INSPIRATION DAY
Join us for another year of inspiration! Join Dr. Davidi-cus Wong and Laughter Zone 101 Comics for a day of wisdom and humour! We will also have inspirational activities and snacks. Limited tickets available. Please purchase at the front office.

Saturday, 10:30 am - 1:00 pm
February 9
Tickets: $8.00  16744

PAYING IT FORWARD
BOARD GAMES AND MORE
All ages are welcome to join seniors and youth from Pay-ing It Forward as we gather to learn new board games and meet new friends of all ages. We'll play old games like Sorry, Clue, Pictionary, Rummoli or Crokinole, cards, games new to everyone, or a favourite family game that you bring to share with others. Light refreshments will be available. Paying It Forward encourages acts of kindness that build relationships across generations. Sign up at the front office.

Wednesday, 7:00 - 8:30 pm
February 13  21409
CENTURY HOUSE ASSOCIATION
MINUTES OF CHAIRPERSONS’ MEETING
Please see the Bulletin Board at the front of the building.
Next Chairpersons’ Meeting is Wednesday February 6, 10:00 am

CENTURY HOUSE ASSOCIATION - EXECUTIVE TEAM OPPORTUNITIES
The Executive Team currently has 2 volunteer opportunities available. Are you looking to get more involved at Century House in 2019? Now is your chance to jump in and help the Executive Team make things happen in 2019.

1. Backup Support for Treasurer
Do you have any accounting/bookkeeping experience and/or experience with accounting software? In this position you will assist and support the Treasurer with a variety of accounting duties.

2. Vice-President
As a member of the executive team you will assist in planning and supporting activities and events at Century House.

If you are interested in knowing more about these positions, please contact Elizabeth Philip at 778.688.4556.

BIG BOUQUETS
To all the members who attended the Annual General Meeting.
To Marilyn Cole, Marilyn Carroll, Gail Norcross, Christine Demchuk, Molly Cheah, Virginia Pethehrych, for helping to clear the halls and take down all the Christmas decorations.
To our office volunteers for their hard work in getting all the memberships renewed and programs registered at the busy start of the year.

CENTURY HOUSE ASSOCIATION WEBPAGE
www.centuryhouseassociation.com
Visit the Century House Association Webpage and see what’s happening around Century House. Sign up to get emails that keep you up to date and read your Clarion online.

DONATIONS, GIFTS AND LEGACIES
Century House Association, a registered charitable organization, supports the many activity groups, services and extras that enhance participation for members. The Century House Association relies on donations to provide our services to seniors. To make a tax deductible donation, or leave a legacy through your will, please contact the front office or donate online at Century House Association homepage - www.centuryhouseassociation.com. You can choose to donate to General, Senior Peer Counselling or where it is needed.

THANK YOU FOR YOUR SUPPORT
The Century House Association thanks you for your generous donations. As a charitable organization your support of the ongoing work of the Century House Association and Senior Peer Counselling is greatly appreciated.

Association News

President Carole Wylie
1st Vice President Frances Blake
2nd Vice President Vacant
3rd Vice President Saundra Keayes
Secretary Audrey Soroka
Treasurer Betty Young
Past President Elizabeth Philip

Centennial House
620 Eighth Street, New Westminster, BC, V3M 3S2
Phone: 604.519.1066
Mon. - Fri. 9:00 am - 9:00 pm
Saturday 9:00 am - 4:00 pm
Sunday 12:00 - 4:00 pm
LOW VISION: 604.519.6111
Activity committees requiring write-ups in the monthly newsletter please submit in writing to the front office.

BADMINTON
We welcome players with all levels. We play game of doubles on Wednesday and Friday from 9:00 am - 2:30 pm. If you are not sure this is your game, come for a tryout, no experience necessary. Racket and birdies are provided for new comers. Annual membership fee is $12.00. Any questions see Paul, Tad and Alfred. Be active and have fun!

BID EUCHRE
We play on Tuesdays, 1:00 - 4:00 pm. If you are interested and you want to learn to play Bid Euchre, please sign up at the front desk for three free lessons. For more information call Lois (604.377.7332) or Barb & Ralph (604.525.2866). New members are welcome.

BRIDGE
Afternoon Bridge is very social. We support new and former players. Our goal is to help each other, and enjoy the game of bridge. We play Tuesdays and Fridays, 1:00 - 3:45 pm.

BURSARY COMMITTEE
Our next meeting will be held on Tuesday, March 12 at 10:00 am.

CANASTA
The Canasta group would welcome new members. We play on Mondays and Thursdays, 12:30 to 4:00 pm.

CARPET BOWLERS
Our Carpet Bowling club would like to advertise, we will teach for free any members who are interested to learn the game. We play on Mondays and Wednesdays, 9:30 - 11:00 am. Give it a try, its loads of fun and we play all year long.

CENTURY HOUSE ARTISTS
New members are always welcome. Bring your art project Thursdays at 1:00 pm and work on it for two hours while you visit with a welcoming group.

CENTURY HOUSE LIBRARY
Please note that the Century House Library now has a good section of large print books available.

CONVERSATIONAL SPANISH
Our Spanish Conversation Group continues to study together in the Arbutus Room, Friday mornings. At 9:00 am we have Beginners’ Group, free for Century House members. At 10:00 am we have Intermediate Studies with a suggested $2.00 donation. The last Friday of the month there is no beginner’s class at 9:00 AM, but have Spanish conversation at 10:00 am, with no charge. Occasionally we will visit a local restaurant for a Mexican lunch. Michael Anthony is our skilled facilitator.

COURT WHIST
Players needed! What is “Court Whist” you ask? Originally, this game was played by royalty in the 18th and 19th century. It might sound boring but it certainly is not, especially when you have so many interesting friends. It is similar to bridge because it involves four players broken into teams of two; however, it is MUCH EASIER to play. Tuesdays, 1:00 - 3:30 pm

DARTS
Have you never tried Darts? Come & see what is involved. All of us are willing to teach you the basics. Also, you do not need to have your own darts to start. There are several sets available for you to try out.

DIY FRANCAIS (French Conversation Group)
Come and join a group of wannabe French speakers in a relaxed atmosphere where we share information and ideas en Francais. No direct instruction per se. Bring your high school level Francais avec toi. Bienvenue! Friday, 10:00 am

CENTURY DRAGONS
Join us for our fundraising Bake Sale at Century House in support of Century House Dragon Boat Team Racing Fees. Come get delicious homemade baked goods and handmade chocolates for your favourite dragon in time for Valentine's Day! All proceeds go directly to supporting regatta fees at Rocky Point, Harrison and Steveston Regattas. Support your team! Tuesday, 10:00 am - 1:30 pm - February 12

FITNESS AND FUN
For all fitness participants, Fitness and Fun is your voice. This Activity Committee meets 3 times plus organizes 2 social events a year. The meetings are your time to share ideas, thoughts, suggestions and/or comments. Next Meeting: Thursday, February 21, 10:45 am.
CLUB NEWS

CENTURY HOUSE “GOLDEN AGE THEATRE”
Planning for our spring production is already underway, and rehearsals will be starting shortly. We are looking for men to play key roles in our next play. Why not drop in to see what we are all about? We promise you a warm welcome, an exciting challenge, lots of fun and an opportunity to showcase your hidden talents. No experience necessary; we are an amateur troupe. For additional information, please contact: Joy St. John, Stage Manager, 604.819.1946, begbiestreet@gmail.com or leave your name and contact information at the front desk at Century House.

LEARNING GARDEN
Dig this: Anyone is welcome to join the learning garden, choose to plant, harvest, water or what your gardening interest is. Beginners and seasoned gardeners, all welcome. Meeting: Learning Garden Committee, third Thursday of the month: February 21, 2:30 pm.

LOW VISION
In addition to our regular agenda, Shirley Model will be at the meeting as our speaker. She will continue to read from her fascinating autobiographical book, “Valley of Tears and Laughter”. Members have enjoyed her readings a lot in the past. The stories can be appreciated separately; and, are interesting even without one having heard the beginning of the book. New and returning members are welcome. There will be coffee/tea and a snack. The meeting takes place on Tuesday, February 5, and will start at 10:00 am.

MEMORY CORNER
Starting on Friday February 8, Memory Corner will be presenting an exhibition entitled “Dogs.” We want to display everything you love about dogs, so we look forward to receiving your doggy treasures between 10:00 and 11:30 am on February 8. Please see the office for more information.

PARKINSON’S SUPPORT GROUP
The New Westminster Parkinson’s Group meets the first Tuesday of every month at 1:00 pm. Join us in a welcoming environment for conversation, light exercise and a sharing of information. Caregivers are welcome. Next meeting: Tuesday February 5, 1:00 pm.

PICKLEBALL
We play Mondays and Thursday, 9:30 am - 2:30 pm.

CENTURY HOUSE QUILTERS
Meet every Monday and Thursday mornings at 9:00 am - 12:00 pm. A large selection of beautiful quilted items for sale. Drop by and shop!

SENIORS GAY STRAIGHT ALLIANCE
Join us in this safe space to connect and discuss issues. Topic for this month is TBA. Everyone is welcome! If you want to be on the email list leave your email at the front office. Wednesday, 1:00 - 2:30 pm, February 13

SNOOKER ROOM
Snooker is a fun game. It is the best time to start playing now that you are 50+ to keep you busy. Come and join us! Ladies, you are also welcome and we will teach the basics to anyone who is interested.

SCRABBLE
Scrabble is a good way to keep your mind and memory active. We meet Fridays at 1:00 pm.

SQUARE DANCING
New Dancers are welcomed between 12:00 - 1:00 pm with experienced dancers dancing 1:00 - 3:00 pm.

SUNDAY DANCE
Sunday Dances are Sundays, 12:45 - 3:45 pm; Special themes for February: February 3, Chinese New Year’s & February 10, Valentines.

TABLE TENNIS
Tuesday and Saturday, 9:00 am - 2:30 pm.

TUESDAY CRAFTS
Looking for lovely, useful hand-made items? A variety of items are for sale every Tuesday from 1:30 - 3:00 pm in the Spruce Room.

UKULELE
We meet Thursdays, 9:30 - 12:00 pm.

WEDNESDAY CRAFTS
Thank you for the donation of scarves & hats. We have donated them to various groups in New Westminster. We donated many baby hats to the Royal Columbian Hospital, last month also. What sizes or colours of hats, sweaters or shawls would you like to purchase? Come and tell us! We meet Wednesdays at 1:00 pm.
VOLUNTEER CORNER

CONNECTIONS CAFÉ
Urgently needs your help!
Join our excellent food service volunteers in the Connections Café. The best food services this side of town!

Dishwashers
Tuesdays, 11:00 am - 3:00 pm. Full training is included.

Food Prep Volunteers
Tuesday and Wednesday. 9:00 am - 1:30 pm.

If you are interested in the volunteer position listed, or have any other inquiries regarding volunteering, please contact the volunteer coordinator, Liz Twaites 604.519.1023 or e-mail, ltwaites@newwestcity.ca

NEW WESTMINSTER TINNITUS SUPPORT GROUP
Tinnitus is a ringing, buzzing or another sound in your head or ears that does not have an outside source. If you have Tinnitus or a related disorder, you can find support in our group. We will discuss the latest treatments, information, coping and stress reduction techniques. We offer encouragement and camaraderie to help combat this debilitating condition. For more information, contact the group leader Gerald Blackwell at 604.600.9142, nwtinn@gmail.com. Everyone including family and support persons is welcome to our casual and supportive meetings.

Tuesday, 7:00 pm
February 19

LEGAL ADVICE PROGRAM
The UBC Law Students, from the Legal Advice Program, are here to help! Appointments are required by calling 604.822.5791 (extension “0”). Students are supervised by a practicing lawyer and can assist low-income individuals with legal issues such as minor criminal offences, small claims, landlord & tenant disputes and basic wills that do not include real estate. Students cannot help with serious criminal files or family law matters.

Tuesday, 7:00 - 9:00 pm
February 12 & 26

BLOOD PRESSURE CLINIC
Please join us to have your blood pressure checked the second Tuesday every month.

Tuesday, 2:00 - 3:00 pm
February 12

CENTURY HOUSE IS A “SCENT-FREE ZONE”
For everyone’s comfort, please refrain from wearing perfumes, colognes and other scented products while attending the centre. Your support is appreciated.

KEEP IN TOUCH
Brighten up Someone’s Day! If you know of a member who is unwell and would like to be remembered, please drop by or phone the office to provide that member’s name and address (if possible) or hospital location. Our hardworking Keep in Touch volunteers will be sure they receive a card. You might just make their day!
COUNSELLING PROGRAMS
Are you going through a difficult time? We can help! Century House has free confidential programs for all people 50+ in the New Westminster area (membership not required).
- Life transitions and finding new meaning
- Bereavement and loss
- Depression and anxiety
- Loneliness
- Declining health
- Family matters

1. VITAL CONNECTIONS
Family Services of Greater Vancouver has committed to work in partnership with Century House to offer the Vital Connections Counselling program again this year. Vital Connections offers accessible counselling services to seniors and their family members with a counsellor in place for the program 2 days a week. New referrals are welcome to leave their name and contact number on the Vital Connections voicemail (604.519.1064 ext. 2).

2. SENIOR PEER COUNSELLING
Senior Peer Counselling is totally dependent upon donations for the running of their program. Our counsellors are dedicated trained volunteers who support people through life transitions, for example, bereavement, loneliness/isolation due to a move, loss of friends or health, caregivers who need to talk to an empathetic listener, etc. We are grateful for the sponsorship of Century House.

GOOD NEWS:
Senior Peer Counselling is adding a brand new service for seniors in New Westminster. This is a Friendly Outreach and Visitor pilot program funded by the City of New Westminster Community Grants. Its purpose is to provide companionship and conversation to isolated and lonely seniors in New Westminster. We are looking for people aged 50+ interested in participating in a 15 hour Friendly Visitor volunteer training program to be offered in February and March, 2019. If you are interested in learning more about the training, please call Senior Peer Counselling and leave your name and contact number (604.519.1064 ext. 1).
CENTURY HOUSE CLOSURE
Century House will be closed on Monday February 18 for Family Day.

CENTURY HOUSE INFORMATION ONLINE
With the launch of our New Westminster Parks & Recreation online program we have included all the activities at Century House. All the Activity Committees, committee meetings, special events as well as the registered programs are listed, and you can look online to see what is happening on any given day. Have you created a new account? If not, please go to newwestcity.ca/activeliving and follow the steps to set up your account. Then you can browse all the wonderful things happening at Century House. Let the front office know if you need any assistance.

CENTURY HOUSE MEMBERSHIPS
If you are a current Century House member you will need to wait until your membership expires before you renew. Century House memberships are on sale for $18.00 and will be active for 364 days after purchase. All memberships will be the same price with everyone having a different expiry dated based on date of purchase. Anyone 50 years or better is welcome to join. If you have any questions please inquire at the front office. Memberships will be going up to $19.00 on April 1.

NETWORKING CIRCLE
Are you 50+ and new to New Westminster? Have you recently found yourself on your own? Are you looking for friends/companions with whom you can try out restaurants, go to the movies or concerts, etc? If yes, we’d love to have you join our information networking group. Open to all Century House members. Sign up at the CH Reception desk and we will get in touch with you.

FRANCOFUN
Parlez-vous français? Aimeriez-vous faire des sorties sociales, assister à des concerts et activités en français? If you speak French and would like to attend French concerts, events, and impromptu social activities in French, you can register at the Century House reception desk.
Activités en fevrier (inscription-info francofuncb@gmail.com)
Films: 3ème mardi du mois, Oak Room
Tuesday, 9:30 - 12:00 pm
February 19

NOTABLE 90S
Happy New Year everyone. We will be looking at memories of winter activities shared with friends from long ago to the present day. Please join us for conversation, tea/coffee and social time. All those 90 years and greater are welcome. See you there.
Wednesday, 1:30 pm
February 20

COMPUTER ROOM NEWS
Please remember to bring your New Westminster library card and a Century House membership to access our computers. Wi-Fi is available.

UNPLUGGED
The Ukulele students are hosting this event and would like to invite anyone who plays almost any instrument and/or sings to participate. The session this month will be in the Fir Room.
Wednesday, 6:30 - 9:00 pm
February 6
FREE

RUMMOLI
For anyone interested we now have a group playing Rummoli on most Saturday afternoons. No experience necessary and you should plan now to join in on this fun card/board game. No need to sign up; just come on in to play on the following dates in February:
February 2, 16 & 23
Buy-in: $2.00
Cost: 25 cents
WINTER PROGRAM HIGHLIGHTS FOR FEBRUARY

CREATIVE WRITING - WRITE FROM THE HEART
In this class we will explore writing our memoirs including travel memoirs, the basics of travel writing, developing characters, describing settings, writing flash fiction, short stories and marketing your stories. W. Ruth Kozak is a published author of historical fiction, poetry and a travel journalist. She has been instructing writing classes since 1994, starting with VSB Continuing Education and at several Community Centres in Vancouver and News Westminster as well some that she presents for the Royal City Literary Arts Society.

Thursday, 1:00 - 3:00 pm  
January 31 - March 28 (no class Feb 21)  
Registration Fee: $52.50  
W. Ruth Kozak  
M.K.  
15849

FIT FELLows
This is an introductory exercise class designed for men only. Strengthen your muscles using light weights, tubing and your own body weight to build endurance and maintain bone mass. This class will finish off with stretching and relaxing. You can work at your own pace.

Thursday, 11:00 am - 12:00 pm  
February 14 - March 14  
Registration Fee: $20.00  
M.K.  
16401

WELLNESS FOR A NEW AGE
As none of us have personally experienced aging before, we will each have to find our own path. This presentation introduces tried and true strategies for achieving higher levels of personal well-being so we can truly enjoy our future years.

Thursday, 10:45 am - 12:15 pm  
February 7  
Registration Fee: $43.00  
M.K.  
16435

W. Ruth Kozak  
M.K.  
15849

Please Note: Spring Program Registration - Thursday February 21, 8:45 am. Look for the spring brochure coming to the front office at the beginning of February.

FEBRUARY BIRTHDAY PARTY
February is the month in which Valentine’s cards are sent, resolutions are broken, the days start feeling longer and brighter, roses are given and birthdays are celebrated! Everyone is invited to a birthday party celebrating all of our members born in February. Our special entertainment guest this month will be singer Allison Berry. We will also play bingo, serve refreshments and award prizes. Tickets must be picked up or reserved by 9:00 pm, Thursday, February 21. If you desire the diabetic option, please request it when you pick up your tickets. Even if it is not your birthday please come along as a guest as everyone is welcome to join the celebration.

Friday, 7:00 - 9:00 pm  
February 22  
Birthday Members: FREE, Guests: $3.50  
M.K.  
21569

IF THIS PHONE IS SO SMART
Have you embraced technology? Do you have a Smart phone, iPad or tablet and are wondering how to make it work? If so, we have just the session for you. Youth volunteers are coming to help you learn how to use your gadget. When you sign up at the office please let us know which type of device you will be bringing. This month we are going to offer this service on two dates. You may sign up for either or both as you wish.

Thursday, 6:30 - 8:00 pm  
February 7  
M.K.  
21501

M.K.  
21571

TEXAS HOLD ‘EM
Sign up at the office by the Thursday prior to this event as seating is limited and dealers need to be arranged.

Friday, 7:00 - 10:00 pm  
February 1, 8 & 15  
Fee: $5.00 buy-in  
M.K.  

Activities

SECRET BAD GUY BOARD GAME
Make plans now to join us for the next great interactive board game. This game is for five to ten players and puts you in a team in which you work with unknown partners to save the world. This game of strategy is extremely simple to learn and play and usually takes fifteen to twenty minutes for a game. Why not give it a try?

Wednesday, February 20
7:00 - 9:00 pm
50 cents

TED TALKS COMES TO CENTURY HOUSE
What Your Smart Devices Knows (and share) About You
Once your smart devices can talk to you, who else are they talking to? Kashmir Hill and Surya Mattu wanted to find out -- so they outfitted Hill's apartment with 18 different internet-connected devices and built a special router to track how often they contacted their servers and see what they were reporting back. The results were surprising -- and more than a little bit creepy. Learn more about what the data from your smart devices reveals about your sleep schedule, TV binges and even your tooth-brushing habits -- and how tech companies could use it to target and profile you. (This talk contains mature language). The facilitator will lead a discussion after watching the video.

Wednesday, 1:00 pm
February 27

LEARN ABOUT CATS
Why do cats purr? Do they know when we want comfort? Why are they revered in some cultures? Learn all this and more in our workshop. You'll get to create a cat out of paper and even have a chance to pet one of these furry friends! Please register at the front desk.

Tuesday, 9:30 - 11:30 am
February 12

FROM TRASH TO JAZZ
What better way to get rid of your trash than to turn it into something beautiful? This workshop will work on turning what we thought was trash into pieces of art. Make sure you drop off your trash at the front desk. Things you can bring include candy wrappers, old electrical cords (such as charger chords), plastic bottles (thin plastic is better), ribbons, buttons and more! Please register at the front desk.

Tuesday, 9:30 - 11:30 am
February 26

MEETING IN THE MIDDLE
(Free of charge, open to seniors and youth, sign-up at Century House Reception Desk)

PAYING IT FORWARD: Board Games and More
All ages are welcome to join seniors and youth from Paying It Forward as we gather to learn new board games and meet new friends of all ages. We'll play old games like Sorry, Clue, Pictionary, Rummo li or Crokinole, cards, games new to everyone, or a favourite family game that you bring to share with others. Light refreshments will be available. Paying It Forward encourages acts of kindness that build relationships across generations. Sign up at the front office.

Wednesday, February 13
7:00 - 8:30 pm

PAYING IT FORWARD: Across Generations
Paying It Forward encourages acts of kindness that build relationships across generations. The Project Team invites you to join seniors and youth as we share our skills, knowledge and ideas with neighbours young and old, building strong and supportive community relationships based on kindness and mutual understanding. Would you like to learn new music, share or learn new writing or artistic skills, teach another to knit or crochet or learn how yourself, make friendship bracelets, share well-loved family recipes, tell us the story of the importance of a small object you've brought with you, share your stories of kindnesses from your neighbours in New Westminster -- or just pick an idea for an act of kindness from our Box of Ideas? Drop in at any time to join people like you -- people of all ages learning, sharing and making new friends. Light refreshments will be available. Sign up at the front office.

Saturday, March 2
10:00 am - 2:30 pm

NATURALLY FUN ADVENTURERS
Backyard Birds and MiniBeasts
Learn and Build Workshop
Please join us for a hands on day of learning and building! We will have a guest speaker help us learn more about our local flora and fauna and how we can help to ensure their habitat is being protected. We will also be building chickadee nest boxes that participants are welcome to take home with them or donate to the community, and we will also be creating gardens for "minibeasts" to provide habitat for some of the smallest, yet hugely important insects in our backyards! Lunch, snacks and refreshments will be provided. Please register at the front office beforehand so we are able to provide enough supplies for everyone!

Saturday, March 9
10:00 am - 2:00 pm

www.centuryhouseassociation.com
**DINNER WITH THE PIANO MAN**
Whatever you do make sure you do not miss this next amazing special event dinner at which our special guest entertainer will be presenting not one, but two fantastic piano shows! One act will feature a tribute to British Icon Elton John while the other half will present a special concert performance showcasing The Piano Man himself, Billy Joel! You may dance to your heart's content during these shows or just sit back and admire the great music of these two talented artists. And if that wasn’t enough for you, don’t forget this will all happen after you enjoy a mouth-watering dinner that will be served to you at your table with no buffet lines!

*Wednesday, February 27*
Happy Hour: 5:00 pm  
Dinner: 6:00 pm
Members: $30.00, Non-members: $36.00

**INSPIRATION DAY**
Join us for another year of inspiration! Join Dr. Davidicus Wong and Laughter Zone 101 Comics for a day of wisdom and humour! We will also have inspirational activities and snacks. Limited tickets available. Please purchase at the front office.

*Saturday, 10:30 am - 1:00 pm*
*February 9*
Tickets: $8.00

**INTERGENERATIONAL TALENT SHOW**
There is plenty of talent here at Century House so it is about time we hosted another talent show. We are going to invite some students from the high school to join us but we need some seniors to perform. If you can sing, dance, play an instrument, perform a skit or have any other talents suitable for a talent show please sign up at the office. Our best guess for now is each act would get no more than five to ten minutes to perform. Tickets will go on sale in March or April with our event sometime between April and May.

**GRAND PALS**
This fun program will start in February when we make our first visit to Lord Kelvin elementary school. The plan is to make a monthly visit to the school in February, March and May and have the students walk over to visit us here in April and June. Please leave your name at the office to become a grand pal whether you have been part of this group in the past or not. Our first meeting will be on Tuesday, February 5 at 9:30 am. You may meet us there or gather here by 9:15 am to walk over in a small group.

**COMING IN MARCH**

**NIGHT IN IRELAND**
Faith and begorrah! See if it isn’t a party for those with the luck of the Irish. Come to Century House as we celebrate the Emerald Isle at a Night in Ireland with all the Leaping Leprechauns we can fit into a bowl of Lucky Charms! From the warm hospitality of Happy Hour, through the wonderful meal full of Irish stew to spectacular Irish Dancing and all your favorite Irish songs for you to dance to or sing a long, you will be delighted and enchanted. Don’t forget to kiss the Blarney Stone! Special Note: A reminder that there are a few seats available for low vision members that must be purchased in the first week of sales or they will be available to everyone after that.

*Wednesday, March 20*
Happy Hour: 5:00 pm, Dinner: 6:00 pm
Members: $22.00, Non-members: $26.50

**BATTER UP!**
Anyone interested in playing a little slo pitch softball for the Century House Moody Blues slo pitch softball team should leave their name at the office. Outdoor practices should begin in March with games and most practices taking place on Tuesday and Thursday mornings.

**SOCIAL MEDIA - FACEBOOK, TWITTER AND INSTAGRAM**
Facebook, Twitter and Instagram are a great ways to connect with friends and family. Learn how to set up accounts, find long lost friends, share messages, videos and photos, set privacy settings and understand social media etiquette. Bring your questions.

*Saturday, 10:30 - 12:00 pm*
*(Pablo Clairmont)*
*March 2 - 23*
Registration Fee: $37.50
COMING IN MARCH

INTERMEDIATE MOBILE DEVICES & TABLETS
Bring your devices to this class and the instructor will be able to offer assistance. Bring your questions and learn new things.

Saturday, 12:30 - 2:00 pm  (Pablo Clairmont)
March 2 - 23
Registration Fee: $37.50  16976

THE FAMILY CAREGIVERS SERIES
The Family Caregiver Series is a two-session education series for family members who are caring for a person with dementia. Participants will learn about dementia, practical coping strategies, communication and behaviour, health care services/supports and planning for the future. Please note that space is limited for this workshop.
Registration is through the Alzheimer Society of BC. Please call 604.298.0780 or Email info.northfraser@alzheimerbc.org.

Saturday, 10:00 am - 3:00 pm
March 16 & 23
Registration Fee: Free

STORYTELLING
Award-winning playwright and nationally touring performer Devon More shares the 7 Steps to telling a great story. Shape memorable snapshots from your life history into well-crafted narratives that hold the listener captive. Using your own experiences as content, explore and practice devices for effective oral storytelling. This workshop series culminates in a casual presentation event on Friday where you have the opportunity to showcase your own story and superb skills. New and returning participants welcome.
Tuesday, Wednesday & Thursday, 6:30 - 8:30 pm.
March 12, 13 & 14
Performance: 7:00 - 9:00 pm
March 15
Registration Fee: $65.00  16794

ZEN DOODLE WORKSHOP
Learn to make simple lines and doodles into creative shapes and patterns with pen and ink. These can be used to make beautiful cards, to embellish a journal, other artwork, or simply enjoyed on their own. A relaxing pastime, and a great way to develop some basic drawing skills. You will take home a completed project, uniquely yours! No drawing skills required. All supplies included.
Wednesday, 9:30 - 12:00 pm  (Peri Nilan)
March 13 - 27
Registration Fee: $47.75  16771

Lunch is served weekdays, 11:30 am - 1:00 pm, with hot entrées for $6.25 or a selection of soups and sandwiches (menu is subject to change). Take out entrées are available at 1:00 pm and snacks are available weekdays, 9:00 am - 3:00 pm.

Salads are available on select days for purchase for $1.90, please ask at lunch counter.

To assist us in serving you we ask that requests for more than 3 take home baked items are pre-ordered. Please see Karima or Diane.

Connections Café
FEBRUARY MENU

Friday, Feb. 1  Chicken Stuffed with Brie, Potatoes & Gravy
Monday, Feb. 4  Quiche & Salad
Tuesday, Feb. 5  Chicken Cacciatore, Pasta & Salad
Wednesday, Feb. 6  Salisbury Steak
Thursday, Feb. 7  Chicken Strips & Salad
Friday, Feb. 8  Roast Beef
Monday, Feb. 11  Chicken a la King & Salad
Tuesday, Feb. 12  Potato Crusted Cod
Wednesday, Feb. 13  Beef Stroganoff, Egg Noodles & Salad
Thursday, Feb. 14  Butter Chicken with Rice & Vegetables
Friday, Feb. 15  Beef Pot Pie & Salad
Monday, Feb. 18  CENTRE CLOSED
Tuesday, Feb. 19  Baked Salmon
Wednesday, Feb. 20  Shepherd's Pie
Thursday, Feb. 21  Vegetarian Lasagna & Salad
Friday, Feb. 22  Herb Crusted Cod
Monday, Feb. 25  Chicken Cordon Bleu
Tuesday, Feb. 26  Vegetarian Chili & Cornbread
Wednesday, Feb. 27  Hot Pulled Pork Sandwich & Coleslaw
Thursday, Feb. 28  Salmon Burger, Taters & Coleslaw

Lunch is served weekdays, 11:30 am - 1:00 pm, with hot entrées for $6.25 or a selection of soups and sandwiches (menu is subject to change). Take out entrées are available at 1:00 pm and snacks are available weekdays, 9:00 am - 3:00 pm.

Salads are available on select days for purchase for $1.90, please ask at lunch counter.

To assist us in serving you we ask that requests for more than 3 take home baked items are pre-ordered. Please see Karima or Diane.
# Week At A Glance

## MONDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>9:00 - 2:30</td>
<td>Computer Room Drop-in (Computer Lab)</td>
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<tr>
<td>9:00 - 2:30</td>
<td>Fitness Centre Drop-in (Fitness Centre)</td>
</tr>
<tr>
<td>9:00 - 12:00</td>
<td>Quilting (Spruce)</td>
</tr>
<tr>
<td>9:00 - 2:30</td>
<td>Pickleball (Multi-purpose)</td>
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<tr>
<td>9:00 - 9:00</td>
<td>Snooker Drop-in (Maple)</td>
</tr>
<tr>
<td>9:30 - 10:30</td>
<td>Moderate Fitness Drop-In - Workout (Douglas/Fir)</td>
</tr>
<tr>
<td>9:30 - 11:00</td>
<td>Carpet Bowling (ABC)</td>
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<tr>
<td>9:30 - 12:30</td>
<td>Community Kitchen (Kitchen YC) (Feb 4, 11 &amp; 25)</td>
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<tr>
<td>10:45 - 11:45</td>
<td>Drop-in Yoga (Douglas/Fir)</td>
</tr>
<tr>
<td>11:00 - 12:00</td>
<td>Mild Fitness Drop-in Light Exercise (Oak)</td>
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<tr>
<td>12:00 - 3:00</td>
<td>Square Dance (Fir)</td>
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<tr>
<td>12:30 - 2:30</td>
<td>Acrylic Painting: Passion &amp; Excitement (Spruce) (Feb 4, 11 &amp; 25)</td>
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<tr>
<td>12:30 - 3:30</td>
<td>ESL Seniors Group (Willow) (Feb 4, 11 &amp; 25)</td>
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<tr>
<td>12:30 - 4:00</td>
<td>Canasta (Birch/Cedar)</td>
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<tr>
<td>1:00 - 3:00</td>
<td>Drama Rehearsals (Douglas) (Feb 4, 11 &amp; 25)</td>
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<tr>
<td>1:00 - 3:00</td>
<td>Singers (Oak)</td>
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<tr>
<td>1:00 - 3:00</td>
<td>Cribbage (Arbutus)</td>
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<tr>
<td>6:00 - 7:15</td>
<td>Dance, Dance, Dance (Fir) (Feb 4, 11 &amp; 25)</td>
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<tr>
<td>6:00 - 8:30</td>
<td>Bridge (Arbutus)</td>
</tr>
<tr>
<td>7:00 - 9:00</td>
<td>Exploring with Pencil Crayon - Intermediate (Birch/Cedar) (Feb 4, 11 &amp; 25)</td>
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</tbody>
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## TUESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>9:00 - 2:30</td>
<td>Computer Room Drop-in (Computer Lab)</td>
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<tr>
<td>9:00 - 2:30</td>
<td>Fitness Centre Drop-in (Fitness Centre)</td>
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<tr>
<td>9:00 - 10:30</td>
<td>Yoga (Arbutus/Birch)</td>
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<tr>
<td>9:00 - 2:30</td>
<td>Table Tennis (Multipurpose)</td>
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<tr>
<td>9:00 - 4:00</td>
<td>Vital Connections Counselling Program (by appointment)</td>
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<tr>
<td>9:00 - 9:00</td>
<td>Snooker Drop-in (Maple)</td>
</tr>
<tr>
<td>9:15</td>
<td>Grand Pals (Lord Kelvin) Meet at Century House, walk over as group</td>
</tr>
<tr>
<td>9:30 - 11:30</td>
<td>Workshop - Learn About Cats (Oak) (Feb 12)</td>
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<tr>
<td>9:30 - 11:30</td>
<td>Workshop - From Trash to Jazz (Oak) (Feb 26)</td>
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<tr>
<td>9:30 - 10:30</td>
<td>Moderate Fitness Drop-In Stretch &amp; Strength (Douglas/Fir)</td>
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<tr>
<td>9:30 - 12:00</td>
<td>Francofun French Movie Group (Oak) (Feb 19)</td>
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<tr>
<td>9:30 - 10:30</td>
<td>Grand Pals (Feb 5) (Kelvin School)</td>
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<tr>
<td>9:30 - 11:30</td>
<td>Learn About Cats (Oak) (Feb 12)</td>
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<tr>
<td>9:30 - 11:30</td>
<td>From Trash to Jazz (Oak) (Feb 26)</td>
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<tr>
<td>9:30 - 12:30</td>
<td>Executive Meeting (Oak) (Feb 5)</td>
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<tr>
<td>10:00 - 12:00</td>
<td>Beginners Drawing &amp; Watercolour (Spruce)</td>
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<tr>
<td>10:00 - 12:00</td>
<td>Book Club (Oak) (Feb 12)</td>
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<tr>
<td>10:00 - 12:00</td>
<td>Low Vision (Arbutus)</td>
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<tr>
<td>10:00 - 1:30</td>
<td>Century Dragon Boat Bake Sale (Lobby) (Feb 12)</td>
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<tr>
<td>10:45 - 11:45</td>
<td>Drop-in Yoga (Fir)</td>
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<tr>
<td>12:30 - 2:30</td>
<td>Pottery (Chestnut)</td>
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<tr>
<td>1:00 - 2:00</td>
<td>Tai Chi - Beginners Level I (Fir)</td>
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<tr>
<td>1:00 - 2:30</td>
<td>Wills &amp; Estate Planning (Oak) (Feb 19)</td>
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<tr>
<td>1:00 - 3:00</td>
<td>Health Drop-in (Oak) (Feb 12)</td>
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<tr>
<td>1:00 - 3:00</td>
<td>Parkinsons Support Group (Douglas) (Feb 5)</td>
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<tr>
<td>1:00 - 3:30</td>
<td>Court Whist (Arbutus)</td>
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<tr>
<td>1:00 - 3:30</td>
<td>Tuesday Crafts (Spruce)</td>
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<tr>
<td>1:00 - 3:45</td>
<td>Bridge (Douglas)</td>
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<tr>
<td>1:00 - 4:00</td>
<td>Bid Euchre (Birch/Cedar)</td>
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<tr>
<td>2:00 - 3:00</td>
<td>Blood Pressure Clinic (Oak) (Feb 12)</td>
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<tr>
<td>5:00 - 10:30</td>
<td>Cabaret at Studio 58 Trip (Feb 5)</td>
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<tr>
<td>5:15 - 6:15</td>
<td>Zumba (Fir)</td>
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<tr>
<td>6:00 - 7:00</td>
<td>Hatha Yoga (Douglas)</td>
</tr>
<tr>
<td>6:30 - 9:00</td>
<td>Pottery - Hand Built Tableware (Chestnut)</td>
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<tr>
<td>7:00 - 9:00</td>
<td>Alzheimer Support Group (Arbutus) (Feb 19)</td>
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<tr>
<td>7:00 - 9:00</td>
<td>Tinnitus (Birch/Cedar)</td>
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<tr>
<td>7:00 - 9:00</td>
<td>UBC Legal Advice (Lobby) (Feb 12 &amp; 26)</td>
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</tbody>
</table>

## WEDNESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>9:00 - 2:30</td>
<td>Computer Room Drop-in (Computer Lab)</td>
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<tr>
<td>9:00 - 2:30</td>
<td>Fitness Centre Drop-in (Fitness Centre)</td>
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<tr>
<td>9:00 - 12:00</td>
<td>Senior Peer Counselling Meeting (Oak)</td>
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<tr>
<td>9:00 - 2:30</td>
<td>Badminton (Multipurpose)</td>
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<tr>
<td>9:00 - 9:00</td>
<td>Snooker Drop-in (Maple)</td>
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<tr>
<td>9:30 - 10:30</td>
<td>Moderate Fitness Drop-In - Workout (Douglas/Fir)</td>
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<tr>
<td>9:30 - 11:00</td>
<td>Carpet Bowling (ABC)</td>
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<tr>
<td>9:30 - 12:00</td>
<td>Dabble in Acrylics (Spruce) (Feb 13, 20 &amp; 27)</td>
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<tr>
<td>10:00 - 12:00</td>
<td>Chairpersons Meeting (Fir) (Feb 6)</td>
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<tr>
<td>10:45 - 11:45</td>
<td>Drop-in Yoga (Fir)</td>
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<tr>
<td>11:00 - 12:00</td>
<td>Mild Fitness Drop-In - Toning (Douglas)</td>
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<tr>
<td>12:30 - 1:25</td>
<td>Get Up &amp; Go (Douglas)</td>
</tr>
<tr>
<td>12:30 - 1:30</td>
<td>Active Age 1 (Oak)</td>
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<tr>
<td>1:00 - 2:30</td>
<td>Tai Chi Continuing (Fir)</td>
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<tr>
<td>1:00 - 2:30</td>
<td>Ted Talks Comes to Century House - What Your Smart Devices Knows (and share) About You (Birch/Cedar) (Feb 27)</td>
</tr>
<tr>
<td>1:00 - 3:00</td>
<td>Cribbage (Arbutus)</td>
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<tr>
<td>1:00 - 3:00</td>
<td>Senior Gay Straight Alliance (Birch/Cedar) (Feb 13)</td>
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<tr>
<td>1:00 - 3:30</td>
<td>Wednesday Crafts (Spruce)</td>
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<tr>
<td>1:30 - 2:30</td>
<td>New Members Tour (Feb 6)</td>
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<tr>
<td>1:30 - 3:30</td>
<td>Minds in Motion (Douglas)</td>
</tr>
</tbody>
</table>
**Week At A Glance**

### THURSDAY

- **9:00 - 2:30** Computer Room Drop-in (Computer Lab)
- **9:00 - 2:30** Fitness Centre Drop-in (Fitness Centre)
- **9:00 - 12:00** Quilting (Spruce)
- **9:00 - 2:30** Pickleball (Multipurpose Room)
- **9:00 - 4:00** Vital Connections Counselling Program (by appointment)
- **9:00 - 9:00** Snooker Drop-in (Maple)
- **9:30 - 10:30** Fitness Centre Circuit (Fitness Centre)
- **9:30 - 10:30** Moderate Fitness Drop-in - Workout (Douglas/Fir)
- **9:30 - 11:45** Mahjong (Birch/Cedar)
- **9:30 - 12:00** Ukulele Drop-in (Oak)
- **10:45 - 12:15** Fitness & Fun Meeting (Douglas) (Feb 21)
- **10:45 - 12:15** Women’s Wellness Circle - Wellness For a New Age (Birch/Cedar) (Feb 7)
- **11:00 - 12:00** Fit Fellows (Fir)
- **11:00 - 12:00** Osteofit (Douglas)
- **11:30 - 3:30** Mystery Trip (Feb 21)
- **12:15 - 1:15** Fitness Centre Circuit (Fitness Centre)
- **12:30 - 3:00** Senior Peer Counselling Training (Oak)
- **12:45 - 4:00** Canasta (Arbutus)
- **1:00 - 3:00** Artists Drop-in (Spruce)
- **1:00 - 3:00** Beginner’s Cartooning (Fir) (Feb 14, 21 & 28)
- **1:00 - 3:00** Darts (Hemlock)
- **1:00 - 3:00** Creative Writing (Douglas) (Feb 7, 14 & 28)
- **1:00 - 3:30** Whist (Birch/Cedar)
- **1:00 - 4:00** Purpose Society - WINS Workshop (Fir) (Feb 7)
- **2:30 - 4:00** Learning Garden (Fir) (Feb 21)
- **4:00 - 6:00** Ukulele Orchestra (Douglas) (Feb 7)
- **6:30 - 8:00** If This Phone Is So Smart (Lobby) (Feb 7)
- **6:00 - 8:30** Bridge - Evening (Arbutus) (Feb 21)
- **6:30 - 8:30** Ukulele Orchestra (Fir) (Feb 21 & 28)

### SATURDAY

- **9:00 - 2:30** Computer Room Drop-in
- **9:00 - 2:30** Fitness Centre Drop-in (Fitness Centre)
- **9:00 - 2:30** Table Tennis (Multipurpose)
- **9:00 - 4:00** Snooker Drop-in (Maple)
- **9:30 - 10:30** Zumba (Fir) (Feb 2, 16 & 23)
- **9:30 - 11:00** Ukulele Intermediate (Birch/Cedar) (Feb 2, 16 & 23)
- **10:00 - 1:00** Chronic Pain Self-Management Program (Oak) (Feb 2, 9 & 23)
- **10:30 - 12:00** Keyboarding, Internet & Email (Computer Lab) (Feb 2, 16 & 23)
- **10:30 - 1:00** Inspiration Day (Douglas/Fir) (Feb 9)
- **11:15 - 12:45** Ukulele Advanced (Birch/Cedar) (Feb 2, 16 & 23)
- **12:30 - 2:00** Laptop Lessons (Computer Lab) (Feb 2, 16 & 23)
- **12:30 - 3:45** Rummioli (Arbutus) (Feb 2, 16 & 23)
- **1:00 - 2:00** Ukulele Beginners (Birch/Cedar) (Feb 2, 16 & 23)

### SUNDAY

- **12:00 - 3:30** Computer Room Drop-in
- **12:00 - 3:30** Fitness Centre Drop-in
- **12:00 - 4:00** Snooker Drop-in (Maple)
- **12:45 - 3:45** Sunday Dance
If you have a suggestion for a trip destination, please leave it in the suggestion box, located at the front desk.

SNOWSHOEING ON SEYMOUR
(Bonsor Mini Bus)
Embrace winter just before spring springs! Board the Bonsor bus for the long and winding road up North Vancouver’s Seymour Mountain offering spectacular views and cool fresh air. Following arrival, you will enjoy lunch, available for purchase in the lodge, or you may bring your own. After your meal, you will embark on a two-hour snowshoe adventure to go back in time to explore the early days of settling Mt. Seymour in their history game show. You will enjoy a cup of hot chocolate before returning to Century House. Lunch not included.

Wednesday, 10:30 am - 4:00 pm
March 13
Members: $40.00 (non-members: $48.00) 21603

SHEN YUN (Bonsor Mini Bus)
Shen Yun Performing Arts is a premier classical Chinese dance and music company established in New York. It performs classical Chinese dance, ethnic and folk dance, and story-based dance, with orchestral accompaniment and solo performers. For 5,000 years, divine culture flourished in the land of China. Through breathtaking music and dance, Shen Yun is reviving this glorious culture. Shen Yun, can be translated as: “The beauty of divine beings dancing.” Lunch not included.

Tuesday, 12:30 - 5:30 pm
March 26
Members: $150.00 (non-members: $180.00) 21604

If you hurry you still might find a ticket for this trip:

FEBRUARY MYSTERY TRIP
(Bonsor Mini Bus)
Celebrate the shortest month of the year with a special mystery trip. While it is impossible to give out too many details on a Mystery Trip it is safe to say that lunch will be delicious, the outing will be mysterious and anything else you get up to will be tantalizing and surprising. Lunch included.

Thursday, 11:30 am - 3:30 pm
February 21
Members: $47.00 (non-members: $57.00) 20295
Osteofit

Safely exercise your way to healthier bones in a fitness program designed for people with osteoporosis or at risk for developing this condition. The program includes an educational component as well as an active session that includes strength, balance, and agility components. Check with your doctor before commencing this program to ensure you do not have any other pre-existing condition that may prevent you from doing certain exercises.

Thursday, 11:00 am - 12:00 pm  (Colleen Walden)
February 28 - March 28
Registration Fee: $41.00  16419

Century House Drop-in Fitness Programs

Century House • 620 Eighth Street • 604.519.1066

<table>
<thead>
<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 am - 2:30 pm</td>
<td>Exercise Room</td>
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<tr>
<td>9:30 am - 10:30 am</td>
<td>Workout</td>
<td>Stretch &amp; Strength</td>
<td>Workout</td>
<td>Workout</td>
<td>Stretch &amp; Strength</td>
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<tr>
<td>10:45 am - 11:45 am</td>
<td>Drop-in Yoga</td>
<td>Drop-in Yoga</td>
<td>Drop-in Yoga</td>
<td></td>
<td>Toning</td>
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<tr>
<td>11:00 am - 12:00 pm</td>
<td>Light Exercise</td>
<td>Toning</td>
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<td>Toning</td>
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<td>Exercise Room</td>
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<td>12:00 pm - 3:30 pm</td>
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Fitness Drop-in Fees: $4.25   $34.02 for 10 classes   All classes are co-ed.