

TUESDAY TALKS
PRESENTED BY
**THE WILSON SENIORS
ADVISORY ASSOCIATION**

PCCC Mabbett Hall ½ N
Age: 19+

FREE



**BC RESIDENTIAL TENANCY
FOR OLDER ADULTS**

Presented by a Seniors First BC legal advocate, this presentation covers information on residential tenancy law in B.C.; including the rights/responsibilities of landlords and tenants and dispute resolution.

109050 T 1:30–2:30pm Apr 8

**GOOD RIDDANCE ORGANIZING
& MOVE MANAGEMENT**

Learn the services provided by Good Riddance, including expert downsizing, organizing and move-management services for individuals and families who need assistance to successfully reach their goals.

109051 T 1:30–2:30pm Apr 22

NUTRITION

Discover the powerful connection between nutrition and wellness! Join certified Nutritionist, Sidney Shindle, for this session exploring how strategic food choices can transform your daily life; empowering seniors to live their healthiest, most vibrant years.

109052 T 1:30–2:30pm May 13

**ASTORIA & MAYFAIR
SENIOR LIVING**

Retirement living, what's it all about? Come and learn more about independent living, assisted living, and other options available for seniors in our community.

109053 T 1:30–2:30pm May 27

KEEP YOUR EYES HEALTHY

Join Dr. Deborah Jennings from PoCo Vision Care Optometry as they discuss the importance of regular eye exams, normal eye aging, and eye diseases including macular degeneration, glaucoma, dry eye, and more. Plus, learn what you can do to keep your eyes healthy and protected.

109054 T 1:30–2:30pm Jun 10

**AGE WELL, LIVE WELL
WITH SAFE MEDICATION USE**

As you age your body changes the dosages of some medications. Some may now be too strong or less effective than in the past. This workshop will help you understand why that might be and what actions you and your healthcare provider might consider so that your medications meet your body's needs.

109055 T 1:30–2:30pm Jun 24

Celebrate Seniors Week.

Join us **JUNE 2–8**, to celebrate Seniors and the contributions they have made in our community.

We will be hosting a variety of activities and events during **BC SENIORS WEEK.**

For more information at:
portcoquitlam.ca/seniors



Special Events

GARDEN PARTY BIRTHDAY SOCIAL

Celebrate Wilson Senior members whose birthdays are in March and April with light appies, refreshments, and entertainment. Those with birthdays in March or April register for FREE. Join in the fun wearing your spring colours! Registration opens March 18th. Age: 60+

**PCCC Mabbett Hall ½ S
107715 Th 1–3pm Apr 17**

**FEE: MEMBER: \$8.00
NON-MEMBER: \$10.00**

COFFEE WITH THE MAYOR

Mayor Brad West will be visiting the Wilson Lounge to sit, have a coffee, and chat with Port Coquitlam's Seniors.

**Wilson Lounge
110025 T 10–11am Apr 15**

FEE: FREE

HIGH TEA

Join us for an afternoon tea party with delicious sandwiches and pastries. Don't forget to bring your favourite tea cup and saucer, fascinators, and fancy hats! We will provide a tea cup if you forget your own. Registration opens April 16th. Age: 60+

**PCCC Mabbett Hall ½ S
107716 Th 1–2:30pm May 15**

**FEE: MEMBER: \$8.25
NON-MEMBER: \$10.25**

BEACH DAY BIRTHDAY SOCIAL

Celebrate Wilson Senior members whose birthdays are in May and June with light appies, refreshments, and entertainment. Those with birthdays in May or June register for FREE. Sport a fun/tacky outfit and don't forget sunscreen! Registration opens May 16th. Age: 60+

**PCCC Mabbett Hall ½ S
107723 Th 1–3pm Jun 19**

**FEE: MEMBER: \$8.00
NON-MEMBER: \$10.00**

CITY OF PORT COQUITLAM

Leisure Guide

SPRING 2025

Recreation, sports, arts and culture for all ages

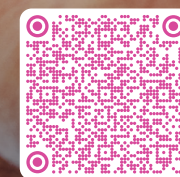
REGISTRATION
OPENS

PoCo Residents

Feb 25

General Public

Feb 28



Adults | Seniors 60+

Scan the QR code for quick access to activities.



**PORT COQUITLAM
RECREATION**



Adults | Seniors 60+

Arts

FUN WITH FLOWERS

Bring your passion for flowers and join us to create a beautiful arrangement for your home. No experience necessary. Tools and supplies are provided. There is an additional \$25 cost for project supplies, payable to the instructor during class. Age: 19+

PCCC Small Multipurpose Room

107635 M	7–9pm	Apr 14
107636 M	7–9pm	May 26
107637 M	7–9pm	Jun 16

FEE: MEMBER:	\$10.40
NON-MEMBER:	\$16.00

OIL AND ACRYLIC – INTERMEDIATE

Learn the principles of each medium and review colour theory. There will be demonstrations, class exercises, free-time, and instructor support as you create your beautiful paintings. Please bring photos/objects to paint and your own painting supplies. Age: 19+

Outlet Work Room

107731 W	9:45am–12:15pm	Apr 2–Jun 25
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FEE: MEMBER:	\$127.40
NON-MEMBER:	\$196.00

WOODCARVING

Beginner or experts welcome. Bring pencils, paper and any carving knives, chisels or tools you currently have. Age: 19+

Outlet Work Room

107649 M	6–9:30pm	Apr 7–Jun 30
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FEE: MEMBER:	\$61.75
NON-MEMBER:	\$95.00

CLAY STUDIO

In this 2-session workshop, create your own mug or other functional piece of clayware. During the first session our instructor will guide you in hand building your clayware. In the second session you will glaze your piece and we'll fire it in our kiln! Age: 19+

Outlet Workroom

109236 W	1–2:30pm	Apr 9 & 16
109237 W	1–2:30pm	May 7 & 14

FEE: MEMBER:	\$29.25
NON-MEMBER:	\$45.00

ART TALK & TOUR

Enjoy a tour of Leigh Square as you're guided through and discuss the featured artists' exhibition. Age: 60+

GP Michael Wright Art Gallery

108465 Th	1–2:30pm	Apr 24
108466 Th	1–2:30pm	May 22
108467 Th	1–2:30pm	Jun 26

FEE: MEMBER:	\$5.00
NON-MEMBER:	\$7.00

GUIDED PAINTING CLASS

Follow along as you paint while the instructor gives you a step-by-step demonstration in creating a beautiful painting. All supplies are provided, no experience necessary. Age: 60+

GP Michael Wright Art Gallery

108468 Th	1–2:30pm	Apr 10
108469 Th	1–2:30pm	May 8
108470 Th	1–2:30pm	Jun 12

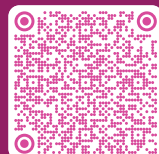
FEE: MEMBER:	\$8.00
NON-MEMBER:	\$10.00

Adults | Seniors 60+ Drop ins

PORT COQUITLAM COMMUNITY CENTRE

Registered drop-in programs include:

- Snooker
- Table Tennis
- Bridge
- Carpet Bowling



Education & Training

A BEAUTIFUL QUILT

Explore traditional, modern & creative quilting techniques. In this fun class you will learn a variety of quilting methods, including piecing techniques, applique, collage, crazy quilting, strip quilting & more. The instructor will assist in project selection based on your skill level. Basic sewing knowledge & knowing how to operate your sewing machine is required. Age: 19+

PCCC JB Young Room

108131 M	9am–2pm	Apr 7–Jun 30
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FEE: MEMBER:	\$172.74
NON-MEMBER:	\$265.75

SEW IT UP

Learn basic sewing skills and expand on your current knowledge with certified sewing instructor, Wendy. Bring your sewing projects to class and get help starting and/or completing them in this fun, social atmosphere! Age: 19+

PCCC JB Young Room

107638 W	10am–3pm	Apr 2–Jun 25
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FEE: MEMBER:	\$242.45
NON-MEMBER:	\$373.00

SENSATIONAL SEWING AM

Explore your creative expression through sewing! Class projects include bag making, home décor and basic quilting, with a wide range of sewing techniques and skills taught each week for these types of projects. A basic sewing knowledge and ability to operate your sewing machine is required. Age: 60+

PCCC JB Young Room

108129 Th	9am–12pm	Apr 10–Jun 26
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FEE: MEMBER:	\$136.50
NON-MEMBER:	\$210.00

SENSATIONAL SEWING PM

Explore your creative expression through sewing! Class projects include bag making, home décor and basic quilting with a wide range of sewing techniques and skills taught each week for these types of projects. A basic sewing knowledge and ability to operate your sewing machine is required. Age: 60+

PCCC JB Young Room

108130 Th	12:30–3:30pm	Apr 10–Jun 26
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FEE: MEMBER:	\$136.50
NON-MEMBER:	\$210.00

SPANISH – BEGINNER 1 & 2

This is an introductory course for beginners to establish a strong foundation of the Spanish language, providing practice of lexical and grammatical items, while developing the essential skills to learning Spanish: understanding, speaking, reading, writing. Age: 19+

PCCC JB Young Room

108471 F	11am–12:30pm	Apr 4–Jun 27
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FEE: MEMBER:	\$56.34
NON-MEMBER:	\$86.68

SPANISH – LOW INTERMEDIATE

This course is designed for students who understand simple conversations about familiar topics. Expand your vocabulary by learning more complex structures for communication and learn to distinguish between past, present and future tense. Age: 19+

PCCC JB Young Room

108472 F	1–2:30pm	Apr 4–Jun 27
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FEE: MEMBER:	\$56.34
NON-MEMBER:	\$86.68

Adults | Seniors 60+



Health | Mind & Body

LINE DANCING – LOW INTERMEDIATE

This class is for those who know basic line dancing steps. You must have at least 6 months previous dance experience. We'll dance everything from Country-Western to the Charleston and Waltz. Bring your dancing feet and a smile! Age: 60+

PCCC Mabbett Hall ½ S

107639 M	10–11am	Apr 7–Jun 30
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FEE: MEMBER:	\$42.57
NON-MEMBER:	\$65.50

LINE DANCING – ADVANCED

This class is for those who have been dancing for a couple of years and are comfortable dancing at a faster pace for 1 hour. We'll dance everything from Country-Western to the Charleston and Waltz. Bring your dancing feet and a smile! Age: 60+

PCCC Mabbett Hall ½ S

107640 M	11:15am–12:15pm	Apr 7–Jun 30
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FEE: MEMBER:	\$42.57
NON-MEMBER:	\$65.50

DRUM CIRCLE

Connect with others in this community drum circle to create in-the-moment rhythmical alchemy djembes and other percussion. No experience necessary, only a willingness to have fun! Age: 19+

PCCC Small Multipurpose Room

107774 M	7–8:30pm	Apr 28
107775 M	7–8:30pm	May 12
107776 M	7–8:30pm	Jun 9

FEE:	\$16.00
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DRUMMING FOR VITALITY

Explore the benefits of drumming, including boosting your immune system, increasing concentration and reducing stress! The world of rhythm is waiting. No experience necessary. Instruments provided. Age: 19+

PCCC Small Multipurpose Room

108460 T	9:30–10:30am	Apr 1–Jun 24
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FEE: MEMBER:	\$52.81
NON-MEMBER:	\$81.25