



55+ Programs | In-person and online

Fall 2026 | SEP-DEC
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 Parks, Recreation and Culture 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 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

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 richmond.ca/reghelp.

✓ Your Course ID number

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

Sep 16–Dec 9..... **00123456**

✓ 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.

Arts–Dance

ANCIENT ECHOES–THE SPIRIT OF CHINESE DANCING–ALL LEVELS

Learn about and experience firsthand these early Chinese dance forms that burst with rich theatrical and elegant themes from the 12th century. No experience required.

West Richmond Community Centre

Sep 12-Dec 5.....Sa.....3:00-4:15pm.....\$104.25/12 sess ..00538078

BALLET–BEGINNER

Learn basic ballet techniques that improve coordination, balance, musicality and fluidity of movement while developing skills that complement other physical activity. Dress code in effect.

Richmond Cultural Centre

Sep 9-Dec 16.....W.....2:00-3:15pm.....\$112.95/13 sess ..00539275

Sep 14-Dec 14.....M.....2:00-3:15pm.....\$112.95/13 sess ..00539281

BALLET FUNDAMENTALS–LEVEL 1

Improve mobility, posture, coordination and energy levels while learning introductory ballet techniques including barre work and dance combinations in this fun and supportive environment.

South Arm Community Centre

Sep 15-Oct 27 Tu.....12:30-1:45pm.....\$60.80/7 sess 00533332

BALLET FUNDAMENTALS–LEVEL 2

Improve on basic ballet techniques with an emphasis on musicality, increased complexity of combinations, strength and control all in this fun and supportive environment. Recommended pre-requisites: Ballet Fundamentals–Level 1 or previous beginner ballet classes.

South Arm Community Centre

Sep 17-Oct 29 Th.....9:30-10:45am.....\$60.80/7 sess 00532738

BALLROOM AND LATIN DANCING

Experience vibrant rhythms and learn fundamental ballroom and Latin techniques in dances such as the Waltz, Jive, Cha Cha, Rumba, Tango and Samba. Boost confidence, coordination and social skills while having fun in these lively sessions. Suitable for singles and pairs. No experience or partner required.

Seniors Centre–Minoru Centre for Active Living

Sep 14-Oct 26 ...M... 1:30-2:45pm....\$70.25/6 sess (45-54yrs).....00535261
\$52.10/6 sess (55+yrs)

Nov 2-Dec 14 M... 1:30-2:45pm....\$82/7 sess (45-54yrs).....00535262
\$60.80/7 sess (55+yrs)

BALLROOM AND LATIN DANCING (CANTONESE/MANDARIN)

Experience vibrant rhythms and learn fundamental ballroom and Latin techniques in dances such as the Jive, Cha Cha, Rumba, Samba and Paso Doble. Boost confidence, coordination and social skills while having fun in these lively sessions. Conducted in Cantonese and Mandarin. Suitable for singles and pairs. No experience or partner required.

City Centre Community Centre

TRY-IT FREE Sep 8 Tu... 1:15-2:15pm.....Free/1 sess 00533937

Sep 15-Oct 20 Tu.....1:15-2:15pm.....\$41.70/6 sess 00532565

Oct 27-Dec 8 Tu.....1:15-2:15pm.....\$48.65/7 sess 00532587

BALLROOM DANCING–BEGINNER

Dance for fitness and fun in these introductory sessions that cover basic steps and foundational techniques. Designed for those new to this style of dance. Suitable for singles and pairs. No experience or partner required.

Seniors Centre–Minoru Centre for Active Living

Sep 14-Oct 26 M.....3:00-4:30pm.....\$62.55/6 sess 00535251

Nov 2-Dec 14 M.....3:00-4:30pm.....\$72.95/7 sess 00535259

West Richmond Community Centre

Sep 18-Dec 11 F.....3:30-4:30pm.....\$83.40/12 sess 00538633

Sep 18-Dec 11 F.....4:40-5:40pm.....\$83.40/12 sess 00538636

BALLROOM DANCING–BEGINNER (CANTONESE/MANDARIN)

Dance for fitness and fun in these introductory sessions that cover basic steps and foundational techniques for the Waltz, Tango, Foxtrot, Vienna Waltz and Quick Step. Designed for those new to this style of dance. Conducted in Cantonese/Mandarin. Suitable for singles and pairs. No experience required.

City Centre Community Centre

TRY-IT FREE Sep 10 ...Th... 11:45am-12:45pm Free/1 sess 00533941

Sep 17-Oct 22 Th.....11:45am-12:45pm.....\$41.70/6 sess 00532712

Oct 29-Dec 10 Th.....11:45am-12:45pm.....\$48.65/7 sess 00532732

BALLROOM DANCING–CHA CHA AND WALTZ–BEGINNER

Master a classic Latin dance and elegant waltz while improving rhythm and posture. Build confidence through professional instruction in this fun and supportive atmosphere. Suitable for singles and pairs.

Thompson Community Centre

Sep 19-Oct 24 Sa.....11:45am-1:15pm.....\$62.55/6 sess 00538026

BALLROOM DANCING–JIVE AND TANGO–BEGINNER

Explore dynamic footwork and expressive movement while strengthening coordination and musicality and enjoying social connection and light cardio through energetic partner dances. Suitable for singles and pairs.

Thompson Community Centre

Nov 7-Dec 12 Sa.....11:45am-1:15pm.....\$62.55/6 sess 00538049

BALLROOM DANCING–INTERMEDIATE

Build skills, expand ability and learn dance variations in these next step sessions. Suitable for singles and pairs. Pre-requisite: Ballroom Dancing–Beginner.

Seniors Centre–Minoru Centre for Active Living

Sep 14-Oct 26 ...M... 6:45-8:15pm....\$84.35/6 sess (45-54yrs).....00535282
\$62.55/6 sess (55+yrs)

Nov 2-Dec 14 M... 6:45-8:15pm....\$98.40/7 sess (45-54yrs).....00535283
\$72.95/7 sess (55+yrs)

Thompson Community Centre

Sep 19-Dec 12...Sa.. 1:30-3:00pm....\$168.65/12 sess (45-54yrs).00535734
\$125.10/12 sess (55+yrs)

BALLROOM DANCING–ULTIMATE–CHA-CHA

Experience this beautiful form of dance, learn a new style every month and enjoy the many health benefits these sessions offer. Instructed by two professional and award-winning dancers.

South Arm Community Centre

Sep 18-Oct 23 F.....5:00-6:30pm.....\$90/6 sess 00534594

BALLROOM DANCING–ULTIMATE–SALSA

Experience this beautiful form of dance, learn a new style every month and enjoy the many health benefits these sessions offer. Instructed by two professional and award-winning dancers.

South Arm Community Centre

Oct 30-Dec 4 F.....5:00-6:30pm.....\$90/6 sess 00534598

BELLYDANCING—LEVEL 1

Sweat and shimmy in these positive, fun and highly expressive dance sessions that focus primarily on movements of the hips and torso.

Seniors Centre—Minoru Centre for Active Living

Sep 17-Oct 29 Th.....2:30-3:45pm.....\$60.80/7 sess 00530747
Nov 5-Dec 17 Th.....2:30-3:45pm.....\$60.80/7 sess 00530748

CHAIR DANCING

Discover rhythmic movement and expressive gestures through simple choreography while sitting. Follow the music, add personal flair and enjoy a lively dance experience that celebrates style and connection. No experience required.

Seniors Centre—Minoru Centre for Active Living

Sep 16-Oct 28 W.....3:00-4:00pm.....\$41.70/6 sess 00538075
Nov 4-Dec 16 W.....3:00-4:00pm.....\$41.70/6 sess 00538077

DANCE MOVES—ALL LEVELS

Get fit while having fun in these upbeat sessions with music that ranges from popular jazz, Motown, disco and pop. Learn and build dance skills while making lots of social connections. Suitable for all fitness and experience levels.

Cambie Community Centre

Sep 14-Oct 26 M.....10:00-11:00am.....\$41.70/6 sess 00528938
Nov 2-Dec 14 M.....10:00-11:00am.....\$48.65/7 sess 00528939

HAWAIIAN HULA DANCING—BEGINNER

Learn and practice the basic techniques and rhythmic patterns of this graceful and expressive cultural dance form that engages the body, mind and spirit. Some dance movements may be performed sitting down. No experience required.

Seniors Centre—Minoru Centre for Active Living

Sep 18-Nov 27 F.....9:00-10:00am.....\$76.45/11 sess 00534831

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 or more than 1 year of hula experience.

Seniors Centre—Minoru Centre for Active Living

Sep 18-Nov 27 F.....10:15-11:15am.....\$76.45/11 sess 00534833

HIP HOP

Cover fundamental choreography, technique and freestyle in these positive and fun sessions that include grooving, pop and locking, krumping and street jazz movements.

City Centre Community Centre

TRY-IT FREE Sep 11 ...F.....2:15-3:15pm.....Free/1 sess 00533943
Sep 18-Oct 16 F.....2:15-3:15pm.....\$34.75/5 sess 00532702
Nov 13-Dec 18 F.....2:15-3:15pm.....\$41.70/6 sess 00532703

JAZZ AND BALLET BLEND—BEGINNER

Explore some fundamental techniques of these two dance styles along with choreography in these upbeat and enjoyable sessions. No experience required.

West Richmond Community Centre

Sep 9-Dec 9 W.....2:20-3:20pm.....\$83.40/12 sess 00537686
Sep 14-Dec 7 M.....3:25-4:10pm.....\$62.55/12 sess 00537912

LINE DANCING—BEGINNER

Practice fun, easy-to-learn and basic moves that make up current line dancing today. No experience required.

Seniors Centre—Minoru Centre for Active Living

Sep 15-Nov 24 Tu.....2:00-3:00pm.....\$76.45/11 sess 00535227

South Arm Community Centre

Sep 16-Nov 25 W.....3:45-4:45pm.....\$76.45/11 sess 00536804

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—Line Dancing—Beginner.

South Arm Community Centre

Sep 16-Nov 25 W.....2:30-3:30pm.....\$76.45/11 sess 00536801

LINE DANCING—INTERMEDIATE

Improve beginner moves and learn more advanced ones in these social and physically active sessions. Pre-requisite: Previous line dancing experience or Line Dancing—Beginner.

Seniors Centre—Minoru Centre for Active Living

Sep 15-Nov 24 Tu.....3:15-4:15pm.....\$76.45/11 sess 00535228

LINE DANCING—INTERNATIONAL—NEW BEGINNER

Learn some of the basic, easy-to-learn steps for short dances set to popular music. No experience required.

Seniors Centre—Minoru Centre for Active Living

Sep 16-Nov 25 W.....11:00am-12:00pm.....\$55.60/8 sess 00530348

LINE DANCING—INTERNATIONAL—BEGINNER

Follow easy-to-learn steps for short dances set to popular music. Pre-requisite: Line Dancing—International—New Beginner.

Seniors Centre—Minoru Centre for Active Living

Sep 12-Dec 5 Sa.....2:15-3:45pm.....\$182.70/13 sess (45-54yrs)...00530341
\$135.50/13 sess (55+yrs)

LINE DANCING—INTERNATIONAL—BEGINNER—IMPROVER

Build on easy-to-learn steps for short dances set to popular music. Pre-requisite: Line Dancing—International—Beginner.

Seniors Centre—Minoru Centre for Active Living

Sep 16-Nov 25 W.....2:15-3:45pm.....\$83.40/8 sess 00530351

LINE DANCING—INTERNATIONAL—INTERMEDIATE—IMPROVER

Move to a variety of styles and popular music and cover interesting combinations, steps, patterns and movements. Pre-requisite: Line Dancing—International—Intermediate or strong knowledge of international line dancing steps and terminology.

Seniors Centre—Minoru Centre for Active Living

Sep 12-Dec 5 Sa.....12:30-2:00pm.....\$135.50/13 sess ..00530339

LINE DANCING—INTERNATIONAL—INTERMEDIATE/ADVANCED

Move to a variety of styles and popular music and cover interesting combinations, steps, patterns and movements. Pre-requisite: Line Dancing—International – Intermediate or previous line dancing experience and strong knowledge of international line dancing steps and terminology.

Seniors Centre—Minoru Centre for Active Living

Sep 16-Nov 25 W.....12:30-2:00pm.....\$83.40/8 sess 00530350

LINE DANCING VARIETY—NEW BEGINNER (CANTONESE/MANDARIN)

Focus on 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. No experience required.

Seniors Centre—Minoru Centre for Active Living

Sep 14-Oct 26 M.....12:00-1:00pm.....\$41.70/6 sess 00530806
Sep 18-Oct 30 F.....9:30-10:30am.....\$48.65/7 sess 00530809
Nov 2-Dec 14 M.....12:00-1:00pm.....\$48.65/7 sess 00530821
Nov 6-Dec 18 F.....9:30-10:30am.....\$48.65/7 sess 00530825

LINE DANCING VARIETY-BEGINNER

Focus on the fundamental steps of this dance style that is adaptable to country, ballroom, rock and roll, disco, Latin and pop music.

Thompson Community Centre

Sep 16-Oct 28 W..... 10:45-11:45am..... \$48.65/7 sess 00535737
Nov 4-Dec 9 W..... 10:45-11:45am..... \$41.70/6 sess 00535739

LINE DANCING VARIETY-BEGINNER LEVEL 1 (CANTONESE/MANDARIN)

Focus on 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: Line Dancing Variety-New Beginner or previous line dancing experience.

Seniors Centre-Minoru Centre for Active Living

Sep 14-Oct 26 M..... 10:45-11:45am..... \$41.70/6 sess 00530805
Sep 18-Oct 30 F..... 10:45-11:45am..... \$48.65/7 sess 00530818
Nov 2-Dec 14 M..... 10:45-11:45am..... \$48.65/7 sess 00530820
Nov 6-Dec 18 F..... 10:45-11:45am..... \$48.65/7 sess 00530827

LINE DANCING VARIETY-BEGINNER LEVEL 2 (CANTONESE/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: Line Dancing Variety-Beginner Level 1.

Seniors Centre-Minoru Centre for Active Living

Sep 15-Oct 27 Tu..... 9:45-10:45am..... \$48.65/7 sess 00530807
Sep 17-Oct 29 Th..... 10:45-11:45am..... \$48.65/7 sess 00530808
Nov 3-Dec 15 Tu..... 9:45-10:45am..... \$48.65/7 sess 00530822
Nov 5-Dec 17 Th..... 10:45-11:45am..... \$48.65/7 sess 00530823

SALSA DANCING-BEGINNER

Learn the basic steps of salsa dance in a fun, relaxed and supportive environment, focusing on rhythm, coordination and confidence. Get ready to move, smile and feel the music while improving understanding of basic steps.

Seniors Centre-Minoru Centre for Active Living

Sep 17-Oct 29 Th .. 7:00-8:15pm.... \$82/7 sess (45-54yrs)..... 00530829
\$60.80/7 sess (55+yrs)
Nov 5-Dec 17 Th .. 7:00-8:15pm.... \$82/7 sess (45-54yrs)..... 00530832
\$60.80/7 sess (55+yrs)

STEP INTO DANCE

Explore this lively introduction to jazz, tap and lyrical styles while building rhythm, coordination and expression through guided movement. Enjoy a welcoming, upbeat environment designed for all experience levels to try something new.

Seniors Centre-Minoru Centre for Active Living

Oct 19-Nov 23.....M..... 10:45-11:45am..... \$41.70/6 sess 00539351

TAP DANCING-BEGINNER

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

Seniors Centre-Minoru Centre for Active Living

Sep 16-Oct 28 W..... 11:45am-12:45pm..... \$48.65/7 sess 00539334
Nov 4-Dec 16 W..... 11:45am-12:45pm..... \$41.70/6 sess 00539336

TAP DANCING-INTERMEDIATE

Combine previously learned steps with new moves and choreography in these social sessions that also offer a fun workout. Tap shoes required at each session. Pre-requisite: Tap Dancing-Beginner or previous tap dancing experience.

Seniors Centre-Minoru Centre for Active Living

Sep 16-Oct 28 W..... 10:30-11:30am..... \$41.70/6 sess 00539343
Nov 4-Dec 16 W..... 10:30-11:30am..... \$41.70/6 sess 00539346

Arts-Music

DRUMMING RHYTHMS FROM AROUND THE WORLD

Venture through global rhythms, including Brazilian and African, while learning patterns and tunes on the djembe drum. Drum required at each session or available for use if required.

West Richmond Community Centre

Oct 16-Nov 20.....F..... 6:30-8:00pm..... \$62.55/6 sess 00538337

GUITAR GROUP LESSONS-BEGINNER-LEVEL 1

Learn the basic fundamentals of guitar chords, tabs, basic fretting and strumming techniques while having fun. Guitar required at each session. No experience required.

Seniors Centre-Minoru Centre for Active Living

Sep 18-Dec 18.....F..... 12:30-1:30pm..... \$117.75/14 sess .. 00536109

West Richmond Community Centre

Oct 7-Dec 9 W..... 10:00-11:00am..... \$75.70/9 sess 00537699

GUITAR GROUP LESSONS-BEGINNER-LEVEL 2

Build on the basic foundation of guitar chords, tabs and strumming while learning additional techniques through easy-to-learn songs. Guitar required at each session. Pre-requisite: Guitar Group Lessons-Beginner-Level 1 or previous guitar experience.

Seniors Centre-Minoru Centre for Active Living

Sep 18-Dec 18.....F..... 1:45-2:45pm..... \$117.75/14 sess .. 00536134

West Richmond Community Centre

Oct 7-Dec 9 W..... 11:15am-12:15pm..... \$75.70/9 sess 00537700

INTRODUCTION TO PIANO-INTERGENERATIONAL

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

City Centre Community Centre

Sep 14-Dec 14.....M..... 4:30-5:15pm..... \$97.50/13 sess 00534775
Sep 14-Dec 14.....M..... 4:30-5:15pm..... \$97.50/13 sess 00537185
Sep 14-Dec 14.....M..... 5:30-6:15pm..... \$97.50/13 sess 00537184
Sep 14-Dec 14.....M..... 5:30-6:15pm..... \$97.50/13 sess 00537186
Sep 16-Dec 16.....W..... 4:30-5:15pm..... \$90/12 sess 00537187
Sep 16-Dec 16.....W..... 4:30-5:15pm..... \$90/12 sess 00537190
Sep 16-Dec 16.....W..... 5:30-6:15pm..... \$90/12 sess 00537188
Sep 16-Dec 16.....W..... 5:30-6:15pm..... \$90/12 sess 00537191
Sep 18-Dec 18.....F..... 4:30-5:15pm..... \$105/14 sess 00537193
Sep 18-Dec 18.....F..... 4:30-5:15pm..... \$105/14 sess 00537196
Sep 18-Dec 18.....F..... 5:30-6:15pm..... \$105/14 sess 00537195
Sep 18-Dec 18.....F..... 5:30-6:15pm..... \$105/14 sess 00537197
Sep 19-Dec 19.....Sa..... 11:00-11:45am..... \$105/14 sess 00537198
Sep 19-Dec 19.....Sa..... 11:00-11:45am..... \$105/14 sess 00537200
Sep 19-Dec 19.....Sa..... 12:00-12:45pm..... \$105/14 sess 00537199
Sep 19-Dec 19.....Sa..... 12:00-12:45pm..... \$105/14 sess 00537201
Sep 19-Dec 19.....Sa..... 2:00-2:45pm..... \$105/14 sess 00537202
Sep 19-Dec 19.....Sa..... 2:00-2:45pm..... \$105/14 sess 00537206
Sep 19-Dec 19.....Sa..... 3:00-3:45pm..... \$105/14 sess 00537205
Sep 19-Dec 19.....Sa..... 3:00-3:45pm..... \$105/14 sess 00537207
Sep 20-Dec 20.....Su 11:00-11:45am..... \$105/14 sess 00537213
Sep 20-Dec 20.....Su 11:00-11:45am..... \$105/14 sess 00537216
Sep 20-Dec 20.....Su 12:00-12:45pm..... \$105/14 sess 00537214
Sep 20-Dec 20.....Su 12:00-12:45pm..... \$105/14 sess 00537217
Sep 20-Dec 20.....Su 1:00-1:45pm..... \$105/14 sess 00537219
Sep 20-Dec 20.....Su 1:00-1:45pm..... \$105/14 sess 00537221
Sep 20-Dec 20.....Su 2:00-2:45pm..... \$105/14 sess 00537220
Sep 20-Dec 20.....Su 2:00-2:45pm..... \$105/14 sess 00537225

SINGING-INTERMEDIATE- RICHMOND MUSIC SCHOOL

Build on basic vocal techniques, sight reading, sight singing and two- or three-part harmonies. Instructed by the Richmond Music School. Pre-requisite: Singing-Beginner or previous choral experience.

Seniors Centre-Minoru Centre for Active Living

Sep 18-Dec 18.....F..... 3:30-4:30pm..... \$168/14 sess 00536104

TAIKO DRUMMING-BEGINNER

Explore this fun and exciting centuries-old type of drumming that combines music, dance, martial arts and culture for a full-body workout.

South Arm Community Centre

Oct 19-Dec 14 M..... 7:30-8:30pm..... \$62.55/9 sess 00534630

TAIKO DRUMMING-INTERMEDIATE

Experience this ancient Japanese percussion art that improves memory, physical skills and creativity and work on intricate rhythms, drills and vocal shouts in an enjoyable and supportive setting. Pre-requisite: Taiko Drumming-Beginner

South Arm Community Centre

Oct 19-Dec 14 M..... 6:30-7:30pm..... \$62.55/9 sess 00534628

TAIKO DRUMMING-ADVANCED

Build on existing Taiko drumming skills by learning challenging complex patterns, improving hand-eye coordination and memory for a full-body workout. Pre-requisite: Taiko Drumming-Intermediate.

South Arm Community Centre

Oct 19-Dec 14 M..... 5:30-6:30pm..... \$62.55/9 sess 00534626

UKULELE

Enjoy this engaging one-off session that introduces a few basics and gets everyone picking, strumming and playing a fun first song. No experience required. Ukulele provided for this session. Registration required.

Steveston Community Centre

TRY-IT FREE Sep 29 ...Tu... 3:00-4:00pm.....Free/1 sess 00536218

UKULELE-BEGINNER

Play this easy-to-learn instrument for fun and to increase cognitive abilities. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library.

Seniors Centre-Minoru Centre for Active Living

Sep 14-Dec 14.....M..... 3:30-4:30pm..... \$90.35/13 sess 00536368

South Arm Community Centre

Sep 21-Nov 2 M..... 11:00am-12:30pm..... \$62.55/6 sess 00536410

UKULELE-GET STARTED

Learn the basics of holding, tuning, playing and note reading while exploring how the pentatonic scale unlocks music from around the world. Suitable for absolute and early beginners. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library.

Steveston Community Centre

Oct 7-Nov 25... W .. 11:00am-12:15pm.....\$82.00/7 sess (18-54yrs) ... 00536222
\$60.80/7 sess (55+yrs)

UKULELE-KEEP GOING

Build on the basics and expand music understanding through picking and strumming songs in the key of C and F from a variety of genres. Suitable for advanced/confident beginners. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library. Pre-requisite: Ukulele-Beginner course and experience with note reading.

South Arm Community Centre

Sep 21-Nov 2 M..... 12:45-2:15pm..... \$62.55/6 sess 00536402

Steveston Community Centre

Oct 7-Nov 25.....W... 1:00-2:15pm.... \$82/7 sess (18+yrs) 00536225
\$60.80/7 sess (55+yrs)

UKULELE-MOVE ON UP

Break free from the first four frets using familiar chord shapes to access and gain knowledge of the whole fretboard. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library. Pre-requisite: Intermediate knowledge of ukulele and fluency in musical notation and tablature.

Steveston Community Centre

Oct 6-Oct 27.....Tu..... 11:00am-12:15pm..... \$34.75/4 sess 00536227

UKULELE-SKILL BUILDING-MAJOR AND MINOR CHORDS

Explore major and minor chords, progressions and how one note can add light, shadow and change the emotion of a song. Ukulele required at each session. Ukulele lending program available at the Richmond Public Library. Pre-requisite: Beginner knowledge of ukulele and fluency in musical notation and tablature.

Steveston Community Centre

Oct 6-Oct 27.....Tu..... 1:00-2:15pm..... \$34.75/4 sess 00536226

Arts-Performing

IMPROV-BEGINNER

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

Seniors Centre-Minoru Centre for Active Living

Sep 14-Dec 14.....M..... 4:00-5:00pm..... \$90.35/13 sess 00536364

Arts-Visual

ACRYLIC PAINTING-ALL LEVELS

Explore abstract, landscape and still life painting using acrylic paints and sketching materials. Suitable for beginner and experienced painters with individual guidance provided. Supplies list provided.

Seniors Centre-Minoru Centre for Active Living

Sep 16-Nov 25 W..... 12:30-2:30pm..... \$111.20/8 sess 00538610

Steveston Community Centre

Sep 14-Oct 19 M..... 12:30-2:30pm..... \$69.50/5 sess 00536185

Oct 26-Nov 23.....M..... 12:30-2:30pm..... \$69.50/5 sess 00536187

ACRYLIC PAINTING-BEGINNER

Discover the basics of this painting style covering line, shape, form, space, value and colour along with step-by-step guidance.

City Centre Community Centre

Sep 15-Oct 20 Tu..... 10:00am-12:00pm..... \$83.40/6 sess 00536762

Oct 27-Dec 1 Tu..... 10:00am-12:00pm..... \$83.40/6 sess 00536767

CALLIGRAPHY AND HAND LETTERING-BEGINNER

Explore creative writing styles with brush pens and paintbrushes and learn classic and modern fonts to design unique cards, envelopes, bookmarks and more. A \$10 non-refundable supplies fee charged when registering.

Seniors Centre-Minoru Centre for Active Living

Sep 18-Oct 30 ...F 5:30-7:00pm.... \$98.40/7 sess (45-54yrs)..... 00535472
\$72.95/7 sess (55+yrs)

CALLIGRAPHY AND HAND LETTERING— HOLIDAY CARDS—INTERMEDIATE

Build on brush lettering skills using brush pens and paintbrushes while creating holiday-themed gifts. Explore classic and modern fonts, creative layouts and festive design techniques to craft unique handmade cards. A \$10 non-refundable supplies fee charged when registering. Pre-requisite: Calligraphy and Hand Lettering—Beginner or previous calligraphy writing experience.

Seniors Centre—Minoru Centre for Active Living

Nov 20-Dec 11 ..F 5:30-7:00pm.... \$56.20/4 sess (45-54yrs)..... 00538419
\$41.70/4 sess (55+yrs)

CHINESE BRUSH PAINTING

Explore this beautiful ancient art through exercises that focus on basic techniques. The \$22 non-refundable supplies fee is optional. Supplies list provided.

Steveston Community Centre

Sep 9-Oct 14 W..... 10:30am-12:30pm..... \$69.50/5 sess 00536196
Oct 21-Nov 25.....W..... 10:30am-12:30pm..... \$69.50/5 sess 00536197

Seniors Centre—Minoru Centre for Active Living

Sep 14-Oct 15 M..... 9:30-11:30am \$55.60/4 sess 00543934
Nov 16-Dec 14 M..... 9:30-11:30am \$69.50/5 sess 00543936

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 list provided.

Thompson Community Centre

Oct 16-Nov 20.....F..... 10:30am-12:30pm..... \$83.40/6 sess 00538097

CRAFT SERIES—CREATIVE CLAY CRAFT—CHRISTMAS THEME

Use modeling clay to make holiday themed crafts and gifts. Supplies included.

South Arm Community Centre

Nov 19-Dec 10 Th..... 10:30am-12:00pm..... \$41.70/4 sess 00530951

CRAFT SERIES—CREATIVE CLAY CRAFT—THANKSGIVING THEME

Use modeling clay to make holiday themed crafts and gifts. Supplies included.

South Arm Community Centre

Sep 17-Oct 8 Th..... 10:30am-12:00pm..... \$41.70/4 sess 00530946

CHINESE CALLIGRAPHY (CANTONESE/ MANDARIN/ENGLISH)

Learn and build the skills and techniques required to produce advanced calligraphy art. Conducted in Cantonese and Mandarin. Supplies list provided.

Steveston Community Centre

Sep 8-Oct 13 Tu..... 9:30-11:30am \$83.40/6 sess 00536199
Sep 10-Oct 15 Th..... 9:30-11:30am \$83.40/6 sess 00536203
Oct 27-Nov 24.....Tu..... 9:30-11:30am \$69.50/5 sess 00536200
Oct 29-Nov 26.....Th..... 9:30-11:30am \$69.50/5 sess 00536205

CHINESE CALLIGRAPHY (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. Supplies list provided.

City Centre Community Centre

Sep 10-Oct 22 Th..... 10:00-11:30am \$72.95/7 sess 00532722
Oct 29-Dec 17 Th..... 10:00-11:30am \$83.40/8 sess 00532724

CHINESE CALLIGRAPHY AND PAINTING (CANTONESE/MANDARIN)

Experience the beauty of Chinese brush painting and calligraphy while learning essential brush techniques, expressive ink work and the cultural meaning behind each stroke. Conducted in Cantonese and Mandarin. Supplies list provided.

Seniors Centre—Minoru Centre for Active Living

Sep 26-Nov 28 Sa..... 1:00-2:30pm..... \$104.25/10 sess .. 00535173

CLAY CREATIONS—AIR DRY CLAY— HOLIDAY JEWELLERY

Discover the art of crafting unique, useable pieces using lightweight sculpting materials. Supplies included.

Seniors Centre—Minoru Centre for Active Living

Nov 6-Nov 13 F 6:00-7:30pm..... \$28.10/2 sess (45-54yrs)..... 00538596
\$20.85/2 sess (55+yrs)

DRAWING AND PAINTING (MANDARIN)—ALL LEVELS

Explore the fundamentals of visual arts in this supportive environment. Learn techniques for sketching, shading, colour mixing and composition through guided projects. Suitable for all levels. Conducted in Mandarin. Supplies list provided.

Seniors Centre—Minoru Centre for Active Living

Sep 13-Oct 25 . Su.. 10:00am-12:00pm... \$131.20/7 sess (45-54yrs)...00538601
\$97.30/7 sess (55+yrs)

Nov 1-Dec 13 .. Su.. 10:00am-12:00pm... \$131.20/7 sess (45-54yrs)...00538910
\$97.30/7 sess (55+yrs)

DRAWING AND SKETCHING—BEGINNER

Capture images on paper by developing drawing skills that include basic shapes of objects, people and landscapes. No experience required. Supplies list provided.

Steveston Community Centre

Sep 10-Oct 15 Th..... 1:00-3:00pm..... \$83.40/6 sess 00539508
Oct 22-Nov 26.....Th..... 1:00-3:00pm..... \$83.40/6 sess 00539512

DRAWING AND SKETCHING—INTERMEDIATE

Produce more detailed artwork and improve drawing skills in these sessions that focus on more advanced techniques. Pre-requisite: Drawing and Sketching—Beginner or previous drawing and sketching experience.

Steveston Community Centre

Sep 8-Oct 13 Tu..... 1:00-3:00pm..... \$83.40/6 sess 00539494
Oct 20-Nov 24.....Tu..... 1:00-3:00pm..... \$83.40/6 sess 00539511

DRAWING BASICS

Capture simple objects, images and still lifes on paper while learning basic concepts and techniques to improve understanding and confidence.

Seniors Centre—Minoru Centre for Active Living

Sep 14-Oct 26 ... M... 12:30-2:30pm.. \$112.45/6 sess (45-54yrs)... 00538566
\$83.40/6 sess (55+yrs)

Nov 2-Dec 14 M... 12:30-2:30pm.. \$131.20/7 sess (45-54yrs)... 00538570
\$97.30/7 sess (55+yrs)

FLORAL ARRANGEMENT—CENTREPIECE MAKING WORKSHOP

Learn the basics of floral design and create a stunning display to use as home decor. A \$15 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

Thompson Community Centre

Sep 29.....Tu... 5:30-7:00pm.... \$14.05/1 sess (45-54yrs)..... 00538452
\$10.40/1 sess (55+yrs)

Nov 25 W... 10:00-11:30am \$14.05/1 sess (45-54yrs)..... 00539523
\$10.40/1 sess (55+yrs)

Seniors Centre—Minoru Centre for Active Living

Oct 9 F 2:30-4:00pm.... \$14.05/1 sess (45-54yrs)..... 00544195
\$10.40/1 sess (55+yrs)

FLORAL ARRANGING WORKSHOP SERIES—FALL

Create stunning harvest displays for home by learning the fundamentals of arranging flowers, including colour harmony, shape and technique. A \$30 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

Thompson Community Centre

Oct 13-Nov 3.....Tu... 5:30-7:00pm....\$56.20/4 sess (45-54yrs)..... 00538288
\$41.70/4 sess (55+yrs)

NAGOMI ART WORKSHOP—BEGINNER

Learn this form of Japanese art that uses soft pastels and fingers to create calming and gentle art pieces. No experience required. A \$10 non-refundable supplies fee charged when registering.

City Centre Community Centre

Sep 16-Oct 28 W..... 10:30am-12:00pm..... \$62.55/6 sess 00539393

NAGOMI ART WORKSHOP—INTERMEDIATE

Explore more advanced techniques of this form of Japanese art such as stencil making, layered compositions and colour use to create richer, more dynamic artworks. Pre-requisite: Nagomi Art—Beginner. An optional \$10 non-refundable supplies fee is charged when registering.

City Centre Community Centre

Nov 18-Dec 23 W..... 10:30am-12:00pm \$62.55/6 sess 00539418

ORIGAMI

Transform 6 x 6" pieces of paper into art in this introductory level program that gets minds and hands working creatively. Supplies included.

Seniors Centre—Minoru Centre for Active Living

Sep 18.....F..... 10:00-11:00am..... \$6.95/1 sess 00538752

Oct 16.....F..... 10:00-11:00am..... \$6.95/1 sess 00538725

ORIGAMI—CHRISTMAS THEME

Transform 6 x 6" pieces of paper into art in this introductory level program that get minds thinking and hands folding creatively. Supplies included.

Seniors Centre—Minoru Centre for Active Living

Nov 13 F..... 10:00-11:00am..... \$6.95/1 sess 00535483

Dec 11.....F..... 10:00-11:00am..... \$6.95/1 sess 00535481

PAINT NIGHT—PARTY WITH LAURA

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

Cambie Community Centre

Sep 17 Th..... 6:30-8:30pm..... \$35/1 sess 00538594

Oct 29 Th..... 6:30-8:30pm..... \$35/1 sess 00538598

Dec 3.....Th..... 6:30-8:30pm..... \$35/1 sess 00539054

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 a charcuterie box with cheese, meat and fruit. A \$22 non-refundable supplies fee charged when registering.

Seniors Centre—Minoru Centre for Active Living

Oct 9 F 6:00-7:30pm....\$14.05/1 sess (45-54yrs)..... 00538447
\$10.40/1 sess (55+yrs)

South Arm Community Centre

Sep 25.....F 5:30-7:30pm....\$18.75/1 sess (45-54yrs)..... 00531918
\$13.90/1 sess (55+yrs)

Oct 16.....F 5:30-7:30pm....\$18.75/1 sess (45-54yrs)..... 00531919
\$13.90/1 sess (55+yrs)

Nov 20 F 5:30-7:30pm....\$18.75/1 sess (45-54yrs)..... 00531920
\$13.90/1 sess (55+yrs)

Dec 9.....W... 5:30-7:30pm....\$18.75/1 sess (45-54yrs)..... 00531921
\$13.90/1 sess (55+yrs)

PAINT, SIP AND SNACK—HOLIDAY THEME

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

Seniors Centre—Minoru Centre for Active Living

Dec 11.....F 6:00-7:30pm....\$14.05/1 sess (45-54yrs)..... 00538448
\$10.40/1 sess (55+yrs)

PAPER QUILLING ART

Discover this art technique in a fun, relaxing and supportive environment while creating beautiful, memorable keepsakes and improving dexterity, focus and hand-eye coordination.

South Arm Community Centre

Oct 20-Nov 3.....Tu..... 10:30am-12:30pm..... \$41.70/3 sess 00537351

PRINTMAKING—COLLAGRAPH

PRINTING WORKSHOP

Create unique, textured prints using everyday materials. Learn how to design a printing plate, experiment with textures, apply ink and produce a series of original prints while exploring a fun and creative artistic process. Supplies included.

Seniors Centre—Minoru Centre for Active Living

Nov 20-Dec 4.....F..... 10:00am-12:30pm..... \$52.10/3 sess 00539401

PRINTMAKING—FOAM RELIEF

PRINTING WORKSHOP

Design and carve prints using foam sheets, ink and rollers. Create textured designs on tote bags or paper while exploring colour, pattern and creativity in this fun, hands-on session. Supplies included.

Seniors Centre—Minoru Centre for Active Living

Oct 23-Nov 6.....F..... 10:00am-12:00pm..... \$41.70/3 sess 00539329

PUMPKIN CARVING WORKSHOP

Carve, create and connect in this session that sparks imagination, offers a social outing and fills the season with festive fun. Supplies included. Registration required.

Seniors Centre—Minoru Centre for Active Living

FREE Oct 23 F..... 4:30-6:00pm..... Free/1 sess..... 00538369

WATERCOLOUR PAINTING—ALL LEVELS

Work on personal projects to further develop voice and style in these loosely structured, enriching and supportive studio sessions. Suitable for all levels. Supplies list provided.

Seniors Centre—Minoru Centre for Active Living

Sep 17-Oct 29 Th..... 9:30-11:30am..... \$97.30/7 sess 00529566

Nov 5-Dec 17 Th..... 9:30-11:30am..... \$97.30/7 sess 00529573

Sep 17-Oct 29 Th..... 12:00-2:00pm..... \$97.30/7 sess 00529574

Nov 5-Dec 17 Th..... 12:00-2:00pm..... \$97.30/7 sess 00529575

South Arm Community Centre

Sep 15-Oct 13 Tu..... 10:30am-12:30pm..... \$69.50/5 sess 00537341

Nov 23-Dec 14 M..... 10:30am-12:30pm..... \$55.60/4 sess 00537345

WATERCOLOUR PAINTING—TECHNIQUES AND STYLES—ALL LEVELS

Explore still lifes, landscapes and figure studies using different styles and a variety of brushes. Suitable for all levels. Supplies list provided.

Steveston Community Centre

Sep 8-Oct 20 Tu..... 12:00-2:00pm..... \$97.30/7 sess 00536193

Oct 27-Nov 24.....Tu..... 12:00-2:00pm..... \$69.50/5 sess 00536194

West Richmond Community Centre

Sep 25-Nov 13 F..... 10:00-11:30am..... \$83.40/8 sess 00538110

WREATH MAKING–WITH REAL FLOWERS HOLIDAY THEME WORKSHOP

Celebrate the festive season using a variety of fresh florals to create long-lasting home decor that blends holiday colours and textures. A \$25 non-refundable supplies fee charged when registering. No refunds within 7 days of session.

Seniors Centre–Minoru Centre for Active Living

Dec 7.....M... 2:45-4:15pm....\$14.05/1 sess (45-54yrs).....00535478
\$10.40/1 sess (55+yrs)
Dec 14.....M... 2:45-4:15pm....\$14.05/1 sess (45-54yrs).....00535477
\$10.40/1 sess (55+yrs)

Computers, Technology and Social Media

DIGITAL LITERACY

Enhance personal digital literacy and build confidence with digital devices through this volunteer-led program. Maximize learning outcomes by attending the full duration of the program.

South Arm Community Centre

FREE Oct 5-Nov 16.....M... 3:45-5:15pm.....Free/6 sess 00531831

DIGITAL LITERACY (CANTONESE/MANDARIN)

Enhance personal digital literacy and build confidence with digital devices through this volunteer-led program. Maximize learning outcomes by attending the full duration of the program. Conducted in Cantonese and Mandarin.

South Arm Community Centre

FREE Sep 20-Nov 15 ..Su... 3:00-4:00pm.....Free/8 sess 00531830

SMART PHONES, 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 session. Registration required.

South Arm Community Centre

FREE Sep 24.....Th..... 3:30-4:00pm..... Free/1 sess..... 00538687
FREE Sep 24.....Th..... 4:00-4:30pm..... Free/1 sess..... 00538691
FREE Oct 8.....Th..... 3:30-4:00pm..... Free/1 sess..... 00538692
FREE Oct 22.....Th..... 4:00-4:30pm..... Free/1 sess..... 00538695
FREE Nov 5.....Th..... 3:30-4:00pm..... Free/1 sess..... 00538696
FREE Nov 5.....Th..... 4:00-4:30pm..... Free/1 sess..... 00538698
FREE Nov 19.....Th..... 3:30-4:00pm..... Free/1 sess..... 00538699
FREE Nov 19.....Th..... 4:00-4:30pm..... Free/1 sess..... 00538700
FREE Dec 3.....Th..... 3:30-4:00pm..... Free/1 sess..... 00538701
FREE Dec 3.....Th..... 4:00-4:30pm..... Free/1 sess..... 00538702

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 session or iPad provided for use. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE Sep 12.....Sa..... 1:30-2:00pm..... Free/1 sess..... 00538048
FREE Sep 12.....Sa..... 2:00-2:30pm..... Free/1 sess..... 00538050
FREE Sep 12.....Sa..... 2:30-3:00pm..... Free/1 sess..... 00538052
FREE Sep 12.....Sa..... 3:00-3:30pm..... Free/1 sess..... 00538054
FREE Sep 26.....Sa..... 1:30-2:00pm..... Free/1 sess..... 00538056
FREE Sep 26.....Sa..... 2:00-2:30pm..... Free/1 sess..... 00538057
FREE Sep 26.....Sa..... 2:30-3:00pm..... Free/1 sess..... 00538059
FREE Sep 26.....Sa..... 3:00-3:30pm..... Free/1 sess..... 00538060

FREE Oct 10.....Sa..... 1:30-2:00pm..... Free/1 sess..... 00538061
FREE Oct 10.....Sa..... 2:00-2:30pm..... Free/1 sess..... 00538062
FREE Oct 10.....Sa..... 2:30-3:00pm..... Free/1 sess..... 00538064
FREE Oct 10.....Sa..... 3:00-3:30pm..... Free/1 sess..... 00538065
FREE Oct 24.....Sa..... 1:30-2:00pm..... Free/1 sess..... 00538066
FREE Oct 24.....Sa..... 2:00-2:30pm..... Free/1 sess..... 00538089
FREE Oct 24.....Sa..... 2:30-3:00pm..... Free/1 sess..... 00538090
FREE Oct 24.....Sa..... 3:00-3:30pm..... Free/1 sess..... 00538091
FREE Nov 7.....Sa..... 1:30-2:00pm..... Free/1 sess..... 00538175
FREE Nov 7.....Sa..... 2:00-2:30pm..... Free/1 sess..... 00538176
FREE Nov 7.....Sa..... 2:30-3:00pm..... Free/1 sess..... 00538177
FREE Nov 7.....Sa..... 3:00-3:30pm..... Free/1 sess..... 00538178
FREE Nov 21.....Sa..... 1:30-2:00pm..... Free/1 sess..... 00538181
FREE Nov 21.....Sa..... 2:00-2:30pm..... Free/1 sess..... 00538183
FREE Nov 21.....Sa..... 2:30-3:00pm..... Free/1 sess..... 00538185
FREE Nov 21.....Sa..... 3:00-3:30pm..... Free/1 sess..... 00538187
FREE Dec 5.....Sa..... 1:30-2:00pm..... Free/1 sess..... 00538282
FREE Dec 5.....Sa..... 2:00-2:30pm..... Free/1 sess..... 00538283
FREE Dec 5.....Sa..... 2:30-3:00pm..... Free/1 sess..... 00538285
FREE Dec 5.....Sa..... 3:00-3:30pm..... Free/1 sess..... 00538287

West Richmond Community Centre

FREE Sep 9.....W..... 10:00-10:30am..... Free/1 sess..... 00538226
FREE Sep 9.....W..... 10:30-11:00am..... Free/1 sess..... 00538259
FREE Sep 9.....W..... 11:00-11:30am..... Free/1 sess..... 00538276
FREE Oct 14.....W..... 10:00-10:30am..... Free/1 sess..... 00538236
FREE Oct 14.....W..... 10:30-11:00am..... Free/1 sess..... 00538265
FREE Oct 14.....W..... 11:00-11:30am..... Free/1 sess..... 00538284
FREE Nov 18.....W..... 10:00-10:30am..... Free/1 sess..... 00538241
FREE Nov 18.....W..... 10:30-11:00am..... Free/1 sess..... 00538266
FREE Nov 18.....W..... 11:00-11:30am..... Free/1 sess..... 00538289
FREE Dec 9.....W..... 10:00-10:30am..... Free/1 sess..... 00538247
FREE Dec 9.....W..... 10:30-11:00am..... Free/1 sess..... 00538267
FREE Dec 9.....W..... 11:00-11:30am..... Free/1 sess..... 00538290

SMARTPHONES, TABLETS AND LAPTOPS–LEARN FROM A YOUTH

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

Thompson Community Centre

FREE Sep 29.....Tu..... 3:30-4:00pm..... Free/1 sess..... 00536170
FREE Sep 29.....Tu..... 4:00-4:30pm..... Free/1 sess..... 00536171
FREE Sep 29.....Tu..... 4:30-5:00pm..... Free/1 sess..... 00536174
FREE Oct 27.....Tu..... 3:30-4:00pm..... Free/1 sess..... 00536177
FREE Oct 27.....Tu..... 4:00-4:30pm..... Free/1 sess..... 00536179
FREE Oct 27.....Tu..... 4:30-5:00pm..... Free/1 sess..... 00536180
FREE Nov 24.....Tu..... 3:30-4:00pm..... Free/1 sess..... 00536181
FREE Nov 24.....Tu..... 4:00-4:30pm..... Free/1 sess..... 00536182
FREE Nov 24.....Tu..... 4:30-5:00pm..... Free/1 sess..... 00536201

West Richmond Community Centre

FREE Oct 28.....W..... 3:30-4:15pm..... Free/1 sess..... 00538159
FREE Nov 25.....W..... 3:30-4:15pm..... Free/1 sess..... 00538167

Cooking

BAKE THE WORLD A BETTER PLACE WORKSHOP

Discover the joy of baking while making new friends. Whip, whisk and bake delicious treats perfect for sharing and learn oven skills and baking techniques in a fun, supportive atmosphere.

CRANBERRY SCONES

South Arm Community Centre

Oct 16 F 5:00-6:45pm \$29.50/1 sess 00538391

FESTIVE ECLAIR

South Arm Community Centre

Dec 11 F 5:00-6:45pm \$29.50/1 sess 00538412

KEY LIME TART

South Arm Community Centre

Sep 18 F 5:00-6:45pm \$29.50/1 sess 00538385

MINI FRUIT TARTS

South Arm Community Centre

Nov 20 F 5:00-6:45pm \$29.50/1 sess 00538393

COOKING DEMONSTRATION–HARVEST KITCHEN–FRESH FLAVOURS OF FALL WORKSHOP

Celebrate the flavours of fall with a chef-led cooking demonstration featuring fresh, seasonal ingredients. Experience the preparation of delicious autumn-inspired dishes while learning helpful cooking tips, techniques and recipe ideas. Enjoy samples, build culinary skills and discover creative ways to make the most of the harvest season. A \$5 non-refundable supplies fee charged when registering.

Seniors Centre–Minoru Centre for Active Living

Sep 23 W 2:45-4:15pm \$25.25/1 sess 00536803

COOKING DEMONSTRATION–SOUPS ON! HEARTY BOWLS FOR COZY DAYS WORKSHOP

Warm up the season with this chef-led cooking demonstration featuring comforting soups and satisfying dishes perfect for cooler days. Learn tips and techniques for creating flavourful, nourishing meals using simple ingredients while discovering new recipes. Enjoy samples, take home recipes and leave inspired. A \$5 non-refundable supplies fee charged when registering.

Seniors Centre–Minoru Centre for Active Living

Oct 21 W 2:45-4:15pm \$25.25/1 sess 00536399

COOKING DEMONSTRATION–HOLIDAY ENTERTAINING MADE EASY WORKSHOP

Learn how to make holiday entertaining simple and enjoyable in this chef-led cooking demonstration that focuses on festive, crowd-pleasing dishes. Watch as the chef prepares a selection of seasonal appetizers and small plates while sharing practical tips for planning ahead, saving time and creating beautiful presentations. Enjoy samples, take home recipes and gain inspiration to host with confidence. A \$5 non-refundable supplies fee charged when registering.

Seniors Centre–Minoru Centre for Active Living

Nov 18 W 2:45-4:15pm \$25.25/1 sess 00536383

COOKING DEMONSTRATION–FESTIVE FLAVOURS HOLIDAY APPETIZERS AND SMALL PLATES WORKSHOP

Celebrate the season with the chef-led cooking demonstration featuring a variety of simple holiday appetizers and small plates. Watch as the chef prepares easy, shareable dishes perfect for gatherings, casual get-togethers or enjoying at home. Learn practical tips and ideas for stress-free holiday entertaining, enjoy samples and take home recipes to inspire seasonal cooking. A \$5 non-refundable supplies fee charged when registering.

Seniors Centre–Minoru Centre for Active Living

Dec 9 W 2:45-4:15pm \$25.25/1 sess 00536376

HARVEST MOON CAKE MAKING WORKSHOP

Discover the timeless art of making mooncakes in celebration of the Mid-Autumn Harvest Moon Festival. Taste traditional flavors and prepare a handcrafted mooncake to bake and share later. Supplies included.

South Arm Community Centre

Sep 24 Th 9:45-10:45am \$17/1 sess 00531790

HEALTHY WORLD COOKING

Learn how to make healthy and nutritious recipes from around the world. After cooking, enjoy eating together and take home some items to enjoy later. A \$10 non-refundable supplies fee charged when registering.

BURMA

South Arm Community Centre

Oct 20 Tu 5:00-6:30pm \$25.25/1 sess 00538655

CANADIAN HOLIDAY DINNER

South Arm Community Centre

Dec 15 Tu 5:00-7:00pm \$33.70/1 sess 00538665

HONG KONG

South Arm Community Centre

Nov 24 Tu 5:00-6:30pm \$25.25/1 sess 00538658

INDONESIA

South Arm Community Centre

Dec 8 Tu 5:00-6:30pm \$25.25/1 sess 00538661

JAPAN

South Arm Community Centre

Sep 22 Tu 5:00-6:30pm \$25.25/1 sess 00538652

KOREA

South Arm Community Centre

Oct 6 Tu 5:00-6:30pm \$25.25/1 sess 00538653

MONGOLIA

South Arm Community Centre

Nov 10 Tu 5:00-6:30pm \$25.25/1 sess 00538657

PHILIPPINES

South Arm Community Centre

Nov 3 Tu 5:00-6:30pm \$25.25/1 sess 00538656

SINGAPORE

South Arm Community Centre

Oct 13 Tu 5:00-6:30pm \$25.25/1 sess 00538654

THAILAND

South Arm Community Centre

Sep 15 Tu 5:00-6:30pm \$25.25/1 sess 00538644

VIETNAM

South Arm Community Centre

Dec 1 Tu 5:00-6:30pm \$25.25/1 sess 00538659

Events and Seasonal Programs

SEPTEMBER

AFTERNOON TEA AND TREATS—PETITE TEA PLATE

Enjoy a cozy afternoon in a warm and welcoming atmosphere sipping from a selection of soothing teas or freshly brewed coffee perfectly paired with delicious, bite-sized savoury and sweet treats.

Seniors Centre—Minoru Centre for Active Living

Sep 2.....W.....2:45-4:15pm.....\$35.25/1 sess (non-member) 00536929
\$32.05/1 sess (member)

AFTERNOON TEA AND TREATS— TEA TIME FOR FOUR

Gather with friends to enjoy this warm and welcoming atmosphere sipping from a selection of soothing teas or freshly brewed coffee paired with an elegant assortment of bite-sized savoury and sweet treats. This curated tea service is designed to be shared among four people for a wonderful way to connect and spend time together.

Seniors Centre—Minoru Centre for Active Living

Sep 2.....W.....2:45-4:15pm.....\$35.25/1 sess (non-member) 00537297
\$32.05/1 sess (member)

RETRO RHYTHMS—1960-1980'S DANCE AND SOCIAL

Step back in time and join the fun at this social featuring a live performance by local band, "Flashback". Enjoy great music, dancing, a light lunch and a welcoming atmosphere to meet new friends and create lasting memories.

South Arm Community Centre

Sep 8.....Tu..... 12:00-1:30pm..... \$17.50/1 sess 00532460

REPAIR FAIR

Richmond supports a circular economy by encouraging residents to repair items multiple times to help reduce waste and reliance on natural resources. This event will provide free repair services for clothing, small appliances and bikes. Drop-in only for those 55+ years.

Seniors Centre—Minoru Centre for Active Living

FREE Sep 14.....M..... 9:00am-12:00pm..... Free/1 sess

BIRTHDAY PARTY SOCIAL

Enjoy a festive gathering with others celebrating birthdays, complete with a complimentary cupcake and a choice of coffee or tea. Registration required. Registrant's birthday must fall within the current month. Limit one guest per registrant.

Seniors Centre—Minoru Centre for Active Living

FREE Sep 16.....W..... 2:30-3:30pm..... Free/1 sess..... 00538386

MOVIE MATINEES AT THE CANNERY— 'UNDER THE WILLOW TREE: PIONEER CHINESE WOMEN IN CANADA'

Discover the stories of pioneer Chinese Canadian women in this compelling documentary featuring personal recollections, family photographs and the experiences of these first generations of women. Gain a deeper appreciation of resilience, cultural heritage and an important chapter of Canadian history. Presented by the National Film Board of Canada. Attendees are recommended to wear warm clothes as the Boiler House Theatre can be cool. Drinks and snacks not included. Admission included.

Steveston Community Centre

Sep 21.....M..... 2:00-4:00pm..... \$5/1 sess 00539017

CHEF'S DINNER

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

Seniors Centre—Minoru Centre for Active Living

Sep 22.....Tu... 5:00-6:30pm.... \$33.50/1 sess (55-89yrs)..... 00530814
\$21.50/1 sess (90+yrs)

MID-AUTUMN FESTIVAL CELEBRATION AND TEA

Celebrate this Chinese festival with cultural entertainment, traditional moon cakes, light refreshments and a chance to connect with others to share the spirit of community and togetherness.

City Centre Community Centre

Sep 23.....W..... 3:00-4:30pm..... \$12.75/1 sess 00538943

AUTUMN APPLE PIE AND COFFEE SOCIAL HOUR

Savour the comforting flavours of fall with a delicious slice of apple pie served alongside freshly brewed coffee or tea. Spend a warm and welcoming afternoon in good company, connecting with others and celebrating the season. Offered self-serve style in the cafeteria, this is a perfect opportunity to meet up with others or enjoy solo.

Seniors Centre—Minoru Centre for Active Living

Sep 24.....Th .. 2:45-3:45pm.... \$7.50/1 sess (non-member) 00537356
\$6.50/1 sess (member)

MID-AUTUMN CELEBRATION

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

Cambie Community Centre

Sep 24.....Th..... 12:00-2:00pm..... \$12.75/1 sess 00539606

MOONCAKE SAMPLING SOCIAL HOUR

Discover some of the rich flavours and traditions of the Chinese Mid-Autumn Festival by sampling a variety of mooncakes with a fruit cup and jasmine tea. Learn about the cultural significance of these traditional pastries while enjoying a welcoming afternoon. Offered self-serve style in the cafeteria, this is a perfect opportunity to meet up with others or enjoy solo.

Seniors Centre—Minoru Centre for Active Living

Sep 25.....F 2:30-3:30pm.... \$9.50/1 sess (non-member) 00538537
\$8.50/1 sess (member)

PUZZLE SWAP

Swap, purchase and share new and used jigsaw puzzles with fellow enthusiasts. Registration required.

Seniors Centre—Minoru Centre for Active Living

FREE Sep 26.....Sa..... 1:30-2:30pm..... Free/1 sess..... 00534538

OCTOBER

National Seniors Day

The City of Richmond is celebrating National Seniors Day, which coincides with the United Nations Day of the older persons by offering free or low-cost community activities for those 55+ years.

Starting September 1, find all activities at Richmond.ca/PositiveAging.

As part of the celebration, don't miss the positive aging campaign on display from October 1 to 7. This campaign showcases positive images of Richmond seniors with a goal of reducing ageism and existing stereotypes.

AFTERNOON TEA AND TREATS—PETITE TEA PLATE

Enjoy a cozy afternoon in a warm and welcoming atmosphere sipping from a selection of soothing teas or freshly brewed coffee perfectly paired with delicious, bite-sized savoury and sweet treats.

Seniors Centre—Minoru Centre for Active Living

Oct 7.....W... 2:45-4:15pm.... \$9.80/1 sess (non-member) 00536211
\$8.95/1 sess (member)

AFTERNOON TEA AND TREATS— TEA TIME FOR FOUR

Gather with friends to enjoy this warm and welcoming atmosphere sipping from a selection of soothing teas or freshly brewed coffee paired with an elegant assortment of bite-sized savoury and sweet treats. This curated tea service is designed to be shared among four people for a wonderful way to connect and spend time together.

Seniors Centre—Minoru Centre for Active Living

Oct 7 W 2:45-4:15pm \$35.25/1 sess (non-member) 00536278
\$32.05/1 sess (member)

THANKSGIVING DINNER

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

Thompson Community Centre

Oct 9 F 6:00-8:00pm \$23.35/1 sess 00536217

UBC NITOBÉ MEMORIAL GARDEN TRIP

Visit one of North America's most authentic Japanese gardens and enjoy peaceful pathways, traditional landscaping and seasonal scenery, followed by lunch in the UBC Food Court. Experience relaxation, cultural appreciation and a refreshing day in nature at this special Vancouver venue. Transportation and admission included. No refunds within 7 days of trip.

Steveston Community Centre

Oct 15 Th 10:00am-4:00pm \$35.50/1 sess 00540795

MOVIE MATINEES AT THE CANNERY—'BEETLEJUICE'

Celebrate spooky season with this beloved comedy directed by Tim Burton and starring Michael Keaton, Geena Davis, Alec Baldwin and Winona Ryder. Share laughs, Halloween fun and a classic movie experience with friends. Attendees are recommended to wear warm clothes as the Boiler House Theatre can be cool. Drinks and snacks not included.

Steveston Community Centre

Oct 19 M 2:00-4:00pm \$5/1 sess 00539034

PRETZELS, CHEESE AND SPARKLING APPLE JUICE SOCIAL HOUR

Enjoy warm pretzels, assorted cheeses and refreshing sparkling apple juice while celebrating the flavours of the season. Spend a relaxed autumn afternoon in good company, connecting with others in a welcoming social atmosphere. Offered self-serve style in the cafeteria, this is a perfect opportunity to meet up with others or enjoy solo.

Seniors Centre—Minoru Centre for Active Living

Oct 22 Th .. 2:45-3:45pm \$7.50/1 sess (non-member) 00536930
\$6.50/1 sess (member)

BIRTHDAY PARTY SOCIAL

Enjoy a festive gathering with others celebrating birthdays, complete with a complimentary cupcake and a choice of coffee or tea. Registration required. Registrant's birthday must fall within the current month. Limit one guest per registrant (guests must register as a walk-in).

Seniors Centre—Minoru Centre for Active Living

FREE Oct 28 W 2:30-3:30pm Free/1 sess 00539000

DINNER AND DANCE— FALL-O-WEEN MASQUERADE

Step into an enchanting evening of festive dining and dancing. Enjoy a delicious dinner, move to lively music and celebrate the season in a favourite themed mask and attire with the chance to connect with friends and meet new people. Round trip transportation (\$5) and home drop off (\$3) available. In-person registration starts August 5 at 9:00am at the Seniors Centre at Minoru Centre for Active Living. Phone registration starts the same day at 2:00pm at 604-238-8450. There is a new ticket policy. See Registration Notes for more details.

Seniors Centre—Minoru Centre for Active Living

Oct 28 W ... 4:30-8:00pm \$37.50/1 sess (55-89yrs) 00534804
\$23.50/1 sess (90+yrs)

NOVEMBER

AFTERNOON TEA AND TREATS—PETITE TEA PLATE

Enjoy a cozy afternoon in a warm and welcoming atmosphere sipping from a selection of soothing teas or freshly brewed coffee perfectly paired with delicious, bite-sized savoury and sweet treats.

Seniors Centre—Minoru Centre for Active Living

Nov 4 W ... 2:45-4:15pm \$9.80/1 sess (non-member) 00536272
\$8.95/1 sess (member)

AFTERNOON TEA AND TREATS— TEA TIME FOR FOUR

Gather with friends to enjoy this warm and welcoming atmosphere sipping from a selection of soothing teas or freshly brewed coffee paired with an elegant assortment of bite-sized savoury and sweet treats. This curated tea service is designed to be shared among four people for a wonderful way to connect and spend time together.

Seniors Centre—Minoru Centre for Active Living

Nov 4 ... W 2:45-4:15pm \$35.25/1 sess (non-member) 00536333
\$32.05/1 sess (member)

DIWALI CELEBRATION

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

South Arm Community Centre

Nov 17 Tu 12:00-2:00pm \$12.75/1 sess 00528749

DIWALI CELEBRATION AND DANCING

Embrace the spirit of Diwali's Festival of Lights celebrating India's rich heritage with vibrant performances and the warmth of the community.

Cambie Community Centre

Nov 7 Sa 1:00-3:00pm \$17.50/1 sess 00539608

CHEF'S DINNER

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

Seniors Centre—Minoru Centre for Active Living

Nov 11 Tu ... 5:00-6:30pm \$33.50/1 sess (55-89yrs) 00530819
\$21.50/1 sess (90+yrs)

MOVIE MATINEES AT THE CANNERY— 'EMPIRE OF THE SUN'

Experience this unforgettable story of courage and resilience set during the Japanese invasion of China. This film by director Steven Spielberg stars Christian Bale, John Malkovich and Miranda Richardson and follows a young boy's remarkable journey of survival and hope. Attendees are recommended to wear warm clothes as the Boiler House Theatre can be cool. Drinks and snacks not included.

Steveston Community Centre

Nov 16 M 2:00-4:00pm \$5/1 sess 00539013

HOT CHOCOLATE AND COOKIE SOCIAL HOUR

Enjoy a warm cup of hot chocolate paired with a sweet cookie while spending a relaxed and welcoming afternoon in good company. Take time to connect with others, unwind and enjoy a simple seasonal treat. Offered self-serve style in the cafeteria, this is a perfect opportunity to meet up with others or enjoy solo.

Seniors Centre–Minoru Centre for Active Living

Nov 19..... Th... 2:45-3:45pm..... \$7.50/1 sess (non-member) ... 00536916
\$6.50/1 sess (member)

BIRTHDAY PARTY SOCIAL

Enjoy a festive gathering with others celebrating birthdays, complete with a complimentary cupcake and a choice of coffee or tea. Registration required. Registrant's birthday must fall within the current month. Limit one guest per registrant.

Seniors Centre–Minoru Centre for Active Living

FREE Nov 25 W..... 2:30-3:30pm..... Free/1 sess..... 00539002
December

AFTERNOON TEA AND TREATS–PETITE TEA PLATE

Enjoy a cozy afternoon in a warm and welcoming atmosphere sipping from a selection of soothing teas or freshly brewed coffee perfectly paired with delicious, bite-sized savoury and sweet treats.

Seniors Centre–Minoru Centre for Active Living

Dec 2..... W... 2:45-4:15pm..... \$9.80/1 sess (non-member) 00536273
\$8.95/1 sess (member)

AFTERNOON TEA AND TREATS– TEA TIME FOR FOUR

Gather with friends to enjoy this warm and welcoming atmosphere sipping from a selection of soothing teas or freshly brewed coffee paired with an elegant assortment of bite-sized savoury and sweet treats. This curated tea service is designed to be shared among four people for a wonderful way to connect and spend time together.

Seniors Centre–Minoru Centre for Active Living

Dec 2.... W.... 2:45-4:15pm..... \$35.25/1 sess (non-member) 00536280
\$32.05/1 sess (member)

CHRISTMAS LUNCHEON AT MINORU CENTRE FOR ACTIVE LIVING

Celebrate the holidays with a traditional and delicious meal complete with turkey and all the fixings, along with festive classic jingles from a live band. Round trip transportation (\$5) and home drop off (\$3) available. In-person registration starts October 22, 2026 at 9:00am at the Seniors Centre at Minoru Centre for Active Living. Phone registration starts the same day at 2:00pm by calling 604-238-8450. Note: There is a new ticket policy. See Registration Notes for more details.

Seniors Centre–Minoru Centre for Active Living

Dec 2..... W... 12:00-3:30pm.. \$37.50/1 sess (55-89yrs)..... 00533732
\$23.50/1 sess (90+yrs)

CHRISTMAS DINNER AT MINORU CENTRE FOR ACTIVE LIVING

Celebrate the holiday season with a traditional festive meal featuring turkey and all the fixings, plus live entertainment with classic holiday favourites. Round trip transportation (\$5) and home drop off (\$3) available. In-person registration starts October 15, 2026 at 9:00am at the Seniors Centre at Minoru Centre for Active Living. Phone registration starts the same day at 2:00pm by calling 604-238-8450. Note: There is a new ticket policy. See Registration Notes for more details.

Seniors Centre–Minoru Centre for Active Living

Dec 9..... W... 4:30-8:00pm.... \$37.50/1 sess (55-89yrs)..... 00534549
\$23.50/1 sess (90+yrs)

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 11 F..... 12:00-1:00pm..... Free/1 sess..... 00538415

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 11..... F..... 10:00-11:30am..... \$12.75/1 sess 00536220

CHRISTMAS CELEBRATIONS FROM AROUND THE WORLD

Discover how this special day is celebrated globally by learning about unique traditions, greetings, foods and customs. Light refreshments included.

Cambie Community Centre

Dec 14..... M..... 1:00-3:00pm..... \$17.50/1 sess 00538051

BIRTHDAY PARTY SOCIAL

Enjoy a festive gathering with others celebrating birthdays, complete with a complimentary cupcake and a choice of coffee or tea. Registration required. Registrant's birthday must fall within the current month. Limit one guest per registrant (guests must register as a walk-in).

Seniors Centre–Minoru Centre for Active Living

FREE Dec 16..... W..... 2:30-3:30pm..... Free/1 sess..... 00539005

UKE-ING AND SINGING 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 included. No refunds within 7 days of event.

West Richmond Community Centre

Dec 16..... W..... 3:00-5:00pm..... \$12.75/1 sess 00537681

HOLIDAY GINGERBREAD AND SHORTBREAD SOCIAL HOUR

Celebrate the holiday season with a selection of festive gingerbread and buttery shortbread cookies served alongside freshly brewed coffee or tea. Enjoy a warm and welcoming afternoon filled with seasonal flavours, conversation and community connection. Offered self-serve style in the cafeteria, this is a perfect opportunity to meet up with others or enjoy solo.

Seniors Centre–Minoru Centre for Active Living

Dec 17..... Th .. 2:45-3:45pm.... \$7.50/1 sess (non-member) 00536910
\$6.50/1 sess (member)

CHRISTMAS CELEBRATION AND LUNCH AT CITY CENTRE

Enjoy a festive afternoon social offering entertainment, lunch and the chance to connect with others in a cheerful setting.

City Centre Community Centre

Dec 18..... F..... 11:30am-1:30pm..... \$17.50/1 sess 00534060

MOVIE MATINEES AT THE CANNERY--'TITANIC'

Experience this epic love story set against a historic tragedy about class, romance and survival aboard the ill-fated ship, Titanic. This award-winning film by director James Cameron stars Leonardo DiCaprio and Kate Winslet reflects on resilience, loss and the enduring power of human connection. Attendees are recommended to wear warm clothes as the Boiler House Theatre can be cool. Drinks and snacks not included.

Steveston Community Centre

Dec 21 M 2:00-4:00pm \$5.00/1 sess 00539025

CHRISTMAS DINNER TO GO

Enjoy a delicious turkey meal with all the trimmings and a desert without the clean up. Complete re-heating instructions included.

Pick up Dec 24 Tu 10:00am-12:00pm

CHRISTMAS BAKING

Christmas baking also available to go. Pre-order required.

Pick Up Dec 18 F 10:00am-12:00pm

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.

Seniors Centre--Minoru Centre for Active Living

Sep 8-Oct 27 Tu 10:00-11:00am \$56/8 sess 00537954

Sep 11-Oct 23 F 10:15-11:15am \$49/7 sess 00538130

Nov 3-Dec 22 Tu 10:00-11:00am \$56/8 sess 00537959

Nov 5-Dec 17 Th 10:15-11:15am \$49/7 sess 00538133

A.M.B.S. (AGILITY MOBILITY BALANCE STRENGTH)--ALL LEVELS

Combine 'personalize' with 'socialize' in this small group training that focuses on agility, mobility, balance and strength with instruction and programming at personal fitness levels. Suitable for all levels.

Steveston Community Centre

Sep 9-Oct 14 W 1:00-2:00pm \$56.80/5 sess 00533521

Oct 21-Nov 25 W 1:00-2:00pm \$56.80/5 sess 00533523

A.M.B.S. (AGILITY MOBILITY BALANCE STRENGTH)--LEVEL 1

Combine 'personalize' with 'socialize' in this small group training that focuses on agility, mobility, balance and strength with instruction and programming at personal fitness levels.

Steveston Community Centre

Sep 11-Oct 16 F 11:45am-12:45pm \$68.15/6 sess 00533783

Sep 14-Oct 19 M 11:45am-12:45pm \$56.80/5 sess 00533787

Oct 23-Nov 27 F 11:45am-12:45pm \$68.15/6 sess 00533784

Oct 26-Nov 23 M 11:45am-12:45pm \$56.80/5 sess 00533788

A.M.B.S. (AGILITY MOBILITY BALANCE STRENGTH)--LEVEL 2

Combine 'personalize' with 'socialize' in this small group training that focuses on agility, mobility, balance and strength with more advanced instruction and programming aimed at increasing fitness levels. Recommended pre-requisite: A.M.B.S. (Agility Mobility Balance Strength)--Level 1.

Steveston Community Centre

Sep 11-Oct 16 F 1:00-2:00pm \$68.15/6 sess 00533785

Oct 23-Nov 27 F 1:00-2:00pm \$68.15/6 sess 00533786

ACTIVE AND FIT

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

South Arm Community Centre

Sep 15-Oct 13 Tu 2:00-3:00pm \$35/5 sess 00536063

Sep 17-Dec 17 Th 11:00am-12:00pm \$84/12 sess 00535286

Sep 22-Oct 27 Tu 11:00am-12:00pm \$42/6 sess 00531807

Nov 10-Dec 15 Tu 11:00am-12:00pm \$42/6 sess 00531808

Nov 17-Dec 15 Tu 2:00-3:00pm \$35/5 sess 00536077

BETTER BACKS AND BALANCE--BEGINNER

Learn ways to strengthen the mid-section and lower back to improve balance. Suitable for those with osteoporosis. No experience required.

South Arm Community Centre

Sep 14-Dec 21 M 12:00-1:00pm \$84/12 sess 00529556

Sep 23-Dec 16 W 10:30-11:30am \$84/12 sess 00534924

Steveston Community Centre

Sep 8-Oct 13 Tu 11:45am-12:45pm \$42/6 sess 00533797

Sep 12-Oct 17 Sa 10:30-11:30am \$42/6 sess 00533824

Oct 20-Nov 24 Tu 11:45am-12:45pm \$42/6 sess 00533801

Oct 24-Nov 28 Sa 10:30-11:30am \$42/6 sess 00533825

Thompson Community Centre

Sep 14-Dec 7 M 11:00am-12:00pm \$84/12 sess 00530568

BETTER BONES AND BALANCE

Combine strength, balance and impact training to improve muscle mass, balance and bone health. No experience required.

City Centre Community Centre

Sep 18-Oct 30 F 4:00-5:00pm \$79.50/7 sess 00542819

Nov 6-Dec 18 F 4:00-5:00pm \$79.50/7 sess 00542935

Steveston Community Centre

Sep 9-Oct 14 W 2:15-3:15pm \$56.80/5 sess 00533525

Oct 21-Nov 25 W 2:15-3:15pm \$56.80/5 sess 00533546

CHAIR DANCING AND TONING

Move to rhythmic dance sequences and tone the body while sitting for a fun and balanced workout.

South Arm Community Centre

Sep 12-Oct 24 Sa 11:00am-12:00pm \$49/7 sess 00535448

Oct 31-Dec 12 Sa 11:00am-12:00pm \$49/7 sess 00536974

CHAIR FITNESS--LEVEL 1

Manage chronic conditions and pain more effectively both in and out of the chair. Focus on simple exercises, deep breathing and gentle stretches in these basic fitness sessions. Suitable for older adults and those with physical limitations.

Cambie Community Centre

Sep 11-Dec 11 F 11:15am-12:00pm \$98/14 sess 00537457

Seniors Centre--Minoru Centre for Active Living

Sep 10-Oct 29 Th 11:45am-12:45pm \$56/8 sess 00538121

Nov 5-Dec 17 Th 11:45am-12:45pm \$49/7 sess 00538122

South Arm Community Centre

Sep 14-Dec 14 M 1:30-2:30pm \$91/13 sess 00531802

CHAIR FITNESS (CANTONESE/ENGLISH)

Manage chronic conditions and pain more effectively both in and out of the chair. Focus on simple exercises, deep breathing and gentle stretches in these basic fitness sessions. Suitable for older adults and those with physical limitations. Conducted in Cantonese and English.

Seniors Centre--Minoru Centre for Active Living

Sep 9-Dec 23 W 11:30am-12:30pm \$85.35/11 sess 00538117

CHAIR YOGA

Find length in the spine in these unique fitness sessions that open the hips and move the shoulders and neck. Suitable for those with mobility challenges.

Seniors Centre–Minoru Centre for Active Living

Sep 8-Oct 27 Tu.....9:15-10:15am \$62.10/8 sess 00538576
Nov 3-Dec 22 Tu.....9:15-10:15am \$62.10/8 sess 00538577

South Arm Community Centre

Sep 14-Dec 7 M.....2:45-3:45pm \$93.10/12 sess 00536959

Thompson Community Centre

Sep 16-Dec 9 W.....1:15-2:15pm \$85.35/11 sess 00530566

CYCLE AND STRENGTH–SILVER–BEGINNER

Combine cycling and strength training to age-appropriate music to become stronger, more balanced and energized. These result-oriented sessions cover cadence, balance and strength. No experience required.

West Richmond Community Centre

Sep 15-Dec 1 Tu.....11:50am-12:50pm \$84/12 sess 00529056
Sep 17-Dec 3 Th.....11:50am-12:50pm \$84/12 sess 00529058

CYCLE AND STRENGTH–GOLD

Combine cycling and strength training to age-appropriate music to become stronger, more balanced and energized. These result-oriented sessions cover cadence, balance and strength. No experience required. Suitable for beginners 75+ years.

West Richmond Community Centre

Sep 14-Nov 30 M.....1:00-2:00pm \$77/11 sess 00529055

CYCLE FIT–SILVER–BEGINNER

Cycle to age-appropriate music to become stronger, more balanced and energized. These result-oriented sessions cover cadence and balance. No experience required.

West Richmond Community Centre

Sep 16-Dec 2 W.....12:10-12:50pm \$70/10 sess 00529054
Sep 18-Dec 11 F.....1:00-1:40pm \$84/12 sess 00529060

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.

Seniors Centre–Minoru Centre for Active Living

Sep 8-Oct 22 Tu/Th. 12:45-1:45pm \$98/14 sess 00538100
Nov 3-Dec 17 Tu/Th. 12:45-1:45pm \$98/14 sess 00538102

Steveston Community Centre

Sep 10-Oct 15 Th.....11:45am-12:45pm \$42/6 sess 00533808
Oct 22-Nov 26 Th.....11:45am-12:45pm \$42/6 sess 00533811

FITNESS AND MOBILITY EXERCISE

STROKE RECOVERY

Improve fitness and mobility through this evidence-based exercise program designed for those recovering from a stroke. These small group sessions include functional strengthening, agility, balance and stretching exercises. Suitable for anyone who has experienced a stroke and can safely stand for five minutes, walk 10 meters (even with assistive devices) and can communicate with the instructor. Led by a certified exercise professional. Medical screening required before registration. Call 604-238-8004 for details.

Seniors Centre–Minoru Centre for Active Living

Sep 8-Oct 22 Tu/Th. 11:00am-12:00pm \$159.05/14 sess .. 00538083
Nov 3-Dec 17 Tu/Th. 11:00am-12:00pm \$159.05/14 sess .. 00538088

FUNDAMENTALS OF FITNESS–LEVEL 1

Train smarter, not longer, in these small, group training sessions developing lean, functional muscle tone using foundational lifts, posture alignment and progressive overload all within a supportive and motivating small-group environment.

Steveston Community Centre

Sep 8-Oct 13 Tu.....12:15-1:15pm \$68.15/6 sess 00533820
Oct 20-Nov 24 Tu.....12:15-1:15pm \$68.15/6 sess 00533821

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 challenges.

Seniors Centre–Minoru Centre for Active Living

Sep 10-Oct 29 Th.....9:15-10:15am \$56/8 sess 00538118
Nov 5-Dec 17 Th.....9:15-10:15am \$49/7 sess 00538119

GROUP WEIGHT TRAINING–FOR BETTER BONES–ADULTS

Build stronger bones and improve balance through gentle, safe resistance exercises designed for everyday movement and independence. Suitable for all fitness levels and those with osteoporosis. No experience required.

City Centre Community Centre

Sep 18-Oct 30 F.....2:45-3:45pm \$79.50/7 sess 00542856
Nov 6-Dec 18 F.....2:45-3:45pm \$79.50/7 sess 00542920

GROUP WEIGHT TRAINING (MANDARIN/ENGLISH)

Learn to weight train and properly use machines, free weights, medicine balls and strength tubes all in a supervised setting. Conducted in Mandarin and English.

City Centre Community Centre

Sep 11-Oct 23 F.....11:30am-12:30pm \$79.50/7 sess 00537273
Nov 6-Dec 18 F.....11:30am-12:30pm \$79.50/7 sess 00540768

Thompson Community Centre

Sep 14-Oct 26 M.....12:00-1:00pm \$68.15/6 sess 00533374
Nov 2-Dec 7 M.....12:00-1:00pm \$68.15/6 sess 00533376

HATHA YOGA–SILVER

Aim to achieve a healthier body and clearer mind in these slower-paced and age-appropriate music sessions that cover stretching, breathing techniques and meditation.

West Richmond Community Centre

Sep 8-Dec 8 Tu.....2:05-3:05pm \$159/14 sess 00529012
Sep 10-Nov 26 Th.....2:05-3:05pm \$136.30/12 sess .. 00529013

JOINT MOVES

Increase range of motion, strength and flexibility and learn ways to minimize stiffness and pain. Suitable for older adults and those with arthritis.

Seniors Centre–Minoru Centre for Active Living

Sep 8-Oct 27 Tu.....10:30-11:30am \$56/8 sess 00537961
Nov 3-Dec 22 Tu.....10:30-11:30am \$56/8 sess 00537972
Sep 10-Oct 29 Th.....10:30-11:30am \$56/8 sess 00538120

KICKBOXING–DRILLS AND SKILLS–ALL LEVELS

Improve cardiovascular strength and conditioning using a variety of boxing equipment and techniques for a full body workout. Boxing gloves recommended at each session.

Thompson Community Centre

Sep 17-Oct 22 Th.....12:00-1:00pm \$42/6 sess 00532560
Oct 29-Dec 10 Th.....12:00-1:00pm \$49/7 sess 00532563

LADIES WHO LIFT—BEGINNER

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. No experience required.

City Centre Community Centre

Sep 11-Oct 23 F..... 12:45-1:45pm..... \$79.50/7 sess 00537274
Nov 6-Dec 18 F..... 12:45-1:45pm..... \$79.50/7 sess 00540771

West Richmond Community Centre

Sep 14-Dec 7 M..... 9:30-10:30am \$136.30/12 sess .. 00529047
Sep 14-Dec 7 M..... 10:45-11:45am \$136.30/12 sess .. 00529062

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. Sessions are based on High Intensity Interval Training (H.I.I.T.) and adapted for older adults or those new to this type of training.

South Arm Community Centre

Sep 14-Dec 14 M..... 10:30-11:30am \$91/13 sess 00529552

MEN ON WEIGHTS

Build confidence, strength and knowledge in this small group program designed for men. Focus on developing strength and toning muscles using machines, free weights and other fitness equipment in a supportive setting led by a personal trainer.

Seniors Centre—Minoru Centre for Active Living

Sep 21-Oct 26 M..... 1:15-2:15pm \$56.80/5 sess 00537564
Nov 16-Dec 14 M..... 1:15-2:15pm \$56.80/5 sess 00537595

South Arm Community Centre

Sep 14-Oct 26 M..... 12:00-1:00pm \$68.15/6 sess 00529557
Nov 9-Dec 14 M..... 12:00-1:00pm \$68.15/6 sess 00529558

Thompson Community Centre

Sep 17-Oct 22 Th..... 1:30-2:30pm \$68.15/6 sess 00534543
Oct 29-Dec 10 Th..... 1:30-2:30pm \$79.50/7 sess 00534544

MIND TO MUSCLE—BEGINNER

Improve overall fitness and well-being by focusing on mobility to stability work that includes balance, agility, flexibility, rehabilitation, core, cardio and overall strengthening. No experience required.

West Richmond Community Centre

Sep 9-Nov 25 W..... 1:00-2:00pm \$70/10 sess 00529011

MINDS IN MOTION

Enjoy light exercise led by a certified fitness instructor, followed by activities or games and social time in a relaxed atmosphere. Designed for people living with early-stage memory loss due to Alzheimer's disease and other dementias and a friend, family member or care partner. Light refreshments provided. PAR-Q+ form must be completed at the start of the program. One person with dementia and one care partner covered in fee. Must be referred by the Alzheimer's Society.

South Arm Community Centre

Sep 10-Oct 22 Th..... 1:30-3:00pm \$41.80/7 sess 00539546
Nov 5-Dec 17 Th..... 1:30-3:00pm \$41.80/7 sess 00539547

MINDS IN MOTION (CANTONESE)

Enjoy light exercise led by a certified fitness instructor, followed by activities or games and social time in a relaxed atmosphere. Designed for people living with early-stage memory loss due to Alzheimer's disease and other dementias and a friend, family member or care partner. Light refreshments provided. PAR-Q+ form must be completed at the start of the program. One person with dementia and one care partner covered in fee. Must be referred to by the Alzheimer's Society. Conducted in Cantonese.

Cambie Community Centre

Sep 16-Oct 21 W..... 1:00-2:30pm \$29.85/5 sess 00528942
Nov 4-Dec 9 W..... 1:00-2:30pm \$29.85/5 sess 00528943

MINDS, MUSCLES AND MOBILITY

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

Steveston Community Centre

Sep 8-Oct 13 Tu..... 10:30-11:30am \$42/6 sess 00533791
Sep 10-Oct 15 Th..... 10:30-11:30am \$42/6 sess 00533804
Oct 20-Nov 24 Tu..... 10:30-11:30am \$42/6 sess 00533793
Oct 22-Nov 26 Th..... 10:30-11:30am \$42/6 sess 00533806

OSTEOFIT FOR BETTER BONES

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

City Centre Community Centre

Sep 8-Dec 15 Tu..... 9:30-10:30am \$105/15 sess 00537271

Thompson Community Centre

Sep 22-Dec 8 Tu..... 12:15-1:15pm \$84/12 sess 00532511

OSTEOFIT FOR LIFE

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

Thompson Community Centre

Sep 22-Dec 8 Tu..... 1:30-2:30pm \$84/12 sess 00532526

OSTEOFIT FOR LIFE (CANTONESE)

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

City Centre Community Centre

Sep 8-Dec 15 Tu..... 10:45-11:45am \$105/15 sess 00537272

STAY STRONG

Exercise safely with gentle movements that focus on increasing range of motion, strength, balance and agility to better manage daily activities.

Hamilton Community Centre

Sep 9-Oct 21 W..... 10:15-11:15am \$42/6 sess 00536279
Sep 14-Oct 26 M..... 10:15-11:15am \$42/6 sess 00537834
Oct 28-Dec 9 W..... 10:15-11:15am \$42/6 sess 00539366
Nov 2-Dec 7 M..... 10:15-11:15am \$42/6 sess 00539362

Seniors Centre—Minoru Centre for Active Living

Sep 8-Oct 27 Tu..... 1:15-2:15pm \$56/8 sess 00538095
Sep 10-Oct 22 Th..... 12:30-1:30pm \$49/7 sess 00538125
Sep 14-Nov 2 M..... 10:15-11:15am \$49/7 sess 00538136
Nov 3-Dec 22 Tu..... 1:15-2:15pm \$56/8 sess 00538096
Nov 5-Dec 17 Th..... 12:30-1:30pm \$49/7 sess 00538129
Nov 9-Dec 21 M..... 10:15-11:15am \$49/7 sess 00538137

Thompson Community Centre

Sep 18-Dec 11 F..... 10:30-11:30am \$91/13 sess 00530565

STRONG AND FIT

Combine strength training with a cardio fitness warm up, focusing on building muscle, endurance, stability and functional movements for a full-body workout. Suitable for 65+ years.

West Richmond Community Centre

Sep 10-Dec 17 Th..... 2:15-3:10pm \$98/14 sess 00529009
Sep 14-Dec 14 M..... 2:15-3:10pm \$77/11 sess 00529007
Sep 18-Dec 18 F..... 11:45am-12:45pm \$91/13 sess 00529010

WOMEN ON WEIGHTS

Build confidence, strength and knowledge in this small group program designed for women. Focus on developing strength and toning muscles using machines, free weights and other fitness equipment in a supportive setting led by a personal trainer.

Seniors Centre–Minoru Centre for Active Living

Sep 22-Oct 27 Tu..... 2:15-3:15pm..... \$68.15/6 sess 00537462
 Sep 23-Oct 28 W..... 1:00-2:00pm..... \$56.80/5 sess 00537471
 Nov 10-Dec 15 Tu..... 2:15-3:15pm..... \$68.15/6 sess 00537467
 Nov 18-Dec 16 W..... 1:00-2:00pm..... \$56.80/5 sess 00537555

South Arm Community Centre

Sep 22-Oct 27 Tu..... 12:30-1:30pm..... \$68.15/6 sess 00534839
 Nov 10-Dec 15 Tu..... 12:30-1:30pm..... \$68.15/6 sess 00534842

ZUMBA®–GOLD–ALL LEVELS

Enjoy the lively energy of Latin-inspired music paired with easy-to-follow low-impact Zumba® routines.

Seniors Centre–Minoru Centre for Active Living

Sep 8-Oct 27 Tu..... 12:30-1:30pm..... \$56/8 sess 00538141
 Sep 11-Oct 30 F..... 12:15-1:15pm..... \$56/8 sess 00538144
 Nov 3-Dec 22 Tu..... 12:30-1:30pm..... \$56/8 sess 00538142
 Nov 6-Dec 18 F..... 12:15-1:15pm..... \$49/7 sess 00538147

South Arm Community Centre

Sep 9-Dec 9 W..... 10:45-11:45am..... \$84/12 sess 00534941
 Sep 11-Oct 23 F..... 10:30-11:30am..... \$49/7 sess 00535239
 Oct 30-Dec 11 F..... 10:30-11:30am..... \$49/7 sess 00536306

Steveston Community Centre

Sep 9-Oct 14 W..... 11:45am-12:45pm..... \$35/5 sess 00533517
 Oct 21-Nov 25 W..... 11:45am-12:45pm..... \$35/5 sess 00533518

West Richmond Community Centre

Sep 8-Dec 8 Tu..... 1:00-2:00pm..... \$98/14 sess 00529320

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.

Seniors Centre–Minoru Centre for Active Living

FREE Nov 30 M..... 10:30am-12:00pm..... Free/1 sess..... 00535347

BRIDGE–BEGINNER

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

Seniors Centre–Minoru Centre for Active Living

Sep 17-Oct 29 Th..... 1:30-3:00pm..... \$63.10/7 sess 00538689
 Nov 5-Dec 17 Th..... 1:30-3:00pm..... \$63.10/7 sess 00538690

BRIDGE–INTERMEDIATE

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

Seniors Centre–Minoru Centre for Active Living

Sep 17-Oct 29 Th..... 3:15-4:45pm..... \$63.10/7 sess 00538693
 Nov 5-Dec 17 Th..... 3:15-4:45pm..... \$63.10/7 sess 00538697

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 16 F..... 4:00-6:00pm..... Free/1 sess..... 00538109

COFFEE AND CHAT FOR THOSE LIVING WITH DEMENTIA

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 and Yukon. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE Sep 11-Oct 23 F..... 12:30-2:00pm..... Free/7 sess 00534800
FREE Nov 6-Dec 18 F..... 12:30-2:00pm..... Free/7 sess 00534801

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. Conducted in Cantonese. Presented by the Alzheimer Society of BC and Yukon. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE Sep 15-Oct 20 Tu... 1:30-3:00pm..... Free/6 sess 00529025
FREE Nov 3-Dec 8 Tu... 1:30-3:00pm..... Free/6 sess 00529026

COFFEE AND CHAT FOR THOSE LIVING WITH DEMENTIA (MANDARIN)

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

Seniors Centre–Minoru Centre for Active Living

FREE Sep 9-Oct 28 W... 1:30-3:00pm..... Free/7 sess 00529066
FREE Nov 18-Dec 16 W... 1:30-3:00pm..... Free/5 sess 00529073

DOWNSIZING YOUR HOME WORKSHOP (RIGHTSIZING FOR YOUR NEXT CHAPTER)

Find out some of the benefits and reasons for downsizing in this informative session. Learn how to determine if the time is right, weigh the financial and emotional impacts and discover practical steps for decluttering, selling and planning the next move. Gain valuable insights and learn about real-life examples and strategies to help make future housing decisions with confidence. Led by an experienced realtor. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE Oct 20 Tu..... 1:00-4:00pm..... Free/1 sess..... 00541683

EMERGENCY PREPAREDNESS WORKSHOP

Build readiness, resilience and safety at home by learning five practical steps individuals and households can take before, during and after an emergency. Presented by Richmond Fire-Rescue, Emergency Programs Branch. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE Dec 15 Tu..... 10:30am-12:00pm..... Free/1 sess..... 00530296

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 health professionals from Vancouver Coastal Health (VCH). Registration required.

Thompson Community Centre

FREE Nov 5 Th..... 1:00-2:30pm..... Free/1 sess..... 00539369

FINANCIAL LITERACY–MANAGING YOUR FINANCES IN RETIREMENT

Learn practical strategies to manage finances in retirement that include stretching resources and creating an effective budget and navigate the different stages of retirement with confidence. A seniors meeting follows to offer ideas and suggestions for future seniors' activities. Presented by Chartered Professional Accountants of BC. Refreshment included. Registration required.

South Arm Community Centre

FREE Dec 2 W..... 10:00-11:00am..... Free/1 sess..... 00532476

FINANCIAL LITERACY—PROTECTING YOUR ASSETS WHILE PLANNING AHEAD

Gain confidence in planning for the future at this informative session on estate and legacy planning. Learn the intricacies of Wills, Powers of Attorney, Trusts, Joint Accounts and Gifting strategies to help protect personal assets, manage finances effectively and ensure wishes are carried forward for generations to come. A seniors meeting follows to offer ideas and suggestions for future seniors' activities. Presented by Chartered Professional Accountants of BC. Refreshment included. Registration required.

South Arm Community Centre

FREE Oct 7 W 10:00-10:30am Free/1 sess 00532466

FINANCIAL LITERACY WORKSHOP

Join this educational opportunity that covers 'Power of Attorney, Shared Bank Accounts and Financial Abuse' and includes a guest speaker and information on support resources. Instructed by Council of Senior Citizens' Organizations of BC (COSCO). Registration required.

Thompson Community Centre

FREE Sep 17 Th 1:30-2:30pm Free/1 sess 00539394

FIRE AND LIFE SAFETY WORKSHOP

Learn how to prevent and stay safe from fires, what to do if a fire starts and how to avoid injuries. Presented by Richmond Fire-Rescue. Registration required.

Seniors Centre—Minoru Centre for Active Living

FREE Sep 17 Th 10:30am-12:00pm Free/1 sess 00529336

HOME AND PERSONAL SAFETY TALKS

Learn invaluable residential break and enter prevention tips along with ways to maintain home and personal safety using inexpensive security props. Led by an RCMP officer and includes a brochure and check list to take home. Registration required.

West Richmond Community Centre

FREE Oct 21 W 10:30am-12:00pm Free/1 sess 00537674

JEOPARDY GAME—ONLINE

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 18 F 2:00-3:00pm Free/4 sess 00528935

MAPQUEST TRAVEL—ONLINE

Sit back, relax and sip on a favourite beverage while "travelling" to exciting destinations. Offered through Zoom. Held on the second Tuesday of each month. Registration required.

Cambie Community Centre

FREE Sep 8-Dec 8 Tu 1:00-2:00pm Free/4 sess 00528934

MEMORY AND AGING WORKSHOP

Discover tips for maintaining and improving memory as aging occurs along with information about when to seek professional help. Presented by the Council of Senior Citizens' Organizations of BC (COSCO). Registration required.

Thompson Community Centre

FREE Nov 19 Th 1:30-2:30pm Free/1 sess 00539372

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. Registration required.

Seniors Centre—Minoru Centre for Active Living

FREE Sep 16 W 10:00-11:00am Free/1 sess 00536165

FREE Oct 21 W 10:00-11:00am Free/1 sess 00536169

FREE Nov 18 W 10:00-11:00am Free/1 sess 00536173

FREE Dec 16 W 10:00-11:00am Free/1 sess 00536175

SENIOR SAFETY AND FRAUD PREVENTION WORKSHOP

Discover warning signs and learn how to stay protected from common scams, including artificial intelligence (AI), romance, investment, service and more. Presented by Metro Vancouver Crime Stoppers. Caregivers welcome. Registration required.

Cambie Community Centre

FREE Oct 22 Th 11:00am-12:00pm Free/1 sess 00535664

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.

Thompson Community Centre

FREE Dec 14 M 1:30-2:30pm Free/1 sess 00539374

STAYING SAFE ON TRANSIT—TIPS FOR SENIORS WORKSHOP

Learn practical strategies to stay alert and safe while using public transit in this session that includes guidance from ICBC and Transit Police on personal safety, scams and accessibility supports. Registration required.

West Richmond Community Centre

FREE Nov 4 W 10:30am-12:00pm Free/1 sess 00537458

WREATH MAKING WORKSHOP—FESTIVE THEME

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. A \$15 non-refundable supplies fee charged when registering. No refunds within 7 days of workshop.

South Arm Community Centre

Dec 4 F 5:00-7:00pm \$13.90/1 sess 00534624

Dec 11 F 5:00-7:00pm \$13.90/1 sess 00534625

Health and Wellness

ADVANCE CARE PLANNING WORKSHOP

Learn how to start this important medical and health-care conversation along with myths and realities. Presented by healthcare professionals from Vancouver Coastal Health. Registration required.

Cambie Community Centre

FREE Nov 2 M 1:00-2:30pm Free/1 sess 00539670

ADVANCE PLANNING WORKSHOP—PERSONAL AND ESTATE

Plan for the future to ensure that personal wishes are respected and implemented. Learn about planning tools such as Wills, Power of Attorney, Joint Bank Accounts and Representation Agreements. Presented by Seniors First BC staff lawyers. Registration required.

Cambie Community Centre

FREE Oct 19 M 1:30-3:00pm Free/1 sess 00534484

BC CANCER PREVENTION AND SCREENING WORKSHOP

Learn about prevention and BC's four cancer screening programs: breast, cervix, colon and lung. Receive free resources, participate in prevention trivia and enter to win fun prizes. On-site mammogram bookings and cervix self-screening kits available for eligible participants. Presented by BC Cancer Health Promotion Team. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE Oct 8 Th..... 10:30am-12:00pm..... Free/1 sess..... 00531059

BONE HEALTH 101

Cover what osteoporosis is, the risk factors, how to maintain healthy bones, fall prevention and the impact of nutrition and different types of physical activity. Presented by Osteoporosis Canada. Registration required.

Cambie Community Centre

FREE Nov 5 Th..... 1:00-2:00pm..... Free/1 sess..... 00539068

Thompson Community Centre

FREE Nov 4 W 1:30-2:30pm..... Free/1 sess..... 00539522

West Richmond Community Centre

FREE Sep 23 W 10:30am-12:00pm..... Free/1 sess..... 00543281

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.

Thompson Community Centre

FREE Oct 19-Nov 23... M ... 12:30-3:00pm..... Free/6 sess 00537556

CHRONIC CONDITION SELF-MANAGEMENT PROGRAM (MANDARIN)

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. Conducted in Mandarin. Registration required.

City Centre Community Centre

FREE Sep 16-Oct 21 ... W ... 9:30am-12:00pm.. Free/6 sess 00533348

DEMENTIA FRIENDLY COMMUNITIES

Learn more about dementia and explore simple strategies that can create a more supportive, inclusive and welcoming community for people affected by the disease. Topics include recognizing possible signs of dementia, effective communication approaches and available resources and support services. Presented by the Alzheimer Society of BC and Yukon. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE Sep 29 Tu..... 2:30-4:00pm..... Free/1 sess..... 00530562

DIABETES SELF-MANAGEMENT WORKSHOP

Gain knowledge, skills and confidence in balancing activity, nutrition and medication to better manage symptoms. Caregivers and individuals interested in preventing diabetes are welcome. Presented by the University of Victoria, Self-Management BC, with materials from the BC Ministry of Health. Registration required.

South Arm Community Centre

FREE Oct 20-Dec 1 Tu... 10:00am-12:30pm Free/6 sessions..... 00533378

D.I.Y. (DO-IT-YOURSELF)–BATH BOMB MAKING WORKSHOP

Produce two natural bath products using essential oils and other natural ingredients in this hands-on session. A \$10 non-refundable supplies fee charged when registering.

City Centre Community Centre

Nov 6 F..... 11:00am-12:00pm..... \$6.95/1 sess 00535683

D.I.Y. (DO-IT-YOURSELF)–ESSENTIAL OIL FOOT SOAK WORKSHOP

Create a personalized soothing wellness blend infused with magnesium that is designed to help relax tired feet and promote a sense of calm. A \$10 non-refundable supplies fee charged when registering.

City Centre Community Centre

Sep 11 F..... 11:00am-12:00pm..... \$6.95/1 sess 00539040

D.I.Y. (DO-IT-YOURSELF)–ESSENTIAL OIL–HOLIDAY THEME AROMA PLASTER ORNAMENT WORKSHOP

Create two infused plaster ornaments for decorations that fill a space with soothing, natural fragrance and a calming ambiance. A \$15 non-refundable supply fee is charged when registering.

City Centre Community Centre

Dec 4..... F..... 11:00am-12:00pm..... \$6.95/1 sess 00535236

D.I.Y. (DO-IT-YOURSELF)–HAIR GROWTH SPRAY WORKSHOP

Create a personalized spray blend and discover the power of essential oils that support scalp wellness, strengthen strands and promote a refreshed and nourished feel. A \$15 non-refundable supplies fee charged when registering.

City Centre Community Centre

Oct 2 F..... 11:00am-12:00pm..... \$6.95/1 sess 00536147

EXTREME CLUTTER WORKSHOP–INTRODUCTION

Explore the causes, impacts and practical support strategies of extreme clutter. Learn how community resources, assessments and collaborative approaches can improve wellbeing and create safer living environments. Presented by the BC Association of Community Response Networks. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE Nov 16 M 10:30am-12:00pm..... Free/1 sess 00531686

FINANCIAL LITERACY–RETIREMENT CASH FLOW PLANNING WORKSHOP

Get the most from retirement savings with simple money strategies. Learn how RRIF accounts work, how to make tax-smart withdrawals and how to preserve more savings for family and beneficiaries by reducing taxes on registered accounts. Presented by an Investment Advisor. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE Oct 19 M 10:30am-12:00pm..... Free/1 sess 00535497

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.

Cambie Community Centre

Sep 21 M 9:00am-3:00pm \$65/1 sess 00528898

Oct 5 M 9:00am-3:00pm \$65/1 sess 00528900

Oct 26 M 9:00am-3:00pm \$65/1 sess 00528901

Nov 9 M 9:00am-3:00pm \$65/1 sess 00528902

Nov 23 M 9:00am-3:00pm \$65/1 sess 00528904

Dec 7..... M 9:00am-3:00pm \$65/1 sess 00528927

Dec 21 M 9:00am-3:00pm \$65/1 sess 00528928

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. Participants must be members of Tonari Gumi to register for this program. Conducted in Japanese and English. Call 604-238-8084 or 604-238-8080 to register.

Steveston Community Centre

FREE Sep 14-Nov 23 ..M... 10:00am-12:00pm Free/10 sess 00536210

HEARING CLINICS

Register for a hearing test appointment. Registration required.

Hamilton Community Centre

FREE Nov 17 Tu..... 9:30-10:00am Free/1 sess 00533459

FREE Nov 17 Tu..... 10:00-10:30am Free/1 sess 00533461

FREE Nov 17 Tu..... 10:30-11:00am Free/1 sess 00533463

FREE Nov 17 Tu..... 11:00-11:30am Free/1 sess 00533466

FREE Nov 17 Tu..... 12:00-12:30pm Free/1 sess 00533467

FREE Nov 17 Tu..... 12:30-1:00pm Free/1 sess 00533469

FREE Nov 17 Tu..... 1:00-1:30pm Free/1 sess 00533470

FREE Nov 17 Tu..... 1:30-2:00pm Free/1 sess 00533472

Seniors Centre–Minoru Centre for Active Living

FREE Sep 14 M..... 2:00-2:20pm Free/1 sess 00529272

FREE Sep 14 M..... 2:20-2:40pm Free/1 sess 00529274

FREE Sep 14 M..... 2:40-3:00pm Free/1 sess 00529275

FREE Sep 14 M..... 3:00-3:20pm Free/1 sess 00529276

FREE Sep 14 M..... 3:20-3:40pm Free/1 sess 00529279

FREE Sep 14 M..... 3:40-4:00pm Free/1 sess 00529283

FREE Sep 14 M..... 4:00-4:20pm Free/1 sess 00529284

FREE Sep 14 M..... 4:20-4:40pm Free/1 sess 00529286

FREE Oct 19 M..... 2:00-2:20pm Free/1 sess 00529300

FREE Oct 19 M..... 2:20-2:40pm Free/1 sess 00529301

FREE Oct 19 M..... 2:40-3:00pm Free/1 sess 00529302

FREE Oct 19 M..... 3:00-3:20pm Free/1 sess 00529303

FREE Oct 19 M..... 3:20-3:40pm Free/1 sess 00529304

FREE Oct 19 M..... 3:40-4:00pm Free/1 sess 00529305

FREE Oct 19 M..... 4:00-4:20pm Free/1 sess 00529306

FREE Oct 19 M..... 4:20-4:40pm Free/1 sess 00529307

FREE Nov 16 M..... 2:00-2:20pm Free/1 sess 00529308

FREE Nov 16 M..... 2:20-2:40pm Free/1 sess 00529309

FREE Nov 16 M..... 2:40-3:00pm Free/1 sess 00529311

FREE Nov 16 M..... 3:00-3:20pm Free/1 sess 00529312

FREE Nov 16 M..... 3:20-3:40pm Free/1 sess 00529313

FREE Nov 16 M..... 3:40-4:00pm Free/1 sess 00529314

FREE Nov 16 M..... 4:00-4:20pm Free/1 sess 00529315

FREE Nov 16 M..... 4:20-4:40pm Free/1 sess 00529316

HOLISTIC HEALTH SERIES–ACID REFLUX AND G.E.R.D. WORKSHOP

Understand the physiology behind symptoms of heartburn, belching, chest pain and bloating and learn how treatment is approached from an alternative medicine perspective. Presented by a naturopathic doctor. Registration required.

Hamilton Community Centre

FREE Dec 7 M..... 12:00-1:00pm Free/1 sess 00535264

HOLISTIC HEALTH SERIES–BONE HEALTH WORKSHOP

Understand some of the physiological factors behind osteoporosis and steps to increase bone density from a holistic health perspective. Presented by a naturopathic doctor. Registration required.

Cambie Community Centre

FREE Nov 16 M..... 1:00-2:30pm Free/1 sess 00535505

HOLISTIC HEALTH SERIES–BRAIN HACKING– OPTIMIZE MEMORY AND FOCUS

Discover key factors that support brain health and explore everyday habits that influence cognitive function. Gain practical strategies to help preserve memory, focus and overall cognitive wellness. Presented by a naturopathic doctor. Registration required.

City Centre Community Centre

FREE Oct 5 M..... 1:30-3:00pm Free/1 sess 00536141

HOLISTIC HEALTH SERIES– EPIGENETICS WORKSHOP

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

South Arm Community Centre

FREE Oct 19 M..... 1:00-2:30pm Free/1 sess 00539774

HOLISTIC HEALTH SERIES–OPTIMIZE YOUR NATURAL STRESS RESPONSE WORKSHOP

Learn how fear and anxiety can elevate the stress hormone cortisol, resulting in a fight-or-flight response that affects immune responses such as mood, fatigue, digestion and restless sleep. Learn about the stress pathway and affected organs and how to optimize energy levels. Presented by a naturopathic doctor. Registration required.

Steveston Community Centre

FREE Nov 2 M..... 3:30-4:30pm Free/1 sess 00537597

HOLISTIC HEALTH SERIES–THE FAT PARADOX WORKSHOP

Learn about cholesterol and how fear of this essential type of fat found in blood has caused the low-fat food industry to flourish and the positive and negative effect on people's health. Presented by a naturopathic doctor. Registration required.

Thompson Community Centre

FREE Nov 9 M..... 1:30-2:30pm Free/1 sess 00535919

IKI IKI SOCIAL (JAPANESE/ENGLISH)

Socialize and enjoy easier-paced and culturally-familiar activities in these safe and engaging sessions that focus on promoting and maintaining emotional, physical and cognitive wellbeing. Conducted in Japanese and English. Registration required.

Steveston Community Centre

Sep 10-Nov 26 Th..... 12:30-3:00pm \$252.30/12 sess .. 00536215

INTRODUCTION TO MEDITATION

Discover the basics of meditation in this welcoming and supportive environment either seated or laying down. Practice breath awareness, grounding techniques and guided meditations while learning strategies to quiet mental chatter. Develop simple, sustainable habits that can be incorporated into daily life to support greater calm and well-being. Yoga mat provided for use if required.

Seniors Centre–Minoru Centre for Active Living

Sep 14-Oct 26 M..... 1:00-2:00pm \$36.05/6 sess 00539048

Nov 16-Dec 21 M..... 1:00-2:00pm \$36.05/6 sess 00539290

MIND FLEX MEMORY AND WELLNESS (CANTONESE/MANDARIN/ENGLISH)

Join this engaging cognitive wellness program for individuals living with dementia, featuring hand-brain coordination activities, cognitive games and social interaction in a supportive and inclusive environment. Through fun activities and shared mealtime experiences, participants are encouraged to stay mentally active, connected and engaged. Conducted in Cantonese, Mandarin and English. A \$30 light snacks and refreshments fee charged when registering.

South Arm Community Centre–South Arm Community Hall

Sep 14-Oct 26 M..... 1:30-3:00pm \$42.05/7 sess 00532742

MEDITATION MADE EASY

Learn basic meditation techniques and simple breathing exercises in these entirely chair-based sessions.

South Arm Community Centre

Oct 6-Nov 24.....Tu..... 1:30-2:30pm..... \$48.10/8 sess 00538680

NAVIGATING THE DEMENTIA JOURNEY WORKSHOP (CANTONESE)

Learn about dementia, including how it affects the brain, its symptoms and stages of progression. Covers how to respond to a diagnosis, practical strategies for living well and ways to access support resources with confidence. Conducted in Cantonese. Presented by the Alzheimer Society of BC and Yukon. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE Sep 10.....Th..... 10:30am-12:00pm..... Free/1 sess..... 00531685

NUTRITION TIPS FOR HEALTHY AGING WORKSHOP (CANTONESE)

Learn how simple food choices can support healthy aging, improve well-being and help prevent chronic disease. Presented by a registered dietitian from the iCON Team at UBC Digital Emergency Medicine. Conducted in Cantonese. Registration required.

Seniors Centre–Minoru Centre for Active Living

FREE Sep 22.....Tu..... 10:30am-12:00pm..... Free/1 sess..... 00538920

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. Registration required.

Cambie Community Centre

FREE Sep 17.....Th..... 1:00-3:00pm..... Free/1 sess..... 00530504

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. Registration required.

Cambie Community Centre

FREE Oct 15.....Th..... 1:00-3:00pm..... Free/1 sess..... 00530758

PREVENTING AND REDUCING THE RISKS OF DIABETES WORKSHOP

Learn about the different types of diabetes, risks, symptoms, prevention, treatment and current health and community support available. Presented by BC Diabetes. Registration required.

Hamilton Community Centre

FREE Oct 6.....Tu..... 12:00-1:30pm..... Free/1 sess..... 00534098

SIRVIVOR FITNESS PROGRAM TO SUPPORT PROSTATE HEALTH WORKSHOP–INTRODUCTION

Join the South Arm Fitness Team to learn about the SIRvivor Program and discover exercises designed to support and maintain prostate health. This informative session offers practical guidance, gentle movement and expert-led support to help stay active and well. A seniors meeting follows to offer ideas and suggestions for future seniors' activities. Refreshment included. Registration required.

South Arm Community Centre

FREE Sep 9.....W..... 10:00-11:00am..... Free/1 sess..... 00532458

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, intake interview and instructor approval required. Call the Seniors Wellness Coordinator at 604-238-8460 for details.

Seniors Centre–Minoru Centre for Active Living

Oct 15-Dec 3.....Th..... 10:30am-1:30pm..... \$210/8 sess 00535682

WELLNESS CONNECTIONS (CANTONESE/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. Registration, intake interview and instructor approval required. Conducted in Cantonese and Mandarin. Call the Seniors Wellness Coordinator at 604-238-8460 for details.

Seniors Centre–Minoru Centre for Active Living

Oct 13-Dec 1.....Tu..... 10:30am-1:30pm..... \$210/8 sess 50035681

WELLNESS WEDNESDAYS WORKSHOP

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

Hamilton Community Centre

FREE Oct 21-Dec 9.....W... 11:30am-1:30pm..Free/8 sess 00533088

Languages

ENGLISH–BEGINNER

Develop basic conversation skills, grammar, sentence structure and everyday vocabulary through engaging, hands-on interactive methods. No experience required.

Seniors Centre–Minoru Centre for Active Living

Sep 17-Dec 17.....Th..... 10:00-11:30am..... \$145.30/14 sess ..00536138

FRENCH–BEGINNER

Boost French skills in these friendly, low-pressure sessions tailored for beginners with some basic knowledge. Strengthen core fundamentals, unlock new vocabulary and master simple sentence structures all at a comfortable pace. Instructed by a fluent French-speaking instructor. No experience required.

Seniors Centre–Minoru Centre for Active Living

Sep 19-Dec 12.....Sa..... 9:30-11:00am..... \$134.95/13 sess ..00535893

FRENCH–INTERMEDIATE

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

Seniors Centre–Minoru Centre for Active Living

Sep 19-Dec 12.....Sa..... 11:15am-12:45pm..... \$134.95/13 sess ..00535895

MANDARIN–BEGINNER

Learn some of this language through basic conversations and engaging with new people. Simplified written forms of Chinese characters and pinyin phonetics are also taught to complement this unique learning experience.

Thompson Community Centre

Sep 19-Nov 28 Sa..... 12:00-1:30pm..... \$103.80/10 sess ..00535648

CONVERSATIONAL SPANISH–LEVEL 1

Meet others and build on current skills and converse in these fun, non-grammar-based and interactive sessions that include games and topical discussions. Instructed by a fluent Spanish speaking instructor. Pre-requisite: Minimum basic knowledge of Spanish.

Seniors Centre–Minoru Centre for Active Living

Sep 16-Dec 16.....W..... 10:30am-12:00pm..... \$124.55/12 sess ..00535899

CONVERSATIONAL SPANISH-LEVEL 2

Build on current skills and converse in these fun, non-grammar-based and interactive sessions that include games and topical discussions. Instructed by a fluent Spanish speaking instructor. Pre-requisite: Conversational Spanish-Level 1.

Seniors Centre-Minoru Centre for Active Living

Sep 16-Dec 16.....W..... 12:30-2:00pm..... \$124.55/12 sess ..00535903

SPANISH-BEGINNER

Continue to expand learning basic words, sentences and intonations while using interactive methods to develop conversational fluency in this popular language. Suitable for those with some basic familiarity or comfort with learning languages. Instructed by a fluent Spanish speaking instructor.

Seniors Centre-Minoru Centre for Active Living

Sep 18-Dec 11.....F..... 12:30-2:00pm..... \$134.95/13 sess ..00535883

SPANISH-NEW BEGINNER

Start learning Spanish with basic vocabulary, greetings and simple phrases. Instructed by a fluent Spanish speaking instructor. No experience required.

Seniors Centre-Minoru Centre for Active Living

Sep 18-Dec 11.....F..... 10:30am-12:00pm..... \$134.95/13 sess ..00535882

Martial Arts

HEALTH QIGONG-DAO YIN YANG SHENG GONG 12 METHOD AND TAI CHI STICK

Integrate meditation and breath regulation to guide Qi through the body's meridians. This practice combines breathing exercises, gentle movements and Tai Chi stick techniques to regulate the mind, lungs and overall body system. The 12-step routine is selected from over 50 traditional Dao Yin Qigong exercises, promoting health and vitality. Tai Chi stick required at each session. Instructed by a certified Qigong instructor.

City Centre Community Centre

Sep 18-Dec 18.....F..... 10:00-11:00am..... \$97/14 sess 00535266

HEALTH QIGONG-FIVE ANIMALS FORM

Enhance wellbeing and support with this gentle practice designed for seniors to improve balance, flexibility, breathing and overall vitality through slow, flowing movements inspired by nature. Experience calm, mindful exercise that refreshes both body and mind in a welcoming and supportive environment. Instructed by a certified Qigong instructor.

South Arm Community Centre

Sep 10-Dec 10.....Th..... 12:15-1:15pm..... \$97/14 sess 00534825

HEALTH QIGONG-MA WANG DUI DAO YIN SHU

Improve physical and mental well-being with these exercises that help regulate the flow of energy through the body's meridians, the network of energetic passageways that run throughout the body and stimulate energy flow through the lungs, stomach, heart and kidneys. Instructed by a certified Qigong instructor.

City Centre Community Centre

Sep 16-Dec 16.....W..... 9:15-10:15am..... \$83.15/12 sess 00534489

TAI CHI-48 FORM YANG STYLE

Achieve health benefits that include better balance, increased flexibility and relaxation through mindful movement and breath work.

South Arm Community Centre

Sep 10-Dec 17.....Th..... 2:45-3:45pm..... \$103.95/15 sess ..00537633

TAI CHI-BEGINNER

Learn basic movements in these Yang-style sessions. No experience required.

City Centre Community Centre

TRY-IT FREE Sep 16.....W..... 11:45am-12:45pm. Free/1 sess 00538628

Sep 23-Dec 16.....W..... 11:45am-12:45pm..... \$76.25/11 sess 00538634

Seniors Centre-Minoru Centre for Active Living

Sep 18-Oct 30.....F..... 11:30am-12:30pm..... \$48.50/7 sess 00534795

Nov 6-Dec 18.....F..... 11:30am-12:30pm..... \$48.50/7 sess 00534815

TAI CHI-INTERMEDIATE

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

City Centre Community Centre

Sep 14-Dec 14.....M..... 10:45-11:45am..... \$90.10/13 sess 00534430

TAI CHI-ADVANCED

Experience improved balance, increased flexibility and relaxation with movements that include Form 24, 42 and 48. Pre-requisite: Tai Chi-Intermediate or previous Tai Chi experience.

City Centre Community Centre

Sep 16-Dec 16.....W..... 10:30-11:30am..... \$83.15/12 sess 00534518

Seniors Centre-Minoru Centre for Active Living

Sep 19-Oct 31.....Sa..... 10:00-11:00am..... \$48.50/7 sess 00535469

Nov 7-Dec 12.....Sa..... 10:00-11:00am..... \$41.60/6 sess 00535470

TAI CHI-FAN-56 FORM

Develop and enhance skills through a structured series based on a standardized 56-movement routine that combines Tai Chi principles with graceful fan techniques. Practice improves balance, coordination, focus and mindful breathing while developing fluid movement, precision and expressive flow. Fans provided for use during session.

South Arm Community Centre

Sep 10-Dec 10.....Th..... 1:30-2:30pm..... \$97/14 sess 00534847

TAI CHI-FAN-BEGINNER

Practice this elegant and popular form of martial arts that also improves flexibility and balance. Fan provided for use during session. No experience required.

City Centre Community Centre

TRY-IT FREE Sep 14.....M..... 12:45-1:45pm..... Free/1 sess 00538627

Sep 21-Dec 14.....M..... 12:45-1:45pm..... \$83.15/12 sess 00538632

TAI CHI-FAN-INTERMEDIATE

Practice this elegant and popular form of martial arts that enhances flexibility and balance. Fan provided for use during session. Pre-requisite: Tai Chi-Fan-Beginner.

City Centre Community Centre

Sep 14-Dec 14.....M..... 11:45am-12:45pm..... \$90.10/13 sess 00534462

TAI CHI-SWORD-BEGINNER

Strive to perfect the core principles of this form of martial arts, improve balance and develop proper breathing all while learning this beautiful sword routine.

Seniors Centre-Minoru Centre for Active Living

Sep 10-Dec 3.....Th..... 12:45-1:45pm..... \$90.10/13 sess 00534791

TAI CHI-SWORD-YANG STYLE-INTERMEDIATE

Strive to perfect the core principles, improve balance and develop proper breathing all while learning this beautiful sword routine. Instructed by a qualified martial arts instructor. Pre-requisite: Tai Chi-Sword-Beginner or Tai Chi Sword experience.

City Centre Community Centre

Sep 18-Dec 18.....F..... 11:15am-12:15pm..... \$97/14 sess 00535270

TAI CHI-WUDANG STYLE 13 FORM (CANTONESE)-BEGINNER

Learn and practice the slow, controlled movements and mindful breathing of this form of Tai Chi to improve balance, flexibility and overall health while promoting relaxation and wellbeing. Conducted in Cantonese.

South Arm Community Centre

Sep 9-Dec 16.....W..... 12:00-1:00pm..... \$103.95/15 sess ..00534854

TAI CHI-WUDANG STYLE 13 FORM (CANTONESE)-INTERMEDIATE

Further develop this style of tai chi to deepen the understanding of form, improve flow and refine control of movement and breath. Build strength, balance and confidence progressing in this supportive and focused practice environment. Conducted in Cantonese. Pre-requisite: Tai Chi-Wudang Style 13 Form.

South Arm Community Centre

Sep 9-Dec 16.....W..... 1:15-2:15pm..... \$103.95/15 sess .. 00534922

Thompson Community Centre

Sep 21-Dec 14.....M..... 2:00-3:00pm..... \$80.75/12 sess 00538926

QIGONG FOR HEALTH-ALL LEVELS

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

West Richmond Community Centre

Sep 11-Dec 11.....F..... 2:00-3:00pm..... \$90.10/13 sess 00537957

Sep 14-Dec 7.....M..... 4:15-5:15pm..... \$83.15/12 sess 00537941

WING CHUN-BEGINNER

Improve stance and moves of this martial arts discipline while learning the basic concepts and origin of the first Wing Chun style called 'Siu Nim Tau' (Little Concept).

South Arm Community Centre

Sep 14-Oct 26 M..... 5:45-6:45pm..... \$48.50/7 sess 00537364

Nov 9-Dec 14 M..... 5:45-6:45pm..... \$41.60/6 sess 00537369

WUDANG NEIGONG-FINGER SWORD-BEGINNER (CANTONESE/MANDARIN)

Awaken strength, balance and inner energy through Wudang Neigong training. Build flexibility, stability and focus with traditional stance work, breathing techniques and Finger Sword practices designed to enhance fitness, coordination and mindful movement. Suitable for beginners. Conducted in Cantonese and Mandarin.

City Centre Community Centre

TRY-IT FREE Sep 12.....Sa..... 2:00-3:30pm..... Free/1 sess 00533946

Sep 19-Oct 31 Sa..... 2:00-3:30pm..... \$72.75/7 sess 00532496

Nov 7-Dec 19 Sa..... 2:00-3:30pm..... \$72.75/7 sess 00532714

Out Trips and Tours

SEPTEMBER

OTHELLO TUNNELS TRIP

Take in the breathtaking views of the historic Kettle Valley Railway, a series of old train tunnels and bridges that cut through the solid granite walls and pass over the wild Coquihalla River east of Hope. Bring or buy a lunch. Good footwear is required as flat walking is involved. Transportation only included.

Thompson Community Centre

Sep 3.....Th..... 9:00am-5:30pm..... \$34.75/1 sess 00509527

Sep 10.....Th..... 8:30am-5:00pm..... \$34.75/1 sess 00531673

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 30 days of trip.

City Centre Community Centre

Sep 9.....W..... 9:15am-4:15pm..... \$78/1 sess 00536734

EAST IS EAST RESTAURANT TRIP

Follow along on a culinary journey along the Silk and Spice Road and enjoy a lunch special featuring two main dishes, soup and salad with the distinct aromas, colours and flavours. Home drop off (\$3) available. All meals are subject to an automatic gratuity of up to 18%. Transportation only included.

Seniors Centre-Minoru Centre for Active Living

Sep 10.....Th..... 11:30am-2:30pm..... \$19.10/1 sess 00537822

POLISH FESTIVAL IN NORTH VANCOUVER TRIP

Experience vibrant Polish-Canadian culture at The Shipyards in North Vancouver through authentic cuisine, live music, singing and dynamic folk dancing. Discover rich traditions, connect with community, enjoy immersive entertainment and create memorable moments in a lively waterfront festival setting. Transportation only included.

Cambie Community Centre

Sep 12.....Sa..... 12:30-4:30pm..... \$19.50/1 sess 00524042

RICHMOND FARM FEST TRIP

Experience this lively community celebration at the Garden City Lands featuring local food, agricultural exhibits, farmers market vendors, live entertainment and interactive attractions during a relaxed afternoon discovering Richmond's farming heritage and food culture. Transportation only included.

Thompson Community Centre

Sep 13.....Su..... 10:45am-3:30pm..... \$22.50/1 sess 00539010

BOWEN ISLAND TRIP

Take a 20-minute ferry ride from West Vancouver's Horseshoe Bay to Snug Cove to explore village shops and the wooded trails of Killarney Lake. Bus and ferry transportation included. Bring or buy lunch. No refunds within 7 days of trip.

Thompson Community Centre

Sep 16.....W.. 8:30am-5:45pm..... \$79.50/1 sess (55-64yrs) 00536113

\$62.50/1 sess (65+yrs)

STEVESTON THROUGH THE TIMES BUS TOUR

Discover Steveston's notable heritage sites and learn about Richmond's maritime and industrial heritage on this comfortable group excursion. Visit Britannia Shipyards and the Gulf of Georgia Cannery National Historic Site with guided interpretation highlighting the history and significance of each site. A stop at the Steveston Tram included between visits along with a lunch break. Home drop off (\$3) available. Transportation, tour and lunch included.

Seniors Centre-Minoru Centre for Active Living

Sep 17.....Th..... 10:30am-3:00pm..... \$57.50/1 sess 00538275

SUNSHINE COAST AND SEASIDE ESCAPE

Explore the Sunshine Coast with stops in Sechelt and Gibsons with breathtaking coastal views, free time to explore and a visit to RainFlorist, a family-run shop offering fresh flowers, plants and gifts. Transportation and ferry included. BC residents 65+ years may be eligible for a discounted BC Seniors fare. Valid BC ID required to be presented upon arrival at ferry terminal to receive discount. No refunds within 30 days of trip.

Steveston Community Centre

Sep 17.....Th . 7:30am-7:30pm..... \$97.50/1 sess (55-64yrs) 00536106

\$80.50/1 sess (65+yrs)

SQUAMISH CANYON TRIP

Explore elevated forest walkways and cliffside viewpoints, take in the cascading waterfalls and coastal rainforest scenery and explore this breathtaking rainforest safely, while preserving its delicate ecosystem offering a safe, inspiring nature experience that supports mobility and mindful connection. Transportation and admission included.

City Centre Community Centre

Sep 23.....W..... 9:45am-5:45pm..... \$78.50/1 sess 00532572

South Arm Community Centre

Sep 23.....W..... 9:30am-5:30pm..... \$78.50/1 sess 00533290

TEAHOUSE IN STANLEY PARK LUNCH TRIP

Dine at this iconic restaurant located in the heart of Stanley Park with fresh west coast cuisine and spectacular views. All meals are subject to an automatic gratuity of up to 18%. Transportation only included.

Thompson Community Centre

Sep 24 Th 11:00am-3:30pm \$23.75/1 sess 00538455

West Richmond Community Centre

Sep 24 Th 11:15am-3:45pm \$23.75/1 sess 00538551

OCTOBER**MISSION ABBEY AND LEPPS MARKET TRIP**

Experience the beauty and serenity of this Abbotsford destination with a guided tour by a resident Catholic Monk along with a lunch stop at a family-run farm market with locally sourced and gourmet pantry items. Transportation and tour admission included. No refunds within 7 days of trip.

Thompson Community Centre

Oct 2 F 9:30am-5:00pm \$45/1 sess 00535774

MUSEUM OF ANTHROPOLOGY TRIP

Tour this renowned UBC museum featuring traditional and contemporary art from Northwest Coast First Nations and cultures from around the world. Transportation and admission included. Bring or buy lunch.

Thompson Community Centre

Oct 6 Tu 11:00am-3:30pm \$39.75/1 sess 00539517

VANCOUVER AQUARIUM TRIP

Marvel at the wonders of underwater life at this facility in Stanley Park, followed by a meal at the iconic Sylvia Hotel in the West End of Vancouver. Transportation and admission included. No refunds within 7 days of trip. All meals are subject to an automatic gratuity of up to 18%. Home drop off (\$3) available.

Seniors Centre—Minoru Centre for Active Living

Oct 8 Th 10:15am-4:00pm \$75.10/1 sess 00535278

Steveston Community Centre

Oct 8 Th 10:00am-4:15pm \$75.10/1 sess 00536116

CRANBERRY FESTIVAL TRIP

Celebrate this berry harvest at this popular Langley festival that includes food, entertainment, live music, contests and more. Transportation and admission included. Home drop off (\$3) available.

Seniors Centre—Minoru Centre for Active Living

Oct 10 Sa 10:30am-3:30pm \$31.50/1 sess 00533667

VANCOUVER PUBLIC LIBRARY TOUR

Tour this Coliseum-inspired, iconic-designed building and discover why it's often voted as a favourite civic building and remains a draw for local residents and visitors. Stroll the area and choose a nearby restaurant for lunch. Transportation and admission included. No refunds within 7 days of trip.

Thompson Community Centre

Oct 16 F 10:30am-3:00pm \$29.75/1 sess 00535622

MAAN FARMS PUMPKIN PATCH TRIP

Explore this magical forest pumpkin patch in Abbotsford with many photo opportunities, corn mazes and barnyard animals. Transportation and admission included. Lunch and snacks available for purchase onsite. No refunds within 30 days of trip.

City Centre Community Centre

Oct 21 W 10:00am-3:00pm \$35/1 sess 00532527

South Arm Community Centre

Oct 21 W 9:45am-2:45pm \$35/1 sess 00533289

QUEEN OF PEACE MONASTERY TRIP

Explore this serene monastery in Squamish, join the nuns for prayer and visit the gallery and gift shop followed by a leisurely lunch in town. Transportation and admission included. No refunds within 7 days of trip.

Thompson Community Centre

Oct 23 F 9:30am-5:00pm \$48.50/1 sess 00535775

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 27 Tu 4:30-8:00pm \$21.50/1 sess 00535623

NOVEMBER**WATERFRONT THEATRE—THE JURY EXPERIENCE—DIAMONDS, LIES AND A DEAD MAN TRIP**

Step into an immersive courtroom drama at the Granville Island theatre and review testimony and evidence and decide the verdict as part of the jury. This interactive theatre performance centers on the trial of a disgraced former driver accused of stealing global superstar Lana Tonneti's \$20 million necklace, while raising questions about the accuracy of Lana's account. Listen to testimonies, analyze witness statements, examine evidence, answer complex questions and uncover what happened. A mobile device is required to scan QR codes and participate in key moments of the show. Finish the outing with a hot beverage from a nearby café and an opportunity to socialize with fellow participants. Transportation and admission included. No refunds within 30 days of trip.

Seniors Centre—Minoru Centre for Active Living

Nov 1 Su 1:00-5:00pm \$91.50/1 sess 00535676

SQUAMISH SALMON HATCHERY AND DOWNTOWN TRIP

Enjoy this relaxing trip to the Thunderfoot Hatchery to view salmon spawning in a peaceful, natural setting, followed by a leisurely visit to downtown Squamish for shopping and lunch. Transportation and admission included.

City Centre Community Centre

Nov 4 W 9:45am-4:30pm \$32/1 sess 00535224

South Arm Community Centre

Nov 4 W 10:00am-4:45pm \$32/1 sess 00534819

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. Transportation and admission included. No refunds within 14 days of trip.

Thompson Community Centre

Nov 11 W 1:30-5:30pm \$46.50/1 sess 00535624

MENNONITE CHRISTMAS MARKET IN ABBOTSFORD TRIP

Experience a special Christmas market in Abbotsford with hand-chosen unique local vendors. Tour the Mennonite museum and learn about this community in Canada, have lunch in the cafe, enjoy the music from local performers and view the amazing Christmas tree for a festive photo opportunity. Transportation and admission included.

Cambie Community Centre

Nov 19 Th 9:30am-3:30pm \$26.70/1 sess 00529299

O'HARES GASTROPUB LUNCH TRIP

Connect over lunch at this popular restaurant in Steveston with good food and great conversation in a welcoming atmosphere. Catch up with friends, meet new people and share an enjoyable afternoon of community and connection. Transportation only included. No refunds within 7 days of trip.

Steveston Community Centre

Nov 19 Th..... 11:00am-1:30pm \$19.50/1 sess 00538923

A NIGHT OF BOWIE TRIBUTE CONCERT

Experience an evening of live entertainment at the Genesis Theatre in South Delta celebrating the music of David Bowie. Enjoy memorable hits spanning decades as talented musicians recreate the energy, style and sound of one of rock music's most influential performers. Home drop off (\$3) available. Transportation and admission included. No refunds within 30 days of trip.

Thompson Community Centre

Nov 20 F..... 6:30-10:15pm \$72.25/1 sess 00539470

CHILLIWACK CHRISTMAS CRAFT MARKET TRIP

Browse one of the Fraser Valley's largest holiday markets at Chilliwack Heritage Park. This festive outing includes time to explore a wide selection of artisan goods, including locally designed clothing, homemade gourmet treats, handcrafted art and artisanal spirits, followed with lunch at Cookies Grill. Enjoy a cheerful day out filled with holiday shopping, good food and seasonal inspiration. All meals are subject to an automatic gratuity of up to 18%. Transportation and admission included. Home drop off (\$3) available.

Seniors Centre–Minoru Centre for Active Living

Nov 21 Sa..... 9:00am-4:00pm \$39.80/1 sess 00535244

CIRQUE DU SOLEIL "LUZIA" TRIP

Prepare to be mesmerized by the breathtaking journey through an imagined Mexico filled with dazzling visuals, jaw-dropping acrobatics and rich sights, sounds and spirit, melding traditional and modern culture all under the big top at Vancouver's Concord Pacific Place. Transportation and admission included. No refunds within 30 days of trip.

City Centre Community Centre

Nov 21 Sa..... 10:30am-3:00pm \$111/1 sess 00529280

South Arm Community Centre

Nov 21 Sa..... 10:15am-3:15pm \$111/1 sess 00528822

FRASER VALLEY BALD EAGLE EXPERIENCE TRIP

Travel to Harrison Mills to witness one of nature's most impressive spectacles as bald eagles gather along the Harrison River. Enjoy scenic viewing opportunities at the Sandpiper Resort with free time in Harrison Hot Springs for lunch, sightseeing or a relaxing stroll through the village. Transportation only included.

Thompson Community Centre

Nov 25 W..... 9:00am-5:00pm \$32.75/1 sess 00538599

DECEMBER

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 1 Tu..... 4:30-9:00pm \$77.50/1 sess 00535627

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.

Seniors Centre–Minoru Centre for Active Living

Dec 10 Th..... 6:00-10:00pm \$46.20/1 sess 00533675

QUEEN ELIZABETH THEATRE–THE NUTCRACKER BALLET

Rediscover the magic of the holidays watching this iconic performance at Vancouver's Queen Elizabeth Theatre. Let the music, memories and tradition bring warmth and joy this season. Transportation and admission included. No refunds within 30 days of trip.

City Centre Community Centre

Dec 12 Sa..... 11:45am-4:45pm \$85/1 sess 00533735

South Arm Community Centre

Dec 12 Sa..... 11:30am-5:00pm \$85/1 sess 00533670

ARTS CLUB THEATRE–THE ELVIS CHRISTMAS COMEBACK SPECIAL TRIP

Experience the excitement of Elvis Presley's famous 1968 comeback in this live theatrical concert at a popular Vancouver venue. Set on December 3, 1968, the performance highlights the moment Elvis returned to the stage after seven years away from the music business. Enjoy a lively evening of music, storytelling and nostalgia while gaining a fresh look at one of rock 'n' roll's most memorable moments. Transportation and admission included. Home drop off (\$3) available. No refunds within 30 days of trip.

Seniors Centre–Minoru Centre for Active Living

Dec 16 W..... 12:00-3:30pm \$71/1 sess 00535541

GLOW CHRISTMAS IN LANGLEY TRIP

Celebrate the holiday season at this expansive outdoor walk-around light experience in Langley with over 1 million twinkling lights and immersive displays, a local artisan market, a short Glow-Comotive train ride and food trucks. Transportation and admission included. Home drop off (\$3) available. No refunds within 30 days of trip.

City Centre Community Centre

Dec 16 W..... 3:45-8:15pm \$35/1 sess 00532539

South Arm Community Centre

Dec 16 W..... 3:30-8:00pm \$35/1 sess 00533294

MARTINI TOWN–MERRY AND BRIGHT TRIP

Explore the streets and buildings of Langley's Martini Studios and be transported to yesteryear holidays. Take in the traditional festive music, a small artisan market and tasty food options. Transportation and admission included.

Cambie Community Centre

Dec 18 F..... 2:35-8:10pm \$42/1 sess 00532654

Thompson Community Centre

Dec 18 F..... 2:15-8:30pm \$42/1 sess 00535630

TIMBERLINE COUNTRY CHRISTMAS RANCH EXPERIENCE TRIP

Experience the charming festive displays, enjoy seasonal activities and soak in the peaceful atmosphere of this holiday ranch retreat in Maple Ridge before gathering for a late lunch overlooking the Fraser River. Transportation and admission included. Home drop off (\$3) available. No refunds within 7 days of trip.

Thompson Community Centre

Dec 21 M..... 9:30am-3:30pm \$42.25/1 sess 00538606

BURNABY VILLAGE CHRISTMAS AND LAFARGE LAKE LIGHTS 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 followed by a visit to Metro Vancouver's largest free outdoor winter lights display in Coquitlam. Transportation only included. Free admission. Home drop-off (\$3) available.

Thompson Community Centre

Dec 22.....Tu..... 12:00-5:30pm..... \$23.50/1 sess 00535625

West Richmond Community Centre

Dec 22.....Tu..... 12:15-5:45pm..... \$23.50/1 sess 00538559

CHRISTMAS LIGHTS TOUR OF SOUTH DELTA

Find the holiday spirit viewing beautifully decorated homes and parks in Ladner and Tsawwassen. Transportation and hot beverage included. Home drop off (\$3) available.

Thompson Community Centre

Dec 29.....Tu..... 4:30-8:00pm..... \$24.75/1 sess 00535628

Racquet Sports

PICKLEBALL-BEGINNER-FOR WOMEN

Learn the rules and basic techniques of this fun, simple and fast-paced game that combines ping pong, tennis and badminton on a badminton size court utilizing paddles and a plastic wiffle ball. Suitable for beginners. Paddles provided for use if required.

West Richmond Community Centre

Sep 18-Dec 18.....F..... 9:30-10:45am..... \$122.85/14 sess .. 00538067

Sep 18-Dec 18.....F..... 10:45am-12:00pm..... \$122.85/14 sess .. 00538071

PICKLEBALL-BEGINNER

Learn the rules and basic techniques of this fun, simple and fast-paced game that combines ping pong, tennis and badminton on a badminton size court utilizing paddles and a plastic wiffle ball. Suitable for beginners. Paddles provided for use if required.

South Arm Community Centre

Sep 8-Oct 20 Tu..... 8:00-9:30am..... \$73.70/7 sess 00528194

Sep 8-Oct 20 Tu..... 5:30-7:00pm..... \$73.70/7 sess 00528197

Oct 27-Dec 15 Tu..... 8:00-9:30am..... \$84.25/8 sess 00540582

Oct 27-Dec 15 Tu..... 5:30-7:00pm..... \$84.25/8 sess 00540586

Thompson Community Centre

Sep 17-Dec 10.....Th..... 1:15-2:30pm..... \$105.30/12 sess .. 00532450

West Richmond Community Centre

Sep 14-Dec 14.....M..... 12:45-2:00pm..... \$114.05/13 sess .. 00538058

PICKLEBALL-INTERMEDIATE

Continue to improve in these high-intensity, drill-focused sessions that focus on perfecting shots and heightening game awareness. Instructed by a certified instructor. Paddles provided for use if required. Pre-requisite: Pickleball-Beginner.

South Arm Community Centre

Sep 8-Oct 20 Tu..... 9:45-11:15am..... \$73.70/7 sess 00528195

Sep 8-Oct 20 Tu..... 7:00-8:30pm..... \$73.70/7 sess 00528198

Thompson Community Centre

Sep 16-Dec 9.....W..... 12:00-1:15pm..... \$96.50/11 sess 00532448

Sep 17-Dec 10.....Th..... 2:35-3:50pm..... \$105.30/12 sess .. 00532451

West Richmond Community Centre

Sep 16-Dec 16.....W..... 11:45am-1:15pm..... \$126.35/12 sess .. 00538620

Sep 16-Dec 16.....W..... 1:20-2:50pm..... \$126.35/12 sess .. 00538623

Oct 27-Dec 15 Tu..... 9:45-11:15am..... \$84.25/8 sess 00540583

Oct 27-Dec 15 Tu..... 7:00-8:30pm..... \$84.25/8 sess 00540588

PICKLEBALL-ADVANCED

Master advanced strategies, refine precision in shot placement and enhance court coverage. Instructed by a certified instructor. Paddles provided for use if required. Pre-requisite: Pickleball - Intermediate.

South Arm Community Centre

Sep 8-Oct 20 Tu..... 11:30am-1:00pm..... \$73.70/7 sess 00528196

Oct 27-Dec 15 Tu..... 11:30am-1:00pm..... \$84.25/8 sess 00540585

Richmond Wellness Clinics 55+



*Take Charge
of your Health*

Clinics offer information on a wide range of programs, services and supports specifically for Richmond seniors (55+ years) and may include:

Health Information and Education (Drop-in)

- Information and referral services from multilingual volunteers

Booths hosted by local organizations and businesses

Prevention Services and Health Monitoring (Drop-in)

- Blood pressure checks with retired volunteer nurses
- Blood glucose checks with local pharmacy staff

Treatments (Registration required)

- Foot Care with a Licensed Foot Care Nurse (for a fee)
- Reflexology or Shiatsu with a Holistic Health Practitioner (for a fee)
- Chair massage with a Registered Massage Therapy student (free)**

**In-person or phone registration only

Call each centre directly to confirm the services offered at each site. Refunds for withdrawals are permitted up to three days prior to the clinic.

Locations

City Centre Community Centre

604-204-8588 (1st Thu/mth)

East Richmond Community Hall

604-238-8399 (2nd Wed/mth)

Seniors Centre—Minoru Centre for Active Living

604-238-8450 (3rd Wed/mth)

South Arm Community Centre

604-238-8060 (2nd Fri/mth)

Steveston Japanese Canadian Cultural Centre

604-238-8084 (1st Wed/mth)

Thompson Community Centre

604-238-8422 (2nd Mon/mth)

Registration opens on the day of the current Wellness Clinic for the next month's Clinic. For Foot Care treatments, registration opens two months prior.

3 ways to register

- richmond.ca/register
- 604-276-4300
Mon - Fri,
8:30am - 5:00pm
- In-person at any community facility



Seniors Annual Facility Pass Programs

The Seniors Facility Pass at the Minoru Centre for Active Living supports the Minoru Seniors Society and is \$36.00 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
Billiards* 8:00am–4:45pm (Drop-in)	Billiards* 8:00am–8:45pm	Billiards* 8:00am–8:45pm	Billiards* 8:00am–8:45pm	Billiards* 8:00am–8:45pm	Billiards* 8:00am–8:45pm	Billiards* 8:00am–4:45pm (Drop-in)
Wood Carving*** 9:30am–12:00pm 1:00–4:30pm	Woodworking* 8:30am–2:00pm	Tai Chi Practice** 9:00–10:00am	Woodworking* 8:30am–2:00pm	Tai Chi Practice** 8:45–9:45am	Woodworking* 8:30am–2:00pm	Woodworking* 8:30am–4:00pm (Finishing day)
Model Walkers** 11:00am–1:00pm	Tai Chi Practice** 8:45–9:45am	French Conversation 9:30–11:30am	Yuanji Dance** 8:30–10:30am	Yuanji Dance** 9:00–10:30am	Tai Chi Practice** 9:00–10:30am	Tai Chi Practice** 8:45–9:45am
Poker 11:30am–4:00pm	Yuanji Dance** 9:00–10:30am	Wood Carving*** 9:30am–12:00pm 1:00–4:30pm	Tai Chi Practice** 8:45–9:45am	Busy Fingers/ Knitters and Knatters 9:30–11:30am 1:00–3:00pm	Mahjong** 10:00am–5:00pm	Ballroom Dance** 10:00am–12:00pm
Minoru Community Line Dancers** 1:30–3:30pm	Busy Fingers/ Knitters and Knatters 9:30–11:30am	Vinyl Club 11:00am–12:00pm (1st and 3rd weeks)	Happy Chorus (U.R.) 10:00am–12:30pm	Minoru Strummers Ukulele Circle** 10:00–11:30am	Silver Singers** 9:45am–12:00pm	Chinese Drum and Guitar Social ** 10:00am–12:00pm
Korean Style Dance Circle** 2:00–4:00pm	Happy Chorus (U.R.) 10:00am–12:30pm	Poker 11:30am–4:00pm	Mahjong** 10:00am–5:00pm	Poker 11:30am–4:00pm	Bridge Duplicate 12:30–4:00pm	Bridge Practice Group 10:30am–12:30pm
	Reading Social for Chinese Speaking Seniors** 10:15am–12:15pm	Carpet Bowling 12:30–3:00pm	Minoru Waist Drum** 12:45–2:45pm	Scrabble 12:45–4:00pm	Chinese Calligraphy** 1:00–4:00pm	Peking Opera 1:30–4:30pm
	Crib 1:00–3:00pm	Starlight Choir** 12:45–2:45pm	Crib 1:00–3:30pm	Joy Singing and Dancing** (Singing) 1:00–3:00pm	Euchre 1:30–4:00pm	Multicultural Dance** 2:00–4:30pm
	Bridge 1:00–4:30pm	Kingsland Calligraphy 1:30–4:00pm	Glee 2:00–4:00pm	Wood Carving*** 1:00–4:30pm	Minoru Community Line Dancers** 1:30–3:30pm	
	Photo Group (2nd & 4th week) 1:30–3:30pm	Seniors Saxophone** 3:00–5:00pm	Joy Singing and Dancing (Dancing) 2:45–4:45pm	Platinum Players 1:30–3:30pm	Hanging with The Guys 2:30–4:30pm	
	Multicultural Dance** 2:30–4:30pm	Yuanji Dance** 6:30–8:30pm	Multicultural Dance** (Performance group only) 6:45–8:45pm	Ballroom Dance** 3:30–5:15pm	Classical Chinese Ethnic Folk Dance** 6:45–8:45pm	
	Whist 6:00–8:45pm	Joy Singing and Dancing** (Dancing) 6:45–8:45pm		Seniors Saxophone** 4:00–6:00pm		
		Model Dance** 6:45–8:45pm		Prostate Cancer Support Group (Hybrid) (2nd week) 6:30–8:30pm		
				Yuanji Dance 6:30–8:30pm		

*Additional Passes \$48.00/year | **Additional Fees \$2.00/Drop-in | ***Additional Pass \$42.00/year | U.R. means under review

Seniors Facility Passes at the following community centres are \$19.00 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						
SUN	MON	TUE	WED	THU	FRI	SAT
	Coffee and Tea 11:00am–12:30pm (ERCH)	Tai Chi Practice– Form 24 8:30–9:15am (no instruction) 00528882* (ERCH)	Tai Chi–48 Form 8:30–9:30am 00528881* (ERCH)	Indoor Walking 10:00–11:00am 00528886* (CCC)	Tai Chi–24 Form 8:30–9:30am 00528880* (ERCH)	
		Tai Chi Practice– Form 48 9:15–10:00am (no instruction) 00528883* (ERCH)	Table Tennis 9:30–10:30am (ERCH)		Table Tennis 9:30–10:30am (ERCH)	
		Mahjong (2nd Tue/mth) 10:00am–12:00pm 00528890* (ERCH)	Book Club (1st Wed/mth) 10:30am–12:00pm 00528889* (ERCH)		Knitting 10:00–11:30am (ERCH)	
		Karaoke (1st and 3rd Tu/mth) 10:30am–12:30pm (ERCH)	Writing Club 10:00–12:00pm 00528891* (ERCH)		Luk Tung Kuen 11:00–11:45am 00528885 (ERCH)	
			Luk Tung Kuen 11:00–11:45am 00528884 (ERCH)			
			Coffee and Tea (2nd Wed/mth) 11:30am–1:30pm (ERCH)			
			Peking Opera 2:45–5:00pm			

*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						
SUN	MON	TUE	WED	THU	FRI	SAT
English Conversation Group 3:00–4:30pm	Karaoke 10:30am–12:30pm	Singing Group 10:00am–1:00pm	Poetry Appreciation Group 2:00–4:00pm	Karaoke (Chinese) 10:30am–12:30pm		Technology Help 3:30–5:00pm
	Ballroom Dance 1:00–3:00pm	Chinese Calligraphy in Mandarin 1:00–3:00pm		Ballroom Dance 1:00–3:00pm		
	Chinese Traditional Dance 2:00–3:30pm	Social Group 2:00–4:00pm		Chinese Traditional Dance 2:00–3:30pm		
	Brush Hour 3:00–5:00pm	Knitting Group 2:30–4:30pm				

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

Hamilton Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
	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	
	Seniors Circle 11:30am–1:00pm	Tai Chi Beginners 9:00–10:00am	Mahjong 10:15am–12:30pm	Tai Chi Beginners 9:00–10:00am	Karaoke 10:00am–11:00am	
	Dancing Singalong 12:45–1:45pm			Mahjong 10:15am–12:30pm	Line Dancing 11:00am–12:00pm	

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

South Arm Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
Sahara Sisters (last Sun/mth) 12:30–3:30pm	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
	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	Ted Talks (4th Fri/mth) 10:00–11:00am	
	Scrabble 10:00am–12:00pm		Classic QiPao Dance 12:00–2:00pm	Karaoke 9:30am–12:00pm		
	MILAP Group – A (bi-weekly) 1:00–3:00pm		Singing Along 12:00–2:00pm	Mahjong Social 9:30am–1:30pm		
	Carpet Bowling 1:00–3:00pm		Tai Chi 1:30–2:30pm	Knitting Group 1:00–3:00pm	Carpet Bowling 1:00–3:00pm	
			Gardening Club 3:30–5:00pm			

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

Steveston Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
	Chinese Multicultural Group 10:00–11:30am	Tai Chi Advanced Practice 11:30am–12:30pm	Knitting and Crocheting Social 10:00am–12:00pm	Chinese Multicultural Group 9:30–11:30am	Ukulele Circle 9:30am–12:00pm	
			Low Vision Support Group (2nd Wed/mth) 10:00am–12:00pm	Tai Chi Beginner Practice 11:30am–12:30pm	Japanese Tablet Club 9:30–11:30am	
	Drumming Ensemble* 1:30–3:00pm		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 1:00–3:00pm	
			Kokufo Shigin Club 1:00–3:00pm			

*Call 604-238-8084

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

Thompson Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
	Luk Tung Kuen 7:45–8:45am	Luk Tung Kuen 7:45–8:45am	Luk Tung Kuen 7:45–8:45am	Luk Tung Kuen 7:45–8:45am	Table Tennis 7:30–9:30am	Table Tennis 7:30–10:30am
	Tai Chi 8:50–9:20am	Luk Tung Coffee Hour 9:00–10:00am	Tai Chi 8:50–9:20am	Women in Conversation 11:00am–1:00pm	Luk Tung Kuen 7:45–8:45am	
	Table Tennis 1:30–4:30pm	Bridge 1:30–3:00pm	Chinese Cultural Dance 1:30–2:45pm	Table Tennis 8:15–9:30pm	Gentlemen in Conservation (2nd & 4th week) 10:30am–12:00pm	
					Karaoke 10:30am–12:30pm	

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

West Richmond Community Centre

SUN	MON	TUE	WED	THU	FRI	SAT
	French Conversation Group Jul 20, Aug 10, 24 11:00am–12:30pm	Spanish Conversation Group—Online 1:30–3:00pm	Ukulele and Singing Circle 6:30–8:00pm	English Conversation Group—Intermediate Jul 2, 23 Aug 13, 27 11:00am–12:00pm		
	Guitar Circle 6:30–8:00pm			Let's Dance* Jul 9 7:00–8:30pm		

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



When and where can you vote?

There are three ways you can vote:

1. General Voting Day

Vote at your designated voting place on Saturday, October 17, 2026 from 8:00 a.m. to 8:00 p.m. If you receive a voter card in the mail, it will show your voting place.

2. Advance Voting Days

Vote on any of the following days and at any of the following locations between 8:00 a.m. and 8:00 p.m.:

Sat., October 3

Richmond City Hall – 6911 No. 3 Rd
Cambie Secondary School - 4151 Jacombs Rd

Wed., October 7

Richmond City Hall – 6911 No. 3 Rd

Thur., October 8

Richmond City Hall – 6911 No. 3 Rd
City Centre Community Centre - 5900 Minoru Blvd

Fri., October 9

Richmond City Hall – 6911 No. 3 Rd

Sat., October 10

Richmond City Hall – 6911 No. 3 Rd
Burnett Secondary School – 5011 Granville Ave
Cambie Secondary School – 4151 Jacombs Rd
McMath Secondary School – 4251 Garry St
McRoberts Secondary School – 8980 Williams Rd
Hamilton Elementary School – 5180 Smith Dr

3. Mail Ballot

All existing voters and new registrants will be able to request a mail ballot package. The mail ballot package will include instructions on how to complete and return the mail ballot. Online applications for a mail ballot will be available beginning Tuesday, September 15 until Friday, October 9, 2026, 3:00 p.m. Mail ballot packages will be sent out via Canada Post until October 7, 2026. After this date, electors will be asked to pick up their mail ballot packages at Richmond City Hall.

For information on voting places, mail ballot applications and more visit richmond.ca/elections or contact the Richmond Elections Office at elections@richmond.ca or 604-276-4100.

MAKE YOUR MARK

Saturday, October 17, 2026

Find out more at richmond.ca/elections