

Registration Information on page 5

January to March  
**WINTER 2025**

# 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 *hə́hə́mihən̓* (HUN-kuh-MEE-num) word *kʷikʷə́łəm* (kwee-KWET-lum) meaning “Red Fish Up the River”. The City is honoured to be located on the *kʷikʷə́łəm* traditional and ancestral lands, including those parts that were historically shared with the *q̓ičáʔ* (kat-zee), and other Coast Salish Peoples.

## 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](https://coquitlam.ca/registration)
2. Log in or create an account
3. Enter the **course ID** into the “keyword” search field



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# 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](https://coquitlam.ca/EDI)

Coquitlam



### 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](mailto:CommunityServices@coquitlam.ca)

[coquitlam.ca/RecAccess](https://coquitlam.ca/RecAccess)



### Financial Assistance for Recreation

**Making recreation more  
affordable and accessible.**

**Eligible residents can apply today.**

[coquitlam.ca/FinancialAssistanceRec](https://coquitlam.ca/FinancialAssistanceRec)

# Sign Me Up

**Online Registration System**  
for Parks, Recreation and Culture programs

## 3 Easy Ways To Register

### 1. Online:

[coquitlam.ca/registration](https://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 Street

**City Centre Aquatic Complex**  
1210 Pinetree Way

**Dogwood Pavilion**  
1655 Winslow Avenue

**Glen Pine Pavilion**  
1200 Glen Pine Court

**Pinetree Community Centre** 1260 Pinetree Way

**Maillardville Community Centre**  
1200 Cartier Avenue

**Town Centre Park Community Centre**  
1207 Pinetree Way

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.



## 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.

## 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](https://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](https://coquitlam.ca/registration)



**Questions? We're here to help**

604-927-4386 | [prcs\\_info@coquitlam.ca](mailto:prcs_info@coquitlam.ca)

# Admission Fees and Recreation Passes



Learn what you can do with your ONE PASS!  
[coquitlam.ca/OnePass](http://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	—

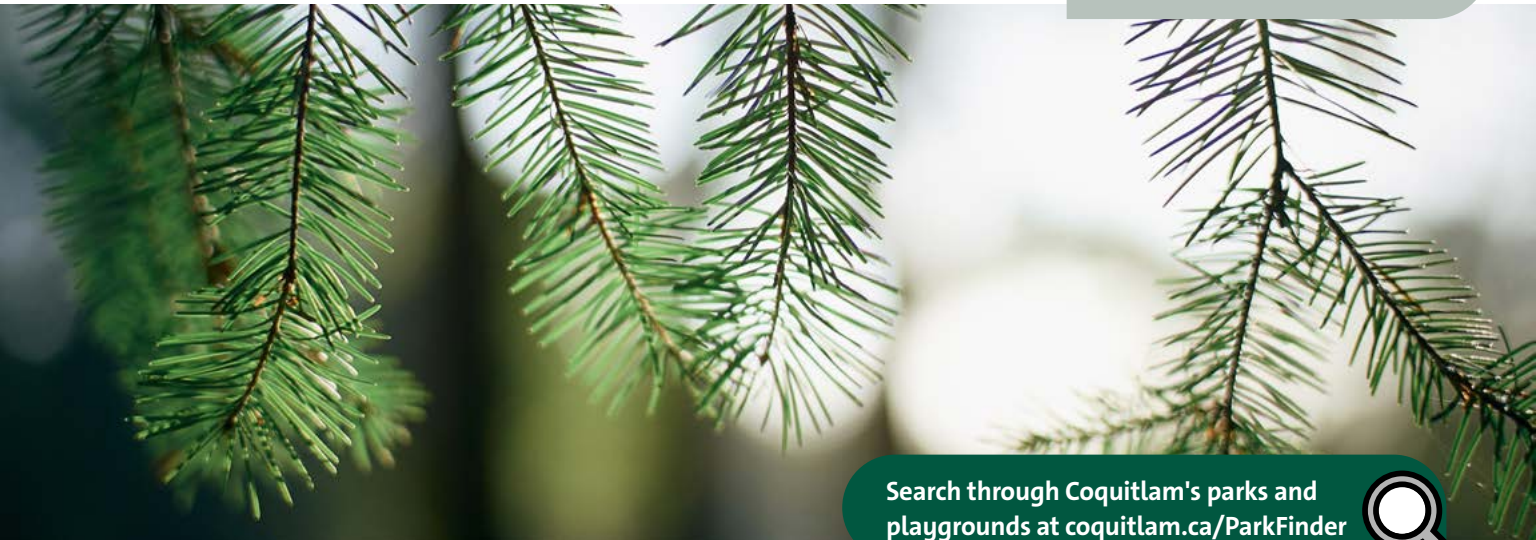
Applicable taxes not included. Skate and helmet rentals are free of charge to children under 3 years. Ice cleats are provided free of charge to adults assisting children.



# Parks

Park program registration opens at 8:30 a.m. on November 19 for Coquitlam residents and at 8:30 a.m. on November 21 for non-residents.

Discover a new trail to explore at [coquitlam.ca/trails](https://coquitlam.ca/trails)



Search through Coquitlam's parks and playgrounds at [coquitlam.ca/ParkFinder](https://coquitlam.ca/ParkFinder)



The Coquitlam Parks team is doing great things in your community. Here are some ways to get involved:



## Park Spark

Bringing Coquitlam Parks Alive

Park Spark provides an opportunity to have fun and gain meaningful experiences while enhancing Coquitlam's parks. We offer a variety of opportunities for people to lend their expertise or experiences to connect with our parks. Learn how to get involved at [coquitlam.ca/ParkSpark](https://coquitlam.ca/ParkSpark)



## 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. Help to keep Coquitlam free of Bad Seeds. Learn how to play your part at [coquitlam.ca/BadSeed](https://coquitlam.ca/BadSeed)



## Coquitlam in Bloom

The Coquitlam in Bloom program fosters community pride for green space enhancements through stewardship events and initiatives. Learn how to get involved at [coquitlam.ca/CIB](https://coquitlam.ca/CIB)



## 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 garden spaces. Learn how to get involved at [coquitlam.ca/iGarden](https://coquitlam.ca/iGarden)



## Tree Spree

Supporting Trees in Coquitlam

Coquitlam Tree Spree is a tree-planting initiative and public-education program with the overall purpose of recognizing and promoting the value of the City's tree canopy. We offer a variety of opportunities for public education, tree giveaways to residents and businesses, and tree-planting sessions incorporated into community events and activities. Learn how to get involved at [coquitlam.ca/TreeSpree](https://coquitlam.ca/TreeSpree)



## Spotlight on Sport

Shining a Spotlight on Community Sport

Spotlight on Sport aims to celebrate sport and inspire our sport community, recognize the positive impact sport associations have in our community and to show appreciation for the sport community's contributions. Find fun drop-in activities and get connected to community sport at [coquitlam.ca/SpotlightOnSport](https://coquitlam.ca/SpotlightOnSport)



## Adopt-A-Park Programs

Help Keep Parks, Trails and Natural Spaces SPARKling

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. Learn how to get involved at [coquitlam.ca/AdoptPrograms](https://coquitlam.ca/AdoptPrograms)

## Bad Seed

### Intro to: Bad Seeds (All Ages)

Join the Park Spark Team and learn how to identify invasive plants, the negative impacts of these plants to the natural environment, best practices for removal and disposal, and suggestions for what to plant instead.

at *Town Centre Park Community Centre*

Su Mar 16 2–3 p.m. 1/ FREE 172802

### Intro to: Japanese Beetles (All Ages)

Join the Park Spark Team and learn how to identify Japanese Beetles, the negative impacts of these curious to the natural environment, best practices, and suggestions for next steps.

at *Town Centre Park Community Centre*

W Mar 26 5–6 p.m. 1/ FREE 172801

## Inspiration Garden

### Mini Indoor Planters (All Ages)

Create miniature indoor tropical planters for your living room or work desk! This is a hands-on workshop with all the materials and supplies included. Family Friendly.

at *Town Centre Park Community Centre*

Th Jan 30 5–6 p.m. 1/\$40 176196

### Pollinator Cabin Workshop (All Ages)

Build a little cabin for your garden pollinators to hide and sleep in during the early Spring season. This is a hands-on workshop with all the materials and supplies included. Family Friendly. Each workshop registration includes 1 kit.

at *Town Centre Park*

Th Mar 27 3–4 p.m. 1/\$8 175202

### 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, bumble bees, beetles and other pollinators to your Spring garden!

at *Town Centre Park*

Th Mar 27 5–6 p.m. 1/ FREE 175194

at *Town Centre Park Community Centre*

Th Mar 20 4–5 p.m. 1/ FREE 175193



**Tell us how we did!**

[coquitlam.ca/ProgramEvaluation](https://coquitlam.ca/ProgramEvaluation)



### Pollinators: Winter Edition (All Ages)

Learn about beneficial insects and pollinators and why they are so important for a healthy garden. We will also discuss how mason bees, bumble bees, beetles and other pollinators hibernate during the winter and how you can help them thrive in the coming Spring!

at *Town Centre Park*

Th Feb 13 5–6 p.m. 1/ FREE 176199

### Spring Garden Prep (All Ages)

This hands-on course will cover everything you need to know about starting your edible and flower 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*

Sa Mar 15 10–11 a.m. 1/ FREE 175173

Tu Mar 18 1–2 p.m. 1/ FREE 175187

at *Town Centre Park Community Centre*

Th Mar 20 5:30–6:30 p.m. 1/ FREE 175174



### Spring into Scavenger Hunt (All Ages)

Drop in on a Spring Scavenger Hunt at the Inspiration Garden! Can you spot some garden plants and creatures in action and complete each challenge? All ages welcome, family friendly. Drop in anytime between 10 a.m.-12pm.

#### at Town Centre Park

M	Mar 17	10 a.m. – 12 p.m.	1/ FREE	175198
Sa	Mar 29	10 a.m. – 12 p.m.	1/ FREE	175199

### Spring Tea Garden (All Ages)

Enjoy a warm cup of tea while embarking on a guided walking tour in the Inspiration Garden this Spring! Explore the different early budding trees and flowers, say hello to the spring garden creatures! All ages, family friendly.

#### at Town Centre Park

Su	Mar 16	10 – 11 a.m.	1/ FREE	175175
Su	Mar 23	10 – 11 a.m.	1/ FREE	175201
Su	Mar 30	10 – 11 a.m.	1/ FREE	175200

### Starting from the Seed (All Ages)

This hands-on course will cover everything you need to know about starting your garden from seed early Spring. Plan for your growing season with us! In this session, we will talk about soil mixes, preparation, watering and the process of germination.

#### at Town Centre Park

Sa	Mar 22	2 – 3 p.m.	1/ FREE	175195
M	Mar 24	11 a.m. – 12 p.m.	1/ FREE	175197

#### at Town Centre Park Community Centre

Th	Feb 6	3 – 4 p.m.	1/ FREE	176197
W	Mar 26	4 – 5 p.m.	1/ FREE	175196

## All Abilities Welcome!

Visit page 4 for details

### Tea Making 101: Chai (All Ages)

Join us at this hands on tea making workshop to explore the ingredients that go into making tea, the benefits of tea as well as an interactive time to make and taste your own creation! All supplies provided. Family Friendly, all Welcome!

#### at Town Centre Park Community Centre

Th	Jan 23	4 – 5:30 p.m.	1/\$7	176194
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### Tea Making 101: Warm Winter Spice Tea (All Ages)

Join us at this hands on winter tea making workshop to explore the ingredients that go into making tea, the benefits, as well as an interactive time to make and taste your own creation! All supplies provided. Family Friendly, all Welcome!

#### at Town Centre Park Community Centre

Th	Jan 9	4 – 5:30 p.m.	1/\$7	176192
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### Terrarium Workshop (All Ages)

Design your very own terrarium in your own style from a variety of air plants. Perfect for your home or office decor! This is a hands-on workshop with all the materials and supplies included. Family Friendly.

#### at Town Centre Park Community Centre

Th	Jan 16	4 – 5 p.m.	1/\$40	176195
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## Park Spark

### Park Spark Light Brigade Workshops (All Ages)

Join the Park Spark Light Brigade team and get involved in Metro Vancouver's largest free outdoor light display, Lights at Lafarge! The Light Brigade is inclusive to people of all ages and abilities and is an opportunity for the community to be a part of the Lights at Lafarge by participating in our Light Brigade hands-on workshops fabricating lit elements and fun interactive activities!

#### at Town Centre Park Community Centre

W	Jan 8	5 – 6:30 p.m.	1/ FREE	176201
W	Jan 15	5 – 6:30 p.m.	1/ FREE	176202
W	Jan 22	5 – 6:30 p.m.	1/ FREE	176203
W	Jan 29	5 – 6:30 p.m.	1/ FREE	176204
W	Feb 5	4 – 5:30 p.m.	1/ FREE	176205
W	Feb 12	4 – 5:30 p.m.	1/ FREE	176206





**Tree Spree**

**Backyard Birding for Beginners (All Ages)**

Connect with nature as you discover the bountiful species of birds that live in your backyard! Join the Park Spark team and a local birding enthusiast to learn beginner birding techniques, including how to use binoculars and how to discover local birds by sight and song.

**at Mundy Park**

Su	Mar 16	8 – 9:30 a.m.	1/ <b>FREE</b>	172777
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**at Other Locations**

F	Mar 28	8 – 9:30 a.m.	1/ <b>FREE</b>	172793
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**Intro To: Nature Photography (All Ages)**

Are you new to photography or seeking to enhance your skills? Join the Park Spark team and a local photography enthusiast for an exciting introduction to nature photography! Experience the beauty of Coquitlam Parks with us, learning fundamental photography techniques and capture nature on film. No prior experience required. Just bring your own camera and enthusiasm!

**at Town Centre Park**

Su	Mar 23	2:30 – 4 p.m.	1/ <b>FREE</b>	172795
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**Intro To: Tree Pruning (All Ages)**

Join the Park Spark team for a pruning workshop that will highlight some key principals, practices and techniques to consider when pruning your trees. This workshop will cover some typical concerns seen in landscape trees, how to correct for form or prune for aesthetics while maintaining tree health, and how to prepare for extreme weather events.

**at Mundy Park**

F	Mar 21	2 – 3 p.m.	1/ <b>FREE</b>	172785
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Tu	Mar 25	2 – 3 p.m.	1/ <b>FREE</b>	172788
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**All Abilities Welcome!**  
Visit page 4 for details

**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.





**Tree Spree Tours: Creekside Curiosities (All Ages)**

Creeks and rivers are teeming with life that support a rich and healthy forest. Join the Park Spark team to discover fun facts about the trees, flora and fauna found next to creeks and rivers in Coquitlam parks.

Coquitlam River Park: Meet at the Coquitlam River Trail Entrance at the south end of Ozada Ave. Street parking is available.

Hoy Creek Linear Park: Meet outside the City Centre Aquatic Complex, we will walk to Hoy Creek together.

**at Other Locations**

M	Mar 17	2 – 3:30 p.m.	1/ FREE	172781
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**Tree Spree Tours: Forest Understory Walk (All Ages)**

Tucked under the treetops, the forest understory is teeming with life that support a rich and healthy forest. Join the Park Spark team and learn fun facts about the trees, flora and fauna found beneath the canopy of Coquitlam parks.

**at Mundy Park**

Sa	Mar 15	10 – 11 a.m.	1/ FREE	172773
M	Mar 24	10 – 11:30 a.m.	1/ FREE	172799

**Tree Spree Tours: Forest Walk (All Ages)**

Tucked under the treetops, the forest understory is teeming with life that support a rich and healthy forest. Join the Park Spark team and learn fun facts about the trees, flora and fauna found beneath the canopy of Coquitlam parks.

**at Parks (Neighbourhood)**

Sa	Mar 29	10 – 11:30 a.m.	1/ FREE	172800
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# Get Involved in Lights at Lafarge

## Join the Park Spark Light Brigade Team!

Volunteer in late February to help take down the Lights at Lafarge display. Opportunities are inclusive to people of all ages and abilities. Sessions run outdoors, rain or shine.

Email [ParkSpark@coquitlam.ca](mailto:ParkSpark@coquitlam.ca) with the email subject "Light Brigade" for more information.



# Outdoor Recreation

Registration opens at 8:30 a.m. on November 26 for Coquitlam residents and at 8:30 a.m. on November 28 for non-residents.

19+ yrs  
(unless otherwise noted)



## High Knoll Intermediate Hike

This hike will be in Minnehada Regional Park in north eastern Coquitlam. This park has an abundance of wildlife and the hike will cover most of the trails. The highlight of the day will be a short but steep walk to the High Knoll where the group will be rewarded with great views of the Pitt River Valley, the TriCities, and mountains beyond. Roundtrip distance is 8 km with an elevation gain of 250 m.

**at Minnehada Regional Park**

Sa	Mar 8	9 a.m. – 1 p.m.	1/\$11.60	173033
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## Mundy Park and Riverview Forest Beginner Hike

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

**at Other Locations**

Su	Feb 23	9 a.m. – 12:30 p.m.	1/\$10.15	173027
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## Presentation: Backpacking and Wilderness Camping

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 Town Centre Park Community Centre**

Th	Mar 13	6:45 – 8:45 p.m.	1/\$5.80	174670
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## Presentation: Hiking Safety and Techniques

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 Town Centre Park Community Centre**

Th	Feb 20	6:45 – 8:45 p.m.	1/\$5.80	174668
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**Presentation: Native Plant and Tree Identification for Beginners**

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 Town Centre Park Community Centre*

Th	Mar 6	6:45 – 8:45 p.m.	1/\$5.80	174669
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**Presentation: Where to Hike in the Tri-Cities (16+ 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 Town Centre Park Community Centre*

Th	Feb 27	6:45 – 8:45 p.m.	1/\$5.80	174667
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**Ridge Park Intermediate Hike**

This low end 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*

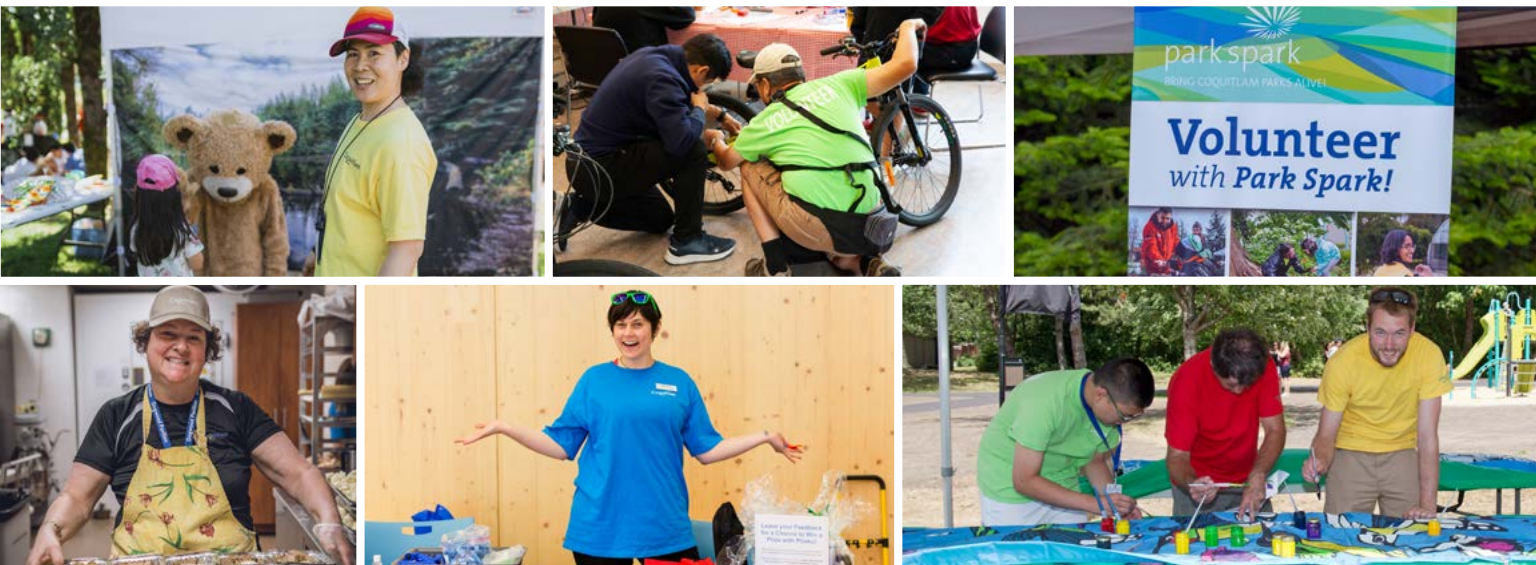
Sa	Mar 1	9 a.m. – 12 p.m.	1/\$8.70	173031
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**All Abilities Welcome!**  
Visit page 4 for details

**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.



# 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](http://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](mailto:volunteers@coquitlam.ca) or phone 604-927-6076.



## Start a Winter Tradition Volunteer as a Snow Angel

Lend a helping hand this winter by assisting those who are unable to clear their City sidewalks.

- \* Volunteers must be 16 years or older, or accompanied by an adult.
- \* Snow Angels are provided with training, shovels, reflective vests, scarves, toques, ice cleats and mittens.
- \* Once an official volunteer, *"when it snows you go!"*

Sign up as a volunteer today at [coquitlam.ca/SnowAngels](http://coquitlam.ca/SnowAngels)



# Drop-In Fitness



## ONE PASS and Drop-in Fees

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

Check out what you can do with your ONE PASS!  
[coquitlam.ca/OnePass](http://coquitlam.ca/OnePass)



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. Youth 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
<b>CCAC</b>	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.
<b>Glen Pine*</b>	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
<b>Pine-tree</b>	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
<b>PSLC</b>	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.

#### Personal Training

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

#### Personal Training Costs

**Assessment Session\*** (1.25 hrs): \$78 | **3 Sessions** (1 hour per): \$186  
**5 sessions** (1 hour per): \$295 | **10 sessions** (1 hour per): \$560

\*Assessment session is mandatory for first-time clients.

#### 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: Youth 13 – 15 years MUST take this program to work out in the fitness centres or participate in group fitness classes.*

Refer to [page 50](#) for days and times for Youth Orientations.

#### 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.

#### Poirier Sport and Leisure Complex

Wednesday, 11 a.m. – 12 p.m.

Thursday, 8 – 9 p.m.

Saturday, 10 – 11 a.m.

#### Pinetree Community Centre,

*pending staff availability*

Tuesday, 6 – 7 p.m.

#### Glen Pine Pavilion

Monday, 11 a.m. – 12 p.m.

### Group Fitness Class Rules

How to have a positive class experience:

- Obtain a fitness drop-in ticket (available 30 min. prior to class start) from the front desk and provide to class instructor.
- Numbers on the tickets reflect class size and does not indicate your spot on the floor or order of entry. Floor spots are first come first serve.
- Avoid leaving water bottles or other items to save spots for yourself or friends.
- 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.
- Respectful language is the only option in our classes.

#### 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 email [fitness@coquitlam.ca](mailto:fitness@coquitlam.ca).

## Drop-In Group Fitness Classes

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

### Levels of Intensity

Beginner: ●  
All Levels: ●●  
Challenging: ●●●

### 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.

#### 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 to greatest songs of all time and modern hits. Expect lots of movements with a beat to burn calories, improve cardiovascular endurance and coordination. Variety of fun and engaging dance routines will leave you feeling uplifted and empowered!

#### 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.



View drop-in group fitness schedules at [coquitlam.ca/drop-in](http://coquitlam.ca/drop-in)



#### Zumba Gold® ●●

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

#### 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.

#### 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.

#### Iron and HIIT ●●●

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





### Levels of Intensity

Beginner: ●

All Levels: ●●

Challenging: ●●●

### 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.

#### 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 November 26 for Coquitlam residents and at 8:30 a.m. on November 28 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 Centennial Pavilion

Tu	Jan 7 – Feb 11	11 a.m. – 12 p.m.	6/\$62.70	175218
Tu	Feb 18 – Mar 25	11 a.m. – 12 p.m.	6/\$62.70	175219

### at Pinetree Community Centre

F	Jan 10 – Feb 14	9:30 – 10:30 a.m.	6/\$62.70	172320
F	Feb 21 – Mar 28	9:30 – 10:30 a.m.	6/\$62.70	172321

## 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

Su	Jan 5 – Feb 9	10:45 – 11:45 a.m.	6/\$62.70	173714
Th	Jan 9 – Feb 13	5:45 – 6:45 p.m.	6/\$62.70	173715
Su	Feb 16 – Mar 23	10:45 – 11:45 a.m.	6/\$62.70	173716
Th	Feb 20 – Mar 27	5:45 – 6:45 p.m.	6/\$62.70	173717

### at Poirier Sport and Leisure Complex

Tu	Jan 7 – Feb 11	7:15 – 8:15 p.m.	6/\$62.70	172962
Sa	Jan 11 – Feb 15	8:15 – 9:15 a.m.	6/\$62.70	173730
Tu	Feb 18 – Mar 25	7:15 – 8:15 p.m.	6/\$62.70	172965
Sa	Feb 22 – Mar 29	8:15 – 9:15 a.m.	6/\$62.70	173731

## 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	Jan 8 – Feb 12	1 – 2 p.m.	6/\$62.70	172318
W	Feb 19 – Mar 26	1 – 2 p.m.	6/\$62.70	172319

## 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.

### at Centennial Pavilion

M	Jan 6 – Feb 10	10 – 11:15 a.m.	6/\$78.60	172971
F	Jan 10 – Feb 14	11:15 a.m. – 12:30 p.m.	6/\$78.60	173391
F	Feb 21 – Mar 28	11:15 a.m. – 12:30 p.m.	6/\$78.60	173392
M	Feb 24 – Mar 24	10 – 11:15 a.m.	5/\$65.50	172973

### at Glen Pine Pavilion

F	Jan 10 – Feb 14	11:45 a.m. – 1 p.m.	6/\$78.60	173712
F	Feb 21 – Mar 28	11:45 a.m. – 1 p.m.	6/\$78.60	173713

## Gentle Hatha Yoga (13+ yrs)

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

### at Victoria Community Hall

W	Jan 8 – Feb 12	9:30 – 11 a.m.	6/\$94.20	173749
W	Feb 19 – Mar 26	9:30 – 11 a.m.	6/\$94.20	173750

### 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	Jan 7 – Feb 13	12 – 1 p.m.	12/\$125.40	173720
Tu/Th	Feb 18 – Mar 27	12 – 1 p.m.	12/\$125.40	173721

### 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	Jan 6 – Feb 10	11:30 a.m. – 1 p.m.	6/\$94.20	173738
M	Feb 24 – Mar 24	11:30 a.m. – 1 p.m.	5/\$78.50	173739

*at Poirier Sport and Leisure Complex*

M	Jan 6 – Feb 10	6 – 7:30 p.m.	6/\$94.20	173722
M	Feb 24 – Mar 24	6 – 7:30 p.m.	5/\$78.50	173723

### Kickboxing (19+ yrs)

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

*at Pinetree Community Centre*

M	Jan 6 – Jan 27	7:45 – 8:45 p.m.	4/\$39.60	172338
M	Feb 3 – Mar 3	7:45 – 8:45 p.m.	4/\$39.60	172339
M	Mar 10 – Mar 31	7:45 – 8:45 p.m.	4/\$39.60	172340

### 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	Jan 7 – Feb 11	6 – 7 p.m.	6/\$62.70	173397
Tu	Feb 18 – Mar 25	6 – 7 p.m.	6/\$62.70	173398

### 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*

M	Jan 13 – Feb 3	6:30 – 7:15 p.m.	4/\$33.40	173718
M	Feb 24 – Mar 17	6:30 – 7:15 p.m.	4/\$33.40	173719

Look out for upcoming Specialty Fitness Workshops on facility posters, on socials and in online registration.

### 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	Jan 8 – Jan 29	6 – 6:45 p.m.	4/\$33.40	173740
W	Feb 19 – Mar 12	6 – 6:45 p.m.	4/\$33.40	173741

*at Poirier Sport and Leisure Complex*

Th	Jan 9 – Jan 30	10:45 – 11:30 a.m.	4/\$33.40	173724
Th	Feb 20 – Mar 13	10:45 – 11:30 a.m.	4/\$33.40	173725

### Meditation and Breath (13+ yrs)

Create a deeper mind-body connection and visualization through meditation and breathing exercises.

*at Poirier Sport and Leisure Complex*

W	Jan 8 – Feb 12	8:30 – 9:30 p.m.	6/\$62.70	173736
W	Feb 19 – Mar 26	8:30 – 9:30 p.m.	6/\$62.70	173737

### 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	Jan 9 – Feb 13	2:15 – 3:45 p.m.	6/\$38.70	173726
Th	Feb 20 – Mar 27	2:15 – 3:45 p.m.	6/\$38.70	173727

### Powerhouse Circuit (13+ yrs)

A full body workout in a more intense bootcamp format with power intervals and plyometric movements. This circuit style class progressively becomes more challenging each week and incorporates spin bikes, TRX, medicine balls, kettlebells, battle ropes, sandbags, plyometric boxes and resistance bands.

*at City Centre Aquatic Complex*

Th	Jan 9 – Feb 13	6 – 7 p.m.	6/\$62.70	173734
Th	Feb 20 – Mar 27	6 – 7 p.m.	6/\$62.70	173735



### 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 Maillardville Community Centre*

Su	Jan 12 – Feb 16	6:30 – 7:30 p.m.	6/\$62.70	175210
Su	Feb 23 – Mar 23	6:30 – 7:30 p.m.	5/\$52.25	175211

*at Pinetree Community Centre*

W	Jan 8 – Feb 12	7 – 8 p.m.	6/\$62.70	173742
W	Feb 19 – Mar 26	7 – 8 p.m.	6/\$62.70	173743

### 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	Jan 5 – Feb 9	5:45 – 7 p.m.	6/\$78.60	173395
Su	Feb 16 – Mar 23	5:45 – 7 p.m.	6/\$78.60	173396

*at Dogwood Pavilion*

M	Jan 6 – Feb 10	7 – 8:15 p.m.	6/\$78.60	173393
M	Feb 24 – Mar 24	7 – 8:15 p.m.	5/\$65.50	173394

### 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*

W	Jan 8 – Feb 12	6:45 – 7:45 p.m.	6/\$62.70	175214
Th	Jan 9 – Feb 13	11 a.m. – 12 p.m.	6/\$62.70	175216
W	Feb 19 – Mar 26	6:45 – 7:45 p.m.	6/\$62.70	175215
Th	Feb 20 – Mar 27	11 a.m. – 12 p.m.	6/\$62.70	175217

### 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	Jan 7 – Feb 13	1 – 2 p.m.	12/\$132	173728
Tu/Th	Feb 18 – Mar 27	1 – 2 p.m.	12/\$132	173729

### Therapeutic Pilates (13+ yrs)

A more therapeutic approach to Pilates that will support healing. This class design is slower paced with modifications using bender balls, yoga blocks, bolsters and straps for increasing range of movement and strengthening of supporting muscles.

*at Victoria Community Hall*

M	Jan 6 – Feb 10	9:30 – 10:45 a.m.	6/\$78.60	173751
M	Feb 24 – Mar 24	9:30 – 10:45 a.m.	5/\$65.50	173752

### Yoga Under the Stars (13+ yrs)

Enjoy your Yoga journey under the star projections on the ceiling and candlelight flickering around you. There will be flowing yoga poses and movement guided by breath work. The sequence will progressively become more challenging and leave the body energized and refreshed.

*at City Centre Aquatic Complex*

Tu	Jan 7 – Feb 11	8:15 – 9:15 p.m.	6/\$62.70	173732
Tu	Feb 18 – Mar 25	8:15 – 9:15 p.m.	6/\$62.70	173733

*at Maillardville Community Centre*

Su	Jan 12 – Feb 16	7:45 – 8:45 p.m.	6/\$62.70	175212
Su	Feb 23 – Mar 23	7:45 – 8:45 p.m.	5/\$52.25	175213



## Bettie Allard YMCA Coquitlam Resident Access

### Did you know?

The City of Coquitlam has partnered with the Bettie Allard YMCA to provide Coquitlam residents access to fitness and aquatic facilities at the City's drop-in rates.

That means if you are a Coquitlam resident, you do not have to be a YMCA member to access this facility.

Learn more at [coquitlam.ca/YMCA](http://coquitlam.ca/YMCA)

# Adult

Registration opens at 8:30 a.m. on November 26 for Coquitlam residents and at 8:30 a.m. on November 28 for non-residents.

19+ yrs

(unless otherwise noted)



## Cards and Games

### Dungeons and Dragons Campaign Play

Dungeons and Dragons (D and D) is a Tabletop Role Playing Game where players create their characters, create fantasy worlds and embark on quests together. A Dungeon Master will be on hand to lead the game play for this campaign.

at Glen Pine Pavilion

W	Jan 15 – Feb 12	6 – 8:45 p.m.	5/\$12.50	173145
W	Feb 19 – Mar 26	6 – 8:45 p.m.	6/\$15	173146

### Learn to Play Canasta

Canasta combines elements of Bridge and Rummy. The word Canasta means “basket” in Spanish with the objective being to get a basket-full (or seven) cards of the same rank in order to obtain points for a canasta.

at Glen Pine Pavilion

Th	Jan 16 – Feb 13	6:30 – 8 p.m.	5/\$43.50	173964
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### Learn to Play Cribbage

Cribbage, or crib, is a card game, traditionally for two players, that involves playing and grouping cards in combinations which gain points. It can be adapted for three or four players.

at Glen Pine Pavilion

Th	Feb 20 – Mar 13	6:30 – 8 p.m.	4/\$34.80	173965
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### Learn to Play Poker

Learn how to play this fun and social game of strategy, skill and chance. For players with little or no experience to encourage future playing in the Poker activity group.

at Glen Pine Pavilion

Tu	Jan 21 – Feb 11	10 a.m. – 12 p.m.	4/\$10	172515
Tu	Feb 18 – Mar 11	10 a.m. – 12 p.m.	4/\$10	172516



## Lifelong Learning

### Cooking: Alfredo Pasta Primavera (16+ yrs)

Dive into creamy Alfredo goodness loaded with fresh veggies! It's like a garden party on your plate, where pasta gets to steal the show (and your heart).

at Maillardville Community Centre

Th	Feb 20	6 – 8 p.m.	1/\$25	176316
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### Cooking: Appy Hour Sausage Rolls and Stuffed Mushrooms (16+ yrs)

These savoury appetizers may make you question your loyalty to dinner.

at Maillardville Community Centre

Sa	Mar 15	2 – 4 p.m.	1/\$25	174890
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### Cooking: Baked Crème Brûlée Doughnuts (16+ yrs)

With a creamy center and a caramelized top that cracks like your New Year's resolutions, they're a sugar rush in disguise.

at Maillardville Community Centre

Sa	Mar 1	2 – 4 p.m.	1/\$25	174888
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### Cooking: Baking Cookies and Brownies

Homemade cookies and Brownies are the best treats to come out of your kitchen.

at Glen Pine Pavilion

Su	Feb 9	10:30 a.m. – 1:30 p.m.	1/\$37.50	174151
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## Cooking Around the World Series

Join us for a flavourful journey from around the world in this hands on cooking class. 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.

at Dogwood Pavilion

### Canada: Poutine

W	Feb 5	6 – 8 p.m.	1/\$25	174039
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### France: Crepes

W	Feb 26	6 – 8 p.m.	1/\$25	174042
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### India: Coconut Chickpea Curry

W	Mar 12	6 – 8 p.m.	1/\$25	174044
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### Italy: Ravioli

W	Mar 19	6 – 8 p.m.	1/\$25	174045
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### Japan: Chicken Yakitori

W	Feb 19	6 – 8 p.m.	1/\$25	174041
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### Korea: Jap Chae

W	Mar 5	6 – 8 p.m.	1/\$25	174043
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### Lunar New Year: Jiaozi

W	Jan 29	6 – 8 p.m.	1/\$25	174038
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### Poland: Perogies

W	Mar 26	6 – 8 p.m.	1/\$25	174046
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### Spain: Empanadas

W	Jan 15	6 – 8 p.m.	1/\$25	173995
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### Turkey: Chicken Shawarma

W	Feb 12	6 – 8 p.m.	1/\$25	174040
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### Vietnam: Banh Mi

W	Jan 22	6 – 8 p.m.	1/\$25	174037
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**No experience necessary and all cooking supplies provided.**



### Cooking: Baking Scones and Loaves

Quick breads like scones and loaves are healthy and easy to prepare.

at *Glen Pine Pavilion*

Su	Mar 16	10:30 a.m. – 1:30 p.m.	1/\$37.50	173757
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### Cooking: Baking with Sourdough Starters (16+ 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*

Sa	Jan 18	2 – 4 p.m.	1/\$25	174879
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### Cooking: Bread Bowl Pumpkin Soup (16+ yrs)

Learn to make rich pumpkin soup served in a freshly baked bread bowl. It's comfort food at its finest—who needs dishes?

at *Maillardville Community Centre*

Th	Jan 23	6 – 8 p.m.	1/\$25	176309
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### Cooking: Butter Chicken

Learn a modern take on this classic Indian dish, traditionally known as Murgh Makhani originating in Delhi and spice up your cooking repertoire.

at *Glen Pine Pavilion*

Su	Jan 19	10:30 a.m. – 1:30 p.m.	1/\$37.50	174148
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### Cooking: Cheesecakes

Learn the basics and some variations of a rich, smooth and decadent dessert known as cheesecakes.

at *Glen Pine Pavilion*

Su	Mar 2	10:30 a.m. – 1:30 p.m.	1/\$37.50	173760
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### Cooking: Chocolate Lava Cakes

Discover the secrets to creating this decadent dessert with a luxurious molten center. You'll learn the perfect balance of ingredients, baking techniques, and presentation tips to impress your friends and family.

at *Dogwood Pavilion*

Sa	Feb 8	9:30 – 11:30 a.m.	1/\$25	173955
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### Cooking: Cinnamon Buns

Cinnamon Buns two ways! Soft, fluffy and rich in cinnamon flavour with a classic slow rise yeast recipe as well as a faster alternative using a quick bread recipe for those cinnamon bun emergencies.

at *Dogwood Pavilion*

Sa	Jan 25	9:30 – 11:30 a.m.	1/\$25	173951
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### Cooking: Coconut Sweet Potato Soufflé (16+ yrs)

Treat yourself to this dreamy side dish that combines sweet potatoes and coconut for a tropical twist.

at *Maillardville Community Centre*

Th	Mar 13	6 – 8 p.m.	1/\$25	176319
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### Cooking: Eggplant Rollatini (16+ yrs)

Roll with it! Master the art of eggplant rollatini, where cheesy goodness meets tender eggplant. It's like a cozy Italian hug on a plate—who wouldn't want that?

at *Maillardville Community Centre*

Th	Mar 6	6 – 8 p.m.	1/\$25	176318
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### Cooking: Enchiladas and Sides

Prepare the traditional Mexican enchiladas with accompanying side dishes.

at *Glen Pine Pavilion*

Su	Mar 23	10:30 a.m. – 1 p.m.	1/\$37.50	173758
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### Cooking: Focaccia (16+ yrs)

Focaccia: fluffy, herby, and dripping with olive oil goodness. It's like a cloud you can eat, perfect for dipping or devouring solo.

at *Maillardville Community Centre*

Sa	Feb 1	2 – 4 p.m.	1/\$25	174884
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**No experience necessary and all cooking supplies provided.**

### Cooking: French Onion Pasta (16+ yrs)

Creamy, cheesy, and studded with sweet caramelized onions. One bite and you'll be swooning.

at *Maillardville Community Centre*

Sa	Feb 22	2 – 4 p.m.	1/\$25	174887
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### Cooking: Fried Brown Butter Gnocchi (16+ yrs)

Like little pillows of joy that took a crispy dip in a buttery sauna. They're golden, nutty, and delicious!

at *Maillardville Community Centre*

Sa	Jan 25	2 – 4 p.m.	1/\$25	174883
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### Cooking: Global Kitchen Series

Every week will be a culinary global adventure with international dishes prepared from scratch while working with different ingredients ensuring that you are prepared to cook the recipes on hand with confidence.

at *Glen Pine Pavilion*

M	Jan 13 – Feb 10	7 – 8:30 p.m.	5/\$85	173809
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### Cooking: Greek Souvlaki and Sides

Prepare the Mediterranean Greek Souvlaki (Kebabs) and the accompanying side dishes.

at *Glen Pine Pavilion*

Su	Jan 12	10:30 a.m. – 1 p.m.	1/\$37.50	174147
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### Cooking: Lemon Meringue Tarts

Learn to create zesty, creamy tarts with a perfect buttery crust, tangy lemon curd and a fluffy golden meringue topping.

at *Dogwood Pavilion*

Sa	Feb 22	9:30 – 11:30 a.m.	1/\$25	173956
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### Cooking: Meatloaf and Sides

Learn to make the ultimate comfort food—meatloaf with the accompanying side dishes.

at *Glen Pine Pavilion*

Su	Feb 2	10:30 a.m. – 1:30 p.m.	1/\$37.50	174150
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### Cooking: Poached Pears with Mascarpone Cheese (16+ yrs)

Discover the secrets to perfectly poached pears paired with creamy mascarpone. A sweet, elegant dessert that's sure to impress at your next gathering.

at *Maillardville Community Centre*

Th	Jan 30	6 – 8 p.m.	1/\$25	176311
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### Cooking: Roast Beef 101

Roast Beef is a staple for a traditional Sunday roast dinner with all the accompaniments. Remove the stress and learn how to time manage cooking a successful roast beef meal with Yorkshire pudding, roasted potatoes, vegetables and gravy.

at *Glen Pine Pavilion*

Su	Jan 26	10:30 a.m. – 1:30 p.m.	1/\$37.50	174149
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### Cooking: Roast Chicken Dinner and Sides

Creating an impressive Roast Chicken dinner with the accompanying sides is easier than you think when you learn the tips to ensure that the meat is tender and juicy.

at *Glen Pine Pavilion*

Su	Feb 16	10:30 a.m. – 1:30 p.m.	1/\$37.50	174152
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### Cooking: Shape and Bake—The Art of Bread Making (16+ yrs)

Feeling kneady? Unleash your inner baker and learn how to shape and bake bread that will have everyone asking, "Are you sure you didn't buy this?"

at *Maillardville Community Centre*

Th	Feb 27	6 – 8 p.m.	1/\$25	176317
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**All Abilities Welcome!**

Visit page 4 for details

**Cooking: Soft Pretzels and Dip (16+ yrs)**

These warm, chewy twists are just waiting to plunge into a creamy dip or zesty mustard. It's a flavour party, and everyone's invited.

at Maillardville Community Centre

Sa	Mar 8	2 – 4 p.m.	1/\$25	174889
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**Cooking: Sourdough Discard Recipes**

Create a sourdough starter and then every week learn how to use your sourdough discard, the portion of starter that gets removed as part of its routine maintenance, to create easy baked goodies.

at Glen Pine Pavilion

M	Feb 24 – Mar 24	7 – 8:30 p.m.	5/\$85	173812
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**Cooking: Spanakopita and Greek Salad**

Spanakopita is a delicious savory Greek pie made of perfectly crispy layers of phyllo dough and a comforting filling of spinach and feta cheese pairing perfectly with a salad.

at Glen Pine Pavilion

Su	Feb 23	10:30 a.m. – 1 p.m.	1/\$37.50	174153
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**Cooking: Spiral Vegetable Tarts (16+ yrs)**

Channel your inner Picasso as you create colourful spiral veggie tarts! They're so beautiful, you might not want to eat them—until you remember how delicious they are.

at Maillardville Community Centre

Th	Feb 6	6 – 8 p.m.	1/\$25	176312
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**Cooking: Stir-fry Bowl Meals**

Learn the basics of preparing nutritious stir-fry bowls using fresh ingredients for an all-inclusive healthy meal with all your favourite combinations of proteins and vegetables.

at Glen Pine Pavilion

Su	Mar 9	10:30 a.m. – 1:30 p.m.	1/\$37.50	173761
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**Cooking: Valentine's Cake Pops with Chocolate Décor (16+ yrs)**

Love is in the air—and in your mouth! Learn to make adorable cake pops dressed up in chocolate. Perfect for impressing your sweetheart or just for a sweet night in (no judgment here).

at Maillardville Community Centre

Th	Feb 13	6 – 8 p.m.	1/\$25	176314
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**No experience necessary and all cooking supplies provided.**

**Cooking: Valentine's Strawberry Cream Puffs (16+ yrs)**

These delightful treats are filled with sweet cream and juicy strawberries. Perfect for sharing (or not)!

at Maillardville Community Centre

Sa	Feb 15	2 – 4 p.m.	1/\$25	174886
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**Cooking: Vegan Mushroom Stroganoff with Fresh Pasta (16+ yrs)**

Like a cozy hug for your taste buds, with mushrooms that could win an Oscar for best supporting role.

at Maillardville Community Centre

Sa	Feb 8	2 – 4 p.m.	1/\$25	174885
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**Cooking: Winter Squash Shallot Tarts (16+ yrs)**

Master the art of flaky pastry filled with savoury winter squash and caramelized shallots—perfect for warming up on chilly nights.

at Maillardville Community Centre

Th	Jan 16	6 – 8 p.m.	1/\$25	176306
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**Cooking: Yummy Brunch—Cromlettes**

Learn a new brunch idea, Cromlettes...a delicious hybrid between crepes and omelettes with a crusty cheese finish on the outside. Easy to make and impressive to serve.

at Dogwood Pavilion

Sa	Feb 15	9:30 – 11:30 a.m.	1/\$25	173959
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**Cooking: Yummy Brunch—Croustade**

Fun with puff pastry, making Arugula, Chorizo and Mushroom Croustades, the perfect combination of flaky, flavourful, and delicious fun.

at Dogwood Pavilion

Sa	Feb 1	9:30 – 11:30 a.m.	1/\$25	173953
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**Cooking: Yummy Brunch—Spinach and Ricotta Bake**

Learn to make a hearty brunch bake with vibrant spinach, creamy ricotta and a flavourful blend of herbs, all baked to perfection. Perfect of a cozy weekend breakfast, you'll leave with the skills to create this comforting, crowd-pleasing dish at home.

at Dogwood Pavilion

Sa	Mar 15	9:30 – 11:30 a.m.	1/\$25	173962
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### Cooking: Yummy Brunch—Spinach, Cheese and Pancetta Strata

Join us for this session from our Yummy Brunch Series, where every dish is a celebration of fresh ingredients, bold flavours to make your mornings extra special. Learn to make a strata, a delicious, comforting baked dish, combining bread, eggs, spinach, pancetta and cheese.

at Dogwood Pavilion

Sa	Jan 18	9:30 – 11:30 a.m.	1/\$25	173948
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### Cooking: Yummy Bunch—Mediterranean Torte

Another Yummy Brunch class to make a crisp, golden tart filled with asparagus, mushrooms, sun-dried tomatoes and caramelized shallots. This Mediterranean inspired dish is flavourful and light, yet satisfying for any meal.

at Dogwood Pavilion

Sa	Mar 1	9:30 – 11:30 a.m.	1/\$25	173960
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### Finance: Effective Tax Strategies

Learn to understand the tax system and to minimize the amount of tax to pay.

at Dogwood Pavilion

Su	Jan 26	9:30 – 10:30 a.m.	1/FREE	174066
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at Glen Pine Pavilion

Th	Feb 6	10 – 11:30 a.m.	1/FREE	174212
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### Finance: Longevity and the New Journey of Retirement

Exploration of how the journey of retirement unfolds, the patterns of people's experience in retirement, and the keys to thriving along the way.

at Glen Pine Pavilion

F	Jan 24	2 – 3:30 p.m.	1/FREE	175419
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### Finance: Managing Finances in Retirement

Learn how to better manage your finances and make your money stretch for you in your retirement.

at Glen Pine Pavilion

M	Jan 13	11:30 a.m. – 12:30 p.m.	1/FREE	174220
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### Finance: Money Smarts for Seniors

This workshop gives an overview of how to handle and protect your money, including banking and borrowing. Financial terminology is explained.

at Glen Pine Pavilion

Th	Feb 27	10 – 11:30 a.m.	1/FREE	174854
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### Finance: Planning for Retirement

How to effectively plan for the kind of retirement you desire.

at Dogwood Pavilion

Su	Feb 9	9:30 – 10:30 a.m.	1/FREE	174067
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### Finance: Service Canada Presentations

This presentation gives an overview of federal government programs and services from children to seniors. Presented by Citizen Services Specialist from Service Canada.

Jan – Employment Insurance and Special Benefits

Mar – Newcomer Benefits and Resources

at Dogwood Pavilion

Th	Jan 23	2:30 – 3:45 p.m.	1/FREE	175112
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Th	Mar 20	2:30 – 3:45 p.m.	1/FREE	175113
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### Finance: Service Canada Presentations

This presentation gives an overview of federal government programs and services from children to seniors. Presented by Citizen Services Specialist from Service Canada.

Jan – Senior Benefits and Programs

Feb – Newcomers to Canada

Mar – Special Benefits, CPP Disability and Tax Credits

at Glen Pine Pavilion

M	Jan 27	11:30 a.m. – 12:30 p.m.	1/FREE	174236
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M	Feb 24	11:30 a.m. – 12:30 p.m.	1/FREE	174239
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M	Mar 24	11:30 a.m. – 12:30 p.m.	1/FREE	174241
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### Finance: The Journey Out of Debt

Understand how credit works and how to take control of debt with a low income.

at Glen Pine Pavilion

Th	Mar 20	7 – 8:15 p.m.	1/FREE	174251
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### Finance: The Strong Woman Investor

Learn why women are powerful investors and how to develop strategies to become a strong investor. Considerations for investing, different types of investments and tax implications will also be discussed.

at Dogwood Pavilion

Tu	Mar 11	10 – 11 a.m.	1/FREE	174064
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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.

Look out for upcoming Specialty Fitness Workshops on facility posters, social media and through online registration.

**General: Hiking Adventures Slideshow**

View an interesting presentation with visually captivating photographs and exciting tales of adventurous travel and hiking experiences. Slide shows are set to music, so minimal discussion during the shows, but plenty of time for questions afterwards. Presented by Terry McCullough, avid hiker and photographer.

at Glen Pine Pavilion

F	Jan 31	1:30 – 3 p.m.	1/ <b>FREE</b>	173924
F	Feb 28	1:30 – 3 p.m.	1/ <b>FREE</b>	173927
F	Mar 28	1:30 – 3 p.m.	1/ <b>FREE</b>	173928

**General: Indian Ocean Earthquake of 2004**

On Sunday morning, December 26, 2004, a massive earthquake struck off the west coast of Sumatra, Indonesia. Learn about the strange effects of the Tsunami on the Seychelle Islands discovered by Canadian Scientists, presented by Lionel Jackson.

at Dogwood Pavilion

Th	Jan 30	10 – 11:30 a.m.	1/ <b>FREE</b>	173386
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**General: Lecture Series**

Using a multi-disciplinary approach to describe, explain many world views and belief systems that have emerged on planet earth. Discussion and ideas are shared and welcomed in this lecture series conducted by retired SFU professor and volunteer, Dr. Douglas Cousineau (Clinical Psychology and Sociology).

at Glen Pine Pavilion

Th	Jan 16 – Feb 13	2 – 4 p.m.	5/\$43.50	173958
Th	Feb 27 – Mar 27	2 – 4 p.m.	5/\$43.50	173961

**Health: Chronic Pain Self-Management Program**

The Chronic Pain Self-Management Program is a free six-session workshop. The workshop helps people living with chronic pain and their caregivers to better manage symptoms and activities of daily life.

at Glen Pine Pavilion

Sa	Jan 18 – Feb 22	9:30 – 11:30 a.m.	6/ <b>FREE</b>	172355
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**Health: Diabetes Self-Management Program**

The Diabetes Self-Management Program is a free six-session workshop. Gain knowledge, skills and confidence in your ability to manage symptoms.

at Dogwood Pavilion

Tu	Jan 28 – Mar 4	9:30 a.m. – 12 p.m.	6/ <b>FREE</b>	174094
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at Glen Pine Pavilion

Sa	Mar 1 – Apr 5	9:30 – 11:30 a.m.	6/ <b>FREE</b>	172356
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**Health: Falls Prevention**

The alarming impact falls have on the well-being of seniors and hazards that contribute to the likelihood of falls are reviewed. Safeguards and suggested exercises to improve balance and strength are recommended. Presented by senior volunteer from COSCO – Seniors Health and Wellness Institute.

at Dogwood Pavilion

Th	Mar 6	2:30 – 4 p.m.	1/ <b>FREE</b>	175114
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**Health: Introduction to a Healthy Brain**

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 Glen Pine Pavilion

F	Feb 21	1 – 2:30 p.m.	1/ <b>FREE</b>	172185
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**Health: Luv Your Gut**

Understand the basic foundations of digestion and how to support the gut with the right nutrition and lifestyle. Ninety percent of diseases begin in the gut, starting with symptoms like gas, bloating, constipation, acidity etc. Learn to address these symptoms in the beginning stages before they become major health issues.

at Dogwood Pavilion

Tu	Jan 28	4 – 5:30 p.m.	1/\$11.55	173759
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**Health: Probiotics and Prebiotics**

Learn about ways to strengthen your immunity and overall health by supporting the microbes that live and thrive in the gut. Understand the basics of probiotics and prebiotics along with nutrition and lifestyle tips.

at Dogwood Pavilion

Tu	Feb 4	4 – 5:30 p.m.	1/\$11.55	173762
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**Introduction to Libby App**

Learn how to use Coquitlam Public Library’s digital collection of eBooks, eAudiobooks, and more through the Libby app. The Libby app is available for phones and tablets, integrates with many new Kobo eReaders, and is available to anyone with a Coquitlam Public Library card.

at Dogwood Pavilion

Th	Feb 20	10 – 11 a.m.	1/ <b>FREE</b>	174514
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## Life Long Learning for Adults (19+)



### Learn Something New!

- Cooking
- Languages
- Technology
- Health
- Life skills
- Travel

**Locations:** Maillardville Community Centre, Dogwood Pavilion and Glen Pine Pavilion

#### Register

[coquitlam.ca/registration](http://coquitlam.ca/registration) | 604-927-4386

Stay up to date: [coquitlam.ca/enews](http://coquitlam.ca/enews)

### Language: English Learner 1

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	Jan 16 – Feb 13	9:30 – 11 a.m.	5/\$12.50	173155
Th	Feb 20 – Mar 27	9:30 – 11 a.m.	6/\$15	173156

### Language: English Learner 2

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	Jan 16 – Feb 13	1 – 2:30 p.m.	5/\$12.50	173159
Th	Feb 20 – Mar 27	1 – 2:30 p.m.	6/\$15	173160

### Language: English Learner 3

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	Jan 14 – Feb 11	10 – 11:30 a.m.	5/\$12.50	172517
Tu	Feb 18 – Mar 25	10 – 11:30 a.m.	6/\$15	172518

### Language: English Learner Book Club

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	Jan 16 – Feb 13	11:30 a.m. – 12:30 p.m.	5/\$12.50	173157
Th	Feb 20 – Mar 27	11:30 a.m. – 12:30 p.m.	6/\$15	173158

### Language: ESL Acting Workshop

Acting can help with language skills. When was the last time you were up on the stage? Love to act, but think acting in English is too much for you? No worries. We've got it covered. ESL acting is here. We rehearse easy scripts together and have enormous fun as a group!! Everyone is welcomed regardless of their English fluency.

at Glen Pine Pavilion

F	Jan 10 – Jan 17	1:30 – 3:30 p.m.	2/\$17.60	174821
F	Feb 7 – Feb 14	1:30 – 3:30 p.m.	2/\$17.60	174824
F	Mar 7 – Mar 14	1:30 – 3:30 p.m.	2/\$17.60	174832

### Language: Italian Beginner

Ciao! Learn basic words, phrases and sentences in Italian to be able to converse and write with others in travel, business or at home. No experience necessary.

at Glen Pine Pavilion

Tu	Jan 14 – Feb 11	1:30 – 3 p.m.	5/\$44	173088
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### Language: Italian Conversation

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	Feb 18 – Mar 25	1:30 – 3 p.m.	6/\$52.80	173089
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**Language: Japanese Beginner**

Konnichiwa! Learn basic words, phrases and sentences in Japanese to be able to converse and write with others in travel, business, dining out or at home. No experience necessary.

at Glen Pine Pavilion

Sa	Jan 18 – Feb 15	1 – 2:30 p.m.	5/\$44	172365
Sa	Feb 22 – Mar 29	1 – 2:30 p.m.	6/\$52.80	172366

**Language: Korean Beginner**

Annyeonghaseyo! Learn basic words, phrases and sentences in Korean to be able to converse and to write Hangul which is the writing system of the Korean language. No experience necessary.

at Glen Pine Pavilion

Su	Jan 12 – Feb 9	10:15 – 11:45 a.m.	5/\$44	172370
Su	Feb 16 – Mar 23	10:15 – 11:45 a.m.	6/\$52.80	172373

**Language: Korean Conversation**

Annyeonghaseyo! Planning to travel to Korea, dining out for Korean food or at home watching Korean dramas learn basic words, phrases and sentences to be able to converse with others in a fun way.

at Glen Pine Pavilion

W	Jan 15 – Feb 12	11:30 a.m. – 1 p.m.	5/\$44	174187
W	Feb 19 – Mar 19	11:30 a.m. – 1 p.m.	5/\$44	174188

**Language: Learn to Read Korean**

Learning to read in Korean and to write Hangul which is the writing system of the Korean language makes learning to speak easier. The goal is to complete reading a short story or a song focusing on simple vocabulary.

at Glen Pine Pavilion

W	Jan 15 – Feb 12	1:30 – 3 p.m.	5/\$44	173153
W	Feb 19 – Mar 26	1:30 – 3 p.m.	6/\$52.80	173154

**Language: Neighbourhood English Meet Up**

If you are a newcomer or existing member of the community who is looking to further develop your English in a social setting, this program is for you! Practice reading, writing, and speaking English with others in your neighbourhood. Some fundamental English speaking ability is required.

at Dogwood Pavilion

Th	Jan 16 – Feb 13	12:30 – 2 p.m.	5/\$10	173657
Th	Feb 20 – Mar 27	12:30 – 2 p.m.	5/\$10	173658

**Language: Portuguese Conversation**

Olá! For anyone wishing to engage in full Portuguese immersion chat with others want to practice and feel comfortable speaking basic phrases. Facilitated by a Portuguese-speaking instructor who will assist with topics and guide the flow of conversation.

at Glen Pine Pavilion

Su	Feb 16 – Mar 23	12:15 – 1:45 p.m.	6/\$52.80	172396
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**Language: Spanish Beginner**

Hola! Learn basic words, phrases and sentences to be able to converse and write with others in travel, business or at home. No experience necessary.

at Dogwood Pavilion

Sa	Jan 18 – Feb 15	9 – 10:30 a.m.	5/\$44	175115
Sa	Feb 22 – Mar 22	9 – 10:30 a.m.	5/\$44	175116

at Glen Pine Pavilion

M	Jan 13 – Feb 10	6:30 – 8 p.m.	5/\$44	172504
W	Feb 19 – Mar 26	9:30 – 11 a.m.	6/\$52.80	173142

**Language: Spanish Conversation**

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 Dogwood Pavilion

Sa	Jan 18 – Feb 15	10:45 a.m. – 12:15 p.m.	5/\$44	176396
Sa	Feb 22 – Mar 22	10:45 a.m. – 12:15 p.m.	5/\$44	176397

at Glen Pine Pavilion

W	Jan 15 – Feb 12	9:30 – 11 a.m.	5/\$44	173141
M	Feb 24 – Mar 24	6:30 – 8 p.m.	5/\$44	172507

**Life Skills: Shaping the Dementia Journey**

Shaping the journey is an interactive and supportive program designed to combine dementia education, informative videos, group discussions of shared experience and engaging activities in each session. Presented by the Alzheimer's Society of BC.

at Glen Pine Pavilion

F	Feb 28 – Mar 28	1:30 – 3:30 p.m.	5/ <b>FREE</b>	173884
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**Technology: Android Basics Workshop LOW COST**

Learn some of the common functions of your Android device (not iphone or ipad) including how to set up email, manage contacts, download apps, security and more.

at Glen Pine Pavilion

Th	Jan 23	1 – 2:45 p.m.	1/\$2.50	173949
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**Technology: File Management Workshop****LOW COST**

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.

*at Glen Pine Pavilion*

Th	Feb 27	1 – 2:45 p.m.	1/\$2.50	173952
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**Technology: iPad and iPhone Basics Workshop****LOW COST**

Learn the basic features and apps on your iPad or iPhone. Discuss security settings, accessing the internet and more.

*at Glen Pine Pavilion*

Th	Feb 13	1 – 2:45 p.m.	1/\$2.50	173950
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**Technology: Photography Using a Smartphone**

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 as 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 Town Centre Park Community Centre*

F	Jan 17 – Feb 7	10:30 a.m. – 12 p.m.	4/\$10	175432
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**Technology: Smartphone Photography Workshop****LOW COST**

Smartphone photography is good as any image taken by a full camera. Capturing photos or videos that are candid or planned is a great way to save or share special memories of people and places by email, on social media or even printed.

*at Glen Pine Pavilion*

Th	Mar 27	1 – 2:45 p.m.	1/\$2.50	173957
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**Technology: Tools for Travel Workshop****LOW COST**

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 while travelling. 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	Mar 13	1 – 2:45 p.m.	1/\$2.50	173954
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**Wellness: Age Well, Live Well with Safe Medication Use**

As you age, your body changes, and the dosages of some medications may be too strong now or may be less effective than in the past. This workshop will help you understand why that might be, and what actions you and your health care provider might consider so that your current medications meet the needs of your body.

*at Glen Pine Pavilion*

Th	Mar 13	10 – 11:30 a.m.	1/FREE	174860
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**Wellness: Building Natural Immunity**

If you fall sick with colds and coughs frequently, you may want to attend this session to learn about how to support your body's immunity by getting optimum nutrition and following certain lifestyle practices.

*at Glen Pine Pavilion*

Tu	Feb 25	3:30 – 5 p.m.	1/\$11.55	173755
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**Wellness: Building Stress Resilience and Energy Maintenance**

How, what and when you eat can impact how you cope with stressors in life. Build resilience towards stress and maintain energy with the appropriate good nutrition.

*at Glen Pine Pavilion*

Tu	Jan 14	3:30 – 5 p.m.	1/\$11.55	173754
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**Wellness: Laughter Therapy**

Join us for an uplifting Introduction to Laughter Therapy! This unique workshop combines voluntary laughter exercises with gentle breathing techniques, promoting joy and relaxation while fostering a sense of community. Discover the physical and mental benefits of laughter designed to boost your mood and reduce your stress.

*at Dogwood Pavilion*

M	Jan 20 – Feb 10	10 – 11 a.m.	4/\$30.80	173910
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**Wellness: Laughter Therapy Try it**

Join us for an uplifting Introduction to Laughter Therapy! This unique workshop combines voluntary laughter exercises with gentle breathing techniques, promoting joy and relaxation while fostering a sense of community. Discover the physical and mental benefits of laughter designed to boost your mood and reduce your stress.

*at Dogwood Pavilion*

M	Jan 6	10 – 11 a.m.	1/\$7.70	173899
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M	Jan 13	10 – 11 a.m.	1/\$7.70	173897
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**Wellness: Living Life to the Full Information Session**

Join us for an information session to learn about the free program Living Life to the Full which will be starting in early February. This eight week program is designed to help people deal with everyday life challenges and learn self-management skills. Presented by Canadian Mental Health Association.

*at Dogwood Pavilion*

W Mar 26 1:45 – 3:15 p.m. 1/**FREE** 174913

*at Glen Pine Pavilion*

Th Jan 23 4 – 5:30 p.m. 1/**FREE** 173175

**Wellness: Living Life to the Full Workshop**

Living Life to the Full is a mental health promotion course designed to help people deal with everyday life challenges and learn self-management skills using Cognitive Behavioural Therapy (CBT) principles. You will learn self confidence, problem-solving, stress management, motivation, dealing with unhelpful thoughts and anger management. Presented by Canadian Mental Health Association.

*at Glen Pine Pavilion*

Th Feb 6 – Mar 27 4 – 5:30 p.m. 8/**FREE** 173177

**Wellness: Memory and Aging**

How memory functions and how it changes as you age is explained. Tips for managing and improving memory, as well as information about seeking help, as needed, are also presented.

*at Glen Pine Pavilion*

Th Jan 23 10 – 11:30 a.m. 1/**FREE** 174849

**Wellness: Mindful Self-Compassion**

Learn to cultivate a deeper sense of self-kindness and resilience through mindful self-compassion. Together we will learn the benefits of mindful self-compassion and practical tools to integrate self-compassion into daily life, enhancing your emotional well-being and resilience.

*at Dogwood Pavilion*

M Feb 24 – Mar 10 9:30 – 11 a.m. 3/\$34.65 173913

**Wellness: Tea and the Art of Doodling**

Live in the moment with spontaneous creations in magic and mysteries of life! Enjoy tea and time together sharing conversations and simple meditation while doodling.

*at Glen Pine Pavilion*

Th Mar 6 10 – 11:30 a.m. 1/\$11.55 173295

**Wellness: Tea and the Art of Heart**

Connect with depths of heart to magically create all you love in life! Enjoy tea and time together sharing conversations and simple meditation with some creative mixed media exploration.

*at Glen Pine Pavilion*

Th Feb 13 10 – 11:30 a.m. 1/\$11.55 173292

**Wellness: Tea and the Art of Melodies**

Delve into music that nourishes your heart and uplifts your creativity in surprising ways! Enjoy tea and time together sharing conversations and simple meditation with the melodies.

*at Glen Pine Pavilion*

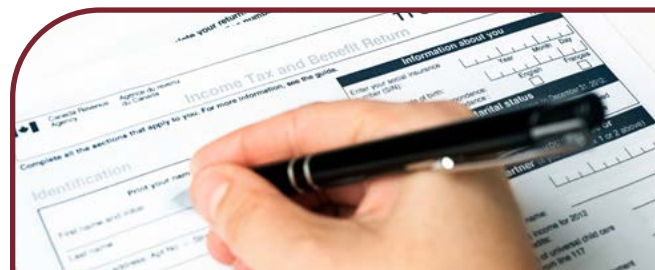
Th Jan 30 10 – 11:30 a.m. 1/\$11.55 173257

**Wellness: Tea and the Art of Origami**

Learn simple Origami, the Japanese art of paper folding, while enjoying tea and sharing conversations and meditations on happiness and bliss.

*at Glen Pine Pavilion*

Th Jan 16 10 – 11:30 a.m. 1/\$11.55 173256



**Coquitlam Income Tax Clinic Appointments**

**Income Tax Clinics are available to low-income seniors and residents in Coquitlam.**

Appointments are free of charge and taxes are prepared with a Canada Revenue Agency trained volunteer with the Community Volunteer Income Tax Program (CVITP).

If you are unable to attend an appointment in person, there is an option to file your 2024 Income Tax Returns over the phone. Volunteers will pick up all supporting documents and help file the Income Tax Return. For more information about this service, contact Kim Bortolin, Community Services Coordinator at 604-927-6093

## Performing Arts

### Dance: Ageless Ballet Moves

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 Dogwood Pavilion

Tu	Jan 14 – Feb 11	12:45 – 1:45 p.m.	5/\$47	174635
Tu	Feb 25 – Mar 25	12:45 – 1:45 p.m.	5/\$47	174639

### Dance: Ballroom Beginner

Ballroom Beginner is an introduction or a refresher for partner dancing. Learn about lead, follow and timing through basic patterns in a fun and social environment. Each person in the couple/partner grouping must register. Solo dancers welcome. No experience necessary.

#### at Glen Pine Pavilion

Th	Jan 16 – Feb 13	6:45 – 7:30 p.m.	5/\$35.25	173223
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### Dance: Ballroom Intermediate

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	Feb 20 – Mar 27	6:45 – 7:30 p.m.	6/\$42.30	173224
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### Dance: Bellydance Basics

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	Jan 14 – Feb 11	5:15 – 6:15 p.m.	5/\$47	173091
Tu	Feb 18 – Mar 25	5:15 – 6:15 p.m.	6/\$56.40	173093

### Dance: Bellydance Beginner

Learn the fundamentals of belly dance in a fun and welcoming environment. Practice classic postures with the traditional hip and shoulder movements. No experience necessary.

#### at Dogwood Pavilion

W	Jan 15 – Feb 12	5 – 6 p.m.	5/\$47	174661
W	Feb 19 – Mar 19	5 – 6 p.m.	5/\$47	174662

### Dance: Bellydance Intermediate

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

W	Jan 15 – Feb 12	7:45 – 8:45 p.m.	5/\$47	173147
W	Feb 19 – Mar 26	7:45 – 8:45 p.m.	6/\$56.40	173148

### Dance: Broadway Jazz (16+ yrs)

Step into the spotlight and dive into the world of high-energy choreography inspired by the glitz and glamour of Broadway. From sassy kicks to smooth spins, you'll unleash your inner performer.

#### at Maillardville Community Centre

F	Jan 17 – Feb 7	6:45 – 7:45 p.m.	4/\$37.60	174786
F	Feb 14 – Mar 14	6:45 – 7:45 p.m.	5/\$47	174787

### Dance: Cha-Cha Beginner Workshop

Cha-Cha-Challenge your mind and body as the instructor introduces various elements of this rhythmic dance. Each person in the couple/partner grouping must register. No experience necessary.

#### at Dogwood Pavilion

Sa	Mar 8	1:30 – 3:30 p.m.	1/\$18.80	175378
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### Dance: Choreographed Bellydance

This class focuses on refining bellydance techniques through performance-style choreography while challenging stamina and perfecting execution of intricate moves. Recommended for intermediate and advanced dancers who have some performing experience and want to impress an audience.

#### at Glen Pine Pavilion

Tu	Jan 14 – Feb 11	7:45 – 8:45 p.m.	5/\$47	173095
Tu	Feb 18 – Mar 25	7:45 – 8:45 p.m.	6/\$56.40	173099

### Dance: Flamenco Moves

Flamenco dancing can be entertaining, romantic, or comforting. A very emotional style of dance using body movements, facial expressions and distinctive Flamenco music is suitable for everyone.

#### at Glen Pine Pavilion

M	Jan 13 – Feb 10	2:15 – 3:15 p.m.	5/\$47	172493
M	Feb 24 – Mar 24	2:15 – 3:15 p.m.	5/\$47	172496

**All Abilities Welcome!**

Visit page 4 for details

**Dance: Foxtrot Beginner Workshop**

Foxtrot dancing for two! Experience the rhythm and flow of this iconic dance. Have fun learning basic steps to a short choreography in this engaging workshop. Each person in the couple/partner grouping must register. No experience necessary.

**at Dogwood Pavilion**

Sa	Jan 18	1:30 – 3:30 p.m.	1/\$18.80	175377
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**Dance: Hip Hop and Popping (16+ 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 Maillardville Community Centre**

Su	Jan 12 – Feb 2	3:30 – 4:30 p.m.	4/\$37.60	174468
Su	Feb 9 – Mar 9	3:30 – 4:30 p.m.	5/\$47	174469

**Dance: Jazz (16+ yrs)**

Jazz is an energetic style of dance built on basic foundational skills of ballet. Students will learn jazz technique skills as well as some high energy choreography in this class.

**at Maillardville Community Centre**

F	Jan 17 – Feb 7	1:45 – 2:45 p.m.	4/\$37.60	174773
F	Feb 14 – Mar 14	1:45 – 2:45 p.m.	5/\$47	174774

**Dance: Jazz**

Jazz is an energetic style of dance built on basic foundational skills of ballet. Students will learn jazz technique skills as well as some high energy choreography in this class.

**at Glen Pine Pavilion**

Th	Jan 16 – Feb 13	11 a.m. – 12 p.m.	5/\$47	173173
Th	Feb 20 – Mar 27	11 a.m. – 12 p.m.	6/\$56.40	173174

**Dance: Line Dance All Levels**

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	Jan 14 – Feb 11	3:15 – 4:15 p.m.	5/\$47	174606
F	Jan 17 – Feb 14	2:15 – 3:15 p.m.	5/\$47	174671
F	Feb 21 – Mar 21	2:15 – 3:15 p.m.	5/\$47	174672
Tu	Feb 25 – Mar 25	3:15 – 4:15 p.m.	5/\$47	174608

**Dance: Line Dance Beginner**

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. No experience necessary.

**at Dogwood Pavilion**

Tu	Jan 14 – Feb 11	2 – 3 p.m.	5/\$47	174605
Tu	Feb 25 – Mar 25	2 – 3 p.m.	5/\$47	174607

**at Glen Pine Pavilion**

M	Jan 13 – Feb 10	4:45 – 5:45 p.m.	5/\$47	172498
M	Feb 24 – Mar 24	4:45 – 5:45 p.m.	5/\$47	172499

**Dance: Nightclub Two Step Beginner Workshop**

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. No experience necessary.

**at Dogwood Pavilion**

Sa	Feb 8	1:30 – 3:30 p.m.	1/\$18.80	175379
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**Drama: Introduction to Improv Theatre**

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	Jan 13 – Feb 10	4:30 – 6 p.m.	5/\$67.50	172500
M	Feb 24 – Mar 24	4:30 – 6 p.m.	5/\$67.50	172501

**Music: Guitar Beginner**

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

**at Centennial Pavilion**

F	Jan 17 – Feb 7	7:30 – 8:30 p.m.	4/\$30.20	173674
F	Feb 14 – Mar 14	7:30 – 8:30 p.m.	5/\$37.75	173676
Su	Jan 12 – Feb 9	11 a.m. – 12 p.m.	5/\$37.75	172375
Su	Feb 16 – Mar 23	11 a.m. – 12 p.m.	6/\$45.30	172377

**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.



## Sports and Active Play

**Music: Guitar Jam**

An evening of jamming with your guitar and others who enjoy playing music together. Please bring your own guitar and be able to play and or sing comfortably.

*at Glen Pine Pavilion*

Tu	Jan 14 – Feb 11	7:30 – 8:30 p.m.	5/\$37.75	173143
Tu	Feb 18 – Mar 25	7:30 – 8:30 p.m.	6/\$45.30	173144

**Music: Singing Voice Skills**

Singing is the act of creating musical sounds with the voice. If you enjoy music and want to learn techniques on how to use your voice effectively to sing, the help of a choir conductor to introduce you to basics such as breathing, posture and control will prove to be inspiring to sing that song you love.

*at Glen Pine Pavilion*

Su	Jan 12 – Feb 9	12:15 – 1:45 p.m.	5/\$56.75	172382
Su	Feb 16 – Mar 23	12:15 – 1:45 p.m.	6/\$68.10	172383

**Music: Ukulele Beginner**

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 Glen Pine Pavilion*

M	Jan 13 – Feb 10	7 – 8 p.m.	5/\$37.75	172508
Tu	Feb 18 – Mar 25	6:15 – 7:15 p.m.	6/\$45.30	173136

**Music: Ukulele Intermediate**

Building on the basics of chords and strumming, you will further expand your skill set and work towards a new set of songs by the end of the course. Please bring your own ukulele.

*at Glen Pine Pavilion*

Tu	Jan 14 – Feb 11	6:15 – 7:15 p.m.	5/\$37.75	173133
M	Feb 24 – Mar 24	7 – 8 p.m.	5/\$37.75	172511

**Introduction to Improv—Workshop (16+ yrs)**

Join us for this introductory workshop and learn the basics of Improv! Learn ways to express yourself while working as a team. Step out of your comfort zone while creating fun and unique characters through storytelling and activities in a fun and safe space.

*at Town Centre Park Community Centre*

Tu	Jan 14	7 – 8 p.m.	1/\$9	174510
Tu	Jan 28	7 – 8 p.m.	1/\$9	174511
Tu	Feb 18	7 – 8 p.m.	1/\$9	174701
Tu	Mar 4	7 – 8 p.m.	1/\$9	174702

**Badminton: Skills and Drills**

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

*at Maillardville Community Centre*

W	Jan 15 – Feb 5	5:30 – 6:30 p.m.	4/\$39.60	175183
W	Feb 12 – Mar 12	5:30 – 6:30 p.m.	5/\$49.50	175184

*at Pinetree Community Centre*

Su	Feb 9 – Mar 9	3:30 – 5 p.m.	5/\$74.25	173016
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**Floor Curling Basics**

Join us for this new introductory program that will teach you the basic skills to enjoy this very popular sport. Floor Curling lets you enjoy this popular ice sport wherever you have a smooth, flat surface using iceless curling equipment that uses target mats and stones on bearings to provide a curling experience accessible to all.

*at Glen Pine Pavilion*

Sa	Jan 18 – Feb 15	12 – 1 p.m.	5/\$12.50	172359
Sa	Feb 22 – Mar 29	12 – 1 p.m.	6/\$15	172360

**Pickleball: Beginner**

Learn the fastest growing sport in North America. Lessons include game knowledge and skill development for beginner players. No experience necessary.

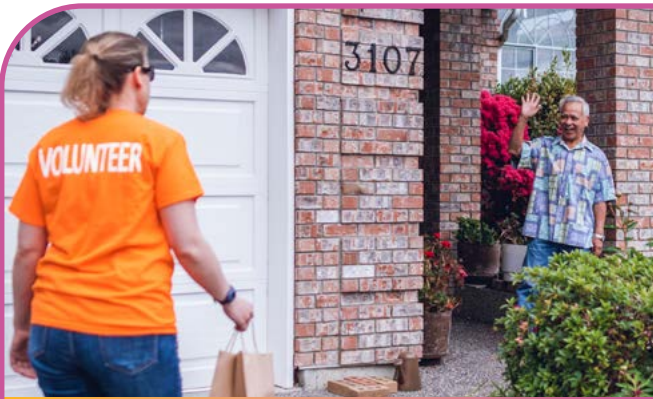
*at Maillardville Community Centre (16+ yrs)*

M	Jan 13 – Feb 3	3:45 – 5:15 p.m.	4/\$59.40	175179
M	Feb 10 – Mar 10	3:45 – 5:15 p.m.	4/\$59.40	175180

*at Poirier Forum (19+ yrs)*

Tu	Jan 14 – Feb 11	11 a.m. – 12:30 p.m.	5/\$74.25	173662
W	Jan 15 – Feb 12	11 a.m. – 12:30 p.m.	5/\$74.25	173664
Th	Jan 16 – Feb 13	12:30 – 2 p.m.	5/\$74.25	173668
Tu	Feb 18 – Mar 18	11 a.m. – 12:30 p.m.	5/\$74.25	173663
W	Feb 19 – Mar 19	11 a.m. – 12:30 p.m.	5/\$74.25	173665
Th	Feb 20 – Mar 20	12:30 – 2 p.m.	5/\$74.25	173669





## Meaningful Meals for Seniors

Bringing Community to Your Doorstep  
Connecting isolated seniors with City programs and social opportunities, this service delivers affordable, healthy meals to their homes every Tuesday.

Apply online at  
[coquitlam.ca/MeaningfulMeals](http://coquitlam.ca/MeaningfulMeals)

### Pickleball: Round Robin Play (16+ yrs)

Single-day round robin play for intermediate and advanced players, facilitated by city staff.

at Maillardville Community Centre

F	Jan 24	1:15 – 4:30 p.m.	1/\$12	175176
F	Feb 21	1:15 – 4:30 p.m.	1/\$12	175177
F	Mar 14	1:15 – 4:30 p.m.	1/\$12	175178

### Pickleball: Skills and Drills (16+ yrs)

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

at Maillardville Community Centre

M	Jan 13 – Feb 3	5:30 – 7 p.m.	4/\$59.40	175181
M	Feb 10 – Mar 10	5:30 – 7 p.m.	4/\$59.40	175182

### 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

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

at Centennial Activity Centre

Su	Jan 12 – Feb 2	10:45 a.m. – 12:15 p.m.	4/\$59.40	173659
Su	Feb 9 – Mar 2	10:45 a.m. – 12:15 p.m.	4/\$59.40	173660
Su	Mar 9 – Mar 30	10:45 a.m. – 12:15 p.m.	4/\$59.40	173661

at Pinetree Community Centre

Sa	Feb 8 – Mar 15	11:30 a.m. – 12:45 p.m.	5/\$61.75	173691
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at Poirier Forum

W	Jan 15 – Feb 12	12:45 – 2:15 p.m.	5/\$74.25	173666
W	Feb 19 – Mar 19	12:45 – 2:15 p.m.	5/\$74.25	173667

### Volleyball: Beginner (16+ yrs)

Learn the foundations of volleyball. Lessons include basic skills and movements that introduce you to the game. No experience required.

at Centennial Activity Centre

Su	Jan 12 – Feb 9	5:15 – 6:15 p.m.	5/\$49.50	173670
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### 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 Centennial Activity Centre

Su	Feb 16 – Mar 16	5:15 – 6:15 p.m.	5/\$49.50	173671
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at Maillardville Community Centre

Th	Jan 16 – Feb 6	6 – 7 p.m.	4/\$39.60	175185
Th	Feb 13 – Mar 13	6 – 7 p.m.	5/\$49.50	175186



## Visual Arts

**Crafts: Air Dry Clay Workshop**

Learn best practices, the properties of this type of clay and leave the class with a project that will be ready to be sanded and painted once fully dry. No experience required.

at *Glen Pine Pavilion*

Th	Jan 23	6:30 – 8:30 p.m.	1/\$21.10	172284
Th	Mar 6	6:30 – 8:30 p.m.	1/\$21.10	172286

**Crafts: Crochet Beginner**

In this hands-on beginner program learn and apply basic crochet techniques and how to read simple patterns. No experience required.

at *Town Centre Park Community Centre*

W	Jan 15 – Feb 5	10:15 a.m. – 12:15 p.m.	4/\$46.40	175420
W	Feb 12 – Mar 12	10:15 a.m. – 12:15 p.m.	5/\$58	175422

**Crafts: Folklore Doll Making Workshop (16+ yrs)**

Craft your very own folklore doll in this engaging workshop! Explore cultural stories and traditions as you learn to create a unique doll that reflects the rich heritage of various cultures.

at *Town Centre Park Community Centre*

Su	Feb 2	10:15 a.m. – 12:15 p.m.	1/\$11.60	175433
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**Crafts: Goat Milk and Honey Soap-Making Basics**

Learn the delicate process of incorporating fresh, raw, unprocessed goat milk from a local farm into soap while maintaining the benefits of the 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. No experience required.

at *Glen Pine Pavilion*

Tu	Feb 18	6:30 – 8:30 p.m.	1/\$38	173244
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**Crafts: Macramé Basics**

Learn Macramé Basics! Macramé is a form of textile produced using knotting (rather than weaving or knitting) techniques. No experience required.

at *Glen Pine Pavilion*

Th	Jan 30	6:30 – 8:30 p.m.	1/\$11.60	172282
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**Crafts: Macramé Key Chains**

Learn to make 2 designs on Macramé key chains – one for you and one for a gift! Macramé is a form of textile produced using knotting (rather than weaving or knitting) techniques. No experience required.

at *Glen Pine Pavilion*

Th	Feb 20	6:30 – 8:30 p.m.	1/\$11.60	172283
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**Drawing: A Lifelong Pursuit**

Take your drawing to the next level! Whether you're a beginner, returning after a break, or honing your craft, this program offers fun challenges to improve your skills in line, shading, volume, texture, composition, and perspective. Explore both dry and soluble materials while building confidence and creativity.

at *Dogwood Pavilion*

Th	Jan 16 – Feb 13	6 – 8 p.m.	5/\$58	173347
Th	Feb 20 – Mar 27	6 – 8 p.m.	6/\$69.60	174500

**Drawing: Beginner**

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. No experience required.

at *Dogwood Pavilion*

M	Jan 13 – Feb 10	11:45 a.m. – 1:45 p.m.	5/\$58	172563
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at *Glen Pine Pavilion*

F	Feb 21 – Mar 21	11:30 a.m. – 1:30 p.m.	5/\$58	172279
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**Drawing: Coloured Pencils**

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.

at *Dogwood Pavilion*

M	Jan 13 – Feb 10	9 – 11:30 a.m.	5/\$72.50	172561
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M	Feb 24 – Mar 17	9 – 11:30 a.m.	4/\$58	172562
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at *Glen Pine Pavilion*

F	Jan 17 – Feb 14	11:30 a.m. – 1:30 p.m.	5/\$58	172270
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**Drawing: Drawing All-levels**

This course is for all levels of drawing skills focusing on practicing techniques of drawings emphasizing the rendering of light and shadow building on existing experience.

at *Glen Pine Pavilion*

Su	Jan 12 – Feb 9	12:15 – 1:45 p.m.	5/\$43.50	172192
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Tu	Feb 18 – Mar 25	9:30 – 11 a.m.	6/\$52.20	172201
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**Tell us how we did!**

[coquitlam.ca/ProgramEvaluation](https://coquitlam.ca/ProgramEvaluation)





**Drawing: Drawing Basics with Pencil, Charcoal and Pen**

This course focuses on the fundamentals of drawing with pencils, charcoals and pen. Working on skills emphasizing the rendering of light, shadow, perspective and more.

at *Glen Pine Pavilion*

Su Feb 16 – Mar 23 10:15 – 11:45 a.m. 6/\$52.20 172198

**Drawing: Exploring Charcoal**

Discover the versatility of drawing with charcoal and learn essential techniques for shading, contouring and capturing depth. Ideal for all levels, this course encourages self-expression and the development of a unique artistic style.

at *Dogwood Pavilion*

W Feb 19 – Mar 12 9:30 – 11:30 a.m. 4/\$46.40 173993

**Drawing: Exploring Pastels**

Explore the vibrant world of drawing with pastels and learn techniques for blending, layering and creating texture. Perfect for beginners and those looking to refine their own unique artistic style.

at *Dogwood Pavilion*

W Jan 15 – Feb 12 9:30 – 11:30 a.m. 5/\$58 173990

**Drawing: How to Draw Cats and Dogs**

This course focuses on the fundamentals of drawing cats and dogs. Through black and white drawings, we will work on emphasizing the rendering of light, shadow and more.

at *Glen Pine Pavilion*

Th Feb 20 – Mar 27 11:15 a.m. – 1:15 p.m. 6/\$69.60 173152

**Drawing: Intermediate**

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.

at *Dogwood Pavilion*

M Feb 24 – Mar 17 11:45 a.m. – 1:45 p.m. 4/\$46.40 172567

at *Glen Pine Pavilion*

Tu Jan 14 – Feb 11 9:30 – 11 a.m. 5/\$43.50 172200

**Drawing: Itching to Try Something New**

Introduction to using scratchboard art using simple tools.

at *Glen Pine Pavilion*

F Mar 21 2:30 – 4 p.m. 1/\$21.10 174429

**Drawing: Scratchboard Art**

Create unique, detailed drawings using scratchboard paper and simple tools. By scratching through the black surface, reveal the dramatic white surface beneath.

at *Glen Pine Pavilion*

W Jan 15 – Feb 12 3:30 – 5 p.m. 5/\$43.50 174156

**All Abilities Welcome!**

Visit page 4 for details

**Drawing: Urban Sketching with Watercolours**

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.

at *Glen Pine Pavilion*

Th	Jan 16 – Feb 13	11:15 a.m. – 1:15 p.m.	5/\$58	173150
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**Drawing: Water-Soluble Pencils, Crayons and Pastels**

Explore the expanding world of water soluble materials such as pencil crayons, crayons and pastels. Add splashes of colour to your drawings with these unique tools!

at *Glen Pine Pavilion*

Tu	Jan 14 – Feb 11	11:30 a.m. – 1 p.m.	5/\$43.50	173306
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Tu	Feb 18 – Mar 25	11:30 a.m. – 1 p.m.	6/\$52.20	173307
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**Drawing: Wet or Dry Pens and Pencils—Let’s Try Both!**

Introduction to pencils and pens that work with or without water.

at *Glen Pine Pavilion*

F	Jan 24	2:30 – 4 p.m.	1/\$21.10	174430
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**Mixed Media: Art Explorations**

Explore a variety of materials in the world of drawing, painting and collage! Graphite, ink, pastels, water-soluble paints ... you never know what we’ll get up to in this fun class!

at *Dogwood Pavilion*

Sa	Feb 22 – Mar 29	9:30 – 11:30 a.m.	6/\$69.60	173355
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**Mixed Media: Creative Journals for Artists and Writers**

Creative art journals are a great way to jot down ideas, develop concepts for projects, experiment with visual art techniques, try out prose or poetry, or just doodle (mindfully of course!). Try out different mediums, drawing and painting techniques, and writing prompts to get you started each week.

at *Glen Pine Pavilion*

W	Feb 19 – Mar 26	3:30 – 5 p.m.	6/\$52.20	174155
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**Mixed Media: Flower Themed Pop-up Cards**

Learn to make simple folds and cuts to make a beautiful pop-up effect for flower-themed cards to welcome Spring.

at *Glen Pine Pavilion*

Th	Mar 13	6:30 – 8:30 p.m.	1/\$21.10	172281
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**Mixed Media: Heart Themed Pop-up Cards**

Learn to make simple folds and cuts to make a beautiful pop-up effect for heart-themed cards.

at *Glen Pine Pavilion*

Th	Feb 6	6:30 – 8:30 p.m.	1/\$21.10	172280
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**Mixed Media: Sketch and Paint**

In this beginner level course participants will explore different mediums with a focus on sketching and painting. Explore different techniques and materials in fun relaxed atmosphere.

at *Dogwood Pavilion*

Sa	Jan 18 – Feb 15	9:30 – 11:30 a.m.	5/\$58	173352
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at *Glen Pine Pavilion*

Th	Jan 16 – Feb 13	9 – 11 a.m.	5/\$58	173149
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**Mixed Media: The Artist’s Way Studio**

Start or restart your creative journey in a fun and relaxed atmosphere through weekly guided exercises, prompts and group discussions inspired by Julia Cameron’s book, “The Artist’s Way”. All backgrounds and experience levels welcome.

at *Dogwood Pavilion*

M	Jan 13 – Feb 10	2 – 4 p.m.	5/\$58	174449
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M	Feb 24 – Mar 31	2 – 4 p.m.	6/\$69.60	174454
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**Mixed Media: The Artist’s Way Studio Try it**

Come and meet the instructor and learn more about the course. Activities, prompts and discussions will be inspired by Julia Cameron’s book, “The Artist’s Way”. All backgrounds and experience levels welcome.

at *Dogwood Pavilion*

M	Jan 6	2 – 4 p.m.	1/\$11.60	174444
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**Mixed Media: What is Collage Anyway?**

Try cutting, layering and gluing techniques to turn old papers, tissue and other items into beautiful cards in this try-it workshop.

at *Glen Pine Pavilion*

F	Feb 21	2:30 – 4 p.m.	1/\$21.10	174431
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**Painting: Abstract Art Using A Palette Knife**

Try a different painting technique using a palette knife to scrape, push or draw colours and a brush to create texture for a completed abstract art project.

at *Glen Pine Pavilion*

Th	Mar 20	6:30 – 8:30 p.m.	1/\$21.10	174438
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### Painting: Acrylic All Levels

Learn ways 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 required.

#### at Dogwood Pavilion

W	Jan 15 – Feb 12	12:30 – 3 p.m.	5/\$72.50	173329
W	Feb 19 – Mar 26	12:30 – 3 p.m.	6/\$87	173331

#### at Glen Pine Pavilion

W	Jan 15 – Feb 12	6:30 – 8:30 p.m.	5/\$58	172217
W	Feb 19 – Mar 26	6:30 – 8:30 p.m.	6/\$69.60	172218

### Painting: Acrylic Beginner

Designed to accommodate individual levels and interests, the emphasis is on colour mixing, transparent versus opaque qualities and the versatility of acrylic paint. No experience required.

#### at Dogwood Pavilion

Th	Jan 16 – Feb 13	9:30 – 11:30 a.m.	5/\$58	173335
Th	Feb 20 – Mar 27	9:30 – 11:30 a.m.	6/\$69.60	173337

#### at Glen Pine Pavilion

Tu	Jan 14 – Feb 11	6:30 – 8:30 p.m.	5/\$58	172265
Sa	Jan 18 – Feb 15	9:30 – 11:30 a.m.	5/\$58	172228
Sa	Feb 22 – Mar 29	9:30 – 11:30 a.m.	6/\$69.60	172264
Tu	Feb 25 – Mar 18	6:30 – 8:30 p.m.	4/\$46.40	172266

### Painting: Acrylic Beyond the Basics

Explore colour mixing, colour theory, composition, the greyscale and capturing the light in a fun, low pressure environment. Painting experience required.

#### at Glen Pine Pavilion

Tu	Jan 14 – Feb 11	9 – 11:30 a.m.	5/\$72.50	172219
Tu	Feb 18 – Mar 25	9 – 11:30 a.m.	6/\$87	172220

### Painting: Acrylic Impressionistic Bright and Cheerful Flowers

This beginner step by step class is an excellent intro 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.

#### at Glen Pine Pavilion

M	Mar 17 – Mar 24	9 – 11 a.m.	2/\$42.20	172450
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## All Abilities Welcome!

Visit page 4 for details

### Painting: Acrylic Paint Night

Join us for an acrylic paint night with different themes each week. Suitable for beginners but all levels welcome. Learn the step by step process of creating a painting using acrylics in a fun and related atmosphere. Supplies included.

#### Bold, Bright Colours

##### at Glen Pine Pavilion

Th	Feb 13	6:30 – 8:30 p.m.	1/\$21.10	174436
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#### Impressions Flowers

##### at Dogwood Pavilion

Tu	Feb 25	6 – 8 p.m.	1/\$21.10	173840
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#### Rocky Mountains

##### at Dogwood Pavilion

Tu	Jan 21	6 – 8 p.m.	1/\$21.10	173836
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#### Spring Blossom Tree

##### at Dogwood Pavilion

Tu	Mar 25	6 – 8 p.m.	1/\$21.10	173842
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#### Spring Garden

##### at Dogwood Pavilion

W	Mar 12	6 – 8 p.m.	1/\$21.10	174034
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#### Still Life Reflections

##### at Glen Pine Pavilion

Th	Feb 27	6:30 – 8:30 p.m.	1/\$21.10	174439
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#### Winter Frost

##### at Dogwood Pavilion

W	Jan 29	6 – 8 p.m.	1/\$21.10	174036
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#### Winter Hues

##### at Glen Pine Pavilion

Th	Jan 16	6:30 – 8:30 p.m.	1/\$21.10	174437
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### Painting: Acrylic Trees and Mountains Using A Palette Knife

Try a different painting technique using a palette knife to scrape, push or draw colours and a brush to create texture. Create a painting of trees and mountains.

#### at Glen Pine Pavilion

M	Feb 3 – Feb 10	9 – 11 a.m.	2/\$42.20	172486
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### Painting: Acrylic Value Scale White to Black

Learn to paint a value scale, which allows artists to understand and organize different shades from light to dark. No experience required.

#### at Glen Pine Pavilion

M	Jan 13 – Jan 20	9 – 11 a.m.	2/\$42.20	172415
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### Painting: Introduction to Ink Wash Workshop

An introductory workshop on Asian-style ink wash painting! This step-by-step class will guide you through essential skills such as color mixing, proportion, and composition.

at *Glen Pine Pavilion*

Tu	Mar 25	6:30 – 8:30 p.m.	1/\$21.10	174440
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### Painting: Lunar New Year Ink Wash Workshop

Join us for a beginner-friendly Lunar New Year workshop on Asian-style ink wash painting! This step-by-step class will guide you through essential skills such as color mixing, proportion, and composition.

at *Dogwood Pavilion*

Sa	Feb 1	1 – 3 p.m.	1/\$21.10	173820
Sa	Feb 8	1 – 3 p.m.	1/\$21.10	173821

### Painting: Nature in Watercolours

Painting nature using watercolour paint to capture the beauty of flowers, plants and trees. Learn how to mix the hues to bring life to your botanical pieces.

at *Glen Pine Pavilion*

Th	Feb 20 – Mar 27	9 – 11 a.m.	6/\$69.60	173151
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### Painting: Perspective and Cityscapes in Acrylic

This beginner step by step class is an excellent introduction to acrylic painting. Perspective breathes life into cityscape painting, giving them the appearance of depth and space. No experience required.

at *Glen Pine Pavilion*

M	Feb 24 – Mar 3	9 – 11 a.m.	2/\$42.20	172418
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### Painting: Watercolour

Discover the joys of watercolour as you learn and try a variety of painting techniques. This class features demonstrations and hands-on practice, making it ideal for both beginner and continuing artists. No experience required.

at *Maillardville Community Centre (16+ yrs)*

W	Jan 8 – Jan 29	10 a.m. – 12 p.m.	4/\$46.40	174569
W	Feb 12 – Mar 12	10 a.m. – 12 p.m.	5/\$58	174571

at *Dogwood Pavilion (19+ yrs)*

Tu	Jan 14 – Feb 11	12:30 – 3 p.m.	5/\$72.50	173327
Th	Jan 16 – Feb 13	12:30 – 3 p.m.	5/\$72.50	173363
Tu	Feb 25 – Mar 25	12:30 – 3 p.m.	5/\$72.50	173328
Th	Feb 27 – Mar 27	12:30 – 3 p.m.	5/\$72.50	173364

## 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](https://coquitlam.ca/RecAccess) or contact us at 604-927-6076 or [CommunityServices@coquitlam.ca](mailto:CommunityServices@coquitlam.ca).

### Painting: Watercolour Basics

Learn the basics of watercolour painting. Explore skills and techniques that are necessary for a beginner to this medium of art.

at *Dogwood Pavilion*

Sa	Feb 22 – Mar 29	1 – 3 p.m.	6/\$69.60	173813
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at *Glen Pine Pavilion*

Su	Jan 12 – Feb 9	10:30 a.m. – 12 p.m.	5/\$43.50	172189
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### Painting: Watercolour Beginner

Watercolor painting is the process of painting with pigments that are mixed with water. Develop skills and techniques for a beginner to this medium of art.

at *Glen Pine Pavilion*

F	Jan 17 – Feb 14	9 – 11 a.m.	5/\$58	172267
Su	Feb 16 – Mar 23	12:15 – 1:45 p.m.	6/\$52.20	172199
F	Feb 21 – Mar 21	9 – 11 a.m.	5/\$58	172268

### 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.



**Painting: Watercolour Intermediate**

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.

*at Dogwood Pavilion*

Tu	Jan 14 – Feb 11	9:30 a.m. – 12 p.m.	5/\$72.50	173198
Tu	Feb 25 – Mar 25	9 a.m. – 12 p.m.	5/\$72.50	173200

**Painting: Watercolour Paint Night—Bleeding Heart Flowers**

Join us for a watercolour paint night with the theme of pretty Bleeding Heart Flowers. Suitable for beginners but all levels welcome. Learn the step by step process of creating a painting using acrylics in a fun and relaxed atmosphere. Supplies included.

*at Dogwood Pavilion*

W	Feb 12	6 – 8 p.m.	1/\$21.10	174035
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**Photography: Beginner Photography**

This course is designed for people with their first, or new Single Lens Reflex (SLR/ DSLR) or Mirrorless digital camera. Topics covered include basic functions, shutter speeds, F-stops, modes, flash, lenses and exposure. Bring your own SLR, DSLR, or Mirrorless camera. Dress for the weather, some outdoor photography will be included.

*at Dogwood Pavilion*

Sa	Jan 18 – Feb 8	12:30 – 2 p.m.	4/\$31.60	173681
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**Woodcarving Beginner**

Learn new skills to create a variety of woodcarvings such as animals or caricatures.

*at Dogwood Pavilion*

W	Jan 15 – Feb 12	6 – 8 p.m.	5/\$58	173183
W	Feb 19 – Mar 26	6 – 8 p.m.	6/\$69.60	173184

**Woodcarving Intermediate**

Further develop carving skills in this intermediate level class continuing to learn more techniques. Please take beginner class prior to this intermediate class.

*at Dogwood Pavilion*

W	Jan 15 – Feb 12	1:30 – 3:30 p.m.	5/\$60	173179
W	Feb 19 – Mar 26	1:30 – 3:30 p.m.	6/\$72	173181

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Coquitlam

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# 50 Plus Services and Activities



## Pre-Registered Drop-Ins

Glen Pine Activity Groups and Clubs are added in to the drop-in activities section of the registration system. Enjoy the same fantastic services and activities with added flexibility.

### When to register

Up to 7 days in advance to secure your spot.

### How to pay

Participants can now use their ONE PASS towards the drop-in admission fee. Eligible participants can also apply their Financial Assistance for Recreation (FAR) credit towards these drop-in activities. Learn more about Financial Assistance for Recreation at [coquitlam.ca/FAR](https://coquitlam.ca/FAR)

## 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](https://coquitlam.ca/50Plus)



### Dogwood Pavilion

1655 Winslow Ave. | 604-927-6098 | [coquitlam.ca/dogwood](https://coquitlam.ca/dogwood)

#### Amenities:

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



### Glen Pine Pavilion

1200 Glen Pine Crt. | 604-927-6940 | [coquitlam.ca/GlenPine](https://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](http://DogwoodSeniors50Plus.com), email [DogwoodSeniors50Plus@gmail.com](mailto: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.

**Tuesday, Friday and Saturday** 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.

**Third Wednesday of the month** 1 – 3 p.m.

### Bridge: Casual

Bridge is a four 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.

**Wednesday** 12:30 – 3:30 p.m.

### Bridge: Duplicate

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

**Friday** 1 – 4 p.m.

### Bridge: Social

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

**Tuesday** 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.

**Thursday** 1 – 3 p.m.

### Canasta

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

**Wednesday** 5:30 – 8:15 p.m.

### Carpet Bowling

Carpet Bowling is an indoor variant of lawn bowling

**Tuesday** 1:45 – 3:45 p.m.

### Chess

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

**Monday** 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.

**Wednesday** 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.

**Wednesday** 9 a.m. – 3:30 p.m.

### Cribbage

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

**Thursday** 9:30 a.m. – 12 p.m.

### Cribbage: 10-Card

10-Card Crib is a variation of Crib where players are dealt 10 cards.

**Monday** 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 Thursday 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](http://coquitlam.ca/volunteer).

### Lapidary

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

Monday to Friday

9:30 a.m. – 12:30 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 Monday of the month

1 – 3 p.m.

### Mexican Train Dominoes

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

Thursday

12:15 – 3:30 p.m.

### Mixed Bag Band

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

Sunday

9 a.m. – 1:30 p.m.

### Photography Group

Come and share 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.

Monday, Wednesday and Friday

8:45 – 10:45 a.m.

Monday and Friday

11 a.m. – 1 p.m.

Monday and Friday

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.

Third Wednesday of the month

6:15 – 8:15 p.m.

First and third Friday of the month

9 a.m. – 3 p.m.

### Roller Skating

Indoor roller skating or in-line skating at the Poirier Forum.

Thursdays

12:30 – 3 p.m.

### Scrabble

A word game where two to four players score points by placing letter tiles onto the board and forming words.

Tuesday

12:30 – 4 p.m.

### Drama

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

Monday and Thursday

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.

Tuesday

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.

Tuesday

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.



### Snooker

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

**Monday through Thursday** 8:30 a.m. – 8:15 p.m.

**Friday, Saturday** 8:30 a.m. – 4:15 p.m.

**Sunday** 9 a.m. – 1:45 p.m.

### Social Dance

Social dance meets weekly to enjoy ballroom and latin dancing.

**Thursday** 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.

**Tuesday** 1:45 – 4:15 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 two to four players hit a lightweight ball back and forth across a table using small solid racquets.

**Sunday** 9 a.m. – 12 p.m.

**Monday** 4:15 – 6:30 p.m.

**Wednesday** 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.

**Wednesday** 9:30 – 11:30 a.m.

### Wire Wrapping

Members share ideas and techniques in wrapping stones for jewelry making.

**Friday** 12:30 – 3 p.m.

### Women Helping Others

The WHO group—a safe comfortable place where camaraderie and understanding awaits you.

**Wednesday** 10 a.m. – 12 p.m.

### Woodcarving

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

**Monday** 1 – 3 p.m.

**Thursday** 1 – 3:30 p.m.

### Woodworking

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

**Monday through Friday** 8:30 a.m. – 1 p.m.





## Glen Pine Pavilion Activity Groups **LOW COST**

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](http://coquitlam.ca/registration).

**\$1**

Activity Groups and Clubs now Drop-in.

*Pre-registration recommended.*

### **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.

**Friday** 12 – 4 p.m.

### **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.

**Wednesday** 9 a.m. – 12 p.m.

### **Beijing Opera (50+ yrs)**

Social group that meets weekly to sing Beijing opera pieces.

**Saturday** 12 – 2:45 p.m.

### **Bingo (50+ yrs)**

Come join us for an afternoon of Bingo fun.

**Wednesday** 1 – 3 p.m.

### **Bridge All-Levels (50+ yrs)**

Bridge is a four 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.

**Monday** 12:30 – 3:30 p.m.

### **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.

**Friday** 12 – 4 p.m.

### **Canasta (50+ yrs)**

Canasta is a card game resembling Rummy. It is played by two 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 seven) cards of the same rank in order to obtain points for a canasta.

**Tuesday** 6 – 8:15 p.m.

**Saturday** 11:30 a.m. – 2:30 p.m.

### **Cantonese Opera (50+ yrs)**

Social group that meets weekly to sing Cantonese opera pieces.

**Monday** 1 – 4 p.m.

### **Carpet Bowling (50+ yrs)**

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

**Friday** 1:30 – 3:30 p.m.

### **Chinese Choir (50+ yrs)**

Glen Pine Chinese Choir enjoy meeting weekly and singing together.

**Wednesday** 9 – 10:30 a.m.

### **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.

**Tuesday** 1 – 3 p.m.

### **English Social Club (50+ yrs)**

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

**Monday** 9:30 – 11:30 a.m.

**Freestyle Dance (50+ yrs)**

No dance experience required to join the non-instructor-led performance dance activity group. Try different choreographed dances from all cultures with the learning objective to share skills with each other and to celebrate with in-house performances at fun special themed events. No partner dancing.

**Friday** 9 – 10:30 a.m.

**Friendship Group (50+ yrs)**

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

**Monday** 1 – 3 p.m.

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

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

**Thursday** 1:30 – 3:30 p.m.

**Glen Pine Singers (50+ yrs)**

The Glen Pine Singers enjoy meeting weekly and singing together.

**Monday** 9:15 – 10:30 a.m.

**Iranian Friendship Group (50+ yrs)**

The Iranian Friendship group provides opportunities to build new friendships, receive support and connect with others. Alternating Weeks more active activities such as exercises, dance and movement and less active social activities such as games, bingo, conversations.

**Tuesday** 1:30 – 4 p.m.

**Karaoke (50+ yrs)**

Come out and enjoy some karaoke singing.

**Tuesday** 1:30 – 5 p.m.

**Thursday** 3:30 – 6 p.m.

**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.

**Monday** 2:15 – 4:30 p.m.

**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.

**Wednesday** 1 – 4 p.m.

**Mixed Bag Band (50+ yrs)**

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

**Friday** 1:30 – 4 p.m.

**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.

**Tuesday** 1 – 3 p.m.

**Quilters (50+ yrs)**

Whether you are a beginner or an experienced quilter, come and join this group to work on Quilting projects. Must have basic sewing/quilting sewing skills.

**Friday** 9 a.m. – 12 p.m.

**Scrabble (50+ yrs)**

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

**Friday** 9:30 – 11:30 a.m.

**Table Tennis (50+ yrs)**

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

**Tuesday** 2 – 4:30 p.m.

**Sunday** 10 – 11:45 a.m. and 12 – 1:45 p.m.

**Traditional Mahjong (50+ yrs)**

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

**Monday** 9 a.m. – 12 p.m.

**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.

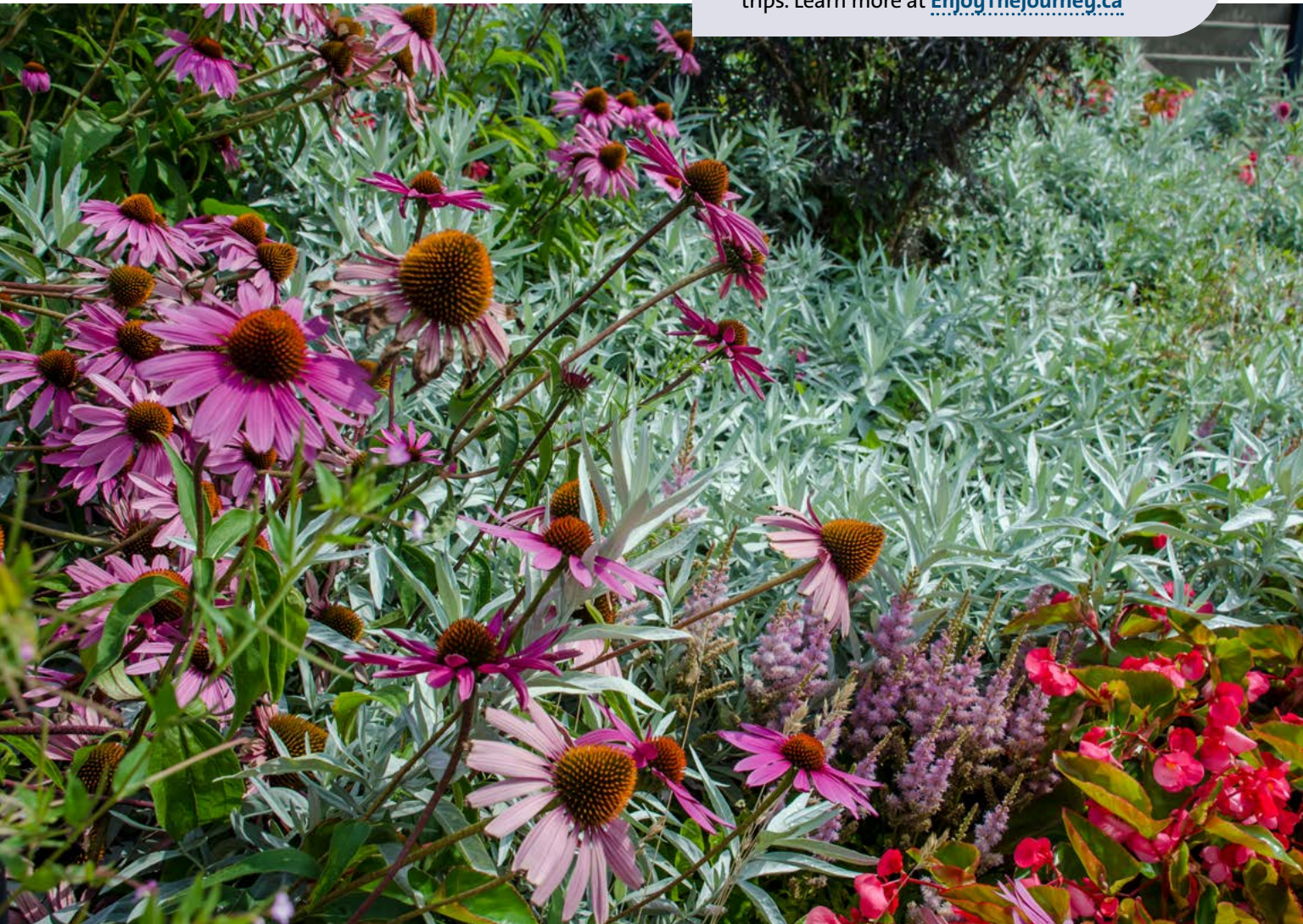
**Thursday** 1 – 4 p.m.



# Bus Trips

To learn more about each trip including departure times, visit [coquitlam.ca/GlenPine](https://coquitlam.ca/GlenPine).

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



## **Boeing Factory Tour (USA) (50+ yrs)**

Tour the largest building in the world by volume.

Trip includes: Lunch, shopping at Boeing Store.

Leave Glen Pine at 6:45 a.m. | Estimated return at 5:45 p.m.

Leave Dogwood at 7 a.m. | Estimated return at 5:30 p.m.

Th	Mar 20	1/\$169	174763
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## **Magical Mystery Surprise Tour (50+ yrs)**

Tour unknown destinations filled with clues, prizes and props. Trip includes: Lunch, prizes and mystery stops.

Leave Glen Pine at 9 a.m. | Estimated return at 5:15 p.m.

Leave Dogwood at 9:15 a.m. | Estimated return at 5 p.m.

F	Mar 7	1/\$119	174755
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## **Northwest Flower and Garden Show (USA) (50+ yrs)**

Four hours to explore the 2025 Northwest Flower and Garden Show. Trip includes: Admission only, meals and snacks are not provided.

Leave Glen Pine at 7:45 a.m. | Estimated return at 8:15 p.m.

Leave Dogwood at 8 a.m. | Estimated return at 8 p.m.

Th	Feb 20	1/\$109	174739
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## **Wildlife Photographer of the Year (50+ yrs)**

View this exhibition at the Royal BC Museum.

Trip includes: Two-course lunch.

Leave Glen Pine at 7 a.m. | Estimated return at 7:45 p.m.

Leave Dogwood at 7:15 a.m. | Estimated return at 7:30 p.m.

W	Feb 26	1/\$139	174751
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# Special Events

Registration opens at 8:30 a.m. on November 26 for Coquitlam residents and at 8:30 a.m. on November 28 for non-residents.



## January

17

### Poirier Youth: Baked Potato Night (11 – 18 yrs) **LOW COST**

Poirier Youth Baked Potato Night! Create, bake, eat! For an extended evening of fun, join us in the Getaway Poirier Youth Centre for our Winter Wonderland Welcome Back Youth Event.

at Poirier Youth Centre

F Jan 17 5:30 – 6:30 p.m. 1/\$2 176177

### Poirier Youth: Winter Wonderland Welcome Back Event (11 – 18 yrs)

Kick off the new year with creativity and fun at our Welcome Back Winter Wonderland! Join us for a day of sugar cookie decorating, snowflake crafting, and snow globe creating—perfect for unleashing your winter spirit!

at Poirier Youth Centre

F Jan 17 5:30 – 8:30 p.m. 1/**FREE** 173630

19

### Sunday Family Dinner: Chicken Parmesan with Spaghetti and Roasted Vegetables (6+ yrs)

Explore new recipes and cooking techniques with your family, and make Sunday family dinners an occasion! Create a tasty and wholesome meal while building on your family's kitchen knowledge and cooking skills, and take some time to share a meal together.

at Maillardville Community Centre

Su Jan 19 5:15 – 7:15 p.m. 1/\$12 176294

30

### Lunar New Year Luncheon (19+ yrs)

Chinese New Year 2025 falls on Wednesday, January 29th, starting a year of the Earth Snake and runs for 15 days. Celebrate with lucky food and dessert for this auspicious occasion. Menu: Sweet and Sour Pork, Vegetable Stir-fry, Chicken Chow Mein and Dessert.

at Glen Pine Pavilion

Th Jan 30 11:30 a.m. – 1 p.m. 1/\$22 173839

31

### Poirier Early Years: Lunar New Year Activity and Craft (2 – 5 yrs)

Let's celebrate Lunar New Year together! Come and join us at Poirier Community Centre for a fun and interactive activity and craft. This is an adult participation event.

at Poirier Community Centre

F Jan 31 11:30 a.m. – 12:15 p.m. 1/\$5 173631

### Maillardville Family Movie Night: Black Beauty (1994) (All Ages)

Join us for an evening of cinematic fun! Enjoy wholesome entertainment suitable for all ages with beloved classics and new favourites. Popcorn provided.

at Maillardville Community Centre

F Jan 31 5:30 – 8 p.m. 1/\$5 174803

### Poirier Youth: Lunar New Year Celebration (11 – 18 yrs)

Welcome the Year of the Snake at our vibrant Chinese New Year event! Enjoy light snacks, get crafty with lanterns, and have fun with interactive games that celebrate Lunar New Year!

at Poirier Youth Centre

F Jan 31 6 – 8 p.m. 1/**FREE** 173632



## February

2

### Sunday Family Dinner: Sweet and Sour Chicken Meatball Rice Bowls (6+ yrs)

Explore new recipes and cooking techniques with your family, and make Sunday family dinners an occasion! Create a tasty and wholesome meal while building on your family's kitchen knowledge and cooking skills, and take some time to share a meal together.

at *Maillardville Community Centre*

Su Feb 2 5:15 – 7:15 p.m. 1/\$12 176296

4

### February Heart Month Luncheon and Movie (19+ yrs)

February is heart month and a great time to share the love for food, friends and family. Join us for a heart-friendly meal with a movie to celebrate.

Menu: Greek Souvlaki Kebabs, Lemon Roasted Potatoes, Greek Salad with Tzatziki and Dessert.

at *Glen Pine Pavilion*

Tu Feb 4 10:45 a.m. – 1 p.m. 1/\$22 174154

7

### Dogwood Social Evening with Nearly Neil (19+ yrs)

Come enjoy a lively evening with drinks, dinner, and live performance by Nearly Neil, a tribute to Neil Diamond. Please call Dogwood Front Desk at 604-927-6098 after registering for seat selection. Menu: Roast Beef, Yorkshire Pudding, Mashed Potatoes, Gravy, Pickled Beets, Strawberry Cake, Coffee/ Tea/ Water. Thank you to our Presenting Partner, Aspira Retirement Living (Astoria and Mayfair Terrace).

at *Dogwood Pavilion*

F Feb 7 5:30 – 9:30 p.m. 1/\$35 174537

### Poirier Youth: Candle Making Night (11 – 18 yrs)

Poirier Youth Candle Making Night! Create a beautiful wax candle that you can take home with step-by-step instructions and guidance. Light snacks will be provided.

at *Poirier Youth Centre*

F Feb 7 6 – 8 p.m. 1/**FREE** 174354



**February continued**

**14**

**Valentine's Day Luncheon (19+ yrs)**

Join us for a Valentine's Day luncheon. Originally Saint Valentine and, through later folk traditions with Cupid, this day has become a global, cultural, religious, and commercial celebration of romance and love.

Menu: Steak and Prawns, Baked Potato, Steamed Vegetables with Dessert.

at *Glen Pine Pavilion*

F Feb 14 11:30 a.m. – 1 p.m. 1/\$22 173844

**Poirier Youth: Sushi Making Night (11 – 18 yrs)**

Poirier Youth Sushi Making Night! Learn how to make sushi rolls with step-by-step instructions and guidance. Then, we eat!

at *Poirier Community Centre*

F Feb 14 6 – 8 p.m. 1/\$5 173633

**15**

**Family Day: Poirier Fun for the Family Event (All Ages)**

Celebrate Family Day at Poirier Community Centre. Take part in family oriented crafts, games and activities.

at *Poirier Community Centre*

Sa Feb 15 1 – 3 p.m. 1/FREE 173096

**Maillardville Family Movie Night: Crazy Rich Asians (2018) (All Ages)**

Join us for an evening of cinematic fun! Enjoy wholesome entertainment suitable for all ages with beloved classics and new favourites. Popcorn provided.

at *Maillardville Community Centre*

Sa Feb 15 5:30 – 8 p.m. 1/\$5 174873

**Feature Weeks 2025**

**Looking for ways to engage, celebrate, and connect with your community?**

Join us for special weeks and events dedicated to learning, fun, and meaningful connections for everyone.

**Volunteer Week | April 20 – 26**

Discover local volunteer opportunities and make a difference.

**Youth Week | May 1 – 7**

Engage in fun activities and programs designed for youth!

**Accessibility Week | May 25 – 31**

Explore programs and initiatives focused on accessibility and inclusion.

**Seniors Week | June 1 – 7**

Celebrate and connect with programs for active aging.

**Pride Month | June 1 – 30**

Celebrate diversity and inclusivity in our community all month long.

*Join us in making each week special!*

**16**

**Family Day: Pinetree Family Fun Event (All Ages)**

Celebrate Family Day at Pinetree Community Centre. Take part in family oriented crafts, games and activities.

at *Pinetree Community Centre*

Su Feb 16 10 a.m. – 1 p.m. 1/FREE 174158

**Sunday Family Dinner: Baked Macaroni and Cheese with Caesar Salad (6+ yrs)**

Explore new recipes and cooking techniques with your family, and make Sunday family dinners an occasion! Create a tasty and wholesome meal while building on your family's kitchen knowledge and cooking skills, and take some time to share a meal together.

at *Maillardville Community Centre*

Su Feb 16 5:15 – 7:15 p.m. 1/\$12 176298





**February continued**

**17**

**Family Day: Maillardville Family Fun Event (All Ages)**

Join us for Family Day fun at Maillardville with activities for the whole family! Please register each person attending separately.

*at Maillardville Community Centre*

M	Feb 17	10 a.m. – 12 p.m.	1/ <b>FREE</b>	174505
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**Family Day: Arts, Crafts and Games Workshop (2 – 10 yrs)**

Come together as a family and join us for art creations, crafts, games and more. This pworkshop is geared towards those 2-10 yrs.

*at Town Centre Park Community Centre*

M	Feb 17	10:30 a.m. – 12:30 p.m.	1/\$5	174919
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**Creative Cooks: Family Day Brunch Edition (3+ yrs)**

Join us on Family Day for a special 90 minute brunch edition of our popular Creative Cooks series! Make a delicious meal from scratch and sit down to enjoy it with your family. Each person attending must register.

*at Maillardville Community Centre*

M	Feb 17	9:30 – 11 a.m.	1/\$10	174501
M	Feb 17	12:30 – 2 p.m.	1/\$10	174502

**Family Day: Arts, Crafts and Games Workshop (2 – 10 yrs)**

Come together as a family and join us for art creations, crafts, games and more. This workshop is geared towards those 2 – 10 yrs.

*at Poirier Community Centre*

M	Feb 17	1:30 – 3:30 p.m.	1/\$5	174931
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**21**

**Hawaiian Hula Hour (19+ yrs)**

Aloha! Get ready to hear strums, sway, and soak up the spirit in this island-themed event! Enjoy some Hawaiian Punch, Mango Cheesecake, play, and make memories the lei'd back Hawaiian way. Hawaiian attire encouraged.

*at Dogwood Pavilion*

F	Feb 21	1:30 – 3 p.m.	1/\$10	175074
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**26**

**Poirier Youth: Pink Shirt Day Event (11 – 18 yrs)**

Come join other youth at the Poirier Getaway Youth Centre in a casual environment and share your experiences of how you have taken a stand against bullying. You will also learn about resources available if you or someone you know is experiencing bullying.

*at Poirier Youth Centre*

W	Feb 26	4:30 – 6:30 p.m.	1/ <b>FREE</b>	173635
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**27**

**Indoor Plant Swap and Talk (19+ yrs)**

Expand your plant collection and learn about caring for indoor plants. This program is in partnership with the Dogwood Seniors Society Garden Club. Bring a healthy plant, plant baby, cutting, or propagation to trade or share if you wish.

*at Dogwood Pavilion*

Th	Feb 27	1:30 – 3 p.m.	1/ <b>FREE</b>	176268
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**28**

**Maillardville Family Movie Night: Cheaper by the Dozen (2003) (All Ages)**

Join us for an evening of cinematic fun! Enjoy wholesome entertainment suitable for all ages with beloved classics and new favourites. Popcorn provided.

*at Maillardville Community Centre*

F	Feb 28	5:30 – 8 p.m.	1/\$5	174804
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## March

1

### Maillardville Family Movie Night: Harry Potter and the Chamber of Secrets (2002) (All Ages)

Join us for an evening of cinematic fun! Enjoy wholesome entertainment suitable for all ages with beloved classics and new favourites. Popcorn provided.

at Maillardville Community Centre

Sa Mar 1 5:30 – 8 p.m. 1/\$5 174876

2

### Sunday Family Dinner: Baked Potato Soup with Baguette Crisps (6+ yrs)

Explore new recipes and cooking techniques with your family, and make Sunday family dinners an occasion! Create a tasty and wholesome meal while building on your family's kitchen knowledge and cooking skills, and take some time to share a meal together.

at Maillardville Community Centre

Su Mar 2 5:15 – 7:15 p.m. 1/\$12 176301

4

### Mardi Gras Themed Luncheon and Movie (19+ yrs)

Mardi Gras means Fat Tuesday in French or also known as Shrove Tuesday, and represents the Carnival celebration before the Christian season of Lent begins. Join us for a themed lunch and movie. Menu: Turkey Burgers with Grilled Vegetables, Salad and Dessert.

at Glen Pine Pavilion

Tu Mar 4 10:45 a.m. – 1 p.m. 1/\$22 173825

5

### Glen Pine 50plus Society Annual General Meeting (19+ yrs)

Glen Pine 50plus Society hosts their Annual General Meeting.

at Glen Pine Pavilion

W Mar 5 1:30 – 3:30 p.m. 1/FREE 173804



## March continued

### 7

#### International Women's Day Presentation: Accelerate Action (19+ yrs)

Celebrate International Women's Day and join us for a presentation by Willy Martin, President of the Dogwood Pavilion Seniors Society. The presentation will focus on the theme of accelerate action.

at Dogwood Pavilion

F Mar 7 10 – 11:30 a.m. 1/FREE 173855

#### Poirier Youth: The Getaway Pool Tournament (11 – 18 yrs)

Show off your billiards skills at Poirier's Getaway Youth Centre's first ever pool tournament! Register here to be added to a tournament timeslot. Enjoy a friendly competition, light refreshments, and the chance to win the title of Getaway Pool Champion 2025! Please arrive on time.

at Poirier Youth Centre

F Mar 7 5:30 – 8 p.m. 1/FREE 174363

### 8

#### International Women's Day Purple Cupcakes (19+ yrs)

Celebrate International Women's Day by joining us for a fun cupcake class dedicated to the vibrant purple colour and flavour of ube! In this hands-on workshop, you'll learn to create beautiful, fluffy ube cupcakes topped with a luscious whipped frosting.

at Dogwood Pavilion

Sa Mar 8 9:30 – 11:30 a.m. 1/\$25 174602

#### International Women's Day Movie (19+ yrs)

International Women's Day (March 8) is a global day celebrating the social, economic, cultural, and political achievements of women. The theme for 2025 is Accelerate Action. Grab a snack and be inspired by viewing this movie.

at Glen Pine Pavilion

Sa Mar 8 12:30 – 2:45 p.m. 1/FREE 173971

#### International Women's Day Movie: Made in Dagenham (19+ yrs)

Movie: Made in Dagenham – A dramatization of the 1968 strike at the Ford Dagenham car plant, where female workers walked out in protest against sexual discrimination.

at Dogwood Pavilion

Sa Mar 8 1 – 3 p.m. 1/FREE 174609

### 14

#### Poirier Early Years: Let's Celebrate Spring (2 – 5 yrs)

Let's celebrate Spring together! Come and join us at Poirier Community Centre for a fun and interactive Spring-themed activity and craft. This is an adult participation event.

at Poirier Community Centre

F Mar 14 11:30 a.m. – 12:15 p.m. 1/\$5 173639

#### Poirier Youth: MasterChef Cook-Off (11 – 18 yrs)

Poirier Youth Master Chef Cook-Off! 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 Mar 14 5:30 – 8 p.m. 1/\$5 173634

### 18

#### Spring Break Movie Night: Garfield (5+ yrs)

Spring Break Movie Night for adult and kids together at Dogwood Pavilion. Price includes the movie and light refreshments. Each person attending must register.

at Dogwood Pavilion

Tu Mar 18 6 – 8 p.m. 1/\$5 174654

### 19

#### Intergenerational Art Studio: Acrylic Painting (8+ yrs)

Take an art class together along side your child or grandchild in this fun family program. Learn to create a spring theme acrylic painting. All participants will complete their own art work. Each person attending must register.

at Dogwood Pavilion

W Mar 19 9:30 – 11:30 a.m. 1/\$21.10 173982





## March continued

### Nowruz Eve: First Day of Spring Luncheon (19+ yrs)

Nowruz, also known as Persian New Year, has been observed for more than 3000 years as the victory of spring over darkness. Menu: Fish, Rice and Steamed Vegetables with Dessert. Entertainment is included.

at *Glen Pine Pavilion*

W Mar 19 11:30 a.m. – 1:30 p.m. 1/\$22 173782

## 20 and 27

### Spring Break Movie (4+ yrs)

Bring family and friends to Glen Pine during Spring Break to enjoy a family movie together. Price includes the movie, a snack and a drink (pop or juice). All movies are adult participation and open to ages 4+. Each person attending must register.

at *Glen Pine Pavilion*

Th Mar 20 10 a.m. – 12 p.m. 1/\$5 173977

Th Mar 27 10 a.m. – 12 p.m. 1/\$5 173976

## 21

### Poirier Early Years: Let's Celebrate Nowruz (2 – 5 yrs)

Let's celebrate Nowruz together! Come and join us at Poirier Community Centre for a fun and interactive activity and craft. This is an adult participation event.

at *Poirier Community Centre*

F Mar 21 11:30 a.m. – 12:15 p.m. 1/\$5 174347

## 22

### Intergenerational Spring Break Cooking Class: Brunch (8+ yrs)

Join us for this special event for adults and kids together. Create and bake some brunch menu classics in this hands-on cooking class and taste them together while socializing. Each person attending must register.

at *Dogwood Pavilion*

Sa Mar 22 9:30 – 11:30 a.m. 1/\$15 174587

## 24

### Spring Break Movie Night: DC League of Super-Pets (5+ yrs)

Spring Break Movie Night for adult and kids together at Dogwood Pavilion. Price includes the movie and light refreshments. Each person attending must register.

at *Dogwood Pavilion*

M Mar 24 6 – 8 p.m. 1/\$5 174657

## 26

### Intergenerational Art Studio: Exploring Pastels (8+ yrs)

Take an art class together along side your child or grandchild in this fun family program. Learn to draw with colourful pastels. All participants will complete their own art work. Each person attending must register.

at *Dogwood Pavilion*

W Mar 26 9:30 – 11:30 a.m. 1/\$15.40 173983

## 27

### Spring Break Family Art Craft Night (4+ yrs)

Enjoy a family art night together during Spring Break and leave with a completed craft project. Each person attending must register.

at *Glen Pine Pavilion*

Th Mar 27 6 – 8 p.m. 1/\$13.05 172400

## 29

### Intergenerational Spring Break Cooking Class: Pizza (8+ yrs)

Join us for this special event for adults and kids together. Create and bake classic marinara pizza from scratch in this hands-on cooking class and enjoy it together while socializing. Each person attending must register.

at *Dogwood Pavilion*

Sa Mar 29 9:30 – 11:30 a.m. 1/\$15 174590

# 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



# A Free 10 Week Program to Inspire Healthier BC Families in Coquitlam!

Learn together about:

- Healthy Eating
- Physical Activity
- Screen time
- Sleep Routines
- Wellness



**For families with at least one child ages 8-12**  
(One parent/caregiver must attend each week)

**Online self-directed option is available for families outside of the age range**

**Program includes:**

- Q&A's with health professionals
- A family cooking class
- Post program recreation credit based on attendance

**Coquitlam - Centennial Pavilion**  
**Sundays 1:00-3:00pm**  
February 9 - April 13



**Scan QR Code or**  
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**Register and**  
**Learn More**

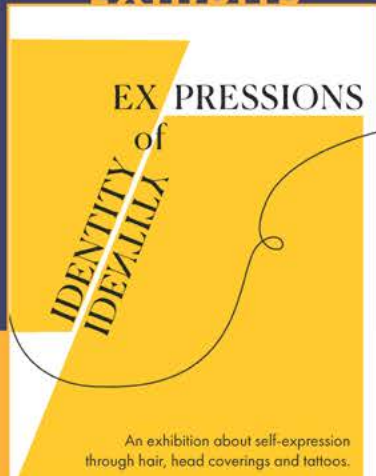


WE ARE NOW OPEN LATE ON THURSDAYS AND FRIDAYS

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## EXHIBITS



An exhibition about self-expression through hair, head coverings and tattoos.

### MACKIN HOUSE

EXPRESSIONS OF IDENTITY | FEB 1  
FAIRIES IN THE GARDEN | FEB 1  
LIFE IN A PERIOD HOME | ONGOING

### PLACE DES ART

YOUR IMAGE | APR 4

### COQUITLAM PUBLIC LIBRARY

NOSTALGIA | MARCH 1

### COQUITLAM

SPORTS HALL OF FAME  
ROLL UP - ROLLER DERBY | ONGOING

## EVENTS



LEARN ABOUT LUNAR NEW YEAR TRADITIONS

ENJOY PERFORMANCES AND FOOD DEMONSTRATIONS

MAKE CRAFTS AND READ BOOKS IN OTHER ASIAN LANGUAGES WITH COMMUNITY ORGANIZATIONS

HAVE TRADITIONAL NEW YEAR DRINKS AND SNACKS

WATCH OUR WEBSITE FOR MORE DETAILS

### MORE EVENTS

JANUARY

LUNAR NEW YEAR CELEBRATION  
BOOK CLUB

FEBRUARY

BOOK CLUB  
VALENTINES SPECIAL  
BLACK HISTORY MONTH FAMILY DAY

MARCH

FESTIVAL DU BOIS  
SPRING BREAK CAMP

AND MORE....

## SCHOOL



COMMUNICATION AND TECHNOLOGY  
HISTORICAL BIN

CALLING ALL TEACHERS!  
BOOK AN IN CLASS HISTORICAL BIN PRESENTATION WITH US TODAY.

CHECK OUR WEBSITE FOR MORE DETAILS.

### HISTORICAL BINS

COMMUNICATION & TECHNOLOGY  
MALLARDVILLE COMMUNITY 1909  
EVOLUTION OF MUSIC

### EDUCATION KITS

FAMILY LIFE  
FOOD CULTURE EVOLUTION  
RICH LANDS

### MUSEUM TOURS

MACKIN HOUSE TOUR  
MALLARDVILLE WALKING TOUR

### VIRTUAL TOURS

MACKIN HOUSE TOUR  
HOMEFRONT: WORLD WAR II  
TRAIN STATION & CABOOSE  
THE HISTORY OF EVERYDAY OBJECTS  
FAMILY LIFE  
COQUITLAM'S HEART OF GOLD

# Bettie Allard YMCA



Shine On

**BettieAllard  
YMCA.ca**



@BettieAllardYMCA

955 Emerson St.,  
Coquitlam, BC

## **Start Swim Lessons Today!**

Get your child water safe at Coquitlam's Bettie Allard YMCA!

Start immediately and your child's time slot is yours for as long as you wish.

Visit our website at [BettieAllardYMCA.ca](http://BettieAllardYMCA.ca) to learn more and register today!





### Science Expo 2025

Celebrate knowledge and discovery at the Coquitlam Public Library Science Expo! Held in May 2025, the Expo will be an opportunity for science-loving students to exhibit their amazing experiments and innovations.

Local students in grades 4–12 who would like to participate in the Expo must apply online by February 23, 2025. Exhibitors will have the chance to win exciting prizes.

For more information, visit [coqlibrary.ca/science-expo](http://coqlibrary.ca/science-expo)



### Home Delivery Services

Are you or is someone you know unable to regularly visit the library, but miss borrowing books, audiobooks, or DVDs?

We are happy to bring library services to your front door! Coquitlam Public Library delivers and retrieves library materials free of charge to Coquitlam residents who are temporarily or permanently homebound in private homes, residences and care centres.

To learn more about this program, please email [outreach@coqlibrary.ca](mailto:outreach@coqlibrary.ca) or phone 604-554-7334.



### Get Cooking!

NYT Cooking is the digital source for thousands of the best recipes from *The New York Times* along with how-to guides for home cooks at every skill level. Discover mealtime inspiration, diverse recipes, and dynamic guides at [coqlibrary.ca/online](http://coqlibrary.ca/online)

City Centre Branch | 1169 Pinetree Way  
Poirier Branch | 575 Poirier Street  
604-554-7323 | [ask@coqlibrary.ca](mailto:ask@coqlibrary.ca)





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**EVERGREEN**  
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art  
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# COQUITLAM'S VENUE FOR **LIVE** ARTS EVENTS & EXPERIENCES



**ART WORKSHOPS • FAMILY SHOWS  
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Coquitlam

Supported by the Province of British Columbia

# Connect with Coquitlam

Learn more about what's happening in your community



## Coquitlam Current E-News

Bi-weekly emails on the latest City news and important resident information.

## PRC E-News

Recreation registration details, program highlights, park events and more delivered straight to your inbox.



## CoquitlamConnect App

Search City news, events, bike maps, park and facility info and more.



## Public Notices

Find statutory notices published on the City's website or sign-up for email notifications.



## Social Media

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