

## Seniors Week 2023

### Let's Celebrate! June 4 to 10

Coquitlam is gearing up for Seniors Week with a variety of activities and events to celebrate residents who are 50 and better! This year's Seniors Week is proudly presented by Aspira Retirement Living (Astoria and Mayfair Terrace).



Aspira  
Astoria  
Retirement Living

Aspira  
Mayfair Terrace  
Retirement Living



To learn more and sign up, go to [coquitlam.ca/registration](https://coquitlam.ca/registration) and click Register for Programs. In the online registration system, type the Course ID# in the search bar, or call 604-927-4386.

### Get Your Passport Stamped and Win!



Pick up your Seniors Week passport at Dogwood Pavilion or Glen Pine Pavilion, and collect a stamp each time you register and participate in one of our free activities offered throughout the week.

For every three stamps, your name will be entered into a prize draw. All program information can be found in the Seniors Week program booklet.

#### June 4

**Meeting of the Melodies**  
*at Glen Pine Pavilion*  
1 – 3 p.m. | Course ID# 112478

#### June 5

**Seniors Skate**  
*at Poirier Sport and Leisure Complex*  
11:45 a.m. – 12:45 p.m.

**Movie Matinee: Poms (2019)**  
*at Dogwood Pavilion*  
1 – 3 p.m. | Course ID# 123539

**Chair Yoga**  
*at Glen Pine Pavilion*  
3 – 4 p.m. | Course ID# 125403

#### June 6

**Art Journaling**  
*at Glen Pine Pavilion*  
9:30 – 11 a.m. | Course ID# 123559

**Coffee, Conversations and Cards**  
*at Maillardville Community Centre*  
10 a.m. – 12 p.m. | Course ID# 122402

**Tea, Tours and Textiles**  
*at Evergreen Cultural Centre*  
10:30 a.m. – 12:30 p.m.

#### June 7

**Tree Care and Pruning**  
*at Mundy Park*  
11 a.m. – 12 p.m. |  
[parkspark@coquitlam.ca](mailto:parkspark@coquitlam.ca) for info

**High Tea with The Jammers**  
*at Maillardville Community Centre*  
1 – 3 p.m. | Course ID# 124461

**Aspira-lympics**  
*at Centennial Pavilion*  
3 – 4 p.m. | Course ID# 125406

**Fitness Try-it: Fit 360 and Pilates**  
*at Poirier Sport & Leisure Complex*  
6 – 7 p.m. | Course ID# 123601

#### June 8

**Navigating Your Retirement Journey**  
*at Dogwood Pavilion*  
10 – 11 a.m. | Course ID# 125404

**Beginner Essentrics**  
*at Dogwood Pavilion*  
11 a.m. – 12 p.m. |  
Course ID# 123618

**Meditation**  
*at Glen Pine Pavilion*  
6:30 – 8:30 p.m. | Course ID# 123553

#### June 9

**Brain Games with Aspira**  
*at Dogwood Pavilion*  
10:30 – 11:30 a.m. |  
Course ID# 125407

**Pickleball Drop-in**  
*at Maillardville Community Centre*  
11:30 a.m. – 1:30 p.m. |  
Course ID# 122335

**Navigating Your Retirement Journey**  
*at Glen Pine Pavilion*  
1 – 2 p.m. | Course ID# 125405

**Tree Spree Walk**  
*at Riverview Park*  
1 – 3 p.m. |  
[parkspark@coquitlam.ca](mailto:parkspark@coquitlam.ca) for info

**Zumba Gold**  
*at City Centre Aquatic Complex*  
1:15 – 2:15 p.m. | Course ID# 123625

#### June 10

**Inspiration Garden Tour and Tea**  
*at the Inspiration Garden in Town Centre Park*  
10 – 11 a.m. |  
[parkspark@coquitlam.ca](mailto:parkspark@coquitlam.ca) for info

**Fashion Show**  
*at Glen Pine Pavilion*  
1 – 4 p.m. | Course ID# 113648

### Let the Fun Continue!

If you're looking for programs and activities in July and August, check out the Summer Seniors Guide, available online at [coquitlam.ca/ProgramGuide](https://coquitlam.ca/ProgramGuide) or for pick up in person at Dogwood Pavilion, Glen Pine Pavilion and Maillardville Community Centre.