55+ Programs | In-person and online

Summer 2022 | JULY–SEPTEMBER

www.richmond.ca/register

Richmond

Contents

In-person Programs.....3
Arts—Dance.....3
Arts—Music.....5
Arts—Visual.....6
Cooking.....6
Events.....7
Fitness.....7
Gardening.....8
General Interest.....8
Health and Wellness.....10
Martial Arts.....10
Out Trips and Tours.....11
Racquet Sports.....13
Sports.....14

Online Programs.....15
General Interest.....15
Health and Wellness.....15
Music.....15

Seniors Annual Facility Pass Programs.....16

Refunds / Withdrawals / Transfers

To receive a refund, withdraw or transfer from a program or class, customers are to phone any Community Services facility 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), Out Trips 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.

Pre-Registered single sessions (Fitness Classes 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 to learn how to cancel your session or contact the facility directly.

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

Register online anytime.

24 hours a day, 7 days a week

Phone

604-276-4300

Phone and press "2" to speak with 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.

Your Course ID number

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

July 4 – August 29.....**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
Jul 6-Jul 27 ..... W ..... 9:00-10:30am ..... $34.50/4 sess 151830
Aug 3-Aug 31 ..... W ..... 9:00-10:30am ..... $43.15/5 sess 152104

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 techniques. Open to all levels. Beginners welcome.

Minoru Centre for Active Living (Seniors Centre)
Jul 11-Aug 8 ..... M ..... 10:45-11:45am ..... $23/4 sess 151675

West Richmond Community Centre
Jul 5-Jul 26 ..... Tu ..... 2:15-3:15pm ..... $23/4 sess 145530

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

South Arm Community Centre
TRY-IT Jul 7 ..... Th ..... 1:30-2:30pm ..... Free/1 sess 150658
Jul 14-Aug 25 ..... Th ..... 1:30-2:30pm ..... $40.25/7 sess 150661

CONDITIONING THROUGH DANCE
Improve overall health and body conditioning through a combination of ballet techniques and jazz dancing with a focus on improving core strength, posture, flexibility and cardiovascular health. No dance experience required.

Minoru Centre for Active Living (Seniors Centre)
Jul 11-Aug 8 ..... M ..... 12:00-1:00pm ..... $23/4 sess 151712

DANCE AND CHOREOGRAPHY FOR FUN
Learn simple, short choreographed steps from various styles of dance all in a fun and supportive environment. No dance experience required.

South Arm Community Centre
Jul 8-Aug 26 ..... F ..... 9:15-10:15am ..... $46/8 sess 148610

DANCE MOVES
Enjoy a great workout in this class with fun and easy-to-follow dance routines. All fitness and experience levels welcome.

East Richmond Community Hall (Cambie)
Jul 4-Aug 29 ..... M ..... 10:00-11:00am ..... $46/8 sess 154299

HAWAIIAN HULA DANCING—BEGINNER
Learn the basic techniques and rhythmic patterns of this graceful and expressive form of cultural dance that engages the body, mind and spirit. Some dance movements might be performed sitting down.

Steveston Community Centre
Jul 8-Aug 26 ..... F ..... 12:00-1:00pm ..... $40.25/7 sess 152770

HAWAIIAN HULA DANCING—INTERMEDIATE
Continue to learn more advanced techniques and rhythmic patterns of this graceful and expressive form of cultural dance that engages the body, mind and spirit. Some dance movements might be performed sitting down. Pre-requisite: Hawaiian Hula Dancing—Beginner.

Steveston Community Centre
Jul 8-Aug 26 ..... F ..... 1:00-2:00pm ..... $40.25/7 sess 152771

JAZZ DANCING
Explore this popular and energetic form of dance that is characterized by syncopated rhythms and free expression.

Minoru Centre for Active Living (Seniors Centre)
Jul 6-Aug 10 ..... W ..... 9:00-10:00am ..... $34.50/6 sess 152455

LINE DANCING—BEGINNER
Practice the basic moves that make up current line dancing today. This style of dance is easy to learn and it's fun! No dance experience required.

City Centre Community Centre
Jul 6-Aug 24 ..... W ..... 2:00-3:00pm ..... $46/8 sess 149869

Minoru Centre for Active Living (Seniors Centre)
Jul 5-Aug 23 ..... Tu ..... 2:00-3:00pm ..... $46/8 sess 151718

Steveston Community Centre
Jul 7-Aug 25 ..... Th ..... 2:00-3:00pm ..... $46/8 sess 152766

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

City Centre Community Centre
Jul 6-Aug 24 ..... W ..... 3:15-4:15pm ..... $46/8 sess 149918

Minoru Centre for Active Living (Seniors Centre)
Jul 5-Aug 23 ..... Tu ..... 3:15-4:15pm ..... $46/8 sess 151721

Steveston Community Centre
Jul 7-Aug 25 ..... Th ..... 3:15-4:15pm ..... $46/8 sess 152769

LINE DANCING—INTERNATIONAL—BEGINNER
Follow easy-to-learn steps for short dances set to popular music. Pre-requisite: Basic line dancing experience.

Minoru Centre for Active Living (Seniors Centre)
Jul 9-Aug 27 ..... Sa ..... 2:15-3:45pm ..... $69/8 sess 151729

LINE DANCING — INTERNATIONAL — BEGINNER IMPROVER

Continue to build on easy-to-learn steps for short dances set to popular music. Pre-requisite: Beginner line dancing experience.

Minoru Centre for Active Living (Seniors Centre)
Jul 6-Aug 31..... W..... 2:15-3:45pm..... $77.65/9 sess 153430

LINE DANCING — INTERNATIONAL — INTERMEDIATE

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

Minoru Centre for Active Living (Seniors Centre)
Jul 9-Aug 27..... Sa ..... 12:30-2:00pm..... $69/8 sess 151727

LINE DANCING — INTERNATIONAL — INTERMEDIATE/ADVANCED

Add even more interesting combinations, steps, patterns and movements to this unique and fun style of dance set to popular music. These sessions include complex steps and patterns suited for experienced dancers . Pre-requisite: Advanced knowledge of line dancing steps and terminology.

Minoru Centre for Active Living (Seniors Centre)
Jul 6-Aug 31..... W..... 12:30-2:00pm..... $77.65/9 sess 151635

LINE DANCING VARIETY — BEGINNER

Try these sessions that focus on the fundamental steps of this dance style that is adaptable to country, ballroom, rock and roll, disco, Latin and pop music. Drop-ins welcome if space permits.

Thompson Community Centre
Jul 6-Jul 27..... W..... 10:45-11:45am..... $23/4 sess 150644
Aug 3-Aug 31..... W..... 10:45-11:45am..... $28.75/5 sess 154270

LINE DANCING VARIETY — BEGINNER (CANTONESE AND MANDARIN)

Try these sessions that focus on the fundamental steps of this dance style that is 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)
Jul 8-Sep 2 ..... F ..... 10:45-11:45am..... $51.75/9 sess 151683

LINE DANCING VARIETY — BEGINNER PLUS (CANTONESE AND MANDARIN)

Work to further improve on the fundamental steps of this dance style that is 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)
Jul 5-Aug 30..... Tu..... 9:45-10:45am..... $51.75/9 sess 151678
Jul 7-Sep 1 ..... Th ..... 10:45-11:45am..... $51.75/9 sess 151692

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)
Jul 5-Aug 30..... Tu..... 2:00-3:00pm..... $51.75/9 sess 151713

TAP DANCING — CHOREOGRAPHY

Develop some 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. Tap shoes required. Pre-requisite: Tap Dancing — Intermediate or intermediate tap dance level experience.

Minoru Centre for Active Living (Seniors Centre)
Jul 6-Aug 10..... W..... 11:15am-12:30pm..... $43.15/6 sess 151726

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)
Jul 6-Aug 10..... W..... 10:10-11:10am..... $34.50/6 sess 151723

WEST COAST SWING

Learn this special type of partner dance that features smooth and versatile moves allowing for lots of improv and fun.

Minoru Centre for Active Living (Seniors Centre)
Jul 5-Aug 30..... Tu..... 3:15-4:15pm..... $51.75/9 sess 151659

Arts — Music

CLARINET — BEGINNER

Start to learn this instrument with its clear and distinct sound that has long been a fixture in the world of jazz music. Clarinet required at each class.

Minoru Centre for Active Living (Seniors Centre)

Jul 8-Sep 2 ..... F ..... 2:30-3:30pm ..... $51.75/9 sess 151771

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.

City Centre Community Centre

Jul 2-Jul 30 ..... Sa ..... 12:00-12:45pm ..... $35.75/5 sess 150778
Jul 2-Jul 30 ..... Sa ..... 1:00-1:45pm ..... $35.75/5 sess 150779
Jul 2-Jul 30 ..... Sa ..... 2:00-2:45pm ..... $35.75/5 sess 146979
Jul 2-Jul 30 ..... Sa ..... 3:00-3:45pm ..... $35.75/5 sess 146998
Jul 3-Jul 31 ..... Su ..... 10:00-10:45am ..... $35.75/5 sess 146934
Jul 3-Jul 31 ..... Su ..... 11:00-11:45am ..... $35.75/5 sess 146938
Jul 3-Jul 31 ..... Su ..... 1:00-1:45pm ..... $35.75/5 sess 146177
Jul 3-Jul 31 ..... Su ..... 2:00-2:45pm ..... $35.75/5 sess 146179
Jul 3-Jul 31 ..... Su ..... 4:00-4:45pm ..... $35.75/5 sess 146961
Jul 3-Jul 31 ..... Su ..... 5:00-5:45pm ..... $35.75/5 sess 146963
Jul 6-Jul 27 ..... W ..... 4:00-4:45pm ..... $28.60/4 sess 149545
Jul 6-Jul 27 ..... W ..... 4:15-5:00pm ..... $28.60/4 sess 147073
Jul 6-Jul 27 ..... W ..... 5:00-5:45pm ..... $28.60/4 sess 149546
Jul 6-Jul 27 ..... W ..... 5:15-6:00pm ..... $28.60/4 sess 147077
Jul 8-Jul 29 ..... F ..... 3:15-4:00pm ..... $28.60/4 sess 149538
Jul 8-Jul 29 ..... F ..... 4:10-4:55pm ..... $28.60/4 sess 149539
Aug 3-Aug 31 ..... W ..... 4:00-4:45pm ..... $35.75/5 sess 149547
Aug 3-Aug 31 ..... W ..... 4:15-5:00pm ..... $35.75/5 sess 147078
Aug 3-Aug 31 ..... W ..... 5:00-5:45pm ..... $35.75/5 sess 149549
Aug 3-Aug 31 ..... W ..... 5:00-5:45pm ..... $35.75/5 sess 149552
Aug 3-Aug 31 ..... W ..... 5:15-6:00pm ..... $35.75/5 sess 147083
Aug 5-Aug 26 ..... F ..... 3:15-4:00pm ..... $28.60/4 sess 149540
Aug 5-Aug 26 ..... F ..... 4:10-4:55pm ..... $28.60/4 sess 149541
Aug 6-Aug 27 ..... Sa ..... 12:00-12:45pm ..... $28.60/4 sess 150780
Aug 6-Aug 27 ..... Sa ..... 1:00-1:45pm ..... $28.60/4 sess 150781
Aug 6-Aug 27 ..... Sa ..... 2:00-2:45pm ..... $28.60/4 sess 147006
Aug 6-Aug 27 ..... Sa ..... 3:00-3:45pm ..... $28.60/4 sess 147010
Aug 7-Aug 28 ..... Su ..... 10:00-10:45am ..... $28.60/4 sess 146952
Aug 7-Aug 28 ..... Su ..... 11:00-11:45am ..... $28.60/4 sess 146957
Aug 7-Aug 28 ..... Su ..... 1:00-1:45pm ..... $28.60/4 sess 146180
Aug 7-Aug 28 ..... Su ..... 2:00-2:45pm ..... $28.60/4 sess 146181
Aug 7-Aug 28 ..... Su ..... 4:00-4:45pm ..... $28.60/4 sess 146964
Aug 7-Aug 28 ..... Su ..... 5:00-5:45pm ..... $28.60/4 sess 146966

JAZZ PIANO COMPING — BEGINNER

Build on the basics of playing chords to harmonize and accompany melodies in this jazz ensemble, piano and clarinet. Weekly class material must be practiced. Pre-requisite: Some knowledge of and/or experience with jazz harmony.

Minoru Centre for Active Living (Seniors Centre)

Jul 8-Sep 2 ..... F ..... 2:00-3:30pm ..... $77.65/9 sess 151774

JAZZ AND POPULAR STANDARDS SING-A-LONG

Join in this structured singing experience with other like-minded music lovers. This warm and friendly environment naturally encourages singing freely to widely-known and popular music loved by this age group.

Minoru Centre for Active Living (Seniors Centre)

Jul 11-Aug 29 ..... M ..... 2:00-3:00pm ..... $40.25/7 sess 151878

PRIVATE PIANO LESSONS

Work individually to develop into a more skillful pianist in these one-on-one lessons.

Minoru Centre for Active Living (Seniors Centre)

Jul 8 ..... F ..... 1:00-1:45pm ..... $37.25/1 sess 151879
Jul 15 ..... F ..... 1:00-1:45pm ..... $37.25/1 sess 152682
Jul 22 ..... F ..... 1:00-1:45pm ..... $37.25/1 sess 152683
Jul 29 ..... F ..... 1:00-1:45pm ..... $37.25/1 sess 152684
Aug 5 ..... F ..... 1:00-1:45pm ..... $37.25/1 sess 152685
Aug 12 ..... F ..... 1:00-1:45pm ..... $37.25/1 sess 152689
Aug 19 ..... F ..... 1:00-1:45pm ..... $37.25/1 sess 152691
Aug 26 ..... F ..... 1:00-1:45pm ..... $37.25/1 sess 152693
Sep 2 ..... F ..... 1:00-1:45pm ..... $37.25/1 sess 152694

UKULELE — BEGINNER

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

Minoru Centre for Active Living (Seniors Centre)

Jul 9-Aug 27 ..... Sa ..... 10:30-11:30am ..... $46/8 sess 152487

UKULELE — INTERMEDIATE

Learn more skills and pieces to play on this fun instrument. Ukulele required at each class. Pre-requisite: Ukulele — Beginner.

Minoru Centre for Active Living (Seniors Centre)

Jul 9-Aug 27 ..... Sa ..... 11:45am-12:45pm ..... $46/8 sess 152493

UKULELE ENSEMBLE — INTRODUCTION

Discover the enjoyment of playing multipart instrumental arrangements with others in a relaxed and fun environment. Pre-requisite: Must be able to read musical notation, be familiar with tablature and understand basic rhythm and note values.

Steveston Community Centre

Aug 15-Aug 29 ..... M ..... 3:30-5:00pm ..... $25.90/3 sess 152721

UKULELE IN THE CLASSROOM — INTRODUCTION

Learn about this approach to understanding music while trying this easy-to-learn instrument. Ukulele provided for this session. Registration required.

Steveston Community Centre

TRY-IT Aug 29 ..... M ..... 2:00-3:00pm ..... Free/1 sess 152738

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

Jul 11-Jul 25 ..... M ..... 9:30-11:30am ..... $34.50/3 sess 152777
Aug 8-Aug 22 ..... M ..... 9:30-11:30am ..... $34.50/3 sess 152778

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.

EMBROIDERY WORKSHOP

City Centre Community Centre

Aug 23 ..... Tu .... 4:45-6:15pm ..... $8.65/1 sess 149386

QUILLING ART WORKSHOP

City Centre Community Centre

Aug 9 ..... Tu .... 4:30-6:00pm ..... $8.65/1 sess 149378

START TO ART SUMMER WORKSHOP BY INTERGEN

Registration required.

City Centre Community Centre

FREE Jul 6 ..... W ..... 4:30-6:00pm ..... Free/1 sess 149680

CHINESE BRUSH PAINTING

Explore this beautiful ancient art through exercises that focus on basic techniques. A non-refundable $10 supplies fee added when registering.

South Arm Community Centre

TRY-IT Jul 5 ..... Tu ..... 10:00-11:30am ..... Free/1 sess 149296
Jul 12-Aug 30 ..... Tu ..... 10:00-11:30am ..... $69/8 sess 148458

DRAWING — BASICS

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

Minoru Centre for Active Living (Seniors Centre)

Jul 6-Aug 31 ..... W ..... 12:30-2:30pm ..... $103.50/9 sess ... 151768

MINDFUL ART

Start with a breathing meditation followed by a new weekly art-based activity that includes painting, drawing or sketching. Supplies not included.

Minoru Centre for Active Living (Seniors Centre)

Jul 14-Aug 25 ..... Th ..... 10:00-11:30am ..... $60.40/7 sess 152545

PAINT NIGHT

Recreate a famous painting to take home with step-by-step instruction. No experience required. Supplies included. This program is instructed by Party with Laura.

East Richmond Community Hall (Cambie)

Jul 14 ..... Th ..... 6:30-8:30pm ..... $35/1 sess 151441
Aug 11 ..... Th ..... 6:30pm-8:30pm ..... $35/1 sess 151499

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. Supplies not included.

Minoru Centre for Active Living (Seniors Centre)

Jul 6-Aug 31 ..... W ..... 10:00am-12:00pm ..... $103.50/9 sess ... 151766

TAKE HOME FLORAL ARRANGEMENT WORKSHOP

Design and make a unique flower arrangement in this fun, creative and social session taught by an experienced florist. Green foam, vase/basket and flowers included. No refunds within 7 days of workshop.

South Arm Community Centre

Jul 15 ..... F ..... 2:00-3:30pm ..... $48/1 sess 148450

WATERCOLOUR PAINTING TECHNIQUES AND STYLES

Explore still lifes, landscapes and figure studies using different styles and a variety of brushes in this class suitable for all experience level painters. Supplies not included.

Steveston Community Centre

Jul 11-Jul 25 ..... M ..... 12:30-2:30pm ..... $34.50/3 sess 152782
Aug 8-Aug 22 ..... M ..... 12:30-2:30pm ..... $34.50/3 sess 152783

Cooking

SENIORS COMMUNITY KITCHEN

Learn basic cooking techniques, try new recipes, create meals to take home and make new friends. This program is offered in partnership with Family Services of Greater Vancouver.

Steveston Community Centre

Aug 16 ..... Tu ..... 10:00am-12:00pm ..... $10/1 sess 152764
Aug 30 ..... Tu ..... 10:00am-12:00pm ..... $10/1 sess 153370

Events

JULY

MINORU ANNUAL BBQ PICNIC
Celebrate summer while socializing with friends at this Minoru tradition featuring a delicious BBQ meal and refreshments. Complete BBQ meal included. No refunds within 7 days of event.

Minoru Centre for Active Living (Seniors Centre)
Jul 28 ..... Tu..... 4:00-6:00pm..... $15/1 sess 152572

SUMMER PLAZA SERIES
Drop by and enjoy a variety of entertainment outdoors on the Minoru Plaza.

FREE Jul 11 ..... M..... 7:00-8:00pm..... Free/1 sess
FREE Jul 25 ..... M..... 7:00-8:00pm..... Free/1 sess

AUGUST

SUMMER PLAZA SERIES
Drop by and enjoy a variety of entertainment outdoors on the Minoru Plaza.

FREE Aug 8 ..... M..... 7:00-8:00pm..... Free/1 sess
FREE Aug 22 ..... M..... 7:00-8:00pm..... Free/1 sess

Fitness

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.

Minoru Centre for Active Living (Seniors Centre)
Jul 7-Aug 25..... Th ..... 12:00-1:00pm..... $38/8 sess 153017

South Arm Community Centre
TRY-IT Aug 12..... F ..... 10:30-11:30am..... Free/1 sess..... 148517

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)
Jul 6-Aug 31..... W..... 11:30am-12:30pm..... $33.25/7 sess 153014

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)
Jul 5-Aug 30..... Tu..... 9:15-10:15am..... $50.60/9 sess 153021

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

South Arm Community Centre
Jul 4-Aug 29..... M..... 9:15-10:15am..... $47.50/8 sess 144509

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)
Jul 7-Aug 25..... Tu/Th. 12:30-1:30pm..... $71.25/15 sess ... 153018

GET UP AND GO!
Improve strength, balance, coordination, functional ability, independence and quality of life in this entry-level exercise program designed for older adults with balance and mobility impairments.

Minoru Centre for Active Living (Seniors Centre)
Jul 7-Aug 25..... Th ..... 9:15-10:15am..... $38/8 sess 153015

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)
Jul 5-Aug 30..... Tu..... 10:30-11:30am..... $42.75/9 sess 153012
Jul 7-Aug 25..... Th ..... 10:30-11:30am..... $38/8 sess 153016

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. Light refreshments available. Care partner participation required. Price is for one person with dementia and one care partner.

South Arm Community Centre
Jul 12-Aug 30..... Tu..... 1:30-3:30pm..... $45.20/8 sess 148678

MINDS IN MOTION (CANTONESE)
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. Light refreshments available. Care partner participation required. Price is for one person with dementia and one care partner. This course is conducted in Cantonese.

East Richmond Community Hall (Cambie)
Jul 6-Aug 31..... W..... 1:30-3:30pm..... $50.85/9 sess 144891

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.

West Richmond Community Centre
Jul 20-Aug 24..... W..... 1:00-2:00pm..... $28.50/6 sess 151743

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

Minoru Centre for Active Living (Seniors Centre)
Jul 4-Aug 29 ..... M ..... 10:15-11:15am ..... $38/8 sess 153008
Jul 6-Aug 31 ..... W ..... 10:15-11:15am ..... $33.25/7 sess 153013

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

Minoru Centre for Active Living (Seniors Centre)
Jul 8-Aug 26 ..... F ..... 12:30-1:30pm ..... $47.50/8 sess 153019
Jul 5-Aug 30 ..... Tu ..... 12:30-1:30pm ..... $53.45/9 sess 153020

South Arm Community Centre
Jul 8-Aug 26 ..... F ..... 10:30-11:30am ..... $47.50/8 sess 144684

Thompson Community Centre
Jul 9-Aug 27 ..... Sa ..... 10:45-11:45am ..... $41.60/7 sess 147567

West Richmond Community Centre
Jul 5-Aug 16 ..... Tu ..... 1:00-2:00pm ..... $41.60/7 sess 152652

Gardening

GARDENING WITH ARTHRITIS WORKSHOP
Make gardening manageable and more enjoyable by learning how to protect joints using equipment modifications and techniques. Seasonal gardening tips also included. Hosted by the President of the Richmond Garden Club. Registration required.

West Richmond Community Centre
FREE Jul 6 ..... W ..... 10:30-11:30am ..... Free/1 sess 146231

SHARING FARM SOCIAL AT TERRA NOVA
Engage with others and spend time outdoors in this lovely community farm setting. Youth and 55+ volunteers work together on small gardening projects, sharing and learning while bringing vegetables to harvest for the local food bank. Garden beds are raised and accessible. This is a great way to give back to the community, meet people and have fun. Light refreshments and free transportation included. Registration required.

Minoru Centre for Active Living (Seniors Centre)
FREE Jul 4-Aug 1 .... M ..... 9:30am-1:30pm ..... Free/5 sess 33489

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.

Minoru Centre for Active Living (Seniors Centre)
FREE Jul 14 ..... Th ..... 1:30-3:00pm ..... Free/1 sess 142719

ACCESSING TRANSIT WORKSHOP (CANTONESE)
Discover the practical side of transit along with the associated opportunities for greater freedom and social interaction. This session is presented by TransLink and conducted in Cantonese. Registration required.

Minoru Centre for Active Living (Seniors Centre)
FREE Jul 21 ..... Th ..... 1:30-3:00pm ..... Free/1 sess 142726

ARTFUL AGING SERIES — D.I.Y. (DO-IT-YOURSELF)
Produce a natural product using essential oils and other natural ingredients in these hands-on sessions. Also included are various tips to help create a natural and non-toxic living environment.

GRANDSHIP SOAP MAKING WORKSHOP
A $15 supplies fee added when registering. Price includes one grandparent and one grandchild.

City Centre Community Centre
Aug 12 ..... F ..... 1:00-3:00pm ..... $10/1 sess 149933

LOTION BAR MAKING WORKSHOP
A $5 supplies fee added when registering.

City Centre Community Centre
Jul 15 ..... F ..... 1:00-3:00pm ..... $10/1 sess 149930

NATURAL BUG REPELLENT MAKING WORKSHOP
A $5 supplies fee added when registering.

City Centre Community Centre
Jul 29 ..... F ..... 1:00-3:00pm ..... $10/1 sess 149932

SUN AFTERCARE MAKING WORKSHOP
A $5 supplies fee added when registering.

City Centre Community Centre
Aug 5 ..... F ..... 1:00-3:00pm ..... $10/1 sess 149934

BRIDGE — BEGINNER — LEVEL 2
Build on the basics of Contract Bridge, learn techniques for playing with partners and gain confidence through hands-on experience. Pre-requisite: Bridge — Beginner or previous Bridge experience.

Minoru Centre for Active Living (Seniors Centre)
Jul 4-Aug 29 ..... M ..... 10:30am-12:00pm ..... $60/8 sess 151836

FINANCIAL LITERACY WORKSHOP

Join this educational opportunity that covers 'Power of Attorney, Shared Bank Accounts and Financial Abuse' and information on support resources. This workshop is instructed by Council of Senior Citizens' Organizations of BC (COSCO). Registration required.

Thompson Community Centre

FREE Aug 26 ..... F ..... 2:00-3:00pm..... Free/1 sess..... 152112

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. Call Seniors First BC at 604-688-1927 (ext. 258) to make an appointment.

Minoru Centre for Active Living (Seniors Centre)

FREE Jul 28 ..... Th ..... 10:00am-12:00pm..... Free/1 sess
FREE Aug 25 ..... Th ..... 10:00am-12:00pm..... Free/1 sess

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. Supplies, cultural snacks and refreshments included.

Steveston Community Centre

Jul 7-Aug 25..... Th ..... 1:00-3:00pm..... $126/8 sess 152772

MAHJONG INSTRUCTIONAL CLASS

Play this tile-based game that originated in China and is similar to the Western card game, "rummy". Led by a volunteer instructor in English, this social and popular game includes skill, strategy and calculation and involves a degree of chance. Registration and Facility Pass required.

South Arm Community Centre

FREE Jul 12-Aug 4.. Tu/Th. 10:00-11:30am..... Free/8 sess..... 148481

NAVIGATING SENIORS SERVICES WORKSHOP

Learn about CHIMO Community Services and the diverse services this non-profit organization offers seniors in Richmond including crisis support, counselling and responding to emergency needs. This workshop is presented by CHIMO staff. Registration required.

South Arm Community Centre

FREE Jul 6 ..... W..... 11:00am-12:00pm..... Free/1 sess..... 148623

PHONE IN—ACTIVE LIVING WITH DIABETES SELF-MANAGEMENT WORKSHOP (PUNJABI)

Recognize the signs and symptoms of diabetes and learn to manage low and high blood glucose, nutrition, activity, stress and medications to prevent complications. Also learn core self-management skills including problem-solving, making action plans and decision-making. Family members and caregivers are welcome. This series is offered by phone by Self-Management BC, University of Victoria and the BC Ministry of Health, and is conducted in Punjabi. Registration required.

Minoru Centre for Active Living (Seniors Centre)

FREE Jul 5-Aug 9.... Tu..... 1:00-1:45pm..... Free/6 sess..... 151366

SENIORS CENTRE AT MINORU 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 Jul 20 ..... W..... 10:30-11:30am..... Free/1 sess..... 151864
FREE Aug 17 ..... W..... 10:30-11:30am..... Free/1 sess..... 151857

SENIOR DRIVER RE-EXAM WORKSHOP

Learn about the government's Enhanced Road Assessment (ERA) program that evaluates one's ability to safely operate a motor vehicle. This session is presented by the Insurance Corporation of BC (ICBC). Registration required.

Thompson Community Centre

FREE Jul 22 ..... F ..... 2:00-3:00pm..... Free/1 sess..... 152132

SHOW AND TELL WITH RICHMOND PUBLIC LIBRARY—DIGITAL BOOKS, MOVIES AND MORE WORKSHOP

Learn more about the digital books, audiobooks, movies, newspapers and more that are available online and free with a Richmond Public Library card. This session is led by a Community Services Librarian. Registration required.

Minoru Centre for Active Living (Seniors Centre)

FREE Aug 4 ..... Th ..... 1:30-3:00pm..... Free/1 sess..... 143372

TRAVEL PLANNING WORKSHOP

Explore Metro Vancouver's transit-friendly destinations and become a travel expert with practical training and resources aimed to increase confidence. Registration required.

Minoru Centre for Active Living (Seniors Centre)

FREE Jul 8 ..... F ..... 10:00-11:30am..... Free/1 sess..... 144573

TRAVEL PLANNING WORKSHOP (MANDARIN)

Explore Metro Vancouver's transit-friendly destinations and become a travel expert with practical training and resources aimed to increase confidence. This session is conducted in Mandarin. Registration required.

Minoru Centre for Active Living (Seniors Centre)

FREE Jul 29 ..... F ..... 10:00-11:30am..... Free/1 sess..... 144585

Health and Wellness

BLOOD PRESSURE CLINICS—DROP-IN

Minoru Centre for Active Living (Seniors Centre)
FREE Jul 20, Aug 17 ..W... 10:00am-12:00pm..... Free/2 sess

East Richmond Community Hall (Cambie)
FREE Jul 13, Aug 10 ..W... 10:00am-12:00pm..... Free/2 sess

South Arm Community Centre
FREE July 8..... Fri... 10:00am-12:00pm..... Free/1 sess

BLOOD PRESSURE AND GLUCOSE TEST CLINICS—DROP-IN

City Centre Community Centre
FREE Jul 7, Aug 4 ... Th ..... 10:00am-12:00pm..... Free/2 sess

Steveston Community Centre
FREE Jul 6, Aug 3 ... W..... 10:00am-12:00pm..... Free/2 sess

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)
Jul 11 ..... M..... 9:00am-3:00pm..... $55/1 sess 144888
Aug 8 ..... M..... 9:00am-3:00pm..... $55/1 sess 144889

HYPERTENSION AND ACTIVITY

Understand the positive impact and health benefits active living has on blood pressure and get tips on how to get started and stay motivated. Registration required.

South Arm Community Centre
FREE Aug 31 ..... W..... 11:00am-12:30pm..... Free/1 sess..... 149700

HYPERTENSION AND NUTRITION

Learn how to make healthy diet changes that can lower blood pressure in this interactive workshop led by a registered nurse from Vancouver Coastal Health. Registration required.

South Arm Community Centre
FREE Aug 3 ..... W..... 11:00am-12:15pm..... Free/1 sess..... 149688

HYPERTENSION AND STRESS

Learn how stress affects health as a risk factor for hypertension, complete a Stress Index and find out three effective ways to manage symptoms. Registration required.

South Arm Community Centre
FREE Aug 17 ..... W..... 11:00am-12:30pm..... Free/1 sess..... 149697

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 aim to reduce worries and improve quality of life.

Minoru Centre for Active Living (Seniors Centre)
Jul 7-Aug 25..... Th ..... 2:30-4:00pm..... $66/8 sess 151843

MEDITATION AND PAINTING

Try this unique and creative combined activity that starts with an instructor-led meditation that allows for a stress-free painting session. Supplies not included.

Minoru Centre for Active Living (Seniors Centre)
Jul 6-Aug 31..... W..... 2:45-4:45pm..... $103.50/9 sess ... 153714

Martial Arts

FUSION TAI CHI AND KUNG FU

Learn and practice the basic steps of these two forms of martial arts including kicking and developing coordination and balance while improving breathing technique. No experience required.

South Arm Community Centre
TRY-IT Jul 5 ..... Tu..... 3:00-4:30pm..... Free/1 sess..... 148548
Jul 12-Aug 30..... Tu..... 3:00-4:30pm..... $66/8 sess 148556

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 and improve flexibility and balance. These sessions are led by a certified Qigong instructor.

City Centre Community Centre
Jul 15-Aug 26..... F ..... 10:00-11:00am..... $38.50/7 sess 146496

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. All levels welcome.

Minoru Centre for Active Living (Seniors Centre)
Jul 6-Jul 27..... W..... 9:00-10:00am..... $16.50/3 sess 151656
Aug 3-Aug 31..... W..... 9:00-10:00am..... $27.50/5 sess 151658

TAI CHI—BEGINNER

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

City Centre Community Centre
Jul 11-Aug 22..... M..... 11:00am-12:00pm..... $38.50/7 sess 146634

Minoru Centre for Active Living (Seniors Centre)
Jul 8-Sep 2 ..... F ..... 11:15am-12:15pm..... $49.50/9 sess 151639
Jul 9-Aug 27..... Sa ..... 11:15am-12:15pm..... $44/8 sess 151642

Steveston Community Centre
Jul 4-Aug 22..... M..... 11:45am-12:45pm..... $38.50/7 sess 152773
Jul 7-Aug 25..... Th ..... 11:45am-12:45pm..... $44/8 sess 152776

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
Jul 13-Aug 24..... W..... 10:30-11:30am..... $38.50/7 sess 146636

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)
Jul 9-Aug 27..... Sa ..... 10:00-11:00am..... $44/8 sess 151654

Steveston Community Centre
Jul 5-Aug 30..... Tu..... 11:45am-12:45pm..... $49.50/9 sess 152774

TAI CHI — SWORD — BEGINNER
Strive to perfect the core principles through this introductory sword class, 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
Jul 15-Aug 26..... F ..... 8:45-9:45am..... $38.50/7 sess 146638

Minoru Centre for Active Living (Seniors Centre)
Jul 7-Jul 28..... Th ..... 1:00-2:00pm..... $22/4 sess 151637
Aug 4-Sep 1 ..... Th ..... 1:00-2:00pm..... $27.50/5 sess 151638

TAI CHI — SWORD — YANG STYLE — INTERMEDIATE
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
Jul 15-Aug 26..... F ..... 11:15am-12:15pm..... $38.50/7 sess 146497

Out Trips and Tours

JULY

GROUSE MOUNTAIN TRIP
Travel to this North Shore mountain for an action-packed trip that includes the Grouse Mountain skyride, Birds in Motion demonstrations, scenic chairlift ride, admission to Theatre in the Sky, visiting the Refuge for Endangered Wildlife and the Lumberjack Show. Walking some distances is required. Transportation, all activities and admissions included. No refunds less than 30 days prior to trip.

Thompson Community Centre
Jul 4 ..... M..... 9:30am-5:00pm..... $72.50/1 sess 152758

WESTHAM ISLAND BERRIES AND WINERY TRIP
Pick berries at this picturesque Ladner location followed by a tour on how to turn this fruit into wine. Transportation and treat at Emma Lea Farms included. Cost for fruit picked and wine is extra.

Thompson Community Centre
Jul 7 ..... Th ..... 11:00am-3:30pm..... $27.50/1 sess 151508

West Richmond Community Centre
Jul 7 ..... Th ..... 11:15am-3:45pm..... $27.50/1 sess 153051

FORT LANGLEY MARKET TRIP
Shop for local farm produce and handmade artisan items at this unique farmers market located alongside the Fraser River. Transportation only included. Home drop off ($3) available. No refunds less than 7 days prior to trip.

Minoru Centre for Active Living (Seniors Centre)
Jul 8 ..... F ..... 9:30am-3:30pm..... $24/1 sess 150382

KRAUSE BERRY FARM TRIP
Enjoy learning about the history and operations of this working Langley farm and shop in the on-site market, bakery and winery. Transportation, berry pie and coffee or tea included.

City Centre Community Centre
Jul 14 ..... Th ..... 9:15am-3:15pm..... $52.50/1 sess 149349

South Arm Community Centre
Jul 14 ..... Th ..... 9:00am-3:00pm..... $52.50/1 sess 149418

BASEBALL AT NAT BAILEY STADIUM TRIP
Cheer on the Vancouver Canadians at this historical and picturesque outdoor stadium. Transportation and game admission included.

Thompson Community Centre
Jul 15 ..... F ..... 11:15am-4:45pm..... $44/1 sess 151005

West Richmond Community Centre
Jul 15 ..... F ..... 11:30am-5:00pm..... $44/1 sess 144665

BOUNDARY BAY AIR SHOW TRIP

Watch exciting aerobatic performances, visit displays and community booths and try delicious food from a variety of food vendors at this annual Delta event. Bring a folding chair. Transportation included and admission is free. No refunds less than 7 days prior to trip.

Cambie Community Centre
Jul 16 ..... Sa ..... 10:45am-3:45pm..... $23.50/1 sess 152632

Thompson Community Centre
Jul 16 ..... Sa ..... 10:30am-4:00pm..... $23.50/1 sess 151498

VICTORIA HERITAGE TOUR

Explore downtown Victoria on a self-guided tour of the Parliament Buildings, The Empress Hotel and any of the museums or shopping areas, then finish the day with a lovely, scenic waterfront drive back to the ferry. Bus and ferry transportation only included. Must register in person. No refunds within 7 days of trip.

Thompson Community Centre
Jul 19 ..... Tu ..... 8:30am-7:00pm ..... $95.15(55-64)/1 sess..... 151880
$78.15 (65+)/1 sess

THEATRE UNDER THE STARS TRIP

Watch an outdoor theatre production in Stanley Park's Malkin Bowl and be part of this long-standing summer tradition. This year's show is 'We Will Rock You!'. Transportation and admission included. Home drop off ($3) available.

Minoru Centre for Active Living (Seniors Centre)
Jul 20 ..... W..... 6:00-11:00pm..... $69.50/1 sess 152530

CLANCY'S TEA COSY LUNCH TRIP

Enjoy a lingering lunch at this charming tea house in White Rock that includes an elegant mini-High Tea and delicious homemade soup. Transportation only included. Note: All meals are subject to an automatic gratuity of up to 15%, which may be added to bill. Home drop off ($3) available for City Centre Community Centre only.

City Centre Community Centre
Jul 21 ..... Th ..... 10:15am-3:15pm..... $37.50/1 sess 149669

South Arm Community Centre
Jul 21 ..... Th ..... 10:30am-3:00pm..... $37.50/1 sess 147799

RICHMOND LAVENDERLAND TRIP

Stroll through the rolling fields of this beautiful farm in Richmond taking in the sights and scents, followed by a visit to the in-house shopping store. Transportation and admission included. No refunds within 14 days of trip.

South Arm Community Centre
Jul 27 ..... W..... 10:15am-12:00pm..... $36.75/1 sess 149459

AUGUST

CIRCLE FARM TOUR

Take some delicious tastes of farm-to-table edibles, sip the flavours of the valley and meet the fuzzy friends of the farms on this self-guided tour of Langley's cheese shops, farm markets and more. Transportation only included. No refunds within 7 days of trip.

Cambie Community Centre
Aug 4 ..... Th ..... 9:00am-3:00pm..... $35/1 sess 152520

Thompson Community Centre
Aug 4 ..... Th ..... 8:45am-3:15pm..... $35/1 sess 152754

STANLEY PARK ECOLOGY TOUR TRIP

Take a walk around the Lagoon with SPES Educator Anna Bondartchouk to explore some facts about Lost Lagoon's construction, its role as a habitat for animals, and some interesting features. Tour involves walking on concrete paths, and is approximately 1.5 hours. Wear comfortable shoes and bring a packed lunch, or enjoy a snack at one of Stanley Park's concessions. Home drop-off ($3) available. No refunds within 7 days of trip.

Minoru Centre for Active Living (Seniors Centre)
Aug 5 ..... F ..... 10:00am-3:00pm..... $44/1 sess 151445

BLOEDEL CONSERVATORY AT QUEEN ELIZABETH PARK TRIP

Wander through this iconic triodetic dome while learning about the beautiful array of exotic plants and flowers, colourful Koi fish and more than 100 free-flying birds of various species. Bring a lunch. Transportation and admission included. Home drop off ($3) available for City Centre Community Centre only. No refunds within 7 days of trip.

City Centre Community Centre
Aug 10 ..... W..... 9:30am-3:00pm..... $41.75/1 sess 149362

South Arm Community Centre
Aug 10 ..... W..... 9:15am-3:15pm..... $41.75/1 sess 149425

LULU ISLAND WINERY TOUR AND LUNCH TRIP

Visit this local one-of-a-kind and award-winning winery for a tour and tasting followed by lunch at Mayfair Lakes. Transportation, tour and tasting included. Home drop off ($3) available. No refunds within 7 days of trip.

Minoru Centre for Active Living (Seniors Centre)
Aug 11 ..... Th ..... 2:00-6:00pm..... $37.30/1 sess 152552

SANDCASTLE COMPETITION TRIP—PARKSVILLE

View the structures created from Master Sand Sculptors from all over the world on a beautiful Parksville beach, followed by a visit to Coombs Market well known for the goats on the roof. Transportation only included. Must register in person. No refunds within 7 days of trip.

Thompson Community Centre

Aug 11 ..... Th ..... 8:45am-8:15pm ..... $89(55-64)/1 sess 151497
$72 (65+)/1 sess

LADNER VILLAGE MARKET TRIP

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

Thompson Community Centre

Aug 14 ..... Su ..... 11:00am-3:00pm ..... $19.50/1 sess 152139

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. Transportation only included. No refunds within 7 days of trip. Note: All meals are subject to an automatic gratuity of up to 18%, which may be added to bill. Home drop off ($3) available.

Cambie Community Centre

Aug 16 ..... Tu..... 4:15-8:15pm ..... $24.75/1 sess 154305

South Arm Community Centre

Aug 16 ..... Tu..... 4:30-8:00pm ..... $24.75/1 sess 149683

FRASER RIVER PADDLEWHEELER TRIP

Enjoy a buffet style lunch aboard a replica paddlewheeler from 1863 while cruising and hearing amusing past and present anecdotes of BC's biggest river. Transportation, cruise and lunch included. No refunds within 14 days of trip.

Thompson Community Centre

Aug 17 ..... W..... 10:00am-3:00pm ..... $83.50/1 sess 151873

KITSILANO BOATHOUSE RESTAURANT TRIP

Dine on fabulous West Coast cuisine at this well-known West End restaurant while taking in the stunning views of Kitsilano Beach. Transportation only included. Note: All meals are subject to an automatic gratuity of up to 18%, which may be added to bill. Home drop off ($3) available for City Centre only. No refunds within 7 days of trip.

City Centre Community Centre

Aug 25 ..... Th ..... 11:00am-3:00pm ..... $27/1 sess 149674

South Arm Community Centre

Aug 25 ..... Th ..... 10:45am-3:15pm ..... $27/1 sess 149432

OTHELLO TUNNELS TRIP

Take in the breathtaking views of the historic Kettle Valley Railway, a series of old train tunnels and bridges that cut through the solid granite walls and pass over the wild Coquihalla River east of Hope. Bring or buy a lunch. Good footwear is required as flat walking is involved. Transportation only included. No refunds within 7 days of trip.

Thompson Community Centre

Aug 25 ..... Th ..... 8:30am-5:00pm ..... $32.65/1 sess 151000

Cambie Community Centre

Aug 25 ..... Th ..... 8:45am-4:45pm ..... $32.65/1 sess 152641

WIND-UP CRUISE TRIP

Enjoy a buffet style lunch while cruising and hearing amusing past and present anecdotes of BC's biggest river. Transportation, cruise and lunch included. Home drop off ($3) available. No refunds within 30 days of trip.

Minoru Centre for Active Living (Seniors Centre)

Aug 29 ..... M..... 9:30am-4:45pm ..... $95.25/1 sess 152527

SEPTEMBER

SQUAMISH SEA TO SKY GONDOLA TRIP

Take a thrilling and picturesque ride up the mountain before walking interpretive trails and dining at the Summit Lodge or having a picnic. Transportation and gondola admission included. Home drop off ($3) available. No refunds within 7 days of trip.

Thompson Community Centre

Sep 1 ..... Th ..... 9:00am-5:00pm ..... $70.50/1 sess 151865

Racquet Sports

OUTDOOR—INTRODUCTION TO PICKLEBALL WORKSHOP

Try this popular paddle sport that combines elements of tennis, badminton and ping-pong and is fun, social and easy on the joints.

Hugh Boyd Community Park (West Richmond)

Jul 11-Jul 14..... M/Tu/Th .... 9:00-10:15am..... $20.60/3 sess ... 148489
Jul 18-Jul 21..... M/Tu/Th .... 9:00-10:15am..... $20.60/3 sess ... 148491
Aug 8-Aug 11..... M/Tu/Th .... 9:00-10:15am..... $20.60/3 sess ... 148494
Aug 15-Aug 18... M/Tu/Th .... 9:00-10:15am..... $20.60/3 sess ... 148497

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.

Thompson Community Centre

Jul 7-Jul 28..... Th ..... 1:15-2:45pm..... $33/4 sess 152102
Aug 4-Sep 1 ..... Th ..... 1:15-2:45pm..... $41.25/5 sess 151101

PICKLEBALL—DRILLS AND SKILLS—LEVEL 2

Improve shots using a drilling format to move to the next level of play and learn intermediate skills, techniques and strategies along with rules and etiquette. Pre-requisite: Introduction to Pickleball or basic Pickleball knowledge.

Sea Island School

Jul 9-Aug 27..... Sa ..... 9:00-10:30am..... $57.75/7 sess 152531

Sports

GOLF LESSONS FOR SENIORS—BEGINNER

Learn the basics of putting, chipping and pitching in this beginner 45-minute group lesson followed by a 9 hole round with the golf instructor. Rentals included if required.

Richmond Pitch & Putt Golf Course

Jul 11-Jul 14..... M/Tu/Th .... 9:30-11:00am..... $31.50/3 sess ... 144648
Jul 18-Jul 21..... M/Tu/Th .... 9:30-11:00am..... $31.50/3 sess ... 144656
Aug 15-Aug 18... M/Tu/Th .... 9:30-11:00am..... $31.50/3 sess ... 144660
Aug 22-Aug 25... M/Tu/Th .... 9:30-11:00am..... $31.50/3 sess ... 144661

Online Programs

General Interest

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 conducted in Cantonese. Registration required.

Cambie Community Centre

FREE Jul 7-Aug 4.... Th ..... 11:00am-12:00pm..... Free/2 sess..... 145294

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 Jul 15-Aug 19 F ..... 2:00-3:00pm..... Free/2 sess..... 144959

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 Jul 12-Aug 9.. Tu..... 12:45-1:45pm..... Free/2 sess..... 144961

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 Jul 6-Aug 3.... W..... 2:00-3:00pm..... Free/2 sess..... 144981

Health and Wellness

HOME SAFETY AND MAINTENANCE WORKSHOP (MANDARIN)

Learn the importance of home safety, maintenance, inspection and pest control for all seasons. This course offered through Zoom and conducted in Mandarin. Registration required.

City Centre Community Centre

FREE Aug 16 ..... Tu..... 10:00-11:30am..... Free/1 sess..... 147848

WOMEN'S HEALTH SERIES — OSTEOPOROSIS WORKSHOP (MANDARIN)

Learn signs and causes of osteoporosis, and how to preserve and avoid bone loss through proper nutrition intake and exercises. This course offered through Zoom and conducted in Mandarin. Registration required.

City Centre Community Centre

FREE Jul 5 ..... Tu..... 10:00-11:30am..... Free/1 sess..... 147846

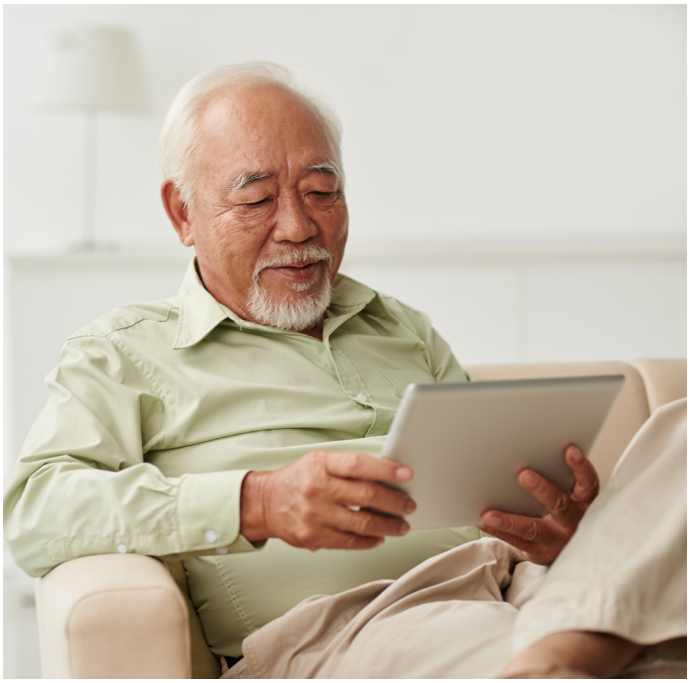
Music

NAME THAT TUNE

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

Thompson Community Centre

FREE Jul 18 ..... M..... 10:30-11:45am..... Free/1 sess..... 152761
FREE Aug 15 ..... M..... 10:30-11:45am..... Free/1 sess..... 152762



Seniors Annual Facility Pass Programs

The Seniors Facility Pass at the Minoru Centre for Active Living supports the Minoru Seniors Society and is $28 per 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 to purchase a pass and 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 (Registered visits)	**Woodworking*** 8:30am–12:30pm 1:00–4:30pm	**Billiards*** 8:45am–3:45pm (Registered visits)	**Tai Chi Practice**** 9:00–10:00am	**Tai Chi Practice**** 8:45–9:45am	**Billiards*** 8:45am–4:45pm (Drop-in)
Billiards* 8:45am–3:45pm (Registered visits)	**Tai Chi Practice**** 9:00–10:00am	**Billiards*** 8:45am–3:45pm (Registered visits)	**Yuanji Dance**** 9:00–10:30am	**Woodworking*** 8:30am–12:30pm 1:00–4:30pm	**Billiards*** 8:45am–4:45pm (Drop-in)	**Model Walkers** 11:00am–1:00pm
Yuanji Dance** 9:00–10:30am	**Wood Carving*** 9:30am–12:00pm 1:00–4:30pm	**Yuanji Dance**** 9:00–10:30am	**Busy Fingers** 9:00am–12:30pm	**Billiards*** 8:45am–3:45pm (Registered visits)	**Spanish Social** 10:30am–1:00pm	**Poker** 11:30am–3:30pm
Busy Fingers 9:00am–12:30pm	**Poker** 11:30am–3:30pm	**Happy Chorus** 10:00am–12:30pm	**Poker** 11:30am–3:30pm	**Mahjong**** 10:00am–5:00pm	**Ballroom Dance**** 10:00am–12:00pm	**Parkinson's Support Group (1st week)** 1:00–2:00pm
English Social for Chinese Seniors 10:00–11:30am	**Carpet Bowling** 12:30–3:00pm	**Crib** 1:00–3:30pm	**Scrabble** 12:45–4:00pm	**Bridge Duplicate** 12:30–4:00pm	**Peking Opera** 1:30–4:30pm	**Wood Carving*** 9:30am–12:00pm 1:00–4:30pm
Happy Chorus 10:00am–12:30pm	**Minoru Writers** (1st & 3rd week) 1:00–3:00pm	**Glee Singers** 2:00–4:00pm	**Knitters and Natters** 1:00–3:00pm	**Chinese Calligraphy**** 1:00–4:00pm	**Multicultural Dance**** 2:00–4:30pm	**Minoru Community Line Dancers**** 1:30–3:30pm
Crib 1:00–3:00pm	**Musical Interludes** 1:30–3:00pm	**Billiards*** 4:00–8:45pm (Drop-in)	**Wood Carving*** 1:00–4:30pm	**Euchre** 1:30–4:00pm		
Bridge 1:00–4:30pm	**Kingsland Calligraphy** 1:30–4:00pm	**Multicultural Dance**** 6:45–8:45pm	**Ballroom Dance**** 3:30–5:15pm	**Hanging with The Guys** (2nd & 4th week) 3:00–4:30pm		
Photo Group (2nd & 4th week) 1:30–3:30pm	**Billiards*** 4:00–8:45pm (Drop-in)		**Billiards*** 4:00–8:45pm (Drop-in)	**Billiards*** 4:00–8:45pm (Drop-in)		
Multicultural Dance** 2:30–4:30pm	**Online-Platinum Players** 2:00–4:00pm		**Prostate Cancer Support Group** (2nd week) 6:30–8:30pm			
Billiards* 4:00–8:45pm (Drop-in)	**Yuanji Dance**** 6:30–8:30pm		**Yuanji Dance** 6:30–8:30pm			
Whist 6:00–9:00pm			**Page Turners Book Club** (3rd week) 7:00–8:30pm			

Registration required for Billiards
*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
	Tai Chi Practice–Form 24 8:30–9:15am (no instruction) #144931* (ERCH)	**Tai Chi–48 Form** 8:30–9:30am #144936* (ERCH)	**Indoor Walking** 10:00–11:00am #144894 (CCC)	**Tai Chi–24 Form** 8:30–9:30am #144934* (ERCH)		
	Tai Chi Practice–Form 48 9:15–10:00am (no instruction) #144932* (ERCH)	**Online Readers Haven** (1st Wed/mth) 10:00–11:30am #154291* (ERCH)		**Table Tennis** 9:30–10:30am (ERCH)		
	Mahjong (2nd Tue/mth) 9:45–11:45am #144916* (ERCH)	**Memoir Writing** (3rd Wed/mth) 10:00am–12:00pm #154294* (ERCH)		**Knitting** 10:00–11:00am		
	Karaoke (1st and 3rd Tu/mth) 9:00–11:00am (ERCH)	**Luk Tung Kuen** 11:00–11:45am #144920* (ERCH)		**Luk Tung Kuen** 11:00–11:45am #144923* (ERCH)		
		Cribbage–Drop-in 12:00–1:30pm (ERCH)				

*Registration required.

Note: Programs held at East Richmond Community Hall. East Richmond's Facility Pass activities are cancelled on statutory holidays.

City Centre Community Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Wellness Social Corner (1st and 4th Mon/mth) 10:30–11:30am	**Singing Group** 10:00am–1:00pm	**Poetry Appreciation Group** (2nd Wed/mth) 2:00–4:00pm	**Karaoke (Chinese)** 10:30am–12:30pm		**Technology Help** 3:30–5:00pm	**English Conversation Group** 3:00–4:30pm
Karaoke (English) 10:30am–12:30pm	**Chinese Calligraphy in Mandarin** 1:00–3:00pm		**Registered Dance Space** 1:00–2:30pm			
Registered Dance Space 2:00–3:30pm						
Brush Hour 3:30–5:00pm						

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

Hamilton Community Centre

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

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

South Arm Community Centre

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

Note: South Arm's Facility Pass activities are cancelled on statutory holidays

Steveston Community Centre

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

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

Thompson Community Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Luk Tung Kuen 7:45–8:45am	**Luk Tung Kuen** 7:45–8:45am	**Luk Tung Kuen** 7:45–8:45am	**Luk Tung Kuen** 7:45–8:45am	**Luk Tung Kuen** 7:45–8:45am		
Online-Name that Tune (3rd Mon/mth) 10:30–11:45am	**Luk Tung Coffee Hour** 9:00–10:00am	**English Tutoring for Beginners** 10:00–11:15am	**Crafts Group** 11:00am–1:00pm	**Karaoke** 11:00am–12:00pm		
Book Club (2nd Mon/mth) 2:15–3:30pm		**Seniors Activity Time** 1:30–2:45pm				

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

West Richmond Community Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Book Club (3rd Mon/mth) Contact Coordinator for availability	**Seniors Social** 10:00–11:00am	**Games Club** 1:30–3:00pm				
French Conversation Group 10:30am–12:00pm (Not on 3rd Mon/mth or Stat holidays)	**Spanish Conversation Group** 1:45–3:00pm					

Subscribe today for the Community Services *e-News!*

Receive news that matters to you straight to your inbox. These monthly updates provide information about your community and the services available to you.

Connect to your community!

Don't miss out on getting reminders about:

- seasonal registration dates and times
- indoor, outdoor and online programs
- virtual events and activities
- volunteer opportunities
- free activities
- community engagement opportunities

Subscribe today!

Read this month's issue now!
www.richmond.ca/enews

Richmond