

SUMMER 2024 SENIORS BROCHURE



Steveston Community Centre

4111 Moncton Street

Richmond, BC

V7E 3A8

604-238-8080

stevestoncc@richmond.ca



CLUBS AND GROUPS

BRIDGE SOCIAL

Fri

1:00pm - 4:00pm

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

CHINESE MULTICULTURAL GROUP

Mon + Thurs

9:30am - 11:30am

Socialize, make new friends, share Chinese cultural traditions and learn about community and global current events.

DRUMMING ENSEMBLE

Mon

1:00pm - 2:30pm

Work on more advanced drumming in these social sessions that focus genres that include Afro-Cuban, Middle Eastern, African and Latin rhythms. Pre-requisite: Participants must be familiar with playing multi-part percussion arrangements on a variety of percussion instruments and must be able to read musical notation and understand basic rhythm and note values.

JAPANESE CRAFTS GROUP

Wed

12:30pm - 2:30pm

Socialize with peers in these art project sessions that improve fine motor skills and encourage creativity while offering time to reminisce about the Japanese culture.

JAPANESE TABLET CLUB

Fri

9:30am - 11:30am

Learn basic computer, tablet, iPad or phone skills with a volunteer. Topics include: free, interesting and informative Apps; how to browse the internet; and how to communicate with friends and family with internet platforms that include email and Zoom. These sessions are conducted in Japanese.

KARAOKE SOCIAL MULTILINGUAL

Tues

2:45pm - 4:45pm

Join us to socialize and make new friends while singing solo or in a duet. All languages welcome.

CLUBS AND GROUPS

KNITTING & CROCHETING SOCIAL Wed 10:00am - 12:00pm

Learn and share knitting and crocheting skills while creating new projects in these fun and friendly sessions.

LOW VISION SUPPORT GROUP 2nd Wed of mth 10:00am - 12:00pm

Learn new skills to help with vision impairment, make new friends and have fun and engaging conversations in these relaxing sessions.

TECH HELP 1 ON 1 (ENGLISH) Wed 1:00pm - 3:00pm

Learn basic computer, tablet, iPad or phone skills with a volunteer. Topics include free, interesting and informative Apps; how to browse the internet; and how to communicate with friends and family with internet platforms that include email and Zoom. By appointment. To register, call 604-238-8084.

UKULELE CIRCLE Fri 10:00am - 11:30am

Join others in these social and music-making sessions that include making music through picking, melody, harmony and strumming in a fun and relaxing environment.

UKULELE ENSEMBLE Fri 1:00pm - 2:30pm

Enhance musical skills through picking and strumming, melody, harmony and rhythm in multi-part and solo arrangements while socializing and playing music together as a group.

All Club and Group Programs take place in the Japanese Canadian Cultural Centre.

A valid Steveston Community Centre Seniors Facility Pass is required for Club and Group Programs. The cost of a pass is \$16/year and the pass is valid for one year from the date of purchase. For further information, please contact Liliene Yee, Seniors Coordinator at 604-238-8084 or by email at lyee2@richmond.ca

ARTS - DANCE

HAWAIIAN HULA DANCING - BEGINNER

Jul 12 - Aug 30 Fri 12:00pm - 1:00pm \$50.70/8 sess #00316652

HAWAIIAN HULA DANCING - INTERMEDIATE

Jul 12 - Aug 30 Fri 1:00pm - 2:00pm \$50.70/8 sess #00316653

LINE DANCING - BEGINNER

July 11 - Aug 22 Thurs 1:00pm - 2:00pm \$44.40/7 sess #00316617

LINE DANCING - BEGINNER - IMPROVER

July 11 - Aug 22 Thurs 2:15pm - 3:15pm \$44.40/7 sess #00316625

ARTS - MUSIC

UKULELE WORKSHOP - FLATPICKING

Aug 12 - Aug 26 Mon 1:00pm - 2:00pm \$19.00/3 sess #00319479

UKULELE WORKSHOP - FINGERSTYLE

Aug 12 - Aug 26 Mon 2:30pm - 3:30pm \$19.00/3 sess #00319500

UKULELE ENSEMBLE WORKSHOP FOR BEGINNERS

Aug 27 Tues 2:30pm - 4:00pm \$9.50/1 sess #00319722

UKULELE IN THE CLASSROOM - INTRODUCTION - TRY IT

Aug 27 Tues 1:00pm - 2:00pm FREE/1 sess #00319720

Taxes are added at the time of registration for Adults programs.

ARTS - VISUAL

ACRYLIC PAINTING

Jul 8 - Jul 29	Mon	1:00pm - 3:30pm	\$63.40/4 sess	#00316799
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Aug 12 - Aug 26	Mon	1:00pm - 3:30pm	\$47.55/3 sess	#00316801
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CHINESE CALLIGRAPHY (CANTONESE AND MANDARIN)

Jul 9 - Aug 27	Tues	9:30am - 11:30am	\$101.45/8 sess	#00316658
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Jul 11 - Aug 29	Thurs	9:30am - 11:30am	\$101.45/8 sess	#00316684
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COOKING

JAPANESE COOKING

Jul 18	Thurs	10:00am - 11:30am	\$22.70/1 sess	#00320242
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Aug 15	Thurs	10:00am - 11:30am	\$22.70/1 sess	#00320244
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EVENTS AND SEASONAL PROGRAMS

BARBEQUE

Jul 24	Wed	12:30pm - 2:00pm	\$11.25/1 sess	#00319863
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Aug 21	Wed	12:30pm - 2:00pm	\$11.25/1 sess	#00319866
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FITNESS

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

Jul 5 - Jul 26	Fri	12:30pm - 1:30pm	\$39.00/4 sess	#00314554
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Aug 2 - Aug 30	Fri	12:30pm - 1:30pm	\$48.75/5 sess	#00314555
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Jul 8 - Jul 29	Mon	11:30am - 12:30pm	\$39.00/4 sess	#00314552
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Aug 12 - Aug 26	Mon	11:30am - 12:30pm	\$29.25/3 sess	#00314553
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BETTER BACKS AND BALANCE

Jul 9 - Jul 30	Tues	11:45am - 12:45pm	\$21.90/4 sess	#00314525
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Aug 6 - Aug 27	Tues	11:45am - 12:45pm	\$21.90/4 sess	#00314530
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FITNESS

EXERCISES FOR THOSE WITH PARKINSON'S

Jul 4 - Jul 25	Thurs	11:45am - 12:45pm	\$21.90/4 sess	#00314546
Aug 1 - Aug 29	Thurs	11:45am - 12:45pm	\$27.35/5 sess	#00314551

MINDS, MUSCLES AND MOBILITY

Jul 4 - Jul 25	Thurs	10:30am - 11:30am	\$21.90/4 sess	#00314541
Aug 1 - Aug 29	Thurs	10:30am - 11:30am	\$27.35/5 sess	#00314544
Jul 9 - Jul 30	Tues	10:30am - 11:30am	\$21.90/4 sess	#00314522
Aug 6 - Aug 27	Tues	10:30am - 11:30am	\$21.90/4 sess	#00314523

SILVER CYCLE

Jul 10 - Jul 31	Wed	9:00am - 9:45am	\$26.40/4 sess	#00314533
Aug 7 - Aug 28	Wed	9:00am - 9:45am	\$26.40/4 sess	#00314536

ZUMBA® - GOLD

Jul 10 - Jul 31	Wed	12:30pm - 1:30pm	\$26.40/4 sess	#00314556
Aug 7 - Aug 28	Wed	12:30pm - 1:30pm	\$26.40/4 sess	#00314557

HEALTH AND WELLNESS

GENKI WELLNESS PROGRAM (JAPANESE AND ENGLISH)

Jul 8 - Aug 26	Mon	10:00am - 12:00pm	FREE/7 sess	#00316804
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IKI IKI SOCIAL (JAPANESE AND ENGLISH)

Jul 11 - Aug 29	Thurs	12:30pm - 3:00pm	\$147.05/8 sess	#00316802
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Taxes are added at the time of registration for Adults programs.

HEALTH AND WELLNESS

OSTEOARTHRITIS SERIES - OSTEOARTHRITIS OF THE SPINE

July 8 Mon 10:00am - 11:30am FREE/1 sess **#00319764**

OSTEOARTHRITIS SERIES - SLEEP AND STRESS MANAGEMENT

July 10 Wed 1:00pm - 3:00pm FREE/1 sess **#00319755**

OSTEOARTHRITIS SERIES - INTRODUCTION TO MEDITATION

July 17 Wed 1:00pm - 2:00pm FREE/1 sess **#00319759**

OSTEOARTHRITIS SERIES - NORDIC POLE WALKING FOR ARTHRITIS

Jul 30 Tues 10:00am - 12:00pm FREE/1 sess **#00319748**

BONE HEALTH 101

Aug 6 Tues 10:00am - 11:30am FREE/1 sess **#00326656**

MARTIAL ARTS

TAI CHI - BEGINNER

July 11 - Aug 29 Thurs 11:30am - 12:30pm \$50.40/8 sess **#00316789**

TAI CHI - 24 FORM - INTERMEDIATE

July 9 - Aug 27 Tues 11:45am - 12:45pm \$50.40/8 sess **#00316784**

TAI CHI - ADVANCED

Jul 8 - Aug 19 Mon 11:45am - 12:45pm \$44.10/7 sess **#00316702**



OUT TRIPS

BURNABY VILLAGE HERITAGE TRIP

Jul 9 Tues 9:45am - 2:30pm \$32.50/1 sess #00316526

CRESCENT BEACH BIRDING WALK TRIP

Jul 31 Wed 9:45am - 3:15pm \$34.00/1 sess #00319532

TANGLEBANK GARDENS AND BISTRO TRIP

Aug 16 Fri 9:30am - 3:30pm \$36.00/1 sess #00319546

SASAMAT LAKE PICNIC TRIP

Aug 28 Wed 10:00am - 3:00pm \$47.50/1 sess #00316812

Taxes are added at the time of registration for Adults programs.

WELLNESS CLINICS

Wellness Clinics are held on the first Wednesday of every month at the Japanese Canadian Cultural Centre from 9:00am to 12:00pm. All services are drop-in and free! Services include blood pressure monitoring, blood glucose monitoring and wellness information booths.

Wellness Clinics are not offered in January and July.

CLINIC DATES

August 7, 2024

**Contact Liliene Yee, Seniors Coordinator at
lyee2@richmond.ca or call 604-238-8084 for more information.**