



**Wellness Connections** (see attached brochure):

Wellness Connections (Chinese) Tuesdays April 5 – May 24 9:00am - 1:30pm \$190 + tax/8 sess Course Code #127924

Wellness Connections (English) Thursdays April 7 – May 26 9:00am - 1:30pm \$190 + tax/8 sess Course Code #127925

*Phone the Seniors Wellness Coordinator at 604-238-8460 or phone [jwong5@richmond.ca](mailto:jwong5@richmond.ca) for more information.*

A full list of registered programs for Seniors 55+ at the Seniors Centre and Community Centres in Richmond can be found online at [www.richmond.ca/register](http://www.richmond.ca/register). Spring registration for programs April-June starts on February 15. The Spring 55+ Program Guide will be available online or pick up at any of the centres starting February 20<sup>th</sup>.

### **Earthquake Survey (see attached posters for more information)**

Richmond is located in an earthquake zone. Do you and your loved ones know what to do to be prepared?

If you are a senior living in Richmond, submit your questions about earthquakes or preparedness:

- online at <https://bit.ly/3fZwess> or
- in-person at the Senior Centre at Minoru Centre for Active Living (via the question box in the cafeteria).

Deadline is February 16

**!!** All submissions will be entered to win a Canadian Red Cross - BC & Yukon Preparedness Kit **!!**

**■** Questions will be answered by seismologists with BC Earthquake Alliance (ShakeOut BC) and incorporated into an interactive display this spring.

Not a senior? Be sure to share this information with those in your life who are.