

# SENIORS FALL 2023



## STEVESTON COMMUNITY CENTRE



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



## CLUBS AND GROUPS

### BRIDGE SOCIAL

**Fridays**

**1:00 - 4:00pm**

Play this popular and social trick-taking card game with three other players.

### CHINESE MULTICULTURAL GROUP

**Mondays &  
Thursdays**

**9:30 - 11:30am**

Socialize, make new friends, share Chinese cultural traditions and learn about community and global current events.

### DRUMMING ENSEMBLE

**Mondays**

**1:00 - 2:30pm**

Work on more advanced drumming in these social sessions that focus genres that include Afro-Cuban, Middle Eastern, African and Latin rhythms. Pre-requisite: Participants must be familiar with playing multi-part percussion arrangements on a variety of percussion instruments and must be able to read musical notation and understand basic rhythm and note values.

### JAPANESE CRAFTS GROUP

**Wednesdays**

**12:30 - 2:30pm**

Socialize with peers in these art projects sessions that improve fine motor skills and encourage creativity while offering time to reminisce about the Japanese culture.

### JAPANESE TABLET CLUB

**Fridays**

**9:30 - 11:30am**

Learn basic computer, tablet, iPad or phone skills with a volunteer. Topics include: free, interesting and informative Apps; how to browse the internet; and how to communicate with friends and family with internet platforms that include email and Zoom. These sessions are conducted in Japanese.

### KARAOKE SOCIAL MULTILINGUAL

**Tuesdays**

**2:45 - 4:45pm**

Join us to socialize and make new friends while singing solo or in a duet. All languages welcomed

### KNITTING & CROCHETING SOCIAL

**Wednesdays**

**10:00am - 12:00pm**

Learn and share knitting and crocheting skills while creating new projects in these fun and friendly sessions.

### LOW VISION SUPPORT GROUP

**2nd  
Wednesday**

**10:00am - 12:00pm**

Learn new skills to help with vision impairment, make new friends and have fun and engaging conversations in these relaxing sessions.

## CLUBS AND GROUPS

### TECH HELP 1 ON 1 (ENGLISH)

Wednesdays

1:00 - 3:00pm

Learn basic computer, tablet, iPad or phone skills with a volunteer. Topics include: free, interesting and informative Apps; how to browse the internet; and how to communicate with friends and family with internet platforms that include email

### UKULELE CIRCLE

Fridays

10:00 - 11:30am

Join others in these social and music-making sessions that include making music through picking, melody, harmony and strumming in a fun and relaxing environment.

### UKULELE ENSEMBLE

Fridays

1:00 - 2:30pm

Enhance musical skills through picking and strumming, melody, harmony and rhythm in multi-part and solo arrangements while socializing and playing music together as a group.

All Club and Group Programs take place in the  
Japanese Canadian Cultural Centre.

A valid Steveston Community Centre Seniors Facility Pass is required for Club and Group Programs. The cost of a pass is \$16/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 or by email at [lyee2@richmond.ca](mailto:lyee2@richmond.ca).

## WELLNESS CLINICS

Wellness Clinics are held on the first Wednesday of every month at the Japanese Canadian Cultural Centre from 9:00am to 12:00pm. All services are drop-in and free! Services include blood pressure monitoring, blood glucose monitoring and wellness information booths.

### CLINIC DATES

September 6, 2023

November 1, 2023

October 4, 2023

December 6, 2023

Contact Liliene Yee at  
[lyee2@richmond.ca](mailto:lyee2@richmond.ca) or 604-238-8084 for more information.

## Fall 2023 - Seasonal Programs

Seniors (55+ years)

### ARTS - DANCE

#### HAWAIIAN HULA DANCING - BEGINNER

Sep 8 - Dec 15	F	12:00 - 1:00pm	\$82.40/13 sess	#254139
----------------	---	----------------	-----------------	---------

#### HAWAIIAN HULA DANCING - INTERMEDIATE

Sep 8 - Dec 15	F	1:00 - 2:00pm	\$82.40/13 sess	#254168
----------------	---	---------------	-----------------	---------

#### LINE DANCING - BEGINNER

Sep 14 - Dec 7	Th	1:00 - 2:00pm	\$82.40/13 sess	#254129
----------------	----	---------------	-----------------	---------

#### LINE DANCING - BEGINNER - IMPROVER

Sep 14 - Dec 7	Th	2:15 - 3:15pm	\$82.40/13 sess	#254132
----------------	----	---------------	-----------------	---------

### ARTS - MUSIC

#### UKULELE - ABSOLUTE AND EARLY BEGINNER

Sep 6 - Oct 18	W	11:00am - 12:15pm	\$55.50/7 sess	#256151
----------------	---	-------------------	----------------	---------

Nov 1 - Dec 13	W	11:00am - 12:15pm	\$55.50/7 sess	#256163
----------------	---	-------------------	----------------	---------

#### UKULELE - ADVANCED BEGINNER

Sep 6 - Oct 18	W	1:00 - 2:15pm	\$55.50/7 sess	#258918
----------------	---	---------------	----------------	---------

Nov 1 - Dec 13	W	1:00 - 2:15pm	\$55.50/7 sess	#258919
----------------	---	---------------	----------------	---------

#### UKULELE - EARLY INTERMEDIATE

Sep 5 - Oct 17	Tu	11:00am - 12:15pm	\$55.50/7 sess	#256174
----------------	----	-------------------	----------------	---------

Oct 31 - Dec 12	Tu	11:00am - 12:15pm	\$55.50/7 sess	#256175
-----------------	----	-------------------	----------------	---------

#### UKULELE - ADVANCED INTERMEDIATE

Sep 5 - Oct 17	Tu	1:00 - 2:15pm	\$55.50/7 sess	#256176
----------------	----	---------------	----------------	---------

Oct 31 - Dec 12	Tu	1:00 - 2:15pm	\$55.50/7 sess	#256177
-----------------	----	---------------	----------------	---------

#### UKULELE ENSEMBLE OPEN HOUSE

Oct 13	F	1:00 - 3:00pm	FREE/1 sess	#262999
--------	---	---------------	-------------	---------

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

## ARTS - VISUAL

### ACRYLIC PAINTING

Sep 18 - Oct 30    M    12:30 - 2:30pm    \$76.10/6 sess    **#254186**

Nov 6 - Dec 4        M    12:30 - 2:30pm    \$63.40/5 sess    **#254217**

### CHINESE CALLIGRAPHY (CANTONESE AND MANDARIN)

Sep 7 - Oct 26        Th   9:30 - 11:30am    \$101.45/8 sess    **#255612**

Nov 2 - Dec 14       Th   9:30 - 11:30am    \$88.75/7 sess    **#255613**

### DRAWING AND SKETCHING

Sep 21 - Oct 26       Th   1:00 - 3:00pm    \$76.10/6 sess    **#261633**

Nov 2 - Dec 14       Th   1:00 - 3:00pm    \$88.75/7 sess    **#261634**

## COOKING

### JAPANESE COOKING

Sep 21                Th   10:00 - 11:30am    \$22.70/1 sess    **#256470**

Oct 19                Th   10:00 - 11:30am    \$22.70/1 sess    **#256471**

Nov 16                Th   10:00 - 11:30am    \$22.70/1 sess    **#256472**

## EVENTS AND SEASONAL PROGRAMS

### NATIONAL SENIORS DAY - DRUMMING CIRCLE - TRY - IT

Sep 25                M    1:00 - 3:00pm        FREE/1 sess        **#256493**

### NATIONAL SENIORS DAY - VARIETY SHOW

Sep 28                Th   10:00 - 11:00am    FREE/1 sess        **#256495**

### CHRISTMAS CELEBRATION

Dec 6                W    1:00 - 2:30pm        \$11.25/1 sess        **#256491**

### HOLIDAY UKULELE WORKSHOP

Dec 8                F    10:00 - 11:30am        \$9.50/1 sess        **#256181**

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

## Fall 2023 - Seasonal Programs

Seniors (55+ years)

### FITNESS

#### A.M.B.S. (AGILITY MOBILITY BALANCE STRENGTH)

Sep 15 - Oct 27	F	12:30 - 1:30pm	\$68.25/7 sess	#260434
Nov 3 - Dec 15	F	12:30 - 1:30pm	\$68.25/7 sess	#260435

#### BETTER BACKS AND BALANCE - BEGINNER

Sep 12 - Oct 24	Tu	11:45am - 12:45pm	\$38.30/7 sess	#255669
Sep 14 - Oct 26	Th	11:45am - 12:45pm	\$38.30/7 sess	#255684
Oct 31 - Dec 12	Tu	11:45am - 12:45pm	\$38.30/7 sess	#255673
Nov 2 - Dec 14	Th	11:45am - 12:45pm	\$38.30/7 sess	#255690

#### EXERCISES FOR THOSE WITH PARKINSON'S

Sep 12 - Oct 26	T/Th	11:45am - 12:45pm	\$76.60/14 sess	#255666
Oct 31 - Dec 14	T/Th	11:45am - 12:45pm	\$76.60/14 sess	#255779

#### MINDS, MUSCLES AND MOBILITY

Sep 12 - Oct 24	Tu	10:30 - 11:30am	\$38.30/7 sess	#255654
Sep 14 - Oct 26	Th	10:30 - 11:30am	\$38.30/7 sess	#255675
Oct 31 - Dec 12	Tu	10:30 - 11:30am	\$38.30/7 sess	#255657
Nov 2 - Dec 14	Th	10:30 - 11:30am	\$38.30/7 sess	#255677

#### SILVER CYCLE

Sep 13 - Oct 25	W	9:00 - 9:45am	\$46.20/7 sess	#255680
Nov 1 - Dec 13	W	9:00 - 9:45am	\$46.20/7 sess	#255681

### GENERAL INTEREST

#### FLOWER ARRANGING WORKSHOP

Sep 5 - 19	Tu	10:00 - 11:30am	\$28.50/3 sess	#256517
Oct 3 - 17	Tu	10:00 - 11:30am	\$28.50/3 sess	#256518
Nov 7 - 21	Tu	10:00 - 11:30am	\$28.50/3 sess	#256519
Dec 5	Tu	10:00 - 11:30am	\$9.50/1 sess	#256520

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



## GENERAL INTEREST

### KNITTING - BEGINNER

Sep 20 -Oct 25    W    10:00 -11:30am    \$57.05/6 sess    **#256999**

Nov 1 - Dec 13    W    10:00 -11:30am    \$66..55/7 sess    **#257000**

### FRAUDS AND SCAMS WORKSHOP

Oct 18                W    10:00 - 11:30am    FREE/1 sess    **#256549**

## HEALTH AND WELLNESS

### GENKI WELLNESS PROGRAM (JAPANESE AND ENGLISH)

Sep 11 - Dec 11    M    10:00am - 12:00pm    FREE/13 sess    **#256482**

### HEALTHY AGING SERIES - FALLS PREVENTION PRESENTATION

Sep 12                Tu    9:45 - 11:00am    FREE/1 sess    **#256533**

### IKI IKI SOCIAL (JAPANESE AND ENGLISH)

Sep 14 - Nov 30    Th    12:30 - 3:00pm    \$220.55/12 sess    **#254223**



## MARTIAL ARTS

### TAI CHI - BEGINNNER

Sep 5 - Dec 12    Tu    11:45am - 12:45pm    \$94.50/15 sess    **#256100**

Sep 7 - Dec 14    Th    11:30am - 12:30pm    \$94.50/15 sess    **#256109**

### TAI CHI - ADVANCED

Sep 11 - Dec 11    M    11:45am - 12:45pm    \$88.20/14 sess    **#256096**

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

## OUT TRIPS

### LANGLEY AVIATION ADVENTURE TRIP

Sep 16	Sa	9:30am - 3:45pm	\$37.00/1 sess	#256513
--------	----	-----------------	----------------	---------

### REIFEL BIRD SANCTUARY TRIP

Sep 13	W	9:45am - 3:00pm	\$38.80/1 sess	#252557
--------	---	-----------------	----------------	---------

### BILL REID GALLERY AND LUNCH TRIP

Oct 17	Tu	10:15am- 3:00pm	\$33.75/1 sess	#252563
--------	----	-----------------	----------------	---------

### HIGH TEA AT THE DICKENS SWEETS AND BRITISH MUSEUM TRIP

Nov 30	Th	10:00am - 3:30pm	\$66.20/1 sess	#256504
--------	----	------------------	----------------	---------

### CHRISTMAS STORE AT POTTERS TRIP

Dec 5	Tu	10:00am - 4:00pm	\$29.50/1 sess	#253837
-------	----	------------------	----------------	---------

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

## FROM H.U.G.S.

### Health Urgent Guide Services for Japanese Canadian Internment Survivors

H.U.G.S helps Survivors navigate the many local programs and services available to support your health and wellness. We guide you to resources, develop a plan of action, and may even be able to provide financial assistance.

We help with:

- Navigating both BC-funded and non-funded community resources
- Planning for health and housing needs
- Supporting estate planning
- Guiding clients to groups and services
- One-time limited financial assistance may be available for services not covered by government funding

### Eligibility:

Japanese Canadians living in the Lower Mainland of BC who were born before April 1st, 1949 and who were impacted by internment or displacement between 1942 and 1949 are eligible.

**Contact H.U.G.S for more information**

**Telephone: 604-777-5000 ext 2109**

**Email: [hugsassistant@nikkeishc.com](mailto:hugsassistant@nikkeishc.com)**

**Office: Monday to Friday 9am-5pm**