

SENIORS SPRING 2020



STEVESTON COMMUNITY CENTRE

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



REDMS# 5151372-v16

CLUBS AND GROUPS

BRIDGE - SOCIAL

Fridays 1:00pm- 4:00pm

CHINESE MULTICULTURAL GROUP

Monday & Thursdays 9:00pm - 11:30am

DRUMMING CIRCLE

Mondays 1:00pm - 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 10:00am - 12:00pm

LOW VISION SUPPORT GROUP

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

STEVESTON SENIORS CIRCLE

Tuesdays 1:00pm - 3:00pm

UKULELE CIRCLE

Fridays 10:00am - 11:30am

UKULELE ENSEMBLE

Tuesdays 6:00pm - 8:00 pm

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

FROM THE LIBRARY

Introducing the new Minoru Book Dispenser

Richmond Public Library's newest book dispenser is ready for you to open the door and explore on the second floor of the Seniors Centre at the Minoru Centre for Active Living. The new book dispenser was made possible with generous funding from Richmond City Council.

A Richmond Public Library Card is all you'll need to unlock the door and check out books seven days a week. The new dispenser is accessible during Seniors Centre hours, which are Monday to Saturday, 7:00 am to 9:00 pm and Sundays from 8:00 am to 5:00 pm.

The books will be refreshed and replenished frequently so stop by often to see what's new.

"This dispenser provides an innovative service to better meet the needs of local seniors, their families and their caregivers," said Susan Walters, Chief Librarian at Richmond Public Library. "We are so excited and we hope you are too. Come try out the new book dispenser soon and see what it holds for you!"

For more information, contact:

Catherine Lindsay
Head of Adult and Seniors Services
Richmond Public Library
T 604-231-6481
catherine.lindsay@yourlibrary.ca

Stephanie Vokey
Coordinator, Marketing & Public
Relations
Richmond Public Library
T 604-231-6454
Stephanie.vokey@yourlibrary.ca

RECIPE

Nancy's Good Cookies

- 1 cup of butter
- 1 cup of sugar
- 2 1 cup of brown sugar
- 1 egg
- 1 cup of vegetable oil

Put ingredients together, cream and beat well.

Add the below ingredients to the above mixture, cream and beat well.

- 1 teaspoon of baking soda
- 1 teaspoon of salt
- 1 teaspoon of cream of tartar
- 3 1/2 cup of flour
- 1 cup of rice krispies 1 cup of coconut
- 1 cup of oatmeal

Form into balls and press down with bottom of glass.

Bake at 325 degrees Celcius for 12 to 15 minutes and enjoy!

Thank you Brenda Clarke for making Nancy's Good Cookies and baking for our Iki Iki and Tonari Gumi Genki Wellness Program—your hard work is greatly appreciated!

WELLNESS CLINICS

Wellness Clinics are held on the first Wednesday of every month (except July and August) at the Japanese Canadian Cultural Centre. Holistic sessions include services such as Pedicures, Reflexology, Reiki, Shiatsu Chair Massage, Body Talk & Facials as well as blood pressure checks! Pedicures and Facials are also offered on the first Tuesday of the month.

You may register one month prior to the wellness clinic date. Register in-person at Steveston Community Centre front desk or by phone at 604-238-8080 at 8:30 am starting on the dates below. Payment must be made at the time of registration. Refunds are permitted up to 3 days prior to the clinic.

WHEN REGISTRATION OPENS	CLINIC DATE
Tuesday, March 3	Tuesday, March 31
Wednesday, March 4	Wednesday, April 1
Tuesday, March 31	Tuesday, May 5
Wednesday, April 1	Wednesday, May 6
Tuesday, May 5	Tuesday, June 2
Wednesday, May 6	Wednesday, June 3



ARTS

HAWAIIAN DANCE WORKSHOP

June 5 F 2:00 - 3:00pm FREE/1 sess #11951

HAWAIIAN HULA DANCING: BEGINNER

Apr 24 - Jun 26 F 1:00 - 2:00pm \$54.90/10 sess #11379

LINE DANCING - BEGINNER

Apr 9 - Jun 18 Th 2:00 - 3:00pm \$60.40/11 sess #11384

LINE DANCING - INTERMEDIATE

Apr 9 - Jun 18 Th 3:15 - 4:15pm \$60.40/11 sess #11382

PAINTING: WATERCOLOUR TECHNIQUES & STYLES

Apr 20 - Jun 15 M 10:00 - 12:00pm \$87.85/8 sess #11383

SKETCHING

Apr 20 - Jun 15 M 1:00 - 2:30pm \$65.90/8 sess #11380

TAP DANCING - INTERMEDIATE

Apr 7 - Jun 30 Tu 1:15 - 2:15pm \$71.40/13 sess #11392

UKULELE: MUSIC LITERACY FOR BEGINNERS 1

Apr 28 - Jun 16 Tu 1:00 - 2:30pm \$65.90/8 sess #11396

UKULELE: MUSIC LITERACY FOR BEGINNERS 2

Apr 27 - Jun 15 M 10:00 - 11:30am \$57.65/7 sess #11385

UKULELE: MUSIC LITERACY FOR BEGINNERS 3

Apr 27 - Jun 15 M 1:00 - 2:30pm \$57.65/7 sess #11391

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

OUTDOOR TRIPS AND TOURS

VANDUSEN BOTANICAL GARDEN TRIP

June 3 W 9:30am - 3:00pm \$33.25/1 sess #13339

HONEYBEE CENTRE TRIP

June 17 W 9:45am - 3:00pm \$27.50/1 sess #14685

BIRDING AT CAMPBELL VALLEY PARK TRIP

June 19 F 9:30am - 3:30pm \$25.00/1 sess #12579



WITHDRAWAL POLICY

The City of Richmond refunds/withdrawals/transfers policy for the 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.

MARTIAL ARTS

TAI CHI

Apr 02- Jun 18 Th 10:00am - 11:00am \$62.15/12 sess **#11397**

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

OUTDOOR TRIPS AND TOURS

SEA LION BOAT TOUR

April 15 W 9:45am - 12:00pm \$29.50/1 sess **#12580**

BIRDING AT MAPLEWOOD FLATS TRIP

April 24 F 9:45am - 3:00pm \$25.00/1 sess **#12577**

DICKENS SWEETS AND BRITISH MUSEUM TRIP

May 13 W 10:00am - 3:30pm \$27.50/1 sess **#14684**

IONA BEACH BIRD WATCHING TRIP

May 29 F 9:45am - 1:45pm \$20.50/1 sess **#12578**



Recreational Pickleball - Adult - Drop-in

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

COOKING

SENIORS COMMUNITY KITCHEN

April 6 M 10:00 - 12:00pm \$9.00/1 sess **#11393**

April 20 M 10:00 - 12:00pm \$9.00/1 sess **#11394**

May 11 M 10:00 - 12:00pm \$9.00/1 sess **#11388**

May 25 M 10:00 - 12:00pm \$9.00/1 sess **#11387**

June 8 M 10:00 - 12:00pm \$9.00/1 sess **#11381**

June 22 M 10:00 - 12:00pm \$9.00/1 sess **#11386**

FITNESS

BALANCE AND FALLS PREVENTION

Apr 7 - Jun 25 Tu 11:45 - 12:45pm \$52.80/12 sess **#11660**

Apr 9 - Jun 23 Th 11:45 - 12:45pm \$52.80/12 sess **#11161**

EXERCISES FOR PARKINSON'S DISEASE

Apr 7 - Jun 23 Tu 1:00 - 2:00pm \$52.80/12 sess **#11680**

GROUP WEIGHT TRAINING: BEGINNER

Apr 17 - May 8 F 11:00 - 12:00pm \$34.40/4 sess **#11711**

May 22-Jun 12 F 11:00 - 12:00pm \$34.40/4 sess **#11716**

TLC FOR SHOULDERS AND NECKS

Apr 21- May 12 Tu 11:00 - 12:00pm \$42.95/4 sess **#12904**

May 26-Jun 16 Tu 11:00 - 12:00pm \$42.95/4 sess **#12912**

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

FITNESS

INDOOR CYCLING FOR THOSE WITH PARKINSONS

Apr 7 - May 12 Tu 10:30 - 11:30am \$26.40/6 sess **#11691**

May 19 - Jun 23 Tu 10:30 - 11:30am \$26.40/6 sess **#11699**

STAY STEADY

Apr 7 - Jun 25 Tu 10:30 - 11:30am \$52.80/12 sess **#11687**

Apr 9 - Jun 25 Th 10:30 - 11:30am \$52.80/12 sess **#11683**

YOGA - IN JAPANESE

Apr 7 - Jun 23 Tu 1:30 - 2:30pm \$62.55/12 sess **#11706**

GENERAL INTEREST

IKI IKI SOCIAL

Apr 16 - Jun 18 Th 12:00 - 4:00pm \$250.00/10 sess **#11389**

HEALTH AND WELLNESS

CHRONIC PAIN SELF-MANAGEMENT WORKSHOP

May 12 Tu 10:30am-1:00pm FREE/6 sess **#13375**



HEALTH AND WELLNESS

JUST FOR MEN: HEALTH TALK

April 15 W 1:30 - 3:30pm FREE/1 sess **#14681**

May 20 W 1:30 - 3:30pm FREE/1 sess **#14682**

June 17 W 1:30 - 3:30pm FREE/1 sess **#14683**

MEDITATION MADE EASY

April 22 W 10:00 - 11:00am \$4.50/1 sess **#13361**

May 20 W 10:00 - 11:00am \$4.50/1 sess **#13364**

June 17 W 10:00 - 11:00am \$4.50/1 sess **#13367**

TONARI GUMI GENKI WELLNESS PROGRAM

Apr 6 - Jun 15 M 10:00 - 12:00pm \$108.00/9 sess **#11378**

LUNCHEONS

CHERRY BLOSSOM LUNCH

April 16 Sa 12:00 - 2:00pm \$10.00/1 sess **#13346**

MOTHERS DAY TEA

May 21 Th 12:00 - 2:00pm \$10.00/1 sess **#13352**

BARBEQUE

June 18 Th 12:00 - 2:00pm \$10.00/1 sess **#13358**

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