

Connecting 50+

September 2019





Get Connected

Queensborough Activity Club

We are always looking for adults in the community to guide us as we plan new programs, events and activities. If there is an activity you would like to see at QCC we would love to hear from you! Please leave your name and contact information at the front desk or RSVP via email aching@newwestcity.ca
Next Meeting: Thursday, September 12

Technology Help (19+ years)

Did you acquire a new tech device and want to make use of it? Come and learn! Bring your iPad, smartphone, tablet, laptop, camera or other device with you.

*Monday, 10:30 am
 September 9*

Drop-in Fee: Free

Get Active

QCC Fitness Centre

Achieve your fitness goals with a great blend of cardio and strength equipment in our bright and friendly fitness centre. Knowledgeable fitness advisers are available:

Monday - Friday	5:15 - 9:30 pm
Tuesday	10:00 am - 2:00 pm
Saturday	1:30 - 5:30 pm
Sunday	8:30 am - 12:30 pm

Open during operational hours

Adult Drop-in Fee:	\$6.25
(19 - 64 years)	\$50.00 Active 10 \$56.25 Active 30 \$168.75 Active 90 \$495.00 Active 365
Seniors Drop-in Fee:	\$4.50
(65+ years)	\$36.00 Active 10 \$40.00 Active 30 \$120.00 Active 90 \$357.00 Active 365

Prices include tax

Stretch & Strength (50+ years)

Strengthen your muscles using weights, tubing and your own body weight and then enjoy an extended relaxing stretch.

*Monday & Wednesday 9:15 - 10:15 am
 Ongoing*

Drop-in Fee: Seniors \$4.50, Adults \$6.25

SAVE UP TO 45% WITH

ActivePASS

newwestcity.ca/activepass

Pickleball (50+ years)

An easy to pick up sport and an excellent aerobic exercise! Pickleball is a hybrid of badminton, tennis and table tennis, played with paddles and a perforated plastic ball. This fun, low-impact sport is enjoyed by players of all levels. Support is offered to help learn the game.

Monday, 12:30 - 2:30 pm

Tuesday, Wednesday & Friday, 9:30 am - 12:00 pm

Ongoing

Drop-in Fee: Seniors \$4.50, Adults \$6.25

Nordic Walking (50+ years)

Proven to engage multiple muscle groups, Nordic Walking gives you an excellent workout. Proper use of walking poles improves your balance, muscle strength and bone health. This is a wonderful opportunity to get out and enjoy exercise in the fresh air! You don't have to be 50+ to participate! This program is weather dependent, poles are provided.

Tuesday, 9:00 - 10:15 am

September 2 - October 22

Drop-in Fee: Free

Table Tennis (50+ years)

Get active and socialize playing this fun sport with a quick learning curve. Bring your own paddle.

Wednesday, 10:30 am - 12:30 pm

September 11 - December 18

Drop-in Fee: Seniors \$4.50, Adults \$6.25

50+ Social Club

Queensborough 50+ Social Club

Join the Queensborough 50+ Social Club to meet new friends and have fun. The annual membership gives you access to club activities.

Annual Fee: \$6.00

Bingo (50+ years)

See old friends and meet new ones while playing BINGO at QCC. We will also enjoy a break time with tea, coffee and cookies. We would love to meet you!

Participants must be 50+ Social Club members.

Tuesday, 12:30 - 2:30 pm

Drop-in Fee: \$1.00 for coffee plus Bingo card(s)

Seep Card Game (50+ years)

Know how to play the card game Seep? If you do, then join us any day of the week.

Participants must be 50+ Social Club members.

Weekdays, 2:30 - 5:30 pm

Ongoing

Registration Fee: Free



Get Social

Queensborough Knitters

Do you love to knit, crochet or tatt? Join the Queensborough Knitters! Bring your own project or work on one of our special projects. This is a great opportunity to share information and learn new techniques with this wonderful group of knitters. You don't have to be 50+ years to participate.

Thursday, 10:00 am - 12:00 pm

Ongoing

Drop-in Fee: Free

Bus Trips (55+ years)

The Hamilton Community Centre Bus is now stopping at the Queensborough Community Centre to pick up participants for their scheduled bus trips. For days, times, cost and registration, call Hamilton Community Centre: 604.718.8055.

All classes take place at Queensborough Community Centre unless otherwise noted. Call 604.525.7388.

Family

Queensborough Festival (All Ages)

The Queensborough Festival is a non-profit community event put together by the Queensborough Special Programs Committee in partnership with the City of New Westminster's Parks and Recreation department and local businesses. Join us in celebrating the past and present of Queensborough. There will be children's games and activities, entertainment for the whole family, and food trucks.

Ryall Park

604.525.7388

Saturday, 3:00 - 7:00 pm

September 14

Drop-in Fee: Free

Quick Facts

- In the recently released report, Home Support; We Can Do Better, the BC Seniors Advocate, Isobel Mackenzie, stated "We are falling seriously short of meeting the needs of the clients who are receiving home support and we are falling seriously short of providing home support to those who need it."
- The BC Seniors Advocate also said that B.C. is not only one of the few provinces to charge for home support, it's the most expensive of all provinces that do.
- The report makes seven recommendations, including changing the province's co-payment structure to increase affordability, developing a flexible, standardized care plan for use throughout the province and providing more support for family caregivers.



For more information or to let us know what programs you'd like to see at the Queensborough Community Centre, please call 604.525.7388 or email aching@newwestcity.ca

QUEENSBOROUGH COMMUNITY CENTRE

920 Ewen Avenue | New Westminster, BC

Monday - Thursday 7:00 am - 9:30 pm

Friday 7:00 am - 8:30 pm

Saturday 8:30 am - 5:30 pm

Sunday 8:30 am - 8:30 pm

Queensborough 50+ Programs at a Glance September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Stretch & Strength 9:15 - 10:15 am	Nordic Walking 9:00 - 10:00 am	Stretch & Strength 9:15 - 10:15 am				
Pickleball (Century House) 9:00 am - 2:30 pm	Pickleball 9:30 am - 12:00 pm	Pickleball 9:30 am - 12:00 pm	Pickleball (Century House) 9:00 am - 2:30 pm	Pickleball 9:30 am - 12:00 pm		
Tech Help 10:30 - 11:00 am September 9	Social Club Lunch 12:00 - 2:30 pm	Table Tennis 10:30 am - 12:30 pm	QB Knitters 10:00 am - 12:00 pm			
Pickleball 12:30 - 2:30 pm	Social Club Bingo 12:30 - 2:30 pm		Activity Club Meeting 10:30 - 11:30 am September 12			
Social Club Cards 2:30 - 6:00 pm	Social Club Cards 2:30 - 6:00 pm	Social Club Cards 2:30 - 6:00 pm	Social Club Cards 2:30 - 6:00 pm	Social Club Cards 2:30 - 6:00 pm	Social Club Cards 2:30 - 6:00 pm	Social Club Cards 2:30 - 6:00 pm
	Badminton / Pickleball (QMS) 7:00 - 9:00 pm				Pickleball (Centennial Community Centre) 4:30 - 6:30 pm	Pickleball (Centennial Community Centre) 3:30 - 6:00 pm