

# 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](mailto:centuryhouse@newwestcity.ca)

Monday - Friday 9:00 am - 9:00 pm  
Saturday 9:00 am - 4:00 pm  
Closed: Closed: Monday, May 18 (Victoria Day)  
Starting May 31: Open Sunday, 9:00 - 4:00 pm  
(see page 3 for details)

### Subscribe to the Clarion

Subscribe online [centuryhouseassociation.com](http://centuryhouseassociation.com)  
See the Subscribe section at the bottom of the page.

### 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](http://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.

### MEMBERSHIP RENEWAL

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

### Cover Story: Craft and Bake Sale

The CHA is pleased to host a Spring-Summer Craft and Bake Sale on June 27. Come browse, shop, and have fun!

The sale will feature our own activity groups, including the Quilters, Tuesday and Wednesday Craft Groups, the Learning Garden, Century Dragons, and the CHA Artist Group. In addition, local artisan vendors will be on hand with their wares, including jewellery, handmade items, and much more.

There will be half-hourly door prizes and a chance to win a grand prize, details to follow!

Come and support our activity groups and local artisans. Doors open at 10:00 am, and the event will conclude at 2:00 pm. Connections Café will be open for the purchase of coffee, tea, and other goodies. Tell your friends and neighbours. Let's make this a real success!

### 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!

Thursday, 5:30 - 6:30 pm

May 14

253840

Wednesday, 3:30 - 4:30 pm

June 3

253844

Tuesday, 10:00 - 11:00 am

July 7

253847

Registration Fee: Free

## Not a General Donation Centre - Please Call Ahead

While we appreciate community donations, Century House cannot accept unscheduled drop-offs. We highly recommend calling ahead to ensure we have the capacity to accept items: 604-519-1066

**Accepted (by arrangement):** yarn, fabric, books, technology

**Recycling items accepted:** batteries, glasses

## 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. This month's meeting is open to all members, so bring your questions. Contact [secretary@centuryhouseassociation.com](mailto:secretary@centuryhouseassociation.com) by the preceding Thursday if you plan to attend.

### ABC Room

Wednesday, 10:00 am - 12:00 pm  
May 6

## 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 or email [keepintouch@chanw.ca](mailto:keepintouch@chanw.ca). A card will be sent to the member or the family. Cards are also sent to members celebrating their 90th birthday. 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.

## Sunday Opening: Century House is opening on Sundays starting May 31

The City has approved funds for Sunday openings, 9:00 am to 4:00 pm. At the April Chairs Meeting groups were invited to let their liaison know if they would like to meet on Sundays instead of their usual time. Folks interested in starting a new group are invited to contact Anne [pastpresident@chanw.ca](mailto:pastpresident@chanw.ca), who will follow up on requests. There may not be space for everyone but we will do our best. We will begin offering a Sunday afternoon birthday party on the last Sunday in June because many members cannot attend an evening birthday party.



## Tech-Tok: Seniors: Digital Ads on Your Fridge? - Brought to you by SET

You read that right. Samsung is currently running a pilot program on its line of smart fridges. These appliances come with a 32-inch screen that offers news, weather, a calendar and, of course, advertising. The smart fridge also allows you to search recipes, stream music, and control other Samsung devices.

Public response to the pilot has been tepid to say the least. Digital screens on fridges are just part of the company's "Screens Everywhere" initiative, which also includes washers, dryers, and ovens. The fridges are currently only available in the United States.

## Update on Nurse Practitioners in BC

As of 2026, British Columbia continues to leverage Nurse Practitioners (NPs) to help bridge the gap caused by the ongoing shortage of family doctors. Currently, there are over 1,650 NPs providing essential primary care, including diagnosing illnesses, prescribing medications, and ordering diagnostic tests.

To become a Nurse Practitioner, a licensed Registered Nurse must first complete two years of full-time clinical experience, then obtain an appropriate Master's degree and finally pass a recognized licensing exam.

According to the Ministry of Health:

- Over 600,000 British Columbians have been connected to a primary care provider since 2023.
- Approximately 77% of residents now have a dedicated doctor or NP.
- Matching continues at a rate of roughly 4,000 people per week.

Costs are covered by MSP. To register, search "Health Connect Registry" in your browser or dial 811 to speak with a Ministry of Health representative.

## In Memoriam: Chief Rhonda Larrabee

It is with deep sadness that we mark the passing of Rhonda Larrabee, Chief of the Qayqayt First Nation.

Rhonda was a courageous and determined leader who fought tirelessly for her Nation's recognition and rightful place in Canada. Her persistence, dignity, and strength ensured that the Qayqayt people's history and rights were no longer ignored.

She represented Indigenous peoples in New Westminster with grace and clarity, speaking at city events, celebrations, and gatherings to remind us of the true history of this land and the ongoing impacts of colonialism. Rhonda never missed an opportunity to educate, to advocate, and to ensure that the voices of her community were heard. She was also a valued presence at events at Century House.

Our community is better because of her leadership. Her work advanced understanding, respect, and reconciliation in meaningful ways, and we remain deeply grateful for her contributions.

Whenever you met Rhonda, she greeted you with a smile. We extend our heartfelt condolences to her partner Ryan and her family. May her memory continue to guide us toward a more honest and compassionate future.



## Little Free Libraries for Children

Small book-sharing boxes where people can donate and take books, are not new, with over 30 located throughout New Westminster. What is new are those dedicated specifically to children. These are the brainchild of Jayne, a book-loving early childhood educator and longtime resident of New Westminster.

There are currently four locations:

- 1050 Quayside Drive
- 427 Fourth Street
- 47 Merrivale Street
- 322 Ward Street

For more information about this community-building initiative or how to donate books, search "little free libraries by Jayne" in your browser.

## Join the Fun: Hyack Parade - Saturday, May 23

Get ready to celebrate at the annual Hyack Parade! CHA members are invited to take part in this lively community tradition. Participants will meet at Century House at 10:00 am to decorate vehicles before heading out. Last year, 50 of our members proudly marched down Sixth Street, cheered on by thousands of spectators as they showcased the joy and spirit of our seniors' community.

Sign up at the concierge desk beginning Friday, May 1.

## Notice of Special General Meeting Saturday, June 20 - CHA Members

A Special General Meeting (SGM) has been scheduled for Saturday, June 20, from 10:00 am to 12:00 pm in the ABC Room at Century House. The purpose of the meeting is to present the verified financial statements for the 2025 fiscal year.

We recently learned that we were inadvertently out of compliance by not presenting these statements at our Annual General Meeting (AGM). To meet the requirements governing charitable organizations, the finalized financials must be presented to the membership. In addition, a motion will be introduced to change the date of the Annual General Meeting moving forward.

Please mark your calendar and join us in taking part in these important decisions.

## 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](mailto: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

May 5

## 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/j/84457257024?pwd=ZxgFyTDalfb1eu9ia9bdXRnOHuc2Ar.1>

Registration Fee: Free

## 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

May 21

## 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 life. Contact [chaps.connect@gmail.com](mailto:chaps.connect@gmail.com) or 604-519-1064 or 778-882-2472.



## 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

May 5

## 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're interested in learning about the ever-increasing variety of scams in today's society, and how to protect yourself, the New Westminster Police Department will be giving a presentation in this session.

### Oak Room

Tuesday, 10:00 am - 12:00 pm

May 5

## 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

May 20

## 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 Colin at 604-396-5514 or [mail@purposesociety.org](mailto:mail@purposesociety.org). Learn more: [digitalinclusionproject.org](http://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:

May 11 & 25

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](mailto:set@chanw.ca).



## Century House Association Events

### Monthly Movie

May's movie is The Intern (2015) starring Robert De Niro, Anne Hathaway, and Rene Russo. Seventy-year-old widower Ben Whittaker (Robert De Niro) discovers that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site founded and run by Jules Ostin (Anne Hathaway).

#### ABC Room

Saturday, 1:30 pm

May 9

**244816**

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

### Comedy Games and Standup Comedy

Join Century House Players for a unique spring performance featuring comedy games and stand-up.

#### Douglas Room

Thursday, 1:30 - 3:30 pm, Toonie Preview

May 21

**251240**

#### Tickets: \$2.00

Friday, 7:00 - 8:30 pm

May 22

**251255**

Saturday, 2:00 - 3:30 pm

May 23

**251257**

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

Reservations recommended - Limited seating in the Douglas Room.

### 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.

## Celebrate Japanese Canadian Culture

IRASSHAI - WELCOME! 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.

To try on summer kimono (Yukata), you will be asked to remove thick outer garments such as jackets or sweatshirts. Please wear a thin inner layer, such as a T-shirt, camisole, or tank top, along with yoga pants or leggings. A low-neck top is recommended, as it will not show at the yukata collar.

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.

## Upcoming

### June Birthday Parties

Celebrate June birthdays and enjoy music and dancing with guest artists. Starting in June, we will be holding two birthday parties each month – one on the last Wednesday evening as usual plus another on the last Sunday afternoon. Banana Cake or Cheese & Crackers when registering.

#### Fir/Douglas Room

Wednesday, 6:30 - 8:30 pm

June 24

253888

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

Registration deadline is Friday, June 19 or when max seating reached.

Sunday, 1:30 - 3:30 pm

June 28

235895

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

Registration deadline is Friday, June 23 or when max seating reached. Everyone can attend both birthday parties but if it's your birthday month, you may enjoy a free ticket to only one of the two parties.





## 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 promise 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.

## Have an Idea for an Event?

Pick up a form at the front desk or request a digital copy from [events@centuryhouseassociation.com](mailto: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](mailto: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](mailto: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

# CENTURY HOUSE ASSOCIATION

## 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](mailto:Centurydragons1@gmail.com).

## 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 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](mailto: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](mailto: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](mailto: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

Square dancing will pause for the summer after May 9. More details about the September 12 start-up will be shared in the August Clarion.

Contact Pat at [patger@telus.net](mailto:patger@telus.net) or

Mark at [mgarstin@eol.ca](mailto: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/](http://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](mailto: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:spanish@chanw.ca)

### **Cedar Room**

*Wednesday, 3:30 - 5:30 pm*

**Annual Fee: \$6.00**

## **English Conversation Group**

An opportunity to practice and improve English-speaking skills. Currently accepting participants and facilitators. Complete an application at the front desk.

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

Program Facilitator: Jane Hicks

*Monday, 10:30 - 11:30 am*

*May 11*

## **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**

## **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](mailto:Judyb200@shaw.ca)

### **Arbutus Room**

*Tuesday, 11:00 am - 12:00 pm*

**Drop-in Fee: \$1.00**

## **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**



## **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 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 you 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*

## **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](mailto:annearia2@gmail.com)

# CENTURY HOUSE ASSOCIATION



## **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](mailto:readerstheatre@centuryhouseassociation.com)

Tuesday, 7:00 - 8:30 pm

May 12 & 26

## **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](mailto: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](mailto: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

### **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](mailto: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

## May Week at a Glance · Century House Association

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Quilting</b> 9:00 am - 12:00 pm	<b>Table Tennis</b> 9:00 am - 2:30 pm	<b>Badminton</b> 9:00 am - 2:30 pm	<b>Quilting</b> 9:00 am - 12:00 pm	<b>Badminton</b> 9:00 am - 2:30 pm	<b>Table Tennis</b> 9:00 am - 2:30 pm	
<b>CHA Snooker</b> 9:00 am - 3:00 pm	<b>CHA Snooker</b> 9:00 am - 3:00 pm	<b>CHA Snooker</b> 9:00 am - 3:00 pm	<b>CHA Snooker</b> 9:00 am - 3:00 pm	<b>CHA Snooker</b> 9:00 am - 3:00 pm	<b>CHA Snooker</b> 9:30 am - 3:45 pm	
<b>Pickleball</b> 9:00 am - 2:30 pm	<b>General Discussion Group</b> 11:00 am - 12:00 pm	<b>Wednesday Crafts</b> 1:00 - 3:00 pm	<b>Pickleball</b> 9:00 am - 2:30 pm	<b>CH Walkers</b> 9:30 am	<b>Square Dancing</b> 11:30 am - 2:00 pm	
<b>Line Dancing</b> 12:20 - 1:20 pm & 1:40 - 2:40 pm	<b>Court Whist</b> 12:30 - 3:00 pm	<b>Conversational French</b> 1:30 - 3:00 pm	<b>Mahjong</b> 9:30 - 11:45 am	<b>Canasta</b> 12:30 - 3:30 pm		
<b>Carpet Bowling</b> 1:00 - 3:00 pm	<b>Tuesday Crafts</b> 12:30 - 2:30 pm	<b>Conversational Spanish</b> 3:30 - 5:30 pm	<b>Ukulele</b> 9:30 am - 12:00 pm	<b>Bingo</b> 12:45 - 3:45 pm		
<b>Cribbage</b> 1:00 - 3:30 pm	<b>Bridge</b> 1:00 - 4:00 pm		<b>CH Players</b> 1:00 - 3:00 pm	<b>Scrabble</b> 1:00 - 3:00 pm		
<b>Century House Singers</b> 2:00 - 4:00 pm	<b>Bid Euchre</b> 1:00 - 4:00 pm		<b>Darts</b> 1:00 - 3:00 pm			
	<b>CH Artists</b> 3:00 - 5:00 pm		<b>Whist</b> 1:00 - 3:00 pm			
	<b>Line Dancing</b> 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](http://centuryhouseassociation.com) for more details.

## Additional Activities, Support Groups and Events

May 5	10:00 am - 12:00 pm 1:00 - 2:30 pm	Low Vision Support Group Care for the Caregiver In-Person Support
May 8	1:30 - 3:00 pm	Wonders of the Garden
May 9	1:30 pm	Monthly Movie
May 11	10:00 - 11:00 am 10:30 - 11:30 am 11:00 am - 12:00 pm	BYOD (Apple) Zoom Book Club BYOD (Android)
May 12	7:00 - 8:30 pm	Readers Theatre
May 14	5:30 - 6:30 pm	Century House Information Tour
May 20	1:30 - 3:00 pm 10:00 am - 12:00 pm	Notable 90s Parkinson's Support Group
May 21	9:30 am - 1:00 pm 7:00 - 8:30 pm	Blood Pressure Monitoring Comedy Games and Standup Comedy (Toonie Preview)
May 22	1:30 - 3:00 pm 7:00 - 8:30 pm	Wonders of the Garden Comedy Games and Standup Comedy
May 23	2:00 - 3:30 pm	Comedy Games and Standup Comedy
May 25	10:00 am 11:00 am	BYOD (Apple) BYOD (Android)
May 26	7:00 - 8:30 pm	Readers Theatre
May 27	6:30 - 8:30 pm	Birthday Party
May 31	1:00 - 3:00 pm	Celebrate Japanese Culture



For more information:  
[newwestcity.ca/seniors-week](http://newwestcity.ca/seniors-week)

 New  
Westminister

# Seniors Week

Celebrate the contributions seniors make to our community.

From June 1 - 7 enjoy these free activities:

**Seniors Week Lunch**

Century House  
Monday, June 1  
11:30am – 12:15 pm **252500**  
12:15 – 1:00 pm **252501**

**Partners in Aging Resource Fair (All Ages)**

Century House  
Tuesday, June 2, 1:30 – 4:00 pm **252503**

**Pancake Breakfast**

Queensborough Community Centre  
Wednesday, June 3, 10:00 – 11:30 am **252506**

**Seniors Week: Soda Crackers Band**

Century House  
Wednesday, June 3, 3:30 – 5:30 pm **251276**

**Hong Kong-style Mah Jong Tournament**

tamesewtx™ Aquatic and Community Centre  
Thursday, June 4, 12:30 – 2:30 pm **252509**

**Meal Meet-up - Seniors Week**

Century House  
Thursday, June 4, 6:00 – 8:00 pm **247889**

**Friday Night Fever – Festa Junina**

Century House  
Friday, June 5, 6:30 – 8:30 pm **248380**

**Karaoke – The Wild West**

Century House  
Saturday, June 6, 1:30 – 3:30 pm **247910**

**Dance Fit**

Century House  
Sunday, June 7, 10:00 – 11:00 am **252511**

For more information:

[newwestcity.ca/seniors-week](http://newwestcity.ca/seniors-week)

or call Century House: **604-519-1066**



# CITY OF NEW WESTMINSTER PROGRAMS & EVENTS

## May Week at a Glance · New Westminster Parks and Recreation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Century House · 620 Eighth Street · 604-519-1066</b>						
<b>Fitness Centre Drop-in</b> 9:00 am - 2:30 pm <b>Active &amp; Able Fitness</b> 9:30 - 10:30 am <b>Gentle Fit</b> 11:00 am - 12:00 pm <b>Yoga</b> 11:00 am - 12:00 pm <b>Women's Snooker</b> 3:00 - 5:00 pm <b>Public Snooker</b> 5:00 - 8:45 pm <b>Try-it!</b> <b>Zumba Gold 19+</b> 5:30 - 6:30 pm	<b>Fitness Centre Drop-in</b> 9:00 am - 2:30 pm <b>Strength &amp; Stretch</b> 9:30 - 10:30 am <b>Mobility &amp; Strength</b> 10:45 - 11:45 am <b>Community Connections</b> 3:00 - 4:00 pm <b>Public Snooker</b> 5:00 - 8:45 pm <b>Try-it!</b> <b>Zumba Toning 19+</b> 5:30 - 6:30 pm <b>Try-it!</b> <b>Stretch 19+</b> 6:45 - 7:45 pm	<b>Fitness Centre Drop-in</b> 9:00 am - 2:30 pm <b>Active &amp; Able Fitness</b> 9:30 - 10:30 am <b>Chair Yoga</b> 11:00 am - 12:00 pm <b>Gentle Fit</b> 11:00 am - 12:00 pm <b>Women's Snooker</b> 3:00 - 5:00 pm <b>Public Snooker</b> 5:00 - 8:45 pm <b>Try-it!</b>	<b>Fitness Centre Drop-in</b> 9:00 am - 2:30 pm <b>Fitness Advisor</b> 1:00 - 3:00 pm <b>Active &amp; Able Fitness</b> 9:30 - 10:30 am <b>Fitness Centre Advisor</b> 1:00 - 3:00 pm <b>Public Snooker</b> 5:00 - 8:45 pm <b>Try-it!</b> <b>Zumba Gold 19+</b> 6:00 - 7:00 pm <b>Try-it!</b>	<b>Fitness Centre Drop-in</b> 9:00 am - 2:30 pm <b>Strength &amp; Stretch</b> 9:30 - 10:30 am <b>Gentle Fit</b> 11:00 am - 12:00 pm <b>Yoga</b> 11:00 am - 12:00 pm <b>Public Snooker</b> 5:00 - 8:45 pm <b>Try-it!</b> <b>Zumba 19+</b> 5:30 - 6:30 pm <b>Try-it!</b> <b>Stretch 19+</b> 6:45 - 7:30 pm	<b>Fitness Centre Drop-in</b> 9:00 am - 2:30 pm <b>Iyengar Yoga Intro</b> 9:30 - 10:30 am	
<b>Queensborough Community Centre · 920 Ewen Avenue · 604-525-7388</b>						
<b>Seep</b> 2:30 - 5:30 pm	<b>Bingo</b> <i>Except 2<sup>nd</sup> Tuesday</i> 12:30 - 2:30 pm <b>Seep</b> 2:30 - 5:30 pm	<b>Chinese Seniors Group</b> 9:00 am - 12:00 pm <b>Pickleball</b> 12:30 - 2:30 pm <b>Seep</b> 2:30 - 5:30 pm	<b>Seep</b> 2:30 - 5:30 pm <b>Learn &amp; Play Texas Holdem Poker</b> 7:00 - 9:00 pm	<b>Learn &amp; Play Mahjong</b> 9:00 am - 12:00 pm <b>Learn &amp; Play Texas Holdem Poker</b> 9:00 am - 12:00 pm <b>Jewellery Making</b> 9:00 am - 12:00 pm <b>Seep</b> 2:30 - 5:30 pm	<b>Seep</b> 2:30 - 5:30 pm	<b>Seep</b> 2:30 - 5:30 pm
<b>təməsewtxw Aquatic &amp; Community Centre · 65 E Sixth Avenue · 604-777-5100</b>						
<b>Active &amp; Able Interval</b> 8:00 - 9:00 am	<b>Pickleball</b> 9:00 - 12:00 pm <b>Learn &amp; Play Mahjong</b> 9:00 am - 12:00 pm <b>Learn &amp; Play Texas Holdem Poker</b> 9:00 am - 12:00 pm <b>Sketch for Fun</b> 10:00 am - 12:00 pm <b>Crochet Social</b> 12:30 - 2:30 pm	<b>Active &amp; Able Interval</b> 8:00 - 9:00 am	<b>Badminton</b> 9:00 - 12:00 pm <b>Learn &amp; Play Mahjong</b> 9:00 am - 12:00 pm <b>Learn and Play Rummikub</b> 9:00 am - 12:00 pm <b>Jewellery Making</b> 9:00 am - 12:00 pm	<b>Walking Soccer</b> 1:00 - 2:30 pm <b>Try-it!</b>		

Schedule is subject to change. For up-to-date schedules visit: [newwestcity.ca/dropin](http://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 Westminister

May 1	6:30 - 8:30 pm	Friday Night Fever: Black & White Formal
May 2	1:30 - 3:30 pm	Karaoke
May 13	7:35 am - 7:15 pm	Bus Trip: Victoria in the Springtime with Joy Brown
May 16	1:30 - 3:30 pm	Karaoke
May 21	6:00 - 8:00 pm	Paint & Create
May 26	12:30 - 3:00 pm	Seniors on the Move: Transportation Workshop & Excursion
May 28	9:00 am - 3:00 pm	Bus Trip: Fort Langley Historical Site and Lunch
	10:00 - 11:30 am	Speaker Spotlight - Understanding Financial Abuse



# CITY OF NEW WESTMINSTER PROGRAMS & EVENTS

## 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
<b>Try-it!</b>	\$2.00			

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

[newwestcity.ca/financial-assistance](http://newwestcity.ca/financial-assistance)

## Drop-in Programs

### Century House Drop-in Fitness

Please note: New Westminster residents may reserve a spot in class up to 72 hours in advance, and non-residents 48 hours in advance. Scan your ActivePass upon arrival. No refunds with less than 24 hours notice.

### 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

### 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

### 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

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

**City of New Westminister**  
[newwestcity.ca/rec](http://newwestcity.ca/rec)

### **New Westminister Parks and Recreation Financial Assistance Program**

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](http://newwestcity.ca/dropin)

**For more information and how to apply:** Inquire at any facility or visit: [newwestcity.ca/financial-assistance](http://newwestcity.ca/financial-assistance)



## 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](mailto: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 or warming venues and resources 604-239-4936.

## Walk of Ages

Join the Seniors Services Society of BC for the 2026 Walk of Ages. Enjoy live music from our DJ, children's craft zone, refreshments, swag bag, door prizes and a 50/50 draw. Your participation connects low-income seniors with housing, provides vital advocacy, and support programs that truly change lives.

### Mercer Stadium and Track (900 Sixth Street, New Westminister)

Sunday, 9:00 am - 12:00 pm

June 14

Learn more or register at [sssbc.ca/walkofages](http://sssbc.ca/walkofages).

## 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/](http://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](mailto: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.

May 5  
May 12  
May 19  
May 26

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

### Friday Night Fever

Come in your sharpest 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 Black & White Formal **248379**

June 5 Festa Junina\* **248380**

**Registration fee: \$6.00 members / \$7.00 non-members, free for Seniors Week\***

### Hearing Clinic

Take care of your hearing health with our free Hearing Clinic. Professional assessments and advice are available.

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

Friday, May 15

9:30 - 10:00 am **247912**

10:00 - 10:30 am **247913**

10:30 - 11:00 am **247914**

11:00 - 11:30 am **247915**

12:00 - 12:30 pm **247916**

12:30 - 1:00 pm **247917**

1:00 - 1:30 pm **247918**

1:30 - 2:00 pm **247919**

**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

May 2 **247907**

May 16 **247908**

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



## Education & Programming

### Flavours of Spain

Discover the joy of Spanish cooking. In this hands-on series, we'll make cazuela de ave, empanadas, pastel de choclo and leche nevada. Come stir, taste, and share good food with great company.

#### Queensborough Community Centre

**604-525-7388**

Wednesday, 12:30 - 2:30 pm

May 6 - 27

**248160**

**Registration Fee: \$68.00 / 4 classes**

### 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

May 21

**248305**

June 18

**248306**

**Registration fee: \$17.50 / class**

### 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**

## Seniors on the Move: Transportation Workshop & Excursion

Join this hands-on workshop to learn helpful tips and explore accessible transit options, including buses, Skytrain and handyDART. After the session, we'll head out on a fun group outing to a local café, transportation practice with a social twist!

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

Tuesday, 12:30 - 3:00 pm

May 26

**253904**

**Registration Fee: Free**

## Speaker Spotlight - Understanding Financial Abuse

Learn how financial abuse can occur and how to recognize early warning signs. This focused session will explore common situations where financial abuse may happen, steps you can take to protect yourself, and where to seek help if concerns arise. Gain practical knowledge and resources to support your financial safety and well-being. Presented by: Wendy Underwood, Lifeform Financial Coaching.

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

Thursday, 10:00 - 11:30 am

May 28

**248071**

**Registration Fee: Free**

## 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.

## Victoria in the Springtime with Joy Brown

Enjoy the gardens at Government House and explore Victoria Inner Harbour, Fisherman's Wharf, and scenic views of the Haro Strait. Lunch and dessert will be served at the Victoria Marriott Inner Harbour. Due to bus limitations, this trip is not suitable for wheelchairs or walkers; canes okay.

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

May 13

**251151**

**Registration Fee: \$150.00**

**Registration day: open since March 27**



## Fort Langley Historical Site and Lunch

Visit Fort Langley, where BC was proclaimed a British colony in 1858. Explore the historic Hudson's Bay Company fort, then enjoy lunch at Trading Post Eatery. Meal and a beverage are included. Due to bus limitations, this trip is not suitable for wheelchairs, and limited space for walkers. This trip involves walking on gravel pathways.

Thursday, 9:00 am - 2:30 pm (depending on traffic)

May 28

**253590**

**Registration Fee: \$86.00**

**Registration day: April 24**

## West Coast Express Train to Westminster Abbey with Joy Brown

Enjoy a scenic ride on the West Coast Express from downtown Vancouver to Mission, with views of Burrard Inlet and the Fraser River. Visit Westminster Abbey, enjoy the gardens and join the Benedictine Monks for their evening prayers. Dinner and dessert are included and served in a local Mission restaurant. Due to bus limitations, this trip is not suitable for wheelchairs, and limited space for walkers.

Wednesday, 1:45 - 9:15 pm (depending on traffic)

June 17

**253581**

**Registration Fee: \$151.00**

**Registration day: April 24**