

SUMMER 2025 SENIORS PROGRAMS



Steveston Community Centre

4111 Moncton Street
Richmond

604-238-8080

stevestoncc@richmond.ca



ARTS - DANCE

LINE DANCING - BEGINNER

Jul 10 - Aug 21	Thu	2:00pm - 3:00pm	\$45.70/7 sess	00414582
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LINE DANCING - BEGINNER - IMPROVER

Jul 10 - Aug 21	Thu	3:15pm - 4:15pm	\$45.70/7 sess	00414583
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ARTS - MUSIC

UKULELE - GET STARTED

Aug 5 - Aug 26	Tue	11:00am - 12:15pm	\$32.65/4 sess	00414577
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UKULELE - SKILL-BUILDING FINGERSTYLE

Aug 5 - Aug 26	Tue	1:00pm - 2:15pm	\$32.65/4 sess	00414578
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UKULELE - TRY IT

Aug 26	Tue	3:00pm - 4:00pm	FREE/1 sess	00414576
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ARTS - VISUAL

ACRYLIC PAINTING

Jul 7 - Jul 28	Mon	1:00pm - 3:00pm	\$52.25/4 sess	00414559
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Aug 11 - Aug 25	Mon	1:00pm - 3:00pm	\$39.20/3 sess	00414560
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*CHINESE BRUSH PAINTING

Jul 9 - Aug 27	Wed	10:30am - 12:30pm	\$104.50/8 sess	00414573
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CHINESE CALLIGRAPHY (CANTONESE, MANDARIN, ENGLISH) - BEGINNER

Jul 7 - Aug 25	Mon	2:30pm - 4:30pm	\$91.40/7 sess	00418721
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CHINESE CALLIGRAPHY (CANTONESE, MANDARIN, ENGLISH) - INTERMEDIATE

Jul 8 - Aug 26	Tue	9:30am - 11:30am	\$104.50/8 sess	00418739
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CHINESE CALLIGRAPHY (CANTONESE, MANDARIN, ENGLISH) - INTERMEDIATE

Jul 10 - Aug 28	Thu	9:30am - 11:30am	\$104.50/8 sess	00418747
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***Extra program fee applies. Please inquire with front desk staff**

ARTS - VISUAL

WATERCOLOUR PAINTING TECHNIQUES AND STYLES

Jul 9 - Jul 30	Wed	1:00pm - 3:00pm	\$52.25/4 sess	00414561
Aug 6 - Aug 27	Wed	1:00pm - 3:00pm	\$52.25/4 sess	00414563

FITNESS

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

Jul 7 - Aug 25	Mon	11:30am - 12:30pm	\$75.05/7 sess	00411801
Jul 9 - Aug 27	Wed	12:15pm - 1:15pm	\$85.75/8 sess	00411797
Jul 11 - Aug 29	Fri	12:30pm - 1:30pm	\$85.75/8 sess	00411792

BETTER BACKS AND BALANCE - BEGINNER

Jul 8 - Aug 26	Tue	11:45am - 12:45pm	\$48.10/8 sess	00411787
Jul 12 - Aug 30	Sat	10:30am - 11:30am	\$48.10/8 sess	00413333

CYCLE AND STRENGTH - SILVER

Jul 7 - Aug 25	Mon	10:15am - 11:15am	\$48.50/7 sess	00411800
Jul 9 - Aug 27	Wed	9:00am - 10:00am	\$55.45/8 sess	00411790

EXERCISES FOR THOSE WITH PARKINSONS

Jul 10 - Aug 28	Thu	11:45am - 12:45pm	\$48.10/8 sess	00411788
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LADIES WHO LIFT

Jul 8 - Aug 26	Tue	12:30pm - 1:30pm	\$85.75/8 sess	00411799
Jul 9 - Aug 27	Wed	12:15pm - 1:15pm	\$85.75/8 sess	00411793

MINDS, MUSCLES AND MOBILITY

Jul 8 - Aug 26	Tue	10:30am - 11:30am	\$48.10/8 sess	00411782
Jul 10 - Aug 28	Thu	10:30am - 11:30am	\$48.10/8 sess	00411786

TRAINING WHEELS - BEGINNERS

Jul 9 - Aug 27	Wed	10:30am - 11:30am	\$55.45/8 sess	00413330
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Taxes are added at the time of registration for Seniors programs.

FITNESS

ZUMBA® - GOLD

Jul 9 - Aug 27	Wed	12:15pm - 1:15pm	\$55.45/8 sess	00411795
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HEALTH AND WELLNESS

*GENKI WELLNESS PROGRAM (JAPANESE AND ENGLISH)

Jul 7 - Jul 21	Mon	10:00am - 12:00pm	FREE/3 sess	00414585
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*IKI IKI SOCIAL (JAPANESE AND ENGLISH)

Jul 10 - Aug 28	Thu	12:30pm - 3:00pm	\$158.80/8 sess	00414586
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***Extra program fee applies. Please inquire with front desk staff**

MARTIAL ARTS

TAI CHI - BEGINNER

Jul 10 - Aug 28	Thu	11:30am - 12:30pm	\$51.85/8 sess	00414591
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TAI CHI - ADVANCED

Jul 8 - Aug 26	Tue	11:30am - 12:30pm	\$51.85/8 sess	00414592
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TAI CHI - SWORD - BEGINNER

Jul 7 - Aug 25	Mon	1:30pm - 2:30pm	\$45.35/7 sess	00414587
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TAI CHI - SWORD - INTERMEDIATE

Jul 7 - Aug 25	Mon	11:45am - 1:15pm	\$68.05/7 sess	00414589
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WELLNESS CLINICS

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

Wellness Clinics are not offered in January and July.

CLINIC DATES

Wednesday, August 6, 2025

Contact us at 604-238-8080 for more information.