



55+ Programs | In-person and online

Summer 2026 | JUL-SEP
richmond.ca/register



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Refunds / Withdrawals / Transfers

To receive a refund, withdraw or transfer from a program or class, customers are to phone any Parks, Recreation and Culture facility or the Registration Call Centre at 604-276-4300, Monday to Friday, 8:30am to 5:00pm.

Seasonal Programs

Unless otherwise specified:

- If notice is given prior to the beginning of the third session of the class, a refund, less classes taken, will be provided.
- If notice is given after the beginning of the third session, no refund will be given.

Private/Semi-Private Lessons (Music, Aquatics and Skating), Aquatic Leadership Courses

- If notice is given 72 hours prior to the start of the course, a full refund will be provided.
- If notice is given less than 72 hours prior to the start of the course, no refund will be provided.

Short Programs (1 week or less), Out Trips and Workshops

Unless otherwise specified:

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

Pre-Registered single sessions (Fitness Classes and Court Bookings)

- If notice is given prior to the start of the session, a full refund will be provided.
- Visit richmond.ca/register to learn how to cancel your session or contact the facility directly.

Note: Some courses and activities may have a no-refund policy for items such as art supplies or special guests.

3 Ways to Register



Online

richmond.ca/register

Register online anytime.
24 hours a day, 7 days a week



Phone

604-276-4300

Phone and press "2" to speak with a Customer Service Agent.

Monday–Friday, 8:30am–5:00pm



In-person

Drop-in and register at any community facility

You will need

✓ Your online registration account

If you have not activated your account and need assistance, call 604-276-4300 or visit richmond.ca/reghelp.

✓ Your Course ID number

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

Jul 6–Aug 24..... **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–ALL LEVELS

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.

West Richmond Community Centre

Jul 4-Aug 22.....Sa..... 11:35am-12:35pm..... \$47.05/7 sess 00509608

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.....Th..... 9:30-10:45am..... \$42/5 sess 00511854

Jul 7-Jul 28.....Tu..... 12:30-1:45pm..... \$33.60/4 sess 00511851

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. No experience required.

Seniors Centre–Minoru Centre for Active Living

Jul 6-Aug 24.....M..... 3:00-4:30pm..... \$70.55/7 sess 00511266

West Richmond Community Centre

Jul 10-Aug 14.....F..... 3:30-4:30pm..... \$40.30/6 sess 00509611

Jul 10-Aug 14.....F..... 4:40-5:40pm..... \$40.30/6 sess 00509612

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

Jul 6-Aug 24.....M... 6:45-8:15pm... \$95.15/7 sess (45-54yrs)..... 00511262
\$70.55/7 sess (55+yrs)

Thompson Community Centre

Jul 11-Aug 30.....Sa .. 1:30-3:00pm.... \$95.15/7 sess (45-54yrs)..... 00514767
\$70.55/7 sess (55+yrs)

BALLROOM AND LATIN DANCING

Experience vibrant rhythms and learn fundamental ballroom and Latin techniques in dances such as the Waltz, Jive, Cha Cha, Rumba, Tango and Samba. Boost confidence, coordination and social skills while having fun in these lively sessions.

Seniors Centre–Minoru Centre for Active Living

Jul 7-Aug 25.....Tu... 3:30-4:30pm.... \$72.50/8 sess (45-54yrs)..... 00511267
\$53.75/8 sess (55+yrs)

BALLROOM DANCING–ULTIMATE–PASO DOBLE

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

South Arm Community Centre

Jul 3-Aug 14.....F..... 5:00-6:30pm..... \$105/7 sess 00512060

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

Aug 6-Aug 27.....Th..... 2:30-3:45pm..... \$33.60/4 sess 00511294

CHAIR DANCING

Discover rhythmic movement and expressive gestures through simple choreography while sitting. Follow the music, add personal flair and enjoy a lively dance experience that celebrates style and connection. No experience required.

Seniors Centre–Minoru Centre for Active Living

Jul 15-Aug 19.....W..... 3:30-4:30pm..... \$40.30/6 sess 00510412

DANCE MOVES–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.

Cambie Community Centre

Jul 6-Aug 31.....M..... 10:00-11:00am..... \$53.75/8 sess 00510824

FLAMENCO DANCING–BEGINNER

Ignite rhythm and vitality through this Spanish dance art form that features gentle footwork, expressive arms and rich musicality. Build balance, strength and mental sharpness while enjoying a welcoming supportive atmosphere that boosts confidence, coordination and joy.

South Arm Community Centre

Jul 3-Aug 14.....F..... 7:00-8:00pm..... \$47.05/7 sess 00512077

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. No experience required.

Seniors Centre–Minoru Centre for Active Living

Jul 17-Aug 21.....F..... 9:00-10:00am..... \$40.30/6 sess 00511296

HAWAIIAN HULA DANCING–INTERMEDIATE

Continue to learn more advanced techniques and rhythmic patterns of this graceful and expressive form of cultural dance that engages the body, mind and spirit. Some dance movements might be performed sitting down. Pre-requisite: Hawaiian Hula Dancing–Beginner.

Seniors Centre–Minoru Centre for Active Living

Jul 17-Aug 21.....F..... 10:15-11:15am..... \$40.30/6 sess 00513561

JAZZ AND BALLET BLEND–BEGINNER

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

West Richmond Community Centre

Jul 6-Jul 27.....M..... 3:25-4:10pm..... \$20.15/4 sess 00511637

Jul 8-Jul 29.....W..... 2:20-3:20pm..... \$26.90/4 sess 00511638

LATIN DANCING–ADVANCED

Explore vibrant Latin-American dance styles by practicing solo routines and group numbers to boost rhythm, coordination and confidence on the dance floor. Enjoy improved fitness and social connection through dynamic movement. Pre-requisite: Latin dancing experience.

Seniors Centre–Minoru Centre for Active Living

Jul 8-Aug 26.....W..... 6:30-8:00pm..... \$80.65/8 sess 00511265

LINE DANCING–BEGINNER

Practice 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 7-Aug 18.....Tu..... 2:00-3:00pm..... \$47.05/7 sess 00511197

South Arm Community Centre

Jul 8-Aug 19.....W..... 3:45-4:45pm..... \$47.05/7 sess 00510527

Steveston Community Centre

Jul 9-Jul 30.....Th..... 2:00-3:00pm..... \$26.90/4 sess 00509790

Aug 4-Aug 18.....Tu..... 2:00-3:00pm..... \$20.15/3 sess 00509791

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

Jul 8-Aug 19.....W.....2:30-3:30pm..... \$47.05/7 sess 00510523

Steveston Community Centre

Jul 9-Jul 30.....Th.....3:15-4:15pm..... \$26.90/4 sess 00509792

Aug 4-Aug 18.....Tu.....3:15-4:15pm..... \$20.15/3 sess 00509793

LINE DANCING–INTERMEDIATE

Improve beginner moves and learn more advanced ones in these social and physically active sessions. Pre-requisite: Line Dancing–Beginner or previous Line Dancing Experience.

Seniors Centre–Minoru Centre for Active Living

Jul 7-Aug 18.....Tu.....3:15-4:15pm..... \$47.05/7 sess 00511205

LINE DANCING VARIETY–NEW BEGINNER (CANTONESE/MANDARIN)

Focus on 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. No experience required.

Seniors Centre–Minoru Centre for Active Living

Jul 13-Aug 24.....M.....12:00-1:00pm..... \$40.30/6 sess 00508845

Jul 17-Aug 21.....F.....9:30-10:30am..... \$40.30/6 sess 00508851

LINE DANCING–INTERNATIONAL–BEGINNER

Follow easy-to-learn steps for short dances set to popular music. Pre-requisite: Line Dancing–International–New Beginner.

Seniors Centre–Minoru Centre for Active Living

Jul 11-Aug 29.....Sa..2:15-3:45pm.... \$67.95/5 sess (45-54yrs)..... 00511274

\$50.40/5 sess (55+yrs)

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

Focus on 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–New Beginner or previous line dancing experience.

Seniors Centre–Minoru Centre for Active Living

Jul 13-Aug 24.....M.....10:45-11:45am..... \$40.30/6 sess 00508840

Jul 17-Aug 21.....F.....10:45-11:45am..... \$40.30/6 sess 00508874

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: Line Dancing Variety–Beginner Level 1.

Seniors Centre–Minoru Centre for Active Living

Jul 14-Aug 18.....Tu.....9:45-10:45am..... \$40.30/6 sess 00508847

Jul 16-Aug 20.....Th.....10:45-11:45am..... \$40.30/6 sess 00508848

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 8-Aug 26.....W.....11:00am-12:00pm..... \$40.30/6 sess 00511282

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

Jul 8-Aug 26.....W.....2:15-3:45pm..... \$60.50/6 sess 00511292

LINE DANCING–INTERNATIONAL–INTERMEDIATE–IMPROVER

Move to a variety of styles and popular music and cover interesting combinations, steps, patterns and movements. Pre-requisite: Line Dancing–International–Intermediate or strong knowledge of international line dancing steps and terminology.

Seniors Centre–Minoru Centre for Active Living

Jul 11-Aug 29.....Sa.....12:30-2:00pm..... \$50.40/5 sess 00511271

LINE DANCING–INTERNATIONAL–INTERMEDIATE/ADVANCED

Move to a variety of styles and popular music and cover interesting combinations, steps, patterns and movements. Pre-requisite: Line Dancing–International–Beginner or previous line dancing experience and strong knowledge of international line dancing steps and terminology.

Seniors Centre–Minoru Centre for Active Living

Jul 8-Aug 26.....W.....12:30-2:00pm..... \$60.50/6 sess 00511289

SALSA DANCING–BEGINNER

Learn the basic steps of salsa dance in a fun, relaxed and supportive environment, focusing on rhythm, coordination and confidence. Get ready to move, smile and feel the music while improving understanding of basic steps.

Seniors Centre–Minoru Centre for Active Living

Jul 16-Aug 20.....Th.....7:00-8:15pm..... \$50.40/6 sess 00513690

STEP INTO DANCE

Explore a lively introduction to jazz, tap and lyrical styles while building rhythm, coordination and expression through guided movement. Enjoy a welcoming, upbeat environment designed for all experience levels to try something new.

Seniors Centre–Minoru Centre for Active Living

Jul 13-Aug 24.....M.....10:45-11:45am..... \$40.30/6 sess 00514865

TAP DANCING–BEGINNER

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

Seniors Centre–Minoru Centre for Active Living

Jul 15-Aug 19.....W.....11:45am-12:45pm..... \$40.30/6 sess 00515069

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 at each session. Pre-requisite: Tap Dancing–Beginner or previous Tap Dancing experience.

Seniors Centre–Minoru Centre for Active Living

Jul 15-Aug 19.....W.....10:30-11:30am..... \$40.30/6 sess 00514816

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

Jul 10-Aug 14.....F.....6:30-8:00pm..... \$60.50/6 sess 00509618

GUITAR GROUP LESSONS–BEGINNER–LEVEL 1

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

Seniors Centre–Minoru Centre for Active Living

Jul 10-Aug 21.....F.....12:30-1:30pm..... \$57.20/7 sess 00510835

West Richmond Community Centre

Jul 8-Aug 12.....W.....10:00-11:00am..... \$49/6 sess 00509622

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 10-Aug 21 F..... 1:45-2:45pm \$57.20/7 sess 00514868

West Richmond Community Centre

Jul 8-Aug 12 W 11:15am-12:15pm \$49/6 sess 00509624

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.

City Centre Community Centre

Jul 6-Aug 31 M 4:30-5:15pm \$60/8 sess 00508913

Jul 6-Aug 31 M 4:30-5:15pm \$60/8 sess 00508991

Jul 6-Aug 31 M 5:30-6:15pm \$60/8 sess 00508918

Jul 6-Aug 31 M 5:30-6:15pm \$60/8 sess 00508993

Jul 8-Sep 2 W 4:30-5:15pm \$67.50/9 sess 00508996

Jul 8-Sep 2 W 4:30-5:15pm \$67.50/9 sess 00508999

Jul 8-Sep 2 W 5:30-6:15pm \$67.50/9 sess 00508998

Jul 8-Sep 2 W 5:30-6:15pm \$67.50/9 sess 00509002

Jul 10-Sep 4 F 4:30-5:15pm \$67.50/9 sess 00509004

Jul 10-Sep 4 F 4:30-5:15pm \$67.50/9 sess 00509007

Jul 10-Sep 4 F 5:30-6:15pm \$67.50/9 sess 00509005

Jul 10-Sep 4 F 5:30-6:15pm \$67.50/9 sess 00509010

Jul 11-Sep 5 Sa 11:00-11:45am \$67.50/9 sess 00509013

Jul 11-Sep 5 Sa 11:00-11:45am \$67.50/9 sess 00509014

Jul 11-Sep 5 Sa 12:00-12:45pm \$67.50/9 sess 00509012

Jul 11-Sep 5 Sa 12:00-12:45pm \$67.50/9 sess 00509015

Jul 11-Sep 5 Sa 2:00-2:45pm \$67.50/9 sess 00509016

Jul 11-Sep 5 Sa 2:00-2:45pm \$67.50/9 sess 00509018

Jul 11-Sep 5 Sa 3:00-3:45pm \$67.50/9 sess 00509017

Jul 11-Sep 5 Sa 3:00-3:45pm \$67.50/9 sess 00509020

Jul 12-Sep 6 Su 11:00-11:45am \$67.50/9 sess 00509026

Jul 12-Sep 6 Su 11:00-11:45am \$67.50/9 sess 00509031

Jul 12-Sep 6 Su 12:00-12:45pm \$67.50/9 sess 00509028

Jul 12-Sep 6 Su 12:00-12:45pm \$67.50/9 sess 00509033

Jul 12-Sep 6 Su 1:00-1:45pm \$67.50/9 sess 00509035

Jul 12-Sep 6 Su 1:00-1:45pm \$67.50/9 sess 00509037

Jul 12-Sep 6 Su 2:00-2:45pm \$67.50/9 sess 00509036

Jul 12-Sep 6 Su 2:00-2:45pm \$67.50/9 sess 00509038

PIANO PRACTICE—LEARN FROM A YOUTH

Connect through music in a relaxed, social setting with one-on-one sessions led by a youth pianist. Designed for shared exploration rather than formal instruction, each session emphasizes enjoyment, basic skills and mutual learning while building confidence, sparking curiosity and fostering meaningful intergenerational connections. No experience required. Registration required.

Seniors Centre—Minoru Centre for Active Living

FREE Jul 12-Aug 23 Su... 1:00-1:45pm Free/7 sess 00510753

FREE Jul 12-Aug 23 Su... 2:00-2:45pm Free/7 sess 00510762

FREE Jul 12-Aug 23 Su... 3:00-3:45pm Free/7 sess 00510766

**SINGING—INTERMEDIATE—
RICHMOND MUSIC SCHOOL**

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

Seniors Centre—Minoru Centre for Active Living

Jul 10-Aug 14 F 3:30-4:30pm \$72/6 sess 00510838

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 13-Aug 17 M 7:30-8:30pm \$33.60/5 sess 00509185

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 13-Aug 17 M 6:30-7:30pm \$33.60/5 sess 00509183

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

Jul 13-Aug 17 M 5:30-6:30pm \$33.60/5 sess 00509181

UKULELE—TRY-IT

Enjoy an engaging one-off session that introduces a few basics and gets everyone picking, strumming and playing a fun first song. No experience required. Ukulele provided for this session. Registration required.

Steveston Community Centre

TRY-IT Jul 7 Tu 3:00-4:00pm Free/1 sess 00511627

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

Jul 8-Aug 26 .. W.. 11:00am-12:15pm.. \$79.25/7 sess (45-54yrs)... 00510647
\$58.80/7 sess (55+yrs)

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. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library. Pre-requisite: Ukulele—Get Started and experience with note reading.

Steveston Community Centre

Jul 8-Jul 29 W.. 1:00-2:15pm..... \$45.30/4 sess (45-54yrs)... 00510652
\$33.60/4 sess (55+yrs)

Aug 5-Aug 26 W.. 1:00-2:15pm..... \$45.30/4 sess (45-54yrs)... 00510658
\$33.60/4 sess (55+yrs)

**UKULELE—SKILL BUILDING—12 TONES
AND CHROMATIC TUNES**

Discover the colourful scale, unlock fretboard knowledge and explore how it creates unique sounds across various genres for enhanced musical creativity. Ukulele required at each session. Pre-requisite: Intermediate knowledge of ukulele and fluency in musical notation and tablature.

Steveston Community Centre

Jul 7-Jul 28 Tu 2:00-3:15pm \$33.60/4 sess 00511630

UKULELE—SKILL BUILDING—FLAT PICKING

Discover the benefits of using a little piece of plastic to add to a musical toolkit and have fun learning and connecting with others. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library. Pre-requisite: Beginner knowledge of ukulele and fluency in musical notation and tablature.

Steveston Community Centre

Aug 4-Aug 25 Tu 2:00-3:15pm \$33.60/4 sess 00511634

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. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library. Pre-requisite: Beginner knowledge of ukulele and fluency in musical notation and tablature.

Steveston Community Centre
Jul 7-Jul 28.....Tu..... 12:00-1:15pm..... \$33.60/4 sess 00511629

UKULELE–SKILL BUILDING–STRUMMING

Explore basics and beyond for the rhythm hand to create different patterns, textures and musical interest. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library. Pre-requisite: Beginner knowledge of ukulele and fluency in musical notation and tablature.

Steveston Community Centre
Aug 4-Aug 25.....Tu..... 12:00-1:15pm..... \$33.60/4 sess 00511631

Arts–Visual

ARTFUL AGING SERIES–FAUX STAINED GLASS DISPLAY WORKSHOP

City Centre Community Centre
Aug 7.....F..... 2:00-4:00pm..... \$13.45/1 sess 00514704
Create a colourful, light-catching decoration to brighten any room or window space. Supplies included.

ARTFUL AGING SERIES–PRESSED FLOWER CLAY COASTER WORKSHOP

Learn how to customize a unique and creative coaster using clay and floral elements. Supplies included.

City Centre Community Centre
Jul 10.....F..... 2:00-4:00pm..... \$13.45/1 sess 00514709

ACRYLIC PAINTING–ALL LEVELS

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

Seniors Centre–Minoru Centre for Active Living
Jul 15-Aug 19.....W..... 12:30-2:00pm..... \$50.40/5 sess 00513564

Steveston Community Centre
Jul 7-Jul 28.....Tu..... 12:30-2:30pm..... \$53.75/4 sess 00509746
Aug 4-Aug 25.....Tu..... 12:30pm-2:30pm..... \$53.75/4 sess 00509749

ART MINDFULNESS–GENTLE ART OF PRESENCE

Cultivate calm and creativity through art-based mindfulness using drawing, painting, colouring and brush painting. Evoke emotion through colour while supporting reflection, creative expression and meaningful connection in a soothing and welcoming environment. Supplies included.

Seniors Centre–Minoru Centre for Active Living
Jul 13-Aug 24.....M..... 3:00-4:30pm..... \$60.50/6 sess 00511557

CALLIGRAPHY AND HAND LETTERING

Explore creative writing styles with brush pens and paintbrushes and learn classic and modern fonts to design unique cards, envelopes, bookmarks and more. A \$10 non-refundable supplies fee charged when registering.

Seniors Centre–Minoru Centre for Active Living
Jul 10-Aug 14.....F..... 5:30-7:00pm..... \$60.50/6 sess 00513586

CHINESE BRUSH PAINTING

Explore this beautiful ancient art through exercises that focus on basic techniques. A \$22 non-refundable supplies fee is optional. Supplies list provided.

Steveston Community Centre
Jul 8-Jul 29.....W..... 10:30am-12:30pm..... \$53.75/4 sess 00509755
Aug 5-Aug 26.....W..... 10:30am-12:30pm..... \$53.75/4 sess 00509763

CHINESE CALLIGRAPHY (CANTONESE/ MANDARIN/ENGLISH)

Learn and build the skills and techniques required to produce advanced calligraphy art. Conducted in Cantonese and Mandarin with English translation available. Supplies list provided.

Steveston Community Centre
Jul 7-Jul 28.....Tu..... 9:30-11:30am..... \$53.75/4 sess 00509766
Jul 9-Jul 30.....Th..... 9:30-11:30am..... \$53.75/4 sess 00509768
Aug 4-Aug 25.....Tu..... 9:30-11:30am..... \$53.75/4 sess 00509767
Aug 6-Aug 27.....Th..... 9:30-11:30am..... \$53.75/4 sess 00509780

CHINESE CALLIGRAPHY (MANDARIN)

Learn basic techniques, strokes and words in this beautiful and timely art form and cultural experience widely practiced as a way of relaxing. Instructed by a calligraphy master. Course conducted in Mandarin. Supplies list provided.

City Centre Community Centre
Jul 2-Sep 3.....Th..... 10:00-11:30am..... \$100.80/10 sess .. 00513612

CHINESE CALLIGRAPHY AND PAINTING (CANTONESE/MANDARIN)

Experience the beauty of Chinese brush painting and calligraphy while learning essential brush techniques, expressive ink work and the cultural meaning behind each stroke. Conducted in Cantonese and Mandarin. Supplies list provided.

Seniors Centre–Minoru Centre for Active Living
Jul 11-Aug 22.....Sa..... 1:00-2:30pm..... \$70.55/7 sess 00513533

CLAY CREATIONS–AIR DRY CLAY–JEWELLERY

Discover the art of crafting unique, useable pieces using lightweight sculpting materials. Supplies included.

Seniors Centre–Minoru Centre for Active Living
Aug 21-Aug 28..F.... 6:00-7:30pm.... \$27.20/2 sess (45-54yrs)..... 00513584
\$20.15/2 sess (55+yrs)

CLAY CREATIONS–AIR DRY CLAY–ORNAMENTS

Discover the art of crafting unique, useable pieces using lightweight sculpting materials. Supplies included.

Seniors Centre–Minoru Centre for Active Living
Jul 24-Jul 31.....F.... 6:00-7:30pm.... \$27.20/2 sess (45-54yrs)... 00513585
\$20.15/2 sess (55+yrs)00513585

CREATIVE DRAWING AND ART EXPLORATION–ALL LEVELS

Unleash creativity and bring imagination to life by learning techniques with charcoal, graphite, oil pastels and chalk pastels to create stunning textures, dynamic shading and bold, expressive lines. Instruction provided by an award-winning artist in a relaxed and welcoming environment. Suitable for all levels. A \$15 non-refundable supplies fee charged when registering.

South Arm Community Centre
Jul 7-Aug 11.....Tu..... 10:30am-12:30pm..... \$80.65/6 sess 00509173

DRAWING BASICS

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

Seniors Centre–Minoru Centre for Active Living
Jul 20-Aug 24.....M..... 12:30-2:00pm..... \$40.30/4 sess 00513537

FLORAL ARRANGEMENT–FLORAL HAIR CLAW AND DERBY HAT DESIGN WORKSHOP

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

Seniors Centre–Minoru Centre for Active Living
Jul 17.....F.... 2:30-4:00pm.... \$13.60/1 sess(45-54yrs)..... 00514555
\$10.10/1 sess (55+yrs)

FLORAL ARRANGEMENT–FRESH FLOWER HANDBAG DECOR

Design a stunning floral handbag using fresh blooms, combining creativity and technique to craft a decorative statement piece. Explore colour, texture and structure in this fun, hands-on workshop experience. A \$10 non-refundable supplies fee charged when registering.

Seniors Centre – Minoru Centre for Active Living

Jul 24 F 2:30-4:00pm.... \$13.60/1 sess (45-54yrs)..... 00514638
\$10.10/1 sess (55+yrs)

FLORAL ARRANGING BASICS–BEGINNER

Explore floral design basics and refine skills each week to create stunning, shareable arrangements with hands-on experience and expert tips. A \$30 non-refundable supplies fee charged when registering.

Seniors Centre–Minoru Centre for Active Living

Aug 14-Aug 28.. F 2:30-4:00pm.... \$40.75/3 sess (45-54yrs)..... 00514658
\$30.25/3 sess (55+yrs)

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 17-Aug 7..... Fri..... 10:00-11:00am..... \$26.90/4 sess 00515301

LEARN TO STITCH

PATCHWORK TOTE BAGS

Design a stylish carry-all by combining assorted fabric pieces into a unique pattern, then assemble a durable, everyday bag perfect for shopping or errands. A \$10 non-refundable supplies fee charged when registering.

Seniors Centre–Minoru Centre for Active Living

Jul 11-Aug 29..... Sa..... 9:30-11:00am..... \$80.65/8 sess 00515083

COASTERS AND POT HOLDERS

Create practical home accessories using layered fabrics and simple stitching techniques, perfect for protecting surfaces and handling hot dishes while adding a handmade, decorative touch to the home. A \$5 non-refundable supplies fee charged when registering.

Seniors Centre–Minoru Centre for Active Living

Jul 20-Jul 27 M 9:30-11:00am..... \$20.15/2 sess 00514624

BASIC MENDING WORKSHOP

Learn practical mending hand sewing techniques to repair and refresh clothing or fabrics in this hands-on session. A basic mending kit is provided to take home. A \$8 non-refundable supplies fee charged when registering.

Seniors Centre–Minoru Centre for Active Living

Jul 29 W 9:00am-12:00pm..... \$20.15/1 sess 00515087
Aug 26 W 9:00am-12:00pm..... \$20.15/1 sess 00515090

PATCHWORK ZIPPERED POUCH

Create a charming fabric accessory by stitching together colourful textile pieces and adding a secure closure, perfect for storing small essentials while showcasing creativity and craftsmanship. A \$8.00 non-refundable supplies fee charged when registering.

Seniors Centre–Minoru Centre for Active Living

Aug 10-Aug 31.... M 9:30-11:00am..... \$40.30/4 sess 00514623

NAGOMI ART WORKSHOP–BEGINNER

Learn this form of Japanese art that uses soft pastels and fingers to create calming and gentle art pieces. No experience required. A \$10 non-refundable supplies fee charged when registering.

City Centre Community Centre

Jul 8-Jul 29..... W..... 10:45am-12:15pm..... \$40.30/4 sess 00513835

NAGOMI ART WORKSHOP–INTERMEDIATE

Explore more advanced techniques of this form of Japanese art such as stencil making, layered compositions and colour use to create richer, more dynamic artworks. Pre-requisite: Nagomi Art–Beginner. An optional \$10 non-refundable supplies fee charged when registering.

City Centre Community Centre

Aug 12-Sep 2 W..... 10:45am-12:15pm..... \$40.30/4 sess 00513512

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

Jul 17 F 6:00-7:30pm.... \$13.60/1 sess (45-54yrs)..... 00513576
\$10.10/1 sess (55+yrs)

Aug 14 F 6:00-7:30pm.... \$13.60/1 sess (45-54yrs)..... 00513577
\$10.10/1 sess (55+yrs)

PET PORTRAIT PAINTING

Transform a favourite pet photograph into a portrait using watercolour and acrylic techniques while learning to work with light, shadow, texture and expression in a relaxing and supportive environment that enhances creativity and helps build a stronger artistic foundation. A \$15 non-refundable supplies fee charged when registering.

South Arm Community Centre

Jul 8-Jul 29..... W..... 3:00-5:00pm..... \$53.75/4 sess 00511749
Aug 4-Aug 25..... Tu..... 3:00-5:00pm..... \$53.75/4 sess 00513118

SIP AND SKETCH

Draw inspiration from the outdoors while learning basic sketching techniques, including line work and shading. Relax, socialize and enjoy a cup of tea or coffee in the Plaza. No experience required. A \$15 non-refundable supplies fee charged when registering.

Seniors Centre–Minoru Centre for Active Living

Jul 16-Aug 20..... Th..... 10:00-11:30pm..... \$60.50/6 sess 00510422

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

FREE	Jul 11	Sa	1:30-2:00pm	Free/1 sess	00513701
FREE	Jul 11	Sa	2:00-2:30pm	Free/1 sess	00513704
FREE	Jul 11	Sa	2:30-3:00pm	Free/1 sess	00513706
FREE	Jul 11	Sa	3:00-3:30pm	Free/1 sess	00513707
FREE	Jul 25	Sa	1:30-2:00pm	Free/1 sess	00513708
FREE	Jul 25	Sa	2:00-2:30pm	Free/1 sess	00513710
FREE	Jul 25	Sa	2:30-3:00pm	Free/1 sess	00513713
FREE	Jul 25	Sa	3:00-3:30pm	Free/1 sess	00513715
FREE	Aug 8	Sa	1:30-2:00pm	Free/1 sess	00513716
FREE	Aug 8	Sa	2:00-2:30pm	Free/1 sess	00513718
FREE	Aug 8	Sa	2:30-3:00pm	Free/1 sess	00513719
FREE	Aug 8	Sa	3:00-3:30pm	Free/1 sess	00513720
FREE	Aug 22	Sa	1:30-2:00pm	Free/1 sess	00513721
FREE	Aug 22	Sa	2:00-2:30pm	Free/1 sess	00513723
FREE	Aug 22	Sa	2:30-3:00pm	Free/1 sess	00513724
FREE	Aug 22	Sa	3:00-3:30pm	Free/1 sess	00513725

Cooking

CHEF'S SECRETS WORKSHOP—RESTAURANT CLASSICS

Recreate timeless restaurant favourites in a fun and supportive setting designed for seniors. Focus on approachable techniques that elevate everyday cooking, helping to prepare well-loved dishes with ease and learn how to balance flavours, simplify steps and present meals beautifully while enjoying good company and delicious results. A \$5 non-refundable supplies fee charged when registering.

Seniors Centre—Minoru Centre for Active Living

Aug 12	W	2:45-4:15pm	\$24.55/1 sess	00513656
Aug 26	W	2:45-4:15pm	\$24.55/1 sess	00513657

CHEF'S SECRET WORKSHOP—SUMMER KITCHEN

Enjoy fresh, seasonal cooking in a fun and supportive setting designed for seniors. Learn simple techniques to create light, flavourful dishes like salads, chilled soups and easy desserts. Build confidence in the kitchen, discover time-saving tips and connect with others while preparing delicious, nutritious meals perfect for warm summer days. A \$5 non-refundable supplies fee charged when registering.

Seniors Centre—Minoru Centre for Active Living

Jul 15	W	2:45-4:15pm	\$24.55/1 sess	00513643
Jul 29	W	2:45-4:15pm	\$24.55/1 sess	00513644

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. A \$10 non-refundable supplies fee charged when registering.

LEBANON

South Arm Community Centre

Jul 7	Tu	5:30-7:00pm	\$24.55/1 sess	00513447
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MOROCCO

South Arm Community Centre

Jul 14	Tu	5:30-7:00pm	\$24.55/1 sess	00513448
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EGYPT

South Arm Community Centre

Jul 21	Tu	5:30-7:00pm	\$24.55/1 sess	00513451
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NIGERIA

South Arm Community Centre

Jul 28	Tu	5:30-7:00pm	\$24.55/1 sess	00513456
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ETHIOPIA

South Arm Community Centre

Aug 4	Tu	5:30-7:00pm	\$24.55/1 sess	00513458
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MEXICO

South Arm Community Centre

Aug 11	Tu	5:30-7:00pm	\$24.55/1 sess	00513460
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BRAZIL

South Arm Community Centre

Aug 18	Tu	5:30-7:00pm	\$24.55/1 sess	00513461
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CHILE

South Arm Community Centre

Aug 25	Tu	5:30-7:00pm	\$24.55/1 sess	00513462
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Events and Seasonal Programs

JULY

Savour the flavours of summer with these delicious offerings from the Minoru Cafeteria. Offered self-serve style in the cafeteria, this is a perfect opportunity to meet up with others or enjoy solo.

LEMONADE SOCIAL HOUR

Take a moment to relax, socialize and enjoy a delightful mix of sweet and savoury treats that include a refreshing glass of chilled lemonade, a mini lemon tart, a raspberry scone and a petit sandwich. Conveniently packaged to dine in or take away to enjoy elsewhere. Non-member \$7.50.

Seniors Centre—Minoru Centre for Active Living

Jul 9	Th	2:45-3:45pm	\$6.50/1 sess	00510472
Jul 16	Th	2:45-3:45pm	\$6.50/1 sess	00510672
Jul 23	Th	2:45-3:45pm	\$6.50/1 sess	00510646
Jul 30	Th	2:45-3:45pm	\$6.50/1 sess	00510678

BERRY SWEET SUMMER SOCIAL HOUR

Enjoy the sweet taste of summer with a delicious strawberry shortcake and coffee or tea. Non-member \$7.50.

Seniors Centre—Minoru Centre for Active Living

Jul 14	Tu	2:45-3:45pm	\$6.50/1 sess	00509770
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SMOOTHIE CAFE

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

Cambie Community Centre

Jul 13	M	11:30am-1:00pm	\$11.35/1 sess	00512055
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50s BBQ AND SING-A-LONG PARTY

Spark memories and connect through music, food and fun at this 50s themed event. Diner classics like burgers, hot dogs and fries (vegetarian options too) with pie and ice cream included. Caregivers welcome. No refunds within 7 days of event.

South Arm Community Centre

Jul 22 W 12:00-2:00pm \$11.35/1 sess 00512540

BIRTHDAY PARTY SOCIAL

Registrants celebrating a birthday are invited to bring one complimentary guest. Registration required. In-person at Seniors Centre at Minoru Centre for Active Living or call 604-238-8450.

Seniors Centre–Minoru Centre for Active Living

FREE Jul 22 W 2:30-3:30pm Free/1 sess 00507855

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 22 W 5:00-7:00pm \$20/1 sess 00509777

AUGUST

Savour the flavours of summer with these delicious offerings from the Minoru Cafeteria. Offered self-serve style in the cafeteria, this is a perfect opportunity to meet up with others or enjoy solo. Non-member \$7.50.

LEMONADE SOCIAL HOUR

Take a moment to relax, socialize and enjoy a delightful mix of sweet and savoury treats that include a refreshing glass of chilled lemonade, a mini lemon tart, a raspberry scone and a petit sandwich. Conveniently packaged to dine in or take away to enjoy elsewhere. \$7.50 non-member.

Seniors Centre–Minoru Centre for Active Living

Aug 6 Th 2:45-3:45pm \$6.50/1 sess 00510682

Aug 13 Th 2:45-3:45pm \$6.50/1 sess 00510686

Aug 20 Th 2:45-3:45pm \$6.50/1 sess 00510697

Aug 27 Th 2:45-3:45pm \$6.50/1 sess 00516944

SUNDAE FUNDAY SOCIAL HOUR

Celebrate midweek with a delicious ice cream sundae and assorted toppings for a sweet and fun treat. Non-member \$7.50.

Seniors Centre–Minoru Centre for Active Living

Aug 18 Tu 2:45-3:45pm \$6.50/1 sess 00509731

TROPICAL FIESTA BBQ

Enjoy an afternoon kicking back, sipping on a cool mocktail, sampling great food, having fun with friends and listening to island music. Lunch included.

Cambie Community Centre

Aug 6 Th 12:00-2:00pm \$17/1 sess 00514267

ICE CREAM SOCIAL

Cool off and connect with sweet treats and friendly conversation in a relaxed, welcoming setting. Refreshments included. Registration required.

Steveston Community Centre

Aug 13 Th 1:30-3:00pm \$11.35/1 sess 00514242

PRIDE WEEK–PRIDE TEA

Enjoy tea, light snacks, entertainment and activities that build connection and foster a sense of belonging in 55+ 2SLGBTQIA community.

Steveston Community Centre

Aug 20 Th 1:30-3:30pm \$11.35/1 sess 00510803

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 25 Tu 5:00-7:00pm \$32/1 sess (55-89yrs) 00514640
\$20/1 sess (90+yrs)

BIRTHDAY PARTY SOCIAL

Registrants celebrating a birthday are invited to bring one complimentary guest. Registration required. In-person at Seniors Centre at Minoru Centre for Active Living or call 604-238-8450.

Seniors Centre–Minoru Centre for Active Living

FREE Aug 26 W 2:30-3:30pm Free/1 sess 00507857

Fitness

A.M.B.S. (AGILITY MOBILITY BALANCE STRENGTH)–ALL LEVELS

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. Suitable for all levels.

Steveston Community Centre

Jul 8-Jul 29 W 1:00-2:00pm \$44.55/4 sess 00507829

Aug 5-Sep 2 W 1:00-2:00pm \$55.70/5 sess 00507831

A.M.B.S. (AGILITY MOBILITY BALANCE STRENGTH)–LEVEL 1

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 6-Jul 27 M 11:45am-12:45pm \$44.55/4 sess 00507819

Jul 10-Jul 31 F 11:45am-12:45pm \$44.55/4 sess 00507832

Aug 7-Sep 4 F 11:45am-12:45pm \$55.70/5 sess 00507834

Aug 10-Aug 31 M 11:45am-12:45pm \$44.55/4 sess 00507820

A.M.B.S. (AGILITY MOBILITY BALANCE STRENGTH)–LEVEL 2

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

Recommended pre-requisite: A.M.B.S. (Agility Mobility Balance Strength) –Level 1.

Steveston Community Centre

Jul 10-Jul 31 F 1:00-2:00pm \$44.55/4 sess 00507844

Aug 7-Sep 4 F 1:00-2:00pm \$55.70/5 sess 00507845

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 7-Aug 25 Tu 10:00-11:00am \$56/8 sess 00508603

Jul 10-Aug 28 F 10:15-11:15am \$56/8 sess 00509001

South Arm Community Centre

Jul 2-Aug 27 Th 11:00am-12:00pm \$63/9 sess 00508543

Jul 7-Aug 25 Tu 11:00am-12:00pm \$56/8 sess 00508349

BETTER BACKS AND BALANCE—BEGINNER

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

South Arm Community Centre

Jul 6-Aug 31 M 12:00-1:00pm \$50/8 sess 00508155

Steveston Community Centre

Jul 7-Jul 28 Tu 11:45am-12:45pm \$25/4 sess 00507823

Aug 4-Sep 1 Tu 11:45am-12:45pm \$31.25/5 sess 00507824

BETTER BONES AND BALANCE

Build better bones with a certified Osteofit instructor. Combine strength, balance and impact training to improve muscle mass, balance and bone health. No experience required.

Cambie Community Centre

Jul 6-Aug 24 M 12:00-1:00pm \$49/7 sess 00510383

CHAIR FITNESS—LEVEL 1

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 10-Aug 28 F 11:15am-12:00pm \$50/8 sess 00510389

Hamilton Community Centre

Jul 6-Aug 17 M 12:45-1:45pm \$43.75/7 sess 00506939

Seniors Centre—Minoru Centre for Active Living

Jul 9-Aug 27 Th 11:45am-12:45pm \$50/8 sess 00508995

South Arm Community Centre

Jul 6-Aug 31 M 1:45-2:45pm \$50/8 sess 00513336

CHAIR FITNESS (CANTONESE/ENGLISH)—LEVEL 1

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

Jul 8-Aug 26 W 11:30am-12:30pm \$37.50/6 sess 00508990

CHAIR FITNESS—LEVEL 2

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. Suitable for those that can stand independently.

Cambie Community Centre

Jul 7-Aug 25 Tu 1:15-2:00pm \$50/8 sess 00510381

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 7-Aug 25 Tu 9:15-10:15am \$58.10/8 sess 00509011

Thompson Community Centre

Jul 8-Aug 27 W 1:15-2:15pm \$58.10/8 sess 00507778

CYCLE AND STRENGTH—SILVER—BEGINNER

Combine cycling and strength training to age-appropriate music to become stronger, more balanced and energized. These result-oriented sessions cover cadence, balance and strength. No experience required.

West Richmond Community Centre

Jul 7-Jul 28 Tu 11:50am-12:50pm \$28/4 sess 00507224

Jul 9-Jul 30 Th 11:50am-12:50pm \$28/4 sess 00507668

CYCLE AND STRENGTH—GOLD

Combine cycling and strength training to age-appropriate music to become stronger, more balanced and energized. These result-oriented sessions cover cadence, balance and strength. No experience required. Suitable for beginners 75+ years.

West Richmond Community Centre

Jul 6-Jul 27 M 1:00-2:00pm \$28/4 sess 00507217

CYCLE FIT—SILVER—BEGINNER

Cycle to age-appropriate music to become stronger, more balanced and energized. These result-oriented sessions cover cadence and balance. No experience required.

West Richmond Community Centre

Jul 10-Jul 31 F 1:00-1:40pm \$28/4 sess 00507679

Aug 5-Aug 26 W 12:10-12:50pm \$28/4 sess 00507633

CHAIR DANCING AND TONING

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

South Arm Community Centre

Jul 4-Aug 29 Sa 11:00am-12:00pm \$63/9 sess 00508545

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 7-Aug 27 Tu/Th 12:45-1:45pm \$100/16 sess 00508606

Steveston Community Centre

Jul 9-Jul 30 Th 11:45am-12:45pm \$25/4 sess 00507827

Aug 6-Sep 3 Th 11:45am-12:45pm \$31.25/5 sess 00507828

FITNESS AND MOBILITY EXERCISE**STROKE RECOVERY**

Improve fitness and mobility through this evidence-based exercise program designed for those recovering from a stroke. Small group sessions include 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

Jul 7-Aug 27 Tu/Th 11:00am-12:00pm \$178.25/16 sess 00508605

FUNDAMENTALS OF FITNESS—LEVEL 1

Train smarter, not longer, in these small, group training sessions developing lean, functional muscle tone using foundational lifts, posture alignment and progressive overload all within a supportive and motivating small-group environment.

Steveston Community Centre

Jul 7-Jul 28 Tu 1:00-2:00pm \$44.55/4 sess 00507847

Jul 8-Jul 29 W 2:15-3:15pm \$44.55/4 sess 00507850

Aug 4-Sep 1 Tu 1:00-2:00pm \$55.70/5 sess 00507849

Aug 5-Sep 2 W 2:15-3:15pm \$55.70/5 sess 00507851

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 9-Aug 27 Th 9:15-10:15am \$50/8 sess 00508992

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.

City Centre Community Centre

Jul 17-Aug 28.....F..... 11:30am-12:30pm..... \$78/7 sess 00513137

Thompson Community Centre

Jul 6-Aug 17.....M..... 12:00-1:00pm..... \$66.85/6 sess 00509039

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

Aug 4-Aug 25.....Tu..... 2:15-3:15pm..... \$44.55/4 sess 00507689

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 7-Aug 25.....Tu..... 10:30-11:30am..... \$50/8 sess 00508604

Jul 9-Aug 27.....Th..... 10:30-11:30am..... \$50/8 sess 00508994

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

Jul 17-Aug 28.....F..... 12:45-1:45pm..... \$78/7 sess 00513481

West Richmond Community Centre

Aug 10-Aug 31.....M..... 9:30-10:30am..... \$44.55/4 sess 00507683

MEN ON WEIGHTS

Build confidence, strength and knowledge in this small group program designed for men. 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 6-Jul 27.....M..... 1:15-2:15pm..... \$44.55/4 sess 00513627

Aug 5-Aug 26.....W..... 1:15-2:15pm..... \$44.55/4 sess 00513628

South Arm Community Centre

Jul 6-Aug 10.....M..... 12:00-1:00pm..... \$55.70/5 sess 00511977

Jul 8-Aug 5.....W..... 11:00am-12:00pm..... \$55.70/5 sess 00512004

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 8-Jul 29.....W..... 1:00-2:00pm..... \$29.05/4 sess 00507645

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 9-Aug 20.....Th..... 1:30-3:00pm..... \$41.80/7sess 00514903

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 to by the Alzheimer's Society. Conducted in Cantonese.

Cambie Community Centre

Jul 8-Aug 26.....W..... 1:00-2:30pm..... \$47.75/8 sess 00510829

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 7-Jul 28.....Tu..... 10:30-11:30am..... \$25/4 sess 00507821

Jul 9-Jul 30.....Th..... 10:30-11:30am..... \$25/4 sess 00507825

Aug 4-Sep 1.....Tu..... 10:30-11:30am..... \$31.25/5 sess 00507822

Aug 6-Sep 3.....Th..... 10:30-11:30am..... \$31.25/5 sess 00507826

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

Jul 6-Aug 31.....M..... 10:30-11:30am..... \$56/8 sess 00508146

OSTEOFIT FOR BETTER BONES

Improve balance and muscular strength to help protect against possible fractures in this program designed specifically for those living with osteoporosis.

City Centre Community Centre

Jul 7-Aug 25.....Tu..... 9:30-10:30am..... \$50/8 sess 00512463

Jul 9-Aug 27.....Th..... 9:30-10:30am..... \$50/8 sess 00513479

Thompson Community Centre

Jul 14-Aug 25.....Tu..... 11:00am-12:00pm..... \$43.75/7 sess 00511603

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

Jul 6-Aug 24.....M..... 9:30-10:30am..... \$43.75/7 sess 00513482

Thompson Community Centre

Jul 14-Aug 25.....Tu..... 12:15-1:15pm..... \$43.75/7 sess 00511606

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. Conducted in Cantonese. Pre-requisite: Osteofit For Better Bones.

City Centre Community Centre

Jul 7-Aug 25.....Tu..... 10:45-11:45am..... \$50/8 sess 00512520

Jul 9-Aug 27.....Th..... 10:45-11:45am..... \$50/8 sess 00513470

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 8-Aug 19..... W..... 10:15-11:15am..... \$43.75/7 sess 00506925

Seniors Centre–Minoru Centre for Active Living

Jul 6-Aug 31..... M..... 10:15-11:15am..... \$50/8 sess 00509003

Jul 7-Aug 25..... Tu..... 1:15-2:15pm..... \$50/8 sess 00508607

Jul 8-Aug 26..... W..... 10:15-11:15am..... \$37.50/6 sess 00508608

Jul 9-Aug 27..... Th..... 12:30-1:30pm..... \$50/8 sess 00509000

Thompson Community Centre

Jul 10-Aug 28..... F..... 10:30-11:30am..... \$50/8 sess 00507775

STRONG AND FIT

Combine strength training with a cardio fitness warm up, focusing on building muscle, endurance, stability and functional movements for a full-body workout. Suitable for 65+ years.

West Richmond Community Centre

65yrs+

Jul 6-Jul 27..... M..... 2:15-3:10pm..... \$28/4 sess 00507691

Jul 9-Jul 30..... Th..... 2:15-3:10pm..... \$28/4 sess 00507639

Jul 10-Jul 31..... F..... 11:45am-12:45pm..... \$28/4 sess 00507635

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..... W..... 1:00-2:00pm..... \$44.55/4 sess 00513624

Aug 5-Sep 2..... W..... 1:00-2:00pm..... \$55.70/5 sess 00513626

South Arm Community Centre

Jul 7-Jul 28..... Tu..... 1:00-2:00pm..... \$44.55/4 sess 00508706

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 7-Aug 25..... Tu..... 12:30-1:30pm..... \$56/8 sess 00509006

Jul 10-Aug 28..... F..... 12:15-1:15pm..... \$56/8 sess 00509008

South Arm Community Centre

Jul 3-Aug 28..... F..... 10:30-11:30am..... \$63/9 sess 00508544

Jul 8-Aug 26..... W..... 10:45-11:45am..... \$56/8 sess 00508541

Steveston Community Centre

Jul 8-Jul 28..... W..... 11:45am-12:45pm..... \$28/4 sess 00507852

Aug 5-Sep 2..... W..... 11:45am-12:45pm..... \$35/5 sess 00507853

West Richmond Community Centre

Jul 7-Jul 29..... Tu..... 1:00-2:00pm..... \$28/4 sess 00507682

General Interest

BIKE SKILLS–BEGINNER

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

Thompson Community Centre

Jul 9-Aug 13..... Th..... 10:00am-12:00pm..... \$100/6 sess 00512025

BRIDGE–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 16-Aug 20..... Th..... 2:00-3:30pm..... \$52.55/6 sess 00513619

BRIDGE–INTERMEDIATE

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

Seniors Centre–Minoru Centre for Active Living

Jul 9-Aug 20..... Th..... 3:45-5:15pm..... \$61.30/7 sess 00514818

COFFEE AND CHAT FOR THOSE LIVING WITH DEMENTIA

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. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE Jul 8-Aug 26..... W... 11:00am-12:30pm Free/7 sess 00509362

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. Conducted in Cantonese. Presented by the Alzheimer Society of BC. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE Jul 7-Aug 25..... Tu... 1:30-3:00pm..... Free/8 sess 00507281

COFFEE AND CHAT FOR THOSE LIVING WITH DEMENTIA (MANDARIN)

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

Seniors Centre–Minoru Centre for Active Living

FREE Jul 8-Aug 26..... W... 1:30-3:00pm..... Free/8 sess 00507283

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 Jul 15..... W..... 10:00-11:00am..... Free/1 sess..... 00510828

FREE Aug 19..... W..... 10:00-11:00am..... Free/1 sess..... 00510830

SENIOR SAFETY AND FRAUD PREVENTION WORKSHOP

Discover warning signs and learn how to stay protected from common scams, including artificial intelligence (AI), romance, investment, service and more. Presented by Metro Vancouver Crime Stoppers. Caregivers welcome. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE Jul 14..... Tu..... 2:30-3:30pm..... Free/1 sess..... 00506706

Health and Wellness

AGE WELL, LIVE WELL WITH SAFE MEDICATIONS WORKSHOP

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

Steveston Community Centre

FREE Jul 9Th..... 1:00-2:30pm Free/1 sess 00512371

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. Attendance at all six sessions and ability to read Cantonese required. 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 10-Aug 14.....F..... 9:30am-12:00pm..Free/6 sess 0057688

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

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

City Centre Community Centre

Jul 3F..... 11:00am-12:00pm \$6.70/1 sess 00511911

D.I.Y. (DO-IT-YOURSELF) ESSENTIAL OIL–AROMA PLASTER ORNAMENT WORKSHOP

Create two infused plaster ornaments for decorations that fill a space with soothing, natural fragrance and a calming ambiance. A \$15 non-refundable supply fee is charged when registering.

City Centre Community Centre

Aug 7F..... 11:15am-12:15pm \$6.70/1 sess 00513502

FAMILY CAREGIVER SERIES (CANTONESE)

Learn more about dementia, communication and behaviour and share tips for planning for the future and building resilience in this three-part series for people caring for someone living with dementia. Presented by the Alzheimer Society of BC. Conducted in Cantonese. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE Jul 2-Jul 30..Th..... 6:00-8:30pm Free/3 sess 00507278

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 6M..... 9:00am-3:00pm \$65/1 sess 00510815

Jul 27M..... 9:00am-3:00pm \$65/1 sess 00510820

Aug 10M..... 9:00am-3:00pm \$65/1 sess 00510822

GENKI WELLNESS PROGRAM (JAPANESE AND ENGLISH)

Socialize, learn and have fun with brain-training exercises, tea time and other activities that promote physical and mental well-being (Genki). Offered in partnership with Tonari Gumi. Participants must be members of Tonari Gumi to register for this program. Conducted in Japanese and English. Call 604-238-8084 or 604-238-8080 to register.

Steveston Community Centre

FREE Jul 6-Jul 20..M..... 10:00am-12:00pm Free/3 sess 00507860

HEARING CLINICS

Register for a hearing test appointment. Registration required.

Hamilton Community Centre

FREE Aug 11Tu..... 9:30-10:00am Free/1 sess 00508653

FREE Aug 11Tu..... 10:00-10:30am Free/1 sess 00516934

FREE Aug 11Tu..... 10:30-11:00am Free/1 sess 00508655

FREE Aug 11Tu..... 11:00-11:30am Free/1 sess 00508659

FREE Aug 11Tu..... 12:00-12:30pm Free/1 sess 00508694

FREE Aug 11Tu..... 12:30-1:00pm Free/1 sess 00508696

FREE Aug 11Tu..... 1:00-1:30pm Free/1 sess 00508700

FREE Aug 11Tu..... 1:30-2:00pm Free/1 sess 00508701

Seniors Centre–Minoru Centre for Active Living

FREE Jul 13M..... 2:00-2:20pm Free/1 sess 00511488

FREE Jul 13M..... 2:20-2:40pm Free/1 sess 00511459

FREE Jul 13M..... 2:40-3:00pm Free/1 sess 00511460

FREE Jul 13M..... 3:00-3:20pm Free/1 sess 00511464

FREE Jul 13M..... 3:20-3:40pm Free/1 sess 00511466

FREE Jul 13M..... 3:40-4:00pm Free/1 sess 00511467

FREE Jul 13M..... 4:00-4:20pm Free/1 sess 00511468

FREE Jul 13M..... 4:20-4:40pm Free/1 sess 00511470

HOLISTIC HEALTH SERIES–ALZHEIMER'S AND DEMENTIA WORKSHOP–55+

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

Hamilton Community Centre

FREE Jul 13M..... 2:00-3:30pm Free/1 sess 00516936

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.

Cambie Community Centre

FREE Jul 16Th..... 1:00-2:30pm Free/1 sess 00511794

HOLISTIC HEALTH SERIES–CALIBRATING THE BODY'S NATURAL CYCLES WORKSHOP

Join in this informative session to learn about the cyclical nature of sleep, organs and the body and how all work together to be an important cornerstone to good health. Presented by a naturopathic doctor. Registration required.

South Arm Community Centre

FREE Jul 20M..... 1:00-2:30pm Free/1 sess 00513150

HOLISTIC HEALTH SERIES–SHINRINYOKU–THE ART OF FOREST BATHING WORKSHOP

Discover this Japanese practice that fosters an appreciation of the stillness and mood elevating connection to the earth experienced when walking in the forest. Presented by a naturopathic doctor. Registration required.

Cambie Community Centre

FREE Aug 17M..... 1:00-2:00pm Free/1 sess 00513550

HOLISTIC HEALTH SERIES–OPTIMIZE YOUR NATURAL STRESS RESPONSE WORKSHOP

Learn how fear and anxiety can elevate the stress hormone cortisol, resulting in a fight-or-flight response that affects immune responses such as mood, fatigue, digestion and restless sleep. Learn about the stress pathway and affected organs and how to optimize energy levels. Presented by a naturopathic doctor. Registration required.

City Centre Community Centre

FREE Aug 24M..... 3:30-5:00pm Free/1 sess 00514209

IKI IKI SOCIAL (JAPANESE/ENGLISH)

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

Steveston Community Centre

Jul 9-Aug 20.....Th..... 12:30-3:00pm..... \$142.95/7 sess 00509782

LIVING WELL WITH HEARING LOSS WORKSHOP

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

Seniors Centre–Minoru Centre for Active Living

FREE Jul 7Tu..... 2:00-3:30pm..... Free/1 sess..... 00508902

MINDFULNESS AND SELF CARE–MINDFUL AROMATHERAPY WORKSHOP

Discover calming mindfulness and self-care practices that reduce stress and anxiety while enhancing daily wellbeing. Explore simple techniques that promote balance and clarity, then experience mindful aromatherapy for soothing scents that support focus, sleep and relaxation, creating a more grounded and refreshed mind and body. Presented by a certified nutritionist. Registration required.

Hamilton Community Centre

FREE Jul 14Tu..... 11:30am-12:30pm..... Free/1 sess..... 00510429

OSTEOARTHRITIS SERIES–GARDENING AND ARTHRITIS

Discover effective strategies for gardening with arthritis, including tips on joint protection, pacing, using helpful gardening tools and designing an arthritis-friendly garden layout. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

Cambie Community Centre

FREE Jul 14Tu..... 1:00-2:00pm..... Free/1 sess..... 00514547

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.

Seniors Centre–Minoru Centre for Active Living

FREE Jul 21Tu..... 2:00-4:00pm..... Free/1 sess..... 00508904

OSTEOARTHRITIS SERIES–INTRODUCTION TO MEDITATION

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

Cambie Community Centre

FREE Aug 13Th..... 1:00-2:00pm..... Free/1 sess..... 00514543

OSTEOARTHRITIS SERIES–NUTRITION, SUPPLEMENTS AND ARTHRITIS

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

Seniors Centre–Minoru Centre for Active Living

ONLINE FREE Aug 18..Tu... 2:00-4:00pm.....Free/1 sess 00509073

FREE Aug 18Tu... 2:00-4:00pm..... Free/1 sess 00509072

SERVICE CANADA DENTAL PLAN INFORMATION SESSION AND CLINIC SESSION

Unlock coverage opportunities in this two-part program. Discover eligibility requirements during a focused information session then receive hands-on application support and real-time status checks at an enrollment clinic. Gain clarity, save time and increase approval confidence. Registration required.

Hamilton Community Centre

FREE Aug 18-Aug 25..Tu... 11:30am-12:30pm Free/2 sess 00509030

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

Jul 7-Aug 25.....Tu..... 10:30am-1:30pm \$210/8 sess 00508908

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 9-Aug 27.....Th..... 10:30am-1:30pm \$210/8 sess 00508909

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 New Horizons Seniors Grant. Registration required.

Hamilton Community Centre

FREE Jul 8-Aug 26.....W... 11:30am-1:30pm..Free/8 sess 00512095

Languages

FRENCH–BEGINNER

Boost French skills in friendly low-pressure sessions tailored for beginners with some basic knowledge. Strengthen core fundamentals, unlock new vocabulary and master simple sentence structures all at a comfortable pace. Instructed by a fluent French-speaking instructor. No experience required.

Seniors Centre–Minoru Centre for Active Living

Jul 18-Aug 22.....Sa..... 9:30-11:00am..... \$60.50/6 sess 00510839

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 18-Aug 22.....Sa..... 11:15am-12:45pm..... \$60.50/6 sess 00510840

SPANISH–NEW BEGINNER

Start learning Spanish with basic vocabulary, greetings and simple phrases. Instructed by a fluent Spanish speaking instructor. No experience required.

Seniors Centre–Minoru Centre for Active Living

Jul 10-Aug 21.....F..... 10:30am-12:00pm..... \$70.55/7 sess 00510428

SPANISH–BEGINNER

Continue to expand learning basic words, sentences and intonations while using interactive methods to develop conversational fluency in this popular language. Suitable for those with some basic familiarity or comfort with learning languages. Instructed by a fluent Spanish speaking instructor.

Seniors Centre–Minoru Centre for Active Living

Jul 10-Aug 21.....F..... 12:30-2:00pm..... \$70.55/7 sess 00510461

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 8-Aug 19.....W..... 10:30am-12:00pm..... \$70.55/7 sess 00511591

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 8-Aug 19.....W..... 12:30-2:00pm..... \$70.55/7 sess 00511674

Martial Arts**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

Jul 10-Sep 4F..... 10:00-11:00am..... \$60.55/9 sess 00509653

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 8-Sep 2W..... 9:15-10:15am..... \$60.55/9 sess 00509634

QIGONG–DAO YING 12 SET

Learn this all-levels practice that uses gentle, guided movements and breath to release tension, improve circulation and restore natural energy flow for whole-body wellness.

South Arm Community Centre

Jul 2-Aug 27.....Th..... 12:15-1:15pm..... \$60.55/9 sess 00512418

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

Jul 6-Aug 17.....M..... 4:15-5:15pm..... \$40.40/6 sess 00509597

Jul 10-Aug 21.....F..... 2:00-3:00pm..... \$47.10/7 sess 00509607

TAI CHI–BEGINNER

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

City Centre Community Centre

Jul 8-Sep 2W..... 11:45am-12:45pm..... \$60.55/9 sess 00509642

Seniors Centre–Minoru Centre for Active Living

Jul 10-Aug 21.....F..... 11:30am-12:30pm..... \$47.10/7 sess 00513609

Jul 18-Aug 22.....Sa..... 11:15am-12:15pm..... \$40.40/6 sess 00513613

TAI CHI–INTERMEDIATE

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

City Centre Community Centre

Jul 6-Aug 31.....M..... 10:45-11:45am..... \$53.85/8 sess 00509625

TAI CHI–ADVANCED

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

City Centre Community Centre

Jul 8-Sep 2W..... 10:30-11:30am..... \$60.55/9 sess 00509639

Seniors Centre–Minoru Centre for Active Living

Jul 18-Aug 22.....Sa..... 10:00-11:00am..... \$40.40/6 sess 00513611

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

Jul 6-Aug 31.....M..... 12:45-1:45pm..... \$53.85/8 sess 00509630

South Arm Community Centre

Jul 2-Aug 27.....Th..... 1:30-2:30pm..... \$60.55/9 sess 00512497

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

Jul 6-Aug 31.....M..... 11:45am-12:45pm..... \$53.85/8 sess 00509629

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

Jul 10-Sep 4F..... 8:50-9:50am..... \$60.55/9 sess 00509649

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 10-Sep 4F..... 11:15am-12:15pm..... \$60.55/9 sess 00509661

TAI CHI–48 FORM YANG STYLE

Achieve health benefits that include better balance, increased flexibility and relaxation through mindful movement and breath work.

South Arm Community Centre

Jul 2-Aug 27.....Th..... 2:45-3:45pm..... \$60.55/9 sess 00512480

Out Trips and Tours

JULY

GRABENHORST GARDEN AND PITT MEADOWS LUNCH TRIP

Stroll this new stunning five-acre sanctuary in Pitt Meadows with peaceful garden pathways, over 700 rhododendrons and natural beauty, then gather for lunch at the welcoming Jolly Coachman Pub. Transportation only included.

Thompson Community Centre

Jul 3F..... 9:45am-3:45pm \$32.75/1 sess 00507896

SURREY'S HERITAGE RAIL-CLOVERDALE SULLIVAN EXCURSION

Enjoy a 60-minute scenic round-trip heritage train ride aboard a restored BC electric interurban train car from Cloverdale Station to Sullivan Park and back. Travel through Fraser Valley farmlands, cross Highway 10 with lights flashing and whistles blowing and pass over the Serpentine River. After the ride, stay to enjoy a music festival or stroll around the Cloverdale town area. Transportation and admission included.

City Centre Community Centre

Jul 5Su 10:00am-3:45pm \$33/1 sess 00509285

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 8W 9:30am-5:00pm \$79.50/1 sess 00508798

WESTHAM ISLAND FARM AND SPEEDS PUB LUNCH TRIP

Enjoy excellent cuisine at this charming establishment nestled in Ladner with stunning river views, followed by a charming farm tour at an island venue that offers fresh berries and local produce. Transportation only included.

Thompson Community Centre

Jul 10F..... 11:15am-3:45pm \$23.25/1 sess 00510402

WHITE ROCK PIER AND LUNCH TRIP

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

Steveston Community Centre

Jul 14Tu..... 9:30am-4:30pm \$20.25/1 sess 00513116

BUTCHART GARDENS TRIP

Stroll through Victoria's iconic 55-acre floral display that is a National Historic Site of Canada. Bring or buy lunch. Transportation, ferry fees and garden admission included. 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 15W 7:30am-7:00pm \$127.90/1 sess 00508693

KITSILANO BEACH AND LUNCH TRIP

Soak in the vibrant coastal atmosphere with a relaxing stroll along the scenic shores of this well-known Vancouver beach, followed by a delicious meal at a nearby restaurant. Home drop off (\$3) available. All meals are subject to an automatic gratuity of up to 18%. Transportation only included.

South Arm Community Centre

Jul 16Th..... 10:30am-3:30pm \$22/1 sess 00509109

BARD ON THE BEACH TRIP-THE MERRY WIVES OF WINDSOR

Watch an outdoor theatre production under a beautiful tent in Vancouver's Vanier Park and be part of this long-standing summer tradition. This year's show is set in a soccer-obsessed Vancouver suburb, where the roguish John Falstaff schemes to fix his financial woes by wooing two married women and stealing their husbands' fortunes. When Mrs. Ford and Mrs. Page uncover his plan, they join forces to outwit him in a lively evening of laughter, mischief and merriment. Transportation and admission included. Home drop off (\$3) available. No refunds within 30 days of trip.

Seniors Centre-Minoru Centre for Active Living

Jul 16Th..... 6:00-10:30pm \$75/1 sess 00511904

TROUT LAKE FARMERS MARKET TRIP

Explore this East Vancouver market featuring fresh seasonal fruits and vegetables, grass-fed meat, eggs, dairy products, fresh fish and artisanal prepared food to taste and take home. Handmade crafts and craft beer, wine and spirits are also available for purchase with food and coffee trucks on site. Transportation only included.

Cambie Community Centre

Jul 18Sa..... 10:00am-2:00pm \$19.50/1 sess 00512053

Hamilton Community Centre

Jul 18Sa..... 10:00am-2:00pm \$19.50/1 sess 00512390

ACADEMY FARMS FARMERS MARKET EXPERIENCE TRIP

Explore this vibrant market in Langley featuring fresh produce, specialty foods, baked goods and local products. Enjoy a relaxed outing with time to browse, shop and experience a unique agricultural setting at a working buffalo and bison farm. Transportation only included.

Thompson Community Centre

Jul 18Sa..... 11:00am-4:00pm \$23.50/1 sess 00511325

CHEMAINUS MURALS AND DUNCAN RAPTORS TRIP

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

Thompson Community Centre

Jul 22W 8:30am-8:15pm \$133/1 sess 00508795

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.

City Centre Community Centre

Jul 23Th..... 2:15-8:00pm \$42/1 sess 00516870

South Arm Community Centre

Jul 23Th..... 2:00-8:15pm \$42/1 sess 00507794

BRENTWOOD MALL AND FARMERS MARKET TRIP

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

Seniors Centre-Minoru Centre for Active Living

Jul 26Su 9:30am-3:30pm \$25/1 sess 00509773

SQUAMISH CANYON TRIP

Explore elevated forest walkways and cliffside viewpoints, take in the cascading waterfalls and coastal rainforest scenery and explore this breathtaking rainforest safely, while preserving its delicate ecosystem offering a safe, inspiring nature experience that supports mobility and mindful connection. Transportation and admission included.

City Centre Community Centre

Jul 28 Tu 9:45am-5:45pm \$78.50/1 sess 00509250

South Arm Community Centre

Jul 28 Tu 9:30am-5:30pm \$78.50/1 sess 00509110

GRANVILLE ISLAND MARKET TRIP

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

Steveston Community Centre

Jul 28 Tu 10:00am-4:00pm \$20.25/1 sess 00512693

BLOEDEL CONSERVATORY AT QUEEN**ELIZABETH PARK AND LUNCH TRIP**

Wander through this iconic triodetic dome, learning about the beautiful array of exotic plants and flowers, colourful koi fish and more than 100 free-flying birds of various species, followed by lunch at Milltown Restaurant. Transportation and admission included.

West Richmond Community Centre

Jul 29 W 9:15am-2:30pm \$30.25/1 sess 00509089

GONE FISHING TRIP

Spend an unforgettable afternoon discovering BC's diverse freshwater fish species while learning essential fishing skills like rod usage, knot tying and casting at Surrey's Green Timbers Lake. Put new knowledge to the test with hands-on catch-and-release fishing in a fun, guided experience. Ability to stand for one hour and walk on an uneven path required. Presented by Freshwater Fisheries of BC. Transportation, workshop, training equipment and day use license included.

Cambie Community Centre

Jul 30 Th 9:45am-3:30pm \$37/1 sess 00512415

South Arm Community Centre

Jul 30 Th 9:30am-3:45pm \$37/1 sess 00511733

AUGUST**SENDALL GARDEN AND WILLOWBROOK SHOPPING TRIP**

Enjoy this 3.5-acre botanical garden in Langley that showcases a stunning collection of distinctive plants, trees and flowers, a tropical greenhouse displaying a diverse range of exotic plants, followed by shopping for groceries or food. Ability to walk on uneven surfaces at the garden required. Transportation and admission included.

City Centre Community Centre

Aug 5 W 9:30am-2:00pm \$20/1 sess 00513468

Steveston Community Centre

Aug 5 W 9:00am-2:03pm \$20/1 sess 00516798

LYNN CANYON SUSPENSION BRIDGE AND LONSDALE QUAY TRIP

Explore this scenic suspension bridge and forest trails, experience coastal rainforest views and enjoy free time for lunch and shopping at a vibrant waterfront market, offering a refreshing and social afternoon outing. Transportation only included.

Thompson Community Centre

Aug 11 Tu 9:30am-4:30pm \$31.50/1 sess 00513668

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 12 W 2:00-8:15pm \$42/1 sess 00507799

MILNER GARDENS AND COOMBS MARKETING TRIP

Meander through 10 acres of spectacular woodland gardens along the sea on the east coast of Vancouver Island followed by a visit to the popular market that boasts goats on the roof. Transportation, ferry and castle admission included. 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 13 Th 8:30am-8:15pm \$114.10/1 sess 00509775

CAPILANO SALMON HATCHERY AND LUNCH TRIP

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

Cambie Community Centre

Aug 14 F 10:00am-3:30pm \$23.25/1 sess 00512447

South Arm Community Centre

Aug 14 F 9:45am-3:45pm \$23.25/1 sess 00512503

AMBLESIDE ARTISAN FARMERS MARKET TRIP

Discover local, farm-fresh produce and artistic products at this picturesque market in West Vancouver, steps away from Ambleside Village shopping area and Ambleside Beach. Home drop off (\$3) available. Transportation only included.

Seniors Centre—Minoru Centre for Active Living

Aug 16 Su 9:00am-3:00pm \$28/1 sess 00514856

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. No refunds within 7 days of trip.

Thompson Community Centre

Aug 17 M 9:00am-5:15pm \$79.50/1 sess 00509521

PNE TRIP

Check out this famous Vancouver fair that features over 1,000 different events, exhibits, attractions, midway rides and live entertainment. Transportation only included. Group admission to be charged separately.

Steveston Community Centre

Aug 18 Tu 9:30am-4:30pm \$20.25/1 sess 00512667

JOURNEY THROUGH THE UNIVERSE AT THE H.R. MACMILLAN SPACE CENTRE TRIP

Discover the wonders of space at this Vancouver astronomy museum, featuring live science shows, interactive galleries and an immersive 360° planetarium experience—sparking curiosity and making learning about the universe engaging and memorable. Bring lunch. Home drop off (\$3) available. Transportation and admission included.

Seniors Centre—Minoru Centre for Active Living

Aug 18 Tu 1:00-5:00pm \$50.60/1 sess 00511973

CIRCLE FARM TOUR-LANGLEY

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

Cambie Community Centre

Aug 20Th..... 9:45am-3:45pm \$36/1 sess 00510699

Thompson Community Centre

Aug 20Th..... 9:30am-4:00pm \$36/1 sess 00509950

RICE LAKE AND LUNCH TRIP-55+

Enjoy this calm and quiet North Vancouver trail featuring a scenic forest loop with moss-covered ground and peaceful views. Spot herons, ducks and even eagles along the way, followed by a lunch at The Shipyards. Participants should be comfortable walking on uneven surfaces and a little elevation. Transportation only included.

City Center Community Centre

Aug 21F..... 9:00am-2:15pm \$20/1 sess 00513491

South Arm Community Centre

Aug 21F..... 8:45am-2:00pm \$20/1 sess 00516750

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 23Su 11:00am-3:00pm \$21.50/1 sess 00508939

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 26W..... 8:30am-6:00pm \$97.50/1 sess 00510841

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 30 days prior to trip.

Thompson Community Centre

Aug 28F..... 11:15am-4:45pm \$45/1 sess 00508932

West Richmond Community Centre

Aug 28F..... 11:30am-4:30pm \$45/1 sess 00509590

ROCKY POINT PARK TRIP

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

Thompson Community Centre

Aug 31M 10:00am-3:00pm \$29.75/1 sess 00510633

SEPTEMBER

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 lunch. Good footwear is required as flat walking is involved. Transportation only included.

Thompson Community Centre

Sep 3Th..... 9:00am-5:30pm \$34.75/1 sess 00509527

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 sized court utilizing paddles and a plastic wiffle ball. Suitable for beginners. Paddles provided for use if required.

South Arm Community Centre

Jul 14-Aug 25Tu..... 8:00am-9:30am \$70.85/7 sess 00509174

Jul 14-Aug 25Tu..... 5:30-7:00pm \$70.85/7 sess 00509178

Thompson Community Centre

Jul 8-Aug 26W..... 1:15-2:30pm \$67.50/8 sess 00513087

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 14-Aug 25Tu..... 9:45-11:15am \$70.85/7 sess 00509176

Jul 14-Aug 25Tu..... 7:00-8:30pm \$70.85/7 sess 00509180

Thompson Community Centre

Jul 8-Aug 26W..... 2:30-4:00pm \$81/8 sess 00513093

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 14-Aug 25Tu..... 11:30am-1:00pm \$70.85/7 sess 00509177

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 7-Jul 9Tu/Th . 10:00-11:30am \$45/2 sess 00510522

Jul 14-Jul 16Tu/Th . 10:00-11:30am \$45/2 sess 00510526

Jul 21-Jul 23Tu/Th . 10:00-11:30am \$45/2 sess 00510536

Jul 28-Jul 30Tu/Th . 10:00-11:30am \$45/2 sess 00510537

Aug 11-Aug 13Tu/Th . 10:00-11:30am \$45/2 sess 00510538

Aug 18-Aug 20Tu/Th . 10:00-11:30am \$45/2 sess 00510540

Aug 25-Aug 27Tu/Th . 10:00-11:30am \$45/2 sess 00510542

Richmond Wellness Clinics 55+



Take Charge
of your Health

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

Health Information and Education (Drop-in)

- Information and referral services from multilingual volunteers

Booths hosted by local organizations and businesses

Prevention Services and Health Monitoring (Drop-in)

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

Treatments (Registration required)

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

**In-person or phone registration only

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

Locations

City Centre Community Centre
604-204-8588 (1st Thu/mth)

East Richmond Community Hall
604-238-8399 (2nd Wed/mth)

Seniors Centre—Minoru Centre for Active Living
604-238-8450 (3rd Wed/mth)

South Arm Community Centre
604-238-8060 (2nd Fri/mth)

Steveston Japanese Canadian Cultural Centre
604-238-8084 (1st Wed/mth)

Thompson Community Centre
604-238-8422 (2nd Mon/mth)

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

3 ways to register

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



Seniors Annual Facility Pass Programs

The Seniors Facility Pass at the Minoru Centre for Active Living supports the Minoru Seniors Society and is \$36.00 per year. Complimentary Seniors Facility Passes are available to honour those 90+ years old.

Passes are available for individuals 55+ years old and to spouses less than 55 years old. Passes are valid for one year from date of purchase. Visit the front desk or call 604-238-8450 to purchase a pass and for more information.

Minoru Centre for Active Living (Seniors Centre)						
SUN	MON	TUE	WED	THU	FRI	SAT
Billiards* 8:00am–4:45pm (Drop-in)	Billiards* 8:00am–8:45pm	Billiards* 8:00am–8:45pm	Billiards* 8:00am–8:45pm	Billiards* 8:00am–8:45pm	Billiards* 8:00am–8:45pm	Billiards* 8:00am–4:45pm (Drop-in)
Wood Carving*** 9:30am–12:00pm 1:00–4:30pm	Woodworking* 8:30am–2:00pm	Tai Chi Practice** 9:00–10:00am	Woodworking* 8:30am–2:00pm	Tai Chi Practice** 8:45–9:45am	Woodworking* 8:30am–2:00pm	Woodworking* 8:30am–4:00pm (Finishing day)
Model Walkers** 11:00am–1:00pm	Tai Chi Practice** 8:45–9:45am	French Conversation 9:30–11:30am	Yuanji Dance** 8:30–10:30am	Yuanji Dance** 9:00–10:30am	Tai Chi Practice** 9:00–10:30am	Tai Chi Practice** 8:45–9:45am
Poker 11:30am–4:00pm	Yuanji Dance** 9:00–10:30am	Wood Carving*** 9:30am–12:00pm 1:00–4:30pm	Tai Chi Practice** 8:45–9:45am	Busy Fingers/ Knitters and Knatters 9:30–11:30am 1:00–3:00pm	Mahjong** 10:00am–5:00pm	Ballroom Dance** 10:00am–12:00pm
Minoru Community Line Dancers** 1:30–3:30pm	Busy Fingers/ Knitters and Knatters 9:30–11:30am	Vinyl Club 11:00am–12:00pm (1st and 3rd weeks)	Happy Chorus (U.R.) 10:00am–12:30pm	Minoru Strummers Ukulele Circle** 10:00–11:30am	Silver Singers** 9:45am–12:00pm	Chinese Drum and Guitar Social ** 10:00am–12:00pm
Korean Style Dance Circle** 2:00–4:00pm	Happy Chorus (U.R.) 10:00am–12:30pm	Poker 11:30am–4:00pm	Mahjong** 10:00am–5:00pm	Poker 11:30am–4:00pm	Bridge Duplicate 12:30–4:00pm	Bridge Practice Group 10:30am–12:30pm
	Reading Social for Chinese Speaking Seniors** 10:15am–12:15pm	Carpet Bowling 12:30–3:00pm	Minoru Waist Drum** 12:45–2:45pm	Scrabble 12:45–4:00pm	Chinese Calligraphy** 1:00–4:00pm	Peking Opera 1:30–4:30pm
	Crib 1:00–3:00pm	Starlight Choir** 12:45–2:45pm	Crib 1:00–3:30pm	Joy Singing and Dancing** (Singing) 1:00–3:00pm	Euchre 1:30–4:00pm	Multicultural Dance** 2:00–4:30pm
	Bridge 1:00–4:30pm	Kingsland Calligraphy 1:30–4:00pm	Glee 2:00–4:00pm	Wood Carving*** 1:00–4:30pm	Minoru Community Line Dancers** 1:30–3:30pm	
	Photo Group (2nd & 4th week) 1:30–3:30pm	Seniors Saxophone** 3:00–5:00pm	Joy Singing and Dancing (Dancing) 2:45–4:45pm	Platinum Players 1:30–3:30pm	Hanging with The Guys 2:30–4:30pm	
	Multicultural Dance** 2:30–4:30pm	Yuanji Dance** 6:30–8:30pm	Multicultural Dance** (Performance group only) 6:45–8:45pm	Ballroom Dance** 3:30–5:15pm	Classical Chinese Ethnic Folk Dance** 6:45–8:45pm	
	Whist 6:00–8:45pm	Joy Singing and Dancing** (Dancing) 6:45–8:45pm		Seniors Saxophone** 4:00–6:00pm		
		Model Dance** 6:45–8:45pm		Prostate Cancer Support Group (Hybrid) (2nd week) 6:30–8:30pm		
				Yuanji Dance 6:30–8:30pm		

*Additional Passes \$48.00/year | **Additional Fees \$2.00/Drop-in | ***Additional Pass \$42.00/year | U.R. means under review

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
	Coffee and Tea 11:00am–12:30pm (ERCH)	Tai Chi Practice– Form 24 8:30–9:15am (no instruction) 00510739* (ERCH)	Tai Chi–48 Form 8:30–9:30am 00510723* (ERCH)	Indoor Walking 10:00–11:00am 00510701* (CCC)	Tai Chi–24 Form 8:30–9:30am 00510719* (ERCH)	
		Tai Chi Practice– Form 48 9:15–10:00am (no instruction) 00510749* (ERCH)	Table Tennis 9:30–10:30am (ERCH)		Table Tennis 9:30–10:30am (ERCH)	
		Mahjong (2nd Tue/mth) 10:00am–12:00pm 00510768* (ERCH)	Book Club (1st Wed/mth) 10:30am–12:00pm 00510777* (ERCH)		Knitting 10:00–11:30am (ERCH)	
		Karaoke (1st and 3rd Tu/mth) 10:30am–12:30pm (ERCH)	Luk Tung Kuen 11:00–11:45am 00510755* (ERCH)		Luk Tung Kuen 11:00–11:45am 00510758* (ERCH)	
			Coffee and Tea (2nd Wed/mth) 11:30am–1:30pm (ERCH)			

*Registration required.

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

ERCH = East Richmond Community Hall. CCC = Cambie Community Centre.

City Centre Community Centre						
SUN	MON	TUE	WED	THU	FRI	SAT
English Conversation Group 3:00–4:30pm	Karaoke 10:30am–12:30pm	Singing Group 10:00am–1:00pm	Poetry Appreciation Group 2:00–4:00pm	Karaoke (Chinese) 10:30am–12:30pm		Technology Help 3:30–5:00pm
	Ballroom Dance 1:00–3:00pm	Chinese Calligraphy in Mandarin 1:00–3:00pm		Ballroom Dance 1:00–3:00pm		
	Chinese Traditional Dance 2:00–3:30pm	Social Group 2:00–4:00pm		Chinese Traditional Dance 2:00–3:30pm		
	Brush Hour 3:00–5:00pm	Knitting Group 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
	Tai Chi Advanced 7:30–8:30am	Tai Chi Advanced 7:30–8:30am	Tai Chi Advanced 7:30–8:30am	Tai Chi Advanced 7:30–8:30am	Tai Chi Advanced 7:30–8:30am	
	Mahjong 10:15am–12:30pm	Tai Chi Beginners 9:00–10:00am		Tai Chi Beginners 9:00–10:00am	Dancing and Sing-a-long 10:00am–12:00pm	
		Seniors Circle Group 10:00–11:30am		Mahjong 10:15am–12:30pm		

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

South Arm Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
Sahara Sisters (last Sun/mth) 12:30–3:30pm	Luk Tung Kuen 7:45–8:30am	Luk Tung Kuen 7:45–8:30am	Luk Tung Kuen 7:45–8:30am	Luk Tung Kuen 7:45–8:30am	Luk Tung Kuen 7:45–8:30am	MILAP Group – B 11:00am–1:00pm
	New Immigrant Support/English Learning Group 9:00–11:30am	Seniors Social Group 9:30–11:00am	Book Club (4th Wed/mth) 10:00–11:30am	Friendship Group 8:30–9:20am	Ted Talks (4th Fri/mth) 10:00–11:00am	
	Scrabble 10:00am–12:00pm		Classic QiPao Dance 12:00–2:00pm	Karaoke 9:30am–12:00pm		
	MILAP Group – A (bi-weekly) 1:00–3:00pm		Singing Along 12:00–2:00pm	Mahjong Social 9:30am–1:30pm		
	Carpet Bowling 1:00–3:00pm		Tai Chi 1:30–2:30pm	Knitting Group 1:00–3:00pm	Carpet Bowling 1:00–3:00pm	
			Gardening Club 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
	Chinese Multicultural Group 10:00–11:30am	Tai Chi Advanced Practice 11:30am–12:30pm	Knitting and Crocheting Social 10:00am–12:00pm	Chinese Multicultural Group 9:30–11:30am	Ukulele Circle 9:30am–12:00pm	
			Low Vision Support Group (2nd Wed/mth) 10:00am–12:00pm	Tai Chi Beginner Practice 11:30am–12:30pm	Japanese Tablet Club 9:30–11:30am	
	Drumming Ensemble* 1:30–2:30pm		Japanese Crafts Group 12:30–2:30pm		Bridge Social 1:00–4:00pm	
			Tech Help 101 1-on-1 (in English) 1:00–3:00pm (604-238-8084 to register)		Ukulele Ensemble 1:00–3:00pm	
			Kokufo Shigin Club 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
	Luk Tung Kuen 7:45–8:45am	Luk Tung Kuen 7:45–8:45am	Luk Tung Kuen 7:45–8:45am	Luk Tung Kuen 7:45–8:45am	Table Tennis 7:30–9:30am	Table Tennis 7:30–9:30am
	Tai Chi 8:50–9:20am	Luk Tung Coffee Hour 9:00–10:00am	Tai Chi 8:50–9:20am	Women in Conversation 11:00am–1:00pm	Luk Tung Kuen 7:45–8:45am	
	Table Tennis 1:30–5:00pm	Bridge 1:30–3:00pm	Chinese Cultural Dance 1:30–2:45pm	Table Tennis 8:15–9:30pm	Gentlemen in Conversation (2nd & 4th week) 10:30am–12:00pm	
					Karaoke 10:30am–12:30pm	

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

West Richmond Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
	French Conversation Group Jul 20, Aug 10, 24 11:00am–12:30pm	Spanish Conversation Group—Online 1:30–3:00pm	Ukulele and Singing Circle 6:30–8:00pm	English Conversation Group—Intermediate Jul 2, 23 Aug 13, 27 11:00am–12:00pm		
	Guitar Circle 6:30–8:00pm			Let's Dance* Jul 9 7:00–8:30pm		

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



City of Richmond

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