

FEBRUARY 2025

Clarion

centuryhouseassociation.com



HIGHLIGHTS

[Century House Association Website](#) 3

[Connections Café](#) 6

[Week at a Glance](#) 8

[Bus Trips](#) 7

[Events](#) 11

[BYOD](#) 12

GENERAL INFORMATION

Cover Story – Canasta

The origins of the card game Canasta can be traced back to 1939 to Montevideo, Uruguay. It was the brainchild of Segundo Santos, a lawyer and Alberto Serrato, an architect, both dedicated card players, who decided to develop a game that was both less time consuming than Bridge as well as less dependent on chance than Rummy. By the 1950’s there was a worldwide Canasta craze. It was even featured in a couple of I Love Lucy episodes with the Ricardos and the Mertzs dealing the cards. That tradition lives on at Century House with the Canasta Activity Group originally organized about 6 years ago by Gerry Harder-Anderson. Cathy Simpson currently functions as both Chair and Treasurer and Millie Sandulak was nominated as the longest serving member. The game is somewhat complex with a variety of rules but once learned offers lots of strategic opportunity: ideally, participants play in teams of two. In terms of money on the table, there is a \$2.00 buy-in and winners take home \$4.00. The games are spirited but all in good fun and keep the brain cells working. So if this sounds like an entertaining way to spend a Friday afternoon, why not give them a call.

Sick-Day Reminder

Staying home when sick is a simple but powerful way to protect the health of those around you. By resting and recovering at home, you help prevent the spread of illness, ensuring that community members stay safe and healthy.

Century House

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

Phone: 604.519.1066

Email: centuryhouse@newwestcity.ca

Monday - Friday

9:00 am - 9:00 pm

Saturday

9:00 am - 4:00 pm

Canadian Cancer Society Fundraiser

The Century House Art Gallery will be featuring Original paintings by Century House Artist, Stephen Holmes for a worthy cause. Paintings will be sold by donation - with a minimum donation of \$50.00. All proceeds raised will be donated to the Canadian Cancer Society.

You can view paintings at the Century House Art Gallery from February 1 - February 28.

Please be generous with your donations for this worthwhile cause. Cash preferred.

Respiratory Illnesses on the Rise

The latest update from the BC Centre for Disease Control says influenza and RSV, or respiratory syncytial virus, activity increased significantly in the last week of 2024.

New BC Health Ministry infection control measures include:

- Patients must wear a medical mask and other PPE when directed by a health-care worker during provision of direct patient care, if medically tolerated.
- Patients and people accompanying them must wear a medical mask over their nose and mouth in all emergency departments and waiting rooms.
- Visitors to long-term care and seniors’ assisted living settings should wear a medical mask when participating in indoor group events, celebrations, gatherings and activities, except when eating and/or drinking.
- Visitors do not need to wear a mask when they are visiting a single resident in a patient-care area, in multi-bed rooms or in communal areas when visiting directly with one individual resident.

Century House Parking Considerations

Given the space limitations of the Century House parking lot please consider walking, taking transit or parking off site. It is important to keep spaces available for those with mobility challenges.



Internship Student at Century House

Introducing Serena Chan, our intern from Langara College’s Recreation Leadership program, who will be with us from January until early April. Serena loves taking on new challenges and helping people live healthier, happier lives through community engagement and recreational experiences. Serena will be engaging in research projects, administrative support, and planning an event at Century House. She speaks English, Cantonese and Mandarin. After internship, she hopes to become a programmer in older adult recreation and special events. Come say hi and chat with her and register for her event - Aloha Afternoon.

COMMUNICATIONS

Century House Open Chairpersons Meeting

All Century House members are welcome to attend. There are only two of these a year and it is your chance to have your questions and concerns addressed in an open forum. It is also an opportunity to meet your new Century House Association Executive. So mark the date in your calendar and see you there!

ABC Room

*Wednesday, 10:00 am - 12:00 pm
February 5*

Subscribe to the Clarion online!

Visit the Century House Association website at centuryhouseassociation.com and scroll to the bottom of the page. Enter your contact information to receive the Clarion directly into your inbox along with other Century House related information and updates.

Financial Assistance

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

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

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

Century House Information Tour (New Members)

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

Oak Room

*Wednesday, 5:30 - 6:30 pm
February 12*

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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.

Our website had 76,964 page views in 2024, 11 percent more than 2023.

Our most popular page is the café menu, averaging about 312 views per week.

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.

As of January 1, 2025 Our Good Cheer Facebook group has 309 members, who put up 3993 posts and had 21,013 reactions! And, our main Facebook page has 203 followers.

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

Century House – Keep In Touch

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

Pink Shirt Day – February 26

Wear a pink shirt or accessory for a chance to win prizes! We will have a community information table to support Pink Shirt Day - sharing information on bullying and how to show support for all corners of your community. Come for a chat and a treat!

Wednesday, 10:00 am - 2:00 pm
February 26

Income Tax Services

We are once again offering free income tax services starting on March 1. To 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 \$40,000 per person
- Gross annual income must not exceed \$50,000 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
- For the BC Renters Tax Credit - If renting for 6+ months of 2024
 - Name of landlord or company payment was made to
 - Rental address
 - Rent paid per month
 - Number of months at this rental address

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

Drop-off Documents at the office beginning March 1.
Monday - Friday, 10:00 am - 8:00 pm
Saturday, 10:00 am - 3:00 pm

No appointment needed to drop off documents. Please be advised that Century House is closed on statutory holidays and Sundays.



New Westminster Public Library 2024 Statistics

According to the NWPL website, here are the most sought after books in 2024:

Fiction

- The Women by Kristin Hannah
- Yellowface by Rebecca F. Kuan
- The Covenant of Water by Abraham Verghese
- Lessons in Chemistry by Bonnie Germus
- None of This is True by Lisa Jewell

Non-Fiction

- Atomic Habits: tiny changes, remarkable results: an easy and proven easy to build good habits and break bad ones by James Clear
- Outlive the science & art of longevity by Peter Attia
- The Anxious Generation: how the great rewiring of childhood is causing an epidemic of mental illness by Jonathan Haidt
- The Myth of Normal: trauma, illness and healing in a toxic culture by Gabor Mate
- Discover Canada: the rights and responsibilities of citizenship by the Government of Canada, Citizenship and Immigration

UBC Brain Wellness Program Seminar Series: The A-ZZZ's of Sleep

Three healthcare professionals offer their expertise on sleep hygiene and brain function. The first panelist speaks to a broader audience, the second to academics with lots of charts and the third offers practical tips. To listen to the entire one-hour production set aside some time or just view the segment you find most interesting. Just click on the link or enter 'BrainWellness the A-Z of sleep' into your browser.

bcbrainwellness.ca/videos/educational/v/wellness-wednesday-the-a-to-zzz-of-sleep-february-2021

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

A.I. & Seniors: A Thought Experiment

The issue posed to ChatGPT: "Provide a brief summary of the keys to aging well". Attached is the response. Exactly how it collated its response is unclear but it arrived within 30 seconds.

Accommodating Physical, Cognitive, and Social Changes

Flexibility and resilience are essential for adapting to changes. Seeking support and finding creative ways to accommodate these shifts fosters a more fulfilling life.

Searching for New Emotionally Meaningful Goals

Having a sense of purpose improves physical and mental health. Whether through new hobbies, volunteering, or lifelong learning, pursuing meaningful goals enriches life.

Expanding One's Capacity to Tolerate Ambiguity

Practices like mindfulness and meditation help increase tolerance for uncertainty. Adopting an accepting attitude fosters calmness and adaptability in the face of challenges.

Aging as a Transition

Aging is a dynamic transition requiring adaptability, growth, and foresight. Avoid the "premature foreclosure" of assuming life's story has ended. Instead, embrace the psychological tasks of managing ego, finding new roles, and focusing on internal growth.

From the Web: Child Poverty in Canada

According to an annual report from Campaign 2000 using Statistics Canada data, child poverty is once again on the rise. To read the CBC's report on this issue enter CBC News Child Poverty on the Rise or click on the link:

[cbc.ca/news/politics/campaign-2000-national-report-card-child-poverty-1.7387176](https://www.cbc.ca/news/politics/campaign-2000-national-report-card-child-poverty-1.7387176)

From the Web: Satellites Present Problems for Astronomers

Bob McDonald, the host of CBC's Quirks and Quarks, outlines the dilemma presented by so many satellites circling the Earth. For the video just enter CBC bob mcdonald cosmic fireflies into your browser.

Safeguarding Your Phone While Traveling: 4 Steps

1. Backup your data: If your phone is stolen or misplaced, you can buy a new phone and reload all your important data.
2. Turn on Find My Phone: this app will remotely lock your phone and enabling "lost mode" will not only lock down your phone, it will suspend any in-phone payments and display contact info for your phone's return.
3. Wear an anti theft strap or cross body bag: thieves can be found almost everywhere.
4. Password Protection: it should go without saying but strong passwords for important accounts are essential.



Average Cost to Rent a 1 Bedroom Apartment in Metro Vancouver

Metro Vancouver's average rent prices have increased this January after three consecutive decreases. This January, the average monthly rent price for an unfurnished, one-bedroom unit rose by \$26.00, to a new average of \$2,367.00 Since January 2023, Metro Vancouver's average rate for a one-bedroom, unfurnished unit has increased by \$110.00.

- The most expensive: West Vancouver \$2819.00
- The least expensive: Langley \$1744.00
- New Westminster: \$2255.00
- Renters in Vancouver are paying, on average, 50% of their income on rent.
- Four of Canada's most expensive cities to rent in are in Metro Vancouver (source: liv.rentnews)

The Massey Theatre Celebrates a Milestone Anniversary

The Massey Theatre, a mainstay of the City's cultural activity, is celebrating its 75th anniversary. The Theatre at the time of its construction was BC's largest. Its first stage production opened on December 16th in 1949. To mark the anniversary, New West City Council invited Peter LeBlanc, Chair of the Massey Theatre Board of Directors, to speak. His message: "The Theatre has been and continues to be a second home to thousands of performers and arts workers. It is a place of celebration for the fabulous audiences who come and cheer them on." To view the entirety of his presentation enter New WestTV into your browser window or click on the link:

[newwest.tv/index.php/media/piece-newwest-history-75-years](https://www.newwest.tv/index.php/media/piece-newwest-history-75-years)

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.

Please note: The GST break will end on February 15.

Find the café menu on our website

centuryhouseassociation.com/about/connections-cafe.

Paper copies of the menu are available outside the front door of Century House.

Volunteer Information

Positions available! Century House has over 200 volunteers supporting or leading programs and services but we are always on the lookout for new volunteers.

Connections Café - Cashier

CH is currently in need of cashiers in the Connections Cafe.

- Basic cash handling
- Customer service
- Stocking baked goods, making coffee and tea
- On your feet for the duration of the shift

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



SUPPORT SERVICES

Care for the Caregiver In-Person Support

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

Blood Pressure Clinic

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

Thursday, 9:30 am - 1:00 pm (by the front office)
February 20

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

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

Digital Inclusion Hub

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

40 Begbie Street, New Westminster
 Tuesday - Friday 9:00 am- 3:00 pm

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.

Low Vision Support Group

We're pleased to welcome Judy Venable to our February meeting. Judy is the Program Coordinator for the Seniors Community Connector program at Century House. Her role is to connect seniors with various resources and programs available in the community.

Oak Room
 Tuesday, 10:00 am - 12:00 pm
 February 4

Notable 90s

Happy New Year to all our Notable 90's participants. We will not be meeting this month but are looking forward to seeing you all again in February. Newcomers are more than welcome. Contact Bonnie Craig for more information at bjcred@gmail.com

Oak Room
 Wednesday, 1:30 -3:00 pm
 February 19



Parkinson's Support Group

Our group welcomes all persons with Parkinson's disease as well as their caregivers. Up to 90% of people with Parkinson's develop communication and swallowing complications. For more information, call Kathy at 604-258-9074.

Oak Room
 Wednesday, 10:00 am - 12:00 pm
 February 19

Parkinson's Exercise (50+ years)

Exercise designed for people with Parkinson's and their caregivers. Register both the participant and the caregiver (if attending) separately. For Century House Association Members only. Presented in partnership with the Parkinson's Disease Support Group. Register in advance. Instructor: Jennifer Rak.

Note the program is now two sessions per week.
Century House **604-519-1066**
 Friday, 4:15 - 5:15 pm & Tuesday, 3:00 - 4:00 pm
 January 7 - March 7

Registration Fee: Free / 18 classes **223052**

BUS TRIPS

Bus Trip Registration Information

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

Bus Trip Cancellation Policy

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

Pizza-Making Workshop in Vancouver

This trip will take you to the quaint Rocky Mountain Flatbread in Mount Pleasant for a private pizza-making workshop that has a 3-course meal included - with enough food to take home. Everyone will get salad and cheesy flatbreads to start, then will roll out fresh dough to make their own personalized pizza that's cooked in a forno-fired oven, and a brownie dessert to top it off. Please inquire about vegan, gluten, and dairy considerations as most can be accommodated. Trip fee is all-inclusive. Not wheelchair accessible.

Thursday, 10:15 am - 2:00 pm
 February 27

Registration Fee: \$84.00 **227994**
 Registration Opens: January 31

WEEK AT A GLANCE

Monday

9:00 - 12:00	Quilting (Spruce)
9:00 - 2:30	Pickleball (Multipurpose)
9:00 - 2:30	Fitness Centre Drop-in
9:00 - 3:00	Snooker (Maple)
9:30 - 10:30	Moderate Workout Fitness Reserved Drop-in (Douglas/Fir)
9:30 - 12:00	CHA Executive Meeting (the Cottage) (Feb 10)
10:00 - 11:00	BYOD Bring Your Own Device - Apple (Oak) (Feb 24)
10:30	Zoom Book Club (Zoom) (Feb 10)
11:00 - 12:00	BYOD Bring Your Own Device - Android & PC (Oak) (Feb 24)
11:00 - 12:00	Mild Light Exercise Reserved Drop-in (ABC)
11:00 - 12:00	Yoga Reserved Drop-in (Douglas/Fir)
12:20 - 2:40	Line Dancing 1 (Fir) (Jan 6 - Mar 24)
12:30 - 1:30	Get Up & Go (Oak) (Jan 6 - Feb 6) & (Feb 10 - Mar 13)
12:30 - 2:30	Acrylic/Gouache Painting (Spruce) (Jan 6 - Mar 10) (no class Feb 17)
12:30 - 3:30	Community Integration Services - Poverty Reduction Info Table (lobby)
1:00 - 3:30	Cribbage (Douglas)
1:00 - 3:00	Carpet Bowling (ABC)
2:00 - 4:00	Singers (Oak)
3:00 - 5:00	Community Connections (Lobby)
3:00 - 5:00	Drawing (Spruce) (Jan 6 - Mar 10)
3:00 - 5:00	Women's Snooker (Maple)
3:30 - 5:00	Dragon Boating Info Session (Arbutus/Birch) (Feb 10)
5:00 - 8:45	Public Snooker Drop-in (Maple)
5:15 - 6:15	Zumba Gold Reserved Drop-in (Douglas/Fir)
6:30 - 7:30	Dance Fit - Seniors (Fir) (Jan 13 - Mar 10)

Tuesday

9:00 - 2:30	Fitness Centre Drop-in
9:00 - 2:30	Table Tennis (Multipurpose)
9:00 - 2:30	Conversation Class Round Table (YC Lounge)
9:00 - 3:00	Snooker (Maple)
9:00 - 4:00	CHAPS Century House Association Peer Support Office Hours
9:15 - 10:45	Yoga (ABC) (Jan 7 - Mar 11)
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) (Feb 4)
10:00 - 12:00	Watercolour Beginner (Spruce) (Jan 7 - Mar 11)
10:45 - 11:45	Mobility & Strength Fitness Reserved Drop-in (Douglas/Fir)
10:40 - 11:45	50+ Social Skating (Moody Park Arena) (Feb 18)
11:00 - 12:00	General Discussion Group (Arbutus)
12:30 - 2:30	Watercolour - Intermediate / Advanced (Spruce) (Jan 10 - Mar 14)

12:30 - 2:30	Tuesday Crafts (Spruce)
12:30 - 2:30	Pottery (Pottery Room) (Jan 7 - Mar 11)
1:00 - 2:00	Tai Chi Beginner 2 (Fir) (Jan 14 - Mar 11)
1:00 - 3:00	Caregiver Support Group (Douglas) (Feb 4)
1:00 - 4:00	Court Whist (Arbutus)
1:00 - 4:00	Bridge (Oak)
1:00 - 4:00	Bid Euchre (Birch/Cedar)
2:00 - 3:00	Meditation (Douglas) (Jan 14 - Mar 11)
3:00 - 4:00	Parkinson's Exercise Program (Fir) (Jan 7 - Mar 7)
3:00 - 5:00	Century House Artists Drop-in (Spruce)
3:00 - 5:00	Snooker Lessons - Beginner (Maple) (Jan 7 - Feb 4)
3:30 - 5:30	Workshop: Balance Better, Be More Sure-Footed (Douglas) (Feb 11)
5:00 - 8:45	Public Snooker Drop-in (Maple)
5:15 - 6:15	Try It! Zumba Toning Reserved Drop-in (Douglas/Fir)
6:00 - 8:30	Alzheimer Support Group (Spruce) (Feb 18)
6:30 - 7:30	Stretch Reserved Drop-in (Fir)
6:30 - 8:30	Conversational Japanese Lessons (Oak) (Jan 14 - Mar 18)
6:30 - 8:30	Pottery Intermediate Adult (Pottery Room) (Jan 7 - Mar 11)
7:00 - 8:30	Line Dance 2 (ABC) (Jan 7 - Mar 25)
7:00 - 8:30	Reader's Theatre (Spruce) (Feb 11 & 25)

Wednesday

9:00 - 2:30	Badminton (Multipurpose)
9:00 - 2:30	Fitness Centre Drop-in (not available when classes in session)
9:00 - 3:00	Snooker (Maple)
9:00 - 4:00	CHAPS Century House Association Peer Support Office Hours
9:30 - 10:30	Moderate Workout Fitness Reserved Drop-in (Douglas/Fir)
9:30 - 10:30	ABC's of the Fitness Centre (Fitness Centre) (Feb 5 - 12) & (Feb 19 - 26)
9:30 - 12:00	CHAPS Peer Support Meeting (ABC) (Feb 12 & 26)
10:00 - 12:00	Art Fun with Mixed Media (Spruce) (Jan 15 - Mar 5)
10:00 - 12:00	Century House Association Annual General Meeting (Feb 5)
10:00 - 12:00	Parkinson's Support (Oak) (Feb 19)
10:00 - 12:00	Bring Your Own Questions (Feb 12)
11:00 - 12:00	Fitness Centre Circuit 50+ (Fitness Centre) (Jan 8 - Feb 5) & (Feb 12-Mar 12)
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 8 - Mar 12)
1:00 - 2:30	Tai Chi Intermediate (Fir) (Jan 15 - Mar 12)
1:00 - 3:00	Wednesday Crafts (Spruce)
1:30 - 3:00	Conversational French (Cedar)
1:30 - 3:00	SET Seniors Embracing Technology Meeting (Douglas) (Feb 26)
1:30 - 3:30	Notable 90's (Douglas) (Feb 19)



- 1:45 - 3:15 Ukulele - Level 2 (Oak) (Jan 8 - Mar 12)
- 2:00 - 3:00 ActivAge (Arbutus/Birch) (Jan 22 - Mar 26)
- 2:00 - 3:30 Sweetheart Tea with Pianist Luke Sanford (ABC) (Feb 20)
- 3:00 - 4:00 Choose to Move (Arbutus/Birch) (Jan 22 - Mar 26)
- 3:00 - 4:00 Partner Dancing (Fir) (Jan 22 - Feb 26)
- 3:00 - 5:00 Women's Snooker (not available when classes in session)
- 3:00 - 5:00 Snooker Lessons - Intermediate/Advanced (Maple) (Jan 9 - Feb 6)
- 3:30 - 5:30 Spanish Conversation Group (Cedar)
- 3:30 - 5:00 Ukulele Level 3 (Oak) (Jan 8 - Mar 12)
- 5:00 - 8:45 Public Snooker Drop-in (Maple)
- 5:30 - 6:30 CH Info Tour (Feb 12)
- 6:30 - 8:30 February Birthday Party (Douglas/Fir) (Feb 26)
- 6:30 - 8:30 Pottery Intermediate Adult (Pottery Room) (Jan 8 - Mar 12)

Thursday

- 9:00 - 12:00 Quilting (Spruce)
- 9:00 - 2:30 Fitness Centre Drop-in (Fitness advisor available at 1:00 pm)
- 9:00 - 2:30 Pickleball (Multipurpose)
- 9:00 - 3:00 Snooker (Maple)
- 9:30 - 10:30 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) (Feb 20)
- 11:00 - 12:00 Fit Fellows (Fir) (Jan 9 - Mar 13)
- 12:30 - 1:30 Get Up & Go (ABC) (Jan 6 - Feb 6) & (Feb 10 - Mar 13)
- 12:30 - 1:30 Better Balance 1 (Fir) (Jan 9 - Mar 13)
- 12:30 - 2:30 Meal Meet Ups Let's Talk About Love! (təməsewítx™ Aquatic & Community Centre) (Feb 20)
- 12:30 - 2:30 Urban Sketching Techniques with Ink & Watercolour (Spruce) (Jan 9 - Mar 13)
- 1:00 - 3:00 Fitness Centre Advisor (Fitness Centre)
- 1:00 - 3:00 CH Players (Douglas)
- 1:00 - 3:00 Darts (Hemlock)
- 1:00 - 3:30 Whist (Oak)
- 2:00 - 3:00 Better Balance Level 2 (Fir) (Jan 9 - Mar 13)
- 5:00 - 8:45 Public Snooker Drop-in (Maple)
- 5:30 - 7:00 Volunteer Info Session - Adults (ABC) (Feb 27)
- 6:00 - 8:00 Meal Meet Up - Black History Month (Douglas/Fir) (Feb 6)

- 6:30 - 8:30 Pottery Beginner Adult (Pottery Room) (Jan 9 - Mar 12)

Friday

- 9:00 - 12:30 Badminton (Multipurpose) (Feb 14)
- 9:00 - 2:30 Badminton (Multipurpose) (Feb 7, 21 & 28)
- 9:00 - 12:30 Conversation Class Round Table (YC Lounge) (Feb 14)
- 9:00 - 2:30 Conversation Class Round Table (YC Lounge) (Feb 7, 21 & 28)
- 9:00 - 2:30 Fitness Centre Drop-in (not available when classes in session)
- 9:00 - 3:00 Snooker (Maple)
- 9:30 CH Walkers meet at 6th ST & 6th Ave Royal City Mall entrance (see bulletin board or Clarion for schedule)
- 9:30 - 10:30 Moderate Strength & Stretch Fitness Reserved Drop-in (Douglas/Fir)
- 10:00 - 11:30 For the Family Record: Genealogy Recording & Scrapbooking by Marilyn Baudais - Level 1 (Oak) (Feb 7)
- 10:00 - 12:00 Watercolour Advanced (Spruce) (Jan 10 - Mar 14)
- 11:00 - 12:00 Fitness Centre Circuit (Fitness Centre) (Jan 10 - Feb 7) & (Feb 14-Mar 14)
- 11:00 - 12:00 Mild Toning Reserved Drop-in (ABC)
- 11:00 - 12:00 Yoga Reserved Drop-in (Douglas/Fir)
- 12:30 - 2:30 Watercolour Intermediate (Spruce) (Jan 10 - Mar 14)
- 1:00 - 3:00 Scrabble (Cedar)
- 1:00 - 3:45 Bingo (Douglas/Fir)
- 1:00 - 4:00 Canasta (Oak)
- 1:00 - 5:00 CHAPS Training (Arbutus/Birch) (Feb 7, 14 & 21)
- 3:00 - 4:00 Women's Wellness Circle (Spruce) (Feb 7 - 14)
- 3:00 - 4:00 Nutrition Made Easy (Spruce) (Feb 21 - Mar 14)
- 3:00 - 4:00 Parkinson's Exercise Program (Fir) (Jan 7 - Mar 7)
- 5:00 - 8:45 Public Snooker Drop-in (Maple)
- 5:30 - 6:30 Zumba Reserved Drop-in (ABC)
- 6:30 - 8:30 Friday Night Fever (Douglas/Fir) (Feb 21)

Saturday

- 9:00 - 2:30 Fitness Centre Drop-in
- 9:00 - 2:30 Table Tennis (Multipurpose)
- 9:00 - 3:45 Snooker (Maple)
- 9:30 - 10:30 Iyengar Yoga (Douglas/Fir)
- 10:00 - 12:30 Diabetes Self-Management Program (Oak) (Jan 25 - Mar 1)
- 11:30 - 2:00 Century House Squares (Fir)
- 1:30 - 3:30 Karaoke (ABC) (Feb 22)
- 1:30 - 3:30 Monthly Movie (ABC) (Feb 8)
- 6:30 - 10:30 Jazz Cats Social Swing Dance (Douglas/Fir) (Feb 22)

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	lynegar Yoga 9:30 - 10:30 am
Mild Exercise 11:00 am - 12:00 pm	Mobility & Strength 10:45 - 11:45 am	Toning 11:00 am - 12:00 pm	Fitness Advisor 12:30 - 3:00 pm	Toning 11:00 am - 12:00 pm	
Yoga 11:00 am - 12:00 pm		Yoga Chair 11:00 am - 12:00 pm		Yoga 11:00 am - 12:00 pm	
All Century House fitness classes are ongoing			*Fitness centre not available when class is in session		

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. No refund with less than 24 hours notice.

Reserved Drop-in Fee structure:

- Reserved Drop-in Fee: \$7.50 for 50 - 64
 - Reserved Drop-in Fee: \$5.00 for 65 - 74
 - Reserved Drop-in Fee: \$3.75 for 75+
 - Active 10 pass 19 - 64 \$60.00
 - Active 10 pass for 65 - 74 \$40.00
 - Active 30 pass 19 - 64 \$67.50
 - Active 30-day 65 - 74 \$45.00
 - Active 10 pass for 75+ \$30.00
 - Active 30-day for 75+ \$33.75
- Financial assistance is available for Active 10 & Active 30-day passes for New Westminster Residents.

Fitness Centre

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



Mild 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 Kulwant

Mobility & Strength

Variety of low-impact cardio, strength training and flexibility exercises to improve enhance mobility, promote joint health and overall strength and endurance.
Tuesday, 10:45 - 11:45 am

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 Gillian
Friday, 9:30 - 10:30 am 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 Gillian
Friday, 11:00 am - 12:00 pm 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 Kulwant
Wednesday, 9:30 - 10:30 am Judi
Thursday, 9:30 - 10:30 am 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



EVENTS

CHA Events Committee

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

Event Registration Information

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

February Birthday

Everyone welcome - doesn't have to be your birthday. Celebrate February birthdays and enjoy the music and dancing with Doug Hawksworth. Leap Year babies, you are most welcome even though there is no February 29 this year.

Wednesday 6:30 - 8:30 pm

February 26

228048

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

Registration deadline for everyone is Friday, February 21 or when max seating reached.

Sweetheart Tea with Pianist Luke Sanford

Come as a couple! Come with a friend or friends! Come on your own! Either way, come and enjoy an engaging performance of original music along with Tin Pan Alley classics & Broadway favourites. Luke will take requests of Classic Rock, Jazz and Broadway tunes so do think of some songs you want to hear him play.

Thursday, 2:00 - 3:30 pm

February 20

Registration Fee: Tickets: \$10.00 members 225891 \$12.00 non-members

Monthly Movie - 42 (2013)

February's movie is **42 (2013)** starring Harrison Ford and Chadwick Boseman.

In 1947 Jackie Robinson became the first African American to play in Major League Baseball when he was signed by the Brooklyn Dodgers and faced considerable racism in the process. The title of the movie is a reference to his jersey number. Bring your own snacks.

Saturday, 1:30 pm

February 8

224394

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

Please send any movie suggestions to:

events@centuryhouseassociation.com

City of New Westminster Events

Meal Meet Ups (50+ years)

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

Century House 604-519-1066

Thursday, 6:00 - 8:00 pm

February 6 Black History Month

223170

təmasewítx Aquatic & Community Centre 604-777-5100

Thursday, 12:30 - 2:30 pm

February 20 Let's talk about love!

223173

Registration Fee: Free

Friday Night Fever: All that Glitters

(50+ years)

Come in your best glittery outfit and get ready to dance! There will be treats, group dances, and prizes while you enjoy music by Bridge City Sound Youth DJ Program. Coffee and tea included.

Century House

604-519-1066

Friday, 6:30 - 8:30 pm

February 21

223068

Registration Fee: \$5.00 members / \$6.00 non-members



Aloha Afternoon: A Taste of Hawaii

Join us for an unforgettable Aloha Afternoon at Century House! Celebrate the vibrant culture of Hawaii with friends, snacks, games and live performances. Experience the spirit of Aloha as we dive into the rhythms of the islands, and learn a few hula dance moves along the way! Whether you're familiar with Hawaiian traditions or discovering them for the first time, this is an afternoon of fun and celebration you won't want to miss.

Century House (Fir Room) **604.519.1066**
 Tuesday, 3:00 - 5:00 pm
 March 11
Registration Fee: \$6.00 **228051**

Karaoke

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

Century House **604-519-1066**
 Saturday, 1:30 - 3:30 pm
 February 22 **223202**
 March 29 **223203**
Registration Fee: \$2.00

50+ Social Skating

Try skating for the first time or get back into it! Coffee and treats provided. Skate rentals and helmets included.

Moody Park Arena **604-525-5301**
 February 18 **223062**
 March 11 **223063**
 Tuesday, 10:45 - 11:45 am
Registration Fee: \$2.00

Community Connections (50+ years)

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

Century House **604-519-1066**
 Monday, 3:00 - 5:00 pm
 Feb. 3 Get to Know Your Neighbour - games and prizes
 Feb. 10 Better Meals - Home delivered meals
 Feb. 17 Stat Holiday - No Community Connections
 Feb. 24 Home Instead - Carmen Smith, Home Care Consultant
Drop-in Fee: Free

Education & Programming

For the Family Record: Genealogy Recording and Scrapbooking Level 1

A workshop style presentation featuring a 150 page handbook which provides space for 5 generations of paternal/maternal lines of genealogy. This easy to use resource allows the user to organize facts, pictures, maps, memorabilia, documents and even recipes. No computer required. There is also room to include the details of your own life. Cost includes the handbook.

Facilitator: Marilyn Baudais.
Century House **604.519.1066**
 Friday, 10:00 - 11:30 am
 February 7
Registration Fee: \$25.00(book provided) **225691**
 Registration & Cancellation Deadline: February 4

Bring Your Own Device (BYOD)

This successful CHA program has been providing digital device support for close to 5 years. And in that time it has seen in the neighbourhood of 400 CHA members walk through its doors. So if you are having issues with your smartphone, laptop, tablet or want to make more effective use of your browser or email please sign up for the next BYOD. Volunteers will be on hand to help in finding answers.

Oak Room
 February 24
 10:00 - 11:00 am **Apple** **217778**
 11:00 am - 12:00 pm **Android** **217785**

Bring Your Own Questions (BYOQ)

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

Computer Room
 Wednesday, 10:00 am - 12:00 pm
 February 12
Drop-in Fee: Free **228107**



Becoming Sure-footed

Become more sure-footed and balanced in this workshop about feet. First half is information and education. Second half is experiential. Facilitator: Tanya Boucher.

Tuesday, 3:30 - 4:30 pm

February 11

Registration Fee: \$5.00 / class

223109

Public Snooker Drop-in (50+ years)

Drop-in and play snooker in the Maple Room. No CHA membership required.

Monday - Friday: 5:00 - 8:45 pm

Drop-in Fee: \$2.00

Women's Snooker

A social program for women to learn and practice snooker. Please register at the front office if you want to participate. No experience necessary.

Monday & Wednesday, 3:00 - 5:00 pm

Ongoing

Registration Fee: Free

214205

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.

Multipurpose Room

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

Bid Euchre

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

Birch Cedar Room

Tuesday, 1:00 - 4:00 pm

Bingo

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

Douglas Fir Room

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

BINGO cards are \$0.50 or 6 for \$2.50

50/50 tickets are \$1.00, cash only

Bridge

Declarer, dummy or defender, sharpen your game by joining us for "social" contract Rubber Bridge. We are an informal group and there is plenty of "discussion" during and after a hand is played. At this juncture this group is for people who have previously played bridge (novice to intermediate level). Contact Michael Luponio at 604-817-8851.

Oak Room

Tuesday, 1:00 - 4:00 pm

Canasta

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

Oak Room

Friday, 1:00 - 4:00 pm

Century Dragons

We are 50+ women who like to get on the water to share fitness, competition and team camaraderie. We practice in False Creek twice a week for an hour and a half.

centurydragons1@gmail.com.

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.

ABC Room

Monday, 1:00 - 3:00 pm

Annual Fee: \$10.00 per person

Century House Darts

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

Hemlock Room

Thursday, 1:00 - 3:00 pm

Century House Players

We will be starting mid-January. We will be doing improv games as well as discussing plans for the Spring production. More information is available by contacting Eileen, the artistic director, at emackenza@gmail.com.

Douglas Room

Thursday, 1:00 - 3:00 pm

Century House Quilters

If you are interested in joining the Quilting group, call Laura at 604-614-9806 add your name put on the waiting list!

Spruce Room

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

Century House Singers

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

Oak Room

Monday, 2:00 - 4:00 pm

Century House Squares

Singles and couples welcome, no special clothing required. Comfortable shoes, no black soles please.

Fir Room

Saturday, 11:30 am - 2:00 pm

Door-Fee: \$7.00

Century House Walkers

We take joy walking in the great outdoors, adding to our circle of acquaintances and visiting areas long since last seen or never before visited. Enjoy a stop for coffee or lunch after an outing for further socializing. For 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
Feb 7	Queen's Park/Friendship Garden	Walk ends with post - Christmas lunch social TBA.
Feb 14	Granville Island	#106/Skytrain to Science World and Granville Island
Feb 21	Deer Lake	Meet 9:15 at 8th St & 6th Ave
Feb 28	Central Park	#106 / Skytrain to Patterson Station
Feb 7	Queen's Park/Friendship Garden	Walk ends with post - Christmas lunch social TBA.

ADVISORY walk plans may change without notice due to weather.

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

Drop-in Fee: \$0.25/walk



Century House ZOOM Book Club

No previous book club experience is needed to join this group of interested and interesting readers. A group member has recommended a book for the February discussion. The group will meet online using Zoom on Monday, February 10 at 10:30 am. The size of the group may be limited by the availability of the books. New members are welcome. To join, send an email to zbc@centuryhouseassociation.com.

Program Facilitator: Jane Hicks

Monday, 10:30 am

February 10

Conversational French

We are individuals who come together to learn and speak French in a relaxed, non-judgmental setting. Suitable for all levels, however, some French comprehension would be helpful. All members are encouraged to participate as we speak, read, sing, and enjoy camaraderie while attempting to converse en français. Bienvenue! Pauline6587@gmail.com.

Cedar Room

Wednesday, 1:30 - 3:00 pm

Fee: \$12.00 annually

Conversational Spanish

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

Cedar Room

Wednesday, 3:30 - 5:00 pm (All levels are welcome)

Cribbage

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

Douglas Room

Monday, 1:00 - 3:30 pm

Buy-in: \$2.00

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

English Conversation Group

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

General Discussion Group

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

Arbutus Room

Tuesday, 11:00 am - 12:00 pm

Drop-in Fee: \$1.00

Learning Garden

With the end of the growing season the Garden/s formal meetings are now suspended until March, 2025.

For more information garden related, email garden20241@outlook.com.

Line Dancing 1

Registration is now closed. Participation fee is \$15.00 all sessions (payable in cash on the first day of class) For more info contact cibenson@shaw.ca

Fir Room

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

January 6 - March 24



Line Dancing 2

Registration is now closed. Line Dancing 2 is open to all levels of experience. Participation fee is \$15.00 for all sessions (payable first day of class) For more information contact patger@telus.net.

ABC Room

Tuesday, 7:00 - 8:30 pm

January 7 - March 25

Mahjong

Use strategy and skill with experienced players. If you are new to Mah Jong, schedule a lesson at the Century House front desk. Introductory lessons are available with limitations.

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 Thursday of each month from 9:30 - 10:00 am. To register, call the front desk at Century House. If you already know how to play, just drop-in. Please bring your own paddle and balls.

Multipurpose Room

Monday & Thursday 9:00 am - 12:30 pm

Readers Theatre

We take parts in reading a play. We meet on the 2nd and 4th Tuesday's of the month. For more information, please email judithhallanlake@gmail.com.

ABC Room

Tuesday, 7:00 pm

February 11 & 25

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. Snooker members can access the public playing times for no additional charge. Snooker fee have increased to \$50.00 as of January 2025.

Maple Room

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

Saturday: 9:30 - 3:45 pm



Seniors Embracing Technology (SET)

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

Douglas Room

Wednesday, 1:30 pm
February 26

Scrabble

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

Cedar Room

Friday, 1:00 - 3:00 pm

Table Tennis

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

Multipurpose Room

Tuesday, 9:00 am - 12:30 pm

Tuesday Crafts

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

Spruce Room

Tuesday, 12:30 - 2:30 pm

Ukulele (ZOOM)

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

Tuesday, 10:00 - 11:30 am

Use this link to join:

us02web.zoom.us/j/81543958630?pwd=tqwlaLq666Kt0toAk8j5c9wl8a2mpQ.1

ID: 815 4395 8630

Passcode: 819216

Ukulele

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

ABC Room

Thursday, 9:30 am - 12:00 pm

Wednesday Crafts

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

Spruce Room

Wednesday, 1:00 - 3:00 pm

Drop-in Fee: Free

Whist

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

Oak Room

Thursday, 1:00 - 3:00 pm

COMING IN MARCH

Totally Twain

Totally Twain, featuring vocalist Michelle Reid, provides a dazzling Shania Twain experience. Whether you join the line dancers, dance your own freestyle or just sit back and enjoy the music, you do not want to miss this tribute to a Canadian female superstar.

Wednesday, 6:30 - 8:30 pm

March 12

228049

Tickets: \$18.00 members / \$20.00 non-members

(Light snack, coffee/tea included)

Registration deadline Saturday, March 9 or when maximum seating is reached.

Bursary Committee Trivia Game

Are you able to name any musical activity groups that meet here at Century House? If so, you are good enough at trivia to compete in the next Bursary fundraiser! Host Kevin McKay will ask the questions in the easiest and most fun trivia competition ever held here! In addition to answering six rounds of questions with your teammates, you will try to identify the title and artist from 20 awesome songs (with bonus points for dancing to the music!). Bring your family and friends to this fun afternoon in support of a most worthy cause.

Fir Room

Wednesday, 1:00 - 3:00 pm

March 19

228050

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