

JANUARY 2024

Clarion

centuryhouseassociation.com



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GENERAL INFORMATION

Century House is a Scent-Free Zone

For everyone’s comfort, please refrain from wearing perfumes, colognes and other scented products while attending the centre. Your support is appreciated.

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 entertainment and educational events and programs that support older adults to remain active in the larger community. There is definitely something for everyone!

Century House **604.519.1066**
Arbutus Room
 Wednesday, 1:00 - 2:00 pm
 January 17 **203900**

About the Cover

Blood Pressure Clinic: An Essential & Welcome Service

As people age, the risk of developing hypertension increases. Regular blood pressure checks become even more crucial for older adults to ensure timely intervention. And that is why the monthly Century House Blood Pressure Clinics and the group behind this essential service deserve to be celebrated. In the past year it has accommodated 430 individuals and since the pressure is taken on both arms that adds up to a total of 860 readings. Lynn Bittner-Jobson is the current manager and the rest of the staff includes Gabriella Cello, Coreen Benson, Sherry Parks, and Meridith McKinnon with a special shout out to previous members Pam Dunn, Jill Mountaine, Katherine Wishart, Shelly Rowe, Susan Dextas, and Kathy Dole. So thanks to all of you from Century House for this important and useful volunteer service.

CITY OF NEW WESTMINSTER PROGRAMS & SERVICES

Registration opens 10:00 am
 December 14 - Residents
 December 15 - Non-residents

Pick up a copy of the 50+ section of our Winter Active Living Guide at Century House or see [online](#) for all 50+ City Programming including arts, fitness and more.



(City of New Westminister)

[City of New Westminister](#)
[Recreation Program Information](#)

Century House

620 Eighth Street, New Westminister, BC, V3M 3S2

Phone: 604.519.1066

Email: centuryhouse@newwestcity.ca

Monday & Friday	9:00 am - 5:00 pm <i>Lounge open 5:00 – 8:00 pm</i>
Tues., Wed., Thurs.	9:00 am - 9:00 pm
Saturday	9:00 am - 4:00 pm

COMMUNICATIONS

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

Century House - Keep In Touch

If you are aware of a CH 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

Century House Association Activity Group Scanning

Starting on Tuesday January 9, all Activity Groups that meet on Tuesdays and Thursdays will be asked to scan their Century House membership cards at the front desk before they go into their activity. This will allow the CHA and City of New Westminster to collect accurate statistics on how well attended these programs are. Eventually, the goal is to have all activity groups scan into their programs.

Century House Takes a Closer Look at Security

The now two thefts of tools and supplies from The Learning Garden shed and the attempted recent Century House break-in through the front door has prompted action to determine what current security measures need to be improved. Plans, as of the time writing this article, include:

1. An impending upgrade to Century Houses security cameras
2. Establishing a Century House Safety Committee which would include both members and City staff.
More details forthcoming. Contact Erica Mark at emark@newwestcity.ca if you would like to be involved.
3. A potential professional security audit.

Stay tuned for more detail.

The CHA Annual General Meeting

This is your annual opportunity to have your say in the running of the Century House Association. Members will elect the 2024 Executive, deal with any proposed bylaw changes and receive reports, including the 2023 financial statement. The Century House Association belongs to the membership. You have both the right and the responsibility to make yourself heard. To be eligible to vote, you must be a member in good standing, so bring your membership cards.

Wednesday, 10:00 am - 12:00 pm

January 10

Executive Nominations

Century House Association will be electing an executive team excluding the position of past president. If you are interested in supporting and serving the members of Century House Association, and want your name on the ballot please contact Sandra Keayes or leave your name and contact information at the CH front desk. Your vote is always important but in this AGM that is especially true.

Community Integration Services - Poverty Reduction Information Table

Drop into this weekly pop-up table for information related to:

- Ministry inquires or requests
- Applying for Income/Disability assistance and complete intakes start to finish
- One-on-one support with personal files
- Help complete and collect monthly reports
- Create and process service requests for health assistance, crisis supplements, shelter updates, ID supplements
- Order birth certificates
- Provide security deposits for housing, startup funds and beds

Century House Lounge

Every Tuesday, 9:00 am - 12:00 pm

Program Advisory Committee - Uptown & Queensborough Seniors

Please join the Seniors Services City Program Staff to discuss program ideas for seniors 50+ at Century House but also in other Parks and Recreation facilities around the City of New Westminster. What programs would you like to see in the City? Brings ideas, suggestions, and feedback! City staff are also looking for community champions to help advise programs at Queensborough Community Centre. We're looking specifically for seniors who live in Queensborough and are interested in joining a working group to develop opportunities for people 50+ in the area. Please email Hannah at hglavin@newwestcity.ca, call 604.519.1069 if you'd like to get involved, or attend the meeting. Everyone welcome!

Tuesday, 10:00 - 11:30 am

January 9

RTOERO Grant Supports CHAPS Program

Century House Peer Support program (CHAPS) was awarded a \$4000.00 grant from the local branch of RTOERO, a national organization of retired members of the education community. The funds will be dedicated to supporting the Aging in Place and Care for the Caregiver Support programs. You can read all about the grant in RTOERO’s media release [here](#) on the CHAPS page of the Century House Association website. Learn about RTOERO [here](#) and its BC district [here](#).

Time for Change/ Seniors Have Voices: Update on its November Event

The second of the Group’s ongoing series of speakers and workshops on how seniors can advocate for themselves featured 91 year old, well known, gerontologist, social worker, writer, and community activist Gloria Levi. In a compelling presentation, Gloria outlined, from a lifetime of experience, the key ingredients of what makes a successful advocate to an audience of close to 40 interested participants. On a related note, the City of New Westminster has expressed its interest in “developing a relationship and a foundation for moving forward with the Time for Change Group”. An opportunity indeed and stay tuned for more details.

From the Web - Why You Should Pay More Attention to Your Internet Passwords!

Click on the link for some helpful advice or enter “best worst passwords Daily Hive” into your search engine. dailyhive.com/canada/best-worst-passwords-canada

From the Web - Ad Blockers

Internet sites are increasingly asking that you disable Ad Blockers. A quick fix for the time being is to switch to a Private or Incognito window. (But you didn’t hear it here).

Century House Library - Looking for Books in French & Other Languages

Please drop-off book donations at the Library in the white boxes provided.



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 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	\$1.25
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.

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

City Food Services Updates

Effective Dec. 20, 2023, there will be some changes to food services at City facilities, including Century House, in order to comply with provincial and federal regulations regarding single-use plastic and waste. These changes include replacing take away containers and supplies with more sustainable materials, and making some items available only upon request. We are also encouraging everyone to help contribute to our sustainability efforts by bringing your own reusable mug (12oz+) for hot beverages in exchange a \$1.00 discount. If you have any questions, please connect directly with Connections Café staff (or any food service worker at other City facilities).

VOLUNTEER INFORMATION

Volunteer Corner

Close to 300 Century House volunteers and counting!

Why Volunteer?

- Meeting new people
- Develop new skills or make use of existing ones
- Contribute to your community
- Spend time doing something positive
- Having fun!

Volunteer Opportunities:

- Front door Concierge
- Food services:
 - Cashier
 - Food Preparation
 - Dish washing
- Over 40 different activity committees
- Special events

For existing volunteers:

- Please record your monthly volunteer hours through Better Impact
- These statistics assist the City in providing the appropriate level of volunteer resources and to better understand the valuable impact volunteers have on delivering services to the Century House community.
- Statistics are also invaluable to Century House when applying for grants and other funding.

For more questions about volunteer opportunities or questions related to Better Impact please reach out to Jenna Speers - Volunteer Support-Senior Services jspeers@newwestcity.ca or call 604.519.1023



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. And last but not least, we are always on the lookout for volunteers.

Event Registration Information

- Low vision seating is available; contact the CH front desk or email events@centuryhouseassociation.com
- No refunds after the registration deadline
- Pick up your ticket prior to the event
- Table reservations require a minimum of 4. Send requests, including participant names, at least 3 days in advance to the above email address.

Monthly Movie

January's presentation is: Gran Torino (2008) starring Clint Eastwood

After a Hmong teenager tries to steal his prized 1972 Gran Torino, a disgruntled, prejudiced Korean War veteran seeks to redeem both the boy and himself. Please bring your own snacks.

ABC Room

Saturday, 1:30 pm

January 13

206179

Registration Fee: \$3.00 members/ \$4.00 non-members

Please send any movie suggestions to:

events@centuryhouseassociation.com

Black & White Night with Roy Orbison (Tribute Artist)

Come dressed in black & white if you can, to enjoy Roy Orbison's music and refreshments inspired by the theme.

Wednesday, 7:00 - 9:00 pm

January 17

206183

Tickets: \$10.00 members / \$12.00 non-members

Registration deadline: Wednesday, January 10

Happy Birthday Elvis

Johnny Elvis will be joining us to celebrate Elvis' birthday. Tea & Treats in the Connections Café after the performance.
Tuesday, 2:30 - 4:00 pm (doors open 2:00 pm)
January 9 (Registration deadline Thursday, January 4)
Tickets: \$6.00 members / \$8.00 non-members 206176

January Birthday Party

Everyone welcome - doesn't have to be your birthday. Come celebrate January birthdays and enjoy the music and dancing with Rockin' Party.
Wednesday, 6:30 - 8:30 pm
January 31 205726
Tickets: \$5.00 members (free if celebrating birthday) \$6.00 non-members
Registration deadline for everyone is Friday, January 26 or when maximum seating number reached.

EDUCATION & PROGRAMMING

Time For Change Presents: BC Seniors Advocate, Isobel Mackenzie

It could be health care, safe streets, aging in place or a myriad of other related issues but seniors have both the right and the obligation to make themselves heard. The Time for Change: Seniors Have Voices next event will feature BC's and Canada's first seniors advocate, Isobel Mackenzie, who for the last nine years, has kept seniors' related issues front and centre with both the public as well as the provincial government. Isobel has been a fierce advocate for seniors and their families and her insight and commitment has led to recommendations that have created real and lasting change. Isobel will be using her extensive professional experience in home care, licensed care, community services and volunteer services to outline her vision as to how to become a successful advocate. Isobel's talk will be followed by an audience participation session so join us for what will be both an interesting and inspiring afternoon. All are welcome!

Century House

Thursday, 2:00 - 4:00 pm (doors open at 1:30 pm)
January 25 203866

Free Event (but please register in advance at the Century House front desk or call 604.519.1066. Parking is limited).

COSCO - Dealing With Conflict Workshop

Conflict is a normal part of life and can occur over such minor things as where to go for coffee or larger issues such as deciding when to relocate. This session presents communication strategies that help us work calmly through conflict, so we are better able to find solutions where everybody feels like a winner. Facilitator: Sylvia Helmer.
Friday, 2:00 - 3:00 pm
January 26 205860



Winter Driving Information Session with ICBC

Join us for a discussion about road safety tips during the winter. As the weather turns colder and the days darken, road conditions become more challenging and driving more difficult. We'll hear from ICBC Road Safety and Community Coordinator, Karon Trenaman about tips to aid you as both a driver and pedestrian to navigate our roads safely and to ensure your vehicle is prepared for winter weather.

Friday, 10:00 am - 12:00 pm
January 12 205729

Aging in Place (50+ years)

Plan for and maintain independence without moving from home. Learn and discuss necessary preparations that make aging in place safe and possible. Different speakers and topics every week. Sign up at the Century House Front Desk.
Friday, 9:00 am - 12:00 pm
January 19 - March 22

Registration Fee: Free / 10 Sessions 201791

TED Talk Discussion

Science can answer moral questions, by Sam Harris. Questions of good and evil, right and wrong are commonly thought unanswerable by science. But Sam Harris argues that science can - and should - be an authority on moral issues, shaping human values and setting out what constitutes a good life. Let's watch this TED Talk and have a discussion afterwards.

Friday, 1:00 - 3:30 pm
January 19 205809

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

Bring Your Own Device (BYOD)

If you have questions or need help with your electronic device (smartphone, tablet, desktop) SET can help. Please register in advance.

Apple Devices: 10:00 - 11:00 am **202503**
 Android Devices: 11:00 am - 12:00 pm **202504**
 January 29

Social Skate (50+ years)

Learn to skate or get back into it. Coffee and treats provided. Skate rentals and helmets included.

Moody Park Arena **604.525.5301**
 Wednesday, 10:00 - 11:00 am
 January 24 **202421**
 February 21 **202423**
 March 13 **202425**
Registration Fee: \$2.00

Women’s Snooker

A weekly social program for women to learn and practice snooker. Please register at the front office if you want to participate. No experience necessary. Instructor June will be in attendance on January 17.

Wednesday, 1:30 - 4:30 pm
 Ongoing
Registration Fee: Free **197872**

Women’s Wellness Circle (50+ years)

Explore relevant topics related to women and aging. These workshops are based on science and focus on how to maintain a healthy lifestyle, what to avoid, and how to concentrate on overall wellness while getting older.

Instructor: Jennifer Rak.
 Wednesday, 9:30 - 10:30 am
 January 10 & 31 **202462**
 February 7 & 28 **202463**
 March 6 & 27 **202464**
Registration Fee: \$15.75 / 2 classes

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. These discussions will promote active living, how to bolster immunity, maintain healthy eating and much more. Instructor: Jennifer Rak.

Friday, 3:00 - 4:00 pm
 January 19 - February 9 **202460**
 March 1 - 22 **202465**
Registration Fee: \$31.50 / 4 classes



WEEK AT A GLANCE

Monday

- 8:15 - 9:15 Zumba Reserved Drop-in
(Arbutus Birch Cedar) (MP2A/2B/2C)
- 9:00 - 12:00 Quilting (Spruce MP3)
- 9:00 - 2:30 Fitness Centre Drop-in
- 9:00 - 2:30 Pickleball (Multipurpose)
- 9:00 - 8:45 Snooker (Maple MP5)
- 9:30 - 10:30 Moderate Workout Fitness Reserved Drop-in
(Douglas/Fir MP1A/1B)
- 9:30 - 12:00 CHA Executive Meeting (Oak MP4) (Jan 15)
- 10:00 - 11:00 Bring Your Own Device - Apple BYOD
(Oak MP4) (Jan 22)
- 10:30 Zoom Book Club (Zoom) (January 8)
- 10:30 - 12:00 SET Seniors Enabling Technology (Oak MP4)
(Jan 8)
- 11:00 - 12:00 Bring Your Own Device - Android & PC BYOD
(Oak MP4) (Jan 22)
- 11:00 - 12:00 Mild Light Exercise Reserved Drop-in
(Arbutus Birch Cedar MP2A/2B/2C)
- 11:00 - 12:00 Yoga Reserved Drop-in
(Douglas/Fir MP1A/1B)
- 12:30 - 1:30 Get Up & Go (Oak MP4) (Jan 8, 15, 22 & 29)
- 12:30 - 2:30 Line Dancing Dec - Feb Session (Fir)
- 12:30 - 2:30 Acrylic Painting (Spruce MP3) (Jan 22 & 29)
- 1:00 - 3:00 Cribbage (Douglas MP1B)
- 1:00 - 3:00 Carpet Bowling
(Arbutus Birch Cedar MP2A/2B/2C)
- 3:00 - 4:30 Exploring with Pencil Crayon - Beginners &
Intermediate (Fir MP1A) (Jan 15, 22 & 29)
- 3:00 - 4:30 Drawing 50+ (Spruce MP3) (Jan 22 & 29)
- 2:00 - 4:00 Singers (Oak MP4)

Tuesday

- 9:00 - 12:30 Conversation Class Round Table Time
(Youth Centre Lobby) (Jan 2)
- 9:00 - 2:30 Conversation Class Round Table Time
(Youth Centre Lobby) (Jan 9 & onwards)
- 9:00 - 2:30 Fitness Centre Drop-in
- 9:00 - 12:30 Table Tennis (Multipurpose) (Jan 2)
(Winter Break Hours)
- 9:00 - 2:30 Table Tennis (Multi-purpose)
(Jan 9 & onwards)
- 9:00 - 4:00 CHAPS Century House Association Peer
Support Office Hours
- 9:00 - 7:45 Snooker (Maple MP5) (Jan 2)
(Winter Break Hours)
- 9:00 - 8:45 Snooker (Maple MP5) (Jan 9 & onwards)
- 9:15 - 10:45 Yoga 50+ (Arbutus Birch Cedar MP2A/2B/2C)
(Jan 16 & 30)
- 9:30 - 10:30 Moderate Strength & Stretch Fitness
Reserved Drop-in (Douglas/Fir MP1A/1B)
- 10:00 - 11:30 Virtual Ukulele (Virtual Room)
- 10:00 - 12:00 Low Vision (Oak MP4) (Jan 2)

- 10:00 - 12:00 Watercolour Beginner (Spruce MP3)
(Jan 9, 16, 23 & 30)
- 11:00 - 12:00 Current Affairs Discussion Group
(Arbutus MP2A)
- 12:30 - 2:30 Tuesday Crafts (Spruce MP3)
- 12:30 - 2:30 Pottery (Pottery Room) (Jan 9, 16, 23 & 30)
- 1:00 - 2:00 Meditation (Douglas MP1B) (Jan 16, 23 & 30)
- 1:00 - 3:00 Caregiver Support Group (Douglas MP1B)
(Jan 2)
- 1:00 - 3:30 Court Whist (Arbutus MP2A)
- 1:00 - 4:00 Bridge (Oak MP4)
- 1:00 - 4:00 Bid Euchre (Birch Cedar MP2B2C)
- 3:00 - 5:00 Century House Artists Drop-in (Spruce MP3)
- 3:30 - 4:30 Stay Strong (Douglas Fir MP1A)
(Jan 9, 16, 23 & 30)
- 6:00 - 8:30 Alzheimer Support Group (Spruce MP3)
(Jan 16)
- 6:30 - 8:30 Pottery Intermediate Adult (Pottery Room)
(Jan 9, 16, 23 & 30)
- 7:00 - 8:30 Reader's Theatre (Douglas MP1B) (Jan 9 & 23)
- 7:00 - 9:00 Tinnitus Support Group (Virtual Room)
(Jan 16)

Wednesday

- 9:00 - 1:30 Snooker (Maple MP5)
- 9:00 - 12:30 Badminton (Multipurpose) (Jan 3)
- 9:00 - 2:30 Badminton (Multipurpose)
(Jan 10 & onwards)
- 9:00 - 2:30 Fitness Centre Drop-in
(not available when classes in session)
- 9:00 - 4:00 CHAPS Century House Association Peer
Support Office Hours
- 9:30 - 10:30 ABC's of the Fitness Centre 50+
(Fitness Centre) (Jan 17 & 24)
- 9:30 - 10:30 Moderate Workout Fitness Reserved Drop-in
(Douglas/Fir MP1A/1B) (no class Jan 10)
- 9:30 - 10:30 Women's Wellness Circle (Oak MP4)
(Jan 10 & 31)
- 9:30 - 11:30 Mixed Media (Spruce MP3) (Jan 24 & 31)
- 9:30 - 12:00 CHAPS Peer Support Meeting
(ABC MP2A/2B/2C) (Jan 10, 17, 24 & 31)
- 10:00 - 12:00 Century House Association AGM Annual
General Meeting (Fir MP1A) (Jan 10)
(rescheduled to Jan 17 if cancelled due to snow)
- 10:00 - 12:00 Parkinsons Support (Oak MP4) (Jan 17)
- 11:00 - 12:00 Fitness Centre Circuit (Fitness Centre)
(Jan 17, 24 & 31)
- 11:00 - 12:00 Yoga Reserved Drop-in (Fir MP1A)
(demonstrated from a chair)
(cancelled Jan 10 CHA AGM)
- 11:00 - 12:00 Mild Toning Reserved Drop-in
(Douglas MP1B)
- 12:30 - 1:30 Ukulele Level 1 (Oak MP4) (Jan 17, 24 & 31)
- 1:00 - 2:00 ActivAge (Arbutus Birch MP2A2B) (Jan 31)
- 1:00 - 2:30 Tai Chi Continuing (Fir MP1A) (Jan 17, 24 & 31)
- 1:00 - 3:00 Wednesday Crafts (Spruce MP3)
- 1:30 - 3:00 Conversational French (Cedar MP2C)

- 1:30 - 3:30 Notable 90's (Douglas MP1B)
(no meeting in January)
- 1:30 - 4:30 Women's Only Snooker (Maple MP5)
- 1:45 - 3:15 Ukulele Level 2A (Oak MP4) (Jan 17, 24 & 31)
- 2:00 - 3:00 ActivAge (Arbutus Birch MP2A2B) (Jan 31)
- 2:30 - 4:00 Happy Birthday Elvis Event (Jan 9) (Fir)
- 3:00 - 4:00 Choose to Move Information Session
(Arbutus Birch MP2A/2B) (Jan 17)
- 3:00 - 4:00 Choose to Move Motivational Meetings
(Arbutus Birch MP2A/2B) (Jan 31)
- 3:30 - 5:00 Ukulele Level 2B (Oak MP4) (Jan 17, 24 & 31)
- 4:30 - 7:45 Snooker (Maple) (Jan 3) Winter Break Hours
- 4:30 - 8:45 Snooker (Maple) (Jan 10 & onwards)
- 7:00 - 9:00 Black & White Night with Roy Orbison
(Jan 17) (Doug/Fir)
- 6:30 - 8:30 January Birthday Party (Douglas Fir MP1A/1B)
(Jan 26)
- 6:30 - 8:30 Pottery Intermediate Adult (Pottery Room)
(Jan 10, 17, 24 & 31)

Thursday

- 9:00 - 12:00 Quilting (Spruce MP3)
- 9:00 - 2:30 Fitness Centre Drop-in
(Fitness advisor available at 1:00 pm)
- 9:00 - 12:30 Pickleball (Multipurpose) (Jan 4)
- 9:00 - 2:30 Pickleball (Multi-purpose) (Jan 8 & onwards)
- 9:00 - 7:45 Snooker (Maple) (Jan 4) Winter Break Hours
- 9:00 - 8:45 Snooker (Maple) (Jan 11 & onwards)
- 9:30 - 10:30 Moderate Workout Fitness Reserved Drop-in
(Douglas/Fir MP1A/1B)
- 9:30 - 11:45 Mahjong (Oak MP4)
- 9:30 - 12:00 Ukulele Drop-in (ABC MP2A/2B/2C)
- 9:30 - 1:00 Blood Pressure Clinic (lobby) (Jan 18)
- 11:00 - 12:00 Fit Fellows (Fir MP1A) (Jan 11, 18 & 25)
- 12:30 - 1:30 Better Balance Level 1 (Fir MP1A) (Jan 11 & 18)
- 12:30 - 1:30 Better Balance Level 1 (Douglas MP1B) (Jan 25)
- 12:30 - 1:30 Get Up & Go (ABC) (Jan 8, 15, 22, 29)
- 12:30 - 2:30 Urban Sketching with Watercolour
(Spruce MP3) (Jan 25)
- 1:00 - 2:00 Century House Information Tour
(Spruce MP3) (Jan 18)
- 1:00 - 3:00 Darts (Hemlock MP6)
- 1:00 - 3:00 CH Players Drama Rehearsals
(Douglas MP1B) (Jan 4, 11 & 18)
- 1:00 - 3:00 Fitness Centre Advisor (Fitness Centre)
- 1:00 - 3:00 Whist (Oak MP4)
- 2:00 - 3:00 Better Balance Level 2 (Fir MP1A) (Jan 11 & 18)
- 2:00 - 3:00 Better Balance Level 2 (Douglas MP1B) (Jan 25)
- 2:30 - 3:30 Learning Garden Meeting
(Birch Cedar MP2B/2C) (Jan 18)
- 2:00 - 4:00 Time for Change - BC Seniors Advocate
Isobel Mackenzie (Fir MP1A) (Jan 25)
- 3:00 - 5:00 Gouache Painting (Spruce MP3) (Jan 25)
- 3:30 - 4:30 Stay Strong (Fir MP1A) (Jan 11 & 18)
- 3:30 - 4:30 Stay Strong (Douglas MP1B) (Jan 25)
- 3:30 - 5:00 Bursary Committee Meeting (Spruce MP3)
(Jan 18)

- 5:30 - 6:30 Social Dance Beginner Adult (Jan 11, 18 & 25)
(Arbutus Birch Cedar MP2A/2B/2C)
- 6:30 - 8:30 Pottery Beginner Adult (Pottery Room)
(Jan 11, 18 & 25)
- 6:45 - 7:45 Social Dance Intermediate Adult (Arbutus
Birch Cedar MP2A/2B/2C) (Jan 11, 18 & 24)
- 8:00 - 9:00 Social Dance - Charleston Adult (Arbutus
Birch Cedar MP2A/2B/2C) (Jan 11, 18 & 25)

Friday

- 9:00 - 12:00 Aging in Place (Oak MP4) (Jan 19 & 26)
- 9:30 - 12:30 Conversation Class Round Table Time
(Youth Centre Lobby) (Jan 5 & 12)
- 9:00 - 2:30 Conversation Class Round Table Time
(Youth Centre Lobby) (Jan 19 & onwards)
- 9:00 - 12:30 Badminton (Multipurpose) (Jan 5)
- 9:00 - 2:30 Badminton (Multipurpose) (Jan 12 & onwards)
- 9:00 - 2:30 Fitness Centre Drop-in
- 9:00 - 7:45 Snooker (Maple MP5) (Jan 5)
(Winter Break Hours)
- 9:00 - 8:45 Snooker (Maple (MP5) (Jan 12 & onwards)
- 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 Moderate Strength & Stretch Fitness
Reserved Drop-in (Douglas/Fir MP1A/1B)
- 10:00 - 12:00 Winter Driving Information Session (Jan 12)
(Arbutus)
- 10:00 - 12:00 Watercolour Advanced (Spruce MP3)
(Jan 12, 19 & 26)
- 11:00 - 12:00 Mild Toning Reserved Drop-in
(ABC MP2A/2B/2C)
- 11:00 - 12:00 Yoga Reserved Drop-in
(Douglas/Fir MP1A/1B)
- 12:30 - 2:30 Watercolour Intermediate/Advanced
(Spruce MP3) (Jan 12, 19 & 26)
- 1:00 - 3:00 Scrabble (Cedar MP2C)
- 1:00 - 3:30 TED Talk Discussion (Jan 19)
- 1:00 - 3:45 Bingo (Douglas/Fir MP1A/1B)
- 1:00 - 4:00 Canasta (Oak MP4)
- 2:00 - 3:00 Dealing with Conflict (COSCO) (Jan 26)
- 3:00 - 4:00 Nutrition Made Easy (Spruce MP3) (Jan 19 & 26)

Saturday

- 9:00 - 2:30 Fitness Centre Drop-in (Jan 6 & onwards)
- 9:00 - 2:30 Table Tennis (Jan 6 & onwards)
- 9:30 - 3:45 Snooker (Maple MP5)
- 10:00 - 12:00 Chronic Conditions Self-Management
Program (Oak MP4) (Jan 13, 20 & 27)
- 11:30 - 2:00 Square Dancing (Fir MP1A) (resume Jan 6)
- 1:30 Monthly Movie TBA (ABC MP2A/2B/2C) (Jan 13)

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
Workout 9:30 - 10:30 am	Strength & Stretch 9:30 - 10:30 am	Workout 9:30 - 10:30 am	Workout 9:30 - 10:30 am	Strength & Stretch 9:30 - 10:30 am	
Light Exercise 11:00 am - 12:00 pm		Toning 11:00 am - 12:00 pm	Fitness Advisor 1:00 - 3:00 pm	Toning 11:00 am - 12:00 pm	
Yoga 11:00 am - 12:00 pm		Yoga 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					

DROP-IN FITNESS

Please note: you can reserve your spot in class up to 3 days in advance for New West residents, or 2 days for non-residents. Or, scan your punch card upon arrival. Century House 10 pass for CH members 50-64 years: \$40.00 (can't be used for Reserved Drop-in's)

Reserved Drop-in Fee structure:

- Reserved Drop-in Fee: \$7.50 for 50 - 64 non-members
- Reserved Drop-in Fee: \$5.00 for 65 - 74 non-members
- Reserved Drop-in Fee: \$3.75 for 75+ non-member
- Active 10 pass for 65+ \$40.00
- Active 30-day 65+ \$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 West 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.



Mild – Light Exercise

Breathe, stretch, and balance, during chair exercises and gentle aerobic walking. Tips on healthy living, osteoporosis, arthritis and fall prevention is included.

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

Kulwant

Moderate – Strength & Stretch

Strengthen muscles using light weights, tubing, and body weight to build endurance and maintain bone mass. Class finishes with stretching and relaxing.

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

Gillian
Judi

Mild – Toning

Increase endurance in all major muscle groups using bands, weights and chair exercises to build muscle tone and help improve bone density.

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

Gillian
Judi

Moderate – Workout

Enjoy a stimulating aerobics class with familiar, music. Improve heart health, agility, and reflexes. Classes include a low impact option.

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)

Mon., Wed. & Fri., 11:00 am – 12:00 pm

Tanya

SERVICES

Century House Association Peer Support (CHAPS)

Feeling blue, lonely, covid-anxious, and/or grieving, then the Peer Support team is here to provide you with one-on-one support through life's transitions, such as bereavement, loneliness/isolation, downsizing, moving, and/or caregiver information. Century House Peer Support provides confidential, no-cost, one-to-one support, in-person, over the phone or via Zoom. Donations gratefully accepted. Make your cheque payable to Century House Association - Peer Support, or online at canadahelps.ca.

Contact: 778.882.2472 or 604.519.1064 ext 1. or email: chaps.connect@gmail.com

Peer Support Volunteers Needed

The Peer Support (CHAPS, Century House Association Peer Support) Program is seeking warm and compassionate volunteers to assist adults 50+ in our community. Applications are now available for the 44 hours of in-class training beginning in February 2024. Training will be on Zoom and in person and includes some pre-reading and homework. You will learn to offer support to peers who are going through a "rough patch" and need someone to listen. For more details about the CHAPS Program and the free peer support training, please register by calling 604.519.1064 and leave a message or email: chaps.connect@gmail.com.

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

Monday: 9:00 am - 3:00 pm

Wednesday: 9:00 am - 3:00 pm

Thursday: 9:00 am - 3:00 pm (Drop-in)

Friday: 9:00 am - 3:00 pm

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.



Blood Pressure Clinic

Offered on the 3rd Thursday of the month in the Century House Lounge. No appointment necessary. Please bring a list of current medications. We will try to do everyone's blood pressure that comes to the clinic. Please respect the privacy of others by signing in and take a seat in the lounge. 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)
January 18

Low Vision

We're back after the Seasonal festivities and will share highlights with the group! We'll also discuss what we'd like to include in upcoming meetings. Low Vision is a support and social group for seniors with low vision/blindness.

Oak Room

Tuesday 10:00 am - 12:00 pm

January 2

Notable 90s

Open to those who are 90 years and older. The group will be taking a break until February!

Oak Room

Wednesday, 1:30 - 3:00 pm

February 21



CHA ACTIVITY GROUPS

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. Please call Sam Li 226.246.2195 for more information.

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 CHBidEuchre@gmail.com or leave your name at the front desk.

Birch Cedar Room

Tuesday, 1:00 - 4:00 pm

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). We regret that we are unable to provide lessons at this time. 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. Please contact the front desk if you require lessons or more information.

Oak Room

Friday, 1:00 - 4:00 pm

Parkinson's Support Group

Our group welcomes all persons with Parkinson's disease as well as their caregivers. The meeting covers issues that are currently on the minds of our members as well as updates on any new programs and/or research. For more information call Kathy at 604.258.9074.

Oak Room

Wednesday, 10:00 am - 12:00 pm

January 17

Seniors Gay Straight Alliance

Open to everyone! Currently in the process of discussing next steps. Contact CenturyHouseSGSA@gmail.com if you're interested in getting involved.

Next Meeting: TBA

Tinnitus Support Group

Tinnitus is a ringing, buzzing, or other sound in your head or ears that does not have an outside source. If you have Tinnitus or a related disorder, you can find support in our group.

We are now holding our meetings online on the third Tuesday as usual.

Next Meeting: January 16, 6:30 pm

Zoom Link: us02web.zoom.us/j/87478725355?pwd=ZmgvSkVxaXBiVnp6OHg1Sm8wckd6Zz09

Century House Squares

New Dancer Classes start Jan 6th. Couples, Singles and Angels welcome. First 2 weeks are complimentary for new dancers. No special attire; just comfy shoes and a smile. More info call Pat 604.521.7497

Douglas Fir Room

Saturday, 11:30 am - 2:00 pm

Door Fee: \$7.00 / week

Century House Artists

Join us to paint, draw, and sketch in acrylic, oil, watercolor, or whatever medium you prefer.

Spruce Room

Tuesday, 3:00 - 5:00 pm

Drop-in Fee: \$2.00

Century House Carpet Bowling

We welcome new members, no experience needed. Our annual cost is \$10.00 per person.

ABC Room

Monday, 1:00 - 3:00 pm

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

Thursdays, 1:00 - 3:00 pm

Century House 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. Come sign up now as we are taking names for startup 2024 season (March - October). centurydragons1@gmail.com.

Century House Players

We are working on one-act plays, an improv set, and monologue performances over the next month. Please look for announcements at Century House, and on our Century House Association website for upcoming performances.

Century House Quilters

Interested in Quilting then drop by our Century House workroom or inquire at the Front Desk. Our group also has handmade quilted items for sale. A perfect gift!

Spruce Room

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

Century House Singers

No matter if you are an experienced performer, a karaoke singer or just like to sing in the bathtub. We welcome men and women with a range of singing abilities to our social singing group. For more information contact: Debbie Tommila at 604.526.4776; email debbietommila@gmail.ca OR Lesley Hebert at 604.520.5971; email lesleyh@shaw.ca

Oak Room

Monday, 2:00 - 4:00 pm (except stats)

Fee: \$10.00 annually



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 further details please visit our web page at centuryhouseassociation.com/activity/walkers/ Meet at 6th & 6th Royal City Mall entrance at 9:30 am unless otherwise indicated.

Date	Destination	Details
Jan. 5	Ambleside Park West Vancouver	Park Royal to Dundarave Pier
Jan. 12	Mary Avenue Park Ernie Winch Park	7598 Twelfth Avenue (at Hilda Street) 7680 Fifteenth Street (at Thirteenth Avenue)
Jan. 19	Private Garden Sculptures	Burnaby off Armstrong Avenue
Jan. 26	Westminster Quay & Boardwalk	Walk ends with Post Christmas lunch social at Old Spaghetti Factory Meet at 10:30 am

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 needed to join this group of interested and interesting readers. Several group members have recommended a book for the January discussion, and copies are now available at the New West Public Library. To join, send an email to zbc@centuryhouseassociation.com.

Program Facilitator: Jane Hicks.

Monday, 10:30 am

January 8

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!

Cedar Room

Wednesday, 1:30 - 3:00 pm

Fee: \$12.00 annually

Court Whist

A card game Similar to Whist but with a few added twists. So if you are interested and 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 4 cash prizes and play 6 games. Contact the Century House front desk for more information.

Douglas Room

Monday, 1:00 - 3:00 pm

Buy in: \$2.00

Current Affairs Discussion Group

We meet to talk in a friendly, informal way about current events that are relevant to Canada and to our lives. We try not to dwell on politics but it happens. We are respectful of individual differences and opinions.

Drop-in or email Judith at Judyb200@shaw.ca.

Arbutus Room

Tuesday, 11:00 am - 12:00 pm

Drop-in Fee: \$1.00

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.

Learning Garden

We tend our garden beds just outside of Century House and grow vegetables, herbs and flowers to sell. Most of the funds raised goes to purchase seeds and supplies. We are always looking for new members and while we don't offer lessons if you have a "green thumb" or just like to get your hands dirty, we would like to hear from you. We will get together again in February of next year. For more information, contact the CH Front Desk.

We do not meet November - January.

Next Meeting: February

Line Dancing

Learn fun and easy-to-follow choreographed dances set to a variety of music genres. Registration is currently closed.

Fir Room

Next Registration Date is February 27.

Mahjong

Use strategy and skill with experienced players. New to Mahjong? To schedule a lesson, contact Century House staff.

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





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 Monday of each month from 9:30am till 10am starting November 6. 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 is a style of theatre in which the actors present dramatic readings of narrative material without costumes, props, scenery, or special lighting. Memorizing is not required. We meet at 7:00 pm on the 2nd and 4th Tuesday of the month.

Contact: JudithatReadersTheatre@outlook.com or annearia2@gmail.com.

Douglas Room

Tuesday, 7:00 - 8:30 pm

January 9 & 23

SET (Seniors Embracing Technology)

SET volunteers are Century House members who have a keen interest in assisting other members becoming more comfortable with their electronic devices. We are always looking for new members; so if you are interested please contact Joy St. John at begbiestreet@gmail.com or call 604.819.1946. We hope to have our digital hub up and running in the coming few weeks.

Oak Room

Wednesday, 10:00 am

January 8

Web Page: centuryhouseassociation.com/?page_id=8752

Snooker

All are welcome, men & women. New players can try out the facilities for three sessions after which time a \$40.00 annual room and equipment maintenance fee is required. Century House Membership is also required.

Maple Room

Playing Times

Monday & Friday: 9:00 am - 4:45 pm

Tuesday & Thursday: 9:00 am - 8:45 pm

Wednesday, 9:00 am - 1:30 pm, 4:30 - 8:45 pm

Saturday: 9:30 am - 3:45 pm

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.

Cedar Room

Friday, 1:00 - 3:00 pm

Drop-in Fee: \$1.00

Table Tennis

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

Multipurpose Room

Tuesday, 9:00 am - 2:30 pm

Tuesday Crafts

Share tips and techniques, and create as a group. Tuesday Crafts will be taking time off over the holidays from December 12 - January 9. Wishing all of you a very Happy Holiday Season and a Healthy and Happy New Year. We welcome all crafty members who would like to join our great group of volunteers when we return in January.

Spruce Room

Tuesday, 12:30 - 2:30 pm



Ukulele

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

ABC Room

Thursday, 9:30 - 12:00 pm

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/84485243920?pwd=UElGcEpVUkYwZzJQaGs1YUlxZ1B3Zz09

Meeting ID: 844 8524 3920

Passcode: 868020

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.

Oak Room

Thursday, 1:00 - 3:00 pm

Drop-n Fee: \$2.00

BUS TRIPS

Cockney Kings Fish & Chips & Emily Carr at the Vancouver Art Gallery (Bonsor Mini Bus)

Enjoy a Fish & Chips lunch at Cockney Kings in Burnaby and head over to the Vancouver Art Gallery to explore their latest exhibits including: Emily Carr - A Room of Her Own. A Room of Her Own explores the historical intersections of the iconic BC artist, Emily Carr’s collection of work and the Gallery, and speculates about the possibility of a permanent exhibition of Emily Carr’s work. Set menu: 1 piece cod & Chips, coleslaw, and pop. Lunch & Gallery included in cost. Friday, 11:00 am - 4:00 pm

January 19

Registration Fee: \$80.00

206053

Registration Deadline - Tuesday, January 16

Bus Trip Registration Information

Open to Century House members only. Register for the trips at Century House front desk or calling 604-519-1066 to pay with credit card.

Registration for January bus trips will open on Wednesday, December 27 at 9:00 am.

Bus Trip Cancellation Policy

Please take note of our new bus trip cancellation policy:

1. Cancel 1 week or more prior to trip to receive a Full Refund
2. Cancel 2 - 6 days prior to trip to receive a refund with a \$10.00 withdraw fee
3. Cancel 48 hours or less - No refund
4. Exceptions to the cancelation policy can be made with appropriate documentation like a doctor’s note.
5. Ticketed events may not be refundable depending on seller

COMING IN FEBRUARY

Valentine’s Day Wine & Cheese

An evening of Latin dance music with Cheek to Cheek. Ticket price includes cheese plate, coffee, and some dance instruction. Wine sold separately.

Wednesday 6:30 - 9:00 pm

February 14

Cost: \$10.00 members / \$12.00 non-members

206186

Registration deadline: Wednesday, February 7.

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