

MARCH 2024

Clarion

centuryhouseassociation.com



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GENERAL INFORMATION

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 something for everyone!

Century House **604.519.1066**
Arbutus Room
 Thursday, 2:00 - 3:00 pm
 April 24 **209446**

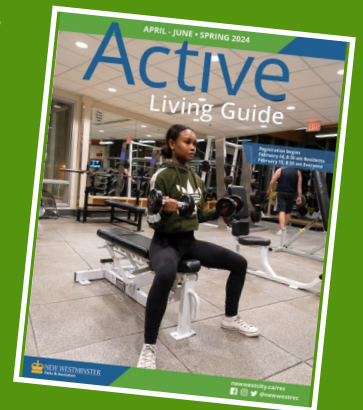
About the Cover - Bid Euchre, the Joker and Shooting the Moon

Bid Euchre, a card game that works on strategy and helps keeps one's memory cells active, took residence as a Century house Activity Group in 2016. Its original Chair, Lois Reid, brought the game with her from the Canadian hotbed of Bid Euchre activism, Barrie Ontario. The Chair position was later passed on to Joan Duffy and Mary Gagnon with Mary now filling that role. There are currently 26 members. Interesting fact: the "Juker" card, an essential part of the originating Euchre game, later morphed into the "Joker" a staple of the modern 52-card deck. Unsurprisingly, the Americans, the Germans and the French all claim credit. The Bid Euchre Group emphasizes friendly competition and if you play your cards right you can indeed "shoot the moon"!

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

CITY OF NEW WESTMINSTER PROGRAMS & SERVICES

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.



Spring Registration:
 Residents
 March 14, 10:00 am
 Non-residents
 March 15, 10:00 am

Century House Webpage
centuryhouse.association.com

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 - 9:00 pm
 Saturday 9:00 am - 4:00 pm
 Closed on Good Friday, March 29

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

All Activity Groups that meet on Tuesdays and Thursdays are being asked to scan their Century House membership cards at the front desk before proceeding to 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.

We are currently in a trial period, working out some of the technical issues with our new software, that you for your patience, please continue scanning on Tuesdays and Thursdays at the front desk.

Update on Office Volunteers

Front Desk Volunteers Update

- Due to a complaint registered with the City of New Westminster (CNW) regarding a potential issue of unauthorized access to confidential information it was determined to be necessary to suspend the practice of Century House Association volunteers working at the front desk
- The issue currently resides with the CNW's legal department pending resolution. No timeline has been set.
- Concurrently but unrelated to the privacy issue, City staff who will eventually be placed with the new community centre upon its completion have been temporarily placed with Century House and are currently working at the front desk.



CHA Executive: Positions Filled

President	Anne Ladouceur
Vice President	Bill Harper
Treasurer	Pat McDonald
Secretary	Val MacDonald
Member at large	Curt Albertson
Member at large	Lynn Marsh
Past President	Vacant

Century House Association Bylaw: In the event of an Executive vacancy, it shall be filled by appointment by CHAE for the balance of the term.

Correction: It was mistakenly reported in the last issue of the Clarion that a special election would be required to fill the vacancies. Apologies all round.

Income Tax Services

We are once again offering free income tax services in March & April. To find out if you qualify for this free service, please review the information below:

- Must know your Social Insurance Number
- Must be aged 50+ and a resident of New Westminster
- Please bring last year's complete taxes to the appointment
- You must bring all slips
- Gross annual income must not exceed \$35,000 per person
- Gross annual income must not exceed \$45,000 per couple
- Investment income must not exceed \$1,000 per person
- No capital gains or losses
- No business or rental income
- Cannot do a deceased person's return
- Cannot assist individuals who have any self-employment income

Income taxes are completed by volunteers who are registered with the Community Volunteer Income Tax Program, Canada Revenue Agency.

Drop-off Documents at the income tax table in the lobby beginning March 1.

Monday - Friday, 10:00 am - 2:00 pm

No appointment needed to drop off documents.

Please be advised that Century House is closed on statutory holidays and Sundays.

Community Integration Services - Poverty Reduction Information Table

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

- Ministry inquiries or requests
- Applying for Income/Disability assistance from 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

Century House Lounge

Every Tuesday, 9:30 am - 12:00 pm

Time for Change; Seniors Have Voices: The Return of Isobel Mackenzie

On January 25th over 100 participants were in attendance at Century House to listen to and ask questions of BC's first Seniors Advocate, Isobel Mackenzie. The event was one of her final speaking engagements before her retirement from the position in March of this year. Her compelling and insightful presentation detailed the costs related to ageing including: home support vs assisted living/long Term Care; support for renters; and challenges to healthy ageing.

Some of the supporting figures included:

- In 2023 there were 1,016,365 seniors (65+) in BC: 20% of the population
- Of the 85+ group 9% live in assisted living and 13% in long term care
- The median seniors income is \$32,900 while 25% live on less than \$22,000

The event was sponsored by the Time for Change group, a joint City/Century house partnership, which focuses on how to identify, organize and effectively advocate. It was also part of an ongoing series of workshops presented by the group that focus on the Four Pillars of Ageing: Health; Income; Housing; Transportation.

Century House Library Donations

The Library is always on the lookout for donations, especially books written in French or other languages. Drop them off at the Library in the white bins.

From the Web - Cherry Blossoms in New Westminster

Truly something to celebrate! Attached is a link to a where to find guide from last year but cherry trees don't usually move. And given our mostly higher than normal winter temperatures the blossoms may come early.

Just click on the link:

604now.com/cherry-blossoms-new-westminster-2023/



From the Web - Large Herd of Elk Returns to the Fraser Valley

This is an excellent example of a successful rewilding initiative. Just enter elk herds in the Fraser Valley into your favourite browser for the story and the video.

Octopus - Seniors, Technology & Educational Proposals Wanted

Century House is launching Octopus - Seniors Digital Hub. Octopus a continuation of the outreach to seniors in the community that focuses on technology and information.

- Octopus 3 is your opportunity to develop and lead programs for seniors in the community. We are looking for two types of programming:
- Technology related
- Art, Music, or Educational
- Honorariums are available
- Programs can be delivered online or through a combination online and in person. Technical support will be supplied by Century House.

If you are interested in any of these opportunities please email Hannah Glavin - hglavin@newwestcity.ca with a one page proposal, outlining your skills in the area, your contact information and your availability. Proposals will be accepted ongoing until all the spots are filled!

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.

Important Updates from Chef's Corner at Century House Café

Dear Valued Patrons,

We hope this message finds you well and enjoying your experiences at Century House Café. We wanted to take a moment to share some important updates and reminders regarding our food services.

Returnable Container Program:

As part of our commitment to sustainability, we have implemented a returnable container program. These containers are designed to reduce packaging waste in landfills. Not only are they environmentally friendly, but they also keep your food fresher and minimize leaks. We kindly ask that you return your containers on your next visit, ensuring they are clean. Although they are microwave safe, please transfer your meal to another container as some have been returned damaged. While many items are suitable for these containers, please note that items like sandwiches will continue to be wrapped in thermal foil.

Pre-ordering:

Our kitchen operates efficiently by preparing meals in batches based on pre-orders. While we always accommodate last-minute orders to the best of our ability, it's becoming increasingly challenging with up to 20 unplanned guests for lunch. Your cooperation in pre-ordering helps us ensure that everyone receives fresh, hot (or cold) meals. Please call 604-519-1066 or visit the front desk to order your meal at least 1 day ahead.

Feedback and Suggestions:

Your satisfaction is our priority, and we value your feedback and suggestions.

Thank you for your continued support and cooperation in making Century House Café a sustainable and welcoming destination. We look forward to serving you soon!

Warm regards,

Maureen and Your Café Team



SERVICES

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. 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
 March 21

Peer Support – Century House Association (CHAPS)

Feeling blue, lonely, covid-anxious, and/or grieving, then the Peer Support team is here to provide you with support through life's transitions, such as bereavement, isolation, downsizing, moving, and/or require 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 compassionate volunteers to assist adults 50+ in our community. Applications are now available for the 44 hours of in-class training. There are no educational prerequisites as we believe life has been your teacher. Training will be on Zoom and in person and includes some pre-reading and homework. You will learn how to offer support to peers who are going through a "rough patch" and need someone to listen.

As a Peer Support volunteer we ask you to commit to the program for one year including continued bi-monthly supervision and professional development meetings as well as meeting with at least one client for one hour a week.

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

Low Vision

At our next meeting, Julia Bonnett from CNIB will be our guest speaker. Julia is with their SmartLife and Accessible Technology program, and will also address Vision Loss Rehabilitation. Newcomers always welcome!

Oak Room

Tuesday 10:00 am - 12:00 pm
 March 5

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.

Notable 90s

Connie Jorsvik will be our guest to help us understand how to navigate the BC Health Care System, with a focus on both Public & Private Home Care & Residential Care. Anyone 90 & up is welcome to attend.

Oak Room

Wednesday, 1:30 - 3:00 pm
 March 20

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 - 12:00 pm
 March 20

Seniors Gay Straight Alliance

Currently in the process of discussing next steps. Contact CenturyHouseSGSA@gmail.com if you're interested in getting involved. The alliance is open to everyone.
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: March 19

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

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 72 hours in advance for New West residents, or 48 hours for non-residents. Or, scan your Active Pass 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 19 - 64 \$60.00
 Active 10 pass for 65+ \$40.00
 Active 30 pass 19 - 64 \$67.50
 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

WEEK AT A GLANCE

MONDAY

- 8:15 - 9:15 Zumba Reserved Drop-in (Douglas/Fir)
 9:00 - 12:00 Quilting (Spruce)
 9:00 - 2:30 Fitness Centre Drop-in
 9:00 - 12:30 Pickleball (Multipurpose)
 (Mar 18 & 25 Spring Break hours)
 9:00 - 2:30 Pickleball (Multipurpose) (Mar 4 & 11)
 9:00 Pickleball Beginner Lessons w/ Brian B
 (Multipurpose) (Mar 4)
 9:00 - 8:45 Snooker (Maple)
 9:30 - 10:30 Moderate Workout Fitness Reserved Drop-in
 (Douglas/Fir)
 9:30 - 12:00 CHA Executive Meeting (Oak) (Mar 18)
 10:00 - 12:00 SET Seniors Enabling Technology (Oak)
 (Mar 11)
 10:00 - 11:00 Bring Your Own Device - Apple BYOD (Oak)
 (Mar 25)
 10:00 - 2:00 Income Tax Intake Desk (Mar 4 - 18)
 10:30 Zoom Book Club (Zoom) (March 11)
 10:30 - 12:00 SET Seniors Embracing Technology (Oak)
 (Mar 11)
 11:00 - 12:00 Bring Your Own Device - Android & PC BYOD
 (Oak) (Mar 25)
 11:00 - 12:00 Mild Light Exercise Reserved Drop-in (ABC)
 11:00 - 12:00 Yoga Reserved Drop-in (Douglas/Fir)
 12:30 - 1:30 Get Up & Go (Oak) (Feb 12 - Mar 14)
 12:30 - 2:30 Line Dancing (Fir)
 (Mar 4 last day of Dec - Feb session)
 12:30 - 2:30 Line Dancing (Fir)
 (Mar 11 - May 27 new session)
 12:30 - 2:30 Acrylic Painting (Spruce) (Jan 22 - Mar 25)
 1:00 - 3:00 Cribbage (Douglas)
 1:00 - 3:00 Carpet Bowling (ABC)
 3:00 - 4:30 Exploring with Pencil Crayon - Beg/Inter (Fir)
 (Jan 15 - Mar 11)
 2:00 - 4:00 Singers (Oak)
 3:00 - 4:30 Drawing 50+ (Spruce) (Jan 22-Mar 25)
 5:15 - 6:15 Cardio Mix Reserved Drop-in (Douglas/Fir)
 6:30 - 7:30 Power Yoga Reserved Drop-in (Douglas/Fir)

TUESDAY

- 8:15 - 9:15 Cardio Mix Reserved Drop-in Fitness
 (Douglas/Fir)
 9:30 - 12:00 Community Integration Services -
 Poverty Reduction Table (Lobby)
 9:00 - 2:30 Conversation Class Round Table Time
 (Youth Centre Lounge)
 9:00 - 2:30 Fitness Centre Drop-in
 9:00 - 12:30 Table Tennis (Multi-purpose)
 (Mar 19 & 26 Spring Break)
 9:00 - 2:30 Table Tennis (Multi-purpose) (Mar 5 & 12)
 9:00 - 4:00 CHAPS Century House Association Peer
 Support Office Hours
 9:00 - 8:45 Snooker (Maple)

- 9:15 - 10:45 Yoga (ABC) (Jan 16-Mar 26)
 9:30 - 10:30 Moderate Strength & Stretch Fitness
 Reserved Drop-in (Douglas/Fir)
 10:00 - 11:30 Virtual Ukulele (Virtual Room)
 10:00 - 12:00 Low Vision (Oak) (Mar 5)
 10:00 - 12:00 Watercolour Beginner (Spruce) (Jan 9 - Mar 12)
 10:00 - 2:00 Income Tax Intake Desk (Mar 5-19)
 11:00 - 12:00 Current Affairs Discussion Group (Arbutus)
 12:30 - 2:30 Tuesday Crafts (Spruce)
 12:30 - 2:30 Pottery (Pottery Room) (Jan 9-Mar 19)
 1:00 - 2:00 Meditation (Douglas) (Jan 16-Mar 26)
 1:00 - 2:00 Tai Chi Beginner's Level II (Fir) (Jan 23 - Mar 19)
 1:00 - 3:00 Bursary Committee Trivia Game (Fir) (Mar 26)
 1:00 - 3:00 Caregiver Support Group (Douglas) (Mar 5)
 1:00 - 3:30 Court Whist (Arbutus)
 1:00 - 4:00 Bridge (Oak)
 1:00 - 4:00 Bid Euchre (Birch/Cedar)
 3:00 - 5:00 Century House Artists Drop-in (Spruce)
 3:30 - 4:30 Stay Strong (Fir) (Jan 9 - Mar 21)
 5:15 - 6:15 Body Flow Reserved Drop-in (Douglas/Fir)
 6:00 - 8:30 Alzheimer Support Group (Spruce) (Mar 19)
 6:30 - 7:30 Try It! Lift & Sculpt Reserved Drop-in
 (Douglas/Fir or Fir)
 6:30 - 8:30 Pottery Intermediate Adult (Pottery Room)
 (Jan 9 - Mar 19)
 7:00 - 8:30 Reader's Theatre (Douglas) (Mar 12 & 26)
 7:00 - 9:00 Tinnitus Support Group (Virtual Room)
 (Mar 19)

WEDNESDAY

- 9:00 - 1:30 Snooker (Maple)
 9:00 - 2:30 Badminton (Multipurpose)
 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) (Mar 13 & 20)
 9:30 - 10:30 Moderate Workout Fitness Reserved Drop-in
 (Douglas/Fir)
 9:30 - 10:30 Women's Wellness Circle (Oak) (Mar 6 & 27)
 9:30 - 12:00 CHAPS Peer Support Meeting (ABC)
 (Mar 13, 20 & 27)
 10:00 - 12:00 Century House Association Chairperson
 Meeting (ABC) (Mar 6)
 10:00 - 12:00 Parkinsons Support (Oak) (Mar 20)
 10:00 - 2:00 Income Tax Intake Desk (Mar 6 - 20)
 11:00 - 12:00 Fitness Centre Circuit (Fitness Centre)
 (Feb 14 - Mar 6)
 11:00 - 12:00 Yoga Reserved Drop-in (Fir)
 (demonstrated from a chair)
 11:00 - 12:00 Mild Toning Reserved Drop-in (Douglas)
 12:30 - 1:30 Ukulele Level 1 (Oak) (Jan 17-Mar 27)
 1:00 - 2:00 ActivAge (Arbutus/Birch) (Jan 31-Mar 27)
 1:00 - 2:30 Tai Chi Continuing (Fir) (Jan 24-Mar 20)
 1:00 - 3:00 Wednesday Crafts (Spruce)
 1:30 - 3:00 Conversational French (Cedar)



- 1:30 - 3:30 Notable 90's (Douglas) (Mar 20)
- 1:30 - 4:30 Women's Only Snooker (Maple)
- 1:45 - 3:15 Ukulele Level 2A (Oak) (Jan 17-Mar 27)
- 2:00 - 3:00 ActivAge (Arbutus/Birch) (Jan 31-Mar 27)
- 3:00 - 4:00 Choose to Move Motivational Meetings (Arbutus/Birch) (Mar 6, 13, 20 & 27)
- 3:30 - 5:00 Ukulele Level 2B (Oak) (Jan 17-Mar 27)
- 4:30 - 8:45 Snooker (Maple)
- 5:15 - 6:15 Cardio Mix Reserved Drop-in (ABC)
- 6:30 - 7:30 Power Yoga Reserved Drop-in (ABC)
- 6:30 - 8:30 March Birthday Party (Douglas/Fir) (Mar 27)
- 6:30 - 8:30 Pottery Intermediate Adult (Pottery Room) (Jan 10 - Mar 20)
- 7:00 - 9:00 Rigby & the Guys (Douglas/Fir) (Mar 13)

THURSDAY

- 9:00 - 12:00 Quilting (Spruce)
- 9:00 - 2:30 Fitness Centre Drop-in (Fitness advisor available at 1:00 pm)
- 9:00 - 12:30 Pickleball (Multipurpose) (Mar 21 & 28 Spring Break hours)
- 9:00 - 2:30 Pickleball (Multi-purpose) (Mar 7 & 14)
- 9:00 - 8:45 Snooker (Maple)
- 9:30 - 10:30 Moderate Workout Fitness Reserved Drop-in (Douglas/Fir)
- 9:30 - 11:45 Mahjong (Oak)
- 9:30 - 12:00 Ukulele Drop-in (ABC)
- 9:30 - 1:00 Blood Pressure Clinic (lobby) (Mar 21)
- 10:00 - 2:00 Income Tax Intake Desk (Mar 7-21)
- 11:00 - 12:00 Fit Fellows (Fir) (Feb 22 - Mar 28)
- 12:30 - 1:30 Better Balance Level 1 (Fir) (Feb 22 - Mar 28)
- 12:30 - 1:30 Get Up & Go (ABC) (Feb 12 - Mar 14)
- 12:30 - 2:30 Urban Sketching with Watercolour (Spruce) (Jan 25 - Mar 28)
- 1:00 - 3:00 Darts (Hemlock)
- 1:00 - 3:00 CH Players Rehearsals (Douglas)
- 1:00 - 3:00 Fitness Centre Advisor (Fitness Centre)
- 1:00 - 3:30 Whist (Oak)
- 2:00 - 3:00 Better Balance Level 2 (Fir) (Feb 22 - Mar 28)
- 2:30 - 3:30 Learning Garden Meeting (Birch/Cedar) (Mar 21)
- 2:30 - 4:30 International Women's Day - In Praise of Older Women (ABC) (Mar 7)
- 3:00 - 5:00 Gouache Painting (Spruce) (Jan 25 - Mar 19)
- 5:15 - 6:15 Body Flow Reserved Drop-in (Douglas/Fir)
- 5:30 - 6:30 Social Dance Beginner Adult (ABC) (Jan 11 - Mar 14)
- 6:30 - 7:30 Zumba Reserved Drop-in (Douglas/Fir)

- 6:30 - 8:30 Pottery Beginner Adult (Pottery Room) (Jan 11 - Mar 21)
- 6:45 - 7:45 Social Dance Intermediate Adult (ABC) (Jan 11 - Mar 14)
- 8:00 - 9:00 Social Dance - Shim Sham Adult (ABC) (Feb 15 - Mar 14)

FRIDAY

- 9:00 - 12:00 Aging in Place (Oak) (Mar 1, 8, 15 & 22)
- 9:00 - 2:30 Conversation Class Round Table Time (Youth Centre Lounge)
- 9:00 - 2:30 Badminton (Multipurpose)
- 9:00 - 2:30 Fitness Centre Drop-in
- 9:00 - 8:45 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 Moderate Strength & Stretch Fitness Reserved Drop-in (Douglas/Fir)
- 10:00 - 12:00 Watercolour Advanced (Spruce) (Jan 12 - Mar 15)
- 10:00 - 12:30 Food Skills for Seniors (Youth Centre Kitchen) (Mar 8, 15 & 22)
- 10:00 - 2:00 Income Tax Intake Desk (Mar 8 - 22)
- 11:00 - 12:00 Mild Toning Reserved Drop-in (ABC)
- 11:00 - 12:00 Yoga Reserved Drop-in (Douglas/Fir)
- 12:15 - 3:30 Peer Support Training (Arbutus Birch) (Mar 1 - 29)
- 12:30 - 2:30 Watercolour Intermediate/Advanced (Spruce) (Jan 12 - Mar 15)
- 1:00 - 3:00 Scrabble (Cedar)
- 1:00 - 3:45 Bingo (Douglas/Fir)
- 1:00 - 4:00 Canasta (Oak)
- 3:00 - 4:00 Nutrition Made Easy (Spruce) (Mar 1- 22)
- 5:00 - 5:45 Try It! Zumba Toning Reserved Drop-in Fitness (Douglas/Fir)
- 6:00 - 6:45 Try It! Stretch Reserved Drop-in Fitness (Douglas/Fir or Fir)
- 7:00 - 8:00 Hip Hop Fitness Reserved Drop-in (Douglas/Fir)
- 7:15 - 8:00 Stretch Reserved Drop-in (Douglas/Fir) (Mar 15 & 22)

SATURDAY

- 9:00 - 2:30 Fitness Centre Drop-in
- 9:00 - 2:30 Table Tennis
- 9:30 - 10:30 Iyengar Yoga Reserved Drop-in (Douglas/Fir)
- 9:30 - 3:45 Snooker (Maple)
- 10:00 - 12:00 Chronic Pain Self-Management Program (Oak) (Mar 2 - Apr 6)
- 11:30 - 2:00 Square Dancing (Fir)
- 1:00 - 3:00 Peter Julian MP Burnaby/NW Disability Tax Credit Clinic (Douglas/Fir) (Mar 16)
- 1:30 Monthly Movie: About My Father (2023) (ABC) (Mar 9)
- 1:00 - 4:00 Langara Students Intergenerational Social (ABC) (Mar 2)
- 6:30 - 10:30 Jazz Cats Swing Dance (Douglas/Fir) (Mar 23)

VOLUNTEER INFORMATION

Close to 300 Century House Volunteers & Counting!

Why Volunteer?

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

Volunteer Opportunities:

- Front door Concierge
- Food services:
 - Cashier
 - Food Preparation
 - Dishwashing
- Over 40 different activity committees, service and support groups
- 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

- 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.
- 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.

International Women's Day – In Praise of Older Women

Join us for a Coffee Party to celebrate IWD 2024. Everyone welcome. Entertainment by Michelle Carlisle.

Thursday 2:30 - 4:30 pm

March 7

208314

Tickets: \$12.00 members / \$14.00 non-members

Registration deadline Monday, March 4.

Monthly Movie

March's presentation is: About My Father (2023) Comedy/Drama starring Robert De Niro and Kim Cattrall. A man's fiancée encourages him and his father to spend the weekend with her wealthy and exceedingly eccentric family. Please bring your own snacks.

Saturday, 1:30 pm

March 9

206179

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

Please send any movie suggestions to:

events@centuryhouseassociation.com

Rigby & The Guys (Now known as 6 Odd Cats)

Formally known as Freedom 95 but still with a full band sound. Come and dance, or just enjoy listening, to the music.

Wednesday 7:00 - 9:00 pm

March 13

208961

Tickets: \$12.00 members / \$14.00 non-members

Registration deadline: Wednesday, March 6.



Century House Players – Performances

Did the cat burgle the jewels? Did someone sabotage the staircase? Who torched the car?

Century House Players invite you to discover answers to these questions. Audience members are invited to participate in three short murder mysteries. No, not as killers but as detectives.

Thursday 1:15 pm
March 14

Admission: Free **209565**

March Birthday Party

Everyone welcome - doesn't have to be your birthday. Come celebrate March birthdays and enjoy the music and dancing with Salve.

Wednesday 6:30 to 8:30 PM
March 27 **209447**

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

Registration deadline for everyone is Friday, March 22 or when max seating reached.

Bursary Committee Trivia Game

Can you name a New Westminster Seniors Center that is located in Moody Park? If so, you are good enough at trivia to compete in the next fun Century House Association Bursary Committee fundraiser! Join host Kevin McKay for what can only be described as the most fun and easiest trivia competition every held at Century House! In addition to answering six rounds of questions with your teammates and friends you will try to identify the title and artist from 20 awesome songs (with bonus points available to teams that wish to get up and dance!). Bring your friends, bring your family, and bring anyone who wishes to support this most worthy cause by having an afternoon of fun!

Tuesday, 1:00 - 3:00 pm
March 26 **208318**

Registration Fee: \$8.00 members / \$10.00 non-members

Education & Programming

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. 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

March 1 - 22

Registration Fee: \$31.50 / 4 classes **202465**

Chronic Pain Self-Management Program

In this information packed workshop series, learn how to manage your health and maintain an active, fulfilling life. Self-Management BC is a Ministry of Health, Patients as Partners initiative administered by the University of Victoria.

Saturday, 10:00 am - 12:30 pm

March 2 - April 6

Registration Fee: Free / 6 classes **201786**

Intergenerational Social

Join us for an event aimed at bringing together people from the community that don't always get a chance to share their stories with one another. Open to those 50+, and ages 16 - 35, the Intergenerational Social is a chance to sit down and discuss how life has changed, and what community means now. Coffee, tea and snacks will be provided. This event is being organized and facilitated by Langara College Recreation Studies Students, come out and support!

Saturday, 1:45 - 3:30 pm

March 2

50+ Years

16 - 35 Years

Registration Fee: Free **209498**

209500

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

March 6 & 27

Registration Fee: \$15.75 / 2 classes **202464**

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



Cooking Connections: Food Skills for Seniors

These sessions will focus on making nutritious and delicious meals while cooking for one or two. All cooking skill levels are welcome and the facilitators are both trained and certified by the BC Centre for Disease Control. Come have some fun in the kitchen!

Friday, 10:00 am - 12:30 pm
 March 8 - April 26 (no class March 29 & April 19) **207231**

Anti-Bullying Education Workshop

In October 2023, the Anti-Bullying working group conducted a survey of about 200 Century House Participants, of these participants 10% reported to being bullied or witnessing bullying. This workshop aims to help participants identify bullying behavior, outline the reporting of bullying, and explain the process following a report. We are offering two sessions of the same workshop - see dates below!

Wednesday, 10:00 - 11:30 am
 March 13 **209281**

Thursday, 12:30 - 2:00 pm
 March 21 **209282**

Planning and Managing your Finances in Retirement

This session is for those who want to learn how to better manage their finances during their retirement. It will discuss basic concepts and information on financial resource management that could help to achieve personal and financial objectives in retirement. There will be opportunity to ask questions at the end of the seminar, so come ready with your queries!

Thursday, 11:00 - 12:30 pm
 March 14 **209485**
Registration Fee: Free

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
 March 13
Registration Fee: \$2.00 **202425**

Time for Change; Seniors Have Voices - Advocacy Workshop

This will be the fourth event sponsored by the Time for Change group a partnership between the City of New Westminster and Century House. This time the focus will be on the how to's of successful advocacy: how to identify, organize and create effective messaging around the issues that most concern seniors. Some of those issues include health care, housing, income and transportation. This event will involve round table discussions facilitated by advocacy specialists from a variety of backgrounds to assist with the workshops. This is your chance to pick up the tips and tricks of successful advocacy so sign up now.

Thursday, 2:00 - 4:00 pm
 March 14
Registration Fee: Free **209487**

Life Box Workshop

Learn how to fill out, organize, and file all of your life planning documents and information and create your own Life Box: from your banking details, to your passwords, your wills, safety deposit keys and more! Life boxes and instructions provided in this workshop. This seminar is sponsored by Century House Association Peer Support (CHAPS).

Friday, 12:30 - 3:00 pm
 March 22 **209503**

Registration Fee: Free. Donations are greatly appreciated
 (Suggested amount \$20.00, all proceeds go directly to CHAPS)

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**
 March 25

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 March 13.

Wednesdays 1:30 - 4:30 pm.
 Ongoing
Registration Fee: Free **197872**



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 - 3:45pm - Games start at 1pm.

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

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

Thursday, 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 ZOOM Book Club

No previous book club experience needed to join this group of interested and interesting readers. Group members have recommended a book for the February discussion, and copies are available at the New Westminster and Burnaby Public Libraries. New members are welcome. To join, email zbc@centuryhouseassociation.com.

Program Facilitator: Jane Hicks

Monday, 10:30 am

March 11



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 centuryhouseassociation.com/activity/walkers/ Meet at 6th & 6th Royal City Mall entrance at 9:30 am unless otherwise indicated.

Date	Destination	Details
March 1	Beresford Trail	106 bus to Edmonds at Kingsway
March 8	Brunette River	Meet 9:10 - 101 bus to Cariboo Place, walk along Brunette River to Braid
Station		
March 15	Renfrew Ravine	106 bus/skytrain to Nanaimo Stn
March 22	Port Royal - Queensborough	Walk to 22nd St. Stn, bus to Port Royal. Return by Q2Q ferry. \$2.25 or \$1.25
March 29	Mary Ave. Park Ernie Winch Park	7598 Twelfth Avenue (at Hilda Street) 7680 Fifteenth Street at 13th Avenue)

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 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 Squares

Welcome returning dancers and all dancers with past experience - Singles & Couples (age 50+). Come as you are with comfy shoes and a smile. Info - call Pat 604.521.7497.

Douglas Fir Room

Saturday, 11:30 am - 2:00 pm

Door Fee: \$7.00/class

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. 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 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

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 9:30 am till 10:00 am 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



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 raised garden beds just outside Century House, growing vegetables to sell. The money we raise goes to buy seeds and supplies for next year's garden. We are always looking for new members, so whether you are an expert or a novice gardener, we want to hear from you. You will learn more about gardening by planting, watering, weeding, and harvesting. Contact the office to find out more.

Next Meeting: March 21, 2:30pm

Line Dancing

Learn fun and easy-to-follow choreographed dances set to a variety of music genres. Registration is currently closed. Next Registration Date is March 5, at 9am.

Fir Room

March 11 - May 27 (no class April 1 & May 20)

12:30 - 2:20 pm

208439

12:30 - 12:50 pm - Beginners only

Drop-in Fee: \$15.00 payable in cash at the first session

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

Readers Theatre

At Readers Theatre the actors present dramatic readings of narrative material without costumes, props, scenery, or special lighting. Memorization is not required. We meet on the 2nd and 4th Tuesday of the month.

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

Douglas Room

Tuesday, 7:00 - 8:30 pm

March 11 & 25

SET (Seniors Embracing Technology)

SET volunteers are Century House members who have a keen interest in helping other members become more comfortable with their electronic devices. New members are welcome; if you are interested please contact Tim Hicks, tim@trh.bc.ca or call 604.522.9020.

Oak Room

Wednesday, 10:00 am

March 11

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

Monday, Tuesday, Thursday & Friday: 9:00 am - 8:45 pm

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

Saturday: 9:30 - 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. We welcome all crafty members who would like to join our great group of volunteers.

Spruce Room

Tuesday, 12:30 - 2:30pm



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=UElGcEpVUkYwZjZlQaGs1YUlxZ1B3Zz09

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-in Fee: \$2.00

BUS TRIPS

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 March bus trips will open on Wednesday, February 28 at 9:00 am.

Bus Trip: Springtime High Tea at Little White Tea House

Enjoy afternoon tea in the elegant atmosphere of the Little White House in Langley. Elevate your afternoon with an array of delicate finger sandwiches, freshly baked scones, and decadent pastries, accompanied by premium tea. Gluten free & Vegan Options Available.

Registration Deadline: March 13 - Cancellations are not refunded after March 13 for this trip.

Friday 10:45 am - 2:30 pm

March 22

Registration Fee: \$60.00

209482

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 48h or less - No refund
4. Exceptions to the cancellation policy can be made with appropriate documentation like a doctor's note.
5. Ticketed events may not be refundable depending on seller

COMING IN APRIL

Janice's Comedy Cabaret

Come and enjoy some laughs with Janice Bannister and Laughter Zone 101 comics.

Wednesday 2:00 - 3:30 pm

April 10

209526

Tickets: \$8.00 members / \$10.00 non-members

Registration deadline Saturday, April 6

THE DIMES - That 70s Show

The DIMES bring moves and grooves from the 70s so you can kick it on the dance floor to hits from Abba, Stevie Wonder, Bee Gees and many more.

Wednesday 7:00 - 9:00 pm

April 17

209527

Tickets: \$13.00 members / \$15.00 non-members

Registration deadline Wednesday, April 10