



55+ Programs | In-person and online

Summer 2024 | JUL-AUG
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 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

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 richmond.ca/reghelp.

✓ Your Course ID number

You can find this eight-digit number under the course description.
Jul 5 – Aug 23..... **00123456**

✓ 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.

In-person Programs

Arts—Dance

BALLET—BEGINNER

Learn basic ballet techniques that improve coordination, balance, musicality and fluidity of movement while also learning skills that are a complement to other sports and dance styles.

West Richmond Community Centre

Jul 3-Aug 7..... W..... 2:30-3:30pm..... \$38.05/6 sess . 00313644

BAROQUE DANCING—LEVEL 1 AND 2

Learn and enjoy this early form of dance that includes social, theatrical and elegant themes from the 17th and 18th centuries. Suitable for all levels.

West Richmond Community Centre

Jul 8-Jul 29..... M..... 2:30-3:45pm..... \$31.70/4 sess . 00316258

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. Suitable for all levels. Beginners welcome.

Minoru Centre for Active Living

Jul 2-Aug 13..... Tu..... 2:00-3:00pm..... \$31.70/5 sess . 00320122

DANCE AND MOTION

Get fit while having fun in these upbeat sessions 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

Jul 3-Aug 14..... W..... 11:45am-12:45pm..... \$31.70/5 sess . 00318857

DANCE MOVES

Enjoy a great workout with fun and easy-to-follow dance routines. Suitable for all fitness and experience levels.

Cambie Community Centre

Jul 8-Aug 19..... M..... 10:00-11:00am..... \$38.05/6 sess . 00310259

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.

Minoru Centre for Active Living

Jul 5-Aug 30..... F 10:00-11:00am..... \$57.05/9 sess . 00324536

Steveston Community Centre

Jul 12-Aug 30..... F 12:00-1:00pm..... \$50.70/8 sess . 00316652

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

Jul 12-Aug 30..... F 1:00-2:00pm..... \$50.70/8 sess . 00316653

LINE DANCING—BEGINNER

Practice the fun, easy to learn and basic moves that make up current line dancing today. No experience required.

City Centre Community Centre

Jul 10-Aug 21..... W..... 1:45-2:45pm..... \$44.40/7 sess . 00315610

Minoru Centre for Active Living

Jul 9-Aug 20..... Tu..... 2:00-3:00pm..... \$44.40/7 sess . 00318847

South Arm Community Centre

Jul 10-Aug 21..... W..... 3:30-4:30pm..... \$44.40/7 sess . 00315638

Steveston Community Centre

Jul 11-Aug 22..... Th 1:00-2:00pm..... \$44.40/7 sess . 00316617

LINE DANCING—BEGINNER—IMPROVER

Improve dance moves and learn more complex steps and patterns to Latin and Ballroom and country and popular music. Pre-requisite: Previous line dancing experience.

Steveston Community Centre

Jul 11-Aug 22..... Th 2:15-3:15pm..... \$44.40/7 sess . 00316625

LINE DANCING—INTERMEDIATE

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

Minoru Centre for Active Living

Jul 9-Aug 20..... Tu..... 3:15-4:15pm..... \$44.40/7 sess . 00318848

LINE DANCING—INTERNATIONAL—BEGINNER

Follow easy-to-learn steps for short dances set to popular music. Pre-requisite: Basic line dancing experience.

Minoru Centre for Active Living

Jul 6-Aug 24..... Sa 2:15-3:45pm..... \$66.55/7 sess . 00319601

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

Jul 3-Aug 28..... W..... 2:15-3:45pm..... \$76.10/8 sess . 00318861

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

Jul 6-Aug 24..... Sa 12:30-2:00pm..... \$66.55/7 sess .00319595

LINE DANCING—INTERNATIONAL— INTERMEDIATE/ADVANCED

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

Minoru Centre for Active Living

Jul 3-Aug 28..... W..... 12:30-2:00pm..... \$76.10/8 sess .00318860

LINE DANCING VARIETY—BEGINNER LEVEL 1 (CANTONESE AND MANDARIN)

Focus on the fundamental steps of line dancing 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

Jul 8-Aug 26..... M..... 10:45-11:45am..... \$44.40/7 sess .00318627

Jul 12-Aug 30..... F 10:45-11:45am..... \$50.70/8 sess .00319577

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

Jul 9-Aug 27..... Tu..... 9:45-10:45am..... \$50.70/8 sess .00318752

Jul 11-Aug 29..... Th 10:45-11:45am..... \$50.70/8 sess .00319355

LINE DANCING VARIETY—NEW BEGINNER (CANTONESE AND MANDARIN)

Focus on the fundamental steps of line dancing that is adaptable to country, ballroom, rock and roll, disco, Latin and pop music. Conducted in Cantonese and Mandarin. Suitable for new dancers. No experience required.

Minoru Centre for Active Living

Jul 8-Aug 26..... M..... 12:00-1:00pm..... \$44.40/7 sess .00318747

Jul 12-Aug 30..... F 9:30-10:30am..... \$50.70/8 sess .00319576

TAP DANCING—BEGINNER

Tap into some fun and get some great exercise at the same time. No experience required. Tap shoes required.

Minoru Centre for Active Living

Jul 4-Aug 15..... Th 3:00-4:00pm..... \$31.70/5 sess .00319363

TAP DANCING—INTERMEDIATE

Combine previously learned steps with new moves and choreography in these social sessions that also offer a fun workout. Tap shoes required. Pre-requisite: Beginner tap dancing experience.

Minoru Centre for Active Living

Jul 3-Aug 14..... W..... 10:00-11:30am..... \$47.55/5 sess .00318855

SOCIAL SPANISH FIESTA DANCING WORKSHOP

Practice traditional Spanish dance moves and rhythms that include the cha cha, salsa, bachata and more while socializing and celebrating the Spanish culture.

Minoru Centre for Active Living

Jul 26-Aug 9..... F 10:45am-12:15pm..... \$28.55/3 sess .00316815

ULTIMATE BALLROOM DANCING

Experience this beautiful form of dance, learn a new style every month and enjoy the many health benefits these sessions offer. Instructed by two professional and award-winning dancers.

Cambie Community Centre

Jul 5-Aug 30..... F 6:30-7:30pm..... \$90.00/9 sess .00323424

Arts—Music

DRUMMING RHYTHMS FROM AROUND THE WORLD

Venture through global rhythms, including Brazilian and African, while learning patterns and tunes on the Djembe drum. Drum required at each session or available for use if required.

West Richmond Community Centre

TRY-IT Jul 11..... Th 6:30-8:00pm..... Free/1 sess..... 00313653

Aug 8-Aug 29..... Th 6:30-8:00pm..... \$38.05/4 sess .00313650

GUITAR GROUP LESSONS—BEGINNER

Learn the basic fundamentals of guitar chords, tabs, basic fretting and strumming technique while having fun. No experience required. Guitar required at each session.

Minoru Centre for Active Living

Jul 5-Aug 23..... F 1:00-2:00pm..... \$50.70/8 sess .00317034

INTRODUCTION TO PIANO— INTERGENERATIONAL

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 richmond.ca/subsidy.

City Centre Community Centre

Jul 7-Sep 1	Su	10:00-10:45am	\$64.35/9 sess .00313278
Jul 7-Sep 1	Su	11:00-11:45am	\$64.35/9 sess .00313280
Jul 7-Sep 1	Su	11:00-11:45am	\$64.35/9 sess .00313286
Jul 7-Sep 1	Su	12:00-12:45pm	\$64.35/9 sess .00313288
Jul 7-Sep 1	Su	1:00-1:45pm	\$64.35/9 sess .00313559
Jul 7-Sep 1	Su	2:00-2:45pm	\$64.35/9 sess .00313560
Jul 7-Sep 1	Su	1:00-1:45pm	\$64.35/9 sess .00313561
Jul 7-Sep 1	Su	2:00-2:45pm	\$64.35/9 sess .00313562
Jul 8-Aug 26	M	4:30-5:15pm	\$50.05/7 sess .00313568
Jul 8-Aug 26	M	5:30-6:15pm	\$50.05/7 sess .00313571
Jul 8-Aug 26	M	4:30-5:15pm	\$50.05/7 sess .00313580
Jul 8-Aug 26	M	5:30-6:15pm	\$50.05/7 sess .00313583
Jul 10-Aug 28	W	4:15-5:00pm	\$57.20/8 sess .00313597
Jul 10-Aug 28	W	5:15-6:00pm	\$57.20/8 sess .00313611
Jul 10-Aug 28	W	4:30-5:15pm	\$57.20/8 sess .00313625
Jul 10-Aug 28	W	5:30-6:15pm	\$57.20/8 sess .00313628
Jul 12-Aug 30	F	4:00-4:45pm	\$57.20/8 sess .00313637
Jul 12-Aug 30	F	5:00-5:45pm	\$57.20/8 sess .00313642
Jul 12-Aug 30	F	4:30-5:15pm	\$57.20/8 sess .00313649
Jul 12-Aug 30	F	5:30-6:15pm	\$57.20/8 sess .00313651
Jul 13-Aug 31	Sa	10:00-10:45am	\$57.20/8 sess .00313659
Jul 13-Aug 31	Sa	11:00-11:45am	\$57.20/8 sess .00313663
Jul 13-Aug 31	Sa	11:00-11:45am	\$57.20/8 sess .00313668
Jul 13-Aug 31	Sa	12:00-12:45pm	\$57.20/8 sess .00313671
Jul 13-Aug 31	Sa	2:00-2:45pm	\$57.20/8 sess .00313677
Jul 13-Aug 31	Sa	3:00-3:45pm	\$57.20/8 sess .00313678

SINGING—BEGINNER

Sing in these group sessions while learning basic knowledge of sheet music, note values, major and minor chords, scales and keys. No experience required.

Minoru Centre for Active Living

Jul 5-Aug 23	F	2:15-3:15pm	\$50.70/8 sess .00317038
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TAIKO DRUMMING— INTERGENERATIONAL—ALL LEVELS

Play Japanese percussion with younger family or friends. Beginners learn new skills and experienced participants learn new routines.

South Arm Community Centre

Jul 8-Jul 29	M	5:30-6:30pm	\$31.70/5 sess .00319345
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UKULELE—BEGINNER—55+

Play this easy-to-learn instrument for fun and to increase cognitive abilities. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library.

Minoru Centre for Active Living

Jul 20	Sa	10:00am-12:00pm	\$14.70/1 sess .00323070
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UKULELE—INTERMEDIATE—55+

Learn more skills and pieces to play on this fun instrument. Pre-requisite: Ukulele—Beginner. Ukulele required at each class.

Aug 17	Sa	10:00am-12:00pm	\$14.70/1 sess .00323071
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UKULELE ENSEMBLE WORKSHOP FOR BEGINNERS

Discover the enjoyment of playing multipart instrumental arrangements with others in a relaxed and fun environment. Pre-requisite: Must be able to read musical notation, be familiar with tablature and understand basic rhythm and note values.

Steveston Community Centre

Aug 27	Tu	2:30-4:00pm	\$9.50/1 sess ...00319722
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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 Aug 27	Tu	1:00-2:00pm	Free/1 sess.....00319720
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UKULELE FINGERSTYLE WORKSHOP

Combine thumb, finger picking and strumming to play melodies and have fun connecting with others through music. Pre-requisites: Confident beginners or completion of an Advanced Beginner course. Registration required.

Steveston Community Centre

Aug 12-Aug 26	M	2:30-3:30pm	\$19.00/3 sess .00319500
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UKULELE FLATPICKING WORKSHOP

Discover how using a pick enhances skills and produces a different sound offering a fun learning experience and opportunity to connect in a different way with others. Flatpick provided. Pre-requisite: Completion of an Intermediate or Advanced Beginner course. Registration required.

Steveston Community Centre

Aug 12-Aug 26	M	1:00-2:00pm	\$19.00/3 sess .00319479
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Arts—Visual

ACRYLIC PAINTING

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

Minoru Centre for Active Living

Aug 7-Aug 28..... W..... 12:30-2:30pm..... \$50.70/4 sess .00318851

Steveston Community Centre

Jul 8-Jul 29..... M..... 1:00-3:30pm..... \$63.40/4 sess .00316799

Aug 12-Aug 26..... M..... 1:00-3:30pm..... \$47.55/3 sess .00316801

ARTFUL AGING SERIES

IMPRINTING FLORAL JEWELLERY TRAY

Explore the creative techniques of imprinting delicate flower and leaves onto clay to make a jewelry tray. A \$10 non-refundable supplies fee is charged when registering.

City Centre Community Centre

Aug 17-Aug 24..... Sa 10:30am-12:00pm..... \$19.00/2 sess .00319712

JUTE TWINE BASKET

Express creativity and learn how to use this common material to make a basket to take home. A \$10 non-refundable supplies fee is charged when registering.

City Centre Community Centre

Jul 27 Sa 10:30am-12:00pm..... \$9.50/1 sess ... 00320116

PIPE CLEANER SUNFLOWER WORKSHOP

Learn how to use simple pipe cleaners to make a creative plant decoration. A \$10 non-refundable supplies fee charged when registering.

City Centre Community Centre

Jul 13 Sa 10:30am-12:00pm..... \$9.50/1 sess ... 00319719

ARTISTIC ASYMMETRIC FLORAL DESIGN WORKSHOP

Learn to create captivating floral arrangements that spark visual interest and embrace asymmetry as a guiding principle. A \$15 non-refundable supplies fee charged when registering. No refunds within 7 days of workshop.

Minoru Centre for Active Living

Jul 5 F 11:00am-12:30pm..... \$9.50/1 sess ... 00317393

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 Cantonese and Mandarin. Supplies not included.

Steveston Community Centre

Jul 9-Aug 27..... Tu..... 9:30-11:30am..... \$101.45/8 sess00316658

Jul 11-Aug 29..... Th 9:30-11:30am..... \$101.45/8 sess00316684

D.I.Y. (DO-IT-YOURSELF) MULTI-STRANDS NECKLACE WORKSHOP

Learn the techniques and design principles to create this type of unique necklace that requires strand placement and spacing. A \$5 non-refundable supplies fee charged when registering. No refunds within 7 days of workshop.

Minoru Centre for Active Living

Aug 16 F 11:00am-12:30pm..... \$9.50/1 sess ... 00318759

D.I.Y. (DO-IT-YOURSELF) REAL GEMSTONES CHARM BRACELET WORKSHOP

Design and assemble captivating and stylish bracelets using an assortment of authentic gemstones. A \$5 non-refundable supplies fee charged when registering. No refunds within 7 days of workshop.

Minoru Centre for Active Living

Jul 12 F 11:00am-12:30pm..... \$9.50/1 sess ... 00318659

D.I.Y. (DO-IT-YOURSELF) SWAROVSKI CRYSTALS AND PEARL EARRING WORKSHOP

Make elegant earrings to wear in this creative and hands-on session that combines sparkly and classic beads. A \$5 non-refundable supplies fee charged when registering. No refunds within 7 days of workshop.

Minoru Centre for Active Living

Jul 26 F 11:00am-12:30pm..... \$9.50/1 sess ... 00318667

DRAWING—BASICS

Capture on paper simple objects, images and still lifes while learning basic concepts and techniques to eventually progress to drawing from imagination with improved understanding and confidence.

Minoru Centre for Active Living

Aug 12-Aug 26..... M..... 12:30-2:30pm..... \$38.05/3 sess .00318598

FLORAL RING ARRANGEMENTS WORKSHOP

Explore techniques to construct these items using a variety of real and artificial floral blooms, foliage and decorative elements to complement any home decor. A \$15 non-refundable supplies fee charged when registering. No refunds within 7 days of workshop.

Minoru Centre for Active Living

Aug 9 F 11:00am-12:30pm..... \$9.50/1 sess ... 00317400

PAINT AND SIP

Make unique pieces and designs to take home, gain social connections and build confidence while exploring this tactile and creative outlet. Tea or coffee included. A \$5 non-refundable supplies fee charged when registering.

West Richmond Community Centre

Jul 16 Tu..... 6:30-8:00pm..... \$9.50/1 sess ... 00313632

Aug 12 M..... 6:30-8:00pm..... \$9.50/1 sess ... 00313635

PAINT NIGHT

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

Cambie Community Centre

Jul 25 Th 6:30-8:30pm..... \$35.00/1 sess . 00319025

PAINT, SIP AND SNACK

Learn to recreate a painting through step-by-step instructions while enjoying a glass of wine (non-alcoholic option available) and a charcuterie box with cheese, meat and fruit. A \$22 non-refundable supplies fee charged when registering.

Minoru Centre for Active Living

Jul 18 Th 6:00-7:30pm..... \$9.50/1 sess ... 00318414

Aug 15 Th 6:00-7:30pm..... \$9.50/1 sess ... 00318419

PALM WEAVING FLORAL ARRANGEMENTS WORKSHOP

Discover this ancient art making intricate patterns using palm leaves combined with contemporary floral design. A \$15 non-refundable supplies fee charged when registering. No refunds within 7 days of workshop.

Minoru Centre for Active Living

Jul 19 F 11:00am-12:30pm..... \$9.50/1 sess ... 00317397

RENAISSANCE STYLE FLORAL ARRANGEMENTS WORKSHOP

Journey back in time as the inspiration to create exquisite arrangements using florals and fruits. A \$15 non-refundable supplies fee charged when registering. No refunds within 7 days of workshop.

Minoru Centre for Active Living

Aug 23 F 11:00am-12:30pm..... \$9.50/1 sess ... 00320989

TAKE HOME FLORAL ARRANGEMENT WORKSHOP—INTERGENERATIONAL

Design and make a unique flower arrangement in this fun, creative and social session designed for seniors and youth or children from the same household or friend circle. Instructed by an experienced florist. Supplies included.

South Arm Community Centre

Jul 3-Jul 24 W..... 5:00-6:30pm..... \$38.05/4 sess . 00317113

Aug 7-Aug 28 W..... 5:00-6:30pm..... \$38.05/4 sess . 00318314

VICTORIAN ART PAINTING—INTERGENERATIONAL

Bond with younger family members in this two-part instructor-led session that includes working separately on different parts of a painting to create one memorable piece. Supplies included.

South Arm Community Centre

Jul 16-Jul 18 Tu/W/Th 9:00-11:00am.....\$38.05/3 sess 00318330

Aug 13-Aug 15 Tu/W/Th 10:30am-12:30pm..\$38.05/3 sess 00317941

WATERCOLOUR PAINTING

Work on personal projects to further develop voice and style in these loosely structured, enriching and supportive studio sessions. Suitable for all levels. Supplies list provided.

Minoru Centre for Active Living

Aug 8-Aug 29..... Th 12:30-2:00pm..... \$38.05/4 sess . 00318862

Computers, Technology and Social Media

SMARTPHONES, TABLETS AND LAPTOPS—LEARN FROM A VOLUNTEER

Meet one-on-one and get help from a friendly and informative volunteer to learn how to use text messaging, email, camera, browsers, downloading and using apps and more. Bring questions. Personal device required at each session or iPad provided for use. Registration required.

West Richmond Community Centre

FREE Jul 10 W..... 10:00-10:30am..... Free/1 sess..... 00313569

FREE Jul 10 W..... 10:30-11:00am..... Free/1 sess..... 00313572

FREE Jul 10 W..... 11:00-11:30am..... Free/1 sess..... 00313574

FREE Aug 21 W..... 10:00-10:30am..... Free/1 sess..... 00313577

FREE Aug 21 W..... 10:30-11:00am..... Free/1 sess..... 00313578

FREE Aug 21 W..... 11:00-11:30am..... Free/1 sess..... 00313579

TECHNOLOGY THROUGH THE TIMES WORKSHOP—INTERGENERATIONAL

Explore how to use digital devices, build intergenerational friendships and create unique digital projects on a variety of mediums at the Richmond Media Lab. Home or high school pick up and drop off transportation available. Refreshments included. Registration required.

Richmond Cultural Centre Annex

FREE Jul 11-Jul 18 Th.. 2:00-3:30pm..... Free/2 sess..... 00321163

FREE Jul 25-Aug 1 Th.. 2:00-3:30pm..... Free/2 sess..... 00322319

FREE Aug 8-Aug 15 Th.. 2:00-3:30pm..... Free/2 sess..... 00322323

FREE Aug 22-Aug 29 .. Th.. 2:00-3:30pm..... Free/2 sess..... 00322328

Cooking

DINING THROUGH THE DECADES— INTERGENERATIONAL

Learn basic cooking skills and build intergenerational friendships watching step-by-step tutorials on how to make healthy recipes. Round trip transportation and light refreshments included. Registration required.

Minoru Centre for Active Living

FREE Jul 31 W..... 3:30-5:00pm..... Free/1 sess..... 00313317

FREE Aug 28 W..... 3:30-5:00pm..... Free/1 sess..... 00313318

FOOD SKILLS FOR FAMILIES— SENIORS EDITION

Gain hands-on cooking experience and adapt simple and delicious recipes to make at home. Presented by the BC Centre for Disease Control. Registration required.

Cambie Community Centre

FREE Jul 11-Aug 15 Th 11:00am-2:00pm..... Free/6 sess..... 00311021

South Arm Community Centre

FREE Jul 2-Aug 6.... Tu..... 10:00am-1:00pm..... Free/6 sess..... 00317072

JAPANESE COOKING

Learn to make simple items that may include sushi rolls, teriyaki chicken or other traditional Japanese specialties in this hands-on session that also focuses on basic cooking skills.

Steveston Community Centre

Jul 18 Th 10:00-11:30am..... \$22.70/1 sess . 00320242

Aug 15 Th 10:00-11:30am..... \$22.70/1 sess . 00320244

MASON JAR OVERNIGHT OATS WORKSHOP

Learn to prepare and assemble these make-ahead breakfasts for a nutritious start to the day. Multiple variations with different ingredients are prepared. Supplies included.

Minoru Centre for Active Living

Jul 10 W..... 2:30-4:00pm..... \$22.70/1 sess . 00321902

MASON JAR SALADS AND SALAD DRESSING WORKSHOP

Learn to prepare and assemble these popular meals or sides and homemade dressing for simple and healthy meals at home. Supplies included.

Minoru Centre for Active Living

Jul 24 W..... 2:30-4:00pm..... \$22.70/1 sess . 00317401

MASON JAR SNACK JARS AND CHIA SEED PUDDING WORKSHOP

Learn to prepare hummus and assemble make-ahead snack jars, including chia seed pudding for a delicious and healthy snack. Supplies included.

Minoru Centre for Active Living

Aug 28 W..... 2:30-4:00pm..... \$22.70/1 sess . 00317391

Events and Seasonal Programs

JULY

MEET, GREET AND CYCLE

Connect with fellow enthusiasts for a leisurely 20 km ride on some of Richmond's bike-friendly routes. Meet Richmond Bicycle Club members for ride information and enjoy provided refreshments. Bike and helmet required.

Thompson Community Centre

Jul 4 Th 10:30am-1:00pm..... \$4.25/1 sess ... 00320106

MINORU ANNUAL BBQ

Celebrate summer while socializing with friends at this Minoru tradition that includes a delicious BBQ meal and refreshments. No refunds within 7 days of event.

Minoru Centre for Active Living

July 16..... Tu..... 4:00-6:00pm..... \$20.00/1 sess . 00317479

PUZZLE SWAP

Swap, purchase and share new and used jigsaw puzzles with fellow enthusiasts. Registration required.

Minoru Centre for Active Living

FREE Jul 20 Sa 1:30-2:30pm..... Free/1 sess..... 00316072

BARBEQUE

Socialize and enjoy a tasty BBQ meal, a refreshing drink and a sunny patio.

Steveston Community Centre

Jul 24 W..... 12:30-2:00pm..... \$11.25/1 sess . 00319863

BIRTHDAY PARTY SOCIAL—55+

Celebrate with others born in the same month enjoying a birthday treat and coffee or tea together. Those wanting to celebrate that aren't born in the same month are welcome. Registration required.

Minoru Centre for Active Living

Jul 31 W..... 2:30-3:30pm..... \$5.50/1 sess ... 00324265

AUGUST

CHEF'S DINNER—HAWAIIAN LUAU

Enjoy a decadent three-course dining experience created by the chef from Minoru Centre for Active Living. No refunds within 7 days of event.

Minoru Centre for Active Living

Aug 20 Tu..... 5:00-7:30pm..... \$32.00/1 sess .00317472

BARBEQUE

Socialize and enjoy a tasty BBQ meal, a refreshing drink and a sunny patio.

Steveston Community Centre

Aug 21 W..... 12:30-2:00pm..... \$11.25/1 sess .00319866

BIRTHDAY PARTY SOCIAL—55+

Celebrate with others born in the same month enjoying a birthday treat and coffee or tea together. Those wanting to celebrate that aren't born in the same month are welcome. Registration required.

Minoru Centre for Active Living

Aug 21 W..... 2:30-3:30pm..... \$5.50/1 sess ... 00324267

Fitness

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.

Steveston Community Centre

Jul 8-Jul 29 M..... 11:30am-12:30pm..... \$39.00/4 sess .00314552

Aug 12-Aug 26 M..... 11:30am-12:30pm..... \$29.25/3 sess .00314553

Jul 5-Jul 26 F 12:30-1:30pm..... \$39.00/4 sess .00314554

Aug 2-Aug 30 F 12:30-1:30pm..... \$48.75/5 sess .00314555

BETTER BACKS AND BALANCE—BEGINNER

Learn ways to strengthen the midsection and lower back to improve balance. Suitable for older adults and those living with osteoporosis.

Steveston Community Centre

Jul 9-Jul 30 Tu..... 11:45am-12:45pm..... \$21.85/4 sess .00314525

Aug 6-Aug 27 Tu..... 11:45am-12:45pm..... \$21.85/4 sess .00314530

Thompson Community Centre

Jul 8-Aug 26 M..... 1:15-2:15pm..... \$38.30/7 sess .00315224

CHAIR DANCE AND TONE

Move to rhythmic dance sequences and tone the body while seated for a fun and balanced workout. Suitable for those with mobility challenges.

Minoru Centre for Active Living

Jul 11-Aug 29 Th 12:30-1:30pm..... \$43.75/8 sess .00321569

CHAIR FITNESS

Manage chronic conditions and pain more effectively with simple exercises in these basic fitness sessions. Suitable for older adults and those with physical limitations.

Minoru Centre for Active Living

Jul 11-Aug 29 Th 12:00-1:00pm..... \$43.75/8 sess .00321522

CHAIR FITNESS (CANTONESE AND ENGLISH)

Conducted in Cantonese and English.

Minoru Centre for Active Living

Jul 3-Aug 28 W..... 11:30am-12:30pm..... \$38.30/7 sess .00321516

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

Jul 9-Aug 27 Tu..... 9:15-10:15am..... \$53.30/8 sess .00321572

CYCLE AND STRENGTH

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.

CYCLE AND STRENGTH—SILVER

Suitable for beginners 55+ years.

West Richmond Community Centre

Jul 2-Jul 30 Tu..... 11:45am-12:45pm..... \$33.00/5 sess .00312212

Jul 4-Aug 1 Th 11:45am-12:45pm..... \$33.00/5 sess .00312213

CYCLE AND STRENGTH—GOLD

Suitable for beginners 75+ years.

West Richmond Community Centre

Jul 8-Jul 29 M..... 1:00-2:00pm..... \$26.40/4 sess .00312211

CYCLE FIT EXPRESS

Improve cardio and muscle endurance to build power with moderate to low intensity cycling drills. Suitable for beginners.

West Richmond Community Centre

Jul 5-Jul 26 F 1:15-1:45pm..... \$13.30/4 sess .00312215

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

Jul 9-Aug 27 Tu..... 12:45-1:45pm..... \$43.75/8 sess .00321547

Steveston Community Centre

Jul 4-Jul 25 Th 11:45am-12:45pm..... \$21.90/4 sess .00314546

Aug 1-Aug 29 Th 11:45am-12:45pm..... \$27.35/5 sess .00314551

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

Jul 11-Aug 29..... Th 9:15-10:15am..... \$43.75/8 sess . 00321561

JOINT MOVES

Increase range of motion, strength and flexibility and learn ways to minimize stiffness and pain. Suitable for older adults and those with arthritis.

Minoru Centre for Active Living

Jul 11-Aug 29..... Th 10:30-11:30am..... \$43.75/8 sess . 00321518

Jul 9-Aug 27..... Tu..... 10:30-11:30am..... \$43.75/8 sess . 00321533

LADIES WHO LIFT

Develop 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.

Thompson Community Centre

Jul 4-Jul 25..... Th 1:00-2:00pm..... \$39.00/4 sess . 00315229

Aug 8-Aug 29..... Th 1:00-2:00pm..... \$39.00/4 sess . 00315232

West Richmond Community Centre

Jul 15-Aug 19..... M..... 10:45-11:45am..... \$48.75/5 sess . 00312210

MIND 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

Jul 3-Jul 24..... W..... 1:00-2:00pm..... \$26.40/4 sess . 00312207

MINDS IN MOTION

Enjoy light exercise conducted by a certified fitness instructor, followed by activities or games and social time in a relaxed atmosphere. Designed for people living with early-stage memory loss due to Alzheimer's disease and other dementias and a friend, family member or care partner. Light refreshments provided. PAR-Q+ form must be completed at the start of the program. One person with dementia and one care partner covered in price.

MINDS IN MOTION

South Arm Community Centre

Jul 11-Aug 29..... Th 1:30-3:00pm..... \$45.20/8 sess . 00318407

MINDS IN MOTION (CANTONESE)

Cambie Community Centre

Jul 3-Aug 28..... W..... 1:30-3:30pm..... \$50.85/9 sess . 00310084

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

Jul 4-Jul 25..... Th 10:30-11:30am..... \$21.90/4 sess . 00314541

Jul 9-Jul 30..... Tu..... 10:30-11:30am..... \$21.90/4 sess . 00314522

Aug 1-Aug 29..... Th 10:30-11:30am..... \$27.35/5 sess . 00314544

Aug 6-Aug 27..... Tu..... 10:30-11:30am..... \$21.90/4 sess . 00314523

RESTORATIVE YOGA

Experience a more relaxed body and mind in this gentle class of supported postures that decrease stress and help with post rehabilitation issues.

West Richmond Community Centre

Jul 16-Aug 20..... Tu..... 2:00-3:00pm..... \$40.00/6 sess . 00312214

SILVER CYCLE

Combine 30 minutes of basic spin drills and 15 minutes of upper body strength and stretching exercises. Designed specifically for 55+ years. Suitable for beginners.

Steveston Community Centre

Jul 10-Jul 31..... W..... 9:00-9:45am..... \$26.40/4 sess . 00314533

Aug 7-Aug 28..... W..... 9:00-9:45am..... \$26.40/4 sess . 00314536

STAY STRONG

Exercise safely with gentle movements that focus on increasing range of motion, strength, balance and agility to better manage daily activities.

Hamilton Community Centre

Jul 10-Aug 21..... W..... 10:15-11:15am..... \$38.30/7 sess . 00318998

Minoru Centre for Active Living

Jul 3-Aug 28..... W..... 10:15-11:15am..... \$38.30/7 sess . 00321513

Jul 8-Aug 26..... M..... 10:15-11:15am..... \$38.30/7 sess . 00321539

Thompson Community Centre

Jul 5-Aug 23..... F 10:30-11:30am..... \$43.75/8 sess . 00315235

WOMEN ON WEIGHTS

Build confidence, strength and knowledge in this small group program designed for women. Focus on developing strength and toning muscles using machines, free weights and other fitness equipment in a supportive setting led by a personal trainer.

Minoru Centre for Active Living

Jul 2-Jul 23..... Tu..... 2:15-3:15pm..... \$39.00/4 sess . 00316421

Jul 3-Jul 24..... W..... 1:00-2:00pm..... \$39.00/4 sess . 00316424

Aug 6-Aug 27..... Tu..... 2:15-3:15pm..... \$39.00/4 sess . 00316423

Aug 7-Aug 28..... W..... 1:00-2:00pm..... \$39.00/4 sess . 00316427

ZUMBA®—GOLD

Move gently 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®. Suitable for all fitness levels.

Minoru Centre for Active Living

Jul 12-Aug 30..... F..... 12:30-1:30pm..... \$52.80/8 sess .00321564
Jul 9-Aug 27..... Tu..... 12:30-1:30pm..... \$52.80/8 sess .00321566

South Arm Community Centre

Aug 2-Aug 23..... F..... 10:30-11:30am..... \$26.40/4 sess .00317142
Jul 5-Jul 26..... F..... 10:30-11:30am..... \$26.40/4 sess .00317145

Steveston Community Centre

Jul 10-Jul 31..... W..... 12:30-1:30pm..... \$26.40/4 sess .00314556
Aug 7-Aug 28..... W..... 12:30-1:30pm..... \$26.40/4 sess .00314557

Thompson Community Centre

Jul 9-Aug 20..... Tu..... 10:30-11:30am..... \$46.20/7 sess .00315244

West Richmond Community Centre

Jul 9-Aug 13..... Tu..... 1:00-2:00pm..... \$39.60/6 sess .00313251

Gardening**SHARING FARM SOCIAL AT TERRA NOVA**

Engage with community members and farm staff while spending time outdoors prepping garlic for the annual Richmond Garlic Fest. Other tasks might include harvesting or processing vegetables for the local food bank and braiding garlic. Suitable for all gardening skill levels. Light refreshments and transportation included. Registration required.

Minoru Centre for Active Living

FREE Jul 17..... W..... 9:30am-1:30pm..... Free/1 sess..... 00317161
FREE Jul 24..... W..... 9:30am-1:30pm..... Free/1 sess..... 00317162
FREE Jul 31..... W..... 9:30am-1:30pm..... Free/1 sess..... 00319032
FREE Aug 7..... W..... 9:30am-1:30pm..... Free/1 sess..... 00319037

General Interest**BEHIND THE WHEEL—
NAVIGATING ROAD SAFETY**

Learn tips to help support older drivers understand how to do a self-assessment, navigate driver's fitness test and stay safe. Presented by the Insurance Corporation of BC (ICBC). Registration required.

Minoru Centre for Active Living

FREE Jul 25..... Th..... 2:30-4:00pm..... Free/1 sess..... 00315550

BRIDGE—LEVEL 1—BEGINNER

Learn the basics of this very popular, classic and group card game that offers a wonderful social opportunity. No experience required.

Minoru Centre for Active Living

Jul 8-Aug 26..... M..... 2:30-4:00pm..... \$57.85/7 sess .00318599

BRIDGE—LEVEL 2—BEGINNER

Build on the basics of Contract Bridge, learn techniques for playing with partners and gain confidence through hands-on experience. Pre-requisite: Bridge—Level 1—Beginner or previous Bridge experience.

Minoru Centre for Active Living

Jul 8-Aug 26..... M..... 12:45-2:15pm..... \$57.85/7 sess .00318597

**COFFEE AND CHAT FOR THOSE LIVING
WITH DEMENTIA (CANTONESE)**

Enjoy the company of others while socializing and sharing. Suitable for those living with early symptoms of dementia. Presented by the Alzheimer Society of BC. Conducted in Cantonese. Registration required.

Minoru Centre for Active Living

FREE Jul 9-Aug 27.. Tu..... 1:30-3:00pm..... Free/8 sess..... 00315681

DUNGEONS AND DRAGONS®

Explore a new imaginary world, create and role play unique characters and work collaboratively as a team to solve unique puzzles during progressive game play in this popular table top game. Character sheets, dice and map included.

Minoru Centre for Active Living

Jul 14-Aug 25..... Su..... 1:30-3:00pm..... \$57.85/7 sess .00321453

**LUNCH AND LEARN—NATURE
WALK AND PICNIC**

Join in this walk from Minoru Centre for Active Living to a quiet spot in Minoru Park to enjoy lunch. Take part in hands-on activities and learn fun facts about the park, plants and animals. A \$10 picnic lunch fee charged when registering.

Minoru Centre for Active Living

Jul 9..... Tu..... 11:00am-1:00pm..... \$11.70/1 sess .00321860
Jul 30..... Tu..... 12:00-2:00pm..... \$11.70/1 sess .00321865
Aug 20..... Tu..... 11:00am-1:00pm..... \$11.70/1 sess .00321878

**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

FREE Jul 17..... W..... 10:30-11:30am..... Free/1 sess..... 00317143
FREE Aug 21..... W..... 10:30-11:30am..... Free/1 sess..... 00317144

SENIORS MONTHLY SOCIAL SERIES—BBQ TIME

Enjoy meeting up with friends and making new ones at this monthly social that includes an educational workshop, art activity, entertainment and food. Meet community partners who provide senior support services. Transportation included.

South Arm Community Centre

FREE Aug 21 W..... 11:00am-2:30pm..... Free/1 sess..... 00317943

SENIORS MONTHLY SOCIAL SERIES—MAPLE LEAVES

Enjoy meeting up with friends and making new ones at this monthly social that includes an educational workshop, art activity, entertainment and food. Meet community partners who provide senior support services. Transportation included.

South Arm Community Centre

FREE Jul 17 W..... 10:00am-1:30pm..... Free/1 sess..... 00317110

SHOW AND TELL WITH RICHMOND PUBLIC LIBRARY WORKSHOP—CANTONESE

Discover and learn about the different programs and services that the library offers for seniors and explore different options that include audio-books, home services and the new book dispenser. Led by a Community Services Librarian. Registration required.

Hamilton Community Centre

FREE Jul 23 Tu..... 12:15-1:15pm..... Free/1 sess..... 00321202

Health and Wellness

ACTIVE LIVING WITH DIABETES SELF-MANAGEMENT PROGRAM (PUNJABI)

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. Conducted in Punjabi. Registration required.

Minoru Centre for Active Living

FREE Jul 16-Aug 20 Tu..... 9:30am-12:00pm..... Free/6 sess..... 00315595

BONE HEALTH 101

Cover what osteoporosis is, the risk factors, how to maintain healthy bones, fall prevention and the impact of nutrition and different types of physical activity. Presented by Osteoporosis Canada. Registration required.

Minoru Centre for Active Living

FREE Jul 4 Th 2:30-3:30pm..... Free/1 sess..... 00318750

CHOOSE, TRANSITION, ADAPT TO LONG TERM CARE FACILITIES WORKSHOP (MANDARIN)

Learn about different types of facilities, application procedures and choosing the best one. Presented by SUCCESS. Conducted in Mandarin. Registration required.

City Centre Community Centre

FREE Jul 9 Tu..... 10:00-11:30am..... Free/1 sess..... 00321007

D.I.Y. (DO-IT-YOURSELF) ESSENTIAL FRAGRANCE OIL WORKSHOP

Learn the benefits of and how to integrate different types of essential oils into a daily fragrance routine. A \$15 non-refundable supplies fee is charged when registering.

City Centre Community Centre

Jul 19 F 10:30-11:30am..... \$5.50/1 sess ... 00319721

D.I.Y. (DO-IT-YOURSELF) ESSENTIAL OIL REED DIFFUSER

Discover the secrets of combining different types of essential oils and how to create a harmonious reed diffuser. A \$15 non-refundable supplies fee charged when registering.

City Centre Community Centre

Aug 23 F 10:30-11:30am..... \$5.50/1 sess ... 00319723

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. Call 604-238-8399 to book a 30-minute appointment between 9:00am and 3:00pm.

Cambie Community Centre

Jul 22 M 9:00am-3:00pm (30 mins)... \$55.00/1 sess 00310138

Aug 19 M 9:00am-3:00pm (30 mins)... \$55.00/1 sess 00310139

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). Offered in partnership with Tonari Gumi. Conducted in Japanese and English. Registration required.

Steveston Community Centre

FREE Jul 8-Aug 26.. M..... 10:00am-12:00pm..... Free/7 sess..... 00316804

HEARING CLINICS

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

Minoru Centre for Active Living

FREE	Jul 22	M.....	2:00-2:20pm	Free/1	sess.....	00313654
FREE	Jul 22	M.....	2:20-2:40pm	Free/1	sess.....	00313656
FREE	Jul 22	M.....	2:40-3:00pm	Free/1	sess.....	00313657
FREE	Jul 22	M.....	3:00-3:20pm	Free/1	sess.....	00314594
FREE	Jul 22	M.....	3:20-3:40pm	Free/1	sess.....	00314595
FREE	Jul 22	M.....	3:40-4:00pm	Free/1	sess.....	00314596
FREE	Jul 22	M.....	4:00-4:20pm	Free/1	sess.....	00314598
FREE	Jul 22	M.....	4:20-4:40pm	Free/1	sess.....	00314619
FREE	Aug 26	M.....	2:00-2:20pm	Free/1	sess.....	00314622
FREE	Aug 26	M.....	2:40-3:00pm	Free/1	sess.....	00314625
FREE	Aug 26	M.....	3:00-3:20pm	Free/1	sess.....	00314638
FREE	Aug 26	M.....	3:20-3:40pm	Free/1	sess.....	00314639
FREE	Aug 26	M.....	3:40-4:00pm	Free/1	sess.....	00314641
FREE	Aug 26	M.....	4:00-4:20pm	Free/1	sess.....	00314642
FREE	Aug 26	M.....	4:20-4:40pm	Free/1	sess.....	00314643
FREE	Aug 26	M.....	2:20-2:40pm	Free/1	sess.....	00314644

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. Supplies and lunch included.

Steveston Community Centre

Jul 11-Aug 29 Th 12:30-3:00pm \$147.05/8 sess 00316802

IMMUNIZATION AND VACCINES

AWARENESS WORKSHOP (MANDARIN)

Learn about immunization and vaccine preventable diseases. Presented by SUCCESS. Conducted in Mandarin. Registration required.

City Centre Community Centre

FREE Aug 27 Tu 10:00-11:30am Free/1 sess 00321037

MANAGING STRESS, ANXIETY AND DEPRESSION WORKSHOP

Learn the causes and explore strategies to manage and reduce symptoms from these health issues and how to minimize the impact on daily and social life. Presented by Pathways Clubhouse. Registration required.

City Centre Community Centre

FREE Aug 14 W 2:30-3:30pm Free/1 sess 00319579

See the last page for information on the Richmond Wellness Clinics.

OSTEOARTHRITIS SERIES

INTRODUCTION TO MEDITATION

Learn basic meditation techniques to help manage pain in this entirely chair-based session. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

Steveston Community Centre

FREE Jul 17 W 1:00-2:00pm Free/1 sess 00319759

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.

Steveston Community Centre

FREE Jul 30 Tu 10:00am-12:00pm Free/1 sess 00319748

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.

Minoru Centre for Active Living

FREE Aug 8 Th 1:30-4:00pm Free/1 sess 00320066

OSTEOARTHRITIS OF THE SPINE

Learn strategies for managing this specific kind of osteoarthritis, including improving posture, joint protection, exercise and pain management. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

Steveston Community Centre

FREE Jul 8 M 10:00-11:30am Free/1 sess 00319764

SLEEP AND STRESS MANAGEMENT

Learn evidence-based strategies to effectively manage stress and sleep issues. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

Steveston Community Centre

FREE Jul 10 W 1:00-3:00pm Free/1 sess 00319755

TAKING CARE OF YOU—CAREGIVER RELIEF

Rest, refresh and reset in these sessions designed to bring caregivers together to provide some self-care and personal time with art and yoga lessons and coffee socials.

Minoru Centre for Active Living

FREE Jul 11-Aug 29 Th 2:10-2:50pm Free/8 sess 00317149

UNDERSTANDING ADDICTIONS

Break down stigmas, learn to understand addictions and explore prevention through the 5 Life Areas. Presented by a Prevention Specialist with Richmond Addictions Services Society. Registration required.

Minoru Centre for Active Living

FREE Jul 15 M 10:30am-12:00pm Free/1 sess 00317616

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.

WELLNESS CONNECTIONS

Minoru Centre for Active Living

Jul 25-Sep 12 Th 10:30am-1:30pm..... \$210.00/8 sess00318853

WELLNESS CONNECTIONS (CANTONESE AND MANDARIN)

Minoru Centre for Active Living

Jul 23-Sep 10 Tu..... 10:30am-1:30pm..... \$210.00/8 sess00318842

Languages

CONVERSATIONAL FRENCH

Build on current French skills through conversation, games and topical discussions. Instructed by a fluent French-speaking instructor. Pre-requisite: Some knowledge of French.

Minoru Centre for Active Living

Jul 9-Aug 27..... Tu..... 10:00-11:00am..... \$50.70/8 sess . 00316796

FRENCH—INTERMEDIATE

Build on current language skills through conversation, games and topical discussions. Instructed by a fluent French-speaking instructor. Pre-requisite: Beginner knowledge of French.

Minoru Centre for Active Living

Jul 9-Aug 27..... Tu..... 11:15am-12:15pm..... \$50.70/8 sess .00316656

CONVERSATIONAL SPANISH - LEVEL 1

Meet others and converse in these fun and interactive sessions. Pre-requisite: Minimum basic knowledge of Spanish.

Minoru Centre for Active Living

Jul 3-Aug28..... W..... 10:30am-12:00pm..... \$85.60/9 sess .00316699

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.

Minoru Centre for Active Living

Jul 3-Aug 28..... W..... 12:30-2:00pm..... \$85.60/9 sess .00316700

LEARN SPANISH THROUGH KARAOKE WORKSHOP

Learn some Spanish in a fun way by singing and developing an understanding of vocabulary, pronunciation, music, lyrics and rhythms.

Minoru Centre for Active Living

Jul 5-Jul 19..... F 10:30am-12:00pm..... \$28.55/3 sess .00316701

SPANISH—BEGINNER

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

Minoru Centre for Active Living

Jul 5-Aug 23..... F 12:30-2:00pm..... \$76.10/8 sess .00317032

SPANISH FOR TRAVELLERS WORKSHOP

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

Aug 16-Aug 30..... F 10:45am-12:15pm..... \$28.55/3 sess .00316819

Martial Arts

HEALTH QIGONG—TAI CHI STICK—INTERMEDIATE

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. Pre-requisite: Health Qigong—Yi Jin Jing—Beginner or instructor approval.

City Centre Community Centre

Jul 12-Aug 30..... F 10:00-11:00am..... \$50.40/8 sess .00320155

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. Ba Duan Jin and Wu Qin Xi included. Instructed by a certified Qigong instructor.

City Centre Community Centre

Jul 10-Aug 28..... W..... 9:15-10:15am..... \$50.40/8 sess .00316687

TAI CHI—24 FORM—INTERMEDIATE

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

City Centre Community Centre

Jul 8-Aug 26..... M..... 10:45-11:45am..... \$44.10/7 sess .00316679

Steveston Community Centre

Jul 9-Aug 27..... Tu..... 11:45am-12:45pm..... \$50.40/8 sess .00316784

TAI CHI—BEGINNER

Increase flexibility, relaxation and balance with this popular form of martial arts.

City Centre Community Centre

Jul 10-Aug 28..... W..... 11:45am-12:45pm..... \$50.40/8 sess . 00316693

Minoru Centre for Active Living

Jul 12-Aug 23..... F 11:15am-12:15pm..... \$44.10/7 sess . 00319575

Jul 6-Aug 24..... Sa 11:15am-12:15pm..... \$50.40/8 sess . 00319586

Steveston Community Centre

Jul 11-Aug 29..... Th 11:30am-12:30pm..... \$50.40/8 sess . 00316789

TAI CHI—ADVANCED

Experience improved balance, increased flexibility and relaxation with movements that includes Form 42. Pre-requisite: Tai Chi experience.

City Centre Community Centre

Jul 10-Aug 28..... W..... 10:30-11:30am..... \$50.40/8 sess . 00316689

Minoru Centre for Active Living

Jul 6-Aug 24..... Sa 10:00-11:00am..... \$50.40/8 sess . 00319582

Steveston Community Centre

Jul 8-Aug 19..... M..... 11:45am-12:45pm..... \$44.10/7 sess . 00316702

TAI CHI—FAN—BEGINNER

Practice this elegant and popular form of martial arts that also improves flexibility and balance. Fan provided for use during session.

City Centre Community Centre

Jul 8-Aug 26..... M..... 11:45am-12:45pm..... \$44.10/7 sess . 00316681

TAI CHI—SWORD—BEGINNER

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

City Centre Community Centre

Jul 12-Aug 30..... F 8:50-9:50am..... \$50.40/8 sess . 00316697

**TAI CHI—SWORD—YANG
STYLE—INTERMEDIATE**

Continue to work on core principles in these more advanced sword routine sessions that improve balance and proper breathing. Instructed by a qualified martial arts instructor. Pre-requisite: Tai Chi—Sword experience.

City Centre Community Centre

Jul 12-Aug 30..... F 11:15am-12:15pm..... \$50.40/8 sess . 00316698

WING CHUN—BEGINNER 1

Stimulate the senses of reaction, touch and feeling while learning the first form of this martial arts that utilizes soft technical skills through hand drill exercises. Sessions are non-contact, inclusive and offer a good workout that improves coordination and balance.

Minoru Centre for Active Living

Jul 10-Aug 28..... W..... 5:00-6:00pm..... \$50.40/8 sess . 00320222

Out Trips and Tours**JULY****SQUAMISH SEA TO SKY GONDOLA TRIP**

Take a thrilling and picturesque ride up the mountain before walking interpretive trails and dining at the Summit Lodge or having a picnic. Transportation and gondola admission included.

Thompson Community Centre

Jul 3 W..... 9:00am-5:15pm..... \$75.50/1 sess . 00311914

**REDISCOVER RICHMOND PARKS—
TRANQUIL TRAILS TRIP**

Embrace nature's tranquility, beauty and rejuvenating energy to nourish mind, body and soul at this special park. Led by a guide. Round trip transportation to Paulik Park and light refreshments included. Pick up from Minoru Centre for Active Living. Registration required.

Minoru Centre for Active Living

FREE Jul 4 Th 10:00am-12:00pm..... Free/1 sess..... 00313558

FREE Jul 4 Th 11:30am-1:30pm..... Free/1 sess..... 00313685

CARNAVAL DEL SOL TRIP

Be part of this Latin American festival in Vancouver celebrating this rich culture with live music, food, drinks, art, dance, sports and poetry. Transportation and admission included. No refunds within 7 days of trip.

Cambie Community Centre

Jul 6 Sa 12:00-4:00pm..... \$23.50/1 sess . 00314521

South Arm Community Centre

Jul 6 Sa 11:45am-4:15pm..... \$23.50/1 sess . 00318536

VANCOUVER GREEK SUMMER FEST TRIP

Experience this long running festival on Boundary Road with traditional Greek food and live entertainment. Transportation and admission included. Home drop off (\$3) available.

Minoru Centre for Active Living

Jul 7 Su 3:00-8:30pm..... \$24.95/1 sess . 00319300

BURNABY VILLAGE HERITAGE TRIP

Visit this historical village and farmhouse museum with traditional entertainment, demonstrations and exhibits from the early 1900s. Transportation only included. Free admission.

Steveston Community Centre

Jul 9 Tu..... 9:45am-2:30pm..... \$32.50/1 sess . 00316526

West Richmond Community Centre

Jul 9 Tu..... 9:30am-2:45pm..... \$32.50/1 sess . 00316528

WEST VANCOUVER TRESTLE BRIDGE TRIP

Embark on a scenic adventure to this north shore trestle bridge that offers panoramic city and mountain views followed by a leisurely forest walk exploring Whytecliff Park, a visit to the Cypress Mountain viewpoint and lunch at The Red Lion Bar and Grill. Transportation and admission included.

Thompson Community Centre

Jul 10 W..... 9:30am-4:30pm..... \$30.50/1 sess .00316567

BOUNDARY BAY AIR SHOW TRIP

Watch exciting aerobatic performances, visit displays and community booths and try delicious food from a variety of food vendors at this annual Delta event. Bring a folding chair. Transportation only included. Free admission.

Minoru Centre for Active Living

Jul 13 Sa 11:00am-4:30pm..... \$24.80/1 sess .00315434

Thompson Community Centre

Jul 13 Sa 11:00am-4:30pm..... \$24.80/1 sess .00311924

GROUSE MOUNTAIN TRIP

Travel to this North Shore mountain for an action-packed day that includes the Grouse Mountain skyride, Birds in Motion demonstrations, scenic chairlift ride, admission to Theatre in the Sky, visiting the Refuge for Endangered Wildlife and the Lumberjack Show. Walking some distances is required. Transportation, all activities and admissions included.

Thompson Community Centre

Jul 16 Tu..... 9:30am-5:00pm..... \$77.50/1 sess .00311915

IL POSTO LUNCH AND WESTHAM ISLAND FARM TRIP

Indulge in a delectable meal at this popular Ladner restaurant where the culinary expertise shines with rustic Italian cuisine followed by a charming farm tour at an island venue that offers fresh berries and local produce. Transportation only included.

Thompson Community Centre

Jul 18 Th 11:30am-4:00pm..... \$22.50/1 sess .00316554

BUBBLE TEA FESTIVAL TRIP

Sample assorted bubble teas, delicious Asian street food like fried Taiwanese chicken, BBQ eats, Indonesian cuisine and sushi tacos at this festival in Burnaby. View outdoor movies, stage performances, game booths, music and dances. Transportation and admission included.

Cambie Community Centre

Jul 20 Sa 11:30am-2:30pm..... \$28.50/1 sess .00296616

South Arm Community Centre

Jul 20 Sa 11:15am-2:45pm..... \$28.50/1 sess .00318522

CHEMAINUS MURALS AND DUNCAN RAPTORS TRIP

Discover artistry in this Vancouver Island town known for its vibrant outdoors murals followed by a journey to Duncan for an up-close encounter with majestic raptors. Enjoy educational flying demonstrations and hands-on experiences, fostering a deeper appreciation to these magnificent birds. Transportation, ferry and admission included. No refunds within 30 days of trip.

Thompson Community Centre

Jul 24 W..... 8:30am-8:15pm.....\$132.00 (55-64)/1 sess ... 00316561
\$115.00 (65+yrs)/1 sess

WESTMINSTER ABBEY AND LEPPS MARKET TRIP

Experience the beauty and serenity of this Mission destination with a guided tour by a resident Catholic Monk along with a lunch stop at a family-run farm market with locally sourced and gourmet pantry items. Transportation and tour admission included.

Cambie Community Centre

Jul 26 F 9:15am-3:15pm..... \$41.00/1 sess .00316034

South Arm Community Centre

Jul 26 F 9:00am-3:30pm..... \$41.00/1 sess .00315615

FORT LANGLEY MARKET TRIP

Shop for local farm produce and handmade artisan items at this unique farmers market located alongside the Fraser River. Transportation only included. Home drop off (\$3) available.

Minoru Centre for Active Living

Jul 27 Sa 9:30am-3:30pm..... \$24.00/1 sess .00313576

CRESCENT BEACH BIRDING WALK TRIP

Join this trip that includes a visit to Blackie Spit Park, considered one of Canada's best bird-watching areas, and a visit to Stuart Farm House that showcases the story of an early Surrey pioneer family that lived on the site from 1880 to 1944. Transportation only included.

Steveston Community Centre

Jul 31 W..... 9:45am-3:15pm..... \$34.00/1 sess .00319532

AUGUST

SANDCASTLE COMPETITION TRIP—PARKSVILLE

View the structures on a beautiful Parksville beach created from Master Sand Sculptors from all over the world followed by a visit to Coombs Market, well known for the goats on the roof. Transportation only included. No refunds within 30 days of trip.

Thompson Community Centre

Aug 8 Th..... 8:30am-8:15pm.....\$92.00 (55-64yrs)/1 sess .00315061
\$75.00 (65+yrs)/1 sess

REDISCOVER RICHMOND PARKS— FLUTTERING FLORAL ART TRIP

Weave blueberry twigs and incorporate leaves, twigs and flowers into a stunning butterfly art sculpture in this unique, hands-on artistic experience. Round trip transportation to Garden City Park, supplies and light refreshments included. Pick up from Minoru Centre for Active Living. Registration required.

Minoru Centre for Active Living

FREE Aug 10 Sa 9:30-11:30am..... Free/1 sess..... 00312884

FREE Aug 10 Sa 11:00am-1:00pm..... Free/1 sess..... 00313696

LADNER VILLAGE MARKET TRIP

Spend the afternoon outdoors at this buzzing market filled with fresh, locally-grown produce, handmade crafts and delicious food vendors. Transportation only included.

Thompson Community Centre

Aug 11 Su 11:00am-3:00pm..... \$20.50/1 sess .00315060

WHITE ROCK PIER AND DINNER TRIP

Walk, talk and take photos on the popular and scenic 470-metre-long pier and attached promenade followed by a delicious dinner at a local restaurant. Transportation only included.

Minoru Centre for Active Living

Aug 14 W..... 3:00-8:00pm..... \$23.50/1 sess .00318437

CIRCLE FARM TOUR—LANGLEY

Take some delicious tastes of farm-to-table edibles, sip the flavours of the valley and meet the fuzzy friends of the farms on this self-guided tour of Langley's cheese shops, farm markets and more. Transportation only included.

Cambie Community Centre

Aug 15 Th 9:15am-3:15pm..... \$35.00/1 sess .00315370

Thompson Community Centre

Aug 15 Th 9:00am-3:30pm..... \$35.00/1 sess .00315058

TANGLEBANK GARDENS AND BISTRO TRIP

Stroll through a peaceful garden, view enchanting plant displays and enjoy an onsite lunch at this charming West Abbotsford attraction. Transportation only included.

Steveston Community Centre

Aug 16 F 9:30am-3:30pm..... \$36.00/1 sess .00319546

ROCKY POINT PARK TRIP

Take in the picturesque Burrard Inlet from the Port Moody recreational pier followed by a picnic lunch or an easy walk along the Shoreline Trail. Transportation only included.

Thompson Community Centre

Aug 20 Tu..... 10:00am-3:00pm..... \$28.75/1 sess .00319807

RAPTORS RIDGE BIRDS OF PREY AND DINNER TRIP

Experience the rain forest and learn about these special birds from an environmental educator followed by a delicious dinner at a Maple Ridge restaurant. Transportation, admission and tour included.

Minoru Centre for Active Living

Aug 22 Th 2:30-8:30pm..... \$46.30/1 sess .00317403

BASEBALL AT NAT BAILEY STADIUM TRIP

Cheer on the Vancouver Canadians at this historical and picturesque outdoor stadium. Transportation and game admission included. No refunds within 30 days of trip.

Thompson Community Centre

Aug 23 F 11:45am-5:15pm..... \$45.00/1 sess .00312985

West Richmond Community Centre

Aug 23 F 12:00-5:30pm..... \$45.00/1 sess .00313047

CIRCLE FARM TOUR—ABBOTSFORD

Take in all the senses on this self-guided tour that showcases a farm fresh, honey sweet experience with local produce, seasonal berries, flavoured honey, gourmet ice cream and more. Transportation only included.

Cambie Community Centre

Aug 27 Tu..... 9:15am-3:45pm..... \$35.00/1 sess .00315490

South Arm Community Centre

Aug 27 Tu..... 9:00am-4:00pm..... \$35.00/1 sess .00318526

HARRISON SUNFLOWER FESTIVAL TRIP

Experience the beauty of Agassiz near Harrison Hot Springs, where sunflowers and summer blooms await. Wander through acres of picturesque landscapes, capture stunning photos and enjoy the festive atmosphere. Transportation and admission included.

Thompson Community Centre

Aug 27 Tu..... 9:30am-5:00pm..... \$38.50/1 sess .00316570

SASAMAT LAKE PICNIC TRIP

Escape to the mountains for a gentle naturalist-led hike around this Port Moody lake. Trip runs in all weather. Transportation only included.

Steveston Community Centre

Aug 28 W..... 10:00am-3:00pm..... \$47.50/1 sess .00316812

West Richmond Community Centre

Aug 28 W..... 9:45am-3:30pm..... \$47.50/1 sess .00316814

BARD ON THE BEACH TRIP

Watch an outdoor theatre production in Vancouver's Vanier Park and be part of this long-standing summer tradition. This year's show is "The Comedy of Errors", a fantastical trip back to Ancient Greece filled with hijinks and laughter. Transportation and admission included. Home drop off (\$3) available. No refunds within 30 days of trip.

Minoru Centre for Active Living

Aug 29 Th 6:00-10:30pm..... \$70.75/1 sess .00317476

Racquet Sports

OUTDOOR—INTRODUCTION TO PICKLEBALL WORKSHOP

Try this popular paddle sport that combines many elements of tennis, badminton, ping-pong and is also fun, social and easy on the body.

Hugh Boyd Community Park

Jul 8-Jul 11M/Tu/Th... 9:00-10:15am..... \$23.75/3 sess..... 00315559
 Jul 22-Jul 25M/Tu/Th... 9:00-10:15am..... \$23.75/3 sess..... 30015580
 Aug 6-Aug 8.....Tu/W/Th... 9:00-10:15am..... \$23.75/3 sess..... 00315596

PICKLEBALL—BEGINNER

Learn the rules and basic techniques of this fun, simple and fast-paced game that combines ping pong, tennis and badminton on a badminton size court utilizing paddles and a plastic wiffle ball. Suitable for beginners. Paddles provided for use if required.

South Arm Community Centre

Jul 2-Jul 30 Tu..... 8:00-9:30am..... \$47.55/5 sess . 00323060
 Jul 2-Jul 30 Tu..... 5:30-7:00pm..... \$47.55/5 sess . 00317095
 Aug 6-Aug 27 Tu..... 8:00-9:30am..... \$38.05/4 sess . 00323061
 Aug 6-Aug 27 Tu..... 5:30-7:00pm..... \$38.05/4 sess . 00317104

Thompson Community Centre

Jul 4-Aug 22 Th 1:30-3:00pm..... \$76.10/8 sess . 00319199

PICKLEBALL—INTERMEDIATE

Continue to improve in these high-intensity, drill-focused sessions that focus on perfecting shots and heightening game awareness. Instructed by a certified instructor. Paddles provided for use if required.

South Arm Community Centre

Jul 2-Jul 30 Tu..... 9:30-11:00am..... \$47.55/5 sess . 00316134
 Jul 2-Jul 30 Tu..... 7:00-8:30pm..... \$47.55/5 sess . 00317105
 Aug 6-Aug 27 Tu..... 9:30-11:00am..... \$38.05/4 sess . 00317090
 Aug 6-Aug 27 Tu..... 7:00-8:30pm..... \$38.05/4 sess . 00317106

PICKLEBALL—ADVANCED

Master advanced strategies, refine precision in shot placement and enhance court coverage. Instructed by a certified instructor. Paddles provided for use if required. Pre-requisite: Pickleball—Intermediate.

South Arm Community Centre

Jul 2-Jul 30 Tu..... 11:00am-12:30pm..... \$47.55/5 sess . 00317092
 Aug 6-Aug 27 Tu..... 11:00am-12:30pm..... \$38.05/4 sess . 00317093

Sports

GOLF LESSONS FOR SENIORS—BEGINNER

Learn the basics of putting, chipping and pitching in this beginner 45-minute group lesson followed by a 9 hole round with the golf instructor. Rentals included if required.

Richmond Pitch & Putt Golf Course

Jul 9-Jul 11 Tu/Th. 9:30-11:00am..... \$45.00/2 sess . 00316428
 Jul 16-Jul 18 Tu/Th. 9:30-11:00am..... \$45.00/2 sess . 00316434
 Jul 23-Jul 25 Tu/Th. 9:30-11:00am..... \$45.00/2 sess . 00316436
 Jul 30-Aug 1 Tu/Th. 9:30-11:00am..... \$45.00/2 sess . 00316438
 Aug 13-Aug 15 Tu/Th. 9:30-11:00am..... \$45.00/2 sess . 00316442
 Aug 20-Aug 22 Tu/Th. 9:30-11:00am..... \$45.00/2 sess . 00316445

WALKING SOCCER

Try this low-impact version of soccer that is easy on the joints and big on fun. Meet new friends, enjoy the physical activity and experience the benefits of a team sport.

South Arm Community Centre

Jul 8-Aug 26 M..... 5:00-6:00pm..... \$98.80/8 sess . 00317404



Online—Programs

CHOOSE, TRANSITION, ADAPT TO LONG TERM CARE FACILITIES WORKSHOP (MANDARIN)

Learn about different types of facilities, application procedures and choosing the best one. Presented by SUCCESS. Conducted in Mandarin. Offered through Zoom. Registration required.

City Centre Community Centre

FREE Jul 9 Tu..... 10:00-11:30am..... Free/1 sess..... 00321010

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 Jul 4-Aug 1 Th 11:00am-12:00pm..... Free/2 sess..... 00314925

OSTEOARTHRITIS SERIES—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. Offered through Zoom. Registration required.

Minoru Centre for Active Living

FREE Aug 8 Th 1:30-4:00pm..... Free/1 sess..... 00320067

IMMUNIZATION AND VACCINES AWARENESS WORKSHOP (MANDARIN)

Learn about immunization and vaccine preventable diseases. Presented by SUCCESS. Conducted in Mandarin. Offered through Zoom. Registration required.

City Centre Community Centre

FREE Aug 27 Tu..... 10:00-11:30am..... Free/1 sess..... 00321045



Seniors Annual Facility Pass Programs

The Seniors Facility Pass at the Minoru Centre for Active Living supports the Minoru Seniors Society and is **\$36.00 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)						
SUN	MON	TUE	WED	THU	FRI	SAT
Billiards* 8:00am–4:45pm (Drop-in)	Billiards* 8:00am–8:45pm	Billiards* 8:00am–8:45pm	Billiards* 8:00am–8:45pm	Billiards* 8:00am–8:45pm	Billiards* 8:00am–8:45pm	Billiards* 8:00am–4:45pm (Drop-in)
Wood Carving*** 9:30am–12:00pm 1:00–4:30pm	Woodworking* 8:30am–2:00pm	Tai Chi Practice** 9:00–10:00am	Woodworking* 8:30am–2:00pm	Tai Chi Practice** 8:45–9:45am	Woodworking* 8:30am–2:00pm	Woodworking* 8:30am–4:00pm (Finishing day)
Model Walkers** 11:00am–1:00pm	Tai Chi Practice** 8:45–9:45am	Wood Carving*** 9:30am–12:00pm 1:00–4:30pm	Yuanji Dance** 8:30–10:30am	Yuanji Dance** 9:00–10:30am	Tai Chi Practice** 9:00–10:30am	Tai Chi Practice** 8:45–9:45am
Poker 11:30am–4:00pm	Yuanji Dance** 9:00–10:30am	Poker 11:30am–4:00pm	Tai Chi Practice** 8:45–9:45am	Busy Fingers 9:30–11:30am	Mahjong** 10:00am–5:00pm	Ballroom Dance** 10:00am–12:00pm
Minoru Community Line Dancers** 1:30–3:30pm	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
	Lego® 10:00am–2:00pm	Kingsland Calligraphy 1:30–4:00pm	Mahjong** 10:00am–5:00pm	Poker 11:30am–4:00pm	Chinese Calligraphy** 1:00–4:00pm	Peking Opera 1:30–4:30pm
	Happy Chorus 10:00am–12:30pm	Platinum Players 2:00–4:30pm	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	Seniors Saxophone** 3:00–5:00pm	Glee 2:00–4:00pm	Joy Singing and Dancing** (Singing) 1:00–3:00pm	Minoru Community Line Dancers** 1:30–3:30pm	
	Bridge 1:00–4:30pm	Board Games 3:30–5:30pm	Multicultural Dance** (Performance group only) 6:45–8:45pm	Knitters and Natters 1:00–3:00pm	Hanging with The Guys 3:00–4:30pm	
	Photo Group (2nd & 4th week) 1:30–3:30pm	Yuanji Dance** 6:30–8:30pm		Wood Carving*** 1:00–4:30pm	Classical Chinese Ethnic Folk Dance** 6:45–8:45pm	
	Multicultural Dance** 2:30–4:30pm	Joy Singing and Dancing** (Dancing) 6:00–8:00pm		Ballroom Dance** 3:30–5:15pm		
	Whist 6:00–8:45pm			Seniors Saxophone** 4:00–6:00pm		
				Prostate Cancer Support Group (2nd week) 6:30–8:30pm		
				Yuanji Dance 6:30–8:30pm		

*Additional Passes \$48.00/year | **Additional Fees \$2.00/Drop-in | ***Additional Pass \$42.00/year

Seniors Facility Passes at the following community centres are \$16.00 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						
SUN	MON	TUE	WED	THU	FRI	SAT
	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) #00309594* (ERCH)	Tai Chi–48 Form 8:30–9:30am #00309598* (ERCH)	Indoor Walking 10:00–11:00am #00304612* (CCC)	Tai Chi–24 Form 8:30–9:30am #00309599* (ERCH)	
		Tai Chi Practice– Form 48 9:15–10:00am (no instruction) #00309597* (ERCH)	Table Tennis 9:30–10:30am (ERCH)		Table Tennis 9:30–10:30am (ERCH)	
		Mahjong (2nd Tue/mth) 10:00am–12:00pm #00309615* (ERCH)	Book Club (1st Wed/mth) 10:00–11:30am #00309613* (ERCH)		Knitting 10:00–11:30am (ERCH)	
		Karaoke (1st and 3rd Tu/mth) 10:30am–12:30pm (ERCH)	Luk Tung Kuen 11:00–11:45am #00309600* (ERCH)		Luk Tung Kuen 11:00–11:45am #00309607* (ERCH)	
			Coffee and Tea (2nd Wed/mth) 11:30am–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						
SUN	MON	TUE	WED	THU	FRI	SAT
English Conversation Group 3:00–4:30pm	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
	Ballroom Dance 1:00–2:30pm	Chinese Calligraphy in Mandarin 1:00–3:00pm		Ballroom Dance 1:00–2:30pm		
	Chinese Traditional Dance 1:00–3:00pm	Drama Group (Cantonese) 2:00–4:00pm		Chinese Traditional Dance 1:00–3:00pm		
	Brush Hour 3:00–5:00pm					

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

Hamilton Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
	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–12:30pm	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–12:00pm		

Note: Hamilton’s Facility Pass activities are cancelled on statutory holidays.

South Arm Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
Sahara Sisters (last Sun/mth) 12:30–3:30pm	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	MILAP Group – B 11:00am–1:00pm
	New Immigrant Support/English Learning Group 9:00–11:30am	Seniors Social Group 9:30–11:00am	Classic QiPao Dance 12:00–2:00pm	Friendship Group 8:30–9:20am		
	Scrabble 10:00am–12:00pm			Karaoke 9:30am–12:00pm		
	MILAP Group – A (bi-weekly) 1:00–3:00pm			Mahjong Social 9:30am–1:30pm		
				Knitting Group 1:00–3:00pm		

Note: South Arm’s Facility Pass activities are cancelled on statutory holidays.

Steveston Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
	Chinese Multicultural Group 10:00–11:30am	Karaoke Social (Multilingual) 2:45–4:45pm	Knitting and Crocheting Social 10:00am–12:00pm	Chinese Multicultural Group 9:30–11:30am	Japanese Tablet Club 9:30–11:30am	
	Drumming Ensemble* 1:30–2:30pm		Low Vision Support Group (2nd Wed/mth) 10:00am–12:00pm		Ukulele Circle 10:00–11:30am	
			Japanese Crafts Group 12:30–2:30pm		Bridge Social 1:00–4:00pm	
			Tech Help 101 1-on-1 (in English) 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

SUN	MON	TUE	WED	THU	FRI	SAT
	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	Table Tennis 7:30–9:30am	Table Tennis 7:30am–9:30am
	Tai Chi 9:00–9:30am		Tai Chi 9:00–9:30am	Luk Tung Coffee Hour 9:00–10:00am	Luk Tung Kuen 7:45–8:45am	
	Table Tennis 1:30–5:00pm		Chinese Cultural Dance 1:30–2:45pm	Crafts Group 11:00am–1:00pm	Gentlemen in Conservation (2nd & 4th week) 10:30am–12:00pm	
					Karaoke 10:30am–12:30pm	

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

West Richmond Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
	French Conversation Group (Not on 3rd Mon/mth or Stat holidays) 10:30am–12:00pm	Spanish Intermediate Conversation Group (online) 1:30–3:00pm	Ukulele and Singing Circle 6:30–8:00pm			

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

Richmond Wellness Clinics 55+



Take Charge
of your Health

Clinics offer information on a wide range of programs, services and supports specifically for Richmond seniors (55+ years) and may include:

Health Information and Education (Drop-in)

- Information and referral services from multilingual volunteers

Booths hosted by local organizations and businesses

Prevention Services and Health Monitoring (Drop-in)

- Blood pressure checks with retired volunteer nurses
- Blood glucose and blood cholesterol checks with local pharmacy staff

Treatments (Registration required)

- Foot Care with a Licensed Foot Care Nurse (for a fee)
- Reflexology with a Holistic Health Practitioner (for a fee)
- Chair massage with a Registered Massage Therapy student (free)**

**In-person or phone registration only

Call each centre directly to confirm the services offered at each site. Refunds for withdrawals are permitted up to three days prior to the clinic.

Locations

City Centre Community Centre

604-204-8588

East Richmond Community Hall

604-238-8399

Minoru Centre for Active Living (Seniors Centre)

604-238-8450

South Arm Community Centre

604-238-8060

Steveston Japanese Canadian Cultural Centre

604-238-8084

Registration opens on the day of the current Wellness Clinic for the next month's Clinic. For Foot Care treatments, registration opens two months prior.

3 ways to register

- richmond.ca/register
- 604-276-4300
Mon - Fri,
8:30am - 5:00pm
- In-person at any community facility

