

Registration Information on page 5

January to March
WINTER 2024

Senior's *Guide*

Coquitlam Parks, Recreation and Culture



f X @ YouTube LinkedIn | coquitlam.ca/registration

Coquitlam

Welcome to Coquitlam

Parks, Recreation and Culture Services

We acknowledge with gratitude and respect that the name Coquitlam was derived from the *hə́h̓qəmiíhə́m̓* (HUN-kuh-MEE-num) word *kʷikʷə́ləm* (kwee-KWET-lum) meaning “Red Fish Up the River”. The City is honoured to be located on the *kʷikʷə́ləm* traditional and ancestral lands, including those parts that were historically shared with the *ḱíćəy̓* (kat-zee), and other Coast Salish Peoples.

Sign Me Up Online Registration System

As you work your way through this guide, make note of the course ID for your top choices of programs.

To register for a program online through your computer or mobile device:

1. Go to coquitlam.ca/registration
2. Log in or create an account
3. Enter the **course ID** into the “keyword” search field

To learn more, visit coquitlam.ca/registration

New Facilities

As our community grows, so do our recreation facilities.


- The Maillardville Community Centre (MCC) opened in September 2022 and is located at 1200 Cartier Ave. With a gymnasium, fitness and dance studio, children's indoor/outdoor program spaces, a teaching kitchen and more, MCC offers programs and amenities for all interests, abilities and ages.
- Planning is underway for a new multi-use community centre in the Burke Mountain Village neighbourhood, which is targeted to open in 2027. The proposed concept for the community centre includes an aquatics centre, gymnasiums, indoor and outdoor walking tracks, a fitness centre, public art and much more. Go to coquitlam.ca/NECC to find out more.
- Coquitlam's Bettie Allard YMCA Community Centre in Burquitlam opened to the public in January 2023. It includes a 55,000-square-foot facility with an indoor pool, gym, fitness studio, multi-purpose space and other amenities. Visit coquitlam.ca/YMCA for full details.

Our Services

Coquitlam has programs, events and activities for residents of all ages and abilities. Take your dog for a run in an off-leash park, catch a tournament at Town Centre Park or enjoy the fresh air on a hike through one of our many trails.

Whether you're into yoga, swimming, arts or hiking, now is the time to try it, learn it, live it through Coquitlam recreation and parks!

Find out more about what Coquitlam has to offer at coquitlam.ca/PRC.

- Look inside for **FREE** and **LOW COST** activities!
- Programs marked with a  are for kids and adults together!

How to Use This Guide

Drawing for Youth (10 – 14 yrs) — Title and age(s)

Youth will explore the various methods and techniques of drawing using different tools and materials each week.

at **Poirier Community Centre** — Location

F Oct 21 1 – 3 p.m.

1/\$37.30

98661

Day(s) of the week, date range, time

Number of sessions/price

Course ID

Smile—you're on camera!

We sometimes have photographers at our parks and facilities taking photos for use in promotional materials, such as our program guides, website and social media posts. We'll always ask before taking pictures. If you or your child would prefer to not be photographed, please let the photographer know.

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Coquitlam Champions Equity, Diversity and Inclusion

What is Equity, Diversity and Inclusion?

Equity, diversity and inclusion (EDI) is about breaking down barriers to ensure that everyone – regardless of age, ability, race, culture, gender, sexual orientation and other diversity characteristics – is able to live, work and thrive in a safe and welcoming environment.

EDI in Coquitlam

As an organization, Coquitlam is on a journey to better serve our vibrant and diverse community by applying EDI principles to all City work, policies, operations, language and services. EDI is an organizational priority that guides decision-making across all lines of business.

Learn more about what we are doing to ensure Coquitlam is safe, inclusive and accessible for everyone, and what you can do to support equity, diversity and inclusion in our community.

coquitlam.ca/EDI

Coquitlam

Sign Me Up

Online Registration System for Parks, Recreation and Culture programs

System Features:

- ✓ Simple sign-in
- ✓ Easy to search
- ✓ Mobile-friendly
- ✓ Calendar reminders
- ✓ Accepts Recreation gift cards

Try it out at coquitlam.ca/registration.



3 Easy Ways To Register

1. Online:

coquitlam.ca/registration

Available 24 hours a day,
7 days a week

2. Over the phone:

604-927-4386

Get staff assistance with
registration

Mon – Fri, 8:30 a.m. – 6 p.m.

Sat and Sun, 10 a.m. – 2 p.m.
(except statutory holidays)

3. In-person at these facilities:

**Poirier Sport and Leisure
Complex** 633 Poirier St.

City Centre Aquatic Complex
1210 Pinetree Way

Dogwood Pavilion
1655 Winslow Ave.

Glen Pine Pavilion
1200 Glen Pine Crt.

**Pinetree Community
Centre** 1260 Pinetree Way

**Maillardville Community
Centre** 1200 Cartier Ave.

Payment by Visa, MasterCard or American Express is required at the time of online or phone registration. In-person registration accepts payment by Visa, MasterCard, American Express, debit or cash.

We reserve the right to cancel programs. Participants can withdraw up to 5 days (10 days for camps) prior to the start of their program for a full refund. Service fees apply when less than 5 days notice is provided (10 days for camps). No refunds will be given on third day of class or later. Prices listed do not include applicable taxes.

How To Register For Programs

You must have a recreation account to register for programs online.

If you have never registered with us before, you will need to create an account at coquitlam.ca/registration.

Once you have logged into your account, you can:

- Add or remove family members on your account
- Update your contact information (current home address, phone number, etc.)
- Securely save a credit card to your account for faster checkout
- Manage program registrations

Learn more about the registration system at coquitlam.ca/registration



Questions? We're here to help

604-927-4386 | prcs_info@coquitlam.ca



Admission Fees and Recreation Passes



Check out what you can do with your ONE PASS!
coquitlam.ca/OnePass



ONE PASS and Drop-in Fees

Prices valid at all facilities through to March 31, 2024.

The ONE PASS provides universal access to all of our facilities for both pre-registered drop-in programs and drop-in programs, such as drop-in basketball, fitness, swimming and ice skating.

		Single Drop-In	10-Visit Pass	30-Day Pass	Monthly Cont. Pass**	365-Day Pass
Child	(0 – 12 yrs)	\$3.29	\$26.29	\$30	\$21	\$237
Youth / Student*	(13 – 18 / 19 – 25 yrs)	\$4.90	\$39.19	\$45.25	\$31.50	\$356
Adult	(19 – 64 yrs)	\$6.52	\$52.14	\$60.50	\$42.50	\$475
Senior	(65 – 84 yrs)	\$4.90	\$39.19	\$45.25	\$31.50	\$356
Super Senior	(85 yrs +)	\$3.29	\$26.29	\$30	\$21	\$237
Parent and Tot	(per person)	\$3.29	\$26.29	—	—	—

* Students 19 – 25 yrs must present valid full time student ID ** A minimum three month commitment is required



All Abilities Welcome!

Coquitlam Parks, Recreation and Culture strives to provide community recreation experiences for people of all abilities. See a program you would like to get involved in and need more information or help finding a way to participate? Please contact the Community Services Coordinator at CommunityServices@coquitlam.ca

coquitlam.ca/RecAccess



Coquitlam Parks, Recreation and Culture **Gift Cards**

Use them at any Coquitlam recreation facility for drop-in admissions, registered programs or getting a ONE PASS!

Drop by one of our facilities or call 604-927-4386 for more information.

Additional Services

Prices valid at all facilities through to March 31, 2024.

	Drop-In	10-Visit Pass
Skate Rentals	\$3.38	\$27.05
Helmet Rentals	\$2.14	\$17.14
Skate Sharpening	\$5.38	—

Applicable taxes not included. Skate and helmet rentals are free of charge to children under 3 years. Ice cleats are provided free of charge to adults assisting children.



Financial Assistance for Recreation

Making recreation more affordable and accessible.

Eligible residents can apply today.

coquitlam.ca/FinancialAssistanceRec



Parks

Coquitlam resident registration for Parks programs opens at 8:30 a.m. on Nov. 28.

Non-resident registration for Parks programs opens at 8:30 a.m. on Nov. 30.



Find all Coquitlam parks and amenities at coquitlam.ca/ParkFinder

Coquitlam's trail system, one of our most in-demand recreation amenities, totals over 100 kilometres. Our vast network of parks and trails offers something for everyone, whether it's for fitness, pleasure or wildlife and nature viewing. Find more information about Coquitlam's trails at coquitlam.ca/trails.

Park Spark *Bringing Coquitlam Parks Alive*

Park Spark is your chance to have fun and gain meaningful experiences while enhancing Coquitlam's parks. We've got many different ways to get involved and spark your connection:

- Ongoing park care activities—help take care of a park on your own schedule
- Drop-in volunteer activities—join the Park Spark team at activations throughout the year, including Lights at Lafarge
- Group park projects—involve your business, community group or school in a fun park project
- Park amenity additions—become a park steward with one of our Adopt-A-Park programs

For more information and to see upcoming activities, visit coquitlam.ca/ParkSpark or email ParkSpark@coquitlam.ca.

Bad Seed *Weed Out Invasive Plants*

Invasive plants kill native plants and destroy Coquitlam's beautiful natural habitat. They spread aggressively and destroy the habitat of fish, birds and other wildlife.

We need your help to keep Coquitlam free of Bad Seeds:

- Learn how to identify invasive plants and avoid buying or planting them
- Never dump garden waste or hanging baskets into natural areas
- Volunteer for a local weed pull event to help remove invasive plants from local parks
- Dispose of invasive plant material in your Green Cart

For more information or to volunteer, visit coquitlam.ca/BadSeed or email ParkSpark@coquitlam.ca.

Tree Spree *Supporting Trees in Coquitlam*

Tree Spree is a tree-planting initiative and public-education program with the overall purpose of recognizing and promoting the value of the City's tree canopy. Whether on public or private land, Coquitlam's trees offer many benefits for our health, well-being and the environment.

As part of Tree Spree, the City's Park Spark and Urban Forestry Teams coordinate a variety of community outreach and educational activities, including educational walks and workshops, tree giveaways, tree and garden planting sessions and more.

For more information and to see upcoming activities, visit coquitlam.ca/TreeSpree or email ParkSpark@coquitlam.ca.

Inspiration Garden

Growing and Connecting Gardeners

Green thumbs of all ages and abilities are encouraged to get involved, share knowledge, learn new skills and make a difference while enhancing Coquitlam's outdoor parks spaces. Join the Park Spark team for a variety of workshops, tours and volunteer opportunities. Stop by the Town Centre Inspiration Garden and BEE inspired!

To find out more about upcoming opportunities check out coquitlam.ca/InspirationGarden or email ParkSpark@coquitlam.ca



Spotlight on Sport

Shining a Spotlight on Community Sport

The Spotlight on Sport initiative was born out of the Coquitlam in Bloom program. Today, it's an ongoing initiative that aims to:

- Recognize the positive impact sport associations have in our community
- Recognize sport volunteers for the great job they do
- Celebrate sport and inspire our sport community
- Show appreciation for our sport community's contributions
- The Spotlight on Sport program offers many drop-in activities throughout the year.

By participating you can:

- Discover fun ways to stay active
- Try new sports to see what you love
- Learn more about Coquitlam's sports organizations

Learn how to get involved and find fun drop-in activities at coquitlam.ca/SpotlightOnSport



Adopt-A-Park Programs

Help Keep Parks, Trails and Natural Spaces SPARKling

The Adopt-A programs offer volunteer opportunities for residents of all ages and interests to contribute to the beauty of our community's local parks, trails and natural spaces.

You can get involved by adopting any of the following:

- Adopt-A-Trail
- Adopt-A-Pollinator Hotel
- Adopt-A-Sports Library
- Adopt-A-Dog Park
- Adopt-A-Dugout
- Adopt-A-Little Library
- Adopt-A-Bench

Interested in joining one of our Adopt-A programs?

Visit coquitlam.ca/AdoptPrograms or email ParkSpark@coquitlam.ca for more information.



Coquitlam in Bloom

The City of Coquitlam is proud to have competed in the Communities in Bloom competition for the past eight years. Communities in Bloom is a Canadian non-profit organization committed to fostering community pride, environmental responsibility and beautification. It uses friendly competition between communities to bring together local businesses, service clubs, residents and civic governments to focus on enhancing their community.

Learn more about future initiatives and find ways to get involved at coquitlam.ca/CIB or email ParkSpark@coquitlam.ca.



Chafer Beetle Workshop (All Ages)

Join Park Spark as they team up with a City of Coquitlam lawn care expert to learn how address chafer beetle infestation in lawns.

at Town Centre Park

Th	Mar 21	11:15 a.m. – 12 p.m.	1/ FREE	141632
Th	Mar 21	3:15 – 4 p.m.	1/ FREE	141633
Sa	Mar 30	3:15 – 4 p.m.	1/ FREE	141637
Sa	Mar 30	11:15 a.m. – 12 p.m.	1/ FREE	141636

Evergreen Bulb Hanging Basket (All Ages)

Join the City of Coquitlam’s Park Spark team at the Town Centre inspiration garden for a wide range of fun and exciting opportunities to get involved, learn new skills and BEE inspired. Create a beautiful planter with a colorful selections of Bulbs to welcome Spring! Green thumbs of all ages and abilities are welcome. All supplies included. For more information contact

ParkSpark@coquitlam.ca

at Town Centre Park

W	Mar 27	11:15 a.m. – 12 p.m.	1/\$40	141622
W	Mar 27	3 – 3:45 p.m.	1/\$40	141641

Garden Basics, Starting from the seed (All Ages)

This hands-on course will cover everything you need to know about starting your garden from seed. We will talk about soil mixes, preparation, watering and the process of germination.

at Town Centre Park

Tu	Mar 19	3:15 – 4 p.m.	1/ FREE	141624
Th	Mar 28	11:15 a.m. – 12 p.m.	1/ FREE	141625
Th	Mar 28	3:15 – 4 p.m.	1/ FREE	141626

Pollinator Power (All Ages)

Learn about beneficial insects and pollinators and why they are so important for a healthy garden. We will also discuss how to attract mason bees, butterflies and beetles to your garden!

at Town Centre Park

Sa	Mar 23	11:15 a.m. – 12 p.m.	1/ FREE	141628
Sa	Mar 23	3:15 – 4 p.m.	1/ FREE	141629
Tu	Mar 26	11:15 a.m. – 12 p.m.	1/ FREE	141630
Tu	Mar 26	3:15 – 4 p.m.	1/ FREE	141631

Spring Bulb Planter (All Ages)

Join the City of Coquitlam’s Park Spark team at the Town Centre inspiration garden for a wide range of fun and exciting opportunities to get involved, learn new skills and BEE inspired. Create a beautiful planter with a colorful selections of Bulbs to welcome Spring! Green thumbs of all ages and abilities are welcome. All supplies included. For more information contact

ParkSpark@coquitlam.ca

at Town Centre Park

W	Mar 20	11:15 a.m. – 12 p.m.	1/\$40	141640
F	Mar 22	3:15 – 4 p.m.	1/\$40	141639



Get Involved in Lights at Lafarge

Join the Park Spark Light Brigade Team!

Volunteer in late February to help take down the Lights at Lafarge display. Opportunities are inclusive to people of all ages and abilities. Sessions run outdoors, rain or shine.

Email ParkSpark@coquitlam.ca with the email subject "Light Brigade" for more information.

Volunteering



Gain experience, Get involved, Become a Volunteer!

If you are at least 13 years old, we've got many fun activities to get involved with. Gain valuable skills, meet new people, engage with your community, and most importantly, have fun!

To volunteer with Coquitlam, follow these **4 easy steps**:

1. Create a Volunteer Profile

Go to coquitlam.ca/VolunteerPRC to create your own volunteer profile. This is where you'll be able to see what opportunities are available, sign up for volunteer shifts, and track your volunteer hours.

2. Provide References

While creating your volunteer profile, provide two references for Community Services to contact to help us learn more about your skills and experiences. References should be over the age of 19 years and not a relative.

3. Complete a Police Information Check

All volunteers are required to submit a Police Information Check. Forms will be emailed to you upon creating a volunteer profile. The check is completed at no cost for prospective volunteers.

4. Attend an Orientation Session

After successfully completing the reference and Police Information checks, you will receive an invitation to attend an orientation session. At the orientation, you will learn about volunteer roles and expectations, as well as how to sign up for volunteer activities.

For more information, email volunteers@coquitlam.ca or phone 604-927-6076.

Drop-In Fitness



Check out what you can do with your ONE PASS!
coquitlam.ca/OnePass



ONE PASS and Drop-in Fees

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Super Senior	(85 yrs +)	\$3.29	\$26.29	\$30	\$21	\$237
Parent and Tot	(per person)	\$3.29	\$26.29	—	—	—

* Students 19 – 25 yrs must present valid full time student ID ** A minimum three month commitment is required

Fitness Centre Hours

Fitness centres are open to patrons 13 years and older. Teens 13 – 15 years must complete a Youth Fitness Orientation before working out in the fitness centre or participating in any drop-in fitness class.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Stat Holidays
CCAC	7 a.m. – 10:30 p.m.	5:30 a.m. – 10:30 p.m.	5:30 a.m. – 10:30 p.m.	5:30 a.m. – 10:30 p.m.	5:30 a.m. – 10:30 p.m.	5:30 a.m. – 10:30 p.m.	5:30 a.m. – 10:30 p.m.	10:30 a.m. – 10:30 p.m.
Glen Pine*	10 a.m. – 2 p.m.	8:30 a.m. – 9 p.m.	8:30 a.m. – 9 p.m.	8:30 a.m. – 9 p.m.	8:30 a.m. – 9 p.m.	8:30 a.m. – 4:30 p.m.	9 a.m. – 3 p.m.	Closed
Pine-tree	8 a.m. – 10 p.m.	8 a.m. – 10 p.m.	8 a.m. – 10 p.m.	8 a.m. – 10 p.m.	8 a.m. – 10 p.m.	8 a.m. – 10 p.m.	8 a.m. – 10 p.m.	Closed
PSLC	6 a.m. – 10 p.m.	6 a.m. – 10 p.m.	6 a.m. – 10 p.m.	6 a.m. – 10 p.m.	6 a.m. – 10 p.m.	6 a.m. – 10 p.m.	6 a.m. – 10 p.m.	8 a.m. – 8 p.m.

*Glen Pine Pavilion is open to adults 19 yrs+

Getting Started? Let Us Help!

We offer a variety of fitness orientations and personal training to get you started working out. Find the best option for you, no matter your fitness level or experience.

Youth Orientation **LOW COST**

An orientation of the facility, the equipment and safe use. Cost \$2. Register online or by calling 604-927-4386. *Note: Teens 13 – 15 years MUST take this program to work out in the fitness centres or participate in group fitness classes.*

City Centre Aquatic Complex

Tuesday, 3:30 – 4:30 p.m.
Thursday, 7:15 – 8:15 p.m.
Saturday, 10 – 11 a.m.

Poirier Sport and Leisure Complex

Wednesday, 3:45 – 4:45 p.m.
Thursday, 4:45 – 5:45 p.m.
Sunday, 11 a.m. – 12 p.m.

Pinetree Community Centre

Monday and Friday, 3:30 – 4:30 p.m.

Not available for the listed times? No problem. Book an appointment with a fitness centre staff.

Adult Orientation **LOW COST**

Learn how to safely and effectively use the equipment in our fitness centres. Cost \$2. Register online or by calling 604-927-4386.

City Centre Aquatic Complex

Wednesday, 7:15 – 8:15 p.m.
Thursday, 8 – 9 a.m.
Sunday, 6:30 – 7:30 p.m.

Pinetree Community Centre

Tuesday, 6 – 7 p.m.

Glen Pine Pavilion

Monday 11 a.m. – 12 p.m.

Poirier Sport and Leisure Complex

Wednesday, 11 a.m. – 12 p.m.
Thursday, 8 – 9 p.m.
Saturday, 10 – 11 a.m.

Personal Training

Looking for a personalized training program? Our certified personal trainer will assess your level, learn about your goals and lead you through a custom training program. More personal training information available at coquitlam.ca/personaltraining

Personal Training Costs

Assessment Session* (1.25 hrs): \$78 | **3 Sessions** (1 hour per): \$186.60
5 sessions (1 hour per): \$295 | **10 sessions** (1 hour per): \$560

*Assessment session is mandatory for first-time clients.

Group Fitness Class Rules

How to have a positive class experience:

- Obtain a drop-in fitness ticket from the front desk and bring it to your instructor.
- Leave those heeled or open-toed shoes behind—athletic shoes are best or bare feet for yoga!
- Enjoy being unplugged! Please turn off cell-phones and other devices.
- Be air aware and avoid the use of scented products whenever possible.
- Encouraging words are the best words!
- Respectful language is the only option in our classes.
- Please stay home if you're sick or experiencing any symptoms.
- Avoid leaving water bottles or other items to save spots for yourself or friends.

Be On Time

Remember to be on time for class. Arriving late may disrupt those around you and may not allow for a sufficient warm up and class introduction.*

*Please note instructors may deny late entry based on class design.



Wristbands

Wear your wristband as proof of admission. The band must be sealed to be valid and must be worn on your wrist or shoe.



If you have any questions, comments, or suggestions, please direct them to the trainer on duty.

Drop-In Group Fitness Classes

Use your ONE PASS to drop-in to these fitness classes! All classes are instructed by registered fitness leaders.

Cardio/Strength

Cardio Core Conditioning ●●

Combine cardio training with strength based movements, with emphasis on core! Expect to use a variety of equipment for weight training movements.

Fit 360° ●●

Your complete 360-degree fitness class incorporates a full-body workout. Expect a diverse experience utilizing a variety of equipment with high energy cardio routines.

Low Impact ●●

A true classic format! Low impact movements through cardio patterning and movement to music. A strength component is included to support muscular endurance using a variety of equipment.

NRG Circuit ●●

Intervals are used to boost your energy (NRG)! This circuit style class combines cardio, balance, core and strength training.

POUND® ●●

Let's get loud! Cardio with drumming makes this class a one-of-a-kind fitness experience. All music styles will get you excited to move. No drumming experience necessary.

Step Remix ●●

Cardio and strength are the focus of this remixed athletic step class. This class features the STEP for cardio but with less emphasis on complex patterning. A wide range of music styles to suit all.

Cycle

Cycle: Group Ride ●●

Indoor cycling on Keiser bikes with constant tension to maximize cardio and muscular endurance. Ride to the beat with intense drills which may include tabata, visualizations, hills and sprints. All riders welcome as tension can be individualized.

Dance

Belly Dance4One ●●

Middle eastern dance and music inspired workout with belly dance techniques and choreography.

Cardio Dance Fit ●●

An energetic, fun cardio workout incorporating easy dance choreography, hip hop and cardio kickboxing. The class will finish strong with a core workout and stretch on the mats.

Dance4One ●●

All genres of dance inspired by latin, ballroom classics and modern music. Learn movement patterns and have fun enjoying a variety of dance styles. Beginner and intermediate levels available.



View drop-in group fitness schedules at coquitlam.ca/drop-in



Zumba® ●●

Ditch the workout, Join the Party! International rhythms and easy-to-follow moves create a one-of-a-kind fitness experience for the dance lover.

Zumba Gold® ●

For those who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity.

Zumba Toning® ●●

Spice up your fitness routine with Zumba Toning®, a Latin rhythm infused dance cardio class with added light weights to help tone and sculpt your muscles. The perfect class to add to your routine—it's so fun that it's exercise in disguise!

Levels of Intensity

Beginner: ●

All Levels: ●●

Challenging: ●●●



Strength/Resistance

Body Basics ●●

Build muscular strength and endurance, with less emphasis on cardio. Use a variety of equipment for a full-body workout. This is a great class for all fitness levels, including beginners.

Iron and HIIT ●●●

A mix of dynamic, multi-muscle compound movements in a boot camp style format for a full-body workout. All levels welcome.

Specialty Classes

Essentrics ●●

A combination of tai chi, ballet and the healing principles of physiotherapy in a full body workout. Suitable for all ages and abilities with a few easy modifications.

Essentrics Beginner ●

A full body workout targeted towards injury prevention and rehabilitation through stretching. Learn the basics of posture alignment, tension release, balance and recovery.

Gentle Impact 4 Healthy Bones ●

Improve strength, posture, balance and agility through the use of functional exercises, resistance training and appropriate stretches. Great for those with osteoporosis.

Active Joints ●

Get moving in a gentle environment with low impact exercises safe for all abilities. Mobilize, strengthen and increase your fitness level. Choose to sit or stand during this exercise class.

Tai Chi/Qigong ●●

This gentle class focuses on flowing movements performed in a slow, focused manner and accompanies deep breathing. Tai chi cultivates life energy within us and encourages powerful purposeful movement.

Yoga/Pilates/Stretch

Family Yoga (7+ yrs) ●

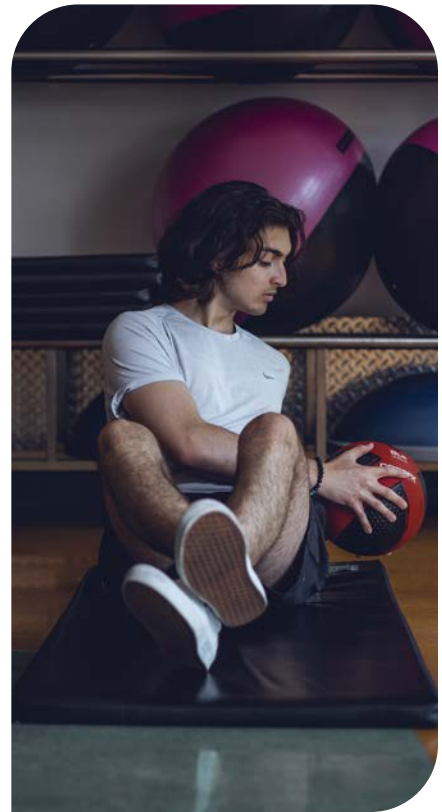
Join us for a relaxing and enjoyable way to spend time as a family while you stretch your way into a variety of easy fun shapes and animal poses. Interactive partner work will be included in a fun and playful challenge geared towards the whole family.

Hatha Yoga ●●

Experience the power, peace and strength of yoga to harmonize your mind, body and spirit. This class focuses on classic yoga postures with special emphasis on controlled breathing and posture.

Pilates ●●

Pilates is a designed practice, targeting core strength, mobility and balance. A series of fluid exercises using breathing techniques and body mechanics in movement sequences.



Pilates Yoga Fusion ●●

The best of both worlds, this program will stabilize, mobilize and increase the mind-body connection through a combination of yoga and Pilates.

Vinyasa Flow Yoga ●●●

Poses are done in a flowing succession and more quickly than a Hatha class. Improve energy levels in this flowing yoga practice with a relaxing Savasana to follow.

Yin Deep Stretch Yoga ●

A slower paced yoga class suitable for everyone. Postures are held for a longer period of time to target deep connective tissues in the body.

Levels of Intensity

Beginner: ●

All Levels: ●●

Challenging: ●●●

Health and Fitness

Coquitlam resident registration for Health and Fitness programs opens at 8:30 a.m. on Nov. 28.
 Non-resident registration for Health and Fitness programs opens at 8:30 a.m. on Nov. 30.



Adult and Baby Yoga (16+ yrs)

Relaxation for baby and you! Learn how to relax and breathe fully while focusing on strengthening the abs, back and shoulder with the help of your baby. Open to either parent or guardian.

at Pinetree Community Centre

F	Jan 12 – Feb 16	9:30 – 10:30 a.m.	6/\$60	139360
F	Feb 23 – Mar 29	9:30 – 10:30 a.m.	6/\$60	139361

Barre (13+ yrs)

A low-impact workout incorporating ballet-inspired moves with elements of dance, Pilates and muscular conditioning. Classes are taught with traditional barre apparatus including stability bars, benders balls and gliding discs.

at City Centre Aquatic Complex

Su	Jan 7 – Feb 11	8:15 – 9:15 a.m.	6/\$60	139082
Th	Jan 11 – Feb 15	5:45 – 6:45 p.m.	6/\$60	139075
Su	Feb 18 – Mar 24	8:15 – 9:15 a.m.	6/\$60	139087
Th	Feb 22 – Mar 28	5:45 – 6:45 p.m.	6/\$60	139076

at Poirier Sport and Leisure Complex

Tu	Jan 9 – Feb 13	7:15 – 8:15 p.m.	6/\$60	139417
Tu	Feb 20 – Mar 26	7:15 – 8:15 p.m.	6/\$60	139418

Bootcamp 4 U and Baby (16+ yrs)

Take some time for you and baby to bond while keeping yourself fit and healthy during this strength and cardio class. Moms must be at least eight-weeks postpartum and babies pre-mobile.

at Poirier Sport and Leisure Complex

W	Jan 10 – Feb 14	1 – 2 p.m.	6/\$60	139415
W	Feb 21 – Mar 27	1 – 2 p.m.	6/\$60	139416

Candlelit Flow (13+ yrs)

A candlelit sequence of flowing yoga poses, with movement guided by breath work. The sequence will progressively become more challenging and leave the body energized and refreshed.

at City Centre Aquatic Complex

F	Jan 12 – Feb 16	8:15 – 9:15 p.m.	6/\$60	139089
F	Feb 23 – Mar 29	8:15 – 9:15 p.m.	6/\$60	139091

Oops! We cancelled it...

Because we didn't know that you wanted it!
 We recommend registering at least one week prior to class so we can reduce class cancellations.



Chair Yoga (19+ yrs)

Designed to achieve mental and physical fitness, learn yoga postures, breathing techniques and meditation. Poses are practiced sitting in a chair. No yoga experience required.

at Centennial Pavilion

M	Jan 8 – Feb 12	10 – 11:15 a.m.	6/\$71.70	139423
F	Jan 12 – Feb 16	11:15 a.m. – 12:30 p.m.	6/\$71.70	139421
F	Feb 23 – Mar 29	11:15 a.m. – 12:30 p.m.	6/\$71.70	139422
M	Feb 26 – Mar 25	10 – 11:15 a.m.	5/\$59.75	139424

at Glen Pine Pavilion

F	Jan 12 – Feb 16	11:45 a.m. – 1 p.m.	6/\$71.70	139265
F	Feb 23 – Mar 29	11:45 a.m. – 1 p.m.	6/\$71.70	139268

Circl Mobility™ (13+ yrs)

Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises. It is hosted by a certified a Zumba® instructor and designed to help you move your body the way it's intended to and helps you release stress, restore your range of motion, and renew your ability to move better, longer.

at City Centre Aquatic Complex

Tu	Jan 9 – Feb 13	12 – 1 p.m.	6/\$60	139093
Tu	Feb 20 – Mar 26	12 – 1 p.m.	6/\$60	139094

Foxy Flow (19+ yrs)

Warm up with flowing yoga poses, and then unleash your confidence and playfulness with a high energy heels inspired dance class. BUT... kick off those heels for these cheeky, powerful, vivacious yet graceful movements executed with poise.

at City Centre Aquatic Complex

F	Jan 12 – Feb 16	7 – 8 p.m.	6/\$60	141991
F	Feb 23 – Mar 29	7 – 8 p.m.	6/\$60	141992

at Maillardville Community Centre (1200 Cartier Ave)

M	Jan 8 – Feb 12	7:30 – 8:30 p.m.	6/\$60	139409
M	Feb 26 – Mar 25	7:30 – 8:30 p.m.	5/\$50	139410

Get Up and Go! (19+ yrs)

An entry-level exercise program for seniors with balance and mobility impairments, who are otherwise unable to attend a community exercise class. Improve strength, balance and coordination. Health screening must be completed at first class. In partnership with Fraser Health Authority – Fall and Injury Prevention.

at Dogwood Pavilion

Tu/Th	Jan 9 – Feb 15	12 – 1 p.m.	12/\$120	139433
Tu/Th	Feb 20 – Mar 28	12 – 1 p.m.	12/\$120	139434

Group Cycle: Night Ride (19+ yrs)

Join us for a different themed ride each session. We will turn up the music and turn down the lights while you cycle to the beat.

at City Centre Aquatic Complex

F	Jan 19	7:30 – 8:30 p.m.	1/\$10	141642
F	Feb 23	7:30 – 8:30 p.m.	1/\$10	141644

Hatha Yoga Intermediate (13+ yrs)

For those familiar with the progressions of basic hatha yoga postures and are looking to deepen their practice. Some yoga experience is required.

at Centennial Pavilion

M	Jan 8 – Feb 12	11:30 a.m. – 1 p.m.	6/\$77.40	139425
M	Feb 26 – Mar 25	11:30 a.m. – 1 p.m.	5/\$64.50	139426

at Pinetree Community Centre

W	Jan 10 – Feb 14	7:15 – 8:45 p.m.	6/\$77.40	139363
W	Feb 21 – Mar 27	7:15 – 8:45 p.m.	6/\$77.40	139365

at Poirier Sport and Leisure Complex

M	Jan 8 – Feb 12	6 – 7:30 p.m.	6/\$77.40	139419
M	Feb 26 – Mar 25	6 – 7:30 p.m.	5/\$64.50	139420

Hatha Yoga and Meditation (13+ yrs)

Create a deeper mind-body connection through gentle yoga poses, breathing exercises, visualization and meditation. Open to all levels.

at Victoria Community Hall

M	Jan 8 – Feb 12	9:30 – 11 a.m.	6/\$77.40	139405
M	Feb 26 – Mar 25	9:30 – 11 a.m.	5/\$64.50	139406

Kickboxing (19+ yrs)

Learn the techniques behind punching and kicking using plyometric and cardio exercises. Equipment is provided.

at Pinetree Community Centre

W	Jan 10 – Feb 7	6:30 – 8:45 p.m.	5/\$47.25	140290
W	Feb 14 – Mar 13	7:45 – 8:45 p.m.	5/\$47.25	140291

All Abilities Welcome!

Visit page 6 for details



Tell us how we did!
coquitlam.ca/ProgramEvaluation

Killer Kettlebells (13+ yrs)

Bust through plateaus, feel the burn and push yourself with this higher intensity, functional workout integrating explosive cardio and powerful strength exercises. This circuit style class progressively becomes more challenging each week to improve your fitness level, incorporating the spin bikes, TRX, kettlebells, battle ropes, sandbags, plyometric boxes, dumbbells and resistance bands.

at City Centre Aquatic Complex

Tu	Jan 9 – Feb 13	6 – 7 p.m.	6/\$60	139095
Tu	Feb 20 – Mar 26	6 – 7 p.m.	6/\$60	139096

Learn 2 Ride (13+ yrs)

Designed to prepare the novice participant to learn the basics of indoor cycling. Learn how to set up and properly use an indoor Keiser bike. Be ready and feel confident to participate in our many drop-in cycle offerings!

at City Centre Aquatic Complex

W	Jan 10 – Jan 31	6:30 – 7:30 p.m.	4/\$40	139273
W	Feb 7 – Feb 28	6:30 – 7:30 p.m.	4/\$40	139275
W	Mar 6 – Mar 27	6:30 – 7:30 p.m.	4/\$40	139277

Minds in Motion (19+ yrs)

Minds in Motion is a fitness and social program for people living with any form of early stage dementia along with a family member, friend or other care partner. The program is offered in partnership with the Alzheimer Society of BC. Gentle exercise are followed by social activities designed to be enjoyed in pairs. Care partners must attend. Registration fees include the cost of the person living with dementia and one care partner.

at Centennial Pavilion

Th	Jan 11 – Feb 15	2:15 – 3:45 p.m.	6/\$33.30	139429
Th	Feb 22 – Mar 28	2:15 – 3:45 p.m.	6/\$33.30	139430

Prenatal Yoga (16+ yrs)

Relax and unwind in a gentle hatha yoga class specialized for expectant mothers. Experience stretching, breathing exercises, and strength-building poses to help increase energy and stamina.

at Pinetree Community Centre

Tu	Jan 9 – Feb 13	6:45 – 7:45 p.m.	6/\$60	139367
Tu	Feb 20 – Mar 26	6:45 – 7:45 p.m.	6/\$60	139385

Restorative Yoga (13+ yrs)

Slow-paced yoga suitable for everyone. Deep stretching and yin posture are held for a longer period of time to target the deep connective tissues of the body, increasing flexibility and range of motion. Restorative yoga postures open the body, and work to de-stress and calm the nervous system.

at City Centre Aquatic Complex

Su	Jan 7 – Feb 11	5:45 – 7 p.m.	6/\$71.70	139236
Su	Feb 18 – Mar 24	5:45 – 7 p.m.	6/\$71.70	139239

at Dogwood Pavilion

M	Jan 8 – Feb 12	7 – 8:15 p.m.	6/\$71.70	139427
M	Feb 26 – Mar 25	7 – 8:15 p.m.	5/\$59.75	139428

Ride and Pulse (13+ yrs)

Start with a great cardiovascular workout on the Keiser bikes in a mini group ride class. Finish the class off on the booty kicker apparatus to build strength and endurance.

at City Centre Aquatic Complex

M	Jan 8 – Feb 12	7:15 – 8:15 p.m.	6/\$60	139245
M	Feb 26 – Mar 25	7:15 – 8:15 p.m.	5/\$50	139248

T.I.M.E. Program (19+ yrs)

Together in Movement and Exercise (TIME) is a community-based exercise program for people with balance and mobility challenges. The specialized circuit-style class was created in partnership with the Fraser Health Authority providing a structured, safe and fun environment. Participants must be able to walk 30 feet with or without a walking aid.

at Centennial Pavilion

Tu/Th	Jan 9 – Feb 15	1 – 2 p.m.	12/\$132	139431
Tu/Th	Feb 20 – Mar 28	1 – 2 p.m.	12/\$132	139432

Yoga Therapy (19+ yrs)

This therapeutic application of Hatha Yoga in a group setting focuses on the physical, energetic, emotional and mental health of the participant. Classes include movement, mindfulness, breath practices, meditation, Yoga Philosophy and teachings on the Anatomy. Learn how to improve your overall health by reducing stress while increasing your strength, flexibility, balance and core. This will include more mobility in the shoulders, hips and spine.

at Victoria Community Hall

W	Jan 10 – Feb 14	9:30 – 11 a.m.	6/\$71.70	139407
W	Feb 21 – Mar 27	9:30 – 11 a.m.	6/\$71.70	139408

All Abilities Welcome!
 Visit page 6 for details

Adult

Coquitlam resident registration for Adult programs opens at 8:30 a.m. on Nov. 28.
Non-resident registration for Adult programs opens at 8:30 a.m. on Nov. 30.

19 yrs +
(unless otherwise noted)



Cards and Games

Learn to Play Poker (19+ yrs)

Learn how to play this fun and social game of strategy, skill and chance. For players with little or no experience to encourage future playing in the Poker activity group.

at **Glen Pine Pavilion**

Tu	Jan 16 – Feb 06	10:30a.m. – 12 p.m.	4/\$8	139997
Tu	Feb 20 – Mar 12	10:30a.m. – 12 p.m.	4/\$8	139998



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Lifelong Learning

Alzheimer's Society of BC: Adjusting to Living in Long Term Care (19+ yrs)

This workshop will provide tips and strategies for caregivers and family members to help their loved one to adjust to long-term care living once the transition is completed. There are ways to assist with settling into the new living situation and establishing new routines while working closely with the staff care team at the residence. How to advocate and stay connected are key to quality living in long term care. Presented by the Alzheimer's Society of BC.

at **Dogwood Pavilion**

Th	Mar 21	10 – 11:30 a.m.	1/ FREE	141373
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Alzheimer's Society of BC: Healthy Brains (19+ yrs)

It is never too soon or too late to make changes that will maintain or improve your brain health. Learn strategies and set goals. Presented by the Alzheimer's Society of BC.
at Maillardville Community Centre (1200 Cartier Ave)

Tu Jan 23 1–2:30 p.m. 1/**FREE** 142000

Alzheimer's Society of BC: What is Dementia? (19+ yrs)

Explore how to navigate life after a dementia diagnosis alongside others who are also on the dementia journey. Learn practical strategies to live well and access resources that are available at any stage of the disease. For caregivers and those living with dementia. Presented by the Alzheimer's Society of BC.

at Dogwood Pavilion

Tu Feb 6 10–11:30 a.m. 1/**FREE** 141372

Alzheimer's Society of BC: Creating a Safe Home Environment (19+ yrs)

The home is an important place for everyone. For the person with dementia, a familiar environment can help connect with the past and maintain a sense of self. When modifying a home environment, keep it familiar, striking a balance between safety and independence. Tips for creating a safe home environment will be presented. For both People Living with Dementia and their Caregivers. Presented by the Alzheimer's Society of BC.

at Glen Pine Pavilion

W Mar 13 1:30–3:30 p.m. 1/**FREE** 140649

Alzheimer's Society of BC: Mapping Your Journey: Stages and Progression of Dementia (19+ yrs)

While each dementia journey is unique, there are some signposts to the stages of dementia. Learn about what to expect as the disease progresses and how you can manage changes as they happen. For both People Living with Dementia and their Caregivers. Presented by the Alzheimer's Society of BC.

at Glen Pine Pavilion

Tu Jan 30 9:30–11:30 a.m. 1/**FREE** 140577

Alzheimer's Society of BC: Recognizing the Journey as a Caregiver (19+ yrs)

Discuss the personal challenges, guilt, and grief of being a dementia caregiver. Learn how to recognize signs of burnout, the importance of self-care, and how you can build your resilience as a caregiver. There will be opportunities for discussion throughout the presentation. For the Caregivers of People Living with Dementia. Presented by the Alzheimer's Society of BC.

at Glen Pine Pavilion

W Feb 28 1–2:30 p.m. 1/**FREE** 140636

**Cooking: All About Tarts (19+ yrs)**

Learn the art of creating exquisite tarts that are as beautiful as they are delicious. This class will focus on Chocolate Mousse Tarts and Lemon Curd Tarts.

at Maillardville Community Centre (1200 Cartier Ave)

Sa Mar 2 2:15–4:15 p.m. 1/\$21.70 141240

Cooking: Bacon-Wrapped Chicken Cordon Bleu with Sides (19+ yrs)

Take your culinary skills to the next level and make your social gatherings memorable. Learn how to prepare dishes from scratch using fresh and nutritious ingredients. Prepare the classic Bacon-Wrapped Chicken Cordon Bleu with the accompanying sides. No experience necessary and all supplies provided.

at Glen Pine Pavilion

Su Feb 18 10:30 a.m. – 1:30 p.m. 1/\$32.55 140378

Cooking: Bacon-Wrapped Pork Tenderloin with Roasted Potatoes and Vegetables (19+ yrs)

Pork Roast is a tender protein that is a nice change from the traditional roast beef. Learn how to cook this meat with accompanying sides that compliment the flavour. No experience necessary and all supplies provided.

at Glen Pine Pavilion

Su Jan 28 10:30 a.m. – 1:30 p.m. 1/\$32.55 140390



Cooking: Baking Fruit Crumbles and Date Squares (19+ yrs)

Fruit crumbles and date squares both use oatmeal as a key ingredient. Learn how to bake these healthy dessert options from scratch. No experience necessary and all supplies provided.

at *Glen Pine Pavilion*

Su Feb 4 10:30 a.m. – 1:30 p.m. 1/\$32.55 140397

Cooking: Baking Scones and Loaves (19+ yrs)

Quick breads like scones and loaves are healthy and easy to prepare. Learn how to bake soft, fluffy scones and a nutritious loaf of banana bread. No experience necessary and all supplies provided.

at *Glen Pine Pavilion*

Su Feb 25 10:30 a.m. – 1:30 p.m. 1/\$32.55 140383

Cooking: Baking with Chocolate (19+ yrs)

Join us for a fun workshop about baking with chocolate and making chocolate confections. Learn to make flourless gluten free chocolate cupcakes and a healthier version of a chocolate truffle. The health benefits of chocolate and swapping out ingredients to make recipes healthier will also be discussed. This is a hands-on class with a chance to try what is made. No experience necessary and all supplies provided.

at *Dogwood Pavilion*

Th Feb 8 6 – 8 p.m. 1/\$21.70 140133

Cooking: Baking with Sourdough Starters (19+ yrs)

Come learn how to make the perfect loaf of sourdough bread and what it takes to have your baking rise to the next level. No experience necessary and all supplies provided.

at *Maillardville Community Centre (1200 Cartier Ave)*

Sa Jan 20 2:15 – 4:15 p.m. 1/\$21.70 141232

Cooking: Beef Stew and Homemade Biscuits (19+ yrs)

Impress your family or friends with spectacular dinner entrees. Learn to make a hearty beef stew with homemade biscuits to soak up the flavourful gravy. No experience necessary and all supplies provided.

at *Glen Pine Pavilion*

Su Mar 3 10:30 a.m. – 1:30 p.m. 1/\$32.55 140380

Cooking: Butter Chicken (19+ yrs)

Butter Chicken is a dish from northern India, also known as Chicken Makhani. The term Makhani means a smooth, velvety sauce that is rich and flavourful. Create the dishes in this hands-on cooking class and taste them together while socializing. No experience necessary and all supplies provided.

at *Dogwood Pavilion*

Th Mar 7 6 – 8 p.m. 1/\$21.70 140129

Cooking: Caldereta (Filipino Stew) (19+ yrs)

Learn how to create this rich and savoury stew that is a beloved classic in Filipino households.

at *Maillardville Community Centre (1200 Cartier Ave)*

Tu Jan 16 6 – 8 p.m. 1/\$21.70 141258

Cooking: Chili Garlic Noodles (19+ yrs)

Whether you're an Asian cuisine enthusiast or just starting your culinary adventure, this noodle dish is sure to impress. Balancing the fiery heat of chili with the savoury richness of garlic and other umami-packed ingredients, these bold and addictive noodles may just become a new staple at home.

at *Maillardville Community Centre (1200 Cartier Ave)*

Tu Feb 27 6 – 8 p.m. 1/\$21.70 141266

Cooking: Cooking Around the World (19+ yrs)

Join us for a flavourful journey from around the world in this hands-on cooking class. Create the dishes and taste them together in a social setting. Leave each session with new recipes and a deeper understanding of applying international flavours to your own cooking. No experience necessary and all supplies provided.

at *Dogwood Pavilion*

W Jan 24 – Jan 31 6 – 8 p.m. 2/\$43.40 140084

W Feb 21 – Feb 28 6 – 8 p.m. 2/\$43.40 140086

W Mar 20 – Mar 27 6 – 8 p.m. 2/\$43.40 140097

All Abilities Welcome!

Visit page 6 for details

Cooking: Food Skills for Families (19+ yrs)

Food Skills for Families Food Sense program is a free, healthy cooking on a budget program that takes place during weekly sessions for 6 weeks. Learn to cook simple and delicious meals, share tips in the kitchen during the hands-on cooking portion and learn to read nutrition labels. This program is sponsored by the BC Centre for Disease Control.

at *Dogwood Pavilion*

Sa Jan 13 – Feb 17 10:30 a.m. – 1:30 p.m. 5/**FREE** 141439

Cooking: Ham Dinner and Sides (19+ yrs)

Ham is a cured leg of pork that is a wonderful feature item for dinner and great as a leftover. Learn about cooking ham and the side dishes that go well with this choice of meat. No experience required and all supplies provided.

at *Glen Pine Pavilion*

Su Mar 10 10:30 a.m. – 1:30 p.m. 1/\$32.55 140382

Cooking: Handmade Pasta and Nut-Free Pesto (19+ yrs)

Uncover the secrets of crafting the perfect pasta dough from scratch. This class will also learn how to make a vibrant and aromatic nut-free pesto sauce.

at *Maillardville Community Centre (1200 Cartier Ave)*

Tu Feb 13 6 – 8 p.m. 1/\$21.70 141264

Cooking: Homemade Chili and Buns (19+ yrs)

Chili is a versatile one pot simmering dish cooked with many choices of ingredients with a very robust spice profile that can be adjusted to suit all palates. Chili options are endless. No experience necessary and all supplies provided.

at *Glen Pine Pavilion*

Su Jan 14 10:30 a.m. – 1:30 p.m. 1/\$32.55 140339

Cooking: Homemade Pizza with Sides (19+ yrs)

There is nothing like a hot crusty homemade pizza! Learn how to make your own dough, or use a ready-made one that you can customize with different toppings. No experience required and all supplies provided.

at *Glen Pine Pavilion*

Su Mar 17 10:30 a.m. – 1:30 p.m. 1/\$32.55 140384

Oops! We cancelled it...

Because we didn't know that you wanted it! We recommend registering at least one week prior to class so we can reduce class cancellations.



Cooking: Homemade Spaghetti and Meatballs (19+ yrs)

Take your culinary skills to the next level and make your social gatherings memorable. Learn how to prepare dishes from scratch using fresh and nutritious ingredients. Prepare homemade spaghetti and meatballs with the accompanying sides. No experience necessary and all supplies provided.

at *Glen Pine Pavilion*

Su Jan 21 10:30 a.m. – 1:30 p.m. 1/\$32.55 140371

Cooking: Knife Skills 101 (19+ yrs)

The key to food preparation and cooking is having basic knife skills. Even experienced cooks continue to learn how to use this tool to slice, dice, chop, mince and more. It is also important to know the different knives to use for the different techniques and how to care for them. This class will have you working with different ingredients ensuring that you are prepared to cook the recipes on hand with confidence. No experience required.

at *Glen Pine Pavilion*

M Jan 15 – Feb 12 7 – 8:30 p.m. 5/\$81.50 141423

Cooking: Lunar New Year (19+ yrs)

Celebrate Lunar New Year in this themed cooking class. Create the dishes in this hands-on cooking class and taste them together while socializing. No experience necessary and all supplies provided.

at *Dogwood Pavilion*

Sa Feb 10 9:30 – 11:30 a.m. 1/\$21.70 140134

Cooking: Lunar New Year Chun Juan (Chinese Spring Rolls) (19+ yrs)

Celebrate the upcoming Lunar New Year by learning to create your own Chun Juan, more commonly known as Chinese spring rolls, a beloved and iconic dish in Chinese cuisine.

at Maillardville Community Centre (1200 Cartier Ave)

Tu Feb 6 6 – 8 p.m. 1/\$21.70 141263

Cooking: Lunar New Year Japchae (Korean Glass Noodle Stir Fry) (19+ yrs)

Celebrate the upcoming Lunar New Year by learning to create Japchae, a popular Korean dish made with stir fried glass noodles and an array of colourful and flavourful ingredients.

at Maillardville Community Centre (1200 Cartier Ave)

Tu Jan 30 6 – 8 p.m. 1/\$21.70 141262

Cooking: Lunar New Year Mango Pudding and Egg Tarts (19+ yrs)

Celebrate Lunar New Year by learning to create two iconic and delectable Asian desserts: Mango Pudding and Egg Tarts.

at Maillardville Community Centre (1200 Cartier Ave)

Sa Jan 27 2:15 – 4:15 p.m. 1/\$21.70 141234

Cooking: Plant-Based Cooking (19+ yrs)

Join us for a cooking class focusing on plant-based cooking. Textured plant-based protein alternatives will be introduced in this hands-on cooking class. Create the dishes and taste them together in a social setting. No experience necessary and all supplies provided.

at Dogwood Pavilion

Th Jan 18 6 – 8 p.m. 1/\$21.70 140438

Cooking: Roast Chicken and Mushroom Risotto (19+ yrs)

Take your culinary skills to the next level and make your social gatherings memorable. Learn how to prepare dishes from scratch using fresh and nutritious ingredients. Prepare a roast chicken, mushroom risotto with accompanying sides. No experience necessary and all supplies provided.

at Glen Pine Pavilion

Su Feb 11 10:30 a.m. – 1:30 p.m. 1/\$32.55 140376



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coquitlam.ca/ProgramEvaluation

Cooking: Salted Caramel Apple Galettes (19+ yrs)

Learn how to create the perfect galette pastry – a rustic, free-form pie that is suitable for all skill levels. Galettes will be filled with fresh homemade caramel, deliciously tart apples, and topped with sea salt to create the ultimate flavour masterpiece.

at Maillardville Community Centre (1200 Cartier Ave)

Sa Mar 9 2:15 – 4:15 p.m. 1/\$21.70 141244

Cooking: Sweet and Savoury Crepes (19+ yrs)

Unlock the secrets to creating the perfect crepe, a versatile and mouthwatering French delicacy. This class will explore flavours of both sweet and savoury crepe fillings.

at Maillardville Community Centre (1200 Cartier Ave)

Sa Feb 17 2:15 – 4:15 p.m. 1/\$21.70 141238

Cooking: Teriyaki Salmon Bowl and Sides (19+ yrs)

Salmon is a versatile and flavourful fish and a top choice for a healthy heart option. So many different ways to cook this source of low saturated fat protein. Enjoy a delicious Teriyaki Salmon Bowl as an all-inclusive meal. No experience necessary and all supplies provided.

at Glen Pine Pavilion

Su Mar 24 10:30 a.m. – 1:30 p.m. 1/\$32.55 140408

Cooking: The Global Kitchen Series (19+ yrs)

Every week will be a culinary global adventure with international dishes prepared from scratch. This class series will have you working with different ingredients ensuring that you are prepared to cook the recipes on hand with confidence. This will be a journey into preparing delicious meals suitable for all palates. No experience required.

at Glen Pine Pavilion

M Feb 26 – Mar 25 7 – 8:30 p.m. 5/\$81.50 141424

Cooking: Three Tier Cakes (19+ yrs)

Learn the art of layering, frosting, and decorating three tier cakes like a pro.

at Maillardville Community Centre (1200 Cartier Ave)

Sa Feb 10 2:15 – 4:15 p.m. 1/\$21.70 141236

Cooking: Tortilla Soup (19+ yrs)

Dive into the world of rich, flavourful, and comforting Tortilla Soup, a dish that embodies the heart and soul of Mexican cooking.

at Maillardville Community Centre (1200 Cartier Ave)

Tu Feb 20 6 – 8 p.m. 1/\$21.70 141265

Cooking: Traditional European Pierogies (19+ yrs)

Dive into the world of pierogi making! Start by making the perfect dough, rolling it out, then filling it with a variety of delicious and hearty ingredients, and finishing with learning various folding and pleating techniques to create the ultimate Eastern European dumpling.

at Maillardville Community Centre (1200 Cartier Ave)

Tu Mar 5 6 – 8 p.m. 1/\$21.70 141267

Cooking: Traditional Italian Easter Bread (19+ yrs)

Discover the delightful traditions of Italian Easter in this hands-on baking class! Learn to create a classic Italian Easter Bread, known for its delightful blend of lightly sweet flavours and festive decorations. Leave with a delectable treat to share with your loved ones over the holiday weekend.

at Maillardville Community Centre (1200 Cartier Ave)

Sa Mar 30 9:30 – 11:30 a.m. 1/\$21.70 141835

Cooking: Vegan Eggplant Cannelloni (19+ yrs)

Uncover the secrets of crafting the perfect vegan cannelloni, filled with a flavourful combination of plant-based ingredients.

at Maillardville Community Centre (1200 Cartier Ave)

Tu Jan 23 6 – 8 p.m. 1/\$21.70 141261

Cooking: Vegetarian Thai Green Curry (19+ yrs)

Take a flavourful journey to Southeast Asia and learn to create a perfectly creamy, fragrant, and mouthwatering Vegetarian Thai Green Curry.

at Maillardville Community Centre (1200 Cartier Ave)

Tu Mar 12 6 – 8 p.m. 1/\$21.70 141268

Coquitlam RCMP: Elder Abuse and Fraud Prevention (19+ yrs)

The Coquitlam RCMP Community Response Team will present on how to protect yourself from elder abuse, identity theft, fraud, internet and telephone scams. Learn what to do and who to contact if you or someone you know is a victim.

at Dogwood Pavilion

Th Jan 25 10 – 11:30 a.m. 1/FREE 142103

COSCO: Frauds and Scams (19+ yrs)

We investigate the ways in which fraudsters take in people to rob them of their money and possessions. Seniors are frequent victims and need to be aware of how to protect themselves Presented by a senior volunteer from COSCO – Seniors Health and Wellness Institute.

at Dogwood Pavilion

F Mar 22 9:30 – 11 a.m. 1/FREE 141367

COSCO: Healthy Eating for Seniors (19+ yrs)

March is nutrition month. Eating well and maintaining a healthy diet as we age is important even on a tight budget. This session offers tips to help you monitor and adjust your eating and reviews the Canada Food Guidelines. Presented by a senior volunteer from COSCO – Seniors Health and Wellness Institute.

at Glen Pine Pavilion

Th Mar 14 10 – 11:30 a.m. 1/FREE 139995

COSCO: Heart Operations (19+ yrs)

February is heart month. If you are interested in how the heart operates or are or know someone who may be considering a heart operation, this will provide more information. The heart chambers, valves and blood vessels are described with animated slides, as well as a typical heart operation, diagnosis and short- and longer-term recovery. Presented by a senior volunteer from COSCO – Seniors Health and Wellness Institute.

at Glen Pine Pavilion

Th Feb 8 1 – 2:30 p.m. 1/FREE 139993

COSCO: Memory and Aging (19+ yrs)

January is Alzheimer's Awareness Month. This workshop explains how memory functions and how it changes as we age. We give tips for improving memory, and information about when to seek help. Presented by a senior volunteer from COSCO – Seniors Health and Wellness Institute.

at Dogwood Pavilion

F Feb 23 9:30 – 11 a.m. 1/FREE 141366

at Glen Pine Pavilion

Th Jan 25 10 – 11:30 a.m. 1/FREE 139992

CPA: Estate Planning (19+ yrs)

Learn how to create a plan to distribute assets, during life or upon death. Learning objectives for this session includes understanding the what and why of estate planning, learning about the various tools of estate planning (powers of attorney, wills, joint accounts, gifting, trust), defining dying without a will and highlighting facts on life insurance.

Presented by Financial Literacy Volunteer from CPA – Chartered Professional Accountants Canada

at Glen Pine Pavilion

Th Mar 28 1 – 2:30 p.m. 1/FREE 140539

All Abilities Welcome!

Visit page 6 for details



Tell us how we did!
coquitlam.ca/ProgramEvaluation

CPA: Fraud Protection for Seniors (19+ yrs)

Learn how you can protect yourself against fraud. Learning objectives include: understanding what fraud is and how it works, identifying the signs of fraud and how to act on suspicions, learning about the top three scams and understanding why seniors are targeted and know what to do if you are a victim of fraud.

Presented by Financial Literacy Volunteer from CPA – Chartered Professional Accountants Canada

at Glen Pine Pavilion

W Jan 31 10 – 11:30 a.m. 1/**FREE** 140523

CPA: Managing Your Money (19+ yrs)

Learn how to save more and spend less. Apply the financial knowledge to be able to make informed decisions about money. Learning objectives include: reading and understanding a pay stub and its relationship to a T4 slip, creating a budget to help develop a savings plan, applying saving money and reducing spending to achieve success and develop ways to invest savings and achieve financial success. Workshops will also cover credit lenders, credit scores, and credit reports, including what they mean and actions that can improve your score.

Presented by Financial Literacy Volunteer from CPA – Chartered Professional Accountants Canada

at Glen Pine Pavilion

Tu Feb 27 7 – 8:30 p.m. 1/**FREE** 140533

CPA: Saving Strategies – Easy Concept, Difficult Reality (19+ yrs)

Learn how to save money, pay down debt, spend less and invest in the future. Making a budget, setting SMART goals will be discussed with lots of time for questions and answers. Presented by a volunteer from Chartered Professional Accountants of British Columbia.

at Dogwood Pavilion

M Jan 29 7 – 8 p.m. 1/**FREE** 141429

CPA: The Journey Out of Debt (19+ yrs)

Understand how credit works, the risks, benefits and how to take control of debt. How payday loan companies operate and the cost of borrowing from them will also be discussed with lots of time for questions and answers. Presented by a Chartered Professional Accountants of British Columbia volunteer.

at Dogwood Pavilion

M Feb 5 7 – 8 p.m. 1/**FREE** 141436

CPA: The Strong Woman Investor (19+ yrs)

Learn why women are powerful investors and how to develop strategies to become a strong investor. Considerations for investing, different types of investments and tax implications will also be discussed. Presented by a volunteer from Chartered Professional Accountants of British Columbia.

at Dogwood Pavilion

Th Mar 7 1:30 – 2:30 p.m. 1/**FREE** 141474

Health and Safety: Blood Pressure Clinic (19+ yrs)

Drop-in for a visit with a retired health care professional. We will measure blood pressure and weight and can assist with finding resources for better health. Please wear comfortable clothing that you can reduce to a single layer so our machine gets the most accurate results. No registration required. At Dogwood the 1st and 3rd Wednesday and at Glen Pine the 3rd Tuesday of each month.

at Dogwood Pavilion

W Jan 17 – Mar 20 11:30 a.m. – 1 p.m. 5/**FREE** 141843

at Glen Pine Pavilion

Tu Jan 16 – Mar 19 11:45 a.m. – 12:45 p.m. 3/**FREE** 142069



2023 Income Tax Returns

Have your 2023 income tax returns completed by Canada Revenue Agency trained volunteers. To be eligible for this service, you must be over 50 years of age with a low income or receiving any disability pension. Deceased final returns are not accepted, only simple tax returns. By appointment only. Registration begins in early February.

Watch for more information on how to register coming in the new year.

Health and Safety: Falls Prevention Mobile Clinic (19+ yrs)

A multi-disciplinary approach to the prevention of falls and fall-related injuries. Participants will have a fall risk assessment as well as a 1 on 1 consult with various health professionals for 45 minutes, totaling 2 hours. They will receive a kinesiology assessment as well as 1 on 1 consults with a Pharmacist and Physiotherapist. Various aspects of the participant’s fall risk status will be assessed and interventions will be discussed. Registration is required! To register please call 604-374-2273. Presented by Fraser Health.

at *Glen Pine Pavilion*

Th Mar 21 8:30 a.m. – 5 p.m. 1/**FREE** 137977

Information Session: Downsizing Done Right! (19+ yrs)

Time to downsize your home but not sure where to start? Learn our tips and tricks for a successful process, from where to get help, how to streamline your belongings, how staging can help a sale, all the way to finding the perfect sized home in the current competitive market. Presented by Tracey Clermont PREC* and Krista Petersen PREC*, Oakwyn Realty Encore.

at *Glen Pine Pavilion*

F Feb 2 10 – 11:30 a.m. 1/**FREE** 139989

Tu Feb 6 7 – 8:30 p.m. 1/**FREE** 139988

Information Session: Guaranteed Income for Retirement (19+ yrs)

This seminar is designed to help people who are concerned about having adequate income in retirement better understand the basics of potential guaranteed income solutions. Presented by James Leung.

at *Glen Pine Pavilion*

F Jan 19 2 – 3:30 p.m. 1/**FREE** 141080

Information Session: Lifesizing Part 1 – Smart Talk on Strata Living (19+ yrs)

There are many factors to consider when thinking about transitioning from a conventional, single-family home to strata. We will discuss the motivations, challenges and benefits while providing a clear picture of “what’s in it for you”. Also included is a discussion on the new requirement for strata depreciation reports. Presented by Terry Hyska.

at *Dogwood Pavilion*

Th Mar 21 1 – 3:30 p.m. 1/**FREE** 140239

at *Glen Pine Pavilion*

Th Feb 22 1 – 4 p.m. 1/**FREE** 140098

Life Long Learning for Adults (19+)



Learn Something New!

- Cooking
- Languages
- Technology
- Health
- Life skills
- Travel

Locations: Maillardville Community Centre, Dogwood Pavilion and Glen Pine Pavilion

Register

coquitlam.ca/registration | 604-927-4386

Stay up to date: coquitlam.ca/enews

Information Session: Lifesizing Part 2 – The Dollars and “Sense” of Strata Living (19+ yrs)

There are many cost benefits when considering the transition to strata living. The focus of this workshop is to explore the costs associated with living in strata, compared to a conventional, single-family home. We will cover the common day-to-day expenses, monthly fees, and how to plan for expected and unexpected costs. Also included is a discussion on the new requirement for depreciation/sustainability reports. Presented by Terry Hyska.

at *Dogwood Pavilion*

Th Mar 28 1 – 3:30 p.m. 1/**FREE** 140240

at *Glen Pine Pavilion*

Th Feb 29 1 – 4 p.m. 1/**FREE** 140101

Language: English Learner 1 (19+ yrs)

Learn fun and practical fundamental English for everyday use. Gain confidence to speak English with anyone in everyday conversations. English Language Learner 1 is for those who are new to learning English.

at *Glen Pine Pavilion*

Th Jan 18 – Feb 15 9:30 – 11 a.m. 5/\$10 139368

Th Feb 22 – Mar 28 9:30 – 11 a.m. 6/\$12 139369



Language: English Learner 2 (19+ yrs)

Gain confidence to speak English with anyone in everyday conversations. English Language Learner 2 is for those who know some fundamental English.

at *Glen Pine Pavilion*

Th	Jan 18 – Feb 15	1–2:30 p.m.	5/\$10	139372
Th	Feb 22 – Mar 28	1–2:30 p.m.	6/\$12	139375

Language: English Learner 3 (19+ yrs)

Gain confidence to speak English with anyone in everyday conversations. English Language Learner 3 is for those who are more advanced in speaking English. Completion of Level 2 required.

at *Glen Pine Pavilion*

Tu	Jan 16 – Feb 13	10:30 a.m. – 12 p.m.	5/\$10	139996
Tu	Feb 20 – Mar 26	10:30 a.m. – 12 p.m.	6/\$12	139999

Language: English Learner Book Club (19+ yrs)

Improve your English reading and speaking. We will be reading a book and discussing the story in a group setting. A basic level of speaking and reading in English is required for this class.

at *Glen Pine Pavilion*

Th	Jan 18 – Feb 15	11:30 a.m. – 12:30 p.m.	5/\$10	139370
Th	Feb 22 – Mar 28	11:30 a.m. – 12:30 p.m.	6/\$12	139371

Language: Italian Beginner (19+ yrs)

Ciao! Learn basic words, phrases and sentences in Italian to be able to converse and write with others in travel, business or at home. This program is designed for a beginner with no previous experience.

at *Glen Pine Pavilion*

W	Jan 17 – Feb 14	2–3:30 p.m.	5/\$38	139951
Tu	Feb 20 – Mar 26	2:30–4 p.m.	6/\$45.60	139955

Language: Italian Conversation (19+ yrs)

Ciao! For anyone wishing to engage in full Italian immersion chat with others who have taken lessons, want to practice and feel comfortable. Facilitated by a Italian-speaking instructor who will assist with topics and guide the flow of conversation in Italian.

at *Glen Pine Pavilion*

Tu	Jan 16 – Feb 13	2:30–4 p.m.	5/\$38	139953
W	Feb 21 – Mar 27	2–3:30 p.m.	6/\$45.60	139952

Language: Mandarin Beginner (19+ yrs)

Ni Hao! Learn basic words, phrases and sentences in Mandarin to be able to converse and write with others in travel, business or at home. This program is for beginners with no previous experience.

at *Dogwood Pavilion*

Tu	Jan 16 – Feb 13	6:30–8 p.m.	5/\$38	140093
Tu	Feb 20 – Mar 26	6:30–8 p.m.	6/\$45.60	140094

Language: Spanish Beginner (19+ yrs)

Hola! Learn basic words, phrases and sentences to be able to converse and write with others in travel, business or at home. This program is designed for a beginner with no previous experience.

at *Dogwood Pavilion*

Sa	Jan 20 – Feb 17	12:30–2 p.m.	5/\$38	140824
Sa	Feb 24 – Mar 30	12:30–2 p.m.	6/\$45.60	140825

at *Glen Pine Pavilion*

W	Jan 17 – Feb 14	9:30–11 a.m.	5/\$38	139948
M	Feb 26 – Mar 25	6:30–8 p.m.	5/\$38	139947

All Abilities Welcome!

Visit page 6 for details

Language: Spanish Conversation (19+ yrs)

For anyone wishing to engage in full Spanish immersion chat with others who have taken lessons, want to practice and feel comfortable. Facilitated by a Spanish speaking instructor who will assist with topics and guide the flow of conversation in Spanish.

at *Glen Pine Pavilion*

M	Jan 15 – Feb 12	6:30 – 8 p.m.	5/\$38	139946
W	Feb 21 – Mar 27	9:30 – 11 a.m.	6/\$45.60	139949

Lecture Series: Immunity (19+ yrs)

Using a multi-disciplinary approach and evidence based research explore the immune system which is a complex network of cells, tissues and organs. Together it helps the body fight infections and other diseases. Explore immunity systems in humans and animals throughout history.

at *Glen Pine Pavilion*

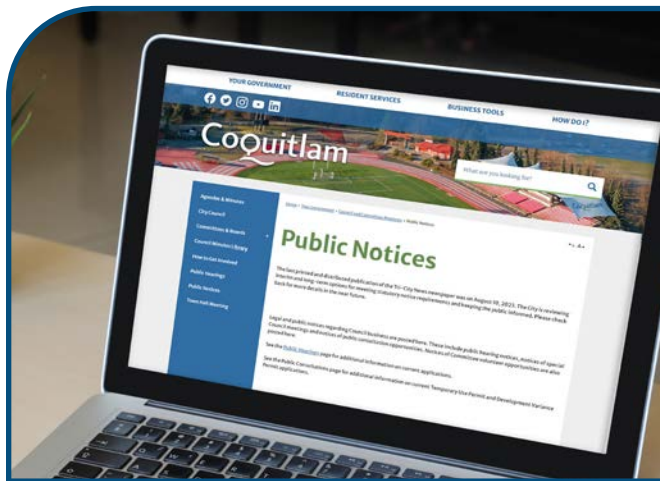
Th	Feb 22 – Mar 28	1 – 3 p.m.	5/\$38	139150
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Lecture Series: Plagues, Epidemics and Pandemics (19+ yrs)

Using a multi-disciplinary approach to discuss plagues, epidemics and pandemics past and present. As Covid-19 becomes endemic this is an opportunity to explore the topic from both a historical and current day perspective.

at *Glen Pine Pavilion*

Th	Jan 18 – Feb 15	1 – 3 p.m.	5/\$38	139148
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Stay informed on what's happening in your community at coquitlam.ca/connect



Tell us how we did!
coquitlam.ca/ProgramEvaluation

Qi Gong Try It (19+ yrs) LOW COST

This gentle class focuses on flowing movements performed in a slow, focused manner and accompanies deep breathing. Most exercises can also be done from a chair.

at *Dogwood Pavilion*

Su	Jan 7	11 a.m. – 12 p.m.	1/\$2	142097
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Service Canada: Canada Pension Plan (CPP) and Old Age Security (OAS) (19+ yrs)

Information session on the Canada Pension Plan (CPP) and Old Age Security (OAS) benefits. Includes information on contributions, planning for retirement, and types of benefits such survivor benefits, death benefit, disability benefits (CPPD), enrolling in OAS, and allowances. Presented by Citizen Services Specialist from Service Canada.

at *Dogwood Pavilion*

M	Feb 12	6:30 – 8 p.m.	1/FREE	141369
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Service Canada: Employment Insurance and Special Benefits (19+ yrs)

Information session on on Employment Insurance Benefits covering regular benefits, and special benefits: Sickness, Maternity and Parental Benefits, Caregiver Benefits for Adults, Caregiver Benefits for Children and Compassionate Care Benefits. Explanations on how some of these benefits can be combined, eligibility and how to apply. Presented by Citizen Services Specialist from Service Canada.

at *Glen Pine Pavilion*

Tu	Mar 19	6:30 – 8 p.m.	1/FREE	140520
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Service Canada: Newcomers to Canada Presentation (19+ yrs)

This presentation gives an overview of federal government programs and services from children to seniors. We cover how to access our services, Telephone Interpretation Services, Canada Child Benefit, Employment Insurance, Benefits for Seniors, Canada Learning Bond and other Education Savings Incentives, Student Loans and Grants, Apprenticeship Supports and tools and resources (like the Benefit Finder)! Presented by Citizen Services Specialist from Service Canada.

at *Glen Pine Pavilion*

W	Jan 31	6:30 – 8 p.m.	1/FREE	140492
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Service Canada: Services for Seniors (19+ yrs)

Information session on various services available for Seniors in Canada and how to access them. Presented by Citizen Services Specialist from Service Canada.

at Dogwood Pavilion

Th	Mar 14	1 – 2:30 p.m.	1/ FREE	141370
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at Glen Pine Pavilion

Th	Feb 22	10 – 11:30 a.m.	1/ FREE	140511
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Technology: Android Basics (Phone and Tablet)

(19+ yrs) **LOW COST**

Learn some of the common functions of your Android device including how to set up email, manage contacts, download apps, security and more. Please bring your Android phone or tablet along with you to class. Samsung, LG, Google, Sony, Motorola, etc. – anything that is not an iPhone or iPad.

at Glen Pine Pavilion

Th	Jan 25	1 – 3 p.m.	1/\$2	139379
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Technology: Introduction to Libby App (19+ yrs)

Learn how to use Coquitlam Public Library's digital collection of eBooks, eAudiobooks, and more through the Libby app. The Libby app is available for phones and tablets, integrates with many new Kobo eReaders, and is available to anyone with a Coquitlam Public Library card.

at Dogwood Pavilion

Tu	Feb 27	7 – 8 p.m.	1/ FREE	141426
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F	Mar 15	10 – 11 a.m.	1/ FREE	141427
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Technology: iPad and iPhone Basics (19+ yrs)

LOW COST

Learn the basic features and apps on your iPad / iPhone. Discuss security settings and accessing the internet. Bring your iPad / iPhone to this hands-on class.

at Glen Pine Pavilion

Th	Feb 8	1 – 3 p.m.	1/\$2	139939
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Technology: Managing Digital Passwords (19+ yrs)

LOW COST

Password management is very important to secure your information in the digital world. A set of principles and best practices to be followed by users while storing and managing passwords in an efficient manner is critical to prevent unauthorized access. Please bring own device for more hands on support and any passwords needed.

at Glen Pine Pavilion

Th	Mar 14	1 – 3 p.m.	1/\$2	139941
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Technology: Photography Using a Smartphone

(19+ yrs) **LOW COST**

Using your smartphone to capture photos that are candid or planned is a great way to save special memories of people and places. Smartphone photography is good as any image taken by a full camera. Tips and tricks will make your photos or videos amazing and can be shared by email, on social media or even printed. Please bring own device for more hands on support and any passwords needed.

at Glen Pine Pavilion

Th	Feb 22	1 – 3 p.m.	1/\$2	139940
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Technology: Tools for Travel (19+ yrs) **LOW COST**

Planning on travelling somewhere? Why not learn how your phone, tablet or laptop can help plan your vacation. Do not miss out on some of the best restaurants to try or places to see. Use online maps to navigate, language translators to communicate and maybe get some great local deals through special tickets or coupons.

at Glen Pine Pavilion

Th	Mar 28	1 – 3 p.m.	1/\$2	139942
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Wellness: Aging Gracefully – Emotional Wellness

(19+ yrs)

Aging Gracefully is a 4 part series including mindful wellness, physical wellness, emotional wellness and spiritual wellness. Join us for this session on emotional wellness to increase happiness and joy of life as you alleviate stress, anxiety, fear and sadness, coming home to unconditional love, acceptance for yourself and others. Please bring a journal and a pen or pencil.

at Dogwood Pavilion

M	Mar 11	6 – 8 p.m.	1/\$12.50	140954
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Wellness: Aging Gracefully – Mindful Wellness

(19+ yrs)

Aging Gracefully is a 4 part series including mindful wellness, physical wellness, emotional wellness and spiritual wellness. Join us for this first session on mindful wellness to expand consciousness as you live fully in your moments and become gracious and open hearted in your life journey. Please bring a journal and a pen or pencil.

at Dogwood Pavilion

M	Jan 15	6 – 8 p.m.	1/\$12.50	140952
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Oops! We cancelled it...

Because we didn't know that you wanted it!
We recommend registering at least one week
prior to class so we can reduce class cancellations.

Wellness: Aging Gracefully – Physical Wellness (19+ yrs)

Aging Gracefully is a 4 part series including mindful wellness, physical wellness, emotional wellness and spiritual wellness. Join us for this session on physical wellness to enhance body wellness as you discover better choices in daily habits and practices for better sleep, dieting and exercising. Please bring a journal and a pen or pencil.

at Dogwood Pavilion

M Feb 12 6 – 8 p.m. 1/\$12.50 140953

Wellness: Breathwork and Mindfulness (19+ yrs)

Invest in your wellness by learning mindful awareness in the present moment. Feel inspired and embrace your inner peace as you explore mindfulness techniques such as: guided relaxation, breathing for wellness and self-compassion.

at Centennial Pavilion

Su Jan 21 11 a.m. – 1 p.m. 1/\$30 141635

Wellness: Gut Microbiome (19+ yrs)

Learn about the world of probiotics, prebiotics and ways to support your immunity by balancing the colonies of bacteria and allowing them to reverse disease and restore our overall health and well-being.

at Glen Pine Pavilion

Tu Mar 12 6:30 – 8 p.m. 1/\$12.70 139116

Wellness: Heart Health (19+ yrs)

A healthy heart is central to overall good health and embracing a healthy lifestyle can prevent heart disease and lower your risk. Learn about nutrition to support a healthy heart and steps you can take to protect your heart at any age.

at Dogwood Pavilion

F Feb 16 10 a.m. – 12 p.m. 1/\$12.50 140439

Wellness: Inflammation 101 (19+ yrs)

Any disease or chronic condition shows up in the body as inflammation. Learn the difference between acute and chronic inflammation and ways to support your body through nutrition to bring it down. We will also be talking about anti-inflammatory foods.

at Glen Pine Pavilion

Tu Feb 13 6:30 – 8 p.m. 1/\$12.70 139115



Wellness: Living Life to the Full (19+ yrs)

Living Life to the Full is a mental health promotion course designed to help people deal with everyday life challenges and learn self-management skills using Cognitive Behavioural Therapy (CBT) principles. Course content and materials are practical and easily applied to everyday life situations. You will learn self confidence, problem-solving, stress management, motivation, dealing with unhelpful thoughts and anger management. Presented by Canadian Mental Health Association.

at Dogwood Pavilion

Th Feb 8 – Mar 28 1 – 2:30 p.m. 8/**FREE** 140829

at Glen Pine Pavilion

M Feb 5 – Mar 25 6 – 7:30 p.m. 8/**FREE** 139966

Wellness: Living Life to the Full Information Session (19+ yrs)

Join us for an information session to learn about the free program Living Life to the Full which will be starting in early February. This eight week program is designed to help people deal with everyday life challenges and learn self-management skills. Presented by Canadian Mental Health Association.

at Dogwood Pavilion

Th Jan 25 1 – 2:30 p.m. 1/**FREE** 140830

at Glen Pine Pavilion

M Jan 22 6 – 7:30 p.m. 1/**FREE** 139963

Wellness: Mindful Happiness (19+ yrs)

Discover essential practices for experiencing more joy, peace and contentment every day in your life!

at Glen Pine Pavilion

W Jan 31 6 – 8 p.m. 1/\$12.70 139121

Tu Feb 13 10 a.m. – 12 p.m. 1/\$12.70 139118



Tell us how we did!

coquitlam.ca/ProgramEvaluation

Wellness: Path of Growing Younger (19+ yrs)

Be inspired and uplifted in a rejuvenating talk on how to grow younger with passing years. Learn essential tips and ways to master important techniques for creating a healthier mind, body, heart and spirit. Greater balance, overall wellness and increased satisfaction in life awaits.

Week 1: Mindful Wellness

Week 2: Youthful Body

Week 3: Heartfelt Living

Week 4: Spiritual Renewal

at Glen Pine Pavilion

Tu	Jan 16 – Feb 6	10 a.m. – 12 p.m.	4/\$50.80	139117
W	Feb 21 – Mar 13	6 – 8 p.m.	4/\$50.80	139123
Th	Feb 22 – Mar 14	6:30 – 8:30 p.m.	4/\$50.80	139119

Wellness: Stress and Nutrition (19+ yrs)

Do you know there's a link between how consuming different types of food and when you eat these foods can help you support yourself during stress. Come learn how stress impacts the body and what you can do nutritionally to support your health during stressful times.

at Glen Pine Pavilion

Tu	Jan 23	6:30 – 8 p.m.	1/\$12.70	139114
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Wellness: The Reiki Way (19+ yrs)

Join group conversations to discover basics for healing yourself and living with more kindness and generosity.

at Glen Pine Pavilion

Th	Mar 14	10 a.m. – 12 p.m.	1/\$12.70	139120
W	Mar 20	6 – 8 p.m.	1/\$12.70	139122

Wellness: Towel Pilates (0+ yrs)

This workshop offers a fun new twist to your Pilates training while also stimulating your central nervous system. You will use a towel as a prop to develop dynamic stability, assist with mobility, improve proprioception, and increase your core strength. Please bring a towel or scarf that is approximately 12 inches wide and 40 – 48 inches long.

at Centennial Pavilion

Su	Mar 10	11 a.m. – 1 p.m.	1/\$30	141627
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Wellness: Transitioning to a Plant-Based Diet (19+ yrs)

Learn about and how to make the move to a plant-based diet. Learn tips and tricks for creating complete proteins with plant-based ingredients and leave with new recipes to try.

at Dogwood Pavilion

F	Jan 12	10 a.m. – 12 p.m.	1/\$12.50	140440
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Wellness: Yoga Therapy for Anxiety and Depression (19+ yrs)

Anxiety and Depression manifest in many ways and can influence all levels of the human experience including physical, emotional, mental and spiritual. In this workshop, you will be introduced to simple but powerful tools of Yoga that can bring change and support your healing process. No previous yoga experience needed.

at Centennial Pavilion

Sa	Feb 10	1 – 4 p.m.	1/\$45	141638
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Performing Arts**Dance: Ageless Ballet Moves (19+ yrs)**

Ballet moves improves posture, enhances and strengthens mobility and is mentally stimulating enough to create a feeling of positive well-being no matter what age you are. The music and the moves of this ageless ballet class is suitable for everyone.

at Glen Pine Pavilion

Th	Jan 18 – Feb 15	11 a.m. – 12 p.m.	5/\$41	139972
M	Feb 26 – Mar 25	2:15 – 3:15 p.m.	5/\$41	139971

Dance: Argentine Tango Beginner (19+ yrs)

Argentine Tango dancing for two! Have fun learning the foundations of this rhythmic dance originating from the suburbs of Buenos Aires. Each person in the couple/partner grouping must register.

at Dogwood Pavilion

M	Jan 15 – Feb 12	6:45 – 8:15 p.m.	5/\$61.50	140316
M	Feb 26 – Mar 25	6:45 – 8:15 p.m.	5/\$61.50	140317



Dance: Ballet Beginner (19+ yrs)

Have fun learning the graceful artform of ballet for the first time with an exciting and experienced instructor. Express yourself through movements to the music in this interactive program.

at Dogwood Pavilion

Tu	Jan 16 – Feb 13	4:45 – 5:45 p.m.	5/\$41	140807
Tu	Feb 20 – Mar 26	4:45 – 5:45 p.m.	6/\$49.20	140808

Dance: Ballroom Intermediate Workshop (19+ yrs)

Ballroom Intermediate is a refresher for partner dancing for those with ballroom dance experience. Learn about lead, follow and timing through basic patterns in a fun and social environment. Each person in the couple/partner grouping must register.

at Glen Pine Pavilion

Th	Feb 22 – Mar 28	6:45 – 7:30 p.m.	6/\$36.90	139092
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Dance: Bellydance Basics (19+ yrs)

The focus is on learning the basics of belly dance with the emphasis on the classic postures with the traditional hip and shoulder movements. This class is good for all levels including dancers with some or no experience and can be repeated many times for belly dance skill development.

at Glen Pine Pavilion

Tu	Jan 16 – Feb 13	5:15 – 6:15 p.m.	5/\$41	139097
Tu	Feb 20 – Mar 26	5:15 – 6:15 p.m.	6/\$49.20	139098

Dance: Bellydance Beginner (19+ yrs)

Learn the fundamentals of belly dance in a fun and welcoming environment. Practice classic postures with the traditional hip and shoulder movements.

at Dogwood Pavilion

W	Jan 17 – Feb 14	5 – 6 p.m.	5/\$41	140124
W	Feb 21 – Mar 27	5 – 6 p.m.	6/\$49.20	140125

Dance: Bellydance Intermediate (19+ yrs)

Build on your knowledge of bellydance in this intermediate-level class. Practice classic postures with the traditional hip and shoulder movements.

at Glen Pine Pavilion

Tu	Jan 16 – Feb 13	7:45 – 8:45 p.m.	5/\$41	139099
Tu	Feb 20 – Mar 26	7:45 – 8:45 p.m.	6/\$49.20	139100

Dance: Cha-Cha Beginner Workshop (19+ yrs)

Cha-Cha-Challenge your mind and body as the instructor introduces various elements of this rhythmic dance. Each person in the couple/partner grouping must register.

at Dogwood Pavilion

Sa	Mar 30	1:30 – 3:30 p.m.	1/\$16.40	140828
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Dance: Choreographed Intermediate (19+ yrs)

No partner, no problem! Learn choreographed Line Dance styles such as Salsa, Cha Cha, Rumba, Bachata, Mambo and more!

at Glen Pine Pavilion

Su	Jan 14 – Feb 11	11:30 a.m. – 12:30 p.m.	5/\$41	139079
Su	Feb 18 – Mar 24	11:30 a.m. – 12:30 p.m.	6/\$49.20	139081

Dance: Choreographed Jazz (19+ yrs)

No partner, no problem! Learn choreographed dance jazz routines suitable for all levels of dancers.

at Glen Pine Pavilion

M	Jan 15 – Feb 12	2:15 – 3:15 p.m.	5/\$41	139969
Th	Feb 22 – Mar 21	11 a.m. – 12 p.m.	5/\$41	139976

Dance: Contemporary Basics (19+ yrs)

In this contemporary class, we combine various dance techniques. This class takes strong influence from popular music, and the movement is highly expressive. Suitable for beginners with no dance experience.

at Glen Pine Pavilion

Su	Feb 18 – Mar 24	12:45 – 1:45 p.m.	6/\$49.20	139102
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Dance: Contemporary Try It (19+ yrs)

In this contemporary class, we combine classical ballet and modern dance techniques. This class takes strong influence from both classical and popular music, and the movement is highly expressive. We will start with a warm-up, followed by some traveling steps across the floor and a choreography combination to end the class. This adult dance is suitable for beginners with no dance experience.

at Maillardville Community Centre (1200 Cartier Ave)

F	Jan 19	8 – 9 p.m.	1/\$8.20	141513
F	Feb 9	8 – 9 p.m.	1/\$8.20	141514
F	Mar 1	8 – 9 p.m.	1/\$8.20	141515

Dance: First Steps – Latin Ballroom Beginner Workshop (19+ yrs)

Have you always wanted to take that first step and learn how to ballroom dance to Latin music? Learn beginner steps for the most popular Latin ballroom dances for couples. Dance is a great way to exercise your body and mind together.

at Glen Pine Pavilion

Th	Jan 18 – Feb 15	6:45 – 7:30 p.m.	5/\$30.75	139088
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All Abilities Welcome!
Visit page 6 for details

Dance: Foxtrot Beginner Workshop (19+ yrs)

Foxtrot dancing for two! Experience the rhythm and flow of this iconic dance. Have fun learning basic steps to a short choreography in this engaging workshop. Each person in the couple/partner grouping must register.

at Dogwood Pavilion

Sa	Feb 24	1:30 – 3:30 p.m.	1/\$16.40	140827
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Dance: Hip Hop Beginner (19+ yrs)

Learn beginner hip hop movements in this interactive dance program. Build foundations in bouncing, grooving, and moving on beat as you exercise your body and mind.

at Dogwood Pavilion

Th	Jan 18 – Feb 15	7:15 – 8:15 p.m.	5/\$41	140799
Th	Feb 22 – Mar 28	7:15 – 8:15 p.m.	6/\$49.20	140800

at Glen Pine Pavilion

Su	Jan 14 – Feb 11	12:45 – 1:45 p.m.	5/\$41	139101
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Dance: Jazz Try It (19+ yrs)

Jazz is an energetic style of dance built on basic foundational skills of ballet. Students will learn foundational jazz technique skills as well as some high energy choreography in this class. No dance experience required.

at Maillardville Community Centre (1200 Cartier Ave)

F	Jan 26	8 – 9 p.m.	1/\$8.20	141519
F	Feb 16	8 – 9 p.m.	1/\$8.20	141521
F	Mar 8	8 – 9 p.m.	1/\$8.20	141522



Oops! We cancelled it...

Because we didn't know that you wanted it!
We recommend registering at least one week prior to class so we can reduce class cancellations.

Dance: Lady Style Bachata (19+ yrs)

Explore and enhance your Bachata skills while focusing on the beauty, elegance, and individual style of the dance. This class is designed to empower women to express themselves freely on the dance floor while embracing the sensuality and grace of Bachata.

at Maillardville Community Centre (1200 Cartier Ave)

F	Jan 19 – Feb 9	6:15 – 7:15 p.m.	4/\$32.80	141547
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Dance: Latin Beginner (19+ yrs)

Have fun learning Latin dances such as Salsa, Tango and Bachata for the first time with an exciting and experienced instructor. Express yourself through movements to the music in this interactive program.

at Dogwood Pavilion

Sa	Jan 20 – Feb 17	10:45 – 11:45 a.m.	5/\$41	140126
Sa	Feb 24 – Mar 30	10:45 – 11:45 a.m.	6/\$49.20	140127

Dance: Line Dance All Levels (19+ yrs)

Build on your line dancing foundations with our experienced instructor. Express yourself and challenge your mind and body through movement patterns, sequences, and beats. Beginner line dancing experience is recommended.

at Dogwood Pavilion

F	Jan 19 – Feb 16	2:15 – 3:15 p.m.	5/\$41	140814
F	Feb 23 – Mar 22	2:15 – 3:15 p.m.	5/\$41	140815

Dance: Line Dance Beginner (19+ yrs)

Learn basic line dancing steps across several musical genres with our experienced instructor. Express yourself and challenge your mind and body through movement patterns, sequences, and beats.

at Dogwood Pavilion

Tu	Jan 16 – Feb 13	1:30 – 2:30 p.m.	5/\$41	140810
Tu	Feb 20 – Mar 26	1:30 – 2:30 p.m.	6/\$49.20	140812

at Glen Pine Pavilion

M	Jan 15 – Feb 12	5:15 – 6:15 p.m.	5/\$41	141418
M	Feb 26 – Mar 25	5:15 – 6:15 p.m.	5/\$41	141419

Dance: Popping Beginner (19+ yrs)

Our expert instructor will break down the fundamentals of this iconic street dance, helping you unleash your inner dancer and develop your own unique style.

at Maillardville Community Centre (1200 Cartier Ave)

Su	Jan 14 – Feb 4	4:30 – 5:30 p.m.	4/\$32.80	140609
Su	Feb 11 – Mar 10	4:30 – 5:30 p.m.	5/\$41	140610

Dance: Relive the Disco 70s Workshop (19+ yrs)

No partner, no problem! Relive the fun of the urban nightlife scene of the 70s with the disco music beats and sounds incorporating musical elements from African, Latin American and Western rock and blues. Dress up if you wish!

at Glen Pine Pavilion

M	Jan 29	3:30 – 4:30 p.m.	1/\$8.20	139980
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Dance: Salsa Intermediate (19+ yrs)

Have fun further developing your salsa skills with an exciting and experienced instructor. Express yourself through movements to the music in this interactive program.

at Maillardville Community Centre (1200 Cartier Ave)

F	Feb 16 – Mar 15	6:15 – 7:15 p.m.	5/\$41	141551
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Dance: Swing Beginner Workshop (19+ yrs)

Swing dancing for two! Experience the rhythm and flow of this upbeat dance. Have fun learning basic steps to a short choreography in this engaging workshop. Each person in the couple/partner grouping must register.

at Dogwood Pavilion

Sa	Jan 27	1:30 – 3:30 p.m.	1/\$16.40	140826
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Dance: Themed Music Dance Workshop (19+ yrs)

Learn new dance moves to different themed music in this workshop. No dance experience or partner required to have fun in this class where the emphasis is on new skills, learning choreography and building dance muscle memory.

at Glen Pine Pavilion

M	Jan 15	3:30 – 4:30 p.m.	1/\$8.20	139978
M	Jan 22	3:30 – 4:30 p.m.	1/\$8.20	139979
M	Feb 5	3:30 – 4:30 p.m.	1/\$8.20	139981
M	Feb 12	3:30 – 4:30 p.m.	1/\$8.20	139982
M	Feb 26	3:30 – 4:30 p.m.	1/\$8.20	139983
M	Mar 4	3:30 – 4:30 p.m.	1/\$8.20	139984
M	Mar 11	3:30 – 4:30 p.m.	1/\$8.20	139985
M	Mar 18	3:30 – 4:30 p.m.	1/\$8.20	139986
M	Mar 25	3:30 – 4:30 p.m.	1/\$8.20	139987



Drama: Introduction to Improv Theatre (19+ yrs)

Improv or Improvisational is a form of theatre where performances are unplanned and the acting is spontaneous and fun. Introduction to Improv is an opportunity to experience the fundamentals and meet others who want to explore this form of freestyle performing.

at Glen Pine Pavilion

M	Jan 15 – Feb 12	5 – 6:30 p.m.	5/\$58.50	139957
M	Feb 26 – Mar 25	5 – 6:30 p.m.	5/\$58.50	139958

Music: Guitar Beginner (19+ yrs)

Learn the basics of guitar such as chords, strumming and how to read tablature. Please bring your own guitar. No experience required.

at Glen Pine Pavilion

Tu	Jan 16 – Feb 13	7:45 – 8:45 p.m.	5/\$32.75	140104
Tu	Feb 20 – Mar 26	7:45 – 8:45 p.m.	6/\$39.30	140105

Music: Ukulele Beginner (19+ yrs)

Learn chords and strumming, working towards a set of songs by the end of the course. Please bring your own ukulele. No experience required.

at Dogwood Pavilion

Sa	Jan 20 – Feb 17	10:30 a.m. – 12 p.m.	5/\$49.25	140822
Sa	Feb 24 – Mar 30	10:30 a.m. – 12 p.m.	6/\$59.10	140823

at Glen Pine Pavilion

Tu	Jan 16 – Feb 13	6:30 – 7:30 p.m.	5/\$32.75	140102
Tu	Feb 20 – Mar 26	6:30 – 7:30 p.m.	6/\$39.30	140103

 **Tell us how we did!**
coquitlam.ca/ProgramEvaluation

Sports and Active Play

Archery (19+ yrs)

For beginners wanting to shoot targets with a bow and arrow. Program includes rules, safety and proper technique. All equipment is provided. In partnership with Boorman Archery.

at Pinetree Community Centre

Su	Feb 11 – Mar 3	11 a.m. – 12 p.m.	4/\$60	142204
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Badminton: Skills and Drills (19+ yrs)

Learn or improve your badminton skills. Lessons include skill development for all levels of play from beginner to intermediate.

at Maillardville Community Centre (1200 Cartier Ave)

W	Jan 17 – Feb 7	5:45 – 6:45 p.m.	4/\$37.80	141856
W	Feb 14 – Mar 13	5:45 – 6:45 p.m.	5/\$47.25	141857

at Pinetree Community Centre

Su	Feb 11 – Mar 10	3:30 – 5 p.m.	5/\$71	141315
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Pickleball: Beginner (19+ yrs)

Learn the basics of pickleball. Lessons include skill development for those who are new to the sport.

at Poirier Forum

Tu	Jan 9 – Feb 6	11 a.m. – 12:30 p.m.	5/\$71	140106
W	Jan 10 – Jan 31	11 a.m. – 12:30 p.m.	4/\$56.80	140109
W	Feb 7 – Feb 28	11 a.m. – 12:30 p.m.	4/\$56.80	140110
Tu	Feb 13 – Mar 12	11 a.m. – 12:30 p.m.	5/\$71	140107
W	Mar 6 – Mar 27	11 a.m. – 12:30 p.m.	4/\$56.80	140111

Pickleball: Skills and Drills (19+ yrs)

Learn or improve your pickleball skills. Lessons include skill development for all levels of play from beginner to intermediate.

at Centennial Activity Centre

Su	Jan 14 – Feb 4	10:45 a.m. – 12:15 p.m.	4/\$56.80	140088
Su	Feb 18 – Mar 17	10:45 a.m. – 12:15 p.m.	4/\$56.80	140089

at Maillardville Community Centre (1200 Cartier Ave)

M	Jan 15 – Feb 5	5:15 – 6:45 p.m.	4/\$56.80	141854
M	Feb 12 – Mar 11	5:15 – 6:45 p.m.	4/\$56.80	141855

at Poirier Forum

W	Jan 10 – Jan 31	12:45 – 2:15 p.m.	4/\$56.80	140112
W	Feb 7 – Feb 28	12:45 – 2:15 p.m.	4/\$56.80	140113
W	Mar 6 – Mar 27	12:45 – 2:15 p.m.	4/\$56.80	140114

Volleyball: Beginner (19+ yrs)

Learn the foundations of volleyball. Lessons include basic skills and movements that introduce you to the game. No experience required.

at Centennial Activity Centre

Su	Jan 14 – Feb 4	5:30 – 6:30 p.m.	4/\$37.80	140831
Su	Feb 11 – Mar 10	5:30 – 6:30 p.m.	4/\$37.80	140832

Volleyball: Skills and Drills (19+ yrs)

Learn or improve your volleyball skills. Lessons include skill development for all levels of play from beginner to intermediate.

at Maillardville Community Centre (1200 Cartier Ave)

Th	Jan 18 – Feb 8	5:45 – 6:45 p.m.	4/\$37.80	141858
Th	Feb 15 – Mar 14	5:45 – 6:45 p.m.	5/\$47.25	141859



Adapted Aqua Movement
(19+ years)

Low-impact exercise class for people with cognitive impairments and/or physical disabilities.

*Thursdays from 10:15 – 11 a.m.
Poirier Sport and Leisure Complex*

Registration opens weekly from Thursday at 5 p.m. to Tuesday at 12 p.m.

To find out how we can help you or others participate in any of our programs, visit coquitlam.ca/RecAccess or contact us at 604-927-6076 or CommunityServices@coquitlam.ca.

All Abilities Welcome!
Visit page 6 for details



Visual Arts

Art Studio Sampler (19+ yrs)

Join us for this fun art studio sampler class to try a little of everything. Try your hand at drawing, acrylic and watercolour painting and see what ignites your passion. All supplies included and no experience required.

at Dogwood Pavilion

Th Jan 25 – Feb 15 6 – 8 p.m. 4/\$73.60 141024

Crafts: Aromatherapy and the Art of Blending (19+ yrs)

Aromatic essences derived from portions of the plants – discover an alternative form of wellness! Working with the top ten essential oils, their therapeutic properties and how to safely and effectively use them everyday. All supplies included. Course provided by Cheryl Theilade from Sentimental Creations.

at Glen Pine Pavilion

Th Mar 14 6:30 – 8:45 p.m. 1/\$38 139991

Crafts: Introduction to Weaving (19+ yrs)

Join us for an introductory weaving workshop and learn to make a coaster using a mini loom and yarn. The project will be completed over 2 sessions. Instructor, Laura R. will acknowledge the knowledge keepers who helped guide her interest/passion in weaving and the types of material (cedar, suede and leather) in addition to wool and cotton. She is from the Haida/Tsimshian First Nations, Metlakatla, B.C.

at Dogwood Pavilion

F Feb 2 – Feb 9 10 a.m. – 12 p.m. 2/\$15.20 140994

Crafts: Macramé Ornaments (19+ yrs)

Learn Macramé to create ornaments! Macramé is a form of textile produced using knotting (rather than weaving or knitting) techniques. No experience necessary and all supplies provided.

at Glen Pine Pavilion

Th Feb 1 6:30 – 8:30 p.m. 1/\$18.40 139128

Th Mar 14 6:30 – 8:30 p.m. 1/\$18.40 139133

Crafts: Natural Hair Care (19+ yrs)

Using herbs, essential oils, organic butters and botanicals, make your own body lotion, herbal shampoo, citrus hair spray and a moisture lip balm. Take home recipes on hair rinses, detanglers, conditioners, dandruff control treatment and deep conditioners. All supplies included. Course provided by Cheryl Theilade from Sentimental Creations.

at Glen Pine Pavilion

Th Feb 1 6:30 – 8:45 p.m. 1/\$38 139990



Crafts: Winter Themed Craft (19+ yrs)

Enjoy an evening of crafting a winter themed item for your home or to gift. No experience necessary and all supplies provided.

at Glen Pine Pavilion

Th Jan 11 6:30 – 8:30 p.m. 1/\$18.40 141990

Digital Art: Creating a Mandala Colouring Page using Procreate® on a Tablet (19+ yrs)

Learn to create mandalas that can be used as colouring pages. This digital art class challenges you to use your iPad and apple pencil in the Procreate® drawing app. This workshop will guide you through the basic functions, brushes, and guides in Procreate®.

at Glen Pine Pavilion

Th Feb 15 6:30 – 8:30 p.m. 1/\$12.50 139132

Digital Art: Introduction to Using Procreate® on a Tablet (19+ yrs)

This digital art class challenges you to use your iPad and apple pencil in the Procreate® drawing app. This workshop will guide you through the basic functions, brushes, and guides in Procreate®.

at Glen Pine Pavilion

Th Jan 18 – Jan 25 6:30 – 8:30 p.m. 2/\$25 139127

Th Feb 22 – Feb 29 6:30 – 8:30 p.m. 2/\$25 139134

Digital Art: Paint a Portrait with Procreate® on a Tablet (19+ yrs)

This digital art class challenges you to use your iPad and apple pencil to create a beautiful portrait in the Procreate® drawing app. This workshop will guide you through the basic functions, brushes, and guides in Procreate®.

at Glen Pine Pavilion

Th Feb 8 6:30 – 8:30 p.m. 1/\$12.50 139130

Drawing: Architectural Structures (19+ yrs)

This course focuses on drawing architectural structures emphasizing the rendering of light, shadow and more when drawing in black and white. Participants are required to bring supplies listed on the receipt.

at *Glen Pine Pavilion*

F	Jan 19 – Feb 16	11:30 a.m. – 1 p.m.	5/\$37.50	139163
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Drawing: Beginner (19+ yrs)

This course focuses on the fundamentals of drawing. Through black and white drawings, we will work on emphasizing the rendering of light, shadow and more. We will also focus on developing skills that allow our drawings to flourish. Projects will have lots of personal freedom as the emphasis will be on the skills learnt in class. Participants are required to bring supplies listed on the receipt.

at *Dogwood Pavilion*

M	Jan 15 – Feb 12	11:45 a.m. – 1:45 p.m.	5/\$50	139974
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at *Glen Pine Pavilion*

Su	Jan 14 – Feb 11	12:15 – 1:45 p.m.	5/\$37.50	140082
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Su	Feb 18 – Mar 24	12:15 – 1:45 p.m.	6/\$45	140083
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F	Feb 23 – Mar 22	11:30 a.m. – 1 p.m.	5/\$37.50	139171
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Drawing: Botanicals (19+ yrs)

This course focuses on the fundamentals of drawing. Through black and white drawings, we will work on emphasizing the rendering of light, shadow and more. We will also focus on developing skills that allow our drawings to flourish. Projects will have lots of personal freedom as the emphasis will be on the skills learnt in class. Participants are required to bring supplies listed on the receipt.

at *Dogwood Pavilion*

W	Feb 28 – Mar 27	9:30 – 11:30 a.m.	5/\$50	142070
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Drawing: Coloured Pencils (19+ yrs)

Learn the tips and tricks that go into creating a drawing composed entirely from coloured pencils. Working with simple images, this class will teach you about undertones, colour blocking, basic shape and form, colour blending, light and shadow. Participants are required to bring supplies listed on the receipt.

at *Dogwood Pavilion*

M	Jan 15 – Feb 12	9 – 11:30 a.m.	5/\$62.50	139961
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M	Feb 26 – Mar 25	9 – 11:30 a.m.	5/\$62.50	139962
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Oops! We cancelled it...

Because we didn't know that you wanted it!
We recommend registering at least one week
prior to class so we can reduce class cancellations.



Tell us how we did!
coquitlam.ca/ProgramEvaluation

Drawing: Intermediate (19+ yrs)

This course focuses on further developing techniques of drawing. Through black and white drawings, we will work on emphasizing the rendering of light, shadow and more. We will also focus on building on existing experience that allow our drawings to flourish. Projects will have lots of personal freedom as the emphasis will be on the skills learnt in class. Participants are required to bring supplies listed on the receipt.

at *Dogwood Pavilion*

M	Feb 26 – Mar 25	11:45 a.m. – 1:45 p.m.	5/\$50	139977
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at *Glen Pine Pavilion*

W	Jan 17 – Feb 14	6:30 – 8:30 p.m.	5/\$50	140090
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W	Feb 21 – Mar 27	6:30 – 8:30 p.m.	6/\$60	140091
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Drawing: Portraits (19+ yrs)

This course focuses on the fundamentals of drawing. Through black and white drawings, we will work on emphasizing the rendering of light, shadow and more. We will also focus on developing skills that allow our drawings to flourish. Projects will have lots of personal freedom as the emphasis will be on the skills learnt in class. Participants are required to bring supplies listed on the receipt.

at *Dogwood Pavilion*

W	Jan 17 – Feb 21	9:30 – 11:30 a.m.	6/\$60	141454
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Drawing: Portraits (19+ yrs)

This course focuses on further developing techniques of drawing. Through black and white drawings, we will work on emphasizing the rendering of light, shadow and more. We will also focus on building on existing experience that allow our drawings to flourish. Projects will have lots of personal freedom as the emphasis will be on the skills learnt in class. Participants are required to bring supplies listed on the receipt.

at *Maillardville Community Centre (1200 Cartier Ave)*

W	Feb 7 – Feb 21	10 a.m. – 12 p.m.	3/\$30	141274
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Drawing: Urban Sketching (19+ yrs)

Explore the urban landscape while learning techniques and tools of sketching buildings and structures, translating the energy and character of a city onto your sketchbook. Participants are required to bring supplies listed on the receipt.

at *Maillardville Community Centre (1200 Cartier Ave)*

W	Jan 17 – Jan 31	10 a.m. – 12 p.m.	3/\$30	141273
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Tu	Feb 27 – Mar 12	5:30 – 7:30 p.m.	3/\$30	141272
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Mixed Media: Doodling Joy and Colouring Bliss (19+ yrs)

Scientific research supports the idea that doodling and coloring enhances creativity, spirituality, and problem solving. A great way to spend a calming Friday afternoon with some blank paper, colouring sheets, and different art tools guided by a nurturing and caring wellness facilitator. No experience required.

at Glen Pine Pavilion

F	Jan 26	1:30 – 3 p.m.	1/\$7.50	141437
F	Feb 2	1:30 – 3 p.m.	1/\$7.50	141953
F	Feb 9	1:30 – 3 p.m.	1/\$7.50	141954
F	Feb 16	1:30 – 3 p.m.	1/\$7.50	141955

Painting: Acrylic All Levels (19+ yrs)

Learn how to use the paintbrush and prepare the canvas. Explore colour mixing, colour theory, composition, the greyscale and capturing the light in a fun, low pressure environment. Some experience with acrylic painting is required to participate. Participants are required to bring supplies listed on the receipt.

at Dogwood Pavilion

W	Jan 17 – Feb 14	12:30 – 3 p.m.	5/\$62.50	139964
W	Feb 21 – Mar 27	12:30 – 3 p.m.	6/\$75	139965

Painting: Acrylic Beginner (19+ yrs)

Designed to accommodate individual levels and interests, the emphasis is on colour mixing, transparent versus opaque qualities and the versatility of acrylic paint. Participants are required to bring supplies listed on the receipt.

at Dogwood Pavilion

Th	Jan 18 – Feb 15	9:30 – 11:30 a.m.	5/\$50	139967
Th	Feb 22 – Mar 28	9:30 – 11:30 a.m.	6/\$60	139970

at Glen Pine Pavilion

Tu	Jan 16 – Feb 13	6:30 – 8:30 p.m.	5/\$50	139151
Sa	Jan 20 – Feb 17	10 a.m. – 12 p.m.	5/\$50	139110
Tu	Feb 20 – Mar 26	6:30 – 8:30 p.m.	6/\$60	139152
Sa	Feb 24 – Mar 30	10 a.m. – 12 p.m.	6/\$60	139111

Painting: Acrylic Beyond the Basics (19+ yrs)

Explore colour mixing, colour theory, composition, the greyscale and capturing the light in a fun, low pressure environment. Painting experience required. Participants are required to bring supplies listed on the receipt.

at Glen Pine Pavilion

Tu	Jan 16 – Feb 13	9 – 11:30 a.m.	5/\$62.50	139108
Tu	Feb 20 – Mar 26	9 – 11:30 a.m.	6/\$75	139109



Painting: Acrylic Elementary Colour Mixing (19+ yrs)

This beginner step by step class is an excellent introduction to acrylic painting. It will cover essential skills like colour mixing, proportion and composition as you paint. Over two sessions you will complete a 11x14 painting. No experience necessary and all supplies provided.

at Glen Pine Pavilion

M	Jan 15 – Jan 22	9:30 – 11:30 a.m.	2/\$36.80	139103
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Painting: Acrylic Elements of Good Composition (19+ yrs)

This beginner step by step workshop is an excellent introduction to acrylic painting. This class will focus on the elements of good composition on the canvas as well as essential skills like colour mixing and proportion. No experience necessary and all supplies provided.

at Glen Pine Pavilion

M	Mar 25 – Mar 25	9 – 11:30 a.m.	1/\$18.50	139107
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Painting: Acrylic Ocean Waves (19+ yrs)

This beginner step by step class is an excellent introduction to acrylic painting. Learning to paint ocean waves requires essential skills like colour mixing, proportion and composition as you paint. Over two sessions you will complete a 11x14 painting. No experience necessary and all supplies provided.

at Glen Pine Pavilion

M	Jan 29 – Feb 5	9:30 – 11:30 a.m.	2/\$36.80	139104
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Painting: Acrylic Paint Night – Cherry Blossoms (19+ yrs)

Join Danica N. for a fun acrylic painting night. You will leave with a completed canvas that you may use to decorate your home or gift with love. Supplies are included.

at Dogwood Pavilion

Th	Mar 7	6 – 8 p.m.	1/\$25	141056
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Painting: Acrylic Painting Clouds (19+ yrs)

This beginner step by step class is an excellent introduction to acrylic painting. Learn how to create clouds using essential skills like colour mixing, proportion and composition as you paint. Over two sessions you will complete a 11x14 painting. No experience necessary and all supplies provided.

at Glen Pine Pavilion

M	Mar 11 – Mar 18	9:30 – 11:30 a.m.	2/\$36.80	139106
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Painting: Acrylic Painting with Bold Bright Colours (19+ yrs)

Join us for a unique acrylic painting class which will emphasize using bold, bright, expressive colours with instructor, Danica N. Over two sessions you will complete a 11x14 painting. No experience necessary and all supplies provided.

at Dogwood Pavilion

Th	Feb 22 – Feb 29	6 – 8 p.m.	2/\$36.80	142071
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Painting: Acrylic Value Study Painting in Black and White (19+ yrs)

This beginner step by step class is an excellent introduction to acrylic painting. Painting in black and white uses essential skills like colour mixing, proportion and composition as you paint. Over two sessions you will complete a 11x14 painting. No experience necessary and all supplies provided.

at Glen Pine Pavilion

M	Feb 26 – Mar 4	9:30 – 11:30 a.m.	2/\$36.80	139105
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Painting: Ink Wash Painting Beginner (19+ yrs)

This beginner step by step class is an excellent introduction to Asian-style ink wash painting. It will cover essential skills like colour mixing, proportion and composition as you paint. Over four sessions you will learn the skills that make ink wash style of painting unique and different from western art. Participants are required to bring supplies listed on the receipt.

at Glen Pine Pavilion

Th	Jan 18 – Feb 15	9:30 – 11:30 a.m.	5/\$50	140085
Th	Feb 22 – Mar 28	9:30 – 11:30 a.m.	5/\$50	140087

Oops! We cancelled it...

Because we didn't know that you wanted it!
We recommend registering at least one week prior to class so we can reduce class cancellations.

Painting: Pet Portraits in Acrylic (19+ yrs)

Paint a portrait of your pet in acrylic on canvas. Learn animal portraiture in a step by step approach with the support of local artist and class instructor, Eileen H. Essentials of acrylic painting, such as colour mixing, proportion and composition will be covered. Suitable for beginners but all levels welcome. All supplies included. Please bring an 8x10 picture of your pet.

at Dogwood Pavilion

Tu	Jan 23 – Jan 30	6 – 8 p.m.	2/\$36.80	141371
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Painting: Portraits in Black and White (19+ yrs)

This beginner step by step class is an excellent introduction to acrylic painting. It will cover essential skills like colour mixing, proportion and composition as you paint. Over two sessions you will complete a 11x14 painting. No experience necessary and all supplies provided.

at Dogwood Pavilion

Tu	Feb 27 – Mar 5	6 – 8 p.m.	2/\$36.80	141376
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Painting: Valentine's Bottle Lantern (19+ yrs)

Learn to paint with acrylic on a glass surface and transform a wine bottle into a beautiful decorative lantern. Finish the lantern with fairy lights inside to create a beautiful glow. Step by step instructions provided along with the support of the class instructor and local artist, Eileen H. No experience necessary and all supplies provided.

at Dogwood Pavilion

Tu	Feb 6	6 – 8 p.m.	1/\$25	141368
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Painting: Watercolour Basics (19+ yrs)

Learn the basics of watercolour painting in this 1.5 hour workshop format. Explore skills and techniques that are necessary for a beginner to this medium of art. Participants are required to bring supplies listed on the receipt.

at Glen Pine Pavilion

Su	Jan 14 – Feb 11	10:30 a.m. – 12 p.m.	5/\$37.50	140078
Su	Feb 18 – Mar 24	10:30 a.m. – 12 p.m.	6/\$45	140080

All Abilities Welcome!

Visit page 6 for details

Painting: Watercolour Beginner (19+ yrs)

Learn the basics of watercolour painting. Explore skills and techniques that are necessary for a beginner to this medium of art. Participants are required to bring supplies listed on the receipt.

at Dogwood Pavilion

Tu	Jan 16 – Feb 13	12:30 – 3 p.m.	5/\$62.50	139954
Th	Jan 18 – Feb 15	12:30 – 3 p.m.	5/\$62.50	141457
Tu	Feb 27 – Mar 26	12:30 – 3 p.m.	5/\$62.50	139956

at Glen Pine Pavilion

F	Jan 19 – Feb 16	9 – 11 a.m.	5/\$50	139153
F	Feb 23 – Mar 22	9 – 11 a.m.	5/\$50	139155

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Jan 16 – Jan 30	5:30 – 7:30 p.m.	3/\$30	141269
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Painting: Watercolour Intermediate (19+ yrs)

This course focuses on the intermediate fundamentals of watercolouring. As a group we explore various techniques and skills to bring our art to its highest point. Supply list can be found on your receipt.

at Dogwood Pavilion

Tu	Jan 16 – Feb 13	9:30 a.m. – 12 p.m.	5/\$62.50	139959
Tu	Feb 27 – Mar 26	9:30 a.m. – 12 p.m.	5/\$62.50	139960



Maillardville Community Centre

Our new facility offers amenities for all interests, abilities and ages:

- Gymnasium
- Fitness/dance studio
- Children’s indoor/outdoor program spaces
- Teaching kitchen
- Multipurpose rooms
- Youth and Seniors lounge
- Room rentals

Find out more at coquitlam.ca/MCC

Painting: Watercolour Winter Landscapes (19+ yrs)

Capture this season’s beauty through watercolour winter landscapes. Participants are required to bring supplies listed on the receipt.

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Feb 6 – Feb 20	5:30 – 7:30 p.m.	3/\$30	141271
W	Feb 28 – Mar 13	10 a.m. – 12 p.m.	3/\$30	141275

Photography: Beginner Photography (19+ yrs)

This course is designed for people with their first, or new Single Lens Reflex (SLR) Digital Camera. Topics covered include basic functions, shutter speeds, F-stops, modes, flash, lenses and exposure. Bring your own camera. Dress for the weather, some outdoor photography will be included.

at Dogwood Pavilion

Sa	Feb 10 – Mar 9	12:30 – 2 p.m.	5/\$38	140816
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Photography: Smartphone Camera Essentials (19+ yrs)

Unlock the power of your smartphone camera in this hands-on program. Discover the art of dynamic shooting angles, composition, and harness the magic of light and colour to take stunning photos from your everyday device. We’ll show you how to enhance your shots with useful editing resources to make your pictures truly pop!

at Dogwood Pavilion

Th	Jan 18 – Feb 15	7:15 – 8:15 p.m.	5/\$25.35	142086
Th	Feb 22 – Mar 21	7:15 – 8:15 p.m.	5/\$25.35	142088

Woodcarving Beginner (19+ yrs)

Learn new skills to create a variety of woodcarvings such as animals or caricatures. No experience necessary and all supplies provided.

at Dogwood Pavilion

W	Jan 17 – Feb 14	6 – 8 p.m.	5/\$50	140099
W	Feb 21 – Mar 27	6 – 8 p.m.	6/\$60	140100

Woodcarving Intermediate (19+ yrs)

Develop new skills to create a variety of woodcarvings including animals, caricatures and relief panels. Continuing students are welcome to learn new techniques and work on projects. Beginner experience is required for this class and all supplies provided.

at Dogwood Pavilion

W	Jan 17 – Feb 14	1:30 – 3:30 p.m.	5/\$50	140095
W	Feb 21 – Mar 27	1:30 – 3:30 p.m.	6/\$60	140096

50 Plus Services and Activities

Coquitlam resident registration for 50+ Services and Activities opens at 8:30 a.m. on Nov. 28.

Non-resident registration for 50+ Services and Activities opens at 8:30 a.m. on Nov. 30.



Staying active and social as you age can help you feel younger and keep you healthier.

Coquitlam offers programming, activities and services specifically for residents 50 years and older. Our pavilions are adult-oriented centres with a focus on programming for older adults. To learn more about 50 Plus services in coquitlam, visit coquitlam.ca/50Plus



Dogwood Pavilion

1655 Winslow Ave. | 604-927-6098 | coquitlam.ca/dogwood

Amenities:

- Food services
- Fully equipped wood working shop
- Snooker room
- Lapidary workshop
- Lounge
- Library
- Rose garden, bocce court and surrounding gardens
- Free Wi-Fi



Glen Pine Pavilion

1200 Glen Pine Crt. | 604-927-6940 | coquitlam.ca/GlenPine

Amenities:

- Computer lab
- Food services
- Fully equipped and accessible fitness centre
- Lounge
- Library
- Spirit Square
- Free Wi-Fi



Dogwood Pavilion Activity Groups

Dogwood Pavilion Seniors' Society is a non-profit society that hosts over 50 groups and clubs to support the cultural, physical, educational and social needs of adults who are 50+. These activities are led by volunteer leaders and supported by the Board of Directors. Membership in the society is required for ongoing participation. Activity fees may apply. *To register for, or learn more about Dogwood Activity Group programs, visit DogwoodSeniors50Plus.com, email DogwoodSeniors50Plus@gmail.com, or call 604-927-6098.*

Biking (50+ yrs)

The biking group typically meets to cycle outdoors during early Spring to late Fall depending on weather.

at Dogwood Pavilion

W Jan 3 – Mar 27 9 a.m. – 3 p.m.

Book Club (50+ yrs)

If you like reading, come and join us each month as we enjoy the works of a specific author. This group meets every 3rd Wednesday of the month.

at Dogwood Pavilion

W Jan 17 – Mar 20 1:30 – 3:30 p.m.

Bridge: Casual (50+ yrs)

Bridge is a 4 player partnership trick-taking game with 13 tricks per deal. Casual Bridge is relaxed, easy going, stress free and played in a more social atmosphere.

at Dogwood Pavilion

W Jan 3 – Mar 27 12:30 – 3:30 p.m.

Bridge: Duplicate (50+ yrs)

Duplicate bridge is played in pairs. Prior to coming to play, players arrange their own partner.

at Centennial Pavilion

F Jan 5 – Mar 22 1 – 4 p.m.

Bridge: Social (50+ yrs)

Bridge is a 4 player partnership trick-taking game with 13 tricks per deal. A welcoming social atmosphere for players who enjoy the game.

at Dogwood Pavilion

Tu Jan 2 – Mar 26 1 – 4 p.m.

Bridge: Social Intermediate (50+ yrs)

Bridge is a 4 player partnership trick-taking game with 13 tricks per deal. This group is for intermediate players.

at Dogwood Pavilion

Sa Jan 6 – Mar 30 12:45 – 4 p.m.

Canadian Council of the Blind (50+ yrs)

The CCB is a support and social group for those who are blind, deaf blind or living with vision loss.

at Dogwood Pavilion

Th Jan 4 – Mar 28 1 – 3 p.m.

Canasta (50+ yrs)

Canasta is a card game resembling Rummy. It is played by 2 pairs of partners and the aim is to collect sets of cards.

at Dogwood Pavilion

W Jan 3 – Mar 27 5:30 – 8:15 p.m.

Carpet Bowling (50+ yrs)

Carpet Bowling is an indoor variant of lawn bowling.

at Dogwood Pavilion

Tu/Th Jan 2 – Mar 28 1:45 – 3:45 p.m.

Chess (50+ yrs)

Keep your mental skills sharp, get together and enjoy a casual game of chess. All levels welcome.

at Dogwood Pavilion

M Jan 8 – Mar 25 12:30 – 4 p.m.

Coquitlam Art Club (50+ yrs)

The Coquitlam Art Club provides an opportunity to paint with other artists in a welcoming setting. Group members work on individual projects and share ideas, but no instruction is provided.

at Dogwood Pavilion

W Jan 3 – Mar 27 12:30 – 3 p.m.

Crafting Group (50+ yrs)

Dogwood Variety Crafts is a social group who knit, sew, crochet and make other crafts. A selection is available in the Dogwood Designs Gift Shop which is open 10 a.m. – 2 p.m. Monday to Friday depending on volunteer availability.

at Dogwood Pavilion

W Jan 3 – Mar 27 9 a.m. – 3:30 p.m.

Cribbage (50+ yrs)

A social card game played in partners using a Cribbage board.

at Dogwood Pavilion

Th Jan 4 – Mar 28 9:30 a.m. – 12 p.m.

Cribbage: 10-Card (50+ yrs)

A social card game played in partners using a 10-Card Cribbage board.

at Dogwood Pavilion

M Jan 8 – Mar 25 12:30 – 3:30 p.m.

Dogwood Ambassadors (50+ yrs)

The ambassadors meet and greet the public and give tours of Dogwood Pavilion. They also assist with setting up special events and serving light refreshments. This group meets on the 3rd Monday of the month.

at Dogwood Pavilion

M Jan 15 – Mar 18 1:30 – 2:30 p.m.

Drama (50+ yrs)

The Drama Group meets to prepare and practice a play to perform. The group produces multiple plays each year.

at Dogwood Pavilion

M/Th Jan 4 – Mar 28 1:45 – 3:45 p.m.

Floor Hockey (50+ yrs)

Floor Hockey is derived from Ice Hockey. It is played inside with a plastic ball and plastic stick.

at Dogwood Pavilion

Tu Jan 2 – Mar 26 6:30 – 8:15 p.m.

**Friendship Circle (50+ yrs)**

The Friendship Circle is a social discussion group open to everyone. Group members bring their ideas for topics and their willingness to share in spirited discussion.

at Dogwood Pavilion

Tu Jan 2 – Mar 26 1 – 2:30 p.m.

Garden Club (50+ yrs)

Whether new to gardening or digging all your life, this group has something for you. Our goal is to promote gardening, increase knowledge and enhance our interest in various horticultural activities. This group meets every 2nd Tuesday of the month.

at Dogwood Pavilion

Tu – Tu Jan 9 – Mar 12 6:15 – 8:30 p.m.

Genealogy (50+ yrs)

Genealogy meets to discuss family history and different methods of researching historical records. This group meets the 1st Monday of the month.

at Dogwood Pavilion

M Jan 8 – Mar 4 1:30 – 3:30 p.m.

Hiking (50+ yrs)

The three Dogwood hiking groups, Striders, Trekkers and Cliff Huggers, hike weekly on Mondays throughout the year.

at Dogwood Pavilion

M Jan 8 – Mar 25 8:30 a.m. – 4:30 p.m.

Lapidary (50+ yrs)

The Lapidary room has equipment for forming stones and minerals into decorative items. The volunteer provides assistance with tips and techniques.

at Dogwood Pavilion

M/Tu/W/Th Jan 2 – Mar 28 9:30 a.m. – 2:30 p.m.

Life Writing (50+ yrs)

This informal group meets to discuss their life experiences, with the goal of writing them down one story at a time to make a family history. They meet on the 4th Monday of the month.

at Dogwood Pavilion

M Jan 22 – Mar 25 1 – 3 p.m.

Mexican Train (50+ yrs)

Mexican Train is a game where the object is for all players to play all their dominoes from their hand onto 1 or more trains.

at Dogwood Pavilion

Th Jan 4 – Mar 28 12:15 – 3:30 p.m.

Mixed Bag Band (50+ yrs)

The Mixed Bag Band hosts jam sessions as an opportunity to enjoy and play music with others in a welcoming setting.

at Dogwood Pavilion

Su	Jan 7 – Mar 24	10:30 a.m. – 1:30 p.m.
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Photography Group (50+ yrs)

Come and share your photos and knowledge of photography. This group meets on the 1st and 3rd Wednesday of the month.

at Dogwood Pavilion

W	Jan 17 – Mar 20	6:30 – 8:15 p.m.
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Pickleball – Dogwood Pavilion Seniors' Society (50+ yrs)

Pickleball is a court sport that uses a paddle and a pickleball. It is a combination of tennis, badminton and table tennis.

at Poirier Forum

M/W/F	Jan 3 – Mar 29	8:45 – 10:45 a.m.
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M/F	Jan 5 – Mar 29	11 a.m. – 1 p.m.
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M/F	Jan 5 – Mar 29	1:15 – 3:15 p.m.
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Quilting (50+ yrs)

This group shares an interest in quilting and welcomes all skill levels. No instruction is provided, but there is an abundance of knowledge amongst members to share. Sessions include full days of sewing, where members work on personal projects or group donation projects as well as monthly meetings complete with show and tells and demos. Many donation projects go to Bea's Closet, Meals-on-Wheels and the Transition House. This group meets on the 1st and 3rd Friday and the 3rd Wednesday each month.

at Dogwood Pavilion

F	Jan 5 – Mar 15	9 a.m. – 3 p.m.
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W	Jan 17 – Mar 20	6:15 – 8:15 p.m.
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Roamers RV Club (50+ yrs)

If you love to travel by RV, camper, motor home and 5th wheel, come join us! The group organizes camp outs throughout the season. This group meets on the 2nd Monday of the month.

at Dogwood Pavilion

M	Jan 15 – Mar 11	1 – 3 p.m.
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Scrabble (50+ yrs)

A word game where 2 – 4 players score points by placing letter tiles onto the board and forming words.

at Dogwood Pavilion

Tu	Jan 2 – Mar 26	12:30 – 4 p.m.
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Snooker (50+ yrs)

The snooker group has access to the snooker room at Dogwood Pavilion during operating hours.

at Dogwood Pavilion

M/Tu/W/Th	Jan 2 – Mar 28	8:45 a.m. – 8:15 p.m.
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F/Sa	Jan 5 – Mar 30	8:45 a.m. – 4:15 p.m.
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Su	Jan 7 – Mar 24	9:15 a.m. – 1:45 p.m.
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Social Dance (50+ yrs)

Social dance meets weekly to enjoy ballroom and latin dancing.

at Dogwood Pavilion

Th	Jan 11 – Mar 28	6:30 – 8:15 p.m.
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Lend a Hand!**Have fun, develop new skills and meet new people**

We are always looking for volunteers to be:

- Cashiers
- Kitchen Assistants
- Meaningful Meals Delivery Drivers
- *and much more*

For more information on becoming a City of Coquitlam volunteer, call 604-927-6076 or visit coquitlam.ca/volunteer.

Songsters (50+ yrs)

This choir meets weekly to sing together and learn new songs. Occasionally this group performs at social functions and events in the community. This group only accepts new members at the beginning of each season. Inquire with the group leader for seasonal registration deadlines.

at Dogwood Pavilion

Tu	Jan 2 – Mar 26	1:45 – 5 p.m.
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South Asian Group (50+ yrs)

This is a social and support group for the South Asian community. They meet on the 4th Wednesday and the 1st and 3rd Thursday of each month.

at Dogwood Pavilion

Th	Jan 4 – Mar 21	10 a.m. – 12 p.m.
W	Jan 24 – Mar 27	6:30 – 8:15 p.m.

Table Tennis (50+ yrs)

Table tennis is a sport in which 2 or 4 players hit a lightweight ball back and forth across a table using small solid racquets.

at Dogwood Pavilion

W	Jan 3 – Mar 27	4:15 – 8:15 p.m.
Su	Jan 7 – Mar 24	9 a.m. – 12 p.m.
M	Jan 8 – Mar 25	4:15 – 6:30 p.m.

Turn Up and Paint (50+ yrs)

This group meets weekly to paint together. Bring your own supplies and projects. All levels welcome.

at Dogwood Pavilion

W	Jan 3 – Mar 27	9:30 – 11:30 a.m.
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Women Helping Others (50+ yrs)

Women Helping Others provides opportunities for 50+ women who are widowed, divorced, have a partner living in assisted living care, or are single to be involved in a community.

at Dogwood Pavilion

W	Jan 3 – Mar 27	10 a.m. – 12 p.m.
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Woodcarving (50+ yrs)

Members work on individual projects and must bring their own tools and materials. The volunteer provides assistance with safety, tips and techniques.

at Dogwood Pavilion

Th	Jan 4 – Mar 28	1 – 3:30 p.m.
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Woodcarving – Fantasy Houses (50+ yrs)

This group creates whimsical houses with cottonwood bark. Each member works on an individual project and must bring their own tools and materials. The volunteer provides assistance with safety, tips and techniques.

at Dogwood Pavilion

M	Jan 8 – Mar 25	1 – 3 p.m.
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Woodworking (50+ yrs)

Members work on individual projects and often bring their own tools and materials. The volunteer leader provides assistance with safety, tips and techniques.

at Dogwood Pavilion

M/Tu/W/Th/F	Jan 2 – Mar 28	8:30 a.m. – 1 p.m.
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Glen Pine Pavilion Activity Groups

The Glen Pine 50 Plus Society is a non-profit organization that promotes low-cost, year-round activities to satisfy the cultural, physical, educational and social needs of senior adults through support of activity groups and programs at Glen Pine Pavilion. Register for Glen Pine Activity Group programs in-person at any recreation facility, by calling **604-927-4386**, or by visiting coquitlam.ca/registration.

American Mahjong (50+ yrs)

Mahjong is a game that originated in China and is commonly played by 4 people. The game is played with a set of 136 tiles based on Chinese characters and symbols.

at Glen Pine Pavilion

F	Jan 12 – Feb 16	12 – 3:45 p.m.	6/\$3	138871
F	Feb 23 – Mar 22	12 – 3:45 p.m.	5/\$2.50	138872

Art Group (50+ yrs)

Glen Pine Art Group gives you the time and place to draw and paint with other artists. Bring your materials or subject to work on or join others painting from a still set.

at Glen Pine Pavilion

W	Jan 10 – Feb 14	9 a.m. – 12 p.m.	6/\$3	138853
W	Feb 21 – Mar 27	9 a.m. – 12 p.m.	6/\$3	138854

Beijing Opera (50+ yrs)

Social group that meets weekly to sing Beijing opera pieces.

at Glen Pine Pavilion

Sa	Jan 13 – Feb 17	12 – 2:45 p.m.	6/\$3	138881
Sa	Feb 24 – Mar 30	12 – 2:45 p.m.	6/\$3	138882

Bingo (50+ yrs)

Come join us for an afternoon of Bingo fun.

at Glen Pine Pavilion

W	Jan 10 – Feb 14	1 – 3 p.m.	6/\$3	138857
W	Feb 21 – Mar 27	1 – 3 p.m.	6/\$3	138858

Bridge All-Levels (50+ yrs)

Bridge is a 4 player partnership trick-taking game with 13 tricks per deal. Casual Bridge is relaxed, easy going, stress free and played in a more social atmosphere. Scoring is optional, and attending with a partner is not necessary. Partners will rotate during the afternoon so players need to be prepared to play with everyone in this all-levels Bridge group.

at Glen Pine Pavilion

M	Jan 8 – Feb 12	12:30 – 4 p.m.	6/\$3	138824
M	Feb 26 – Mar 25	12:30 – 4 p.m.	5/\$2.50	138825

Bridge Intermediate (50+ yrs)

Bridge is a 4 player partnership trick-taking game with 13 tricks per deal. Players for this group will self-assess level of play as intermediate. Players must form their own quartet of players – not interchangeable – at time of registration they will need to answer a prompt on a questionnaire for their quartet name.

at Glen Pine Pavilion

F	Jan 12 – Feb 16	12 – 4:15 p.m.	6/\$3	138873
F	Feb 23 – Mar 22	12 – 4:15 p.m.	5/\$2.50	138874

Canasta (50+ yrs)

Canasta is a card game resembling Rummy. It is played by 2 pairs of partners and the aim is to collect sets of cards. The word Canasta means “basket” in Spanish with the objective being to get a basket-full (or 7) cards of the same rank in order to obtain points for a canasta.

at Glen Pine Pavilion

Tu	Jan 9 – Feb 13	6 – 8:15 p.m.	6/\$3	138849
Sa	Jan 13 – Feb 17	11:30 a.m. – 2:30 p.m.	6/\$3	138879
Tu	Feb 20 – Mar 26	6 – 8:15 p.m.	6/\$3	138850
Sa	Feb 24 – Mar 30	11:30 a.m. – 2:30 p.m.	6/\$3	138880

Cantonese Opera (50+ yrs)

Social group that meets weekly to sing Cantonese opera pieces.

at Glen Pine Pavilion

M	Feb 26 – Mar 25	1 – 4 p.m.	5/\$2.50	138829
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Carpet Bowling (50+ yrs)

Carpet Bowling is a variant of lawn bowls played indoors. It is easy to learn and newcomers are welcome.

at Glen Pine Pavilion

F	Jan 12 – Feb 16	1:30 – 3:30 p.m.	6/\$3	138875
F	Feb 23 – Mar 22	1:30 – 3:30 p.m.	5/\$2.50	138876

Chinese Choir (50+ yrs)

Glen Pine Chinese Choir enjoy meeting weekly and singing together.

at *Glen Pine Pavilion*

W	Jan 10 – Feb 14	9 – 10:30 a.m.	6/\$3	138851
W	Feb 21 – Mar 27	9 – 10:30 a.m.	6/\$3	138852

Crafters (50+ yrs)

Come join us and have fun while you pursue your favourite hobbies. Knitting, sewing, crocheting and making other crafts for yourself or for the Glen Pine Gift Shop.

at *Glen Pine Pavilion*

Tu	Jan 9 – Feb 13	1 – 3 p.m.	6/\$3	138835
Tu	Feb 20 – Mar 26	1 – 3 p.m.	6/\$3	138836

Cribbage (50+ yrs)

Cribbage, or crib, is a card game, traditionally for two players but can be played with more. The main objective of cribbage is to gain a score of 121 points through a series of rounds involving strategic card playing.

at *Glen Pine Pavilion*

F	Jan 12 – Feb 16	9:30 – 11:30 a.m.	6/\$3	138883
F	Feb 23 – Mar 22	9:30 – 11:30 a.m.	5/\$2.50	138884

Dance Group (50+ yrs)

A platform to share your passion for dancing. Try a variety of dances from different cultures that are both choreographed and freeform.

at *Glen Pine Pavilion*

W	Jan 10 – Feb 14	2:15 – 3:45 p.m.	6/\$3	138861
W	Feb 21 – Mar 27	2:15 – 3:45 p.m.	6/\$3	138862

**English Social Club (50+ yrs)**

Improve your English. This group meets weekly and discusses current events to enhance your conversational English.

at *Glen Pine Pavilion*

M	Jan 8 – Feb 12	9:30 – 11:30 a.m.	6/\$3	138821
M	Feb 26 – Mar 25	9:30 – 11:30 a.m.	5/\$2.50	138823

Friendship Group (50+ yrs)

This welcoming group provides opportunities to build new friendships, receive support and connect with others.

at *Glen Pine Pavilion*

M	Jan 8 – Feb 12	1 – 3 p.m.	6/\$3	138826
M	Feb 26 – Mar 25	1 – 3 p.m.	5/\$2.50	138827

Glen Pine Sing-A-Long (50+ yrs)

The Glen Pine Sing-A-Long enjoy meeting weekly and singing a variety of songs together.

at *Glen Pine Pavilion*

Th	Jan 11 – Feb 15	1:30 – 3:30 p.m.	6/\$3	138865
Th	Feb 22 – Mar 28	1:30 – 3:30 p.m.	6/\$3	138866

Glen Pine Singers (50+ yrs)

The Glen Pine Singers enjoy meeting weekly and singing together.

at *Glen Pine Pavilion*

M	Jan 8 – Feb 12	9:15 – 10:30 a.m.	6/\$3	138819
M	Feb 26 – Mar 25	9:15 – 10:30 a.m.	5/\$2.50	138820

Iranian Friendship Group A (Active Activities)

(50+ yrs)

The Iranian Friendship group provides opportunities to build new friendships, receive support and connect with others. Group A is for more active activities such as exercises, dance and movement.

at *Glen Pine Pavilion*

Tu	Jan 9 – Mar 19	1:30 – 4 p.m.	6/\$3	138839
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Iranian Friendship Group B (Games, Social) (50+ yrs)

The Iranian Friendship group provides opportunities to build new friendships, receive support and connect with others. Group B is for less active social activities such as games, bingo, conversations.

at *Glen Pine Pavilion*

Tu	Jan 16 – Mar 26	1:30 – 4 p.m.	6/\$3	138840
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Karaoke (50+ yrs)

Come out and enjoy some karaoke singing.

at *Glen Pine Pavilion*

Tu	Jan 9 – Feb 13	1:30 – 5 p.m.	6/\$3	138841
Th	Jan 11 – Feb 15	3:30 – 6 p.m.	6/\$3	138843
Tu	Feb 20 – Mar 26	1:30 – 5 p.m.	6/\$3	138842
Th	Feb 22 – Mar 28	3:30 – 6 p.m.	6/\$3	138844

Leisure Group (50+ yrs)

This multicultural group welcomes all for an afternoon of different weekly activities. Most of the sessions will be conducted in Cantonese or Mandarin language.

at *Glen Pine Pavilion*

M	Jan 8 – Feb 12	2:15 – 4:30 p.m.	6/\$3	138830
M	Feb 26 – Mar 25	2:15 – 4:30 p.m.	5/\$2.50	138833

Machine Embroidery (50+ yrs)

An opportunity for those who enjoy machine embroidery to meet weekly to show and tell their work. Discussion and conversation only. No need to bring sewing machines. 4th Monday of each month.

at *Glen Pine Pavilion*

M	Jan 22 – Mar 25	7 – 8:30 p.m.	3/\$1.50	138834
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Mexican Train Dominoes (50+ yrs)

Game played with dominoes and the objective is for all players to play all their dominoes from their hand onto 1 or more trains.

at *Glen Pine Pavilion*

W	Jan 10 – Feb 14	1 – 4 p.m.	6/\$3	138859
W	Feb 21 – Mar 27	1 – 4 p.m.	6/\$3	138860

Mixed Bag Band (50+ yrs)

The Mixed Bag Band practices are open to all musically-inclined who wish to 'jam' every Friday afternoon.

at *Glen Pine Pavilion*

F	Jan 12 – Feb 16	1:30 – 4 p.m.	6/\$3	138877
F	Feb 23 – Mar 22	1:30 – 4 p.m.	5/\$2.50	138878

Poker (50+ yrs)

In a friendly non-monetary environment learn a family of card games that combines strategy and different skills. Learn tricks and techniques on how to outwit your opponent.

at *Glen Pine Pavilion*

Tu	Jan 9 – Feb 13	1 – 3 p.m.	6/\$3	138837
Tu	Feb 20 – Mar 26	1 – 3 p.m.	6/\$3	138838

**Quilting (50+ yrs)**

Whether you are a beginner or an experienced quilter, come and join this group to work on Quilting projects.

at *Glen Pine Pavilion*

F	Jan 12 – Feb 16	9 a.m. – 12 p.m.	6/\$3	138867
F	Feb 23 – Mar 22	9 a.m. – 12 p.m.	5/\$2.50	138868

Scrabble (50+ yrs)

A word game which 2 – 4 players score points by placing tiles onto the board and forming words.

at *Glen Pine Pavilion*

F	Jan 12 – Feb 16	9:30 – 11:30 a.m.	6/\$3	138869
F	Feb 23 – Mar 22	9:30 – 11:30 a.m.	5/\$2.50	138870

Table Tennis (50+ yrs)

Social game with similar principles of lawn tennis, table tennis is a game played on a flat table divided into 2 equal courts separated by a flexed net across the middle.

at *Glen Pine Pavilion*

Tu	Jan 9 – Feb 13	2 – 4:30 p.m.	6/\$3	138845
Sa	Jan 13 – Feb 17	12 – 2:45 p.m.	6/\$3	138847
Tu	Feb 20 – Mar 26	2 – 4:30 p.m.	6/\$3	138846
Sa	Feb 24 – Mar 30	12 – 2:45 p.m.	6/\$3	138848

Whist with a Twist (50+ yrs)

Social card game usually played in 2 pairs of players, in which points are scored according to the number of tricks won.

at *Glen Pine Pavilion*

Th	Jan 11 – Feb 15	1 – 4 p.m.	6/\$3	138863
Th	Feb 22 – Mar 28	1 – 4 p.m.	6/\$3	138864

Bus Trips



These are all *Enjoy the Journey* all-inclusive trips. Learn more at [EnjoyTheJourney.ca](https://www.enjoythejourney.ca)

A Tourist in Your Own Town (50+ yrs)

Take the Aqua Bus on a narrated cruise of False Creek, stroll through the Bloedel Conservatory, and visit Hycroft Manor for a guided tour and lunch in the elegant dining room. Enjoy a neighborhood coach tour of Gastown and Chinatown and board the West Coast Express at Waterfront to Mission City.

Leave Glen Pine at 8:45 a.m. Estimated return at 6:30 p.m.
Leave Dogwood at 9 a.m. Estimated return at 6:15 p.m.

Activity Level: Easy

- Hycroft Manor – lunch in elegant dining room
- Aqua Bus Narrated Cruise
- West Coast Express
- Neighborhood Coach Tour
- Bloedel Conservatory

W	Mar 20	8:45 a.m. – 6:30 p.m.	1/\$129	140040
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Chinese New Year Celebrations (50+ yrs)

This exciting, fun-filled parade event features lion dances, marching bands, parade floats, martial arts performances, cultural dance troupes, firecrackers, and more.

Leave Glen Pine at 9:30 a.m. Estimated return at 5 p.m.
Leave Dogwood at 9:45 a.m. Estimated return at 4:45 p.m.

Activity Level: Easy

- Chinese New Year Parade (escorted entry)
- Folding Chair Provided
- Chinatown Plaza Parade Viewing
- Lunch Peaceful Restaurant
- Dr. Sun Yat-Sen Classical Chinese Garden

Su	Feb 11	9:30 a.m. – 5 p.m.	1/\$109	140033
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Fraser River Discovery Tour (50+ yrs)

Discover the Mighty Fraser and see the working river at its finest including an informational stop at the Discovery Center prior to boarding! 2.5-hour voyage up to the Douglas Island Wildlife Preserve as well as to the mouth of the Pitt River. Get your cameras ready for this narrated educational tour!

Leave Glen Pine at 9 a.m. Estimated return at 4 p.m.
Leave Dogwood at 9:15 a.m. Estimated return at 3:45 p.m.

Activity Level: Easy

- Paddlewheeler River Boat Tour
- Discover the Fraser Lunch Cruise
- Fraser River Discovery Center
- Westminster Quay Public Market

Tu	Mar 26	9 a.m. – 4 p.m.	1/\$159	140044
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Northwest Flower and Garden Show (USA) (50+ yrs)

The Washington State Convention Centre in Seattle hosts The 2024 Northwest Flower and Garden Show. Take 4 hours free time to explore six acres of flowers, plants, gardens, exhibits, seminars and many other features.

Leave Glen Pine at 7:45 a.m. Estimated return at 8:15 p.m.
Leave Dogwood at 8 a.m. Estimated return at 8 p.m.

Activity Level: Easy Level

- Northwest Flower and Garden Show Admission
- 4 hours free time at show
- Haggen Ferndale/Burlington Washroom / Food Stops – Meals on your own.

Must have valid passport/travel documentation, Vaccination status and insurance documents for USA Travel

F	Feb 16	7:45 a.m. – 8:15 p.m.	1/\$119	140036
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Special Events

Coquitlam resident registration for Special Events opens at 8:30 a.m. on Nov. 28.
 Non-resident registration for Special Events opens at 8:30 a.m. on Nov. 30.



January

2 Intergenerational Art Studio: Collage (8+ yrs)

Take an art class together with your child in this fun family art class. Learn to create a collage with local artist and instructor, Danica N. All supplies included and no experience necessary. All participants will complete their own art work.

at Dogwood Pavilion

Tu Jan 2 9:30 – 11:30 a.m. 1/\$18.40 141447

4 Intergenerational Art Studio: Acrylic Painting Winter Wonderland (8+ yrs)

Take an art class together with your child in this fun family art class. Learn to paint an acrylic masterpiece led by local artist and instructor, Danica N. All supplies included and no experience necessary. All participants will complete their own art work.

at Dogwood Pavilion

Th Jan 4 9:30 – 11:30 a.m. 1/\$18.40 141448

4 Winter Break Family Movie Matinee at Dogwood Pavilion: *Ballerina* (5+ yrs)

Price includes the movie and light refreshments. This is a parent/grandparent/adult participation event. Movie: *Ballerina* (2017) General 89m. A orphaned girl arrives in Paris from Brittany. Félicie Milliner is 11 and has no money but one big, passionate dream: to become a dancer. With nothing left to lose, Félicie takes a big risk: she ‘borrows’ a spoiled brats identity and enters the Opera Ballet School. But how long can she be someone else? Mentored by the tough and mysterious cleaner, Odette, Félicie learns that talent is not enough – it takes hard work to be better than her ruthless, conniving fellow students. That and friendship. Felicie’s inventive, exhausting and charismatic best friend Victor also has a dream: becoming a famous inventor. Together, they both encourage each other to reach for the stars.

at Dogwood Pavilion

Th Jan 4 1:30 – 4 p.m. 1/\$5 141442



January continued

6 Musical Performance by Phoenix Ensemble (5+ yrs) **LOW COST**

Join us for a musical performance by local high school musicians, Phoenix Ensemble. This ensemble is a group of friends who will perform a variety of pieces with a mix of styles including some unique Chinese instruments.

at *Dogwood Pavilion*

Sa	Jan 6	3 – 4:15 p.m.	1/\$2	141306
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13 and 27 Kids Night In (6 – 10 yrs)

Parents! Go for dinner, catch a movie, do some shopping – the choice is yours! Children will enjoy a night in with crafts, games and interactive play, as well as a handmade snack and a movie on the big screen projector.

at *Maillardville Community Centre (1200 Cartier Ave)*

Sa	Jan 13	5:30 – 8:30 p.m.	1/\$20	141815
Sa	Jan 27	5:30 – 8:30 p.m.	1/\$20	141816

25 Paint and Pasta Night (19+ yrs)

Join in for a fun acrylic painting night. You will leave with a completed canvas that you may use to decorate your home or gift with love. Supplies are included. Meal will be served during the first hour of the program followed by a two-hour painting session.

at *Glen Pine Pavilion*

Th	Jan 25	5:30 – 8:30 p.m.	1/\$31.75	139112
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26 Poirier Youth Pride: MasterChef Cook-Off (13 – 18 yrs) **LOW COST**

Celebrate diversity within our Coquitlam Youth! Join us for a safe and inclusive MasterChef Cook-Off at the Poirier Community Centre. Bring your friends and join us for a fun night of creating a delicious meal. For LGBTQ2S+ and allied youth – everyone is welcome!

at *Poirier Community Centre*

F	Jan 26	6:30 – 8:30 p.m.	1/\$2	141585
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Start a Winter Tradition Volunteer as a Snow Angel

Lend a helping hand this winter by assisting those who are unable to clear their City sidewalks.

- * Volunteers must be 16 years or older, or accompanied by an adult.
- * Snow Angels are provided with training, shovels, reflective vests, scarves, toques, ice cleats and mittens.
- * Once an official volunteer, “when it snows you go!”

Sign up as a volunteer today at coquitlam.ca/SnowAngels





February

10 and 24 Kids Night In (6 – 10 yrs)

Parents! Go for dinner, catch a movie, do some shopping – the choice is yours! Children will enjoy a night in with crafts, games and interactive play, as well as a handmade snack and a movie on the big screen projector.

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Feb 10	5:30 – 8:30 p.m.	1/\$20	141818
Sa	Feb 24	5:30 – 8:30 p.m.	1/\$20	141819

9 Dogwood Social Evening: Sock Hop (19+ yrs)

Come enjoy a Sock Hop themed evening with drinks, dinner, and live performance. Doors open at 5:15 p.m.. Dinner begins at 6 p.m.. Entertainment begins at 7:15 p.m.. Thank you to our Presenting Partner, Aspira Retirement Living (Astoria and Mayfair Terrace).

at Dogwood Pavilion

F	Feb 9	5:30 – 9:30 p.m.	1/\$35	140238
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9 Lunar New Year Eve Luncheon (19+ yrs)

Year of the Dragon (Wood Dragon) according to the Chinese Zodiac calendar represents power, success, honor, and luck among the Chinese. Chinese New Year 2024 falls on Saturday, February 10 and celebrations culminate with the Lantern Festival on the 15th day. Join us for a special luncheon with entertainment. Menu: Sweet and Sour Pork, Chicken Chow Mein, Vegetable Chop Suey and Spring Roll with Dessert.

at Glen Pine Pavilion

F	Feb 9	11:30 a.m. – 1 p.m.	1/\$18	140678
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14 Valentine's Day Luncheon (19+ yrs)

Join us for a Valentine's Day luncheon. Originally Saint Valentine and, through later folk traditions with Cupid, this day has become a global, cultural, religious, and commercial celebration of romance and love. Menu: Steak and Prawns, Baked Potato, Steamed Vegetables with Dessert. Entertainment included.

at Glen Pine Pavilion

W	Feb 14	11:30 a.m. – 1 p.m.	1/\$18	140547
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18 Maillardville Gets Together (All Ages)

Come and spend some quality time with your family, friends, and neighbours at this fun and FREE event for all ages, including play equipment for kids, crafts and table games, foosball, table tennis, and more! Pre-registration is recommended. Each person attending must register.

at Maillardville Community Centre (1200 Cartier Ave)

Su	Feb 18	5 – 7 p.m.	1/FREE	141828
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18 Pinetree Family Day Event (All Ages)

Celebrate Family Day at Poirier Community Centre. Take part in family oriented crafts, games and activities.

at Pinetree Community Centre

Su	Feb 18	10 a.m. – 1 p.m.	1/FREE	141993
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February continued

19 Creative Cooks: Family Day Brunch Edition (3+ yrs)

Join us on Family Day for a special 90 minute brunch edition of our popular Creative Cooks series! Make a delicious breakfast meal from scratch and sit down to enjoy it with your family. Each person attending must register. This is an adult participation program.

at Maillardville Community Centre (1200 Cartier Ave)

M	Feb 19	9:15 – 10:45 a.m.	1/\$8	141829
M	Feb 19	11:15 a.m. – 12:45 p.m.	1/\$8	141830

19 Poirier Family Day Event (All Ages)

Celebrate Family Day at Poirier Community Centre. Take part in family oriented crafts, games and activities.

at Poirier Community Centre

M	Feb 19	10 a.m. – 1 p.m.	1/ FREE	141583
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23 Creative Cooks: MasterChef Edition (11 – 14 yrs)

No cooking experience necessary, this event is for any foodies who are looking for a good time and lots of laughs. You will be teamed up with other youth to see if you can create a delicious (or not so delicious...) dish to eat.

at Poirier Community Centre

F	Feb 23	1 – 2:30 p.m.	1/\$13.30	141477
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23 Indoor Plant Swap and Talk (19+ yrs)

Expand your plant collection and learn about caring for indoor plants from other plant enthusiasts in this casual information and plant exchange. This program is in partnership with the Dogwood Seniors Society Garden Club. Bring a healthy plant, plant baby, cutting, or propagation to trade or share if you wish.

at Dogwood Pavilion

F	Feb 23	1 – 2:30 p.m.	1/ FREE	141378
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23 Lunar New Year Musical Performance by Phoenix Ensemble (5+ yrs)

Celebrate the Lunar New Year with a musical performance by local high school musicians, Phoenix Ensemble. This ensemble is a group of friends who will perform a variety of pieces with a mix of styles including some unique Chinese instruments. Light refreshments provided.

at Dogwood Pavilion

F	Feb 23	3 – 4:15 p.m.	1/\$5	141301
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28 Maillardville Leap Year Tea (19+ yrs)

Come join us for a valentine's day tea and a chance to meet new people! Coffee, tea, sandwiches, baked goods and entertainment are provided.

at Maillardville Community Centre (1200 Cartier Ave)

W	Feb 28	10 a.m. – 12 p.m.	1/\$16	142001
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28 Poirier Youth Pink Shirt Day Event (13 – 18 yrs)

Come join other youth at the Poirier Getaway Youth Centre in a casual environment and share your experiences of how you have taken a stand against bullying. You will also learn about resources available if you or someone you know is experiencing bullying.

at Centennial Pavilion

W	Feb 28	3:30 – 5:30 p.m.	1/ FREE	141584
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March

7 Paint and Pasta Night (19+ yrs)

Join in for a fun acrylic painting night. You will leave with a completed canvas that you may use to decorate your home or gift with love. Supplies are included. Meal will be served during the first hour of the program followed by a two-hour painting session.

at *Glen Pine Pavilion*

Th Mar 7 5:30 – 8:30 p.m. 1/\$31.75 139113

8 International Women’s Day Presentation: How to Build up and Support Each Other (19+ yrs)

Celebrate International Women’s Day and join us for a presentation by Willy Martin, President of the Dogwood Pavilion Seniors Society. The presentation will focus on how we can build up and support each other so that it is all good in the sisterhood!

at *Dogwood Pavilion*

F Mar 8 10 – 11:30 a.m. 1/FREE 140956

8 International Women’s Day presents Hidden Figures. (All Ages)

International Women’s Day is a fitting occasion to view an empowering biographical drama about the African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program. The film has a strong female cast including Taraji P. Henson as Katherine Johnson, Octavia Spencer as Dorothy Vaughan, and Janelle Monáe as Mary Jackson. Grab a hot beverage and be inspired by viewing this movie.

at *Glen Pine Pavilion*

F Mar 8 10 a.m. – 12:15 p.m. 1/FREE 141956

9 Kids Night In (6 – 10 yrs)

Parents! Go for dinner, catch a movie, do some shopping – the choice is yours! Children will enjoy a night in with crafts, games and interactive play, as well as a handmade snack and a movie on the big screen projector.

at *Maillardville Community Centre (1200 Cartier Ave)*

Sa Mar 9 5:30 – 8:30 p.m. 1/\$20 141820



March continued

15 Glen Pine Live: St. Patrick's Day (19+ yrs)

Celebrate St. Patrick's Day with an evening of great music and good food. The live band playing will have your toes tapping and the luck of the Irish in everyone will make this a lively celebration. Dressing up in green is optional. Menu: Burger Bar, Salad, Vegetables and Dip. Dessert: Assorted Pies with Ice-cream.

Thank you to our Presenting Partner, Aspira Retirement Living (Astoria and Mayfair Terrace).

Doors open at 5:45pm. Dinner begins at 6:00pm. Entertainment begins at 7:30pm.

at *Glen Pine Pavilion*

F Mar 15 6 – 9 p.m. 1/\$35 142816

16 Spring Break Brunch Intergenerational Cooking Class (8+ yrs)

Join us for this special event for adults and kids together. Create and bake some brunch menu classics in this hands-on cooking class and taste them together while socializing. No experience necessary and all supplies provided.

at *Dogwood Pavilion*

Sa Mar 16 9:30 – 11:30 a.m. 1/\$21.70 141322

18 Spring Break Family Movie Night at Dogwood Pavilion: Free Willy (4+ yrs)

Price include the movies and light refreshments. This is a parent/grandparent/adult participation event. Movie: *Free Willy* (1993) Family 112m. A heartwarming family drama about a troubled young boy's touching friendship with an Orca whale who is the star attraction at his local adventure park. When the boy learns of the unfortunate plans the park has for his friend, however, he sets forth a plan of his own and risks his life to return Willy to his natural habitat.

at *Dogwood Pavilion*

M Mar 18 6 – 8:30 p.m. 1/\$5 141446

19 Spring Break Movie: Paw Patrol (2021) (4+ yrs)

Bring family and friends to Glen Pine during Spring Break to enjoy a family movie together. Price includes the movie, a snack and a drink (pop or juice). All movies are adult participation and open to ages 4+. Each person attending, registers. \$5/person

Paw Patrol (2021) Rated G 1 hr 26 mins Animation, Action, Adventure

Ryder and the pups are called to Adventure City to stop Mayor Humdinger from turning the bustling metropolis into a state of chaos.

at *Glen Pine Pavilion*

Tu Mar 19 10:30 a.m. – 12:30 p.m. 1/\$5 141957

19 and 26 Spring Break Pet Portrait Intergenerational Painting Class (8+ yrs)

Take an art class together with your child in this fun family art class. Paint a portrait of your pet in acrylic on canvas. Learn animal portraiture in a step by step approach with the support of local artist and class instructor, Eileen H. Essentials of acrylic painting, such as colour mixing, proportion and composition will be covered. Suitable for beginners but all levels welcome. All supplies included. Please bring an 8x10 picture of your pet. Each class participant will create their own artwork.

at *Dogwood Pavilion*

Tu Mar 19 – Mar 26 6 – 8 p.m. 2/\$36.80 141377

21 Nowruz – First Day of Spring Luncheon (19+ yrs)

Nowruz, also known as Persian New Year, has been observed for more than 3000 years as the victory of spring over darkness. Menu: Fish, Rice and Steamed Vegetables with Dessert. Entertainment is included.

at *Glen Pine Pavilion*

Th Mar 21 11:30 a.m. – 1 p.m. 1/\$18 140553



March continued

21 Spring Break Family Games Night (4+ yrs)

Bring family and friends to Glen Pine during Spring Break to enjoy a family games night together. Price includes a snack and a drink (pop or juice). Each person attending, registers. \$5/person. Welcome to bring your favourite family games to play with others you will meet.

at Glen Pine Pavilion

Th Mar 21 6:30 – 8:30 p.m. 1/\$5 141959

25 Spring Break Family Movie Night at Dogwood Pavilion: Animal Crackers (2017) (5+ yrs)

Price includes the movie and light refreshments. This is a parent/grandparent/adult participation event.

Movie: *Animal Crackers* (2017) Adventure/Comedy, 94 min Owen Huntington’s life is one continuous loop of work, eat, and sleep. Then, one day, Owen discovers a long lost Uncle passed away – and left his Circus to Owen. What could have been a blessing – soon unfolds into a curse. The circus is broke. The animals are all gone. But something magical happens. Owen discovers Buffalo Bob’s secret. A box of Animal Crackers that gives the bearer the ability to become any animal in the box. Suddenly – there’s hope. If Owen can use the box to become these animals and perform people will come. He’ll be rich. But Owen forgot one thing. Buffalo Bob had a brother. Horatio P. Huntington. Owner of the largest chain of circuses in the world. And Horatio would stop at nothing to get his hands on the Magical Animal Crackers

at Dogwood Pavilion

M Mar 25 6 – 8:30 p.m. 1/\$5 141443

26 Spring Break Movie: Paw Patrol The Mighty Movie (2023) (4+ yrs)

Bring family and friends to Glen Pine during Spring Break to enjoy a family movie together. Price includes the movie, a snack and a drink (pop or juice). All movies are adult participation and open to ages 4+. Each person attending, registers. \$5/person.

Paw Patrol The Mighty Movie (2023) Rated G 1 hr 28 mins Animation, Action, Adventure

A magical meteor crash lands in Adventure City and gives the PAW Patrol pups superpowers, transforming them into The Mighty Pups.

at Glen Pine Pavilion

Tu Mar 26 10:30 a.m. – 12:30 p.m. 1/\$5 141958

28 Easter Luncheon (19+ yrs)

Easter is one of the most festive events among Christians worldwide. Join us for a luncheon and entertainment to celebrate the occasion. Menu: Ham, Scalloped Potatoes, Steamed Vegetables and Dessert.

at Glen Pine Pavilion

Th Mar 28 11:30 a.m. – 1 p.m. 1/\$18 140555

28 Easter Luncheon (19+ yrs)

Join us to celebrate spring and the Easter holiday. Entertainment by Concerts in Care. Menu: Baked Ham, Scalloped Potatoes, Coleslaw, Coffee/Tea and Lemon Meringue Pie

at Dogwood Pavilion

Th Mar 28 11:30 a.m. – 1:30 p.m. 1/\$18 141289

28 Spring Break Family Art Craft Night (4+ yrs)

Bring family and friends to Glen Pine during Spring Break to enjoy a family art night together. Price includes supplies and snacks. Each person attending, registers.

at Glen Pine Pavilion

Th Mar 28 6:30 – 8:30 p.m. 1/\$18.40 141960

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Arts and Culture



See it! Learn it! Do it!

There are many opportunities to experience culture in your own back yard. Visit your local theatre, take an art class or pick up a book at the library. You can find it all here in Coquitlam.

Coquitlam Public Library *City Centre Branch*

1169 Pinetree Way | 604-554-7323

Coquitlam Public Library *Poirier Branch*

575 Poirier St. | 604-554-7323

Evergreen Cultural Centre

1205 Pinetree Way | 604-927-6555

Coquitlam Heritage at Mackin House

1116 Brunette Ave. | 604-516-6151

Place des Arts

1120 Brunette Ave. | 604-664-1636



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COQUITLAM'S VENUE FOR LIVE ARTS EVENTS & EXPERIENCES

2023-24 SEASON EVENTS



Our Season of live arts events has shows for all ages! Scan the QR code to see what shows we have to offer.

VISIT OUR ART GALLERY



Visit the Art Gallery at Evergreen Wed - Sun to see our curated exhibitions. Admission is always free!

Box Office: 604.927.6555 |    @evergreenarts
www.evergreenculturalcentre.ca

WINTER 23/24

COQUITLAM HERITAGE GUIDE

www.coquitlamheritage.ca

museum@coquitlamheritage.ca

604-516-6151

1116 Brunette Ave, Coquitlam

COQUITLAM HERITAGE TURNS 40!

We are turning 40 in 2024. Come celebrate with us at **COQUITLAM HERITAGE'S 40TH**, an exhibition chronicling our past, present and proposing our aspirations for the future. Join us for the opening reception in March and special events throughout the year. Keep an eye on our [website/newsletter](http://www.coquitlamheritage.ca) for more details.



Coquitlam Heritage Society Logo from the 1990s



EXCITING EVENTS AND EXHIBITS THIS SEASON



THURSDAYS IN THE PARLOUR

Come Slow Down at Mackin House. We are now open **THURSDAY EVENINGS**. Come by to play parlour and board games, knit, make postcards, write letters and more! Check our website for the activity of the week. You are also welcome to just stop by to visit and have a quiet evening by the fire with a cup of tea before the activity.

NOVEMBER, 2023

Exhibit - Riverview:
An Artist's Point of View |
Sept - Feb, Mackin House

Exhibit - Intersectionality and Urban Spaces | Nov 1 - 30, Coq Library - City Centre

Indigenous Voices,
Community Action | Nov 23

Holiday Bread
Making Workshop | Nov 25

DECEMBER, 2023

Exhibit - Get Your Game On |
Dec 1 - 31, Mackin House

Winter Wonders | Dec 3

Celebrations of Light | Dec 9

Prepare Ahead Holiday Cookie
Workshop | Dec 10

JANUARY, 2024

Beginner Cheesemaking Workshop |
Jan 25



MEMBER APPRECIATION EVENT

Rug Hooking: A quick intro to tools and techniques | Jan 13
\$40 per person, FREE for members

BECOME A MEMBER, ENJOY THE PERKS!

more info on our website.

SUBSCRIBE to our newsletter, **REGISTER** for an event, become a **MEMBER** at www.coquitlamheritage.ca

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Visit our website at BettieAllardYMCA.ca to learn more about getting started today.

BettieAllardYMCA.ca

955 Emerson St., Coquitlam, BC

  **@bettieallardymca**

ACCESSIBILITY SERVICES

Audiobooks

The Library has a collection of audiobooks exclusively for people who are unable to read regular print material due to visual or physical challenges.

These items are available at the Poirier branch to registered audiobook customers only.



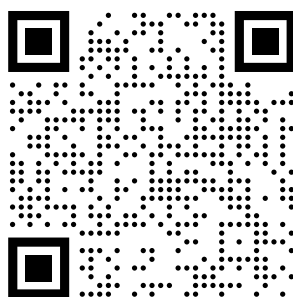
Home Delivery

Coquitlam residents aged 60+ and Coquitlam residents who are temporarily or permanently homebound in private homes or care centres are eligible for home delivery. The Library will select materials based on individual preferences and needs, and deliver them monthly.

Library materials are available in a variety of formats, including: large print, CDs, eBooks, eAudiobooks, MP3, and DAISY. Players may be available by request.

Register

To register for the Audiobook collection or Home Delivery service, please scan the QR code or contact the Library at outreach@coqlibrary.ca or 604-554-7335.



Volunteer Tech Help for Adults Aged 60+

The Tech Ambassador program connects volunteers with Coquitlam residents aged 60+ who need help using devices like phones, tablets, and computers.



Apply to volunteer as a Tech Ambassador, or get help with technology at: outreach@coqlibrary.ca or 604-554-7335.

City Centre Branch &
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1169 Pinetree Way
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Sign Me Up

Online Registration System

coquitlam.ca/registration