



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

**Summer 2025** | JUL-AUG  
[richmond.ca/register](https://richmond.ca/register)





## Contents

Arts—Dance.....	3
Arts—Music.....	4
Arts—Visual .....	5
Computers, Technology and Social Media.....	7
Cooking.....	7
Events and Seasonal Programs.....	7
Fitness .....	8
Gardening.....	10
General Interest.....	10
Health and Wellness .....	10
Languages.....	12
Martial Arts.....	12
Out Trips and Tours .....	13
Racquet Sports.....	15
Sports .....	15

<b>Seniors Annual Facility Pass Programs.....</b>	<b>17</b>
---	-----------

## 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.

Jun 30–Sep 1..... **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

### BALLET—FUNDAMENTALS

Improve mobility, posture, coordination and energy levels while learning introductory ballet techniques including barre work and dance combinations in a fun and supportive environment. Exercises are modified for all levels.

#### South Arm Community Centre

Jul 2-Jul 30.....W..... 11:30am-12:30pm..... \$32.65/5 sess ..... 2534542

### BALLROOM DANCING – BEGINNER

Dance for fitness and fun in these introductory sessions that cover basic steps and foundational techniques. No experience required. Suitable for singles and pairs.

#### West Richmond Community Centre

**TRY-IT** Jul 4.....F..... 3:30-4:30pm..... Free/1 sess..... 00409563

**TRY-IT** Jul 4.....F..... 4:40-5:40pm..... Free/1 sess..... 00409566

**TRY-IT** Jul 6.....Su..... 11:30am-12:30pm..... Free/1 sess..... 00409526

Jul 11-Aug 22.....F..... 3:30-4:30pm..... \$45.70/7 sess ..... 00409572

Jul 11-Aug 22.....F..... 4:40-5:40pm..... \$45.70/7 sess ..... 00409579

Jul 13-Aug 24.....Su..... 11:30am-12:30pm..... \$39.20/6 sess ..... 00409536

### 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 45yrs+

Jul 7-Aug 25.....M..... 6:30-8:00pm..... \$92.40 (45-54yrs)/7 sess..... 00411839  
\$68.55 (55yrs+)/7 sess

### 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

Jul 9-Aug 13.....W..... 11:45am-12:45pm..... \$39.20/6 sess ..... 00412231

### 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

Jul 11-Aug 15.....F..... 12:15-1:15pm..... \$39.20/6 sess ..... 00413268

### DANCE MOVES—ALL LEVELS

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

#### Cambie Community Centre

Jul 7-Jul 28.....M..... 10:00-11:00am..... \$26.10/4 sess ..... 00405336

### 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

Jul 3-Jul 24.....Th..... 2:15-3:15pm..... \$26.10/4 sess ..... 00409602

### JAZZ AND BALLET BLEND—BEGINNER

Explore some fundamental techniques and choreography of these two dance styles in these upbeat and enjoyable sessions. No experience required.

#### West Richmond Community Centre

Jul 2-Aug 6.....W..... 2:15-3:15pm..... \$39.20/6 sess ..... 00409612

### 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

Jul 7-Aug 18.....M..... 12:00-1:00pm..... \$39.20/6 sess ..... 00412043

### LINE DANCING—BEGINNER

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

#### Seniors Centre—Minoru Centre for Active Living

Jul 8-Aug 19.....Tu..... 2:00-3:00pm..... \$45.70/7 sess ..... 00412070

#### South Arm Community Centre

Jul 9-Aug 20.....W..... 3:45-4:45pm..... \$45.70/7 sess ..... 00417240

#### Steveston Community Centre

Jul 10-Aug 21.....Th..... 2:00-3:00pm..... \$45.70/7 sess ..... 00414582

### LINE DANCING—BEGINNER—IMPROVER

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

#### South Arm Community Centre

Jul 9-Aug 20.....W..... 2:30-3:30pm..... \$45.70/7 sess ..... 00413726

#### Steveston Community Centre

Jul 10-Aug 21.....Th..... 3:15-4:15pm..... \$45.70/7 sess ..... 00414583

### LINE DANCING—INTERMEDIATE

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

#### Seniors Centre—Minoru Centre for Active Living

Jul 8-Aug 19.....Tu..... 3:15-4:15pm..... \$45.70/7 sess ..... 00412071

### 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

Jul 9-Aug 27.....W..... 11:00am-12:00pm..... \$52.25/8 sess ..... 00414137

### LINE DANCING—INTERNATIONAL—BEGINNER

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

#### Seniors Centre—Minoru Centre for Active Living

Jul 12-Aug 30.....Sa..... 2:15-3:45pm..... \$105.60 (45-54yrs)/8 sess... 00414160  
\$78.35 (55yrs+)/8 sess

### LINE DANCING—INTERNATIONAL—BEGINNER—IMPROVER

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

#### Seniors Centre—Minoru Centre for Active Living

Jul 9-Aug 27.....W..... 2:15-3:45pm..... \$78.35/8 sess ..... 00414157

## 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

Jul 12-Aug 30.....Sa..... 12:30-2:00pm..... \$78.35/8 sess ..... 00414159

## 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

Jul 9-Aug 27.....W..... 12:30-2:00pm..... \$78.35/8 sess ..... 00414151

## 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

Jul 7-Jul 28.....M..... 12:00-1:00pm..... \$26.10/4 sess ..... 00411804  
Jul 11-Aug 1.....F..... 9:30-10:30am..... \$26.10/4 sess ..... 00413253  
Aug 8-Aug 29.....F..... 9:30-10:30am..... \$26.10/4 sess ..... 00413255  
Aug 11-Aug 25.....M..... 12:00-1:00pm..... \$19.60/3 sess ..... 00411838

## LINE DANCING VARIETY—BEGINNER LEVEL 1 (CANTONESE/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

Jul 7-Jul 28.....M..... 10:45-11:45am..... \$26.10/4 sess ..... 00411680  
Jul 11-Aug 1.....F..... 10:45-11:45am..... \$26.10/4 sess ..... 00413241  
Aug 8-Aug 29.....F..... 10:45-11:45am..... \$26.10/4 sess ..... 00413245  
Aug 11-Aug 25.....M..... 10:45-11:45am..... \$19.60/3 sess ..... 00411796

## LINE DANCING VARIETY—BEGINNER LEVEL 2 (CANTONESE/MANDARIN)

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

### Seniors Centre—Minoru Centre for Active Living

Jul 8-Jul 29.....Tu..... 9:45-10:45am..... \$26.10/4 sess ..... 00412068  
Jul 10-Jul 31.....Th..... 10:45-11:45am..... \$26.10/4 sess ..... 00412748  
Aug 5-Aug 26.....Tu..... 9:45-10:45am..... \$26.10/4 sess ..... 00412069  
Aug 7-Aug 28.....Th..... 10:45-11:45am..... \$26.10/4 sess ..... 00412751

## 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. No experience required.

### Seniors Centre—Minoru Centre for Active Living

Jul 11-Aug 15.....F..... 1:30-2:30pm..... \$39.20/6 sess ..... 00412357

## 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

Jul 7-Aug 18.....M..... 10:45-11:45am..... \$39.20/6 sess ..... 00412039

## 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

Jul 9-Aug 13.....W..... 10:00-11:30am..... \$58.75/6 sess ..... 00412076

## Arts—Music

## DRUMMING RHYTHMS FROM AROUND THE WORLD

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

### West Richmond Community Centre

**TRY-IT** Jul 11.....F..... 6:30-8:00pm..... Free/1 sess..... 00409676  
Jul 18-Aug 8.....F..... 6:30-8:00pm..... \$39.20/4 sess ..... 00409683

## 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

Jul 4-Aug 15.....F..... 12:30-1:30pm..... \$55.55/7 sess ..... 00408742

## 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

Jul 4-Aug 15.....F..... 1:45-2:45pm..... \$55.55/7 sess ..... 00408743

## INTRODUCTION TO PIANO—INTERGENERATIONAL

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

### City Centre Community Centre

Jul 6-Aug 24.....Su ..... 10:00-10:45am..... \$57.20/8 sess ..... 00411514  
Jul 6-Aug 24.....Su ..... 11:00-11:45am..... \$57.20/8 sess ..... 00411516  
Jul 6-Aug 24.....Su ..... 11:00-11:45am..... \$57.20/8 sess ..... 00411519  
Jul 6-Aug 24.....Su ..... 12:00-12:45pm..... \$57.20/8 sess ..... 00411522  
Jul 6-Aug 24.....Su ..... 1:00-1:45pm..... \$57.20/8 sess ..... 00411525  
Jul 6-Aug 24.....Su ..... 1:00-1:45pm..... \$57.20/8 sess ..... 00411534  
Jul 6-Aug 24.....Su ..... 2:00-2:45pm..... \$57.20/8 sess ..... 00411528  
Jul 6-Aug 24.....Su ..... 2:00-2:45pm..... \$57.20/8 sess ..... 00411537  
Jul 7-Aug 25.....M..... 4:30-5:15pm..... \$50.05/7 sess ..... 00411478  
Jul 7-Aug 25.....M..... 4:30-5:15pm..... \$50.05/7 sess ..... 00411484  
Jul 7-Aug 25.....M..... 5:30-6:15pm..... \$50.05/7 sess ..... 00411485  
Jul 7-Aug 25.....M..... 5:30-6:15pm..... \$50.05/7 sess ..... 00411482  
Jul 9-Aug 27.....W..... 4:30-5:15pm..... \$57.20/8 sess ..... 00411488  
Jul 9-Aug 27.....W..... 4:30-5:15pm..... \$57.20/8 sess ..... 00411490

Jul 9-Aug 27.....W.....5:30-6:15pm.....	\$57.20/8 sess .....	00411492
Jul 9-Aug 27.....W.....5:30-6:15pm.....	\$57.20/8 sess .....	00411489
Jul 11-Aug 29.....F.....4:00-4:45pm.....	\$57.20/8 sess .....	00411496
Jul 11-Aug 29.....F.....4:30-5:15pm.....	\$57.20/8 sess .....	00411499
Jul 11-Aug 29.....F.....5:00-5:45pm.....	\$57.20/8 sess .....	00411495
Jul 11-Aug 29.....F.....5:30-6:15pm.....	\$57.20/8 sess .....	00411500
Jul 12-Aug 30.....Sa.....10:00-10:45am.....	\$57.20/8 sess .....	00411503
Jul 12-Aug 30.....Sa.....11:00-11:45am.....	\$57.20/8 sess .....	00411505
Jul 12-Aug 30.....Sa.....11:00-11:45am.....	\$57.20/8 sess .....	00411508
Jul 12-Aug 30.....Sa.....12:00-12:45pm.....	\$57.20/8 sess .....	00411510
Jul 12-Aug 30.....Sa.....2:00-2:45pm.....	\$57.20/8 sess .....	00411512
Jul 12-Aug 30.....Sa.....3:00-3:45pm.....	\$57.20/8 sess .....	00411513

## 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

Jul 2-Jul 23.....W.....1:00-2:00pm.....	\$26.10/4 sess .....	00411768
Jul 2-Jul 23.....W.....2:15-3:15pm.....	\$26.10/4 sess .....	00411775
Jul 4-Jul 25.....F.....1:00-2:00pm.....	\$26.10/4 sess .....	00411776
Jul 4-Jul 25.....F.....2:15-3:15pm.....	\$26.10/4 sess .....	00411777
Aug 6-Aug 27.....W.....1:00-2:00pm.....	\$26.10/4 sess .....	00411778
Aug 6-Aug 27.....W.....2:15-3:15pm.....	\$26.10/4 sess .....	00411779
Aug 8-Aug 29.....F.....1:00-2:00pm.....	\$26.10/4 sess .....	00411780
Aug 8-Aug 29.....F.....2:15-3:15pm.....	\$26.10/4 sess .....	00411781

## SINGING-BEGINNER

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

### Seniors Centre—Minoru Centre for Active Living

Jul 4-Aug 29.....F.....3:00-4:00pm.....	\$58.75/9 sess .....	00408744
---	----------------------	----------

## SINGING-INTERMEDIATE

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

### Seniors Centre—Minoru Centre for Active Living

Jul 4-Aug 29.....F.....4:15-5:15pm.....	\$58.75/9 sess .....	00408745
---	----------------------	----------

## 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. No experience required.

### South Arm Community Centre

Jul 7-Aug 25.....M.....7:30-8:30pm.....	\$45.70/7 sess .....	00413544
---	----------------------	----------

## 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

Jul 7-Aug 25.....M.....6:30-7:30pm.....	\$45.70/7 sess .....	00413529
---	----------------------	----------

## TAIKO DRUMMING-ADVANCED

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

### South Arm Community Centre

Jul 7-Aug 25.....M.....5:30-6:30pm.....	\$45.70/7 sess .....	00413521
---	----------------------	----------

## UKULELE

Enjoy this introductory session that covers a few basics that includes picking strumming and playing a fun first song. No experience required. Ukulele provided for this session. Registration required.

### Steveston Community Centre

<b>TRY-IT</b> Aug 26.....Tu.....3:00-4:00pm.....	Free/1 sess .....	00414576
--	-------------------	----------

## 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

Aug 5.....Tu... 11:00am-12:15pm...	\$44.00 (45-54yrs)/4 sess ...	00414577
	\$32.65 (55yrs+)/4 sess	

## 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

<b>TRY-IT</b> Jul 15.....Tu.....10:00am-12:00pm.....	Free/1 sess .....	00414453
Jul 22.....Tu.....10:00am-12:00pm.....	\$13.05/1 sess .....	00414326
Aug 12.....Tu.....10:00am-12:00pm.....	\$13.05/1 sess .....	00414328

### South Arm Community Centre

Jul 2-Aug 27.....W.....11:15am-12:15pm.....	\$58.75/9 sess .....	00407924
---	----------------------	----------

## UKULELE-INTERMEDIATE

Learn more skills and pieces to play on this fun instrument. Pre-requisite: Ukulele—Beginner. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library.

### Seniors Centre—Minoru Centre for Active Living

Jul 29.....Tu.....10:00am-12:00pm.....	\$13.05/1 sess .....	00414325
Aug 19.....Tu.....10:00am-12:00pm.....	\$13.05/1 sess .....	00414329

### South Arm Community Centre

Jul 2-Aug 27.....W.....10:00-11:00am.....	\$58.75/9 sess .....	00408021
---	----------------------	----------

## UKULELE-SKILL-BUILDING-FINGERSTYLE

Combine thumb, finger picking and strumming to play melodies and have fun connecting with others through music. Pre-requisite: Ukulele—Advanced Beginner or confident beginner.

### Steveston Community Centre

Aug 5-Aug 26.....Tu.....1:00-2:15pm.....	\$32.65/4 sess .....	00414578
--	----------------------	----------

## Arts—Visual

### A STORY IN STITCHES—SLOW STITCH-BEGINNER

Explore traditional embroidery stitches and fabric collage, focusing on creating for the joy of the process. Instructed by an experienced embroiderer. Suitable for beginners. A \$10 non-refundable supplies fee charged when registering.

### Seniors Centre—Minoru Centre for Active Living

Jul 12-Aug 30.....Sa.....9:30-11:00am.....	\$78.35/8 sess .....	00415450
--	----------------------	----------



## 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

Jul 9-Jul 30.....W..... 12:30-2:00pm..... \$39.20/4 sess ..... 00412074

Aug 6-Aug 27.....W..... 12:30-2:00pm..... \$39.20/4 sess ..... 00412075

### Steveston Community Centre

Jul 10-Jul 31.....Th..... 1:00-3:00pm..... \$52.25/4 sess ..... 00414559

Aug 7-Aug 28.....Th..... 1:00-3:00pm..... \$39.20/3 sess ..... 00414560

## CHINESE CALLIGRAPHY (CANTONESE/ MANDARIN/ENGLISH)—BEGINNER

Learn basic techniques, strokes and words in this beautiful and timely art form and cultural experience widely practiced as a way of relaxing. Instructed by a calligraphy master. Course conducted in Mandarin and Cantonese with English translation available. Supplies not included.

### Steveston Community Centre

Jul 7-Aug 25.....M..... 2:30-4:30pm..... \$91.40/7 sess ..... 00418721

## CHINESE CALLIGRAPHY (CANTONESE/ MANDARIN/ENGLISH)—INTERMEDIATE

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

Jul 8-Aug 26.....Tu..... 9:30-11:30am..... \$104.50/8 sess ..... 00418739

## CHINESE CALLIGRAPHY (CANTONESE/ MANDARIN/ENGLISH)—ADVANCED

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

Jul 10-Aug 28.....Th..... 9:30-11:30am..... \$104.50/8 sess ..... 00418747

## CHINESE BRUSH PAINTING

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

### South Arm Community Centre

Jul 5-Aug 30.....Sa..... 1:30-3:30pm..... \$104.50/8 sess ..... 00412508

### Steveston Community Centre

Jul 9-Aug 27.....W..... 10:30am-12:30pm..... \$104.50/8 sess ..... 00414573

## DRAWING BASICS

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

### Seniors Centre—Minoru Centre for Active Living

Jul 7-Aug 25.....M..... 12:30-2:00pm..... \$68.55/7 sess ..... 00411663

## FLORAL ARRANGEMENT—BASIC

### FLORAL DESIGN WORKSHOP

Create stunning 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

Jul 11-Jul 25....F... 2:30-4:00pm..... \$39.60 (45-54yrs)/3 sess ..... 00411032

\$29.40 (55yrs+)/3 sess

## FLORAL ARRANGEMENT—SUMMER

### FLORAL DESIGN WORKSHOP

Explore the vibrant world of summer florals and learn how to combine seasonal flowers into stunning designs that capture the essence of the season. A \$30 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

### Seniors Centre—Minoru Centre for Active Living

Aug 8-Aug 22... F... 2:30-4:00pm.... \$39.60 (45-54yrs)/3 sess ..... 00411031

\$29.40 (55yrs+)/3 sess

## FUN WITH ORIGAMI

Transform 6 x 6" pieces of paper into fun origami designs with step-by-step instructions. Supplies included.

### Seniors Centre—Minoru Centre for Active Living

Jul 11-Aug 12.....F..... 10:00-11:00am..... \$45.70/7 sess ..... 00415718

## 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 \$20 non-refundable supplies fee charged when registering.

### City Centre Community Centre

Jul 4-Jul 25.....F..... 2:00-3:30pm..... \$39.20/4 sess ..... 00411918

Aug 8-Aug 29.....F..... 2:00-3:30pm..... \$39.20/4 sess ..... 00411920

## PAINT IN THE PLAZA WORKSHOP

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

### Seniors Centre—Minoru Centre for Active Living

Jul 4.....F... 6:00-7:30pm..... \$13.20 (45-54yrs)/1 sess ..... 00409691

\$9.80 (55yrs+)/1 session

Jul 18.....F... 6:00-7:30pm..... \$13.20/1 (45-54yrs) sess ..... 00409681

\$9.80 (55yrs+)/1 session

Aug 8.....F... 6:00-7:30pm..... \$13.20/1 (45-54yrs) sess ..... 00409693

\$9.80 (55yrs+)/1 session

## WATERCOLOUR PAINTING—ALL LEVELS

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.

### South Arm Community Centre

Jul 8-Aug 26.....Tu..... 10:30am-12:30pm..... \$104.50/8 sess ..... 00413568

## WATERCOLOUR PAINTING TECHNIQUES AND STYLES—ALL LEVELS

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

Jul 9-Jul 30.....W..... 1:00-3:00pm..... \$52.25/4 sess ..... 00414561

Aug 6-Aug 27.....W..... 1:00-3:00pm..... \$52.25/4 sess ..... 00414563

## Computers, Technology and Social Media

### SMARTPHONES, TABLETS AND LAPTOPS—LEARN FROM A VOLUNTEER

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

#### Seniors Centre—Minoru Centre for Active Living

<b>FREE</b>	Jul 12	Sa	1:30-2:00pm	Free/1 sess	00408759
<b>FREE</b>	Jul 12	Sa	2:00-2:30pm	Free/1 sess	00409222
<b>FREE</b>	Jul 12	Sa	2:30-3:00pm	Free/1 sess	00409224
<b>FREE</b>	Jul 12	Sa	3:00-3:30pm	Free/1 sess	00409225
<b>FREE</b>	Jul 26	Sa	1:30-2:00pm	Free/1 sess	00409226
<b>FREE</b>	Jul 26	Sa	2:00-2:30pm	Free/1 sess	00409227
<b>FREE</b>	Jul 26	Sa	2:30-3:00pm	Free/1 sess	00409228
<b>FREE</b>	Jul 26	Sa	3:00-3:30pm	Free/1 sess	00409229
<b>FREE</b>	Aug 9	Sa	1:30-2:00pm	Free/1 sess	00409230
<b>FREE</b>	Aug 9	Sa	2:00-2:30pm	Free/1 sess	00409231
<b>FREE</b>	Aug 9	Sa	2:30-3:00pm	Free/1 sess	00409232
<b>FREE</b>	Aug 9	Sa	3:00-3:30pm	Free/1 sess	00409233
<b>FREE</b>	Aug 23	Sa	1:30-2:00pm	Free/1 sess	00409234
<b>FREE</b>	Aug 23	Sa	2:00-2:30pm	Free/1 sess	00409235
<b>FREE</b>	Aug 23	Sa	2:30-3:00pm	Free/1 sess	00409236
<b>FREE</b>	Aug 23	Sa	3:00-3:30pm	Free/1 sess	00409237

#### West Richmond Community Centre

<b>FREE</b>	Jul 2	W	12:00-12:30pm	Free/1 sess	00385385
<b>FREE</b>	Jul 2	W	12:30-1:00pm	Free/1 sess	00410145
<b>FREE</b>	Jul 2	W	1:00-1:30pm	Free/1 sess	00410146
<b>FREE</b>	Jul 2	W	1:30-2:00pm	Free/1 sess	00410147
<b>FREE</b>	Aug 27	W	10:00-10:30am	Free/1 sess	00410164
<b>FREE</b>	Aug 27	W	10:30-11:00am	Free/1 sess	00410165
<b>FREE</b>	Aug 27	W	11:00-11:30am	Free/1 sess	00410166

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

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

#### South Arm Community Centre

<b>FREE</b>	Jul 3	Th	3:00-3:30pm	Free/1 sess	00407929
<b>FREE</b>	Jul 3	Th	3:30-4:00pm	Free/1 sess	00407930
<b>FREE</b>	Jul 3	Th	4:00-4:30pm	Free/1 sess	00407931

## Cooking

### COOK AND CREATE WORKSHOPS

#### GRILLED CHEESE AND SOUP

Learn how to recreate easy comfort foods at home through step-by-step instructions and live demonstrations. A \$10 non-refundable supplies fee charged when registering.

#### Seniors Centre—Minoru Centre for Active Living

Jul 16	W	2:30pm-4:00pm	\$23.60/1 sess	00411019
--------	---	---------------	----------------	----------

### GLASS JAR DESSERTS

Enjoy a hands-on experience and learn to recreate classic no-bake small portion desserts that are perfect for every day or when hosting an event. A \$15 non-refundable supplies fee charged when registering.

#### Seniors Centre—Minoru Centre for Active Living

Jul 30	W	2:30-4:00pm	\$23.60/1 sess	00411026
--------	---	-------------	----------------	----------

### DIPS AND DELIGHTS

Enjoy a hands-on experience and learn to recreate two classic dips to be enjoyed with veggies or used as a sandwich spread. A \$10 non-refundable supplies fee charged when registering.

#### Seniors Centre—Minoru Centre for Active Living

Aug 13	W	2:30-4:00pm	\$23.60/1 sess	00411024
--------	---	-------------	----------------	----------

### NO BAKE DESSERTS

Learn to create delicious, chilled treats without turning on the oven in this hands-on session that covers how to make easy, flavourful desserts perfect for any occasion. A \$15 non-refundable supplies fee charged when registering.

#### Seniors Centre—Minoru Centre for Active Living

Aug 27	W	2:30-4:00pm	\$23.60/1 sess	00411028
--------	---	-------------	----------------	----------

### 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

<b>FREE</b>	Jul 8-Aug 19	Tu	4:00-5:30pm	Free/4 sess	00415970
-------------	--------------	----	-------------	-------------	----------

## Events and Seasonal Programs

### JULY

#### MINORU ANNUAL BBQ

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

#### Seniors Centre—Minoru Centre for Active Living

Jul 9	W	4:00-6:00pm	\$20.00/1 sess	00413676
-------	---	-------------	----------------	----------

### BARBEQUE

Socialize and enjoy a tasty BBQ meal and a refreshing drink in the court yard.

#### Cambie Community Centre

Jul 21	M	12:00-2:00pm	\$16.50/1 sess	00411233
--------	---	--------------	----------------	----------

### BIRTHDAY PARTY SOCIAL—JULY AND AUGUST

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

#### Seniors Centre—Minoru Centre for Active Living

Jul 23	W	2:30-3:30pm	\$5.65/1 sess	00413658
--------	---	-------------	---------------	----------

## AUGUST

### CHEF'S DINNER

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

#### Seniors Centre–Minoru Centre for Active Living

Aug 12 .....Tu. 5:00-7:30pm ..... \$32.00 (55-89yrs)/1 sess ..... 00413660  
\$20.00 (90yrs+)/1 sess

## Fitness

### ACTIVE AND FIT

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

#### Seniors Centre–Minoru Centre for Active Living

Jul 8-Aug 26 .....Tu ..... 10:15-11:15am ..... \$55.45/8 sess ..... 00409033  
Jul 11-Aug 29 .....F ..... 10:15-11:15am ..... \$55.45/8 sess ..... 00409017

#### South Arm Community Centre

Jul 8-Aug 26 .....Tu ..... 11:00am-12:00pm ..... \$55.45/8 sess ..... 00412736  
Jul 10-Aug 28 .....Th ..... 11:00am-12:00pm ..... \$55.45/8 sess ..... 00412739

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

Combine 'personalize' with 'socialize' in this small group training that focuses on agility, mobility, balance and strength with instruction and programming at personal fitness levels.

#### Steveston Community Centre

Jul 7-Aug 25 .....M ..... 11:30am-12:30pm ..... \$75.05/7 sess ..... 00411801  
Jul 9-Aug 27 .....W ..... 12:15-1:15pm ..... \$85.75/8 sess ..... 00411797  
Jul 11-Aug 29 .....F ..... 12:30-1:30pm ..... \$85.75/8 sess ..... 00411792

### BETTER BACKS AND BALANCE-BEGINNER

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

#### Steveston Community Centre

Jul 8-Aug 26 .....Tu ..... 11:45am-12:45pm ..... \$48.10/8 sess ..... 00411787  
Jul 12-Aug 30 .....Sa ..... 10:30-11:30am ..... \$48.10/8 sess ..... 00413333

### CHAIR DANCE AND TONE

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

#### Seniors Centre–Minoru Centre for Active Living

Jul 10-Aug 28 .....Th ..... 12:30-1:30pm ..... \$48.10/8 sess ..... 00409068

### 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

Jul 4-Aug 29 .....F ..... 1:15-2:00pm ..... \$54.10/9 sess ..... 00410278  
Jul 8-Aug 26 .....Tu ..... 1:15-2:00pm ..... \$48.10/8 sess ..... 00410280

#### City Centre Community Centre

Jun 30-Aug 18 .....M ..... 9:15-10:15am ..... \$42.05/7 sess ..... 00413689

#### Seniors Centre–Minoru Centre for Active Living

Jul 10-Aug 28 .....Th ..... 11:45am-12:45pm ..... \$48.10/8 sess ..... 00409058

### CHAIR FITNESS (CANTONESE/ENGLISH)

Conducted in Cantonese and English.

#### Seniors Centre–Minoru Centre for Active Living

Jul 9-Aug 27 .....W ..... 11:30am-12:30pm ..... \$36.05/6 sess ..... 00409010

### 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

Jul 8-Aug 26 .....Tu ..... 9:15-10:15am ..... \$55.90/8 sess ..... 00409069

#### Thompson Community Centre

Jul 9-Aug 20 .....W ..... 1:15-2:15pm ..... \$48.90/7 sess ..... 00410888

### 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

Jul 7-Jul 28 .....M ..... 1:00-2:00pm ..... \$27.75/4 sess ..... 00405681

### 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

Jul 7-Aug 25 .....M ..... 10:30-11:30am ..... \$48.50/7 sess ..... 00411800  
Jul 9-Aug 27 .....W ..... 9:00-10:00am ..... \$55.45/8 sess ..... 00411790

#### West Richmond Community Centre

Jul 8-Jul 29 .....Tu ..... 11:45am-12:45pm ..... \$27.75/4 sess ..... 00405689  
Jul 10-Jul 31 .....Th ..... 11:45am-12:45pm ..... \$27.75/4 sess ..... 00405694

### CYCLE FIT-SILVER

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

#### West Richmond Community Centre

Jul 4-Jul 25 .....F ..... 1:10-1:50pm ..... \$27.75/4 sess ..... 00410557

### 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

Jul 8-Aug 28 .....Tu/Th. 12:45-1:45pm ..... \$96.15/16 sess ..... 00408987

#### Steveston Community Centre

Jul 10-Aug 28 .....Th ..... 11:45am-12:45pm ..... \$48.10/8 sess ..... 00411788

### 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

Jul 10-Aug 28 .....Th ..... 9:15-10:15am ..... \$48.10/8 sess ..... 00409015



## GROUP WEIGHT TRAINING (MANDARIN/ENGLISH)

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

### Thompson Community Centre

Jul 7-Aug 25.....M..... 1:00-2:00pm..... \$75.05/7 sess ..... 00410139

## 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

Jul 10-Aug 21.....Th..... 2:05-3:05pm..... \$53.60/5 sess ..... 00410556

## 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

Jul 8-Aug 26.....Tu..... 10:30-11:30am..... \$48.10/8 sess ..... 00409039

Jul 10-Aug 28.....Th..... 10:30-11:30am..... \$48.10/8 sess ..... 00409051

## 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.

### Steveston Community Centre

Jul 8-Aug 26.....Tu..... 12:30-1:30pm..... \$85.75/8 sess ..... 00411799

Jul 9-Aug 27.....W..... 12:15-1:15pm..... \$85.75/8 sess ..... 00411793

### West Richmond Community Centre

60yrs+

Jul 7-Aug 18.....M..... 9:30-10:30am..... \$53.60/5 sess ..... 00410548

Jul 7-Aug 18.....M..... 10:45-11:45am..... \$53.60/5 sess ..... 00410550

## 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

Jul 10-Aug 28.....Th..... 1:30-3:00pm..... \$46.40/8 sess ..... 00406631

## MINDS IN MOTION (CANTONESE)

Conducted in Cantonese.

### Cambie Community Centre

Jul 2-Aug 27.....W..... 1:30-3:30pm..... \$52.20/9 sess ..... 00405360

## 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

Jul 8-Aug 26.....Tu..... 10:30-11:30am..... \$48.10/8 sess ..... 00411782

Jul 10-Aug 28.....Th..... 10:30-11:30am..... \$48.10/8 sess ..... 00411786

## MIND TO MUSCLE—BEGINNER

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

Jul 9-Aug 13.....W..... 1:00-2:00pm..... \$41.95/6 sess ..... 00405373

## OSTEOFIT FOR BETTER BONES

Improve balance and muscular strength to help protect against possible fractures. Designed specifically for those living with osteoporosis. Medical clearance form required.

### City Centre Community Centre

Jul 8-Aug 26.....Tu..... 10:30-11:30am..... \$48.05/8 sess ..... 00413553

## STAY STRONG

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

### Hamilton Community Centre

Jul 2-Aug 27.....W..... 10:15-11:15am..... \$48.10/8 sess ..... 00411585

### Seniors Centre—Minoru Centre for Active Living

Jul 7-Aug 25.....M..... 10:15-11:15am..... \$42.05/7 sess ..... 00409023

Jul 8-Aug 26.....Tu..... 1:15-2:15pm..... \$48.10/8 sess ..... 00409047

Jul 9-Aug 27.....W..... 10:15-11:15am..... \$36.05/6 sess ..... 00409000

### Thompson Community Centre

Jul 11-Aug 22.....F..... 10:30-11:30am..... \$42.05/7 sess ..... 00410894

## STAY STRONG CIRCUIT WORKOUT

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

### West Richmond Community Centre

Jul 7-Aug 18.....M..... 2:15-3:05pm..... \$34.65/5 sess ..... 00410551

## 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

Jul 9-Aug 27.....W..... 10:30-11:30am..... \$55.45/8 sess ..... 00413330

## WOMEN ON WEIGHTS

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

### Seniors Centre—Minoru Centre for Active Living

Jul 8-Jul 29.....Tu..... 2:00-3:00pm..... \$42.90/4 sess ..... 00414125

Jul 9-Jul 30.....W..... 10:30-11:30am..... \$42.90/4 sess ..... 00414129

Aug 5-Aug 26.....Tu..... 2:00-3:00pm..... \$42.90/4 sess ..... 00414127

Aug 6-Aug 27.....W..... 10:30-11:30am..... \$42.90/4 sess ..... 00414130

### South Arm Community Centre

Jul 8-Aug 19.....Tu..... 12:30-1:30pm..... \$75.05/7 sess ..... 00412745

## 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 all levels.

### Seniors Centre–Minoru Centre for Active Living

Jul 8-Aug 26..... Tu..... 12:30-1:30pm..... \$55.45/8 sess ..... 00409067

### South Arm Community Centre

Jul 4-Jul 25..... F..... 10:30-11:30am..... \$27.70/4 sess ..... 00412746

Aug 1-Aug 22..... F..... 10:30-11:30am..... \$27.70/4 sess ..... 00412749

### Steveston Community Centre

Jul 9-Aug 27..... W..... 12:15-1:15pm..... \$55.45/8 sess ..... 00411795

### West Richmond Community Centre

Jul 8-Aug 12..... Tu..... 1:00-2:00pm..... \$41.60/6 sess ..... 00410553

## Gardening

### SHARING FARM SOCIAL AT TERRA NOVA

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

### Seniors Centre–Minoru Centre for Active Living

**FREE** Jul 16 ..... W..... 9:30am-1:30pm..... Free/1 sess..... 00408624

**FREE** Jul 23 ..... W..... 9:30am-1:30pm..... Free/1 sess..... 00408626

**FREE** Jul 30 ..... W..... 9:30am-1:30pm..... Free/1 sess..... 00408629

**FREE** Aug 6 ..... W..... 9:30am-1:30pm..... Free/1 sess..... 00408709

## General Interest

### 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

Jul 10-Aug 28..... Th..... 2:00-3:30pm..... \$68.05/8 sess ..... 00412609

### BRIDGE-LEVEL 3-BEGINNER

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

### Seniors Centre–Minoru Centre for Active Living

Jul 10-Aug 28..... Th..... 3:45-5:15pm..... \$68.05/8 sess ..... 00412613

### CANADA PENSION PLAN (CPP) AND OLD AGE SECURITY (OAS) WORKSHOP

Learn about the CPP including retirement tips and benefits and OAS features that cover guaranteed income and allowances. Presented by Service Canada.

### City Centre Community Centre

**FREE** Jul 30 ..... W..... 2:00-3:30pm..... Free/1 sess..... 00414387

## 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** Jul 8-Aug 26..... Tu..... 1:30-3:00pm..... Free/8 sess ..... 00409535

## SENIORS CENTRE AT MINORU CENTRE FOR ACTIVE LIVING TOURS

Experience the Seniors Centre vibe, and find the perfect personal fit of programs and services all year round. Tour highlights include specialized spaces, and the Fitness and Aquatics Centres at Minoru Centre for Active Living. Light refreshments included. Registration required.

### Seniors Centre–Minoru Centre for Active Living

**FREE** Jul 16 ..... W..... 10:30-11:30am..... Free/1 sess..... 00409611

## SMOOTHIE CAFÉ

Enjoy tasty and refreshing blended beverages made from nutritious and flavourful ingredients. Samples and recipes included. Registration required.

East Richmond Community Hall

**FREE** Jul 10 ..... Th..... 1:00-2:30pm..... Free/1 sess..... 00417670

## Health and Wellness

### CHRONIC CONDITION SELF-MANAGEMENT PROGRAM (CANTONESE)

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

### Seniors Centre–Minoru Centre for Active Living

**FREE** Jul 4-Aug 8. F..... 9:30am-12:00pm..... Free/6 sess..... 00409500

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

Create a stunning diffuser using real dried flowers, cinnamon sticks, pinecones and other natural elements, perfect for adding a touch of nature to any space and bringing a calming, organic atmosphere to any room. A \$25 non-refundable supplies fee charged when registering.

### City Centre Community Centre

Jul 11 ..... F..... 11:30am-12:30pm..... \$6.55/1 sess ..... 00410555

Aug 8 ..... F..... 11:30am-12:30pm..... \$6.55/1 sess ..... 00411894

### 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.

### Seniors Centre–Minoru Centre for Active Living

**FREE** Jul 22 ..... Tu..... 2:30-4:00pm..... Free/1 sess..... 00413567

## 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

Jul 7 ..... M ..... 9:00am-3:00pm ..... \$57.50/1 sess ..... 00405914  
 Aug 11 ..... M ..... 9:00am-3:00pm ..... \$57.50/1 sess ..... 00405916

## HEARING CLINICS

Register for a hearing test appointment offered. Registration required.

### Cambie Community Centre

**FREE** Jul 23 ..... W ..... 9:00-9:20am ..... Free/1 sess ..... 00417428  
**FREE** Jul 23 ..... W ..... 9:20-9:40am ..... Free/1 sess ..... 00471430  
**FREE** Jul 23 ..... W ..... 9:40-10:00am ..... Free/1 sess ..... 00417432  
**FREE** Jul 23 ..... W ..... 10:00-10:20am ..... Free/1 sess ..... 00417433  
**FREE** Jul 23 ..... W ..... 10:20-10:40am ..... Free/1 sess ..... 00417436  
**FREE** Jul 23 ..... W ..... 10:40-11:00am ..... Free/1 sess ..... 00417438

### Seniors Centre–Minoru Centre for Active Living

**FREE** Jul 21 ..... M ..... 2:00-2:20pm ..... Free/1 sess ..... 00409088  
**FREE** Jul 21 ..... M ..... 2:20-2:40pm ..... Free/1 sess ..... 00409090  
**FREE** Jul 21 ..... M ..... 2:40-3:00pm ..... Free/1 sess ..... 00409094  
**FREE** Jul 21 ..... M ..... 3:00-3:20pm ..... Free/1 sess ..... 00409091  
**FREE** Jul 21 ..... M ..... 3:20-3:40pm ..... Free/1 sess ..... 00409092  
**FREE** Jul 21 ..... M ..... 3:40-4:00pm ..... Free/1 sess ..... 00409095  
**FREE** Jul 21 ..... M ..... 4:00-4:20pm ..... Free/1 sess ..... 00409096  
**FREE** Jul 21 ..... M ..... 4:20-4:40pm ..... Free/1 sess ..... 00409093  
**FREE** Aug 18 ..... M ..... 2:00-2:20pm ..... Free/1 sess ..... 00409098  
**FREE** Aug 18 ..... M ..... 2:20-2:40pm ..... Free/1 sess ..... 00409100  
**FREE** Aug 18 ..... M ..... 2:40-3:00pm ..... Free/1 sess ..... 00409102  
**FREE** Aug 18 ..... M ..... 3:00-3:20pm ..... Free/1 sess ..... 00409103  
**FREE** Aug 18 ..... M ..... 3:20-3:40pm ..... Free/1 sess ..... 00409105  
**FREE** Aug 18 ..... M ..... 3:40-4:00pm ..... Free/1 sess ..... 00409133  
**FREE** Aug 18 ..... M ..... 4:00-4:20pm ..... Free/1 sess ..... 00409135  
**FREE** Aug 18 ..... M ..... 4:20-4:40pm ..... Free/1 sess ..... 00409138

## HOLISTIC HEALTH SERIES

### ALZHEIMER'S AND DEMENTIA WORKSHOP

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

#### South Arm Community Centre

**FREE** Jul 14 ..... M ..... 1:00-2:30pm ..... Free/1 sess ..... 00417233

### OPTIMIZE YOUR MEMORY WORKSHOP

Discover practical tips for optimizing and strengthening memory, brain function and focus. Presented by a naturopathic doctor. Registration required.

#### City Centre Community Centre

**FREE** Jul 21 ..... M ..... 10:30am-12:00pm ..... Free/1 sess ..... 00414176

### FOOD SENSITIVITIES, ALLERGIES AND INTOLERANCES WORKSHOP

Learn about and discuss the various symptoms, causes and treatment options to different foods. Presented by a naturopathic doctor. Registration required.

#### Hamilton Community Centre

**FREE** Aug 11 ..... M ..... 12:45-2:15pm ..... Free/1 sess ..... 00411899

## VITAMIN D WORKSHOP

Learn about this important vitamin and understand how it affects bone and overall health. Presented by a naturopathic doctor. Registration required.

### Cambie Community Centre

**FREE** Aug 18 ..... M ..... 1:00-2:30pm ..... Free/1 sess ..... 00411882

## MOOD AND SLEEP WORKSHOP

Learn how specific nutrients can affect the body's capacity to produce melatonin and how this hormone can help mood and sleep. Presented by a naturopathic doctor. Registration required.

### Seniors Centre–Minoru Centre for Active Living

**FREE** Aug 25 ..... M ..... 10:30am-12:00pm ..... Free/1 sess ..... 00413319  
**FREE/ONLINE** Aug 25 .. M.. 10:30am-12:00pm .. Free/1 sess ..... 00416863

## LOVE YOUR LIVER WORKSHOP

Learn about the liver and understand what this crucial organ does. Presented by Liver Canada. Registration required.

### Seniors Centre–Minoru Centre for Active Living

**FREE** Jul 15 ..... Tu ..... 2:30-4:00pm ..... Free/1 sess ..... 00413322

## MEDITATION MADE EASY

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

### South Arm Community Centre

Jul 9-Jul 30 ..... W ..... 1:15-2:15pm ..... \$22.70/4 sess ..... 00411247  
 Aug 6-Aug 27 ..... W ..... 1:15-2:15pm ..... \$22.70/4 sess ..... 00411757

## 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.

### Seniors Centre–Minoru Centre for Active Living

**FREE** Aug 19 ..... Tu ..... 1:30-4:00pm ..... Free/1 sess ..... 00413565

## PUBLIC HEALTH TALK ON BRAIN HEALTH AND DEMENTIA WITH THE ALZHEIMER SOCIETY

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.

### Seniors Centre–Minoru Centre for Active Living

**FREE** Jul 5 ..... Sa ..... 12:00-1:00pm ..... Free/1 sess ..... 00414781

## PUBLIC HEALTH TALK ON BRAIN HEALTH AND DEMENTIA WITH THE ALZHEIMER SOCIETY (CANTONESE)

Conducted in Cantonese.

### Seniors Centre–Minoru Centre for Active Living

**FREE** Jul 5 ..... Sa ..... 10:30-11:30am ..... Free/1 sess ..... 00414778

## 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

Jul 10-Aug 28 ..... Th ..... 10:30am-1:30pm ..... \$210.00/8 sess ..... 00411727



## WELLNESS CONNECTIONS (CANTONESE/MANDARIN)

Conducted in Cantonese and Mandarin.

### Seniors Centre–Minoru Centre for Active Living

Jul 8-Aug 26..... Tu..... 10:30am-1:30pm..... \$210.00/8 sess .... 00411725

## 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

Jul 10-Aug 28.. Th ... 10:00-11:30am... \$78.35/8 sess ..... 00408755

Jul 12-Aug 30.. Sa ... 1:30-3:00pm ..... \$105.60 (45-54yrs)/8 sess 00408754  
\$78.35 (55yrs+)/8 sess

### 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

Jul 12-Aug 30..... Sa..... 9:00-10:30am ..... \$78.35/8 sess ..... 00409219

### 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

Jul 12-Aug 30..... Sa..... 10:45am-12:15pm ..... \$78.35/8 sess ..... 00409220

### 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. No experience required.

### Seniors Centre–Minoru Centre for Active Living

Jul 11-Aug 29..... F..... 10:30am-12:00pm ..... \$78.35/8 sess ..... 00408751

Jul 11-Aug 29..... F..... 12:30-2:00pm ..... \$78.35/8 sess ..... 00408752

### 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

Jul 9-Aug 27..... W..... 10:30am-12:00pm ..... \$78.35/8 sess ..... 00408747

### 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

Jul 9-Aug 27..... W..... 12:30-2:00pm ..... \$78.35/8 sess ..... 00408748

## SPANISH THROUGH TECHNOLOGY

Learn to utilize modern resources including digital applications, visual dictionaries and AI tools to support Spanish language learnings. Tablets, smartphones or laptops required at each session.

### Seniors Centre–Minoru Centre for Active Living

Jul 12-Aug 30..... Sa..... 3:15-4:45pm ..... \$78.35/8 sess ..... 00416181

## 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

Jul 2-Jul 16..... W..... 9:15-10:15am ..... \$19.45/3 sess ..... 00411231

#### TAI CHI STICK

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

### City Centre Community Centre

Jul 4-Jul 18..... F..... 10:00-11:00am ..... \$19.45/3 sess ..... 00411238

#### YI JIN JING–BEGINNER

Focus on the upper body, arms and spine to learn basic harmonious standing movements along with breathing techniques that help to strengthen muscles and tendons, improve flexibility and balance. Instructed by a certified Qigong instructor.

### South Arm Community Centre

Jul 3-Aug 28..... Th..... 12:15-1:15pm ..... \$38.85/7 sess ..... 00406615

#### YI JIN JING–INTERMEDIATE

Focus on the upper body, arms and spine to learn more standing movements along with breathing techniques that help to strengthen muscles and tendons, improve flexibility and balance. Instructed by a certified Qigong instructor.

### South Arm Community Centre

Jul 3-Aug 28..... Th..... 1:30-2:30pm ..... \$38.85/7 sess ..... 00406617

#### TAI CHI–BEGINNER

Learn basic movements in these Yang-style sessions. No experience required.

### City Centre Community Centre

Jul 2-Jul 16..... W..... 11:45am-12:45pm ..... \$19.45/3 sess ..... 00411234

### Seniors Centre–Minoru Centre for Active Living

Jul 11-Aug 29..... F..... 11:15am-12:15pm ..... \$51.85/8 sess ..... 00413238

Jul 12-Aug 30..... Sa..... 11:15am-12:15pm ..... \$51.85/8 sess ..... 00413277

### Steveston Community Centre

Jul 10-Aug 28..... Th..... 11:30am-12:30pm ..... \$51.85/8 sess ..... 00414591

#### TAI CHI–INTERMEDIATE

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

### City Centre Community Centre

Jun 30-Jul 14..... M..... 10:45-11:45am ..... \$19.45/3 sess ..... 00411228

## 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

Jul 2-Jul 16.....W..... 10:30-11:30am..... \$19.45/3 sess ..... 00411232

### Seniors Centre–Minoru Centre for Active Living

Jul 12-Aug 30.....Sa..... 10:00-11:00am..... \$51.85/8 sess ..... 00413275

### Steveston Community Centre

Jul 8-Aug 26.....Tu..... 11:30am-12:30pm..... \$51.85/8 sess ..... 00414592

## 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

Jun 30-Jul 14.....M..... 12:45-1:45pm..... \$19.45/3 sess ..... 00411230

### South Arm Community Centre

Jul 3-Aug 28.....Th..... 2:45-3:45pm..... \$38.85/7 sess ..... 00412526

## TAI CHI-FAN-INTERMEDIATE

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

### City Centre Community Centre

Jun 30-Jul 14.....M..... 11:45am-12:45pm..... \$19.45/3 sess ..... 00411229

## 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. No experience required.

### City Centre Community Centre

Jul 4-Jul 18.....F..... 8:50-9:50am..... \$19.45/3 sess ..... 00411236

### Steveston Community Centre

Jul 7-Aug 25.....M..... 1:30-2:30pm..... \$45.35/7 sess ..... 00414587

## 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

Jul 7-Aug 25.....M..... 11:45am-1:15pm..... \$68.05/7 sess ..... 00414589

## 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

Jul 4-Jul 18.....F..... 11:15am-12:15pm..... \$19.45/3 sess ..... 00411239

## Out Trips and Tours

### JULY

## IL POSTO LUNCH AND WESTHAM ISLAND FARM TRIP

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

### Thompson Community Centre

Jul 3 .....Th..... 11:15am-3:45pm..... \$23.00/1 sess ..... 00408943

## 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. July Market: Ladner Farmers Market. Transportation only included. Registration required.

### Seniors Centre–Minoru Centre for Active Living

**FREE** Jul 6 .....Su ..... 9:30am-1:30pm..... Free/1 sess ..... 00417051

## DEEP COVE PARK AND LUNCH TRIP

Discover the beauty of this popular North Shore destination with its stunning surrounding parks and charming local shops followed with a relaxing picnic lunch. Purchase or bring a lunch. Transportation only included. Home drop off (\$3) available.

### Seniors Centre–Minoru Centre for Active Living

Jul 7 .....M..... 9:30am-2:30pm..... \$26.50/1 sess ..... 00414554

## BOWEN ISLAND TRIP

Take a 20-minute ferry ride from Horseshoe Bay to Snug Cove to explore village shops and the wooded trails of Killarney Lake. Bring or buy a lunch. Bus and ferry transportation included. BC residents 65+ years may be eligible for a discounted BC Seniors fare. Valid BC ID required to be presented upon arrival at ferry terminal to receive discount. No refunds within 30 days of trip.

### Thompson Community Centre

Jul 9 .....W..... 8:30am-4:45pm..... \$77.50/1 sess ..... 00411246

## TUSCAN FARM GARDEN TRIP

Enjoy the serenity of this stunning garden in Abbotsford, complete with a lavender labyrinth, tranquil water fountains, soothing ponds and more. Bring a lunch or purchase snacks from a local farm market in Langley. Transportation only included.

### City Centre Community Centre

Jul 10 .....Th..... 9:30am-3:00pm..... \$32.00/1 sess ..... 00410562

### South Arm Community Centre

Jul 10 .....Th..... 9:15am-3:15pm..... \$32.00/1 sess ..... 00411084

## ROCKY POINT PARK TRIP

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

### Thompson Community Centre

Jul 11 .....F..... 10:00am-3:00pm..... \$28.75/1 sess ..... 00411243

## GROUSE MOUNTAIN TRIP

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

### Thompson Community Centre

Jul 15 ..... Tu ..... 9:30am-5:00pm ..... \$78.50/1 sess ..... 00408944

## BOUNDARY BAY AIR SHOW TRIP

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

### Thompson Community Centre

Jul 19 ..... Sa ..... 11:15am-4:45pm ..... \$25.50/1 sess ..... 00408073

### West Richmond Community Centre

Jul 19 ..... Sa ..... 11:00am-4:30pm ..... \$25.50/1 sess ..... 00409491

## Q TO Q FERRY WESMINSTER QUAY TRIP

Experience this unique passenger ferry that crosses the Fraser River between Queensborough and the New Westminster Quay with time to enjoy the Westminster Quay Boardwalk and explore the River Market. Bus transportation and ferry fee included.

### Cambie Community Centre

Jul 22 ..... Tu ..... 10:00am-1:30pm ..... \$20.50 (55-64yrs)/1 sess... 00404531  
\$19.50 (65yrs+)/1 sess

## DUNCAN DISCOVERY CENTRE AND VANCOUVER ISLAND TRIP

Explore the BC Forest Discovery Centre, a 100-acre open-air museum with an operational railway, forest trails and heritage exhibits followed by scenic stop in Chemainus to view its famous outdoor murals. Transportation, ferry and admission included. BC residents 65+ years may be eligible for a discounted BC Seniors fare. Valid BC ID required to be presented upon arrival at ferry terminal to receive discount. No refunds within 30 days of trip.

### Thompson Community Centre

Jul 24 ..... Th ..... 8:30am-8:15pm ..... \$133.60/1 sess .... 00411086

## FORT LANGLEY MARKET TRIP

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

### Seniors Centre–Minoru Centre for Active Living

Jul 26 ..... Sa ..... 9:30am-3:30pm ..... \$26.50/1 sess ..... 00413168

## AUGUST

## WEST COAST EXPRESS TO MISSION AND DINNER TRIP

Enjoy the sights riding this commuter railway to Mission, followed by time to roam around downtown and dinner at a local restaurant before returning by bus. Transportation only included.

### South Arm Community Centre

Aug 6 ..... W ..... 2:00-8:15pm ..... \$40.00/1 sess ..... 00407888

## CHILLIWACK DISTRICT 1881 TRIP

Stroll through this downtown Chilliwack gem with pedestrian alleys lined with stunning heritage buildings, unique local businesses, cozy restaurants, breweries and charming retail shops. Transportation only included.

### Cambie Community Centre

Aug 7 ..... Th ..... 9:00am-4:00pm ..... \$27.00/1 sess ..... 00404525

## WEST VANCOUVER MOUNTAIN PATH AND TRESTLE BRIDGE TRIP

Embark on a scenic adventure to this 200-metre-long north shore bridge that offers panoramic city and mountain views followed by a leisurely forest walk exploring Whytecliff Park, a visit to the Cypress Mountain viewpoint and lunch at Park Royal Mall. Transportation only included.

### Thompson Community Centre

Aug 8 ..... F ..... 9:30am-4:30pm ..... \$30.75/1 sess ..... 00411235

## GRANVILLE ISLAND STAGE THEATRE–THE MOUSETRAP BY AGATHA CHRISTIE TRIP

Experience the longest-running play in history at this popular Vancouver location. This masterpiece has captivated audiences for decades asking audiences to unravel this globally renowned mystery. Transportation and admission included. No refunds within 30 days of trip.

### South Arm Community Centre

Aug 9 ..... Sa ..... 12:30-5:00pm ..... \$72.00/1 sess ..... 00388263

## BARD ON THE BEACH TRIP–THE GENTLEMEN OF VERONA

Watch an outdoor theatre production in Vancouver's Vanier Park and be part of this long-standing summer tradition. This year's show is "The Two Gentlemen of Verona", a nostalgic trip back to the '80s featuring a soundtrack of that candy-coloured decade, from unforgettable dance hits to tear-jerking ballads, as it celebrates friendship and the foolhardy ways young love makes us behave. Transportation and admission included. Home drop off (\$3) available. No refunds within 30 days of trip.

### Seniors Centre–Minoru Centre for Active Living

Aug 10 ..... Su ..... 6:00-10:30pm ..... \$72.30/1 sess ..... 00414562

## LADNER VILLAGE MARKET TRIP

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

### Thompson Community Centre

Aug 10 ..... Su ..... 11:00am-3:00pm ..... \$20.50/1 sess ..... 00411242

## CIRCLE FARM TOUR–HARRISON

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

### Cambie Community Centre

Aug 12 ..... Tu ..... 9:35am-5:35pm ..... \$38.00/1 sess ..... 00408513

### Thompson Community Centre

Aug 12 ..... Tu ..... 9:15am-5:15pm ..... \$38.00/1 sess ..... 00408451

## HOPE CHAINSAW WOODCARVING TRIP

Watch masters transform cedar logs into works of art at this world class competition in downtown Hope. Transportation and admission included.

### Thompson Community Centre

Aug 15 ..... F ..... 9:00am-5:00pm ..... \$37.75/1 sess ..... 00408080



## 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. August Market: UBC Farm Farmers Market. Transportation only included. Registration required.

### Seniors Centre—Minoru Centre for Active Living

**FREE** Aug 16 .....Sa..... 9:00am-2:30pm ..... Free/1 sess ..... 00417062

## SUNSHINE COAST AND SEASIDE ESCAPE

Explore the Sunshine Coast with stops in Sechelt and Gibsons with breathtaking coastal views, free time to explore and a visit to RainFlorist, a family-run shop offering fresh flowers, plants and gifts. Transportation and ferry included. BC residents 65+ years may be eligible for a discounted BC Seniors fare. Valid BC ID required to be presented upon arrival at ferry terminal to receive discount. No refunds within 30 days of trip.

### Thompson Community Centre

Aug 20 .....W..... 7:45am-7:30pm ..... \$97.50/1 sess ..... 00411087

## KILBY HISTORIC SITE AND VICTORIAN SECRET SHOW

Explore the unique BC Heritage Site in Harrison Mills on a self-guided tour. Step back to 1906 visiting the original general store, post office and working farm, and enjoy a lively 30-minute Victorian-style show that brings this vibrant community's history to life. Bring a lunch or purchase one at the local café. Transportation, admission and show tickets included.

### City Centre Community Centre

Aug 21 .....Th..... 9:00am-5:00pm ..... \$55.00/1 sess ..... 00410559

### South Arm Community Centre

Aug 21 .....Th..... 8:45am-5:15pm ..... \$55.00/1 sess ..... 00411085

## BASEBALL AT NAT BAILEY STADIUM TRIP

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

### Thompson Community Centre

Aug 22 .....F..... 11:15am-4:45pm ..... \$45.00/1 sess ..... 00408078

### West Richmond Community Centre

Aug 22 .....F..... 11:00am-4:30pm ..... \$45.00/1 sess ..... 00409479

## THRIFTING EXTRAVAGANZA TRIP—WHITE ROCK

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

### Seniors Centre—Minoru Centre for Active Living

Aug 26 .....Tu..... 9:30am-3:30pm ..... \$26.20/1 sess ..... 00416367

## OTHELLO TUNNELS TRIP

Take in the breathtaking views of the historic Kettle Valley Railway, a series of old train tunnels and bridges that cut through the solid granite walls and pass over the wild Coquihalla River east of Hope. Bring or buy a lunch. Transportation only included.

### Thompson Community Centre

Aug 27 .....W..... 8:30am-5:00pm ..... \$34.50/1 sess ..... 00411241

## CRESCENT BEACH AND LUNCH TRIP

Explore one of Surrey's most popular beaches and trails followed by lunch at Hooked Fish Bar for seaside-inspired options. Transportation only included. Home drop off (\$3) available.

### Seniors Centre—Minoru Centre for Active Living

Aug 28 .....Th..... 9:30am-3:30pm ..... \$26.20/1 sess ..... 00414552

## 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. No experience required. Paddles provided for use if required.

#### South Arm Community Centre

Jul 8-Aug 26 .....Tu..... 8:00-9:30am ..... \$78.70/8 sess ..... 00406590

#### Thompson Community Centre

Jul 3-Aug 28 .....Th..... 2:15-3:45pm ..... \$88.55/9 sess ..... 00414547

#### West Richmond Community Centre

Jul 7-Jul 11 .....M-F... 9:00-10:15am ..... \$32.80/4 sess ..... 00413924

Aug 12-Aug 16 .....Tu-Sa. 9:00-10:15am ..... \$32.80/4 sess ..... 00413964

### 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

Jul 8-Aug 26 .....Tu..... 9:45-11:15am ..... \$78.70/8 sess ..... 00406594

Jul 8-Aug 26 .....Tu..... 7:00-8:30pm ..... \$78.70/8 sess ..... 00406607

### PICKLEBALL—ADVANCED

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

#### South Arm Community Centre

Jul 8-Aug 26 .....Tu..... 11:30am-1:00pm ..... \$78.70/8 sess ..... 00406597

Jul 8-Aug 26 .....Tu..... 5:30-7:00pm ..... \$78.70/8 sess ..... 00406602

## PICKLEBALL WORKSHOP— INTRODUCTION—OUTDOOR

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

### Hugh Boyd Community Park

Jul 21-Jul 25 .....M-F... 9:00-10:15am ..... \$32.80/4 sess ..... 00413940

Aug 5-Aug 9 .....Tu-Sa. 9:00-10:15am ..... \$32.80/4 sess ..... 00413947

## Sports

### GOLF LESSONS FOR SENIORS—BEGINNER

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

#### Richmond Pitch & Putt Golf Course

Jul 8-Jul 10 .....Tu/Th. 9:30-11:00am ..... \$45/2 sess ..... 00410184

Jul 15-Jul 17 .....Tu/Th. 9:30-11:00am ..... \$45/2 sess ..... 00410185

Jul 22-Jul 24 .....Tu/Th. 9:30-11:00am ..... \$45/2 sess ..... 00410189

Aug 12-Aug 14 .....Tu/Th. 9:30-11:00am ..... \$45/2 sess ..... 00410195

Aug 19-Aug 21 .....Tu/Th. 9:30-11:00am ..... \$45/2 sess ..... 00410198

# 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> 2:30–4:00pm	
	<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 \$18.00 per year, per facility.**

Passes are available for individuals 55+ years old and to spouses less than 55 years old. Passes are valid for one year from date of purchase. Visit the front desk of individual community centres or call 604-276-4300 to purchase a pass and for more information.

Cambie Community Centre						
SUN	MON	TUE	WED	THU	FRI	SAT
	<b>Coffee and Tea</b> 11:00am–12:30pm (ERCH)	<b>Tai Chi Practice– Form 24</b> 8:30–9:15am (no instruction) 00381950* (ERCH)	<b>Tai Chi–48 Form</b> 8:30–9:30am 00381956* (ERCH)	<b>Indoor Walking</b> 10:00–11:00am 00381963* (CCC)	<b>Tai Chi–24 Form</b> 8:30–9:30am 00381958* (ERCH)	
		<b>Tai Chi Practice– Form 48</b> 9:15–10:00am (no instruction) 00381954* (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 00381968* (ERCH)	<b>Book Club</b> (1st Wed/mth) 10:00–11:30am 00381972* (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 00381973 (ERCH)		<b>Luk Tung Kuen</b> 11:00–11:45am 00381962* (ERCH)	
			<b>Luk Tung Kuen</b> 11:00–11:45am 00381959* (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>Drama Group (Cantonese)</b> 2:00–4:00pm		<b>Chinese Traditional Dance</b> 2:00–3:30pm		
	<b>Brush Hour</b> 3:00–5:00pm					

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

### Hamilton Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
	<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>Taichi</b> 1:30–2:30pm	<b>Knitting Group</b> 1:00–3:00pm		

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

### Steveston Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>Chinese Multicultural Group</b> 10:00–11:30am	<b>Karaoke Social (Multilingual)</b> 12:30–3:15pm	<b>Knitting and Crocheting Social</b> 10:00am–12:00pm	<b>Chinese Multicultural Group</b> 9:30–11:30am	<b>Japanese Tablet Club</b> 9:30–11:30am	
	<b>Tai Chi Practice</b> 10:30–11:30am		<b>Low Vision Support Group (2nd Wed/mth)</b> 10:00am–12:00pm		<b>Ukulele Circle</b> 10:00–11:30am	
	<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> 1:00–2:30pm	

\*Call 604-238-8084

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

**Thompson Community Centre**

SUN	MON	TUE	WED	THU	FRI	SAT
	<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> 9:00–9:30am	<b>Luk Tung Coffee Hour</b> 9:00–10:00am	<b>Tai Chi</b> 9:00–9:30am	<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>French Conversation Group</b> Jul 7 10:30–12:00pm Jul 21 11:30am–1:00pm Jul 28 12:30–2:00pm Aug 25 10:30am–12:00pm	<b>English Conversation Group—Beginner</b> Jul 8, 22 11:30am–12:30pm Aug 5, 26 10:00–11:00am	<b>Ukulele and Singing Circle</b> 6:30–8:00pm	<b>English Conversation Group—Intermediate</b> Jul 10, 24 11:30am–12:30pm Aug 7, 28 10:30–11:30am		

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