

# SPRING 2026 SENIORS PROGRAMS



## Steveston Community Centre

604-238-8080

[stevestoncc@richmond.ca](mailto:stevestoncc@richmond.ca)



## ARTS - DANCE

### LINE DANCING - BEGINNER

Apr 16 - May 7	Thu	1:00pm - 2:00pm	\$26.90/4 sess	<b>00489827</b>
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May 14 - Jun 11	Thu	2:00pm - 3:00pm	\$33.60/5 sess	<b>00489831</b>
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### LINE DANCING - BEGINNER - IMPROVER

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

### UKULELE - GET STARTED

Apr 15 - May 13	Wed	11:00am - 12:15pm	\$42.00/5 sess	<b>00489875</b>
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May 20 - Jun 17	Wed	11:00am - 12:15pm	\$42.00/5 sess	<b>00489877</b>
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### UKULELE - KEEP GOING

Apr 8 - May 13	Wed	1:00pm - 2:15pm	\$50.40/6 sess	<b>00489879</b>
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May 20 - Jun 17	Wed	1:00pm - 2:15pm	\$42.00/5 sess	<b>00489882</b>
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### UKULELE - TRY IT!

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

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

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

May 19 - Jun 16	Tue	11:00am - 12:15pm	\$42.00/5 sess	<b>00489866</b>
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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
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## 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



## FITNESS

### FUNDAMENTALS OF FITNESS - LEVEL 1

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

### ZUMBA® - GOLD - ALL LEVELS

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

## HEALTH AND WELLNESS

### HOLISTIC HEALTH SERIES - THE ART OF FOREST BATHING

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

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

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

## MARTIAL ARTS

### TAI CHI - BEGINNER

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

### TAI CHI - ADVANCED

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

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

## OUT TRIPS AND TOURS

### MUSEUM OF ANTHROPOLOGY TRIP

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

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

May 28	Thu	11:00am - 3:00pm	\$16.25/1 sess	<b>00491176</b>
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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	<b>00490289</b>
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## EVENTS AND SEASONAL PROGRAMS

### SPRING TEA PARTY

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

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

Mondays - \$57.50/1 sess					
Apr 13		May 4		Jun 1	
12:00pm - 12:20pm	<b>00490124</b>	12:00pm - 12:20pm	<b>00490154</b>	12:00pm - 12:20pm	<b>00490176</b>
12:30pm - 12:50pm	<b>00490128</b>	12:30pm - 12:50pm	<b>00490159</b>	12:30pm - 12:50pm	<b>00490179</b>
1:00pm - 1:20pm	<b>00490134</b>	1:00pm - 1:20pm	<b>00490164</b>	1:00pm - 1:20pm	<b>00490183</b>
1:30pm - 1:50pm	<b>00490137</b>	1:30pm - 1:50pm	<b>00490167</b>	1:30pm - 1:50pm	<b>00490187</b>
2:00pm - 2:20pm	<b>00490141</b>	2:00pm - 2:20pm	<b>00490172</b>	2:00pm - 2:20pm	<b>00490191</b>
2:30pm - 2:50pm	<b>00490143</b>	2:30pm - 2:50pm	<b>00490174</b>	2:30pm - 2:50pm	<b>00490193</b>

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.

## 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](mailto:YRadhakrishnan@richmond.ca).**