

SENIORS WINTER 2020



STEVESTON COMMUNITY CENTRE

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



REDMS# 5151372-v15

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 1:00 - 3:00pm

GOLDEN RODS & REELS

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

Monthly Potluck Dinner 2nd Friday - 5:00pm

JAPANESE TABLET CLUB

Fridays 10:00 - 12:00pm

LOW VISION SUPPORT GROUP

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

STEVESTON SENIORS CIRCLE

Tuesdays 1:00 - 3:00pm

TABLET CLUB (English)

Wednesdays 1:00 - 2:30pm

UKULELE CIRCLE

Fridays 10:00 - 11:30am

UKULELE ENSEMBLE

Tuesdays 6:00 - 8:00 pm

Free Film Screenings

Each month the National Film Board selects a short film that we screen at the Brighthouse Branch from 3:30 to 4:30pm on the first Thursday of each month. On February 6, the film is **Speaker for the Dead** which reveals the turmoil stirred up by desecrated graves and underlines the hidden history of Black people in Canada. On March 5, the film is **The Sloane Affair**, a fictional film based on actual tax fraud incidents and the suspenseful investigation that follows.

Mental Health

Are you concerned about your mental health? In this workshop, an overview of mental disorders and ways that individuals can contribute to their own mental health will be discussed. Presented in partnership with Seniors Health and Wellness Institute.
Wednesday, January 22 1:00 - 3:00 pm Brighthouse Branch

Fraud and Cyber Awareness

It's Fraud Awareness Month and RBC representatives want to help. At this talk, RBC staff will share information on how to avoid fraud and cyber fraud and keep you're your money and information protected.

Saturday, March 14 2:00 - 3:00 pm Brighthouse Branch

Volunteer at the Library!

Love the library? Share your skills and give back to our community by becoming a library volunteer! Volunteers 55+ can apply to help the library provide hands-on help with technology learning to seniors, deliver library materials to individuals who cannot visit the library, or help adults learn English. Email volunteer@yourlibrary.ca for more details and to apply!

For more information, contact:

Adair Harper Community Services Librarian Richmond Public Library T 604-231-64814 adair.harper@yourlibrary.ca	Catherine Lindsay Head of Adult and Seniors Services Richmond Public Library T 604-231-6481 catherine.lindsay@yourlibrary.ca
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From the Library

by Adair Harper, Community Services Librarian, Richmond Public Library

Hello from Adair, your new community librarian!

My name is Adair Harper and I recently started at Richmond Public Library in an exciting new position as a community services librarian with a focus on older adults. I work mostly outside of the library making connections with community members like you and I hope to meet you soon!

Upcoming Winter Programs at Brighthouse Branch

To find out more about the library's winter program schedule and to register, please check out our online event calendar at rpl.ca/events_calendar, or call the library at 604-231-6413.

Alzheimer's Awareness Month

Did you know that January is Alzheimer's Awareness month? To help build awareness in our community, the library is presenting two programs. The first **Dementia Friends** (Jan 21) is about supporting friends and family members who are experiencing dementia. The second, **Getting to Know Dementia** (Mar 4) is for learning about the basics of dementia. Both of these programs take place from 1:00 to 3:00 pm in Community Place on the second floor of the Brighthouse Branch.

Tech Talks

Technology is exciting and ever-changing but it can also be intimidating. Tech Talks are a service for older adults who want to learn more about current trends and have your questions answered by library staff. On February 11, the topic is **Seniors and Video Games** and on March 10 the topic is **Differences Between Web Browsers**. Both talks take place from 10:30-11:30am at the Brighthouse Branch.

CLUBS AND GROUPS

A valid Steveston Community Centre Facility Pass is required for Club and Group Programs. For further information, please contact Liliene Yee, Seniors Coordinator at 604-238-8084.

The cost of a Steveston Community Centre Facility Pass is \$14.00/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 services such as Pedicures, Reflexology, Reiki, Shiatsu Chair Massage, Body Talk & Facials! Pedicures and Facials are also offered on the first Tuesday of the month.

As of January 2, Wellness Clinic bookings will take place through our front desk, in-person or via telephone at 604-238-8080 at 8:30am. You may register one month prior to the wellness clinic date. Please note that all payments must be made at the time of registration. Refunds for withdrawals are permitted up to 3 days prior to the clinic.

Upcoming Wellness Clinics at Steveston:

Tuesday, December 31	9:00am - 12:00pm
Tuesday, February 4	9:00am - 12:00pm
Wednesday, February 5	9:00am - 12:00pm
Tuesday, March 3	9:00am - 12:00pm
Wednesday, March 4	9:00am - 12:00pm

ARTS

HAWAIIAN HULA DANCING: BEGINNER

Jan 10 - Mar 27 F 1:00 - 2:00pm \$65.90/12 sess #2752471

LINE DANCING - BEGINNER

Jan 9 - Mar 12 Th 2:00 - 3:00pm \$54.90/10 sess #2752492

LINE DANCING - INTERMEDIATE

Jan 9 - Mar 12 Th 3:15 - 4:15pm \$54.90/10 sess #2752493

PAINTING: WATERCOLOUR TECHNIQUES & STYLES

Jan 13 - Mar 9 M 10:00 - 12:00pm \$87.85/8 sess #2755463

SKETCHING

Jan 13 - Mar 9 M 12:30 - 2:00pm \$65.90/8 sess #2755466

TAP DANCING - INTERMEDIATE

Jan 7 - Mar 24 Tu 1:15 - 2:15pm \$65.90/12 sess #2752566

UKULELE ENSEMBLE WORKSHOP

Jan 16 - Jan 30 Th 6:00 - 8:00pm \$32.95/3 sess #2756789

UKULELE: MUSIC LITERACY FOR BEGINNERS 1

Jan 7 - Feb 11 Tu 1:00 - 2:30pm \$49.40/6 sess #2758338

Feb 24 - Mar 30 M 10:00 - 11:30am \$49.40/6 sess #2752648

UKULELE: MUSIC LITERACY FOR BEGINNERS 2

Jan 6 - Feb 10 M 10:00 - 11:30am \$49.40/6 sess #2755470

UKULELE: MUSIC LITERACY FOR BEGINNERS 3

Jan 6 - Feb 10 M 1:00 - 2:30pm \$49.40/ 6 sess #2755472

Feb 24 - Mar 30 M 1:00 - 2:30pm \$49.40/6 sess #2755478

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

CAREGIVER WORKSHOP SERIES

Relax, Recharge, Reset Caregiver Workshop Series

Presented by Richmond Cares, Richmond Gives

This workshop series is aimed at promoting the health and well-being of family caregivers, particularly seniors who are caring for another older adult. These FREE workshops focus on physical activity and its connection to healthy aging. From session to session, caregivers can take part in a variety of stress-reduction activities, including yoga, tai chi, meditation and even nature walks.

Upcoming sessions at Steveston Japanese Canadian Cultural Centre, 4255 Moncton Street, will take place on:

Wednesday, January 22 10:00am - 12:00pm

Wednesday, February 26 10:00am - 12:00pm

Wednesday, March 25 10:00am - 12:00pm

To register for any session, contact Carol Dickson at
604-279-7099 or cdickson@rcrg.org

Follow us on Facebook at Steveston Community Centre or on Twitter @ StevestonCS



MARTIAL ARTS

TAI CHI

Jan 9 - Mar 26 Th 10:00 - 11:00am \$62.15/12 sess **#2755455**

OUTDOOR TRIPS AND TOURS

CLANCY'S TEA COSY LUNCH TRIP

January 22 F 11:00 - 3:00pm \$43.40/1 sess **#2752429**

JJ'S RESTAURANT TRIP

February 19 W 10:30 - 3:30pm \$23.50/1 sess **#2752483**

THE DINER RESTAURANT TRIP

February 28 F 3:45 - 8:15pm \$22.00/1 sess **#2757080**

BIRDING IN STANLEY PARK

March 20 F 9:45 - 2:30pm \$23.75/1 sess **#2752426**

LANGLEY AVIATION ADVENTURE TRIP

March 25 W 9:30 - 4:00pm \$32.15/1 sess **#2756881**



Recreational Pickleball - Adult - Drop-in

Tuesdays 6:30 - 9:00 pm
Thursdays 12:45 - 2:45 pm

COOKING

SENIORS COMMUNITY KITCHEN

January 13 M 10:00 - 12:00pm \$9.00/1 sess **#2752529**

January 27 M 10:00 - 12:00pm \$9.00/1 sess **#2752530**

February 10 M 10:00 - 12:00pm \$9.00/1 sess **#2752531**

February 24 M 10:00 - 12:00pm \$9.00/1 sess **#2752532**

March 9 M 10:00 - 12:00pm \$9.00/1 sess **#2752533**

March 23 M 10:00 - 12:00pm \$9.00/1 sess **#2752534**

FITNESS

BALANCE AND FALLS PREVENTION

Jan 7 - Mar 24 Tu 11:45 - 12:45pm \$52.80/12 sess **#2752416**

Jan 9 - Mar 26 Th 11:45 - 12:45pm \$52.80/12 sess **#2752417**

EXERCISES FOR PARKINSON'S DISEASE

Jan 7 - Mar 24 Tu 1:00 - 2:00pm \$52.80/12 sess **#2742455**

GROUP WEIGHT TRAINING: BEGINNER

Jan 10 - Jan 31 F 11:00 - 12:00pm \$42.95/4 sess **#2756167**

Feb 21 -Mar 13 F 11:00 - 12:00pm \$42.95/4 sess **#2756168**

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

FITNESS

INDOOR CYCLING FOR THOSE WITH PARKINSONS

Jan 7 - Feb 11 Tu 10:30 - 11:30am \$26.40/6 sess **#2752481**

Feb 18 - Mar 24 Tu 10:30 - 11:30am \$26.40/6 sess **#2755986**

STAY STEADY

Jan 7 - Mar 24 Tu 10:30 - 11:30am \$52.80/12 sess **#2752547**

Jan 9 - Mar 26 Th 10:30 - 11:30am \$52.80/12 sess **#2752548**

YOGA - IN JAPANESE

Jan 7 - Mar 24 Tu 1:30 - 2:30pm \$62.55/12 sess **#2752655**

GENERAL INTEREST

IKI IKI SOCIAL

Jan 9 - Mar 26 Th 12:00 - 4:00pm \$300.00/12 sess **#2752480**

HEALTH AND WELLNESS

HEART FAILURE WORKSHOP

January 29 W 10:00 - 12:00pm FREE/1 sess **#2756884**

HEALTHY AGING: FALLS PREVENTION

February 19 W 10:00 - 12:00pm FREE/1 sess **#2756883**

HEALTHY AGING SERIES: MANAGING MEDICATIONS

March 18 W 10:00 - 12:00pm FREE/1 sess **#2757062**

HEALTH AND WELLNESS

JUST FOR MEN: HEALTH TALK

January 21 Tu 10:00 - 12:00pm FREE/1 sess **#2752484**

February 18 Tu 10:00 - 12:00pm FREE/1 sess **#2756790**

March 24 Tu 10:00 - 12:00pm FREE/1 sess **#2756791**

MEDITATION MADE EASY

January 29 W 10:00 - 11:00am \$4.50/1 sess **#2752494**

February 26 W 10:00 - 11:00am \$4.50/1 sess **#2752495**

March 25 W 10:00 - 11:00am \$4.50/1 sess **#2752496**

TONARI GUMI GENKI WELLNESS PROGRAM

Jan 6 - Mar30 M 10:00 - 12:00pm \$54.00/12 sess **#2755469**

LUNCHEONS

BIRTHDAY LUNCH FOR EVERYONE

January 16 Th 12:00 - 2:00pm \$10.00/1 sess **#2752427**

VALENTINE'S DAY LUNCH

February 20 Th 12:00 - 2:00pm \$10.00/1 sess **#2752651**

ST. PATRICK'S DAY LUNCH

March 19 Th 12:00 - 2:00pm \$10.00/1 sess **#2752546**

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