

A photograph of four women walking towards the camera in a bright, modern gym or community center. The woman on the far left is older, with short brown hair and glasses, wearing a grey cardigan over a white t-shirt with a colorful pattern of small figures. The woman next to her is also older, with short white hair and glasses, wearing a grey and white patterned t-shirt. The woman in the center is younger, with dark hair, wearing a black zip-up hoodie over a pink t-shirt and pink leggings. She is wearing a white face mask and has a small microphone clipped to her mask. The woman on the far right is older, with blonde hair, wearing a black tank top and black pants. They are all smiling and appear to be part of a group activity. In the background, other people are visible, and there are large windows and a wooden floor.

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

**Winter 2024** | JAN-MAR  
[richmond.ca/register](https://richmond.ca/register)



# Contents

<b>In-person Programs.....</b>	<b>3</b>
Arts—Dance.....	3
Arts—Music.....	5
Arts—Performing .....	6
Arts—Visual .....	6
Computers, Technology and Social Media.....	8
Cooking.....	9
Events and Seasonal Programs.....	9
Fitness .....	10
General Interest.....	12
Health and Wellness .....	13
Languages.....	17
Martial Arts.....	18
Out Trips and Tours .....	19
Racquet Sports.....	21

## Online Programs .....21

## Seniors Annual Facility

## Pass Programs .....24

# Refunds / Withdrawals / Transfers

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

### Seasonal Programs

Unless otherwise specified:

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

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

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

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

Unless otherwise specified:

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

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

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

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

## 3 Ways to Register



### Online

**richmond.ca/register**

Register online anytime.

24 hours a day, 7 days a week



### Phone

**604-276-4300**

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

Monday–Friday, 8:30am–5:00pm



### In-person

**Drop-in and register at any community facility**

## You will need

### ✓ Your online registration account

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

### ✓ Your Course ID number

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

Jan 11 – Mar 14.....**123456**

### ✓ Your method of payment

**Pay with AMEX, Visa or MasterCard.**

**Note: Cash, debit and cheques are currently only accepted in-person at facilities.**

**5% GST will be added to all applicable programs and services.**



# In-person Programs

## Arts—Dance

### BALLET—ARTS CENTRE—BEGINNER

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

#### Richmond Cultural Centre Annex

Jan 8-Mar 11..... M..... 12:15-1:15pm..... \$57.05/9 sess ..... 283284

### BALLET—BEGINNER

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

#### West Richmond Community Centre

**TRY-IT** Jan 10..... W..... 2:30-3:30pm..... Free/1 sess..... 276846

Jan 17-Mar 6..... W..... 2:30-3:30pm..... \$50.70/8 sess ..... 276845

### BALLROOM DANCING—BEGINNER

Cover the basic steps of the jive, cha cha, waltz and foxtrot. Suitable for singles and pairs.

#### Thompson Community Centre

Jan 17-Mar 13..... W..... 9:00-10:30am..... \$85.60/9 sess ..... 277649

### BALLROOM DANCING—INTERMEDIATE

Learn even more jive, cha cha, waltz and foxtrot dance skills. Suitable for singles and pairs. Pre-requisite: Ballroom Dancing—Beginner.

#### Thompson Community Centre

Jan 13-Mar 16..... Sa ..... 1:30-3:00pm..... \$95.10/10 sess ... 280508

### BALLROOM DANCING—LEVEL 1

Dance for fitness and fun in these introductory sessions that cover basic steps and foundational techniques and is designed specifically for those new to this style of dance.

#### Minoru Centre for Active Living (Seniors Centre)

Jan 10-Mar 13..... W..... 5:00-6:30pm..... \$85.60/9 sess ..... 280112

### BAROQUE DANCING—LEVEL 1

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

#### West Richmond Community Centre

**TRY-IT** Jan 8..... M..... 2:30-3:45pm..... Free/1 sess..... 276792

Jan 15-Mar 11..... M..... 2:30-3:45pm..... \$63.45/8 sess ..... 276793

### BAROQUE DANCING—LEVEL 2

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

#### West Richmond Community Centre

Jan 11-Mar 7..... Th ..... 2:15-3:30pm..... \$71.30/9 sess ..... 276794

### BROADWAY JAZZ DANCING

Explore the theatrical dance style and choreography inspired by Broadway musicals. Set to favourite songs, work on developing coordination and improving balance while building jazz dance techniques. Suitable for all levels. Beginners welcome.

#### Minoru Centre for Active Living (Seniors Centre)

Jan 8-Mar 11..... M..... 10:45-11:45am..... \$57.05/9 sess ..... 278221

### CONDITIONING THROUGH DANCE

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

#### Minoru Centre for Active Living (Seniors Centre)

Jan 8-Mar 11..... M..... 12:00-1:00pm..... \$57.05/9 sess ..... 278229

### DANCE AND MOTION

Get fit while having fun in this upbeat class designed for new and experienced dancers. Music ranges from popular jazz, Motown, disco and pop for learning and building dance skills while making lots of social connections.

#### Minoru Centre for Active Living (Seniors Centre)

Jan 10-Mar 13..... W..... 11:45am-12:45pm..... \$63.40/10 sess ... 279595

### DANCE MOVES

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

#### East Richmond Community Hall (Cambie)

Jan 15-Feb 12..... M..... 10:00-11:00am..... \$31.70/5 sess ..... 281259

Feb 26-Mar 25 ..... M..... 10:00-11:00am..... \$31.70/5 sess ..... 282547

### HAWAIIAN HULA DANCING—BEGINNER

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

#### Steveston Community Centre

Jan 12-Mar 22..... F ..... 12:00-1:00pm..... \$69.75/11 sess ... 279729

**HAWAIIAN HULA DANCING—INTERMEDIATE**

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

**Steveston Community Centre**

Jan 12-Mar 22..... F ..... 1:00-2:00pm..... \$69.75/11 sess ... 279730

**LINE DANCING—BEGINNER**

Practice the basic moves that make up current line dancing today. This style of dance is easy to learn and it's fun! No experience required.

**City Centre Community Centre**

Jan 10-Mar 27..... W..... 2:00-3:00pm..... \$76.10/12 sess ... 274557

**Minoru Centre for Active Living (Seniors Centre)**

Jan 16-Mar 12..... Tu..... 2:00-3:00pm..... \$57.05/9 sess ..... 278260

**South Arm Community Centre**

Jan 10-Mar 13..... W..... 3:30-4:30pm..... \$63.40/10 sess ... 279237

**Steveston Community Centre**

Jan 18-Mar 14..... Th ..... 1:00-2:00pm..... \$57.05/9 sess ..... 279722

**LINE DANCING—BEGINNER—IMPROVER**

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

**Steveston Community Centre**

Jan 18-Mar 14..... Th ..... 2:15-3:15pm..... \$57.05/9 sess ..... 279723

**LINE DANCING—INTERMEDIATE**

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

**Minoru Centre for Active Living (Seniors Centre)**

Jan 16-Mar 12..... Tu..... 3:15-4:15pm..... \$57.05/9 sess ..... 278261

**LINE DANCING—INTERNATIONAL—BEGINNER—IMPROVER**

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

**Minoru Centre for Active Living (Seniors Centre)**

Jan 10-Mar 20..... W..... 2:15-3:45pm..... \$95.10/10 sess ... 278437

**LINE DANCING—INTERNATIONAL—INTERMEDIATE/ADVANCED**

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

**Minoru Centre for Active Living (Seniors Centre)**

Jan 10-Mar 20..... W..... 12:30-2:00pm..... \$95.10/10 sess ... 278404

**LINE DANCING VARIETY—BEGINNER**

Try this class that focuses on the fundamental steps of line dancing and that are adaptable to country, ballroom, rock and roll, disco, Latin and pop music.

**Thompson Community Centre**

Jan 17-Mar 13..... W..... 10:45-11:45am..... \$57.05/9 sess ..... 277652

**LINE DANCING VARIETY—BEGINNER LEVEL 1 (CANTONESE AND MANDARIN)**

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

**Minoru Centre for Active Living (Seniors Centre)**

Jan 8-Mar 11..... M..... 10:45-11:45am..... \$57.05/9 sess ..... 278235

Jan 12-Mar 15..... F ..... 10:45-11:45am..... \$63.40/10 sess ... 278462

**LINE DANCING VARIETY—BEGINNER LEVEL 2 (CANTONESE AND MANDARIN)**

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

**Minoru Centre for Active Living (Seniors Centre)**

Jan 9-Mar 12..... Tu..... 9:45-10:45am..... \$63.40/10 sess ... 278259

Jan 11-Mar 14..... Th ..... 10:45-11:45am..... \$63.40/10 sess ... 278458

**LINE DANCING VARIETY—NEW BEGINNER (CANTONESE AND MANDARIN)**

Try this class that focuses on the fundamental steps of line dancing and is adaptable to country, ballroom, rock and roll, disco, Latin and pop music. Conducted in Cantonese and Mandarin. Suitable for new dancers. No experience required.

**Minoru Centre for Active Living (Seniors Centre)**

Jan 8-Mar 11..... M..... 12:00-1:00pm..... \$57.05/9 sess ..... 278239

Jan 12-Mar 15..... F ..... 9:30-10:30am..... \$63.40/10 sess ... 278461

**TAP DANCING—BEGINNER**

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

**Minoru Centre for Active Living (Seniors Centre)**

Jan 11-Mar 14..... Th ..... 3:00-4:00pm..... \$63.40/10 sess ... 278457

**TAP DANCING—INTERMEDIATE**

Combine previously learned steps with new moves and choreography in this social class that also offers a fun workout. Tap shoes required. Pre-requisite: Beginner tap dancing experience.

**Minoru Centre for Active Living (Seniors Centre)**

Jan 10-Mar 13..... W..... 10:00-11:30am..... \$63.40/10 sess ... 278270

## Arts—Music

### AFRICAN DRUMMING—BEGINNER

Socialize, de-stress and have fun while learning African rhythms and tunes on the Djembe drum. Drum required at each class or available for use if required.

#### West Richmond Community Centre

Jan 25 ..... Th ..... 6:45-8:15pm..... \$9.50/1 sess ..... 277357  
Feb 29 ..... Th ..... 6:45-8:15pm..... \$9.50/1 sess ..... 277392

### GROUP DRUM CIRCLE

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

#### Richmond Cultural Centre Annex

Jan 11-Mar 14..... Th ..... 11:00am-12:00pm..... \$57.05/9 sess ..... 281490

### GUITAR GROUP LESSONS—BEGINNER

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

#### Minoru Centre for Active Living (Seniors Centre)

Jan 19-Mar 5..... F ..... 1:00-2:00pm..... \$50.70/8 sess ..... 280594

### 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 individually designed for the ability of each musician.

#### City Centre Community Centre

Jan 8-Apr 1 ..... M..... 4:30-5:15pm..... \$85.80/12 sess ... 280646  
Jan 8-Apr 1 ..... M..... 4:30-5:15pm..... \$85.80/12 sess ... 281902  
Jan 8-Apr 1 ..... M..... 5:30-6:15pm..... \$85.80/12 sess ... 280649  
Jan 8-Apr 1 ..... M..... 5:30-6:15pm..... \$85.80/12 sess ... 281910  
Jan 10-Mar 27..... W..... 4:15-5:00pm..... \$85.80/12 sess ... 274084  
Jan 10-Mar 27..... W..... 4:30-5:15pm..... \$85.80/12 sess ... 274082  
Jan 10-Mar 27..... W..... 5:15-6:00pm..... \$85.80/12 sess ... 274085  
Jan 10-Mar 27..... W..... 5:30-6:15pm..... \$85.80/12 sess ... 274083  
Jan 12-Mar 22..... F ..... 4:00-4:45pm..... \$78.65/11 sess ... 274086  
Jan 12-Mar 22..... F ..... 4:30-5:15pm..... \$78.65/11 sess ... 276520  
Jan 12-Mar 22..... F ..... 5:00-5:45pm..... \$78.65/11 sess ... 274088  
Jan 12-Mar 22..... F ..... 5:30-6:15pm..... \$78.65/11 sess ... 276522  
Jan 13-Mar 30..... Sa ..... 10:00-10:45am..... \$85.80/12 sess ... 274092  
Jan 13-Mar 31..... Sa ..... 11:00-11:45am..... \$85.80/12 sess ... 274094  
Jan 13-Mar 31..... Sa ..... 11:00-11:45am..... \$85.80/12 sess ... 274098  
Jan 13-Mar 31..... Sa ..... 12:00-12:45pm..... \$85.80/12 sess ... 274101  
Jan 13-Mar 31..... Sa ..... 2:00-2:45pm..... \$85.80/12 sess ... 274102  
Jan 13-Mar 31..... Sa ..... 3:00-3:45pm..... \$85.80/12 sess ... 274103  
Jan 14-Mar 31..... Su ..... 10:00-10:45am..... \$85.80/12 sess ... 274105  
Jan 14-Mar 31..... Su ..... 11:00-11:45am..... \$85.80/12 sess ... 274106  
Jan 14-Mar 31..... Su ..... 11:00-11:45am..... \$85.80/12 sess ... 274109  
Jan 14-Mar 31..... Su ..... 12:00-12:45pm..... \$85.80/12 sess ... 274114  
Jan 14-Mar 31..... Su ..... 1:00-1:45pm..... \$85.80/12 sess ... 274115  
Jan 14-Mar 31..... Su ..... 1:00-1:45pm..... \$85.80/12 sess ... 276526  
Jan 14-Mar 31..... Su ..... 2:00-2:45pm..... \$85.80/12 sess ... 274119  
Jan 14-Mar 31..... Su ..... 2:00-2:45pm..... \$85.80/12 sess ... 276524

### SINGING—BEGINNER

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

#### Minoru Centre for Active Living (Seniors Centre)

Jan 19-Mar 9..... F ..... 2:15-3:15pm..... \$50.70/8 sess ..... 279253

### TAIKO DRUMMING—LEVEL 1

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

#### South Arm Community Centre

Jan 8-Mar 11..... M..... 5:00-6:00pm..... \$57.05/9 sess ..... 276986

### TAIKO DRUMMING—LEVEL 2

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

#### South Arm Community Centre

Jan 8-Mar 11..... M..... 6:00-7:00pm..... \$57.05/9 sess ..... 276993

### TAIKO DRUMMING—LEVEL 3

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

#### South Arm Community Centre

Jan 8-Mar 11..... M..... 7:00-8:00pm..... \$57.05/9 sess ..... 277003

### UKULELE—BEGINNER

Play this easy-to-learn instrument for fun and to increase cognitive abilities. Ukulele required at each class. Ukulele lending program available at the Richmond Public Library.

#### Minoru Centre for Active Living (Seniors Centre)

Jan 8-Mar 11..... M..... 1:00-2:00pm..... \$57.05/9 sess ..... 278194

### UKULELE—ABSOLUTE AND EARLY BEGINNER

Learn how to play this fun and versatile instrument while developing an understanding of music fundamentals. No experience required. Ukulele required at each class. Ukulele lending program available at the Richmond Public Library.

#### Steveston Community Centre

Jan 17-Mar 20..... W..... 11:00am-12:15pm..... \$79.25/10 sess ... 279725

### UKULELE—ADVANCED BEGINNER

Enhance musical skills and understanding and learn more complex repertoire and chord melody arrangements. Pre-requisite: Ukulele—Absolute and Early Beginner and the ability to read musical notation. Ukulele required at each class. Ukulele lending program available at the Richmond Public Library.

#### Steveston Community Centre

Jan 10-Mar 20..... W..... 1:00-2:15pm..... \$87.20/11 sess ... 279726

## UKULELE—EARLY INTERMEDIATE

Learn new skills, broaden music literacy and enjoy many styles of repertoires from around the world. Pre-requisite: Ukulele—Advanced Beginner and/or the ability to read musical notation. Ukulele required at each class. Ukulele lending program available at the Richmond Public Library.

### Steveston Community Centre

Jan 9-Mar 19..... Tu..... 11:00am-12:15pm..... \$87.20/11 sess ... 279727

## UKULELE—ADVANCED INTERMEDIATE

Elevate playing skills to include flatpicking and the triple strum, and explore the colour and feeling of minor chords and keys. Pre-requisite: Ukulele—Early Intermediate. Ukulele required at each class. Ukulele lending program available at the Richmond Public Library.

### Steveston Community Centre

Jan 9-Mar 19..... Tu..... 1:00-2:15pm..... \$87.20/11 sess ... 279728

## UKULELE IN THE CLASSROOM—INTRODUCTION

Check out this information session to learn more about this approach to understanding music while learning to play this easy-to-learn instrument. Ukulele provided for this session. Registration required.

### Steveston Community Centre

**TRY-IT** Jan 8..... M..... 1:30-2:30pm..... Free/1 sess..... 279724

# Arts—Performing

## IMPROV—BEGINNER

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

### Minoru Centre for Active Living (Seniors Centre)

Jan 15-Mar 11..... M..... 4:00-5:00pm..... \$50.70/8 sess ..... 278674

# Arts—Visual

## ACRYLIC PAINTING

Explore using acrylic paints to paint in a variety of styles that may include abstract, landscape and still life. Suitable for beginner and experienced painters with individual guidance provided.

### Minoru Centre for Active Living (Seniors Centre)

Jan 10-..... W..... 10:00am-12:00pm..... \$50.70/4 sess ..... 279220

Feb 14-Mar 6..... W..... 10:00am-12:00pm..... \$50.70/4 sess ..... 279221

### Steveston Community Centre

Jan 8-Feb 12..... M..... 12:30-2:30pm..... \$76.10/6 sess ..... 279731

Feb 26-Mar 25..... M..... 12:30-2:30pm..... \$63.40/5 sess ..... 279732

## ACRYLIC PAINTING AND SKETCHING

Explore abstract, landscape and still life painting using acrylic paints and sketching materials. Suitable for beginner and experienced painters with individual guidance provided. A \$27 non-refundable supplies fee charged when registering.

### West Richmond Community Centre

Jan 12-Mar 1..... F..... 9:30-10:30am..... \$50.70/8 sess ..... 276895

## ARTFUL AGING SERIES—

## INTERGENERATIONAL ART PROGRAM

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

## CANVAS MARBLE PAINTING WORKSHOP

### City Centre Community Centre

Mar 11..... M..... 4:30-6:00pm..... \$9.50/1 sess ..... 282471

## MOSAIC TILE COASTER WORKSHOP

### City Centre Community Centre

Jan 22..... M..... 4:30-6:00pm..... \$9.50/1 sess ..... 282468

## PIPE CLEANER FLOWER BOUQUET WORKSHOP

### City Centre Community Centre

Mar 25..... M..... 4:30-6:00pm..... \$9.50/1 sess ..... 282472

## WALL PAINTING HANGING DECOR WORKSHOP

### City Centre Community Centre

Feb 26..... M..... 4:30-6:30pm..... \$9.50/1 sess ..... 282470

## WOOD SLICE DECORATION WORKSHOP

### City Centre Community Centre

Feb 12..... M..... 4:30-6:00pm..... \$9.50/1 sess ..... 282469

## CHINESE BRUSH PAINTING

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

### Minoru Centre for Active Living (Seniors Centre)

Jan 8-Mar 11..... M..... 9:30-11:30am..... \$114.10/9 sess ... 278187

## CHINESE BRUSH PAINTING—INTERMEDIATE

Explore this ancient art and create beautiful pieces and experiment with various exercises. A \$12 non-refundable supplies fee charged when registering. Pre-requisite: Chinese Brush Painting—Beginner or basic Chinese Brush Painting knowledge.

### South Arm Community Centre

Feb 24-Mar 30..... Sa..... 10:00-11:30am..... \$57.05/6 sess ..... 277126



## CLAY THERAPY

Exercise hands and improve hand-eye coordination by kneading clay and creating art. This type of creative therapy has been known to stimulate neurological pathways and may also aid in stress reduction. Supplies included.

### West Richmond Community Centre

Jan 12-Mar 1 ..... F ..... 10:45-11:45am ..... \$50.70/8 sess ..... 276892

## CREATIVE PAINTING

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

### Thompson Community Centre

**TRY-IT** Jan 19 ..... F ..... 10:00am-12:00pm ..... Free/1 sess ..... 279484

Feb 2-Mar 8 ..... F ..... 10:00am-12:00pm ..... \$76.10/6 sess ..... 279487

## DRAWING AND SKETCHING

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

### Steveston Community Centre

Jan 11-Feb 8 ..... Th ..... 1:00-3:00pm ..... \$63.40/5 sess ..... 282274

Feb 15-Mar 14 ..... Th ..... 1:00-3:00pm ..... \$63.40/5 sess ..... 282275

## DRIED FLOWER BOUQUET

### MAKING WORKSHOP

Explore the art of rustic simplicity learning to create small, timeless dried flower arrangements that exude enduring charm. A \$20 non-refundable supplies fee charged when registering.

### Minoru Centre for Active Living (Seniors Centre)

Jan 26 ..... F ..... 11:00am-12:30pm ..... \$9.50/1 sess ..... 279669

## FLOWER ARRANGING WORKSHOP

Design and create vibrant arrangements in this hands-on session. Instructed by a qualified florist. A \$40 non-refundable supplies fee charged when registering.

### South Arm Community Centre

Jan 12-Feb 02 ..... F ..... 6:00-7:30pm ..... \$38.05/4 sess ..... 280180

Feb 16-Mar 8 ..... F ..... 6:00-7:30pm ..... \$38.05/4 sess ..... 280181

## FLOWER BOX MAKING WORKSHOP

Create handcrafted floral arrangements enclosed in a convenient bag/box and elevate a space with the fresh, lively beauty of nature's blooms. A \$30 non-refundable supplies fee charged when registering. No refunds within 7 days of workshop.

### Minoru Centre for Active Living (Seniors Centre)

Mar 8 ..... F ..... 11:00am-12:30pm ..... \$9.50/1 sess ..... 279269

## INTRODUCTION TO POTTERY—ARTS CENTRE

Create functional ceramics and pottery after learning beginner techniques and explore hand-building, press molds, coil rolling, slab building and wheel throwing to produce original tableware. Accessible wheel options available.

### Richmond Cultural Centre Annex

Jan 16-Mar 12 ..... Tu ..... 1:00-3:00pm ..... \$159.00/8 sess ... 281880

Jan 18-Mar 14 ..... Th ..... 10:00am-12:00pm ..... \$159.00/8 sess ... 281524

## JAPANESE CALLIGRAPHY WORKSHOP

Learn basic techniques, strokes and words in this ink-brush art form that combines Kanji and Kana symbols. Instructed by a calligraphy master. A \$10 non-refundable supplies fee charged when registering.

### Minoru Centre for Active Living (Seniors Centre)

Jan 24 ..... W ..... 1:00-2:00pm ..... \$6.35/1 sess ..... 280135

Feb 21 ..... W ..... 1:00-2:00pm ..... \$6.35/1 sess ..... 281185

Mar 20 ..... W ..... 1:00-2:00pm ..... \$6.35/1 sess ..... 281186

## PAINT NIGHT

Create a magnificent painting to take home with step-by-step instruction. No experience required. Instructed by Party with Laura. Supplies included.

### East Richmond Community Hall (Cambie)

Jan 25 ..... Th ..... 6:30-8:30pm ..... \$35.00/1 sess ..... 278797

## 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 charcuterie that includes cheese, meats and fruits. A \$22 non-refundable supplies fee charged when registering.

### Minoru Centre for Active Living (Seniors Centre)

Jan 30 ..... Tu ..... 6:00-7:30pm ..... \$9.50/1 sess ..... 276536

Feb 15 ..... Th ..... 6:00-7:30pm ..... \$9.50/1 sess ..... 276538

Mar 28 ..... Th ..... 6:00-7:30pm ..... \$9.50/1 sess ..... 276539

## PAINTING BASICS

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

### Minoru Centre for Active Living (Seniors Centre)

Jan 8-Mar 11 ..... M ..... 12:30-2:30pm ..... \$114.10/9 sess ... 278190

### South Arm Community Centre

Jan 30-Mar 12 ..... Tu ..... 10:30am-12:00pm ..... \$57.05/6 sess ..... 278172

## PRESERVING REAL FLOWERS WORKSHOP

Master the delicate art of preserving real flowers in a glass jar creating timeless and captivating displays that capture the essence of nature. Instructed by an experienced florist. A \$15 non-refundable supplies fee charged when registering.

### Minoru Centre for Active Living (Seniors Centre)

Feb 23 ..... F ..... 11:00am-12:30pm ..... \$9.50/1 sess ..... 279264

## SCRAPBOOKING BASICS WORKSHOP

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

### South Arm Community Centre

Feb 1-Feb 15 ..... Th ..... 10:00-11:30am..... \$28.55/3 sess ..... 278863  
Feb 29-Mar 14 ..... Th ..... 10:00-11:30am..... \$28.50/3 sess ..... 279223

## TAKE HOME FLORAL ARRANGEMENT WORKSHOP—LUNAR NEW YEAR

Design and make a unique flower arrangement in this fun, creative and social session. Instructed by an experienced florist. A \$30 non-refundable supplies fee charged when registering. No refunds within 7 days of workshop.

### Minoru Centre for Active Living (Seniors Centre)

Feb 9 ..... F ..... 11:00am-12:30pm..... \$9.50/1 sess ..... 279261

## TEA CUP FRESH FLOWER ARRANGEMENT WORKSHOP

Learn to transform a simple tea cup into a stunning floral piece. Instructed by a certified florist. A \$15 non-refundable supplies fee charged when registering.

### Minoru Centre for Active Living (Seniors Centre)

Jan 12 ..... F ..... 11:00am-12:30pm..... \$9.50/1 sess ..... 279663

## WATERCOLOUR PAINTING

Work on personal projects to further develop voice and style in these loosely structured, enriching and supportive studio sessions. Suitable for all levels. Supplies not included. Suggested supply list available upon request.

### Minoru Centre for Active Living (Seniors Centre)

Jan 11-Mar 14..... Th ..... 12:00-2:00pm..... \$126.80/10 sess . 278450

## WATERCOLOUR PAINTING TECHNIQUES AND STYLES

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

### Steveston Community Centre

Jan 10-Feb 7..... W..... 10:00am-12:00pm..... \$63.40/5 sess ..... 279733  
Feb 14-Mar 13 ..... W..... 10:00am-12:00pm..... \$63.40/5 sess ..... 279734

# Computers, Technology and Social Media

## INTRODUCTION TO IPADS—LEVEL 1

Become more socially connected by learning and practicing how to browse the internet, send emails, videos chat and more with this Apple product. iPad required at each class or available for use if required.

### Minoru Centre for Active Living (Seniors Centre)

Jan 15-Feb 5..... M..... 2:30-3:30pm..... \$22.05/4 sess ..... 278652

## INTRODUCTION TO IPADS—LEVEL 2

Continue to increase knowledge with topics that include how to use the camera feature, the instant messaging platform, WhatsApp and the calendar. iPad required at each class or available for use if required.

### Minoru Centre for Active Living (Seniors Centre)

Feb 26-Mar 11 ..... M..... 2:30-3:30pm..... \$16.55/3 sess ..... 278659

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

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

### South Arm Community Centre

**FREE** Jan 25 ..... Th ..... 3:30-4:00pm..... Free/1 sess..... 277134  
**FREE** Jan 25 ..... Th ..... 4:00-4:30pm..... Free/1 sess..... 277608  
**FREE** Jan 25 ..... Th ..... 4:30-5:00pm..... Free/1 sess..... 277629  
**FREE** Feb 8 ..... Th ..... 3:30-4:00pm..... Free/1 sess..... 277680  
**FREE** Feb 8 ..... Th ..... 4:00-4:30pm..... Free/1 sess..... 277681  
**FREE** Feb 8 ..... Th ..... 4:30-5:00pm..... Free/1 sess..... 277682  
**FREE** Feb 22 ..... Th ..... 3:30-4:00pm..... Free/1 sess..... 277683  
**FREE** Feb 22 ..... Th ..... 4:00-4:30pm..... Free/1 sess..... 277684  
**FREE** Feb 22 ..... Th ..... 4:30-5:00pm..... Free/1 sess..... 277686  
**FREE** Mar 7 ..... Th ..... 3:30-4:00pm..... Free/1 sess..... 277687  
**FREE** Mar 7 ..... Th ..... 4:00-4:30pm..... Free/1 sess..... 277688  
**FREE** Mar 7 ..... Th ..... 4:30-5:00pm..... Free/1 sess..... 277689

### Thompson Community Centre

**FREE** Jan 23 ..... Tu..... 3:30-4:00pm..... Free/1 sess..... 280156  
**FREE** Jan 23 ..... Tu..... 4:00-4:30pm..... Free/1 sess..... 280157  
**FREE** Jan 23 ..... Tu..... 4:30-5:00pm..... Free/1 sess..... 280158  
**FREE** Feb 27 ..... Tu..... 3:30-4:00pm..... Free/1 sess..... 280159  
**FREE** Feb 27 ..... Tu..... 4:00-4:30pm..... Free/1 sess..... 280160  
**FREE** Feb 27 ..... Tu..... 4:30-5:00pm..... Free/1 sess..... 280161

### West Richmond Community Centre

**FREE** Jan 25 ..... Th ..... 3:30-4:30pm..... Free/1 sess..... 276853  
**FREE** Feb 29 ..... Th ..... 3:30-4:30pm..... Free/1 sess..... 276856

## 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 utilize our iPad during the session. Registration required.

### West Richmond Community Centre

**FREE** Jan 10 ..... W..... 10:00-10:30am..... Free/1 sess..... 276833  
**FREE** Jan 10 ..... W..... 10:30-11:00am..... Free/1 sess..... 276836  
**FREE** Jan 10 ..... W..... 11:00-11:30am..... Free/1 sess..... 276839  
**FREE** Feb 7 ..... W..... 10:00-10:30am..... Free/1 sess..... 276834  
**FREE** Feb 7 ..... W..... 10:30-11:00am..... Free/1 sess..... 276838  
**FREE** Feb 7 ..... W..... 11:00-11:30am..... Free/1 sess..... 276841  
**FREE** Mar 6 ..... W..... 10:00-10:30am..... Free/1 sess..... 276835  
**FREE** Mar 6 ..... W..... 10:30-11:00am..... Free/1 sess..... 276837  
**FREE** Mar 6 ..... W..... 11:00-11:30am..... Free/1 sess..... 276842



## Cooking

### JAPANESE COOKING

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

#### Steveston Community Centre

Jan 18 ..... Th ..... 10:00-11:30am..... \$22.70/1 sess ..... 279735  
Feb 15 ..... Th ..... 10:00-11:30am..... \$22.70/1 sess ..... 279736  
Mar 21 ..... Th ..... 10:00-11:30am..... \$22.70/1 sess ..... 279737

### SOUP AND BREAD MAKING WORKSHOP

Learn to make a nutritious, delicious and comforting soup in this hands-on session and prepare a bread dough to take home and bake. Instructed by a certified nutritionist.

#### Minoru Centre for Active Living (Seniors Centre)

Jan 24 ..... W ..... 2:30-4:00pm..... \$22.70/1 sess ..... 279309  
Feb 28 ..... W ..... 2:30-4:00pm..... \$22.70/1 sess ..... 279310  
Mar 20 ..... W ..... 2:30-4:00pm..... \$22.70/1 sess ..... 279311

## Events and Seasonal Programs

### JANUARY

#### BIRTHDAY TEA FOR EVERYONE

Celebrate a full year of birthdays at this celebration with festive food, fun, interactive games and delicious birthday cake.

#### Steveston Community Centre

Jan 10 ..... W ..... 1:00-3:00pm..... \$11.25/1 sess ..... 280163

#### BIRTHDAY PARTY SOCIAL

Celebrate with others born in the same month by enjoying a birthday treat and coffee or tea together. Those wanting to celebrate that aren't born in the same month are welcome.

#### Minoru Centre for Active Living (Seniors Centre)

Jan 17 ..... W ..... 2:30-3:30pm..... \$5.50/1 sess ..... 280145

#### CHEF'S DINNER

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

#### Minoru Centre for Active Living (Seniors Centre)

Jan 23 ..... Tu ..... 5:00-7:30pm..... \$32.00/1 sess ..... 279435

### FORBIDDEN VANCOUVER— SCANDALS OF OLD VANCOUVER

Gather at Minoru Centre for Active Living (Seniors Centre) to listen to and learn about downtown Vancouver's most scandalous history including the City's most famous murders, shocks and thrills. Light refreshments included. Presented by Forbidden Vancouver Walking Tours.

#### Minoru Centre for Active Living (Seniors Centre)

Jan 31 ..... W ..... 3:00-4:00pm..... \$16.50/1 sess ..... 280029

### FEBRUARY

#### LUNAR NEW YEAR CELEBRATION

Enjoy colourful and festive lion dancing and Tai Chi demonstrations followed by a delicious Chinese lunch.

#### East Richmond Community Hall (Cambie)

Feb 2 ..... F ..... 11:00am-1:00pm..... \$16.50/1 sess ..... 282476

#### PUZZLE SWAP

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

#### Minoru Centre for Active Living (Seniors Centre)

**FREE** Feb 3 ..... Sa ..... 1:30-2:30pm..... Free/1 sess ..... 280140

#### CHINESE NEW YEAR SHOW

Celebrate this annual cultural event with an entertainment-filled show of dance, music and cultural snacks.

#### City Centre Community Centre

Feb 6 ..... Tu ..... 11:15am-2:15pm..... \$10.75/1 sess ..... 280523

#### South Arm Community Centre

Feb 12 ..... M ..... 12:00-1:30pm..... \$11.25/1 sess ..... 277702

#### BIRTHDAY PARTY SOCIAL

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

#### Minoru Centre for Active Living (Seniors Centre)

Feb 14 ..... W ..... 2:30-3:30pm..... \$5.50/1 sess ..... 281164

#### ELEGANT BALLROOM AND SOCIAL SOIREE

Indulge in this evening of sophistication and charm dancing to live music, mingling and savouring light refreshments. No partner needed for this enchanting social event.

#### Thompson Community Centre

Feb 14 ..... W ..... 6:00-8:00pm..... \$11.25/1 sess ..... 280076

#### VALENTINE'S DAY TEA

Join this afternoon social complete with refreshments and entertainment.

#### Steveston Community Centre

Feb 14 ..... W ..... 1:00-3:00pm..... \$11.25/1 sess ..... 280168

### FAMILY DAY—DECORATIVE LETTERING AND CALLIGRAPHY CRAFTS

Learn some specialty brush techniques to create personalized and creative items that include cards, gift tags and envelopes. Supplies included. Registration required.

#### Steveston Community Centre

**TRY-IT** Feb 19 ..... M ..... 10:00-11:30am..... Free/1 sess ..... 279742

## MOTOWN DINNER AND DANCE

Listen to live music featuring the "Motown Sound" mixed with pop and blues while enjoying Soul food, basic, down-home cooking with its roots in the rural South. Round trip transportation (\$5 Event ID #281139) and Home drop off (\$3 Event ID #281143) available.

### Minoru Centre for Active Living (Seniors Centre)

Feb 28 ..... W ..... 4:30-8:00pm ..... \$36.00/1 sess ..... 280137

## MARCH

### BIRTHDAY PARTY SOCIAL

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

### Minoru Centre for Active Living (Seniors Centre)

Mar 13 ..... W ..... 2:30-3:30pm ..... \$5.50/1 sess ..... 281171

### ST. PATRICK'S DAY TEA SOCIAL

Celebrate this popular Irish holiday with a social tea, lively and local entertainment and wearing lots of green.

### Steveston Community Centre

Mar 13 ..... W ..... 1:00-3:00pm ..... \$11.25/1 sess ..... 280171

### ST. PATRICK'S DAY LUNCH

Wear green and celebrate this popular Irish holiday with a delicious homemade meal, lively and local entertainment.

### South Arm Community Centre

Mar 18 ..... M ..... 12:30-2:00pm ..... \$11.25/1 sess ..... 281853

### CHEF'S DINNER

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

### Minoru Centre for Active Living (Seniors Centre)

Mar 19 ..... Tu ..... 5:00-7:30pm ..... \$32.00/1 sess ..... 279437

## Fitness

### ACTIVE AND FIT

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

### Minoru Centre for Active Living (Seniors Centre)

Jan 9-Mar 12 ..... Tu ..... 10:15-11:15am ..... \$66.00/10 sess ..... 280336

Jan 12-Mar 22 ..... F ..... 10:15-11:15am ..... \$72.60/11 sess ..... 280153

### South Arm Community Centre

Jan 16-Mar 12 ..... Tu ..... 11:00am-12:00pm ..... \$52.80/8 sess ..... 278401

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

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

### Steveston Community Centre

Jan 12-Feb 16 ..... F ..... 12:30-1:30pm ..... \$58.50/6 sess ..... 279082

Feb 23-Mar 22 ..... F ..... 12:30-1:30pm ..... \$48.75/5 sess ..... 279084

## BETTER BACKS AND BALANCE

Learn ways to strengthen the midsection and lower back to improve balance. Suitable for older adults and those living with osteoporosis.

### South Arm Community Centre

Jan 24-Mar 20 ..... W ..... 10:30-11:30am ..... \$43.75/8 sess ..... 278447

### Steveston Community Centre

Jan 9-Feb 13 ..... Tu ..... 11:45am-12:45pm ..... \$32.80/6 sess ..... 279054

Jan 11-Feb 15 ..... Th ..... 11:45am-12:45pm ..... \$32.80/6 sess ..... 279076

Feb 20-Mar 19 ..... Tu ..... 11:45am-12:45pm ..... \$27.35/5 sess ..... 279056

Feb 22-Mar 21 ..... Th ..... 11:45am-12:45pm ..... \$27.35/5 sess ..... 279078

### Thompson Community Centre

Jan 8-Mar 11 ..... M ..... 11:00am-12:00pm ..... \$49.25/9 sess ..... 277347

## CHAIR FITNESS

Manage chronic conditions and pain more effectively with simple exercises in this basic fitness class. Suitable for older adults and those with physical limitations.

### Minoru Centre for Active Living (Seniors Centre)

Jan 11-Mar 28 ..... Th ..... 12:00-1:00pm ..... \$65.65/12 sess ..... 280151

## CHAIR FITNESS (CANTONESE AND ENGLISH)

Manage chronic conditions and pain more effectively with simple exercises in this basic fitness class. Suitable for older adults and those with physical limitations. Conducted in Cantonese and English.

### Minoru Centre for Active Living (Seniors Centre)

Jan 10-Mar 27 ..... W ..... 11:30am-12:30pm ..... \$49.25/9 sess ..... 280147

## CHAIR YOGA

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

### Minoru Centre for Active Living (Seniors Centre)

Jan 9-Mar 26 ..... Tu ..... 9:15-10:15am ..... \$79.90/12 sess ..... 281935

## CHOOSE TO MOVE INFORMATION SESSION

Learn about this three-month motivational coaching program for older adults wanting to become more physically active.

### Thompson Community Centre

**FREE** Jan 11 ..... Th ..... 3:00-4:00pm ..... Free/1 sess ..... 282418

## CYCLE AND STRENGTH—SILVER

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

### West Richmond Community Centre

Jan 9-Mar 19..... Tu..... 11:45am-12:45pm..... \$66.00/10 sess ... 276461  
Jan 11-Mar 21..... Th ..... 11:45am-12:45pm..... \$66.00/10 sess ... 276463

## EXERCISES FOR THOSE WITH PARKINSON'S

Improve function and reduce some of the physical limitations of this degenerative neurological disorder with targeted and instructor-led exercises.

### Minoru Centre for Active Living (Seniors Centre)

Jan 9-Feb 8..... Tu/Th. 12:45-1:45pm..... \$54.70/10 sess ... 278981  
Feb 20-Mar 28 ..... Tu/Th. 12:45-1:45pm..... \$65.65/12 sess ... 278998

### Steveston Community Centre

Jan 9-Feb 15..... Tu/Th. 11:45am-12:45pm..... \$65.65/12 sess ... 279059  
Feb 20-Mar 21 ..... Tu/Th. 11:45am-12:45pm..... \$54.70/10 sess ... 279061

## GET UP AND GO!

Improve strength, balance, coordination, functional ability, independence and quality of life in this entry-level exercise program. Suitable for older adults with balance and mobility impairments.

### Minoru Centre for Active Living (Seniors Centre)

Jan 11-Mar 28..... Th ..... 9:15-10:15am..... \$65.65/12 sess ... 280148

## JOINT MOVES

Increase range of motion, strength and flexibility and learn ways to minimize stiffness and pain. Suitable for older adults and those with arthritis.

### Minoru Centre for Active Living (Seniors Centre)

Jan 9-Mar 26..... Tu..... 10:30-11:30am..... \$65.65/12 sess ... 280339  
Jan 11-Mar 28..... Th ..... 10:30-11:30am..... \$65.65/12 sess ... 280150

## LADIES WHO LIFT—60yrs+

Develop lean and functional muscle tone with foundational lifts and learn how to create a fitness program for the gym while working on posture alignment and progressive overload. Suitable for beginners.

### Thompson Community Centre

Jan 18-Mar 7..... Th ..... 1:00-2:00pm..... \$78.00/8 sess ..... 277292

### West Richmond Community Centre

Jan 8-Mar 11..... M..... 10:45-11:45am..... \$87.75/9 sess ..... 270980  
Jan 8-Mar 11..... M..... 12:00-1:00pm..... \$87.75/9 sess ..... 270982

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

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

### South Arm Community Centre

Jan 15-Mar 11..... M..... 10:30-11:30am..... \$52.80/8 sess ..... 278368

## MINDS IN MOTION (CANTONESE)

Join this fitness and social program for people living with any form of early-stage dementia. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partner participation required and free of charge. PAR-Q+ Form must be completed at the start of the program. Conducted in Cantonese.

### East Richmond Community Hall (Cambie)

Jan 10-Mar 27..... W..... 1:30-3:30pm..... \$67.80/12 sess ... 271352

## MINDS, MUSCLES AND MOBILITY

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

### Steveston Community Centre

Jan 9-Feb 13..... Tu..... 10:30-11:30am..... \$32.80/6 sess ..... 279049  
Jan 11-Feb 15..... Th ..... 10:30-11:30am..... \$32.80/6 sess ..... 279073  
Feb 20-Mar 19 ..... Tu..... 10:30-11:30am..... \$27.35/5 sess ..... 279051  
Feb 22-Mar 21 ..... Th ..... 10:30-11:30am..... \$27.35/5 sess ..... 279074

## MUSCLES IN MOTION

Enhance strength, flexibility, mobility and balance with these gentle-on-joints exercises that include low-impact cardio, resistance bands, body weight and dynamic stretching routines. Suitable for 75+ years.

### South Arm Community Centre

Jan 17-Mar 6..... W..... 10:15-11:15am..... \$43.75/8 sess ..... 280072

## SILVER CYCLE

Combine 30 minutes of basic spin drills and 15 minutes of upper body strength and stretching exercises. Designed specifically for 55+ years. Suitable for beginners.

### Steveston Community Centre

Jan 10-Feb 14..... W..... 9:00-9:45am..... \$39.60/6 sess ..... 279063  
Feb 21-Mar 20 ..... W..... 9:00-9:45am..... \$33.00/5 sess ..... 279068

## 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

Jan 17-Mar 20..... W..... 10:15-11:15am..... \$54.70/10 sess ... 282531

### Minoru Centre for Active Living (Seniors Centre)

Jan 8-Mar 25..... M..... 10:15-11:15am..... \$60.20/11 sess ... 280154  
Jan 10-Mar 27..... W..... 10:15-11:15am..... \$49.25/9 sess ..... 279025

### Thompson Community Centre

Jan 12-Mar 15..... F ..... 10:30-11:30am..... \$54.70/10 sess ... 273931

## WOMEN ON WEIGHTS (WOW)

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

### Minoru Centre for Active Living (Seniors Centre)

Jan 10-Feb 28..... W..... 1:00-2:00pm..... \$78.00/8 sess ..... 278179



**ZUMBA®—GOLD**

Move gently with low impact exercises designed for older adults with slight mobility issues. Experience all of the fun, zesty Latin music and easy-to-follow routines of traditional Zumba®. Suitable for all fitness levels.

**Minoru Centre for Active Living (Seniors Centre)**

Jan 9-Mar 26..... Tu..... 12:30-1:30pm..... \$79.20/12 sess ... 281931

**South Arm Community Centre**

Jan 12-Feb 9..... F ..... 11:00am-12:00pm..... \$33.00/5 sess ..... 279626

Feb 16-Mar 22 ..... F ..... 11:00am-12:00pm..... \$39.60/6 sess ..... 279628

**Thompson Community Centre**

Jan 9-Mar 12..... Tu..... 10:30-11:30am..... \$66.00/10 sess ... 277312

**West Richmond Community Centre**

Jan 9-Mar 12..... Tu..... 1:00-2:00pm..... \$66.00/10 sess ... 272190

**General Interest****BRIDGE—LEVEL 1—BEGINNER**

Learn the basics of this very popular, classic and group card game that offers a wonderful social opportunity. No experience required.

**Minoru Centre for Active Living (Seniors Centre)**

Jan 8-Mar 11..... M..... 2:30-4:00pm..... \$74.40/9 sess ..... 278203

**BRIDGE—LEVEL 2—BEGINNER**

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

**Minoru Centre for Active Living (Seniors Centre)**

Jan 11-Mar 14..... Th ..... 1:30-3:00pm..... \$82.65/10 sess ... 278207

**CANADA REVENUE AGENCY (CRA)  
BENEFITS AND CREDITS AVAILABLE FOR  
FAMILY CAREGIVERS WORKSHOP**

Learn what CRA benefits and resources are available and how to avoid possible tax scams. Presented by a CRA outreach officer. Registration required.

**South Arm Community Centre**

**FREE** Jan 10 ..... W..... 10:00-11:00am..... Free/1 sess..... 283494

**COFFEE AND CHAT FOR THOSE LIVING  
WITH DEMENTIA (CANTONESE)**

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

**Minoru Centre for Active Living (Seniors Centre)**

**FREE** Jan 23-Mar 12... Tu . 1:30-3:00pm..... Free/8 sess ..... 271466

**CRA BENEFITS AND CREDITS AVAILABLE  
TO SENIORS WORKSHOP**

Learn what Canada Revenue Agency benefits and resources are available to adults 65+ years, how to navigate the system and where to seek further information. Presented by a CRA outreach officer. Registration required.

**Minoru Centre for Active Living (Seniors Centre)**

**FREE** Jan 8 ..... M..... 10:30am-12:00pm..... Free/1 sess..... 279665

**"ELVIS PRESLEY" GREATEST HITS CONCERT**

Connect with new people or socialize with friends at this themed-gathering that includes light refreshments and a live musical performance by an Elvis impersonator.

**South Arm Community Centre**

Jan 8 ..... M..... 1:00-3:00pm..... \$11.25/1 sess ..... 277699

**FINANCIAL LITERACY—CREATING  
A FINANCIAL PLAN**

Learn tips and tricks and get help on the path to financial success. Presented by a G&F Financial advisor. Registration required.

**Cambie Community Centre**

**FREE** Mar 21 ..... Th ..... 6:30-8:00pm..... Free/1 sess..... 281279

**FRAUDS AND SCAMS WORKSHOP**

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

**South Arm Community Centre**

**FREE** Jan 17 ..... W..... 11:30am-12:30pm..... Free/1 sess..... 282098

**Thompson Community Centre**

**FREE** Feb 20 ..... Tu..... 1:30-2:30pm..... Free/1 sess..... 280597

**HOUSEHOLD CHEMICALS  
AWARENESS WORKSHOP**

Learn about the safe use, storage and proper disposal of household products such as cleaning liquids and also find out the meanings of hazard symbols. Instructed by Environmental Health Program, Health Canada. Registration required.

**City Centre Community Centre**

**FREE** Jan 17 ..... W..... 11:00am-12:00pm..... Free/1 sess..... 282428

**LET'S RECYCLE CORRECTLY WORKSHOP**

Become a Gold Star Recycler in Richmond after learning the basics in this interactive session. Presented by City Environmental Programs staff. Registration required.

**Minoru Centre for Active Living (Seniors Centre)**

**FREE** Feb 22 ..... Th ..... 3:30-5:00pm..... Free/1 sess..... 277714

## PENSION AND TAX OPTIONS WORKSHOP

Discover potential benefits for separated couples, find out about tax allowances for caregivers and disabled individuals and learn how to simplify the application process. Presented by Council of Senior Citizens Organizations of BC. Registration required.

**FREE** Mar 11 ..... M..... 1:30-2:30pm..... Free/1 sess..... 283498

## SAFETY SERIES—PEDESTRIAN SAFETY

Learn tips and tricks to staying visible and safe as a pedestrian as the seasons change along with information on Enhanced Road Assessment. Presented by the Insurance Corporation of BC as part of the Fall Safety Series. Registration required.

### Hamilton Community Centre

**FREE** Feb 13 ..... Tu..... 11:00am-12:00pm..... Free/1 sess..... 278383

## SENIORS CENTRE AT MINORU CENTRE FOR ACTIVE LIVING (SENIORS CENTRE) 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 (Seniors Centre). Light refreshments included. Registration required.

### Minoru Centre for Active Living (Seniors Centre)

**FREE** Jan 17 ..... W..... 10:30-11:30am..... Free/1 sess..... 279306

**FREE** Feb 21 ..... W..... 10:30-11:30am..... Free/1 sess..... 279307

**FREE** Mar 20 ..... W..... 10:30-11:30am..... Free/1 sess..... 279308

## SHOW AND TELL WITH RICHMOND PUBLIC LIBRARY WORKSHOP

Discover and learn about the different programs and services that the library offers for seniors and explore different options that include audio-books, home services and the new book dispenser. Presented by a Community Services Librarian. Registration required.

### Hamilton Community Centre

**FREE** Jan 24 ..... W..... 11:00am-12:00pm..... Free/1 sess..... 278369

## VALENTINE'S DAY CARD MAKING EXTRAVAGANZA

Join this heart-warming social to create personalized and beautiful cards with youth volunteers to give to loved ones. Supplies included.

### Thompson Community Centre

**FREE** Feb 9 ..... F ..... 4:00-6:00pm..... Free/1 sess..... 280139

## Health and Wellness

### ACTIVE LIVING WITH DIABETES SELF-MANAGEMENT PROGRAM

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

### East Richmond Community Hall (Cambie)

**FREE** Jan 25-Feb 29 1. Th . 10:00am-12:30pm..... Free/6 sess ..... 275741

### WELLNESSCLINICS—DROP-IN

#### City Centre Community Centre

**FREE** Jan 4, Feb 1, Mar 7 ..... Th ..... 10:00am-12:00pm

#### East Richmond Community Hall (Cambie)

**FREE** Jan 10, Feb 14, Mar 13 ..... W ..... 9:30am-12:00pm

#### Minoru Centre for Active Living (Seniors Centre) (Seniors Centre)

**FREE** Jan 17, Feb 21, Mar 20 ..... W ..... 10:00am-12:00pm

#### South Arm Community Centre

**FREE** Jan 12, Feb 9, Mar 8 ..... F ..... 9:30-11:30am

#### Steveston Japanese Canadian Cultural Centre (Steveston)

**FREE** Feb 7, Mar 6 ..... W ..... 9:00am-12:00pm

### BRAIN HEALTH AND DEMENTIA WORKSHOP

Learn about brain health and dementia and how to help people living with this condition to feel included and supported. Presented by the Alzheimer Society of BC. Registration required.

### South Arm Community Centre

**FREE** Jan 22 ..... M..... 12:00-1:30pm..... Free/1 sess..... 276685

### BRAIN HEALTH AND DEMENTIA WORKSHOP (CANTONESE)

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

### City Centre Community Centre

**FREE** Jan 24 ..... W..... 10:00-11:00am..... Free/1 sess..... 282430

### Minoru Centre for Active Living (Seniors Centre)

**FREE** Jan 9 ..... Tu..... 10:30-11:30am..... Free/1 sess..... 281116

## CHAIR MASSAGE—REGISTERED MASSAGE THERAPIST STUDENT

Relieve stress with a 15-minute massage focused on the head, neck, shoulders, backs and arms. Sessions are performed by a Langara College student under the supervision of a qualified Registered Massage Therapy instructor. Registration required.

### Minoru Centre for Active Living (Seniors Centre)

<b>FREE</b>	Jan 17	..... W.....	9:00-9:20am.....	Free/1 sess.....	271889
<b>FREE</b>	Jan 17	..... W.....	9:30-9:50am.....	Free/1 sess.....	271890
<b>FREE</b>	Jan 17	..... W.....	10:00-10:20am.....	Free/1 sess.....	271891
<b>FREE</b>	Jan 17	..... W.....	11:00-11:20am.....	Free/1 sess.....	271893
<b>FREE</b>	Jan 17	..... W.....	11:30-11:50am.....	Free/1 sess.....	271894
<b>FREE</b>	Jan 17	..... W.....	12:00-12:20pm.....	Free/1 sess.....	271897
<b>FREE</b>	Feb 21	..... W.....	9:00-9:20am.....	Free/1 sess.....	271898
<b>FREE</b>	Feb 21	..... W.....	9:30-9:50am.....	Free/1 sess.....	271899
<b>FREE</b>	Feb 21	..... W.....	10:00-10:20am.....	Free/1 sess.....	271900
<b>FREE</b>	Feb 21	..... W.....	11:00-11:20am.....	Free/1 sess.....	271901
<b>FREE</b>	Feb 21	..... W.....	11:30-11:50am.....	Free/1 sess.....	271903
<b>FREE</b>	Feb 21	..... W.....	12:00-12:20pm.....	Free/1 sess.....	271904
<b>FREE</b>	Mar 20	..... W.....	9:00-9:20am.....	Free/1 sess.....	271907
<b>FREE</b>	Mar 20	..... W.....	9:30-9:50am.....	Free/1 sess.....	271908
<b>FREE</b>	Mar 20	..... W.....	10:00-10:20am.....	Free/1 sess.....	271909
<b>FREE</b>	Mar 20	..... W.....	11:00-11:20am.....	Free/1 sess.....	271910
<b>FREE</b>	Mar 20	..... W.....	11:30-11:50am.....	Free/1 sess.....	271912
<b>FREE</b>	Mar 20	..... W.....	12:00-12:20pm.....	Free/1 sess.....	271913

## CHRONIC CONDITION SELF- MANAGEMENT PROGRAM

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

### West Richmond Community Centre

<b>FREE</b>	Jan 17-Feb 28 W.....	9:30am-12:00pm.....	Free/6 sess.....	272314
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## CHRONIC CONDITION SELF-MANAGEMENT PROGRAM (CANTONESE)

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

### Minoru Centre for Active Living (Seniors Centre)

<b>FREE</b>	Feb 23-Mar 29....F....	9:30am-12:00pm.....	Free/6 sess.....	272197
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## CHRONIC PAIN SELF- MANAGEMENT PROGRAM

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

### Minoru Centre for Active Living (Seniors Centre)

<b>FREE</b>	Jan 24-Mar 6. W.....	10:00am-12:30pm.....	Free/6 sess.....	271624
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## D.I.Y. (DO-IT-YOURSELF) ESSENTIAL OIL

### CUTICLE OIL WORKSHOP

Produce a natural product using essential oils and other natural ingredients in this hands-on session. Also included are various tips to help create a natural and non-toxic living environment. Instruction and materials included

### City Centre Community Centre

Mar 08 .....	F .....	11:00am-12:00pm.....	\$6.35/1 sess .....	279062
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## MULTIPURPOSE ROOM SPRAY MAKING WORKSHOP

Make and take home a cleaning spray that is safe for people and the environment with the benefits of essential oils. A \$7.50 non-refundable supplies fee charged when registering.

### City Centre Community Centre

Jan 26 .....	F .....	11:00am-12:00pm.....	\$6.35/1 sess .....	279060
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## MULTIPURPOSE SURFACE SPRAY WORKSHOP

Make and take home a cleaning spray that is safe for people and the environment and is excellent at cleaning hard surfaces in the kitchen and bathroom

### City Centre Community Centre

Mar 22 .....	F .....	11:00am-12:00pm.....	\$6.35/1 sess .....	279066
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## PLASTER DIFFUSER WORKSHOP

Learn how to make a porous and unglazed diffuser that allows essential oils to absorb and gently scent the surrounding air without using any heat or electricity

### City Centre Community Centre

Feb 23 .....	F .....	10:30am-12:00pm.....	\$9.50/1 sess .....	279469
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## 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.

### East Richmond Community Hall (Cambie)

Jan 8	M	9:00am-3:00pm	\$55.00/1 sess	271359
Feb 5	M	9:00am-3:00pm	\$55.00/1 sess	271360
Feb 26	M	9:00am-3:00pm	\$55.00/1 sess	271361
Mar 18	M	9:00am-3:00pm	\$55.00/1 sess	271362

### Minoru Centre for Active Living (Seniors Centre)

Jan 17	W	9:00-9:20am	\$55.00/1 sess	271497
Jan 17	W	9:30-9:50am	\$55.00/1 sess	271504
Jan 17	W	10:00-10:20am	\$55.00/1 sess	271506
Jan 17	W	10:30-10:50am	\$55.00/1 sess	271508
Jan 17	W	11:00-11:20am	\$55.00/1 sess	271510
Jan 17	W	11:30-11:50am	\$55.00/1 sess	271512
Jan 17	W	12:00-12:20pm	\$55.00/1 sess	271514
Jan 17	W	12:30-12:50pm	\$55.00/1 sess	271516
Jan 17	W	1:00-1:20pm	\$55.00/1 sess	271518
Jan 17	W	1:30-1:50pm	\$55.00/1 sess	271520
Feb 21	W	9:00-9:20am	\$55.00/1 sess	271524
Feb 21	W	9:30-9:50am	\$55.00/1 sess	271526
Feb 21	W	10:00-10:20am	\$55.00/1 sess	271534
Feb 21	W	10:30-10:50am	\$55.00/1 sess	271531
Feb 21	W	11:00-11:20am	\$55.00/1 sess	271536
Feb 21	W	11:30-11:50am	\$55.00/1 sess	271538
Feb 21	W	12:00-12:20pm	\$55.00/1 sess	271546
Feb 21	W	12:30-12:50pm	\$55.00/1 sess	271540
Feb 21	W	1:00-1:20pm	\$55.00/1 sess	271542
Feb 21	W	1:30-1:50pm	\$55.00/1 sess	271544
Mar 20	W	9:00-9:20am	\$55.00/1 sess	271548
Mar 20	W	9:30-9:50am	\$55.00/1 sess	271550
Mar 20	W	10:00-10:20am	\$55.00/1 sess	271552
Mar 20	W	10:30-10:50am	\$55.00/1 sess	271554
Mar 20	W	11:00-11:20am	\$55.00/1 sess	271556
Mar 20	W	11:30-11:50am	\$55.00/1 sess	271558
Mar 20	W	12:00-12:20pm	\$55.00/1 sess	271560
Mar 20	W	12:30-12:50pm	\$55.00/1 sess	271562
Mar 20	W	1:00-1:20pm	\$55.00/1 sess	271564
Mar 20	W	1:30-1:50pm	\$55.00/1 sess	271566

## 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. Conducted in Japanese and English.

### Steveston Community Centre

FREE	Jan 8-Mar 25	M	10:00am-12:00pm	Free/11 sess	279738
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## HEALTHY EATING FOR HEALTHY AGING

Learn about important principles of healthy eating and nutrition to support healthy aging of the body and mind. Discussions include practical strategies to overcome common food and nutrition related challenges associated with chronic disease management, meal preparation and changes in weight or appetite.

### East Richmond Community Hall (Cambie)

FREE	Mar 28	Th	12:00-1:00pm	Free/1 sess	282359
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## HEARING CLINICS

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

### Minoru Centre for Active Living (Seniors Centre)

FREE	Jan 22	M	2:00-2:20pm	Free/1 sess	271417
FREE	Jan 22	M	2:20-2:40pm	Free/1 sess	271418
FREE	Jan 22	M	2:40-3:00pm	Free/1 sess	271419
FREE	Jan 22	M	3:00-3:20pm	Free/1 sess	271420
FREE	Jan 22	M	3:20-3:40pm	Free/1 sess	271421
FREE	Jan 22	M	3:40-4:00pm	Free/1 sess	271423
FREE	Jan 22	M	4:00-4:20pm	Free/1 sess	271424
FREE	Jan 22	M	4:20-4:40pm	Free/1 sess	271425
FREE	Feb 26	M	2:00-2:20pm	Free/1 sess	271431
FREE	Feb 26	M	2:20-2:40pm	Free/1 sess	271434
FREE	Feb 26	M	2:40-3:00pm	Free/1 sess	271435
FREE	Feb 26	M	3:00-3:20pm	Free/1 sess	271437
FREE	Feb 26	M	3:20-3:40pm	Free/1 sess	271438
FREE	Feb 26	M	3:40-4:00pm	Free/1 sess	271440
FREE	Feb 26	M	4:00-4:20pm	Free/1 sess	271441
FREE	Feb 26	M	4:20-4:40pm	Free/1 sess	271445

## HEART HEALTH PRESENTATION

Gain an understanding of the causes, risk factors, signs and symptoms of heart failure and how to make simple lifestyle changes live well with this chronic condition. Presented by Vancouver Coastal Health. Registration required.

### South Arm Community Centre

FREE	Feb 26	M	12:00-1:30pm	Free/1 sess	276911
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## HOLISTIC HEALTH SERIES

### ALZHEIMER'S AND DEMENTIA WORKSHOP

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

### East Richmond Community Hall (Cambie)

FREE	Jan 08	M	1:00-2:30pm	Free/1 sess	279859
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### EPIGENETICS WORKSHOP

Learn how genetics are changing on a daily basis and get practical tips on the things to do to become the driver of ones genetic roadmap. Presented by a naturopathic doctor. Registration required.

### City Centre Community Centre

FREE	Feb 26	M	1:00-2:30pm	Free/1 sess	276565
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## HEALTHY HEART WORKSHOP

Learn to optimize cardiovascular health for benefits that include lowering blood pressure and stress, strengthening muscles and helping with weight control. Presented by a naturopathic doctor. Registration required.

### East Richmond Community Hall (Cambie)

**FREE** Feb 12 ..... M..... 1:00-2:30pm..... Free/1 sess..... 275781

## LYMPHATICS—THE OVERLOOKED SYSTEM

Learn how vital this system is for immune response and disease resistance and gain knowledge on simple habits to keep healthy. Presented by a doctor with time for questions. Registration required.

### South Arm Community Centre

**FREE** Mar 4 ..... M..... 1:00-2:30pm..... Free/1 sess..... 276923

## THE TRUTH BEHIND WEIGHT LOSS WORKSHOP

Learn why there is more to weight loss than counting calories and exercising more, how processes and hormonal pathways support the body in maintaining a healthy weight and how effective weight loss requires understanding how the body stores fat and utilizes energy. Presented by a naturopathic doctor. Registration required.

### Thompson Community Centre

**FREE** Jan 22 ..... M..... 1:00-2:30pm..... Free/1 sess..... 279761

## IKI IKI SOCIAL (JAPANESE AND ENGLISH)

Socialize and enjoy easier-paced and culturally-familiar activities in this safe and engaging program for older adults with mild to moderate dementia. Conducted in Japanese and English. Supplies and lunch included.

### Steveston Community Centre

Jan 11-Mar 28..... Th ..... 12:30-3:00pm..... \$220.55/12 sess . 279739

## JUST FOR YOU—HEALTH TALK WORKSHOP

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

### West Richmond Community Centre

**FREE** Jan 10-Mar 13... W.. 1:45-3:00pm.....Free/3 sess ..... 276825

## OSTEOARTHRITIS SERIES

### BEVERAGES AND HEALTH

Learn how drinks that include water, coffee, juice, milk and milk alternatives, alcohol and pop can affect living with arthritis and general wellbeing and find out examples of healthy choices. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

### South Arm Community Centre

**FREE** Mar 13 ..... W..... 11:00am-12:30pm..... Free/1 sess..... 280152

## 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.

### City Centre Community Centre

**FREE** Feb 28 ..... W..... 10:00am-12:00pm..... Free/1 sess..... 281950

### Steveston Community Centre

**FREE** Feb 13 ..... Tu..... 10:00am-12:00pm..... Free/1 sess..... 281900

## MANAGING HIP AND KNEE OSTEOARTHRITIS

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

### Minoru Centre for Active Living (Seniors Centre)

**FREE** Feb 5 ..... M..... 10:30am-12:00pm..... Free/1 sess..... 279075

### Steveston Community Centre

**FREE** Jan 30 ..... Tu..... 10:00am-12:00pm..... Free/1 sess..... 281908

## MANAGING SHOULDER ARTHRITIS

Focus on joint specific strategies of management including joint protection, exercise and shoulder pain management. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

### Steveston Community Centre

**FREE** Mar 12 ..... Tu..... 10:00am-12:00pm..... Free/1 sess..... 281892

## NUTRITION, SUPPLEMENTS AND ARTHRITIS

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

### Minoru Centre for Active Living (Seniors Centre)

**FREE** Mar 7 ..... Th ..... 1:30-4:00pm..... Free/1 sess..... 279519

## SLEEP WORKSHOP

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

### Thompson Community Centre

**FREE** Jan 25 ..... Th ..... 1:30-2:30pm..... Free/1 sess..... 280472

## THRIVING AND SURVIVING CANCER SELF-MANAGEMENT PROGRAM

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

### Steveston Community Centre

**FREE** Feb 5-Mar 18 M..... 12:30-3:00pm..... Free/6 sess..... 280868

## WELLNESS CLINIC—REFLEXOLOGY

Try this alternative medical practice that involves applying pressure to the feet, hands or ears with specific thumb, finger and hand technique work that results in physical changes to the body.

### East Richmond Community Hall (Cambie)

Jan 10 .....	W.....	9:30-9:50am.....	\$17.25/1 sess .....	281335
Jan 10 .....	W.....	10:00-10:20am.....	\$17.25/1 sess .....	281354
Jan 10 .....	W.....	10:30-10:50am.....	\$17.25/1 sess .....	281359
Jan 10 .....	W.....	11:00-11:20am.....	\$17.25/1 sess .....	281363
Jan 10 .....	W.....	11:30-11:50am.....	\$17.25/1 sess .....	281366
Jan 10 .....	W.....	12:00-12:20pm.....	\$17.25/1 sess .....	281369
Jan 10 .....	W.....	12:30-12:50pm.....	\$17.25/1 sess .....	281372

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

### Minoru Centre for Active Living (Seniors Centre)

Jan 25- Mar 14.....	Th .....	10:30am-1:30pm.....	\$210/8 sess .....	276483
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## WELLNESS CONNECTIONS (CANTONESE AND MANDARIN)

Connect with others in this outreach program designed to reintegrate frail, at risk and isolated seniors back into the community. Special programming, lunch and transportation included. Conducted in Cantonese and Mandarin. Registration and intake interview required. Call the Seniors Wellness Coordinator at 604-238-8460 for details.

### Minoru Centre for Active Living (Seniors Centre)

Jan 23-Mar 12.....	Tu.....	10:30am-1:30pm.....	\$210.00/8 sess ...	276482
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## 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 Lafarge Canada. Registration required.

### Hamilton Community Centre

<b>FREE</b> Jan 24-Mar 13... W..	11:30am-1:30pm.....	Free/8 sess .....	282462
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## Languages

### CASTILIAN LANGUAGE WORKSHOP

Learn the difference between Castilian and Spanish in these social and fun sessions that focus on the Castilian accent, greetings, food, traditions and vocabulary. Pre-requisite: Some Spanish language experience.

### Minoru Centre for Active Living (Seniors Centre)

Jan 12-Jan 19.....	F .....	10:30am-12:00pm.....	\$19.00/2 sess .....	279144
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### CONVERSATIONAL SPANISH—LEVEL 1

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

### Minoru Centre for Active Living (Seniors Centre)

Jan 10-Mar 13.....	W.....	10:30am-12:00pm.....	\$95.10/10 sess ...	278684
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### CONVERSATIONAL SPANISH—LEVEL 2

Build on current language skills through conversation, games and topical discussions. Instructed by a fluent Spanish-speaking instructor. Pre-requisite: Intermediate knowledge of Spanish.

### Minoru Centre for Active Living (Seniors Centre)

Jan 10-Mar 13.....	W.....	12:30-2:00pm.....	\$95.10/10 sess ...	278685
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### FRENCH—BEGINNER

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

### Minoru Centre for Active Living (Seniors Centre)

Jan 16-Mar 12.....	Tu.....	10:00-11:00am.....	\$57.05/9 sess .....	278680
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### FRENCH FOR TRAVELLERS—BEGINNER

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

### West Richmond Community Centre

Jan 11-Feb 29.....	Th .....	10:30am-12:00pm.....	\$76.10/8 sess .....	276798
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### LEARN SPANISH THROUGH KARAOKE WORKSHOP

Learn some Spanish in a fun way by singing and developing an understanding of vocabulary, pronunciation, music, lyrics and rhythms.

### Minoru Centre for Active Living (Seniors Centre)

Jan 26-Feb 2.....	F .....	10:30am-12:00pm.....	\$19.00/2 sess .....	279162
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### SOCIAL SPANISH FIESTA DANCING WORKSHOP

Practice traditional Spanish dance moves and rhythms that include the cha cha, salsa, bachata and more, while socializing and celebrating the Spanish culture.

### Minoru Centre for Active Living (Seniors Centre)

Feb 9-Feb 16 .....	F .....	10:30am-12:00pm.....	\$19.00/2 sess .....	279207
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## SPANISH—BEGINNER

Learn basic words and sentences, intonations and interactive methods to develop conversational fluency in this popular language. Instructed by a fluent Spanish-speaking instructor.

### Minoru Centre for Active Living (Seniors Centre)

Jan 12-Mar 15..... F ..... 12:30-2:00pm..... \$95.10/10 sess ... 278751

## SPANISH FOR TRAVELLERS WORKSHOP

Prepare for a visit to Spanish speaking countries with simple phrases and tips for safety, local customs, food and culture. Instructed by a fluent Spanish speaking instructor. No Spanish language experience required.

### Minoru Centre for Active Living (Seniors Centre)

Feb 23-Mar 1 ..... F ..... 10:30am-12:00pm..... \$19.00/2 sess ..... 279248

# Martial Arts

## HEALTH QIGONG—YI JIN JING—BEGINNER

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

### City Centre Community Centre

**TRY-IT** Jan 10..... W..... 11:30am-12:30pm..... Free/1 sess..... 279100

Jan 17-Mar 27..... W..... 9:00-10:00am..... \$69.30/11 sess ... 278304

## HEALTH QIGONG—YI JIN JING—INTERMEDIATE

Focus on the upper body, arms and spine to learn basic harmonious standing movements along with breathing techniques that help to strengthen muscles and tendons, improve flexibility and balance. Tai Ji Yang Sheng Zhang included. Instructed by a certified Qigong instructor. Pre-requisite: Health Qigong—Yi Jin Jing—Beginner or instructor approval.

### City Centre Community Centre

Jan 19-Mar 22..... F ..... 10:00-11:00am..... \$63.00/10 sess ... 278319

## QIGONG FOR HEALTH—INTERMEDIATE

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

### West Richmond Community Centre

Jan 12-Mar 8..... F ..... 1:30-2:30pm..... \$56.70/9 sess ..... 276887

## TAI CHI—BEGINNER

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

### City Centre Community Centre

**TRY-IT** Jan 10..... W..... 9:15-10:15am..... Free/1 sess..... 279104

### Minoru Centre for Active Living (Seniors Centre)

Jan 12-Mar 15..... F ..... 11:15am-12:15pm..... \$63.00/10 sess ... 278460

Jan 13-Mar 16..... Sa ..... 11:15am-12:15pm..... \$63.00/10 sess ... 278464

### Steveston Community Centre

Jan 11-Mar 28..... Th ..... 11:45am-12:45pm..... \$75.60/12 sess ... 279718

## TAI CHI—INTERMEDIATE - 24 FORM

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

### Steveston Community Centre

Jan 9-Mar 26..... Tu..... 11:45am-12:45pm..... \$75.60/12 sess00279716

## TAI CHI—INTERMEDIATE - 42 FORM

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

### City Centre Community Centre

Jan 15-Apr 1 ..... M..... 10:45am-11:45am..... \$69.30/11 sess00278297

## TAI CHI—ADVANCED

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

### City Centre Community Centre

Jan 17-Mar 27..... W..... 10:15-11:15am..... \$69.30/11 sess ... 278308

### Minoru Centre for Active Living (Seniors Centre)

Jan 13-Mar 17..... Sa ..... 10:00-11:00am..... \$63.00/10 sess ... 278463

### Steveston Community Centre

Jan 8-Mar 25..... M..... 11:45am-12:45pm..... \$69.30/11 sess ... 279717

## TAI CHI—PRESERVING MOVEMENT

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

### Minoru Centre for Active Living (Seniors Centre)

Jan 11-Mar 14..... Th ..... 6:30-7:30pm..... \$63.00/10 sess ... 278466

## 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

Jan 10 ..... W..... 10:30-11:30am..... Free/1 sess..... 279095

### Minoru Centre for Active Living (Seniors Centre)

Jan 11-Mar 14..... Th ..... 12:45-1:45pm..... \$63.00/10 sess ... 278459

## TAI CHI—SWORD—YANG STYLE—INTERMEDIATE

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

### City Centre Community Centre

Jan 19-Mar 22..... F ..... 11:15am-12:15pm..... \$63.00/10 sess ... 278321

## TAI CHI—FAN—BEGINNER

Practice this elegant and popular form of martial arts that also improves flexibility and balance. Fan provided for use during session.

### City Centre Community Centre

**TRY-IT** Jan 15..... M..... 11:45am-12:45pm..... Free/1 sess..... 279105

Jan 22-Apr 1 ..... M..... 11:45am-12:45pm..... \$63.00/10 sess ... 278341

**WING CHUN—BEGINNER 1**

Stimulate the senses of reaction, touch and feeling while learning the first form of this martial arts that utilizes soft technical skills through hand drill exercises. Sessions are non-contact, inclusive and offer a good workout that improves coordination and balance.

**Minoru Centre for Active Living (Seniors Centre)**

Jan 8-Mar 11 ..... M ..... 12:45-1:45pm ..... \$56.70/9 sess ..... 278251

**WING CHUN—BEGINNER 2**

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

**Minoru Centre for Active Living (Seniors Centre)**

Jan 8-Mar 11 ..... M ..... 2:00-3:00pm ..... \$56.70/9 sess ..... 278254

**Out Trips and Tours****JANUARY****GLUTEN FREE EXPO TRIP**

Explore a range of gluten free products and connect with others that share this dietary restriction at this Vancouver Convention Centre event. Transportation and admission included. Home drop off (\$3) available. No refunds within 30 days of trip.

**Minoru Centre for Active Living (Seniors Centre)**

Jan 13 ..... Sa ..... 9:30am-3:30pm ..... \$48.00/1 sess ..... 280131

**CLANCY'S TEA COSY LUNCH TRIP**

Enjoy a lingering lunch at this charming tea house in White Rock that includes an elegant mini-High Tea and delicious homemade soup. Lunch and transportation included. No refunds within 7 days of trip.

**Steveston Community Centre**

Jan 18 ..... Th ..... 10:15am-2:15pm ..... \$45.00/1 sess ..... 280179

**West Richmond Community Centre**

Jan 18 ..... Th ..... 10:00am-2:30pm ..... \$45.00/1 sess ..... 281027

**BEATY BIODIVERSITY MUSEUM AND LUNCH TRIP**

Explore this active research collection that showcases the diversity of living creatures of the past and present at UBC. Lunch available for purchase at a neighbourhood restaurant. Transportation, admission and guided tour included. No refunds within 7 days of trip.

**City Centre Community Centre**

Jan 23 ..... Tu ..... 9:15am-2:15pm ..... \$33.15/1 sess ..... 279085

**South Arm Community Centre**

Jan 23 ..... Tu ..... 9:00am-2:30pm ..... \$33.15/1 sess ..... 278265

**DINNER BUFFET AT NEWLANDS GOLF CLUB TRIP**

Enjoy a delicious prime rib dinner buffet at this Langley golf and country club. Transportation and dinner buffet included. No refunds with 30 days of trip. Home drop off (\$3) available.

**Minoru Centre for Active Living (Seniors Centre)**

Jan 27 ..... Sa ..... 4:00-8:30pm ..... \$56.65/1 sess ..... 279996

**ROEDDE HOUSE MUSEUM TRIP**

Enjoy the "Tea and Tour" in this City of Vancouver-designated Class A Heritage House designed by famed architect Francis Rattenbury and made up of 11 rooms furnished with artefacts and period items collected over the years. Transportation, tour and tea included. No refunds within 7 days of trip.

**Cambie Community Centre**

Jan 28 ..... Su ..... 12:30-3:00pm ..... \$27.00/1 sess ..... 279482

**South Arm Community Centre**

Jan 28 ..... Su ..... 12:00-3:30pm ..... \$27.00/1 sess ..... 279715

**LET'S DO LUNCH SERIES TRIP**

Discover new cuisines, local favourites and hidden gems in this new series of monthly out trips to various local restaurants. Information about specific locations made available at the beginning of each month. Transportation only included. No refunds within 7 days of trip.

**Thompson Community Centre**

Jan 29 ..... M ..... 11:30am-2:00pm ..... \$16.75/1 sess ..... 282466

**FEBRUARY****ANNE OF GREEN GABLES BALLET TRIP**

Experience Anne's journey through Avonlea in this 2.5 hour performance at New Westminster's Massey Theatre filled with pirouettes and prance, live music and dance. Transportation and admission included. No refunds within 30 days of trip.

**Minoru Centre for Active Living (Seniors Centre)**

Feb 10 ..... Sa ..... 3:00-8:00pm ..... \$70.10/1 sess ..... 280143

**BC SPORTS HALL OF FAME TRIP**

Witness the triumphs and challenges of Terry Fox and Rick Hansen along with the extraordinary achievement of sport at this Vancouver attraction. Transportation and admission included. No refunds within 7 days of trip.

**Thompson Community Centre**

Feb 15 ..... Th ..... 1:00-5:00pm ..... \$35.75/1 sess ..... 278476

## HONEYBEE CENTRE AND PUBLIC MARKET TRIP

Travel to this Surrey location and learn about these important and intricate species in a one-hour workshop that covers bee-friendly seed plantings, making a candle roll and tasting honey followed by a lunch stop at Fresh St. Market. Transportation and workshop fee included. No refunds within 7 days of trip.

### City Centre Community Centre

Feb 21 ..... W ..... 9:45am-2:45pm ..... \$36.50/1 sess ..... 276604

### South Arm Community Centre

Feb 21 ..... W ..... 9:30am-3:00pm ..... \$36.50/1 sess ..... 277606

## MUSEUM OF FLIGHT TRIP

Take a guided tour at this hands-on facility in Langley with Canadian aviation history from WWI to present day and a rare opportunity to 'touch' aircrafts that are made from aluminum, wood and fabric. Transportation and admission included. No refunds within 7 days of trip.

### Minoru Centre for Active Living (Seniors Centre)

Feb 22 ..... Th ..... 10:30am-4:00pm ..... \$34.80/1 sess ..... 277655

## GUIDED SNOWSHOEING TRIP

Banish the winter blues atop Cypress or Seymour Mountain (TBA). No experience required but participants must be in good general health. Bring or buy lunch. Transportation, guide and snowshoe rentals included. No refunds within 14 days of trip.

### Thompson Community Centre

Feb 24 ..... Sa ..... 9:00am-5:45pm ..... \$78.00/1 sess ..... 279175

## MARCH

## LET'S DO LUNCH SERIES TRIP

Discover new cuisines, local favourites and hidden gems in this new series of monthly out trips to various local restaurants. Information about specific locations made available at the beginning of each month. Transportation only included. No refunds within 7 days of trip.

### Thompson Community Centre

Mar 4 ..... M ..... 11:30am-2:00pm ..... \$16.75/1 sess ..... 282467

N/A

## ROGERS ARENA TOUR

Take this rare and behind-the-scenes tour of the home of the Vancouver Canucks and venue for the 2010 Winter Olympics. Transportation and admission included. No refunds within 7 days of trip.

### Thompson Community Centre

Mar 7 ..... Th ..... 11:00am-4:00pm ..... \$36.75/1 sess ..... 279200

## OLIVE GARDEN LUNCH TRIP

Dine on authentic Italian dishes at this popular Langley restaurant. Transportation only included. No refunds within 7 days of trip.

### Cambie Community Centre

Mar 14 ..... Th ..... 10:30am-2:00pm ..... \$22.00/1 sess ..... 279088

### South Arm Community Centre

Mar 14 ..... Th ..... 10:00am-2:30pm ..... \$22.00/1 sess ..... 278328

## WHYTECLIFF PARK AND LUNCH TRIP

Stroll through one of West Vancouver's most popular parks followed by lunch at Carmelo's restaurant for Italian delights. Transportation only included. No refunds within 7 days of trip.

### Minoru Centre for Active Living (Seniors Centre)

Mar 15 ..... F ..... 8:30am-3:00pm ..... \$32.00/1 sess ..... 280141

## VANCOUVER WELSH MEN'S CHOIR AT CELTICFEST TRIP

Enjoy favourite melodies from the war years and music from the golden age of cinema in Vancouver's beautiful Christ Church Cathedral. Transportation and admission included. No refunds within 7 days of trip.

### Thompson Community Centre

Mar 16 ..... Sa ..... 5:00-10:00pm ..... \$59.50/1 sess ..... 279235

## BIRDING IN STANLEY PARK TRIP

Take in the annual and natural phenomenon of the Great Blue Heron's arrival and nest building in Vancouver's Stanley Park. Bring a bag lunch. Transportation only included. No refunds within 7 days of trip.

### Steveston Community Centre

Mar 22 ..... F ..... 9:45am-4:00pm ..... \$27.00/1 sess ..... 280177

### West Richmond Community Centre

Mar 22 ..... F ..... 9:30am-3:45pm ..... \$27.00/1 sess ..... 281040

## STANLEY PARK LUNCH TRIP

Enjoy a scenic drive around this Vancouver landmark with a stop for lunch at Stanley's Bar and Grill in Vancouver. Transportation only included. No refunds within 7 days of trip.

### Thompson Community Centre

Mar 22 ..... F ..... 11:00am-3:30pm ..... \$22.00/1 sess ..... 278469

## GREAT BLUE HERON RESERVE TRIP

Experience this unique destination in Chilliwack with over 300 acres of wetland, scenic trails with a lookout tower, scenic footbridges, viewing blinds and lookout points and an informative session about these special birds by an environmental educator. Transportation, admission and a boxed lunch included. No refunds within 30 days of trip.

### Minoru Centre for Active Living (Seniors Centre)

Mar 27 ..... W ..... 9:30am-3:30pm ..... \$57.50/1 sess ..... 280132

## SYLVIA HOTEL BRUNCH TRIP

Take in the beauty of English Bay while dining at this historic Vancouver hotel. Transportation only included. No refunds within 7 days of trip.

### Steveston Community Centre

Mar 31 ..... Su ..... 9:30am-2:00pm ..... \$22.25/1 sess ..... 280178

### West Richmond Community Centre

Mar 31 ..... Su ..... 9:45am-2:15pm ..... \$22.25/1 sess ..... 281428



## Racquet Sports

### INTRODUCTION TO PICKLEBALL WORKSHOP

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

#### West Richmond Community Centre

Mar 26-Mar 28... Tu/W/Th....9:30-10:45am ..... \$29.80/3 sess ..... 280800

### PICKLEBALL

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

#### Anderson School (City Centre)

Jan 14-Feb 11 ..... Su ..... 2:00-3:45pm..... \$31.70/5 sess ..... 277624

Feb 25-Mar 31 ..... Su ..... 2:00-3:45pm..... \$38.05/6 sess ..... 277625

### PICKLEBALL—BEGINNER

Improve shots using a drilling format to move to the next level of play and learn intermediate skills, techniques and strategies along with rules and etiquette. Pre-requisite: Pickleball—Beginner or basic Pickleball knowledge.

#### South Arm Community Centre

Jan 9-Feb 6 ..... Tu ..... 9:30-11:00am..... \$47.55/5 sess ..... 277692

Jan 9-Feb 6 ..... Tu ..... 5:15-6:45pm..... \$47.55/5 sess ..... 277693

Feb 27-Mar 26 ..... Tu ..... 9:30-11:00am..... \$47.55/5 sess ..... 277695

Feb 27-Mar 26 ..... Tu ..... 5:15-6:45pm..... \$47.55/5 sess ..... 277696

#### Thompson Community Centre

Jan 11-Mar 14 ..... Th ..... 1:15-2:30pm..... \$79.25/10 sess ... 277626

#### West Richmond Community Centre

Jan 15-Mar 11 ..... M ..... 12:45-2:00pm..... \$55.50/7 sess ..... 274905

### PICKLEBALL—BEGINNER—FOR WOMEN

Learn the rules and basic techniques of this increasingly popular game that combines ping pong, tennis and badminton on a badminton size court. These fun, simple and fast-paced sessions are designed for beginners. Paddles supplied if needed.

#### West Richmond Community Centre

Jan 19-Mar 8 ..... F ..... 9:15-10:30am..... \$55.50/7 sess ..... 274918

Jan 19-Mar 8 ..... F ..... 10:45am-12:00pm..... \$55.50/7 sess ..... 274919

### PICKLEBALL—DRILLS AND SKILLS

Build on basic skills using a drilling format to improve skills, techniques and strategies along with rules and etiquette. Pre-requisite: Pickleball—Beginner or basic Pickleball knowledge.

#### South Arm Community Centre

Jan 9-Feb 6 ..... Tu ..... 11:15am-12:45pm..... \$47.55/5 sess ..... 277691

Jan 9-Feb 6 ..... Tu ..... 7:00-8:30pm..... \$47.55/5 sess ..... 277694

Feb 27-Mar 26 ..... Tu ..... 11:15am-12:45pm..... \$47.55/5 sess ..... 277697

Feb 27-Mar 26 ..... Tu ..... 7:00-8:30pm..... \$47.55/5 sess ..... 277698

#### Thompson Community Centre

Jan 11-Mar 14 ..... Th ..... 2:45-4:00pm..... \$79.25/10 sess ... 277638

#### West Richmond Community Centre

Jan 15-Mar 11 ..... M ..... 2:00-3:15pm..... \$55.50/7 sess ..... 274906

Jan 17-Mar 13 ..... W ..... 11:30am-1:00pm..... \$76.10/8 sess ..... 274902

Jan 17-Mar 13 ..... W ..... 1:15-2:45pm..... \$76.10/8 sess ..... 274904

### PICKLEBALL TOURNAMENT

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

#### South Arm Community Centre

Feb 13 ..... Tu ..... 9:30am-12:30pm..... \$11.25/1 sess ..... 279763

#### South Arm Community Centre

Feb 13 ..... Tu ..... 5:30-8:30pm..... \$11.25/1 sess ..... 280182

## Online Programs

### BONE HEALTH 101 (MANDARIN)

Cover what osteoporosis is, the risk factors, how to maintain healthy bones, fall prevention and the impact of nutrition and different types of physical activity. Presented by SUCCESS. Conducted in Mandarin. Offered through Zoom. Registration required.

#### City Centre Community Centre

**FREE** Feb 6 ..... Tu ..... 10:00-11:30am..... Free/1 sess..... 279677

### BRAIN HEALTH AND DEMENTIA WORKSHOP (CANTONESE)

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

#### Minoru Centre for Active Living (Seniors Centre)

**FREE** Jan 9 ..... Tu ..... 10:30-11:30am..... Free/1 sess..... 281120

### COOKING CHAT LINE WITH SIMON (CANTONESE)

Talk online with a chef and others in this unique session that includes sharing recipes, discussing various cooking methods and having culinary questions answered. Conducted in Cantonese. Offered through Zoom. Registration required.

#### Cambie Community Centre

**FREE** Jan 11-Mar 7. Th ..... 11:00am-12:00pm..... Free/3 sess..... 271025

### CRA BENEFITS AND CREDITS AVAILABLE TO SENIORS

Learn what Canada Revenue Agency benefits and resources are available to adults 65+ years, how to navigate the system and where to seek further information. Presented by a CRA outreach officer. Offered through Zoom. Registration required.

#### Minoru Centre for Active Living (Seniors Centre)

**FREE** Jan 8 ..... M ..... 10:30am-12:00pm..... Free/1 sess..... 279668

## GLEE

Sing with the joyous sounds and energy that flows from this group. Offered through Zoom. Registration required.

### Minoru Centre for Active Living (Seniors Centre)

**FREE** Jan 10-Mar 27 ... W... 2:00-3:30pm.....Free/12 sess ..... 278722

## JEOPARDY GAME

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

### Cambie Community Centre

**FREE** Jan 19-Mar 15... F... 2:00-3:00pm.....Free/3 sess ..... 271038

## LET'S RECYCLE CORRECTLY WORKSHOP

Become a Gold Star Recycler in Richmond after learning the basics in this interactive session. Presented by City Environmental Programs staff. Offered through Zoom. Registration required.

### Minoru Centre for Active Living (Seniors Centre)

**FREE** Feb 22 ..... Th ..... 3:30-5:00pm..... Free/1 sess..... 277717

## MAPQUEST TRAVEL

Sit back, relax and sip on a favourite beverage while "travelling" to exciting destinations. Offered through Zoom. Registration required.

### Cambie Community Centre

**FREE** Jan 9-Mar 12. Tu..... 12:45-1:45pm..... Free/3 sess..... 272305

## NAME THAT TUNE

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

### Thompson Community Centre

**FREE** Jan 15-Mar 18...M ..... 10:30-11:45am..... Free/3 sess..... 278272

## OSTEOARTHRITIS SERIES—MANAGING HIP AND KNEE OSTEOARTHRITIS

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

### Minoru Centre for Active Living (Seniors Centre)

**FREE** Feb 5 ..... M..... 10:30am-12:00pm..... Free/1 sess..... 279077

## 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. Registration required.

### Minoru Centre for Active Living (Seniors Centre)

**FREE** Mar 7 ..... Th ..... 1:30-4:00pm..... Free/1 sess..... 279521

## PROSTATE CANCER EARLY DETECTION AND SUPPORT PROGRAM (MANDARIN)

Learn about this particular type of cancer, the Prostate-Specific Antigen (PSA) test and the Prostate Cancer Support Care Program. Conducted in Mandarin. Presented by SUCCESS. Offered through Zoom. Registration required.

### City Centre Community Centre

**FREE** Jan 16 ..... Tu..... 10:00-11:30am..... Free/1 sess..... 279670

## PROTECT YOUR EYES—EARLY DETECTION AND TREATMENT (MANDARIN)

Cover common eye disorders and diseases, the warning signs of eye problems, early eye detection and eye disease treatment. Conducted in Mandarin. Presented by SUCCESS. Offered through Zoom. Registration required.

### City Centre Community Centre

**FREE** Mar 5 ..... Tu..... 10:00-11:30am..... Free/1 sess..... 279678

## PURE STRENGTH

Improve functional movements of daily life in this well-rounded session that includes strength, flexibility, coordination and balance exercises. Various equipment might be used including body bars, bands and dumbbells. Suitable for beginners. Offered through Zoom.

### West Richmond Community Centre

Jan 8 ..... M..... 11:45am-12:45pm..... \$5.00/1 sess ..... 281426





## Seniors Annual Facility Passes and Activities

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

### Annual Pass Fees

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

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

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

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

### Additional Pass Fees

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

[richmond.ca/schedules](http://richmond.ca/schedules)



# Seniors Annual Facility Pass Programs

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

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

Minoru Centre for Active Living (Seniors Centre)						
SUN	MON	TUE	WED	THU	FRI	SAT
<b>Billiards*</b> 8:00am–4:45pm (Drop-in)	<b>Billiards*</b> 8:00am–8:45pm	<b>Billiards*</b> 8:00am–8:45pm	<b>Billiards*</b> 8:00am–8:45pm	<b>Billiards*</b> 8:00am–8:45pm	<b>Billiards*</b> 8:00am–8:45pm	<b>Billiards*</b> 8:00am–4:45pm (Drop-in)
<b>Wood Carving***</b> 9:30am–12:00pm 1:00–4:30pm	<b>Woodworking*</b> 8:30am–2:00pm	<b>Tai Chi Practice**</b> 9:00–10:00am	<b>Woodworking*</b> 8:30am–2:00pm	<b>Tai Chi Practice**</b> 8:45–9:45am	<b>Woodworking*</b> 8:30am–2:00pm	<b>Woodworking*</b> 8:30am–4:00pm (Finishing day)
<b>Model Walkers**</b> 11:00am–1:00pm	<b>Tai Chi Practice**</b> 8:45–9:45am	<b>Wood Carving***</b> 9:30am–12:00pm 1:00–4:30pm	<b>Yuanji Dance**</b> 8:30–10:30am	<b>Yuanji Dance**</b> 9:00–10:30am	<b>Tai Chi Practice**</b> 9:00–10:00am	<b>Tai Chi Practice**</b> 8:45–9:45am
<b>Poker</b> 11:30am–4:00pm	<b>Yuanji Dance**</b> 9:00–10:30am	<b>Poker</b> 11:30am–4:00pm	<b>Tai Chi Practice**</b> 8:45–9:45am	<b>Busy Fingers</b> 9:30–11:30am	<b>Mahjong**</b> 10:00am–5:00pm	<b>Ballroom Dance**</b> 10:00am–12:00pm
<b>Minoru Community Line Dancers**</b> 1:30–3:30pm	<b>Busy Fingers</b> 9:30–11:30am	<b>Carpet Bowling</b> 12:30–3:00pm	<b>Happy Chorus</b> 10:00am–12:30pm	<b>Minoru Strummers Ukulele Circle**</b> 10:00–11:30am	<b>Community Connections</b> (last week) 10:30am–12:00pm	<b>Spanish Social</b> 10:30am–1:00pm
	<b>Happy Chorus</b> 10:00am–12:30pm	<b>Musical Interludes</b> 1:30–3:00pm	<b>Mahjong**</b> 10:00am–5:00pm	<b>Poker</b> 11:30am–4:00pm	<b>Bridge Duplicate</b> 12:30–4:00pm	<b>Peking Opera</b> 1:30–4:30pm
	<b>Crib</b> 1:00–3:00pm	<b>Kingsland Calligraphy</b> 1:30–4:00pm	<b>Crib</b> 1:00–3:30pm	<b>Scrabble</b> 12:45–4:00pm	<b>Chinese Calligraphy**</b> 1:00–4:00pm	<b>Multicultural Dance**</b> 2:00–4:30pm
	<b>Bridge</b> 1:00–4:30pm	<b>Platinum Players</b> 2:00–4:30pm	<b>Glee</b> 2:00–4:00pm	<b>Joy Singing and Dancing**</b> 1:00–3:00pm	<b>Euchre</b> 1:30–4:00pm	
	<b>Photo Group</b> (2nd & 4th week) 1:30–3:30pm	<b>Seniors Saxophone**</b> 3:00–5:00pm	<b>Multicultural Dance**</b> 6:45–8:45pm	<b>Knitters and Natters</b> 1:00–3:00pm	<b>Minoru Community Line Dancers**</b> 1:30–3:30pm	
	<b>Multicultural Dance**</b> 2:30–4:30pm	<b>Yuanji Dance**</b> 6:30–8:30pm		<b>Wood Carving***</b> 1:00–4:30pm	<b>Hanging with The Guys</b> 3:00–4:30pm	
	<b>Board Games</b> 3:30–5:30pm			<b>Ballroom Dance**</b> 3:30–5:15pm		
	<b>Whist</b> 6:00–8:45pm			<b>Seniors Saxophone**</b> 4:00–6:00pm		
				<b>Prostate Cancer Support Group</b> (2nd week) 6:30–8:30pm		
				<b>Yuanji Dance</b> 6:30–8:30pm		

\*Additional Passes \$48.00/year | \*\*Additional Fees \$2.00/Drop-in | \*\*\*Additional Pass \$42.00/year

### Seniors Facility Passes at the following community centres are \$16.00 per year, per facility.

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

Cambie Community Centre						
SUN	MON	TUE	WED	THU	FRI	SAT
	<b>Coffee and Tea</b> (last Mon/mth) 11:00am–12:30pm (Call for more dates) (ERCH)	<b>Tai Chi Practice– Form 24</b> 8:30–9:15am (no instruction) #271008* (ERCH)	<b>Tai Chi–48 Form</b> 8:30–9:30am #271013* (ERCH)	<b>Indoor Walking</b> 10:00–11:00am #271022* (CCC)	<b>Tai Chi–24 Form</b> 8:30–9:30am #271017* (ERCH)	
		<b>Karaoke</b> (1st and 3rd Tu/mth) 9:00–11:00am (ERCH)	<b>Table Tennis</b> 9:30–10:30am (ERCH)		<b>Table Tennis</b> 9:30–10:30am (ERCH)	
		<b>Tai Chi Practice– Form 48</b> 9:15–10:00am (no instruction) #271009* (ERCH)	<b>Book Club</b> (1st Wed/mth) 10:00–11:30am #271023* (ERCH)		<b>Knitting</b> 10:00–11:30am (ERCH)	
		<b>Mahjong</b> (2nd Tue/mth) 10:00am–12:00pm #271024* (ERCH)	<b>Memoir Writing</b> (3rd week) 10:00am–12:00pm #280142 (ERCH)		<b>Luk Tung Kuen</b> 11:00–11:45am #271021* (ERCH)	
			<b>Luk Tung Kuen</b> 11:00–11:45am #271020* (ERCH)			
			<b>Coffee and Tea</b> (2nd Wed/mth) 12:00–1:30pm (ERCH)			

\*Registration required.

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

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

City Centre Community Centre						
SUN	MON	TUE	WED	THU	FRI	SAT
<b>English Conversation Group</b> 3:00–4:30pm	<b>Karaoke (English)</b> 10:30am–12:30pm	<b>Singing Group</b> 10:00am–1:00pm	<b>Poetry Appreciation Group</b> (2nd Wed/mth) 2:00–4:00pm	<b>Karaoke (Chinese)</b> 10:30am–12:30pm		<b>Technology Help</b> 3:30–5:00pm
	<b>Ballroom Dance</b> 1:00–2:30pm	<b>Chinese Calligraphy in Mandarin</b> 1:00–3:00pm		<b>Ballroom Dance</b> 1:00–2:30pm		
	<b>Chinese Traditional Dance</b> 1:30–3:00pm			<b>Chinese Traditional Dance</b> 1:30–3:00pm		
	<b>Brush Hour</b> 3:00–5:00pm					

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

## Hamilton Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>Tai Chi Advanced</b> 7:30–8:30am	<b>Tai Chi Advanced</b> 7:30–8:30am	<b>Tai Chi Advanced</b> 7:30–8:30am	<b>Tai Chi Advanced</b> 7:30–8:30am	<b>Tai Chi Advanced</b> 7:30–8:30am	
	<b>Mahjong</b> 10:15am–12:00pm	<b>Tai Chi Beginners</b> 8:30–9:30am		<b>Tai Chi Beginners</b> 8:30–9:30am	<b>Dancing and Sing-a-long</b> 10:00am–12:00pm	
		<b>Seniors Circle Group</b> 9:30–11:00am		<b>Mahjong</b> 9:45am–12:15pm		

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

## South Arm Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
<b>Sahara Sisters</b> (last Sun/mth) 12:30–3:30pm	<b>Luk Tung Kuen</b> 7:45–8:30am	<b>Luk Tung Kuen</b> 7:45–8:30am	<b>Luk Tung Kuen</b> 7:45–8:30am	<b>Luk Tung Kuen</b> 7:45–8:30am	<b>Luk Tung Kuen</b> 7:45–8:30am	<b>MILAP Group – B</b> 11:00am–1:00pm
	<b>New Immigrant Support/English Learning Group</b> 9:00–11:30am	<b>Seniors Social Group</b> 9:30–11:00am	<b>Book Club</b> (4th Wed/mth) 10:00–11:30am	<b>Friendship Group</b> 8:30–9:20am	<b>Carpet Bowling</b> 1:00–3:00pm	
	<b>Scrabble</b> 10:00am–12:00pm		<b>Educational Presentation</b> (1st Wed/mth) 11:00am–12:00pm	<b>Karaoke</b> 9:30am–12:00pm		
	<b>Carpet Bowling</b> 1:00–3:00pm		<b>Classic QiPao Dance</b> 12:00–2:00pm	<b>Mahjong Social</b> 9:30am–1:30pm		
	<b>MILAP Group – A</b> (bi-weekly) 1:00–3:00pm		<b>Bridge Social</b> 1:00–3:30pm	<b>Knitting Group</b> 1:00–3:00pm		
			<b>Indoor Walking</b> 1:30–2:30pm			

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

## Steveston Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>Chinese Multicultural Group</b> 10:00–11:30am	<b>Karaoke Social (Multilingual)</b> 2:45–4:45pm	<b>Knitting and Crocheting Social</b> 10:00am–12:00pm	<b>Chinese Multicultural Group</b> 9:30–11:30am	<b>Japanese Tablet Club</b> 9:30–11:30am	
	<b>Drumming Ensemble*</b> 1:30–2:30pm		<b>Low Vision Support Group</b> (2nd Wed/mth) 10:00am–12:00pm		<b>Ukulele Circle</b> 10:00–11:30am	
			<b>Japanese Crafts Group</b> 12:30–2:30pm		<b>Bridge Social</b> 1:00–4:00pm	
			<b>Tech Help 101</b> 1-on-1 (in English) 1:00–3:00pm (604-238-8084 to register)		<b>Ukulele Ensemble</b> 1:00–2:30pm	

\*Call 604-238-8084

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

## Thompson Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Luk Tung Kuen</b> 7:45–8:45am	
	<b>Tai Chi</b> 9:00–9:30am	<b>Luk Tung Coffee Hour</b> 9:00–10:00am	<b>Tai Chi</b> 9:00–9:30am	<b>Crafts Group</b> 11:00am–1:00pm	<b>Gentlemen in Conservation</b> (2nd & 4th week) 10:30am–12:00pm	
	<b>Online-Name that Tune</b> (3rd Mon/mth) 10:30–11:45am		<b>Chinese Cultural Dance</b> 1:30–2:45pm		<b>Karaoke</b> 10:30am–12:30pm	
	<b>Book Club</b> (2nd Mon/mth) 2:15–3:30pm					

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

## West Richmond Community Centre

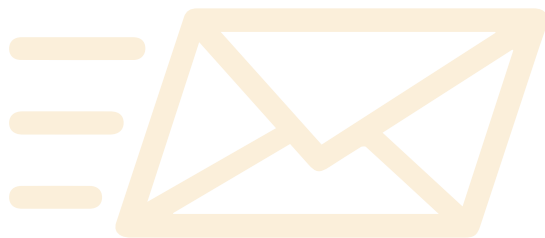
SUN	MON	TUE	WED	THU	FRI	SAT
<b>Chinese Folk Dancing</b> 1:00–3:00pm	<b>French Conversation Group</b> (Not on 3rd Mon/mth or Stat holidays) 10:30am–12:00pm	<b>Indoor Walking</b> 9:30–10:30am	<b>Ukulele and Singing Circle</b> 6:30–8:00pm			
	<b>Book Club</b> (3rd Mon/mth) (Contact 604-238-8431 for availability)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

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





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