



**55+ Programs** | In-person and online

**Fall 2025** | SEP-DEC  
[richmond.ca/register](https://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](http://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](http://richmond.ca/reghelp).

### ✓ Your Course ID number

You can find this eight-digit number under the course description.

Sep 16–Dec 9..... **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** Sep 20 .....Sa..... 3:00-4:15pm ..... Free/1 sess..... 00427974  
Sep 20-Dec 13 .....Sa..... 3:00-4:15pm ..... \$100.80/12 sess .. 00427976

### BALLET - BEGINNER

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

#### Seniors Centre - Minoru Centre for Active Living

Sep 9-Dec 16 .....Tu..... 3:00-4:00pm ..... \$87.35/13 sess .... 00434376

### 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.

#### South Arm Community Centre

Sep 19-Oct 31 .....F..... 5:00-6:30pm ..... \$105/7 sess ..... 00433332  
Nov 14-Dec 19 .....F..... 5:00-6:30pm ..... \$90/6 sess ..... 00433333

#### Thompson Community Centre

**TRY-IT** Sep 3 .....W..... 9:00-10:30am ..... Free/1 sess..... 00436769

#### West Richmond Community Centre

**TRY-IT** Oct 3 .....F..... 3:30-4:30pm ..... Free/1 sess..... 00428058

**TRY-IT** Oct 3 .....F..... 4:40-5:40pm ..... Free/1 sess..... 00427986

**TRY-IT** Oct 5 .....Su..... 11:30am-12:30pm ..... Free/1 sess..... 00428062

Oct 10-Dec 12 .....F..... 3:30-4:30pm ..... \$67.20/10 sess .... 00428060

Oct 10-Dec 12 .....F..... 4:40-5:40pm ..... \$67.20/10 sess .... 00428061

Oct 19-Dec 14 .....Su..... 11:30am-12:30pm ..... \$60.50/9 sess ..... 00428069

### BALLROOM DANCING - CHA CHA AND WALTZ - BEGINNER

Master a classic Latin dance and elegant waltz while improving rhythm and posture. Build confidence through professional instruction and enjoy a fun, supportive atmosphere. Suitable for singles and pairs.

#### Thompson Community Centre

Sep 17-Oct 22 .....W..... 9:00-10:30am ..... \$60.50/6 sess ..... 00436576

### 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

Sep 15-Oct 27 .....M... 6:30-8:00pm... \$81.55/6 sess (45-54yrs) ... 00435157  
\$60.50/6 sess (55+yrs)

Nov 3-Dec 15 .....M... 6:30-8:00pm... \$95.15/7 sess (45-54yrs) ... 00435158  
\$70.55/7 sess (55+yrs)

#### Thompson Community Centre

Sep 13-Oct 25 .....Sa..... 1:30-3:00pm ..... \$60.50/6 sess ..... 00438228

Nov 1-Dec 13 .....Sa..... 1:30-3:00pm ..... \$70.55/7 sess ..... 00438231

#### West Richmond Community Centre

Oct 19-Dec 14 .....Su..... 12:40-1:40pm ..... \$60.50/9 sess ..... 00428064

### BALLROOM DANCING - JIVE - INTERMEDIATE

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. Registration required.

#### West Richmond Community Centre

**TRY-IT** Oct 5 .....Su..... 12:40-1:40pm ..... Free/1 sess..... 00428067

### BALLROOM DANCING - JIVE AND TANGO - BEGINNER

Explore dynamic footwork and expressive movement while strengthening coordination and musicality, and enjoy social connection and light cardio through energetic partner dances. Suitable for singles and pairs.

#### Thompson Community Centre

Oct 29-Dec 10 .....W..... 9:00-10:30am ..... \$70.55/7 sess ..... 00436579

### 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

Sep 11-Nov 13 .....Th..... 6:00-7:15pm ..... \$84/10 sess ..... 00428429

### 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 experience required.

#### Seniors Centre - Minoru Centre for Active Living

Sep 10-Oct 29 .....W..... 11:45am-12:45pm ..... \$53.75/8 sess ..... 00434352

Nov 5-Dec 17 .....W..... 11:45am-12:45pm ..... \$47.05/7 sess ..... 00434355

### DANCE AND MOTION - ALL LEVELS

Get fit while having fun in these upbeat sessions with music that ranges from popular jazz, Motown, disco and pop. Learn and build dance skills while making lots of social connections. Suitable for all fitness and experience levels.

#### Seniors Centre - Minoru Centre for Active Living

Sep 12-Oct 31 .....F..... 12:15-1:15pm ..... \$53.75/8 sess ..... 00434357

Nov 7-Dec 19 .....F..... 12:15-1:15pm ..... \$47.05/7 sess ..... 00434359

### DANCE MOVES - ALL LEVELS

Get fit while having fun in these upbeat sessions with a variety of different music and rhythms designed to get a cardio workout. Learn and build dance skills while making lots of social connections. Suitable for all fitness and experience levels.

#### Cambie Community Centre

Sep 8-Oct 6 .....M..... 10:00-11:00am ..... \$33.60/5 sess ..... 00428977

Oct 20-Dec 15 .....M..... 10:00-11:00am ..... \$60.50/9 sess ..... 00428978

### 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

Sep 12-Nov 28 .....F..... 10:00-11:00am ..... \$80.65/12 sess .... 00428431

#### Steveston Community Centre

Sep 5-Nov 28 .....F..... 12:00-1:00pm ..... \$67.20/10 sess .... 00436921



## 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

Sep 11-Dec 11 .....Th.....2:15-3:15pm..... \$94.10/14 sess .... 00427870

## 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

Sep 10-Dec 10 .....W..... 2:20-3:20pm ..... \$73.90/11 sess .... 00427830

## JAZZ DANCING

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

### Seniors Centre - Minoru Centre for Active Living

Sep 8-Oct 27 .....M..... 12:00-1:00pm ..... \$47.05/7 sess ..... 00434317

Nov 3-Dec 15 .....M..... 12:00-1:00pm ..... \$47.05/7 sess ..... 00434320

## LINE DANCING - BEGINNER

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

### South Arm Community Centre

Sep 24-Dec 3 .....W..... 3:45-4:45pm ..... \$73.90/11 sess .... 00435544

### Steveston Community Centre

Sep 25-Dec 4 .....Th..... 1:00-2:00pm ..... \$73.90/11 sess .... 00437264

## LINE DANCING - BEGINNER - IMPROVER

Improve dance moves and learn more complex steps and patterns to Latin and Ballroom and country and popular music. Pre-requisite: Line Dancing - Beginner.

### South Arm Community Centre

Sep 24-Dec 3 .....W..... 2:30-3:30pm ..... \$73.90/11 sess .... 00433334

### Steveston Community Centre

Sep 25-Dec 4 .....Th..... 2:15-3:15pm ..... \$73.90/11 sess .... 00437271

## LINE DANCING - INTERNATIONAL - BEGINNER

Follow easy-to-learn steps for short dances set to popular music. No experience required.

### Seniors Centre - Minoru Centre for Active Living

Sep 13-Nov 22 ..Sa..2:15-3:45pm.. \$135.90/10 sess (45-54yrs) .. 00433810  
\$100.80/10 sess (55+yrs)

## LINE DANCING - INTERNATIONAL - NEW BEGINNER

Learn some of the basic, easy-to-learn steps for short dances set to popular music. No experience required.

### Seniors Centre - Minoru Centre for Active Living

Sep 10-Nov 19 ....W..... 11:00am-12:00pm..... \$73.90/11 sess .... 00433803

## LINE DANCING - INTERNATIONAL - BEGINNER - IMPROVER

Build on easy-to-learn steps for short dances set to popular music. Pre-requisite: Line Dancing - International - Beginner.

### Seniors Centre - Minoru Centre for Active Living

Sep 10-Nov 19 ....W..... 2:15-3:45pm..... \$110.90/11 sess .. 00433807

## 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

Sep 13-Nov 22 ....Sa..... 12:30-2:00pm..... \$100.80/10 sess .. 00433808

## 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

Sep 10-Nov 19 ....W..... 12:30-2:00pm..... \$110.90/11 sess .. 00433806

## LINE DANCING VARIETY - BEGINNER

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

### Thompson Community Centre

**TRY-IT** Sep 3 .....W..... 10:45-11:45am ..... Free/1 sess..... 00437044

Sep 17-Oct 22 .....W..... 10:45-11:45am ..... \$40.30/6 sess ..... 00437069

Oct 29-Dec 10 .....W..... 10:45-11:45am ..... \$47.05/7 sess ..... 00437080

## LINE DANCING VARIETY - BEGINNER LEVEL 1 (CANTONESE AND MANDARIN)

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

### Seniors Centre - Minoru Centre for Active Living

Sep 15-Oct 27 .....M..... 10:45-11:45am ..... \$40.30/6 sess ..... 00429082

Sep 19-Oct 31 .....F..... 10:45-11:45am ..... \$47.05/7 sess ..... 00429091

Nov 3-Dec 15 .....M..... 10:45-11:45am ..... \$47.05/7 sess ..... 00429083

Nov 7-Dec 19 .....F..... 10:45-11:45am ..... \$47.05/7 sess ..... 00429093

## LINE DANCING VARIETY - BEGINNER LEVEL 2 (CANTONESE AND MANDARIN)

Master the fundamental steps of this dance style that is adaptable to country, ballroom, rock and roll, disco, Latin and pop music. Conducted in Cantonese and Mandarin. Pre-requisite: Line Dancing Variety - Beginner - Level 1.

### Seniors Centre - Minoru Centre for Active Living

Sep 16-Oct 28 .....Tu..... 9:45-10:45am ..... \$40.30/6 sess ..... 0429086

Sep 18-Oct 30 .....Th..... 10:45-11:45am ..... \$47.05/7 sess ..... 0429088

Nov 4-Dec 16 .....Tu..... 9:45-10:45am ..... \$40.30/6 sess ..... 0429087

Nov 6-Dec 18 .....Th..... 10:45-11:45am ..... \$47.05/7 sess ..... 0429089

## 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. No experience required.

### Seniors Centre - Minoru Centre for Active Living

Sep 15-Oct 27 .....M..... 12:00-1:00pm ..... \$40.30/6 sess ..... 0429084

Sep 19-Oct 31 .....F..... 9:30-10:30am ..... \$47.05/7 sess ..... 0429090

Nov 3-Dec 15 .....M..... 12:00-1:00pm ..... \$47.05/7 sess ..... 0429085

Nov 7-Dec 19 .....F..... 9:30-10:30am ..... \$47.05/7 sess ..... 00429092

## LYRICAL DANCING

Connect with music and tell stories through fluid movement, self-expression and by fostering creativity and artistic exploration building on ballet and contemporary dance techniques.

### Seniors Centre - Minoru Centre for Active Living

Sep 12-Oct 31 .....F..... 1:30-2:30pm ..... \$53.75/8 sess ..... 00434368  
Nov 7-Dec 19 .....F..... 1:30-2:30pm ..... \$47.05/7 sess ..... 00434369

## TAP DANCING - BEGINNER

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

### Seniors Centre - Minoru Centre for Active Living

Sep 8-Oct 27 .....M..... 10:45-11:45am ..... \$47.05/7 sess ..... 00434323  
Nov 3-Dec 15 .....M..... 10:45-11:45am ..... \$47.05/7 sess ..... 00434325

## 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

Sep 10-Oct 29 .....W..... 10:00-11:30am ..... \$80.65/8 sess ..... 0434344  
Nov 5-Dec 17 .....W..... 10:00-11:30am ..... \$70.55/7 sess ..... 0434347

# Arts—Music

## DRUMMING RHYTHMS FROM AROUND THE WORLD

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

### West Richmond Community Centre

**TRY-IT** Sep 12 .....F..... 6:30-8:00pm ..... Free/1 sess ..... 00427969  
Sep 19-Nov 7 .....F..... 6:30-8:00pm ..... \$80.65/8 sess ..... 00427971

## GROUP DRUM CIRCLE

Discover tempo and creative expression with hand drums and other percussive instruments in these social sessions. No experience required. Instruments provided. Instructed by Richmond Music School.

### Seniors Centre - Minoru Centre for Active Living

Sep 11-Oct 30 .....Th..... 3:30-5:00pm ..... \$80/8 sess ..... 00435159  
Nov 6-Dec 18 .....Th..... 4:00-5:00pm ..... \$70/7 sess ..... 00435161

## 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

Sep 12-Oct 31 .....F..... 12:30-1:30pm ..... \$65.35/8 sess ..... 00428423  
Nov 7-Dec 19 .....F..... 12:30-1:30pm ..... \$57.20/7 sess ..... 00428424

## 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. Guitar required at each session. Pre-requisite: Guitar Group Lessons - Beginner Level 1 or previous guitar experience.

### Seniors Centre - Minoru Centre for Active Living

Sep 12-Oct 31 .....F..... 1:45-2:45pm ..... \$65.35/8 sess ..... 00428425  
Nov 7-Dec 19 .....F..... 1:45-2:45pm ..... \$57.20/7 sess ..... 00428426

## 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

Sep 8-Dec 15 .....M..... 12:15-1:15pm ..... \$94.10/14 sess ..... 00437316

## INTRODUCTION TO PIANO - INTERGENERATIONAL

Learn how to play the keyboard piano in these one-on-one sessions taught by a volunteer instructor. Classes are suitable for beginners up to Level 5. Lessons are individually designed for the ability of each musician. This course is not eligible for support through the Recreation Fee Subsidy Program. Find details at [www.richmond.ca/subsidy](http://www.richmond.ca/subsidy).

### City Centre Community Centre

Sep 8-Dec 15 .....M..... 4:30-5:15pm ..... \$105/14 sess ..... 00436892  
Sep 8-Dec 15 .....M..... 4:30-5:15pm ..... \$105/14 sess ..... 00436903  
Sep 8-Dec 15 .....M..... 5:30-6:15pm ..... \$105/14 sess ..... 00436900  
Sep 8-Dec 15 .....M..... 5:30-6:15pm ..... \$105/14 sess ..... 00436904  
Sep 10-Dec 17 .....W..... 4:15-5:00pm ..... \$112.50/15 sess .. 00436907  
Sep 10-Dec 17 .....W..... 4:30-5:15pm ..... \$112.50/15 sess .. 00436913  
Sep 10-Dec 17 .....W..... 5:15-6:00pm ..... \$112.50/15 sess .. 00436910  
Sep 10-Dec 17 .....W..... 5:30-6:15pm ..... \$112.50/15 sess .. 00436915  
Sep 12-Dec 19 .....F..... 4:00-4:45pm ..... \$112.50/15 sess .. 00437055  
Sep 12-Dec 19 .....F..... 4:30-5:15pm ..... \$112.50/15 sess .. 00437058  
Sep 12-Dec 19 .....F..... 5:00-5:45pm ..... \$112.50/15 sess .. 00437056  
Sep 12-Dec 19 .....F..... 5:30-6:15pm ..... \$112.50/15 sess .. 00437062  
Sep 13-Dec 20 .....Sa..... 10:00-10:45am ..... \$112.50/15 sess .. 00437065  
Sep 13-Dec 20 .....Sa..... 11:00-11:45am ..... \$112.50/15 sess .. 00437066  
Sep 13-Dec 20 .....Sa..... 11:00-11:45am ..... \$112.50/15 sess .. 00437067  
Sep 13-Dec 20 .....Sa..... 12:00-12:45pm ..... \$112.50/15 sess .. 00437068  
Sep 13-Dec 20 .....Sa..... 2:00-2:45pm ..... \$112.50/15 sess .. 00437073  
Sep 13-Dec 20 .....Sa..... 3:00-3:45pm ..... \$112.50/15 sess .. 00437074  
Sep 14-Dec 21 .....Su ..... 10:00-10:45am ..... \$112.50/15 sess .. 00437077  
Sep 14-Dec 21 .....Su ..... 11:00-11:45am ..... \$112.50/15 sess .. 00437078  
Sep 14-Dec 21 .....Su ..... 11:00-11:45am ..... \$112.50/15 sess .. 00437083  
Sep 14-Dec 21 .....Su ..... 12:00-12:45pm ..... \$112.50/15 sess .. 00437086  
Sep 14-Dec 21 .....Su ..... 1:00-1:45pm ..... \$112.50/15 sess .. 00437094  
Sep 14-Dec 21 .....Su ..... 1:00-1:45pm ..... \$112.50/15 sess .. 00437101  
Sep 14-Dec 21 .....Su ..... 2:00-2:45pm ..... \$112.50/15 sess .. 00437097  
Sep 14-Dec 21 .....Su ..... 2:00-2:45pm ..... \$112.50/15 sess .. 00437105

## 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

Sep 3-Oct 1 .....W..... 1:00-2:00pm ..... \$33.60/5 sess ..... 00436149  
Sep 3-Oct 1 .....W..... 2:15-3:15pm ..... \$33.60/5 sess ..... 00436151  
Sep 5-Oct 3 .....F..... 1:00-2:00pm ..... \$33.60/5 sess ..... 00436156  
Sep 5-Oct 3 .....F..... 2:15-3:15pm ..... \$33.60/5 sess ..... 00436162  
Nov 12-Dec 17 .....W..... 1:00-2:00pm ..... \$40.30/6 sess ..... 00436168  
Nov 12-Dec 17 .....W..... 2:15-3:15pm ..... \$40.30/6 sess ..... 00436170  
Nov 14-Dec 19 .....F..... 1:00-2:00pm ..... \$40.30/6 sess ..... 00436176  
Nov 14-Dec 19 .....F..... 2:15-3:15pm ..... \$40.30/6 sess ..... 00436178

## 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. Instructed by the Richmond Music School.

### Seniors Centre - Minoru Centre for Active Living

Sep 12-Oct 31 .....F..... 3:00-4:00pm ..... \$96/8 sess ..... 00435162  
Nov 7-Dec 19 .....F..... 3:00-4:00pm ..... \$84/7 sess ..... 00435163

## 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. Instructed by the Richmond Music School.

### Seniors Centre - Minoru Centre for Active Living

Sep 12-Oct 31 .....F..... 4:15-5:15pm ..... \$96/8 sess ..... 00435164  
Nov 7-Dec 19 .....F..... 4:15-5:15pm ..... \$70/7 sess ..... 00435165

## 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

Sep 29-Dec 8 .....M ..... 7:30-8:30pm ..... \$67.20/10 sess .... 00431620

## 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

Sep 29-Dec 8 .....M ..... 6:30-7:30pm ..... \$67.20/10 sess .... 00432286

## 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

Sep 29-Dec 8 .....M ..... 5:30-6:30pm ..... \$67.20/10 sess .... 00431621

## 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.

### Seniors Centre - Minoru Centre for Active Living

Oct 21-Dec 9 .....Tu ..... 6:30-7:30pm ..... \$53.75/8 sess ..... 00438451

### South Arm Community Centre

Sep 24-Dec 10 .....W ..... 10:00-11:00am ..... \$80.65/12 sess .... 00432661

## 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

Sep 10-Dec 10 .....W. 11:00am-12:15pm.. \$135.90/10 sess (45-54yrs) ... 00437301  
\$100.80/12 sess (55+yrs)

## UKULELE - INTERMEDIATE

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

### Seniors Centre - Minoru Centre for Active Living

Sep 23 .....Tu ..... 10:00am-12:00pm ..... \$13.45/1 sess ..... 00438452  
Oct 21 .....Tu ..... 10:00am-12:00pm ..... \$13.45/1 sess ..... 00438456  
Nov 18 .....Tu ..... 10:00am-12:00pm ..... \$13.45/1 sess ..... 00438460

### South Arm Community Centre

Sep 24-Dec 10 .....W ..... 11:15am-12:15pm ..... \$80.65/12 sess .... 00432668

## 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

Sep 10-Dec 10 .....W ..... 1:00-2:15pm ..... \$135.90/12 sess (45-54yrs) ... 00437303  
\$100.80/12 sess (55+yrs)

## 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. Pre-requisite: Ukulele Beginner 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

Sep 9-Oct 14 .....Tu ..... 1:00-2:15pm ..... \$42/5 sess ..... 00437299

# 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

Sep 15-Dec 15 .....M ..... 4:00-5:00pm ..... \$87.35/13 sess .... 00434382

## IMPROV PERFORMANCE TROUPE

Expand performance skills through building games, exploring characters and connecting as a team while developing the content and format of a live show to share laughter in the community. Pre-requisite: Intro to Improv or equivalent experience.

### Seniors Centre - Minoru Centre for Active Living

Sep 15-Dec 15 .....M ..... 5:15-6:15pm ..... \$93.75/13 sess .... 00443674

# Arts - Visual

## ACRYLIC PAINTING - ALL LEVELS

Explore painting with individual guidance and a variety of styles that may include abstract, landscape and still life. Supplies list provided.

### Seniors Centre - Minoru Centre for Active Living

Sep 10-Nov 26 .....W ..... 1:00-2:30pm ..... \$120.95/12 sess .. 00434390

### Steveston Community Centre

Sep 8-Nov 10 .....M ..... 12:30-2:30pm ..... \$121/9 sess ..... 00436488  
Nov 3-Dec 8 .....M ..... 12:30-2:30pm ..... \$80.65/6 sess ..... 00436489

## ACRYLIC PAINTING - BEGINNER

Master the basics of acrylic painting with step-by-step guidance and build a strong foundation in the seven elements of art: line, shape, form, space, value, colour and texture. A \$5 non-refundable supplies fee charged when registering.

### City Centre Community Centre

Nov 6-Dec 11 ..... Th..... 10:00am-12:00pm ..... \$80.65/6 sess ..... 00438821

## ALCOHOL INK ART - BEGINNER

Explore alcohol ink art basics, master colour blending, blowing techniques and simple abstract designs, and take home one to two creative pieces. No experience required. No supplies fee for the TRY-IT programs but a \$12 non-refundable supplies fee charged when registering.

### City Centre Community Centre

**TRY-IT** Sep 12 ..... F..... 10:30-11:15am ..... Free/1 sess ..... 00438590  
Sep 17-Oct 8 ..... W..... 10:30am-12:00pm ..... \$40.30/4 sess ..... 00438534

## ALCOHOL INK ART - INTERMEDIATE

Develop more alcohol ink art skills by mastering layering and mixed media techniques to create abstract and representational artworks, and take home one to two pieces. A \$15 non-refundable supplies fee charged when registering.  
Pre-requisite - Alcohol Ink Art - Beginner.

### City Centre Community Centre

Oct 15-Nov 5 ..... W..... 10:30am-12:00pm ..... \$40.30/4 sess ..... 00438538

## BLESSIVE BRUSH CHRISTMAS CARDS

Create a hand-painted Christmas card using Blessive Art by combining brush lettering and simple illustrations to promote mindfulness and add a personal touch to holiday greetings in a relaxing, beginner-friendly setting. Supplies included.

### City Centre Community Centre

Dec 10 ..... W..... 10:30-11:30am ..... \$6.70/1 sess ..... 00438593

## 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

Sep 15-Dec 15 ..... M..... 9:30-11:30am ..... \$120.95/9 sess ..... 00429668

### Steveston Community Centre

Sep 3-Dec 17 ..... W..... 10:30am-12:30pm ..... \$205.45/16 sess .. 00436777

## CHINESE CALLIGRAPHY - KAI SHU - BEGINNER (MANDARIN)

Build a strong foundation in Kai Shu (Standard Script) by learning basic strokes, techniques and characters, and develop traditional Chinese calligraphy skills while enhancing focus and patience. Instructed by a Chinese calligraphy master. Conducted in Mandarin. Supplies not included.

### City Centre Community Centre

Sep 3-Oct 22 ..... W..... 1:00-3:00pm ..... \$107.50/8 sess .... 00436855  
Oct 29-Dec 17 ..... W..... 1:00-3:00pm ..... \$107.50/8 sess .... 00436868

## CHINESE CALLIGRAPHY - INTERMEDIATE (CANTONESE, MANDARIN, ENGLISH)

Continue to learn stroke techniques, understand meanings of a variety of characters and expand on different calligraphy styles. Course conducted in Mandarin and Cantonese with English translation available. Supplies not included. Pre-requisite: Chinese Calligraphy - Beginner.

### Steveston Community Centre

Sep 2-Dec 16 ..... T ..... 9:30-11:30am ..... \$188.10/14 sess .. 00436869

## CHINESE CALLIGRAPHY - XING SHU - INTERMEDIATE (MANDARIN)

Explore Xing Shu (Semi-Cursive Script) by practicing the fluid dynamic style that bridges standard and cursive writing, and enhance handwriting versatility and artistic expression through this graceful technique. Instructed by a Chinese calligraphy master. Conducted in Mandarin. Supplies not included. Pre-requisite: Experience with Kai Shu or Chinese Calligraphy - Kai Shu - Beginner.

### Steveston Community Centre

Sep 5-Oct 24 ..... F..... 1:00-3:00pm ..... \$107.50/8 sess .... 00436856  
Oct 31-Dec 19 ..... F..... 1:00-3:00pm ..... \$107.50/8 sess .... 00436875

## CHINESE CALLIGRAPHY - ADVANCED (CANTONESE, MANDARIN, ENGLISH)

Progress further in the skills and techniques require to produce advanced calligraphy art. Instructed by a calligraphy master. Course conducted in Mandarin and Cantonese with English translation available. Supplies not included.  
Pre-requisite: Chinese Calligraphy - Intermediate.

### Steveston Community Centre

Sep 4-Dec 11 ..... Th..... 9:30-11:30am ..... \$201.60/15 sess .. 00436872

## 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

Sep 12-Oct 17 ..... F..... 10:30am-12:00pm ..... \$60.50/6 sess ..... 00427928  
Oct 24-Nov 28 ..... F..... 10:30am-12:00pm ..... \$60.50/6 sess ..... 00427931

## CREATE A CUP WORKSHOP

Make a cup to decorate and enjoy by learning how to use molds and apply ceramic glazes in a fun setting. Cups dipped into clear food-safe clear glaze, and available for pick-up two weeks after session. A \$10 non-refundable supplies fee charged when registering. Supplies included for making one cup.

### Richmond Cultural Centre Annex

Nov 19 ..... W..... 10:00-11:30am ..... \$10.10/1 sess ..... 00436137

## CREATE A PLATE WORKSHOP

Make a sandwich plate to decorate and enjoy by learning how to use molds and apply ceramic glazes in a fun setting. Plates dipped into clear food-safe clear glaze, and available for pick-up two weeks after the session. A \$10 non-refundable supplies fee charged when registering. Supplies included for making one plate.

### Richmond Cultural Centre Annex

Oct 15 ..... W ..... 10:00-11:30am ..... \$10.10/1 sess ..... 00438477



## CREATIVE PAINTING

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

### Thompson Community Centre

**TRY-IT** Nov 2.....Su .....9:30-11:30am ..... Free/1 sess..... 00436638  
Nov 16-Dec 14.....Su .....9:30-11:30am ..... \$67.20/5 sess ..... 00436640

## DRAWING BASICS

Capture simple objects, images and still lifes on paper while learning basic concepts and techniques to improve understanding and confidence.

### Cambie Community Centre

Sep 3-Oct 22 .....W .....2:45-4:15pm ..... \$80.65/8 sess ..... 00434717

### Seniors Centre - Minoru Centre for Active Living

Sep 8-Nov 24 .....M .....12:30-2:00pm ..... \$110.90/11 sess .. 00434386

## 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

Oct 10.....F .....2:30-4:00pm ..... \$13.60/1 sess (45-54yrs)..... 00436876  
\$10.10/1 sess (55+yrs)

## FLORAL ARRANGING WORKSHOP SERIES - FALL

Create stunning harvest displays for home by learning the fundamentals of arranging flowers, including colour harmony, shape and technique. A \$30 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

### Seniors Centre - Minoru Centre for Active Living

Sep 12-26 ....F .....2:30-4:00pm ..... \$40.75/3 sess (45-54yrs)..... 00438599  
\$30.25/3 sess (55+yrs)

## NAGOMI ART WORKSHOP

Learn this form of Japanese art that uses soft pastels and fingers to create calming and gentle art pieces. No experience required. A \$22 non-refundable supplies fee charged when registering.

### City Centre Community Centre

Oct 16-Nov 13.....Th.....12:30-2:00pm ..... \$50.40/5 sess ..... 00438197  
Nov 20-Dec 18 ....Th.....12:30-2:00pm ..... \$50.40/5 sess ..... 00438199

## 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

Sep 18.....Th .....6:30-8:30pm ..... \$35/1 sess ..... 00427495  
Dec 4.....Th .....6:30-8:30pm ..... \$35/1 sess ..... 00429791

## 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

Sep 12 .....F .....6:00-7:30pm ..... \$13.60/1 Sess (45-54yrs) ..... 00438470  
\$10.10/1 sess (55+yrs)  
Oct 10.....F .....6:00-7:30pm ..... \$13.60/1 sess (45-54yrs)..... 00438472  
\$10.10/1 sess (55+yrs)\  
Nov 14.....F .....6:00-7:30pm ..... \$13.60/1 sess (45-54yrs)..... 00438473  
\$10.10/1 sess (55+yrs)  
Dec 12 .....F .....6:00-7:30pm ..... \$13.60/1 sess (45-54yrs)..... 00438474  
\$10.10/1 sess (55+yrs)

### South Arm Community Centre

Sep 19 .....F .....6:00-7:30pm ..... \$13.60/1 sess (45-54yrs)..... 00435576  
\$10.10/1 sess (55+yrs)  
Oct 17 .....F .....6:00-7:30pm ..... \$13.60/1 sess (45-54yrs)..... 00435577  
\$10.10/1 sess (55+yrs)  
Nov 21 .....F .....6:00-7:30pm ..... \$13.60/1 sess (45-54yrs)..... 00435580  
\$10.10/1 sess (55+yrs)

## 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.

### Thompson Community Centre

**TRY-IT** Sep 24 .....W .....9:30-11:30am ..... Free/1 sess..... 00436600  
Oct 8-Nov 12.....W .....9:30-11:30am ..... \$98.05/6 sess ..... 00436623

## 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

Sep 4-Oct 30 .....Th.....9:30-11:30am ..... \$120.95/9 sess .... 00428276  
Sep 4-Oct 30 .....Th.....12:00-2:00pm ..... \$120.95/9 sess .... 00428279  
Nov 6-Dec 18 .....Th.....9:30-11:30am ..... \$94.10/7 sess ..... 00428278  
Nov 6-Dec 18 .....Th.....12:00-2:00pm ..... \$94.10/7 sess ..... 00428280

## 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

Sep 10-Nov 12 ....W... 10:00am-12:00pm ..... \$134.40/10 sess .. 00390451  
Nov 5-Dec 10 .....W... 10:00am-12:00pm ..... \$80.65/6 sess ..... 00436546

## WREATH MAKING - WITH REAL FLOWERS HOLIDAY THEME WORKSHOP

Celebrate the festive season using a variety of fresh florals to create long-lasting home decor that blends holiday colours and textures. A \$25 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

### Seniors Centre - Minoru Centre for Active Living

Dec 5 .....F .....2:30-4:00pm ..... \$13.60/1 sess (45-54yrs)..... 00436879  
Dec 12 .....F .....2:30-4:00pm ..... \$10.10/1 sess (55+yrs) ..... 00436882



# Computers, Technology and Social Media

## DIGITAL LITERACY - CANTONESE AND MANDARIN

Enhance personal digital literacy and build confidence with digital devices through this volunteer-led program. Maximize learning outcomes by attending the full duration of the program.

### South Arm Community Centre

**FREE** Sep 21-Nov 2 ..... Su ..... 3:00-4:30pm ..... Free/6 sess ... 00435897

## SMARTPHONES, TABLETS AND LAPTOPS - LEARN FROM A YOUTH

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

### South Arm Community Centre

**FREE** Sep 25 ..... Th ..... 3:30-4:00pm ..... Free/1 sess ..... 00438362  
**FREE** Sep 25 ..... Th ..... 4:00-4:30pm ..... Free/1 sess ..... 00438359  
**FREE** Sep 25 ..... Th ..... 4:30-5:00pm ..... Free/1 sess ..... 00438347  
**FREE** Oct 2 ..... Th ..... 3:30-4:00pm ..... Free/1 sess ..... 00435582  
**FREE** Oct 2 ..... Th ..... 4:00-4:30pm ..... Free/1 sess ..... 00435585  
**FREE** Oct 16 ..... Th ..... 3:30-4:00pm ..... Free/1 sess ..... 00435588  
**FREE** Oct 16 ..... Th ..... 4:00-4:30pm ..... Free/1 sess ..... 00435589  
**FREE** Oct 23 ..... Th ..... 3:30-4:00pm ..... Free/1 sess ..... 00438383  
**FREE** Oct 23 ..... Th ..... 4:00-4:30pm ..... Free/1 sess ..... 00438378  
**FREE** Oct 23 ..... Th ..... 4:30-5:00pm ..... Free/1 sess ..... 00438368  
**FREE** Nov 6 ..... Th ..... 3:30-4:00pm ..... Free/1 sess ..... 00435590  
**FREE** Nov 6 ..... Th ..... 4:00-4:30pm ..... Free/1 sess ..... 00435591  
**FREE** Nov 20 ..... Th ..... 3:30-4:00pm ..... Free/1 sess ..... 00435592  
**FREE** Nov 20 ..... Th ..... 4:00-4:30pm ..... Free/1 sess ..... 00435593  
**FREE** Dec 4 ..... Th ..... 3:30-4:00pm ..... Free/1 sess ..... 00435594  
**FREE** Dec 4 ..... Th ..... 4:00-4:30pm ..... Free/1 sess ..... 00435595

## 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** Sep 6 ..... Sa ..... 1:30-2:00pm ..... Free/1 sess ..... 00437852  
**FREE** Sep 6 ..... Sa ..... 2:00-2:30pm ..... Free/1 sess ..... 00437853  
**FREE** Sep 6 ..... Sa ..... 2:30-3:00pm ..... Free/1 sess ..... 00437854  
**FREE** Sep 6 ..... Sa ..... 3:00-3:30pm ..... Free/1 sess ..... 00437855  
**FREE** Sep 20 ..... Sa ..... 1:30-2:00pm ..... Free/1 sess ..... 00437856  
**FREE** Sep 20 ..... Sa ..... 2:00-2:30pm ..... Free/1 sess ..... 00437880  
**FREE** Sep 20 ..... Sa ..... 2:30-3:00pm ..... Free/1 sess ..... 00437858  
**FREE** Sep 20 ..... Sa ..... 3:00-3:30pm ..... Free/1 sess ..... 00437857  
**FREE** Oct 4 ..... Sa ..... 1:30-2:00pm ..... Free/1 sess ..... 00437859  
**FREE** Oct 4 ..... Sa ..... 2:00-2:30pm ..... Free/1 sess ..... 00437860  
**FREE** Oct 4 ..... Sa ..... 2:30-3:00pm ..... Free/1 sess ..... 00437861  
**FREE** Oct 4 ..... Sa ..... 3:00-3:30pm ..... Free/1 sess ..... 00437862  
**FREE** Oct 18 ..... Sa ..... 1:30-2:00pm ..... Free/1 sess ..... 00437863  
**FREE** Oct 18 ..... Sa ..... 2:00-2:30pm ..... Free/1 sess ..... 00437864  
**FREE** Oct 18 ..... Sa ..... 2:30-3:00pm ..... Free/1 sess ..... 00378656

**FREE** Oct 18 ..... Sa ..... 3:00-3:30pm ..... Free/1 sess ..... 00437866  
**FREE** Nov 1 ..... Sa ..... 1:30-2:00pm ..... Free/1 sess ..... 00437867  
**FREE** Nov 1 ..... Sa ..... 2:00-2:30pm ..... Free/1 sess ..... 00437869  
**FREE** Nov 1 ..... Sa ..... 2:30-3:00pm ..... Free/1 sess ..... 00437871  
**FREE** Nov 1 ..... Sa ..... 3:00-3:30pm ..... Free/1 sess ..... 00437870  
**FREE** Nov 15 ..... Sa ..... 1:30-2:00pm ..... Free/1 sess ..... 00437872  
**FREE** Nov 15 ..... Sa ..... 2:00-2:30pm ..... Free/1 sess ..... 00437873  
**FREE** Nov 15 ..... Sa ..... 2:30-3:00pm ..... Free/1 sess ..... 00437874  
**FREE** Nov 15 ..... Sa ..... 3:00-3:30pm ..... Free/1 sess ..... 00437875  
**FREE** Nov 29 ..... Sa ..... 1:30-2:00pm ..... Free/1 sess ..... 00437876  
**FREE** Nov 29 ..... Sa ..... 2:00-2:30pm ..... Free/1 sess ..... 00437877  
**FREE** Nov 29 ..... Sa ..... 2:30-3:00pm ..... Free/1 sess ..... 00437878  
**FREE** Nov 29 ..... Sa ..... 3:00-3:30pm ..... Free/1 sess ..... 00437879

### West Richmond Community Centre

**FREE** Sep 10 ..... W ..... 10:00-10:30am ..... Free/1 sess ..... 00428108  
**FREE** Sep 10 ..... W ..... 10:30-11:00am ..... Free/1 sess ..... 00428112  
**FREE** Sep 10 ..... W ..... 11:00-11:30am ..... Free/1 sess ..... 00428115  
**FREE** Oct 8 ..... W ..... 10:00-10:30am ..... Free/1 sess ..... 00428121  
**FREE** Oct 8 ..... W ..... 10:30-11:00am ..... Free/1 sess ..... 00428126  
**FREE** Oct 8 ..... W ..... 11:00-11:30am ..... Free/1 sess ..... 00428133  
**FREE** Oct 29 ..... W ..... 10:00-10:30am ..... Free/1 sess ..... 00428144  
**FREE** Oct 29 ..... W ..... 10:30-11:00am ..... Free/1 sess ..... 00428143  
**FREE** Oct 29 ..... W ..... 11:00-11:30am ..... Free/1 sess ..... 00428148  
**FREE** Nov 12 ..... W ..... 10:00-10:30am ..... Free/1 sess ..... 00428153  
**FREE** Nov 12 ..... W ..... 10:30-11:00am ..... Free/1 sess ..... 00428161  
**FREE** Nov 12 ..... W ..... 11:00-11:30am ..... Free/1 sess ..... 00428164  
**FREE** Nov 26 ..... W ..... 10:00-10:30am ..... Free/1 sess ..... 00428182  
**FREE** Nov 26 ..... W ..... 10:30-11:00am ..... Free/1 sess ..... 00428183  
**FREE** Nov 26 ..... W ..... 11:00-11:30am ..... Free/1 sess ..... 00428184  
**FREE** Dec 10 ..... W ..... 10:00-10:30am ..... Free/1 sess ..... 00428185  
**FREE** Dec 10 ..... W ..... 10:30-11:00am ..... Free/1 sess ..... 00428186  
**FREE** Dec 10 ..... W ..... 11:00-11:30am ..... Free/1 sess ..... 00428187

## SMARTPHONES, TABLETS AND LAPTOPS - LEARN FROM A YOUTH

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

### Thompson Community Centre

**FREE** Sep 25 ..... Th ..... 3:30-4:00pm ..... Free/1 sess ..... 00438347  
**FREE** Sep 25 ..... Th ..... 4:00-4:30pm ..... Free/1 sess ..... 00438359  
**FREE** Sep 25 ..... Th ..... 4:30-5:00pm ..... Free/1 sess ..... 00438362  
**FREE** Oct 23 ..... Th ..... 3:30-4:00pm ..... Free/1 sess ..... 00438368  
**FREE** Oct 23 ..... Th ..... 4:00-4:30pm ..... Free/1 sess ..... 00438378  
**FREE** Oct 23 ..... Th ..... 4:30-5:00pm ..... Free/1 sess ..... 00438383  
**FREE** Nov 27 ..... Th ..... 3:30-4:00pm ..... Free/1 sess ..... 00438386  
**FREE** Nov 27 ..... Th ..... 4:00-4:30pm ..... Free/1 sess ..... 00438388  
**FREE** Nov 27 ..... Th ..... 4:30-5:00pm ..... Free/1 sess ..... 00438390

## Cooking

### BAKE THE WORLD A BETTER PLACE WORKSHOP

Discover the joy of baking while making new friends. Whip, whisk and bake delicious treats perfect for sharing and learn oven skills and baking techniques in a fun, supportive atmosphere. Supplies included.

#### ALMOND APPLE PIE

**South Arm Community Centre**

Nov 14 ..... F ..... 5:30-7:00pm ..... \$24.55/1 sess ..... 00436202

#### ALMOND RHUBARB CAKE

**South Arm Community Centre**

Sep 26 ..... F ..... 5:30-7:00pm ..... \$24.55/1 sess ..... 00436142

#### CARAMEL PECAN NUTS BICOTTI

**South Arm Community Centre**

Oct 24 ..... F ..... 5:30-7:00pm ..... \$24.55/1 sess ..... 00436200

#### LINZER COOKIE

**South Arm Community Centre**

Dec 19 ..... F ..... 5:30-7:00pm ..... \$24.55/1 sess ..... 00436204

### COOK AND CREATE

#### GARLIC BUTTER PASTA

Learn to recreate a comforting classic with a rich and flavourful pasta dish infused with garlic and butter in this hands-on class. A \$10 non-refundable supplies fee charged when registering.

**Seniors Centre - Minoru Centre for Active Living**

Nov 5 ..... W ..... 2:30-4:00pm ..... \$24.55/1 sess ..... 00437019

#### PAD THAI NOODLES

Learn to create a classic Thai stir-fried noodle favorite in this interactive class while learning to balance sweet, sour and savoury flavours. A \$10 non-refundable supplies fee charged when registering.

**Seniors Centre - Minoru Centre for Active Living**

Sep 24 ..... W ..... 2:30-4:00pm ..... \$24.55/1 sess ..... 00437015

#### RICE PAPER DUMPLINGS

Learn simple folding and cooking techniques to recreate a delicious pan fried dish filled with savoury ingredients wrapped in delicate rice paper. A \$10 non-refundable supplies fee charged when registering.

**Seniors Centre - Minoru Centre for Active Living**

Nov 19 ..... W ..... 2:30-4:00pm ..... \$24.55/1 sess ..... 00437021

#### SICHUAN DAN DAN NOODLES

Discover bold flavours while utilizing simple techniques and traditional ingredients in this hands-on class to recreate an authentic Sichuan noodle dish. A \$10 non-refundable supplies fee charged when registering.

**Seniors Centre - Minoru Centre for Active Living**

Sep 10 ..... W ..... 2:30-4:00pm ..... \$24.55/1 sess ..... 00437012

### SPICY THAI BASIL CHICKEN

Experience a hands-on class to recreate a popular Thai stir-fry featuring tender chicken, fresh herbs and bold heat while using quick cooking techniques. A \$10 non-refundable supplies fee charged when registering.

**Seniors Centre - Minoru Centre for Active Living**

Dec 3 ..... W ..... 2:30-4:00pm ..... \$24.55/1 sess ..... 00437024

### STUFFED VEGETABLES

Join in on a hands-on experience to learn to prepare delicious stuffed vegetables filled with savoury ingredients and herbs. A \$10 non-refundable supplies fee charged when registering.

**Seniors Centre - Minoru Centre for Active Living**

Dec 10 ..... W ..... 2:30-4:00pm ..... \$24.55/1 sess ..... 00437025

### YAKI UDON NOODLES

Experience a hands-on class to recreate a flavourful Japanese stir-fried noodle dish while using quick cooking methods and bold umami-rich ingredients. A \$10 non-refundable supplies fee charged when registering.

**Seniors Centre - Minoru Centre for Active Living**

Oct 1 ..... W ..... 2:30-4:00pm ..... \$24.55/1 sess ..... 00437017

### FOOD FOR THOUGHT WORKSHOP - INTERGENERATIONAL

Learn some basic cooking skills and how to recreate traditional recipes into healthy ones in these all ages sessions. Round trip transportation and refreshments included. Registration required.

**Seniors Centre - Minoru Centre for Active Living**

**FREE** Sep 9-Oct 28 ..... Tu ..... 4:00-5:30pm ..... Free/4 sess ..... 00438498

### FOOD FOR THOUGHT - PRACTICAL NUTRITION FOR HEALTHY LIVING WORKSHOP

Discover practical tips for healthy living, including budget-friendly cooking, easy meal planning, small-portion recipes, and essential nutrition for healthy aging. Registration required.

**Seniors Centre - Minoru Centre for Active Living**

**FREE** Oct 3-Oct 24 ..... F ..... 3:00-4:30pm ..... Free/4 sess ..... 00434724

### HARVEST MOON CAKE MAKING WORKSHOP

Discover the timeless art of making mooncakes in celebration of the Mid-Autumn Harvest Moon Festival. Taste traditional flavors and prepare a handcrafted mooncake to bake and share later. Supplies included.

**South Arm Community Centre**

Oct 2 ..... Th ..... 9:45-10:45am ..... \$11.35/1 sess ..... 00435892

**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.

**AFRICAN**

**South Arm Community Centre**

Sep 23 ..... Tu ..... 5:00-6:30pm ..... \$24.55/1 sess ..... 00432324

**FIJI**

**South Arm Community Centre**

Oct 28 ..... Tu ..... 5:00-6:30pm ..... \$24.55/1 sess ..... 00432328

**INDIAN**

**South Arm Community Centre**

Sep 16 ..... Tu ..... 5:00-6:30pm ..... \$24.55/1 sess ..... 00432323

**INDIGENOUS**

**South Arm Community Centre**

Sep 30 ..... Tu ..... 5:00-6:30pm ..... \$24.55/1 sess ..... 00432325

**JAMAICAN**

**South Arm Community Centre**

Oct 7 ..... Tu ..... 5:00-6:30pm ..... \$24.55/1 sess ..... 00432326

**TRINIDAD**

**South Arm Community Centre**

Oct 21 ..... Tu ..... 5:00-6:30pm ..... \$24.55/1 sess ..... 00432327

## Events and Seasonal Programs

**SEPTEMBER****FRIDAY NIGHT DINNER**

Check with front desk in-person or call 604-238-8450 for weekly menu and to reserve meals. To go options available. Additional \$.50 per container. Limited walk in quantities, reservations encouraged.

**Seniors Centre - Minoru Centre for Active Living**

Weekly ..... F ..... 4:30-6:15pm ..... \$14.70 (non-members)  
\$16.80 (members)

**FRIDAY NIGHT LIVE**

Mix and mingle with new friends during weekly activities that include dancing, singing, games and watching special guest performances. Check with front desk in-person or call 604-238-8450 for weekly theme/activity.

**Seniors Centre - Minoru Centre for Active Living**

Weekly ..... F ..... 6:00-8:00pm ..... \$5

**UKULELE ENSEMBLE OPEN HOUSE**

Join in this intergenerational session to listen to some beautiful music, make musical shakers to join in the sing-a-long and try the supplied ukuleles. All ages welcome. Registration required

**Steveston Community Centre**

**FREE** Sep 19 ..... F ..... 1:30-2:30pm ..... Free/1 sess ..... 00357890

**CHEF'S DINNER**

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

**Seniors Centre - Minoru Centre for Active Living**

Sep 23 ..... Tu ..... 5:00-7:30pm ..... \$32/1 sess (55-89yrs) ..... 00434586  
\$20/ 1 sess (90+yrs)

**OCTOBER****NATIONAL SENIORS DAY**

The City of Richmond is celebrating National Seniors Day — which coincides with the United Nations International Day of Older Persons — by offering free or low cost community activities for residents 55+ years.

As part of the celebration, don't miss the Positive Aging Campaign on display from October 1 to 7. This campaign showcases positive images of Richmond seniors with a goal to reduce ageism and existing stereotypes.

**FLOOR CURLING**

Come and try this social and active sport at this introductory session that covers basic skills. Hosted by a volunteer with the Richmond Curling Club. Registration required.

**Seniors Centre - Minoru Centre for Active Living**

**TRY-IT** Oct 1 ..... W ..... 1:00-2:30pm ..... Free/1 sess ..... 00430910

**MAHJONG INSTRUCTIONAL CLASS**

Play this tile-based game that originated in China and which is similar to the Western card game rummy. Led by a volunteer instructor, this social and popular game includes skill, strategy and calculation and involves a degree of chance. Registration required.

**South Arm Community Centre**

**TRY-IT** Oct 2 ..... M/Th ..... 10:30-11:30am ..... Free/1 sess ..... 00438235

**MULTICULTURAL SOCIAL**

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

**Cambie Community Centre**

**FREE** Sep 29 ..... M ..... 1:00-2:30pm ..... Free/1 sess ..... 00428841

**NATIONAL SENIORS DAY - NAGOMI ART - 55+**

Join this fun, relaxing and creative exploration of this form of Japanese art that uses soft pastels and fingers to create calming and gentle art pieces. No art experience required. Supplies included. Registration required.

**City Centre Community Centre**

**FREE** Oct 1 ..... W ..... 12:30-2:00pm ..... Free/1 sess ..... 00438586

**PICKLEBALL TOURNAMENT - INDOOR**

Play in a fun round robin style tournament for beginners. Players paired randomly on the day of tournament. Tournament play and light refreshments included. Pre-requisite: Minimum of one year and not more than two years' experience. Registration required.

**Thompson Community Centre**

Oct 1 ..... W ..... 10:30am-1:00pm ..... \$11.70/1 sess ..... 00437346



## SOCIAL

Celebrate the day with a light refreshments, learning about 55+ year program activities and sharing ideas for future programming. Registration required.

### West Richmond Community Centre

**FREE** Oct 1 ..... W ..... 10:00-10:45am ..... Free/1 sess ..... 00427827

## WALK RICHMOND - MINORU PARK

Join this free guided walk specifically for 55+ years that is approximately 60 minutes long and includes a warm up, cool down and stretch. Registration required.

### Seniors Centre - Minoru Centre for Active Living

**FREE** Oct 1 ..... W ..... 11:30am-12:30pm ..... Free/1 sess ..... 00436429

## SOCIAL TEA - AUTUMN

Join this afternoon social complete with refreshments and entertainment.

### City Centre Community Centre

Oct 3 ..... F ..... 3:00-5:00pm ..... \$11.35/1 sess ..... 00437605

## HARVEST FULL MOON CELEBRATION

Celebrate the harvest season through arts and storytelling, by participating in an environment-based community project and socializing in this intercultural experience. Registration required.

### South Arm Community Centre

Oct 7 ..... Tu ..... 11:00am-1:00pm ..... \$17/1 sess ..... 00436219

## THANKSGIVING DINNER

Celebrate being thankful with entertainment and a dinner served by volunteers.

### Thompson Community Centre

Oct 10 ..... F ..... 6:00-8:00pm ..... \$22.65/1 sess ..... 00437306

## DIWALI LUNCHEON

Experience an Indian buffet, paint and decorate a diya (traditional oil lamp) to take home, and discover the rich tradition of Diwali while enjoying vibrant cultural festivities. Food, diyas and decorating supplies included.

### Thompson Community Centre

Oct 20 ..... M ..... 3:00-4:30pm ..... \$22.65/1 sess ..... 00438457

## DINNER AND DANCE - FALL HARVEST

Enjoy a delicious seasonal dinner featuring classic fall favourites, followed by an evening of music and dancing. Round trip transportation (\$5) and home drop off (\$3) available. Registration in-person only at Minoru Centre for Active Living on August 6, 2025 at 9:00am. Note: There is a new ticket policy. See Registration Notes for more details.

### Seniors Centre - Minoru Centre for Active Living

Oct 22 ..... W ..... 4:30-8:00pm ..... \$36/1 sess (55-69yrs) ..... 00437883  
\$22/1 sess (70+yrs)

## DIWALI CELEBRATION

Observe this Indian festival of lights with good food, music and friends.

### Cambie Community Centre

Oct 24 ..... F ..... 12:00-2:00pm ..... \$11.35/1 sess ..... 00430823

## NOVEMBER

### CHEF'S DINNER

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

### Seniors Centre - Minoru Centre for Active Living

Nov 18 ..... Tu ..... 5:00-7:00pm ..... \$32/1 sess (55-89yrs) ..... 00434588  
\$20/1 sess (90+yrs)

## DECEMBER

### UKE-ING AND SINGING AROUND THE CHRISTMAS TREE

Bring a ukulele and a music stand and celebrate the season playing and singing familiar holiday tunes with ukulele friends. Music, light refreshments and snacks included. No refunds within 7 days of event.

### West Richmond Community Centre

Dec 3 ..... W ..... 3:00-5:00pm ..... \$12.05/1 sess ..... 00427828

### CHRISTMAS DINNER

Celebrate the holidays with a traditional and delicious meal complete with turkey and all the fixings. Round trip transportation (\$5) and home drop off (\$3) available. Registration in-person only at Minoru Centre for Active Living on November 5, 2025 at 9:00am. Note: There is a new ticket policy. See Registration Notes for more details.

### Seniors Centre - Minoru Centre for Active Living

Dec 10 ..... W ..... 4:30-8:00pm ..... \$36/1 sess (55-89yrs) ..... 00434577  
\$22/1 sess (90+yrs)

### SPECIAL EVENT TRANSPORTATION - ONE-WAY - CHRISTMAS DINNER

One way transportation from Minoru Centre for Active Living's Christmas Dinner. Registration required in-person at Minoru Centre for Active Living. Registrants must be enrolled in the Christmas Dinner event to register for transportation.

### Seniors Centre - Minoru Centre for Active Living

Dec 10 ..... W ..... 8:30-9:30pm ..... \$3/1 sess ..... 00434583

### SPECIAL EVENT TRANSPORTATION - ROUND TRIP - CHRISTMAS DINNER

Round trip transportation to and from Minoru Centre for Active Living's Christmas Dinner. Registration required in-person at Minoru Centre for Active Living. Registrants must be enrolled in the Christmas Dinner event to register for transportation.

### Seniors Centre - Minoru Centre for Active Living

Dec 10 ..... W ..... 4:00-9:30pm ..... \$5/1 sess ..... 00434581

### LOADS OF MUSIC - SENIORS CHRISTMAS MUSIC SHOW

Enjoy favourite Christmas melodies by this local South Delta seniors' band. Registration required.

### Thompson Community Centre

**FREE** Dec 12 ..... F ..... 1:00-2:00pm ..... Free/1 sess ..... 00437343

### SEASONAL HOLIDAY BRUNCH

Bring an appetite for this brunch served by 'Chef étonnantes de Thompson'. Meal, seasonal music and festivities included.

### Thompson Community Centre

Dec 12 ..... F ..... 10:00-11:30am ..... \$11.70/1 sess ..... 00437314

## CHRISTMAS CELEBRATION AND LUNCH

Enjoy a festive afternoon social offering entertainment, lunch and the chance to connect with others in a cheerful setting.

### City Centre Community Centre

Dec 17.....W ..... 11:30am-1:30pm..... \$17/1 sess ..... 00437569

## CHRISTMAS CELEBRATION

Celebrate the holiday season with an afternoon social complete with entertainment and a home-style meal!

### Steveston Community Centre

Dec 18.....Th..... 1:00-3:00pm..... \$22.65/1 sess ..... 00437292

## CHRISTMAS CELEBRATION AND LUNCH

Enjoy a festive afternoon social offering entertainment, lunch and the chance to connect with others in a cheerful setting.

### Cambie Community Centre

Dec 22.....M ..... 12:00-2:00pm..... \$17/1 sess ..... 00438121

## CHRISTMAS DINNER TO GO

Enjoy a delicious turkey meal with all the trimmings and a dessert without the clean-up. Complete re-heating instructions included.

Pick up Tuesday, December 24, 10:00am-2:00pm.

Christmas baking also available to go. Pre-order required.

For more information, call 604-233-6225 or visit in-person at the Senior Centre - Minoru Centre for Active Living.

## 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** Oct 1 .....W ..... 12:30-1:30pm..... Free/1 sess..... 00434805

#### Thompson Community Centre

**FREE** Sep 11 .....Th..... 1:30-2:30pm..... Free/1 sess..... 00437217

## 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 October 1 Information Session for Choose to Move and ActivAge™ (#00434805) to learn if the ActivAge™ program aligns with personal goals for an active and healthy lifestyle. Registration required.

#### South Arm Community Centre

**FREE** Oct 8-Dec 10 .....W ..... 1:30-2:30pm .... Free/10 sess..... 00435022

#### Thompson Community Centre

**FREE** Sep 25-Dec 11 .....Th ..... 1:30-2:30pm .... Free/12 sess..... 00437221

## 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 October 1 Information Sessions for Choose to Move and ActivAge™ (#434805) 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** Oct 8-Dec 10 .....W ..... 12:30-1:30pm .. Free/10 sess..... 00435017

#### Thompson Community Centre

**FREE** Sep 25-Dec 11 .....Th ..... 2:30-3:30pm .... Free/9 sess..... 00437224

## 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

Sep 5-Oct 24 .....F..... 10:15-11:15am ..... \$56/8 sess ..... 00437940

Sep 9-Oct 28 .....Tu..... 10:15-11:15am ..... \$56/8 sess ..... 00437938

Oct 31-Dec 19 .....F..... 10:15-11:15am ..... \$56/8 sess ..... 00437941

Nov 4-Dec 23 .....Tu..... 10:15-11:15am ..... \$49/7 sess ..... 00437939

### South Arm Community Centre

Sep 2-Oct 21 .....Tu..... 11:00am-12:00pm ..... \$49/7 sess ..... 00434737

Oct 2-Dec 18 .....Th..... 11:00am-12:00pm ..... \$84/12 sess ..... 00434906

Nov 4-Dec 23 .....Tu..... 11:00am-12:00pm ..... \$49/7 sess ..... 00434740

## 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

Sep 3-Oct 1 .....W ..... 1:30-2:30pm ..... \$55.70/5 sess ..... 00435792

Sep 5-Oct 3 .....F..... 12:30-1:30pm ..... \$55.70/5 sess ..... 00435794

Sep 8-Oct 6 .....M ..... 11:30am-12:30pm ..... \$55.70/5 sess ..... 00435790

Oct 8-Nov 5 .....W ..... 1:30-2:30pm ..... \$55.70/5 sess ..... 00435793

Oct 10-Nov 7 .....F..... 12:30-1:30pm ..... \$55.70/5 sess ..... 00435795

Oct 20-Nov 10 .....M ..... 11:30am-12:30pm ..... \$44.55/4 sess ..... 00435791

Nov 17-Dec 15 .....M ..... 2:45-3:45pm ..... \$55.70/5 sess ..... 00437701

Nov 19-Dec 17 .....W ..... 1:30-2:30pm ..... \$55.70/5 sess ..... 00437704

Nov 21-Dec 19 .....F..... 12:30-1:30pm ..... \$55.70/5 sess ..... 00437699

## BETTER BACKS AND BALANCE - BALANCE

Learn ways to strengthen the mid-section and lower back to improve balance. No experience required. Suitable for those with osteoporosis.

### South Arm Community Centre

Sep 8-Oct 27 .....M ..... 11:45am-12:45pm ..... \$43.75/7 sess ..... 00434393

Sep 10-Oct 22 .....W ..... 10:30-11:30am ..... \$43.75/7 sess ..... 00434767

Oct 29-Dec 10 .....W ..... 10:30-11:30am ..... \$43.75/7 sess ..... 00434771

Nov 3-Dec 15 .....M ..... 11:45am-12:45pm ..... \$43.75/7 sess ..... 00434400

### Steveston Community Centre

Sep 2-Oct 21 .....Tu..... 11:45am-12:45pm ..... \$43.75/7 sess ..... 00435798

Sep 6-Oct 25 .....Sa..... 10:30-11:30am ..... \$50/8 sess ..... 00435804

Oct 28-Dec 16 .....Tu..... 11:45am-12:45pm ..... \$43.75/7 sess ..... 00435799

Nov 1-Dec 20 .....Sa..... 10:30-11:30am ..... \$50/8 sess ..... 00435805

### Thompson Community Centre

Sep 15-Dec 8 .....M ..... 11:00am-12:00pm ..... \$68.75/11 sess ..... 00436791

## CHAIR DANCE AND TONE

Move to rhythmic dance sequences and tone the body while seated for a fun and balanced workout.

### South Arm Community Centre

Sep 10-Oct 22 .....W ..... 12:00-1:00pm ..... \$49/7 sess ..... 00434787

Oct 29-Dec 17 .....W ..... 12:00-1:00pm ..... \$56/8 sess ..... 00434796

## 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

Sep 9-Oct 28 ..... Tu ..... 1:15-2:00pm ..... \$43.75/7 sess ..... 00434918  
 Sep 12-Oct 24 ..... F ..... 1:15-2:00pm ..... \$43.75/7 sess ..... 00434925  
 Oct 31-Dec 19 ..... F ..... 1:15-2:00pm ..... \$50/8 sess ..... 00434931  
 Nov 4-Dec 16 ..... Tu ..... 1:15-2:00pm ..... \$37.50/6 sess ..... 00434929

### City Centre Community Centre

Sep 8-Oct 27 ..... M ..... 9:30-10:30am ..... \$43.75/8 sess ..... 00437644  
 Nov 3-Dec 15 ..... M ..... 9:30-10:30am ..... \$43.75/8 sess ..... 00437655

### Seniors Centre - Minoru Centre for Active Living

Sep 4-Oct 23 ..... Th ..... 11:45am-12:45pm ..... \$50/8 sess ..... 00438001  
 Oct 30-Dec 18 ..... Th ..... 11:45am-12:45pm ..... \$50/8 sess ..... 00438002

## 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

Sep 3-Dec 10 ..... W ..... 11:30am-12:30pm ..... \$43.75/7 sess ..... 00438000  
 Nov 5-Dec 10 ..... W ..... 11:30am-12:30pm ..... \$32.25/ 5 sess ..... 00438906

## CHAIR YOGA

Find length in the spine in these unique fitness sessions that open the hips and move the shoulders and neck. Suitable for those with mobility challenges.

### Seniors Centre - Minoru Centre for Active Living

Sep 2-Oct 21 ..... Tu ..... 9:15-10:15am ..... \$58.10/8 sess ..... 00438005  
 Oct 28-Dec 16 ..... Tu ..... 9:15-10:15am ..... \$50.80/7 sess ..... 00438006

### Thompson Community Centre

Sep 17-Dec 10 ..... W ..... 1:15-2:15pm ..... \$94.40/13 sess ..... 00436866

## 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

Sep 3-Oct 1 ..... W ..... 9:00-10:00am ..... \$35/5 sess ..... 00435786  
 Oct 8-Nov 5 ..... W ..... 9:00-10:00am ..... \$35/5 sess ..... 00435787  
 Sep 8-Oct 6 ..... M ..... 10:15-11:15am ..... \$35/5 sess ..... 0040035784  
 Oct 20-Nov 10 ..... M ..... 10:15-11:15am ..... \$28/4 sess ..... 00435785

### West Richmond Community Centre

Sep 2-Dec 16 ..... Tu ..... 11:45am-12:45pm ..... \$91/13 sess ..... 00430245  
 Sep 3-Dec 17 ..... W ..... 12:05-12:55pm ..... \$98/14 sess ..... 00430516  
 Sep 4-Dec 18 ..... Th ..... 11:45am-12:45pm ..... \$105/15 sess ..... 00430521

## 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

Sep 8-Dec 15 ..... M ..... 1:00-2:00pm ..... \$91/13 sess ..... 00430244

## DANCE FUSION

Jump into this fun and straightforward dance fitness routine. Set to popular Latin, World beats, and pop and retro hits, this choreography is crafted to enhance cardiovascular health. Enjoy a great workout while grooving to the music, featuring interval training that alternates between upbeat and slower rhythms.

### Seniors Centre - Minoru Centre for Active Living

Sep 11-Oct 23 ..... Th ..... 12:30-1:30pm ..... \$49/7 sess ..... 00438007  
 Nov 6-Dec 18 ..... Th ..... 12:30-1:30pm ..... \$49/7 sess ..... 00438008

## 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

Sep 9-Oct 23 ..... Tu/Th ..... 12:45-1:45pm ..... \$87.50/14 sess ... 00437968  
 Nov 4-Dec 23 ..... Tu/Th ..... 2:00-3:00pm ..... \$87.50/14 sess ... 00437959

### Steveston Community Centre

Sep 4-Oct 23 ..... Th ..... 11:45am-12:45pm ..... \$50/8 sess ..... 00435802  
 Oct 30-Dec 18 ..... Th ..... 11:45am-12:45pm ..... \$50/8 sess ..... 00435803

## FITNESS AND MOBILITY EXERCISE

### STROKE RECOVERY

Improve fitness and mobility through this evidence-based exercise program designed for those recovering from a stroke. This small group class includes functional strengthening, agility, balance and stretching exercises. Suitable for anyone who has experienced a stroke and can safely stand for five minutes, walk 10 meters (even with assistive devices) and can communicate with the instructor. Led by a certified exercise professional. Medical screening required before registration. Call 604-238-8004 for details.

### Seniors Centre - Minoru Centre for Active Living

Sep 9-Oct 23 ..... Tu/Th ..... 11:00am-12:00pm ..... \$155.95/14 sess .. 00439778  
 Nov 4-Dec 23 ..... Tu/Th ..... 11:00am-12:00pm ..... \$155.95/14 sess .. 00439793

## 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

Sep 4-Oct 23 ..... Th ..... 9:15-10:15am ..... \$50/8 sess ..... 00438003  
 Oct 30-Dec 18 ..... Th ..... 9:15-10:15am ..... \$50/8 sess ..... 00438004

## 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. Youth Fitness Centre clearance required prior to first session. Conducted in Mandarin and English.

### City Centre Community Centre

Sep 5-Oct 24 ..... F ..... 11:15am-12:15pm ..... \$89.10/8 sess ..... 00438424  
 Oct 31-Dec 19 ..... F ..... 11:15am-12:15pm ..... \$89.10/8 sess ..... 00438427

### Thompson Community Centre

Sep 15-Dec 8 ..... M ..... 12:00-1:00pm ..... \$133.70/12 sess .. 00436661

## 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

Sep 2-Dec 16 ..... Tu ..... 2:05-3:05pm ..... \$144.80/13 sess .. 00428433  
 Sep 4-Dec 18 ..... Th ..... 2:05-3:05pm ..... \$155.95/14 sess .. 00429937



## 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

Sep 2-Oct 21 ..... Tu..... 10:30-11:30am..... \$50/8 sess ..... 00437888  
 Sep 4-Oct 23 ..... Th..... 10:30-11:30am..... \$50/8 sess ..... 00437889  
 Oct 28-Dec 23 ..... Tu..... 10:30-11:30am..... \$50/8 sess ..... 00437890  
 Oct 30-Dec 18 ..... Th..... 10:30-11:30am..... \$50/8 sess ..... 00437891

## 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. Boxing gloves recommended at each session.

### Thompson Community Centre

Sep 18-Oct 23 ..... Th..... 11:45am-12:45pm..... \$42/6 sess ..... 00436810  
 Oct 30-Dec 11 ..... Th..... 11:45am-12:45pm..... \$49/7 sess ..... 00436815

## LADIES WHO LIFT - BEGINNER

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. No experience required.

### City Centre Community Centre

Sep 3-Oct 22 ..... W..... 2:00-3:00pm..... \$89.10/8 sess ..... 00440544  
 Oct 29-Dec 17 ..... W..... 2:00-3:00pm..... \$89.10/8 sess ..... 00440570

### Steveston Community Centre

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

### West Richmond Community Centre

Sep 8-Dec 15 ..... M..... 9:30-10:30am..... \$133.70/12 sess .. 00432930  
 Sep 8-Dec 15 ..... M..... 10:45-11:45am..... \$133.70/12 sess .. 00432931

## 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. No experience required.

### West Richmond Community Centre

Sep 3-Dec 17 ..... W..... 1:10-2:10pm..... \$108.90/15 sess .. 00429947

## MINDS IN MOTION

Enjoy light exercise led 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.

### South Arm Community Centre

Sep 11-Oct 23 ..... Th..... 1:30-3:00pm..... \$41.80/7 sess ..... 00437806  
 Nov 6-Dec 18 ..... Th..... 1:30-3:00pm..... \$41.80/7 sess ..... 00437807

## MINDS IN MOTION (CANTONESE)

Enjoy light exercise led 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

Sep 3-Dec 17 ..... W..... 1:30-3:30pm..... \$95.50/16 sess .... 00428972

## 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

Sep 2-Oct 21 ..... Tu..... 10:30-11:30am..... \$43.75/7 sess .. 0040035796  
 Sep 4-Oct 23 ..... Th..... 10:30-11:30am..... \$50/8 sess ..... 00435800  
 Oct 28-Dec 16 ..... Tu..... 10:30-11:30am..... \$43.75/7 sess .. 0040035797  
 Oct 30-Dec 18 ..... Th..... 10:30-11:30am..... \$50/8 sess ..... 00435801

## 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

Sep 8-Oct 27 ..... M..... 10:30-11:30am..... \$49/7 sess ..... 00434383  
 Nov 3-Dec 15 ..... M..... 10:30-11:30am..... \$49/7 sess ..... 00434385

## MEN 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

Sep 8-Oct 6 ..... M..... 1:15-2:15pm..... \$55.70/5 sess ..... 00436942  
 Oct 20-Nov 17 ..... M..... 1:15-2:15pm..... \$55.70/5 sess ..... 00436943  
 Nov 24-Dec 22 ..... M..... 1:15-2:15pm..... \$55.70/5 sess ..... 00436944

## OSTEOFIT FOR BETTER BONES

Improve balance and muscular strength to help protect against possible fractures. Designed specifically for those living with osteoporosis. Conducted in English.

### City Centre Community Centre

Sep 4-Oct 23 ..... Th..... 9:00-10:00am..... \$50/8 sess ..... 00436093

### Thompson Community Centre

Sep 16-Dec 9 ..... Tu..... 1:30-2:30pm..... \$68.75/11 sess .... 00437657

## OSTEOFIT FOR BETTER BONES (CANTONESE)

Improve balance and muscular strength to help protect against possible fractures. Designed specifically for those living with osteoporosis. Conducted in Cantonese.

### City Centre Community Centre

Oct 30-Dec 18 ..... Th..... 9:00-10:00am..... \$50/8 sess ..... 00436144

## OSTEOFIT FOR LIFE

Reinforce important lifestyle habits introduced in Osteofit For Better Bones while enhancing muscular strength and balance to support bone health through resistance work and agility games. Pre-requisite: Osteofit For Better Bones.

### City Centre Community Centre

Sep 2-Oct 21 ..... Tu..... 10:30-11:30am ..... \$43.75/7 sess ..... 00439889  
 Sep 4-Oct 23 ..... Th..... 11:30am-12:30pm ..... \$50/8 sess ..... 00436356  
 Oct 28-Dec 16 ..... Tu..... 10:30-11:30am ..... \$43.75/7 sess ..... 00439904  
 Oct 30-Dec 18 ..... Th..... 11:30am-12:30pm ..... \$50/8 sess ..... 00436365

## OSTEOFIT FOR LIFE (CANTONESE)

Reinforce important lifestyle habits introduced in Osteofit For Better Bones while enhancing muscular strength and balance to support bone health through resistance work and agility games. Pre-requisite: Osteofit For Better Bones. Conducted in Cantonese.

### City Centre Community Centre

Sep 4-Oct 23 ..... Th..... 10:15-11:15am ..... \$50/8 sess ..... 00436148  
 Oct 30-Dec 18 ..... Th..... 10:15-11:15am ..... \$50/8 sess ..... 00436161

## 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

Sep 3-Oct 22 ..... W..... 10:15-11:15am ..... \$50/8 sess ..... 00435478  
 Oct 29-Dec 17 ..... W..... 10:15-11:15am ..... \$50/8 sess ..... 00435479

### Seniors Centre - Minoru Centre for Active Living

Sep 2-Oct 21 ..... Tu..... 1:15-2:15pm ..... \$50/8 sess ..... 00437942  
 Sep 3-Oct 29 ..... W..... 10:30-11:30am ..... \$43.75/7 sess ..... 00437914  
 Sep 8-Oct 27 ..... M..... 10:15-11:15am ..... \$43.75/7 sess ..... 00437892  
 Nov 5-Dec 10 ..... W..... 10:30-11:30am ..... \$31.25/5 sess ..... 00437926  
 Oct 28-Dec 23 ..... Tu..... 1:15-2:15pm ..... \$50/8 sess ..... 00437943

### Thompson Community Centre

Sep 19-Dec 12 ..... F..... 10:30-11:30am ..... \$81.25/13 sess ..... 00436854

## TRAINING WHEELS - BEGINNERS

Learn how to set up an indoor cycle bike properly and a variety of basic cycle drills. No experience required.

### Steveston Community Centre

Sep 3-Oct 1 ..... W..... 10:30-11:30am ..... \$35/5 sess ..... 00435788  
 Oct 8-Nov 5 ..... W..... 10:30-11:30am ..... \$35/5 sess ..... 00435789

## 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.

### City Centre Community Centre

Sep 5-Oct 3 ..... F..... 1:00-2:00pm ..... \$55.70/5 sess ..... 00438316  
 Oct 10-Nov 7 ..... F..... 1:00-2:00pm ..... \$55.70/5 sess ..... 00438326  
 Nov 14-Dec 12 ..... F..... 1:00-2:00pm ..... \$55.70/5 sess ..... 00438385

### Seniors Centre - Minoru Centre for Active Living

Sep 2-Oct 21 ..... Tu..... 2:15-3:15pm ..... \$78/7 sess ..... 00436926  
 Sep 3-Oct 15 ..... W..... 10:30-11:30am ..... \$78/7 sess ..... 00436931  
 Nov 4-Dec 23 ..... Tu..... 2:15-3:15pm ..... \$78/7 sess ..... 00436929  
 Nov 5-Dec 17 ..... W..... 10:30-11:30am ..... \$78/7 sess ..... 00436936

### South Arm Community Centre

Sep 2-Oct 21 ..... Tu..... 12:30-1:30pm ..... \$78/7 sess ..... 00434750  
 Nov 4-Dec 23 ..... Tu..... 12:30-1:30pm ..... \$78/7 sess ..... 00434752

## ZUMBA® - GOLD - ALL LEVELS

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 levels.

### Seniors Centre - Minoru Centre for Active Living

Sep 9-Oct 21 ..... Tu..... 12:30-1:30pm ..... \$49/7 sess ..... 00438009  
 Sep 12-Oct 31 ..... F..... 12:15-1:15pm ..... \$56/8 sess ..... 00438011  
 Oct 28-Dec 23 ..... Tu..... 12:30-1:30pm ..... \$56/8 sess ..... 00438010  
 Nov 7-Dec 19 ..... F..... 12:15-1:15pm ..... \$49/7 sess ..... 00438012

### South Arm Community Centre

Sep 10-Oct 8 ..... W..... 10:45-11:45am ..... \$35/5 sess ..... 00434778  
 Sep 12-Oct 10 ..... F..... 10:30-11:30am ..... \$35/5 sess ..... 00434949  
 Oct 29-Dec 17 ..... W..... 10:45-11:45am ..... \$56/8 sess ..... 00434779  
 Oct 31-Dec 19 ..... F..... 10:30-11:30am ..... \$56/8 sess ..... 00434950

### Steveston Community Centre

Sep 3-Oct 22 ..... W..... 12:15-1:15pm ..... \$56/8 sess ..... 00435810  
 Oct 29-Dec 17 ..... W..... 12:15-1:15pm ..... \$56/8 sess ..... 00436113

### West Richmond Community Centre

Sep 9-Dec 16 ..... Tu..... 1:00-2:00pm ..... \$98.00/14 sess ..... 00429950

## General Interest

### 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.

### Thompson Community Centre

**FREE** Nov 3-Dec 8 ..... M..... 12:30-3:00pm .. Free/6 sess ..... 00436782

### ACTIVE LIVING WITH DIABETES SELF-MANAGEMENT PROGRAM (CANTONESE)

Recognize the signs and symptoms of diabetes and learn to manage low and high blood glucose, nutrition, activity, stress and medications to prevent complications. Also learn core self-management skills including problem-solving, making action plans and decision-making. Family members and caregivers welcome. Presented by Self-Management BC, University of Victoria and the BC Ministry of Health. Conducted in Cantonese. Registration required.

### Seniors Centre - Minoru Centre for Active Living

**FREE** Oct 31-Dec 5 ..... F..... 9:30am-12:00pm ..... Free/6 sess ..... 00428068

### ADVANCE 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** Sep 25 ..... Th..... 10:30am-12:00pm ..... Free/1 sess ..... 00429995

## ALZHEIMER SOCIETY OF BC PUBLIC HEALTH TALK ON BRAIN HEALTH AND DEMENTIA

Join this session to learn about brain health, different types of dementia and how to reduce the risks. Q&A session included. Presented by the Alzheimer Society of BC. Registration required.

**West Richmond Community Centre**

**FREE** Oct 15 ..... W ..... 10:30am-12:00pm ..... Free/1 sess..... 00427816

## BALANCE AND MOBILITY - REDUCING FALLS RISK WORKSHOP

Learn simple, effective techniques to move confidently, improve stability, and prevent injury. Includes practical exercises and expert advice to support safe, independent living. Presented by Launch Rehab. Registration required.

**South Arm Community Centre**

**FREE** Nov 3 ..... M ..... 8:00-9:00pm ..... Free/1 sess..... 00437249

## BEHIND THE WHEEL - NAVIGATING ROAD SAFETY

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

**West Richmond Community Centre**

**FREE** Oct 22 ..... W ..... 10:30am-12:00pm ..... Free/1 sess..... 00427844

## 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.

**Hamilton Community Centre**

**FREE** Sep 9 ..... Tu ..... 11:30am-12:30pm ..... Free/1 sess..... 00431634

**Seniors Centre - Minoru Centre for Active Living**

**FREE** Nov 8 ..... Sa ..... 2:00-3:00pm ..... Free/1 sess..... 00433949

## 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**

Sep 11-Oct 30 ..... Th ..... 2:00-3:30pm ..... \$70.10/8 sess ..... 00434605

Nov 6-Dec 18 ..... Th ..... 2:00-3:30pm ..... \$61.30/7 sess ..... 00434614

## BRIDGE - LEVEL 2 - BEGINNER

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

**Seniors Centre - Minoru Centre for Active Living**

Sep 11-Oct 30 ..... Th ..... 3:45-5:15pm ..... \$70.10/8 sess ..... 00434606

Nov 6-Dec 18 ..... Th ..... 3:45-5:15pm ..... \$61.30/7 sess ..... 00434608

## CHRONIC CONDITION SELF-MANAGEMENT PROGRAM

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

**Seniors Centre - Minoru Centre for Active Living**

**FREE** Sep 24-Nov 5 ... W ..... 10:00am-12:30pm ... Free/6 sess..... 00433748

## CHRONIC PAIN SELF - MANAGEMENT PROGRAM

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

**Cambie Community Centre**

**FREE** Sep 25-Oct 30 .. Th .... 10:00am-12:30pm ... Free/6 sess..... 00427355

## 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** Sep 16-Dec 16... Tu ... 1:30-3:00pm ..... Free/12 sess..... 00430277

## D.I.Y. (DO-IT-YOURSELF)

### ESSENTIAL OIL FALL SHOWER STEAMERS

Learn about the benefits of essential oils and handcraft fizzy shower steamers for a spa-like aromatic and soothing experience at home. Make and take home 15 to 20 shower steamers. A \$10 non-refundable supplies fee charged when registering.

**City Centre Community Centre**

Nov 7 ..... F ..... 10:30-11:30am ..... \$6.70/1 sess ..... 00437757

## D.I.Y. (DO-IT-YOURSELF)

### ESSENTIAL OIL FALL MASSAGE OIL

Learn about warming essential oils that help ease muscle tension and soothe the senses. Make and take home a customized 100ml massage oil blend in a pump bottle. A \$10 non-refundable supplies fee charged when registering.

**City Centre Community Centre**

Oct 3 ..... F ..... 10:30-11:30am ..... \$6.70/1 sess ..... 00437751

## D.I.Y. (DO-IT-YOURSELF) ESSENTIAL OIL HOLIDAY SLEEP SUPPORT BLENDS

Learn about the benefits of essential oils and handcraft relaxing blends to encourage better sleep during the busy holiday season. Make and take home one rollerball and a pillow spray. A \$15 non-refundable supplies fee charged when registering.

**City Centre Community Centre**

Dec 5 ..... F ..... 10:30-11:30am ..... \$6.70/1 sess ..... 00437768

## D.I.Y. (DO-IT-YOURSELF) ESSENTIAL OIL IMMUNE SUPPORT OIL BLENDS

Discover essential oils known for their immune-boosting properties, and learn how to blend them safely and effectively to support the body's natural defenses for the flu and cold season. Make and take home two rollerballs. A \$15 non-refundable supplies fee charged when registering.

**City Centre Community Centre**

Sep 5 ..... F ..... 10:30-11:30am ..... \$6.70/1 sess ..... 00437721



## DRY EYES WORKSHOP

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

### Seniors Centre - Minoru Centre for Active Living

**FREE** Oct 6 ..... M ..... 10:30am-12:00pm ..... Free/1 sess ..... 00433221

**ONLINE** Oct 6 ..... M ..... 10:30am-12:00pm ..... Free/1 sess ..... 00433234

## DRY EYES WORKSHOP (CANTONESE)

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

### Seniors Centre - Minoru Centre for Active Living

**FREE** Oct 27 ..... M ..... 10:30am-12:00pm ..... Free/1 sess ..... 00433454

**ONLINE** Oct 27 ..... M ..... 10:30am-12:30pm ..... Free/1 sess ..... 00433455

## 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.

### Cambie Community Centre

**FREE** Sep 11-Sep 18.. Th .... 1:00-2:30pm ..... Free/2 sess ..... 00436615

## ENERGY AND ENERGY SAVINGS WORKSHOP

Learn how energy gets generated and delivered, and rebate saving tips to improve energy efficiency and save on home energy bills. Presented by the BC Hydro Community Team. Registration required.

### Seniors Centre - Minoru Centre for Active Living

**FREE** Oct 2 ..... Th ..... 10:30am-12:00pm ..... Free/1 sess ..... 00437006

## FALLS PREVENTION WORKSHOP

Explore the common causes and risks of predictable and preventable falls that are the leading cause of injury and hospitalization. Presented by health professionals from Vancouver Coastal Health (VCH). Registration required.

### Thompson Community Centre

**FREE** Nov 6 ..... Th ..... 1:00-2:30pm ..... Free/1 sess ..... 00436857

## FRAUDS AND SCAMS WORKSHOP

Review a variety of ways to avoid common scams, counterfeit bank notes and financial abuse. Presented by the Richmond RCMP's Community Engagement Team. Registration required.

### Thompson Community Centre

**FREE** Oct 23 ..... Th ..... 1:30-2:30pm ..... Free/1 sess ..... 00437824

## GARDEN AND GRAZE WORKSHOP

Explore the benefits of nature through this hands-on program that teaches basic gardening skills through growing edible delights. Light refreshments and round trip transportation included. Registration required.

### Seniors Centre - Minoru Centre for Active Living

**FREE** Sep 2-Nov 18 ... Tu .... 3:30-5:30pm ..... Free/6 sess ..... 00438495

## JAZZ IT UP

Relax, kick back and listen to this special genre of music from around the world while enjoying a glass of wine and sampling cheese and charcuterie.

### South Arm Community Centre

Sep 24 ..... W ..... 6:00-7:30pm ..... \$17/1 sess ..... 00434653

Oct 8 ..... W ..... 6:00-7:30pm ..... \$17/1 sess ..... 00436215

Nov 26 ..... W ..... 6:00-7:30pm ..... \$17/1 sess ..... 00436216

## 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

**ONLINE FREE** Sep 19-Dec 19 ..... F ..... 2:00-3:00pm ..... Free/4 sess ... 00429055

## JOURNEY THROUGH TIME WORKSHOP

Travel back through time and discover the history of Richmond. Offered in collaboration with the Friends of the Richmond Archives. Registration required.

### West Richmond Community Centre

**FREE** Nov 12 ..... W ..... 10:30am-12:00pm ..... Free/1 sess ..... 00427849

## MAHJONG INSTRUCTIONAL CLASS - BEGINNER

Play this tile-based game that originated in China and which is similar to the Western card game rummy. Led by a volunteer instructor, this social and popular game includes skill, strategy and calculation and involves a degree of chance. Registration required.

### South Arm Community Centre

**FREE** Sep 8-Oct 2 .... M/Th ..... 10:30-11:30am ..... Free/8 sess ..... 00436296

## 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

**ONLINE** Sep 9-Dec 9 ..... Tu-F ..... 1:00-2:00pm ..... Free/3 sess ..... 00437804

## MID-AUTUMN CELEBRATION

Come and share moon cakes to wish others health and happiness in the coming year. Registration required.

### Cambie Community Centre

Oct 3 ..... F ..... 11:00am-1:00pm ..... \$11.35/1 sess ..... 00430794

## NAME THAT TUNE - ONLINE

Connect with others from the comfort of home while listening to music from across the decades. Offered through Zoom. Registration required.

### Thompson Community Centre

**FREE** Sep 15-Dec 15 ..... M ..... 10:30-11:45am .. Free/4 sess ..... 004366315

## NAVIGATING THE HOUSING DILEMMA WORKSHOP

Get informed about various housing options and support services whether living independently or curious about supported living. Presented by Richmond Cares, Richmond Gives and BC Housing. Registration required.

### Seniors Centre - Minoru Centre for Active Living

**FREE** Nov 7 ..... F ..... 10:00am-12:05pm ..... Free/1 sess ..... 00437042

## 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. Registration required.

### Seniors Centre - Minoru Centre for Active Living

**FREE** Sep 17 ..... W ..... 10:30-11:30am ..... Free/1 sess ..... 00434503

**FREE** Nov 19 ..... W ..... 10:30-11:30am ..... Free/1 sess ..... 00434504

## TRANSIT SAFETY WORKSHOP

Learn how to safely navigate the transit system and know where and how to get help. Presented by ICBC and the Transit Police. Registration required.

### Seniors Centre - Minoru Centre for Active Living

**FREE** Nov 3 ..... M ..... 10:00am-12:00pm ..... Free/1 sess ..... 00436110

## VISION WORKSHOP

Learn about eye diseases that may affect older adults along with prevention and possible treatments. Presented by Council of Senior Citizens' Organizations of BC (COSCO). Registration required.

### Thompson Community Centre

**FREE** Oct 30 ..... Th ..... 1:30-2:30pm ..... Free/1 sess ..... 00437834

## WREATH MAKING WORKSHOP - FESTIVE THEME

Learn how to make a unique and custom-coloured fresh greenery holiday wreath to take home for display over the holiday season. Instructed by an experienced floral designer. Conducted in English and Cantonese. Supplies included. No refunds within 7 days of workshop.

### South Arm Community Centre

Dec 5 ..... F ..... 5:00-7:00pm ..... \$13.45/1 sess ..... 00433327

Dec 12 ..... F ..... 5:00-7:00pm ..... \$13.45/1 sess ..... 00433328

## Health and Wellness

### WELCOME ABOARD!

The Shopping Bus is a door-to-door transportation service for seniors to easily access local businesses including grocery stores, banks and doctor's offices and the Seniors Centre at Minoru Centre for Active Living.

This service operates on Mondays and Thursdays from 9:45am to 1:30pm. The Shopping Bus does not run on Stat Holidays.

### Fares (cash only)

- Round Trip: \$2

### Information

- Walkers can be accommodated on the Shopping Bus. The driver will help you safely stow the walker upon boarding and retrieve it at your destination.
- Only purchases that can be carried are accepted as bus storage is limited.
- Stop times are estimated. Please arrive 5-minutes before the scheduled departure time and have fare (\$2) ready before boarding.
- To sign up for Service Alerts (e.g. schedule changes and cancellations), please call 604-238-8450.

### Riding the Bus

#### Regular Stops:

- Advanced booking is not required for riders getting on from Cedarwood Place, Golden Mews, Carmel Pointe, Ukrainian Village, Lion's Park, Steveston Community Centre, Austin Harris Residence or Minoru Centre for Active Living.
- Simply wait at the stop 5-minutes prior to the pickup time.

#### On-Request Stops

- The Shopping Bus can pickup at the following locations upon request: Wisteria Place, Thompson Community Centre, Oak Tree House, Park Towers, Kiwanis Towers and along Minoru Blvd and Moffatt Rd.
- To request pickup from an On-Request Stop or along Minoru Blvd. / Moffatt Rd., please call 604-238-8456.

### Contact

General Information:

- By phone: 604-238-8456
- In person: ask the front desk (Seniors Centre at Minoru Centre for Active Living)

Online: [www.minorucentre.ca](http://www.minorucentre.ca)

## FALLS PREVENTION WORKSHOP

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

### Cambie Community Centre

**FREE** Nov 27 ..... Th ..... 1:00-2:30pm ..... Free/1 sess ..... 00427346

## 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

Sep 8 ..... M ..... 9:00am-3:00pm ..... \$57.50/1 sess ..... 00427341  
 Sep 22 ..... M ..... 9:00am-3:00pm ..... \$57.50/1 sess ..... 00438323  
 Oct 6 ..... M ..... 9:00am-3:00pm ..... \$57.50/1 sess ..... 00427342  
 Nov 3 ..... M ..... 9:00am-3:00pm ..... \$57.50/1 sess ..... 00427343  
 Dec 1 ..... M ..... 9:00am-3:00pm ..... \$57.50/1 sess ..... 00427344  
 Dec 29 ..... M ..... 9:00am-3:00pm ..... \$57.50/1 sess ..... 00427345

## HEARING CLINICS

Register for a hearing test appointment. Registration required.

### Cambie Community Centre

**FREE** Sep 24 ..... W ..... 9:00-9:20am ..... Free/1 sess ..... 00436343  
**FREE** Sep 24 ..... W ..... 9:20-9:40am ..... Free/1 sess ..... 00436344  
**FREE** Sep 24 ..... W ..... 9:40-10:00am ..... Free/1 sess ..... 00436347  
**FREE** Sep 24 ..... W ..... 10:00-10:20am ..... Free/1 sess ..... 00436348  
**FREE** Sep 24 ..... W ..... 10:20-10:40am ..... Free/1 sess ..... 00436349  
**FREE** Sep 24 ..... W ..... 10:40-11:00am ..... Free/1 sess ..... 00436350  
**FREE** Oct 22 ..... W ..... 9:00-9:20am ..... Free/1 sess ..... 00436353  
**FREE** Oct 22 ..... W ..... 9:20-9:40am ..... Free/1 sess ..... 00436354  
**FREE** Oct 22 ..... W ..... 9:40-10:00am ..... Free/1 sess ..... 00436358  
**FREE** Oct 22 ..... W ..... 10:00-10:20am ..... Free/1 sess ..... 00436359  
**FREE** Oct 22 ..... W ..... 10:20-10:40am ..... Free/1 sess ..... 00436360  
**FREE** Oct 22 ..... W ..... 10:40-11:00am ..... Free/1 sess ..... 00436362  
**FREE** Nov 26 ..... W ..... 9:00-9:20am ..... Free/1 sess ..... 00436363  
**FREE** Nov 26 ..... W ..... 9:20-9:40am ..... Free/1 sess ..... 00436364  
**FREE** Nov 26 ..... W ..... 9:40-10:00am ..... Free/1 sess ..... 00436367  
**FREE** Nov 26 ..... W ..... 10:00-10:20am ..... Free/1 sess ..... 00436368  
**FREE** Nov 26 ..... W ..... 10:20-10:40am ..... Free/1 sess ..... 00436369  
**FREE** Nov 26 ..... W ..... 10:40-11:00am ..... Free/1 sess ..... 00436371

### Hamilton Community Centre

**FREE** Oct 14 ..... Tu ..... 11:45am-12:15pm ..... Free/1 sess ..... 00431085  
**FREE** Oct 14 ..... Tu ..... 12:15-12:45pm ..... Free/1 sess ..... 00431086  
**FREE** Oct 14 ..... Tu ..... 12:45-1:15pm ..... Free/1 sess ..... 00431087  
**FREE** Oct 14 ..... Tu ..... 1:45-2:15pm ..... Free/1 sess ..... 00431088  
**FREE** Oct 14 ..... Tu ..... 2:15-2:45pm ..... Free/1 sess ..... 00431089  
**FREE** Oct 14 ..... Tu ..... 2:45-3:15pm ..... Free/1 sess ..... 00431090  
**FREE** Oct 14 ..... Tu ..... 3:15-3:45pm ..... Free/1 sess ..... 00431091

### Seniors Centre - Minoru Centre for Active Living

**FREE** Sep 15 ..... M ..... 2:00-2:20pm ..... Free/1 sess ..... 00428831  
**FREE** Sep 15 ..... M ..... 2:20-2:40pm ..... Free/1 sess ..... 00428832  
**FREE** Sep 15 ..... M ..... 2:40-3:00pm ..... Free/1 sess ..... 00428833  
**FREE** Sep 15 ..... M ..... 3:00-3:20pm ..... Free/1 sess ..... 00428834  
**FREE** Sep 15 ..... M ..... 3:20-3:40pm ..... Free/1 sess ..... 00428835  
**FREE** Sep 15 ..... M ..... 3:40-4:00pm ..... Free/1 sess ..... 00428836  
**FREE** Sep 15 ..... M ..... 4:00-4:20pm ..... Free/1 sess ..... 00428837  
**FREE** Sep 15 ..... M ..... 4:20-4:40pm ..... Free/1 sess ..... 00428838  
**FREE** Oct 20 ..... M ..... 2:00-2:20pm ..... Free/1 sess ..... 00428840  
**FREE** Oct 20 ..... M ..... 2:20-2:40pm ..... Free/1 sess ..... 00428842  
**FREE** Oct 20 ..... M ..... 2:40-3:00pm ..... Free/1 sess ..... 00428843  
**FREE** Oct 20 ..... M ..... 3:00-3:20pm ..... Free/1 sess ..... 00428844

**FREE** Oct 20 ..... M ..... 3:20-3:40pm ..... Free/1 sess ..... 00428845  
**FREE** Oct 20 ..... M ..... 3:40-4:00pm ..... Free/1 sess ..... 00428846  
**FREE** Oct 20 ..... M ..... 4:00-4:20pm ..... Free/1 sess ..... 00428847  
**FREE** Oct 20 ..... M ..... 4:20-4:40pm ..... Free/1 sess ..... 00428849  
**FREE** Nov 17 ..... M ..... 2:00-2:20pm ..... Free/1 sess ..... 00428851  
**FREE** Nov 17 ..... M ..... 2:20-2:40pm ..... Free/1 sess ..... 00428852  
**FREE** Nov 17 ..... M ..... 2:40-3:00pm ..... Free/1 sess ..... 00428853  
**FREE** Nov 17 ..... M ..... 3:00-3:20pm ..... Free/1 sess ..... 00428854  
**FREE** Nov 17 ..... M ..... 3:20-3:40pm ..... Free/1 sess ..... 00428856  
**FREE** Nov 17 ..... M ..... 3:40-4:00pm ..... Free/1 sess ..... 00428857  
**FREE** Nov 17 ..... M ..... 4:00-4:20pm ..... Free/1 sess ..... 00428858  
**FREE** Nov 17 ..... M ..... 4:20-4:40pm ..... Free/1 sess ..... 00428859  
**FREE** Dec 15 ..... M ..... 2:00-2:20pm ..... Free/1 sess ..... 00428861  
**FREE** Dec 15 ..... M ..... 2:20-2:40pm ..... Free/1 sess ..... 00428862  
**FREE** Dec 15 ..... M ..... 2:40-3:00pm ..... Free/1 sess ..... 00428863  
**FREE** Dec 15 ..... M ..... 3:00-3:20pm ..... Free/1 sess ..... 00428864  
**FREE** Dec 15 ..... M ..... 3:20-3:40pm ..... Free/1 sess ..... 00428865  
**FREE** Dec 15 ..... M ..... 3:40-4:00pm ..... Free/1 sess ..... 00428866  
**FREE** Dec 15 ..... M ..... 4:20-4:40pm ..... Free/1 sess ..... 00428871  
**FREE** Dec 15 ..... M ..... 4:00-4:20pm ..... Free/1 sess ..... 00428886

## GETTING TO KNOW DEMENTIA WORKSHOP (CANTONESE)

Learn about support options and planning for the future in this introductory session that covers information about Alzheimer's disease and other dementias along with the challenges encountered when first receiving a diagnosis. Those with dementia, care partners and family members supporting a person with dementia are welcome. Presented by the Alzheimer Society of BC in Cantonese. Registration required.

### Seniors Centre - Minoru Centre for Active Living

**FREE** Sep 2 ..... Tu ..... 1:30-3:00pm ..... Free/1 sess ..... 00436796

## HOLISTIC HEALTH SERIES - ACID REFLUX AND G.E.R.D. WORKSHOP

Understand the physiology behind symptoms of heartburn, belching, chest pain and bloating and learn how treatment is approached from an alternative medicine perspective. Presented by a naturopathic doctor. Registration required.

### Thompson Community Centre

**FREE** Oct 20 ..... M ..... 1:30-2:30pm ..... Free/1 sess ..... 00436626

## HOLISTIC HEALTH SERIES - DIGESTIVE HEALTH WORKSHOP

Learn why digestive health is considered the second brain of the body and how to make improvements. Presented by a naturopathic doctor. Registration required.

### City Centre Community Centre

**FREE** Dec 8 ..... M ..... 10:30am-12:00pm ..... Free/1 sess ..... 00437765

## HOLISTIC HEALTH SERIES - IRRITABLE BOWEL SYNDROME (IBS) WORKSHOP

Learn about this chronic condition of the digestive system with primary symptoms of abdominal pain and changes in bowel habits. Presented by a naturopathic doctor. Registration required.

### Cambie Community Centre

**FREE** Nov 10 ..... M ..... 1:00-2:30pm ..... Free/1 sess ..... 00412040

## HOLISTIC HEALTH SERIES - LOVE YOUR LIVER WORKSHOP

Learn about the liver and understand what this crucial organ does. Presented by a naturopathic doctor. Registration required.

**Hamilton Community Centre**

**FREE** Nov 17 ..... M ..... 12:00-1:30pm ..... Free/1 sess ..... 00436749

## HOLISTIC HEALTH SERIES - THE CONNECTION BETWEEN DIABETES AND DEMENTIA WORKSHOP

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

**Steveston Community Centre**

**FREE** Oct 27 ..... M ..... 1:30-3:00pm ..... Free/1 sess ..... 00437294

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

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

**Steveston Community Centre**

**FREE** Sep 9 ..... Tu ..... 10:00-11:30am ..... Free/1 sess ..... 00438143

## MEDITATION MADE EASY

Learn basic meditation techniques and simple breathing exercises in these entirely chair-based sessions. Registration required.

**South Arm Community Centre**

Oct 8-Oct 29 ..... W ..... 1:15-2:15pm ..... \$23.35/4 sess ..... 00436199

Nov 5-Nov 26 ..... W ..... 1:15-2:15pm ..... \$23.35/4 sess ..... 00436644

## MINDFULNESS AND MOVEMENT

Discover a range of holistic healing practices, explore personalized stretches and engage in meditation for a more balanced and healthier life. Led by a certified mindfulness and movement facilitator. Registration required.

**Cambie Community Centre**

Sep 2-Sep 23 ..... Tu ..... 1:00-2:00pm ..... \$26.90/4 sess ..... 00408804

Oct 7-Nov 04 ..... Tu ..... 1:00-2:00pm ..... \$33.60/5 sess ..... 00430777

## OSTEOARTHRITIS SERIES - EXERCISE AND ARTHRITIS

Learn about the various types and amount of exercise that can help those with osteoarthritis to increase range of motion, strength and endurance. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

**Cambie Community Centre**

**FREE** Dec 11 ..... Th ..... 1:00-3:00pm ..... Free/1 sess ..... 00437045

## OSTEOARTHRITIS SERIES - MANAGING HIP AND KNEE OSTEOARTHRITIS

Learn about osteoarthritis in these commonly affected joints, ways of managing osteoarthritis without surgery and what happens during joint replacement surgery. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

**Cambie Community Centre**

**FREE** Sep 22 ..... M ..... 11:00am-1:00pm ..... Free/1 sess ..... 00435153

## OSTEOARTHRITIS SERIES - NUTRITION, SUPPLEMENTS AND ARTHRITIS

Learn how diet and weight affect osteoarthritis with topics that include nutrients, supplements, weight, eating habits, portion sizes and Canada's Food Guide. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

**Cambie Community Centre**

**FREE** Nov 6 ..... Th ..... 1:00-3:00pm ..... Free/1 sess ..... 00435154

## OSTEOARTHRITIS SERIES - OSTEOARTHRITIS OF THE SPINE

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

**Cambie Community Centre**

**FREE** Sep 4 ..... Th ..... 1:00-3:00pm ..... Free/1 sess ..... 00435152

## OSTEOARTHRITIS SERIES - SLEEP AND STRESS MANAGEMENT

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

**Seniors Centre - Minoru Centre for Active Living**

**FREE** Sep 4 ..... Th ..... 10:30am-12:30pm ..... Free/1 sess ..... 00436801

## PREVENTING AND REDUCING THE RISKS OF DIABETES WORKSHOP

Learn about the different types of diabetes, risks, symptoms, prevention, treatment and current health and community support available. Presented by BC Diabetes. Registration required.

**Seniors Centre - Minoru Centre for Active Living**

**FREE** Nov 4 ..... Tu ..... 2:30-4:00pm ..... Free/1 sess ..... 00430749

## SLEEP WORKSHOP

Explore some of the reasons behind sleep challenges and learn remedies for improvement. Presented by Council of Senior Citizens' Organizations of BC (COSCO). Registration required.

**Thompson Community Centre**

**FREE** Sep 18 ..... Th ..... 1:30-2:30pm ..... Free/1 sess ..... 00437826

## 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**

Oct 9-Dec 11 ..... Th ..... 10:30am-1:30pm ..... \$262.50/10 sess .. 00433752

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

**Seniors Centre - Minoru Centre for Active Living**

Oct 7-Dec 9 ..... Tu ..... 10:30am-1:30pm ..... \$262.50/10 sess .. 00433750



## 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** Oct 22-Dec 10 .. W..... 11:30am-1:30pm..... Free/8 sess..... 00431787

## Languages

### ENGLISH - BEGINNER

Develop basic conversation skills, grammar, sentence structure, and everyday vocabulary through engaging, hands-on interactive methods. No experience required.

#### Seniors Centre - Minoru Centre for Active Living

Sep 11-Oct 30 ... Th ... 10:00-11:30am.. \$80.65/8 sess ..... 00434642

Sep 13-Oct 25 .... Sa ..... 1:30-3:00pm..... \$95.15/7 sess (45-54yrs) .... 00434644  
\$70.55/7 sess (55+yrs)

Nov 1-Dec 20 ..... Sa ..... 1:30-3:00pm..... \$108.70/8 sess (45-54yrs) .. 00434645  
\$80.65/8 sess (55+yrs)

Nov 6-Dec 18 ..... Th ..... 10:00-11:30am..... \$70.55/7 sess ..... 00434643

### 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. No experience required.

#### Seniors Centre - Minoru Centre for Active Living

Sep 13-Oct 25 ..... Sa..... 9:30-11:00am ..... \$70.55/7 sess ..... 00434638

Nov 1-Dec 20 ..... Sa..... 9:30-11:00am ..... \$80.65/8 sess ..... 00434639

### 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

Sep 13-Oct 25 ..... Sa..... 11:15am-12:45pm ..... \$70.55/7 sess ..... 00434640

Nov 1-Dec 20 ..... Sa..... 11:15am-12:45pm ..... \$80.65/8 sess ..... 00434641

### 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

Sep 12-Oct 31 ..... F..... 10:30am-12:00pm ..... \$80.65/8 sess ..... 00434630

Sep 12-Oct 31 ..... F..... 12:30-2:00pm ..... \$80.65/8 sess ..... 00434634

Nov 7-Dec 19 ..... F..... 10:30am-12:00pm ..... \$70.55/7 sess ..... 00434632

Nov 7-Dec 19 ..... F..... 12:30-2:00pm ..... \$70.55/7 sess ..... 00434636

## CONVERSATIONAL SPANISH - LEVEL 1

Meet others and build on current skills and converse in these fun, non-grammar based and interactive sessions that include games and topical discussions. Instructed by a fluent Spanish speaking instructor. Pre-requisite: Minimum basic knowledge of Spanish.

#### Seniors Centre - Minoru Centre for Active Living

Sep 10-Oct 29 ..... W ..... 10:30am-12:00pm ..... \$80.65/8 sess ..... 00434618

Nov 5-Dec 17 ..... W ..... 10:30am-12:00pm ..... \$70.55/7 sess ..... 00434621

## CONVERSATIONAL SPANISH - LEVEL 2

Build on current skills and converse in these fun, non-grammar based and interactive sessions that include games and topical discussions. Instructed by a fluent Spanish speaking instructor. Pre-requisite: Conversational Spanish - Level 1.

#### Seniors Centre - Minoru Centre for Active Living

Sep 10-Oct 29 ..... W ..... 12:30-2:00pm ..... \$80.65/8 sess ..... 00434627

Nov 5-Dec 17 ..... W ..... 12:30-2:00pm ..... \$70.55/7 sess ..... 00434628

## 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

Oct 8-Dec 17 ..... W ..... 9:15-10:15am ..... \$74.05/11 sess ..... 00436116

#### South Arm Community Centre

Sep 25-Dec 11 ..... Th ..... 12:15-1:15pm ..... \$80.75/12 sess ..... 00436210

### HEALTH QIGONG - DAO YIN YANG SHENG GONG 12 METHOD AND TAI CHI STICK

Integrate meditation and breath regulation to guide Qi through the body's meridians. This practice combines breathing exercises, gentle movements and Tai Chi stick techniques to regulate the mind, lungs and overall body system. The 12-step routine is selected from over 50 traditional Dao Yin Qigong exercises, promoting health and vitality. Tai Chi stick required at each session. Instructed by a certified Qigong instructor.

#### City Centre Community Centre

Oct 10-Dec 19 ..... F ..... 10:00-11:00am ..... \$73.90/11 sess ..... 00438831

### 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

Sep 12-Dec 12 ..... F ..... 2:00-3:00pm ..... \$94.20/14 sess ..... 00427934

### TAI CHI - BEGINNER

Learn basic movements in these Yang-style sessions.

#### City Centre Community Centre

**TRY-IT** Oct 8 ..... W ..... 11:45am-12:45pm ..... Free/1 sess ..... 00437273

Oct 15-Dec 17 ..... W ..... 11:45am-12:45pm ..... \$67.30/10 sess ..... 00436124

#### Seniors Centre - Minoru Centre for Active Living

Sep 12-Oct 31 ..... F ..... 11:15am-12:15pm ..... \$53.85/8 sess ..... 00429096

Sep 13-Oct 25 ..... Sa ..... 11:15am-12:15pm ..... \$47.10/7 sess ..... 00429100

Nov 1-Dec 20 ..... Sa ..... 11:15am-12:15pm ..... \$53.85/8 sess ..... 00429101

Nov 7-Dec 19 ..... F ..... 11:15am-12:15pm ..... \$47.10/7 sess ..... 00429097

#### Steveston Community Centre

Sep 4-Dec 11 ..... Th ..... 11:30am-12:30pm ..... \$100.95/15 sess .. 00436115

### TAI CHI - INTERMEDIATE

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

#### City Centre Community Centre

Oct 6-Dec 15 ..... M ..... 10:45-11:45am ..... \$67.30/10 sess ..... 00436102

## 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

Oct 8-Dec 17 .....W..... 10:30-11:30am..... \$74.05/11 sess .... 00436119

### Seniors Centre - Minoru Centre for Active Living

Sep 13-Oct 25 .....Sa..... 10:00-11:00am..... \$47.10/7 sess ..... 00429098

Nov 1-Dec 20 .....Sa..... 10:00-11:00am..... \$53.85/8 sess ..... 00429099

### Steveston Community Centre

Sep 2-Dec 16.....Tu..... 11:30am-12:30pm..... \$94.20/14 sess .... 00437075

## 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. No experience required.

### City Centre Community Centre

Oct 6-Dec 15 .....M..... 12:45-1:45pm..... \$67.30/10 sess .... 00436108

## TAI CHI - FAN - INTERMEDIATE

Practice and perfect skills and techniques in 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

Oct 6-Dec 15 .....M..... 11:45am-12:45pm..... \$67.30/10 sess .... 00436106

## 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

Oct 10-Dec 19 .....F..... 8:50-9:50am..... \$74.05/11 sess .... 00436126

### Seniors Centre - Minoru Centre for Active Living

Sep 11-Nov 27 .....Th..... 12:45-1:45pm..... \$80.75/12 sess .... 00428281

### South Arm Community Centre

Sep 25-Dec 11 .....Th..... 1:30-2:30pm..... \$80.75/12 sess .... 00436211

### Steveston Community Centre

Sep 8-Dec 15.....M..... 10:00-11:00am..... \$94.20/14 sess .... 00436074

## 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. Pre-requisite: Tai Chi - Sword- Beginner.

### Steveston Community Centre

Sep 8-Dec 15.....M..... 11:15am-12:15pm..... \$94.20/14 sess .... 00436011

## 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. Pre-requisite: Tai Chi - Sword - Beginner or Tai Chi Sword experience.

### City Centre Community Centre

Oct 10-Dec 19 .....F..... 11:15am-12:15pm..... \$74.05/11 sess .... 00436132

## WING CHUN - BEGINNER

Improve stance and moves of this martial arts discipline while learning the basic concepts and origin of the first Wing Chun style called 'Siu Nim Tau' (Little Concept). Registered required.

### South Arm Community Centre

Sep 8-Nov 3 .....M..... 7:30-8:30pm..... \$53.85/8 sess ..... 00434507

# Out Trips and Tours

## SEPTEMBER

### SQUAMISH SEA TO SKY GONDOLA TRIP

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

### Thompson Community Centre

Sep 4.....Th..... 9:00am-5:15pm..... \$78.50/1 sess ..... 00436373

### LANGLEY WINE TOUR AND LUNCH TRIP

Visit two popular wineries in Langley and sample a curated selection of wines. Lunch available at the Chaberton Estate Winery Bacchus Bistro, which overlooks the scenic 55-acre vineyard. Transportation and wine tastings included. Home drop off (\$3) available. No refunds within 30 days of trip.

### Seniors Centre - Minoru Centre for Active Living

Sep 10.....W..... 10:30am-3:00pm..... \$76.85/1 sess ..... 00435543

### CENTENNIAL BEACH TRIP

Purchase food in Ladner to enjoy on a relaxing visit at this popular beach in Tsawwassen followed by a walk along the shore or a visit to nearby cafes and shops. Transportation only included.

### City Centre Community Centre

Sep 11.....Th..... 10:30am-3:45pm..... \$20/1 sess ..... 00432003

### South Arm Community Centre

Sep 11.....Th..... 10:45am-3:30pm..... \$20/1 sess ..... 00432301

### ABBOTSFORD WATER BUFFALO AND BISON FARM TOUR

Discover this 108-acre Abbotsford farm on a guided tour, meet water buffalo and bison, enjoy a scenic wagon ride and sample fresh cheese before heading to Adrian's at the Airport for lunch. Transportation and tour admission included.

### Thompson Community Centre

Sep 12.....F..... 9:30am-5:30pm..... \$42/1 sess ..... 00438396

### THRIFTING EXTRAVAGANZA TRIP - NEW WESTMINSTER AND SURREY

Explore and shop at four popular thrift stores on this tour in New Westminster and Surrey. Purchase or bring a lunch. Transportation only included. Home drop off (\$3) available.

### Seniors Centre - Minoru Centre for Active Living

Sep 16.....Tu..... 9:30am-3:30pm..... \$28/1 sess ..... 00437678

### COMMODORE BOWLING AND BILLIARDS

Bowl, play pool and enjoy a meal at this amazing 1920s iconic downtown Vancouver establishment with a cool vibe. Transportation only included.

### Steveston Community Centre

Sep 18.....Th..... 12:30-4:30pm..... \$23.80/1 sess ..... 00437796

### GRANVILLE ISLAND MARKET TRIP

Shop and stroll through this world famous Vancouver public market with time included for a delicious lunch. Bring a lunch or dine at one of the local restaurants. Transportation only included.

### Thompson Community Centre

Sep 17.....W..... 9:45am-2:45pm..... \$25/1 sess ..... 00436376

### West Richmond Community Centre

Sep 17.....W..... 10:00am-2:30pm..... \$25/1 sess ..... 00428203

## KITSILANO BOATHOUSE RESTAURANT TRIP

Dine on fabulous West Coast cuisine at this well-known West End restaurant, while taking in the stunning views of Kitsilano Beach. Transportation only included.

### Thompson Community Centre

Sep 18 ..... Th ..... 11:00am-3:00pm ..... \$20.50/1 sess ..... 00437349

## FOOD FOR THOUGHT - FARMERS MARKET TRIP

Shop a selection of local, farm-fresh produce and handcrafted artisan goods at one-of-a-kind markets throughout Metro Vancouver. September Market: Coquitlam Farmers Market. Transportation only included. Registration required.

### Seniors Centre - Minoru Centre for Active Living

**FREE** Sep 20 ..... Sa ..... 8:30am-1:00pm ..... Free/1 sess ..... 00431143

## DARTS HILL GARDEN PARK TRIP

Discover this 22.5-acre horticultural gem in South Surrey filled with rare and exotic plants. Enjoy a peaceful walk around the park before heading to Peninsula Village Centre for lunch and some leisurely shopping. Transportation and admission included.

### City Centre Community Centre

Sep 26 ..... F ..... 9:30am-3:15pm ..... \$25/1 sess ..... 00431996

### South Arm Community Centre

Sep 26 ..... F ..... 9:45am-3:00pm ..... \$25/1 sess ..... 00432299

## NEW WESTMINSTER RIVERFEST TRIP

Celebrate the mighty Fraser River at this annual event that includes a delicious salmon chowder cook-off, artisan displays and a unique workboat parade. Transportation only included. Admission is free.

### Cambie Community Centre

Sep 27 ..... Sa ..... 11:00am-3:00pm ..... \$21.65/1 sess ..... 00437298

## OCTOBER

## DINNER BUFFET AT NEWLANDS GOLF CLUB TRIP

Enjoy a delicious prime rib dinner buffet at this Langley golf and country club. Transportation and dinner buffet included. No refunds within 7 days of trip. Home drop off (\$3) available.

### Seniors Centre - Minoru Centre for Active Living

Oct 4 ..... Sa ..... 4:00-8:30pm ..... \$56.65/1 sess ..... 00437265

## FOUR WINDS BEACH HOUSE & BREWERY TRIP

Enjoy a relaxed evening at this vibrant new spot in the heart of Tsawwassen's beachside Southlands community. Dine in the casual lounge setting with the option to explore the nearby "Secret Garden" in Boundary Bay after dinner (weather permitting). Transportation only included.

### Thompson Community Centre

Oct 8 ..... W ..... 4:00-8:00pm ..... \$20.50/1 sess ..... 00437166

### West Richmond Community Centre

Oct 8 ..... W ..... 4:15-7:45pm ..... \$20.50/1 sess ..... 00428208

## SYLVIA HOTEL BRUNCH TRIP

Take in the beauty of English Bay while dining at this historic Vancouver hotel. Transportation only included.

### City Centre Community Centre

Oct 11 ..... Sa ..... 10:15am-1:45pm ..... \$25/1 sess ..... 00432613

### South Arm Community Centre

Oct 11 ..... Sa ..... 10:00am-2:00pm ..... \$25/1 sess ..... 00432312

## CRANBERRY FESTIVAL TRIP

Celebrate this berry harvest at this popular Langley festival that includes food, entertainment, live music, contests and more. Transportation and admission included. Home drop off (\$3) available.

### Seniors Centre - Minoru Centre for Active Living

Oct 18 ..... Sa ..... 10:30am-3:30pm ..... \$30.50/1 sess ..... 00435551

## UBC APPLE FESTIVAL TRIP

Explore and sample a diverse selection of apples—from popular favourites to rare and unusual varieties—at this lively festival hosted by the UBC Botanical Garden. Enjoy main stage entertainment, a food fair and the ever-popular tasting tent. Transportation, admission and apple tasting fee included.

### Cambie Community Centre

Oct 18 ..... Sa ..... 9:45am-1:45pm ..... \$38/1 sess (55-64yrs) ..... 00433747  
\$37/1 sess (65+yrs)

### South Arm Community Centre

Oct 18 ..... Sa ..... 9:30am-2:00pm ..... \$38/1 sess (55-64yrs) ..... 00437868  
\$37/1 sess (65+yrs)

## PUMPKIN PATCH BREWERY TRIP

Celebrate fall with a visit to The Patch Brewery in Maple Ridge with farm-to-table craft beers. Wander through the pumpkin patch, and enjoy a meal and drink (alcoholic and non-alcoholic options available). Transportation only included.

### Steveston Community Centre

Oct 23 ..... Th ..... 1:00-4:00pm ..... \$25/1 sess ..... 00437790

## SOUTHLANDS TSAWWASSEN FARMERS MARKET TRIP

Step into the historic red barn and wander through and shop from the curated selection of vendors, hosted by The Collective Markets. Transportation only included.

### Thompson Community Centre

Oct 25 ..... Sa ..... 11:00am-3:00pm ..... \$22/1 sess ..... 00437348

## RIVERHOUSE RESTAURANT AND PUB DINNER TRIP

Savour the flavours from this classic steak and seafood restaurant and bar in South Delta set in a contemporary West Coast atmosphere overlooking the Fraser River. Transportation only included.

### Thompson Community Centre

Oct 28 ..... Tu ..... 4:30-8:00pm ..... \$20.50/1 sess ..... 00437302

## NOVEMBER

## CHRISTMAS STORE AT POTTERS TRIP

Dine at Andreas Restaurant followed by a shopping expedition at the 28,000 square foot store in Cloverdale that offers all things Christmas with many unique items. Transportation only included.

### Seniors Centre - Minoru Centre for Active Living

Nov 6 ..... Th ..... 10:30am-3:00pm ..... \$23.50/1 sess ..... 00437758

## VANCOUVER WELSH MEN'S CHOIR TRIP

Enjoy favourite melodies from the war years, folk songs from the United Kingdom and America and music from the golden age of cinema at this special Remembrance Day performance in Tsawwassen by this Vancouver choir and the Band of the 15th Field Regiment. Transportation and admission included. No refunds within 14 days of trip.

### Thompson Community Centre

Nov 11 ..... Tu ..... 1:30-5:30pm ..... \$45.50/1 sess ..... 00437170

## CITY OF RICHMOND ARCHIVES TOUR

Celebrate Archives Week with this special talk and behind-the-scenes tour of this local archives. Offered in collaboration with the Friends of the Richmond Archives. Registration required.

**West Richmond Community Centre**

**FREE** Nov 19 ..... W ..... 10:00am-12:00pm ..... Free/1 sess ..... 00430268

## MUSIC BINGO NIGHT AT MATCH EATERY

Join the fun-filled evening of music, food and prizes at this Ladner eatery. Enjoy a lively mix of classic tunes and friendly competition in a vibrant pub-style atmosphere. Experience social connection, entertainment and a chance to win great prizes. Transportation only included.

**Thompson Community Centre**

Nov 20 ..... Th ..... 5:30-9:00pm ..... \$23.50/1 sess ..... 00437817

## MASSEY THEATRE - THE MUSICAL JOURNEY OF NEIL DIAMOND TRIP

Experience the magic of Neil Diamond's at this powerful tribute concert featuring Jay White, who has received personal praise from Neil Diamond himself. With stunning visuals and heartfelt performances, this show blends the passion of Broadway with the energy of a live concert, offering an unforgettable evening of music and memories at this popular New Westminster venue. Transportation and admission included. No refunds within 30 days of trip. Home drop off (\$3) available.

**City Centre Community Centre**

Nov 22 ..... Sa ..... 6:15-10:45pm ..... \$65/1 sess ..... 00432000

**South Arm Community Centre**

Nov 22 ..... Sa ..... 6:30-10:30pm ..... \$65/1 sess ..... 00432300

## VANCOUVER AQUARIUM TRIP

Marvel at the wonders of underwater life at this facility in Stanley Park, followed by a meal at the iconic Sylvia Hotel in the West End of Vancouver. Transportation only included.

**Steveston Community Centre**

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

## QUEEN ELIZABETH THEATRE - MJ THE MUSICAL

Prepare to be mesmerized as Michael Jackson's unique and unparalleled artistry comes to life at Vancouver's Queen Elizabeth Theatre, in MJ, the multi Tony Award®-winning new musical. Transportation and admission included. No refunds within 30 days of trip.

**South Arm Community Centre**

Nov 29 ..... Sa ..... 12:30-5:45pm ..... \$81.50/1 sess ..... 00434688

## DECEMBER

## CANYON LIGHTS CAPILANO SUSPENSION BRIDGE TRIP

Enjoy an enchanting walk across this iconic North Vancouver bridge and witness the beauty of 250,000 twinkling lights! Don't miss the Christmas Band, the glass blower making icicle ornaments and viewing the spectacular maple trees. Transportation and admission included. Home drop off (\$3) available.

**Thompson Community Centre**

Dec 2 ..... Tu ..... 4:30-9:00pm ..... \$76.50/1 sess ..... 00437186

## BRUNCH IN THE PARK AND WINTER MARKET TRIP

Experience the stunning views of Queen Elizabeth Park while enjoying brunch at Seasons in the Park, followed by shopping at the Riley Park Winter Farmers Market. Transportation only included.

**City Centre Community Centre**

Dec 6 ..... Sa ..... 10:30am-2:30pm ..... \$25/1 sess ..... 00432614

**South Arm Community Centre**

Dec 6 ..... Sa ..... 10:15am-2:45pm ..... \$25/1 sess ..... 00432309

## VANDUSEN GARDENS FESTIVAL OF LIGHTS TRIP

Stroll through this dazzling annual holiday display with over a million lights at these iconic gardens. Warm up with hot chocolate, roasted chestnuts and popcorn available for purchase from vendors. Transportation and admission included. Home drop off (\$3) available.

**Seniors Centre - Minoru Centre for Active Living**

Dec 11 ..... Th ..... 6:00-10:00pm ..... \$45.10/1 sess ..... 00437722

## QUEEN ELIZABETH THEATRE - THE NUTCRACKER BALLET

Rediscover the magic of the holidays watching this iconic performance at Vancouver's Queen Elizabeth Theatre. Let the music, memories and tradition bring warmth and joy this season. Transportation and admission included. No refunds within 30 days of trip.

**City Centre Community Centre**

Dec 13 ..... Sa ..... 12:15-4:45pm ..... \$80.50/1 sess ..... 00435051

**South Arm Community Centre**

Dec 13 ..... Sa ..... 12:00-4:30pm ..... \$80.50/1 sess ..... 00434694

## ARTS CLUB THEATRE - THE GINGERBREAD MEN - YET ANOTHER HOLIDAY CABARET TRIP

Spread holiday cheer with harmonious toe-tapping tunes and vintage nostalgia as the charming Gingerbread Men bring the Christmas spirit to life at this popular theatre. Enjoy a diverse repertoire spanning doo-wop, jazz, Broadway, holiday standards and acapella. Delight in expertly delivered songs that evoke warmth, joy and festive memories. Transportation and admission included. Home drop off (\$3) available. No refunds within 30 days of trip.

**Seniors Centre - Minoru Centre for Active Living**

Dec 18 ..... Th ..... 6:30-11:00pm ..... \$67.25/1 sess ..... 00437767

## MARTINI TOWN - MERRY AND BRIGHT TRIP

Explore the streets and buildings of Langley's Martini Studios and be transported to yesteryear holidays. Take in the traditional festive music, a small artisan market and tasty food options. Enjoy a dinner stop in historic Langley. Home drop off (\$3) available. Transportation and admission included.

**Cambie Community Centre**

Dec 19 ..... F ..... 2:35-8:10pm ..... \$42/1 sess ..... 00430214

**Thompson Community Centre**

Dec 19 ..... F ..... 2:15-8:30pm ..... \$42/1 sess ..... 00430210



## THE BUFFET AT CASCADES CASINO CHRISTMAS LUNCH TRIP

Indulge in the Christmas Comforts spread with hearty holiday favourites at this popular Delta buffet. Transportation and lunch included. Home drop off (\$3) available.

### Seniors Centre - Minoru Centre for Active Living

Dec 20.....Sa..... 10:30am-2:00pm..... \$43.90/1 sess ..... 00437716

## CHRISTMAS LIGHTS TOUR OF SOUTH DELTA

Find the holiday spirit with the viewing of beautifully decorated homes and parks in Ladner and Tsawwassen. Transportation and hot beverage included. Home drop off (\$3) available.

### Thompson Community Centre

Dec 22.....M ..... 4:30-8:00pm..... \$24/1 sess ..... 00437252

## BURNABY VILLAGE CHRISTMAS AND LAFARGE LAKE LIGHTS TRIP

Take in the beautifully decorated village and farmhouse with lights and old-fashioned ornaments along with traditional entertainment, demonstrations and exhibits from the early 1900s followed by a visit Metro Vancouver's largest free outdoor winter lights display in Coquitlam. Transportation only included. Free admission. Home drop-off (\$3) available.

### Thompson Community Centre

Dec 23.....Tu ..... 12:00-5:30pm..... \$22.50/1 sess ..... 00437352

### West Richmond Community Centre

Dec 23.....Tu ..... 11:45am-4:45pm..... \$22.50/1 sess ..... 00437839

## CHRISTMAS LIGHTS TOUR OF VANCOUVER

Get into the holiday spirit on this tour of beautifully decorated Vancouver attractions that include Coal Harbour, Lost Lagoon, Elm Grove, St. Paul's Hospital and Canucks Place. Transportation and a hot beverage included. Home drop off (\$3) available. No refunds within 7 days of trip.

### Thompson Community Centre

Dec 29..... M ..... 5:00-8:30pm..... \$24.75/1 sess ..... 00437350

# 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

Sep 2-Oct 21 .....Tu..... 8:00-9:30am..... \$70.85/7 sess ..... 00429617

Sep 2-Oct 21 .....Tu..... 5:30-7:00pm..... \$70.85/7 sess ..... 00429620

Oct 28-Dec 9 .....Tu..... 8:00-9:30am..... \$70.85/7 sess ..... 00435552

### Thompson Community Centre

Oct 23-Dec 11 .....Th..... 1:15-2:30pm..... \$67.50/8 sess ..... 00437811

### West Richmond Community Centre

Sep 8-Oct 27 .....M ..... 12:45-2:00pm..... \$59.05/7 sess ..... 00433555

Nov 3-Dec 15 .....M ..... 12:45-2:00pm..... \$59.05/7 sess ..... 00433567

## 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

Sep 5-Oct 31 .....F..... 9:30-10:45am..... \$75.95/9 sess ..... 00435830

Sep 5-Oct 31 .....F..... 10:50am-12:05pm..... \$75.95/9 sess ..... 00435833

Nov 7-Dec 19 .....F..... 9:30-10:45am..... \$59.05/7 sess ..... 00435832

Nov 7-Dec 19 .....F..... 10:50am-12:05pm..... \$59.05/7 sess ..... 00435831

## 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

Sep 2-Oct 21 .....Tu..... 9:45-11:15am..... \$70.85/7 sess ..... 00429618

Sep 2-Oct 21 .....Tu..... 7:00-8:30pm..... \$70.85/7 sess ..... 00429621

Oct 28-Dec 16 .....Tu..... 9:45-11:15am..... \$70.85/7 sess ..... 00435123

Oct 28-Dec 16 .....Tu..... 5:30-7:00pm..... \$70.85/7 sess ..... 00435124

Oct 28-Dec 16 .....Tu..... 7:00-8:30pm..... \$70.85/7 sess ..... 00435125

### Thompson Community Centre

Sep 4-Oct 16 .....Th..... 2:35-3:50pm..... \$59.05/7 sess ..... 00437812

Oct 23-Dec 11 .....Th..... 2:35-3:50pm..... \$67.50/8 sess ..... 00437814

### West Richmond Community Centre

Sep 3-Oct 29 .....W ..... 11:45am-1:15pm..... \$91.10/9 sess ..... 00433639

Sep 3-Oct 29 .....W ..... 1:20-2:50pm..... \$91.10/9 sess ..... 00434307

Nov 5-Dec 17 .....W ..... 11:45am-1:15pm..... \$70.85/7 sess ..... 00433644

Nov 5-Dec 17 .....W ..... 1:20-2:50pm..... \$70.85/7 sess ..... 00434310

## PICKLEBALL - ADVANCED

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

### South Arm Community Centre

Sep 2-Oct 21 .....Tu..... 11:30am-1:00pm..... \$70.85/7 sess ..... 00429619

Oct 28-Dec 9 .....Tu..... 11:30am-1:00pm..... \$70.85/7 sess ..... 00435550

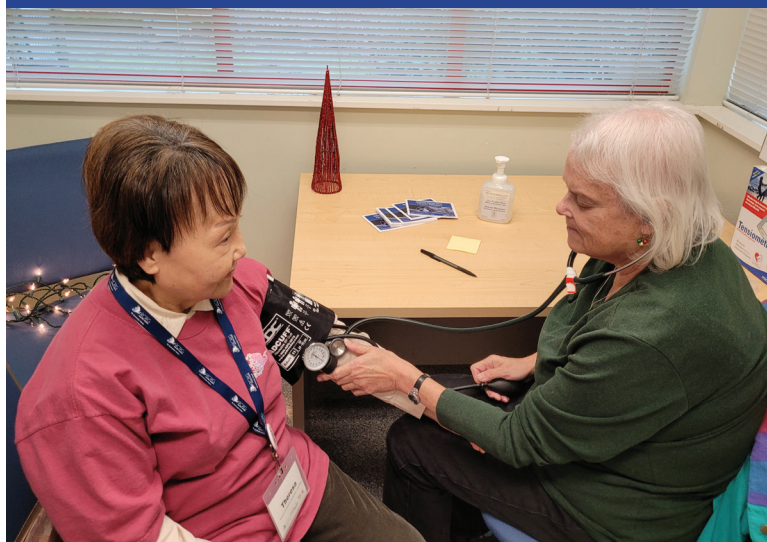
## PICKLEBALL - NON-INSTRUCTIONAL

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

### City Centre Community Centre (Anderson School)

Sep 21-Dec 14.....Su ..... 2:00-3:45pm..... \$74.25/11 sess ..... 00436908

# 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](https://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
<b>Billiards*</b> 8:00am–4:45pm (Drop-in)	<b>Billiards*</b> 8:00am–8:45pm	<b>Billiards*</b> 8:00am–8:45pm	<b>Billiards*</b> 8:00am–8:45pm	<b>Billiards*</b> 8:00am–8:45pm	<b>Billiards*</b> 8:00am–8:45pm	<b>Billiards*</b> 8:00am–4:45pm (Drop-in)
<b>Wood Carving***</b> 9:30am–12:00pm 1:00–4:30pm	<b>Woodworking*</b> 8:30am–2:00pm	<b>Tai Chi Practice**</b> 9:00–10:00am	<b>Woodworking*</b> 8:30am–2:00pm	<b>Tai Chi Practice**</b> 8:45–9:45am	<b>Woodworking*</b> 8:30am–2:00pm	<b>Woodworking*</b> 8:30am–4:00pm (Finishing day)
<b>Model Walkers**</b> 11:00am–1:00pm	<b>Tai Chi Practice**</b> 8:45–9:45am	<b>French Conversation</b> 9:30–11:30am	<b>Yuanji Dance**</b> 8:30–10:30am	<b>Yuanji Dance**</b> 9:00–10:30am	<b>Tai Chi Practice**</b> 9:00–10:30am	<b>Tai Chi Practice**</b> 8:45–9:45am
<b>Poker</b> 11:30am–4:00pm	<b>Yuanji Dance**</b> 9:00–10:30am	<b>Wood Carving***</b> 9:30am–12:00pm 1:00–4:30pm	<b>Tai Chi Practice**</b> 8:45–9:45am	<b>Busy Fingers/ Knitters and Knatters</b> 9:30–11:30am 1:00–3:00pm	<b>Mahjong**</b> 10:00am–5:00pm	<b>Ballroom Dance**</b> 10:00am–12:00pm
<b>Minoru Community Line Dancers**</b> 1:30–3:30pm	<b>Busy Fingers/ Knitters and Knatters</b> 9:30–11:30am	<b>Poker</b> 11:30am–4:00pm	<b>Happy Chorus</b> 10:00am–12:30pm	<b>Minoru Strummers Ukulele Circle**</b> 10:00–11:30am	<b>Silver Singers**</b> 9:45am–12:00pm	<b>Chinese Drum and Guitar Social **</b> 10:00am–12:00pm
	<b>Lego®</b> 10:00am–2:00pm	<b>Carpet Bowling</b> 12:30–3:00pm	<b>Mahjong**</b> 10:00am–5:00pm	<b>Poker</b> 11:30am–4:00pm	<b>Bridge Duplicate</b> 12:30–4:00pm	<b>Spanish Social</b> 10:30am–1:00pm
	<b>Happy Chorus</b> 10:00am–12:30pm	<b>Starlight Chior**</b> 12:45–2:45pm	<b>Minoru Waist Drum**</b> 12:45–2:45pm	<b>Scrabble</b> 12:45–4:00pm	<b>Chinese Calligraphy**</b> 1:00–4:00pm	<b>Peking Opera</b> 1:30–4:30pm
	<b>Reading Social for Chinese Speaking Seniors</b> 10:15am–12:15pm	<b>Kingsland Calligraphy</b> 1:30–4:00pm	<b>Crib</b> 1:00–3:30pm	<b>Joy Singing and Dancing** (Singing)</b> 1:00–3:00pm	<b>Euchre</b> 1:30–4:00pm	<b>Multicultural Dance**</b> 2:00–4:30pm
	<b>Crib</b> 1:00–3:00pm	<b>Seniors Saxophone**</b> 3:00–5:00pm	<b>Glee</b> 2:00–4:00pm	<b>Wood Carving***</b> 1:00–4:30pm	<b>Minoru Community Line Dancers**</b> 1:30–3:30pm	
	<b>Bridge</b> 1:00–4:30pm	<b>Board Games</b> 3:30–5:30pm	<b>Joy Singing and Dancing (Dancing)</b> 2:30–4:30	<b>Platinum Players</b> 1:30–3:30pm	<b>Hanging with The Guys</b> 2:30–4:30pm	
	<b>Photo Group (2nd &amp; 4th week)</b> 1:30–3:30pm	<b>Yuanji Dance**</b> 6:30–8:30pm	<b>Multicultural Dance** (Performance group only)</b> 6:45–8:45pm	<b>Ballroom Dance**</b> 3:30–5:15pm	<b>Classical Chinese Ethnic Folk Dance**</b> 6:45–8:45pm	
	<b>Multicultural Dance**</b> 2:30–4:30pm	<b>Joy Singing and Dancing** (Dancing)</b> 6:45–8:45pm		<b>Seniors Saxophone**</b> 4:00–6:00pm		
	<b>Whist</b> 6:00–8:45pm	<b>Model Dance**</b> 6:45–8:45pm		<b>Prostate Cancer Support Group (2nd week)</b> 6:30–8:30pm		
				<b>Yuanji Dance</b> 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 \$19.00 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
	<b>Coffee and Tea</b> 11:00am–12:30pm (ERCH)	<b>Tai Chi Practice– Form 24</b> 8:30–9:15am (no instruction) 00427202* (ERCH)	<b>Tai Chi–48 Form</b> 8:30–9:30am 00427210* (ERCH)	<b>Indoor Walking</b> 10:00–11:00am 00427233* (CCC)	<b>Tai Chi–24 Form</b> 8:30–9:30am 00427215* (ERCH)	
		<b>Tai Chi Practice– Form 48</b> 9:15–10:00am (no instruction) 00427209* (ERCH)	<b>Table Tennis</b> 9:30–10:30am (ERCH)		<b>Table Tennis</b> 9:30–10:30am (ERCH)	
		<b>Mahjong</b> (2nd Tue/mth) 10:00am–12:00pm 00427230* (ERCH)	<b>Book Club</b> (1st Wed/mth) 11:00am–12:30pm 00427238* (ERCH)		<b>Knitting</b> 10:00–11:30am (ERCH)	
		<b>Karaoke</b> (1st and 3rd Tu/mth) 10:30am–12:30pm (ERCH)	<b>Writing Club</b> 10:00am–12:00pm 00427264 (ERCH)		<b>Luk Tung Kuen</b> 11:00–11:45am 00427222* (ERCH)	
			<b>Luk Tung Kuen</b> 11:00–11:45am 00427218* (ERCH)			
			<b>Coffee and Tea</b> (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
<b>English Conversation Group</b> 3:00–4:30pm	<b>Karaoke (English)</b> 10:00am–1:00pm	<b>Singing Group</b> 10:00am–1:00pm	<b>Poetry Appreciation Group</b> (2nd Wed/mth) 2:00–4:00pm	<b>Karaoke (Chinese)</b> 10:30am–12:30pm		<b>Technology Help</b> 3:30–5:00pm
	<b>Ballroom Dance</b> 1:00–3:00pm	<b>Chinese Calligraphy in Mandarin</b> 1:00–3:00pm		<b>Ballroom Dance</b> 1:00–3:00pm		
	<b>Chinese Traditional Dance</b> 2:00–3:30pm	<b>Social Group</b> 2:00–4:00pm		<b>Chinese Traditional Dance</b> 2:00–3:30pm		
	<b>Brush Hour</b> 3:00–5:00pm	<b>Knitting Group</b> 2:30–4:30pm				

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



### Hamilton Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>Tai Chi Advanced</b> 7:30–8:30am	<b>Tai Chi Advanced</b> 7:30–8:30am	<b>Tai Chi Advanced</b> 7:30–8:30am	<b>Tai Chi Advanced</b> 7:30–8:30am	<b>Tai Chi Advanced</b> 7:30–8:30am	
	<b>Mahjong</b> 10:15am–12:30pm	<b>Tai Chi Beginners</b> 9:00–10:00am		<b>Tai Chi Beginners</b> 9:00–10:00am	<b>Dancing and Sing-a-long</b> 10:00am–12:00pm	
		<b>Seniors Circle Group</b> 10:00–11:30am		<b>Mahjong</b> 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
<b>Sahara Sisters (last Sun/mth)</b> 12:30–3:30pm	<b>Luk Tung Kuen</b> 7:45–8:30am	<b>Luk Tung Kuen</b> 7:45–8:30am	<b>Luk Tung Kuen</b> 7:45–8:30am	<b>Luk Tung Kuen</b> 7:45–8:30am	<b>Luk Tung Kuen</b> 7:45–8:30am	<b>MILAP Group – B</b> 11:00am–1:00pm
	<b>New Immigrant Support/English Learning Group</b> 9:00–11:30am	<b>Seniors Social Group</b> 9:30–11:00am	<b>Book Club (4th Wed/mth)</b> 10:00–11:30am	<b>Friendship Group</b> 8:30–9:20am	<b>Ted Talks (4th Fri/mth)</b> 10:00–11:00am	
	<b>Scrabble</b> 10:00am–12:00pm		<b>Classic QiPao Dance</b> 12:00–2:00pm	<b>Karaoke</b> 9:30am–12:00pm		
	<b>MILAP Group – A (bi-weekly)</b> 1:00–3:00pm		<b>Singing Along</b> 12:00–2:00pm	<b>Mahjong Social</b> 9:30am–1:30pm		
	<b>Carpet Bowling</b> 1:00–3:00pm		<b>Tai Chi</b> 1:30–2:30pm	<b>Knitting Group</b> 1:00–3:00pm	<b>Carpet Bowling</b> 1:00–3:00pm	
			<b>Gardening Club</b> 3:30–5:00pm			

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

### Steveston Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>Chinese Multicultural Group</b> 10:00–11:30am	<b>Coffee Social</b> Oct 7, Nov 4, Dec 2 10:00–11:30am	<b>Knitting and Crocheting Social</b> 10:00am–12:00pm	<b>Chinese Multicultural Group</b> 9:30–11:30am	<b>Ukulele Circle</b> 9:30am–12:00pm	
		<b>Karaoke Social (Multilingual)</b> 12:30–3:15pm	<b>Low Vision Support Group (2nd Wed/mth)</b> 10:00am–12:00pm		<b>Japanese Tablet Club</b> 9:30–11:30am	
	<b>Drumming Ensemble*</b> 1:30–2:30pm		<b>Japanese Crafts Group</b> 12:30–2:30pm		<b>Bridge Social</b> 1:00–4:00pm	
			<b>Tech Help 101</b> 1-on-1 (in English) 1:00–3:00pm (604-238-8084 to register)		<b>Ukulele Ensemble</b> 1:30–3:00pm	
			<b>Kokufo Shigin Club</b> 1:00–3:00pm			

\*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
	<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Table Tennis</b> 7:30–9:30am	<b>Table Tennis</b> 7:30–9:30am
	<b>Tai Chi</b> 8:50-9:20am	<b>Luk Tung Coffee Hour</b> 9:00–10:00am	<b>Tai Chi</b> 8:50-9:20am	<b>Crafts Group</b> 11:00am–1:00pm	<b>Luk Tung Kuen</b> 7:45–8:45am	
	<b>Table Tennis</b> 1:30–5:00pm		<b>Chinese Cultural Dance</b> 1:30–2:45pm		<b>Gentlemen in Conservation</b> (2nd & 4th week) 10:30am–12:00pm	
					<b>Karaoke</b> 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
<b>Chinese Folk Dancing</b> 2:00–4:00pm	<b>French Conversation Group</b> Call 604-238-8400 for dates	<b>Chinese Folk Dancing</b> 9:45-10:45am  <b>English Conversation Group—Beginner</b> 11:00am-12:15pm (Contact 604-238-8431 for availability)  <b>Spanish Conversation Group - Online</b> 1:30-3:00pm  <b>Scottish Country Dancing</b> 2:15-3:45pm	<b>Ukulele and Singing Circle</b> 6:30–8:00pm	<b>English Conversation Group—Intermediate</b> 11:00am-12:15pm (Contact 604-238-8431 for availability)		

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



## City of Richmond

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Telephone: 604-276-4000

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