

FALL 2026 ADULTS | SENIORS 60+



REGISTRATION
OPENS

PoCo Residents

July 28

General Public

July 31

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 \$30 cost for project supplies, payable to the instructor during class. **Age: 19+**

HC Lecture Room

131203 W	7-9pm	Sep 16
131204 W	7-9pm	Oct 7
131205 W	7-9pm	Nov 4
131206 W	7-9pm	Dec 16

FEE: MEMBER	\$11.11
NON-MEMBER:	\$17.10

PCCC Small Multipurpose Room

131175 M	7-9pm	Sep 21
131176 M	7-9pm	Oct 5
131177 M	7-9pm	Nov 2
131207 M	7-9pm	Dec 14

FEE: MEMBER	\$11.11
NON-MEMBER:	\$17.10

Education & Training

WOODCARVING

Beginner or expert, you will find something useful here. Bring pencils, paper, and any carving knives, chisels or tools you currently have. **Age: 19+**

Outlet Work Room

130988 M 6-9:30pm Sep 14-Dec 14

FEE: MEMBER	\$69.71
NON-MEMBER:	\$107.25

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 for you based on your skill level. Basic sewing knowledge & knowing how to operate your sewing machine is required. **Age: 19+**

PCCC JB Young Room

130983 M 9am-2pm Oct 5-Dec 14

FEE: MEMBER:	\$199.50
NON-MEMBER:	\$306.90

TRY IT! CREATIVE DANCE FOR SENIORS

NEW!

Join Marco Escocer of Ballet BC Outreach for a fun and engaging movement class designed for seniors. This session blends guided improvisation, playful group activities, and simple movement prompts to support presence, curiosity, and connection. Inspired by Ballet BC's creation-based artistic process, the class encourages reflection and joy through a creative dance experience. No previous dance experience required. **Age: 60+**

PCCC Fitness Studio

131659 T 1:30-2:30pm Sep 22

FEE: MEMBER	\$8.45
NON-MEMBER:	\$13.00



**PORT COQUITLAM
RECREATION**



Scan the QR code for
quick access to activities.



Adults | Seniors 60+

SENIORS 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+

Outlet Work Room

131024 Th	1-2:30pm	Sep 24
131025 Th	1-2:30pm	Oct 15
131026 Th	1-2:30pm	Nov 12

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

GOAT 'N' OAT SOAP MAKING

Learn how to make goats milk soap using fresh, raw, unprocessed milk from a local farm. in class, Students will learn the delicate process of incorporating this perishable ingredient into soap while maintaining the benefits of the lactic acid. Goats milk contains alpha-hydroxy acid such as Lactic acid which help to remove dead skin cells from your skins surface. From pre-blended bases, make a long-lasting oat 'n' honey goat milk soap. ALL SUPPLIES ARE INCLUDED IN THE COURSE FEE. Age: 19+

PCCC Small Multipurpose Room

131233 M	6:30-9pm	Oct 19
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FEE:	\$66.00
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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

131004 W	10am-3pm	Sep 9-Dec 16
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FEE: MEMBER	\$282.83
NON-MEMBER	\$435.12

SENIORS HEALTH AND WELLNESS FAIR

Celebrate **National Seniors Day** with this **FREE Health and Wellness Fair** presented by the Wilson Seniors Advisory Association, in partnership with the City of Port Coquitlam.

Engage with health experts and wellness specialist from the community.

PCCC - Mabbett Hall

Thursday Oct 1st
11:15am-3:15pm

FREE

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

131010 F	3-4:30pm	Sep 11-Nov 20
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FEE: MEMBER	\$49.19
NON-MEMBER:	\$75.68

SPANISH - 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

131009 F	1-2:30pm	Sep 11-Nov 20
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FEE: MEMBER	\$49.19
NON-MEMBER:	\$75.68

Health- Mind & Body

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. Age: 19+

PCCC Small Multipurpose Room

130997 T	9:30-10:30am	Sep 8-Dec 15
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FEE: MEMBER	\$70.49
NON-MEMBER:	\$108.45

DRUM CIRCLE

Connect with others to create and explore rhythms using hand drums and other percussion. No experience necessary, only a willingness to have fun! Bring your own drum or let us know if you need one provided. Age: 19+

PCCC Small Multipurpose Room

132010 Th	7-8pm	Sep 17
132011 Th	7-8pm	Oct 15
132012 Th	7-8pm	Nov 12
132013 Th	7-8pm	Dec 10

FEE:	\$18.63
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SILVER CHORD CHOIR

Join our fun choir! Silver Chord Choir welcomes all singing levels lead by a conductor. Age: 60+

GP Michael Wright Art Gallery

130993 M	2-4pm	Sep 14-Dec 14
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FEE: MEMBER	\$24.00
NON-MEMBER	\$32.40

LINE DANCING - INTERMEDIATE

Bring your dancing feet and a smile! Dance everything from Country-western to the Charleston and Waltz. Please note this class is for those with at least 6 months dance experience. Age: 60+

PCCC Mabbett Hall ½ S

130981 M	10-11am	Sep 14-Nov 30
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FEE: MEMBER	\$52.65
NON-MEMBER:	\$81.00

Adults | Seniors 60+



LINE DANCING – ADVANCED

Bring your dancing feet and a smile! Dance everything from Country-western to the Charleston and Waltz. Please note this class is for those who have been dancing for 2 years and can dance at a faster pace. Age: 60+

PCCC Mabbett Hall ½ S
130982 M 11:15am–12:15pm Sep 14–Nov 30

FEE: MEMBER \$52.65
NON-MEMBER \$81.00

ARMCHAIR TRAVEL – MEXICO ARCHAEOLOGICAL TALK

Mexican Archaeology in Words & Pictures: A tour of some of Mexico's archaeological sites and descriptions of the people who occupied them. Age: 60+

PCCC Mabbett Hall ½ S
131365 Th 1–3pm Sep 3

FEE: MEMBER \$5.25
NON-MEMBER \$7.25

Special Events

ROD STEWART LUNCHEON

Mayfair & Astoria Retirement Living bring us a legendary artist: Rod Stewart. Join us on the dance floor for this fun lunch, as we welcome our seniors back from summer vacation. Registration opens August 19. Age: 60+

PCCC Mabbett Hall
131170 Th 12:30–2:30pm Sep 17

FEE: MEMBER \$14.75
NON-MEMBER \$17.75

COFFEE WITH MAYOR PORT COQUITLAM

Seniors are invited to join Mayor Elect Brad West for cup of coffee and a chat. Age: 60+

PCCC Wilson Lounge
131173 T 10–11am Sep 29

COFFEE WITH MAYOR PORT COQUITLAM

Port Coquitlam Senior's are invited to join the Mayor for a cup a coffee and chat. Age: 60+

PCCC Wilson Lounge
131293 T 10–11am Nov 3

THANKSGIVING LUNCH

Happy Thanksgiving! We are grateful for all our seniors and the community you've helped us create. Join us for food, dancing, and fun as we give thanks for all we have to be grateful for this year. Registration opens September 10th. Age: 60+

PCCC Mabbett Hall
131171 Th 12:30–2:30pm Oct 8

FEE: MEMBER \$14.75
NON-MEMBER \$17.75

UGLY CHRISTMAS SWEATER TEA

Presented by Mayfair & Astoria Retirement Living an afternoon of entertainment showcasing performances by Silver Cord Choir, Guitar, and Ukulele drop in programs. There will be light snacks and refreshments. Come wearing your favourite Ugly holiday sweater! Age: 60+

PCCC Mabbett Hall
125530 Tu 1–2:30pm Dec 1

FEE: FREE

CHRISTMAS EVENTS

You're invited to join us for a joyful holiday celebration! This year, we're offering both a festive dinner and a cheerful luncheon. The activity number below will prompt you to choose what joyous celebration you would like to attend. Let's make this season merry and bright. Registration opens Nov 4. Age: 60+

131866 W 4–6:30pm Dec 9
131866 Th 12:30–2:30pm Dec 10

FEE: MEMBER FREE
NON-MEMBER \$17.75

Birthday Socials

BIRTHDAY SOCIAL–HALLOWEEN

Celebrate Wilson Senior members whose birthdays are in September and October with light appies, refreshments, and entertainment. Those with birthdays in September and October register for FREE. Be sure to scare with some spooky costumes. Age: 60+

PCCC Mabbett Hall
121942 Th 1–3pm Oct 29

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

AROUND THE WORLD

Celebrate Wilson Senior members whose birthdays are in November and December with light appies, refreshments, and entertainment. Those with birthdays in November and December register for FREE. Pack your passport and join us for an exciting around the world experience. Age: 60+

PCCC Mabbett Hall
121943 Th 1–3pm Nov 19

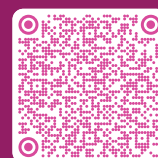
FEE: MEMBER \$8.00
NON-MEMBER \$10.00

Adults | Seniors 60+ Drop ins

PORT COQUITLAM COMMUNITY CENTRE

Registered drop in programs include:

- Snooker
- Ukulele
- Bridge
- Carpet Bowling



Click here or scan the QR code to register for **Adults | Seniors 60+ Drop ins**.



Adults | Seniors 60+

TUESDAY TALKS PRESENTED BY THE WILSON SENIORS ADVISORY ASSOCIATION

PCCC Mabbett Hall ½ N
Age: 19+

FREE



PRESENTATION BY BC'S SENIOR ADVOCATE DAN LEVITT

Come meet BC's Senior Advocate Dan Levitt who has tirelessly championed the rights of seniors for 30 years at the local, provincial, national and international levels.

131018 T 1:30–2:30pm Sep 8

LOOKING AHEAD: WHY YOU SHOULD PREPARE.

Join our informative seminar where Susan Murphy, a licensed funeral director, will guide you through the benefits of preplanning and explain your options for funeral arrangements in a clear, compassionate way. We will also discuss the importance of having a will in place to clarify the duties of your executor taking care of your funeral arrangements.

131019 T 1:30–2:30pm Sep 22

THE SERVICES AVAILABLE THROUGH HOME AND COMMUNITY CARE SERVICES

Shannon Parson, a Registered Nurse with Fraser Health, will provide an overview of the services available through Home and Community Care Services including eligibility, scope of services, and supports available for clients and families. Participants will also learn and how to access these services, as well as the referral process.

131020 T 1:30–2:30pm Oct 13

LEARN MORE ABOUT DRIVING IN B.C AS YOU GET OLDER.

Attend this information session to learn more about driving in B.C as you get older. Presented by Tom Webster Road Safety & Community Coordinator.

131021 T 1:30–2:30pm Oct 27

COMMUNITY TV: WHAT IT IS AND HOW YOU CAN HELP.

Community TV Geoff Scott, Founder & Journalist, will discuss Tri-cities Community Television, its efforts to keep community television alive here in the Tri-cities, and to produce seniors related programming in our community.

131022 T 1:30–2:30pm Nov 10

THE HISTORY OF POCO PT 2

The Wilson Seniors welcome Bryan Ness from Port Coquitlam Heritage and Cultural Society to continue his presentation from last year on the history of the Port Coquitlam. "We pick up the story beginning in the 1960's, a time of much growth and change for our community. Making use of archival and current photos and film, we will reminisce about days past, witness the changes that are shaping today, and speculate on what lies ahead tomorrow.

131023 T 1:30–2:30pm Nov 24



New Members Info Session. New to the PoCo Seniors Membership?

FREE

Join us for this FREE information session where you'll have a chance to learn about the Seniors Membership, meet some of the Seniors staff, Advisory Association members, and other new members. Bring any questions you have. Registration is required. **Age: 60+**

PCCC Wilson Lounge

131172 M 1–2pm Sep 14
131172 Th 1–2pm Nov 26