

MAY 2024

Clarion

centuryhouseassociation.com



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GENERAL INFORMATION

Century House Association Needs You

The Century House Association now has openings on its Executive for the positions of Secretary as well as Member at Large. And according to Association bylaws, these positions will be filled by Executive appointment. So if you are interested in assisting with charting future directions for Century House and, at the same time, be an effective representative for its membership please contact: Anne Ladouceur - annelad.chae24@gmail.com

Open Chairpersons Meeting

There are only two of these per year so take advantage of this opportunity for Century House Association members to not only see both their various committee chairpersons and the Century House Executive in action but also to bring their questions and to actively participate. The guest speaker for this session will be John Stark, Manager of Community Planning.

ABC Room

Wednesday, 10:00 am - 12:00 pm

May 1

*Monthly Chairpersons (First Wednesday of the month) meetings are open to CHA members to observe. If you would like to attend please contact secychae@gmail.com by the previous Thursday or leave message at front desk.

About the Cover – The Century Dragons

Six teak boats were unloaded and blessed on the shores of False Creek after being shipped from Hong Kong in preparation for races at Expo 86. That marked the beginning of dragon boat racing in British Columbia. In 2016 the Century Dragons, a senior women’s dragon boat team, was organized by then coach Judi Clark. Fast forward to 2024 and that team of 24 members, currently coached by Kat Reid, will participate in 5 dragon boat regattas over the next few months: all with medals at stake. At the beginning of June, the Century Dragons will compete in BC’s second largest Dragon Boat race, the VESSI 500 and this will be closely followed later in June by the Concord Pacific Dragon Boat Festival. This event, to be held in False Creek, will see 100,000 visitors and over 200 teams coming together at the continent’s flagship dragon boat festival. Becoming a Century Dragon requires dedication, physical fitness, endurance and skill. But just to give the rest of us hope the team’s oldest member is 80 years young.

Century House Information Tour

Explore what Century House has to offer at our next tour: check out the snooker table, the quilting and gardening clubs, the fitness program, the choral and theatre groups and much more. There are a host of services and activities available at Century House to keep those 50+ active, informed and entertained.

Arbutus Room

Thursday, 2:00 - 3:00 pm

June 19

212786

Century House

620 Eighth Street, New Westminster, BC, V3M 3S2

Phone: 604.519.1066

Email: centuryhouse@newwestcity.ca

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

Tuesday, Wednesday, Thursday 9:00 am - 9:00 pm

Saturday 9:00 am - 4:00 pm

COMMUNICATIONS

Good News for Bingo Players

According to a recent Alzheimer's Society, a research study found that 10 minutes of social interaction a day helps improve wellbeing and cognition for people with dementia. It also determined that continuous playing of bingo for seven consecutive weeks improves the memory of sufferers. Additionally, the game itself keeps the mind in a competitive state as the speed of the game boosts the emotional aspects of mental stimulation. Somewhat surprisingly, winning or losing the game doesn't seem to matter as much as just enjoying the game. And thanks to CHA Bingo Treasurer, Colleen Gorrie, for the news tip!

təməsewítx^w Aquatic & Community Centre: Key Dates

- Monday, April 29, 9:00 am: Community centre opening event
- Wednesday, May 8, 12:00 - 2:00 pm: Public art unveiling
- Tuesday, May 14, 4:00 pm: Aquatic centre opening - First Swim
- Saturday, June 1, 11:00 am - 4:00 pm: Grand opening celebration
- June: facility rental service begins
- July: completion of Phase 2 (public realm and parking at the side of the site closest to the curling club)



New Committee - Recruiting Members!

Are you interested in improving safety and comfort at Century House? We are looking for members who are interested in opportunities to learn and share about: empowerment, inclusion, diversity, resiliency, and more! Email hglavin@newwestcity.ca if you'd like to get involved.

The Bazaar

The Century House Bazaar is happening - Watch for details in the next Clarion. Please leave your name, phone number, and the position you are interested in volunteering for at the front desk.

From the Web

An urban forest is springing up on the New Westminster City Hall front lawn. For more info just enter New West Record Urban Forest into your search engine.

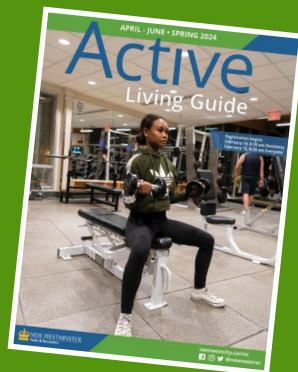
If you want an early glimpse of what the next generation of our BC Ferries will look like just click on the link or enter Daily Hive BC Ferries New Ships into your search box. dailyhive.com/vancouver/bc-ferries-new-major-vessels-program-renderings-design

A Successful Bursary Committee Trivia Fundraiser

There were close to 60 participants split into 11 teams at the recent trivia event and by all accounts a good time was had by all. Quizmaster Kevin McKay led the teams through 6 rounds of questions as well as challenging them to identify both the title and artist from 20 memorable pop tunes. The Writers was the winning team in both the trivia and music portion of the program while the Cut a Rug team scored the most dancing points. All told, over \$500.00 was raised which will go towards financing this year's bursaries but the Committee is always happy to receive more and is open to income tax deductible donations at any time. Look for the Bursary Committee's next trivia game in September!

CITY OF NEW WESTMINSTER PROGRAMS & SERVICES

Pick up a copy of the 50+ section of our Spring Active Living Guide at Century House or see [online](#) for all 50+ City Programming including arts, fitness and more.



Century House Webpage
centuryhouse.association.com

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



CONNECTIONS CAFÉ

Food Services

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

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

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

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

Available without pre-order:

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

Available by Pre-order only:

| | |
|---|--------|
| Entrée | \$7.50 |
| Cinnamon Buns (if more than 3) | \$2.25 |
| Gluten Free Cake (slice) | \$2.25 |
| Samosa | \$3.25 |
| Sandwich (if more than 3) | |
| Limit 6; scones/samosas/cinnamon buns/muffins | |

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

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

Find the café menu on our website

centuryhouseassociation.com/about/connections-cafe/.

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

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 Library Donations

The Library is always on the lookout for book donations, especially books written in French or other languages. Drop them off at the Library in the white bins. We do not accept history, geography or textbooks at this time.





VOLUNTEERS

Volunteer Information

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, service and support groups
- 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

Our Tax Volunteers Have Been Hard at Work!

In 2023, Century House and the Tax Volunteers helped to assist 368 people to file their taxes from March - October. This year - in only the first 6 - 7 weeks of the program that started March 1 - the Tax Volunteers have processed 379 tax packages! 2024 is set to be a record year for this program, all thanks to the dedication of our Volunteers.

Attention: Century House or City of New West Volunteers.

All volunteers require a Police Information Check (PIC) to ensure that we are providing a safe and secure space for everyone. PICs must be renewed every 5 years so if you are an active volunteer, you may be approached by city staff to have your PIC updated. Thank you for all your amazing volunteerism and for helping to keep Century House a safe and welcoming space!

Space Considerations: CH Activity & Support Groups

With the closing of the Centennial Community Centre and the accompanying construction of tēmāsewtx^w, a number of city programmes were transferred to Century House. Century House space considerations, always at a premium, then became much tighter. With the opening of the new community centre some of those programmes will shortly start moving back.

As a result, Activity and Support Group Chairs are invited to contact their liaison if they are interested in making a change. Also anyone who wants to start a new Group is invited to contact annelad.chae24@gmail.com or leave a message at the front desk. Please keep in mind that all requests will be given due consideration but there are no guarantees.

SERVICES

Peer Support - Century House Association (CHAPS)

Feeling blue, lonely, covid-anxious, and/or grieving, then the Peer Support team is here to provide you with support through life's transitions, such as bereavement, isolation, downsizing, moving, and/or require caregiver information. Century House Peer Support provides confidential, no-cost, one-to-one support, in-person, over the phone or via Zoom. 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

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*
May 16

Low Vision

Amy Amantea, Associate Director of Vocal Eye will be our guest speaker at the May meeting. Vocal Eye is a charity that makes arts and cultural events more accessible for the visually impaired, on-line and in person. Newcomers are welcome to attend. All inquiries can be directed to the Century House front desk.

Oak Room

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



Notable 90s

This month our guest will be Nikki Forbes of the Action for Animals in Distress Society. Would you like a pet but think it's too late? Maybe not! Following our discussion, please join us for social time, and conversation over coffee/tea.

Oak Room

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

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 - 12:00 pm
May 15

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.

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: May 21

Zoom Link: us02web.zoom.us/j/87478725355?pwd=ZmgwSkVxaXBiVnp6OHg1Sm8wckd6Zz09

| 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 | lynegar Yoga 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 72 hours in advance for New West residents, or 48 hours for non-residents. Or, scan your Active Pass upon arrival. No refund with less than 24 hours notice.

Reserved Drop-in Fee structure:

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

Financial assistance is available for Active 10 & Active 30-day passes (for New 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

Kulwant

On-going

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

Gillian

Friday, 9:30 - 10:30 am

Judi

On-going

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

Gillian

Friday, 11:00 am - 12:00 pm

Judi

On-going

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

Kulwant

Wednesday, 9:30 - 10:30 am

Judi

Thursday, 9:30 - 10:30 am

Gillian

On-going

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

WEEK AT A GLANCE

Monday

- 9:00 - 12:00 Quilting (Spruce)
 9:00 - 2:30 Fitness Centre Drop-in
 9:00 - 2:30 Pickleball (Multipurpose)
 9:00 - 8:45 Snooker (Maple)
 9:30 - 10:30 Moderate Workout Fitness Reserved Drop-in (Douglas/Fir)
 10:00 - 11:00 Bring Your Own Device - Apple BYOD (Oak) (May 27)
 10:30 Zoom Book Club (Zoom) (May 13)
 10:30 - 12:00 SET Seniors Embracing Technology Meeting (Oak) (May 13)
 11:00 - 12:00 Bring Your Own Device - Android & PC BYOD (Oak) (May 27)
 11:00 - 12:00 Mild Light Exercise Reserved Drop-in (ABC)
 11:00 - 12:00 Yoga Reserved Drop-in (Douglas/Fir)
 12:30 - 1:30 Get Up & Go (Oak) (Apr 8 - May 9)
 12:30 - 2:20 Line Dancing (Fir)
 1:00 - 3:00 Cribbage (Douglas)
 1:00 - 3:00 Carpet Bowling (ABC)
 3:00 - 4:30 Drawing (Spruce) (Apr 8 - Jun 17)
 3:00 - 4:30 Exploring with Pencil Crayon - Beg/Inter (Fir) (Apr 15 - Jun 10)
 2:00 - 4:00 Singers (Oak)
 7:00 - 8:00 Mediation & Mocktails (Douglas/Fir) (May 6 - 27)

Tuesday

- 9:00 - 2:30 Conversation Class Round Table Time (Youth Centre Lounge)
 9:00 - 2:30 Fitness Centre Drop-in
 9:00 - 12:30 Table Tennis (Multipurpose) (May 21) (Pro-D Day)
 9:00 - 2:30 Table Tennis (Multi-purpose) (May 7, 14 & 28)
 9:00 - 4:00 CHAPS Century House Association Peer Support Office Hours
 9:00 - 8:45 Snooker (Maple)
 9:15 - 10:45 Yoga (ABC) (Apr 9 - Jun 11)
 9:30 - 10:30 Moderate Strength & Stretch Fitness Reserved Drop-in (Douglas/Fir)
 9:30 - 12:30 Community Integration Services - Poverty Reduction Info Table (lobby)
 10:00 - 11:30 Virtual Ukulele (Virtual Room)
 10:00 - 12:00 Low Vision (Oak) (May 7)
 9:30 - 12:00 CHA Executive Meeting (Oak) (May 21)
 10:00 - 12:00 Watercolour Beginner (Spruce) (Apr 23 - Jun 25)
 11:00 - 12:00 Current Affairs Discussion Group (Arbutus)
 12:30 - 2:30 Tuesday Crafts (Spruce)
 12:30 - 2:30 Pottery (Pottery Room) (Apr 23 - Jun 25)
 1:00 - 2:00 Tai Chi Beginner's Level 3 (Fir) (Apr 9 - Jun 11)
 1:00 - 3:00 Caregiver Support Group (Douglas) (May 7)
 1:00 - 3:30 Court Whist (Arbutus)

- 1:00 - 4:00 Bridge (Oak)
 1:00 - 4:00 Bid Euchre (Birch/Cedar)
 1:30 - 2:30 CARE for Caregivers (May 28 - Jun 25)
 3:00 - 5:00 Century House Artists Drop-in (Spruce)
 3:15 - 4:15 Stay Strong (Fir) (Apr 9 - Jun 6)
 5:15 - 6:15 Zumba Toning Reserved Drop-in (Douglas/Fir or ABC)
 6:00 - 8:30 Alzheimer Support Group (Spruce) (May 21)
 6:30 - 7:30 Try It! Stretch (Douglas/Fir or Fir)
 6:30 - 8:30 Pottery Intermediate Adult (Pottery Room) (Apr 24 - Jun 26)
 7:00 - 8:30 Reader's Theatre (Douglas) (May 14 & 28)
 7:00 - 9:00 Tinnitus Support Group (Virtual Room) (May 21)

Wednesday

- 9:00 - 1:30 Snooker (Maple)
 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
 9:15 Bus Trip - Morning at Bloedel Conservatory (May 29)
 9:30 - 10:30 Moderate Workout Fitness Reserved Drop-in (Douglas/Fir)
 9:30 - 10:30 ABC's of the Fitness Centre (Fitness Centre) (May 8 - 15)
 9:30 - 10:30 Women's Wellness Circle (Oak) (Apr 24 - May 1) & (May 22 - 29)
 9:30 - 11:30 Mixed Media (Spruce) (Apr 10-May 29)
 9:30 - 12:00 CHAPS Peer Support Meeting (ABC) (May 8, 15, 22 & 29)
 10:00 - 12:00 Century House Association Chairperson Meeting (ABC) (May 1)
 10:00 - 12:00 Parkinsons Support (Oak) (May 15)
 10:00 - 12:00 Life Box Workshop (May 15)
 10:30 - 12:30 Emergency Preparedness Table (Lobby) (May 8)
 11:00 - 12:00 Fitness Centre Circuit (Fitness Centre) (Apr 17 - May 8)
 11:00 - 12:00 Yoga Reserved Drop-in (Fir) (demonstrated from a chair)
 11:00 - 12:00 Mild Toning Reserved Drop-in (Douglas)
 12:30 - 1:30 Ukulele Level 1 (Oak) (Apr 3 - May 22)
 1:00 - 2:00 ActivAge (Arbutus/Birch) (Apr 10 - Jun 6)
 1:00 - 2:30 Tai Chi Intermediate (Fir) (Apr 17 - Jun 5)
 1:00 - 2:30 For the Record: Genology Recording & Scrapbooking Level1 (May 29)
 1:00 - 3:00 Wednesday Crafts (Spruce)
 1:30 - 3:00 Conversational French (Cedar)
 1:30 - 3:30 Notable 90's (Douglas) (May 15)
 1:30 - 4:30 Women's Only Snooker (Maple)
 1:45 - 3:15 Ukulele Level 2 (Oak) (Apr 3 - May 22)
 2:00 - 3:00 ActivAge (Arbutus/Birch) (Apr 10 - Jun 26)
 3:00 - 4:00 Choose to Move Motivational Meetings (Arbutus/Birch) (Apr 17 - Jun 12)

- 3:30 - 5:00 Ukulele Level 3 (Oak) (Apr 3 - May 22)
- 4:30 - 8:45 Snooker (Maple)
- 5:00 - 6:30 Ranj Singh (The Man Cold) (Douglas/Fir) (May 15)
- 6:30 - 8:30 May Birthday Party (Douglas/Fir) (May 29)
- 6:30 - 8:30 Pottery Intermediate Adult (Pottery Room) (Apr 24 - Jun 26)
- 6:30 - 9:00 Golden Women of Song (Douglas/Fir) (May 22)

Thursday

- 8:55 Bus Trip - Mayne Island with Joy Brown (May 16)
- 9:00 - 12:00 Quilting (Spruce)
- 9:00 - 2:30 Fitness Centre Drop-in (Fitness advisor available at 1:00 pm)
- 9:00 - 2:30 Pickleball (Multi-purpose)
- 9:00 - 8:45 Snooker (Maple)
- 9:30 - 10:30 Moderate Workout Fitness Reserved Drop-in (Douglas/Fir)
- 9:30 - 11:45 Mahjong (Oak)
- 9:30 - 12:00 Ukulele Drop-in (ABC)
- 9:30 - 1:00 Blood Pressure Clinic (lobby) (May 16)
- 10:00 - 12:00 Read-Write-Share: Creative Writing for Seniors (Virtual Room) (Apr 25 - May 30)
- 11:00 - 12:00 Fit Fellows (Fir) (Apr 4 - May 9)
- 12:30 - 1:30 Better Balance Level 1 (Fir) (Apr 4-May 9)
- 12:30 - 1:30 Get Up & Go (ABC) (Apr 8 - May 9)
- 12:30 - 2:30 Urban Sketching with Watercolour (Spruce) (Apr 4 - Jun 6)
- 1:00 - 3:00 Darts (Hemlock)
- 1:00 - 3:00 CH Players Rehearsals (Douglas)
- 1:00 - 3:00 Fitness Centre Advisor (Fitness Centre)
- 1:00 - 3:30 Whist (Oak)
- 1:15 CH Players Present: Seniors Scared Scriptless (May 16)
- 2:00 - 3:00 Better Balance Level 2 (Fir) (April 4 - May 9)
- 2:30 - 3:30 Learning Garden Meeting (Birch/Cedar) (May 16)
- 3:00 - 5:00 Gouache Painting (Spruce) (Apr 4 - Jun 6)
- 3:15 - 4:15 Stay Strong (Douglas Fir) (Apr 9 - Jun 6)
- 6:30 - 8:30 Pottery Beginner Adult (Pottery Room) (Apr 25 - Jun 27)

Friday

- 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)
- 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 (Douglas/Fir)
- 10:00 - 12:00 Read-Write-Share: Creative Writing for Seniors (Virtual Room) (Apr 26 - May 31)



- 10:00 - 12:00 Watercolour Advanced (Spruce) (Apr 26 - Jun 28)
- 11:00 - 12:00 Mild Toning Reserved Drop-in (ABC or Douglas)
- 11:00 - 12:00 Yoga Reserved Drop-in (Douglas/Fir)
- 12:00 - 2:00 DIY Air Cleaner Projec with EMO & SFU (Arbutus/Birch) (May 10 & 24)
- 12:15 - 3:30 Peer Support Training (Arbutus Birch)
- 12:30 - 2:30 Watercolour Intermediate/Advanced (Spruce) (Apr 26 - Jun 28)
- 1:00 - 3:00 Scrabble (Cedar)
- 1:00 - 3:45 Bingo (Douglas/Fir)
- 1:00 - 4:00 Canasta (Oak)
- 3:00 - 4:00 Nutrition Made Easy (Spruce) (Apr 12 - May 3)

Saturday

- 9:00 - 2:30 Fitness Centre Drop-in
- 9:00 - 2:30 Table Tennis
- 9:30 - 10:30 Iyengar Yoga Reserved Drop-in (Douglas/Fir or ABC)
- 9:30 - 3:45 Snooker (Maple)
- 10:00 - 11:30 Japanese Calligraphy Workshop (Douglas) (May 4)
- 10:00 - 12:00 Diabetes Self-Management Program (Oak) (April 20 - May 25)
- 11:30 - 2:00 Century House Squares (Fir)
- 1:30 - 3:30 Monthly Movie (ABC) (May 11)
- 6:30 - 10:30 Jazz Cats Swing Dance (Douglas/Fir) (May 25)

Sunday

- 11:00 - 2:00 Youth Week: Generations Unite! Youth & Seniors Bingo & Brunch (Douglas/Fir) (May 5)
- 2:00 - 2:30 Asian Heritage Month Painting Workshop Virtual Room (May 19)

EVENTS

CHA Events Committee

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.

Monthly Movie

May's presentation is Young @ Heart (2007) A look at a choir for seniors who perform rock music by artists such as James Brown and Coldplay. Their journey towards a big performance showcases the work behind a rocking group of older age singers. Bring your own snacks.

Saturday, 1:30 pm

May 11

206179

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

Please send any movie suggestions to:

events@centuryhouseassociation.com

Ranj Singh (The Cold man)

We are fortunate to welcome back Ranj Singh's and his unique Indo-Canadian Folk music. Many of you will remember him from last year's Seniors Week.

Wednesday, 5:00 - 6:30 pm

May 15

210334

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

Registration deadline: Monday, May 13.



Golden Women of Song

Come and dance or tap your toes as Shelly Knight, Janice Anderson and Janice Moffat entertain us with the music of Linda Ronstadt, Patsy Cline, Loretta Lynn and many other 'golden' women of song.

Wednesday, 6:30 - 9:00 pm

May 22

210335

Tickets: \$13.00 members / \$15.00 non-members

Registration deadline Wednesday, May 15.

May Birthday Party

Everyone welcome - doesn't have to be your birthday. Come celebrate April birthdays and enjoy the music and dancing with Michelle Carlisle.

Wednesday, 6:30 - 8:30 pm

May 29

212768

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

Friday, May 24 or when max seating reached.

Education & Programming

YOUTH WEEK: Generations Unite! Youth & Seniors Bingo & Brunch

Get ready for an event that brings generations together. Both youth and seniors are invited to an afternoon of pancakes, some light-hearted bingo, shared experiences and prizes (no buy-in or cash prizes). So join the young, and the young-at-heart for an event that guarantees a good time for all.

Sunday, 11:00 am - 2:00 pm

May 5

Registration Fee: \$2.00

210173

Meditation & Mocktails

Join us in this guide through a variety of meditation techniques that focus on rejuvenation and finding inner peace. The exercises will be followed by a social time that includes alcohol free 'mocktails'. Instructor: Tanya Boucher

Monday, 7:00 - 8:00 pm

May 6 - 27 (no class May 20)

June 3 - 17

211048

211049

Registration Fee: \$24.00 / 3 classes

Asian Heritage Month - Japanese Calligraphy Workshop

Join us for a meditative Japanese calligraphy workshop, to connect the mind and body through this traditional art form. Followed by a screening of Flow Tide, a dance film created by contemporary dance artist Shion Skye Carter and calligraphy artist Kisyuu. No art or Japanese language experience required. Green tea and Japanese snacks provided.

Saturday, 10:00 - 11:30 am

May 4

Registration Fee: Free

208315



Asian Heritage Month - Painting Workshop

Join us for a workshop where you'll discover the art of painting serene landscapes featuring mountains and lush trees. Through step-by-step guidance, you'll master fundamental techniques, including brushwork variations and color selection, to bring your vision to life effortlessly. Learn to craft compelling compositions, accentuating shapes and forms, while unlocking your creativity in a supportive environment. Whether you're a novice or seasoned painter, this workshop offers valuable insights and hands-on experience to enhance your artistic journey.

Sunday, 2:00 - 3:30 pm

May 19

Register through eventbrite:

eventbrite.com/e/painting-with-jace-kim-tickets-880036140787?aff=oddtcreator

Tragedy Plus Time Equals Laughter

Learn how to Share Your True Life Story with Janice Bannister.

Did you keep a secret from your family? Did you have something really weird happen that you think others should know about? Is there a proud accomplishment you want to share?

Now is your chance to bring your story to the "stage". Janice will coach you using storytelling tools to build your truthful story. Using storytelling techniques, Janice will assist you in building a compelling life story. Learn how to make that story authentic, funny and relatable. You will then get the opportunity to present your story at a live, in person showcase.

Via Zoom

Wednesday, 11:00 am-12:30 pm

May 15 - June 12

Live Performance: Friday June 14, 1:00 - 2:30 pm

Register using this link: us02web.zoom.us/j/61234567890

Registration Fee: Free

For The Family Record: Genealogy Recording & Scrapbooking - LEVEL 1

No need for a computer - this 150 page handbook is a simple place to organize facts, pictures, maps, memorabilia, documents, and recipes that you've acquired through research or inheriting. Facilitator, Mara Baudais will guide you through the process of compiling all of your treasures, documents and record of 5 generations of paternal/maternal lines - capturing the personalities and details of past and still living close relatives. The book also has a space for you, the first generation, to organize and share the facts and pictures of your own life. Add your own creative flair to make this a 'one of a kind' book. Register for Level 2 to build on this work!

Oak Room

Wednesday, 1:00 - 2:30 pm

May 29

Registration Fee: \$25.00 - book provided.

212771

For The Family Record: Genealogy Recording & Scrapbooking - LEVEL 2

Come together with a common focus of sharing successes, possible challenges, some new sources of research, and sources for scrapbooking materials, scrapbooking application and enthusiasm for a new approach to genealogy! For those who have already attended level 1 and have the handbook 'For The Family Record'. Share ideas with others and find support in this journey. Bring your handbook.

Oak Room

Wednesday, 1:00 - 2:30 pm

June 26

Registration fee: \$5.00

212772

CARE for the Caregiver Series

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 provide access to information and resources.

There will be weekly guest speakers and opportunities to seek support and conversation from other caregivers. You are not alone.

Tuesday, 1:30 - 2:30 pm (check-in between 1:00 - 1:20 pm)

May 28 - June 25

Please register by clicking the Zoom link:

us02web.zoom.us/j/61234567890

Please contact Century House at 604.519.1066 or email Peggy (peggy.hinkley@gmail.com) for information if you are having trouble registering.



DIY Air Cleaner Project - How to improve air quality in your home

Summer wildfire season is almost upon us so learn how to remove smoke contaminants as well as allergens and pathogens by building your own DIY free Air Cleaner. Both instructions and materials are provided.

ABC Room

Friday, 12:00 - 2:00 pm

May 10

May 24

207178

207178

CH Players Presents: Seniors Scared Script-less

This "show n share" features a variety of improv games that will provide lots of joy and laughter for both performers and audience alike. This event is free but please register in advance as seating is limited.

Thursday, 1:15 pm

May 16

Registration Fee: Free

212773

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

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

May 27

202503

202504

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 May 8.

Wednesday, 1:30 - 4:30 pm

Ongoing

Registration Fee: Free

209642

Life Box Workshop

Learn how to complete, organize and file all of your life planning documents in your own Life Box; include your banking details, passwords, wills, safety deposit keys and more. Both instructions and Life Boxes are provided. This seminar is sponsored by CHA Peer Support (CHAPS). This event is free but donations to CHAPS are graciously accepted. (Suggested amount \$20.00)

ABC Room

Wednesday, 10:00 am - 12:00 pm

May 15

212770

CHA ACTIVITY GROUPS

Badminton

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

Multipurpose Room

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

Bingo

Everyone welcome, Century House membership required. Come out for an enjoyable afternoon. Thank you so much to our amazing volunteers Rose Delorey, Mary Reimer, Frances Blake, Colleen Gorrie, Wanda Lee, Louvaine Kadonoga, Dave Williams, and Sandy Williams, without whom BINGO would not happen.

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.

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

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



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 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.

centurydragons1@gmail.com.

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 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 Players

The Players are busy exploring the fun-filled world of improvisation. As well, they are keeping their acting skills sharp by workshopping plays written in-house by fellow members. Anyone interested in joining the Players, are invited to contact Eileen at emackenza@gmail.com

Douglas Room

Thursday, 1:00 - 3:00 pm

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 |
|--------|------------------------------|---|
| May 3 | False Creek | Science World to Granville Island |
| May 10 | Stanley Park/Lost Lagoon | SkyTrain to Waterfront Station and alongside Coal Harbour |
| May 24 | Mosquito Creek Park | Seabus to Lonsdale Quay, #249 Dellbrook, Bay 5 |
| May 31 | Fraser Foreshore Park - East | #101/155 to 22nd st. Stn. #100 Marpole, Bay 6 to Patterson Ave. |

ADVISORY walk plans may change without notice due to weather.

Contacts: Richard Nazarewich 604.544.0604
Cecile Wood 604.526.0011

Drop-in Fee: \$0.25/walk

Century House 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 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 May 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

May 13

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

Wednesday, 1:30 - 3:00 pm

Fee: \$12.00 annually

Court Whist

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

Arbutus Room

Tuesday, 1:00 - 3:30 pm

Drop-in Fee: \$2.00

Cribbage

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

Douglas Room

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

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.

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 May 28 at 9:00 am

Fir Room

12:30 - 2:20 pm

12:30 - 12:50 pm - Beginners only

June 3 - August 26 (no class July 1 & August 5)

Fee: \$15.00 payable in cash at the first session 210194

Learning Garden

We tend our raised garden beds just outside Century House, growing vegetables to sell. The money we raise goes to buy seeds and supplies for next year's garden. We are always looking for new members, so whether you are an expert or a novice gardener, we want to hear from you. We learn through the experience of hands on gardening.

Next Meeting: May 16, 2:30 pm

Mahjong

Use strategy and skill with experienced players. New to Mahjong? To schedule a lesson, contact Century House staff. Introductory lessons are available but require a commitment.

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 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. 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

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

Contact: judithhallanlake@gmail.com.

Douglas Room

Tuesday, 7:00 - 8:30 pm

May 14 & 28

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

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. No May Meeting.

Web Page: centuryhouseassociation.com/service-group/set-seniors-embracing-technology/

Developing Must-Have Digital Skills

SET is in the process of writing a iPad printed guide as well organizing a digital skills workshop at a date yet to be determined. At this session, Apple and Android tablet/smartphone users will be introduced to:

- How to personalize and secure your device
- Secure and efficient browsing
- The new generation in social media
- Managing storage on your device
- Updates on Artificial Intelligence (AI)
- Apps that are truly helpful

Those interested should email moderator@centuryhouseassociation.com and we will forward a registration link. Let us know whether you have an Apple or Samsung device.

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

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

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

Saturday: 9:30 - 3:45 pm

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

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

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

Ukulele

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

ABC Room

Thursday, 9:30 - 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/84485243920?pwd=UElGcEpVUkYwZzJQaGs1YUlxZ1B3Zz09>

Meeting ID: 844 8524 3920

Passcode: 868020

Whist

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

Oak Room

Thursday, 1:00 - 3:00 pm

Drop-in Fee: \$2.00 to play

COMING IN JUNE

Janice's Comedy Cabaret

Janice Bannister will be bringing a new line-up of stand-up comics to this licensed event. Come kick-off your summer with an evening of good cheer and lots of laughs.

Fir Room

Wednesday, 7:00 - 9:00 pm

June 19

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

(includes coffee/tea, light refreshments and entertainment / drinks tickets sold separately).

SENIORS WEEK

Celebrate seniors and their many contributions to our community!

Seniors Week - Seniors in the City with Mayor Johnstone

Join New Westminster's Mayor Patrick Johnstone for a presentation on Seniors Related initiatives in the community and a Q&A. Stick around after the presentation for a Tour of tāmasewtxw Aquatic and Community Centre.

tāmasewtxw Aquatic and Community Centre

Tuesday, 11:00 am - 12:00 pm

June 4

211003

Seniors Week - Queensborough Neighbourhood Walk & Social

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

Queensborough Community Centre

Wednesday, 9:00 am - 11:00 am

June 5

211004

Seniors Week - Music in the (Century House) Lounge

Enjoy an afternoon of live musical entertainment with Vancouver singer-songwriter and recording artist Norine Braun! Songs For Trees is dedicated to the forests and the spirits within the trees. Her music explores her journey as an adoptee and her recent connection with her Metis heritage with a groove based soul vibe along with some bluesy and rootsy twists. Norine's partner Alice Fraser ARCT joins as accompanist on keys and harmony vocals.

Century House

Thursday, 2:30 - 4:00 pm

June 6

211005

Seniors Week - Town Hall on Housing & Community Meal

The Century House Time 4 Change group is partnering with the City of New Westminster to present this special Town Hall meeting on the housing crisis and how it relates to seniors.

Special guests include Jennifer Whiteside, MLA for the riding of New Westminster, as well as Dan Levitt, the New BC Seniors Advocate; both will be on hand to speak to the issue and take audience questions. Other panellists will include representatives from both the municipal and provincial levels of government.

The Town Hall will also include a community meal and a Resource Fair.

This will be the last T4C event before the summer break but look for more speakers and workshops on how seniors can advocate for themselves in the Fall. This is a free event but space is limited and pre-registration is required.

Douglas/Fir Room

Thursday, 4:45 - 7:30 pm

Doors/Resource Fair - 4:45 pm

Community Meal - 5:30 pm

Town Hall - 6:00 pm

June 6

211047

Seniors Week - Creative Technology Workshop

Celebrating Seniors Week, join us at the Art + Technology LAB in Anvil Centre for a creative technology workshop designed for seniors of all abilities. Led by a Creative Tech Instructor, combine art supplies and technology to create your own artwork that visually communicates your ideas, interpretations, and meaning.

Art + Technology LAB, Anvil Centre

Friday, 1:00 - 4:00 pm

June 7

210433

BUS TRIPS

Mayne Island with Joy Brown

Travel to beautiful Mayne Island with its endless ocean views. Visit the historic lighthouse on Active Pass and the Japanese garden. Enjoy an easy walk through a forest of Arbutus trees. Visit local shops. Lunch and dessert are served at a pretty restaurant with a beautiful view overlooking the sea. Not wheelchair accessible. Everybody must have their BC photo ID with them on the trip. If younger than 65, please bring \$25.00 cash to pay for the difference in adult ferry fare.

Thursday, 8:55 am - 7:30 pm (depending on traffic)

May 16

Registration fee: \$157.00 / person

212590

Morning at Bloedel Conservatory

Explore this domed lush paradise located in Queen Elizabeth Park atop the City of Vancouver's highest point. More than 100 exotic birds, and 500 exotic plants and flowers thrive within its temperature-controlled environment. Bus and Admission included.

Wednesday, 9:15 am - 12:30 pm (depending on traffic)

May 29

Registration Fee: \$34.75 / person

212769

Bus Trip Registration Information

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

Registration for May bus trips will open on Thursday, May 2 at 9:00 am.

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

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