



55+ Programs | In-person and online

Winter 2026 | JAN-MAR
richmond.ca/register



Contents

Aquatics	3
Arts–Dance.....	3
Arts–Music	5
Arts–Performing	7
Arts–Visual	7
Computers, Technology and Social Media.....	9
Cooking.....	10
Events and Seasonal Programs	11
Fitness	12
General Interest.....	14
Health and Wellness	16
Languages.....	19
Martial Arts.....	19
Out Trips and Tours	20
Racquet Sports.....	22
Sports	22

Seniors Annual Facility Pass Programs.....	24
---	-----------

Refunds / Withdrawals / Transfers

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

Seasonal Programs

Unless otherwise specified:

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

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

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

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

Unless otherwise specified:

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

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

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

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

3 Ways to Register



Online

richmond.ca/register

Register online anytime.

24 hours a day, 7 days a week



Phone

604-276-4300

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

Monday–Friday, 8:30am–5:00pm



In-person

Drop-in and register at any community facility

You will need

✓ Your online registration account

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

✓ Your Course ID number

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

Jan 12–Mar 23..... **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.

Aquatics

SWIM–SENIOR 1

Work towards swimming 10 to 15 meters on front and back while learning safe entries, PFD skills, breath control, floats, glides, kicks and basic strokes to improve fitness and water confidence. Pre-requisite: None.

Seniors Centre–Minoru Centre for Active Living

Jan 5-Feb 4..... M/W.. 10:00-10:45am..... \$113.50/10 sess .. 00468854
 Jan 6-Feb 5..... Tu/Th. 10:00-10:45am..... \$113.50/10 sess .. 00469743
 Jan 10-Mar 7..... Sa..... 8:30-9:15am..... \$90.80/8 sess 00470624
 Jan 11-Mar 8..... Su 9:00-9:45am..... \$90.80/8 sess 00470862

SWIM–SENIOR 2

Cover the development of fitness by working on two interval training workouts, sprints and front and back crawl; Swim to Survive®; and the further development of deep water entries/skills while wearing a PFD; the further development of the whip kick; and an introduction to breaststroke. Pre-requisite: Swim–Senior 1.

Seniors Centre–Minoru Centre for Active Living

Jan 11-Mar 8..... Su 10:45-11:15am..... \$90.80/8 sess 00470868
 Feb 9-Mar 11 M/W.. 10:00-10:30am..... \$102.15/9 sess 00469575
 Feb 10-Mar 12 Tu/Th. 10:00-10:30am..... \$113.50/10 sess .. 00470060

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 10..... Sa..... 3:00-4:15pm..... Free/1 sess..... 00463526
 Jan 17-Mar 14..... Sa..... 3:00-4:15pm..... \$67.20/8 sess 00463527

BALLET–BEGINNER

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

Richmond Cultural Centre

Jan 12-Mar 9..... M..... 2:00-3:15pm..... \$67.20/8 sess 00461912
 Jan 14-Mar 11..... W..... 2:00-3:15pm..... \$67.20/8 sess 00461913

BALLET–FUNDAMENTALS

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

Seniors Centre–Minoru Centre for Active Living

Jan 13-Mar 10..... Tu..... 3:00-4:00pm..... \$60.50/9 sess 00474629

South Arm Community Centre

Jan 13-Mar 10..... Tu..... 12:30-1:45pm..... \$75.60/9 sess 00464250

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.

Seniors Centre–Minoru Centre for Active Living

Jan 12-Mar 16..... M..... 3:00-4:30pm..... \$90.70/9 sess 00469688

West Richmond Community Centre

TRY-IT Jan 16..... F..... 3:30-4:30pm..... Free/1 sess..... 00466712

TRY-IT Jan 16..... F..... 4:40-5:40pm..... Free/1 sess..... 00466718

TRY-IT Jan 18..... Su 11:30am-12:30pm..... Free/1 sess..... 00466722

Jan 23-Mar 13..... F..... 3:30-4:30pm..... \$47.05/7 sess 00467172

Jan 23-Mar 13..... F..... 4:40-5:40pm..... \$47.05/7 sess 00467199

Jan 25-Mar 8..... Su 11:30am-12:30pm..... \$40.30/6 sess 00467214

BALLROOM DANCING–INTERMEDIATE

Build skills, expand ability and learn dance variations in these next step sessions. Suitable for singles and pairs. Pre-requisite: Ballroom Dancing–Beginner.

Seniors Centre–Minoru Centre for Active Living

Jan 12-Mar 16... M... 6:30-8:00pm \$122.30/9 sess (45-54yrs)... 00466081
 \$90.70/9 sess (55+yrs)

Thompson Community Centre

Jan 17-Mar 7..... Sa..... 1:30-3:00pm..... \$80.65/8 sess 00470877

West Richmond Community Centre

TRY-IT Jan 18..... Su 12:40-1:40pm..... Free/1 sess..... 00466728

Jan 25-Mar 15..... Su 12:40-1:40pm..... \$47.05/7 sess 00467229

BALLROOM DANCING–CHA CHA AND WALTZ–BEGINNER

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

Thompson Community Centre

Jan 13-Mar 3..... Tu..... 4:30-6:00pm..... \$80.65/8 sess 00469704

BALLROOM DANCING–ULTIMATE–CHA CHA

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 23-Feb 13..... F..... 5:00-6:30pm..... \$60/4 sess 00466605

BALLROOM DANCING–ULTIMATE–RUMBA

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

Feb 20-Mar 13 F..... 5:00-6:30pm..... \$60/4 sess 00466606

BELLYDANCING–LEVEL 1

Sweat and shimmy in these positive, fun and highly expressive dance sessions that focus primarily on movements of the hips and torso.

Seniors Centre–Minoru Centre for Active Living

Jan 15-Mar 12..... Th..... 2:30-3:45pm..... \$75.60/9 sess 00464637

DANCE MOVES—ALL LEVELS

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

Cambie Community Centre

Jan 5-Feb 9.....M..... 10:00-11:00am..... \$40.30/6 sess 00457155

Feb 23-Mar 23M..... 10:00-11:00am..... \$33.60/5 sess 00457157

HAWAIIAN HULA DANCING—BEGINNER

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

Seniors Centre—Minoru Centre for Active Living

Jan 16-Feb 20.....F..... 10:00-11:00am..... \$40.30/6 sess 00464609

HIP HOP

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

West Richmond Community Centre

TRY-IT Jan 13.....Tu..... 3:30-4:30pm..... Free/1 sess..... 00463482

Jan 20-Mar 10.....Tu..... 3:30-4:30pm..... \$53.75/8 sess 00463483

JAZZ DANCING

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

Seniors Centre—Minoru Centre for Active Living

Jan 12-Mar 9.....M..... 12:00-1:00pm..... \$53.75/8 sess 00463503

JAZZ AND BALLET BLEND—BEGINNER

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

West Richmond Community Centre

Jan 14-Mar 11.....W..... 2:20-3:20pm..... \$60.50/9 sess 00463486

LATIN DANCING—ADVANCED

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

Seniors Centre—Minoru Centre for Active Living

Jan 14-Mar 11.....W..... 6:30-8:00pm..... \$90.70/9 sess 00466695

LINE DANCING—BEGINNER

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

Seniors Centre—Minoru Centre for Active Living

Jan 20-Mar 10.....Tu..... 2:00-3:00pm..... \$53.75/8 sess 00464532

South Arm Community Centre

Jan 21-Mar 11.....W..... 3:45-4:45pm..... \$53.75/8 sess 00464249

Steveston Community Centre

Jan 22-Mar 12.....Th..... 1:00-2:00pm..... \$53.75/8 sess 00466608

LINE DANCING—BEGINNER—IMPROVER

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

South Arm Community Centre

Jan 21-Mar 11.....W..... 2:30-3:30pm..... \$53.75/8 sess 00464248

Steveston Community Centre

Jan 22-Mar 12.....Th..... 2:15-3:15pm..... \$53.75/8 sess 00466611

LINE DANCING—INTERMEDIATE

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

Seniors Centre—Minoru Centre for Active Living

Jan 20-Mar 10.....Tu..... 3:15-4:15pm..... \$53.75/8 sess 00464533

LINE DANCING—INTERNATIONAL—NEW BEGINNER

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

Seniors Centre—Minoru Centre for Active Living

Jan 28-Mar 25.....W..... 11:00am-12:00pm..... \$53.75/8 sess 00470462

LINE DANCING—INTERNATIONAL—BEGINNER

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

Seniors Centre—Minoru Centre for Active Living

Jan 31-Feb 28.....Sa .. 2:15-3:45pm..... \$67.95/5 sess (45-54yrs)..... 00465695
\$50.40/5 sess (55+yrs)

LINE DANCING—INTERNATIONAL—BEGINNER—IMPROVER

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

Seniors Centre—Minoru Centre for Active Living

Jan 28-Mar 25.....W..... 2:15-3:45pm..... \$80.65/8 sess 00470464

LINE DANCING—INTERNATIONAL—INTERMEDIATE—IMPROVER

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

Seniors Centre—Minoru Centre for Active Living

Jan 31-Feb 28.....Sa..... 12:30-2:00pm..... \$50.40/5 sess 00465694

LINE DANCING—INTERNATIONAL—INTERMEDIATE/ADVANCED

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

Seniors Centre—Minoru Centre for Active Living

Jan 28-Mar 25.....W..... 12:30-2:00pm..... \$80.65/8 sess 00470463

LINE DANCING VARIETY—BEGINNER

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

Thompson Community Centre

Jan 14-Mar 4.....W..... 10:45-11:45am..... \$53.75/8 sess 00469697

LINE DANCING VARIETY–NEW BEGINNER (CANTONESE/MANDARIN)

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

Seniors Centre–Minoru Centre for Active Living

Jan 12-Mar 9.....M..... 12:00-1:00pm..... \$53.75/8 sess 00463495
Jan 16-Mar 13.....F..... 9:30-10:30am..... \$60.50/9 sess 00463498

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

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

Seniors Centre–Minoru Centre for Active Living

Jan 12-Mar 9.....M..... 10:45-11:45am..... \$53.75/8 sess 00463494
Jan 16-Mar 13.....F..... 10:45-11:45am..... \$60.50/9 sess 00463500

LINE DANCING VARIETY–BEGINNER LEVEL 2 (CANTONESE/MANDARIN)

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

Seniors Centre–Minoru Centre for Active Living

Jan 13-Mar 10.....Tu..... 9:45-10:45am..... \$60.50/9 sess 00463496
Jan 15-Mar 12.....Th..... 10:45-11:45am..... \$60.50/9 sess 00463497

LYRICAL DANCING

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

Seniors Centre–Minoru Centre for Active Living

Jan 14-Mar 11.....W..... 11:45am-12:45pm..... \$60.50/9 sess 00466649

TAP DANCING–BEGINNER

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

Seniors Centre–Minoru Centre for Active Living

Jan 12-Mar 9.....M..... 10:45-11:45am..... \$60.50/9 sess 00463502

TAP DANCING–INTERMEDIATE

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

Seniors Centre–Minoru Centre for Active Living

Jan 14-Mar 11.....W..... 10:30-11:30am..... \$60.50/9 sess 00463501

Arts–Music

GUITAR GROUP LESSONS–BEGINNER LEVEL 1

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

Seniors Centre–Minoru Centre for Active Living

Jan 16-Mar 13.....F..... 12:30-1:30pm..... \$73.55/9 sess 00468968

GUITAR GROUP LESSONS–BEGINNER LEVEL 2

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

Seniors Centre–Minoru Centre for Active Living

Jan 16-Mar 13.....F..... 1:45-2:45pm..... \$73.55/9 sess 00468979

INTRODUCTION TO PIANO– INTERGENERATIONAL

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

City Centre Community Centre

Jan 5-Mar 23.....M..... 4:30-5:15pm..... \$82.50/11 sess 00464852
Jan 5-Mar 23.....M..... 4:30-5:15pm..... \$82.50/11 sess 00464875
Jan 5-Mar 23.....M..... 5:30-6:15pm..... \$82.50/11 sess 00464856
Jan 5-Mar 23.....M..... 5:30-6:15pm..... \$82.50/11 sess 00464943
Jan 7-Mar 25.....W..... 4:15-5:00pm..... \$90/12 sess 00464944
Jan 7-Mar 25.....W..... 4:30-5:15pm..... \$90/12 sess 00464946
Jan 7-Mar 25.....W..... 5:15-6:00pm..... \$90/12 sess 00464945
Jan 7-Mar 25.....W..... 5:30-6:15pm..... \$90/12 sess 00464947
Jan 9-Mar 27.....F..... 4:00-4:45pm..... \$90/12 sess 00464948
Jan 9-Mar 27.....F..... 4:30-5:15pm..... \$90/12 sess 00464950
Jan 9-Mar 27.....F..... 5:00-5:45pm..... \$90/12 sess 00464949
Jan 9-Mar 27.....F..... 5:30-6:15pm..... \$90/12 sess 00464951
Jan 10-Mar 28.....Sa..... 10:00-10:45am..... \$90/12 sess 00464956
Jan 10-Mar 28.....Sa..... 11:00-11:45am..... \$90/12 sess 00464958
Jan 10-Mar 28.....Sa..... 11:00-11:45am..... \$90/12 sess 00464952
Jan 10-Mar 28.....Sa..... 12:00-12:45pm..... \$90/12 sess 00464953
Jan 10-Mar 28.....Sa..... 2:00-2:45pm..... \$90/12 sess 00464954
Jan 10-Mar 28.....Sa..... 3:00-3:45pm..... \$90/12 sess 00464955
Jan 11-Mar 29.....Su..... 10:00-10:45am..... \$90/12 sess 00464960
Jan 11-Mar 29.....Su..... 11:00-11:45am..... \$90/12 sess 00464961
Jan 11-Mar 29.....Su..... 11:00-11:45am..... \$90/12 sess 00464966
Jan 11-Mar 29.....Su..... 12:00-12:45pm..... \$90/12 sess 00464969
Jan 11-Mar 29.....Su..... 1:00-1:45pm..... \$90/12 sess 00464970
Jan 11-Mar 29.....Su..... 1:00-1:45pm..... \$90/12 sess 00464973
Jan 11-Mar 29.....Su..... 2:00-2:45pm..... \$90/12 sess 00464975
Jan 11-Mar 29.....Su..... 2:00-2:45pm..... \$90/12 sess 00464971

MUSIC–MINDFULNESS AND MUSIC– RICHMOND MUSIC SCHOOL

Experience a blend of mindfulness practices with interactive music-making to support overall well-being. Begin with breathing exercises followed by energizing group activities that include drumming, percussion and singing.

Richmond Cultural Centre Annex

Jan 16-Mar 13.....F..... 1:00-2:00pm..... \$53.75/8 sess 00471332

SINGING–BEGINNER

Learn basic knowledge of sheet music, note values, major and minor chords, scales and keys while singing in group sessions. No experience required. Instructed by the Richmond Music School.

Seniors Centre–Minoru Centre for Active Living

Jan 16-Mar 6.....F..... 3:00-4:00pm..... \$96/8 sess 00469363

SINGING-INTERMEDIATE

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

Seniors Centre-Minoru Centre for Active Living

Jan 16-Mar 6.....F..... 4:15-5:15pm..... \$96/8 sess 00469373

TAIKO DRUMMING-BEGINNER

Explore this fun and exciting centuries-old type of drumming that combines music, dance, martial arts and culture for a full-body workout.

South Arm Community Centre

Jan 19-Mar 16.....M..... 7:30-8:30pm..... \$53.75/8 sess 00464124

TAIKO DRUMMING-INTERMEDIATE

Experience this ancient Japanese percussion art that improves memory, physical skills and creativity and work on intricate rhythms, drills and vocal shouts in an enjoyable and supportive setting. Pre-requisite: Taiko Drumming-Beginner

South Arm Community Centre

Jan 19-Mar 16.....M..... 6:30-7:30pm..... \$53.75/8 sess 00464104

TAIKO DRUMMING-ADVANCED

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

South Arm Community Centre

Jan 19-Mar 16.....M..... 5:30-6:30pm..... \$53.75/8 sess 00464097

UKULELE

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

Steveston Community Centre

TRY-IT Jan 7.....W..... 11:00-12:00pm..... Free/1 sess..... 00466623

UKULELE-BEGINNER

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

Seniors Centre-Minoru Centre for Active Living

Jan 12-Mar 16.....M..... 3:30-4:30pm..... \$60.50/9 sess 00470320

South Arm Community Centre

Jan 19-Mar 9.....M..... 11:00am-12:00pm..... \$47.05/7 sess 00470174

UKULELE-GET STARTED

Learn the basics of holding, tuning, playing and note reading while exploring how the pentatonic scale unlocks music from around the world. Suitable for absolute and early beginners. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library.

Steveston Community Centre

Jan 14-Mar 18...W... 11:00am-12:15pm..... 00466625

\$113.25/10 sess (45-54yrs)
\$84/10 sess (55+yrs)

UKULELE-KEEP GOING

Build on the basics and expand music understanding through picking and strumming songs in the key of C and F from a variety of genres. Suitable for advanced/confident beginners. Pre-requisite: Ukulele-Beginner course and experience with note reading. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library.

Steveston Community Centre

Jan 7-Mar 18.....W... 1:00-2:15pm.... \$124.55/11 sess (45-54yrs). 00466626
\$92.40/11 sess (55+yrs)

UKULELE-INTERMEDIATE

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

South Arm Community Centre

Jan 19-Mar 9.....M..... 12:15-1:15pm..... \$47.05/7 sess 00470164

UKULELE-MOVE ON UP

Break free from the first four frets using familiar chord shapes to access and gain knowledge of the whole fretboard. Pre-requisite: Intermediate knowledge of ukulele and fluency in musical notation and tablature. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library.

Steveston Community Centre

Jan 6-Feb 3.....Tu..... 1:00-2:15pm..... \$42/5 sess 00466617

UKULELE-SKILL BUILDING-MAKING PROGRESS

Explore good learning habits, make improvements, enhance musicianship and have fun with others in a relaxed environment. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library. Pre-requisite: Beginner knowledge of ukulele and fluency in musical notation and tablature.

Steveston Community Centre

Feb 17-Mar 17Tu..... 11:00am-12:15pm..... \$42/5 sess 00472567

UKULELE-SKILL BUILDING-PLAY IT BY EAR

Move from listening to playing with a few simple steps, connect with fun and familiar tunes, boost memory and support overall brain health. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library. Pre-requisite: Any beginner ukulele course and experience with note reading and tablature.

Steveston Community Centre

Feb 17-Mar 17Tu..... 1:00-2:15pm..... \$42/5 sess 00466620

UKULELE-SKILL BUILDING-STRUMMING

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

Steveston Community Centre

Jan 6-Feb 3.....Tu..... 11:00am-12:15pm..... \$42/5 sess 00472059

UKULELE-THROUGH THE DECADES

Take a musical journey through time exploring iconic songs from the 1900s to the 2000s, highlighting how popular music and ukulele techniques have evolved over the decades. Suitable for intermediate level players. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library or Minoru Centre for Active Living.

Seniors Centre-Minoru Centre for Active Living

Jan 13-Mar 10.....Tu..... 9:45-10:45am..... \$60.50/9 sess 00469337

Arts–Performing

IMPROV–BEGINNER

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

Seniors Centre–Minoru Centre for Active Living

Jan 12-Mar 16.....M..... 4:00-5:00pm..... \$60.50/9 sess 00469328

MUSICAL THEATRE

Sing and perform in a program designed for all physical abilities. Practice vocal warm-ups, dance exercises and performance pieces from musicals. Dress code in effect. Pre-requisite: Conversational level of English proficiency.

Richmond Cultural Centre

Jan 12-Mar 9.....M..... 7:45-8:45pm..... \$53.75/8 sess 00464826

Arts–Visual

ACRYLIC PAINTING

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

Seniors Centre–Minoru Centre for Active Living

Jan 14-Mar 11.....W..... 12:30-2:00pm..... \$90.70/9 sess 00466514

Steveston Community Centre

Jan 12-Mar 9.....M..... 12:30-2:30pm..... \$107.50/8 sess 00466435

ACRYLIC PAINTING–STILL LIFE WORKSHOP

Explore acrylic techniques by depicting everyday objects like fruits and flowers, developing skills in composition, values, colour and brushwork through traditional artistic methods that enhance creativity and technical mastery. Supplies list provided.

Seniors Centre–Minoru Centre for Active Living

Feb 9-Feb 13.....M-F... 5:30-7:00pm..... \$50.40/5 sess 00463480

CALLIGRAPHY AND HAND LETTERING

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

Seniors Centre–Minoru Centre for Active Living

Feb 19-Mar 26.....Th..... 5:30-7:00pm..... \$60.50/6 sess 00465696

CERAMICS–POTTERY–BEGINNER

Create functional ceramics and pottery after learning beginner hand-building and wheel throwing techniques. Accessible wheel options available. Supplies included. Extra clay provided at additional cost.

Richmond Cultural Centre Annex

Jan 12-Mar 9.....M..... 12:30-2:30pm..... \$182.40/8 sess 00471337

CLAY CREATIONS–AIR DRY CLAY JEWELLERY

Discover the art of crafting unique, wearable pieces using lightweight sculpting materials. Shape, texture and paint earrings, pendants or charms while exploring simple design techniques. Supplied included.

Seniors Centre–Minoru Centre for Active Living

Feb 13-Feb 27 ...F... 6:00-7:30pm..... \$40.75/3 sess (45-54yrs)..... 00466892
\$30.25/3 sess (55+yrs)

CHINESE BRUSH PAINTING

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

Seniors Centre–Minoru Centre for Active Living

Jan 12-Mar 9.....M..... 9:30-11:30am..... \$107.50/8 sess 00462291

Steveston Community Centre

Jan 7-Feb 4.....W..... 10:30am-12:30pm..... \$67.20/5 sess 00466457

Feb 18-Mar 18.....W..... 10:30am-12:30pm..... \$67.20/5 sess 00466458

CHINESE CALLIGRAPHY (CANTONESE/MANDARIN)

Build more skills and techniques required to produce advanced calligraphy art. Conducted in Mandarin and Cantonese with English translation available. Supplies not included. Pre-requisite: Chinese Calligraphy–Intermediate.

Steveston Community Centre

Jan 6-Mar 3.....Tu..... 9:30-11:30am..... \$120.95/9 sess 00466462

Jan 8-Mar 5.....Th..... 9:30-11:30am..... \$120.95/9 sess 00466465

CHINESE CALLIGRAPHY–KAI SHU– BEGINNER (MANDARIN)

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

City Centre Community Centre

Jan 7-Mar 11.....W..... 1:00-3:00pm..... \$134.40/10 sess .. 00466015

CHINESE CALLIGRAPHY–XING SHU– INTERMEDIATE (MANDARIN)

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

City Centre Community Centre

Jan 9-Mar 13.....F..... 1:00-3:00pm..... \$134.40/10 sess .. 00466027

CHINESE CALLIGRAPHY AND PAINTING (CANTONESE/MANDARIN)

Experience the beauty and tradition of this Chinese art developing brush techniques, mastering ink work and deepening the understanding of the cultural significance behind each stroke while connecting with a rich heritage. Conducted in Cantonese and Mandarin. Supplies list provided.

Seniors Centre–Minoru Centre for Active Living

Jan 10-Mar 14.....Sa..... 1:00-2:30pm..... \$100.80/10 sess .. 00463591

CERAMICS–CERAMIC JEWELLERY WORKSHOP

Create a set of pendants or earrings to take home. Bring an idea or be inspired in session. Shape, glaze and fire clay before attaching hardware. A \$10 non-refundable supplies fee charged when registering.

Richmond Cultural Centre Annex

Mar 4-Mar 11.....W..... 10:30am-12:30pm..... \$32.70/2 sess 00471206

CERAMICS—CREATE A CUP WORKSHOP

Make a cup by using molds and ceramic glazes. Cups dipped into clear food-safe glaze. A \$10 non-refundable supplies fee charged when registering. Supplies included for making one cup.

Richmond Cultural Centre Annex

Feb 11 W 10:30am-12:30pm \$16.35/1 sess 00471205

CERAMICS—CREATE A PLATE WORKSHOP

Make a sandwich plate by using molds and ceramic glazes. Plates dipped into clear food-safe glaze. A \$10 non-refundable supplies fee charged when registering. Supplies included for making one plate.

Richmond Cultural Centre Annex

Feb 25 W 10:30am-12:30pm \$16.35/1 sess 00471199

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

Jan 9-Mar 13 F 9:30-10:30am \$67.20/10 sess 00463487

CREATIVE PAINTING

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

Thompson Community Centre

Jan 30-Mar 13 F 9:15-10:45am \$60.50/6 sess 00469792

DECORATIVE FAUX STAINED GLASS DISPLAY WORKSHOP—BEGINNER

Create a colourful, light-catching decoration that brightens any room or window space. A \$15 non-refundable supplies fee charged when registering.

City Centre Community Centre

Mar 20 F 1:00-2:30pm \$10.10/1 sess 00468179

DECOUPAGE FLOWER VASE

Transform an ordinary vase into a stunning personalized décor piece gluing coloured paper and other decorative elements. Gain hands-on experience, unleash creativity and take home a beautifully designed flower vase that reflects unique style. A \$12 non-refundable supplies fee charged when registering.

City Centre Community Centre

Jan 16 F 1:00-2:30pm \$10.10/1 sess 00468177

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.

Seniors Centre—Minoru Centre for Active Living

Feb 13-Feb 27 F 2:30-4:00pm \$30.25/3 sess 00466080

DRAWING AND SKETCHING

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

Steveston Community Centre

Jan 15-Mar 12 Th 1:00-3:00pm \$120.95/9 sess 00471570

DRAWING AND SKETCHING—INTERMEDIATE

Produce more detailed artwork and improve drawing skills in these sessions that focus on more advanced techniques. Supplies included. Pre-requisite: Previous drawing and sketching experience.

Steveston Community Centre

Jan 13-Mar 10 Tu 1:00-3:00pm \$120.95/9 sess 00471571

DRAWING BASICS

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

Seniors Centre—Minoru Centre for Active Living

Jan 12-Mar 9 M 12:30-2:00pm \$90.70/9 sess 00466509

FLORAL ARRANGING WORKSHOP SERIES—WINTER DRIED FLORAL ART

Discover the beauty of winter blooms using preserved dried flowers, and create stunning take-home pieces—from floral wall art to elegant wearable designs. A \$30 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

Seniors Centre—Minoru Centre for Active Living

Mar 13-Mar 27 F 2:15-3:45pm \$30.25/3 sess 00470779

JAPANESE CALLIGRAPHY WORKSHOP

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

Seniors Centre—Minoru Centre for Active Living

Jan 15 Th 2:30-4:00pm \$10.10/1 sess 00470729

Feb 12 Th 2:30-4:00pm \$10.10/1 sess 00470731

Mar 12 Th 2:30-4:00pm \$10.10/1 sess 00470732

LEARN TO STITCH—ARPILLERA FABRIC PHOTO DESIGN

Transform a cherished memory into a textile scene by recreating a photo using hands-on techniques like applique, embroidery and surface design. A \$12 non-refundable supplies fee charged when registering.

Seniors Centre—Minoru Centre for Active Living

Feb 7-Mar 14 Sa 10:00am-12:00pm \$80.65/6 sess 00470142

LEARN TO STITCH—BASIC MENDING WORKSHOP

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

Seniors Centre—Minoru Centre for Active Living

Jan 24 Sa 9:00am-12:00pm \$20.15/1 sess 00470207

NAGOMI ART WORKSHOP

Learn this form of Japanese art that uses soft pastels and fingers to create calming and gentle art pieces. No experience required. A \$15 non-refundable supplies fee charged when registering.

City Centre Community Centre

Jan 8-Feb 5 Th 12:30-2:00pm \$50.40/5 sess 00465988

Feb 12-Mar 12 Th 12:30-2:00pm \$50.40/5 sess 00465998

ORIGAMI

Transform 6 x 6" pieces of paper into art in this introductory level program that gets minds and hands working creatively. Supplies included.

Seniors Centre–Minoru Centre for Active Living

Jan 9 F..... 10:00-11:00am \$6.70/1 sess 00470629

ORIGAMI–SPRING THEME

Transform 6 x 6" pieces of paper into art in this introductory level program that gets minds and hands working creatively. Supplies included.

Seniors Centre–Minoru Centre for Active Living

Mar 13 F..... 10:00-11:00am \$6.70/1 sess 00470636

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

Jan 15 Th..... 6:30-8:30pm \$35/1 sess 00461891

Feb 26 Th..... 6:30-8:30pm \$35/1 sess 00461930

PAPER QUILLING ART

Discover this art technique in a fun, relaxing and supportive environment while creating beautiful, memorable keepsakes and improving dexterity, focus and hand-eye coordination. A \$10 non-refundable supplies fee charged when registering.

South Arm Community Centre

Jan 15-Jan 22 Th..... 10:30am-12:00pm \$20.15/2 sess 00462012

Feb 5-Feb 12 Th..... 10:30am-12:00pm \$20.15/2 sess 00463216

Mar 5-Mar 12 Th..... 10:30am-12:00pm \$20.15/2 sess 00463221

PHOTOGRAPHY FUNDAMENTALS–LEVEL 1

Explore a camera's functions and learn some basic photographic techniques. A digital camera, DSLR or mirrorless camera required at each session. Participants must bring their own for the Thompson course, but West Richmond has them available to use.

Thompson Community Centre

Jan 28-Mar 18 W..... 9:30-11:30am \$98.05/6 sess 00466723

West Richmond Community Centre

Jan 9-Mar 13 F..... 11:00am-12:30pm \$100.80/10 sess .. 00472679

PRINTMAKING–FOAM RELIEF

PRINTING WORKSHOP

Design and carve prints using foam sheets, ink and rollers. Create textured designs on tote bags or paper while exploring colour, pattern and creativity in this fun, hands-on session. Supplies included.

Seniors Centre–Minoru Centre for Active Living

Jan 30 F..... 10:00am-12:00pm \$13.45/1 sess 00470116

PRINTMAKING–RUBBER BLOCK

RELIEF PRINTING WORKSHOP

Explore the creative process of carving and inking personal designs to create a single-colour artwork and custom bookmarks and greeting cards. A \$10 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

Seniors Centre–Minoru Centre for Active Living

Feb 13-Feb 20 F..... 10:00am-12:00pm \$26.90/2 sess 00470120

TEXTURED ART PAINTING–VALENTINE'S DAY THEME WORKSHOP–BEGINNER

Create beautiful heart-inspired textured art using simple materials like tissues in this hands-on session. Explore fun easy techniques that add texture and depth to artwork for personalized results. A \$6 non-refundable supplies fee charged when registering.

City Centre Community Centre

Feb 12 Th..... 3:00-4:00pm \$6.70/1 sess 00468185

WATERCOLOUR PAINTING–ALL LEVELS

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

Seniors Centre–Minoru Centre for Active Living

Jan 15-Mar 12 Th..... 9:30-11:30am \$120.95/9 sess 00463460

Jan 15-Mar 12 Th..... 12:00-2:00pm \$120.95/9 sess 00470801

WATERCOLOUR PAINTING TECHNIQUES AND STYLES–ALL LEVELS

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

Steveston Community Centre

Jan 13-Mar 10 Tu..... 9:00-11:00am \$120.95/9 sess 00467008

WATERCOLOUR PAINTING WITH AN ARTIST

Create art projects with guidance from a skilled artist while gaining new techniques in a fun and supportive setting. Connect with fellow art enthusiasts and take home display-worthy pieces that showcase personal creativity. Supplies list provided.

South Arm Community Centre

Jan 13-Feb 17 Tu..... 10:30am-12:30pm \$80.65/6 sess 00463569

Computers, Technology and Social Media

DIGITAL LITERACY

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

South Arm Community Centre

FREE Jan 26-Mar 9 M..... 3:30-5:00pm Free/6 sess 00465584

SMART PHONES, TABLETS AND LAPTOPS–LEARN FROM A YOUTH

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

South Arm Community Centre

FREE Jan 22 Th..... 3:30-4:00pm Free/1 sess 00466223

FREE Jan 22 Th..... 4:00-4:30pm Free/1 sess 00466224

FREE Feb 5 Th..... 3:30-4:00pm Free/1 sess 00466225

FREE Feb 5 Th..... 4:00-4:30pm Free/1 sess 00466226

FREE Feb 19 Th..... 3:30-4:00pm Free/1 sess 00466227

FREE Feb 19 Th..... 4:00-4:30pm Free/1 sess 00466228

FREE Mar 5 Th..... 3:30-4:00pm Free/1 sess 00466229

FREE Mar 5 Th..... 4:00-4:30pm Free/1 sess 00466230

SMARTPHONES, TABLETS AND LAPTOPS— LEARN FROM A VOLUNTEER

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

Seniors Centre—Minoru Centre for Active Living

FREE	Jan 10	Sa	1:30-2:00pm	Free/1 sess	00463466
FREE	Jan 10	Sa	2:00-2:30pm	Free/1 sess	00463467
FREE	Jan 10	Sa	2:30-3:00pm	Free/1 sess	00471198
FREE	Jan 10	Sa	3:00-3:30pm	Free/1 sess	00471200
FREE	Jan 24	Sa	1:30-2:00pm	Free/1 sess	00471201
FREE	Jan 24	Sa	2:00-2:30pm	Free/1 sess	00471202
FREE	Jan 24	Sa	2:30-3:00pm	Free/1 sess	00471203
FREE	Jan 24	Sa	3:00-3:30pm	Free/1 sess	00471204
FREE	Feb 7	Sa	1:30-2:00pm	Free/1 sess	00471207
FREE	Feb 7	Sa	2:00-2:30pm	Free/1 sess	00471209
FREE	Feb 7	Sa	2:30-3:00pm	Free/1 sess	00471210
FREE	Feb 7	Sa	3:00-3:30pm	Free/1 sess	00471211
FREE	Feb 21	Sa	1:30-2:00pm	Free/1 sess	00471212
FREE	Feb 21	Sa	2:00-2:30pm	Free/1 sess	00471213
FREE	Feb 21	Sa	2:30-3:00pm	Free/1 sess	00471215
FREE	Feb 21	Sa	3:00-3:30pm	Free/1 sess	00471216
FREE	Mar 7	Sa	1:30-2:00pm	Free/1 sess	00471218
FREE	Mar 7	Sa	2:00-2:30pm	Free/1 sess	00471219
FREE	Mar 7	Sa	2:30-3:00pm	Free/1 sess	00471220
FREE	Mar 7	Sa	3:00-3:30pm	Free/1 sess	00471221

West Richmond Community Centre

FREE	Jan 14	W	10:00-10:30am	Free/1 sess	00467840
FREE	Jan 14	W	10:30-11:00am	Free/1 sess	00467889
FREE	Jan 14	W	11:00-11:30am	Free/1 sess	00467890
FREE	Feb 11	W	10:00-10:30am	Free/1 sess	00467891
FREE	Feb 11	W	10:30-11:00am	Free/1 sess	00467895
FREE	Feb 11	W	11:00-11:30am	Free/1 sess	00467915
FREE	Feb 25	W	10:00-10:30am	Free/1 sess	00467918
FREE	Feb 25	W	10:30-11:00am	Free/1 sess	00467920
FREE	Feb 25	W	11:00-11:30am	Free/1 sess	00467921
FREE	Mar 11	W	10:00-10:30am	Free/1 sess	00467925
FREE	Mar 11	W	10:30-11:00am	Free/1 sess	00467927
FREE	Mar 11	W	11:00-11:30am	Free/1 sess	00467928
FREE	Mar 25	W	10:00-10:30am	Free/1 sess	00467930
FREE	Mar 25	W	10:30-11:00am	Free/1 sess	00467934
FREE	Mar 25	W	11:00-11:30am	Free/1 sess	00467936

Cooking

COOKING—FLAVOURS OF FRANCE WORKSHOP

Experience some French cooking in this hands-on session featuring timeless, heartwarming dishes made with fresh ingredients, simple techniques and a dash of Parisian flair. Suitable for all skill levels. A \$5 non-refundable supplies fee charged when registering.

Seniors Centre—Minoru Centre for Active Living

Mar 4	W	2:30-4:00pm	\$24.55/1 sess	00469879
-------	---	-------------	----------------	----------

COOKING—FLAVOURS OF ITALY WORKSHOP

Experience authentic Italian cooking in this hands-on session featuring classic dishes made with fresh ingredients, simple techniques and bold flavours—perfect for elevating everyday meals and impressing guests. Suitable for all skill levels. A \$5 non-refundable supplies fee charged when registering.

Seniors Centre—Minoru Centre for Active Living

Jan 21	W	2:30-4:00pm	\$24.55/1 sess	00469779
--------	---	-------------	----------------	----------

COOKING FOR ONE—FLAVOURFUL AND FUN WORKSHOP

Discover how to create delicious and healthy single meals in this fun, hands-on session. Learn smart cooking tips, simple recipes and techniques for enjoyable and satisfying dining experiences every time. A \$5 non-refundable supplies fee charged when registering.

Seniors Centre—Minoru Centre for Active Living

Mar 11	W	2:30-4:00pm	\$24.55/1 sess	00470179
--------	---	-------------	----------------	----------

COOKING TIPS AND TECHNIQUES WORKSHOP—FOR MEN

Bring an appetite and curiosity to build kitchen confidence learning essential techniques, bold recipes and pro cooking tips. No experience required. A \$5 non-refundable supplies fee charged when registering.

Seniors Centre—Minoru Centre for Active Living

Mar 18	W	2:30-4:00pm	\$24.55/1 sess	00470341
--------	---	-------------	----------------	----------

HEALTHY WORLD COOKING

Learn how to make healthy and nutritious recipes from around the world. After cooking, enjoy eating together and take home some items to enjoy later. A \$10 non-refundable supplies fee charged when registering.

FRANCE

South Arm Community Centre

Jan 27	Tu	5:00-6:30pm	\$24.55/1 sess	00466621
--------	----	-------------	----------------	----------

GREECE

South Arm Community Centre

Feb 3	Tu	5:00-6:30pm	\$24.55/1 sess	00466622
-------	----	-------------	----------------	----------

ITALY

South Arm Community Centre

Jan 20	Tu	5:00-6:30pm	\$24.55/1 sess	00466619
--------	----	-------------	----------------	----------

JAPANESE

South Arm Community Centre

Feb 24	Tu	5:00-6:30pm	\$24.55/1 sess	00467760
--------	----	-------------	----------------	----------

SINGAPORE

South Arm Community Centre

Feb 17	Tu	5:00-6:30pm	\$24.55/1 sess	00467759
--------	----	-------------	----------------	----------

SPAIN

South Arm Community Centre

Jan 13	Tu	5:00-6:30pm	\$24.55/1 sess	00466618
--------	----	-------------	----------------	----------

ONE PAN WONDERS—SHEET PAN DINNERS MADE EASY WORKSHOP

Create delicious, fuss-free meals in this session designed for seniors. Learn to cook healthy, balanced dishes using just one pan—less prep, easy clean up and full of flavour! A \$5 non-refundable supplies fee charged when registering.

Seniors Centre—Minoru Centre for Active Living

Jan 7W..... 2:30-4:00pm..... \$24.55/1 sess 00470010

Events and Seasonal Programs

FRIDAY NIGHT DINNER

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

Seniors Centre—Minoru Centre for Active Living

WeeklyF..... 4:30-6:15pm..... \$17.85 (non-members)
\$14.70 (members)

FRIDAY NIGHT LIVE

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

Seniors Centre—Minoru Centre for Active Living

WeeklyF..... 6:00-8:00pm..... \$5

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.

Seniors Centre—Minoru Centre for Active Living

Jan 13Tu..... 5:00-7:00pm..... \$32/1 sess (55-89yrs)..... 00464471
\$20/1 sess (90+yrs)

BIRTHDAY PARTY SOCIAL

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

Seniors Centre—Minoru Centre for Active Living

FREE Jan 28W..... 2:30-3:30pm..... Free/1 sess..... 00468954

FEBRUARY

VALENTINE'S DAY TEA

Share the love this Valentine's Day by enjoying tea, treats and good company.

Steveston Community Centre

Feb 11W..... 12:30-2:00pm..... \$17/1 sess 00475975

LUNAR NEW YEAR CELEBRATION

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

Cambie Community Centre

Feb 12Th..... 11:30am-1:30pm..... \$11.35/1 sess 00458887

ORIGAMI—VALENTINE'S DAY THEME

Transform 6 x 6" pieces of paper into art in this introductory level program that gets minds and hands working creatively. Supplies included.

Seniors Centre—Minoru Centre for Active Living

Feb 13F..... 10:00-11:00am..... \$6.70/1 sess 00470632

LUNAR NEW YEAR SHOW

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

City Centre Community Centre

Feb 13F..... 12:00-2:30pm..... \$17/1 sess 00466079

BIRTHDAY PARTY SOCIAL

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

Seniors Centre—Minoru Centre for Active Living

FREE Feb 18W..... 2:30-3:30pm..... Free/1 sess..... 00468962

RICHMOND MUSIC SCHOOL PERFORMANCE

Experience this inspiring concert with a showcase of musical pieces and a celebration young talent and community spirit. Registration required.

Steveston Community Centre

FREE Feb 22Su..... 2:00-3:30pm..... Free/1 sess..... 00470898

WINTER PRIDE TEA

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

Steveston Community Centre

Feb 24Tu..... 4:00-5:30pm..... \$11.35/1 sess 00475957

DINNER AND DANCE—WILD WEST

Giddy up and get ready to experience traditional country-style food favourites while listening to live music rooted in fun upbeat folk and blues. Round trip transportation (\$5) and home drop off (\$3) available. In-person registration starts January 7, 2026 at 9:00am at the Seniors Centre at Minoru Centre for Active Living. Phone registration starts the same day at 2:00pm by calling 604-238-8450. Note: There is a new ticket policy. See Registration Notes for more details.

Seniors Centre—Minoru Centre for Active Living

Feb 25W..... 4:30-8:00pm..... \$36/1 sess (55-89yrs)..... 00464468
\$22/1 sess (90+yrs)

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.

Seniors Centre—Minoru Centre for Active Living

Mar 10Tu..... 5:00-7:00pm..... \$32/1 sess (55-89yrs)..... 00464476
\$20/1 sess (90+yrs)

STEVESTON FOLK GUILD PERFORMANCE

Celebrate the rich tradition of storytelling through song enjoying folk and acoustic performances from talented local musicians.

Steveston Community Centre

Mar 22Su..... 2:00-4:00pm..... \$20/1 sess 00470889

BIRTHDAY PARTY SOCIAL

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

Seniors Centre–Minoru Centre for Active Living

FREE Mar 25 W 2:30-3:30pm Free/1 sess 00468973

Fitness

ACTIVE AND FIT

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

Seniors Centre–Minoru Centre for Active Living

Jan 6-Feb 17 Tu 10:15-11:15am \$49/7 sess 00468250
Jan 9-Feb 13 F 10:15-11:15am \$42/6 sess 00468180
Feb 20-Mar 27 F 10:15-11:15am \$42/6 sess 00468181
Feb 24-Mar 31 Tu 10:15-11:15am \$42/6 sess 00468251

South Arm Community Centre

Jan 6-Mar 17 Tu 11:00am-12:00pm \$70/10 sess 00466641
Jan 8-Mar 19 Th 11:00am-12:00pm \$70/10 sess 00466715

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

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

Steveston Community Centre

Jan 5-Feb 9 M 11:45am-12:45pm \$66.85/6 sess 00470497
Jan 7-Feb 11 W 1:00-2:00pm \$66.85/6 sess 00470515
Jan 9-Feb 13 F 11:45am-12:45pm \$66.85/6 sess 00470532
Feb 18-Mar 25 W 1:00-2:00pm \$66.85/6 sess 00470517
Feb 20-Mar 27 F 11:45am-12:45pm \$66.85/6 sess 00470533
Feb 23-Mar 23 M 11:45am-12:45pm \$55.70/5 sess 00470499

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

Combine 'personalize' with 'socialize' in this small group training that focuses on agility, mobility, balance and strength with more advanced instruction and programming aimed at increasing fitness levels. Recommend pre-requisite: A.M.B.S. (Agility Mobility Balance Strength–Level 1).

Steveston Community Centre

Jan 9-Feb 13 F 1:00-2:00pm \$66.85/6 sess 00470535
Feb 20-Mar 27 F 1:00-2:00pm \$66.85/6 sess 00470536

BETTER BACKS AND BALANCE–BEGINNER

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

South Arm Community Centre

Jan 5-Mar 16 M 12:00-1:00pm \$62.50/10 sess 00466635
Jan 7-Mar 18 W 10:30-11:30am \$62.50/10 sess 00466648

Steveston Community Centre

Jan 6-Feb 10 Tu 11:45am-12:45pm \$37.50/6 sess 00470507
Jan 10-Feb 7 Sa 10:30-11:30am \$31.25/5 sess 00470537
Feb 17-Mar 24 Tu 11:45am-12:45pm \$37.50/6 sess 00470509
Feb 28-Mar 28 Sa 10:30-11:30am \$25/4 sess 00470538

Thompson Community Centre

Jan 12-Mar 9 M 11:00am-12:00pm \$50/8 sess 00457478

CHAIR DANCE AND TONE

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

South Arm Community Centre

Jan 10-Mar 14 Sa 11:00am-12:00pm \$63/9 sess 00466912

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 6-Feb 10 Tu 1:15-2:00pm \$37.50/6 sess 00470214
Jan 9-Feb 14 F 11:15am-12:00pm \$37.50/6 sess 00470219
Feb 17-Mar 24 Tu 1:15-2:00pm \$37.50/6 sess 00470218
Feb 20-Mar 27 F 11:15am-12:00pm \$37.50/6 sess 00470220

City Centre Community Centre

Jan 12-Mar 23 M 9:30-10:30am \$62.50/10 sess 00467187

Seniors Centre–Minoru Centre for Active Living

Jan 8-Feb 12 Th 11:45am-12:45pm \$37.50/6 sess 00468169
Feb 19-Mar 26 Th 11:45am-12:45pm \$37.50/6 sess 00468170

CHAIR FITNESS (CANTONESE/ENGLISH)

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

Seniors Centre–Minoru Centre for Active Living

Jan 7-Mar 25 W 11:30am-12:30pm \$56.25/9 sess 00468113

CHAIR YOGA

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

City Centre Community Centre

Jan 6-Mar 24 Tu 9:15-10:15am \$87.10/12 sess 00463631
Jan 6-Mar 24 Tu 12:00-1:00pm \$87.10/12 sess 00468031
Jan 8-Mar 26 Th 11:15am-12:15pm \$87.10/12 sess 00467239

Seniors Centre–Minoru Centre for Active Living

Jan 6-Feb 17 Tu 9:15-10:15am \$50.80/7 sess 00468454
Feb 24-Mar 31 Tu 9:15-10:15am \$43.55/6 sess 00468456

Thompson Community Centre

Jan 14-Mar 11 W 1:15-2:15pm \$58.10/8 sess 00457469

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 6-Mar 10 Tu 11:50am-12:50pm \$70/10 sess 00463162
Jan 8-Mar 12 Th 11:50am-12:50pm \$70/10 sess 00463163

CYCLE AND STRENGTH–GOLD

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

West Richmond Community Centre

Jan 5-Mar 9 M 1:00-2:00pm \$63/9 sess 00463165

CYCLE FIT–SILVER

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

West Richmond Community Centre

Jan 7-Mar 11 W 12:10-12:50pm \$70/10 sess 00463183
Jan 9-Mar 13 F 1:10-1:50pm \$70/10 sess 00463182

EXERCISES FOR THOSE WITH PARKINSON'S

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

Seniors Centre–Minoru Centre for Active Living

Jan 6-Feb 12 Tu/Th. 12:45-1:45pm \$75/12 sess 00467706
Feb 24-Mar 26 Tu/Th. 2:00-3:00pm \$62.50/10 sess 00467707

Steveston Community Centre

Jan 8-Feb 12 Th 11:45am-12:45pm \$37.50/6 sess 00470522
Feb 19-Mar 26 Th 11:45am-12:45pm \$37.50/6 sess 00470531

FITNESS AND MOBILITY EXERCISE STROKE RECOVERY

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

Seniors Centre–Minoru Centre for Active Living

Jan 6-Feb 12 Tu/Th. 11:00am-12:00pm \$133.70/12 sess .. 00467700
Feb 24-Mar 26 Tu/Th. 11:00am-12:00pm \$111.40/10 sess .. 00467703

FUNDAMENTALS OF FITNESS–LEVEL 1

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

Steveston Community Centre

Jan 6-Feb 10 Tu 1:00-2:00pm \$66.85/6 sess 00470541
Jan 7-Feb 11 W 2:15-3:15pm \$66.85/6 sess 00470545
Feb 17-Mar 24 Tu 1:00-2:00pm \$66.85/6 sess 00470542
Feb 18-Mar 25 W 2:15-3:15pm \$66.85/6 sess 00470546

GET UP AND GO!

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

Seniors Centre–Minoru Centre for Active Living

Jan 8-Feb 12 Th 9:15-10:15am \$37.50/6 sess 00468159
Feb 19-Mar 26 Th 9:15-10:15am \$37.50/6 sess 00468160

GROUP WEIGHT TRAINING (MANDARIN/ENGLISH)

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

City Centre Community Centre

Jan 16-Feb 13 F 11:30am-12:30pm \$55.70/5 sess 00463673
Feb 20-Mar 20 F 11:30am-12:30pm \$55.70/5 sess 00463759

Thompson Community Centre

Jan 12-Mar 9 M 12:00-1:00pm \$89.10/8 sess 00457479

HATHA YOGA–SILVER

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

West Richmond Community Centre

Jan 6-Mar 17 Tu 2:05-3:05pm \$122.55/11 sess .. 00460564
Jan 8-Mar 19 Th 2:05-3:05pm \$122.55/11 sess .. 00460569

JOINT MOVES

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

Seniors Centre–Minoru Centre for Active Living

Jan 6-Feb 17 Tu 10:30-11:30am \$43.75/7 sess 00467696
Jan 8-Feb 12 Th 10:30-11:30am \$37.50/6 sess 00468165
Feb 19-Mar 26 Th 10:30-11:30am \$37.50/6 sess 00468168
Feb 24-Mar 31 Tu 10:30-11:30am \$37.50/6 sess 00467699

KICKBOXING–DRILLS AND SKILLS

Improve cardiovascular strength and conditioning using a variety of boxing equipment and techniques for a full body workout. Suitable for all fitness levels. Boxing gloves recommended at each session.

Thompson Community Centre

Jan 15-Mar 12 Th 12:15-1:15pm \$63/9 sess 00457483

LADIES WHO LIFT–BEGINNER

Develop lean and functional muscle tone with foundational lifts, and learn how to create a fitness program for the gym while working on posture alignment and progressive overload. No experience required.

City Centre Community Centre

Jan 16-Feb 13 F 12:45-1:45pm \$55.70/5 sess 00471131

West Richmond Community Centre

Jan 5-Mar 16 M 9:30-10:30am \$111.40/10 sess .. 00460590
Jan 5-Mar 16 M 10:45-11:45am \$111.40/10 sess .. 00460599

MEN ON WEIGHTS

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

City Centre Community Centre

Jan 7-Feb 4 W 10:15-11:15am \$55.70/5 sess 00468267

Seniors Centre–Minoru Centre for Active Living

Jan 12-Feb 2 M 1:15-2:15pm \$44.55/4 sess 00468603
Feb 9-Mar 9 M 1:15-2:15pm \$44.55/4 sess 00468604

MIND TO MUSCLE

Improve overall fitness and well-being by focusing on mobility to stability work that includes balance, agility, flexibility, rehabilitation, core, cardio and overall strengthening. No experience required.

West Richmond Community Centre

Jan 7-Mar 18 W 1:00-2:00pm \$79.85/11 sess 00460507

MINDS IN MOTION

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

South Arm Community Centre

Jan 15-Mar 12 Th 1:30-3:00pm \$47.75/8 sess 00466483

MINDS IN MOTION (CANTONESE)

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

Cambie Community Centre

Jan 14-Mar 25.....W..... 1:00-2:30pm..... \$59.70/10 sess 00458031

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 6-Feb 10.....Tu..... 10:30-11:30am..... \$37.50/6 sess 00470503
Jan 8-Feb 12.....Th..... 10:30-11:30am..... \$37.50/6 sess 00470520
Feb 17-Mar 24Tu..... 10:30-11:30am..... \$37.50/6 sess 00470505
Feb 19-Mar 26Th..... 10:30-11:30am..... \$37.50/6 sess 00470521

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 5-Mar 16.....M..... 10:30-11:30am..... \$70/10 sess 00466633

OSTEOFIT FOR BETTER BONES

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

Thompson Community Centre

Jan 13-Mar 10.....Tu..... 1:30-2:30pm..... \$56.25/9 sess 00457475

OSTEOFIT FOR LIFE (CANTONESE)

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

City Centre Community Centre

Jan 6-Mar 24.....Tu..... 10:30-11:30am..... \$75/12 sess 00463606
Jan 8-Mar 26.....Th..... 10:00-11:00am..... \$75/12 sess 00463607

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 7-Mar 25.....W..... 10:15-11:15am..... \$75/12 sess 00465000

Seniors Centre–Minoru Centre for Active Living

Jan 5-Feb 9.....M..... 10:15-11:15am..... \$37.50/6 sess 00468184
Jan 6-Feb 17.....Tu..... 1:15-2:15pm..... \$43.75/7 sess 00467837
Jan 7-Mar 25.....W..... 10:15-11:15am..... \$56.25/9 sess 00468112
Jan 8-Feb 5.....Th..... 12:30-1:30pm..... \$31.25/5 sess 00468172
Feb 19-Mar 26Th..... 12:30-1:30pm..... \$37.50/6 sess 00468178
Feb 23-Mar 30M..... 10:15-11:15am..... \$37.50/6 sess 00468186
Feb 24-Mar 31Tu..... 1:15-2:15pm..... \$37.50/6 sess 00467839

South Arm Community Centre

Jan 13-Mar 17.....Tu..... 2:00-3:00pm..... \$62.50/10 sess 00467586

Thompson Community Centre

Jan 16-Mar 13.....F..... 10:30-11:30am..... \$56.25/9 sess 00457467

West Richmond Community Centre

Jan 5-Mar 16.....M..... 2:15-3:10pm..... \$62.50/10 sess 00460506
Jan 8-Mar 12.....Th..... 2:15-3:10..... \$62.50/10 sess 00472314

WOMEN ON WEIGHTS

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

Seniors Centre–Minoru Centre for Active Living

Jan 13-Feb 10.....Tu..... 2:15-3:15pm..... \$55.70/5 sess 00468599
Jan 14-Feb 11.....W..... 1:00-2:00pm..... \$55.70/5 sess 00468601
Feb 24-Mar 24Tu..... 2:15-3:15pm..... \$55.70/5 sess 00468600
Feb 25-Mar 25W..... 1:00-2:00pm..... \$55.70/5 sess 00468602

South Arm Community Centre

Jan 6-Feb 10.....Tu..... 12:30-1:30pm..... \$66.85/6 sess 00466642
Feb 24-Mar 17Tu..... 12:30-1:30pm..... \$44.55/4 sess 00466643

ZUMBA®–GOLD–ALL LEVELS

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

Seniors Centre–Minoru Centre for Active Living

Jan 6-Mar 10.....Tu..... 12:30-1:30pm..... \$70/10 sess 00468265
Jan 9-Mar 13.....F..... 12:15-1:15pm..... \$70/10 sess 00468403

South Arm Community Centre

Jan 7-Mar 11.....W..... 10:45-11:45am..... \$70/10 sess 00466650
Jan 9-Mar 13.....F..... 10:30-11:30am..... \$70/10 sess 00466845

Steveston Community Centre

Jan 7-Feb 11.....W..... 11:45am-12:45pm..... \$42/6 sess 00470510
Feb 18-Mar 25W..... 11:45am-12:45pm..... \$42/6 sess 00470512

West Richmond Community Centre

Jan 6-Mar 10.....Tu..... 1:00-2:00pm..... \$70/10 sess 00460498

General Interest

BANK-RELATED FRAUD PREVENTION WORKSHOP

Discover how to recognize and avoid common financial scams with real-world examples. Gain practical tips to safeguard personal information and money in today's digital banking environment. Presented by an experienced Investment Advisor. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE Mar 9M..... 10:30am-12:00pm..... Free/1 sess..... 00460172

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 Jan 29Th..... 10:00-11:30am..... Free/1 sess..... 00473058

BRIDGE-LEVEL 1-BEGINNER

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

Seniors Centre-Minoru Centre for Active Living

Jan 15-Mar 12.....Th.....2:00-3:30pm.....\$78.85/9 sess.....00462375

BRIDGE-LEVEL 2-BEGINNER

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

Seniors Centre-Minoru Centre for Active Living

Jan 15-Mar 12.....Th.....3:45-5:15pm.....\$78.85/9 sess.....00462381

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.

Hamilton Community Centre

FREE Jan 27Tu.....11:30am-1:00pm.....Free/1 sess.....00465085

COFFEE AND CHAT FOR THOSE LIVING WITH DEMENTIA

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

Seniors Centre-Minoru Centre for Active Living

FREE Jan 30-Mar 27F.....12:45-2:15pm.....Free/5 sess.....00467724

COFFEE AND CHAT FOR THOSE LIVING WITH DEMENTIA (CANTONESE)

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

Seniors Centre-Minoru Centre for Active Living

FREE Jan 27-Mar 24.....Tu....1:30-3:00pm.....Free/8 sess.....00457167

FAIR PHARMACARE PLAN AND PHARMACY SERVICES IN BC WORKSHOP (MANDARIN)

Learn about the Fair PharmaCare Plan, medication coverage within the healthcare system, the types of services available at a pharmacy, the role of a pharmacist and tips on supplements and common medications. Conducted in Mandarin. Registration required.

City Centre Community Centre

FREE Feb 10Tu.....10:00-11:30am.....Free/1 sess.....00462054

ONLINE FREE Feb 10.....Tu...10:00-11:30am.....Free/1 sess.....00462060

FALLS PREVENTION WORKSHOP

Explore the common causes and risks of predictable and preventable falls that are the leading cause of injury and hospitalization. Registration required.

Steveston Community Centre

FREE Jan 19M.....1:00-2:30pm.....Free/1 sess.....00465610

FINANCIAL LITERACY

Gain practical knowledge of Canada's tax system to maximize savings, reduce taxable income and uncover valuable deductions and credits. Learn proven strategies to lower tax bills and keep more hard-earned money. Presented by the Chartered Professional Accountants of British Columbia (CPABC). Registration required.

EFFECTIVE TAX STRATEGIES WORKSHOP

City Centre Community Centre

FREE Mar 9M.....10:30-11:30am.....Free/1 sess.....00466170

EFFECTIVE TAX STRATEGIES WORKSHOP (CANTONESE)

City Centre Community Centre

FREE Mar 9M.....10:30-11:30am.....Free/1 sess.....00466166

FRAUD PROTECTION WORKSHOP

City Centre Community Centre

FREE Jan 12M.....10:30-11:30am.....Free/1 sess.....00469917

FRAUD PROTECTION WORKSHOP (CANTONESE)

City Centre Community Centre

FREE Jan 12M.....10:30-11:30am.....Free/1 sess.....00470396

FRAUDS AND CONS PREVENTION WORKSHOP

Learn tips on how to recognize, avoid and prevent frauds and cons that seem too good to be true. Presented by the Richmond RCMP's Community Engagement Team. Registration required.

South Arm Community Centre

FREE Feb 4W.....10:00-11:00am.....Free/1 sess.....00466221

JEOPARDY GAME

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

Cambie Community Centre

ONLINE FREE Jan 16-Mar 20F....2:00-3:00pm ... Free/3 sess.....00456858

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 FREE Jan 13-Mar 10 ... Tu ...1:00-2:00pm ... Free/3 sess.....00456854

NAVIGATING COMMUNITY SUPPORTS IN RICHMOND WORKSHOP

Explore how to access a wide range of local supports for older adults—from housing and healthcare to transportation and government benefits. Learn about the Seniors Community Connections and SHINE programs, and how trained volunteers can help with forms, applications and referrals. Presented by Richmond Cares, Richmond Gives. Registration required.

Thompson Community Centre

FREE Feb 23M.....1:30-2:30pm.....Free/1 sess.....00470884

OVERVIEW OF DISABILITY BENEFITS IN CANADA WORKSHOP (MANDARIN)

Learn about PWD (Persons with Disabilities) eligibility and applications in Canada, how to apply for the Disability Tax Credit and the Canada Disability Benefit. Conducted in Mandarin. Presented by SUCCESS. Registration required.

City Centre Community Centre

FREE Mar 3 Tu..... 10:00-11:30am..... Free/1 sess..... 00463233

ONLINE FREE Mar 3... Tu... 10:00-11:30am..... Free/1 sess..... 00463237

RESIDENTIAL TENANCY FOR OLDER ADULTS (ENGLISH/MANDARIN)

Discover key aspects of residential tenancy law in British Columbia to understand landlord and tenant rights and responsibilities, protect older adult tenants and navigate the dispute resolution process effectively. Conducted in English with Mandarin interpretation. Registration required.

City Centre Community Centre

FREE Jan 20 Tu..... 10:00am-12:00pm..... Free/1 sess..... 00462051

ONLINE FREE Jan 20 Tu... 10:00am-12:00pm Free/1 sess..... 00466613

MINORU CENTRE FOR ACTIVE LIVING TOURS

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

Seniors Centre–Minoru Centre for Active Living

FREE Jan 21 W..... 10:00-11:00am..... Free/1 sess..... 00473158

FREE Mar 18 W..... 10:00-11:00am..... Free/1 sess..... 00473161

STAYING SAFE ON TRANSIT–TIPS FOR SENIORS

Learn practical strategies to stay alert and safe while using public transit in this session that includes guidance from ICBC and Transit Police on personal safety, scams and accessibility supports. Registration required.

Thompson Community Centre

FREE Mar 12 Th..... 1:30-2:45pm..... Free/1 sess..... 00470794

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. Registration required.

Thompson Community Centre

FREE Feb 13 F..... 4:00-6:00pm..... Free/1 sess..... 00470226

VOLUNTEERING FOR WELLBEING WORKSHOP

Explore the benefits of volunteering for personal wellbeing and learn how to get connected with organizations. Presented by Richmond Cares, Richmond Gives. Registration required.

Thompson Community Centre

FREE Jan 29 Th..... 1:30-2:30pm..... Free/1 sess..... 00470878

Health and Wellness

WELCOME ABOARD!

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

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

Fares (cash only)

- Round Trip: \$2

Information

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

Riding the Bus

Regular Stops:

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

On-Request Stops

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

Contact

General Information:

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

ACCESSING DEMENTIA SERVICES AND SUPPORT (CANTONESE)

Navigate the health care system and support services for dementia. Learn about community supports including home care, respite, adult day programs and strategies to address challenges. Conducted in Cantonese. Presented by the Alzheimer Society of BC. Registration required.

City Centre Community Centre

FREE Mar 4 W..... 10:30am-12:00pm..... Free/1 sess..... 00466211

BUDGET-FRIENDLY NUTRITION TIPS FOR OLDER ADULTS

Discover simple, low-cost ways to eat healthy while supporting overall wellbeing. Gain practical tips from a registered dietitian to make nourishing choices every day. Registration required.

South Arm Community Centre

FREE Mar 4 W..... 10:00-11:00am..... Free/1 sess..... 00466153

CHRONIC CONDITION SELF-MANAGEMENT PROGRAM (CANTONESE)

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

Seniors Centre–Minoru Centre for Active Living

FREE Feb 20-Mar 27.....F..... 9:30am-12:00pmFree/6 sess 00457686

CHRONIC CONDITIONS AND EYE CARE WORKSHOP

Gain expert insights learning how chronic conditions like diabetes and high blood pressure impact eye health and discover effective strategies to protect and manage vision. Presented by a registered optometrist. Registration required.

South Arm Community Centre

FREE Jan 7W..... 10:00-11:00am..... Free/1 sess..... 00466155

D.I.Y. (DO-IT-YOURSELF)–ESSENTIAL OIL AROMATHERAPY SHOWER OIL WORKSHOP

Learn the benefits of essential oils and how to blend castor, grapeseed and coconut oils with natural essential oils for a spa-like shower experience. Perfect for soothing dry winter skin. A \$20 non-refundable supplies fee charged when registering.

City Centre Community Centre

Jan 9F..... 11:00am-12:00pm..... \$6.70/1 sess 00466335

D.I.Y. (DO-IT-YOURSELF)–ESSENTIAL OIL EXFOLIATING SUGAR SCRUB WORKSHOP

Discover the benefits of essential oils and learn how to make a refreshing scrub to smooth skin using natural ingredients such as sugar and carrier oil. A \$10 non-refundable supplies fee charged when registering.

City Centre Community Centre

Mar 6F..... 10:30-11:30am..... \$6.70/1 sess 00466376

FALLS PREVENTION WORKSHOP–FOR SENIORS WITH PARKINSON'S

Discover common risk factors contributing to falls, explore practical exercises to enhance safety and mobility and access valuable support resources for individuals living with Parkinson's and their caregivers. Presented by Parkinson Society British Columbia.

Seniors Centre–Minoru Centre for Active Living

FREE Mar 2M..... 11:00am-12:30pm..... Free/1 sess..... 00460765

FOOT CARE CLINIC

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

Cambie Community Centre

Jan 19M..... 9:00am-3:00pm..... \$57.50/1 sess 00457348

Feb 2M..... 9:00am-3:00pm..... \$57.50/1 sess 00457641

Feb 23M..... 9:00am-3:00pm..... \$57.50/1 sess 00457644

Mar 2M..... 9:00am-3:00pm..... \$57.50/1 sess 00457649

Mar 30M..... 9:00am-3:00pm..... \$57.50/1 sess 00457651

GENKI WELLNESS PROGRAM (JAPANESE/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 or 604-238-8080 to register.

Steveston Community Centre

FREE Jan 5-Mar 16.....M..... 10:00am-12:00pm... Free/10 sess.... 00466598

HEARING CLINICS

Register for a hearing test appointment. Registration required.

Cambie Community Centre

FREE Jan 28W..... 9:00-9:30am..... Free/1 sess..... 00470803

FREE Jan 28W..... 9:30-10:00am..... Free/1 sess..... 00470796

FREE Jan 28W..... 10:00-10:30am..... Free/1 sess..... 00470798

FREE Jan 28W..... 10:30-11:00am..... Free/1 sess..... 00470799

FREE Jan 28W..... 11:00-11:30am..... Free/1 sess..... 00470800

FREE Jan 28W..... 11:30am-12:00pm..... Free/1 sess..... 00470802

Hamilton Community Centre

FREE Feb 3Tu..... 11:45am-12:15pm..... Free/1 sess..... 00466680

FREE Feb 3Tu..... 12:15-12:45pm..... Free/1 sess..... 00466681

FREE Feb 3Tu..... 12:45-1:15pm..... Free/1 sess..... 00466685

FREE Feb 3Tu..... 1:45-2:15pm..... Free/1 sess..... 00466687

FREE Feb 3Tu..... 2:15-2:45pm..... Free/1 sess..... 00466689

FREE Feb 3Tu..... 2:45-3:15pm..... Free/1 sess..... 00466690

FREE Feb 3Tu..... 3:15-3:45pm..... Free/1 sess..... 00466692

Seniors Centre–Minoru Centre for Active Living

FREE Feb 9M..... 2:00-2:20pm..... Free/1 sess..... 00458321

FREE Feb 9M..... 2:20-2:40pm..... Free/1 sess..... 00458324

FREE Feb 9M..... 2:40-3:00pm..... Free/1 sess..... 00458325

FREE Feb 9M..... 3:00-3:20pm..... Free/1 sess..... 00458326

FREE Feb 9M..... 3:20-3:40pm..... Free/1 sess..... 00458327

FREE Feb 9M..... 3:40-4:00pm..... Free/1 sess..... 00458328

FREE Feb 9M..... 4:00-4:20pm..... Free/1 sess..... 00458329

FREE Feb 9M..... 4:20-4:40pm..... Free/1 sess..... 00458330

FREE Mar 16M..... 2:00-2:20pm..... Free/1 sess..... 00458332

FREE Mar 16M..... 2:20-2:40pm..... Free/1 sess..... 00458333

FREE Mar 16M..... 2:40-3:00pm..... Free/1 sess..... 00458341

FREE Mar 16M..... 3:00-3:20pm..... Free/1 sess..... 00458342

FREE Mar 16M..... 3:20-3:40pm..... Free/1 sess..... 00458343

FREE Mar 16M..... 3:40-4:00pm..... Free/1 sess..... 00458364

FREE Mar 16M..... 4:00-4:20pm..... Free/1 sess..... 00458365

FREE Mar 16M..... 4:20-4:40pm..... Free/1 sess..... 00458366

HOLISTIC HEALTH SERIES

HEADACHES AND MIGRAINES WORKSHOP

Learn about the different types of headaches, as well as prevention and treatment measures that include lifestyle, diet, supplements and medication. Presented by a naturopathic doctor. Registration required.

Hamilton Community Centre

FREE Mar 2 M 12:00-1:30pm Free/1 sess 00467813

INFLAMMATION AND ALZHEIMERS WORKSHOP

Learn how inflammation contributes to Alzheimer's and why a holistic approach is warranted. Presented by a naturopathic doctor. Registration required.

Cambie Community Centre

FREE Feb 23 M 1:00-2:30pm Free/1 sess 00468163

MUSCLE HEALTH WORKSHOP

Learn the connection between muscle and brain health and how maintaining lean muscle mass supports cognition and longevity. Presented by a naturopathic doctor. Registration required.

Thompson Community Centre

FREE Feb 9 M 1:30-2:45pm Free/1 sess 00469818

IKI IKI SOCIAL (JAPANESE/ENGLISH)

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

Steveston Community Centre

Jan 8-Mar 19 Th 12:30-3:00pm \$224.70/11 sess .. 00466604

INTRODUCTION TO BRAIN HEALTH

Protect and improve brain health and set goals by learning strategies to better the mind, body and spirit. Presented by the Alzheimer Society of BC. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE Jan 12 M 10:30am-12:00pm Free/1 sess 00460762

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 28-Feb 25 W 1:30-3:15pm Free/2 sess 00467835

LOVE YOUR LIVER WORKSHOP

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

West Richmond Community Centre

FREE Jan 28 W 10:30am-12:00pm Free/1 sess 00467808

MINDFULNESS AND MOVEMENT WORKSHOP

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

Cambie Community Centre

Jan 27-Mar 3 Tu 1:00-2:00pm \$40.30/6 sess 00469206

OSTEOARTHRITIS SERIES

Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System.

OSTEOARTHRITIS SERIES–HAND ARTHRITIS

Learn effective strategies for managing hand arthritis to reduce pain, protect joints and improve mobility. Boost daily function with targeted exercises and proven pain relief techniques. Registration required.

Cambie Community Centre

FREE Jan 22 Th 1:00-2:30pm Free/1 sess 00468173

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. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE Feb 3 Tu 2:00-3:30pm Free/1 sess 00460770

FOOT AND ANKLE ARTHRITIS

Focus on joint specific strategies for management including joint protection, exercise and pain management of the ankle and foot. Registration required.

Cambie Community Centre

FREE Feb 19 Th 1:00-2:30pm Free/1 sess 00467843

NORDIC POLE WALKING FOR ARTHRITIS

Learn about the benefits of using poles while walking and techniques to support joints. Registration required.

Cambie Community Centre

FREE Mar 26 Th 11:00am-12:00pm Free/1 sess 00470547

PREVENTING AND REDUCING THE RISKS OF DIABETES WORKSHOP

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

West Richmond Community Centre

FREE Jan 21 W 10:30am-12:00pm Free/1 sess 00469988

UNDERSTANDING GLAUCOMA WORKSHOP (CANTONESE/MANDARIN)

Learn about the causes, signs and symptoms and ways to prevent and treat these eye diseases. Conducted in Cantonese and Mandarin. Registration required.

City Centre Community Centre

FREE Feb 27 F 10:30am-12:00pm Free/1 sess 00466052

WELLNESS CONNECTIONS

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

Seniors Centre–Minoru Centre for Active Living

Jan 15-Mar 5 Th 10:30am-1:30pm \$210/8 sess 00466731

WELLNESS CONNECTIONS (CANTONESE/MANDARIN)

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

Seniors Centre–Minoru Centre for Active Living

Jan 13-Mar 3..... Tu..... 10:30am-1:30pm..... \$210/8 sess 00466669

WELLNESS WEDNESDAYS WORKSHOPS

Create connections and try wellness activities that focus on different facets of overall health and wellbeing. Transportation and lunch included. Program funded by New Horizons Seniors Grant. Registration required.

Hamilton Community Centre

FREE Jan 28-Mar 18..... W..... 11:30am-1:30pmFree/8 sess 00466048

Languages

ENGLISH–BEGINNER

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

Seniors Centre–Minoru Centre for Active Living

Jan 15-Mar 12..... Th..... 10:00-11:30am..... \$90.70/9 sess 00468689

FRENCH–NEW BEGINNER

Learn basic words and sentences, intonations and interactive methods to be able to have some limited conversations in this popular language. Instructed by a fluent French speaking instructor. No experience required.

Seniors Centre–Minoru Centre for Active Living

Jan 17-Mar 14..... Sa..... 9:00-10:30am..... \$90.70/9 sess 00468750

FRENCH–BEGINNER

Boost French skills in friendly low-pressure sessions tailored for beginners with some basic knowledge. Strengthen core fundamentals, unlock new vocabulary and master simple sentence structures all at a comfortable pace. Instructed by a fluent French-speaking instructor.

Seniors Centre–Minoru Centre for Active Living

Jan 17-Mar 14..... Sa..... 10:45am-12:15pm..... \$90.70/9 sess 00468778

FRENCH–INTERMEDIATE

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

Seniors Centre–Minoru Centre for Active Living

Jan 17-Mar 14..... Sa..... 12:30-2:00pm..... \$90.70/9 sess 00473035

SPANISH–NEW BEGINNER

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

Seniors Centre–Minoru Centre for Active Living

Jan 16-Mar 13..... F..... 9:00-10:30am..... \$90.70/9 sess 00470666

SPANISH–BEGINNER

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

Seniors Centre–Minoru Centre for Active Living

Jan 16-Mar 13..... F..... 12:30-2:00pm..... \$90.70/9 sess 00468724

CONVERSATIONAL SPANISH–LEVEL 1

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

Seniors Centre–Minoru Centre for Active Living

Jan 14-Mar 11..... W..... 10:30am-12:00pm..... \$90.70/9 sess 00468787

CONVERSATIONAL SPANISH–LEVEL 2

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

Seniors Centre–Minoru Centre for Active Living

Jan 14-Mar 11..... W..... 12:30-2:00pm..... \$90.70/9 sess 00468794

Martial Arts

HEALTH QIGONG

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

City Centre Community Centre

Jan 9-Mar 13..... F..... 10:00-11:00am..... \$67.30/10 sess 00464649

MA WANG DUI DAO YIN SHU

Improve physical and mental well-being with these exercises that help regulate the flow of energy through the body's meridians, the network of energetic passageways that run throughout the body, and stimulate energy flow through the lungs, stomach, heart and kidneys. Instructed by a certified Qigong instructor.

City Centre Community Centre

Jan 7-Mar 11..... W..... 9:15-10:15am..... \$67.30/10 sess 00464638

YI JIN JING–INTERMEDIATE

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

South Arm Community Centre

Jan 22-Mar 12..... Th..... 12:45-1:45pm..... \$53.85/8 sess 00467736

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 9-Mar 13..... F..... 2:00-3:00pm..... \$67.30/10 sess 00463522

TAI CHI-BEGINNER

Learn basic movements in these Yang-style sessions.

City Centre Community Centre

Jan 7-Mar 11.....W..... 11:45am-12:45pm..... \$67.30/10 sess 00464640

Seniors Centre-Minoru Centre for Active Living

Jan 16-Mar 13.....F..... 11:15am-12:15pm..... \$60.55/9 sess 00465847

Jan 17-Mar 14.....Sa..... 11:15am-12:15pm..... \$60.55/9 sess 00465856

Steveston Community Centre

Jan 8-Mar 19.....Th..... 11:30am-12:30pm..... \$74.05/11 sess 00466615

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 5-Mar 9.....M..... 10:45-11:45am..... \$60.55/9 sess 00464629

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 7-Mar 11.....W..... 10:30-11:30am..... \$67.30/10 sess 00464639

Seniors Centre-Minoru Centre for Active Living

Jan 17-Mar 14.....Sa..... 10:00-11:00am..... \$60.55/9 sess 00465850

Steveston Community Centre

Jan 6-Mar 17.....Tu..... 11:30am-12:30pm..... \$74.05/11 sess 00466614

TAI CHI-FAN-BEGINNER

Practice this elegant and popular form of martial arts that also improves flexibility and balance. Fan provided for use during session. No experience required.

City Centre Community Centre

Jan 12-Mar 9.....M..... 12:45-1:45pm..... \$53.85/8 sess 00464633

South Arm Community Centre

Jan 22-Mar 12.....Th..... 2:00-3:00pm..... \$53.85/8 sess 00467731

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 5-Mar 9.....M..... 11:45am-12:45pm..... \$60.55/9 sess 00464631

TAI CHI-SWORD-BEGINNER

Strive to perfect the core principles of this form of martial arts, improve balance and develop proper breathing all while learning this beautiful sword routine. Instructed by a qualified martial arts instructor.

City Centre Community Centre

Jan 9-Mar 13.....F..... 8:50-9:50am..... \$67.30/10 sess 00464645

Seniors Centre-Minoru Centre for Active Living

Jan 15-Mar 12.....Th..... 12:45-1:45pm..... \$60.55/9 sess 00462294

TAI CHI-SWORD-YANG STYLE-INTERMEDIATE

Strive to perfect the core principles, improve balance and develop proper breathing all while learning this beautiful sword routine. Instructed by a qualified martial arts instructor. Pre-requisite: Tai Chi-Sword-Beginner or Tai Chi Sword experience.

City Centre Community Centre

Jan 9-Mar 13.....F..... 11:15am-12:15pm..... \$67.30/10 sess 00464651

TAI CHI BUNDLE-BEGINNER

Try Tai Chi, Tai Chi Fan, Health Qigong and Tai Chi Sword in this engaging beginner-friendly session that boosts balance, flexibility and inner calm. Registration required.

City Centre Community Centre

TRY-IT Jan 5.....M..... 12:45-1:45pm..... Free/1 sess..... 00469331

WING CHUN-BEGINNER

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

South Arm Community Centre

Jan 12-Mar 9.....M..... 7:30-8:30pm..... \$53.85/8 sess 00467726

Out Trips and Tours

JANUARY

ARTS CLUB THEATRE-LOUISA MAY ALCOTT'S LITTLE WOMEN TRIP

Enjoy this coming-of-age classic that tells an enduring story of friendship, romance, loss and personal discovery that has charmed generations. Independent Jo, traditional Meg, shy Beth and vivacious Amy navigate the difficulties of young adulthood during the Civil War. Despite having varying ideas of what it means to be a woman, the March sisters together find strength to forge their own paths. Fall in love with Louisa May Alcott's relatable and radiant characters as they come to life in this shining adaptation. Transportation and admission included. Home drop off (\$3) available. No refunds within 30 days of trip.

Seniors Centre-Minoru Centre for Active Living

Jan 4.....Su..... 1:00-5:00pm..... \$84.20/1 sess 00469809

STANLEY PARK LUNCH TRIP

Enjoy a scenic drive around this Vancouver landmark with a stop for lunch at Stanley's Bar and Grill in Vancouver. Transportation only included.

Thompson Community Centre

Jan 16.....F..... 11:00am-3:30pm..... \$23/1 sess 00471217

LITTLE WHITE HOUSE AFTERNOON TEA AT FORT LANGLEY TRIP

Enjoy a leisurely stroll through Fort Langley followed by a cozy and elegant two-hour afternoon tea at the Little White House Salon Café with delicate sandwiches, scones, pastries and teas. Transportation and afternoon tea included. No refunds within 30 days of event.

City Centre Community Centre

Jan 23.....F..... 12:00-5:15pm..... \$95/1 sess 00466888

South Arm Community Centre

Jan 23.....F..... 12:15-5:30pm..... \$95/1 sess 00468079

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 26.....M..... 11:00am-2:30pm..... \$19.75/1 sess 00469192

FLYOVER CANADA TRIP

Travel to Vancouver's Canada Place to experience this immersive flying journey showcasing Canada's spectacular sights and stories from a whole new perspective. Transportation and admission included.

Cambie Community Centre

Jan 29Th..... 10:00am-2:30pm..... \$54/1 sess 00470234

FEBRUARY

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.

City Centre Community Centre

Feb 9M..... 3:45-7:45pm..... \$23/1 sess 00466060

South Arm Community Centre

Feb 9M..... 3:30-8:00pm..... \$23/1 sess 00465443

GREAT BLUE HERON RESERVE TRIP

Experience this unique destination in Chilliwack with over 300 acres of wetland, scenic trails with a lookout tower, scenic footbridges, viewing blinds and lookout points and an informative session about these special birds by an environmental educator. Home drop-off (\$3) available. Transportation, admission and a boxed lunch included. No refunds within 30 days of trip.

Seniors Centre–Minoru Centre for Active Living

Feb 12Th..... 9:30am-3:30pm..... \$48/1 sess 00471231

BC SPORTS HALL OF FAME TRIP

Witness the triumphs and challenges of Terry Fox and Rick Hansen along with the extraordinary achievement of sport at this Vancouver attraction. Transportation and admission included.

Thompson Community Centre

Feb 12Th..... 11:00am-3:00pm..... \$35.75/1 sess 00470342

CHINESE CANADIAN MUSEUM TRIP

Travel to Vancouver's Chinatown to explore exhibits in the historic Wing Sang Building and gain a deeper appreciation of Chinese Canadian history and culture. Transportation and admission included.

Steveston Community Centre

Feb 19Th..... 12:45-4:00pm..... \$30.60/1 sess 00470704

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.

Thompson Community Centre

Feb 25W..... 11:00am-3:30pm..... \$35.50/1 sess 00469190

BRUNCH AT NEWLANDS GOLF CLUB TRIP

Enjoy the legendary Sunday brunch at this Langley golf and country club with stunning views of the 18th green. Transportation and brunch buffet included. Home drop off (\$3) available. No refunds within 7 days of trip.

Seniors Centre–Minoru Centre for Active Living

Feb 26Th..... 9:30am-1:30pm..... \$57.80/1 sess 00469384

GATEWAY THEATRE–THE MUSIC OF SILK ROAD SHOW

Celebrate the Lunar New Year taking in this dynamic concert that blends Chinese folk, Jazz, Blues and World Music connecting East and West. Transportation and admission included. No refunds within 30 days of trip.

Steveston Community Centre

Feb 28Sa..... 1:00-5:00pm..... \$45.50/1 sess 00470724

MARCH

BEATY BIODIVERSITY MUSEUM AND LUNCH TRIP

Explore this active research collection that showcases the diversity of living creatures of the past and present at this museum at UBC. Lunch available for purchase at a neighbourhood restaurant. Home drop-off (\$3) available. Transportation, admission and guided tour included. No refunds within 7 days of trip.

Seniors Centre–Minoru Centre for Active Living

Mar 6F..... 10:00am-3:00pm..... \$42.50/1 sess 00471230

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 10Tu..... 11:00am-3:30pm..... \$25.50/1 sess 00469408

West Richmond Community Centre

Mar 10Tu..... 10:45am-3:15pm..... \$25.50/1 sess 00470222

DR. SUN YAT SEN CLASSICAL CHINESE GARDEN AND CEREMONIAL TEA EXPERIENCE TRIP

Enjoy a guided tour of this classical Chinese garden in Vancouver, featuring its history, design, symbolism and cultural significance. Afterwards, take part in a private tea ceremony that introduces traditional Chinese tea culture, including tea etiquette, brewing methods and tasting. Transportation, admission, guided tour and tea ceremony included.

City Centre Community Centre

Mar 13F..... 12:00-5:00pm..... \$58/1 sess 00468192

South Arm Community Centre

Mar 13F..... 11:45am-5:15pm..... \$58/1 sess 00468824

THRIFTING EXTRAVAGANZA TRIP–SURREY

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

Seniors Centre–Minoru Centre for Active Living

Mar 17Tu..... 9:30am-3:30pm..... \$28/1 sess 00469798

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 24Tu..... 10:30am-3:45pm..... \$25/1 sess 00469417

West Richmond Community Centre

Mar 24Tu..... 10:15am-3:30pm..... \$25/1 sess 00470224

OLD SPAGHETTI FACTORY TRIP—GASTOWN

Travel to Vancouver's Gastown to dine at this iconic restaurant and choose from this classic menu that boasts fresh sauces, hot sourdough bread, soup or salad and Spumoni ice cream. Transportation only included.

Cambie Community Centre

Mar 26 Th..... 11:00am-2:30pm \$18.25/1 sess 00470227

ABBOTSFORD WATER BUFFALO AND BISON FARM TOUR

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

Thompson Community Centre

Mar 27 F..... 9:30am-5:30pm \$43.50/1 sess 00471208

QUEEN ELIZABETH THEATRE—LES MISÉRABLES

Become immersed in 19th century France as this iconic musical at Vancouver's Queen Elizabeth Theatre unfolds a gripping tale of shattered dreams, unrequited love, fierce passion, profound sacrifice and ultimate redemption—a timeless tribute to the resilience of the human spirit. Transportation and admission included. No refunds within 30 days of trip.

City Centre Community Centre

Mar 28 Sa..... 12:15-5:45pm \$90/1 sess 00466067

South Arm Community Centre

Mar 28 Sa..... 12:00-6:00pm \$90/1 sess 00458444

Racquet Sports

PICKLEBALL—BEGINNER

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

South Arm Community Centre

Jan 6-Mar 17 Tu..... 8:00-9:30am \$101.25/10 sess .. 00463353

Jan 6-Mar 17 Tu..... 5:30-7:00pm \$101.25/10 sess .. 00463884

Thompson Community Centre

Jan 8-Mar 12 Th..... 1:15-2:30pm \$84.35/10 sess 00466500

West Richmond Community Centre

Jan 5-Mar 9 M 12:45-2:00pm \$67.50/8 sess 00469955

PICKLEBALL—INTERMEDIATE

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

South Arm Community Centre

Jan 6-Mar 17 Tu..... 9:45-11:15am \$101.25/10 sess .. 00463352

Jan 6-Mar 17 Tu..... 7:00-8:30pm \$101.25/10 sess .. 00463912

Thompson Community Centre

Jan 7-Mar 11 W 12:00-1:15pm \$84.35/10 sess 00466496

Jan 8-Mar 12 Th..... 2:35-3:50pm \$84.35/10 sess 00466502

West Richmond Community Centre

Jan 7-Mar 11 W 11:45am-1:15pm \$101.25/10 sess .. 00470083

Jan 7-Mar 11 W 1:15-2:45pm \$101.25/10 sess .. 00470089

PICKLEBALL—ADVANCED

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

South Arm Community Centre

Jan 6-Mar 17 Tu..... 11:30am-1:00pm \$101.25/10 sess .. 00463356

PICKLEBALL—NON-INSTRUCTIONAL

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

City Centre Community Centre (Anderson School)

Jan 11-Mar 8 Su 2:30-4:15pm \$54/8 sess 00467873

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 9-Mar 13 F..... 10:45am-12:00pm \$75.95/9 sess 00470118

Jan 9-Mar 13 F..... 9:30-10:45am \$75.95/9 sess 00470133

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

Feb 3 Tu..... 9:00-11:30am \$16.85/1 sess 00464055

Feb 3 Tu..... 11:45am-2:15pm \$16.85/1 sess 00464065

Feb 3 Tu..... 5:30-8:00pm \$16.85/1 sess 00464068

Sports

SOCCER—INDOOR

Experience this internationally played sport while getting a great workout in a safe welcoming instructor-led environment. Enjoy light drills and friendly games with modified rules that deliver fun and skill-building for all levels.

South Arm Community Centre

Jan 21-Mar 11 W 11:30am-12:30pm \$53.35/8 sess 00463555

Richmond Wellness Clinics 55+



Take Charge of your Health

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

Health Information and Education (Drop-in)

- Information and referral services from multilingual volunteers

Booths hosted by local organizations and businesses

Prevention Services and Health Monitoring (Drop-in)

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

Treatments (Registration required)

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

***In-person or phone registration only*

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

Locations

City Centre Community Centre

604-204-8588 (1st Thu/mth)

East Richmond Community Hall

604-238-8399 (2nd Wed/mth)

Seniors Centre—Minoru Centre for Active Living

604-238-8450 (3rd Wed/mth)

South Arm Community Centre

604-238-8060 (2nd Fri/mth)

Steveston Japanese Canadian Cultural Centre

604-238-8084 (1st Wed/mth)

Thompson Community Centre

604-238-8422 (2nd Mon/mth)

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

3 ways to register

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



Seniors Annual Facility Pass Programs

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

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

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

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

Seniors Facility Passes at the following community centres are \$19.00 per year, per facility.

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

Cambie Community Centre						
SUN	MON	TUE	WED	THU	FRI	SAT
	Coffee and Tea 11:00am–12:30pm (ERCH)	Tai Chi Practice– Form 24 8:30–9:15am (no instruction) 00456839* (ERCH)	Tai Chi–48 Form 8:30–9:30am 00456833* (ERCH)	Indoor Walking 10:00–11:00am 00456846* (CCC)	Tai Chi–24 Form 8:30–9:30am 00456832* (ERCH)	
		Tai Chi Practice– Form 48 9:15–10:00am (no instruction) 00456840* (ERCH)	Table Tennis 9:30–10:30am (ERCH)		Table Tennis 9:30–10:30am (ERCH)	
		Mahjong (2nd Tue/mth) 10:00am–12:00pm 00456852* (ERCH)	Book Club (1st Wed/mth) 11:00am–12:30pm 00456848* (ERCH)		Knitting 10:00–11:30am (ERCH)	
		Karaoke (1st and 3rd Tu/mth) 10:30am–12:30pm (ERCH)	Writing Club 10:00am–12:00pm 00456849 (ERCH)		Luk Tung Kuen 11:00–11:45am 00456843* (ERCH)	
			Luk Tung Kuen 11:00–11:45am 00456841* (ERCH)			
			Coffee and Tea (2nd Wed/mth) 11:30am–1:30pm (ERCH)			

*Registration required.

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

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

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

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

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

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

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

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

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

*Call 604-238-8084

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

Thompson Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
	Luk Tung Kuen 7:45–8:45am	Luk Tung Kuen 7:45–8:45am	Luk Tung Kuen 7:45–8:45am	Luk Tung Kuen 7:45–8:45am	Table Tennis 7:30–9:30am	Table Tennis 7:30–9:30am
	Tai Chi 8:50–9:20am	Luk Tung Coffee Hour 9:00–10:00am	Tai Chi 8:50–9:20am	Crafts Group 11:00am–1:00pm	Luk Tung Kuen 7:45–8:45am	
	Table Tennis 1:30–5:00pm		Chinese Cultural Dance 1:30–2:45pm	Table Tennis 8:15–9:30pm	Gentlemen in Conservation (2nd & 4th week) 10:30am–12:00pm	
					Karaoke 10:30am–12:30pm	

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

West Richmond Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
Chinese Folk Dancing 2:00–4:00pm	French Conversation Group Call 604-238-8400 for dates	Chinese Folk Dancing 9:45–10:45am English Conversation Group—Beginner 11:00am–12:15pm (Contact 604-238-8431 for availability) Spanish Conversation Group - Online 1:30–3:00pm Scottish Country Dancing 2:15–3:45pm	Ukulele and Singing Circle 6:30–8:00pm	English Conversation Group—Intermediate 11:00am–12:15pm (Contact 604-238-8431 for availability)		

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



City of Richmond

6911 No. 3 Road, Richmond, BC V6Y 2C1

Telephone: 604-276-4000

www.richmond.ca