

September to December  
**FALL 2024**

Registration Information on page 5

# 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 hən̓q̓əmi̓n̓əm (HUN-kuh-MEE-num) word kwikwə́ləm (kwee-KWET-lum) meaning “Red Fish Up the River”. The City is honoured to be located on the kwikwə́ləm traditional and ancestral lands, including those parts that were historically shared with the ǵícáý (kat-zee), and other Coast Salish Peoples.

### How to Use This Guide

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

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

**at Poirier Community Centre** — **Location**

**F Oct 21 1 – 3 p.m.**      **1/\$37.30**      **98661**

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

Number of  
sessions/price

Course  
ID

- 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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**Please find Special Events in a special appendix.**



# 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 Crt.

**Pinetree Community**

**Centre** 1260 Pinetree Way

**Maillardville Community**

**Centre** 1200 Cartier Ave.

**Town Centre Park**

**Community Centre**

1207 Pinetree Way

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.



# Parks

Park program registration opens at 8:30 a.m. on August 13 for Coquitlam residents and at 8:30 a.m. on August 15 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 Community Centre*

Th	Sep 5	4 – 5 p.m.	1/ <b>FREE</b>	162782
W	Sep 18	5:30 – 6:30 p.m.	1/ <b>FREE</b>	162795
Sa	Sep 28	3 – 4 p.m.	1/ <b>FREE</b>	162798
Sa	Oct 5	1:30 – 2:30 p.m.	1/ <b>FREE</b>	162801
Th	Oct 17	4 – 5 p.m.	1/ <b>FREE</b>	162814

## Inspiration Garden

### Back-To-School Family Garden Tour (All Ages)

Explore the Inspiration Garden and the Garden Walk with this special back-to-school family walking tour! This is a guided walking activity, we will be visiting different garden beds across Town Centre Park. All ages, family friendly.

*at Town Centre Park*

Su	Sep 8	2 – 2:30 p.m.	1/ <b>FREE</b>	162230
Tu	Sep 10	3:30 – 4 p.m.	1/ <b>FREE</b>	162227

### Fabulous Fall Planter (All Ages)

Craft a fabulous fall planter to add fun pops of fall colours to your entrance ways or on your balcony spaces! Green thumbs of all ages and abilities are welcome. All supplies included.

*at Town Centre Park Community Centre*

Th	Sep 26	3 – 3:45 p.m.	1/\$40	162250
Su	Sep 29	3 – 3:45 p.m.	1/\$40	162257

### Fall Garden Prep (All Ages)

Learn different ways to prep your garden and yard gearing for the fall. Explore efficient and creative ideas to protect and plant your garden, balcony potted plants over the colder and rainier months!

*at Town Centre Park*

M	Sep 23	2 – 3 p.m.	1/ <b>FREE</b>	162559
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### Four Seasons of Interest: Fall Edition (All Ages)

Tour the Garden Walk this fall season! This is a guided walking tour, we will be showcasing diverse designs of the garden walk and enjoy the vibrant colours of fall foliage. All ages, family friendly.

*at Town Centre Park*

Su	Sep 22	2 – 2:30 p.m.	1/ <b>FREE</b>	162232
Tu	Sep 24	3:30 – 4 p.m.	1/ <b>FREE</b>	162238

### 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 Community Centre*

Th	Sep 12	3 – 3:45 p.m.	1/\$40	162248
Su	Sep 15	3 – 3:45 p.m.	1/\$40	162254

### Inspiration Garden Autumn Tour and Tea (All Ages)

Enjoy a warm cup of tea while embarking on a guided walking tour in the Inspiration Garden this Autumn. See and learn about the evolving colors of different plants and flowers adapt to the cooler season ahead! All ages, family friendly.

*at Town Centre Park*

Su	Oct 13	1 – 2 p.m.	1/ <b>FREE</b>	162235
Tu	Oct 15	3 – 4 p.m.	1/ <b>FREE</b>	162236

### Irradiant Indoor Planter (All Ages)

Brighten your home by creating your very own and one of a kind indoor planter with a variety of colourful indoor plants to choose from! Learn about indoor plant care and maintenance at this hands-on workshop. Green thumbs of all ages and abilities are welcome.

*at Town Centre Park Community Centre*

Su	Oct 6	3 – 3:45 p.m.	1/\$40	162258
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**Tell us how we did!**

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



### Mason Bee Workshop (All Ages)

What are mason bees? Come join this informative workshop hosted by the Park Spark team this fall! We will be learning closely on the life-cycle and the steps to keep healthy and happy mason bees in your own garden. All experiences, ages and abilities welcome!

#### at Town Centre Park Community Centre

Su	Oct 6	2 – 3:30 p.m.	1/\$10	162644
Th	Oct 10	4 – 5:30 p.m.	1/\$10	162643
Su	Oct 13	4 – 5:30 p.m.	1/\$10	162645

### Pumpkin Planter (All Ages)

Create a show-stopper planter for your dining table, front entrance, patio or balcony! This is a special DIY workshop featuring a fun selection of fall foliage, pumpkins, and gourds for you to craft into a planter to bring home with you! Green thumbs of all ages and abilities are welcome. All supplies included.

#### at Town Centre Park Community Centre

Th	Oct 10	2:30 – 3:15 p.m.	1/\$40	162252
Su	Oct 13	2:30 – 3:15 p.m.	1/\$40	162259
Th	Oct 17	3 – 3:45 p.m.	1/\$40	162253

### School Garden Tour (All Ages)

School Garden Tours are open to grades 2 – 6  
1 hour guided garden tour and presentation in the Inspiration Garden located at Town Centre Park.

Teacher may select from one of the following topics: Pollinator Power, Compost Works!, Plant Lifecycle, Bugs in the Garden. The topic selected must be emailed to [garden@coquitlam.ca](mailto:garden@coquitlam.ca) upon registration.

#### at Town Centre Park

Th	Sep 12	1 – 2 p.m.	1/\$30	162600
Tu	Sep 17	1 – 2 p.m.	1/\$30	162614
Th	Sep 19	1 – 2 p.m.	1/\$30	162605
Th	Sep 26	1 – 2 p.m.	1/\$30	162608
Tu	Oct 1	1 – 2 p.m.	1/\$30	162610
Tu	Oct 8	1 – 2 p.m.	1/\$30	162612

### Seed Saving 101 (All Ages)

Join this hands-on workshop to explore the world of seed saving. Learn about the different seeds you can save, proper harvest, seed storage, and more!

#### at Town Centre Park

M	Sep 16	2 – 3 p.m.	1/ <b>FREE</b>	162243
Su	Sep 29	2 – 3 p.m.	1/ <b>FREE</b>	162246
Tu	Oct 8	2 – 3 p.m.	1/ <b>FREE</b>	162245



### Stunning Succulents Planter (All Ages)

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

#### at Town Centre Park Community Centre

Th	Sep 19	3 – 3:45 p.m.	1/\$40	162249
Su	Sep 22	3 – 3:45 p.m.	1/\$40	162256

### Water Wise Gardening (All Ages)

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

#### at Town Centre Park Community Centre

Th	Sep 12	5 – 6 p.m.	1/ <b>FREE</b>	162681
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### Winter Garden Prep (All Ages)

Learn different ways to overwinter your garden and yard at this workshop, explore efficient and creative ideas to protect your garden, balcony potted plants over the winter months!

#### at Town Centre Park

Tu	Oct 15	2 – 3 p.m.	1/ <b>FREE</b>	162567
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**All Abilities Welcome!**

Visit page 3 for details

## Park Spark

### Irradiant Indoor Planter (All Ages)

Brighten your home by creating your very own and one of a kind indoor planter with a variety of colourful indoor plants to choose from! Learn about indoor plant care and maintenance at this hands-on workshop. Green thumbs of all ages and abilities are welcome.

at Dogwood Pavilion

Th	Oct 3	3 – 4 p.m.	1/\$40	162594
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### Mason Bee Workshop (All Ages)

What are mason bees? Come join this informative workshop hosted by the Park Spark team this fall! We will be learning closely on the life-cycle and the steps to keep healthy and happy mason bees in your own garden. All experiences, ages and abilities welcome!

at Dogwood Pavilion

Th	Oct 3	6 – 7:30 p.m.	1/\$10	162581
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### Park Spark Light Brigade Workshops (All Ages)

Join the Park Spark Light Brigade team and get involved in Metro Vancouver's largest free outdoor light display, Lights at Lafarge! The Light Brigade is inclusive to people of all ages and abilities and is an opportunity for the community to be a part of the Lights at Lafarge by participating in our Light Brigade workshops fabricating lit elements to go in the lights display.

at Town Centre Park Community Centre

Su	Sep 8	2 – 3 p.m.	1/ <b>FREE</b>	163070
Su	Sep 15	4 – 5 p.m.	1/ <b>FREE</b>	163079
Th	Sep 19	4 – 5 p.m.	1/ <b>FREE</b>	163088
Su	Sep 22	4 – 5 p.m.	1/ <b>FREE</b>	163096
Su	Sep 29	4 – 5 p.m.	1/ <b>FREE</b>	163101
Th	Oct 3	2 – 3 p.m.	1/ <b>FREE</b>	163104
Sa	Oct 5	3 – 4 p.m.	1/ <b>FREE</b>	163116
Su	Oct 20	2 – 3 p.m.	1/ <b>FREE</b>	163727
W	Oct 23	3:30 – 4:30 p.m.	1/ <b>FREE</b>	163728
Su	Oct 27	2 – 3 p.m.	1/ <b>FREE</b>	163729



### Seed Saving and Swap (All Ages)

Join this hands-on workshop hosted by the Park Spark team to learn how to save your flower and vegetable seeds. Learn about the different seeds you can save, how to collect, clean and storage tips and tricks. We also welcome attendees to bring in your saved seeds for a seed swap! All experiences, ages and abilities welcome! Note\* be mindful of the seeds you bring, in order to avoid invasive plants.

at Dogwood Pavilion

M	Sep 16	10 – 11 a.m.	1/ <b>FREE</b>	162566
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### 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 Community Centre

W	Oct 2	4 – 5 p.m.	1/ <b>FREE</b>	162826
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#### 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 discover local birds by sight and song.

at Town Centre Park Community Centre

W	Sep 11	3:30 – 5 p.m.	1/\$5	162972
Th	Oct 3	4 – 5:30 p.m.	1/\$5	162980

#### 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 Japanese practice of forest bathing. Please email [ParkSpark@coquitlam.ca](mailto:ParkSpark@coquitlam.ca) for meeting location details.

at Mundy Park

Sa	Sep 28	9 – 11:30 a.m.	1/ <b>FREE</b>	162998
F	Oct 11	10 a.m. – 12:30 p.m.	1/ <b>FREE</b>	163000

### 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: iNaturalist (All Ages)

iNaturalist is a citizen science platform which helps you identify the plants and animals around you while generating data for science and conservation. Join the Park Spark team for a tutorial on getting started with iNaturalist followed by a short BioBliitz walk around the park to see what we can observe!

#### at Town Centre Park Community Centre

Sa	Sep 7	2 – 4 p.m.	1/ FREE	163016
W	Sep 18	3:30 – 5 p.m.	1/ FREE	163018
W	Oct 16	3:30 – 5 p.m.	1/ FREE	163024

### 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! No prior experience required. Just bring your own camera and enthusiasm!

#### at Town Centre Park Community Centre

Th	Sep 26	4 – 5:30 p.m.	1/ FREE	162855
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### 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 Town Centre Park Community Centre

W	Oct 9	3:30 – 5 p.m.	1/ FREE	162983
F	Sep 6	2 – 3 p.m.	1/ FREE	156340

### 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.

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

#### at City Centre Aquatic Complex

Sa	Sep 14	2 – 3:30 p.m.	1/ FREE	162945
F	Oct 18	2 – 3:30 p.m.	1/ FREE	162948



### Tree Spree Tours: Fabulous Fungi Walk (All Ages)

Explore the fabulous fungi hiding away in Coquitlam Parks! Join the Park Spark team and Urban Forestry professionals to learn fun facts about fungi and their importance to forest ecosystems.

#### at Mundy Park

F	Sep 13	1:30 – 3:30 p.m.	1/ FREE	163014
F	Sep 27	10 a.m. – 12 p.m.	1/ FREE	163025
W	Oct 16	9 – 11:30 a.m.	1/ FREE	163028

### 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.

#### at Como Lake Park

F	Sep 20	3:30 – 5 p.m.	1/ FREE	163005
<b>at Town Centre Park Community Centre</b>				
Sa	Oct 12	1:30 – 3 p.m.	1/ FREE	163007

### 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

W	Sep 25	10 a.m. – 12 p.m.	1/ FREE	162830
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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 Town Centre Park and the Inspiration Garden to identify different trees and shrubs.

#### at Inspiration Garden

Tu	Sep 10	1 – 1:45 p.m.	1/ FREE	162958
Tu	Sep 24	1 – 1:45 p.m.	1/ FREE	162965
Tu	Oct 8	12 – 12:45 p.m.	1/ FREE	162968

**All Abilities Welcome!**

Visit page 3 for details

# Outdoor Recreation

Registration opens at 8:30 a.m. on August 13 for Coquitlam residents and at 8:30 a.m. on August 15 for non-residents.

Mixed Ages



## **Beginner Hike: Coquitlam River (19+ yrs)**

This walk will loop a section of the Coquitlam River as far north as David Ave. Most of the trail will be flat and wide, but be prepared for uneven ground and some short hills. Time will be taken to explain how nature and humans coexist in the watershed of this urban stream. Spawning salmon might be seen. Roundtrip distance is 6 km with minimal elevation change.

### **at Other Locations**

Sa	Nov 16	9 a.m. – 12 p.m.	1/\$8.70	162287
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## **Beginner Hike: Hyde Creek and Blakeburn Lagoons (19+ yrs)**

This flat loop walk will take in a few wildlife and vegetation rich areas of eastern Port Coquitlam including the Hyde Creek Nature Reserve and the Greg Moore Trail. Time will be taken to enjoy what nature has to offer. Roundtrip distance is 9 km.

### **at Other Locations**

Sa	Nov 30	9 a.m. – 12:30 p.m.	1/\$10.15	162289
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## **Beginner Hike: Miller Ravine and the Chines (19+ yrs)**

This beginner hike will travel through the lush upper section of Miller Ravine while taking time to enjoy nature. Descend steeply into the forested area of the Chines before regaining elevation steeply, on a narrow trail, to make a loop back to the starting point. On a clear day, great views of the mountains to the north can be seen. Roundtrip distance is 4 km with a cumulative elevation gain of 130 m.

### **at Other Locations**

Tu	Sep 17	5 – 7:30 p.m.	1/\$7.25	162244
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## **Beginner Hike: Riverview Forest and Mundy Park (19+ yrs)**

This trip will travel through the mature forests, lake and wetland areas. Be aware that there are narrow trails and a couple of steep sections. Time will be taken to enjoy nature as we hike along. Roundtrip distance is 8 km with some elevation change.

### **at Other Locations**

Th	Sep 19	5 – 7:30 p.m.	1/\$7.25	162247
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**Presentation: Hiking Safety and Techniques (19+ yrs)**

Join us for a slide show presentation and discussion, led by Ian McArthur, on how to be prepared for a hike. With over 35 years of experience hiking local trails, Ian will highlight the ten essential items that should be in your backpack, provide tips to get ready for a hike and discuss ways to keep safe while on the trails. Geared towards new and experienced hikers.

*at Town Centre Park Community Centre*

Tu	Oct 8	10:15 a.m. – 12:15 p.m.	1/\$5.80	163877
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**Presentation: Where to Hike in the Tri-Cities (19+ yrs)**

Join us for a slide show presentation and discussion, led by Ian McArthur, and learn where the best places are to hike in the Tri-Cities. With over 35 years of experience hiking local trails, Ian will discuss routes for a variety of comfort and experience levels and showcase trails for those wanting to expand their knowledge. Learn about some local hidden gems. Geared towards beginner and intermediate hikers.

*at Town Centre Park Community Centre*

Tu	Sep 24	10:15 a.m. – 12:15 p.m.	1/\$5.80	163876
Tu	Oct 15	6:30 – 8:30 p.m.	1/\$5.80	163878

**Weekly Walks: Coquitlam River (19+ yrs) LOW COST**

Join us each week for a led walk along the beautiful trails and walkways surrounding Town Centre Park Community Centre. Learn about Nature along the way.

*at Town Centre Park Community Centre*

Th	Oct 3	10:15 a.m. – 12:15 p.m.	1/\$2	162906
Th	Oct 24	10:15 a.m. – 12:15 p.m.	1/\$2	162911

**Weekly Walks: Hoy Creek (19+ yrs) LOW COST**

Join us each week for a led walk along the beautiful trails and walkways surrounding Town Centre Park Community Centre. Learn about Nature along the way.

*at Town Centre Park Community Centre*

Th	Sep 26	10:15 a.m. – 12:15 p.m.	1/\$2	162905
Th	Oct 17	10:15 a.m. – 12:15 p.m.	1/\$2	162908

**Weekly Walks: Lafarge Lake (19+ yrs) LOW COST**

Join us each week for a led walk along the beautiful trails and walkways surrounding Town Centre Park Community Centre. Learn about nature along the way.

*at Town Centre Park Community Centre*

Th	Sep 19	10:15 a.m. – 12:15 p.m.	1/\$2	162903
Th	Oct 10	10:15 a.m. – 12:15 p.m.	1/\$2	162907

**Intermediate Hike: Belcarra Bluffs (19+ yrs)**

This trip will be in Belcarra (təmtəmíxwtən) Regional Park and travel on narrow hiking trails that could be slippery in places and a little overgrown. The highlight of the day will be the incredible view up Burrard Inlet to the west. Roundtrip distance is about 8 km with a cumulative elevation gain of 400 m.

*at Other Locations*

W	Oct 2	9 a.m. – 1 p.m.	1/\$11.60	162281
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**Intermediate Hike: Sugar Mountain (19+ yrs)**

This trip will be in Belcarra (təmtəmíxwtən) Regional Park and travel through a pleasant forest with a viewpoint giving views of Sasamat Lake and beyond. Roundtrip distance is 7 km with an elevation gain of 380 m.

*at Other Locations*

Sa	Oct 26	9 a.m. – 12:30 p.m.	1/\$10.15	162286
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**Intermediate Hike: Woodland Walk and Saw Blade Falls (19+ yrs)**

This trip will be in Pinecone Burke Provincial Park and will travel through a lovely mature second-growth forest. Participants should be prepared to cross a few small creeks by easy boulder-hopping, though there will be help in crossing safely. Roundtrip distance is 11.5 km with an elevation gain of 300 m.

*at Other Locations*

W	Oct 16	9 a.m. – 2 p.m.	1/\$14.50	162285
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**Night Owl Trail Hikes (18+ yrs)**

In this series of evening hikes, we will be exploring some of the easier trails around the Tri-Cities in the dark, hiking by the light of our head-torches. Under the cover of darkness, the trails come alive with sounds, smells and glowing eyes peering back from the bushes! Participants must arrive with the necessary equipment (good trail hiking shoes, a good headlamp, hydration, reflectors and warm/waterproof clothing).

*at Other Locations*

W	Oct 16 – Nov 13	6:30 – 8:30 p.m.	5/\$29	162078
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# 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](https://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
<b>CCAC</b>	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.
<b>Glen Pine*</b>	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
<b>Pine-tree</b>	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
<b>PSLC</b>	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.

#### Personal Training

Looking for a personalized training program? Our certified personal trainer will assess your fitness 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  
**5 sessions** (1 hour per): \$295 | **10 sessions** (1 hour per): \$560

\*Assessment session is mandatory for first-time clients.

#### 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.*

Refer to [page 50](#) for days and times for Youth Orientations.

#### 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.

#### Poirier Sport and Leisure Complex

Wednesday, 11 a.m. – 12 p.m.

Thursday, 8 – 9 p.m.

Saturday, 10 – 11 a.m.

#### Pinetree Community Centre,

*pending staff availability*

Tuesday, 6 – 7 p.m.

#### Glen Pine Pavilion

Monday, 11 a.m. – 12 p.m.

### Group Fitness Class Rules

How to have a positive class experience:

- Obtain a fitness drop-in ticket (available 30 min. prior to class start) from the front desk and provide to class 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 email [fitness@coquitlam.ca](mailto:fitness@coquitlam.ca)



## 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.

#### 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 to greatest songs of all time and modern hits. Expect lots of movements with a beat to burn calories, improve cardiovascular endurance and coordination. Variety of fun and engaging dance routines will leave you feeling uplifted and empowered!

#### 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.

#### 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.

### Levels of Intensity

Beginner: ●

All Levels: ●●

Challenging: ●●●



#### 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.

#### Iron and HIIT ●●●

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



## 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 August 13 for Coquitlam residents and at 8:30 a.m. on August 15 for non-residents



## 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	Sep 13 – Oct 25	9:30 – 10:30 a.m.	7/\$73.15	163358
F	Nov 1 – Dec 20	9:30 – 10:30 a.m.	8/\$83.60	163360

## 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	Sep 12 – Oct 24	5:45 – 6:45 p.m.	7/\$73.15	162555
Su	Oct 13 – Nov 10	8:15 – 9:15 a.m.	5/\$52.25	162553
Th	Oct 31 – Dec 19	5:45 – 6:45 p.m.	8/\$83.60	162556
Su	Nov 17 – Dec 15	8:15 – 9:15 a.m.	5/\$52.25	162554

### at Pinetree Community Centre

Su	Sep 8 – Oct 6	8:15 – 9:15 a.m.	5/\$52.25	162550
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### at Poirier Sport and Leisure Complex

Tu	Sep 10 – Oct 22	7:15 – 8:15 p.m.	7/\$73.15	162400
Tu	Oct 29 – Dec 17	7:15 – 8:15 p.m.	8/\$83.60	162402

## 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	Sep 11 – Oct 23	1 – 2 p.m.	7/\$73.15	162366
W	Oct 30 – Dec 18	1 – 2 p.m.	8/\$83.60	162369

## 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	Sep 13 – Oct 25	8:15 – 9:15 p.m.	7/\$73.15	163255
F	Nov 1 – Dec 20	8:15 – 9:15 p.m.	8/\$83.60	163256

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

### Chair Yoga (19+ yrs)

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

#### at Centennial Pavilion

M	Sep 9 – Oct 21	10 – 11:15 a.m.	5/\$62.50	162415
F	Sep 13 – Oct 25	11:15 a.m. – 12:30 p.m.	7/\$87.50	162423
M	Oct 28 – Dec 16	10 – 11:15 a.m.	7/\$87.50	162420
F	Nov 1 – Dec 20	11:15 a.m. – 12:30 p.m.	8/\$100	162424

#### at Glen Pine Pavilion

F	Sep 13 – Oct 25	11:45 a.m. – 1 p.m.	7/\$87.50	162514
F	Nov 1 – Dec 20	11:45 a.m. – 1 p.m.	7/\$87.50	162515

### 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	Sep 10 – Oct 22	12 – 1 p.m.	7/\$73.15	163258
Tu	Oct 29 – Dec 17	12 – 1 p.m.	8/\$83.60	163260

### 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	Sep 11 – Oct 23	9:30 – 10:45 a.m.	6/\$75	163410
W	Oct 30 – Dec 18	9:30 – 10:45 a.m.	8/\$100	163411

### Get Up and Go! (19+ yrs)

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

#### at Dogwood Pavilion

Tu/Th	Sep 3 – Oct 3	12 – 1 p.m.	10/\$104.50	162436
Tu/Th	Oct 8 – Nov 7	12 – 1 p.m.	10/\$104.50	162438
Tu/Th	Nov 12 – Dec 19	12 – 1 p.m.	12/\$125.40	162439

### 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	Sep 20	7:30 – 8:30 p.m.	1/\$10.45	167065
F	Oct 18	7:30 – 8:30 p.m.	1/\$10.45	167068
F	Nov 15	7:30 – 8:30 p.m.	1/\$10.45	167070
F	Dec 13	7:30 – 8:30 p.m.	1/\$10.45	167071

### 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	Sep 9 – Oct 21	9:30 – 10:45 a.m.	5/\$62.50	163408
M	Oct 28 – Dec 16	9:30 – 10:45 a.m.	7/\$87.50	163409

### 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	Sep 9 – Oct 21	11:30 a.m. – 1 p.m.	5/\$67.50	162411
M	Oct 28 – Dec 16	11:30 a.m. – 1 p.m.	7/\$94.50	162412

#### at Poirier Sport and Leisure Complex

M	Sep 9 – Oct 21	6 – 7:30 p.m.	5/\$67.50	162394
M	Oct 28 – Dec 16	6 – 7:30 p.m.	7/\$94.50	162398

### Killer Kettlebells (13+ yrs)

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

#### at City Centre Aquatic Complex

Tu	Sep 10 – Oct 22	6 – 7 p.m.	7/\$73.15	163262
Tu	Oct 29 – Dec 17	6 – 7 p.m.	8/\$83.60	163264

### 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)

### Learn 2 Ride (13+ yrs)

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

#### at City Centre Aquatic Complex

W	Sep 11 – Oct 9	6:30 – 7:15 p.m.	5/\$41.75	163268
W	Nov 20 – Dec 18	6:30 – 7:15 p.m.	5/\$41.75	163281

### Minds in Motion (19+ yrs)

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

#### at Centennial Pavilion

Th	Sep 12 – Oct 24	2:15 – 3:45 p.m.	7/\$38.85	162430
Th	Oct 31 – Dec 19	2:15 – 3:45 p.m.	8/\$44.40	162431

### 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

Tu	Sep 10 – Oct 8	6:30 – 7:30 p.m.	5/\$52.25	162524
Th	Sep 12 – Oct 10	6:30 – 7:30 p.m.	5/\$52.25	162525

### Prenatal Yoga (16+ yrs)

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

#### at Pinetree Community Centre

W	Sep 11 – Oct 23	7 – 8 p.m.	7/\$73.15	163365
W	Oct 30 – Dec 18	7 – 8 p.m.	8/\$83.60	163367

### 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	Oct 13 – Nov 10	5:45 – 7 p.m.	5/\$62.50	162574
Su	Nov 17 – Dec 15	5:45 – 7 p.m.	5/\$62.50	162576

#### at Dogwood Pavilion

M	Sep 9 – Oct 21	7 – 8:15 p.m.	5/\$62.50	162425
M	Oct 28 – Dec 16	7 – 8:15 p.m.	7/\$87.50	162426

#### at Pinetree Community Centre

Su	Sep 8 – Oct 6	5:45 – 7 p.m.	5/\$62.50	162572
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### 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	Sep 9 – Oct 21	7:15 – 8:15 p.m.	5/\$52.25	162580
M	Oct 28 – Dec 16	7:15 – 8:15 p.m.	7/\$73.15	162584

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

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

#### at Centennial Pavilion

Tu/Th	Sep 3 – Oct 3	1 – 2 p.m.	10/\$110	162432
Tu/Th	Oct 8 – Nov 7	1 – 2 p.m.	10/\$110	162433
Tu/Th	Nov 12 – Dec 19	1 – 2 p.m.	12/\$132	162434

#### at Maillardville Community Centre

M/W	Sep 4 – Oct 2	1:30 – 2:30 p.m.	8/\$88	164830
M/W	Oct 7 – Nov 6	1:30 – 2:30 p.m.	9/\$99	164832
M/W	Nov 13 – Dec 18	1:30 – 2:30 p.m.	11/\$121	164833

# Adult

Registration opens at 8:30 a.m. on August 13 for Coquitlam residents and at 8:30 a.m. on August 15 for non-residents.

19 yrs +

(unless otherwise noted)



## Cards and Games

### Chess: Beginner to Intermediate (16+ yrs)

Chess is more than just a game—it's a mental exercise that sharpens strategic thinking, problem-solving abilities, and enhances cognitive skills. Whether you're new to chess or looking to advance your skills, our Beginner to Intermediate Chess class offers a structured and supportive environment to learn and improve your game.

at Maillardville Community Centre

M	Sep 16 – Oct 28	7:30 – 9 p.m.	5/\$43.50	162809
M	Nov 4 – Dec 9	7:30 – 9 p.m.	5/\$43.50	162810

### Dungeons and Dragons Campaign Play (19+ yrs)

Dungeons and Dragons (D and D) is a Tabletop Role Playing Game where players create their characters, create fantasy worlds and embark on quests together. All abilities welcome.

at Glen Pine Pavilion

W	Sep 18 – Oct 30	6 – 9 p.m.	7/\$17.50	162122
W	Nov 6 – Dec 18	6 – 9 p.m.	7/\$17.50	162123

### Learn to Play 500 (19+ yrs)

Five Hundred is a popular card game in which the object is to make bids and take tricks. Learn how to win by being the first player to score 500.

at Glen Pine Pavilion

Th	Nov 14 – Dec 5	6:30 – 8 p.m.	4/\$34.80	162086
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### Learn to Play Canasta (19+ yrs)

Canasta combines elements of Bridge and Rummy. Learn the basics of the game and develop game play strategies to get a basket full (seven cards in same rank order).

at Glen Pine Pavilion

Th	Sep 19 – Oct 10	6:30 – 8 p.m.	4/\$34.80	162084
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### Learn to Play Cribbage (19+ yrs)

Cribbage, or crib, is a card game, traditionally for two players, that involves playing and grouping cards in combinations which gain points.

at Glen Pine Pavilion

Th	Oct 17 – Nov 7	6:30 – 8 p.m.	4/\$34.80	162085
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### Learn to Play Poker (19+ yrs)

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

at *Glen Pine Pavilion*

Tu	Sep 17 – Oct 8	10 a.m. – 12 p.m.	4/\$10	162075
Tu	Oct 22 – Nov 12	10 a.m. – 12 p.m.	4/\$10	162076
Tu	Nov 19 – Dec 10	10 a.m. – 12 p.m.	4/\$10	162077

### Lifelong Learning

#### Emergency Preparedness (15+ yrs)

Learn how to identify hazards and best prepare yourself and your loved ones in the case of an emergency. Workshop covers typical hazards found specifically in Coquitlam and include details on emergency supplies, family communication and community preparedness.

at *Glen Pine Pavilion*

Sa	Sep 28	1 – 2 p.m.	1/ <b>FREE</b>	162072
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#### Cooking: Apple Pie from Scratch (19+ yrs)

Dive into the sweet world of homemade apple pie! Learn the step-by-step process of creating a flaky crust and filling bursting with cinnamon-spiced apples.

at *Maillardville Community Centre*

Sa	Oct 5	2 – 4 p.m.	1/\$25	163383
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#### Cooking: Apple Rose Tarts (19+ yrs)

So pretty and delicious, these Apple Rose Tarts are special. Learn to make tarts filled with spiced filling and create an apple rose on top.

at *Dogwood Pavilion*

Sa	Sep 21	9:30 – 11:30 a.m.	1/\$25	163922
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#### Cooking: Around the World – China (19+ yrs)

Join us for a flavourful journey from around the world in this hands-on cooking class making Kung Pao Chicken. Leave with new recipes and a deeper understanding of applying different flavours to your own cooking.

at *Dogwood Pavilion*

Th	Dec 5	6 – 8 p.m.	1/\$25	161921
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#### Cooking: Around the World – France (19+ yrs)

Join us for a flavourful journey from around the world in this hands-on cooking class making hearty Nicoise Salad. Leave with new recipes and a deeper understanding of applying different flavours to your own cooking.

at *Dogwood Pavilion*

Th	Sep 26	6 – 8 p.m.	1/\$25	161916
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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.

#### Cooking: Around the World – Italy (19+ yrs)

Join us for a flavourful journey from around the world in this hands-on cooking class making Risotto. Leave with new recipes and a deeper understanding of applying different flavours to your own cooking.

at *Dogwood Pavilion*

Th	Oct 10	6 – 8 p.m.	1/\$25	161917
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#### Cooking: Around the World – Japan (19+ yrs)

Join us for a flavourful journey from around the world in this hands-on cooking class making Yakisoba. Leave with new recipes and a deeper understanding of applying different flavours to your own cooking.

at *Dogwood Pavilion*

Th	Oct 24	6 – 8 p.m.	1/\$25	161918
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#### Cooking: Around the World – Thailand (19+ yrs)

Join us for a flavourful journey from around the world in this hands-on cooking class making Gaeng Daeng (red curry). Leave with new recipes and a deeper understanding of applying different flavours to your own cooking.

at *Dogwood Pavilion*

Th	Nov 7	6 – 8 p.m.	1/\$25	161919
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#### Cooking: Around the World – Vietnam (19+ yrs)

Join us for a flavourful journey from around the world in this hands-on cooking class making Pho. Leave with new recipes and a deeper understanding of applying different flavours to your own cooking.

at *Dogwood Pavilion*

Th	Nov 21	6 – 8 p.m.	1/\$25	161920
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#### Cooking: Baking Scones and Loaves (19+ yrs)

Learn how to bake soft, fluffy scones and a nutritious loaf of banana bread.

at *Glen Pine Pavilion*

Su	Nov 24	10:30 a.m. – 1:30 p.m.	1/\$37.50	162053
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**No experience necessary and all cooking supplies provided.**





**Cooking: Baking with Sourdough Starters (19+ yrs)**

Come learn how to make the perfect loaf of sourdough bread and what it takes to have your baking rise to the next level.

*at Maillardville Community Centre*

Sa	Sep 14	2 – 4 p.m.	1/\$25	163376
Sa	Oct 12	2 – 4 p.m.	1/\$22.70	163377
Sa	Nov 23	2 – 4 p.m.	1/\$25	163379

**Cooking: Beef Calderata Filipino Style Stew (19+ yrs)**

One of the most famous and appetizing Filipino dishes of Spanish heritage, this beefy stew will surely tickle your taste buds and leave you asking for more rice!

*at Maillardville Community Centre*

W	Nov 20	6 – 8 p.m.	1/\$25	163347
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**Cooking: Buche de Noel Cake (19+ yrs)**

Buche de Noel or Yule Log cake is a very impressive and delicious holiday dessert. Learn to make a chocolate flavoured sponge cake and fill it with flavoured whipped cream.

*at Dogwood Pavilion*

Sa	Nov 30	9:30 – 11:30 a.m.	1/\$25	163928
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**Cooking: Butter Chicken (19+ yrs)**

Learn a modern take on this classic Indian dish, traditionally known as Murgh Makhani originating in Delhi and spice up your cooking repertoire.

*at Glen Pine Pavilion*

Su	Oct 20	10:30 a.m. – 1:30 p.m.	1/\$37.50	162040
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**Cooking: Butternut Squash Ravioli with Truffle Sauce and Fresh Pasta (19+ yrs)**

Discover the art of making delicate, homemade pasta filled with creamy butternut squash. Learn to prepare a luxurious truffle-infused sauce that complements the sweetness of the squash perfectly.

*at Maillardville Community Centre*

Sa	Nov 16	2 – 4 p.m.	1/\$25	163388
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**Cooking: Chicken Cordon Bleu and Sides (19+ yrs)**

Chicken Cordon Bleu is a delicious dish originating in Switzerland comes together in a few easy steps using fresh and nutritious ingredients. This classic dish will impress everyone gathered around the dining table.

*at Glen Pine Pavilion*

Su	Nov 10	10:30 a.m. – 1:30 p.m.	1/\$37.50	162049
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**Cooking: Chicken Parmesan Zucchini Boats (19+ yrs)**

Chicken Parmigiano, but in a boat! Get your protein and veggie fix in one amazing recipe.

*at Maillardville Community Centre*

W	Sep 25	6 – 8 p.m.	1/\$25	163340
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**Cooking: Cottage Pie (19+ yrs)**

Master the art of creating this hearty dish featuring savory minced meat topped with creamy mashed potatoes. Learn to balance flavors and textures, and discover how to make this classic British comfort food a staple in your home-cooked repertoire.

*at Maillardville Community Centre*

Sa	Nov 9	2 – 4 p.m.	1/\$25	163387
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**Cooking: Eggnog Cheesecake with Eggnog Lattes (19+ yrs)**

Indulge in the decadent flavours of the holidays! Pair it perfectly with frothy eggnog lattes infused with hints of cinnamon and nutmeg.

*at Maillardville Community Centre*

Sa	Dec 14	2 – 4 p.m.	1/\$25	163391
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**Cooking: Fall Harvest Roast Chicken Dinner (19+ yrs)**

From seasoning techniques to cooking tips, learn how to create a delicious and satisfying meal for family and friends.

*at Maillardville Community Centre*

Sa	Sep 28	2 – 4 p.m.	1/\$25	163382
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**Cooking: Firecracker Tofu with Coconut Rice (19+ yrs)**

Delicious coconut rice and tofu that provides an explosive combination of spicy, sweet and savoury!

*at Maillardville Community Centre*

W	Oct 2	6 – 8 p.m.	1/\$25	163341
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 **No experience necessary and all cooking supplies provided.**

**Cooking: Food Skills for Families (19+ yrs)**

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

*at Dogwood Pavilion*

W Nov 6 – Dec 11 4 – 7 p.m. 6/**FREE** 160699

*at Glen Pine Pavilion*

Th Sep 19 – Oct 31 3:30 – 6:30 p.m. 7/**FREE** 162083

**Cooking: French Onion Soup (19+ yrs)**

Learn to create this classic dish with caramelized onions, savory broth, and a cheesy, golden crust.

*at Maillardville Community Centre*

Sa Oct 26 2 – 4 p.m. 1/\$25 163385

**Cooking: Game Day Appetizers (19+ yrs)**

Learn how to make some delicious appetizers for your favourite sports event gatherings.

*at Glen Pine Pavilion*

Su Sep 22 10:30 a.m. – 1:30 p.m. 1/\$37.50 162039

**Cooking: Getting Ready for the Holiday Season (19+ yrs)**

The holiday season is a very busy time for everyone. Learn how to prepare and serve some festive foods for family and friends.

*at Glen Pine Pavilion*

M Nov 4 – Dec 16 7 – 8:30 p.m. 6/\$112.50 162057

**Cooking: Greek Souvlaki (Kebabs), Potatoes with Tzatziki and Hummus (19+ yrs)**

Prepare the Mediterranean Greek Souvlaki (Kebabs), Potatoes with Tzatziki and Hummus.

*at Glen Pine Pavilion*

Su Oct 13 10:30 a.m. – 1:30 p.m. 1/\$37.50 162041

**Cooking: Halloween Treats (19+ yrs)**

Unleash your creativity with spooky and delightful Halloween treats! Explore fun and easy recipes that capture the spirit of the season.

*at Maillardville Community Centre*

Sa Oct 19 2 – 4 p.m. 1/\$25 163384

**Cooking: Harvest Soups (19+ yrs)**

Enjoy the cozy season by learning the fundamentals of how to take Fall harvested vegetables and turning them in hearty and delicious soups.

*at Glen Pine Pavilion*

Su Nov 17 10:30 a.m. – 1:30 p.m. 1/\$37.50 162051

**Cooking: Harvest Vegetable Soups (19+ yrs)**

Discover the art of crafting hearty and nutritious soups using seasonal vegetables.

*at Maillardville Community Centre*

Sa Sep 21 2 – 4 p.m. 1/\$25 163380

**Cooking: Holiday Accompaniments (19+ yrs)**

Discover how to elevate your holiday meals with delightful accompaniments.

*at Maillardville Community Centre*

Sa Dec 7 2 – 4 p.m. 1/\$25 163390

**Cooking: Holiday Appetizers and Dips (19+ yrs)**

Appetizers and dips that are easy and delicious to serve any any social gathering is the focus of this holiday workshop.

*at Glen Pine Pavilion*

Su Dec 8 10:30 a.m. – 1:30 p.m. 1/\$37.50 162055

**Cooking: Holiday Baking Workshop (19+ yrs)**

Join us in baking a variety of different baked goods just in time for the holiday season! Learn how to make some sweet and healthy delights with a baking expert.

*at Glen Pine Pavilion*

Su Dec 1 10:30 a.m. – 1:30 p.m. 1/\$37.50 162054

**Cooking: Holiday Cookies (19+ yrs)**

Learn baking tips, decorating techniques, and creative twists to make your holiday cookie creations truly memorable.

*at Maillardville Community Centre*

Sa Nov 30 2 – 4 p.m. 1/\$25 163389



**No experience necessary and all cooking supplies provided.**

**Cooking: Holiday Dip Extravaganza (19+ yrs)**

Dips will include a kale, edamame and asparagus spread, a whipped feta and roasted tomatoes puree, and a beet hummus.

at Maillardville Community Centre

W Dec 11 6 – 8 p.m. 1/\$25 163350

**Cooking: Homemade Pizza with Sides (19+ yrs)**

Learn how to make your own dough, or use a ready-made one that you can customize with different toppings.

at Glen Pine Pavilion

Su Oct 27 10:30 a.m. – 1:30 p.m. 1/\$37.50 162042

**Cooking: Hummingbird Cupcakes with Sour Cream Frosting (19+ yrs)**

Learn to make these southern cupcakes filled with tropical flavours of pineapple, coconut, bananas and nuts. Discover tips and tricks on baking the perfect cupcake as well as tangy sour cream frosting to add on top.

at Dogwood Pavilion

Sa Nov 16 9:30 – 11:30 a.m. 1/\$25 163926

**Cooking: Korean Food Immersion (19+ yrs)**

Every week will be a new Korean family favourite dish. This class series will have you working with different ingredients while learning the Korean language at the same time from a native speaker.

at Glen Pine Pavilion

M Sep 16 – Oct 28 7 – 8:30 p.m. 5/\$93.75 162056

**Cooking: One Pot French Onion Pasta with Strawberry Vinaigrette Arugula Salad (19+ yrs)**

French Onion? Good. Pasta? Good. Arugula salad with a sweet and tangy strawberry vinaigrette? Good!

at Maillardville Community Centre

W Nov 13 6 – 8 p.m. 1/\$25 163346

**Cooking: Pies and Crusts (19+ yrs)**

Learn to make pies with a perfect homemade crust. Many options to choose from to when it comes to flavourful fillings.

at Glen Pine Pavilion

Su Oct 6 10:30 a.m. – 1:30 p.m. 1/\$37.50 162045

**Cooking: Poached Pears with Sauce (19+ yrs)**

Learn to make the simple French dessert of Poached Pears with fragrant spices.

at Dogwood Pavilion

Sa Oct 5 9:30 – 11:30 a.m. 1/\$25 163923



**No experience necessary and all cooking supplies provided.**

**Cooking: Pumpkin Spice Cupcakes with Maple Frosting (19+ yrs)**

Learn the secrets to making delicious moist cupcakes and homemade maple cream cheese frosting.

at Dogwood Pavilion

Sa Oct 19 9:30 – 11:30 a.m. 1/\$25 163924

**Cooking: Pumpkin Treats (19+ yrs)**

Embrace the flavors of fall with delicious pumpkin treats and explore recipes that highlight this seasonal favourite.

at Maillardville Community Centre

Sa Nov 2 2 – 4 p.m. 1/\$25 163386

**Cooking: Roast Beef 101 (19+ yrs)**

Learn how to time manage cooking a successful roast beef meal with Yorkshire pudding, roasted potatoes, vegetables and gravy.

at Glen Pine Pavilion

Su Nov 3 10:30 a.m. – 1:30 p.m. 1/\$37.50 162047

**Cooking: Smoky Corn Chowder with Baguette Crisps (19+ yrs)**

Something bold, daring, and...corny? This smoky corn chowder is about to take your taste buds on a wild ride.

at Maillardville Community Centre

W Oct 16 6 – 8 p.m. 1/\$25 163342

**Cooking: Snickerdoodle Whoopie Pies (19+ yrs)**

Learn to make classic snickerdoodle cookies with soft centres and crispy edges.

at Dogwood Pavilion

Sa Nov 2 9:30 – 11:30 a.m. 1/\$25 163925

**Cooking: Thai Chicken and Rice Soup (19+ yrs)**

A hearty Thai chicken soup with rice and mushrooms, in a light creamy broth. Like your favourite social house soup, but better.

at Maillardville Community Centre

W Sep 18 6 – 8 p.m. 1/\$25 163339

**Oops! We cancelled it...**

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



**Cooking: Turkey 101 (19+ yrs)**

Turkey is the centrepiece of the Thanksgiving dinner table, and one of the most anticipated flavours of this holiday. Remove the stress of cooking a turkey with all the fixings.

at *Glen Pine Pavilion*

Su	Sep 29	10:30 a.m. – 1:30 p.m.	1/\$37.50	162043
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**Cooking: Tuscan Leek Minestrone Soup with Garlic Ciabatta Sticks (19+ yrs)**

This wildly delicious Tuscan minestrone makes the humble leek shine.

at *Maillardville Community Centre*

W	Nov 6	6 – 8 p.m.	1/\$25	163344
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**Cooking: Vegan Eggplant Cannelloni with Chopped Kale Salad (19+ yrs)**

You've heard of eggplant lasagna, but you've never had cannelloni this good!

at *Maillardville Community Centre*

W	Dec 4	6 – 8 p.m.	1/\$25	163349
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**Cooking: Vegan Sunday Sauce Ragu with Fresh Pasta (19+ yrs)**

A vegan mince of veggies and lentils that's big on plants and flavour.

at *Maillardville Community Centre*

W	Oct 23	6 – 8 p.m.	1/\$25	163343
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**Create Soul Creativity – Spirit Rock Painting (19+ yrs)**

Spirit Rock Painting is part of the Cultivate Soul Creativity series. Enjoy soothing music as you delve into guided meditations and spontaneously discover your own magical creations from the depths of heart within.

at *Glen Pine Pavilion*

W	Oct 9	3:30 – 5:30 p.m.	1/\$15.40	161868
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W	Nov 20	3:30 – 5:30 p.m.	1/\$15.40	161869
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W	Dec 18	3:30 – 5:30 p.m.	1/\$15.40	161870
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**Create Soul Creativity – Zen Art of Nature (19+ yrs)**

Zen of Nature is part of the Cultivate Soul Creativity Series. In this session the focus is on the natural world around us.

at *Glen Pine Pavilion*

W	Oct 2	3:30 – 5:30 p.m.	1/\$15.40	161865
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W	Nov 13	3:30 – 5:30 p.m.	1/\$15.40	161866
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W	Dec 11	3:30 – 5:30 p.m.	1/\$15.40	161867
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**Create Soul Creativity – Zen of Mandala (19+ yrs)**

Zen of Mandala is part of the Cultivate Soul Creativity series. With the help of music and guided meditation explore the geometric configurations by harnessing your creative self to draw out your own mandala and learn more about it.

at *Glen Pine Pavilion*

W	Sep 18	3:30 – 5:30 p.m.	1/\$15.40	161851
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W	Oct 16	3:30 – 5:30 p.m.	1/\$15.40	161858
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W	Nov 27	3:30 – 5:30 p.m.	1/\$15.40	161859
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**Create Soul Creativity – Zentangle Art (19+ yrs)**

Zentangle Art is part of the Cultivate Soul Creativity series. In this session learn how to create beautiful images by drawing relaxing structured patterns in a meditative process where the only creative skill you need is knowing how to draw lines and simple shapes.

at *Glen Pine Pavilion*

W	Sep 25	3:30 – 5:30 p.m.	1/\$15.40	161860
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W	Oct 23	3:30 – 5:30 p.m.	1/\$15.40	161863
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W	Dec 4	3:30 – 5:30 p.m.	1/\$15.40	161864
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**Finance: Caregiver Benefits (19+ yrs)**

The workshop includes information on Employment Insurance (EI) Caregiver for Children and Caregiver for Adult and Compassionate Care Benefits. Presented by Citizen Services Specialist from Service Canada.

at *Glen Pine Pavilion*

Th	Nov 7	6:30 – 8 p.m.	1/ <b>FREE</b>	162241
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**Finance: Effective Tax Strategies (19+ yrs)**

As we head towards the end of 2024, better understand Canada's tax system and minimize the amount of tax paid. There are simple tips and tools to save money. Presented by Financial Literacy Volunteer from CPA – Chartered Professional Accountants Canada

at *Glen Pine Pavilion*

Th	Dec 12	7 – 8:30 p.m.	1/ <b>FREE</b>	162156
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### Finance: Employment Insurance and Special Benefits (19+ yrs)

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

at Glen Pine Pavilion

F Nov 22 2:30 – 4 p.m. 1/**FREE** 162239

### Finance: Managing Finances in Retirement (19+ yrs)

Learn how to better manage your finances and make your money stretch through your retirement. Presented by a volunteer from Chartered Professional Accountants of British Columbia.

at Dogwood Pavilion

M Sep 9 10 – 11 a.m. 1/**FREE** 162292

### Finance: Managing Your Money (19+ yrs)

Learn how to create a budget and develop a savings plan, understand credit lenders, and apply financial knowledge to make informed decisions about money. Presented by a volunteer from Chartered Professional Accountants of British Columbia.

at Dogwood Pavilion

Th Nov 7 10 – 11 a.m. 1/**FREE** 162296

at Glen Pine Pavilion

Th Oct 24 7 – 8:30 p.m. 1/**FREE** 162137

### Finance: Newcomers to Canada Benefits and Resources (19+ yrs)

This presentation gives an overview of federal government programs and services from children to seniors. Presented by Citizen Services Specialist from Service Canada.

at Glen Pine Pavilion

Th Dec 19 10 – 11:30 a.m. 1/**FREE** 162240

### Finance: Preparing for the Unexpected (19+ yrs)

Seminar designed to show how life insurance fits into a financial strategy and how it will protect loved ones from unexpected life events. Presented by James Leung, CFP®, CIWM, CIM®, Financial Advisor, Edward Jones.

at Glen Pine Pavilion

F Oct 18 2:30 – 4 p.m. 1/**FREE** 162276

### Finance: Pre-Retirement Planning Information (19+ yrs)

It is never too early to start planning ahead and take the steps to manage financial well-being in retirement. Receive information on public pensions, the application process, the impact of continuing to work in retirement. Opportunity to ask questions. Presented by Citizen Services Specialist from Service Canada.

at Glen Pine Pavilion

Th Oct 17 6:30 – 8 p.m. 1/**FREE** 162215

### Finance: Protecting Your Assets (19+ yrs)

Learn the importance of an estate plan, how to create a plan to distribute assets during life and upon death. Presented by a volunteer from Chartered Professional Accountants of British Columbia.

at Dogwood Pavilion

M Dec 2 10 – 11 a.m. 1/**FREE** 162298

at Glen Pine Pavilion

Th Sep 26 10 – 11:30 a.m. 1/**FREE** 162136

### Finance: Seniors Benefits: CPP, OAS, GIS and Resources (19+ yrs)

Information session on Canada Pension and Old Age Security Benefits. 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

Tu Sep 17 11:30 a.m. – 1 p.m. 1/**FREE** 162208

### Finance: Ten Healthy Habits of Financial Management (19+ yrs)

Learn how to assess your financial fitness, learn healthy habits of financial management and how to obtain helpful resources. Presented by a volunteer from Chartered Professional Accountants of British Columbia.

at Dogwood Pavilion

Tu Oct 8 10 – 11 a.m. 1/**FREE** 162294

### Finance: The Nuts and Bolts of Stocks (19+ yrs)

Basic information to help investors evaluate if stocks fit into their overall strategy. Discussion on common versus preferred stock, dividends, investment strategy and different ways to own stock. Presented by James Leung, CFP®, CIWM, CIM®, Financial Advisor, Edward Jones.

at Glen Pine Pavilion

F Dec 13 2:30 – 4 p.m. 1/**FREE** 162277

**All Abilities Welcome!**

Visit page 3 for details

## 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](https://coquitlam.ca/registration) | 604-927-4386  
Stay up to date: [coquitlam.ca/enews](https://coquitlam.ca/enews)

### Finance: The Self-Worth in Net Worth (19+ yrs)

Your relationship with money is essential in understanding how and why you manage your finances the way you do. Understanding how your sense of self relates to your views on money can go a long way towards shaking things up and forming strong financial attitudes and habits. Presented by Financial Literacy Volunteer from CPA – Chartered Professional Accountants Canada.

#### at Glen Pine Pavilion

Th	Nov 28	10 – 11:30 a.m.	1/ <b>FREE</b>	162154
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### General: Hiking Adventures Slideshow (19+ yrs)

View an interesting presentation with visually captivating photographs and exciting tales of adventurous travel and hiking experiences. Slide shows are set to music, so minimal discussion during the shows, but plenty of time for questions afterwards. Presented by Terry McCullough, avid hiker and photographer.

#### at Glen Pine Pavilion

##### Northern BC and Alberta

Th	Dec 5	10 – 11:30 a.m.	1/ <b>FREE</b>	162549
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##### Southern BC

Th	Nov 7	10 – 11:30 a.m.	1/ <b>FREE</b>	162544
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##### The Rockies

Th	Oct 3	10 – 11:30 a.m.	1/ <b>FREE</b>	162542
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### General: Life on Planet Earth (19+ yrs)

Using a multi-disciplinary approach, the focus will be addressing the origins, characteristics, and attributes of human life on planet earth. Discussion and ideas are shared and welcomed in this lecture series conducted by retired SFU professor and volunteer, Dr. Douglas Cousineau who holds numerous degrees in Clinical Psychology and Sociology.

#### at Glen Pine Pavilion

##### Part 1

Th	Sep 19 – Oct 31	2 – 4 p.m.	6/\$52.20	162079
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##### Part 2

Th	Nov 7 – Dec 12	2 – 4 p.m.	6/\$52.20	162080
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### General: Lifesizing Part 1 – Smart Talk on Strata Living (19+ yrs)

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

#### at Glen Pine Pavilion

Th	Oct 17	9:30 a.m. – 12 p.m.	1/ <b>FREE</b>	162001
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#### at Poirier Community Centre

Th	Nov 7	1 – 3:30 p.m.	1/ <b>FREE</b>	164495
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### General: Lifesizing Part 2 – The Dollars and “Sense” of Strata Living (19+ yrs)

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

#### at Poirier Community Centre

Th	Nov 14	1 – 3:30 p.m.	1/ <b>FREE</b>	164496
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#### at Glen Pine Pavilion

Th	Oct 24	9:30 a.m. – 12:30 p.m.	1/ <b>FREE</b>	162002
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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.



**General: Preparing a Will (19+ yrs)**

The legal rules for preparing wills in BC are reviewed as well as the duties of an executor, legal terminology and pitfalls to avoid. Presented by Senior's Health and Wellness Institute.

at Dogwood Pavilion

Tu Sep 10 10 – 11:30 a.m. 1/**FREE** 162648

**General: Technology and Aging (19+ yrs)**

With the upcoming holiday season you may find yourself interested in learning how technology can help manage the demands of daily living, connect with family and friends and access assistance when needed. Presented by senior volunteer from COSCO – Seniors Health and Wellness Institute.

at Glen Pine Pavilion

Th Dec 12 10 – 11:30 a.m. 1/**FREE** 162133

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

A multi-disciplinary approach to the prevention of falls and fall-related injuries. Participants will have a fall risk assessment as well as a one on one consult with various health professionals for 45 minutes, totaling two hours. Registration is required! To register please call 604-374-2273. Presented by Fraser Health.

at Glen Pine Pavilion

Th Nov 14 8:30 a.m. – 5 p.m. 1/**FREE** 161810

**Health: Chronic Conditions Self – Management Program (19+ yrs)**

This is a free six-session workshop. The program is especially helpful for people with cardiac rehabilitation or diabetes, as it gives them the skills to coordinate all the things needed to manage their health, as well as to help them keep active in their lives. Participants should attend all six sessions to get the maximum benefit.

at Dogwood Pavilion

Th Sep 19 – Oct 24 9:30 a.m. – 12 p.m. 6/**FREE** 162512

**Health: Chronic Pain Self-Management Program (19+ yrs)**

This is a free six-session workshop. The workshop helps people living with chronic pain and their caregivers to better manage symptoms and activities of daily life.

at Glen Pine Pavilion

Sa Sep 21 – Oct 26 9:30 – 11:30 a.m. 6/**FREE** 162090



**Tell us how we did!**

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

**Health: Dementia Friends (19+ yrs)**

Dementia Friends education workshops complement the Dementia-Friendly Communities (DFC) initiative by working to reduce stigma, raising awareness and providing practical suggestions about supporting people living with dementia in the community.

at Glen Pine Pavilion

F Sep 13 1:30 – 2:30 p.m. 1/**FREE** 161909

**Health: Diabetes Self-Management Program (19+ yrs)**

This is a free six-session workshop. Daily challenges of living with diabetes can be difficult. Gain knowledge, skills and confidence in your ability to manage your symptoms. Presented by Self-Management BC/University of Victoria.

at Glen Pine Pavilion

Sa Nov 2 – Dec 14 9:30 – 11:30 a.m. 6/**FREE** 162093

**Health: Falls Prevention (19+ yrs)**

The alarming impact falls have on the well-being of seniors and hazards that contribute to the likelihood of falls are reviewed. Safeguards and suggested exercises to improve balance and strength are recommended. Presented by senior volunteer from COSCO – Seniors Health and Wellness Institute.

at Glen Pine Pavilion

Th Nov 21 10 – 11:30 a.m. 1/**FREE** 162132



**Health: Family Caregiver Series (19+ yrs)**

This multi-session education series provide information about dementia, practical coping strategies and early planning for family members who are caring for a person living with dementia. Presented by the Alzheimer's Society of BC.

**at Glen Pine Pavilion**

F	Sep 20 – Oct 4	2 – 4 p.m.	3/ <b>FREE</b>	161914
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**Health: Inflammation (19+ yrs)**

Learn about the many ways to support the body using nutrition and lifestyle to reduce inflammation. Presented by a certified functional nutrition and lifestyle practitioner.

**at Dogwood Pavilion**

Tu	Oct 22	4 – 5:30 p.m.	1/\$11.55	160675
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**Health: Introduction to Brain Health (19+ yrs)**

It is never too soon or too late to make changes that will maintain or improve your brain health. Learn strategies and set goals. Presented by the Alzheimer's Society of BC.

**at Dogwood Pavilion**

Tu	Dec 3	10 – 11:30 a.m.	1/ <b>FREE</b>	162419
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**Health: Luv Your Gut (19+ yrs)**

Understand the basic foundations of digestion and how to support the gut with the right nutrition and lifestyle. Presented by a certified functional nutrition and lifestyle practitioner.

**at Dogwood Pavilion**

Tu	Sep 24	4 – 5:30 p.m.	1/\$11.55	160674
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**Health: Navigating the Emergency Department (19+ yrs)**

This workshop presents some reasons for going to the Emergency Department and reasons not to go. It also looks at how to prepare for a visit and what to expect when you arrive. Presented by senior volunteer from COSCO – Seniors Health and Wellness Institute.

**at Glen Pine Pavilion**

Th	Oct 10	10 – 11:30 a.m.	1/ <b>FREE</b>	162130
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**Health: Osteoarthritis (19+ yrs)**

This debilitating disease is the most common form of arthritis. Its symptoms, self-management strategies and available therapies are presented. Presented by Senior's Health and Wellness Institute.

**at Dogwood Pavilion**

Su	Dec 8	12:30 – 1:30 p.m.	1/ <b>FREE</b>	162661
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**All Abilities Welcome!**

Visit page 3 for details

**Health: Osteoporosis (19+ yrs)**

This bone disease, often called the “silent thief”, is the underlying cause of many falls and fractures. Osteoporosis causes, risks and treatments will be discussed. Presented by Senior's Health and Wellness Institute.

**at Dogwood Pavilion**

F	Nov 1	10 – 11:30 a.m.	1/ <b>FREE</b>	162642
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**Health: Palliative Care (19+ yrs)**

The focus of this workshop is on the comfort and dignity of patients as they cope with serious illness. The overall goal is to manage pain and to provide appropriate care to enable the individual to live life to the fullest. Presented by Senior's Health and Wellness Institute.

**at Dogwood Pavilion**

M	Oct 7	10 – 11:30 a.m.	1/ <b>FREE</b>	162653
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**Health: Preparing for a Dementia-friendly Holiday Season (19+ yrs)**

Explore strategies for adapting your plans and learn tips on minimizing stress and maximizing connection with meaningful activities. Presented by the Alzheimer's Society of BC.

**at Glen Pine Pavilion**

F	Dec 6	2 – 3:30 p.m.	1/ <b>FREE</b>	161915
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**Health: Safe Dementia-friendly Home Environment (19+ yrs)**

Learn tips on making the home environment safe keeping in mind that every person may be different so a focus on prevention, patience and simplifying routines with an emergency plan in place. Presented by the Alzheimer's Society of BC.

**at Glen Pine Pavilion**

Tu	Sep 10	1:30 – 3 p.m.	1/ <b>FREE</b>	161907
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**Health: Sleep (19+ yrs)**

Sleep, A Non-negotiable! Do you sleep well? What does it mean to get deep sleep and it's importance for better health outcomes? Come explore ways to support the body to get into deeper sleep states. Presented by a certified functional nutrition and lifestyle practitioner.

**at Dogwood Pavilion**

Tu	Dec 3	4 – 5:30 p.m.	1/\$11.55	160676
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### Health: Stages and Progression of Dementia

(19+ yrs)

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

at Dogwood Pavilion

Tu	Dec 10	10 – 11:30 a.m.	1/ <b>FREE</b>	162422
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### Health: What is Dementia? (19+ yrs)

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

at Dogwood Pavilion

Tu	Nov 26	10 – 11:30 a.m.	1/ <b>FREE</b>	162416
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### Language: English Learner One (19+ yrs)

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

at Glen Pine Pavilion

Th	Sep 19 – Oct 31	9:30 – 11 a.m.	7/\$17.50	161872
Th	Nov 7 – Dec 19	9:30 – 11 a.m.	7/\$17.50	161873

### Language: English Learner Two (19+ yrs)

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

at Glen Pine Pavilion

Th	Sep 19 – Oct 31	1 – 2:30 p.m.	7/\$17.50	161874
Th	Nov 7 – Dec 19	1 – 2:30 p.m.	7/\$17.50	161875

### Language: English Learner Three (19+ yrs)

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

at Glen Pine Pavilion

Tu	Sep 17 – Oct 22	10 – 11:30 a.m.	6/\$15	161878
Tu	Nov 5 – Dec 10	10 – 11:30 a.m.	6/\$15	161879



### Language: English Learner Book Club (19+ yrs)

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

at Glen Pine Pavilion

Th	Sep 19 – Oct 31	11:30 a.m. – 12:30 p.m.	7/\$17.50	161876
Th	Nov 7 – Dec 19	11:30 a.m. – 12:30 p.m.	7/\$17.50	161877

### Language: Italian Conversation (19+ yrs)

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

at Glen Pine Pavilion

Tu	Sep 17 – Oct 29	1:30 – 3 p.m.	7/\$61.60	161824
Tu	Nov 5 – Dec 17	1:30 – 3 p.m.	7/\$61.60	161826

### Language: Japanese Beginner (19+ yrs)

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

at Glen Pine Pavilion

Sa	Sep 21 – Nov 2	1 – 2:30 p.m.	7/\$61.60	162118
Sa	Nov 9 – Dec 14	1 – 2:30 p.m.	5/\$44	162121

### Language: Korean Beginner (19+ yrs)

Annyeonghaseyo! Learn basic words, phrases and sentences in Korean to be able to converse and to write Hangul which is the writing system of the Korean language. This program is designed for a beginner with no previous experience.

at Glen Pine Pavilion

Su	Sep 15 – Oct 27	10:15 – 11:45 a.m.	7/\$61.60	162107
Su	Nov 3 – Dec 8	10:15 – 11:45 a.m.	6/\$52.80	162109

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



**Language: Korean Conversation (19+ yrs)**

Annyeonghaseyo! Planning to travel to Korea, dining out for Korean food or at home watching Korean dramas learn basic words, phrases and sentences to be able to converse with others in a fun way.

**at Glen Pine Pavilion**

W	Sep 18 – Oct 30	1:30 – 3 p.m.	7/\$61.60	163603
W	Nov 6 – Dec 18	1:30 – 3 p.m.	7/\$61.60	163605

**Language: Neighbourhood English Meet Up (19+ yrs)**

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	Sep 19 – Oct 31	12:30 – 2 p.m.	7/\$14	160739
Th	Nov 7 – Dec 19	12:30 – 2 p.m.	7/\$14	160740

**Language: Portuguese Conversation (19+ yrs)**

Olá! For anyone wishing to engage in full Portuguese immersion chat with others want to practice and feel comfortable speaking basic phrases especially now when travel to Portugal as become a popular destination. Facilitated by a Portuguese-speaking instructor who will assist with topics and guide the flow of conversation.

**at Glen Pine Pavilion**

Su	Sep 15 – Oct 27	12:15 – 1:45 p.m.	7/\$61.60	162166
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**Language: Spanish Beginner (19+ yrs)**

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

**at Glen Pine Pavilion**

M	Sep 16 – Oct 28	6:30 – 8 p.m.	5/\$44	161842
W	Sep 18 – Oct 30	9:30 – 11 a.m.	7/\$61.60	161891
M	Nov 4 – Dec 16	6:30 – 8 p.m.	6/\$52.80	161844
W	Nov 6 – Dec 4	9:30 – 11 a.m.	5/\$44	161892

**at Poirer Community Centre**

Th	Sep 19 – Oct 31	9 – 10:30 a.m.	7/\$61.60	161939
Th	Nov 7 – Dec 19	9 – 10:30 a.m.	7/\$61.60	161941

**All Abilities Welcome!**

Visit page 3 for details

**Life Skills: Aging in Place (19+ yrs)**

This workshop outlines the advantages as well as the challenges of aging in place. Nine aspects of daily living are considered to help participants evaluate how prepared they are to age in place. Presented by senior volunteer from COSCO – Seniors Health and Wellness Institute.

**at Glen Pine Pavilion**

Th	Sep 19	10 – 10:30 a.m.	1/ <b>FREE</b>	162128
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**Living Joyfully – Happy Mind (19+ yrs)**

Living Joyfully is a four part series including mindful wellness, physical wellness, emotional wellness and spiritual wellness. Join us for this session on a happy mind. Free yourself from stresses and challenges in life as you expand your awareness to experience a whole new level of joyful adventures that arise.

**at Dogwood Pavilion**

M	Sep 23	9:30 – 11:30 a.m.	1/\$15.40	161030
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**Living Joyfully – Healthy Body (19+ yrs)**

Living Joyfully is a four part series including mindful wellness, physical wellness, emotional wellness and spiritual wellness. Join us for this session on a healthy body. Discover essentials for improving body wellness as you tap into your inner senses and set intentions to make better choices every day.

**at Dogwood Pavilion**

M	Oct 21	9:30 – 11:30 a.m.	1/\$15.40	161152
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**Living Joyfully – Higher Spirit (19+ yrs)**

Living Joyfully is a four part series including mindful wellness, physical wellness, emotional wellness and spiritual wellness. Join us for this session on a higher spirit. Tap into the evolution of your own true nature as you discover your own passions and purpose in life, fully aligned with powers from the natural world!

**at Dogwood Pavilion**

M	Dec 9	9:30 – 11:30 a.m.	1/\$15.40	161154
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**Living Joyfully – Humble Heart (19+ yrs)**

Living Joyfully is a four part series including mindful wellness, physical wellness, emotional wellness and spiritual wellness. Join us for this session on a humble heart. Access emotional wellness with an open heart as you adventure forth on the path of unconditional love, kindness, compassion and acceptance for yourself and others.

**at Dogwood Pavilion**

M	Nov 18	9:30 – 11:30 a.m.	1/\$15.40	161153
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**Technology: Android Basics (Phone and Tablet)**

(19+ yrs) **LOW COST**

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

*at Glen Pine Pavilion*

Th	Oct 10	1–3 p.m.	1/\$2.50	162061
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**Technology: Computer File Management (19+ yrs)**

**LOW COST**

Create and manage files on your computer by learning to save, retrieve, rename and find. Learn how to organize documents and photos in your personal digital filing system. Please bring own device for more hands on support and any passwords needed.

*at Glen Pine Pavilion*

Th	Oct 24	1–3 p.m.	1/\$2.50	162062
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**Technology: iPad and iPhone Basics (19+ yrs)**

**LOW COST**

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

*at Glen Pine Pavilion*

Th	Sep 26	1–3 p.m.	1/\$2.50	162060
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**Technology: Photography Using a Smartphone**

(19+ yrs) **LOW COST**

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

*at Glen Pine Pavilion*

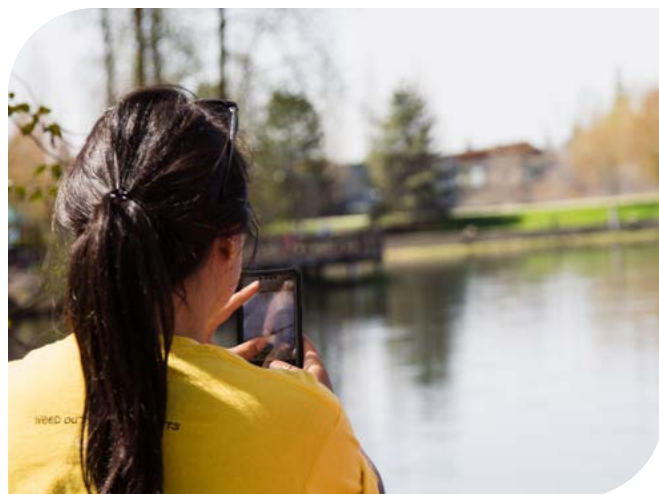
Th	Nov 28	1–3 p.m.	1/\$2.50	162067
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**Technology: Social Media Basics (19+ yrs) **LOW COST****

Learn how to use a variety of different websites and applications that help you share information, ideas, personal messages, pictures and videos. Topics discussed will include Facebook, Instagram, Twitter, Facetime and Whatsapp.

*at Glen Pine Pavilion*

Th	Dec 12	1–3 p.m.	1/\$2.50	162070
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**Technology: Tools for Travel (19+ yrs) **LOW COST****

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

*at Glen Pine Pavilion*

Th	Nov 14	1–3 p.m.	1/\$2.50	162065
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**Wellness: Eat to Feel Energized! (19+ yrs)**

Learn what the body needs in terms of nutrition in order to prevent those slumps and have sustained energy levels throughout the day.

*at Glen Pine Pavilion*

Tu	Oct 1	3:30 – 5 p.m.	1/\$11.55	161846
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**Wellness: Intermittent Fasting (19+ yrs)**

Join me to understand the concept of intermittent fasting, the myths around it and who can benefit the most from it. We will also discuss who it is not for and the right ways of doing it to get maximum benefit.

*at Glen Pine Pavilion*

Tu	Nov 26	3:30 – 5 p.m.	1/\$11.55	161848
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**Wellness: Love Your Heart! (19+ yrs)**

Cardiovascular conditions are among the top issues being faced today and most of them can be supported easily with the right nutrition and lifestyle strategies. Join this session to understand about cholesterol, fats and the foods that are majorly responsible for causing cardiovascular conditions.

*at Glen Pine Pavilion*

Tu	Oct 8	3:30 – 5 p.m.	1/\$11.55	161847
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## Performing Arts

### Dance: Ageless Ballet Moves (19+ yrs)

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

#### at Glen Pine Pavilion

M	Sep 16 – Oct 28	2:15 – 3:15 p.m.	5/\$47	161809
M	Nov 4 – Dec 16	2:15 – 3:15 p.m.	6/\$56.40	161811

### Dance: Argentine Tango Beginner (19+ yrs)

Learn fundamental elements 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	Oct 28 – Dec 9	7:15 – 8:15 p.m.	6/\$56.40	160652
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### Dance: Ballet Beginner (19+ yrs)

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

#### at Dogwood Pavilion

Tu	Sep 17 – Oct 29	4:45 – 5:45 p.m.	7/\$65.80	160725
Tu	Nov 5 – Dec 17	4:45 – 5:45 p.m.	7/\$65.80	160726

### Dance: Ballroom Beginner Workshop (19+ yrs)

Ballroom Beginner is an introduction or a refresher for partner dancing. Learn about lead, follow and timing through basic patterns in a fun and social environment. Each person in the couple/partner grouping must register. Solo dancers welcome.

#### at Glen Pine Pavilion

Th	Sep 19 – Oct 31	6:45 – 7:30 p.m.	7/\$49.35	161806
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### Dance: Ballroom Intermediate Workshop (19+ yrs)

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

#### at Glen Pine Pavilion

Th	Nov 7 – Dec 12	6:45 – 7:30 p.m.	6/\$42.30	161808
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### Dance: Bellydance Basics (19+ yrs)

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

#### at Glen Pine Pavilion

Tu	Sep 17 – Oct 29	5:15 – 6:15 p.m.	7/\$65.80	161885
Tu	Nov 5 – Dec 17	5:15 – 6:15 p.m.	7/\$65.80	161886

### Dance: Bellydance Beginner (19+ yrs)

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

#### at Dogwood Pavilion

W	Sep 18 – Oct 30	5 – 6 p.m.	7/\$65.80	160737
W	Nov 6 – Dec 18	5 – 6 p.m.	7/\$65.80	160738

### Dance: Bellydance Intermediate (19+ yrs)

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

#### at Glen Pine Pavilion

W	Sep 18 – Oct 30	7:45 – 8:45 p.m.	7/\$65.80	161887
W	Nov 6 – Dec 18	7:45 – 8:45 p.m.	7/\$65.80	161888

### Dance: Choreographed Bellydance (19+ yrs)

This class focuses on refining bellydance techniques through performance-style choreography while challenging stamina and perfecting execution of intricate moves. Recommended for intermediate and advanced dancers who have some performing experience and want to impress an audience.

#### at Glen Pine Pavilion

Tu	Sep 17 – Oct 29	7:45 – 8:45 p.m.	7/\$65.80	161895
Tu	Nov 5 – Dec 17	7:45 – 8:45 p.m.	7/\$65.80	161896

### Dance: Choreographed Jazz (19+ yrs)

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

#### at Glen Pine Pavilion

Th	Sep 19 – Oct 31	11 a.m. – 12 p.m.	7/\$65.80	161812
Th	Nov 7 – Dec 19	11 a.m. – 12 p.m.	7/\$65.80	161813



**Tell us how we did!**

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



**Dance: Contemporary (19+ yrs)**

In this contemporary class, we combine classical ballet and modern dance techniques. This class takes strong influence from both classical and popular music, and the movement is highly expressive. This adult dance is suitable for beginners with no dance experience.

*at Maillardville Community Centre*

Tu	Sep 17 – Oct 29	7 – 8 p.m.	7/\$59.85	162823
Tu	Nov 5 – Dec 10	7 – 8 p.m.	6/\$51.30	162824

**Dance: Hip Hop and Popping (19+ yrs)**

Learn beginner hip hop movements in this interactive dance program.

*at Maillardville Community Centre*

Su	Sep 15 – Oct 27	4:45 – 5:45 p.m.	7/\$69.30	162720
Su	Nov 3 – Dec 8	4:45 – 5:45 p.m.	6/\$59.40	162721

**Dance: Hip Hop Beginner (19+ yrs)**

Learn beginner hip hop movements in this interactive dance program.

*at Dogwood Pavilion*

Th	Sep 19 – Oct 31	7:15 – 8:15 p.m.	7/\$65.80	160742
Th	Nov 7 – Dec 19	7:15 – 8:15 p.m.	7/\$65.80	160743

**Dance: Line Dance All Levels (19+ yrs)**

Build on your line dancing foundations with our experienced instructor. Beginner line dancing experience is recommended.

*at Dogwood Pavilion*

Tu	Oct 1 – Oct 29	3:15 – 4:15 p.m.	5/\$47	160723
F	Oct 4 – Nov 1	2:15 – 3:15 p.m.	5/\$47	160744
Sa	Nov 2 – Nov 30	10:45 – 11:45 a.m.	4/\$37.60	160758
Tu	Nov 5 – Nov 26	3:15 – 4:15 p.m.	4/\$37.60	160724
F	Nov 8 – Nov 29	2:15 – 3:15 p.m.	4/\$37.60	160745

**Dance: Line Dance Beginner (19+ yrs)**

Learn basic line dancing steps across several musical genres with our experienced instructor.

*at Dogwood Pavilion*

Tu	Oct 1 – Oct 29	2 – 3 p.m.	5/\$47	160721
Sa	Oct 5 – Oct 26	10:45 – 11:45 a.m.	4/\$37.60	160757
Tu	Nov 5 – Nov 26	2 – 3 p.m.	4/\$37.60	160722

*at Glen Pine Pavilion*

M	Nov 4 – Dec 16	4:30 – 5:30 p.m.	6/\$56.40	161841
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**Dance: Salsa Beginner (19+ yrs)**

Have fun learning Salsa for the first time with an exciting and experienced instructor.

*at Maillardville Community Centre*

F	Sep 20 – Nov 1	5:30 – 6:30 p.m.	7/\$59.85	163269
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**Dance: Salsa Intermediate (19+ yrs)**

Have fun further developing your Salsa skills with an exciting and experienced instructor.

*at Maillardville Community Centre*

F	Nov 8 – Dec 13	5:30 – 6:30 p.m.	6/\$51.30	163270
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**Dance: Social Dance Beginner (19+ yrs)**

Have fun learning a variety of popular social dances such as Cha-Cha, Rumba, Swing, Waltz, and Foxtrot! Learn fundamental elements and nuances of leading and following in a supportive and friendly environment. Must register with a partner to learn lead and follow.

*at Dogwood Pavilion*

M	Oct 28 – Dec 9	6 – 7 p.m.	6/\$56.40	160651
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**Dance: Swing Beginner Workshop (19+ yrs)**

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

*at Dogwood Pavilion*

Sa	Dec 7	1:30 – 3:30 p.m.	1/\$18.80	160766
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**Dance: Tango Beginner Workshop (19+ yrs)**

It takes two to Tango! Have fun learning basic steps to a short choreography in this engaging workshop. Each person in the couple/partner grouping must register.

*at Dogwood Pavilion*

Sa	Sep 21	1:30 – 3:30 p.m.	1/\$18.80	160764
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 **Tell us how we did!**  
[coquitlam.ca/ProgramEvaluation](http://coquitlam.ca/ProgramEvaluation)

## Oops! We cancelled it...

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

### Dance: Waltz Beginner Workshop (19+ yrs)

Waltz dancing for two! Have fun learning basic steps to a short choreography in this engaging workshop. Each person in the couple/partner grouping must register.

#### at Dogwood Pavilion

Sa	Oct 19	1:30 – 3:30 p.m.	1/\$18.80	160765
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### Drama: Introduction to Improv Theatre (19+ yrs)

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

#### at Glen Pine Pavilion

M	Sep 16 – Oct 28	5 – 6:30 p.m.	5/\$67.50	161821
M	Nov 4 – Dec 16	5 – 6:30 p.m.	6/\$81	161823

### Music: Guitar Beginner (19+ yrs)

Learn the basics of guitar such as chords, strumming and how to read tablature. Please bring your own guitar.

#### at Dogwood Pavilion

M	Sep 16 – Oct 28	7:15 – 8:15 p.m.	5/\$37.75	163920
M	Nov 4 – Dec 16	7:15 – 8:15 p.m.	6/\$45.30	163921

#### at Glen Pine Pavilion

Su	Sep 15 – Oct 27	11 a.m. – 12 p.m.	7/\$52.85	162094
Su	Nov 3 – Dec 15	11 a.m. – 12 p.m.	7/\$52.85	162095

### Music: Guitar Beginner (19+ yrs)

Learn the basics of guitar such as chords, strumming and how to read tabs. Please bring your own guitar.

#### at Maillardville Community Centre

Th	Sep 19 – Oct 24	7:15 – 8:15 p.m.	6/\$45.30	162979
Th	Nov 7 – Dec 12	7:15 – 8:15 p.m.	6/\$45.30	162981

### Music: Guitar Jam (19+ yrs)

An evening of jamming with your guitar and others who enjoy playing music together. Please bring your own guitar and be able to play and or sing comfortably.

#### at Glen Pine Pavilion

Tu	Sep 17 – Oct 29	7:30 – 8:30 p.m.	7/\$52.85	162097
Tu	Nov 5 – Dec 17	7:30 – 8:30 p.m.	7/\$52.85	162100

### Music: Introduction to Voice Singing (19+ yrs)

Singing is the act of creating musical sounds with the voice. If you enjoy music and want to learn techniques on how to use your voice effectively to sing, the help of a choir conductor to introduce you to basics such as breathing, posture and control will prove to be inspiring to sing that song you love.

#### at Glen Pine Pavilion

Su	Sep 15 – Oct 27	12:15 – 1:45 p.m.	5/\$52.85	161899
Su	Nov 3 – Dec 15	12:15 – 1:45 p.m.	6/\$52.85	161904

### Music: Ukulele Beginner (19+ yrs)

Learn chords and strums, working towards a set of songs by the end of the course. Please bring your own ukulele

#### at Glen Pine Pavilion

M	Sep 16 – Oct 28	7 – 8 p.m.	5/\$37.75	161883
M	Nov 4 – Dec 16	7 – 8 p.m.	6/\$45.30	161884

### Music: Ukulele Intermediate (19+ yrs)

Building on the basics of chords and strumming, you will further expand your skill set and work towards a new set of songs by the end of the course. Please bring your own ukulele.

#### at Glen Pine Pavilion

Tu	Sep 17 – Oct 29	6:15 – 7:15 p.m.	7/\$52.85	163592
Tu	Nov 5 – Dec 17	6:15 – 7:15 p.m.	7/\$52.85	163593

## Sports and Active Play

### Archery (19+ yrs)

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

#### at Pinetree Community Centre

Su	Sep 15 – Oct 6	9 – 10 a.m.	4/\$60	161448
Su	Sep 15 – Oct 6	11:15 a.m. – 12:15 p.m.	4/\$60	161454
Su	Oct 13 – Nov 10	9 – 10 a.m.	4/\$60	161449
Su	Oct 13 – Nov 10	11:15 a.m. – 12:15 p.m.	4/\$60	161455
Su	Nov 17 – Dec 8	9 – 10 a.m.	4/\$60	161450
Su	Nov 17 – Dec 8	11:15 a.m. – 12:15 p.m.	4/\$60	161456

### Badminton: Beginner (19+ yrs)

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

#### at Centennial Activity Centre

Su	Sep 22 – Oct 13	8:45 – 10:15 a.m.	4/\$59.40	160640
Su	Oct 20 – Nov 17	8:45 – 10:15 a.m.	4/\$59.40	160641
Su	Nov 24 – Dec 15	8:45 – 10:15 a.m.	4/\$59.40	160642

**Badminton: Skills and Drills (19+ yrs)**

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

*at Maillardville Community Centre*

W	Sep 18 – Oct 30	5:30 – 6:30 p.m.	7/\$69.30	164534
W	Nov 6 – Dec 11	5:30 – 6:30 p.m.	6/\$59.40	164535

*at Pinetree Community Centre*

Su	Sep 15 – Oct 27	3:30 – 5 p.m.	7/\$103.95	161445
Su	Nov 3 – Dec 8	3:30 – 5 p.m.	6/\$89.10	161446

**Pickleball: Beginner (19+ yrs)**

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

*at Poirier Forum*

Tu	Sep 17 – Oct 8	11 a.m. – 12:30 p.m.	4/\$59.40	160727
W	Sep 18 – Oct 9	11 a.m. – 12:30 p.m.	4/\$59.40	160730
Th	Sep 19 – Oct 10	11 a.m. – 12:30 p.m.	4/\$59.40	161050
Tu	Oct 15 – Nov 12	11 a.m. – 12:30 p.m.	5/\$74.25	160728
W	Oct 16 – Nov 13	11 a.m. – 12:30 p.m.	5/\$74.25	160731
Th	Oct 17 – Nov 14	11 a.m. – 12:30 p.m.	5/\$74.25	161051
Tu	Nov 19 – Dec 17	11 a.m. – 12:30 p.m.	5/\$74.25	160729
W	Nov 20 – Dec 18	11 a.m. – 12:30 p.m.	5/\$74.25	160732
Th	Nov 21 – Dec 19	11 a.m. – 12:30 p.m.	5/\$74.25	161052

**Pickleball: Learn to Play (16+ yrs)**

Learn the fastest growing sport in North America. Lessons include game knowledge and skill development for beginner players.

*at Maillardville Community Centre*

M	Sep 16 – Oct 28	3:30 – 5 p.m.	5/\$74.25	163331
M	Nov 4 – Dec 9	3:30 – 5 p.m.	5/\$74.25	163332

**Pickleball: Skills and Drills (16+ yrs)**

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

*at Maillardville Community Centre*

M	Sep 16 – Oct 28	5:15 – 6:45 p.m.	5/\$74.25	163337
M	Nov 4 – Dec 9	5:15 – 6:45 p.m.	5/\$74.25	163338

**Pickleball: Skills and Drills (19+ yrs)**

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

*at Centennial Activity Centre*

Su	Sep 22 – Oct 13	10:45 a.m. – 12:15 p.m.	4/\$59.40	160643
Su	Oct 20 – Nov 17	10:45 a.m. – 12:15 p.m.	4/\$59.40	160645
Su	Nov 24 – Dec 15	10:45 a.m. – 12:15 p.m.	4/\$59.40	160646

*at Pinetree Community Centre*

Sa	Oct 12 – Nov 9	11:30 a.m. – 12:45 p.m.	5/\$61.75	164049
Sa	Nov 16 – Dec 14	11:30 a.m. – 12:45 p.m.	5/\$61.75	164050

*at Poirier Forum*

W	Sep 18 – Oct 9	12:45 – 2:15 p.m.	4/\$59.40	160733
W	Oct 16 – Nov 13	12:45 – 2:15 p.m.	5/\$74.25	160734
W	Nov 20 – Dec 18	12:45 – 2:15 p.m.	5/\$74.25	160735

**Volleyball: Beginner (19+ yrs)**

Learn the foundations of volleyball. Lessons include basic skills and movements that introduce you to the game.

*at Centennial Activity Centre*

Su	Sep 22 – Oct 27	5:30 – 6:30 p.m.	6/\$59.40	160649
Su	Nov 3 – Dec 15	5:30 – 6:30 p.m.	6/\$59.40	160650

**Volleyball: Skills and Drills (16+ yrs)**

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

*at Maillardville Community Centre*

Th	Sep 19 – Oct 24	5:45 – 6:45 p.m.	6/\$59.40	164538
Th	Nov 7 – Dec 12	5:45 – 6:45 p.m.	6/\$59.40	164539



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



## Visual Arts

**Art Studio Sampler (19+ yrs)**

Join us for this fun art studio sampler class to try a little of everything. Try your hand at drawing, acrylic and watercolour painting and see what ignites your passion. All supplies included.

at *Dogwood Pavilion*

W	Sep 25 – Oct 16	9:30 – 11:30 a.m.	4/\$61.60	161668
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**Crafts: Autumn Foliage Clay Workshop (16+ yrs)**

Whether you're a beginner or have some experience, this one day course offers a creative and relaxing environment to explore hand-building techniques while developing your skills in shaping and texturing to create a miniature clay scene.

at *Maillardville Community Centre*

Th	Oct 3	6:30 – 8:30 p.m.	1/\$19.20	163362
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**Crafts: Autumn Solstice Lanterns (19+ yrs)**

Using very simple materials (and upcycling old materials!) create exquisite lanterns to celebrate the Autumn Solstice. Participants are required to bring supplies listed on the receipt.

at *Glen Pine Pavilion*

Tu	Sep 17 – Sep 24	3:30 – 5 p.m.	2/\$23.20	162652
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**Crafts: Christmas Ornaments Clay Workshop**

(16+ yrs)

Whether you're a beginner or have some experience, this one day course offers a creative and relaxing environment to explore hand-building techniques while developing your skills in shaping and texturing to create a miniature clay scene.

at *Maillardville Community Centre*

Th	Dec 5	6:30 – 8:30 p.m.	1/\$19.20	163373
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**Crafts: Fall Flowers and Animals Clay Workshop**

(16+ yrs)

Whether you're a beginner or have some experience, this one day course offers a creative and relaxing environment to explore hand-building techniques while developing your skills in shaping and texturing to create a miniature clay scene.

at *Maillardville Community Centre*

Th	Sep 19	6:30 – 8:30 p.m.	1/\$19.20	163359
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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.

**Crafts: Fall Vegetable Harvest Clay Workshop**

(16+ yrs)

Whether you're a beginner or have some experience, this one day course offers a creative and relaxing environment to explore hand-building techniques while developing your skills in shaping and texturing to create a miniature clay scene.

at *Maillardville Community Centre*

Th	Nov 7	6:30 – 8:30 p.m.	1/\$19.20	163368
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**Crafts: Fish and Sea Coral Clay Workshop (16+ yrs)**

Whether you're a beginner or have some experience, this one day course offers a creative and relaxing environment to explore hand-building techniques while developing your skills in shaping and texturing to create a miniature clay scene.

at *Maillardville Community Centre*

Th	Sep 12	6:30 – 8:30 p.m.	1/\$19.20	163357
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**Crafts: Garden Gnomes Clay Workshop (16+ yrs)**

Whether you're a beginner or have some experience, this one day course offers a creative and relaxing environment to explore hand-building techniques while developing your skills in shaping and texturing to create a miniature clay scene.

at *Maillardville Community Centre*

Th	Nov 21	6:30 – 8:30 p.m.	1/\$19.20	163370
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**Crafts: Harvest/Fall Crafting Workshop (19+ yrs)**

Enjoy an evening for crafting something special for your home or as a gift to welcome the harvest or Fall season. All supplies provided.

at *Glen Pine Pavilion*

Th	Sep 26	6:30 – 8:30 p.m.	1/\$21.10	162177
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**Crafts: Haunted House Clay Workshop (16+ yrs)**

Whether you're a beginner or have some experience, this one day course offers a creative and relaxing environment to explore hand-building techniques while developing your skills in shaping and texturing to create a miniature clay scene.

at *Maillardville Community Centre*

Th	Oct 17	6:30 – 8:30 p.m.	1/\$19.20	163364
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**All Abilities Welcome!**

Visit page 3 for details



**Crafts: Holiday Crafting Workshop (19+ yrs)**

Welcome the holiday season with an evening of crafting for your home or to gift. Get into the spirit of joy by creating something from your heart. All supplies provided.

*at Glen Pine Pavilion*

Th	Dec 12	6:30 – 8:30 p.m.	1/\$21.10	162183
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**Crafts: Holiday Wooden Sign Painting Workshop (19+ yrs)**

Make a beautiful painting on a wood sign to display or gift this holiday season. All supplies provided.

*at Glen Pine Pavilion*

Th	Dec 19	6:30 – 8:30 p.m.	1/\$21.10	161755
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**Crafts: Igloo on Ice Clay Workshop (16+ yrs)**

Whether you're a beginner or have some experience, this one day course offers a creative and relaxing environment to explore hand-building techniques while developing your skills in shaping and texturing to create a miniature clay scene.

*at Maillardville Community Centre*

Th	Nov 28	6:30 – 8:30 p.m.	1/\$19.20	163371
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**Crafts: Introduction to Weaving (19+ yrs)**

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

*at Dogwood Pavilion*

F	Oct 18 – Oct 25	10 a.m. – 12 p.m.	2/\$17.40	161659
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**Crafts: Macramé Basics (19+ yrs)**

Learn Macramé Basics! Macramé is a form of textile produced using knotting (rather than weaving or knitting) techniques. Participants are required to bring supplies listed on the receipt.

*at Glen Pine Pavilion*

Th	Sep 26	6:30 – 8:30 p.m.	1/\$11.60	161745
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**Crafts: Macramé Key Chains (19+ yrs)**

Learn to make two designs on Macramé key chains – one for you and one for a gift! Macramé is a form of textile produced using knotting (rather than weaving or knitting) techniques. Participants are required to bring supplies listed on the receipt.

*at Glen Pine Pavilion*

Th	Nov 14	6:30 – 8:30 p.m.	1/\$11.60	161741
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**Crafts: Picnic at the Park Clay Workshop (16+ yrs)**

Whether you're a beginner or have some experience, this one day course offers a creative and relaxing environment to explore hand-building techniques while developing your skills in shaping and texturing to create a miniature clay scene.

*at Maillardville Community Centre*

Th	Sep 26	6:30 – 8:30 p.m.	1/\$19.20	163361
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**Crafts: Pumpkin Cuties Clay Workshop (16+ yrs)**

Whether you're a beginner or have some experience, this one day course offers a creative and relaxing environment to explore hand-building techniques while developing your skills in shaping and texturing to create a miniature clay scene.

*at Maillardville Community Centre*

Th	Oct 10	6:30 – 8:30 p.m.	1/\$19.20	163363
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**Crafts: Snowman Winter Scene Clay Workshop (16+ yrs)**

Whether you're a beginner or have some experience, this one day course offers a creative and relaxing environment to explore hand-building techniques while developing your skills in shaping and texturing to create a miniature clay scene.

*at Maillardville Community Centre*

Th	Dec 12	6:30 – 8:30 p.m.	1/\$19.20	163374
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 **Tell us how we did!**  
[coquitlam.ca/ProgramEvaluation](http://coquitlam.ca/ProgramEvaluation)

### Crafts: Spooky Halloween Door Clay Workshop (16+ yrs)

Whether you're a beginner or have some experience, this one day course offers a creative and relaxing environment to explore hand-building techniques while developing your skills in shaping and texturing to create a miniature clay scene.

at Maillardville Community Centre

Th	Oct 24	6:30 – 8:30 p.m.	1/\$19.20	163366
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### Crafts: Woodland Cottage Clay Workshop (16+ yrs)

Whether you're a beginner or have some experience, this one day course offers a creative and relaxing environment to explore hand-building techniques while developing your skills in shaping and texturing to create a miniature clay scene.

at Maillardville Community Centre

Th	Nov 14	6:30 – 8:30 p.m.	1/\$19.20	163369
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### Digital Art: Introduction to Procreate® (19+ yrs)

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

at Glen Pine Pavilion

Th	Nov 7	6:30 – 8:30 p.m.	1/\$11.60	161751
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### Drawing: Beginner (19+ yrs)

This course focuses on the fundamentals of drawing. Through black and white drawings, we will work on emphasizing the rendering of light, shadow and more. 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	Sep 16 – Nov 4	11:45 a.m. – 1:45 p.m.	6/\$69.60	161157
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Th	Sep 19 – Oct 24	6 – 8 p.m.	6/\$69.60	161660
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at Glen Pine Pavilion

Su	Sep 15 – Oct 27	12:15 – 1:45 p.m.	7/\$60.90	161782
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### Drawing: Botanicals (19+ yrs)

This course focuses on the fundamentals of drawing botanicals – flowers or plants. Through black and white drawings, we will work on emphasizing the rendering of light, shadow and skills that allow our drawings to flourish. Participants are required to bring supplies listed on the receipt.

at Glen Pine Pavilion

F	Nov 8 – Dec 20	11:30 a.m. – 1 p.m.	7/\$60.90	161734
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### Drawing: Coloured Pencils (19+ yrs)

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

at Dogwood Pavilion

M	Sep 16 – Nov 4	9 – 11:30 a.m.	6/\$87	161155
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W	Nov 6 – Dec 18	9:30 – 11:30 a.m.	7/\$81.20	161670
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### Drawing: Coloured Pencils Portraits (19+ yrs)

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

at Dogwood Pavilion

M	Nov 18 – Dec 16	9 – 11:30 a.m.	5/\$72.50	161156
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### Drawing: Drawing All-levels (19+ yrs)

This course is for all levels of drawing skills focusing on practicing techniques of drawing. Participants are required to bring supplies listed on the receipt.

at Glen Pine Pavilion

Tu	Sep 17 – Oct 29	9:30 – 11 a.m.	7/\$60.90	161790
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### Drawing: Drawing Basics with Pencil, Charcoal and Pen (19+ yrs)

This course focuses on the fundamentals of drawing with pencils, charcoals and pen. Working on skills emphasizing the rendering of light, shadow, perspective and more. Participants are required to bring supplies listed on the receipt.

at Glen Pine Pavilion

Su	Nov 3 – Dec 15	12:15 – 1:45 p.m.	7/\$60.90	161788
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Tu	Nov 5 – Dec 17	9:30 – 11 a.m.	7/\$60.90	161791
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### Drawing: Drawing Portraits (19+ yrs)

This course focuses on the fundamentals of drawing portraits. Participants are required to bring supplies listed on the receipt.

at Glen Pine Pavilion

Th	Nov 7 – Dec 19	9 – 11 a.m.	7/\$81.20	162698
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**All Abilities Welcome!**

Visit page 3 for details



**Drawing: Hand Lettering (19+ yrs)**

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

at *Glen Pine Pavilion*

Th	Sep 19 – Oct 31	9 – 11 a.m.	6/\$69.60	162687
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**Drawing: Intermediate (19+ yrs)**

This course focuses on further developing techniques of drawing. Through black and white drawings, we will work on emphasizing the rendering of light, shadow and more. 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	Nov 18 – Dec 16	11:45 a.m. – 1:45 p.m.	5/\$58	161158
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**Drawing: Movement in the Human Body (19+ yrs)**

This course focuses on the fundamentals of drawing movement in the human body. Participants are required to bring supplies listed on the receipt.

at *Glen Pine Pavilion*

F	Sep 20 – Nov 1	11:30 a.m. – 1 p.m.	7/\$60.90	161733
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**Drawing: Nature Journaling (19+ yrs)**

Learn to draw plants, animals and natural scenes from real life and from photographs. This course focuses on mindfulness and the participant's connection to nature through drawing. Projects will have lots of personal freedom as emphasis is on using art to increase mental wellbeing.

at *Maillardville Community Centre*

W	Sep 18 – Oct 30	10 a.m. – 12 p.m.	7/\$81.20	162890
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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.

**Drawing: Scratchboard Art (19+ yrs)**

Create unique, detailed drawings using scratchboard paper and simple tools. By scratching through the black surface, reveal the dramatic white surface beneath. Participants are required to bring supplies listed on the receipt.

at *Glen Pine Pavilion*

Tu	Oct 15 – Oct 29	3:30 – 5 p.m.	3/\$26.10	162669
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**Drawing: Try It Drawing Beginner (19+ yrs)**

**LOW COST**

Join us for this special try it class before the start of the next set of classes. Meet the instructor and learn what supplies will be needed. Try a sample art project together as well.

at *Dogwood Pavilion*

Th	Sep 12	6 – 8 p.m.	1/\$2	162266
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**Drawing: Urban Sketching (19+ yrs)**

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

at *Glen Pine Pavilion*

Th	Nov 7 – Dec 19	11 a.m. – 1:30 p.m.	7/\$81.20	162696
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**Drawing: Water-Soluble Graphite and Inks (19+ yrs)**

Draw with materials that dissolve in water! This introductory class will show you how to expand your creativity with the magic of soluble graphite and coloured inks. Participants are required to bring supplies listed on the receipt.

at *Glen Pine Pavilion*

Tu	Sep 24 – Oct 29	11:30 a.m. – 1 p.m.	6/\$52.20	162662
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**Drawing: Water-Soluble Pencils, Crayons and Pastels (19+ yrs)**

Explore the expanding world of water soluble materials such as pencil crayons, crayons and pastels. Participants are required to bring supplies listed on the receipt.

at *Glen Pine Pavilion*

Tu	Nov 5 – Dec 17	11:30 a.m. – 1 p.m.	7/\$60.90	162664
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**Drawing: Zentangle Designs (19+ yrs)**

Science has shown that any creative activity (even doodling) is good for our brains! Zentangle combines beautiful graphic design techniques with a calming, meditative process. Participants are required to bring supplies listed on the receipt.

*at Glen Pine Pavilion*

Tu	Nov 5 – Nov 19	3:30 – 5 p.m.	3/\$26.10	162671
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**Holiday Workshop: Watercolour Holiday Cards (19+ yrs)**

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

*at Maillardville Community Centre*

Tu	Dec 17	6 – 8 p.m.	1/\$11.60	163650
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**Knitting (19+ yrs)**

Join us for knitting class to learn to make things from yarn. Knitting is fun, creative and has many health benefits. Presented by a volunteer from the Dogwood Variety Crafts group who would like to share her skills. Please bring size four and six knitting needles if possible and feel free to bring knitting projects you need help with. Some supplies included.

*at Dogwood Pavilion*

M	Oct 7 – Nov 25	10 – 11:30 a.m.	6/\$39.30	160720
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**Mixed Media: Art Explorations (19+ yrs)**

Explore a variety of materials in the world of drawing, painting and collage! Graphite, ink, pastels, water-soluble paints ... you never know what we'll get up to in this introductory mini-series! All supplies included.

*at Dogwood Pavilion*

Sa	Nov 2 – Nov 16	9:30 – 11:30 a.m.	3/\$63.30	162541
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**Mixed Media: Introduction to Scratch Art (19+ yrs)**

Join us for this scratch art workshop that includes all supplies. Create unique, detailed drawings using scratchboard paper and simple tools. Feel like a kid again as you make anything from abstract designs to realistic images.

*at Dogwood Pavilion*

Sa	Nov 30 – Dec 14	9:30 – 11:30 a.m.	3/\$63.30	162539
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**Mixed Media: Portraits (19+ yrs)**

Exploring mixed-media art through drawing and painting portraits in a variety of art styles including Realistic, Cubism, Impressionism, Cartoonish, Manga, Abstract, and Self-portrait. Supply list can be found on the receipt.

*at Dogwood Pavilion*

Su	Sep 15 – Oct 27	9:15 – 10:45 a.m.	7/\$60.90	163904
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**Mixed Media: Sketch and Paint (19+ yrs)**

In this beginner level course participants will explore different mediums with a focus on sketching and painting. Explore different techniques and materials in fun relaxed atmosphere. Supply list can be found on the receipt.

*at Dogwood Pavilion*

Sa	Sep 21 – Oct 26	9:30 – 11:30 a.m.	6/\$69.60	161661
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**Mixed Media: Try It Portraits (19+ yrs) LOW COST**

Join us for this special try it session to learn more about the Mixed Media Portrait class and meet the instructor. Learn what supplies will be needed and try out a sample art project in a fun relaxed atmosphere.

*at Dogwood Pavilion*

Su	Sep 8	9:15 – 10:45 a.m.	1/\$2	164490
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**Mixed Media: Try It Sketch and Paint (19+ yrs)**

LOW COST

Join us for this special try it session to learn more about the Sketch and Paint class and meet the instructor. Learn what supplies will be needed and try out a sample art project in a fun relaxed atmosphere.

*at Dogwood Pavilion*

Sa	Sep 14	9:30 – 11:30 a.m.	1/\$2	162267
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**All Abilities Welcome!**

Visit page 3 for details

**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.

**Mixed Media: Winter Solstice Tissue Mache Lanterns (19+ yrs)**

Using very simple materials (and upcycling old materials!) create exquisite lanterns to celebrate the winter solstice by making tissue mache lanterns. All supplies included.

at Dogwood Pavilion

Sa	Dec 21	9:30 – 11:30 a.m.	1/\$21.10	162536
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**Painting: Acrylic All Levels (19+ yrs)**

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

at Dogwood Pavilion

W	Sep 18 – Oct 30	12:30 – 3 p.m.	7/\$101.50	161546
W	Nov 6 – Dec 18	12:30 – 3 p.m.	7/\$101.50	161547

**Painting: Acrylic Basics (19+ yrs)**

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

Sa	Sep 21 – Oct 12	1 – 3 p.m.	4/\$46.40	162680
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**Painting: Acrylic Beginner (19+ yrs)**

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

at Dogwood Pavilion

Th	Sep 19 – Oct 31	9:30 – 11:30 a.m.	7/\$81.20	161548
Th	Nov 7 – Dec 19	9:30 – 11:30 a.m.	7/\$81.20	161587

at Glen Pine Pavilion

Tu	Sep 17 – Oct 29	6:30 – 8:30 p.m.	7/\$81.20	161728
Sa	Sep 21 – Nov 2	9:30 – 11:30 a.m.	7/\$81.20	161759
Tu	Nov 5 – Dec 17	6:30 – 8:30 p.m.	7/\$81.20	161730
Sa	Nov 9 – Dec 28	9:30 – 11:30 a.m.	7/\$81.20	161760

**Painting: Acrylic Beyond the Basics (19+ yrs)**

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

at Glen Pine Pavilion

Tu	Sep 17 – Oct 29	9 – 11:30 a.m.	7/\$101.50	161756
Tu	Nov 5 – Dec 17	9 – 11:30 a.m.	7/\$101.50	161757

**Painting: Acrylic Effective Landscape Compositions (19+ yrs)**

This beginner step by step class is an excellent introduction to acrylic painting. It will cover essential skills like colour mixing, proportion and composition as you paint. Over two sessions you will complete a 11x14 painting. All supplies provided.

at Glen Pine Pavilion

M	Oct 21 – Oct 28	9 – 11 a.m.	2/\$42.20	161765
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**Painting: Acrylic Floral Painting (19+ yrs)**

This beginner step by step class is an excellent introduction to acrylic painting. It will cover essential skills like colour mixing, proportion and composition as you paint. Over two sessions you will complete a 11x14 painting. All supplies provided.

at Glen Pine Pavilion

M	Nov 18 – Nov 25	9 – 11 a.m.	2/\$42.20	161766
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**Painting: Acrylic Paint Night – Autumn Moon (19+ yrs)**

Join us for a fun acrylic painting night with the fall theme of the autumn moon. You will leave with a completed artwork to decorate your home or gift with love. Supplies are included.

at Dogwood Pavilion

W	Sep 25	6 – 8 p.m.	1/\$21.10	160913
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**Painting: Acrylic Paint Night – Pumpkins (19+ yrs)**

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

at Dogwood Pavilion

Tu	Oct 8	6 – 8 p.m.	1/\$19.20	160681
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 **Tell us how we did!**  
coquitlam.ca/ProgramEvaluation





### Painting: Acrylic Paint Night – Sunflowers (19+ yrs)

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

at Dogwood Pavilion

Tu	Sep 17	6 – 8 p.m.	1/\$21.10	160680
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### Painting: Acrylic Painting with Bold Bright Colours (19+ yrs)

Join us for a unique acrylic painting class which will emphasize using bold, bright, expressive colours with instructor, Danica N. Over two sessions you will complete a 11x14 painting. All supplies provided.

at Glen Pine Pavilion

Th	Oct 3 – Oct 10	6:30 – 8:30 p.m.	2/\$42.20	161744
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### Painting: Acrylic Painting with Bold Bright Colours – Fall Leaves (19+ yrs)

Join us for a unique acrylic painting class which will emphasize using bold, bright, expressive colours with the theme of colourful fall leaves. Over two sessions you will complete a 11x14 painting. All supplies provided.

at Dogwood Pavilion

W	Oct 23 – Oct 30	6 – 8 p.m.	2/\$42.20	160914
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### Painting: Acrylic Texture Mediums (19+ yrs)

Using various texture mediums, tools and techniques, you can take acrylic painting to a whole new level. From smooth, flowing shapes to dramatic peaks and valley, texture mediums are fantastic for realism and abstraction. The key is: prepare to have fun! Participants are required to bring supplies listed on the receipt.

at Dogwood Pavilion

Th	Nov 7 – Dec 19	6 – 8 p.m.	7/\$81.20	161664
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### Painting: Acrylic (19+ yrs)

This beginner step by step class is an excellent introduction to acrylic painting. It will cover essential skills like colour mixing, proportion and composition as you paint. Over two sessions you will complete a 11x14 painting. All supplies provided.

at Glen Pine Pavilion

Westcoast Forest Scene

M	Sep 16 – Sep 23	9 – 11 a.m.	2/\$42.20	161762
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Winter Wonderland Scene

M	Dec 2 – Dec 9	9 – 11 a.m.	2/\$42.20	161768
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### Painting: Colour Theory for Watercolour Painting (19+ yrs)

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 Glen Pine Pavilion

Th	Sep 19 – Oct 31	11 a.m. – 1:30 p.m.	6/\$69.60	162688
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### Painting: Holiday Paint Night (19+ yrs)

Join us for a holiday theme paint night using acrylic paint on canvas. Step by step instructions provided in a fun relaxed atmosphere. Supplies included.

at Dogwood Pavilion

Tu	Dec 10	6 – 8 p.m.	1/\$21.10	161672
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**All Abilities Welcome!**

Visit page 3 for details

**Painting: Holiday Painted Porch Sign (19+ yrs)**

Join us for a special class painting a holiday porch sign with a stenciled message. You will leave with a completed artwork to decorate your home or gift with love. Supplies are included.

*at Dogwood Pavilion*

W Nov 27 5:45 – 8:15 p.m. 1/\$31.65 160915

**Painting: Holiday Plank Painting Workshop (19+ yrs)**

Make a beautiful painting on a wood plank to display or gift this holiday season. You will leave with a completed piece. All supplies will be included.

*at Dogwood Pavilion*

W Dec 4 6 – 8 p.m. 1/\$21.10 160916

**Painting: Ink Wash Painting Beginner (19+ yrs)**

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

*at Glen Pine Pavilion*

W Sep 18 – Oct 30 6:30 – 8:30 p.m. 7/\$81.20 161793

**Painting: Introduction to Acrylic Texture Mediums (19+ yrs)**

Using various texture mediums, tools and techniques, you can take acrylic painting to a whole new level. From smooth, flowing shapes to dramatic peaks and valley, texture mediums are fantastic for realism and abstraction. Participants are required to bring supplies listed on the receipt.

*at Glen Pine Pavilion*

Tu Dec 3 – Dec 17 3:30 – 5:30 p.m. 3/\$34.80 162673

**Painting: Introduction to Ink Wash Painting (19+ yrs)**

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

*at Dogwood Pavilion*

F Sep 20 – Oct 11 10 a.m. – 12 p.m. 4/\$84.40 161649



**Tell us how we did!**

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

**Painting: Intuitive Painting to Music (19+ yrs)**

This beginner step by step class is an excellent introduction to acrylic painting with music. It will cover essential skills like colour mixing, proportion and composition as you paint. Over one sessions you will complete a 11x14 painting. All supplies provided.

*at Glen Pine Pavilion*

Th Oct 24 6:30 – 8:30 p.m. 1/\$21.10 161761

**Painting: Social Painting – Fall Leaves (19+ yrs)**

Create a painting highlighting the colours and leaves of the beautiful fall season. In this workshop, participants will learn how to mix acrylic colours and paint autumn leaves, then highlight with a gel pen.

*at Glen Pine Pavilion*

Th Sep 19 6:30 – 8:30 p.m. 1/\$21.10 161736

**Painting: Social Painting – Halloween Fun (19+ yrs)**

Create a Halloween-themed painting on to decorate your home. Participants will work on a mansion haunted by playful ghouls. Mix acrylic paints to create those well-loved Halloween colours, learn to create silly expressions on the ghosts, and more.

*at Glen Pine Pavilion*

Th Oct 17 6:30 – 8:30 p.m. 1/\$21.10 161735

**Painting: Try It Introduction to Ink Wash Painting (19+ yrs) LOW COST**

Join us to meet the instructor and learn what this class will be all about. Try out a sample of Asian-style ink wash painting. All supplies provided.

*at Dogwood Pavilion*

F Sep 13 10 – 11:30 a.m. 1/\$2 162265

**Painting: Watercolour (19+ yrs)**

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

*at Maillardville Community Centre*

Tu Sep 17 – Oct 29 6 – 8 p.m. 7/\$81.20 162831

W Nov 6 – Dec 11 10 a.m. – 12 p.m. 6/\$69.60 162902

**Painting: Watercolour Basics (19+ yrs)**

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

*at Dogwood Pavilion*

Sa	Oct 19 – Nov 9	1–3 p.m.	4/\$46.40	162682
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**Painting: Watercolour Basics Fall Theme (19+ yrs)**

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

*at Glen Pine Pavilion*

Su	Sep 15 – Oct 27	10:30 a.m. – 12 p.m.	7/\$60.90	161774
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**Painting: Watercolour Basics Winter Theme (19+ yrs)**

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

*at Glen Pine Pavilion*

Su	Nov 3 – Dec 15	10:30 a.m. – 12 p.m.	7/\$60.90	161807
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**Painting: Watercolour Beginner (19+ yrs)**

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

*at Dogwood Pavilion*

Tu	Sep 17 – Oct 22	12:30 – 3 p.m.	6/\$87	162261
Th	Sep 19 – Oct 24	12:30 – 3 p.m.	6/\$87	162263
Tu	Nov 5 – Dec 10	12:30 – 3 p.m.	6/\$87	162262
Th	Nov 7 – Dec 12	12:30 – 3 p.m.	6/\$87	162264

*at Glen Pine Pavilion*

F	Sep 20 – Nov 1	9 – 11 a.m.	7/\$81.20	161731
W	Nov 6 – Dec 18	6:30 – 8:30 p.m.	7/\$81.20	161797
F	Nov 8 – Dec 20	9 – 11 a.m.	7/\$81.20	161732

**Painting: Watercolour Birds (19+ yrs)**

Learn to create different painting effects with watercolour while focusing on birds as a subject matter. We will practice timing for water control in order to achieve the different “looks” this versatile medium is capable of. Participants are required to bring supplies listed on the receipt.

*at Glen Pine Pavilion*

Th	Nov 21 – Dec 12	6:30 – 8:30 p.m.	4/\$46.40	161737
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**Painting: Watercolour Intermediate (19+ yrs)**

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

*at Dogwood Pavilion*

Tu	Sep 17 – Oct 22	9:30 a.m. – 12 p.m.	6/\$87	161544
Tu	Nov 5 – Dec 10	9:30 a.m. – 12 p.m.	6/\$87	161545

**Painting: Winter Solstice Lantern (19+ yrs)**

Learn to paint with acrylic on a glass surface and transform a wine bottle into a beautiful decorative lantern to celebrate the winter solstice. Finish the lantern with fairy lights inside to create a beautiful glow. Supplies included.

*at Dogwood Pavilion*

Tu	Dec 17	6 – 8 p.m.	1/\$21.10	161588
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**Photography: Beginner Photography (19+ yrs)**

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

*at Dogwood Pavilion*

Sa	Sep 14 – Oct 12	12:30 – 2 p.m.	4/\$31.60	162207
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**Woodcarving Beginner (19+ yrs)**

Learn new skills to create a variety of woodcarvings such as animals or caricatures. All supplies provided including small pieces of wood.

at Dogwood Pavilion

W	Sep 18 – Oct 30	6 – 8 p.m.	7/\$81.20	162134
W	Nov 6 – Dec 18	6 – 8 p.m.	7/\$81.20	162135

**Woodcarving Intermediate (19+ yrs)**

Further develop carving skills in this intermediate level class continuing to learn more techniques to carve animals, caricatures and relief panels. Please take beginner class prior to this intermediate class. Supplies provided including a standard size piece of wood.

at Dogwood Pavilion

W	Sep 18 – Oct 30	1:30 – 3:30 p.m.	7/\$84	162129
W	Nov 6 – Dec 18	1:30 – 3:30 p.m.	7/\$84	162131

**Workshop: Nature Watercolour Beginner (19+ yrs)**

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

at Town Centre Park Community Centre

F	Sep 27	10:30 a.m. – 12:30 p.m.	1/\$19.20	163932
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**Workshop: Smartphone Photography (19+ yrs)**

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

at Town Centre Park Community Centre

F	Oct 25	10:30 a.m. – 12 p.m.	1/\$7.90	163950
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**Workshop: Urban Sketching (19+ yrs)**

Explore the urban landscape while learning techniques and tools of sketching buildings and structures, translating the energy and character of a city onto your sketchbook. Supplies included.

at Town Centre Park Community Centre

F	Oct 4	10:30 a.m. – 12:30 p.m.	1/\$21.10	163942
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**Workshop: Watercolour Beginner (19+ yrs)**

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

at Town Centre Park Community Centre

F	Sep 20	10:30 a.m. – 12:30 p.m.	1/\$19.20	163933
F	Oct 11	10:30 a.m. – 12:30 p.m.	1/\$19.20	163934

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# 50 Plus Services and Activities



## Pre-Registered Drop-Ins

This fall, the Glen Pine Activity Groups and Clubs are moving from the registered programs to the drop-in activities section of the registration system. Enjoy the same fantastic services and activities with added flexibility.

### When to register

Up to 7 days in advance to secure your spot.

### How to pay

Participants can now use their ONE PASS towards the drop-in admission fee. Eligible participants can also apply their Financial Assistance for Recreation (FAR) credit towards these drop-in activities. Learn more about Financial Assistance for Recreation at [coquitlam.ca/FAR](https://coquitlam.ca/FAR).

## 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 and surrounding gardens
- Bocce court
- Free Wi-Fi



### Glen Pine Pavilion

1200 Glen Pine Cr. | 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 third Wednesday of the month.

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

### Bridge: Casual

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.

**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 four 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 two 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 and Thursday**                      **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

10-Card Crib is a variation of Crib where players are dealt 10 cards.

**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.**



## 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.

## 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. – 12:30 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 onto one or more trains.

**Thursday** 12:15 – 3:30 p.m.

## Mixed Bag Band

The Mixed Bag Band hosts jam sessions 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.

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

## 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.

## Roller Skating

Indoor roller skating or in-line skating at the Poirier Forum.

**Thursdays** 12:30 – 3 p.m.



### Scrabble

A word game where two to four 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 two to four 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.

**Monday** 1 – 3 p.m.

**Thursday** 1 – 3:30 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 **LOW COST**

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).

**New for Fall**  
Activity Groups and Clubs now Drop-in Pre-registration recommended. \$1

### American Mahjong (50+ yrs)

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

at Glen Pine Pavilion

F Sep 13 – Dec 20 12 – 4 p.m.

### 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 Sep 11 – Dec 18 9 a.m. – 12 p.m.

### Beijing Opera (50+ yrs)

Social group that meets weekly to sing Beijing opera pieces.

at Glen Pine Pavilion

Sa Sep 14 – Dec 28 12 – 2:45 p.m.

### Bingo (50+ yrs)

Come join us for an afternoon of Bingo fun.

at Glen Pine Pavilion

W Sep 11 – Dec 18 1 – 3 p.m.

### 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 Sep 9 – Dec 16 12:30 – 3:30 p.m.

### Bridge Intermediate (50+ yrs)

Bridge is a 4 player partnership trick-taking game with 13 tricks per deal. Players for this group will self-assess level of play as intermediate. Players must form their own quartet of players.

at Glen Pine Pavilion

F Sep 13 – Dec 20 12 – 4 p.m.

### 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 Sep 10 – Dec 17 6 – 8:15 p.m.

Sa Sep 14 – Dec 28 11:30 a.m. – 2:30 p.m.

### Cantonese Opera (50+ yrs)

Social group that meets weekly to sing Cantonese opera pieces.

at Glen Pine Pavilion

M Sep 9 – Dec 16 1 – 4 p.m.

### 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 Sep 13 – Dec 20 1:30 – 3:30 p.m.

### Chinese Choir (50+ yrs)

Glen Pine Chinese Choir enjoy meeting weekly and singing together.

at Glen Pine Pavilion

W Sep 11 – Dec 18 9 – 10:30 a.m.



**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 Sep 10 – Dec 17 1 – 3 p.m.

**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 Sep 9 – Dec 16 9:30 – 11:30 a.m.

**Freestyle Dance (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 Sep 13 – Dec 20 9 – 10:30 a.m.

**Friendship Group (50+ yrs)**

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

*at Glen Pine Pavilion*

M Sep 9 – Dec 16 1 – 3 p.m.

**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 Sep 12 – Dec 19 1:30 – 3:30 p.m.

**Glen Pine Singers (50+ yrs)**

The Glen Pine Singers enjoy meeting weekly and singing together.

*at Glen Pine Pavilion*

M Sep 9 – Dec 16 9:15 – 10:30 a.m.

**Iranian Friendship Group (50+ yrs)**

The Iranian Friendship group provides opportunities to build new friendships, receive support and connect with others. Alternating Weeks more active activities such as exercises, dance and movement and less active social activities such as games, bingo, conversations.

*at Glen Pine Pavilion*

Tu Sep 10 – Dec 17 1:30 – 4 p.m.

**Karaoke (50+ yrs)**

Come out and enjoy some karaoke singing.

*at Glen Pine Pavilion*

Tu Sep 10 – Dec 10 1:30 – 5 p.m.

Th Sep 12 – Dec 19 3:30 – 6 p.m.

**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 Sep 9 – Dec 16 2:15 – 4:30 p.m.

**Mexican Train Dominoes (50+ yrs)**

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

*at Glen Pine Pavilion*

W Sep 11 – Dec 18 1 – 4 p.m.



### Mixed Bag Band (50+ yrs)

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

at *Glen Pine Pavilion*

F	Sep 13 – Dec 20	1:30 – 4 p.m.
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### 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	Sep 10 – Dec 10	1 – 3 p.m.
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### Quilters (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	Sep 13 – Dec 20	9 a.m. – 12 p.m.
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### Scrabble (50+ yrs)

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

at *Glen Pine Pavilion*

F	Sep 13 – Dec 20	9:30 – 11:30 a.m.
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### 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	Sep 10 – Dec 10	2 – 4:30 p.m.
Sa	Sep 14 – Dec 28	12 – 2:45 p.m.

### 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 *Town Centre Park*

Tu	Sep 10 – Oct 8	9 – 11 a.m.
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### 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	Sep 9 – Dec 16	9 a.m. – 12 p.m.
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### Whist with a Twist (50+ yrs)

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

at *Glen Pine Pavilion*

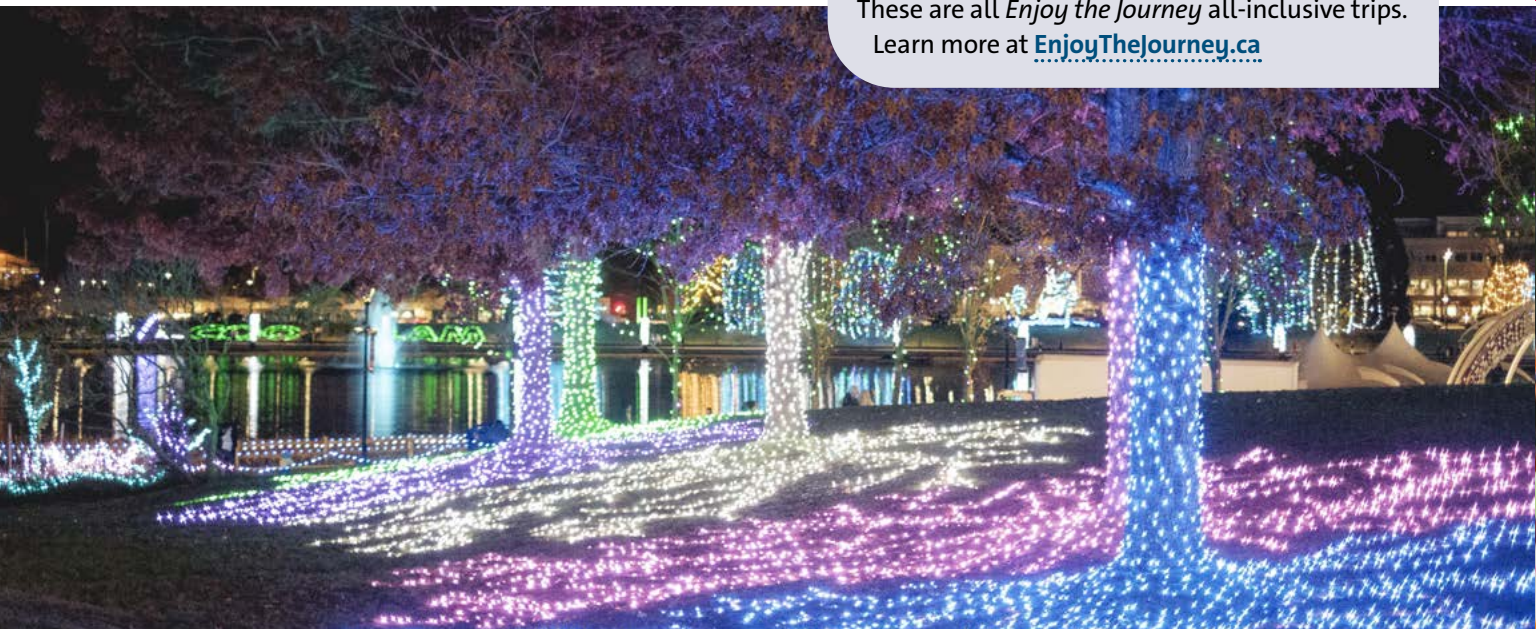
Th	Sep 12 – Dec 19	1 – 4 p.m.
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# Bus Trips

To learn more about each trip including departure times, visit [coquitlam.ca/GlenPine](http://coquitlam.ca/GlenPine).

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



## Arts Whistler Holiday Market (50+ yrs)

This market makes for great Christmas shopping.

Trip Includes: Squamish Adventure Centre

Sa	Nov 23	8:15 a.m. – 5:15 p.m.	1/\$89	161667
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## Chinatown Story-telling (50+ yrs)

Visit the recently opened Chinatown Storytelling Center for a guided tour featuring personal stories told by the community about specific memories, objects, and people that shaped who they are today.

Trip Includes: Morning coffee, lunch, T&T Supermarket

W	Oct 2	8:15 a.m. – 4:15 p.m.	1/\$119	161665
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## Christmas Carol Ship Dinner Cruise (50+ yrs)

The local waters of Vancouver come alive this holiday season aboard Vancouver Cruises Carol Ship Dinner Cruise.

Trip Includes: 3 hour cruise, buffet, carol singers

Th	Dec 12	4:15 – 10:45 p.m.	1/\$159	161673
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## Fort Langley Cranberry Festival (50+ yrs)

B.C. is the world's third-largest producer of cranberries! Come celebrate at the 29th Annual Fort Langley Cranberry Festival.

Trip Includes: Aldor Acres Farm, pumpkin patch and hayride

Sa	Oct 12	9 a.m. – 4:15 p.m.	1/\$89	161666
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## Harrison Bald Eagle Tour (50+ yrs)

Travel to the Chehalis/Harrison River Estuary to view large numbers of Bald and Golden Eagles.

Trip Includes: Restaurant lunch, Kilby site tour

F	Nov 29	9 a.m. – 5:30 p.m.	1/\$119	161669
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## The Best of Whidbey Island (USA) (50+ yrs)

Whidbey Island is the largest of nine islands offering scenic byways, landmark attractions and quaint charming towns.

Trip Includes: Lunch, Langley and Coupeville free time

Th	Sep 5	7:45 a.m. – 7:15 p.m.	1/\$139	161662
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## The Singing Christmas Tree (50+ yrs)

Enjoy the Singing Christmas Tree choir, as the tree lights up with 80 singers.

Trip Includes: Performance, restaurant lunch

Sa	Dec 7	10 a.m. – 5:15 p.m.	1/\$119	161671
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## Vancouver Aquarium and Kitsilano Boathouse (50+ yrs)

Visit the Vancouver Aquarium to connect with '65,000 Amazing Animals', see 120 exhibits and the latest '4D Experience'.

Trip Includes: Admission, Boathouse 3 course lunch, Kits beach

F	Sep 20	9:15 a.m. – 5:30 p.m.	1/\$159	161663
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# Arts and Culture



## See it! Learn it! Do it!

There are many opportunities to experience culture in your own back yard. Visit your local theatre, take an art class or pick up a book at the library. You can find it all here in Coquitlam.

### **Coquitlam Public Library** *City Centre Branch*

1169 Pinetree Way | 604-554-7323

### **Coquitlam Public Library** *Poirier Branch*

575 Poirier St. | 604-554-7323

### **Evergreen Cultural Centre**

1205 Pinetree Way | 604-927-6555

### **Coquitlam Heritage at Mackin House**

1116 Brunette Ave. | 604-516-6151

### **Place des Arts**

1120 Brunette Ave. | 604-664-1636

# Winter Market

## *at Glen Pine Pavilion*

**Free Event**



Discover unique holiday gifts, baby/child items, and stunning decorations from the Glen Pine Crafters and other local artisans on these dates:

**Friday, November 15 from 4 – 8 p.m.**

**Saturday, November 16 from 10 a.m. – 3 p.m.**

For more information, contact Glen Pine at **604-927-6940**

**[coquitlam.ca/GlenPine](http://coquitlam.ca/GlenPine)**

For those interested in renting a vendor space, visit **[coquitlam.ca/registration](http://coquitlam.ca/registration)** and go to the Events section to register for a table in a certain area of the market.



# COQUITLAM'S VENUE FOR **LIVE** ARTS EVENTS & EXPERIENCES



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[www.evergreenculturalcentre.ca](http://www.evergreenculturalcentre.ca)



WE ARE NOW OPEN LATE ON THURSDAYS AND FRIDAYS

# COME VISIT Coquitlam HERITAGE AT MACKIN HOUSE

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## EXHIBITS

**THE ROOTS OF K-POP**

SEPTEMBER 1 - 30

AT THE COQUITLAM PUBLIC LIBRARY (POIRIER BRANCH)

### MACKIN HOUSE

RETRO REFLECTIONS | UNTIL DEC 20  
LIFE IN A PERIOD HOME | ONGOING

### COQUITLAM PUBLIC LIBRARY

ROOTS OF K-POP | SEPT 1 - 30  
LOOKING BACK | DEC 1 - 20

### COQUITLAM

SPORTS HALL OF FAME  
ROLL UP - ROLLER DERBY | JUL 15

### CITY OF COQUITLAM ARCHIVES

A DOG AROUND COQUITLAM | AUG 1

## EVENTS

**LIVE RADIO BROADCAST  
THE ROOTS OF K-POP**

WITH DJ GU CHOI AND MINJI KIM  
& MC AJIN YOO ON FM 96.1

SEPT 28 • 11AM • MACKIN HOUSE

RADIO 6

### MORE EVENTS

SEPTEMBER  
MID AUTUMN MOON FAMILY DAY  
CREATIVE MASHUP  
FALL WORKSHOP  
PJ STORYTIME

OCTOBER  
BOOK CLUB  
DIWALI FAMILY DAY  
HERITAGE HALLOWEEN

NOVEMBER  
CREATIVE MASHUP  
INDIGENOUS VOICES  
FALL WORKSHOP

DECEMBER  
WINTER WONDERS FAMILY DAY  
BCMA TEA AND TALK  
HOLIDAY PJ STORYTIME  
CREATIVE MASHUP  
FALL WORKSHOP

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RICH LANDS

### MUSEUM TOURS

MACKIN HOUSE TOUR  
MALLARDVILLE WALKING TOUR

### VIRTUAL TOURS

MACKIN HOUSE TOUR  
HOMEFRONT: WORLD WAR II  
TRAIN STATION & CABOOSE  
THE HISTORY OF EVERYDAY OBJECTS  
FAMILY LIFE  
COQUITLAM'S HEART OF GOLD



## **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)





# CULTURE DAYS

## The Deshi Writer

### Featuring Rafeed Elahi Chowdhury

For teens and adults

Celebrate Bangladeshi culture with a book reading and food tasting. Author Rafeed Elahi Chowdhury will read from his romantic comedy novel *Rules of Eternity*, and answer your questions. Also, enjoy snacks from Bangladesh and South India.

City Centre Branch | Rooms 136 & 137

Saturday, September 21 | 12:00–3:00 pm

Register: [coquitlam.libnet.info/event/10880211](http://coquitlam.libnet.info/event/10880211)

## Juried Art Exhibit Reception

For all ages

Celebrate the talented artists in your community, and view this year's curated art reflecting Openness and Curiosity.

Meet artists, enjoy an art demonstration, and cast your vote for the People's Choice Award.

City Centre Branch | Rooms 136 & 137

Saturday, September 28 | 1:30–3:00 pm

No registration; just drop-in

Part of Culture Days BC, the Juried Art Exhibit will run from September 26<sup>th</sup> to November 6<sup>th</sup>. Voting for the People's Choice Award will be open throughout.

## Local Authors: Your book goes here!



If you are a published author living in the Lower Mainland, let us know and we will get your books onto our shelves and into the hands of local readers.

Scan the QR code to get started.



City Centre Branch | 1169 Pinetree Way

Poirier Branch | 575 Poirier Street

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





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# Connect with Coquitlam

Learn more about what's happening in your community



## Coquitlam Current E-News

Bi-weekly emails on the latest City news and important resident information.

## PRC E-News

Recreation registration details, program highlights, park events and more delivered straight to your inbox.



## CoquitlamConnect App

Search City news, events, bike maps, park and facility info and more.



## Public Notices

Find statutory notices published on the City's website or sign-up for email notifications.



## Social Media

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Sign up now! [coquitlam.ca/connect](https://coquitlam.ca/connect)