

Clarion

JUNE 2025
centuryhouseassociation.com



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GENERAL INFORMATION

Cover Story – Seniors Embracing Technology (SET)

The smartphone in your pocket has over 100,000 times the computing power of the computer that assisted the 1972 Apollo moon landing. And closer to home, pre COVID, around 25% of Century House members had an email address while today that figure is closer to 85% to 90%. Needless to say, technological change is here to stay and seniors are no exception in wanting to understand how best to make it work for them... SET, an in house technology support program, grew out of two well-attended 2019 focus groups; motivating members included Tim Hicks, Joy St. John, and others with a special shout out to Shelly Schnee for City support. Its primary and longstanding achievement is the Bring Your Own Device (BYOD) program whose 14 volunteers have an interest in both technological developments as well as assisting Century House members with technology related questions and issues. And if they don't have immediate answers they may be able to point you in the right direction. Other SET related projects include the development of two FaceBook pages, a YouTube channel, a website redesign, refurbishing of the Computer Lab and the more recent initiative Bring Your Own Question (BYOQ) which assists with desktop related questions.

SET's original chair was Joy St John followed by Tim Hicks and currently that role is filled by Norman Daykin. Over the intervening years, SET has helped hundreds of CH members more effectively navigate the rapidly evolving and daunting pace of technological change and remains ready to meet the future tech needs of the Century House community. Much appreciated!

Subscribe to the Clarion

To receive an online subscription to The Clarion couldn't be easier. Go to the Century House Association website and locate the Subscribe section at the bottom of the page. centuryhouseassociation.com

Lost & Found

Keys, wallets, glasses - oh my! Please come by the Century House front desk if you are missing any of your valuable items as they may be in our lost and found.

Financial Assistance

The New Westminster Parks and Recreation Financial Assistance Program assists resident's participation in year round active living with a 50% fee discount on eligible registered programs as well as the Active 10 Visit and Active 30 day memberships.

In addition, Parks and Recreation also offers a number of free and low cost (\$2.00 admission) drop-in opportunities in skating, sports and more. View drop-in schedules.

Visit newwestcity.ca/parks-and-recreation/access-and-inclusion/sb_expander_articles/973.php for more information or inquire at the Century House front desk.

Century House

620 Eighth Street, New Westminster, BC, V3M 3S2
Phone: 604.519.1066

Email: centuryhouse@newwestcity.ca

Monday - Friday	9:00 am - 9:00 pm
Saturday	9:00 am - 4:00 pm

Century House Parking Considerations

Given the space limitations of the Century House parking lot please consider walking, taking transit or parking off site. It is important to keep spaces available for those with mobility challenges. Our neighbours at the Lawn Bowling Club are well into their playing season. Check out their schedule newwestlawnbowls.com/schedules.html for tournaments / busy days in the parking lot.

Century House Notes

- Kathy Lynn, facilitator of the Century House Parkinson’s Support Group, is the recipient of an Above and Beyond Award presented by the Parkinson Society of BC. The award is in recognition of Kathy’s dedicated leadership and advocacy in promoting awareness of the disease. Congratulations Kathy, a well deserved honour.
- The Century House Ukulele Musicians and Singers will be performing at 3 sing-a-longs in June: June 3 with the Low Vision Group; June 14 at the Craft and Bake Sale; and June 18 with the Notable 90’s.
- For the 3rd consecutive year The Century House Singers were invited to perform at the Seniors Choir Jamboree held in May at Edmonds Community Centre.
- And on the Caregiving front, Century House hosted two successful Navigating Caregiver Workshops in May with overall attendance of 16 in person and 4 more on ZOOM. Congrats to organizers, Peg Hinkley and Lois Brassart.

Activity Groups – Summer Break

Groups who are taking a break over the summer (either in July or August or both) please let Hannah know to avoid unnecessary space allocation and room set-up.

hglavin@newwestcity.ca.

The CHA Thrift & Craft Sale – Spread the word – Tell your friends

Treasures include: Quilting, crafts, bake sale, books, art work, vintage jewellery, plants and a huge thrift sale! Cash welcome, credit & debit cards accepted. Please bring your own bags!

Donated goods will be accepted at Century House:

Monday, June 9: 10:00 am - 2:00 pm

Tuesday, June 10: 10:00 am - 2:00 pm & 4:00 - 6:00 pm

Wednesday, June 11: 10:00 am - 2:00 pm

Thursday, June 12: 10:00 am - 2:00 pm & 4:00 - 6:00 pm

Friday, June 13: 10:00 am - 12:00 pm (no donations accepted after 12:00 pm).

We are not accepting clothing, holiday décor, furniture, or electric appliances.

Connections café open!

Saturday, 10:00 am - 2:00 pm

June 14



Senior Services Society – Walk of Ages

The Society is inviting everyone to participate in the annual Walk of Ages fundraiser on Sunday, June 8 from 10:00 am - 12:00 pm at Mercer Stadium and Track, 900 Sixth Street, New Westminster. This initiative raises critical funds to help prevent seniors in our community from becoming homeless. For more info click on the link or enter SeniorServicesSociety into your browser seniorsservicessociety.ca.

Century House Information Tour (New Members)

Explore what Century House has to offer at our next tour: check out the snooker table, the quilting and gardening clubs, our extensive fitness programs and the choral and theatre groups. And the many events and programs that support older adults to remain active in the larger community. There is definitely something for everyone!

Tuesday, 10:00 - 11:00 am

June 17

234387

Wednesday, 5:00 - 6:00 pm

July 23

234388

Registration Fee: Free

EVENTS

CHA Events Committee

If you have an idea for event, please pick up a form at the CH front desk or by requesting a digital copy at events@centuryhouseassociation.com. Once filled out it can be returned to the front desk to the attention of the Events Planning Committee or sent to the above email address. Last but not least, we are always on the lookout for volunteers.

Event Registration Information

- No refunds after the registration deadline
- Seat reservations require a minimum of 4 people who already have tickets purchased Note that only seats are reserved and not entire tables. If your reservation does not cover all seats at a table, expect people not in your group to sit there. Please make them welcome. Organizers reserve the right to limit number of reservations.
- Low vision seating is available. Companion seating may also be available
- Contact events@centuryhouseassociation.com or the Century House front desk to reserve seats (including low vision) at least 3 days prior to the event
- Parking: Given the size of the CH parking area and the number of people attending our events, guests with mobility issues would appreciate it if those of you who can do so would consider parking in the area around CH or using transit.

Monthly Movie

We regret to inform you that June's movie is cancelled. Please join us again in July. Please send any movie suggestions to: events@centuryhouseassociation.com

ABC Room

Saturday, 1:30 pm

July 12

Registration Fee: \$3.00 members **224394**
\$4.00 non-members

June Birthday Party

Come celebrate June birthdays and enjoy the music and dancing. Guest artist: Brad Hamblet - Big Rockin' Party. Specify cake (Berry Crumble) or diabetic option when registering.

Wednesday 6:30 - 8:30 pm

June 25 **233019**

Tickets: \$5.00 members (free if celebrating birthday)
\$6.00 non-members

Registration deadline for everyone is Friday, June 20 or when maximum seating reached.



City of New Westminster Events

Join Mayor Johnstone for a friendly and informative State of the City

The Mayor will highlight the progress we've made, the challenges we've tackled together, and the exciting opportunities ahead. From safer streets and more walkable neighborhoods to better housing, health services, and places to connect—this is about building a city that works for everyone, at every age. We know the world feels uncertain, but local government plays a steady, important role in helping communities stay strong, connected, and resilient. Stick around after the address for a live Q&A, where you can ask the Mayor your questions directly.

Century House **604.519.169**

Wednesday, 1:00 - 2:30 pm

June 25

Event itinerary:

- 1:00 pm *Arrival, meet the Mayor*
- 1:20 pm *Mayor's speech (20 minutes)*
- 1:40 pm *Question and Answer period*
- 2:00 pm *Mix, mingle and depart*

Registration Fee: Free **234275**

Karaoke

Sing your favourite tunes and enjoy the company of fellow music lovers! Whether you're a seasoned performer or just want to cheer on your friends, all are welcome to this lively and entertaining event.

Century House **604.519.1066**

Saturday, 1:30 - 3:30 pm

June 28

Registration Fee: \$2.00 **227063**

Friday Night Fever: Festa Junina

(50+ years)

Festa Junina is a Brazilian Festival of color, so there will be latin dances and music in the mix. Come in your best colourful outfit and get ready to dance! There will be treats, group dances, and prizes while you enjoy music by Bridge City Sound Youth DJ Program.

Coffee and tea included.

Century House, Fir Room

604.519.1066

Friday, 6:30 - 8:30 pm

June 20

Registration Fee: \$5.00 members

227223

\$6.00 non-members

The “One”derful Year Party

Celebrate one wonderful year with at the t̄am̄osew̄tx^w Aquatic and Community Centre 50+ Lounge! Join us for cake, games, a short dance and prizes as we mark this special milestone together. Enjoy light speeches, reconnect with friends, and celebrate the community we’ve built— one smile at a time.

t̄am̄osew̄tx^w Aquatic & Community Centre 604.777.5100

Tuesday, 10:00 - 11:00 am

June 24

Registration Fee: \$2.00

234296

Tart Making Workshop

Dive into the nostalgic flavours with our favourite Community Cook, Flisa Yu. In this cooking session, you will learn approachable recipes like classic Egg Tarts and Coconut Tarts, both treats that bring a taste of home to your table—perfect for sharing or enjoying with a cup of tea.

t̄am̄osew̄tx^w Aquatic & Community Centre 604.777.5100

Thursday, 9:30 - 11:30 am

June 26

Registration Fee: Free

233796

Community Connections (50+ years)

Come out to our weekly community get-together. Enjoy coffee and snacks on us, while meeting new people, local services, and city staff. It is a fun way to get to know your community better and find new local resources.

Century House - Dining Room/Lounge 604.519.1066

Community Connections Schedule:

Monday, 3:00 - 4:30 pm

June 2 *Rabitats “Meet & Treats”*

June 9 *New West Public Library*

June 16 *Tuktu Care*

June 23 *TBA*

June 30 *Seniors Services Society (Last one until September)*

Drop-in Fee: Free



Seniors Week

June 1 - 7, 2025

Seniors Week is a time to recognize the contributions of seniors in British Columbia, providing an opportunity to acknowledge and celebrate the integral part seniors play in communities across the province.

Community Connections

In celebration of Seniors Week, we have invited rabbits to visit Century House! Rabitats. (rabitats.org) will be at Community Connections on Monday, June 2. You will have the opportunity to pet and feed the rabbits and learn more about the organization’s rabbit rescue, control and management. Feel free to bring fresh greens like kale, romaine lettuce and carrot tops, and herbs such as mint, parsley, and cilantro.

Please note the rabbits will be confined to the Arbutus Room, so those with allergies will still be able to enjoy the lounge area.

Century House

604.519.1066

Monday, 3:00 - 5:00 pm

June 2

Registration Fee: Free

231187

Seniors Week Swim & Low Impact Aquafit

Two 50+ low impact aquafit classes paired with fun music and social time in the 50+ lounge. Coffee, tea, and treats included. Drop-into the Lounge from 9:00 am - 12:00 pm. Register for aquafit separately.

t̄am̄osew̄tx^w Aquatic & Community Centre 604.777.5100

Tuesday, 9:00 - 12:00 pm

June 3

Aquafit 9:15 - 10:00 am

231310

Aquafit 10:15 - 11:00 am

231312

Registration Fee: \$2.00 (for aquafit only)



Queensborough Neighbourhood Walk & Social

Explore the natural beauty in Queensborough with a walk in the neighbourhood. Meet at Queensborough Community Centre. Stay for a coffee and social time after the walk.

Queensborough Community Centre 604.525.7388
 Wednesday, 9:00 - 11:00 am
 June 4
Registration Fee: Free 230861

Proper Geezer

A night of Classic Rock and Roll for your listening and dancing pleasure. Pre-registration required. Light refreshments included. Presented by the Century House Association Events Planning Committee.

Century House 604.519.1066
 Wednesday, 6:30 - 8:30 pm
 June 4 231476
Registration Fee: Century House Members: Free
Non-members: \$5.00

Registration deadline: Friday, May 30 or when max seating reached.

Meal Meet-Up - Seniors Week

A series of social meals that bring people together, celebrate diverse cultures, and introduce valuable community resources. Enjoy delicious food while participating in engaging educational sessions that foster connection and learning. The June meal is celebrates seniors and their many contributions to our community.

Century House 604.519.1066
 Thursday, 6:00 - 8:00 pm
 June 5
Registration Fee: Free 227571

Seniors Safe City Town Hall (Time for Change)

A comprehensive community policing strategy, an effective emergency services response, accessible and safe public spaces and safe sidewalks are just some of the elements that are necessary to a well managed, orderly and safe community. The Century House T4C group is presenting a Safe City for Seniors Town Hall to be held during this June's Seniors Week. Panelists include NWPD's Chief Constable, Paul Hyland, NW Fire Chief Erin Williams, NW Mayor Patrick Johnstone and Tyler Moore, Director of Operations Relationship Management with E-Comm 9-1-1's, Lower Mainland Communications Centre. They will speak to how their departments work to keep the City safe for all of us. There will also be a moderated Question and Answer session. The Time 4 Change group is a partnership between Century House and the City and its focus is on seniors and advocacy. Our last event was sold out so register early at the Front Desk or by calling 604-519-1066. If you plan on attending virtually, use the ZOOM link provided.

[us02web.zoom.us/meeting/register/81209435](https://us02web.zoom.us/j/81209435)
Century House 604.519.1066
 Friday, 6:00 - 8:30 pm
 June 6
Registration Fee: Free 231196

Partners in Aging Resource Fair

Join us for a Seniors Community Resource Fair designed to connect older adults with local services, programs, and resources that support health, wellness, and independent living. Information booths and guest speakers will cover topics such as elder abuse, downsizing, housing, food programs, aging in place, medical support, social recreational opportunities and more!

Century House 604.519.1066
 Saturday, 10:00 am - 2:00 pm
 June 7
Registration Fee: Free 230859

Education & Programming

What Seniors First BC Can Do For You

Seniors First BC is an organization that has seniors wellbeing at the core of everything they do. They provide information, legal advocacy, elder law, advanced planning, support and various types of referrals to older adults across BC. Learn about some of the issues affecting the safety and well-being of older adults, and how Seniors First BC can assist.

Century House, Oak Room 604.519.1066
 Wednesday, 1:00 - 2:30 pm
 June 18
Registration Fee: Free 234389

Bring Your Own Device (BYOD)

Are you having trouble with your smartphone, laptop, or tablet; or want to make more effective use of your internet browser or email; or organize your photos? Please sign up for the next BYOD and bring along your digital questions. SET volunteers will be on hand to help with finding answers. Register to confirm your spot.

Oak Room

10:00 - 11:00 am *Apple* **225303**
 11:00 am - 12:00 pm *Android* **225304**
 Monday, June 23

Bring Your Own Questions (BYOQ)

Bring your desktop computer tech questions to our volunteers. Volunteers can also assist with providing answers and information regarding other tech issues. Registration recommended by not required.

Computer Room

Wednesday, 10:00 am - 12:00 pm
 June 11
Drop-in Fee: Free **231177**

Computer Lab (NEW)

Need some help navigating a task on the computer, or just need a computer to use? You can reserve up to 1 hour on a computer in the new Computer Lab, and a volunteer will be available to help you with your basic questions if you need help with a task. Please register to secure your spot! Drop-ins welcome, space permitting.

Thursday, June 12
 10:00 - 11:00 am **234402**
 11:00 am - 12:00 pm **234404**
 Tuesday June 24
 10:00 - 11:00 am **234402**
 11:00 am - 12:00 pm **234404**
Registration Fee: Free

Public Snooker Drop-in (50+ years)

Drop-in and play snooker in the Maple Room. No CHA membership required.
 Monday - Friday, 5:00 - 8:45 pm
Drop-in Fee: \$2.00

Women's Snooker

A social program for women to learn and practice snooker. Please register at the front office if you want to participate. No experience necessary.
 Monday & Wednesday, 3:00 - 5:00 pm
 Ongoing
Registration Fee: Free **227676**

Walking Soccer Drop-In

The game of soccer with a low-impact approach. This modified sport focuses on teamwork, skill building, and enjoyment in a safe and supportive environment. Wear running shoes, all other equipment provided. This is a drop-in program, so come as you are able to and bring a friend!

Moody Park Arena

Friday, 12:30 pm - 2:30 pm
 May 2 - June 27
Drop-in Fee: \$2.00 per class **227248**

Walking Groups

Explore your community and stay active! Join us for leisurely walks through local parks and neighbourhoods followed by friendly coffee chats. Meet at the community centres listed below to start.

OTTER WALKERS

təməsewtx^w Aquatic & Community Centre **604.777.5100**
 Thursday, 9:00 - 11:00 am

QUEENSBOROUGH WALKERS

Queensborough Community Centre **604.525.7388**
 Wednesday, 9:00 - 11:00 am
Drop-in Fee: Free

Sketch For Fun

Unleash your creativity in our sketch group! Whether you're a beginner or a seasoned artist, bring your sketchbook and pencil to enjoy a relaxing space to draw, share ideas, and be inspired.

təməsewtx^w Aquatic & Community Centre **604.777.5100**
 Tuesday, 10:00 am - 12:00 pm
 June 3 - 24
Drop-in Fee: Free



Learn More about Zoom, Click [HERE](#)



Stretch & Move at Home (50+ years)

Feeling stiff, tired, or sore from too much sitting or standing? Join this 30-minute workshop to learn simple stretches and strengthening exercises you can do at home. Improve posture, ease joint pain, boost circulation, and restore energy—both mentally and physically. Includes take-home handouts for ongoing self-care.

Presented by: Syd Lam, CorpFitWellness.

təmasewítx^w Aquatic & Community Centre 604.777.5100

Thursday, 11:30 am - 12:00 pm

June 12

Registration Fee: Free

234307

CHA ACTIVITY GROUPS

CHA Membership Required

Badminton

We welcome all members to join regardless of their skill level. You are welcome to try out Badminton for free three times before joining. We have extra badminton racquets.

Multipurpose Room

Wednesday & Friday, 9:00 am - 2:30 pm

Bid Euchre

Bid Euchre is a card game that helps keep memory cells supple using easy to learn strategies. Want to learn to play? Sign up for three free lessons at email CHBidEuchre@gmail.com or leave your name at the front desk.

Birch Cedar Room

Tuesday, 1:00 - 4:00 pm

Learn More about Zoom,
Click [HERE](#)

Bingo

Everyone welcome, Century House membership required. Come out for an enjoyable afternoon.

Douglas Fir Room

Friday, 12:45 - 3:45 pm (Games start at 1:00 pm)

**Bingo cards are \$0.50 or 6 for \$2.50,
50/50 tickets are \$1.00 (cash only)**

Bridge

Declarer, dummy or defender, sharpen your game by joining us for "social" contract Rubber Bridge. We are an informal group and there is plenty of "discussion" during and after a hand is played. At this juncture this group is for people who have previously played bridge (novice to intermediate level).

Contact Michael Luponio at 604-817-8851.

Oak Room

Tuesday, 1:00 - 4:00 pm

Canasta

Come and enjoy a game of "Hand and Foot" canasta. Newcomers are welcome. Contact the front desk if you require lessons or more information.

Oak Room

Friday, 1:00 - 4:00 pm

Century Dragons

We are 50+ women who like to get on the water to share fitness, competition and team camaraderie. We practice in False Creek twice a week for an hour and a half. For more information contact: centurydragons1@gmail.com.

Century House Artists

Join us to paint, draw, and sketch in acrylic, oil, watercolor, or whatever medium you prefer. All are welcome to join!

Spruce Room

Tuesday, 3:00 - 5:00 pm

Drop-in Fee: \$2.00

Century House Carpet Bowling

We welcome new members, no experience needed.

ABC Room

Monday, 1:00 - 3:00 pm

Annual Fee: \$10.00

Century House Darts

Come and meet our group and have some fun. If you have your own darts bring them along. If not, we have some you can use. For more information: email Mike at CHDartsGroup@gmail.com.

Hemlock Room

Thursday, 1:00 - 3:00 pm



Century House Players

The Players invite you to join them for Improv fun in June. Note that we be will been on summer hiatus from June 26 to August 21. Contact Eileen at emackenza@gmail.com if interested.

Douglas Room

Thursday, 1:00 - 3:00 pm

Century House Quilters

If you are interested in joining the Quilting group, please contact druzg@shaw.cato have your name put on the waiting list! Large quilts are available for sale. Please see Spruce Room windows for photos of available quilts.

Spruce Room

Monday & Thursday, 9:00 am - 12:00 pm

Century House Singers

We are a social singing group. We are currently full. If you are interested in joining us, please contact Debbie Tommila debbietommila@hotmail.com 604-526-4776 or Lesley Hebert lesleyh@shaw.ca 604-520-5971 to get on the waiting list or for more information.

Oak Room

Monday, 2:00 - 4:00 pm

Century House Squares

We will be on vacation for June, July and August. Watch for startup date and new dancer intake in the August Clarion. Enjoy the Sunshine, everyone. Info: patger@telus.net or 604-521-7497.

Fir Room

Saturday, 11:30 am - 2:00 pm

Door-Fee: \$7.00

Century House Walkers

We take joy walking in the great outdoors, adding to our circle of acquaintances and visiting areas long since last seen or never before visited. Enjoy a stop for coffee or lunch after an outing for further socializing. For details, please visit our web page centuryhouseassociation.com/activity/walkers Meet at 6th & 6th Royal City Mall entrance at 9:30 am unless otherwise indicated.

Date	Destination	Details
June 6	White Rock - Marine Drive	106/Skytrain to King George Stn. Bus 345 Bay 2 to Thrift Ave & Johnston. Very steep walk down to Marine Dr.
June 13	BC Hydro	Walk to Edmonds Stn/Overpass to Rosemary Brown Rec Centre
June 17	Bowen Island Special Walk	Meet at 9:00 am 106/Skytrain to Stadium/Chinatown Stn. #257 to Horseshoe Bay
June 20	Kitsilano to Granville Island	106/Skytrain to Broadway Stn. 99 UBC to Burrard St. Bus #2, Bay 4 to 16th Ave. at Trafalgar
June 27	Queen's Park & Victoria Hill	

ADVISORY walk plans may change without notice due to weather.

Contacts: Richard Nazarewich 604-544-0604
Cecile Wood 604-526-0011

Drop-in Fee: \$0.25/walk

Century House ZOOM Book Club

No previous book club experience is needed to join this group of interested and interesting readers. A group member has recommended a book for the June discussion. The size of the group may be limited by the availability of the books. New members are welcome. To join, send an email to zbc@centuryhouseassociation.com.

Program Facilitator: Jane Hicks

Monday, 10:30 am

June 9

Conversational French

We are individuals who come together to learn and speak French in a relaxed, non-judgmental setting. Suitable for all levels, however, some French comprehension would be helpful. All members are encouraged to participate as we speak, read, sing, and enjoy camaraderie while attempting to converse en français. Bienvenue!

Pauline6587@gmail.com.

Cedar Room

Wednesday, 1:30 - 3:00 pm

Fee: \$12.00 annually



Conversational Spanish

This is a new program for those who are interested in practicing and improving their Spanish language skills in a relaxed, non-judgemental setting. All levels are welcome, whether you are just learning, or are fully fluent, but some level of Spanish comprehension is recommended. All members are encouraged to participate as we chat, read, play games and have a lot of fun together in Spanish. For more information contact Lizzy ratanist@hotmail.com.

Cedar Room

Wednesday, 3:30 - 5:00 pm

Court Whist

A card game similar to Whist but with a few added twists. If you're interested and already know how to play, just drop by. Schedule a lesson by contacting the front desk.

Arbutus Room

Tuesday, 1:00 - 3:30 pm

Drop-in Fee: \$2.00

Cribbage

We have four cash prizes and play 6 games. Contact the Century House front desk for more information.

Douglas Room

Monday, 1:00 - 3:30 pm

Buy-in: \$2.00

English Conversation Group

Providing an opportunity for people to practice and improve their English skills: currently accepting participants and facilitators. Fill out an application at the Century House front desk.

General Discussion Group

A circle of members who love to talk; lively conversations abound on just about everything; both serious and fun. Try it! Drop in or email Judith at Judyb200@shaw.ca

Arbutus Room

Tuesday, 11:00 am - 12:00 pm

Drop-in Fee: \$1.00

Learning Garden

Enjoy getting your hands dirty? For more information about the Learning Garden, please come to one of our monthly meetings. Our meetings are held on the third Thursday of every month.

Thursday, 2:30 - 3:30 pm

June 19

Line Dancing 1

Registration is closed. Participation fee is payable in cash on the first day of class. For more information contact Coreen at 604-521-4997.

Fir Room

Monday, 12:20 - 1:20 pm or 1:35 - 2:40 pm

March 31 - June 16

Drop-in Fee: \$15.00

Line Dancing 2

Registration is closed. Watch the August Clarion for updates on future dance classes. For more info contact Pat at 604-521-7497 or patger@telus.net.

ABC Room

Tuesday, 7:00 - 8:30 pm

April 1 - June 17

Mahjong

Use strategy and skill with experienced players. If you are new to Mahjong, schedule a lesson at the Century House front desk.

Oak Room

Thursday, 9:30 - 11:45 am

Networking Circle

Are you 50+ and new to either Century House, New Westminster or both? Have you recently found yourself on your own? Are you looking for friends/companions with whom you can try out restaurants, go to the movies or concerts, etc? If yes, we'd love to have you join our informal networking group. Open to all Century House members. Info: annearia2@gmail.com



Learn More about Zoom,
Click [HERE](#)



Pickleball

Have fun while getting exercise among friends! If you want to learn how to play Pickleball, there will be beginner's lessons on the first Thursday of each month from 9:30 - 10:00 am. To register, call the front desk at Century House. If you already know how to play, just drop-in. Please bring your own paddle and balls.

Multipurpose Room

Monday & Thursday, 9:00 am - 2:30 pm

Readers Theatre

Readers Theatre Activity Group meets on the 2nd and 4th Tuesday of each month at 7:00 pm. Join us to read a play out loud. We are not meeting in the months of July and August. For more information, email judithallanlake@gmail.com.

ABC Room

Tuesday, 7:00 pm

June 10 & 24

Scrabble

Come and exercise your brain while socializing during a friendly game of Scrabble. We are a gently competitive group and welcome both novice and experienced players. Drop in or contact ibhedin@gmail.com for more information.

Cedar Room

Friday, 1:00 - 3:00 pm

Seniors Embracing Technology (SET)

SET is a group of technology-comfortable members dedicated to helping those who are less comfortable.

Douglas Room

Friday, 10:00 - 11:30 am

June 6

Snooker

All are welcome, men & women. New players can try out the facilities for three sessions after which time a \$50.00 annual room and equipment maintenance fee is required. Century House Membership is also required. Snooker members can access the public playing times for no additional charge.

Playing Times

Maple Room

Monday - Friday: 9:00 am - 3:00 pm

Saturday, 9:30 - 3:45 pm

Table Tennis

Also known as ping-pong, this is a two or four-player sport with paddles and a lightweight ball. Bring your own paddle.

Multipurpose Room

Tuesday & Saturday, 9:00 am - 2:30 pm



Tuesday Crafts

All knitters and crocheters welcome! Come join us for some chit-chat, share your project and meet our great group of crafters.

Spruce Room

Tuesday, 12:30 - 2:30 pm

Ukulele

Join our jam session. All levels welcome. Bring your own ukulele. Join our Jam Session. All levels welcome. Bring your own Ukulele.

ABC Room

Thursday, 9:30 am - 12:00 pm

June 3

Ukulele (ZOOM)

All levels welcome! We alternate weeks using Jim's Ukulele Songbooks (Blue and Yellow). We also share pdf versions of songs from other sources in lyric and chord format. Try out your skill at leading a song in a friendly environment or just sit back and play and sing along.

Tuesday, 10:00 - 11:30 am

Use this link to join:

us02web.zoom.us/j/81543958630?pwd=tqwlaLq666Kt0t0Ak8j5c9wl8a2mpQ.1

ID: 815 4395 8630

Passcode: 819216

Wednesday Crafts

A sociable group who chat while knitting, crocheting, or doing other yarn-based crafts. We do not teach, but if you know the basics, we will share our experiences and knowledge. We use donated yarn and supplies to create items to support Century House or to donate to local charities.

Spruce Room

Wednesday, 1:00 - 3:00 pm

Drop-in Fee: Free

Whist

Whist is similar to Bridge and Court Whist but easier to learn. Contact the Century House front desk if you're interested in a lesson. It costs \$2.00.-- to play.

Oak Room

Thursday, 1:00 - 3:00 pm

WEEK AT A GLANCE

Monday

- 9:00 - 12:00 Quilting (Spruce)
- 9:00 - 2:30 Pickleball (Multipurpose)
- 9:00 - 2:30 Fitness Centre Drop-in
- 9:00 - 3:00 Snooker (Maple)
- 9:30 - 10:30 Active & Able Fitness Reserved Drop-in (Douglas/Fir)
- 9:30 - 12:00 Century House Association Executive Meeting (Cottage) (Jun 16)
- 10:00 - 11:00 BYOD Bring Your Own Device - Apple (Oak) (Jun 23)
- 10:30 Zoom Book Club (Zoom) (Jun 9)
- 11:00 - 12:00 BYOD Bring Your Own Device - Android & PC (Oak) (Jun 23)
- 11:00 - 12:00 Gentle Fit Reserved Drop-in (ABC)
- 11:00 - 12:00 Yoga Reserved Drop-in (Douglas/Fir)
- 12:20 - 2:40 Line Dancing 1 (Fir) (Mar 31 - Jun 16)
- 12:30 - 1:30 Get Up & Go (Oak) (Jun 2 - 26) & (Jun 30 - Jul 24)
- 12:30 - 2:30 Acrylic Painting (Spruce) (Apr 28 - Jun 23)
- 12:30 - 3:30 Community Integration Services - Poverty Reduction Info Table
- 1:00 - 3:30 Cribbage (Douglas)
- 1:00 - 3:00 Carpet Bowling (ABC) (cancelled June 9)
- 1:00 - 3:00 Summer Sketch Studio (Spruce) (Jun 30 - Jul 21)
- 2:00 - 4:00 Singers (Oak)
- 3:00 - 4:30 Community Connections (Lobby)
- 3:00 - 5:00 Drawing & Painting Art Cards (Spruce) (Apr 28 - Jun 23)
- 3:00 - 5:00 Women's Snooker (Maple)
- 4:30 - 6:45 Conversational Japanese Lessons (Oak) (Apr 7 - Jun 23)
- 5:00 - 8:45 Public Snooker Drop-in (Maple)
- 5:15 - 6:15 Zumba Gold Reserved Drop-in (Douglas/Fir)
- 5:30 - 7:00 Volunteer Info Session - Adults (Spruce) (Jun 9)

Tuesday

- 9:00 - 2:30 Fitness Centre Drop-in
- 9:00 - 2:30 Table Tennis (Multipurpose)
- 9:00 - 2:30 Conversation Class Round Table (YC Lounge)
- 9:00 - 3:00 Snooker (Maple)
- 9:00 - 4:00 CHAPS Century House Association Peer Support Office Hours
- 9:15 - 10:45 Yoga (ABC) (Apr 1 - Jun 24)
- 9:30 - 10:30 Strength & Stretch Fitness Reserved Drop-in (Douglas/Fir)
- 9:30 - 12:00 Executive Meeting (the Cottage) (Jun 16)
- 10:00 Aquatics Registration NW Residents (Jun 3)
- 10:00 - 11:00 Information Tour (Oak) (Jun 17)
- 10:00 - 11:30 Virtual Ukulele (Zoom)
- 10:00 - 12:00 Computer Lab (June 24)
- 10:00 - 12:00 Low Vision (Oak) (Jun 3)
- 10:00 - 12:00 Watercolour Beginner (Spruce) (Apr 22 - Jun 24)
- 10:45 - 11:45 Mobility & Strength Fitness Reserved Drop-in (Douglas/Fir)



- 11:00 - 12:00 General Discussion Group (Arbutus)
- 12:00 - 1:30 Communications Committee (Douglas) (Jun 10)
- 12:30 - 2:30 Tuesday Crafts (Spruce)
- 12:30 - 2:30 Pottery Intermediate (Pottery Room) (Apr 1 - Jun 3)
- 1:00 - 2:00 Tai Chi Beginners Level 3 (Fir) (Apr 15 - Jun 17)
- 1:00 - 3:00 Caregiver Support Group (Douglas) (Jun 3)
- 1:00 - 4:00 Court Whist (Arbutus) (cancelled June 10)
- 1:00 - 4:00 Bridge (Oak)
- 1:00 - 4:00 Bid Euchre (Birch/Cedar) (cancelled June 10)
- 2:00 - 3:00 Meditation (Douglas) (Apr 15 - Jun 17)
- 3:00 - 4:00 Parkinson's Exercise Program (Fir) (Apr 4 - Jun 27)
- 3:00 - 5:00 Century House Artists Drop-in (Spruce)
- 5:00 - 8:45 Public Snooker Drop-in (Maple)
- 5:15 - 6:15 Try It! Zumba Toning Reserved Drop-in (Douglas/Fir)
- 6:00 - 8:30 Alzheimer Support Group (Spruce) (Jun 17)
- 6:30 - 7:30 Stretch Reserved Drop-in (Fir)
- 6:30 - 8:30 Pottery Intermediate Adult (Pottery Room) (Apr 1 - Jun 3)
- 7:00 - 8:30 Line Dance 2 (ABC) (April 1 - June 24)
- 7:00 - 8:30 Reader's Theatre (Spruce) (Jun 10 & 24)

Wednesday

- 9:00 - 2:30 Badminton (Multipurpose)
- 9:00 - 2:30 Fitness Centre Drop-in (not available when classes in session)
- 9:00 - 3:00 Snooker (Maple)
- 9:00 - 4:00 CHAPS Century House Association Peer Support Office Hours
- 9:30 - 10:30 Active & Able Fitness Reserved Drop-in (Douglas/Fir)
- 9:30 - 10:30 ABC's of the Fitness Centre (Fitness Centre) (Jun 11 & 18)
- 9:30 - 12:00 CHAPS Peer Support Meeting (ABC or Oak) (Jun 11 & 25)

- 10:00 - 12:00 BYOQ Bring Your Own Questions (Computer Lab) (Jun 11)
- 10:00 - 12:00 Century House Association Chairpersons Meeting (Jun 4)
- 10:00 - 12:00 Parkinson's Support (Oak) (Jun 18)
- 11:00 - 12:00 Fitness Centre Circuit 50+ (Fitness Centre) (Jun 4 - 25)
- 11:00 - 12:00 Yoga Reserved Drop-in (Fir) (demonstrated from a chair)
- 11:00 - 12:00 Gentle Fit Reserved Drop-in (Douglas)
- 1:00 - 2:00 ActivAge (Arbutus/Birch) (Apr 9 - Jun 25)
- 1:00 - 2:30 Seniors First BC Workshop (Oak) (Jun 18)
- 1:00 - 2:30 Tai Chi Intermediate (Fir) (Apr 16 - Jun 18)
- 1:00 - 3:00 Wednesday Crafts (Spruce)
- 1:30 - 3:00 Conversational French (Cedar) (cancelled Jun 11)
- 1:30 - 3:30 Notable 90's (Douglas) (Jun 18)
- 2:00 - 3:00 ActivAge (Arbutus/Birch) (Apr 9 - Jun 25)
- 3:00 - 4:00 Choose to Move (Arbutus/Birch) (Apr 9 - Jun 25)
- 3:00 - 5:00 Women's Snooker
- 3:30 - 5:30 Spanish Conversation Group (Cedar) (cancelled Jun 11)
- 5:00 - 8:45 Public Snooker Drop-in (Maple)
- 6:30 - 8:30 June Birthday Party (Douglas/Fir) (Jun 25)
- 6:30 - 8:30 Pottery Intermediate Adult (Pottery Room) (Apr 2 - Jun 4)
- 6:30 - 8:30 Seniors Week - Proper Geezer (Arbutus/Birch) (Jun 4)

Thursday

- 9:00 - 12:00 Quilting (Spruce)
- 9:00 - 2:30 Fitness Centre Drop-in (Fitness advisor available at 1:00 pm)
- 9:00 - 2:30 Pickleball (Multipurpose)
- 9:00 - 3:00 Snooker (Maple)
- 9:30 - 10:30 Active & Able Fitness Reserved Drop-in (Douglas/Fir)
- 9:30 - 11:45 Mahjong (Oak) (cancelled Jun 12)
- 9:30 - 12:00 Ukulele Drop-in (ABC) (cancelled Jun 12)
- 9:30 - 1:00 Blood Pressure Clinic (Lobby) (Jun 19)
- 10:00 General Registration NW Residents (Jun 5)
- 10:00 General Registration for Everyone Else! (Jun 12)
- 10:00 - 12:00 Computer Lab (June 12)
- 10:00 - 12:00 Photography Nature Walks (Lobby) (May 15 - Jun 12)
- 11:00 - 12:00 Fit Fellows (Fir) (May 15 - Jun 26)
- 12:30 - 1:30 Better Balance 1 (Fir) (May 15 - Jun 26)
- 12:30 - 1:30 Get Up & Go (ABC) (Jun 2 - 26) & (Jun 30 - Jul 24)
- 12:30 - 2:30 Urban Sketching Techniques with Ink & Watercolour (Spruce) (Apr 24 - Jun 26)
- 1:00 - 3:00 Fitness Centre Advisor (Fitness Centre)
- 1:00 - 3:00 CH Players (Douglas) (cancelled Jun 12)
- 1:00 - 3:00 Darts (Hemlock) (cancelled Jun 12)
- 1:00 - 3:30 Whist (Oak) (cancelled Jun 12)
- 2:00 - 3:00 Better Balance Level 2 (Fir) (May 15 - Jun 26)
- 2:30 - 3:30 Learning Garden Meeting (Birch/Cedar) (Jun 19)

- 5:00 - 8:45 Public Snooker Drop-in (Maple)
- 6:00 - 8:00 Meal Meet Ups - Seniors Week Celebration (Douglas/Fir) (Jun 5)
- 6:30 - 8:30 Pottery Beginner Adult (Pottery Room) (Apr 3 - Jun 5)

Friday

- 9:00 - 2:30 Badminton (Multipurpose)
- 9:00 - 2:30 Conversation Class Round Table (YC Lounge)
- 9:00 - 2:30 Fitness Centre Drop-in (not available when classes in session)
- 9:00 - 3:00 Snooker (Maple)
- 9:30 CH Walkers meet at 6th ST & 6th Ave Royal City Mall entrance (see bulletin board or Clarion for schedule)
- 9:30 - 10:30 Strength & Stretch Fitness Reserved Drop-in (Douglas/Fir)
- 10:00 - 11:30 SET Seniors Embracing Technology Meeting (Oak) (Jun 6)
- 10:00 - 12:00 Try-it! Watercolour Painting Drop-in (Spruce) (Jun 6, 20 & 27)
- 11:00 - 12:00 Fitness Centre Circuit (Fitness Centre) (Jun 6 - 27)
- 11:00 - 12:00 Gentle Fit Reserved Drop-in (ABC)
- 11:00 - 12:00 Yoga Reserved Drop-in (Douglas/Fir)
- 12:00 - 2:00 DIY Air Cleaner Workshop (Arbutus/Birch) (Jun 6)
- 12:30 - 2:30 Watercolour Intermediate/Advanced (Spruce) (Apr 25 - Jun 27)
- 1:00 - 3:00 Scrabble (Cedar)
- 1:00 - 3:45 Bingo (Douglas/Fir) (Jun 6, 20 & 27) (cancelled Jun 13)
- 1:00 - 4:00 Canasta (Oak) (Jun 6, 20 & 27) (cancelled Jun 13)
- 3:00 - 4:00 Women's Wellness Circle (Spruce) (Jun 20 & 27)
- 3:00 - 4:00 Nutrition Made Easy (Spruce) (May 30 - Jun 13)
- 4:15 - 5:15 Parkinson's Exercise Program (Fir) (Apr 4 - Jun 27) (no class Jun 13)
- 5:00 - 8:45 Public Snooker Drop-in (Maple)
- 5:30 - 6:30 Zumba Reserved Drop-in (ABC) (cancelled Jun 13)
- 6:00 - 8:30 Seniors Week - Safe City Town Hall (Lobby) (Jun 6)
- 6:30 - 8:30 Friday Night Fever (Douglas/Fir) (Jun 20)

Saturday

- 9:00 - 2:30 Fitness Centre Drop-in
- 9:00 - 2:30 Table Tennis (Multipurpose)
- 9:00 - 3:45 Snooker (Maple)
- 9:30 - 10:30 Iyengar Yoga (Douglas/Fir) (Jun 21 & 28) (cancelled Jun 7 & 14)
- 10:00 - 2:00 Seniors Week - Partners in Aging Resource Fair (Jun 7)
- 10:00 - 2:00 Thrift & Craft Sale (Jun 14)
*see write-up for donation schedule
- 1:30 - 3:30 Karaoke (ABC) (Jun 28)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fitness Centre 9:00 am - 2:30 pm	Fitness Centre 9:00 am - 2:30 pm	Fitness Centre* 9:00 am - 2:30 pm	Fitness Centre 9:00 am - 2:30 pm	Fitness Centre* 9:00 am - 2:30 pm	Fitness Centre 9:00 am - 2:30 pm
Active & Able Fitness 9:30 - 10:30 am	Strength & Stretch 9:30 - 10:30 am	Active & Able Fitness 9:30 - 10:30 am	Active & Able Fitness 9:30 - 10:30 am	Strength & Stretch 9:30 - 10:30 am	
Gentle Fit 11:00 am - 12:00 pm	Mobility & Strength 10:45 - 11:45 am	Gentle Fit 11:00 am - 12:00 pm	Fitness Advisor 12:30 - 3:00 pm	Toning 11:00 am - 12:00 pm	
Yoga 11:00 am - 12:00 pm		Yoga Chair 11:00 am - 12:00 pm		Yoga 11:00 am - 12:00 pm	
All Century House fitness classes are ongoing *Fitness centre not available when class is in session					

CENTURY HOUSE DROP-IN FITNESS

Please note: you can reserve your spot in class up to 72 hours in advance for New West residents, or 48 hours for non-residents. Or, scan your Active Pass upon arrival. Withdrawal is available online, in-person or by phone up to 3 hours in advance.

Reserved Drop-in Fee structure:

Reserved Drop-in Fee:	\$7.50 for 50 - 64
Reserved Drop-in Fee:	\$5.00 for 65 - 74
Reserved Drop-in Fee:	\$3.75 for 75+
Active 10 pass 19 - 64	\$60.00
Active 10 pass for 65 - 74	\$40.00
Active 30 pass 19 - 64	\$67.50
Active 30-day 65 - 74	\$45.00
Active 10 pass for 75+	\$30.00
Active 30-day for 75+	\$33.75

Financial assistance is available for Active 10 & Active 30-day passes for New Westminster Residents.

Fitness Centre

Elliptical, treadmill, weights and more! On Thursdays there will be a fitness advisor in the fitness centre 1:00 - 3:00 pm. The fitness advisor can demonstrate how to use the equipment, and develop an exercise plan that aligns with your goals.



Gentle Fit (Mild)

A low to moderate intensity class that features chair and standing exercises. Focus is on improving, balance, strength, and stability through everyday movements. Modifications are provided for all abilities.

Monday, 11:00 am - 12:00 pm
 Wednesday, 11:00 am - 12:00 pm
 Friday, 11:00 am - 12:00 pm
 On-going

Kulwant
 Gillian
 Judi

Mobility & Strength

Variety of low-impact cardio, strength training and flexibility exercises to enhance mobility, promote joint health and overall strength and endurance.

Tuesday, 10:45 - 11:45 am

Sue

Strength & Stretch (Moderate)

Build endurance and maintain bone mass with light weights, tubing and body weight. Class ends with stretching and relaxation, featuring modifications for greater accessibility.

Tuesday, 9:30 - 10:30 am
 Friday, 9:30 - 10:30 am

Gillian
 Judi

On-going

Active & Able Fitness (Moderate)

Enhance cardio health with low-impact aerobic exercises and varied workouts that improve strength, agility, coordination, and balance. Modifications are provided for all abilities that includes some floor work.

Monday, 9:30 - 10:30 am
 Wednesday, 9:30 - 10:30 am
 Thursday, 9:30 - 10:30 am
 On-going

Kulwant
 Judi
 Gillian

Drop-in Yoga

Focuses on the importance of mindful breathing to prepare the body and mind to move through a gentle flow of poses. For all levels and abilities. (Wednesday class demonstrated from chair)

Monday, Wednesday, Friday, 11:00 am - 12:00 pm

Tanya

CONNECTIONS CAFÉ

Food Services

Monday - Friday, 9:30 am - 2:30 pm

Lunch Service - 11:30 am - 1:00 pm

Lunch is available by pre-order for pick-up or dine-in from 11:30 am - 1:00 pm.

Please call 604.519.1066 or visit the front desk to pre-order your meal at least one day ahead (the earlier the better).

We are emphasizing entrée by pre-order. Walk in's may be disappointed. Please arrive at your scheduled time.

Available without pre-order:

Baked Goods	\$2.25
Coffee / Tea	\$1.50
Cookie	\$1.20
Sandwich	\$3.75
Soup Bowl	\$3.00
Soup Cup	\$2.25

Available by Pre-order only:
Entrée \$7.50
Cinnamon Buns (if more than 3) \$2.25
Gluten Free Cake (slice) \$2.25
Samosa \$3.25

Sandwich (if more than 3)
Limit 6; scones/samosas/cinnamon buns/muffins
Orders for baked goods can be made for Wednesdays. Please bring your own bag for take-out meals. Contact our chef at 604-519-1063 to ask about catering requests or if you have questions about special dietary meals. We will do our best to accommodate you.

Find the café menu on our website centuryhouseassociation.com/about/connections-cafe. Paper copies of the menu are available outside the front door of Century House.

Volunteer Coffee Policy

Volunteers are entitled to one free coffee or tea during their shift. Please wear your volunteer badge when claiming your coffee.

Volunteer Information

Positions available! Century House has over 240 volunteers supporting or leading programs and services but we are always on the lookout for new volunteers.

Ongoing positions that we recruit for:

- Food Preparation
- Dishwashing
- Cashiers
- Office support
- Special Events crews
- Have a look at our 40+ Activity Groups to see if anything in particular sparks your interest.

Inquire by reaching out to Jenna Speers or Ricardo Espeschit either at the front desk, on the phone 604-519-1023, or at chvolunteer@newwestcity.ca.



COMMUNICATIONS

Century House Association Chairpersons Meeting

Chairpersons Meetings are open to CHA members but as observers only. Please contact secretary@centuryhouseassociation.com by the previous Thursday if you would like to attend. (These monthly meetings are always scheduled for the first Wednesday of the month.)

ABC Room

Wednesday, 10:00 am - 12:00 pm
June 4

Century House Association Website

Our website tells you all about us, but also has new information as it happens, and you can subscribe—see the bottom of each page on the site—to get email updates every week or so.

Visit centuryhouseassociation.com.

Century House Association Facebook

Did you know the Century House Association has a Facebook page?

Here's the link: facebook.com/CHANewWest

And a Good Cheer Group? This is a place where you can share Good News and have a few laughs. Check it out facebook.com/groups/1300581823663821.



Let Your Voice Be Heard! - CHA Strategic Plan

The Century House Association Strategic Plan is well on its way. On May 10 members of the CHA met for five hours to discuss the Vision, Mission and Values of CHA going forward. It was a very good session with robust debates and interesting conclusions. Members were asked "where and what do you want Century House Association to be in 5 years? Most participants felt the session led by facilitator Andrea Reimer was well worth it and a positive step forward. Coming out of the session a follow-up questionnaire was developed and there is a two week window, starting May 30, in which CH members can fill it out. If the CHA has your email address it will be sent to your inbox. It will also be available on the CH website and look for a related resource table in the lounge. It is important that as many members as possible fill out the questionnaire as your responses will greatly assist in ensuring the development of a truly useful Century House strategic plan.

Invitation to join a CHA Communications Working Group
Would you be interested in becoming active in the management of one of the CHA's various channels of communication (The Clarion, Info Tours, the CHA website, Facebook, or Keep in Touch).

To learn more, contact the Communications Standing Committee via president@chanw.ca (president@centuryhouseassociation.com).

Seniors Community Connector for the City of New Westminster

The Community Connector, through the Social Prescribing Program, works to support seniors to access non-medical resources and community services. If you or someone you know needs support in accessing programs for physical activity, nutrition/food security, social programs services, mental wellness, activities of daily living, or other supports to enhance health and well-being, please contact Judy Venable at jvenable@newwestcity.ca or call 778.312.1511.

Century House - Keep In Touch

If you are aware of a community member who is unwell, in hospital or perhaps a family member has passed please advise the front office staff. A card will be sent to the member or their family. Cards are also sent to a member celebrating a 90th birthday. And if other occasions should be recognized, we welcome all suggestions.

The Century House Library

The Century House Library accepts ongoing book donations. Currently, they are looking for donations of large print books, notebooks or magazines. Donations can be left in the white bins at the Library. Please contact the Century House Front desk at 604-519-1066 if you have any questions.

SUPPORT SERVICES

Century House Association Peer Support (CHAPS)

Are you feeling blue, lonely, health-anxious, or grieving? The Peer Support team is here to provide you with support through life's transitions, such as bereavement, isolation, downsizing, moving, and caregiving. Century House Peer Support provides confidential, no-cost, one-to-one support, in-person, over the phone or via Zoom. CHAPS volunteers are trained to walk alongside older adults seeking support and empowerment as they navigate a troublesome time in their life. The Peer Support program will take a summer hiatus for July and August and return in September. Contact chaps.connect@gmail.com or 604-519-1064 or 778-882-2472.

Blood Pressure Clinic

No appointment is necessary but bring a list of your current medications. We ask you to please respect the privacy of others by signing in and then taking a seat in the lounge as you wait for your turn. A record of your blood pressure reading is stored in a secure location and any related information is strictly confidential.

*Thursday, 9:30 am - 1:00 pm (By the front office)
June 19*



**Care for the Caregiver
In-Person Support**

Our monthly group brings caregivers together based on a mutual experience of caregiving for a family member or friend. This is a time for reassurance, where caregivers can realize they are not alone. We meet on the first Tuesday of the month for coffee, sharing and support. This is a drop-in and registration is not necessary.

Douglas Room

Tuesday, 1:00 - 3:00 pm
June 3

Parkinson’s Support Group

Our group welcomes all persons with Parkinson’s disease as well as their caregivers. Managing your health care professionals can be a challenge. We will have a speaker to help us with this challenge at the meeting. For more information, call Kathy at 604-258-9074.

Oak Room

Wednesday, 10:00 am - 12:00 pm
June 18

Notable 90s

Hello to all of you who are 90 years or more. Please come and join us for our June 18th get-together. This will be our last meeting before the summer months kick in. We will send you off singing a tune as we are pleased to announce the Century House Ukulele Group will be playing some well-known songs while we sing along. Please join us afterwards for coffee/tea and treats and social time with your fellow participants. We will look forward to seeing you all there and then again in September.

Douglas Room

Wednesday, 1:30 - 3:00 pm
June 18

Low Vision Support Group

The Ukelele Group will be our special guests for the June meeting. They will lead the ever-popular sing-a-long of old time favourites accompanied by their ukuleles. The Low Vision Group will not meet in July and August. Our next meeting will be September 2. Have a safe and happy summer!

Oak Room

Tuesday, 10:00 am - 12:00 pm
June 3

Digital Inclusion Hub

Need help with technology? Purpose Society’s Digital Inclusion Hub offers personalized support to anyone who needs it! Whether you need assistance setting up an e-mail account, making a resume, or learning how to use social media, they’ve got you covered. Drop in on Thursdays or book an appointment by contacting Lola at 604-396-5514 or lola.jecmenica@purposesociety.org. Find out more at digitalinclusionproject.org.

40 Begbie Street, New Westminster

Tuesday - Friday, 9:00 am- 3:00 pm

Digital Device Donation Centre

Century House is a permanent digital device donation centre for the Digital Inclusion Hub. Please consider donating for those in need. Drop items off at the Century House front office.

**Learn More about Zoom,
Click [HERE](#)**



COMING IN JULY

Ice Cream Social

Save the Date. More information coming.
 Wednesday (time to TBD)
 July 16 (Registration deadline Friday, July 11)

July Birthday Party

Come celebrate July birthdays and enjoy the music and dancing. Specify Cake or Diabetic Option when registering.
 Wednesday 6:30 - 8:30 pm

July 30 **234538**
Tickets: \$5.00 members (free if celebrating birthday)
\$6.00 non-members

Registration deadline for everyone is Friday July 25 or when maximum seating reached.

BUS TRIPS

Bus Trip Registration Information

Register for bus trips at the Century House front desk or by calling 604-519-1066. Registration will open at 10:00 am on the respective dates, and remain open until spots are filled.

Bus Trip Cancellation Policy

- Please take note of our new bus trip cancellation policy:
- Cancel 1 week or more prior to trip to receive a Full Refund
 - Cancel 2 - 6 days prior to trip to receive a refund with a \$10.00 withdraw fee
 - Cancel 48 hours or less - No refund
 - Exceptions to the cancelation policy can be made with appropriate documentation like a doctor's note.
 - Ticketed events may not be refundable depending on seller.

Visit to OWL Orphaned Wildlife Sanctuary & Lunch

OWL Orphaned Wildlife Rehabilitation Society is a non-profit dedicated to the rescue, rehabilitation and release of injured and orphaned raptor type birds - eagles, falcons, and owls to name a few. You will have a personalized education session and tour of the facility, with the opportunity to see up to 14 different species of raptor birds. On the way home, you will stop at RiverHouse Restaurant for a casual lunch by the river, with a meal of your choice. Lunch and coffee included. Not wheelchair accessible.

Monday, 9:00 am - 2:00 pm (depending on traffic)
 June 23

Registration Fee: \$87.00 **234399**
 Registration day: Starting May 30

Queen of Peace Monastery & Squamish with Joy Brown

Visit the beautiful Queen of Peace Monastery, located in the mountains north of Squamish. The Monastery is home to an order of St. Dominican nuns. We will visit with one of the nuns and join the order for morning prayers in their lovely chapel. Drive the Sea to Sky highway. Spend time in downtown Squamish, visit the Squamish Adventure Centre and enjoy time in Porteau Cove park located in Howe Sound. Lunch and dessert are served in Squamish. Not wheelchair or walker accessible

Tuesday, 8:45 am - 5:30 pm
 June 17

Registration Fee: \$141.00 **234393**
 Registration day: May 30

▶ **Learn More about Zoom, Click [HERE](#)** ◀

Visit Galiano Island with a local with Joy Brown

Explore Galiano, an island of beauty in the Salish Sea. Enjoy an easy walk with fabulous views overlooking Active Pass. Visit Galiano Inn and see its mural by 100 local artists. Explore Montaque park a gem in the Gulf Islands. Lunch and dessert are served at a local Inn. Not wheelchair or walker accessible.

Tuesday, 8:50 am - 6:30 pm

July 15

Registration Fee: \$145.00

234394

Registration day: June 20

SUMMER PROGRAMS

Registration opens Thursday, June 5 for New Westminster residents and June 12 non-residents

Arts

Pottery (50+ years)

Receive instruction and technical support in our well-equipped studio. The instructor and potters determine topics. All pottery is hand built. Clay is an extra fee and can be purchased through the studio. Open to all levels. Instructor: Mickey Vescera.

Century House

604-519-1066

Tuesday, 12:30 - 2:30 pm

July 8 - September 2

Registration Fee: \$138.00 / 9 classes

233324



Photography Nature Walks (50+ years)

Discover local parks and trails while exploring the art of nature photography. Rain or shine, participants gather at designated locations to enjoy guided walks and enhance their photography skills. Bring your own camera or smart phone. Instructor: Louise Lathey.

Century House

604-519-1066

Thursday, 10:00 - 11:30 am

August 7 - 28

Registration Fee: \$42.00 / 4 classes

233339

Summer Sketch Studio (50+ years)

Practice drawing a variety of subjects from both photo reference and from life. Focus will be on developing an artist's repertoire of skills using line, shadow and your choice of medium for adding colour to enhance your sketches. Weather permitting; we will do a field trip to do some 'plein air' sketching (dates TBA). Suggested supply list available with registration. Instructor: Peri Nilan.

Century House

604-519-1066

Monday, 1:00 - 3:00 pm

June 30 - July 21

July 28 - August 25 (no class Aug. 4)

Registration Fee: \$55.00 / 4 classes

233328

233329

Watercolour Unleashed - Intermediate & Advanced (50+ years)

Approach watercolour with a bit of abandon. Follow guided instruction to create a look of spontaneity in our painting. Once armed with knowledge and mastery of techniques designed to loosen up painting style, freely explore this elusive medium. Bring the supplies you have to the first class. Supply list will be discussed.

Century House

604-519-1066

Thursday, 12:30 - 3:00 pm

July 3 - 24

July 31 - August 21

Registration Fee: \$69.00 / 4 classes

233331

233332

Watercolour for Sketchers (50+ years)

Learn to use watercolour to enhance sketches, whether in pencil or ink. Demonstration will include mixing and applying colours using a limited palette, how to use wet on wet and layering without overworking. Learn to create a feeling of space and light in drawings by leaving areas white, adding shadows and creating contrasts with colours. Suggested supply list available when you register. Instructor: Peri Nilan.

Century House

604-519-1066

Tuesday, 10:00 am - 12:00 pm

July 8 - 29

August 5 - 26

Registration Fee: \$55.00 / 4 classes

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233334



ArtFusion: Chinese Calligraphy (50+ years)

Step into the world of traditional Chinese calligraphy. Discover the history, styles, and techniques of Eastern and Western scripts. Enjoy a calm, creative space to explore ancient designs using brush and ink. Perfect for art lovers seeking cultural enrichment. No prior knowledge required, supplies included.

Century House 604-519-1066
 Saturday, 10:00 am - 12:00 pm
 July 5 - 26
Registration Fee: \$85.00 / 4 classes 232919

ArtFusion: Calligraphy Jam & Create (50+ years)

Unleash your creativity in this 4-session where calligraphy meets free-form art! Experiment with natural materials and drawing techniques to craft your own framed masterpieces. A fun, expressive workshop for anyone looking to play with ink and imagination. No prior knowledge required, supplies included.

Century House 604-519-1066
 Saturday, 1:00 - 3:00 pm
 July 5 - 26
Registration Fee: \$85.00 / 4 classes 232920

Dance

Latin Dance (50+ years)

Dance to vibrant music and learn the artful steps of Latin dance. All levels welcome. No previous dance experience required. Instructor: Ricardo Espescht.

təmæsewtx™ Aquatic & Community Centre 604-777-5100
 Tuesday, 1:00 - 2:00 pm
 July 8 - August 12
Registration Fee: \$63.00 / 6 classes 233341

Line Dancing (50+ years)

Enjoy movement, socializing, and staying active in a friendly and supportive environment. Learn and practice line dance choreography to a variety of music and styles. No previous experience required. Instructor: Ricardo Espescht.

Queensborough Community Centre 604-525-7388
 Wednesday, 1:00 - 2:00 pm
 July 9 - August 13
Registration Fee: \$63.00 / 6 classes 233340

Traditional Japanese Festival Dance

(50+ years)

Celebrate the vibrant spirit of Japanese culture with this lively and engaging traditional dance program. Participants will learn the history, meaning, and movements behind classic festival dances. No previous dance experience required—just bring your enthusiasm and be ready to move!

Century House 604-519-1066
 Monday, 12:30 - 2:00 pm
 June 30 - August 25 (no class July 28, Aug. 4)
Registration Fee: \$73.50 / 7 classes 233342

Fitness

Better Balance Level 01 (50+ years)

Learn why balance is essential to maintaining good health, improving mobility and preventing falls. Focus on balance, posture and strengthening core and lower body to expand flexibility, coordination, and agility.

Century House 604-519-1066
 Thursday, 12:30 - 1:30 pm
 July 3 - 31* 233415
 August 7 - 28 233417
Registration Fee: \$36.00 / 4 classes, \$45.00 / 5 classes*

Better Balance Level 02 (50+ years)

Progress through fun and dynamic exercises and use equipment to build on balance and functional mobility. For those who have completed Better Balance Level 01.

Century House **604-519-1066**

Thursday, 2:00 - 3:00 pm

July 3 - 31* **233416**

August 7 - 28 **233418**

Registration Fee: \$36.00 / 4 classes

\$45.00 / 5 classes*

Fitness Centre Circuit (50+ years)

Train as a group with instructor-led workouts that include cardio, weight equipment, free weights, stability balls, bosu balls, and balance to achieve a full body workout.

Century House **604-519-1066**

Wednesday, 11:00 am - 12:00 pm

July 2 - 30* **233411**

Friday, 11:00 am - 12:00 pm

July 4 - 25 **233412**

Registration Fee: \$36.00 / 4 classes

\$45.00 / 5 classes*

Fit Fellows (50+ years)

Strengthen muscles using lightweights, tubing, and body weight to build endurance. Class finishes with stretching and relaxing. Participants move at their own pace.

Introductory fitness class designed for men.

Century House **604-519-1066**

Thursday, 11:00 am - 12:00 pm

July 3 - 31* **233413**

August 7 - 28 **233414**

Registration Fee: \$36.00 / 4 classes

\$45.00 / 5 classes*

Get Up & Go! (50+ years)

Improve balance and mobility impairments with an emphasis on safety. This introductory class builds strength, balance, coordination, functional mobility, independence, and quality of life.

Century House **604-519-1066**

Monday & Thursday, 12:30 - 1:30 pm

June 30 - July 24 **233399**

July 28 - August 28* (no class Aug. 4) **233402**

Registration Fee: \$71.50 / 8 classes

\$81.00 / 9 classes

The ABCs of the Fitness Centre (50+ years)

Learn proper technique in the Fitness Centre. Enjoy this small class (two participants per instructor) and receive a fitness practice plan by the end of the program.

Century House **604-519-1066**

Wednesday, 9:30 - 10:30 am

July 2 - 9 **233408**

July 16 - 23 **233410**

Registration Fee: \$91.25 / 2 classes

Choose to Move (50+ years)

Build a daily fitness habit with our free flexible program. Info session required before joining. Session times shared upon acceptance to program. Program supported through the BCRPA.

Century House **604-519-1066**

Wednesday, 3:00 - 4:00 pm (Information Session)

July 2 **233404**

Wednesday, 3:00 - 4:00 pm (Meetings)

July 9 - August 27 **233405**

Registration Fee: Free





ActiveAge (50+ years)

Get moving in a relaxed class environment with like-minded people. Class includes discussions and handouts to improve understanding of health & wellbeing. Prerequisite: Choose to Move.

Century House **604-519-1066**
 Wednesday, 1:00 - 2:00 pm **233406**
 Wednesday, 2:00 - 3:00 pm **233407**
 July 9 - August 27
Registration Fee: Free / 10 classes

General

Flavours of Italy (50+ years)

Discover the joy of Italian cooking with our favourite Queensborough Community Cook, Mary Deane! In this hands-on series, we'll make Zuppa Toscana, Spaghetti alla Puttanesca, and Tiramisu. Come stir, taste, and share good food with great company.

Queensborough Community Centre **604-525-7388**
 Wednesday, 9:00 - 11:00 am
 July 2 - 16
Registration Fee: \$45.00 / 3 classes **233070**

Taste of Malaysia (50+ years)

Dive into the bold and comforting flavours of Malaysian cuisine with our favourite Malaysian Community Cook, Flisa Yu. In this relaxed cooking session, you'll learn approachable recipes like Curry Chicken, Veggie Mee Goreng, Braised pork stew, and Curry Veggie, all perfect for everyday meals with a twist of Southeast Asian flair.

tamasewtx[™] Aquatic & Community Centre **604-777-5100**
 Tuesday, 9:30 - 11:30 am
 August 5 - 26
Registration Fee: \$60.00 / 4 classes **233068**

Nutrition Made Easy (50+ years)

Learn about nutrition and receive research-based information on the aging digestive system. Absorption, digestion and even appetites change over time. Nutrient packed discussions encourage active living, inflammation, immunity, healthy eating and more. Instructor: Jennifer Rak.

Century House **604-519-1066**
 Friday, 3:00 - 4:00 pm
 July 4 - 25
Registration Fee: \$33.00 / 4 classes **233346**

Homes, Hangouts, & Hidden History: Twelfth Street Walking Tour (50+ years)

Join the New Westminster Museum for a guided walk down Twelfth Street, where you'll uncover hidden histories and stories from this vibrant community. Discover the street's secrets from long-gone landmarks and historic homes to streetcars, hidden graffiti, and sidewalk stories. Along the way, learn about the people and places that have made Twelfth Street a vital cultural and community hub. Please meet on the corner of 12th Street and Tenth Avenue (New Westminster side), tour will begin promptly at 9:00 am.

Century House **604-519-1066**
 Thursday, 9:00 - 10:30 am
 July 3
Registration Fee: \$2.00 / class **232921**

Seniors on the Move: Transportation Workshop & Excursion (50+ years)

Want to feel more confident navigating the transit system or using HandyDART? Join this hands-on workshop to learn helpful tips and explore accessible transit options. After the session, we'll head out on a fun group outing to a local café, transportation practice with a social twist!

Century House **604-519-1066**
 Wednesday, 9:00 am - 12:00 pm
 July 16
Registration Fee: Free **232999**



Pride Hoedown (All Ages)

As part of New Westminster's annual Pride Week, the Century House Association Seniors Gay Straight Alliance is hosting their annual Pride Hoedown. Come and join the dancing and fun (instruction available if it is your first time!).

Century House **604-519-1066**
 Wednesday, 1:30 - 3:30 pm
 August 13
Registration Fee: Free **233359**

Special Events

Friday Night Fever (50+ years)

Get ready to groove! Enjoy door prizes, group dances, coffee, tea, and treats. Music by Bridge City Sound Youth DJ Program. Each event has a different theme.

Century House **604-519-1066**
 Friday, 6:30 - 8:30 pm
 July 18 *Wild, Wild West theme* **233051**
 August 22 *Rainbow theme* **233052**
Registration Fee: \$6.00, \$5.00 with Century House Association membership

Meal Meet Ups (50+ years)

A series of social meals bring people together, celebrate diverse cultures, and introduce valuable community resources. Enjoy delicious food while participating in engaging educational sessions that foster connection and learning.

Century House **604-519-1066**
 Thursday, 6:00 - 8:00 pm
 August 28 *Hot, Hot, Hot!* **233063**
tāmasew̱txw Aquatic & Community Centre **604-777-5100**
 Tuesday, 12:30 - 2:30 pm
 July 15 *O Canada* **233067**
Queensborough Community Centre **604-525-7388**
 Thursday, 6:00 - 8:00 pm
 August 14 *It's Pride!* **233064**
Registration Fee: Free

Music & Art in the Park (All Ages)

Join local artists for instructor led art projects or live music performed by local musicians. Open to all levels and abilities. In partnership with the Arts New West. Registration not required.

Moody Park, Behind Century House **604-519-1066**
 Tuesday, 1:00 - 3:00 pm
 July 8, 22 *Art*
 Tuesday, 1:30 - 2:30 pm
 July 15, 29 *Music*
Event Fee: Free **233355**

Learn More about Zoom,
 Click [HERE](#)



Intergenerational Music & Art in the Park (All Ages)

Connecting youth and seniors through music and art. Join for hands-on art projects and musical performances. Open to all levels and abilities.

Moody Park, Behind Century House 604-519-1066

Tuesday, 1:00 - 3:00 pm

August 5, 19 Art

Tuesday, 1:30 - 2:30 pm

August 12, 26 Music

Event Fee: Free 233357

Paint & Create (50+ years)

Follow a step-by-step guided session where you'll complete your own beautiful painting from start to finish, no experience necessary. All materials provided.

təmasewítx™ Aquatic & Community Centre 604-777-5100

Friday, 10:00 am - 12:00 pm

August 15 233365

Century House 604-519-1066

Thursday, 6:00 - 8:00 pm

August 7 233363

August 21 233364

Registration Fee: \$15.00 / class

Summer Sweets & Smiles: Intergenerational Ice Cream Social

(All Ages)

Youth and seniors come together to hang out on the Community Centre patio and enjoy an ice cream social. Soak up the summer sun with upbeat music, sweet treats, table games, and great conversation. It's the perfect way to celebrate the joys of summer, build new friendships, and share stories across generations.

Queensborough Community Centre 604.525.7388

Tuesday, 2:30 - 4:00 pm

July 8

Registration Fee: Free 233004

Karaoke (50+ years)

Sing your favorite tunes and enjoy the company of fellow music lovers! Whether you're a seasoned performer or just want to cheer on your friends, all are welcome to this lively and entertaining event.

Century House 604-519-1066

Saturday, 1:30 - 3:30 pm

July 5 233000

July 19 233001

August 2 233002

August 16 233003

Registration Fee: \$2.00 / classes