

FALL 2025 SENIORS PROGRAMS



Steveston Community Centre

4111 Moncton Street

604-238-8080

stevestoncc@richmond.ca



***Programs are being relocated. Please see [page 3](#) for relocated program location.**

****Extra program fee applies. Please inquire with front desk staff.**

ARTS - DANCE

HAWAIIAN HULA DANCING - BEGINNER

Sep 12 - Nov 28	Fri	12:00pm - 1:00pm	\$62.70/10 sess	00436921
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LINE DANCING - BEGINNER

Sep 25 - Dec 4	Thu	1:00pm - 2:00pm	\$67.20/10 sess	00437264
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LINE DANCING - BEGINNER - IMPROVER

Sep 25 - Dec 4	Thu	2:15pm - 3:15pm	\$67.20/10 sess	00437271
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ARTS - MUSIC

HAND DRUMMING - BEGINNER

Sep 8 - Dec 15	Mon	12:15pm - 1:15pm	\$94.10/14 sess	00437316
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UKULELE - GET STARTED

Sep 10 - Dec 10	Wed	11:00am - 12:15pm	\$100.80/12 sess	00437301
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UKULELE - KEEP GOING

Sep 10 - Dec 10	Wed	1:00pm - 2:15pm	\$100.80/12 sess	00437303
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UKULELE - SKILL BUILDING - 12 TONES AND CHROMATIC TUNES

Oct 21 - Dec 9	Tue	11:00am - 12:15pm	\$55.00/7 sess	00438527
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UKULELE - SKILL BUILDING - CHORD MELODY

Oct 21 - Dec 9	Tue	1:00pm - 2:15pm	\$55.00/7 sess	00438529
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UKULELE - SKILL BUILDING - PLAY IT BY EAR

Sep 9 - Oct 14	Tue	1:00pm - 2:15pm	\$42.00/5 sess	00437299
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UKULELE ENSEMBLE OPEN HOUSE

Sep 19	Fri	1:30pm - 2:30pm	FREE/1 sess	00357890
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ARTS - VISUAL

ACRYLIC PAINTING - ALL LEVELS

Sep 8 - Nov 10	Mon	12:30pm - 2:30pm	\$121.00/9 sess	00436488
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CHINESE BRUSH PAINTING**

Sep 3 - Dec 17	Wed	10:30am - 12:30pm	\$205.45/16 sess	00436777
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CHINESE CALLIGRAPHY (CANTONESE, MANDARIN, ENGLISH) - INTERMEDIATE

Sep 2 - Dec 16	Tue	9:30am - 11:30am	\$188.10/14 sess	00436869
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CHINESE CALLIGRAPHY (CANTONESE, MANDARIN, ENGLISH) - ADVANCED

Sep 4 - Dec 11	Thu	9:30am - 11:30am	\$201.60/15 sess	00436872
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WATERCOLOUR PAINTING TECHNIQUES AND STYLES

Sep 10 - Nov 12	Wed	10:00am - 12:00pm	\$134.40/10 sess	00390451
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FITNESS

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

Sep 3 - Oct 1	Wed	1:30pm - 2:30pm	\$55.70/5 sess	00435792
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Sep 5 - Oct 3	Fri	12:30pm - 1:30pm	\$55.70/5 sess	00435794
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Sep 8 - Oct 6	Mon	11:30am - 12:30pm	\$55.70/5 sess	00435790
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Oct 8 - Nov 5	Wed	1:30pm - 2:30pm	\$55.70/5 sess	00435793
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Oct 10 - Nov 7	Fri	12:30pm - 1:30pm	\$55.70/5 sess	00435795
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Oct 20 - Nov 10	Mon	11:30am - 12:30pm	\$44.55/4 sess	00435791
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Nov 17 - Dec 15	Mon	2:45pm - 3:45pm	\$55.70/5 sess	00437701*
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Nov 19 - Dec 17	Wed	1:30pm - 2:30pm	\$55.70/5 sess	00437704*
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Nov 21 - Dec 19	Fri	12:30pm - 1:30pm	\$55.70/5 sess	00437699*
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***Denotes program is relocated**

- A.M.B.S is relocated to MA

MA

Steveston Martial Arts Centre

4251 Moncton Street

FITNESS

BETTER BACKS AND BALANCE - BEGINNER

Sep 2 - Oct 21	Tue	11:45am - 12:45pm	\$43.75/7 sess	00435798
Sep 6 - Oct 25	Sat	10:30am - 11:30am	\$50.00/8 sess	00435804
Oct 28 - Dec 16	Tue	11:45am - 12:45pm	\$43.75/7 sess	00435799
Nov 1 - Dec 20	Sat	10:30am - 11:30am	\$50.00/8 sess	00435805

CYCLE AND STRENGTH - SILVER

Sep 3 - Oct 1	Wed	9:00am - 10:00am	\$35.00/5 sess	00435786
Sep 8 - Oct 6	Mon	10:15am - 11:15am	\$35.00/5 sess	00435784
Oct 8 - Nov 5	Wed	9:00am - 10:00am	\$35.00/5 sess	00435787
Oct 20 - Nov 10	Mon	10:15am - 11:15am	\$28.00/4 sess	00435785

EXERCISES FOR THOSE WITH PARKINSON'S

Sep 4 - Oct 23	Thu	11:45am - 12:45pm	\$50.00/8 sess	00435802
Oct 30 - Dec 18	Thu	11:45am - 12:45pm	\$50.00/8 sess	00435803

LADIES WHO LIFT - BEGINNER

Sep 2 - Sep 23	Tue	12:30pm - 1:30pm	\$44.55/4 sess	00435806
Sep 3 - Oct 1	Wed	12:15pm - 1:15pm	\$55.70/5 sess	00435808
Oct 7 - Nov 4	Tue	12:30pm - 1:30pm	\$55.70/5 sess	00435807
Oct 8 - Nov 5	Wed	12:15pm - 1:15pm	\$55.70/5 sess	00435809

MINDS, MUSCLES AND MOBILITY

Sep 2 - Oct 21	Tue	10:30am - 11:30am	\$43.75/7 sess	00435796
Sep 4 - Oct 23	Thu	10:30am - 11:30am	\$50.00/8 sess	00435800
Oct 28 - Dec 16	Tue	10:30am - 11:30am	\$43.75/7 sess	00435797
Oct 30 - Dec 18	Thu	10:30am - 11:30am	\$50.00/8 sess	00435801

Taxes are added at the time of registration for Seniors programs.

FITNESS

ZUMBA® - GOLD - ALL LEVELS

Sep 3 - Oct 22	Wed	12:15pm - 1:15pm	\$56.00/8 sess	00435810
Oct 29 - Dec 17	Wed	12:15pm - 1:15pm	\$56.00/8 sess	00436113

HEALTH AND WELLNESS

GENKI WELLNESS PROGRAM (JAPANESE AND ENGLISH)**

Sep 8 - Dec 15	Mon	10:00am - 12:00pm	FREE/14 sess	00435960
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IKI IKI SOCIAL (JAPANESE AND ENGLISH)**

Sep 4 - Dec 18	Thu	12:30pm - 3:00pm	\$306.35/16 sess	00436094
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HOLISTIC HEALTH SERIES - THE CONNECTION BETWEEN DIABETES & DEMENTIA

Oct 27	Mon	1:30pm - 3:00pm	FREE/1 sess	00437294
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IT'S NOT RIGHT! - HOW TO SUPPORT OLDER, VULNERABLE AND AT-RISK ADULTS

Sep 9	Tue	10:00am - 11:30am	FREE/1 sess	00438143
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MARTIAL ARTS

TAI CHI - BEGINNER

Sep 4 - Dec 11	Thu	11:30am - 12:30pm	\$100.95/15 sess	00436115
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TAI CHI - ADVANCED

Sep 2 - Dec 16	Tue	11:30am - 12:30pm	\$94.20/14 sess	00437075
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TAI CHI - SWORD - BEGINNER

Sep 8 - Dec 15	Mon	10:00am - 11:00am	\$94.20/14 sess	00436074
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TAI CHI - SWORD - INTERMEDIATE

Sep 8 - Dec 15	Mon	11:15am - 12:15pm	\$94.20/14 sess	00436011
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****Extra program fee applies. Please inquire with front desk staff.**

EVENTS AND SEASONAL PROGRAMS

DIWALI LUNCHEON

Oct 20	Mon	3:00pm - 4:30pm	\$22.65/1 sess	00438457
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MONSTER MASH HALLOWEEN DANCE PARTY

Oct 30	Thu	1:00pm - 2:30pm	FREE/1 sess	00438462
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CHRISTMAS CELEBRATION

Dec 18	Thu	1:00pm - 3:00pm	\$22.65/1 sess	00437292
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UKULELE ENSEMBLE HOLIDAY CONCERT

Dec 19	Fri	1:30pm - 2:30pm	FREE/1 session	00438464
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OUT TRIPS AND TOURS

COMMODORE BOWLING AND BILLIARDS TRIP

Sep 18	Thu	12:30pm - 4:30pm	\$23.80/1 sess	00437796
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PUMPKIN PATCH BREWERY TRIP

Oct 23	Thu	1:00pm - 4:00pm	\$25.00/1 sess	00437790
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VANCOUVER AQUARIUM TRIP

Nov 24	Mon	10:00am - 2:00pm	\$32.50/1 sess	00437788
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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.

CLINIC DATES			
Sep 3	Oct 1	Nov 5	Dec 3

Contact Yathu Radhakrishnan, Seniors Coordinator at
Yathu.Radhakrishnan@richmond.ca or call 604-238-8084 for more information.

CLUBS AND GROUPS

Fri

1:00pm - 4:00pm

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

Mon & Thu

9:30am - 11:30am

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

Mon

1:00pm - 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.

Wed

12:30pm - 2:30pm

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

Fri

9:30am - 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.

Tue

12:30pm - 3:00pm

Join us to socialize and make new friends while signing solo or in a duet. All languages welcome.

CLUBS AND GROUPS

KNITTING AND CROCHETING SOCIAL Wed 10:00am - 12:00pm

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

LOW VISION SUPPORT GROUP 2nd Wed of mth 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.

TECH HELP 1 ON 1 (ENGLISH) Wed 1:00pm - 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.

UKULELE CIRCLE Fri 10:00am - 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 Fri 1:00pm - 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 \$19/year and the pass is valid for one year from the date of purchase. For further information, please contact Yathu Radhakrishnan, Seniors Coordinator at 604-238-8084 or by email at Yathu.Radhakrishnan@richmond.ca.