

The Clarion

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



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General Information

Cover Story: The Language of Connection: How one group at Century House is on the way to Mastering Spanish—and having fun as they go

Every Wednesday afternoon from 3:30-5:30pm at Century House, the Cedar Room springs to life with the sound of Spanish conversation among a group of adults who defy every stereotype about aging and learning.

This is the Conversational Spanish group, a relatively new group of Century House Association (CHA) members gathering as language learners. They are united by the shared goal of conquering conjugations, rolling their r's, and—most importantly—opening their worlds to new friendships and cultural horizons. Studies show that learning a new language in later years can improve cognitive function, enhance memory, and even stave off the symptoms of dementia. There's something exhilarating about knowing you can still grow, no matter your age. Learning a language is a powerful way to exercise the brain.

For the members of the Conversational Spanish group, belonging is more than a pastime—it's celebrating that growth does not end at fifty, sixty, or even eighty. It's proof that the desire for connection, understanding, and a little adventure has no expiration date.

Do you have some degree of Spanish comprehension and are looking for an opportunity to improve your vocabulary? Come join the group and have some fun as you gain confidence speaking the language of love. For more information, reach out to ratanist@hotmail.com.

Message from the CHA Executive

Many of us have fond memories of the New Westminster Record Newspaper, which was permanently closed on April 21, 2025, after its owners, Glacier Media, decided to cease supporting local newspapers. As seniors, we remember the importance of staying informed about our communities and appreciated the vital role the Record and other local newspapers played in covering City Hall, the Arts, schools, sports teams, public safety, and even Century House.

Recently, we met with Teresa McManus and Cornelia Naylor, journalists with 35 years of experience at the Record. Teresa and her colleagues are not taking this situation lightly. They have formed a non-profit cooperative and launched the Save Our Local News Campaign. By attending festivals and events in the city and reporting on them via Facebook, they have raised over \$100,000. They plan to start with a printed newsletter and eventually hope to establish an online presence and a local newspaper.

Teresa and other reporters have long supported the city's seniors, covering Century House Association events and our stories. Members can join the campaign by donating and spreading the word. We need a newspaper that supports our community and our seniors.

Bill Harper
Vice-President, CHA

Subscribe to the Clarion

To receive an online subscription to The Clarion couldn't be easier. Go to the Century House Association website and locate the Subscribe section at the bottom of the page. centuryhouseassociation.com

Century House

620 Eighth Street, New Westminster, BC, V3M 3S2
Phone: 604-519-1066

Email: centuryhouse@newwestcity.ca

Monday - Friday 9:00 am - 9:00 pm
Saturday 9:00 am - 4:00 pm
Closed October 13, 2025

Century House Information Tour (New Members)

Join one of our next Century House tours to see the snooker table, learn about activities such as quilting and gardening, fitness programs, choral and theatre groups, and a range of activities that help older adults stay engaged in the community. There is definitely something for everyone!

Thursday, 2:00 pm

October 30

Registration Fee: Free

239760

Christmas Craft Sale at Century House

Are you a Century House Association (CHA) member and an independent crafter? Are you interested in securing a table at the CHA Craft Sale on Saturday, November 22, 10:00 am - 2:00 pm? If so, please contact Bill Harper at bharper3@shaw.ca.

Communications

CHA Strategic Plan Update

At the September 4 Chairs meeting, Andrea Reimer, Tataw Strategies, gave her final report on the Strategic Plan (the Plan). Andrea highlighted the key elements of the Plan including how we engaged members through interviews, a large group meeting and a questionnaire with over 300 responses.

The Plan created a Vision, Mission and Values for the Association. It recommends actions like creating Operational Values, a cultural learning journey, outreach to seniors, developing a leadership program, refreshing our MoU with the City, and building a long-term capital strategy.

The next step is to create a work plan and form a Standing Strategic Plan Committee to oversee the implementation. More details can be found on the Century House Association website, or you can email me at bharper3@shaw.ca for a hard copy.

Bill Harper,
Vice President, CHA

Invitation to a CHA Communications Working Group

Would you be interested in becoming active in the management of one of the CHA's various channels of communication (The Clarion, Info Tours, the CHA website, FB, or Keep in Touch). We still have spots to fill on these sub-committees. A big thank you to all those who have already come forward. To learn more, contact the Communications Standing Committee via president@chanw.ca.



Century House Parking Considerations

Parking is limited—especially during Lawn Bowling season. Please walk, bus, or park off-site to leave spots for those with mobility needs.

Schedule: newwestlawnbowls.com/schedules.html

Century House Association Chairpersons Meeting

Chairpersons Meetings are open to all CHA members as observers only.

Please contact secretary@centuryhouseassociation.com by the previous Thursday if you plan to attend. (These monthly meetings are always scheduled for the first Wednesday of the month.)

ABC Room

Wednesday, 10:00 am - 12:00 pm

October 1

The 2026 CHA Annual General Meeting (AGM)

No-It is not too early to start preparations for our upcoming AGM. The Governance Standing Committee is once again asking for volunteers to staff two essential groups which will work in tandem to ensure a successful meeting.

1. The AGM Committee will work with a Governance member (in cooperation with CHA Secretary) to produce the 2026 AGM agenda framework; to set deadlines for notice of meeting, receipt of proposed bylaw and policy changes; and manage the AGM member registration and reception.
2. The Nominations Committee will also work with a Governance member to produce the nomination documents for the 2026 CHAE elections; search for potential nominees; set the deadline for receipt of nominations and receive/review submissions (in cooperation with CH staff;) as well as publicize the slate of nominees.

To put your name forward or for more information contact Carole Wylie at carole@cwylie.ca.

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](https://www.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](https://www.facebook.com/groups/1300581823663821).

Century House - Keep In Touch

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

The Century House Library

The Century House Library accepts book donations ongoing. Currently, they are looking for donations of large print books. Donations can be left in the white bins at the Library. Please contact the Century House Front desk at 604-519-1066 if you have any questions.



Treasurer's Budgeting & Petty Cash Workshop

Required training for all Activity Group treasurers and optional for chairpersons. Register for one of the sessions by emailing Treasurer@centuryhouseassociation.com or contacting your liaison.

ABC Room

Saturday, 10:30 - 11:30 am

October 4

Support Services

Care for the Caregiver

In-Person Support

Our monthly group brings caregivers together based on a mutual experience of caregiving for a family member or friend. This is a time for reassurance, where caregivers can realize they are not alone. We meet on the first Tuesday of the month for coffee, sharing and support. This is a drop-in and registration is not necessary.

Douglas Room

Tuesday, 1:00 - 2:30 pm

October 7

Care for the Caregivers - ZOOM

The strain of caregiving for a family member or friend can leave you exhausted, anxious and isolated. Century House through its Care for Caregivers ZOOM series is offering its fall five week program which allows participants to take a weekly break from the comfort of home. Under the guidance of a professional facilitator, share experiences, learn from each other and guest speakers, access information / resources and have fun. We can assist with navigating zoom. Open to caregivers 50+ years. A ZOOM link will be emailed prior to each session.

Please register using the link below:

us02web.zoom.us/j/84454111111

Passcode: 842017

Tuesday, 1:30 - 2:30 pm (Zoom opens at 1:00 pm)

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

Registration Fee: Free

Blood Pressure Clinic

No appointment is necessary. Do bring a list of all your current medications. Please respect the privacy of others by signing in and then taking a seat in the lounge as you wait for your turn. 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)

October 16



Century House Association Peer Support (CHAPS)

Are you feeling blue, lonely, health-anxious, or grieving? The Peer Support team is here to provide you with support through life's transitions, such as bereavement, isolation, downsizing, moving, and caregiving. Century House Association Peer Support provides confidential, no-cost, one-to-one support, in-person, over the phone or via Zoom. CHAPS volunteers are trained to walk alongside older adults who are seeking support and empowerment as they navigate a troublesome time in their life. Contact chaps.connect@gmail.com or at 604-519-1064 or 778-882-2472.

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

Digital 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.

Low Vision Support Group

At our October meeting, we are pleased to have Shawn Marsolais return to update us on Blind Beginnings and to give us continuing inspiration. There will be an opportunity to ask questions. As always we are open to discuss concerns and provide support. We welcome new and returning members. New members are welcome.

Oak Room

Tuesday, 10:00 am
October 7

Notable 90s

Welcome back to all our members who are 90 years or more. Please come and join us for a Celebration of Autumn. We will have discussion and conversation along with social time over coffee/tea and some very special treats to make your afternoon extra special.

Douglas Room

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

Parkinson's Support Group

Our group welcomes all persons with Parkinson's disease as well as their care partners.

The meeting is an open discussion covering issues that are currently the minds of our members.

Oak Room

Wednesday, 10:00 am - 12:00 pm
October 15

Bring Your Own Device (BYOD)

Are you having trouble with your smartphone, laptop, or tablet; or want to make more effective use of your internet browser or email; or organize your photos? Please sign up for the next BYOD and bring along your digital questions. SET volunteers will be on hand to help with finding answers.

Oak Room

Monday, October 27

10:00 - 11:00 am Apple

234778

11:00 am - 12:00 pm Android

234780

Computer Room - Open Sessions

Please register to secure your spot! Drop-ins welcome, space permitting.

Need some help navigating a task on the computer, or just need a computer to use? You can reserve up to one hour on a computer in the new Computer Room, and a volunteer will be available to help you with your basic questions if you need help with a task.

Tuesday, October 7

10:00 - 11:00 am

239658

11:00 am - 12:00 pm

239659

Thursday, October 16

10:00 - 11:00 am

239658

11:00 am - 12:00 pm

239659

1-on-1 Computer Support

Get personalized, peer-to-peer help with your computer tasks. Whether it's email, online forms, or everyday tech challenges, we'll work with you at your pace.

We are now offering 1-on-1 support at your convenience. To book a time, submit a request and a volunteer will be in touch to arrange a time that works for both of you.

Available times are typically weekdays between 9:00 am - 2:30 pm, and Saturdays, 9:00 am - 12:30 pm (Holiday and Youth Centre schedule permitting).

To submit a support request: Call or come in to Century House 604-519-1066 or email SET directly at set@chanw.ca

A.I. Workshop by Seniors Embracing Technology

Discover how Artificial Intelligence (A.I.) is already part of your everyday life at our upcoming symposium, created especially for the Century House community! From voice assistants like Alexa and Siri, to tools that improve healthcare, suggest shopping ideas, or even help with writing letters and poems. AI is making daily tasks simpler and more enjoyable. Join us for an engaging and easy-to-understand session — no technical knowledge required.

Wednesday, 2:00 - 3:00 pm

October 29

Drop-in Fee: Free

240746

Drop-ins welcome, registration recommended.

CHA Events

If you have an idea for 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. Last but not least, we are always on the lookout for volunteers.

Bursary Committee Trivia Game

Are you able to name any groups that play cards here at Century House? If so, you know enough trivia to compete in our next fundraising team trivia game! Host Kevin McKay will ask the questions in the easiest and most fun trivia competition ever held here! In addition to answering six rounds of questions with your teammates, you will try to identify the title and artist from 20 songs (with bonus points for dancing to the music). Bring everyone you know to this fun fundraising trivia game!

Fir Room

Tuesday, 2:30 - 4:30 pm

October 7

Registration Fee: \$8.00 Members

\$10.00 Non-members

238768



Sing, Sing A Song

This event was so popular last year that the CH Singers are bringing it back again, and this year we have invited the Ukulele group to join us.

Fir Room

Tuesday 3:00 - 4:30 pm

October 21

Tickets: Free

238878

Pre-registration required by Friday, October 15.

Monthly Movie

October's movie is The Second Best Exotic Marigold Hotel (2015) starring Judi Dench, Maggie Smith, Bill Nighy, Dev Patel and Richard Gere. As The Best Exotic Marigold Hotel has only a single room remaining, posing a room predicament for 2 fresh arrivals, Sonny Kapoor (Dev Patel) pursues his dream of opening a second hotel.

ABC Room

Saturday, 1:30 pm

October 11

Registration Fee: \$3.00 Members

224394

\$4.00 Non-members

October Birthday Party

Celebrate October birthdays and enjoy music and dancing. Guest Artist: Salve. Specify Cake (Vanilla Caramel Swirl*) or Diabetic Option when registering.

Wednesday, 6:30 - 8:30 pm

October 29

239785

Tickets: \$5.00 Members (free if celebrating birthday)

\$6.00 Non-members

Registration deadline for everyone is Friday October 24 or when max seating reached.

Upcoming Events

Luna Rossa with Patrizia Coletta

Led by Patrizia Coletta, Luna Rossa is known for its multilingual mix of Italian, Latin, and international hits, creating a lively and engaging dancing and listening experience for all. Light refreshments provided.

Wednesday, 6:00 - 8:30 pm

November 12

Registration Fee: \$15.00 Members 240888
\$18.00 Non-members

Registration Deadline: November 5.

Tea & Treats with Debbie Blount

Forget the cooling weather as you bask in the warmth of Debbie's music.

Wednesday, 2:30 - 4:00 pm

November 19

Tickets: \$8.00 Members / \$10.00 Non-members 240890

Registration Deadline: Wednesday, November 12.

November Birthday Party

Celebrate November birthdays and enjoy music and dancing. Guest Artist: Doug Hawksworth). Specify Cake (Triple Chocolate Tiger*) or Diabetic Option when registering.

Wednesday, 6:30 - 8:30 pm

November 26

Tickets: \$5.00 Members (free if celebrating birthday) 240893
\$6.00 Non-members

Registration deadline for everyone is Friday, November 21 or when max seating reached.

**flavour ordered but could change for reasons outside our control.*

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. Organizers reserve the right to limit number of reservations.
- 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
- Parking: Given the size of the CH parking area and the number of people attending our events, guests with mobility issues would appreciate it if those of you who can do so would consider parking in the area around CH or using other modes of transportation.



CHA Activity Groups

These activities take place every week! A Century House Association Membership is required to participate and some groups may have additional and guidelines. See page 12 for the week-at-a-glance.

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.

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 by emailing 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.

Bridge

Declarer, dummy or defender, sharpen your game by joining us for "social" contract Rubber Bridge. We are an informal group and there is plenty of "discussion" during and after a hand is played. At this juncture this group is for people who have previously played bridge (novice to intermediate level). Contact Michael Luponio 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. Contact the front desk if you require lessons or more information.

Oak Room

Friday, 1:00 - 4:00 pm

Century Dragons

We are a 55+ women's Dragon Boat Team who like to get on the water to share fitness, competition and team camaraderie. We practice paddling at False Creek twice a week for an hour and a half. We participate in regattas in the lower mainland and in the interior. If you are fit, competitive and enjoy being part of a team of women, contact us at Centurydragons1@gmail.com for more information.

Century House Artists

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

Spruce Room

Tuesday, 3:00 - 5:00 pm

Drop-in Fee: \$2.00

Century House ZOOM Book Club

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

Program Facilitator: Jane Hicks

Monday, 10:30 am

October 20

Century House Carpet Bowling

We welcome new members, no experience needed.

ABC Room

Monday, 1:00 - 3:00 pm

Annual Fee: \$10.00 per person

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 Players

The players are busy rehearsing for our fall show scheduled for November 27,28 29.

It's a romantic comedy entitled Looking for Love? We will also be performing Improv.

Any Century House members interested in participating in the improv portion of our rehearsals are welcome to join us at 1:00 pm. If you have any questions feel free to contact Eileen at emackenza@gmail.com.

Douglas Room

Thursday, 1:00 - 3:00 pm

Century House Quilters

If you are interested in joining the Quilting group, please contact khorley@telus.net to have your name put on the waiting list! Large quilts are available for sale. Please see Spruce Room windows for photos of available quilts.

Spruce Room

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

Century House Singers

We expect spaces to fill fast. For more information or to get on our waitlist, contact Debbie: 604-526-4776; email debbietommila@gmail.com or Lesley: 604-520-5971; email lesleyh@shaw.ca.

Oak Room

Monday, 2:00 - 4:00 pm



Century House Squares

We're well underway for this season. Next new dancer registration will be January 2026. Experienced drop in's welcome. Comfortable shoes, no black soles that leave marks on our wood floor. For information patger@telus.net.
Saturday, 11:30 am - 2:00 pm

Cost: \$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 on Friday unless otherwise indicated.

ADVISORY: walk plans may change without notice due to weather.

Contacts: Richard Nazarewich 604-544-0604
Cecile Wood 604-526-0011

Drop-in Fee: \$0.25/walk

Conversational French

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! Pauline6587@gmail.com.

Cedar Room

Wednesday, 1:30 - 3:00 pm

Annual Fee: \$12.00

Conversational Spanish

Please join us if you are interested in improving your Spanish language skills. All levels are welcome, but some degree of Spanish comprehension is recommended. We would particularly like to encourage any native Spanish speakers to come and help guide us along. All members are encouraged to participate as we chat, read, play games, sing, and have fun. Contact Lizzy at ratanist@hotmail.com.

Cedar Room

Wednesday, 3:30 - 5:30 pm

Starting September 3

Annual Fee: \$6.00

Court Whist

A card game similar to Whist but with a few added twists. If you're interested and already know how to play, 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 4 cash prizes and play 6 games. Contact the Century House front desk for more information.

Douglas Room

Monday, 1:00 - 3:30 pm

Buy-in: \$2.00

English Conversation Group

Facilitators provide 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.



General Discussion Group

A circle of members who love to talk; lively conversations abound on just about everything; both serious and fun. Try it! Drop in or email Judith at Judyb200@shaw.ca.

Arbutus Room

Tuesday, 11:00 am - 12:00 pm

Drop-in Fee: \$1.00

Learning Garden

Enjoy getting your hands dirty? For more information about the Learning Garden, please come to one of our monthly meetings. Our meetings are held on the third Thursday of every month.

Thursday, 2:30 - 3:30 pm

October 16

Line Dancing 1

This session runs from September 8 - December 1. Registration in person on first day of class. \$15.00 payable in cash for the session. You may register for either 12:20 - 1:20 pm or 1:40 - 2:40 pm. Contact Coreen at 604-521-4997 for more information.

Fir Room

Monday, 12:20 - 1:20 pm (full)

1:40 - 2:40 pm (space available)

Line Dancing 2

Returning dancers & experienced; all welcome. Please arrive a few minutes early to be ready at 7:00 pm. Comfortable shoes for dancing, NO black soles please. More info: Pat 604-521-7497 or patger@telus.net.

ABC Room

Tuesday, 7:00 - 8:30 pm

September 2 - December 2

Cost: \$15.00 for full session

Mahjong

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

Oak Room

Thursday, 9:30 - 11:45 am

Networking Circle

Are you 50+ and new to either Century House, New Westminster or both? Have you recently found yourself on your own? Are you looking for friends/companions with whom you can try out restaurants, go to the movies or concerts, etc? If yes, we'd love to have you join our informal 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 Thursday 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

Readers Theatre meet on the 2nd and 4th Tuesday of the month. Come join us to read aloud a character from the evening's play. For more information, please email judithallanlake@gmail.com.

Tuesday, 7:00 pm

October 14 & 28

Seniors Embracing Technology (SET)

SET is a group of technology-comfortable members dedicated to helping those who are less comfortable.

Douglas Room

Friday, 10:00 - 11:30 am

October 3

Snooker

All are welcome, men & women. New players can try out the facilities for three sessions after which time a \$50.00 annual room and equipment maintenance fee is required. Century House membership is also required. Snooker members can access the public playing times for no additional charge.

Maple Room

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

Saturday: 9:30 - 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. Drop in or contact ibhedini@gmail.com for more information.

Cedar Room

Friday, 1:00 - 3:00 pm



Table Tennis

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

Multipurpose Room

Tuesday & Saturday, 9:00 am - 2:30 pm

Tuesday Crafts

All knitters and crocheters welcome! Come join us for some chit-chat, share your project and meet our great group of crafters.

Spruce Room

Tuesday, 12:30 - 2:30 pm

Ukulele

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

ABC Room

Thursday, 9:30 am - 12:00 pm

Ukulele (ZOOM)

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

Tuesday, 10:00 - 11:30 am

Use this link to join:

us02web.zoom.us/j/81543958630?pwd=tqwlaLq666Kt0toAk8j5c9wl8a2mpQ.1

ID: 815 4395 8630

Passcode: 819216

Wednesday Crafts

A sociable group who chat while knitting, crocheting, or doing other yarn-based crafts. We do not teach, but if you know the basics, we will share our experiences and knowledge. We use donated yarn and supplies to create items to support Century House or to donate to local charities.

Spruce Room

Wednesday, 1:00 - 3:00 pm

Drop-in Fee: Free

Whist

Whist is similar to Bridge and Court Whist but easier to learn. Contact the Century House front desk if you're interested in a lesson. It costs \$2.00 to play.

Oak Room

Thursday, 1:00 - 3:00 pm

Wonders of the Garden

Explore the wonders of the garden in our own neighbourhood and around the world. Participate in this shared learning experience in a social setting featuring demonstrations, hands-on workshops, and guest speakers. Meetings are held on the second and fourth Fridays of the month. The session runs from September 12 to December 12. Contact Carole Forsythe at carole.forsythe@pobox.com for more information.

Douglas Room

Friday, 1:30 - 2:30 pm

Oct. 10 Tender Plants: Tucked in till Spring

Oct. 24 Poppies: Fields of Meaning

Nov. 14 TBA

Nov. 28 TBA

Dec. 12 Poinsettias: From Weed to Centrepiece

Drop-in Fee: \$2.00 / class

CENTURY HOUSE ASSOCIATION

October Week at a Glance - Century House Association

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Quilting 9:00 am - 12:00 pm Pickleball 9:00 am - 2:30 pm CHA Snooker 9:00 am - 3:00 pm Line Dancing 1 12:20 - 2:40 pm Cribbage 1:00 - 3:00 pm Carpet Bowling 1:00 - 3:00 pm Singers 2:00 - 4:00 pm	English Conversation 9:00 am - 2:30 pm CHAPS Office Hours 9:00 - 4:00 pm Virtual Ukulele 10:00 - 11:30 pm General Discussion Group 11:00 am - 12:00 pm Court Whist 1:00 - 3:30 pm Tuesday Crafts 12:30 - 2:30 pm Bridge 1:00 - 4:00 pm Bid Euchre 1:00 - 4:00 pm CH Artists 3:00 - 5:00 pm Line Dance 7:00 - 8:30 pm	Badminton 9:00 am - 2:30 pm CHA Snooker 9:00 am - 3:00 pm CHAPS Office Hours 9:00 - 4:00 pm Wednesday Crafts 1:00 - 3:00 pm Conversational French 1:30 - 3:00 pm Conversational Spanish 3:30 - 5:00 pm	Quilting 9:00 am - 12:00 pm Pickleball 9:00 am - 2:30 pm CHA Snooker 9:00 am - 3:00 pm Mahjong 9:30 - 11:45 am Ukulele 9:30 am - 12:00 pm CH Players 1:00 - 3:00 pm Darts 1:00 - 3:00 pm Whist 1:00 - 3:00 pm	English Conversation 9:00 am - 12:30 pm Badminton 9:00 am - 2:30 pm CHA Snooker 9:00 am - 3:00 pm CH Walkers 9:30 am (full list online) Bingo 12:45 - 3:45 pm Scrabble 1:00 - 3:00 pm Canasta 1:00 - 4:00 pm	Table Tennis 9:00 am - 12:30 pm CHA Snooker 9:00 am - 3:45 pm Square Dancing 11:30 am - 2:00 pm	

Membership is required for Century House Association Activity Groups. Additional group fees may apply.
Contact 604-519-1066 or visit centuryhouseassociation.com for more details.

Additional Activities, Support Groups and Events

Oct. 1	10:00 - 12:00 pm	Chairpersons Meeting -
Oct. 4	10:30 - 11:30 am	Treasurer's Budgeting & Petty Cash Workshop
Oct. 7	10:00 - 11:00 am	Computer Room Open
Oct. 7	11:00 am - 12:00 pm	Sessions
Oct. 7	10:00 am - 12:00 pm	Low Vision Support Group
Oct. 7	1:00 - 2:30 pm	Care for the Caregiver In-Person Support
Oct. 7	2:30 - 4:30 pm	Bursary Committee Trivia Game
Oct. 10	1:30 am - 2:00 pm	Wonders of the Garden
Oct. 11	1:30 pm	Monthly Movie
Oct. 15	1:30 - 3:00 pm	Notable 90s
Oct. 15	1:30 - 3:00 pm	Parkinson's Support Group
Oct. 16	9:30 am - 1:00 pm	Blood Pressure Clinic
Oct. 16	10:00 - 11:00 am 11:00 am - 12:00 pm	Computer Room Open Sessions
Oct. 21	3:00 - 4:30 pm	Sing, Sing a Song
Oct. 24	1:30 - 2:30 pm	Wonders of the Garden

Oct. 27	10:00 am	BYOD (Apple)
Oct. 27	11:00 am	BYOD (Android)
Oct. 29	2:00 - 3:00 pm	A.I Workshop by SET
Oct. 29	6:30 - 8:30 pm	October Birthday
Oct. 30	2:00 - 3:00 pm	Information Tour



Have a suggestion?

We welcome feedback and ideas for the Clarion, however not all suggestions will be accommodated.
Please email clarion@chanw.ca.

CITY OF NEW WESTMINSTER PROGRAMS & EVENTS

October Week at a Glance · New Westminster Parks and Recreation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Century House · 620 Eighth Street · 604.519.1066						
Fitness Centre Drop-in 9:00 - 2:30 pm Active & Able Fitness 9:30 - 10:30 am Gentle Fit 11:00 am - 12:00 pm Yoga 11:00 - 12:00 pm Community Integration Services Poverty Reduction Table 12:30 - 3:30 pm Womens Snooker 3:00 - 5:00 pm Public Snooker 5:00 - 8:45 pm	Fitness Centre Drop-in 9:00 - 2:30 pm Strength & Stretch 9:30 - 10:30 am Mobility & Strength 10:45 - 11:45 am Community Connections 3:00 - 4:00 pm Public Snooker 5:00 - 8:45 pm Try-it! Zumba Toning 5:15 - 6:15 pm Try-it! Stretch 6:30 - 7:30 pm	Fitness Centre Drop-in 9:00 - 2:30 pm Active & Able Fitness 9:30 - 10:30 am Gentle Fit 11:00 am - 12:00 pm Yoga 11:00 - 12:00 pm Women's Snooker 3:00 - 5:00 pm Public Snooker 5:00 - 8:45 pm Try-it!	Fitness Centre Drop-in 9:00 - 2:30 pm Active & Able Fitness 9:30 - 10:30 am Fitness Centre Advisor 1:00 - 3:00 pm Public Snooker 5:00 - 8:45 pm Try-it!	Fitness Centre Drop-in 9:00 - 2:30 pm Strength & Stretch 9:30 - 10:30 am Gentle Fit 11:00 am - 12:00 pm Yoga 11:00 am - 12:00 pm Public Snooker 5:00 - 8:45 pm Try-it!	Fitness Centre Drop-in 9:00 - 2:30 pm Iyengar Yoga 9:30 - 10:30 am	
Queensborough Community Centre · 920 Ewen Avenue · 604. 525.7388						
Seep (50+) 2:30 - 5:30 pm	Bingo (50+) 12:30 - 2:30 pm Seep (50+) 2:30 - 5:30 pm	Chinese Seniors Group (50+) 9:00 - 11:00 am Pickleball 12:30 - 2:30 pm Seep (50+) 2:30 - 5:30 pm	Seep (50+) 2:30 - 5:30 pm	Seep (50+) 2:30 - 5:30 pm	Seep (50+) 2:30 - 5:30 pm	Seep (50+) 2:30 - 5:30 pm
təməsewtx^w Aquatic & Community Centre · 65 E Sixth Avenue · 604.777.5100						
	Pickleball (50+) 9:00 - 11:30 am Learn and Play Mahjong (50+) 9:00 am - 12:00 pm Learn & Play Texas Holdem Poker 9:00 am - 12:00 pm Sketch for Fun (50+) 10:00 am - 12:00 pm		Badminton (50+) 9:00 - 11:30 am Learn and Play Mahjong (50+) 9:00 am - 12:00 pm Learn & Play German Bridge (50+) 9:00 am - 12:00 pm Jewelry Making 9:00 am - 12:00 pm	Walking Soccer 1:00 - 2:30 pm		
Schedule is subject to change. For up-to-date schedules visit: newwestcity.ca/dropin ■ Registration is available for Limited-Capacity Drop-in classes. Admission fees apply. See page 14.						

Additional Events from the City of New Westminster

Oct. 2	11:00 am - 1:00 pm	New West Tenants Union Information Table	Oct. 16	1:00 - 2:30 pm	Paint & Create
Oct. 3	6:30 - 8:30 pm	Friday Night Fever: Halloween Bash - Friday	Oct. 18	1:30 - 3:30 pm	Karaoke
Oct. 10	11:30 - 1:00 pm	Thanksgiving Lunch	Oct. 25	Financial Chat	Register for your timeslot
Oct. 14	1:30 - 3:30 pm	Karaoke	Oct. 30, 3:30 - 5:00 pm		Time for Change: E-Scooters & Seniors
			Oct. 30	Hearing Clinic	Register for your timeslot

Admission Fees

	1 Visit	10 Visit	30 Day Pass	365 Day Pass
		Save 20%	Save 30%	Save 45%
19 - 64 years	\$7.50	\$60.00	\$67.50	\$49.50 / mon. or \$594.00
65 - 74 years	\$5.00	\$40.00	\$45.00	\$33.00 / mon. or \$396.00
75+ years	\$3.75	\$30.00	\$33.75	\$24.75 / mon. or \$297.00
Try-it!	\$2.00			

Drop-in Programs

Active & Able Fitness (Moderate)

Enhance cardio health with low-impact aerobic exercises and varied workouts that improve strength, agility, coordination, and balance. Modifications are provided for all abilities that includes some floor work.

Chinese Seniors Group

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

Community Connections

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

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.

Gentle Fit

A low to moderate intensity class that features chair and standing exercises. Focus is on improving, balance, strength, and stability through everyday movements. Modifications are provided for all abilities.

Iyengar Yoga

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

Jewelry Making

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

Learn and Play German Bridge

Learn and play this strategic card game in a social atmosphere. All experience levels are welcome, no cash prize. Please note that German Bridge is different from Contract Bridge.



Learn and Play Mahjong

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

Learn and Play Texas Holdem Poker

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

Mobility & Strength

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

Seep

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

Strength & Stretch

Build endurance and maintain bone mass with light weights, tubing and body weight. Class ends with stretching and relaxation, featuring modifications for greater accessibility.

Stretch For Fun

Unleash your creativity in this sketch group. Bring your sketchbook and pencil to enjoy a relaxing space to draw, share ideas, and be inspired. (no class Sept. 30, Nov. 11).

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

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

Walking Soccer

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

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).

Zumba Toning

Boost energy with a total body workout. Zumba Toning incorporates lightweights.

Resources & Information

Financial Assistance

The New Westminster Parks and Recreation Financial Assistance Program assists resident's (household income of \$50,000 or less) participation in year round active living with a 50% fee discount on eligible registered programs as well as the Active 10 Visit and Active 30 day memberships. In addition, Parks and Recreation also offers a number of free and low cost (\$2.00 admission) drop-in opportunities in skating, sports and more. View drop-in schedules.

Visit newwestcity.ca/parks-and-recreation/access-and-inclusion/sb_expander_articles/973.php for more information or inquire at the Century House front desk.

New West Tenants Union Information Table

The NWTU is a non-partisan volunteer group advocating for renters' rights and safety.

Seniors are invited to speak about issues or concerns with rental companies in a safe, supportive space. A NWTU volunteer will be available for non-legal conversations to help clarify your concerns and suggest resources.

No appointment needed. All discussions are confidential.
Thursday, 11:00 am - 1:00 pm
October 2

Seniors Community Connector for the City of New Westminster

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

City of New Westminster Extreme Weather & Emergency Response Line

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

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	\$1.25
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 of the Month - NEW!

We are excited to introduce the new Volunteer of the Month program! Each month, we will recognize a volunteer, activity group, or committee—for their outstanding contributions to the community. Selections will be based on the reasons provided in the nominations, not the number of votes. The reasons could be as simple as "Ricardo always holds the door open for people", so don't hesitate to nominate a volunteer you would like to recognize. All nomination information will be at the Concierge Desk.

How to Vote: You can nominate people using our online Google Form or by filling out a paper form at the Concierge Desk.

Who Can Vote: Everyone is welcome to participate!
Recognition & Prize: The winner will receive a Save-On-Foods Gift Card, be featured in the Clarion, and have their photo proudly displayed at Century House.

Volunteer Information

Positions available! Century House has over 240 volunteers supporting or leading programs and services but we are always on the lookout for new volunteers.

Ongoing positions that we recruit for:

- Food Preparation
- Dishwashing
- Cashiers
- Office support
- Special Events crews
- Have a look at our 40+ Activity Groups to see if anything in particular sparks curiosity

Please inquire by reaching out to Jenna Speers or Ricardo Espeschit either at the front desk, on the phone 604-519-1023, or at chvolunteer@newwestcity.ca

City of New Westminister Events

Friday Night Fever: Halloween Bash

(50+ years)

Come in your best Halloween costume and get ready to dance! There will be treats, group dances, and prizes while you enjoy music by Bridge City Sound Youth DJ Program. Coffee and tea included.

Century House, Fir Room

604-519-1066

Friday, 6:30 - 8:30 pm

October 3

**Registration Fee: \$5.00 members
\$6.00 non-members**

237220

Friday Night Fever: 80's Glow (50+ years)

Come in your best 80's or fluorescent outfits and get ready to dance! There will be treats, group dances, and prizes while you enjoy music by Bridge City Sound Youth DJ Program. Coffee and tea included.

Century House, Fir Room

604-519-1066

Friday, 6:30 - 8:30 pm

November 7

**Registration Fee: \$5.00 members
\$6.00 non-members**

237222



Thanksgiving Lunch

Enjoy a Thanksgiving Lunch with Turkey, stuffing, 2 kinds of vegetables, mashed potatoes, gravy and cranberry sauce. Advanced tickets required. Available for dine-in or take-out, please specify at time of ticket purchase. Registration Required.

Friday, 11:30 - 1:00 pm

October 10

Dine-in (can come in anytime 11:30 am - 1:00 pm) **240898**

Take-out (must specify time at registration) **240899**

Registration Fee: \$9.00

Community Connections

Your weekly drop-in for discovering senior-focused resources and programs. Enjoy friendly conversation over coffee, tea, finger sandwiches, and cookies while connecting with other seniors in the community. Come for the information, stay for the company!

Tuesday, 3:00 - 4:00 pm

Oct. 7 EdwardJones Financial Advising

Oct. 14 Social Mixer with Jenna

Oct. 21 TBD

Oct. 28 Seniors Services Society

No registration required.

Check in at Welcome Table upon arrival.

Time for Change (T4C) E Scooters and Seniors Don't Mix, Is this a concern for you?

At a recent Time for Change Town Hall on public safety, the participants made it clear that the dramatic increase in the number of E-scooters on our city streets, sidewalks and pathways poses a significant threat to pedestrian safety especially to Seniors and that immediate action is required. The critical issue is the lack of sufficient and coordinated regulation at the provincial and municipal level. The upcoming Time for Change event will focus on the scope of this problem and what you can do to effect change. This issue has been on the docket of New West City Council for at least 2 years. Speakers will include: Mike Anderson, Manager City Transportation; Century House member Vic Leach, spokesperson from the Walker Caucus, a group lobbying for change; and hopefully a rep from the NWPD's Traffic Division.

And a special request to those interested; if you have had a first person pedestrian related encounter with someone on an E-scooter or E-skateboard please email a brief summary to Curtalbertson7@gmail.com.

Join Time for Change to make your voice heard on this important public safety issue. Contact the Century House front desk or call 604-519-1066. All Welcome.

Century House, ABC Room

Thursday, 3:30 - 5:00 pm

October 30 (Registration is required)

240903



Karaoke (50+ years)

Sing favorite tunes and enjoy the company of fellow music lovers! Whether you're a seasoned performer or just want to cheer on your friends, all are welcome to this lively and entertaining event. First come first serve for singers.

Century House 604-519-1066

Saturday, 1:30 - 3:30 pm

October 4 236578

October 18 236579

Registration Fee: \$2.00 / class

50+ Social Skate

Try ice skating for the first time or get back into it! On-ice skating technique support available. Coffee and treats provided. Skate rentals and helmets included.

Moody Park Arena 604-519-1066

Tuesday, 10:45 - 11:45 am

October 7

Drop-in Fee: \$2.00 / class 236710

4th Annual Dialogue on Death and Dying

November 4 - 8, 2025

Attend educational seminars and events normalizing conversations about death and dying.

A Visual Arts Dialogue on Death, Dying, Grief & Loss

Enjoy this visual arts exhibit that connects us to the theme of death, dying, grief and loss. An artist's statement accompanies each piece to facilitate the dialogue. Some artwork available for purchase. Presented in partnership with New West Artists.

Century House Art Gallery
The Gallery at Queen's Park
November 3 - November 28

TUESDAY, NOVEMBER 4

Opening Gala - Visual Arts Dialogue on Death, Dying, Grief & Loss

Enjoy the exhibit of artwork connecting to the theme of death, dying, grief and loss. Artists will present their work and share their connection to the theme. Light refreshments provided.

Tuesday, 7:00 - 8:30 pm

240314

WEDNESDAY, NOVEMBER 5

Planning for Peace of Mind - Suzanne Klassen

End of life planning doesn't have to be overwhelming, and it can make a real difference for you and those you care about. In this session we'll explore: What is the Memorial Society of BC, and what part can it play in your planning journey? What kinds of plans and information might you want to put together, and where can you find resources and assistance along the way? We will also explore how do you start honest, caring conversations with the people in your circle about your wishes and theirs? Come with curiosity and leave with ideas to help you feel more prepared and supported.

Wednesday, 10:00 - 12:00 pm

240514

Seven Languages of Sorrow - Dr. Stephen L. Garrett

Typically, in North America we expect grief to be expressed verbally and emotionally which limits people who have other grief languages. Because of our culture's view of how grief is expressed and its denial of grief in general, we tend to miss the other forms of expression and as a result leave some folks feeling unseen and unheard in their grief. Dr Garrett will lead us through an exploration of seven languages of sorrow.

Wednesday, 1:00 - 3:00 pm

240515

Expressive Arts Therapy Workshop - Catherine Lamb

Engage your imagination, explore feelings, emotions and thoughts in this healing workshop allowing you to explore your grief in a safe space and at your own pace. There is no right or wrong way to express our grief. Using a variety of expressive arts, we can create tools that give us an opportunity to create new meaning often leading to deeper meaning.

Wednesday, 6:00 - 8:30 pm

240516

CITY OF NEW WESTMINSTER PROGRAMS & EVENTS

THURSDAY, NOVEMBER 6

Advance Care Planning Workshop - Dr Wai Phan, Christine delos Santos & Vicky Kaler (Fraser Health Authority)

Advance care planning is for everyone—no matter where you find yourself on your health care journey. Whether you are a young adult or older adult, are healthy or have a chronic illness, now is the best time for you to start planning. What matters to you may change, so it is always a good idea to revisit advance care planning—throughout your life and health journey. Let's get our planning started together with the Fraser Health Authority Advance Care Team including Dr Wai Phan who will help us understand what “palliative care” is and how it differs from “hospice care”.

Thursday, 9:30 - 12:00 pm

240517

Dialogue on Death & Dying Community Dinner (50+ years)

Life, Loss, & Lyrics with Dinner - Karl Moser and The Deep Six Band

Join us for a comforting evening of good food and music as we explore life's biggest questions in a relaxed, supportive setting. Cultures around the world cope with major life events through music - it helps us celebrate joyous occasions and draws us together to cope with tragedy. Over a shared meal, the music and the lyrics will invite participants to reflect on life, love, and loss together in dialogue. Supported by the City of New Westminster's social meals program funded by United Way BC. Reflect on death and dying through. (Registration Opened in August - Waitlist Available)

Douglas Fir Room

Thursday, 6:00 - 8:00 pm

236705

SATURDAY, NOVEMBER 8

Dancing through Decay and Release: A Site-Specific Performance around Queen's Park - Celeste Nazeli Snowber

Explore the natural world through a performance of dance, poetry, and spoken word. It will take inspiration from its trees, plants, and ecology. This 90-minute performative walk will take place rain or shine and includes discussion. Dress for the weather, put on your comfortable shoes, and perhaps bring a mug of tea. Meet outside the Bernie Legge Theatre in Queens Park.

Saturday, 10:00 - 11:30 am

240518

Education & Programming

Sewing Beginner

Build your skills to confidently use a sewing machine, read simple patterns, and create useful, beautiful projects by hand. Whether you're completely new to sewing or returning after many years, this course offers a relaxed pace, step-by-step guidance, and plenty of time to ask questions and practice. There will be a sewing machine to use but it is advisable to bring your own.

Century House

604-519-1066

Thursday, 6:30 - 8:30 pm

October 2 - November 6

Registration Fee: \$95.00 / 6 classes

237250

Public Snooker Drop-in (50+ years)

Drop-in and play snooker in the Maple Room. No CHA membership required.

Monday - Friday, 5:00 - 8:45 pm

Drop-in Fee: \$2.00

Women's Snooker

A social program for women to learn and practice snooker. Please register at the front office if you want to participate. No experience necessary.

Monday & Wednesday, 3:00 - 5:00 pm

Ongoing

Registration Fee: Free

214205

City of New Westminster Programs & Services

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



Century House Webpage
centuryhouseassociation.com

City of New Westminster
City of New Westminster
Recreation Program Information

New West Fire & Rescue Open House

(All Ages)

Take an interactive behind-the-scenes look at services New Westminster Fire Department provides, the agencies that they work with, and information on home safety. There will be live demonstrations, equipment displays, fire and community safety information booths, prizes, Sparky the Fire Dog and the New West Firefighters' Charitable BBQ (by donation—all proceeds go to New Westminster Firefighters' Charitable Society).

Fire Hall 1 - 1 East Sixth Avenue

Saturday, 10:00 am - 2:00 pm

October 4

Free Admission

fire@newwestcity.ca



Read-Write-Share: Creative Writing for Seniors (Zoom)

Use literature to motivate your writing practice! Each class begins with a short lecture on selections from various genres including novels, short stories, poetry, memoir, and/or non-fiction; then, participants have 30 minutes to write their own pieces using literature-inspired prompts. Class concludes with sharing and discussion. Writers are provided reading materials and prompts in advance of the class if they want to get an early start; they can create new pieces each class or use multiple classes to write longer pieces. Classes are facilitated by Liz Orme. Please register by phone with the front desk (604-519-1066). A list of email addresses will be sent to the instructor before the first week of class so she can generate the Zoom link.

Thursday or Friday, 10:00 am - 12:00 pm

Thursday: Oct. 16, 23; Nov. 13, 20; Dec. 11, 18

Friday: Oct. 17, 24; Nov. 14, 21; Dec. 12, 19

240905

240907

Hearing Clinic (50+ years)

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

Century House

604-519-1066

Thursday, October 30

9:30 - 10:00 am

239866

10:00 - 10:30 am

239867

10:30 - 11:00 am

239868

11:00 - 11:30 am

239869

12:00 - 12:30 pm

239870

12:30 - 1:00 pm

239871

1:00 - 1:30 pm

239872

1:30 - 2:00 pm

239873

Registration Fee: Free

Financial Chat (50+ years)

Take a closer look at your investments and feel more confident about your financial future. In this personalized 30-minute session, Financial Advisor Lila Day will guide you through a one-on-one conversation to better understand how your money is currently managed. You'll have the opportunity to ask questions, receive clear and straightforward explanations, and explore tailored strategies to improve financial efficiency, generate additional income if needed, and make the most of your existing investments.

Century House

604-519-1066

Saturday, October 25

10:00 - 10:30 am

240774

10:30 - 11:00 am

240775

11:00 - 11:30 am

240776

11:30 am - 12:00 pm

240777

1:00 - 1:30 pm

240778

1:30 - 2:00 pm

240780

2:00 - 2:30 pm

240781

2:30 - 3:00 pm

240783

3:00 - 3:30 pm

240784

3:30 - 4:00 pm

240785

Registration Fee: Free

Paint & Create

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

Century House

604-519-1066

Thursday, 1:00 - 2:30 pm

October 16

Registration Fee: \$15.00 / class

237466

Speaker Spotlight: Focus on Fixed Income (50+ years)

This session will dive into the world of fixed income investments. Learn about bond characteristics and features, and discover key strategies to help make the most of your income in retirement. With rising living costs, this talk is especially valuable for those on a fixed income looking to supplement their monthly needs. Presented by: Lila Day, Financial Advisor at Edward Jones.

təməsewtxw Aquatic & Community Centre 604.777.5100

Thursday, 10:00 - 11:30 am

October 30

Registration Fee: Free

236818

Bus Trips

Bus Trip Registration Information

Register for bus trips at the Century House front desk or by calling 604-519-1066. Registration will open at 10:00 am on the respective dates, and remain open until spots are filled.

Bus Trip Cancellation Policy

Please take note of our new bus trip cancellation policy:

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

Taves Farm Visit and Brunch **NEW DATE!**

Head out to Tony's Diner for brunch, a cheerful and locally owned restaurant in Abbotsford, then make your way to the Magic of Fall event at Taves Farms! Enjoy their impressive annual display of pumpkins, take a hay bale ride, explore the corn maze, pick out a pumpkin to take home, and enjoy the cute animals at the petting zoo.

They also have a great farm market for early Christmas shopping, and Taves-made frozen pies to buy ahead of Thanksgiving. Because this is a farm, the ground can be uneven through certain areas, but there are some paved walkways through a portion of the property. Wear sturdy footwear, dress for the weather, and bring an umbrella just in case. Not wheelchair or walker accessible.

Thursday, 9:00 am - 4:00 pm (depending on traffic)

October 6

Registration Fee: \$103.00

239639

Registration day: Starting August 29



Westminster Abbey & The Fraser Valley with Joy Brown

Experience a guided tour of beautiful Westminster Abbey, home to an order of Benedictine monks. The Abbey is located outside of Mission with beautiful views. We will taste honey and cheese at two pretty local family Chilliwack farms. Lunch is served in Abbotsford. Dessert is served at the Chilliwack Airport Restaurant, famous for their homemade pies and ice-cream. Enjoy a sweet treat while we watch the planes land and take off.

Not wheelchair or walker accessible

Thursday, 9:00 am - 5:30 pm

October 9

Registration Fee: \$143.00

239656

Registration day: Starting August 29

Eagles on Harrison River with Joy Brown

Visit the beautiful Rowena's Inn on the River, located in Harrison Mills for lunch and dessert. This elegant resort is located on the Harrison River. After lunch we will take an easy walk to view the bald eagles who return to the Harrison River in November to forage for salmon. Visit the Abbotsford Mennonite museum to enjoy their excellent Christmas craft fair. Local artists make unique gifts and homemade food. Lunch included. Not wheelchair or walker accessible

Thursday, 9:15 am - 5:15 pm

November 20

Registration Fee: \$145.00

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Registration day: Starting September 26