

FEBRUARY 2024

Clarion

centuryhouseassociation.com



COMMUNICATIONS

Century House Association Website

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

Visit centuryhouseassociation.com.

Century House Association Facebook

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

Here's the link: facebook.com/CHANewWest

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

Century House - Keep In Touch

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

Century House Association Activity Group New Procedures

All Activity Groups that meet on Tuesdays and Thursdays are being asked to scan their Century House membership cards at the front desk before proceeding to their activity. This will allow the CHA and City of New Westminster to collect accurate statistics on how well attended these programs are. Eventually, the goal is to have all activity groups scan into their programs.

Community Integration Services - Poverty Reduction Information Table

Drop-in to this weekly pop-up table for information related to:

- Ministry inquires or requests
- Applying for Income/Disability assistance and complete intakes start to finish
- One-on-one support with personal files
- Help complete and collect monthly reports
- Create and process service requests for health assistance, crisis supplements, shelter updates, ID supplements
- Order birth certificates
- Provide security deposits for housing, startup funds and beds

Century House Lounge

Tuesday, 9:00 am - 12:00 pm



Century House Library Donations

The Library is always on the lookout for donations, especially books written in French or other languages. Drop them off at the Library in the white bins.

Results of the 2024 Annual General Meeting

Another Century House Annual General Meeting has come but not quite gone. The meeting was extremely well attended with 99 members in person and another 16 via ZOOM, There were significant items on the agenda and debate was at times spirited. The AGM minutes, when available, will be posted on the Century House website with a hard copy posted on the Century House bulletin board.

Here is the new look Century House Association 2024 Executive

President: Vacant*

Vice President (Acting President): Anne Ladouceur

Secretary: Val McDonald

Treasurer: Vacant**

Members at Large: Curt Albertson and Lynn Marsh

* As last year's President, Joy St John, declined to run again, the membership agreed that attempting to immediately find another candidate was problematic; it was then decided that another meeting to elect a president would be held at a later date. Details will be forthcoming when the exact process is confirmed.

** Gloria Haug resigned from her role as Treasurer although Gloria has graciously offered to continue to maintain the Association's books until a replacement can be found.

Thank you to the 2023 Century House Association Executive for their dedication and leadership over the last year.



Octopus - Seniors, Technology & Educational Proposals Wanted

Century House is launching Octopus - Seniors Digital Hub. Octopus a continuation of the outreach to seniors in the community that focuses on technology and information.

- Octopus 3 is your opportunity to develop and lead programs for seniors in the community. We are looking for two types of programming:
- Technology related
- Art, Music, or Educational
- Honorariums are available
- Programs can be delivered online or through a combination online and in person. Technical support will be supplied by Century House.

If you are interested in any of these opportunities please email Hannah Glavin - hglavin@newwestcity.ca with a one page proposal, outlining your skills in the area, your contact information and your availability. Proposals will be accepted ongoing until all the spots are filled!

From the Web

1. If you are curious about the new mural on the back wall of the Lower Mainland Purpose Society building on New Westminster's Alexander Street just type New Westminster mural project Alexander Street into your browser window.
2. Interested in raising Monarch butterflies in your kitchen again just type Monarch Butterflies London Free Press in your browser window.

Update on Driver Medical Examination Reports

These reports, suspended due to COVID, will resume with a new aged based criteria in Spring 2023. Reports, which must be completed by a health care professional, will be issued to:

- Drivers who are 80
- Drivers who are 85
- Drivers who are 87, 89, 91, and every two years following.

For more information click on the link or type Road Safety BC into your browser

2.gov.bc.ca/gov/content/transportation/driving-and-cycling/roadsafetybc

Century House Governance Handbook

The Governance Standing Committee continues to update the Governance Handbook to include policy motions passed by the Century House Association Executive. The latest version is available on the Century House website (see below). Printed copies will be made available to each Century House Chairperson.

<https://www.centuryhouseassociation.com>

Looking for: Volunteer Bus Trip Hosts

The programs team is looking for enthusiastic volunteers to host bus trips. Trips vary in length and activity, some examples include - restaurants, theatre performances, parks, and much more. Volunteers must have a valid emergency first-aid certification. Please reach out to jspeers@newwestcity.ca if you're interested in learning more!

Shelly Schnee has Retired!

For 18 years Shelly has been a dynamic presence at Century House; whether it was developing innovative seniors programming, facilitating meetings, writing grant applications, liaising with City Hall or just being a friend to talk to. Shelly will be remembered as a dedicated, cooperative, and inspirational member of the Century House community, leaving behind a lasting legacy.

Here is a small sample of her career achievements:

- The Century House Learning Garden
- Meeting in the Middle
- Winning the British Columbia Recreation and Parks Association Program Excellence Award for Heart 2 Art in 2014
- Octopus Reaching Seniors in the Community
- Coffee with Shelly
- Inspiration Day
- Community Bike Month / Community Bike Day
- Dialogue on Death and Dying
- Aging in Place
- Leadership Education and Development for Seniors (LEADS)

Shelly's last day of work was January 26, 2024. We will miss you Shelly!

While recruitment for Shelly's position takes place, Hannah Glavin will be Acting Program Coordinator and Jenna Speers will be Acting Assistant Program Coordinator.

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

CONNECTIONS CAFÉ

Food Services

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

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

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

Please call 604.519.1066 to pre-order your meal at least one day ahead (the earlier the better). We are emphasizing entrée by pre-order. Walk in's may be disappointed. Please arrive at your scheduled time.

Available without pre-order:

Baked Goods	\$2.25
Coffee / Tea	\$1.50
Cookie	\$1.20
Sandwich	\$3.75
Soup Bowl	\$3.00
Soup Cup	\$2.25

Available by Pre-order only:

Entrée	\$7.50
Cinnamon Buns (if more than 3)	\$2.25
Gluten Free Cake (slice)	\$2.25
Samosa	\$3.25

Sandwich (if more than 3)
Limit 6; scones/samosas/cinnamon buns/muffins

Orders for baked goods can be made for Wednesdays. Please bring your own bag for take-out meals.

Contact our chef at 604.519.1063 to ask about catering requests or if you have questions about special dietary meals. We will do our best to accommodate you.

Find the café menu on our website centuryhouseassociation.com/about/connections-cafe/.

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

VOLUNTEER INFORMATION

Volunteer Corner

Close to 300 Century House volunteers and counting!

Why Volunteer?

- Meet new people
- Develop new skills or make use of existing ones
- Contribute to your community
- Spend time doing something positive
- Have fun!

Volunteer Opportunities:

- Front door Concierge
- Food services:
 - Cashier
 - Food Preparation
 - Dishwashing
- Over 40 different activity committees
- Special events

For existing volunteers:

- Please record your monthly volunteer hours through Better Impact
- These statistics assist the City in providing the appropriate level of volunteer resources and to better understand the valuable impact volunteers have on delivering services to the Century House community.
- Statistics are also invaluable to Century House when applying for grants and other funding.

For more questions about volunteer opportunities or questions related to Better Impact please reach out to Jenna Speers-Volunteer Support-Senior Services jspeers@newwestcity.ca or call 604.519.1023



EVENTS

CHA EVENTS COMMITTEE

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

Event Registration Information

- No refunds after the registration deadline
- Seat reservations require a minimum of 4 people who already have tickets purchased. Note that only seats are reserved and not entire tables. If your reservation does not cover all seats at a table, expect people not in your group to sit there. Please make them welcome.
- Low vision seating is available. Companion seating may also be available.
- Contact events@centuryhouseassociation.com or the Century House front desk to reserve seats (including low vision) at least 3 days prior to the event.

Memory Lane with Danny

Take a walk down memory lane with Danny Balan as he sings songs by the crooners we remember - Frank Sinatra, Dean Martin, and more.

Wednesday 4:00 - 5:30 pm

February 7

207408

Tickets: \$6.00 members / \$8.00 non-members

Registration deadline: Friday, February 2

Monthly Movie

February's presentation is: Love Again (2023) A young woman tries to ease the pain of her fiancé's death by sending romantic texts to his old cell phone number, and forms a connection with the man the number has been reassigned to. Please bring your own snacks.

ABC Room

Saturday, 1:30 pm

February 10

206179

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

Please send any movie suggestions to:

events@centuryhouseassociation.com

Valentine's Day Wine & Cheese

An evening of Latin dance music with Cheek to Cheek. Ticket price includes cheese plate and coffee, and some dance instruction. Wine sold separately.

Wednesday 6:30 - 9:00 pm

February 14

206186

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

Registration deadline: Wednesday, February 7



February Birthday Party

Everyone welcome - doesn't have to be your birthday. Come celebrate February birthdays and enjoy the music and dancing with Doug Hawksworth.

Wednesday, 6:30 - 8:30 pm

February 28

208311

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

Registration deadline for everyone is Friday, February 23 or when max seating reached.

EDUCATION & PROGRAMMING

Women's Wellness Circle (50+ years)

Explore relevant topics related to women and aging. These workshops are based on science and focus on how to maintain a healthy lifestyle, what to avoid, and how to concentrate on overall wellness while getting older.

Instructor: Jennifer Rak.

Wednesday, 9:30 - 10:30 am

February 7 & 28

202463

March 6 & 27

202464

Registration Fee: \$15.75 / 2 classes

Social Skate (50+ years)

Learn to skate or get back into it. Coffee and treats provided. Skate rentals and helmets included.

Moody Park Arena

604.525.5301

Wednesday, 10:00 - 11:00 am

February 21

202423

March 13

202425

Registration Fee: \$2.00

Care for the Caregiver

This fun and educational workshop Series is open to all Caregivers 50+.

This five week, online program will include a chance to get to know other Caregivers, share some fun together and gather access to information and resources. You are not alone. There will be weekly guest speakers and opportunities to seek support from other Caregivers.

Tuesday, 1:30 - 2:30 pm (Check-in between 1:00 - 1:20 pm)
February 20 - March 19

Please register by clicking the ZOOM link below:

us02web.zoom.us/meeting/register/tZwpf-6vpz0vH9wKx7ckxzWgz5Xcd5qqU1Z4

Workshop: Aging in Place Home Renovations Seminar

Learn about "Age in Place Design and Renovations", stay longer at your home and live independently. The team at Artor will be at Century House to go over home renovations that can help you stay in your home longer - accessibility modifications, home modification grants for seniors, permit applications, and project planning. There will be opportunity to ask questions at the end of the seminar, so come ready with your queries!

Thursday, 2:00 - 3:00 pm
February 22

Registration Fee: Free

208403

Nutrition Made Easy (50+ years)

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

Friday, 3:00 - 4:00 pm
March 1 - 22

Registration Fee: \$31.50 / 4 classes

202465

Bring Your Own Device (BYOD)

If you have questions or need help with your electronic device (smartphone, tablet, desktop) SET can help. Please register in advance.

Apple Devices: 10:00 - 11:00 am

202503

Android Devices: 11:00 am - 12:00 pm

202504

February 26

Women's Snooker

A weekly social program for women to learn and practice snooker. Please register at the front office if you want to participate. No experience necessary. Instructor June will be in attendance on February 7.

Wednesday, 1:30 - 4:30 pm

Ongoing

Registration Fee: Free

197872

Chronic Pain Self-Management Program

Build confidence to manage your health and maintain an active, fulfilling life, in this information workshop series. Self-Management BC is a Ministry of Health, Patients as Partners initiative administered by the University of Victoria.

Saturday, 10:00 am - 12:30 pm

March 2 - April 6

Registration Fee: Free / 6 classes

201786

Cooking Connections: Food Skills for Seniors

These sessions will focus on making nutritious and delicious meals while cooking for one or two. All cooking skill levels are welcome and the facilitators are both trained and certified by the BC Centre for Disease Control. Come have some fun in the kitchen!

Friday, 10:00 am - 12:30 pm

March 8 - April 26 (no class March 29 & April 19)

207231



WEEK AT A GLANCE

Monday

- 8:15 - 9:15 Zumba Reserved Drop-in(MP1A/1B)
- 9:00 - 12:00 Quilting (MP3)
- 9:00 - 2:30 Fitness Centre Drop-in
- 9:00 - 2:30 Pickleball (Multipurpose)
- 9:00 - 8:45 Snooker (MP5)
- 9:30 - 10:30 Moderate Workout Fitness Reserved Drop-in (MP1A/1B)
- 10:00 - 12:00 SET Seniors Enabling Technology (MP4) (Feb 12)
- 10:00 - 11:00 Bring Your Own Device - Apple BYOD (MP4) (Feb 26)
- 10:30 Zoom Book Club (Zoom) (Feb 12)
- 11:00 - 12:00 Bring Your Own Device - Android & PC BYOD (MP4) (Feb 26)
- 11:00 - 12:00 Mild Light Exercise Reserved Drop-in (MP2A/2B/2C)
- 11:00 - 12:00 Yoga Reserved Drop-in (MP1A/1B)
- 12:30 - 1:30 Get Up & Go (MP4) (Feb 5, 12 & 26)
- 12:30 - 2:30 Line Dancing Dec-Feb Session (Fir)
- 12:30 - 2:30 Acrylic Painting MP3) (Feb 5, 12 & 26)
- 1:00 - 3:00 Cribbage (MP1B)
- 1:00 - 3:00 Carpet Bowling (MP2A/2B/2C)
- 3:00 - 4:30 Exploring with Pencil Crayon - Beg/Inter (MP3) (Feb 5, 12 & 26)
- 2:00 - 4:00 Singers (MP4)
- 3:00 - 4:30 Drawing 50+ (MP3) (Feb 5, 12 & 26)
- 5:15 - 6:15 Cardio Mix Reserved Drop-in (MP1A/1B)
- 6:30 - 7:30 Power Yoga Reserved Drop-in (MP1A/1B)

Tuesday

- 8:15 - 9:15 Cardio Mix Reserved Drop-in Fitness (MP1A/1B)
- 9:00 - 2:30 Conversation Class Round Table Time (Youth Centre Lounge)
- 9:00 - 2:30 Fitness Centre Drop-in
- 9:00 - 2:30 Table Tennis (Multi-purpose)
- 9:00 - 4:00 CHAPS Century House Association Peer Support Office Hours
- 9:00 - 8:45 Snooker (MP5)
- 9:15 - 10:45 Yoga (MP2A/2B/2C) (Feb 6, 13, 20 & 27)



- 9:30 - 10:30 Moderate Strength & Stretch Fitness Reserved Drop-in (MP1A/1B)
- 9:30 - 12:00 Executive Meeting (MP4) (Feb 20)
- 10:00 - 11:30 Virtual Ukulele (Virtual Room)
- 10:00 - 12:00 Low Vision (MP4) (Feb 6)
- 10:00 - 12:00 Watercolour Beginner (MP3) (Feb 6, 13, 20 & 27)
- 11:00 - 12:00 Current Affairs Discussion Group (MP2A)
- 12:30 - 2:30 Tuesday Crafts (MP3)
- 12:30 - 2:30 Pottery (Pottery Room) (Feb 6, 13, 20 & 27)
- 1:00 - 2:00 Meditation (MP1B) (Feb 13, 20 & 27)
- 1:00 - 2:00 Tai Chi Beginner's Level II (MP1A) (Feb 6, 13, 20 & 27)
- 1:00 - 3:00 Caregiver Support Group (MP1B) (Feb 6)
- 1:00 - 3:30 Court Whist (MP2A)
- 1:00 - 4:00 Bridge (MP4)
- 1:00 - 4:00 Bid Euchre (MP2B2C)
- 3:00 - 5:00 Century House Artists Drop-in (MP3)
- 3:30 - 4:30 Stay Strong (MP1A) (Feb 6, 13, 20 & 27)
- 5:15 - 6:15 Body Flow Reserved Drop-in (MP1A/1B)
- 6:00 - 8:30 Alzheimer Support Group (MP3) (Feb 20)
- 6:30 - 7:30 Try It! Lift & Sculpt Reserved Drop-in (MP1A/1B or MP1A)
- 6:30 - 8:30 Pottery Intermediate Adult (Pottery Room) (Feb 6, 13, 20 & 27)
- 7:00 - 8:30 Reader's Theatre (MP1B) (Feb 13 & 27)
- 7:00 - 9:00 Tinnitus Support Group (Virtual Room) (Feb 20)

Wednesday

- 9:00 - 1:30 Snooker (MP5)
- 9:00 - 2:30 Badminton (Multipurpose)
- 9:00 - 2:30 Fitness Centre Drop-in (not available when classes in session)
- 9:00 - 4:00 CHAPS Century House Association Peer Support Office Hours
- 9:30 - 10:30 ABC's of the Fitness Centre 50+ (Fitness Centre) (Feb 7 & 14)
- 9:30 - 10:30 Moderate Workout Fitness Reserved Drop-in (MP1A/1B)
- 9:30 - 10:30 Women's Wellness Circle (MP4) (Feb 7 & 28)
- 9:30 - 11:30 Mixed Media (MP3) (Feb 7, 14, 21 & 28)
- 9:30 - 12:00 CHAPS Peer Support Meeting (MP2A/2B/2C) (Feb 14, 21 & 28)
- 10:00 - 12:00 Century House Association Chairperson Meeting (MP2ABC) (Feb 7)
- 10:00 - 12:00 Parkinsons Support (MP4) (Feb 21)
- 11:00 - 12:00 Fitness Centre Circuit (Fitness Centre) (Jan 17 - Feb 7)
- 11:00 - 12:00 Fitness Centre Circuit (Fitness Centre) (Feb 14 - Mar 6)
- 11:00 - 12:00 Yoga Reserved Drop-in (MP1A) (demonstrated from a chair)
- 11:00 - 12:00 Mild Toning Reserved Drop-in (MP1B)
- 12:30 - 1:30 Ukulele Level 1 (MP4) (Feb 7, 14, 21 & 28)
- 1:00 - 2:00 ActivAge (MP2A2B) (Feb 7, 14, 21 & 28)
- 1:00 - 2:30 Tai Chi Continuing (MP1A) (Feb 7, 14, 21 & 28)

- 1:00 - 3:00 Wednesday Crafts (MP3)
- 1:30 - 3:00 Conversational French (MP2C)
- 1:30 - 3:30 Notable 90's (MP1B) (Feb 21)
- 1:30 - 4:30 Women's Only Snooker (MP5)
- 1:45 - 3:15 Ukulele Level 2A (MP4) (Feb 7, 14, 21 & 28)
- 2:00 - 3:00 ActivAge (MP2A2B) (Feb 7, 14, 21 & 28)
- 3:00 - 4:00 Choose to Move Motivational Meetings (MP2A/2B) (Feb 7, 14, 21 & 28)
- 3:30 - 5:00 Ukulele Level 2B (MP4) (Feb 7, 14, 21 & 28)
- 4:00 - 5:30 Memory Lane with Danny (MP1A/B) (Feb 7)
- 4:30 - 8:45 Snooker (MP5)
- 5:15 - 6:15 Cardio Mix Reserved Drop-in (MP2ABC)
- 6:30 - 7:30 Power Yoga Reserved Drop-in (MP2ABC)
- 6:30 - 8:30 February Birthday Party (MP1A/1B) (Feb 28)
- 6:30 - 8:30 Pottery Intermediate Adult (Pottery Room) (Feb 7, 14, 21 & 28)
- 6:30 - 9:00 Valentine's Day Wine & Cheese (MP1A/1B) (Feb 14)

Thursday

- 9:00 - 12:00 Quilting (MP3)
- 9:00 - 2:30 Fitness Centre Drop-in (Fitness advisor available at 1:00 pm)
- 9:00 - 2:30 Pickleball (Multi-purpose)
- 9:00 - 8:45 Snooker (MP5)
- 9:30 - 10:30 Moderate Workout Fitness Reserved Drop-in (MP1A/1B)
- 9:30 - 11:45 Mahjong (MP4)
- 9:30 - 12:00 Ukulele Drop-in (MP2A/2B/2C)
- 9:30 - 1:00 Blood Pressure Clinic (lobby) (Feb 15)
- 11:00 - 12:00 Fit Fellows (MP1A) (Jan 11 - Feb 15)
- 11:00 - 12:00 Fit Fellows (MP1A) (Feb 22 - Mar 28)
- 12:30 - 1:30 Better Balance Level 1 (MP1A) (Feb 1, 8, 15, 22 & 29)
- 12:30 - 1:30 Get Up & Go (MP2ABC) (Feb 1, 8, 15, 22 & 29)
- 12:30 - 2:30 Urban Sketching with Watercolour (MP3) (Feb 1, 8, 15, 22 & 29)
- 1:00 - 3:00 Darts (MP6)
- 1:00 - 3:00 CH Players Rehearsals (MP1B) (Feb 1, 8, 15, 22 & 29)
- 1:00 - 3:00 Fitness Centre Advisor (Fitness Centre)
- 1:00 - 3:30 Whist (MP4)
- 2:00 - 3:00 Better Balance Level 2 (MP1A) (Feb 1, 8, 15, 22 & 29)
- 2:00 - 3:00 Century House Information Tour (MP2A) (Feb 29)
- 2:30 - 3:30 Learning Garden Meeting (MP2B/2C)
- 3:00 - 5:00 Gouache Painting (MP3) (Feb 1, 8, 15, 22 & 29)
- 3:30 - 4:30 Stay Strong (MP1A) (Feb 1, 8, 15, 22 & 29)
- 5:15 - 6:15 Body Flow Reserved Drop-in (MP1A/1B)
- 5:30 - 6:30 Social Dance Beginner Adult (MP2A/2B/2C) (Feb 1, 8, 15, 22 & 29)
- 6:30 - 7:30 Zumba Reserved Drop-in (MP1A/1B)
- 6:30 - 8:30 Pottery Beginner Adult (Pottery Room) (Feb 1, 8, 15, 22 & 29)
- 6:45 - 7:45 Social Dance Intermediate Adult (MP2A/2B/2C) (Feb 1, 8, 15, 22 & 29)



- 8:00 - 9:00 Social Dance - Charleston Adult (MP2A/2B/2C) (Feb 1 & 8)
- 8:00 - 9:00 Social Dance - Shim Sham Adult (MP2A/2B/2C)

Friday

- 9:00 - 12:00 Aging in Place (Oak MP4) (Feb 2, 9, 16 & 23)
- 9:00 - 12:30 Badminton (Feb 16)
- 9:00 - 2:30 Conversation Class Round Table Time (Youth Centre Lounge)
- 9:00 - 2:30 Badminton (Multipurpose)
- 9:00 - 2:30 Fitness Centre Drop-in
- 9:00 - 8:45 Snooker (Maple (MP5)
- 9:30 CH Walkers meet at 6th ST & 6th Ave Royal City Mall entrance (see bulletin board or Clarion for schedule)
- 9:30 - 10:30 Moderate Strength & Stretch Fitness Reserved Drop-in (MP1A/1B)
- 10:00 - 12:00 Watercolour Advanced (MP3) (Feb 2, 9, 16 & 23)
- 11:00 - 12:00 Mild Toning Reserved Drop-in (MP2A/2B/2C)
- 11:00 - 12:00 Yoga Reserved Drop-in (MP1A/1B)
- 12:30 - 2:30 Watercolour Intermediate/Advanced (MP3) (Feb 2, 9, 16 & 23)
- 12:30 - 3:30 Peer Support Training (MP 2A/2B)
- 1:00 - 3:00 Scrabble (MP2C)
- 1:00 - 3:45 Bingo (MP1A/1B)
- 1:00 - 4:00 Canasta (MP4)
- 3:00 - 4:00 Nutrition Made Easy (MP3) (Feb 2 & 9)
- 5:00 - 5:45 Try It! Zumba Toning Reserved Drop-in Fitness (MP1A/1B)
- 6:00 - 6:45 Try It! Stretch Reserved Drop-in Fitness (MP1A/1B)
- 7:00 - 8:00 Hip Hop Fitness Reserved Drop-in (MP1A/B)

Saturday

- 9:00 - 2:30 Fitness Centre Drop-in
- 9:00 - 2:30 Table Tennis (Multipurpose)
- 9:30 - 10:30 Iyengar Yoga (MP1A/1B)
- 9:30 - 3:45 Snooker (MP5)
- 11:30 - 2:00 Square Dancing (MP1A)
- 1:30 Monthly Movie: Love Again (MP2A/2B/2C) (Feb 10)
- 3:00 - 4:00 Strength & Stretch (MP2A/2B/2C)
- 6:30 - 10:30 Uptown Swing Collective Jazz Cats Swing Dance (MP1A/1B)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fitness Centre 9:00 am - 2:30 pm	Fitness Centre 9:00 am - 2:30 pm	Fitness Centre 9:00 am - 2:30 pm	Fitness Centre 9:00 am - 2:30 pm	Fitness Centre 9:00 am - 2:30 pm	Fitness Centre 9:00 am - 2:30 pm
Workout 9:30 - 10:30 am	Strength & Stretch 9:30 - 10:30 am	Workout 9:30 - 10:30 am	Workout 9:30 - 10:30 am	Strength & Stretch 9:30 - 10:30 am	
Light Exercise 11:00 am - 12:00 pm		Toning 11:00 am - 12:00 pm	Fitness Advisor 1:00 - 3:00 pm	Toning 11:00 am - 12:00 pm	
Yoga 11:00 am - 12:00 pm		Yoga 11:00 am - 12:00 pm		Yoga 11:00 am - 12:00 pm	
All Century House fitness classes are ongoing *Fitness centre not available when class is in session					

DROP-IN FITNESS

Please note: you can reserve your spot in class up to 3 days in advance for New West residents, or 2 days for non-residents. Or, scan your punch card upon arrival. Century House 10 pass for CH members 50-64 years: \$40.00 (can't be used for Reserved Drop-in's)

Reserved Drop-in Fee structure:

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

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

Fitness Centre

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



Mild – Light Exercise

Breathe, stretch, and balance, during chair exercises and gentle aerobic walking. Tips on healthy living, osteoporosis, arthritis and fall prevention is included.

Monday, 11:00 am - 12:00 pm
On-going

Kulwant

Moderate – Strength & Stretch

Strengthen muscles using light weights, tubing, and body weight to build endurance and maintain bone mass. Class finishes with stretching and relaxing.

Tuesday, 9:30 - 10:30 am
Friday, 9:30 - 10:30 am
On-going

Gillian
Judi

Mild – Toning

Increase endurance in all major muscle groups using bands, weights and chair exercises to build muscle tone and help improve bone density.

Wednesday, 11:00 am - 12:00 pm
Friday, 11:00 am - 12:00 pm
On-going

Gillian
Judi

Moderate – Workout

Enjoy a stimulating aerobics class with familiar, music. Improve heart health, agility, and reflexes. Classes include a low impact option.

Monday, 9:30 - 10:30 am
Wednesday, 9:30 - 10:30 am
Thursday, 9:30 - 10:30 am
On-going

Kulwant
Judi
Gillian

Drop-in Yoga

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

Mon., Wed. & Fri., 11:00 am – 12:00 pm

Tanya

SERVICES

Blood Pressure Clinic

Offered on the 3rd Thursday of the month in the Century House Lounge. No appointment necessary. Please bring a list of current medications. Please respect the privacy of others by signing in and take a seat in the lounge. A record of your blood pressure reading is stored in a secure location and any related information is strictly confidential.
Thursday, 9:30 am - 1:00 pm - By the front office
 February 15

Century House Association Peer Support (CHAPS)

Feeling blue, lonely, covid-anxious, and/or grieving, then the Peer Support team is here to provide you with support through life's transitions, such as bereavement, loneliness/isolation, downsizing, moving, and/or caregiver information. Century House Association Peer Support provides confidential, no-cost, one-to-one support, in-person, over the phone or via Zoom. Donations gratefully accepted. Make your cheque payable to Century House Association - Peer Support, or online at canadahelps.ca.

Contact: 778.882.2472 or 604.519.1064 ext 1. or email: chaps.connect@gmail.com

Peer Support Volunteers Needed

The Peer Support (CHAPS, Century House Association Peer Support) Program is seeking warm and compassionate volunteers to assist adults 50+ in our community. Applications are now available for the 44 hours of in-class training beginning in February 2024. There are no educational prerequisites as we believe life has been your teacher. Training will be on Zoom and in person and includes some pre-reading and homework. You will learn how to offer support to peers who are going through a "rough patch" and need someone to listen.

As a Peer Support volunteer we ask you to commit to the program for one year including continued bi-monthly supervision and professional development meetings as well as meeting with at least one client for one hour a week.

For more details about the CHAPS Program and the free peer support training, please register by calling 604.519.1064 and leave a message or email:

chaps.connect@gmail.com

Low Vision

The Low Vision group is a social and support group for members with impaired vision or blindness. We're currently working to develop guest speakers for upcoming meetings. Newcomers always welcome!

Oak Room

Tuesday 10:00 am - 12:00 pm
 February 6



Digital Inclusion Hub

Need help with technology? Purpose Society's Digital Inclusion Hub offers personalized support to anyone who needs it! Whether you need assistance setting up an e-mail account, making a resume, or learning how to use social media, they've got you covered. Drop in on Thursdays or book an appointment by contacting Lola at 604.396.5514 or lola.jecmenica@purposesociety.org. Find out more at digitalinclusionproject.org.

40 Begbie Street, New Westminster

Monday, 9:00 am - 3:00 pm
Wednesday, 9:00 am - 3:00 pm
Thursday, 9:00 am - 3:00 pm (Drop-in)
Friday, 9:00 am - 3:00 pm

Device Donation Centre

Century House is a permanent digital device donation centre for the Digital Inclusion Hub. Please consider donating for those in need. Drop items off at the Century House front office.

Notable 90s

If you are 90 years or more, please come and join us for our next meeting. We would love to hear how you spent your Christmas and New Year holidays. Given that February is "heart month", we will delve into what makes your heart happy. Please share any appropriate memories or stories while we enjoy coffee/tea and treats.

Oak Room

Wednesday, 1:30 - 3:00 pm
 February 21



Parkinson's Support Group

Our group welcomes all persons with Parkinson's disease as well as their caregivers. The meeting covers issues that are currently on the minds of our members as well as updates on any new programs and/or research. For more information call Kathy at 604.258.9074.

Oak Room

Wednesday, 10:00 am - 12:00 pm

February 21

Seniors Gay Straight Alliance

Open to everyone! Currently in the process of discussing next steps. Contact CenturyHouseSGSA@gmail.com if you're interested in getting involved.

Next Meeting: TBA

Tinnitus Support Group

Tinnitus is a ringing, buzzing, or other sound in your head or ears that does not have an outside source. If you have Tinnitus or a related disorder, you can find support in our group. We are now holding our meetings online on the third Tuesday as usual.

Next Meeting: March

Zoom Link: us02web.zoom.us/j/87478725355?pwd=ZmgvSkVxaXBiVnp6OHg1Sm8wckd6Zz09

CHA ACTIVITY GROUPS

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). We regret that we are unable to provide lessons at this time. Contact Michael Luponio at 604.817.8851.

Oak Room

Tuesday, 1:00 - 4:00 pm (Membership required)

Badminton

We welcome all members to join regardless of their skill level. You are welcome to try out Badminton for free three times before joining. We have extra badminton racquets. Please call Sam Li 226.246.2195 for more information.

Multipurpose Room

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

Bid Euchre

Bid Euchre is a card game that helps keep memory cells supple using easy to learn strategies. Want to learn to play? Sign up for three free lessons at CHBidEuchre@gmail.com or leave your name at the front desk.

Birch Cedar Room

Tuesday, 1:00 - 4:00 pm

Bingo

Everyone welcome, Century House membership required. Come out for an enjoyable afternoon.

Douglas Fir Room

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

BINGO cards are \$0.50 or 6 for \$2.50

50/50 tickets are \$1.00, cash only

Canasta

Come and enjoy a game of "Hand and Foot" canasta. Newcomers are welcome. Please contact the front desk if you require lessons or more information.

Oak Room

Friday, 1:00 - 4:00 pm

Century House Artists

Join us to paint, draw, and sketch in acrylic, oil, watercolor, or whatever medium you prefer.

Spruce Room

Tuesday, 3:00 - 5:00 pm

Drop-in Fee: \$2.00

Century House Carpet Bowling

We welcome new members, no experience needed. Our annual cost is \$10.00 per person.

ABC Room

Monday, 1:00 - 3:00 pm

Century House Darts

Come and meet our group and have some fun. If you have your own darts bring them along. If not, we have some you can use. For more information: email Mike at CHDartsGroup@gmail.com.

Hemlock Room

Thursday, 1:00 - 3:00 pm

Century House Dragons

We are 50+ women who like to get on the water to share fitness, competition and team camaraderie. We practice in False Creek twice a week for an hour and a half. Come sign up now as we are taking names for startup 2024 season (March - October). centurydragons1@gmail.com.

Century House Players

We are working on one-act plays, an improv set, and monologue performances over the next month. Please look for announcements at Century House, and on our Century House Association website for upcoming performances.

Century House Quilters

Interested in Quilting then drop by our Century House workroom or inquire at the Front Desk. Our group also has handmade quilted items for sale. A perfect gift!

Spruce Room

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

Century House Singers

No matter if you are an experienced performer, a karaoke singer or just like to sing in the bathtub. We welcome men and women with a range of singing abilities to our social singing group. For more information contact: Debbie Tommila at 604.526.4776; email debbietommila@gmail.ca or Lesley Hebert at 604.520.5971; email lesleyh@shaw.ca

Oak Room

Monday, 2:00 - 4:00pm (except stats)

Fee: \$10.00 annually

Century House Squares (50+ years)

Welcome returning dancers and all dancers with past experience - Singles & Couples. Come as you are with comfy shoes and a smile. Info - call Pat 604.521.7497.

Douglas Fir Room

Saturday, 11:30 am - 2:00 pm

Door Fee: \$7.00 / class



Century House Walkers

We take joy walking in the great outdoors, adding to our circle of acquaintances and visiting areas long since last seen or never before visited. Enjoy a stop for coffee or lunch after an outing for further socializing. For further details please visit our web page centuryhouseassociation.com/activity/walkers/ Meet at 6th & 6th Royal City Mall entrance at 9:30 am unless otherwise indicated.

Date	Destination	Details
Feb. 2	Stewardson Way Overpass	Grimston Park & 7th Avenue
Feb. 9	3 Parks in New West	Queen's Park, Albert Park and Tipperary Park
Feb. 16	Central Park	Skytrain to Patterson Station
Feb. 23	River District Waterfront Fraser River Waterfront Greenway	Kerr Street to Boundary Road

ADVISORY plans may change without notice due to weather.

Contacts: Richard Nazarewich 604.544.0604
Cecile Wood 604.526.0011

Drop-in Fee: \$0.25/walk

Century House ZOOM Book Club

No previous book club experience needed to join this group of interested and interesting readers. Group members have recommended a book for the February discussion, and copies are available at the New Westminster and Burnaby Public Libraries. New members are welcome. To join, send an email to zbc@centuryhouseassociation.com.

Program Facilitator: Jane Hicks.

Monday, 10:30 am

February 12

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



Conversational French

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

Cedar Room (MP2C)

Wednesday, 1:30 - 3:00 pm

Fee: \$12.00 annually

Court Whist

A card game Similar to Whist but with a few added twists. So if you are interested and know how to play, just drop by. Schedule a lesson by contacting the front desk.

Arbutus Room (MP2A)

Tuesday, 1:00 - 3:30 pm

Drop-in Fee: \$2.00

Cribbage

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

Douglas Room (MP1B)

Monday, 1:00 - 3:00 pm

Buy in: \$2.00

Current Affairs Discussion Group

We meet to talk in a friendly, informal way about current events that are relevant to Canada and to our lives. We try not to dwell on politics but it happens. We are respectful of individual differences and opinions. Drop-in or email Judith at Judyb200@shaw.ca.

Arbutus Room (MP2A)

Tuesday, 11:00 am - 12:00 pm

Drop-in Fee: \$1.00

English Conversation Group

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

Learning Garden

We tend our garden beds just outside of Century House and grow vegetables, herbs and flowers to sell. Most of the funds raised goes to purchase seeds and supplies. We are always looking for new members and while we don't offer lessons if you have a "green thumb" or just like to get your hands dirty, we would like to hear from you. For more information, contact the CH Front Desk.

(MP2BC)

Next Meeting: February 15, 2:30 pm

Line Dancing

Learn fun and easy-to-follow choreographed dances set to a variety of music genres. Registration is currently closed. Next Registration Date is March 5, at 9:00 am.

Fir Room (MP1A)

Monday, 12:30 - 2:20 pm

March 11 - May 27 (no class April 1 & May 20)

Fee: \$15.00 (payable in cash at the first class)

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Mahjong

Use strategy and skill with experienced players. New to Mahjong? To schedule a lesson, contact Century House staff.

Oak Room (MP3)

Thursday, 9:30 - 11:45 am

Networking Circle

Are you 50+ and new to either Century House, New Westminster or both? Have you recently found yourself on your own? Are you looking for friends/companions with whom you can try out restaurants, go to the movies or concerts, etc? If yes, we'd love to have you join our informal networking group. Open to all Century House members. Info: annearia2@gmail.com



Pickleball

Have fun while getting exercise among friends! If you want to learn how to play Pickleball, there will be beginner's lessons on the first Monday of each month from 9:30 - 10:00 am. If you already know how to play, just drop-in. Please bring your own paddle and balls.

Multipurpose Room

Monday & Thursday, 9:00 am - 2:30 pm

Readers Theatre

Readers Theatre is a style of theatre in which the actors present dramatic readings of narrative material without costumes, props, scenery, or special lighting. Memorizing is not required. We meet at 7:00 pm on the 2nd and 4th Tuesday of the month.

Contact: JudithatReadersTheatre@outlook.com or annearia2@gmail.com.

Douglas Room

Tuesday, 7:00 - 8:30 pm
February 6 & 20

SET (Seniors Embracing Technology)

SET volunteers are Century House members who have a keen interest in helping other members become more comfortable with their electronic devices. New members are welcome; if you are interested please contact Tim Hicks, tim@trh.bc.ca or call 604.522.9020.

Oak Room

Wednesday, 10:00 am
February 12

Website: centuryhouseassociation.com/?page_id=8752

Snooker

All are welcome, men & women. New players can try out the facilities for three sessions after which time a \$40.00 annual room and equipment maintenance fee is required. Century House Membership is also required.

Maple Room

Playing Times

Monday, Tuesday, Thursday & Friday: 9:00 am - 8:45 pm

Wednesday, 9:00 am - 1:30 pm, 4:30 - 8:45 pm

Wednesday, 1:30 - 4:30 pm (Women only)

Saturday, 9:30 am - 3:45 pm

Scrabble

Come and exercise your brain while socializing during a friendly game of Scrabble. We are a gently competitive group and welcome both novice and experienced players.

Cedar Room

Friday, 1:00 - 3:00 pm

Drop-in Fee: \$1.00

Table Tennis

Also known as ping-pong, this is a two or four player sport with paddles and a light weight ball. Bring your own paddle.

Multipurpose Room

Tuesday, 9:00 am - 2:30 pm

Saturday, 9:00 am - 2:30 pm

Tuesday Crafts

Share tips and techniques, and create as a group. We welcome all crafty members who would like to join our great group of volunteers.

Spruce Room

Tuesday, 12:30 - 2:30 pm

Ukulele

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

ABC Room

Thursday, 9:30 am - 12:00 pm

Ukulele (zoom)

All levels welcome! We alternate weeks using Jim's Ukulele Songbooks (Blue and Yellow). We also share pdf versions of songs from other sources in lyric and chord format. Try out your skill at leading a song in a friendly environment or just sit back and play and sing along.

Tuesday, 10:00 - 11:30 am

Use this link to join:

us02web.zoom.us/j/84485243920?pwd=UElGcEpVUkYwZjZlQaGs1YUlxZ1B3Zz09

Meeting ID: 844 8524 3920

Passcode: 868020

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 (MP3)

Wednesday, 1:00 - 3:00 pm

Drop-in Fee: Free

Whist

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

Oak Room (MP4)

Thursday, 1:00 - 3:00 pm

Drop-in Fee: \$2.00

BUS TRIPS

Bus Trip Registration Information

Open to Century House members only. Register for the trips at Century House front desk or calling 604.519.1066 to pay with credit card.

Registration for February bus trips will open on Wednesday, January 31 at 9:00 am.

Snowshoeing on Seymour

Come play in the snow while it's here! We will be taking the Bonsor Bus up to Mount Seymour for a day of Snowshoeing. On arrival to the mountain, we will enjoy an early lunch, available for purchase in the lodge, or you may bring your own. Then we will get geared up and take 1.5 - 2 hours exploring the trails on Mount Seymour. We will enjoy a hot beverage to warm up before making the drive back to Century House. Lunch not included.

Registration deadline: Monday, February 19. No refunds given after this date.

Friday, 10:00 am - 4:00 pm

February 23

Registration Fee: \$54.00

208398

Bus Trip Cancellation Policy

Please take note of our new bus trip cancellation policy:

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



COMING IN MARCH

International Women's Day - In Praise of Older Women

Join us for a Coffee Party to celebrate IWD 2024. Everyone welcome. Entertainment by Michelle Carlisle.

Thursday 2:30 - 4:30 pm

March 7

208314

Tickets: \$12.00 members / \$14.00 non-members

Registration deadline Monday, March 4.

Rigby & The Guys

Members of Freedom 95, who used to perform at CH, have formed a new group. Come and dance, or just enjoy listening, to the music of a full band.

ABC Room

Wednesday, 7:00 - 9:00 pm

March 13

Tickets: \$12.00 members / \$14.00 non-members

Registration deadline: Wednesday, March 6.

Bursary Committee Trivia Game

Can you name a New Westminster Seniors Center that is located in Moody Park? If so, you are good enough at trivia to compete in the next fun Century House Association Bursary Committee fundraiser! Join host Kevin McKay for what can only be described as the most fun and easiest trivia competition ever held at Century House! In addition to answering six rounds of questions with your teammates and friends you will try to identify the title and artist from 20 awesome songs (with bonus points available to teams that wish to get up and dance!). Bring your friends, bring your family, and bring anyone who wishes to support this most worthy cause by having an afternoon of fun!

Fir Room

Tuesday, 1:00 - 3:00 pm

March 26

208318

Registration Fee: \$8.00 members / \$10.00 non-members