

# OLDER ADULTS FALL 2017

Photo Shared By Linda Perron



## 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

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



## **ARTS - DANCE**

### **HAWAIIAN HULA DANCING - BEGINNER**

Sep 15-Dec 1 F 1:00-2:00pm \$59.75/12 sess #2086738

### **LINE DANCING - BEGINNER**

Sep 14-Nov 30 Th 2:00-3:00pm \$59.75/12 sess #2051864

### **LINE DANCING - INTERMEDIATE**

Sep 14-Nov 30 Th 3:15-4:15pm \$59.75/12 sess #2051865

### **TAP DANCING - INTERMEDIATE**

Sep 19-Nov 28 Tu 1:15-2:15pm \$54.80/11 sess #2051942

## **COMPUTERS & TECHNOLOGY**

### **INTRODUCTION TO ANDROID TABLETS & PHONES**

Sep 6-Oct 11 W 1:00-3:00pm \$48.00/6 sess #2051848

Oct 18-Nov 22 W 1:00-3:00pm \$48.00/6 sess #2051849

### **INTRODUCTION TO IPADS**

Sep 8-Oct 13 F 1:00-3:00pm \$48.00/6 sess #2051854

Oct 20-Nov 24 F 1:00-3:00pm \$48.00/6 sess #2051855

### **INTRODUCTIONS TO IPADS IN JAPANESE**

Sep 8-Oct 13 F 10:00-12:00pm \$48.00/6 sess #2051852

Oct 20-Nov 24 F 10:00-12:00pm \$48.00/6 sess #2051853

Follow us on Facebook @ Steveston

Community Centre or on Twitter @ StevestonCS



## EVENTS

### LUNCH WITH A HORTICULTURALIST

October 19 Th 12:00-2:00pm \$10.00/1 sess #2051866

### CELEBRATE CANADA 150 LUNCHEON

November 16 Th 12:00-2:00pm \$10.00/1 sess #2089838

### JUST FOR MEN MINI HEALTH FAIR

November 29 W 12:00-3:00pm \$5.00/1 sess #2051857

### CHRISTMAS LUNCH

December 14 Th 12:00-2:00pm \$10.00/1 sess #2051790

## GENERAL INTEREST

### ADVANCE CARE PLANNING WORKSHOP

November 3 F 1:00-3:00pm FREE/1 sess #2064988

### BARBEQUE

September 21 Th 12:00 - 2:00pm \$10.00/1 sess #2051787

### COOKING CLUB

September 11 M 10:00-12:00pm \$6.00/1 sess #2051796

September 25 M 10:00-12:00pm \$6.00/1 sess #2051797

October 16 M 10:00-12:00pm \$6.00/1 sess #2051798

October 30 M 10:00-12:00pm \$6.00/1 sess #2051799

November 20 M 10:00-12:00pm \$6.00/1 sess #2051800

December 11 M 10:00-12:00pm \$6.00/1 sess #2051801

### IKI IKI SOCIAL

Sep 14-Nov 30 Th 12:00-4:00pm \$240.00/12 sess #2051846

## **HEALTH AND FITNESS**

### **BALANCE AND FALLS PREVENTION**

Sep 7-Dec 7 Th 12:00-1:00pm \$58.80/14 sess #2051777

Sep 11-Dec 11 M 12:00-1:00pm \$50.40/12 sess #2051778

### **CHRONIC KIDNEY DISEASE WORKSHOP**

October 20 F 1:00-3:00pm FREE/1 sess #2063588

### **MEDITATION MADE EASY**

September 27 W 10:00-11:00am \$10.00/1 sess #2051869

October 25 W 10:00-11:00am \$10.00/1 sess #2051870

November 22 W 10:00-11:00am \$10.00/1 sess #2051871

December 13 W 10:00-11:00am \$10.00/1 sess #2051872

### **PWR!MOVES® - PARKINSON FITNESS**

Sep 5-Dec 5 Tu 12:45-1:45pm \$58.80/14 sess #2051903

Sep 7-Dec 7 Th 1:30-2:30pm \$58.80/14 sess #2073038

### **SELF-MANAGEMENT FOR HEALTH WORKSHOP**

November 17 F 1:00-3:00pm FREE/1 sess #2065038

### **STEADYFEET®**

Sep 11-Dec 11 M/Th 11:00-12:00pm \$88.20/21 sess #2051923

### **TLC FOR SHOULDERS AND NECKS**

Sep 12-Oct 17 Tu 11:00-12:00pm \$61.50/6 sess #2052070

Oct 31-Dec 5 Tu 11:00-12:00pm \$61.50/6 sess #2052071

## HEALTH AND FITNESS

### TAI CHI

Sep 7-Dec 7 Th 10:30-11:30am \$85.55/14 sess #2051941

### YOGA (IN JAPANESE)

Sep 12-Dec 12 Th 1:30-2:30pm \$69.70/14 sess #2089188

## OUTDOOR TRIPS AND TOURS

### REIFEL BIRD SANCTUARY TRIP

September 8 F 9:45-2:00pm \$16.00/1 sess #2051904

### LADNER BOAT TOUR

September 15 F 9:45-12:00pm \$29.50/1 sess #2051863

### BIRDING AT TERRA NOVA TRIP

October 6 F 9:45-12:15pm \$10.00/1 sess #2051788

### JJ'S RESTAURANT LUNCH TRIP

October 18 W 10:30-3:30pm \$15.00/1 sess #2051856

### TSAWWASSEN MILLS SHOPPING TRIP

November 15 W 10:00-2:30pm \$14.25/1 sess #2095688

### DICKENS SWEETS AND BRITISH MUSEUM TRIP

November 24 F 10:00-3:30pm \$21.00/1 sess #2126092

### OLD SPAGHETTI FACTORY TRIP

December 8 F 9:30-2:30pm \$35.00/1 sess #2051882

# RECIPES

## Chickpea Kale Stir-Fry

- 4 cups(1L) cooked or canned chickpeas (drained & rinsed)
- 3 garlic cloves, sliced
- 2 tsp minced fresh ginger
- 1 tablespoon garam masala
- 1/2 teaspoon turmeric
- 1/4 teaspoon ground cayenne
- 1/4 teaspoon salt
- 6 cups of chopped kale
- 2 cups cherry tomatoes, halved
- 1/4 cup hempseeds
- Juice of 1/2 lemon
- 1 cup plain, 2% Greek yogurt
- 1 teaspoon lemon zest

Heat oil in large skillet over medium heat.

Add chickpeas, garlic and ginger; cook 4 minutes.

Stir in garam masala, turmeric, cayenne and salt; cook 30 seconds more.

Add kale to skillet and cook until slightly wilted.

Stir in tomatoes, hempseeds and lemon juice; heat for 1 minute.

In small bowl, stir together yogurt and lemon zest.

Serve chickpea mixture topped with dollops of lemony yogurt.



# RECIPES

## Oatmeal Blueberry Muffin

- 1 1/4 cups quick cooking oats
- 2 1 cup all-purpose flour
- 1/3 cup white sugar
- 1 tablespoon baking powder
- 1/3 teaspoon salt
- 1 cup milk
- 1 egg
- 1/4 cup vegetable oil
- 1 cup blueberries, rinsed and drained

Combine oats, flour, sugar, baking powder and salt.

Mix in milk, egg, and oil.

Mix just until dry ingredients are moistened.

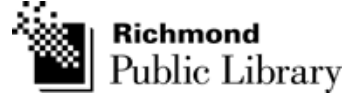
Fold in blueberries.

Fill greased muffin cups 2/3 full with batter.

Bake at 425 degrees F (220 degrees C) for 20 to 25 minutes.

Don't forget to follow our Facebook page and check out our Community ParticipACTION events we are hosting!





## **From the Library: New Fall Fiction by Christine McCrea, Librarian**

As fall approaches, I always want to embrace the shorter days and delve into a great book. Try some of these new titles in literary fiction.

### ***The Golden House* by Salman Rushdie**

Nero Golden and his three adult sons move into a gated community in Greenwich Village on the day of Barack Obama's inauguration. The Golden family has an air of mystery that intrigues its neighbours. Rushdie uses American politics and culture as a backdrop, and his signature style makes *The Golden House* a powerful and epic tale.

### ***Little Fires Everywhere* by Celeste Ng**

Elena Richardson lives in a planned community and her own life is carefully planned. Elena is a rule follower. When Mia Warren and her teenaged daughter Pearl move into the Richardson's rental house, the entire Richardson family is drawn to the pair, despite Mia's disregard for the status quo. Will this shake up in Elena's life be good for her?

### ***Five-Carat Soul* by James McBride**

The award-winning James McBride brings his insight into human nature to this short story collection. Stories include the tales of five strangers who must face an unexpected judgement together, and the antics of The Five-Carat Soul Bottom Bone Band, whose members recount their own comedic anecdotes. The book is perfect for someone who likes a little humour in their fiction.

### ***Future Home of the Living God* by Louise Erdrich**

Cedar Hawk Songmaker is a pregnant woman living in a world that seems to be spiraling out of control. Evolution has reversed itself; newborn babies are now appearing as a primitive species of human. Martial law prevails and pregnant women are being detained. Cedar must determine how to protect herself and her unborn child in this novel by the award-winning Louise Erdrich.

### **Upcoming Fall Programs: Life After Retirement Series - Brighthouse Branch - Registered Programs**

Second Careers and Volunteerism - Tues, Oct 3, 6:30-8:00pm  
Travel and Vacation Planning - Tues, Oct 12, 6:30-8:00pm  
Government Benefits for Seniors - Tues, Oct 24, 1:00-3:00pm  
Selling your Home and Downsizing - Sun, Oct 29, 2:00-3:30pm  
Financial Frauds & Scams - Wed, Nov 15 10:00-12:00pm

### **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](http://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:

#### **Stephanie Vokey**

Coordinator, Marketing & Public Relations  
Richmond Public Library  
T 604-231-6465  
[stephanie.vokey@yourlibrary.ca](mailto:stephanie.vokey@yourlibrary.ca)

#### **Christine McCrea**

Librarian  
Richmond Public Library  
T 604-231-6423  
[christine.mccrea@yourlibrary.ca](mailto:christine.mccrea@yourlibrary.ca)

