



**55+ Programs** | In-person and online

**Spring 2022** | APRIL–JUNE  
[www.richmond.ca/register](http://www.richmond.ca/register)



## Contents

<b>In-person Programs</b> .....	<b>3</b>
Arts—Dance .....	3
Arts—Music .....	4
Arts—Visual .....	6
Computers, Technology and Social Media .....	7
Events .....	8
Fitness .....	8
General Interest .....	10
Health and Wellness .....	11
Languages .....	14
Out Trips and Tours .....	15
Racquet Sports .....	17
<b>Online Programs</b> .....	<b>18</b>
Arts—Music .....	18
General Interest .....	18
Health and Wellness .....	19
<b>Seniors Annual Facility Pass Programs</b> .....	<b>20</b>

## Refunds / Withdrawals / Transfers

To receive a refund, withdrawal or transfer from a program or class, customers are to phone any one of our Community Services facilities or the Registration Call Centre at 604-276-4300, Monday to Friday, 8:30am to 5:00pm.

### Seasonal Programs

Unless otherwise specified:

- If notice is given prior to the beginning of the third session of the class, a refund, less classes taken, will be provided.
- If notice is given after the beginning of the third session, no refund will be given.

### Private/Semi-Private Lessons (Music, Aquatics and Skating), Aquatic Leadership Courses

- If notice is given 72 hours prior to the start of the course, a full refund will be provided.
- If notice is given less than 72 hours prior to the start of the course, no refund will be provided.

### Short Programs (1 week or less), Camps and Workshops

Unless otherwise specified:

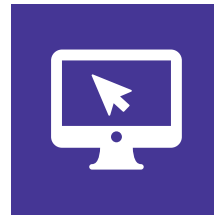
- If less than one week's notice is given, 50% of the fee will be provided.
- If notice is given on or after the start date of the program, no refund will be provided.
- Transfers will be allowed with 72 hours notice prior to the start date of the program.

### Registered Visits (Fitness Classes and Aquafit) and Court Bookings

- If notice is given prior to the start of the session a full refund will be provided.
- Visit [www.richmond.ca/register](http://www.richmond.ca/register) for how to cancel your session.

*Note: Some courses and activities may have a no-refund policy for items such as art supplies or special guests.*

## 3 Ways to Register



### Online

[www.richmond.ca/register](http://www.richmond.ca/register)

Register online anytime.

24 hours a day, 7 days a week

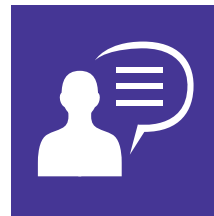


### Phone

**604-276-4300**

Phone and press "2" to speak to a Customer Service Agent.

Monday–Friday, 8:30am–5:00pm



### In-person

**Drop-in and register at any community facility.**

## You will need

### ✓ Your online registration account

If you have not activated your account and need assistance, call 604-276-4300 or visit [www.richmond.ca/reghelp](http://www.richmond.ca/reghelp).

### ✓ Your Course ID number

You can find this six-digit number under the course description.

April 4 – June 27..... **123456**

### ✓ Your method of payment

Pay with AMEX, Visa or MasterCard.

**Note: Cash, debit and cheques are currently only accepted in-person at facilities.**

5% GST will be added to all applicable programs and services.

**Our facilities and programs follow current provincial and local health guidelines to support public safety and reduce the spread of COVID-19; therefore, program offerings may be adjusted as requirements change.**

# In-person Programs

## Arts—Dance

### BALLROOM DANCING—BEGINNER

Cover the basic steps of the Jive, Cha Cha, Waltz and Foxtrot. Singles and pairs welcome.

#### Thompson Community Centre

**TRY-IT** Mar 30 ..... W..... 9:00-10:30am..... Free/1 sess..... 114277  
Apr 6-May 25 ..... W..... 9:00-10:30am..... \$69/8 sess ..... 128460

### BROADWAY JAZZ DANCING

Explore the theatrical dance style and choreography inspired by Broadway Musicals. Set to favourite songs, work on developing coordination and improving balance while building jazz dance technique. Open to all levels. Beginners welcome.

#### Minoru Centre for Active Living (Seniors Centre)

Apr 4-Jun 20 ..... M..... 10:45-11:45am..... \$57.50/10 sess ... 130751

#### West Richmond Community Centre

**TRY-IT** Apr 5 ..... Tu..... 2:15-3:15pm..... Free/1 sess..... 127239  
Apr 12-May 31 ..... Tu..... 2:15-3:15pm..... \$46/8 sess ..... 127176

### CHEER DANCE—BEGINNER

Learn and practice rhythmic patterns through the basic steps of cheerleading while developing coordination, improving balance and having fun building technique. No dance experience required.

#### South Arm Community Centre

**TRY-IT** Apr 14 ..... Th ..... 1:30-2:30pm..... Free/1 sess..... 129712  
Apr 21-Jun 30 ..... Th ..... 1:30-2:30pm..... \$63.25/11 sess ... 129715

### CONDITIONING THROUGH DANCE

Improve overall health and body conditioning through a combination of ballet technique and jazz dance focusing on core strength, posture, flexibility and increasing cardiovascular health. No dance experience required.

#### Minoru Centre for Active Living (Seniors Centre)

Apr 4-Jun 20 ..... M..... 12:00-1:00pm..... \$57.50/10 sess ... 130594

### HAWAIIAN HULA DANCING—BEGINNER

Learn and practice the basic techniques and rhythmic patterns of this graceful and expressive cultural dance form that engages the body, mind and spirit. Some dance movements may be performed sitting down.

#### Steveston Community Centre

Apr 1-Jun 24 ..... F ..... 12:00-1:00pm..... \$63.25/11 sess ... 130453

### HAWAIIAN HULA DANCING—INTERMEDIATE

Continue to learn more advanced dance steps in this social and low impact fitness class. Pre-requisite: Hawaiian Hula Dancing—Beginner.

#### Steveston Community Centre

Apr 1-Jun 24 ..... F ..... 1:00-2:00pm..... \$63.25/11 sess ... 134791

### LINE DANCING—BEGINNER

Practice and learn the basic moves that make up current line dancing today. It's easy and fun! No dance experience required.

#### City Centre Community Centre

Apr 6-Jun 15 ..... W..... 2:00-3:00pm..... \$63.25/11 sess ... 128857

#### Minoru Centre for Active Living (Seniors Centre)

Apr 5-Jun 14 ..... Tu..... 2:00-3:00pm..... \$63.25/11 sess ... 130579

#### Steveston Community Centre

Apr 7-Jun 16 ..... Th ..... 2:00-3:00pm..... \$63.25/11 sess ... 130830

### LINE DANCING—INTERMEDIATE

Improve beginner moves and learn more advanced ones in this social and physically active class. Pre-requisite: Previous line dancing experience.

#### City Centre Community Centre

Apr 6-Jun 15 ..... W..... 3:15-4:15pm..... \$63.25/11 sess ... 128866

#### Minoru Centre for Active Living (Seniors Centre)

Apr 5-Jun 14 ..... Tu..... 3:15-4:15pm..... \$63.25/11 sess ... 130582

#### Steveston Community Centre

Apr 7-Jun 16 ..... Th ..... 3:15-4:15pm..... \$63.25/11 sess ... 130839

### LINE DANCING—INTERNATIONAL—BEGINNER

Follow easy-to-learn steps for short dances set to popular music. Basic line dancing experience preferred.

#### Minoru Centre for Active Living (Seniors Centre)

Apr 23-Jun 25 ..... Sa ..... 2:15-3:45pm..... \$86.25/10 sess ... 130473

### LINE DANCING—INTERNATIONAL—INTERMEDIATE

Move to a variety of styles and popular music, interesting combinations, steps, patterns and movements. Pre-requisite: Strong knowledge of line dancing steps and terminology.

#### Minoru Centre for Active Living (Seniors Centre)

Apr 23-Jun 25 ..... Sa ..... 12:30-2:00pm..... \$86.25/10 sess ... 130472

### LINE DANCING—INTERNATIONAL—INTERMEDIATE/ADVANCED

Dance to a variety of styles and popular music, interesting combinations, steps, patterns and movements. These sessions include complex steps and patterns suited for experienced dancers.

#### Minoru Centre for Active Living (Seniors Centre)

Apr 6-Jun 23 ..... W..... 2:00-3:30pm..... \$103.50/12 sess ... 130471

**LINE DANCING VARIETY–BEGINNER**

Try this class that focuses on the fundamental steps of line dancing that are adaptable to country, ballroom, rock and roll, disco, Latin and pop music. Drop-ins welcome if space permits. Registration required.

**Thompson Community Centre**

**TRY-IT** Mar 30 ..... W..... 10:45-11:45am..... Free/1 sess..... 114294  
Apr 6-May 25 ..... W..... 10:45-11:45am..... \$46/8 sess ..... 128476

**LINE DANCING VARIETY–BEGINNER (CANTONESE AND MANDARIN)**

Learn the fundamental steps of line dancing that are adaptable to country, ballroom, rock and roll, disco, Latin and pop music. This course is conducted in Cantonese and Mandarin.

**Minoru Centre for Active Living (Seniors Centre)**

Apr 1-Jun 24 ..... F ..... 10:45-11:45am..... \$69/12 sess ..... 130749

**LINE DANCING VARIETY–BEGINNER PLUS (CANTONESE AND MANDARIN)**

Master the fundamental steps of this line dancing that are adaptable to a variety of other dance styles. This course is conducted in Cantonese and Mandarin.

**Minoru Centre for Active Living (Seniors Centre)**

Apr 7-Jun 23 ..... Th ..... 10:45-11:45am..... \$69/12 sess ..... 130603  
Apr 5-Jun 21 ..... Tu..... 9:45-10:45am..... \$69/12 sess ..... 130750

**SWINGIN' ROCKIN' DANCE PARTY**

Dance to popular and familiar dance tunes with easy-to-follow steps and sequences and high-energy, non-stop action. This class is best suited for trained or experienced dancers able to learn steps and sequences quickly.

**Minoru Centre for Active Living (Seniors Centre)**

Apr 5-Jun 22 ..... Tu..... 2:00-3:00pm..... \$69/12 sess ..... 130585

**TAP DANCING–BEGINNER**

Tap into some fun and get some great exercise at the same time. No dance experience required. Tap shoes required.

**Minoru Centre for Active Living (Seniors Centre)**

Apr 6-Jun 22 ..... W..... 9:00-10:00am..... \$69/12 sess ..... 130539

**TAP DANCING–INTERMEDIATE**

Combine previously learned steps with new moves in this social class that also offers a fun workout. Tap shoes required. Pre-requisite: Beginner tap dancing experience.

**Minoru Centre for Active Living (Seniors Centre)**

Apr 6-Jun 22 ..... W..... 10:15-11:15am..... \$69/12 sess ..... 130538

**TAP DANCING–CHOREOGRAPHY**

Develop dance skills and learn a routine that challenges both the brain and the body in this program that starts with a short, fast warm-up prior to the choreography portion. Pre-requisite: Tap Dancing–Intermediate or intermediate tap dance level ability.

**Minoru Centre for Active Living (Seniors Centre)**

Apr 6-Jun 22 ..... W..... 11:20am-12:30pm..... \$80.30/12 sess ... 130474

**Arts—Music****CLARINET–BEGINNER**

Learn this instrument with a clear and distinct sound that has long been a fixture in the world of Jazz music.

**Minoru Centre for Active Living (Seniors Centre)**

Apr 1-Jun 25 ..... F ..... 2:30-3:30pm..... \$69/12 sess ..... 130456

**INTRODUCTION TO PIANO**

Learn how to play the keyboard piano in these one-on-one sessions taught by a volunteer instructor. Classes are suitable for beginners up to Level 5. Lessons are individually designed for the ability of each musician. This course is not eligible for support through the Recreation Fee Subsidy Program. Find details at [www.richmond.ca/subsidy](http://www.richmond.ca/subsidy).

Apr 1-May 13 ..... F ..... 3:15-4:00pm ..... \$42.90/6 sess ..... 128697  
Apr 1-May 13 ..... F ..... 4:10-4:55pm ..... \$42.90/6 sess ..... 128700  
Apr 2-May 7 ..... Sa ..... 10:00-10:45am .. \$42.90/6 sess ..... 128715  
Apr 2-May 7 ..... Sa ..... 11:00-11:45am .. \$42.90/6 sess ..... 128717  
Apr 2-May 7 ..... Sa ..... 12:00-12:45pm .. \$42.90/6 sess ..... 128742  
Apr 2-May 7 ..... Sa ..... 1:00-1:45pm ..... \$42.90/6 sess ..... 128744  
Apr 2-May 7 ..... Sa ..... 2:00-2:45pm ..... \$42.90/6 sess ..... 128751  
Apr 2-May 7 ..... Sa ..... 3:00-3:45pm ..... \$42.90/6 sess ..... 128753  
Apr 3-May 8 ..... Su ..... 10:00-10:45am .. \$42.90/6 sess ..... 128760  
Apr 3-May 8 ..... Su ..... 11:00-11:45am .. \$42.90/6 sess ..... 128764  
Apr 3-May 8 ..... Su ..... 1:00-1:45pm ..... \$42.90/6 sess ..... 128796  
Apr 3-May 8 ..... Su ..... 1:00-1:45pm ..... \$42.90/6 sess ..... 128801  
Apr 3-May 8 ..... Su ..... 2:00-2:45pm ..... \$42.90/6 sess ..... 128772  
Apr 3-May 8 ..... Su ..... 2:00-2:45pm ..... \$42.90/6 sess ..... 128803  
Apr 3-May 8 ..... Su ..... 4:00-4:45pm ..... \$42.90/6 sess ..... 128809  
Apr 3-May 8 ..... Su ..... 5:00-5:45pm ..... \$42.90/6 sess ..... 128810  
Apr 4-May 9 ..... M..... 3:45-4:30pm ..... \$35.75/5 sess ..... 128358  
Apr 4-May 9 ..... M..... 4:00-4:45pm ..... \$35.75/5 sess ..... 128362  
Apr 4-May 9 ..... M..... 4:45-5:30pm ..... \$35.75/5 sess ..... 128359  
Apr 4-May 9 ..... M..... 5:00-5:45pm ..... \$35.75/5 sess ..... 128363  
Apr 6-May 11 ..... W..... 4:00-4:45pm ..... \$42.90/6 sess ..... 128367  
Apr 6-May 11 ..... W..... 4:15-5:00pm ..... \$42.90/6 sess ..... 128374  
Apr 6-May 11 ..... W..... 5:00-5:45pm ..... \$42.90/6 sess ..... 128368  
Apr 6-May 11 ..... W..... 5:15-6:00pm ..... \$42.90/6 sess ..... 128375  
May 14-Jun 25 ..... Sa ..... 10:00-10:45am .. \$50.05/7 sess ..... 128723  
May 14-Jun 25 ..... Sa ..... 11:00-11:45am .. \$50.05/7 sess ..... 128735  
May 14-Jun 25 ..... Sa ..... 12:00-12:45pm .. \$50.05/7 sess ..... 128747  
May 14-Jun 25 ..... Sa ..... 1:00-1:45pm ..... \$50.05/7 sess ..... 128748  
May 14-Jun 25 ..... Sa ..... 2:00-2:45pm ..... \$50.05/7 sess ..... 128756  
May 14-Jun 25 ..... Sa ..... 3:00-3:45pm ..... \$50.05/7 sess ..... 128758  
May 15-Jun 26 ..... Su ..... 10:00-10:45am .. \$50.05/7 sess ..... 128766  
May 15-Jun 26 ..... Su ..... 11:00-11:45am .. \$50.05/7 sess ..... 128768  
May 15-Jun 26 ..... Su ..... 1:00-1:45pm ..... \$50.05/7 sess ..... 128797  
May 15-Jun 26 ..... Su ..... 1:00-1:45pm ..... \$50.05/7 sess ..... 128804  
May 15-Jun 26 ..... Su ..... 2:00-2:45pm ..... \$50.05/7 sess ..... 128799  
May 15-Jun 26 ..... Su ..... 2:00-2:45pm ..... \$50.05/7 sess ..... 128806  
May 15-Jun 26 ..... Su ..... 4:00-4:45pm ..... \$50.05/7 sess ..... 128816  
May 15-Jun 26 ..... Su ..... 5:00-5:45pm ..... \$50.05/7 sess ..... 128821  
May 16-Jun 27 ..... M..... 3:45-4:30pm ..... \$42.90/6 sess ..... 128360  
May 16-Jun 27 ..... M..... 4:00-4:45pm ..... \$42.90/6 sess ..... 128364  
May 16-Jun 27 ..... M..... 4:45-5:30pm ..... \$42.90/6 sess ..... 128361  
May 16-Jun 27 ..... M..... 5:00-5:45pm ..... \$42.90/6 sess ..... 128366  
May 18-Jun 29 ..... W..... 4:00-4:45pm ..... \$50.05/7 sess ..... 128370  
May 18-Jun 29 ..... W..... 4:15-5:00pm ..... \$50.05/7 sess ..... 128692  
May 18-Jun 29 ..... W..... 5:00-5:45pm ..... \$50.05/7 sess ..... 128372  
May 18-Jun 29 ..... W..... 5:15-6:00pm ..... \$50.05/7 sess ..... 128695  
May 20-Jun 24 ..... F ..... 3:15-4:00pm ..... \$42.90/6 sess ..... 128703  
May 20-Jun 24 ..... F ..... 4:10-4:55pm ..... \$42.90/6 sess ..... 128705

## MUSIC ENGAGEMENT– AWAKENING MEMORIES

Listen to familiar tunes, connect with others and engage with memories through various movements and playing along on instruments. This program is designed for people living with early-stage memory loss and other cognitive-related issues. Registration required.

### South Arm Community Centre

**FREE** Apr 6-Apr 27 . W..... 11:00am-12:00pm..... Free/4 sess..... #129011

**FREE** Jun 1-Jun 22 . W..... 11:00am-12:00pm..... Free/4 sess..... #137847

## JAZZ PIANO COMPING–BEGINNER

Build on the basics of the art of playing chords to harmonize and accompany melodies. Weekly class material must be practiced.

### Minoru Centre for Active Living (Seniors Centre)

Apr 1-Jun 25 ..... F ..... 12:45-2:15pm..... \$126/12 sess ..... 130435

## TAIKO DRUMMING–LEVEL 1

Release stress and tension while learning different patterns and rhythms in this uplifting and unique group playing experience. No experience required.

### South Arm Community Centre

Apr 4-Jun 20 ..... M..... 6:00-7:00pm..... \$57.50/10 sess ... 128284

## TAIKO DRUMMING–LEVEL 2

Perfect new skills, engage in more vocal shouts and drills and learn pieces with complex rhythms in a fun, energetic and creative environment. Pre-requisite: Taiko Drumming–Level 1.

### South Arm Community Centre

Apr 4-Jun 20 ..... M..... 7:15-8:15pm..... \$57.50/10 sess ... 128287

## UKULELE–ABSOLUTE BEGINNERS

Learn how to play this fun and versatile instrument while developing an understanding of music fundamentals with the Ukulele in the Classroom approach (Level 1). No experience required.

### Steveston Community Centre

Apr 11-May 16 ..... M..... 12:30-2:00pm..... \$43.15/5 sess ..... 131078

May 30-Jun 27 ..... M..... 12:30-2:00pm..... \$43.15/5 sess ..... 131079

## UKULELE–BEGINNER

Play this easy-to-learn instrument for fun and to increase cognitive abilities. Ukulele required at each class.

### West Richmond Community Centre

Apr 13-Jun 1 ..... W..... 7:30-8:30pm..... \$46/8 sess ..... 127174

## UKULELE–BEGINNER 1

Build on the basics of music literacy and enjoy playing melody, harmony and rhythm with the Ukulele in the Classroom approach (Level 1). Pre-requisite: Ukulele–Absolute Beginner or ability to read musical notation and understand basic rhythm and note values.

### Steveston Community Centre

Apr 11-May 16 ..... M..... 2:15-3:45pm..... \$43.15/5 sess ..... 131084

May 30-Jun 27 ..... M..... 2:15-3:45pm..... \$43.15/5 sess ..... 131086

## UKULELE–BEGINNER 2

Expand knowledge of how melody and harmony are related and explore more complex rhythms with the Ukulele in the Classroom approach (Level 1). Pre-requisite: Ukulele–Beginner 1 and the ability to read musical notation and understand rhythm and note values.

### Steveston Community Centre

Apr 13-May 18 ..... W..... 9:30-11:00am..... \$51.75/6 sess ..... 131091

Jun 1-Jun 29 ..... W..... 9:30-11:00am..... \$43.15/5 sess ..... 131094

## UKULELE–BEGINNER 3

Enhance musical skills and understanding and learn more complex repertoire and chord melody arrangements with the Ukulele in the Classroom approach (Level 1). Pre-requisite: Ukulele–Beginner 2 and the ability to read musical notation and understand rhythm and note values.

### Steveston Community Centre

Apr 13-May 18 ..... W..... 11:15am-12:45pm..... \$51.75/6 sess ..... 131096

Jun 1-Jun 29 ..... W..... 11:15am-12:45pm..... \$43.15/5 sess ..... 131098

## UKULELE–INTERMEDIATE 1

Advance to Ukulele in the Classroom Level 2, learn new skills, broaden music literacy and enjoy repertoire in many styles from around the world. Pre-requisite: Ukulele in the Classroom Level 1 (Absolute Beginner, Beginner 1, Beginner 2, Beginner 3) and/or the ability to read musical notations and understand rhythm and note values.

### Steveston Community Centre

Apr 12-May 17 ..... Tu..... 9:30-11:00am..... \$51.75/6 sess ..... 131104

May 31-Jun 28 ..... Tu..... 9:30-11:00am..... \$43.15/5 sess ..... 131105

## UKULELE–INTERMEDIATE 2

Continue learning new and more advanced skills and broaden music literacy and repertoire in many styles from around the world. Pre-requisite: Ukulele–Intermediate 1, Ukulele in the Classroom Level 1 (Absolute Beginner, Beginner 1, Beginner 2, Beginner 3) and/or the ability to read musical notations and understand rhythm and note values.

### Steveston Community Centre

Apr 12-May 17 ..... Tu..... 11:15am-12:45pm..... \$51.75/6 sess ..... 131110

May 31-Jun 28 ..... Tu..... 11:15am-12:45pm..... \$43.15/5 sess ..... 131112

## UKULELE–INTERMEDIATE 3

Explore complex rhythms with melody and harmony in minor keys, build on music literacy and learn advanced playing skills through many genres from around the world. Pre-requisite: Ukulele–Intermediate 2.

### Steveston Community Centre

Apr 12-May 17 ..... Tu..... 1:30-3:00pm..... \$51.75/6 sess ..... 131119

May 31-Jun 28 ..... Tu..... 1:30-3:00pm..... \$43.15/5 sess ..... 131126

## Arts—Visual

### ACRYLIC PAINTING

Explore abstract, landscape and still life painting using acrylic paints. This class is suitable for beginner and experienced painters with individual guidance provided. Supplies not included.

#### Steveston Community Centre

Apr 4-May 9..... M..... 11:30am-1:00pm..... \$43.15/5 sess ..... 130893  
 May 30-Jun 27 ..... M..... 11:30am-1:00pm..... \$43.15/5 sess ..... 130907

### ACRYLIC PAINTING SERIES

Create a unique piece of art trying a variety of acrylic painting techniques. This is one of a three-part instructor-led series. Price includes supplies.

### CATS AND DOGS WORKSHOP

#### South Arm Community Centre

May 3-May 25..... Tu .... 1:00-2:30pm..... \$34.50/4 sess ..... 128116

### LANDSCAPES WORKSHOP

#### South Arm Community Centre

Jun 7-Jun 29..... Tu .... 1:00-2:30pm..... \$34.50/4 sess ..... 128117

### SPRING FLOWERS WORKSHOP

#### South Arm Community Centre

Apr 5-Apr 27 ..... Tu .... 1:00-2:30pm..... \$34.50/4 sess ..... 128115



### ARTFUL AGING SERIES— INTERGENERATIONAL ART PROGRAM

Express creativity, build intergenerational friendships and stimulate the senses while exploring different art workshops in these interactive sessions. Instruction and supplies included.

### ACRYLIC FLUID ART PAINTING WORKSHOP

#### City Centre Community Centre

Jun 7-Jun 14..... Tu .... 4:00-5:30pm..... \$17.25/2 sess ..... 131716

### PAPER MACHE COLLAGE DECORATION WORKSHOP

#### City Centre Community Centre

May 24..... Tu .... 4:00-5:30pm..... \$8.65/1 sess ..... 131700

### MINI TERRARIUMS WORKSHOP

May 3..... Tu .... 4:00-5:30pm..... \$8.65/1 sess ..... 131709

### SPRING CHERRY BLOSSOM DECORATION WORKSHOP

#### City Centre Community Centre

May 10..... Tu .... 4:00-5:30pm..... \$8.65/1 sess ..... 131698

### TISSUE PAPER STAINED GLASS WORKSHOP

#### City Centre Community Centre

Apr 26..... Tu .... 4:00-5:30pm..... \$8.65/1 sess ..... 131696

### WATERCOLOUR LUMINAIRE JARS WORKSHOP

#### City Centre Community Centre

Apr 19..... Tu .... 4:00-5:30pm..... \$8.65/1 sess ..... 131694

### CHINESE BRUSH PAINTING

Explore this beautiful ancient art through exercises that focus on basic techniques. A non-refundable supplies fee is added when registering (\$20 Minoru Centre for Active Living and \$10 South Arm Community Centre).

#### Minoru Centre for Active Living (Seniors Centre)

Apr 4-Jun 20 ..... M..... 9:30-11:30am..... \$115/10 sess ..... 130752

#### South Arm Community Centre

**TRY-IT** Apr 7 ..... Th ..... 10:00-11:30am..... Free/1 sess..... 128293  
 Apr 14-Jun 16 ..... Th ..... 10:00-11:30am..... \$86.25/10 sess ... 128900

### CROCHET 101 FOR BEGINNERS

Learn the basics that include the Foundation Chain and three other beginner stitches to start making a small take-home piece. No previous experience required for these instructor-led sessions. Supply list provided or a \$14.25 supplies fee added when registering.

#### West Richmond Community Centre

Apr 12-May 31 ..... Tu..... 6:30-7:30pm..... \$46/8 sess ..... 127175

## DRAWING–BASICS

Capture simple objects, images and still life subjects on paper while learning basic concepts and techniques to progress to drawing from imagination.

### Minoru Centre for Active Living (Seniors Centre)

Apr 6-Jun 23 ..... W..... 12:30-2:30pm..... \$138/12 sess ..... 130755

## DRAWING AND SKETCHING

Capture images on paper by developing drawing skills that include basic shapes of objects, people and landscapes. A \$25 non-refundable art supplies fee charged when registering.

### West Richmond Community Centre

Apr 7-May 26 ..... Th ..... 10:30-11:30am..... \$46/8 sess ..... 127535

## PAINTING–BASICS

Pick up a brush and start creating through step-by-step and supportive instruction that develops the ability and confidence to paint simple subjects including still life images.

### Minoru Centre for Active Living (Seniors Centre)

Apr 6-Jun 22 ..... W..... 10:00am-12:00pm..... \$138/12 sess ..... 130753

## PAINTING LANDSCAPES

Work on and explore landscapes, natural scenery, mountains, valleys, trees, rivers and forests.

### Minoru Centre for Active Living (Seniors Centre)

Apr 6-Jun 22 ..... W..... 3:00-5:00pm..... \$138/12 sess ..... 130754

## SKETCHING

Create landscapes, figure drawings and still life sketches using a variety of materials that include charcoal, oil pastels and chalk along with different drawing styles and techniques. Supplies not included.

### Steveston Community Centre

Apr 4-May 9 ..... M..... 9:30-11:00am..... \$43.15/5 sess ..... 130877

May 30-Jun 27 ..... M..... 9:30-11:00am..... \$43.15/5 sess ..... 130891

## TAKE HOME FLORAL

### ARRANGEMENT WORKSHOP

Design and make a unique flower arrangement in this fun, creative and social session taught by an experienced florist. Price includes green foam, vase/basket and flowers. No refund within 7 days of workshop date.

### Minoru Centre for Active Living (Seniors Centre)

Apr 5 ..... Tu..... 6:30-8:00pm..... \$42/1 sess ..... 131517

May 17 ..... Tu..... 6:30-8:00pm..... \$42/1 sess ..... 131519

Jun 21 ..... Tu..... 6:30-8:00pm..... \$42/1 sess ..... 131521

### South Arm Community Centre

Apr 22 ..... F ..... 2:00-3:30pm..... \$42/1 sess ..... 128109

## WATERCOLOUR PAINTING

Work on personal projects to further develop artistic voice and style in these loosely structured, enriching and supportive studio sessions. All levels welcome. Suggested supply list available upon request.

### Minoru Centre for Active Living (Seniors Centre)

Apr 7-Jun 23 ..... Th ..... 3:30-5:30pm..... \$138/12 sess ..... 130756

# Computers, Technology and Social Media

## SMARTPHONES AND TABLETS– LEARN FROM A YOUTH

Meet one-on-one and get help from a friendly and informative youth volunteer to learn about text messaging, apps, GPS and Zoom. Personal device required at each class. Registration required.

### West Richmond Community Centre

**FREE** May 12 ..... Th ..... 3:45-4:15pm..... Free/1 sess..... 128515

**FREE** May 12 ..... Th ..... 4:15-4:45pm..... Free/1 sess..... 128517

**FREE** Jun 9 ..... Th ..... 3:45-4:15pm..... Free/1 sess..... 128518

**FREE** Jun 9 ..... Th ..... 4:15-4:45pm..... Free/1 sess..... 128522

## SMARTPHONES, TABLETS AND LAPTOPS–LEARN FROM A YOUTH

Meet one-on-one and get help from a friendly and informative youth volunteer to learn about text messaging, apps, taking photos, Google maps and more. Personal device required at each class. Registration required.

### South Arm Community Centre

**FREE** Apr 7 ..... Th ..... 3:30-4:00pm..... Free/1 sess..... 128207

**FREE** Apr 7 ..... Th ..... 4:00-4:30pm..... Free/1 sess..... 128210

**FREE** Apr 7 ..... Th ..... 4:30-5:00pm..... Free/1 sess..... 128212

**FREE** Apr 21 ..... Th ..... 3:30-4:00pm..... Free/1 sess..... 128216

**FREE** Apr 21 ..... Th ..... 4:00-4:30pm..... Free/1 sess..... 128218

**FREE** Apr 21 ..... Th ..... 4:30-5:00pm..... Free/1 sess..... 128219

**FREE** May 5 ..... Th ..... 3:30-4:00pm..... Free/1 sess..... 128273

**FREE** May 5 ..... Th ..... 4:00-4:30pm..... Free/1 sess..... 128274

**FREE** May 5 ..... Th ..... 4:30-5:00pm..... Free/1 sess..... 128275

**FREE** May 19 ..... Th ..... 3:30-4:00pm..... Free/1 sess..... 128276

**FREE** May 19 ..... Th ..... 4:00-4:30pm..... Free/1 sess..... 128277

**FREE** May 19 ..... Th ..... 4:30-5:00pm..... Free/1 sess..... 128278

**FREE** Jun 2 ..... Th ..... 3:30-4:00pm..... Free/1 sess..... 128279

**FREE** Jun 2 ..... Th ..... 4:00-4:30pm..... Free/1 sess..... 128280

**FREE** Jun 2 ..... Th ..... 4:30-5:00pm..... Free/1 sess..... 128281

### Thompson Community Centre

**FREE** Apr 28 ..... Th ..... 3:30-4:00pm..... Free/1 sess..... 129552

**FREE** Apr 28 ..... Th ..... 4:00-4:30pm..... Free/1 sess..... 129560

**FREE** Apr 28 ..... Th ..... 4:30-5:00pm..... Free/1 sess..... 129562

**FREE** Apr 28 ..... Th ..... 5:00-5:30pm..... Free/1 sess..... 129563

**FREE** May 26 ..... Th ..... 3:30-4:00pm..... Free/1 sess..... 129568

**FREE** May 26 ..... Th ..... 4:00-4:30pm..... Free/1 sess..... 129569

**FREE** May 26 ..... Th ..... 4:30-5:00pm..... Free/1 sess..... 129572

**FREE** May 26 ..... Th ..... 5:00-5:30pm..... Free/1 sess..... 129573

## SMARTPHONES, TABLETS AND LAPTOPS— LEARN FROM A VOLUNTEER

Meet one-on-one and get help from a friendly and informative volunteer to learn how to use text messaging, email, camera, browsers, downloading and using apps and more. Bring questions. Personal device required at each class. Registration required.

### Steveston Community Centre

<b>FREE</b>	Mar 30	..... W.....	1:30-2:00pm.....	Free/1 sess.....	126153
<b>FREE</b>	Mar 30	..... W.....	1:30-2:00pm.....	Free/1 sess.....	126154
<b>FREE</b>	Mar 30	..... W.....	2:00-2:30pm.....	Free/1 sess.....	126155
<b>FREE</b>	Mar 30	..... W.....	2:00-2:30pm.....	Free/1 sess.....	126156
<b>FREE</b>	Mar 30	..... W.....	2:30-3:00pm.....	Free/1 sess.....	126157
<b>FREE</b>	Mar 30	..... W.....	2:30-3:00pm.....	Free/1 sess.....	126158

## Events

### APRIL

#### VAISAKHI CELEBRATION

Celebrate this colourful festival that marks the beginning of a new solar year in the Indo-Canadian culture. Price includes light refreshments.

#### East Richmond Community Hall (Cambie)

Apr 4..... M..... 11:00am-1:00pm..... \$10.25/1 sess ..... 128835

#### South Arm Community Centre

Apr 4..... M..... 10:30am-1:15pm..... \$10.25/1 sess ..... 129564

### JUNE

#### SENIORS WEEK 2022 – JUNE 6-12

Watch for more details in the coming months about this fun week that celebrates seniors in Richmond!

## Fitness

### BETTER BACKS AND BALANCE—BEGINNER

Learn ways to strengthen the mid section and lower back to improve balance. This program is also suitable for those living with osteoporosis.

#### South Arm Community Centre

Mar 30-Jun 16..... W..... 10:30-11:30am..... \$71.30/12 sess ... 127289

#### Steveston Community Centre

Apr 7-May 19..... Th ..... 11:45am-12:45pm..... \$33.25/7 sess ..... 130796

May 26-Jun 23 ..... Th ..... 11:45am-12:45pm..... \$23.75/5 sess ..... 130797

Apr 5-May 17..... Tu..... 11:45am-12:45pm..... \$33.25/7 sess ..... 130798

May 24-Jun 21 ..... Tu..... 11:45am-12:45pm..... \$23.75/5 sess ..... 130799

#### Thompson Community Centre

Apr 8-Jun 18 ..... F ..... 10:30-11:30am..... \$88.10/10 sess ... 128521

### CHAIR FITNESS

Manage chronic conditions and pain more effectively with simple exercises learned in this basic fitness class designed for older adults and those with physical limitations.

#### East Richmond Community Hall (Cambie)

Apr 19-May 17 ..... Tu..... 1:00-2:00pm..... \$23.75/5 sess ..... 129030

#### Minoru Centre for Active Living (Seniors Centre)

Apr 7-May 19..... Th ..... 12:00-1:00pm..... \$33.25/7 sess ..... 131894

May 26-Jun 29 ..... Th ..... 12:00-1:00pm..... \$28.50/6 sess ..... 131895

#### Thompson Community Centre

Apr 5-Jun 15 ..... Tu..... 10:30-11:30am..... \$52.25/11 sess ... 129679

### CHAIR FITNESS (CANTONESE AND MANDARIN)

Manage chronic conditions and pain more effectively with simple exercises learned in this basic fitness class designed for older adults and those with physical limitations. This course is conducted in Cantonese and Mandarin.

#### Minoru Centre for Active Living (Seniors Centre)

Apr 6-May 11 ..... W..... 11:30am-12:30pm..... \$23.75/5 sess ..... 131891

May 25-Jun 29 ..... W..... 11:30am-12:30pm..... \$23.75/5 sess ..... 131892

### CHAIR YOGA

Find length in the spine in this unique fitness program that opens the hips and moves the shoulders and neck. This class is recommended for people with mobility challenges.

#### Minoru Centre for Active Living (Seniors Centre)

Apr 5-May 17 ..... Tu..... 9:15-10:15am..... \$39.35/7 sess ..... 131902

May 24-Jun 28 ..... Tu..... 9:15-10:15am..... \$33.70/6 sess ..... 131903

### CYCLE AND STRENGTH

Combine cycling and strength training to become stronger, more balanced and energized in this results-oriented class.

#### South Arm Community Centre

Mar 28-May 17 ..... M..... 9:15-10:15am..... \$41.60/7 sess ..... 127277

May 30-Jun 28 ..... M..... 9:15-10:15am..... \$29.70/5 sess ..... 127278

#### West Richmond Community Centre

Apr 5-Apr 27 ..... Tu..... 11:50am-12:50pm..... \$23.75/4 sess ..... 128604

Apr 7-Apr 29 ..... Th ..... 11:50am-12:50pm..... \$23.75/4 sess ..... 128605

May 3-May 25 ..... Tu..... 11:50am-12:50pm..... \$23.75/4 sess ..... 128607

May 5-May 27 ..... Th ..... 11:50am-12:50pm..... \$23.75/4 sess ..... 128608

May 31-Jun 22 ..... Tu..... 11:50am-12:50pm..... \$23.75/4 sess ..... 128610

Jun 2-Jun 24 ..... Th ..... 11:50am-12:50pm..... \$23.75/4 sess ..... 128611

### EXERCISES FOR THOSE WITH PARKINSON'S

Improve function and reduce some of the physical limitations of this degenerative neurological disorder with targeted and instructor-led exercises.

#### Minoru Centre for Active Living (Seniors Centre)

Apr 12-May 12 ..... Tu/Th. 12:30-1:30pm..... \$47.50/10 sess ... 131896

May 17-Jun 23 ..... Tu/Th. 12:30-1:30pm..... \$57/12 sess ..... 131897

## JOINT MOVES

Increase range of motion, strength and flexibility in these instructor-led classes designed for people with arthritis seeking ways to minimize stiffness and pain.

### Minoru Centre for Active Living (Seniors Centre)

Apr 5-May 18..... Tu..... 10:30-11:30am..... \$33.25/7 sess ..... 131887  
 May 24-Jun 29 ..... Tu..... 10:30-11:30am..... \$28.50/6 sess ..... 131888  
 Apr 7-May 20..... Th ..... 10:30-11:30am..... \$33.25/7 sess ..... 131889  
 May 26-Jun 30 ..... Th ..... 10:30-11:30am..... \$28.50/6 sess ..... 131890

## M.I.I.T. (MODERATE INTENSITY INTERVAL TRAINING)

Reach new fitness levels with this specific training that works on functional strength and has shown to increase resting metabolic rates for up to 24 hours after a workout. This program is based on High Intensity Interval Training (H.I.I.T.) but adapted for the older adult or those new to this type of training.

### South Arm Community Centre

Mar 28-May 17 ..... M..... 10:30-11:15am..... \$41.60/7 sess ..... 127279  
 May 30-Jun 28 ..... M..... 10:30-11:15am..... \$29.70/5 sess ..... 127280

## MINDS IN MOTION

Join this fitness and social program for people living with any form of early-stage dementia along with a care partner or friend. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partner participation required.

### East Richmond Community Hall (Cambie)

Mar 30-Jun 29..... W..... 1:30-3:30pm..... \$79.10/14 sess ... 127670

### South Arm Community Centre

Apr 12-Jun 22 ..... Tu..... 1:30-3:30pm..... \$62.15/11 sess ... 128302

## MINDS, MUSCLES AND MOBILITY

Improve strength, balance and agility using mindful training principles in this basic fitness class that aims to improve movement issues common to those with chronic conditions.

### Steveston Community Centre

Apr 5-May 17 ..... Tu..... 10:30-11:30am..... \$33.25/7 sess ..... 130787  
 May 24-Jun 21 ..... Tu..... 10:30-11:30am..... \$23.75/5 sess ..... 130790  
 Apr 7-May 19..... Th ..... 10:30-11:30am..... \$33.25/7 sess ..... 130792  
 May 26-Jun 23 ..... Th ..... 10:30-11:30am..... \$23.75/5 sess ..... 130795

### West Richmond Community Centre

Apr 6-Jun 22 ..... W..... 1:00-2:00pm..... \$57/12 sess ..... 128606

## NORDIC POLE WALKING/ OUTDOOR FITNESS CIRCUIT

Turn walking into a total body exercise using poles and learn how to most effectively utilize the West Richmond Seniors' Fitness Circuit. Bring poles or use ones provided.

### West Richmond Community Centre

May 5-Jun 24 ..... Th ..... 1:00-2:00pm..... \$47.50/8 sess ..... 128770

## OSTEOFIT FOR BETTER BONES (CANTONESE)

Improve balance and muscular strength to help protect against possible fractures in this program designed specifically for those living with osteoporosis. This course is conducted in Cantonese.

### City Centre Community Centre

Apr 1-May 13 ..... F ..... 11:15am-12:15pm..... \$28.50/6 sess ..... 129465  
 May 20-Jun 20 ..... F ..... 11:15am-12:15pm..... \$28.50/6 sess ..... 129495

## OSTEOFIT FOR LIFE (CANTONESE)

Reinforce important lifestyle habits introduced in Osteofit for Better Bones while enhancing muscular strength and balance to support bone health through resistance work and agility games. Pre-requisite: Osteofit for Better Bones. This course is conducted in Cantonese.

### City Centre Community Centre

Apr 1-May 13 ..... F ..... 10:00-11:00am..... \$28.50/6 sess ..... 129435  
 May 20-Jun 20 ..... F ..... 10:00-11:00am..... \$28.50/6 sess ..... 129491

## STAY STRONG

Exercise safely in this gentle movement class that focuses on increasing range of motion, strength, balance and agility to better manage the activities of daily living.

### Hamilton Community Centre

Apr 7-May 12 ..... Th ..... 10:00-11:00am..... \$28.50/6 sess ..... 127161  
 May 19-Jun 23 ..... Th ..... 10:00-11:00am..... \$28.50/6 sess ..... 136701

### Minoru Centre for Active Living (Seniors Centre)

Apr 4-May 16 ..... M..... 10:15-11:15am..... \$28.50/6 sess ..... 131883  
 May 30-Jun 27 ..... M..... 10:15-11:15am..... \$23.75/5 sess ..... 131884  
 Apr 6-May 11 ..... W..... 10:15-11:15am..... \$23.75/5 sess ..... 131885  
 May 25-Jun 29 ..... W..... 12:00-1:00pm..... \$23.75/5 sess ..... 131886

## ZUMBA®-GOLD

Move gently in this class with low impact exercises designed for older adults with slight mobility issues. Experience all the fun Latin music and easy-to-follow routines of traditional Zumba®! All fitness levels welcome.

### Minoru Centre for Active Living (Seniors Centre)

Apr 5-May 18 ..... Tu..... 12:30-1:30pm..... \$41.60/7 sess ..... 131898  
 May 24-Jun 28 ..... Tu..... 12:30-1:30pm..... \$35.65/6 sess ..... 131899  
 Apr 1-May 13 ..... F ..... 12:30-1:30pm..... \$35.65/6 sess ..... 131900  
 May 20-Jun 24 ..... F ..... 12:00-1:00pm..... \$35.65/6 sess ..... 131901

### South Arm Community Centre

Apr 1-Jun 18 ..... F ..... 10:30-11:30am..... \$71.30/12 sess ... 127445

### Thompson Community Centre

Apr 9-Jun 19 ..... Sa ..... 10:45-11:45am..... \$53.45/9 sess ..... 128519

### West Richmond Community Centre

Apr 5-Jun 22 ..... Tu..... 1:00-2:00pm..... \$71.30/12 sess ... 128599

## General Interest

### ACCESSING TRANSIT WORKSHOP

Discover the practical side of transit along with the associated opportunities for greater freedom and social interaction. This session is presented by TransLink. Registration required.

#### South Arm Community Centre

**FREE** May 4..... W..... 11:00am-12:15pm..... Free/1 sess..... 128539

### BRIDGE-BEGINNER

Learn the basics of this very popular, classic and group card game that offers a wonderful social opportunity. No previous experience or partner required.

#### Minoru Centre for Active Living (Seniors Centre)

Apr 4-Jun 21 ..... M..... 10:30am-12:00pm..... \$75/10 sess ..... 130901

### BRIDGE-FACILITATED GAME FORMAT

Gain confidence and build on the basics of playing partnered bridge in these sessions designed for players with limited experience. Each session covers some theory and offers hands-on trick taking experience with a seasoned instructor. Pre-requisite: Bridge-Beginner.

#### Minoru Centre for Active Living (Seniors Centre)

Apr 4-May 10 ..... M..... 1:00-3:00pm..... \$50/5 sess ..... 130908  
May 16-Jun 21 ..... M..... 1:00-3:00pm..... \$50/5 sess ..... 130941

### EMERGENCY PREPAREDNESS WORKSHOP

Learn to create a safer home and develop skills to remain calm and collected in the event of an emergency. This session is led by Emergency Programs-City of Richmond. Registration required.

#### Minoru Centre for Active Living (Seniors Centre)

**FREE** May 5..... Th ..... 2:00-3:30pm..... Free/1 sess..... 127467

### EXPLORING FINANCIAL TOOLS IN BC FOR OLDER ADULTS

Explore financial tools that include Powers of Attorney and joint bank accounts, understand risks and advantages and learn ways to avoid financial abuse. This program is presented by SeniorsBC. Registration required.

#### South Arm Community Centre

**FREE** May 13..... F ..... 11:00am-12:00pm..... Free/1 sess..... 128106

### IKEBANA JAPANESE FLOWER ARRANGING WORKSHOP

Practice this ancient and disciplined art form creating beauty from natural materials and self-expression all under the guidance of a sensei.

#### Steveston Community Centre

Apr 2..... Sa ..... 1:00-2:30pm..... \$7.50/1 sess ..... 131774

## LEGAL CLINICS

Access legal help from Seniors First BC with this service for older adults not able to access legal help elsewhere due to low income or other barriers. Clinics offered the fourth Thursday of each month. Phone Seniors First BC at 604-688-1927 (ext. 258) to make a 30 minute legal appointment.

#### Minoru Centre for Active Living (Seniors Centre)

**FREE** Apr 28 ..... Th ..... 10:00am-12:00pm..... Free/1 sess

**FREE** May 26 ..... Th ..... 10:00am-12:00pm..... Free/1 sess

**FREE** Jun 23 ..... Th ..... 10:00am-12:00pm..... Free/1 sess

### LET'S RECYCLE CORRECTLY WORKSHOP

Become a Gold Star Recycler in Richmond after learning the basics in this interactive session led by City Environmental Programs staff. Registration required.

#### Minoru Centre for Active Living (Seniors Centre)

**FREE** Apr 14 ..... Th ..... 1:30-3:00pm..... Free/1 sess..... 127348

### PLANT BUDDIES

Work in the dirt learning different planting skills while socializing with other gardening enthusiasts. This outdoor, instructor-led program includes harvesting and taking home some produce. Registration required.

#### South Arm Community Centre

**FREE** May 2-Jun 27 M..... 9:45-11:15am..... Free/8 sess..... 129984

### SAFETY AT HOME (CANTONESE)

Learn about different communication techniques and the importance of setting personal boundaries in order to build thriving and healthy relationships. This session is conducted in Cantonese and led by the Chinese Community Policing Centre. Registration required.

#### Minoru Centre for Active Living (Seniors Centre)

**FREE** Apr 21 ..... Th ..... 3:15-4:45pm..... Free/1 sess..... 128626

### SAFETY AT HOME (MANDARIN)

Learn about different communication techniques and the importance of setting personal boundaries in order to build thriving and healthy relationships. This session is conducted in Mandarin and led by the Chinese Community Policing Centre. Registration required.

#### Minoru Centre for Active Living (Seniors Centre)

**FREE** Apr 21 ..... Th ..... 1:30-3:00pm..... Free/1 sess..... 128624

### SENIORS CENTRE AT MIINORU CENTRE FOR ACTIVE LIVING TOURS

Experience the Seniors Centre vibe, and find the perfect personal fit of programs and services all year round. Tour highlights include specialized spaces, and the Fitness and Aquatics Centres at Minoru Centre for Active Living. Light refreshments included. Registration required.

#### Minoru Centre for Active Living (Seniors Centre)

**FREE** Apr 20 ..... W..... 10:30-11:30am..... Free/1 sess..... 131427

**FREE** May 11 ..... W..... 10:30-11:30am..... Free/1 sess..... 131428

**FREE** Jun 8 ..... W..... 10:30-11:30am..... Free/1 sess..... 131429

**SENSORY WRITING—MEET THE WRITER**

Meet acclaimed author, Cynthia Sharp, and learn about this sensory writing that uses the five senses to engage a reader’s interest. Poetry readings and Q&A with Cynthia are also included. Registration required.

**Minoru Centre for Active Living (Seniors Centre)**

**FREE** Apr 7 ..... Th ..... 1:30-2:30pm..... Free/1 sess..... 131601

**SENSORY WRITING**

Learn innovative writing techniques that include interacting with natural objects to create imagery and inspiration to write short prose, or start a memoir. Using the five senses to engage a reader’s interest, take writing from bland to brilliant.

**Minoru Centre for Active Living (Seniors Centre)**

Apr 14-May 19..... Th ..... 1:30-3:30pm..... \$60/6 sess ..... 131603

May 26-Jun 30 ..... Th ..... 1:30-3:30pm..... \$60/6 sess ..... 131610



**Health and Wellness**

**ARTFUL AGING SERIES**

**D.I.Y. (DO-IT-YOURSELF) ESSENTIAL OIL LIPGLOSS MAKING WORKSHOP**

Produce a natural lip product using essential oils and other natural ingredients and learn various tips to help create a natural and non-toxic living environment in this hands-on session. A \$7.50 supplies fee added when registering.

**City Centre Community Centre**

Jun 24..... F ..... 1:00-3:00pm..... \$10/1 sess ..... 130060

**D.I.Y. (DO-IT-YOURSELF) LOTION BAR MAKING WORKSHOP**

Produce a natural product using essential oils and other natural ingredients in this hands-on session. Also included are various tips to help create a natural and non-toxic living environment. A \$5 supplies fee added when registering.

**City Centre Community Centre**

Apr 22..... F ..... 1:00-3:00pm..... \$10/1 sess ..... 130043

**D.I.Y. (DO-IT-YOURSELF) SCENTED SACHET MAKING WORKSHOP**

Produce a natural product using essential oils and other natural ingredients in this hands-on session. Also included are various tips to help create a natural and non-toxic living environment. A \$5 supplies fee added when registering.

**City Centre Community Centre**

May 27..... F ..... 1:00-3:00pm..... \$10/1 sess ..... 130055

**D.I.Y. (DO-IT-YOURSELF) AIR FRESHENER MAKING WORKSHOP**

Produce a natural product using essential oils and other natural ingredients in this hands-on session. Also included are various tips to help create a natural and non-toxic living environment. A \$5 supplies fee added when registering.

**City Centre Community Centre**

May 6..... F ..... 1:00-3:00pm..... \$10/1 sess ..... 130049

**MOTHERS DAY D.I.Y. (DO-IT-YOURSELF) GEM STONE SOAP MAKING WORKSHOP**

Produce a natural soap product using essential oils and other natural ingredients in this hands-on session. Also included are various tips to help create a natural and non-toxic living environment. A \$5 supplies fee added when registering.

**City Centre Community Centre**

May 13..... F ..... 1:00-3:00pm..... \$10/1 sess ..... 130053

## CHRONIC CONDITION SELF-MANAGEMENT PROGRAM (CANTONESE)

Gain systematic knowledge of how to effectively manage different aspects of health. Improve practical skills that include goal-setting, decision-making and problem-solving. Caregivers welcome. This series is offered by Self-Management BC, University of Victoria and the BC Ministry of Health in Cantonese. Registration required.

### Minoru Centre for Active Living (Seniors Centre)

**FREE** Apr 22-May 27 .. F ..... 9:30am-12:00pm Free/6 sess ..... 127521

## CHRONIC KIDNEY DISEASE PRESENTATION

Learn about kidney function, common causes of CKD, risk factors and how to keep these vital organs healthy longer. This session is presented by healthcare professionals from Vancouver Coastal Health. Registration required.

### South Arm Community Centre

**FREE** Jun 22 ..... W..... 10:30-11:30am..... Free/1 sess..... 128530

## DEMENTIA FRIENDS WORKSHOP

Understand dementia better, learn communication strategies and know how to better support people living with the decline in mental ability in the community. This workshop is presented by the Alzheimer Society of BC. Registration required.

### South Arm Community Centre

**FREE** Apr 6 ..... W..... 11:15am-12:15pm..... Free/1 sess..... 128544

## FOOT CARE CLINIC

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.

### East Richmond Community Hall (Cambie)

Apr 11 ..... M..... 9:00am-3:00pm..... \$55/1 sess ..... 128849  
 May 9 ..... M..... 9:00am-3:00pm..... \$55/1 sess ..... 128851  
 Jun 6 ..... M..... 9:00am-3:00pm..... \$55/1 sess ..... 128859

## GETTING TO KNOW DEMENTIA (CANTONESE)

Learn about support options and planning for the future in this introductory session that covers information about Alzheimer's disease and other dementias, along with the challenges encountered when first receiving a diagnosis. Those with dementia, care partners and family members supporting a person with dementia are welcome. The course is conducted in Cantonese. Registration required. Contact Alzheimer Society of BC at info.vancouver@alzheimerbc.org for more information.

### South Arm Community Centre

**FREE** May 27 ..... F ..... 10:30am-12:00pm..... Free/1 sess..... 128600

## HEALTH QIGONG–YI JIN JING

Focus on the upper body, arms and spine to learn harmonious standing movements. Along with breathing techniques, these exercises help to strengthen muscles and tendons, improve flexibility and balance. These sessions are led by a certified Qigong instructor.

### City Centre Community Centre

Apr 22-May 27 ..... F ..... 10:00-11:00am..... \$33/6 sess ..... 128455  
 Jun 3-Jun 24..... F ..... 10:00-11:00am..... \$22/4 sess ..... 128456

## HEALTHY AGING SERIES–DIABETES SELF-MANAGEMENT

Recognize the signs and symptoms of diabetes, identify and treat low and high blood glucose and learn to manage nutrition, activity and medications to prevent complications. This session is presented by Vancouver Coastal Health. Registration required.

### Steveston Community Centre

**FREE** Apr 12 ..... Tu..... 9:30-11:00am..... Free/1 sess..... 132702

## HEALTHY WEIGHT WORKSHOP

Explore potential causes of weight gain and learn how to increase overall wellness and energy including ways to reach and maintain a healthy weight to lower risks of many conditions. This session is presented by Vancouver Coastal Health. Registration required.

### Steveston Community Centre

**FREE** Jun 14 ..... Tu..... 9:30-11:00am..... Free/1 sess..... 131783

## HEARING CLINICS

Register for a hearing test appointment at this clinic offered the fourth Monday of each month.

### Minoru Centre for Active Living (Seniors Centre)

**FREE** Mar 28 ..... M..... 2:20-2:40pm..... Free/1 sess..... 110092  
**FREE** Mar 28 ..... M..... 2:40-3:00pm..... Free/1 sess..... 110093  
**FREE** Mar 28 ..... M..... 3:00-3:20pm..... Free/1 sess..... 110094  
**FREE** Mar 28 ..... M..... 4:00-4:20pm..... Free/1 sess..... 110095  
**FREE** Mar 28 ..... M..... 3:40-4:00pm..... Free/1 sess..... 110096  
**FREE** Mar 28 ..... M..... 3:20-3:40pm..... Free/1 sess..... 110097  
**FREE** Apr 25 ..... M..... 2:20-2:40pm..... Free/1 sess..... 131138  
**FREE** Apr 25 ..... M..... 2:40-3:00pm..... Free/1 sess..... 131144  
**FREE** Apr 25 ..... M..... 3:00-3:20pm..... Free/1 sess..... 131147  
**FREE** Apr 25 ..... M..... 3:20-3:40pm..... Free/1 sess..... 131150  
**FREE** Apr 25 ..... M..... 4:00-4:20pm..... Free/1 sess..... 131153  
**FREE** Apr 25 ..... M..... 3:40-4:00pm..... Free/1 sess..... 131156  
**FREE** Jun 27 ..... M..... 2:20-2:40pm..... Free/1 sess..... 131160  
**FREE** Jun 27 ..... M..... 2:40-3:00pm..... Free/1 sess..... 131171  
**FREE** Jun 27 ..... M..... 3:00-3:20pm..... Free/1 sess..... 131172  
**FREE** Jun 27 ..... M..... 3:20-3:40pm..... Free/1 sess..... 131173  
**FREE** Jun 27 ..... M..... 4:00-4:20pm..... Free/1 sess..... 131174  
**FREE** Jun 27 ..... M..... 3:40-4:00pm..... Free/1 sess..... 131175

## HOLISTIC HEALTH SERIES

### MEN'S HEALTH TALK

Learn about community connection with relevant presentations and practical information designed specifically for senior men. This session is led by a naturopathic doctor. Registration required.

**South Arm Community Centre**

**FREE** Apr 28 ..... Th .... 1:45-2:45pm..... Free/1 sess..... 130631

### OPTIMIZING YOUR NATURAL STRESS RESPONSE WORKSHOP

Learn about the stress pathway and the organ affected, how immune responses are affected and mood, fatigue, digestion and unrestful sleep. This session is presented by Dr. Romi Fung, ND. Registration required.

**East Richmond Community Hall (Cambie)**

**FREE** Apr 21 ..... Th .... 2:00-3:30pm..... Free/1 sess..... 130946

### VITAMIN D WORKSHOP

Learn about this important vitamin and understand how it affects bone and overall health. This workshop is led by a naturopathic doctor. Registration required.

**Minoru Centre for Active Living (Seniors Centre)**

**FREE** Jun 23 ..... Th .... 2:00-3:00pm..... Free/1 sess..... 130335

### UNDERSTANDING HEADACHES AND MIGRAINES FROM DIAGNOSIS TO TREATMENT

Learn about migraines and different types of headaches that include cluster, tension and sinus and how to find natural relief. This workshop is presented by Dr. Romi Fung, ND. Registration required.

**East Richmond Community Hall (Cambie)**

**FREE** May 26 ..... Th .... 2:00-3:30pm..... Free/1 sess..... 131020

## IKI IKI SOCIAL (JAPANESE AND ENGLISH)

Socialize and enjoy easier-paced and culturally-familiar activities in this safe and engaging program for older adults with mild to moderate dementia. This course is conducted in Japanese and English. Price includes supplies, cultural snacks and refreshments.

**Steveston Community Centre**

Apr 7-Jun 30 ..... Th .... 1:00-3:00pm..... \$204.75/13 sess . 131071

## JUST FOR YOU-HEALTH TALK WORKSHOP

Learn about community connection with relevant presentations and practical information designed specifically for seniors. This session is led by a healthcare provider. Registration required.

**Steveston Community Centre**

**FREE** Apr 27-Jun 29 W..... 9:45-10:45am..... Free/2 sess..... 132573

**West Richmond Community Centre**

**FREE** Apr 6-May 25 W..... 9:45-10:45am..... Free/2 sess..... 132416

## MEDITATION-COOL THE FIRES OF ANXIETY AND STRESS

Discover the benefits of meditation in this integrated class that combines deep breathing techniques, guided meditation and gentle stretches that enhance well-being and aim to reduce worries and improve quality of life.

**Minoru Centre for Active Living (Seniors Centre)**

**TRY-IT** Apr 7 ..... Th ..... 2:30-4:00pm..... Free/1 sess..... 135948

Apr 14-May 12 ..... Th ..... 2:30-4:00pm..... \$41.25/5 sess ..... 131494

May 19-Jun 23 ..... Th ..... 2:30-4:00pm..... \$49.50/6 sess ..... 131496

## QIGONG FOR HEALTH

Maintain health, increase vitality and experience inner peace and healing with this ancient form of Chinese medicine that includes gentle physical movements, breathing techniques and meditation. These sessions are led by a certified Qigong instructor.

**Minoru Centre for Active Living (Seniors Centre)**

Apr 6-Jun 23 ..... W..... 9:00-10:00am..... \$66/12 sess ..... 130391

**West Richmond Community Centre**

Apr 8-Jun 10 ..... F ..... 1:30-2:30pm..... \$49.50/9 sess ..... 127151

Apr 4-Jun 6 ..... M..... 2:00-3:00pm..... \$44/8 sess ..... 127152

## TAI CHI-BEGINNER

Increase flexibility, relaxation and balance with this popular form of martial arts.

**City Centre Community Centre**

Apr 11-May 30 ..... M..... 11:00am-12:00pm..... \$33/6 sess ..... 128412

Jun 6-Jun 27 ..... M..... 11:00am-12:00pm..... \$22/4 sess ..... 128420

**Minoru Centre for Active Living (Seniors Centre)**

Apr 5-Jun 21 ..... Tu..... 6:00-7:00pm..... \$66/12 sess ..... 130404

Apr 9-Jun 26 ..... Sa ..... 11:15am-12:15pm..... \$66/12 sess ..... 130413

Apr 1-Jun 25 ..... F ..... 11:15am-12:15pm..... \$66/12 sess ..... 130416

**Steveston Community Centre**

Apr 4-Jun 27 ..... M..... 11:45am-12:45pm..... \$60.50/11 sess ... 131054

Apr 7-Jun 30 ..... Th ..... 11:45am-12:45pm..... \$71.50/13 sess ... 131064

## TAI CHI-INTERMEDIATE

Increase flexibility, relaxation and balance with this popular form of martial arts. Pre-requisite: Previous Tai Chi experience.

**City Centre Community Centre**

Apr 13-May 25 ..... W..... 10:30-11:30am..... \$38.50/7 sess ..... 128424

Jun 1-Jun 29 ..... W..... 10:30-11:30am..... \$27.50/5 sess ..... 128427

## TAI CHI-ADVANCED

Experience improved balance, increased flexibility and relaxation in this Yang-style class. Pre-requisite: Previous Tai Chi experience.

**Minoru Centre for Active Living (Seniors Centre)**

Apr 9-Jun 26 ..... Sa ..... 10:00-11:00am..... \$66/12 sess ..... 130406

**Steveston Community Centre**

Apr 5-Jun 28 ..... Tu..... 11:45am-12:45pm..... \$71.50/13 sess ... 131070

## TAI CHI-SWORD

Strive to perfect the core principles of this form of Martial arts, improve balance and develop proper breathing all while learning this beautiful sword routine. These sessions are led by a qualified martial arts instructor.

### Minoru Centre for Active Living (Seniors Centre)

Apr 7-Jun 23 ..... Th ..... 12:30-2:00pm..... \$99/12 sess ..... 130757

## TAI CHI-SWORD-YANG STYLE

Strive to perfect the core principles of this form of Martial arts, improve balance and develop proper breathing all while learning this beautiful sword routine. These sessions are led by a qualified martial arts instructor.

### City Centre Community Centre

Apr 22-May 27 ..... F ..... 11:15am-12:15pm..... \$33/6 sess ..... 128458

Jun 3-Jun 24..... F ..... 11:15am-12:15pm..... \$22/4 sess ..... 128459

## THERAPEUTIC THURSDAY WORKSHOPS

Create connections and try wellness activities that focus on different facets of overall health and well-being. Price includes transportation and lunch. This program is funded by the Seniors Can! grant. Registration required.

### Hamilton Community Centre

**FREE** Apr 14-Jun 3.. Th ..... 11:30am-1:30pm..... Free/8 sess..... 132493

## WELLNESS CONNECTIONS

Connect with others in this outreach program designed to reintegrate frail, at risk and isolated seniors back into the community. Price includes special programming, lunch and transportation. Registration and intake interview required. Phone the Seniors Wellness Coordinator at 604-238-8460 for details.

### Minoru Centre for Active Living (Seniors Centre)

Apr 7-May 26..... Th ..... 10:00am-1:00pm..... \$190/8 sess ..... 127925

## WELLNESS CONNECTIONS (CANTONESE AND MANDARIN)

Connect with others in this outreach program designed to reintegrate frail, at risk and isolated seniors back into the community. Price includes special programming, lunch and transportation. Registration and intake interview required. This program is conducted in Cantonese and Mandarin. Phone the Seniors Wellness Coordinator at 604-238-8460 for details.

### Minoru Centre for Active Living (Seniors Centre)

Apr 5-May 24..... Tu..... 10:00am-1:00pm..... \$190/8 sess ..... 127924

## Languages

### FRENCH REFRESHER

Revisit and update French language skills with a review of the basics and an emphasis on verbal communication through dialogue and role play.

### West Richmond Community Centre

Apr 22-Jun 10 ..... F ..... 10:30am-12:00pm..... \$66/8 sess ..... 127158

### CONVERSATIONAL SPANISH-LEVEL 1

Meet others and converse in these fun and interactive sessions. Pre-requisite: Basic knowledge of Spanish.

### Minoru Centre for Active Living (Seniors Centre)

Apr 6-Jun 23 ..... W..... 10:30am-12:00pm..... \$99/12 sess ..... 130931

### CONVERSATIONAL SPANISH-LEVEL 2

Build on current language skills through conversation, games and topical discussions led by a fluent Spanish-speaking instructor. Pre-requisite: Intermediate knowledge of Spanish.

### Minoru Centre for Active Living (Seniors Centre)

Apr 6-Jun 23 ..... W..... 12:30-2:00pm..... \$99/12 sess ..... 130932

### GET TO KNOW YOUR SPANISH INSTRUCTOR

Meet this facility's instructor and learn about the variety of Spanish classes offered. Registration required.

### Thompson Community Centre

**FREE** Apr 8 ..... F ..... 1:30-2:30pm..... Free/1 sess..... 133005

### SPANISH-BEGINNER

Learn basic sentences using correct words, intonations and interactive methods to develop some conversational fluency in this popular language. These sessions are led by a fluent Spanish speaking instructor. No previous knowledge of Spanish required.

### Thompson Community Centre

Apr 15-Jun 11 ..... F ..... 1:45-2:45pm..... \$49.50/9 sess ..... 129265

### SPANISH FOR TRAVELLERS

Prepare for a visit to Spanish speaking countries with simple phrases and tips for safety, local customs, food and culture. No language experience needed.

### Minoru Centre for Active Living (Seniors Centre)

Apr 8-Jun 25 ..... F ..... 10:30am-12:00pm..... \$90.75/11 sess ... 130934

### Thompson Community Centre

Apr 15-Jun 11 ..... F ..... 12:30-1:30pm..... \$49.50/9 sess ..... 129300

## Out Trips and Tours

**Note:** All venues on trips and tours require proof of vaccination. A Vaccine Card and Government issued ID are required for admittance. Masks are required to be worn in indoor spaces including transportation vehicles.

### MARCH

#### SHOPPING AT QUEENSBOROUGH LANDING TRIP

Hop aboard the bus and head out to explore the shops at this East Richmond complex with major retailers, grocery stores and fantastic eateries. Price includes transportation only. Select from two community centre pick up locations.

##### Cambie Community Centre

Mar 28 ..... M..... 11:15am-4:15pm..... \$22.75/1 sess ..... 113808

##### Thompson Community Centre

Mar 28 ..... M..... 11:00am-4:30pm..... \$22.75/1 sess ..... 113531

#### LANGLEY AVIATION ADVENTURE TRIP

Combine a guided tour of the Canadian Museum of Flight followed by lunch at Adrian's, a popular Greek restaurant that overlooks the Langley Airport runways. Price includes transportation and museum admission.

##### Steveston Community Centre

Mar 30 ..... W..... 9:30am-4:00pm..... \$37/1 sess ..... 113973

##### West Richmond Community Centre

Mar 30 ..... W..... 9:15am-4:15pm..... \$37/1 sess ..... 114077

### APRIL

#### PINK PEPPERCORN DINNER TRIP

Choose from fresh seafood appetizers and entrees that include Nova Scotia lobster, wild salmon, Louisiana-style catfish and more at this one-of-a-kind Vancouver restaurant. Price includes transportation only. No refunds or cancellations within 7 days of trip date. Note: All meals are subject to an automatic gratuity of up to 18%, which may be added to bill. Home drop off available (\$3).

##### Minoru Centre for Active Living (Seniors Centre)

Apr 7 ..... Th ..... 4:30-8:00pm..... \$20.25/1 sess ..... 129188

#### HONEYBEE CENTRE HIGH TEA TRIP

Relax and dine on sandwiches, scones and sweets in the modern greenhouse dining room at this commercial honey farm in Surrey. Tour the bee centre afterwards and shop in the country store. Price includes transportation and high tea meal. The honey bee tour is an extra cost at the site.

##### Thompson Community Centre

Apr 11 ..... M..... 11:00am-4:30pm..... \$45/1 sess ..... 130115

#### NONNA'S KITCHEN DINNER TRIP

Choose from delicious and authentic Italian comfort food that includes pasta, polenta, chicken, salads and desserts all served up at the Vancouver Italian Cultural Centre. Price includes transportation only. Home drop off (\$3) available.

##### South Arm Community Centre

Apr 13 ..... W..... 5:00-8:30pm..... \$18.50/1 sess ..... 129706

#### VANDUSEN BOTANICAL GARDEN TRIP

Tour this iconic Vancouver attraction, which has recently undergone a spectacular renovation and features outstanding plant collections set amidst rolling lawns, tranquil lakes and dramatic rockwork. Price includes transportation and admission. Bring a lunch or purchase from on-site restaurants.

##### Steveston Community Centre

Apr 20 ..... W..... 9:45am-3:15pm..... \$34.60/1 sess ..... 131732

##### West Richmond Community Centre

Apr 20 ..... W..... 9:30am-3:00pm..... \$34.60/1 sess ..... 128388

#### BRUNCH IN THE PARK

Experience the stunning cherry blooms views of Queen Elizabeth Park and the Vancouver skyline while enjoying brunch at Seasons in the Park. Price includes transportation only.

##### South Arm Community Centre

Apr 23 ..... Sa ..... 11:00am-2:30pm..... \$18.50/1 sess ..... 128554

#### SALMON HOUSE RESTAURANT TRIP

Dine on a fabulous West Coast meal perched on this West Vancouver hillside with undeniably spectacular views. Price includes transportation only. No refunds or cancellations within 7 days of trip date. Note: All meals are subject to an automatic gratuity of up to 18%, which may be added to bill. Home drop off available (\$3).

##### Minoru Centre for Active Living (Seniors Centre)

Apr 27 ..... W..... 4:30-8:30pm..... \$21.50/1 sess ..... 129224

#### VANCOUVER PUBLIC LIBRARY TOUR

Tour this Coliseum-inspired, iconic-designed building and discover why it's often voted as a favourite civic building and remains a draw for local residents and visitors. Stroll the area and have lunch in nearby restaurants. Price includes transportation only.

##### Cambie Community Centre

Apr 28 ..... Th ..... 11:00am-3:00pm..... \$22.90/1 sess ..... 130535

##### Thompson Community Centre

Apr 28 ..... Th ..... 10:45am-3:15pm..... \$22.90/1 sess ..... 130611

## MAY

### PAT QUINN'S AT TSAWWASSEN SPRINGS TRIP

Savour the flavours from this classic steak and seafood restaurant and bar set in a contemporary West Coast atmosphere overlooking the golf course fairways. Price includes transportation only.

#### Cambie Community Centre

May 6..... F ..... 4:45-7:45pm..... \$20.50/1 sess ..... 130576

#### Thompson Community Centre

May 6..... F ..... 4:30-8:00pm..... \$20.50/1 sess ..... 129832

### SHAUGHNESSY RESTAURANT AT VANDUSEN GARDENS TRIP

Enjoy a delicious seasonal West Coast dinner in a casually elegant Vancouver venue complete with the spectacular and picturesque backdrop of a 55-acre botanical garden. Price includes transportation only.

#### South Arm Community Centre

May 11 ..... W..... 4:30-8:00pm..... \$20.75/1 sess ..... 129708

### BILL REID GALLERY TRIP

Visit the only public gallery in Canada dedicated to contemporary Indigenous Art of the Northwest Coast and celebrate the Haida master artist Bill Reid (1920-1998), and the diverse living cultures of the Northwest Coast. No refunds or cancellations within 7 days of trip date.

#### Minoru Centre for Active Living (Seniors Centre)

May 12..... Th ..... 10:30am-2:00pm..... \$26.55/1 sess ..... 129981

### CRESCENT BEACH BIRDING WALK TRIP

Join this trip that includes a visit to Blackie Spit Park, considered one of Canada's best bird-watching areas, and a visit to Stuart Farm House that showcases the story of an early Surrey pioneer family that lived on the site from 1880 to 1944. Bring a bag lunch, dress for the weather and wear comfortable shoes. Price includes transportation only.

#### Steveston Community Centre

May 18..... W..... 9:45am-3:15pm..... \$33.80/1 sess ..... 131741

#### West Richmond Community Centre

May 18..... W..... 9:30am-3:30pm..... \$33.80/1 sess ..... 128453

### VANDUSEN BOTANICAL GARDEN ALL BRITISH CAR SHOW

Enjoy stunning restorations and the nostalgia of classic British automobiles at this world class event that includes British goods, music and more. Bring a bag lunch or purchase from on site food vendors at this picturesque Vancouver location. Price includes transportation and admission.

#### Thompson Community Centre

May 21..... Sa ..... 10:00am-2:30pm..... \$35/1 sess ..... 130488

### INDIAN ARM BOAT CRUISE TRIP

Discover these calm inland waters aboard the luxurious M.V. Harbour Princess. This four-hour luncheon cruise travels through Vancouver's inner harbour, to the Burrard, and then into the Indian Arm. Price includes transportation, cruise and lunch.

#### Thompson Community Centre

May 23..... M..... 9:00am-4:30pm..... \$99.65/1 sess ..... 129853

### SYLVIA HOTEL BRUNCH TRIP

Take in the beauty of English Bay while dining at this historic Vancouver hotel. Price includes transportation only. No refunds or cancellations within 7 days of trip date. Note: All meals are subject to an automatic gratuity of up to 18%, which may be added to bill. Home drop off available (\$3).

#### Minoru Centre for Active Living (Seniors Centre)

May 24..... Tu..... 9:30am-2:00pm..... \$22.25/1 sess ..... 129251

### REIFEL BIRD SANCTUARY TRIP

Bring binoculars, walking shoes and questions for this introduction to birding at Boundary Bay's premier bird habitat. The tour is led by an experienced naturalist. Rain or shine. Price includes transportation, admission and tour.

#### South Arm Community Centre

May 25..... W..... 10:00am-2:45pm..... \$36.45/1 sess ..... 128557

#### Steveston Community Centre

May 25..... W..... 9:45am-3:00pm..... \$36.45/1 sess ..... 131767

## JUNE

### TEA HOUSE IN STANLEY PARK LUNCH TRIP

Dine at this iconic restaurant located in the heart of Stanley Park with fresh west coast cuisine and spectacular views. Price includes transportation only. No refunds or cancellations within 7 days of trip date.

#### South Arm Community Centre

June 2 ..... W..... 10:45am-3:00pm..... \$20/1 sess ..... 129578

### THE CABIN RESTAURANT TRIP

Enjoy excellent food and service at this Crescent Beach eatery with a fun and friendly ambiance that boasts delicious Pacific Northwest cuisine. Price includes transportation only. No refunds or cancellations within 7 days of trip date. Note: All meals are subject to an automatic gratuity of up to 18%, which may be added to bill. Home drop off available (\$3).

#### Minoru Centre for Active Living (Seniors Centre)

Jun 8 ..... W..... 4:15-7:45pm..... \$20.25/1 sess ..... 129974

**TEE TIME AT THE LINKS AT HAMPTON COVE TRIP**

Meet new friends and enjoy social time playing a round at this picturesque 9-hole golf course in Ladner. Price includes transportation and green fees only. Bring personal clubs and equipment.

**Thompson Community Centre**

Jun 10 ..... F ..... 10:00am-2:30pm..... \$39.50/1 sess ..... 130629

**LADNER VILLAGE MARKET TRIP**

Spend the afternoon outdoors at this buzzing market filled with fresh, locally grown produce, handmade crafts and delicious food vendors. Price includes transportation only.

**Cambie Community Centre**

Jun 12 ..... Su ..... 11:15am-2:45pm..... \$19.50/1 sess ..... 130960

**Thompson Community Centre**

Jun 12 ..... Su ..... 11:00am-3:00pm..... \$19.50/1 sess ..... 129868

**BIRDING AT CAMPBELL VALLEY PARK TRIP**

Explore this fascinating Langley bird and other wildlife habitat led by an experienced guide. Bring a lunch. Price includes transportation and tour.

**Steveston Community Centre**

Jun 15 ..... W ..... 9:45am-4:00pm..... \$35.70/1 sess ..... 131752

**West Richmond Community Centre**

Jun 15 ..... W ..... 9:30am-4:15pm..... \$35.70/1 sess ..... 128451

**BC HIGHLAND GAMES AND SCOTTISH FESTIVAL TRIP**

Experience solo piping and drumming, pipe bands, Highland and Scottish Country dancing and the famous Haggis Hunt at this 80-year-old event in Coquitlam. Price includes transportation and admission.

**Thompson Community Centre**

Jun 18 ..... Sa ..... 10:30am-5:00pm..... \$31.50/1 sess ..... 130612

**BRUNCH AT NEWLANDS GOLF CLUB TRIP**

Enjoy the legendary Sunday brunch at this Langley golf and country club with stunning views of the 18th green. Price includes transportation and brunch buffet. No refunds less than 7 days prior to the trip. Home drop off available (\$3).

**Minoru Centre for Active Living (Seniors Centre)**

Jun 26 ..... Su ..... 9:30am-1:30pm..... \$53.25/1 sess ..... 129975

**LANGLEY AVIATION ADVENTURE TRIP**

Combine a guided tour of the Canadian Museum of Flight followed by lunch at Adrian's, a popular Greek restaurant that overlooks the Langley Airport runways. Price includes transportation and museum admission.

**South Arm Community Centre**

Jun 23 ..... Th ..... 9:30am-3:00pm..... \$37/1 sess ..... 129693

**WHITECAPS SOCCER GAME TRIP**

Cheer on Vancouver's premier soccer club now part of Major League Soccer. Price includes transportation and admission.

**Thompson Community Centre**

Jun 26 ..... Su ..... 4:00-8:30pm..... \$62.50/1 sess ..... 130561

**Racquet Sports**

**PICKLEBALL-BEGINNER**

Learn the rules and basic techniques of this increasingly popular game that combines ping pong, tennis and badminton on a badminton size court. This fun, simple and fast-paced program is designed for beginners.

**South Arm Community Centre**

Apr 19-Jun 15 ..... Tu..... 10:30am-12:00pm..... \$74.25/9 sess ..... 128108

**Thompson Community Centre**

Apr 14-Jun 16 ..... Th ..... 1:15-2:45pm..... \$82.50/10 sess ... 129421

**West Richmond Community Centre**

Apr 6-Jun 9 ..... W..... 1:15-2:30pm..... \$68.75/10 sess ... 131793

**PICKLEBALL-BEGINNER-FOR WOMEN**

Learn the rules and basic techniques of this increasingly popular game that combines ping pong, tennis and badminton on a badminton size court. This fun, simple and fast-paced program is designed for beginners.

**West Richmond Community Centre**

Apr 8-Jun 10 ..... F ..... 9:30-10:30am..... \$55/10 sess ..... 131792



# Online Programs

## Arts—Music

### MUSICAL INTERLUDES

Enjoy a variety of old time favourite songs while connecting with other seniors. This session is offered through Zoom. Registration required.

#### Minoru Centre for Active Living (Seniors Centre)

**FREE** Mar 29-Apr 26 .. Tu .... 3:00-4:00pm ..... Free/5 sess ..... 133083

### NAME THAT TUNE

Connect with others from the comfort of home while listening to music from across the decades. This program is offered through Zoom. Registration required.

#### Thompson Community Centre

**FREE** Apr 18 ..... M..... 10:30-11:45am..... Free/1 sess..... 129183

**FREE** May 16..... M..... 10:30-11:45am..... Free/1 sess..... 129185

**FREE** Jun 20 ..... M..... 10:30-11:45am..... Free/1 sess..... 129187

## General Interest

### COFFEE AND TEA CHAT

Get comfortable with a warm beverage and join in light conversation with others from home. This program is offered through Zoom. Registration required.

#### Cambie Community Centre

**FREE** Apr 14-Jun 9..... Th .... 10:30-11:30am ..Free/3 sess ..... 127634

#### Minoru Centre for Active Living (Seniors Centre)

**FREE** Mar 30-Apr 27 .. W..... 2:00-3:00pm .....Free/3 sess ..... 133160

### COFFEE AND TEA CHAT (CANTONESE AND MANDARIN)

Get comfortable with a warm beverage and join in light conversation with others from home. This program is offered through Zoom in Cantonese and Mandarin. Registration required.

#### Minoru Centre for Active Living (Seniors Centre)

**FREE** Apr 6-May 4 .. W..... 2:00-3:00pm..... Free/3 sess..... 133169

### COOKING CHAT LINE WITH SIMON (CANTONESE)

Talk online with a chef and others in this unique session that includes sharing recipes, discussing various cooking methods and having culinary questions answered. This program is offered through Zoom and is conducted in Cantonese. Registration required.

#### Cambie Community Centre

**FREE** Apr 7-Jun 2..... Th ..... 11:00am-12:00pm..... Free/3 sess..... 127635

### JEOPARDY GAME

Compete against other participants to answer general knowledge clues in this fun game based on the popular TV show. This program is offered through Zoom. Registration required.

#### Cambie Community Centre

**FREE** Apr 22-Jun 17 F ..... 2:00-3:00pm..... Free/3 sess..... 127627

### JOURNEY THROUGH TIME

Travel back through time and discover the history of Richmond on this unique virtual tour. This program is offered in collaboration with the Friends of the Richmond Archives and offered through Zoom. Registration required.

#### West Richmond Community Centre

**FREE** Apr 13 ..... W..... 10:00-11:00am..... Free/1 sess..... 127541

**FREE** May 11 ..... W..... 10:00-11:00am..... Free/1 sess..... 127544

**FREE** Jun 8 ..... W..... 10:00-11:00am..... Free/1 sess..... 127547

### MAPQUEST TRAVEL

Sit back, relax and sip on a favourite beverage while “travelling” to exciting destinations. This program is offered through Zoom. Registration required.

#### Cambie Community Centre

**FREE** Apr 12-Jun 14 Tu..... 12:45-1:45pm..... Free/3 sess..... 127631

### MEMOIR WRITING

Explore various approaches to personal/family memoir writing and receive feedback on individual projects. This program is offered through Zoom. Registration required.

#### Cambie Community Centre

**FREE** Apr 20-Jun 15 W..... 10:00am-12:00pm..... Free/3 sess..... 127633

### NATURE'S WONDERS

Prepare to be fascinated by nature's gems through YouTube videos that feature Mother Nature's bounty. This program is offered through Zoom. Registration required.

#### Cambie Community Centre

**FREE** Apr 6-Jun 1 .... W..... 2:00-3:00pm..... Free/3 sess..... 127625

### READERS HAVEN

Meet with other book lovers to discuss the book of the month. This program is offered through Zoom. Seniors Facility Pass, library card and registration required.

#### Cambie Community Centre

**FREE** Apr 6-Jun 1 .... W..... 10:00-11:00am..... Free/3 sess..... 127636

## Health and Wellness

### BLOOD PRESSURE CLINICS—DROP-IN

#### Minoru Centre for Active Living (Seniors Centre)

**FREE** Apr 20, May 18, Jun 15 .....W..... 10:00am-12:00pm...Free/3 sess

#### East Richmond Community Hall (Cambie)

**FREE** Apr 13, May 11, Jun 8 .....W..... 10:00am-12:00pm...Free/3 sess

#### South Arm Community Centre

May 13, Jun 10.....F ..... 9:30-11:30am.....Free/2 sess

### BLOOD PRESSURE AND GLUCOSE TEST CLINICS—DROP-IN

#### City Centre Community Centre

Apr 7, May 5, Jun 2 .....Th..... 10:00am-12:00pm...Free/3 sess

### CHRONIC PAIN SELF-MANAGEMENT WORKSHOP

Learn coping strategies to help take control or better manage pain and to work more effectively and confidently with health care providers. Caregivers are welcome. This series is offered through Zoom by Self-Management BC, University of Victoria and the BC Ministry of Health. Registration required.

#### Minoru Centre for Active Living (Seniors Centre)

**FREE** Apr 6-May 18 W..... 10:00am-12:30pm..... Free/6 sess..... 127281

### DIABETES AND SELF-MANAGEMENT PRESENTATION BY VCH (CANTONESE)

Recognize signs and symptoms of diabetes and learn to identify and treat low and high blood glucose and manage nutrition, activity and medications to prevent complications. This presentation is led by healthcare professionals from Vancouver Coastal Health, offered through Zoom and is conducted in Cantonese. Registration required.

#### City Centre Community Centre

**FREE** Jun 9 .....Th ..... 1:30-2:30pm..... Free/1 sess..... 132164

### DIABETES DIET, NUTRITION AND ACTIVITY WORKSHOP (CANTONESE)

Learn how to make healthy changes in diet and portion control to lower glycemic index and blood sugar. This session is led by a registered nurse from Vancouver Coastal Health, offered through Zoom and is conducted in Cantonese. Registration required.

#### City Centre Community Centre

**FREE** Jun 16 .....Th ..... 1:30-2:30pm..... Free/1 sess..... 132159

### DIABETES MEDICATION MANAGEMENT (CANTONESE)

Learn how medications can play a role in managing this condition and learn vital tips to ensure medication benefits are being fully realized. The session is led by a registered nurse from Vancouver Coastal Health, is offered through Zoom and is conducted in Cantonese. Registration required.

#### City Centre Community Centre

**FREE** Jun 23 .....Th ..... 1:30-2:30pm..... Free/1 sess..... 132160

### GUT AND BRAIN NUTRITION HEALTH WORKSHOP PART 2—KETOGENIC WAY OF EATING

Join this session to learn and develop the skills, habits, proper nutrition and a healthier lifestyle that could improve gut health and lower the risk of developing Alzheimer's. This session is led by a certified nutritionist and offered through Zoom. Registration required.

#### City Centre Community Centre

**FREE** Apr 21 .....Th ..... 10:30-11:30am..... Free/1 sess..... 131437

### GUT HEALTH TO BRAIN HEALTH WORKSHOP PART 1—HOW BOOSTING DIGESTION SUPPORTS COGNITION

Join this session to learn and develop the skills, habits, proper nutrition and a healthier lifestyle that could improve gut health and lower the risk of developing Alzheimer's. This session is led by a certified nutritionist and offered through Zoom. Registration required.

#### City Centre Community Centre

**FREE** Mar 31 .....Th ..... 10:30-11:30am..... Free/1 sess..... 131433

### HOLISTIC HEALTH SERIES—INFLAMMATION AND ALZHEIMER'S DISEASE

Learn how chronic inflammation is linked to the development of Alzheimer's Disease, and what can be done to control inflammation rate. This session is led by a naturopathic doctor and offered through Zoom. Registration required.

#### City Centre Community Centre

**FREE** May 19.....Th ..... 2:00-3:00pm..... Free/1 sess..... 130598

### WILLS AND ESTATE PLANNING WORKSHOP (MANDARIN)

Protect finances by learning the importance of advance planning. Other topics covered include the basic steps of creating a will, estate planning and power of attorney. This session is offered through Zoom and is conducted in Mandarin. Registration required.

#### City Centre Community Centre

**FREE** Jun 7 .....Tu..... 10:00-11:30am..... Free/1 sess..... 134284

# Seniors Annual Facility Pass Programs

The Seniors Facility Pass at the Minoru Centre for Active Living supports the Minoru Seniors Society and is \$28/year. Complimentary Seniors Facility Passes are available to honour those 90+ years old.

Passes are available for individuals 55+ years old and to spouses less than 55 years old. Passes are valid for one year from date of purchase.

Visit the front desk or call 604-238-8450 for more information.

Minoru Centre for Active Living (Seniors Centre)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Woodworking* 8:30am–12:30pm	Billiards* 8:45am–3:45pm	Woodworking* 8:30am–12:30pm 1:00–4:30pm	Billiards* 8:45am–3:45pm	Tai Chi Practice** 8:30–9:30am	Billiards* 8:45am–1:15pm	Wood Carving* 9:30am–12:00pm 1:00–4:30pm
Billiards* 8:45am–3:45pm 6:30–8:30pm	Wood Carving* 9:30am–12:00pm 1:00–4:30pm	Billiards* 8:45am–3:45pm 6:30–8:30pm	Yuanji Dance** 9:00–10:30am	Woodworking* 8:30am–12:30pm 1:00–4:30pm	Spanish Social 10:30am–1:00pm	Poker 11:30am–3:30pm
Yuanji Dance** 9:00–10:30am	Poker 11:30am–3:30pm	Yuanji Dance** 9:00–10:30am	Busy Fingers 9:00am–12:30pm	Billiards* 8:45am–3:45pm 6:30–8:30pm	Ballroom Dance** 11:15am–1:15pm	Chinese Folk** Dance 12:00–3:30pm
Busy Fingers 9:00am–12:30pm	Carpet Bowling 12:30–3:00pm	Mahjong** 11:00am–5:00pm	Diabetic Support (1st & 3rd week) 10:00–11:15am	Mahjong** 11:00am–5:00pm	Minoru Community Line Dancers** 1:30–3:30pm	Parkinson’s Support Group (1st week) 1:00–2:00pm
English Social for Chinese Seniors 10:00–11:30am	Minoru Writers (1st & 3rd week) 1:00–3:00pm	Crib 1:00–3:00pm	Poker 11:30am–3:30pm	Bridge Duplicate 12:30–4:00pm	Peking Opera 1:30–4:30pm	Model Walkers 1:00–3:00pm
Crib 1:00–3:00pm	Kingsland Calligraphy 1:45–4:45pm	Parkinson’s Caregiver Support Group (3rd week) 2:00–3:30pm	Scrabble 12:45–4:00pm	Chinese Calligraphy** 1:00–4:00pm	Multicultural Dance** 2:00–4:00pm	
Bridge 1:00–4:00pm	Chinese Folk** Dance 3:30–5:30pm		Knitters and Natters 1:00–3:00pm	Euchre 1:30–4:00pm		
Multicultural Dance** 2:30–4:30pm	Yuanji Dance** 6:30–8:30pm		Wood Carving* 1:00–4:30pm	Chinese Folk** Dance 2:30–4:30pm		
Whist 6:00–9:00pm	Online-Platinum Players 2:00–4:00pm		Ballroom Dance** 3:30–5:15pm	Hanging with The Guys (2nd & 4th week) 3:00–4:30pm		
			Prostate Cancer Support Group (2nd week) 6:30–8:30pm			
			Yuanji Dance** 6:30–8:30pm			
			Page Turners Book Club (3rd week) 7:00–8:30pm			

Registration required for Billiards, Woodworking and Wood Carving

\*Additional Passes \$36/year | \*\*Additional Fees \$2/drop-in

Seniors Facility Passes at the following community centres are \$15 per year, per facility.

Passes are available for individuals 55+ years old and to spouses less than 55 years old. Passes are valid for one year from date of purchase.

Visit the front desk of individual community centres or call 604-276-4300 to purchase a pass and for more information.

Cambie Community Centre						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Online-Bingo</b> (Last Mon/mth) 10:00–11:00am #138178*	<b>Tai Chi Practice– Form 24</b> 8:30–9:15am (no instruction) #128095* (ERCH)	<b>Tai Chi–48 Form</b> 8:30–9:30am #127604* (ERCH)	<b>Indoor Walking</b> 10:00–11:00am #127648 (CCC)	<b>Tai Chi–24 Form</b> 8:30–9:30am #127603* (ERCH)		
	<b>Tai Chi Practice– Form 48</b> 9:15–10:00am (no instruction) #128097* (ERCH)	<b>Online Readers Haven</b> (1st Wed/mth) 10:00–11:30am #127636*		<b>Luk Tung Kuen</b> 10:00–10:45am #127602* (ERCH)		
	<b>Mahjong</b> (2nd Tue/mth) 9:45–11:45am #128454*	<b>Online Memoir Writing</b> (3rd Wed/mth) 10:00am–12:00pm #127633*				
	<b>Table Tennis– Drop-in</b> 10:00–11:00am (ERCH)	<b>Luk Tung Kuen</b> 10:00–10:45am #127601* (ERCH)				
		<b>Cribbage–Drop-in</b> 12:00–1:30pm (ERCH)				

\*Registration required.

Note: Programs held at East Richmond Community Hall

City Centre Community Centre						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Karaoke (English)</b> 10:30am–12:30pm	<b>Singing Group</b> 10:00am–1:00pm	<b>Online Poetry Appreciation Group</b> (Bi-weekly) 2:00–4:00pm	<b>Karaoke (Chinese)</b> 10:30am–12:30pm		<b>Technology Help</b> 3:30–5:00pm	<b>English Conversation Group</b> 3:00–4:30pm
<b>Registered Dance Space</b> 2:00–3:30pm	<b>Wellness Corner</b> (1st and 4th Tu/mth) 10:30–11:30am		<b>Registered Dance Space</b> 10:45am–12:15pm			
<b>Brush Hour</b> 3:30–5:00pm	<b>Chinese Calligraphy in Mandarin</b> 1:00–3:00pm					

Note: City Centre's Facility Pass activities are cancelled on statutory holidays.

**Hamilton Community Centre**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Tai Chi Advanced</b> 7:30–8:30am	<b>Tai Chi Advanced</b> 7:30–8:30am	<b>Tai Chi Advanced</b> 7:30–8:30am	<b>Tai Chi Advanced</b> 7:30–8:30am	<b>Tai Chi Advanced</b> 7:30–8:30am		
	<b>Tai Chi Beginners</b> 8:30–9:30am					
	<b>Seniors Circle Group</b> 9:30–11:00am					

**South Arm Community Centre**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Luk Tung Kuen</b> 7:45–8:30am	<b>Luk Tung Kuen</b> 7:45–8:30am	<b>Luk Tung Kuen</b> 7:45–8:30am	<b>Luk Tung Kuen</b> 7:45–8:30am	<b>Luk Tung Kuen</b> 7:45–8:30am		<b>Sahara Sisters</b> (Last Sun/mth) 12:30–3:30pm
<b>New Immigrant Support/English Learning Group</b> 9:00–11:30am		<b>Book Club</b> (4th Wed/mth) 10:00–11:30am	<b>Mahjong Social</b> 9:30am–1:30pm	<b>Carpet Bowling</b> 1:00–3:00pm		
<b>Scrabble</b> 10:00am–12:00pm		<b>Indoor Walking</b> 1:30–2:30pm	<b>Knitting Group</b> 1:00–3:00pm			
<b>Carpet Bowling</b> 1:00–3:00pm		<b>Free Educational Presentation</b> (1st Wed/mth, Apr–Jun)				
<b>MILAP Group</b> (bi-weekly) 1:00–3:00pm						

**Steveston Community Centre**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Chinese Multicultural Group</b> 9:00–11:30am		<b>Low Vision Support Group</b> (2nd Wed/mth) 10:00am–12:00pm	<b>Chinese Multicultural Group</b> 9:00–11:30am	<b>Japanese Tablet Club</b> 9:30–11:30am		
<b>Drumming Circle</b> 12:00–1:00pm		<b>Japanese Crafts Group</b> (2nd, 3rd, 4th Wed/mth) 12:30–3:00pm		<b>Ukulele Circle</b> 9:30am–12:30pm		
<b>Drumming Ensemble</b> 1:30–2:30pm		<b>English Tablet</b> 1:00–3:00pm (604-238-8084 to register)		<b>Ukulele Ensemble</b> 1:30–3:00pm		

**Thompson Community Centre**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Luk Tung Kuen</b> 7:45–8:45am	<b>Luk Tung Kuen</b> 7:45–8:45am		
<b>Online-Name that Tune</b> (3rd Mon/mth) 10:30–11:45am	<b>Luk Tung Coffee Hour</b> 9:00–10:00am	<b>English Tutoring for Beginners</b> 10:00–11:15am	<b>Crafts Group</b> 11:00am–1:00pm			
<b>Book Club</b> (2nd Mon/mth) 2:15–3:30pm		<b>Seniors Activity Time</b> 1:30–2:45pm				

**West Richmond Community Centre**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Book Club</b> (3rd Mon/mth) Contact Coordinator for availability	<b>Indoor Walking</b> 9:00–10:00am	<b>Online Journey Through Time</b> (2nd Wed/mth) 10:00–11:00am				
<b>French Conversation Group</b> 10:30am–12:00pm (Not on 3rd Mon/mth or Stat holidays)	<b>Seniors Social</b> 10:00–11:00am	<b>Games Club</b> 1:30–3:00pm				
	<b>Spanish Conversation Group</b> 1:45–3:00pm					





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- virtual events and activities
- volunteer opportunities
- free activities
- community engagement opportunities
- changes due to COVID-19



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