

UPCOMING PROGRAMS

Meet, Greet & Cycle 55+

Thursday, July 4 @ 10:30am - 1:00pm

#00320106 - FREE

Connect with fellow enthusiasts for a leisurely 20 km ride on some of Richmond's bike-friendly routes. Meet Richmond Bicycle Club members for ride information and enjoy provided refreshments.

Bike and helmet required.

Ballroom Dance: Intermediate - 55+

Sat, June 29 - July 27 @ 1:30pm - 3:00pm

\$47.55/ 5 sess - [\$12.35 Drop-In] #00343268

Build skills, expand ability and learn dance variations in this next steps class. Suitable for singles and pairs. Pre-requisite: Ballroom

Dancing - Beginner.

Pickleball: Beginner - 55+

Thurs, July 4 - August 22 @ 1:30pm - 3:00pm

\$76.10/ 8 sess - #00319199

Learn the rules and basic techniques of this fun, simple and fast-paced game that combines ping pong, tennis and badminton on a badminton size court utilizing paddles and a plastic wiffle ball.

Suitable for beginners. Paddles provided for use if required.

UPCOMING OUT TRIPS

- WEST VANCOUVER TRESTLE BRIDGE
WED, JULY 10 - 9:30AM - 4:30PM
\$30.50 #00316567
- BOUNDARY BAY AIR SHOW
SAT, JULY 13 - 11:00AM - 4:30PM
\$24.80 #00311924
- GROUSE MOUNTAIN
TUES, JULY 16 - 9:30AM - 5:00PM
\$77.50 #00311915
- CHEMAINUS MURALS & DUNCAN RAPTORS
WED, JULY 24 - 8:30AM - 8:15PM
\$115.00 - 65+ / \$132.00 - 55-64

#00316561

Call or come in to register - don't wait until the last minute! Even if the program is free, so we can avoid cancelling our fantastic programs.

SENIORS FACILITY PASS (55+YRS)

COST: \$16.00 / YEAR | \$4.30 / DROP-IN

PROVIDES ACCESS TO THE FOLLOWING PROGRAMS:

ACTIVITY	DETAILS
Chinese Cultural Dance Practice a wide range of popular dances with an opportunity to perform in the community	Wed 1:30-2:45pm Activity Room
Luk Tung Kuen Mild strength, stretch, and range of motion exercises	M-F 7:45-8:45am Gymnasium
Luk Tung Kuen Coffee Hour Relax after Luk Tung and socialize with coffee and snacks	Thurs 9:00-10:00am Activity Room
Tai Chi Gentle form of exercise which puts low stress on the joints and muscles.	Mon & Wed 9:00-9:30am Activity Room
Seniors Karaoke Friday Find some rhythm, play some music, and let's get singing some of the best karaoke songs!	Fri 10:30am-12:30pm Community Lounge
Craft Group Fundraising group that shares ideas and patterns.	Thu 11:00am-1:30pm Multi-Purpose Room 1
Gentlemen in Conversation Meet other men to chat about interesting topics from current events to health, wellness and sports. Coffee and tea will be provided.	2nd/4th Fri 10:30am-12:00pm Community Lounge
Book Club Meet with other book lovers to discuss the latest books.	2nd Mon every Month 2:15-3:45pm Multi-Purpose Room 1
Table Tennis Drop In	Mon: 1:30-5:00pm Thu: 8:15-9:30pm Fri & Sat: 7:30-9:30am



July 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
FP = Facility Pass F = Free R = Registered Course D = Drop-in Fee	1 Canada Day Centre Hours 7am - 7pm	2 7:45am FP Luk Tung 10:30am R Zumba Gold 1:30pm D Pickleball	3 7:45am FP Luk Tung 9:00am FP Tai Chi 1:30pm FP Chinese Cultural Dance	4 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Ease Into Fitness 10:30am R Meet & Cycle 11:00am FP Craft Group 1:30pm R Pickleball 8:15pm FP Table Tennis	5 7:30am FP Table Tennis 7:45am FP Luk Tung 10:30am FP Karaoke 10:30am R Stay Strong 10:30am FP Gentlemen Meet	6 7:30am FP Table Tennis 9:30am D Dancefit 1:30pm R Ballroom Int. 3:15pm R Badminton Registered Court Bookings	
	7 1:00pm R Pickleball Registered Court Bookings	8 7:45am FP Luk Tung 9:00am FP Tai Chi 1:15pm R Better Back & Balance 1:30pm FP Table Tennis	9 7:45am FP Luk Tung 10:30am R Zumba Gold 1:30pm D Pickleball	10 7:45am FP Luk Tung 9:00am FP Tai Chi 1:30pm FP Chinese Cultural Dance	11 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Ease Into Fitness 11:00am FP Craft Group 1:30pm R Pickleball 8:15pm FP Table Tennis	12 7:30am FP Table Tennis 7:45am FP Luk Tung 10:30am FP Karaoke 10:30am R Stay Strong 10:30am FP Gentlemen Meet	13 7:30am FP Table Tennis 9:30am D Dancefit 1:30pm R Ballroom Int. 3:15pm R Badminton Registered Court Bookings
	14 1:00pm R Pickleball Registered Court Bookings	15 7:45am FP Luk Tung 9:00am FP Tai Chi 1:15pm R Better Back & Balance 1:30pm FP Table Tennis	16 7:45am FP Luk Tung 10:30am R Zumba Gold 1:30pm D Pickleball	17 7:45am FP Luk Tung 9:00am FP Tai Chi 1:30pm FP Chinese Cultural Dance	18 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Ease Into Fitness 11:00am FP Craft Group 1:30pm R Pickleball 8:15pm FP Table Tennis	19 7:30am FP Table Tennis 7:45am FP Luk Tung 10:30am FP Karaoke 10:30am R Stay Strong 10:30am FP Karaoke	20 7:30am FP Table Tennis 9:30am D Dancefit 1:30pm R Ballroom Int. 3:15pm R Badminton Registered Court Bookings
	21 1:00pm R Pickleball Registered Court Bookings	22 7:45am FP Luk Tung 9:00am FP Tai Chi 1:15pm R Better Back & Balance 1:30pm FP Table Tennis	23 7:45am FP Luk Tung 10:30am R Zumba Gold 1:30pm D Pickleball	24 7:45am FP Luk Tung 9:00am FP Tai Chi 1:30pm FP Chinese Cultural Dance	25 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Ease Into Fitness 11:00am FP Craft Group 1:30pm R Pickleball 8:15pm FP Table Tennis	26 7:30am FP Table Tennis 7:45am FP Luk Tung 10:30am FP Karaoke 10:30am R Stay Strong	27 7:30am FP Table Tennis 9:30am D Dancefit 1:30pm R Ballroom Int. 3:15pm R Badminton Registered Court Bookings
	28 1:00pm R Pickleball Registered Court Bookings	29 7:45am FP Luk Tung 9:00am FP Tai Chi 1:15pm R Better Back & Balance	30 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Pickleball	31 7:45am FP Luk Tung 9:00am FP Tai Chi 1:30pm FP Chinese Cultural Dance	Aug 1	Aug 2	