultural Dance** 2:30–4:30pm	Yuanji Dance** 6:30–8:30pm		Billiards* 4:00–8:45pm (Drop-in)			
Billiards* 4:00–8:45pm (Drop-in)			Prostate Cancer Support Group (2nd week) 6:30–8:30pm			
Whist 6:00–8:45pm			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) #189708* (ERCH)	Tai Chi–48 Form 8:30–9:30am #189713* (ERCH)	Indoor Walking 10:00–11:00am #189733* (CCC)	Tai Chi–24 Form 8:30–9:30am #189715* (ERCH)		
	Tai Chi Practice– Form 48 9:15–10:00am (no instruction) #189710* (ERCH)	Book Club (1st Wed/mth) 10:00–11:30am #189724* (ERCH)		Table Tennis 9:30–10:30am (ERCH)		
	Mahjong (2nd Tue/mth) 10:00am–12:00pm #189736* (ERCH)	Memoir Writing (3rd Wed/mth) 10:00am–12:00pm #189731* (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 #189717* (ERCH)		Luk Tung Kuen 11:00–11:45am #189719* (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
Dance Space 1:00–2:30pm	Chinese Calligraphy in Mandarin 1:00–3:00pm		Dance Space 1:00–2:30pm		Wellness Social Corner (1st and 4th Mon/mth) 10:30–11:30am	
Brush Hour 3:30–5:00pm						

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

Hamilton Community Centre

MON	TUE	WED	THU	FRI	SAT	SUN
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		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		Bridge Social 12:15–3:30pm	Karaoke 9:30am–12:00pm			
Carpet Bowling 1:00–3:00pm		Indoor Walking 1:30–2:30pm	Mahjong Social 9:30am–1:30pm			
MILAP Group (bi-weekly) 1:00–3:00pm		Educational Presentation (1st Wed/mth) 11:00am–12:00pm	Knitting Group 1:00–3:00pm			

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		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 (2nd, 3rd, 4th Wed/mth) 12:30–3:00pm		Bridge Social 1:00–4:00pm		
		English Tablet Club 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		
Online-Name that Tune (3rd Mon/mth) 10:30–11:45am	Luk Tung Coffee Hour 9:00–10:00am	English Tutoring for Beginners 10:00–11:15am	Crafts Group 11:00am–1:00pm	Karaoke 11:00am–12:00pm		
Book Club (2nd Mon/mth) 2:15–3:30pm		Seniors Activity Time 1:30–2:45pm				

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

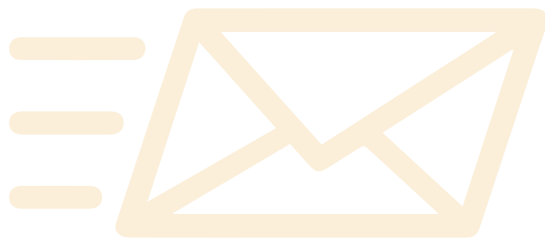
West Richmond Community Centre

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

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



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