

Richmond Seniors 55+yrs

55+ Virtual Programs

Natures Wonders

1st Wednesday of the month

2:00 - 3:00 PM

Prepare to be fascinated by Natures Creations Monthly features followed by a discussion. To register contact Linda at LSimpson@richmond.ca.

MapQuest Travel

2nd Tuesday of the month

12:45 - 1:45 PM

Travel to exciting destinations through zoom, followed by a discussion. To register contact Linda at LSimpson@richmond.ca or Cynthia at CNg@richmond.ca.

Jeopardy

3rd Friday of the month

2:00 - 3:00 PM

Join in to play the game either as a player or a spectator through Zoom. To register contact Trey at TMelton@richmond.ca or LSimpson@richmond.ca.

Coffee and Tea Chat

2nd Thursday of the month

10:30 - 11:30 AM

Enjoy a cup of coffee or tea from the comfort of your home, Relax and engage in light conversation and a slide show or game. To register contact Linda at LSimpson@richmond.ca.

Read, Relax & Rejuvenate

Newsletter

Once per month

Energize the mind and stay connected with the new and engaging Seniors Newsletter! Enjoy special articles, brain games and recipes selected for you by your very own community Seniors Coordinators. To receive a copy contact jshih@richmond.ca.

The 5 Senses of Nature Series

1st Thursday of the month

Take yourself for a walk in your backyard or around the block and enjoy nature's bounty through all your senses. Check the first Thursday of the month for an update of thoughts and themes. Suggestions: Keep a journal to record your observation. To know more contact Karen at kchiu@richmond.ca

Gentlemen in Conversation

Every 2nd Friday (Bi-weekly) of the month

10:30 - 11:30 AM

Connect with new and old friends from the comforts of your home through Zoom. The Seniors Gentlemen in Conversation Group offers the opportunity to share stories, ideas, and laughs. The session is hosted by the seniors coordinator team from various community centres. To register contact Trey at TMelton@richmond.ca.

Talk with a Doctor

Every 2nd Thursday (Bi-weekly) of the month

10:00 - 11:30 AM

Learn directly from a doctor about various health topics that affect the body in this interactive session.

To register contact Karen at kchiu@richmond.ca or Liliene at lyee@richmond.ca

Inspirational Talks

2nd Wednesday of every month

1:00-2:00pm

Join motivational presentations that will encourage you to look deep within. Interactive discussion to follow. To register contact Karen at kchiu@richmond.ca or 604-238-8431.



www.richmond.ca/connects



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Seniors Coordinators Contact List

South Arm Community Centre

Cynthia Ng
604-238-8070

Steveston Community Centre

Lilienne Yee
604-238-8084

City Centre Community Centre

Judy Shih
604-204-8574

Cambie Community Centre

Linda Simpson
604-238-8372

West Richmond Community Centre

Karen Chiu
604-238-8431

Thompson Community Centre

Trey Melton
604-238-8429

Seniors Centre at Minoru

Tanya Fitzpatrick
604-238-8460

Hamilton Community Centre

Brendan Walker
604-238-8054

Minoru Members Coffee and Chat

Bi-weekly Thursdays 11:00 - 11:45 AM

Connect with other Seniors Centre members for light conversation, and learn about upcoming opportunities for workshops and programs. Participants require a computer or tablet to access the Zoom app.

E-mail seniors@richmond.ca or call 604-238-8455 to register and receive the Zoom meeting link.

Music Hour with Ying in Cantonese

Bi-weekly Tuesdays 1:30 - 2:30 PM

Enjoy a variety of Chinese and English songs and connect with other Chinese speaking seniors over Zoom. Participants require a computer or tablet to access the Zoom app.

E-mail seniors@richmond.ca or call 604-238-8455 to register and receive the Zoom meeting link.

Seniors Musical Interludes over Zoom

Bi-weekly Tuesdays 1:30 - 2:30 PM

Enjoy a variety of old time favourite songs and connect with other seniors over Zoom in these bi-weekly sessions. Participants require a computer or tablet to access the Zoom app.

E-mail seniors@richmond.ca or call 604-238-8455 to register and receive the Zoom meeting link.

See richmond.ca/connects for more details!



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