

# South Arm Community Centre Seniors Annual Facility Pass Program Schedule

FALL 2023

## PASS AND DROP-IN FEE

A Seniors Facility Pass is available for individuals 55+ years old and to spouses less than 55 years old for one year from date of purchase.

<b>1 Year Pass</b>	\$16
<b>Drop-In per visit</b>	\$4.30

Visit the front desk or call 604-238-8060 for more information.

*Schedule subject to change.*

### 3 Ways to Register:

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

SUN	MON	TUE	WED	THU	FRI	SAT
	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	
	New Immigrant Support/ English Conversation Group 9:00–11:30am		Book Club (4th Wed/month) 10:00–11:30am	Friendship Group 8:30–9:20am		
	Scrabble 10:00am– 12:00pm	Social Coffee/ Tea Group 9:30–11:00am		Karaoke 9:30am– 12:00pm Mahjong Social 9:30am–1:30pm		
			Classical QiPao Dance 12:00–2:00pm			MILAP Group B 11:30am– 1:30pm
Sahara Sisters (last Sun/mth) 12:30–3:30pm			Bridge Social 12:15–3:30pm			
	Carpet Bowling 1:00–3:00pm MILAP Group A (Bi-weekly) 1:00–3:00pm		Indoor Walking 1:30–2:30pm	Knitting Group 1:00–3:00pm	Carpet Bowling 1:00–3:00pm	



## CLASS DESCRIPTIONS

### BOOK CLUB

Meet with other reading enthusiasts to discuss the current monthly book selection from the Richmond Public Library.

### BRIDGE SOCIAL

Play this popular and social trick-taking card game with three other players.

### CARPET BOWLING

Try this social game that is played indoors on a long 'felt' carpet.

### CLASSICAL QIPAO DANCE

Try this unique form of dance and learn about the QiPao culture in a fun and social environment.

### FRIENDSHIP GROUP

Socialize, share news in the community and meet old and new friends.

### INDOOR WALKING

Stay dry exercising and socializing with fellow walkers while walking on a flat surface inside the gymnasium.

### KARAOKE

Sing solos, duets in English or Chinese or come simply to enjoy the music in this social environment. Masks recommended.

### KNITTING GROUP

Turn yarn into something magical to be sold in facility display cases in the centre's hallway and Seniors Lounge or donated to charitable organizations throughout the year. All proceeds for Seniors programming. Members required to bring needles and yarn to sessions.

### LUK TUNG KUEN

Counter the pain of aging with this very gentle, safe and fluid form of exercise that keeps the mind alert and moves the whole body. These sessions are led by an Activity Liaison. All skill levels welcome.

### MAHJONG SOCIAL

Play this tile-based game that originated in China and is similar to the Western card game rummy. These non-gambling sessions include skill, strategy and calculation with a degree of chance. All skills welcome.

### MILAP GROUP

Join this South Asian women's support group with weekly activities facilitated by a group liaison. Call to confirm meeting date.

### NEW IMMIGRANT SUPPORT/ENGLISH CONVERSATION GROUP

Meet new friends and learn basic English in this informal learning group. Great for those new to the country or people who want to practice their English speaking skills.

### SAHARA SISTERS

Join this women's support group with weekly activities facilitated by a group liaison. Call to confirm meeting date.

### SCRABBLE

Challenge others in this classic game of word strategy. Scrabble sets provided.

### SOCIAL COFFEE/TEA GROUP

Get comfortable with a warm beverage and join in light conversation with others during this weekly get together.