

Registration Information on page 5

September to December  
**FALL 2026**

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

## How to Use This Guide

### Drawing for Youth (8–14 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

# Table of Contents

|                                            |    |
|--------------------------------------------|----|
| Welcome to Coquitlam                       | 2  |
| Registration                               | 5  |
| Admission Fees and Recreation Passes       | 6  |
| Parks                                      | 7  |
| Outdoor Recreation <i>(Mixed Ages)</i>     | 9  |
| Volunteering                               | 11 |
| Drop-in Fitness                            | 12 |
| Health and Fitness                         | 16 |
| Adult                                      | 21 |
| 50 Plus Services, Activities and Bus Trips | 49 |
| Arts and Culture                           | 57 |

**Please find Special Events in  
a special appendix.**



# Accessibility and Inclusion

The City of Coquitlam is working to make our services, spaces and programs more welcoming, accessible and inclusive for everyone.

To support this work, the City has adopted its first Accessibility and Inclusion Plan. The Plan builds on our ongoing commitment to equity, diversity, inclusion and accessibility, and provides a guide for reducing barriers so more people can fully participate in community life.

Learn more at [coquitlam.ca/EDI](https://coquitlam.ca/EDI) and [coquitlam.ca/accessibility](https://coquitlam.ca/accessibility).

Coquitlam



## Accessibility Awareness

We strive to make community recreation experiences accessible and inclusive for everyone. See a program you like but need some help to get involved? Email Community Access and Support and we'll work with you to find ways to help you participate: [CommunityAccess@coquitlam.ca](mailto:CommunityAccess@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

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

#### *How To Register 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)

### 2 Over the Phone 604-927-4386

Get staff assistance with registration during these hours (except statutory holidays):

- Monday to Friday: 8:30 a.m. – 6 p.m.
- Saturday and Sunday: 10 a.m. – 2 p.m.

### 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.

# Admission Fees and Recreation Passes

## Coquitlam PRC 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.



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 March 31, 2027.

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. No refunds for 10-Visit, 30-Day, 365-Day Passes or 10 Skate Rental Passes. There is a two year expiry on all 10-Visit Passes and 10 Skate Rental Passes.

|                              |                         | Single Drop-In | 10-Visit Pass <sup>3</sup> | 30-Day Pass | Monthly Cont. Pass <sup>2</sup> | 365-Day Pass |
|------------------------------|-------------------------|----------------|----------------------------|-------------|---------------------------------|--------------|
| Child                        | (0 – 12 yrs)            | \$3.43         | \$27.50                    | \$31.60     | \$22.10                         | \$248        |
| Youth / Student <sup>1</sup> | (13 – 18 / 19 – 25 yrs) | \$5.10         | \$40.80                    | \$47.30     | \$33.20                         | \$373        |
| Adult                        | (19 – 64 yrs)           | \$6.81         | \$54.50                    | \$63.20     | \$44.20                         | \$496        |
| Senior                       | (65 – 79 yrs)           | \$5.10         | \$40.80                    | \$47.30     | \$33.20                         | \$373        |
| Super Senior                 | (80 yrs +)              | \$3.43         | \$27.50                    | \$31.60     | \$22.10                         | \$248        |
| Adult and Tot                | (per person)            | \$3.43         | \$27.50                    | —           | —                               | —            |

<sup>1</sup> Students 19 – 25 yrs must present valid full time student ID <sup>2</sup> A minimum three month commitment is required

<sup>3</sup> May be shared with family or friends in the same age bracket for drop-in programs that do not require pre-registration. 10 visit passes will expire 2 years from date of purchase.

## Additional Arena Services

Prices valid through to March 31, 2027.

|                  | Drop-In | 10-Visit Pass |
|------------------|---------|---------------|
| Skate Rentals    | \$3.43  | \$27.50       |
| Helmet Rentals   | \$2.19  | \$17.40       |
| Skate Sharpening | \$5.52  | —             |

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.

## SCHOOL'S OUT PASS

Only \$25

Get unlimited drop-in access to Coquitlam pools, gyms, and rinks during summer, winter, and spring breaks for just \$25 with the School's Out Pass!

[coquitlam.ca/SchoolsOut](http://coquitlam.ca/SchoolsOut)

Summer 2026:  
June 26 to Sept 7

Winter 2026-2027:  
Dec 19 to Jan 3

Spring 2027:  
March 13 to 29

# Parks

Park program registration opens at 8:30 a.m. on August 11 for Coquitlam residents and at 8:30 a.m. on August 13 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 local 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)



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



### 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)



## Learn, Grow and Connect in Coquitlam's Parks this Fall

Register now to take part in a variety of fun, hands-on and educational parks programs, built for all ages. From fall garden prep and winter sowing to nature-based activities such as photography and journaling, there's something for everyone. Join us for community banner painting, garden tours, Tree Spree walks and school garden visits. Seasonal highlights include the popular Gourd-geous Succulents workshop and Park Spark's Light Brigade, supporting the installation of the Lights at Lafarge display. Explore your local parks this fall and connect with your community as you learn new skills.

**Explore all the programs at:**

**[coquitlam.ca/registration](https://coquitlam.ca/registration) → Outdoors Section (Fall)**

# Outdoor Recreation

Registration opens at 8:30 a.m. on August 11 for Coquitlam residents and at 8:30 a.m. on August 13 for non-residents.

Mixed Ages



## Baby and Me Beginner Hike (0 – 1.5 yrs)

This beginner program is designed to introduce new parents and babies to easy walks/hikes. Must be able to carry baby for 90 mins. Trail and meet up locations will be emailed prior to start of program. Program will run rain or shine.

|    |                |                 |           |        |
|----|----------------|-----------------|-----------|--------|
| Tu | Sep 15 – Nov 3 | 10 – 11:30 a.m. | 8/\$36.80 | 234676 |
| Tu | Nov 10 – Dec 8 | 10 – 11:30 a.m. | 5/\$23    | 234847 |

## Backcountry Navigation (16+ yrs)

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

|    |        |                 |           |        |
|----|--------|-----------------|-----------|--------|
| Su | Oct 4  | 9 a.m. – 2 p.m. | 1/\$15.35 | 234731 |
| Su | Oct 11 | 9 a.m. – 2 p.m. | 1/\$15.35 | 234733 |
| Su | Oct 18 | 9 a.m. – 2 p.m. | 1/\$15.35 | 234734 |

## Baby and Me Intermediate Hike (0 – 1.5 yrs)

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

|    |                 |                   |           |        |
|----|-----------------|-------------------|-----------|--------|
| Th | Sep 17 – Nov 5  | 10 a.m. – 12 p.m. | 8/\$49.20 | 234694 |
| Th | Nov 12 – Dec 10 | 10 a.m. – 12 p.m. | 5/\$30.75 | 234848 |

## Beginner Bike Skills (16+ yrs)

Having trouble balancing, starting, or stopping on your bike? Beginner Bike Skills is a StreetWise course for adults who have not yet learned to ride a bike or lack the basic handling skills or confidence to cycle for urban transportation. This course occurs completely off-road, in a safe and comfortable environment for new riders. Under the guidance of our experienced instructors, participants will practice fundamental bike handling skills such as balance, braking, steering, and pedaling. Bicycles and helmets will be provided for participants who need them. In partnership with HUB Cycling.

|    |         |                  |        |        |
|----|---------|------------------|--------|--------|
| Sa | Sept 12 | 2 – 4 p.m.       | 1/\$15 | 238849 |
| Sa | Sept 19 | 11 a.m. – 1 p.m. | 1/\$15 | 235973 |

**Beginner E-Scooter Skills (16+ yrs)**

Interested in learning more about e-scooters and staying safe on the road? Learn to use an e-scooter safely with HUB Cycling! Join us for a two hour, small group, immersive course on how to safely and legally use an e-scooter across BC. This course includes an introductory discussion, an exploratory skill session, and a guided ride around local streets. There will be free e-scooters and helmets for use by any participants who need them. In partnership with HUB Cycling.

|    |        |                  |        |        |
|----|--------|------------------|--------|--------|
| Sa | Sep 12 | 11 a.m. – 1 p.m. | 1/\$15 | 235971 |
|----|--------|------------------|--------|--------|

**Beginner Hike: Coquitlam River (19+ yrs)**

This hike will loop a section of the Coquitlam River to north David Ave. Most of the trail will be flat and wide. Be prepared for some uneven ground and some short hills. Time will be taken to explain how nature and humans coexist in the watershed of this urban stream. Roundtrip distance is 6 km with minimal elevation change.

|    |       |                  |          |        |
|----|-------|------------------|----------|--------|
| Sa | Nov 7 | 9 a.m. – 12 p.m. | 1/\$9.30 | 234835 |
|----|-------|------------------|----------|--------|

**Beginner Hike: Jug Island and Admiralty Point (19+ yrs)**

Hike in təmtəx̱w̱tən Regional Park (formally known as Belcarra). The hike will traverse the undulating spine of the peninsula and will travel through a lush forest. Elevation will be lost steeply before reaching a wonderful beach to view Jug Island and views up Indian Arm. This hike will also explore Admiralty Point on the return. Roundtrip 10 km with a cumulative elevation gain of 245 m.

|    |        |                    |           |        |
|----|--------|--------------------|-----------|--------|
| Sa | Oct 24 | 9 a.m. – 1:30 p.m. | 1/\$13.95 | 234834 |
|----|--------|--------------------|-----------|--------|

**Eco Trekkers (2 – 5 yrs)**

Explore the forest's ecosystem alongside your little one. Explore the trails, balance on logs, pet slugs, jump in puddles, compare and contrast living and non-living things. Trail and Meet up locations to be emailed prior to start of program. Program to take place at various outdoor locations. Adult participation is required.

|    |               |             |           |        |
|----|---------------|-------------|-----------|--------|
| Sa | Oct 3 – Nov 7 | 9 – 10 a.m. | 6/\$18.45 | 234719 |
|----|---------------|-------------|-----------|--------|

|    |                 |             |           |        |
|----|-----------------|-------------|-----------|--------|
| Sa | Nov 14 – Dec 12 | 9 – 10 a.m. | 5/\$15.40 | 234836 |
|----|-----------------|-------------|-----------|--------|



**Tell us how we did!**

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

**All Abilities Welcome!**

Visit page 4 for details

**Intermediate Bike Skills (16+ yrs)**

Want to take your cycling experience to the next level? Intermediate Bike Skills is a course for people who have mastered the basics of riding a bike and are looking to become more confident riding on city streets and pathways. Start with a refresher skills session and progress to a Road Ride in the local community. When riding on the road our courses maintain a 1:6 instructor-to-participant ratio to ensure optimum safety and plenty of instructor attention. Bicycles and helmets will be provided for participants who need them. In partnership with HUB Cycling.

|    |        |            |        |        |
|----|--------|------------|--------|--------|
| Sa | Sep 19 | 2 – 4 p.m. | 1/\$15 | 235974 |
|----|--------|------------|--------|--------|

**Intermediate Hike: Belcarra and Sasamat Lake Loop (16+ yrs)**

Hike in təmtəx̱w̱tən Regional Park (formally known as Belcarra) while traveling on groomed park trails and quiet roads. Loop Woodhaven Swamp and Sasamat Lake along the way as well as views of Bedwell Bay. Roundtrip distance 12 km with a cumulative elevation gain of 270 m.

|    |       |                 |           |        |
|----|-------|-----------------|-----------|--------|
| Sa | Oct 3 | 9 a.m. – 1 p.m. | 1/\$12.40 | 234729 |
|----|-------|-----------------|-----------|--------|

**Intermediate Hike: Night Owls Trail Hikes (16+ yrs)**

Hike by the light of your headlamp. This hiking program will explore intermediate trails around the Tri-Cities in the evening. Trails will come alive with sounds, smells and glowing eyes peering back from the bushes! Hikes are weather dependent. Prior hiking experience required, 5-10km on moderately steep terrain.

|   |               |            |        |        |
|---|---------------|------------|--------|--------|
| W | Nov 4 – Dec 2 | 6 – 8 p.m. | 5/\$31 | 234754 |
|---|---------------|------------|--------|--------|

**Intermediate Hiking: Buntzen Adventures (16+ yrs)**

Hike around BC Hydro's Buntzen Lake reservoir and take in three great viewpoints on the Diez Vistas Trail. Hikes will include beautiful views of Indian Arm, the North Shore mountains, Buntzen Lake and Eagle Ridge. Trails will have some very steep sections so care and hands may be needed. Roundtrip distance will be 8 and 10 km with cumulative elevation gains of 275 m and 550 m.

|    |                 |                 |           |        |
|----|-----------------|-----------------|-----------|--------|
| Th | Sep 17 – Sep 24 | 9 a.m. – 1 p.m. | 2/\$26.35 | 234696 |
|----|-----------------|-----------------|-----------|--------|

# 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](https://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.

# Drop-In Fitness



## ONE PASS and Drop-in Fees

Prices valid at all facilities through to March 31, 2027.

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 <sup>3</sup> | 30-Day Pass | Monthly Cont. Pass <sup>2</sup> | 365-Day Pass |
|------------------------------|-------------------------|----------------|----------------------------|-------------|---------------------------------|--------------|
| Child                        | (0 – 12 yrs)            | \$3.43         | \$27.50                    | \$31.60     | \$22.10                         | \$248        |
| Youth / Student <sup>1</sup> | (13 – 18 / 19 – 25 yrs) | \$5.10         | \$40.80                    | \$47.30     | \$33.20                         | \$373        |
| Adult                        | (19 – 64 yrs)           | \$6.81         | \$54.50                    | \$63.20     | \$44.20                         | \$496        |
| Senior                       | (65 – 79 yrs)           | \$5.10         | \$40.80                    | \$47.30     | \$33.20                         | \$373        |
| Super Senior                 | (80 yrs +)              | \$3.43         | \$27.50                    | \$31.60     | \$22.10                         | \$248        |
| Adult and Tot                | (per person)            | \$3.43         | \$27.50                    | —           | —                               | —            |

<sup>1</sup> Students 19 – 25 yrs must present valid full time student ID    <sup>2</sup> A minimum three month commitment is required

<sup>3</sup> May be shared with family or friends in the same age bracket for drop-in programs that do not require pre-registration. 10 visit passes will expire 2 years from date of purchase.

## 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.*

|                       | City Centre Aquatic Complex | Glen Pine Pavilion*   | Pinetree Community Centre | Poirier Sport and Leisure Complex |
|-----------------------|-----------------------------|-----------------------|---------------------------|-----------------------------------|
| <b>Sunday:</b>        | 7 a.m. – 10:30 p.m.         | 10 a.m. – 2 p.m.      | 8 a.m. – 10 p.m.          | 6 a.m. – 10 p.m.                  |
| <b>Monday:</b>        | 5:30 a.m. – 10:30 p.m.      | 8:30 a.m. – 9 p.m.    | 8 a.m. – 10 p.m.          | 6 a.m. – 10 p.m.                  |
| <b>Tuesday:</b>       | 5:30 a.m. – 10:30 p.m.      | 8:30 a.m. – 9 p.m.    | 8 a.m. – 10 p.m.          | 6 a.m. – 10 p.m.                  |
| <b>Wednesday:</b>     | 5:30 a.m. – 10:30 p.m.      | 8:30 a.m. – 9 p.m.    | 8 a.m. – 10 p.m.          | 6 a.m. – 10 p.m.                  |
| <b>Thursday:</b>      | 5:30 a.m. – 10:30 p.m.      | 8:30 a.m. – 9 p.m.    | 8 a.m. – 10 p.m.          | 6 a.m. – 10 p.m.                  |
| <b>Friday:</b>        | 5:30 a.m. – 10:30 p.m.      | 8:30 a.m. – 4:30 p.m. | 8 a.m. – 10 p.m.          | 6 a.m. – 10 p.m.                  |
| <b>Saturday:</b>      | 5:30 a.m. – 10:30 p.m.      | 9 a.m. – 3 p.m.       | 8 a.m. – 10 p.m.          | 6 a.m. – 10 p.m.                  |
| <b>Stat Holidays:</b> | 10:30 a.m. – 10:30 p.m.     | Closed                | Closed                    | 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.

### 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

*Tuesday:* 7 – 8 a.m. | *Tuesday:* 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

*Tuesday:* 6 – 7 p.m. \*\*

#### Glen Pine Pavilion

*Monday:* 11 a.m. – 12 p.m. \*\*

\*\* Pending staff availability.

### Youth Orientation **LOW COST**

An orientation of the facility, the equipment and safe use.

**Cost:** \$2. Register online or by calling 604-927-4386.

[Refer to the Youth Section](#) for days, times and locations.

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

## 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.

**First Assessment Session (1.25 hrs):** \$82  
Assessment session is mandatory for first-time clients.

**3 Sessions**  
(1-hour per):  
\$196

**5 Sessions**  
(1-hour per):  
\$312

**10 sessions**  
(1-hour per):  
\$588

Learn more at [coquitlam.ca/PersonalTraining](https://coquitlam.ca/PersonalTraining)

## 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

#### 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.

#### Dance4One ●●

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

#### Zumba® ●●

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

#### Zumba Gold® ●

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

#### 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.



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

#### 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.

### 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.

#### Chair Fit ●

Get in shape while still sitting. This class will lead you through some upper body strengthening, lower body strengthening and stretching all while having the security of being seated.

## Levels of Intensity

**Beginner:** ●

**All Levels:** ●●

**Challenging:** ●●●

### 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

### 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.

### Power Yoga ●●●

Get a full body workout linking breath to movement and focus on fast transitions to increase the heart rate. Burn calories with this powerful blend of yoga poses and postures.

### Stretch and Meditation ●

This will be a calming stretching class which will help create a mind-body connection, ending with a nice meditative exercise.

### 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.

## 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)*

# Health and Fitness

Registration opens at 8:30 a.m. on August 11 for Coquitlam residents and at 8:30 a.m. on August 13 for non-residents.



## 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 | Sep 8 – Oct 6   | 11 a.m. – 12 p.m. | 5/\$55 | 233425 |
| Tu | Oct 13 – Nov 10 | 11 a.m. – 12 p.m. | 5/\$55 | 233426 |
| Tu | Nov 17 – Dec 15 | 11 a.m. – 12 p.m. | 5/\$55 | 233427 |

## Aging with Strength (19+ yrs)

Curious what weight training can do for your fitness level? This class is a four-week program specifically designed for beginners and taught by a fitness trainer. It will include an orientation and etiquette session as well as a full body strength exercises done with weights. Please ask the front desk staff for additional options.

### at Glen Pine Pavilion

|   |                 |                   |        |        |
|---|-----------------|-------------------|--------|--------|
| W | Sep 9 – Oct 7   | 1:30 – 2:30 p.m.  | 4/\$48 | 235985 |
| F | Sep 11 – Oct 9  | 11 a.m. – 12 p.m. | 5/\$55 | 234419 |
| W | Oct 14 – Nov 4  | 1:30 – 2:30 p.m.  | 4/\$48 | 235986 |
| F | Oct 16 – Nov 13 | 11 a.m. – 12 p.m. | 5/\$55 | 234420 |
| W | Nov 18 – Dec 16 | 1:30 – 2:30 p.m.  | 5/\$60 | 235987 |
| F | Nov 20 – Dec 18 | 11 a.m. – 12 p.m. | 5/\$55 | 234421 |

## Barre (13+ yrs)

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

### at City Centre Aquatic Complex

|    |                 |                    |        |        |
|----|-----------------|--------------------|--------|--------|
| Th | Sep 10 – Oct 22 | 5:45 – 6:45 p.m.   | 7/\$77 | 233576 |
| Su | Sep 13 – Oct 11 | 10:45 – 11:45 a.m. | 5/\$55 | 233579 |
| Su | Oct 18 – Nov 15 | 10:45 – 11:45 a.m. | 5/\$55 | 233580 |
| Th | Oct 29 – Dec 17 | 5:45 – 6:45 p.m.   | 8/\$88 | 233577 |
| Su | Nov 22 – Dec 13 | 10:45 – 11:45 a.m. | 4/\$44 | 233582 |

### at Poirier Sport and Leisure Complex

|    |                 |                  |        |        |
|----|-----------------|------------------|--------|--------|
| Tu | Sep 8 – Oct 6   | 7:15 – 8:15 p.m. | 5/\$55 | 233406 |
| Tu | Oct 27 – Nov 17 | 7:15 – 8:15 p.m. | 4/\$44 | 233408 |
| Tu | Nov 24 – Dec 15 | 7:15 – 8:15 a.m. | 4/\$44 | 233588 |

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

## Running late for a fitness class?



The No Show Procedure helps make sure there's space for everyone.

- Pre-registered participants must check in within 5 minutes of the class start time
- After that, drop-in participants may be given any unclaimed spots

### 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 | Sep 9 – Oct 7   | 1 – 2 p.m. | 4/\$44 | 233409 |
| W | Oct 14 – Nov 4  | 1 – 2 p.m. | 4/\$44 | 233410 |
| W | Nov 18 – Dec 16 | 1 – 2 p.m. | 5/\$55 | 233411 |

### 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*

|   |                 |                         |           |        |
|---|-----------------|-------------------------|-----------|--------|
| F | Sep 11 – Oct 9  | 11:15 a.m. – 12:30 p.m. | 5/\$68.75 | 233451 |
| M | Sep 14 – Oct 5  | 11 a.m. – 12:15 p.m.    | 4/\$55    | 233429 |
| F | Oct 16 – Nov 13 | 11:15 a.m. – 12:30 p.m. | 5/\$68.75 | 233458 |
| M | Oct 19 – Nov 9  | 11 a.m. – 12:15 p.m.    | 4/\$55    | 233433 |
| M | Nov 16 – Dec 14 | 11 a.m. – 12:15 p.m.    | 5/\$68.75 | 233435 |
| F | Nov 20 – Dec 18 | 11:15 a.m. – 12:30 p.m. | 5/\$68.75 | 233462 |

*at Glen Pine Pavilion*

|   |                 |                     |           |        |
|---|-----------------|---------------------|-----------|--------|
| F | Sep 11 – Oct 9  | 11:45 a.m. – 1 p.m. | 5/\$68.75 | 234416 |
| F | Oct 16 – Nov 6  | 11:45 a.m. – 1 p.m. | 4/\$55    | 234417 |
| F | Nov 20 – Dec 18 | 11:45 a.m. – 1 p.m. | 5/\$68.75 | 234418 |

### 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 | Sep 9 – Oct 7   | 9:30 – 11 a.m. | 4/\$66.20 | 234425 |
| W | Oct 14 – Nov 4  | 9:30 – 11 a.m. | 4/\$66.20 | 234426 |
| W | Nov 18 – Dec 16 | 9:30 – 11 a.m. | 5/\$82.75 | 234427 |

### 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 | Sep 8 – Oct 1   | 12 – 1 p.m. | 7/\$77 | 233572 |
| Tu/Th | Oct 27 – Nov 19 | 12 – 1 p.m. | 8/\$88 | 233573 |
| Tu/Th | Nov 24 – Dec 17 | 12 – 1 p.m. | 8/\$88 | 233574 |

### Group Cycle: Christmas Night Ride (19+ yrs)

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

*at City Centre Aquatic Complex*

|   |        |                  |           |        |
|---|--------|------------------|-----------|--------|
| F | Dec 18 | 7:30 – 8:30 p.m. | 1/\$10.75 | 233919 |
|---|--------|------------------|-----------|--------|

### Group Cycle: HALLOWEEN Night Ride (19+ yrs)

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

*at City Centre Aquatic Complex*

|   |        |                  |           |        |
|---|--------|------------------|-----------|--------|
| F | Oct 30 | 7:30 – 8:30 p.m. | 1/\$10.75 | 234412 |
|---|--------|------------------|-----------|--------|

### Group Cycle: Ride and Strength (13+ yrs)

Ride and pump your way to a better, healthier you. This class will get your cardio and muscles going for an overall fitter self.

*at City Centre Aquatic Complex*

|   |                 |                  |        |        |
|---|-----------------|------------------|--------|--------|
| W | Sep 9 – Oct 7   | 6:45 – 7:45 p.m. | 4/\$44 | 233753 |
| W | Oct 14 – Nov 4  | 6:45 – 7:45 p.m. | 4/\$44 | 233754 |
| W | Nov 18 – Dec 16 | 6:45 – 7:45 p.m. | 5/\$55 | 233755 |

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

### 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 Poirier Sport and Leisure Complex

|   |                 |               |           |        |
|---|-----------------|---------------|-----------|--------|
| M | Sep 14 – Oct 5  | 6 – 7:30 p.m. | 4/\$66.20 | 234407 |
| M | Oct 19 – Nov 9  | 6 – 7:30 p.m. | 4/\$66.20 | 234408 |
| M | Nov 16 – Dec 14 | 6 – 7:30 p.m. | 5/\$82.75 | 234409 |

### Kickboxing (19+ yrs)

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

#### at Pinetree Community Centre

|    |                 |                  |           |        |
|----|-----------------|------------------|-----------|--------|
| Th | Sep 17 – Oct 1  | 7:45 – 8:45 p.m. | 3/\$31.05 | 233497 |
| Th | Oct 8 – Nov 5   | 7:45 – 8:45 p.m. | 5/\$51.75 | 233498 |
| Th | Nov 12 – Dec 10 | 7:45 – 8:45 p.m. | 5/\$51.75 | 233499 |

### 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

|   |                 |                  |        |        |
|---|-----------------|------------------|--------|--------|
| M | Sep 14 – Oct 5  | 6:45 – 7:45 p.m. | 4/\$44 | 233660 |
| M | Oct 19 – Nov 9  | 6:45 – 7:45 p.m. | 4/\$44 | 233663 |
| M | Nov 16 – Dec 14 | 6:45 – 7:45 p.m. | 5/\$55 | 233665 |

### 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 | Oct 14 – Nov 4 | 6 – 6:45 p.m. | 4/\$34.40 | 233938 |
|---|----------------|---------------|-----------|--------|

#### at Poirier Sport and Leisure Complex

|    |                 |                    |           |        |
|----|-----------------|--------------------|-----------|--------|
| Th | Nov 19 – Dec 17 | 10:45 – 11:30 a.m. | 5/\$41.25 | 234367 |
|----|-----------------|--------------------|-----------|--------|

### 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 | Sep 10 – Oct 8  | 2:15 – 3:45 p.m. | 4/\$32 | 233466 |
| Th | Oct 22 – Nov 12 | 2:15 – 3:45 p.m. | 4/\$32 | 233468 |
| Th | Nov 19 – Dec 17 | 2:15 – 3:45 p.m. | 5/\$40 | 233469 |

### 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 | Sep 10 – Oct 8  | 5:50 – 6:50 p.m. | 5/\$55 | 233734 |
| Th | Oct 15 – Nov 12 | 5:50 – 6:50 p.m. | 5/\$55 | 233735 |
| Th | Nov 19 – Dec 17 | 5:50 – 6:50 p.m. | 5/\$55 | 233736 |

#### at Poirier Sport and Leisure Complex

|    |                 |            |        |        |
|----|-----------------|------------|--------|--------|
| Su | Sep 13 – Oct 4  | 6 – 7 p.m. | 4/\$44 | 233412 |
| Su | Oct 18 – Nov 15 | 6 – 7 p.m. | 5/\$55 | 233413 |
| Su | Nov 22 – Dec 20 | 6 – 7 p.m. | 5/\$55 | 233414 |

### Prenatal Yoga (16+ yrs)

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

#### at Pinetree Community Centre

|   |                 |            |        |        |
|---|-----------------|------------|--------|--------|
| W | Sep 9 – Oct 7   | 7 – 8 p.m. | 4/\$44 | 233940 |
| W | Oct 14 – Nov 4  | 7 – 8 p.m. | 4/\$44 | 233941 |
| W | Nov 18 – Dec 16 | 7 – 8 p.m. | 5/\$55 | 233942 |

### 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.

**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 | Sep 13 – Oct 11 | 5:45 – 7 p.m. | 5/\$68.75 | 233740 |
| Su | Oct 18 – Nov 15 | 5:45 – 7 p.m. | 5/\$68.75 | 233741 |
| Su | Nov 22 – Dec 20 | 5:45 – 7 p.m. | 5/\$68.75 | 233743 |

**at Maillardville Community Centre**

|   |                 |                  |           |        |
|---|-----------------|------------------|-----------|--------|
| M | Sep 14 – Oct 5  | 7:30 – 8:45 p.m. | 4/\$55    | 233924 |
| M | Oct 19 – Nov 9  | 7:30 – 8:45 p.m. | 4/\$55    | 233925 |
| M | Nov 16 – Dec 14 | 7:30 – 8:45 p.m. | 5/\$68.75 | 233926 |

**Sound Healing Yoga and Meditation (13+ yrs)**

Come and experience the therapeutic benefits of a sound healing journey. This class combines some gentle yoga with the soothing vibrations of sound, helping reduce stress and restore balance. In today's chaotic world, sound healing offers a powerful way to calm the mind and support overall wellbeing. Breathe, stretch, and let the sound guide you towards inner peace and relaxation.

**at Poirier Sport and Leisure Complex**

|    |                 |            |        |        |
|----|-----------------|------------|--------|--------|
| Th | Sep 10 – Oct 22 | 8 – 9 p.m. | 7/\$77 | 233417 |
| Th | Oct 29 – Dec 3  | 8 – 9 p.m. | 6/\$66 | 233420 |

**Start 2 B Strong (13+ yrs)**

Start strong and learn the basics of lifting in a supportive small-group setting that helps you move better and feel stronger. This circuit style class progressively becomes more challenging to improve your fitness level. The class will incorporate the spin bikes, TRX, kettlebells, weights, dumbbells and resistance bands.

**at City Centre Aquatic Complex**

|    |                 |                  |        |        |
|----|-----------------|------------------|--------|--------|
| Th | Sep 10 – Oct 8  | 10 – 11 a.m.     | 5/\$55 | 233672 |
| M  | Sep 14 – Oct 5  | 6:45 – 7:45 p.m. | 4/\$44 | 237020 |
| Th | Oct 15 – Nov 12 | 10 – 11 a.m.     | 5/\$55 | 233676 |
| M  | Oct 19 – Nov 9  | 6:45 – 7:45 p.m. | 4/\$44 | 237021 |
| M  | Nov 16 – Dec 14 | 6:45 – 7:45 p.m. | 5/\$55 | 237022 |
| Th | Nov 19 – Dec 17 | 10 – 11 a.m.     | 5/\$55 | 233678 |

**All Abilities Welcome!**

Visit page 4 for details



## 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 have access to this facility without needing a YMCA membership.

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

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

TIME™ Plus is for people who can do the classic TIME™ exercises with ease, but still need hand supports to exercise. They are ready for greater balance and mobility, but may not be ready to join a regular fitness class. The specialized circuit-style class was created in partnership with the Fraser Health Authority providing a structured, safe and fun environment.

**at Centennial Pavilion**

|       |                 |            |          |        |
|-------|-----------------|------------|----------|--------|
| Tu/Th | Sep 8 – Oct 8   | 1 – 2 p.m. | 9/\$117  | 233471 |
| Tu/Th | Oct 13 – Nov 12 | 1 – 2 p.m. | 9/\$117  | 233479 |
| Tu/Th | Nov 17 – Dec 17 | 1 – 2 p.m. | 10/\$130 | 233480 |

**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 Maillardville Community Centre**

|     |                 |                  |          |        |
|-----|-----------------|------------------|----------|--------|
| M/W | Sep 9 – Oct 7   | 1:30 – 2:30 p.m. | 8/\$104  | 233920 |
| M/W | Oct 14 – Nov 9  | 1:30 – 2:30 p.m. | 8/\$104  | 233921 |
| M/W | Nov 16 – Dec 16 | 1:30 – 2:30 p.m. | 10/\$130 | 233922 |

## 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 | Sep 14 – Oct 5  | 9:30 – 10:45 a.m. | 4/\$55    | 234422 |
| M | Oct 19 – Nov 9  | 9:30 – 10:45 a.m. | 4/\$55    | 234423 |
| M | Nov 16 – Dec 14 | 9:30 – 10:45 a.m. | 5/\$68.75 | 234424 |

## Workshop: Autumn Renewal Sound Bath Meditation (19+ yrs)

Join us for a candlelit sound bath honoring the Autumn Equinox and September Harvest Full Moon—a time of balance, release, and renewal. Through gentle movement, breathwork, guided meditation, and the soothing sounds of crystal singing bowls, chimes, ocean drum, and other instruments, you'll be invited to relax, reflect, and set intentions for the season ahead.

A nurturing space to restore balance and embrace autumn.

*at Maillardville Community Centre*

|   |        |            |        |        |
|---|--------|------------|--------|--------|
| F | Sep 25 | 7 – 9 p.m. | 1/\$22 | 234410 |
|---|--------|------------|--------|--------|

## Workshop: Prenatal Workshop (19+ yrs)

This 2-hour prenatal yoga workshop offers expectant mothers a supportive space for movement, learning, and connection.

The workshop includes a guided group discussion, a 60-minute prenatal yoga practice suitable for all trimesters, and an extended candle-lit savasana for deep relaxation. After a short break, participants will engage in an educational discussion on preparing for labor and delivery, hear a positive birth story, and enjoy time for questions and community connection.

*at City Centre Aquatic Complex*

|    |        |            |        |        |
|----|--------|------------|--------|--------|
| Sa | Nov 28 | 1 – 3 p.m. | 1/\$22 | 234414 |
|----|--------|------------|--------|--------|

## 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 | Sep 15 – Oct 6  | 8:15 – 9:15 p.m. | 4/\$44 | 233913 |
| Tu | Oct 13 – Nov 10 | 8:15 – 9:15 p.m. | 5/\$55 | 233914 |
| Tu | Nov 17 – Dec 15 | 8:15 – 9:15 p.m. | 5/\$55 | 233915 |

## 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 Maillardville Community Centre*

|    |                 |                  |           |        |
|----|-----------------|------------------|-----------|--------|
| Su | Sep 13 – Oct 11 | 7:45 – 8:45 p.m. | 5/\$68.75 | 233927 |
| Su | Oct 18 – Nov 15 | 7:45 – 8:45 p.m. | 5/\$68.75 | 233928 |
| Su | Nov 22 – Dec 20 | 7:45 – 8:45 p.m. | 5/\$68.75 | 233929 |

## Zumba + Lift™ (13+ yrs)

Zumba + Lift™ – where rhythm meets results. This science-based, music-driven workout fuses the high-energy fun of the Zumba® program with the muscle-sculpting power of strength training. Help burn fat, build strength, and boost endurance with alternating intervals of dancing and weightlifting set to an electrifying playlist.

*at Pinetree Community Centre*

|    |                 |                  |        |        |
|----|-----------------|------------------|--------|--------|
| Th | Sep 10 – Oct 8  | 7:15 – 8:15 p.m. | 5/\$55 | 233950 |
| Th | Oct 15 – Nov 12 | 7:15 – 8:15 p.m. | 5/\$55 | 233951 |
| Th | Nov 19 – Dec 17 | 7:15 – 8:15 p.m. | 5/\$55 | 233952 |

## 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 [CommunityAccess@coquitlam.ca](mailto:CommunityAccess@coquitlam.ca).

# Adult

Registration opens at 8:30 a.m. on August 11 for Coquitlam residents and at 8:30 a.m. on August 13 for non-residents.

19 yrs +

(unless otherwise noted)



## Cards and Games

### Dungeons and Dragons Campaign Play (19+ yrs)

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

|    |                 |                   |        |        |
|----|-----------------|-------------------|--------|--------|
| Sa | Sep 12 – Oct 24 | 12:15 – 2:45 p.m. | 7/\$35 | 233984 |
| Tu | Sep 15 – Oct 27 | 7 – 8:45 p.m.     | 7/\$35 | 233375 |
| W  | Sep 16 – Oct 28 | 2:15 – 5:15 p.m.  | 6/\$30 | 233393 |
| Tu | Nov 3 – Dec 15  | 7 – 8:45 p.m.     | 7/\$35 | 233376 |
| W  | Nov 4 – Dec 16  | 2:15 – 5:15 p.m.  | 6/\$30 | 233394 |
| Sa | Nov 7 – Dec 19  | 12:15 – 2:45 p.m. | 6/\$30 | 233985 |

### Euchre (19+ yrs)

Learn how to play Euchre! Students will learn the rules, card values, scoring, trump, and basic strategies through guided instruction and practice games.

at Dogwood Pavilion

|   |                |                   |           |        |
|---|----------------|-------------------|-----------|--------|
| F | Sep 18 – Oct 9 | 10 a.m. – 12 p.m. | 4/\$11.40 | 234625 |
|---|----------------|-------------------|-----------|--------|

### Impossible Brain Puzzles (12+ yrs)

Join us for some mind-bending and fun puzzles to challenge your thinking. Simple hands-on paper-based puzzles will be provided at each session for you to solve using your creative, lateral and analytical thinking. Great way to exercise your brain and engage with others who love science, technology, engineering and mathematics and more. No experience necessary and available as a multi-generational activity. Facilitated by a volunteer Impossible Puzzler who has researched and compiled centuries of global puzzles.

at Dogwood Pavilion

|    |       |                 |       |        |
|----|-------|-----------------|-------|--------|
| Tu | Sep 1 | 10 – 11:30 a.m. | 1/\$5 | 234347 |
| Tu | Oct 6 | 10 – 11:30 a.m. | 1/\$5 | 234348 |
| Tu | Nov 3 | 10 – 11:30 a.m. | 1/\$5 | 234349 |
| Tu | Dec 1 | 10 – 11:30 a.m. | 1/\$5 | 234350 |



**Tell us how we did!**

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

## All Abilities Welcome!

Visit page 4 for details

### Learn to Play Bridge (19+ yrs)

Start with understanding the roles of players and the basic rules of play. Continue with bidding, the process of deciding which suit will be trumps for the round and how many tricks a partnership aims to win. Learn tactics and introduce scoring.

*at Glen Pine Pavilion*

|    |                |                  |           |        |
|----|----------------|------------------|-----------|--------|
| Th | Nov 5 – Dec 10 | 6:30 – 8:30 p.m. | 6/\$17.10 | 234323 |
|----|----------------|------------------|-----------|--------|

### Magic With Cards – Brain Puzzles (12+ yrs)

Interesting brain puzzles that demonstrate the magic of cards. Exercise the brain and be excited at what you can solve when given that challenge.

*at Glen Pine Pavilion*

|   |       |                  |       |        |
|---|-------|------------------|-------|--------|
| W | Oct 7 | 7:15 – 8:45 p.m. | 1/\$5 | 235201 |
|---|-------|------------------|-------|--------|

### Mah Jong Beginner (19+ yrs)

Learn the fundamentals of traditional Hong Kong Style Mah Jong in a friendly and supportive environment. Participants will be introduced to the tiles, basic rules, gameplay, and scoring while developing strategy, concentration, and social connections through guided practice and play.

*at Dogwood Pavilion*

|    |                 |                   |           |        |
|----|-----------------|-------------------|-----------|--------|
| Th | Oct 22 – Nov 26 | 9:30 – 11:30 a.m. | 6/\$17.10 | 235629 |
|----|-----------------|-------------------|-----------|--------|

### Paradoxes – Brain Puzzles (12+ yrs)

Think outside any standard rules! Paradox brain puzzles are mind-bending challenges that defy intuition, exploit loopholes in logic, or create contradictions in reality.

*at Glen Pine Pavilion*

|   |       |                  |       |        |
|---|-------|------------------|-------|--------|
| W | Dec 2 | 7:15 – 8:45 p.m. | 1/\$5 | 235203 |
|---|-------|------------------|-------|--------|

### Quick But Very Tricky – Brain Puzzles (12+ yrs)

Quick but very tricky fun puzzles to challenge your thinking.

*at Glen Pine Pavilion*

|   |        |                  |       |        |
|---|--------|------------------|-------|--------|
| W | Sep 16 | 7:15 – 8:45 p.m. | 1/\$5 | 235200 |
|---|--------|------------------|-------|--------|

### Science-Related – Brain Puzzles (12+ yrs)

Science-related brain puzzles challenge you to apply physics, biology, and chemistry concepts to solve paradoxes and riddles.

*at Glen Pine Pavilion*

|   |        |                  |       |        |
|---|--------|------------------|-------|--------|
| W | Nov 18 | 7:15 – 8:45 p.m. | 1/\$5 | 235202 |
|---|--------|------------------|-------|--------|

## Lifelong Learning

### Cooking: Around the World (19+ yrs)

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*

#### Argentina – Empanadas

|   |        |            |           |        |
|---|--------|------------|-----------|--------|
| W | Nov 18 | 6 – 8 p.m. | 1/\$31.80 | 233152 |
|---|--------|------------|-----------|--------|

#### Australia – Meat Pies

|   |        |            |           |        |
|---|--------|------------|-----------|--------|
| W | Nov 25 | 6 – 8 p.m. | 1/\$31.80 | 233153 |
|---|--------|------------|-----------|--------|

#### China – Hot and Sour Soup

|   |        |            |           |        |
|---|--------|------------|-----------|--------|
| W | Sep 16 | 6 – 8 p.m. | 1/\$31.80 | 233125 |
|---|--------|------------|-----------|--------|

#### China – Lotus Root Stir Fry

|   |        |            |           |        |
|---|--------|------------|-----------|--------|
| W | Oct 14 | 6 – 8 p.m. | 1/\$31.80 | 233142 |
|---|--------|------------|-----------|--------|

#### Germany – Pork Schnitzel

|   |       |            |           |        |
|---|-------|------------|-----------|--------|
| W | Oct 7 | 6 – 8 p.m. | 1/\$31.80 | 233135 |
|---|-------|------------|-----------|--------|

#### India – Butter Chickpeas

|   |       |            |           |        |
|---|-------|------------|-----------|--------|
| W | Dec 9 | 6 – 8 p.m. | 1/\$31.80 | 233155 |
|---|-------|------------|-----------|--------|

#### India – Pumpkin Erisserly

|   |        |            |           |        |
|---|--------|------------|-----------|--------|
| W | Sep 23 | 6 – 8 p.m. | 1/\$31.80 | 233127 |
|---|--------|------------|-----------|--------|

#### Italy – Cannoli

|   |        |            |           |        |
|---|--------|------------|-----------|--------|
| W | Oct 28 | 6 – 8 p.m. | 1/\$31.80 | 233148 |
|---|--------|------------|-----------|--------|

#### Korea – Bibimbap

|   |       |            |           |        |
|---|-------|------------|-----------|--------|
| W | Nov 4 | 6 – 8 p.m. | 1/\$31.80 | 233151 |
|---|-------|------------|-----------|--------|

#### Malaysia – Roti Chanai with Peanut Sauce

|   |       |            |           |        |
|---|-------|------------|-----------|--------|
| W | Sep 9 | 6 – 8 p.m. | 1/\$31.80 | 233124 |
|---|-------|------------|-----------|--------|

#### Mexico – Lentil Tacos

|   |        |            |           |        |
|---|--------|------------|-----------|--------|
| W | Dec 16 | 6 – 8 p.m. | 1/\$31.80 | 233156 |
|---|--------|------------|-----------|--------|

#### Middle East – Chicken Shawarma

|   |        |            |           |        |
|---|--------|------------|-----------|--------|
| W | Oct 21 | 6 – 8 p.m. | 1/\$31.80 | 233144 |
|---|--------|------------|-----------|--------|

#### Vietnam – Pho

|   |       |            |           |        |
|---|-------|------------|-----------|--------|
| W | Dec 2 | 6 – 8 p.m. | 1/\$31.80 | 233154 |
|---|-------|------------|-----------|--------|



**No experience necessary and all cooking supplies provided.**



**No experience necessary and  
all cooking supplies provided.**

### **Cooking: Autumn Moon Cakes (19+ yrs)**

Celebrate the Autumn Moon Festival by learning to make moon cakes. Learn how to prepare the pastry and filling, then shape, stamp and bake these beautiful pastries that symbolize family reunion, unity and harmony.

*at Dogwood Pavilion*

|    |        |                        |           |        |
|----|--------|------------------------|-----------|--------|
| Sa | Sep 26 | 9:30 a.m. – 12:30 p.m. | 1/\$47.70 | 233120 |
|----|--------|------------------------|-----------|--------|

### **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. Bring a jar to take home some starter!

*at Maillardville Community Centre*

|    |        |            |           |        |
|----|--------|------------|-----------|--------|
| Th | Sep 17 | 6 – 8 p.m. | 1/\$28.90 | 234563 |
| Th | Oct 15 | 6 – 8 p.m. | 1/\$28.90 | 234564 |
| Th | Nov 12 | 6 – 8 p.m. | 1/\$28.90 | 234565 |
| Th | Dec 10 | 6 – 8 p.m. | 1/\$28.90 | 234566 |

### **Cooking: Buche De Noel Cake (19+ yrs)**

Buche de Noel or Yule Log cake is a very impressive and delicious holiday dessert. As a group, learn to make a white sponge cake and fill it with flavoured whipped cream. Decorate with chocolate ganache to create a log like look and add a variety of garnishes.

*at Dogwood Pavilion*

|    |        |                   |           |        |
|----|--------|-------------------|-----------|--------|
| Sa | Dec 12 | 9:30 – 11:30 a.m. | 1/\$31.80 | 233190 |
|----|--------|-------------------|-----------|--------|

### **Cooking: Caribbean Fire and Spice (19+ yrs)**

Authentic Jamaican jerk chicken is complemented by the contrasting cool, fruity crunch of mango slaw and the sweet, starchy goodness of fried plantains. Caribbean Fire and Spice recipes will have you dreaming of beaches and happy reggae music.

*at Glen Pine Pavilion*

|    |        |                        |           |        |
|----|--------|------------------------|-----------|--------|
| Su | Oct 11 | 10:30 a.m. – 1:30 p.m. | 1/\$47.70 | 232634 |
|----|--------|------------------------|-----------|--------|

### **Cooking: Comfort Meals Using Basic Ingredients (19+ yrs)**

Meals using basic ingredients often focus on comfort foods that turn out being family favourites. Learn to cook amazing food with minimal effort.

*at Glen Pine Pavilion*

|   |                |               |           |        |
|---|----------------|---------------|-----------|--------|
| M | Oct 19 – Nov 9 | 7 – 8:30 p.m. | 4/\$95.40 | 233982 |
|---|----------------|---------------|-----------|--------|

### **Cooking: French Onion Soup (19+ yrs)**

Learn to me this classic French dish made with caramelized onions and beef stock or broth. The soup is topped with bread and cheese, then gratinéed to rich, melted perfection.

*at Dogwood Pavilion*

|    |        |                   |           |        |
|----|--------|-------------------|-----------|--------|
| Sa | Oct 24 | 9:30 – 11:30 a.m. | 1/\$31.80 | 233185 |
|----|--------|-------------------|-----------|--------|

### **Cooking: Fresh Corn Polenta with Roasted Fall Vegetables (19+ yrs)**

Learn how to make creamy, buttery fresh corn polenta topped with flavourful roasted fall vegetables. This comforting dish is the perfect meal for crisp autumn days.

*at Dogwood Pavilion*

|    |        |                        |           |        |
|----|--------|------------------------|-----------|--------|
| Sa | Sep 12 | 9:30 a.m. – 12:30 p.m. | 1/\$47.70 | 233118 |
|----|--------|------------------------|-----------|--------|

### **Cooking: Harvest Moon Festival Dumplings (19+ yrs)**

Celebrate the Harvest Moon Festival with a farm-to-table dumpling class featuring seasonal flavors. Learn to make savory Pork and Apple Dumplings, earthy Wild Mushroom and Leek Dumplings, and a sweet-spicy Apple Cider Chili Dipping Sauce. This class is a delicious way to welcome the harvest season.

*at Dogwood Pavilion*

|    |        |                        |           |        |
|----|--------|------------------------|-----------|--------|
| Sa | Sep 19 | 9:30 a.m. – 12:30 p.m. | 1/\$47.70 | 233119 |
|----|--------|------------------------|-----------|--------|

### **Cooking: Holiday Baking (19+ yrs)**

Holiday baking brings festive joy and delicious treats into your home. Surprise yourself with weekly family-friendly recipes that will add holiday cheer.

*at Glen Pine Pavilion*

|   |                 |               |           |        |
|---|-----------------|---------------|-----------|--------|
| M | Nov 23 – Dec 14 | 7 – 8:30 p.m. | 4/\$95.40 | 233983 |
|---|-----------------|---------------|-----------|--------|

### **Cooking: Holiday Morning Scones (19+ yrs)**

Make your holiday mornings easy and delicious with these make-ahead scones. In this class, you'll learn how to prepare tender scones the day before, then bake them fresh in the morning for a warm, festive breakfast. Perfect for holiday gatherings, brunches, or cozy mornings at home.

*at Dogwood Pavilion*

|    |       |                   |           |        |
|----|-------|-------------------|-----------|--------|
| Sa | Dec 5 | 9:30 – 11:30 a.m. | 1/\$31.80 | 233189 |
|----|-------|-------------------|-----------|--------|

### **Cooking: Holiday Workshop 3 Flavours of Chocolate Truffles (16+ yrs)**

Discover the delicate art of chocolate tempering and ganache piping to create a trio of luxurious, artisanal truffles. You'll hand-roll and decorate three different distinct varieties.

*at Maillardville Community Centre*

|    |        |            |           |        |
|----|--------|------------|-----------|--------|
| Th | Dec 17 | 6 – 8 p.m. | 1/\$28.90 | 234714 |
|----|--------|------------|-----------|--------|

**Cooking: India Unleashed – Bold Masalas (19+ yrs)**

Bold Masalas refer to the rich flavourful spice blends found in an authentic Butter Chicken, a dish simmered in a velvety sauce, served with a delicious garlic Naan (bread). Impress your family with this heart-warming meal made from scratch.

*at Glen Pine Pavilion*

|    |        |                        |           |        |
|----|--------|------------------------|-----------|--------|
| Su | Sep 27 | 10:30 a.m. – 1:30 p.m. | 1/\$47.70 | 232632 |
|----|--------|------------------------|-----------|--------|

**Cooking: Japan Beyond Mild – Chili and Umami (19+ yrs)**

Warm up with a bowl of spicy Miso Ramen or Udon. Accompany this with a Gomae Sesame Spinach Salad and you will experience Umami, the fifth basic taste, alongside sweet, sour, salty, and bitter.

*at Glen Pine Pavilion*

|    |        |                        |           |        |
|----|--------|------------------------|-----------|--------|
| Su | Nov 22 | 10:30 a.m. – 1:30 p.m. | 1/\$47.70 | 232640 |
|----|--------|------------------------|-----------|--------|

**Cooking: Japanese Milk Bread (16+ yrs)**

Learn to make soft, fluffy Japanese milk bread from scratch using traditional techniques. Perfect for home bakers looking to expand their skills with Asian-style breads.

*at Maillardville Community Centre*

|    |        |            |           |        |
|----|--------|------------|-----------|--------|
| Th | Oct 1  | 6 – 8 p.m. | 1/\$28.90 | 234573 |
| Th | Oct 29 | 6 – 8 p.m. | 1/\$28.90 | 234574 |
| Th | Nov 26 | 6 – 8 p.m. | 1/\$28.90 | 234575 |

**Cooking: Japanese Mochi (16+ yrs)**

Discover the art of making traditional Japanese mochi. This class will guide you through creating the perfect chewy texture and delicious fillings.

*at Maillardville Community Centre*

|    |        |            |           |        |
|----|--------|------------|-----------|--------|
| Th | Oct 22 | 6 – 8 p.m. | 1/\$28.90 | 234568 |
|----|--------|------------|-----------|--------|

**Cooking: Korea – Fermentation and Heat (19+ yrs)**

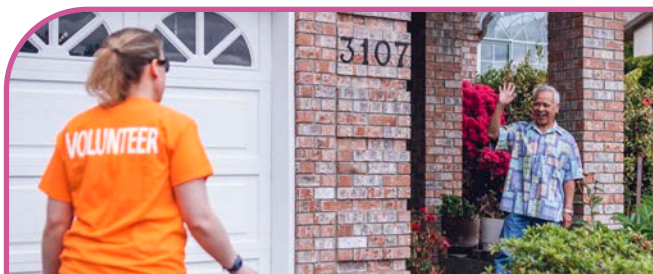
Deliver authentic Korean flavours with a Spick Pork Bulgogi, Jeyuk Bokkeum, in a sweet savoury gochujang sauce paired with a quick and easy KimChi. Feel the K-pop or Kdrama energy when preparing this flavourful combo.

*at Glen Pine Pavilion*

|    |        |                        |           |        |
|----|--------|------------------------|-----------|--------|
| Su | Oct 25 | 10:30 a.m. – 1:30 p.m. | 1/\$47.70 | 232636 |
|----|--------|------------------------|-----------|--------|



**No experience necessary and  
all cooking supplies provided.**



## Meaningful Meals for Seniors

### Volunteer for Meaningful Meals!

Help deliver nutritious, low-cost meals to vulnerable seniors in Coquitlam—while sharing conversation and community connections.

*For more information, visit*

[coquitlam.ca/MeaningfulMeals](http://coquitlam.ca/MeaningfulMeals)

**Cooking: Latin American Comfort (19+ yrs)**

Chicken Milanese Napolitana is a classic Argentinian comfort food featuring thin, crispy breaded chicken cutlet topped with tomato sauce, a slice of ham, and melted mozzarella cheese. Often called Argentina's version of chicken parmesan. Serve this with an Avocado, Chili and Lime Salad, and you have a new family favourite.

*at Glen Pine Pavilion*

|    |       |                        |           |        |
|----|-------|------------------------|-----------|--------|
| Su | Dec 6 | 10:30 a.m. – 1:30 p.m. | 1/\$47.70 | 232643 |
|----|-------|------------------------|-----------|--------|

**Cooking: Mexican Street Food Classics (19+ yrs)**

Chiles Rellenos with its rich, cheesy crunch pair perfectly with a Roasted Corn Salad with Chili and Lime dressing. Fire-roasted Poblanos stuffed with cheese is classic Mexican street food.

*at Glen Pine Pavilion*

|    |       |                        |           |        |
|----|-------|------------------------|-----------|--------|
| Su | Oct 4 | 10:30 a.m. – 1:30 p.m. | 1/\$47.70 | 232633 |
|----|-------|------------------------|-----------|--------|

**Cooking: Middle Eastern Spice Bazaar (19+ yrs)**

Experience the hustle and bustle of a Middle Eastern Spice bazaar by pairing together a Kofta Kebab with the tangy crunch vegetables and of Fattoush, crispy toasted pita bread, with Sumac (red-spice from dried and ground berries of a Sumac bush) and Chili salad.

*at Glen Pine Pavilion*

|    |       |                        |           |        |
|----|-------|------------------------|-----------|--------|
| Su | Nov 8 | 10:30 a.m. – 1:30 p.m. | 1/\$47.70 | 232638 |
|----|-------|------------------------|-----------|--------|

**Cooking: Middle Eastern Street Food (19+ yrs)**

Chicken Shawarma, richly-spiced marinated protein, with flavourful Falafel, made with ground up legumes, and a Tabbouleh Salad, featuring fresh herbs and bulgur wheat is a popular combo of Middle Eastern Street food. The balance of protein, textures and fresh ingredients is refreshing for a dull evening.

**at Glen Pine Pavilion**

|    |        |                        |           |        |
|----|--------|------------------------|-----------|--------|
| Su | Dec 13 | 10:30 a.m. – 1:30 p.m. | 1/\$47.70 | 232644 |
|----|--------|------------------------|-----------|--------|

**Cooking: Morocco – Warming Spices and Slow Heat (19+ yrs)**

A complete North African meal is a tender Moroccan Chicken Tagine that is simmered with warming spices and accompanied by a crispy and tangy Carrot and Harissa Salad. Harissa is a red pepper paste made with simple ingredients to create subtle heat to a dish.

**at Glen Pine Pavilion**

|    |        |                        |           |        |
|----|--------|------------------------|-----------|--------|
| Su | Oct 18 | 10:30 a.m. – 1:30 p.m. | 1/\$47.70 | 232635 |
|----|--------|------------------------|-----------|--------|

**Cooking: Mushroom Agnolotti With Brown Butter Sage Sauce (19+ yrs)**

Learn to make delicate handmade agnolotti filled with a savoury mushroom mixture and finished with a fragrant brown butter sage sauce. In this class, you'll practice pasta-making techniques, create a flavourful filling, and master a classic sauce that highlights the rich, earthy flavours of the dish.

**at Dogwood Pavilion**

|    |       |                        |           |        |
|----|-------|------------------------|-----------|--------|
| Sa | Nov 7 | 9:30 a.m. – 12:30 p.m. | 1/\$47.70 | 233186 |
|----|-------|------------------------|-----------|--------|

**Cooking: Pavlova Cake (16+ yrs)**

Bake elegant, airy meringues topped with luscious cream and fresh fruit. This hands-on class masters the iconic, crispy-light dessert.

**at Maillardville Community Centre**

|    |        |            |           |        |
|----|--------|------------|-----------|--------|
| Th | Sep 24 | 6 – 8 p.m. | 1/\$28.90 | 234567 |
| Th | Nov 19 | 6 – 8 p.m. | 1/\$28.90 | 234571 |

**Cooking: Poached Pears with Chocolate Sauce (19+ yrs)**

Discover an elegant make ahead dessert that's surprisingly simple to make. In this class, you'll learn how to gently poach pears and make a rich, silky chocolate sauce. This beautiful dessert is ideal for entertaining or to add a sophisticated note to a special occasion.

**at Dogwood Pavilion**

|    |        |                   |           |        |
|----|--------|-------------------|-----------|--------|
| Sa | Nov 14 | 9:30 – 11:30 a.m. | 1/\$31.80 | 233187 |
|----|--------|-------------------|-----------|--------|

**Cooking: Polish Favourites (19+ yrs)**

As the weather becomes chillier, the ultimate Polish comfort meal of Perogies, stuffed dumplings with potato, cheese, or meat, Mizeria, creamy cucumber salad, and Potato Pancakes suits the season.

**at Glen Pine Pavilion**

|    |        |                        |           |        |
|----|--------|------------------------|-----------|--------|
| Su | Nov 15 | 10:30 a.m. – 1:30 p.m. | 1/\$47.70 | 232639 |
|----|--------|------------------------|-----------|--------|

**Cooking: Pozole Mexican Soup with Handmade Corn Tortillas (16+ yrs)**

Learn the secrets to crafting a deeply flavorful, authentic pozole along with discovering the art of pressing and griddle-cooking fresh, pillowy corn tortillas entirely from scratch.

**at Maillardville Community Centre**

|    |       |            |           |        |
|----|-------|------------|-----------|--------|
| Th | Dec 3 | 6 – 8 p.m. | 1/\$28.90 | 234709 |
|----|-------|------------|-----------|--------|

**Cooking: Pumpkin Spice Scones with Maple Glaze (19+ yrs)**

Learn to make tender pumpkin spice scones with a sweet maple glaze. This delicious fall treat is perfect for breakfast, brunch or tea.

**at Dogwood Pavilion**

|    |        |                   |           |        |
|----|--------|-------------------|-----------|--------|
| Sa | Oct 17 | 9:30 – 11:30 a.m. | 1/\$31.80 | 233184 |
|----|--------|-------------------|-----------|--------|

**Cooking: Relish, Chutney and Salsa (19+ yrs)**

Transform fresh fall vegetables into delicious homemade relish, chutney and salsas that add bold flavour to appetizers, main dishes and snacks.

**at Dogwood Pavilion**

|    |       |                        |           |        |
|----|-------|------------------------|-----------|--------|
| Sa | Oct 3 | 9:30 a.m. – 12:30 p.m. | 1/\$47.70 | 233121 |
|----|-------|------------------------|-----------|--------|

**Cooking: Sichuan Bang Bang Chicken (19+ yrs)**

Explore the bold flavors of Sichuan cuisine in this class featuring Bang Bang Chicken, a classic dish of poached chicken served with a rich, spicy sesame sauce. You'll learn techniques for preparing the chicken and balancing the signature combination of savory, nutty, spicy, and tangy flavors that make this dish a favorite.

**at Dogwood Pavilion**

|    |        |                        |           |        |
|----|--------|------------------------|-----------|--------|
| Sa | Nov 21 | 9:30 a.m. – 12:30 p.m. | 1/\$47.70 | 233188 |
|----|--------|------------------------|-----------|--------|

**Cooking: Sichuan Sensations (19+ yrs)**

Experience the numb-spicy Sichuan sensation with the classic Mapo Tofu dish served with Chinese Fried Rice and Green Beans. This inland province in Southwestern China is renowned for mala spices which produces the tingling buzz on the tongue.

**at Glen Pine Pavilion**

|    |       |                        |           |        |
|----|-------|------------------------|-----------|--------|
| Su | Nov 1 | 10:30 a.m. – 1:30 p.m. | 1/\$47.70 | 232637 |
|----|-------|------------------------|-----------|--------|

**Cooking: Spain Turns Up the Heat (19+ yrs)**

Olé! Patatas Bravas, crispy potatoes with a smoky tomato-paprika sauce, and Garlicky Shrimp (Gambas) is the ultimate Spanish tapas pairing. Create a fiesta at home as a lead into the holiday season.

*at Glen Pine Pavilion*

Su Nov 29 10:30 a.m. – 1:30 p.m. 1/\$47.70 232642

**Cooking: Taste of Thailand – Heat, Sweet and Sour (19+ yrs)**

Thai Green Chicken Curry, Coconut Rice and Green Papaya Salad are three iconic tastes of Thailand. Rich aromatic curry combined with fragrant rice and crunchy salad satisfies the craving for exotic flavours easily cooked at home.

*at Glen Pine Pavilion*

Su Sep 20 10:30 a.m. – 1:30 p.m. 1/\$47.70 232631

**Cooking: Tasty South Asian Treats (19+ yrs)**

South Asian street foods balance sweet, sour, salty, and spicy flavors like Chaat (snacks) and Samosas (crispy pastry with fillings). The region's dynamic flavour profile with aromatic spices make these treats special to make at home.

*at Glen Pine Pavilion*

Su Sep 13 10:30 a.m. – 1:30 p.m. 1/\$47.70 232630

**Cooking: Two Thanksgiving Sides – Buckwheat Dressing, Roasted Squash (19+ yrs)**

Add something special to your Thanksgiving table with these seasonal side dishes. Learn how to prepare a naturally gluten free Buckwheat Dressing featuring vegetables, chestnuts, dried cranberries, and savory herbs, and a beautiful Roasted Squash dish topped with pomegranate seeds and hazelnuts. These flavorful recipes are perfect for holiday entertaining.

*at Dogwood Pavilion*

Sa Oct 10 9:30 a.m. – 12:30 p.m. 1/\$47.70 233122

**Cooking: Ukrainian Borscht and Pampushky (Garlic and Herb Rolls) (16+ yrs)**

Master the art of crafting authentic, vibrant Ukrainian borscht simmered to rich, comforting perfection. You'll also learn to bake fluffy pampushky—traditional yeast rolls smothered in a fragrant garlic-and-herb oil.

*at Maillardville Community Centre*

Th Oct 8 6 – 8 p.m. 1/\$28.90 234703

**Cooking: Vietnamese Chicken Pho (16+ yrs)**

Discover the secrets to brewing a deeply aromatic, clear chicken broth infused with traditional spices. You'll master the art of assembling the perfect bowl of authentic Phở Gà, complete with tender shredded chicken, rice noodles, and vibrant fresh herbs.

*at Maillardville Community Centre*

Th Nov 5 6 – 8 p.m. 1/\$28.90 234706

**Finance: Disability – Accessing Your Benefits (19+ yrs)**

Learn about the Disability Tax Credit and Registered Disability Savings Plan and how to access them. Workshop will help determine the eligibility criteria and requirements, compare which deductions are of greater benefit to taxpayers and discuss the procedures to follow when changes in medical conditions occur.

*at Glen Pine Pavilion*

Th Sep 17 10 – 11:30 a.m. 1/**FREE** 234282

**Finance: Effective Tax Strategies (19+ yrs)**

Learn about Canada's tax system and how to minimize the amount of tax to pay.

*at Dogwood Pavilion*

Su Oct 18 10 – 11:30 a.m. 1/**FREE** 234514

**Finance: Fraud Protection (19+ yrs)**

Understand fraud and how to protect yourself from being a victim. Learn about the top three scams.

*at Glen Pine Pavilion*

Th Dec 10 10 – 11:30 a.m. 1/**FREE** 234298

**Finance: Managing Finances in Retirement (19+ yrs)**

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

*at Dogwood Pavilion*

Su Nov 15 10 – 11:30 a.m. 1/**FREE** 234515

**Finance: Frauds and Scams (19+ yrs)**

Suspicious emails, texts, phone calls are all too common. Learn to look for signs of fraud and how to safeguard against scams. The session will cover real life scenarios, providing practical tips and information to enhance awareness and preparedness. The goal is to empower individuals with the knowledge and tools needed to identify, prevent, and respond to potential fraud, ultimately contributing to a more secure and informed community.

*at Dogwood Pavilion*

Su Sep 27 10 – 11:30 a.m. 1/**FREE** 234512

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

Learn why every adult should have an estate plan. Learn how to create a plan to distribute assets, during life or upon death.

at Glen Pine Pavilion

|    |        |                 |                |        |
|----|--------|-----------------|----------------|--------|
| Th | Nov 19 | 10 – 11:30 a.m. | 1/ <b>FREE</b> | 234291 |
|----|--------|-----------------|----------------|--------|

### Finance: Service Canada Presentations (19+ yrs)

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

Sep Benefits for Persons with Disabilities

Oct Seniors Benefits

Nov Pre-Retirement Workshop

Dec Employment Insurance and Special Benefits

at Glen Pine Pavilion

|    |        |                  |                |        |
|----|--------|------------------|----------------|--------|
| Tu | Sep 15 | 1:30 – 2:45 p.m. | 1/ <b>FREE</b> | 234193 |
| Th | Oct 8  | 10 – 11:30 a.m.  | 1/ <b>FREE</b> | 234194 |
| Th | Nov 12 | 10 – 11:30 a.m.  | 1/ <b>FREE</b> | 234196 |
| Th | Dec 17 | 10 – 11:30 a.m.  | 1/ <b>FREE</b> | 234198 |

### Finance: Teaching Children About Money (19+ yrs)

Set goals and better understand the challenges of raising money-smart children who are financially independent and responsible. Learn how to address age-appropriate money-related topics with young kids, pre-teens, teenagers and emerging adults

at Glen Pine Pavilion

|   |        |               |                |        |
|---|--------|---------------|----------------|--------|
| W | Oct 21 | 6:30 – 8 p.m. | 1/ <b>FREE</b> | 234295 |
|---|--------|---------------|----------------|--------|

### General: Hiking Adventures Slideshow (19+ yrs)

Presented by volunteer Terry McCullough, view his visually captivating photographs set to music and his exciting tales of adventurous travel and hiking experiences.

at Glen Pine Pavilion

|   |        |                      |                |        |
|---|--------|----------------------|----------------|--------|
| F | Sep 18 | 11 a.m. – 12:30 p.m. | 1/ <b>FREE</b> | 234207 |
| F | Oct 16 | 11 a.m. – 12:30 p.m. | 1/ <b>FREE</b> | 234209 |
| F | Nov 20 | 11 a.m. – 12:30 p.m. | 1/ <b>FREE</b> | 234210 |
| F | Dec 18 | 11 a.m. – 12:30 p.m. | 1/ <b>FREE</b> | 234211 |

### General: Lecture Series with Dr. Cousineau (19+ yrs)

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 | Sep 24 – Oct 29 | 3 – 5 p.m. | 6/ \$66.00 | 236453 |
| Th | Nov 5 – Dec 17  | 3 – 5 p.m. | 7/ \$77.00 | 236453 |

### General: Lifesizing – Strata Living Workshop (19+ yrs)

Two session workshop discussing the motivations, challenges and benefits to consider when thinking about transitioning from a conventional, single-family home to strata. Get a clear picture of “what’s in it for you” focusing on the costs of strata living as well as information on strata depreciation reports and opportunity to ask all the questions you may have.

at Glen Pine Pavilion

|    |                |                   |                |        |
|----|----------------|-------------------|----------------|--------|
| Th | Sep 24 – Oct 1 | 9:30 – 11:45 a.m. | 2/ <b>FREE</b> | 233562 |
| Th | Oct 29 – Nov 5 | 6:30 – 8:45 p.m.  | 2/ <b>FREE</b> | 233564 |

### Health and Safety: Early Dementia Support Group (19+ yrs)

Having a diagnosis of Alzheimer’s disease or another dementia affects many areas of your life and people in this situation experience a variety of feelings. Early-stage support groups provide a place for people living with early symptoms of dementia to come together with others also living the dementia experience and discuss the impact of the disease, share stories, experiences and learn from one another about how to live well with dementia.

at Glen Pine Pavilion

1st and 3rd Thursdays of each month

|                 |               |                |        |
|-----------------|---------------|----------------|--------|
| Sep 17 – Dec 17 | 1:30 – 3 p.m. | 7/ <b>FREE</b> | 233544 |
|-----------------|---------------|----------------|--------|

### Health and Safety: Injury Prevention and Training for Runners (19+ yrs)

Learn practical strategies for building training consistency, optimizing running form, and recognizing early signs of overuse. There are techniques to improve running performance while reducing injury risk. The session aims to help runners stay healthy, train sustainably, and support long-term participation in the sport.

at Glen Pine Pavilion

|    |        |                |                |        |
|----|--------|----------------|----------------|--------|
| Su | Sep 20 | 12 – 1:30 p.m. | 1/ <b>FREE</b> | 235439 |
|----|--------|----------------|----------------|--------|



**Tell us how we did!**

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

# Health and Wellness Fair for Seniors

*Presented by the  
Glen Pine 50Plus Society*

**Saturday, October 3**  
**10 a.m. – 2 p.m.**  
**Glen Pine Great Room**  
**FREE Admission**

*Special thanks to Presenting Partner,  
Aspira Retirement Living (Astoria and Mayfair Terrace)*



[coquitlam.ca/GlenPine](http://coquitlam.ca/GlenPine)

## Health and Safety: Reducing the Risk of Falls in Older Adults (19+ yrs)

A combination of targeted exercise to improve balance, some practical modifications to the home environment, and regular medical reviews are strategies that can reduce falls in older adults. There are some ways that can be easily implemented and will be discussed in this session.

*at Glen Pine Pavilion*

Su Nov 15 12 – 1:30 p.m. 1/FREE 235446

## Health and Safety: Falls Prevention Mobile Clinic (19+ yrs)

A multi-disciplinary approach to the prevention of falls and fall-related injuries. Participants will have a fall risk assessment as well as a one on one consult with various health professionals, Kinesiologist/Pharmacist/Physiotherapist, for 45 minutes, totaling two hours. Registration is required! To register please call 604-374-2273. Presented by Fraser Health.

*at Glen Pine Pavilion*

Tu Nov 17 8:30 a.m. – 5 p.m. 1/FREE 233909

## Health: Falls Prevention (19+ yrs)

November is Falls Prevention Month. 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.

*at Glen Pine Pavilion*

Th Nov 26 10 – 11:30 a.m. 1/FREE 234316

## Health: Osteoarthritis (19+ yrs)

September is Arthritis Awareness Month. This debilitating disease is the most common form of arthritis. Its symptoms, self-management strategies and various available therapies are presented.

*at Glen Pine Pavilion*

F Sep 18 2 – 3:30 p.m. 1/FREE 234308

## Health: Osteoporosis (19+ yrs)

October 16 is World Spine Day. This presentation is on Osteoporosis, this bone disease, often called the “silent thief”, is the underlying cause of many falls and fractures. Its causes, risks and treatments are presented.

*at Glen Pine Pavilion*

F Oct 16 2 – 3:30 p.m. 1/FREE 234311

## Health: Chronic Diseases Self – Management Program (19+ yrs)

The Chronic Disease Self-Management Program is a patient education program that includes: how to develop a suitable exercise program; cognitive symptom management; healthy eating; breathing exercises; problem solving communication skills with family, friends and health care providers; use of medication; and how to deal with emotions of chronic illness (anger and depression).

*at Dogwood Pavilion*

Sa Sep 26 – Oct 31 9:30 a.m. – 12 p.m. 6/FREE 234639

## Health: Chronic Pain Self-Management Program (19+ yrs)

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 Nov 7 – Dec 19 9:30 a.m. – 12 p.m. 6/FREE 233859

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

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

*at Glen Pine Pavilion*

Sa Sep 19 – Oct 24 9:30 a.m. – 12 p.m. 6/**FREE** 233846

**Health: Family and Caregivers of People Living with Dementia Series (19+ yrs)**

An education series for family members who are caring for a person living with dementia that covers understanding dementia, communication and behaviour, as well as planning for the future and self-care for caregivers.

*at Glen Pine Pavilion*

Th Oct 15 – Nov 5 11 a.m. – 1 p.m. 4/**FREE** 233991

**Health: Getting Your Affairs in Order on the Dementia Journey (19+ yrs)**

Early in the dementia journey it can feel daunting to think about what lies ahead – but it's important to plan now, before communication and decision-making become more challenging. Learn how to begin planning early for important legal, health-care and financial decisions.

*at Glen Pine Pavilion*

F Oct 23 2 – 3:30 p.m. 1/**FREE** 234159

**Health: Introduction to Brain Health (19+ yrs)**

It is never too late to make changes for a healthier brain. Learn how to maintain or improve your brain health by exploring topics including natural aging changes, dementia, risk reduction, memory, brain training and more.

*at Dogwood Pavilion*

M Sep 28 10 – 11:30 a.m. 1/**FREE** 235331

**Health: Osteoarthritis, Sarcopenia, Osteopenia and Age-related Management (19+ yrs)**

Learn evidence-informed approaches to managing symptoms and promoting healthy aging without relying solely on medical or surgical interventions. Topics include the role of exercise, strength training, mobility, and lifestyle interventions to support joint health, maintain function, and improve quality of life.

*at Glen Pine Pavilion*

Su Oct 18 12 – 1:30 p.m. 1/**FREE** 235442

**Health: Osteoporosis (19+ yrs)**

October 16 is World Spine Day. Osteoporosis is a bone disease, often referred to as the “silent thief”, that is an underlying cause of many falls and fractures. It's causes, risks and treatments are presented.

*at Dogwood Pavilion*

Th Oct 15 10 – 11:30 a.m. 1/**FREE** 235016

**Health: Understanding and Adapting to Communication on the Dementia Journey (19+ yrs)**

Learn practical strategies to better understand communication with those with dementia. Presented by the Alzheimer's Society of BC. Suitable for Caregivers (or families of loved ones with dementia caring for them).

*at Glen Pine Pavilion*

W Sep 9 10 – 11:30 a.m. 1/**FREE** 234157

**Language: Creative Writing All Levels (19+ yrs)**

Discover the joy of storytelling in this engaging creative writing class designed for all levels. Through instructor prompts and guided activities, engage your imagination, develop writing skills, and share ideas in a supportive environment. Perfect for expressing yourself and bringing your stories to life.

*at Dogwood Pavilion*

Sa Sep 19 – Oct 31 10:15 – 11:45 a.m. 7/\$78.40 234498

Sa Nov 7 – Dec 19 10:15 – 11:45 a.m. 6/\$67.20 234499

*at Glen Pine Pavilion*

Th Sep 17 – Oct 29 7 – 8:30 p.m. 7/\$78.40 233786

Th Nov 5 – Dec 17 7 – 8:30 p.m. 7/\$78.40 233787

**Language: Dogwood Discovery Week – Creative Writing (19+ yrs)**

Discover the joy of storytelling in this engaging class designed for all levels. Through instructor prompts and guided activities, engage your imagination and share ideas in a supportive environment. Perfect for expressing yourself and bringing your stories to life.

*at Dogwood Pavilion*

Sa Sep 12 10 – 11 a.m. 1/\$7.45 235589

**Language: Dogwood Discovery Week – Intro to Spanish (19+ yrs)**

Hola! Not sure Spanish is for you? Try this one time class where you will get an introduction to basic words and phrases, and get to know the instructor.

*at Dogwood Pavilion*

Sa Sep 12 11:15 a.m. – 12:15 p.m. 1/\$7.45 235599

## All Abilities Welcome!

Visit page 4 for details

### Language: English Language Learner Book Club (19+ yrs)

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

#### at Glen Pine Pavilion

|    |                 |                         |           |        |
|----|-----------------|-------------------------|-----------|--------|
| Th | Sep 24 – Oct 29 | 11:30 a.m. – 12:30 p.m. | 6/\$17.10 | 233793 |
| Th | Nov 5 – Dec 10  | 11:30 a.m. – 12:30 p.m. | 6/\$17.10 | 233794 |

### Language: English Learner 1 (19+ yrs)

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

#### at Glen Pine Pavilion

|    |                 |                |           |        |
|----|-----------------|----------------|-----------|--------|
| Th | Sep 24 – Oct 29 | 9:30 – 11 a.m. | 6/\$17.10 | 233789 |
| Th | Nov 5 – Dec 10  | 9:30 – 11 a.m. | 6/\$17.10 | 233790 |

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

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

#### at Glen Pine Pavilion

|    |                 |               |           |        |
|----|-----------------|---------------|-----------|--------|
| Th | Sep 24 – Oct 29 | 1 – 2:30 p.m. | 6/\$17.10 | 233796 |
| Th | Nov 5 – Dec 10  | 1 – 2:30 p.m. | 6/\$17.10 | 233801 |

### Language: English Learner 3 (19+ yrs)

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

#### at Glen Pine Pavilion

|    |                 |                |           |        |
|----|-----------------|----------------|-----------|--------|
| Tu | Sep 22 – Oct 27 | 9:30 – 11 a.m. | 6/\$17.10 | 233388 |
| Tu | Nov 3 – Dec 8   | 9:30 – 11 a.m. | 6/\$17.10 | 233389 |

### Language: Japanese Beginner (19+ yrs)

Discover the beauty of the Japanese language and culture in this fun and interactive beginner friendly course learning basic words and phrases for business, travel or pleasure. This program is designed for a beginner with no previous experience.

#### at Glen Pine Pavilion

|    |                 |               |           |        |
|----|-----------------|---------------|-----------|--------|
| Sa | Sep 19 – Oct 24 | 1 – 2:30 p.m. | 6/\$67.20 | 233826 |
|----|-----------------|---------------|-----------|--------|

### Language: Japanese Intermediate (19+ yrs)

For those who have some basic knowledge of the Japanese language, continue building your skills with a strong focus on practical conversation and cultural understanding. Taught at a lower intermediate level.

#### at Glen Pine Pavilion

|    |                |               |           |        |
|----|----------------|---------------|-----------|--------|
| Sa | Nov 7 – Dec 19 | 1 – 2:30 p.m. | 6/\$67.20 | 233829 |
|----|----------------|---------------|-----------|--------|

### Language: Korean Beginner (19+ yrs)

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.

#### at Glen Pine Pavilion

|    |                 |                    |           |        |
|----|-----------------|--------------------|-----------|--------|
| Su | Sep 13 – Oct 25 | 10:15 – 11:45 a.m. | 7/\$78.40 | 233295 |
| Tu | Sep 15 – Oct 27 | 7 – 8:30 p.m.      | 7/\$78.40 | 233395 |
| Su | Nov 1 – Dec 13  | 10:15 – 11:45 a.m. | 7/\$78.40 | 233296 |
| Tu | Nov 3 – Dec 15  | 7 – 8:30 p.m.      | 7/\$78.40 | 233396 |

### Language: Spanish Beginner (19+ yrs)

Hola! Learn basic words, phrases and sentences to be able to converse and write with others in travel, business or at home.

#### at Dogwood Pavilion

|    |                 |               |           |        |
|----|-----------------|---------------|-----------|--------|
| Sa | Sep 19 – Oct 31 | 2 – 3:30 p.m. | 7/\$78.40 | 234501 |
| Sa | Nov 7 – Dec 19  | 2 – 3:30 p.m. | 6/\$67.20 | 234503 |

#### at Glen Pine Pavilion

|   |                 |                |           |        |
|---|-----------------|----------------|-----------|--------|
| W | Sep 16 – Oct 28 | 9:30 – 11 a.m. | 6/\$67.20 | 233391 |
| M | Nov 9 – Dec 14  | 7 – 8:30 p.m.  | 6/\$67.20 | 233345 |

### Language: Spanish Foundations (19+ yrs)

If your goal is to learn a new language, this class with a native Spanish speaker is a great start to develop natural pronunciation and basic grammar.

#### at Dogwood Pavilion

|    |                 |                   |           |        |
|----|-----------------|-------------------|-----------|--------|
| Sa | Sep 19 – Oct 31 | 12:15 – 1:45 p.m. | 7/\$78.40 | 234502 |
| Sa | Nov 7 – Dec 19  | 12:15 – 1:45 p.m. | 6/\$67.20 | 234504 |

#### at Glen Pine Pavilion

|   |                 |               |           |        |
|---|-----------------|---------------|-----------|--------|
| M | Sep 14 – Oct 26 | 7 – 8:30 p.m. | 6/\$67.20 | 233343 |
|---|-----------------|---------------|-----------|--------|

### Language: Spanish Intermediate (19+ yrs)

Further your skills and understanding of the Spanish language both written and spoken.

#### at Glen Pine Pavilion

|   |                |                |           |        |
|---|----------------|----------------|-----------|--------|
| W | Nov 4 – Dec 16 | 9:30 – 11 a.m. | 6/\$67.20 | 233392 |
|---|----------------|----------------|-----------|--------|

**Life Skills: Confident Communication (19+ yrs)**

Confident Communication helps build confidence in speaking, self-expression, and navigating everyday life and community interactions. Through practical communication exercises and self-recorded video practice, participants develop greater confidence, improve public speaking skills, and strengthen their ability to handle meetings, conversations, and life challenges effectively.

*at Dogwood Pavilion*

|    |                |                |        |        |
|----|----------------|----------------|--------|--------|
| Th | Dec 3 – Dec 10 | 9:30 – 11 a.m. | 2/\$10 | 235630 |
|----|----------------|----------------|--------|--------|

**Technology: Android Phones Workshop**

(19+ yrs) **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 | Nov 12 | 1:30 – 3 p.m. | 1/\$2.85 | 233809 |
|----|--------|---------------|----------|--------|

**Technology: Digital Security for Tech Devices**

(19+ yrs) **LOW COST**

Making tech devices safe involves securing them against digital threats like malware and unauthorized access, protecting your privacy, and managing physical safety.

*at Glen Pine Pavilion*

|    |        |               |          |        |
|----|--------|---------------|----------|--------|
| Th | Oct 22 | 1:30 – 3 p.m. | 1/\$2.85 | 233808 |
|----|--------|---------------|----------|--------|

**Technology: iPad and iPhone Workshop**

(19+ yrs) **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 | Nov 26 | 1:30 – 3 p.m. | 1/\$2.85 | 233810 |
|----|--------|---------------|----------|--------|

**Technology: Tools for Travel (19+ yrs) **LOW COST****

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

*at Glen Pine Pavilion*

|    |        |               |          |        |
|----|--------|---------------|----------|--------|
| Th | Sep 24 | 1:30 – 3 p.m. | 1/\$2.85 | 233804 |
|----|--------|---------------|----------|--------|

**Technology: Using a Smartphone Camera**

(19+ yrs) **LOW COST**

Using the camera on a smartphone to take photos and videos is easy. Bring your device for a hands on session on using this function to capture images, live footage and QR codes that can be shared by email or on social media.

*at Glen Pine Pavilion*

|    |        |               |          |        |
|----|--------|---------------|----------|--------|
| Th | Oct 8  | 1:30 – 3 p.m. | 1/\$2.85 | 233807 |
| Th | Dec 10 | 1:30 – 3 p.m. | 1/\$2.85 | 233811 |

**Wellness: Aging in Place (19+ yrs)**

Most older Canadians would prefer to stay in their homes as they age, but only one in four feel confident they will be able to do so. This workshop outlines the advantages as well as the challenges of aging in place. Nine aspects of daily living are considered to help participants evaluate how prepared they are to age in place.

*at Dogwood Pavilion*

|   |        |                      |                |        |
|---|--------|----------------------|----------------|--------|
| M | Sep 21 | 11 a.m. – 12:30 p.m. | 1/ <b>FREE</b> | 235012 |
|---|--------|----------------------|----------------|--------|

## 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](https://coquitlam.ca/registration) | 604-927-4386

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

## Wellness: Art of Nature – Awakening Real Talents with Truths (19+ yrs)

Draw and Journal with heartfelt conversations. Each session has a stand alone theme to engage your mind in the discovery of your hidden talents.

- Growth and Changes in Autumn
- Flow Through Life with Ocean Beauty
- Be Mountain with Super New Powers
- Doodles to Enjoy the Discovery of New Self

at Glen Pine Pavilion

|   |        |            |           |        |
|---|--------|------------|-----------|--------|
| F | Sep 25 | 2 – 3 p.m. | 1/\$14.10 | 236918 |
| F | Oct 2  | 2 – 3 p.m. | 1/\$14.10 | 236919 |
| F | Oct 9  | 2 – 3 p.m. | 1/\$14.10 | 236920 |
| F | Oct 16 | 2 – 3 p.m. | 1/\$14.10 | 236921 |

## Wellness: Care for the Caregiver (19+ yrs)

Causes of caregiver burnout are examined and suggestions made as to how to prevent this all-too-common result. Sources of assistance and support are also reviewed.

at Dogwood Pavilion

|    |        |                |                |        |
|----|--------|----------------|----------------|--------|
| Tu | Nov 17 | 9:30 – 11 a.m. | 1/ <b>FREE</b> | 235018 |
|----|--------|----------------|----------------|--------|

## Wellness: Deep Healing Sleep (16+ yrs)

Sleep is when the body repairs, restores, balances hormones, and supports the brain and immune system. In this session, we'll explore why insomnia is often connected to stress, blood sugar, gut health, and daily rhythms.

at Dogwood Pavilion

|    |        |               |           |        |
|----|--------|---------------|-----------|--------|
| Tu | Oct 20 | 4 – 5:30 p.m. | 1/\$14.10 | 234112 |
|----|--------|---------------|-----------|--------|

## Wellness: Happy Social Circles (19+ yrs)

Enjoy time together with new friends. Each session has a stand alone theme to connect you with other people in a kind and caring space.

- Elevating Mind
- Loving Body
- Cherishing Heart
- Becoming Spirit

at Glen Pine Pavilion

|   |        |            |           |        |
|---|--------|------------|-----------|--------|
| F | Nov 20 | 2 – 3 p.m. | 1/\$14.10 | 236922 |
| F | Nov 27 | 2 – 3 p.m. | 1/\$14.10 | 236923 |
| F | Dec 4  | 2 – 3 p.m. | 1/\$14.10 | 236924 |
| F | Dec 11 | 2 – 3 p.m. | 1/\$14.10 | 236925 |

**All Abilities Welcome!**

Visit page 4 for details

## Wellness: Inflammation 101 (19+ yrs)

Inflammation is the body's natural healing response, but when it stays switched on, it can quietly affect many areas of health. Explore what drives chronic inflammation and how food and lifestyle can help calm the terrain.

at Glen Pine Pavilion

|    |        |               |           |        |
|----|--------|---------------|-----------|--------|
| Tu | Sep 15 | 3:30 – 5 p.m. | 1/\$14.10 | 234190 |
|----|--------|---------------|-----------|--------|

## Wellness: Intermittent Fasting (19+ yrs)

Intermittent fasting can support digestion, metabolism, and cellular repair, but it is not the right fit for everyone. Explore fasting through a personalized lens so you can understand when it helps and when it may create more stress.

at Glen Pine Pavilion

|    |       |               |           |        |
|----|-------|---------------|-----------|--------|
| Tu | Nov 3 | 3:30 – 5 p.m. | 1/\$14.10 | 234192 |
|----|-------|---------------|-----------|--------|

## Wellness: Life without Driving (19+ yrs)

The decision to no longer drive has a profound impact on many seniors. This workshop explores warning signs of the need to consider other ways of getting around, encourages planning and outlines alternatives to driving.

at Dogwood Pavilion

|   |       |               |                |        |
|---|-------|---------------|----------------|--------|
| M | Dec 7 | 1 – 2:30 p.m. | 1/ <b>FREE</b> | 235022 |
|---|-------|---------------|----------------|--------|

## Wellness: Love Your Gut (19+ yrs)

Many health imbalances begin in the gut — or are deeply influenced by it. Explore how digestion works and influences energy, immunity, inflammation, mood, and overall well being.

at Glen Pine Pavilion

|    |       |               |           |        |
|----|-------|---------------|-----------|--------|
| Tu | Oct 6 | 3:30 – 5 p.m. | 1/\$14.10 | 234191 |
|----|-------|---------------|-----------|--------|

## Wellness: Tai Chi in a Chair Workshop (19+ yrs)

Seated Tai Chi offers a low-impact workout based on the flowing movements of Tai Chi to build balance, strength, and flexibility without stressing the joints. Slow controlled movements are synchronized with breath to allow the whole body to flow.

at Glen Pine Pavilion

|   |                |                  |           |        |
|---|----------------|------------------|-----------|--------|
| M | Sep 14 – Oct 5 | 7:15 – 8:15 p.m. | 4/\$37.60 | 233776 |
|---|----------------|------------------|-----------|--------|

## Wellness: Strong Bones, Healthy Joints (16+ yrs)

Bone and joint health is connected to digestion, inflammation, hormones, movement, and lifestyle. In this session, we'll look at how to support strength, mobility, and healthy aging from the inside out.

at Dogwood Pavilion

|    |        |               |           |        |
|----|--------|---------------|-----------|--------|
| Tu | Sep 22 | 4 – 5:30 p.m. | 1/\$14.10 | 234111 |
|----|--------|---------------|-----------|--------|

**Wellness: Tai Chi Walking Workshop (19+ yrs)**

Slow controlled mindful shifting of weight is the foundation of Tai Chi Walking. It does not ensure weight loss but the practice of Tai Chi Walking will improve your body's balance, coordination, and energy and stimulate your connection between mind and movement.

**at Glen Pine Pavilion**

|   |                 |                  |           |        |
|---|-----------------|------------------|-----------|--------|
| W | Sep 16 – Oct 28 | 7:30 – 8:30 p.m. | 6/\$56.40 | 233777 |
| W | Nov 4 – Dec 16  | 7:30 – 8:30 p.m. | 6/\$56.40 | 233778 |

**Wellness: The Brain – Gut Connection (16+ yrs)**

Your brain and gut are in constant communication through the nervous system, immune system, hormones, and microbiome. In this session, we'll explore how digestion, inflammation, stress, and lifestyle patterns can influence mood, memory, focus, and mental clarity.

**at Dogwood Pavilion**

|    |        |               |           |        |
|----|--------|---------------|-----------|--------|
| Tu | Nov 10 | 4 – 5:30 p.m. | 1/\$14.10 | 234116 |
|----|--------|---------------|-----------|--------|

**Performing Arts****Dance: Ageless Ballet All Levels (19+ yrs)**

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

**at Dogwood Pavilion**

|    |                 |                   |           |        |
|----|-----------------|-------------------|-----------|--------|
| Tu | Sep 15 – Oct 13 | 12:45 – 1:45 p.m. | 5/\$54.75 | 235322 |
| Tu | Oct 20 – Nov 10 | 12:45 – 1:45 p.m. | 4/\$43.80 | 232588 |
| Tu | Nov 17 – Dec 15 | 12:45 – 1:45 p.m. | 5/\$54.75 | 232881 |

**at Glen Pine Pavilion**

|    |                 |                   |           |        |
|----|-----------------|-------------------|-----------|--------|
| Th | Oct 22 – Nov 12 | 11 a.m. – 12 p.m. | 4/\$43.80 | 235384 |
| Th | Nov 19 – Dec 10 | 11 a.m. – 12 p.m. | 4/\$43.80 | 235385 |

**Dance: Argentine Tango Beginner (19+ yrs)**

Have fun learning Argentine Tango! Continue to build your skills in the beginner elements of the dance and the nuances of leading and following in a supportive and friendly environment. This course also touches on the history, culture, and music of the dance. Must register with a partner to learn lead and follow.

**at Dogwood Pavilion**

|   |                |                  |           |        |
|---|----------------|------------------|-----------|--------|
| M | Nov 2 – Dec 14 | 7:15 – 8:15 p.m. | 7/\$76.65 | 232549 |
|---|----------------|------------------|-----------|--------|

**Dance: Ballroom Beginner – Cha-Cha (19+ yrs)**

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. Focus is on Cha-Cha.

**at Glen Pine Pavilion**

|    |                 |                  |           |        |
|----|-----------------|------------------|-----------|--------|
| Th | Sep 17 – Oct 29 | 6:45 – 7:30 p.m. | 7/\$57.40 | 234085 |
|----|-----------------|------------------|-----------|--------|

**Dance: Ballroom Beginner – Nightclub 2 Step (19+ yrs)**

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. Focus is on Nightclub 2 Step.

**at Glen Pine Pavilion**

|    |                |                  |           |        |
|----|----------------|------------------|-----------|--------|
| Th | Nov 5 – Dec 17 | 6:45 – 7:30 p.m. | 7/\$57.40 | 234080 |
|----|----------------|------------------|-----------|--------|

**Dance: Ballroom for One Foundations (19+ yrs)**

Learn the fundamentals of ballroom dance—no partner required! Focus on rhythm, posture, and footwork for a variety of ballroom styles, helping you build confidence and grace on the dance floor.

**at Dogwood Pavilion**

|    |                 |                    |           |        |
|----|-----------------|--------------------|-----------|--------|
| Su | Sep 13 – Oct 25 | 10:15 – 11:15 a.m. | 7/\$76.65 | 232534 |
| Su | Nov 1 – Dec 6   | 10:15 – 11:15 a.m. | 5/\$54.75 | 232535 |

**Dance: Bellydance Beginner (19+ yrs)**

Practice classic beginner postures with the traditional hip and shoulder movements in a fun and welcoming environment.

**at Dogwood Pavilion**

|   |                 |            |           |        |
|---|-----------------|------------|-----------|--------|
| W | Sep 16 – Oct 28 | 5 – 6 p.m. | 6/\$65.70 | 234491 |
| W | Nov 4 – Dec 16  | 5 – 6 p.m. | 6/\$65.70 | 234492 |

**Dance: Bellydance Foundations (19+ yrs)**

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

**at Glen Pine Pavilion**

|    |                 |                  |           |        |
|----|-----------------|------------------|-----------|--------|
| Tu | Sep 15 – Oct 27 | 5:15 – 6:15 p.m. | 7/\$76.65 | 233379 |
| Tu | Nov 3 – Dec 15  | 5:15 – 6:15 p.m. | 7/\$76.65 | 233382 |

**Dance: Bellydance Intermediate (19+ yrs)**

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

*at Glen Pine Pavilion*

|   |                 |                  |           |        |
|---|-----------------|------------------|-----------|--------|
| W | Sep 16 – Oct 28 | 7:45 – 8:45 p.m. | 6/\$65.70 | 233397 |
| W | Nov 4 – Dec 16  | 7:45 – 8:45 p.m. | 6/\$65.70 | 233398 |

**Dance: Cha-Cha Foundations (19+ yrs)**

Dive into this introductory social dance program to learn Cha-Cha! Learn fundamental elements and nuances of leading and following in a supportive and friendly environment. Must register with a partner to learn lead and follow.

*at Dogwood Pavilion*

|   |                |            |           |        |
|---|----------------|------------|-----------|--------|
| M | Nov 2 – Dec 14 | 6 – 7 p.m. | 7/\$76.65 | 232547 |
|---|----------------|------------|-----------|--------|

**Dance: Choreographed Bellydance (19+ yrs)**

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 | Sep 15 – Oct 27 | 7:45 – 8:45 p.m. | 7/\$76.65 | 233384 |
| Tu | Nov 3 – Dec 15  | 7:45 – 8:45 p.m. | 7/\$76.65 | 233385 |

**Dance: Dogwood Discovery Week – Ageless Ballet (19+ yrs)**

Try Ageless Ballet. 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 | Sep 8 | 12:45 – 1:45 p.m. | 1/\$10.95 | 235306 |
|----|-------|-------------------|-----------|--------|

**Dance: Hip Hop (16+ yrs)**

This dynamic course is designed for adults of all skill levels. You will explore the foundational moves of Hip Hop while building rhythm, coordination, and personal style in a supportive and fun environment.

*at Pinetree Community Centre*

|   |                 |                  |           |        |
|---|-----------------|------------------|-----------|--------|
| F | Sep 18 – Oct 2  | 7:30 – 8:30 p.m. | 3/\$32.85 | 232747 |
| F | Oct 9 – Nov 6   | 7:30 – 8:30 p.m. | 5/\$54.75 | 232748 |
| F | Nov 13 – Dec 11 | 7:30 – 8:30 p.m. | 5/\$54.75 | 232749 |

**Dance: Jazz All Levels (19+ 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 Glen Pine Pavilion*

|   |                 |                  |           |        |
|---|-----------------|------------------|-----------|--------|
| M | Oct 19 – Nov 9  | 2:30 – 3:30 p.m. | 4/\$43.80 | 236840 |
| M | Nov 16 – Dec 14 | 2:30 – 3:30 p.m. | 5/\$54.75 | 236841 |

**Dance: Line Dance All Levels (19+ yrs)**

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

*at Centennial Pavilion*

|    |                 |                  |           |        |
|----|-----------------|------------------|-----------|--------|
| Tu | Sep 15 – Oct 27 | 3:30 – 4:30 p.m. | 7/\$76.65 | 232585 |
| Tu | Nov 3 – Dec 15  | 3:30 – 4:30 p.m. | 7/\$76.65 | 232586 |

*at Dogwood Pavilion*

|   |                 |                  |           |        |
|---|-----------------|------------------|-----------|--------|
| F | Sep 18 – Oct 30 | 2:15 – 3:15 p.m. | 7/\$76.65 | 235316 |
| F | Nov 6 – Dec 18  | 2:15 – 3:15 p.m. | 6/\$65.70 | 235317 |

**Dance: Line Dance Beginner (19+ yrs)**

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

*at Glen Pine Pavilion*

|   |                 |                  |           |        |
|---|-----------------|------------------|-----------|--------|
| M | Sep 14 – Oct 26 | 6:15 – 7:15 p.m. | 6/\$65.70 | 233365 |
| M | Nov 9 – Dec 14  | 6:15 – 7:15 p.m. | 6/\$65.70 | 233367 |

**Dance: Line Dance Foundations (19+ yrs)**

Jump into this introductory line dance program designed for absolute beginners. Dance to several musical genres with our experienced instructor. Express yourself and challenge your mind and body through movement patterns, sequences, and beats.

*at Centennial Pavilion*

|    |                 |                  |           |        |
|----|-----------------|------------------|-----------|--------|
| Tu | Sep 15 – Oct 27 | 2:15 – 3:15 p.m. | 7/\$76.65 | 232550 |
| Tu | Nov 3 – Dec 15  | 2:15 – 3:15 p.m. | 7/\$76.65 | 232584 |

**Dance: Nightclub Two Step Foundations (19+ yrs)**

Dive into this introductory social dance program to learn Nightclub Two-Step! Learn fundamental elements and nuances of leading and following in a supportive and friendly environment. Must register with a partner to learn lead and follow.

*at Dogwood Pavilion*

|   |                 |            |           |        |
|---|-----------------|------------|-----------|--------|
| M | Sep 14 – Oct 26 | 6 – 7 p.m. | 6/\$65.70 | 232546 |
|---|-----------------|------------|-----------|--------|

### Dance: Nightclub Two-Step Foundations Workshop (19+ yrs)

Nightclub Two-Step dancing for two! Diversify your dancing with this contemporary social dance. Have fun learning basic steps to a short choreography in this engaging workshop. Registration with a partner is recommended. Participation for single registrants depends on volunteer availability.

#### at Dogwood Pavilion

|    |        |                  |           |        |
|----|--------|------------------|-----------|--------|
| Sa | Oct 17 | 1:30 – 3:30 p.m. | 1/\$21.90 | 234510 |
|----|--------|------------------|-----------|--------|

### Dance: Persian Dance All Levels (19+ yrs)

Persian dance is a very graceful and refined dance focusing on the torso, arms, and hands along with facial expression and very different from Bellydancing. The music is upbeat and uplifting and fun for everyone who love dance.

#### at Glen Pine Pavilion

|   |                 |            |           |        |
|---|-----------------|------------|-----------|--------|
| M | Sep 14 – Oct 26 | 5 – 6 p.m. | 6/\$65.70 | 233360 |
| M | Nov 9 – Dec 14  | 5 – 6 p.m. | 6/\$65.70 | 233364 |

### Dance: Swing Foundations (19+ yrs)

Dive into this introductory social dance program to learn Cha-Cha! Learn fundamental elements and nuances of leading and following in a supportive and friendly environment. Must register with a partner to learn lead and follow.

#### at Dogwood Pavilion

|   |                 |                  |           |        |
|---|-----------------|------------------|-----------|--------|
| M | Sep 14 – Oct 26 | 7:15 – 8:15 p.m. | 6/\$65.70 | 232548 |
|---|-----------------|------------------|-----------|--------|

### Dance: Swing Foundations Workshop (19+ yrs)

Swing dancing for two! This classic dance will surely liven your afternoon. Have fun learning basic steps to a short choreography in this engaging workshop. Registration with a partner is recommended. Participation for single registrants depends on volunteer availability.

#### at Dogwood Pavilion

|    |        |                  |           |        |
|----|--------|------------------|-----------|--------|
| Sa | Sep 19 | 1:30 – 3:30 p.m. | 1/\$21.90 | 234509 |
|----|--------|------------------|-----------|--------|

### Dance: Waltz Foundations Workshop (19+ yrs)

Waltz dancing for two! This classic dance will surely liven your afternoon. Have fun learning basic steps to a short choreography in this engaging workshop. Registration with a partner is recommended. Participation for single registrants depends on volunteer availability.

#### at Dogwood Pavilion

|    |        |                  |           |        |
|----|--------|------------------|-----------|--------|
| Sa | Nov 28 | 1:30 – 3:30 p.m. | 1/\$21.90 | 234511 |
|----|--------|------------------|-----------|--------|

### Drama: Improv Theatre Workshop (19+ yrs)

Learn the basics of improvisational acting! Improv is all about saying 'yes, and,' accepting offers, and expressing yourself while working as a team through fun and entertaining games. No scripts and no rehearsals.

#### at Glen Pine Pavilion

|   |        |               |           |        |
|---|--------|---------------|-----------|--------|
| W | Sep 23 | 7 – 8:30 p.m. | 1/\$17.20 | 233399 |
| W | Oct 14 | 7 – 8:30 p.m. | 1/\$17.20 | 233400 |
| W | Oct 28 | 7 – 8:30 p.m. | 1/\$17.20 | 233403 |
| W | Nov 25 | 7 – 8:30 p.m. | 1/\$17.20 | 233404 |
| W | Dec 9  | 7 – 8:30 p.m. | 1/\$17.20 | 233405 |

#### at Town Centre Park Community Centre

|   |        |               |           |        |
|---|--------|---------------|-----------|--------|
| W | Oct 7  | 7:30 – 9 p.m. | 1/\$15.60 | 234761 |
| W | Nov 18 | 7:30 – 9 p.m. | 1/\$15.60 | 234762 |

### Music: Guitar Beginner (19+ yrs)

Beginner guitar for those who have learnt the basics on chords, strumming and how to read tablature. Please bring your own guitar.

#### at Glen Pine Pavilion

|    |                |                  |           |        |
|----|----------------|------------------|-----------|--------|
| Tu | Nov 3 – Dec 15 | 7:30 – 8:30 p.m. | 7/\$65.10 | 233993 |
|----|----------------|------------------|-----------|--------|

### Music: Guitar Foundations (19+ yrs)

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

#### at Centennial Activity Centre

|   |                |                  |           |        |
|---|----------------|------------------|-----------|--------|
| W | Oct 7 – Nov 4  | 7:30 – 8:30 p.m. | 5/\$46.50 | 232882 |
| W | Nov 18 – Dec 9 | 7:30 – 8:30 p.m. | 4/\$37.20 | 232883 |

#### at Glen Pine Pavilion

|    |                 |                  |           |        |
|----|-----------------|------------------|-----------|--------|
| Tu | Sep 15 – Oct 27 | 7:30 – 8:30 p.m. | 7/\$65.10 | 233992 |
|----|-----------------|------------------|-----------|--------|

### Music: Karaoke Voice Skills Foundations (19+ yrs)

Love singing along to your favourite songs? Our Karaoke Class is a fun and supportive way to build confidence, improve your singing skills, and enjoy making music with others. Learn simple techniques for breathing, posture, and vocal control from an experienced instructor while singing the songs you know and love. This class is all about having fun and finding your voice.

#### at Dogwood Pavilion

|    |                 |                  |           |        |
|----|-----------------|------------------|-----------|--------|
| Th | Sep 17 – Oct 29 | 4:30 – 5:30 p.m. | 7/\$65.10 | 235620 |
| Th | Nov 5 – Dec 17  | 4:30 – 5:30 p.m. | 7/\$65.10 | 235622 |



**Tell us how we did!**

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

## 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.

### Music: K-Pop Music, Korean Language and Culture (16+ yrs)

With the return of the popular BTS as a global phenomenon, understanding K-Pop as the gateway to Korean culture is interesting and exciting! Learn how to understand Korean lyrics, popular Korean phrases and explore Korean language and trends.

#### at Glen Pine Pavilion

|   |                 |            |           |        |
|---|-----------------|------------|-----------|--------|
| W | Sep 16 – Oct 28 | 7 – 8 p.m. | 6/\$55.80 | 233996 |
| W | Nov 4 – Dec 16  | 7 – 8 p.m. | 6/\$55.80 | 233997 |

### Music: Singing Voice Skills Foundations (19+ yrs)

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 | Sep 13 – Oct 25 | 12:15 – 1:45 p.m. | 7/\$97.65 | 233323 |
| Su | Nov 1 – Dec 6   | 12:15 – 1:45 p.m. | 6/\$83.70 | 233325 |

### Music: Let's Sing! A Musical Journey (19+ yrs)

Join us for an enjoyable hour of singing as we explore a different musical style each week—from Country and Blues to Soul, Folk, Rock, and more. No experience is required—just bring your voice and enjoy the music.

#### at Glen Pine Pavilion

|    |                 |                  |           |        |
|----|-----------------|------------------|-----------|--------|
| Tu | Sep 15 – Oct 27 | 6:15 – 7:15 p.m. | 7/\$65.10 | 233386 |
| Tu | Nov 3 – Dec 15  | 6:15 – 7:15 p.m. | 7/\$65.10 | 233387 |

### Music: Ukulele All Levels (19+ yrs)

Build on your foundations, learning chords and strums, working towards improving your skills on the ukulele. Please bring your own ukulele. Foundations experience recommended.

#### at Dogwood Pavilion

|    |                 |                  |           |        |
|----|-----------------|------------------|-----------|--------|
| Tu | Sep 15 – Oct 27 | 2:30 – 3:30 p.m. | 7/\$65.10 | 234966 |
| Tu | Nov 3 – Dec 15  | 2:30 – 3:30 p.m. | 7/\$65.10 | 234967 |

### Music: Ukulele Beginner (19+ yrs)

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

#### at Glen Pine Pavilion

|    |                 |                   |           |        |
|----|-----------------|-------------------|-----------|--------|
| Su | Sep 13 – Oct 25 | 11 a.m. – 12 p.m. | 7/\$65.10 | 233297 |
| M  | Nov 9 – Dec 14  | 7 – 8 p.m.        | 6/\$55.80 | 233353 |

### Music: Ukulele Foundations (19+ yrs)

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

#### at Dogwood Pavilion

|    |                 |            |           |        |
|----|-----------------|------------|-----------|--------|
| Sa | Sep 12 – Oct 10 | 1 – 2 p.m. | 5/\$46.50 | 234963 |
| Sa | Oct 17 – Nov 14 | 1 – 2 p.m. | 5/\$46.50 | 234964 |

#### at Glen Pine Pavilion

|   |                 |            |           |        |
|---|-----------------|------------|-----------|--------|
| M | Sep 14 – Oct 26 | 7 – 8 p.m. | 6/\$55.80 | 233351 |
|---|-----------------|------------|-----------|--------|

### Music: Ukulele Intermediate (19+ yrs)

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

|    |               |                   |           |        |
|----|---------------|-------------------|-----------|--------|
| Su | Nov 1 – Dec 6 | 11 a.m. – 12 p.m. | 6/\$55.80 | 233321 |
|----|---------------|-------------------|-----------|--------|



## Sports and Active Play

**Badminton: Skills and Drills (16+ yrs)**

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

**16+ yrs***at Maillardville Community Centre*

|   |                 |                  |        |        |
|---|-----------------|------------------|--------|--------|
| W | Sep 9 – Sep 23  | 5:30 – 6:45 p.m. | 3/\$39 | 235106 |
| W | Oct 7 – Nov 4   | 5:30 – 6:45 p.m. | 5/\$65 | 235107 |
| W | Nov 18 – Dec 16 | 5:30 – 6:45 p.m. | 5/\$65 | 235108 |

**19+ yrs***at Pinetree Community Centre*

|    |                 |                    |           |        |
|----|-----------------|--------------------|-----------|--------|
| Su | Sep 13 – Sep 27 | 10:15 – 11:45 a.m. | 3/\$46.80 | 233447 |
| Su | Oct 4 – Nov 1   | 10:15 – 11:45 a.m. | 5/\$78    | 233449 |
| Su | Nov 8 – Dec 6   | 10:15 – 11:45 a.m. | 5/\$78    | 233450 |

**Boorman Archery (16+ yrs)**

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

*at Pinetree Community Centre*

|    |                 |                         |        |        |
|----|-----------------|-------------------------|--------|--------|
| Su | Sep 13 – Sep 27 | 9 – 10 a.m.             | 3/\$45 | 232901 |
| Su | Sep 13 – Sep 27 | 10:15 – 11:15 a.m.      | 3/\$45 | 232562 |
| Su | Sep 13 – Sep 27 | 11:30 a.m. – 12:30 p.m. | 3/\$45 | 232570 |
| Su | Oct 4 – Nov 1   | 9 – 10 a.m.             | 5/\$75 | 232902 |
| Su | Oct 4 – Nov 1   | 10:15 – 11:15 a.m.      | 5/\$75 | 232564 |
| Su | Oct 4 – Nov 1   | 11:30 a.m. – 12:30 p.m. | 5/\$75 | 232573 |
| Su | Nov 8 – Dec 6   | 9 – 10 a.m.             | 5/\$75 | 232903 |
| Su | Nov 8 – Dec 6   | 10:15 – 11:15 a.m.      | 5/\$75 | 232567 |
| Su | Nov 8 – Dec 6   | 11:30 a.m. – 12:30 p.m. | 5/\$75 | 232579 |

**Volleyball: Skill Progression (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 | Sep 13 – Sep 27 | 5:15 – 6:15 p.m. | 3/\$31.05 | 232532 |
| Su | Oct 4 – Nov 1   | 5:15 – 6:15 p.m. | 5/\$51.75 | 236259 |
| Su | Nov 8 – Dec 6   | 5:15 – 6:15 p.m. | 5/\$51.75 | 232533 |

*at Maillardville Community Centre*

|    |                 |            |           |        |
|----|-----------------|------------|-----------|--------|
| Th | Sep 17 – Oct 1  | 6 – 7 p.m. | 3/\$31.05 | 235109 |
| Th | Oct 8 – Nov 5   | 6 – 7 p.m. | 5/\$51.75 | 235110 |
| Th | Nov 12 – Dec 17 | 6 – 7 p.m. | 6/\$62.10 | 235111 |

**Pickleball: Learn to Play (16+ yrs)**

Learn the fastest growing sport in North America. Lessons include game knowledge and skill development for beginner players.

**16+ yrs***at Maillardville Community Centre*

|   |                 |                  |           |        |
|---|-----------------|------------------|-----------|--------|
| M | Sep 14 – Sep 28 | 3:45 – 5:15 p.m. | 3/\$46.80 | 235100 |
| M | Oct 5 – Nov 2   | 3:45 – 5:15 p.m. | 4/\$62.40 | 235101 |
| M | Nov 9 – Dec 14  | 3:45 – 5:15 p.m. | 6/\$93.60 | 235102 |

**19+ yrs***at Poirier Forum*

|    |                 |                      |            |        |
|----|-----------------|----------------------|------------|--------|
| Tu | Sep 15 – Oct 6  | 11 a.m. – 12:30 p.m. | 4/\$62.40  | 232596 |
| W  | Sep 16 – Oct 28 | 11 a.m. – 12:30 p.m. | 6/\$93.60  | 232885 |
| Th | Sep 17 – Oct 29 | 11 a.m. – 12:30 p.m. | 6/\$93.60  | 234494 |
| Tu | Oct 13 – Nov 10 | 11 a.m. – 12:30 p.m. | 5/\$78     | 232597 |
| W  | Nov 4 – Dec 16  | 11 a.m. – 12:30 p.m. | 6/\$93.60  | 232886 |
| Th | Nov 5 – Dec 17  | 11 a.m. – 12:30 p.m. | 7/\$109.20 | 234495 |
| Tu | Nov 17 – Dec 15 | 11 a.m. – 12:30 p.m. | 5/\$78     | 232880 |

**Pickleball: Skill Progression (16+ yrs)**

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

**16+ yrs***at Centennial Activity Centre*

|    |                |                      |           |        |
|----|----------------|----------------------|-----------|--------|
| Su | Sep 13 – Oct 4 | 11 a.m. – 12:30 p.m. | 4/\$62.40 | 232536 |
| Su | Oct 18 – Nov 8 | 11 a.m. – 12:30 p.m. | 4/\$62.40 | 232537 |
| Su | Nov 15 – Dec 6 | 11 a.m. – 12:30 p.m. | 4/\$62.40 | 232538 |

*at Maillardville Community Centre*

|   |                 |                  |           |        |
|---|-----------------|------------------|-----------|--------|
| M | Sep 14 – Sep 28 | 5:15 – 6:45 p.m. | 3/\$46.80 | 235103 |
| M | Oct 5 – Nov 2   | 5:15 – 6:45 p.m. | 4/\$62.40 | 235104 |
| M | Nov 9 – Dec 14  | 5:15 – 6:45 p.m. | 6/\$93.60 | 235105 |

**19+ yrs***at Poirier Forum*

|   |                 |                   |           |        |
|---|-----------------|-------------------|-----------|--------|
| W | Sep 16 – Oct 28 | 12:45 – 2:15 p.m. | 6/\$93.60 | 234413 |
| W | Nov 4 – Dec 16  | 12:45 – 2:15 p.m. | 6/\$93.60 | 234415 |

**Seniors Can Move (50+ yrs)**

Designed by Delta Gymnastics Society to improve the agility, balance, coordination and strength of adults 50+ years of age, this program reacquaints seniors with fundamental movement skills they may no longer be practicing due to inactivity, pain, illness, or surgery using games and gentle exercises.

*at Maillardville Community Centre*

|    |                 |                         |             |        |
|----|-----------------|-------------------------|-------------|--------|
| Tu | Sep 15 – Nov 17 | 10 – 11 a.m.            | 10/\$103.50 | 235122 |
| Tu | Sep 15 – Nov 17 | 11:15 a.m. – 12:15 p.m. | 10/\$103.50 | 235123 |
| Tu | Sep 15 – Nov 17 | 1 – 2 p.m.              | 10/\$103.50 | 235124 |

Visual Arts

## Choose Your Level

### Foundations:

Perfect for those brand new or looking to learn fundamental skills with minimal challenge. No experience required.

### Beginner:

For participants with some basic or transferable skills, focusing on less complex techniques. Some experience recommended.

### Intermediate:

Designed for those confident in the basics and ready to tackle more complex skills. Some experience recommended.

### All Levels:

Combines beginner and intermediate options, allowing participants to adjust complexity based on their comfort. Some experience recommended.

## Foundations

### Crafts: Needle Felting Foundation (19+ yrs)

Learn the basics of needle felting, a popular craft that uses special needles to interlock and tangle wool fibers into beautiful pieces of art. Bring along a basic needle felting starter kit that is easily purchased online, at a crafts store or speak to instructor at the first class.

- Sep – Fall Leaf Garland
- Oct – Pumpkins

#### at Glen Pine Pavilion

|    |                 |               |           |        |
|----|-----------------|---------------|-----------|--------|
| Th | Sep 17 – Oct 8  | 1 – 2:30 p.m. | 4/\$44.20 | 232971 |
| Th | Oct 22 – Nov 12 | 1 – 2:30 p.m. | 4/\$44.20 | 233262 |

### Drawing: Exploring Oil Pastels (19+ yrs)

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 Glen Pine Pavilion

|   |                |                        |           |        |
|---|----------------|------------------------|-----------|--------|
| F | Nov 6 – Dec 18 | 11:30 a.m. – 1:30 p.m. | 6/\$88.20 | 233817 |
|---|----------------|------------------------|-----------|--------|

### Drawing: Portraits Foundations (19+ yrs)

Enjoy drawing portraits using basic tools of pencils and pens.

#### at Glen Pine Pavilion

|   |                |                     |           |        |
|---|----------------|---------------------|-----------|--------|
| M | Nov 9 – Dec 14 | 11:30 a.m. – 1 p.m. | 6/\$66.30 | 233034 |
|---|----------------|---------------------|-----------|--------|

### Painting: Acrylic Foundations Workshop (19+ yrs)

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

#### at Town Centre Park Community Centre

|    |        |                  |           |        |
|----|--------|------------------|-----------|--------|
| Th | Nov 19 | 6:30 – 8:30 p.m. | 1/\$23.70 | 234881 |
|----|--------|------------------|-----------|--------|

### Painting: Acrylic Painting Workshop – Canadian Mountains and Skies (19+ yrs)

This beginner, two-week acrylic painting class is inspired by Lawren Harris and his iconic mountain shapes, strong contrasts, and straightforward composition. Students will explore color, light, and texture while learning basic acrylic techniques to create their own Canadian Mountain scene.

#### at Dogwood Pavilion

|    |                |            |           |        |
|----|----------------|------------|-----------|--------|
| Tu | Nov 3 – Nov 10 | 6 – 8 p.m. | 2/\$52.20 | 234143 |
|----|----------------|------------|-----------|--------|

### Painting: Acrylic Painting Workshop – Van Gogh Sunflowers (19+ yrs)

This beginner, two-week acrylic painting class is inspired by Van Gogh's Sunflowers. Students will explore color, light, and texture while learning basic techniques such as color mixing, brushwork, and layering to create their own fall floral painting.

#### at Dogwood Pavilion

|    |                 |            |           |        |
|----|-----------------|------------|-----------|--------|
| Tu | Sep 22 – Sep 29 | 6 – 8 p.m. | 2/\$52.20 | 234137 |
|----|-----------------|------------|-----------|--------|

### Painting: Paper Marbling Workshop (19+ yrs)

Learn how to mordant paper, make the marbling size/solution and create paint patterns on prepared water for marbled creations. Materials and techniques will be discussed to make beautiful and unique decorative papers.

#### at Glen Pine Pavilion

|    |        |                  |           |        |
|----|--------|------------------|-----------|--------|
| Th | Nov 19 | 6:30 – 8:30 p.m. | 1/\$26.10 | 232914 |
|----|--------|------------------|-----------|--------|

## Oops! We cancelled it...

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

## Beginner

### Crochet: Beginner Skills (19+ yrs)

In this hands-on beginner program, learn and apply basic crochet techniques.

*at Town Centre Park Community Centre*

|    |               |            |           |        |
|----|---------------|------------|-----------|--------|
| Tu | Oct 6 – Nov 3 | 6 – 8 p.m. | 5/\$75.50 | 234749 |
|----|---------------|------------|-----------|--------|

### Crafts: Crochet Beginner (19+ yrs)

In this hands-on beginner program learn and apply basic crochet techniques and how to read simple patterns.

*at Maillardville Community Centre*

|    |               |            |        |        |
|----|---------------|------------|--------|--------|
| Tu | Oct 6 – Nov 3 | 6 – 8 p.m. | 5/\$58 | 233366 |
|----|---------------|------------|--------|--------|

|    |                |            |        |        |
|----|----------------|------------|--------|--------|
| Tu | Nov 10 – Dec 8 | 6 – 8 p.m. | 5/\$58 | 233368 |
|----|----------------|------------|--------|--------|

### Crafts: Introduction to Weaving (19+ yrs)

Join us for an introductory weaving workshop and learn to make an item using a mini loom and yarn. The project will be completed over 2 sessions. Instructor, Laura R. will acknowledge the knowledge keepers who helped guide her interest/passion in weaving and the types of material (cedar, suede and leather) in addition to wool and cotton. She is from the Haida/Tsimshian First Nations, Metlakatla, B.C.

*at Dogwood Pavilion*

|   |                 |                   |        |        |
|---|-----------------|-------------------|--------|--------|
| F | Oct 16 – Oct 23 | 9:30 – 11:30 a.m. | 2/\$20 | 235397 |
|---|-----------------|-------------------|--------|--------|

# Winter Market

at Glen Pine Pavilion

## Your Holiday Shopping Starts Here!

**Friday, November 13 (4 – 9 p.m.) and Saturday, November 14 (9 a.m. – 3 p.m.)**

Admission to the event is Free

---

**Want to be a vendor at this year's event?**

Reserve your booth for both days.

Visit [coquitlam.ca/registration](http://coquitlam.ca/registration) or call 604-927-4386.

### Drawing: Animal Drawing (19+ yrs)

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

*at Glen Pine Pavilion*

|   |                 |                     |           |        |
|---|-----------------|---------------------|-----------|--------|
| M | Sep 14 – Oct 26 | 11:30 a.m. – 1 p.m. | 6/\$66.30 | 233021 |
|---|-----------------|---------------------|-----------|--------|

|    |                 |                      |           |        |
|----|-----------------|----------------------|-----------|--------|
| Th | Nov 26 – Dec 17 | 11 a.m. – 12:30 p.m. | 4/\$44.20 | 233267 |
|----|-----------------|----------------------|-----------|--------|

### Drawing: Drawing Beginner (19+ yrs)

Discover the art of drawing with an emphasis on black-and-white techniques. Develop your skills in shading, contrast, and composition while gaining confidence in creating dynamic and balanced pieces.

*at Dogwood Pavilion*

|   |                 |                        |           |        |
|---|-----------------|------------------------|-----------|--------|
| M | Sep 14 – Oct 26 | 11:45 a.m. – 1:45 p.m. | 6/\$88.20 | 233306 |
|---|-----------------|------------------------|-----------|--------|

*at Glen Pine Pavilion*

|   |                 |                        |           |        |
|---|-----------------|------------------------|-----------|--------|
| F | Sep 18 – Oct 23 | 11:30 a.m. – 1:30 p.m. | 6/\$88.20 | 232939 |
|---|-----------------|------------------------|-----------|--------|

### Drawing: Drawing Beginner – Seeing Shapes in Objects (19+ yrs)

Discover the art of drawing with an emphasis on black-and-white shapes. Every object can be broken down into simple shapes. In this class, learn to see shapes instead of objects and develop strong observational skills, improve accuracy and build confidence in creating drawings that are balanced and believable.

*at Dogwood Pavilion*

|    |               |                   |           |        |
|----|---------------|-------------------|-----------|--------|
| Tu | Nov 3 – Dec 8 | 9:15 – 11:15 a.m. | 6/\$88.20 | 234470 |
|----|---------------|-------------------|-----------|--------|

### Mixed Media: Sketch and Paint (19+ yrs)

Explore different mediums with a focus on sketching and painting. Explore different techniques and materials in fun relaxed atmosphere.

*at Glen Pine Pavilion*

|    |                 |                      |           |        |
|----|-----------------|----------------------|-----------|--------|
| Th | Oct 22 – Nov 12 | 11 a.m. – 12:30 p.m. | 4/\$44.20 | 233265 |
|----|-----------------|----------------------|-----------|--------|

### Mixed Media: Watercolour and Pencil Crayons (19+ yrs)

Using both watercolour paints and pencil crayons to create stunning drawings and designs in a mixed media composition class.

*at Glen Pine Pavilion*

|   |                 |             |           |        |
|---|-----------------|-------------|-----------|--------|
| F | Sep 18 – Oct 23 | 9 – 11 a.m. | 6/\$88.20 | 232936 |
|---|-----------------|-------------|-----------|--------|

**All Abilities Welcome!**

Visit page 4 for details



## Beginner

### Painting: Acrylic Beginner (19+ yrs)

Designed to accommodate individual levels and interests, the emphasis is on colour mixing, transparent versus opaque qualities and the versatility of acrylic paint.

#### at Dogwood Pavilion

|    |                 |                   |            |        |
|----|-----------------|-------------------|------------|--------|
| Th | Sep 17 – Oct 29 | 9:30 – 11:30 a.m. | 7/\$102.90 | 234007 |
| Th | Nov 5 – Dec 17  | 9:30 – 11:30 a.m. | 7/\$102.90 | 234014 |

#### at Glen Pine Pavilion

|    |                 |                   |           |        |
|----|-----------------|-------------------|-----------|--------|
| Tu | Sep 15 – Oct 20 | 6:30 – 8:30 p.m.  | 6/\$88.20 | 232930 |
| Sa | Sep 19 – Oct 24 | 9:30 – 11:30 a.m. | 6/\$88.20 | 233257 |
| Tu | Nov 3 – Dec 8   | 6:30 – 8:30 p.m.  | 6/\$88.20 | 232932 |
| Sa | Nov 7 – Dec 19  | 9:30 – 11:30 a.m. | 6/\$88.20 | 233258 |

### Painting: Watercolour Beginner (19+ yrs)

Discover the joys of watercolour through hands-on practice and guided demonstrations. Build your skills in composition, depth, and contrast while gaining confidence in colour mixing, brushwork, and layering techniques.

#### at Dogwood Pavilion

|    |                 |                |            |        |
|----|-----------------|----------------|------------|--------|
| Tu | Sep 15 – Oct 20 | 12:30 – 3 p.m. | 6/\$110.40 | 233581 |
| Th | Sep 17 – Oct 22 | 12:30 – 3 p.m. | 6/\$110.40 | 234039 |
| Tu | Nov 3 – Dec 8   | 12:30 – 3 p.m. | 6/\$110.40 | 233583 |
| Th | Nov 5 – Dec 10  | 12:30 – 3 p.m. | 6/\$110.40 | 234040 |

#### at Town Centre Park Community Centre

|    |       |                  |           |        |
|----|-------|------------------|-----------|--------|
| Th | Dec 3 | 6:30 – 8:30 p.m. | 1/\$23.70 | 234882 |
|----|-------|------------------|-----------|--------|

### Woodcarving Beginner (19+ yrs)

Learn beginner woodcarving skills such as safe tool handling, basic knife skills and understanding wood grain to carve simple projects like a bear, fox, cat or dog. Learn techniques such as cutting, gouging, and shaping, sometimes starting with a sample board to practice different cuts before moving on to a project.

#### at Dogwood Pavilion

|   |                 |            |           |        |
|---|-----------------|------------|-----------|--------|
| W | Sep 16 – Oct 28 | 6 – 8 p.m. | 6/\$88.20 | 234002 |
| W | Nov 4 – Dec 16  | 6 – 8 p.m. | 6/\$88.20 | 234003 |

## Intermediate

### Crochet: Intermediate Skills 19 yrs+ (19+ yrs)

In this hands-on intermediate program, build on basic crochet techniques and learn new skills such as working in the round, granny squares and ribbing.

#### at Town Centre Park Community Centre

|    |                |            |           |        |
|----|----------------|------------|-----------|--------|
| Tu | Nov 10 – Dec 8 | 6 – 8 p.m. | 5/\$75.50 | 234750 |
|----|----------------|------------|-----------|--------|

### Drawing: Intermediate (19+ yrs)

Elevate your drawing abilities by refining advanced techniques in black and white art. Explore creating depth, texture and nuanced lighting effects while enhancing your personal artistic style.

#### at Dogwood Pavilion

|   |                |                        |            |        |
|---|----------------|------------------------|------------|--------|
| M | Nov 2 – Dec 14 | 11:45 a.m. – 1:45 p.m. | 7/\$102.90 | 233310 |
|---|----------------|------------------------|------------|--------|

### Drawing: Intermediate Portraits (19+ yrs)

Elevate your drawing abilities by refining advanced techniques in black and white art. Explore creating depth, texture and nuanced lighting effects while enhancing your personal artistic style.

#### at Dogwood Pavilion

|    |                 |                   |           |        |
|----|-----------------|-------------------|-----------|--------|
| Tu | Sep 15 – Oct 20 | 9:15 – 11:15 a.m. | 6/\$88.20 | 234468 |
|----|-----------------|-------------------|-----------|--------|

### Painting: Watercolour Intermediate (19+ yrs)

Take your watercolour paintings to the next level with advanced techniques and methods. Refine your approach to create more dynamic, expressive works by exploring composition, texture, and personal style.

#### at Dogwood Pavilion

|    |                 |                     |            |        |
|----|-----------------|---------------------|------------|--------|
| Tu | Sep 15 – Oct 20 | 9:30 a.m. – 12 p.m. | 6/\$110.40 | 233344 |
| Tu | Nov 3 – Dec 8   | 9:30 a.m. – 12 p.m. | 6/\$110.40 | 233347 |

## All Levels

**Crafts: Air Dry Clay Jewelry/Trinket Holder Workshop (19+ yrs)**

Curious about Air Dry Clay? Knead, shape, and sculpt two small jewelry or trinket holders to keep or gift. Option to paint and decorate items before sealing for extra protection. Demonstration on how to use resin to make air dry clay projects water-resistant.

*at Glen Pine Pavilion*

|    |                |                  |           |        |
|----|----------------|------------------|-----------|--------|
| Th | Oct 29 – Nov 5 | 6:30 – 8:30 p.m. | 2/\$52.20 | 232919 |
|----|----------------|------------------|-----------|--------|

**Crafts: Air Dry Clay Painting and Sealing Workshop (19+ yrs)**

In this class, students will learn how to finish the Air Dry Clay creation they have made in a previous class. They will have the option to paint and decorate their project then seal it for extra protection. The instructor will also demonstrate how to use resin to make their projects water-resistant.

*at Dogwood Pavilion*

|    |        |            |           |        |
|----|--------|------------|-----------|--------|
| Th | Oct 29 | 1 – 3 p.m. | 1/\$26.10 | 234695 |
|----|--------|------------|-----------|--------|

**Crafts: Air Dry Clay Trinket Boxes Workshop (19+ yrs)**

Learn the basics of working with air-dry clay. Students will learn how to knead, shape, and sculpt clay while creating trinket boxes. Join us for the painting and sealing course to decorate the item and also learn to seal it for added protection.

*at Dogwood Pavilion*

|    |        |            |           |        |
|----|--------|------------|-----------|--------|
| Th | Oct 15 | 1 – 3 p.m. | 1/\$26.10 | 234577 |
|----|--------|------------|-----------|--------|

**Crafts: Air Dry Clay Vase Workshop (19+ yrs)**

Learn the basics of working with air-dry clay. Students will learn how to knead, shape, and sculpt clay while creating their own vase or vessel. Join us for the painting and sealing course to decorate it and seal it for added protection.

*at Dogwood Pavilion*

|    |       |            |           |        |
|----|-------|------------|-----------|--------|
| Th | Oct 1 | 1 – 3 p.m. | 1/\$26.10 | 234692 |
|----|-------|------------|-----------|--------|

**Crafts: Air Dry Clay Vessel/Container Workshop (19+ yrs)**

Curious about Air Dry Clay? Knead, shape, and sculpt a vessel to use as a vase for dried flowers or a decorative container to keep or gift. Option to paint and decorate items before sealing for extra protection. Demonstration on how to use resin to make air dry clay projects water-resistant.

*at Glen Pine Pavilion*

|    |               |                  |           |        |
|----|---------------|------------------|-----------|--------|
| Th | Oct 1 – Oct 8 | 6:30 – 8:30 p.m. | 2/\$52.20 | 232921 |
|----|---------------|------------------|-----------|--------|

**Crafts: Air Dry Clay Watercolour Palette Workshop (19+ yrs)**

Learn the basics of air-dry clay. Students will learn how to knead, shape, and sculpt clay while creating their own small watercolour palette. Join us for the painting and sealing course to decorate it and seal it for added protection.

*at Dogwood Pavilion*

|    |        |            |           |        |
|----|--------|------------|-----------|--------|
| Th | Sep 17 | 1 – 3 p.m. | 1/\$26.10 | 234576 |
|----|--------|------------|-----------|--------|

**Crafts: Autumn Harvest Wreath Workshop (19+ yrs)**

Create an autumn wreath that brings rich fall colours to your home. Layer faux foliage, berries and pumpkins onto a grapevine base.

*at Glen Pine Pavilion*

|    |        |                  |           |        |
|----|--------|------------------|-----------|--------|
| Th | Sep 24 | 6:30 – 8:30 p.m. | 1/\$26.10 | 233568 |
|----|--------|------------------|-----------|--------|

**Crafts: Heritage Holiday Wreath Workshop (19+ yrs)**

This vintage-inspired Christmas wreath designed to evoke a sense of warmth, nostalgia, and timeless elegance using faux boughs and festive accent decorations.

*at Glen Pine Pavilion*

|    |        |                  |           |        |
|----|--------|------------------|-----------|--------|
| Th | Nov 26 | 6:30 – 8:30 p.m. | 1/\$26.10 | 233812 |
|----|--------|------------------|-----------|--------|

**Crafts: Holiday Bottle Lantern Workshop (19+ yrs)**

Learn to paint with acrylic on a glass surface and transform a wine bottle into a beautiful festive lantern. Finish the lantern with fairy lights inside to create a beautiful glow.

*at Dogwood Pavilion*

|    |        |            |           |        |
|----|--------|------------|-----------|--------|
| Tu | Nov 24 | 6 – 8 p.m. | 1/\$26.10 | 234150 |
|----|--------|------------|-----------|--------|

**Crafts: Holiday Centerpiece Workshop (19+ yrs)**

Elevate your holiday table with a fresh centerpiece combining seasonal elements like evergreen branches, pinecones, and berries.

*at Glen Pine Pavilion*

|    |        |                  |           |        |
|----|--------|------------------|-----------|--------|
| Th | Dec 17 | 6:30 – 8:30 p.m. | 1/\$26.10 | 233813 |
|----|--------|------------------|-----------|--------|

**Crafts: Holiday Relief Carving and Printmaking Workshop (19+ yrs)**

Join us in creating your own holiday-themed linoleum carving and ink print. Learn to safely carve and transfer your image into personalized art stamps. All supplies included.

*at Dogwood Pavilion*

|    |                |                   |           |        |
|----|----------------|-------------------|-----------|--------|
| Sa | Nov 28 – Dec 5 | 10 a.m. – 12 p.m. | 2/\$44.20 | 234962 |
|----|----------------|-------------------|-----------|--------|

## All Levels

**Crafts: Holiday Wreath Workshop (19+ yrs)**

Get into the holiday spirit by making a festive wreath with us! Join us for a cozy, hands-on session where you'll craft a beautiful, personalized wreath to take home and enjoy all season long.

*at Dogwood Pavilion*

|    |       |            |           |        |
|----|-------|------------|-----------|--------|
| Tu | Dec 1 | 6 – 8 p.m. | 1/\$26.10 | 234146 |
|----|-------|------------|-----------|--------|

**Crafts: Needle Felting Workshop – Forest Mushroom (19+ yrs)**

Learn the basics of needle felting while creating a forest mushroom in this beginner-friendly class. All materials are provided, and you'll leave with a finished piece and the skills to keep felting at home.

*at Dogwood Pavilion*

|   |        |                   |           |        |
|---|--------|-------------------|-----------|--------|
| M | Sep 21 | 9:30 – 11:30 a.m. | 1/\$26.10 | 234523 |
|---|--------|-------------------|-----------|--------|

**Crafts: Needle Felting Workshop – Holiday Ornament (19+ yrs)**

Learn the basics of needle felting while creating a holiday ornament. All materials are provided, and you'll leave with a finished piece and the skills to keep felting at home.

*at Dogwood Pavilion*

|   |       |                   |           |        |
|---|-------|-------------------|-----------|--------|
| M | Dec 7 | 9:30 – 11:30 a.m. | 1/\$26.10 | 234722 |
|---|-------|-------------------|-----------|--------|

**Crafts: Needle Felting Workshop – Storybook Mouse (19+ yrs)**

Learn the art of needle felting while creating a charming mouse complete with handmade clothing. This relaxed workshop introduces basic sculpting and detailing techniques, with plenty of guidance along the way.

*at Dogwood Pavilion*

|   |                |                   |           |        |
|---|----------------|-------------------|-----------|--------|
| M | Oct 19 – Nov 2 | 9:30 – 11:30 a.m. | 3/\$56.40 | 234710 |
|---|----------------|-------------------|-----------|--------|

**Crafts: Needle Felting Workshop – Penguin (19+ yrs)**

Bring your needle felting kit and have some fun with others who love this craft. Share current project or start a new one with the group and learn some tips and tricks of this popular hobby.

*at Glen Pine Pavilion*

|    |                 |               |           |        |
|----|-----------------|---------------|-----------|--------|
| Th | Nov 26 – Dec 17 | 1 – 2:30 p.m. | 4/\$44.20 | 233263 |
|----|-----------------|---------------|-----------|--------|

**Drawing: Coloured Pencils (19+ yrs)**

Learn the tips and tricks that go into creating portrait drawings 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 | Sep 14 – Oct 26 | 9 – 11:30 a.m. | 6/\$110.40 | 233298 |
|---|-----------------|----------------|------------|--------|

|   |                |                |            |        |
|---|----------------|----------------|------------|--------|
| M | Nov 2 – Dec 14 | 9 – 11:30 a.m. | 7/\$128.80 | 233301 |
|---|----------------|----------------|------------|--------|

**Drawing: Coloured Pencils Workshop (19+ yrs)**

Discover the fun of working with coloured pencils. In this guided class, with all supplies provided, you will explore using different colours that can be blended and layered – using coloured pencils to draw and sketch is more than colouring a page.

*at Glen Pine Pavilion*

|    |               |                  |           |        |
|----|---------------|------------------|-----------|--------|
| Th | Oct 1 – Oct 8 | 6:30 – 8:30 p.m. | 2/\$52.20 | 232794 |
|----|---------------|------------------|-----------|--------|

**Drawing: Drawing All Levels (19+ yrs)**

Drawing is fundamental artistic technique using lines and marks (pencil, ink, digital) to create images, focusing on form, shape, and line rather than just color.

*at Glen Pine Pavilion*

|    |                |                   |           |        |
|----|----------------|-------------------|-----------|--------|
| Su | Sep 13 – Oct 4 | 12:15 – 1:45 p.m. | 4/\$44.20 | 232781 |
|----|----------------|-------------------|-----------|--------|

|    |                |             |           |        |
|----|----------------|-------------|-----------|--------|
| Tu | Sep 15 – Oct 6 | 9 – 11 a.m. | 4/\$58.80 | 232787 |
|----|----------------|-------------|-----------|--------|

|    |                |                   |           |        |
|----|----------------|-------------------|-----------|--------|
| Su | Oct 18 – Nov 8 | 12:15 – 1:45 p.m. | 4/\$44.20 | 232782 |
|----|----------------|-------------------|-----------|--------|

|    |                 |             |           |        |
|----|-----------------|-------------|-----------|--------|
| Tu | Oct 20 – Nov 10 | 9 – 11 a.m. | 4/\$58.80 | 232788 |
|----|-----------------|-------------|-----------|--------|

|    |                 |                   |           |        |
|----|-----------------|-------------------|-----------|--------|
| Su | Nov 22 – Dec 13 | 12:15 – 1:45 p.m. | 4/\$44.20 | 232783 |
|----|-----------------|-------------------|-----------|--------|

|    |                 |             |           |        |
|----|-----------------|-------------|-----------|--------|
| Tu | Nov 24 – Dec 15 | 9 – 11 a.m. | 4/\$58.80 | 232789 |
|----|-----------------|-------------|-----------|--------|

**Drawing: Drawing, Design and Architecture (19+ yrs)**

Explore different ways to draw buildings and related landscapes in inventive ways. This class blends perspective, composition, and creative interpretation to bring architectural and structural subjects to life.

*at Dogwood Pavilion*

|    |                 |            |            |        |
|----|-----------------|------------|------------|--------|
| Th | Sep 17 – Oct 29 | 6 – 8 p.m. | 7/\$102.90 | 234044 |
|----|-----------------|------------|------------|--------|

|    |                |            |            |        |
|----|----------------|------------|------------|--------|
| Th | Nov 5 – Dec 17 | 6 – 8 p.m. | 7/\$102.90 | 234047 |
|----|----------------|------------|------------|--------|

**Drawing: Just a Pencil and Pen – Creating an Illustrated Sketchbook Diary (19+ yrs)**

Explore drawing techniques with just pencils and pens to help you develop an illustrated sketchbook diary. By sketching everyday objects, learn how to capture ordinary moments to build your personal story consistent with creating a drawing routine.

*at Glen Pine Pavilion*

|   |                 |            |           |        |
|---|-----------------|------------|-----------|--------|
| W | Sep 16 – Oct 14 | 1 – 3 p.m. | 4/\$58.80 | 233454 |
|---|-----------------|------------|-----------|--------|

|   |                |            |           |        |
|---|----------------|------------|-----------|--------|
| W | Nov 4 – Dec 16 | 1 – 3 p.m. | 6/\$88.20 | 233463 |
|---|----------------|------------|-----------|--------|



**Tell us how we did!**

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

## All Levels

### Drawing: Oil Pastels Workshop (19+ yrs)

Discover the fun of working with oil pastels. In this guided class, with all supplies provided, you will explore bold colours, soft blending, and creative layering techniques.

at Glen Pine Pavilion

|    |                 |                  |           |        |
|----|-----------------|------------------|-----------|--------|
| Th | Sep 17 – Sep 24 | 6:30 – 8:30 p.m. | 2/\$52.20 | 232793 |
|----|-----------------|------------------|-----------|--------|

### Drawing: Playing with Portraits (19+ yrs)

Enjoy drawing portraits using basic tools of pencils and pens.

at Glen Pine Pavilion

|   |                 |                  |           |        |
|---|-----------------|------------------|-----------|--------|
| W | Nov 25 – Dec 16 | 3:30 – 5:30 p.m. | 4/\$58.80 | 233273 |
|---|-----------------|------------------|-----------|--------|

### Mixed Media: Art Explorations (19+ yrs)

Explore a variety of materials by drawing, painting and collage, using graphite, ink, pastels or water-soluble paint. You never know what we'll get up to in this fun class.

at Dogwood Pavilion

|    |                 |                     |            |        |
|----|-----------------|---------------------|------------|--------|
| Sa | Sep 19 – Oct 31 | 9:30 a.m. – 12 p.m. | 7/\$128.80 | 234051 |
|----|-----------------|---------------------|------------|--------|

|    |                |                     |            |        |
|----|----------------|---------------------|------------|--------|
| Sa | Nov 7 – Dec 19 | 9:30 a.m. – 12 p.m. | 6/\$110.40 | 234052 |
|----|----------------|---------------------|------------|--------|

### Mixed Media: Exploring Water Soluble Materials (19+ yrs)

Graphite, pastels, pencil crayons, watercolours, inks ... so many materials dissolve with water. Water soluble materials can be used wet or dry, on their own or together, to create marvelous masterpieces. Learn techniques to help use these tools confidently and creatively. Themes of nature, clouds, sky and botanicals will be explored.

at Dogwood Pavilion

|   |                 |            |           |        |
|---|-----------------|------------|-----------|--------|
| M | Sep 14 – Oct 26 | 2 – 4 p.m. | 6/\$88.20 | 233312 |
|---|-----------------|------------|-----------|--------|

|   |                |            |            |        |
|---|----------------|------------|------------|--------|
| M | Nov 2 – Dec 14 | 2 – 4 p.m. | 7/\$102.90 | 233313 |
|---|----------------|------------|------------|--------|

at Glen Pine Pavilion

|   |                 |            |           |        |
|---|-----------------|------------|-----------|--------|
| W | Oct 21 – Nov 18 | 1 – 3 p.m. | 4/\$58.80 | 233272 |
|---|-----------------|------------|-----------|--------|

### Mixed Media: Faces and Figures (19+ yrs)

Faces and Figures using a variety of drawing and painting tools. Capture expressions and movement on a page.

at Glen Pine Pavilion

|   |                 |                  |           |        |
|---|-----------------|------------------|-----------|--------|
| W | Sep 16 – Oct 14 | 3:30 – 5:30 p.m. | 4/\$58.80 | 233271 |
|---|-----------------|------------------|-----------|--------|

### Mixed Media: Inks and Watercolours (19+ yrs)

Using both inks and watercolour paints to create stunning drawings and designs in a mixed media composition class.

at Glen Pine Pavilion

|    |                |                     |           |        |
|----|----------------|---------------------|-----------|--------|
| Tu | Sep 15 – Oct 6 | 11:30 a.m. – 1 p.m. | 4/\$44.20 | 233268 |
|----|----------------|---------------------|-----------|--------|

|    |                 |                     |           |        |
|----|-----------------|---------------------|-----------|--------|
| Tu | Oct 20 – Nov 10 | 11:30 a.m. – 1 p.m. | 4/\$44.20 | 233269 |
|----|-----------------|---------------------|-----------|--------|

|    |                 |                     |           |        |
|----|-----------------|---------------------|-----------|--------|
| Tu | Nov 24 – Dec 15 | 11:30 a.m. – 1 p.m. | 4/\$44.20 | 233270 |
|----|-----------------|---------------------|-----------|--------|

### Painting: 3D Acrylic Knife Painting with Modelling Paste Workshop (19+ yrs)

Create a bold, modern painting using acrylics, palette knives, and textured mediums. In this class, you'll explore how to build dimension, layer colour, and use expressive knife techniques to achieve a contemporary, sculptural look.

at Dogwood Pavilion

|    |                |            |           |        |
|----|----------------|------------|-----------|--------|
| Tu | Oct 6 – Oct 13 | 6 – 8 p.m. | 2/\$62.20 | 234549 |
|----|----------------|------------|-----------|--------|

### Painting: Abstract Realism Florals in Acrylics (19+ yrs)

Capture the beautiful essence of a flower without needing to perfectly paint every single petal. Abstract realism is a beautiful style that balances structured blooms loosely and expressively within a background.

at Glen Pine Pavilion

|   |                |             |           |        |
|---|----------------|-------------|-----------|--------|
| M | Nov 9 – Nov 16 | 9 – 11 a.m. | 2/\$52.20 | 233024 |
|---|----------------|-------------|-----------|--------|

### Painting: Acrylic Afternoons (19+ yrs)

Working in acrylic paint, the afternoon is designed to accommodate individual levels with the focus on the presented visual for each set. Practice colour mixing with different brushes to create paintings that showcase the versatility of the medium.

Sep Still Life; Oct Landscapes; Nov Portraits

at Glen Pine Pavilion

|   |                |            |           |        |
|---|----------------|------------|-----------|--------|
| F | Sep 18 – Oct 9 | 2 – 4 p.m. | 4/\$58.80 | 232942 |
|---|----------------|------------|-----------|--------|

|   |                |            |           |        |
|---|----------------|------------|-----------|--------|
| F | Oct 16 – Nov 6 | 2 – 4 p.m. | 4/\$58.80 | 232943 |
|---|----------------|------------|-----------|--------|

|   |                 |            |           |        |
|---|-----------------|------------|-----------|--------|
| F | Nov 20 – Dec 11 | 2 – 4 p.m. | 4/\$58.80 | 232944 |
|---|-----------------|------------|-----------|--------|

### Painting: Acrylic All Levels (19+ yrs)

Suitable for artists with prior experience and continuing skills on fundamental techniques with the goal of exploring challenging methods using acrylic paint.

at Dogwood Pavilion

|   |                 |                |            |        |
|---|-----------------|----------------|------------|--------|
| W | Sep 16 – Oct 28 | 12:30 – 3 p.m. | 6/\$110.40 | 233588 |
|---|-----------------|----------------|------------|--------|

|   |                |                |            |        |
|---|----------------|----------------|------------|--------|
| W | Nov 4 – Dec 16 | 12:30 – 3 p.m. | 6/\$110.40 | 234006 |
|---|----------------|----------------|------------|--------|

at Glen Pine Pavilion

|    |                 |                |            |        |
|----|-----------------|----------------|------------|--------|
| Tu | Sep 15 – Oct 20 | 9 – 11:30 a.m. | 6/\$110.40 | 233255 |
|----|-----------------|----------------|------------|--------|

|    |               |                |            |        |
|----|---------------|----------------|------------|--------|
| Tu | Nov 3 – Dec 8 | 9 – 11:30 a.m. | 6/\$110.40 | 233256 |
|----|---------------|----------------|------------|--------|

**All Abilities Welcome!**

Visit page 4 for details

## All Levels

**Painting: Acrylic Animals (19+ yrs)**

Explore the beauty of animals through acrylic painting in bold colours and expressive brushstrokes. Students will learn techniques to create texture, depth, and character while painting a variety of wildlife and animal subjects.

*at Dogwood Pavilion*

|    |                 |                   |           |        |
|----|-----------------|-------------------|-----------|--------|
| Su | Sep 20 – Oct 11 | 9:15 – 11:15 a.m. | 4/\$58.80 | 234461 |
|----|-----------------|-------------------|-----------|--------|

**Painting: Acrylic Impasto (19+ yrs)**

Create a bold, modern painting using acrylics, palette knives, and textured mediums. In this class, you'll learn how to build rich surface texture, layer colours, and use expressive palette knife techniques to create depth and movement. Explore the sculptural qualities of acrylic impasto as you develop a contemporary artwork with striking dimension and personality.

*at Dogwood Pavilion*

|   |                |                   |           |        |
|---|----------------|-------------------|-----------|--------|
| F | Oct 30 – Dec 4 | 9:30 – 11:30 a.m. | 6/\$88.20 | 235395 |
|---|----------------|-------------------|-----------|--------|

**Painting: Acrylic Paint Night – Autumn (19+ yrs)**

Get cozy and warm in an Autumn themed paint night.

*at Glen Pine Pavilion*

|    |        |                  |           |        |
|----|--------|------------------|-----------|--------|
| Th | Oct 22 | 6:30 – 8:30 p.m. | 1/\$26.10 | 232953 |
|----|--------|------------------|-----------|--------|

**Painting: Acrylic Paint Night – Christmas Gnomes (19+ yrs)**

Paint cute little Christmas Gnomes for this holiday season Paint Night.

*at Glen Pine Pavilion*

|    |        |                  |           |        |
|----|--------|------------------|-----------|--------|
| Th | Dec 10 | 6:30 – 8:30 p.m. | 1/\$26.10 | 232912 |
|----|--------|------------------|-----------|--------|

**Painting: Acrylic Paint Night – Expressive Florals (19+ yrs)**

Painting expressive florals in acrylics is all about focusing on the movement and the rhythm of brushstrokes on the canvas.

*at Glen Pine Pavilion*

|    |        |                  |           |        |
|----|--------|------------------|-----------|--------|
| Th | Sep 17 | 6:30 – 8:30 p.m. | 1/\$26.10 | 233259 |
|----|--------|------------------|-----------|--------|

**Painting: Acrylic Paint Night – Holiday Cheer Plank (19+ yrs)**

Paint some holiday cheer on a decorative plank.

*at Glen Pine Pavilion*

|    |       |                  |           |        |
|----|-------|------------------|-----------|--------|
| Th | Dec 3 | 6:30 – 8:30 p.m. | 1/\$26.10 | 232958 |
|----|-------|------------------|-----------|--------|

**Painting: Acrylic Paint Night – Spooky Halloween Lantern (19+ yrs)**

Create a painted wine bottle spooky lantern complete with eerie lights to shine brightly.

*at Glen Pine Pavilion*

|    |        |                  |           |        |
|----|--------|------------------|-----------|--------|
| Th | Oct 15 | 6:30 – 8:30 p.m. | 1/\$26.10 | 233260 |
|----|--------|------------------|-----------|--------|

**Painting: Acrylic Painting Workshop – Bold Bright Jellyfish (19+ yrs)**

Join us for a two session workshop with acrylics using bold bright colours and expressive techniques to paint jellyfish. Learn blending, layering and brushwork to bring movement and energy to your artwork.

*at Dogwood Pavilion*

|    |                 |                   |           |        |
|----|-----------------|-------------------|-----------|--------|
| Su | Oct 18 – Oct 25 | 9:15 – 11:15 a.m. | 2/\$52.20 | 234464 |
|----|-----------------|-------------------|-----------|--------|

**Painting: Acrylic Under the Sea (19+ yrs)**

Explore the beauty of life under the sea through acrylic painting in bold colours and expressive brushstrokes. Students will learn techniques to create texture, depth, and character while painting a variety of underwater scenes and marine life.

*at Dogwood Pavilion*

|    |               |                   |           |        |
|----|---------------|-------------------|-----------|--------|
| Su | Nov 1 – Dec 6 | 9:15 – 11:15 a.m. | 5/\$73.50 | 234467 |
|----|---------------|-------------------|-----------|--------|

**Painting: Autumn Flowers in Acrylics (19+ yrs)**

Using a warm and rich acrylic palette to capture on canvas autumn flowers to capture the colours of the season.

*at Glen Pine Pavilion*

|   |                 |             |           |        |
|---|-----------------|-------------|-----------|--------|
| M | Sep 14 – Sep 21 | 9 – 11 a.m. | 2/\$52.20 | 233020 |
|---|-----------------|-------------|-----------|--------|

**Painting: Breathtaking Roses in Acrylics (19+ yrs)**

Create a stunning floral display on canvas by using various acrylic painting techniques that brings a rose alive with its beauty and fragrance.

*at Glen Pine Pavilion*

|   |                 |             |           |        |
|---|-----------------|-------------|-----------|--------|
| M | Nov 23 – Nov 30 | 9 – 11 a.m. | 2/\$52.20 | 233253 |
|---|-----------------|-------------|-----------|--------|

**Painting: Camera Roll Art Workshop (19+ yrs)**

Do you have on your smartphone camera roll or printed photographs of plants, flowers, a memory, a loved one that you can transform into a piece of art? This watercolour workshop will enable you to replicate your images on to paper or turn them into cards for the holidays.

*at Glen Pine Pavilion*

|    |                 |                  |           |        |
|----|-----------------|------------------|-----------|--------|
| Th | Dec 10 – Dec 17 | 6:30 – 8:30 p.m. | 2/\$52.20 | 232910 |
|----|-----------------|------------------|-----------|--------|

## All Levels

### Painting: Dramatic Oceans in Acrylics (19+ yrs)

Painting dramatic oceans in acrylics requires mastering light, shadow, and movement. Bring stormy seas and crashing waves to life on canvas.

*at Glen Pine Pavilion*

M Oct 19 – Oct 26 9 – 11 a.m. 2/\$52.20 233023

### Painting: Fall Themed Watercolour Workshop (19+ yrs)

Using watercolour paints to capture the warm hues of the Fall season.

*at Glen Pine Pavilion*

Th Oct 22 – Oct 29 6:30 – 8:30 p.m. 2/\$52.20 232967

### Painting: Gouache – Cold Weather Comfort (19+ yrs)

Discover the rich, velvety qualities of gouache while painting cozy winter-inspired subjects. Explore flickering candlelight, favourite books, winter botanicals, knitted textures, and other seasonal comforts in a relaxed and welcoming studio environment.

*at Dogwood Pavilion*

W Nov 18 – Dec 16 9:30 – 11:30 a.m. 5/\$73.50 234487

### Painting: Gouache – Fall Botanicals (19+ yrs)

Discover the rich colours and velvety textures of gouache while painting seasonal botanicals inspired by autumn. Explore leaves, berries, mushrooms and natural treasures in a relaxed and welcoming fun studio environment.

*at Dogwood Pavilion*

W Sep 16 – Oct 28 9:30 – 11:30 a.m. 6/\$88.20 234486

### Painting: Gouache – Tea Cups Workshop (19+ yrs)

Using a cozy teacup as our inspiration, you'll learn the fundamentals of this unique painting medium, including colour mixing, layering, creating highlights and shadows, and achieving gouache's signature velvety finish.

*at Dogwood Pavilion*

W Nov 4 9:30 – 11:30 a.m. 1/\$26.10 234488

### Painting: Holiday 3D Acrylic Knife Painting with Modelling Paste Workshop (19+ yrs)

Create a holiday themed bold, modern painting using acrylics, palette knives, and modelling paste. In this class, you'll explore how to build dimension, layer colour, and use expressive knife techniques to achieve a contemporary, sculptural look.

*at Dogwood Pavilion*

Tu Dec 1 – Dec 8 6 – 8 p.m. 2/\$62.20 234569

### Painting: Holiday Cards Workshop (19+ yrs)

Create beautiful handmade holiday cards using simple watercolour techniques. In this festive class, you'll learn how to paint seasonal designs while exploring colour, composition, and brushwork.

*at Dogwood Pavilion*

Sa Dec 12 1 – 3 p.m. 1/\$26.10 234357

### Painting: Holiday Plank Painting Workshop (19+ yrs)

Create a beautiful festive painting on a wood plank to display or gift this holiday season. Using acrylic paint, you'll learn how to build a seasonal design with colour, brushwork, and simple layering techniques.

*at Dogwood Pavilion*

W Dec 2 6 – 8 p.m. 1/\$26.10 234474

### Painting: Holiday Watercolour Imagery Workshop (19+ yrs)

Capture the serene beauty of a snow-covered holiday landscape in this watercolour workshop. Learn essential techniques to render soft snow drifts, frosty trees, and winter light.

*at Dogwood Pavilion*

Th Dec 17 1 – 3 p.m. 1/\$26.10 234594

### Painting: Impasto Acrylics Workshop (19+ yrs)

Bring physical depth, energy, and a sculptural quality to your canvas with a painting technique where paint is applied so thickly to a surface that the texture and brushstrokes remain visible. Impasto derived from the Italian word for "dough" creates a 3-D effect.

*at Glen Pine Pavilion*

Th Nov 26 – Dec 3 6:30 – 8:30 p.m. 2/\$52.20 232909

### Painting: Nature in Watercolours (19+ yrs)

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 Nov 26 – Dec 17 9 – 10:30 a.m. 4/\$44.20 233266

### Painting: Paint Pouring Workshop (19+ yrs)

Acrylic Pouring is a fascinating fluid painting technique with natural flowing patterns. It allows artists of all abilities to apply colour in puddles, pools, cells and marble patterns throughout your painting.

*at Dogwood Pavilion*

W Nov 4 6 – 8 p.m. 1/\$26.10 234473

## All Levels

### Painting: Rich Landscapes in Acrylics (19+ yrs)

To achieve rich landscapes in acrylics, a balanced colour palette is used to build a vibrant and vivid highly textured canvas using different techniques.

*at Glen Pine Pavilion*

|   |                |             |           |        |
|---|----------------|-------------|-----------|--------|
| M | Sep 28 – Oct 5 | 9 – 11 a.m. | 2/\$52.20 | 233022 |
|---|----------------|-------------|-----------|--------|

### Painting: Snowy Effects Workshop (19+ yrs)

Creating realistic and dynamic snow effects in acrylics is all about layering, shadowing, and using the right tools. Different techniques capture different aspects of a snowy landscape.

*at Glen Pine Pavilion*

|    |        |                  |           |        |
|----|--------|------------------|-----------|--------|
| Th | Nov 12 | 6:30 – 8:30 p.m. | 1/\$26.10 | 233261 |
|----|--------|------------------|-----------|--------|

### Painting: Sumi Inkwash Workshop – Fall Theme (19+ yrs)

Join us for a fall theme, guided Sumi Inkwash class to explore traditional asian brush techniques, learning to create expressive lines, soft washes and balanced composition.

*at Dogwood Pavilion*

|    |        |            |           |        |
|----|--------|------------|-----------|--------|
| Tu | Oct 27 | 1 – 3 p.m. | 1/\$26.10 | 234599 |
|----|--------|------------|-----------|--------|

### Painting: Thanksgiving Porch Signs Workshop (19+ yrs)

Join us for a special class painting a Thanksgiving porch sign with a stenciled message. You will leave with a completed sign to decorate your home or gift with love.

*at Dogwood Pavilion*

|   |       |                  |           |        |
|---|-------|------------------|-----------|--------|
| W | Oct 7 | 5:45 – 8:15 p.m. | 1/\$32.65 | 234472 |
|---|-------|------------------|-----------|--------|

### Painting: Watercolour All Levels (19+ yrs)

Using watercolour paints this class is for artists with prior experience and continuing skills on fundamental techniques with the goal of exploring challenging methods.

*at Glen Pine Pavilion*

|    |                 |                        |           |        |
|----|-----------------|------------------------|-----------|--------|
| Su | Sep 13 – Oct 4  | 10:15 – 11:45 a.m.     | 4/\$44.20 | 232778 |
| W  | Sep 16 – Oct 14 | 11:30 a.m. – 1:30 p.m. | 4/\$58.80 | 232790 |
| Su | Oct 18 – Nov 8  | 10:15 – 11:45 a.m.     | 4/\$44.20 | 232779 |
| W  | Oct 21 – Nov 18 | 11:30 a.m. – 1:30 p.m. | 4/\$58.80 | 232791 |
| Su | Nov 22 – Dec 13 | 10:15 – 11:45 a.m.     | 4/\$44.20 | 232780 |
| W  | Nov 25 – Dec 16 | 11:30 a.m. – 1:30 p.m. | 4/\$58.80 | 232792 |

### Painting: Watercolour Autumn Moon (19+ yrs)

Capture the soft, glowing light of the Autumn Moon, reflecting on silver grass in this special watercolour workshop. Learn to control water, color, and brushes to create expressive and confident artwork.

*at Dogwood Pavilion*

|    |                 |            |           |        |
|----|-----------------|------------|-----------|--------|
| Sa | Sep 19 – Sep 26 | 1 – 3 p.m. | 2/\$29.40 | 234355 |
|----|-----------------|------------|-----------|--------|

### Painting: Watercolour Landscapes (19+ yrs)

Using watercolours to comfortably paint landscapes that capture different scenery.

*at Glen Pine Pavilion*

|    |                 |                |           |        |
|----|-----------------|----------------|-----------|--------|
| Th | Oct 22 – Nov 12 | 9 – 10:30 a.m. | 4/\$44.20 | 233264 |
|----|-----------------|----------------|-----------|--------|

### Painting: Watercolour Monochrome Workshop (19+ yrs)

Try a fresh, contemporary approach to watercolour painting using a single colour. Explore how varying tones and values can create artwork with depth, mood, and visual impact. By focusing on light, shadow, and composition rather than multiple colours, you'll create clean, modern paintings with a sophisticated feel.

*at Dogwood Pavilion*

|    |        |            |           |        |
|----|--------|------------|-----------|--------|
| Tu | Dec 15 | 1 – 3 p.m. | 1/\$26.10 | 234598 |
|----|--------|------------|-----------|--------|

### Painting: Watercolour Paint – Fall Maples Trees (19+ yrs)

Capture the bright beautiful autumn hues of maple trees in the fall in this watercolour workshop, using a reference photo and step by step support from the instructor.

*at Dogwood Pavilion*

|   |        |            |           |        |
|---|--------|------------|-----------|--------|
| W | Sep 23 | 6 – 8 p.m. | 1/\$26.10 | 234471 |
|---|--------|------------|-----------|--------|

### Painting: Watercolour Poppies Landscape Workshop (19+ yrs)

Using watercolour paints to create a beautiful landscape of poppies.

*at Glen Pine Pavilion*

|    |                |                  |           |        |
|----|----------------|------------------|-----------|--------|
| Th | Nov 5 – Nov 12 | 6:30 – 8:30 p.m. | 2/\$52.20 | 232797 |
|----|----------------|------------------|-----------|--------|

### Painting: Watercolour Postcards (19+ yrs)

Using either watercolour and/or Gouache paints to create postcards size pieces of art.

*at Glen Pine Pavilion*

|    |                |                |           |        |
|----|----------------|----------------|-----------|--------|
| Th | Sep 17 – Oct 8 | 9 – 10:30 a.m. | 4/\$44.20 | 232969 |
|----|----------------|----------------|-----------|--------|

## All Levels

**Painting: Watercolour Techniques (19+ yrs)**

Explore watercolor techniques through painting flowers, landscapes, urban scenes, and more. Learn to control water, color, and brushes to create expressive and confident artwork.

*at Dogwood Pavilion*

|    |                |            |           |        |
|----|----------------|------------|-----------|--------|
| Sa | Oct 3 – Oct 31 | 1 – 3 p.m. | 5/\$73.50 | 234053 |
| Sa | Nov 7 – Dec 5  | 1 – 3 p.m. | 4/\$58.80 | 234054 |

**Painting: Watercolour Themed (19+ yrs)**

Using watercolour paints this class is for artists with prior experience and continuing skills on fundamental techniques with the goal of exploring challenging methods. Different themed projects.

*at Glen Pine Pavilion*

|   |                |             |           |        |
|---|----------------|-------------|-----------|--------|
| F | Nov 6 – Dec 18 | 9 – 11 a.m. | 6/\$88.20 | 233823 |
|---|----------------|-------------|-----------|--------|

**Painting: Watercolour Urban Scenescapes (19+ yrs)**

Using watercolour paint urban scenescapes encompass the physical, cultural, and visual character of city environments. Sketch, paint and capture the subject, buildings, landscapes, objects, with your own perspective.

*at Glen Pine Pavilion*

|   |                 |                  |           |        |
|---|-----------------|------------------|-----------|--------|
| M | Sep 14 – Oct 5  | 6:30 – 8:30 p.m. | 4/\$58.80 | 232784 |
| M | Oct 19 – Nov 9  | 6:30 – 8:30 p.m. | 4/\$58.80 | 232785 |
| M | Nov 23 – Dec 14 | 6:30 – 8:30 p.m. | 4/\$58.80 | 232786 |

**Painting: Watercolour Wet on Wet Technique (19+ yrs)**

Learn this Wet on Wet watercolour technique in this special two session course. This unique method can be used to create beautiful soft edges, pretty colour blends and other special effects.

*at Dogwood Pavilion*

|    |                 |                   |           |        |
|----|-----------------|-------------------|-----------|--------|
| Tu | Oct 20 – Oct 27 | 6 – 8 p.m.        | 2/\$29.40 | 234561 |
| F  | Dec 11 – Dec 18 | 9:30 – 11:30 a.m. | 2/\$29.40 | 235396 |

**Painting: Watercolour Whimsical Botanical Mushrooms (19+ yrs)**

Using either watercolour paints to draw and colour whimsical or botanical mushrooms found in the forest.

*at Glen Pine Pavilion*

|    |                |                      |           |        |
|----|----------------|----------------------|-----------|--------|
| Th | Sep 17 – Oct 8 | 11 a.m. – 12:30 p.m. | 4/\$44.20 | 232970 |
|----|----------------|----------------------|-----------|--------|

**Painting: Watercolour Winter Imagery Workshop (19+ yrs)**

Capture the serene beauty of a snow-covered winter landscape in this watercolor workshop. Learn essential techniques to render soft snow drifts, frosty trees, and winter light.

*at Dogwood Pavilion*

|    |        |            |           |        |
|----|--------|------------|-----------|--------|
| Sa | Dec 19 | 1 – 3 p.m. | 1/\$26.10 | 234516 |
|----|--------|------------|-----------|--------|

**Painting: Winter Wonderland Scene in Acrylics (19+ yrs)**

The layering technique with acrylic paint builds depth when creating a scenic Winter Wonderland on canvas. Blending the colours will emphasize the chill in the air and the beauty of the season.

*at Glen Pine Pavilion*

|   |                |             |           |        |
|---|----------------|-------------|-----------|--------|
| M | Dec 7 – Dec 14 | 9 – 11 a.m. | 2/\$52.20 | 233254 |
|---|----------------|-------------|-----------|--------|

**Woodcarving All Levels (19+ yrs)**

Learn and develop woodcarving skills to create a unique piece from basswood. Explore techniques for shaping, texture and adding detail while expressing your own creativity. Beginners and continuing students are welcome.

*at Dogwood Pavilion*

|   |                 |                  |           |        |
|---|-----------------|------------------|-----------|--------|
| W | Sep 16 – Oct 28 | 1:30 – 3:30 p.m. | 6/\$91.20 | 234004 |
| W | Nov 4 – Dec 16  | 1:30 – 3:30 p.m. | 6/\$91.20 | 234005 |

**Drawing: Dogwood Discovery Week – Drawing from Still Life (19+ yrs)**

Working from a simple still life, you'll explore how light, shadow, and form change when observing directly rather than copying a flat image. You'll be guided in how to see shape, proportion, light, and shadow in real space, and learn how to translate what you observe into a drawing on paper.

*at Dogwood Pavilion*

|    |       |                   |           |        |
|----|-------|-------------------|-----------|--------|
| Tu | Sep 8 | 9:30 – 11:30 a.m. | 1/\$14.70 | 234490 |
|----|-------|-------------------|-----------|--------|

**Mae Studio: Sewing Fashion 16 yrs+ (16+ yrs)**

This program will provide participants with the fundamentals of sewing, from using a machine to completing personal projects. Learn to cut and sew garments and accessories, follow commercial patterns and a variety of sewing techniques. Two projects will be completed from options such as tops, pants, skirts or bags. All tools and machines are supplied, with the option to bring your own. Materials are not included. In Partnership with Mae Studio.

*at Town Centre Park Community Centre*

|    |                 |             |         |        |
|----|-----------------|-------------|---------|--------|
| Su | Sep 20 – Oct 25 | 12 – 2 p.m. | 6/\$350 | 234640 |
| Su | Nov 1 – Dec 6   | 12 – 2 p.m. | 6/\$350 | 234845 |

**All Abilities Welcome!**

Visit page 4 for details

## All Levels

**Painting: Dogwood Discovery Week – 3D Modern Floral (19+ yrs)**

Create a unique modern floral acrylic painting using modelling paste to create a 3 dimensional effect. Using a reference photo and step by step instructions, create your own unique piece perfect for modern home decor or a special gift.

*at Dogwood Pavilion*

|   |        |                   |           |        |
|---|--------|-------------------|-----------|--------|
| F | Sep 11 | 9:30 – 11:30 a.m. | 1/\$31.05 | 234620 |
|---|--------|-------------------|-----------|--------|

**Painting: Dogwood Discovery Week – Bold Bright Acrylics (19+ yrs)**

Explore bold bright acrylic painting in this new class. Learn about the class, how to choose supplies, meet the instructor and have fun with colour, layering and texture while completing an acrylic project in this try it class.

*at Dogwood Pavilion*

|    |        |                   |           |        |
|----|--------|-------------------|-----------|--------|
| Su | Sep 13 | 9:15 – 11:15 a.m. | 1/\$26.10 | 234489 |
|----|--------|-------------------|-----------|--------|

**Painting: Dogwood Discovery Week – Exploring Gouache (19+ yrs)**

Explore bring paintings to life with gouache! Learn about gouache, meet the instructor and have fun with colour, layering and texture while completing a project in this try it class.

*at Dogwood Pavilion*

|   |       |                   |           |        |
|---|-------|-------------------|-----------|--------|
| W | Sep 9 | 9:30 – 11:30 a.m. | 1/\$26.10 | 234485 |
|---|-------|-------------------|-----------|--------|

**Painting: Dogwood Discovery Week – Mono Printing (19+ yrs)**

Explore the fun of mono printing in this class. Using soft printing surfaces and simple tools, you will create one-of-a-kind layered prints with color, texture, and pattern.

*at Dogwood Pavilion*

|    |        |            |           |        |
|----|--------|------------|-----------|--------|
| Th | Sep 10 | 1 – 3 p.m. | 1/\$26.10 | 234619 |
|----|--------|------------|-----------|--------|

**Painting: Dogwood Discovery Week – Monochrome Watercolour (19+ yrs)**

Try a fresh, contemporary approach to watercolour painting using a single colour. Explore how varying tones and values can create artwork with depth, mood, and visual impact. By focusing on light, shadow, and composition rather than multiple colours, you'll create clean, modern paintings with a sophisticated feel.

*at Dogwood Pavilion*

|    |        |            |           |        |
|----|--------|------------|-----------|--------|
| Sa | Sep 12 | 1 – 3 p.m. | 1/\$14.70 | 234583 |
|----|--------|------------|-----------|--------|

**Photography: Photography Foundations (19+ yrs)**

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 | Oct 17 – Nov 14 | 10 – 11:30 a.m. | 5/\$55.25 | 232020 |
|----|-----------------|-----------------|-----------|--------|

**Photography: Smartphone Camera Foundations (19+ yrs)**

Unlock the power of your smartphone camera in this hands-on program. Discover the art of dynamic shooting angles, composition, and harness the magic of light and colour to take stunning photos from your everyday device. We'll show you how to enhance your shots with useful editing resources to make your pictures truly pop!

*at Dogwood Pavilion*

|   |                 |                  |           |        |
|---|-----------------|------------------|-----------|--------|
| F | Sep 18 – Oct 16 | 2:45 – 4:15 p.m. | 5/\$55.25 | 235321 |
|---|-----------------|------------------|-----------|--------|

**Woodworking: Woodworking Foundations (19+ yrs)**

This class will cover the safe operation of core tools in the Dogwood Pavilion woodshop and basic woodworking theory. Learn to use the bandsaw, mitre saw, table saw, drill press, belt sander, jointer, planer and smaller hand tools. Students will complete one or two small projects.

*at Dogwood Pavilion*

|    |                 |                   |         |        |
|----|-----------------|-------------------|---------|--------|
| Sa | Sep 12 – Oct 10 | 9:30 – 11:30 a.m. | 5/\$190 | 234956 |
| Sa | Sep 12 – Oct 10 | 12 – 2 p.m.       | 5/\$190 | 234959 |
| Sa | Oct 17 – Nov 14 | 9:30 – 11:30 a.m. | 5/\$190 | 234957 |
| Sa | Oct 17 – Nov 14 | 12 – 2 p.m.       | 5/\$190 | 234960 |
| Sa | Nov 21 – Dec 19 | 9:30 – 11:30 a.m. | 5/\$190 | 234958 |
| Sa | Nov 21 – Dec 19 | 12 – 2 p.m.       | 5/\$190 | 234961 |

# 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 and Friday** 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** 4 – 7:30 p.m.

### Carpet Bowling

Carpet Bowling is an indoor variant of lawn bowling

**Monday** 1 – 3:30 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.

### Current Events

The social group engages in thoughtful discussions about current events and global news. Members actively share ideas and opinions, fostering meaningful and engaging conversations.

**Monday** 10:30 – 11:30 a.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.

### 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 – 8:15 p.m.

### 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** 10:30 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 through Friday**

## 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).

### 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.

### 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.

### 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** 9:15 a.m. – 12:15 p.m.

**Monday** 4:15 – 6:15 p.m.

**Wednesday** 4:15 – 8:15 p.m.

**Thursday** 1:45 – 3:45 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 – 3 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 – 11:30 a.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** 1:30 – 3:30 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 so players need to be prepared to play with everyone in this all-levels Bridge group.

**Monday** 12:30 – 3:30 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** 4 – 7 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.

### **Casual Bridge**

A beginner-level bridge group focused on building on the basics, practicing and enjoying the game in a relaxed and supportive environment. Attending with a partner is not required. Some experience with bidding and play of the hand is recommended.

**Thursday** 4 – 6 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.

### **Current Events (50+ yrs)**

With all that is going on in the world right now, take this weekly opportunity to meet like-minded people and talk about concerns, opinions, and points-of-view in respectful discussions and debates. Activity will be facilitated with a working set of protocols based on confidentiality and the rule to “agree to disagree”.

**Wednesday** 11:45 a.m. – 12:45 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.

**Mondays** 1:30 – 3:30 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** 1:45 – 3:45 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 – 3:30 p.m.

### Karaoke (50+ yrs)

Come out and enjoy some karaoke singing.

**Tuesday** 3 – 6 p.m.

**Thursday** 3 – 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 – 4 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** 1:30 – 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.

### 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** 1:30 – 3 p.m. | 3 – 4:30 p.m.

**Sunday** 10 – 11:45 a.m. | 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 – 3:30 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)



## Pender Island with Simone Marler (50+ yrs)

Long time resident Simone brings Pender Island to life with heartfelt stories and rich history. Explore the charming Pender Islands Museum, Gowlland Point, Hope Bay and Vanilla Leaf Bakery Café.

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

\*Additional \$36 ferry fee for 64 years and under\* Please bring verifiable BC ID.

\*\$5.00 fuel surcharge is included in the fees\*

Activity Level: Easy

- Local Guide Simone Marler
  - Lunch at Port Browning Marina
  - Gowlland Point Viewpoint
  - Hope Bay
  - Pender Islands Museum
  - Vanilla Leaf Bakery Café
- (1 baked good + 1 hot drink)

|   |        |                    |         |        |
|---|--------|--------------------|---------|--------|
| M | Sep 21 | 8 a.m. – 8:15 p.m. | 1/\$149 | 234168 |
|---|--------|--------------------|---------|--------|

## South Surrey Splendour (50+ yrs)

Join Cynthia Waiz for a guided tour of the charming Darts Hill Garden and enjoy a visit to Surrey Nature Centre, each offering a deeper nature connection. Midday, enjoy a delicious lunch at NOBLE at the Hills in a lovely countryside setting.

Leave Glen Pine at 8:45 a.m. Estimated return at 5:30 p.m.  
Leave Dogwood at 9 a.m. Estimated return at 5:15 p.m.

Level: Easy

- Darts Hill Garden Guided Tour
- Lunch NOBLE at the Hills Restaurant
- Surrey Nature Centre Guided Tour
- West Coast Gardens Store

|   |        |                       |         |        |
|---|--------|-----------------------|---------|--------|
| F | Sep 25 | 8:45 a.m. – 5:30 p.m. | 1/\$139 | 234170 |
|---|--------|-----------------------|---------|--------|

## Manning Fall Colours (50+ yrs)

Heading to Manning Park, we drive through the scenic fall colours of the Cascade Mountains. Have lunch at the Manning Park Resort before heading to Lightning Lake for a walk along its shores.

Leave Glen Pine at 8:15 a.m. Estimated return at 6 p.m.  
Leave Dogwood at 8:30 a.m. Estimated return at 5:45 p.m.

Level: Easy

- Manning Park
- Manning Park Resort, Lunch
- Lightning Lake
- Hope Slide
- Rhododendron Flats

|    |        |                    |         |        |
|----|--------|--------------------|---------|--------|
| Th | Oct 15 | 8:15 a.m. – 6 p.m. | 1/\$109 | 234174 |
|----|--------|--------------------|---------|--------|

## Westham Island (50+ yrs)

Just getting to Westham is fun. Travel across a wooden swing bridge dating back to 1908 and find yourself on a tiny island packed full of natural beauty and brimming with bird life.

Leave Glen Pine at 9:45 a.m. Estimated return at 5:15 p.m.  
Leave Dogwood at 10 a.m. Estimated return at 5 p.m.

Level: Easy

- Brunswick Point Trail
- Reifel Migratory Bird Sanctuary
- Snow Geese Guided Tour
- Lunch at Sharkey's Seafood Grill
- Westham Island Herb Farm

|   |        |                       |         |        |
|---|--------|-----------------------|---------|--------|
| F | Oct 23 | 9:45 a.m. – 5:15 p.m. | 1/\$129 | 234176 |
|---|--------|-----------------------|---------|--------|



**Harrison Bald Eagle Tour (50+ yrs)**

Travel to the Chehalis/Harrison River Estuary to view large numbers of Bald and Golden Eagles. Find your perch at the Sandpiper Resorts Observation Deck, separate forested area and the Chehalis River at the Hatchery. Funded in part by the Dogwood Pavilion Seniors Society. Leave Glen Pine at 7:15 a.m. Estimated return at 5 p.m. Leave Dogwood at 7:30 a.m. Estimated return at 4:45 p.m.

Level: Easy

- Rivers Edge Restaurant Lunch
- Multiple Eagle Viewing Locations
- Chehalis River at the Hatchery

|   |        |                    |         |        |
|---|--------|--------------------|---------|--------|
| M | Nov 23 | 7:15 a.m. – 5 p.m. | 1/\$129 | 234179 |
|---|--------|--------------------|---------|--------|

**Arts Whistler Holiday Market (50+ yrs)**

Join this tour to Whistlers original artisan market. Over 100 artisans of every type display their unique, quality handmade products. Spend time in the village too! This market makes for great Christmas shopping. Meals on your own.

Leave Glen Pine at 8:15 a.m. Estimated return at 5:15 p.m. Leave Dogwood at 8:30 a.m. Estimated return at 5 p.m.

Level: Easy

- Squamish Adventure Centre
- Admission Donation for Arts Whistler
- 3 hours Free Time

|    |        |                       |        |        |
|----|--------|-----------------------|--------|--------|
| Sa | Nov 28 | 8:15 a.m. – 5:15 p.m. | 1/\$89 | 234182 |
|----|--------|-----------------------|--------|--------|

**The Singing Christmas Tree (50+ yrs)**

Enjoy the Singing Christmas Tree choir, as the tree lights up with 80 singers. Actors, dancers, musical soloists, are all part of the festivities. Vancouver’s biggest celebration, and a highlight of the Christmas season. Enjoy lunch at the historic Sylvia Hotel overlooking English Bay.

Leave Glen Pine at 9:45 a.m. Estimated return at 5:15 p.m. Leave Dogwood at 10 a.m. Estimated return at 5 p.m.

Level: Easy

- Early Entry Broadway Church
- The Singing Christmas Tree Festival
- 3 p.m. Performance
- Lunch Sylvia Hotel

|    |       |                       |         |        |
|----|-------|-----------------------|---------|--------|
| Sa | Dec 5 | 9:45 a.m. – 5:15 p.m. | 1/\$129 | 234184 |
|----|-------|-----------------------|---------|--------|

**Christmas Markets Tour (50+ yrs)**

Celebrate the magic of Christmas with visits to three festive markets favourites. Browse artisanal Christmas items and seasonal treats at the Shipyards Christmas Market and Vancouver Christmas Market, then enjoy the twinkling lights and nostalgic holiday displays at Burnaby Village Museum. A cheerful day of holiday spirit! Funded in part by the Dogwood Pavilion Seniors Society.

Leave Glen Pine at 2:45 p.m. Estimated return at 9:45 p.m. Leave Dogwood at 3 p.m. Estimated return at 9:30 p.m.

Level: Easy

- Shipyards Christmas Market Escorted Entry
- Vancouver Christmas Market
- Admission, Escorted Entry and Carousel
- Burnaby Village Museum Escorted Entry

|   |        |                  |        |        |
|---|--------|------------------|--------|--------|
| W | Dec 16 | 2:45 – 9:45 p.m. | 1/\$99 | 234186 |
|---|--------|------------------|--------|--------|

# 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.

### 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

### Coquitlam Public Libraries

#### *City Centre Branch*

1169 Pinetree Way | 604-554-7323

#### *Poirier Branch*

575 Poirier St. | 604-554-7323



Shine On

**BettieAllard  
YMCA.ca**



@BettieAllardYMCA

955 Emerson St.,  
Coquitlam, BC

# Coquitlam's Bettie Allard YMCA

## 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.

We have tons of great programs for the whole family to be active. Visit our website or drop by today!

## Juried Art Exhibit

Celebrate the arts! From September 27 to November 22, drop in to Coquitlam Public Library's Poirier branch during opening hours to view art reflecting this year's Juried Art Exhibit theme, *In Motion*.

### Opening Reception

Friday, October 2 | 6:30–8:00 pm  
Poirier Branch

Join fellow art lovers at our Cocktail Reception to officially open the Juried Art Exhibit. View the artworks on display, mingle with the artists, and enjoy delicious refreshments.

Guests wishing to purchase alcoholic beverages must be 19+ and present valid government-issued photo ID.

Attendance is free of charge, but registration is required.

Registration opens September 6<sup>th</sup>  
[coquitlam.libnet.info/event/16534908](https://coquitlam.libnet.info/event/16534908)

Scan for more information



[coqlibrary.ca](https://coqlibrary.ca)

Coquitlam Public Library is grateful  
for the support of our partners, the  
Art Gallery at Evergreen and Place des Arts.



**COQUITLAM  
PUBLIC  
LIBRARY**

MUSIC

DANCE

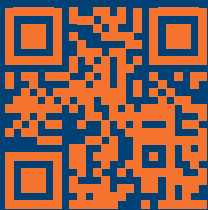
THEATRE

VISUAL ARTS

LITERARY ARTS



*Register today and inspire the artist in **YOU**.*



**PLACE  
DES ARTS**

home  
to our arts  
community

placedesarts.ca • 604 664 1636 • 1120 Brunette Ave., Coquitlam

**EVERGREEN**  
Cultural Centre

art  
gallery  
evergreen

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



- **FREE ART WORKSHOPS • CONCERTS •**
- **FAMILY SHOWS • ART PROGRAMS •**
- **FREE ART GALLERY EXHIBITIONS •**

Box Office: 604.927.6555 |    @evergreenarts  
[www.evergreenculturalcentre.ca](http://www.evergreenculturalcentre.ca)

TD Canada



Canadian  
Heritage

Patrimoine  
canadien

**bclive** performance  
network



BRITISH COLUMBIA  
ARTS COUNCIL



BRITISH  
COLUMBIA

Coquitlam

Supported by the Province of British Columbia

Fall 2026 at

# Mackin House museum

## Exhibits

### At Mackin House

#### It Takes A Team | Jul - Oct 2026

Take a journey through Coquitlam's past from the eyes of sports! Baseball, lacrosse, hockey, and much more.

#### An Edwardian Slumber Party | Sep - Jan 2027

Get a look at the women's history, hobbies, and interests during the Edwardian Era.

#### Remembering Coquitlam's Troops | Nov 2026

Learn about the WW1 & WW2 in the context of community and troops.

### At Coquitlam Grill

#### Connecting with Coquitlam's Past | Ongoing

A new, permanent exhibit of archival photos & select artifacts, allowing patrons to connect with our city's history.

## Events

### September:

Mid Autumn Moon Festival  
MashUp  
Book Exchange Event

### October:

Halloween Crafts  
Ghost Stories at the Museum  
Heritage Halloween

### November:

Diwali Fest  
Autumn Crafts  
Holiday Photo Sessions

### December:

Heritage Holiday  
Holiday Crafts  
PJ Storytime

1116 Brunette Avenue, Coquitlam | Find out more details and register for events at [coquitlamheritage.ca](https://coquitlamheritage.ca)

We   
**Coquitlam**

... and we think  
you will too.

Join us and do  
work that matters.

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



# 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

Follow @CityofCoquitlam on Facebook, X, Instagram, YouTube and LinkedIn.

*Sign up now! [coquitlam.ca/connect](https://coquitlam.ca/connect)*