

OLDER ADULTS SPRING 2017

Photo Shared By Dorothy Singleton



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

CLUBS AND GROUPS

A valid Steveston Community Centre Facility Pass is required for Club and Group Programs. For further information, please contact Jose Mendoza, Older Adults Coordinator at 604-718-8098.

The cost of a Steveston Community Centre Facility Pass is \$12.00/Year and the pass begins at the time of purchase.

WELLNESS CLINICS

Wellness Clinics are held on the first Wednesday of every month at the Japanese Canadian Cultural Centre. Clinics feature blood pressure checks and consultation with a pharmacist. Holistic sessions include Pedicures, Reflexology, Reiki, Chair Massage, Therapeutic Touch and more! Due to popular demand, holistic sessions must be booked in advance. Please contact Jose at 604-718-8098 or jmendoza@richmond.ca to book appointments or for further information.

Upcoming Wellness Clinics at Steveston:

Wednesday, April 5	9:00 - 12:00pm
Wednesday, May 3	9:00 - 12:00pm
Wednesday, June 7	9:00 - 12:00pm

Please see our other brochures at the front desk for more information regarding other programs we offer including Fitness, Racquets, Preschool, Preteen and Youth and Seasonal Programs.

CLASSES AND ACTIVITIES

COOKING CLUB

April 10	M	10:00 - 12:00pm	\$6.00/1 sess	#1760488
April 24	M	10:00 - 12:00pm	\$6.00/1 sess	#1760538
May 15	M	10:00 - 12:00pm	\$6.00/1 sess	#1760638
May 29	M	10:00 - 12:00pm	\$6.00/1 sess	#1760688
June 12	M	10:00 - 12:00pm	\$6.00/1 sess	#1760738
June 19	M	10:00 - 12:00pm	\$6.00/1 sess	#1760788



CLASSES AND ACTIVITIES

BARBEQUE

June 15 Th 12:00-2:00pm \$10.00/1 sess #1674312

INTRODUCTION TO ANDROID TABLETS

Apr 19-May 24 W 1:00-3:00pm \$41.65/6 sess #1674344

INTRODUCTION TO IPADS

Apr 21-May 26 F 1:00-3:00pm \$41.65/6 sess #1800991

INTRODUCTION TO IPADS IN JAPANESE

Apr 21-May 26 F 10:00-12:00pm \$41.65/6 sess #1788388

IKI IKI SOCIAL

Apr 13-Jun 22 Th 12:00-4:00pm \$220.00/11 sess #1751388

JUST FOR MEN - BARBEQUE AND MORE

June 19 M 4:00-6:00pm \$5.00/1 sess #1784138

Registration is on-going for Spring (April to June) Programs. Please check Parks, Recreation and Culture Guide for details.

CLASSES AND ACTIVITIES

BALANCE AND FALLS PREVENTION

Apr 3-Jun 26 M 12:00-1:00pm \$46.20/11 sess #1674303

Apr 6-Jun 22 Th 12:00-1:00pm \$50.40/12 sess #1674304

LINE DANCING - BEGINNER

Apr 6-Jun 22 Th 2:00-3:00pm \$47.40/10 sess #1674353

LINE DANCING - INTERMEDIATE

Apr 6-Jun 22 Th 3:15-4:15pm \$47.40/10 sess #1674354

MEDITATION MADE EASY

April 12 W 10:00-11:00am \$10.00/1 sess #1674355

May 10 W 10:00-11:00am \$10.00/1 sess #1674356

June 14 W 10:00-11:00am \$10.00/1 sess #1674357

PWR!MOVES® - PARKINSON FITNESS

Apr 4-Jun 13 Tu 12:45-1:45pm \$46.20/11 sess #1674390

Apr 6-Jun 15 Th 1:30-2:30pm \$46.20/11 sess #1835088

May 30-Jun 20 Tu 12:00-1:00pm \$41.00/4 sess #1674498

Follow us on Facebook @ Steveston

Community Centre or on Twitter @ StevestonCS



CLASSES AND ACTIVITIES

STEADY FEET

Apr 6-Jun 26 M,Th 10:45-11:45am \$79.80/19 sess #1674409

TAI CHI

Apr 6-Jun 22 Th 10:30-11:30am \$72.25/12 sess #1822488

TAP - INTERMEDIATE

Apr 4-Jun 6 Tu 1:00-2:00pm \$47.40/10 sess #1674431

TLC FOR SHOULDERS AND NECK

Apr 11-May 2 Tu 11:00-12:00pm \$41.00/4 sess #1674497

May 30-Jun 20 Tu 12:00-1:00pm \$41.00/4 sess #1674498

YOGA—IN JAPANESE

Apr 4-May 30 Tu 1:30-2:30pm \$44.80/9 sess #1834838



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

OUTDOOR TRIPS AND TOURS

ALPACA SHEARING AT KENSINGTON FARM

April 7 F 10:00am-4:00pm \$14.50/1 sess #1674290

SEA LION TOUR

April 19 W 9:45 - 12:00pm \$28.50/1 sess #1674392

BOTANICAL WALK: DEAS ISLAND TRIP

April 28 F 9:45 - 2:00pm \$15.00/1 sess #1674315

BIRDING AT IONA BEACH PARK

May 12 F 9:45 - 1:45pm \$15.00/1 sess #1674348

TANGLEBANK GARDENS AND BISTRO

May 17 W 10:15 - 3:15pm \$15.00/1 sess #1783388

BOTANICAL WALK: RICHMOND NATURE PARK

May 26 F 9:45 - 12:15pm \$10.00/1 sess #1674316

SQUAMISH SEA TO SKY GONDOLA

May 31 W 9:30 - 4:30pm \$60.00/1 sess #1758138

BIRDING AT CAMPBELL VALLEY PARK

June 16 F 9:30 - 2:30pm \$18.00/1 sess #1758388

SYLVIA HOTEL

June 21 W 10:00 - 2:30pm \$36.00/1 sess #1674413

BOTANICAL WALK: TERRA NOVA TRIP

June 23 F 9:45 - 12:15pm \$10.00/1 sess #1674317

EVENTS

LUNCH WITH HORTICULTURALIST

April 20 Th 12:00 - 2:00pm \$10.00/1 sess #1724638

SPRING TEA PARTY

May 18 Th 12:00 - 2:00pm \$10.00/1 sess #1674407

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.

Please note that all programs are not listed as full programs are not being displayed.

RECIPES

Apple Crisp

Prepared and enjoyed at our recent Cooking Class!

6 cups peeled, cored, sliced apples or ripe pears

1/2 teaspoon cinnamon, or more to taste

1/2 cup sugar, plus 2 tablespoons

5 tablespoons butter, plus more for greasing the pan

3/4 cup oats

1/2 cup walnuts or pecans

Heat oven to 375 degrees. Toss fruit with half the cinnamon and 2 tablespoons sugar and spread it in a lightly buttered 8-inch square or 9-inch round baking pan.

Combine remaining cinnamon and sugar in container of a food processor with butter, oats and nuts; pulse a few times just until ingredients are combined (Do not puree). To mix ingredients by hand, soften butter slightly, toss together dry ingredients and work butter in with fingertips, a pastry blender or a fork.

Spread topping over apples and bake about 40 minutes until topping is browned and apples are tender. Serve hot, warm or at room temperature.

RECIPES

Peanut Noodle Pasta Salad

Prepared and enjoyed at our recent Cooking Class!

- 1/2 cup creamy peanut butter
- 1/4 cup soy sauce
- 1/4 cup rice vinegar
- 1 tablespoon sesame oil
- 2 tablespoon siracha
- 1/4 cup water
- 1 tablespoon ginger/minced
- 2 tablespoon brown sugar
- 1 box whole grain linguine
- 1 cup carrots finely cut into matchsticks
- 2 cucumbers shaved using vegetable peeler
- 1 red bell pepper thinly sliced into strips
- 1 yellow bell pepper thinly sliced into strips
- 1/2 cup green onion sliced
- 1/4 cup cilantro chopped
- 1/4 cup peanuts chopped

Bring a large pot of lightly salted water to a boil. Cook pasta according to instructions on the box. Drain and run cooked pasta under cold water to cool.

In a medium bowl, whisk together peanut butter, soy sauce, rice vinegar, sesame oil, siracha, water, minced ginger, minced garlic and brown sugar.

Combine pasta with sliced vegetables. Pour the dressing over the pasta and vegetables and mix well. Cover and chill for at least one hour before serving. Garnish with

