

The Clarion

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



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General Information

Cover Story: Don't Miss The Annual Century House Association Christmas Craft and Bake Sale!

Join us at Century House for a festive day of shopping, treats, and entertainment.

Start your holiday shopping early and support our Century House Activity groups, including the Tuesday and Wednesday Crafters, Quilters, and the CH Artist Group. You'll also find a variety of other vendors offering handmade products, jewelry, art, and more. Satisfy your sweet tooth at the Century Dragons bake table, featuring delicious homemade goodies. Enjoy family-friendly live entertainment throughout the day, featuring our very own Century House Ukulele group. All proceeds help fund Century House Association. Bring your friends and family—everyone is welcome!

Come out and Shop, Support, and Celebrate!

Saturday, 10:00 am - 12:00 pm

November 22

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, 6:30 - 7:30 pm

November 20

239761

Saturday, 10:00 - 11:00 am

December 6

239762

Registration Fee: Free

Christmas Craft & Bake 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.

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 November 11, 2025

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**

Communications

Feedback from a Reader

Century House Association (CHA) welcomes feedback and unsolicited kudos are the best!

The following was sent to the webmaster:

"Century House provides a welcoming and happy place for everyone. In our senior years, it is the perfect place to meet and make new friends, try new activities, and also be active. Keep up the good work! The staff are wonderful and caring. Love and hugs to all (we all need a hug once in a while). Many of us live alone and are so grateful for having such a wonderful place in our community. Keep up the good work."

Fran H.

Another Successful Parkinson's Superwalk!!

Members and supporters of the Century House Association (CHA) Parkinson's Group held another successful Superwalk and raised more than \$8,100 to help find a cure to this progressive neurological disease. On Sept 6th, more than 40 people with Parkinson's, their supporters, and even one dog walked in Moody Park. Several persons of distinction: Mayor Patrick Johnson, Member of Parliament Jake Sawatsky, Provincial MLA and Minister of Labour Jennifer Whiteside, Parkinson Society BC CEO Joanne Baker, former Member of Parliament Peter Julian, also walked with us to show their support. "Century House Association deserves all the recognition we can give for its sustained and responsive assistance to the people in this community who live with Parkinson's disease" said Kathy Lynn, coordinator of the Century House Parkinson's Group. "Other groups around the province struggle to find a place to meet, and many simply don't make it. CHA has shown tremendous leadership in helping us help ourselves with our Parkinson's issues."

Earlier this year, CHA was honoured by the Parkinson Society of BC and was awarded an Above and Beyond Certificate for years of strong support of the Parkinson's Support group who meet monthly at Century House. CHA also funds exercise classes for people with Parkinson's twice a week which is taught by an instructor with special training and qualifications dealing with the disease. While there is no cure yet for Parkinson's, a strong and tailored exercise program has demonstrated success in easing some of the symptoms.

Parkinson's affects more than 110,000 Canadians. If you can support the work of the Society with a donation, contact parkinson.bc.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 Open Chairpersons Meeting

Open Century House Association Chairs Meetings offers an opportunity for all CHA members to voice the issues they would like to see addressed by their executive in the coming year. If you wish to speak at the meeting, please contact Tim Hicks secretary@chanw.ca before November 5. Refreshments include coffee/tea and cake. If you have questions about the process, contact either Tim or Anne at president@chanw.ca.

ABC Room

Wednesday, 10:00 am - 12:00 pm
November 5

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.

The 2026 CH Annual General Meeting

No-It is not too early to start preparations for Saturday, January 24 CHA 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

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 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.

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
November 4

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+.

A ZOOM link will be emailed prior to each session. Please register using the link below.

[us02web.zoom.us/meeting/register/
FVdQ3m7LSN2gtbbxwTmwWQ](https://us02web.zoom.us/j/842017)

Passcode: 842017

Tuesday, 1:30 - 2:30pm (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

November 20 (By the front office)

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 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 mail@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

Please try not to miss our November meeting. At it, you will be able to learn the many helpful uses of cell phones for Low Vision and Blind seniors. Members of our group, Nancy and Peter Slinn, will describe the many ways to get assistance from an iPhone. Curt Albertson from SET will describe corresponding features on Android phones. New, old and current members are all welcome. Thanks for considering.

Oak Room

Tuesday, 10:00 am

November 4



Notable 90s

Welcome back to all of you who are 90 years or more. Please come, join us for an interesting presentation, and look back at the meaning of Remembrance Day. Our guest will be paying us a return visit from last year. Some of you might have memories of your own to share and there will be time for Q and A. Conversation and socializing always happens as we serve you coffee/tea and treats.

Douglas Room

Wednesday, 1:30 - 3:00 pm

November 19

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 on the minds of our members. For more information call Kathy at 604-258-9074.

Oak Room

Wednesday, 10:00 am - 12:00 pm

November 19

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, November 10 & 24

10:00 - 11:00 am

11:00 am - 12:00 pm

Apple

Android

234778

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 1 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.

Thursday, November 6

10:00 - 11:00 am

239658

11:00 am - 12:00 pm

239659

Tuesday, November 18

10:00 - 11:00 am

239658

11:00 am - 12:00 pm

239659

Registration Fee: Free

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 Saturday, 9:00 am - 12:30 pm (Holiday and Youth Centre schedule permitting).

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

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.

Monthly Movie

November's movie is Can You Ever Forgive Me (2018) starring Melissa McCarthy. Based on the true story of bestselling celebrity biographer Lee Israel, a frustrated, hard drinking author who can barely afford to pay her rent or bills in 1990's New York. Desperate for money, Israel soon hatches a scheme to forge letters by famous writers and sells them to bookstores and collectors.

ABC Room

Saturday, 1:30 pm

November 8

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

224394

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
\$18.00 non-members

240888

Registration Deadline: November 5.

November Birthday Party

Come celebrate November birthdays and enjoy the music and dancing. Guest Artist: Doug Hawksworth). Specify Cake (Triple Chocolate Tiger*) or Diabetic Option when registering. *Flavour ordered but could change for reasons outside our control

Wednesday, 6:30 - 8:30 pm

November 26

240893

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

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

Comedy Games & A Play

Come join us for fun and laughter as the Century House Association Players present their fall performance. We will be featuring rollicking Improv followed by the romantic comedy Looking for Love? Coffee/Tea & Cake at intermission on Friday and Saturday.

Douglas Room - Limited Seating. Reservations required.

Toonie Preview: Thursday, 1:30 pm, November 27

Tickets: \$2.00

242801

Friday, 7:00 pm, November 28

Tickets: \$8.00 members

242804

\$10.00 non-members

Saturday, 1:30 pm, November 29

Tickets: \$8.00 members

242806

\$10.00 non-members





Upcoming Events

December Birthday Party

Come celebrate December birthdays and enjoy the music and dancing. Guest Artist: Johnny the Rocker. Specify Cake (Black Forest) or Diabetic Option when registering. Note that the December birthday is on a different day than usual.

Fir / Douglas Room

Wednesday, 6:30 - 8:30 pm

December 17

242797

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

Registration deadline for everyone is Friday December 12 or when max seating reached.

New Year's Eve Afternoon Gala

Let's celebrate the end of 2025 with a New Year's Eve Gala featuring Mocktails, light refreshments and the music of Michelle Carlisle. Black Tie optional.

Fir/Douglas Room

Wednesday, 1:00 - 3:00 pm

December 31

242799

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

Registration deadline: Wednesday, December 24.

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 11 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 ASSOCIATION

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 November 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

November 10

Century House Carpet Bowling

We welcome new members, no experience needed.

ABC Room

Monday, 1:00 - 3:00 pm

Annual Fee: \$10.00 / 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 have been busy rehearsing for their fall production. Tickets available now - more details in the events section. If you have any questions about the group 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 khoreley@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, please contact Debbie at 604-526-4776; email debbietommila@gmail.com or Lesley at 604-520-5971; email lesleyh@shaw.ca.

Oak Room

Monday, 2:00 - 4:00 pm

Century House Squares

Dancers with some experience are always welcome. No dancing on November 22. Watch the December Clarion for New Dancer intake details. For more information contact Pat at patger@telus.net or Mark at mgarstin@eol.ca or 778-237-3991.

Saturdays, 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

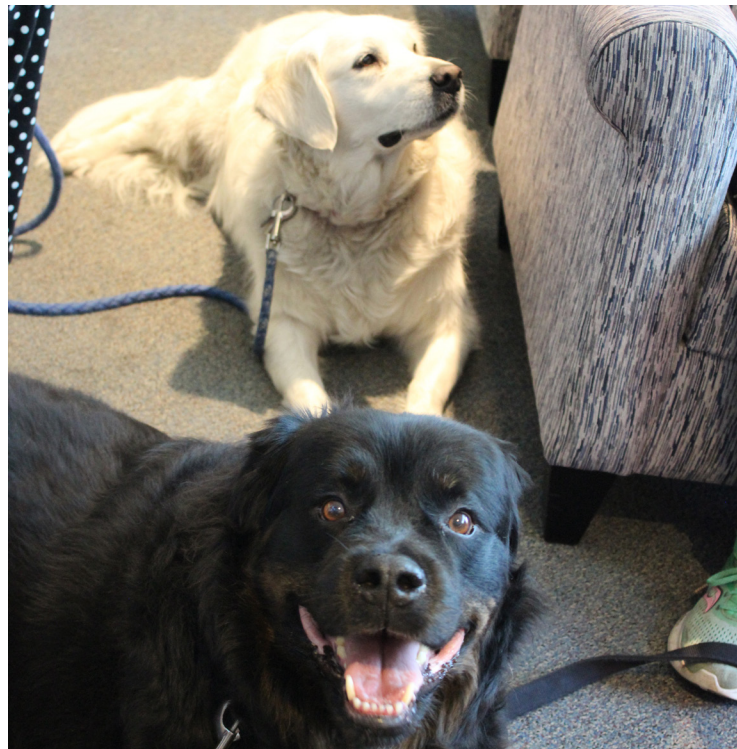
Conversational French

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



CENTURY HOUSE ASSOCIATION

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

rataniist@hotmail.com.

Cedar Room

Wednesday, 3:30 - 5:30 pm

Fee: \$6.00 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 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

November 20

Line Dancing 1

Registration in person on first day of class. 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) and

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

September 8 - December 1

Refistration Fee: \$15.00 payable in cash for the session.



Line Dancing 2

Our evening class is going well, with 20 dancers, returnees and new dancers. Watch for the January start up date in the December Clarion. More info: Pat 604-521-7497 or

patger@telus.net.

ABC Room

Tuesdays, 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 Activity Group usually meets on the 2nd and 4th Tuesday of the month, at 7:00 pm.

Because Century House is closed for Remembrance Day November 11, we will not be meeting. Join us to read plays aloud and have some fun.

For more information, please email

readers theatre@centuryhouseassociation.com.

Tuesday, 7:00 pm

November 25

Seniors Embracing Technology (SET)

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

Next meeting:

Oak Room

Friday, 10:00 - 11:30 am

November 28

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=tqwlaLq666KtOtoAk8j5c9wl8a2mpQ.1

ID: 822 7955 2986

PC: 557190

Wednesday Crafts

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

Spruce Room

Wednesday, 1:00 - 3:00 pm

Drop-in Fee: Free

Whist

Whist is similar to Bridge and Court Whist but easier to learn. Contact the Century House front desk if you're interested in a lesson. It costs \$2 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 until December 12. Contact Carole Forsythe at carole.forsythe@pobox.com for more information.

Douglas Room

Friday, 1:30 - 2:30 pm

Nov. 14 TBA

Nov. 28 TBA

Dec. 12 Poinsettias: From Weed to Centrepiece

Drop-in Fee: \$2.00 per class

CENTURY HOUSE ASSOCIATION

November Week at a Glance · Century House Association

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball 9:00 am - 2:30 pm Line Dancing 12:20 - 2:40 pm Carpet Bowling 1:00 - 3:00 pm Cribbage 1:00 - 3:30 pm Century House Singers 2:00 - 4:00 pm	Table Tennis 9:00 am - 2:30 pm CHA Snooker 9:00 am - 3:00 pm English Conversation 9:00 am - 2:30 pm CHAPS Office Hours 9:00 am - 4:00 pm Virtual Ukulele 10:00 - 11:30 am 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	Pickleball 9:00 am - 2:30 pm CHA Snooker 9:00 am - 3:00 pm Quilting 9:00 am - 12:00 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	Badminton 9:00 am - 2:30 pm CHA Snooker 9:00 am - 3:00 pm English Conversation 9:00 am - 2:30 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 - 2:30 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

Nov. 4	10:00 am - 12:00 pm 1:00 - 2:30 pm	Low Vision Support Group Care for the Caregiver In-Person Support
Nov. 5	10:00 am - 12:00 pm	Open Chairpersons Meeting
Nov. 6	10:00 am - 12:00 pm	Computer Room Open Session
Nov. 8	1:30 pm	Monthly Movie
Nov. 10	10:00 am 11:00 am	BYOD (Apple) BYOD (Android)
Nov. 12	6:00 - 8:30 pm	Luna Rossa
Nov. 14	1:30 - 2:30 pm	Wonders of the Garden
Nov. 17	9:45 am - 12:00 pm	CHA Executive Meeting

Nov. 18	10:00 am - 12:00 pm	Computer Room Open Session
Nov. 19	1:30 - 3:00 pm 1:30 - 3:00 pm	Notable 90s Parkinson's Support Group
Nov. 20	9:30 am - 1:00 pm 10:30 am 2:30 - 3:30 pm 6:30 - 7:30 pm	Blood Pressure Clinic Zoom Book Club Learning Garden Information Tour
Nov. 22	10:00 am - 2:00 pm	Christmas Craft & Bake Sale
Nov. 24	10:00 am 11:00 am	BYOD (Apple) BYOD (Android)
Nov. 25	7:00 pm	Readers Theatre
Nov. 26	6:30 - 8:30 pm	November Birthday
Nov. 27	1:30 pm	Comedy Games & A Play
Nov. 28	7:00 pm	Comedy Games & A Play
Nov. 29	1:30 pm	Comedy Games & A Play
Nov. 28	10:00 - 11:30 am 1:30 - 2:30 pm	Seniors Embracing Technology Wonders of the Garden

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

November 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 am - 2:30 pm Mobility & Strength 10:45 - 11:45 am Public Snooker 5:00 - 8:45 pm <i>Try-it!</i> Zumba Toning 5:15 - 6:15 pm <i>Try-it!</i> Stretch 6:30 - 7:30 pm	Fitness Centre Drop-in 9:00 am - 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 <i>Try-it!</i> Zumba Toning 5:15 - 6:15 pm <i>Try-it!</i> Stretch 6:30 - 7:30 pm	Fitness Centre Drop-in 9:00 am - 2:30 pm Active & Able Fitness 9:30 - 10:30 am Yoga 11:00 am - 12:00 pm Gentle Fit 11:00 am - 12:00 pm Women's Snooker 3:00 - 5:00 pm Public Snooker 5:00 - 8:45 pm <i>Try-it!</i>	Fitness Centre Drop-in 9:00 am - 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 <i>Try-it!</i>	Fitness Centre Drop-in 9:00 am - 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 <i>Try-it!</i>	Fitness Centre Drop-in 9:00 am - 2:30 pm Iyengar Yoga 9:30 - 10:30 am	
Queensborough Community Centre · 920 Ewen Avenue · 604. 525.7388						
Seep 2:30 - 5:30 pm	Bingo 12:30 - 2:30 pm Seep 2:30 - 5:30 pm	Chinese Seniors Group 9:00 - 11:00 am Pickleball 12:30 - 2:30 pm Seep 2:30 - 5:30 pm	Seep 2:30 - 5:30 pm	Seep 2:30 - 5:30 pm	Seep 2:30 - 5:30 pm	Seep 2:30 - 5:30 pm
tāmasewtx^w Aquatic & Community Centre · 65 E Sixth Avenue · 604.777.5100						
	Pickleball 9:00 - 11:30 am Learn and Play Mahjong 9:00 am - 12:00 pm Learn and Play Texas Holdem Poker 9:00 am - 12:00 pm Sketch for Fun 10:00 am - 12:00 pm		Badminton 9:00 - 11:30 am Learn and Play Mahjong 9:00 am - 12:00 pm Learn and Play German Bridge 9:00 am - 12:00 pm Jewellery Making 9:00 am - 12:00 pm	Walking Soccer 1:00 - 2:30 pm <i>Try-it!</i>		
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 Westminister

Nov. 1	1:30 - 3:30 pm	Karaoke	Nov. 20	6:00 - 8:00 pm	Paint & Create
Nov. 4	3:00 - 4:00 pm	Community Connections - New West Public Library		9:15 am - 5:15 pm	Bus Trip - Eagles on the River
	10:45 - 11:45 am	50+ Social Skate	Nov. 25	12:30 - 2:30 pm	Holiday Card Making
Nov. 6	11:00 am - 1:00 pm	New West Tenants Union Information Table		3:00 - 4:00 pm	Community Connections - Hero Home Care
Nov. 7	6:30 - 8:30 pm	Friday Night Fever	Nov. 27		Speaker Spotlight: Fraud Prevention with NWPD
Nov. 15	1:30 - 3:30 pm	Karaoke		6:00 - 7:00 pm	Keep Moving - When to Seek Physiotherapy
Nov. 18	3:00 - 4:00 pm	Community Connections - Emergency Management	Nov. 28	9:15 am - 2:30 pm	Bus Trip - Maritime Museum and Lunch

CITY OF NEW WESTMINSTER PROGRAMS & EVENTS

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.

Fitness Centre

Elliptical, treadmill, weights and more! On Thursdays there is 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

Jewellery 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.

Otter Walkers

Explore your community and stay active. Join us for leisurely walks through local parks and neighbourhoods followed by coffee and social time. Walk start and finish at təməsewtxw Aquatic and Community Centre.

Queensborough Walkers

Explore your community and stay active. Join us for leisurely walks through local parks and neighbourhoods. Walks start and finish at Queensborough Community Centre.

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.

Sketch for Fun (50+ years)

Unleash your creativity in this sketch group. Bring your sketchbook and pencil to enjoy a relaxing space to draw, share ideas, and be inspired

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.

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

November 6

Seniors Community Connector for the City of New Westminster

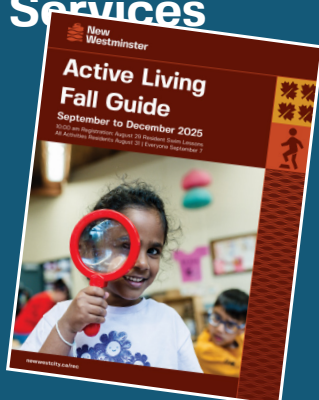
The Community Connector helps seniors access community services and supports to improve health and well-being. If you or someone you know needs help with physical activity, nutrition, social programs, mental wellness, or daily living support, contact Judy Venable at jvenable@newwestcity.ca or 778-312-1511.

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.

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

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 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 Westminster Events

Community Connections

All are welcome to join our weekly drop-in to learn about senior-focused resources and programs. Enjoy friendly conversation over free coffee, tea, and delicious snacks while connecting with other seniors in the community.

Tuesday, 3:00 - 4:00 pm

Nov. 4 New West Public Library

Nov. 11 Remembrance Day - CLOSED

*Nov. 18 Emergency Management -
City of New Westminster*

Nov. 25 Hero Home Care

No registration required.

Check in at Welcome Table upon arrival.

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

November 1 **236580**

November 15 **236582**

Registration Fee: \$2.00 / class

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 **237222**
\$6.00 non-members

Friday Night Fever: Holiday Formal

(50+ years)

Come in your best holiday or dressy 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

December 5

Registration Fee: \$5.00 members **237224**
\$6.00 non-members



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

Tuesdays, 10:45 - 11:45 am

November 4

236710

December 2

236710

Drop-in Fee: \$2.00 per session

Education & Programming

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

Ongoing

Drop-in Fee: \$2.00

Women's Snooker Drop-in

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

Paint & Create

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

Century House

604-519-1066

Thursday, 6:00 - 8:00 pm

November 20

237468

December 11

237471

Registration fee: \$15.00 / class



Holiday Card Making

Celebrate the season by creating your own festive watercolor cards! This hands-on workshop is perfect for all skill levels and a great way to add a personal touch to your holiday greetings. Card stocks and some watercolour supplies will be provided, and participants are welcome to bring their own brushes and palettes.

təməsew̓txʷ Aquatic & Community Centre 604.777.5100

Tuesday, 12:30 - 2:30 pm

November 25

Registration Fee: \$5.00 / class

242522

Keep Moving: When to Seek Physiotherapy (15+ years)

Learn about the benefits of physiotherapy and signs for when to seek help. Topics will include common injuries, injury prevention and rehabilitation, as well as the importance of kinesiologist collaboration with physiotherapist to support recovery, performance and overall well-being. Presented by New West Physio.

təməsew̓txʷ Aquatic & Community Centre 604.777.5100

Thursday, 6:00 - 7:30 pm

November 27

Registration Fee: Free

237361

Speaker Spotlight: Fraud Prevention with NWPD (50+ years)

This session will cover common scams targeting older adults and how to spot the warning signs. Learn practical tips to protect yourself and your loved ones from fraud, both online and offline. There will be time for questions and discussion so you can feel more confident and informed in your daily life. Presented by the New Westminister Police Department (NWPD)

təməsew̓txʷ Aquatic & Community Centre 604.777.5100

Thursday, 10:00 - 11:30 am

November 27

Registration Fee: Free

236819

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 48 hours 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.

Eagles on Harrison River with Joy Brown - Spots Still Available!

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

240813

Registration day: Starting September 26

Maritime Museum & Lunch

Explore the Vancouver Maritime Museum, which is currently featuring exhibits on late 1800's Hard Hat Divers, Culver Beaked Whales, and Arctic Passageways. The exhibits have an array of visual displays and models, and in-depth history and information on each topic, in a beautiful building in Vanier Park. On your way home, stop by Whitespot for a classic lunch as a group. Not wheelchair or walker accessible.

Friday, 9:15 am - 2:30 pm (depending on traffic)

November 28

Registration Fee: \$103.00

242371

Registration day: Starting October 31