

MARCH 2025

# Clarion

[centuryhouseassociation.com](http://centuryhouseassociation.com)



# HIGHLIGHTS

[Century House Association Website](#) ..... 4

[Connections Café](#) ..... 5

[Events](#) ..... 8

[BYOD](#) ..... 10

[Week at a Glance](#) ..... 12

[Bus Trips](#) ..... 18

[Spring 2025 Registered Programs](#) ..... 19

# GENERAL INFORMATION

## Cover Story - 2025 Century House Association Executive

The 2025 Century House Association Annual General Meeting has come and gone and we have a new Executive which includes an interesting mix of veterans and newcomers. Our Executive from left to right: Wendy Parry, Tim Hicks, Anne Ladouceur, Bill Harper, Helen Chambers, Sydney McGillis.

**President:** Anne Ladouceur: Joined CH in 2017; second term in this position. Anne also has a keen interest in the Events Planning Standing Committee and is involved with a variety of CH Activity Groups too numerous to mention; currently involved in moving the CH Strategic Plan process forward.

**Vice-President:** Bill Harper: Joined CH in 2023; second term as vice-president. In his first term, Bill spearheaded the CH participation in Hyack Parade and was instrumental in conceptualizing the need for a CH Strategic Plan. Bill was a long time City Councillor with a focus on senior’s issues which included close associations with CH.

**Secretary:** Tim Hicks: joined CH in 2014; second term as secretary. Tim is responsible for the 2018 development of the CH Website and for its ongoing maintenance. He played a significant role in the creation of the Seniors Embracing Technology (SET) support group and its offshoot Bring Your Own Device (BYOD). Also involved with the ongoing development of the CH Strategic Plan.

**Treasurer:** Sydney McGillis: joined CH around 2012: first term as treasurer. Over the years, Sydney introduced and facilitated CH Ted Talks as well as completed both CHAPS and LEADS training and has participated in a variety of CH Activity Groups. Sydney brings a wealth of accounting/financial experience to her new role as CHA Treasurer.

**Member at Large:** Wendy Parry: joined CH in 2019: first term as Member at Large. Wendy developed and led a series of CH online arts related courses during Covid as well involvement with the CH thrift and craft sales. She is an avid Century Dragon boater and has served on the executive of that group since 2020. Wendy has a special interest in promoting accessibility issues.

**Member at Large:** Helen Chambers: joined CH in 2018: first term as Member at Large. Wendy is an avid participant in exercise classes, line dancing and Ukulele and enjoys CH musical events, as well as Birthday Parties and Trivia Quiz events.

On behalf of the CHA members, the Executive is responsible for making high-level strategic decisions, setting policies and procedures, financial management, working with stakeholder communications, and participates in conflict resolution. It works in conjunction with City staff under the terms of the Memorandum of Understanding.



### Cancer Society Fundraiser

Stephen Holmes of the Century House Artists sold his artwork in the Century House Gallery for the month of February to raise money for the Cancer Society. At the time this article is written (February 19) Stephen has raised \$4335.00. Thank you to everyone who has purchased art and Congratulations Stephen Holmes on your success in raising money for a great cause!

### Subscribe to the Clarion online!

Visit the Century House Association website at [centuryhouseassociation.com](http://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.

## Century House

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

Email: [centuryhouse@newwestcity.ca](mailto:centuryhouse@newwestcity.ca)

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

### Century House Parking Considerations

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

### 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](http://newwestcity.ca/parks-and-recreation/access-and-inclusion/sb_expander_articles/973.php) for more information or inquire at the Century House front desk.

Exciting New Position Available - CHA Executive Member-at-Large.

At the 2025 AGM, the membership voted to add a 3rd member-at-large to the Century House Association Executive. Could that be you? Member-at-Large Duties & Responsibilities (see Handbook 2024 A.5/ p.7)

- a. Attends Executive and Chairpersons' meetings as well as the AGM.
- b. Serves as CHAE liaison to designated groups and activities.
- c. Assumes the CHAE meetings secretarial duties in the absence of the Secretary.
- d. Assumes tasks and responsibilities as requested by the President and/or the CHAE.

If interested or for more information, contact [president@centuryhouseassociation.com](mailto:president@centuryhouseassociation.com) by Friday, March 14.

### Century House Information Tour (New Members)

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

Tuesday, 11:00 am - 12:00 pm

March 25

228062

Wednesday, 1:00 - 2:00 pm

April 23

229172

Wednesday, 5:30 - 6:30 pm

May 25

229175

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

## COMMUNICATIONS

### Century House March Chairpersons Meeting

The Chairperson's meetings are open to CHA members but as observers only. Please contact [secretary@centuryhouseassociation.com](mailto:secretary@centuryhouseassociation.com) by the previous Thursday if you would like to attend. (These monthly meetings are always scheduled for the first Wednesday of the month.)

#### ABC Room

Wednesday, 10:00 am - 12:00 pm

March 5

### Seniors Community Connector for the City of New Westminster

The Community Connector, through the Social Prescribing Program, works to support seniors to access non-medical resources and community services. If you or someone you know needs support in accessing programs for physical activity, nutrition/food security, social programs services, mental wellness, activities of daily living, or other supports to enhance health and well-being, please contact Judy Venable at [jvenable@newwestcity.ca](mailto:jvenable@newwestcity.ca) or call 778-312-1511.

### Youth Services in search for: Donated Record Player

To assist with a new Youth Services music program, Youth Services is in need of a record player. So if you have one to donate please contact Val McKinnon at [vmckinnon@newwestcity.ca](mailto:vmckinnon@newwestcity.ca)

### 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](http://centuryhouseassociation.com).

### Century House Association Facebook

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

Here's the link: [facebook.com/CHANewWest](https://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](https://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.



### 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 1st.**

Monday - Friday 10:00 am - 8:00 pm

Saturdays 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.

## 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.

## Good News Story from the Senior Services Society

An 87 year-old woman named Anna\* rented an apartment in Burnaby for 28 years. The landlords were an older couple. When the husband died, his wife gave Anna notice to vacate as she was going to sell the unit. Despite her best efforts, Anna could not find suitable accommodation, so she started living in her car. She was extremely fearful for her safety, not to mention concerned about winter fast approaching.

After being referred to Seniors Services Society by another organization, the team did a thorough assessment, and she was placed into a Rapid Access Unit. The next morning, she was at our office, filled with gratitude for having slept in a bed the previous night. Within two days, we were able to get her into our Temporary Housing and soon after she was accepted into a permanent, affordable housing unit in Vancouver with one of our partners. She was excited to move into her new home in time for Christmas.

(source: SSS newsletter The Beat) \*name changed to protect privacy.

## Wise Words from Anthony Hopkins

Anthony Hopkins once said: "I am fully aware of my mortality, but at 87 years old, I still wake up every morning with the desire to misbehave. Age is not a barrier when you find passion in what you do. The real secret lies in keeping your curiosity alive, continuing to learn, and not letting the fear of time stop you from enjoying life. Every day is a new opportunity to create, to laugh, and to show that it is never too late to move forward with enthusiasm and joy." Submitted thanks to Colleen Gorrie!



## Interview with the NWPD's Chief Constable

Paul Hyland was officially appointed New Westminster Police Department's chief constable in January 2025 after serving as acting police chief since June 2024. His service with the Department dates back to 1996 when he signed on as a beat cop. According to the Chief, New West was a "very different community" than it is today. To get his perspective on policing in New West in 2025, especially when it comes to seniors, the Clarion conducted the following interview.

### Briefly, what do you consider to be the most effective style of policing for New Westminster?

Public safety and community service are some of my top priorities. Improving community safety in New Westminster includes a police department that is accessible, responsive, and engaged with the people we serve. In an emergency, you can count on us. We are here for you 24/7, 365 days a year. Outside of emergency response, we want to hear from you. Your safety concerns matter, and we are committed to working together to build stronger relationships and a safer community for everyone.

### With a focus on the seniors demographic (16% of the total NW population): where does that focus fit in terms of NWPD priorities?

Seniors are a vital part of our community, and their safety and well-being are integral to our policing priorities. We recognize that seniors may face unique challenges, including fraud and scams, elder abuse, mobility concerns, and feelings of isolation. That's why we are committed to proactive engagement, ensuring that seniors feel safe, supported, and heard.

Listening to our community is at the core of what we do, and we value the input of our senior population in shaping our services. Through outreach, education, and partnerships with community organizations, we aim to provide policing that is not only responsive but also compassionate and accessible to all.

### What are some of the specific NWPD initiatives directed towards keeping seniors safe?

Unfortunately, seniors are often targeted by criminals, particularly through fraud, scams, and theft. We are committed to protecting seniors by encouraging victims to come forward, so we can investigate, hold offenders accountable, and prevent further crimes. Additionally, our Community Engagement Unit connects with seniors through in-person events, building relationships and sharing valuable crime prevention strategies.

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

# 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](http://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, on the phone 604-519-1023, or

[chvolunteer@newwestcity.ca](mailto:chvolunteer@newwestcity.ca).

# 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 for coffee and sharing and support. This is a drop-in and registration is not necessary.

### Douglas Room

Tuesday, 1:00 - 3:00 pm

March 4

## Care for the Caregivers - ZOOM

Almost one quarter of Canadian women and close to 20% of men provide unpaid care to adults with long-term conditions or disabilities (StatsCan). The strain can leave those caregivers feeling isolated, exhausted, anxious and isolated. But you are not alone. Century House through its Care for Caregivers Series is offering the next five week series ZOOM program open to caregivers 50+ which will allow participants to take a weekly break and together share experiences, access information and resources and have fun. A ZOOM invitation link will be emailed prior to each session. Please register using the link below.

Tuesday, 1:30 - 2:30 pm (Zoom opens at 1:00 pm)

March 4 - April 1

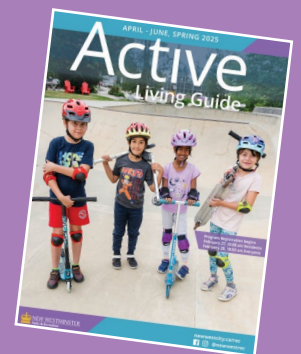
**Registration Fee: Free**

[us02web.zoom.us/meeting/register/tZEsfu2hrT4tH9Pmoyoqr4mFhxD9HnWz09Wy](https://us02web.zoom.us/j/64810612345)

Passcode: 464329

## CITY OF NEW WESTMINSTER PROGRAMS & SERVICES

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



Century House Webpage  
[centuryhouseassociation.com](http://centuryhouseassociation.com)

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

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

## 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)  
March 20*

## Century House Association Peer Support (CHAPS)

Feeling blue, lonely, Covid-anxious, and/or grieving, then the Peer Support team is here to provide you with 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. We are so excited to welcome our 8 newest Peer Support Volunteers. We now have 18 CHAPS volunteers walking alongside older adults seeking support and empowerment as they navigate a troublesome time in their life. Thank you to the Century House Association for funding this training!

## Reminder: CHAPS Needs Your Help

CHAPS relies entirely on donations and grants for its funding and the uncertainty of those sources can make life for the program precarious. A donation to CHAPS is tax deductible and with the start of the new tax season, you might want to consider making your donation now instead of waiting until the end of 2025. Or you might want to make monthly contributions. The most efficient way of donating is online through [Canadahelps.ca](http://Canadahelps.ca). Once on the site enter Century House into the search box and choose Senior Peer Counselling then enter the donation amount. Alternatively, you can write a check payable to Century House Association-CHAPS and drop it off at the CH front desk. Your support is essential to keeping this critical support program alive and well. Contact: 778-882-2472 or 604-519-1064 ext 1. Or email: [chaps.connect@gmail.com](mailto:chaps.connect@gmail.com).

## Parkinson's Support Group

Our group welcomes all persons with Parkinson's Disease as well as their care partners.

At our meetings we welcome speakers who specialize in Parkinson's disease or have an open discussion covering issues that are currently the minds of our members. We also have a specialized fitness class for persons with PD. For more information, call Kathy at 604-258-9074.

### Oak Room

*Wednesday, 10:00 am - 12:00 pm  
March 19*



## 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](mailto:lola.jecmenica@purposesociety.org). Find out more at [digitalinclusionproject.org](http://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

At our next meeting Judy Venable, Program Coordinator, Seniors Community Connector program at Century House will speak about connecting seniors to needed resources. In addition, Gary Steeves, a social worker with low vision will talk about guide dogs and the process of getting and working with one.

### Oak Room

*Tuesday, 10:00 am - 12:00 pm  
March 4*

## Notable 90s

Hello to all of you who are 90 years or more. Please come and join the group for an afternoon filled with relaxation and exercise all rolled into one. Our guest will be Beate Gudmundson who will teach us about and lead us in Chair Yoga. Afterward, stay for conversation with your fellow participants and enjoy coffee/tea and treats. We look forward to seeing you all. Newcomers welcome!

### Oak Room

*Wednesday, 1:30 - 3:00 pm  
March 19*

# 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](mailto: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](mailto: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.

### March Birthday Party

Everyone welcome - doesn't have to be your birthday. Come celebrate March birthdays and enjoy the music and dancing with Sheryl Greenfield. Specify Cake or Diabetic Option when registering.

Wednesday 6:30 - 8:30 pm

March 26

229191

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

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

### Monthly Movie - The Leisure Seeker (2017)

March's movie is The Leisure Seeker (2017) comedy drama starring Donald Sutherland and Helen Mirren. Travelling in their faithful old RV they call "The Leisure Seeker" John and Ella Spencer take one last road trip from Boston to the Hemingway House in the Florida Keys before his Alzheimer's and her cancer can catch up to them. Bring your own snacks. Please send any movie suggestions to [events@centuryhouseassociation.com](mailto:events@centuryhouseassociation.com).

ABC Room

Saturday, 1:30 pm

March 8

224394

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

### 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. Light snack, coffee/tea included.

Wednesday, 6:30 - 8:30 pm

March 12

228049

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

Registration deadline Saturday, March 9 or when max seating 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 worthy cause.

Fir Room

Wednesday, 1:00 - 3:00 pm

March 19

228050

**Registration Fee: \$8.00 members  
\$10.00 non-members.**







## 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

March 6 *International Women's Day* **223171**

March 20 *QCC Community Dinner* **223174**

**Registration Fee: Free**

### Saddle Up! Country Special Event

(50+ years)

Join us for an inclusive and interactive country theme event presented by Langara College Recreation Leadership students. Experience a photo booth, various table activities, line dancing, refreshments, and much more! This event is accessible to all; we can't wait to see you there!

Friday, 6:00 - 8:00 pm

March 28

**Registration Fee: \$6.00** **229190**

### Friday Night Fever: St. Patrick's Day

(50+ years)

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

**Century House, Fir Room** **604-519-1066**

Friday, 6:30 - 8:30 pm

March 21

**223069**

**Registration fee: \$5.00 members / \$6.00 non-members**

### Aloha Afternoon: A Taste of Hawaii

(50+ years)

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 (50+ years)

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

March 29

**Registration Fee: \$2.00** **223203**

### 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**

Tuesday, 10:45 - 11:45 am

March 11

**Registration Fee: \$2.00** **223063**

### Community Connections (50+ years)

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

**Century House, Dining Room/Lounge** **604-519-1066**

Monday, 3:00 - 5:00 pm

**Drop-in Fee: Free**

## Education & Programming

### For the Family Record: Genealogy Recording & Scrapbooking - Level 2

This workshop is for those who have already attended Level 1 and have the handbook 'FOR THE FAMILY RECORD'. It will focus on sharing your progress, your successes, possible challenges, sources of research (bring along your sources) and scrapbooking methods for a new approach to Genealogy! This will be an opportunity to share with your peers what you have accomplished so far. Bring your handbook and any supplies. Facilitator: Mara Baudais

Monday, 10:00 - 11:30 am

March 31

Registration Fee: \$5.00

229068

### Call for Participants: Seniors Week 2025 Video Project

We are creating a special video project for Seniors Week and invite you to be part of it! Whether you would like to share your story on camera, help shape the project, assist with filming, or contribute to editing, there's a role for everyone. No experience is needed - just a willingness to participate, connect, and inspire!

Century House

604-519-1066

Saturday, 10:00 - 11:00 am

March 15 - April 19

Registration Fee: Free

228992

### Scam Awareness Presentation with the CRA

A representative from Canada Revenue will be here to go through the most common scams they come across, and how to recognize and avoid them. There will be a Q&A at the end of the presentation, so come ready with your questions.

Thursday, 1:30 - 3:00 pm

March 20

Registration Fee: Free

229066

### 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

229503



### 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

10:00 - 11:00 am

Apple

217778

11:00 am - 12:00 pm

Android

217785

March 24

### 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

March 12

Drop-in Fee: Free

229052

### Learn & Play: Rummikub (50+ years)

Come and join our Rummikub session, where you can learn this exciting tile-based game that combines elements of rummy and mahjong! Easy to pick up and fun to play, Rummikub challenges you to arrange numbered tiles into sequences and groups - perfect for sharpening your mind while enjoying a friendly match with others. No cash prize.

tāmasewtx™ Aquatic & Community Centre 604-777-5100

Tuesday, 9:00 am - 12:00 pm

March 4, 11, 18

Free Workshop

### Learn & Play: Mahjong (50+ years)

Discover the fascinating game of Mahjong in a relaxed, social setting! Join us to learn the rules and strategies, or just play for fun with friends. New players and experienced hands are all welcome! No cash prize.

Queensborough Community Centre

604-525-7388

Wednesday, 9:00 - 11:00 am

March 5, 12, 19, 26

Free Workshop

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	
<b>All Century House fitness classes are ongoing</b>			<b>*Fitness centre not available when class is in session</b>		

## DROP-IN FITNESS

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

### Reserved Drop-in Fee structure:

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

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

## Fitness Centre

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



## 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

## WEEK AT A GLANCE

**Monday**

- 9:00 - 12:00 Quilting (Spruce)  
 9:00 - 12:30 Pickleball Spring Break Hours (Multipurpose) (Mar 17 & 24)  
 9:00 - 2:30 Pickleball (Multipurpose) (Mar 3, 10 & 31)  
 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) (Mar 3 - 24)  
 9:30 - 10:30 Active & Able Fitness (note new name) Reserved Drop-in (Douglas/Fir) (Mar 31)  
 9:30 - 12:00 CHA Executive Meeting (the Cottage) (Mar 17)  
 10:00 - 11:00 BYOD Bring Your Own Device - Apple (Oak) (Mar 24)  
 10:30 Zoom Book Club (Zoom) (Mar 10)  
 11:00 - 12:00 BYOD Bring Your Own Device - Android & PC (Oak) (Mar 24)  
 11:00 - 12:00 Mild Light Exercise Reserved Drop-in (ABC) (Mar 3 - 24)  
 11:00 - 12:00 Gentle Fit (ABC) (Mar 31) (Note name change)  
 11:00 - 12:00 Yoga Reserved Drop-in (Douglas/Fir)  
 12:20 - 2:40 Line Dancing 1 (Fir) (Mar 21 - Jun 16)  
 12:30 - 1:30 Get Up & Go (Oak) (Feb 10 - Mar 13) & (Mar 17 - 27)  
 12:30 - 2:30 Acrylic/Gouache Painting (Spruce) (Jan 6 - Mar 10)  
 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 - 4:30 Community Connections (Lobby)  
 3:00 - 5:00 Drawing (Spruce) (Jan 6 - Mar 10)  
 3:00 - 5:00 Women's Snooker (Maple)  
 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 - 12:30 Table Tennis Spring Break Hours (Multipurpose) (Mar 18 & 25)  
 9:00 - 2:30 Table Tennis (Multipurpose) (Mar 4 & 11)  
 9:00 - 12:30 Conversation Class Round Table Spring Break Hours (YC Lounge) (Mar 18 & 25)  
 9:00 - 12:30 Conversation Class Round Table Spring Break Hours (YC Lounge) (Mar 18 & 25)  
 9:00 - 2:30 Conversation Class Round Table (YC Lounge) (Mar 4 & 11)  
 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) & (Mar 18 - 25)

- 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 4)  
 10:00 - 12:00 Watercolour Beginner (Spruce) (Jan 7 - Mar 11)  
 10:45 - 11:45 Mobility & Strength Fitness Reserved Drop-in (Douglas/Fir)  
 10:45 - 11:45 50+ Social Skating (Moody Park Arena) (Mar 11)  
 11:00 - 12:00 General Discussion Group (Arbutus)  
 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) (Mar 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) (no class Mar 4)  
 2:30 - 4:30 Dragon Boating AGM (Douglas) (Mar 18)  
 3:00 - 4:00 Parkinson's Exercise Program (Fir) (Jan 7 - Mar 7)  
 3:00 - 5:00 Aloha Afternoon: A Taste of Hawaii (Fir) (Mar 11)  
 3:00 - 5:00 Century House Artists Drop-in (Spruce)  
 5:00 - 8:45 Public Snooker Drop-in (Maple)  
 5:15 - 6:15 Try It! Zumba Toning Reserved Drop-in (Douglas/Fir)  
 5:30 - 7:30 Conversational Japanese Lessons (Oak) (Jan 14 - Mar 18)  
 6:00 - 8:30 Alzheimer Support Group (Spruce) (Mar 18)  
 6:30 - 7:30 Stretch Reserved Drop-in (Fir)  
 6:30 - 8:30 Pottery Intermediate Adult (Pottery Room) (Jan 7 - Mar 11)  
 7:00 - 8:30 Line Dance 2 (ABC) (April 1 - June 17)  
 7:00 - 8:30 Reader's Theatre (Spruce) (Mar 11 & 25)

**Wednesday**

- 9:00 - 12:30 Badminton Spring Break Hours (Multipurpose) (Mar 19 & 26)  
 9:00 - 2:30 Badminton (Multipurpose) (Mar 5 & 12)  
 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) (Mar 5 - 12) & (Mar 19 - 26)  
 9:30 - 12:00 CHAPS Peer Support Meeting (ABC) (Mar 12 & 26)  
 10:00 - 12:00 Art Fun with Mixed Media (Spruce) (Jan 15 - Mar 5)  
 10:00 - 12:00 Century House Association Chairpersons Meeting (Mar 5)  
 10:00 - 12:00 Parkinson's Support (Oak) (Mar 19)  
 11:00 - 12:00 Mild Toning Reserved Drop-in (Douglas)  
 11:00 - 12:00 Fitness Centre Circuit 50+ (Fitness Centre) (Feb 12-Mar 12) & (Mar 19 - 26)

- 11:00 - 12:00 Yoga Reserved Drop-in (Fir)  
(demonstrated from a chair)
- 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 Bursary Committee Trivia Game (Fir) (Mar 19)
- 1:00 - 3:00 Wednesday Crafts (Spruce)
- 1:30 - 3:00 Conversational French (Cedar)
- 1:30 - 3:00 SET Seniors Embracing Technology Meeting  
(Douglas) (Mar 26)
- 1:30 - 3:30 Notable 90's (Douglas) (Mar 19)
- 1:45 - 3:15 Ukulele - Level 2 (Oak) (Jan 8 - Mar 12)
- 2:00 - 3:00 ActivAge (Arbutus/Birch) (Jan 22 - Mar 26)
- 3:00 - 4:00 Choose to Move (Arbutus/Birch)  
(Jan 22 - Mar 26)
- 3:00 - 5:00 Women's Snooker  
(not available when classes in session)
- 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 - 8:30 City of New Westminster Planning / Land Use  
& Housing Event (Fir) (Mar 5)
- 6:30 - 8:30 March Birthday Party (Douglas/Fir) (Mar 26)
- 6:30 - 8:30 Pottery Intermediate Adult (Pottery Room)  
(Jan 8 - Mar 12)
- 6:30 - 8:30 Totally Twain (Douglas/Fir) (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 - 12:30 Pickleball Spring Break Hours (Mar 20 & 27)
- 9:00 - 2:30 Pickleball (Multipurpose) (Mar 6 & 13)
- 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) (Mar 20)
- 11:00 - 12:00 Fit Fellows (Fir) (Jan 9 - Mar 13)
- 11:00 - 12:00 Fit Fellows Spring Break Mini Course (Fir)  
(Mar 20 - 27)
- 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) &  
(Mar 20 - 27)
- 12:30 - 1:30 Get Up & Go (Oak) (Feb 10 - Mar 13) &  
(Mar 17 - 27)
- 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) &  
(Mar 20 & 27)
- 2:30 - 3:30 Learning Garden Meeting (Birch/Cedar)  
(Mar 20)
- 5:30 - 7:00 Volunteer Info Session - Adults (ABC) (Mar 27)

- 5:00 - 8:45 Public Snooker Drop-in (Maple)
- 6:00 - 8:00 IWD Dinner (Fir) (Mar 6)
- 6:00 - 8:00 Meal Meet Up - International Women's Day  
(Douglas/Fir) (Mar 6)
- 6:00 - 8:00 Meal Meet Up - Social Dinner (QCC) (Mar 20)
- 6:30 - 8:30 Pottery Beginner Adult (Pottery Room)  
(Jan 9 - Mar 13)

**Friday**

- 9:00 - 12:30 Badminton Spring Break Hours  
(Multipurpose) (Mar 21 & 28)
- 9:00 - 2:30 Badminton (Multipurpose) (Mar 7 & 14)
- 9:00 - 12:30 Conversation Class Round Table Spring Break  
Hours (YC Lounge) (Mar 21 & 28)
- 9:00 - 2:30 Conversation Class Round Table (YC Lounge)  
(Mar 7 & 14)
- 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 - 12:00 Watercolour Painting Drop-in (Spruce)
- 11:00 - 12:00 Fitness Centre Circuit (Fitness Centre)  
(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/Advanced (Spruce)  
(Jan 10 - Mar 14)
- 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) (Feb 21 - Mar 14)
- 4:15 - 5:15 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)
- 6:00 - 8:00 Saddle up! Langara Student Event (Douglas/Fir)  
(Mar 28)
- 6:30 - 8:30 Friday Night Fever (Douglas/Fir) (Mar 21)

**Saturday**

- 9:00 - 2:30 Fitness Centre Drop-in
- 9:00 - 12:30 Table Tennis Spring Break Hours  
(Multipurpose) Mar 22 & 29
- 9:00 - 2:30 Table Tennis (Multipurpose) (Mar 1, 8 & 15)
- 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 or ABC)
- 12:00 - 4:00 Disability Tax Credit Workshop (Douglas/Fir)  
(Mar 1)
- 1:30 - 3:30 Karaoke (ABC) (Mar 29)
- 1:30 - 4:00 Monthly Movie (ABC) (Mar 8)
- 6:30 - 10:30 Jazz Cats Social Swing Dance (Douglas/Fir) (Mar 22)

## 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 [CHBidEuchre@gmail.com](mailto: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](mailto: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

**Fee: \$10.00 Annually**

### 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](mailto:CHDartsGroup@gmail.com).

#### Hemlock Room

Thursday, 1:00 - 3:00 pm

### Century House Players

The first hour is devoted to improv games, all are welcome. The second hour is for rehearsing the play entitled "A Wary Wooing", a romantic comedy thriller, scheduled for production in late May. Production help is also needed. If interested in joining us please contact Eileen at [emackenza@gmail.com](mailto:emackenza@gmail.com).

#### Douglas Room

Thursday, 1:00 - 3:00 pm

### Century House Quilters

If you are interested in joining the Quilting group, please call Laura at 604-614-9806 to have 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](mailto:debbietommila@hotmail.com) 604-526-4776 or Lesley Hebert [lesleyh@shaw.ca](mailto: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/](http://centuryhouseassociation.com/activity/walkers/)

Meet at 6th & 6th Royal City Mall entrance at 9:30 am unless otherwise indicated.

Date	Destination	Details
Mar 7	False Creek North	Science World to English Bay
Mar 14	Port Royal Queensborough	Walk to 22nd St. Stn. Catch 104 to Port Royal. Return by Q to Q ferry.
Mar 21	Fraser Foreshore Park East	101 bus to 22nd St. skytrain bus loop. 100 bus to Patterson.
Mar 28	Brunette River	Bus to Cariboo Place, walk along Brunette River to Sapperton (longer walk)

**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. 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](mailto:zbc@centuryhouseassociation.com).

Program Facilitator: Jane Hicks

Monday, 10:30 am

March 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](mailto:Pauline6587@gmail.com).

**Cedar Room**

Wednesday, 1:30 - 3:00 pm

**Fee: \$12.00 annually**

### Conversational Spanish

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

**Cedar Room**

Wednesday, 3:30 - 5:00 pm

### Court Whist

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

**Arbutus Room**

Tuesday, 1:00 - 3:30 pm

**Drop-in Fee: \$2.00**



## Cribbage

We have 4 cash prizes and play 6 games. Contact the Century House front desk for more information.

### Douglas Room

Monday, 1:00 - 3:30 pm

Buy-in: \$2.00

## English Conversation Group

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

## General Discussion Group

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

### Arbutus Room

Tuesday, 11:00 am - 12:00 pm

Drop-in Fee: \$1.00

## Learning Garden

The Garden/s formal meetings will continue in March. For more information garden related, email

[garden20241@outlook.com](mailto:garden20241@outlook.com).

Thursday, 2:30 - 3:30 pm

March 20

## Line Dancing 1

Registration for the next session is on the first day of classes March 31. You may register for only one time slot. Participation fee is \$15.00 payable in cash on the first day of class. For more information contact Coreen at 604-521-4997.

### Fir Room

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

March 31 - June 16

## 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](mailto:patger@telus.net).

### ABC Room

Tuesday, 7:00 - 8:30 pm

April 1 - June 17

## Mahjong

Use strategy and skill with experienced players. If you are new to Mahjong, schedule a lesson at the Century House front desk. 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](mailto: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 - 2:30 pm

## Readers Theatre

Readers Theatre Activity Group meets on the 2nd and 4th Tuesday of each month. Have some fun taking on a role and reading out loud. For more information, email [judithallanlake@gmail.com](mailto:judithallanlake@gmail.com).

### ABC Room

Tuesday, 7:00 pm

March 11 & 25

## Seniors Embracing Technology (SET)

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

### Douglas Room

Wednesday, 10:00 - 11:30 am

March 7





## Snooker

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

### Maple Room

Monday - Friday: 9:00 am - 3:00 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. Drop in or contact [ibhedin@gmail.com](mailto: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 & Saturday, 9:00 am - 2:30 pm

## Tuesday Crafts

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

### Spruce Room

Tuesday, 12:30 - 2:30 pm

## Ukulele

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

### ABC Room

Thursday, 9:30 am - 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/81543958630?pwd=tqw1aLq666Kt0t0Ak8j5c9wl8a2mpQ.1](https://us02web.zoom.us/j/81543958630?pwd=tqw1aLq666Kt0t0Ak8j5c9wl8a2mpQ.1)

ID: 815 4395 8630

Passcode: 819216

## Wednesday Crafts

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

### Spruce Room

Wednesday, 1:00 - 3:00 pm

Drop-in Fee: Free

## Whist

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

### Oak Room

Thursday, 1:00 - 3:00 pm

## BUS TRIPS

### Bus Trip Registration Information

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

### Bus Trip Cancellation Policy

Please take note of our new bus trip cancellation policy:

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

### Museum of Anthropology & 3-Course Lunch

Spend the morning exploring the beautiful Museum of Anthropology at UBC. The current exhibit is 'To Be Seen, To Be Heard', a multimedia exhibition of large-scale archival photographs and film clips of First Nations in the years 1900-1965, in addition to their exhibits on First Nations art, pottery, weaving, and more. You will then enjoy lunch at Four Olives, a Mediterranean fusion restaurant with great reviews. Lunch is a set 3-course menu with your choice of main. Most dietary concerns can be accommodated. Trip fee is all-inclusive.

Not wheelchair accessible.

*Tuesday, 9:00 am - 2:30 pm (dependent on traffic)*

*March 18*

**Registration Fee: \$84.00**

**229044**

*Registration date: February 28*

### Tulips & Harrison Hot Springs with Joy Brown

Welcome Spring with a visit to the Harrison Tulip Festival. Visit Minter Country Gardens an 18-acre destination garden store and their boutiques. Stop to taste cheese and visit the goats at Farmhouse cheeses where all the cheeses are made from their own cow and goat milk. Walk amongst 10 million colourful tulips at the Harrison Tulip Festival overlooking beautiful Mt Cheam. Lunch and dessert are served in Harrison Hot Springs overlooking the lake.

Not wheelchair accessible

*Friday, 9:15 am - 4:30 pm*

*April 25*

**Registration Fee: \$148.50**

**229046**

*Registration day: March 28*

## COMING IN APRIL

### K-Tel Classics with Dan Hare

A fun show where you can sing along and/or dance to your favourite 70s AM Radio Hits. Light snack, coffee/tea included.

*Wednesday, 6:30 - 8:30 pm*

*April 16*

**229189**

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

*Registration deadline Saturday, April 12 or when max seating reached.*

### Time for Change (T4C) is Back

#### BC Seniors Advocate Dan Levitt Returns to Century House

The Time for Change group in 2023/24 organized and presented a Century House series of speakers and workshops focused on how seniors can participate in advocating for change on those issues that affect our daily lives. Those events featured a documentary filmmaker, a 92 year old social activist, and afternoon with the first BC Seniors Advocate, Isobel Mackenzie, and culminated with a Town Hall on the unaffordable housing crisis.

A new event is now planned for early April featuring the current BC Seniors Advocate, Dan Levitt, who has assumed the task of keeping seniors related issues front and centre with both the public and the provincial government. He has extensive experience in the areas of senior-living, long-term care homes as well as innovations related to living with dementia. His current seniors' related to-do list involves: health care, community supports, housing, transportation, income support, safety and family caregivers. Dan has occupied the Seniors Advocate office for close to a year and he will talk about what he has learned and where he wants to go. So join us for what is shaping up to be an inspiring and informative Century House event.

Seniors have both the right and obligation to make themselves heard. Registration required at the Century House front desk.

**Century House, ABC Room**

*Friday, 2:00 - 4:00 pm*

*April 4*

**229185**

This program is available in person or online. Please register using the like below if you would like to attend via ZOOM.

[us02web.zoom.us/meeting/register/5LoR1kcnTAW7dVm5vFDggw](https://us02web.zoom.us/j/823528)

**Passcode: 823528**



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



## SPRING 2025

## Arts

**Pottery – Beginner (18+ years)**

For those with no previous experience, or who would like a refresher on the fundamental basics of hand building. Students are encouraged to bring ideas for tableware items and other projects. All firings are included. Clay is extra and can be purchased through the studio.

Instructor: Simone Adams.

**Century House**

**604-519-1066**

*Thursday, 6:30 - 8:30 pm*

*April 3 - June 5*

**Registration Fee: \$168.00 / 10 classes**

**227538**

**Pottery – Intermediate (18+ years)**

Build on your pre-existing skill set and expand your knowledge of hand building pottery. Explore different techniques, more complicated forms and designs, with the intention of elevating and refining your work and skills. All firings are included. Clay is extra and can be purchased through the studio. Prerequisite: Pottery - Beginner.

Instructor: Simone Adams.

**Century House**

**604-519-1066**

*Tuesday, 6:30 - 8:30 pm*

*April 1 - June 3*

**227539**

*Wednesday, 6:30 - 8:30 pm*

*April 2 - June 4*

**227540**

**Registration Fee: \$168.00 / 10 classes**

**Pottery (50+ years)**

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

**Century House**

**604-519-1066**

*Tuesday, 12:30 - 2:30 pm*

*April 1 - June 3*

**Registration Fee: \$161.00 / 10 classes**

**227541**

**Watercolour – Intermediate & Advanced (50+ years)**

Follow demonstrations, individual guidance, and critiques to create several watercolour pieces. For experienced watercolour artists. Suggested supply list provided at registration. Instructor: Peri Nilan.

**Century House**

**604-519-1066**

*Friday, 12:30 - 2:30 pm*

*April 25 - June 27*

**Registration Fee: \$140.00 / 10 classes**

**227263**

**Watercolour – Beginner (50+ years)**

From realism to abstraction, develop creative practices using watercolour. Suggested supply list will be available at registration, please bring any supplies that you have to the first class. Instructor: Peri Nilan.

**Century House**

**604-519-1066**

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

*April 22 - June 24*

**Registration Fee: \$140.00 / 10 classes**

**227265**

**Art Inspiration: Monet (50+ years)**

Gain an introduction to the world of Claude Monet. Study his work and create a masterpiece inspired by The Water Lily Pond or Impression Sunrise. Instructor: Pauline Tiongson.

**təmәsәwtx™ Aquatic & Community Centre 604-777-5100**

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

*April 11 - June 6 (no class May 16)*

**Registration Fee: \$110.00 / 8 classes**

**227268**

**Repurposed Art (50+ years)**

Transform everyday objects or discarded items into unique and meaningful art pieces. Discover the world of upcycling and give new life to materials destined for recycling or trash. Instructor: Pauline Tiongson.

**təmәsәwtx™ Aquatic & Community Centre 604-777-5100**

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

*April 7 - May 26*

**Registration Fee: \$110.00 / 8 classes**

**227269**

**Pencil Crayons (50+ years)**

Practice layering, shading, creating form in 3D, still life, burnishing, changing the value of colour, and more. A class for total beginners, returning students, and those with some experience. Instructor: Mimi Kemball.

**Century House**

**604-519-1066**

*Monday, 3:00 - 4:30 pm*

*April 28 - June 23 (no class May 19)*

**Registration Fee: \$103.00 / 8 classes**

**227251**



**Acrylic Painting (50+ years)**

Learn the steps to create a successful painting. Demonstration and practice will include colour mixing, brush strokes, blending techniques, and more. Experienced gouache painters welcome to attend, instruction and demonstration will be in acrylic. Please bring supplies to the first class. Suggested supply list available at registration. Instructor: Peri Nilan.

**Century House** **604-519-1066**  
 Monday, 12:30 - 2:30 pm  
 April 28 - June 23 (no class May 19)  
**Registration Fee: \$112.00 / 8 classes** **227247**

**Drawing & Painting Art Cards (50+ years)**

Create your own hand made art cards or post cards. Instruction will include suggestions for layout, basic lettering techniques and how to add colour with watercolour or coloured pencils. Bring supplies to first class. Suggested supply list available from Century House. Instructor: Peri Nilan.

**Century House** **604-519-1066**  
 Monday, 3:00 - 5:00 pm  
 April 28 - June 23 (no class May 19)  
**Registration Fee: \$112.00 / 8 classes** **227253**

**Urban Sketching Techniques with Ink & Watercolour (50+ years)**

Typically done on location, urban sketching covers a variety of subjects, from tabletop items and people to pets, natural elements, and street scenes. Practice pen and ink drawing, review basic perspective, and enhance sketches with loose watercolour washes. Reference images provided, but you're welcome to bring your own. Suggested supply list available at Century House. Instructor: Peri Nilan.

**Century House** **604-519-1066**  
 Thursday, 12:30 - 2:30 pm  
 April 24 - June 26  
**Registration Fee: \$140.00 / 10 classes** **227258**

**Photography Nature Walks (50+ years)**

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

**Century House** **604-519-1066**  
 Thursday, 10:00 am - 12:00 pm  
 May 15 - June 12  
**Registration Fee: \$73.50 / 5 classes** **227203**

**Transforming Textiles (50+ years)**

Learn how to upgrade or repair your clothing through a variety of applications including embroidery, clever repairs, dyes and more. Supply list provided at time of registration.

**Century House** **604-519-1066**  
 Wednesday, 6:15 - 8:15 pm  
 April 23 - May 28  
**Registration Fee: \$82.00 / 6 classes** **227184**

**Dance**

**Line Dancing (50+ years)**

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

**Queensborough Community Centre** **604-525-7388**  
 Wednesday, 1:00 - 2:00 pm  
 April 9 - May 28  
**Registration Fee: \$83.00 / 8 classes** **227503**

**Latin Dance (50+ years)**

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

**təməsewtx Aquatic & Community Centre** **604-777-5100**  
 Tuesday, 1:00 - 2:00 pm  
 April 8 - May 27  
**Registration Fee: \$83.00 / 8 classes** **227502**

**Partner Dancing (50+ years)**

Experience the joy of partner dancing in a friendly and welcoming setting. No partner is required—just bring your enthusiasm and a desire to have fun while learning new steps! All levels welcome. A great way to stay active, and socialize. Instructor: Ricardo Espescht.

**Century House** **604-519-1066**  
 Wednesday, 3:00 - 4:00 pm  
 April 9 - May 28  
**Registration Fee: \$83.00 / 8 classes** **227506**

**Fitness**

**Meditation (50+ years)**

Shift from the stressful fight-or-flight response of the sympathetic nervous system to the calming, intuitive, and restorative state of the parasympathetic nervous system to support healing of the body and mind.

Instructor: Tanya Boucher.

**Century House** **604-519-1066**

Tuesday, 2:00 - 3:00 pm

April 15 - June 10 (no class May 6, June 3)

**Registration Fee: \$57.75 / 7 classes** **227233**

**Tai Chi - Beginner Level 03 (50+ years)**

Reduce stress, improve balance, and calm your mind.

Presented in partnership with Canadian Tai Chi Academy.

Prerequisite: Tai Chi Beginner Level 02.

Instructor: Sylvia Davis.

**Century House** **604-519-1066**

Tuesday, 1:00 - 2:00 pm

April 15 - June 17

**Registration Fee: \$47.00 / 10 classes** **227244**

**Tai Chi - Intermediate (50+ years)**

Gently stretch, turn, and shift weight. Proper practice leads to generating power and strength. Presented in partnership with Canadian Tai Chi Academy. Prerequisite: Tai Chi Beginner levels 01, 02, and 03. Instructor: Bernie Lum.

**Century House** **604-519-1066**

Wednesday, 1:00 - 2:30 pm

April 16 - June 18

**Registration Fee: \$67.00 / 10 classes** **227246**

**Better Balance Level 01 (50+ years)**

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

**Century House** **604-519-1066**

Thursday, 12:30 - 1:30 pm

April 3 - May 8

May 15 - June 26\*

**Registration Fee: \$54.00 / 6 classes** **226632**  
**\$63.00 / 7 classes\*** **226633**

**Better Balance Level 02 (50+ years)**

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

**Century House** **604-519-1066**

Thursday, 2:00 - 3:00 pm

April 3 - May 8

May 15 - June 26\*

**Registration Fee: \$54.00/ 6 classes** **226634**  
**\$63.00 / 7 classes\*** **226635**



**Fitness Centre Circuit (50+ years)**

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

**Century House** **604-519-1066**

Wednesday, 11:00 am - 12:00 pm

April 2 - April 30\*

May 7 - May 28

June 4 - June 25

Friday, 11:00 am - 12:00 pm

April 4 - May 2 (no class April 18)

May 9 - May 30

June 6 - June 27

**Registration Fee: \$49.50 / 4 classes** **226624**  
**\$61.75 / 5 classes\*** **226625**  
**226626**  
**226627**  
**226628**  
**226629**

**Get Up & Go (50+ years)**

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

**Century House** **604-519-1066**

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

March 31 - April 28

May 1 - May 29 (no class April 21)

June 2 - June 26 (no class May 19)

**Registration Fee: \$72.00 / 8 classes** **226614**  
**226615**  
**226616**

**Fit Fellows (50+ years)**

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

**Century House** 604-519-1066  
*Thursday, 11:00 am - 12:00 pm*  
*April 3 - May 8* 226630  
*May 15 - June 26\** 226631  
**Registration Fee: \$54.00 / 6 classes**  
**\$63.00 / 7 classes\***

**The ABCs of the Fitness Centre (50+ years)**

Learn proper technique in the Fitness Centre. Enjoy this small class (2 participants per instructor) and receive a fitness practice plan by the end of the program.

**Century House** 604-519-1066  
*Wednesday, 9:30 - 10:30 am*  
*April 2 - 9* 226619  
*April 16 - 23* 226620  
*May 7 - 14* 226621  
*May 21 - 28* 226622  
*June 11 - June 18* 226623  
**Registration Fee: \$91.25 / 2 classes**

**Women's Wellness Circle (50+ years)**

Explore inspiring and relevant topics about women and aging. Discussions are science-based and focus on healthy lifestyles, what to avoid, and overall wellness while getting older. Every journey is unique and can benefit from insight, support and perspective on the aging process.

Instructor: Jennifer Rak.

**Century House** 604-519-1066  
*Friday, 3:00 - 4:00 pm*  
*May 9 - 16* 227508  
*June 20 - 27* 227509  
**Registration Fee: \$16.00 / 2 classes**

**Choose to Move (50+ years)**

Introduce the daily habit of physical activity into your life in ways that make sense for you! This free and flexible program provides motivation and support to become more active. Regular session time will be shared after you are accepted into program. Must attend the information session prior to registering for meetings.

**Century House** 604-519-1066  
*Wednesday, 3:00 - 4:00 pm (Information Session)*  
*April 2* 226881  
*Wednesday, 3:00 4:00 pm (Meetings)*  
*April 16 - June 25* 226896  
**Registration Fee: Free**

**Yoga (50+ years)**

Balance body, mind, and spirit through gentle exercises and breathing. Yoga enhances physical vitality and mental clarity. Please wear loose, comfortable clothing and bring a small blanket.

**Century House** 604-519-1066  
*Tuesday, 9:15 - 10:45 am*  
*April 1 - June 17 (no class May 20, June 3, 10)*  
**Registration Fee: \$162.75 / 10 classes** 226617

**ActiveAge (50+ years)**

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

**Century House** 604-519-1066  
*Wednesday, 2:00 - 3:00 pm*  
*April 16 - June 25*  
**Registration Fee: Free / 10 classes** 226897

**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. Instructor: Jennifer Rak.

**Century House** 604-519-1066  
*Friday, 4:15 - 5:15 pm & Tuesday, 3:00 - 4:00 pm*  
*April 4 - June 27 (no class April 18, 22, 25)*  
**Registration Fee: Free / 22 classes** 227507

**General****Conversational Japanese Lessons (50+ years)**

Learn to introduce yourself and talk about your families and friends in Japanese. Focus is on conversation practices, with some introduction to the Japanese writing system. No prior knowledge required.

**Century House** 604-519-1066  
*Monday, 5:30 - 7:30 pm*  
*April 7 - June 23 (no class April 21 & May 19)*  
**Registration Fee: \$168.00 / 10 classes** 227521

**Chronic Pain Self-Management (50+ years)**

People living with chronic conditions and their caregivers will learn to better manage symptoms and activities of daily life. Participants will receive the Living a Healthy Life with Chronic Pain companion book. Attend all six sessions to get maximum benefit.

**Century House** 604-519-1066  
*Saturday, 10:00 am - 12:30 pm*  
*April 19 - May 31 (no class May 24)*  
**Registration Fee: Free / 6 classes** 227515

### Nutrition Made Easy (50+ years)

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

**Century House** 604-519-1066  
 Friday, 3:00 - 4:00 pm  
 April 4 - May 2 (no class April 18, 25)\* 227510  
 May 23 - June 13 227513  
**Registration Fee: \$33.00 / 4 classes**  
**\$25.00 / 3 classes\***

### Snooker Lessons - Beginner (50+ years)

learn then fundamentals of the game, including the rules, basic techniques, and essential strategies. Participants will learn how to handle the cue, make accurate shots, and understand the scoring system. Facilitator: John Horsfall.

**Century House** 604-519-1066  
 Tuesday, 3:00 - 5:00 pm  
 April 15 - May 13  
**Registration Fee: \$65.00 / 5 classes** 227517

### Snooker Lessons - Intermediate & Advanced (50+ years)

Elevate your snooker game! Tailored for players who have a good understanding of the basics and are ready to refine their skills and strategies. Focused on advanced techniques, positional play, and break building. Facilitator: John Horsfall.

**Century House** 604-519-1066  
 Thursday, 3:00 - 5:00 pm  
 April 17 - May 15  
**Registration Fee: \$65.00 / 5 classes** 227519



### Music

#### Ukulele Level 01 (50+ years)

Strum, change chords, and sing along to songs. For those with little or no ukulele experience. Students are welcome to repeat this course as many times as needed.

Instructor: Kaitlin Deavy.  
**Century House** 604-519-1066  
 Wednesday, 12:30 - 1:30 pm  
 April 2 - May 21  
**Registration Fee: \$81.00 / 8 classes** 227280

#### Ukulele Level 02 (50+ years)

Progress with strumming, changing chords, and singing along. For those who are comfortable changing chords and have mastered basic strumming patterns. For those who have completed Ukulele Level 01. Instructor: Kaitlin Deavy.

**Century House** 604-519-1066  
 Wednesday, 1:45 - 3:15 pm  
 April 2 - May 21  
**Registration Fee: \$121.00 / 8 classes** 227496

#### Ukulele Level 03 (50+ years)

Progress with reading music, more advanced strumming, changing chords, and singing along. For those who are comfortable changing chords and have mastered basic strumming patterns. Prerequisite Ukulele Level 02.

Instructor: Ross Fairbairn.  
**Century House** 604-519-1066  
 Wednesday, 3:30 - 5:00 pm  
 April 2 - May 21  
**Registration Fee: \$121.00 / 8 classes** 227499

### Special Events

#### Meal Meet Ups (50+ years)

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

**Century House** 604-519-1066  
 Thursday, 6:00 - 8:00 pm  
 April 24 Earth Day 227528  
 June 5 Seniors Week Celebration 227571  
**təmasewtx<sup>w</sup> Aquatic & Community Centre** 604-777-5100  
 Thursday, 12:30 - 2:30 pm  
 April 10 Financial Literacy 227523  
 June 19 National Indigenous Peoples Day 227526  
**Queensborough Community Centre** 604-525-7388  
 Thursday, 6:00 - 8:00 pm  
 May 22 Asian Heritage Month 227534  
**Registration Fee: Free**



**Friday Night Fever (50+ years)**

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

**Century House 604-519-1066**

- Friday, 6:30 - 8:30 pm
- April 11 *Spring Fling* **227215**
- May 16 *Disco Fever* **227219**
- June 20 *Festa Junina* **227248**

**Registration Fee: \$6.00, \$5.00 with Century House Association membership.**

**Intergenerational Growing Together City Planters (50+ years)**

Plant and grow food and flowers with local youth and gardening experts, while adding beauty to garden plots in Moody Park and Queensborough. Access seeds from the New Westminster Public Library's Seed Library. Program runs rain or shine.

**New West Youth Centre 604-515-3801**

- Tuesday, 3:30 - 5:00 pm
- May 27 **227068**

**Queensborough Community Centre 604-525-7388**

- Wednesday, 3:30 - 5:00 pm
- May 28 **227069**

**Registration Fee: \$2.00 / session**

**Chinese Sticky Rice Dumpling (Zongzi) Making Workshop (50+ years)**

Celebrate Dragon Boat Festival and learn the art of making zongzi—delicious Chinese sticky rice dumplings wrapped in bamboo leaves. This hands-on workshop offers the chance to explore the rich history and meaning behind zongzi while making your own to savour or share.

**təmәsewtx™ Aquatic & Community Centre 604-777-5100**

- Tuesday, 12:30 - 2:30 pm
- May 27

**Registration Fee: \$10.00 / class 227072**

**50+ Lunch (50+ years)**

Meet new friends and have a great meal. Participants must be 50+ Social Club members, \$6.00 for the year. For more information or to register call 604.636.4442.

**Queensborough Community Centre 604-525-7388**

- Tuesday, 1:00 - 2:45 pm
- April 8 **227535**
- May 13 **227536**
- June 10 **227537**

**Registration Fee: \$10.00 / class**

**Karaoke (50+ years)**

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

**Century House 604-519-1066**

- Saturday, 1:30 - 3:30 pm
- April 26 **227057**
- May 31 **227060**
- June 28 **227063**

**Registration Fee: \$2.00 / class**

**DIY Air Cleaner Workshop (50+ years)**

Build your own FREE Air Cleaner and be prepared for summer's wildfire season. Learn emergency measures to remove contaminants like fire smoke, allergens, and pathogens from your indoor air. Provides instructions and materials to build your air cleaner using a MERV-13 filter.

**Century House 604-519-1066**

- Friday, 12:00 - 2:00 pm
- May 2 **227554**
- May 23 **227557**
- June 6 **227558**

**Registration Fee: Free**

**Emergency Preparedness Coffee & Chat (50+ years)**

Learn basic information to prepare yourself, your family, pets and your home for an emergency. Attendees will be entered into a draw to win a free emergency kit. Hot beverage and snacks provided. Presented by the City of New Westminster's Emergency Preparedness Team.

**Century House 604-519-1066**

- Friday, 10:00 am - 12:00 pm
- May 9

**Registration Fee: Free 227560**

**Seniors Week**

Celebrate older adults and the many contributions they make to our community. Participate in a variety of activities throughout the city. More information available at [newwestcity.ca/seniors-week](http://newwestcity.ca/seniors-week).

June 1 - 7