



Spring Registration begins February 15

Choose from social, physical and fun indoor and outdoor activities

Spring is on the horizon and it's time to start planning for this season of longer days and warmer temperatures. Thousands of spring courses are being offered from March 28 to the end of June, so note these important dates on your calendar:

- Friday, February 4 | Courses viewable online
- Tuesday, February 15 | Online registration for spring programs begins (8:00pm for Aquatics only | 9:00pm for all other programs)
- Wednesday, February 16 | In-person and Call Centre registration for spring programs

Check out www.richmond.ca/register to learn more about all of our spring program offerings.

LEARN MORE



Public Health Order Update

Fitness and dance programs are back!

Great news! Following the Provincial Health Officer's recent updates, a number of programs and services at community recreation facilities are being offered again..

The following programs and services have returned:

- fitness centres/weight rooms (with limited capacity) – check www.richmond.ca/fitness for operating hours
- single session indoor fitness programs and activities, including group fitness, yoga, Pilates, Cycle Fit and Zumba

(with limited capacity and pre-registration required at www.richmond.ca/register)

- personal training
- adult dance and fitness programs

We will continue to adjust programs and services as required to follow the recommendations of the Provincial Health Officer with safety protocols and capacity limits in place.

For more information about program offerings, registration details and health and safety measures, visit www.richmond.ca/register.

LEARN MORE

Get creative and active together over the Family Day Weekend

3 Days of Fun, February 19-21

[Family Day](#) is a great opportunity for families to get active and enjoy time together, with over 50 free and low cost events and programs. For three days starting Saturday, February 19, activities throughout the city include swimming, skating, open gyms and drop-in sports and crafts. Finish off the weekend with imagination and creativity at the Richmond Library/Cultural Centre where, in lieu of the annual festival, the [Children's Arts Festival](#) is presenting a variety of free activities hosted by the Library, Art Gallery, Arts Centre, Public Art and Museum, on Monday, February 21!

LEARN MORE



Think!

Wear pink on Pink Shirt Day

Think Pink on February 23

On Wednesday, February 23, join the City of Richmond, the Richmond Public Library and School District No. 38 by wearing pink to raise awareness and show support for the intolerance of bullying.

LEARN MORE

Register for Spring Break Camps for Preteens and Youth

Spring into spring with 2 weeks of fun

If you're looking for a fun, positive and safe spring break camp for your preteen or youth this year, it's time to register. Active, educational and entertaining, spring break camps start March 14 through to March 25.

Preteens and youth will have the opportunity to connect with other likeminded participants while developing leadership and life skills, going on exciting adventures and trying something musical, artistic or athletic. Spring Break camps are led by qualified instructors and are designed for students to engage their bodies and minds.



Register now to take part in exciting activities related to leadership, visual arts, physical activity, sports and more offered at recreational facilities throughout the city.

REGISTER TODAY



Seniors Happenings at Minoru Centre for Active Living

A variety of opportunities to choose from

Don't miss this month's great programs and offerings as well as club and group opportunities, including:

Show and Tell with Richmond Public Library Workshop

Led by a Community Services Librarian, learn about the different programs and services that the library offers for seniors including audio-books, home services and the new book dispenser. Registration required.

Dry Eyes Workshop

Join this workshop to learn from an optometrist what the causes, signs, symptoms and prevention of and treatment for Dry Eye Syndrome. In addition, participants receive a free dry eye assessment. Registration required.

Aging and Mood Changes

Learn to recognize the signs of mood changes, memory loss and substance misuse that may occur with aging, and how to take proactive steps to support mental wellness. This program is presented by health professionals from Vancouver Coastal Health (VCH). Registration required.

Seniors Centre at Minoru Centre for Active Living Tours

Take a tour of the beautiful and spacious Seniors Centre along with highlights of specialized spaces and the Fitness and Aquatics Centre. Light refreshments included. Registration required.

Shopping Bus Service

This unique, local service offers a transportation option for seniors wanting to shop at select retail locations. Servicing 10 independent senior housing locations and the Seniors Centre at Minoru Centre for Active Living, the shopping bus has two lines and travels to Lansdowne Mall, Walmart and Seafair Shopping Centre. Note: Face masks are mandatory onboard buses at all times.

LEARN MORE

Arts Insider

February Art Activities

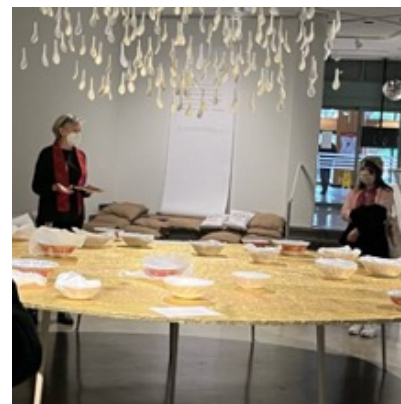
Check out what the Richmond Art Gallery is offering this month!

Richmond Art Gallery Curator Tour and Discussion

Take an informal tour with Nan Capogna, Art Gallery Curator, to discuss the current exhibition "Nourish". Learn about the artists in this exhibition and how they share their own stories of food, nourishment and family memories. [Registration required.](#)

Public Art Tableau Stories Activity

The Richmond Public Art Program is giving 50 FREE art activity tote



bags to families as part of this year's Children's Arts Festival and BC Family Day. On Monday, February 21, registered families can pick-up an art activity tote bag from the Richmond Cultural Centre and participate in a self-directed outdoor art activity to create tableau photographs using public artworks, imagination and camera phones. Tableau photography uses objects and motionless figures to represent a scene from an imagined story or history.

Note: This activity is designed for family groups or groups of two or more people. Children under 12 years old must be accompanied by an adult. [Registration required.](#)

LEARN MORE



Save the Date

[Walk Richmond](#)

February 12, 16, 26
Various locations

[Holistic Health Series - Lymphatics - The Overlooked System](#)

February 17
Online

[Storytelling Workshop with Poet Jane Wong](#)

February 19
Richmond Art Gallery

[Spring Registration](#)

February 15
Online

[Into the Light](#)

February 18-20
Gateway Theatre

City of Richmond

E-Newsletter Project Manager | enews@richmond.ca
6911 No. 3 Road, Richmond, British Columbia, V6Y 2C1

[View Online](#) | [Update My Preferences](#) | [Privacy Policy](#) | [Unsubscribe from this mailing list](#)

To ensure you never miss an email from us, please add enews@richmond.ca to your contacts.