

OLDER ADULTS SUMMER 2017

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STEVESTON COMMUNITY CENTRE

4111 Moncton Street
Richmond, BC
V7E 3A8
604-238-8080



CLUBS AND GROUPS

BRIDGE - SOCIAL

Fridays 1:00 - 4:00pm

CHINESE MULTICULTURAL GROUP

Monday & Thursdays 9:00 - 11:30am

CHRONIC PAIN MANAGEMENT SUPPORT GROUP

3rd Wednesday of the Month 9:30 - 11:30am

DRUMMING CIRCLE

Mondays 1:30 - 3:00pm

GOLDEN RODS & REELS

Monthly Executive & General Meetings 4th Tuesday
9:00 - 12:00pm

Monthly Potluck Dinner 2nd Friday
5:30pm

LOW VISION SUPPORT GROUP

Meets 2nd Wednesday of every Month 10:00 - 12:00pm

STEVESTON SENIORS CIRCLE

Tuesdays 1:00 - 3:00pm

UKULELE CIRCLE

Fridays 10:00 - 11:30am

CLASSES AND ACTIVITIES

COOKING CLUB

July 10	M	10:00-12:00pm	\$6.00/1 sess	#1913188
July 24	M	10:00-12:00pm	\$6.00/1 sess	#1913238
August 21	M	10:00-12:00pm	\$6.00/1 sess	#1913288
August 28	M	10:00-12:00pm	\$6.00/1 sess	#1913338

BALANCE AND FALLS PREVENTION

Jul 6 - Aug 24	Th	12:00-1:00pm	\$33.60/8 sess	#1905638
Jul 10 - Aug 28	M	12:00-1:00pm	\$29.40/7 sess	#1905637

LINE DANCING - BEGINNER

Jul 13 - Aug 31	Th	1:00-2:00pm	\$37.90/8 sess	#1905883
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LINE DANCING - INTERMEDIATE

Jul 13 - Aug 31	Th	2:15-3:15pm	\$37.90/8 sess	#1977588
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TAI CHI

Jul 13 - Aug 31	Th	10:30-11:30am	\$51.35/8 sess	#1905977
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Follow us on Facebook @ Steveston
Community Centre or on Twitter @ StevestonCS



GENERAL INTEREST

APPY HOUR

July 26 W 3:00 - 4:30pm \$7.50/1 sess #1915038
August 23 W 3:00 - 4:30pm \$7.50/1 sess #1915088

BARBEQUE

July 19 W 12:00 - 2:00pm \$10.00/1 sess #1905651
August 16 W 12:00 - 2:00pm \$10.00/1 sess #1905652

IKI IKI SOCIAL

Jul 13-Aug 31 Th 12:00 - 4:00pm \$160.00/8 sess #1905879



Photo Shared By
Minoo Javadi

*Drop-ins are not permitted in registered classes unless otherwise noted.

EVENTS

DOORS OPEN AT THE JAPANESE CANADIAN CULTURAL CENTRE - CELEBRATING 25 YEARS!

June 3-4 Sa, Su 10:00-4:00PM FREE

SENIORS WEEK - JUNE 6-10

Watch for announcements on activities and events throughout the City for Seniors Week.

WITHDRAWAL POLICY

The City of Richmond refunds/withdrawals/transfers policy for the above noted classes is as followed:

- 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.

For more detailed refund policy please visit:
www.richmond.ca/parksrec/about/registration.htm

Registered classes are cancelled on most statutory holidays. Please retain your receipt for class information or contact 604-238-8080.

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Dorothy Singleton



OUTDOOR TRIPS AND TOURS

BIRDING AT DEAS ISLAND TRIP

July 14 F 9:45am - 2:00pm \$15.00/1 sess #1913388

FORT LANGLEY TRIP

July 18 Tu 10:00am - 3:00pm \$14.00/1 sess #1980438

BOTANICAL WALK: RICHMOND NATURE PARK

July 28 F 9:45am - 12:15pm \$10.00/1 sess #1905660

BIRDING AT TERRA NOVA TRIP

Aug 18 F 9:45am - 12:15pm \$10.00/1 sess #1905658

WEST COAST EXPRESS TRAIN TRIP

Aug 22 Tu 2:30 - 8:30pm \$29.50/1 sess #1917038



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RECIPES

Pineapple with Lime and Coconut

- 1 cup of unsweetened coconut flakes
- 2 limes, zested and juiced
- 1/4 cup of water
- 1/3 cup of sugar
- 1 inch of ginger root, peeled
- 1 pineapple, fresh, cored
- 1 kiwi

Combine coconut flakes with lime zest. Toast in a small skillet until coconut is golden brown.

Add lime juice, water, sugar and ginger to the pan or a small sauce pot. Bring to a bubble and dissolve the sugar. Remove syrup from heat and let stand.

Cut pineapple into bite-size chunks and arrange on a plate. Peel and slice the kiwi into thin disks and arrange on pineapple. Pour lime-scented toasted coconut over the fruit and drizzle the syrup down over the fruit

RECIPES

Chicken Quesadilla

- 1 lb skinless, boneless chicken breast
- 2 tablespoons of taco seasoning
- 2 green pepper cut in strips
- 2 red pepper cut in strips
- 1 onion chopped
- 10 (10inch) flour tortillas
- 1 package of cheddar cheese grated

Toss the chicken with the spices. Fry the chicken thoroughly in a hot oiled skillet, around 8 minutes.

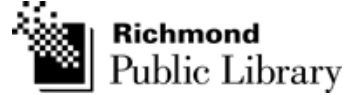
Take the chicken out and put a few drops of olive oil and sautee the onion and the peppers.

Mix the chicken with the vegetables.

Spread each tortilla and brush outer side of it with a bit of olive oil.

Put some of the chicken mixture in half of the tortilla bread and fold.

Heat skillet and put the quesadilla on it. Crisp each side while pressing it down so it becomes more flat.



**From the Library: Enjoying Summer Food and Fun
All Across Canada by Christine McCrea, Librarian**

Summer always make me think of travel and I love a road trip. And what better way to enjoy Canada than by sampling the local cuisine, checking off some items on your bucket list?

***Feast: Recipes and Stories from a Canadian Road Trip*
by Lindsay Anderson and Dana Vanveller**

In the summer of 2013, Lindsay Anderson and Dana Vanveller travelled from coast to coast writing about food and culture. Canada's diversity is evident in its food: farmers, grandmothers and Frist Nations elders have all shared their family recipes, making this travel book a unique delight.

***Canada's Road: A Journey on the TransCanada
Highway from St. John's to Victoria* by Mark
Richardson**

Another road trip aficionado, March Richardson drove the entire length of the TransCanada highway in the summer of 2012. Along the way he discovered the cultures and characters that make Canada what it is today.

***A Taste of the Canadian Rockies Cookbook* by Myriam
Leighton and Chip Olver**

Not only are the Rockies stunningly beautiful, but towns like Banff and Jasper, as well as many of the backcountry lodges, offer incredible dining opportunities. Learn recipes from some of these amazing restaurants while enjoying spectacular mountain photographs by Douglas Leighton.

The Great Canadian Bucket List: One-Of-A-Kind Travel Experiences by Robin Esrock

If you're looking for amazing Canadian experiences, look no further. Robin Esrock details some of Canada's highlights, from "harvesting an iceberg to make a refreshing Newfoundland cocktail" to "floating in Canada's own Dead Sea."

Upcoming Summer Program: Pole Walking August 2, 1:00-2:30pm - Brighthouse Branch - Registered

This is your opportunity to learn about the benefits of Pole Walking, what kind of poles are most suitable for you and practise walking with them. Poles are provided for practising; dress appropriately for outdoor walking. Please note that registration is limited to 15 participants per session.

About Richmond Public Library

Richmond Public Library has been proudly serving the Richmond, BC Community since 1976. With four branches open 7 days a week to serve you plus a wealth of information available 24/7 at yourlibrary.ca, we take you beyond the Google search to help you find the content you need wherever you are—in the library, on your mobile, at home or on the go.

Did you know? RPL is a registered charity and relies on public donations to enhance the services and materials we offer to the community. No donation is too small! Find out more about how you can make a difference.

For more information, contact Marketing or the Seniors Newsletter submitter:

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Christine McCrea

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