

# Senior's *Guide*

*Coquitlam Parks, Recreation, Culture and Facilities*





# Welcome to Coquitlam

## Parks, Recreation, Culture and Facilities

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

### **NEW** Community Centre Coming to Lafarge Lake

Visitors to Coquitlam’s city centre will soon have another community space in their neighbourhood when Town Centre Park Community Centre opens its doors to the public on Saturday, May 11.

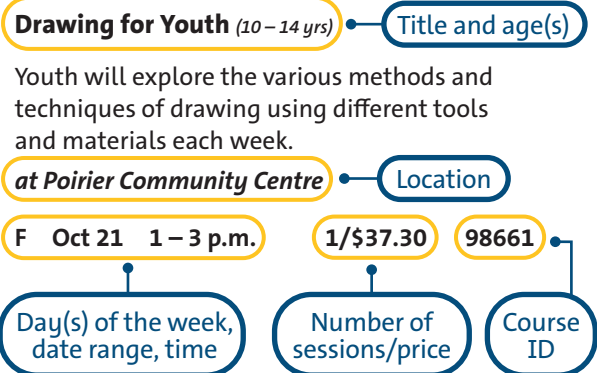
Set on the west side of Lafarge Lake, right next to the Evergreen Cultural Centre, Town Centre Park Community Centre will invite visitors to hang out, grab a coffee, study, or join an activity or a program to learn something new. The centre will focus on arts, culture and nature programming for all ages, as well as offering summer camps and general recreation activities.

Amenity highlights include:

- A community living room and lounge space
- Multi-purpose and meeting rooms
- Indoor/outdoor program space and an outdoor patio
- On-site concession with Praguery Café opening in late-spring 2024

Register now for programs starting in May. Learn more at [coquitlam.ca/tcpcc](https://coquitlam.ca/tcpcc).

### How to Use This Guide



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

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

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

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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 so that Coquitlam continues to be safe, inclusive and accessible, and what you can do to support EDI in our community.

[coquitlam.ca/EDI](https://coquitlam.ca/EDI)

Coquitlam



## Financial Assistance for Recreation

**Making recreation more  
affordable and accessible.**

**Eligible residents can apply today.**

[coquitlam.ca/FinancialAssistanceRec](https://coquitlam.ca/FinancialAssistanceRec)



## All Abilities Welcome!

We strive to provide community recreation experiences for people of all abilities. See a program you like but need some help to get involved? Email Community Services and we'll work with you to find ways to help you participate: [CommunityServices@coquitlam.ca](mailto:CommunityServices@coquitlam.ca)

[coquitlam.ca/RecAccess](https://coquitlam.ca/RecAccess)

# Sign Me Up

Online Registration System  
for Parks, Recreation and Culture programs

## 3 Easy Ways To Register

### 1. Online:

[coquitlam.ca/registration](https://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 Ct.

**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.



## 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.*

## How To Register Online

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

Create an account or login by clicking on the  
**SignMeUp** banner at [coquitlam.ca/registration](https://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](https://coquitlam.ca/registration)*



**Questions? We're here to help**

604-927-4386 | [prcs\\_info@coquitlam.ca](mailto:prcs_info@coquitlam.ca)

# Admission Fees and Recreation Passes



Learn what you can do with your ONE PASS!  
[coquitlam.ca/OnePass](http://coquitlam.ca/OnePass)



## ONE PASS and Drop-in Fees

Prices valid at all facilities through to March 31, 2025.

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

## Additional Arena Services

Prices valid through to March 31, 2025.

	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.

## Summer Child and Youth Pass

Only \$25

\$25 for unlimited access to drop-in activities for kids up to 18 years old. Valid June 14 – September 2. Passes go on sale Tuesday, May 21.

[coquitlam.ca/SummerPass](http://coquitlam.ca/SummerPass)



# Parks

Park program registration opens at 8:30 a.m. on May 14 for Coquitlam residents and at 8:30 a.m. on May 16 for non-residents.

Discover a new trail to explore at [coquitlam.ca/Trails](https://coquitlam.ca/Trails)



The Coquitlam Parks team is doing great things in your community. Here are some ways to get involved:



## Park Spark

Bringing Coquitlam Parks Alive

Park Spark provides an opportunity to have fun and gain meaningful experiences while enhancing Coquitlam's parks. We offer a variety of opportunities for people to lend their expertise or experiences to connect with our parks. Learn how to get involved at [coquitlam.ca/ParkSpark](https://coquitlam.ca/ParkSpark)



## 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. Help to keep Coquitlam free of Bad Seeds. Learn how to play your part at [coquitlam.ca/BadSeed](https://coquitlam.ca/BadSeed)



## Coquitlam in Bloom

The Coquitlam in Bloom program fosters community pride for green space enhancements through stewardship events and initiatives. Learn how to get involved at [coquitlam.ca/CIB](https://coquitlam.ca/CIB)



## 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 garden spaces. Learn how to get involved at [coquitlam.ca/iGarden](https://coquitlam.ca/iGarden)



## Tree Spree

Supporting Trees in Coquitlam

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. We offer a variety of opportunities for public education, tree giveaways to residents and businesses, and tree-planting sessions incorporated into community events and activities. Learn how to get involved at [coquitlam.ca/TreeSpree](https://coquitlam.ca/TreeSpree)



## Spotlight on Sport

Shining a Spotlight on Community Sport

Spotlight on Sport aims to celebrate sport and inspire our sport community, recognize the positive impact sport associations have in our community and to show appreciation for the sport community's contributions. Find fun drop-in activities and get connected to community sport at [coquitlam.ca/SpotlightOnSport](https://coquitlam.ca/SpotlightOnSport)



## Adopt-A-Park Programs

Help Keep Parks, Trails and Natural Spaces SPARKling

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. Learn how to get involved at [coquitlam.ca/AdoptPrograms](https://coquitlam.ca/AdoptPrograms)

Search through Coquitlam's parks and playgrounds at [coquitlam.ca/ParkFinder](https://coquitlam.ca/ParkFinder)





**Bad Seed**

**Intro to: Bad Seeds (All Ages)**

Join the Park Spark Team and learn how to identify invasive plants, the negative impacts of these plants to the natural environment, best practices for removal and disposal, and suggestions for what to plant instead.

*at Town Centre Park*

F	Jul 5	4 – 5 p.m.	1/ <b>FREE</b>	156924
Sa	Aug 3	1 – 2 p.m.	1/ <b>FREE</b>	157127
F	Aug 16	5 – 6 p.m.	1/ <b>FREE</b>	157132

**Park Spark**

**Compost Works! (All Ages)**

Learn the basics of composting at home and maintaining the process throughout the summer! Find out about the different types of composting methods and techniques, and discover the many creatures that help turn your kitchen scraps into garden gold!

*at Town Centre Park*

Su	Jul 28	2 – 3 p.m.	1/ <b>FREE</b>	156085
Tu	Aug 13	2 – 3 p.m.	1/ <b>FREE</b>	156251
Su	Aug 25	2 – 3 p.m.	1/ <b>FREE</b>	156258

 **Tell us how we did!**  
[coquitlam.ca/ProgramEvaluation](http://coquitlam.ca/ProgramEvaluation)

**Four Seasons of Interest: Summer (All Ages)**

Join a summer garden tour with your family and friends! We will be exploring a variety of seasonal plants and flowers growing from the Inspiration Garden to the Garden Walk at Town Centre Park.

*at Town Centre Park*

Th	Jul 11	3:30 – 4:15 p.m.	1/ <b>FREE</b>	156082
Tu	Jul 30	11:30 a.m. – 12:15 p.m.	1/ <b>FREE</b>	156229
Su	Aug 25	10:30 – 11:15 a.m.	1/ <b>FREE</b>	156263

**Garden Basics: Summer Seeds (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*

Su	Jul 7	2 – 3 p.m.	1/ <b>FREE</b>	156055
M	Jul 8	5 – 6 p.m.	1/ <b>FREE</b>	156074

**Garden Basics: Vegetable Seed Saving (All Ages)**

Join this hands-on workshop to learn how to save your vegetable seeds. Learn about the different seeds you can save, how to collect, clean and storage tips and tricks.

*at Town Centre Park*

M	Aug 26	5 – 6 p.m.	1/ <b>FREE</b>	156268
Tu	Aug 27	2 – 3 p.m.	1/ <b>FREE</b>	156253
Th	Aug 29	10 – 11 a.m.	1/ <b>FREE</b>	156276



**Garden Photography Tour (All Ages)**

Celebrate World Photography Day at the Inspiration Garden with a special summer edition garden tour. Exchange your photo adventure stories with fellow photography enthusiasts! Share your best image captures from flowers, wildlife, landscape, macro-photography and more. All ages, skills, abilities are welcome.

at Town Centre Park

M	Aug 19	5 – 6 p.m.	1/ FREE	156267
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**Glamorous Grasses Planter (All Ages)**

Glam up your patio entrances with this special planter workshop. Design and create your very own summer finale colour palette. Perfect fitting for all types of garden spaces. Green thumbs of all ages and abilities are welcome. All supplies included.

at Town Centre Park

Su	Aug 25	2:15 – 3 p.m.	1/\$40	156244
Tu	Aug 27	10:15 – 11 a.m.	1/\$40	156248

**Healthy Herb Container (All Ages)**

Imagine fresh tasty herbs right by your kitchen window! Create a healthy herb container for your summer cuisines in this hands-on workshop. Green thumbs of all ages and abilities are welcome. All supplies included.

at Town Centre Park

W	Aug 7	10:15 – 11 a.m.	1/\$40	156240
F	Aug 9	5:15 – 6 p.m.	1/\$40	156241

**Inspiration Garden Tour (All Ages)**

Join a garden tour with your family and friends! We will be exploring a variety of plants and flowers growing from the Inspiration Garden to the Garden Walk.

at Town Centre Park

Tu	Jul 9	11:30 a.m. – 12:15 p.m.	1/ FREE	156078
Th	Jul 25	3:30 – 4:15 p.m.	1/ FREE	156237

**Inspiration Tea Garden (All Ages)**

Enjoy a nice cup of herbal tea, meet fellow garden enthusiasts, and bring some seeds to a fun pop-up seed swap at the Inspiration Garden.

at Town Centre Park

Su	Jul 14	10 – 11 a.m.	1/ FREE	157928
Su	Aug 11	10 – 11 a.m.	1/ FREE	157928

**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.

**Intro to Roses Workshop (All Ages)**

Join the Park Spark Team and the Fraser Pacific Rose Society on an introductory workshop to roses. Tour the spectacular Centennial Rose Garden and smell hundreds of blooms! This workshop welcomes all garden experiences and all ages to attend. Location: The Centennial Rose Garden

at Dogwood Pavilion

Sa	Aug 17	9:30 – 11:30 a.m.	1/ FREE	157927
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**Intro to Vegetable Gardening (All Ages)**

This intro workshop will cover the basics to growing vegetables. We will talk about a variety of vegetable garden styles, soil mixes, preparation, fertilization, on-going care and finally, harvesting the vegetables!

at Town Centre Park

Th	Aug 8	2 – 3 p.m.	1/ FREE	156274
Su	Aug 11	2 – 3 p.m.	1/ FREE	156256
M	Aug 12	5 – 6 p.m.	1/ FREE	156266
Tu	Aug 20	2 – 3 p.m.	1/ FREE	156252

**Pollinator Garden Tour (All Ages)**

Join this pollinator garden tour with your family and friends! We will be exploring and observing the pollinators from the Inspiration Garden to the Garden Walk at Town Centre Park

at Town Centre Park

Su	Jul 28	3:30 – 4:15 p.m.	1/ FREE	156093
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### Pollinator Garden Tour: World Chocolate Day (All Ages)

Let's celebrate World Chocolate Day by appreciating pollinators in this special edition pollinator garden tour! We will be exploring and observing the pollinators from the Inspiration Garden to the Garden Walk at Town Centre Park.

*at Town Centre Park*

Su	Jul 7	3:30 – 4:15 p.m.	1/ FREE	156072
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### Striking Summer Hanging Basket (All Ages)

Create a striking summer hanging basket perfect for your patio or balcony garden! Green thumbs of all ages and abilities are welcome. All supplies included.

*at Town Centre Park*

Su	Jul 28	2:15 – 3 p.m.	1/\$40	156089
Tu	Jul 30	10:15 – 11 a.m.	1/\$40	156101
Su	Aug 18	2:15 – 3 p.m.	1/\$40	156243
Tu	Aug 20	10:15 – 11 a.m.	1/\$40	156247

### Stunning Succulents Planter (All Ages)

Create a stunning succulent planter, perfect summer accent for your garden space! Green thumbs of all ages and abilities are welcome. All supplies included.

*at Town Centre Park*

Su	Jul 7	2:15 – 3 p.m.	1/\$40	157893
Tu	Jul 9	10:15 – 11 a.m.	1/\$40	156075

### Summer Care for Roses (All Ages)

Join the Park Spark Team and the Fraser Pacific Rose Society to learn about summer care for your roses this Summer! This is a hands-on workshop and welcomes all garden experiences and all ages to attend. Location: The Centennial Rose Garden

*at Dogwood Pavilion*

Sa	Jul 20	9:30 – 11:30 a.m.	1/ FREE	157926
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### Summer Salads Container (All Ages)

Grow your own refreshing summer salad ingredients to impress your dinner guests! In this hands-on workshop, create your own edible garden container perfect for your patio or balcony garden. Green thumbs of all ages and abilities are welcome. All supplies included.

*at Town Centre Park*

Su	Aug 11	2:15 – 3 p.m.	1/\$40	156242
Tu	Aug 13	10:15 – 11 a.m.	1/\$40	156246

### Summer Seed Pops Workshop (All Ages)

Show appreciation to your garden pollinator neighbours! Add fun pops of pollinator friendly flowers in your garden by joining this hands-on workshop with your family and friends.

*at Town Centre Park*

W	Jul 10	7 – 8 p.m.	1/ FREE	157930
W	Aug 14	7 – 8 p.m.	1/ FREE	157931

### Water Wise Gardening (All Ages)

Join this informative workshop on summer smart gardening. Learn all the different ways to creating a water wise garden, usage of rain-barrels and watering systems for the summer.

*at Town Centre Park*

Th	Aug 1	2 – 3 p.m.	1/ FREE	156238
Su	Aug 18	2 – 3 p.m.	1/ FREE	156257

### Xeriscape Garden Workshop (All Ages)

Dive into a world of water efficient garden designs, xeriscape-friendly plants, and summer smart ideas for your garden! This is an introductory workshop. Green thumbs of all ages and abilities are welcome.

*at Town Centre Park*

M	Jul 29	5 – 6 p.m.	1/ FREE	156096
Tu	Aug 6	2 – 3 p.m.	1/ FREE	156250
Th	Aug 22	10 – 11 a.m.	1/ FREE	156275

**All Abilities Welcome!**

Visit page 3 for details



## Spotlight on Sport

### High Five Principals of Healthy Child Development (16+ yrs)

Principles of Healthy Child Development (PHCD) 4-hour is an essential certification program that provides a high-quality in a more efficient way. PHCD 4-hour ensures your staff can implement the HIGH FIVE principles as soon as they finish the course.

PHCD 4-hour learners also gain FREE access to four modules:

- Healthy Minds for Healthy Children
- Communicating with Empathy
- Introduction to Conflict Resolution
- Planning Quality Programs

#### at Town Centre Park Community Centre

Sa	Jul 20	1:30 – 5:30 p.m.	1/\$80	156071
Sa	Aug 24	1:30 – 5:30 p.m.	1/\$80	156073

### NCCP Basic Mental Skills (16+ yrs)

The goal of the NCCP Basic Mental Skills module is to support coaches in developing mental skills in their day-to-day practice as a coach.

#### at Town Centre Park Community Centre

Sa	Jul 27	1:30 – 6:30 p.m.	1/\$40	156076
Sa	Aug 17	1:30 – 6:30 p.m.	1/\$40	156077

### NCCP Planning A Practice (16+ yrs)

The goal of the module is to prepare coaches to plan safe and effective practices.

NCCP Planning a Practice learning activities will prepare coaches to:

- Explain the importance of logistics in the development of a practice plan;
- Establish an appropriate structure for a practice; and
- Identify appropriate activities for each part of the practice.

#### at Town Centre Park Community Centre

Sa	Aug 10	1 – 6 p.m.	1/\$40	156067
Sa	Aug 31	1 – 6 p.m.	1/\$40	156061

### SportMed BC Concussion Management Workshop (16+ yrs)

This 2 hour workshop is led by an experienced health care practitioner and focuses on sharing the latest medical and scientific information about brain injuries, concussion management guidelines, sport risk factors and prevention techniques.

#### at Town Centre Park Community Centre

W	Aug 21	6:30 – 8:30 p.m.	1/\$20	156090
W	Sep 4	6:30 – 8:30 p.m.	1/\$20	156087





### SportMed BC Sport Smart Workshop (16+ yrs)

SportMedBC's SportSmart offers safety and performance workshops designed to help parents, coaches and managers understand how they can be key players in preventing injuries and facilitating the development of athletes of all ages.

#### at Town Centre Park Community Centre

W	Aug 14	6:30 – 8 p.m.	1/\$20	156107
W	Aug 28	6:30 – 8 p.m.	1/\$20	156108

### Tree Spree

#### Ask an Arborist (All Ages)

Join the Park Spark team for a question-and-answer period for all things trees with one of the City of Coquitlam's Urban Forestry professionals! Stop by to ask any questions you may have, or join us learn something new about Coquitlam's urban forests.

#### at Town Centre Park

W	Jul 3	2 – 3 p.m.	1/ FREE	156918
W	Aug 7	2 – 3 p.m.	1/ FREE	156919
W	Sep 4	2 – 3 p.m.	1/ FREE	156920

#### Backyard Birding for Beginners (All Ages)

Connect with nature as you discover the bountiful species of birds that live in your backyard! Join the Park Spark team and a local birding enthusiast to learn beginner birding techniques, including how to use binoculars and how to discover local birds by sight and song.

#### at Mundy Park

Th	Aug 1	8 – 9:30 a.m.	1/ FREE	157899
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#### Intro To: Forest Bathing (All Ages)

The scent of the forest, the song of birds, the fresh forest air—awaken your senses and let your body relax in this introduction into the practice of forest bathing. Please email [ParkSpark@coquitlam.ca](mailto:ParkSpark@coquitlam.ca) for meeting location details.

#### at Mundy Park

Sa	Aug 17	2:30 – 4 p.m.	1/ FREE	157125
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#### at Riverview Forest Park

Th	Jul 25	2:30 – 4 p.m.	1/ FREE	157124
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#### Intro To: Nature Photography (All Ages)

Are you new to photography or seeking to enhance your skills? Join the Park Spark team and a local photography enthusiast for an exciting introduction to nature photography! Experience the beauty of Coquitlam Parks with us, learning fundamental photography techniques and capture nature on film. No prior experience required. Just bring your own camera and enthusiasm!

#### at Mundy Park

F	Jul 5	11:30 a.m. – 1 p.m.	1/ FREE	157087
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#### at Town Centre Park

W	Aug 21	9:30 – 11 a.m.	1/ FREE	157091
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#### Intro To: Shrub Pruning (All Ages)

Join the Park Spark team for a pruning workshop that will highlight some key principals, practices and techniques to consider when pruning your plants. This workshop will cover some typical concerns seen in landscaping, how to prune for aesthetics while maintaining plant health, and how to prepare for extreme weather events.

#### at Mundy Park

F	Aug 23	2 – 3 p.m.	1/ FREE	156338
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#### at Town Centre Park

F	Jul 26	2 – 3 p.m.	1/ FREE	156321
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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.



### Intro To: Tree Pruning (All Ages)

Join the Park Spark team for a pruning workshop that will highlight some key principals, practices and techniques to consider when pruning your trees. This workshop will cover some typical concerns seen in landscape trees, how to correct for form or prune for aesthetics while maintaining tree health, and how to prepare for extreme weather events.

#### at Mundy Park

F	Jul 12	2–3 p.m.	1/ FREE	156319
F	Sep 6	2–3 p.m.	1/ FREE	156340

#### at Town Centre Park

Th	Aug 8	2–3 p.m.	1/ FREE	156335
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### Tree Spree Tours: Creekside Curiosities (All Ages)

Creeks and rivers are teeming with life that support a rich and healthy forest. Join the Park Spark team to discover fun facts about the trees, flora and fauna found next to creeks and rivers in Coquitlam parks.

**Coquitlam River Park:** Meet at the Coquitlam River Trail Entrance at the south end of Ozada Ave. Street parking is available.

**Hoy Creek Linear Park:** Meet outside the City Centre Aquatic Complex, we will walk to Hoy Creek together.

#### at Hoy Creek Linear Park

Sa	Jul 27	1–2:30 p.m.	1/ FREE	156303
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#### at Coquitlam River Park

F	Aug 30	10:30 a.m. – 12 p.m.	1/ FREE	156309
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**All Abilities Welcome!**

Visit page 3 for details

### Tree Spree Tours: Forest Canopy Walk (All Ages)

Coquitlam's Park Spark and Urban Forestry staff are teaming up to offer some tree-rific walks. Explore Coquitlam's tree canopy and learn fun facts about all of the amazing types of trees that call Coquitlam home. Join us at Como Lake Park!

#### at Como Lake Park

Th	Jul 11	11 a.m. – 12:30 p.m.	1/ FREE	156312
F	Aug 16	2–3:30 p.m.	1/ FREE	156316

### Tree Spree Tours: Forest Understory Walk (All Ages)

Tucked under the treetops, the forest understory is teeming with life that support a rich and healthy forest. Join the Park Spark team and learn fun facts about the trees, flora and fauna found beneath the canopy of Coquitlam parks.

#### at Mundy Park

Sa	Jul 6	9:30 – 11 a.m.	1/ FREE	156299
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#### at Walton Park

F	Aug 2	11 a.m. – 12:30 p.m.	1/ FREE	156305
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### Tree Spree Tours: Trees in the Garden (All Ages)

Did you know that spending time among trees reduces stress and fatigue and improves quality of life? Trees also make our city beautiful and contribute to community pride. Join in on a Tree Spree walk around the Inspiration Garden to identify different trees and shrubs.

#### at Town Centre Park

Tu	Jul 9	1–1:45 p.m.	1/ FREE	156317
Tu	Jul 23	1–1:45 p.m.	1/ FREE	156333
Tu	Aug 13	1–1:45 p.m.	1/ FREE	156337
Tu	Aug 27	1–1:45 p.m.	1/ FREE	156339



# 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](http://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](mailto:volunteers@coquitlam.ca) or phone 604-927-6076.



# Drop-In Fitness



## ONE PASS and Drop-in Fees

Prices valid at all facilities through to March 31, 2025.

Check out what you can do with your ONE PASS!  
[coquitlam.ca/OnePass](http://coquitlam.ca/OnePass)



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

## Fitness Centre Hours

Fitness centres are open to patrons 13 years and older. Youth 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: Youth 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,

##### pending staff availability

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 guidelines and 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,

pending staff availability  
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](http://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.



View drop-in group fitness schedules at [coquitlam.ca/drop-in](https://coquitlam.ca/drop-in)

### 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.

#### 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.

### Levels of Intensity

Beginner: ●

All Levels: ●●

Challenging: ●●●

#### Zumba Sentao® ●●

Combines strength and resistance training with innovative dance moves, using a chair as your dance partner. International rhythms and easy-to-follow moves create a one-of-a kind fitness experience for the dance lover.

#### 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!

### 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

### 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.

### 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.

### 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.

## Levels of Intensity

Beginner: ●

All Levels: ●●

Challenging: ●●●

### 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.

# Health and Fitness

Registration opens at 8:30 a.m. on May 14 for Coquitlam residents and at 8:30 a.m. on May 16 for non-residents



Don't miss other fitness opportunities in the child, youth and early years sections!

## 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	Jul 5 – Aug 2	9:30 – 10:30 a.m.	5/\$52.25	155495
F	Aug 9 – Aug 30	9:30 – 10:30 a.m.	4/\$41.80	155496

## 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

Th	Jul 4 – Aug 1	5:45 – 6:45 p.m.	5/\$52.25	155480
Su	Jul 7 – Jul 28	8:15 – 9:15 a.m.	4/\$41.80	155482
Th	Aug 8 – Aug 29	5:45 – 6:45 p.m.	4/\$41.80	155481
Su	Aug 11 – Aug 25	8:15 – 9:15 a.m.	3/\$31.35	155483

### at Poirier Sport and Leisure Complex

Tu	Jul 2 – Jul 30	7:15 – 8:15 p.m.	5/\$52.25	155475
Tu	Aug 6 – Aug 27	7:15 – 8:15 p.m.	4/\$41.80	155476

## 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	Jul 3 – Jul 31	1 – 2 p.m.	5/\$52.25	155477
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## 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	Jul 5 – Aug 2	8:15 – 9:15 p.m.	5/\$52.25	155484
F	Aug 9 – Aug 30	8:15 – 9:15 p.m.	4/\$41.80	155485

**All Abilities Welcome!**

Visit page 3 for details

### Chair Yoga

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

F	Jul 5 – Aug 2	11:15 a.m. – 12:30 p.m.	5/\$62.50	155463
M	Jul 8 – Jul 29	10 – 11:15 a.m.	4/\$50	155461
F	Aug 9 – Aug 30	11:15 a.m. – 12:30 p.m.	4/\$50	155464
M	Aug 12 – Aug 26	10 – 11:15 a.m.	3/\$37.50	155462

#### at Glen Pine Pavilion

F	Jul 5 – Aug 9	11:45 a.m. – 1 p.m.	6/\$75.00	155460
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### 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	Jul 2 – Jul 30	12 – 1 p.m.	5/\$52.25	155486
Tu	Aug 6 – Aug 27	12 – 1 p.m.	4/\$41.80	155487

### Gentle Hatha Yoga (13+ yrs)

This class is for individuals that are looking for the next step in their yoga with gentler progressions and a slower transition. Focus on improving flexibility for the neck, shoulders, hips and legs while improving balance, gaining strength, endurance and range of motion in a non-intimidating and welcoming atmosphere.

#### at Victoria Community Hall

W	Jul 3 – Jul 31	9:30 – 10:45 a.m.	5/\$62.50	156139
W	Aug 7 – Aug 28	9:30 – 10:45 a.m.	4/\$50	156140

### Get Up and Go!

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	Jul 30 – Aug 29	12 – 1 p.m.	10/\$104.50	155472
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### Group Cycle: Night Ride

Each class will feature unique DJ mixes, with a variety of music styles and tempos, combined with different drills, intervals and team challenges. Classes will include varied lighting and music themes making every night different.

#### at City Centre Aquatic Complex

F	Jul 19	7:30 – 8:30 p.m.	1/\$10.45	156561
F	Aug 16	7:30 – 8:30 p.m.	1/\$10.45	156562

### 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	Jul 8 – Jul 29	9:30 – 10:45 a.m.	4/\$54	156144
M	Aug 12 – Aug 26	9:30 – 10:45 a.m.	3/\$40.50	156145

### 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	Jul 8 – Jul 29	11:30 a.m. – 1 p.m.	4/\$54	155465
M	Aug 12 – Aug 26	11:30 a.m. – 1 p.m.	3/\$40.50	155466

#### at Poirier Sport and Leisure Complex

M	Jul 8 – Jul 29	6 – 7:30 p.m.	4/\$54	155478
M	Aug 12 – Aug 26	6 – 7:30 p.m.	3/\$40.50	155479

### Kickboxing

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

#### at Pinetree Community Centre

W	Jul 3 – Jul 31	7:45 – 8:45 p.m.	5/\$49.50	156462
W	Aug 7 – Aug 28	7:45 – 8:45 p.m.	4/\$39.60	156460

### Learn 2 Yoga (13+ yrs)

Are you intimidated by the level of stretch-ability in a regular Drop-in Yoga class? Start your Yoga journey off right and build confidence slowly over time. Poses will be broken down step by step before linking together in sequences.

#### at Pinetree Community Centre

W	Jul 3 – Jul 31	6 – 6:45 p.m.	5/\$41.75	156123
W	Aug 7 – Aug 28	6 – 6:45 p.m.	4/\$33.40	156130

#### at Poirier Sport and Leisure Complex

Th	Jul 4 – Aug 1	10:45 – 11:30 a.m.	5/\$41.75	156128
Th	Aug 8 – Aug 29	10:45 – 11:30 a.m.	4/\$33.40	156129

**All Abilities Welcome!**

Visit page 3 for details





### 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	Jul 8 – Jul 29	7:15 – 8:15 p.m.	4/\$41.80	155490
M	Aug 12 – Aug 26	7:15 – 8:15 p.m.	3/\$31.35	155491

### T.I.M.E. Program

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	Jul 2 – Aug 1	1 – 2 p.m.	10/\$110	155469
Tu/Th	Aug 6 – Aug 29	1 – 2 p.m.	8/\$88	155470

**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.



## Bettie Allard YMCA Coquitlam Resident Access

### Did you know?

The City of Coquitlam has partnered with the Bettie Allard YMCA to provide Coquitlam residents access to fitness and aquatic facilities at the City's drop-in rates.

That means if you are a Coquitlam resident, you do not have to be a YMCA member to access this facility.

Learn more at [coquitlam.ca/YMCA](http://coquitlam.ca/YMCA)

### Minds in Motion

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	Jul 4 – Aug 1	2:15 – 3:45 p.m.	5/\$27.75	155467
Th	Aug 8 – Aug 29	2:15 – 3:45 p.m.	4/\$22.20	155468

### Outdoor HIIT Bootcamp (13+ yrs)

An outdoor full body workout in a classic boot camp format with power intervals and plyometric movements. Brace yourself for an intense training session.

*at Maillardville Community Centre (1200 Cartier Ave)*

Tu	Jul 2 – Jul 30	7 – 8 p.m.	5/\$52.25	155514
Th	Jul 4 – Aug 1	7 – 8 p.m.	5/\$52.25	155516
Tu	Aug 6 – Aug 27	7 – 8 p.m.	4/\$41.80	155515
Th	Aug 8 – Aug 29	7 – 8 p.m.	4/\$41.80	155517

### 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	Jul 7 – Jul 28	5:45 – 7 p.m.	4/\$50	155488
Su	Aug 11 – Aug 25	5:45 – 7 p.m.	3/\$37.50	155489

*at Dogwood Pavilion*

M	Jul 8 – Jul 29	7 – 8:15 p.m.	4/\$50	155473
M	Aug 12 – Aug 26	7 – 8:15 p.m.	3/\$37.50	155474

# Adult

Registration opens at 8:30 a.m. on May 14 for Coquitlam residents and at 8:30 a.m. on May 16 for non-residents.

19 yrs +

(unless otherwise noted)



## Cards and Games

### Learn to Play Canasta

Canasta combines elements of Bridge and Rummy. Learn the basics of the game and develop game play strategies to allow you to fully enjoy the game, which was invented in Uruguay in 1939, becoming popular in the 1950s. The word Canasta means “basket” in Spanish with the objective being to get a basket-full (or seven) cards of the same rank in order to obtain points for a canasta.

at *Glen Pine Pavilion*

Tu	Jul 2 – Jul 23	6:15 – 7:45 p.m.	4/\$31.80	154644
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### Learn to Play Poker

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	Jul 2 – Jul 23	10:30 a.m. – 12:30 p.m.	4/\$9	154636
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## Lifelong Learning

### Cooking: Around the World—Hawaii

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

at *Dogwood Pavilion*

W	Aug 21	6 – 8 p.m.	1/\$22.70	154582
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### Cooking: Around the World—Mexico

Join us for a flavourful journey from around the world in this hands-on cooking class. Learn to make Mexican corn and flour tacos from scratch with delicious fillings. Create the dishes and taste them together in a social setting. Leave with new recipes and a deeper understanding of applying different flavours to your own cooking. No experience necessary and all supplies provided.

at *Dogwood Pavilion*

W	Jul 3	6 – 8 p.m.	1/\$22.70	154577
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### Cooking: Around the World—Persian Shishlik

Join us for a flavourful journey from around the world in this hands-on cooking class. Learn to make Persian Shishlik, a marinated lamb kabob. Create the dishes and taste them together in a social setting. Leave with new recipes and a deeper understanding of applying different flavours to your own cooking. No experience necessary and all supplies provided.

at Dogwood Pavilion

W	Aug 14	6 – 8 p.m.	1/\$22.70	154581
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### Cooking: Around the World—Thailand

Join us for a flavourful journey from around the world in this hands-on cooking class. Learn to make Thai Green Papaya Salad and Thai Cold Noodle Salad with Peanut Sauce. Create the dishes and taste them together in a social setting. Leave with new recipes and a deeper understanding of applying different flavours to your own cooking. No experience necessary and all supplies provided.

at Dogwood Pavilion

W	Jul 10 – Jul 17	6 – 8 p.m.	2/\$45.40	154578
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### Cooking: Around the World—Ukrainian

Join us for a flavourful journey from around the world in this hands-on cooking class. Learn to make Ukrainian Syrniki (cheese pancakes) and Ukrainian Cold Borscht. Create the dishes and taste them together in a social setting. Leave with new recipes and a deeper understanding of applying different flavours to your own cooking. No experience necessary and all supplies provided.

at Dogwood Pavilion

W	Jul 24 – Jul 31	6 – 8 p.m.	2/\$45.40	154579
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**All Abilities Welcome!**

Visit page 3 for details

### Cooking: Around the World—Ukrainian Pirozki

Join us for a flavourful journey from around the world in this hands-on cooking class. Learn to make a sweet and savoury Pirozki, a Ukrainian stuffed bun. Create the dishes and taste them together in a social setting. Leave with new recipes and a deeper understanding of applying different flavours to your own cooking. No experience necessary and all supplies provided.

at Dogwood Pavilion

W	Aug 28	6 – 8 p.m.	1/\$22.70	154583
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### Cooking: Around the World—Vietnamese

Join us for a flavourful journey from around the world in this hands-on cooking class. Learn to make Vietnamese Spring/Salad Rolls with Dipping Sauce. Leave with new recipes and a deeper understanding of applying different flavours to your own cooking. No experience necessary and all supplies provided.

at Dogwood Pavilion

W	Aug 7	6 – 8 p.m.	1/\$22.70	154580
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### Cooking: Basics of Fermentation

Embark on a flavorful journey into the world of fermented foods with this course! Learn the art and science behind fermenting a variety of foods, including vegetables, fruits, and more. Discover the health benefits of fermentation and how to incorporate fermented foods into your diet, and how to transform ordinary ingredients into extraordinary flavours.

at Maillardville Community Centre (1200 Cartier Ave)

Th	Aug 29	6 – 8 p.m.	1/\$22.70	155878
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### Cooking: Cold Soba Noodle Salad with Braised Old Fashioned Tofu

This light and flavourful dish features chilled buckwheat noodles tossed with crisp vegetables and a savoury soy-based dressing. Explore creative ways to enhance your salad with toppings like braised tofu, shredded chicken, or sesame seeds.

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Aug 6	6 – 8 p.m.	1/\$22.70	155861
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### Cooking: Fresh Baked Bread Loaves with Bruschetta

Learn the art of baking homemade bread, from mixing and kneading the dough to shaping and baking the perfect miniature loaf. Pair your freshly baked bread with a delicious bruschetta topping, featuring ripe tomatoes, garlic, basil, and olive oil. A perfect summer appetizer!

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Aug 10	2 – 4 p.m.	1/\$22.70	155706
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### Cooking: Garlic Twist Bread with Baked Brie and Toppings

Learn to create a show-stopping appetizer featuring a golden-brown, garlic-infused twist bread served alongside warm, gooey baked brie. Discover how to customize your baked brie with an array of delicious toppings such as honey, fruits, or herbs.

*at Maillardville Community Centre (1200 Cartier Ave)*

Sa	Jul 13	2 – 4 p.m.	1/\$22.70	155704
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### Cooking: Greek Chicken Kebabs with Fresh Tzatziki and Hummus

Learn to marinate tender chicken pieces in a flavourful blend of Mediterranean spices, skewer them with fresh vegetables, and cook them to juicy perfection. To top off your dish, master the art of making creamy tzatziki sauce using yogurt, cucumbers, and garlic, as well as fresh hummus from scratch using chickpeas, tahini, lemon juice and garlic.

*at Maillardville Community Centre (1200 Cartier Ave)*

Tu	Aug 27	6 – 8 p.m.	1/\$22.70	155875
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### Cooking: Imeruli Kachapuri with Carrot Salad

This Georgian delicacy features a bread boat filled with gooey cheese and topped with a golden egg. This recipe will be served with a side of Koreiskaya Morkovka, also known as Russian Carrot Salad. Discover the flavors of Georgia in every delicious bite!

*at Maillardville Community Centre (1200 Cartier Ave)*

Tu	Jul 16	6 – 8 p.m.	1/\$22.70	155850
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### Cooking: Inari Sushi

Discover the history and cultural significance of this delightful dish, master the technique of stuffing seasoned rice into seasoned fried tofu pockets, and impress your friends and family with your newfound sushi-making skills.

*at Maillardville Community Centre (1200 Cartier Ave)*

Tu	Jul 23	6 – 8 p.m.	1/\$22.70	155853
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### Cooking: Matzo Ball Soup

Delve into the heartwarming flavours of Jewish cuisine with our Matzo Ball Soup class! Learn to prepare this comforting soup featuring light and fluffy matzo balls floating in a rich and savoury broth. Discover the secrets to making the perfect matzo ball texture, and explore variations with added ingredients like carrots, celery, and chicken.

*at Maillardville Community Centre (1200 Cartier Ave)*

Tu	Aug 20	6 – 8 p.m.	1/\$22.70	155871
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### Cooking: Mediterranean Bourekas

Learn the art of making these delicious Mediterranean filled pastries featuring flaky dough stuffed with a variety of savoury fillings such as cheese, spinach, potato, or mushrooms.

*at Maillardville Community Centre (1200 Cartier Ave)*

Tu	Aug 13	6 – 8 p.m.	1/\$22.70	155870
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### Cooking: Pavlova Cake Rolls

An Australian favourite! Discover the secrets to achieving the light and airy meringue base, topped with a luscious layer of whipped cream and fresh fruit. Whether you're a beginner or experienced baker, this class will elevate your dessert-making skills to new heights.

*at Maillardville Community Centre (1200 Cartier Ave)*

Tu	Jul 2	6 – 8 p.m.	1/\$22.70	155845
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### Cooking: Summer Trifles

Learn how to create this elegant and refreshing dessert that's perfect for summer! This course will be teaching how to make two different kinds of trifles – Lemon Blueberry with Lemon Custard, and Summer Peach with Peach Mousse.

*at Maillardville Community Centre (1200 Cartier Ave)*

Sa	Jul 27	2 – 4 p.m.	1/\$22.70	155705
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### Cooking: Sweet and Savoury Blintzes

From mixing the perfect batter to mastering the art of the delicate pancake, you'll learn it all. Fill your blintzes with a variety of sweet or savoury fillings, and discover the techniques for folding them into perfect parcels.

*at Maillardville Community Centre (1200 Cartier Ave)*

Tu	Jul 9	6 – 8 p.m.	1/\$22.70	155847
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### Cooking: Sweet and Savoury Clafoutis

Learn how to make this traditional French dessert with a twist, featuring both sweet and savoury options.

*at Maillardville Community Centre (1200 Cartier Ave)*

Tu	Jul 30	6 – 8 p.m.	1/\$22.70	155858
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### Cooking: Watermelon Cakes

Try this refreshing and healthy twist on dessert with our Watermelon Cakes course! Learn to create stunning and delicious cakes using fresh watermelon as the base, topped with whipped cream, berries, fresh mint, and more.

*at Maillardville Community Centre (1200 Cartier Ave)*

Sa	Aug 24	2 – 4 p.m.	1/\$22.70	155707
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## All Abilities Welcome!

Visit page 3 for details

### Finance: Banking, Credit and Taxes in Canada

Learn all about banking in Canada. Bank accounts, credit, effective money management skills, payroll deductions and taxes will be included. Presented by a volunteer from Chartered Professional Accountants of British Columbia.

at Dogwood Pavilion

M Aug 12 10 – 11 a.m. 1/ FREE 156977

### Finance: Benefits and Credits for Persons with Disabilities

Information session on the benefits and credits available for persons with disabilities. This interactive session will share information on Disability Tax Credit (DTC), Child Disability Benefit (CDB), Canada Workers Benefit (CWB), Canada Caregiver Credit (CCC) and more. Presented by CVITP and Benefits Outreach Officer from the Canada Revenue Agency.

at Glen Pine Pavilion

F Jul 19 1 – 2:30 p.m. 1/ FREE 157418

### Finance: Effective Tax Strategies

Learn to understand the tax system and to minimize the amount of tax to pay. Presented by a volunteer from Chartered Professional Accountants of British Columbia.

at Dogwood Pavilion

M Jul 15 10 – 11 a.m. 1/ FREE 156015

### Finance: Employment Insurance (EI)

Information session on Employment Insurance (EI) including benefits such as caregivers, maternity, paternity, and sickness benefits, and your rights and responsibilities. Presented by Citizen Services Specialist from Service Canada.

at Dogwood Pavilion

Th Jul 11 1 – 2:30 p.m. 1/ FREE 157882

### Finance: Filling out CRA Forms

Information session and assistance with filling out key Canada Revenue Agency forms including Canada Child Benefit (CCB), Goods and Services Tax credit applications and more. Presented by CVITP and Benefits Outreach Officer from the Canada Revenue Agency.

at Glen Pine Pavilion

Th Aug 8 1 – 2:30 p.m. 1/ FREE 157421

### Finance: Fraud Protection for Seniors

Learn how to protect yourself against fraud by understanding what fraud is and how it works. Identify the signs of fraud and how to act on suspicions. Learn about the top three scams and understand why seniors are targeted and know what to do if you are a victim. Presented by Financial Literacy Volunteer from CPA – Chartered Professional Accountants Canada

at Glen Pine Pavilion

Th Jul 18 10 – 11:30 a.m. 1/ FREE 154997

### Finance: Newcomers to Canada Benefits and Resources

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

F Aug 9 1 – 2:30 p.m. 1/ FREE 155429

## 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](https://coquitlam.ca/RecAccess) or contact us at 604-927-6076 or [CommunityServices@coquitlam.ca](mailto:CommunityServices@coquitlam.ca).



**Finance: Seniors Benefits: CPP, OAS, GIS and Resources**

Information session on Canada Pension and Old Age Security Benefits. Under the Canada Pension program there are things to consider in retirement, Death Benefit, Survivor's Pension, CPP Disability Benefit, Post Retirement Disability Benefit and Children's Benefits under CPP Survivors or Disability Benefits. Under Old Age Security, discuss when you can apply for Old Age Security, Auto Enrolment, should you delay receiving OAS rates, and for lower income Seniors -- Guaranteed Income Supplement, Allowance and Allowance for the Survivor. Lots of tips to make sure you are getting all the benefits you are entitled to! Presented by Citizen Services Specialist from Service Canada.

*at Glen Pine Pavilion*

Th Jul 4 10 – 11:30 a.m. 1/ FREE 155428

**Finance: Services for Seniors**

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*

Tu Aug 20 10 – 11:30 a.m. 1/ FREE 157878

**Finance: Ten Healthy Habits of Financial Management**

Become better money managers by learning how to self-assess level of financial fitness and knowing the ten healthy habits of financial management. Financial literacy is important to getting your financial house in order as so many social problems have financial roots. Learn how to set goals and obtain helpful resources. Presented by Financial Literacy Volunteer from CPA – Chartered Professional Accountants Canada

*at Glen Pine Pavilion*

Tu Aug 13 6:30 – 7:45 p.m. 1/ FREE 155004

**Health and Safety: Falls Prevention Mobile Clinic**

A multi-disciplinary approach to the prevention of falls and fall-related injuries. Participants will have a fall risk assessment as well as a one on one consult with various health professionals for 45 minutes, totaling two hours. They will receive a kinesiology assessment as well as one on one consults with a Pharmacist and Physiotherapist. Various aspects of the participant's fall risk status with 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 Aug 1 9 a.m. – 4:30 p.m. 1/ FREE 154701

*at Dogwood Pavilion*

Tu Aug 27 8:30 a.m. – 4:15 p.m. 1/ FREE 157859

**Health and Safety: Pedestrian Safety**

Although walking has many benefits for older adults, it is also necessary to understand its potential hazards and take necessary precautions. This workshop also covers the use of public transit and improving safety in the community. Presented by a senior volunteer from COSCO – Seniors Health and Wellness Institute.

*at Glen Pine Pavilion*

Th Jul 11 10 – 11:30 a.m. 1/ FREE 154987

**Health: Cancer—Thriving and Surviving Self-Management Program**

Cancer—Thriving and Surviving Self-Management Program is a free six-session workshop. Designed for people who are living with and/or have been affected by cancer, and will help you learn skills to coordinate all the things needed to manage your health and stay active in your life and relationships. Participants should attend all six sessions to get the maximum benefit. Presented by Self-Management BC/University of Victoria.

*at Glen Pine Pavilion*

Sa Jul 6 – Aug 10 9:30 a.m. – 12 p.m. 6/ FREE 154777

**Health: Engaging Dementia-friendly Activities for Warm Weather**

Get inspired by meaningful activities created for people living with dementia during the warmer months. Learn how to overcome barriers and adapt activities, while incorporating them into a daily routine for improved health and well-being. Presented by the Alzheimer's Society of BC.

*at Glen Pine Pavilion*

Th Aug 8 10 – 11 a.m. 1/ FREE 154967



### Health: Mental Health

Are you concerned about your mental health? An overview of mental disorders and ways individuals can contribute to their own mental health are discussed. Presented by a senior volunteer from COSCO – Seniors Health and Wellness Institute.

at Dogwood Pavilion

Th Aug 29 1 – 2:30 p.m. 1/ FREE 157891

### Health: Planning for Dementia-friendly Travel

Explore the impact of dementia on travelling as we discuss challenges, safety concerns and tips for safe travel. Presented by the Alzheimer's Society of BC.

at Glen Pine Pavilion

Th Jul 25 10 – 11 a.m. 1/ FREE 154964

### Language: Italian Beginner

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

Tu Jul 2 – Aug 13 2:30 – 4 p.m. 7/\$55.65 154642

### Language: Neighbourhood English Meet Up

If you are a newcomer or existing member of the community who is looking to further develop your English in a social setting, this program is for you! Practice reading, writing, and speaking English with others in your neighbourhood as our instructor introduces themes and activities in topic areas such as culture, holidays, current events, and history. Some fundamental English speaking ability is required.

at Dogwood Pavilion

Th Jul 25 – Aug 29 12:30 – 2 p.m. 6/\$12 156080

### Language: Spanish Beginner

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 Glen Pine Pavilion

W Jul 3 – Aug 14 9:30 – 11 a.m. 7/\$55.65 154692

### 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.

### Safety: Elder Abuse and Fraud Prevention

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. Presented by the City of Coquitlam Royal Canadian Mounted Police (RCMP).

at Dogwood Pavilion

M Jul 22 10 – 11:30 a.m. 1/ FREE 157888

### Safety: Fire Safety and Wildfire Prevention

Besides safe cooking and heating practices, participants learn how to prepare themselves and their homes for an emergency, how to keep themselves safe if they are unable to escape, and the importance of treating every alarm as though it were an emergency situation. Wildfire prevention and how to keep yourself safe in the event of a wildfire will also be discussed. Presented by the City of Coquitlam Fire and Rescue.

at Dogwood Pavilion

Th Aug 1 10 – 11:30 a.m. 1/ FREE 157890

### Technology: Introduction to Libby App

Learn how to use Coquitlam Public Library's digital collection of eBooks, eAudiobooks, and more through the Libby app—just in time for summer vacations! 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. Join us for tips including how to browse and search for titles, borrow titles, place holds, increase font size, playback speed and using smart tags.

at Dogwood Pavilion

M Jul 8 10 – 11 a.m. 1/ FREE 155524

### Wellness: Dealing with Conflict

Conflict is a normal part of life and can occur over such minor things as where to go for coffee or larger issues such as deciding when to relocate. This session presents communication strategies that help us work calmly through conflict, so we are better able to find solutions where everybody feels like a winner. Presented by a senior volunteer from COSCO—Seniors Health and Wellness Institute.

at Dogwood Pavilion

Tu Jul 16 9:30 – 11 a.m. 1/ FREE 157889

at Glen Pine Pavilion

Th Aug 15 10 – 11:30 a.m. 1/ FREE 154991



**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.

**Performing Arts**

**Dance: Argentine Tango Beginner**

Have fun learning Argentine Tango! Learn fundamental elements of the dance and the nuances of leading and following in a supportive and friendly environment. This course also touches on the history, culture, and music of the dance. Must register with a partner to learn lead and follow.

*at Dogwood Pavilion*

M	Jul 15 – Aug 26	6:45 – 8:15 p.m.	6/\$77.10	155724
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**Dance: Ballet Beginner**

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*

M	Jul 8 – Aug 26	4:15 – 5:15 p.m.	8/\$68.40	155717
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**Dance: Bellydance Beginner**

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	Jul 3 – Jul 31	5 – 6 p.m.	5/\$42.75	155804
W	Aug 7 – Aug 28	5 – 6 p.m.	4/\$34.20	155805

**Dance: Bellydance Intermediate**

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	Jul 2 – Aug 13	6:45 – 7:45 p.m.	7/\$59.85	154689
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**Dance: Broadway Jazz**

Step into the spotlight and dive into the world of high-energy choreography inspired by the glitz and glamour of Broadway. From sassy kicks to smooth spins, you'll unleash your inner performer.

*at Maillardville Community Centre (1200 Cartier Ave)*

F	Jul 5 – Jul 26	5:30 – 6:30 p.m.	4/\$34.20	156559
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**Dance: Choreographed Jazz**

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

*at Glen Pine Pavilion*

Th	Jul 4 – Aug 1	11 a.m. – 12 p.m.	5/\$42.75	154705
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**Dance: Jazz**

Experience the perfect fusion of style, technique, and rhythm. Unleash your creativity and express yourself through fluid movements and syncopated beats in a fun and supportive environment.

*at Maillardville Community Centre (1200 Cartier Ave)*

F	Aug 2 – Aug 23	5:30 – 6:30 p.m.	4/\$34.20	156560
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**Dance: Line Dance All Levels**

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*

Tu	Jul 2 – Jul 30	3:15 – 4:15 p.m.	5/\$42.75	155733
Tu	Aug 6 – Aug 27	3:15 – 4:15 p.m.	4/\$34.20	155735

**Dance: Line Dance Beginner**

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	Jul 2 – Jul 30	2 – 3 p.m.	5/\$42.75	155726
Tu	Aug 6	2 – 3 p.m.	1/\$8.55	155729

**Music: Guitar Beginner**

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**

Th	Jul 4 – Aug 15	6:45 – 7:45 p.m.	7/\$47.95	154712
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**Music: Ukulele Beginner**

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

**at Glen Pine Pavilion**

Th	Jul 4 – Aug 15	5:30 – 6:30 p.m.	7/\$47.95	154709
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**Sports and Active Play****Floor Curling Basics**

Join us for this new introductory program that will teach you the basic skills to enjoy this very popular sport. Floor Curling lets you enjoy this popular ice sport wherever you have a smooth, flat surface using iceless curling equipment that uses target mats and stones on bearings to provide a curling experience accessible to all.

**at Glen Pine Pavilion**

M	Jul 8 – Aug 12	2:30 – 4 p.m.	5/\$11.25	157101
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**Pickleball: Beginner**

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

**at Poirier Forum**

Tu	Jul 2 – Jul 30	11 a.m. – 12:30 p.m.	5/\$74.25	155737
W	Jul 3 – Jul 31	11 a.m. – 12:30 p.m.	5/\$74.25	155766
Tu	Aug 6 – Aug 27	11 a.m. – 12:30 p.m.	4/\$59.40	155738
W	Aug 7 – Aug 28	11 a.m. – 12:30 p.m.	4/\$59.40	155770

**All Abilities Welcome!**

Visit page 3 for details

**Pickleball: Skills and Drills**

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

**at Poirier Forum**

W	Jul 3 – Jul 31	12:45 – 2:15 p.m.	5/\$74.25	155794
W	Aug 7 – Aug 28	12:45 – 2:15 p.m.	4/\$59.40	155795

**Visual Arts****Crafts: Air Dry Foam Clay Workshop (16+ yrs)**

Learn best practices, the properties of this type of clay and leave the class with a love bird on a tree stump that will be dry and ready to gift or display in 48hrs. No experience necessary and all supplies provided.

**at Maillardville Community Centre (1200 Cartier Ave)**

W	Jul 10	6:15 – 8:15 p.m.	1/\$19.20	156194
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**Crafts: Air Dry Foam Clay Workshop (16+ yrs)**

Learn best practices, the properties of this type of clay and leave the class with a lovely succulent project that will be dry and ready to gift or display in 48hrs. No experience necessary and all supplies provided.

**at Maillardville Community Centre (1200 Cartier Ave)**

W	Jul 24	6:15 – 8:15 p.m.	1/\$19.20	156195
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**Crafts: Air Dry Foam Clay Workshop (16+ yrs)**

Learn best practices, the properties of this type of clay and leave the class with a sunflower arrangement that will be dry and ready to gift or display in 48hrs. No experience necessary and all supplies provided.

**at Maillardville Community Centre (1200 Cartier Ave)**

W	Aug 7	6:15 – 8:15 p.m.	1/\$19.20	156196
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**Crafts: Air Dry Foam Clay Workshop (16+ yrs)**

Learn best practices, the properties of this type of clay and leave the class with a fairy house that will be dry and ready to gift or display in 48hrs. No experience necessary and all supplies provided.

**at Maillardville Community Centre (1200 Cartier Ave)**

W	Aug 21	6:15 – 8:15 p.m.	1/\$19.20	156197
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**Tell us how we did!**

[coquitlam.ca/ProgramEvaluation](https://coquitlam.ca/ProgramEvaluation)



**Drawing: Beginner**

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 *Glen Pine Pavilion*

F	Jul 5 – Aug 9	11:30 a.m. – 1 p.m.	6/\$47.40	154717
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**Drawing: Birds and Bees**

This course focuses on the fundamentals of drawing birds and bees. Through black and white drawings, we focus on shapes and 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	Jul 8 – Jul 29	10 a.m. – 12 p.m.	4/\$42	155415
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**Drawing: Cats and Dogs**

This course focuses on the fundamentals of drawing cats and dogs. Through black and white drawings, we focus on shapes and 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	Aug 12 – Aug 26	10 a.m. – 12 p.m.	3/\$31.50	155416
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**Drawing: Coloured Pencils Summer Theme**

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*

Th	Jul 4 – Jul 25	1:30 – 3:30 p.m.	4/\$42	155672
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Th	Aug 1 – Aug 29	1:30 – 3:30 p.m.	5/\$52.50	155674
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**Drawing: Hand Lettering**

Transform words into captivating works of art! Our experienced instructor will guide you through the fundamentals of letterform, composition, and style. Perfect for beginners and enthusiasts alike. Participants are required to bring supplies listed on the receipt.

at *Glen Pine Pavilion*

Th	Jul 4 – Aug 15	10 a.m. – 12 p.m.	7/\$73.50	154773
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**Drawing: Intermediate**

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 *Glen Pine Pavilion*

Tu	Jul 2 – Aug 13	9:30 – 11 a.m.	7/\$55.30	154632
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**Drawing: Urban Sketching**

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 *Glen Pine Pavilion*

Th	Jul 4 – Aug 15	12:30 – 2:30 p.m.	7/\$73.50	154774
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**Painting: Acrylic African Savanna**

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	Jul 22 – Jul 29	9:30 – 11:30 a.m.	2/\$38.40	154623
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**Painting: Acrylic All Levels**

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	Jul 3 – Jul 24	12:30 – 3 p.m.	4/\$52.40	153590
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W	Jul 31 – Aug 28	12:30 – 3 p.m.	5/\$65.50	153592
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**Painting: Acrylic Basics**

Learn the basics of acrylic 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*

Su	Aug 4 – Aug 25	12:30 – 2 p.m.	4/\$32	155976
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**Painting: Acrylic Beginner**

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	Jul 4 – Jul 25	9:30 – 11:30 a.m.	4/\$42	153597
Th	Aug 1 – Aug 29	9:30 – 11:30 a.m.	5/\$52.50	153599

**at Glen Pine Pavilion**

Tu	Jul 2 – Aug 6	5:45 – 7:45 p.m.	6/\$63	154643
Sa	Jul 6 – Aug 10	10 a.m. – 12 p.m.	6/\$63	154625

**Painting: Acrylic Beyond the Basics**

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	Jul 2 – Aug 13	9 – 11:30 a.m.	7/\$91.70	154624
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**Painting: Acrylic Paint Night—Dragonflies**

Join Danica N. for a fun acrylic painting night with the theme of dragonflies! You will leave with a completed artwork to decorate your home or gift with love. Supplies are included.

**at Dogwood Pavilion**

M	Aug 19	6 – 8 p.m.	1/\$19.20	155523
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**Painting: Acrylic Paint Night—Summer Berries**

Join Danica N. for a fun acrylic painting night with the theme of summer berries! You will leave with a completed artwork to decorate your home or gift with love. Supplies are included.

**at Dogwood Pavilion**

W	Jul 24	6 – 8 p.m.	1/\$19.20	155521
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**Painting: Acrylic Summer Flowers**

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 a single session you will complete a 11x14 painting. No experience necessary and all supplies provided.

**at Glen Pine Pavilion**

Th	Jul 18	5:45 – 7:45 p.m.	1/\$19.20	157423
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**Painting: Acrylic Summer Scenery**

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 a single session you will complete a 11x14 painting. No experience necessary and all supplies provided.

**at Glen Pine Pavilion**

Th	Jul 25	5:45 – 7:45 p.m.	1/\$19.20	154865
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**Painting: Acrylic Summer Still Life**

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	Jul 8 – Jul 15	9:30 – 11:30 a.m.	2/\$38.40	154622
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**Painting: Acrylic Summer Surprise**

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 a single session you will complete a 11x14 painting. No experience necessary and all supplies provided.

**at Glen Pine Pavilion**

Th	Jul 11	5:45 – 7:45 p.m.	1/\$19.20	154864
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**All Abilities Welcome!**

Visit page 3 for details



**Painting: Introduction to Ink Wash Painting**

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. No experience necessary and all supplies provided.

*at Dogwood Pavilion*

Su Jul 7 – Jul 28 12:30 – 2 p.m. 4/\$57.60 155954

**Painting: Introduction to Watercolour**

This beginner class is a great introduction to watercolour painting. Learn about different materials, tools and techniques. No experience necessary and all supplies included.

*at Town Centre Park Community Centre*

W Jul 17 – Jul 31 10:15 a.m. – 12:15 p.m.3/\$57.60 155796

**Painting: Nature Watercolour Beginner**

Learn the basics of watercolour painting. Explore skills and techniques that are necessary for a beginner to this medium of art. Nature themed. All supplies included.

*at Town Centre Park Community Centre*

W Jul 10 – Jul 24 12:45 – 2:45 p.m. 3/\$57.60 155797

**Painting: Summer Asters and Daisies Patio Bottle Lantern**

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 Glen Pine Pavilion*

Th Aug 15 5:45 – 7:45 p.m. 1/\$19.20 154812

**Painting: Watercolour Basics**

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*

Sa Jul 6 – Jul 27 9:30 – 11:30 a.m. 4/\$42 156011

Sa Aug 3 – Aug 31 9:30 – 11:30 a.m. 5/\$52.50 156012

*at Glen Pine Pavilion*

F Jul 5 – Aug 9 9 – 11 a.m. 6/\$63.00 154716

**Painting: Acrylic Summer Theme**

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*

Th Aug 1 – Aug 8 5:45 – 7:45 p.m. 2/\$38.40 154847

**Painting: Colour Theory for Watercolour Painting**

Understanding colours and how they interact with each other plays an important role in painting. Learn to choose specific colours in your paintings to produce attractive, harmonious artwork. Colour hue, value and intensity as well as learning to mix paint to produce brights and neutrals will be included. Participants are required to bring supplies listed on the receipt.

*at Dogwood Pavilion*

M Jul 8 – Jul 29 1 – 3 p.m. 4/\$42 155494

**All Abilities Welcome!**

Visit page 3 for details



**Painting: Watercolour En Plein Air**

Experience the joy of painting outdoors. Immerse yourself in the beauty of nature while learning techniques to capture its essence on canvas.

at *Maillardville Community Centre (1200 Cartier Ave)*

Tu	Jul 9	6 – 8 p.m.	1/\$19.20	157937
Tu	Jul 16 – Jul 30	6 – 8 p.m.	3/\$57.60	157938

**Painting: Watercolour Paint Night – Sweet Peas**

Join Danica N. for a fun watercolour painting night with the theme of pretty sweet peas! You will leave with a completed artwork to decorate your home or gift with love. Supplies are included.

at *Dogwood Pavilion*

W	Jul 10	6 – 8 p.m.	1/\$19.20	155520
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**Painting: Watercolour Summer Beach with Salt Technique**

Join Danica N. for a fun paint night with watercolours and using a special salt technique. You will leave with a completed artwork to decorate your home or gift with love. Supplies are included.

at *Dogwood Pavilion*

W	Aug 7	6 – 8 p.m.	1/\$19.20	155522
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**Painting: Watercolour Summer Flowers**

Learn skills and techniques for watercolour painting though this fun class focusing on pretty summer flowers. Participants are required to bring supplies listed on the receipt.

at *Dogwood Pavilion*

M	Aug 12 – Aug 26	1 – 3 p.m.	3/\$31.50	155499
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**Painting: Watercolour Techniques**

This course focuses on learning and practicing a variety of watercolour techniques. Supply list can be found on your receipt.

at *Dogwood Pavilion*

Tu	Jul 2 – Jul 23	10 a.m. – 12 p.m.	4/\$42	155518
Tu	Jul 30 – Aug 27	10 a.m. – 12 p.m.	5/\$52.50	155519

**Painting: Watercolour Workshop**

This beginner step by step class is an excellent introduction to watercolour painting. It will cover essential skills like colour mixing, proportion and composition as you paint. Over one session you will complete watercolour pieces. No experience necessary and all supplies provided.

at *Glen Pine Pavilion*

Th	Jul 4	5:45 – 7:45 p.m.	1/\$19.20	154850
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# You Could Work Here

#coquitlamcareers

## Join the City of Coquitlam

Apply today  
[coquitlam.ca/careers](https://coquitlam.ca/careers)



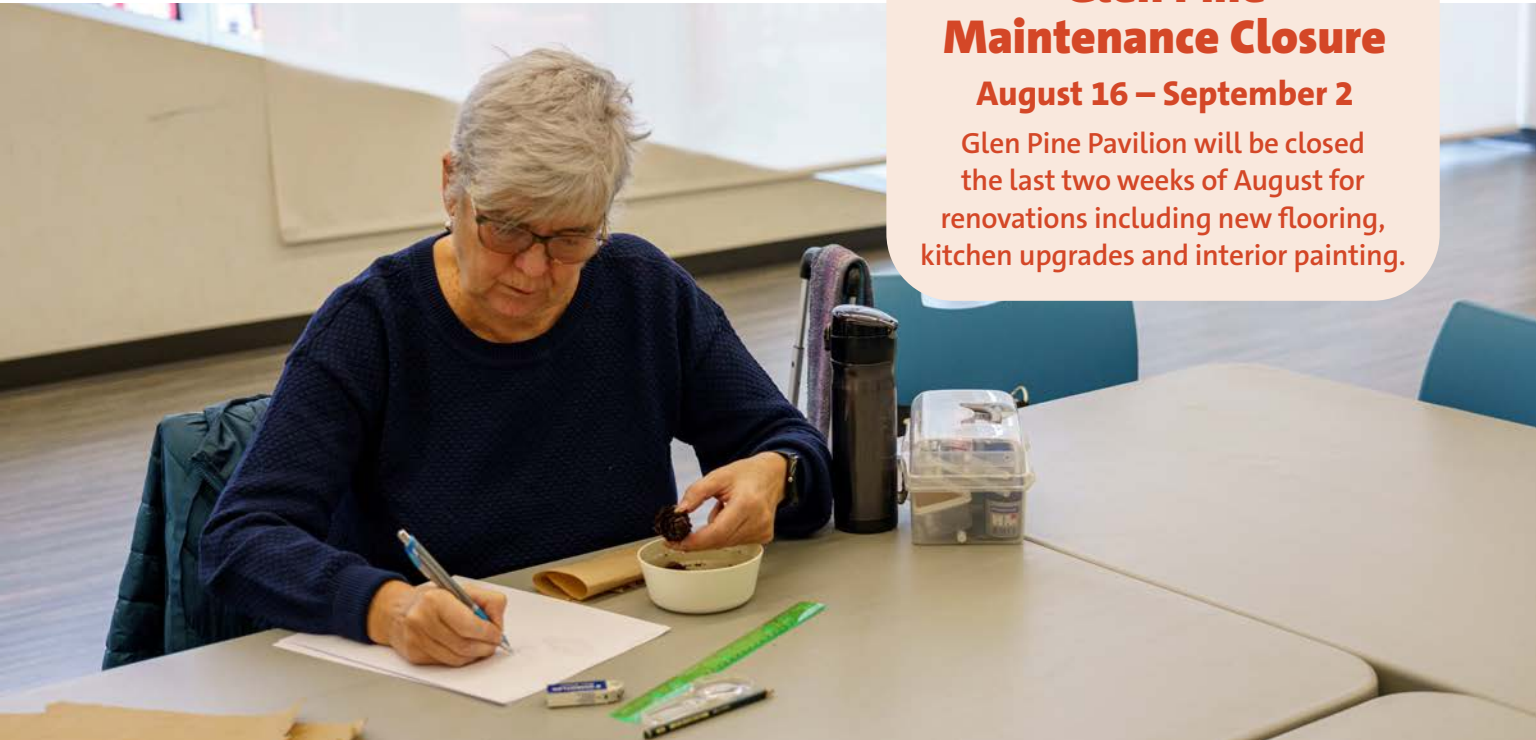
Coquitlam

# 50 Plus Services and Activities

## Glen Pine Maintenance Closure

August 16 – September 2

Glen Pine Pavilion will be closed the last two weeks of August for renovations including new flooring, kitchen upgrades and interior painting.



## 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](https://coquitlam.ca/50Plus)



### Dogwood Pavilion

1655 Winslow Ave. | 604-927-6098 | [coquitlam.ca/dogwood](https://coquitlam.ca/dogwood)

#### Amenities:

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

### Glen Pine Pavilion

1200 Glen Pine Crt. | 604-927-6940 | [coquitlam.ca/GlenPine](https://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 (50+ yrs)

Dogwood Pavilion Seniors' Society is a non-profit society that hosts over 40 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](http://DogwoodSeniors50Plus.com), email [DogwoodSeniors50Plus@gmail.com](mailto:DogwoodSeniors50Plus@gmail.com), or call 604-927-6098.* Activities take place at Dogwood Pavilion or the neighbouring buildings.

### Bocce

Bocce is a variant of lawn bowling played outdoors on the field adjacent to the Rose Garden.

**Friday**                      **May – Sept**                      **9:30 – 11:30 a.m.**

### Book Club

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.

**Third Wednesday of the month**                      **1:30 – 3:30 p.m.**

### Bridge: Casual

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.

**Wednesday**                      **12:30 – 3:30 p.m.**

### Bridge: Duplicate

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

**Friday**                      **1 – 4 p.m.**

### Bridge: Social

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

**Tuesday**                      **1 – 4 p.m.**

### Canadian Council of the Blind

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

**Thursday**                      **1 – 3 p.m.**

### Canasta

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

**Wednesday**                      **5:30 – 8:15 p.m.**

### Carpet Bowling

Carpet Bowling is an indoor variant of lawn bowling

**Tuesday**                      **1:45 – 3:45 p.m.**

### Chess

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

**Monday**                      **12:30 – 4 p.m.**

### Coquitlam Art Club

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.

**Wednesday**                      **12:30 – 3 p.m.**

### Crafting Group

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.

**Wednesday**                      **9 a.m. – 3:30 p.m.**

### Cribbage

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

**Thursday**                      **9:30 a.m. – 12 p.m.**

### Cribbage: 10-Card

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

**Monday**                      **12:30 – 3:30 p.m.**

### Dogwood Ambassadors

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.

**Third Monday of the month**                      **1:30 – 2:30 p.m.**



## 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](http://coquitlam.ca/volunteer).

### Drama

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

**Monday and Thursday** 1:45 – 3:45 p.m.

### Floor Hockey

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

**Tuesday** 6:30 – 8:15 p.m.

### Friendship Circle

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.

**Tuesday** 1 – 2:30 p.m.

### Garden Club

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.

**Second Tuesday of the month** 6:15 – 8:30 p.m.

### Genealogy

Genealogy meets to discuss family history and different methods of researching historical records.

**First Monday of the month** 1:30 – 3:30 p.m.

### Lapidary

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

**Monday, Tuesday, Wednesday and Thursday** 9:30 a.m. – 2:30 p.m.

### Life Writing

This informal group meets to discuss their life experiences, with the goal of writing them down to make a family history.

**Fourth Thursday of the month** 1 – 3 p.m.

### Mexican Train

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.

**Thursday** 12:15 – 3:30 p.m.

### Mixed Bag Band

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

**Sunday** 10:30 a.m. – 1:30 p.m.

### Photography Group

Come and share your photos and knowledge of photography.

**First and Third Wednesday of the month** 6:30 – 8:15 p.m.

### Pickleball

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

**Monday, Wednesday and Friday** 8:45 – 10:45 a.m.

**Monday and Friday** 11 a.m. – 1 p.m.

**Monday and Friday** 1:15 – 3:15 p.m.

### Quilting

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.

**Third Wednesday of the month** 6:15 – 8:15 p.m.

**First and third Friday of the month** 9 a.m. – 3 p.m.



### Scrabble

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

**Tuesday** 12:30 – 4 p.m.

### Snooker

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

### Social Dance

Social dance meets weekly to enjoy ballroom and latin dancing.

**Thursday** 6:30 – 8:15 p.m.

### Songsters

This choir meets weekly to sing together and learn new songs. Occasionally this group performs at social functions and events in the community.

**Tuesday** 1:45 – 5 p.m.

### South Asian Group

This is a social and support group for the South Asian community.

**Fourth Wednesday of the month** 6:30 – 8:15 p.m.

**First and third Thursday of the month** 10 a.m. – 12 p.m.

### Table Tennis

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.

**Sunday** 9 a.m. – 12 p.m.

**Monday** 4:15 – 6:30 p.m.

**Wednesday** 4:15 – 8:15 p.m.

### Turn Up and Paint

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

**Wednesday** 9:30 – 11:30 a.m.

### Wire Wrapping

Members share ideas and techniques in wrapping stones for jewelry making.

**Friday** 12:30 – 3 p.m.

### Women Helping Others

The WHO group—a safe comfortable place where camaraderie and understanding awaits you.

**Wednesday** 10 a.m. – 12 p.m.

### Woodcarving

Members work on individual projects and must bring their own tools and materials.

**Thursday** 1 – 3:30 p.m.

### Woodcarving: Fantasy Houses

This group creates whimsical houses with cottonwood bark. Each member works on an individual project and must bring their own tools and materials.

**Monday** 1 – 3 p.m.

### Woodworking

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

**Monday through Friday** 8:30 a.m. – 1 p.m.



## 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](http://coquitlam.ca/registration).

*Registration opens at 8:30 a.m. on May 14 for Coquitlam residents and at 8:30 a.m. on May 16 for non-residents.*

### American Mahjong (50+ yrs)

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

*at Glen Pine Pavilion*

F	Jul 5 – Aug 9	12 – 3:45 p.m.	6/\$3.30	154573
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### 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	Jul 3 – Aug 14	9 a.m. – 12 p.m.	7/\$3.85	154562
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### Beijing Opera (50+ yrs)

Social group that meets weekly to sing Beijing opera pieces.

*at Glen Pine Pavilion*

Sa	Jul 6 – Aug 10	12 – 2:45 p.m.	6/\$3.30	154576
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### Bingo (50+ yrs)

Come join us for an afternoon of Bingo fun.

*at Glen Pine Pavilion*

W	Jul 3 – Aug 14	1 – 3 p.m.	7/\$3.85	154563
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### Bridge All-Levels (50+ yrs)

Bridge is a four 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	Jul 8 – Aug 12	12:30 – 4 p.m.	5/\$2.75	154522
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### Bridge Intermediate (50+ yrs)

Bridge is a four 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	Jul 5 – Aug 9	12 – 4:15 p.m.	6/\$3.30	154574
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### Canasta (50+ yrs)

Canasta is a card game resembling Rummy. It is played by two 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 seven) cards of the same rank in order to obtain points for a canasta.

*at Glen Pine Pavilion*

Tu	Jul 2 – Aug 13	5:15 – 7:45 p.m.	7/\$3.85	154559
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Sa	Jul 6 – Aug 10	11:30 a.m. – 2:30 p.m.	6/\$3.30	154560
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### Cantonese Opera (50+ yrs)

Social group that meets weekly to sing Cantonese opera pieces.

*at Glen Pine Pavilion*

M	Jul 8 – Aug 12	1 – 4 p.m.	5/\$2.75	154524
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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	Jul 5 – Aug 9	1:30 – 3:30 p.m.	6/\$3.30	154575
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### Chinese Choir (50+ yrs)

Glen Pine Chinese Choir enjoy meeting weekly and singing together.

*at Glen Pine Pavilion*

W	Jul 3 – Aug 14	9 – 10:30 a.m.	7/\$3.85	154561
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**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	Jul 2 – Aug 13	1 – 3 p.m.	7/\$3.85	154545
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**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	Jul 5 – Aug 9	9:30 – 11:30 a.m.	6/\$3.30	154572
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**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	Jul 8 – Aug 12	9:30 – 11:30 a.m.	5/\$2.75	154521
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**Friendship Group (50+ yrs)**

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

at *Glen Pine Pavilion*

M	Jul 8 – Aug 12	1 – 3 p.m.	5/\$2.75	154523
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**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	Jul 4 – Aug 8	1:30 – 3:30 p.m.	6/\$3.30	154566
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**Glen Pine Singers (50+ yrs)**

The Glen Pine Singers enjoy meeting weekly and singing together.

at *Glen Pine Pavilion*

M	Jul 8 – Aug 12	9:15 – 10:30 a.m.	5/\$2.75	154520
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**Iranian Friendship Group A (Active) (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	Jul 2 – Aug 13	1:30 – 4 p.m.	4/\$2.20	154550
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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	Jul 9 – Aug 6	1:30 – 4 p.m.	3/\$1.65	154551
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**Karaoke (50+ yrs)**

Come out and enjoy some karaoke singing.

at *Glen Pine Pavilion*

Tu	Jul 2 – Aug 13	1:30 – 5 p.m.	7/\$3.85	154548
Th	Jul 4 – Aug 15	3:30 – 6 p.m.	7/\$3.85	154549

**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	Jul 8 – Aug 12	2:15 – 4:30 p.m.	5/\$2.75	154533
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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 one or more trains.

at *Glen Pine Pavilion*

W	Jul 3 – Aug 14	1 – 4 p.m.	7/\$3.85	154564
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**Mixed Bag Band (50+ yrs)**

The Mixed Bag Band practices are open to all musically-inclined who wish to 'jam' together weekly.

at *Glen Pine Pavilion*

Th	Jul 4 – Aug 8	5:30 – 7:45 p.m.	6/\$3.30	154567
F	Jul 5 – Aug 9	1:30 – 4 p.m.	6/\$3.30	154568

**Outdoor Yard Games (50+ yrs)**

Meet in Spirit Square to play outdoor yard games like Bocce, Lawn Darts, Giant Jenga, Toss Games and more.

at *Parks (Neighbourhood)*

Tu	Jul 2 – Aug 13	1 – 4 p.m.	7/\$3.85	154547
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**Performance Dance Group (50+ yrs)**

No dance experience required to join the non-instructor-led performance dance activity group. Try different choreographed dances from all cultures with the learning objective to share skills with each other and to celebrate with in-house performances at fun special themed events. No partner dancing.

at *Glen Pine Pavilion*

F Jul 5 – Aug 9 9 – 10:30 a.m. 6/\$3.30 154570

**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 Jul 2 – Aug 13 1 – 3 p.m. 7/\$3.85 154546

**Quilting (50+ yrs)**

Whether you are a beginner or an experienced quilter, come and join this group to work on Quilting projects. Must have basic sewing/quilting sewing skills.

at *Glen Pine Pavilion*

F Jul 5 – Aug 9 9 a.m. – 12 p.m. 6/\$3.30 154569



**Scrabble (50+ yrs)**

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

at *Glen Pine Pavilion*

F Jul 5 – Aug 9 9:30 – 11:30 a.m. 6/\$3.30 154571

**Table Tennis (50+ yrs)**

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

at *Glen Pine Pavilion*

Tu Jul 2 – Aug 13 2 – 4:30 p.m. 7/\$3.85 154555

Sa Jul 6 – Aug 10 12 – 2:45 p.m. 6/\$3.30 154557

**Tennis (50+ yrs)**

The Glen Pine Tennis group meets on Tuesdays from 9 – 11 a.m. This is a recreation group that enjoys playing tennis.

at *Hickey Tennis Courts 4, 5, 6*

Tu Jul 2 – Aug 13 9 – 11 a.m. 7/\$3.85 154541

**Traditional Mahjong (50+ yrs)**

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

at *Glen Pine Pavilion*

M Jul 8 – Aug 12 9 a.m. – 12 p.m. 5/\$2.75 154482

**Whist with a Twist (50+ yrs)**

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

at *Glen Pine Pavilion*

Th Jul 4 – Aug 15 1 – 4 p.m. 7/\$3.85 154565

**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](http://coquitlam.ca/registration) | 604-927-4386

Stay up to date: [coquitlam.ca/enews](http://coquitlam.ca/enews)



# Bus Trips

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



## Afternoon in White Rock (50+ yrs)

A leisurely afternoon in picturesque White Rock. Bring a picnic lunch or lunch on your own at the many eateries, stroll out on to the pier or browse the interesting boutiques. Indulge and treat yourself to an ice-cream cone before heading home. Dress weather appropriately and wear good walking shoes.

Leave Glen Pine at 10 a.m. Estimated return at 3:30 p.m.  
Leave Dogwood at 10:15 a.m. Estimated return at 3:45 p.m.

Activity Level: Easy

- Bus Transportation only
- Lunch on your Own or Bring own Picnic Lunch
- Dress for the weather with good walking shoes
- All treats and snacks on your own

Transportation provided by ENJOY the Journey.

M	Jul 29	10 a.m. – 3:30 p.m.	1/\$40	153966
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## Charming Waterfront Towns (USA) (50+ yrs)

Discover and explore charming waterfront towns in Washington State’s Skagit County and Whidbey Island.

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

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

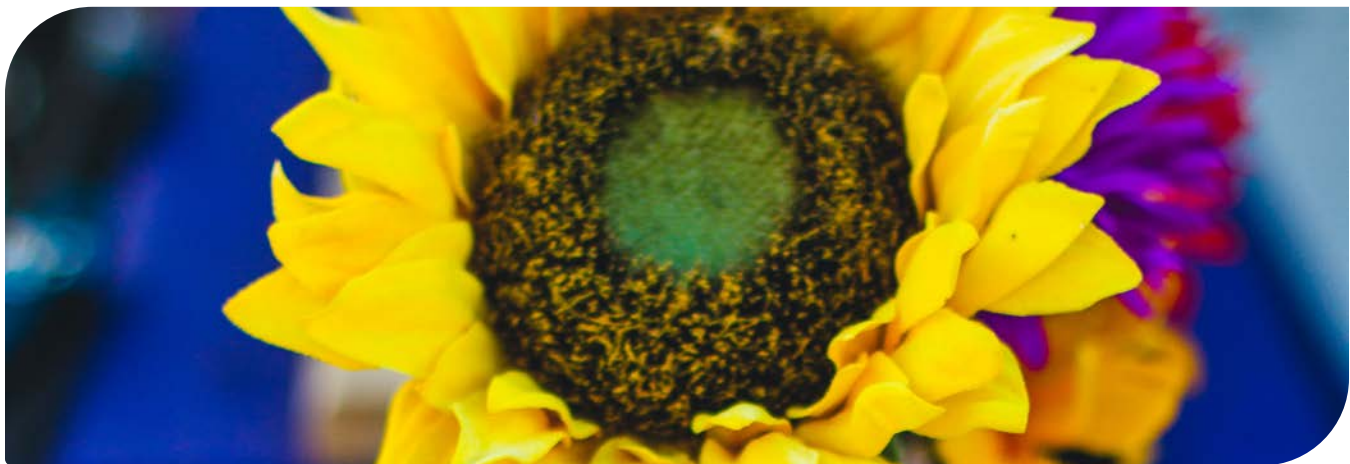
Activity Level: Easy

- Lunch La Conner’s Waterfront Cafe
- Ice Cream Kapaw’s Iskreme
- Bayview
- La Conner
- Coupeville

Trip provided by ENJOY the Journey.

W	Jul 10	8 a.m. – 7:15 p.m.	1/\$119	153941
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**Day in Steveston (50+ yrs)**

Explore Steveston Village and check out the many interesting sights. Wander through the unique stores and sea-side restaurants. Bring a picnic lunch or lunch is on your own. Dress weather appropriately and wear good walking shoes.

Leave Glen Pine at 10 a.m. Estimated return at 3:30 p.m.  
 Leave Dogwood at 10:15 a.m. Estimated return at 3:45 p.m.

Activity Level: Easy

- Bus Transportation only
- Lunch on your Own or Bring own Picnic Lunch
- Dress for the weather with good walking shoes
- All treats and snacks on your own

Transportation provided by ENJOY the Journey.

**F Aug 9 10 a.m. – 3:30 p.m. 1/\$40 153968**

**Galiano Island (50+ yrs)**

Experience the magic of BC’s Wild West Coast featuring stunning views, marine park trails where local artisans await you on Galiano Island.

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

\*Please bring Additional ferry fee for 64 years and under\*

Activity Level: Easy

Trip Includes:

- Montague Harbour Marine Park
- Gray Peninsula Escorted Walk
- Lunch Woodstone Manor
- Afternoon Dessert Galiano Inn
- Galiano Soap Works
- Glass Studio
- Galiano Shops

Trip provided by ENJOY the Journey

**Tu Jul 16 8:15 a.m. – 8:30 p.m. 1/\$149 153954**

**Harrison Sunflower Festival (50+ yrs)**

5 acres of show gardens featuring 15 varieties of sunflower, some reaching over 12 feet tall! The Harrison Sunflower Festival does not disappoint! Treat your self to a delicious lunch at the picturesque River’s Edge Restaurant, a stop at a cheese farm and fresh ice cream at Birchwood Dairy farm.

Leave Glen Pine at 7:45 a.m. Estimated return at 4:45 p.m.  
 Leave Dogwood at 8 a.m. Estimated return at 4:30 p.m.

Activity Level: Easy

Trip Includes:

- Sunflower Festival Admission
- Lunch River’s Edge Restaurant
- Farm House Natural Cheese
- Birchwood Dairy Farm Ice Cream

Trip provided by ENJOY the Journey

**F Aug 16 7:45 a.m. – 4:45 p.m. 1/\$119 153985**

**Hells Gate and Green Point (50+ yrs)**

The Fraser Canyon is filled with natural scenic beauty highlighted by Hell’s Gate Tram and onsite Gorge attractions. Visit picturesque Green Point in Sasquatch Provincial Park for afternoon refreshments.

Leave Glen Pine at 8 a.m. Estimated return at 5:15 p.m.  
 Leave Dogwood at 8:15 a.m. Estimated return at 5 p.m.

Activity Level: Easy

Trip Includes:

- Hell’s Gate Tram Ride
- Lunch Hell’s Gate
- Gorge Attractions
- Green Point Refreshments

Trip provided by ENJOY the Journey

**Th Aug 1 8 a.m. – 5:15 p.m. 1/\$139 153977**

# Special Events

Registration opens at 8:30 a.m. on May 14 for Coquitlam residents and at 8:30 a.m. on May 16 for non-residents.



## July

**3 and 15**

### Performance on the Patio Concert Series

Join us for a fun summer evening in the Rose Garden with live entertainment. Light refreshments will be served. Doors will open and refreshments will be served from 7 p.m. Entertainment begins at 7:15 p.m.

at Dogwood Pavilion

W	Jul 3	7 – 8:15 p.m.	1/\$10	156352
M	Jul 15	7 – 8:15 p.m.	1/\$10	156353

**11**

### Summer BBQ Luncheon

Join us for the fun summer special barbecue events with live entertainment. Event is outside if weather permits in Spirit Square. Menu: Choice of Kebabs (chicken, Beef or Vegetable) with Greek Salad and Pita Bread.

at Glen Pine Pavilion

Th	Jul 11	11:30 a.m. – 1 p.m.	1/\$20	154914
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**25**

### Summer BBQ Luncheon

Join us for the fun summer special barbecue events with live entertainment. Event is outside if weather permits in Spirit Square. Menu: Choice of Burger (chicken, Beef or Vegetable) with Caesar Salad and Fries.

at Glen Pine Pavilion

Th	Jul 25	11:30 a.m. – 1 p.m.	1/\$20	154945
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**30**

### Summer Brunch on the Patio

Join us for a light brunch in the Rose Garden with live entertainment. Doors open at 2 p.m. Entertainment begins at 2:15 p.m.

at Dogwood Pavilion

Tu	Jul 30	2 – 3:30 p.m.	1/\$12	156358
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# August

**14 and 26**

**Performance on the Patio Concert Series**

Join us for a fun summer evening in the Rose Garden with live entertainment. Light refreshments will be served. Doors will open and refreshments will be served from 7 p.m. Entertainment begins at 7:15 p.m.

*at Dogwood Pavilion*

W	Aug 14	7 – 8:15 p.m.	1/\$10	156354
M	Aug 26	7 – 8:15 p.m.	1/\$10	156355

**8**

**Summer BBQ Luncheon**

Join us for the fun summer special barbecue events with live entertainment. Event is outside if weather permits in Spirit Square. Menu: Menu: Pork Ribs, Corn on the Cob and Coleslaw.

*at Glen Pine Pavilion*

Th	Aug 8	11:30 a.m. – 1 p.m.	1/\$20	154946
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## Be in the Know

Stay informed on what's happening in your community at [coquitlam.ca/connect](https://coquitlam.ca/connect)



Swipe, tap, click and connect with Coquitlam

coquitlam connect

The City's CoquitlamConnect app provides users access to information about City services, facilities, events and more.

[coquitlam.ca/CoquitlamConnect](https://coquitlam.ca/CoquitlamConnect)

E-News

# Coquitlam

Parks, Recreation, and Culture

## Bi-weekly Updates

—Delivered Right to Your Inbox

**Subscriber benefits include:**

- The most up-to-date information on all things Parks, Recreation and Culture
- Reminders on upcoming registration information
- Latest special event information
- Unique input and community feedback opportunities

*Subscribe today at [coquitlam.ca/enews](https://coquitlam.ca/enews)*



# 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



# COQUITLAM'S VENUE FOR LIVE ARTS EVENTS & EXPERIENCES



**SUMMER ARTS CAMPS • FREE  
OUTDOOR CONCERTS • ADULT  
WORKSHOPS • ART GALLERY  
AND MORE - ALL SUMMER LONG!**

Box Office: 604.927.6555 | [f](#) [i](#) [v](#) @evergreenarts  
[www.evergreenculturalcentre.ca](http://www.evergreenculturalcentre.ca)



# SUMMER 2024 AT COQUITLAM HERITAGE

## MAY 10 | MASHUP: POSTCARD NIGHT

Join us Friday evening to view a collection of different postcards and make your own to keep or give away. This is a drop-in event so feel free to stop by anytime between 4pm-8pm to participate.

## ✕ JUNE 29 | SUMMER BERRIES FOR THE SUMMER SOLSTICE WORKSHOP

✕ Say hello to summer at our summer berries workshop. The summer solstice marks the beginning of summer and that means the beginning of summer berries and snacks. ✕ Work with seasonal berries like June berries, black currants, and strawberries, and learn how to use them in your summertime treats from ice cream, to curds, to jellies.



## ✕ MAY 11 | HONEY AND FLORALS WORKSHOP

✕ Spring is in the air, come embrace the season with us at our honey and florals workshop. You will work with seasonal dried flower blossoms and learn how to infuse them into products like honey, sugars, oils, and others.

## MORE EVENTS |

INDIGENOUS VOICES, COMMUNITY ACTION: INDIGENOUS WOMEN RISE

NIGHT AT THE THEATRE: VINTAGE EVENING WEAR FASHION SHOW

KOREAN MOVIE NIGHT

SUMMER CRAFT MORNINGS



LEARN MORE AT:

[WWW.COQUITLAMHERITAGE.CA/EVENTS](http://WWW.COQUITLAMHERITAGE.CA/EVENTS)

## OUR UPCOMING EVENTS OUR LATEST EXHIBIT



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**RETRO REFLECTIONS:  
A NOSTALGIC JOURNEY THROUGH  
40 YEARS OF COQUITLAM HERITAGE**  
**APR 11 - DEC 20, 2024**

Celebrate our 40th anniversary with us by visiting our latest exhibition. Each room in Mackin House will feature a different display highlighting the history of ourselves and the community. Take a look at what it was like growing up in the 1980s and 1990s; a time of mixtapes, video games, and the emergence of zines and fan culture.

Did you know that we used to be a toy museum? Come view our wonderful toys through the decades in our toy display room. Join us as we explore themes of nostalgia, memory and community.







## **Bettie Allard YMCA**

### **Start Swim Lessons Today!**

Get your child water safe at the Bettie Allard YMCA. Our continuous swim lessons are run at convenient times for parents and children. Lessons are taught by qualified instructors trained in the philosophies and disciplines set by YMCA Canada.

Start immediately and your child's time slot is yours for as long as you wish.

Visit our website at [BettieAllardYMCA.ca](http://BettieAllardYMCA.ca) to learn more about getting started today.

**[BettieAllardYMCA.ca](http://BettieAllardYMCA.ca)**

955 Emerson St., Coquitlam, BC

  [@BettieAllardYMCA](https://www.facebook.com/BettieAllardYMCA)



## WORLD of CURIOSITIES

### BC Summer Reading Club for Kids

Dive into a World of Curiosities when you join BC Summer Reading Club!

Fill up your Reading Record and get ready to shine with a special medal. You can also enter to win our Grand Prize draw and attend lots of fascinating and fun summer programs.

### Summer Reading for Adults & Teens

Middle schoolers and adults/teens can join the Summer Reading fun with our reading Bingo sheets. You could score some fantastic gift card bundles!

Find out how you can take part in Summer Reading at:

- [coqlibrary.ca/src-kids](http://coqlibrary.ca/src-kids)
- [coqlibrary.ca/src-middle-school](http://coqlibrary.ca/src-middle-school)
- [coqlibrary.ca/src-adult-teen](http://coqlibrary.ca/src-adult-teen)



## Explore Your World!

Get a closer look at the wildlife in your neighbourhood, glimpse a distant star, or capture your adventures on video—all with the help of the Library.

Borrow a binocular kit, telescope, or GoPro camera to embark on a wild exploration of your world this summer!



Scan the QR code to learn more:



Our staff will be happy to show you how to use any of the items in our technology collection.

Scan the QR code for details:



604-554-7323  
[ask@coqlibrary.ca](mailto:ask@coqlibrary.ca)



home to our  
arts community

# PLACE DES ARTS

*Place des Arts offers quality arts programs for all ages and skill levels in the following disciplines:*



## MUSIC

Experienced music instructors teach a variety of musical styles and instruments including piano, guitar, winds, strings, voice, percussion and brass in a welcoming environment.



## DANCE

Classes are offered in a range of styles like ballet, hip hop, jazz, lyrical and contemporary and more, from recreational to pre-professional training. Many classes provide performance opportunities.



## THEATRE

This progressive program offers outstanding training for theatre, TV and film. Our theatre classes help actors build skills and develop performance confidence.



## VISUAL AND LITERARY ARTS

Explore drawing, painting, mixed media, fibre arts, ceramic arts and more in a friendly, non-competitive environment. Literary arts classes introduce young writers to the conventions of writing to hone their skills.

Registration opens on **June 22, 2024** for group classes and private lessons running Sep 2024-Jun 2025.

[placedesarts.ca](http://placedesarts.ca) | 1120 Brunette Ave., Coquitlam | 604.664.1636

2024

# Summer

concert series



## save the date!

**FREE** Friday night concerts

**July 19** | **August 2**

**August 16** | **September 6**

Pack a picnic or grab a bite to eat  
from an onsite food vendor.

[coquitlam.ca/SummerConcerts](https://coquitlam.ca/SummerConcerts)



Coquitlam