



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

**Winter 2025** | JAN-MAR  
[richmond.ca/register](https://richmond.ca/register)



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## Refunds / Withdrawals / Transfers

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

### Seasonal Programs

Unless otherwise specified:

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

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

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

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

Unless otherwise specified:

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

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

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

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

## 3 Ways to Register



### Online

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

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



### Phone

**604-276-4300**

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

Monday–Friday, 8:30am–5:00pm



### In-person

Drop-in and register at any community facility

## You will need

### ✓ Your online registration account

If you have not activated your account and need assistance, call 604-276-4300 or visit [richmond.ca/reghelp](http://richmond.ca/reghelp).

### ✓ Your Course ID number

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

Jan 15–Mar 12..... **00123456**

### ✓ Your method of payment

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

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

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

## Arts—Dance

### ANCIENT ECHOES—THE SPIRIT OF CHINESE DANCING

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

#### West Richmond Community Centre

**TRY-IT** Jan 18.....Sa.....2:00-3:15pm.....Free/1 sess.....00364203  
Jan 25-Mar 15.....Sa.....2:00-3:15pm.....\$57.15/7 sess.....00364207

### BALLROOM DANCING—BEGINNER

Dance for fitness and fun in these introductory sessions that cover basic steps and foundational techniques. Designed for those new to this style of dance. Suitable for singles and pairs.

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

Jan 8-Mar 12.....W.....5:00-6:30pm.....\$88.15/9 sess.....00368434

#### Thompson Community Centre

**TRY-IT** Jan 8.....W.....9:00-10:30am.....Free/1 sess.....00368421  
Jan 16-Mar 20.....Th.....6:30-8:00pm.....\$78.35/8 sess.....00369263  
Jan 22-Mar 12.....W.....9:00-10:30am.....\$68.55/7 sess.....00368417

#### West Richmond Community Centre

**TRY-IT** Jan 12.....Su.....11:30am-12:30pm.....Free/1 sess.....00374159  
Jan 19-Mar 10.....Su.....11:30am-12:30pm.....\$45.70/7 sess.....00374164

### BALLROOM DANCING—INTERMEDIATE

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

**Minoru Centre for Active Living (Seniors Centre) 45yrs+**  
Jan 6-Mar 10.....M.....6:30-8:00pm.....\$132 (45-54yrs)/10 sess...00365732  
\$97.95 (55+yrs)/10 sess

#### Thompson Community Centre

Jan 11-Mar 15.....Sa.....1:30-3:00pm.....\$78.35/8 sess.....00368431

#### West Richmond Community Centre

**TRY-IT** Jan 12.....Su.....12:35-1:35pm.....Free/1 sess.....00374162  
Jan 19-Mar 10.....Su.....12:35-1:35pm.....\$45.71/7 sess.....00374169

### BALLROOM DANCING—ULTIMATE

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

#### South Arm Community Centre

Jan 17-Feb 7.....F.....5:00-6:30pm.....\$60/4 sess.....00365465  
Feb 21-Mar 14.....F.....5:00-6:30pm.....\$60/4 sess.....00365467

### BAROQUE DANCING—LEVEL 1 AND 2

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

#### West Richmond Community Centre

Jan 13-Mar 10.....M.....3:15-4:30pm.....\$65.30/8 sess.....00364180

### CONDITIONING THROUGH DANCE

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

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

Jan 6-Feb 3.....M.....12:00-1:00pm.....\$32.65/5 sess.....00365397  
Feb 10-Mar 10.....M.....12:00-1:00pm.....\$26.10/4 sess.....00368336

### DANCE AND MOTION

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

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

Jan 8-Feb 5.....W.....12:45-1:45pm.....\$32.65/5 sess.....00368329  
Feb 12-Mar 12.....W.....11:45am-12:45pm.....\$32.65/5 sess.....00368331

### DANCE MOVES

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

#### Cambie Community Centre

Jan 6-Feb 10.....M.....10:00-11:00am.....\$39.20/6 sess.....00361391  
Feb 24-Mar 24.....M.....10:00-11:00am.....\$32.65/5 sess.....00361401

### 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.

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

Jan 10-Mar 14.....F.....10:00-11:00am.....\$65.30/10 sess.....00369272

#### Steveston Community Centre

Jan 10-Mar 28.....F.....12:00-1:00pm.....\$78.35/12 sess.....00367092

### 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 10-Mar 28.....F.....1:00-2:00pm.....\$78.35/12 sess.....00367087

### HIP HOP

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

#### Steveston Community Centre

Jan 8-Mar 26.....W.....3:00-4:00pm.....\$78.35/12 sess.....00369981

#### West Richmond Community Centre

**TRY-IT** Jan 16.....Th.....2:15-3:15pm.....Free/1 sess.....00364192  
Jan 23-Mar 13.....Th.....2:15-3:15pm.....\$52.25/8 sess.....00364189

### JAZZ AND BALLET BLEND

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

#### West Richmond Community Centre

**TRY-IT** Jan 22.....W.....2:15-3:15pm.....Free/1 sess.....00373219  
Jan 29-Mar 12.....W.....2:15-3:15pm.....\$45.70/7 sess.....00373221

### JAZZ DANCING

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

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

Jan 6-Feb 3.....M.....10:45-11:45am.....\$32.65/5 sess.....00365395  
Feb 10-Mar 10.....M.....10:45-11:45am.....\$26.10/4 sess.....00368342

### LINE DANCING—BEGINNER

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

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

Jan 14-Mar 11 ..... Tu ..... 2:00-3:00pm ..... \$58.75/9 sess ..... 00368287

#### South Arm Community Centre

Jan 15-Mar 12 ..... W ..... 3:45-4:45pm ..... \$52.25/8 sess ..... 00365640

#### Steveston Community Centre

Jan 16-Mar 13 ..... Th ..... 2:00-3:00pm ..... \$58.80/9 sess ..... 00367082

### 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.

#### South Arm Community Centre

Jan 15-Mar 12 ..... W ..... 2:30-3:30pm ..... \$52.25/8 sess ..... 00365632

#### Steveston Community Centre

Jan 16-Mar 13 ..... Th ..... 3:15-4:15pm ..... \$58.80/9 sess ..... 00367075

### LINE DANCING—INTERMEDIATE

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

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

Jan 14-Mar 11 ..... Tu ..... 3:15-4:15pm ..... \$58.75/9 sess ..... 00368292

### LINE DANCING—INTERNATIONAL—NEW BEGINNER

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

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

Jan 8-Mar 19 ..... W ..... 11:00am-12:00pm ..... \$58.75/9 sess ..... 00368353

### 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 8-Mar 19 ..... W ..... 2:15-3:45pm ..... \$88.15/9 sess ..... 00368358

### LINE DANCING—INTERNATIONAL—INTERMEDIATE/ADVANCED

Move to a variety of styles and popular music and cover interesting combinations, steps, patterns and movements. Pre-requisite: Previous line dancing experience and strong knowledge of international line dancing steps and terminology.

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

Jan 8-Mar 19 ..... W ..... 12:30-2:00pm ..... \$88.15/9 sess ..... 00368356

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

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

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

Jan 6-Feb 3 ..... M ..... 12:00-1:00pm ..... \$32.65/5 sess ..... 00365729

Jan 10-Feb 7 ..... F ..... 9:30-10:30am ..... \$32.65/5 sess ..... 00369250

Feb 10-Mar 10 ..... M ..... 12:00-1:00pm ..... \$26.10/4 sess ..... 00365730

Feb 14-Mar 14 ..... F ..... 9:30-10:30am ..... \$32.65/5 sess ..... 00369251

### LINE DANCING VARIETY—BEGINNER

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

#### Thompson Community Centre

Jan 22-Mar 12 ..... W ..... 10:45-11:45am ..... \$45.70/7 sess ..... 00369012

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

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

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

Jan 6-Feb 3 ..... M ..... 10:45-11:45am ..... \$32.65/5 sess ..... 00361214

Jan 10-Feb 7 ..... F ..... 10:45-11:45am ..... \$32.65/5 sess ..... 00369256

Feb 10-Mar 10 ..... M ..... 10:45-11:45am ..... \$26.10/4 sess ..... 00361215

Feb 14-Mar 14 ..... F ..... 10:45-11:45am ..... \$32.65/5 sess ..... 00369258

### 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 7-Feb 4 ..... Tu ..... 9:45-10:45am ..... \$32.65/5 sess ..... 00368210

Jan 9-Feb 6 ..... Th ..... 10:45-11:45am ..... \$32.65/5 sess ..... 00369146

Feb 11-Mar 11 ..... Tu ..... 9:45-10:45am ..... \$32.65/5 sess ..... 00368213

Feb 13-Mar 13 ..... Th ..... 10:45-11:45am ..... \$32.65/5 sess ..... 00369155

### 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 9-Feb 6 ..... Th ..... 3:00-4:00pm ..... \$32.65/5 sess ..... 00368464

Feb 13-Mar 13 ..... Th ..... 3:00-4:00pm ..... \$32.65/5 sess ..... 00368652

### TAP DANCING—INTERMEDIATE

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

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

Jan 8-Feb 5 ..... W ..... 10:00-11:30am ..... \$48.95/5 sess ..... 00368311

Feb 12-Mar 12 ..... W ..... 10:00-11:30am ..... \$48.95/5 sess ..... 00368313

## Arts—Music

### GUITAR GROUP LESSONS—BEGINNER LEVEL 1

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

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

Jan 10-Mar 28 ..... F ..... 12:30-1:30pm ..... \$95.30/12 sess ..... 00369430

### GUITAR GROUP LESSONS—BEGINNER LEVEL 2

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

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

Jan 10-Mar 28 ..... F ..... 1:45-2:45pm ..... \$95.30/12 sess ..... 00369264

## HAND DRUMMING—BEGINNER

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

### Steveston Community Centre

Jan 6-Mar 31.....M..... 12:30-1:30pm..... \$78.35/12 sess .... 00370231

## HAND DRUMMING—INTERMEDIATE

Expand on previous knowledge and learn new rhythms and ideas on the djembe drum. Pre-requisite: Hand Drumming—Beginner.

### Steveston Community Centre

Jan 6-Mar 31.....M..... 3:30-4:30pm..... \$78.35/12 sess .... 00370238

## INTERGENERATIONAL 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 20-Mar 10.....M..... 5:00-6:00pm..... \$45.70/7 sess ..... 00366649

## INTERGENERATIONAL 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 20-Mar 10.....M..... 6:00-7:00pm..... \$45.70/7 sess ..... 00366653

## INTERGENERATIONAL 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 20-Mar 10.....M..... 7:00-8:00pm..... \$45.70/7 sess ..... 00366662

## INTRODUCTION TO PIANO—INTERGENERATIONAL

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

### City Centre Community Centre

Jan 6-Mar 24.....M..... 4:30-5:15pm..... \$78.65/11 sess .... 00361709

Jan 6-Mar 24.....M..... 4:30-5:15pm..... \$78.65/11 sess .... 00361713

Jan 6-Mar 24.....M..... 5:30-6:15pm..... \$78.65/11 sess .... 00361711

Jan 6-Mar 24.....M..... 5:30-6:15pm..... \$78.65/11 sess .... 00361715

Jan 8-Mar 26.....W..... 4:15-5:00pm..... \$85.80/12 sess .... 00361718

Jan 8-Mar 26.....W..... 4:30-5:15pm..... \$85.80/12 sess .... 00361721

Jan 8-Mar 26.....W..... 5:15-6:00pm..... \$85.80/12 sess .... 00361720

Jan 8-Mar 26.....W..... 5:30-6:15pm..... \$85.80/12 sess .... 00361722

Jan 10-Mar 28.....F..... 4:00-4:45pm..... \$85.80/12 sess .... 00361723

Jan 10-Mar 28.....F..... 4:30-5:15pm..... \$85.80/12 sess .... 00361726

Jan 10-Mar 28.....F..... 5:00-5:45pm..... \$85.80/12 sess .... 00361725

Jan 10-Mar 28.....F..... 5:30-6:15pm..... \$85.80/12 sess .... 00362100

Jan 11-Mar 29.....Sa..... 10:00-10:45am..... \$85.80/12 sess .... 00362107

Jan 11-Mar 29.....Sa..... 11:00-11:45am..... \$85.80/12 sess .... 00362108

Jan 11-Mar 29.....Sa..... 11:00-11:45am..... \$85.80/12 sess .... 00362102

Jan 11-Mar 29.....Sa..... 12:00-12:45pm..... \$85.80/12 sess .... 00362103

Jan 11-Mar 29.....Sa..... 2:00-2:45pm..... \$85.80/12 sess .... 00362105

Jan 11-Mar 29.....Sa..... 3:00-3:45pm..... \$85.80/12 sess .... 00362106

Jan 12-Mar 30.....Su..... 10:00-10:45am..... \$85.80/12 sess .... 00362110

Jan 12-Mar 30.....Su..... 11:00-11:45am..... \$85.80/12 sess .... 00362111

Jan 12-Mar 30.....Su..... 11:00-11:45am..... \$85.80/12 sess .... 00362113

Jan 12-Mar 30.....Su..... 12:00-12:45pm..... \$85.80/12 sess .... 00362114

Jan 12-Mar 30.....Su..... 1:00-1:45pm..... \$85.80/12 sess .... 00362115

Jan 12-Mar 30.....Su..... 1:00-1:45pm..... \$85.80/12 sess .... 00362118

Jan 12-Mar 30.....Su..... 2:00-2:45pm..... \$85.80/12 sess .... 00362116

Jan 12-Mar 30.....Su..... 2:00-2:45pm..... \$85.80/12 sess .... 00362120

## 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 10-Mar 28.....F..... 3:00-4:00pm..... \$78.35/12 sess .... 00365573

## SINGING—INTERMEDIATE

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

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

Jan 10-Mar 28.....F..... 4:15-5:15pm..... \$78.35/12 sess .... 00369427

## 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 session. Ukulele lending program available at the Richmond Public Library.

### Steveston Community Centre

Jan 15-Mar 26.....W..... 11:00am-12:15pm..... \$81.60/10 sess .... 00367074

## UKULELE—BEGINNER

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

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

Jan 7-Feb 4.....Tu..... 10:00-11:00am..... \$32.65/5 sess ..... 00365733

Feb 11-Mar 11.....Tu..... 10:00-11:00am..... \$32.65/5 sess ..... 00365736

### South Arm Community Centre

Jan 20-Mar 10.....M..... 12:00-1:00pm..... \$45.70/7 sess ..... 00366620

## 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 session. Ukulele lending program available at the Richmond Public Library.

### Steveston Community Centre

Jan 8-Mar 19.....W..... 1:00-2:15pm..... \$89.75/10 sess .... 00367086

## 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 session. Ukulele lending program available at the Richmond Public Library.

### Steveston Community Centre

Jan 28-Mar 25.....Tu..... 11:00am-12:15pm..... \$65.30/8 sess ..... 00367080

## UKULELE—INTERMEDIATE

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

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

Jan 7-Feb 4.....Tu..... 11:15am-12:15pm..... \$32.65/5 sess ..... 00365735  
Feb 11-Mar 11 ....Tu..... 11:15am-12:15pm..... \$32.65/5 sess ..... 00365737

## 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 session. Ukulele lending program available at the Richmond Public Library.

### Steveston Community Centre

Jan 28-Mar 25.....Tu..... 1:00-2:15pm..... \$65.30/8 sess ..... 00367083

## UKULELE—CHORD MELODY—INTRODUCTION

Experience the magic of putting melody, harmony and rhythm together to create a solo style arrangement. Pre-requisite: Ukulele—Advanced Beginner or confident beginners with ability to read musical notation and tablature. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library.

### Steveston Community Centre

Jan 7-Jan 21 .....Tu..... 11:00am-12:15pm..... \$24.50/3 sess ..... 00370346

## 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 6.....M..... 1:30-2:30pm..... Free/1 sess..... 00367090

## UKULELE—FINGERSTYLE

Combine thumb, finger picking and strumming to play melodies and have fun connecting with others through music. Pre-requisites: Confident beginners or completion of an Advanced Beginner course. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library.

### Steveston Community Centre

Jan 7-Jan 21 .....Tu..... 1:00-2:15pm..... \$24.50/3 sess ..... 00370347

## 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 6-Mar 31 .....M..... 4:00-5:00pm..... \$78.35/12 sess .... 00365581

## Arts—Visual

### ACRYLIC PAINTING

Explore painting in a variety of styles that may include abstract, landscape and still life. Suitable for beginner and experienced painters with individual guidance provided. Supplies list provided.

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

Jan 8-Mar 12.....W..... 12:30-2:00pm..... \$97.95/10 sess .... 00368301

### South Arm Community Centre

Jan 14 .....Tu..... 10:30am-12:30pm..... \$13.05/1 sess ..... 00368067

Jan 21 .....Tu..... 10:30am-12:30pm..... \$13.05/1 sess ..... 00368071

Jan 28 .....Tu..... 10:30am-12:30pm..... \$13.05/1 sess ..... 00368068

Feb 4 .....Tu..... 10:30am-12:30pm..... \$13.05/1 sess ..... 00368069

Feb 11 .....Tu..... 10:30am-12:30pm..... \$13.05/1 sess ..... 00368070

### Steveston Community Centre

Jan 6-Feb 10.....M..... 12:30-2:30pm..... \$78.35/6 sess ..... 00367085

Feb 24-Mar 24 ....M..... 12:30-2:30pm..... \$65.30/5 sess ..... 00367096

### ARTFUL AGING SERIES—INTERGENERATIONAL ART PROGRAM—CANDLE MAKING WORKSHOP

Express creativity, build intergenerational friendships and stimulate the senses while exploring different art workshops in this interactive session. A \$15 supplies fee charged when registering.

### City Centre Community Centre

Feb 14 .....F..... 4:30-6:00pm..... \$9.80/1 sess ..... 00365882

### ARTFUL AGING SERIES—INTERGENERATIONAL ART PROGRAM—COLOURED SAND ART BOTTLE

Express creativity, build intergenerational friendships and stimulate the senses while exploring different art workshops in this interactive session. A \$8 non-refundable supplies fee charged when registering.

### City Centre Community Centre

Jan 17 .....F..... 4:30-5:30pm..... \$6.55/1 sess ..... 00365811

### 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 6-Mar 3.....M..... 9:30-11:30am..... \$104.50/8 sess .... 00361213

### Steveston Community Centre

Jan 8-Mar 26.....W..... 10:30am-12:30pm..... \$156.70/12 sess .. 00369778

### CHINESE CALLIGRAPHY (CANTONESE AND MANDARIN)

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

### Steveston Community Centre

Jan 7-Mar 25...Tu.... 9:30-11:30am.....\$176 (19-54yrs)/10 sess... 00367076  
\$130.60 (55+yrs)/10 sess

Jan 9-Mar 27...Th.... 9:30-11:30am.....\$176 (19-54yrs)/10 sess... 00367078  
\$130.60 (55+yrs)/10 sess

## COLLAGE AND JOURNALING

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

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

Jan 6-Feb 10.....M..... 12:30-2:00pm..... \$58.75/6 sess ..... 00361745  
Feb 24-Mar 10 ....M..... 12:30-2:00pm..... \$29.40/3 sess ..... 00365394

## CREATIVE CLAY

Make unique pieces and designs to take home, gain social connections and build confidence while exploring this tactile and creative outlet. Supplies included.

### West Richmond Community Centre

**TRY-IT** Jan 17.....F..... 10:45-11:45am..... Free/1 sess..... 00364368  
Jan 24-Mar 14.....F..... 10:45-11:45am..... \$52.25/8 sess ..... 00364369

## CREATIVE PAINTING

Explore new ideas and have fun creating amazing designs and patterns without the fear of messing up or experiencing the pressure to create something perfect. Supplies list provided.

### Thompson Community Centre

**TRY-IT** Jan 15.....W..... 12:30-2:30pm..... Free/1 sess..... 00368611  
Jan 29-Mar 12.....W..... 12:30-2:30pm..... \$91.40/7 sess ..... 00369171

## D.I.Y. (DO-IT-YOURSELF)—NECKLACE, BRACELET AND JEWELLERY WORKSHOP

Create a series of unique, wearable day-to-day pieces using basic design principles including strand placement and spacing. A \$15 non-refundable supplies fee charged when registering. No refunds within 7 days of workshop.

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

Feb 14-Feb 28 .....F..... 2:30-4:00pm..... \$29.40/3 sess ..... 00370009

## DRAWING—BASICS

Capture on paper simple objects, images and still lifes while learning basic concepts and techniques to eventually progress to drawing from imagination with improved understanding and confidence. Supplies list provided.

### Cambie Community Centre

Jan 15-Mar 19.....W..... 2:45-4:45pm..... \$130.60/10 sess .. 00370214

## DRAWING AND SKETCHING

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

### Steveston Community Centre

Jan 9-Mar 13.....Th..... 1:00-3:00pm..... \$130.60/10 sess .. 00370593

## FLORAL HANGING WALL DISPLAY WITH REAL DRIED FLOWERS

Design and create a rustic, nature-inspired display to take home and display from this hands-on session. A \$7 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

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

Mar 7 .....F..... 2:30-4:00pm..... \$9.80/1 sess ..... 00369248

## FLORAL WEARABLE RING WITH REAL DRIED FLOWERS

Design and craft a unique ring to wear made with delicate dried florals, foliage and decorative elements. A \$7 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

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

Mar 21 .....F..... 2:30-4:00pm..... \$9.80/1 sess ..... 00369252

## GLASS BOTTLE CENTREPIECE WITH REAL FLOWERS

Re-purpose a glass bottle into a stunning floral centrepiece using florals for everyday home decor. A \$7 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

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

Jan 26 .....Su ..... 1:00-2:30pm..... \$9.80/1 sess ..... 00369240

## HOLIDAY PAINT NIGHT—VALENTINE'S THEME

Create a personal artwork to take home in this instructor-led session with a twist. Enjoy a Valentine-themed dinner, music and prizes for the best paintings. No experience required. Dinner, supplies and instruction included.

### South Arm Community Centre

Feb 12 .....W..... 4:00-5:45pm..... \$25/1 sess ..... 00365330

## KNITTING—BEGINNER

Learn to knit or refresh skills in this fun and relaxed setting. Supplies list provided in first session.

### Steveston Community Centre

Jan 8-Mar 12.....W..... 10:00-11:30am..... \$97.95/10 sess .... 00370510

## LUNAR NEW YEAR LANTERN MAKING WORKSHOP

Light up the Chinese New Year making a personalized lantern in this instructor-led session that unleashes creativity. A \$10 non-refundable supplies fee charged when registering.

### South Arm Community Centre

Jan 24 .....F..... 4:00-6:00pm..... \$13.05/1 sess ..... 00365527

## PAINT NIGHT

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

### Cambie Community Centre

Feb 13 .....Th..... 6:30-8:30pm..... \$35/1 sess ..... 00362398

## PAINT, SIP AND SNACK

Learn to recreate a painting through step-by-step instructions while enjoying a glass of wine (non-alcoholic option available) and a charcuterie box with cheese, meat and fruit. A \$22 non-refundable supplies fee charged when registering.

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

Jan 16 .....Th.... 6:00-7:30pm ..... \$13.20 (45-54yrs)/1 sess.. 00368909  
\$9.80 (55+yrs)/1 sess  
Feb 13 .....Th.... 6:00-7:30pm ..... \$13.20 (45-54yrs)/1 sess.. 00368912  
\$9.80 (55+yrs)/1 sess

## WATERCOLOUR PAINTING

Work on personal projects to further develop voice and style in these loosely structured, enriching and supportive studio sessions. Suitable for all levels. Supplies list provided.

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

Jan 9-Feb 6 ..... Th..... 12:00-2:00pm ..... \$65.30/5 sess ..... 00368454  
 Feb 13-Mar 13 .... Th..... 12:00-2:00pm ..... \$65.30/5 sess ..... 00368459

## WATERCOLOUR PAINTING TECHNIQUES AND STYLES

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

### Steveston Community Centre

Jan 8-Feb 12 ..... W ..... 10:00am-12:00pm ..... \$78.35/6 sess ..... 00367091  
 Feb 19-Mar 26 .... W ..... 10:00am-12:00pm ..... \$78.35/6 sess ..... 00367850

## WREATH MAKING WITH REAL DRIED FLOWERS—MINI FLORAL

Create a delicate and personalized circular arrangement in this hands-on session that uses a variety of florals. A \$7 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

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

Jan 31 ..... F ..... 2:30-4:00pm ..... \$9.80/1 sess ..... 00369243

# Computers, Technology and Social Media

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

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

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

**FREE** Jan 11 ..... Sa..... 1:30-2:00pm ..... Free/1 sess ..... 00365530  
**FREE** Jan 11 ..... Sa..... 2:00-2:30pm ..... Free/1 sess ..... 00365534  
**FREE** Jan 11 ..... Sa..... 2:30-3:00pm ..... Free/1 sess ..... 00365535  
**FREE** Jan 11 ..... Sa..... 3:00-3:30pm ..... Free/1 sess ..... 00365538  
**FREE** Jan 25 ..... Sa..... 1:30-2:00pm ..... Free/1 sess ..... 00365539  
**FREE** Jan 25 ..... Sa..... 2:00-2:30pm ..... Free/1 sess ..... 00365540  
**FREE** Jan 25 ..... Sa..... 2:30-3:00pm ..... Free/1 sess ..... 00365542  
**FREE** Jan 25 ..... Sa..... 3:00-3:30pm ..... Free/1 sess ..... 00365541  
**FREE** Feb 8 ..... Sa..... 1:30-2:00pm ..... Free/1 sess ..... 00365543  
**FREE** Feb 8 ..... Sa..... 2:00-2:30pm ..... Free/1 sess ..... 00365546  
**FREE** Feb 8 ..... Sa..... 2:30-3:00pm ..... Free/1 sess ..... 00365549  
**FREE** Feb 8 ..... Sa..... 3:00-3:30pm ..... Free/1 sess ..... 00365552  
**FREE** Feb 22 ..... Sa..... 1:30-2:00pm ..... Free/1 sess ..... 00368921  
**FREE** Feb 22 ..... Sa..... 2:00-2:30pm ..... Free/1 sess ..... 00368923  
**FREE** Feb 22 ..... Sa..... 2:30-3:00pm ..... Free/1 sess ..... 00368924  
**FREE** Feb 22 ..... Sa..... 3:00-3:30pm ..... Free/1 sess ..... 00368926  
**FREE** Mar 8 ..... Sa..... 1:30-2:00pm ..... Free/1 sess ..... 00368927  
**FREE** Mar 8 ..... Sa..... 2:00-2:30pm ..... Free/1 sess ..... 00368930  
**FREE** Mar 8 ..... Sa..... 2:30-3:00pm ..... Free/1 sess ..... 00368932  
**FREE** Mar 8 ..... Sa..... 3:00-3:30pm ..... Free/1 sess ..... 00368935  
**FREE** Mar 22 ..... Sa..... 1:30-2:00pm ..... Free/1 sess ..... 00368940  
**FREE** Mar 22 ..... Sa..... 2:00-2:30pm ..... Free/1 sess ..... 00368942

**FREE** Mar 22 ..... Sa..... 2:30-3:00pm ..... Free/1 sess ..... 00368944  
**FREE** Mar 22 ..... Sa..... 3:00-3:30pm ..... Free/1 sess ..... 00368945

### West Richmond Community Centre

**FREE** Jan 8 ..... W ..... 10:00-10:30am ..... Free/1 sess ..... 00365144  
**FREE** Jan 8 ..... W ..... 10:30-11:00am ..... Free/1 sess ..... 00365192  
**FREE** Jan 8 ..... W ..... 11:00-11:30am ..... Free/1 sess ..... 00365235  
**FREE** Jan 22 ..... W ..... 10:00-10:30am ..... Free/1 sess ..... 00365156  
**FREE** Jan 22 ..... W ..... 10:30-11:00am ..... Free/1 sess ..... 00365193  
**FREE** Jan 22 ..... W ..... 11:00-11:30am ..... Free/1 sess ..... 00365242  
**FREE** Feb 12 ..... W ..... 10:00-10:30am ..... Free/1 sess ..... 00365158  
**FREE** Feb 12 ..... W ..... 10:30-11:00am ..... Free/1 sess ..... 00365198  
**FREE** Feb 12 ..... W ..... 11:00-11:30am ..... Free/1 sess ..... 00365244  
**FREE** Feb 26 ..... W ..... 10:00-10:30am ..... Free/1 sess ..... 00365159  
**FREE** Feb 26 ..... W ..... 10:30-11:00am ..... Free/1 sess ..... 00365196  
**FREE** Feb 26 ..... W ..... 11:00-11:30am ..... Free/1 sess ..... 00365245  
**FREE** Mar 12 ..... W ..... 10:00-10:30am ..... Free/1 sess ..... 00365160  
**FREE** Mar 12 ..... W ..... 10:30-11:00am ..... Free/1 sess ..... 00365202  
**FREE** Mar 12 ..... W ..... 11:00-11:30am ..... Free/1 sess ..... 00365246

## 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 class. Registration required.

### South Arm Community Centre

**FREE** Jan 23 ..... Th..... 3:30-4:00pm ..... Free/1 sess ..... 00368687  
**FREE** Jan 23 ..... Th..... 4:00-4:30pm ..... Free/1 sess ..... 00366416  
**FREE** Feb 6 ..... Th..... 3:30-4:00pm ..... Free/1 sess ..... 00366419  
**FREE** Feb 6 ..... Th..... 4:00-4:30pm ..... Free/1 sess ..... 00366423  
**FREE** Feb 27 ..... Th..... 3:30-4:00pm ..... Free/1 sess ..... 00366426  
**FREE** Feb 27 ..... Th..... 4:00-4:30pm ..... Free/1 sess ..... 00366428  
**FREE** Mar 13 ..... Th..... 3:30-4:00pm ..... Free/1 sess ..... 00366430  
**FREE** Mar 13 ..... Th..... 4:00-4:30pm ..... Free/1 sess ..... 00366433

### Thompson Community Centre

**FREE** Jan 21 ..... Tu..... 3:30-4:00pm ..... Free/1 sess ..... 00368891  
**FREE** Jan 21 ..... Tu..... 4:00-4:30pm ..... Free/1 sess ..... 00368894  
**FREE** Jan 21 ..... Tu..... 4:30-5:00pm ..... Free/1 sess ..... 00368896  
**FREE** Feb 25 ..... Tu..... 3:30-4:00pm ..... Free/1 sess ..... 00369632  
**FREE** Feb 25 ..... Tu..... 4:00-4:30pm ..... Free/1 sess ..... 00368904  
**FREE** Feb 25 ..... Tu..... 4:30-5:00pm ..... Free/1 sess ..... 00368900

### West Richmond Community Centre

**FREE** Jan 30 ..... Th..... 3:30-4:15pm ..... Free/1 sess ..... 00365136  
**FREE** Feb 20 ..... Th..... 3:30-4:15pm ..... Free/1 sess ..... 00365138  
**FREE** Mar 06 ..... Th..... 3:30-4:15pm ..... Free/1 sess ..... 00365141

# Cooking

## DINING THROUGH THE DECADES—INTERGENERATIONAL

Learn basic cooking skills and build intergenerational friendships by watching step-by-step tutorials on how to make healthy recipes. Round trip transportation and light refreshments included. Registration required.

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

**FREE** Jan 29 ..... W ..... 4:00-5:30pm ..... Free/1 sess ..... 00369436  
**FREE** Feb 19 ..... W ..... 4:00-5:30pm ..... Free/1 sess ..... 00369437  
**FREE** Mar 12 ..... W ..... 4:00-5:30pm ..... Free/1 sess ..... 00369438



## HEALTHY WORLD COOKING

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

### South Arm Community Centre

Jan 15-Jan 29 .....W..... 3:00-4:30pm..... \$70.85/3 sess ..... 00365324  
 Feb 12-Feb 26 .....W..... 3:00-4:30pm..... \$70.85/3 sess ..... 00368072  
 Mar 5-Mar 12.....W..... 3:00-4:30pm..... \$47.25/2 sess ..... 00368073

## 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 16 .....Th..... 10:00-11:30am..... \$23.60/1 sess ..... 00369756  
 Feb 20 .....Th..... 10:00-11:30am..... \$23.60/1 sess ..... 00367088  
 Mar 20 .....Th..... 10:00-11:30am..... \$23.60/1 sess ..... 00367095

# Events and Seasonal Programs

## JANUARY

### CHEF'S DINNER

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

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

Jan 21 .....Tu..... 5:00-7:30pm..... \$32/1 sess ..... 00367424

### LUNAR NEW YEAR SHOW

Celebrate this annual cultural event with entertainment filled with performances of cultural dance and music. Lunch provided.

#### City Centre Community Centre

Jan 24 .....F..... 12:00-3:00pm..... \$16.50/1 sess ..... 00368539

### BIRTHDAY PARTY SOCIAL— JANUARY AND FEBRUARY

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

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

Jan 29 .....W..... 2:30-3:30pm..... \$5/1 sess ..... 00371221

## FEBRUARY

### LUNAR NEW YEAR CELEBRATION

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

#### Cambie Community Centre

Feb 4 .....Tu..... 11:00am-1:00pm..... \$11.70/1 sess ..... 00367440

### DISCO FEVER DINNER AND DANCE

Boogie and groove to popular upbeat dance music from the 1970s while enjoying beloved retro dishes. Round trip transportation (\$5) and home drop off (\$3) available.

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

Feb 26 .....W..... 4:30-8:00pm ..... \$36 (55-89yrs)/1 sess..... 00369044  
 \$22 (90+yrs)/1 sess

## MARCH

### CHEF'S DINNER

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

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

Mar 11 .....Tu..... 5:00-7:30pm..... \$32/1 sess ..... 00367427

### ACTIVATE! POSITIVE AGING FAIR

This This biennial event—Thu, March 27—is an information fair promoting health, wellness, safety and independence held at the Minoru Centre for Active Living. Community Booths, a keynote speaker, workshops and more will be offered. Beginning March 3, find more information at [www.richmond.ca/seniors](http://www.richmond.ca/seniors).

### BIRTHDAY PARTY SOCIAL— MARCH AND APRIL

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

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

Mar 26 .....W..... 2:30-3:30pm..... \$5/1 sess ..... 00371223

## 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 7-Mar 25 .....Tu..... 10:15-11:15am..... \$83.15/12 sess .... 00367885  
 Jan 10-Mar 21 .....F..... 10:15-11:15am..... \$76.25/11 sess .... 00367880

#### South Arm Community Centre

Jan 14-Mar 11 .....Tu..... 11:00am-12:00pm..... \$48.50/7 sess ..... 00367207  
 Jan 16-Mar 13 .....Th..... 11:00am-12:00pm..... \$55.45/8 sess ..... 00364348

### 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 6-Feb 3 .....M..... 11:30am-12:30pm..... \$53.60/5 sess ..... 00365386  
 Jan 8-Feb 5 .....W..... 1:30-2:30pm..... \$53.60/5 sess ..... 00365392  
 Jan 10-Feb 7 .....F..... 12:30-1:30pm..... \$53.60/5 sess ..... 00365390  
 Feb 10-Mar 10 .....M..... 11:30am-12:30pm..... \$42.90/4 sess ..... 00365387  
 Feb 12-Mar 12 .....W..... 1:30-2:30pm..... \$53.60/5 sess ..... 00365393  
 Feb 14-Mar 14 .....F..... 12:30-1:30pm..... \$53.60/5 sess ..... 00365391

### BETTER BACKS AND BALANCE—BEGINNER

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

#### South Arm Community Centre

Jan 15-Mar 19 .....W..... 10:30-11:30am..... \$54.10/9 sess ..... 00364965

#### Steveston Community Centre

Jan 7-Feb 4 .....Tu..... 11:45am-12:45pm..... \$30.05/5 sess ..... 00365883  
 Feb 11-Mar 11 .....Tu..... 11:45am-12:45pm..... \$30.05/5 sess ..... 00365885

#### Thompson Community Centre

Jan 13-Mar 10 .....M..... 11:00am-12:00pm..... \$48.10/8 sess ..... 00362527

## CHAIR DANCE AND TONE

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

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

Jan 9-Mar 20.....Th..... 12:30-1:30pm..... \$66.10/11 sess .... 00368334

## CHAIR FITNESS

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

### Cambie Community Centre

Jan 7-Feb 11.....Tu..... 1:15-2:00pm..... \$36.05/6 sess ..... 00369170

Feb 18-Mar 25 ....Tu..... 1:15-2:00pm..... \$36.05/6 sess ..... 00369174

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

Jan 9-Mar 27.....Th..... 11:45am-12:45pm..... \$72.10/12 sess .... 00367807

## CHAIR FITNESS (CANTONESE AND ENGLISH)

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

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

Jan 8-Mar 26.....W..... 11:30am-12:30pm..... \$54.10/9 sess ..... 00368289

## 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 7-Mar 25.....Tu..... 9:15-10:15am..... \$83.90/12 sess .... 00368350

## INFORMATION SESSION FOR CHOOSE TO MOVE AND ACTIVAGE™

Learn all the details to decide if Choose to Move and ActivAge™ programs align with personal goals for an active and healthy lifestyle. Registration required.

### Thompson Community Centre

**FREE** Jan 9.....Th..... 2:30-3:30pm..... Free/1 sess..... 00366586

## ACTIVAGE™

Join this free three-month group-led program designed for inactive older adults, which introduces participants to physical activity and encourages a commitment to include it daily. The program features a progressive approach with planned physical activities. Registration required.

### South Arm Community Centre

**FREE** Jan 15-Mar 12.....W..... 3:00-4:00pm.....Free/9 sess ... 00369951

### Thompson Community Centre

**FREE** Jan 16-Mar 20.....Th..... 1:30-2:30pm.....Free/10 sess . 00366591

## CHOOSE TO MOVE (CTM)

Join this free three-month motivational coaching program designed for older adults who want to become more physically active. Discussion groups do not include a fitness class, but combine educational and social elements. Registration required.

### South Arm Community Centre

**FREE** Jan 8-Mar 12.....W..... 2:00-3:00pm.....Free/10 sess . 00369950

### Thompson Community Centre

**FREE** Jan 16-Mar 20.....Th..... 2:30-3:30pm.....Free/8 sess ... 00366587

## CYCLE AND STRENGTH—GOLD

Combine cycling and strength training to become stronger, more balanced and energized. These results-oriented sessions cover cadence, balance and strength and is done to age-appropriate music. Suitable for beginners 75+ years.

### West Richmond Community Centre

**75yrs+**

Jan 6-Mar 10.....M..... 1:00-2:00pm..... \$69.30/10 sess .... 00361862

## CYCLE AND STRENGTH—SILVER

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

### West Richmond Community Centre

Jan 7-Mar 11.....Tu..... 11:45am-12:45pm..... \$69.30/10 sess .... 00361846

Jan 9-Mar 13.....Th..... 11:45am-12:45pm..... \$69.30/10 sess .... 00361853

## CYCLE FIT EXPRESS

Improve cardio and muscle endurance to build power with moderate to low intensity cycling drills. Suitable for beginners.

### West Richmond Community Centre

Jan 8-Mar 19.....W..... 12:10-12:50pm..... \$69.30/10 sess .... 00361856

Jan 10-Mar 14.....F..... 1:15-1:55pm..... \$69.30/10 sess .... 00361865

## 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 6-Feb 3.....M..... 10:30-11:15am..... \$34.65/5 sess ..... 00365382

Jan 8-Feb 5.....W..... 9:00-9:45am..... \$34.65/5 sess ..... 00365378

Feb 10-Mar 10 ....M..... 10:30-11:15am..... \$27.70/4 sess ..... 00365384

Feb 12-Mar 12 ....W..... 9:00-9:45am..... \$34.65/5 sess ..... 00365380

## 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 7-Mar 20.....Tu/Th. 12:45-1:45pm..... \$132.20/22 sess .. 00367860

### Steveston Community Centre

Jan 9-Feb 6.....Th..... 11:45am-12:45pm..... \$30.05/5 sess ..... 00365898

Feb 13-Mar 13 ....Th..... 11:45am-12:45pm..... \$30.05/5 sess ..... 00365901

## GET UP AND GO!

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

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

Jan 9-Mar 20.....Th..... 9:15-10:15am..... \$66.10/11 sess .... 00367866

## HATHA YOGA

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

### West Richmond Community Centre

Jan 7-Mar 18.....Tu..... 2:05-3:05pm..... \$107.20/10 sess .. 00361868

Jan 9-Mar 20.....Th..... 2:00-3:00pm..... \$107.20/10 sess .. 00361869

## 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 7-Mar 25.....Tu..... 10:30-11:30am..... \$72.10/12 sess .... 00367855  
Jan 9-Mar 27.....Th..... 10:30-11:30am..... \$72.10/12 sess .... 00367872

## KICKBOXING—DRILLS AND SKILLS

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

### Thompson Community Centre

Jan 16-Mar 13.....Th..... 11:45am-12:45pm..... \$55.45/8 sess ..... 00362536

## LADIES WHO LIFT

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

### Steveston Community Centre

Jan 7-Feb 4.....Tu..... 12:30-1:30pm..... \$53.60/5 sess ..... 00367484  
Feb 11-Mar 11 .....Tu..... 12:30-1:30pm..... \$53.60/5 sess ..... 00367485

### West Richmond Community Centre **60yrs+**

Jan 6-Mar 17.....M..... 10:45-11:45am..... \$96.50/9 sess ..... 00361871  
Jan 6-Mar 17.....M..... 12:00-1:00pm..... \$96.50/9 sess ..... 00361873

## MIND TO MUSCLE

Improve overall fitness and well-being by focusing on mobility to stability work that includes balance, agility, flexibility, rehabilitation, core, cardio and overall strengthening. Suitable for beginners.

### West Richmond Community Centre

Jan 8-Mar 19.....W..... 1:00-2:00pm..... \$76.90/11 sess .... 00361821

## MINDS IN MOTION

Enjoy light exercise conducted by a certified fitness instructor, followed by activities or games and social time in a relaxed atmosphere. Designed for people living with early-stage memory loss due to Alzheimer's disease and other dementias and a friend, family member or care partner. Light refreshments provided. PAR-Q+ form must be completed at the start of the program. One person with dementia and one care partner covered in fee.

### South Arm Community Centre

Jan 23-Mar 13.....Th..... 1:30-3:00pm..... \$40.60/7 sess ..... 00364993

## MINDS IN MOTION (CANTONESE)

Enjoy light exercise conducted by a certified fitness instructor, followed by activities or games and social time in a relaxed atmosphere. Designed for people living with early-stage memory loss due to Alzheimer's disease and other dementias and a friend, family member or care partner. Light refreshments provided. PAR-Q+ form must be completed at the start of the program. One person with dementia and one care partner covered in fee. Conducted in Cantonese.

### Cambie Community Centre

Jan 8-Mar 26.....W..... 1:30-3:30pm..... \$69.60/12 sess .... 00361382

## MINDS, MUSCLES AND MOBILITY

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

### Steveston Community Centre

Jan 7-Feb 4.....Tu..... 10:30-11:30am..... \$30.05/5 sess ..... 00365879  
Jan 9-Feb 6.....Th..... 10:30-11:30am..... \$30.05/5 sess ..... 00365889  
Feb 11-Mar 11 .....Tu..... 10:30-11:30am..... \$30.05/5 sess ..... 00365880  
Feb 13-Mar 13 .....Th..... 10:30-11:30am..... \$30.05/5 sess ..... 00365892

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

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

### South Arm Community Centre

Jan 13-Mar 17.....M..... 10:30-11:30am..... \$62.35/9 sess ..... 00364373

## 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 8-Mar 26.....W..... 10:15-11:15am..... \$72.10/10 sess .... 00366816

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

Jan 6-Mar 24.....M..... 10:15-11:15am..... \$66.10/11 sess .... 00367883  
Jan 8-Mar 26.....W..... 10:15-11:15am..... \$54.10/9 sess ..... 00367889

### Thompson Community Centre

Jan 17-Mar 14.....F..... 10:30-11:30am..... \$54.10/9 sess ..... 00362531

## STAY STRONG CIRCUIT WORKOUT

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

### West Richmond Community Centre

Jan 6-Mar 17.....M..... 2:15-3:00pm..... \$69.30/10 sess .... 00361831

## WOMEN ON WEIGHTS

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

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

Jan 7-Feb 11.....Tu..... 2:00-3:00pm..... \$53.60/5 sess ..... 00370409  
Jan 8-Feb 12.....W..... 1:00-2:00pm..... \$53.60/5 sess ..... 00370411  
Feb 25-Mar 25 .....Tu..... 2:00-3:00pm..... \$53.60/5 sess ..... 00370410  
Feb 26-Mar 26 .....W..... 1:00-2:00pm..... \$53.60/5 sess ..... 00370413

### South Arm Community Centre

Jan 14-Mar 4.....Tu..... 12:30-1:30pm..... \$75.05/7 sess ..... 00367216

## 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 7-Mar 11 ..... Tu ..... 12:30-1:30pm ..... \$69.30/10 sess .... 00371081

Jan 10-Mar 14 ..... F ..... 12:15-1:15pm ..... \$69.30/10 sess .... 00368312

### South Arm Community Centre

Jan 17-Mar 14 ..... F ..... 10:30-11:30am ..... \$62.35/9 sess ..... 00364362

### Steveston Community Centre

Jan 8-Feb 5 ..... W ..... 12:15-1:15pm ..... \$34.65/5 sess ..... 00365928

Feb 12-Mar 12 ..... W ..... 12:15-1:15pm ..... \$34.65/5 sess ..... 00365934

### West Richmond Community Centre

Jan 7-Mar 11 ..... Tu ..... 1:00-2:00pm ..... \$69.30/10 sess .... 00361835

## General Interest

### BEHIND THE WHEEL— NAVIGATING ROAD SAFETY

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

#### Cambie Community Centre

**FREE** Feb 20 ..... Th ..... 10:00-11:30am ..... Free/1 sess ..... 00361442

#### Hamilton Community Centre

**FREE** Feb 4 ..... Tu ..... 11:30am-12:30pm ..... Free/1 sess ..... 00366825

#### West Richmond Community Centre

**FREE** Feb 27 ..... Th ..... 10:30am-12:00pm ..... Free/1 sess ..... 00364363

### 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 9-Mar 13 ..... Th ..... 2:00-3:30pm ..... \$85.05/10 sess .... 00369739

### BRIDGE—LEVEL 3—BEGINNER

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

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

Jan 9-Mar 13 ..... Th ..... 3:45-5:15pm ..... \$85.05/10 sess .... 00369746

### CANADA REVENUE AGENCY (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 14 ..... Tu ..... 10:30am-12:00pm ..... Free/1 sess ..... 00363828

**ONLINE** Jan 14 ..... Tu ..... 10:30am-12:00pm ..... Free/1 sess ..... 00363829

### 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** Feb 4-Mar 25 ..... Tu ..... 1:30-3:00pm ..... Free/8 sess ... 00369036

### EMERGENCY PREPAREDNESS WORKSHOP

Learn to create a safer home and develop skills to remain calm and collected in the event of an emergency. Led by Emergency Programs—City of Richmond. Registration required.

#### West Richmond Community Centre

**FREE** Feb 13 ..... Th ..... 10:00-11:30am ..... Free/1 sess ..... 00364366

### FINANCIAL LITERACY—ESTATE PLANNING WORKSHOP

Discover ways to leave an efficient legacy by recognizing estate planning mistakes and learning about various types of trusts and methods to avoid probate. Registration required.

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

**FREE** Mar 3 ..... M ..... 10:30-11:30am ..... Free/1 sess ..... 00362919

**ONLINE** Mar 3 ..... M ..... 10:30-11:30am ..... Free/1 sess ..... 00362937

### HOME AND PERSONAL SAFETY TALKS (CANTONESE)

Learn invaluable residential break and enter prevention tips along with ways to maintain home and personal safety using inexpensive security props. Conducted in Cantonese. Registration required.

#### Hamilton Community Centre

**FREE** Jan 28 ..... Tu ..... 11:45am-12:45pm ..... Free/1 sess ..... 00372370

### JEOPARDY GAME

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

#### Cambie Community Centre

**ONLINE** Jan 17-Mar 21 .. F ..... 2:00-3:00pm ..... Free/3 sess ... 00361439

### JOURNEY THROUGH TIME WORKSHOP

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

#### West Richmond Community Centre

**FREE** Feb 20 ..... Th ..... 10:30-11:30am ..... Free/1 sess ..... 00370499

**FREE** Mar 13 ..... Th ..... 10:30-11:30am ..... Free/1 sess ..... 00370507

### MAPQUEST TRAVEL

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

#### Cambie Community Centre

**ONLINE** Jan 14-Mar 11 .. Tu ..... 12:45-1:45pm ..... Free/3 sess ... 00365738

## SENIORS CENTRE AT MINORU CENTRE FOR ACTIVE LIVING TOURS

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

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

**FREE** Jan 15 .....W..... 10:30-11:30am..... Free/1 sess..... 00365586

**FREE** Mar 19 .....W..... 10:30-11:30am..... Free/1 sess..... 00365588

## SENIORS MONTHLY SOCIAL SERIES

Enjoy meeting up with friends and making new ones at this monthly social that includes an educational workshop, art activity, entertainment and food. Meet community partners who provide senior support services. Transportation included. Registration required.

## AULD LANG SYNE

### South Arm Community Centre

**FREE** Jan 14 .....Tu..... 10:30am-1:00pm..... Free/1 sess..... 00369838

## CUPID'S PARTY

### South Arm Community Centre

**FREE** Feb 11 .....Tu..... 10:30am-1:00pm..... Free/1 sess..... 00369840

## ST. PATTY'S LEPRECHUAN BASH

### South Arm Community Centre

**FREE** Mar 11 .....Tu..... 10:30am-1:00pm..... Free/1 sess..... 00369848

## 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. No direct assistance with filing taxes provided. Presented by Council of Senior Citizens Organizations of BC. Registration required.

### Thompson Community Centre

**FREE** Mar 10 .....M..... 1:30-2:30pm..... Free/1 sess..... 00368650

## 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 to celebrate this special holiday. Supplies included.

### Thompson Community Centre

**FREE** Feb 14 .....F..... 4:00-6:00pm..... Free/1 sess..... 00368658

## VISION WORKSHOP

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

### Thompson Community Centre

**FREE** Jan 20 .....M..... 1:30-2:30pm..... Free/1 sess..... 00370309

## Health and Wellness

### AGING EYES—CATARACTS, GLAUCOMA AND MACULAR DEGENERATION WORKSHOP

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

### Cambie Community Centre

**FREE** Mar 6 .....Th..... 1:00-2:30pm..... Free/1 sess..... 00371273

### West Richmond Community Centre

**FREE** Jan 30 .....Th..... 10:30am-12:00pm..... Free/1 sess..... 00361952

### BETTER AT HOME PROGRAM AND COMMUNITY SUPPORT SERVICES WORKSHOP (MANDARIN)

Learn about this program, resources for helping seniors stay independent and how caregivers can offer support. Presented by SUCCESS. Conducted in English with Mandarin interpretation. Online offered through Zoom. Registration required.

### City Centre Community Centre

**FREE** Feb 11 .....Tu..... 10:00am-12:00pm..... Free/1 sess..... 00367749

**ONLINE** Feb 11 .....Tu..... 10:00am-12:00pm..... Free/1 sess..... 00370544

### D.I.Y. (DO-IT-YOURSELF)—ESSENTIAL OIL BEDTIME ROLLER WORKSHOP

Create unique, personalized blend rollers for sleep rituals that promote relaxation and wellness. A \$10 non-refundable supplies fee charged when registering.

### City Centre Community Centre

Feb 7 .....F..... 11:00am-12:00pm..... \$6.55/1 sess ..... 00367827

### D.I.Y. (DO-IT-YOURSELF)—ESSENTIAL OIL MELT AND POUR SOAP WORKSHOP

Craft a unique personalized soap to take home by choosing a preferred soap base, colour, design and scent. A \$10 non-refundable supplies fee charged when registering.

### City Centre Community Centre

Jan 10 .....F..... 10:30am-12:00pm..... \$9.80/1 sess ..... 00367833

### D.I.Y. (DO-IT-YOURSELF) ESSENTIAL OIL 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. A \$10 non-refundable supplies fee charged when registering.

### City Centre Community Centre

Mar 7 .....F..... 10:30am-12:00pm..... \$9.80/1 sess ..... 00367117

### DENTAL CARE PLAN WORKSHOP

Learn which dental services are covered under the Canadian Dental Care Plan (CDCP), how to apply and potential expenses and resources. Online offered through Zoom. Presented by SUCCESS. Registration required.

### City Centre Community Centre

**FREE** Jan 14 .....Tu..... 10:00am-12:00pm..... Free/1 sess..... 00367719

**ONLINE** Jan 14 .....Tu..... 10:00am-12:00pm..... Free/1 sess..... 00367730

### DRY EYES WORKSHOP—55+

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

#### Steveston Community Centre

**FREE** Jan 21 ..... Tu..... 1:30-3:00pm ..... Free/1 sess..... 00373117

### FOOT CARE CLINIC

Keep feet healthy with an assessment of the feet and nails by a licensed Care Nurse. Receive treatment for corns, calluses, ingrown toenails or thickened toenails.

#### Cambie Community Centre

Jan 13 ..... M..... 9:00am-3:00pm ..... \$57.50/1 sess ..... 00361983  
 Feb 10 ..... M..... 9:00am-3:00pm ..... \$57.50/1 sess ..... 00361984  
 Mar 17 ..... M..... 9:00am-3:00pm ..... \$57.50/1 sess ..... 00361985

### 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. Call 604-238-8084 to register.

#### Steveston Community Centre

**FREE** Jan 6-Mar 31 ..... M..... 10:00am-12:00pm..Free/13 sess . 00370031

### HEARING CLINICS

Register for a hearing test appointment.

East Richmond Community Hall

**FREE** Jan 22 ..... W..... 9:00-9:20am ..... Free/1 sess..... 00372889  
**FREE** Jan 22 ..... W..... 9:20-9:40am ..... Free/1 sess..... 00372890  
**FREE** Jan 22 ..... W..... 9:40-10:00am ..... Free/1 sess..... 00372891  
**FREE** Jan 22 ..... W..... 10:00-10:20am ..... Free/1 sess..... 00372893  
**FREE** Jan 22 ..... W..... 10:20-10:40am ..... Free/1 sess..... 00372899  
**FREE** Jan 22 ..... W..... 10:40-11:00am ..... Free/1 sess..... 00372894  
**FREE** Feb 26 ..... W..... 9:00-9:20am ..... Free/1 sess..... 00372902  
**FREE** Feb 26 ..... W..... 9:20-9:40am ..... Free/1 sess..... 00372900  
**FREE** Feb 26 ..... W..... 9:40-10:00am ..... Free/1 sess..... 00372895  
**FREE** Feb 26 ..... W..... 10:00-10:20am ..... Free/1 sess..... 00372903  
**FREE** Feb 26 ..... W..... 10:20-10:40am ..... Free/1 sess..... 00372908  
**FREE** Feb 26 ..... W..... 10:40-11:00am ..... Free/1 sess..... 00372910  
**FREE** Mar 26 ..... W..... 9:00-9:20am ..... Free/1 sess..... 00372913  
**FREE** Mar 26 ..... W..... 9:20-9:40am ..... Free/1 sess..... 00372916  
**FREE** Mar 26 ..... W..... 9:40-10:00am ..... Free/1 sess..... 00372920  
**FREE** Mar 26 ..... W..... 10:00-10:20am ..... Free/1 sess..... 00372922  
**FREE** Mar 26 ..... W..... 10:20-10:40am ..... Free/1 sess..... 00372925  
**FREE** Mar 26 ..... W..... 10:40-11:00am ..... Free/1 sess..... 00372926

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

**FREE** Jan 20 ..... M..... 2:00-2:20pm ..... Free/1 sess..... 00362204  
**FREE** Jan 20 ..... M..... 2:20-2:40pm ..... Free/1 sess..... 00362205  
**FREE** Jan 20 ..... M..... 2:40-3:00pm ..... Free/1 sess..... 00362206  
**FREE** Jan 20 ..... M..... 3:00-3:20pm ..... Free/1 sess..... 00362207  
**FREE** Jan 20 ..... M..... 3:20-3:40pm ..... Free/1 sess..... 00362208  
**FREE** Jan 20 ..... M..... 3:40-4:00pm ..... Free/1 sess..... 00362209  
**FREE** Jan 20 ..... M..... 4:00-4:20pm ..... Free/1 sess..... 00362210  
**FREE** Jan 20 ..... M..... 4:20-4:40pm ..... Free/1 sess..... 00362211  
**FREE** Feb 24 ..... M..... 2:00-2:20pm ..... Free/1 sess..... 00362251  
**FREE** Feb 24 ..... M..... 2:20-2:40pm ..... Free/1 sess..... 00362254  
**FREE** Feb 24 ..... M..... 2:40-3:00pm ..... Free/1 sess..... 00362256  
**FREE** Feb 24 ..... M..... 3:00-3:20pm ..... Free/1 sess..... 00362257  
**FREE** Feb 24 ..... M..... 3:20-3:40pm ..... Free/1 sess..... 00362258  
**FREE** Feb 24 ..... M..... 3:40-4:00pm ..... Free/1 sess..... 00362260  
**FREE** Feb 24 ..... M..... 4:00-4:20pm ..... Free/1 sess..... 00362261  
**FREE** Feb 24 ..... M..... 4:20-4:40pm ..... Free/1 sess..... 00362262

**FREE** Mar 17 ..... M..... 2:00-2:20pm ..... Free/1 sess..... 00362238  
**FREE** Mar 17 ..... M..... 2:20-2:40pm ..... Free/1 sess..... 00362239  
**FREE** Mar 17 ..... M..... 2:40-3:00pm ..... Free/1 sess..... 00362242  
**FREE** Mar 17 ..... M..... 3:00-3:20pm ..... Free/1 sess..... 00362243  
**FREE** Mar 17 ..... M..... 3:20-3:40pm ..... Free/1 sess..... 00362244  
**FREE** Mar 17 ..... M..... 3:40-4:00pm ..... Free/1 sess..... 00362247  
**FREE** Mar 17 ..... M..... 4:00-4:20pm ..... Free/1 sess..... 00362248  
**FREE** Mar 17 ..... M..... 4:20-4:40pm ..... Free/1 sess..... 00362250

### HOLISTIC HEALTH SERIES

#### ACID REFLUX AND G.E.R.D. WORKSHOP

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

#### Thompson Community Centre

**FREE** Feb 3 ..... M..... 1:30-2:30pm ..... Free/1 sess..... 00368793

#### FOOD SENSITIVITIES, ALLERGIES AND INTOLERANCES WORKSHOP

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

#### Cambie Community Centre

**FREE** Mar 10 ..... M..... 1:00-2:30pm ..... Free/1 sess..... 00364367

#### HYPERTENSION

Learn the basics of this common but serious medical condition including metabolic syndrome, irregular cholesterol and triglycerides and how genetics help regulate blood pressure. Presented by a naturopathic doctor. Registration required.

#### Hamilton Community Centre

**FREE** Feb 17 ..... M..... 12:45-2:15pm ..... Free/1 sess..... 00368966

#### LOVE YOUR LIVER WORKSHOP

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

#### South Arm Community Centre

**FREE** Mar 24 ..... M..... 1:00-2:30pm ..... Free/1 sess..... 00370437

#### HYPERTENSION—BEYOND YOUR GENETICS WORKSHOP (MANDARIN)

Learn the basics of this common but serious medical condition including metabolic syndrome, irregular cholesterol and triglycerides and how genetics help regulate blood pressure. Presented by a naturopathic doctor. Conducted in Mandarin. Registration required.

#### City Centre Community Centre

**FREE** Feb 20 ..... Th..... 2:30-3:30pm ..... Free/1 sess..... 00367792

#### IKI IKI SOCIAL (JAPANESE AND ENGLISH)

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

#### Steveston Community Centre

Jan 9-Mar 20 ..... Th..... 12:30-3:00pm ..... \$218.35/11 sess .. 00367079

## 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 15-Mar 19.....W..... 10:30am-12:00pm..Free/3 sess ... 00364360

## 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.

### Cambie Community Centre

**FREE** Feb 27 .....Th..... 1:00-2:30pm..... Free/1 sess..... 00367284

### HIP AND KNEE ARTHRITIS—INTRODUCTION

Learn about osteoarthritis in these commonly affected joints, strategies for managing arthritis without surgery and the process involved if joint replacement surgery becomes necessary. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System.

### City Centre Community Centre

**FREE** Feb 12 .....W..... 2:30-4:30pm..... Free/1 sess..... 00369513

### MINDFUL EATING

Learn how behaviours, thoughts and emotions can affect eating and understand how changing those relationships can improve eating habits. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration. Registration required.

### Cambie Community Centre

**FREE** Mar 20-Mar 27.....Th..... 1:00-3:00pm.....Free/2 sess ... 00367165

### 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.

### City Centre Community Centre

**FREE** Jan 22 .....W..... 2:30-4:30pm.....Free/1 sess ... 00366616

## PREVENTING SOCIAL ISOLATION AND LONELINESS WORKSHOP

Discover the impact that staying connected can have on health, learn strategies to maintain connection with others and receive an overview of Seniors First BC programs and services in this interactive session. Presented by Seniors First BC. Registration required.

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

**FREE** Jan 16 .....Th..... 2:30-4:00pm..... Free/1 sess..... 00364079

## RICHMOND HOME HEALTH WORKSHOP

Learn about services available to support living at home and discover how the "home is best" philosophy can support future independence. Family and caregivers welcome. Presented by a Vancouver Coastal Health Home Health Intake Clinician. Registration required.

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

**FREE** Feb 10 .....M..... 10:30am-12:00pm..... Free/1 sess..... 00352460

## 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 23-Mar 13.....Th..... 10:30am-1:30pm..... \$210/8 sess ..... 00362318

## 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 21-Mar 11 .....Tu..... 10:30am-1:30pm..... \$210/8 sess ..... 00362316

## WELLNESS WEDNESDAYS WORKSHOPS

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

### Hamilton Community Centre

**FREE** Jan 29-Mar 19.....W..... 11:30am-1:30pm....Free/8 sess ... 00365266

## Languages

### CANTONESE—BEGINNER

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

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

Jan 13-Mar 31 .....M..... 2:00-3:00pm..... \$71.85/11 sess .... 00369440

### ENGLISH—BEGINNER

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

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

Jan 9-Mar 27.....Th..... 10:00-11:30am..... \$107.75/11 sess .. 00370012

### 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 11-Mar 29.....Sa..... 9:00-10:00am..... \$78.35/12 sess .... 00368984

### FRENCH—INTERMEDIATE

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

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

Jan 11-Mar 29.....Sa..... 10:15-11:15am..... \$78.35/12 sess .... 00362330

## CONVERSATIONAL FRENCH

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

**Minoru Centre for Active Living (Seniors Centre)**  
Jan 11-Mar 29.....Sa..... 11:30am-12:30pm..... \$78.35/12 sess .... 00362328

## MANDARIN—BEGINNER

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

**Minoru Centre for Active Living (Seniors Centre)**  
Jan 8-Mar 26.....W..... 9:30-11:00am..... \$117.55/12 sess .. 00362317

## SPANISH—BEGINNER

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

**Minoru Centre for Active Living (Seniors Centre)**  
Jan 10-Mar 28.....F..... 10:30am-12:00pm..... \$117.55/12 sess .. 00368906

## CONVERSATIONAL SPANISH—LEVEL 1

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

**Minoru Centre for Active Living (Seniors Centre)**  
Jan 8-Mar 26.....W..... 10:30am-12:00pm..... \$117.55/12 sess .. 00368880

## 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 8-Mar 26.....W..... 12:30-2:00pm..... \$117.55/12 sess .. 00368881

# Luncheons and Dinners

## JANUARY

### BIRTHDAY LUNCH FOR EVERYONE

Celebrate a full year of birthdays at one party with delightful festive food, fun, interactive games and delicious birthday cake.

**Steveston Community Centre**  
Jan 15 .....W..... 12:30-3:00pm..... \$16.50/1 sess ..... 00373060

## FEBRUARY

### SOCIAL TEA—VALENTINE'S DAY

Join this afternoon social complete with refreshments and entertainment.

**Steveston Community Centre**  
Feb 19 .....W..... 1:00-3:00pm..... \$16.50/1 sess ..... 00370266

## MARCH

### SOCIAL TEA—ST. PATRICK'S DAY

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

**Steveston Community Centre**  
Mar 19 .....W..... 1:00-3:00pm..... \$16.50/1 sess ..... 00367073

# 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. Instructed by a certified Qigong instructor.

**City Centre Community Centre**  
Jan 8-Mar 19.....W..... 9:15-10:15am..... \$71.30/11 sess .... 00364322

**South Arm Community Centre**  
Jan 9-Feb 13.....Th..... 1:00-2:00pm..... \$38.90/6 sess ..... 00370925  
Feb 27-Mar 27 ....Th..... 1:00-2:00pm..... \$32.40/5 sess ..... 00370927

## 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. Instructed by a certified Qigong instructor.

**City Centre Community Centre**  
Jan 10-Mar 21.....F..... 10:00-11:00am..... \$71.30/11 sess .... 00364350

## QIGONG FOR HEALTH—ALL LEVELS

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

**West Richmond Community Centre**  
Jan 17-Mar 14.....F..... 2:00-3:00pm..... \$58.30/9 sess ..... 00364370

## TAI CHI—BEGINNER

Learn basic movements in these Yang-style sessions.

**City Centre Community Centre**  
Jan 8-Mar 19.....W..... 11:45am-12:45pm..... \$71.30/11 sess .... 00364310

**Minoru Centre for Active Living (Seniors Centre)**  
Jan 10-Mar 14.....F..... 11:15am-12:15pm..... \$64.80/10 sess .... 00369266  
Jan 11-Mar 15.....Sa..... 11:15am-12:15pm..... \$64.80/10 sess .... 00369650

**Steveston Community Centre**  
Jan 9-Mar 27.....Th..... 11:30am-12:30pm..... \$77.75/12 sess .... 00367081

## TAI CHI—INTERMEDIATE

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

**City Centre Community Centre**  
Jan 6-Mar 17.....M..... 10:45-11:45am..... \$64.80/10 sess .... 00364308

## 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 8-Mar 19.....W..... 10:30-11:30am..... \$71.30/11 sess .... 00364321

**Minoru Centre for Active Living (Seniors Centre)**  
Jan 11-Mar 15.....Sa..... 10:00-11:00am..... \$64.80/10 sess .... 00369646

**Steveston Community Centre**  
Jan 7-Mar 25.....Tu..... 11:30am-12:30pm..... \$77.75/12 sess .... 00367077



**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**

Jan 6-Mar 17.....M..... 12:45-1:45pm..... \$64.80/10 sess .... 00364309

**TAI CHI—FAN—INTERMEDIATE**

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

**City Centre Community Centre**

Jan 6-Mar 17.....M..... 11:45am-12:45pm..... \$64.80/10 sess .... 00369531

**TAI CHI—SWORD—BEGINNER**

Strive to perfect the core principles through this introductory sword class, 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-Mar 21.....F..... 8:50-9:50am..... \$71.30/11 sess .... 00364343

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

Jan 16-Mar 20.....Th..... 12:45-1:45pm..... \$64.80/10 sess .... 00369158

**Steveston Community Centre**

Jan 6-Mar 31.....M..... 1:30-2:30pm..... \$77.75/12 sess .... 00370254

**TAI CHI—SWORD—INTERMEDIATE**

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

**Steveston Community Centre**

Jan 6-Mar 31.....M..... 11:45am-1:15pm..... \$116.65/12 sess .. 00370241

**TAI CHI—SWORD—YANG  
STYLE—INTERMEDIATE**

Strive to perfect the core principles through this sword class, 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-Mar 21.....F..... 11:15am-12:15pm..... \$71.30/11 sess .... 00364353

## Out Trips and Tours

### JANUARY

**LAFARGE LAKE LIGHTS TRIP**

Experience Metro Vancouver's largest free outdoor winter lights display. End the night with a hot beverage at PappaRoti. Home drop-off (\$3) available. Transportation only included.

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

Jan 15.....W..... 6:00-10:00pm..... \$21/1 sess ..... 00368086

**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.

**Thompson Community Centre**

Jan 16.....Th..... 11:15am-3:45pm..... \$36.75/1 sess ..... 00368734

**OLD SPAGHETTI FACTORY TRIP**

Choose from this classic menu at this iconic New Westminster restaurant that boasts fresh sauces and dressings, hot sourdough bread, soup or salad and Spumoni ice cream. Transportation only included.

**Steveston Community Centre**

Jan 21.....Tu..... 10:45am-3:00pm..... \$23.15/1 sess ..... 00370353

**PARK ROYAL SHOPPING TRIP**

Shop, shop and shop some more at this established West Vancouver mall with indoor and outdoor options. Transportation only included.

**City Centre Community Centre**

Jan 23.....Th..... 10:00am-2:30pm..... \$26/1 sess ..... 00368642

**South Arm Community Centre**

Jan 23.....Th..... 9:45am-2:45pm..... \$26/1 sess ..... 00368662

**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. Lunch at Speed's Neighbourhood Pub in Ladner. Transportation only included.

**Thompson Community Centre**

Jan 27.....M..... 11:30am-2:00pm..... \$17.75/1 sess ..... 00368737

### FEBRUARY

**ONE UNDER GOLF TRIP**

Drive away the winter blues 'playing' some of the world's top courses in this Vancouver venue that boasts six industry-leading golf simulation bays, bar and eatery. Transportation and two hours in a golf simulator bay included.

**Thompson Community Centre**

Feb 10.....M..... 11:30am-3:30pm..... \$35.50/1 sess ..... 00368725

**STANLEY THEATRE—THE THREE  
MUSKETEERS TRIP**

Experience this new adaptation of a classic story of camaraderie and bravery. This witty and action-packed swashbuckler follows the friendship of young D'Artagnan and his band of Musketeers as they fight to protect the ones they love from the evil Cardinal Richelieu. A story of double crossings, kidnappings and carefully guarded secrets, complete with lavish sword fights and sweeping romance, set in a time when love and honour ruled the world. Home drop off (\$3) available. Transportation and admission included. No refunds within 30 days of trip.

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

Feb 12.....W..... 12:15-5:00pm..... \$84.95/1 sess ..... 00368090

**LONSDALE QUAY AND THE SHIPYARDS  
DISTRICT SHOPPING AND LUNCH TRIP**

Explore over 60 locally-owned and operated businesses at this vibrant North Shore market, and stroll through The Shipyards public space on the waterfront, featuring shopping, dining and entertainment options. Transportation only included.

**Cambie Community Centre**

Feb 14.....F..... 10:00am-2:00pm..... \$18/1 sess ..... 00369779

### VANCOUVER GIANTS HOCKEY GAME TRIP

Experience an exhilarating afternoon of junior hockey watching the Vancouver Giants battle the Prince George Cougars. Home drop off (\$3) available. Transportation and admission included.

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

Feb 17 .....M..... 12:30-6:00pm..... \$57.50/1 sess ..... 00369139

### VANCOUVER ART GALLERY AND LUNCH TRIP

Join this entertaining and intriguing visit to this popular Vancouver gallery that boasts contemporary and historic presentation from BC, Canadian and international artists followed by a lunch stop at a local restaurant. Transportation and admission included.

#### Thompson Community Centre

Feb 19 .....W..... 9:30am-2:45pm..... \$49.50/1 sess ..... 00369034

#### West Richmond Community Centre

Feb 19 .....W..... 9:15am-2:30pm..... \$49.50/1 sess ..... 00367304

### GRANVILLE ISLAND MARKET TRIP

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

#### City Centre Community Centre

Feb 20 .....Th..... 11:00am-2:45pm..... \$25/1 sess ..... 00368257

#### South Arm Community Centre

Feb 20 .....Th..... 11:00am-3:00pm..... \$25/1 sess ..... 00014509

### 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. Transportation and lunch included.

#### Steveston Community Centre

Feb 26 .....W..... 11:30am-4:00pm..... \$61.50/1 sess ..... 00370354

### MUSEUM OF ANTHROPOLOGY TRIP

Tour this renowned and iconic UBC museum with displays of traditional and contemporary art from Northwest Coast First Nations and other cultures across the world. Transportation and admission included. Bring or buy lunch.

#### Thompson Community Centre

Feb 26 .....W..... 11:00am-3:30pm..... \$33.75/1 sess ..... 00368706

## MARCH

### HIGH SCHOOL BASKETBALL TOURNAMENT TRIP

Support high school basketball programs by coming out to watch the classic BC High School Boys Basketball Tournament at Langley Events Centre. Transportation and admission included.

#### Thompson Community Centre

Mar 5 .....W..... 11:00am-3:30pm..... \$36.75/1 sess ..... 00368723

### VSO TEA AND TRUMPETS— J'ADORE PARIS TRIP

Enjoy tea and cookies followed by a performance from the nostalgia of La vie en rose to Debussy's Prélude à l'après-midi d'un faune at Vancouver's Orpheum. Transportation and admission included. No refunds within 30 days of trip.

#### City Centre Community Centre

Mar 6 .....Th..... 12:00-5:00pm..... \$65/1 sess ..... 00367796

#### South Arm Community Centre

Mar 6 .....Th..... 11:45am-5:15pm..... \$65/1 sess ..... 00370358

### HIGH TEA AT THE DUCHESS TEA SALON TRIP

Indulge in an afternoon with friends where delightful decor, exquisite presentations and delectable treats await in this salon on the Langley Bypass. Home drop off (\$3) available. Transportation only included. Note: All meals are subject to an automatic gratuity of 20%.

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

Mar 8 .....Sa..... 10:00am-1:30pm..... \$23.55/1 sess ..... 00369028

### GRANVILLE ISLAND MARKET TRIP

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

#### Thompson Community Centre

Mar 11 .....Tu..... 10:15am-2:45pm..... \$25/1 sess ..... 00368661

#### West Richmond Community Centre

Mar 11 .....Tu..... 10:00am-2:30pm..... \$25/1 sess ..... 00366269

### VANDUSEN BOTANICAL GARDEN TRIP

Visit this iconic Vancouver attraction that has recently undergone a spectacular renovation featuring outstanding plant collections set amidst rolling lawns, tranquil lakes and dramatic rockwork. Transportation, admission and guided tour to the gardens included. Bring a lunch or purchase from on-site restaurants.

#### Steveston Community Centre

Mar 11 .....Tu..... 9:30am-3:00pm..... \$34.75/1 sess ..... 00370352

### WEST VANCOUVER SENIORS' ACTIVITY CENTRE TOUR

Discover the wide range of programs, services and amenities for 55+ adults in this vibrant facility followed by lunch in the Garden Side Café. Transportation only included.

#### Cambie Community Centre

Mar 13 .....Th..... 10:00am-2:30pm..... \$20.75/1 sess ..... 00364098

### BIRDING IN STANLEY PARK TRIP

Join in this naturalist-led guided walk of the phenomenon of the Great Blue Heron's arrival and nest building in Vancouver's Stanley Park. Transportation only included. Bring a bag lunch.

#### Steveston Community Centre

Mar 21 .....F..... 9:45am-4:00pm..... \$33.65/1 sess ..... 00367089

### HORSESHOE BAY FOR THE DAY TRIP

Travel to this northwest, popular and picturesque area of West Vancouver to explore the area independently. Dine at Troll's Restaurant with world famous fish and chips. Transportation only included.

#### Thompson Community Centre

Mar 25 .....Tu..... 10:00am-3:15pm..... \$24.50/1 sess ..... 00368665

#### West Richmond Community Centre

Mar 25 .....Tu..... 9:45am-3:00pm..... \$24.50/1 sess ..... 00366266

### THRIFTING EXTRAVAGANZA TRIP

Explore and shop at four popular thrift stores on this circle tour in Langley. Purchase lunch at Brogan's Diner or bring a lunch. Transportation only included. No refunds within 7 days of trip.

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

Mar 27 .....Th..... 9:30am-3:30pm..... \$28/1 sess ..... 00368087

## Racquet Sports

### PICKLEBALL

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

#### City Centre Community Centre (Anderson School)

Jan 19-Mar 09.....Su .....2:00-3:45pm..... \$45.90/7 sess ..... 00362284

### PICKLEBALL—BEGINNER

Learn the rules and basic techniques of this fun, simple and fast-paced game that combines ping pong, tennis and badminton on a badminton size court utilizing paddles and a plastic wiffle ball. Suitable for beginners. Paddles provided for use if required.

#### South Arm Community Centre

Jan 7-Feb 11.....Tu.....9:45-11:15am..... \$59.05/6 sess ..... 00364380

Jan 7-Feb 11.....Tu.....5:30-7:00pm..... \$59.05/6 sess ..... 00364983

Feb 18-Mar 25 ....Tu.....5:30-7:00pm..... \$49.20/5 sess ..... 00364988

Feb 25-Mar 25 ....Tu.....9:45-11:15am..... \$39.35/4 sess ..... 00364986

#### Thompson Community Centre

Jan 9-Mar 13.....Th.....1:15-2:30pm..... \$82/10 sess ..... 00366819

#### West Richmond Community Centre

Jan 6-Mar 10.....M .....12:45-2:00pm..... \$73.80/9 sess ..... 00367588

### PICKLEBALL—BEGINNER—FOR WOMEN

Learn the rules and basic techniques of this fun, simple and fast-paced game that combines ping pong, tennis and badminton on a badminton size court utilizing paddles and a plastic wiffle ball. Suitable for beginners. Paddles provided for use if required.

#### West Richmond Community Centre

Jan 10-Mar 14.....F.....9:30-10:45am..... \$65.60/8 sess ..... 00368172

Jan 10-Mar 14.....F.....10:50am-12:05pm..... \$65.60/8 sess ..... 00368173

### PICKLEBALL—INTERMEDIATE

Continue to improve in these high-intensity, drill-focused sessions that focus on perfecting shots and heightening game awareness. Instructed by a certified instructor. Paddles provided for use if required.

#### South Arm Community Centre

Jan 7-Feb 11.....Tu.....8:00-9:30am..... \$59.05/6 sess ..... 00364379

Jan 7-Feb 11.....Tu.....11:30am-1:00pm..... \$59.05/6 sess ..... 00364381

Jan 7-Feb 11.....Tu.....7:15-8:45pm..... \$59.05/6 sess ..... 00364984

Feb 18-Mar 25 ....Tu.....7:15-8:45pm..... \$49.20/5 sess ..... 00364989

Feb 25-Mar 25 ....Tu.....8:00-9:30am..... \$39.35/4 sess ..... 00364985

Feb 25-Mar 25 ....Tu.....11:30am-1:00pm..... \$39.35/4 sess ..... 00364987

#### Thompson Community Centre

Jan 9-Mar 13.....Th.....2:35-3:50pm..... \$82/10 sess ..... 00366822

#### West Richmond Community Centre

Jan 8-Mar 12.....W .....11:45am-1:15pm..... \$88.55/9 sess ..... 00368152

Jan 15-Mar 12.....W .....1:20-2:50pm..... \$78.70/8 sess ..... 00368155

### 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 and no more than two years' experience.

#### South Arm Community Centre

Mar 4.....Tu.....9:00-11:30am..... \$11/1 sess ..... 00364990

Mar 4.....Tu.....12:00-2:30pm..... \$11/1 sess ..... 00364991

Mar 4.....Tu.....5:30-8:00pm..... \$11/1 sess ..... 00364992



# Richmond Wellness Clinics 55+



Take Charge  
of your Health

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

## Health Information and Education (Drop-in)

- Information and referral services from multilingual volunteers

Booths hosted by local organizations and businesses

## Prevention Services and Health Monitoring (Drop-in)

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

## Treatments (Registration required)

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

\*\*In-person or phone registration only

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

## Locations

### City Centre Community Centre

604-204-8588

### East Richmond Community Hall

604-238-8399

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

604-238-8450

### South Arm Community Centre

604-238-8060

### Steveston Japanese Canadian Cultural Centre

604-238-8084

### Thompson Community Centre

604-238-8422

*Registration opens on the day of the current Wellness Clinic for the next month's Clinic.*

*For Foot Care treatments, registration opens two months prior.*

## 3 ways to register

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



# Seniors Annual Facility Pass Programs

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

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

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

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

**Seniors Facility Passes at the following community centres are \$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
	Coffee and Tea 11:00am–12:30pm (ERCH)	Tai Chi Practice– Form 24 8:30–9:15am (no instruction) 00361319* (ERCH)	Tai Chi–48 Form 8:30–9:30am 00361318* (ERCH)	Indoor Walking 10:00–11:00am 00361363* (CCC)	Tai Chi–24 Form 8:30–9:30am 00361317* (ERCH)	
		Tai Chi Practice– Form 48 9:15–10:00am (no instruction) 00361320* (ERCH)	Table Tennis 9:30–10:30am (ERCH)		Table Tennis 9:30–10:30am (ERCH)	
		Mahjong (2nd Tue/mth) 10:00am–12:00pm 00361323* (ERCH)	Book Club (1st Wed/mth) 10:00–11:30am 00361323* (ERCH)		Knitting 10:00–11:30am (ERCH)	
		Karaoke (1st and 3rd Tu/mth) 10:30am–12:30pm (ERCH)	Writing Club 10:00am–12:00pm 00361347 (ERCH)		Luk Tung Kuen 11:00–11:45am 00361322* (ERCH)	
			Luk Tung Kuen 11:00–11:45am 00361321* (ERCH)			
			Coffee and Tea (2nd Wed/mth) 11:30am–1:30pm (ERCH)			

\*Registration required.

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

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

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

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

**Hamilton Community Centre**

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

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

**South Arm Community Centre**

SUN	MON	TUE	WED	THU	FRI	SAT
<b>Sahara Sisters</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 (4th Wed/mth)</b> 10:00–11:30am	<b>Friendship Group</b> 8:30–9:20am	<b>Ted Talks (4th Fri/mth)</b> 10:00–11:00am	
	<b>Scrabble</b> 10:00am–12:00pm		<b>Classic QiPao Dance</b> 12:00–2:00pm	<b>Karaoke</b> 9:30am–12:00pm		
	<b>MILAP Group – A</b> (bi-weekly) 1:00–3:00pm		<b>Singing Along</b> 12:00–2:00pm	<b>Mahjong Social</b> 9:30am–1:30pm		
				<b>Knitting Group</b> 1:00–3:00pm		

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

**Steveston Community Centre**

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

\*Call 604-238-8084

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

Thompson Community Centre						
SUN	MON	TUE	WED	THU	FRI	SAT
	<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Table Tennis</b> 7:30–9:30am	<b>Table Tennis</b> 7:30am–9:30am
	<b>Tai Chi</b> 9:00–9:30am	<b>Luk Tung Coffee Hour</b> 9:00–10:00am	<b>Tai Chi</b> 9:00–9:30am	<b>Crafts Group</b> 11:00am–1:00pm	<b>Luk Tung Kuen</b> 7:45–8:45am	
	<b>Table Tennis</b> 1:30–5:00pm		<b>Chinese Cultural Dance</b> 1:30–2:45pm		<b>Gentlemen in Conservation</b> (2nd & 4th week) 10:30am–12:00pm	
					<b>Karaoke</b> 10:30am–12:30pm	

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

West Richmond Community Centre						
SUN	MON	TUE	WED	THU	FRI	SAT
<b>Chinese Folk Dancing</b> 2:00–4:00pm	<b>French Conversation Group</b> 10:30am–12:00pm	<b>Chinese Folk Dancing</b> 9:45–10:45am	<b>Ukulele and Singing Circle</b> 6:30–8:00pm			
		<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>Scottish Country Dancing</b> 2:15–3:45pm				

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