

Online – Art Therapy For Mindfulness (Mandarin) | Virtual
City Centre Community Centre
10:30–11:30am (FREE)

Connect, reflect, slow down and explore while creating an art piece guided by a trained art therapist. Course conducted in Mandarin. **Registration required.**
Event ID #142365

Swim, Splash and Relax | In-person
Seniors Centre at Minoru Centre for Active Living
11:00am–12:30pm (FREE)

Join this facilitated swimming pool orientation and have fun splashing around in the leisure pool, relaxing in the hot tub and recharging with a dip in the cold plunge pool. **Registration required.** Event ID #143769

Bollywood Dancing | In-person
East Richmond Community Hall
1:00–2:00pm (FREE)

Perform high energy and fun dance moves to upbeat Indian Bollywood music in this session that covers fundamental choreography and techniques. **Registration required.** Event ID #144076

Seniors Library Tour | In-person
Brighthouse Library Branch
3:00–4:00pm (FREE)

Join Richmond Public Library staff for a customized tour and learn how to access collections, connect with others and explore innovative digital resources. **Registration required.** To register, call 604-231-6413 or visit the library website <https://www.yourlibrary.ca/events-calendar/>.

Paint Night | In-person
East Richmond Community Hall
6:30–8:00pm (\$5)

Create a painting to take home with step-by-step instruction. No experience required. This program is instructed by Party with Laura. **Registration required.** Event ID #147358

Friday, June 10

Dance and Choreography For Fun | In-person
South Arm Community Centre
12:15–1:15pm (FREE)

Join others in this fun and supportive environment to learn easy steps from a variety of dance styles. No dance experience required. Bring a water bottle and comfortable footwear. **Registration required.** Event ID #144887

Artful Aging Series – D.I.Y. (Do-It-Yourself) Cuticle Oil Making Workshop | In-person
City Centre Community Centre
1:00–3:00pm (FREE)

Produce a cuticle oil product using essential oils and other natural ingredients in this hands-on session. Also included are tips to help create a natural and non-toxic living environment. Instruction and materials included. **Registration required.** Event ID #130058

Saturday, June 11

Welcome Back Tea | In-person
Senior Centre at Minoru Centre for Active Living
11:00am–1:00pm (FREE)

Celebrate this special week with others at the Minoru Seniors Society's afternoon of entertainment and light refreshments. **Registration required.**
Event ID #148362

Sunday, June 12

Wild Words | In-person
Richmond Nature Park (outdoors)
2:15–3:45pm (\$2)

Create a unique, personal and nature-themed prose in this interactive session guided and supported by a professional poet. Dress for the weather as this program is outdoors. **Registration required.** Event ID #144514

Community Partners



Browse and register for other 55+ programs:
www.richmond.ca/register.

Seniors Week 2022

7 days, 20+ no cost or low cost outdoor, in-person and virtual activities for 55+ years



June 6 – 12 Communities of Strength – Powered by Age

Join the City of Richmond and Community Partners to celebrate Seniors Week with fun, free, low cost and creative activities, events and informative opportunities—online or in-person!

Info and event list: www.richmond.ca/seniorsweek
or call **604-276-4300**

City of Richmond

6911 No. 3 Road, Richmond, BC V6Y 2C1
www.richmond.ca



Seniors Week 2022

Communities of
Strength – Powered
by Age

3 Ways to Register:

- www.richmond.ca/register
- 604-276-4300, Mon–Fri, 8:30am–5:00pm
- In-person at any community facility

Monday, June 6

Mayor's Welcome and Opening Event | In-person

Minoru Centre for Active Living
10:00am–1:00pm (FREE)

Join Mayor Malcolm Brodie and special guests for the opening of Seniors Week on the Plaza at the Minoru Centre for Active Living. Accompany the Mayor for a walk around the Minoru Track and take part in try-it sessions of Zumba, Tai Chi, Nordic Pole Walking and more.

Bagged Lunch

Seniors Centre Cafeteria
11:00am–12:30pm (\$9/lunch)

Pre-order a bagged lunch from the Seniors Centre to enjoy outdoors during the Seniors Week opening festivities. Vegetarian option available.

Pre-ordering required. Event ID #148375

Faces of Richmond Seniors

Seniors Centre Upper Gallery at Minoru Centre for Active Living
June 6–12 daily during opening hours

Discover the stories of Richmond seniors in this unique art project linking community artists with the lived experiences of local seniors. View the finished portraits and listen to audio recordings of participants stories.

TRY IT Drumming Circle | In-person

Steveston Community Centre
3:00–4:30pm (FREE)

Release stress and tension in this unique session that focuses primarily on African rhythms and the fundamentals of hand drumming on the Djembe. This is a wonderful opportunity to socialize and make new friends playing music together.

Registration required. Event ID #148686

Learn about Indigenous Culture | In-person

South Arm Community Centre
12:30–1:30pm (FREE)

Learn about Indigenous history and heritage in a social and casual atmosphere. Registration required. Event ID #145637

Online – Name That Tune | Virtual

Thompson Community Centre
5:00–6:00pm (FREE)

Connect with others from the comfort of home while listening to music from across the decades. Registration required. Event ID #146382

Tuesday, June 7

Walk Richmond – Thompson To West Dyke Trail | In-person

9:00–10:00am (FREE)

Free guided walk for those 55+, approximately 60 minutes in length and includes a warm-up, cool down and stretch. Registration required. Event ID #148884

Pickleball 2.0 Jamboree | In-person

West Richmond Community Centre and Hugh Boyd Park Pickleball Courts
9:00am–12:00pm (\$5)

Play in a fun Pickleball tournament for beginners, followed by a delicious lunch. Tournament play, lunch and prizes included. Registration required. Event ID #144510

Outdoor – Hawaiian Dance Workshop | In-person

Steveston Lacrosse Box
11:00am–12:00pm (FREE)

Explore the social, fitness and therapeutic benefits of hula dancing at this lively interactive workshop followed by refreshments. No dance experience required. Registration required. Event ID #143667

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Fusion Tai Chi and Kung Fu | In-person

South Arm Community Centre
4:00–5:30pm (FREE)

Learn and then practice the basic steps of these two forms of martial arts that include kicking, developing coordination and balance and improving breathing technique. No experience required. Registration required. Event ID #144883

Wednesday, June 8

TRY IT Ballroom Dancing – Beginner | In-person

Thompson Community Centre
9:00–10:30am (FREE)

Cover the basic steps of the Jive, Cha Cha, Waltz and Foxtrot. Singles and pairs welcome. Registration required. Event ID #131714

Gardening Workshop | In-person

Richmond Garden Club
10:00–11:00am (FREE)

Learn how to pot and take care of plants (indoor and outdoor) with volunteers from the Richmond Garden Club. Registration required. Event ID #147596

Nature Walk | In-person

Richmond Nature Park
10:00–11:30am (\$2)

Wander through 2 kilometres of picturesque nature trails rain or shine followed by a tour of the Nature House. Refreshments provided. Comfortable shoes recommended. Registration required. Event ID #143024

Positive Well-Being and Aging | In-person

South Arm Community Centre
1:00–2:00pm (FREE)

Find out the mental and physical health implications of positive well-being and then explore strategies to help maintain happiness and enhance quality of life and longevity. Registration required. Event ID #144886

Artful Aging Series – Intergenerational Art Program – Start To Art Workshop By Intergen | In-person

City Centre Community Centre
4:30–6:00pm (FREE)

Express creativity, build intergenerational friendships and stimulate the senses while exploring different art workshops in this interactive session. Instruction and supplies included. Registration required. Event ID #130628

Thursday, June 9

TRY IT 55+ BC Games Event | In-person

South Arm Community Centre
10:00am–2:00pm (FREE)

Learn the history of the 55+ BC Games and then try floor curling, table tennis and billiards. This program is led by volunteers of the 55+ BC Games Society. Enter the draw to win a free one-month fitness pass after participating in three sports. Transportation available inter-centres. Registration required. Event ID #128300