

OCTOBER 2020

CLARION



www.centuryhouseassociation.com
www.newwestcity.ca
604.519.1066

GO!
GET!
GIVE!

 CENTURY HOUSE ASSOCIATION
Parks and Recreation

ASSOCIATION NEWS

Welcome back to our gradual re-opening. Isn't it a good feeling to finally be able to say to some of our friends "see you at Century House"? It seems like such a long time ago when we were able to do that. I do hope you will take advantage of the activities that we currently are able to offer. Not all of us can get into our "usual" spots but it may be a great time to try something different. Maybe a new time slot, day or even instructor. The City staff and Century House Executive have worked very hard to have these made available to you keeping in mind all the Safety Protocols.

Thanks go to all the chairpersons who have diligently submitted Safety Plans to see when and how some of the activities can return. I look forward to seeing some familiar faces soon.

Sandra Keayes, 1st Vice President.

CLUB NEWS

We have received safety plans for many of the Century House Association Activity Committees and some will be starting in October. Call the office 604.519.1066 to get the phone number for the chairperson for the group you are interested in. Contact each chairperson individually to get up to date restart information.

ENGLISH CONVERSATION

English Conversation Program is welcoming applications from adults who want to improve their English conversation skills. To apply or for more information, email: centuryesl@gmail.com. Conversation groups are currently meeting online with a Century House member volunteer.

CENTURY HOUSE ASSOCIATION ZOOM ACCOUNT

Did you know that Century House Association now has a Pro-Zoom account? If your Activity Group would like to use the pro-zoom account please email centuryhousezoom@gmail.com, attention Joy, to get a scheduled time for your required link. Every effort will be made to book the time you request. If you have any questions regarding using zoom, or if zoom would work for your activity group, please email us. If you would like to know-how to access zoom please email, either Joy or Val members of SET (Seniors Embracing Technology) will be in touch with you.

CENTURY HOUSE - DRAMA CLUB PRESENTS: QUARANTINE: HUMOUR

We are so excited and pleased to announce that the Drama Club has been working hard on a YouTube production called Quarantine: Humour! You will see your favourite Century House actors & actresses performing 8 short skits. Grab some popcorn, your favourite drink and sit back to enjoy some laughter. The Century House Association website will have the YouTube link to Quarantine: Humour the week of October 12.

youtube.com/channel/UCx9_7WrruB6xxEgEz6Pz14w

CENTURY HOUSE ASSOCIATION GOOD CHEER GROUP

Are you on Facebook? Did you know the Century House Association has a Facebook page and a Good Cheer Group? This is a place where you can share Good News and have a few laughs. Check it out!

CENTURY HOUSE ASSOCIATION WEBSITE

KEEP UP WITH E-UPDATES

As we gradually re-introduce activities, you can keep up with all the news by subscribing to our website's blog. More than four hundred of us already have. You'll get 2 - 3 emails each week with short articles about what's new or changing. Where necessary, the articles will link to more detail, but our goal is to give you an update you can skim in a minute or two.

You can see a summary of recent posts at: centuryhouse-association.com/?page_id=8503, (click any headline to see its details). On the right side of the page, in the darker column, there's a little form called "SUBSCRIBE TO SITE." We won't use your email address for anything else and we won't share it with anyone.

SENIORS EMBRACING TECHNOLOGY (SET) UPDATE

If you have questions or need help with your electronic device (smartphone, tablet, desktop) SET is once again available to help. The SET initiative began offering its services to Century House members in November of last year but of course with the onset of the pandemic those services were put on hold. SET is now back in action with the established Covid19 protocols in place. To reserve an appointment call the Century House front desk and leave your name or email: Centuryhouse@newwestcity.ca.

As a reminder the SET initiative relies on Century House volunteers who have an interest in assisting other members who are having issues with their electronic device (Apple, Android or Windows). They are by no means experts but could help solve those issues or at least point you in the right direction for answers. By contacting the Front Desk, you will be matched up with a SET trainer who is most familiar with your type of device.

WELCOME



If you feel unwell, stay home

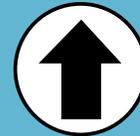
**ADVANCED
BOOKING IS
REQUIRED**



**ARRIVE
DRESSED AND
PREPARED TO
PARTICIPATE**



**FOLLOW ALL
SIGNAGE
AND STAFF
DIRECTION**



**CLEAN HANDS
UPON ENTRY**



**HEALTH
SCREENING
QUESTIONS
MAY BE ASKED**



**EXIT PROMPTLY
AFTER YOUR
ACTIVITY**



The City of New Westminster thanks you for your cooperation

newwestcity.ca/covid-19


NEW WESTMINSTER

COVID-19 SAFETY REQUIREMENTS & POLICY, FALL 2020

PARTICIPATION CONDITIONS AND REQUIREMENTS

COVID-19 has led to a number of Provincial requirements and new department policies and requirements to help ensure your safety when participating in Parks and Recreation service and spaces. In order to participate in a structured free or paid service, you will need to agree to new COVID-19 policies, risk consent, and screening requirements during the sales process and when participating.

INFORMED CONSENT

With the following understandings, and in order to participate in New Westminster Parks and Recreation Services, I accept on behalf of myself or my dependents, the following;

- I. By participating in New Westminster Parks and Recreation programs, services and/or visiting your indoor or outdoor spaces, I am at risk of contracting COVID-19, in spite of any precautions taken by me or by New Westminster Parks and Recreation;
- II. COVID-19 is a highly infectious disease and is easily transmitted between people who may or may not show signs of illness; and
- III. COVID-19 can infect people of all ages, regardless of health status, and is potentially fatal.

SCREENING REQUIREMENT

For your safety and the safety of others, all participants in Parks and Recreation services, programs or spaces must be in good health. To help ensure this, as part of the registration process and daily checks on applicable services, you will be asked:

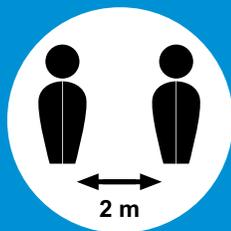
1. Do you have any of the following symptoms: fever, chills, shortness of breath, sore throat, stuffy or runny nose, loss of smell, headache, muscle aches, fatigue or loss of appetite?
2. Are you or anyone you are living with either sick or quarantined?

Any person answering yes (on behalf of themselves or a dependent) will not be able to participate and will be required to stay at home. In addition, if any person is exhibiting signs of illness, they will be required to leave any Parks and Recreation service or space. In either case, a refund (as applicable) will be granted. Exclusion: services involving digital participation.

Participants must agree to and follow all staff direction, posted signage, registration requirements, and criteria in the registration confirmation. In addition, Parks and Recreation is required to create a Healthy Participation Policy as well as a COVID-19 Safety Plan and Policy to guide our services and safety requirements.

Each source of information is designed to meet Provincial Health Officer requirements, as well as other regulatory authorities' requirements, all in support of your safety. As COVID-19 evolves, so may the requirements and safety needs.

Common measures to reduce the potential of contracting or spreading COVID-19 include:



Maintain appropriate social distancing (2 m)



Practice respiratory etiquette (cough or sneeze into sleeve)



Wash hands for at least 20 seconds



No large gatherings



Stay home if you are sick



Equipment and furniture are not sanitized

SALES OPTIONS

All sales require a Parks and Recreation account and may be processed using the following methods:

ONLINE: Payment options include Visa, Master Card, account credit or subsidy credits.

PHONE: Sales can be completed through staff by calling the recreation facility offering the desired service. All phone sales will require a client account and payment by Visa, Master Card, account credit or subsidy credits.

IN-PERSON: Limited in-person sales can be accommodated before or after your scheduled activity visit. Payment options include cash, debit, Visa, Master Card, account credit or subsidy credits.

SALES LIMITATIONS

To help ensure your safety and to help reduce the potential transmission of COVID-19, the Province of BC requires us to ensure physical distancing. This will mean fewer people can participate in our services and spaces. To help accommodate residents and the highest allowable number of participants, restrictions include:

1. FACILITY VISITS REQUIRE RESERVATION OR REGISTRATION:

This requirement applies to drop-in services and registered programs. For all other matters, please contact a facility ahead of time via phone or email. An appointment may be arranged for your visit if it is unrelated to participation in a program or service.

2. ACTIVITY TIME:

Please note that all activities have a defined time. For example, a fitness centre visit reservation allows you a maximum time of 75 minutes. You must leave after this time has elapsed to allow staff to clean the space for the next participants to arrive.

3. RESIDENCY:

New Westminster residents will receive the ability to register prior to non-residents as follows:

September 8: New Westminster residents may register within 3 days for reserved drop-in service or registered program.

September 9: Both residents and non-residents may register within 2 days for reserved drop-in service or registered program.

4. ACTIVE PASS:

Due to the prepayment requirement, you will not be able to use your membership pass. We will extend your membership term during COVID-19 or you can request a prorated refund.

CANCELLATIONS & REFUNDS

newwestcity.ca/recpolicy

PARKS AND RECREATION CANCELLATIONS:

Refunds are provided according to the Refund Policy or COVID-19 requirements.

RESERVED DROP-IN BOOKINGS:

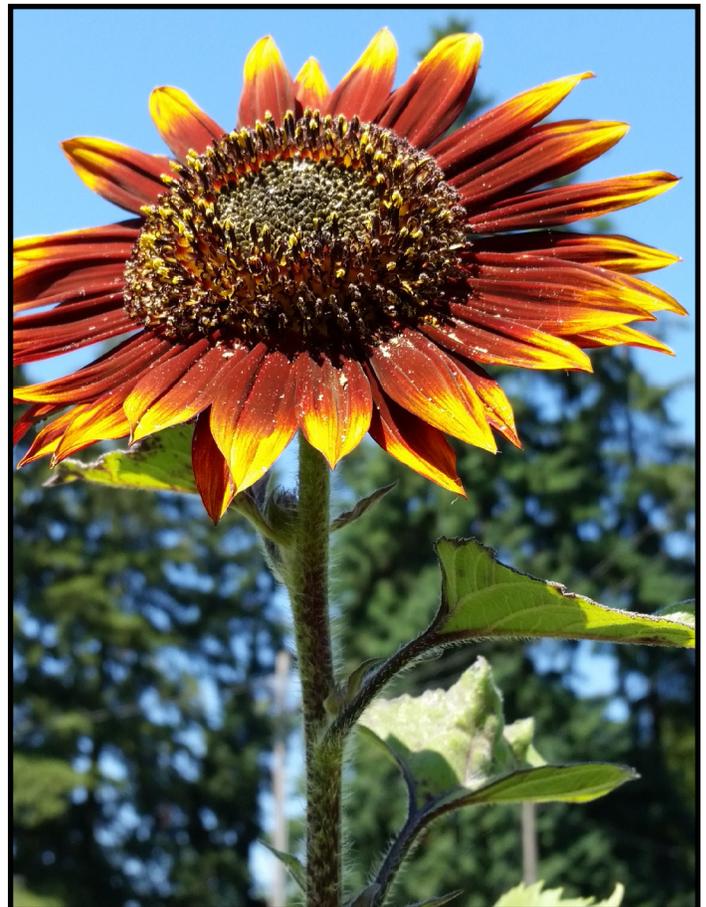
Customer requests for withdrawal must be made 24 hours prior to the start of a Reserved Drop-in class. Non-attendance is not accepted as a cancellation request and may result in revoked service/registration privileges.

REGISTERED PROGRAMS, LESSONS & RENTALS:

Cancellation requests must be made with 7 days' notice of the program start. Refunds related to registered programs, private lessons and rental bookings are subject to withdrawal or cancellation fees.

ERRORS & OMISSIONS

COVID-19 has totally changed how Parks and Recreation is allowed to operate. We have done our best to ensure that our information is accurate and complete, but if we got it wrong in any of our materials, the information or fee provided by our customer service representatives will be deemed accurate.



MESSAGE FROM CENTURY HOUSE STAFF

The staff at Century House have been working diligently in preparation for a safe, gradual re-opening of the centre in October. We are making sure to have safety protocols in place that follow health orders as well as WorkSafeBC and BCRPA guidelines. Our priority is the safety of the members as well as staff at the Centre. For this reason, you will see many changes to how the centre offers programs and services. We are working closely with the Century House Association Executive to determine which groups will and will not be able to return. While we are doing all that we can to re-start as many activities as possible, some activities are simply too high risk to return at this time.

The biggest change you will notice is the number of people who will be in the building. We have had to reduce the number of people allowed in the centre. The city is working to reopen facilities and restore services in a manner that's consistent with public health orders related to COVID-19 and adheres to B.C.'s Restart Plan, WorkSafeBC and industry-specific guidelines. The furniture in the lounge has been removed to discourage congregation before and after scheduled activities. However, there will be 3 social pods that can be reserved for people who wish to meet up with one another. There will be cleaning, and then more cleaning! All activities will be scheduled with one hour in between to give time for staff to clean and disinfect in between activities. At this time only the main floor of Century House will be open for activities. The Games Room and Darts Room will remain closed until we can ensure that our staff can support proper cleaning of these areas. Food Services will continue on a Take Out basis only as we cannot operate with the support of volunteers at this time.

These are just a few of the changes to expect at Century House. We look forward to seeing all of you as we start to re-open. We have missed all of you!

Jacklyn Altamura

Recreation Supervisor - Seniors Services

ENHANCING LIVES OF THE 50+ GENERATION

Since 1958 Century House has excelled in providing the 50+ community with enriching services that promote life-long learning, social connections, health and wellbeing. Our members value the companionship, volunteer opportunities, sense of belonging and personal achievements realized daily at Century House.

MORE INFORMATION

Pick up our monthly newsletter, The Clarion, or visit:

- newwestcity.ca/centuryhouse
- centuryhouseassociation.com



CENTURY HOUSE OPENING SCHEDULE - OCTOBER

Monday - Friday, 9:00 am - 5:00 pm

Starting October 5

- Only registered fitness patrons will be able to move past the front office area.
- Connections Café will continue to offer Take Out Services, from the front office.
- In person Registration will be available during our opening hours at the front office.
- All staff will be wearing masks in the public areas of the facility and when physically distancing is not possible.
- City of New Westminster safety plan is available on the website: www.newwestcity.ca

The Century House COVID-19 Safety Policy and Plan is available at:

newwestcity.ca/welcome-back/articles/7756.php

CENTURY HOUSE

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

Monday - Friday 9:00 am - 5:00 pm

Low Vision Line: 604-519-6111

OPENING DETAILS

Reserved Fitness registration is open 3 days in advance for New Westminster Residents and 2 days in advance for Non Residents.

You can register online, by calling 604.519.1066 or in person from 9:00 am to 5:00 pm, Monday to Friday.

Please note Century House will only be open to support: Connections Café take out, Registration at the front office and reserved fitness drop-in. Based on physically distancing we may have longer wait times for the front office services.

WHAT TO KNOW BEFORE YOU GO -

RESERVED FITNESS DROP-IN:

- Advanced reservations are required for all Group Fitness. Drop-ins are not permitted.
- Drop-in fitness classes must be reserved (pre-purchased online, by phone or in-person). No unreserved drop-ins are permitted
- Drop-in reservations have a limited timeline for advance purchasing and residents are permitted to purchase earlier than non-residents
- Class cancellations must be made with 24 hours' notice to receive a refund. Cancellations made with less than 24 hours' notice will not qualify for a refund.
- Century House access is limited primarily to reserved (prepaid visitors) and food service customers. There may also be delays or limits placed on building access
- Arrive 5 minutes prior for fitness classes.
- Latecomers will not be admitted, no exceptions.
- Please bring your own mat, towel and pre-filled water bottle. Water fountains will not be available.
- Please come dressed to participate in your reserved activity.
- Respect and follow directions from staff at all times.
- Physical distancing measures will be enforced. Please maintain a 2-metre distance or more between yourself and others at all times.
- If you are sick, do not come.

We will have more complete information when Century House opens in October for more programs and activities, including details about our safety plan.

Please note fitness memberships are not redeemable or will be sold this fall (this does not include annual Century House memberships)



MODERATE FITNESS

This class could include a stimulating aerobics class aimed at improving your heart health. Familiar music motivates you in these energetic classes that include a low impact option. Emphasis is on improving agility, reflexes, fun and moving for the joy of it. Classes may include resistance training, posture, balance work, stretching and relaxation for a balanced fitness program. For each class please bring your own mat and water bottle. No equipment will be available at Century House. Please register for each day individually.

Monday, 9:30 - 10:30 am

October 5	44120	October 19	44121
October 26	44122	November 2	44123
November 9	44124	November 16	44125
November 23	44126	November 30	44127
December 7	44128	December 14	44129

Tuesday, 9:30 - 10:30 am

October 6	44130	October 13	44131
October 20	44132	October 27	44133
November 3	44134	November 10	44135
November 17	44136	November 24	44137
December 1	44138	December 8	44139

December 15

Wednesday, 9:30 - 10:30 am

October 7	44141	October 14	44142
October 21	44143	October 28	44144
November 4	44145	November 18	44146
November 25	44147	December 2	44148
December 9	44149	December 16	44150

Thursday, 9:30 - 10:30 am

October 1	44102	October 8	44151
October 15	44152	October 22	44153
October 29	44154	November 5	44155
November 12	44156	November 19	44157
November 26	44158	December 3	44159
December 10	44160	December 17	44161

Friday, 9:30 - 10:30 am

October 2	44105	October 9	44162
October 16	44163	October 23	44164
October 30	44165	November 6	44166
November 13	44167	November 20	44168
November 27	44169	December 4	44170
December 11	44171	December 18	44172

Registration Fee: \$4.25 per class



YOGA

This class focuses on the importance of mindful breathing to prepare your body and mind to move through a gentle flow of poses, at your own pace, requiring different levels of strength and balance, a restful meditation closing will leave you feeling calm and centered. For each class please bring your own mat and water bottle. No equipment will be available at Century House. Please register for each day individually.

Monday, 11:30 am - 12:30 pm

<i>October 5</i>	44212	<i>October 19</i>	44213
<i>October 26</i>	44214	<i>November 2</i>	44215
<i>November 9</i>	44216	<i>November 16</i>	44218
<i>November 23</i>	44219	<i>November 30</i>	44220
<i>December 7</i>	44222	<i>December 14</i>	44223

Wednesday, 11:30 am - 12:30 pm

<i>October 7</i>	44224	<i>October 14</i>	44225
<i>October 21</i>	44226	<i>October 28</i>	44228
<i>November 4</i>	44229	<i>November 18</i>	44231
<i>November 25</i>	44232	<i>December 2</i>	44233
<i>December 9</i>	44234	<i>December 16</i>	44239

Registration Fee: \$4.25 per class

MILD FITNESS

This class will be for 50+ participants and could include breathing, stretching, balancing, chair exercises and a gentle aerobic walking component to familiar music. Tips on healthy living, osteoporosis, arthritis and fall prevention is included with lots of fun and humour. Move at your own pace. For each class please bring your own mat and water bottle. No equipment will be available at Century House. Please register for each day individually

Monday, 11:00 am - 12:00 pm

<i>October 5</i>	44173	<i>October 19</i>	44174
<i>October 26</i>	44175	<i>November 2</i>	44177
<i>November 9</i>	44178	<i>November 16</i>	44179
<i>November 23</i>	44180	<i>November 30</i>	44181
<i>December 7</i>	44182	<i>December 14</i>	44183

Wednesday, 11:00 am - 12:00 pm

<i>October 7</i>	44184	<i>October 14</i>	44185
<i>October 21</i>	44186	<i>October 28</i>	44188
<i>November 4</i>	44189	<i>November 18</i>	44190
<i>November 25</i>	44191	<i>December 2</i>	44192
<i>December 9</i>	44193	<i>December 16</i>	44194

Friday, 11:00 am - 12:00 pm

<i>October 2</i>	44114	<i>October 9</i>	44196
<i>October 16</i>	44197	<i>October 23</i>	44198
<i>October 30</i>	44200	<i>November 6</i>	44201
<i>November 13</i>	44202	<i>November 20</i>	44204
<i>November 27</i>	44205	<i>December 4</i>	44206
<i>December 11</i>	44208	<i>December 18</i>	44209

Registration Fee: \$4.25 per class



All of our virtual programs will be using Zoom. If you want to participate and need assistance with using Zoom please contact the Century House office and someone will be assigned to assist you.

CENTURY HOUSE BIRTHDAY

Wednesday, 6:30 pm
October 21

Celebrate along with your fellow Century House members in a virtual Zoom birthday party. There will be fun, fellowship, games, all hosted by Kevin!

Register in advance for this meeting:

us02web.zoom.us/join/9N-h8eHXrDcx8tQzoB_MIG

NAVIGATING THE HEALTH CARE SYSTEM

Friday, 10:30 am
October 23

Join a facilitator from the COSCO Seniors' Health and Wellness Institute in partnership with Century House staff for this workshop. We review many of the available medical services and what you can expect from them. Effective communication between the patient and the health care provider is emphasized.

Register in advance for this meeting:

us02web.zoom.us/join/9G-deFGE9KJfYEaQY92_z1mpb



COFFEE BREAK WITH SHELLY!

Morning: 11:00 am or Afternoon: 1:00 pm

Join Shelly for a coffee break where we can share like we were having coffee at Century House! It's a bit more structured than a regular coffee, I ask the group questions, have activities and maybe even special guests. Everyone has the opportunity to share. We will be using Zoom - email me at scchnee@newwestcity.ca if you need help setting up and running zoom otherwise click the link(s) below and register! This coffee break is open to anyone 50+! Please register early! Please note: I have listed all the links for the month of October! You can register for each week, morning or afternoon.

Coffee Break with Shelly: Morning - 11:00 am

Register in advance:

Tuesday October 6

us02web.zoom.us/join/9S-ruiBmzDbe7ZydWbxvVcq

Tuesday October 13

us02web.zoom.us/join/9E-9JVQj3WKq6HQX3MfO5reoH9

Tuesday October 20

us02web.zoom.us/join/9Se-84hiUirhJHADNHens9dr

Tuesday October 27

us02web.zoom.us/join/9GN-QE8bZHHJBMwnlj5RUBAOWm

Coffee Break with Shelly: Afternoon - 1:00 pm

Register in advance:

Tuesday October 6

us02web.zoom.us/join/9BC-jooGNaBhgnwvWLrtTn5u14PZOBC

Tuesday October 13

us02web.zoom.us/join/9H-dE7cf9YUNM-5YZi2W_Sb78f

Tuesday October 20: today only, note new time 12:30 - 1:30 pm

us02web.zoom.us/join/9GN-BUz2uxUGSwrWMZ6pl-PB5j

Tuesday October 27

us02web.zoom.us/join/9OG-spjkoE93U90ujSouG753i13Yof797

AFTER REGISTERING

You will receive a confirmation email containing information about joining the meeting. Don't forget when you get the confirmation you will look for the words "click here to join", click there a few minutes before the session.

(You don't need to have a Zoom account to participate, but if you don't have the Zoom app you will be asked if it's OK to install it. It's safe and free, so go ahead.)



OCTOPUS - REACHING SENIORS IN THE COMMUNITY

Century House will be launching Octopus, Reaching Seniors in the Community this fall and into winter 2021. Octopus is an outreach to seniors in the community that focuses on technology and information.

There are some opportunities to develop and lead programs for seniors in the community. Honorariums will be available. All programs will be on Zoom and technical support will be provided by Century House.

Please submit a proposal if you are interested in working on Octopus:

1. Develop and Deliver Virtual Program - Technology based
2. Develop and Deliver Virtual Program - Art, Music, Anything Creative or Education
3. Access to Information
 - Researching and gathering information important to seniors in the community regarding how to care for themselves in light of experiences relating to the pandemic
 - Sharing information via Zoom Webinar and developing Postcard to distribute to the community

If you are interested in any of these opportunities please email Shelly Schnee, sschnee@newwestcity.ca with a one page proposal, outlining your skills in the area, your contact information and your availability. New proposal deadline is Friday, October 16, 4:00 pm.



OCTOPUS PROJECTS

Octopus is offering a variety of online programs and workshops. Working with local seniors we have the following workshops available for participation:

STAYING CONNECTED

October 21, 1:00 pm

Would you like to know more about Zoom, FaceTime, WhatsApp, Skype, Snapchat & Instagram? These programs are ways of staying connected in our 'new normal' world. Let's look at the safety of these ways of communicating with family and friends. In the class you will learn how to connect your device to these different methods. Just think you will see and talk to your family wherever they or you are in the world! Workshop Facilitator: Joy St. John, has the knowledge, experience and capability to help a peer who is having problems with the subject of staying connected in our 'new normal' world or having problems understanding how to deal with all those emails they receive or send. Joy has previously taught iPhone basics and How to Handle the pictures you've taken on your phone.

Register in advance for this workshop:

[us02web.zoom.us/meeting/register/tZMpdOigrDwvG-dCDy5lUgznp47rSlw2y73xv](https://us02web.zoom.us/join/zoom/register/tZMpdOigrDwvG-dCDy5lUgznp47rSlw2y73xv)

CONVERT OLD PHOTOS

October 21, October 28 & November 4, 10:00 am

This is a three week program where you will learn how to convert prints (and negatives) to electronic (digital) format. Inexpensively preserve & share old photos with extended family members (young and old). If you have a scanner - great! If you have a home computer - good. If you have a mobile phone - well OK. If you only have the photos, we've still got great "how to" information for you! You will need to attend all three weeks to enjoy the benefits of this program. Program Facilitator: René Andersen is retired from his own business in 2015. He has a technical background in computer programming, electronics, and home handy works such as carpentry, electrical and some (ugh) plumbing. He has inherited a load of photo prints, negatives and slides from passed on family and is slowly digitizing these for interested family members).

Register in advance for this program:

[us02web.zoom.us/meeting/register/tZErcOurrz0iG-t0a7rBNnPrbunpqc69k58jN](https://us02web.zoom.us/join/zoom/register/tZErcOurrz0iG-t0a7rBNnPrbunpqc69k58jN)

The Century House COVID-19 Safety Policy and Plan is available at:

newwestcity.ca/welcome-back/articles/7756.php

STORYTELLING

Wednesday, 1:30 - 2:30 pm

October 28 - December 2 (no class Nov. 11)

Join in the fun of sharing your true stories. Learn how to add some “funny” to any story. Storytelling shows are becoming one of the entertainment forms that is growing. With successes like the Moth, Story Slams and Mortified, personal storytelling and sharing are exciting. Do you have a collection of true stories, hidden in your books, on your computer, or just brewing inside your creative mind? You will learn:

- How to craft a fascinating story, as a first-person storyteller
- The steps of the story structure including the outline premise, characters, settings and action
- The importance of editing your long stories
- The storytelling format that works best for the teller and the audience
- How to prepare your story for the stage, online or live

This collaborative group is guided by a professional Storyteller who performs regularly at shows and festivals. Participation at all five sessions is expected. The classes include a showcase night to be scheduled at a later date. Program Facilitator: Janice Bannister is a stand-up comic, storyteller and owner of Laughter Zone 101, a comedy school that offers stand-up comedy and storytelling classes to all ages. She is a local New West producer of comedy shows such as the F is for Funny Series, Out of the Box, Laughs from the Past and Aunt Bidy's Wake.

Register in advance for this program:

[us02web.zoom.us/meeting/register/tZYsd-qqrjwrE9x-EnwM6A55vUSrYWoRdkRVJ](https://us02web.zoom.us/j/980123456789)

LIFESPAN

Thursday, 1:00 - 2:30 pm

November 5 - December 3

This program explores how human development changes across our lifespan. We will explore several developmental theories and the lived experience, and will look at human development in the context of biological, physical, emotional, cognitive, contextual and cultural influences. Emphasis will be placed on adulthood and the aging process. Participation at all five sessions is expected. Program Facilitator: Wendy Parry (M.A., M.Ed) recently retired instructor at Douglas College, Faculty of Applied Community Studies. Specialized in Disability studies, Autism Spectrum Disorder and employment supports for people with disabilities.

Register in advance for this program.

[us02web.zoom.us/meeting/register/tZAsfuqprjsuGdK-28MyeQV7Slys_Sd6aG6vL](https://us02web.zoom.us/j/980123456789)

**For your safety and the safety of others,
wearing masks is recommended.**

EMAIL CONFUSIONS AND FRUSTRATIONS

November 4, 1:00 pm

Have you wondered, what is the difference between Outlook, Firefox and my favourite Google? We need to know the safety of these. Let's learn how to send an email with an attachment. Better yet how to open an email with an attachment. Let us learn, how we delete emails when we no longer need them. Workshop Facilitator: Joy St. John.

Register in advance for this workshop:

[us02web.zoom.us/meeting/register/tZ0vduygrTot-G9axgoMr-jShBAXJFjyAGuLq](https://us02web.zoom.us/j/980123456789)

EXPLORING WRITING

October 30, November 6, November 13 & November 20

10:30 am - 12:00 pm

Join Liz for a four day exploration of different creative writing genres: memoir, non-fiction, short fiction, and poetry. Each session is literature-based, so will begin with an example of the selected genre written by a published author. Writing time will follow, as participants experiment with different writing techniques and prompts, and thus develop their own practice. If they are interested, participants will be invited to share their work, via read-aloud, with others in the class, thus gaining some listener-response. Theoretically, each session will have two samples and two blocks of writing / sharing time, but that will depend on participant preferences; to a great extent, this course can be regarded as a living document and will therefore be designed as it develops over time, based on participant input. If you've always wanted to “write that book”, this is the place to start. Participation at all four sessions is expected. Program Facilitator: Liz Orme is a semi-retired high school English teacher with 30 years of classroom experience. She has degrees from SFU (B.A., honours) and UBC (M.A.) and has co-authored three multi-genre textbooks with Oxford University Press. Although her academic focus has been the study of literature, she is also very interested in the creation of literature, and has dabbled in writing fiction and poetry for many years. She looks forward to exploring the creative side with all the like-minded people who sign up for the Octopus Project.

Register in advance for this program.

[us02web.zoom.us/meeting/register/tZAtf-CsrzlrHdDaS-bwyhJFUleb1FH_SBFwi](https://us02web.zoom.us/j/980123456789)

AFTER REGISTERING

After registering for any of the above workshops and/or programs, you will receive a confirmation email containing information about joining the meeting. Don't forget when you get the confirmation you will look for the words “click here to join”, click there a few minutes before the session. For programs that are more than one week, you can use the same link for all of the dates. You don't need to have a Zoom account to participate, but if you don't have the Zoom app you will be asked if it's OK to install it. It's safe and free, so go ahead.

CONNECTIONS CAFÉ NEWS

Food Services at Century House is offering take out options from Monday to Friday, 10:00 am to 1:00 pm. Please call 604.519.1066 to pre-order you meal at least one day ahead to avoid disappointment.

Baked Goods:

Cinnamon Buns \$1.70
Scones \$1.70

Available by Pre-order only:

Spanakopita or Samosa \$2.50
Cake \$1.50

Cookie \$0.85
Cinnamon Buns - if more than 3

Entrée \$7.00

The Entrée menu for the week will be released one week in advance. You can pick up the menu at Century House or view it on the CHA website: centuryhouseassociation.com

FRIENDLY SUPPORT CALLS

Friendly support calls can be made to older adults 60+ and persons with disabilities in New Westminster to provide regular connection and reassurances, including basic wellness checks. We can arrange for one qualified volunteer to call you on weekdays as needed to: check your safety and health, offer supports or resources, or to socialize, though call length may be limited. Time of calls can be scheduled for individual convenience. Support calls will start as soon as possible after registration. If you wish to register for this program, please call, Century House 604.519.1066. A City of New Westminster staff person will take registration Monday - Friday, 9:00 am - 4:00 pm.

DINNER - TUESDAYS AND THURSDAYS

The Gurdwara Sahib Sukh Sagan Temple in Queensborough has been providing a free take out dinner to community members. It's usually a light curried bean (chickpeas, lentils) and rice.

Drop by outside Century House Tuesdays and Thursday, 4:00 - 5:00 pm to pick one up to take home! We will run weekly for the month of October.

SOCIAL PODS

Starting October 5 Century House will have 3 social pods available for registration, Monday to Friday. You can register for a time slot and invite up to 3 friends to join you. Register for this online, by phoning or in person during our operational hours. Physically distancing must be maintained, the wearing of masks is strongly recommended and please do not show up for your time slot more than five minutes early. If needed you may be responsible to submit the names of your party to the office. Call the office if you have any questions.

Here is the daily social pod schedule for registration:

Social Pod 1

9:30 - 10:30 am
11:30 am - 12:30 pm
1:30 - 2:30 pm
3:30 - 4:30 pm

Social Pod 2

10:00 - 11:00 am
12:00 - 1:00 pm
2:00 - 3:00 pm

Social Pod 3

9:45 - 10:45 am
11:45 am - 12:45 pm
1:45 - 2:45 pm
3:45 - 4:30 pm



REGISTERED PROGRAMS

Century House will open October 5 for registered classes. Registration is ongoing online or by calling 604.519.1066 or in-person from 9:00 am to 5:00 pm, Monday to Friday.

WHAT TO KNOW BEFORE YOU GO:

Advanced reservations are required for all Group Fitness and Registered Programs. Drop-ins are not permitted.

- Only patrons participating in programs will be permitted into the facility.
- Arrive five minutes prior for fitness and registered classes.
- Latecomers will not be admitted.
- For Fitness Classes please bring your own mat, towel and pre-filled water bottle. Water fountains will not be available.
- Respect and follow directions from staff at all times.
- Physical distancing measures will be enforced. Please maintain a 2-metre distance or more between yourself and others at all times.

The following registered classes still have spots available:

REGISTERED FITNESS

YOGA

Yoga balances body, mind and spirit through gentle exercises and breathing. Yoga also enhances physical vitality and mental clarity. Please wear loose, comfortable clothing and bring a small blanket. Instructor: Rose-Marie Preston.

Tuesday, 9:30 - 11:00 am

November 3 - 24

Registration Fee: \$35.50 / 4 classes **44260**

BETTER BALANCE LEVEL II

Intended for those who have completed Better Balance Level I and wish to continue to challenge themselves. This progressive program incorporates fun and dynamic exercises and equipment that will help participants continue to improve balance and maintain functional mobility. Instructor: Colleen Waldron.

Thursday 1:30 - 2:30 pm

October 8 - November 5 **44242**

November 12 - December 10 **44243**

Registration Fee: \$43.50 / 5 classes

FIT FELLOWS

An introductory exercise class designed for men only. Strengthen your muscles using light weights, tubing and your own body weight to build endurance and maintain bone mass. This class will finish off with stretching and relaxing. Work at your own pace.

Instructor: Colleen Waldron.

Thursday, 11:30 am - 12:30 pm

October 8 - November 5 **44244**

November 12 - December 10 **44245**

Registration Fee: \$30.00 / 5 classes



WOMEN'S WELLNESS CIRCLE

A welcoming drop-in series for mature women where we focus on healthy aging, prevention and wellness. Women can increase their knowledge and understanding of aging well, engage in spirited discussion and connect with other women who share a desire to enjoy a full life regardless of age - all in an environment that offers friendship, respect and equanimity. Our Fall schedule will include sleep hygiene, epigenetics, Q and A and much more. Why not join us for these light hearted and interesting gatherings? Instructor: Deanne Rapacioli.

Century House

604.519.1066

Thursday, 12:30 - 2:00 pm

October 8

44246

November 5

44248

November 26

44249

December 10

44250

Registration Fee: \$6.75 / 1 class



MEDITATION

We will work to shift from the stressful fight or flight nervous system or sympathetic nervous system into the calming, intuitive, receiving parasympathetic nervous system. In this state, this is where healing in the body and mind can take place. We meditate in a non-judgmental, highly supportive environment-together.

Tuesday, 1:00 - 2:00 pm

October 6 - 27

44253

November 10 - December 1

44254

Registration Fee: \$35.00 / 4 classes

CHOOSE TO MOVE (65+ years)

Join us to help introduce the habit of physical activity into your daily life in ways that make sense for you. The program is free, flexible, and provides you with the motivation and support to become more active. You will work with a trained activity coach who will support you to develop a physical activity plan made just for you. Please register for this session, then an activity coach will contact you directly. Instructor: Robin Masters.

Information Session:

October 7, 3:00 pm

44255

Register after Information Session - with instructor approval.

Motivational Meetings:

Wednesday, 3:00 - 4:45 pm

ARTS

EXPLORING WITH PENCIL CRAYONS - INTERMEDIATE

A continuation for those who have completed Beginner and Levels 2 & 3. More time will be given for each lesson and repetition to increase your depth of learning and understanding. New lessons are introduced so that you can progress at your own pace. Instructor: Mimi Kemball.

Monday, 3:00 - 4:30 pm

October 5 - November 9 (no class Oct. 12)

44235

November 16 - December 14

44236

Registration Fee: \$35.00 / 5 classes

DABBLE IN ACRYLICS

For beginner to advanced artists. Learn how to get the most out of this versatile media. Demonstration and practice will include basic colour mixing, blending, and brush stroke techniques, as well as methods to use interesting textures and glazes to enhance your unique finished work. Please request suggested supply list before first class. Call to inquire. Instructor: Peri Nilan.

Monday, 12:30 - 2:00 pm

October 5 - November 9 (no class Oct. 12)

44195

November 16 - December 14

44199

Registration Fee: \$41.00 / 5 classes

ADVANCED WATERCOLOUR (50+ years)

For experienced watercolour artists at an advanced level, this progressive class will guide students in the creation of several watercolour pieces through demonstrations, individual guidance and critiques. Please bring all your own watercolour supplies. Suggested supply list is available during first class. Same class, different times. Instructor: Riette Gordon.

Friday, 9:30 - 11:00 am

November 13 - December 11

44267

Friday, 12:00 - 1:30 pm

October 9 - November 6

44268

November 13 - December 11

44269

Registration Fee: \$42.50 / 5 classes

INTERMEDIATE WATERCOLOUR

(50+ years)

For experienced watercolour artists seeking to improve their skills. We will focus on composition, design, and mixing pure colours. Students will be guided through various projects through demonstrations, individual guidance and critiques. Please bring all your own watercolour supplies. Suggested supply list is available during first class. Instructor: Riette Gordon.

Friday, 2:30 - 4:00 pm

November 13 - December 11

Registration Fee: \$42.50 / 5 classes

44271



BEGINNERS II - NOT YET INTERMEDIATE WATERCOLOUR

For artists with a little experience yet not quite ready to go into intermediate classes. We will focus on themes and colour mixing. Students will be guided through demonstrations and critiques in smaller class sizes. Please bring your own supplies to first class. A suggested supply list will be available at first class. Instructor: Riette Gordon.

Tuesday, 9:30 - 11:00 am

October 6 - November 3

44272

November 10 - December 8

44273

Registration Fee: \$42.50 / 5 classes

UKULELE BEGINNERS - LEVEL 1A

(50+ years)

Learn how to strum, play chords and play along to your favourite songs. This course is for students who are not interested in learning to read music. Instructor: Kaitlin Deavy

Tuesday, 12:30 - 2:00 pm

October 6 - November 3

44288

November 10 - December 8

44294

Registration Fee: \$58.00 / 5 classes

UKULELE BEGINNERS - LEVEL 1B

(50+ years)

Learn how to strum, play chords and play along to popular songs. This course teaches students to read music. Instructor: Kaitlin Deavy

Thursday, 12:30 - 2:00 pm

October 8 - November 5

44289

November 12 - December 10

44295

Registration Fee: \$58.00 / 5 classes

UKULELE BEGINNERS - LEVEL 2A

(50+ years)

For those having completed the beginner course or who have some ukulele experience. Continue progressing with strumming, changing chords and playing along to songs. This course is for students who are not interested in learning to read music. The focus will be on learning new songs. Instructor: Kaitlin Deavy.

Tuesday, 10:00 - 11:30 am

October 6 - November 3

44290

November 10 - December 8

44296

Registration Fee: \$58.00 / 5 classes

UKULELE BEGINNERS - LEVEL 2B

(50+ years)

For those having completed the beginner course or who have some ukulele experience. Continue progressing with strumming, changing chords and playing along with popular songs. This course teaches students to read music. Instructor: Kaitlin Deavy.

Thursday, 10:00 - 11:30 am

October 8 - November 5

44291

November 12 - December 10

44297

Registration Fee: \$58.00 / 5 classes

UKULELE INTERMEDIATE (50+ years)

For those who are comfortable changing chords and have mastered basic strumming patterns. Students will learn more chords, additional strumming and fingerpicking patterns and continue advancing in music theory. Other topics include performing, song writing and improvisation. Instructor: Kaitlin Deavy.

Thursday, 3:00 - 4:30 pm

October 8 - November 5

44292

November 12 - December 10

44293

Registration Fee: \$58.00 / 5 classes

VIRTUAL STORY GATHERING

In this New Westminster Museum and Archives program, people from a broad base of different backgrounds will be invited to come together and share their experiences of the pandemic through a recorded Zoom-based interview. Participants will listen to stories, then tell their own story, in this process of collective reflection and building community in isolation. (Monday, October 19 from 6:00 - 7:00 pm, register by emailing ocapota@newwestcity.ca). Please also fill in the following form: [Virtual Story Sharing Application Form.pdf](#).

COVID-19 HISTORICAL DOCUMENTATION

The New Westminster Museum is continuing to make audio and video recordings of people's experiences during Covid-19. People from a broad base of different backgrounds are invited to share their experiences through a recorded Zoom-based interview. If you, or anyone you know have a story to share about our city's COVID experience, please contact the museum at 604.527.4640 or ocapota@newwestcity.ca. More information about the project is on the museum's website (nwmuseumarchives.ca) under [Covid-19 Historical Documentation](#). New Westminster residents have already shared stories about running a sushi restaurant during the pandemic, making friends during the 7:00 pm cheer, and writing group novels.