



55+ Programs | In-person and online

Spring 2024 | APR-JUN
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 six-digit number under the course description.
Apr 9 – June 11..... **123456**

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

TRY-IT Apr 10 W..... 2:30-3:30pm..... Free/1 sess..... 294213
Apr 17-Jun 12 W..... 2:30-3:30pm..... \$57.05/9 sess 294215

BALLET—BEGINNER—ARTS CENTRE

Learn basic ballet techniques that improve coordination, balance, musicality and fluidity of movement while also developing skills that complement other sports and dance styles. Dress code in effect.

Richmond Cultural Centre Annex

Apr 8-Jun 17 M..... 12:15-1:15pm..... \$63.40/10 sess ... 303198

BALLROOM DANCING—BEGINNER

Dance for fitness and fun in these introductory sessions that cover basic steps and foundational techniques. Designed for those new to this style of dance. Suitable for singles and pairs.

Minoru Centre for Active Living (Seniors Centre)

Apr 10-Jun 19 W..... 5:00-6:30pm..... \$95.10/10 sess ... 298732

Thompson Community Centre

TRY-IT Apr 3 W..... 9:00-10:30am..... Free/1 sess..... 301662
Apr 17-Jun 19 W..... 9:00-10:30am..... \$85.60/9 sess 300358

BALLROOM DANCING—INTERMEDIATE

Build skills, expand ability and learn dance variations in this next steps class. Suitable for singles and pairs. Pre-requisite: Ballroom Dancing—Beginner.

Minoru Centre for Active Living (Seniors Centre)

Apr 8-May 13 M..... 6:30-8:00pm..... \$57.05/6 sess 298352
May 27-Jun 17 M..... 6:30-8:00pm..... \$38.05/4 sess 298368

Thompson Community Centre

Apr 13-Jun 15 Sa 1:30-3:00pm..... \$95.10/10 sess ... 300349

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.

South Arm Community Centre

TRY-IT Apr 12 F 6:30-7:30pm..... Free/1 sess..... 299640
Apr 19-Jun 28 F 6:30-7:30pm..... \$69.75/11 sess ... 298809

BAROQUE DANCING—LEVEL 1

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

West Richmond Community Centre

TRY-IT Apr 8 M..... 2:30-3:45pm..... Free/1 sess..... 299400
Apr 15-Jun 25 M..... 2:30-3:45pm..... \$73.25/10 sess ... 299402

BAROQUE DANCING—LEVEL 2

Continue to learn this early form of dance that involves gentle bending and rising, and low extensions done with control and placement. Pre-requisite: Baroque Dancing—Level 1, previous Baroque dance experience or formal dance training.

West Richmond Community Centre

Apr 4-Jun 28 Th 2:15-3:30pm..... \$103.05/13 sess . 299404

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 (Seniors Centre)

Apr 8-May 13 M..... 10:45-11:45am..... \$38.05/6 sess 298221
May 27-Jun 17 M..... 10:45-11:45am..... \$25.35/4 sess 298222

CONDITIONING THROUGH DANCE

Improve overall health and body conditioning through a combination of ballet techniques and jazz dancing focusing on improving core strength, posture, flexibility and cardiovascular health. No experience required.

Minoru Centre for Active Living (Seniors Centre)

Apr 8-May 13 M..... 12:00-1:00pm..... \$38.05/6 sess 298223
May 27-Jun 17 M..... 12:00-1:00pm..... \$25.35/4 sess 298224

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 (Seniors Centre)

Apr 10-May 15 W..... 11:45am-12:45pm..... \$38.05/6 sess 298695
May 22-Jun 19 W..... 11:45am-12:45pm..... \$31.70/5 sess 298696

DANCE MOVES

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

Cambie Community Centre

May 6-Jun 24 M..... 10:00-11:00am..... \$44.40/7 sess 291586

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 (Seniors Centre)

Apr 12-Jun 21 F 9:30-10:30am..... \$69.75/11 sess ... 302786

Steveston Community Centre

Apr 12-Jun 21 F 12:00-1:00pm..... \$69.75/11 sess ... 299667

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

Apr 12-Jun 21 F 1:00-2:00pm..... \$69.75/11 sess ... 299666

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

Apr 17-Jun 12 W..... 2:00-3:00pm..... \$57.05/9 sess 300533

Minoru Centre for Active Living (Seniors Centre)

Apr 16-Jun 11 Tu..... 2:00-3:00pm..... \$57.05/9 sess 298436

South Arm Community Centre

Apr 17-Jun 13 W..... 3:30-4:30pm..... \$57.05/9 sess 300185

Steveston Community Centre

Apr 18-Jun 13 Th 1:00-2:00pm..... \$57.05/9 sess 299656

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

Apr 18-Jun 13 Th 2:15-3:15pm..... \$57.05/9 sess 299658

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 (Seniors Centre)

Apr 16-Jun 11 Tu..... 3:15-4:15pm..... \$57.05/9 sess 298437

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 (Seniors Centre)

Apr 6-Jun 22 Sa 2:15-3:45pm..... \$104.60/11 sess . 298842

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 (Seniors Centre)

Apr 10-Jun 26 W..... 2:15-3:45pm..... \$104.60/11 sess . 298712

LINE DANCING–INTERNATIONAL–INTERMEDIATE

Dance to a variety of styles and popular music and cover interesting combinations and more complex steps, patterns and movements. Suitable for experienced dancers. Pre-requisite: Advanced knowledge of line dancing steps and terminology.

Minoru Centre for Active Living (Seniors Centre)

Apr 6-Jun 22 Sa 12:30-2:00pm..... \$104.60/11 sess . 298839

LINE DANCING–INTERNATIONAL–INTERMEDIATE–IMPROVER

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 (Seniors Centre)

Apr 10-Jun 26 W..... 12:30-2:00pm..... \$104.60/11 sess . 298702

LINE DANCING VARIETY–BEGINNER

Focus on the fundamental steps of line dancing that is adaptable to country, ballroom, rock and roll, disco, Latin and pop music.

Thompson Community Centre

Apr 17-Jun 19 W..... 10:45-11:45am..... \$57.05/9 sess 300359

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 (Seniors Centre)

Apr 8-May 13 M..... 12:00-1:00pm..... \$38.05/6 sess 298229

Apr 12-May 17 F 9:30-10:30am..... \$38.05/6 sess 298822

May 24-Jun 21 F 9:30-10:30am..... \$31.70/5 sess 298825

May 27-Jun 17 M..... 12:00-1:00pm..... \$25.35/4 sess 298230

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 (Seniors Centre)

Apr 8-May 13 M..... 10:45-11:45am..... \$38.05/6 sess 298226

Apr 12-May 17 F 10:45-11:45am..... \$38.05/6 sess 298827

May 24-Jun 21 F 10:45-11:45am..... \$31.70/5 sess 298830

May 27-Jun 17 M..... 10:45-11:45am..... \$25.35/4 sess 298228

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 (Seniors Centre)

Apr 9-May 7 Tu..... 9:45-10:45am..... \$31.70/5 sess 298424
Apr 11-May 16 Th 10:45-11:45am..... \$38.05/6 sess 298807
May 14-Jun 18 Tu..... 9:45-10:45am..... \$38.05/6 sess 298428
May 23-Jun 20 Th 10:45-11:45am..... \$31.70/5 sess 298808

MODERN DANCE PARTY

Learn and combine a wide range of styles of dance and easy-to-learn and exciting routines suitable for social dancing. Partners not required as dancing is done in solo formation.

Minoru Centre for Active Living (Seniors Centre)

Apr 12-May 10 F 4:00-5:00pm..... \$31.70/5 sess 301645
May 17-Jun 21 F 4:00-5:00pm..... \$38.05/6 sess 301647

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 (Seniors Centre)

May 3-May 17 F 10:45am-12:15pm..... \$28.55/3 sess 299466

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 (Seniors Centre)

Apr 11-May 16 Th 3:00-4:00pm..... \$38.05/6 sess 298804
May 23-Jun 20 Th 3:00-4:00pm..... \$31.70/5 sess 298805

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 (Seniors Centre)

Apr 10-May 15 W..... 10:00-11:30am..... \$38.05/6 sess 298515
May 22-Jun 19 W..... 10:00-11:30am..... \$31.70/5 sess 298517

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

Apr 11-May 16 Th 6:45-8:15pm..... \$57.05/6 sess 293796

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 (Seniors Centre)

Apr 12-Jun 14 F 1:00-2:00pm..... \$63.40/10 sess ... 297547

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.

City Centre Community Centre

Apr 7-Jun 23 Su 10:00-10:45am..... \$85.80/12 sess ... 300474
Apr 7-Jun 23 Su 11:00-11:45am..... \$85.80/12 sess ... 300478
Apr 7-Jun 23 Su 11:00-11:45am..... \$85.80/12 sess ... 300480
Apr 7-Jun 23 Su 12:00-12:45pm..... \$85.80/12 sess ... 300481
Apr 7-Jun 23 Su 1:00-1:45pm..... \$85.80/12 sess ... 300482
Apr 7-Jun 23 Su 1:00-1:45pm..... \$85.80/12 sess ... 300486
Apr 7-Jun 23 Su 2:00-2:45pm..... \$85.80/12 sess ... 300483
Apr 7-Jun 23 Su 2:00-2:45pm..... \$85.80/12 sess ... 300487
Apr 8-Jun 24 M..... 4:30-5:15pm..... \$78.65/11 sess ... 300423
Apr 8-Jun 24 M..... 4:30-5:15pm..... \$78.65/11 sess ... 300432
Apr 8-Jun 24 M..... 5:30-6:15pm..... \$78.65/11 sess ... 300427
Apr 8-Jun 24 M..... 5:30-6:15pm..... \$78.65/11 sess ... 300435
Apr 10-Jun 26 W..... 4:15-5:00pm..... \$85.80/12 sess ... 300448
Apr 10-Jun 26 W..... 4:30-5:15pm..... \$85.80/12 sess ... 300440
Apr 10-Jun 26 W..... 5:15-6:00pm..... \$85.80/12 sess ... 300449
Apr 10-Jun 26 W..... 5:30-6:15pm..... \$85.80/12 sess ... 300443
Apr 12-Jun 28 F 4:00-4:45pm..... \$85.80/12 sess ... 300450
Apr 12-Jun 28 F 4:30-5:15pm..... \$85.80/12 sess ... 300453
Apr 12-Jun 28 F 5:00-5:45pm..... \$85.80/12 sess ... 300452
Apr 12-Jun 28 F 5:30-6:15pm..... \$85.80/12 sess ... 300454
Apr 13-Jun 29 Sa 10:00-10:45am..... \$85.80/12 sess ... 300458
Apr 13-Jun 29 Sa 11:00-11:45am..... \$85.80/12 sess ... 300460
Apr 13-Jun 29 Sa 11:00-11:45am..... \$85.80/12 sess ... 300489
Apr 13-Jun 29 Sa 12:00-12:45pm..... \$85.80/12 sess ... 300490
Apr 13-Jun 29 Sa 2:00-2:45pm..... \$85.80/12 sess ... 300464
Apr 13-Jun 29 Sa 3:00-3:45pm..... \$85.80/12 sess ... 300471

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 (Seniors Centre)

Apr 12-Jun 14 F 2:15-3:15pm..... \$63.40/10 sess ... 297551

TAIKO DRUMMING–ALL LEVELS–TRY-IT

Experience a great workout and release stress and tension in this unique group-setting of Japanese percussion playing. Beginners are taught basic movements, patterns and rhythms while experienced drummers can show off previously learned skills. Registration required.

South Arm Community Centre

TRY-IT Apr 9 Tu..... 5:30-6:30pm..... Free/1 sess..... 301040

TAIKO DRUMMING—LEVEL 1

Release stress and tension while learning different patterns and rhythms in this uplifting and unique group playing experience. No experience required.

South Arm Community Centre

Apr 15-Jun 17 M..... 5:30-6:30pm..... \$57.05/9 sess 299493

TAIKO DRUMMING—LEVEL 2

Perfect new skills, engage in more vocal shouts and drills and learn pieces with complex rhythms in a fun, energetic and creative environment. Pre-requisite: Taiko Drumming—Level 1.

South Arm Community Centre

Apr 15-Jun 17 M..... 6:30-7:30pm..... \$57.05/9 sess 299497

TAIKO DRUMMING—LEVEL 3

Create a new mind-enriching repertoire with musical pieces that focus on challenging patterns and the beauty of movements and music. Pre-requisite: Taiko Drumming—Level 2.

South Arm Community Centre

Apr 15-Jun 17 M..... 7:30-8:30pm..... \$57.05/9 sess 299509

UKULELE—ABSOLUTE AND EARLY BEGINNER

Learn how to play this fun and versatile instrument while developing an understanding of music fundamentals. No experience required. Ukulele required at each session.

Steveston Community Centre

Apr 10-Jun 19 W..... 11:00am-12:15pm..... \$75.50/10 sess ... 299698

UKULELE—BEGINNER

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 (Seniors Centre)

Apr 8-Jun 17 M..... 1:00-2:00pm..... \$63.40/10 sess ... 296484

UKULELE—ADVANCED BEGINNER

Enhance musical skills and understanding and learn more complex repertoire and chord melody arrangements. Pre-requisite: Ukulele—Absolute Beginner and Early-Beginner and the ability to read musical notation. Ukulele required at each session.

Steveston Community Centre

Apr 3-Jun 19 W..... 1:00-2:15pm..... \$87.20/12 sess ... 299702

UKULELE—EARLY INTERMEDIATE

Move to Ukulele in the Classroom Level 2, learn new skills, broaden music literacy and enjoy repertoire in many styles from around the world. Pre-requisite: Ukulele—Advanced Beginner and/or the ability to read musical notation. Ukulele required at each session.

Steveston Community Centre

Apr 2-Jun 18 Tu..... 11:00am-12:15pm..... \$83.05/11 sess ... 299705

UKULELE—ADVANCED INTERMEDIATE

Elevate playing skills to include flatpicking and the triple strum, and explore the colour and feeling of minor chords and keys. Pre-requisite: Ukulele—Early Intermediate. Ukulele required at each session. Ukulele required at each session.

Steveston Community Centre

Apr 2-Jun 18 Tu..... 1:00-2:15pm..... \$83.05/11 sess ... 299707

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 Apr 3 W..... 11:00am-12:00pm..... Free/1 sess..... 299696

Arts—Performing**IMPROV—BEGINNER**

Share the joy of improv-based drama activities in a fun, safe and low-pressure environment. Come and interact and share a few laughs. No experience required.

Minoru Centre for Active Living (Seniors Centre)

Apr 15-Jun 10 M..... 4:00-5:00pm..... \$57.05/9 sess 298681

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 (Seniors Centre)

Apr 10-May 15 W..... 10:00am-12:00pm..... \$76.10/6 sess 298442

Steveston Community Centre

Apr 8-May 13 M..... 12:30-2:30pm..... \$76.10/6 sess 299679

West Richmond Community Centre

Apr 12-Jun 1 F 9:30-10:30am..... \$50.70/8 sess 294105

ACRYLIC PAINTING SERIES—LANDSCAPES

Create a unique piece of art trying a variety of acrylic painting techniques. This three-part series is instructor-led with the theme of different landscapes. Supplies included.

South Arm Community Centre

Apr 9-Apr 23 Tu..... 10:00-11:30am..... \$28.55/3 sess 298973

Apr 30-May 14 Tu..... 10:00-11:30am..... \$28.55/3 sess 298974

May 28-Jun 11 Tu..... 10:00-11:30am..... \$28.55/3 sess 301488

BASIC STORY ILLUSTRATION WITH DRAWING AND SKETCHING

Sketch a personal story to take home after learning beginner techniques. Instructed by an illustrator. No experience required. Supplies included.

Steveston Community Centre

Apr 9-Jun 18 Tu..... 10:00am-12:00pm..... \$139.50/11 sess . 299670

CHINESE BRUSH PAINTING

Explore this beautiful ancient art through exercises that focus on basic techniques. A \$20 non-refundable supplies fee charged when registering.

Minoru Centre for Active Living (Seniors Centre)

Apr 8-Jun 24 M..... 9:30-11:30am..... \$88.75/7 sess 296481

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. Course conducted in Mandarin and Cantonese. Supplies not included.

Steveston Community Centre

Apr 2-Jun 18 Tu..... 9:30-11:30am..... \$152.15/12 sess . 299675

Apr 4-Jun 20 Th 9:30-11:30am..... \$152.15/12 sess . 299677

CREATIVE CLAY

Make unique pieces and designs to take home, gain social connections and build confidence while exploring this tactile and creative outlet. Supplies included.

West Richmond Community Centre

Apr 12-May 31 F 10:45-11:45am..... \$50.70/8 sess 293761

CREATIVE PAINTING

Explore new ideas and have fun creating amazing designs and patterns without the fear of messing up or experiencing the pressure to create something perfect. Supplies not included.

Thompson Community Centre

TRY-IT Apr 12 F 10:00am-12:00pm..... Free/1 sess..... 300272

Apr 26-May 31 F 10:00am-12:00pm..... \$76.10/6 sess 300271

DRAWING-BASICS

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

Minoru Centre for Active Living (Seniors Centre)

Apr 9-May 7 Tu..... 10:00am-12:00pm..... \$63.40/5 sess 298419

May 14-Jun 18 Tu..... 10:00am-12:00pm..... \$76.10/6 sess 298422

DRAWING AND SKETCHING

Capture images on paper by developing drawing skills that include basic shapes of objects, people and landscapes.

Steveston Community Centre

Apr 11-May 17 Th 1:00-3:00pm..... \$76.10/6 sess 303661

May 23-Jun 21 Th 1:00-3:00pm..... \$63.40/5 sess 303662

FLORAL ARRANGING SERIES

Explore different types of flowers and tools and develop an understanding for colour harmony in floral design. This three-part series focuses on a different floral project each session. A \$30 non-refundable supplies fee charged when registering. No refunds within 7 days of workshop

BEGINNER-POSY BOUQUETS, CORSAGES AND VASE ARRANGEMENTS

Minoru Centre for Active Living (Seniors Centre)

Apr 12-Apr 26 F 11:00am-12:30pm..... \$28.55/3 sess 299872

BEGINNER-SEASONAL ARRANGEMENTS, SPRING WREATHS, HAIR ACCESSORIES

Minoru Centre for Active Living (Seniors Centre)

May 10-May 24 F 11:00am-12:30pm..... \$28.55/3 sess 299646

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

May 23 Th 6:30-8:30pm..... \$35/1 sess 298234

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 (Seniors Centre)

Apr 25 Th 6:00-7:30pm..... \$9.50/1 sess 300212

May 30 Th 6:00-7:30pm..... \$9.50/1 sess 300213

Jun 20 Th 6:00-7:30pm..... \$9.50/1 sess 300214

PAINTING BASICS

Pick up a brush and start creating through step-by-step and supportive instruction that develops the ability and confidence to paint simple subjects including still life images. A \$12 non-refundable supplies fee charged when registering.

Minoru Centre for Active Living (Seniors Centre)

Apr 8-May 13 M..... 12:30-2:30pm..... \$76.10/6 sess 296482

May 27-Jun 17 M..... 12:30-2:30pm..... \$50.70/4 sess 296483

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 (Seniors Centre)

Apr 11-May 16 Th 12:00-2:00pm..... \$76.10/6 sess 298802

May 23-Jun 20 Th 12:00-2:00pm..... \$63.40/5 sess 298803

WATERCOLOUR PAINTING TECHNIQUES AND STYLES

Explore still life's, landscapes and figure studies using different styles and a variety of brushes. Suitable for all levels. Supplies not included.

Steveston Community Centre

Apr 3-Apr 24 W..... 10:00am-12:00pm..... \$50.70/4 sess 299681

May 1-May 22 W..... 10:00am-12:00pm..... \$50.70/4 sess 299684

ARTFUL AGING SERIES— INTERGENERATIONAL ART PROGRAM

Express creativity, build intergenerational friendships and stimulate the senses while exploring different art workshops in these interactive sessions.

CANDLE MAKING WORKSHOP

A \$15 non-refundable supplies fee charged when registering.

City Centre Community Centre

May 10..... F 5:30-7:00pm..... \$9.50/1 sess 301586

INTERGENERATIONAL ART PROGRAM— COLOURED SAND ART BOTTLE

A \$5.50 non-refundable supplies fee charged when registering.

City Centre Community Centre

Apr 26..... F 5:30-6:30pm..... \$6.35/1 sess 300974

TASSEL KEYCHAIN WORKSHOP

A \$15 supplies fee charged when registering.

City Centre Community Centre

Jun 14 F 5:30-7:00pm..... \$9.50/1 sess 301576

PETITE EVERLASTING WREATH MAKING WORKSHOP

Gain hands-on experience, have fun and be creative with decorative elements to craft a unique wreath to showcase for years. A \$10 non-refundable supplies fee charged when registering.

Minoru Centre for Active Living (Seniors Centre)

Jun 7 F 11:00am-12:30pm..... \$9.50/1 sess 300390

POLYMER CLAY JEWELLERY WORKSHOP

Make and take home molded and sculpted custom jewelry pieces using oven-baked clay that maintains its shape better over time allowing for more exact shapes and detailing. A \$30 non-refundable supplies fee charged when registering.

Minoru Centre for Active Living (Seniors Centre)

May 31-Jun 7 F 10:00-11:30am..... \$19/2 sess 302658

PRESSED AND PRESERVED FLOWER ART

Create beautiful designs on canvas after learning basic floral pressing and long term floral preservation techniques. A \$10 non-refundable supplies fee charged when registering.

Minoru Centre for Active Living (Seniors Centre)

Jun 14 F 11:00am-12:30pm..... \$9.50/1 sess 298907

SCRAPBOOKING BASICS WORKSHOP

Craft memories and preserve stories using a variety of decorative elements in this hands-on and creative session. Supplies included.

South Arm Community Centre

TRY-IT Apr 11 Th 10:30am-12:00pm..... Free/1 sess..... 300206

Apr 18-May 2 Th 10:30am-12:00pm..... \$28.55/3 sess 300208

Jun 6-Jun 20..... Th 10:30am-12:00pm..... \$28.55/3 sess 300210

TIMELESS FLORAL ARTISTRY SERIES

Design, create and take home a beautiful work of art every week using pressed and dried flowers including a timeless terrarium, wreath and memory frame. Supplies included.

Apr 5-May 3..... F 6:00-7:30pm..... \$47.55/ 5 sess 304703

May 24-Jun 21 F 6:00-7:30pm..... \$47.55/ 5 sess 304813

Computers, Technology and Social Media

DIGITAL LITERACY WORKSHOP (CANTONESE)

Improve technology skills in this interactive session that includes learning Zoom's functional abilities, how to download and how to use effectively. Presented by SUCCESS. Course conducted in Cantonese. Registration required.

Hamilton Community Centre

FREE Apr 5-Apr 12 . F 9:00-10:00am..... Free/2 sess..... 300528

INTRODUCTION TO APPS

Learn some useful Smartphone or tablet applications ("apps") such as online grocery shopping, music options and news sources. Smartphone or tablet required at each session or iPads available for use if required.

Minoru Centre for Active Living (Seniors Centre)

Apr 15-May 13 M..... 2:30-3:30pm..... \$27.55/5 sess 300388

SMART PHONES, TABLETS AND LAPTOPS—LEARN FROM A YOUTH

Meet one-on-one and get help from a friendly and informative youth member to learn about text messaging, apps, taking photos, Google maps and more. Personal device required at each class. Registration required.

South Arm Community Centre

FREE Apr 11 Th 3:30-4:00pm..... Free/ 1 sess..... 301375

FREE Apr 11 Th 4:00-4:30pm..... Free/ 1 sess..... 301376

FREE Apr 11 Th 4:30-5:00pm..... Free/ 1 sess..... 301377

FREE Apr 25 Th 3:30-4:00pm..... Free/ 1 sess..... 305248

FREE Apr 25 Th 4:00-4:30pm..... Free/ 1 sess..... 305251

FREE Apr 25 Th 4:30-5:00pm..... Free/ 1 sess..... 305254

FREE May 23..... Th 3:30-4:00pm..... Free/ 1 sess..... 305249

FREE May 23..... Th 4:00-4:30pm..... Free/ 1 sess..... 305252

FREE May 23..... Th 4:30-5:00pm..... Free/ 1 sess..... 305256

FREE Jun 6 Th 3:30-4:00pm..... Free/ 1 sess..... 305250

FREE Jun 6 Th 4:00-4:30pm..... Free/ 1 sess..... 305253

FREE Jun 6 Th 4:30-5:00pm..... Free/ 1 sess..... 305257

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	Apr 10	W	10:00-10:30am	Free/1 sess	294224
FREE	Apr 10	W	10:30-11:00am	Free/1 sess	294225
FREE	Apr 10	W	11:00-11:30am	Free/1 sess	294230
FREE	May 8	W	10:00-10:30am	Free/1 sess	294483
FREE	May 8	W	10:30-11:00am	Free/1 sess	294487
FREE	May 8	W	11:00-11:30am	Free/1 sess	294490
FREE	Jun 12	W	10:00-10:30am	Free/1 sess	294485
FREE	Jun 12	W	10:30-11:00am	Free/1 sess	294489
FREE	Jun 12	W	11:00-11:30am	Free/1 sess	294492

SMARTPHONES, TABLETS AND LAPTOPS—LEARN FROM A YOUTH

Meet one-on-one and get help from a friendly and informative youth member to learn about text messaging, apps, taking photos, Google maps and more. Personal device required at each class. Registration required.

Thompson Community Centre

FREE	Apr 23	Tu	3:30-4:00pm	Free/1 sess	301210
FREE	Apr 23	Tu	4:00-4:30pm	Free/1 sess	301211
FREE	Apr 23	Tu	4:30-5:00pm	Free/1 sess	301213
FREE	May 28	Tu	3:30-4:00pm	Free/1 sess	301214
FREE	May 28	Tu	4:00-4:30pm	Free/1 sess	301215
FREE	May 28	Tu	4:30-5:00pm	Free/1 sess	301216

West Richmond Community Centre

FREE	Apr 25	Th	3:30-4:30pm	Free/1 sess	295676
FREE	May 30	Th	3:30-4:30pm	Free/1 sess	295677

Cooking

GREEN SMOOTHIE AND ENERGY BALL WORKSHOP

Learn to make a healthy smoothie and a delicious and nutritious snack in this hands-on session that supports health and well being.

Minoru Centre for Active Living (Seniors Centre)

May 29 W 2:30-4:00pm \$22.70/1 sess 302406

JAPANESE COOKING

Learn to make simple Japanese dishes that includes sushi rolls and teriyaki chicken in this hands-on session that focuses on basic cooking skills.

Steveston Community Centre

	Apr 18	Th	10:00-11:30am	\$22.70/1 sess	299652
	May 16	Th	10:00-11:30am	\$22.70/1 sess	299653
	Jun 20	Th	10:00-11:30am	\$22.70/1 sess	299654

MASON JAR SALAD WORKSHOP

Learn to prepare and assemble these popular salads for simple meals at home in this hands-on session that supports health and well being.

Minoru Centre for Active Living (Seniors Centre)

Jun 12 W 2:30-4:00pm \$22.70/1 sess 302423

Events and Seasonal Programs

APRIL

VAISAKHI CELEBRATION

Celebrate this colourful festival that marks the beginning of a new solar year in the Indo-Canadian culture. Light refreshments included.

Cambie Community Centre

Apr 8 M 12:00-2:00pm \$15.75/1 sess 296395

CHEF'S DINNER

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

Minoru Centre for Active Living (Seniors Centre)

Apr 16 Tu 5:00-7:30pm \$32/1 sess 298658

SPRING TEA PARTY

Choose a favorite hat to wear and come celebrate spring at this festive and elegant tea party. Homemade treats included.

Steveston Community Centre

Apr 17 W 1:00-2:30pm \$11.25/1 sess 301188

BIRTHDAY PARTY SOCIAL

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 (Seniors Centre)

Apr 24 W 2:30-3:30pm \$5.50/1 sess 300218

MAY

MOTHER'S DAY TEA PARTY AND KARAOKE

Celebrate this special day enjoying some tea, scones and sandwiches along with karaoke and live entertainment.

May 9 Th 3:00-4:30pm \$11.25/1 sess 304741

MOTHER'S DAY TEA

Celebrate this special day by spending a wonderful afternoon together enjoying a tasty high tea and other yummy treats.

Steveston Community Centre

May 15 W 1:00-2:30pm \$11.25/1 sess 301191

WILD WEST DINNER AND DANCE

Giddy up and get ready to experience traditional country-style food favourites while listening to live music rooted in fun upbeat folk and blues. Round trip transportation (\$5) and home drop off (\$3) available.

Minoru Centre for Active Living (Seniors Centre)

May 15..... W 4:30-8:00pm..... \$36 (55-89yrs)/1 sess 301559
\$22 (90+yrs)/1 sess

BIRTHDAY PARTY SOCIAL

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 (Seniors Centre)

May 22..... W..... 2:30-3:30pm..... \$5.50/1 sess 300224

JUNE

SENIORS WEEK 2023–June 3-9

Get ready for a fun week that celebrates seniors in Richmond! Visit richmond.ca/SeniorsWeek beginning May 1 for details.

CHEF'S DINNER

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

Minoru Centre for Active Living (Seniors Centre)

Jun 18 Tu..... 5:00-7:30pm..... \$32/1 sess 298662

BARBEQUE

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

Steveston Community Centre

Jun 19 W..... 12:30-2:00pm..... \$11.25/1 sess 301194

BIRTHDAY PARTY SOCIAL

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 (Seniors Centre)

Jun 26 W..... 2:30-3:30pm..... \$5.50/1 sess 300232

Fitness

ACTIVE AND FIT

Maintain or attain an active lifestyle by increasing cardiovascular fitness and building and preserving muscular strength, endurance, coordination, balance and flexibility.

Minoru Centre for Active Living (Seniors Centre)

Apr 5-Jun 21 F 10:15-11:15am..... \$79.20/12 sess ... 301364

Apr 9-Jun 25 Tu..... 10:15-11:15am..... \$79.20/12 sess ... 301351

South Arm Community Centre

Apr 2-Apr 23 Tu..... 11:00am-12:00pm..... \$26.40/4 sess 299636

Jun 4-Jun 25 Tu..... 11:00am-12:00pm..... \$26.40/4 sess 299637

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

Apr 5-May 10 F 12:30-1:30pm..... \$58.50/6 sess 299521

Apr 8-May 13 M..... 11:30am-12:30pm..... \$58.50/6 sess 297747

May 17-Jun 21 F 12:30-1:30pm..... \$58.50/6 sess 299522

May 27-Jun 24 M..... 11:30am-12:30pm..... \$48.75/5 sess 297748

BETTER BACKS AND BALANCE-BEGINNER

Learn ways to strengthen the mid section and lower back to improve balance. Suitable for those living with osteoporosis.

South Arm Community Centre

Apr 10-Jun 12 W..... 10:30-11:30am..... \$54.70/10 sess ... 299657

Steveston Community Centre

Apr 2-May 7 Tu..... 11:45am-12:45pm..... \$32.80/6 sess 297784

May 14-Jun 18 Tu..... 11:45am-12:45pm..... \$32.80/6 sess 297789

Thompson Community Centre

Apr 8-Jun 17 M..... 11:00am-12:00pm..... \$54.70/10 sess ... 291374

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.

Apr 11-Jun 20 Th 12:30-1:30pm..... \$60.15/11 sess ... 305446

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.

CHAIR FITNESS

Minoru Centre for Active Living (Seniors Centre)

Apr 4-Jun 24 Th 12:00-1:00pm..... \$71.10/13 sess ... 301363

CHAIR FITNESS (CANTONESE AND ENGLISH)

Conducted in Cantonese and English.

Minoru Centre for Active Living (Seniors Centre)

Apr 3-Jun 26 W..... 11:30am-12:30pm..... \$54.70/10 sess ... 301360

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 (Seniors Centre)

Apr 2-Jun 25 Tu..... 9:15-10:15am..... \$86.60/13 sess ... 301368

CYCLE AND STRENGTH

Combine cycling and strength training to become stronger, more balanced and energized. These results-oriented sessions cover cadence, balance and strength and are done to age-appropriate music.

CYCLE AND STRENGTH-SILVER

Suitable for beginners 55+ years.

West Richmond Community Centre

Apr 2-Jun 25 Tu..... 11:45am-12:45pm..... \$79.20/12 sess ... 291367

Apr 4-Jun 27 Th 11:45am-12:45pm..... \$79.20/12 sess ... 291369

CYCLE AND STRENGTH-GOLD

Suitable for beginners 75+ years.

West Richmond Community Centre

Apr 8-Jun 24 M..... 1:00-2:00pm..... \$66/10 sess 291335

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

Apr 5-Jun 28 F 1:15-1:45pm..... \$46.75/11 sess ... 300177

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 (Seniors Centre)

Apr 9-May 16 Tu/Th. 12:45-1:45pm..... \$65.65/12 sess ... 301357

May 28-Jun 27 Tu/Th. 12:45-1:45pm..... \$54.70/10 sess ... 301358

Steveston Community Centre

Apr 4-May 9 Th 11:45am-12:45pm..... \$32.80/6 sess 299458

May 16-Jun 20 Th 11:45am-12:45pm..... \$32.80/6 sess 299460

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 (Seniors Centre)

Apr 11-Jun 27 Th 9:15-10:15am..... \$65.65/12 sess ... 301361

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 (Seniors Centre)

Apr 4-Jun 27 Th 10:30-11:30am..... \$71.10/13 sess ... 301362

Apr 9-Jun 25 Tu..... 10:30-11:30am..... \$65.65/12 sess ... 301352

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

Apr 11-May 16 Th 1:00-2:00pm..... \$58.50/6 sess 291375

May 23-Jun 20 Th 1:00-2:00pm..... \$48.75/5 sess 291377

West Richmond Community Centre

60yrs+

Apr 15-Jun 24 M..... 10:45-11:45am..... \$97.50/10 sess ... 291231

Apr 15-Jun 24 M..... 12:00-1:00pm..... \$97.50/10 sess ... 291233

M.I.I.T. (MODERATE INTENSITY INTERVAL TRAINING)

Reach new fitness levels with this specific training that works on functional strength and has shown to increase resting metabolic rates for up to 24 hours after a workout. Sessions are based on High Intensity Interval Training (H.I.I.T.) and adapted for the older adult or those new to this type of training.

South Arm Community Centre

Apr 15-Jun 17 M..... 10:30-11:30am..... \$59.40/9 sess 299622

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

Apr 10-Jun 26 W..... 1:00-2:00pm..... \$79.20/12 sess ... 291240

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

Apr 4-May 2 Th 1:30-3:00pm..... \$28.25/5 sess 301997

May 21-Jun 25 Tu..... 10:30am-12:00pm..... \$33.90/6 sess 302001

MINDS IN MOTION (CANTONESE)

Conducted in Cantonese.

Cambie Community Centre

Apr 3-Jun 26 W..... 1:30-3:30pm..... \$73.45/13 sess ... 291271

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

Apr 2-May 7 Tu 10:45-11:45am \$32.80/6 sess 297776
 Apr 4-May 9 Th 10:45-11:45am \$32.80/6 sess 297769
 May 14-Jun 18 Tu 10:45-11:45am \$32.80/6 sess 297779
 May 16-Jun 20 Th 10:45-11:45am \$32.80/6 sess 297774

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

Apr 3-May 8 W 9:00-9:45am \$39.60/6 sess 297799
 May 15-Jun 19 W 9:00-9:45am \$39.60/6 sess 297801

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

Apr 10-Jun 26 W 10:15-11:15am \$65.65/12 sess ... 299892

Minoru Centre for Active Living (Seniors Centre)

Apr 3-Jun 26 W 10:15-11:15am \$54.70/10 sess ... 301359
 Apr 8-Jun 24 M 10:15-11:15am \$65.65/12 sess ... 301350

Thompson Community Centre

Apr 12-Jun 21 F 10:30-11:30am \$60.15/11 sess ... 291378

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 (Seniors Centre)

Apr 3-Apr 24 W 1:00-2:00pm \$39/4 sess 302260
 May 29-Jun 19 W 1:00-2:00pm \$39/4 sess 302261

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 (Seniors Centre)

Apr 5-Jun 21 F 12:30-1:30pm \$79.20/12 sess ... 301365
 Apr 9-Jun 25 Tu 12:30-1:30pm \$79.20/12 sess ... 301367

South Arm Community Centre

Apr 19-Jun 7 F 11:00am-12:00pm \$52.80/8 sess 299678

Thompson Community Centre

Apr 9-Jun 18 Tu 10:30-11:30am \$72.60/11 sess ... 291384

West Richmond Community Centre

Apr 2-Jun 25 Tu 1:00-2:00pm \$85.80/13 sess ... 291236

General Interest

ACCESSING TRANSIT WORKSHOP

Discover the practical side of transit along with the associated opportunities for greater freedom and social interaction. Presented by TransLink. Registration required.

South Arm Community Centre

FREE Apr 3 W 11:00am-12:15pm Free/1 sess 296641

ARTFUL AGING SERIES—D.I.Y. (DO-IT-YOURSELF) CUTICLE OIL MAKING WORKSHOP

Produce a natural product using essential oils and other natural ingredients in this hands-on session. Tips to help create a natural and non-toxic living environment included. A \$15 supplies fee is charged when registering.

City Centre Community Centre

Jun 21 F 10:30-11:30am \$6.35/1 sess 302511

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 (Seniors Centre)

Apr 8-May 13 M 2:30-4:00pm \$49.60/6 sess 296486
 May 27-Jun 17 M 2:30-4:00pm \$33.05/4 sess 296487

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 (Seniors Centre)

Apr 8-Jun 17 M 12:45-2:15pm \$82.65/10 sess ... 296485

GETTING UNSTUCK—FINISH YOUR LIFE STORY OR FAMILY HISTORY

Explore resources, become inspired to finish an autobiography or family history and learn some practical steps to overcome common 'stuck' points to help bring personal book ideas closer to completion.

Minoru Centre for Active Living (Seniors Centre)

FREE Apr 18 Th 2:30-4:00pm Free/1 sess 298342

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

Apr 11-Jun 20 Th 12:30-3:00pm \$202.20/11 sess . 299660

IT'S NOT RIGHT!—HOW TO SUPPORT OLDER, VULNERABLE AND AT-RISK ADULTS WORKSHOP

Join this interactive session to understand elder abuse, identify the warning signs, learn to respond as a bystander and know what community resources are available for protection. Presented by a facilitator from BC Community Response Networks. Registration required.

Minoru Centre for Active Living (Seniors Centre)

FREE Jun 18 Tu..... 10:30am-12:00pm..... Free/1 sess..... 299623

MINI GARDEN WORKSHOP

Learn propagation techniques to create a charming and easy-to-maintain plant arrangement in a mug. A \$5 non-refundable supplies fee charged when registering. No refunds within 7 days of workshop.

Minoru Centre for Active Living (Seniors Centre)

Jun 18 Tu..... 11:00am-12:00pm..... \$6.35/1 sess 298906

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 (Seniors Centre)

FREE Apr 17 W..... 10:30-11:30am..... Free/1 sess..... 297522

FREE May 15 W..... 10:30-11:30am..... Free/1 sess..... 297524

FREE Jun 19 W..... 10:30-11:30am..... Free/1 sess..... 297529

Health and Wellness

ACTIVE LIVING WITH DIABETES SELF-MANAGEMENT PROGRAM

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. Registration required.

Steveston Community Centre

FREE Apr 8-May 13 M..... 12:30-3:00pm..... Free/6 sess..... 299718

ADVANCE CARE PLANNING WORKSHOP

Learn how to start this important medical and health-care conversation along with this topic's myths and realities. Presented by a volunteer with Vancouver Coastal Health. Registration required.

ADVANCE CARE PLANNING WORKSHOP

Minoru Centre for Active Living (Seniors Centre)

FREE Apr 15 M..... 10:30am-12:00pm..... Free/1 sess..... 301915

ADVANCE CARE PLANNING WORKSHOP (CANTONESE)

Conducted in Cantonese.

Minoru Centre for Active Living (Seniors Centre)

FREE Apr 22 M..... 10:30am-12:00pm..... Free/1 sess..... 301918

AGE WELL, LIVE WELL WITH SAFE MEDICATIONS WORKSHOP

Learn to adapt medications with age, find out optimal dosages and discover proactive steps for personalized healthcare. Presented by Council of Senior Citizens Organizations of BC. Registration required.

Thompson Community Centre

FREE May 13 M..... 1:30-2:30pm..... Free/1 sess..... 301617

BRAIN HEALTH AND DEMENTIA WORKSHOP (CANTONESE)

Find how to make changes to keep the brain active and healthy to help prevent or slow the progression of dementia. Presented by the Alzheimer's Society. Conducted in Cantonese. Registration required.

South Arm Community Centre

FREE May 8 W..... 11:00am-12:30pm..... Free/1 sess..... 298153

CHRONIC CONDITION SELF-MANAGEMENT PROGRAM

Gain systematic knowledge of how to effectively manage different aspects of health and improve practical skills that include goal-setting, decision-making and problem-solving. Caregivers welcome. Presented by Self-Management BC, University of Victoria and the BC Ministry of Health. Registration required.

CHRONIC CONDITION SELF-MANAGEMENT PROGRAM

Cambie Community Centre

FREE Apr 18-May 23 .. Th . 9:30am-12:00pm.....Free/6 sess 303094

CHRONIC CONDITION SELF-MANAGEMENT PROGRAM (MANDARIN)

Conducted in Mandarin.

City Centre Community Centre

FREE Apr 10-May 15 .. W.. 9:30am-12:00pm.....Free/6 sess 300501

CHRONIC PAIN SELF-MANAGEMENT PROGRAM

Learn coping strategies to help take control or better manage pain and to work more effectively and confidently with health care providers. Caregivers are welcome. Presented by Self-Management BC, University of Victoria and the BC Ministry of Health. Registration required.

South Arm Community Centre

FREE Apr 2-May 8 .. Tu..... 10:00am-12:30pm..... Free 6 sess..... 296077

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 (Seniors Centre)
FREE Apr 16-Jun 4.. Tu..... 1:30-3:00pm..... Free/8 sess..... 298650

COME OUT OF THE BLUE—TIPS TO MANAGE STRESS, ANXIETY AND DEPRESSION

Learn the cause and explore strategies to manage and reduce these symptoms, as well as minimize the impact on daily and social life. Presented by Pathways Clubhouse. Registration required.

Cambie Community Centre
FREE May 23..... Th 1:00-2:00pm..... Free/1 sess..... 294530

DRY EYES WORKSHOP

Learn what the causes, signs, symptoms, prevention and treatment are of Dry Eye Syndrome. Presented by an optician. Registration required.

DRY EYES WORKSHOP

Minoru Centre for Active Living (Seniors Centre)
FREE Apr 9 Tu..... 10:00-11:30am..... Free/1 sess..... 302614

DRY EYES WORKSHOP (CANTONESE)

Conducted in Cantonese.

Minoru Centre for Active Living (Seniors Centre)
FREE Apr 29 M..... 10:30am-12:00pm..... Free/1 sess..... 302621

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

LOOFAH SOAP MAKING WORKSHOP

Learn how to make a natural loofah exfoliating soap using essential oils, loofah and other natural ingredients. A \$15 supplies fee added when registering.

City Centre Community Centre
 Apr 19..... F 10:30am-12:00pm..... \$8.25/1 sess 302285

ESSENTIAL OIL PLASTER DIFFUSER WORKSHOP

Learn how to make a porous and unglazed diffuser that allows essential oils to absorb and gently scent the surrounding air without using any heat or electricity. A \$15 supplies fee is added when registering.

City Centre Community Centre
 May 24..... F 10:30am-12:00pm..... \$8.25/1 sess 302495

FALLS PREVENTION WORKSHOP

Explore the common causes and risks of predictable and preventable falls that are the leading cause of injury and hospitalization. Presented by Vancouver Coastal Health's Falls Prevention Team. Registration required.

Cambie Community Centre
FREE Jun 18 Tu..... 1:00-2:30pm..... Free/1 sess..... 303966

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.

Cambie Community Centre
 Apr 15 M..... 9:00am-3:00pm..... \$55/1 sess 291288
 May 13..... M..... 9:00am-3:00pm..... \$55/1 sess 292153
 Jun 10 M..... 9:00am-3:00pm..... \$55/1 sess 292154
 Jun 24 M..... 9:00am-3:00pm..... \$55/1 sess 292155

HEARING CLINICS

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

Minoru Centre for Active Living (Seniors Centre)
FREE Apr 22 M..... 2:00-2:20pm..... Free/1 sess..... 297315
FREE Apr 22 M..... 2:20-2:40pm..... Free/1 sess..... 297316
FREE Apr 22 M..... 2:40-3:00pm..... Free/1 sess..... 297317
FREE Apr 22 M..... 3:00-3:20pm..... Free/1 sess..... 297318
FREE Apr 22 M..... 3:20-3:40pm..... Free/1 sess..... 297319
FREE Apr 22 M..... 3:40-4:00pm..... Free/1 sess..... 297320
FREE Apr 22 M..... 4:00-4:20pm..... Free/1 sess..... 297321
FREE Apr 22 M..... 4:20-4:40pm..... Free/1 sess..... 297322
FREE May 27 M..... 2:00-2:20pm..... Free/1 sess..... 297323
FREE May 27 M..... 2:20-2:40pm..... Free/1 sess..... 297325
FREE May 27 M..... 2:40-3:00pm..... Free/1 sess..... 297326
FREE May 27 M..... 3:00-3:20pm..... Free/1 sess..... 297327
FREE May 27 M..... 3:20-3:40pm..... Free/1 sess..... 297328
FREE May 27 M..... 3:40-4:00pm..... Free/1 sess..... 297329
FREE May 27 M..... 4:00-4:20pm..... Free/1 sess..... 297330
FREE May 27 M..... 4:20-4:40pm..... Free/1 sess..... 297331
FREE Jun 24 M..... 2:00-2:20pm..... Free/1 sess..... 297332
FREE Jun 24 M..... 2:20-2:40pm..... Free/1 sess..... 297333
FREE Jun 24 M..... 2:40-3:00pm..... Free/1 sess..... 297334
FREE Jun 24 M..... 3:00-3:20pm..... Free/1 sess..... 297335
FREE Jun 24 M..... 3:20-3:40pm..... Free/1 sess..... 297336
FREE Jun 24 M..... 3:40-4:00pm..... Free/1 sess..... 297337
FREE Jun 24 M..... 4:00-4:20pm..... Free/1 sess..... 297338
FREE Jun 24 M..... 4:20-4:40pm..... Free/1 sess..... 297339

HOLISTIC HEALTH SERIES

ALZHEIMER'S AND DEMENTIA WORKSHOP

Learn about the underlying contributors and symptoms of mild cognitive decline and dementia. Presented by a naturopathic doctor. Registration required.

South Arm Community Centre

FREE Jun 3 M..... 1:00-2:30pm..... Free/1 sess..... 299911

INTRODUCTION TO NATUROPATHIC MEDICINE WORKSHOP

Learn about this distinct primary health care system that emphasizes prevention, treatment and optimal health through the use of therapeutic methods that support the body's natural ability to heal. Presented by a naturopathic doctor. Registration required.

Minoru Centre for Active Living (Seniors Centre)

FREE May 13..... M..... 10:30am-12:00pm..... Free/1 sess..... 298334

THE CONNECTION BETWEEN DIABETES AND DEMENTIA

Learn how elevated blood sugar and insulin can impair cognition and discover ways to make insulin more sensitive for better sugar regulation. Presented by a naturopathic doctor. Registration required.

Thompson Community Centre

FREE Apr 29 M..... 1:00-2:30pm..... Free/1 sess..... 302967

JUST FOR YOU—HEALTH TALK WORKSHOP

Support healthy aging with community connection, relevant presentations by healthcare providers and practical information designed specifically for seniors. Registration required.

West Richmond Community Centre

FREE Apr 17-Jun 19 W..... 10:30am-12:00pm..... Free/3 sess..... 294222

NATURE WALK IN THE PARK

Join in this facilitated walk from Minoru Centre for Active Living to around Minoru Park while taking part in hands-on activities and learning fun facts about the park, plants and animals. Registration required.

Minoru Centre for Active Living (Seniors Centre)

FREE May 10..... F..... 9:30-10:30am..... Free/1 sess..... 298418

NUTRITION SERIES—WELLNESS TALK

Explore healthy eating for healthy aging by learning how to manage diet and develop better eating habits at an older age. Presented by a registered nutritionist. Registration required.

Hamilton Community Centre

FREE May 2-May 23..... Th..... 12:15-1:15pm Free/4 sess..... 300537

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.

South Arm Community Centre

FREE May 21..... Tu..... 12:00-1:30pm..... Free/1 sess..... 298152

PROTECT YOUR EYES—EARLY DETECTION AND TREATMENT WORKSHOP—55+

Cover common eye disorders and diseases, the warning signs of eye problems, early eye detection and eye disease treatment. Presented by SUCCESS. Registration required.

FREE....Apr 30.... Tu 11:15am-12:15pm Free/1 sess..... 305294

STEADY AS YOU GO SERIES

Find out ways to reduce falls through education on common causes and risk factors, exercises to strengthen the body and a guided outdoor walk to identify hazards. Presented by Vancouver Coastal Health and trained fitness instructors. Registration required.

PREVENTING FALLS

Minoru Centre for Active Living (Seniors Centre)

FREE Apr 4-Apr 30 . Tu/Th. 12:00-1:30pm..... Free/4 sess..... 301137

PREVENTING FALLS (CANTONESE)

Conducted in Cantonese.

Minoru Centre for Active Living (Seniors Centre)

FREE Apr 4-May 1 ..M/Tu/W/Th . 10:00-11:00am Free/4 sess.... 302671

PREVENTING FALLS (MANDARIN)

Conducted in Mandarin.

Minoru Centre for Active Living (Seniors Centre)

FREE Apr 9-May 2 ..Tu/W/Th..... 11:15am-12:15pm ... Free/4 sess..... 301448

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 (Seniors Centre)

FREE Apr 25-Jun 27 Th 2:10-2:50pm..... Free/10 sess..... 300491

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 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



Languages

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 (Seniors Centre)

Apr 16-Jun 11 Tu..... 10:00-11:00am..... \$57.05/9 sess 298698

FRENCH FOR TRAVELLERS-BEGINNER

Gain basic conversational skills and phrases for a more interesting cultural experience while traveling.

West Richmond Community Centre

Apr 11-May 30 Th 10:30am-12:00pm..... \$76.10/8 sess 294106

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 (Seniors Centre)

Apr 10-May 15 W..... 10:30am-12:00pm..... \$57.05/6 sess 299417

Apr 10-Jun 19 W..... 12:30-2:00pm..... \$104.60/11 sess 299420

May 22-Jun 19 W..... 10:30am-12:00pm..... \$47.55/5 sess 299419

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 (Seniors Centre)

Apr 12-Apr 26 F 10:45am-12:15pm..... \$28.55/3 sess 299462

SPANISH-BEGINNER

Learn basic words, sentences, 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 (Seniors Centre)

Apr 12-May 17 F 1:00-2:30pm..... \$57.05/6 sess 299495

May 24-Jun 21 F 12:30-2:00pm..... \$47.55/5 sess 302999

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 (Seniors Centre)

May 24-Jun 7 F 10:45am-12:15pm..... \$28.55/3 sess 299477

Martial Arts

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

Apr 10-Jun 19 W..... 9:00-10:00am..... \$69.30/11 sess ... 300601

HEALTH QIGONG-YI JIN JING-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. Tai Ji Yang Sheng Zhang included. Instructed by a certified Qigong instructor. Pre-requisite: Health Qigong-Yi Jin Jing-Beginner or instructor approval.

City Centre Community Centre

Apr 12-Jun 21 F 10:00-11:00am..... \$69.30/11 sess ... 300619

QIGONG FOR HEALTH-INTERMEDIATE

Continue to build on this ancient form of Chinese medicine that includes gentle physical movements, breathing techniques and meditation. Instructed by a certified Qigong instructor. Pre-requisite: Previous Qigong experience.

West Richmond Community Centre

Apr 5-Jun 7 F 1:30-2:30pm..... \$63/10 sess 294098

TAI CHI-BEGINNER

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

City Centre Community Centre

Apr 10-Jun 19 W..... 11:30am-12:30pm..... \$69.30/11 sess ... 300612

Minoru Centre for Active Living (Seniors Centre)

Apr 12-Jun 21 F 11:15am-12:15pm..... \$69.30/11 sess ... 298815

Apr 13-Jun 22 Sa 11:15am-12:15pm..... \$69.30/11 sess ... 298846

Steveston Community Centre

Apr 4-Jun 20 Th 11:30am-12:30pm..... \$75.60/12 sess ... 299691

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

Apr 8-Jun 17 M..... 10:45-11:45am..... \$63/10 sess 301934

Steveston Community Centre

Apr 2-Jun 18 Tu..... 11:45am-12:45pm..... \$75.60/12 sess ... 299692

TAI CHI-ADVANCED

Experience improved balance, increased flexibility and relaxation with movements that include Form 24, 42 and 48. City Centre will only include Form 32. Pre-requisite: Tai Chi experience.

City Centre Community Centre

Apr 10-Jun 19 W..... 10:15-11:15am..... \$69.30/11 sess ... 300641

Minoru Centre for Active Living (Seniors Centre)

Apr 13-Jun 22 Sa 10:00-11:00am..... \$69.30/11 sess ... 298845

Steveston Community Centre

Apr 8-Jun 17 M..... 11:45am-12:45pm..... \$63/10 sess 299689

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

Apr 8-Jun 17 M..... 11:45am-12:45pm..... \$63/10 sess 300592

TAI CHI-PRESERVING MOVEMENT

Improve movement control, balance and circulation with this popular form of martial arts.

Minoru Centre for Active Living (Seniors Centre)

Apr 11-May 16 Th 1:30-2:30pm..... \$37.80/6 sess 298799

TAI CHI-SWORD-BEGINNER

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

City Centre Community Centre

Apr 12-Jun 21 F 8:50-9:50am..... \$69.30/11 sess ... 300667

Minoru Centre for Active Living (Seniors Centre)

Apr 11-Jun 13 Th 12:45-1:45pm..... \$63/10 sess 298811

TAI CHI-SWORD-YANG STYLE-INTERMEDIATE

Continue to work on the core principles in these more advanced sessions and further improve balance and proper breathing all while learning this beautiful sword routine. Instructed by a qualified martial arts instructor. Pre-requisite: Tai Chi-Sword experience.

City Centre Community Centre

Apr 12-Jun 21 F 11:15am-12:15pm..... \$69.30/11 sess ... 300626

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 (Seniors Centre)

Apr 7-May 13 Su 1:45-2:45pm..... \$37.80/6 sess 296475

Apr 10-May 15 W..... 5:30-6:30pm..... \$37.80/6 sess 296477

May 19-Jun 17 Su 1:45-2:45pm..... \$31.50/5 sess 296476

WING CHUN-BEGINNER 2

Improve mind and body coordination while building on the first form of this martial art that utilizes soft technical skills through hand drill exercises. Sessions are non-contact, inclusive and offer a good workout. Pre-requisite Wing Chun-Beginner 1.

Minoru Centre for Active Living (Seniors Centre)

May 29-Jun 19 W..... 5:30-6:30pm..... \$25.20/4 sess 296480

Out Trips and Tours

APRIL

SAKURA DAYS JAPAN FAIR TRIP

Experience Japanese culture through food, drink, live performances and market vendors and exhibitors at Vancouver's VanDusen Botanical Gardens. Transportation and admission included. Home drop off (\$3) available.

Minoru Centre for Active Living (Seniors Centre)

Apr 13 Sa 9:30am-3:30pm..... \$46.45/1 sess 297420

HIGH TEA AT THE DICKENS SWEETS AND BRITISH MUSEUM TRIP

Explore over 10,000 square feet of this Chilliwack destination that features all things British including a grocery store, museum, bakery and sweet shop. Transportation and high tea included.

Steveston Community Centre

Apr 18 Th 10:00am-3:30pm..... \$66.20/1 sess 298120

West Richmond Community Centre

Apr 18 Th 9:45am-3:45pm..... \$66.20/1 sess 298118

PAT QUINN'S AT TSAWWASSEN SPRINGS TRIP

Savour the flavours from this classic steak and seafood restaurant and bar set in a contemporary West Coast atmosphere overlooking the golf course fairways. Transportation only included.

Thompson Community Centre

Apr 19 F 4:30-8:00pm..... \$21.50/1 sess 302031

CAPILANO SALMON HATCHERY AND LUNCH TRIP

Learn about the different species of salmon and view Coho and Chinook juveniles in this self-guided tour followed by lunch at The Shipyards District on North Vancouver's waterfront. Transportation only included. Free admission.

City Centre Community Centre

Apr 25..... Th 10:45am-3:45pm..... \$20/1 sess 299887

South Arm Community Centre

Apr 25..... Th 10:30am-3:30pm..... \$20/1 sess 298305

SUNDAY BRUNCH BUFFET AT COAST TRIP

Experience a variety of classic brunch favourites with chef-attended egg stations, carvery stations and a wide selection of breakfast and lunch entrees at this Langley hotel. Transportation and brunch buffet included.

Minoru Centre for Active Living (Seniors Centre)

Apr 27..... Sa 9:00am-1:30pm..... \$62.15/1 sess 297393

CHILLIWACK TULIP FESTIVAL TRIP

Stroll through more than 12 acres of fields filled with bloomed varieties of tulips and daffodils and visit the food truck on-site. Transportation and admission included.

Thompson Community Centre

Apr 30..... Tu..... 9:45am-3:45pm..... \$38/1 sess 298218

MAY

AUDAIN ART MUSEUM AND WHISTLER TRIP

Experience this extraordinary new museum in Whistler that features a vast collection of West Coast art, followed by time to shop and have lunch in Whistler Village. Transportation and admission included.

Thompson Community Centre

May 6..... M..... 9:30am-5:00pm..... \$49.25/1 sess 301594

CHERRY BLOSSOM PAINTING AND LUNCH TRIP

Paint the beautiful trees symbolic of spring at Garry Point Park with guidance from an experienced instructor. Transportation, art supplies and lunch included.

South Arm Community Centre

May 9..... Th 10:00am-1:00pm..... \$26/1 sess 305245

BRITANNIA MINING MUSEUM TRIP

Take a trip through history at this historic copper mine in Squamish that has been in operation since the early 20th century. Transportation and admission included.

Thompson Community Centre

May 13..... M..... 9:00am-5:00pm..... \$66.50/1 sess 301659

FORT LANGLEY HISTORIC SITE AND LUNCH TRIP

Enjoy a delicious lunch at a local Langley restaurant followed by a guided tour of the Hudson's Bay Company fur trading post at this National Historic Site. Transportation, admission and guided tour included. Home drop off (\$3) available.

Minoru Centre for Active Living (Seniors Centre)

May 14..... Tu..... 10:30am-4:00pm..... \$43.95/1 sess 297399

SEA LION BOAT TOUR

View California sea lions up close on this 90-minute exhilarating cruise aboard a 40-foot semi-covered vessel. Meet at Vancouver Whale Watch in Steveston Harbour. Program runs in all weather. Tour and transportation included. No refunds within 7 days of trip.

Richmond Nature Park

May 17..... F 8:30-11:00am..... \$48/1 sess 297708

ABBOTSFORD TULIP FESTIVAL TRIP

Explore 10 acres of stunning fields on this trip that also includes a flower market, u-pick tulips, views of Mount Baker and more. Transportation and admission included. Home drop-off (\$3) available.

City Centre Community Centre

May 21..... Tu..... 10:45am-4:15pm..... \$38/1 sess 299890

South Arm Community Centre

May 21..... Tu..... 10:30am-4:30pm..... \$38/1 sess 294947

BUTCHART GARDENS TRIP

Stroll through Victoria's iconic 55-acre floral display that is a National Historic Site of Canada. Transportation, ferry fees and garden admission included.

Thompson Community Centre

May 22..... W 7:30am-7:00pm..... \$126.60 (55-64yrs)/1 sess 298240
\$109.60 (65+yrs)/1 sess

PARK ROYAL SHOPPING TRIP

Shop, shop and shop some more at this established West Vancouver mall with indoor and outdoor option and a stop for lunch. Transportation only included.

Steveston Community Centre

May 23..... Th 9:30am-3:30pm..... \$37/1 sess 298128

West Richmond Community Centre

May 23..... Th 9:15am-3:15pm..... \$37/1 sess 298125

CLOVERDALE MARKET TRIP

Search for treats and trinkets at this famous flea market on the rodeo fairgrounds featuring 200+ vendors and the farmer's market with local produce. Transportation and admission included. Home drop off (\$3) available.

Minoru Centre for Active Living (Seniors Centre)

May 26..... Su 9:00am-3:00pm..... \$27.65/1 sess 297421

JUNE

POLYGON ART GALLERY AND LUNCH TRIP

Learn about the intricacies and insights with a guided tour of the current exhibition on display followed by lunch at one of North Vancouver's unique restaurants. Transportation and tour included. Home drop off (\$3) available.

Minoru Centre for Active Living (Seniors Centre)

Jun 5 W..... 9:00am-2:30pm..... \$39.50/1 sess 297410

ITALIAN DAY ON THE DRIVE TRIP

Join in on this vibrant Vancouver cultural street festival that celebrates Italian culture, heritage and community with piazza-style animated zones, live music, food vendors, patios, lifestyle attractions, family fun activities and more. Transportation only included.

Cambie Community Centre

Jun 9 Su 10:30am-2:00pm..... \$20/1 sess 296622

South Arm Community Centre

Jun 9 Su 10:15am-2:15pm..... \$20/1 sess 298151

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

Jun 9 Su 11:00am-3:00pm..... \$20.50/1 sess 298243

BIRDING AT CAMPBELL VALLEY PARK TRIP

Explore this fascinating Langley bird and other wildlife habitat led by an experienced guide. Transportation and tour included.

Steveston Community Centre

Jun 11 Tu..... 9:30am-3:30pm..... \$52.50/1 sess 299714

West Richmond Community Centre

Jun 11 Tu..... 9:15am-3:45pm..... \$52.50/1 sess 299712

BC HIGHLAND GAMES AND SCOTTISH FESTIVAL TRIP

Experience solo piping and drumming, pipe bands, Highland and Scottish Country dancing and the famous Haggis Hunt at this 80-year-old event in Coquitlam. Transportation and admission included.

Thompson Community Centre

Jun 15 Sa 11:00am-5:30pm..... \$43/1 sess 298241

NANAIMO EXPRESS ADVENTURE TRIP

Set sail to Vancouver Island on Hullo's fast ferry with a travel time of 70 minutes from downtown Vancouver to Nanaimo. Transportation and ferry included. No refunds within 30 days of trip.

Thompson Community Centre

Jun 21 F..... 7:30am-5:45pm..... \$112.50 (55-64yrs)/1 sess 302931
\$95.50 (65+yrs)/1 sess

BOWEN ISLAND TRIP

Take a 20-minute ferry ride from Horseshoe Bay to Snug Cove to explore village shops and the wooded trails of Killarney Lake. Bus and ferry transportation included.

Thompson Community Centre

Jun 27 Th 8:30am-5:00pm..... \$75.50 (55-64yrs)/1 sess . 298541
\$58.50 (65+yrs)/1 sess

GRANVILLE THEATRE-RING OF FIRE TRIP

Experience a theatrical concert of Johnny Cash's unique life story of struggle, success, love and redemption through his songbook. Transportation and admission included. No refunds within 30 days of the trip. Home drop off (\$3) available.

Minoru Centre for Active Living (Seniors Centre)

Jun 30 Su 1:00-6:00pm..... \$76.50/1 sess 297418

Racquet Sports

PICKLEBALL

Practice and play with new players every week in these non-instructional sessions. Suitable for all skill levels.

Anderson School (City Centre)

Apr 7-Jun 30 Su 2:00-3:45pm..... \$144.25/13 sess . 298198

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

Apr 2-May 7 Tu..... 5:30-7:00pm..... \$57.05/6 sess 300893
May 14-Jun 18 Tu..... 5:30-7:00pm..... \$57.05/6 sess 299650

Thompson Community Centre

Apr 4-May 10 Th 1:15-2:30pm..... \$47.50/6 sess 297115
May 16-Jun 28 Th 1:15-2:30pm..... \$55.50/7 sess 297123

West Richmond Community Centre

May 27-Jun 18 M..... 12:45-2:00pm..... \$23.75/3 sess 298890



PICKLEBALL–BEGINNER–FOR WOMEN

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.

West Richmond Community Centre

Apr 12-May 10 F 9:15-10:30am..... \$39.60/5 sess 298895
 Apr 12-May 10 F 10:45am-12:00pm..... \$39.60/5 sess 298896
 May 24-Jun 21 F 9:15-10:30am..... \$39.60/5 sess 298897
 May 24-Jun 21 F 10:45am-12:00pm..... \$39.60/5 sess 298898

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. Pre-requisite: Pickleball–Beginner.

South Arm Community Centre

Apr 2-May 7 Tu..... 9:30-11:00am..... \$57.05/6 sess 300886
 Apr 2-May 7 Tu..... 7:15-8:45pm..... \$57.05/6 sess 300888
 May 14-Jun 18 Tu..... 7:15-8:45pm..... \$57.05/6 sess 300894
 May 14-Jun 18 Tu..... 9:30-11:00am..... \$47.55/5 sess 300895

Thompson Community Centre

Apr 4-May 9 Th 2:45-3:45pm..... \$38.05/6 sess 301544
 May 16-Jun 27 Th 2:45-3:45pm..... \$44.40/7 sess 301546

West Richmond Community Centre

Apr 10-May 15 W..... 11:30am-1:00pm..... \$57.05/6 sess 298891
 Apr 10-May 15 W..... 1:15-2:45pm..... \$57.05/6 sess 298892
 May 22-Jun 19 W..... 11:30am-1:00pm..... \$47.55/5 sess 298893
 May 22-Jun 19 W..... 1:15-2:45pm..... \$47.55/5 sess 298894

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

Apr 2-May 8 Tu..... 11:15am-12:45pm..... \$57.05/6 sess 302239
 May 14-Jun 18 Tu..... 11:15am-12:45pm..... \$47.55/6 sess 304103



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

Jun 10-Jun 13... M/Tu/Th 1:00-2:30pm..... \$67.50/3 sess 299590
 Jun 17-Jun 20... M/Tu/Th 1:00-2:30pm..... \$67.50/3 sess 299597

OUTDOOR BOCCE

Compete in teams in this fun and easy outdoor game whose modern adaptation most closely resembles bowling. Refreshments included. Registration required.

Thompson Community Centre

FREE Jun 20 Th 6:00-7:00pm..... Free/1 sess..... 302171

WALKING BASKETBALL

Walk instead of running playing this well-loved sport, get a great workout that's easy on the joints and have fun in non-competitive games. No experience required.

South Arm Community Centre

Apr 12-May 17 F 12:00-1:00pm..... \$37.80/6 sess 302144
 May 31-Jun 28 F 12:00-1:00pm..... \$31.50/5 sess 302146

Online-Programs

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 Apr 4-Jun 6.... Th 11:00am-12:00pm..... Free/3 sess..... 291268

DRY EYES WORKSHOP

Learn what the causes, signs, symptoms, prevention and treatment are of Dry Eye Syndrome. Presented by an optician. Offered through Zoom. Registration required.

DRY EYES WORKSHOP

Minoru Centre for Active Living (Seniors Centre)

FREE Apr 9 Tu..... 10:00-11:30am..... Free/1 sess..... 302616

DRY EYES WORKSHOP (CANTONESE)

Conducted in Cantonese. Offered through Zoom.

Minoru Centre for Active Living (Seniors Centre)

FREE Apr 29 M..... 10:30am-12:00pm..... Free/1 sess..... 302622

ONLINE-HOLISTIC HEALTH SERIES-INTRODUCTION TO NATUROPATHIC MEDICINE WORKSHOP-55+

Learn about this distinct primary health care system that emphasizes prevention, treatment and optimal health through the use of therapeutic methods that support the body's natural ability to heal. Presented by a naturopathic doctor. Offered through Zoom. Registration required.

FREE May 13..... M..... 10:30am-12:00pm..... Free/1 sess..... 305241





Seniors Annual Facility Passes and Activities

A Seniors Facility Pass offers pass holders a chance to participate in any of the activities listed in the individual schedules—all for a low yearly fee!

Annual Pass Fees

- Minoru Centre for Active Living \$36.00 per year
- Community Centres..... \$16.00 per year, per facility

Choices range from woodworking at Minoru Centre for Active Living to Tai Chi at Cambie and Hamilton Community Centres, the Singing Group at City Centre Community Centre to the Knitting Group at South Arm Community Centre, the Drumming Circle at Steveston Community Centre to Luk Tung Kuen at Thompson Community Centre, the Ukulele Circle at West Richmond Community Centre and more!

Facility Pass activities take place at the following community recreation facilities:

- Cambie Community Centre (12800 Cambie Rd.)
- City Centre Community Centre (5900 Minoru Blvd.)
- Hamilton Community Centre (5140 Smith Dr.)
- Minoru Centre for Active Living (7191 Granville Ave.)
- South Arm Community Centre 8880 Williams Rd.)
- Steveston Community Centre (4111 Moncton St.)
- Thompson Community Centre (5151 Granville Ave.)
- West Richmond Community Centre (9180 No. 1 Rd.)

Additional Pass Fees

- Minoru Centre for Active Living Billiard Room Pass \$48.00 per year
- Minoru Centre for Active Living Woodworking Pass \$48.00 per year
- Minoru Centre for Active Living Wood Carving Pass \$42.00 per year

richmond.ca/schedules

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	Lego 10:00am–12:00pm	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	Poker 11:30am–4:00pm	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
	Happy Chorus 10:00am–12:30pm	Carpet Bowling 12:30–3:00pm	Mahjong** 10:00am–5:00pm	Poker 11:30am–4:00pm	Minoru Jazzers 12:45–2:30pm	Peking Opera 1:30–4:30pm
	Crib 1:00–3:00pm	Musical Interludes 1:30–3:00pm	Crib 1:00–3:30pm	Scrabble 12:45–4:00pm	Chinese Calligraphy** 1:00–4:00pm	Multicultural Dance** 2:00–4:30pm
	Bridge 1:00–4:30pm	Kingsland Calligraphy 1:30–4:00pm	Glee 2:00–4:00pm	Golden Oldies Sing-along 1:00–2:30pm	Euchre 1:30–4:00pm	
	Photo Group (2nd & 4th week) 1:30–3:30pm	Platinum Players 2:00–4:30pm	Multicultural Dance** 6:45–8:45pm	Joy Singing and Dancing** 1:00–3:00pm	Minoru Community Line Dancers** 1:30–3:30pm	
	Multicultural Dance** 2:30–4:30pm	Seniors Saxophone** 3:00–5:00pm		Knitters and Natters 1:00–3:00pm	Hanging with The Guys 3:00–4:30pm	
	Board Games 3:30–5:30pm	Yuanji Dance** 6:30–8:30pm		Wood Carving*** 1:00–4:30pm		
	Whist 6:00–8:45pm			Ballroom Dance** 3:30–5:15pm		
				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) #291253* (ERCH)	Tai Chi–48 Form 8:30–9:30am #291255* (ERCH)	Indoor Walking 10:00–11:00am #291262* (CCC)	Tai Chi–24 Form 8:30–9:30am #291257* (ERCH)	
		Tai Chi Practice– Form 48 9:15–10:00am (no instruction) #291254* (ERCH)	Table Tennis 9:30–10:30am (ERCH)		Table Tennis 9:30–10:30am (ERCH)	
		Mahjong (2nd Tue/mth) 10:00am–12:00pm #291299* (ERCH)	Book Club (1st Wed/mth) 10:00–11:30am #291252* (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 #291258* (ERCH)		Luk Tung Kuen 11:00–11:45am #291259* (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 1:30–3:00pm			Chinese Traditional Dance 1:30–3:00pm		
	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–12:00pm	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–12:15pm		

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	Book Club (4th Wed/mth) 10:00–11:30am	Friendship Group 8:30–9:20am	Carpet Bowling 1:00–3:00pm	Gardening Club (2nd & 4th/mth) 2:00–3:00pm
	Scrabble 10:00am–12:00pm		Classic QiPao Dance 12:00–2:00pm	Karaoke 9:30am–12:00pm		
	Carpet Bowling 1:00–3:00pm		Indoor Walking 1:30–2:30pm	Mahjong Social 9:30am–1:30pm		
	MILAP Group – A (bi-weekly) 1:00–3:00pm			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	Luk Tung Coffee Hour 9:00–10:00am	Tai Chi 9:00–9:30am	Crafts Group 11:00am–1:00pm	Luk Tung Kuen 7:45–8:45am	
	Online-Name that Tune (3rd Mon/mth) 10:30–11:45am		Chinese Cultural Dance 1:30–2:45pm		Gentlemen in Conservation (2nd & 4th week) 10:30am–12:00pm	
	Table Tennis 1:30–5:00pm				Karaoke 10:30am–12:30pm	
	Book Club (2nd Mon/mth) 2:15–3:30pm					

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

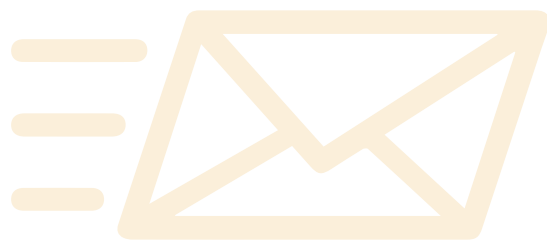
West Richmond Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
Chinese Folk Dancing 1:00–3:00pm	French Conversation Group (Not on 3rd Mon/mth or Stat holidays) 10:30am–12:00pm	Chinese Folk Dancing 9:45–10:45am	Ukulele and Singing Circle 6:30–8:00pm			
	Book Club (3rd Mon/mth) (Contact 604-238-8431 for availability)	Seniors Social 10:00–11:00am				
		English Conversation Group 11:00am–12:30pm (Contact 604-238-8431 for availability)				
		Spanish Intermediate Conversation Group (online) 1:30–3:00pm				
		Scottish Country Dancing 2:15–3:45				
		Mandarin Social and Dance Group 7:00–8:30pm				

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



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