

WINTER 2026 SENIORS PROGRAMS



Steveston Community Centre

604-238-8080

stevestoncc@richmond.ca



ARTS - DANCE

LINE DANCING - BEGINNER

Jan 22 - Mar 12	Thu	1:00pm - 2:00pm	\$53.75/8 sess	00466608
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LINE DANCING - BEGINNER - IMPROVER

Jan 22 - Mar 12	Thu	2:15pm - 3:15pm	\$53.75/8 sess	00466611
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ARTS - MUSIC

UKULELE - TRY-IT

Jan 7	Wed	11:00am - 12:00pm	FREE/1 sess	00466623
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UKULELE - GET STARTED

Jan 14 - Mar 18	Wed	11:00am - 12:15pm	\$84.00/10 sess	00466625
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UKULELE - KEEP GOING

Jan 7 - Mar 18	Wed	1:00pm - 2:15pm	\$92.40/11 sess	00466626
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UKULELE - MOVE ON UP

Jan 6 - Feb 3	Tue	1:00pm - 2:15pm	\$42.00/5 sess	00466617
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UKULELE - SKILL BUILDING - STRUMMING

Jan 6 - Feb 3	Tue	11:00am - 12:15pm	\$42.00/5 sess	00472059
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UKULELE - SKILL BUILDING - MAKING PROGRESS

Feb 17 - Mar 17	Tue	11:00am - 12:15pm	\$42.00/5 sess	00472567
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UKULELE - SKILL BUILDING - PLAY IT BY EAR

Feb 17 - Mar 17	Tue	1:00pm - 2:15pm	\$42.00/5 sess	00466620
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ARTS - VISUAL

ACRYLIC PAINTING - ALL LEVELS

Jan 12 - Mar 9	Mon	12:30pm - 2:30pm	\$107.50/8 sess	00466435
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ARTS - VISUAL

CHINESE BRUSH PAINTING**

Jan 7 - Feb 4	Wed	10:30am - 12:30pm	\$67.20/5 sess	00466457
Feb 18 - Mar 18	Wed	10:30am - 12:30pm	\$67.20/5 sess	00466458

CHINESE CALLIGRAPHY (CANTONESE/MANDARIN)

Jan 6 - Mar 3	Tue	9:30am - 11:30am	\$120.95/9 sess	00466462
Jan 8 - Mar 5	Thu	9:30am - 11:30am	\$120.95/9 sess	00466465

DRAWING AND SKETCHING

Jan 15 - Mar 12	Thu	1:00pm - 3:00pm	\$120.95/9 sess	00471570
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DRAWING AND SKETCHING - INTERMEDIATE

Jan 13 - Mar 10	Tue	1:00pm - 3:00pm	\$120.95/9 sess	00471571
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WATERCOLOUR PAINTING - TECHNIQUES AND STYLES - ALL LEVELS

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

A.M.B.S. (AGILITY MOBILITY BALANCE STRENGTH) - ALL LEVELS

Jan 7 - Feb 11	Wed	1:00pm - 2:00pm	\$66.85/6 sess	00470515
Feb 18 - Mar 25	Wed	1:00pm - 2:00pm	\$66.85/6 sess	00470517

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

Jan 5 - Feb 9	Mon	11:45am - 12:45pm	\$66.85/6 sess	00470497
Jan 9 - Feb 13	Fri	11:45am - 12:45pm	\$66.85/6 sess	00470532
Feb 20 - Mar 27	Fri	11:45pm - 12:45pm	\$66.85/6 sess	00470533
Feb 23 - Mar 23	Mon	11:45pm - 12:45pm	\$55.70/5 sess	00470499

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

FITNESS

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

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

BETTER BACKS AND BALANCE - BEGINNER

Jan 6 - Feb 10	Tue	11:45am - 12:45pm	\$37.50/6 sess	00470507
Jan 10 - Feb 7	Sat	10:30am - 11:30am	\$31.25/5 sess	00470537
Feb 17 - Mar 24	Tue	11:45am - 12:45pm	\$37.50/6 sess	00470509
Feb 28 - Mar 28	Sat	10:30am - 11:30am	\$25.00/4 sess	00470538

EXERCISES FOR THOSE WITH PARKINSON'S

Jan 08 - Feb 12	Thu	11:45am - 12:45pm	\$37.50/6 sess	00470522
Feb 19 - Mar 26	Thu	11:45am - 12:45pm	\$37.50/6 sess	00470531

FUNDAMENTALS OF FITNESS - LEVEL 1

Jan 6 - Feb 10	Tue	1:00pm - 2:00pm	\$66.85/6 sess	00470541
Jan 7 - Feb 11	Wed	2:15pm - 3:15pm	\$66.85/6 sess	00470545
Jan 8 - Feb 12	Thu	1:00pm - 2:00pm	\$66.85/6 sess	00477377
Feb 17 - Mar 24	Tue	1:00pm - 2:00pm	\$66.85/6 sess	00470542
Feb 18 - Mar 25	Wed	2:15pm - 3:15pm	\$66.85/6 sess	00470546
Feb 19 - Mar 26	Thu	1:00pm - 2:00pm	\$66.85/6 sess	00477378

MINDS, MUSCLES AND MOBILITY

Jan 6 - Feb 10	Tue	10:30am - 11:30am	\$37.50/6 sess	00470503
Jan 08 - Feb 12	Thu	10:30am - 11:30am	\$37.50/6 sess	00470520
Feb 17 - Mar 24	Tue	10:30am - 11:30am	\$37.50/6 sess	00470505
Feb 19 - Mar 26	Thu	10:30am - 11:30am	\$37.50/6 sess	00470521

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

FITNESS

ZUMBA® - GOLD - ALL LEVELS

Jan 7 - Feb 11	Wed	11:45am - 12:45pm	\$42.00/6 sess	00470510
Feb 18 - Mar 25	Wed	11:45am - 12:45pm	\$42.00/6 sess	00470512

GENERAL INTEREST

CANADA REVENUE AGENCY (CRA) BENEFITS AND CREDITS AVAILABLE TO SENIORS WORKSHOP

Jan 26	Mon	1:30pm - 3:00pm	FREE/1 sess	00472485
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FALLS PREVENTION WORKSHOP

Jan 19	Mon	1:00pm - 2:30pm	FREE/1 sess	00465610
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HEALTH AND WELLNESS

GENKI WELLNESS PROGRAM (JAPANESE AND ENGLISH)

Jan 5 - Mar 16	Mon	10:00am - 12:00pm	FREE/10 sess	00466598
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IKI IKI SOCIAL (JAPANESE AND ENGLISH)**

Jan 8 - Mar 19	Thu	12:30pm - 3:00pm	\$224.65/11 sess	00466604
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MARTIAL ARTS

TAI CHI - BEGINNER

Jan 8 - Mar 19	Thu	11:30am - 12:30pm	\$74.05/11 sess	00466615
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TAI CHI - ADVANCED

Jan 6 - Mar 17	Tue	11:30am - 12:30pm	\$74.05/11 sess	00466614
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OUT TRIPS AND TOURS

CHINESE CANADIAN MUSEUM TRIP

Feb 19	Thu	12:45pm - 4:00pm	\$30.60/1 sess	00470704
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GATEWAY THEATRE - THE MUSIC OF SILK ROAD SHOW

Feb 28	Sat	1:00pm - 5:00pm	\$45.50/1 sess	00470724
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EVENTS AND SEASONAL PROGRAMS

VALENTINE'S DAY TEA

Feb 11	Wed	12:30pm - 2:00pm	\$17.00/1 sess	00475975
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RICHMOND MUSIC SCHOOL PERFORMANCE

Feb 22	Sun	2:00pm - 3:30pm	FREE/1 sess	00470898
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WINTER PRIDE TEA

Feb 24	Tue	4:00pm - 5:30pm	\$11.35/1 sess	00475957
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STEVESTON FOLK GUILD PERFORMANCE

Mar 22	Sun	2:00pm - 4:00pm	\$20.00/1 sess	00470889
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FOOT CARE CLINIC

Mondays - \$57.50/1 sess					
Jan 5		Feb 2		Mar 2	
12:00pm - 12:20pm	00459893	12:00pm - 12:20pm	00459942	12:00pm - 12:20pm	00459980
12:30pm - 12:50pm	00459898	12:30pm - 12:50pm	00459944	12:30pm - 12:50pm	00459982
1:00pm - 1:20pm	00459902	1:00pm - 1:20pm	00459946	1:00pm - 1:20pm	00459984
1:30pm - 1:50pm	00459926	1:30pm - 1:50pm	00459948	1:30pm - 1:50pm	00459986
2:00pm - 2:20pm	00459928	2:00pm - 2:20pm	00459956	2:00pm - 2:20pm	00459988
2:30pm - 2:50pm	00459931	2:30pm - 2:50pm	00459964	2:30pm - 2:50pm	00459990

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

Jan 7	Feb 4	Mar 4
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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
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Play this popular and social trick-taking card game with three other players.

CHINESE MULTICULTURAL GROUP	Mon & Thu	9:30am - 11:30am
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Socialize, make new friends, share Chinese cultural traditions and learn about community and global current events.

DRUMMING ENSEMBLE	Mon	1:30pm - 2:30pm
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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
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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
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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	Tue	12:30pm - 3:15pm
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Join us to socialize and make new friends while signing solo or in a duet. All languages welcome.

CLUBS AND GROUPS

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.