



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

**Fall 2023** | SEP-DEC  
[www.richmond.ca/register](http://www.richmond.ca/register)



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## 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](http://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](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 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](http://www.richmond.ca/reghelp).

### ✓ Your Course ID number

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

Sep 12 – Dec 19.....**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 communicable diseases; therefore, program offerings may be adjusted as requirements change.**

# In-person Programs

## Arts—Dance

### BALLET—BEGINNER

Learn basic ballet techniques that improve coordination, balance, musicality and fluidity of movement while also learning skills that are a complement to other sports and dance styles.

#### West Richmond Community Centre

Sep 13-Oct 25 ..... W..... 2:30-3:30pm..... \$44.40/7 sess ..... 253092  
 Nov 1-Dec 13 ..... W..... 2:30-3:30pm..... \$38.05/6 sess ..... 253093

### BALLROOM DANCING—BEGINNER

Cover the basic steps of the jive, cha cha, waltz and foxtrot. Suitable for singles and pairs.

#### Thompson Community Centre

**TRY-IT** Sep 13 ..... W..... 9:00-10:30am..... Free/1 sess ..... 250991  
 Sep 20-Nov 29 ..... W..... 9:00-10:30am..... \$104.60/11 sess ..... 250990

### BALLROOM DANCING—INTERMEDIATE

Learn even more jive, cha cha, waltz and foxtrot dance skills. Suitable for singles and pairs. Pre-requisite: Ballroom Dancing—Beginner.

#### Thompson Community Centre

Sep 16-Nov 25 ..... Sa ..... 1:30-3:00pm..... \$104.60/11 sess ..... 250989

### BAROQUE DANCING—LEVEL 1

Learn and enjoy this early form of dance that includes social, theatrical and elegant themes from the 17th and 18th centuries. Suitable for beginners.

#### West Richmond Community Centre

Sep 11-Dec 11 ..... M..... 2:15-3:30pm..... \$87.10/11 sess ..... 252155

### BAROQUE DANCING—LEVEL 2

Continue to learn this early form of dance that involves gentle bending and rising and low extensions done with control and placement. Pre-requisite: Baroque Dancing—Level 1, previous Baroque dance experience or formal dance training.

#### West Richmond Community Centre

Sep 14-Dec 7 ..... Th ..... 2:15-3:30pm..... \$103/13 sess ..... 255244

### 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. Suitable for all levels. Beginners welcome.

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

Sep 11-Dec 12 ..... M..... 10:45-11:45am..... \$82.40/13 sess ..... 249746

### CONDITIONING THROUGH DANCE

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

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

Sep 11-Dec 11 ..... M..... 12:00-1:00pm..... \$76.10/12 sess ..... 249747

### DANCE MOVES

Enjoy a great workout with fun and easy-to-follow dance routines. Suitable for all fitness and experience levels.

#### East Richmond Community Hall (Cambie)

Sep 25-Oct 31 ..... M..... 10:00-11:00am..... \$25.35/4 sess ..... 246358  
 Nov 6-Dec 12 ..... M..... 10:00-11:00am..... \$38.05/6 sess ..... 247983

### 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

Sep 8-Dec 15 ..... F ..... 12:00-1:00pm..... \$82.40/13 sess ..... 254139

### 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

Sep 8-Dec 15 ..... F ..... 1:00-2:00pm..... \$82.40/13 sess ..... 254168

### 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

Sep 13-Dec 6 ..... W..... 1:30-2:30pm..... \$82.40/13 sess ..... 253248

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

Sep 12-Dec 6 ..... Tu..... 2:00-3:00pm..... \$82.40/13 sess ..... 252196

#### Steveston Community Centre

Sep 14-Dec 7 ..... Th ..... 1:00-2:00pm..... \$82.40/13 sess ..... 254129

### LINE DANCING—BEGINNER—IMPROVER

Improve dance moves and learn more complex steps and patterns to Latin and Ballroom and country and popular music. Pre-requisite: Previous line dancing experience.

#### Steveston Community Centre

Sep 14-Dec 7 ..... Th ..... 2:15-3:15pm..... \$82.40/13 sess ..... 254132

### 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

Sep 13-Dec 7 ..... W ..... 2:45-3:45pm ..... \$82.40/13 sess ... 253249

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

Sep 12-Dec 5 ..... Tu ..... 3:15-4:15pm ..... \$82.40/13 sess ... 252197

### LINE DANCING—INTERNATIONAL—BEGINNER—IMPROVER

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)

Sep 6-Nov 2 ..... W ..... 2:15-3:45pm ..... \$85.60/9 sess ..... 253514

Sep 9-Nov 5 ..... Sa ..... 2:15-3:45pm ..... \$66.55/7 sess ..... 253567

### LINE DANCING—INTERNATIONAL—INTERMEDIATE—IMPROVER

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

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

Sep 9-Nov 5 ..... Sa ..... 12:30-2:00pm ..... \$66.55/7 sess ..... 253568

### LINE DANCING—INTERNATIONAL—INTERMEDIATE/ADVANCED

Move to a variety of styles and popular music and cover interesting combinations and more complex steps, patterns and movements. Suitable for experienced dancers. Pre-requisite: Advanced knowledge of line dancing steps and terminology.

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

Sep 6-Nov 2 ..... W ..... 12:30-2:00pm ..... \$85.60/9 sess ..... 253513

### LINE DANCING VARIETY—BEGINNER

Try this class that focuses on the fundamental steps of line dancing and that are adaptable to country, ballroom, rock and roll, disco, Latin and pop music.

#### Thompson Community Centre

**TRY-IT** Sep 13 ..... W ..... 10:45-11:45am ..... Free/1 sess ..... 252152

Sep 20-Nov 29 ..... W ..... 10:45-11:45am ..... \$69.75/11 sess ... 252159

### LINE DANCING VARIETY—BEGINNER LEVEL 1 (CANTONESE AND MANDARIN)

Try this class that focuses on the fundamental steps of line dancing and is adaptable to country, ballroom, rock and roll, disco, Latin and pop music. Conducted in Cantonese and Mandarin. Pre-requisite: Beginner line dancing experience.

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

Sep 11-Dec 11 ..... M ..... 10:45-11:45am ..... \$76.10/12 sess ... 250313

Sep 15-Dec 15 ..... F ..... 10:45-11:45am ..... \$82.40/13 sess ... 253564

### LINE DANCING VARIETY—BEGINNER LEVEL 2 (CANTONESE AND MANDARIN)

Master the fundamental steps of this dance style that is adaptable to country, ballroom, rock and roll, disco, Latin and pop music. Conducted in Cantonese and Mandarin. Pre-requisite: Beginner line dancing experience.

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

Sep 12-Dec 13 ..... Tu ..... 9:45-10:45am ..... \$88.75/14 sess ... 252195

Sep 14-Dec 15 ..... Th ..... 10:45-11:45am ..... \$82.40/13 sess ... 253556

### LINE DANCING VARIETY—NEW BEGINNER (CANTONESE AND MANDARIN)

Try this class that focuses on the fundamental steps of line dancing and is adaptable to country, ballroom, rock and roll, disco, Latin and pop music. Conducted in Cantonese and Mandarin. Suitable for new dancers. Dance experience not required.

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

Sep 11-Dec 14 ..... M/Th . 1:15-2:15pm ..... \$158.50/25 sess . 249711

Sep 15-Dec 16 ..... F ..... 9:30-10:30am ..... \$82.40/13 sess ... 253563

### TAP DANCING—BEGINNER

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

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

Sep 14-Dec 15 ..... Th ..... 3:00-4:00pm ..... \$82.40/13 sess ... 253554

### 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)

Sep 13-Dec 14 ..... W ..... 10:10-11:10am ..... \$88.75/14 sess ... 253496

### TAP DANCING—CHOREOGRAPHY

Develop some dance skills and learn a routine that challenges both the brain and the body with a short, fast warm up prior to the choreography portion. Tap shoes required. Pre-requisite: Current registration in Tap Dancing—Intermediate at Minoru Centre for Active Living.

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

Sep 13-Dec 14 ..... W ..... 11:15am-12:00pm ..... \$66.60/14 sess ... 253506

## Arts—Music

### AFRICAN DRUMMING—BEGINNER

Socialize, de-stress and have fun while learning African rhythms and tunes on the Djembe drum. Drum required at each class or available for use if required.

#### West Richmond Community Centre

Sep 28 ..... Th ..... 6:45-8:15pm ..... \$9.50/1 sess ..... 252167

Oct 26 ..... Th ..... 6:45-8:15pm ..... \$9.50/1 sess ..... 252168

Nov 30 ..... Th ..... 6:45-8:15pm ..... \$9.50/1 sess ..... 252170

### TAIKO DRUMMING—LEVEL 1

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

#### South Arm Community Centre

**TRY-IT** Sep 11 ..... M..... 5:30-6:30pm..... Free/1 sess..... 249122  
 Sep 18-Dec 11 ..... M..... 5:30-6:30pm..... \$69.75/11 sess ... 249123

### 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

Sep 18-Dec 11 ..... M..... 6:30-7:30pm..... \$69.75/11 sess ... 249124

### TAIKO DRUMMING—LEVEL 3

Create a new mind-enriching repertoire with musical pieces that focus on challenging patterns and the beauty of movements and music. Pre-requisite: Taiko Drumming—Level 2.

#### South Arm Community Centre

Sep 18-Dec 11 ..... M..... 7:30-8:30pm..... \$69.75/11 sess ... 251464

### UKULELE—ABSOLUTE AND EARLY—BEGINNER

Learn how to play this fun and versatile instrument while developing an understanding of music fundamentals. No experience required. Ukulele required at each class.

#### Steveston Community Centre

Sep 6-Oct 18 ..... W..... 11:00am-12:15pm..... \$55.50/7 sess ..... 256151  
 Nov 1-Dec 13 ..... W..... 11:00am-12:15pm..... \$55.50/7 sess ..... 256163

### 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)

Sep 14-Dec 15 ..... Th ..... 11:45am-12:45pm..... \$82.40/13 sess ... 253550

### UKULELE—EARLY INTERMEDIATE

Learn new skills, broaden music literacy and enjoy repertoire in many styles from around the world. Pre-requisite: Ukulele—Advanced Beginner and/or the ability to read musical notation. Ukulele required at each class.

#### Steveston Community Centre

Sep 5-Oct 17 ..... Tu..... 11:00am-12:15pm..... \$63.40/8 sess ..... 256174  
 Oct 31-Dec 12 ..... Tu..... 11:00am-12:15pm..... \$47.55/6 sess ..... 256175

#### West Richmond Community Centre

Sep 9-Nov 18 ..... Sa ..... 11:35am-12:35pm..... \$50.70/8 sess ..... 252115

### UKULELE—INTERMEDIATE

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

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

Sep 15-Dec 16 ..... F ..... 1:30-2:30pm..... \$82.40/13 sess ... 253562

### UKULELE—ADVANCED BEGINNER

Enhance musical skills and understanding and learn more complete repertoire and chord melody arrangements. Pre-requisite: Ukulele – Absolute Beginner and Earl Beginner and the ability to read music notation. Ukulele required at each class.

Sep 6-Oct 18 ..... W..... 1:00-2:15pm..... \$55.50/7 sess ..... 258918  
 Nov 1-Dec 13 ..... W..... 1:00-2:15pm..... \$55.50/7 sess ..... 258819

### UKULELE—ADVANCED INTERMEDIATE

Elevate playing skills to include flatpicking and the triple strum and explore the colour and feeling of minor chords and keys. Pre-requisite: Ukulele—Early Intermediate.

#### Steveston Community Centre

Sep 5-Oct 17 ..... Tu..... 1:00-2:15pm..... \$63.40/8 sess ..... 256176  
 Oct 31-Dec 12 ..... Tu..... 1:00-2:15pm..... \$47.55/6 sess ..... 256177

## Art—Performing

### IMPROV – BEGINNER

Share the joy of improv-based drama activities in a fun, safe and low-pressure environment. Come and interact and share a few laughs. No experience required. Light refreshments included.

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

Sep 25-Nov 27 ..... M..... 4:00-5:00pm..... \$57.05/9 sess ..... 258371

## Arts—Visual

### ACRYLIC PAINTING

Explore abstract, landscape and still life painting using acrylic paints. Suitable for beginner and experienced painters with individual guidance provided. Supplies not included. A list of supplies is provided.

#### Steveston Community Centre

Sep 18-Oct 30 ..... M..... 12:30-2:30pm..... \$76.10/6 sess ..... 254186  
 Nov 6-Dec 4 ..... M..... 12:30-2:30pm..... \$63.40/5 sess ..... 254217

### ART CLASS—INTERGENERATIONAL—GRANDPARENT AND GRANDCHILD

Paint together in this social, fun and unique program. Facilitated by an art instructor. Registration covers one senior and one child (4-5 years).

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

Sep 14-Oct 19 ..... Th ..... 10:00am-12:00pm..... \$63.40/5 sess ..... 253524  
 Oct 26-Nov 23 ..... Th ..... 10:00-11:30am..... \$47.55/5 sess ..... 253531  
 Nov 23-Dec 14 ..... Th ..... 10:00-11:30am..... \$38.05/4 sess ..... 253532

### CLAY THERAPY

Exercise hands and improve hand-eye coordination by kneading clay and creating art. This type of creative therapy has been known to stimulate neurological pathways and may also aid in stress reduction. Supplies included.

#### West Richmond Community Centre

Sep 8-Nov 10 ..... F ..... 10:45-11:45am..... \$50.70/8 sess ..... 252104

## CHINESE BRUSH PAINTING

Explore this beautiful ancient art through exercises that focus on basic techniques. A \$20 non-refundable supplies fee charged when registering.

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

Sep 25-Dec 11 ..... M..... 9:30-11:30am..... \$126.80/10 sess . 249720

## CHINESE BRUSH PAINTING—INTERMEDIATE

Explore this ancient art and create beautiful pieces and experiment with various exercises. Pre-requisite: Chinese Brush Painting—Beginner or basic Chinese Brush Painting knowledge. A \$12 non-refundable supplies fee charged when registering.

### South Arm Community Centre

Sep 9-Oct 21 ..... Sa ..... 9:45-11:15am..... \$66.55/7 sess ..... 249995

Oct 28-Dec 16 ..... Sa ..... 9:45-11:15am..... \$66.55/7 sess ..... 249996

## CHINESE CALLIGRAPHY (CANTONESE AND MANDARIN)

Learn basic techniques, strokes and words in this beautiful and timely art form and cultural experience widely practiced as a way of relaxing. Instructed by a calligraphy master. Course conducted in Mandarin and Cantonese with English translation available. Supplies not included.

### Steveston Community Centre

Sep 7-Oct 26 ..... Th ..... 9:30-11:30am..... \$101.45/8 sess ... 255612

Nov 2-Dec 14 ..... Th ..... 9:30-11:30am..... \$88.75/7 sess ..... 255613

## CREATIVE PAINTING

Explore new ideas and have fun creating amazing designs and patterns without the fear of messing up or experiencing the pressure to create something perfect. Supplies not included.

### Thompson Community Centre

**TRY-IT** Sep 15 ..... F ..... 10:00am-12:00pm..... Free/1 sess..... 254864

Sep 29-Nov 10 ..... F ..... 10:00am-12:00pm..... \$76.10/6 sess ..... 254870

Nov 17-Dec 16 ..... F ..... 10:00am-12:00pm..... \$63.40/5 sess ..... 256171

## CROCHET 101—BEGINNER

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 \$15 supplies fee add when registering.

### West Richmond Community Centre

Sep 8-Nov 10 ..... F ..... 9:30-10:30am..... \$50.70/8 sess ..... 252106

## DRAWING BASICS

Capture simple objects, images and still life's on paper while learning basic concepts and techniques to then draw from imagination with improved understanding and confidence. A \$12 non-refundable supplies fee charged when registering.

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

Sep 12-Dec 12 ..... Tu..... 10:00am-12:00pm..... \$177.50/14 sess . 253488

## MIXED MEDIA ART

Play with acrylic paints and a variety of mixed media materials such as papers, foils and fabrics to create rich and textured surfaces for painting and collage. Supplies included.

### Thompson Community Centre

Sep 27-Nov 2 ..... W..... 10:00am-12:00pm..... \$76.10/6 sess ..... 256496

Nov 8-Dec 14 ..... W..... 10:00am-12:00pm..... \$76.10/6 sess ..... 256505

## PAINT NIGHT

Create a magnificent painting to take home with step-by-step instruction. No experience required. Supplies included. Instructed by Party with Laura.

### East Richmond Community Hall (Cambie)

Sep 14 ..... Th ..... 6:30-8:30pm..... \$35/1 sess ..... 247508

Nov 23 ..... Th ..... 6:30-8:30pm..... \$35/1 sess ..... 247510

## PAINT, SIP AND SNACK

Learn to recreate a painting through step-by-step instructions while enjoying a glass of wine (non-alcoholic option available) and charcuterie that includes cheese, meats and fruits. A \$22 non-refundable supplies fee charged when registering.

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

Sep 21 ..... Th ..... 6:00-7:30pm..... \$9.50/1 sess ..... 253943

Oct 19 ..... Th ..... 6:00-7:30pm..... \$9.50/1 sess ..... 255630

Nov 23 ..... Th ..... 6:00-7:30pm..... \$9.50/1 sess ..... 255245

Dec 14 ..... Th ..... 6:00-7:30pm..... \$9.50/1 sess ..... 255247

## 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. A \$12 non-refundable supplies fee charged when registering.

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

Sep 11-Dec 11 ..... M..... 12:30-2:30pm..... \$152.15/12 sess . 249723

### South Arm Community Centre

**TRY-IT** Sep 12 ..... Tu..... 10:30am-12:00pm..... Free/1 sess..... 254301

Sep 19-Oct 25 ..... Tu..... 10:30am-12:00pm..... \$57.05/6 sess ..... 251813

Oct 31-Dec 6 ..... Tu..... 10:30am-12:00pm..... \$57.05/6 sess ..... 254297

## TAKE HOME FLORAL ARRANGEMENT WORKSHOP—HARVEST THEME

Design and make a unique flower arrangement in this fun, creative and social session. Instructed by an experienced florist. Green foam, vase/basket and flowers included. No refunds within 7 days of workshop. A non-refundable \$30 supplies fee charged when registering.

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

Oct 6 ..... F ..... 10:30-11:30am..... \$9.50/1 sess ..... 253005

## TAKE HOME FLORAL ARRANGEMENT WORKSHOP–HOLIDAY THEME

Design and make a unique flower arrangement in this fun, creative and social session. Instructed by an experienced florist. Green foam, vase/basket and flowers included. No refunds within 7 days of workshop. A non-refundable \$30 supplies fee charged when registering.

**Minoru Centre for Active Living (Seniors Centre)**  
Dec 1 ..... F ..... 10:30-11:30am ..... \$9.50/1 sess ..... 253031

## WATERCOLOUR PAINTING

Work on personal projects to further develop voice and style in these loosely structured, enriching and supportive studio sessions. Suitable for all levels. Supplies not included. Suggested supply list available upon request.

**Minoru Centre for Active Living (Seniors Centre)**  
Sep 14-Dec 15 ..... Th ..... 12:00-2:00pm ..... \$164.85/13 sess ..... 253549

## Computers, Technology and Social Media

### INTRODUCTION TO EMAIL

Develop the essential skills to access and use email on an iPad including mail settings, email composition, adding contacts and attachments and more. iPad required at each class or available for use if required.

**Minoru Centre for Active Living (Seniors Centre)**  
Nov 27-Dec 11 ..... M ..... 2:30-3:30pm ..... \$16.55/3 sess ..... 252869

### INTRODUCTION TO IPADS–LEVEL 1

Become more socially connected by learning and practicing how to browse the internet, send emails, videos chat and more with this Apple product. iPad required at each class or available for use if required.

**Minoru Centre for Active Living (Seniors Centre)**  
Sep 11-Oct 3 ..... M ..... 2:30-3:30pm ..... \$22.05/4 sess ..... 252179

### INTRODUCTION TO IPADS–LEVEL 2

Continue to increase knowledge with topics that include how to use the camera feature, the instant messaging platform, WhatsApp and the calendar. iPad required at each class or available for use if required.

**Minoru Centre for Active Living (Seniors Centre)**  
Oct 23-Nov 20 ..... M ..... 2:30-3:30pm ..... \$22.05/4 sess ..... 252875

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

Meet one-on-one and get help from a friendly and informative youth 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** Sep 21 ..... Th ..... 3:30-4:00pm ..... Free/1 sess ..... 256521  
**FREE** Sep 21 ..... Th ..... 4:00-4:30pm ..... Free/1 sess ..... 256522  
**FREE** Sep 21 ..... Th ..... 4:30-5:00pm ..... Free/1 sess ..... 256523  
**FREE** Oct 5 ..... Th ..... 3:30-4:00pm ..... Free/1 sess ..... 256524  
**FREE** Oct 5 ..... Th ..... 4:00-4:30pm ..... Free/1 sess ..... 256525  
**FREE** Oct 5 ..... Th ..... 4:30-5:00pm ..... Free/1 sess ..... 256526  
**FREE** Oct 19 ..... Th ..... 3:30-4:00pm ..... Free/1 sess ..... 256527  
**FREE** Oct 19 ..... Th ..... 4:00-4:30pm ..... Free/1 sess ..... 256528  
**FREE** Oct 19 ..... Th ..... 4:30-5:00pm ..... Free/1 sess ..... 256529  
**FREE** Nov 9 ..... Th ..... 3:30-4:00pm ..... Free/1 sess ..... 256530  
**FREE** Nov 9 ..... Th ..... 4:00-4:30pm ..... Free/1 sess ..... 256531  
**FREE** Nov 9 ..... Th ..... 4:30-5:00pm ..... Free/1 sess ..... 256532

### Thompson Community Centre

**FREE** Sep 26 ..... Tu ..... 3:30-4:00pm ..... Free/1 sess ..... 254526  
**FREE** Sep 26 ..... Tu ..... 4:00-4:30pm ..... Free/1 sess ..... 254530  
**FREE** Sep 26 ..... Tu ..... 4:30-5:00pm ..... Free/1 sess ..... 254546  
**FREE** Oct 24 ..... Tu ..... 3:30-4:00pm ..... Free/1 sess ..... 254547  
**FREE** Oct 24 ..... Tu ..... 4:00-4:30pm ..... Free/1 sess ..... 254551  
**FREE** Oct 24 ..... Tu ..... 4:30-5:00pm ..... Free/1 sess ..... 254553  
**FREE** Nov 28 ..... Tu ..... 3:30-4:00pm ..... Free/1 sess ..... 254559  
**FREE** Nov 28 ..... Tu ..... 4:00-4:30pm ..... Free/1 sess ..... 254561  
**FREE** Nov 28 ..... Tu ..... 4:30-5:00pm ..... Free/1 sess ..... 254563

### West Richmond Community Centre

**FREE** Sep 28 ..... Th ..... 3:30-4:00pm ..... Free/1 sess ..... 252134  
**FREE** Oct 26 ..... Th ..... 3:30-4:00pm ..... Free/1 sess ..... 252138  
**FREE** Nov 30 ..... Th ..... 3:30-4:00pm ..... Free/1 sess ..... 252140  
**FREE** Sep 28 ..... Th ..... 4:00-4:30pm ..... Free/1 sess ..... 252143  
**FREE** Oct 26 ..... Th ..... 4:00-4:30pm ..... Free/1 sess ..... 252144  
**FREE** Nov 30 ..... Th ..... 4:00-4:30pm ..... Free/1 sess ..... 252145

## 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 or available for use if required. Registration required.

### West Richmond Community Centre

**FREE** Sep 20 ..... W ..... 10:00-10:30am ..... Free/1 sess ..... 251826  
**FREE** Sep 20 ..... W ..... 10:30-11:00am ..... Free/1 sess ..... 251827  
**FREE** Sep 20 ..... W ..... 11:00-11:30am ..... Free/1 sess ..... 251828  
**FREE** Oct 18 ..... W ..... 10:00-10:30am ..... Free/1 sess ..... 251829  
**FREE** Oct 18 ..... W ..... 10:30-11:00am ..... Free/1 sess ..... 251830  
**FREE** Oct 18 ..... W ..... 11:00-11:30am ..... Free/1 sess ..... 251831  
**FREE** Nov 15 ..... W ..... 10:00-10:30am ..... Free/1 sess ..... 251832  
**FREE** Nov 15 ..... W ..... 10:30-11:00am ..... Free/1 sess ..... 251833  
**FREE** Nov 15 ..... W ..... 11:00-11:30am ..... Free/1 sess ..... 251835

## Cooking

### HEALTHY EATING, HAPPY AGING– NUTRITION AND COOKING

Learn to make easy, on-the-go recipes that support health and wellbeing in this hands-on session that includes preparing and assembling a simple meal that can be easily recreated at home. Supplies included.

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

Sep 27 ..... W ..... 10:00-11:30am ..... \$22.70/1 sess ..... 255989  
 Oct 27 ..... F ..... 10:00-11:30am ..... \$22.70/1 sess ..... 255991  
 Nov 24 ..... F ..... 10:00-11:30am ..... \$22.70/1 sess ..... 255993  
 Dec 8 ..... F ..... 10:00-11:30am ..... \$22.70/1 sess ..... 255995

### JAPANESE COOKING

Learn to make simple Japanese dishes that includes sushi rolls and teriyaki chicken in this hands-on session that focuses on basic cooking skills. Supplied included.

#### Steveston Community Centre

Sep 21 ..... Th ..... 10:00-11:30am ..... \$22.70/1 sess ..... 256470  
 Oct 19 ..... Th ..... 10:00-11:30am ..... \$22.70/1 sess ..... 256471  
 Nov 16 ..... Th ..... 10:00-11:30am ..... \$22.70/1 sess ..... 256472

## Events and Seasonal Programs

### SEPTEMBER

#### BRITISH INVASION DINNER AND MUSIC

Listen to live music that celebrates British music groups while enjoying British-style food. Round trip transportation (\$5) and home drop-off (\$3) available with in-person registration only at Minoru Centre for Active Living. Round trip transportation (Event ID #255461) and Home drop-off (Event ID #255466). No refunds within 7 days of the event.

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

Sep 27 ..... W ..... 5:00-8:30pm ..... \$36/1 sess ..... 259011  
 \$22 (90+yrs)/1 sess

#### MID-AUTUMN FESTIVAL

Learn about this special Chinese festival and its origins, and experience the customs and traditions while enjoying light refreshments, performances and storytelling.

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

Sep 15 ..... F ..... 2:00-4:00pm ..... \$20/1 sess ..... 254083

### OCTOBER

#### NATIONAL SENIORS DAY

The City of Richmond is celebrating National Seniors Day, which coincides with the United Nations International Day of Older Persons, by offering free community activities for residents 55+ years.

As part of the celebration, don't miss the Positive Aging Campaign on display from October 1 to 7. This campaign showcases many positive images of seniors in Richmond with a goal to reduce ageism and existing stereotypes. Following are some of the National Seniors Days activities:

#### NATIONAL SENIORS DAY–DRUMMING CIRCLE

Socialize and make new friends playing music together in this unique session that focuses primarily on African rhythms and fundamentals of hand drumming on the Djembe. Registration required.

#### Steveston Community Centre

**TRY-IT** Sep 25 ..... M ..... 1:00-3:00pm ..... Free/1 sess ..... 256493

#### NATIONAL SENIORS DAY– MULTICULTURAL SOCIAL

Celebrate the day with light refreshments, learning about 55+ year program activities and sharing ideas for future programming. Registration required.

#### East Richmond Community Hall (Cambie)

**FREE** Sep 29 ..... F ..... 1:00-2:30pm ..... Free/1 sess ..... 249230

#### NATIONAL SENIORS DAY–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. Registration required.

#### South Arm Community Centre

**FREE** Sep 29 ..... F ..... 5:00-6:00pm ..... Free/1 sess ..... 258676

#### NATIONAL SENIORS DAY– PANCAKE BREAKFAST

Enjoy a free pancake breakfast complete with coffee and tea in celebration of National Seniors Day. While supplies last.

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

**FREE** Sep 29 ..... F ..... 8:00-9:30am ..... Free/1 sess

#### NATIONAL SENIORS DAY–PICKLEBALL TOURNAMENT–INDOOR

Play in a fun round robin style tournament for beginners. Players paired randomly on the day of tournament. Tournament play and light refreshments included. Pre-requisite: Minimum of one years experience and not more than two years experience. Registration required.

#### Thompson Community Centre

Oct 1 ..... Su ..... 12:30-3:00pm ..... \$10.75/1 sess ..... 256039  
 Oct 1 ..... Su ..... 3:00-5:30pm ..... \$10.75/1 sess ..... 256042

#### NATIONAL SENIORS DAY–SOCIAL

Celebrate the day with a light refreshments, learning about 55+ year program activities and sharing ideas for future programming. Registration required.

#### West Richmond Community Centre

**FREE** Oct 3 ..... Tu ..... 10:00-10:45am ..... Free/1 sess ..... 255032

#### NATIONAL SENIORS DAY–VARIETY SHOW

Celebrate at this entertainment-filled show of dance, music and refreshments. Registration required.

#### Steveston Community Centre

**FREE** Sep 28 ..... Th ..... 10:00-11:00am ..... Free/1 sess ..... 256495

## POSITIVE AGING FAIR

This biennial event—Thu, Oct 5—is an information fair promoting health, wellness, safety and independence held at the Minoru Centre for Active Living. Free keynote speaker, workshops, fitness try-it events and blood pressure checks are offered. Beginning Sep 5, find more information at [www.richmond.ca/seniors](http://www.richmond.ca/seniors).

## CHEF'S DINNER—OKTOBERFEST THEME

Enjoy a decadent three course dining experience created by the Seniors Centre at Minoru Centre for Active Living's chef. No refunds within 7 days of event.

**Minoru Centre for Active Living (Seniors Centre)**  
Oct 17 ..... Tu..... 5:00-7:30pm..... \$32/1 sess ..... 253121

## THANKSGIVING DINNER

Celebrate being thankful with entertainment and a dinner served by volunteers.

**Thompson Community Centre**  
Oct 6 ..... F ..... 6:00-8:00pm..... \$22/1 sess ..... 254573

## NOVEMBER

### MINORU POP-UPS SHOP—DROP-IN

Shop for handmade items for the holidays made by members of Minoru Centre for Active Living Facility Pass and registered programs.

**Minoru Centre for Active Living (Seniors Centre)**  
**FREE** Nov 1 ..... W..... 9:30am-12:00pm..... Free/1 sess

### CHEF'S DINNER

Enjoy a decadent three course dining experience created by the Seniors Centre at Minoru Centre for Active Living's chef. No refunds within 7 days of event.

**Minoru Centre for Active Living (Seniors Centre)**  
Nov 14 ..... Tu..... 5:00-7:30pm..... \$32/1 sess ..... 253167

### INTERCULTURAL CONNECTIONS—SPANISH

Learn about and celebrate this Spanish culture in this social and interactive session that includes education, entertainment and traditional food samples. Registration required.

**Minoru Centre for Active Living (Seniors Centre)**  
**FREE** Nov 24 ..... F ..... 2:00-4:00pm..... Free/1 sess..... 253314

## DECEMBER

### UKE-ING AROUND THE CHRISTMAS TREE

Bring a ukulele and a music stand and celebrate the season playing and singing familiar holiday tunes with ukulele friends. Music, light refreshments and snacks provided. No refunds within 7 days of event.

**West Richmond Community Centre**  
Dec 6 ..... W..... 3:00-5:00pm..... \$11.25/1 sess ..... 252982

### DECORATE A CHRISTMAS SWEATER

Bring a sweater, sweatshirt or vest to decorate and to lighten up the busy holidays by wearing an ugly or elegant sweater to celebrate National Ugly Sweater Day.

**East Richmond Community Hall (Cambie)**  
Dec 15 ..... F ..... 12:30-2:30pm..... \$20/1 sess ..... 251580

### LOADS OF MUSIC—SENIORS CHRISTMAS MUSIC SHOW

Enjoy favourite Christmas melodies by this local South Delta seniors' band. Registration required.

**Thompson Community Centre**  
**FREE** Dec 15 ..... F ..... 1:00-2:00pm..... Free/1 sess..... 255550

### SEASONAL HOLIDAY BRUNCH

Bring an appetite for this brunch served by 'Chef étonnantes de Thompson'. Meal, seasonal music and festivities included.

**Thompson Community Centre**  
Dec 15 ..... F ..... 10:00-11:30am..... \$11.25/1 sess ..... 254577

### CHRISTMAS CELEBRATION

Celebrate the holiday season with an afternoon social complete with entertainment and refreshments.

**South Arm Community Centre**  
Dec 19 ..... Tu..... 12:00-1:30pm..... \$11.25/1 sess ..... 249086

**Steveston Community Centre**  
Dec 6 ..... W..... 1:00-2:30pm..... \$11.25/1 sess ..... 256491

### CHRISTMAS DINNER

Celebrate the holidays with a traditional and delicious meal complete with turkey and all the fixings. Round trip transportation (\$5) and home drop off (\$3) available. No refunds within 7 days of event.

**Minoru Centre for Active Living (Seniors Centre)**  
Dec 13 ..... W..... 5:00-8:30pm..... \$36/1 sess ..... 253163  
\$22 (90+yrs)/1 sess

### HOLIDAY UKULELE WORKSHOP

Enjoy some holiday cheer and connect with others at this introduction to instrumental arrangements of popular festive songs. Pre-requisite: Ukulele—Beginner and/or previous experience with ukulele and the ability to read musical notation and tablature.

**Steveston Community Centre**  
Dec 8 ..... F ..... 10:00-11:30am..... \$9.50/1 sess ..... 256181

### CHRISTMAS LUNCH

Celebrate the festive season with delicious turkey sandwiches, treats and music.

**East Richmond Community Hall (Cambie)**  
Dec 18 ..... M..... 12:00-2:00pm..... \$11.25/1 sess ..... 249058

## Fitness

### ACTIVE AND FIT

Maintain or attain an active lifestyle by increasing cardiovascular fitness, and building and preserving muscular strength, endurance, coordination, balance and flexibility.

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

Sep 12-Oct 31 ..... Tu..... 10:15-11:15am..... \$52.80/8 sess ..... 255682  
Nov 7-Dec 19 ..... Tu..... 10:15-11:15am..... \$46.20/7 sess ..... 255698

#### South Arm Community Centre

Sep 5-Oct 24 ..... Tu..... 11:00am-12:00pm..... \$52.80/8 sess ..... 253555  
Nov 14-Dec 19 ..... Tu..... 11:00am-12:00pm..... \$39.60/6 sess ..... 253558

#### Thompson Community Centre

Sep 19-Dec 13 ..... Tu..... 9:30-10:30am..... \$85.80/13 sess ... 251845

### ADAPTED FITNESS

Improve mobility, strength, flexibility and coordination in this program designed for people with physical challenges that may include head injuries, symptoms from a stroke, Parkinson's disease or Multiple Sclerosis.

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

Sep 8-Oct 27 ..... F ..... 9:15-10:15am..... \$38.30/7 sess ..... 256706  
Nov 3-Dec 15 ..... F ..... 9:15-10:15am..... \$38.30/7 sess ..... 256707

### BETTER BACKS AND BALANCE-BEGINNER

Learn ways to strengthen the mid-section and lower back to improve balance. Suitable for those living with osteoporosis.

#### South Arm Community Centre

Sep 20-Nov 1 ..... W..... 10:30-11:30am..... \$38.30/7 sess ..... 253952  
Nov 8-Dec 20 ..... W..... 10:30-11:30am..... \$38.30/7 sess ..... 253954

#### Steveston Community Centre

Sep 12-Oct 25 ..... Tu..... 11:45-12:45pm..... \$38.30/7 sess ..... 255669  
Sep 14-Oct 27 ..... Th ..... 11:45-12:45pm..... \$38.30/7 sess ..... 255684  
Oct 31-Dec 13 ..... Tu..... 11:45-12:45pm..... \$38.30/7 sess ..... 255673  
Nov 2-Dec 15 ..... Th ..... 11:45-12:45pm..... \$38.30/7 sess ..... 255690

### CHAIR FITNESS

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

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

Sep 7-Oct 26 ..... Th ..... 12:00-1:00pm..... \$43.75/8 sess ..... 256158  
Nov 2-Dec 21 ..... Th ..... 12:00-1:00pm..... \$43.75/8 sess ..... 256159

### CHAIR FITNESS (CANTONESE AND ENGLISH)

Manage chronic conditions and pain more effectively with simple exercises in this basic fitness class. Suitable for older adults and those with physical limitations. Conducted in Cantonese and English.

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

Sep 6-Nov 1 ..... W..... 11:30am-12:30pm..... \$38.30/7 sess ..... 255707  
Nov 8-Dec 13 ..... W..... 11:30am-12:30pm..... \$27.35/5 sess ..... 255708

### CHAIR YOGA

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

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

Sep 12-Oct 31 ..... Tu..... 9:15-10:15am..... \$53.30/8 sess ..... 256172  
Nov 7-Dec 19 ..... Tu..... 9:15-10:15am..... \$46.60/7 sess ..... 256173

### CYCLE AND STRENGTH-GOLD

Combine cycling and strength training to become stronger, more balanced and energized. This results-oriented class covers cadence, balance and strength and is done to age-appropriate music. Suitable for beginners 75+ years.

#### West Richmond Community Centre

75yrs+

Sep 11-Oct 24 ..... M..... 1:00-2:00pm..... \$39.60/6 sess ..... 249001  
Oct 30-Dec 11 ..... M..... 1:00-2:00pm..... \$39.60/6 sess ..... 249002

### CYCLE AND STRENGTH-SILVER

Combine cycling and strength training to become stronger, more balanced and energized. This results-oriented class covers cadence, balance and strength and is done to age-appropriate music. Suitable for beginners 55+ years.

#### West Richmond Community Centre

Sep 12-Oct 24 ..... Tu..... 11:50am-12:50pm..... \$46.20/7 sess ..... 248996  
Sep 14-Oct 26 ..... Th ..... 11:50am-12:50pm..... \$46.20/7 sess ..... 248999  
Oct 31-Dec 12 ..... Tu..... 11:50am-12:50pm..... \$46.20/7 sess ..... 248997  
Nov 2-Dec 14 ..... Th ..... 11:50am-12:50pm..... \$46.20/7 sess ..... 249000

### 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)

Sep 5-Oct 26 ..... Tu/Th. 12:45-1:45pm..... \$82.05/15 sess ... 256708  
Oct 31-Dec 19 ..... Tu/Th. 12:45-1:45pm..... \$82.05/15 sess ... 256709

#### Steveston Community Centre

Sep 12-Oct 27 ..... Tu/Th. 11:45am-12:45pm..... \$76.60/14 sess ... 255666  
Oct 31-Dec 15 ..... Tu/Th. 11:45am-12:45pm..... \$76.60/14 sess ... 255779

### GET UP AND GO!

Improve strength, balance, coordination, functional ability, independence and quality of life in this entry-level exercise program. Suitable for older adults with balance and mobility impairments.

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

Sep 7-Oct 26 ..... Th ..... 9:15-10:15am..... \$38.30/7 sess ..... 256140  
Nov 2-Dec 21 ..... Th ..... 9:15-10:15am..... \$43.75/8 sess ..... 256149

### GROUP WEIGHT TRAINING

Incorporate safe and effective weightlifting exercises focused on promoting strength, mobility and overall well-being. Suitable for the unique needs and abilities of older adults.

#### Thompson Community Centre

Sep 20-Nov 8 ..... W..... 9:30-10:30am..... \$78/8 sess ..... 248957

## INDOOR WALKING

Stay dry exercising and socializing with fellow walkers. Facility Pass and registration required.

### Cambie Community Centre

**FREE** Sep 7-Dec 22. Th ..... 10:00-11:00am..... Free/16 sess..... 246335

## JOINT MOVES

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

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

Sep 7-Oct 26 ..... Th ..... 10:30-11:30am..... \$43.75/8 sess ..... 256154  
 Sep 12-Oct 31 ..... Tu..... 10:30-11:30am..... \$43.75/8 sess ..... 255695  
 Nov 2-Dec 21 ..... Th ..... 10:30-11:30am..... \$43.75/8 sess ..... 256156  
 Nov 7-Dec 19 ..... Tu..... 10:30-11:30am..... \$38.30/7 sess ..... 255697

## LADIES WHO LIFT

Develop lean and functional muscle tone with foundational lifts and learn how to create a fitness program for the gym while working on posture alignment and progressive overload. Suitable for beginners.

### Thompson Community Centre—55yrs+

Sep 21-Oct 26 ..... Th ..... 1:00-2:00pm..... \$58.50/6 sess ..... 251848  
 Nov 2-Dec 7 ..... Th ..... 1:00-2:00pm..... \$58.50/6 sess ..... 251851

### West Richmond Community Centre **65yrs+**

Sep 11-Oct 30 ..... M..... 10:45-11:45am..... \$68.25/7 sess ..... 253916  
 Nov 6-Dec 18 ..... M..... 10:45-11:45am..... \$58.50/6 sess ..... 253917

## 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. These sessions are based on High Intensity Interval Training (H.I.I.T.) and adapted for the older adult or those new to this type of training.

### South Arm Community Centre

Sep 11-Oct 30 ..... M..... 10:30-11:30am..... \$46.20/7 sess ..... 253938  
 Nov 6-Dec 18 ..... M..... 10:30-11:30am..... \$46.20/7 sess ..... 253941

## MIND TO MUSCLE

Improve overall fitness and well-being by focusing on mobility to stability work that includes balance, agility, flexibility, rehabilitation, core, cardio and overall strengthening. Suitable for beginners.

### West Richmond Community Centre

Sep 13-Dec 13..... W..... 1:00-2:00pm..... \$92.40/14 sess ... 248995

## MINDS IN MOTION (CANTONESE)

Join this fitness and social program for people living with any form of early-stage dementia. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partner participation required and free of charge. PAR-Q+ Form must be completed at the start of the program. Conducted in Cantonese.

### East Richmond Community Hall (Cambie)

Sep 6-Dec 21 ..... W..... 1:30-3:30pm..... \$90.40/16 sess ... 246353

## 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

Sep 12-Oct 25 ..... Tu..... 10:30-11:30am..... \$38.30/7 sess ..... 255654  
 Sep 14-Oct 27 ..... Th ..... 10:30-11:30am..... \$38.30/7 sess ..... 255675  
 Oct 31-Dec 12 ..... Tu..... 10:30-11:30am..... \$38.30/7 sess ..... 255657  
 Nov 2-Dec 14 ..... Th ..... 10:30-11:30am..... \$38.30/7 sess ..... 255677

## 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.

### Hamilton Community Centre

Sep 13-Oct 19 ..... W..... 10:15-11:15am..... \$32.80/6 sess ..... 256141

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

Sep 6-Nov 1 ..... W..... 10:15-11:15am..... \$38.30/7 sess ..... 255700  
 Sep 11-Oct 30 ..... M..... 10:15-11:15am..... \$38.30/7 sess ..... 255665  
 Nov 6-Dec 18 ..... M..... 10:15-11:15am..... \$38.30/7 sess ..... 255692  
 Nov 8-Dec 13 ..... W..... 10:15-11:15am..... \$27.35/5 sess ..... 255705

### Thompson Community Centre

Sep 22-Dec 15..... F ..... 10:30-11:30am..... \$65.65/12 sess ... 251849

## SILVER CYCLE

Combine 30 minutes of basic spin drills and 15 minutes of upper body strength and stretching exercises in this specially designed workout for 55+ years. Suitable for beginners.

### Steveston Community Centre

Sep 13-Oct 25 ..... W..... 9:00-9:45am..... \$46.20/7 sess ..... 255680  
 Nov 1-Dec 13 ..... W..... 9:00-9:45am..... \$46.20/7 sess ..... 255681

## ZUMBA®—GOLD

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

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

Sep 8-Oct 27 ..... F ..... 12:30-1:30pm..... \$52.80/8 sess ..... 256164  
 Sep 12-Oct 31 ..... Tu..... 12:30-1:30pm..... \$52.80/8 sess ..... 256161  
 Nov 3-Dec 15 ..... F ..... 12:30-1:30pm..... \$46.20/7 sess ..... 256169  
 Nov 7-Dec 19 ..... Tu..... 12:30-1:30pm..... \$46.20/7 sess ..... 256162

### South Arm Community Centre

Sep 8-Oct 20 ..... F ..... 10:45-11:45am..... \$46.20/7 sess ..... 253926  
 Nov 10-Dec 15 ..... F ..... 10:45-11:45am..... \$39.60/6 sess ..... 253928

### West Richmond Community Centre

Sep 12-Dec 13..... Tu..... 1:00-2:00pm..... \$92.40/14 sess ... 248990

## General Interest

### ACCESSING TRANSIT WORKSHOP

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

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

**FREE** Nov 2 ..... Th ..... 3:00-4:30pm..... Free/1 sess..... 251816

### ACCESSING TRANSIT WORKSHOP (MANDARIN)

Discover the practical side of transit along with the associated opportunities for greater freedom and social interaction. Presented by TransLink. Conducted in Mandarin. Registration required.

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

**FREE** Nov 22 ..... W..... 3:00-4:30pm..... Free/1 sess..... 251819

### BRIDGE-LEVEL 1-BEGINNER

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

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

Sep 11-Dec 11..... M..... 2:30-4:00pm..... \$90.90/11 sess... 249730

### BRIDGE-LEVEL 2-BEGINNER

Build on the basics of Contract Bridge, learn techniques for playing with partners and gain confidence through hands-on experience. Pre-requisite: Bridge-Beginner-Level 1 or previous Bridge experience.

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

Sep 14-Dec 14..... Th ..... 3:30-5:00pm..... \$115.70/14 sess. 253551

### CARVE A PUMPKIN WITH A YOUTH

Find out how something as simple and fun as carving a pumpkin together can help youth develop some life skills. Registration required.

#### Thompson Community Centre

**FREE** Oct 20 ..... F ..... 4:00-6:00pm..... Free/1 sess..... 254600

### COFFEE AND CHAT FOR THOSE LIVING WITH DEMENTIA (CANTONESE)

Enjoy the company of others while socializing and sharing. Suitable for those living with early symptoms of dementia. Presented by the Alzheimer Society of BC. Conducted in Cantonese. Registration required.

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

**FREE** Sep 19-Dec 5. Tu..... 1:30-3:00pm..... Free/12 sess..... 246860

### DIWALI CELEBRATION

Observe this Indian festival of lights with good food, music and friends.

#### East Richmond Community Hall (Cambie)

Nov 6 ..... M..... 11:00am-12:00pm..... \$7.90/1 sess ..... 252084

### ESTATE PLANNING WORKSHOP

Discover ways to leave an efficient legacy by recognizing estate planning mistakes and learning about various types of trusts and methods to avoid probate. Registration required.

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

**FREE** Dec 7 ..... Th ..... 2:00-3:30pm Free/1 sess..... 255454

### FALLS PREVENTION WORKSHOP

Explore the common causes and risks of predictable and preventable falls that are the leading cause of injury and hospitalization. Presented by Vancouver Coastal Health Falls Prevention Team. Registration required.

#### Thompson Community Centre

**FREE** Nov 14 ..... Tu..... 1:00-2:30pm..... Free/1 sess..... 256078

### FALLS PREVENTION WORKSHOP (ENGLISH AND CANTONESE)

Explore the common causes and risks of predictable and preventable falls that are the leading cause of injury and hospitalization. Presented by health professionals from Vancouver Coastal Health (VCH). Conducted in English and Cantonese. Registration required.

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

**FREE** Oct 10 ..... Tu..... 10:00-11:30am..... Free/1 sess..... 252616

### FESTIVE WREATH-MAKING WORKSHOP

Learn how to make a unique and custom-coloured fresh greenery holiday wreath to take home for display over the holiday season. Instructed by an experienced floral designer. Conducted in English and Cantonese. Supplies included. No refunds within 7 days of workshop.

#### South Arm Community Centre

Dec 5 ..... Tu..... 1:00-2:30pm..... \$28/1 sess ..... 251213

### FLOWER ARRANGING WORKSHOP

Design and create vibrant arrangements in this hands-on session. Instructed by a qualified florist. A \$15 non-refundable supplies fee charged when registering.

#### Steveston Community Centre

Sep 5-Sep 19 ..... Tu..... 10:00-11:30am..... \$28.50/3 sess ..... 256517

Oct 3-Oct 17 ..... Tu..... 10:00-11:30am..... \$28.50/3 sess ..... 256518

Nov 7-Nov 21 ..... Tu..... 10:00-11:30am..... \$28.50/3 sess ..... 256519

Dec 5 ..... Tu..... 10:00-11:30am..... \$9.50/1 sess ..... 256520

### FRAUDS AND SCAMS WORKSHOP

Review a variety of ways to avoid common scams, counterfeit bank notes and financial abuse. Conducted by the Richmond RCMP's Community Engagement Team. Registration required.

#### Steveston Community Centre

**FREE** Oct 18 ..... W..... 10:00-11:30am..... Free/1 sess..... 256549

### JOURNEY THROUGH TIME WORKSHOP

Travel back through time and discover the history of Richmond. Offered in collaboration with the Friends of the Richmond Archives. Registration required.

#### West Richmond Community Centre

**FREE** Oct 25-Nov 15... W.. 10:30am-12:00pm.....Free/2 sess..... 252214

### MAHJONG INSTRUCTIONAL CLASS

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

#### South Arm Community Centre

**FREE** Oct 10-Oct 26 Tu/Th. 9:30-11:00am..... Free/6 sess..... 249104

### MEMOIR WRITING WORKSHOP

Explore various approaches to personal/family memoir writing and receive feedback on individual projects. Registration required.

#### East Richmond Community Hall (Cambie)

**FREE** Sep 20..... W..... 10:00am-12:00pm..... Free/3 sess..... 246337

### MID-AUTUMN CELEBRATION

Come and share moon cakes to wish others health and happiness in the coming year.

#### East Richmond Community Hall (Cambie)

Sep 26..... Tu..... 10:00am-12:00pm..... \$11.25/1 sess..... 249226

### NATURE WALK IN THE PARK

Join in this facilitated walk from Minoru Centre for Active Living to around Minoru Park while taking part in hands-on activities and learning fun facts about the park, plants and animals. Registration required.

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

**FREE** Oct 6..... F..... 9:30-10:30am..... Free/1 sess..... 254581

### 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** Sep 20..... W..... 10:30-11:30am..... Free/1 sess..... 252157

**FREE** Oct 18..... W..... 10:30-11:30am..... Free/1 sess..... 252158

**FREE** Nov 15..... W..... 10:30-11:30am..... Free/1 sess..... 252160

**FREE** Dec 20..... W..... 10:30-11:30am..... Free/1 sess..... 252162

### SHINRINYOKU—THE ART OF FOREST BATHING

Discover this Japanese practice that fosters an appreciation of the stillness and mood elevating connection to the earth experienced when walking in the forest. Presented by a naturopathic doctor. Registration required.

#### South Arm Community Centre

**FREE** Nov 27..... M..... 1:00-2:00pm..... Free/1 sess..... 249121

### VISION WORKSHOP

Learn about eye diseases that may affect older adults along with prevention and possible treatments. Presented by Council of Senior Citizens' Organizations of BC (COSCO). Registration required.

#### Thompson Community Centre

**FREE** Nov 6..... M..... 1:30-2:30pm..... Free/1 sess..... 256069

## Health and Wellness

### ACTIVE LIVING WITH DIABETES SELF-MANAGEMENT PROGRAM (CANTONESE)

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 welcome. Presented by Self-Management BC, University of Victoria and the BC Ministry of Health. Conducted in Cantonese. Registration required.

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

**FREE** Oct 27-Dec 1 . F..... 9:30am-12:00pm..... Free/6 sess..... 246455

### ACTIVE LIVING WITH DIABETES SELF-MANAGEMENT PROGRAM (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 welcome. Presented by Self-Management BC, University of Victoria and the BC Ministry of Health. Conducted in Punjabi. Registration required.

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

**FREE** Oct 17-Nov 21... Tu . 10:00am-12:30pm.....Free/6 sess..... 247506

### AGING AND MOOD CHANGES

Learn to recognize the signs of mood changes, memory loss and substance misuse that may occur with aging and the proactive steps to take to support mental wellness. Presented by health professionals from Vancouver Coastal Health. Registration required.

#### South Arm Community Centre

**FREE** Oct 18..... W..... 1:00-2:30pm..... Free/1 sess..... 251806

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

### City Centre Community Centre

**FREE** Sep 7, Nov 2, Dec 7 ..... Th ..... 10:00am-12:00pm

### East Richmond Community Hall (Cambie)

**FREE** Sep 13, Oct 11, Nov 8, Dec 13 ..... W ..... 9:30am-12:00pm

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

**FREE** Sep 20, Oct 18, Nov 15, Dec 20 ..... W ..... 10:00am-12:00pm

### South Arm Community Centre

**FREE** Sep 8, Oct 13, Nov 10, Dec 8 ..... F ..... 9:30-11:30am

### Steveston Japanese Canadian Cultural Centre (Steveston)

**FREE** Sep 6, Oct 4, Nov 1, Dec 6 ..... W ..... 9:00am-12:00pm

## CHAIR MASSAGE—REGISTERED MASSAGE THERAPIST STUDENT

Relieve stress with a 15-minute massage focused on the head, neck, shoulders, backs and arms. Sessions are performed by a Langara College student under the supervision of a qualified Registered Massage Therapy instructor. Registration required.

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

**FREE** Sep 20 ..... W ..... 9:00-9:20am ..... Free/1 sess ..... 247190

**FREE** Sep 20 ..... W ..... 9:30m-9:50am ..... Free/1 sess ..... 247191

**FREE** Sep 20 ..... W ..... 10:00-10:20am ..... Free/1 sess ..... 247192

**FREE** Sep 20 ..... W ..... 11:00-11:20am ..... Free/1 sess ..... 247193

**FREE** Sep 20 ..... W ..... 11:30-11:50am ..... Free/1 sess ..... 247194

**FREE** Sep 20 ..... W ..... 12:00-12:20pm ..... Free/1 sess ..... 247197

**FREE** Oct 18 ..... W ..... 9:00-9:20am ..... Free/1 sess ..... 247198

**FREE** Oct 18 ..... W ..... 9:30-9:50am ..... Free/1 sess ..... 247205

**FREE** Oct 18 ..... W ..... 10:00-10:20am ..... Free/1 sess ..... 247208

**FREE** Oct 18 ..... W ..... 11:00-11:20am ..... Free/1 sess ..... 247209

**FREE** Oct 18 ..... W ..... 11:30-11:50am ..... Free/1 sess ..... 247213

**FREE** Oct 18 ..... W ..... 12:00-12:20pm ..... Free/1 sess ..... 247215

**FREE** Nov 15 ..... W ..... 9:00-9:20am ..... Free/1 sess ..... 247219

**FREE** Nov 15 ..... W ..... 9:30-9:50am ..... Free/1 sess ..... 247224

**FREE** Nov 15 ..... W ..... 10:00-10:20am ..... Free/1 sess ..... 247225

**FREE** Nov 15 ..... W ..... 11:00-11:20am ..... Free/1 sess ..... 247228

**FREE** Nov 15 ..... W ..... 11:30-11:50am ..... Free/1 sess ..... 247229

**FREE** Nov 15 ..... W ..... 12:00-12:20pm ..... Free/1 sess ..... 247233

## CHRONIC CONDITION SELF-MANAGEMENT PROGRAM

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

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

**FREE** Oct 25-Dec 6. W ..... 10:00am-12:30pm ..... Free/6 sess ..... 247477

## FALLS PREVENTION PRESENTATION (CANTONESE)

Explore the common causes and risks of predictable and preventable falls that are the leading cause of injury and hospitalization. Presented by health professionals from Vancouver Coastal Health (VCH). Conducted in Cantonese. Registration required.

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

**FREE** Oct 10 ..... Tu ..... 10:00-11:30am ..... Free/1 sess ..... 252616

## 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)

Sep 18 ..... M ..... 9:00am-3:00pm ..... \$55/1 sess ..... 246338

Oct 16 ..... M ..... 9:00am-3:00pm ..... \$55/1 sess ..... 246339

Nov 20 ..... M ..... 9:00am-3:00pm ..... \$55/1 sess ..... 246340

Dec 11 ..... M ..... 9:00am-3:00pm ..... \$55/1 sess ..... 246341

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

Sep 20 ..... W ..... 9:00-9:20am ..... \$55/1 sess ..... 246663

Sep 20 ..... W ..... 9:30-9:50am ..... \$55/1 sess ..... 246665

Sep 20 ..... W ..... 10:00-10:20am ..... \$55/1 sess ..... 246746

Sep 20 ..... W ..... 10:30-10:50am ..... \$55/1 sess ..... 246748

Sep 20 ..... W ..... 11:00-11:20am ..... \$55/1 sess ..... 246750

Sep 20 ..... W ..... 11:30-11:50am ..... \$55/1 sess ..... 246752

Sep 20 ..... W ..... 12:00-12:20pm ..... \$55/1 sess ..... 246754

Sep 20 ..... W ..... 1:00-1:20pm ..... \$55/1 sess ..... 246756

Sep 20 ..... W ..... 1:30-1:50pm ..... \$55/1 sess ..... 246758

Sep 20 ..... W ..... 12:30-12:50pm ..... \$55/1 sess ..... 246760

Oct 18 ..... W ..... 9:00-9:20am ..... \$55/1 sess ..... 246772

Oct 18 ..... W ..... 9:30-9:50am ..... \$55/1 sess ..... 246774

Oct 18 ..... W ..... 10:00-10:20am ..... \$55/1 sess ..... 246776

Oct 18 ..... W ..... 10:30-10:50am ..... \$55/1 sess ..... 246778

Oct 18 ..... W ..... 11:00-11:20am ..... \$55/1 sess ..... 246780

Oct 18 ..... W ..... 11:30-11:50am ..... \$55/1 sess ..... 246782

Oct 18 ..... W ..... 12:00-12:20pm ..... \$55/1 sess ..... 246784

Oct 18 ..... W ..... 12:30-12:50pm ..... \$55/1 sess ..... 246786

Oct 18 ..... W ..... 1:30-1:50pm ..... \$55/1 sess ..... 246788

Oct 18 ..... W ..... 1:00-1:20pm ..... \$55/1 sess ..... 246790

Nov 15 ..... W ..... 9:00-9:20am ..... \$55/1 sess ..... 246804

Nov 15 ..... W ..... 9:30-9:50am ..... \$55/1 sess ..... 246821

Nov 15 ..... W ..... 10:00-10:20am ..... \$55/1 sess ..... 246823

Nov 15 ..... W ..... 10:30-10:50am ..... \$55/1 sess ..... 246825

Nov 15 ..... W ..... 11:00-11:20am ..... \$55/1 sess ..... 246828

Nov 15 ..... W ..... 11:30-11:50am ..... \$55/1 sess ..... 246830

Nov 15 ..... W ..... 12:00-12:20pm ..... \$55/1 sess ..... 246832

Nov 15 ..... W ..... 12:30-12:50pm ..... \$55/1 sess ..... 246834

Nov 15 ..... W ..... 1:00-1:20pm ..... \$55/1 sess ..... 246836

Nov 15 ..... W ..... 1:30-1:50pm ..... \$55/1 sess ..... 246838

Dec 20 ..... W ..... 9:00-9:20am ..... \$55/1 sess ..... 246840

Dec 20 ..... W ..... 9:30-9:50am ..... \$55/1 sess ..... 246842

Dec 20 ..... W ..... 10:00-10:20am ..... \$55/1 sess ..... 246844

Dec 20 ..... W ..... 10:30-10:50am ..... \$55/1 sess ..... 246847

Dec 20 ..... W ..... 11:00-11:20am ..... \$55/1 sess ..... 246849

Dec 20 ..... W ..... 11:30-11:50am ..... \$55/1 sess ..... 246851

Dec 20 ..... W ..... 12:00-12:20pm ..... \$55/1 sess ..... 246853

Dec 20 ..... W ..... 12:30-12:50pm ..... \$55/1 sess ..... 246855

Dec 20 ..... W ..... 1:00-1:20pm ..... \$55/1 sess ..... 246857

Dec 20 ..... W ..... 1:30-1:50pm ..... \$55/1 sess ..... 246859

## GENKI WELLNESS PROGRAM (JAPANESE AND ENGLISH)

Socialize, learn and have fun with brain-training exercises, tea time and other activities that promote physical and mental well-being (Genki). Offered in partnership with Tonari Gumi. Conducted in Japanese and English.

### Steveston Community Centre

**FREE** Sep 11-Dec 11 ... M.. 10:00am-12:00pm.....Free/13 sess ..... 256482

## HEALTHY AGING SERIES—FALLS PREVENTION PRESENTATION

Explore the common causes and risks of predictable and preventable falls that are the leading cause of injury and hospitalization. Presented by health professionals from Vancouver Coastal Health. Registration required.

### Steveston Community Centre

**FREE** Sep 12 ..... Tu..... 9:45-11:00am..... Free/1 sess..... 256533

## HEARING CLINICS

Register for a hearing test appointment offered the fourth Monday of each month. Registration required.

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

**FREE** Sep 18 ..... M..... 2:20-2:40pm..... Free/1 sess..... 246481

**FREE** Sep 18 ..... M..... 2:40-3:00pm..... Free/1 sess..... 246482

**FREE** Sep 18 ..... M..... 3:00-3:20pm..... Free/1 sess..... 246483

**FREE** Sep 18 ..... M..... 3:20-3:40pm..... Free/1 sess..... 246484

**FREE** Sep 18 ..... M..... 3:40-4:00pm..... Free/1 sess..... 246486

**FREE** Sep 18 ..... M..... 4:00-4:20pm..... Free/1 sess..... 246487

**FREE** Oct 23 ..... M..... 2:20-2:40pm..... Free/1 sess..... 246496

**FREE** Oct 23 ..... M..... 2:40-3:00pm..... Free/1 sess..... 246497

**FREE** Oct 23 ..... M..... 3:00-3:20pm..... Free/1 sess..... 246500

**FREE** Oct 23 ..... M..... 3:20-3:40pm..... Free/1 sess..... 246502

**FREE** Oct 23 ..... M..... 3:40-4:00pm..... Free/1 sess..... 246504

**FREE** Oct 23 ..... M..... 4:00-4:20pm..... Free/1 sess..... 246506

**FREE** Nov 27 ..... M..... 2:20-2:40pm..... Free/1 sess..... 246508

**FREE** Nov 27 ..... M..... 2:40-3:00pm..... Free/1 sess..... 246509

**FREE** Nov 27 ..... M..... 3:00-3:20pm..... Free/1 sess..... 246510

**FREE** Nov 27 ..... M..... 3:20-3:40pm..... Free/1 sess..... 246511

**FREE** Nov 27 ..... M..... 3:40-4:00pm..... Free/1 sess..... 246512

**FREE** Nov 27 ..... M..... 4:00-4:20pm..... Free/1 sess..... 246513

## HOLISTIC HEALTH SERIES

### EPIGENETICS WORKSHOP

Learn how genetics are changing on a daily basis and take away some practical tips on how to become the driver of ones genetic roadmap. Presented by a naturopathic doctor. Registration required.

### Thompson Community Centre

**FREE** Nov 20 ..... M..... 1:00-2:30pm..... Free/1 sess..... 254047

### HEADACHES AND MIGRAINES WORKSHOP

Learn about the different types of headaches, as well as prevention and treatment measures that include lifestyle, diet, supplements and medication. Presented by a naturopathic doctor. Registration required.

### Thompson Community Centre

**FREE** Oct 16 ..... M..... 1:00-2:30pm..... Free/1 sess..... 254054

## INTRODUCTION TO NATUROPATHIC MEDICINE WORKSHOP

Learn about this distinct primary health care system that emphasizes prevention, treatment and optimal health through the use of therapeutic methods that support the body's natural ability to heal. Presented by a naturopathic doctor. Registration required.

### South Arm Community Centre

**FREE** Oct 30 ..... M..... 1:00-2:15pm..... Free/1 sess..... 249115

## LOVE YOUR LIVER WORKSHOP

Learn about the liver and understand what this crucial organ does. Presented by a naturopathic doctor. Registration required.

### East Richmond Community Hall (Cambie)

**FREE** Dec 4 ..... M..... 1:00-2:30pm..... Free/1 sess..... 248955

## OPTIMIZE YOUR MEMORY WORKSHOP

Discover practical tips for optimizing and strengthening memory, brain function and focus. Presented by a naturopathic doctor. Registration required.

### East Richmond Community Hall (Cambie)

**FREE** Oct 23 ..... M..... 1:00-2:30pm..... Free/1 sess..... 248918

## 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. Conducted in Japanese and English. Supplies and lunch included.

### Steveston Community Centre

Sep 14-Nov 30 ..... Th ..... 12:30-3:00pm..... \$220.55/12 sess . 254223

## INTRODUCTION TO BRAIN HEALTH

Protect and improve brain health and set goals by learning strategies to better the mind, body and spirit. Presented by the Alzheimer Society of BC. Registration required.

### South Arm Community Centre

**FREE** Sep 6 ..... W..... 10:00-11:00am..... Free/1 sess..... 249994

## INTRODUCTION TO BRAIN HEALTH (CANTONESE)

Protect and improve brain health and set goals by learning strategies to better the mind, body and spirit. Presented by the Alzheimer Society of BC. Conducted in Cantonese. Registration required.

### South Arm Community Centre

**FREE** Nov 7 ..... Tu..... 11:00am-12:00pm..... Free/1 sess..... 249993

## JUST FOR YOU—HEALTH TALK WORKSHOP

Support healthy aging with community connection, relevant presentations by healthcare providers and practical information designed specifically for seniors. Registration required.

### West Richmond Community Centre

**FREE** Sep 6-Dec 6... W..... 10:30am-12:00pm..... Free/4 sess..... 252129

## OSTEOARTHRITIS SERIES

### BEVERAGES AND HEALTH

Learn how drinks that include water, coffee, juice, milk and milk alternatives, alcohol and pop can affect living with arthritis and general wellbeing, and find out examples of healthy choices. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

#### East Richmond Community Hall (Cambie)

**FREE** Nov 23 ..... Th ..... 1:00-2:30pm..... Free/1 sess..... 248909

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

**FREE** Sep 21 ..... Th ..... 2:00-3:30pm..... Free/1 sess..... 246379

### EXERCISE AND ARTHRITIS

Learn about the various types and amount of exercise that can help those with osteoarthritis to increase range of motion, strength and endurance. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

#### West Richmond Community Centre

**FREE** Sep 13 ..... W..... 10:00am-12:00pm..... Free/1 sess..... 252514

### FOOT AND ANKLE ARTHRITIS

Focus on joint specific strategies for management including joint protection, exercise and pain management of the ankle and foot. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

#### East Richmond Community Hall (Cambie)

**FREE** Oct 26 ..... Th ..... 1:00-3:00pm..... Free/1 sess..... 251712

### INTRODUCTION TO MEDITATION

Learn basic meditation techniques to help manage pain in this entirely chair-based class. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

#### East Richmond Community Hall (Cambie)

**FREE** Nov 30 ..... Th ..... 1:00-2:00pm..... Free/1 sess..... 248904

### MANAGING HIP AND KNEE OSTEOARTHRITIS

Learn about osteoarthritis in these commonly affected joints, ways of managing osteoarthritis without surgery and what happens during joint replacement surgery. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

#### West Richmond Community Centre

**FREE** Nov 8 ..... W..... 10:00am-12:00pm..... Free/1 sess..... 252503

### MANAGING SHOULDER ARTHRITIS

Focus on joint specific strategies of management including joint protection, exercise and shoulder pain management. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

#### East Richmond Community Hall (Cambie)

**FREE** Oct 19 ..... Th ..... 1:00-3:00pm..... Free/1 sess..... 251702

## MINDFUL EATING

Learn how behaviours, thoughts and emotions can affect eating and understand how changing those relationships can improve eating habits. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration. Registration required.

#### East Richmond Community Hall (Cambie)

**FREE** Nov 9-Nov 17 Th ..... 1:00-3:00pm..... Free/2 sess..... 248902

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

**FREE** Sep 28-Oct 19Th ..... 10:15am-12:15pm..... Free/2 sess..... 246405

## PAIN MANAGEMENT

Gain an understanding of why pain occurs for those with osteoarthritis, factors that increase pain and strategies to manage a flare up and chronic pain. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

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

**FREE** Nov 16 ..... Th ..... 2:00-4:30pm..... Free/1 sess..... 246382

#### West Richmond Community Centre

**FREE** Oct 11 ..... W..... 10:00am-12:00pm..... Free/1 sess..... 252490

## SLEEP AND STRESS MANAGEMENT

Learn evidence-based strategies to effectively manage stress and sleep issues. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

#### East Richmond Community Hall (Cambie)

**FREE** Sep 14 ..... Th ..... 1:00-3:30pm..... Free/1 sess..... 248903

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

**FREE** Dec 14 ..... Th ..... 2:00-4:00pm..... Free/1 sess..... 246384

## WELLNESS CONNECTIONS

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

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

Oct 19-Dec 7 ..... Th ..... 10:30am-1:30pm..... \$210/8 sess ..... 247657

## 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. Special programming, lunch and transportation included. Conducted in Cantonese and Mandarin. Registration and intake interview required. Call the Seniors Wellness Coordinator at 604-238-8460 for details.

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

Oct 17-Dec 5 ..... Tu..... 10:30am-1:30pm..... \$210/8 sess ..... 247656

## WELLNESS WEDNESDAYS WORKSHOPS

Create connections and try wellness activities that focus on different facets of overall health and wellbeing. Transportation and lunch included. Program funded by Lafarge Canada. Registration required.

### Hamilton Community Centre

**FREE** Oct 25-Dec 14W..... 11:30am-1:30pm..... Free/8 sess..... 256133

## Languages

### CONVERSATIONAL SPANISH–LEVEL 1

Meet others and converse in these fun and interactive sessions. Instructed by a fluent Spanish speaking instructor. Pre-requisite: Basic knowledge of Spanish.

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

Sep 13-Dec 14..... W..... 10:30am-12:00pm..... \$133.15/14 sess . 253320

### CONVERSATIONAL SPANISH–LEVEL 2

Build on current language skills through conversation, games and topical discussions. Instructed by a fluent Spanish-speaking instructor. Pre-requisite: Intermediate knowledge of Spanish or Conversational Spanish–Level 1.

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

Sep 13-Dec 14..... W..... 12:30-2:00pm..... \$133.15/14 sess . 253321

### FRENCH–BEGINNER

Learn basic words and sentences, intonations and interactive methods to be able to have some limited conversations in this popular language. Instructed by a fluent French speaking instructor.

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

Sep 19-Nov 28 ..... Tu..... 10:00-11:00am..... \$69.75/11 sess ... 255691

### SPANISH–BEGINNER

Learn basic words and sentences, intonations and interactive methods to develop conversational fluency in this popular language. Instructed by a fluent Spanish speaking instructor.

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

Sep 15-Dec 15..... F ..... 12:30-2:00pm..... \$123.65/13 sess . 253561

### SPANISH FOR TRAVELLERS

Prepare for a visit to Spanish speaking countries with simple phrases and tips for safety, local customs, food and culture. Led by a fluent Spanish speaking instructor. No Spanish language experience required.

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

Sep 15-Dec 15..... F ..... 10:30am-12:00pm..... \$123.65/13 sess . 253560

## Martial Arts

### HEALTH QIGONG–YI JIN JING–BEGINNER

Focus on the upper body, arms and spine to learn basic harmonious standing movements along with breathing techniques that help to strengthen muscles and tendons, improve flexibility and balance. Instructed by a certified Qigong instructor.

#### City Centre Community Centre

Sep 6-Dec 20..... W..... 9:15-10:15am..... \$100.80/16 sess . 251493

### HEALTH QIGONG–YI JIN JING–INTERMEDIATE

Focus on the upper body, arms and spine to learn basic harmonious standing movements along with breathing techniques that help to strengthen muscles and tendons, improve flexibility and balance. Instructed by a certified Qigong instructor.

#### City Centre Community Centre

Sep 8-Dec 22..... F ..... 11:15am-12:15pm..... \$100.80/16 sess . 251513

### QIGONG FOR HEALTH–INTERMEDIATE

Continue to build on this ancient form of Chinese medicine that includes gentle physical movements, breathing techniques and meditation. Instructed by a certified Qigong instructor. Pre-requisite: Previous Qigong experience.

#### West Richmond Community Centre

Sep 15-Dec 9..... F ..... 1:30-2:30pm..... \$81.90/13 sess ... 252087

### TAI CHI–BEGINNER

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

#### City Centre Community Centre

Sep 6-Dec 20..... W..... 11:45am-12:45pm..... \$100.80/16 sess . 251499

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

Sep 14-Dec 14..... Th ..... 6:30-7:30pm..... \$88.20/14 sess ... 253519

Sep 16-Dec 16..... Sa ..... 11:15am-12:15pm..... \$63/10 sess ..... 253559

Sep 15-Dec 16..... F ..... 11:15am-12:15pm..... \$81.90/13 sess ... 253565

#### Steveston Community Centre

Sep 5-Dec 12..... Tu..... 11:45am-12:45pm..... \$94.50/15 sess ... 256100

Sep 7-Dec 14..... Th ..... 11:30am-12:30pm..... \$94.50/15 sess ... 256109

### TAI CHI–INTERMEDIATE

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

#### City Centre Community Centre

Sep 11-Dec 18..... M..... 11:00am-12:00pm..... \$88.30/14 sess ... 251489

### TAI CHI–ADVANCED

Experience improved balance, increased flexibility and relaxation with movements that include 24, 42 and 48 Forms. Pre-requisite: Tai Chi–Beginner.

#### City Centre Community Centre

Sep 6-Dec 20..... W..... 10:30-11:30am..... \$100.80/16 sess . 251497

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

Sep 16-Dec 16..... Sa ..... 10:00-11:00am..... \$69.30/11 sess ... 253566

#### Steveston Community Centre

Sep 11-Dec 11..... M..... 11:45am-12:45pm..... \$88.20/14 sess ... 256096

### 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. Instructed by a qualified martial arts instructor.

#### City Centre Community Centre

Sep 8-Dec 22..... F ..... 9:00-10:00am..... \$100.80/16 sess . 251511

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

Sep 14-Dec 14..... Th ..... 12:45-1:45pm..... \$81.90/13 sess ... 253557

### TAI CHI-SWORD-YANG STYLE-INTERMEDIATE

Strive to perfect the core principles through this sword class, improve balance and develop proper breathing all while learning this beautiful sword routine. Instructed by a qualified martial arts instructor.

#### City Centre Community Centre

Sep 8-Dec 22..... F ..... 10:00-11:00am..... \$100.80/16 sess ..... 251506

## Out Trips and Tours

### SEPTEMBER

#### SOUTHLANDS TSAWWASSEN FARMERS NIGHT MARKET TRIP

Step into the historic red barn at this new development in South Delta and shop at the curated selection of vendors hosted by The Collective Markets. Transportation only included. Food and shopping extra. No refunds within 7 days of trip.

#### Thompson Community Centre

Sep 8..... F ..... 4:45-8:45pm..... \$20.50/1 sess ..... 254058

#### 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. No refunds within 7 days of trip.

#### Thompson Community Centre

Sep 10..... Su ..... 11:00am-3:00pm..... \$20.50/1 sess ..... 254893

#### REIFEL BIRD SANCTUARY TRIP

Bring binoculars, walking shoes and questions for this introduction to birding at Boundary Bay's premier bird habitat. Led by an experienced naturalist. Rain or shine. Transportation, admission and tour included. No refunds within 7 days of trip.

#### Steveston Community Centre

Sep 13..... W..... 9:45am-3:00pm..... \$38.80/1 sess ..... 252557

#### West Richmond Community Centre

Sep 13..... W..... 9:30am-3:15pm..... \$38.80/1 sess ..... 252554

### FRASER VALLEY HERITAGE RAILWAY TRIP

Ride the heritage Interurban Tram along its original BC Electric Railway route from Cloverdale to Sullivan Station. Following this 55 minute round trip is a short drive to a nearby plaza for a leisurely lunch. Transportation and tram ride included. No refunds within 7 days of trip.

#### Cambie Community Centre

Sep 16..... Sa ..... 10:00am-3:15pm..... \$45/1 sess ..... 248031

#### South Arm Community Centre

Sep 16..... Sa ..... 10:15am-3:00pm..... \$45/1 sess ..... 249082

### 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. Transportation and museum admission included. No refunds within 7 days of trip.

#### Steveston Community Centre

Sep 16..... Sa ..... 9:30am-3:45pm..... \$37/1 sess ..... 256513

#### West Richmond Community Centre

Sep 16..... Sa ..... 9:15am-4:00pm..... \$37/1 sess ..... 256511

### ATLAS STEAK AND FISH RESTAURANT TRIP

Experience a delicious meal featuring a modern twist on the North American steak house at this Burnaby restaurant. Transportation only included. Home drop off (\$3) available. No refunds within 7 days of trip.

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

Sep 24..... Su ..... 4:30-8:30pm..... \$23/1 sess ..... 251967

### BRITANNIA MINING MUSEUM TRIP

Take a trip through history at this historic copper mine in Squamish that has been in operation since the early 20th century. Transportation and admission included. No refunds within 7 days of trip.

#### Thompson Community Centre

Sep 25..... M..... 9:00am-5:00pm..... \$66.50/1 sess ..... 254211

### OCTOBER

#### CRANBERRY FESTIVAL TRIP

Celebrate this berry harvest at this popular Langley festival that includes food, entertainment, live music, contests and more. Transportation only included. Home drop off (\$3) available. No refunds within 7 days of trip.

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

Oct 7..... Sa ..... 10:30am-3:30pm..... \$30.50/1 sess ..... 250915

#### RIVERHOUSE RESTAURANT AND PUB DINNER TRIP

Savour the flavours from this classic steak and seafood restaurant and bar in South Delta set in a contemporary West Coast atmosphere overlooking the Fraser River. Transportation only included. No refunds within 7 days of trip.

#### Thompson Community Centre

Oct 13..... F ..... 5:00-8:30pm..... \$20.50/1 sess ..... 256200

### SYLVIA HOTEL BRUNCH TRIP

Take in the beauty of English Bay while dining at this historic Vancouver hotel. Transportation only included. No refunds within 7 days of trip.

#### Cambie Community Centre

Oct 14 ..... Sa ..... 10:45am-2:45pm..... \$25/1 sess ..... 251818

#### South Arm Community Centre

Oct 14 ..... Sa ..... 10:30am-3:00pm..... \$25/1 sess ..... 251463

### BILL REID GALLERY AND LUNCH 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. Lunch available for purchase at the local café. Transportation and admission included. No refunds within 7 days of trip.

#### Steveston Community Centre

Oct 17 ..... Tu..... 10:15am-3:00pm..... \$33.75/1 sess ..... 252563

#### West Richmond Community Centre

Oct 17 ..... Tu..... 10:00am-3:15pm..... \$33.75/1 sess ..... 252559

### BURGOO RESTAURANT TRIP

Experience a delicious meal of local comfort foods including famous soups and grilled cheese sandwiches at this Vancouver restaurant. Transportation only included. Home drop off (\$3) available. No refunds within 7 days of trip.

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

Oct 25 ..... W..... 4:30-8:30pm..... \$26/1 sess ..... 251981

### ALDOR ACRES PUMPKIN PATCH

#### GRANDPARENT AND GRANDCHILD TRIP

Go on an old-fashioned wagon ride, listen to a live band, choose a pumpkin to bring home in a special carrying bag and view farm animals together on this Langley farm. Transportation, wagon ride and a pumpkin included. Registration covers one senior and one child (4-5 years). No refunds within 7 days of trip.

#### Thompson Community Centre

Oct 27 ..... F ..... 10:30am-3:30pm..... \$32.25/1 sess ..... 254501

## NOVEMBER

### CIRCLE CRAFT CHRISTMAS MARKET TRIP

Shop from over 300 exhibitors for handmade artisan items at this unique Christmas market. Transportation and admission included. Home drop off (\$3) available. No refunds within 30 days of trip.

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

Nov 9 ..... Th ..... 10:00am-3:00pm..... \$42.50/1 sess ..... 251974

### VANCOUVER WELSH MEN'S CHOIR TRIP

Enjoy favourite melodies from the war years, folk songs from the United Kingdom and America and music from the golden age of cinema at this special Remembrance Day performance in Tsawwassen by this Vancouver choir and the Band of the 15th Field Regiment. Admission and transportation included. No refunds within 14 days of trip.

#### Thompson Community Centre

Nov 11 ..... Sa ..... 1:15-5:30pm..... \$45/1 sess ..... 249735

### CITY OF RICHMOND ARCHIVES TOUR

Celebrate Archives Week with this special talk and behind-the-scenes tour of this local archives. Offered in collaboration with the Friends of the Richmond Archives. Registration required.

#### West Richmond Community Centre

**FREE** Nov 14 ..... Tu..... 10:00-11:00am..... Free/1 sess..... 254038

### TRIVIA NIGHT AT MATCH

#### EATERY DINNER TRIP

Dine at this new South Delta restaurant with a neighbourhood pub and high-energy sports bar atmosphere with creative comfort food and fun games of trivia. Transportation only included. No refunds within 7 days of trip.

#### Thompson Community Centre

Nov 16 ..... Th ..... 5:00-9:00pm..... \$23.50/1 sess ..... 256202

### CIRQUE DU SOLEIL "KOOZA" TRIP

Experience jaw-dropping acts of acrobatic performance under the big top in this 2.5 hour award-winning performance. Transportation and admission included. Home drop off (\$3) available. No refunds within 30 days of trip.

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

Nov 22 ..... W..... 6:00-10:30pm..... \$83.65/1 sess ..... 251977

### STANLEY THEATRE—ELF THE MUSICAL TRIP

Take in this smart, playful holiday romp that's full of heart and humour at a classic Vancouver venue. Transportation and admission included. No refunds within 30 days of trip.

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

Nov 29 ..... W..... 12:15-5:15pm..... \$75.50/1 sess ..... 256463

#### Thompson Community Centre

Nov 29 ..... W..... 12:30-5:30pm..... \$75.50/1 sess ..... 256198

### CHRISTMAS STORE AT POTTERS TRIP

Dine at Brogan's Diner followed by a shopping expedition at the 28,000 square foot store that offers all things Christmas with many unique items. Transportation only included. No refunds within 7 days of trip.

#### Cambie Community Centre

Nov 30 ..... Th ..... 10:00am-4:00pm..... \$29.50/1 sess ..... 247985

#### South Arm Community Centre

Nov 30 ..... Th ..... 10:15am-3:45pm..... \$29.50/1 sess ..... 249081

### HIGH TEA AT THE DICKENS SWEETS AND BRITISH MUSEUM TRIP

Explore over 10,000 square feet of this Chilliwack destination that features all things British including a grocery store, museum, bakery and sweet shop. Transportation and high tea included. No refunds within 7 days of the trip.

**Steveston Community Centre**

Nov 30 ..... Th ..... 10:00am-3:30pm..... \$66.20/1 sess ..... 256504

## DECEMBER

### BRUNCH IN THE PARK AND WINTER MARKET TRIP

Experience the stunning views of Queen Elizabeth Park while enjoying brunch at Seasons in the Park, followed by shopping at the Riley Park Winter Farmers Market. Transportation only included. No refunds within 7 days of trip.

**South Arm Community Centre**

Dec 2 ..... Sa ..... 10:00am-2:30pm..... \$25/1 sess ..... 251462

### CANYON LIGHTS CAPILANO SUSPENSION BRIDGE TRIP

Enjoy an enchanting walk across this iconic North Vancouver bridge and witness the beauty of 250,000 twinkling lights! Don't miss the Christmas Band, the glass blower making icicle ornaments and viewing the spectacular maple trees. Transportation and admission included. Home drop off (\$3) available. No refunds within 14 days of trip.

**Thompson Community Centre**

Dec 5 ..... Tu ..... 4:30-9:00pm..... \$75.50/1 sess ..... 254861

### CHRISTMAS STORE AT POTTERS TRIP

Dine at Brogan's Diner followed by a shopping expedition at the 28,000 square foot store that offers all things Christmas with many unique items. Transportation only included. No refunds within 7 days of trip.

**Steveston Community Centre**

Dec 5 ..... Tu ..... 10:00am-4:00pm..... \$29.50/1 sess ..... 253837

**West Richmond Community Centre**

Dec 5 ..... Tu ..... 9:45am-4:15pm..... \$29.50/1 sess ..... 253836

### VSO-TRADITIONAL CHRISTMAS TRIP

Plan for a memorable evening with a performance by the Vancouver Symphony Orchestra along with an audience sing-a-long hosted by Vancouver's own Bard, Christopher Gaze. Transportation and admission included. Home drop off (\$3) available. No refunds within 7 days of trip.

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

Dec 7 ..... Th ..... 2:15-8:00pm..... \$72.90/1 sess ..... 250919

### VANDUSEN GARDENS FESTIVAL OF LIGHTS TRIP

Stroll through this dazzling annual holiday display with over a million lights at these iconic gardens. Warm up with hot chocolate, roasted chestnuts and popcorn available for purchase from vendors. Transportation and admission included. Home drop off (\$3) available. No refunds within 7 days of trip.

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

Dec 12 ..... Tu ..... 6:00-10:00pm..... \$45.10/1 sess ..... 250918

### BURNABY VILLAGE HERITAGE CHRISTMAS TRIP

Take in the beautifully decorated village and farmhouse with lights and old-fashioned ornaments along with traditional entertainment, demonstrations and exhibits from the early 1900s. Ride on the indoor carousel for \$2.65. Transportation only included with free admission. No refunds within 7 days of trip.

**Thompson Community Centre**

Dec 18 ..... M ..... 1:00-5:30pm..... \$20.75/1 sess ..... 252900

### CHRISTMAS LIGHTS TOUR OF SOUTH DELTA

Find the holiday spirit with the viewing of beautifully decorated homes and parks in Ladner and Tsawwassen. Transportation and hot beverage included. Home drop off (\$3) available. No refunds within 7 days of trip.

**Thompson Community Centre**

Dec 22 ..... F ..... 5:30-9:00pm..... \$24.75/1 sess ..... 252887

### CHRISTMAS LIGHTS TOUR OF VANCOUVER

Get into the holiday spirit on this tour of beautifully decorated Vancouver attractions that include Coal Harbour, Lost Lagoon, Elm Grove, St. Paul's Hospital and Canuck Place. Transportation and a hot beverage included. Home drop off (\$3) available. No refunds within 7 days of trip.

**Thompson Community Centre**

Dec 29 ..... F ..... 5:30-9:00pm..... \$24.75/1 sess ..... 254833

## JANUARY

### STANLEY PARK LUNCH TRIP

Enjoy a scenic drive around this Vancouver landmark with a stop for lunch at Stanley's Bar and Grill in Richmond. Transportation only included. No refunds within 7 days of trip.

**Thompson Community Centre**

Jan 5 ..... F ..... 11:00am-3:30pm..... \$20.50/1 sess ..... 254775

## 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. These fun, simple and fast-paced sessions are designed for beginners. Paddles supplied if needed.

#### South Arm Community Centre

Sep 12-Oct 17 ..... Tu..... 6:30-8:00pm..... \$57.05/6 sess ..... 249997  
 Sep 12-Oct 17 ..... Tu..... 9:30-11:00am..... \$57.05/6 sess ..... 249998

#### Thompson Community Centre

Sep 7-Oct 27 ..... Th ..... 1:15-2:30pm..... \$63.40/8 sess ..... 252180  
 Nov 2-Dec 14 ..... Th ..... 1:15-2:30pm..... \$55.50/7 sess ..... 252183

#### West Richmond Community Centre

Sep 11-Dec 11 ..... M..... 12:45-2:00pm..... \$79.25/10 sess ... 254874

### 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. These fun, simple and fast-paced sessions are designed for beginners. Paddles supplied if needed.

#### West Richmond Community Centre

Sep 29-Dec 15 ..... F ..... 9:15-10:30am..... \$87.20/11 sess ... 255324  
 Sep 29-Dec 15 ..... F ..... 10:45am-12:00pm..... \$87.20/11 sess ... 255338

### PICKLEBALL-DRILLS AND SKILLS

Build on basic skills using a drilling format to improve skills, techniques and strategies along with rules and etiquette. Pre-requisite: Pickleball-Beginner or basic Pickleball knowledge.

#### South Arm Community Centre

Oct 31-Dec 12 ..... Tu..... 11:15am-12:30pm..... \$55.50/7 sess ..... 249999

#### Thompson Community Centre

Sep 7-Oct 27 ..... Th ..... 2:45-4:00pm..... \$63.40/8 sess ..... 252181  
 Nov 2-Dec 15 ..... Th ..... 2:45-4:00pm..... \$55.50/7 sess ..... 252184

#### West Richmond Community Centre

Sep 11-Dec 11 ..... M..... 2:00-3:15pm..... \$87.20/11 sess ... 254884  
 Sep 13-Oct 26 ..... W..... 11:30am-1:00pm..... \$66.55/7 sess ..... 254966  
 Sep 13-Oct 26 ..... W..... 1:15-2:45pm..... \$66.55/7 sess ..... 254954  
 Nov 1-Dec 13 ..... W..... 11:30am-1:00pm..... \$66.55/7 sess ..... 254968  
 Nov 1-Dec 13 ..... W..... 1:15-2:45pm..... \$66.55/7 sess ..... 254957



# Online Programs

## ACCESSING TRANSIT WORKSHOP

Discover the practical side of transit along with the associated opportunities for greater freedom and social interaction. Presented by TransLink. Offered through Zoom. Registration required.

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

**FREE** Nov 2 ..... Th ..... 3:00-4:30pm..... Free/1 sess..... 255460

## ACCESSING TRANSIT WORKSHOP (MANDARIN)

Discover the practical side of transit along with the associated opportunities for greater freedom and social interaction. Presented by TransLink. Conducted in Mandarin. Offered through Zoom. Registration required.

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

**FREE** Nov 22 ..... W..... 3:00-4:30pm..... Free/1 sess..... 255462

## 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. Conducted in Cantonese. Offered through Zoom. Registration required.

**Cambie Community Centre**

**FREE** Sep 7, Oct 5, Nov 2, Dec 7...Th... 11:00am-12:00pm...Free/4 sess.. 246368

## ESTATE PLANNING WORKSHOP

Discover ways to leave an efficient legacy by recognizing estate planning mistakes and learning about various types of trusts and methods to avoid probate. Offered through Zoom. Registration required.

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

**FREE** Dec 7 ..... Th ..... 2:00-3:30pm..... Free/1 sess..... 255454

## GLEE

Sing with the joyous sounds and energy that flows from this group. Offered through Zoom. Registration required.

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

**FREE** Nov 22-Dec 13 .. W.. 2:00-4:00pm.....Free/2 sess ..... 250851

## JEOPARDY GAME

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

**Cambie Community Centre**

**FREE** Sep 15, Oct 20, Nov 17..... F... 2:00-3:00pm..Free/3 sess... 246796

## MAPQUEST TRAVEL

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

**Cambie Community Centre**

**FREE** Sep 12, Oct 10, Nov 14, Dec 19 .... Tu... 12:45-1:45pm...Free/4 sess ... 249191

## NAME THAT TUNE

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

**Thompson Community Centre**

**FREE** Sep 18, Oct 16, Nov 20, Dec 18.... M... 10:30-11:45am.Free/4 sess... 254812

## OSTEOARTHRITIS SERIES—BEVERAGES AND HEALTH

Learn how drinks that include water, coffee, juice, milk and milk alternatives, alcohol and pop can affect living with arthritis and general wellbeing and find out examples of healthy choices. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Offered through Zoom. Registration required.

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

**FREE** Sep 21 ..... Th ..... 2:00-3:30pm..... Free/1 sess..... 250861

## OSTEOARTHRITIS SERIES—MINDFUL EATING

Learn how behaviours, thoughts and emotions can affect eating and understand how changing those relationships can improve eating habits. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Offered through Zoom. Registration required.

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

**FREE** Sep 28-Oct 19Th ..... 10:15am-12:15pm..... Free/2 sess..... 250863

## OSTEOARTHRITIS SERIES—PAIN MANAGEMENT

Gain an understanding of why pain occurs for those with osteoarthritis, factors that increase pain and strategies to manage a flare up and chronic pain. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Offered through Zoom. Registration required.

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

**FREE** Nov 16 ..... Th ..... 2:00-4:30pm..... Free/1 sess..... 250866

## OSTEOARTHRITIS SERIES—SLEEP AND STRESS MANAGEMENT

Learn evidence-based strategies to effectively manage stress and sleep issues. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Offered through Zoom. Registration required.

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

**FREE** Dec 14..... Th ..... 2:00-4:00pm..... Free/1 sess..... 250867



## Seniors Annual Facility Passes and Activities

A Seniors Facility Pass offers pass holders a chance to participate in any of the activities listed in the individual schedules—all for a low yearly fee!

### Annual Pass Fees

Minoru Centre for Active Living ..... \$36 per year  
Community Centres..... \$15 per year, per facility

Choices range from **woodworking** at Minoru Centre for Active Living to **Tai Chi** at Cambie and Hamilton Community Centres, the **Singing Group** at City Centre Community Centre to the **Knitting Group** at South Arm Community Centre, the **Drumming Circle** at Steveston Community Centre to **Luk Tung Kuen** at Thompson Community Centre, the **Ukulele Circle** at West Richmond Community Centre **and more!**

### Facility Pass activities take place at the following community recreation facilities:

- Cambie Community Centre (12800 Cambie Rd.)
- City Centre Community Centre (5900 Minoru Blvd.)
- Hamilton Community Centre (5140 Smith Dr.)
- Minoru Centre for Active Living (7191 Granville Ave.)
- South Arm Community Centre 8880 Williams Rd.)
- Steveston Community Centre (4111 Moncton St.)
- Thompson Community Centre (5151 Granville Ave.)
- West Richmond Community Centre (9180 No. 1 Rd.)

### Additional Pass Fees

Minoru Centre for Active Living ..... Billiard Room Pass ..... \$48 per year  
Minoru Centre for Active Living ..... Woodworking Pass ..... \$48 per year  
Minoru Centre for Active Living ..... Wood Carving Pass ..... \$42 per year

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

# Seniors Annual Facility Pass Programs

The Seniors Facility Pass at the Minoru Centre for Active Living supports the Minoru Seniors Society and is \$36 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)						
SUN	MON	TUE	WED	THU	FRI	SAT
<b>Billiards*</b> 8:00am–4:45pm (Drop-in)	<b>Billiards*</b> 8:00am–8:45pm	<b>Billiards*</b> 8:00am–8:45pm	<b>Billiards*</b> 8:00am–8:45pm	<b>Billiards*</b> 8:00am–8:45pm	<b>Billiards*</b> 8:00am–8:45pm	<b>Billiards*</b> 8:00am–4:45pm (Drop-in)
<b>Wood Carving***</b> 9:30am–12:00pm 1:00–4:30pm	<b>Woodworking*</b> 8:30am–2:00pm	<b>Tai Chi Practice**</b> 9:00–10:00am	<b>Woodworking*</b> 8:30am–2:00pm	<b>Tai Chi Practice**</b> 8:45–9:45am	<b>Woodworking*</b> 8:30am–2:00pm	<b>Woodworking*</b> 8:30am–4:00pm (Finishing day)
<b>Model Walkers**</b> 11:00am–1:00pm	<b>Tai Chi Practice**</b> 8:45–9:45am	<b>Wood Carving***</b> 9:30am–12:00pm 1:00–4:30pm	<b>Tai Chi Practice**</b> 8:45–9:45am	<b>Yuanji Dance**</b> 9:00–10:30am	<b>Tai Chi Practice**</b> 9:00–10:00am	<b>Tai Chi Practice**</b> 8:45–9:45am
<b>Poker</b> 11:30am–4:00pm	<b>Yuanji Dance**</b> 9:00–10:30am	<b>Poker</b> 11:30am–4:00pm	<b>Yuanji Dance**</b> 8:30–10:30am	<b>Busy Fingers</b> 9:30–11:30am	<b>Mahjong**</b> 10:00am–5:00pm	<b>Ballroom Dance**</b> 10:00am–12:00pm
<b>Parkinson's Support Group</b> (online) (1st week) 1:00–2:00pm	<b>Busy Fingers</b> 9:30–11:30am	<b>Carpet Bowling</b> 12:30–3:00pm	<b>Happy Chorus</b> 10:00am–12:30pm	<b>Minoru Strummers Ukulele Circle**</b> 10:00–11:30am	<b>Bridge Duplicate</b> 12:30–4:00pm	<b>Spanish Social</b> 10:30am–1:00pm
<b>Minoru Community Line Dancers**</b> 1:30–3:30pm	<b>English Social for Chinese Seniors</b> 10:00–11:30am	<b>Musical Interludes</b> 1:30–3:00pm	<b>Mahjong**</b> 10:00am–5:00pm	<b>Poker</b> 11:30am–4:00pm	<b>Chinese Calligraphy**</b> 1:00–4:00pm	<b>Peking Opera</b> 1:30–4:30pm
	<b>Happy Chorus</b> 10:00am–12:30pm	<b>Kingsland Calligraphy</b> 1:30–4:00pm	<b>Crib</b> 1:00–3:30pm	<b>Scrabble</b> 12:45–4:00pm	<b>Euchre</b> 1:30–4:00pm	<b>Multicultural Dance**</b> 2:00–4:30pm
	<b>Crib</b> 1:00–3:00pm	<b>Seniors Saxophone**</b> 3:00–5:00pm	<b>Glee</b> 2:00–4:00pm	<b>Joy Singing and Dancing**</b> 1:00–3:00pm	<b>Hanging with The Guys</b> 3:00–4:30pm	
	<b>Bridge</b> 1:00–4:30pm	<b>Yuanji Dance**</b> 6:30–8:30pm	<b>Multicultural Dance**</b> 6:45–8:45pm	<b>Knitters and Natters</b> 1:00–3:00pm		
	<b>Photo Group</b> (2nd & 4th week) 1:30–3:30pm			<b>Wood Carving***</b> 1:00–4:30pm		
	<b>Multicultural Dance**</b> 2:30–4:30pm			<b>Community Connections</b> (last week) 1:15–3:15pm		
	<b>Board Games</b> 3:30–5:30pm			<b>Ballroom Dance**</b> 3:30–5:15pm		
	<b>Whist</b> 6:00–8:45pm			<b>Seniors Saxophone**</b> 4:00–6:00pm		
				<b>Prostate Cancer Support Group</b> (2nd week) 6:30–8:30pm		
				<b>Yuanji Dance</b> 6:30–8:30pm		

Registration required for Billiards

\*Additional Passes \$48/year | \*\*Additional Fees \$2/Drop-in | \*\*\*Additional Pass \$42/year

### 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						
MON	TUE	WED	THU	FRI	SAT	SUN
<b>Coffee and Tea</b> (last Mon/mth) 11:00am–12:30pm (Call for more dates) (ERCH)	<b>Tai Chi Practice– Form 24</b> 8:30–9:15am (no instruction) #246328* (ERCH)	<b>Tai Chi–48 Form</b> 8:30–9:30am #246329* (ERCH)	<b>Indoor Walking</b> 10:00–11:00am #246335* (CCC)	<b>Tai Chi–24 Form</b> 8:30–9:30am #246327* (ERCH)		
	<b>Tai Chi Practice– Form 48</b> 9:15–10:00am (no instruction) #246330* (ERCH)	<b>Table Tennis</b> 9:30–10:30am (ERCH)		<b>Table Tennis</b> 9:30–10:30am (ERCH)		
	<b>Mahjong</b> (2nd Tue/mth) 10:00am–12:00pm #246343* (ERCH)	<b>Book Club</b> (1st Wed/mth) 10:00–11:30am #246336* (ERCH)		<b>Knitting</b> 10:00–11:30am (ERCH)		
	<b>Karaoke</b> (1st and 3rd Tu/mth) 9:00–11:00am (ERCH)	<b>Luk Tung Kuen</b> 11:00–11:45am #246331* (ERCH)		<b>Luk Tung Kuen</b> 11:00–11:45am #246334* (ERCH)		
		<b>Coffee and Tea</b> (2nd Wed/mth) 12:00–1:30pm (ERCH)				

\*Registration required.

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

ERCH = East Richmond Community Hall. CCC = Cambie Community Centre.

City Centre Community Centre						
MON	TUE	WED	THU	FRI	SAT	SUN
<b>Karaoke (English)</b> 10:30am–12:30pm	<b>Singing Group</b> 10:00am–1:00pm	<b>Poetry Appreciation Group</b> (2nd Wed/mth) 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>Ballroom Dance</b> 1:00–2:30pm	<b>Chinese Calligraphy in Mandarin</b> 1:00–3:00pm		<b>Ballroom Dance</b> 1:00–2:30pm		<b>Wellness Social Corner</b> (last week) 10:30–11:30am	
<b>Chinese Traditional Dance</b> 1:30–3:00pm			<b>Chinese Traditional Dance</b> 1:30–3:00pm			
<b>Brush Hour</b> 3:00–5:00pm						

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

### Hamilton Community Centre

MON	TUE	WED	THU	FRI	SAT	SUN
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		
Mahjong 10:15am–12:00pm	Tai Chi Beginners 8:30–9:30am		Tai Chi Beginners 8:30–9:30am	Dancing and Sing-a-long 10:00am–12:00pm		
	Seniors Circle Group 9:30–11:00am		Mahjong 9:45am–12:15pm			

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

### South Arm Community Centre

MON	TUE	WED	THU	FRI	SAT	SUN
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	MILAP Group – B 11:00am–1:00pm	Sahara Sisters (last Sun/mth) 12:30-3:30pm
New Immigrant Support/English Learning Group 9:00–11:30am	Seniors Social Group 9:30–11:00am	Book Club (4th Wed/mth) 10:00–11:30am	Friendship Group 8:30–9:20am	Carpet Bowling 1:00–3:00pm		
Scrabble 10:00am–12:00pm		Classic QiPao Dance 12:00–2:00pm	Karaoke 9:30am–12:00pm			
Carpet Bowling 1:00–3:00pm		Bridge Social 12:30–3:30pm	Mahjong Social 9:30am–1:30pm			
MILAP Group – A (bi-weekly) 1:00–3:00pm		Indoor Walking 1:30–2:30pm	Knitting Group 1:00–3:00pm			
		Educational Presentation (1st Wed/mth) 11:00am–12:00pm				

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

### Steveston Community Centre

MON	TUE	WED	THU	FRI	SAT	SUN
Chinese Multicultural Group 10:00–11:30am	Karaoke Social (Multilingual) 2:45–4:45pm	Knitting and Crocheting Social 10:00am–12:00pm	Chinese Multicultural Group 9:30–11:30am	Japanese Tablet Club 9:30–11:30am	Akebono Karaoke (in Japanese) 3:00–5:00pm	
Drumming Circle* 12:00–1:00pm		Low Vision Support Group (2nd Wed/mth) 10:00am–12:00pm		Ukulele Circle 10:00–11:30am		
Drumming Ensemble* 1:30–2:30pm		Japanese Crafts Group 12:30–2:30pm		Bridge Social 1:00–4:00pm		
		Tech Help 101 1-on-1 (in English) 1:00–3:00pm (604-238-8084 to register)		Ukulele Ensemble 1:00–2:30pm		

\*Call 604-238-8084

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

### Thompson Community Centre

MON	TUE	WED	THU	FRI	SAT	SUN
<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>Tai Chi</b> 9:00–9:30am	<b>Luk Tung Coffee Hour</b> 9:00–10:00am	<b>Tai Chi</b> 9:00–9:30am		<b>Gentlemen in Conservation</b> (2nd & 4th week) 10:30am–12:00pm		
<b>Online-Name that Tune</b> (3rd Mon/mth) 10:30–11:45am		<b>Spanish Conversation</b> 10:00–11:30am	<b>Crafts Group</b> 11:00am–1:00pm	<b>Karaoke</b> 10:30am–12:30pm		
<b>Book Club</b> (2nd Mon/mth) 2:15–3:30pm		<b>Chinese Cultural Dance</b> 1:30–2:45pm	<b>Chinese Cultural Dance</b> 1:30–2:45pm			

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

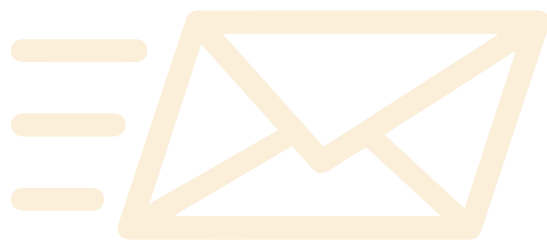
### West Richmond Community Centre

MON	TUE	WED	THU	FRI	SAT	SUN
<b>French Conversation Group</b> (Not on 3rd Mon/mth or Stat holidays) 10:30am–12:00pm	<b>Indoor Walking</b> 9:30–10:30am Jul 4–25	<b>Ukulele and Singing Circle</b> 6:30–8:00pm				
<b>Book Club</b> (3rd Mon/mth) (Contact 604-238-8431 for availability)	<b>Seniors Social</b> 10:00–11:00am					
	<b>English Conversation Group</b> 11:00am–12:30pm (Contact 604-238-8431 for availability)					
	<b>Spanish Intermediate Conversation Group</b> (online) 1:30–3:00pm					
	<b>Spanish Country Dancing</b> 2:30–4:00pm					

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



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