

# The Clarion

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

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## General Information

### Cover Story: Pink Shirt Day at Century House: Celebrating Respect and Community

Pink Shirt Day is a powerful reminder that kindness matters. At Century House, this message fits perfectly with the values our members have upheld for generations. We are a community built on respect, friendship, and support. Pink Shirt Day gives us a chance to celebrate that spirit together.

As part of the City of New Westminster, Century House follows the City's Code of Conduct, which calls on all of us to treat one another with dignity. Bullying, harassment, and disrespectful behaviour have no place here. Whether we are long time members, new participants, volunteers, or staff, we all deserve to feel safe and welcome.

Century House has always been known for its warmth. Members often say that what makes this place special isn't just the programs, it's the people. The laughter in the lounge, the teamwork in activity groups, and the friendly greetings at the front desk all reflect the camaraderie that defines our community.

Pink Shirt Day encourages us to continue nurturing that environment by:

- Respecting one another as seniors and community members
- Welcoming new members with kindness
- Supporting staff and volunteers
- Speaking up when we see unkind or exclusionary behaviour

No matter where we come from or how long we've been part of Century House, everyone should feel comfortable and included. By wearing pink, on February 25 we show our commitment to keeping Century House a place where everyone belongs.

Let's continue honouring the traditions that make this centre such a valued part of our lives. When we choose kindness, we strengthen the community that generations of members have worked so hard to build.

Wear Pink on February 25.

### Century House

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

Email: [centuryhouse@newwestcity.ca](mailto:centuryhouse@newwestcity.ca)

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

Saturday 9:00 am - 4:00 pm

Closed: February 16, 2026 - Family Day

#### Century House Expanding Operational Hours

We are expanding our operational hours! Century House will be open on Sundays starting in 2026. Stay tuned for more details.

### Pink Shirt Day Info Table

Stand up for inclusion by wearing pink on February 25! Century House is hosting the 3rd annual Pink Shirt Day initiative, to bring awareness to how bullying and discrimination exist in spaces beyond the classroom. Stop by for a chat, for a treat, or to check out related resources in how to be an even more welcoming part of the community.

#### Century House Lobby

Wednesday, 10:00 am - 2:00 pm

February 25

### MEMBERSHIP RENEWAL

Remember to check the date on your membership card. Is it time to renew?

## President's Message

As I come to the end of my mandate as President of the Century House Association, I want to thank all of the members, staff as well as group and committee leaders who have supported me in this role over the past two years. They have been busy years, where we've all faced challenges, opportunities and good times.

Special thanks are due the members of the CHA Executive for their hard work and their dedication to the interests of our fellow members. Their willingness to take on various roles and responsibilities helped make my job a lot easier and for that they have my sincere gratitude.

I'll take this opportunity to congratulate the new president and the 2026 CHA Executive all the best.

**Anne Ladouceur**  
*Past President - CHAE*

## CHA Annual General Meeting - Election Results

At the Century House Association Annual General Meeting, the CHA elected its 2026 executive, as follows:

- President: Bill Harper
- Vice President: Trudi Hampel
- Secretary: Marnie Jepsen
- Treasurer: Tim Hicks
- Member at Large - 1 year: Helen Chambers
- Member at Large 2 year: Lynn Bittner-Jobson
- Member at Large - 2 year: Kathleen Kennedy-Strath



## Subscribe to the Clarion

Receive an online subscription to The Clarion! Go to the Century House Association website and locate the Subscribe section at the bottom of the page.

[centuryhouseassociation.com](http://centuryhouseassociation.com)

## Century House Information Tour

**(Open to Potential, New and Current Members)**

Explore what Century House has to offer! Learn about activities, such as quilting and gardening, the extensive fitness programs, the choral and theatre groups and the range of events and programs that support older adults to remain active in the larger community. There is definitely something for everyone!

Thursday, February 19, 6:00 pm

Saturday, February 28, 10:00 am

Wednesday, March 18, 1:00 pm

**Registration Fee: Free**

**246121**

**246124**

**246126**

## Century House Parking Considerations

Parking is limited. Please walk, bus, carpool or park off-site to leave spots for those with mobility needs.

## Century House Chairpersons Meeting

Meetings are open to all CHA members as observers only. Contact [secretary@centuryhouseassociation.com](mailto:secretary@centuryhouseassociation.com) by the previous Thursday if you plan to attend.

**ABC Room**

Wednesday, 10:00 am - 12:00 pm

February 4

## Tech-Tok: Is AI the New Amazon? (brought to you by SET)

On-line shopping is undergoing a massive makeover. AI bots like Gemini, ChatGPT, Copilot and others are increasingly giving Amazon a run for its money. Amazon essentially acts as a middleman between customer and retailer while shopping with AI puts that customer directly in touch with different stores. At the same time, it can provide comparisons of available items, predict price drops and personalize recommendations all according to your specific instructions. A recent statistic indicates that AI assisted traffic to retail sites increased 770% last year. The easiest way to get more information is to pose questions to your favourite Chatbot. And just a reminder chatbots are helpful but are not perfect. Always double-check your information before making a purchase.

**Tip of the month:** Watch for signs of identity theft, like account changes you didn't make or emails about password or account updates you didn't request.

## Our Low Vision group is taking the new Technologies seriously.

Last fall the group had an introduction to accessibility features on their smartphones and at the January meeting the topic was "smart" glasses. Low Vision member Gary Steeves is legally blind and has integrated a pair of smart glasses into his daily life. He outlined the benefits and limitations to the group. Here's a selective summary:

### Benefits

- Identify objects, read text, signs, menus, and mail
- Audio navigation and directions
- Greater independence for people with low vision or blindness

### Limitations

- Requires a smartphone connection
- A learning curve for voice commands and setup
- Relatively expensive but costs are coming down
- Smart glasses must be fitted by a professional

## Seniors & Driving 2026 New Provincial Updates

British Columbia is implementing updates to its licensing system with specific implications for seniors. The standard "Age 80" rule remains the primary check for seniors.

- Age 80 and 85: When you turn 80, and again at 85, RoadSafetyBC will mail you a Driver Medical Examination Report (DMER).
- Every two years: After age 85, this medical exam must be completed every two years.
- The Exam: Doctor or nurse practitioner will check cognition (memory/judgment), eyesight, and physical health. This is a medical check, not a driving test.
- Cost: The Medical Services Plan (MSP) generally does not cover the cost of the DMER; your doctor may charge a fee.

Please see this link for more information: [www2.gov.](http://www2.gov.bc.ca/gov/content/transportation/driving-and-cycling/roadsafetybc/medical-fitness)

[bc.ca/gov/content/transportation/driving-and-cycling/roadsafetybc/medical-fitness](http://bc.ca/gov/content/transportation/driving-and-cycling/roadsafetybc/medical-fitness)

## The Century House Library

The library accepts ongoing book donations and is currently looking for large print books. Please leave donations in the white bins at the library, or contact the front desk at 604-519-1066 with any questions.

## Century House Association Website

Learn about us and get updates as they happen. Subscribe at the bottom of any page for weekly email updates. Visit [centuryhouseassociation.com](http://centuryhouseassociation.com)

## Century House Association on Facebook

CHA Page: [facebook.com/CHANewWest](https://facebook.com/CHANewWest)

Share Good News and have a few laughs on the Good Cheer Group page: [facebook.com/groups/1300581823663821](https://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.

## Support Services

### SOUL (Seniors, Onward, Upward, Learning) - Looking for your ideas

Have a workshop idea to support seniors' emotional health and quality of life at Century House? Email idea and details to: [SOUL@chanw.ca](mailto:SOUL@chanw.ca)

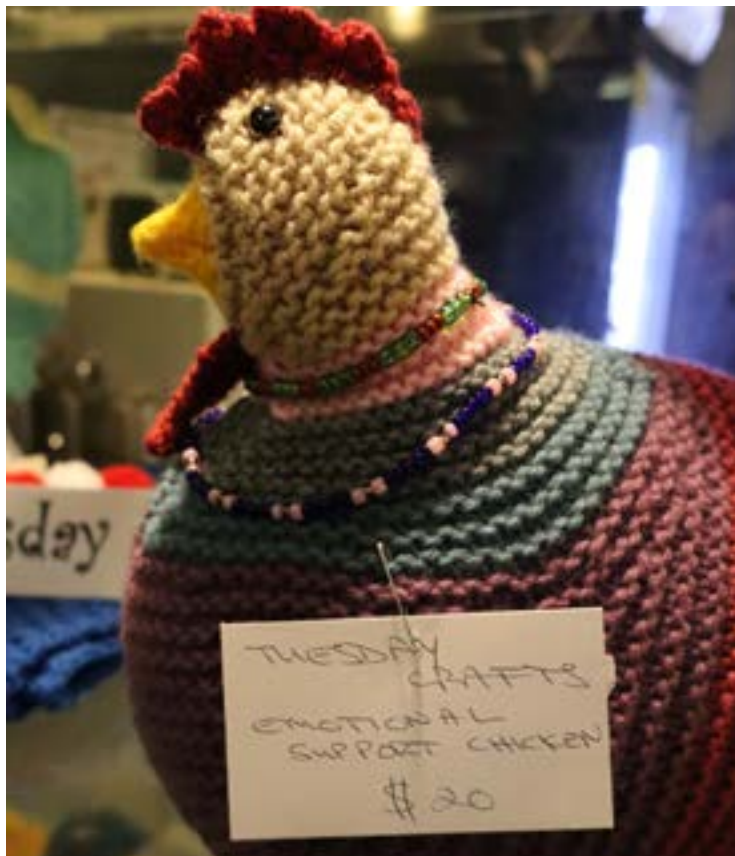
### Care for the Caregiver In-Person Support

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, registration not required.

#### Douglas Room

Tuesday, 1:00 - 2:30 pm

February 3



## Care for the Caregiver

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 winter five-week program which allows participants to take a 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+.

ZOOM link will be emailed prior to each session.  
Register by calling or visiting the Century House Front Desk: 604-519-1066.

**Virtual via Zoom** (opens at 1:00 pm)

Tuesday, 1:30 - 2:30 pm

February 17 - March 10

243379

**Zoom:** [s02web.zoom.us/meeting/register/F2R8Mlx6QruyfeFMPELVGA](https://s02web.zoom.us/j/62R8Mlx6QruyfeFMPELVGA)

March 31 - April 28

246118

**Zoom:** [s02web.zoom.us/meeting/register/esd3GKMGQmyfA3WL7W\\_C\\_A](https://s02web.zoom.us/j/6esd3GKMGQmyfA3WL7W_C_A)

**Registration Fee: Free**

## Blood Pressure Screening

No appointment needed, sign in when you arrive. Please respect the privacy of others by taking a seat in the lounge as you wait your turn.

Thursday, 9:30 am - 1:00 pm

February 19 (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. Peer Support provides no-cost, one-to-one, in-person, over the phone or via Zoom support to our seniors. The 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](mailto:chaps.connect@gmail.com) or 604-519-1064 or 778-882-2472.

## Seniors Embracing Technology (SET)

We're a team of volunteers with a wide range of skills, from trained computer technicians with industry experience to members who simply enjoy helping others learn their devices. We meet once a month to plan our activities. We support Apple, Android, and Windows smartphones, tablets, and laptops—and we do it in a friendly, patient, and welcoming environment.

If you enjoy technology and want to help fellow Century House members become more confident with their devices, we're always happy to welcome new volunteers to the team. Just email us at [SET@chanw.ca](mailto:SET@chanw.ca) for more information.



## 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](mailto:mail@purposesociety.org). Find out more at [digitalinclusionproject.org](http://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

We will be presenting information about a federally funded program for seniors with vision loss. CNIB volunteers will arrange 1:1 sessions to demonstrate the assistive functions of a number of popular devices. Please come to see if you would like to take part in the sessions and learn more. Any senior with vision loss is welcome to attend. After the presentation, at 11:00 am, we look forward to a visit from Judy Venable, Century House's Seniors Community Connector. She plans to give us an update on services available in the community for seniors and take questions.

**Oak Room**

Tuesday, 10:00 am

February 3

## Notable 90s

Welcome back to all of you who are 90 years old or greater. If it is your first time with us, please come and join our participants for conversation and social time, while enjoying coffee/tea and treats. We will have an interesting discussion pertaining to the importance of the month of February including what makes your heart happy and heartfelt stories.

### Oak Room

Wednesday, 1:30 - 3:00 pm  
February 18

## Parkinson's Support Group

Our group welcomes all persons with Parkinson's disease and their care partners. Meetings cover issues of concern to people with Parkinson's. For more information, call Kathy at 604-258-9074.

### Oak Room

Wednesday, 10:00 am - 12:00 pm  
February 18

## Discover the Computer Room at Century House

Need a computer to check emails, browse the internet, or work on documents? Curious about AI tools like Google Gemini, ChatGPT, or graphic-creation sites? Our volunteers can help you get started, show you what to ask these tools, and guide you through everyday computer tasks. Drop in or register. Explore, learn, and have fun with technology at your own pace!

Tuesday, February 3 & 17

10:00 - 11:00 am

11:00 am - 12:00 pm

246075

246076



## Bring your Own Device (BYOD)

Register to confirm your spot. 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? Sign up and bring along your digital questions. SET volunteers will be on hand to help with finding answers.

February 9 & February 23

Monday, 10:00 - 11:00 am Apple

234778

Monday, 11:00 am - 12:00 pm Android

234780

## 1-on-1 Computer Support

Get personalized, peer-to-peer help with your computer tasks. Whether its 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: Visit or call Century House at 604-519-1066 or email SET [set@chanw.ca](mailto:set@chanw.ca).

## Century House Association Events

### Monthly Movie

In honour of Black History Month, February's movie is Hidden Figures (2016) starring Taraji P. Henson, Octavia Spencer, Janelle Monae, Kevin Costner and Kirsten Dunst. This is an American biographical drama loosely based on the 2016 book of the same name by Margot Lee Shetterly. It follows three female African-American mathematicians who worked at NASA during the Space Race in the 1950s and 1960s.

### ABC Room

Saturday, 1:30 pm

February 14

244816

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

### February Birthday Party

Come celebrate February birthdays and enjoy the music and dancing with guest artist Brad Hamblet - Rockin' Party. Specify Cake (Berry Crumble) or Cheese and Crackers when registering.

### Fir/Douglas Room

Wednesday, 6:30 - 8:30 pm

February 25

246787

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

Registration deadline for everyone is Friday, February 20 or when max seating reached.

## Caribbean Party with the Sunshine Rhythms Steel Band

Come and celebrate the music, arts and culture of the Black diaspora in Canada this February - Black History Month. Get ready to dance to the vibrant Calypso music of the Sunshine Rhythms Steel Band, check out the display of the achievements of Black Canadians and taste some delicious snacks.

### Fir Room

Monday 3:30 - 5:00 pm

February 9

248261

**Tickets: \$10.00 members**

**\$12.00 non-members**

Registration deadline is Thursday, February 5 or when max seating is reached.

## PJ's Party - Flashback to the 50s/60s

Remember those pajamas parties we had back in our teens? Here's your chance to revive those old memories or to get a taste of what they were like. Come and enjoy this flashback to our youth through 50s/60s music, dance, snacks and soft drinks. Come in your PJ's for a chance at prizes or wear regular attire, your choice.

### Fir Room

Wednesday, 6:30 - 8:30 pm

February 11

246130

**Tickets: \$10.00 members**

**\$12.00 non-members**

Registration deadline for everyone is Friday, February 6 or when max seating reached.

## Upcoming

### Bursary Trivia Fundraiser

If you can name a Seniors Centre located in New Westminster then you are talented and good enough at trivia to take part in the next trivia team challenge here at Century House, with all proceeds going to support the Bursary Fund. Kevin McKay will be asking the questions to you and your team during the six rounds of play in the easiest and most fun trivia game ever played here! There will also be twenty songs played for you to attempt to identify the titles and artists of each piece of music, and you will be able to earn bonus points by dancing, if you are so inclined! Bring all your friends to this fun competition in which everyone taking part in this fun fundraiser is a winner just by taking part!

### Fir Room

Tuesday, 1:30 - 3:30 pm

March 24

243745

**Registration Fee: \$8.00 members**

**\$10.00 non-members**

## Time for Change presents: On the Brink

Housing and services for an aging population

As of 2025 there were over 7,000 BC seniors waiting for a publicly subsidized bed, a 200% increase since 2016. The Seniors Advocate has noted a current shortfall of roughly 2,000 supportive housing and long-term care beds with the average wait time nearly doubled to approximately 290 days.

More Government support is required to address this growing problem but the other piece of the equation is allowing seniors to age in place in their own homes by providing the medical and non-medical supports necessary to assist seniors to do so safely. The upcoming Time for Change event will provide an overview of this issue through both a local and provincial lens and what you can do to effect change. Panelists will include Dan Levitt, the BC Seniors Advocate as well as Alison Silgado, the Executive Director of the New Westminster Seniors Services Society. All Welcome.

### Century House, Douglas Fir Room

Wednesday, 3:15 - 5:00 pm

March 4

248559

Registration is recommended. Contact the Century House via the front desk or call 604-519-1066.

### Registration Fee: Free

To attend via ZOOM Register at this Link: [us02web.zoom.us](https://us02web.zoom.us/j/8455713)

[us/meeting/register/5j8vhx7yQZCloqjj-NJKog](https://us02web.zoom.us/j/8455713)

Passcode: 455713



## March Birthday Party

Come celebrate March birthdays and enjoy the music and dancing with guest artist Greg Hampson. Specify Cake (Orange Cake) or Cheese and Crackers when registering.

### Fir/Douglas Room

Wednesday, 6:30 - 8:30 pm

March 25

248566

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

Registration deadline for everyone is Friday, March 20 or when max seating reached.

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](mailto:events@centuryhouseassociation.com). Once complete, return to the front desk to the attention of the Events Planning Committee or email at the address above. Last but not least, we are always on the lookout for volunteers.

## Event Registration Information:

- No refunds after the registration deadline
- Seat reservations require a minimum of 4 people who already have tickets purchased. Note: that only seats are reserved and not entire tables. If your reservation does not cover all seats at a table, expect people not in your group to sit there. Please make them welcome. Organizers reserve the right to limit number of reservations.
- Low-vision seating is available. Companion seating may also be available.
- Contact [events@centuryhouseassociation.com](mailto:events@centuryhouseassociation.com) or the Century House front desk to reserve seats (including low vision) at least 3 days prior to the event.
- Parking: Due to limited parking in the lot, guests with mobility issues would appreciate if others use nearby street parking or use alternative transportation.



## CHA Activity Groups

### Badminton

We welcome all members to join regardless of their skill level. You are welcome to try out Badminton for free three times before joining. We have extra badminton racquets.

### Multipurpose Room

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

### Bid Euchre

This card game can help keep memory cells supple using easy to learn strategies. Want to learn to play? Sign up for three free lessons! Email [CHBidEuchre@gmail.com](mailto: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, 12:30 - 3:30 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. The Century Dragons commenced their off-season dryland training in October. The team trains both communally and individually or in small groups throughout the week. The team is committed to improving their fitness so that they can have a strong start to the 2026 dragon boating season. In season, we practice paddling at False Creek twice a week for an hour and a half. We also 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](mailto: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 February 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](mailto:zbc@centuryhouseassociation.com).**

Program Facilitator: Jane Hicks

Monday, 10:30 am

February 9

## 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](mailto:CHDartsGroup@gmail.com).**

### Hemlock Room

Thursday, 1:00 - 3:00 pm

## Century House Players

New members are invited to join us. We are preparing for our spring show which will be featuring Improv and Standup Comedy. If you have questions please contact Artistic Director Eileen Mackenzie: **[emackenza@gmail.com](mailto: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](mailto:khorley@telus.net)** to have your name put on the waiting list! Large quilts are available for sale.

### Spruce Room

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

## Century House Singers

We are at the maximum room capacity! We started a waiting list, but that has become exceptionally long. As a result, we have decided to suspend accepting applications to join us, so we do not want to increase the waitlist for the time being. Thank you for your understanding.

### Oak Room

Monday, 2:00 - 4:00 pm

## Century House Squares

Singles and Couples welcome. No special attire required. No black soles on your comfy shoes. For more information contact Pat at **[patger@telus.net](mailto:patger@telus.net)** or Mark at **[mgarstin@eol.ca](mailto:mgarstin@eol.ca)** or 778-237-3991.

### Fir Room

Saturday, 11:30 am - 2:00 pm

**Fee: \$7.00 / class**

## Century House Walkers

We take joy walking in the great outdoors, adding to our circle of acquaintances and visiting areas long since last seen or never before visited. Enjoy a stop for coffee or lunch after an outing for further socializing. For further details, please visit **[centuryhouseassociation.com/activity/walkers](http://centuryhouseassociation.com/activity/walkers)**

Meet at Sixth & Sixth Royal City Centre 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 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](mailto:Pauline6587@gmail.com).**

### Cedar Room

Wednesday, 1:30 - 3:00 pm

**Annual Fee: \$12.00**



PiNK SHiRT DAY FEB 25<sup>th</sup>

## 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 [spanish@chanw.ca](mailto:spanish@chanw.ca)

### Cedar Room

Wednesday, 3:30 - 5:30 pm

**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, drop by. Schedule a lesson by contacting the front desk.

### Arbutus Room

Tuesday, 12:30 - 3:00 pm

**Drop-in Fee: \$2.00**

## Cribbage

We have four cash prizes and play six 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 skills. Currently accepting participants and facilitators. Complete an application at the 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](mailto:Judyb200@shaw.ca).

### Arbutus Room

Tuesday, 11:00 am - 12:00 pm

**Drop-in Fee: \$1.00**

## Learning Garden

Happy Valentine's Day from the Learning Garden. We will meet again on March 19, 2026.

## Line Dancing 1

Current class is full. Contact Coreen at 604-521-4997 for more information.

### Fir Room

Monday, 12:20 - 1:20 pm & 1:40 - 2:40 pm

January 5 - March 24

**Registration Fee: \$15.00**

## Line Dancing 2

Current class is full. Beginner, High Beginner to Easy Improver levels. New session starts in April.

### ABC Room

Tuesday, 7:00 - 8:30 pm

January 6 - March 31

**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](mailto:annearia2@gmail.com).

## Pickleball

Have fun while getting exercise among friends! If you want to learn how to play Pickleball, there will be beginners' lessons on the first Thursday of each month. 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 usually meets on the 2nd and 4th Tuesday of each month. For information [readerstheatre@centuryhouseassociation.com](mailto:readerstheatre@centuryhouseassociation.com).

Tuesday, 7:00 - 8:30 pm

February 10 & 24

# CENTURY HOUSE ASSOCIATION

## Snooker

All are welcome, men and women. New players may try out the facilities for three sessions after which time an annual room and equipment maintenance fee of \$50.00 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. We are a gently competitive group and welcome both novice and experienced players. Drop in or contact [ibhedin@gmail.com](mailto:ibhedin@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, crocheters and needleworkers welcome. Come join us for some inspiration. While we do NOT teach, we do share expertise and patterns. We use donated yarns and supplies. All items made with our supplies are sold for donations at Century House. If you are interested or would like more information, please contact: [crafts-tue@chanw.ca](mailto:crafts-tue@chanw.ca)

## 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](https://us02web.zoom.us/j/81543958630?pwd=tqwlaLq666Kt0toAk8j5c9wl8a2mpQ.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 front desk if you're interested in a lesson.

## Oak Room

Thursday, 1:00 - 3:00 pm

**Drop-in Fee: \$2.00**

## 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. Contact Carole Forsythe [carole.forsythe@pobox.com](mailto:carole.forsythe@pobox.com) for more information.

## Douglas Room

Friday, 1:30 - 2:30 pm

February 13 & 27

**Drop-in Fee: \$2.00 / class**

## MEMBERSHIP RENEWAL

Remember to check the date on your membership card. Is it time to renew?

# CENTURY HOUSE ASSOCIATION

## February Week at a Glance - Century House Association

| Monday                                                                                                                                                                                                                                                                                                                     | Tuesday                                                                                                                                                                                                                                                                                                                                                                                       | Wednesday                                                                                                                                                                                                                          | Thursday                                                                                                                                                                                                                                                                                                           | Friday                                                                                                                                                                                                                                              | Saturday                                                                                                                           | Sunday |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|--------|
| <b>Quilting</b><br>9:00 am - 12:00 pm<br><b>CHA Snooker</b><br>9:00 am - 3:00 pm<br><b>Pickleball</b><br>9:00 am - 2:30 pm<br><b>Line Dancing</b><br>12:20 - 1:20 pm &<br>1:40 - 2:40 pm<br><b>Carpet Bowling</b><br>1:00 - 3:00 pm<br><b>Cribbage</b><br>1:00 - 3:30 pm<br><b>Century House Singers</b><br>2:00 - 4:00 pm | <b>Table Tennis</b><br>9:00 am - 2:30 pm<br><b>CHA Snooker</b><br>9:00 am - 3:00 pm<br><b>General Discussion Group</b><br>11:00 am - 12:00 pm<br><b>Court Whist</b><br>1:00 - 3:30 pm<br><b>Tuesday Crafts</b><br>12:30 - 2:30 pm<br><b>Bridge</b><br>1:00 - 4:00 pm<br><b>Bid Euchre</b><br>1:00 - 4:00 pm<br><b>CH Artists</b><br>3:00 - 5:00 pm<br><b>Line Dancing 2</b><br>7:00 - 8:30 pm | <b>Badminton</b><br>9:00 am - 2:30 pm<br><b>CHA Snooker</b><br>9:00 am - 3:00 pm<br><b>Wednesday Crafts</b><br>1:00 - 3:00 pm<br><b>Conversational French</b><br>1:30 - 3:00 pm<br><b>Conversational Spanish</b><br>3:30 - 5:00 pm | <b>Pickleball</b><br>9:00 am - 2:30 pm<br><b>CHA Snooker</b><br>9:00 am - 3:00 pm<br><b>Quilting</b><br>9:00 am - 12:00 pm<br><b>Mahjong</b><br>9:30 - 11:45 am<br><b>Ukulele</b><br>9:30 am - 12:00 pm<br><b>CH Players</b><br>1:00 - 3:00 pm<br><b>Darts</b><br>1:00 - 3:00 pm<br><b>Whist</b><br>1:00 - 3:00 pm | <b>Badminton</b><br>9:00 am - 2:30 pm<br><b>CHA Snooker</b><br>9:00 am - 3:00 pm<br><b>CH Walkers</b><br>9:30 am<br>(full list online)<br><b>Canasta</b><br>12:30 - 4:00 pm<br><b>Bingo</b><br>12:45 - 3:45 pm<br><b>Scrabble</b><br>1:00 - 3:00 pm | <b>Table Tennis</b><br>9:00 am - 2:30 pm<br><b>CHA Snooker</b><br>9:00 am - 3:45 pm<br><b>Square Dancing</b><br>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](http://centuryhouseassociation.com) for more details.

## Additional Activities, Support Groups and Events

|         |                     |                                                      |
|---------|---------------------|------------------------------------------------------|
| Feb. 3  | 10:00 am - 12:00 pm | Low Vision Support Group                             |
|         | 10:00 - 11:00 am    | Discover the Computer Room                           |
|         | 1:00 - 2:30 pm      | Care for the Caregiver                               |
|         |                     | In-Person Support                                    |
| Feb. 4  | 10:00 am - 12:00 pm | Chairpersons Meeting                                 |
| Feb. 9  | 10:00 am            | BYOD (Apple)                                         |
|         | 10:30 am            | Zoom Book Club                                       |
|         | 11:00 am            | BYOD (Android)                                       |
|         | 3:30 - 5:00 pm      | Caribbean Party with the Sunshine Rhythms Steel Band |
| Feb. 10 | 7:00 pm             | Readers Theatre                                      |
| Feb. 11 | 6:30 - 8:30 pm      | PJ's Party - Flashback to the 50s/60s                |
| Feb. 13 | 1:30 - 2:30 pm      | Wonders of the Garden                                |
| Feb. 14 | 1:30 pm             | Monthly Movie                                        |
| Feb. 17 | 10:00 am - 11:00 am | Discover the Computer Room                           |
|         | 11:00 am - 12:00 pm | Discover the Computer Room                           |

|         |                     |                           |
|---------|---------------------|---------------------------|
| Feb. 18 | 1:30 - 3:00 pm      | Notable 90s               |
|         | 10:00 am - 12:00 pm | Parkinson's Support Group |
| Feb. 19 | 9:30 am - 1:00 pm   | Blood Pressure Screening  |
|         | 6:00 pm             | Information Tour          |
| Feb. 23 | 10:00 am            | BYOD (Apple)              |
|         | 11:00 am            | BYOD (Android)            |
| Feb. 24 | 7:00 - 8:30 pm      | Readers Theatre           |
| Feb. 25 | 6:30 - 8:30 pm      | Birthday Party            |
| Feb. 27 | 1:30 - 2:30 pm      | Wonders of the Garden     |
| Feb. 28 | 10:00 am            | 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](mailto:clarion@chanw.ca).

# CITY OF NEW WESTMINSTER PROGRAMS & EVENTS

## February Week at a Glance · New Westminster Parks and Recreation

| Monday                                                                                                                                                                                                                                                                                                                                          | Tuesday                                                                                                                                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                                                                                                                         | Thursday                                                                                                                                                                                                                                                             | Friday                                                                                                                                                                                                                                                                                                                                                | Saturday | Sunday                        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|-------------------------------|
| <b>Century House · 620 Eighth Street · 604-519-1066</b>                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                       |          |                               |
| <b>Fitness Centre Drop-in</b><br>9:00 am - 2:30 pm<br><b>Active &amp; Able Fitness</b><br>9:30 - 10:30 am<br><b>Gentle Fit</b><br>11:00 am - 12:00 pm<br><b>Yoga</b><br>11:00 am - 12:00 pm<br><b>Women's Snooker</b><br>3:00 - 5:00 pm<br><b>Public Snooker</b><br>5:00 - 8:45 pm<br><b>Try-it!</b><br><b>Zumba Gold 19+</b><br>5:30 - 6:30 pm | <b>Fitness Centre Drop-in</b><br>9:00 am - 2:30 pm<br><b>Strength &amp; Stretch</b><br>9:30 - 10:30 am<br><b>Mobility &amp; Strength</b><br>10:45 - 11:45 am<br><b>Public Snooker</b><br>5:00 - 8:45 pm<br><b>Try-it!</b><br><b>Zumba Toning 19+</b><br>5:30 - 6:30 pm<br><b>Try-it!</b><br><b>Stretch 19+</b><br>6:45 - 7:45 pm | <b>Fitness Centre Drop-in</b><br>9:00 am - 2:30 pm<br><b>Active &amp; Able Fitness</b><br>9:30 - 10:30 am<br><b>Chair Yoga</b><br>11:00 am - 12:00 pm<br><b>Gentle Fit</b><br>11:00 am - 12:00 pm<br><b>Women's Snooker</b><br>3:00 - 5:00 pm<br><b>Public Snooker</b><br>5:00 - 8:45 pm<br><b>Try-it!</b><br><b>Chair Yoga</b><br>6:00 - 7:15 pm | <b>Fitness Centre Drop-in</b><br>9:00 am - 2:30 pm<br><b>Active &amp; Able Fitness</b><br>9:30 - 10:30 am<br><b>Fitness Centre Advisor</b><br>1:00 - 3:00 pm<br><b>Public Snooker</b><br>5:00 - 8:45 pm<br><b>Try-it!</b><br><b>Zumba Gold 19+</b><br>6:00 - 7:00 pm | <b>Fitness Centre Drop-in</b><br>9:00 am - 2:30 pm<br><b>Strength &amp; Stretch</b><br>9:30 - 10:30 am<br><b>Gentle Fit</b><br>11:00 am - 12:00 pm<br><b>Yoga</b><br>11:00 am - 12:00 pm<br><b>Public Snooker</b><br>5:00 - 8:45 pm<br><b>Try-it!</b><br><b>Zumba 19+</b><br>5:30 - 6:30 pm<br><b>Try-it!</b><br><b>Stretch 19+</b><br>6:45 - 7:30 pm |          |                               |
| <b>Queensborough Community Centre · 920 Ewen Avenue · 604-525-7388</b>                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                       |          |                               |
| <b>Seep</b><br>2:30 - 5:30 pm                                                                                                                                                                                                                                                                                                                   | <b>Bingo</b><br>12:30 - 2:30 pm<br>Except 2nd Tuesday<br><b>Seep</b><br>2:30 - 5:30 pm                                                                                                                                                                                                                                           | <b>Chinese Seniors Group</b><br>9:00 am - 12:00 pm<br><b>Pickleball</b><br>12:30 - 2:30 pm<br><b>Seep</b><br>2:30 - 5:30 pm                                                                                                                                                                                                                       | <b>Seep</b><br>2:30 - 5:30 pm                                                                                                                                                                                                                                        | <b>Learn &amp; Play Mahjong</b><br>9:00 am - 12:00 pm<br><b>Learn &amp; Play Texas Holdem Poker</b><br>9:00 am - 12:00 pm<br><b>Jewellery Making</b><br>9:00 am - 12:00 pm<br><b>Seep</b><br>2:30 - 5:30 pm                                                                                                                                           |          | <b>Seep</b><br>2:30 - 5:30 pm |
| <b>təməsewtx™ Aquatic and Community Centre · 65 E Sixth Avenue · 604-777-5100</b>                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                       |          |                               |
| <b>Active &amp; Able Interval</b><br>8:00 - 9:00 am                                                                                                                                                                                                                                                                                             | <b>Pickleball</b><br>9:00 - 11:30 am<br><b>Learn &amp; Play Mahjong</b><br>9:00 am - 12:00 pm<br><b>Learn &amp; Play Texas Holdem Poker</b><br>9:00 am - 12:00 pm<br><b>Sketch for Fun</b><br>10:00 am - 12:00 pm                                                                                                                | <b>Active &amp; Able Interval</b><br>8:00 - 9:00 am                                                                                                                                                                                                                                                                                               | <b>Badminton</b><br>9:00 am - 12:00 pm<br><b>Learn &amp; Play Mahjong</b><br>9:00 am - 12:00 pm<br><b>Learn and Play German Bridge</b><br>9:00 am - 12:00 pm<br><b>Jewellery Making</b><br>9:00 am - 12:00 pm                                                        | <b>Walking Soccer</b><br>1:00 - 2:30 pm<br><b>Try-it!</b>                                                                                                                                                                                                                                                                                             |          |                               |
| Schedule is subject to change. For up-to-date schedules visit: <a href="http://newwestcity.ca/dropin">newwestcity.ca/dropin</a><br>■ Registration is available for Limited-Capacity Drop-in classes. Admission fees apply. See page 13.                                                                                                         |                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                       |          |                               |

### Additional Events from the City of New Westminister

|         |                  |                                  |
|---------|------------------|----------------------------------|
| Feb. 7  | 1:30 - 3:30 pm   | Karaoke                          |
| Feb. 6  | 6:30 - 8:30 pm   | Friday Night Fever               |
| Feb. 17 | 10:45 - 11:45 am | 50+ Social Skate                 |
| Feb. 19 | 6:00 - 8:00 pm   | Paint & Create                   |
| Feb. 21 | 1:30 - 3:30 pm   | Karaoke                          |
| Feb. 23 | 9:00 - 10:30 am  | SFU DASH Study                   |
| Feb. 24 | 10:45 - 2:45 pm  | Bus Trip: Little White Tea House |
| Feb. 25 | 10:00 - 2:00 pm  | Pink Shirt Day Info Table        |

Be kind.

PiNK SHiRT DAY  FEB 25 2026

# CITY OF NEW WESTMINSTER PROGRAMS & EVENTS

## Admission Fees

|               | 1 Visit | 10 Visit | 30 Day Pass | 365 Day Pass               |
|---------------|---------|----------|-------------|----------------------------|
|               |         | Save 20% | Save 40%    | Save 55%                   |
| 19 - 64 years | \$7.70  | \$61.50  | \$69.25     | \$49.50 / mon. or \$594.00 |
| 65 - 74 years | \$5.10  | \$41.00  | \$46.00     | \$33.00 / mon. or \$396.00 |
| 75+ years     | \$3.85  | \$30.75  | \$35.00     | \$24.75 / mon. or \$297.00 |
| Try-it!       | \$2.00  |          |             |                            |

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

## 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.

### Drop-In Yoga

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

### 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 (Mild)

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.

### 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 & 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 & Play Mahjong

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

### Learn & Play Texas Hold'em 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.

### Public Snooker Drop-in

Drop-in and play! No CHA membership required.

### Maple Room





## 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 schedules: [newwestcity.ca/dropin](http://newwestcity.ca/dropin)

Visit [newwestcity.ca/financial-assistance](http://newwestcity.ca/financial-assistance) for more information or inquire at the front desk.

### Expanding 50+ Drop-In Services at Queensborough Community Centre

The New Westminster Seniors Services team are excited to share that our drop-in programs at Queensborough Community Centre are growing this year! In addition to Wednesday schedule, we will now also be open on Fridays, offering even more opportunities to connect, create, and have fun. Join us for a variety of activities, including learning and playing Mahjong, Texas Hold'em, jewellery making, and more. Whether you are looking to pick up a new hobby, meet new people, or simply enjoy a relaxed social atmosphere, there is something for everyone.

Friday, 9:00 am - 12:00 pm

### Seep

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

### Sketch 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

### Strength & Stretch (Moderate)

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

### 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, walking only 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.

## City of New Westminister Programs & Services

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



**Century House Webpage**  
[centuryhouse.association.com](http://centuryhouse.association.com)

**City of New Westminister**  
**City of New Westminister**  
**Recreation Program Information**



## Income Tax Services

We are once again offering free income tax services starting on Monday, March 2. To qualify for this free service, please review the information below:

- Must bring your Social Insurance Number
- Must be aged 50+ years and a resident of New Westminster
- Please bring last year's complete taxes to the appointment
- You must bring all slips
- Gross annual income must not exceed \$40,000 per person
- Gross annual income must not exceed \$50,000 per couple
- Investment income must not exceed \$1,000 per person
- No capital gains or losses
- No business or rental income
- Cannot do a deceased person's return
- Cannot assist individuals who have any self-employment income
- For the BC Renters Tax Credit - If renting for 6+ months of 2025
  - Name of landlord or company payment was made to
  - Rental address
  - Rent paid per month
  - Number of months at this rental address

Drop off all slips and last year's completed taxes to Volunteer Intake Desk to review tax package through March and April, Monday - Friday, 10:00 am - 2:00 pm.

No appointment needed.

### General Drop-off:

Mon. - Fri., 10:00 am - 8:00 pm & Sat. 10:00 am - 3:00 pm

No appointment needed to drop off documents. Please be advised that Century House is closed on statutory holidays and Sundays.

## 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 volunteer will be available for non-legal conversations to help clarify your concerns and suggest resources.

No appointment needed. All discussions are confidential.

**Century House**

**604-519-1066**

Thursday, 11:00 am - 1:00 pm

February 5

## 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](mailto:jvenable@newwestcity.ca) or 778-312-1511.

## Every Senior Deserves a Place to Call Home

For too many vulnerable seniors in our community, home is uncertain. Many are facing eviction, sleeping in cars, or struggling to find affordable apartments. Help the Seniors Services Society of BC raise funds so that ordinary seniors can stay safely and securely housed throughout the holidays and beyond. Your donation provides more than just a roof—it offers dignity, warmth, and hope for those facing a housing crisis. Learn how you can help: [seniorsservicesociety.ca](http://seniorsservicesociety.ca).

## Ministry of Social Development & Poverty Reduction **NEW DAY**

Pushpinder (Push) Sharma, Community Integration Specialist, will be available for consultation. Look for his table in the Century House Lounge.

Tuesday, 1:00 - 4:00 pm

## City of New Westminster Extreme Weather & Emergency Response Line

In the event of 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/warming 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](http://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](mailto:chvolunteer@newwestcity.ca)

## City of New Westminster Events

### Friday Night Fever: Grease Lightning

Come dressed in your favorite 50's fits 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

February 6

**Registration Fee: \$6.00 members**

**243392**

**\$7.00 non-members**

### Friday Night Fever: Women in Music

Get ready to celebrate some of the best women in music! 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

March 6

**Registration Fee: \$6.00 members**

**243393**

**\$7.00 non-members**

### Karaoke

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

February 7

**242874**

February 21

**242875**

**Registration Fee: \$2.00 / class**

## Soup and Bannock

Gather together for a free, warm and welcoming event. Enjoy a nourishing meal while learning about the cultural significance of bannock and the importance of sharing food in community. This is a time to connect, reflect, and enjoy good food and good company in a respectful and inclusive space.

**Century House** **604-519-1066**

Saturday, 11:00 am - 12:30 pm

February 7

**Registration Fee: Free** **248596**

Registration recommended, drop-in is also available.

## Understanding Your Credit

Strengthen your financial foundation with a personalized 30-minute credit review with Mortgage Specialist Gloria Cooper from Dominion Lending. This one-on-one session will help you understand your credit status, learn how credit bureaus work, and explore practical strategies to improve or maintain your credit health.

**Century House** **604-519-1066**

Saturday, February 28

10:00 - 10:30 am **242880**

10:30 - 11:00 am **242881**

11:00 - 11:30 am **242882**

11:30 am - 12:00 pm **242883**

1:00 - 1:30 pm **242884**

1:30 - 2:00 pm **242885**

2:00 - 2:30 pm **242886**

2:30 - 3:00 pm **242887**

3:00 - 3:30 pm **242888**

**Registration Fee: Free**

## 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

Feb. 3 Seniors First BC - Linda Yauk

Feb. 10 Social Mixer with Jenna

Feb. 17 Fraser Health Falls & Injury Prevention - Ronda Field

Feb. 24 TBD

No registration required, check in at Welcome Table upon arrival.

## Education & Programming

### Read-Write-Share: Creative Writing for Seniors Spring 2026

Use literature to motivate your writing practice! Each online Zoom class begins with reading selections from various genres including novels, short stories, poetry, memoir, and/or non-fiction; then, you will have 30 minutes to write your own pieces using literature-inspired prompts. Class concludes with sharing and discussion. Reading materials and prompts are distributed in advance so you can start early if you prefer. You can create new pieces each class or use multiple classes to write longer pieces. Classes facilitated by Liz Orme. Please register by phone with the front desk 604-519-1066. Email addresses will be sent to Liz before the first week of class so she can generate the Zoom link.

Thursday, 10:00 am - 12:00 pm

February 12 - May 7

(no class Feb. 26, Mar. 5 & 26, Apr. 2 & 30)

Friday, 10:00 am - 12:00 pm

February 13 - May 8

(no class Feb. 27, Mar. 6 & 27, Apr. 3, May 1)

**Registration Fee: Free**

**248567**

**248568**

### Sewing Intermediate - Duster Jacket

In this class, students will expand their garment-making skills by creating a stylish and versatile Jacket/Duster. Perfect for layering, this project introduces techniques that build confidence in working with patterns and achieving a polished finish. Designed for students who are comfortable using a sewing machine and sewing straight seams. A machine is available; bringing your own is recommended.

**Century House**

**604-519-1066**

Thursday, 6:30 - 8:30 pm

February 5 - March 12

**Registration Fee: \$100.00 / 6 classes**

**243354**



## For The Family Record: Genealogy Recording & Scrapbooking by Mara Baudais

A presentation of a 150-page handbook which provides space for recording five generations of Paternal/Maternal lines of genealogy. This makes possible, within our living memory,--of being able to still capture the personalities and details of past and still living close relatives. No computer is needed! In a high quality binder it can be added to with new pages of discoveries--nothing is static! There is a large section, to be discussed, that is set for you being the first generation, to share facts, pictures of your own precious life! Fee includes handbook. Additional suggestions for using scrapbooking techniques/materials will also be shared with a Level 2 workshop to follow.

Instructor: Mara Baudais

**Century House, Oak Room**

**604-519-1066**

Friday, 10:00 - 11:30 am

March 6

**Registration Fee: \$30.00**

**248378**

## Jam-Making Workshop

Create delicious homemade jam in this hands-on workshop. Learn the basics of jam making, from preparing fruit to cooking and preserving, while picking up simple tips you can use at home. Enjoy the process, share the experience with others, and take pride in making something sweet from scratch.

**Queensborough Community Centre**

**604-525-7388**

Friday, 9:30 - 11:30 am

February 6

**Registration Fee: \$7.00 / class**

**248234**

## Embroidery - Beginner

You'll learn the art of raised embroidery—a beautiful technique that adds texture, dimension, and personality to your clothing. Whether you're new or looking to elevate your skills, this workshop will guide you step by step in creating a custom raised design on a t-shirt or sweatshirt. No previous experience necessary.

**Century House**

**604-519-1066**

Thursday, 6:30 - 8:30 pm

March 19 - 26

**Registration Fee: \$33.00 / 2 classes**

**243355**

## 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

February 17

March 10

**243383**

**243383**

**Drop-in Fee: \$2.00 / class**

## Pen to Picture

Discover the art of storytelling from the written word to the big screen. In this three-part series, explore creative writing techniques, learn the fundamentals of screenwriting, and gain hands-on insight into the filmmaking process from concept development to final production. Whether you're a curious beginner or a creative enthusiast, you'll leave with the tools and inspiration to bring your stories to life.

**Century House**

**604-519-1066**

Thursday, 2:00 - 4:00 pm

February 26 - March 12

**Registration Fee: \$45.00 / 3 classes**

**243346**



## 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

February 19

**Registration Fee: \$17.50 / class** **243349**

## SFU DASH Study Participation

Do you want to make a difference, through imperative research in gerontology? Researchers from the DASH program at SFU - Daily Activities, Social Events, and Health study - are coming to present, collect data, and talk about how the layers of everyday experiences of seniors make an impact in their quality of life. Join us for interesting topics and to contribute to a large SFU study that could have positive ripple effects for years to come.

**Century House** **604-519-1066**

Monday, 9:00 - 10:30 am

February 23

**Registration Fee: Free** **246073**

## Speaker Spotlight - Chemical, Pollutants & Your Health

Understand how everyday chemical pollutants can affect your well-being and learn practical ways to reduce exposure. This informative session will highlight common sources of pollutants and offer tips for creating a healthier home and community, followed by an open Q&A. Presented by: Health Canada.

**təməsew̓txʷ Aquatic & Community Centre** **604-777-5100**

Thursday, 10:00 - 11:30 am

February 26

**Registration Fee: Free** **242563**

## Walking Soccer Drop-In

The game of soccer with a low-impact, walking only 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. Come as you are able to and bring a friend!

**təməsew̓txʷ Aquatic & Community Centre** **604-777-5100**

Friday, 1:00 - 2:30 pm

**Drop-in Fee: \$2.00 / class**

## Walking Soccer Drop-in

The game of soccer with a low-impact, walking only 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. Come as you are able to and bring a friend!

**təməsew̓txʷ Aquatic & Community Centre** **604-777-5100**

Friday, 1:00 - 2:30 pm

**Drop-in Fee: \$2.00 / class**

## Bus Trips

### High Tea at Little White Tea House

Spoil yourself with a Parisian inspired High Tea at the super quaint Little White House in Langley. There will be a mix of savory and sweet bite-sized treats that should appeal to most pallets, served in their shabby-chic coach house. After tea, browse through their Dollhouse shop for things like home décor, clothing, and little gift ideas. Not suitable for wheelchairs or walkers.

Tuesday, 10:45 am - 2:45 pm (depending on traffic)

February 24

**Registration Fee: \$90.00**

**248366**

Registration day: Starting January 30

