

SPRING 2026 SENIORS PROGRAMS



Steveston Community Centre

604-238-8080

stevestoncc@richmond.ca



ARTS - DANCE

LINE DANCING - BEGINNER

Apr 16 - May 7	Thu	1:00pm - 2:00pm	\$26.90/4 sess	00489827
May 14 - Jun 11	Thu	2:00pm - 3:00pm	\$33.60/5 sess	00489831

LINE DANCING - BEGINNER - IMPROVER

Apr 16 - May 7	Thu	2:15pm - 3:15pm	\$26.90/4 sess	00489835
May 14 - Jun 11	Thu	3:15pm - 4:15pm	\$33.60/5 sess	00489842

ARTS - MUSIC

UKULELE - GET STARTED

Apr 15 - May 13	Wed	11:00am - 12:15pm	\$42.00/5 sess	00489875
May 20 - Jun 17	Wed	11:00am - 12:15pm	\$42.00/5 sess	00489877

UKULELE - KEEP GOING

Apr 8 - May 13	Wed	1:00pm - 2:15pm	\$50.40/6 sess	00489879
May 20 - Jun 17	Wed	1:00pm - 2:15pm	\$42.00/5 sess	00489882

UKULELE - TRY IT!

Apr 8	Wed	11:00am - 12:00pm	FREE/1 sess	00489871
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UKULELE - SKILL BUILDING - CHORD MELODY

Apr 7 - May 12	Tue	11:00am - 12:15pm	\$50.40/6 sess	00489860
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UKULELE - SKILL BUILDING - FINGERPICKING

Apr 7 - May 12	Tue	1:00pm - 2:15 pm	\$50.40/6 sess	00489863
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UKULELE - SKILL BUILDING - MAJOR AND MINOR CHORDS

May 19 - Jun 16	Tue	11:00am - 12:15pm	\$42.00/5 sess	00489866
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Taxes are added at the time of registration for Adults programs.

ARTS - MUSIC

UKULELE - SKILL BUILDING - STRUMMING

May 19 - Jun 16	Tue	1:00pm - 2:15pm	\$42.00/5 sess	00489869
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ARTS - VISUAL

ACRYLIC PAINTING - ALL LEVELS

Apr 13 - May 11	Mon	12:30pm - 2:30pm	\$67.20/5 sess	00489784
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May 25 - Jun 22	Mon	12:30pm - 2:30pm	\$67.20/5 sess	00489788
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DRAWING AND SKETCHING

Apr 9 - May 14	Thu	1:00pm - 3:00pm	\$80.65/6 sess	00492797
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May 21 - Jun 18	Thu	1:00pm - 3:00pm	\$67.20/5 sess	00492801
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DRAWING AND SKETCHING - INTERMEDIATE

Apr 14 - May 12	Tue	1:00pm - 3:00pm	\$67.20/5 sess	00492788
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May 19 - Jun 23	Tue	1:00pm - 3:00pm	\$80.65/6 sess	00492795
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CHINESE BRUSH PAINTING*

May 6 - Jun 17	Wed	10:30am - 12:30pm	\$94.10/7 sess	00489800
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CHINESE CALLIGRAPHY (CANTONESE AND MANDARIN)

Apr 7 - May 12	Tue	9:30am - 11:30am	\$80.65/6 sess	00489805
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Apr 9 - May 14	Thu	9:30am - 11:30am	\$80.65/6 sess	00489813
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May 19 - Jun 16	Tue	9:30am - 11:30am	\$67.20/5 sess	00490959
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May 21 - Jun 18	Thu	9:30am - 11:30am	\$67.20/5 sess	00489816
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WATERCOLOUR PAINTING TECHNIQUES AND STYLES

Apr 7 - May 12	Tue	9:00am - 11:00am	\$80.65/6 sess	00489793
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May 19 - Jun 23	Tue	9:00am - 11:00am	\$80.65/6 sess	00489795
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***Extra program fee applies. Please inquire with front desk staff.**

ARTS - VISUAL

KNITTING GROUP - INTERGENERATIONAL

Apr 8 - Jun 17 Wed 3:30pm - 5:00pm FREE/11 sess **00489902**

FITNESS

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

Mar 30 - May 11	Mon	11:45am - 12:45pm	\$66.85/6 sess	00489166
Apr 1 - May 13	Wed	1:00pm - 2:00pm	\$78.00/7 sess	00489173
Apr 10 - May 15	Fri	11:45am - 12:45pm	\$66.85/6 sess	00489257
Apr 10 - May 15	Fri	1:00pm - 2:00pm	\$66.85/6 sess	00489260
May 20 - Jun 24	Wed	1:00pm - 2:00pm	\$66.85/6 sess	00489175
May 22 - Jun 19	Fri	11:45am - 12:45pm	\$55.70/5 sess	00489259
May 22 - Jun 19	Fri	1:00pm - 2:00pm	\$55.70/5 sess	00489261
May 25 - Jun 22	Mon	11:45am - 12:45pm	\$55.70/5 sess	00489172

BETTER BACKS AND BALANCE - BEGINNER

Mar 31 - May 12	Tue	11:45am - 12:45pm	\$37.50/6 sess	00489262
Apr 11 - May 16	Sat	10:30am - 11:30am	\$37.50/6 sess	00489277
May 19 - Jun 23	Tue	11:45am - 12:45pm	\$37.50/6 sess	00489266
May 23 - Jun 20	Sat	10:30am - 11:30am	\$31.25/5 sess	00489278

EXERCISES FOR THOSE WITH PARKINSON'S

Apr 2 - May 14	Thu	11:45am - 12:45pm	\$43.75/7 sess	00489273
May 21 - Jun 25	Thu	11:45am - 12:45pm	\$31.25/6 sess	00489274

MINDS, MUSCLES AND MOBILITY

Mar 31 - May 12	Tue	10:30am - 11:30am	\$37.50/6 sess	00489267
Apr 2 - May 14	Thu	10:30am - 11:30am	\$43.75/7 sess	00489269
May 19 - Jun 23	Tue	10:30am - 11:30am	\$37.50/6 sess	00489268
May 21 - Jun 18	Thu	10:30am - 11:30am	\$31.25/5 sess	00489272

SENIORS

55+ YRS

FITNESS

FUNDAMENTALS OF FITNESS - LEVEL 1

Mar 31 - May 12	Tue	1:00pm - 2:00pm	\$78.00/7 sess	00489279
Apr 1 - May 13	Wed	2:15pm - 3:15pm	\$78.00/7 sess	00489282
May 19 - Jun 23	Tue	1:00pm - 2:00pm	\$66.85/6 sess	00489281
May 20 - Jun 24	Wed	2:15pm - 3:15pm	\$66.85/6 sess	00489285

ZUMBA® - GOLD - ALL LEVELS

Apr 1 - May 13	Wed	11:45am - 12:45pm	\$49.00/7 sess	00489157
May 20 - Jun 10	Wed	11:45am - 12:45pm	\$28.00/4 sess	00489158

HEALTH AND WELLNESS

HOLISTIC HEALTH SERIES - THE ART OF FOREST BATHING

May 11	Mon	1:00pm - 2:30pm	FREE/1 sess	00490967
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GENKI WELLNESS PROGRAM (JAPANESE AND ENGLISH)

Apr 13 - Jun 15	Mon	10:00am - 12:00pm	FREE/10 sess	00489818
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IKI IKI SOCIAL (JAPANESE AND ENGLISH)*

Apr 9 - May 7	Thu	12:30pm - 3:30pm	\$122.55/ 5 sess	00489823
May 14 - Jun 18	Thu	1:00pm - 3:00pm	\$98.05/ 6 sess	00489820

MARTIAL ARTS

TAI CHI - BEGINNER

Apr 9 - May 7	Thu	11:30am - 12:30pm	\$33.65/5 sess	00489850
May 14 - Jun 18	Thu	11:30am - 12:30pm	\$40.40/6 sess	00489854

TAI CHI - ADVANCED

Apr 7 - May 12	Tue	11:30am - 12:30pm	\$40.40/6 sess	00489847
May 19 - Jun 16	Tue	11:30am - 12:30pm	\$33.65/5 sess	00489848

*Extra program fee applies. Please inquire with front desk staff.

SENIORS

55+ YRS

OUT TRIPS AND TOURS

MUSEUM OF ANTHROPOLOGY TRIP

Apr 16	Thu	11:00am - 4:00pm	\$40.00/1 sess	00491317
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BOWEN ISLAND TRIP

May 14	Thu	11:00am - 5:00pm	\$77.50/1 sess	00490271
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CHERRY BLOSSOMS AT DAVID LAM PARK TRIP

May 28	Thu	11:00am - 3:00pm	\$16.25/1 sess	00491176
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DR. SUN YAT SEN CLASSICAL CHINESE GARDEN AND CEREMONIAL TEA EXPERIENCE TRIP

Jun 18	Thu	12:00pm - 5:00pm	\$49.40/1 sess	00490289
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EVENTS AND SEASONAL PROGRAMS

SPRING TEA PARTY

Apr 22	Wed	12:00pm - 2:00pm	\$17.00/1 sess	00491338
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MOTHER'S DAY TEA

May 6	Wed	12:00pm - 2:00pm	\$17.00/1 sess	00491343
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FOOT CARE CLINIC

Mondays - \$57.50/1 sess				
Apr 13		May 4		Jun 1
12:00pm - 12:20pm	00490124	12:00pm - 12:20pm	00490154	12:00pm - 12:20pm
12:30pm - 12:50pm	00490128	12:30pm - 12:50pm	00490159	12:30pm - 12:50pm
1:00pm - 1:20pm	00490134	1:00pm - 1:20pm	00490164	1:00pm - 1:20pm
1:30pm - 1:50pm	00490137	1:30pm - 1:50pm	00490167	1:30pm - 1:50pm
2:00pm - 2:20pm	00490141	2:00pm - 2:20pm	00490172	2:00pm - 2:20pm
2:30pm - 2:50pm	00490143	2:30pm - 2:50pm	00490174	2:30pm - 2:50pm

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. No polish service.

SENIORS

55+ YRS

WELLNESS CLINICS

Wellness Clinics are held at the Japanese Canadian Cultural Centre. Services include blood pressure monitoring, blood glucose monitoring and wellness information booths.

Wednesdays - Drop-In Only - 10:00am - 1:00pm - FREE

Apr 1

May 6

Jun 3

**Contact Yathu Radhakrishnan, Seniors Coordinator at
YRadhakrishnan@richmond.ca or call 604-238-8084 for more information.**

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 & Thu** **9:30am - 11:30am**

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

DRUMMING ENSEMBLE

Mon

1:30pm - 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.

CLUBS AND GROUPS

KARAOKE SOCIAL MULTILINGUAL Tue 12:30pm - 3:15pm

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

KNITTING AND CROCHETING SOCIAL Wed 10:00am - 11:30am

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 9:30am - 12:00pm

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 - 3:00pm

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 \$19/year and the pass is valid for one year from the date of purchase. For further information, please contact Yathu Radhakrishnan, Seniors Coordinator at 604-238-8084 or by email at YRadhakrishnan@richmond.ca.