

## FREE WORKSHOPS

### Tech Buddies 55+ - Drop-In Clinics

Tuesdays, 2:30am – 4:00pm

Bring your device and get tech smart with FREE 1-on-1 learning on your tablet, computer or smartphone brought to you by Richmond Public Library

### Frauds & Scams Workshop 55+

Thursday, Feb 23 1:00-2:00Pm

#196095 - FREE

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



## UPCOMING OUT TRIPS

- **ONE UNDER GOLF TRIP**  
MON, FEB 27 2:15PM – 8:00PM  
\$34.50 #194667
- **HIGH SCHOOL BASKETBALL TOURNEY TRIP**  
WED, MAR 8 11:00AM – 4:00PM  
\$33.75 #195256
- **ROGERS ARENA TOUR TRIP**  
TUES, MAR 22 11:00AM – 4:00PM  
\$36.75 #194639



Call or come in to register - don't wait until the last minute!  
Even if the program is free, so we can avoid cancelling our fantastic programs.

## SENIORS FACILITY PASS (55+YRS)

Cost: \$15.00 / year | \$4.30 / Drop-In

Provides access to the following programs:

ACTIVITY	DETAILS
Luk Tung Kuen - Mild strength, stretch, and range of motion exercises	M-F 7:45-8:45am Gymnasium
Luk Tung Kuen Coffee Hour - Relax after Luk Tung and socialize with coffee and snacks	Tu 9:00-10:00am Multi-Purpose Room 1
Tai Chi - Gentle form of exercise which puts low stress on the joints and muscles.	Mon & Wed 9:00-9:30am Banquet Hall
Seniors Karaoke Friday - Find some rhythm, play some music, and let's get singing some of the best karaoke songs!	Fri 10:30am-12:30pm Banquet Hall
Craft Group - Fundraising group that shares ideas and patterns.	Th 11:00am-1:30pm Multi-Purpose Room 1
Gentlemen in Conversation - Meet other men to chat about interesting topics from current events to health, wellness and sports. Coffee and tea will be provided.	2nd/4th F 10:30am-12:00pm Community Lounge
Book Club – Meet with other book lovers to discuss the latest books.	2nd Mon every Month 2:15 – 3:45pm Multi-Purpose Room 1

## SENIORS 55+

# MONTH-AT-A-GLANCE

# FEBRUARY



## Year of the Rabbit



# FEBRUARY 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>FP = Facility Pass</b> <b>F = Free</b> <b>R =Registered</b> <b>Course</b> <b>D = Drop-in Fee</b>			1 7:45am FP Luk Tung 9:00am D Tai Chi 9:00am R Ballroom Dancing 10:45am R Line Dancing 1:30pm FP Senior Activity Time	2 7:45am FP Luk Tung 10:30am D Ease Into Fitness 11:00am FP Craft Group 1:15pm R Pickleball Class	3 7:45am FP Luk Tung 10:30am FP Karaoke 10:45am R Stay Strong	4 9:30am D Dancefit 1:30pm R Ballroom Int. 3:15pm R Badminton Registered Court Bookings
5 1:00pm R Pickleball Registered Court Bookings	6 7:45am FP Luk Tung 9:00am FP Tai Chi	7 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Pickleball 2:30pm D Tech Buddies	8 7:45am FP Luk Tung 9:00am D Tai Chi 9:00am R Ballroom Dancing 10:45am R Line Dancing 1:30pm FP Senior Activity Time	9 7:45am FP Luk Tung 10:30am D Ease Into Fitness 11:00am FP Craft Group 1:15pm R Pickleball Class	10 7:45am FP Luk Tung 10:30am FP Karaoke 10:30am D Gentlemen Club 10:45am R Stay Strong	11 9:30am D Dancefit 1:30pm R Ballroom Int. 3:15pm R Badminton Registered Court Bookings
12 1:00pm R Pickleball Registered Court Bookings	13 7:45am FP Luk Tung 9:00am FP Tai Chi 10:30am R Name That Tune	14 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Pickleball 2:30pm D Tech Buddies	15 7:45am FP Luk Tung 9:00am D Tai Chi 9:00am R Ballroom Dancing 10:45am R Line Dancing 1:30pm FP Senior Activity Time	16 7:45am FP Luk Tung 10:30am D Ease Into Fitness 11:00am FP Craft Group 1:15pm R Pickleball Class	17 7:45am FP Luk Tung 10:30am FP Karaoke 10:30am FP Gentlemen Club 10:45am R Stay Strong	18 9:30am D Dancefit 1:30pm R Ballroom Int. 3:15pm R Badminton Registered Court Bookings
19 1:00pm R Pickleball Registered Court Bookings	20 10:30am R Family Day Pickleball for 55+ and grandkids! Family Day! Centre Hours 7AM - 7PM	21 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Pickleball 2:30pm D Tech Buddies	22 7:45am FP Luk Tung 9:00am D Tai Chi 9:00am R Ballroom Dancing 10:45am R Line Dancing 1:30pm FP Seniors Activity Time	23 7:45am FP Luk Tung 10:30am D Ease Into Fitness 11:00am FP Craft Group 1:00pm R Frauds & Scams 1:15pm R Pickleball Class	24 7:45am FP Luk Tung 10:30am FP Karaoke 10:30am FP Gentlemen in Conversation 10:45am R Stay Strong	25 9:30am D Dancefit 1:30pm R Ballroom Int. 3:15pm R Badminton Registered Court Bookings
26 1:00pm R Pickleball Registered Court Bookings	27 7:45am FP Luk Tung 9:00am FP Tai Chi	28 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Pickleball 2:30pm D Tech Buddies				