

# CENTURY HOUSE ASSOCIATION

## October Week at a Glance - Century House Association

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

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

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



### Have a suggestion?

We welcome feedback and ideas for the Clarion, however not all suggestions will be accommodated.  
Please email [clarion@chanw.ca](mailto:clarion@chanw.ca).

# CITY OF NEW WESTMINSTER PROGRAMS & EVENTS

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Century House · 620 Eighth Street · 604.519.1066</b>						
<b>Fitness Centre Drop-in</b> 9:00 - 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 - 12:00 pm <b>Community Integration Services Poverty Reduction Table</b> 12:30 - 3:30 pm <b>Womens Snooker</b> 3:00 - 5:00 pm <b>Public Snooker</b> 5:00 - 8:45 pm	<b>Fitness Centre Drop-in</b> 9:00 - 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</b> 5:15 - 6:15 pm <b>Try-it!</b> <b>Stretch</b> 6:30 - 7:30 pm	<b>Fitness Centre Drop-in</b> 9:00 - 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 - 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 - 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>Fitness Centre Drop-in</b> 9:00 - 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>Fitness Centre Drop-in</b> 9:00 - 2:30 pm <b>Iyengar Yoga</b> 9:30 - 10:30 am	
<b>Queensborough Community Centre · 920 Ewen Avenue · 604. 525.7388</b>						
<b>Seep (50+)</b> 2:30 - 5:30 pm	<b>Bingo (50+)</b> 12:30 - 2:30 pm <b>Seep (50+)</b> 2:30 - 5:30 pm	<b>Chinese Seniors Group (50+)</b> 9:00 - 11:00 am <b>Pickleball</b> 12:30 - 2:30 pm <b>Seep (50+)</b> 2:30 - 5:30 pm	<b>Seep (50+)</b> 2:30 - 5:30 pm	<b>Seep (50+)</b> 2:30 - 5:30 pm	<b>Seep (50+)</b> 2:30 - 5:30 pm	<b>Seep (50+)</b> 2:30 - 5:30 pm
<b>təməsewtx<sup>w</sup> Aquatic &amp; Community Centre · 65 E Sixth Avenue · 604.777.5100</b>						
	<b>Pickleball (50+)</b> 9:00 - 11:30 am <b>Learn and Play Mahjong (50+)</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 (50+)</b> 10:00 am - 12:00 pm		<b>Badminton (50+)</b> 9:00 - 11:30 am <b>Learn and Play Mahjong (50+)</b> 9:00 am - 12:00 pm <b>Learn &amp; Play German Bridge (50+)</b> 9:00 am - 12:00 pm <b>Jewelry Making</b> 9:00 am - 12:00 pm	<b>Walking Soccer</b> 1:00 - 2:30 pm		
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 14.						

## Additional Events from the City of New Westminster

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