

The Clarion

Activities, events, and programs for adults 50+ years.

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General Information

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 3, Sunday April 5, & Monday April 6
Open: Saturday, April 4, 9:00 am - 4:00 pm

Cover Story: Century House Pickleball

The Century House Pickleballers are a vibrant group of about 50 members who meet every Monday and Thursday from 9:00 am to 2:30 pm for fun, fitness, and friendly competition on our single court. Along the way, they've built lasting friendships and a strong sense of community. It's more than just pickleball — it's camaraderie, laughter, and connection on and off the court.

Subscribe to the Clarion

Receive an online subscription to The Clarion! Go to the Century House Association website and locate the Subscribe section at the bottom of the page.

centuryhouseassociation.com

Century House Association Website

Learn about us and get updates as they happen. Subscribe at the bottom of any page for weekly email updates: centuryhouseassociation.com

Century House Association on Facebook

CHA Page: [facebook.com/CHANewWest](https://www.facebook.com/CHANewWest)
Share Good News and have a few laughs on the Good Cheer Group page: [facebook.com/groups/1300581823663821](https://www.facebook.com/groups/1300581823663821).

Century House Parking Considerations

Parking is limited. Please walk, bus, carpool or park off-site to leave spots for those with mobility needs.

Century House Information Tour

(Open to Potential, New and Current Members)

Explore what Century House has to offer. Learn about activities, such as quilting and gardening, extensive fitness programs, choral and theatre groups and range of events and programs that support older adults to remain active in the larger community. There is definitely something for everyone!

Saturday, 10:00 - 11:00 am

April 11

249746

Registration Fee: Free

Lost and Found

Lost items are placed on the table in front of the Spruce Room, behind the Lounge couch area, for 1-2 weeks, then moved to the bin underneath. Items unclaimed after four weeks (by month's end) may be donated.

Valuables (keys, fobs, wallets, and phones): Turn in at the front desk. A clear description is required to claim them. Unclaimed valuables may be handed over to the New Westminster Police Department.

Century House Chairpersons Meeting

Leaders of the CHA Activity and Support groups meet monthly to exchange information with the CHA Executive. Meetings are open to all members as observers only. Contact secretary@centuryhouseassociation.com by the preceding Thursday if you plan to attend.

ABC Room

Wednesday, 10:00 am - 12:00 pm

April 1

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 the family. Cards are also sent to a member celebrating a 90th birthday. And if other occasions should be recognized, we welcome suggestions.

The Century House Library

The library accepts ongoing book donations and is currently looking for large print books. Please leave donations in the white bins at the library, or contact the front desk at 604-519-1066 with questions.

Looking for Teacup and Saucer Donations

You may have seen Val around Century House. He works in Youth Services, mainly at Queensborough Community Centre, and is at Century House on Thursday afternoons.

Val has volunteered for over 13 years with Vancouver Dreams Take Flight, which flies deserving children from BC to Disneyland each year. These trips give 125 children with physical, mental, or social challenges a trip of a lifetime.

He's looking for donated teacups and saucers for an upcoming High Tea fundraiser. If you can help, please drop items off with Hannah Glavin or Jenna Speers at Century House by **Saturday, April 18, 2026**.

Thank you from Val and the Dreams Take Flight team for helping create special moments for these kids!

MEMBERSHIP RENEWAL

Remember to check the date on your membership card. Is it time to renew?



Tech-Tok: Seniors: the New “AI Power Users” - Brought to you by SET

A 2026 IPSOS market research study indicates that Canadians aged 55+ may be more accepting of practical AI adoption:

- 35% plan to experiment with AI this year, primarily as a “Personal Lifestyle Assistant” for travel logistics, health monitoring, and managing digital transactions.
- The findings challenge the narrative that seniors are tech-averse or particularly vulnerable to digital threats, instead painting a picture of a savvy, vigilant demographic that uses AI to enhance their lifestyle and independence.
- Unlike younger demographics who may fear AI “replacing jobs,” retirees view AI as a personal assistant. They are integrating it into their lives to manage smart homes (security/climate), plan travel, learn languages, and combat loneliness through chatbot companions.
- As they integrate AI into daily routines, older adults are becoming key advocates for its responsible and ethical use, potentially shaping how future generations perceive the technology.

Police Warn of Fake Gold Thefts and Scams

Fraudsters are selling fake gold jewelry for cash or using it to distract people while stealing real jewelry. Seniors are often targeted in public places such as streets, parking lots, or outside retirement homes. Scammers may act overly friendly and even hug victims to get close.

Police recommend you be especially aware of people trying to touch you unnecessarily. Additionally, police ask that caregivers of seniors remain vigilant at all times. People using mobility devices maybe approached by fraudsters. If they're impeding your movement, please call for help and draw attention to yourself.

If you have been a victim of fraud, please report it to the New Westminster Police Department: 604-525-5411.

Canada Groceries and Essentials Benefit

Following the passage of Bill C-19 in February 2026, the GST/HST Credit has been renamed to Canada Groceries and Essentials Benefit. Changes include:

- A lump-sum payment equal to 50% of your annual 2025-2026 GST credit value, no later than June 2026.
- The regular quarterly payments will be permanently increased by 25% for the next 5 years.
- This payment is applied automatically. Ensure your 2024 and 2025 tax returns are filed.



A Time for Change Event a Success

The T4C group's recent **On the Brink: Housing and Services for an Aging Population** event saw close to 100 attending in person with another 25 participating via ZOOM. At issue: over 7000 BC seniors are currently waiting for supportive housing or long-term beds with the average wait time now nearly 290 days — roughly double what it used to be.

Those in attendance listened to presentations from Alison Silgado, Senior Services Society of BC CEO, outlining the local housing issues in New Westminster, Val Macdonald, long-time advocate for Aging in Place, as well as BC Seniors Advocate, Dan Levitt on the real cost of long term care wait times.

The T4C group presents workshops and speakers focused on how seniors can participate in advocating for change. We are currently working on our next event, stay tuned for details.

BC Seniors Driving Licences Update

As of March 2026, the BC government introduced legislation allowing for driver's license renewals to be made online through ICBC:

- This change is primarily for "straightforward" renewals.
- If you are required to submit a Driver's Medical Examination Report (DMER) or have a vision test due to your age, you will likely still need to complete those components in person or through your physician before your license can be renewed online. (When you turn 80, you must complete a Driver's Medical Examination Report (DMER).
- Caution: be wary of advertisements or social media posts claiming new "Mandatory Federal Senior Tests" for all Canadians. In BC, RoadSafetyBC will always mail you a letter directly when it is time for your specific medical review.

Seniors and Changes to Federal Benefits

Old Age Security (OAS) and Guaranteed Income Supplement (GIS)

Significant adjustments to benefits are now taking effect:

- OAS and GIS benefits were adjusted upward by 0.3% for the January -March 2026 quarter. A further increase of 0.1% is scheduled for the April -June 2026 quarter.
- The permanent 10% increase for seniors aged 75+ remains in effect. For the first quarter of 2026, the maximum monthly OAS payment is \$742.31 (ages 65 - 74) and \$816.54 (ages 75+).
- Some may see a combined monthly increase of up to \$400 when factoring in both CPP and OAS adjustments.
- Like the former GST credit, this benefit is automatic. Ensure your 2024 and 2025 tax returns are filed.

Support Services

SOUL (Seniors, Onward, Upward, Learning)

Have a workshop idea to support seniors' emotional health and quality of life at Century House? Email the details to: SOUL@chanw.ca

Care for the Caregiver In-Person Support

Our group brings caregivers together based on the mutual experience of caring for a family member or friend. This is a time for reassurance, where participants can realize they are not alone. Join us the first Tuesday of each month for coffee, sharing and support. Drop-in welcome, no registration required.

Douglas Room

Tuesday, 1:00 - 2:30 pm
April 7

Care for the Caregiver

Caring for a family member or friend can leave you exhausted, anxious, and isolated. Century House offers a five-week Care for Caregivers program via Zoom, giving participants a chance to take a break from home.

Under the guidance of a professional facilitator, you can share experiences, learn from each other and guest speakers, access information and resources, and enjoy some fun. Zoom help is available if needed. Open to caregivers 50+

ZOOM link will be emailed prior to each session. Register by calling or visiting the Century House Front Desk: 604-519-1066.

Virtual via Zoom (opens at 1:00 pm)

Tuesday, 1:30 - 2:30 pm
May 12 - June 9

Zoom: [https://us02web.zoom.us/meeting/register/esd3GKMGQmyfA3WL7W_C_A](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/esd3GKMGQmyfA3WL7W_C_A)

Registration Fee: Free

Century House Association Peer Support (CHAPS)

Are you feeling blue, lonely, health-anxious, or grieving? The Peer Support team is here to provide you with support through life's transitions, such as bereavement, isolation, downsizing, moving and caregiving. Peer Support offers free, one-to-one support for seniors, in person, by phone, or via Zoom. Volunteers are trained to walk alongside older adults who are seeking support and empowerment as they navigate a troublesome time in their life. Contact chaps.connect@gmail.com or 604-519-1064 or 778-882-2472.



Notable 90s

Welcome to all of you who are 90 years old or more! Please join our group for an interesting afternoon of discussion and conversation. Social time over coffee/tea and goodies will follow afterwards so you will have an opportunity to get to know one another. If you weren't able to hear Dan Levitt's (British Columbia Seniors Advocate) presentation in March, he will be visiting our group with an interesting talk about the latest news on all things related to seniors.

Oak Room

Wednesday, 1:30 - 3:00 pm
April 15

Low Vision Support Group

In April we are pleased to have Marilyn Rushton as our guest speaker. Legally blind, Marilyn taught blind students until retirement and continues to share her musical talents as a keyboardist and singer in a trio. She looks forward to sharing her story and chatting with the group. Both new and returning members welcome.

Oak Room

Tuesday, 10:00 am - 12:00 pm
April 7

Blood Pressure Monitoring

No appointment needed, simply sign in when you arrive. Please respect others' privacy waiting in the lounge. Don't forget your wallet card!

By the front office

Thursday, 9:30 am - 1:00 pm
April 16

Parkinson's Support Group

Open to people with Parkinson's and their care partners. Meetings focus on topics and concerns relevant to living with Parkinson's. For more information, call Kathy at 604-258-9074.

Oak Room

Wednesday, 10:00 am - 12:00 pm

April 15

Seniors Embracing Technology (SET)

We're a team of volunteers with a wide range of skills, from trained computer technicians with industry experience, to members who simply enjoy helping others learn their devices. We meet once a month to plan activities. We support Apple, Android, and Windows smartphones, tablets, and laptops—and we do it in a friendly, patient, and welcoming environment.

Enjoy technology and want to help fellow CHA members become more confident? We welcome new volunteers to the team. [Email SET@chanw.ca](mailto:SET@chanw.ca)

Purpose Society Digital Inclusion Hub

The Digital Inclusion Hub offers personalized support to anyone who needs it! Get help setting up email, crafting a resume, or learning how to use social media. Drop in on Thursdays or book an appointment. Contact Lola at 604-396-5514 or mail@purposesociety.org. Learn more: digitalinclusionproject.org.

40 Begbie Street, New Westminster

Tuesday - Friday

9:00 am - 3:00 pm

Digital Device Donation Centre

Century House is a permanent donation site for the Digital Inclusion Hub. Drop off devices at the front office to help those in need.

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? Sign up and bring along your digital questions. SET volunteers will be on hand to help with finding answers. Register to secure your spot:

April 13 & 27

Monday, 10:00 - 11:00 am

Apple

248237

Monday, 11:00 am - 12:00 pm

Android

248238

Discover the Computer Room!

We are taking a break from the scheduled computer room times. If you need access to a computer, reach out to the 1-on-1 Computer Support group below, and a volunteer will arrange a time that suits you both.

1-on-1 Computer Support

Get personalized, peer-to-peer help with your computer tasks. Whether its email, online forms, or everyday tech challenges, we'll work with you at your pace. To book a time, submit a request and a volunteer will be in touch to arrange. Available times are typically weekdays between 9:00 am - 2:30 pm, and Saturday 9:00 am - 12:30 pm (Holiday and Youth Centre schedule permitting).

Submit a support request: Visit or call 604-519-1066 or email SET set@chanw.ca.



Century House Association Events

Opera Gala

Experience the timeless beauty of operatic highlights, intertwined with love ballads and famous songs of Broadway musicals with Tenor Gustavo Herrera and Soprano Sarah Goomeshi. Light refreshments.

Douglas/Fir Room

Wednesday, 6:15 - 8:30 pm

April 8

249749

Tickets: \$15.00 members / \$18.00 non-members

Registration deadline is Friday, April 3 or when maximum seating is reached.

Monthly Movie

April's movie is Summerland (2020), a British drama. During World War II a reclusive Englishwoman opens her heart to an evacuee. When she reluctantly agrees to let him stay, they bond after he takes an interest in her scholarly work. Filmed in: Birling Gap, Seaford, East Sussex, UK.

ABC Room

Saturday, 1:30 pm

April 11

244816

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

Pianist Luke Sanford

Enjoy an engaging performance of original music along with Tin Pan Alley classics and Broadway favourites. Luke will take requests for Classic Rock, Jazz, and Broadway tunes, so do think of some songs you'd like to hear him play! Ticket includes tea and treats.

Fir Room

Wednesday, 3:30 - 5:00 pm

April 15

249756

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

Registration deadline is Friday, April 10 or when maximum seating is reached.

April Birthday Party

Celebrate and enjoy music and dancing with guest artist Mike Kinal. Specify Cake (Apple Crumble) or Cheese & Crackers when registering.

Fir/Douglas Room

Wednesday, 6:30 - 8:30 pm

April 29

249759

Tickets: \$5.00 members (free if celebrating birthday) /

\$6.00 non-members

Registration deadline is Friday, April 24 or when maximum seating is reached.



Upcoming

Comedy Games & Standup Comedy

Join the Century House Players for a fun and unique spring performance of comedy games and standup! Limited seating – reservations recommended.

Douglas Room

Thursday, 1:30 pm, Toonie Preview

May 21

251240

Tickets: \$2.00

Friday, 7:00 pm

May 22

251255

Saturday, 2:00 pm

May 23

251257

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

May Birthday Party

Celebrate May birthdays and enjoy music and dancing with guest artist Greg Hampson. Specify Cake (Black Forest Cake) or Cheese & Crackers when registering.

Fir/Douglas Room

Wednesday, 6:30 - 8:30 pm

May 27

251265

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

Registration deadline is Friday, May 22 or when max seating reached.

Seniors Week: Soda Crackers Band

Three long-time musical cohorts claim to serve up a menu of music steeped in rootsy rhythms, pan-fried in traditional country, then stewed in a gumbo of bluegrass, jazz and western swing. All of which promises some great music and a fun afternoon. Refreshments: tea and treats.

Fir/Douglas Room

Wednesday 3:30 - 5:30 pm

June 3

251276

Tickets: Free

Registration deadline Sunday, May 31 or when max seating reached.

Celebrate Japanese Canadian Culture

Did you know that New Westminster was the first city in Canada to have a sister city in Japan? In 1963, New Westminster and the city of Moriguchi, located NE of Osaka, signed a sister city agreement.

Enjoy Japanese traditions and learn about the history of Japanese Canadians in BC. Watch a performance of Japanese dance and a tea ceremony, try origami, a simple dance, a summer kimono, and sample snacks and green tea. If you have been to Japan, are planning a trip, or just enjoy learning about other cultures, this is a great way to spend an afternoon.

Fir/Douglas Room

Sunday 1:00 - 3:30 pm

May 31

251271

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

Registration deadline Sunday, May 24 or when max seating reached.

Have an Idea for an Event?

Pick up a form at the front desk or request a digital copy from events@centuryhouseassociation.com. Completed forms can be returned to the front desk to the attention of the Events Planning Committee or email at the address above. Volunteers always welcome!

Event Registration Information

- No refunds after the registration deadline.
- Seat reservations require a minimum of 4 people who already have tickets purchased. Only seats, not tables, are reserved. Guests not in your group may be seated at your table; please welcome them. Organizers may limit reservations.
- Low-vision seating available. Companion seating may also be available.
- Contact events@centuryhouseassociation.com or front desk to reserve seats (including low vision) at least 3 days prior to the event.
- Limited Parking: Guests with mobility issues would appreciate parking in the lot. Please consider nearby street parking or use alternative transportation.



CHA Activity Groups

Badminton

We welcome all members to join regardless of their skill level. Try out Badminton for free three times before joining. We have extra racquets.

Multipurpose Room

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

Bid Euchre

This card game can help keep memory cells supple using easy to learn strategies. Want to learn to play? Sign up for three free lessons! Email CHBidEuchre@gmail.com or leave your name at the front desk.

Birch Cedar Room

Tuesday, 1:00 - 4:00 pm

Bingo

Everyone welcome, CHA membership required. Come out for an enjoyable afternoon. Bingo cards are \$0.50 or 6 for \$2.50. 50/50 tickets are \$1.00, cash only.

Douglas/Fir Room

Friday, 12:45 - 3:45 pm, games start at 1:00 pm.

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: 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, 12:30 - 3:30 pm

Century Dragons

We're a 55+ Women's Dragon Boat team who enjoy paddling together and sharing our passion for fitness, competition, and team camaraderie. From the beginning of March to the end of September, we practice dragon boating at False Creek for 90 minutes twice per week, and race in regattas throughout the season. Our first regatta is the Inlet Spring Regatta in Port Moody on April 24, followed by Vessi Regatta in False Creek on May 30. We're excited and ready for the 2026 season to begin! For information, email Centurydragons1@gmail.com.

CENTURY HOUSE ASSOCIATION

Century House Artists

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

Spruce Room

Tuesday, 3:00 - 5:00 pm

Drop-in Fee: \$2.00

Century House ZOOM Book Club

No previous book club experience is needed to join this group of interested and interesting readers who meet once a month. A group member has recommended a book for the April discussion. The size of the group may be limited by the availability of the books at the public library. New members are welcome. To join and for further information, email: zbc@centuryhouseassociation.com.

Program Facilitator: Jane Hicks

Monday, 10:30 am

April 13

Century House Carpet Bowling

We welcome new members, no experience needed.

ABC Room

Monday, 1:00 - 3:00 pm

Annual cost is \$10.00 / person

Century House Darts

Meet our group and have some fun! Bring your own darts or use ours. For more information, email Mike:

CHDartsGroup@gmail.com.

Hemlock Room

Thursday, 1:00 - 3:00 pm

Century House Players

It's never too late to join our team to participate in Standup Comedy and Improv games! Laughter and smiles, guaranteed. It's fun, creative, and supportive. Contact Eileen:

emackenza@gmail.com

Douglas Room

Thursday, 1:00 - 3:00 pm

Century House Quilters

If you are interested in joining, please contact khorley@telus.net to have your name put on the waiting list! Large quilts are available for sale.

Spruce Room

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

Century House Singers

We are at maximum capacity! We have decided to suspend applications to join. Thank you for your understanding.

Oak Room

Monday, 2:00 - 4:00 pm



Century House Squares

Singles and couples welcome. No special attire required. No black soles on your comfy shoes. New dancer intake in September. For more information contact Pat at patger@telus.net or Mark at mgarstin@eol.ca or 778-237-3991.

Fir Room

Saturday, 11:30 am - 2:00 pm

Fee: \$7.00/class

Century House Walkers

We take joy walking in the great outdoors, adding to our circle of acquaintances, and visiting areas both familiar and new. Enjoy a stop for coffee or lunch after an outing for more socializing.

Details: centuryhouseassociation.com/activity/walkers/
Meet at Sixth & Sixth Royal City Centre mall entrance at 9:30 am on Friday unless otherwise indicated.

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

Conversational French

Practice French in a relaxed, non-judgmental setting. Suitable for all levels, however, some comprehension is 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

Annual Fee: \$12.00



Conversational Spanish

Interested in improving your Spanish-language skills? Join us! All levels are welcome, but some degree of Spanish comprehension is recommended. We welcome native Spanish speakers to come and help guide us. All members are encouraged to participate as we chat, read, play games, sing, and have fun. Contact [Lizzy spanish@chanw.ca](mailto:Lizzy_spanish@chanw.ca)

Cedar Room

Wednesday, 3:30 - 5:30 pm

Annual Fee: \$6.00

Court Whist

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

Arbutus Room

Tuesday, 12:30 - 3:00 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

An opportunity to practice and improve English-speaking skills. Currently accepting participants and facilitators. Complete an application at the 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: Judyb200@shaw.ca

Arbutus Room

Tuesday, 11:00 am - 12:00 pm

Drop-in Fee: \$1.00

Learning Garden

We grow vegetables and sell them to Century House members and the general public, with proceeds funding next year's seeds and supplies. This is a great activity for people who want to garden and now live in an apartment, or those who want to learn more. Experienced gardeners and newbies are welcome. Please join us in our beautiful garden!

Line Dancing 1

Next session coming up. Contact Coreen for more information: 604-521-4997

Fir Room

Monday, 12:20 - 1:20 pm and 1:40 - 2:40 pm

April 13 - June 29

Registration Fee: \$15.00

Line Dancing 2

Geared to newer dancers and those who are unable to attend weekdays. All levels welcome. First 3 weeks start at 6:30 pm for basic footwork; followed by regular class from 7:00 pm - 8:30 pm. \$15.00 (cash) fee for entire session payable to the Leader on first night of classes. Please bring an envelope for your fee with your name, phone number and email address on the front.

For info call Pat: 604-521-7497

ABC Room

Tuesday, 7:00 pm - 8:30 pm (First 3 weeks start at 6:30 pm)

April 7 - June 30

Fee: \$15.00 for full session

Mahjong

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

Oak Room

Thursday, 9:30 - 11:45 am



CENTURY HOUSE ASSOCIATION

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 group. Open to all CHA members.

Info: annearia2@gmail.com

Pickleball

Have fun while getting exercise among friends! If you want to learn how to play, there will be beginners' lessons the first Thursday of each month. 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

Join us on the 2nd and 4th Tuesdays of each month for a fun evening of reading a play aloud, "acting" the roles using only your voice. No experience needed! More details:

readerstheatre@centuryhouseassociation.com

Tuesday, 7:00 - 8:30 pm

April 14 & 28

Snooker

All are welcome, men and women. New players can try out the facilities for three sessions. After that, a \$50 annual room and equipment fee applies, and CHA membership is required. Members can also play during public times at no extra cost.

Maple Room

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

Saturday, 9:30 am - 3:45 pm

Scrabble

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

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, crocheters and needleworkers welcome. Join us for inspiration. While we do not teach, we do share expertise and patterns. We use donated yarns and supplies. All items made with our supplies are sold for donations at Century House. If you are interested or would like more information, email: crafts-tue@chanw.ca

Spruce Room

Tuesday, 12:30 - 2:30 pm

Ukulele

All levels welcome! Join our jam session. Bring your own Ukulele.

ABC Room

Thursday, 9:30 am - 12:00 pm



MEMBERSHIP RENEWAL

Remember to check the date on your membership card. Is it time to renew?



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:

<https://us02web.zoom.us/j/81543958630?pwd=tqwlaLq666Kt0toAk8j5c9wl8a2mpQ.1>

ID: 822 7955 2986

PC: 557190

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 front desk if you're interested in a lesson.

Oak Room

Thursday, 1:00 - 3:00 pm

Drop-in Fee: \$2.00

Wonders of the Garden

Explore the wonders of the garden in our own neighbourhood and around the world. Participate in this shared learning experience in a social setting featuring demonstrations, hands-on workshops, and guest speakers. Meetings held on the second and fourth Fridays of the month. Contact Carole Forsythe carole.forsythe@pobox.com for more information.

Douglas Room

Friday, 1:30 - 2:30 pm

April 10 & 24

Drop-in Fee: \$2.00

CENTURY HOUSE ASSOCIATION

April Week at a Glance · Century House Association

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Quilting 9:00 am - 12:00 pm	Table Tennis 9:00 am - 2:30 pm	Badminton 9:00 am - 2:30 pm	Pickleball 9:00 am - 2:30 pm	Badminton 9:00 am - 2:30 pm	Table Tennis 9:00 am - 2:30 pm	
CHA Snooker 9:00 am - 3:00 pm	CHA Snooker 9:00 am - 3:00 pm	CHA Snooker 9:00 am - 3:00 pm	CHA Snooker 9:00 am - 3:00 pm	CHA Snooker 9:00 am - 3:00 pm	CHA Snooker 9:30 am - 3:45 pm	
Pickleball 9:00 am - 2:30 pm	General Discussion Group 11:00 am - 12:00 pm	Wednesday Crafts 1:00 - 3:00 pm	Quilting 9:00 am - 12:00 pm	CH Walkers 9:30 am	Square Dancing 11:30 am - 2:00 pm	
Line Dancing 12:20 - 1:20 pm & 1:40 - 2:40 pm	Court Whist 12:30 - 3:00 pm	Conversational French 1:30 - 3:00 pm	Mahjong 9:30 - 11:45 am	Bingo 12:45 - 3:45 pm		
Carpet Bowling 1:00 - 3:00 pm	Tuesday Crafts 12:30 - 2:30 pm	Conversational Spanish 3:30 - 5:30 pm	Ukulele 9:30 am - 12:00 pm	Scrabble 1:00 - 3:00 pm		
Cribbage 1:00 - 3:30 pm	Bridge 1:00 - 4:00 pm		CH Players 1:00 - 3:00 pm	Canasta 12:30 - 3:30 pm		
Century House Singers 2:00 - 4:00 pm	Bid Euchre 1:00 - 4:00 pm		Darts 1:00 - 3:00 pm			
	CH Artists 3:00 - 5:00 pm		Whist 1:00 - 3:00 pm			
	Line Dancing 7:00 - 8:30 pm					

Schedule is subject to change. Membership is required for Century House Association Activity Groups.

Additional group fees may apply.

Contact 604-519-1066 or visit centuryhouseassociation.com for more details.

Additional Activities, Support Groups and Events

Apr. 1	10:00 am - 12:00 pm	Chairpersons Meeting
Apr. 7	10:00 am - 12:00 pm	Low Vision Support Group
	1:00 - 2:30 pm	Care for the Caregiver In-Person Support
Apr. 8	6:15 pm	Opera Gala
Apr. 10	1:30 - 2:30 pm	Wonders of the Garden
Apr. 11	1:30 pm	Monthly Movie
Apr. 13	10:00 am	BYOD (Apple)
	10:30 am	Zoom Book Club
	11:00 am	BYOD (Android)
Apr. 14	7:00 pm	Readers Theatre
Apr. 15	1:30 - 3:00 pm	Notable 90s
	10:00 am - 12:00 pm	Parkinson's Support Group
	3:30 - 5:00 pm	Pianist Luke Sanford
Apr. 16	9:30 am - 1:00 pm	Blood Pressure Monitoring
Apr. 24	1:30 - 2:30 pm	Wonders of the Garden
Apr. 27	10:00 am	BYOD (Apple)
	11:00 am	BYOD (Android)
Apr. 28	7:00 - 8:30 pm	Readers Theatre
Apr. 29	6:30 - 8:30 pm	Birthday Party



CITY OF NEW WESTMINSTER PROGRAMS & EVENTS

April Week at a Glance · New Westminster Parks and Recreation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Century House · 620 Eighth Street · 604-519-1066						
Fitness Centre Drop-in 9:00 am - 2:30 pm Active & Able Fitness 9:30 - 10:30 am Gentle Fit 11:00 am - 12:00 pm Yoga 11:00 am - 12:00 pm Women's Snooker 3:00 - 5:00 pm Public Snooker Try-it! 5:00 - 8:45 pm Zumba Gold 19+ 5:30 - 6:30 pm	Fitness Centre Drop-in 9:00 am - 2:30 pm Strength & Stretch 9:30 - 10:30 am Mobility & Strength 10:45 - 11:45 am Community Connections 3:00 - 4:00 pm Public Snooker 5:00 - 8:45 pm Try-it! Zumba Toning 19+ 5:30 - 6:30 pm Try-it! Stretch 19+ 6:45 - 7:45 pm	Fitness Centre Drop-in 9:00 am - 2:30 pm Active & Able Fitness 9:30 - 10:30 am Chair Yoga 11:00 am - 12:00 pm Gentle Fit 11:00 am - 12:00 pm Women's Snooker 3:00 - 5:00 pm Public Snooker Try-it! 5:00 - 8:45 pm	Fitness Centre Drop-in 9:00 am - 2:30 pm Active & Able Fitness 9:30 - 10:30 am Fitness Centre Advisor 1:00 - 3:00 pm Public Snooker 5:00 - 8:45 pm Try-it! Zumba Gold 19+ 6:00 - 7:00 pm Try-it!	Fitness Centre Drop-in 9:00 am - 2:30 pm Strength & Stretch 9:30 - 10:30 am Gentle Fit 11:00 am - 12:00 pm Yoga 11:00 am - 12:00 pm Public Snooker 5:00 - 8:45 pm Try-it! Zumba 19+ 5:30 - 6:30 pm Try-it! Stretch 19+ 6:45 - 7:30 pm	Fitness Centre Drop-in 9:00 am - 2:30 pm Iyengar Yoga Intro 9:30 - 10:30 am	
Queensborough Community Centre · 920 Ewen Avenue · 604-525-7388						
Seep 2:30 - 5:30 pm	Bingo <i>Except 2nd Tuesday</i> 12:30 - 2:30 pm Seep 2:30 - 5:30 pm	Chinese Seniors Group 9:00 am - 12:00 pm Pickleball 12:30 - 2:30 pm Seep 2:30 - 5:30 pm	Seep 2:30 - 5:30 pm	Learn & Play Mahjong 9:00 am - 12:00 pm Learn & Play Texas Holdem Poker 9:00 am - 12:00 pm Jewellery Making 9:00 am - 12:00 pm Seep 2:30 - 5:30 pm	Seep 2:30 - 5:30 pm	Seep 2:30 - 5:30 pm
təməsewtx™ Aquatic & Community Centre · 65 E Sixth Avenue · 604-777-5100						
Active & Able Interval 8:00 - 9:00 am	Pickleball 9:00 - 11:30 am Learn & Play Mahjong 9:00 am - 12:00 pm Learn & Play Texas Holdem Poker 9:00 am - 12:00 pm Sketch for Fun 10:00 am - 12:00 pm	Active & Able Interval 8:00 - 9:00 am	Badminton 9:00 - 11:30 am Learn & Play Mahjong 9:00 am - 12:00 pm Learn and Play Rummikub 9:00 am - 12:00 pm Jewellery Making 9:00 am - 12:00 pm	Walking Soccer Try-it! 1:00 - 2:30 pm		
Schedule is subject to change. For up-to-date schedules visit: newwestcity.ca/dropin ■ Registration is available for Limited-Capacity Drop-in classes. Admission fees apply. See page 13.						

Additional Events from the City of New Westminster

Apr. 2	11:00 am - 1:00 pm	New West Tenants Union Information Table
Apr. 4	1:30 - 3:30 pm	Karaoke
Apr. 16	6:00 - 8:00 pm	Paint & Create
Apr. 18	1:30 - 3:30 pm	Karaoke
Apr. 22	9:00 am - 5:30 pm	Bus Trip: Tulips and Rowena's Inn with Joy Brown
Apr. 27	12:30 - 2:00 pm	Hanging Basket Workshop
	9:00 am - 3:00 pm	Bus Trip: Museum of Anthropology and 3-Course Lunch
Apr. 29	10:00 - 11:30 am	Maintaining Wellbeing Through Movement Workshop

Admission Fees

	1 Visit	10 Visit	30 Day Pass	365 Day Pass
		Save 20%	Save 40%	Save 55%
19 - 64 years	\$7.70	\$61.50	\$69.25	\$49.50 / mon. or \$594.00
65 - 74 years	\$5.10	\$41.00	\$46.00	\$33.00 / mon. or \$396.00
75+ years	\$3.85	\$30.75	\$35.00	\$24.75 / mon. or \$297.00
Try-it!	\$2.00			

Financial assistance is available for Active 10 & Active 30-day passes (for New West Residents).

newwestcity.ca/financial-assistance

Drop-in Programs

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 - Kulwant

Wednesday, 9:30 - 10:30 am - Judi

Thursday, 9:30 - 10:30 am - Gillian

On-going

Badminton

Play recreational badminton at your own pace. All skill levels welcome. Bring a racquet and birdies.

Bingo

See old friends and meet new ones while playing Bingo. Bring your own snack and beverage for the break.

Chinese Seniors Group

Connect with other Chinese speakers through conversation, cultural activities, and support in a warm, welcoming space. Offered in Cantonese and Mandarin.

Community Connections

Become familiar with the New Westminster community and find local resources. Meet new people, local services, and city staff. Coffee and snacks provided.

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 and Friday, 11:00 am - 12:00 pm

Fitness Centre

Elliptical, treadmill, weights and more! On Thursdays there will be a fitness advisor available from 1:00 - 3:00 pm to 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 - Kulwant

Wednesday, 11:00 am - 12:00 pm - Gillian

Friday, 11:00 am - 12:00 pm - Judi

On-going

Iyengar Yoga

Develop strength and flexibility. For beginners and experienced students seeking to focus on fundamentals. Props are optional if brought.

Jewelry Making

Get creative and unwind using beads, wire, and other materials. Learn simple techniques to design your own unique pieces, no experience needed.

Learn and Play Mahjong

Learn and play traditional Cantonese Mahjong in a relaxed, social setting. All skill levels welcome, no cash prize.

Learn & Play Rummikub

This tile-based game that combines elements of rummy and Mahjong! Perfect for sharpening your mind while enjoying a friendly match with others. No cash prize.

Learn and Play Texas Hold'em Poker

Learn and play this famous card game in a friendly setting! All skill levels welcome, no cash prize.

Mobility & Strength

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

Pickleball

Serve, dink, and volley in the hybrid of badminton, tennis and table tennis played with paddles and a perforated ball. Low-impact aerobic exercise. Bring a paddle and balls.

Seep

Know how to play the card game Seep? If you do, then join us any day of the week.

Sketch for Fun

Unleash your creativity in this sketch group. Bring your sketchbook and pencil to enjoy a relaxing space to draw, share ideas, and be inspired

CITY OF NEW WESTMINSTER PROGRAMS & EVENTS

Strength and 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.

Snooker: CHA Snooker, Public Snooker, Women's Snooker

Take up or practice the skills of snooker. Snooker is a game of skill played on a billiards table. Beginners pick up tips from experienced players. All levels welcome.

Walking Soccer

The game of soccer with a low-impact, walking only approach. This co-ed, modified sport focuses on teamwork, skill building, and enjoyment in a safe and supportive environment. Wear running shoes, all other equipment provided.

Resources & Information

City of New Westminister Programs & Services

Pick up a copy of the 50+ years/Older Adults section of the Active Living Guide at Century House or look online for all 50+ city programs and events including arts, fitness and more.

City of New Westminister Parks & Recreation
newwestcity.ca/rec

City of New Westminister Programs & Services

Pick up a copy of the 50+ section of our Active Living Guide at Century House or see online for all city programs including arts, fitness and more!



Century House Webpage
centuryhouseassociation.com

City of New Westminister
newwestcity.ca/rec

Financial Assistance

The New Westminister Parks and Recreation Financial Assistance Program assists resident's (household income of \$50,000 or less) 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 admission) drop-in opportunities in skating, sports and more.

View schedules: newwestcity.ca/dropin

Visit newwestcity.ca/financial-assistance for more information or inquire at the front desk.

Income Tax Services

We are once again offering free income tax services starting on Monday, March 2! To qualify for this free service, please review the requirements below:

- Must bring your Social Insurance Number
- Must be aged 50+ years and a resident of New Westminister
- 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 2025
- Name of landlord or company payment was made to
- Rental address
- Rent paid per month
- Number of months at this rental address

Drop off all slips and last year's completed taxes to Volunteer Intake Desk to review tax package through March and April, Mon. - Fri., 10:00 am - 2:00 pm.

No appointment needed.

General Drop-off Mon. - Fri., 10:00 am - 8:00 pm & Sat. 10:00 am-3:00 pm

No appointment needed to drop off documents.

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



New West Tenants Union Information Table

The NWTU is a non-partisan volunteer group advocating for renters' rights and safety. Seniors are invited to speak about issues or concerns with rental companies in a safe, supportive space. A volunteer will be available for non-legal conversations to help clarify your concerns and suggest resources. No appointment needed. All discussions are confidential.

Century House

Thursday, 11:00 am - 1:00 pm
April 2

Seniors Community Connector for the City of New Westminister

The Community Connector helps seniors access community services and supports to improve health and well-being. If you or someone you know needs help with physical activity, nutrition, social programs, mental wellness, or daily living support, contact Judy Venable: jvenable@newwestcity.ca or 778-312-1511.

Ministry of Social Development and Poverty Reduction

Pushpinder (Push) Sharma, Community Integration Specialist, will be available for consultation.

Century House Lounge

Tuesday, 1:00 - 4:00 pm

City of New Westminister Extreme Weather & Emergency Response Line

In the event of an extreme weather event or an emergency within the City, please use the Extreme Weather & Emergency Response Recorded Line for the latest information about cooling/warming venues and resources: 604-239-4936.

Connections Café

Hours of Operation

9:30 am - 2:30 pm

Monday - Friday

Lunch Service (Dine-in or Pick-up): 11:30 am - 1:00 pm

Find the Connections Café menu online:

centuryhouseassociation.com/about/connections-cafe/

Paper copies available outside the front door of Century House.

Pre-Order Lunch Entrées! Walk-ins may be disappointed.

Please order at least one day ahead—the earlier, the better. Call 604-519-1066 or visit the front desk. Please arrive at your scheduled time, and bring a bag for take-out meals.

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)	\$3.75

Limit 6; scones/samosas/cinnamon buns/muffins
Orders for baked goods can be made on Wednesdays.
Contact our chef at 604-519-1063 to ask about catering requests or if you have questions about special diet meals. We will do our best to accommodate you.

Available Without Pre-Order:

Baked Goods	\$2.25
Coffee / Tea	\$1.50
Cookie	\$1.25
Sandwich	\$3.75
Soup Bowl	\$3.00
Soup Cup	\$2.25

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
- Inquire with Jenna Speers or Ricardo Espescht at the front desk, by phone 604-519-1023, or at chvolunteer@newwestcity.ca

City of New Westminster Events

Community Connections

All are welcome to join our weekly drop-in to learn about senior-focused resources and programs. Enjoy friendly conversation over free coffee, tea, and delicious snacks while connecting with other seniors in the community.

Century House Lounge

Tuesday, 3:00 - 4:00 pm

No registration required, check in at Welcome Table upon arrival.

April 7

April 14

April 21

April 28

Refer to the Community Connections poster in the lounge for information about the week's guest organization.

Friday Night Fever (50+ years): Black & White Formal

Come in your loveliest black and white outfits and get ready to dance, or just come for the social! There will be treats, group dances, and prizes while you enjoy music by Bridge City Sound Youth DJ Program.

Coffee, tea and treats included.

Century House, Fir Room

604-519-1066

Friday, 6:30 - 8:30 pm

May 1

248379

Registration fee: \$6.00 members / \$7.00 non-members

Uptown Swing Collective Presents: Jazz Cats

Put on your glad rags and join us for an evening of live swing jazz in the heart of New Westminster!

Whether you feel like swinging out, joining the jazz jam, or just tapping your toes and enjoying the show, we welcome you to spend a fun and inclusive evening with the Uptown Swing Collective, in partnership with the City of New Westminster.

Century House

Saturday

April 25

6:30 pm Doors open

6:45 pm Beginner Lindy Hop dance lesson

7:30 pm Live music and social dancing

Tickets: \$22 in advance (online until 1pm day of event)

\$26 at the door (online/ after 1pm day of event)

Ticket link: <https://uptown-swing-collective.square.site/jazz-cats-social>

Education & Programming

Paint & Create

Follow a step-by-step guided session where you'll complete your own beautiful painting from start to finish, no experience necessary. All materials provided.

Century House

604-519-1066

Thursday, 6:00 - 8:00 pm

April 16

248303

Registration fee: \$17.50 / class

Hanging Basket Workshop

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 supplies (plants, fertilizer, soil) needed to make your basket.

Century House

604-519-1066

Monday, 12:30 - 2:00 pm

April 27

251179

Thursday, 12:30 - 2:00 pm

May 7

251180

Registration Fee: \$40.00



UBC ACCESS Program presents: Maintaining Wellbeing Through Movement

Presenters will share results from research related to older adults living with chronic conditions with the aim of living well as you age. Learn about strategies for moving your body and maintaining social connection. This event is not just for people who are living with chronic conditions, but for anyone who wants to learn about how to maintain physical and cognitive health through the years.

Century House, Oak Room 604-519-1066

Wednesday, 10:00 - 11:30 am

April 29

249135

Registration fee: Free

Pen to Picture

Discover the art of storytelling from the written word to the big screen. In this three-part series, explore creative writing techniques, learn the fundamentals of screenwriting, and gain hands-on insight into the filmmaking process - from concept development to final production. Whether you're a curious beginner or a creative enthusiast, you'll leave with the tools and inspiration to bring your stories to life.

Century House, Oak Room

604-519-1066

Wednesday, 1:00 - 3:00pm

May 27 - June 10

248354

Registration Fee: \$78.00 / 3 classes

Sewing Beginner: Tote Bag

Designed for beginners or returning sewers. A sewing machine is available; bringing your own is recommended. Supply list will be provided ahead of class.

Century House, Spruce Room

604-519-1066

Thursdays, 6:30 - 8:30 pm

April 9 - April 16

248317

Registration Fee: \$33.00 / 2 classes

Sewing Intermediate: Pyjamas

Expand your garment-making skills by creating a stylish and comfortable pyjama set. Perfect for layering, this project introduces techniques that build confidence in working with patterns and achieving a polished finish. Designed for those who are comfortable using a sewing machine and sewing straight seams. A machine is available; bringing your own is recommended.

Century House, Spruce Room

604-519-1066

Thursdays, 6:30 - 8:30 pm

April 30 - June 4

248325

Registration Fee: \$100.00 / 6 classes



Solidarity Forever Exhibit Tour

Join museum interpreters for an engaging tour and discussion of this featured exhibition. Discover how organized labour helped shape New Westminster, what motivated workers to unite, and the challenges they faced. Explore the struggles and victories that transformed working conditions and continue to inspire action today.

New Westminster Museum

604-527-4640

Thursday, 10:00 - 11:00 am

April 23

247896

Registration Fee: \$2.00/ class

Speaker Spotlight - End of Life Planning

Learn about end-of-life planning in a supportive and informative setting. This session will provide an overview of key components of end-of-life planning and explore how documenting your wishes can help ensure they are understood and respected. You'll also learn about the work of the Memorial Society of BC, including greener and more environmentally friendly options for body disposition. The session will be informal, with plenty of time for questions and discussion.

təməsewtx^w Aquatic & Community Centre 604-777-5100

Thursday, 10:00 - 11:30 am

April 30

248952

Registration Fee: Free

Karaoke

Sing 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 at this lively and entertaining event. First-come, first-serve for singers.

Century House

604-519-1066

Saturday, 1:30 - 3:30 pm

April 4

247905

April 18

247906

Registration Fee: \$2.00 / class

Tang Yuan Making

Celebrate culture and togetherness by learning how to make tang yuan from scratch. In this hands-on program, you'll roll, fill, and cook these soft glutinous rice balls while learning about their cultural meaning. Enjoy your freshly made tang yuan and share a sweet moment with others.

təməsewtx™ Aquatic & Community Centre 604-777-5100

Thursday, 12:30 - 2:30 pm

April 16

248157

Registration Fee: \$5.00 / class

Bus Trips

Trips depart from and return to Century House. Please arrive 15 minutes early. Times may vary due to traffic. Moderate walking may be required. Fees include transportation, admissions, and meals unless noted. Subject to delayed returns dependent on traffic.

Tulip's and Rowena's Inn with Joy Brown

Welcome spring with a visit to the Harrison Tulip Festival. Tiptoe through 10 million colourful tulips overlooking beautiful Mt. Cheam. Stop at Milner Valley cheese to taste their in house-made cheese and visit the goats. Learn about bees and sample honey at Chilliwack River Honey. Lunch and dessert are served at Rowena's Inn on the **River with great views overlooking the Harrison River.**

Wednesday, 9:00 am - 5:30 pm (depending on traffic)

April 22

249720

Registration Fee: \$150.00

Registration day: February 27



Museum of Anthropology and Three-Course Lunch

Spend the morning at the Museum of Anthropology (UBC) exploring Ancient Andean Cosmivision. Discover nearly 100 pre-Columbian ceramics, textiles, bone, and wood works, some over 2,500 years old, alongside exhibits of First Nations art, pottery, and weaving.

Afterward, enjoy a three-course Mediterranean fusion lunch at Four Olives, choosing your main course. Most dietary needs can be accommodated. Trip fee is all-inclusive. Please note: Not wheelchair or walker-accessible due to bus limitations.

Monday, 9:00 am - 3:00 pm (depending on traffic)

April 27

251156

Registration Fee: \$93.00

Registration day: Starting March 27

Victoria in the Springtime with Joy Brown

Spring is a wonderful time to visit Victoria. Enjoy the gardens at Government House. Explore the beautiful Inner Harbour, Fisherman's Wharf and a drive with views overlooking Haro Strait. A delicious lunch and dessert is served at the Marriott Hotel in downtown Victoria. Trip includes lunch and dessert.

Please note: This trip is not suitable for wheelchairs or walkers due to bus limitations. Canes okay.

Monday, 7:35 am - 7:15 pm (depending on traffic)

May 13

251151

Registration fee: \$161.00

Registration day: Starting March 27