

# SENIORS FALL 2018



## STEVESTON COMMUNITY CENTRE

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



REDMS# 5151372-v10

## 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 9:30am - 12:00pm

### DRUMMING CIRCLE

Mondays 1:30 - 3:00pm

### GOLDEN RODS & REELS

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

Monthly Potluck Dinner 2nd Friday - 5:00pm

### LOW VISION SUPPORT GROUP

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

### STEVESTON SENIORS CIRCLE

Tuesdays 1:00 - 3:00pm

### UKULELE CIRCLE

Fridays 10:00 - 11:30am

### JAPANESE TABLET CLUB

Fridays 10:00am - 12:00pm

### KENDAMA CLUB

Fridays 1:30-2:30pm

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

### Featured Digital Collection:

#### Pronunciator

Learn a new language with self-directed lessons, live teachers, movies, music and more! Over 80 languages are available and Pronunciator's interface is available in over 50 different languages. Pronunciator is available on our website at [yourlibrary.ca](http://yourlibrary.ca).

#### Upcoming Fall Programs:

#### BEING HEALTHY SERIES - Brighthouse Branch, 2nd Floor

##### Medication Management

Learn tips on how to get the full benefit from your medications. A pharmacist will be available to answer your questions.

Friday September 21 10:00-12:00pm

##### The Flu Information Session

Make an informed decision about getting immunized against influenza. Learn the difference between the common cold and the flu.

Friday October 19 10:00-12:00pm

To find out more about these and other programs, please check out our online event calendar at [www.yourlibrary.ca/events](http://www.yourlibrary.ca/events), or call the library at 604-231-6413.

#### 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:

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## From the Library: by Catherine Lindsay, Head of Seniors Services

Here are a few recommended Canadian non-fiction titles and other opportunities for lifelong learning at Richmond Public Library this fall.

### Canadian Non-Fiction:

#### **All We Leave Behind: A Reporter's Journey into the Lives of Others - Carol Off**

In 2002, CBC journalist Carol Off interviewed an Afghan man, Asad Aryubwai, for her award-winning documentary *In the Company of Warlords*. Four years later Off discovered that Aryubwai's participation had created devastating consequences for him and his family in Afghanistan. This is her account of her nine years of personal efforts to help his family of seven escape death threats, oppression and persecution for a new life in Canada.

#### **The Boy on the Beach: My Family's Escape From Syria and Our Hope for A New Home - Tima Kurdi**

This is the story behind the headlines and shocking imagery of the little boy Alan Kurdi, a Syrian refugee, whose body washed up on the shores of the Mediterranean Sea in 2015. This is also his aunt Tima Kurdi's story of growing up in Damascus, immigrating to Canada in the early 90's, and that of her extended family in Syria before and since the start of the civil war and the deaths of Alan, his brother and mother.

#### **The Power of Kindness: Why Empathy is Essential in Everyday Life - Brian Goldman**

Dr. Brian Goldman, veteran emergency room doctor and host of CBC Radio's *White Coat Black Art*, began to wonder if he might not be the same caring and compassionate doctor he once was. Dr. Goldman's self-reflection took him on a journey searching for the root of kindness both within his own brain and personality and also for kindness as exemplified by other remarkable people around the world.

### **Featured Collection: Active Mind Sets**

Borrow activity sets containing two different cognitive games (memory, spatial thinking, puzzles, etc.) that can be played alone or with others. For Ages 8-98. The sets can be borrowed for up to 21 days with your library card. Active Mind Sets were made possible by a donation from the Friends of the Library.

## CLUBS AND GROUPS

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

The cost of a Steveston Community Centre Facility Pass is \$12.00/Year and the pass is valid for one year from the date of purchase.

## WELLNESS CLINICS

Wellness Clinics are held on the first Wednesday of every month (except July and August) at the Japanese Canadian Cultural Centre. Clinics feature blood pressure checks and consultation with a pharmacist. Holistic sessions include Pedicures, Reflexology, Reiki, Shiatsu Chair Massage, Body Talk, Facials and more! Pedicures and Facials are also offered on the first Tuesday of the month. Due to popular demand, holistic sessions must be booked in advance. Please contact Jose at 604-718-8098 or [jmendoza@richmond.ca](mailto:jmendoza@richmond.ca) to book appointments or for further information.

### **Upcoming Wellness Clinics at Steveston:**

Wednesday, September 5	9:00am - 12:00pm
Wednesday, October 3	9:00am - 12:00pm
Wednesday, November 7	9:00am - 12:00pm
Wednesday, December 7	9:00am - 12:00pm

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

## ARTS

### LINE DANCING - BEGINNER

Sep 13 - Nov 29 Th 2:00 - 3:00pm \$64.30/12 sess #2523558

### LINE DANCING - INTERMEDIATE

Sep 13 - Nov 29 Th 3:15 - 4:15pm \$64.30/12 sess #2523559

### TAP DANCING - INTERMEDIATE

Sep 18 - Nov 27 Tu 1:15 - 2:15pm \$58.95/11 sess #2523642

### WATERCOLOUR AND ACRYLIC PAINTING

Sep 24 - Nov 26 M 12:30 - 2:00pm \$64.30/8 sess #2587142

## COMPUTERS, TECHNOLOGY & SOCIAL MEDIA

### INTRODUCTION TO ANDROID TABLETS

Sep 19 - Oct 24 W 1:00 - 3:00pm \$50.40/6 sess #2523543

### INTRODUCTION TO IPADS

Sep 19 - Oct 24 W 10:00 - 12:00pm \$50.40/6 sess #2523547

### INTRODUCTION TO IPADS - LEVEL 2

Sep 7 - Oct 12 F 1:00 - 3:00pm \$50.40/6 sess #2561742

Oct 19 - Nov 23 F 1:00 - 3:00pm \$50.40/6 sess #2561792

### INTRODUCTION TO IPADS IN JAPANESE

Sep 7 - Oct 12 F 10:00 - 12:00pm \$50.40/6 sess #2523545

Oct 19 - Nov 23 F 10:00 - 12:00pm \$50.40/6 sess #2523546

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or on Twitter @ StevestonCS



## RECIPES

### Southwestern Slaw

3 cups fine-shredded green cabbage  
1 tablespoon lime juice  
1 tablespoon honey  
2 tablespoons minced red onion  
Salt to taste

Optional add-ins:

1/2 jalapeno, minced  
1 tablespoon chopped cilantro

Combine all ingredients, mixing thoroughly  
Allow the mixture to marinate for at least 30 minutes and up to 8  
hours before serving

## RECIPES

### Pineapple with Lime and Coconut

1 cup unsweetened coconut flakes  
2 limes, zested and juiced  
1/4 cup water  
1/3 cup sugar  
1 inch 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 the  
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.

## OUTDOOR TRIPS AND TOURS

### REIFEL BIRD SANCTUARY TRIP

September 7 F 9:45 - 2:15pm \$22.25/1 sess **#2530642**

### LADNER BOAT TRIP

September 14 F 9:45 - 12:00pm \$29.50/1 sess **#2523557**

### DELTA NATURE RESERVE ECOLOGY TRIP

October 5 F 9:45 - 2:15pm \$19.25/1 sess **#2588892**

### JJ'S RESTAURANT LUNCH TRIP

October 17 W 10:30 - 3:30pm \$20.00/1 sess **#2523550**

### TSAWWASSEN MILLS SHOPPING TRIP

November 14 W 10:00 - 3:00pm \$20.00/1 sess **#2523774**

### DICKENS SWEETS AND BRITISH MUSEUM TRIP

November 23 F 10:00 - 3:30pm \$27.00/1 sess **#2617142**

### OLD SPAGHETTI FACTORY TRIP

December 7 F 9:30 - 2:30pm \$43.00/1 sess **#2523575**

**\*Taxes are added at the time of registration for Adult Programs**

## FLU SHOT CLINICS

Free for most seniors. Please bring your card card. To sign up, contact Jose at 604-718-8098. Offered by Medicine Shoppe Steveston.

November 7 Wednesday 9:30 - 12:00pm FREE

## COOKING

### COOKING CLUB

September 10 M 10:00 - 12:00pm \$8.00/1 sess **#2523499**

September 24 M 10:00 - 12:00pm \$8.00/1 sess **#2523500**

October 15 M 10:00 - 12:00pm \$8.00/1 sess **#2523501**

October 29 M 10:00 - 12:00pm \$8.00/1 sess **#2523502**

November 19 M 10:00 - 12:00pm \$8.00/1 sess **#2523503**

December 3 M 10:00 - 12:00pm \$8.00/1 sess **#2523504**

## EVENTS

### AUTUMN LUNCHEON

October 18 Th 12:00 - 2:00pm \$10.00/1 sess **#2584243**

### CANADIAN HOMESTYLE LUNCHEON

November 15 Th 12:00 - 2:00pm \$10.00/1 sess **#2584392**

## FITNESS

### BALANCE AND FALLS PREVENTION

Sep 11-Dec 11 Tu 11:45 - 12:45pm \$60.20/14 sess **#2523483**

Sep 13-Dec 13 Th 11:45 - 12:45pm \$60.20/14 sess **#2523482**

### EXERCISES FOR PARKINSON'S DISEASE

Sep 11-Dec 11 Tu 1:00 - 2:00pm \$60.20/14 sess **#2587542**

Sep 13-Dec 13 Th 1:00 - 2:00pm \$60.20/14 sess **#2587592**

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**FITNESS****INDOOR CYCLING FOR THOSE WITH PARKINSON'S**Sep 14 - Nov 16 F 10:30 - 11:30am \$43.00/10 sess **#2595142**Sep 19 - Nov 21 W 10:30 - 11:30am \$43.00/10 sess **#2595092****STAY STEADY**Sep 11 - Dec 11 Tu 10:30 - 11:30am \$60.20/14 sess **#2587642**Sep 13 - Dec 13 Th 10:30 - 11:30am \$60.20/14 sess **#2587692****YOGA - IN JAPANESE**Sep 11 - Dec 11 Tu 1:30 - 2:30pm \$71.25/14 sess **#2523789****GENERAL INTEREST****BARBEQUE**September 20 Th 10:00 - 2:00pm \$10.00/1 sess **#2523489****BUDGETING AND REGISTERED PLANS WORKSHOP**September 18 Tu 10:00 - 12:00pm FREE/ 1 sess **#2584642****FINANCIAL LITERACY: FOUNDATIONS OF INVESTING**October 16 Tu 10:00 - 12:00pm FREE/ 1 sess **#2585392****FRAUDS AND SCAMS WORKSHOP**November 13 Tu 10:00 - 12:00pm FREE/ 1 sess **#2585092****IKI IKI SOCIAL**Sep 20 - Dec 6 Th 12:00 - 4:00pm \$300.00/12 sess **#2523541****Recreational Pickleball - 55+ Drop-in**

Wednesdays 7:15-9:15pm

**GENERAL INTEREST****JUST FOR MEN - FEED THAT INNER CHEF**October 1 M 10:00 - 12:00pm \$8.00/1 sess **#2585242**November 5 M 10:00 - 12:00pm \$8.00/1 sess **#2585292****HEALTH AND WELLNESS****DIABETES SELF-MANAGEMENT WORKSHOP**September 19 W 10:00 - 12:00pm FREE/1 sess **#2556846****HEALTHY WEIGHT WORKSHOP**November 21 W 10:00 - 12:00pm FREE/1 sess **#2556942****LOVE YOUR LIVER**October 31 W 10:00 - 12:00pm FREE/1 sess **#2556742****MEDITATION MADE EASY**September 26 W 10:00 - 11:00am \$4.00/1 sess **#2523561**October 24 W 10:00 - 11:00am \$4.00/1 sess **#2523562**November 28 W 10:00 - 11:00am \$4.00/1 sess **#2523562**December 12 W 10:00 - 11:00am \$4.00/1 sess **#2523564****HOLIDAY PROGRAMS****CHRISTMAS LUNCH**December 13 Th 12:00 - 2:00pm \$10.00/1 sess **#2523494****MARTIAL ARTS****TAI CHI**Sep 6 - Dec 6 Th 10:00 - 11:00am \$87.50/14 sess **#2523641****\*Taxes are added at the time of registration for Adult Programs**