

SENIORS SPRING 2023



STEVESTON COMMUNITY CENTRE

4111 Moncton Street
Richmond, BC
V7E 3A8
604-238-8080



Spring 2023 - Clubs and Groups
Seniors (55+ years)

CLUBS AND GROUPS

BRIDGE SOCIAL **Fridays** **1:00 - 4:00pm**

Play this popular and social trick-taking card game with three other players.

CHINESE MULTICULTURAL GROUP **Mondays & Thursdays** **9:30 - 11:30am**

Socialize, make new friends, share Chinese cultural traditions and learn about community and global current events.

DRUMMING ENSEMBLE **Mondays** **1:30 - 2:30pm**

Work on more advanced drumming in these social sessions that focus genres that include Afro-Cuban, Middle Eastern, African and Latin rhythms. Pre-requisite: Participants must be familiar with playing multi-part percussion arrangements on a variety of percussion instruments and must be able to read musical notation and understand basic rhythm and note values.

TECH HELP 1 ON 1 (ENGLISH) **Wednesdays** **1:00 - 3:00pm**

Learn basic computer, tablet, iPad or phone skills with a volunteer. Topics include: free, interesting and informative Apps; how to browse the internet; and how to communicate with friends and family with internet platforms that include email and Zoom. By appointment. To register, call 604-238-8084.

JAPANESE CRAFTS GROUP **Wednesdays** **12:30 - 2:30pm**

Socialize with peers in these art projects sessions that improve fine motor skills and encourage creativity while offering time to reminisce about the Japanese culture.

JAPANESE TABLET CLUB **Fridays** **9:30 - 11:30am**

Learn basic computer, tablet, iPad or phone skills with a volunteer. Topics include: free, interesting and informative Apps; how to browse the internet; and how to communicate with friends and family with internet platforms that include email and Zoom. These sessions are conducted in Japanese.

KNITTING & CROCHETING SOCIAL **Wednesdays** **10:00am - 12:00pm**

Learn and share knitting and crocheting skills while creating new projects in these fun and friendly sessions.

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CLUBS AND GROUPS

LOW VISION SUPPORT GROUP **2nd Wednesday of the month** **10:00am - 12:00pm**

Learn new skills to help with vision impairment, make new friends and have fun and engaging conversations in these relaxing sessions.

UKULELE CIRCLE **Fridays** **10:00 - 11:30am**

Join others in these social and music-making sessions that include making music through picking, melody, harmony and strumming in a fun and relaxing environment.

UKULELE ENSEMBLE **Fridays** **1:00 - 2:30pm**

Enhance musical skills through picking and strumming, melody, harmony and rhythm in multi-part and solo arrangements while socializing and playing music together as a group.

All Club and Group Programs take place in the
Japanese Canadian Cultural Centre.

A valid Steveston Community Centre Seniors Facility Pass is required for Club and Group Programs. The cost of a pass is \$15/year and the pass is valid for one year from the date of purchase. For further information, please contact Liliene Yee, Seniors Coordinator at 604-238-8084 or by email at lyee2@richmond.ca.

WELLNESS CLINICS

Wellness Clinics are held on the first Wednesday of every month at the Japanese Canadian Cultural Centre from 9:00am to 12:30pm. All services are drop-in and free! Services include blood pressure monitoring, blood glucose monitoring and wellness information booths.

CLINIC DATES

Wednesday, April 5, 2023

Wednesday, May 3, 2023

Wednesday, June 7, 2023

Spring 2023 - Seasonal Programs
Seniors (55+ years)

ARTS - DANCE

LINE DANCING - BEGINNER

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

LINE DANCING - INTERMEDIATE

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

HAWAIIAN HULA DANCING - BEGINNER

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

HAWAIIAN HULA DANCING - INTERMEDIATE

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

ARTS - MUSIC

UKULELE IN THE CLASSROOM - INTRODUCTION - TRY-IT

Mar 27 M 10:30 - 11:30am FREE / 1 sess **#209568**

UKULELE - ABSOLUTE AND EARLY BEGINNER

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

UKULELE - ADVANCED BEGINNER

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

UKULELE - EARLY INTERMEDIATE

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

UKULELE - ADVANCED INTERMEDIATE

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

ARTS - VISUAL

ACRYLIC PAINTING

Apr 17 - May 15 M 9:30 - 11:30am \$60.40 / 5 sess **#209552**

May 29 - Jun 26 Th 9:30 - 11:30am \$60.40 / 5 sess **#209565**

KNITTING - BEGINNER

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

Taxes are added at the time of registration for Adult Programs.

Spring 2023 - Seasonal Programs
Seniors (55+ years)

ARTS - VISUAL

WATERCOLOUR PAINTING

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

COOKING

HEALTHY COOKING AND BAKING

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

FITNESS

BETTER BACKS AND BALANCE - BEGINNER

Mar 28 - May 9	Tu	10:30 - 11:30am	\$34.85 / 7 sess	#216941
Mar 28 - May 9	Tu	11:45am - 12:45pm	\$34.85 / 7 sess	#216946
May 16 - Jun 20	Tu	11:45am - 12:45pm	\$29.90 / 6 sess	#216947
Mar 30 - May 4	Th	11:45am - 12:45pm	\$29.90 / 6 sess	#216950

MINDS, MUSCLES AND MOBILITY

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

SILVER CYCLE

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

Taxes are added at the time of registration for Adult Programs.

Spring 2023 - Seasonal Programs
Seniors (55+ years)

OUT TRIPS

HIGH TEA AT DICKEN SWEETS AND BRITISH MUSEUM

Apr 20	Th	10:00am - 3:30pm	\$66.20 / 1 sess	#217179
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JJ'S RESTURANT LUNCH

May 9	Tu	10:15am - 4:15pm	\$40.00 / 1 sess	#220308
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BIRDING AT CAMPBELL VALLEY PARK

Jun 15	Th	9:30am - 3:45pm	\$52.50 / 1 sess	#217213
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HEALTH AND WELLNESS

GENKI WELLNESS PROGRAM (JAPANESE AND ENGLISH)

Apr 3 - Jun 12	M	10:00am - 12:00pm	\$113.40 / 9 sess	#209549
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IKI IKI SOCIAL (JAPANESE AND ENGLISH)

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

TAI CHI - BEGINNNER

Apr 3 - Jun 19	M	11:45am - 12:45pm	\$60.00 / 10 sess	#209555
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Apr 6 - Jun 22	Th	11:30am - 12:30pm	\$72.00 / 12 sess	#209576
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TAI CHI - ADVANCED

Apr 4 - Jun 20	Tu	11:45am - 12:45pm	\$72.00 / 12 sess	#209572
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Taxes are added at the time of registration for Adult Programs.

We offer a variety of Open Gym Drop-in Programs including Parent & Tot, Basketball, Youth Open Gym, etc. Please see our Open Gym Schedule at Front Desk for more information.

FROM THE RICHMOND PUBLIC LIBRARY

by Jarvis Sparks, Librarian, Richmond Public Library

Featured Service: Home Delivery

Home Services provides delivery of library materials to customers who are not able to visit the library in- person due to disability, age, illness or injury lasting more than three months.

Find out more or register by leaving a voicemail at 604-231-6406 or emailing homeservices@yourlibrary.ca

Featured Spring Programs

Book Bites

Love books and want to share your recent reads with other book lovers? Join our Book Bites Program. Chat with others about your recent reads and be inspired by what others are reading!
Once a month at Steveston Library
Call 604-231-4613 or check yourlibrary.ca for dates

Seed Swap

Get your Spring garden started! Drop by the library to swap your seeds or pick up some free seeds from Urban Bounty.
March 22nd 2-4pm Library Lobby, Brighthouse Branch

To find out more about the library's full Spring program schedule and to register, please check out our online event calendar at yourlibrary.ca/events-calendar/ or call the library at 604-231-6413.

For more information, contact:

Jarvis Sparks
Librarian
Richmond Public Library
T 604-231-6484
jarvis.sparks@yourlibrary.ca

