

MAY 2025

Clarion

centuryhouseassociation.com



NEW WESTMINSTER
Parks & Recreation

newwestcity.ca
604.519.1066

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GENERAL INFORMATION

Cover Story – Low Vision Support Group

The Low Vision Support Group and its current membership of 22 has been around at least since 2006 when it may have been known as the White Cane Club. Barb Gordon and Margot Denny are its current co-chairs. Prior to 2015, many may remember long time chair Helen Hughan, who was a tireless supporter of low vision seniors maintaining their independence. Helen had and continues to have a great sense of humour.

One falls into the Low Vision category (there are also many members who are “legally blind”) when the level of visual impairment seriously impacts independence, community participation and overall health and wellbeing. Health conditions include: age related macular degeneration, diabetic retinopathy, glaucoma, corneal transplants, retinitis pigmentosa, vision loss due to strokes, etc.

The group sessions often include speakers with topics spanning from the latest technological advance, to library support services and occasionally CHA Ukulele Musicians as well as CHA Singers performances. Each member of the group is unique and at a different place in their evolution but they are all working toward, in spite of limitations, not only improved coping but also thriving.

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.

Subscribe to the Clarion

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

Lost & Found

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

Photos for Seniors Week

During Seniors Week, we would like to spotlight seniors; to show how we are using the skills we've acquired over the years or learning new ones and how we are looking forward and living life to the fullest. As such, we plan to post photos reflecting today's active seniors on the wall in the room where a number of the June Seniors Week activities will be held. If you would like to contribute a photo for consideration, please sent it to events@centuryhouseassociation.com or drop it off at the Century House front desk by Friday, May 9.

Bursary Standing Committee News

On behalf of the Association, the CHAE voted a \$1000 grant to the Bursary folks to assist that group in continuing its valuable community work in providing annual bursaries to deserving graduating New West Secondary students. The Committee also raised close to \$500 at their always successful Trivia Event.

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

Closed: Friday, April 18 & Monday, April 21

From the Web

Increased densification in New West is increasing the number of “renovictions”. Tenant Rights Association advocate, Krisztina Fulo, addressed City Council on the issue of enhancing tenant protections at a recent meeting. To watch that address click on the link or enter NewWest tv into your browser window.

newwest.tv/media/cc-roundup-march-24-renters-rights

From the Web

Self-Management BC offers free health related programs for adults of all ages with health related conditions. Click on the link or enter self-management BC into your browser window. selfmanagementbc.ca.

More Money for Low Income Renters

The province announced that qualifying seniors under the Shelter Aid for Elderly Renters, or SAFER, program will receive, on average, another \$145.00 a month for a total of \$337.00. The qualifying limit for the seniors' program is now \$40,000, up from \$37,240. For more information enter SAFERBC into your browser.

The New Westminster Police Department Scam Alert

The police department is warning the public that its non-emergency number (604-525-5411) is currently being used by fraudsters who are contacting people with the objective of obtaining their personal information. The fraudsters pose as police officers using a fake name and badge number. If you've got such a call, take the following steps

- Do not provide personal information over the phone.
- Do not be intimidated by any demands made by the caller.
- End the call.
- Verify the credentials of the caller by calling the NWPD's non-emergency phone number. Do not call back “the police” by using any phone numbers provided to you by the fraudster.

A Successful Time for Change Event (T4C)

The first T4C of the year was well received by a sold out audience of close to 60 with another 12 on ZOOM. The first hour featured the BC Seniors Advocate, Dan Levitt, who came well prepared in outlining that Office's current seniors related initiatives and then stayed around to answer any and all questions. In the second hour, the City's Social Planners brought everyone up to date on its Age Friendly Strategy complete with guest panelists. Information on the upcoming Seniors Week T4C event in the Clarion Upcoming section.



Rainy Weather Records

It seems like we have had a lot of rainy days since January 1. The month of March included 5.21 inches of the wet stuff but it could have been much worse. The record so far (according to those that keep such records) for the rainiest month in the Lower Mainland was set in January, 1935 when believe or not 20.7 inches fell. There were only seven rain free days.

Navigating Caregiving Workshops: Practical solutions, dealing with stress, & finding fulfillment

Approximately 25 - 30% of Canadian baby boomers are expected to need significant caregiving support at some point as they age. And while our healthcare system is struggling to catch up, one thing is clear: any future additions to the system will still lean heavily on relatives and friends.

Century House will be hosting two May workshops focusing on self-care strategies, resources available through health authorities and caregiving skills: information which should assist in avoiding stress related symptoms including anxiety and burnout.

There will also be time for participants to connect and learn from each other. Participants are encouraged to attend both sessions.

These workshops are open to everyone including those currently providing care and those interested in learning more about the caregiving role.

Registration is limited to 25 participants per session, register early by calling or visiting the Century House front desk (604-519-1066). Also available via ZOOM.

Friday, 1:00 - 2:30 pm

May 9 & 16

Registration Fee: Free

Register to participate online using this Zoom.

us02web.zoom.us/j/6SjdXR3qAbV6hEL2ltg

[JV_6SjdXR3qAbV6hEL2ltg](https://us02web.zoom.us/j/6SjdXR3qAbV6hEL2ltg)

Passcode: 926175

231303

How About a Visit to New West's Irving House

Spring is here, the blossoms are out and friends and relatives may be visiting from other parts of the province. Tourism NewWest suggests a visit to Irving House.

Built in 1865, it's the oldest surviving wooden home in the province and a beautifully preserved window into the past. This grand residence, once home to Captain William Irving and his family, boasts 14 rooms filled with period furnishings, intricate woodwork, and a rich history that tells the story of early life in British Columbia. It's located at 302 Royal Avenue and more information can be found by entering New Westminster Museum and Archives into your browser.

Century House & The 2025 Hyack Parade

May 24 (rain or shine)

The CHA has every intention of duplicating last year's successful entry into the annual New West Hyack Parade. Last year in excess of 50 enthusiastic members marched in the company of floats, pipers and baton twirlers along with signs, clowns and balloons celebrating the message that Century House is the centre for seniors activities in the City. If you want to volunteer to help organize and just participate in the parade register at the CH concierge desk. Save the date! Join the fun! Those with mobility scooters are welcome!

Financial Assistance

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

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

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

A Strategic Plan for Century House

The Century House Association is planning for the future. Have your say about what you love about CH, where you think changes would improve CH and what you think the future should look like. The Plan will be for the next 5 years. It will be a 5 hour session with lunch being served. It will be led by a trained, unbiased facilitator Andrea Riemer. Sign up and be a part of this important discussion. Registration at the CH front desk, seating is limited.

*Saturday, 10:30 am
May 10*



The CHA Thrift & Craft Sale

Spread the word - Tell your friends

We still need more volunteers to ensure the sale is as successful as possible. So if you can spare a couple of hours or several, either the day of the sale or the week prior please get in touch with Val MacDonald, macd-2@telus.net or sign up at the Century House Concierge desk.

Treasures include: Quilting, crafts, bake sale, books, art work, vintage jewellery, plants and a huge thrift sale! Cash welcome, credit & debit cards accepted. Please bring your own bags! We are not accepting clothing, holiday décor, furniture, or electric appliances.

Donated goods will be accepted at Century House:

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

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

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

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

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

Connections café open!

Saturday, 10:00 am - 2:00 pm

June 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!

Wednesday, 5:30 - 6:30 pm

May 25

Registration Fee: Free

229175

COMMUNICATIONS

Century House Open Chairpersons Meeting

All members are welcome to attend the May Open Chairs Meeting. This is one of two occasions, other than the AGM, when all members have a voice at the Chairpersons meetings.

Andrea Reimer, the consultant working on our strategic plan, will be there to give us an update about where the strategic planning process is at and outline upcoming opportunities for you and other members to be involved. Please advise the CHA secretary (secretary@chanw.ca) by Monday, May 5 if you wish to speak on another topic at the meeting.

ABC Room

Wednesday, 10:00 am - 12:00 pm
May 7

Invitation to Join a CHA Communications Working Group

Would you be interested in becoming active in the management of one of the CHA's various channels of communication (The Clarion, Info Tours, the CHA website, Facebook, or Keep in Touch). To learn more, contact the Communications Standing Committee via

president@chanw.ca
(president@centuryhouseassociation.com).

Seniors Community Connector for the City of New Westminster

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

Century House Association Website

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

Visit centuryhouseassociation.com.

Century House Association Facebook

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

Here's the link: facebook.com/CHANewWest

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



Century House – Keep In Touch

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

The Century House Library

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

SUPPORT SERVICES

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 exhausted, anxious and isolated. But you are not alone. Century House through its Care for Caregivers ZOOM series is offering its next five week program which will allow participants to take a weekly break and together share experiences, access information and resources and have fun. It is open to caregivers 50+. 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)

April 22 - May 20

Registration Fee: Free

02web.zoom.us/joining/register/UhvsYQ1DTHS7q-LGLAIEa

Passcode: 432585

Care for the Caregiver In-Person Support

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

Douglas Room

Tuesday, 1:00 - 3:00 pm

May 6

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)

May 15

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!



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 encourage members to share challenges, concerns, and information about resources relating to being vision impaired out in the community and at home. Practical tips on how to better navigate the world with limited sight are welcome. Coffee and snacks will be served.

Oak Room

Tuesday, 10:00 am - 12:00 pm

May 6

Notable 90s

For all of you who are 90 years or more, please come and join us for an interesting afternoon. We will have a speaker coming from Irving House to tell us about its history within the City of New Westminster. We will be able to see pictures from that era which will be passed around for your enjoyment. After the presentation, you will enjoy coffee/tea and a treat while you have social time and conversation with your fellow members.

Douglas Room

Wednesday, 1:30 - 3:00 pm

May 21

Parkinson's Support Group

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

The meeting is an open discussion covering issues that are currently the minds of our members.

For more information, call Kathy at 604-258-9074.

Oak Room

Wednesday, 10:00 am - 12:00 pm

May 21

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



EVENTS

CHA Events Committee

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

Event Registration Information:

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

May Birthday Party

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

May 28

231305

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

Registration deadline for everyone is Friday, May 23

Monthly Movie - The Chosen Family (2024)

The Chosen Family (2024) starring Heather Graham, Julia Stiles and Michael Gross.

Yoga teacher Ann is trying to find inner peace despite having a manic family, a miserable dating life, and an inability to say no that keeps her busy trying to fix everyone else's problems. Bring your own snacks. Please send any movie suggestions to:

events@centuryhouseassociation.com

ABC Room

Saturday, 1:30 pm

May 10

224394

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

Comedy Games & A PLAY

Century House Players proudly present their spring version of "Comedy Games and a Play". Get ready for lots of laughter and fun as the team presents a variety of improvised Theatre games. As well, the play entitled "An Eerie Wooing" makes its debut. Written by artistic director, Eileen MacKenzie, it is billed as a romantic comedy/thriller featuring both fact and fiction. Get your tickets early to avoid disappointment! Refreshments served at Friday & Saturday intermission in the Connection Café.

Thursday, 1:30 - 3:00 pm (Toonie Preview)

May 22

231306

Tickets: \$2.00

Friday, 7:00 - 8:30 pm

May 23

231307

Saturday, 1:30 - 3:00 pm

May 24

231308

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

Reservations required - Limited Seating in the Douglas Room.

City of New Westminster Events

Friday Night Fever: Disco (50+ years)

Come in your best disco or 70's inspired 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

May 16

227219

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



Generations Unite - Youth & Seniors Bingo & Brunch

Get ready for an event that brings generations together. We invite you to join us for an afternoon of pancakes, bingo and shared experiences and prizes to be won. Whether you are young at heart or a bingo pro this event guarantees a memorable time for all.

Century House, Fir Room

Sunday, 11:00 am - 2:00 pm

May 4

Registration Fee: \$2.00 / person

231478

Karaoke

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

Century House

Saturday, 1:30 - 3:30 pm

May 31

Registration Fee: \$2.00

227060

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

Monday, 3:00 - 4:30 pm

Drop-in Fee: Free

Education & Programming

Hanging Basket Workshop (50+ years)

Guidance will be provided to plant these pollinator favorites. Baskets will bloom late May to mid-October and do best in full sun exposure. Workshop includes a 12" plastic hanging basket plus all the supplies (plants, fertilizer, soil, etc.) needed to make your basket.

Wednesday, 10:00 am - 12:00 pm

May 14

Registration Fee: \$25.00

233066

Bring Your Own Device (BYOD)

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

Oak Room

Monday, May 25

10:00 - 11:00 am

11:00 am - 12:00 pm

Apple

Android

225303

225304

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

May 14

Drop-in Fee: Free

231177

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

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

Walking Soccer Drop-In

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

Moody Park Arena

Friday, 12:30 - 2:30 pm

May 2 - June 27

Drop-in Fee: \$2.00 per class

227203

Photography & Nature Walks

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

Thursday, 10:00 am - 12:00 pm

May 15 - June 12

Registration fee: \$70.00 / 5 classes

227248

Transforming Textiles

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

Wednesday, 6:15 - 8:15 pm

May 7 - June 11

Drop-in Fee: \$132.00 / 6 classes

227184

Sketch For Fun

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

tāmasew̓tx^w Aquatic and Community Centre 604-777-5100

Tuesday, 10:00 am - 12:00 pm

May 6 - 27

Drop-in Fee: Free



Walking Groups

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

OTTER WALKERS

tāmasew̓tx^w Aquatic and Community Centre 604-777-5100

Thursday, 9:00 - 11:00 am

QUEENSBOROUGH WALKERS

Queensborough Community Centre

604.525.7388

Wednesday, 9:00 - 11:00 am

Drop-in Fee: Free

Intergenerational Growing Together City Planters

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 / class

WEEK AT A GLANCE

Monday

- 9:00 - 12:00 Quilting (Spruce)
 9:00 - 2:30 Pickleball (Multipurpose)
 9:00 - 2:30 Fitness Centre Drop-in
 9:00 - 3:00 Snooker (Maple)
 9:30 - 10:30 Active & Able Fitness Reserved Drop-in (Douglas/Fir)
 10:00 - 11:00 BYOD Bring Your Own Device - Apple (Oak) (May 26)
 10:30 Zoom Book Club (Zoom) (May 12)
 11:00 - 12:00 BYOD Bring Your Own Device - Android & PC (Oak) (May 26)
 11:00 - 12:00 Gentle Fit Reserved Drop-in (ABC)
 11:00 - 12:00 Yoga Reserved Drop-in (Douglas/Fir)
 12:20 - 2:40 Line Dancing 1 (Fir) (Mar 31 - Jun 16)
 12:30 - 1:30 Get Up & Go (Oak) (May 1 - 29)
 12:30 - 2:30 Acrylic Painting (Spruce) (Apr 28 - Jun 23)
 12:30 - 3:30 Community Integration Services - Poverty Reduction Info Table
 1:00 - 3:30 Cribbage (Douglas)
 1:00 - 3:00 Carpet Bowling (ABC)
 2:00 - 4:00 Singers (Oak)
 3:00 - 4:30 Community Connections (Lobby)
 3:00 - 4:30 Pencil Crayons (Fir) (Apr 28 - Jun 23)
 3:00 - 5:00 Drawing & Painting Art Cards (Spruce) (Apr 28 - Jun 23)
 3:00 - 5:00 Women's Snooker (Maple)
 4:30 - 6:45 Conversational Japanese Lessons (Oak) (Apr 7 - Jun 23)
 5:00 - 8:45 Public Snooker Drop-in (Maple)
 5:15 - 6:15 Zumba Gold Reserved Drop-in (Douglas/Fir)

Tuesday

- 9:00 - 2:30 Fitness Centre Drop-in
 9:00 - 2:30 Table Tennis (Multipurpose)
 9:00 - 2:30 Conversation Class Round Table (YC Lounge)
 9:00 - 3:00 Snooker (Maple)
 9:00 - 4:00 CHAPS Century House Association Peer Support Office Hours
 9:15 - 10:45 Yoga (ABC) (Apr 1 - Jun 24)
 9:30 - 10:30 Strength & Stretch Fitness Reserved Drop-in (Douglas/Fir)
 9:30 - 12:00 Executive Meeting (May 19)
 10:00 - 11:30 Virtual Ukulele (Zoom)
 10:00 - 12:00 Low Vision (Oak) (May 6)
 10:00 - 12:00 Watercolour Beginner (Spruce) (Apr 22 - Jun 24)
 10:45 - 11:45 Mobility & Strength Fitness Reserved Drop-in (Douglas/Fir)
 11:00 - 12:00 General Discussion Group (Arbutus)
 12:30 - 2:30 Tuesday Crafts (Spruce)
 12:30 - 2:30 Pottery Intermediate (Pottery Room) (Apr 1 - Jun 3)
 1:00 - 2:00 Tai Chi Beginners Level 3 (Fir) (Apr 15 - Jun 17)
 1:00 - 3:00 Caregiver Support Group (Douglas) (May 6)

- 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) (Apr 15 - Jun 10)
 3:00 - 4:00 Parkinson's Exercise Program (Fir) (Apr 4 - Jun 27)
 3:00 - 5:00 Snooker Lessons - Beginner (Maple) (Apr 15 - May 13)
 3:00 - 5:00 Century House Artists Drop-in (Spruce)
 3:30 - 5:00 Intergenerational Growing Together City Planters (Lobby) (May 27)
 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) (May 20)
 6:30 - 7:30 Stretch Reserved Drop-in (Fir)
 6:30 - 8:30 Pottery Intermediate Adult (Pottery Room) (Apr 1 - Jun 3)
 7:00 - 8:30 Line Dance 2 (ABC) (April 1 - June 24)
 7:00 - 8:30 Reader's Theatre (Spruce) (May 13 & 27)

Wednesday

- 9:00 - 2:30 Badminton (Multipurpose)
 9:00 - 2:30 Fitness Centre Drop-in (not available when classes in session)
 9:00 - 3:00 Snooker (Maple)
 9:00 - 4:00 CHAPS Century House Association Peer Support Office Hours
 9:30 - 10:30 Active & Able Fitness Reserved Drop-in (Douglas/Fir)
 9:30 - 10:30 ABC's of the Fitness Centre (Fitness Centre) (May 7-14) & (May 21-28)
 9:30 - 12:00 CHAPS Peer Support Meeting (ABC) (May 14, 21 & 28)
 10:00 - 12:00 BYOQ Bring Your Own Questions (Computer Lab) (May 14)
 10:00 - 12:00 Century House Association Chairpersons Meeting (May 7)
 10:00 - 12:00 Parkinson's Support (Oak) (May 21)
 11:00 - 12:00 Fitness Centre Circuit 50+ (Fitness Centre) (May 7 - 28)
 11:00 - 12:00 Yoga Reserved Drop-in (Fir) (demonstrated from a chair)
 11:00 - 12:00 Gentle Fit Reserved Drop-in (Douglas)
 12:30 - 1:30 Ukulele - Level 1 (Oak) (Apr 2 - May 21)
 1:00 - 2:00 ActivAge (Arbutus/Birch) (Apr 9 - Jun 25)
 1:00 - 2:30 Tai Chi Intermediate (Fir) (Apr 16 - Jun 18)
 1:00 - 3:00 Wednesday Crafts (Spruce)
 1:15 - 2:15 Wonders of the Garden (Douglas) (Apr 9 - May 28)
 1:30 - 3:00 Conversational French (Cedar)
 1:30 - 3:30 Notable 90's (Douglas) (May 21)
 1:45 - 3:15 Ukulele - Level 2 (Oak) (Apr 2 - May 21)
 2:00 - 3:00 ActivAge (Arbutus/Birch) (Apr 9 - Jun 25)
 3:00 - 4:00 Choose to Move (Arbutus/Birch) (Apr 9 - Jun 25)
 3:00 - 4:00 Partner Dancing (Fir) (Apr 9 - May 28)
 3:00 - 5:00 Women's Snooker

3:30 - 5:30 Spanish Conversation Group (Cedar)
 3:30 - 5:00 Ukulele Level 3 (Oak) (Apr 2 - May 21)
 5:00 - 8:45 Public Snooker Drop-in (Maple)
 5:30 - 6:30 Information Tour (Arbutus/Birch) (May 21)
 6:15 - 8:15 Transforming Textiles (Spruce) (Apr 23 - May 28)
 6:30 - 8:30 May Birthday Party (Douglas/Fir) (May 28)
 6:30 - 8:30 Pottery Intermediate Adult (Pottery Room) (Apr 2 - Jun 4)

Thursday

7:35 - 7:20 Victoria in the Springtime with Joy Brown Trip (May 15)
 9:00 - 12:00 Quilting (Spruce)
 9:00 - 2:30 Fitness Centre Drop-in (Fitness advisor available at 1:00 pm)
 9:00 - 2:30 Pickleball (Multipurpose)
 9:00 - 3:00 Snooker (Maple)
 9:30 - 10:30 Active & Able Fitness Reserved Drop-in (Douglas/Fir)
 9:30 - 11:45 Mahjong (Oak)
 9:30 - 12:00 Ukulele Drop-in (ABC)
 9:30 - 1:00 Blood Pressure Clinic (Lobby) (May 15)
 10:00 - 12:00 Photography Nature Walks (Lobby) (May 15 - Jun 12)
 10:00 - 12:00 Read-Write-Share: Creative Writing for Seniors (Zoom) (Apr 10 - May 8)
 11:00 - 12:00 Fit Fellows (Fir) (Apr 3 - May 8) & (May 15 - Jun 26)
 12:30 - 1:30 Better Balance 1 (Fir) (Apr 3 - May 8) & (May 15 - Jun 26)
 12:30 - 1:30 Get Up & Go (ABC) (May 1 - 29)
 12:30 - 2:30 Urban Sketching Techniques with Ink & Watercolour (Spruce) (Apr 24 - Jun 26)
 1:00 - 3:00 Fitness Centre Advisor (Fitness Centre)
 1:00 - 3:00 CH Players (Douglas)
 1:00 - 3:00 Darts (Hemlock)
 1:00 - 3:30 Whist (Oak)
 1:30 - 3:00 Comedy Games and a Play Toonie Preview (Douglas) (May 22)
 2:00 - 3:00 Better Balance Level 2 (Fir) (Apr 3 - May 8) & (May 15 - Jun 26)
 2:30 - 3:30 Learning Garden Meeting (Birch/Cedar) (May 15)
 3:00 - 5:00 Snooker Lessons - Intermediate/Advanced (Maple) (Apr 17 - May 15)
 5:00 - 8:45 Public Snooker Drop-in (Maple)
 5:30 - 7:00 Adult Volunteer Info Session (ABC) (May 8)
 6:30 - 8:30 Pottery Beginner Adult (Pottery Room) (Apr 3 - Jun 5)

Friday

9:00 - 12:30 Badminton (Multipurpose) (May 16)
 9:00 - 2:30 Badminton (Multipurpose) (May 2, 9, 23 & 30)
 9:00 - 12:30 Conversation Class Round Table (YC Lounge) (May 16)
 9:00 - 2:30 Conversation Class Round Table (YC Lounge) (May 2, 9, 23 & 30)

9:00 - 2:30 Fitness Centre Drop-in (not available when classes in session)
 9:00 - 3:00 Snooker (Maple)
 9:15 - 3:15 Antiquing & Lunch in Fort Langley Trip (May 23)
 9:30 CH Walkers meet at 6th St & 6th Ave Royal City Mall entrance (see bulletin board or Clarion for schedule)
 9:30 - 10:30 Strength & Stretch Fitness Reserved Drop-in (Douglas/Fir)
 10:00 - 11:30 SET Seniors Embracing Technology Meeting (Oak) (May 2)
 10:00 - 12:00 Emergency Preparedness Coffee & Chat (Oak) (May 9)
 10:00 - 12:00 Try-it! Watercolour Painting Drop-in (Spruce) (May 2, 9, 16, 23 & 30)
 10:00 - 12:00 Read-Write-Share: Creative Writing for Seniors (Zoom) (Apr 11 - May 9)
 11:00 - 12:00 Fitness Centre Circuit (Fitness Centre) (Apr 4 - May 2) & (May 9 - 30)
 11:00 - 12:00 Gentle Fit Reserved Drop-in (ABC)
 11:00 - 12:00 Yoga Reserved Drop-in (Douglas/Fir)
 12:00 - 2:00 DIY Air Cleaner Workshop (Arbutus/Birch) (May 2) & (May 23)
 12:30 - 2:30 Watercolour Intermediate/Advanced (Spruce) (Apr 25 - Jun 27)
 1:00 - 3:00 Scrabble (Cedar)
 1:00 - 3:45 Bingo (Douglas/Fir)
 1:00 - 4:00 Canasta (Oak)
 1:00 - 2:30 Navigating Caregiving: Practical Solutions; Dealing with Stress & Finding Fulfillment (Arbutus Birch) (May 9 & 16)
 3:00 - 4:00 Women's Wellness Circle (Spruce) (May 9 - 16)
 3:00 - 4:00 Nutrition Made Easy (Spruce) (Apr 4 - May 2) & (May 30 - Jun 13)
 4:15 - 5:15 Parkinson's Exercise Program (Fir) (Apr 4 - Jun 27) (no class May 23)
 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) (May 16)
 7:00 - 8:30 Comedy Games and a Play (Douglas) (May 23)

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)
 10:30 - 2:30 CHA Strategic Planning Workshop (Spruce) (May 10)
 11:30 - 2:00 Century House Squares (Fir)
 1:30 - 3:00 Comedy Games and a Play (Douglas) (May 24)
 1:30 - 3:30 Karaoke (ABC) (May 31)
 1:30 - 4:00 Monthly Movie (ABC) (May 10)

Sunday

Generations Unite - Youth & Seniors Bingo & Lunch (Douglas Fir) (May 4)

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

DROP-IN FITNESS

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

Reserved Drop-in Fee structure:

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

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

Fitness Centre

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



Gentle Fit (Mild)

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

Monday, 11:00 am - 12:00 pm

Wednesday, 11:00 am - 12:00 pm

Friday, 11:00 am - 12:00 pm

On-going

Kulwant

Gillian

Judi

Mobility & Strength

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

Tuesday, 10:45 - 11:45 am

Strength & Stretch (Moderate)

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

Tuesday, 9:30 - 10:30 am

Friday, 9:30 - 10:30 am

On-going

Gillian

Judi

Active & Able Fitness (Moderate)

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

Monday, 9:30 - 10:30 am

Wednesday, 9:30 - 10:30 am

Thursday, 9:30 - 10:30 am

On-going

Kulwant

Judi

Gillian

Drop-in Yoga

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

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

Tanya

CONNECTIONS CAFÉ

Food Services

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

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

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

Please call 604-519-1066 or visit the front desk to pre-order your meal at least one day ahead (the earlier the better).

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

Available without pre-order:

Baked Goods	\$2.25
Coffee / Tea	\$1.50
Cookie	\$1.20
Sandwich	\$3.75
Soup Bowl	\$3.00
Soup Cup	\$2.25
Available by Pre-order only:	
Entrée	\$7.50
Cinnamon Buns (if more than 3)	\$2.25
Gluten Free Cake (slice)	\$2.25
Samosa	\$3.25

Sandwich (if more than 3)

Limit 6; scones/samosas/cinnamon buns/muffins

Orders for baked goods can be made for Wednesdays.

Please bring your own bag for take-out meals.

Contact our chef at 604-519-1063 to ask about catering requests or if you have questions about special dietary meals. We will do our best to accommodate you.

Find the café menu on our website

centuryhouseassociation.com/about/connections-cafe.

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

Volunteer Information

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

Ongoing positions that we recruit for:

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

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

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

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 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. For more information contact: centurydragons1@gmail.com.

Century House Artists

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

Spruce Room

Tuesday, 3:00 - 5:00 pm

Drop-in Fee: \$2.00

Century House Carpet Bowling

We welcome new members, no experience needed.

ABC Room

Monday, 1:00 - 3:00 pm

Annual Fee: \$10.00 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

The Players are in rehearsal for their show entitled "Comedy Games and a Play." Dates are May 22 at 1:30, May 23 at 7:00, and May 24 at 1:30. Anyone interested in joining us for the improvised section is welcome. Production help is also needed. Contact Eileen at emackenza@gmail.com.

Douglas Room

Thursday, 1:00 - 3:00 pm



Century House Quilters

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

Spruce Room

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

Century House Singers

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

Oak Room

Monday, 2:00 - 4:00 pm

Century House Squares

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

Fir Room

Saturday, 11:30 am - 2:00 pm

Door-Fee: \$7.00

Century House Walkers

We take joy walking in the great outdoors, adding to our circle of acquaintances and visiting areas long since last seen or never before visited. Enjoy a stop for coffee or lunch after an outing for further socializing. For further details, please visit our web page at

centuryhouseassociation.com/activity/walkers

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

Date	Destination	Details
May 2	Central Park	#106/Skytrain to Patterson Station
May 9	Mosquito Creek	Seabus to Lonsdale Quay, #249 Delbrook, Bay 5
May 16	Private Garden Sculptures	Uphill walk to Armstrong Ave, Burnaby
May 23	Fraserview Golf Course	Bus to 22nd St. Stn. #100 Bay 6 to Kerr & Marine Drive
May 30	Westminster Quay/ River Market	3rd Ave. Pedestrian overpass alongside Steel & Oak Pub/ Brewery

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 May discussion. The group will meet online using Zoom on Monday, May 12 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
May 12

Conversational French

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

Cedar Room

Wednesday, 1:30 - 3:00 pm

Fee: \$12.00 annually

Conversational Spanish

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

Cedar Room

Wednesday, 3:30 - 5:00 pm

Court Whist

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

Arbutus Room

Tuesday, 1:00 - 3:30 pm

Drop-in Fee: \$2.00

Cribbage

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

Douglas Room

Monday, 1:00 - 3:30 pm

Buy-in: \$2.00





English Conversation Group

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

General Discussion Group

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

Arbutus Room

Tuesday, 11:00 am - 12:00 pm

Drop-in Fee: \$1.00

Learning Garden

The weather is getting warmer and the gardeners are getting antsy. We will be ready to plant soon. For more information about the Learning Garden, please come to one of our monthly meetings. Our meetings are held on the third Thursday of every month.

Thursday, 2:30 - 3:30 pm

May 15

Line Dancing 1

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

ABC Room

Tuesday, 7:00 - 8:30 pm

April 1 - June 17

Mahjong

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

Oak Room

Thursday, 9:30 - 11:45 am

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

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

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

Readers Theatre Activity Group meets on the second and fourth Tuesday of each month at 7:00 pm. Have some fun taking on a role and reading out loud. For more information, email judithallanlake@gmail.com.

ABC Room

Tuesday, 7:00 pm

May 13 & May 27

Seniors Embracing Technology (SET)

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

Douglas Room

Friday, 10:00 - 11:30 am

May 2

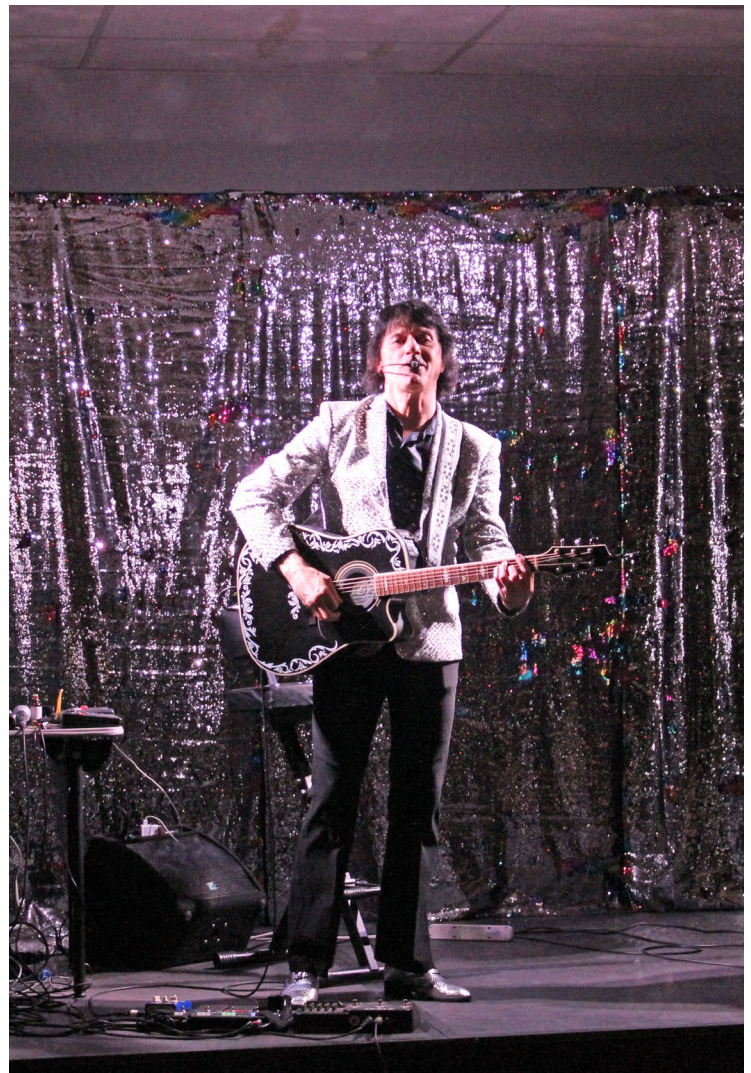
Snooker

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 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

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



Ukulele

Join our jam session. All levels welcome. Bring your own ukulele. Join our Jam Session. All levels welcome. Bring your own Ukulele. NOTE: The Group played and sang in a sing-a-long at a recent visit to Burnaby's Seton Village. They are also preparing to do a sing-a-long with the Century House Low Vision Group on Tuesday, June 3, 2025.

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=tqwlaLq666Kt0toAk8j5c9wl8a2mpQ.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.

Oak Room

Thursday, 1:00 - 3:00 pm

Drop-in Fee: \$2.00

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 one 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 hour 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.

Victoria in the Springtime with Joy Brown

Embrace Spring with a visit to Oak Bay's Finnerty Gardens; home to a large collection of rhodos, azaleas and flowering trees. Also included in the itinerary are the fabulous views from Mount Tolmie and a visit to Victoria's Fisherman's Wharf. Lunch and dessert will be served overlooking the waterfront in beautiful downtown Victoria. Not wheelchair accessible.

Thursday, 7:20 am - 7:20 pm

May 15

Registration Fee: \$161.50

231215

Registration day: March 28

Antiquing & Lunch in Fort Langley

Enjoy a morning of shopping and walking around quaint downtown Fort Langley, with their array of antique shops, book stores, and boutiques. Follow that with a nice casual lunch at The Fort Pub & Grill. You will be walking from shop to shop, so bring your umbrella in case of spring showers. Lunch and coffee included. Not wheelchair accessible

Friday, 9:15 am - 2:00 pm (depending on traffic)

May 23

Registration Fee: \$83.00

229046

Registration day: April 25



COMING IN JUNE

Seniors Week

June 1 - 7, 2025

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

Community Connections

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. This Monday we will be visited by Rabitats! Rabitats Rescue Society is a non-profit organization dedicated to rescuing abandoned domestic rabbits, constructing safe enclosures, and hosting rabbit adoptions. They also bring rabbits out to socialize!

Century House

604-519-1066

Monday, 3:00 - 4:30 pm

June 2

Registration Fee: Free

231187

Seniors Week Swim & Low Impact Aquafit

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

təməsewtxw Aquatic and Community Centre

Tuesday, 9:00 - 12:00 pm

June 3

Aquafit 9:15 - 10:00 am

231310

Aquafit 10:15 - 11:00 am

231312

Registration Fee: \$2.00 (for aquafit only)

Queensborough Neighbourhood Walk & Social

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

Queensborough Community Centre

604-525-7388

Wednesday, 9:00 - 11:00 am

June 4

Registration Fee: Free

230861

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



Registration deadline Friday, May 30.

Registration Fee: Free

Registration Fee: Free

Registration Fee: Free

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

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