

# The Clarion

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

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## General Information

### 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!

Wednesday, 1:00 - 2:00 pm  
March 18

246126

Saturday, 10:00 - 11:00 am  
April 11

249746

**Registration Fee: Free**

### 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

Leaders of the CHA Activity and Support groups meet monthly to exchange information with the CHA Executive. Meetings are open to all members as observers only. Contact [secretary@centuryhouseassociation.com](mailto:secretary@centuryhouseassociation.com) by the preceding Thursday if you plan to attend.

#### ABC Room

Wednesday, 10:00 am - 12:00 pm  
March 4

### Century House Association Website

Learn about us and get updates as they happen. Subscribe at the bottom of any page for weekly email updates: [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 90<sup>th</sup> birthday. And if other occasions should be recognized, we welcome suggestions.

### Tech-Tok: Keeping track of your online subscriptions

Brought to you by Seniors Embracing Technology (SET) In a survey of 10,000 people worldwide, participants juggled an average of 19 active online subscriptions, with costs adding up quickly if not carefully tracked. To avoid wasting hard-earned dollars, start by keeping an up-to-date subscription list and regularly reviewing whether each subscription continues to provide value. Cancel any that don't. One easy way to stay on top of this is to enter each subscription's payment due date, whether monthly or annually, into your online calendar as a reminder to check.

## Cover Story: Century House Association Executive (CHAE)

It is a pleasure to introduce the Century House Association Executive (CHAE) following their election at the Annual General Meeting on January 24, 2026. This year marks a transition, with some officers serving one year and others two, as a staggered election system was approved. The term for each executive role is noted beside their name. The Century House Association Executive is committed to supporting its members and enriching the community through volunteer service and leadership.

Meet the dedicated volunteers serving CHA members:

### **Bill Harper – President (2026/27)**

Bill brings extensive experience in municipal politics, education, Indigenous treaty processes, union negotiations, and heavy industry as a stationary engineer. He is excited to contribute to his community as CHAE president.

### **Trudi Hampel – Vice-President (2026)**

New to New Westminster in 2024, Trudi has served as a Member-at-Large. Her 40-year career includes roles as a registered nurse, insurance department manager, and HR professional in engineering. She brings strong management skills to the executive.

### **Tim Hicks – Secretary (2026/27)**

Tim has served as CHA webmaster since 2018 and secretary since 2024. He is a founding member of Seniors Embracing Technology and has a background in programming and corporate communications. Outside CHA, Tim enjoys motorcycling, softball, science fiction, and travel.

### **Marnie Jepsen – Treasurer (2026)**

Recently retired, Marnie spent 20 years leading finance teams at YMCA BC and held positions at the City of White Rock and Custom House Currency Exchange. She is active in curling and pickleball. She looks forward to participating more at Century House.

### **Helen Chambers – Member-at-Large (2026)**

Helen joined Century House in 2018 and this is her second term as Member-at-Large. She played in the ukulele orchestra and currently serves on the SOUL committee and is part of the Blood Pressure Monitoring group. She enjoys line dancing, music and social events. Her background includes work in healthcare and archeology.

### **Kathleen Strath – Member-at-Large (2026/27)**

Kathleen, a lifelong resident of New Westminster, has 45 years of healthcare experience and recently retired as CEO of a care home. She values teamwork, respect, and fun, and stays engaged with professional organizations.

### **Lynn Bittner-Jobson – Member-at-Large (2026/27)**

Lynn is well known for her work with Blood Pressure Monitoring. She has 21 years teaching and hospital experience, 29 years as an advanced practice nurse in northern regions, and service as an occupational health nurse for mining companies and the Canadian Armed Forces. She also worked as a cruise ship nurse.

### **Anne Ladouceur – Past President**

Anne recently completed two years as CHA President and was formerly the Secretary. She currently participates in the Events Planning Committee and activity groups such as Line Dancing, The Players, and Wonders of the Garden. Her past involvement includes English Conversation, SET, Readers Theatre, Time for Change, and the Bursary Committee.

## 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 questions.

## Congratulations to a fellow CHA member

Century House member and Singers co-chair, Lesley Hebert, has just published a travel memoir in which she shares her experiences as a new grandmother travelling in Japan, eager to understand the country where her daughter-in-law grew up. The Heart of Japan will be available in the display case in the lobby at Century House. It is thrilling to recognize, celebrate and support the talents of our members.

## 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

## 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: or [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  
March 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 a Care for Caregivers ZOOM series is offering its 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

March 31 - April 28

Zoom: [https://us02web.zoom.us/meeting/register/esd3GKMGQmyfA3WL7W\\_C\\_A](https://us02web.zoom.us/meeting/register/esd3GKMGQmyfA3WL7W_C_A) **246118**

Registration Fee: Free

### **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.

### **Blood Pressure Monitoring**

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.

**By the front office**

Thursday, 9:30 am - 1:00 pm  
March 19

### **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 CHA members become more confident, we're happy to welcome new volunteers to the team. Email [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 donation centre for the Digital Inclusion Hub. Please drop off devices at the front office to help those in need.

### **Low Vision Support Group**

We will review the information about the Canadian National Institute for the Blind (CNIB) Technology Tutorials program, which is the result of a New Horizons for Seniors Program grant. The 1:1 tutorials are offered to all seniors, who are blind or have low vision. The deadline to enroll is this month. As far as we know, this is a one-time only opportunity. We welcome those with low vision to find out more about making their life better with available technology. There will be opportunities to share and discuss other issues and concerns that members would like to present.

**Oak Room**

Tuesday, 10:00 am - 12:00 pm  
March 3

## Notable 90s

If you are 90 years old or more, please come and join our group. This month's guest will be Margaret McLaughlin and she will be telling and teaching us all about "laughter yoga" so it should be fun. Enjoy coffee/tea and treats while you have conversation and social time with the other participants. If you are a regular participant, welcome back and if you are a first timer, please come and be part of it!

### Oak Room

Wednesday, 1:30 - 3:00 pm

March 18

## Bring your Own Device (BYOD)

Register to secure 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.

March 9 & 23

Monday, 10:00 - 11:00 am      Apple      **243749**

Monday, 11:00 am - 12:00 pm      Android      **243750**

## 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, March 3 & 31

10:00 am - 11:00 am      **246075**

11:00 am - 12:00 pm      **246076**

## 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).



## SET Workshop - Artificial Intelligence

### Part 2: How to talk to your favorite AI Bot

It all comes down to prompts. The intent of this free interactive workshop is to introduce the AI-curious on how to structure written and verbal instructions to get the most out of their searches. The focus will be on simple tips and tricks that participants can take home.. Those participating are encouraged to bring their own ideas and we will work through them together. The program will also include samples of the latest AI video whimsy from SET Chair Norm Daykin. The event promises to be both fun and informative. All welcome!

Registration is required.

### Oak Room

Wednesday, 2:00pm - 4:00pm

March 18

**249642**

**Registration Fee: Free**

## 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

March 18

## Century House Association Events

### 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 enabling 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.

#### 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: <https://us02web.zoom.us/meeting/register/5j8vnx7yQZCioqjj-NJKog>  
Passcode: 455713



### Bursary Trivia Fundraiser

If you can name a Seniors Centre in New Westminster, you qualify to participate in our next Trivia Bursary fundraiser. Kevin McKay will be hosting the six rounds of play in an easy and fun game. It will include twenty songs to identify and you may score bonus points by dancing! Bring your friends to this fun fundraiser. Everyone becomes 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

### March Birthday Party

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

#### Douglas/Fir Room

Wednesday, 6:30 - 8:30 pm

March 25

248566

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

Registration deadline is Friday, March 20 or when maximum seating is reached.

### Monthly Movie

March's movie is *The Light Between Oceans* (2016) starring Michael Fassbender, Alicia Vikander and Rachel Weisz. A lighthouse keeper and his wife living off the coast of Western Australia rescue a baby girl from a drifting row boat. They raise her as their own only to discover years later the girl's mother is still alive and is looking for her.

#### ABC Room

Saturday, 1:30 pm

March 14

244816

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

## Upcoming

### Opera Gala

Experience the timeless beauty of operatic highlights, intertwined with love ballads and famous songs of Broadway musicals with Tenor Gustavo Herrera and Soprano Sarah Goomeshi. Light refreshments.

#### Douglas/Fir Room

Wednesday, 6:15 - 8:30 pm

April 8

249749

Tickets: \$15.00 members / \$18 non-members

Registration deadline is Friday, April 3 or when maximum seating is reached.

## Pianist Luke Sanford

Enjoy an engaging performance of original music along with Tin Pan Alley classics and Broadway favourites. Luke will take requests of Classic Rock, Jazz and Broadway tunes so do think of some songs you want to hear him play! Ticket includes tea and treats.

### Fir Room

Wednesday, 3:30 - 5:00 pm

April 15

249756

**Tickets: \$10.00 members  
\$12 non-members**

Registration deadline is Friday, April 10 or when maximum seating is reached.

## April Birthday Party

Come celebrate and enjoy music and dancing with guest artist Mike Kinal. Specify Cake (Apple Crumble) or Cheese & Crackers when registering.

### Fir/Douglas Room

Wednesday, 6:30 - 8:30 pm

April 29

249759

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

Registration deadline is Friday, April 24 or when maximum seating is 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 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. Try out Badminton for free three times before joining. We have extra racquets.

### Multipurpose Room

Wednesday and 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, CHA 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: 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're a 55+ Women's Dragon Boat team who enjoy paddling together and sharing our passion for fitness, competition, and team camaraderie. From the beginning of March to the end of September, we practice dragon boating at False Creek for 90 minutes twice per week, and race in regattas throughout the season. Our first regatta is the Inlet Spring Regatta in Port Moody on April 24, followed by Vessi Regatta in False Creek on May 30. We're excited and ready for the 2026 dragon boat season to begin! For information, please email [Centurydragons1@gmail.com](mailto:Centurydragons1@gmail.com).

## Century House Artists

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

### 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 March 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, email [zbc@centuryhouseassociation.com](mailto:zbc@centuryhouseassociation.com).

Program Facilitator: Jane Hicks

Monday, 10:30 am

March 9

## Century House Carpet Bowling

We welcome new members, no experience needed.

### ABC Room

Monday, 1:00 - 3:00 pm

**Annual cost is \$10.00 / person**

## Century House Darts

Meet our group and have some fun! Bring your own darts or use ours. For more information, email Mike:

[CHDartsGroup@gmail.com](mailto:CHDartsGroup@gmail.com).

### Hemlock Room

Thursday, 1:00 - 3:00 pm

## Century House Players

New members are invited to join. We are preparing for our spring show which will be featuring Improv and Standup Comedy. Have questions? 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, 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 maximum capacity! As a result, we have decided to suspend applications to join us. 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. New dancer intake in September. 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

Saturdays, 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 details, 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 practice French in a relaxed, non-judgmental setting. Suitable for all levels, however, some comprehension is 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**

## 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. All members are encouraged to participate as we chat, read, play games, sing, and have fun. [Contact Lizzy spanish@chanw.ca](mailto:ContactLizzyspanish@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 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 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**

We will meet again on March 19, 2026.

## **Birch/Cedar Room**

2:30 - 3:30 pm



## **Line Dancing 1**

Current class is full. Next session: April 6 - June 29.

Contact Coreen at 604-521-4997 for more information.

## **Fir Room**

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

January 5 - March 24

**Registration Fee: \$15.00**

## **Line Dancing 2**

Current session ends on March 31 with the Spring session beginning April 7.

## **ABC Room**

Tuesday, 7:00 pm - 8:30 pm

January 6 - March 31

**Fee: \$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**

Thursdays, 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 group. Open to all CHA 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, there will be beginners' lessons 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**

Group meets on the 2nd and 4th Tuesday of each month. Come join us for a fun evening reading a play, 'acting' the roles with voice only. No experience needed. For more details: [readerstheatre@centuryhouseassociation.com](mailto:readerstheatre@centuryhouseassociation.com)

Tuesday, 7:00 - 8:30 pm

Tuesday, 7:00 - 8:30 pm

**March 10 & 24**

## **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. CHA membership is also required. Snooker members may access the public playing times for no additional charge.

## **Maple Room**

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

Saturday, 9:30 am - 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. Join us for 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 email: [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:

<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 held on the second and fourth Fridays of the month. Contact Carole [Forsythe.carole.forsythe@pobox.com](mailto:Forsythe.carole.forsythe@pobox.com) for more information.

## Douglas Room

Friday, 1:30 - 2:30 pm

March 13 & 27

Drop-in Fee: \$2 / class

# CENTURY HOUSE ASSOCIATION

## March Week at a Glance - Century House Association

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

Mar. 3	10:00 am - 12:00 pm 10:00 - 11:00 am 1:00 - 2:30 pm	Low Vision Support Group Discover the Computer Room Care for the Caregiver In-Person Support	Mar. 23	10:00 am 11:00 am	BYOD (Apple) BYOD (Android)
Mar. 4	10:00 am - 12:00 pm 3:15 - 5:00 pm	Chairpersons Meeting Time for Change: On the Brink	Mar. 24	7:00 - 8:30 pm 1:30 - 3:30 pm	Readers Theatre Bursary Trivia Fundraiser
Mar. 9	10:00 am 10:30 am 11:00 am	BYOD (Apple) Zoom Book Club BYOD (Android)	Mar. 25	6:30 - 8:30 pm	Birthday Party
Mar. 10	7:00 pm	Readers Theatre	Mar. 27	1:30 - 2:30 pm	Wonders of the Garden
Mar. 13	1:30 - 2:30 pm	Wonders of the Garden	Mar. 31	10:00 - 11:00 am 11:00 am - 12:00 pm	Discover the Computer Room Discover the Computer Room
Mar. 14	1:30 pm	Monthly Movie			
Mar. 18	1:30 - 3:00 pm 10:00 am - 12:00 pm 1:00 - 2:00 pm 2:00 - 4:00 pm	Notable 90s Parkinson's Support Group CH Information Tour SET Workshop: Artificial Intelligence Part 2			
Mar. 19	9:30 am - 1:00 pm 2:30 - 3:30 pm	Blood Pressure Monitoring Learning Garden			



# CITY OF NEW WESTMINSTER PROGRAMS & EVENTS

## March 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> 9:00 am - 2:30 pm <b>Active &amp; Able Fitness</b> 9:30 - 10:30 am <b>Gentle Fit</b> 11:00 am - 12:00 pm <b>Yoga</b> 11:00 am - 12:00 pm <b>Women's Snooker</b> 3:00 - 5:00 pm <b>Public Snooker</b> 5:00 - 8:45 pm <b>Try-it!</b> <b>Zumba Gold 19+</b> 5:30 - 6:30 pm	<b>Fitness Centre Drop-in</b> 9:00 am - 2:30 pm <b>Strength &amp; Stretch</b> 9:30 - 10:30 am <b>Mobility &amp; Strength</b> 10:45 - 11:45 am <b>Community Connections</b> 3:00 - 4:00 pm <b>Public Snooker</b> 5:00 - 8:45 pm <b>Try-it!</b> <b>Zumba Toning 19+</b> 5:30 - 6:30 pm <b>Try-it!</b> <b>Stretch 19+</b> 6:45 - 7:45 pm	<b>Fitness Centre Drop-in</b> 9:00 am - 2:30 pm <b>Active &amp; Able Fitness</b> 9:30 - 10:30 am <b>Chair Yoga</b> 11:00 am - 12:00 pm <b>Gentle Fit</b> 11:00 am - 12:00 pm <b>Women's Snooker</b> 3:00 - 5:00 pm <b>Public Snooker</b> 5:00 - 8:45 pm <b>Try-it!</b>	<b>Fitness Centre Drop-in</b> 9:00 am - 2:30 pm <b>Active &amp; Able Fitness</b> 9:30 - 10:30 am <b>Fitness Centre Advisor</b> 1:00 - 3:00 pm <b>Public Snooker</b> 5:00 - 8:45 pm <b>Try-it!</b> <b>Zumba Gold 19+</b> 6:00 - 7:00 pm <b>Try-it!</b>	<b>Fitness Centre Drop-in</b> 9:00 am - 2:30 pm <b>Strength &amp; Stretch</b> 9:30 - 10:30 am <b>Gentle Fit</b> 11:00 am - 12:00 pm <b>Yoga</b> 11:00 am - 12:00 pm <b>Public Snooker</b> 5:00 - 8:45 pm <b>Try-it!</b> <b>Zumba 19+</b> 5:30 - 6:30 pm <b>Try-it!</b> <b>Stretch 19+</b> 6:45 - 7:30 pm	<b>Fitness Centre Drop-in</b> 9:00 am - 2:30 pm <b>Iyengar Yoga Intro</b> 9:30 - 10:30 am	
<b>Queensborough Community Centre · 920 Ewen Avenue · 604-525-7388</b>						
<b>Seep</b> 2:30 - 5:30 pm	<b>Bingo</b> <i>Except 2<sup>nd</sup> Tuesday</i> 12:30 - 2:30 pm <b>Seep</b> 2:30 - 5:30 pm	<b>Chinese Seniors Group</b> 9:00 am - 12:00 pm <b>Pickleball</b> 12:30 - 2:30 pm <b>Seep</b> 2:30 - 5:30 pm	<b>Seep</b> 2:30 - 5:30 pm	<b>Learn &amp; Play Mahjong</b> 9:00 am - 12:00 pm <b>Learn &amp; Play Texas Holdem Poker</b> 9:00 am - 12:00 pm <b>Jewellery Making</b> 9:00 am - 12:00 pm <b>Seep</b> 2:30 - 5:30 pm	<b>Seep</b> 2:30 - 5:30 pm	<b>Seep</b> 2:30 - 5:30 pm
<b>təməsewtx™ Aquatic &amp; Community Centre · 65 E Sixth Avenue · 604-777-5100</b>						
<b>Active &amp; Able Interval</b> 8:00 - 9:00 am	<b>Pickleball</b> 9:00 - 11:30 am <b>Learn &amp; Play Mahjong</b> 9:00 am - 12:00 pm <b>Learn &amp; Play Texas Holdem Poker</b> 9:00 am - 12:00 pm <b>Sketch for Fun</b> 10:00 am - 12:00 pm	<b>Active &amp; Able Interval</b> 8:00 - 9:00 am	<b>Badminton</b> 9:00 - 11:30 am <b>Learn &amp; Play Mahjong</b> 9:00 am - 12:00 pm <b>Learn and Play German Bridge</b> 9:00 am - 12:00 pm <b>Jewellery Making</b> 9:00 am - 12:00 pm	<b>Walking Soccer</b> 1:00 - 2:30 pm <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> ■ Registration is available for Limited-Capacity Drop-in classes. Admission fees apply. See page 13.						

### Additional Events from the City of New Westminister

Mar. 5	11:00 - 1:00 pm	New West Tenants Union Information Table
Mar. 6	6:30 - 8:30 pm	Friday Night Fever
	10:00 - 11:30 am	For the Family Record
Mar. 7	1:30 - 3:30 pm	Karaoke
Mar. 10	10:45 - 11:45 am	50+ Social Skate
Mar. 19	6:00 - 8:00 pm	Paint & Create
Mar. 21	1:30 - 3:30 pm	Karaoke
Mar. 26	Various Appointment Times	Hearing Clinic

# CITY OF NEW WESTMINSTER PROGRAMS & EVENTS

## Admission Fees

	1 Visit	10 Visit	30 Day Pass	365 Day Pass
		<i>Save 20%</i>	<i>Save 40%</i>	<i>Save 55%</i>
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
<b>Try-it!</b>	\$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.

*Monday, 9:30 - 10:30 am - Kulwant*

*Wednesday, 9:30 - 10:30 am - Judi*

*Thursday, 9:30 - 10:30 am - Gillian*

On-going

### Badminton

Play recreational badminton at your own pace. All skill levels welcome. Bring a racquet and birdies.

### Bingo

See old friends and meet new ones while playing Bingo. Bring your own snack and beverage for the break.

### 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)

*Monday, Wednesday and Friday, 11:00 am - 12:00 pm*

### Fitness Centre

Elliptical, treadmill, weights and more! On Thursdays there will be a fitness advisor available from 1:00 - 3:00 pm to 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.

*Monday, 11:00 am - 12:00 pm - Kulwant*

*Wednesday, 11:00 am - 12:00 pm - Gillian*

*Friday, 11:00 am - 12:00 pm - Judi*

On-going

### Jewelry Making

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

### Learn and Play German Bridge

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

### Learn and Play Mahjong

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

### Learn and Play Texas 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.



# CITY OF NEW WESTMINSTER PROGRAMS & EVENTS

## Pickleball

Serve, dink, and volley in the hybrid of badminton, tennis and table tennis played with paddles and a perforated ball. Low-impact aerobic exercise. Bring a paddle and balls.

## 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 and 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 Westminster Programs & Services

Pick up a copy of the 50+ section of our Active Living Guide at Century House or see online for all city programs including arts, fitness and more!



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

**City of New Westminster**  
**City of New Westminster**  
**Recreation Program Information**

## Resources & Information

City of New Westminster Programs & Services – 1/2 page image – Pick up a copy of the 50+ years/Older Adults section of the SPRING Active Living Guide at Century House or look online for all 50+ City Programming including arts, fitness and more.

**Century House Webpage (City of New Westminster)**  
**City of New Westminster Recreation Program 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 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.

## 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 requirements below:

- Must bring your Social Insurance Number
- Must be aged 50+ years and a resident of New Westminister
- 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, Mon. - Fri., 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.



## 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.  
 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 ins 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.

### 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

Thursday, 11:00 am - 1:00 pm  
 March 5

### Seniors Community Connector for the City of New Westminister

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.

### Ministry of Social Development and Poverty Reduction

Pushpinder (Push) Sharma, Community Integration Specialist, will be available for consultation.

#### Century House Lounge

Tuesday, 1:00 - 4:00pm

### City of New Westminister 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.

## 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)

## Hearing Clinic (50+ years)

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

**Century House** 604-519-1066

Thursday, March 26

9:30 - 10:00 am

249527

10:00 - 10:30 am

249528

10:30 - 11:00 am

249529

11:00 - 11:30 am

249530

12:00 - 12:30 pm

249531

12:30 - 1:00 pm

249532

1:00 - 1:30 pm

249533

1:30 - 2:00 pm

249534

**Registration Fee: Free**

## New Westminster History Tour (50+ years)

Join our experienced guides on a special tour of the New Westminster Museum to uncover the fascinating histories and stories that make New Westminster one of a kind.

**New Westminster Museum**

**604-527-4640**

Thursday, 10:00 - 11:30 am

March 12

242851

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

## Speaker Spotlight (50+ years) - Vision Health

Protect your eyesight and maintain healthy vision as you age. This session will cover common eye conditions, early warning signs to look out for, and steps you can take to prevent or manage them. Presented by Seniors Helping Seniors, COSCO.

**təməsew'tx™ Aquatic & Community Centre 604-777-5100**

Thursday, 10:00 - 11:30 am

March 26

242564

**Registration Fee: Free**

## Mother Nature, Human Nature and Human Kind (50+ years)

Explore how your personal "DNA" can guide you toward greater peace, purpose, and wellbeing. Using the simple and practical acronym PEACE, you'll learn how to navigate your authentic self with lower stress, less worry, and more positive intention in everyday life. Presented by: Syd Lam.

**təməsew'tx™ Aquatic & Community Centre 604-777-5100**

Thursday, 11:30 am - 12:00 pm

March 19

249526

**Registration Fee: Free**

## Bus Trips

### Tulip's and Rowena's Inn with Joy Brown

Welcome spring with a visit to the Harrison Tulip Festival. Tip toe through 10 million colourful tulips overlooking beautiful Mt. Cheam. Stop at Milner Valley cheese to taste the made in-house cheese and visit the goats. Learn about bees and sample honey at Chilliwack River Honey. Lunch and dessert are served at Rowena's Inn on the River with great views overlooking the Harrison River.

Wednesday, 9:00 am - 5:30 pm (depending on traffic)

April 22

249720

**Registration Fee: \$150.00**

**Registration begins February 27**





# City of New Westminster Spring 2026 Programs

Spring season of programs begins Monday, March 30, 2026!  
Enjoy activities and events through Friday, June 26, 2026.  
View the full program offerings and register today.

## How to Register:

- ONLINE** Log into, or create your account: [newwestcity.ca/register](http://newwestcity.ca/register)
- PHONE** Call a recreation facility during operating hours for assistance.
- IN PERSON** Contact Century House front desk

REGISTRATION OPENS	New Westminster Residents	Everyone
Swim Lesson Registration	March 3, 10:00 am	
All Lessons & Courses	March 5, 10:00 am	March 12, 10:00 am
Limited-capacity Drop-in	72 hours in advance	48 hours in advance

## 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.

#### Century House Lounge

Tuesday, 3:00 - 4:00 pm

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

March 2

March 9

March 16

March 23

March 30

### 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

Friday, 6:30 - 8:30 pm

March 6

243393

Registration fee: \$6.00 members

\$7.00 non-members

## Education & Programming

### Singin' in the Spring – online using Zoom

Join us for a six-week virtual singing program. The repertoire includes songs from different genres and decades, e.g., Crooners from the 50's, Beatles from the 60's; Folk Music from the 70's. No singing experience needed. Lyrics will be provided. Between songs, the facilitator will share interesting stories about the music, composers and artists. Please join us! Singing familiar songs warms our hearts and lifts our spirits! Participants will be emailed a zoom link before program start date.

Program Facilitator: Karin Roberts, MAMT, MTA

Tuesday, 1:00 - 2:00 pm

March 17 - April 21

249730

Registration Fee: Free



## Older Adult Mistreatment and Abuse

Mistreatment of seniors may include verbal humiliation or intimidation or physical violence; financial misuse of funds or assets; over or under medication; denial of your freedoms and human rights; denial of privacy; and the list goes on.

This talk will share some of these mistreatments and how and where to go for help and support. We are here to break the cycle of older adult mistreatment.

Help to be part of the solution for your family, friends or neighbours. Together we can create a society that values and respects people of all ages, now and for generations to come.

Presenter: Presented by Ken Kuhn, BC Association of Community Response Network, Regional Mentor

### Century House

604-519-1066

Wednesday, 10:00 am – 12:00 pm

March 24

249950

Registration Fee: Free

## 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 pm - 8:30 pm

March 19 - 26

243355

Registration fee: \$33.00 / 2 sessions

## 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

248378

Registration fee: \$30.00

## Chronic Pain Self-Management

Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives. The Chronic Pain Self-Management Program will not conflict with existing programs or treatment. It is designed to enhance regular treatment and disease-specific education on chronic pain.

### Century House, Oak Room

604-519-1066

March 14 – April 18

10:00 am – 12:30 pm

249264

Registration fee: Free / 6 classes

## 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, 6:00pm-8:00pm

March 19

243350

Registration fee: \$17.50 per session

## Drop-in General Interest

### **Bid-Euchre (50+ years)**

Bid on tricks in the variation of Euchre. New to Bid-Euchre? Schedule a lesson with Century House staff.

### **Bingo (50+ years)**

See old friends and meet new ones while playing Bingo. Bring your own snack and beverage for the break. \$0.50 / Bingo card.

### **Bridge (50+ years)**

Take the lead with experienced players. New to Bridge? Schedule a lesson with Century House staff.

### **Canasta (50+ years)**

Make a meld with experienced players. New to Canasta? Schedule a lesson with Century House staff.

### **CH Artists (50+ years)**

Work independently on personal projects while socializing with other supportive artists.

### **CH Players (50+ years)**

Exercise your artistic expression in this theatre group. Participants engage in on-stage improv and scripted performances. Enjoy the spotlight or get out of your comfort zone!

### **CH Singers (50+ years)**

Join in a fun sing-along program! For those who love to sing.



### **CH Walkers (50+ years)**

Walk all over the Lower Mainland using transit and in all types of weather. Walks vary in length.

### **Chinese Seniors Group (50+ years)**

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

### **Conversational French (50+ years)**

Read, sing, and converse in French. French movies and documentaries are presented once a month on a large screen.

### **Conversational Spanish (50+ years)**

For those interested in practicing and improving their Spanish language skills in a relaxed, non-judgmental setting. All levels welcome.

### **Community Connections (50+ years)**

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

### **Court Whist (50+ years)**

Play tricks with experienced players. New to Court Whist? Schedule a lesson with Century House staff.

### **Crafting (50+ years)**

Share tips and techniques, and create as a group.

### **Cribbage (50+ years)**

Deal, play, and show with experienced players. New to Cribbage? Schedule a lesson with Century House staff.

### **Crochet Social (50+ years)**

Relax and connect while working on crochet projects in a friendly, social setting. Bring your own project or learn basic stitches from others. Limited supplies, please bring your own.

### **Darts (50+ years)**

Go for the bullseye! Welcome to all players, new and experienced.

### **General Discussion Group (50+ years)**

Talk with members and have lively conversations on just about everything. Topics range from serious to fun.

### **Jewellery Making (50+ years)**

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

### **Learn & Play Mahjong (50+ years)**

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

### **Learn & Play Rummikub (50+ years)**

Learn and play Rummikub, a tile-based game that combines elements of rummy and Mahjong! Perfect for sharpening your mind while enjoying a friendly match with others. No cash prize.

### **Learn & Play Texas Holdem Poker (50+ years)**

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

### **Mahjong (50+ years)**

Use strategy and skill with experienced players. New to Mahjong? Join the Learn and Play group, or schedule a lesson with Century House staff.

# CITY OF NEW WESTMINSTER PROGRAMS & EVENTS

## **Quilting (50+ years)**

Work on a project together. Knowledge of hand quilting and machine sewing is an asset. All levels welcome.

## **Scrabble (50+ years)**

Show off word forming skills in matches for experienced and new players. Play co-operatively and competitively.

## **Seep (50+ years)**

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

## **Sketch for Fun (50+ years)**

Express 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 (50+ years)**

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.

## **Square Dancing (50+ years)**

Step into fun and fitness! Enjoy a low-impact workout, lively music, and great company. Perfect for all skill levels.

## **Ukulele (50+ years)**

Strum along in a friendly ukulele jam! All skill levels welcome. Bring your own ukulele.

## **Whist (50+ years)**

All Whist Players and Bridge Players are welcome. Ten games of regular whist. Teams of two.

## **Drop-in Sports**

### **Badminton (50+ years)**

A racquet sport for all skill levels. Bring a racquet and birdies.

### **Carpet Bowling (50+ years)**

Bowl indoors on carpet, similar to lawn bowling. All levels welcome. Century House membership required.

### **Pickleball (50+ years)**

A hybrid of badminton, tennis and table tennis played with paddles and a perforated ball. Low-impact aerobic exercise. Please bring a paddle and balls.

### **Table Tennis (50+ years)**

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

### **Walking Soccer (50+ years)**

A low-impact take on soccer that emphasizes teamwork, skill-building, and fun in a safe, supportive environment. Wear running shoes. All other equipment provided.



## Arts

### Pottery (50+ years)

Receive instruction and technical support in our well-equipped studio. The instructor and potters determine topics. All pottery is hand built. Clay is an extra fee and can be purchased through the studio. Open to all levels. Instructor: Simone Adams.

**Century House** 604-519-1066  
 Tuesday, 12:30 - 2:30 pm  
 April 14 - June 16 248293  
**Registration Fee: \$174.00 / 10 classes**

### Pencil Crayons (50+ years)

Practice layering, shading, creating form in 3D, still life, burnishing, changing the value of colour, and more. A class for total beginners, returning students, and those with some experience.

**Century House** 604-519-1066  
 Monday, 3:00 - 4:30 pm  
 April 13 - June 8 (no class May 18) 248375  
**Registration Fee: \$108.00 / 8 classes**

### Acrylic Painting - All Levels (50+ years)

Practice the steps you need to create a successful painting. Demonstration will include colour mixing, brush strokes, blending techniques, and more. Experienced gouache painters are welcome to attend, however instruction will be in acrylic. Please bring supplies to First class. Suggested supply list available at Century House. Instructor: Peri Nilan.

**Century House** 604-519-1066  
 Monday, 1:00 - 3:00 pm  
 May 25 - June 22 248296  
**Registration Fee: \$130.00 / 5 classes**

### Acrylic Painting - Colour Mixing Basics

(50+ years)  
 Learn to mix the colours you need for almost any subject. Class will include demonstration and hands on practice using a limited palette of colours. We will also complete a small abstract painting using the colour mixes we've practiced. Suggested supply list available from Century House. Instructor: Peri Nilan.

**Century House** 604-519-1066  
 Monday, 1:00 - 4:00 pm  
 April 13 248269  
**Registration Fee: \$40.00 / class**

### Ink & Watercolour - Urban Sketching (50+ years)

Practice pen and ink drawing, review perspective, and apply loose watercolour washes to enhance sketches. Explore a range of subjects using reference images or your own. Suggested supply list available from Century House. Instructor: Peri Nilan.

**Century House** 604-519-1066  
 Thursday, 12:30 - 2:30 pm  
 April 2 - 16 248270  
 May 28 - June 25\* 248273  
**Registration Fee: \$78.00 / 3 classes**  
**\$130.00 / 5 classes\***



### Watercolour Painting - Loose & Splashy Florals (50+ years)

Learn to paint florals, full of life and expression. Practice simplifying forms, loose brushwork, merging shapes, and creating hard and soft edges. Build confidence through colour exploration and mark making. For students with some experience. Supply list available at Century House. Instructor: Peri Nilan.

**Century House** 604-519-1066  
 Friday, 9:30 am - 12:00 pm  
 April 10 - 17 248279  
**Registration Fee: \$65.00 / 2 classes**

### Watercolour - Intermediate (50+ years)

Follow demonstrations, individual guidance, and critiques to create several watercolour pieces. For experienced watercolour artists. Suggested supply list provided at registration. Instructor: Peri Nilan.

**Century House** 604-519-1066  
 Friday, 12:30 - 2:30 pm  
 May 29 - June 26 248281  
**Registration Fee: \$130.00 / 5 classes**

### Watercolour - Intermediate & Advanced

(50+ years)  
 Learn from demonstrations, critiques and individual guidance. Reference photos supplied, participants are encouraged to bring their own. For experienced watercolour artists able to work independently. Suggested supply list provided at registration. Instructor: Peri Nilan.

**Century House** 604-519-1066  
 Friday, 10:00 - 12:00 pm  
 May 29 - June 26 248282  
**Registration Fee: \$130.00 / 5 classes**

# CITY OF NEW WESTMINSTER PROGRAMS & EVENTS

## Watercolour - Beginner (50+ years)

Learn the basics required to paint with this enjoyable medium. Classes include demonstration and practice exercises, as well as step-by-step instruction to complete some easy painting projects. Bring supplies to first class. Suggested supply list is available from Century House. Instructor: Peri Nilan.

**Century House** 604-519-1066

Tuesday, 10:00 am - 12:00 pm

March 31 - April 14

248284

May 26 - June 23\*

248285

**Registration Fee: \$78.00 / 3 classes**  
**\$130.00 / 5 classes\***

## Watercolour Open Studio (50+ years)

Bring your watercolour painting supplies and your own references to continue your painting practice. No instructor will be available during this time.

**Century House** 604-519-1066

Friday, 10:00 am - 12:00 pm

May 1

248294

May 8

248295

May 15

248297

May 22

248298

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

## Sewing Beginner - Tote Bag (50+ years)

Learn to sew your own tote bag. Designed for beginners or returning sewers. A sewing machine is available; bringing your own is recommended. Supply list will be provided ahead of class.

**Century House** 604-519-1066

Thursday, 6:30 - 8:30 pm

April 9 & 16

248317

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

## Sewing Intermediate - Pyjamas (50+ years)

Expand your garment-making skills! Build confidence 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. Supply list provided ahead of class.

**Century House** 604-519-1066

Thursday, 6:30 - 8:30 pm

April 30 - June 4

248325

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

## Embroidery - Beginner (50+ years)

Learn the art of raised embroidery a beautiful technique that adds texture, dimension, and personality to clothing. New and experienced embroiderers are guided step-by-step to create 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

June 11 & 18

248332

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



## Film Analysis (50+ years)

Watch a film from a new genre each week, then dive into discussion. Explore technical choices, narrative structure, social themes, and personal interpretations in an engaging group setting.

**Century House** 604-519-1066

Wednesday, 1:00 - 3:00 pm

April 15 - May 13

248356

**Registration Fee: \$100.00 / 5 classes**

## Pen to Picture (50+ years)

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. Curious beginners and creative enthusiast will leave with the tools and inspiration to bring stories to life.

**Century House** 604-519-1066

Wednesday, 1:00 - 3:00 pm

May 27 - June 10

248354

**Registration Fee: \$78.00 / 3 classes**

## Paint & Create (50+ years)

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

April 16

248303

May 21

248305

June 18

248306

**Registration Fee: \$18.50 / class**

## Collage & Connections (50+ years)

Share your memories and ideas with collage. Using sentiment, paper, vintage materials, photography and poetry create art books and zines. Instructor: Mona Lochan.

**tāmasew̱tx<sup>w</sup> Aquatic & Community Centre** 604-777-5100

Monday, 12:30 - 2:00 pm

April 13 - May 11 (no class Apr. 27)

248457

**Registration Fee: \$78.00 / 4 classes**

## Dance

### Traditional Japanese Festival Dance (50+ years)

Celebrate the vibrant spirit of Japanese culture with this lively and engaging traditional dance program. Participants will learn the history, meaning, and movements behind classic festival dances. No previous dance experience required, just bring your enthusiasm and be ready to move!

**təməsewtxw Aquatic & Community Centre** 604-777-5100  
 Monday, 12:00 - 1:30 pm  
 April 13 - June 8 (no class May 18) 248377  
**Registration Fee: \$156.00 / 8 classes**

### Partner Dancing (50+ years)

Experience the joy of partner dancing in a friendly and welcoming setting. No partner is required, just bring your enthusiasm and a desire to have fun while learning new steps! All levels welcome. A great way to stay active, and socialize. Instructor: Ricardo Espescht.

**Century House** 604-519-1066  
 Wednesday, 3:00 - 4:00 pm  
 April 22 - May 27 248362  
**Registration Fee: \$78.00 / 6 classes**

### Line Dancing (50+ years)

Enjoy movement, socializing, and staying active in a friendly and supportive environment. Learn and practice line dance choreography to a variety of music and styles. No previous experience required. Instructor: Ricardo Espescht.

**Queensborough Community Centre** 604-525-7388  
 Wednesday, 1:00 - 2:00 pm  
 April 8 - June 10 248350  
**Registration Fee: \$107.50 / 10 classes**

### Latin Dance (50+ years)

Dance to vibrant music and learn the artful steps of Latin dance. All levels welcome. No previous dance experience required. Instructor: Ricardo Espescht.

**təməsewtxw Aquatic & Community Centre** 604-777-5100  
 Tuesday, 1:00 - 2:00 pm  
 April 7 - June 9 248352  
**Registration Fee: \$107.50 / 10 classes**

### Social Dance: Merengue (50+ years)

Learn the basics of this upbeat Latin dance while improving balance, coordination, and fitness. Easy-to-follow steps and lively music. No partner required. Janice Stevens.

**Century House** 604-519-1066  
 Monday, 6:45 - 7:45 pm  
 May 25 - June 22 248355  
**Registration Fee: \$55.00 / 5 classes**

## Fitness

### Better Balance - Level 01 (50+ years)

Learn why balance is essential to maintaining good health, improving mobility and preventing falls. Focus on balance, posture and strengthening core and lower body to expand flexibility, coordination, and agility.

**Century House** 604-519-1066  
 Thursday, 12:30 - 1:30 pm  
 April 2 - May 14\* 247845  
 May 21 - June 25 247847  
**Registration Fee: \$55.25 / 6 classes**  
**\$64.50 / 7 classes\***

### Better Balance - Level 02 (50+ years)

Progress through fun and dynamic exercises and use equipment to build on balance and functional mobility. For those who have completed Better Balance - Level 01.

**Century House** 604-519-1066  
 Thursday, 2:00 - 3:00 pm  
 April 2 - May 14\* 247848  
 May 21 - June 25 247849  
**Registration Fee: \$55.25 / 6 classes**  
**\$64.50 / 7 classes\***

### Active & Able Fitness (50+ years)

A progressive low impact cardio and strength program improving balance, mobility, and daily living function with guided modifications.

**təməsewtxw Aquatic & Community Centre** 604-777-5100  
 Mondays & Fridays, 8:00 - 9:00 am  
 April 10 - May 15 249225  
 May 22 - June 26 249226  
**Registration Fee: \$55.00 / 11 classes**

### Fit Fellows (50+ years)

Strengthen muscles using lightweights, tubing, and body weight to build endurance. Class finishes with stretching and relaxing. Participants move at their own pace. Introductory fitness class designed for men.

**Century House** 604-519-1066  
 Thursday, 11:00 am - 12:00 pm  
 April 2 - May 14\* 247843  
 May 21 - June 25 247844  
**Registration Fee: \$55.25 / 6 classes**  
**\$64.50 / 7 classes\***

### Get Up & Go (50+ years)

Improve balance and mobility impairments with an emphasis on safety. This introductory class builds strength, balance, coordination, functional mobility, independence, and quality of life.

**Century House** 604-519-1066  
 Monday & Thursday, 12:15 - 1:15 pm  
 March 30 - May 14 (no class April 6) 247814  
 May 21 - June 25\* 247815  
**Registration Fee: \$101.75 / 11 classes**  
**\$120.25 / 13 classes\***



## Stretch (50+ years)

Balance body, mind, and spirit through gentle exercises and breathing. Yoga enhances physical vitality and mental clarity. Please wear loose, comfortable clothing and bring a small blanket.

**Century House** **604-519-1066**  
 Tuesday, 9:15 - 10:45 am  
 March 31 - May 12\* **247816**  
 May 19 - June 23 **247819**  
**Registration Fee: \$100.50 / 6 classes**  
**\$117.25 / 7 classes\***

## Fitness Centre Circuit (50+ years)

Train as a group with instructor-led workouts that include cardio, weight equipment, free weights, stability balls, bosu balls, and balance to achieve a full body workout.

**Century House** **604-519-1066**  
 Wednesday, 11:00 am - 12:00 pm  
 April 1 - 22 **247832**  
 April 29 - May 20 **247834**  
 May 27 - June 24\* **247835**  
 Friday, 11:00 am - 12:00 pm  
 April 10 - May 1 **247836**  
 May 8 - 29 **247837**  
 June 5 - 26 **247838**  
**Registration Fee: \$50.00 / 4 classes**  
**\$62.50 / 5 classes\***

## Meditation (50+ years)

Shift from the stressful fight-or-flight response of the sympathetic nervous system, to the calming, intuitive, and restorative state of the parasympathetic nervous system to support healing of the body and mind.

Instructor: Tanya Boucher.

**Century House** **604-519-1066**  
 Tuesday, 2:00 - 3:00 pm  
 April 14 - 28 **248287**  
 May 12 - 26 **248288**  
**Registration Fee: \$27.00 / 3 classes**

## The ABCs of the Fitness Centre (50+ years)

Learn proper technique in the Fitness Centre. Enjoy this small class (2 participants per instructor) and receive a fitness practice plan by the end of the program.

**Century House** **604-519-1066**  
 Wednesday, 9:30 - 10:30 am  
 April 1 - 8 **247820**  
 April 15 - 22 **247823**  
 April 29 - May 6 **247824**  
 May 13 - 20 **247828**  
 May 27 - June 3 **247830**  
 June 10 - 24\* **247831**  
**Registration Fee: \$93.50 / 2 classes**  
**\$140.25 / 3 classes\***

## Parkinson's Exercise (50+ years)

Build strength, balance and mobility in a supportive class designed for people with Parkinson's and their caregivers. Register participate and caregivers separately. For Century House Association Members only. Presented in partnership with the Parkinson's Disease Support Group. Instructor: Jennifer Rak.

**Century House** **604-519-1066**  
 Monday, 1:30 - 2:30 pm  
 & Wednesday, 12:15 - 1:15 pm  
 April 8 - June 24 (no class April 20 and May 18) **248283**  
**Registration Fee: Free / 22 classes**

## Tai Chi - Beginner Level 03 (50+ years)

Reduce stress, improve balance, and calm your mind. Presented in partnership with Canadian Tai Chi Academy. Prerequisite: Beginner Level 01 and Beginner Level 02. Instructor: Sylvia Davis.

**Century House** 604-519-1066  
 Tuesday, 1:00 - 2:30 pm  
 April 7 - June 9 248290  
**Registration Fee: \$72.00 / 10 classes**

## Tai Chi - Intermediate (50+ years)

Gently stretch, turn, and shift weight. Proper practice leads to generating power and strength. Presented in partnership with Canadian Tai Chi Academy. Prerequisite: Tai Chi levels 01, 02 and 03. Instructor: Bernie Lum.

**Century House** 604-519-1066  
 Wednesday, 1:00 - 2:30 pm  
 April 8 - June 10 248289  
**Registration Fee: \$72.00 / 10 classes**

## Renewal Retreat: Resting in Compassion, Joy, and Community (50+ years)

Mindful soothing and calming self-compassion practices to restore balance, deepen reflection, and reconnect with yourself and others. Wherever you are in life right now.

Facilitator: Tanya Boucher.  
**Century House** 604-519-1066  
 Tuesday, 2:00 - 3:00 pm  
 June 9 248291  
**Registration Fee: \$13.00 / class**

## Foot Workshop (50+ years)

Explore common foot issues, self-care strategies, and an unusual approach to mobilizing your feet. Blend practical education with hands-on experiential practices. Step into greater balance, awareness, and vitality.

Facilitator: Tanya Boucher.  
**Century House** 604-519-1066  
 Tuesday, 2:00 - 4:00 pm  
 June 16 248292  
**Registration Fee: \$20.00 / class**



## General

### Conversational Japanese Lessons - Level 01 (50+ years)

Practice greetings, basic phrases and self-introductions while exploring Japanese language and culture. Learn to talk about food and family through conversation-based activities. Instructor shares cultural insights throughout.

**Century House** 604-519-1066  
 Wednesday, 9:15 - 10:15 am  
 April 15 - June 3 248367  
**Registration Fee: \$104.00 / 8 classes**

### Conversational Japanese Lessons - Level 02 (50+ years)

Continue building your Japanese conversation skills with a focus on speaking more confidently and naturally. Practice forming longer sentences, asking and answering questions, and discussing everyday topics. Classes include activities and cultural insights to deepen your understanding of the language.

**Century House** 604-519-1066  
 Wednesday, 10:30 - 11:45 am  
 April 15 - June 3 248368  
**Registration Fee: \$130.00 / 8 classes**

### Flavours of Spain (50+ years)

Discover the joy of Spanish cooking. In this hands-on series, we'll make cazuela de ave, empanadas, pastel de choclo and leche nevada. Come stir, taste, and share good food with great company.

**Queensborough Community Centre** 604-525-7388  
 Wednesday, 12:30 - 2:30 pm  
 May 6 - 27 248160  
**Registration Fee: \$68.00 / 4 classes**

### Cancer: Thriving & Surviving Self-Management Program (50+ years)

The program is designed for people who have completed treatment and helps cancer survivors and their caregivers to better manage their health and activities of daily life. Participants receive the "Living a Healthy Life with Chronic Conditions" companion book. Participants should attend all six sessions to get the maximum benefit.

**Century House** 604-519-1066  
 Saturday, 10:00 - 12:30 pm  
 May 2 - June 6 248365  
**Registration Fee: Free / 6 classes**

### Our Working Waterfront Walking Tour (50+ years)

Walk along with staff from the New Westminster Museum. Learn about the role of waterfront industry in New Westminster over the last 70 years, including international shipping ports, saw mills, shipbuilding outfits and today's residential waterfront. Meet at the World's Tallest Tin Soldier (East end of River Market) and end at Steel & Oak.

**Quayside Esplanade** 604-527-4640  
 Thursday, 10:00 - 11:30 am  
 June 18 247901  
**Registration Fee: \$2.00 / class**

# CITY OF NEW WESTMINSTER PROGRAMS & EVENTS

## Solidarity Forever Exhibit Tour (50+ years)

Go on an engaging tour and discussion of the featured exhibition "Solidarity Forever". Discover how organized labour helped shape New Westminster, what motivated workers to unite, and the challenges they faced. Explore the struggles and victories that transformed working conditions and continue to inspire action today.

**New Westminster Museum** 604-527-4640  
Thursday, 10:00 - 11:00 am  
April 23 247896  
**Registration Fee: \$2.00 / class**

## Speaker Spotlight (50+ years)

Explore topics that matter to you! From health and wellness tips to community safety, financial literacy, and more. Each session brings in knowledgeable guests to share practical information and answer your questions. Learn something new and connect with others in the community!

**təməsewtxw Aquatic & Community Centre** 604-777-5100  
Thursday, 10:00 - 11:30 am  
May 28 Understanding Financial Abuse 248071  
April 30 End of Life Planning 248952  
June 25 Navigating the Health Care System 248073  
**Registration Fee: Free**

## Taste of Malaysia (50+ years)

Dive into the bold and comforting flavours of Malaysian cuisine. Learn to make Lo Mai Gai, vegetarian Mapo tofu, glass noodle stir fry, and cassava cake, all perfect for everyday meals with a twist of Southeast Asian flair.

**təməsewtxw Aquatic & Community Centre** 604-777-5100  
Tuesday, 12:30 - 2:30 pm  
June 2 - 23 247894  
**Registration Fee: \$68.00 / 4 classes**



## Music

### Ukulele - Level 01 (50+ years)

Strum, change chords, and sing along to songs. For those with little or no ukulele experience. Students are welcome to repeat this course as many times as needed.

Instructor: Ross Fairbairn.  
**Century House** 604-519-1066  
Friday, 9:15 - 10:15 am  
April 17 - June 5 248347  
**Registration Fee: \$87.00 / 8 classes**

### Ukulele - Level 02 / 03 (50+ years)

Progress with strumming, changing chords, and singing along. For those who are comfortable changing chords and have mastered basic strumming patterns. Instructor: Ross Fairbairn.

**Century House** 604-519-1066  
Friday, 10:30 am - 12:00 pm  
April 17 - June 5 248349  
**Registration Fee: \$100.00 / 8 classes**

## Special Events

### 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. Light refreshment provided.

**Century House** 604-519-1066  
Saturday, 11:30 am - 3:30 pm  
April 4 247905  
April 18 247906  
May 2 247907  
May 16 247908  
June 6 247910  
June 20 247911

**Registration Fee: \$4.00 / class**  
**June 6 Free for Seniors Week**

### 50+ Lunch (50+ years)

Meet new friends and have a great meal. Participants must be 50+ Club members, \$6.00 for the year. Sign-up for a membership at the Queensborough front desk. 50+ club members will be contacted by volunteer to sign-up.

**Queensborough Community Centre** 604-525-7388  
Tuesday, 1:00 - 2:45 pm  
April 14, May 12, June 9  
**Registration Fee: \$10.00 / lunch**

### Tang Yuan Making (50+ years)

Celebrate culture and togetherness by learning how to make tang yuan from scratch. Roll, fill, and cook these soft glutinous rice balls while learning about their cultural meaning. Enjoy your freshly made tang yuan and share a sweet moment with others.

**təməsewtxw Aquatic & Community Centre** 604-777-5100  
Thursday, 12:30 - 2:30 pm  
April 16 248157  
**Registration Fee: \$5.00 / class**

# CITY OF NEW WESTMINSTER PROGRAMS & EVENTS

## Meal Meet Up (50+ years)

Enjoy delicious food while participating in engaging educational sessions that foster connection and learning. These social meals bring people together, celebrate diverse cultures, and introduce valuable community resources.

**Century House** 604-519-1066

Thursday, 6:00 - 8:00 pm

May 21 Slumber Party 247888

June 4 Senior's Week 247889

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

Thursday, 12:30 - 2:30 pm

April 9 Fresh Beginnings 247890

June 18 National Indigenous People's Day 247891

**Queensborough Community Centre** 604-525-7388

Thursday, 6:00 - 8:00 pm

April 30 Timeless Elegance 247892

**Registration Fee: Free**

## Friday Night Fever (50+ years)

Get ready to dance or just come for the social! There will be treats, group dances, and prizes while you enjoy music by Bridge City Sound Youth DJ Program.

Coffee, tea and treats included.

**Century House** 604-519-1066

Friday, 6:30 - 8:30 pm

May 1 Black & White Formal 248379

June 5 Festa Junina (Free for seniors week) 248380

**Registration Fee: \$7.00**

**\$6.00 (with Century House Association membership)**

## DIY Grab-and-Go Bag Workshop (50+ years)

Start building your grab-and-go bag with our Emergency Preparedness Team. This workshop will provide some FREE essential supplies to start your own kit. Grab-and-go bags can be vital when it comes to evacuating in the event of an emergency, it allows you to leave quickly without stopping to gather critical supplies.

**Century House** 604-519-1066

Thursday, 1:45 - 3:15 pm

May 14 248382

Wednesday 1:00 - 2:30 pm

May 20 248384

Tuesday, 10:00 - 11:30 am

May 26 248383

**Registration Fee: Free**

## Hearing Clinic (50+ years)

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

**Queensborough Community Centre** 604-525-7388

Friday, May 15

9:30 - 10:00 am 247912

10:00 - 10:30 am 247913

10:30 - 11:00 am 247914

11:00 - 11:30 am 247915

12:00 - 12:30 pm 247916

12:30 - 1:00 pm 247917

1:00 - 1:30 pm 247918

1:30 - 2:00 pm 247919

**Registration Fee: Free**



## Summer Heat Preparedness Coffee & Chat (50+ years)

Enjoy a hot beverage and snack with the City's Emergency Preparedness Team and learn how to prepare yourself and your home for this summer's heat. Attendees will be entered into a draw to win a free emergency kit.

**Century House** 604-519-1066

Tuesday, 10:00 - 11:30 am

June 9 248381

**Registration Fee: Free**

## Sports

### Snooker Lessons - Beginner (50+ years)

Learn fundamental rules, basic techniques, and essential strategies. Participants will learn how to handle the cue, make accurate shots, and understand the scoring system.

Facilitator: John Horsfall.

**Century House** 604-519-1066

Tuesday, 3:00 - 5:00 pm

April 7 - May 5 248358

**Registration Fee: \$66.50 / 5 classes**

### Snooker Lessons - Intermediate & Advanced (50+ years)

Elevate your snooker game! Tailored for players who have a mastered the basics and are ready to refine their skills and strategies. Focus on advanced techniques, positional play, and break building. Facilitator: John Horsfall.

**Century House** 604-519-1066

Thursday, 3:00 - 5:00 pm

April 9 - May 7 248361

**Registration Fee: \$66.50 / 5 classes**

### Pickleball Lessons (50+ years)

Learn the rules, scoring, positioning, and proper technique. This lesson covers serving, returning, and basic gameplay. Bring your own paddle. No experience necessary.

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

Thursday, 12:30 - 2:00 pm

April 2 - May 7 248363

May 14 - June 18 248364

**Registration Fee: \$72.00 / 6 classes**