

Registration Information on page 5

April to June
SPRING 2024

Senior's *Guide*

Coquitlam Parks, Recreation, Culture and Facilities



Welcome to Coquitlam

Parks, Recreation, Culture and Facilities

We acknowledge with gratitude and respect that the name Coquitlam was derived from the *hə́h̓qəmiíhə́m* (HUN-kuh-MEE-num) word *kʷikwə́ləm* (kwee-KWET-lum) meaning “Red Fish Up the River”. The City is honoured to be located on the *kʷikwə́ləm* traditional and ancestral lands, including those parts that were historically shared with the *q̓ícəy̓* (kat-zee), and other Coast Salish Peoples.

New Facilities

As our community grows, so do our recreation facilities. We have two newly renovated facilities opening this spring and summer to serve our public:

Town Centre Park Community Centre

Set on the shores of Lafarge Lake, next to the Evergreen Cultural Centre, the Town Centre Park Community Centre will be an inclusive space for exploration and participation. The facility is set to open this spring with drop-in and registered programs available. Find up-to-date information in the online registration system or at coquitlam.ca/DropIn. Look for registered summer recreation, arts and culture programs in the Summer Program Guide. Learn more at coquitlam.ca/TCPC.

Spani Outdoor Pool

Residents of all ages can once again make summer memories at Spani Outdoor Pool. At over 50 years old, the existing pool needed an extensive renovation and expansion to allow for 50 more years of summer fun.

Opening in summer 2024, the pool has been designed with accessibility, sustainability and usability in mind. New amenities include a leisure pool with shallow beach entry, splash area and lazy river, a new warming pool, and new change rooms and washrooms. Learn more at coquitlam.ca/SpaniRenewal.

How to Use This Guide

Drawing for Youth (10 – 14 yrs) Title and age(s)

Youth will explore the various methods and techniques of drawing using different tools and materials each week.

at Poirier Community Centre Location

F Oct 21 1 – 3 p.m.


1/\$37.30

98661

Day(s) of the week, date range, time

Number of sessions/price

Course ID

- Look inside for **FREE** and **LOW COST** activities!
- Programs marked with a  are for kids and adults together!

To register for a program online through your computer or mobile device:

1. Go to coquitlam.ca/registration
2. Log in or create an account
3. Enter the **course ID** into the “keyword” search field

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All Abilities Welcome!

We strive to provide community recreation experiences for people of all abilities. See a program you like but need some help to get involved? Email Community Services and we'll work with you to find ways to help you participate: CommunityServices@coquitlam.ca

coquitlam.ca/RecAccess

Coquitlam Champions Equity, Diversity and Inclusion

What is Equity, Diversity and Inclusion?

Equity, diversity and inclusion (EDI) is about breaking down barriers to ensure that everyone – regardless of age, ability, race, culture, gender, sexual orientation and other diversity characteristics – is able to live, work and thrive in a safe and welcoming environment.

EDI in Coquitlam

As an organization, Coquitlam is on a journey to better serve our vibrant and diverse community by applying EDI principles to all City work, policies, operations, language and services. EDI is an organizational priority that guides decision-making across all lines of business.

Learn more about what we are doing so that Coquitlam continues to be safe, inclusive and accessible, and what you can do to support EDI in our community.

coquitlam.ca/EDI

Coquitlam



Sign Me Up

Online Registration System
for Parks, Recreation and Culture programs

3 Easy Ways To Register

1. Online:

coquitlam.ca/registration

Available 24 hours a day,
7 days a week

2. Over the phone:

604-927-4386

Get staff assistance with
registration

Mon – Fri, 8:30 a.m. – 6 p.m.

Sat and Sun, 10 a.m. – 2 p.m.
(except statutory holidays)

3. In-person at these facilities:

**Poirier Sport and Leisure
Complex** 633 Poirier St.

City Centre Aquatic Complex
1210 Pinetree Way

Dogwood Pavilion
1655 Winslow Ave.

Glen Pine Pavilion
1200 Glen Pine Crt.

**Pinetree Community
Centre** 1260 Pinetree Way

**Maillardville Community
Centre** 1200 Cartier Ave.

Payment by Visa, MasterCard or American Express is required at the time of online or phone registration. In-person registration accepts payment by Visa, MasterCard, American Express, debit or cash.

We reserve the right to cancel programs. Participants can withdraw up to 5 days (10 days for camps) prior to the start of their program for a full refund. Service fees apply when less than 5 days notice is provided (10 days for camps). No refunds will be given on third day of class or later. Prices listed do not include applicable taxes.



Important Registration Dates

Spring 2024 April to June Programs

Registration opens at 8:30 a.m.

Category	View Online By 6 a.m.	Resident Registration	Non- Resident Registration
Swimming	Jan. 26	Jan. 30	Feb. 1
Skating	Feb. 2	Feb. 6	Feb. 8
Camps	Feb. 9	Feb. 13	Feb. 15
General Programs, Parks, Special Events	Feb. 9	Feb. 20	Feb. 22

How To Register Online

You must have a recreation account to register for programs online.

Create an account or login by clicking on the **SignMeUp** banner at coquitlam.ca/registration.

Once you have logged into your account, you can:

- Add or remove family members on your account
- Update your contact information (current home address, phone number, etc.)
- Securely save a credit card to your account for faster checkout
- Manage program registrations

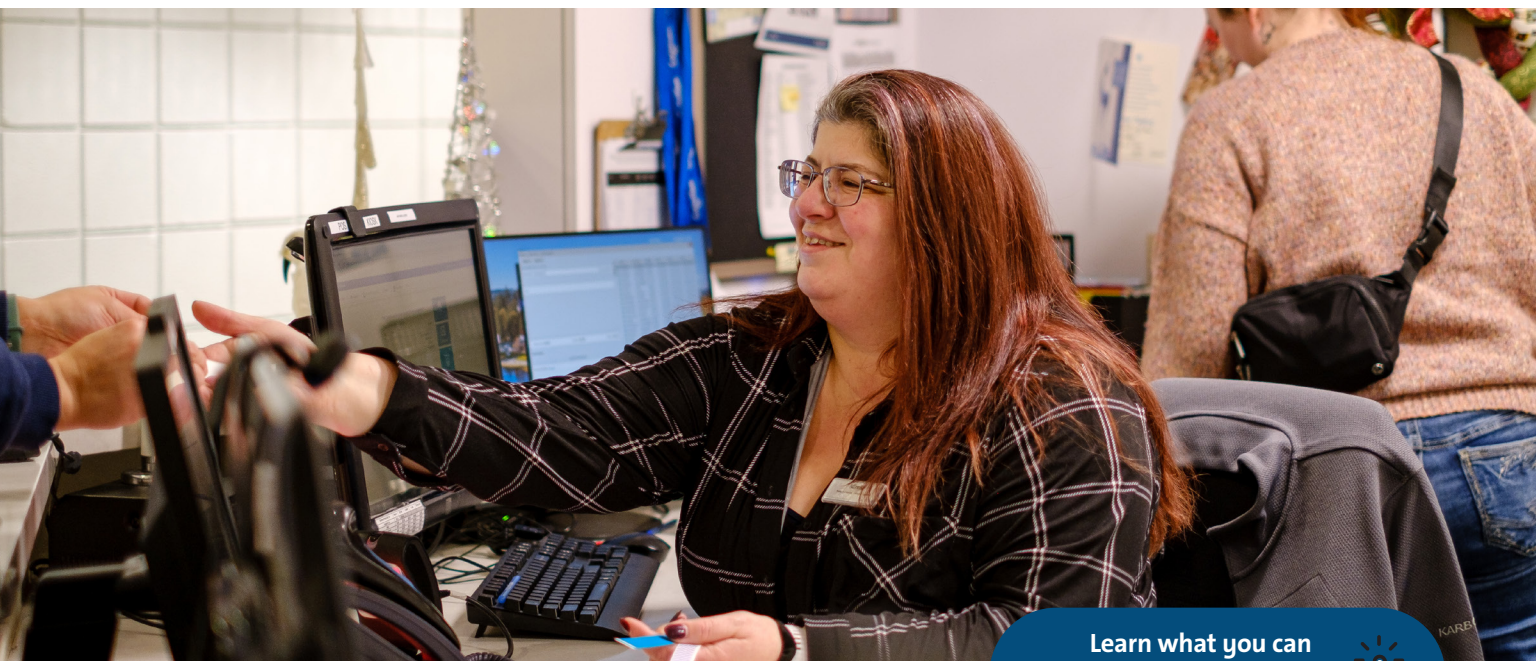
Learn more about the registration system at coquitlam.ca/registration



Questions? We're here to help

604-927-4386 | prcs_info@coquitlam.ca

Admission Fees and Recreation Passes



Learn what you can do with your ONE PASS!
coquitlam.ca/OnePass



ONE PASS and Drop-in Fees

Prices valid at all facilities through to March 31, 2025.

The ONE PASS provides universal access to all of our facilities for both pre-registered drop-in programs and drop-in programs, such as drop-in basketball, fitness, swimming and ice skating.

		Single Drop-In	10-Visit Pass	30-Day Pass	Monthly Cont. Pass**	365-Day Pass
Child	(0 – 12 yrs)	\$3.29	\$26.29	\$30	\$21	\$237
Youth / Student*	(13 – 18 / 19 – 25 yrs)	\$4.90	\$39.19	\$45.25	\$31.50	\$356
Adult	(19 – 64 yrs)	\$6.52	\$52.14	\$60.50	\$42.50	\$475
Senior	(65 – 84 yrs)	\$4.90	\$39.19	\$45.25	\$31.50	\$356
Super Senior	(85 yrs +)	\$3.29	\$26.29	\$30	\$21	\$237
Parent and Tot	(per person)	\$3.29	\$26.29	—	—	—

* Students 19 – 25 yrs must present valid full time student ID ** A minimum three month commitment is required

Additional Arena Services

Prices valid through to March 31, 2025.

	Drop-In	10-Visit Pass
Skate Rentals	\$3.38	\$27.05
Helmet Rentals	\$2.14	\$17.14
Skate Sharpening	\$5.38	—

Applicable taxes not included. Skate and helmet rentals are free of charge to children under 3 years. Ice cleats are provided free of charge to adults assisting children.

Parks

Park program registration opens at 8:30 a.m. on February 20 for Coquitlam residents and at 8:30 a.m. on February 22 for non-residents.



Find all Coquitlam parks and amenities at coquitlam.ca/ParkFinder

Coquitlam's trail system, one of our most in-demand recreation amenities, totals over 100 kilometres. Our vast network of parks and trails offers something for everyone, whether it's for fitness, pleasure or wildlife and nature viewing. Find more information about Coquitlam's trails at coquitlam.ca/trails.



Park Spark

Bringing Coquitlam Parks Alive

Engage with Park Spark to enjoy and contribute to Coquitlam's parks. Choose from various involvement options:

- Ongoing park care on your own schedule
- Join the Park Spark team for drop-in volunteer activities, such as Lights at Lafarge
- Collaborate on group park projects with your business, community group, or school
- Become a park steward through our Adopt-A-Park programs for amenity additions

For more information and to see upcoming activities, visit coquitlam.ca/ParkSpark or email ParkSpark@coquitlam.ca.



Bad Seed

Weed Out Invasive Plants

Invasive plants kill native plants and destroy Coquitlam's beautiful natural habitat. They spread aggressively and destroy the habitat of fish, birds and other wildlife.

We need your help to keep Coquitlam free of Bad Seeds:

- Learn how to identify invasive plants and avoid buying or planting them
- Never dump garden waste or hanging baskets into natural areas
- Volunteer for a local weed pull event to help remove invasive plants from local parks
- Dispose of invasive plant material in your Green Cart

For more information or to volunteer, visit coquitlam.ca/BadSeed or email ParkSpark@coquitlam.ca.



Tree Spree

Supporting Trees in Coquitlam

Tree Spree in Coquitlam promotes the value of the city's tree canopy through initiatives like educational walks, workshops, tree giveaways, and planting sessions coordinated by the Park Spark and Urban Forestry Teams.

For more information and to see upcoming activities, visit coquitlam.ca/TreeSpree or email ParkSpark@coquitlam.ca.

Inspiration Garden

Growing and Connecting Gardeners

Green thumbs of all ages and abilities are encouraged to get involved, share knowledge, learn new skills and make a difference while enhancing Coquitlam's outdoor parks spaces. Join the Park Spark team for a variety of workshops, tours and volunteer opportunities. Stop by the Town Centre Inspiration Garden and BEE inspired!

To find out more about upcoming opportunities check out

coquitlam.ca/InspirationGarden or email ParkSpark@coquitlam.ca



Spotlight on Sport

Shining a Spotlight on Community Sport

The Spotlight on Sport initiative was born out of the Coquitlam in Bloom program. Today, it's an ongoing initiative that aims to:

- Recognize the positive impact sport associations have in our community
- Recognize sport volunteers for the great job they do
- Celebrate sport and inspire our sport community
- Show appreciation for our sport community's contributions
- The Spotlight on Sport program offers many drop-in activities throughout the year.

Learn how to get involved and find fun drop-in activities at coquitlam.ca/SpotlightOnSport



Adopt-A-Park Programs

Help Keep Parks, Trails and Natural Spaces SPARKling

The Adopt-A programs offer volunteer opportunities for residents of all ages and interests to contribute to the beauty of our community's local parks, trails and natural spaces.

You can get involved by adopting any of the following:

- Adopt-A-Trail
- Adopt-A-Pollinator Hotel
- Adopt-A-Sports Library
- Adopt-A-Dog Park
- Adopt-A-Dugout
- Adopt-A-Little Library
- Adopt-A-Bench

Interested in joining one of our Adopt-A programs?

Visit coquitlam.ca/AdoptPrograms or email ParkSpark@coquitlam.ca for more information.



Coquitlam in Bloom

The City of Coquitlam is proud to have competed in the Communities in Bloom competition for the past eight years. Communities in Bloom is a Canadian non-profit organization committed to fostering community pride, environmental responsibility and beautification. It uses friendly competition between communities to bring together local businesses, service clubs, residents and civic governments to focus on enhancing their community.

Learn more about future initiatives and find ways to get involved at coquitlam.ca/CIB or email ParkSpark@coquitlam.ca.

Bat Appreciation Day: Secret Lives of Bats (All Ages)

Celebrate International Bat Appreciation Day by learning about your local neighbours of the night! Discover the secret lives of local bats! Learn about their ecological importance and how you can help conserve their natural bat habitat in the community.

at Town Centre Park

W	Apr 17	10 – 11 a.m.	1/ FREE	147302
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Compost Works (All Ages)

Learn why you should compost at home! Find out about the different types of composting methods and techniques, and discover the many creatures that help turn your kitchen scraps into garden gold!

at Town Centre Park

Su	Apr 14	2 – 3 p.m.	1/ FREE	147291
M	Apr 15	5 – 6 p.m.	1/ FREE	147293
Tu	Apr 16	3 – 4 p.m.	1/ FREE	147295

Compost Works (All Ages)

Learn why you should compost at home! This International Compost Awareness Week, come find out about the different types of composting methods and techniques, and discover the many creatures that help turn your kitchen scraps into garden gold!

at Town Centre Park

Tu	May 7	3 – 4 p.m.	1/ FREE	147384
Th	May 9	3 – 4 p.m.	1/ FREE	147385

Earth Week Seed Pops Workshop (All Ages)

Celebrate Earth Day by adding fun pops of colour in your garden! Join this hands-on wild flower seed-pops workshop all EARTH week long.

at Town Centre Park

M	Apr 22	5 – 6 p.m.	1/ FREE	147314
Tu	Apr 23	3 – 4 p.m.	1/ FREE	147319
W	Apr 24	10 – 11 a.m.	1/ FREE	147316
Th	Apr 25	3 – 4 p.m.	1/ FREE	147312
F	Apr 26	5 – 6 p.m.	1/ FREE	147327
Sa	Apr 27	10 – 11 a.m.	1/ FREE	147329

Father's Day Planter Workshop (All Ages)

Join in this special planter making workshop for Father's Day! Green thumbs of all ages and abilities are welcome. All supplies included.

at Town Centre Park

Th	Jun 13	3 – 3:45 p.m.	1/\$40	147464
Sa	Jun 15	3 – 3:45 p.m.	1/\$40	147466
Su	Jun 16	3:30 – 4:15 p.m.	1/\$40	147465



Full Sun Planter Workshop (All Ages)

Create a beautiful full sun planter from a colourful selection of flowers and plants to welcome Summer! Perfect for your patio or balcony garden! Green thumbs of all ages and abilities are welcome. All supplies included.

at Town Centre Park

Th	Jun 6	3 – 3:45 p.m.	1/\$40	147459
Su	Jun 9	3 – 3:45 p.m.	1/\$40	147460

Hanging Basket Workshop (All Ages)

Create a beautiful hanging basket from a colourful selection of flowers and plants to welcome Spring! Green thumbs of all ages and abilities are welcome. All supplies included.

at Town Centre Park

Th	May 2	3 – 3:45 p.m.	1/\$40	147446
Su	May 5	3 – 3:45 p.m.	1/\$40	147447

Hanging Basket Workshop (All Ages)

Create a beautiful hanging basket from a colourful selection of flowers and plants. Perfect for your patio or balcony garden! Green thumbs of all ages and abilities are welcome. All supplies included.

at Town Centre Park

Th	May 30	3 – 3:45 p.m.	1/\$40	147457
Su	Jun 2	3:30 – 4:15 p.m.	1/\$40	147458

Hanging Basket Workshop (All Ages)

Create a beautiful hanging basket from a colourful selection of flowers and plants to welcome Summer! Perfect addition for your balcony or patio garden! Green thumbs of all ages and abilities are welcome. All supplies included.

at Town Centre Park

Th	Jun 20	3 – 3:45 p.m.	1/\$40	147467
Su	Jun 23	3:30 – 4:15 p.m.	1/\$40	147468

Indoor Planter Workshop (All Ages)

Create a beautiful indoor planter to welcome Spring! Green thumbs of all ages and abilities are welcome. All supplies included.

at Town Centre Park

Th	Apr 11	3 – 3:45 p.m.	1/\$40	147434
Su	Apr 14	3 – 3:45 p.m.	1/\$40	147435
Th	Apr 25	2 – 2:45 p.m.	1/\$40	147444
Su	Apr 28	3 – 3:45 p.m.	1/\$40	147463

Indoor Planter Workshop (All Ages)

Create a beautiful indoor planter to brighten up your home! Green thumbs of all ages and abilities are welcome. All supplies included.

at Town Centre Park

Th	May 23	3 – 3:45 p.m.	1/\$40	147445
Su	May 26	3 – 3:45 p.m.	1/\$40	147456

Inspiration Garden Tour (All Ages)

Ever wondered about the flora and fauna in the Inspiration Garden and the Garden Walk? Signup for a garden tour with your family and friends. While learning about the seasonal foliage, take some fun photos all season round!

at Town Centre Park

Su	Jun 2	2 – 3 p.m.	1/ FREE	147398
Tu	Jun 4	3 – 4 p.m.	1/ FREE	147399
Su	Jun 9	2 – 3 p.m.	1/ FREE	147400
Tu	Jun 11	3 – 4 p.m.	1/ FREE	147401
Tu	Jun 25	3 – 4 p.m.	1/ FREE	147432

Oops! We cancelled it...

Because we didn't know that you wanted it! We recommend registering at least one week prior to class so we can reduce class cancellations.

All Abilities Welcome!

Visit page 3 for details

Intro to Mason Bees (All Ages)

Do you enjoy fruits and berries like apples, pears, blueberries and more? Come meet and greet with the pollinators who made it possible: the mason bees! In this introductory workshop, we will observe mason bees' lifecycle, habitat and their roles in pollination.

at Town Centre Park

Tu	May 21	3 – 4 p.m.	1/ FREE	147393
W	May 22	10 – 11 a.m.	1/ FREE	147394
Su	May 26	2 – 3 p.m.	1/ FREE	147395

Mother's Day Planter Workshop (All Ages)

Join on this special Mother's Day planter making workshop!

Green thumbs of all ages and abilities are welcome. All supplies included.

at Town Centre Park

Th	May 9	3 – 3:45 p.m.	1/\$40	147439
Sa	May 11	3 – 3:45 p.m.	1/\$40	147455
Su	May 12	3 – 3:45 p.m.	1/\$40	147441

Part Sun Planter Workshop (All Ages)

Create a beautiful part sun planter from a colourful selection of flowers and plants to welcome Spring! Perfect for your patio or balcony garden!

Green thumbs of all ages and abilities are welcome. All supplies included.

at Town Centre Park

Th	Apr 18	12 – 12:45 a.m.	1/\$40	147461
Su	Apr 21	3 – 3:45 p.m.	1/\$40	147462

Plant Lifecycle (All Ages)

Plants are living things that grow and change throughout their life. Learn about the parts of a plant, plant reproduction, and stages in an interactive and fun way!

at Town Centre Park

M	Jun 17	5 – 6 p.m.	1/ FREE	147402
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Pollinator Garden Walking Tour (All Ages)

Celebrate Pollinator Week by joining for a garden walking tour with your family and friends. We will be exploring and observing the pollinators from the Inspiration Garden to the Garden Walk.

at Town Centre Park

Su	Jun 23	2 – 3 p.m.	1/ FREE	147431
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Pollinator Power (All Ages)

Learn about beneficial insects and pollinators and why they are so important for a healthy garden. We will also discuss how to attract mason bees, butterflies and beetles to your garden!

at Town Centre Park

Tu	May 14	3 – 4 p.m.	1/ FREE	147386
Tu	Jun 18	3 – 4 p.m.	1/ FREE	147404

Pollinator Week Seed Pops Workshop (All Ages)

Celebrate Pollinator Week by adding fun pops of colour in your garden! Join this hands-on wild flower seed-pops workshop and share your creation with the pollinators.

at Town Centre Park

F	Jun 21	5 – 6 p.m.	1/ FREE	147425
Sa	Jun 22	10 – 11 a.m.	1/ FREE	147428

Pollinators of the World (All Ages)

Learn about the world of pollinators and their important roles in pollination! We will also discuss how to attract local mason bees, butterflies and beetles to your garden!

at Town Centre Park

W	Jun 19	10 – 11 a.m.	1/ FREE	147406
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Secret Lives of Bats (All Ages)

Learn about your local neighbours of the night! Discover the secret lives of local bats, their ecological importance and how you can help conserve their natural bat habitat in the community

at Town Centre Park

Th	Jun 20	2 – 3 p.m.	1/ FREE	147421
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Spring Garden Prep Workshop (All Ages)

This hands-on course will cover everything you need to know about starting your edible garden from seed. Learn about preparation, soil mixes, watering, process of germination, direct sowing, and a check list of tools and useful tips for your spring garden!

at Town Centre Park

Su	Apr 7	2 – 3 p.m.	1/ FREE	147279
M	Apr 8	5 – 6 p.m.	1/ FREE	147283
Tu	Apr 9	3 – 4 p.m.	1/ FREE	147284

Wormy Workshop (All Ages)

The most important part of your garden is what's below the ground. Meet wiggly worms, learn about their anatomy and what they eat. Use a magnifying glass to explore other soil dwelling creatures that live in the garden!

at Town Centre Park

Su	Apr 28	2 – 3 p.m.	1/ FREE	147298
M	Apr 29	5 – 6 p.m.	1/ FREE	147377
Tu	Apr 30	3 – 4 p.m.	1/ FREE	147300



Tell us how we did!
coquitlam.ca/ProgramEvaluation

Outdoor Recreation

Registration opens at 8:30 a.m. on February 20 for Coquitlam residents and at 8:30 a.m. on February 22 for non-residents.

Mixed Ages



Baby and Me Hiking (0 – 1.5 yrs)

Program is designed for new parents and babies to enjoy easy to moderate hikes. Must be able to carry baby for 90 mins over changing terrain. Trail and Meet up locations to be emailed prior to start of program. Program will run rain or shine.

at various locations

W	Apr 17 – Jun 19	10 – 11:30 a.m.	10/\$43.50	146924
Th	Apr 18 – Jun 20	10 – 11:30 a.m.	10/\$43.50	146926

Backcountry Navigation (16+ yrs)

Learn how to use a map/compass, familiarize yourself with other navigational aids (GPS, phone apps, etc.) and how to safely navigate our local wilderness areas. No prior knowledge needed, even the advanced will learn some useful tips. This “hands on” course will be conducted on the trail networks above Westwood Plateau. Be prepared for 90-120 minutes of standing for the initial theory portion followed by a three hour, 5km hike on hilly terrain at an easy pace. The trails may be a little steep in places so waterproof footwear with traction and poles are recommended. Program will take place on Eagle Mountain.

at Eagle Mountain

Sa	Apr 13	9 a.m. – 2 p.m.	1/\$14.50	146917
Sa	Apr 27	9 a.m. – 2 p.m.	1/\$14.50	146918
Sa	May 11	9 a.m. – 2 p.m.	1/\$14.50	146919
Sa	Jun 15	9 a.m. – 2 p.m.	1/\$14.50	146920
Sa	Jun 29	9 a.m. – 2 p.m.	1/\$14.50	146922

Beginner Hike: Miller Ravine and the Chines (19+ yrs)

This beginner hike will travel through the lush upper section of Miller Ravine while taking time to enjoy nature. Descend steeply into the forested area of the Chines before regaining elevation steeply, on a narrow trail, to make a loop back to the starting point. On a clear day, great views of the mountains to the north can be seen. Roundtrip distance is 4 km with a cumulative elevation gain of 130 m.

at Miller Ravine and the Chines

W	May 1	6 – 8 p.m.	1/\$5.80	146914
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Beginner Hike: Mundy Park and Riverview Forest (19+ yrs)

This beginner hike will cover forest, lake, and wetland areas of the well-known Mundy Park and the not so well known narrow trails of Riverview Forest. Time will be taken to enjoy nature as you hike along. Roundtrip distance is 10 km with some elevation change and a couple of steep sections.

at Mundy Park

Sa	Apr 20	8 – 11:30 a.m.	1/\$10.15	146913
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Oops! We cancelled it...
 Because we didn't know that you wanted it!
 We recommend registering at least one week prior to class so we can reduce class cancellations.

Beginner Hiking Program: Burke Mountain Adventures (19+ yrs)

This three week, three step program will give beginner hikers the opportunity to gain experience and the chance to end with an intermediate hike. Take in trails named Lower Vics, Woodland Walk and complete the program with the Coquitlam Lake View Trail. The hikes will start easy and get progressively more challenging in terrain and steepness. There will be stream crossings on rocks and hands might be needed on steep sections. The final hike will be 10 km with an elevation gain of 640 m.

at Burke Mountain Trails

Su	Jun 9 – Jun 23	8 – 10 a.m.	3/\$36.25	146916
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Intermediate Hike: Ridge Park (19+ yrs)

This intermediate hike will take in the power line right-of-way on Westwood Plateau to gain elevation into the wonderful forest of Ridge Park. There will be a chance for great views overlooking Coquitlam and beyond. This hike will be a combination of wide and narrow trails with some steep sections and one stream crossing without a bridge. There is at least one section where hands might be needed for extra balance. Roundtrip distance is 6km with an elevation gain of 245 m.

at Ridge Park

Sa	May 18	8 – 11 a.m.	1/\$8.70	146915
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Learn to Fish – Como Lake (5 – 15 yrs)

Join the Freshwater Fisheries Society of BC and learn the basics of freshwater fishing. Fishing rods are provided. The program will run rain or shine. Adult participation is required.

at Como Lake Park

Tu	May 14	6 – 8 p.m.	1/ FREE	146938
Tu	May 28	6 – 8 p.m.	1/ FREE	146940
Tu	Jun 18	6 – 8 p.m.	1/ FREE	146941

Learn to Fish – Lafarge Lake (5 – 15 yrs)

Join the Freshwater Fisheries Society of BC and learn the basics of freshwater fishing. Fishing rods are provided, and program run rain or shine. Adult participation required.

at Town Centre Park

Th	May 9	6 – 8 p.m.	1/ FREE	146943
Th	May 23	6 – 8 p.m.	1/ FREE	146946
Th	Jun 6	6 – 8 p.m.	1/ FREE	146947
Th	Jun 27	6 – 8 p.m.	1/ FREE	146948

Presentation: Backpacking and Wilderness Camping (19+ yrs)

Join us for a slide show presentation and discussion, led by Ian McArthur, and learn what to carry and how to prepare to stay one or multiple nights in the woods. With over 35 years of experience hiking and backpacking, Ian will explain potential food choices, items that should be in your backpack and how to use them. Enjoy your trip and keep safe on the trails. Geared towards new and experienced backpackers.

at Pinetree Community Centre

W	Jun 12	7 – 9 p.m.	1/\$5.80	146912
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Presentation: Hiking Safety and Techniques (19+ yrs)

Join us for a slide show presentation and discussion, led by Ian McArthur, on how to be prepared for a hike. With over 35 years of experience hiking local trails, Ian will highlight the ten essential items that should be in your backpack, provide tips to get ready for a hike and discuss ways to keep safe while on the trails. Geared towards new and experienced hikers.

at Dogwood Pavilion

W	Apr 17	6:15 – 8:15 p.m.	1/\$5.80	146896
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Presentation: Native Plant and Tree Identification (19+ yrs)

Join us for a slide show presentation and discussion, led by Ian McArthur, and learn about what you are seeing while walking and hiking in local forests. With over 35 years of experience hiking local trails, Ian will discuss ways you can enrich your outing by being able to identify native plants and trees. Geared towards beginner naturalists.

at Dogwood Pavilion

W	May 15	6:15 – 8:15 p.m.	1/\$5.80	146911
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Presentation: Where to Hike in the Tri-Cities (19+ yrs)

Join us for a slide show presentation and discussion, led by Ian McArthur, and learn where the best places are to hike in the Tri-Cities. With over 35 years of experience hiking local trails, Ian will discuss routes for a variety of comfort and experience levels and showcase trails for those wanting to expand their knowledge. Learn about some local hidden gems. Geared towards beginner and intermediate hikers.

at Glen Pine Pavilion

W	Apr 24	7 – 9 p.m.	1/\$5.80	146910
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Volunteering



Gain experience, Get involved, Become a Volunteer!

If you are at least 13 years old, we've got many fun activities to get involved with. Gain valuable skills, meet new people, engage with your community, and most importantly, have fun!

To volunteer with Coquitlam, follow these **4 easy steps**:

1. Create a Volunteer Profile

Go to coquitlam.ca/VolunteerPRC to create your own volunteer profile. This is where you'll be able to see what opportunities are available, sign up for volunteer shifts, and track your volunteer hours.

2. Provide References

While creating your volunteer profile, provide two references for Community Services to contact to help us learn more about your skills and experiences. References should be over the age of 19 years and not a relative.

3. Complete a Police Information Check

All volunteers are required to submit a Police Information Check. Forms will be emailed to you upon creating a volunteer profile. The check is completed at no cost for prospective volunteers.

4. Attend an Orientation Session

After successfully completing the reference and Police Information checks, you will receive an invitation to attend an orientation session. At the orientation, you will learn about volunteer roles and expectations, as well as how to sign up for volunteer activities.

For more information, email volunteers@coquitlam.ca or phone 604-927-6076.

Drop-In Fitness



Check out what you can do with your ONE PASS!
coquitlam.ca/OnePass



ONE PASS and Drop-in Fees

Prices valid at all facilities through to March 31, 2025.

The ONE PASS provides universal access to all of our facilities for both pre-registered drop-in programs and drop-in programs, such as drop-in basketball, fitness, swimming and ice skating.

		Single Drop-In	10-Visit Pass	30-Day Pass	Monthly Cont. Pass**	365-Day Pass
Child	(0 – 12 yrs)	\$3.29	\$26.29	\$30	\$21	\$237
Youth / Student*	(13 – 18 / 19 – 25 yrs)	\$4.90	\$39.19	\$45.25	\$31.50	\$356
Adult	(19 – 64 yrs)	\$6.52	\$52.14	\$60.50	\$42.50	\$475
Senior	(65 – 84 yrs)	\$4.90	\$39.19	\$45.25	\$31.50	\$356
Super Senior	(85 yrs +)	\$3.29	\$26.29	\$30	\$21	\$237
Parent and Tot	(per person)	\$3.29	\$26.29	—	—	—

* Students 19 – 25 yrs must present valid full time student ID

** A minimum three month commitment is required

Fitness Centre Hours

Fitness centres are open to patrons 13 years and older. Teens 13 – 15 years must complete a Youth Fitness Orientation before working out in the fitness centre or participating in any drop-in fitness class.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Stat Holidays
CCAC	7 a.m. – 10:30 p.m.	5:30 a.m. – 10:30 p.m.	5:30 a.m. – 10:30 p.m.	5:30 a.m. – 10:30 p.m.	5:30 a.m. – 10:30 p.m.	5:30 a.m. – 10:30 p.m.	5:30 a.m. – 10:30 p.m.	10:30 a.m. – 10:30 p.m.
Glen Pine*	10 a.m. – 2 p.m.	8:30 a.m. – 9 p.m.	8:30 a.m. – 9 p.m.	8:30 a.m. – 9 p.m.	8:30 a.m. – 9 p.m.	8:30 a.m. – 4:30 p.m.	9 a.m. – 3 p.m.	Closed
Pine-tree	8 a.m. – 10 p.m.	8 a.m. – 10 p.m.	8 a.m. – 10 p.m.	8 a.m. – 10 p.m.	8 a.m. – 10 p.m.	8 a.m. – 10 p.m.	8 a.m. – 10 p.m.	Closed
PSLC	6 a.m. – 10 p.m.	6 a.m. – 10 p.m.	6 a.m. – 10 p.m.	6 a.m. – 10 p.m.	6 a.m. – 10 p.m.	6 a.m. – 10 p.m.	6 a.m. – 10 p.m.	8 a.m. – 8 p.m.

*Glen Pine Pavilion is open to adults 19 yrs+

Getting Started? Let Us Help!

We offer a variety of fitness orientations and personal training to get you started working out. Find the best option for you, no matter your fitness level or experience.

Youth Orientation **LOW COST**

An orientation of the facility, the equipment and safe use. Cost \$2. Register online or by calling 604-927-4386. *Note: Teens 13 – 15 years MUST take this program to work out in the fitness centres or participate in group fitness classes.*

City Centre Aquatic Complex

Tuesday, 3:30 – 4:30 p.m.
Thursday, 7:15 – 8:15 p.m.
Saturday, 10 – 11 a.m.

Poirier Sport and Leisure Complex

Wednesday, 3:45 – 4:45 p.m.
Thursday, 4:45 – 5:45 p.m.
Sunday, 11 a.m. – 12 p.m.

Pinetree Community Centre, pending staff availability

Monday and Friday, 3:30 – 4:30 p.m.

Not available for the listed times? No problem.

Book an appointment with a fitness centre staff.

Adult Orientation **LOW COST**

Learn guidelines and how to safely and effectively use the equipment in our fitness centres. Cost \$2. Register online or by calling 604-927-4386.

City Centre Aquatic Complex

Wednesday, 7:15 – 8:15 p.m.
Thursday, 8 – 9 a.m.
Sunday, 6:30 – 7:30 p.m.

Pinetree Community Centre, pending staff availability

Tuesday, 6 – 7 p.m.

Glen Pine Pavilion

Monday 11 a.m. – 12 p.m.

Poirier Sport and Leisure Complex

Wednesday, 11 a.m. – 12 p.m.
Thursday, 8 – 9 p.m.
Saturday, 10 – 11 a.m.

Personal Training

Looking for a personalized training program? Our certified personal trainer will assess your level, learn about your goals and lead you through a custom training program. More personal training information available at coquitlam.ca/PersonalTraining

Personal Training Costs

Assessment Session* (1.25 hrs): \$78 | 3 Sessions (1 hour per): \$186.60
5 sessions (1 hour per): \$295 | 10 sessions (1 hour per): \$560

*Assessment session is mandatory for first-time clients.

Group Fitness Class Rules

How to have a positive class experience:

- Obtain a drop-in fitness ticket from the front desk and bring it to your instructor.
- Leave those heeled or open-toed shoes behind—athletic shoes are best or bare feet for yoga!
- Enjoy being unplugged! Please turn off cell-phones and other devices.
- Be air aware and avoid the use of scented products whenever possible.
- Encouraging words are the best words!
- Respectful language is the only option in our classes.
- Please stay home if you're sick or experiencing any symptoms.
- Avoid leaving water bottles or other items to save spots for yourself or friends.

Be On Time

Remember to be on time for class. Arriving late may disrupt those around you and may not allow for a sufficient warm up and class introduction.*

*Please note instructors may deny late entry based on class design.



Wristbands

Wear your wristband as proof of admission. The band must be sealed to be valid and must be worn on your wrist or shoe.



If you have any questions, comments, or suggestions, please direct them to the trainer on duty.

Drop-In Group Fitness Classes

Use your ONE PASS to drop-in to these fitness classes! All classes are instructed by registered fitness leaders.



View drop-in group fitness schedules at coquitlam.ca/drop-in

Cardio/Strength

Cardio Core Conditioning ●●

Combine cardio training with strength based movements, with emphasis on core! Expect to use a variety of equipment for weight training movements.

Fit 360° ●●

Your complete 360-degree fitness class incorporates a full-body workout. Expect a diverse experience utilizing a variety of equipment with high energy cardio routines.

Low Impact ●●

A true classic format! Low impact movements through cardio patterning and movement to music. A strength component is included to support muscular endurance using a variety of equipment.

NRG Circuit ●●

Intervals are used to boost your energy (NRG)! This circuit style class combines cardio, balance, core and strength training.

POUND® ●●

Let's get loud! Cardio with drumming makes this class a one-of-a-kind fitness experience. All music styles will get you excited to move. No drumming experience necessary.

Step Remix ●●

Cardio and strength are the focus of this remixed athletic step class. This class features the STEP for cardio but with less emphasis on complex patterning. A wide range of music styles to suit all.

Cycle

Cycle: Group Ride ●●

Indoor cycling on Keiser bikes with constant tension to maximize cardio and muscular endurance. Ride to the beat with intense drills which may include tabata, visualizations, hills and sprints. All riders welcome as tension can be individualized.

Dance

Belly Dance4One ●●

Middle eastern dance and music inspired workout with belly dance techniques and choreography.

Cardio Dance Fit ●●

An energetic, fun cardio workout incorporating easy dance choreography, hip hop and cardio kickboxing. The class will finish strong with a core workout and stretch on the mats.

Dance4One ●●

All genres of dance inspired by latin, ballroom classics and modern music. Learn movement patterns and have fun enjoying a variety of dance styles. Beginner and intermediate levels available.

Zumba® ●●

Ditch the workout, Join the Party! International rhythms and easy-to-follow moves create a one-of-a kind fitness experience for the dance lover.

Zumba Gold® ●

For those who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity.

Levels of Intensity

Beginner: ●

All Levels: ●●

Challenging: ●●●

Zumba Sentao® ●●

Combines strength and resistance training with innovative dance moves, using a chair as your dance partner. International rhythms and easy-to-follow moves create a one-of-a kind fitness experience for the dance lover.

Zumba Toning® ●●

Spice up your fitness routine with Zumba Toning®, a Latin rhythm infused dance cardio class with added light weights to help tone and sculpt your muscles. The perfect class to add to your routine—it's so fun that it's exercise in disguise!

Strength/Resistance

Body Basics ●●

Build muscular strength and endurance, with less emphasis on cardio. Use a variety of equipment for a full-body workout. This is a great class for all fitness levels, including beginners.

Iron and HIIT ●●●

A mix of dynamic, multi-muscle compound movements in a boot camp style format for a full-body workout. All levels welcome.



Specialty Classes

Active Joints ●

Get moving in a gentle environment with low impact exercises safe for all abilities. Mobilize, strengthen and increase your fitness level. Choose to sit or stand during this exercise class.

Essentrics ●●

A combination of tai chi, ballet and the healing principles of physiotherapy in a full body workout. Suitable for all ages and abilities with a few easy modifications.

Essentrics Beginner ●

A full body workout targeted towards injury prevention and rehabilitation through stretching. Learn the basics of posture alignment, tension release, balance and recovery.

Gentle Impact 4 Healthy Bones ●

Improve strength, posture, balance and agility through the use of functional exercises, resistance training and appropriate stretches. Great for those with osteoporosis.

Tai Chi/Qigong ●●

This gentle class focuses on flowing movements performed in a slow, focused manner and accompanies deep breathing. Tai chi cultivates life energy within us and encourages powerful purposeful movement.

Yoga/Pilates/Stretch

Family Yoga (7+ yrs) ●

Join us for a relaxing and enjoyable way to spend time as a family while you stretch your way into a variety of easy fun shapes and animal poses. Interactive partner work will be included in a fun and playful challenge geared towards the whole family.

Hatha Yoga ●●

Experience the power, peace and strength of yoga to harmonize your mind, body and spirit. This class focuses on classic yoga postures with special emphasis on controlled breathing and posture.

Pilates ●●

Pilates is a designed practice, targeting core strength, mobility and balance. A series of fluid exercises using breathing techniques and body mechanics in movement sequences.

Levels of Intensity

Beginner: ●

All Levels: ●●

Challenging: ●●●

Pilates Yoga Fusion ●●

The best of both worlds, this program will stabilize, mobilize and increase the mind-body connection through a combination of yoga and Pilates.

Vinyasa Flow Yoga ●●●

Poses are done in a flowing succession and more quickly than a Hatha class. Improve energy levels in this flowing yoga practice with a relaxing Savasana to follow.

Yin Deep Stretch Yoga ●

A slower paced yoga class suitable for everyone. Postures are held for a longer period of time to target deep connective tissues in the body.

Health and Fitness

Registration opens at 8:30 a.m. on February 20 for Coquitlam residents and at 8:30 a.m. on February 22 for non-residents



Don't miss other fitness opportunities in the child, youth and early years sections!

Adult and Baby Yoga (16+ yrs)

Relaxation for baby and you! Learn how to relax and breathe fully while focusing on strengthening the abs, back and shoulder with the help of your baby. Open to either parent or guardian.

at Pinetree Community Centre

F	Apr 5 – May 17	9:30 – 10:30 a.m.	7/\$73.15	145741
F	May 24 – Jun 28	9:30 – 10:30 a.m.	6/\$62.70	145742

Barre (13+ yrs)

A low-impact workout incorporating ballet-inspired moves with elements of dance, Pilates and muscular conditioning. Classes are taught with traditional barre apparatus including stability bars, benders balls and gliding discs.

at City Centre Aquatic Complex

Th	Apr 4 – May 16	5:45 – 6:45 p.m.	7/\$73.15	145656
Su	Apr 7 – May 12	8:15 – 9:15 a.m.	6/\$62.70	145678
Th	May 23 – Jun 27	5:45 – 6:45 p.m.	6/\$62.70	145677
Su	May 26 – Jun 23	8:15 – 9:15 a.m.	5/\$52.25	145679

at Poirier Sport and Leisure Complex

Tu	Apr 2 – May 14	7:15 – 8:15 p.m.	7/\$73.15	145599
Tu	May 21 – Jun 25	7:15 – 8:15 p.m.	6/\$62.70	145600

Bootcamp 4 U and Baby (16+ yrs)

Take some time for you and baby to bond while keeping yourself fit and healthy during this strength and cardio class. Moms must be at least eight-weeks postpartum and babies pre-mobile.

at Poirier Sport and Leisure Complex

W	Apr 3 – May 15	1 – 2 p.m.	7/\$73.15	145591
W	May 22 – Jun 26	1 – 2 p.m.	6/\$62.70	145593

Candlelit Flow (13+ yrs)

A candlelit sequence of flowing yoga poses, with movement guided by breath work. The sequence will progressively become more challenging and leave the body energized and refreshed.

at City Centre Aquatic Complex

F	Apr 5 – May 17	8:15 – 9:15 p.m.	7/\$73.15	145680
F	May 24 – Jun 28	8:15 – 9:15 a.m.	6/\$62.70	145681

All Abilities Welcome!

Visit page 3 for details

Chair Yoga (19+ yrs)

Designed to achieve mental and physical fitness, learn yoga postures, breathing techniques and meditation. Poses are practiced sitting in a chair. No yoga experience required.

at Centennial Pavilion

F	Apr 5 – May 17	11:15 a.m. – 12:30 p.m.	7/\$87.50	145603
M	Apr 8 – May 13	10 – 11:15 a.m.	6/\$75	145602
F	May 24 – Jun 28	11:15 a.m. – 12:30 p.m.	6/\$75	145605
M	May 27 – Jun 24	10 – 11:15 a.m.	5/\$62.50	145604

at Glen Pine Pavilion

F	Apr 5 – May 17	11:45 a.m. – 1 p.m.	7/\$87.50	145758
F	May 24 – Jun 28	11:45 a.m. – 1 p.m.	6/\$75	145759

Circl Mobility™ (13+ yrs)

Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises. It is hosted by a certified a Zumba® instructor and designed to help you move your body the way it's intended to and helps you release stress, restore your range of motion, and renew your ability to move better, longer.

at City Centre Aquatic Complex

Tu	Apr 2 – May 14	12 – 1 p.m.	7/\$73.15	145683
Tu	May 21 – Jun 25	12 – 1 p.m.	6/\$62.70	145684

Foxy Flow (19+ yrs)

Warm up with flowing yoga poses, and then unleash your confidence and playfulness with a high energy heels inspired dance class. BUT... kick off those heels for these cheeky, powerful, vivacious yet graceful movements executed with poise.

at City Centre Aquatic Complex

F	Apr 5 – May 17	12 – 1 p.m.	7/\$73.15	145685
F	May 24 – Jun 28	7 – 8 p.m.	6/\$62.70	145686

at Maillardville Community Centre (1200 Cartier Ave)

M	Apr 8 – May 13	7:30 – 8:30 p.m.	6/\$62.70	145756
M	May 27 – Jun 24	7:30 – 8:30 p.m.	5/\$52.25	145757



Tell us how we did!

coquitlam.ca/ProgramEvaluation

Gentle Hatha Yoga (19+ yrs)

This class is for individuals that are looking for the next step in their yoga but with gentler progressions and a slower transition. A good way to join a non-intimidating and welcoming atmosphere while focusing on improving flexibility for the neck, shoulders, hips and legs and improving balance, gaining strength, endurance and range of motion.

at Glen Pine Pavilion

W	Apr 3 – May 15	7:45 – 8:45 p.m.	7/\$73.15	145790
W	May 22 – Jun 26	7:45 – 8:45 p.m.	6/\$62.70	148907

at Victoria Community Hall

W	Apr 3 – May 15	9:30 – 10:45 a.m.	7/\$87.50	148908
W	May 22 – Jun 26	9:30 – 10:45 a.m.	6/\$75	148909

Get Up and Go! (19+ yrs)

An entry-level exercise program for seniors with balance and mobility impairments, who are otherwise unable to attend a community exercise class. Improve strength, balance and coordination. Health screening must be completed at first class. In partnership with Fraser Health Authority – Fall and Injury Prevention.

at Dogwood Pavilion

Tu/Th	Apr 2 – May 16	12 – 1 p.m.	14/\$146.30	145612
Tu/Th	May 21 – Jun 27	12 – 1 p.m.	12/\$125.40	145613

Group Cycle: Night Ride (19+ yrs)

Each class will feature unique DJ mixes, with a variety of music styles and tempos, combined with different drills, intervals and team challenges. Classes will include varied lighting and music themes making every night different.

at City Centre Aquatic Complex

F	Apr 19	7:30 – 8:30 p.m.	1/\$10.45	148914
F	May 24	7:30 – 8:30 p.m.	1/\$10.45	148915
F	Jun 14	7:30 – 8:30 p.m.	1/\$10.45	148916

Hatha Yoga and Meditation (13+ yrs)

Create a deeper mind-body connection through gentle yoga poses, breathing exercises, visualization and meditation. Open to all levels.

at Victoria Community Hall

M	Apr 8 – May 13	9:30 – 11 a.m.	6/\$81	145753
M	May 27 – Jun 24	9:30 – 11 a.m.	5/\$67.50	145755



Hatha Yoga Intermediate (13+ yrs)

For those familiar with the progressions of basic hatha yoga postures and are looking to deepen their practice. Some yoga experience is required.

at Centennial Pavilion

M	Apr 8 – May 13	11:30 a.m. – 1 p.m.	6/\$81	145594
M	May 27 – Jun 24	11:30 a.m. – 1 p.m.	5/\$67.50	145597

at Pinetree Community Centre

W	Apr 3 – May 15	7:15 – 8:45 p.m.	7/\$94.50	145743
W	May 22 – Jun 26	7:15 – 8:45 p.m.	6/\$81	145745

at Poirier Sport and Leisure Complex

M	Apr 8 – May 13	6 – 7:30 p.m.	6/\$81	145598
M	May 27 – Jun 24	6 – 7:30 p.m.	5/\$67.50	145601

Kickboxing (19+ yrs)

Learn the techniques behind punching and kicking using plyometric and cardio exercises. Equipment is provided.

at Pinetree Community Centre

W	Apr 24 – May 22	7:45 – 8:45 p.m.	5/\$49.50	147163
W	May 29 – Jun 26	7:45 – 8:45 p.m.	5/\$49.50	147165

Killer Kettlebells (13+ yrs)

Bust through plateaus, feel the burn and push yourself with this higher intensity, functional workout integrating explosive cardio and powerful strength exercises. This circuit style class progressively becomes more challenging each week to improve your fitness level, incorporating the spin bikes, TRX, kettlebells, battle ropes, sandbags, plyometric boxes, dumbbells and resistance bands.

at City Centre Aquatic Complex

Tu	Apr 2 – May 14	6 – 7 p.m.	7/\$73.15	145687
Tu	May 21 – Jun 25	6 – 7 p.m.	6/\$62.70	145690

Learn 2 Ride (13+ yrs)

Designed to prepare the novice participant to learn the basics of indoor cycling. Learn how to set up and properly use an indoor Keiser bike. Be ready and feel confident to participate in our many drop-in cycle offerings!

at City Centre Aquatic Complex

W	Apr 10 – Apr 24	6:30 – 7:30 p.m.	3/\$31.35	145695
W	May 8 – May 22	6:30 – 7:30 p.m.	3/\$31.35	145735
W	Jun 5 – Jun 19	6:30 – 7:30 p.m.	3/\$31.35	145736

Learn 2 Yoga (13+ yrs)

Are you intimidated by the level of stretch-ability in a regular Drop-in Yoga class? Start your Yoga journey off right and build confidence slowly over time. Poses will be broken down step by step before linking together in sequences.

at Pinetree Community Centre

W	Apr 10 – May 8	6 – 6:45 p.m.	5/\$41.75	148912
W	May 22 – Jun 19	6 – 6:45 p.m.	5/\$41.75	148913

at Poirier Sport and Leisure Complex

Th	Apr 11 – May 9	10:45 – 11:30 a.m.	5/\$41.75	148910
Th	May 23 – Jun 20	10:45 – 11:30 a.m.	5/\$41.75	148911

Minds in Motion (19+ yrs)

Minds in Motion is a fitness and social program for people living with any form of early stage dementia along with a family member, friend or other care partner. The program is offered in partnership with the Alzheimer Society of BC. Gentle exercise are followed by social activities designed to be enjoyed in pairs. Care partners must attend. Registration fees include the cost of the person living with dementia and one care partner.

at Centennial Pavilion

Th	Apr 4 – May 16	2:15 – 3:45 p.m.	7/\$38.85	145610
Th	May 23 – Jun 27	2:15 – 3:45 p.m.	6/\$33.30	145611

Outdoor HIIT Bootcamp (13+ yrs)

An outdoor full body workout in a classic boot camp format with power intervals and plyometric movements. Brace yourself for an intense training session.

at Maillardville Community Centre (1200 Cartier Ave)

Tu	May 21 – Jun 25	7 – 8 p.m.	6/\$62.70	145760
Th	May 23 – Jun 27	7 – 8 p.m.	6/\$62.70	145761

All Abilities Welcome!

Visit page 3 for details

Prenatal Yoga (16+ yrs)

Relax and unwind in a gentle hatha yoga class specialized for expectant mothers. Experience stretching, breathing exercises, and strength-building poses to help increase energy and stamina.

at *Pinetree Community Centre*

Tu	Apr 2 – May 14	6:45 – 7:45 p.m.	7/\$73.15	145746
Tu	May 21 – Jun 25	6:45 – 7:45 p.m.	6/\$62.70	145748

Restorative Yoga (13+ yrs)

Slow-paced yoga suitable for everyone. Deep stretching and yin posture are held for a longer period of time to target the deep connective tissues of the body, increasing flexibility and range of motion. Restorative yoga postures open the body, and work to de-stress and calm the nervous system.

at *City Centre Aquatic Complex*

Su	Apr 7 – May 12	5:45 – 7 p.m.	6/\$75	145737
Su	May 26 – Jun 23	5:45 – 7 p.m.	5/\$62.50	145738

at *Dogwood Pavilion*

M	Apr 8 – May 13	7 – 8:15 p.m.	6/\$75	145606
M	May 27 – Jun 24	7 – 8:15 p.m.	5/\$62.50	145608

Ride and Pulse (13+ yrs)

Start with a great cardiovascular workout on the Keiser bikes in a mini group ride class. Finish the class off on the booty kicker apparatus to build strength and endurance.

at *City Centre Aquatic Complex*

M	Apr 8 – May 13	7:15 – 8:15 p.m.	6/\$62.70	145739
M	May 27 – Jun 24	7:15 – 8:15 p.m.	5/\$52.25	145740

T.I.M.E. Program (19+ yrs)

Together in Movement and Exercise (TIME) is a community-based exercise program for people with balance and mobility challenges. The specialized circuit-style class was created in partnership with the Fraser Health Authority providing a structured, safe and fun environment. Participants must be able to walk 30 feet with or without a walking aid.

at *Centennial Pavilion*

Tu/Th	Apr 2 – May 16	1 – 2 p.m.	14/\$154	145607
Tu/Th	May 21 – Jun 27	1 – 2 p.m.	12/\$132	145609

Oops! We cancelled it...

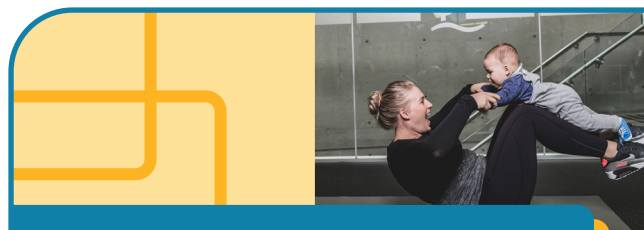
Because we didn't know that you wanted it!
We recommend registering at least one week prior to class so we can reduce class cancellations.



Coquitlam Parks, Recreation and Culture Gift Cards

Use them at any Coquitlam recreation facility for drop-in admissions, registered programs or getting a ONE PASS!

Drop by one of our facilities or call 604-927-4386 for more information.



Financial Assistance for Recreation

Making recreation more affordable and accessible.

Eligible residents can apply today.

coquitlam.ca/FinancialAssistanceRec

Adult

Registration opens at 8:30 a.m. on February 20 for Coquitlam residents and at 8:30 a.m. on February 22 for non-residents.

19 yrs +

(unless otherwise noted)



Lifelong Learning

Cooking: Around the World – Japanese (19+ yrs)

Join us for a flavourful journey from around the world in this hands-on cooking class. Learn how to make Japanese Inari Sushi with a variety of toppings as well as Classic and Strawberry Mochi. Create the dishes and taste them together in a social setting. Leave with new recipes and a deeper understanding of applying different flavours to your own cooking. No experience necessary and all supplies provided.

at Dogwood Pavilion

W Jun 19 – Jun 26 6 – 8 p.m. 2/\$45.40 145634

Cooking: Around the World – Mexican and Middle Eastern (19+ yrs)

Join us for a flavourful journey from around the world in this hands-on cooking class. Learn to make Mexican Pazole Soup and Middle Eastern Chicken Rice Pilaf with Dried Fruit and Nuts. Create the dishes and taste them together in a social setting. Leave with new recipes and a deeper understanding of applying different flavours to your own cooking. No experience necessary and all supplies provided.

at Dogwood Pavilion

W Apr 17 – Apr 24 6 – 8 p.m. 2/\$45.40 145632

Cooking: Around the World – Moroccan and African (19+ yrs)

Join us for a flavourful journey from around the world in this hands-on cooking class. Learn to make Moroccan Tijan, Shakshuka with Kafta Meatballs and African Peanut Stew. Create the dishes and taste them together in a social setting. Leave with new recipes and a deeper understanding of applying different flavours to your own cooking. No experience necessary and all supplies provided.

at Dogwood Pavilion

W May 22 – May 29 6 – 8 p.m. 2/\$45.40 145633

Cooking: Baking Fruit Crisps and Crumbles (19+ yrs)

Fruit crumbles and date squares both use oatmeal as a key ingredient. Learn how to bake these healthy dessert options from scratch. No experience necessary and all supplies provided.

at Glen Pine Pavilion

Su Apr 28 10:30 a.m. – 1:30 p.m. 1/\$34.05 146472



Tell us how we did!

coquitlam.ca/ProgramEvaluation

Cooking: Baking with Sourdough Starters (19+ yrs)

Come learn how to make the perfect loaf of sourdough bread and what it takes to have your baking rise to the next level.

at *Maillardville Community Centre (1200 Cartier Ave)*

Sa May 4 2 – 4 p.m. 1/\$22.70 146960

Cooking: Banh Mi (19+ yrs)

A popular lunch item in Vietnamese culture, this class is perfect for food enthusiasts and those eager to explore global tastes. This hands-on class will guide you through crafting your own Banh Mi masterpiece. Get ready to savour the layers of deliciousness in every bite!

at *Maillardville Community Centre (1200 Cartier Ave)*

W May 22 6 – 8 p.m. 1/\$22.70 146851

Cooking: Barbecue to Smoker Tips (19+ yrs)

With a few tips, you can create the indirect low and slow heat of a traditional smoker and produce quality cuts of slow-smoked barbecue. Using BBQ wood chips or compressed hardwood chunks, the cooking comes from the smoke itself rather than just heat. No experience necessary and all supplies provided.

at *Glen Pine Pavilion*

Su Jun 23 10:30 a.m. – 1:30 p.m. 1/\$34.05 146498

Cooking: BBQ Ribs and Coleslaw (19+ yrs)

Prepare moist barbecue ribs with a crunchy coleslaw for more easy patio season meal ideas. No experience necessary and all supplies provided.

at *Glen Pine Pavilion*

Su May 26 10:30 a.m. – 1:30 p.m. 1/\$34.05 146489

Cooking: BBQ Salmon with Sides (19+ yrs)

Salmon is a versatile and flavourful fish to put on the barbecue grill with healthy sides to accompany your salmon dinner. No experience necessary and all supplies provided.

at *Glen Pine Pavilion*

Su May 5 10:30 a.m. – 1:30 p.m. 1/\$34.05 146475

Cooking: Charcuterie Board Design Essentials (19+ yrs)

Entertaining made easy with a Charcuterie Board with simple everyday ingredients is an easy appetizer. Learn the essentials of designing and assembling your tray with cured meats, cheeses, crackers, fruit, nuts and more! No experience necessary and all supplies provided.

at *Glen Pine Pavilion*

Su Jun 2 10:30 a.m. – 1:30 p.m. 1/\$34.05 146494



Cooking: Cheese Artichoke Chicken with Side (19+ yrs)

Prepare Cheese Artichoke Chicken with accompanying sides. Take your culinary skills to the next level and make your social gatherings memorable. Learn how to prepare dishes from scratch using fresh and nutritious ingredients. No experience necessary and all supplies provided.

at *Glen Pine Pavilion*

Su Apr 7 10:30 a.m. – 1:30 p.m. 1/\$34.05 146467

Cooking: Cheesecakes (19+ yrs)

Cheesecakes are a rich, smooth and decadent dessert. There are so many different types of cheesecakes to make and you will learn the basics and some variations. No experience necessary and all supplies provided.

at *Glen Pine Pavilion*

Su Jun 9 10:30 a.m. – 1:30 p.m. 1/\$34.05 146495

Cooking: Chicken Stir-Fry with Sunflower Seeds (19+ yrs)

From slicing and marinating the chicken to mastering the stir-frying technique, this class will cover it all. Discover the balance of fresh vegetables, aromatic spices, and savoury sauces that make every bite a delight. Traditionally cooked with peanuts, let us show you how sunflower seeds can make a wonderful, nut-free alternative.

at *Maillardville Community Centre (1200 Cartier Ave)*

W Jun 19 6 – 8 p.m. 1/\$22.70 146853

Cooking: Chilled Noodle Salad (19+ yrs)

Discover the art of combining chilled noodles with a medley of vibrant vegetables, herbs, and a delectable and hearty nut-free dressing. Truly a wonderful meal to serve on warm days that is easy to customize and is bursting with flavour.

at Maillardville Community Centre (1200 Cartier Ave)

W	Jun 5	6 – 8 p.m.	1/\$22.70	146852
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Cooking: Chocolate Cupcakes with Buttercream Flowers (19+ yrs)

Make, bake and decorate delicious chocolate cupcakes. Learn how to make cupcakes, buttercream icing and how to bag icing for making decorations. Learn and practice making piped flowers to decorate. All supplies included and no experience necessary.

at Dogwood Pavilion

Th	Jun 6	5:30 – 8 p.m.	1/\$28.40	146290
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Cooking: Crispy Chicken Sandwiches (19+ yrs)

Master the art of creating the perfect, crunchy-on-the-outside, tender-on-the-inside chicken sandwich. Learn the secrets of brining, breading, and frying to achieve that irresistible crispiness. We'll also explore creative toppings and savoury sauces to take your sandwich to the next level.

at Maillardville Community Centre (1200 Cartier Ave)

W	May 15	6 – 8 p.m.	1/\$22.70	146850
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Cooking: Food Skills for Families (19+ yrs)

You can shop, cook and eat on a budget. Too often inexpensive packaged foods provide poor nutrition and have negative effects on the health of our families. Food Skills for Families will help you create healthy meals at a low cost, and have fun doing it. The program features flavourful recipes from around the world and teaches you how to modify recipes and cook from scratch. Sponsored by the BC Centre for Disease Control

at Glen Pine Pavilion

Th	May 16 – Jun 20	3:30 – 6:30 p.m.	6/ FREE	145912
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Cooking: Gazpacho with Homemade Croutons (19+ yrs)

Blending fresh, seasonal vegetables into a harmonious mix, seasoned to perfection and topped with freshly toasted croutons, this chilled Spanish soup is the ultimate way to beat the heat.

at Maillardville Community Centre (1200 Cartier Ave)

W	Apr 24	6 – 8 p.m.	1/\$22.70	146848
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Cooking: Ginger-Soy Salmon Rice Bowl (19+ yrs)

Salmon is a versatile and flavourful fish and a top choice for a healthy heart option. So many different ways to cook this source of low saturated fat protein. Enjoy a delicious Ginger-Soy Salmon Rice Bowl as an all-inclusive meal. No experience necessary and all supplies provided.

at Glen Pine Pavilion

Su	Apr 14	10:30 a.m. – 1:30 p.m.	1/\$34.05	146468
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Cooking: Homemade Burgers and Fresh-cut Fries (19+ yrs)

Everyone loves a fresh homemade burger with all the fixings and even more if this favourite meal comes with fresh-cut fries. Learn how to prepare a juicy tasty burger with the perfect seasonings. No experience necessary and all supplies provided.

at Glen Pine Pavilion

Su	Jun 30	10:30 a.m. – 1:30 p.m.	1/\$34.05	146499
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Cooking: Lavender Earl Grey Tea Cakes with Lemon Glaze (19+ yrs)

Sweet, delicate and oh-so-pretty, these mini Earl Grey tea cakes are special. Learn to make teacakes and glaze them for an elegant touch. Perfect for a lovely dessert or spring tea party. All supplies included and no experience necessary.

at Dogwood Pavilion

Th	Apr 25	5:30 – 8 p.m.	1/\$28.40	146287
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Cooking: Mini Strawberry Rhubarb Pies (19+ yrs)

Learn the secrets behind the perfect balance of sweet strawberries and tart rhubarb, master the art of flaky pie crusts, and leave with your own batch of irresistible mini pies to share (or savour all to yourself).

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Jun 1	2 – 4 p.m.	1/\$22.70	147171
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Cooking: Pasta with Rose Sauce and Garlic Bread (19+ yrs)

Learn to make Mediterranean Style Pasta with Chicken and Vegetables in a Rose Sauce and Garlic Bread. Create the dishes in this hands-on cooking class and taste them together while socializing. No experience necessary and all supplies provided.

at Dogwood Pavilion

Sa	Apr 13	9:30 – 11:30 a.m.	1/\$22.70	146094
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All Abilities Welcome!

Visit page 3 for details

Cooking: Polka Dot Sugar Cookies (19+ yrs)

Learn to make sugar cookies and transform them into a piece of art. Learn to make a flood royal icing and how to decorate the cookies using a wet on wet decorating technique. All supplies included and no experience required.

at *Dogwood Pavilion*

Th	Apr 11	5:30 – 8 p.m.	1/\$28.40	146286
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Cooking: Quiche Florentine and Lorraine (19+ yrs)

Dive into the world of flaky crusts, rich egg custards, and an array of flavourful fillings. Learn to craft two classic and popular dishes – Quiche Lorraine, made with bacon, cheese, and caramelized onions, and its vegetarian sister Quiche Florentine, made with spinach, herbs, and cheese.

at *Maillardville Community Centre (1200 Cartier Ave)*

Sa	Jun 15	2 – 4 p.m.	1/\$22.70	147174
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Cooking: Rosette Butter Cookies (19+ yrs)

Being able to pipe the perfect rosette is a skill that takes lots of practice to perfect. Rosette cookies are a fun way to learn and practice your technique. These pretty cookies are ideal for tea parties or as a lovely dessert.

at *Dogwood Pavilion*

Th	May 23	5:30 – 8 p.m.	1/\$28.40	146289
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Cooking: Royal Icing Sugar Cookies (19+ yrs)

Perfect for beginners and those looking to advance their existing skills, this hands-on workshop covers baking basics, colour mixing, piping, wet-on-wet techniques, and decorative accents. Learn to transform plain cookies into edible masterpieces with royal icing.

at *Maillardville Community Centre (1200 Cartier Ave)*

Sa	Apr 20	2 – 4 p.m.	1/\$22.70	146959
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Cooking: Shrimp Tacos (19+ yrs)

Learn to season and cook succulent shrimp, perfect your taco assembly skills, and explore creative topping combinations.

at *Maillardville Community Centre (1200 Cartier Ave)*

W	Apr 10	6 – 8 p.m.	1/\$22.70	146847
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Cooking: Steak Sandwich with Twice-baked Potatoes (19+ yrs)

Prepare a steak sandwich with a twice-baked potato, throw in a tossed salad, some drinks and you are ready to enjoy your easy patio season opening meal. No experience necessary and all supplies provided.

at *Glen Pine Pavilion*

Su	May 19	10:30 a.m. – 1:30 p.m.	1/\$34.05	146478
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Cooking: Stir-fried Rice with Sweet and Sour Pork (19+ yrs)

Prepare stir-fried rice with easy ingredients on hand to accompany a delicious Sweet and Sour Pork entree made from scratch. No experience necessary and all supplies provided.

at *Glen Pine Pavilion*

Su	Apr 21	10:30 a.m. – 1:30 p.m.	1/\$34.05	146471
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Cooking: Strawberry Shortcake (19+ yrs)

Learn to make delicious strawberry shortcake with fresh macerated strawberries and light, fluffy whipped cream. All supplies included and no experience necessary.

at *Dogwood Pavilion*

Th	Jun 20	5:30 – 8 p.m.	1/\$28.40	146292
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Cooking: Summer Appetizers and Dips (19+ yrs)

Every week will be a new appetizer or dip prepared from scratch. This class series will have you working with different fresh and seasonal ingredients ensuring that you are prepared to cook the recipes on hand with confidence. This will be a journey into preparing delicious finger foods suitable for the warm summer season filled with picnics and social gatherings. No experience required.

at *Glen Pine Pavilion*

M	Apr 8 – May 13	7 – 8:30 p.m.	6/\$102	146503
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Cooking: Summer Salads and Dressings (19+ yrs)

Every week will be a new salad and dressing prepared from scratch. This class series will have you working with different fresh and seasonal ingredients ensuring that you are prepared to cook the recipes on hand with confidence. This will be a journey into preparing delicious salads suitable for the warm summer season. No experience required.

at *Glen Pine Pavilion*

M	May 27 – Jun 24	7 – 8:30 p.m.	5/\$85	146504
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Cooking: Sweet and Sour Pork with Fried Rice (19+ yrs)

Learn to make featured recipes – Sweet and Sour Pork and Vegetable Fried Rice. Create the dishes in this hands-on cooking class and taste them together while socializing. No experience necessary and all supplies provided.

at Dogwood Pavilion

Sa	Jun 15	9:30 – 11:30 a.m.	1/\$22.70	146095
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Cooking: Vanilla Cupcakes with Buttercream Rosettes (19+ yrs)

Make, bake and decorate delicious vanilla cupcakes. Learn how to make cupcakes, buttercream icing and how to bag it to achieve a multicolour icing effect. Practice piping multicolour rosettes onto the cupcakes complete with the addition of leaves. All supplies included and no experience necessary.

at Dogwood Pavilion

Th	May 9	5:30 – 8 p.m.	1/\$28.40	146288
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Cooking: Victoria Day High Tea DIY (19+ yrs)

Make an elegant High Tea platter consisting of a variety of tasty sweet and savoury bites, and sit down to enjoy it with a cup of tea. Feel free to dress your best, or wear a fascinator to get in the spirit!

at Maillardville Community Centre (1200 Cartier Ave)

Sa	May 18	2 – 4 p.m.	1/\$22.70	146963
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Cooking: Vietnamese Salad Rolls (19+ yrs)

Dive into the art of crafting these light, fresh, and flavourful delights. Practice the delicate skill of wrapping rice paper around a vibrant assortment of fresh vegetables, herbs, and protein. Perfect for beginners and food enthusiasts alike, this hands-on workshop will guide you through the steps of creating these delicious and healthy rolls.

at Maillardville Community Centre (1200 Cartier Ave)

W	May 1	6 – 8 p.m.	1/\$22.70	146849
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Emergency Preparedness (15+ yrs)

Learn how to identify hazards and best prepare yourself and your loved ones in the case of an emergency. These free emergency preparedness sessions hosted by the City of Coquitlam, cover typical hazards found specifically in Coquitlam and include details on emergency supplies, family communication and community preparedness.

at Dogwood Pavilion

Th	Jun 20	10 – 11 a.m.	1/ FREE	144553
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at Glen Pine Pavilion

Th	Apr 4	10 – 11 a.m.	1/ FREE	143733
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Finance: Are you a Good Financial Role Model? (19+ yrs)

Improve financial management and help adults teach their kids about money. Learn how to self-assess standing as a financial role model, learn the ten healthy habits of financial management and understand SMART goals and effective goal setting. Presented by Financial Literacy Volunteer from CPA – Chartered Professional Accountants Canada

at Glen Pine Pavilion

Tu	Apr 30	7 – 8:30 p.m.	1/ FREE	146618
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Finance: Downsizing Done Right! (19+ yrs)

Time to downsize your home but not sure where to start? Learn our tips and tricks for a successful process, from where to get help, how to streamline your belongings, how staging can help a sale, all the way to finding the perfect sized home in the current competitive market. Presented by Tracey Clermont PREC* and Krista Petersen PREC*, Oakwyn Realty Encore.

at Glen Pine Pavilion

W	Apr 17	10 – 11:30 a.m.	1/ FREE	146893
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Th	Apr 25	7 – 8:30 p.m.	1/ FREE	146894
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Finance: Employment Insurance and Special Benefits (19+ yrs)

Information session on Employment Insurance Benefits covering regular benefits, and special benefits: Sickness, Maternity and Parental Benefits, Caregiver Benefits for Adults, Caregiver Benefits for Children and Compassionate Care Benefits. Explanations on how some of these benefits can be combined, eligibility and how to apply. Presented by Citizen Services Specialist from Service Canada.

at Glen Pine Pavilion

Th	Jun 20	6:30 – 8 p.m.	1/ FREE	146905
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Finance: Estate Planning (19+ yrs)

Learn how to create a plan to distribute assets, during life or upon death. Learning objectives for this session includes understanding the what and why of estate planning, learning about the various tools of estate planning (powers of attorney, wills, joint accounts, gifting, trust), defining dying without a will and highlighting facts on life insurance.

Presented by Financial Literacy Volunteer from CPA – Chartered Professional Accountants Canada

at Glen Pine Pavilion

Tu	May 28	7 – 8:30 p.m.	1/ FREE	146619
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Finance: Journey out of Debt (19+ yrs)

Understand how credit works, the risks, benefits and how to take control of debt. How payday loan companies operate and the cost of borrowing from them will also be discussed with lots of time for questions and answers. Presented by Financial Literacy Volunteer from CPA – Chartered Professional Accountants Canada

at *Glen Pine Pavilion*

Tu Jun 25 7 – 8:30 p.m. 1/ **FREE** 146620

Finance: Just Widowed (19+ yrs)

Equip women with the right strategies for financially recovering after the loss of a partner and maintaining good financial confidence moving forward. How to understand financial needs, budget and plan long term as well as how to prepare your estate will be included. Presented by a volunteer from Chartered Professional Accountants of British Columbia.

at *Dogwood Pavilion*

M May 6 10 – 11 a.m. 1/ **FREE** 144542

Finance: Make Tax Your Hero (19+ yrs)

Learn how to file a tax return, who should file a tax return, the benefits gained from filing a tax return, why there are taxes and how the tax system works. Presented by a volunteer from Chartered Professional Accountants of British Columbia.

at *Dogwood Pavilion*

Th Apr 4 1:30 – 2:30 p.m. 1/ **FREE** 144541

Finance: Managing Your Money (19+ yrs)

Learn how to save more and spend less. Apply the financial knowledge to be able to make informed decisions about money by revisiting your budget, develop ways to invest and understanding your credit scores. Presented by Financial Literacy Volunteer from CPA – Chartered Professional Accountants Canada

at *Glen Pine Pavilion*

Th Apr 11 10 – 11:30 a.m. 1/ **FREE** 146617

Finance: Protect Your Assets by Planning Ahead (19+ yrs)

Learn the what, why and how of estate planning. Learn how to create a plan to distribute assets, during life or upon death. Presented by a volunteer from Chartered Professional Accountants of British Columbia.

at *Dogwood Pavilion*

F Jun 7 10 – 11 a.m. 1/ **FREE** 144543



Tell us how we did!
coquitlam.ca/ProgramEvaluation

Finance: Service Canada Pre-Retirement Workshop (19+ yrs)

Information session on pre-retirement plans from the Service Canada perspective. There are many financial considerations to review and setting goals ahead of time will result into a smooth transition to life in retirement. Presented by Citizen Services Specialist from Service Canada.

at *Glen Pine Pavilion*

Th Apr 25 10 – 11:30 a.m. 1/ **FREE** 146903

Finance: Stocks: The Nuts and Bolts (19+ yrs)

This seminar teaches basic information to help investors evaluate if stocks fit into their overall strategy. Discusses common versus preferred stock, dividends, investment strategy and different ways to own stock. Presented by James Leung, Edward Jones.

at *Glen Pine Pavilion*

F Apr 26 2 – 3:30 p.m. 1/ **FREE** 146891

General: Explore Fascinating Kazakhstan (19+ yrs)

Kazakhstan is ninth-largest country in the world and yet it remains comparatively unknown. It is a vast country in the very heart of Eurasia, where antiquity merges with the future and Eastern traditions are tempered with Western innovations. Visit Almaty-the centre of Tourism in Kazakhstan, see mountains with snow peaks, and learn about ancient history, nature, culture and traditions. An interesting visual and verbal presentation by Milada sharing her own photos and experience.

at *Glen Pine Pavilion*

W Apr 10 10:30 a.m. – 12 p.m. 1/\$12.50 145957

W May 8 10 – 11:30 a.m. 1/\$12.50 145958

General: Moralities – Origins and Dissemination (19+ yrs)

A multi-disciplinary approach to examine the research on the origin of moralities. This perspective will be elaborated on in order to explore the way in which moralities spread and change over time. Discussion and ideas are shared and welcomed in this lecture series conducted by retired SFU professor and volunteer, Dr. Douglas Cousineau who holds numerous degrees in Clinical Psychology and Sociology.

at *Glen Pine Pavilion*

Th May 23 – Jun 27 1 – 3 p.m. 6/\$47.40 145508

General: The Origins of Consciousness (19+ yrs)

Engage in this fascinating workshop on the origins of consciousness. A multi-disciplinary approach surrounding the theories of consciousness and evolution over the billions of years of human existence. Discussion and ideas are shared and welcomed in this lecture series conducted by retired SFU professor and volunteer, Dr. Douglas Cousineau who holds numerous degrees in Clinical Psychology and Sociology.

at Glen Pine Pavilion

Th Apr 11 – May 16 1–3 p.m. 5/\$39.50 145506

General: Water Conservation and Urban Wildlife (19+ yrs)

Learn where Coquitlam drinking water comes from, how it is distributed and tips on how to conserve this precious resource in and around your home. In addition, learn about the wildlife found in Coquitlam and ways we can safely coexist with them. Do you know what to do if you encounter a bear? Join Coquitlam’s Urban Wildlife team to learn about bear behavior, safety tips and how to be Bear Smart in Coquitlam. Presented by the City of Coquitlam, Water Conservation Program Coordinator and an Urban Wildlife expert.

at Dogwood Pavilion

Tu Apr 23 10 – 11:30 a.m. 1/ FREE 145225
 Sa May 4 10 – 11:30 a.m. 1/ FREE 145226

Health: Accessing Services for Dementia (19+ yrs)

Accessing services for both People Living with Dementia and their Caregivers. Presented by the Alzheimer’s Society of BC.

at Maillardville Community Centre (1200 Cartier Ave)

F Apr 5 1–2:30 p.m. 1/ FREE 148399

Health: Anti-Inflammatory Diets (19+ yrs)

Inflammation is at the root of many health conditions today and the right nutrition can be instrumental in supporting the body in bringing inflammation down. Learn about nutrition’s role in reducing inflammation.

at Dogwood Pavilion

Tu May 28 4 – 5:30 p.m. 1/\$10.50 146099

Health: Dementia Diagnosis – What’s Next? (19+ yrs)

Explore how to navigate life after a dementia diagnosis. Learn practical strategies to live well and access resources that are available at any stage of the disease. For caregivers and those living with dementia. Presented by the Alzheimer’s Society of BC.

at Dogwood Pavilion

Th May 16 10 a.m. – 12 p.m. 1/ FREE 146497

Health: Dementia Friends (19+ yrs)

Dementia Friends education workshops complement the Dementia-Friendly Communities (DFC) initiative by working to reduce stigma, raising awareness and providing practical suggestions about supporting people living with dementia in the community. Small, everyday actions can help build a community that is inclusive, supportive of and safe for people living with dementia. Presented by the Alzheimer’s Society of BC.

at Glen Pine Pavilion

W May 1 1–2:30 p.m. 1/ FREE 145993

Health: Diabetes Self-Management Program (19+ yrs)

The Diabetes Self-Management Program is a free six-session workshop. Daily challenges of living with diabetes can be difficult. Gain knowledge, skills and confidence in your ability to manage your symptoms. The workshop helps people living with Type 2 Diabetes. (People with Type 1 diabetes have also found benefit). Participants receive the The “Living a Healthy Life” resource book. Participants should attend all six sessions to get the maximum benefit. Presented by Self-Management BC/University of Victoria.

at Glen Pine Pavilion

Sa May 18 – Jun 22 10 a.m. – 12:30 p.m. 6/ FREE 146045



Health: Getting to Know Dementia (19+ yrs)

Learn practical strategies to live as well as possible after a diagnosis of dementia and explore different types of resources that are available at any stage of the disease. Presented by the Alzheimer’s Society of BC.

at *Glen Pine Pavilion*

F May 17 2 – 3:30 p.m. 1/ **FREE** 146897

Health: Good Fats, Bad Fats and Heart Health (19+ yrs)

The most common health condition of our modern world today are cardiovascular and cholesterol issues and can be profoundly impacted with the right nutrition and lifestyle. Learn ways to support your heart with the right nutritional approach.

at *Dogwood Pavilion*

Tu Apr 9 4 – 5:30 p.m. 1/\$10.50 146098

Health: Healthy Brains (19+ yrs)

It is never too soon or too late to make changes that will maintain or improve your brain health. Learn strategies and set goals. Presented by the Alzheimer’s Society of BC.

at *Maillardville Community Centre (1200 Cartier Ave)*

W Jun 12 2 – 3:30 p.m. 1/ **FREE** 148396

Health: Living Safely with Dementia (19+ yrs)

The home is an important place for everyone. For the person with dementia, a familiar environment can help connect with the past and maintain a sense of self. When modifying a home environment, keep it familiar, striking a balance between safety and independence. Tips for creating a safe home environment will be presented. For both People Living with Dementia and their Caregivers. Presented by the Alzheimer’s Society of BC.

at *Glen Pine Pavilion*

Th Jun 13 2 – 3:30 p.m. 1/ **FREE** 146019

Health: Love Your Brain! (19+ yrs)

Love your brain! There are various ways to prevent and support neurodegenerative conditions like dementia and Parkinsons using nutrition and lifestyle approaches. Learn simple things that you can start incorporating to support your brain health.

at *Dogwood Pavilion*

Tu Jun 4 4 – 5:30 p.m. 1/\$10.50 146100

All Abilities Welcome!

Visit page 3 for details



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Health: Mapping Your Journey – Stages and Progression of Dementia (19+ yrs)

While each dementia journey is unique, there are some signposts to the stages of dementia. Learn about what to expect as the disease progresses and how you can manage changes as they happen. For both People Living with Dementia and their Caregivers.

Presented by the Alzheimer’s Society of BC.

at *Glen Pine Pavilion*

W Jun 26 2 – 3:30 p.m. 1/ **FREE** 146029

Health: Navigating the Dementia Journey (19+ yrs)

Explore the journey ahead with others who are going through similar experiences. Topics include: the brain and dementia, practical strategies to live well and how to access resources, so that people impacted by dementia have the confidence to navigate the journey ahead. For caregivers and those living with dementia. There will be opportunities for discussion throughout the presentation. For the Caregivers and the People Living with Dementia. Presented by the Alzheimer’s Society of BC.

at *Glen Pine Pavilion*

Th Apr 4 10 – 11:30 a.m. 1/ **FREE** 145978

at *Maillardville Community Centre (1200 Cartier Ave)*

F Jun 7 1 – 2:30 p.m. 1/ **FREE** 148397

Health: Parkinson’s Disease (19+ yrs)

April is Parkinson’s Disease Awareness month. This workshop provides a clear explanation of the changes in the brain which cause this disease. Signs and symptoms are discussed, and treatment options are examined.

Presented by a senior volunteer from COSCO – Seniors Health and Wellness Institute.

at *Glen Pine Pavilion*

Th Apr 18 10 – 11:30 a.m. 1/ **FREE** 146888

Health: Skin Conditions (19+ yrs)

In May, the awareness is on the skin. Four major skin problems are discussed: cancer, shingles, nails fungus and pressure sores. Pictures illustrate potential warning signs. The importance of early diagnosis is emphasized. Presented by a senior volunteer from COSCO – Seniors Health and Wellness Institute.

at *Glen Pine Pavilion*

Th May 16 10 – 11:30 a.m. 1/ **FREE** 146889

Health: Sleep (19+ yrs)

Many older adults find it difficult to get enough sleep and this workshop explores the reasons and remedies. Information about lifestyle changes that may help is also provided. Presented by a senior volunteer from COSCO – Seniors Health and Wellness Institute.

at *Dogwood Pavilion*

Tu	Apr 9	9:30 – 11 a.m.	1/ FREE	147532
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Health: Social Connectedness (19+ yrs)

Loneliness and isolation are unhealthy. This workshop examines the social determinants of health and well-being. It helps participants to determine the level of connectedness they need and how to achieve it. Presented by a senior volunteer from COSCO – Seniors Health and Wellness Institute.

at *Dogwood Pavilion*

Th	Jun 6	9:30 – 11 a.m.	1/ FREE	147533
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Health: The Healthy Brain (19+ yrs)

It's never too late to make changes for a healthier brain. Learn how to maintain or improve your brain health by exploring topics including natural aging changes, dementia, risk reduction, memory, brain training and more. Presented by the Alzheimer's Society of BC.

at *Glen Pine Pavilion*

W	Apr 24	1 – 2:30 p.m.	1/ FREE	145984
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Health: Understanding Communication in Dementia (19+ yrs)

Explore how communication is affected by dementia and learn effective communication strategies. This session is for caregivers. Presented by the Alzheimer's Society of BC.

at *Maillardville Community Centre (1200 Cartier Ave)*

W	Jun 19	10 – 11:30 a.m.	1/ FREE	148398
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Language: English Learner 1 (19+ yrs)

Learn fun and practical fundamental English for everyday use. Gain confidence to speak English with anyone in everyday conversations. English Language Learner 1 is for those who are new to learning English.

at *Glen Pine Pavilion*

Th	Apr 11 – May 16	9:30 – 11 a.m.	5/\$11.25	145503
Th	May 23 – Jun 27	9:30 – 11 a.m.	6/\$13.50	145509

**Language: English Learner 2 (19+ yrs)**

Gain confidence to speak English with anyone in everyday conversations. English Language Learner 2 is for those who know some fundamental English.

at *Glen Pine Pavilion*

Th	Apr 11 – May 16	1 – 2:30 p.m.	6/\$13.50	145505
Th	May 23 – Jun 27	1 – 2:30 p.m.	6/\$13.50	145511

Language: English Learner 3 (19+ yrs)

Gain confidence to speak English with anyone in everyday conversations. English Language Learner 3 is for those who are more advanced in speaking English. Completion of Level 2 required.

at *Glen Pine Pavilion*

Tu	May 21 – Jun 25	10:30 a.m. – 12 p.m.	6/\$13.50	145513
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Language: English Learner Book Club (19+ yrs)

Improve your English reading and speaking. We will be reading a book and discussing the story in a group setting. A basic level of speaking and reading in English is required for this class.

at *Glen Pine Pavilion*

Th	Apr 11 – May 16	11:30 a.m. – 12:30 p.m.	5/\$11.25	145504
Th	May 23 – Jun 27	11:30 a.m. – 12:30 p.m.	6/\$13.50	145510

Language: Italian Beginner (19+ yrs)

Ciao! Learn basic words, phrases and sentences in Italian to be able to converse and write with others in travel, business or at home. This program is designed for a beginner with no previous experience.

at *Glen Pine Pavilion*

W	Apr 10 – May 15	2 – 3:30 p.m.	6/\$47.70	145520
W	May 22 – Jun 26	2 – 3:30 p.m.	6/\$47.70	145521



Tell us how we did!
coquitlam.ca/ProgramEvaluation

Language: Italian Conversation (19+ yrs)

Ciao! For anyone wishing to engage in full Italian immersion chat with others who have taken lessons, want to practice and feel comfortable. Facilitated by a Italian-speaking instructor who will assist with topics and guide the flow of conversation in Italian.

at Glen Pine Pavilion

Tu	Apr 9 – May 14	2:30 – 4 p.m.	6/\$47.70	145516
Tu	May 21 – Jun 25	2:30 – 4 p.m.	6/\$47.70	145517

Language: Spanish Beginner (19+ yrs)

Hola! Learn basic words, phrases and sentences to be able to converse and write with others in travel, business or at home. This program is designed for a beginner with no previous experience.

at Dogwood Pavilion

Sa	Apr 13 – May 11	12:30 – 2 p.m.	5/\$39.75	146611
Sa	May 18 – Jun 15	12:30 – 2 p.m.	5/\$39.75	146612

at Glen Pine Pavilion

W	Apr 10 – May 15	9:30 – 11 a.m.	6/\$47.70	145518
M	May 27 – Jun 24	6:30 – 8 p.m.	5/\$39.75	145515

Language: Spanish Conversation (19+ yrs)

For anyone wishing to engage in full Spanish immersion chat with others who have taken lessons, want to practice and feel comfortable. Facilitated by a Spanish speaking instructor who will assist with topics and guide the flow of conversation in Spanish.

at Glen Pine Pavilion

M	Apr 8 – May 13	6:30 – 8 p.m.	6/\$47.70	145514
W	May 22 – Jun 26	9:30 – 11 a.m.	6/\$47.70	148095

Service Canada: Seniors Benefits: CPP, OAS, GIS and Resources (19+ yrs)

Information session on Canada Pension and Old Age Security Benefits. Under the Canada Pension program there are things to consider in retirement, Death Benefit, Survivor’s Pension, CPP Disability Benefit, Post Retirement Disability Benefit and Children’s Benefits under CPP Survivors or Disability Benefits. Under Old Age Security, discuss when you can apply for Old Age Security, Auto Enrolment, should you delay receiving OAS rates, and for lower income Seniors -- Guaranteed Income Supplement, Allowance and Allowance for the Survivor. Lots of tips to make sure you are getting all the benefits you are entitled to! Presented by Citizen Services Specialist from Service Canada.

at Glen Pine Pavilion

Th	May 30	10 – 11:30 a.m.	1/ FREE	146904
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Technology: Android Basics (Phone and Tablet) (19+ yrs)

Learn some of the common functions of your Android device including how to set up email, manage contacts, download apps, security and more. Please bring your Android phone or tablet along with you to class. Samsung, LG, Google, Sony, Motorola, etc. – anything that is not an iPhone or iPad.

at Glen Pine Pavilion

Th	Apr 11	1 – 3 p.m.	1/\$2.25	145497
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Technology: Computer File Management (19+ yrs)

Create and manage files on your computer by learning to save, retrieve, rename and find. Learn how to organize documents and photos in your personal digital filing system. Please bring own device for more hands on support and any passwords needed.

at Glen Pine Pavilion

Th	May 23	1 – 3 p.m.	1/\$2.25	145500
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Technology: iPad and iPhone Basics (19+ yrs)

Learn the basic features and apps on your iPad / iPhone. Discuss security settings and accessing the internet. Bring your iPad / iPhone to this hands-on class.

at Glen Pine Pavilion

Th	Apr 25	1 – 3 p.m.	1/\$2.25	145498
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Technology: Managing Digital Passwords (19+ yrs)

Password management is very important to secure your information in the digital world. A set of principles and best practices to be followed by users while storing and managing passwords in an efficient manner is critical to prevent unauthorized access. Please bring own device for more hands on support and any passwords needed.

at Glen Pine Pavilion

Th	Jun 20	1 – 3 p.m.	1/\$2.25	145502
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Technology: Photography Using a Smartphone
(19+ yrs)

Using your smartphone to capture photos that are candid or planned is a great way to save special memories of people and places. Smartphone photography is good as any image taken by a full camera. Tips and tricks will make your photos or videos amazing and can be shared by email, on social media or even printed. Please bring own device for more hands on support and any passwords needed.

at *Glen Pine Pavilion*

Th May 9 1–3 p.m. 1/\$2.25 145499

Technology: Tools for Travel (19+ yrs)

Planning on travelling somewhere? Why not learn how your phone, tablet or laptop can help plan your vacation. Do not miss out on some of the best restaurants to try or places to see. Use online maps to navigate, language translators to communicate and maybe get some great local deals through special tickets or coupons.

at *Glen Pine Pavilion*

Th Jun 6 1–3 p.m. 1/\$2.25 145501

Wellness: Aging Gracefully – Spiritual Wellness
(19+ yrs)

Aging Gracefully is a 4 part series including mindful wellness, physical wellness, emotional wellness and spiritual wellness. Join us for this session on spiritual wellness to elevate awareness as you discover a new YOU and your own true nature! Please bring a journal and a pen or pencil.

at *Dogwood Pavilion*

M Apr 15 6–8 p.m. 1/\$14 145905

Wellness: Building Immunity (19+ yrs)

Finding yourself falling ill frequently with colds and coughs? Learn how to build and support your body's immunity system by getting optimum nutrition and following certain lifestyle practices.

at *Glen Pine Pavilion*

Tu Apr 16 6:30–8 p.m. 1/\$10.50 145897

Wellness: Building Stress Resilience (19+ yrs)

Do you know how, what and when you eat can impact how you cope with stressors in life and build resilience and even help maintain your energy? Learn how to build resilience to stress by focusing on your nutrition and making sure that the right foods are consumed daily.

at *Glen Pine Pavilion*

Tu May 21 6:30–8 p.m. 1/\$10.50 145904



Connect with Coquitlam!

Stay informed on what's happening in your community at coquitlam.ca/connect

Wellness: Love your Gut! (19+ yrs)

90% of the illnesses begin in the gut. It always starts from common issues like gas, bloating, acidity, constipation etc. that can at the beginning stages be easily addressed before they become chronic and lead to other health issues. Understand the basic foundations of our digestion and how to support it with the right nutrition and lifestyle.

at *Glen Pine Pavilion*

Tu Jun 11 6:30–8 p.m. 1/\$10.50 145906

Wellness: Move it or Lose it – The importance of moving everyday (19+ yrs)

As we age, it's common for many of us to become less active, leading to a more sedentary lifestyle and a rapid acceleration of the aging process. But it doesn't have to be that way. Learn how to rejuvenate your body and mind in just 20 minutes a day by using gentle, intentional movements to nurture your body.

at *Centennial Pavilion*

Sa May 25 11 a.m. – 1 p.m. 1/\$35 145763

All Abilities Welcome!

Visit page 3 for details

Wellness: Seeking Calmness (19+ yrs)

Enhance your quality of life through guided meditations, introspective exercises and dynamic heartfelt conversations to discover how you can experience calmness everyday. Peace and happiness awaits! Please bring a journal and a pen or pencil.

at Dogwood Pavilion

M	May 13	6 – 8 p.m.	1/\$14	146097
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Wellness: Social Connectedness and Loneliness (19+ yrs)

Loneliness and isolation are unhealthy. The World Health Organization recognizes loneliness as an epidemic and can contribute to premature death. This workshop examines the social determinants of health and well-being. It helps participants to determine the level of connectedness they need and how to achieve it. Presented by a senior volunteer from COSCO – Seniors Health and Wellness Institute.

at Glen Pine Pavilion

Th	Jun 20	10 – 11:30 a.m.	1/ FREE	146890
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Wellness: Spring Gratitude – Reset and Recharge (All Ages)

This workshop aims to help participants embrace the spirit of spring, cultivate gratitude, and reset their minds to start the summer months strong and prepare for the upcoming season of reflection and renewal.

at Centennial Pavilion

Sa	Apr 20	10 a.m. – 12 p.m.	1/\$35	145762
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Wellness: The Art of Mindful Creativity (19+ yrs)

Discover essential practices for experiencing more joy, peace and contentment every day in your life! Bring in your coffee/tea or lunch and tap into the magic of creativity within yourself as you go practice meditations, enjoy music and quiet conversation.

at Glen Pine Pavilion

Tu	Apr 9	11:30 a.m. – 1:30 p.m.	1/\$10.50	145961
Tu	Apr 23	11:30 a.m. – 1:30 p.m.	1/\$10.50	145962

Performing Arts

Dance: Ageless Ballet Moves (19+ yrs)

Ballet moves improves posture, enhances and strengthens mobility and is mentally stimulating enough to create a feeling of positive well-being no matter what age you are. The music and the moves of this ageless ballet class is suitable for everyone.

at Glen Pine Pavilion

M	May 27 – Jun 24	2:15 – 3:15 p.m.	5/\$42.75	145491
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Dance: Argentine Tango Beginner (19+ yrs)

Argentine Tango dancing for two! Have fun learning the foundations of this rhythmic dance originating from the suburbs of Buenos Aires. Must register with a partner to learn lead and follow.

at Dogwood Pavilion

M	Apr 8 – May 13	6:45 – 8:15 p.m.	6/\$77.10	145932
M	May 27 – Jun 24	6:45 – 8:15 p.m.	5/\$64.25	145934

Dance: Ballet Beginner (19+ yrs)

Have fun learning the graceful artform of ballet for the first time with an exciting and experienced instructor. Express yourself through movements to the music in this interactive program.

at Dogwood Pavilion

Tu	Apr 9 – May 14	4:45 – 5:45 p.m.	6/\$51.30	145959
Tu	May 21 – Jun 25	4:45 – 5:45 p.m.	6/\$51.30	145960

Dance: Ballroom Intermediate Workshop (19+ yrs)

Ballroom Intermediate is a refresher for partner dancing for those with ballroom dance experience. Learn about lead, follow and timing through basic patterns in a fun and social environment. Each person in the couple/partner grouping must register.

at Glen Pine Pavilion

Th	May 23 – Jun 27	6:45 – 7:30 p.m.	6/\$38.40	145473
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Oops! We cancelled it...

Because we didn't know that you wanted it!
We recommend registering at least one week prior to class so we can reduce class cancellations.

Dance: Bellydance Basics (19+ yrs)

The focus is on learning the basics of belly dance with the emphasis on the classic postures with the traditional hip and shoulder movements. This class is good for all levels including dancers with some or no experience and can be repeated many times for belly dance skill development.

at Glen Pine Pavilion

Tu	Apr 9 – May 14	5:15 – 6:15 p.m.	6/\$51.30	145474
Tu	May 21 – Jun 25	5:15 – 6:15 p.m.	6/\$51.30	145475

Dance: Bellydance Beginner (19+ yrs)

Learn the fundamentals of belly dance in a fun and welcoming environment. Practice classic postures with the traditional hip and shoulder movements.

at Dogwood Pavilion

W	Apr 10 – May 15	5 – 6 p.m.	6/\$51.30	146092
W	May 22 – Jun 26	5 – 6 p.m.	6/\$51.30	146093

Dance: Bellydance Intermediate (19+ yrs)

Build on your knowledge of bellydance in this intermediate-level class. Practice classic postures with the traditional hip and shoulder movements.

at Glen Pine Pavilion

Tu	Apr 9 – May 14	7:45 – 8:45 p.m.	6/\$51.30	145476
Tu	May 21 – Jun 25	7:45 – 8:45 p.m.	6/\$51.30	145478

Dance: Brazilian Samba (19+ yrs)

This class introduces the fundamental steps, hip movements, and cultural roots of Samba, the dynamic dance and music genre from Brazil. Perfect for all levels, join us for a spirited exploration of the infectious rhythms and vibrant energy that define this iconic Brazilian art form. Get ready to move, groove, and experience the joy of Samba!

at Maillardville Community Centre (1200 Cartier Ave)

F	May 17 – Jun 21	6:15 – 7:15 p.m.	6/\$51.30	147806
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Dance: Choreographed Jazz (19+ yrs)

No partner, no problem! Learn choreographed dance jazz routines suitable for all levels of dancers.

at Glen Pine Pavilion

Th	Apr 11 – May 16	11 a.m. – 12 p.m.	5/\$42.75	145493
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Dance: Choreographed Themed Music (19+ yrs)

No partner, no problem! Learn choreographed dance styles based on a different theme music each week for all dance levels.

at Glen Pine Pavilion

Th	May 23 – Jun 27	11 a.m. – 12 p.m.	6/\$51.30	145494
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Dance: Contemporary (19+ yrs)

In this contemporary class, we combine classical ballet and modern dance techniques. This class takes strong influence from both classical and popular music, and the movement is highly expressive. We will start with a warm-up, followed by some traveling steps across the floor and a choreography combination to end the class. This adult dance is suitable for beginners with no dance experience.

at Maillardville Community Centre (1200 Cartier Ave)

F	Apr 12 – May 10	8 – 9 p.m.	5/\$42.75	147195
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Dance: Dare to Dance Explorations (19+ yrs)

This gentle introduction to creative dance is open to all dance abilities. Explore how to create movement, and how to develop self-expression through multiple dance forms and movement focusing on Jazz/Hip Hop/Line Dance and some other dance styles like Salsa and Ballet.

at Glen Pine Pavilion

Su	Apr 7 – May 12	11:30 a.m. – 12:30 p.m.	6/\$51.30	145485
Su	May 19 – Jun 30	11:30 a.m. – 12:30 p.m.	7/\$59.85	145486

Dance: First Steps – Latin Ballroom Beginner Workshop (19+ yrs)

Have you always wanted to take that first step and learn how to ballroom dance to Latin music? Learn beginner steps for the most popular Latin ballroom dances for couples. Dance is a great way to exercise your body and mind together.

at Glen Pine Pavilion

Th	Apr 11 – May 16	6:45 – 7:30 p.m.	6/\$38.40	145472
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Dance: Hip Hop Beginner (19+ yrs)

Learn beginner hip hop movements in this interactive dance program. Build foundations in bouncing, grooving, and moving on beat as you exercise your body and mind.

at Dogwood Pavilion

Th	Apr 11 – May 16	7:15 – 8:15 p.m.	6/\$51.30	146482
Th	May 30 – Jun 27	7:15 – 8:15 p.m.	5/\$42.75	146487

All Abilities Welcome!

Visit page 3 for details



Dance: Lady Style Bachata (19+ yrs)

Explore and enhance your Bachata skills while focusing on the beauty, elegance, and individual style of the dance. This class is designed to empower women to express themselves freely on the dance floor while embracing the sensuality and grace of Bachata.

at Glen Pine Pavilion

M	Apr 8 – May 13	2:15 – 3:15 p.m.	6/\$51.30	145490
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at Maillardville Community Centre (1200 Cartier Ave)

F	Apr 5 – May 10	6:15 – 7:15 p.m.	6/\$51.30	147168
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Dance: Latin All Levels (19+ yrs)

Build on your abilities in Latin dances such as Salsa, Tango and Bachata with an exciting and experienced instructor. Express yourself through movements to the music in this interactive program.

at Dogwood Pavilion

Sa	May 18 – Jun 15	10:45 – 11:45 a.m.	5/\$42.75	146251
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Dance: Latin Beginner (19+ yrs)

Have fun learning Latin dances such as Salsa, Tango and Bachata for the first time with an exciting and experienced instructor. Express yourself through movements to the music in this interactive program.

at Dogwood Pavilion

Sa	Apr 13 – May 11	10:45 – 11:45 a.m.	5/\$42.75	146250
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Dance: Line Dance All Levels (19+ yrs)

Build on your line dancing foundations with our experienced instructor. Express yourself and challenge your mind and body through movement patterns, sequences, and beats. Beginner line dancing experience is recommended.

at Dogwood Pavilion

Tu	Apr 9 – May 14	3:15 – 4:15 p.m.	6/\$51.30	145949
F	Apr 12 – May 17	2:15 – 3:15 p.m.	6/\$51.30	145951
Tu	May 21 – Jun 25	3:15 – 4:15 p.m.	6/\$51.30	145950
F	May 24 – Jun 28	2:15 – 3:15 p.m.	5/\$42.75	145952

Dance: Line Dance Beginner (19+ yrs)

Learn basic line dancing steps across several musical genres with our experienced instructor. Express yourself and challenge your mind and body through movement patterns, sequences, and beats.

at Dogwood Pavilion

Tu	Apr 9 – May 14	2 – 3 p.m.	6/\$51.30	145936
Tu	May 21 – Jun 25	2 – 3 p.m.	6/\$51.30	145947

at Glen Pine Pavilion

M	Apr 8 – May 13	5:15 – 6:15 p.m.	6/\$51.30	145480
M	May 27 – Jun 24	5:15 – 6:15 p.m.	5/\$42.75	145482

Dance: Lyrical Beginner (19+ yrs)

Lyrical is similar to contemporary and modern styles of dance. It is an elegant and emotive style of dance that draws from ballet technique. Students will learn choreography and ballet technique to supplement the choreography they will learn in this class.

at Glen Pine Pavilion

Su	Apr 7 – May 12	12:45 – 1:45 p.m.	6/\$51.30	145469
Su	May 19 – Jun 30	12:45 – 1:45 p.m.	7/\$59.85	145470

Dance: Nightclub Two Step Beginner Workshop (19+ yrs)

Nightclub Two Step dancing for two! Diversify your dancing with this contemporary social dance. Have fun learning basic steps to a short choreography in this engaging workshop. Each person in the couple/partner grouping must register.

at Dogwood Pavilion

Sa	May 18	1:30 – 3:30 p.m.	1/\$17.10	147615
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Tell us how we did!
coquitlam.ca/ProgramEvaluation

Dance: Pop Jazz (19+ yrs)

Pop Jazz is an energetic style of dance built on basic foundational skills of lyrical ballet combined with jazz funk and hip hop. Students will learn jazz technique skills as well as some high energy choreography in this class. No dance experience required.

at Maillardville Community Centre (1200 Cartier Ave)

F	May 17 – Jun 21	8 – 9 p.m.	6/\$51.30	147197
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Dance: Tango Beginner Workshop (19+ yrs)

Tango dancing for two! Diversify your dancing with this lively dance. Have fun learning basic steps to a short choreography in this engaging workshop. Each person in the couple/partner grouping must register.

at Dogwood Pavilion

Sa	Apr 20	1:30 – 3:30 p.m.	1/\$17.10	147613
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Dance: Waltz Beginner Workshop (19+ yrs)

Waltz dancing for two! This elegant dance will surely liven your afternoon. Have fun learning basic steps to a short choreography in this engaging workshop. Each person in the couple/partner grouping must register.

at Dogwood Pavilion

Sa	Jun 15	1:30 – 3:30 p.m.	1/\$17.10	147616
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Drama: Introduction to Improv Theatre (19+ yrs)

Improv or Improvisational is a form of theatre where performances are unplanned and the acting is spontaneous and fun. Introduction to Improv is an opportunity to experience the fundamentals and meet others who want to explore this form of freestyle performing.

at Glen Pine Pavilion

M	Apr 8 – May 13	5 – 6:30 p.m.	6/\$73.20	145871
M	May 27 – Jun 24	5 – 6:30 p.m.	5/\$61	145872

Music: Guitar Beginner (19+ yrs)

Learn the basics of guitar such as chords, strumming and how to read tablature. Please bring your own guitar. No experience required.

at Glen Pine Pavilion

Tu	Apr 9 – May 14	7:45 – 8:45 p.m.	6/\$41.10	145917
Tu	May 21 – Jun 25	7:45 – 8:45 p.m.	6/\$41.10	145918

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Apr 9 – May 7	7 – 8 p.m.	5/\$34.25	146588
Tu	May 14 – Jun 18	7 – 8 p.m.	6/\$41.10	146594

Music: Ukulele Beginner (19+ yrs)

Learn chords and strums, working towards a set of songs by the end of the course. Please bring your own ukulele. No experience required.

at Dogwood Pavilion

Sa	Apr 13 – May 18	10:30 a.m. – 12 p.m.	6/\$61.80	146252
Sa	May 25 – Jun 29	10:30 a.m. – 12 p.m.	6/\$61.80	146253

at Glen Pine Pavilion

Tu	Apr 9 – May 14	6:30 – 7:30 p.m.	6/\$41.10	145913
Tu	May 21 – Jun 25	6:30 – 7:30 p.m.	6/\$41.10	145916

Sports and Active Play**Archery (19+ yrs)**

For beginners wanting to shoot targets with a bow and arrow. Program includes rules, safety and proper technique. All equipment is provided. In partnership with Boorman Archery.

at Pinetree Community Centre

Su	Apr 7 – May 5	11 a.m. – 12 p.m.	4/\$60	148306
Su	May 12 – Jun 9	11 a.m. – 12 p.m.	5/\$75	148309

Adapted Aqua Movement

(19+ years)



Low-impact exercise class for people with cognitive impairments and/or physical disabilities.

*Thursdays from 10:15 – 11 a.m.
Poirier Sport and Leisure Complex*

Registration opens weekly from Thursday at 5 p.m. to Tuesday at 12 p.m.

To find out how we can help you or others participate in any of our programs, visit coquitlam.ca/RecAccess or contact us at 604-927-6076 or CommunityServices@coquitlam.ca.

Badminton: Skills and Drills (19+ yrs)

Learn or improve your badminton skills. Lessons include skill development for all levels of play from beginner to intermediate.

at Maillardville Community Centre (1200 Cartier Ave)

W	Apr 10 – May 8	5:45 – 6:45 p.m.	5/\$49.50	147494
W	May 15 – Jun 19	5:45 – 6:45 p.m.	6/\$59.40	147495

at Pinetree Community Centre

Su	Apr 7 – May 5	3:30 – 5 p.m.	4/\$59.40	146697
Su	May 12 – Jun 9	3:30 – 5 p.m.	5/\$74.25	146698

Basketball: Low Impact (19+ yrs)

Learn or improve your basketball skills focusing on low impact skills and game play. Ideal if you're looking to stay active and be gentle on your joints. Lessons include skill development for all levels of play from beginner to intermediate.

at Maillardville Community Centre (1200 Cartier Ave)

Th	Apr 11 – May 9	10:15 – 11:15 a.m.	5/\$49.50	148406
Th	May 16 – Jun 20	10:15 – 11:15 a.m.	6/\$59.40	148407

Pickleball: Beginner (19+ yrs)

Learn the basics of pickleball. Lessons include skill development for those who are new to the sport.

at Poirier Forum

Tu	Apr 9 – Apr 30	11 a.m. – 12:30 p.m.	4/\$59.40	146066
W	Apr 10 – May 1	11 a.m. – 12:30 p.m.	4/\$59.40	146081
Tu	May 7 – May 28	11 a.m. – 12:30 p.m.	4/\$59.40	146069
W	May 8 – May 29	11 a.m. – 12:30 p.m.	4/\$59.40	146083
Tu	Jun 4 – Jun 25	11 a.m. – 12:30 p.m.	4/\$59.40	146077
W	Jun 5 – Jun 26	11 a.m. – 12:30 p.m.	4/\$59.40	146085



Oops! We cancelled it...

Because we didn't know that you wanted it!
We recommend registering at least one week prior to class so we can reduce class cancellations.

Pickleball: Skills and Drills (19+ yrs)

Learn or improve your pickleball skills. Lessons include skill development for all levels of play from beginner to intermediate.

at Centennial Activity Centre

Su	Apr 7 – May 5	10:45 a.m. – 12:15 p.m.	4/\$59.40	145914
Su	May 19 – Jun 9	10:45 a.m. – 12:15 p.m.	4/\$59.40	145915

at Maillardville Community Centre (1200 Cartier Ave)

M	Apr 8 – May 6	5:15 – 6:45 p.m.	5/\$74.25	147452
M	May 13 – Jun 17	5:15 – 6:45 p.m.	5/\$74.25	147454

at Poirier Forum

W	Apr 10 – May 1	12:45 – 2:15 p.m.	4/\$59.40	146087
W	May 8 – May 29	12:45 – 2:15 p.m.	4/\$59.40	146088
W	Jun 5 – Jun 26	12:45 – 2:15 p.m.	4/\$59.40	146089

Soccer: Low Impact (19+ yrs)

Learn or improve your soccer skills focusing on low impact skills and game play. Ideal if you're looking to stay active and be gentle on your joints. Lessons include skill development for all levels of play from beginner to intermediate.

at Maillardville Community Centre (1200 Cartier Ave)

Th	Apr 11 – May 9	9 – 10 a.m.	5/\$49.50	148404
Th	May 16 – Jun 20	9 – 10 a.m.	6/\$59.40	148405

Volleyball: Skills and Drills (16+ yrs)

Learn or improve your volleyball skills. Lessons include skill development for all levels of play from beginner to intermediate.

at Maillardville Community Centre (1200 Cartier Ave)

Th	Apr 11 – May 9	5:45 – 6:45 p.m.	5/\$49.50	147496
Th	May 16 – Jun 20	5:45 – 6:45 p.m.	6/\$59.40	147497

Volleyball: Skills and Drills (19+ yrs)

Learn or improve your volleyball skills. Lessons include skill development for all levels of play from beginner to intermediate. Some beginner experience is recommended.

at Centennial Activity Centre

Su	Apr 7 – May 12	5:30 – 6:30 p.m.	6/\$59.40	147617
Su	May 19 – Jun 23	5:30 – 6:30 p.m.	6/\$59.40	147618

Visual Arts

Crafts: Air Dry Clay Workshop (19+ yrs)

Learn best practices, the properties of this type of clay and leave the class with a vase that will be ready to be sanded and painted once fully dry.

No experience necessary and all supplies provided.

at Glen Pine Pavilion

Th	Apr 11	6:30 – 8:30 p.m.	1/\$19.20	145909
Th	Jun 27	6:30 – 8:30 p.m.	1/\$19.20	145754

Crafts: All Natural SPF Skincare (19+ yrs)

Customize your sun protection – worry free! Look after skin and hair naturally by making your own beach and poolside essentials: make and take home a tropical sun lotion, aloe after sun spray, chamomile hair treatment and a SPF lip balm. All supplies included. Course provided by Cheryl Theilade from Sentimental Creations.

at Glen Pine Pavilion

Th	May 2	6:30 – 9 p.m.	1/\$38	145733
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Crafts: Goat Milk Soap-Making Basics (19+ yrs)

Learn to Make Goat 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. Goat milk contains alpha-hydroxy acids such as lactic acid which help remove dead skin cells from your skin's surface. From pre-blended bases, make a long-lasting oat n' honey goat milk soap. All supplies included. Course provided by Cheryl Theilade from Sentimental Creations.

at Glen Pine Pavilion

Th	Apr 4	6:30 – 9 p.m.	1/\$38	145732
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Crafts: Introduction to Macramé (19+ yrs)

Join us for the introductory class on Macramé and create a cute wristlet! Macramé is a form of textile produced using knotting (rather than weaving or knitting) techniques. No experience necessary and all supplies provided.

at Dogwood Pavilion

M	Apr 15	6 – 8 p.m.	1/\$19.20	146101
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Oops! We cancelled it...

Because we didn't know that you wanted it!
We recommend registering at least one week prior to class so we can reduce class cancellations.

**Crafts: Macramé Headbands Workshop (19+ yrs)**

Learn Macramé to create headbands! Macramé is a form of textile produced using knotting (rather than weaving or knitting) techniques. In this workshop students will decorate plain plastic headband by wrapping it in macrame knots. We will also learn how to make a stretchy and flexible macrame headband without the pre-made headband base. No experience necessary and all supplies provided.

at Glen Pine Pavilion

Th	May 9	6:30 – 8:30 p.m.	1/\$19.20	145744
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Crafts: Macramé Necklace Workshop (19+ yrs)

Learn Macramé to create a necklace! Macramé is a form of textile produced using knotting (rather than weaving or knitting) techniques. In this workshop students will learn simple knots to create two different and fashionable necklaces made with thick macramé cord. No experience necessary and all supplies provided.

at Glen Pine Pavilion

Th	May 30	6:30 – 8:30 p.m.	1/\$19.20	145747
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Crafts: Macramé Tea Towel Holder Workshop (19+ yrs)

Learn Macramé to create a tea towel holder! Macramé is a form of textile produced using knotting (rather than weaving or knitting) techniques. In this workshop students will be using wooden rings and cord to create a macramé tea towel holder from scratch. A combination of basic and intermediate knots will be used for this project. No experience necessary and all supplies provided.

at Glen Pine Pavilion

Th	Apr 18	6:30 – 8:30 p.m.	1/\$19.20	145910
Th	Jun 6	6:30 – 8:30 p.m.	1/\$19.20	145749



Tell us how we did!
coquitlam.ca/ProgramEvaluation

Digital Art: Introduction to Procreate® (19+ yrs)

This digital art class challenges you to use your iPad and apple pencil in the Procreate® drawing app. This workshop will guide you through the basic functions, brushes, and guides in Procreate®.

at Dogwood Pavilion

M	Apr 29	6 – 8 p.m.	1/\$12.50	146102
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Drawing: Animals (19+ yrs)

This course focuses on the fundamentals of drawing. Through black and white drawings, we will work on emphasizing the rendering of light, shadow and more. We will also focus on developing skills that allow our drawings to flourish. Projects will have lots of personal freedom as the emphasis will be on the skills learnt in class. Participants are required to bring supplies listed on the receipt.

at Dogwood Pavilion

W	May 22 – Jun 26	9:30 – 11:30 a.m.	6/\$63	145585
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Drawing: Beginner (19+ yrs)

This course focuses on the fundamentals of drawing. Through black and white drawings, we will work on emphasizing the rendering of light, shadow and more. We will also focus on developing skills that allow our drawings to flourish. Projects will have lots of personal freedom as the emphasis will be on the skills learnt in class. Participants are required to bring supplies listed on the receipt.

at Dogwood Pavilion

M	Apr 8 – May 13	11:45 a.m. – 1:45 p.m.	6/\$63	145578
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at Glen Pine Pavilion

Su	Apr 7 – May 12	12:15 – 1:45 p.m.	6/\$47.40	145789
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F	May 24 – Jun 28	11:30 a.m. – 1 p.m.	6/\$47.40	145728
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Drawing: Charcoal and Pastels (19+ yrs)

Learn all about the exciting world of charcoal and pastels. Basic approach, drawing, techniques, mixing and blending, materials, finishing and more will be covered. All supplies included and no experience necessary.

at Dogwood Pavilion

Th	Apr 11 – May 16	5:30 – 7 p.m.	6/\$47.40	147226
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Th	May 23 – Jun 27	5:30 – 7 p.m.	6/\$47.40	147229
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Drawing: Coloured Pencils (19+ yrs)

Learn the tips and tricks that go into creating a drawing composed entirely from coloured pencils. Working with simple images, this class will teach you about undertones, colour blocking, basic shape and form, colour blending, light and shadow. Participants are required to bring supplies listed on the receipt.

at Glen Pine Pavilion

M	Apr 8 – May 13	3:15 – 4:45 p.m.	6/\$47.40	145874
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M	May 27 – Jun 24	3:15 – 4:45 p.m.	5/\$39.50	145876
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Drawing: Coloured Pencils Portraits (19+ yrs)

Learn the tips and tricks that go into creating a drawing composed entirely from coloured pencils. Working with simple images, this class will teach you about undertones, colour blocking, basic shape and form, colour blending, light and shadow. Participants are required to bring supplies listed on the receipt.

at Dogwood Pavilion

M	Apr 8 – May 13	9 – 11:30 a.m.	6/\$78.60	145238
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Drawing: Coloured Pencils Spring Florals (19+ yrs)

Learn the tips and tricks that go into creating a drawing composed entirely from coloured pencils. Working with simple images, this class will teach you about undertones, colour blocking, basic shape and form, colour blending, light and shadow. Participants are required to bring supplies listed on the receipt.

at Dogwood Pavilion

M	May 27 – Jun 24	9 – 11:30 a.m.	5/\$65.50	145577
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Town Centre Park Community Centre

Opening Spring 2024

Our revamped community centre will offer amenities for all interests, abilities and ages including:

- Art studio
- Multi-purpose rooms
- Large community living room
- Indoor/outdoor program spaces
- Meeting spaces
- Praguery Café

Learn more at coquitlam.ca/TCPC

Drawing: Intermediate (19+ yrs)

This course focuses on further developing techniques of drawing. Through black and white drawings, we will work on emphasizing the rendering of light, shadow and more. We will also focus on building on existing experience that allow our drawings to flourish. Projects will have lots of personal freedom as the emphasis will be on the skills learnt in class. Participants are required to bring supplies listed on the receipt.

at Dogwood Pavilion

M	May 27 – Jun 24	11:45 a.m. – 1:45 p.m.	5/\$52.50	145579
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at Glen Pine Pavilion

Su	May 26 – Jun 30	12:15 – 1:45 p.m.	6/\$47.40	145791
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Drawing: Movement in the Human Body (19+ yrs)

This course focuses on the fundamentals of drawing human body movement. Through black and white drawings, we will work on emphasizing the rendering of light, shadow and more. We will also focus on developing skills that allow our drawings to flourish. Projects will have lots of personal freedom as the emphasis will be on the skills learnt in class. Participants are required to bring supplies listed on the receipt.

at Glen Pine Pavilion

F	Apr 12 – May 17	11:30 a.m. – 1 p.m.	6/\$47.40	145727
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Drawing: Nature Flowers and Plants (19+ yrs)

This course focuses on the fundamentals of drawing nature – flowers and plants. Working on skills emphasizing the rendering of light, shadow, perspective and more. Participants are required to bring supplies listed on the receipt.

at Glen Pine Pavilion

Tu	May 21 – Jun 25	9:30 – 11 a.m.	6/\$47.40	145880
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Drawing: Plein Air Drawing in the Rose Garden (19+ yrs)

Be inspired by the roses and structures in the Centennial Rose Garden at Dogwood Pavilion in this plein air drawing class. Build confidence in discovering the pleasures and restraints of drawing in the outdoors and complete a rose garden themed drawing with the support of the class instructor, local artist Danica Noort.

at Dogwood Pavilion

W	Jun 19	6 – 8 p.m.	1/\$10.50	145877
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W	Jun 26	6 – 8 p.m.	1/\$10.50	145879
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Drawing: Figures (19+ yrs)

This course focuses on the fundamentals of drawing. Through black and white drawings, we will work on emphasizing the rendering of light, shadow and more. We will also focus on developing skills that allow our drawings to flourish. Projects will have lots of personal freedom as the emphasis will be on the skills learnt in class. Participants are required to bring supplies listed on the receipt.

at Dogwood Pavilion

W	Apr 10 – May 15	9:30 – 11:30 a.m.	6/\$63	145580
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Drawing: Hand Lettering (19+ yrs)

Transform words into captivating works of art! Our experienced instructor will guide you through the fundamentals of letterform, composition, and style. Perfect for beginners and enthusiasts alike. Participants are required to bring supplies listed on the receipt.

at Maillardville Community Centre (1200 Cartier Ave)

W	Apr 10 – May 8	10 a.m. – 12 p.m.	5/\$52.50	146738
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Tu	May 14 – Jun 18	5:30 – 7:30 p.m.	6/\$63	146624
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Drawing: Portraits (19+ yrs)

This course focuses on the fundamentals of drawing portraits in black and white drawings working on skills emphasizing the rendering of light, shadow and more. Participants are required to bring supplies listed on the receipt.

at Glen Pine Pavilion

Tu	Apr 9 – May 14	9:30 – 11 a.m.	6/\$47.40	145878
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Drawing: Urban Sketching (19+ yrs)

Explore the urban landscape while learning techniques and tools of sketching buildings and structures, translating the energy and character of a city onto your sketchbook. Participants are required to bring supplies listed on the receipt.

at Maillardville Community Centre (1200 Cartier Ave)

Tu	Apr 9 – May 7	5:30 – 7:30 p.m.	5/\$52.50	146623
W	May 15 – Jun 19	10 a.m. – 12 p.m.	6/\$63	146739

Introduction to Knitting (19+ yrs)

Join us for an introductory knitting class to learn to make things from yarn. Knitting is fun, creative and has many health benefits. Presented by a volunteer from the Dogwood Variety Crafts group who would like to share her skills. All supplies provided.

at Dogwood Pavilion

M	Apr 8 – May 13	10 – 11:30 a.m.	6/\$36	145576
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Mixed Media: How to Fill Your Sketchbook (19+ yrs)

Exploring fun artistic exercises to get you filling up your sketchbook. Draw and paint using a variety of different tools to help you expand your creative techniques. Participants are required to bring supplies listed on the receipt.

at Glen Pine Pavilion

Th	Apr 11 – May 16	10 a.m. – 12 p.m.	6/\$63	146202
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Painting: Acrylic All Levels (19+ yrs)

Learn how to use the paintbrush and prepare the canvas. Explore colour mixing, colour theory, composition, the greyscale and capturing the light in a fun, low pressure environment. Some experience with acrylic painting is required to participate. Participants are required to bring supplies listed on the receipt.

at Dogwood Pavilion

W	Apr 10 – May 15	12:30 – 3 p.m.	6/\$78.60	145590
W	May 22 – Jun 26	12:30 – 3 p.m.	6/\$78.60	145592

Painting: Acrylic Beginner (19+ yrs)

Designed to accommodate individual levels and interests, the emphasis is on colour mixing, transparent versus opaque qualities and the versatility of acrylic paint. Participants are required to bring supplies listed on the receipt.

at Dogwood Pavilion

Th	Apr 11 – May 16	9:30 – 11:30 a.m.	6/\$63	145595
Th	May 23 – Jun 27	9:30 – 11:30 a.m.	6/\$63	145596

at Glen Pine Pavilion

Tu	Apr 9 – May 14	6:30 – 8:30 p.m.	6/\$63	145725
Sa	Apr 13 – May 18	10 a.m. – 12 p.m.	6/\$63	145526
Tu	May 21 – Jun 25	6:30 – 8:30 p.m.	6/\$63	145726
Sa	May 25 – Jun 29	10 a.m. – 12 p.m.	6/\$63	145527

Painting: Acrylic Beyond the Basics (19+ yrs)

Explore colour mixing, colour theory, composition, the greyscale and capturing the light in a fun, low pressure environment. Painting experience required. Participants are required to bring supplies listed on the receipt.

at Glen Pine Pavilion

Tu	Apr 9 – May 14	9 – 11:30 a.m.	6/\$78.60	145524
Tu	May 21 – Jun 25	9 – 11:30 a.m.	6/\$78.60	145525
W	May 22 – Jun 26	6:30 – 8:30 p.m.	6/\$63	145795

Painting: Acrylic Elements of Good Composition (19+ yrs)

This beginner step by step workshop is an excellent introduction to acrylic painting. This class will focus on the elements of good composition on the canvas as well as essential skills like colour mixing and proportion. No experience necessary and all supplies provided.

at Glen Pine Pavilion

M	Jun 24	9:30 – 11:30 a.m.	1/\$19.20	145682
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Painting: Acrylic Florals (19+ yrs)

This beginner step by step class is an excellent introduction to acrylic painting. It will cover essential skills like colour mixing, proportion and composition as you paint. Over two sessions you will complete a 11x14 floral-themed painting. No experience necessary and all supplies provided.

at Glen Pine Pavilion

M	May 6 – May 13	9:30 – 11:30 a.m.	2/\$38.40	145541
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Tell us how we did!
coquitlam.ca/ProgramEvaluation

Painting: Acrylic Landscapes/Nature (19+ yrs)

This beginner step by step class is an excellent introduction to acrylic painting. It will cover essential skills like colour mixing, proportion and composition as you paint. Over two sessions you will complete a 11x14 painting. No experience necessary and all supplies provided.

at *Glen Pine Pavilion*

M Jun 10 – Jun 17 9:30 – 11:30 a.m. 2/\$38.40 145676

Painting: Acrylic Paint Night – Peonies (19+ yrs)

Join Danica N. for a fun acrylic painting night. You will leave with a completed canvas that you may use to decorate your home or gift with love. Supplies are included.

at *Dogwood Pavilion*

Th Jun 6 6 – 8 p.m. 1/\$19.20 145873

Painting: Acrylic Painting with Bold Bright Colours (19+ yrs)

Join us for a unique acrylic painting class which will emphasize using bold, bright, expressive colours with instructor, Danica N. Suitable for beginners but all levels are welcome. Participants will need the supplies listed on the receipt.

at *Dogwood Pavilion*

Th Apr 11 – May 9 6 – 8 p.m. 5/\$52.50 145875

Painting: Acrylic Painting with Bold Bright Colours (19+ yrs)

Join us for a unique acrylic painting class which will emphasize using bold, bright, expressive colours with instructor, Danica N. Over two sessions you will complete a 11x14 painting. No experience necessary and all supplies provided.

at *Glen Pine Pavilion*

Th May 16 – May 23 6:30 – 8:30 p.m. 2/\$38.40 145734

Painting: Colour Theory with Watercolours (19+ yrs)

Learn essential skills for watercolour in this easy to start class. We will learn paint consistency, how to mix paint, along with fun easy exercises to build your skills. No experience needed. Participants are required to bring supplies listed on the receipt.

at *Glen Pine Pavilion*

Th May 23 – Jun 27 10 a.m. – 12 p.m. 6/\$63 146203

**Painting: Ink Wash Painting Beginner (19+ yrs)**

This beginner step by step class is an excellent introduction to Asian-style ink wash painting. It will cover essential skills like colour mixing, proportion and composition as you paint. Learn the skills that make ink wash style of painting unique and different from western art. Participants are required to bring supplies listed on the receipt.

at *Glen Pine Pavilion*

Su May 26 – Jun 30 10:15 a.m. – 12 p.m. 6/\$47.40 145793

Painting: Ink Wash Painting Intermediate (19+ yrs)

This intermediate step by step class is learning more about Asian-style ink wash painting. This class will continue to cover essential skills like colour mixing, proportion and composition as you explore the ink wash style of painting that is unique and different from western art. Participants are required to bring supplies listed on the receipt.

at *Glen Pine Pavilion*

W Apr 10 – May 15 6:30 – 8:30 p.m. 6/\$63 145794

Painting: Introduction to Acrylic Painting – Birch Trees (19+ yrs)

With the theme of Birch Trees try out acrylic painting in this introductory class. Learn about different materials, tools, and techniques. Over two sessions, you will build confidence and complete a painting through a step by step method and the support of the class instructor, local artist Eileen H. All supplies included.

at *Dogwood Pavilion*

Tu May 7 – May 14 6 – 8 p.m. 2/\$38.40 145815

All Abilities Welcome!

Visit page 3 for details

Painting: Introduction to Watercolour (19+ yrs)

This beginner class is a great introduction to watercolour painting. Learn about different materials, tools and techniques. Over two sessions, you will build confidence and complete a painting with the support of the class instructor, local artist David Myles. All supplies are included.

at Dogwood Pavilion

Sa	Apr 20 – Apr 27	9:30 – 11:30 a.m.	2/\$38.40	145642
Th	May 23 – May 30	6 – 8 p.m.	2/\$38.40	145646

Painting: Painting Reflections in Acrylics (19+ yrs)

Designed to accommodate individual levels and interests, the emphasis is on painting reflections – glass and water, transparent versus opaque qualities and the versatility of acrylic paint. No experience necessary and all supplies provided.

at Glen Pine Pavilion

M	May 27 – Jun 3	9:30 – 11:30 a.m.	2/\$38.40	145675
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Painting: Pet Portraits in Acrylic (19+ yrs)

Paint a portrait of your pet in acrylic on canvas. Learn animal portraiture in a step by step approach with the support of local artist and class instructor, Eileen H. Essentials of acrylic painting, such as colour mixing, proportion and composition will be covered. Suitable for beginners but all levels welcome. All supplies included. Please bring an 8x10 picture of your pet.

at Dogwood Pavilion

Tu	Apr 9 – Apr 16	6 – 8 p.m.	2/\$38.40	145813
Tu	Jun 4 – Jun 11	6 – 8 p.m.	2/\$38.40	145814

at Glen Pine Pavilion

M	Apr 8 – Apr 15	9:30 – 11:30 a.m.	2/\$38.40	145531
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Painting: Spring Patio Bottle Lantern (19+ yrs)

Learn to paint with acrylic on a glass surface and transform a wine bottle into a beautiful decorative lantern. Finish the lantern with fairy lights inside to create a beautiful glow. Step by step instructions provided along with the support of the class instructor and local artist, Eileen H. No experience necessary and all supplies provided.

at Glen Pine Pavilion

Th	Apr 25	6:30 – 8:30 p.m.	1/\$19.20	145911
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Painting: Textures with Palette Knife and Sponge (19+ yrs)

Try a different painting technique using a palette knife to scrape, push or draw colours and a sponge to create texture. No experience necessary and all supplies provided.

at Glen Pine Pavilion

M	Apr 22 – Apr 29	9:30 – 11:30 a.m.	2/\$38.40	145534
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Painting: Watercolour Beginner (19+ yrs)

Learn the basics of watercolour painting. Explore skills and techniques that are necessary for a beginner to this medium of art. Participants are required to bring supplies listed on the receipt.

at Dogwood Pavilion

Tu	Apr 9 – May 14	12:30 – 3 p.m.	6/\$78.60	145588
Th	Apr 11 – May 16	12:30 – 3 p.m.	6/\$78.60	145639
Tu	May 28 – Jun 25	12:30 – 3 p.m.	5/\$65.50	145589
Th	May 30 – Jun 27	12:30 – 3 p.m.	5/\$65.50	145641

at Glen Pine Pavilion

F	Apr 12 – May 17	9 – 11 a.m.	6/\$63	145729
F	May 24 – Jun 28	9 – 11 a.m.	6/\$63	145730

Painting: Watercolour Cityscapes (19+ yrs)

Learn the basics of painting cityscapes using watercolours in this 1.5 hour workshop format. Explore skills and techniques that are necessary for a beginner to this medium of art. Participants are required to bring supplies listed on the receipt.

at Glen Pine Pavilion

Su	May 5 – May 12	10:30 a.m. – 12 p.m.	2/\$15.80	145785
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Painting: Watercolour Flowers (19+ yrs)

Learn the basics of painting flowers using watercolour paints in this 1.5 hour workshop format. Explore skills and techniques that are necessary for a beginner to this medium of art. Participants are required to bring supplies listed on the receipt.

at Glen Pine Pavilion

Su	Apr 21 – Apr 28	10:30 a.m. – 12 p.m.	2/\$15.80	145781
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Painting: Watercolour Intermediate (19+ yrs)

This course focuses on the intermediate fundamentals of watercolouring. As a group we explore various techniques and skills to bring our art to its highest point. Supply list can be found on your receipt.

at Dogwood Pavilion

Tu	Apr 9 – May 14	9:30 a.m. – 12 p.m.	6/\$78.60	145586
Tu	May 28 – Jun 25	9:30 a.m. – 12 p.m.	5/\$65.50	145587



Tell us how we did!
coquitlam.ca/ProgramEvaluation



Community Recreation Job Fair

Friday, March 8, 5 – 7 p.m.

Saturday, March 9, 9:30 – 11:30 a.m.

Pinetree Community Centre, 1260 Pinetree Way

We're hiring auxiliary and casual positions, including:

- Recreation instructors
- Support staff
- Supervisors
- Lifeguards
- Fitness staff
- Program leaders
- Event staff
- ... and more

Meet City staff and learn first-hand about:

- Upcoming job opportunities
- Qualification requirements
- What makes a great application



Find out more about working with the City of Coquitlam and how to sign up for job alerts at coquitlam.ca/careers.

Painting: Watercolour Landscapes (19+ yrs)

Learn the basics of landscape watercolour painting in this 1.5 hour workshop format. Explore skills and techniques that are necessary for a beginner to this medium of art. Participants are required to bring supplies listed on the receipt.

at Glen Pine Pavilion

Su Apr 7 – Apr 14 10:30 a.m. – 12 p.m. 2/\$15.80 145766

Painting: Watercolour Painting in the Rose Garden (19+ yrs)

Join us for a special watercolour painting class outdoors in the Rose Garden. Over two sessions, you will build confidence and complete a painting with the support of the instructor, local artist David Myles. Suitable for beginners but all levels welcome. All supplies are included.

at Dogwood Pavilion

Th Jun 20 – Jun 27 6 – 8 p.m. 2/\$38.40 145647

All Abilities Welcome!

Visit page 3 for details

Photography: Smartphone Camera – Outdoor Landscapes (19+ yrs)

Want that postcard-worthy photo? Take your outdoor photography to new levels with your smartphone in this interactive course. Don't miss another moment of nature's beautiful landscape.

at Dogwood Pavilion

Th May 30 – Jul 4 7:15 – 8:15 p.m. 6/\$31.50 146610

Photography: Smartphone Camera – Portraits and Macros (19+ yrs)

Learn to take portraits and close-up shots in this hands-on program! Use your smartphone camera to capture beautiful moments in new ways with our experienced instructor.

at Dogwood Pavilion

Th Apr 11 – May 16 7:15 – 8:15 p.m. 6/\$31.50 146606

Woodcarving Beginner (19+ yrs)

Learn new skills to create a variety of woodcarvings such as animals or caricatures. No experience necessary and all supplies provided.

at Dogwood Pavilion

W Apr 10 – May 15 6 – 8 p.m. 6/\$62.40 145901

W May 22 – Jun 26 6 – 8 p.m. 6/\$62.40 145902

Woodcarving Intermediate (19+ yrs)

Develop new skills to create a variety of woodcarvings including animals, caricatures and relief panels. Continuing students are welcome to learn new techniques and work on projects. Beginner experience is required for this class. All supplies provided.

at Dogwood Pavilion

W Apr 10 – May 15 1:30 – 3:30 p.m. 6/\$62.40 145898

W May 22 – Jun 26 1:30 – 3:30 p.m. 6/\$62.40 145899



50 Plus Services and Activities

Registration opens at 8:30 a.m. on February 20 for Coquitlam residents and at 8:30 a.m. on February 22 for non-residents.



Staying active and social as you age can help you feel younger and keep you healthier.

Coquitlam offers programming, activities and services specifically for residents 50 years and older. Our pavilions are adult-oriented centres with a focus on programming for older adults. To learn more about 50 Plus services in Coquitlam, visit coquitlam.ca/50Plus



Dogwood Pavilion

1655 Winslow Ave. | 604-927-6098 | coquitlam.ca/dogwood

Amenities:

- Food services
- Fully equipped wood working shop
- Snooker room
- Lapidary workshop
- Lounge
- Library
- Rose garden, bocce court and surrounding gardens
- Free Wi-Fi

Glen Pine Pavilion

1200 Glen Pine Ct. | 604-927-6940 | coquitlam.ca/GlenPine

Amenities:

- Computer lab
- Food services
- Fully equipped and accessible fitness centre
- Lounge
- Library
- Spirit Square
- Free Wi-Fi



Dogwood Pavilion Activity Groups (50+ yrs)

Dogwood Pavilion Seniors' Society is a non-profit society that hosts over 40 groups and clubs to support the cultural, physical, educational and social needs of adults who are 50+. These activities are led by volunteer leaders and supported by the Board of Directors. Membership in the society is required for ongoing participation. Activity fees may apply. *To register for, or learn more about Dogwood Activity Group programs, visit DogwoodSeniors50Plus.com, email DogwoodSeniors50Plus@gmail.com, or call 604-927-6098.* Activities take place at Dogwood Pavilion or the neighbouring buildings.

Bocce

Bocce is a variant of lawn bowling played outdoors on the field adjacent to the Rose Garden.

F May – Sept 9:30 – 11:30 a.m.

Book Club

If you like reading, come and join us each month as we enjoy the works of a specific author. This group meets every 3rd Wednesday of the month.

Third Wednesday of the month 1:30 – 3:30 p.m.

Bridge: Casual

Bridge is a 4 player partnership trick-taking game with 13 tricks per deal. Casual Bridge is relaxed, easy going, stress free and played in a more social atmosphere.

W 12:30 – 3:30 p.m.

Bridge: Duplicate

Duplicate bridge is played in pairs. Prior to coming to play, players arrange their own partner.

F 1 – 4 p.m.

Bridge: Social

Bridge is a 4 player partnership trick-taking game with 13 tricks per deal. A welcoming social atmosphere for players who enjoy the game.

Tu 1 – 4 p.m.

Canadian Council of the Blind

The CCB is a support and social group for those who are blind, deaf blind or living with vision loss.

Th 1 – 3 p.m.

Canasta

Canasta is a card game resembling Rummy. It is played by 2 pairs of partners and the aim is to collect sets of cards.

W 5:30 – 8:15 p.m.

Carpet Bowling

Carpet Bowling is an indoor variant of lawn bowling

Tu/Th 1:45 – 3:45 p.m.

Chess

Keep your mental skills sharp, get together and enjoy a casual game of chess. All levels welcome.

M 12:30 – 4 p.m.

Coquitlam Art Club

The Coquitlam Art Club provides an opportunity to paint with other artists in a welcoming setting. Group members work on individual projects and share ideas, but no instruction is provided.

W 12:30 – 3 p.m.

Crafting Group

Dogwood Variety Crafts is a social group who knit, sew, crochet and make other crafts. A selection is available in the Dogwood Designs Gift Shop which is open 10 a.m. – 2 p.m. Monday to Friday depending on volunteer availability.

W 9 a.m. – 3:30 p.m.

Cribbage

A social card game played in partners using a Cribbage board.

Th 9:30 a.m. – 12 p.m.

Cribbage: 10-Card

A social card game played in partners using a 10-Card Cribbage board.

M 12:30 – 3:30 p.m.

Dogwood Ambassadors

The ambassadors meet and greet the public and give tours of Dogwood Pavilion. They also assist with setting up special events and serving light refreshments.

Third Monday of the month 1:30 – 2:30 p.m.

Lend a Hand!



Have fun, develop new skills and meet new people

We are always looking for volunteers to be:

- Cashiers
- Kitchen Assistants
- Meaningful Meals Delivery Drivers
- *and much more*

For more information on becoming a City of Coquitlam volunteer, call 604-927-6076 or visit coquitlam.ca/volunteer.

Drama

The Drama Group meets to prepare and practice a play to perform. The group produces multiple plays each year.

M/Th 1:45 – 3:45 p.m.

Floor Hockey

Floor Hockey is derived from Ice Hockey. It is played inside with a plastic ball and plastic stick.

Tu 6:30 – 8:15 p.m.

Friendship Circle

The Friendship Circle is a social discussion group open to everyone. Group members bring their ideas for topics and their willingness to share in spirited discussion.

Tu 1 – 2:30 p.m.

Garden Club

Whether new to gardening or digging all your life, this group has something for you. Our goal is to promote gardening, increase knowledge and enhance our interest in various horticultural activities.

Second Tuesday of the month 6:15 – 8:30 p.m.

Genealogy

Genealogy meets to discuss family history and different methods of researching historical records.

First Monday of the month 1:30 – 3:30 p.m.

Lapidary

The Lapidary room has equipment for forming stones and minerals into decorative items. The volunteer provides assistance with tips and techniques.

M/Tu/W/Th 9:30 a.m. – 2:30 p.m.

Life Writing

This informal group meets to discuss their life experiences, with the goal of writing them down to make a family history.

Fourth Thursday of the month 1 – 3 p.m.

Mexican Train

Mexican Train is a game where the object is for all players to play all their dominoes from their hand onto 1 or more trains.

Th 12:15 – 3:30 p.m.

Mixed Bag Band

The Mixed Bag Band hosts jam sessions as an opportunity to enjoy and play music with others in a welcoming setting.

Su 10:30 a.m. – 1:30 p.m.

Photography Group

Come and share your photos and knowledge of photography.

First and Third Wednesday of the month 6:30 – 8:15 p.m.

Pickleball

Pickleball is a court sport that uses a paddle and a pickleball. It is a combination of tennis, badminton and table tennis.

M/W/F 8:45 – 10:45 a.m.

M/F 11 a.m. – 1 p.m.

M/F 1:15 – 3:15 p.m.

Quilting

This group shares an interest in quilting and welcomes all skill levels. No instruction is provided, but there is an abundance of knowledge amongst members to share.

First and third Wednesday 6:15 – 8:15 p.m.

Third Friday 9 a.m. – 3 p.m.



Scrabble

A word game where 2 – 4 players score points by placing letter tiles onto the board and forming words.

Tu 12:30 – 4 p.m.

Snooker

The snooker group has access to the snooker room at Dogwood Pavilion during facility hours.

Social Dance

Social dance meets weekly to enjoy ballroom and latin dancing.

Th 6:30 – 8:15 p.m.

Songsters

This choir meets weekly to sing together and learn new songs. Occasionally this group performs at social functions and events in the community.

Tu 1:45 – 5 p.m.

South Asian Group

This is a social and support group for the South Asian community.

Fourth Wednesday of the month 6:30 – 8:15 p.m.

First and third Thursday of the month 10 a.m. – 12 p.m.

Table Tennis

Table tennis is a sport in which 2 or 4 players hit a lightweight ball back and forth across a table using small solid racquets.

Su 9 a.m. – 12 p.m.

M 4:15 – 6:30 p.m.

W 4:15 – 8:15 p.m.

Turn Up and Paint

This group meets weekly to paint together. Bring your own supplies and projects. All levels welcome.

W 9:30 – 11:30 a.m.

Women Helping Others

Women Helping Others provides opportunities for 50+ women who are single, widowed, divorced or have a partner living in assisted living care, to be involved in the community.

W 10 a.m. – 12 p.m.

Woodcarving

Members work on individual projects and must bring their own tools and materials.

Th 1 – 3:30 p.m.

Woodcarving – Fantasy Houses

This group creates whimsical houses with cottonwood bark. Each member works on an individual project and must bring their own tools and materials.

M 1 – 3 p.m.

Woodworking

Members work on individual projects and bring their own materials. The volunteer leader provides assistance with safety, tips and techniques.

M/Tu/W/Th/F 8:30 a.m. – 1 p.m.



Glen Pine Pavilion Activity Groups

The Glen Pine 50 Plus Society is a non-profit organization that promotes low-cost, year-round activities to satisfy the cultural, physical, educational and social needs of senior adults through support of activity groups and programs at Glen Pine Pavilion. Register for Glen Pine Activity Group programs in-person at any recreation facility, by calling **604-927-4386**, or by visiting coquitlam.ca/registration.

American Mahjong (50+ yrs)

Mahjong is a game that originated in China and is commonly played by 4 people. The game is played with a set of 136 tiles based on Chinese characters and symbols.

at Glen Pine Pavilion

F	Apr 12 – May 17	12 – 3:45 p.m.	6/\$3.30	145322
F	May 24 – Jun 28	12 – 3:45 p.m.	6/\$3.30	145323

Art Group (50+ yrs)

Glen Pine Art Group gives you the time and place to draw and paint with other artists. Bring your materials or subject to work on or join others painting from a still set.

at Glen Pine Pavilion

W	Apr 3 – May 15	9 a.m. – 12 p.m.	7/\$3.85	145301
W	May 22 – Jun 26	9 a.m. – 12 p.m.	6/\$3.30	145302

Beijing Opera (50+ yrs)

Social group that meets weekly to sing Beijing opera pieces.

at Glen Pine Pavilion

Sa	Apr 6 – May 18	12 – 2:45 p.m.	7/\$3.85	145332
Sa	May 25 – Jun 29	12 – 2:45 p.m.	5/\$2.75	145333

Bingo (50+ yrs)

Come join us for an afternoon of Bingo fun.

at Glen Pine Pavilion

W	Apr 3 – May 15	1 – 3 p.m.	7/\$3.85	145303
W	May 22 – Jun 26	1 – 3 p.m.	6/\$3.30	145304

Bridge All-Levels (50+ yrs)

Bridge is a 4 player partnership trick-taking game with 13 tricks per deal. Casual Bridge is relaxed, easy going, stress free and played in a more social atmosphere. Scoring is optional, and attending with a partner is not necessary. Partners will rotate during the afternoon so players need to be prepared to play with everyone in this all-levels Bridge group.

at Glen Pine Pavilion

M	Apr 8 – May 13	12:30 – 4 p.m.	6/\$3.30	145254
M	May 27 – Jun 24	12:30 – 4 p.m.	5/\$2.75	145255

Bridge Intermediate (50+ yrs)

Bridge is a 4 player partnership trick-taking game with 13 tricks per deal. Players for this group will self-assess level of play as intermediate. Players must form their own quartet of players – not interchangeable – at time of registration they will need to answer a prompt on a questionnaire for their quartet name.

at Glen Pine Pavilion

F	Apr 12 – May 17	12 – 4:15 p.m.	6/\$3.30	145324
F	May 24 – Jun 28	12 – 4:15 p.m.	6/\$3.30	145325

Canasta (50+ yrs)

Canasta is a card game resembling Rummy. It is played by 2 pairs of partners and the aim is to collect sets of cards. The word Canasta means “basket” in Spanish with the objective being to get a basket-full (or 7) cards of the same rank in order to obtain points for a canasta.

at Glen Pine Pavilion

Tu	Apr 2 – May 14	6 – 8:15 p.m.	7/\$3.85	145295
Sa	Apr 6 – May 18	11:30 a.m. – 2:30 p.m.	7/\$3.85	145330
Tu	May 21 – Jun 25	6 – 8:15 p.m.	6/\$3.30	145296
Sa	May 25 – Jun 29	11:30 a.m. – 2:30 p.m.	6/\$3.30	145331

Cantonese Opera (50+ yrs)

Social group that meets weekly to sing Cantonese opera pieces.

at Glen Pine Pavilion

M	Apr 8 – May 13	1 – 4 p.m.	6/\$3.30	145261
M	May 27 – Jun 24	1 – 4 p.m.	5/\$2.75	145262

Carpet Bowling (50+ yrs)

Carpet Bowling is a variant of lawn bowls played indoors. It is easy to learn and newcomers are welcome.

at Glen Pine Pavilion

F	Apr 12 – May 17	1:30 – 3:30 p.m.	6/\$3.30	145326
F	May 24 – Jun 28	1:30 – 3:30 p.m.	6/\$3.30	145327

Chinese Choir (50+ yrs)

Glen Pine Chinese Choir enjoy meeting weekly and singing together.

at Glen Pine Pavilion

W	Apr 3 – May 15	9 – 10:30 a.m.	7/\$3.85	145299
W	May 22 – Jun 26	9 – 10:30 a.m.	6/\$3.30	145300

Crafters (50+ yrs)

Come join us and have fun while you pursue your favourite hobbies. Knitting, sewing, crocheting and making other crafts for yourself or for the Glen Pine Gift Shop.

at Glen Pine Pavilion

Tu	Apr 2 – May 14	1 – 3 p.m.	7/\$3.85	145268
Tu	May 21 – Jun 25	1 – 3 p.m.	6/\$3.30	145269

Cribbage (50+ yrs)

Cribbage, or crib, is a card game, traditionally for two players but can be played with more. The main objective of cribbage is to gain a score of 121 points through a series of rounds involving strategic card playing.

at Glen Pine Pavilion

F	Apr 12 – May 17	9:30 – 11:30 a.m.	6/\$3.30	145320
F	May 24 – Jun 28	9:30 – 11:30 a.m.	6/\$3.30	145321

English Social Club (50+ yrs)

Improve your English. This group meets weekly and discusses current events to enhance your conversational English.

at Glen Pine Pavilion

M	Apr 8 – May 13	9:30 – 11:30 a.m.	6/\$3.30	145252
M	May 27 – Jun 24	9:30 – 11:30 a.m.	5/\$2.75	145253

Friendship Group (50+ yrs)

This welcoming group provides opportunities to build new friendships, receive support and connect with others.

at Glen Pine Pavilion

M	Apr 8 – May 13	1 – 3 p.m.	6/\$3.30	145256
M	May 27 – Jun 24	1 – 3 p.m.	5/\$2.75	145260

Glen Pine Sing-A-Long (50+ yrs)

The Glen Pine Sing-A-Long enjoy meeting weekly and singing a variety of songs together.

at Glen Pine Pavilion

Th	Apr 4 – May 16	1:30 – 3:30 p.m.	6/\$3.30	145309
Th	May 23 – Jun 27	1:30 – 3:30 p.m.	6/\$3.30	145310

Glen Pine Singers (50+ yrs)

The Glen Pine Singers enjoy meeting weekly and singing together.

at Glen Pine Pavilion

M	Apr 8 – May 13	9:15 – 10:30 a.m.	6/\$3.30	145249
M	May 27 – Jun 24	9:15 – 10:30 a.m.	5/\$2.75	145250

Iranian Friendship Group A (Active) (50+ yrs)

The Iranian Friendship group provides opportunities to build new friendships, receive support and connect with others. Group A is for more active activities such as exercises, dance and movement.

at Glen Pine Pavilion

Tu	Apr 2 – Jun 25	1:30 – 4 p.m.	13/\$3.85	145290
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Iranian Friendship Group B (Games, Social) (50+ yrs)

The Iranian Friendship group provides opportunities to build new friendships, receive support and connect with others. Group B is for less active social activities such as games, bingo, conversations.

at Glen Pine Pavilion

Tu	Apr 9 – Jun 18	1:30 – 4 p.m.	6/\$3.30	145291
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Karaoke (50+ yrs)

Come out and enjoy some karaoke singing.

at Glen Pine Pavilion

Tu	Apr 2 – May 14	1:30 – 5 p.m.	7/\$3.85	145276
Th	Apr 4 – May 16	3:30 – 6 p.m.	6/\$3.30	145311
Tu	May 21 – Jun 25	1:30 – 5 p.m.	6/\$3.30	145294
Th	May 23 – Jun 27	3:30 – 6 p.m.	6/\$3.30	145312

Leisure Group (50+ yrs)

This multicultural group welcomes all for an afternoon of different weekly activities. Most of the sessions will be conducted in Cantonese or Mandarin language.

at Glen Pine Pavilion

M	Apr 8 – May 13	2:15 – 4:30 p.m.	6/\$3.30	145263
M	May 27 – Jun 24	2:15 – 4:30 p.m.	5/\$2.75	145264

Machine Embroidery (50+ yrs)

An opportunity for those who enjoy machine embroidery to meet weekly to show and tell their work. Discussion and conversation only. No need to bring sewing machines. 4th Monday of each month.

at Glen Pine Pavilion

M	Apr 22 – Jun 24	7 – 8:30 p.m.	3/\$1.65	145265
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Mexican Train Dominoes (50+ yrs)

Game played with dominoes and the objective is for all players to play all their dominoes from their hand onto 1 or more trains.

at *Glen Pine Pavilion*

W	Apr 3 – May 15	1 – 4 p.m.	7/\$3.85	145305
W	May 22 – Jun 26	1 – 4 p.m.	6/\$3.30	145306

Mixed Bag Band (50+ yrs)

The Mixed Bag Band practices are open to all musically-inclined who wish to 'jam' every Thursday evening.

at *Glen Pine Pavilion*

Th	Apr 4 – May 16	6 – 8:30 p.m.	6/\$3.30	148873
Th	May 23 – Jun 27	6 – 8:30 p.m.	5/\$2.75	148876

Mixed Bag Band (50+ yrs)

The Mixed Bag Band practices are open to all musically-inclined who wish to 'jam' every Friday afternoon.

at *Glen Pine Pavilion*

F	Apr 5 – May 17	1:30 – 4 p.m.	7/\$3.85	145315
F	May 24 – Jun 28	1:30 – 4 p.m.	6/\$3.30	145316

Outdoor Yard Games (50+ yrs)

Meet in Spirit Square to play outdoor yard games like Bocce, Lawn Darts, Giant Jenga, Toss Games and more.

at *Parks (Neighbourhood)*

Tu	Apr 2 – May 14	1 – 4 p.m.	7/\$3.85	145273
Tu	May 21 – Jun 25	1 – 4 p.m.	6/\$3.30	145275

Poker (50+ yrs)

In a friendly non-monetary environment learn a family of card games that combines strategy and different skills. Learn tricks and techniques on how to outwit your opponent.

at *Glen Pine Pavilion*

Tu	Apr 2 – May 14	1 – 3 p.m.	7/\$3.85	145270
Tu	May 21 – Jun 25	1 – 3 p.m.	6/\$3.30	145271

**Quilting (50+ yrs)**

Whether you are a beginner or an experienced quilter, come and join this group to work on Quilting projects.

at *Glen Pine Pavilion*

F	Apr 5 – May 17	9 a.m. – 12 p.m.	7/\$3.85	145313
F	May 24 – Jun 28	9 a.m. – 12 p.m.	6/\$3.30	145314

Scrabble (50+ yrs)

A word game which 2 – 4 players score points by placing tiles onto the board and forming words.

at *Glen Pine Pavilion*

F	Apr 12 – May 17	9:30 – 11:30 a.m.	6/\$3.30	145318
F	May 24 – Jun 28	9:30 – 11:30 a.m.	6/\$3.30	145319

Table Tennis (50+ yrs)

Social game with similar principles of lawn tennis, table tennis is a game played on a flat table divided into 2 equal courts separated by a flexed net across the middle.

at *Glen Pine Pavilion*

Tu	Apr 2 – May 14	2 – 4:30 p.m.	7/\$3.85	145292
Sa	Apr 6 – May 18	12 – 2:45 p.m.	7/\$3.85	145328
Tu	May 21 – Jun 25	2 – 4:30 p.m.	6/\$3.30	145293
Sa	May 25 – Jun 29	12 – 2:45 p.m.	5/\$2.75	145329

Tennis (50+ yrs)

The Glen Pine Tennis group meets on Tuesdays from 9 – 11 a.m. This is a recreation group that enjoys playing tennis.

at *Town Centre Park*

Tu	Apr 2 – May 14	9 – 11 a.m.	7/\$3.85	145266
Tu	May 21 – Jun 25	9 – 11 a.m.	6/\$3.30	145267

Traditional Mahjong (50+ yrs)

Mahjong is a game that originated in China and is commonly played by 4 people. The game is played with a set of 136 tiles based on Chinese characters and symbols.

at *Glen Pine Pavilion*

M	Apr 8 – May 13	9 a.m. – 12 p.m.	6/\$3.30	145247
M	May 27 – Jun 24	9 a.m. – 12 p.m.	5/\$2.75	145248

Whist with a Twist (50+ yrs)

Social card game usually played in 2 pairs of players, in which points are scored according to the number of tricks won.

at *Glen Pine Pavilion*

Th	Apr 4 – May 16	1 – 4 p.m.	6/\$3.30	145307
Th	May 23 – Jun 27	1 – 4 p.m.	6/\$3.30	145308

Bus Trips



These are all *Enjoy the Journey* all-inclusive trips. Learn more at [EnjoyTheJourney.ca](https://www.enjoythejourney.ca)

Butchart Gardens High Tea (50+ yrs)

A beautiful, colorful garden with an interesting history and over 1000 varieties of plants. Browse the different gardens at your leisure and then enjoy an afternoon tea lunch. Don't forget to save time for the gift shop!

Leave Glen Pine at 8 a.m. Estimated return at 8 p.m.

Leave Dogwood at 8:15 a.m. Estimated return at 7:45 p.m.

Additional \$36 ferry fee for 64 years and under

Activity Level: Easy

Trip includes:

Admission to Butchart Gardens

- Afternoon Tea lunch
- Sidney Waterfront

Trip provided by ENJOY the Journey

M	Jun 3	8 a.m. – 8 p.m.	1/\$169	145810
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Historical Cumberland (50+ yrs)

Once a bustling coal mining island community Cumberland is home to a fascinating period of BC history. Discover the original company buildings and hear the stories of the rich, the poor, the powerful and the rebellious.

Leave Glen Pine at 6:45 a.m. Estimated return at 8:30 p.m.

Leave Dogwood at 7 a.m. Estimated return at 8:15 p.m.

Additional \$36 ferry fee for 64 years and under

Activity Level: Easy

Trip includes:

- Cumberland Museum and Archives guided tour
- Lunch at 4 Quarters Restaurant
- Ice cream Loves real fruit ice cream

Trip provided by ENJOY the Journey.

W	Jun 12	6:45 a.m. – 8:30 p.m.	1/\$149	145811
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North Pender Island (50+ yrs)

A beautiful ferry ride through the gulf islands transports us to Otter Bay. We visit the island’s charming homestead museum, lunch at an idyllically situated restaurant and finish with a sweet treat and hot drink at Pender Chocolates in Hope Bay.

Leave Glen Pine at 8:15 a.m. Estimated return at 8:15 p.m.
 Leave Dogwood at 8:30 a.m. Estimated return at 8 p.m.

Additional ferry fee for 64 years and under

Activity Level: Easy

Trip Includes:

- Museum admission
- Local Step On Guide
- Lunch at Port Browning Marina
- Chocolates Pender Chocolate

Trip provided by ENJOY the Journey

W	May 8	8:15 a.m. – 8:15 p.m.	1/\$149	145808
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Saltspring Island Saturday Market (50+ yrs)

With over 140 artisans this market has earned its reputation as a hot bed for world class artisans and organic farmers. Vendors are joined by local entertainment, creating a fun and festive vibe.

Leave Glen Pine at 6:15 a.m. Estimated return at 7 p.m.
 Leave Dogwood at 6:30 a.m. Estimated return at 6:45 p.m.

Additional ferry fee for 64 years and under

Activity Level: Easy

Trip Includes:

- 4 hrs at the market in Ganges (meals on your own)
- Sacred Mountain Lavender (optional)
- Scenic sail through Gulf Islands

Trip provided by ENJOY the Journey.

Sa	May 25	6:15 a.m. – 7 p.m.	1/\$129	145809
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Simply Sooke (50+ yrs)

Soak in the views from your waterside lunch spot before “walking the Spit” and visiting a few charming stores showcasing products from talented island artisans. Finally visit the local “hidden gem,” the Artisan’s Garden.

Leave Glen Pine at 7:30 a.m. Estimated return at 8 p.m.
 Leave Dogwood at 7:15 a.m. Estimated return at 7:45 p.m.

Additional \$36 ferry fee for 64 years and under

Activity Level: Easy

Trip Includes:

- Lunch at 17 Mile House Pub
- Escorted walk, Whiffin Spit, Sooke
- Heritage Row + Artisan Garden

Trip provided by ENJOY the Journey.

Th	Apr 25	7:30 a.m. – 8 p.m.	1/\$149	145804
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Skagit Valley Tulip Festival (USA) (50+ yrs)

Every spring the Skagit valley area comes alive with a blaze of colour. Tip toe through the tulips between La Conner and Mt Vernon before feasting on a BBQ Salmon lunch.

Leave Glen Pine at 7:45 a.m. Estimated return at 6:15 p.m.
 Leave Dogwood at 8 a.m. Estimated return at 6 p.m.

Must have passport/travel documentation, Vaccination status and insurance documents for USA Travel

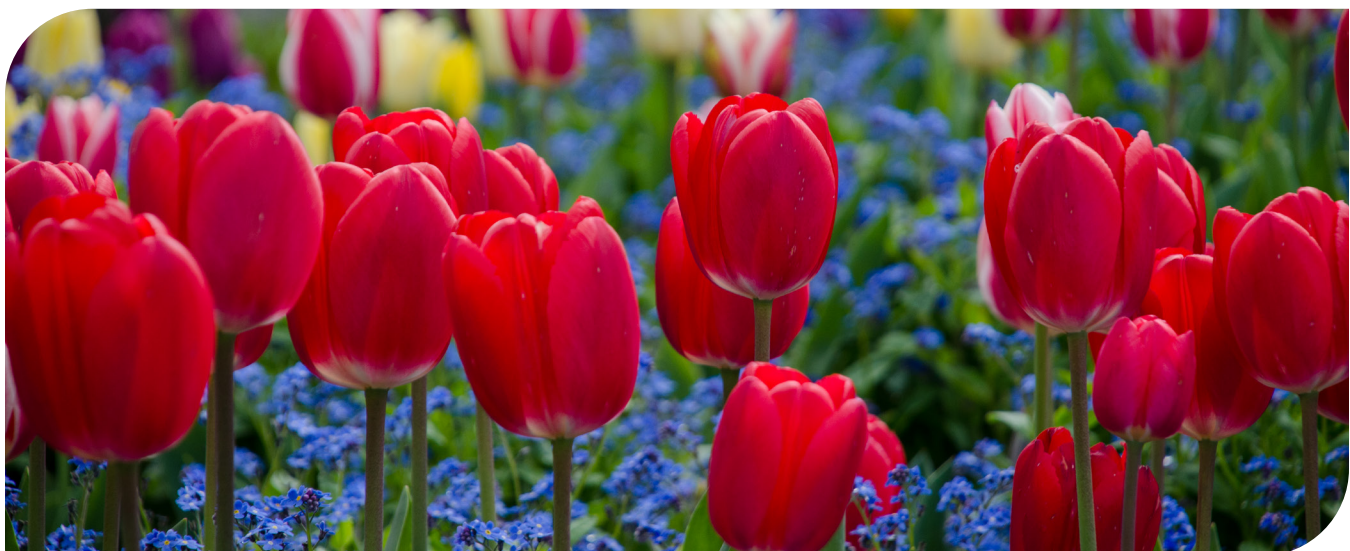
Activity Level: Easy

Trip includes:

- Admission to Roozengarde show gardens
- Roozengarde tulip field walk
- Kiwanis Club Salmon BBQ Lunch
- La Conner, free time

Trip provided by ENJOY the Journey.

F	Apr 12	7:45 a.m. – 6:15 p.m.	1/\$129	145801
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Special Events

Registration opens at 8:30 a.m. on February 20 for Coquitlam residents and at 8:30 a.m. on February 22 for non-residents.



April

1 Creative Cooks: Easter Brunch Edition (3+ yrs)

Join us on Easter for a special 90 minute brunch edition of our popular Creative Cooks series! Make a delicious breakfast meal from scratch and sit down to enjoy it with your family. Each person attending must register. This is an adult participation program.

at Poirier Community Centre

M	Apr 1	9:15 – 10:45 a.m.	1/\$10	148056
M	Apr 1	11:15 a.m. – 12:45 p.m.	1/\$10	148057

1 Family Arts and Crafts: Easter Edition (3+ yrs)

Join us for our Family Arts and Crafts: Easter Edition. Only the child has to register. This is a parent participation program.

at Poirier Community Centre

M	Apr 1	2:45 – 3:45 p.m.	1/\$6.95	148067
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3 Maillardville Music and Muffins (19+ yrs)

Grab a tea or coffee and a muffin and join in with the Jammer's band practice.

at Maillardville Community Centre (1200 Cartier Ave)

W	Apr 3	12:30 – 2 p.m.	1/\$5	148401
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5 Carpet-Bowling Tournament 2024 (19+ yrs)

The Glen Pine Carpet-Bowling group hosts the 12th Annual Tournament on Friday, April 5. Catch some action in the Great Room as 8 teams play-off to win the coveted trophy! Spectators are welcome to cheer the teams. Tournament begins at 9:15 a.m. Awards presented at the end of the tournament.

at Glen Pine Pavilion

F	Apr 5	9 a.m. – 4 p.m.	1/ FREE	
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April continued

12 Afternoon Tea Dance (19+ yrs)

Enjoy an afternoon of social dancing at Dogwood with great music! Novice, intermediate and advanced dancers welcome. After dancing, socialize with fellow dancers and enjoy some refreshments.

at Dogwood Pavilion

F Apr 12 2–4 p.m. 1/\$8 147209

17 National Canadian Film Day (19+ yrs)

Join us to watch a film in celebration of National Canadian Film Day. The theme this year is "Films that artificial intelligence could never make."

at Dogwood Pavilion

W Apr 17 6–8 p.m. 1/ FREE 145233

at Glen Pine Pavilion

W Apr 17 1–3 p.m. 1/ FREE 146908

19 Creative Cooks: MasterChef Edition (11–14 yrs)

No cooking experience necessary, this event is for any foodies who are looking for a good time and lots of laughs. You will be teamed up with other youth to see if you can create a delicious (or not so delicious...) dish to eat.

at Poirier Community Centre

F Apr 19 1–2:30 p.m. 1/\$13.90 147362

20 Kids Night In (6–10 yrs)

Parents! Go for dinner, catch a movie, do some shopping – the choice is yours! Children will enjoy a night in with crafts, games and interactive play, as well as a handmade snack and a movie on the big screen projector.

at Maillardville Community Centre (1200 Cartier Ave)

Sa Apr 20 5:30–8:30 p.m. 1/\$20 146807

22 Earth Day Movie: Addicted to Plastic (19+ yrs)

Addicted to Plastic (2008) 85m Documentary

For better and for worse, no ecosystem or segment of human activity has escaped the shrink-wrapped grasp of plastic. ADDICTED TO PLASTIC is a global journey to investigate what we really know about the material of a thousand uses and why there's so darn much of it. On the way we discover a toxic legacy, and the men and women dedicated to cleaning it up.

at Dogwood Pavilion

M Apr 22 1–3 p.m. 1/ FREE 145236

22 Earth Day Movie: Biggest Little Farm (19+ yrs)

Purchase a snack or lunch at the Lemon Tree Cafe to celebrate Earth Day with a free movie – *The Biggest Little Farm* (2018) Rated PG 1 hr 36 mins

This documentary follows the birth and growth of Apricot Lane Farms, a plot of land purchased by John and Molly Chester to fulfill their dreams of creating a farm based on an unconventional method of diversity and interdependence.

at Glen Pine Pavilion

M Apr 22 11 a.m. – 12:30 p.m. 1/ FREE 146909



27 Earth Day: Swap and Sale (19+ yrs)

Sustainability meets second-hand style! Dive into a treasure trove of pre-loved goodies, celebrating the themes of reduce, reuse and upcycle. From trendy fashion to outgrown toys and charming home décor, this event aims to provide good finds for everyone. Register to be a table vendor by April 20, or attend the event for free!

Also happening on the same day is Coquitlam's Repair Café. Bring broken items to be fixed by handy volunteers. Details at coquitlam.ca/RepairCafe.

at Centennial Pavilion

Sa Apr 27 9:30 a.m. – 3 p.m. 1/\$30 148607

26 Dogwood Social Evening: Spring (19+ yrs)

Come enjoy a Spring themed evening with drinks, dinner, and live performance. Menu: Chicken Pot Pie, Roasted Vegetables, Gravy, Green Salad, Dessert Square, Coffee, Tea, and Water. Doors open at 5:15 p.m. Dinner begins at 6 p.m. Entertainment begins at 7:15 p.m. Thank you to our Presenting Partner, Aspira Retirement Living (Astoria and Mayfair Terrace).

at Dogwood Pavilion

F Apr 26 5:30–9:30 p.m. 1/\$36.90 144363



May

4 and 18 Kids Night In (6 – 10 yrs)

Parents! Go for dinner, catch a movie, do some shopping – the choice is yours! Children will enjoy a night in with crafts, games and interactive play, as well as a handmade snack and a movie on the big screen projector.

at Maillardville Community Centre (1200 Cartier Ave)

Sa	May 4	5:30 – 8:30 p.m.	1/\$20	146808
Sa	May 18	5:30 – 8:30 p.m.	1/\$20	146809

5, 6 and 7 Dogwood Drama Production (All Ages)

The Dogwood Drama Group meets weekly to prepare and practice a seasonal production to perform. For tickets, please purchase through the Dogwood Designs Gift Shop, Jean Baker at 604-931-5243, or at the door on performance days.

at Dogwood Pavilion

Su/M/Tu	May 5, 6, 7	1:30 – 2:45 p.m.	3/\$10	
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8 Maillardville Music and Muffins (19+ yrs)

Grab a tea or coffee and a muffin and join in with the Jammer's band practice.

at Maillardville Community Centre (1200 Cartier Ave)

W	May 8	12:30 – 2 p.m.	1/\$5	148402
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9 Paint and Pasta Night (19+ yrs)

Join in for a fun acrylic painting night. You will leave with a completed canvas that you may use to decorate your home or gift with love. Supplies are included. Meal will be served during the first hour of the program followed by a two-hour painting session.

at Glen Pine Pavilion

Th	May 9	5:30 – 8:30 p.m.	1/\$36.50	145698
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10 Afternoon Tea Dance (19+ yrs)

Enjoy an afternoon of social dancing at Dogwood with great music! Novice, intermediate and advanced dancers welcome. After dancing, socialize with fellow dancers and enjoy some refreshments.

at Dogwood Pavilion

F	May 10	2 – 4 p.m.	1/\$8	147211
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11 Intergenerational Cooking Workshop: Tea Party Menu (8+ yrs)

Join us for this special intergenerational class for adults and kids together. Create and bake some tea party classics in this hands-on cooking class and taste them together while socializing. No experience necessary and all supplies provided.

at Dogwood Pavilion

Sa	May 11	9:30 – 11:30 a.m.	1/\$22.70	146096
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May continued

12 Creative Cooks: Mother's Day Afternoon High Tea (6+ yrs)

Join us on Mother's Day for a special 90 minute High Tea edition of our popular Creative Cooks series! Make an elegant High Tea platter consisting of a variety of tasty bites, and sit down to enjoy it with your family and a cup of tea. Feel free to dress your best, or wear a fascinator to get in the spirit! Each person attending must register. This is an adult participation program.

at Maillardville Community Centre (1200 Cartier Ave)

Su	May 12	2:15 – 3:45 p.m.	1/\$10	146476
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12 Creative Cooks: Mother's Day Brunch (3+ yrs)

Join us on Mother's Day for a special 90 minute brunch edition of our popular Creative Cooks series! Make a delicious breakfast meal from scratch and sit down to enjoy it with your family. Each person attending must register. This is an adult participation program.

at Maillardville Community Centre (1200 Cartier Ave)

Su	May 12	9:15 – 10:45 a.m.	1/\$10	146473
Su	May 12	11:15 a.m. – 12:45 p.m.	1/\$10	146474

12 Mother's Day High Tea (1+ yrs)

Celebrate Mother's Day with your favourite people – 4 per table. (Price is for a table) This is a family-friendly event featuring live entertainment. Wear your fanciest hat or fascinator and bring your favourite tea cup and saucer. Set menu of traditional tea sandwiches, desserts, and tea. Ingredients may contain nuts, gluten, and other common allergens.

at Glen Pine Pavilion

Su	May 12	11 a.m. – 12:30 p.m.	1/\$76	146509
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16 Victorian Afternoon Tea (19+ yrs)

Join us for an afternoon Victorian afternoon tea with live entertainment. Wear your fanciest hat or fascinator and bring your favourite tea cup and saucer. Set menu of traditional tea sandwiches, desserts, and tea.

at Dogwood Pavilion

Th	May 16	2 – 3:30 p.m.	1/\$19	147170
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20 Creative Cooks: Victoria Day High Tea (6+ yrs)

Join us on Victoria Day for a special 90 minute High Tea edition of our popular Creative Cooks series! Make an elegant High Tea platter consisting of a variety of tasty bites, and sit down to enjoy it with your family and a cup of tea. Feel free to dress your best, or wear a fascinator to get in the spirit! Each person attending must register. This is an adult participation program.

at Maillardville Community Centre (1200 Cartier Ave)

M	May 20	9:30 – 11 a.m.	1/\$10	146515
M	May 20	11:30 a.m. – 1 p.m.	1/\$10	146516

24 Glen Pine Live: The Driftsmen (19+ yrs)

Glen Pine Live present The Driftsmen, a group of musicians with a passion for classic rock music and performing in front of an enthusiastic audience. Join in for a great dinner followed by entertainment that is certainly going to have your feet tapping. The dance floor is always ready and waiting for all moves. Thank you to our Presenting Partner, Aspira Retirement Living (Astoria and Mayfair Terrace)

Menu: Ham, Scalloped Potatoes with fresh vegetables and dessert.

Doors open at 5:45 p.m. Dinner begins at 6 p.m.

Entertainment begins at 7:30 p.m. Bar serving alcoholic and non-alcoholic beverages.

at Glen Pine Pavilion

F	May 24	6 – 9:45 p.m.	1/\$30	146597
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26 Spring Clean-Up Sale in Spirit Square (19+ yrs)

Sell or shop for gently used clothes, housewares, books, toys or other pre-loved treasures at the Spring Clean-Up Sale in Spirit Square outside Glen Pine Pavilion, across from City Hall.

There will be an outdoor concession and admission is free to attend.

Register to sell your wares for \$30/table at coquitlam.ca/registration using the course ID 146510. Last day for registration is May 11.

Coquitlam's City-Wide Garage Sale is also on the same weekend—participate or shop around. Find details at coquitlam.ca/GarageSale.

at Spirit Square, across from City Hall

Su	May 26	9 a.m. – 1 p.m.	1/ FREE	
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June

1 and 15 Kids Night In (6 – 10 yrs)

Parents! Go for dinner, catch a movie, do some shopping – the choice is yours! Children will enjoy a night in with crafts, games and interactive play, as well as a handmade snack and a movie on the big screen projector.

at **Maillardville Community Centre (1200 Cartier Ave)**

Sa	Jun 1	5:30 – 8:30 p.m.	1/\$20	146810
Sa	Jun 15	5:30 – 8:30 p.m.	1/\$20	146811

5 Maillardville Music and Muffins (19+ yrs)

Grab a tea or coffee and a muffin and join in with the Jammer's band practice.

at **Maillardville Community Centre (1200 Cartier Ave)**

W	Jun 5	12:30 – 2 p.m.	1/\$5	148403
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6 BBQ Luncheon: Seniors Week (19+ yrs)

Join us for a special BBQ celebrating Seniors Week. Event is outside if weather permits in Spirit Square. Menu: Steak Sandwich, Fries and Vegetable and Dessert (Cake)

at **Spirit Square**

Th	Jun 6	11:30 a.m. – 1 p.m.	1/\$20	146574
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7 Dogwood Social Evening: Summer (19+ yrs)

Come enjoy a Summer themed evening with drinks, dinner, and live performance. Doors open at 5:15 p.m. Dinner begins at 6 p.m. Entertainment begins at 7:15 p.m. Thank you to our Presenting Partner, Aspira Retirement Living (Astoria and Mayfair Terrace).

at **Dogwood Pavilion**

F	Jun 7	5:30 – 9:30 p.m.	1/\$36.90	144364
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8 Spring Fashion Show (19+ yrs)

An afternoon fashion show featuring style, colour and accessories from members of the community and live entertainment.

Thank you to our Presenting Partner, Aspira Retirement Living (Astoria and Mayfair Terrace).

at **Glen Pine Pavilion**

Sa	Jun 8	1–3 p.m.	1/ FREE	146519
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13 Paint and Pasta Night (19+ yrs)

Join in for a fun acrylic painting night. You will leave with a completed canvas that you may use to decorate your home or gift with love. Supplies are included. Meal will be served during the first hour of the program followed by a two-hour painting session.

at **Glen Pine Pavilion**

Th	Jun 13	5:30 – 8:30 p.m.	1/\$36.50	145731
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June continued

14 Afternoon Tea Dance (19+ yrs)

Enjoy an afternoon of social dancing at Dogwood with great music! Novice, intermediate and advanced dancers welcome. After dancing, socialize with fellow dancers and enjoy some refreshments.

at Dogwood Pavilion

F	Jun 14	2 – 4 p.m.	1/\$8	147219
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14 KAIROS Blanket Exercise (19+ yrs)

The KAIROS Blanket Exercise is an experiential workshop that explores the nation-to-nation relationship between Indigenous and non-Indigenous peoples in Canada. The workshop helps people to understand how the colonization of this land impacts those who were here long before settlers arrived. It engages people's minds and hearts in understanding why the relationship between Indigenous and non-Indigenous peoples is often broken and how we can take action together.

at Glen Pine Pavilion

F	Jun 14	9 a.m. – 12 p.m.	1/\$50	147865
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16 Father's Day Breakfast Buffet (Up to 12 yrs)

Celebrate Father's Day with a family-friendly buffet of all the favourite breakfast foods. There is special pricing for 12 and unders to attend with their special people. After enjoying this big breakfast, head out full of energy to enjoy this day doing something fun together.

at Glen Pine Pavilion

Su	Jun 16	10:30 a.m. – 12 p.m.	1/\$15	146541
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16 Father's Day Breakfast Buffet (13+ yrs)

Celebrate Father's Day with a family-friendly buffet of all the favourite breakfast foods. There is special pricing for 12 and unders to attend with their special people. After enjoying this big breakfast, head out full of energy to enjoy this day doing something fun together.

at Glen Pine Pavilion

Su	Jun 16	10:30 a.m. – 12 p.m.	1/\$22	146524
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21 Poirier Youth Celebrate Pride! 2nd Annual BBQ (13 – 18 yrs)

Celebrate Pride at the Poirier Getaway Youth Centre! Bring your friends and join us for a fun night of celebrations creating a safe, inclusive, and resourceful night with a BBQ, games and music. For LGBTQ2S+ and allied youth – everyone is welcome!

at Centennial Pavilion

F	Jun 21	6:30 – 8:30 p.m.	1/ FREE	147368
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22 Maillardville Youth Pride Night! (11 – 18 yrs)

Celebrate Pride at the Maillardville Connections Youth Lounge! Bring your friends and join us for a fun, safe and inclusive night with games, snacks, music and more. For LGBTQ2S+ and allied youth – everyone is welcome!

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Jun 22	5 – 9 p.m.	1/ FREE	148896
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22 Maillardville Youth Pride: Rainbow Layer Cakes (11 – 18 yrs)

Celebrate Pride in the Maillardville Test Kitchen! Learn the art of decorating with buttercream and create your own tasty rainbow layer cake. For LGBTQ2S+ and allied youth – everyone is welcome!

at Maillardville Community Centre (1200 Cartier Ave)

Sa	Jun 22	2 – 4 p.m.	1/\$2	148658
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22 and 23 Spring Visual Arts Show and Sale (19+ yrs)

Join us for the Spring Visual Arts Show and Sale. The Coquitlam Art Club, Dogwood Variety Crafts, Lapidary, Photography Club, Woodworkers and Woodcarvers will have items displayed and for sale at both Dogwood Pavilion and Centennial Pavilion.

at Dogwood Pavilion

Sa	Jun 22	9 a.m. – 4 p.m.	1/ FREE	147895
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Su	Jun 23	9 a.m. – 4 p.m.	1/ FREE	148075
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27 BBQ Luncheon: Canada Day (19+ yrs)

Join us for a special BBQ celebrating Canada with entertainment. Wear Red and/or White to celebrate Canada. Event is outside if weather permits in Spirit Square. Menu: Salmon OR Chicken Burger, Caesar Salad and Vegetables with Dessert.

at Spirit Square

Th	Jun 27	11:30 a.m. – 1 p.m.	1/\$20	146566
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coquitlam.ca/CoquitlamConnect

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Coquitlam's Spring Celebration Weeks

Join us for these week-long provincial and national celebrations to recognize and highlight those who help make Coquitlam a great place to live, learn and play! Visit the webpages for activity details and program information.



Volunteer Week April 14 – 20
Free events and activities to recognize Coquitlam volunteers.
coquitlam.ca/volunteer

Youth Week May 1 – 7

Fun events to highlight the interests, accomplishments and diversity of Coquitlam youth.

coquitlam.ca/YouthWeek



AccessAbility Week

May 26 – June 1

Learn about how Coquitlam is recognizing diverse abilities and striving to become a more accessible and inclusive city.

coquitlam.ca/RecAccess

Seniors Week June 2 – 8

Coquitlam celebrates Seniors! Look forward to live music, fun events and free activities to celebrate seniors!

coquitlam.ca/SeniorsWeek

Seniors Week Presenting Partner



Aspira
Astoria
Retirement Living

Aspira
Mayfair Terrace
Retirement Living



Keep up to date as events and activities are announced!

Sign up for the Parks, Recreation and Culture E-News at coquitlam.ca/enews.

Arts and Culture



See it! Learn it! Do it!

There are many opportunities to experience culture in your own back yard. Visit your local theatre, take an art class or pick up a book at the library. You can find it all here in Coquitlam.

Coquitlam Public Library *City Centre Branch*

1169 Pinetree Way | 604-554-7323

Coquitlam Public Library *Poirier Branch*

575 Poirier St. | 604-554-7323

Evergreen Cultural Centre

1205 Pinetree Way | 604-927-6555

Coquitlam Heritage at Mackin House

1116 Brunette Ave. | 604-516-6151

Place des Arts

1120 Brunette Ave. | 604-664-1636



Sign Me Up

Online Registration System

coquitlam.ca/registration