

Seniors Centre August Activities 55+ 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 BC DAY	3 LINE DANCE VARIETY PLUS – CANTONESE & MANDARIN 10:30 – 11:30AM MODERN SWING & JIVE 1:00 - 2:00PM	4 PAINTING BASICS 10:00AM – 12:00PM LINE DANCING – VARIETY - BEGINNER 10:30– 11:30AM ONLINE – CONVERSATIONAL SPANISH 10:30 - 12:00PM DRAWING BASICS 12:30 – 2:30PM TAP DANCING 1:00 - 2:00PM DRAWING PORTRAITS 3:00 – 5:00PM	5 LINE DANCE VARIETY PLUS – CANTONESE & MANDARIN 10:30 – 11:30AM	6 LINE DANCING – VARIETY - BEGINNER 10:30– 11:30AM TAI CHI - BEGINNER 11:30AM - 12:30PM	7 TAI CHI - ADVANCED 10:30 - 11:30AM
8	9	10 LINE DANCE VARIETY PLUS – CANTONESE & MANDARIN 10:30 – 11:30AM MODERN SWING & JIVE 1:00 - 2:00PM	11 PAINTING BASICS 10:00AM – 12:00PM LINE DANCING – VARIETY - BEGINNER 10:30 – 11:30AM DRAWING BASICS 12:30 – 2:30PM TAP DANCING 1:00 - 2:00PM ONLINE - HOLISTIC HEALTH SERIES – MOOD & SLEEP 1:30 – 3:00PM DRAWING PORTRAITS 3:00 – 5:00PM	12 LINE DANCE VARIETY PLUS – CANTONESE & MANDARIN 10:30 – 11:30AM	13 LINE DANCING – VARIETY - BEGINNER 10:30 – 11:30AM TAI CHI - BEGINNER 11:30AM - 12:30PM	14 TAI CHI - ADVANCED 10:30 - 11:30AM
15	16	17 LINE DANCE VARIETY PLUS – CANTONESE & MANDARIN 10:30 – 11:30AM MODERN SWING & JIVE 1:00 - 2:00PM	18 PAINTING BASICS 10:00AM – 12:00PM LINE DANCING – VARIETY - BEGINNER 10:30– 11:30AM DRAWING BASICS 12:30 – 2:30PM TAP DANCING 1:00 - 2:00PM DRAWING PORTRAITS 3:00 – 5:00PM	19 LINE DANCE VARIETY PLUS – CANTONESE & MANDARIN 10:30 – 11:30AM	20 LINE DANCING – VARIETY - BEGINNER 10:30 – 11:30AM TAI CHI - BEGINNER 11:30AM - 12:30PM HANGING WITH THE GUYS <i>by phone</i> 3:00PM - 4:00PM	21 TAI CHI - ADVANCED 10:30 - 11:30AM
22	23	24 LINE DANCE VARIETY PLUS – CANTONESE & MANDARIN 10:30 – 11:30AM MODERN SWING & JIVE 1:00 - 2:00PM	25 PAINTING BASICS 10:00AM – 12:00PM LINE DANCING – VARIETY - BEGINNER 10:30 – 11:30AM DRAWING BASICS 12:30 – 2:30PM TAP DANCING 1:00 - 2:00PM DRAWING PORTRAITS 3:00 – 5:00PM	26 LINE DANCE VARIETY PLUS – CANTONESE & MANDARIN 10:30 – 11:30AM ONLINE – MOVIE AFTERNOON WITH THE LIBRARY 2:00 - 4:00PM	27 LINE DANCING – VARIETY - BEGINNER 10:30 – 11:30AM TAI CHI - BEGINNER 11:30AM - 12:30PM	28 TAI CHI - ADVANCED 10:30 - 11:30AM
29	30	31 LINE DANCE VARIETY PLUS – CANTONESE & MANDARIN 10:30 – 11:30AM MODERN SWING & JIVE 1:00 - 2:00PM				

EVENTS

ONLINE/PHONE-IN:

Online - Conversational Spanish

Wednesday June 30 - Aug 4 10:30AM -12:00PM

Meet others mastering this beautiful language, and sharpen Spanish conversation skills in these fun and interactive sessions. This program is presented online via ZOOM.

Pre-requisite: Basic Spanish for this conversational class that focusses on everyday words and phrases.

\$42.35/6 sess. Plus tax (#888884)

Online – Holistic Health Series: Mood & Sleep

Wednesday, Aug 11 1:30-3:00PM

Learn about the physiological connection between sleep and mood and how they can be approached from a holistic perspective. This program is presented online via ZOOM. Link will be e-mailed within 48 hours of program start time.

Online – Movie Afternoon with the Library

Thursday, Aug 26 2:00-4:00PM

Watch the 2020 movie “Misbehavior” together, but apart. This British comedy-drama film is presented by the Richmond Public Library and is offered through Zoom. Link will be e-mailed within 48 hours of program start time.

FREE/ 1 sess. (#99116)

Hanging with the Guys by phone

Friday, Aug 20 3:00 - 4:00PM

Connect with other men to discuss hobbies, sports, and more. Registration required.

FREE/1 sess. (#77730)

*** Register online at www.richmond.ca/register or through the Call Centre at 604-276-4300 (M-F 8:30 AM- 5:00 PM)**

****Online programs require a computer or tablet to access ZOOM.**

IN PERSON:

Tai Chi – Beginners

Friday, July 9 - Aug 27 11:30AM–12:30PM

No class July 30

Learn basic Tai Chi movements in this Yang-style class.

\$37.15/7 sess. Plus tax (#87278)

Tai Chi - Advanced

Saturday, July 10 - Aug 28 10:30 – 11:30AM

No class July 31

Yang-style class. Pre-requisite: Previous Tai Chi experience.

\$37.15/7 sess. Plus tax (#87295)

Tap Dancing

Wednesday, Aug 4 – Sept 1 1:00 – 2:00PM

Tap into some fun and get some great exercise at the same time. Wear comfortable clothing and tap shoes required.

\$28.15/5 sess. Plus tax (#97301)

Modern Swing and Jive Dancing

Tuesday, July 27 – Aug 31 1:00 – 2:00PM

Combine swing and jive with Jazz and tap in short, easy-to-learn and exciting routines suitable for social dancing. Partners are not required as dancing is done in solo formation.

\$33.80/6 sess. Plus tax (#97300)

Line Dance Variety Plus – Cantonese & Mandarin

Tues/ Thurs, July 13 – Aug 5 10:30 – 11:30am

With a focus on the fundamental steps of line dancing, try these moves that are adaptable to country, ballroom, rock and roll, disco, Latin and pop music.

\$45.05/ 8 sess. Plus tax (#96439)

Line Dancing Variety Beginner – Cantonese & Mandarin

Wed/Fri, July 14 – Aug 6 10:30 – 11:30AM

Practice and learn the basic moves that make up current line dancing. It's easy and fun, required no previous dance experience!

\$45.05/ 8 sess. Plus tax (#96436)

Painting Basics

Wednesday, Aug 4 – Sept 1 10:00AM – 12:00PM

Pick up a brush and start creating through step – by –step supportive instruction that develops the ability and confidence to paint simple subjects including still life objects.

\$56.30 / 5 sess. Plus tax (#96448)

Drawing Basics

Wednesday, Aug 4 – Sept 1 12:30 – 2:30PM

Capture simple objects, images and still life's on paper while learning the basic concepts and techniques to progress into drawing from imagination with improved confidence and understanding.

\$56.30 / 5 sess. Plus tax (#96447)

Drawing Portraits

Wednesday, Aug 4 – Sept 1 3:00 – 5:00PM

Create lifelike portraits that capture character and emotion using a variety of media including ink, graphite and charcoal. Using a photograph as a starting point; explore proportion, shape and expression.

\$56.30 / 5 sess. Plus tax (#96449)

Line Dance Variety Plus – Cantonese & Mandarin

Tues/ Thurs, Aug 10 – Sept 2 10:30 – 11:30am

With a focus on the fundamental steps of line dancing, try these moves that are adaptable to country, ballroom, rock and roll, disco, Latin and pop music.

\$45.05/ 8 sess. Plus tax (#96442)

Line Dancing Variety Beginner – Cantonese & Mandarin

Wed/Fri, Aug 11 – Sept 3 10:30 – 11:30AM

Practice and learn the basic moves that make up current line dancing. It's easy and fun, required no previous dance experience!

\$45.05/ 8 sess. Plus tax (#96437)

Celebrate Summer!

Wednesday, August 18th

Celebrate the summer with a special meal from the Seniors Centre Cafeteria:

Herb Crusted Pork Loin Roast with

Pan Gravy

Honey Cinnamon Sweet Potatoes

Garlic Butter Mixed Vegetables

\$10.00 each plus tax

*Quantities are limited
Limited amount of pre-orders are
available*

604-238-8450

Cafeteria is open Monday - Friday
10:00am-2:00pm

West Entrance

Masks required