



55+ Programs | In-person and online

Spring 2025 | 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 Parks, Recreation and Culture 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:

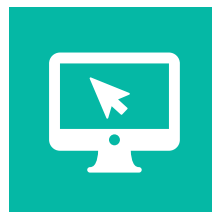
- If less than one week's notice is given, 50% of the fee will be provided.
- If notice is given on or after the start date of the program, no refund will be provided.
- Transfers will be allowed with 72 hours notice prior to the start date of the program.

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.

Apr 11–Jun 20..... **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.

Arts—Dance

ANCIENT ECHOES—THE SPIRIT OF CHINESE DANCING

Learn about and experience firsthand these early Chinese dance forms that burst with rich theatrical and elegant themes from the 12th century. No experience required. Suitable for all skill levels.

West Richmond Community Centre

TRY-IT Apr 26Sa..... 3:00-4:15pm Free/1 sess 00386054
May 3-Jun 22Sa..... 3:00-4:15pm \$57.10/7 sess 00386055

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.

Seniors Centre—Minoru Centre for Active Living

Apr 9-May 7W 5:00-6:30pm \$48.95/5 sess 00384997
May 14-Jun 18W 5:00-6:30pm \$48.95/5 sess 00384998

Thompson Community Centre

Apr 16-Jun 11W 9:00-10:30am \$88.15/9 sess 00390774
Apr 17-Jun 12Th..... 6:30-8:00pm \$88.15/9 sess 00389876

West Richmond Community Centre

TRY-IT Apr 4F..... 3:30-4:30pm Free/1 sess 00395328
TRY-IT Apr 4F..... 4:40-5:40pm Free/1 sess 00395329
TRY-IT Apr 6Su 11:30am-12:30pm Free/1 sess 00386724
Apr 11-Jun 20F..... 3:30-4:30pm \$65.30/10 sess 00395331
Apr 11-Jun 20F..... 4:40-5:40pm \$65.30/10 sess 00395332
Apr 13-Jun 22Su 11:30am-12:30pm \$58.75/9 sess 00386778

BALLROOM DANCING—INTERMEDIATE

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

Seniors Centre—Minoru Centre for Active Living

Apr 7-Jun 16M..... 6:30-8:00pm \$118.80 (45-54yrs)/9 sess... 00384232
\$88.15 (55yrs+)/9 sess

Thompson Community Centre

Apr 12-Jun 15Sa..... 1:30-3:00pm \$78.35/8 sess 00393364

West Richmond Community Centre

TRY-IT Apr 6Su 12:35-1:35pm Free/1 sess 00386744
Apr 13-Jun 22Su 12:35-1:35pm \$58.75/9 sess 00386779

BALLROOM DANCING—ULTIMATE

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

Apr 11-May 2F..... 5:00-6:30pm \$45/3 sess 00390885
May 9-May 30F..... 5:00-6:30pm \$60/4 sess 00390886
Jun 6-Jun 27F..... 5:00-6:30pm \$60/4 sess 00390887

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

Apr 14-Jun 23M 3:15-4:30pm \$73.45/9 sess 00389229

BELLYDANCING—LEVEL 1

Sweat and shimmy in these positive, fun and highly expressive dance sessions that focus primarily on movements of the hips and torso.

Seniors Centre—Minoru Centre for Active Living

May 1-Jun 19Th..... 3:15-4:30pm \$65.30/8 sess 00394975

CONDITIONING THROUGH DANCE

Improve overall health and body conditioning through a combination of ballet techniques and jazz dancing that focuses on core strength, posture, flexibility and increasing cardio health. No dance experience required.

Seniors Centre—Minoru Centre for Active Living

Apr 9-May 7W 11:45am-12:45pm \$32.65/5 sess 00383631
May 14-Jun 18W 11:45am-12:45pm \$39.20/6 sess 00385046

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.

Seniors Centre—Minoru Centre for Active Living

Apr 11-May 9F..... 12:15-1:15pm \$26.10/4 sess 00384866
May 16-Jun 20F..... 12:15-1:15pm \$39.20/6 sess 00384872

DANCE MOVES

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

Cambie Community Centre

Apr 7-Jun 23M 10:00-11:00am \$65.30/10 sess 00382153

HAWAIIAN HULA DANCING—BEGINNER

Learn and practice the basic techniques and rhythmic patterns of this graceful and expressive cultural dance form that engages the body, mind and spirit. Some dance movements may be performed sitting down.

Seniors Centre—Minoru Centre for Active Living

May 2-Jun 20F..... 10:00-11:00am \$52.25/8 sess 00389853

Steveston Community Centre

May 2-Jun 20F..... 12:00-1:00pm \$52.25/8 sess 00390448

HIP HOP

Cover fundamental choreography, technique and freestyle in these positive and fun sessions that include grooving, pop and locking, krumping and street jazz movements.

West Richmond Community Centre

Apr 10-Jun 12Th..... 2:15-3:15pm \$65.30/10 sess 00394367

JAZZ AND BALLET BLEND—BEGINNER

Explore some fundamental techniques of two dance styles along with choreography in these upbeat and enjoyable sessions.

West Richmond Community Centre

Apr 9-Jun 11W 2:15-3:15pm \$65.30/10 sess 00385413

JAZZ DANCING

Learn a variety of techniques and classic jazz dance steps set to fun and energetic music.

City Centre Community Centre

Apr 2-30W 3:15-4:15pm \$32.65/5 sess 00391009

Seniors Centre—Minoru Centre for Active Living

Apr 7-May 12M 12:00-1:00pm \$32.65/5 sess 00383627
May 26-Jun 16M 12:00-1:00pm \$26.10/4 sess 00383628

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 2- 30.....W..... 2:00-3:00pm..... \$32.65/5 sess 00391002

Seniors Centre–Minoru Centre for Active Living

Apr 15-Jun 10Tu..... 2:00-3:00pm..... \$58.75/9 sess 00384807

South Arm Community Centre

Apr 16-Jun 11W..... 3:45-4:45pm..... \$58.75/9 sess 00387012

Steveston Community Centre

Apr 17-Jun 12Th..... 2:00-3:00pm..... \$58.75/9 sess 00390466

LINE DANCING–BEGINNER–IMPROVER

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

South Arm Community Centre

Apr 16-Jun 11W..... 2:30-3:30pm..... \$58.75/9 sess 00392411

Steveston Community Centre

Apr 17-Jun 12Th..... 3:15-4:15pm..... \$58.75/9 sess 00390441

LINE DANCING–INTERMEDIATE

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

Seniors Centre–Minoru Centre for Active Living

Apr 15-Jun 10Tu..... 3:15-4:15pm..... \$58.75/9 sess 00384808

LINE DANCING–INTERNATIONAL–NEW BEGINNER

Learn some of the basic, easy-to-learn steps for short dances set to popular music.

Seniors Centre–Minoru Centre for Active Living

Apr 2-Jun 25W..... 11:00am-12:00pm..... \$78.35/12 sess 00384994

LINE DANCING–INTERNATIONAL–BEGINNER

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

Seniors Centre–Minoru Centre for Active Living

Apr 5-Jun 28 Sa ... 2:15-3:45pm.. \$158.40 (45-54yrs)/12 sess .. 00389882
\$117.55 (55yrs+)/12 sess

LINE DANCING–INTERNATIONAL–BEGINNER–IMPROVER

Build on easy-to-learn steps for short dances set to popular music. Pre-requisite: Beginner line dancing experience.

Seniors Centre–Minoru Centre for Active Living

Apr 2-Jun 25W..... 2:15-3:45pm..... \$117.55/12 sess .. 00384996

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.

Seniors Centre–Minoru Centre for Active Living

Apr 5-Jun 28Sa..... 12:30-2:00pm..... \$117.55/12 sess .. 00389881

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.

Seniors Centre–Minoru Centre for Active Living

Apr 2-Jun 25W..... 12:30-2:00pm..... \$117.55/12 sess .. 00384995

LINE DANCING VARIETY–NEW BEGINNER (CANTONESE/MANDARIN)

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

Seniors Centre–Minoru Centre for Active Living

Apr 7-May 12M..... 12:00-1:00pm..... \$32.65/5 sess 00383917

Apr 11-May 9F..... 9:30-10:30am..... \$26.10/4 sess 00389856

May 16-Jun 20F..... 9:30-10:30am..... \$39.20/6 sess 00389872

May 26-Jun 16M..... 12:00-1:00pm..... \$26.10/4 sess 00384231

LINE DANCING VARIETY–BEGINNER

Focus on the fundamental steps of this dance form that are adaptable to country, ballroom, rock and roll, disco, Latin and pop music.

Thompson Community Centre

Apr 16-Jun 18W..... 10:45-11:45am..... \$65.30/10 sess 00389383

LINE DANCING VARIETY–BEGINNER LEVEL 1 (CANTONESE/MANDARIN)

Focus on the fundamental steps of this dance form that are adaptable to country, ballroom, rock and roll, disco, Latin and pop music. Conducted in Cantonese and Mandarin. Pre-requisite: Beginner line dancing experience.

Seniors Centre–Minoru Centre for Active Living

Apr 7-May 12M..... 10:45-11:45am..... \$32.65/5 sess 00383914

Apr 11-May 9F..... 10:45-11:45am..... \$26.10/4 sess 00389874

May 16-Jun 20F..... 10:45-11:45am..... \$39.20/6 sess 00389875

May 26-Jun 16M..... 10:45-11:45am..... \$26.10/4 sess 00383915

LINE DANCING VARIETY–BEGINNER LEVEL 2 (CANTONESE AND MANDARIN)

Master the fundamental steps of this dance style that are adaptable to country, ballroom, rock and roll, disco, Latin and pop music. Conducted in Cantonese and Mandarin. Pre-requisite: Beginner line dancing experience.

Seniors Centre–Minoru Centre for Active Living

Apr 8-May 6Tu..... 9:45-10:45am..... \$32.65/5 sess 00384377

Apr 10-May 8Th..... 10:45-11:45am..... \$32.65/5 sess 00385694

May 13-Jun 17Tu..... 9:45-10:45am..... \$39.20/6 sess 00384447

May 15-Jun 19Th..... 10:45-11:45am..... \$39.20/6 sess 00385700

TAP DANCING–BEGINNER

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

Seniors Centre–Minoru Centre for Active Living

Apr 7-May 12M..... 10:45-11:45am..... \$32.65/5 sess 00385048

May 26-Jun 16M..... 10:45-11:45am..... \$26.10/4 sess 00385049

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.

Seniors Centre–Minoru Centre for Active Living

Apr 9-Jun 18W..... 10:00-11:30am..... \$107.75/11 sess .. 00384865

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 25-May 16F..... 6:30-8:00pm \$39.20/4 sess 00389121

GUITAR GROUP LESSONS—BEGINNER LEVEL 1

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

Seniors Centre—Minoru Centre for Active Living

Apr 4-Jun 27F..... 12:30-1:30pm \$95.30/12 sess 00384809

GUITAR GROUP LESSONS—BEGINNER LEVEL 2

Build on the basic foundation of guitar chords, tabs and strumming while learning additional techniques through easy-to-learn songs. Pre-requisite: Guitar Group Lessons—Beginner Level 1 or previous guitar experience. Guitar required at each session.

Seniors Centre—Minoru Centre for Active Living

Apr 4-Jun 27F..... 1:45-2:45pm \$95.30/12 sess 00384811

HAND DRUMMING—BEGINNER

Learn how to make sounds on the djembe drum and play with a group. Emphasis is on listening, learning traditional (and other) rhythms, call and response. No musical training required. Drum provided for use during session.

Steveston Community Centre

Apr 7-Jun 16M..... 12:30-1:30pm \$58.75/9 sess 00390470

INTRODUCTION TO PIANO—INTERGENERATIONAL

Learn how to play the keyboard piano in these one-on-one sessions taught by a volunteer instructor. 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 www.richmond.ca/subsidy.

City Centre Community Centre

Apr 7-Jun 16M..... 4:30-5:15pm \$71.50/10 sess 00390243
 Apr 7-Jun 16M..... 4:30-5:15pm \$71.50/10 sess 00390248
 Apr 7-Jun 16M..... 5:30-6:15pm \$71.50/10 sess 00390246
 Apr 7-Jun 16M..... 5:30-6:15pm \$71.50/10 sess 00390249
 Apr 9-Jun 18W..... 4:15-5:00pm \$78.65/11 sess 00390251
 Apr 9-Jun 18W..... 4:30-5:15pm \$78.65/11 sess 00390279
 Apr 9-Jun 18W..... 5:15-6:00pm \$78.65/11 sess 00390252
 Apr 9-Jun 18W..... 5:30-6:15pm \$78.65/11 sess 00390281
 Apr 11-Jun 20F..... 4:00-4:45pm \$71.50/10 sess 00390302
 Apr 11-Jun 20F..... 4:30-5:15pm \$71.50/10 sess 00390305
 Apr 11-Jun 20F..... 5:00-5:45pm \$71.50/10 sess 00390303
 Apr 11-Jun 20F..... 5:30-6:15pm \$71.50/10 sess 00390308
 Apr 12-Jun 21Sa..... 10:00-10:45am \$78.65/11 sess 00390309
 Apr 12-Jun 21Sa..... 11:00-11:45am \$78.65/11 sess 00390310
 Apr 12-Jun 21Sa..... 11:00-11:45am \$78.65/11 sess 00390311
 Apr 12-Jun 21Sa..... 12:00-12:45pm \$78.65/11 sess 00390312
 Apr 12-Jun 21Sa..... 2:00-2:45pm \$78.65/11 sess 00390315
 Apr 12-Jun 21Sa..... 3:00-3:45pm \$78.65/11 sess 00390318
 Apr 13-Jun 22Su..... 10:00-10:45am \$78.65/11 sess 00390321
 Apr 13-Jun 22Su..... 11:00-11:45am \$78.65/11 sess 00390324
 Apr 13-Jun 22Su..... 11:00-11:45am \$78.65/11 sess 00390325

Apr 13-Jun 22Su..... 12:00-12:45pm \$78.65/11 sess 00390326
 Apr 13-Jun 22Su..... 1:00-1:45pm \$78.65/11 sess 00390327
 Apr 13-Jun 22Su..... 1:00-1:45pm \$78.65/11 sess 00390330
 Apr 13-Jun 22Su..... 2:00-2:45pm \$78.65/11 sess 00390328
 Apr 13-Jun 22Su..... 2:00-2:45pm \$78.65/11 sess 00390331

PRIVATE SINGING LESSONS (MANDARIN)

Enhance vocal range, master breathing techniques and build a strong foundation for singing by exploring Chinese pop, folk and opera songs. Conducted in Mandarin.

City Centre Community Centre

Apr 11-May 16F..... 1:00-2:00pm \$32.65/5 sess 00390623
 Apr 11-May 16F..... 2:15-3:15pm \$32.65/5 sess 00390629
 Apr 16-May 14W..... 1:00-2:00pm \$32.65/5 sess 00390609
 Apr 16-May 14W..... 2:15-3:15pm \$32.65/5 sess 00390612
 May 21-Jun 18W..... 1:00-2:00pm \$32.65/5 sess 00390637
 May 21-Jun 18W..... 2:15-3:15pm \$32.65/5 sess 00390638
 May 23-Jun 20F..... 1:00-2:00pm \$32.65/5 sess 00390639
 May 23-Jun 20F..... 2:15-3:15pm \$32.65/5 sess 00390640

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.

Seniors Centre—Minoru Centre for Active Living

Apr 25-Jun 27F..... 3:00-4:00pm \$58.75/9 sess 00384813

SINGING—INTERMEDIATE

Build on basic vocal techniques, sight reading, sight singing and two- or three-part harmonies. Pre-requisite: Singing—Beginner or previous choral experience.

Seniors Centre—Minoru Centre for Active Living

Apr 25-Jun 27F..... 4:15-5:15pm \$58.75/9 sess 00385001

TAIKO DRUMMING—BEGINNER

Explore this fun and exciting centuries-old type of drumming that combines music, dance, martial arts and culture for a full-body workout.

South Arm Community Centre

Apr 14-Jun 16M..... 7:30-8:30pm \$52.25/8 sess 00389726

TAIKO DRUMMING—INTERMEDIATE

Experience this ancient Japanese percussion art that improves memory, physical skills and creativity and work on intricate rhythms, drills and vocal shouts in an enjoyable and supportive setting. Pre-requisite: Taiko Drumming—Beginner.

South Arm Community Centre

Apr 14-Jun 16M..... 6:30-7:30pm \$52.25/8 sess 00390020

TAIKO DRUMMING—ADVANCED

Build on existing Taiko drumming skills by learning challenging complex patterns, improving hand-eye coordination and memory for a full-body workout. Pre-requisite: Taiko Drumming—Intermediate.

South Arm Community Centre

Apr 14-Jun 16M..... 5:30-6:30pm \$52.25/8 sess 00389723

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.

South Arm Community Centre

Apr 7-Jun 16M..... 12:00-1:00pm \$65.30/10 sess 00387790

UKULELE—GET STARTED

Learn the basics of holding, tuning, playing and note reading while exploring how the pentatonic scale unlocks music from around the world. Suitable for absolute and early beginners. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library.

Steveston Community Centre

Apr 9-Jun 18W..... 11:00am-12:15pm..... \$89.75/11 sess 00390452

UKULELE—KEEP GOING

Build on the basics and expand music understanding through picking and strumming songs in the key of C and F from a variety of genres. Suitable for advanced/confident beginners. Pre-requisite: Ukulele Beginner course and experience with note reading. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library.

Steveston Community Centre

Apr 2-Jun 18W..... 1:00-2:15pm..... \$97.95/12 sess 00390459

UKULELE—MOVE ON UP

Break free from the first four frets using familiar chord shapes to access and gain knowledge of the whole fretboard. Prerequisite: Intermediate knowledge of ukulele and fluency in musical notation and tablature. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library.

Steveston Community Centre

May 13-Jun 18Tu..... 1:00pm-2:15pm..... \$48.95/6 sess 00398289

UKULELE—SKILL BUILDING—FLAT PICKING

Discover the benefits of using a little piece of plastic to add to a musical toolkit and have fun learning and connecting with others. Prerequisite: Any beginner ukulele course and experience with note reading and tablature. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library.

Steveston Community Centre

Apr 1-May 6Tu..... 1:00-2:15pm..... \$48.95/6 sess 00390464

UKULELE—SKILL BUILDING—MAJOR AND MINOR CHORDS

Explore major and minor chords, progressions and how one note can add light, shadow and change the emotion of a song. Prerequisite: Any beginner ukulele course and experience with note reading and tablature. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library.

Steveston Community Centre

May 13-Jun 18Tu..... 11:00am-12:15pm..... \$48.95/6 sess 00398290

UKULELE—SKILL BUILDING—PLAY IT BY EAR

Move from listening to playing with a few simple steps, connect with fun and familiar tunes, boost memory and support overall brain health. Prerequisite: Any beginner ukulele course and experience with note reading and tablature. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library.

Steveston Community Centre

Apr 1-May 6Tu..... 11:00am-12:15pm..... \$48.95/6 sess 00390461

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.

Seniors Centre—Minoru Centre for Active Living

Apr 14-Jun 23M..... 4:00-5:00pm..... \$71.85/11 sess 00392538

Arts—Visual

ABSTRACT ACRYLIC PAINTING SERIES

Receive personalized and step-by-step instructions from a skilled instructor in a fun, relaxed and supportive setting. Suitable for all skill levels. Supplies not included.

SPRING FLOWERS

South Arm Community Centre

Apr 1Tu..... 10:30am-12:30pm..... \$13.05/1 sess 00388054

LIGHTHOUSE

South Arm Community Centre

Apr 8Tu..... 10:30am-12:30pm..... \$13.05/1 sess 00388322

GARDEN DOOR

South Arm Community Centre

Apr 15Tu..... 10:30am-12:30pm..... \$13.05/1 sess 00388323

WATERFALL

South Arm Community Centre

Apr 22Tu..... 10:30am-12:30pm..... \$13.05/1 sess 00388324

TULIPS

South Arm Community Centre

May 27Tu..... 10:30am-12:30pm..... \$13.05/1 sess 00388327

FLOWERS ON THE WINDOWSILL

South Arm Community Centre

Jun 3Tu..... 10:30am-12:30pm..... \$13.05/1 sess 00388331

SPRING PATH

South Arm Community Centre

Jun 10Tu..... 10:30am-12:30pm..... \$13.05/1 sess 00388345

ACRYLIC PAINTING

Explore painting in a variety of styles that may include abstract, landscape and still life. Suitable for beginner and experienced painters with individual guidance provided. Supplies not included.

Steveston Community Centre

Apr 7-May 12M..... 12:30-2:30pm..... \$65.30/5 sess 00390462

May 26-Jun 16M..... 12:30-2:30pm..... \$52.25/4 sess 00390463

CHINESE BRUSH PAINTING

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

Seniors Centre—Minoru Centre for Active Living

Apr 7-Jun 16M..... 9:30-11:30am..... \$117.55/9 sess 00383606

Steveston Community Centre

Apr 9-30W..... 10:30am-12:30pm..... \$52.25/4 sess 00390440

Jun 4-25W..... 10:30am-12:30pm..... \$52.25/4 sess 00397054

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 list provided.

Steveston Community Centre

Apr 1-Jun 17Tu..... 9:30-11:30am..... \$156.70/12 sess .. 00390460

Apr 3-Jun 19Th..... 9:30-11:30am..... \$156.70/12 sess .. 00390786

COLLAGE AND JOURNALING

Use mixed media to create unique compositions that can be applied to a variety of projects. Supplies included.

Seniors Centre–Minoru Centre for Active Living

Apr 7-May 12 M 12:30-2:00pm \$48.95/5 sess 00383607
May 26-Jun 16 M 12:30-2:00pm \$39.20/4 sess 00383609

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 4-Jun 13 F 10:30-11:30am \$65.30/10 sess 00386006

CREATIVE CRAFT SERIES

Unleash creativity making art using different mediums, including everyday items to repurpose. Experience the joy of hands-on activities that spark imagination and help maintain and improve fine motor skills. A \$5 non-refundable supplies fee charged when registering.

PAPER FLOWERS

South Arm Community Centre

Apr 3 Th 10:30am-12:30pm \$13.05/1 sess 00388064

EGG CARTOON FLORAL WREATH

South Arm Community Centre

Apr 17 Th 10:30am-12:30pm \$13.05/1 sess 00388336

CREATIVE CURTAIN TIE

South Arm Community Centre

Apr 24 Th 10:30am-12:30pm \$13.05/1 sess 00388340

FLORAL PICTURE FRAME

South Arm Community Centre

Jun 5 Th 10:30am-12:30pm \$13.05/1 sess 00388342

PEG BOARD

South Arm Community Centre

Jun 12 Th 10:30am-12:30pm \$13.05/1 sess 00388343

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 list provided.

Thompson Community Centre

TRY-IT Apr 13 Su 9:30-11:30am \$13.05/1 sess 00393015
Apr 27-Jun 15 Su 9:30-11:30am \$91.40/7 sess 00393013

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. Supplies list provided.

Cambie Community Centre

Apr 9-Jun 11 W 2:45-4:45pm \$130.60/10 sess .. 00391373

FLORAL ARRANGEMENT–ARTISTIC ASYMMETRIC 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 session.

Seniors Centre–Minoru Centre for Active Living

May 2 F 2:30-4:00pm \$13.20 (45-54yrs)/1 sess 00391281
\$9.80 (55yrs+)/1 sess

FLORAL ARRANGEMENT–CENTREPIECE MAKING WORKSHOP

Learn the basics of floral design and create a stunning display to use as home decor. A \$15 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

Seniors Centre–Minoru Centre for Active Living

Apr 25 F 2:30-4:00pm \$13.20 (45-54yrs)/1 sess 00391301
\$9.80 (55yrs+)/1 sess

FLORAL ARRANGEMENT–CRESCENT-SHAPED FLORAL DESIGN WORKSHOP

Design a one-of-a-kind floral arrangement in this hands-on session, focusing on curved lines and flow for improved floral design skills. A \$15 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

Seniors Centre–Minoru Centre for Active Living

Jun 21 Sa ... 1:00-2:30pm \$13.20 (45-54yrs)/1 sess 00391261
\$9.80 (55yrs+)/1 sess

FLORAL ARRANGEMENT–DRIED AND PRESERVED FLOWER MAKING WORKSHOP

Create long lasting arrangements by learning the art of maintaining and preserving florals through air-dry methods. A \$15 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

Seniors Centre–Minoru Centre for Active Living

May 23 F 2:30-4:00pm \$13.20 (45-54yrs)/1 sess 00391265
\$9.80 (55yrs+)/1 sess

FLORAL ARRANGEMENT–FLORAL HAIR CLAW AND DERBY HAT DESIGN WORKSHOP

Create a wearable floral creation and learn how to incorporate personal style and theme into everyday pieces. A \$10 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

Seniors Centre–Minoru Centre for Active Living

Jun 27 F 2:30-4:00pm \$13.20 (45-54yrs)/1 sess 00391293
\$9.80 (55yrs+)/1 sess

FLORAL ARRANGEMENT–HAND-TIED BOUQUET WORKSHOP

Explore fundamental florist principles including colour theory and textures to create a full and airy display. A \$15 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

Seniors Centre–Minoru Centre for Active Living

Jun 6 F 2:30-4:00pm \$13.20 (45-54yrs)/1 sess 00391303
\$9.80 (55yrs+)/1 sess

PAINT IN THE PLAZA WORKSHOP

Re-create an art piece to take home through step-by-step guided instructions while also enjoying a charcuterie box with cheese, meats and fruits. A \$15 non-refundable supplies fee charged when registering.

Seniors Centre–Minoru Centre for Active Living

May 26.....M..... 10:30am-12:00pm..... \$9.80/1 sess..... 00386961

Jun 16.....M..... 10:30am-12:00pm..... \$9.80/1 sess..... 00387620

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 8.....Th..... 6:30-8:30pm..... \$35/1 sess..... 00385218

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.

Seniors Centre–Minoru Centre for Active Living

Apr 25.....F..... 6:00-7:30pm..... \$13.20 (45-54yrs+)/1 sess..... 00385275
\$9.80 (55yrs+)/1 sess

Jun 13.....F..... 6:00-7:30pm \$13.20 (45-54yrs+)/1 sess..... 00385277
\$9.80 (55yrs+)/1 sess

PHOTOGRAPHY FUNDAMENTALS–LEVEL 1

Explore a camera's functions and learn some basic photographic techniques. A digital camera, DSLR or mirrorless camera required at each session.

Seniors Centre–Minoru Centre for Active Living

Apr 12-Jun 21.....Sa..... 11:30am-12:30pm..... \$71.85/11 sess..... 00392529

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.

Seniors Centre–Minoru Centre for Active Living

Apr 10-May 29.....Th..... 12:00-2:00pm..... \$104.50/8 sess..... 00385654

WATERCOLOUR PAINTING TECHNIQUES AND STYLES

Explore still lifes, landscapes and figure studies using different styles and a variety of brushes. Suitable for all levels. Supplies list provided.

Steveston Community Centre

Apr 2-Apr 30.....W..... 10:00am-12:00pm..... \$65.30/5 sess..... 00390451

May 7-Jun 11.....W..... 10:00am-12:00pm..... \$78.35/6 sess..... 00390467

WREATH MAKING–SPRING THEME WORKSHOP

Discover the art of floral design and craft a seasonal decor piece to take home, featuring a blend of textures and layers. A \$15 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

Seniors Centre–Minoru Centre for Active Living

Apr 12.....Sa... 1:00-2:30pm..... \$13.20 (45-54yrs+)/1 sess..... 00391299
\$9.80 (55yrs+)/1 sess

Computers, Technology and Social Media

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 10.....Th..... 3:30-4:00pm..... Free/1 sess..... 00387922

FREE Apr 10.....Th..... 4:00-4:30pm..... Free/1 sess..... 00387927

FREE Apr 24.....Th..... 3:30-4:00pm..... Free/1 sess..... 00387935

FREE Apr 24.....Th..... 4:00-4:30pm..... Free/1 sess..... 00387936

FREE May 8.....Th..... 3:30-4:00pm..... Free/1 sess..... 00387937

FREE May 8.....Th..... 4:00-4:30pm..... Free/1 sess..... 00387953

FREE May 22.....Th..... 3:30-4:00pm..... Free/1 sess..... 00387955

FREE May 22.....Th..... 4:00-4:30pm..... Free/1 sess..... 00387958

West Richmond Community Centre

FREE Apr 24.....Th..... 3:30-4:15pm..... Free/1 sess..... 00386544

FREE May 29.....Th..... 3:30m-4:15pm..... Free/1 sess..... 00386547

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.

Seniors Centre–Minoru Centre for Active Living

FREE Apr 5.....Sa..... 1:30-2:00pm..... Free/1 sess..... 00387581

FREE Apr 5.....Sa..... 2:00-2:30pm..... Free/1 sess..... 00387582

FREE Apr 5.....Sa..... 2:30-3:00pm..... Free/1 sess..... 00387583

FREE Apr 5.....Sa..... 3:00-3:30pm..... Free/1 sess..... 00387584

FREE May 3.....Sa..... 1:30-2:00pm..... Free/1 sess..... 00387585

FREE May 3.....Sa..... 2:00-2:30pm..... Free/1 sess..... 00387586

FREE May 3.....Sa..... 2:30-3:00pm..... Free/1 sess..... 00387587

FREE May 3.....Sa..... 3:00-3:30pm..... Free/1 sess..... 00387588

FREE May 17.....Sa..... 1:30-2:00pm..... Free/1 sess..... 00387589

FREE May 17.....Sa..... 2:00-2:30pm..... Free/1 sess..... 00387590

FREE May 17.....Sa..... 2:30-3:00pm..... Free/1 sess..... 00387591

FREE May 17.....Sa..... 3:00-3:30pm..... Free/1 sess..... 00387594

FREE May 31.....Sa..... 1:30-2:00pm..... Free/1 sess..... 00387595

FREE May 31.....Sa..... 2:00-2:30pm..... Free/1 sess..... 00387596

FREE May 31.....Sa..... 2:30-3:00pm..... Free/1 sess..... 00387597

FREE May 31.....Sa..... 3:00-3:30pm..... Free/1 sess..... 00387598

FREE Jun 14.....Sa..... 1:30-2:00pm..... Free/1 sess..... 00387599

FREE Jun 14.....Sa..... 2:00-2:30pm..... Free/1 sess..... 00387600

FREE Jun 14.....Sa..... 2:30-3:00pm..... Free/1 sess..... 00387601

FREE Jun 14.....Sa..... 3:00-3:30pm..... Free/1 sess..... 00387602

FREE Jun 28.....Sa..... 1:30-2:00pm..... Free/1 sess..... 00387603

FREE Jun 28.....Sa..... 2:00-2:30pm..... Free/1 sess..... 00387604

FREE Jun 28.....Sa..... 2:30-3:00pm..... Free/1 sess..... 00387605

FREE Jun 28.....Sa..... 3:00-3:30pm..... Free/1 sess..... 00387606

West Richmond Community Centre

FREE Apr 9.....W..... 10:00-10:30am..... Free/1 sess..... 00385379

FREE Apr 9.....W..... 10:30-11:00am..... Free/1 sess..... 00385388

FREE Apr 9.....W..... 11:00-11:30am..... Free/1 sess..... 00385397

FREE May 14.....W..... 10:00-10:30am..... Free/1 sess..... 00385383

FREE May 14.....W..... 10:30-11:00am..... Free/1 sess..... 00385390

FREE May 14.....W..... 11:00-11:30am..... Free/1 sess..... 00385400

FREE Jun 11.....W..... 10:00-10:30am..... Free/1 sess..... 00385385

FREE Jun 11.....W..... 10:30-11:00am..... Free/1 sess..... 00385394

FREE Jun 11.....W..... 11:00-11:30am..... Free/1 sess..... 00385403

Cooking

12 HUNGRY MEN COOKING

Participate in this fun, all-men cooking group to make delicious food and enjoy engaging conversations over lunch. Supplies, recipes and instructions included.

South Arm Community Centre

Jun 3-Jun 24.....Tu..... 10:00-11:30am..... \$94.40/4 sess 00388415

COOK AND CREATE WORKSHOP— CHINESE STYLE DUMPLINGS

Discover the traditional art of dumpling folding through step-by-step instructions, complete with a demonstration of preparing an accompanying sauce. A \$15 non-refundable supplies fee charged when registering.

Seniors Centre—Minoru Centre for Active Living

May 28.....W..... 2:30-4:00pm..... \$23.60/1 sess 00388252

COOK AND CREATE WORKSHOP— VIETNAMESE SALAD ROLLS

Learn how to recreate a healthy and customizable meal through step-by-step instructions, complete with a demonstration of preparing an accompanying peanut sauce. Supplies included.

Seniors Centre—Minoru Centre for Active Living

Jun 18.....W..... 2:30-4:00pm..... \$23.60/1 sess 00393251

HEALTHY WORLD COOKING

Learn how to make healthy and nutritious recipes from around the world. After cooking, enjoy eating together and take home some items to enjoy later. Supplies included.

ITALIAN

South Arm Community Centre

Apr 1.....Tu..... 4:00-5:30pm..... \$23.60/1 sess 00388503

ASIAN

South Arm Community Centre

Apr 8.....Tu..... 4:00-5:30pm..... \$23.60/1 sess 00388504

INDIAN

South Arm Community Centre

Apr 15.....Tu..... 4:00-5:30pm..... \$23.60/1 sess 00388505

JAPANESE

South Arm Community Centre

Apr 22.....Tu..... 4:00-5:30pm..... \$23.60/1 sess 00388507

MIDDLE EASTERN

South Arm Community Centre

May 6.....Tu..... 4:00-5:30pm..... \$23.60/1 sess 00388508

GREEK

South Arm Community Centre

May 13.....Tu..... 4:00-5:30pm..... \$23.60/1 sess 00388509

SPAIN

South Arm Community Centre

May 20.....Tu..... 4:00-5:30pm..... \$23.60/1 sess 00388511

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. Supplies included.

Steveston Community Centre

Apr 17.....Th..... 10:00-11:30am..... \$23.60/1 sess 00390453

May 15.....Th..... 10:00-11:30am..... \$23.60/1 sess 00390468

Jun 19.....Th..... 10:00-11:30am..... \$23.60/1 sess 00390450

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.

Seniors Centre—Minoru Centre for Active Living

Apr 30.....W..... 2:30-4:00pm..... \$23.60/1 sess 00393011

Jun 25.....W..... 2:30-4:00pm..... \$23.60/1 sess 00393012

SOUP AND SALAD MAKING WORKSHOP

Join this hands-on workshop to learn how to make a nutritious, delicious and comforting soup, and prepare a side dish to take home and enjoy. A \$5 non-refundable supplies fee charged when registering.

Seniors Centre—Minoru Centre for Active Living

Apr 16.....W..... 2:30-4:00pm..... \$23.60/1 sess 00391296

May 14.....W..... 2:30-4:00pm..... \$23.60/1 sess 00393010

Jun 4.....W..... 2:30-4:00pm..... \$23.60/1 sess 00392713

Events and Seasonal Programs

APRIL

CHEF'S DINNER

Enjoy a decadent three course dining experience created by the chef of the Seniors Centre at Minoru Centre for Active Living. \$20 (90yrs+)/1 sess No refunds within 7 days of event.

Seniors Centre—Minoru Centre for Active Living

Apr 8.....Tu..... 5:00-7:30pm..... \$32 (55-89yrs)/1 sess ... 00387033
\$20 (90yrs+)/1 sess

VAISAKHI CELEBRATION

Celebrate this colourful festival that marks the beginning of a new solar year in the Indo-Canadian culture. Light refreshments included. No refunds within 7 days of event.

Cambie Community Centre

Apr 11.....F..... 12:00-2:00pm..... \$16.50/1 sess 00387571

PUZZLE SWAP

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

Seniors Centre—Minoru Centre for Active Living

FREE Apr 12.....Sa..... 1:30-2:30pm..... Free/1 sess..... 00393395

SPRING TEA PARTY

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

Steveston Community Centre

Apr 16.....W..... 1:00-3:00pm..... \$16.50/1 sess 00391379

MAY

BIRTHDAY PARTY SOCIAL—MAY AND JUNE

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

Seniors Centre—Minoru Centre for Active Living

May 21 W 2:30-3:30pm \$5/1 sess 00392235

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 21 W 1:00-3:00pm \$16.50/1 sess 00391384

DINNER AND DANCE—"ELVIS AND BEATLEMANIA"

Enjoy an evening of live music paying tribute to Elvis Presley and The Beatles while enjoying delicious British-style food. Round trip transportation (\$5) and home drop off (\$3) available. Registration begins in-person only at the Seniors Centre at Minoru Centre for Active Living on Mar 26, 2025 at 9:00am.

Seniors Centre—Minoru Centre for Active Living

May 28 W 4:30-8:00pm \$36 (55-89yrs)/1 sess 00392745
\$22 (90yrs+)/1 sess

JUNE

CHEF'S DINNER

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

Seniors Centre—Minoru Centre for Active Living

Jun 10 Tu 5:00-7:30pm \$32 (55-89yrs)/1 sess 00387035
\$20 (90yrs+)/1 sess

BARBEQUE

Socialize and enjoy a tasty BBQ meal, a refreshing drink and a sunny patio. \$20 (90yrs+)/1 sess

Steveston Community Centre

Jun 18 W 12:30-3:00pm \$22/1 sess 00391388

MULTICULTURAL DAY SOCIAL

Celebrate Canada's diverse cultures with friends and neighbours while enjoying entertainment and refreshments. Registration required.

Cambie Community Centre

FREE Jun 27 F 1:00-3:00pm Free/1 sess 00391691

Fitness

INFORMATION SESSION FOR CHOOSE TO MOVE™ AND ACTIVAGE™

Learn all the details to decide if these two programs align with personal goals for an active and healthy lifestyle. Registration required.

South Arm Community Centre

FREE Apr 16 W 12:30-1:30pm Free/1 sess 00392795

ACTIVAGE™

Join this three-month group-led program designed for inactive older adults. Participants are introduced to a progressive approach to physical activity and encouraged to make it a daily commitment. Before registering, register for the April 16 INFORMATION SESSION FOR CHOOSE TO MOVE AND ACTIVAGE™ (#00392795) to learn if the ActivAge™ program aligns with personal goals for an active and healthy lifestyle. Registration required.

South Arm Community Centre

FREE Apr 23-Jun 25 W 1:30-2:30pm Free/10 sess 00392718

CHOOSE TO MOVE™

Join this free three-month motivational coaching program designed for older adults wanting to be more physically active. Discussion groups combine educational and social elements only, not a fitness class. Before registering, register for the April 16 INFORMATION SESSION FOR CHOOSE TO MOVE AND ACTIVAGE™ (#00392795) to learn if the Choose to Move™ program aligns with personal goals for an active and healthy lifestyle. Registration required.

South Arm Community Centre

FREE Apr 23-Jun 25 W 12:30-1:30pm .. Free/8 sess 00392712

ACTIVE AND FIT

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

Seniors Centre—Minoru Centre for Active Living

Apr 4-Jun 27 F 10:15-11:15am \$83.15/12 sess 00392509

Apr 8-Jun 24 Tu 10:15-11:15am \$83.15/12 sess 00392273

South Arm Community Centre

Apr 17-Jun 19 Th 11:00am-12:00pm \$69.30/10 sess 00389413

Apr 22-Jun 24 Tu 11:00am-12:00pm \$69.30/10 sess 00387768

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

Mar 31-May 12 ... M 11:30am-12:30pm \$64.30/6 sess 00389394

Apr 2-May 7 W 1:30-2:30pm \$64.30/6 sess 00389430

Apr 4-May 9 F 12:30-1:30pm \$53.60/5 sess 00389404

May 14-Jun 18 W 1:30-2:30pm \$64.30/6 sess 00389437

May 16-Jun 20 F 12:30-1:30pm \$64.30/6 sess 00389417

May 26-Jun 23 M 11:30am-12:30pm \$53.60/5 sess 00389399

BETTER BACKS AND BALANCE

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

South Arm Community Centre

Apr 9-Jun 11 W 10:30am-11:30am \$60.10/10 sess 00387763

Steveston Community Centre

Apr 1-May 6 Tu 11:45am-12:45pm \$36.05/6 sess 00389471

May 13-Jun 17 Tu 11:45am-12:45pm \$36.05/6 sess 00389481

Thompson Community Centre

Apr 7-Jun 16 M 11:00am-12:00pm \$54.10/9 sess 00384764

CHAIR FITNESS

Manage chronic conditions and pain more effectively both in and out of the chair. Focus on simple exercises, deep breathing and gentle stretches in these basic fitness sessions. Suitable for older adults and those with physical limitations.

Cambie Community Centre

Apr 1-May 13 Tu 1:15-2:00pm \$42.05/7 sess 00391873

May 20-Jun 24 Tu 1:15-2:00pm \$36.05/6 sess 00391874

Seniors Centre—Minoru Centre for Active Living

Apr 10-Jun 26 Th 11:45am-12:45pm \$72.10/12 sess 00392507

CHAIR FITNESS (CANTONESE/ENGLISH)

Manage chronic conditions and pain more effectively both in and out of the chair. Focus on simple exercises, deep breathing and gentle stretches in these basic fitness sessions. Suitable for older adults and those with physical limitations. Conducted in Cantonese and English.

Seniors Centre–Minoru Centre for Active Living

Apr 2-Jun 25 W 11:30am-12:30pm \$60.10/10 sess 00392501

CHAIR YOGA

Find length in the spine in this unique fitness program that opens the hips and moves the shoulders and neck. Suitable for those with mobility challenges.

Seniors Centre–Minoru Centre for Active Living

Apr 8-Jun 26 Tu 9:15-10:15am \$83.90/12 sess 00392522

Thompson Community Centre

Apr 9-Jun 18 W 1:15-2:15pm \$76.90/11 sess 00390018

CYCLE AND STRENGTH–SILVER

Combine cycling and strength training to age-appropriate music to become stronger, more balanced and energized. These results-oriented sessions cover cadence, balance and strength. Suitable for beginners 55+ years.

Steveston Community Centre

Mar 31-May 12 ... M 10:30-11:30am \$41.60/6 sess 00389619

Apr 2-May 7 W 9:00-10:00am \$41.60/6 sess 00389643

May 14-Jun 18 W 9:00-10:00am \$41.60/6 sess 00389644

May 26-Jun 23 M 10:30-11:30am \$34.65/5 sess 00389628

CYCLE AND STRENGTH–GOLD

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. Suitable for beginners 75+ years.

West Richmond Community Centre

75yrs+

Mar 31-Jun 23 M 1:00-2:00pm \$69.30/10 sess 00383694

CYCLE FIT–SILVER

Cycle to age-appropriate music to become stronger, more balanced and energized. These results-oriented sessions cover cadence and balance. Suitable for beginners 55+ years.

West Richmond Community Centre

Apr 2-Jun 25 W 12:10-12:50pm \$90.10/13 sess 00383218

Apr 4-Jun 27 F 1:10-1:50pm \$69.30/10 sess 00383219

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.

Seniors Centre–Minoru Centre for Active Living

Apr 1-Jun 26 Tu/Th . 12:45-1:45pm \$156.25/26 sess .. 00392464

South Arm Community Centre

Apr 22-Jun 24 Tu 12:30-1:30pm \$60.10/10 sess 00390368

Steveston Community Centre

Apr 3-May 08 Th 11:45am-12:45pm \$36.05/6 sess 00389512

May 15-Jun 19 Th 11:45am-12:45pm \$36.05/6 sess 00389536

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 challenges.

Seniors Centre–Minoru Centre for Active Living

Apr 3-Jun 19 Th 9:15-10:15am \$72.15/12 sess 00392472

GROUP WEIGHT TRAINING (MANDARIN/ENGLISH)

Learn to weight train and properly use machines, free weights, medicine balls and strength tubes all in a supervised setting. Conducted in Mandarin and English.

Thompson Community Centre

Apr 7-Jun 16 M 1:00-2:00pm \$96.50/9 sess 00390474

HATHA YOGA–SILVER

Aim to achieve a healthier body and clearer mind in these slower-paced and age-appropriate music sessions that cover stretching, breathing techniques and meditation.

West Richmond Community Centre

Apr 1-Jun 24 Tu 2:05-3:05pm \$139.35/13 sess .. 00382183

Apr 3-Jun 19 Th 2:05-3:05pm \$128.65/12 sess .. 00382184

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.

Seniors Centre–Minoru Centre for Active Living

Apr 8-Jun 24 Tu 10:30-11:30am \$72.10/12 sess 00392460

Apr 10-Jun 26 Th 10:30-11:30am \$72.10/12 sess 00392503

KICKBOXING–DRILLS AND SKILLS

Improve cardiovascular strength and conditioning using a variety of boxing equipment and techniques for a full body workout. Suitable for all fitness levels.

Thompson Community Centre

Apr 10-Jun 19 Th 11:45am-12:45pm \$76.25/11 sess 00389904

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.

Steveston Community Centre

Apr 1-May 6 Tu 12:30-1:30pm \$64.30/6 sess 00389648

May 13-Jun 17 Tu 12:30-1:30pm \$64.30/6 sess 00389650

West Richmond Community Centre

60yrs+

Mar 31-Jun 23 M 10:45-11:45am \$117.90/11 sess .. 00383216

Mar 31-Jun 23 M 9:30-10:30am \$117.90/11 sess .. 00383217

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 older adults or those new to this type of training.

South Arm Community Centre

Apr 7-Jun 16 M 10:30-11:30am \$62.35/9 sess 00389328

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 2-Jun 18 W 1:00-2:00pm \$83.90/12 sess 00382176

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 fee.

South Arm Community Centre

Apr 3-May 8 Th 1:30-3:00pm \$34.80/6 sess 00389961
 May 22-Jun 26 Th 1:30-3:00pm \$34.80/6 sess 00390884

MINDS IN MOTION (CANTONESE)

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 fee. Must be referred by the Alzheimer's Society. Conducted in Cantonese.

Cambie Community Centre

Apr 2-Jun 25 W 1:30-3:30pm \$75.40/13 sess 00381980

MINDS, MUSCLES AND MOBILITY

Improve strength, balance and agility using mindful training principles in these basic fitness sessions that aim to improve movement issues common to those with chronic conditions.

Steveston Community Centre

Apr 1-May 6 Tu 10:30-11:30am \$36.05/6 sess 00389459
 Apr 3-May 8 Th 10:30-11:30am \$36.05/6 sess 00389501
 May 13-Jun 17 Tu 10:30-11:30am \$36.05/6 sess 00389465
 May 15-Jun 19 Th 10:30-11:30am \$36.05/6 sess 00389505

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 2-Jun 25 W 10:15-11:15am \$66.10/11 sess 00390674

Seniors Centre–Minoru Centre for Active Living

Apr 2-Jun 25 W 10:15-11:15am \$60.10/10 sess 00392465
 Apr 7-Jun 30 M 10:15-11:15am \$66.10/11 sess 00392271
 Apr 8-Jun 24 Tu 1:15-2:15pm \$72.10/12 sess 00392524

Thompson Community Centre

Apr 11-Jun 20 F 10:30-11:30am \$60.10/10 sess 00384765

STAY STRONG CIRCUIT WORKOUT

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

West Richmond Community Centre

Mar 31-Jun 23 M 2:15-3:05pm \$76.25/11 sess 00382173

STAY STRONG CIRCUIT WORKOUT (MANDARIN/ENGLISH)

Exercise safely with gentle movements in these circuit sessions that focus on increasing range of motion, strength, balance and agility to better manage daily activities. Conducted in Mandarin and English.

Thompson Community Centre

Apr 8-Jun 17 Tu 11:45am-12:45pm \$76.25/11 sess 00390232

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.

Seniors Centre–Minoru Centre for Active Living

Apr 22-May 20 Tu 2:15-3:15pm \$53.60/5 sess 00392350
 Apr 23-May 21 W 1:00-2:00pm \$53.60/5 sess 00392370
 May 27-Jun 24 Tu 2:15-3:15pm \$53.60/5 sess 00392355
 May 28-Jun 25 W 1:00-2:00pm \$53.60/5 sess 00392375

South Arm Community Centre

Apr 24-May 22 Th 12:30-1:30pm \$53.60/5 sess 00389645
 May 29-Jun 26 Th 12:30-1:30pm \$53.60/5 sess 00389646

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.

Seniors Centre–Minoru Centre for Active Living

Apr 8-Jun 24 Tu 12:30-1:30pm \$83.15/12 sess 00392513
 Apr 11-Jun 27 F 12:15-1:15pm \$76.25/11 sess 00392518

South Arm Community Centre

Apr 11-Jun 13 F 10:30-11:30am \$62.35/9 sess 00387756

Steveston Community Centre

Apr 2-May 7 W 12:15-1:15pm \$41.60/6 sess 00389653
 May 14-Jun 18 W 12:15-1:15pm \$41.60/6 sess 00389655

West Richmond Community Centre

Apr 1-Jun 24 Tu 1:00-2:00pm \$90.10/13 sess 00383220

Gardening

WELLNESS IN THE GARDEN WORKSHOP

Join others to learn about some of the therapeutic benefits of gardening and creating a relationship with plants. Presented by Urban Bounty. Registration required.

Cambie Community Centre

FREE Apr 22 Tu 1:00-2:30pm Free/1 sess 00395196
 General Interest

BIKE SKILLS–BEGINNER

Build skills and confidence with other seniors and learn basic maneuvering, maintenance and safe routes in a comfortable, off-road session. Bicycles and helmets provided. Presented in partnership with HUB Cycling.

Thompson Community Centre

May 16-Jun 20 F 10:00am-12:00pm \$30/6 sess 00391441

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.

Seniors Centre–Minoru Centre for Active Living

Apr 10-May 8 Th 2:00-3:30pm \$42.50/5 sess 00385663
 May 15-Jun 19 Th 2:00-3:30pm \$51.05/6 sess 00385666

BRIDGE–LEVEL 3–BEGINNER

Master the game of Contract Bridge, learn more advanced techniques for playing with partners and gain confidence through hands-on experience. Pre-requisite: Bridge–Level 2–Beginner or previous Bridge experience.

Seniors Centre–Minoru Centre for Active Living

Apr 10-Jun 19 Th 3:45-5:15pm \$93.55/11 sess 00385672

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.

Seniors Centre–Minoru Centre for Active Living

FREE Apr 8-Jun 24..... Tu 1:30-3:00pm..... Free/12 sess.... 00382680

EASTER EGG PAINTING WITH YOUTH

Celebrate the Easter spirit by painting eggs alongside fellow seniors and youth volunteers. Enjoy vibrant craft activities, exchange treasured stories and build lasting connections coming together to embrace the season. Supplies included.

Thompson Community Centre

FREE Apr 17 Th..... 4:00-6:00pm..... Free/1 sess..... 00391074

EASY RIDERS–TRANSIT CONFIDENCE WORKSHOP

Gain confidence navigating on transit, and learn about route planning, HandyDART and transitioning from driving to transit. This interactive session includes a bus ride on the 406 and the Canada Line to practice learnings. Vouchers provided. Presented by Better Environmentally Sound Transportation (BEST)–Seniors On The Move. Registration required.

Thompson Community Centre

FREE Jun 12 Th..... 1:00-3:00pm..... Free/1 sess..... 00391079

FATHER'S DAY JOHNNY ROCKETS INSPIRED BBQ

Celebrate this special day with friends and a delicious diner-style BBQ, games, rock music and fun. Lunch and entertainment included.

South Arm Community Centre

Jun 24 Tu..... 11:00am-1:00pm..... \$22/1 sess 00388434

FRAUDS AND CONS PREVENTION WORKSHOP

Learn tips on how to recognize, avoid and prevent frauds and cons that seem too good to be true. Presented by the RCMP. Registration required.

Cambie Community Centre

FREE Jun 12 Th..... 1:00-2:00pm..... Free/1 sess..... 00390337

JEOPARDY GAME

Compete against other participants to answer general knowledge clues in this fun game based on the popular TV show. Offered through Zoom. Registration required.

Cambie Community Centre

FREE May 16-Jun 20 .. F 12:45-1:45pm..... Free/2 sess..... 00385463

MAPQUEST TRAVEL

Sit back, relax and sip on a favourite beverage while "travelling" to exciting destinations. Offered through Zoom. Held on the second Tuesday of each month. Registration required.

Cambie Community Centre

FREE Apr 8-Jun 11 Tu 12:45-1:45pm..... Free/3 sess..... 00381971

MOTHER'S DAY LUNCH PARTY

Celebrate this special day with friends at this '50s and '60s themed party. Light lunch, games and DJ music included.

South Arm Community Centre

May 20..... Tu..... 11:30am-2:00pm..... \$16.50/1 sess 00388378

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.

Seniors Centre–Minoru Centre for Active Living

FREE May 21 W 10:30-11:30am..... Free/1 sess..... 00385466

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.

South Arm Community Centre

FREE Apr 8-May 13 Tu 10:30am-12:30pm.. Free/6 sess..... 00387727

ADVANCE CARE PLANNING WORKSHOP–PERSONAL AND ESTATE

Plan for the future to ensure that personal wishes are respected and implemented. Learn about planning tools such as Wills, Power of Attorney, Joint Bank Accounts and Representation Agreements. Presented by Seniors First BC staff lawyers. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE Apr 4 F..... 10:00am-11:30am..... Free/1 sess..... 00384053

AGING EYES–CATARACTS, GLAUCOMA AND MACULAR DEGENERATION WORKSHOP

Learn about the common conditions of aging eyes, the importance of routine eye exams and the signs, symptoms and treatment options. Presented by an optometrist. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE May 26..... M..... 10:30am-12:00pm..... Free/1 sess..... 00391260

Steveston Community Centre

FREE May 6..... Tu..... 1:30-3:00pm..... Free/1 sess..... 00390416

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.

West Richmond Community Centre

FREE Apr 5 Sa..... 11:00am-12:00pm..... Free/1 sess..... 00385513

CHRONIC CONDITION SELF-MANAGEMENT PROGRAM (MANDARIN)

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. Conducted in Mandarin. Registration required.

City Centre Community Centre

FREE Apr 16-May 21 .. W..... 9:30am-12:00pm Free/6 sess..... 00391852

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 welcome. Presented by Self-Management BC, University of Victoria and the BC Ministry of Health. Registration required.

Thompson Community Centre

FREE Apr 28-Jun 9..... M..... 12:30-3:00pm..... Free/6 sess..... 00389657

D.I.Y. (DO-IT-YOURSELF)-ECO-FRIENDLY DISHWASHING TABLET WORKSHOP

Craft natural tablets infused with essential oils and discover how these oils boost cleaning efficiency while being kind to the environment. A \$10 non-refundable supplies fee charged when registering.

City Centre Community Centre

May 2..... F..... 10:30am-12:00pm..... \$9.80/1 sess..... 00389409

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

Discover the various benefits and the art of blending essential oils to customize a relaxing massage oil for relaxation and rejuvenation. A \$15 non-refundable supplies fee charged when registering.

City Centre Community Centre

Apr 4..... F..... 10:30am-12:00pm..... \$9.80/1 sess..... 00389503

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

Learn how to make effective, non-toxic and natural bug spray using essential oils. A \$10 non-refundable supplies fee charged when registering.

City Centre Community Centre

Jun 6..... F..... 10:30-11:30am..... \$6.55/1 sess..... 00390218

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

Mar 31..... M..... 9:00am-3:00pm..... \$57.50/1 sess..... 00391031
 Apr 14..... M..... 9:00am-3:00pm..... \$57.50/1 sess..... 00382042
 May 12..... M..... 9:00am-3:00pm..... \$57.50/1 sess..... 00382047
 Jun 9..... M..... 9:00am-3:00pm..... \$57.50/1 sess..... 00382051

HEARING CLINICS

Register for a hearing test appointment offered. Registration required.

Cambie Community Centre

FREE Apr 23..... W..... 9:00-9:20am..... Free/1 sess..... 00382215
FREE Apr 23..... W..... 9:20-9:40am..... Free/1 sess..... 00382218
FREE Apr 23..... W..... 9:40-10:00am..... Free/1 sess..... 00382219
FREE Apr 23..... W..... 10:00-10:20am..... Free/1 sess..... 00382220
FREE Apr 23..... W..... 10:20-10:40am..... Free/1 sess..... 00382222
FREE Apr 23..... W..... 10:40-11:00am..... Free/1 sess..... 00382223
FREE May 28..... W..... 9:00-9:20am..... Free/1 sess..... 00382227
FREE May 28..... W..... 9:20-9:40am..... Free/1 sess..... 00382229
FREE May 28..... W..... 9:40-10:00am..... Free/1 sess..... 00382232
FREE May 28..... W..... 10:00-10:20am..... Free/1 sess..... 00382235
FREE May 28..... W..... 10:20-10:40am..... Free/1 sess..... 00382236
FREE May 28..... W..... 10:40-11:00am..... Free/1 sess..... 00382237
FREE Jun 25..... W..... 9:00-9:20am..... Free/1 sess..... 00382238
FREE Jun 25..... W..... 9:20-9:40am..... Free/1 sess..... 00382239
FREE Jun 25..... W..... 9:40-10:00am..... Free/1 sess..... 00382241
FREE Jun 25..... W..... 10:00-10:20am..... Free/1 sess..... 00382242

FREE Jun 25..... W..... 10:20-10:40am..... Free/1 sess..... 00382243
FREE Jun 25..... W..... 10:40-11:00am..... Free/1 sess..... 00382244

Seniors Centre–Minoru Centre for Active Living

FREE Apr 14..... M..... 2:00-2:20pm..... Free/1 sess..... 00381938
FREE Apr 14..... M..... 2:20-2:40pm..... Free/1 sess..... 00381939
FREE Apr 14..... M..... 2:40-3:00pm..... Free/1 sess..... 00381941
FREE Apr 14..... M..... 3:00-3:20pm..... Free/1 sess..... 00381942
FREE Apr 14..... M..... 3:20-3:40pm..... Free/1 sess..... 00381943
FREE Apr 14..... M..... 3:40-4:00pm..... Free/1 sess..... 00381944
FREE Apr 14..... M..... 4:00-4:20pm..... Free/1 sess..... 00381979
FREE Apr 14..... M..... 4:20-4:40pm..... Free/1 sess..... 00381945
FREE May 12..... M..... 2:00-2:20pm..... Free/1 sess..... 00381952
FREE May 12..... M..... 2:20-2:40pm..... Free/1 sess..... 00381955
FREE May 12..... M..... 2:40-3:00pm..... Free/1 sess..... 00381957
FREE May 12..... M..... 3:00-3:20pm..... Free/1 sess..... 00381961
FREE May 12..... M..... 3:20-3:40pm..... Free/1 sess..... 00381964
FREE May 12..... M..... 3:40-4:00pm..... Free/1 sess..... 00381965
FREE May 12..... M..... 4:00-4:20pm..... Free/1 sess..... 00381967
FREE May 12..... M..... 4:20-4:40pm..... Free/1 sess..... 00381981
FREE Jun 9..... M..... 2:00-2:20pm..... Free/1 sess..... 00381982
FREE Jun 9..... M..... 2:20-2:40pm..... Free/1 sess..... 00382028
FREE Jun 9..... M..... 2:40-3:00pm..... Free/1 sess..... 00382030
FREE Jun 9..... M..... 3:00-3:20pm..... Free/1 sess..... 00382032
FREE Jun 9..... M..... 3:20-3:40pm..... Free/1 sess..... 00382033
FREE Jun 9..... M..... 3:40-4:00pm..... Free/1 sess..... 00382034
FREE Jun 9..... M..... 4:00-4:20pm..... Free/1 sess..... 00382035
FREE Jun 9..... M..... 4:20-4:40pm..... Free/1 sess..... 00382036

HEARING HEALTH WORKSHOP

Explore effective strategies to protect hearing, as age and several common factors can influence deterioration. Registration required. Presented by a Registered Audiologist

Cambie Community Centre

FREE May 5..... M..... 1:00-2:30pm..... Free/1 sess..... 00389249

HEATWAVE AND WILDFIRE SMOKE PREPAREDNESS WORKSHOP

Discover practical tips to be protected from heat and wildfire smoke, learn how to create a preparedness plan and explore tools to help keep family, friends and neighbours safer during the summer months. Presented by Vancouver Coastal Health. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE May 12..... M..... 10:30-11:30am..... Free/1 sess..... 00386620

HEATWAVE AND WILDFIRE SMOKE PREPAREDNESS WORKSHOP (CANTONESE)

Discover practical tips to be protected from heat and wildfire smoke, learn how to create a preparedness plan and explore tools to help keep family, friends and neighbours safer during the summer months. Presented by Vancouver Coastal Health. Conducted in Cantonese. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE May 5..... M..... 10:30-11:30am..... Free/1 sess..... 00389270

HOLISTIC HEALTH SERIES–DIABETES WORKSHOP

Explore this health issue characterized by sustained high blood sugar levels and the underlying contributors to insulin resistance. Presented by a naturopathic doctor. Registration required.

Cambie Community Centre

FREE Apr 7..... M..... 1:00-2:30pm..... Free/1 sess..... 00385270

HOLISTIC HEALTH SERIES—HEADACHES AND MIGRAINES WORKSHOP

Learn about the different types of headaches, as well as prevention and treatment measures that include lifestyle, diet, supplements and medication. Presented by a naturopathic doctor. Registration required.

Steveston Community Centre

FREE Apr 28 M 1:30-3:00pm Free/1 sess..... 00390399

HOLISTIC HEALTH SERIES—HYPERTENSION WORKSHOP

Learn how high blood pressure affects the body and how to approach this 'silent killer' from a holistic perspective. Presented by naturopathic doctor. Registration required.

South Arm Community Centre

FREE May 26 M 1:00-2:30pm Free/1 sess..... 00387036

HOLISTIC HEALTH SERIES—MUSCLE HEALTH IS BRAIN HEALTH WORKSHOP

Learn how body composition and lean muscle mass reflect overall health by discovering the significant link between muscles and the brain. Explore this connection and learn how to maintain and build lean muscle mass to enhance cognition and increase longevity. Presented by a naturopathic doctor. Registration required.

City Centre Community Centre

FREE May 5 M 10:30am-12:00pm Free/1 sess..... 00389617

IKI IKI SOCIAL (JAPANESE AND ENGLISH)

Socialize and enjoy easier-paced and culturally-familiar activities in these safe and engaging sessions that focus on promoting and maintaining emotional, physical and cognitive wellbeing. Conducted in Japanese and English. Supplies, cultural lunch and refreshments included.

Steveston Community Centre

Apr 10-Jun 19 Th 12:30-3:00pm \$218.35/11 sess .. 00390444

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 16-Jun 18.... W..... 10:30am-12:00pm ... Free/3 sess..... 00385370

KIDNEY HEALTH, CARE AND RESOURCES

Learn about this disease, management practices and self-care tips, and find out about available support resources in BC. Presented by SUCCESS. Conducted in English with Mandarin interpretation. Online offered through Zoom Registration required.

City Centre Community Centre

FREE Apr 8 Tu 10:00am-12:00pm Free/1 sess..... 00391241

ONLINE Apr 8 Tu 10:00am-12:00pm Free/1 sess..... 00391243

LIVING WELL WITH HEARING LOSS WORKSHOP

Learn how to overcome some hearing difficulties and about the current technology available to help. Hearing loss affects communication and can lead to reduced mental health and well-being. Presented by an Audiologist. Registration required.

Seniors Centre—Minoru Centre for Active Living

FREE May 6 Tu 2:30-4:00pm Free/1 sess..... 00390011

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.

West Richmond Community Centre

FREE May 8 Th 10:30am-12:00pm Free/1 sess..... 00386004

OSTEOARTHRITIS SERIES—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.

South Arm Community Centre

FREE Apr 15 Tu 11:30am-1:00pm Free/1 sess..... 00392060

SENIORS FIRST BC PROGRAM INTRODUCTION

Join this overview of the Seniors First BC programs that provide information, legal advocacy and support with issues affecting seniors' well-being such as elder abuse. Learn about recent trends and common issues. Presented by Seniors First BC. Registration required.

Seniors Centre—Minoru Centre for Active Living

FREE Jun 10 Tu 2:30-4:00pm Free/1 sess..... 00383406

THRIVING AND SURVIVING CANCER SELF-MANAGEMENT PROGRAM

Learn techniques on managing the health of those living with or affected by cancer and find out ways to stay active in life and relationships. Caregivers welcome. Presented by Self-Management BC, University of Victoria and the BC Ministry. Registration required.

Seniors Centre—Minoru Centre for Active Living

FREE Apr 23-Jun 4..... W..... 10:00am-12:30pm.....Free/6 sess ... 00381639

UNDERSTANDING PARKINSON'S AND LOCAL RESOURCES WORKSHOP

Discover the latest information about this degenerative neurological disorder, and find out about local resources in Richmond to help individuals manage stress. Presented by Parkinson Society British Columbia. Registration required.

Seniors Centre—Minoru Centre for Active Living

FREE Apr 7 M 11:00am-12:00pm Free/1 sess..... 00390924

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, intake interview and instructor approval required. Call the Seniors Wellness Coordinator at 604-238-8460 for details.

Seniors Centre—Minoru Centre for Active Living

Apr 10-May 29..... Th 10:30am-1:30pm \$210/8 sess 00391679

WELLNESS CONNECTIONS (CANTONESE/MANDARIN)

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. Conducted in Cantonese and Mandarin. Registration, intake interview and instructor approval required. Call the Seniors Wellness Coordinator at 604-238-8460 for details.

Seniors Centre—Minoru Centre for Active Living

Apr 8-May 27 Tu 10:30am-1:30pm \$210/8 sess 00391670

WELLNESS WEDNESDAYS WORKSHOPS

Create connections and try wellness activities that focus on different facets of overall health and wellbeing. Transportation and lunch included. Program funded by Hamilton Community Association. Registration required.

Hamilton Community Centre

FREE Apr 16-Jun 4.....W.....11:30am-1:30pm Free/8 sess ... 00389983

Languages

CANTONESE-BEGINNER

Explore basic sentence structures, vocabulary and the six distinctive tones through interactive methods of this popular language. Instructed by a fluent Cantonese speaking instructor.

Seniors Centre-Minoru Centre for Active Living

Apr 15-Jun 17Tu..... 10:00-11:30am \$97.95/10 sess 00387828

ENGLISH-BEGINNER

Develop basic conversation skills, grammar, sentence structure and everyday vocabulary through engaging, hands-on interactive methods.

Seniors Centre-Minoru Centre for Active Living

Apr 10-Jun 19Th..... 10:00-11:30am \$107.75/11 sess .. 00387881

FRENCH-BEGINNER

Learn basic words and sentences, intonations and interactive methods to be able to have some limited conversations in this popular language. Instructed by a fluent French speaking instructor.

Seniors Centre-Minoru Centre for Active Living

Apr 12-Jun 21Sa..... 9:00-10:00am \$71.85/11 sess 00389115

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.

Seniors Centre-Minoru Centre for Active Living

Apr 12-Jun 21Sa..... 10:15-11:15am \$71.85/11 sess 00389116

MANDARIN-BEGINNER

Learn some of this language through basic conversations and engaging with new people. Simplified written forms of Chinese characters and pinyin phonetics are also taught to complement this unique learning experience.

Seniors Centre-Minoru Centre for Active Living

Apr 16-Jun 18W..... 9:30-11:00am \$97.95/10 sess 00388109

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.

Seniors Centre-Minoru Centre for Active Living

Apr 11-Jun 27F..... 10:30am-12:00pm \$107.75/11 sess .. 00385286

Apr 11-Jun 27F..... 12:30-2:00pm \$107.75/11 sess .. 00385287

CONVERSATIONAL SPANISH-LEVEL 1

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

Seniors Centre-Minoru Centre for Active Living

Apr 9-Jun 25W..... 10:30am-12:00pm \$117.55/12 sess .. 00385282

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.

Seniors Centre-Minoru Centre for Active Living

Apr 9-Jun 25W..... 12:30-2:00pm \$117.55/12 sess .. 00385284

Martial Arts

HEALTH QIGONG-MA WANG

DUI DAO YIN SHU

Improve physical and mental well-being with these exercises that help regulate the flow of energy through the body's meridians, the network of energetic passageways that run throughout the body, and stimulate energy flow through the lungs, stomach, heart and kidneys. Instructed by a certified Qigong instructor.

City Centre Community Centre

Apr 9-Jun 18W..... 9:15-10:15am \$71.30/11 sess 00390170

HEALTH QIGONG-TAI CHI STICK

Twist, turn, bend and stretch around the waist as a centre to strengthen and stretch muscles and bones. Stick required at each session. Instructed by a certified Qigong instructor.

City Centre Community Centre

Apr 11-Jun 20F..... 10:00-11:00am \$71.30/11 sess 00390213

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. Instructed by a certified Qigong instructor.

South Arm Community Centre

Apr 10-May 15Th..... 1:00-2:00pm \$38.90/6 sess 00387015

May 22-Jun 26Th..... 1:00-2:00pm \$38.90/6 sess 00387017

QIGONG FOR HEALTH-ALL LEVELS

Maintain health, increase vitality and experience inner peace and healing with this ancient form of Chinese medicine that includes gentle physical movements, breathing techniques and meditation. Instructed by a certified Qigong instructor.

West Richmond Community Centre

Apr 4-Jun 13F..... 2:00-3:00pm \$64.80/10 sess 00386011

TAI CHI-BEGINNER

Learn basic movements in these Yang-style sessions.

City Centre Community Centre

Apr 9-Jun 18W..... 11:45am-12:45pm \$71.30/11 sess 00387738

Seniors Centre-Minoru Centre for Active Living

Apr 11-Jun 20F..... 11:15am-12:15pm \$64.80/10 sess 00389855

Apr 12-Jun 21Sa..... 11:15am-12:15pm \$71.30/11 sess 00389878

Steveston Community Centre

Apr 3-Jun 19Th..... 11:30am-12:30pm \$77.75/12 sess 00390455

TAI CHI-INTERMEDIATE

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

City Centre Community Centre

Apr 7-Jun 16M..... 10:45-11:45am \$64.80/10 sess 00387734

TAI CHI-ADVANCED

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

City Centre Community Centre

Apr 9-Jun 18 W 10:30-11:30am \$71.30/11 sess 00387735

Seniors Centre–Minoru Centre for Active Living

Apr 12-Jun 21 Sa 10:00-11:00am \$71.30/11 sess 00389877

Steveston Community Centre

Apr 1-Jun 17 Tu 11:30am-12:30pm \$77.75/12 sess 00390456

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

TRY-IT Apr 7 M 12:45-1:45pm Free/1 sess 00389243

Apr 14-Jun 16 M 12:45-1:45pm \$58.30/9 sess 00387737

TAI CHI-FAN-INTERMEDIATE

Practice this elegant and popular form of martial arts that enhances flexibility and balance. Fan provided for use during session. Pre-requisite: Tai Chi–Fan–Beginner.

City Centre Community Centre

Apr 7-Jun 16 M 11:45am-12:45pm \$64.80/10 sess 00387736

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 11-Jun 20 F 8:50-9:50am \$71.30/11 sess 00387740

Seniors Centre–Minoru Centre for Active Living

Apr 10-Jun 12 Th 12:45-1:45pm \$64.80/10 sess 00385706

Steveston Community Centre

Apr 7-Jun 16 M 1:30-2:30pm \$58.30/9 sess 00390442

TAI CHI-SWORD-INTERMEDIATE

Advance beginner Tai Chi sword skills by learning more complex techniques, improving balance and developing proper breathing, all while mastering this beautiful sword routine. Instructed by a qualified martial arts instructor.

Steveston Community Centre

Apr 7-Jun 16 M 11:45am-1:15pm \$87.50/9 sess 00390457

TAI CHI-SWORD-YANG STYLE-INTERMEDIATE

Strive to perfect the core principles, 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 11-Jun 20 F 11:15am-12:15pm \$71.30/11 sess 00387743

Out Trips and Tours

APRIL

GATEWAY THEATRE-BEHIND THE SCENES TOUR

Take a tour of this well-known Richmond theatre, learn what goes into a theatre production and try a play reading of a character from the "Pride and Prejudice" script.

Seniors Centre–Minoru Centre for Active Living

FREE Apr 3 Th 1:30-4:30pm Free/1 sess 00392158

ABBOTSFORD TULIP FESTIVAL TRIP

Explore 10 acres of stunning fields and a flower market, u-pick tulips, views of Mount Baker and more. Bring lunch or purchase from on-site food trucks. Transportation and admission included. Home drop-off (\$3) available.

City Centre Community Centre

Apr 12 Sa 10:15am-4:15pm \$40/1 sess 00386937

South Arm Community Centre

Apr 12 Sa 10:00am-4:00pm \$40/1 sess 00386337

HARRISON TULIP FESTIVAL TRIP

Take in the more than 10 million tulips at this vibrant festival set amidst breathtaking mountain views, and enjoy scenic pathways, fragrant blooms and a new show garden. Transportation and admission included.

Thompson Community Centre

Apr 16 W 9:45am-4:00pm \$40/1 sess 00390223

PAINT AND SIP AT LULU ISLAND WINERY TRIP

Visit Greater Vancouver's largest winery located in Richmond and learn how to paint with step-by-step instructions by a local artist with live entertainment and happy hour at Vibes and Vino. Transportation and painting supplies included. No refunds within 30 days of trip.

Seniors Centre–Minoru Centre for Active Living

Apr 18 F 4:30-8:30pm \$76.10/1 sess 00391841

GATEWAY THEATRE-PRIDE AND PREJUDICE SHOW

Walk together from the Seniors Centre to enjoy some pre-show refreshments before watching a fresh and vibrant theatre show performance of Jane Austen's classic novel, "Pride and Prejudice". Admission, tea and treats included. No refunds within 30 days of trip.

Seniors Centre–Minoru Centre for Active Living

Apr 23 W 11:30am-4:00pm \$55.15/1 sess 00392162

LOMBARDO'S RESTAURANT TRIP

Tantalize the senses with Italian favourites at this family-owned Vancouver restaurant that serves up wood oven pizzas, house made pastas and other authentic dishes. Transportation only included. Home drop off (\$3) available.

Seniors Centre–Minoru Centre for Active Living

Apr 24 Th 4:30-8:30pm \$22.50/1 sess 00387018

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 25 F 9:45am-3:15pm \$66.20/1 sess 00390419

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 25 F 4:30-8:00pm \$18.50/1 sess 00390320

West Richmond Community Centre

Apr 25 F 4:15-7:45pm \$18.50/1 sess 00390334

HATLEY CASTLE AND GARDENS VICTORIA TRIP

Explore this historic castle and spectacular gardens at Royal Roads University followed by shopping or lunch in downtown Victoria. Transportation and admission included. No refunds within 30 days of trip.

Thompson Community Centre

Apr 30..... W..... 7:30am-7:00pm.. \$110.10 (55-64yrs)/1 sess ... 00393197
\$93.10 (65+yrs)/1 sess

MAY

VSO TEA AND TRUMPETS—SONGS MY MOTHER TAUGHT ME TRIP

Enjoy tea and biscuits followed by the Vancouver Symphony Orchestra's Assistant Concertmaster, the sensational violinist David Lakirovich performance of Tchaikovsky's Souvenir d'un lieu cher, alongside Dvořák's Songs My Mother Taught Me, one generation's hopes and teachings lovingly passed to the next. Transportation and admission included. No refunds within 30 days of trip.

Seniors Centre—Minoru Centre for Active Living

May 1..... Th..... 12:00-4:30pm..... \$73.75/1 sess 00391838

WHITE ROCK NIGHT MARKET TRIP

Explore this lively and vibrant evening market that includes live music and street performances, food trucks and an artisanal shopping marketplace and art walk. Transportation only included. Free admission.

Seniors Centre—Minoru Centre for Active Living

May 2..... F..... 3:30-8:00pm..... \$24/1 sess 00392070

SQUAMISH LIL'WAT CULTURAL CENTRE AND WHISTLER TRIP

Dive deep into the richness of Indigenous culture with a guided tour of this special cultural centre. Experience captivating stories, fascinating artifacts and informative exhibits followed by free time in the scenic charm of Whistler Village. Bring or buy lunch in Whistler Village. Transportation and admission included.

Thompson Community Centre

May 6..... Tu..... 9:30am-5:30pm..... \$54.75/1 sess 00391126

RENFREW COMMUNITY CENTRE LUNCH TRIP

Enjoy a full meal along with entertainment and a chance to win door prizes at this active East Vancouver community centre. Transportation, lunch and entertainment included.

Cambie Community Centre

May 7..... W..... 11:15am-3:00pm..... \$31.20/1 sess 00387977

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. No refunds within 30 days of trip.

Thompson Community Centre

May 12..... M..... 9:00am-5:00pm..... \$67.50/1 sess 00390755

NEW FUJI RESTAURANT TRIP

Embark on a foodie adventure to this casual, retro-themed Japanese fusion restaurant in Vancouver's Kitsilano neighbourhood. Savour the taste of nostalgic Japanese dishes with a modern twist. Transportation only included.

Seniors Centre—Minoru Centre for Active Living

May 14..... W..... 4:30-8:30pm..... \$22.50/1 sess 00392055

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. Dress for weather as trip runs in all weather. Nature presentation and transportation included.

Richmond Nature Park

May 16..... F..... 8:30-10:30am..... \$40/1 sess 00390856

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. No refunds within 30 days of trip.

Thompson Community Centre

May 22..... Th 9:15am-5:45pm.. \$77.50 (55-64yrs) /1 sess 00393029
\$60.50 (65+yrs)/1 sess

IONA BEACH BIRD WATCHING TRIP

Walk through this picturesque park near the airport watching for and learning about birds and other local wildlife from an experienced guide. Walking long distance required. Transportation only included.

Steveston Community Centre

May 23..... F..... 9:45am-2:30pm..... \$20.50/1 sess 00390425

BASEBALL AND FIREWORKS SHOW AT NAT BAILEY STADIUM TRIP

Cheer on the Vancouver Canadians at this historical and picturesque outdoor stadium and watch a special fireworks show after the game. Transportation and admission included. Home drop off (\$3) available. No refunds within 30 days of trip.

Thompson Community Centre

May 27..... Tu..... 6:00-10:30pm..... \$45/1 sess 00390217

West Richmond Community Centre

May 27..... Tu..... 5:45-10:30pm..... \$45/1 sess 00390317

ART IN THE PARK

Create a personal art piece with the help of an experienced instructor, drawing inspiration from the stunning landscapes of Vancouver's iconic Stanley Park. After the art session, enjoy a light lunch and take some time to explore the park. Transportation, supplies, lunch and keepsake paint set and brush included.

City Centre Community Centre

May 29..... Th..... 10:45am-2:45pm..... \$42/1 sess 00386938

South Arm Community Centre

May 29..... Th..... 10:30am-3:00pm..... \$42/1 sess 00386339

JUNE

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 8 Su 11:00am-3:00pm..... \$20.50/1 sess 00392987

VSO—THE PAUL SIMON SONGBOOK TRIP

Enjoy an evening of music from the legendary Paul Simon performed by the Vancouver Symphony Orchestra at the Orpheum Theatre. Transportation and admission included. No refunds within 30 days of trip.

City Centre Community Centre

Jun 13 F..... 7:15-10:30pm..... \$65/1 sess 00386939

South Arm Community Centre

Jun 13 F..... 7:00-10:45pm..... \$65/1 sess 00386100

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. Walking long distance required. Transportation and gondola admission included. No refunds within 30 days of trip.

Thompson Community Centre

Jun 16 M 9:00am-5:15pm \$78.50/1 sess 00392993

STANDING STRAWBERRY U-PICK TRIP

Harvest fresh strawberries at this unique, naturally beautiful spot in Abbotsford, featuring elevated rows for easier berry picking. Transportation included. Cost of berries extra.

Seniors Centre–Minoru Centre for Active Living

Jun 16 M 8:30am-2:00pm \$25/1 sess 00392062

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 21 Sa 11:00am-5:30pm \$44/1 sess 00390722

SCANDINAVIAN MIDSUMMER FESTIVAL TRIP

Experience this 20+ year vibrant celebration in Burnaby that highlights Danish, Finnish, Icelandic, Norwegian and Swedish cultures with live music, 50 food and craft vendors, games and a real Viking raid! Transportation and admission included.

Cambie Community Centre

Jun 22 Su 10:15am-3:45pm \$32/1 sess 00396438

South Arm Community Centre

Jun 22 Su 10:00am-4:00pm \$32/1 sess 00396257

BUTCHART GARDENS TRIP

Stroll through Victoria's iconic 55-acre floral display that is a National Historic Site of Canada. Bring or buy lunch. Transportation, ferry fees and garden admission included. No refunds within 30 days of trip.

Thompson Community Centre

Jun 24 Tu 7:30am-7:00pm \$127.60 (55-64yrs)/1 sess 00390740
\$110.60 (65+yrs)/1 sess

BRENTWOOD MALL AND FARMERS MARKET TRIP

Dine, shop and explore this revitalized shopping mall and the Artisan Farmers' Market that boasts fresh local produce, handmade goods and artisanal treats. Transportation only included.

Seniors Centre–Minoru Centre for Active Living

Jun 28 Sa 9:30am-2:30pm \$23/1 sess 00391844

Racquet Sports

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 1-May 13 Tu 9:45-11:15am \$68.90/7 sess 00386986

Apr 1-May 13 Tu 5:30-7:00pm \$68.90/7 sess 00386987

May 20-Jun 24 Tu 9:45-11:15am \$59.05/6 sess 00387007

May 20-Jun 24 Tu 5:30-7:00pm \$59.05/6 sess 00387010

Thompson Community Centre

Apr 3-May 15 Th 1:15-2:30pm \$57.40/7 sess 00390001

May 22-Jun 26 Th 1:15-2:30pm \$49.20/6 sess 00390017

West Richmond Community Centre

Apr 7-Jun 23 M 12:45-2:00pm \$90.20/11 sess 00386922

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 11-Jun 27 F 9:30-10:45am \$82/10 sess 00387312

Apr 11-Jun 27 F 10:50am-12:05pm \$82/10 sess 00387313

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 1-May 13 Tu 8:00-9:30am \$68.90/7 sess 00386982

Apr 1-May 13 Tu 11:30am-1:00pm \$68.90/7 sess 00386985

Apr 1-May 13 Tu 7:15-8:45pm \$68.90/7 sess 00386984

May 20-Jun 24 Tu 8:00-9:30am \$59.05/6 sess 00387005

May 20-Jun 24 Tu 11:30am-1:00pm \$59.05/6 sess 00387009

May 20-Jun 24 Tu 7:15-8:45pm \$59.05/6 sess 00387011

Thompson Community Centre

Apr 3-May 15 Th 2:35-3:50pm \$57.40/7 sess 00390004

May 22-Jun 26 Th 2:35-3:50pm \$49.20/6 sess 00390030

West Richmond Community Centre

Apr 9-Jun 25 W 11:45am-1:15pm \$118.10/12 sess .. 00386958

Apr 9-Jun 24 W 1:20-2:50pm \$108.25/11 sess .. 00386960

PICKLEBALL–NON-INSTRUCTIONAL

Practice and play with fellow players in these non-instructional sessions. Suitable for all skill and fitness levels.

City Centre Community Centre (Anderson School)

Apr 6-Jun 8 Su 2:00-3:45pm \$52.50/8 sess 00386666

Sports

BOCCE–OUTDOOR

Compete against each other as a team in this fun and easy outdoor game that closely resembles bowling. Refreshments included. Registration required.

Thompson Community Centre

FREE Jun 19 Th 6:00-7:00pm Free/1 sess 00391443

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 12 Tu/Th . 1:00-2:30pm \$45/2 sess 00389783

Jun 17-Jun 19 Tu/Th . 1:00-2:30pm \$45/2 sess 00389787

Jun 24-Jun 26 Tu/Th . 1:00-2:30pm \$45/2 sess 00389788

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 or Shiatsu 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 (1st Thu/mth)

East Richmond Community Hall

604-238-8399 (2nd Wed/mth)

Seniors Centre—Minoru Centre for Active Living

604-238-8450 (3rd Wed/mth)

South Arm Community Centre

604-238-8060 (2nd Fri/mth)

Steveston Japanese Canadian Cultural Centre

604-238-8084 (1st Wed/mth)

Thompson Community Centre

604-238-8422 (2nd Mon/mth)

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



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	French Conversation 9:30–11:30am	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	Wood Carving*** 9:30am–12:00pm 1:00–4:30pm	Tai Chi Practice** 8:45–9:45am	Busy Fingers/ Knitters and Knatters 9:30–11:30am 1:00–3:00pm	Mahjong** 10:00am–5:00pm	Ballroom Dance** 10:00am–12:00pm
Minoru Community Line Dancers** 1:30–3:30pm	Busy Fingers/ Knitters and Knatters 9:30–11:30am	Poker 11:30am–4:00pm	Happy Chorus 10:00am–12:30pm	Minoru Strummers Ukulele Circle** 10:00–11:30am	Silver Singers** 9:45am–12:00pm	Chinese Drum and Guitar Social ** 10:00am–12:00pm
	Lego® 10:00am–2:00pm	Carpet Bowling 12:30–3:00pm	Mahjong** 10:00am–5:00pm	Poker 11:30am–4:00pm	Bridge Duplicate 12:30–4:00pm	Spanish Social 10:30am–1:00pm
	Happy Chorus 10:00am–12:30pm	Kingsland Calligraphy 1:30–4:00pm	Crib 1:00–3:30pm	Scrabble 12:45–4:00pm	Chinese Calligraphy** 1:00–4:00pm	Peking Opera 1:30–4:30pm
	Reading Social for Chinese Speaking Seniors 10:15am–12:15pm	Seniors Saxophone** 3:00–5:00pm	Glee 2:00–4:00pm	Joy Singing and Dancing** (Singing) 1:00–3:00pm	Euchre 1:30–4:00pm	Multicultural Dance** 2:00–4:30pm
	Crib 1:00–3:00pm	Board Games 3:30–5:30pm	Joy Singing and Dancing (Dancing) 2:30–4:30	Wood Carving*** 1:00–4:30pm	Minoru Community Line Dancers** 1:30–3:30pm	
	Bridge 1:00–4:30pm	Yuanji Dance** 6:30–8:30pm	Multicultural Dance** (Performance group only) 6:45–8:45pm	Platinum Players 1:30–3:30pm	Hanging with The Guys 3:00–4:30pm	
	Photo Group (2nd & 4th week) 1:30–3:30pm	Joy Singing and Dancing** (Dancing) 6:45–8:45pm		Ballroom Dance** 3:30–5:15pm	Classical Chinese Ethnic Folk Dance** 6:45–8:45pm	
	Multicultural Dance** 2:30–4:30pm	Model Dance** 6:45–8:45pm		Seniors Saxophone** 4:00–6:00pm		
	Whist 6:00–8:45pm			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 \$18.00 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 11:00am–12:30pm (ERCH)	Tai Chi Practice– Form 24 8:30–9:15am (no instruction) 00381950* (ERCH)	Tai Chi–48 Form 8:30–9:30am 00381956* (ERCH)	Indoor Walking 10:00–11:00am 00381963* (CCC)	Tai Chi–24 Form 8:30–9:30am 00381958* (ERCH)	
		Tai Chi Practice– Form 48 9:15–10:00am (no instruction) 00381954* (ERCH)	Table Tennis 9:30–10:30am (ERCH)		Table Tennis 9:30–10:30am (ERCH)	
		Mahjong (2nd Tue/mth) 10:00am–12:00pm 00381968* (ERCH)	Book Club (1st Wed/mth) 10:00–11:30am 00381972* (ERCH)		Knitting 10:00–11:30am (ERCH)	
		Karaoke (1st and 3rd Tu/mth) 10:30am–12:30pm (ERCH)	Writing Club 10:00am–12:00pm 00381973 (ERCH)		Luk Tung Kuen 11:00–11:45am 00381962* (ERCH)	
			Luk Tung Kuen 11:00–11:45am 00381959* (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) 10:00am–1:00pm	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 1:00–3:00pm	Chinese Calligraphy in Mandarin 1:00–3:00pm		Ballroom Dance 1:00–3:00pm		
	Chinese Traditional Dance 2:00–3:30pm	Drama Group (Cantonese) 2:00–4:00pm		Chinese Traditional Dance 2:00–3:30pm		
	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 9:00–10:00am		Tai Chi Beginners 9:00–10:00am	Dancing and Sing-a-long 10:00am–12:00pm	
		Seniors Circle Group 10:00–11:30am		Mahjong 10:15am–12:30pm		

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	Ted Talks (4th Fri/mth) 10:00–11:00am	
	Scrabble 10:00am–12:00pm		Classic QiPao Dance 12:00–2:00pm	Karaoke 9:30am–12:00pm		
	MILAP Group – A (bi-weekly) 1:00–3:00pm		Singing Along 12:00–2:00pm	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	
	Tai Chi Practice 10:30–11:30am		Low Vision Support Group (2nd Wed/mth) 10:00am–12:00pm		Ukulele Circle 10:00–11:30am	
	Drumming Ensemble* 1:30–2:30pm		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 7:30–9:30am
	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	
	Table Tennis 1:30–5:00pm		Chinese Cultural Dance 1:30–2:45pm		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
Chinese Folk Dancing 2:00–4:00pm	French Conversation Group 10:30am–12:00pm	Chinese Folk Dancing 9:45–10:45am	Ukulele and Singing Circle 6:30–8:00pm	English Conversation Group—Intermediate 11:00am–12:15pm		
		English Conversation Group—Beginner 11:00am–12:30pm (Contact 604-238-8431 for availability)				
		Spanish Intermediate Conversation Group (online) 1:30–3:00pm				
		Scottish Country Dancing 2:15–3:45pm				

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