

# 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 hən̓q̓əmi̓n̓əh̓ (HUN-kuh-MEE-num) word kʷikwə́łəm (kwee-KWET-lum) meaning “Red Fish Up the River”. The City is honoured to be located on the kʷikwə́łəm traditional and ancestral lands, including those parts that were historically shared with the ḱíçəy̓ (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



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





# Coquitlam Champions Equity, Diversity and Inclusion

## What is Equity, Diversity and Inclusion?

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

## EDI in Coquitlam

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

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

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

Coquitlam



### All Abilities Welcome!

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

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

## Financial Assistance for Recreation

**Making recreation more  
affordable and accessible.**

**Eligible residents can apply today.**

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



# Sign Me Up

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

## 3 Easy Ways To Register

### 1 Online [coquitlam.ca/registration](https://coquitlam.ca/registration)

Available 24 hours a day, 7 days a week

*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](https://coquitlam.ca/OnePass)



## ONE PASS and Drop-in Fees

Prices valid at all facilities April 1, 2025.

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

		Single Drop-In	10-Visit Pass	30-Day Pass	Monthly Cont. Pass**	365-Day Pass
Child	(0 – 12 yrs)	\$3.38	\$27	\$31	\$21.70	\$243
Youth / Student*	(13 – 18 / 19 – 25 yrs)	\$5	\$40	\$46.40	\$32.50	\$365
Adult	(19 – 64 yrs)	\$6.67	\$53.40	\$61.90	\$43.30	\$486
Senior	(65 – 79 yrs)	\$5	\$40	\$46.40	\$32.50	\$365
Super Senior	(80 yrs +)	\$3.38	\$27	\$31	\$21.70	\$243
Adult and Tot	(per person)	\$3.38	\$27	—	—	—

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

\*\* A minimum three month commitment is required

## Additional Arena Services

Prices valid through to March 31, 2026.

	Drop-In	10-Visit Pass
Skate Rentals	\$3.38	\$27.10
Helmet Rentals	\$2.14	\$17.10
Skate Sharpening	\$5.43	—

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! Valid June 28, 2025 – March 29, 2026.

Available June 2.

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

# Parks

Park program registration opens at 8:30 a.m. on August 12 for Coquitlam residents and at 8:30 a.m. on August 14 for non-residents.

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



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



## The Coquitlam Parks team is doing great things in your community.

*Here are some ways to get involved:*



### Park Spark

Bringing Coquitlam Parks Alive

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



### Bad Seed

Weed Out Invasive Plants

Invasive plants kill native plants and destroy Coquitlam's beautiful natural habitat. They spread aggressively and destroy the habitat of fish, birds and other wildlife. Help to keep Coquitlam free of Bad Seeds. Learn how to play your part at [coquitlam.ca/BadSeed](https://coquitlam.ca/BadSeed)



### 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/Inspiration-Garden](https://coquitlam.ca/Inspiration-Garden)



### 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)





## Explore Coquitlam Parks this Fall

Discover a variety of fun, hands-on and educational programs for all ages. From gardening workshops like hanging basket making, fall garden prep and winter sowing to nature-based activities such as photography and journaling, there's something for everyone. Join us for community weed pulls, garden tours, Tree Spree walks and school garden visits. Seasonal highlights include the popular Jack O'Planter workshop and Park Spark's Light Brigade, supporting the installation of the Lights at Lafarge display. Learn, connect and grow in your local parks this season.

**Explore all the programs at:**

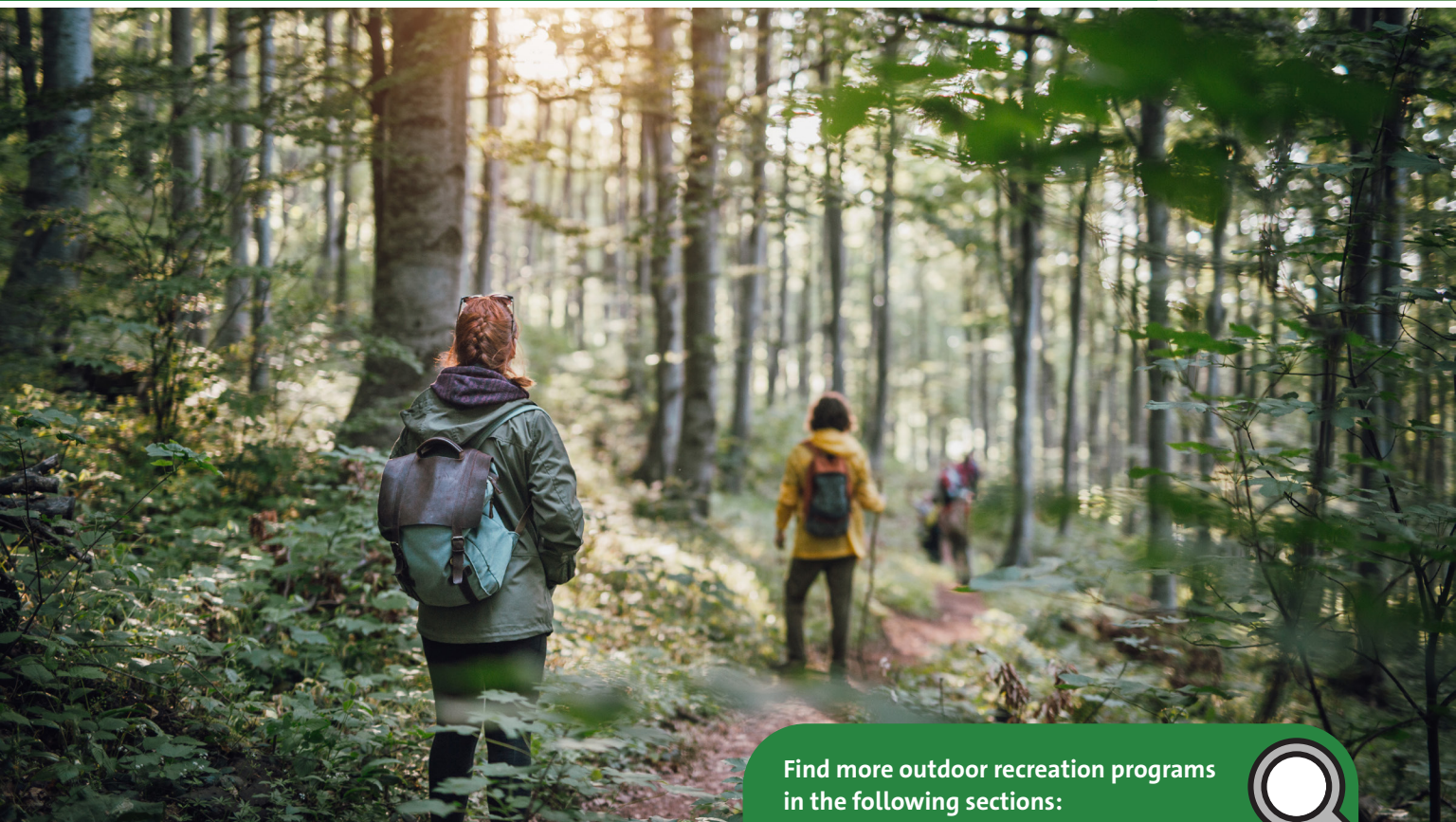
**[coquitlam.ca/registration](https://coquitlam.ca/registration) → Outdoors Section (Fall)**



# Outdoor Recreation

Registration opens at 8:30 a.m. on August 12 for Coquitlam residents and at 8:30 a.m. on August 14 for non-residents.

Mixed Ages



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

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

### **at Other Locations**

W	Sep 10 – Oct 15	12 – 1:30 p.m.	6/\$42.90	198695
W	Oct 22 – Nov 26	12 – 1:30 p.m.	6/\$42.90	198697

## **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 to be emailed prior to start of program. Program will run rain or shine.

### **at Other Locations**

Th	Sep 11 – Oct 16	10 – 11:30 a.m.	6/\$42.90	198696
Th	Oct 23 – Nov 27	10 – 11:30 a.m.	6/\$42.90	198698

Find more outdoor recreation programs in the following sections:

À [Camps \(page 13\)](#)

À [Outdoor sports in the Child section \(page 38\)](#)

New programs added throughout the season!

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




## **Backcountry Navigation (16+ yrs)**

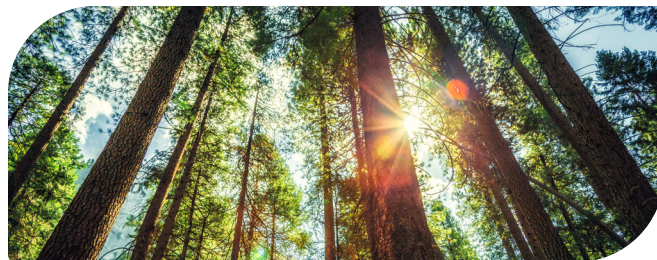
Learn how to use a map/compass, familiarize yourself with other navigational tools (GPS, phone apps, etc.) and how to safely navigate our local wilderness areas. No prior knowledge needed. Advanced hikers will learn some useful tips. This “hands on” course will take place on the trail networks above 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. Trails may be a little steep in places.

### **at Parks (Neighbourhood)**

Sa	Sep 20	9 a.m. – 2 p.m.	1/\$15	199530
Sa	Sep 27	9 a.m. – 2 p.m.	1/\$15	199532
Sa	Oct 4	9 a.m. – 2 p.m.	1/\$15	199533



Programs marked with  are for kids and adults together!



### 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.

#### at Other Locations

Sa	Oct 25	9 a.m. – 12 p.m.	1/\$9	199566
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### Beginner Hike: Jug Island (19+ yrs)

This hike we will take place in t?mt?míx?t?n Regional Park (formally 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. Roundtrip is 5.5 km with a cumulative elevation gain of 245m.

#### at Other Locations

Sa	Nov 1	9 a.m. – 12 p.m.	1/\$9	199564
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### Eco Trekkers (3 – 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.

#### at Other Locations

W	Sep 10 – Oct 15	10 – 11 a.m.	6/\$42.90	198692
W	Oct 22 – Nov 26	10 – 11 a.m.	6/\$42.90	198699

### Intermediate Hike: Belcarra and Sasamat Lake Loop (19+ yrs)

This hike will take place in t?mt?míx?t?n Regional Park (formally Belcarra) and travel on groomed park trails and quiet roads. Loops of Woodhaven Swamp and Sasamat Lake will be taken along the way as well as views of Bedwell Bay. Roundtrip distance is about 12 km with a cumulative elevation gain of 270m.

#### at Other Locations

Sa	Oct 4	9 a.m. – 1 p.m.	1/\$12	199569
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### Intermediate Hike: Buntzen Lake Loop (19+ yrs)

This hike will take place in BC Hydro's Buntzen Lake reservoir area and will circle Buntzen Lake. The day will include beautiful forest, lake views, and glimpses of Swan Falls. Roundtrip distance is 10 km with an elevation gain of 275m.

#### at Other Locations

Tu	Sep 23	9 a.m. – 1 p.m.	1/\$12	199557
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### Intermediate Hike: High Knoll (19+ yrs)

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

#### at Other Locations

Sa	Sep 27	1 – 5 p.m.	1/\$12	199560
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### 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.

#### at Other Locations

W	Oct 22 – Nov 19	6:30 – 8:30 p.m.	5/\$30	199808
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### Presentation: Where to Hike in the Tri-Cities (16+ yrs)

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

#### at Town Centre Park Community Centre

Tu	Sep 16	6:30 – 8:30 p.m.	1/\$6	199620
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**Tell us how we did!**

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

# 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.



## Start a Winter Tradition

### *Volunteer as a Snow Angel*

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

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

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



# Drop-In Fitness



## ONE PASS and Drop-in Fees

Prices valid at all facilities through to March 31, 2026.

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



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

		Single Drop-In	10-Visit Pass	30-Day Pass	Monthly Cont. Pass**	365-Day Pass
Child	(0 – 12 yrs)	\$3.38	\$27	\$31	\$21.70	\$243
Youth / Student*	(13 – 18 / 19 – 25 yrs)	\$5	\$40	\$46.40	\$32.50	\$365
Adult	(19 – 64 yrs)	\$6.67	\$53.40	\$61.90	\$43.30	\$486
Senior	(65 – 79 yrs)	\$5	\$40	\$46.40	\$32.50	\$365
Super Senior	(80 yrs +)	\$3.38	\$27	\$31	\$21.70	\$243
Adult and Tot	(per person)	\$3.38	\$27	—	—	—

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

\*\* A minimum three month commitment is required

## Fitness Centre Hours

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

	City Centre Aquatic Complex	Glen Pine Pavilion* Fall Hours Start September 7	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

Wednesday: 7:15 – 8:15 p.m. | Thursday: 8 – 9 a.m.

Sunday: 6:30 – 7:30 p.m.

#### Poirier Sport and Leisure Complex

Wednesday: 11 a.m. – 12 p.m. | Thursday: 8 – 9 p.m.

Saturday: 10 – 11 a.m.

#### Pinetree Community Centre

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): \$80**  
Assessment session is mandatory for first-time clients.

**3 Sessions**  
(1-hour per):  
\$192

**5 Sessions**  
(1-hour per):  
\$305

**10 sessions**  
(1-hour per):  
\$575

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

#### Cycle: Group Ride ●●

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

### Dance

#### Belly Dance4One ●●

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

#### Cardio Dance Fit ●●

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

#### Dance4One ●●

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

#### Zumba® ●●

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

#### Zumba Gold® ●

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



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

#### Zumba Sentao® ●●●

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

#### Zumba Toning® ●●

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

### Strength/Resistance

#### Body Basics ●●

Build muscular strength and endurance, with less emphasis on cardio. Use a variety of equipment for a full-body workout.

#### Iron and HIIT ●●●

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

### Specialty Classes

#### Active Joins ●

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 12 for Coquitlam residents and at 8:30 a.m. on August 14 for non-residents.



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

## Adult and Baby Yoga (16+ yrs)

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

### at Centennial Pavilion

Tu	Sep 9 – Oct 21	11 a.m. – 12 p.m.	6/\$64.50	199621
Tu	Oct 28 – Dec 16	11 a.m. – 12 p.m.	7/\$75.25	199622

### at Victoria Community Hall

F	Oct 3 – Nov 7	9:30 – 10:30 a.m.	6/\$64.50	199682
F	Nov 14 – Dec 19	9:30 – 10:30 a.m.	6/\$64.50	199683

## 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.

### at Glen Pine Pavilion

F	Nov 7 – Nov 28	11 a.m. – 12 p.m.	4/\$43	200155
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## 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 11 – Oct 9	5:45 – 6:45 p.m.	5/\$53.75	199643
Th	Oct 16 – Nov 13	5:45 – 6:45 p.m.	5/\$53.75	200623
Su	Oct 19 – Nov 16	10:45am – 11:45am	5/\$53.75	199645
Th	Nov 20 – Dec 18	5:45 – 6:45 p.m.	5/\$53.75	199644
Su	Nov 23 – Dec 21	10:45am – 11:45am	5/\$53.75	199647

### at Pinetree Community Centre

Su	Sep 7 – Oct 5	10:45am – 11:45am	5/\$53.75	199650
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### at Poirier Sport and Leisure Complex

Tu	Sep 9 – Oct 21	7:15 – 8:15 p.m.	6/\$64.50	199563
Tu	Oct 28 – Dec 16	7:15 – 8:15 p.m.	7/\$75.25	199567



**Tell us how we did!**

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

**Beginner Barre (13+ yrs)**

A great opportunity to start out with easy to follow steps in this 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, light weights and gliding discs.

**at Poirier Sport and Leisure Complex**

M	Sep 15 – Oct 27	5:15 – 6 p.m.	6/\$64.50	200637
M	Nov 3 – Dec 8	5:15 – 6 p.m.	5/\$53.75	200638

**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 10 – Oct 8	1 – 2 p.m.	5/\$53.75	199551
W	Oct 15 – Nov 12	1 – 2 p.m.	5/\$53.75	200618
W	Nov 19 – Dec 17	1 – 2 p.m.	5/\$53.75	199554

**Cardio Combat (13+ yrs)**

Get your heart racing and your body moving with precision and intensity! This dynamic workout blends high-energy cardio exercises with powerful moves from Boxing, Muay Thai, Kung Fu, and kickboxing. This program offers a scalable workout that can be tailored to any fitness level, creating a full-body experience that will leave you feeling strong and empowered.

**at Pinetree Community Centre**

Tu	Sep 9 – Oct 21	7:45 – 8:45 p.m.	6/\$64.50	199684
Tu	Oct 28 – Dec 16	7:45 – 8:45 p.m.	7/\$75.25	199685

**Chair Yoga (19+ yrs)**

Designed to achieve mental and physical fitness, learn yoga postures, breathing techniques and meditation. Poses are practiced sitting in a chair.

**at Centennial Pavilion**

M	Sep 8 – Oct 27	11 a.m. – 12:15 p.m.	7/\$94.15	199627
F	Sep 12 – Oct 10	11:15am – 12:30 p.m.	5/\$67.25	199629
F	Oct 17 – Nov 14	11:15am – 12:30 p.m.	5/\$67.25	200621
M	Nov 3 – Dec 15	11 a.m. – 12:15 p.m.	7/\$94.15	199628
F	Nov 21 – Dec 19	11:15am – 12:30 p.m.	5/\$67.25	199630

**at Glen Pine Pavilion**

F	Sep 12 – Oct 10	11:45am – 1 p.m.	5/\$67.25	199720
F	Oct 17 – Nov 14	11:45am – 1 p.m.	5/\$67.25	201514
F	Nov 21 – Dec 19	11:45am – 1 p.m.	5/\$67.25	199721

**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 10 – Oct 8	9:30 – 11 a.m.	5/\$80.75	199723
W	Oct 15 – Nov 12	9:30 – 11 a.m.	5/\$80.75	200632
W	Nov 19 – Dec 17	9:30 – 11 a.m.	5/\$80.75	199724

**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	Oct 14 – Nov 13	12 – 1 p.m.	9/\$96.75	199636
Tu/Th	Nov 18 – Dec 18	12 – 1 p.m.	10/\$107.50	199638

**Group Cycle: Night Ride (19+ yrs)**

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

**at City Centre Aquatic Complex**

F	Oct 17	7:30 – 8:30 p.m.	1/\$10.75	199662
F	Nov 21	7:30 – 8:30 p.m.	1/\$10.75	199663

**Group Cycle: Night Ride Holiday Special (19+ yrs)**

Each class will feature unique DJ mixes, with a holiday theme, combined with different drills, intervals and team challenges. Classes will include varied lighting and music.

**at City Centre Aquatic Complex**

F	Dec 19	7:30 – 8:30 p.m.	1/\$10.75	199664
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**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 10 – Oct 8	6:45 – 7:45 p.m.	5/\$53.75	199676
W	Oct 15 – Nov 12	6:45 – 7:45 p.m.	5/\$53.75	200627
W	Nov 19 – Dec 17	6:45 – 7:45 p.m.	5/\$53.75	199680



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 Centennial Pavilion

M	Sep 8 – Oct 27	12:30 – 2 p.m.	7/\$113.05	199624
M	Nov 3 – Dec 15	12:30 – 2 p.m.	7/\$113.05	199625

#### at Poirier Sport and Leisure Complex

M	Sep 8 – Oct 27	6 – 7:30 p.m.	7/\$113.05	199556
M	Nov 3 – Dec 15	6 – 7:30 p.m.	7/\$113.05	199558

### Kickboxing (19+ yrs)

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

#### at Pinetree Community Centre

M	Sep 15 – Oct 6	7:45 – 8:45 p.m.	4/\$40.60	199097
M	Oct 20 – Nov 10	7:45 – 8:45 p.m.	4/\$40.60	199101
M	Nov 17 – Dec 8	7:45 – 8:45 p.m.	4/\$40.60	199104

### Killer Kettlebells (13+ yrs)

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

#### at City Centre Aquatic Complex

Tu	Sep 9 – Oct 21	6 – 7 p.m.	6/\$64.50	199653
Th	Sep 11 – Oct 9	10 – 11 a.m.	5/\$53.75	199659
Th	Oct 16 – Nov 13	10 – 11 a.m.	5/\$53.75	200624
Tu	Oct 28 – Dec 16	6 – 7 p.m.	7/\$75.25	199656
Th	Nov 20 – Dec 18	10 – 11 a.m.	5/\$53.75	199660

### Learn 2 Ride (13+ yrs)

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

#### at City Centre Aquatic Complex

M	Oct 20 – Nov 10	6:30 – 7:15 p.m.	4/\$34.40	199661
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### 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	Nov 5 – Dec 3	6 – 6:45 p.m.	5/\$43	199687
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#### at Poirier Sport and Leisure Complex

Th	Sep 25 – Oct 23	10:45am – 11:30 a.m.	5/\$43	199586
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### Meditation and Breath (13+ yrs)

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

#### at Poirier Sport and Leisure Complex

W	Sep 10 – Oct 8	8:30 – 9:30 p.m.	5/\$53.75	199599
W	Oct 15 – Nov 12	8:30 – 9:30 p.m.	5/\$53.75	200619
W	Nov 19 – Dec 17	8:30 – 9:30 p.m.	5/\$53.75	199600

### 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 18 – Oct 30	2:15 – 3:45 p.m.	7/\$50.05	197291
Th	Nov 6 – Dec 18	2:15 – 3:45 p.m.	7/\$50.05	197292

### Post Natal Barre (13+ yrs)

Have your pre-mobile baby join you while you enjoy 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, light weights and gliding discs.

#### at City Centre Aquatic Complex

Su	Oct 19 – Nov 16	4:15 – 5:15 p.m.	5/\$53.75	200635
Su	Nov 23 – Dec 21	4:15 – 5:15 p.m.	5/\$53.75	200636

#### at Pinetree Community Centre

Su	Sep 7 – Sep 28	4:15 – 5:15 p.m.	4/\$43	200812
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**All Abilities Welcome!**

Visit page 4 for details

## 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

### 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 11 – Oct 9	5:50 – 6:50 p.m.	5/\$53.75	199670
Th	Oct 16 – Nov 13	5:50 – 6:50 p.m.	5/\$53.75	200626
Th	Nov 20 – Dec 18	5:50 – 6:50 p.m.	5/\$53.75	199671

#### at Poirier Sport and Leisure Complex

Su	Oct 19 – Nov 16	6 – 7 p.m.	5/\$53.75	202313
Su	Nov 23 – Dec 21	6 – 7 p.m.	5/\$53.75	201801

### Prenatal Barre (16+ yrs)

Relax and unwind in a gentle Barre class specialized for expectant mothers. Help increase energy and stamina while enjoying 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, light weights and gliding discs.

#### at City Centre Aquatic Complex

F	Sep 12 – Oct 10	5:30 – 6:30 p.m.	4/\$43	201511
F	Oct 17 – Nov 14	5:30 – 6:30 p.m.	5/\$53.75	201512
F	Nov 21 – Dec 19	5:30 – 6:30 p.m.	5/\$53.75	201513

### 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 Victoria Community Hall

Su	Oct 19 – Nov 16	6:30 – 7:30 p.m.	5/\$53.75	200630
Su	Nov 23 – Dec 21	6:30 – 7:30 p.m.	5/\$53.75	199712

#### at Pinetree Community Centre

W	Sep 10 – Oct 8	7 – 8 p.m.	5/\$53.75	199689
W	Oct 15 – Nov 12	7 – 8 p.m.	5/\$53.75	200628
W	Nov 19 – Dec 17	7 – 8 p.m.	5/\$53.75	199690

### 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	Oct 19 – Nov 16	5:45 – 7 p.m.	5/\$67.25	199672
Su	Nov 23 – Dec 21	5:45 – 7 p.m.	5/\$67.25	199673

#### at Dogwood Pavilion

M	Sep 8 – Oct 27	7 – 8:15 p.m.	7/\$94.15	199632
M	Nov 3 – Dec 15	7 – 8:15 p.m.	7/\$94.15	199633

#### at Pinetree Community Centre

Su	Sep 7 – Oct 5	5:45 – 7 p.m.	5/\$67.25	199674
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### Sound Bath Healing Meditation (13+ yrs)

Sound bath meditation is an immersive experience that uses therapeutic sound waves to promote relaxation, healing, and mindfulness. You will be enveloped in the resonant sounds of instruments like singing bowls, gongs, and chimes, which are played in a way that encourages the mind to relax and the body to release tension.

#### at Poirier Sport and Leisure Complex

Th	Sep 11 – Oct 9	7:45 – 8:45 p.m.	5/\$53.75	199618
Th	Oct 16 – Nov 13	7:45 – 8:45 p.m.	5/\$53.75	200620
Th	Nov 20 – Dec 18	7:45 – 8:45 p.m.	5/\$53.75	199619

### 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.



### 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 3 – Oct 1	1:30 – 2:30 p.m.	9/\$99	197290
M/W	Oct 6 – Nov 12	1:30 – 2:30 p.m.	11/\$121	200634
M/W	Nov 17 – Dec 17	1:30 – 2:30 p.m.	10/\$110	199713

### 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 2 – Oct 2	1 – 2 p.m.	9/\$99	197289
Tu/Th	Oct 7 – Nov 6	1 – 2 p.m.	10/\$110	200622
Tu/Th	Nov 13 – Dec 18	1 – 2 p.m.	11/\$121	199642

### 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 8 – Oct 27	9:30 a.m. – 10:45am	7/\$94.15	199726
M	Nov 3 – Dec 15	9:30 a.m. – 10:45am	7/\$94.15	199728

### Yoga – YogBhava (16+ yrs)

This heart-centered yoga class brings alignment principles, organic movement, and anatomical sound techniques to guide students toward balance, strength, and self-awareness. By bridging traditional wisdom with modern-day applications, the class will inspire a deeper, lasting connection to yoga as a way of life.

#### at Town Centre Park Community Centre

Th	Sep 11 – Oct 9	10:15am – 11:45am	5/\$80.75	199730
Th	Oct 16 – Nov 13	10:15am – 11:45am	5/\$80.75	200633
Th	Nov 20 – Dec 18	10:15am – 11:45am	5/\$80.75	199731

### 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 9 – Oct 21	8:15 – 9:15 p.m.	6/\$64.50	199677
Tu	Oct 28 – Dec 16	8:15 – 9:15 p.m.	7/\$75.25	199679

#### at Maillardville Community Centre

Su	Sep 7 – Oct 5	7:45 – 8:45 p.m.	5/\$53.75	199714
Su	Oct 19 – Nov 16	7:45 – 8:45 p.m.	5/\$53.75	200631
Su	Nov 23 – Dec 21	7:45 – 8:45 p.m.	5/\$53.75	199715



## Bettie Allard YMCA Coquitlam Resident Access

### Did you know?

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

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

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



# Adult

Registration opens at 8:30 a.m. on August 12 for Coquitlam residents and at 8:30 a.m. on August 14 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

Tu	Sep 16 – Oct 7	6 – 8:45 p.m.	3/\$14.70	198985
W	Sep 17 – Oct 8	2 – 4:45 p.m.	4/\$19.60	197306
Tu	Oct 14 – Nov 4	6 – 8:45 p.m.	4/\$19.60	198986
W	Oct 15 – Nov 12	2 – 4:45 p.m.	5/\$24.50	197307
Tu	Nov 18 – Dec 9	6 – 8:45 p.m.	4/\$19.60	198987
W	Nov 26 – Dec 10	2 – 4:45 p.m.	3/\$14.70	197308

### 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.

### 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 an Impossible Puzzler who has researched and compiled centuries of global puzzles.

#### at Glen Pine Pavilion

W	Sep 17	7 – 8:45 p.m.	1/\$4.90	198977
Th	Sep 25	7 – 8:45 p.m.	1/\$4.90	200325
W	Oct 1	7 – 8:45 p.m.	1/\$4.90	198978
Th	Oct 9	7 – 8:45 p.m.	1/\$4.90	200326
W	Oct 15	7 – 8:45 p.m.	1/\$4.90	198979
Th	Oct 23	7 – 8:45 p.m.	1/\$4.90	200334
Th	Oct 30	7 – 8:45 p.m.	1/\$4.90	200336
W	Nov 5	7 – 8:45 p.m.	1/\$4.90	198980
Th	Nov 13	7 – 8:45 p.m.	1/\$4.90	200339
W	Nov 19	7 – 8:45 p.m.	1/\$4.90	198981
Th	Nov 27	7 – 8:45 p.m.	1/\$4.90	200341
W	Dec 3	7 – 8:45 p.m.	1/\$4.90	198982
Th	Dec 11	7 – 8:45 p.m.	1/\$4.90	200343



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

Start with understanding the basic rules, including the roles of players, how cards are dealt and played, and how to determine the winner of each trick. Follow up with bidding, the process of deciding which suit will be trumps for the round and how many tricks a partnership aims to win.

*at Glen Pine Pavilion*

Th	Nov 20 – Dec 11	6:30 – 8:30 p.m.	4/\$11.20	199072
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**Lifelong Learning****Cooking: African Chicken and Sweet Potato Peanut Stew (19+ yrs)**

Simmer chicken with sweet potatoes in a rich, nutty peanut sauce inspired by West African flavors. This comforting stew is perfect for chilly nights.

*at Dogwood Pavilion*

W	Nov 19	6 – 8 p.m.	1/\$28.30	198347
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**Cooking: Authentic Chicken Paprikash (16+ yrs)**

Delight in authentic Chicken Paprikash, a creamy, paprika-spiced Hungarian classic. Tender chicken simmers in a rich sauce, delivering comforting and bold flavours.

*at Maillardville Community Centre*

Th	Dec 4	6 – 8 p.m.	1/\$28.30	199374
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**Cooking: Bagels and Herbed Cream Cheese (19+ yrs)**

Craft your own chewy homemade bagels and whip up a fresh herbed cream cheese. Enjoy them warm for a classic, comforting breakfast.

*at Dogwood Pavilion*

Sa	Nov 22	9:30 – 11:30 a.m.	1/\$28.30	199105
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**Cooking: Baking with Sourdough Starters (16+ yrs)**

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

*at Maillardville Community Centre*

Th	Sep 11	6 – 8 p.m.	1/\$28.30	199354
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Th	Nov 20	6 – 8 p.m.	1/\$28.30	199356
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**Cooking: Beef and Vegetarian Empanadas with Chimichurri (19+ yrs)**

Fold savory empanadas stuffed with spiced beef and vegetables and bake them to golden perfection. A zesty chimichurri dip adds a bright, fresh finish.

*at Dogwood Pavilion*

W	Nov 26	6 – 8 p.m.	1/\$28.30	198350
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**Cooking: Beef Samosa and Vegetarian Pakora (19+ yrs)**

Fold crispy beef samosas and fry up flavorful vegetable pakora. These savory bites will spice up your kitchen and bring a taste of South Asia home.

*at Dogwood Pavilion*

W	Oct 1	6 – 8 p.m.	1/\$28.30	198320
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**Cooking: Biscotti (19+ yrs)**

Mix, shape, and bake crunchy Italian biscotti that are perfect for dipping. Customize your cookies for a personal touch.

*at Dogwood Pavilion*

Sa	Nov 1	9:30 – 11:30 a.m.	1/\$28.30	199096
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**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 6	9:30 – 11:30 a.m.	1/\$28.30	199102
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**Cooking: Cajun Jambalaya (19+ yrs)**

Cook up a hearty one-pot jambalaya loaded with goodies and bold Cajun spices. You'll love the bold, smoky flavors in every bite.

*at Dogwood Pavilion*

Sa	Nov 8	9:30 – 11:30 a.m.	1/\$28.30	199091
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**Cooking: Candied Salmon Chowder (19+ yrs)**

Simmer a creamy chowder filled with candied salmon and fresh herbs. Warm and comforting, this dish is perfect for a chilly day.

*at Dogwood Pavilion*

Sa	Oct 25	9:30 – 11:30 a.m.	1/\$28.30	199090
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**Cooking: Cheesecakes (19+ yrs)**

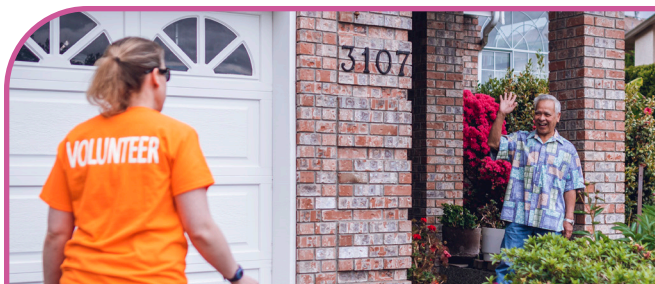
Cheesecakes are a rich, smooth and decadent dessert. There are so many different types of cheesecakes to make and learn the basics with some variations.

*at Glen Pine Pavilion*

Su	Nov 2	10:30 a.m. – 1:30 p.m.	1/\$42.45	197034
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**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](https://coquitlam.ca/MeaningfulMeals)

#### Cooking: Chicken Korma (19+ yrs)

Chicken Korma is a mild, sweet Indian curry dish with small pieces of chicken simmered in a rich, creamy sauce infused with traditional aromatic spices. Served with rice or naan bread it satisfies the craving for Indian take-out.

at Glen Pine Pavilion

Su	Nov 9	10:30 a.m. – 1:30 p.m.	1/\$42.45	197035
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#### Cooking: Chili Con Carne with Cornbread Topping (16+ yrs)

Hearty chili con carne layered with a golden cornbread topping creates a perfect blend of spicy and savoury flavours. This comforting dish is ideal for sharing on “chili” winter days.

at Maillardville Community Centre

Sa	Dec 20	2 – 4 p.m.	1/\$28.30	199380
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#### Cooking: Chocolate Babka Sweet Bread (16+ yrs)

Create a decadent babka swirled with chocolate. This class will guide you through the art of making the perfect soft dough and sweet filling. A beautifully indulgent treat that’s as fun to make as it is to eat.

at Maillardville Community Centre

Th	Dec 18	6 – 8 p.m.	1/\$28.30	199376
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#### Cooking: Chocolate Spiderweb Cake (19+ yrs)

As a group, create a rich chocolate cake topped with smooth ganache and a spooky spiderweb design. It’s a fun, festive dessert for any celebration.

at Dogwood Pavilion

Sa	Oct 18	9:30 – 11:30 a.m.	1/\$28.30	199103
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#### Cooking: Classic Mushroom and Asparagus Risotto (19+ yrs)

Classic Mushroom and Asparagus Risotto may sound difficult to make but this dish is easily prepared to make an every day meal fancy and special.

at Dogwood Pavilion

W	Oct 22	6 – 8 p.m.	1/\$28.30	198332
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at Glen Pine Pavilion

Su	Oct 12	10:30 a.m. – 1:30 p.m.	1/\$42.45	197030
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#### Cooking: Dutch Babies (19+ yrs)

Whip up airy, golden Dutch babies that puff up beautifully in the oven. Top them with fruit, syrup, or a dusting of sugar for an easy, impressive breakfast.

at Dogwood Pavilion

Sa	Oct 4	9:30 – 11:30 a.m.	1/\$28.30	199094
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#### Cooking: Georgian Imeruli Khachapuri with Russian Korean Carrot Salad (16+ yrs)

This Georgian delicacy features a bread boat filled with gooey cheese and topped with a golden egg. This recipe will be served with a side of Koreiskaya Morkovka, also known as Russian Carrot Salad. Discover the flavors of Georgia in every delicious bite!

at Maillardville Community Centre

Th	Nov 27	6 – 8 p.m.	1/\$28.30	199373
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#### Cooking: German Holiday Cookies (19+ yrs)

Mix, roll, and bake traditional German holiday cookies that will fill your kitchen with warm spice. Share these festive treats with loved ones all season long.

at Dogwood Pavilion

Sa	Dec 13	9:30 – 11:30 a.m.	1/\$28.30	199106
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#### Cooking: Gnocchi (19+ yrs)

Roll and shape tender homemade gnocchi. This hands-on class will leave you with pillow-y pasta and new kitchen skills.

at Dogwood Pavilion

W	Nov 12	6 – 8 p.m.	1/\$28.30	198342
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### Cooking: Halloween Special: Spider Shaped Garlic Bread Bowl with Parsley Pesto Dip (16+ yrs)

Celebrate Halloween with a spooky spider-shaped garlic bread bowl, perfect for serving your favourite dips. Paired with a vibrant parsley pesto, this festive treat is as delicious as it is fun to make.

*at Maillardville Community Centre*

Th	Oct 30	6 – 8 p.m.	1/\$28.30	199367
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### Cooking: Harvest Soups (19+ yrs)

Soup weather is here and there is nothing better than enjoying the cozy season by learning the fundamentals of how to take Fall harvested vegetables and turning them in hearty and delicious soups.

*at Glen Pine Pavilion*

M	Oct 20 – Nov 10	7 – 8:30 p.m.	4/\$85	197042
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### Cooking: Holiday Appetizers (19+ yrs)

Having friends and family for the holidays is enjoyed with food made from scratch. Appetizers that are easy and delicious to serve at any social gathering is the focus of this holiday workshop.

*at Glen Pine Pavilion*

Su	Nov 23	10:30 a.m. – 1:30 p.m.	1/\$42.45	197038
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### Cooking: Holiday Baking Workshop (19+ yrs)

Join us in baking a variety of different baked goods just in time for the holiday season! Learn how to make some sweet and healthy delights with a baking expert.

*at Glen Pine Pavilion*

Su	Nov 30	10:30 a.m. – 1:30 p.m.	1/\$42.45	197039
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### Cooking: Holiday Specials (19+ yrs)

Having family and friends over for the holidays to enjoy some holiday food is always a joyful experience. Prepare something special each week that will make the season merry.

*at Glen Pine Pavilion*

M	Nov 17 – Dec 8	7 – 8:30 p.m.	4/\$85	199053
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### Cooking: Inari Sushi (16+ yrs)

Discover the history and cultural significance of this delightful dish, master the technique of stuffing seasoned rice into seasoned fried tofu pockets, and impress your friends and family with your newfound sushi-making skills.

*at Maillardville Community Centre*

Th	Oct 16	6 – 8 p.m.	1/\$28.30	199364
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### Cooking: Inari Sushi (19+ yrs)

Discover the history and cultural significance of this delightful dish, master the technique of stuffing seasoned rice into seasoned fried tofu pockets, and impress your friends and family with your newfound sushi-making skills.

*at Dogwood Pavilion*

W	Sep 24	6 – 8 p.m.	1/\$28.30	198316
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### Cooking: Italian Brunch Strata (19+ yrs)

Layer ingredients and Italian flavors into a delicious make-ahead strata. This savory bake is sure to become your go-to brunch favorite.

*at Dogwood Pavilion*

Sa	Oct 11	9:30 – 11:30 a.m.	1/\$28.30	199088
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### Cooking: Italian Stromboli (19+ yrs)

Learn to roll up a savory, stuffed Italian Stromboli. You'll leave with a crispy, golden-brown bake that's perfect for sharing.

*at Dogwood Pavilion*

W	Sep 17	6 – 8 p.m.	1/\$28.30	198297
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### 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	Sep 18	6 – 8 p.m.	1/\$28.30	199358
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### Cooking: Japanese Strawberry and Mango Mochi (16+ yrs)

Discover the art of making traditional Japanese mochi filled with juicy strawberries and ripe mango. This class will guide you through creating the perfect chewy texture and delicious fruit fillings.

*at Maillardville Community Centre*

Sa	Sep 6	2 – 4 p.m.	1/\$28.30	199377
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Th	Sep 25	6 – 8 p.m.	1/\$28.30	199360
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### Cooking: Japanese Yakisoba Noodles (19+ yrs)

Yakisoba is classic Japanese stir-fried noodles seasoned with sweet and savory sauce. The noodles are made out of wheat and has the perfect texture to be stir-fried with your choice of protein or vegetables. The secret is in the tangy sauce!

*at Glen Pine Pavilion*

Su	Oct 19	10:30 a.m. – 1:30 p.m.	1/\$42.45	197032
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**Cooking: Jerusalem Bagels with Labneh Dip (16+ yrs)**

Enjoy warm Jerusalem bagels, perfectly crispy on the outside and soft inside, served with a creamy labneh dip. This Middle Eastern favourite combines delightful textures and fresh flavours.

*at Maillardville Community Centre*

Th	Dec 11	6 – 8 p.m.	1/\$28.30	199375
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**Cooking: Knife Skills 101 (19+ yrs)**

The key to food preparation and cooking is having basic knife skills. Even experienced cooks continue to learn how to use this tool to slice, dice, chop, mince and more. Know the different knives to use for the different techniques and how to care for them. Bring the Knives you use the most from home as you will be working with different ingredients for a variety of recipes each week.

*at Glen Pine Pavilion*

M	Sep 15 – Oct 6	7 – 8:30 p.m.	4/\$85	197040
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**Cooking: Korean Bibimbap (19+ yrs)**

Create a vibrant bowl of Korean bibimbap loaded with colorful vegetables and other traditional toppings. Stir it together with gochujang sauce for a warm, satisfying meal.

*at Dogwood Pavilion*

W	Oct 8	6 – 8 p.m.	1/\$28.30	198324
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**Cooking: Korean Food Immersion (19+ yrs)**

Every week will be a new Korean family favourite. This series of classes may include unique spicy, sweet and savoury dishes working with different ingredients while learning the Korean language at the same time from a native speaker. All sessions will present different recipes.

*at Glen Pine Pavilion*

Th	Sep 18 – Oct 9	7 – 8:30 p.m.	4/\$85	197691
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Th	Oct 16 – Nov 13	7 – 8:30 p.m.	5/\$106.25	197693
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Th	Nov 20 – Dec 11	7 – 8:30 p.m.	4/\$85	197696
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**Cooking: Mediterranean Chicken and Rice Pilaf (19+ yrs)**

Cook a fragrant chicken and rice pilaf with Mediterranean herbs and bright vegetables. This homie dish is as cozy as it is delicious.

*at Dogwood Pavilion*

W	Oct 15	6 – 8 p.m.	1/\$28.30	198328
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**Cooking: Moroccan Shakshuka with Kofta Meatballs (16+ yrs)**

Savour the bold spices of Moroccan shakshuka topped with tender kofta meatballs in a rich tomato sauce. This vibrant dish offers a perfect blend of flavour and warmth in every bite.

*at Maillardville Community Centre*

Th	Nov 13	6 – 8 p.m.	1/\$28.30	199371
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**Cooking: New York Style Bagels with Smoked Salmon Cream Cheese (16+ yrs)**

Make traditional New York-style bagels from scratch, served with a creamy smoked salmon cream cheese spread. Master the flavours of a beloved classic with ease.

*at Maillardville Community Centre*

Th	Oct 2	6 – 8 p.m.	1/\$28.30	199361
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**Cooking: New York Style Blueberry Bagels with Honey Blueberry Cream Cheese (16+ yrs)**

Make classic New York-style blueberry bagels from scratch, paired with a sweet honey blueberry cream cheese spread. Enjoy baking a delicious treat that's perfect for breakfast or brunch.

*at Maillardville Community Centre*

Th	Oct 23	6 – 8 p.m.	1/\$28.30	199366
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**Cooking: Pierogi and Cucumber Dill salad (19+ yrs)**

Learn to fill and fold tender pierogi with a classic savory filling. Serve them alongside a crisp cucumber dill salad for a bright, refreshing balance.

*at Dogwood Pavilion*

Sa	Sep 27	9:30 – 11:30 a.m.	1/\$28.30	199087
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**Cooking: Pork Schnitzel and Käsespätzle (19+ yrs)**

Pork Schnitzel and Käsespätzle is a popular German dish featuring thin, breaded pork cutlets served with a cheesy egg noodle dish.

*at Glen Pine Pavilion*

Su	Oct 5	10:30 a.m. – 1:30 p.m.	1/\$42.45	197029
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**Cooking: Ricotta Gnocchi with Lemon and Sundried Tomato Sauce (16+ yrs)**

Tender ricotta gnocchi are paired with a bright lemon and sundried tomato sauce for a fresh, flavourful dish. This combination balances creamy and zesty notes in every bite.

*at Maillardville Community Centre*

Th	Oct 9	6 – 8 p.m.	1/\$28.30	199363
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**No experience necessary and  
all cooking supplies provided.**





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

### **Cooking: Roast Beef 101 (19+ yrs)**

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

*at Glen Pine Pavilion*

Su	Oct 26	10:30 a.m. – 1:30 p.m.	1/\$42.45	197033
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### **Cooking: Roast Chicken Dinner and Sides (19+ yrs)**

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

*at Glen Pine Pavilion*

Su	Nov 16	10:30 a.m. – 1:30 p.m.	1/\$42.45	197037
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### **Cooking: Roasted Vegetable Focaccia (16+ yrs)**

Enjoy rustic roasted vegetable focaccia with a golden, crispy crust and a soft, airy centre. Bursting with vibrant flavours, it's the perfect savoury treat for any occasion.

*at Maillardville Community Centre*

Sa	Nov 15	2 – 4 p.m.	1/\$28.30	199379
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### **Cooking: Roasted Vegetable Moussaka (19+ yrs)**

Layer roasted vegetables and rich sauce into a savory moussaka. This vegetarian version is full of flavor and perfect for sharing.

*at Dogwood Pavilion*

Sa	Nov 29	9:30 – 11:30 a.m.	1/\$28.30	199093
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*at Glen Pine Pavilion*

Su	Sep 21	10:30 a.m. – 1:30 p.m.	1/\$42.45	197027
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### **Cooking: Scones and Cranberry Jam (19+ yrs)**

Bake light, buttery scones and pair them with a homemade cranberry jam. You'll take home a cozy treat perfect for tea time or brunch.

*at Dogwood Pavilion*

Sa	Sep 20	9:30 – 11:30 a.m.	1/\$28.30	199076
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### **Cooking: Soft Pretzels with Honey Mustard Dip (16+ yrs)**

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

*at Maillardville Community Centre*

Sa	Oct 11	2 – 4 p.m.	1/\$28.30	199378
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### **Cooking: Spanish Tortillas (19+ yrs)**

Make a traditional Spanish tortilla with potatoes and eggs. This rustic dish is simple, satisfying, and good for any meal of the day.

*at Dogwood Pavilion*

Sa	Nov 15	9:30 – 11:30 a.m.	1/\$28.30	199099
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### **Cooking: Sweet and Savoury Burekas (19+ yrs)**

Practice shaping flaky burekas with a variety of fillings. You'll enjoy these golden pastries fresh from the oven.

*at Dogwood Pavilion*

W	Dec 3	6 – 8 p.m.	1/\$28.30	198353
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### **Cooking: Turkey 101 (19+ yrs)**

Turkey is the centerpiece of the Thanksgiving dinner table, and one of the most anticipated feature of this holiday. Remove the stress of cooking a turkey with all the fixings by learning how to prepare and cook this delicious meal from scratch.

*at Glen Pine Pavilion*

Su	Sep 28	10:30 a.m. – 1:30 p.m.	1/\$42.45	197028
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## Tell us how we did!

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

### Cooking: Ukrainian Borscht and Pampushki (19+ yrs)

Simmer up a fragrant Ukrainian borscht and bake soft pampushki rolls topped with garlic butter. It's a hearty, heartwarming combo perfect for sharing.

*at Dogwood Pavilion*

W	Oct 29	6 – 8 p.m.	1/\$28.30	198336
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### Cooking: Ukrainian Borscht with Herb and Garlic Pampushki Rolls (16+ yrs)

Experience the rich flavours of Ukrainian borscht paired with soft, herb and garlic-infused pampushki rolls. This classic combination brings traditional Eastern European comfort food to your table.

*at Maillardville Community Centre*

Th	Nov 6	6 – 8 p.m.	1/\$28.30	199369
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### Cooking: Vegetarian Pad Thai and Tom Kha Gai (19+ yrs)

Two popular Thai recipes that can be easily replicated at home – a healthy vegetarian Pad Thai rice noodle dish and Tom Kha Gai which is a coconut chicken soup recipe is infused with the classic Thai herbs.

*at Glen Pine Pavilion*

Su	Sep 14	10:30 a.m. – 1:30 p.m.	1/\$42.45	197026
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### Cooking: Vietnamese Pho (19+ yrs)

Build a fragrant Vietnamese pho with a rich broth, tender noodles, and fresh herbs. You'll learn the secrets to this classic, soul-soothing soup.

*at Dogwood Pavilion*

W	Dec 10	6 – 8 p.m.	1/\$28.30	198357
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### Cooking: Yakisoba (19+ yrs)

Stir-fry savory yakisoba noodles with crisp vegetables and your choice of protein. You'll master this quick and tasty Japanese street food classic in no time.

*at Dogwood Pavilion*

W	Nov 5	6 – 8 p.m.	1/\$28.30	198340
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## Oops! We cancelled it...

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

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

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

*at Glen Pine Pavilion*

Th	Dec 4	10 – 11:30 a.m.	1/ <b>FREE</b>	198791
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### Finance: Estate Planning (19+ yrs)

Learn how to create a plan to distribute assets, during life or upon death. Understanding the what and why of estate planning and the various tools such as powers of attorney, wills, joint accounts, gifting, trust.

*at Glen Pine Pavilion*

Th	Sep 25	10 – 11:30 a.m.	1/ <b>FREE</b>	198788
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### Finance: Fraud Protection (19+ yrs)

Understand fraud and how to protect yourself from being a victim.

*at Glen Pine Pavilion*

Th	Oct 30	10 – 11:30 a.m.	1/ <b>FREE</b>	198789
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### Finance: Preparing for the Unexpected – Life and Legacy (19+ yrs)

This presentation is designed to help understand how life insurance fits into financial strategy and how it will protect their loved ones from unexpected events.

*at Glen Pine Pavilion*

F	Nov 7	2 – 3:15 p.m.	1/ <b>FREE</b>	198781
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### Finance: Raising Money-Smart Children or Grandchildren (19+ yrs)

Understand the challenges of raising money-smart kids and learn how to address age-appropriate money-related topics with young kids, pre-teens, teenagers and emerging adults.

*at Glen Pine Pavilion*

W	Sep 17	7:15 – 8:45 p.m.	1/ <b>FREE</b>	198787
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### 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.

October – Pre-Retirement Planning

November – Benefits and Programs for Seniors with Disabilities

*at Dogwood Pavilion*

Th	Oct 16	7:15 – 8:15 p.m.	1/ <b>FREE</b>	199732
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Tu	Nov 18	9:30 – 11 a.m.	1/ <b>FREE</b>	199733
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## All Abilities Welcome!

Visit page 4 for details

### 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.

September – Canada Dental Plan and Canada Disability Benefit

October – Programs and Benefits for Seniors

November – Overview for Newcomers

#### at Glen Pine Pavilion

M	Sep 29	11:30 a.m. – 12:30 p.m.	1/ <b>FREE</b>	197711
M	Oct 27	11:30 a.m. – 12:30 p.m.	1/ <b>FREE</b>	197712
M	Nov 24	11:30 a.m. – 12:30 p.m.	1/ <b>FREE</b>	197713

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

This presentation teaches basic information to help investors evaluate if stocks fit into their overall strategy. Discusses common versus preferred stock, dividends, investment strategy and different ways to own stock.

#### at Glen Pine Pavilion

F	Sep 19	2 – 3:15 p.m.	1/ <b>FREE</b>	198773
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### Finance: Ten Healthy Habits of Financial Management (19+ yrs)

Become better money managers by learning how to self-assess level of financial fitness and knowing the ten healthy habits of financial management as so many social problems have financial roots.

#### at Glen Pine Pavilion

Th	Nov 20	7 – 8:30 p.m.	1/ <b>FREE</b>	198790
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### 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.

September – Waterton Park

October – Waterton to Dinosaur

November – The Prairies to BC

#### at Glen Pine Pavilion

F	Sep 19	11 a.m. – 12:30 p.m.	1/ <b>FREE</b>	197714
F	Oct 24	11 a.m. – 12:30 p.m.	1/ <b>FREE</b>	197715
F	Nov 28	11 a.m. – 12:30 p.m.	1/ <b>FREE</b>	197716

### 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 18 – Oct 9	2 – 4 p.m.	4/\$39.20	199004
Th	Oct 16 – Nov 13	2 – 4 p.m.	5/\$49	199006
Th	Nov 20 – Dec 11	2 – 4 p.m.	4/\$39.20	199008

### General: Lifesizing Part 1 – Smart Talk on Strata Living (19+ yrs)

Many factors to consider when thinking about transitioning from a conventional, single-family home to strata. Discuss the motivations, challenges and benefits while providing a clear picture of “what’s in it for you” as well as information on strata depreciation reports.

#### at Glen Pine Pavilion

Th	Oct 2	6:30 – 8:45 p.m.	1/ <b>FREE</b>	200246
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### General: Lifesizing Part 2 – The Dollars and “Sense” of Strata Living (19+ yrs)

Explore the cost benefits associated with the transition to strata living compared to a conventional, single-family home such as common day-to-day expenses, monthly fees, and planning for expected and unexpected costs. Discussion on the new requirement for depreciation/sustainability reports.

#### at Glen Pine Pavilion

Th	Oct 9	6:30 – 8:45 p.m.	1/ <b>FREE</b>	200247
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### General: What is Beyond Nine Yards? (19+ yrs)

Are you curious about the stories behind traditional garments from around the world? Join us for an introductory info session on the upcoming Beyond Nine Yards program series-a thoughtful and engaging exploration into the world of cultural textiles and attire.

#### at Glen Pine Pavilion

M	Sep 15	11:30 a.m. – 12:30 p.m.	1/\$8.35	201260
W	Sep 24	7:30 – 8:30 p.m.	1/\$8.35	201261

## 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.

# Health and Wellness Fair for Seniors

*Presented by the  
Glen Pine 50Plus Society*

**Saturday, October 4**  
**10 a.m. – 2 p.m.**  
**Glen Pine Great Room**  
**FREE Admission**

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



Aspira  
Astoria  
Retirement Living

Aspira  
Mayfair Terrace  
Retirement Living

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

## 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 Dogwood Pavilion

W Oct 1 9 a.m. – 4 p.m. 1/FREE 199722

### at Glen Pine Pavilion

W Nov 19 8:30 a.m. – 5 p.m. 1/FREE 196954

## Health and Safety: Pedestrian Safety (19+ yrs)

Learn practical tips to stay safe while walking in your community. This workshop covers walking techniques, visibility tips, and how to navigate streets and intersections with confidence. Whether you're a daily walker or just getting started, you'll gain tools to walk smarter and safer.

### at Dogwood Pavilion

Th Oct 9 10:30 – 11:30 a.m. 1/FREE 199729

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

The Chronic Conditions Self-Management Program is a free six-session workshop. The program is especially helpful for people with cardiac rehabilitation or diabetes. Learn skills to manage health and keep active in daily life.

### at Dogwood Pavilion

Tu Sep 9 – Oct 21 9:30 a.m. – 12 p.m. 6/FREE 196289

## 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 Dogwood Pavilion

Tu Nov 4 – Dec 16 9:30 a.m. – 12 p.m. 6/FREE 196288

### at Glen Pine Pavilion

Sa Sep 20 – Oct 25 9:30 a.m. – 12 p.m. 6/FREE 197329

## 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 Nov 1 – Dec 13 9:30 a.m. – 12 p.m. 6/FREE 197328

## Health: Falls Prevention Information (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 27 10 – 11:30 a.m. 1/FREE 198974

## Health: Inflammation (19+ yrs)

The most common symptom with all chronic health conditions of today is inflammation. Learn about the many ways to support the body using nutrition and lifestyle to reduce inflammation. Presented by a certified functional nutrition and lifestyle practitioner.

### at Dogwood Pavilion

Tu Oct 7 4 – 5:30 p.m. 1/\$12.55 200232



**Tell us how we did!**

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



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

It is never too soon or too late to make changes that will maintain or improve your brain health. Learn strategies and set goals. For the Caregivers and the People Living with Dementia.

*at Dogwood Pavilion*

M Sep 15 1:30 – 3 p.m. 1/**FREE** 199716

**Health: Love your Brain! (19+ yrs)**

Love your brain! There are various ways to prevent and support neurodegenerative conditions like Dementia and Parkinson's using nutrition and lifestyle approaches. Learn simple things that you can start incorporating to support your brain health. Presented by a certified functional nutrition and lifestyle practitioner.

*at Dogwood Pavilion*

Tu Nov 4 4 – 5:30 p.m. 1/\$12.55 200233

**Health: Memory and Aging (19+ yrs)**

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

*at Glen Pine Pavilion*

Th Dec 11 10 – 11:30 a.m. 1/**FREE** 198976

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

September is Arthritis awareness month. Osteoarthritis is a debilitating disease and most common form of arthritis. Its symptoms, self-management strategies and various available therapies are presented.

*at Glen Pine Pavilion*

Th Sep 18 10 – 11:30 a.m. 1/**FREE** 198972

**Health: Preparing for the Holidays on the Dementia Journey (19+ yrs)**

The holidays can be a stressful time for anyone – but especially for people on the dementia journey. Explore strategies for adapting your plans and learn tips on minimizing stress and maximizing connection with meaningful activities. For the Caregivers of People Living with Dementia.

*at Glen Pine Pavilion*

F Dec 5 2 – 3:30 p.m. 1/**FREE** 197635

**All Abilities Welcome!**

Visit page 4 for details

**Pavilion Influenza Vaccination Clinic**

Pavilion members and people 50+ can receive their annual flu shot from a community pharmacist.

Please pre-register and bring your Care Card.

*Drop-in may be available, if you're willing to wait.*

To register:

- Call **604-927-4386**
- Book your appointment online. Registration information will be available on the Dogwood and Glen Pine web pages by the end of September.

**Call 604-927-4386 to register.**  
**FREE for those 50+ years of age.**

[coquitlam.ca/glenpine](http://coquitlam.ca/glenpine)  
[coquitlam.ca/dogwood](http://coquitlam.ca/dogwood)

**Glen Pine Pavilion  
Dogwood Pavilion**

October and  
November

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

Sleep, a non-negotiable! Do you sleep well? What does it mean to get deep sleep and it's importance for better health outcomes? Come explore ways to support the body to get into deeper sleep states. Presented by a certified functional nutrition and lifestyle practitioner.

*at Dogwood Pavilion*

Tu Sep 23 4 – 5:30 p.m. 1/\$12.55 200231

**Health: Social Connectedness (19+ yrs)**

Loneliness and isolation are unhealthy. This workshop examines the social determinants of health and well-being. It helps participants to determine the level of connectedness they need and how to achieve it.

*at Dogwood Pavilion*

Th Nov 13 9:30 – 10:30 a.m. 1/**FREE** 199734

**Health: Understanding Dementia-Friendly Communication (19+ yrs)**

Learn practical strategies to better understand communication with People Living with Dementia. Presented by the Alzheimer's Society of BC. For caregivers and those living with Dementia.

*at Dogwood Pavilion*

Th Oct 2 3 – 4:30 p.m. 1/**FREE** 199718

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

October is focus on Vision health month. The structure of the eye is described and major diseases that may affect older adults are explained. Prevention and possible treatments are stressed.

*at Glen Pine Pavilion*

Th	Oct 23	10 – 11:30 a.m.	1/ <b>FREE</b>	198973
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**Language: English Conversation (19+ yrs)**

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

*at Dogwood Pavilion*

Th	Sep 18 – Oct 23	12:30 – 2 p.m.	6/\$16.80	198389
Th	Nov 6 – Dec 4	12:30 – 2 p.m.	5/\$14	198390

**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	Oct 23 – Nov 27	9:30 – 11 a.m.	6/\$16.80	197677
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**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	Oct 23 – Nov 27	1 – 2:30 p.m.	6/\$16.80	197678
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**Oops! We cancelled it...**

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

**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	Oct 14 – Nov 25	10 – 11:30 a.m.	6/\$16.80	198988
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**Language: English Learner Book Club (19+ yrs)**

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

*at Glen Pine Pavilion*

Th	Oct 23 – Nov 27	11:30 a.m. – 12:30 p.m.	6/\$16.80	197680
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**Language: English Learner Conversation (19+ yrs)**

Casual opportunity to practice speaking in a supportive group. A basic level of speaking in English is required for this class.

*at Glen Pine Pavilion*

F	Oct 17 – Nov 28	11:30 a.m. – 12:30 p.m.	6/\$16.80	197726
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**Language: Italian Beginner (19+ yrs)**

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

*at Glen Pine Pavilion*

Tu	Sep 16 – Oct 7	1:30 – 3 p.m.	3/\$29.70	197577
Tu	Oct 14 – Nov 4	1:30 – 3 p.m.	4/\$39.60	197578
Tu	Nov 18 – Dec 9	1:30 – 3 p.m.	4/\$39.60	197579

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

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

*at Glen Pine Pavilion*

Sa	Sep 20 – Oct 11	1 – 2:30 p.m.	4/\$39.60	197610
Sa	Oct 18 – Nov 8	1 – 2:30 p.m.	4/\$39.60	197612
Sa	Nov 22 – Dec 13	1 – 2:30 p.m.	4/\$39.60	197614

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

Annyeonghaseyo! Learn basic words, phrases and sentences in Korean to be able to converse and to write Hangeul which is the writing system of the Korean language.

**at Glen Pine Pavilion**

Su	Sep 14 – Oct 5	10:15am – 11:45am	4/\$39.60	197070
W	Sep 17 – Oct 8	11:30 a.m. – 1 p.m.	4/\$39.60	197650
Su	Oct 12 – Nov 9	10:15am – 11:45am	5/\$49.50	197071
W	Oct 15 – Nov 12	11:30 a.m. – 1 p.m.	5/\$49.50	197651
Su	Nov 16 – Nov 30	10:15am – 11:45am	3/\$29.70	197072
W	Nov 19 – Dec 10	11:30 a.m. – 1 p.m.	4/\$39.60	197652

**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 20 – Oct 11	2 – 3:30 p.m.	4/\$39.60	200415
Sa	Oct 18 – Nov 15	2 – 3:30 p.m.	5/\$49.50	200416
Sa	Nov 22 – Dec 13	2 – 3:30 p.m.	4/\$39.60	200417

**at Glen Pine Pavilion**

M	Sep 15 – Oct 6	7 – 8:30 p.m.	4/\$39.60	197572
W	Sep 17 – Oct 8	9:30 – 11 a.m.	4/\$39.60	197643
W	Oct 15 – Nov 12	9:30 – 11 a.m.	5/\$49.50	197644
M	Nov 17 – Dec 8	7 – 8:30 p.m.	4/\$39.60	197575
W	Nov 19 – Dec 10	9:30 – 11 a.m.	4/\$39.60	197645

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

Bienvenidos! This introductory course is designed for those completely new to Spanish. Learn about the Spanish alphabet, pronunciation, and essential vocabulary through simple words and phrases.

**at Dogwood Pavilion**

Sa	Sep 20 – Oct 11	12:30 – 2 p.m.	4/\$39.60	200419
Sa	Oct 18 – Nov 15	12:30 – 2 p.m.	5/\$49.50	200420
Sa	Nov 22 – Dec 13	12:30 – 2 p.m.	4/\$39.60	200421

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

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

**at Glen Pine Pavilion**

M	Oct 20 – Nov 10	7 – 8:30 p.m.	4/\$39.60	197574
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**Life Skills: Navigating the Dementia Journey (19+ yrs)**

Explore the journey ahead with others who are going through similar experiences. Topics include: the brain and dementia, practical strategies to live well and how to access resources. For the Caregivers and the People Living with Dementia.

**at Glen Pine Pavilion**

W	Nov 5	2 – 3:30 p.m.	1/ <b>FREE</b>	197628
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**Life Skills: Recognizing the Journey as a Caregiver (19+ yrs)**

Discuss the personal challenges, guilt, and grief of being a dementia caregiver. Learn how to recognize signs of burnout, the importance of self-care, and how you can build your resilience as a caregiver. There will be opportunities for discussion throughout the presentation. For the Caregivers of People Living with Dementia.

**at Glen Pine Pavilion**

F	Nov 21	2 – 3:30 p.m.	1/ <b>FREE</b>	197631
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**Technology: Android Phones Workshop (19+ yrs)**

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 13	1 – 2:45 p.m.	1/\$2.80	197705
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**Technology: Introduction to Libby App (19+ yrs)**

Learn how to use Coquitlam Public Library's digital collection of eBooks, eAudiobooks, and more through the Libby app! The Libby app is available for phones and tablets, integrates with many new Kobo eReaders, and is available to anyone with a Coquitlam Public Library card. Join us for tips including how to browse and search for titles, borrow titles, place holds, increase font size, playback speed and using smart tags.

**at Dogwood Pavilion**

Tu	Oct 28	10:30 – 11:30 a.m.	1/ <b>FREE</b>	200196
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**Technology: iPad and iPhone Workshop (19+ yrs)**

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

**at Glen Pine Pavilion**

Th	Sep 25	1 – 2:45 p.m.	1/\$2.80	197702
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**All Abilities Welcome!**

Visit page 4 for details



**Technology: Managing Digital Passwords (19+ yrs)**

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

*at Glen Pine Pavilion*

Th	Dec 11	1 – 2:45 p.m.	1/\$2.80	197707
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**Technology: Social Media Workshop (19+ yrs)**

Learn how to use a variety of different websites and applications that help you share information, ideas, personal messages, pictures and videos. Topics discussed will include Facebook, Instagram, Twitter, Facetime and Whatsapp.

*at Glen Pine Pavilion*

Th	Oct 9	1 – 3 p.m.	1/\$2.80	197703
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**Technology: Tools for Travel (19+ yrs)**

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

*at Glen Pine Pavilion*

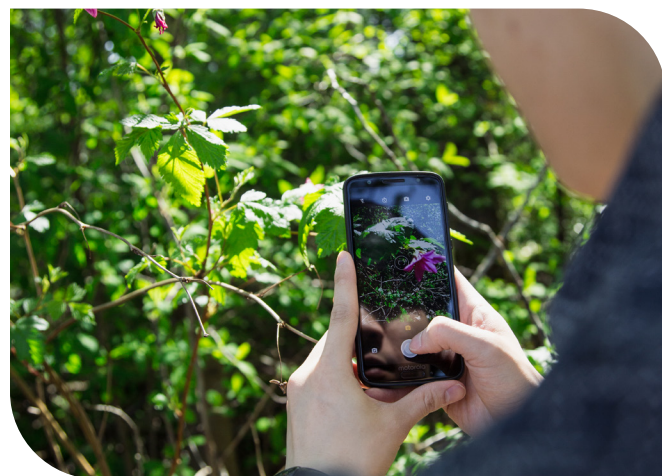
Th	Oct 23	1 – 2:45 p.m.	1/\$2.80	199009
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**Technology: Using a Smartphone Camera (19+ yrs)**

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	Nov 27	1 – 2:45 p.m.	1/\$2.80	197706
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**Tell us how we did!**

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

**Wellness: Aging Gracefully (19+ yrs)**

Journey forth in this surprisingly magical adventure where quality of life will expand in amazing ways and bring you back to your own true self through reflection, communication and guided meditation.

*at Glen Pine Pavilion*

Th	Oct 2 – Oct 16	10 – 11:30 a.m.	3/\$37.65	198742
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**Wellness: Building Natural Immunity (19+ yrs)**

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

*at Glen Pine Pavilion*

Tu	Sep 16	3:30 – 5 p.m.	1/\$12.55	197134
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**Wellness: Eat to Feel Energized! (19+ yrs)**

Do you need caffeine or a muffin to keep going at work especially in the afternoons or have sugar or carb cravings? Learn what the body needs in terms of nutrition in order to prevent those slumps and have sustained energy levels throughout the day.

*at Glen Pine Pavilion*

Tu	Nov 18	3:30 – 5 p.m.	1/\$12.55	197137
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**Wellness: Journey of Bliss (19+ yrs)**

Embark on a journey to reconnect with your inner joy. Explore practices that support emotional balance, gratitude, and awareness. Discover simple yet powerful tools to cultivate joy, reduce stress, and nurture a deeper connection to yourself and the world around you.

*at Dogwood Pavilion*

M	Dec 1	9:30 – 11:30 a.m.	1/\$12.55	200230
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**Wellness: Love your Gut! (19+ yrs)**

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

*at Glen Pine Pavilion*

Tu	Oct 28	3:30 – 5 p.m.	1/\$12.55	197135
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**Wellness: Mindful Self-Compassion (19+ yrs)**

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

**at Dogwood Pavilion**

M	Nov 10 – Nov 24	9:30 – 11 a.m.	3/\$37.65	200229
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**Wellness: Rhythm of Heart (19+ yrs)**

Flow into the rhythm of your heart and true nature with spontaneous singing, dancing, rattling and drumming all that brings you back to your own youthful vitality!

**at Glen Pine Pavilion**

Th	Nov 6 – Nov 20	10 – 11:30 a.m.	3/\$37.65	198743
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**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 16 – Oct 7	12:45 – 1:45 p.m.	3/\$29.25	198274
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Tu	Oct 14 – Nov 4	12:45 – 1:45 p.m.	4/\$39	198275
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Tu	Nov 18 – Dec 9	12:45 – 1:45 p.m.	4/\$39	200236
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**at Glen Pine Pavilion**

M	Nov 17 – Dec 8	2:15 – 3:15 p.m.	4/\$39	197075
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**Dance: Argentine Tango Foundations (19+ yrs)**

Have fun learning Argentine Tango! Learn fundamental 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	Sep 15 – Oct 6	7:15 – 8:15 p.m.	4/\$39	198258
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M	Oct 20 – Nov 10	7:15 – 8:15 p.m.	4/\$39	198259
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M	Nov 17 – Dec 8	7:15 – 8:15 p.m.	4/\$39	200227
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**Oops! We cancelled it...**

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

**All Abilities Welcome!**

Visit page 4 for details

**Dance: Ballroom Beginner (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.

**at Glen Pine Pavilion**

Th	Oct 16 – Nov 13	6:45 – 7:30 p.m.	5/\$38.75	197083
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**Dance: Ballroom Foundations (19+ yrs)**

Ballroom Foundations is an introduction to Ballroom partner dancing. Each person in the couple/partner grouping must register to experience this form of dance.

**at Glen Pine Pavilion**

Th	Sep 18 – Oct 9	6:45 – 7:30 p.m.	4/\$31	197080
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**Dance: Ballroom Intermediate (19+ yrs)**

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

**at Glen Pine Pavilion**

Th	Nov 20 – Dec 11	6:45 – 7:30 p.m.	4/\$31	197084
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**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 17 – Oct 8	5 – 6 p.m.	4/\$39	198294
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W	Oct 15 – Nov 12	5 – 6 p.m.	5/\$48.75	198295
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W	Nov 19 – Dec 10	5 – 6 p.m.	4/\$39	200388
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**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 16 – Oct 7	5:15 – 6:15 p.m.	3/\$29.25	197580
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Tu	Oct 14 – Nov 4	5:15 – 6:15 p.m.	4/\$39	197581
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Tu	Nov 18 – Dec 9	5:15 – 6:15 p.m.	4/\$39	197582
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**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 17 – Oct 8	7:45 – 8:45 p.m.	4/\$39	197647
W	Oct 15 – Nov 12	7:45 – 8:45 p.m.	5/\$48.75	197648
W	Nov 19 – Dec 10	7:45 – 8:45 p.m.	4/\$29.25	197649

**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 16 – Oct 7	7:45 – 8:45 p.m.	3/\$29.25	197583
Tu	Oct 14 – Nov 4	7:45 – 8:45 p.m.	4/\$39	197584
Tu	Nov 18 – Dec 9	7:45 – 8:45 p.m.	4/\$39	197585

**Dance: Flamenco Moves (19+ yrs)**

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

**at Glen Pine Pavilion**

M	Oct 20 – Nov 10	2:15 – 3:15 p.m.	4/\$39	197074
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**Dance: Hip Hop (16+ yrs)**

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

**at Maillardville Community Centre**

Tu	Sep 16 – Oct 7	7 – 8 p.m.	3/\$30.45	199126
Tu	Oct 14 – Nov 4	7 – 8 p.m.	4/\$40.60	199127
Tu	Nov 18 – Dec 9	7 – 8 p.m.	4/\$40.60	199129

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

This energetic course combines the dynamic styles of Hip Hop and Popping, designed for adults of all skill levels. Learn foundational moves, groove to the beat, and develop your rhythm, coordination, and style in a fun, supportive environment.

**at Pinetree Community Centre**

F	Sep 19 – Oct 10	7:30 – 8:30 p.m.	4/\$40.60	199195
F	Oct 17 – Nov 14	7:30 – 8:30 p.m.	5/\$50.75	199196
F	Nov 21 – Dec 12	7:30 – 8:30 p.m.	4/\$40.60	199199

**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**

Th	Sep 18 – Oct 9	11 a.m. – 12 p.m.	4/\$39	197076
Th	Oct 16 – Nov 13	11 a.m. – 12 p.m.	5/\$48.75	197077
Th	Nov 20 – Dec 11	11 a.m. – 12 p.m.	4/\$39	197078

**Dance: Lady Style Bachata All Levels (19+ yrs)**

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

**at Glen Pine Pavilion**

M	Sep 15 – Oct 6	2:15 – 3:15 p.m.	4/\$39	197073
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**Dance: Line Dance All Levels (19+ yrs)**

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

**at Dogwood Pavilion**

F	Sep 19 – Oct 10	2:15 – 3:15 p.m.	4/\$39	199706
Tu	Oct 7 – Nov 4	3:15 – 4:15 p.m.	5/\$48.75	198273
F	Oct 17 – Nov 14	2:15 – 3:15 p.m.	5/\$48.75	199708
Tu	Nov 18 – Dec 9	3:15 – 4:15 p.m.	4/\$39	200235
F	Nov 21 – Dec 12	2:15 – 3:15 p.m.	4/\$39	200407

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

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

**at Dogwood Pavilion**

Tu	Oct 7 – Nov 4	2 – 3 p.m.	5/\$48.75	198271
Tu	Nov 18 – Dec 9	2 – 3 p.m.	4/\$39	200234

**at Glen Pine Pavilion**

M	Sep 15 – Oct 6	4:45 – 5:45 p.m.	4/\$39	197753
M	Oct 20 – Nov 10	4:45 – 5:45 p.m.	4/\$39	197756
M	Nov 17 – Dec 8	4:45 – 5:45 p.m.	4/\$39	197759



**Tell us how we did!**

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





**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	Nov 15	1:30 – 3:30 p.m.	1/\$19.50	199075
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**Dance: Persian Dance Foundations (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 15 – Oct 6	5 – 6 p.m.	4/\$39	197769
M	Oct 20 – Nov 10	5 – 6 p.m.	4/\$39	197772
M	Nov 17 – Dec 8	5 – 6 p.m.	4/\$39	197775

**Dance: Rumba and Foxtrot Foundations (19+ yrs)**

Dive into this introductory social dance program to learn Rumba and Foxtrot! 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	Oct 20 – Nov 10	6 – 7 p.m.	4/\$39	198257
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**Dance: Rumba Foundations Workshop (19+ yrs)**

Rumba 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-Su	Sep 27 – Sep 27	1:30 – 3:30 p.m.	1/\$19.50	199066
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**Dance: Swing and Nightclub Two Step Foundations (19+ yrs)**

Dive into this introductory social dance program to learn Swing and 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 15 – Oct 6	6 – 7 p.m.	4/\$39	198256
M	Nov 17 – Dec 8	6 – 7 p.m.	4/\$39	200224

**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	Oct 18	1:30 – 3:30 p.m.	1/\$19.50	199069
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**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	Dec 13	1:30 – 3:30 p.m.	1/\$19.50	199073
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**Drama: Improv Theatre Character Workshop (19+ yrs)**

Learn the basics of developing characters in improv acting! Improv is all about saying ‘yes, and,’ accepting offers, and expressing yourself while working as a team. Create fun and unique characters through fun improv games.

*at Glen Pine Pavilion*

W	Sep 24	7 – 8:30 p.m.	1/\$15.30	197662
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**All Abilities Welcome!**

Visit page 4 for details



## Tell us how we did!

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

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

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

#### at Glen Pine Pavilion

M	Sep 15 – Oct 6	5 – 6:30 p.m.	4/\$61.20	197747
M	Oct 20 – Nov 10	5 – 6:30 p.m.	4/\$61.20	197749
M	Nov 17 – Dec 8	5 – 6:30 p.m.	4/\$61.20	197750

#### at Town Centre Park Community Centre

Th	Sep 18	7:15 – 8:45 p.m.	1/\$15.30	200362
Th	Oct 16	7:15 – 8:45 p.m.	1/\$15.30	200363
W	Nov 20	7:15 – 8:45 p.m.	1/\$15.30	200364

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

Improv around Halloween characters, themes and setting. Fun games will bring out the actor in you!

#### at Glen Pine Pavilion

W	Oct 22	7 – 8:30 p.m.	1/\$15.30	197664
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### Drama: Improv Theatre Holiday Special Workshop (19+ yrs)

Improv during the holidays brings out the best characters, entertaining stories and scenes through fun games in a joyful way to bring forth the spirit of the season.

#### at Glen Pine Pavilion

W	Dec 10	7 – 8:30 p.m.	1/\$15.30	197673
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### Drama: Improv Theatre Scenes Workshop (19+ yrs)

Combine improv skills to make long-form improv scenes that will enhance the stories, solve problems with timing and boost the fun of acting.

#### at Glen Pine Pavilion

W	Nov 26	7 – 8:30 p.m.	1/\$15.30	197668
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### Drama: Improv Theatre Setting Workshop (19+ yrs)

Create a setting through impromptu acting and mime for improv scenes! Build exciting scenes in this session by learning how to mime!

#### at Glen Pine Pavilion

W	Oct 8	7 – 8:30 p.m.	1/\$15.30	197663
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### Drama: Improv Theatre Storytelling Workshop (19+ yrs)

Practice story-telling in improv! Share funny stories and craft silly plots through fun improv games.

#### at Glen Pine Pavilion

W	Nov 12	7 – 8:30 p.m.	1/\$15.30	197667
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### Holiday Workshop: Dance: Holiday Hustle Hip Hop (16+ yrs)

Learn hip hop movements in this interactive dance program. Build foundations in bouncing, grooving, and moving on beat as you exercise your body and mind. This session will be holiday themed.

#### at Maillardville Community Centre

Tu	Dec 16	7 – 8 p.m.	1/\$10.15	199509
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### 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

Su	Sep 14 – Oct 5	11 a.m. – 12 p.m.	4/\$33	197057
Su	Nov 16 – Nov 30	11 a.m. – 12 p.m.	3/\$24.75	197067

### 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

Tu	Sep 16 – Oct 7	7:30 – 8:30 p.m.	3/\$24.75	198276
Tu	Oct 14 – Nov 4	7:30 – 8:30 p.m.	4/\$33	198277
Tu	Nov 18 – Dec 9	7:30 – 8:30 p.m.	4/\$33	200373

### Music: Guitar 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 guitar.

#### at Glen Pine Pavilion

Su	Oct 12 – Nov 9	11 a.m. – 12 p.m.	5/\$41.25	197069
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### Music: Singing the Musicals (19+ yrs)

Explore and sing iconic songs from famous theatrical musicals. Develop vocal techniques, harmony, and musical expression through group singing and song interpretation.

#### at Glen Pine Pavilion

Tu	Sep 16 – Oct 7	6:15 – 7:15 p.m.	3/\$24.75	197149
Tu	Oct 14 – Nov 4	6:15 – 7:15 p.m.	4/\$33	197151
Tu	Nov 18 – Dec 9	6:15 – 7:15 p.m.	4/\$33	197152

## 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: 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 Centennial Activity Centre

W	Sep 17 – Oct 8	7:30 – 8:30 p.m.	4/\$33	198362
W	Oct 15 – Nov 12	7:30 – 8:30 p.m.	5/\$41.25	198365
W	Nov 19 – Dec 10	7:30 – 8:30 p.m.	4/\$33	200391

#### at Glen Pine Pavilion

Su	Sep 14 – Oct 5	12:15 – 1:45 p.m.	4/\$49.60	197064
Su	Oct 12 – Nov 9	12:15 – 1:45 p.m.	5/\$62	197065
Su	Nov 16 – Nov 30	12:15 – 1:45 p.m.	3/\$37.20	197068

### 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

Tu	Sep 16 – Oct 7	7:30 – 8:30 p.m.	3/\$24.75	197586
Tu	Oct 14 – Nov 4	7:30 – 8:30 p.m.	4/\$33	197602

### 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 Glen Pine Pavilion

M	Sep 15 – Oct 6	7 – 8 p.m.	4/\$33	197145
M	Oct 20 – Nov 10	7 – 8 p.m.	4/\$33	197146
M	Nov 17 – Dec 8	7 – 8 p.m.	4/\$33	197147

### 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

Tu	Nov 18 – Dec 9	7:30 – 8:30 p.m.	4/\$33	197603
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## Sports and Active Play

### Archery (19+ yrs)

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

#### at Pinetree Community Centre

Su	Sep 14 – Oct 5	9 – 10 a.m.	4/\$60	198890
Su	Sep 14 – Oct 5	11:15am – 12:15 p.m.	4/\$60	198894
Su	Oct 12 – Nov 9	9 – 10 a.m.	4/\$60	198892
Su	Oct 12 – Nov 9	11:15am – 12:15 p.m.	4/\$60	198896
Su	Nov 16 – Dec 7	9 – 10 a.m.	4/\$60	198893
Su	Nov 16 – Dec 7	11:15am – 12:15 p.m.	4/\$60	198899

### 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.

#### at Maillardville Community Centre

W	Sep 17 – Oct 8	5:30 – 6:45 p.m.	4/\$50.80	198494
W	Oct 15 – Nov 12	5:30 – 6:45 p.m.	5/\$63.50	198495
W	Nov 19 – Dec 17	5:30 – 6:45 p.m.	5/\$63.50	198496

## Adapted Aqua Movement (19+ years)

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

Thursdays from 10:15 – 11 a.m.

Poirier Sport and Leisure Complex

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

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





### Badminton: Skills and Drills (19+ yrs)

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

#### at Pinetree Community Centre

Su	Sep 14 – Oct 5	3:30 – 5 p.m.	4/\$62	198961
Su	Oct 12 – Nov 9	3:30 – 5 p.m.	5/\$77.50	198962
Su	Nov 16 – Dec 7	3:30 – 5 p.m.	4/\$62	198963

### Learn to Play Floor Curling (19+ yrs)

Floor Curling lets you enjoy this popular ice sport wherever you have a smooth, flat surface using iceless curling equipment that uses target mats and stones on bearings to provide a curling experience accessible to all.

#### at Glen Pine Pavilion

Sa	Sep 20 – Oct 11	12:15 – 1:15 p.m.	3/\$30.45	197623
Sa	Oct 18 – Nov 8	12:15 – 1:15 p.m.	4/\$40.60	197624
Sa	Nov 22 – Dec 13	12:15 – 1:15 p.m.	4/\$40.60	197625

### Pickleball: Beginner (16+ yrs)

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

#### at Maillardville Community Centre

M	Sep 15 – Oct 6	3:45 – 5:15 p.m.	4/\$61	198488
M	Oct 20 – Nov 10	3:45 – 5:15 p.m.	4/\$61	198489
M	Nov 17 – Dec 15	3:45 – 5:15 p.m.	5/\$76.25	198492

### Pickleball: Beginner (19+ yrs)

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

#### at Poirier Forum

Tu	Sep 16 – Oct 7	11 a.m. – 12:30 p.m.	3/\$45.75	199686
W	Sep 17 – Oct 8	11 a.m. – 12:30 p.m.	4/\$61	199694
Th	Sep 18 – Oct 9	11 a.m. – 12:30 p.m.	4/\$61	200401
Tu	Oct 14 – Nov 4	11 a.m. – 12:30 p.m.	4/\$61	199688
W	Oct 15 – Nov 12	11 a.m. – 12:30 p.m.	5/\$76.25	199695
Th	Oct 16 – Nov 13	11 a.m. – 12:30 p.m.	5/\$76.25	200402
Tu	Nov 18 – Dec 9	11 a.m. – 12:30 p.m.	4/\$61	200372
W	Nov 19 – Dec 10	11 a.m. – 12:30 p.m.	4/\$61	199696
Th	Nov 20 – Dec 11	11 a.m. – 12:30 p.m.	4/\$61	200403

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

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

#### at Maillardville Community Centre

F	Sep 5	1:30 – 4:30 p.m.	1/\$12.30	199222
F	Oct 10	1:30 – 4:30 p.m.	1/\$12.30	199224
F	Nov 7	1:30 – 4:30 p.m.	1/\$12.30	199226
F	Dec 5	1:30 – 4:30 p.m.	1/\$12.30	199228

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

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

#### at Maillardville Community Centre

M	Sep 15 – Oct 6	5:15 – 6:45 p.m.	4/\$61	198490
M	Oct 20 – Nov 10	5:15 – 6:45 p.m.	4/\$61	198491
M	Nov 17 – Dec 15	5:15 – 6:45 p.m.	5/\$76.25	198493



**Tell us how we did!**

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

**Pickleball: Skills and Drills (19+ yrs)**

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

**at Centennial Activity Centre**

Su	Sep 14 – Oct 5	10:45am – 12:15 p.m.	4/\$61	196284
Su	Oct 12 – Nov 2	10:45am – 12:15 p.m.	4/\$61	196285
Su	Nov 9 – Nov 30	10:45am – 12:15 p.m.	4/\$61	196286

**at Pinetree Community Centre**

Sa	Oct 11 – Nov 15	11:30 a.m. – 12:45 p.m.	6/\$76.20	199298
Sa	Nov 22 – Dec 13	11:30 a.m. – 12:45 p.m.	3/\$38.10	199299

**at Poirier Forum**

W	Sep 17 – Oct 8	12:45 – 2:15 p.m.	4/\$61	199697
W	Oct 15 – Nov 12	12:45 – 2:15 p.m.	5/\$76.25	199698
W	Nov 19 – Dec 10	12:45 – 2:15 p.m.	4/\$61	199699

**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. This program is supported by the Active Communities fund, provided by the Ministry of Health in partnership with the BC Alliance for Healthy Living.

**at Maillardville Community Centre**

Tu	Sep 16 – Dec 2	10 – 11 a.m.	10/\$10	198507
Tu	Sep 16 – Dec 2	11:15am – 12:15 p.m.	10/\$10	198508
Tu	Sep 16 – Dec 2	1 – 2 p.m.	10/\$10	198509

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

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

**at Centennial Activity Centre**

Su	Sep 14 – Oct 5	5:15 – 6:15 p.m.	4/\$40.60	196709
Su	Oct 12 – Nov 9	5:15 – 6:15 p.m.	5/\$50.75	197771
Su	Nov 16 – Dec 7	5:15 – 6:15 p.m.	4/\$40.60	197773

**at Maillardville Community Centre**

Th	Sep 18 – Oct 9	6 – 7 p.m.	4/\$40.60	198497
Th	Oct 16 – Nov 13	7 – 8 p.m.	5/\$50.75	198498
Th	Nov 20 – Dec 18	6 – 7 p.m.	5/\$50.75	198499

**at Summit Community Centre**

Th	Oct 16 – Nov 13	6:30 – 7:30 p.m.	5/\$50.75	199634
Th	Nov 20 – Dec 11	6:30 – 7:30 p.m.	4/\$40.60	199635

**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.

**Beyond Nine Yards – Celebration of Traditional Attire and Textiles (19+ yrs)** ○ ▲ ◆

Curated and led by Nina Buddhav gather and share stories of traditional attire, identity and heritage with the focus on the nine yards of textiles worn across generations in so many cultures. Chut Tai Chakkri from Thailand, the Shuka from Kenya, Lamba, from Madagascar, Baro'tsaya from the Philippines, and the Kimono from Japan, Saree from India and more.

**at Glen Pine Pavilion**

F	Sep 26	2:30 – 4 p.m.	1/\$9.85	200647
F	Oct 31	2:30 – 4 p.m.	1/\$9.85	200648
F	Nov 28	2:30 – 4 p.m.	1/\$9.85	200649

**Crafts: Coiled Basket Weaving (19+ yrs)** ○ ▲ ◆

The art of coiled basket weaving is one of the oldest and most widespread techniques in basketry. Discover this fun and ancient technique yourself. Create your very own vessel to add colour to your home or to give as a handmade gift to a loved one.

**at Glen Pine Pavilion**

W	Nov 26 – Dec 10	1 – 3 p.m.	3/\$69.60	197311
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**Crafts: Creams, Lotions and Infused Body Oils (19+ yrs)**

Struggling with eczema, psoriasis, or rosacea? Customize your own creams and lotions that address your skin type and/or skin problem using organic oils, butters, and botanicals. The beauty of making your own products is the knowing exactly what ingredients are being used for happy and hydrated skin.

*at Glen Pine Pavilion*

Th	Oct 16	6:30 – 8:30 p.m.	1/\$46.40	198990
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**Crafts: Crochet Beginner (19+ yrs)**

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

*at Town Centre Park Community Centre*

W	Oct 15 – Nov 12	6 – 8 p.m.	5/\$74	198685
W	Nov 19 – Dec 10	6 – 8 p.m.	4/\$59.20	199613

**Crafts: Goat Milk Soap Making (19+ yrs)**

Using fresh, raw, unprocessed milk from a local farm learn the delicate process of incorporating this perishable ingredient into soap while maintaining the benefits of the lactic acid. Goat milk contains alpha-hydroxy acids such as lactic acid which help remove dead skin cells from your skin's surface.

*at Glen Pine Pavilion*

Th	Nov 6	6:30 – 8:30 p.m.	1/\$46.40	199002
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**Crafts: Holiday Relief Carving and Printmaking (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 29 – Dec 6	10 a.m. – 12 p.m.	2/\$24.60	200423
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**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. No experience needed — just bring your creativity and we'll provide all the materials and holiday cheer!

*at Dogwood Pavilion*

Tu	Dec 2	6 – 8 p.m.	1/\$23.20	198269
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*at Glen Pine Pavilion*

Th	Dec 4	6:30 – 8:30 p.m.	1/\$23.20	201281
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**Oops! We cancelled it...**

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

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

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

*at Dogwood Pavilion*

Th	Sep 18 – Oct 9	6 – 8 p.m.	4/\$52.40	199020
Th	Oct 16 – Nov 13	6 – 8 p.m.	5/\$65.50	199024
Th	Nov 20 – Dec 11	6 – 8 p.m.	4/\$52.40	200398

**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*

F	Nov 21 – Dec 12	11:30 a.m. – 1:30 p.m.	4/\$52.40	197229
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**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 15 – Oct 6	11:45am – 1:45 p.m.	4/\$52.40	197973
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*at Glen Pine Pavilion*

Su	Oct 12 – Nov 9	12:15 – 1:45 p.m.	5/\$49.25	197185
Su	Nov 16 – Nov 30	12:15 – 1:45 p.m.	3/\$29.55	197188

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

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

*at Dogwood Pavilion*

M	Oct 20 – Nov 10	9 – 11:30 a.m.	4/\$65.60	197977
M	Nov 17 – Dec 8	9 – 11:30 a.m.	4/\$65.60	200215

*at Glen Pine Pavilion*

W	Nov 19 – Dec 10	6:30 – 8:30 p.m.	4/\$52.40	197204
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**Drawing: Coloured Pencils – Portraits (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 15 – Oct 6 9 – 11:30 a.m. 4/\$65.60 197966

**Drawing: Drawing Nature (19+ yrs)** ● ▲ ◆

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

*at Glen Pine Pavilion*

Th Oct 16 – Nov 13 11:30 a.m. – 1:30 p.m. 5/\$65.50 197855

**Drawing: Exploring 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 Dogwood Pavilion*

W Sep 17 – Oct 8 9:30 – 11:30 a.m. 4/\$52.40 198280

W Oct 15 – Nov 12 9:30 – 11:30 a.m. 5/\$65.50 198281

W Nov 19 – Dec 10 9:30 – 11:30 a.m. 4/\$52.40 200376

**Drawing: Intermediate (19+ yrs)** ◆

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

*at Dogwood Pavilion*

M Oct 20 – Nov 10 11:45am – 1:45 p.m. 4/\$52.40 197980

M Nov 17 – Dec 8 11:45am – 1:45 p.m. 4/\$52.40 200216

**Drawing: Meditative Drawing and Creation (19+ yrs)** ▲

This meditative art program invites adults into a deeply nourishing process of creating vibratory artwork through guided movement, breath, stillness, and drawing. Through carefully guided sessions, participants will explore how meditative awareness can activate subtle energies within the body, inspiring forms, symbols, and textures that carry vibrational resonance. No prior experience needed.

*at Town Centre Park Community Centre*

Th Oct 16 – Nov 20 7 – 9 p.m. 6/\$78.60 198684

# Winter Market

*at Glen Pine Pavilion*



## Your Holiday Shopping Starts Here!

**Friday, November 14 (4 – 9 p.m.) and  
Saturday, November 15 (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: Movement in the Human Body (19+ yrs)** ● ▲ ◆

This course focuses on the fundamentals of drawing movement in the human body. Emphasizing the rendering of light, shadow the focus will be on developing skills to achieve the effect.

*at Glen Pine Pavilion*

F Oct 17 – Nov 7 11:30 a.m. – 1:30 p.m. 4/\$52.40 197228

**Drawing: Portraits (19+ yrs)** ● ▲ ◆

This course focuses on the fundamentals of drawing portraits using dark, light and shadow to create faces.

*at Glen Pine Pavilion*

F Sep 19 – Oct 10 11:30 a.m. – 1:30 p.m. 4/\$52.40 197227

**Drawing: Sketching and Drawing (19+ yrs)** ● ▲ ◆

Sketching is fundamental artistic technique for drawing involving quick, informal, and simplified drawings to capture basic forms and structure of a subject or idea.

*at Glen Pine Pavilion*

Su Sep 14 – Oct 5 12:15 – 1:45 p.m. 4/\$39.40 197183

Tu Sep 16 – Oct 7 9:30 – 11 a.m. 3/\$29.55 197196

Tu Oct 14 – Nov 4 9:30 – 11 a.m. 4/\$39.40 197197

Tu Nov 18 – Dec 9 9:30 – 11 a.m. 4/\$39.40 197198

**Drawing: Urban Sketching (16+ yrs)** ● ▲ ◆

Capture the energy of urban spaces in a sketchbook format. Explore drawing and watercolour techniques to document architecture, people, and everyday city scenes on location.

*at Maillardville Community Centre*

W	Sep 17 – Oct 8	10 a.m. – 12 p.m.	4/\$52.40	199151
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**Drawing: Water-Soluble Materials (19+ yrs)** ● ▲ ◆

Enjoy experimenting with drawing materials that can be used wet or dry such as pencil crayons, crayons and pastels.

*at Dogwood Pavilion*

M	Oct 20 – Nov 10	2 – 4 p.m.	4/\$52.40	199735
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**Drawing: Water-Soluble Pencils, Crayons and Pastels (19+ yrs)** ● ▲ ◆

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

*at Glen Pine Pavilion*

Tu	Sep 16 – Oct 7	11:30 a.m. – 1 p.m.	3/\$29.55	198707
Tu	Oct 14 – Nov 4	11:30 a.m. – 1 p.m.	4/\$39.40	198711
Tu	Nov 18 – Dec 9	11:30 a.m. – 1 p.m.	4/\$39.40	198712

**Mixed Media: Art Explorations (19+ yrs)** ● ▲ ◆

Explore a variety of materials in the world of drawing, painting and collage such as 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 20 – Oct 11	9:30 – 11:30 a.m.	4/\$52.40	199049
Sa	Oct 18 – Nov 15	9:30 – 11:30 a.m.	5/\$65.50	199050
Sa	Nov 22 – Dec 13	9:30 – 11:30 a.m.	4/\$52.40	200414

**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	Nov 26 – Dec 10	3:30 – 5:30 p.m.	3/\$37.65	198727
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**Mixed Media: Fall Collages All Levels (19+ yrs)** ● ▲ ◆

Celebrate the colours and textures of autumn by creating unique fall-themed collages. Use various materials and found objects to craft vibrant artworks inspired by the season.

*at Poirier Community Centre*

F	Oct 17 – Nov 14	1 – 3 p.m.	5/\$65.50	200431
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**All Abilities Welcome!**

Visit page 4 for details

**Mixed Media: Holiday Collages All Levels (19+ yrs)** ● ▲ ◆

Get into the festive spirit with creative collage-making! Participants will design cheerful, holiday-themed collages using a variety of decorative materials—perfect for gifts, cards, or seasonal décor.

*at Poirier Community Centre*

F	Nov 21 – Dec 12	1 – 3 p.m.	4/\$52.40	200432
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**Mixed Media: Ink and Watercolour (19+ yrs)** ● ▲ ◆

Working from photos for inspiration, this series explores the use of black inks enhanced with colour. Different methods will be explored to develop drawing and painting techniques to help you become more expressive and fearless. All levels welcome.

*at Dogwood Pavilion*

M	Sep 15 – Oct 6	2 – 4 p.m.	4/\$52.40	197988
M	Nov 17 – Dec 8	2 – 4 p.m.	4/\$52.40	200217

**Mixed Media: Mixing Drawing Tools (19+ yrs)** ● ▲ ◆

So many choices to use for as drawing tools. Learn how to mix a variety of drawing options to create unique and creative images.

*at Glen Pine Pavilion*

W	Sep 17 – Oct 8	3:30 – 5:30 p.m.	4/\$50.20	198713
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**Mixed Media: Nature Art and Journaling All Levels (19+ yrs)** ● ▲ ◆

Explore the beauty of the outdoors through art and writing. Create nature-inspired artwork and practice simple journaling techniques to reflect on seasonal changes and personal experiences in nature.

*at Poirier Community Centre*

F	Sep 19 – Oct 10	1 – 3 p.m.	4/\$52.40	200430
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**Mixed Media: Naturescapes (19+ yrs)** ● ▲ ◆

Using a variety of drawing and painting options to create beautiful naturescapes – an artistic view of nature and landscapes in one frame of work.

*at Glen Pine Pavilion*

W	Oct 15 – Nov 12	3:30 – 5:30 p.m.	5/\$62.75	198720
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**Tell us how we did!**

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

**Painting: Abstract Flowers Workshop (19+ yrs) ▲**

Abstract flowers focus on the use of visual elements like shape, color, and form to create an artistic experience and not an actual detailed flower.

*at Glen Pine Pavilion*

M	Nov 3 – Nov 10	9 – 11 a.m.	2/\$46.40	197237
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**Painting: Acrylic Afternoons (19+ yrs) ● ▲ ◆**

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

Sep Landscapes | Oct Still Life | Nov Botanicals

*at Glen Pine Pavilion*

F	Sep 19 – Oct 10	2 – 4 p.m.	4/\$52.40	197230
F	Oct 17 – Nov 7	2 – 4 p.m.	4/\$52.40	197231
F	Nov 21 – Dec 12	2 – 4 p.m.	4/\$52.40	197232

**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 17 – Oct 8	12:30 – 3 p.m.	4/\$65.60	198286
W	Oct 15 – Nov 12	12:30 – 3 p.m.	5/\$82	198287
W	Nov 19 – Dec 10	12:30 – 3 p.m.	4/\$65.60	200378

*at Glen Pine Pavilion*

Tu	Sep 16 – Oct 7	9 – 11:30 a.m.	3/\$49.20	197240
Tu	Oct 14 – Nov 4	9 – 11:30 a.m.	4/\$65.60	197241
Tu	Nov 18 – Dec 9	9 – 11:30 a.m.	4/\$65.60	197242
Sa	Nov 22 – Dec 13	9:30 a.m. – 12 p.m.	4/\$52.40	197297

**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 18 – Oct 9	9:30 – 11:30 a.m.	4/\$52.40	198387
Th	Oct 16 – Nov 13	9:30 – 11:30 a.m.	5/\$65.50	198388
Th	Nov 20 – Dec 11	9:30 – 11:30 a.m.	4/\$52.40	200396
Sa	Nov 22 – Dec 13	1 – 3 p.m.	4/\$52.40	199055

*at Glen Pine Pavilion*

Tu	Sep 16 – Oct 7	6:30 – 8:30 p.m.	3/\$39.30	197207
Tu	Oct 14 – Nov 4	6:30 – 8:30 p.m.	4/\$52.40	197208
Sa	Oct 18 – Nov 8	9:30 – 11:30 a.m.	4/\$52.40	197296
Tu	Nov 18 – Dec 9	6:30 – 8:30 p.m.	4/\$52.40	197209

**Painting: Acrylic Foundations (19+ yrs) ●**

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

*at Dogwood Pavilion*

Sa	Sep 20 – Oct 11	1 – 3 p.m.	4/\$52.40	199052
Sa	Oct 18 – Nov 15	1 – 3 p.m.	5/\$65.50	200425

*at Glen Pine Pavilion*

Sa	Sep 20 – Oct 11	9:30 – 11:30 a.m.	4/\$52.40	197295
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**Painting: Acrylic Paint Night – Colours of Fall (19+ yrs) ● ▲ ◆**

Using the warm colours of Fall to create an acrylic painting that reflects the season.

*at Glen Pine Pavilion*

Th	Sep 25	6:30 – 8:30 p.m.	1/\$23.20	199154
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**Painting: Acrylic Paint Night – Fall (19+ yrs) ● ▲ ◆**

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

*at Dogwood Pavilion*

W	Oct 22	6 – 8 p.m.	1/\$23.20	198283
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**Painting: Acrylic Paint Night – Botanical Art (19+ yrs) ● ▲ ◆**

Create a botanical art painting that glows with the warmth of the Fall season.

*at Glen Pine Pavilion*

Th	Oct 23	6:30 – 8:30 p.m.	1/\$23.20	197300
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**Painting: Acrylic Paint Night – Holiday Wreath (19+ yrs) ● ▲ ◆**

Create a painting of a lovely wreath to celebrate the holiday season. Choose your own theme to decorate the wreath on canvas- whether it's the traditional ribbons and pine cones, candy, or abstract shapes.

*at Glen Pine Pavilion*

Th	Dec 11	6:30 – 8:30 p.m.	1/\$23.20	197303
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**Painting: Acrylic Paint Night – November Poppies (19+ yrs) ● ▲ ◆**

"In Flanders Field the poppies blow..." Capture the beauty of poppies in this acrylic painting workshop.

*at Glen Pine Pavilion*

Th	Nov 6	6:30 – 8:30 p.m.	1/\$23.20	199160
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### Painting: Acrylic Textures Workshop (19+ yrs) ▲

Different tools and techniques can be used to create textures in your painting making it feel smooth, rough, bumpy to the touch.

*at Glen Pine Pavilion*

M	Sep 29 – Oct 6	9 – 11 a.m.	2/\$46.40	197234
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### Painting: Autumn Flowers Workshop (19+ yrs) ▲

Flowers in the Autumn are perfect to paint using Fall colours to capture the beauty of the blooms.

*at Glen Pine Pavilion*

M	Sep 15 – Sep 22	9 – 11 a.m.	2/\$46.40	197233
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### Painting: Floral Impressionism Workshop (19+ yrs) ▲

Explore the 19th-century art movement characterized by its emphasis on light, color, and capturing fleeting moments of life with flowers. Be a Monet!

*at Glen Pine Pavilion*

M	Nov 17 – Nov 24	9 – 11 a.m.	2/\$46.40	197238
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### Painting: Gouache Foundations (16+ yrs) ●

Gouache is a water-based paint that is known for its opaque, matte finish. Similar to watercolour, but differs in that it covers the surface rather than being transparent like watercolour.

*at Maillardville Community Centre*

W	Oct 15 – Nov 12	10 a.m. – 12 p.m.	5/\$65.50	199139
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### Painting: Gouache Foundations (19+ yrs) ●

Gouache is a water-based paint that is known for its opaque, matte finish. Similar to watercolour, but differs in that it covers the surface rather than being transparent like watercolour.

*at Glen Pine Pavilion*

Th	Sep 18 – Oct 9	11:30 a.m. – 1:30 p.m.	4/\$52.40	197853
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### Painting: Halloween Painting Workshop (19+ yrs) ▲

Paint something to hang up for Halloween using the colours of the season.

*at Glen Pine Pavilion*

M	Oct 20 – Oct 27	9 – 11 a.m.	2/\$46.40	197235
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### Painting: Holiday Plank Workshop (19+ yrs) ● ▲ ◆

Make a beautiful painting on a wood plank to display or gift this holiday season. You will leave with a completed piece. All supplies will be included.

*at Dogwood Pavilion*

W	Dec 10	6 – 8 p.m.	1/\$23.20	198284
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### Painting: Holiday Porch Sign Workshop (19+ yrs) ● ▲ ◆

Join us for a special class painting a holiday porch sign with a stenciled message. You will leave with a completed artwork to decorate your home or gift with love. All supplies included.

*at Dogwood Pavilion*

W	Nov 26	6 – 8 p.m.	1/\$23.20	198285
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### Painting: Ink Wash Foundations Journey to the East Workshop (19+ yrs) ●

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

*at Glen Pine Pavilion*

W	Sep 17 – Oct 8	6:30 – 8:30 p.m.	4/\$92.80	197199
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### Painting: Moonlight Lanterns Workshop (19+ yrs) ●▲◆

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

*at Glen Pine Pavilion*

Th	Oct 30	6:30 – 8:30 p.m.	1/\$23.20	199079
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### Painting: Urban Sketching Sketchbook Edition (19+ yrs) ●▲◆

Learn how to record your day-to-day activities using watercolour. We will focus on how to bring a page together with titles and page layout.

*at Glen Pine Pavilion*

Th	Sep 18 – Oct 9	9 – 11 a.m.	4/\$52.40	197852
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### Painting: Watercolour All Levels (19+ yrs) ●▲◆

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

*at Glen Pine Pavilion*

W	Oct 15 – Nov 12	6:30 – 8:30 p.m.	5/\$65.50	197201
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### Painting: Watercolour Animals (19+ yrs) ●▲◆

Learn how to draw different types of animals and use watercolour paints to bring your sketches to life.

*at Glen Pine Pavilion*

Th	Oct 16 – Nov 13	9 – 11 a.m.	5/\$65.50	197854
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### 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 16 – Oct 21	12:30 – 3 p.m.	5/\$82	198267
Th	Sep 18 – Oct 16	12:30 – 3 p.m.	5/\$82	199029
Th	Oct 30 – Dec 4	12:30 – 3 p.m.	6/\$98.40	199030
Tu	Nov 4 – Dec 9	12:30 – 3 p.m.	5/\$82	198268

*at Glen Pine Pavilion*

F	Sep 19 – Oct 10	9 – 11 a.m.	4/\$52.40	197223
Su	Oct 12 – Nov 9	10:15am – 11:45am	5/\$49.25	197177
F	Oct 17 – Nov 7	9 – 11 a.m.	4/\$52.40	197225
Su	Nov 16 – Nov 30	10:15am – 11:45am	3/\$29.55	197178
F	Nov 21 – Dec 12	9 – 11 a.m.	4/\$52.40	197226

### Painting: Watercolour Birds (19+ yrs) ●▲◆

Wet On Dry, Wet On Wet, Glazing, Layering. Create different painting effects with watercolour while focusing on birds as a subject matter. Practice timing for water control in order to achieve the different “looks” this versatile medium is capable of.

*at Glen Pine Pavilion*

Th	Sep 18 – Oct 9	6:30 – 8:30 p.m.	4/\$52.40	197299
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### Painting: Watercolour Foundations (19+ yrs) ●

Perfect for those with no background in painting, this course covers basic techniques to start watercolour painting. Learn to choose the right materials and explore essential skills like washes, colour mixing, and brush control.

*at Glen Pine Pavilion*

Su	Sep 14 – Oct 5	10:15am – 11:45am	4/\$39.40	197174
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### Painting: Watercolour Insects (19+ yrs) ●▲◆

Discover the art of using watercolour to paint insects in this comprehensive beginners class. Explore their fascinating beauty of bugs, moths, butterflies, beetles.

*at Glen Pine Pavilion*

W	Sep 17 – Oct 1	1 – 3 p.m.	3/\$39.30	197309
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### Oops! We cancelled it...

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

**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 16 – Oct 21	9:30 a.m. – 12 p.m.	5/\$82	198265
Tu	Nov 4 – Dec 9	9:30 a.m. – 12 p.m.	5/\$82	198266

**Painting: Watercolour Paint Night – Fall Colours (19+ yrs) ●▲◆**

Learn the step by step process of creating a painting using watercolours in a fun and relaxed atmosphere. Suitable for beginners and all levels are welcome. Supplies included.

**at Dogwood Pavilion**

W	Sep 24	6 – 8 p.m.	1/\$23.20	198282
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**Painting: Watercolour Portraits (19+ yrs) ●▲◆**

Start off with choosing a good photo to base our paintings from, learn how to mix colours for their palette. Focusing on Layering methods, paint skin and facial features using watercolour. The last step is embellishing their work to make it more attractive and appealing.

**at Glen Pine Pavilion**

Th	Nov 13 – Dec 4	6:30 – 8:30 p.m.	4/\$52.40	197301
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**Painting: Watercolour Underwater (19+ yrs) ●▲◆**

Use watercolour paints to bring your underwater sketches to life.

**at Glen Pine Pavilion**

Th	Nov 20 – Dec 11	9 – 11 a.m.	4/\$52.40	197856
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**Painting: Watercolour Urban Sketching Food and Drinks (19+ yrs) ●▲◆**

Using watercolours to sketch food and drinks in your sketchbook from dining experiences.

**at Glen Pine Pavilion**

Th	Nov 20 – Dec 11	11:30 a.m. – 1:30 p.m.	4/\$52.40	197858
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**Painting: Watercolour: Colour Theory (16+ yrs) ●▲◆**

Delve into colour theory through watercolour painting. Learn about colour mixing, harmonies, contrasts, and how to apply these concepts to create vibrant, balanced artworks.

**at Maillardville Community Centre**

W	Nov 19 – Dec 10	10 a.m. – 12 p.m.	4/\$52.40	199143
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**Painting: Winter Scene Workshop (19+ yrs) ▲**

December is the month to paint a lovely winter scene as the weather becomes chilly and we head into the holiday season.

**at Glen Pine Pavilion**

M	Dec 1 – Dec 8	9 – 11 a.m.	2/\$46.40	197239
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**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	Sep 13 – Oct 4	12:30 – 2 p.m.	4/\$39.40	199057
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**Woodworking: Woodcarving Beginner (19+ yrs) ▲**

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

**at Dogwood Pavilion**

W	Sep 17 – Oct 8	6 – 8 p.m.	4/\$52.40	198292
W	Oct 15 – Nov 12	6 – 8 p.m.	5/\$65.50	198293
W	Nov 19 – Dec 10	6 – 8 p.m.	4/\$52.40	200385

**Woodworking: Woodcarving Intermediate (19+ yrs) ◆**

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

**at Dogwood Pavilion**

W	Sep 17 – Oct 8	1:30 – 3:30 p.m.	4/\$54	198290
W	Oct 15 – Nov 12	1:30 – 3:30 p.m.	5/\$67.50	198291
W	Nov 19 – Dec 10	1:30 – 3:30 p.m.	4/\$54	200383

**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 20 – Oct 11	9:30 – 11:30 a.m.	4/\$148.80	199137
Sa	Sep 20 – Oct 11	12 – 2 p.m.	4/\$148.80	200426
Sa	Oct 18 – Nov 15	9:30 – 11:30 a.m.	5/\$186	199140
Sa	Oct 18 – Nov 15	12 – 2 p.m.	5/\$186	200427
Sa	Nov 22 – Dec 13	9:30 – 11:30 a.m.	4/\$148.80	199142
Sa	Nov 22 – Dec 13	12 – 2 p.m.	4/\$148.80	200428



# 50 Plus Services and Activities



## Pre-Registered Drop-Ins

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

### When to register

Up to 7 days in advance to secure your spot.

### How to pay

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

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

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



### Dogwood Pavilion

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

#### Amenities:

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



### Glen Pine Pavilion

1200 Glen Pine Crt. | 604-927-6940 | [coquitlam.ca/GlenPine](https://coquitlam.ca/GlenPine)

#### Amenities:

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



## Dogwood Pavilion Activity Groups (50+ yrs)

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

### Bocce

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

**Tuesday, Friday and Saturday May – Sept 9:30 – 11:30 a.m.**

### Book Club

If you like reading, come and join us each month as we enjoy the works of a specific author.

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

### Bridge: Casual

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

**Wednesday 12:30 – 3:30 p.m.**

### Bridge: Duplicate

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

**Friday 1 – 4 p.m.**

### Bridge: Social

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

**Tuesday 1 – 4 p.m.**

### Canadian Council of the Blind

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

**Thursday 1 – 3 p.m.**

### Canasta

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

**Wednesday 5:30 – 8:15 p.m.**

### Carpet Bowling

Carpet Bowling is an indoor variant of lawn bowling

**Tuesday 1:45 – 3:45 p.m.**

### Chess

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

**Monday 12:30 – 4 p.m.**

### Coquitlam Art Club

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

**Wednesday 12:30 – 3 p.m.**

### Crafting Group

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

**Wednesday 9 a.m. – 3:30 p.m.**

### Cribbage

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

**Thursday 9:30 a.m. – 12 p.m.**

### Cribbage: 10-Card

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

**Monday 12:30 – 3:30 p.m.**

### 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** **9 a.m. – 1:30 p.m.**

**Photography Group**

Come and share photos and knowledge of photography.  
**First and Third Wednesday of the month** **6:30 – 8:15 p.m.**

**Pickleball**

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

**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 a.m. – 12 p.m.

**Monday** 4:15 – 6:30 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.

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

### 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 a.m. – 12 p.m.

### Beijing Opera (50+ yrs)

Social group that meets weekly to sing Beijing opera pieces.

**Saturday** 12 – 2:45 p.m.

### Bingo (50+ yrs)

Come join us for an afternoon of Bingo fun.

**Wednesday** 1 – 3 p.m.

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

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

**Monday** 12:30 – 3:30 p.m.

### Bridge Intermediate (50+ yrs)

Bridge is a 4 player partnership trick-taking game with 13 tricks per deal. Players for this group will self-assess level of play as intermediate. Players must form their own quartet of players.

**Friday** 12 – 3 p.m.

### Canasta (50+ yrs)

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

**Tuesday** 6 – 8:30 p.m.

**Saturday** 11:30 a.m. – 2:30 p.m.

### Cantonese Opera (50+ yrs)

Social group that meets weekly to sing Cantonese opera pieces.

**Monday** 1 – 4 p.m.

### Carpet Bowling (50+ yrs)

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

**Friday** 1:30 – 3:30 p.m.

### Chinese Choir (50+ yrs)

Glen Pine Chinese Choir enjoy meeting weekly and singing together.

**Wednesday** 9 – 10:30 a.m.

### Crafters (50+ yrs)

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

**Tuesday** 1 – 3 p.m.

### English Social Club (50+ yrs)

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

**Monday** 9:30 – 11:30 a.m.

**Freestyle Dance (50+ yrs)**

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

**Friday** 9 – 10:30 a.m.

**Friendship Group (50+ yrs)**

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

**Mondays** 1 – 3 p.m.

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

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

**Thursday** 1:45 – 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** 1:30 – 4:30 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 – 4 p.m.

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

**Traditional Mahjong (50+ yrs)**

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

**Monday** 9 a.m. – 12 p.m.

**Whist with a Twist (50+ yrs)**

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

**Thursday** 1 – 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)



## Bill Reid and Vancouver Art Gallery (50+ yrs)

Visit two of Vancouver's top art galleries in one inspiring day. Includes admission donation, escorted entry, and time to enjoy lunch at the 1931 Gallery Bistro located in the Vancouver Art Gallery (lunch not included)

Leave Glen Pine at 8:15 a.m. Estimated return at 5:30 p.m.  
Leave Dogwood at 8:30 a.m. Estimated return at 5:45 p.m.

### Activity Level: Easy

- 3 Hours Vancouver Art Gallery. Lunch on your own.
- 1.5 Hours Bill Reid Gallery
- Escorted Entry

F	Nov 7	8:15am – 6 p.m.	1/\$69	196473
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## Bowen Island (50+ yrs)

Tour Bowen Island with a local step-on guide to Orchard Historical Society and Lighthouse Lane. Visit Killarney Lake, the Bowen Island Museum and Village Square for a delicious lunch at Artisan Eats.

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

### Activity Level: Easy

\*Additional \$10 ferry fee for 65 years and under

- Bowen Island Museum
- Local Step-On Guide
- Killarney Lake
- Lunch at Artisan Eats
- Lighthouse Lane

Tu	Oct 21	7:15am – 7:15 p.m.	1/\$129	196466
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### CFB Esquimalt Naval Tour (50+ yrs)

Travel to the CFB Esquimalt Naval Base for a guided tour of the CFB Esquimalt Naval and Military Museum. A Canadian Military guide charts the rich maritime history of the naval base. Enjoy a waterfront two course lunch at Spinnakers Gastro Brewpub.

Leave Glen Pine at 7 a.m. Estimated return at 8 p.m.

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

#### Activity Level: Easy

\*Additional \$36 ferry fee for 65 years and under

- CFB Esquimalt Naval Base
- Military Guided Museum Tour
- Lunch Spinnakers Gastro Pub

M	Nov 17	7 a.m. – 8 p.m.	1/\$139	196477
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### Coquihalla Canyon Park (50+ yrs)

The Coquihalla Canyon Provincial Park is filled with natural scenic beauty highlighted by The Othello Tunnels offering some of British Columbia's most beautiful landscapes. Join an escorted flat 3.5 km return walk through the newly reopened 4 tunnels and enjoy a generous picnic table lunch at the park. Afternoon refreshments are served at Bridal Falls.

Leave Glen Pine at 8 a.m. Estimated return at 5:30 p.m.

Leave Dogwood at 8:15 a.m. Estimated return at 5:15 p.m.

#### Activity Level: Moderate

- Escorted Walk Othello Tunnels
- Coquihalla Canyon Picnic Lunch
- Bridal Falls Afternoon Refreshments

Tu	Sep 2	8 a.m. – 5:30 p.m.	1/\$109	196439
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### Day In Steveston (50+ yrs)

Explore Steveston Village and check out the many interesting sights. Wander through the unique stores and sea-side restaurants. Bring a picnic lunch or lunch is on your own. Dress weather appropriately and wear good walking shoes.

Leave Glen Pine at 8:30 a.m. Estimated return at 4 p.m.

Leave Dogwood at 8:45 a.m. Estimated return at 3:45 p.m.

#### Activity Level: Easy

- 4 hours Steveston Free Time (Meals/Snacks on your own)
- Professional Driver
- Convenient Drop Off / Pick Up Area

M	Sep 15	8:30 a.m. – 4 p.m.	1/\$59	196445
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### 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.

Leave Glen Pine at 8:30 a.m. Estimated return at 5:45 p.m.

Leave Dogwood at 8:45 a.m. Estimated return at 5:30 p.m.

#### Activity Level: Easy

- Rivers Edge Restaurant Lunch
- Multiple Eagle Viewing Locations
- Chehalis River at the Hatchery

Tu	Nov 25	8:30 a.m. – 5:45 p.m.	1/\$129	196482
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### Harrison Salmon Run (50+ yrs)

In 2025 British Columbia is anticipating a record-breaking run of pink salmon with an estimated 27 million pink salmon returning. See pink, coho, chum, sockeye and chinook at various viewing locations. Take free time in Harrison Hot Springs (lunch not included).

Leave Glen Pine at 8:15 a.m. Estimated return at 5:30 p.m.  
Leave Dogwood at 8:30 a.m. Estimated return at 5:15 p.m.

#### Activity Level: Easy

- Weaver Creek Spawning Channel
- Chehalis River at the Hatchery
- Inch Creek Hatchery
- Harrison Hot Springs – Meals/Snacks on your own

Tu	Oct 14	8:15am – 5:30 p.m.	1/\$69	196462
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### Heritage Christmas and Bright Nights (50+ yrs)

Begin at Vancouver's most amazing Christmas lights ~ Bright Nights displays at Stanley Park feature millions of sparkling festive lights. Continue to Heritage Christmas at the Burnaby Village Museum featuring a 10 acre open air site, festive lights and dinner available at Mai's Cafe (not included).

Leave Glen Pine at 2:45 p.m. Estimated return at 9:15 p.m.  
Leave Dogwood at 3 p.m. Estimated return at 9 p.m.

#### Activity Level: Easy

- 1 Hour Bright Nights and Donation
- 2 Hours Heritage Christmas
- Escorted Entry

W	Dec 17	2:45 – 9:15 p.m.	1/\$119	196492
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### Merry and Bright at Martini Town (50+ yrs)

Experience holiday movie magic at Merry and Bright at Martini Town, a film backlot in Langley! As a functioning set, Martini Town brings everything you love about your go-to holiday movies to life. Includes lunch at the Olive Garden. Dinner on your own.

Leave Glen Pine at 11 a.m. Estimated return at 7:15 p.m.  
Leave Dogwood at 11:15 a.m. Estimated return at 7 p.m.

#### Activity Level: Easy

- Admission, Escorted Entry Admission, Escorted Entry
- Dinner on your own from variety of Food vendors on site
- Olive Garden Two Course Lunch
- Potters Christmas Store

W	Dec 10	11 a.m. – 7:15 p.m.	1/\$119	196488
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### Queen of Peace Monastery (50+ yrs)

This Dominican Nun's Monastery is located at the base of Cloudburst Mountain in the Squamish Valley. Take a tour with Sister Claire, witness the sisters singing their morning hymns and visit the monastery's chapel and unique gift shop. Lunch by the river in Squamish.

Leave Glen Pine at 7:15 a.m. Estimated return at 6 p.m.  
Leave Dogwood at 7:30 a.m. Estimated return at 5:45 p.m.

#### Activity Level: Moderate

Set of Stairs to Monastery Gift Shop

- Queen of Peace Monastery Tour
- Dominican Nun's Daily Singing
- Squamish River Walk
- Lunch at the Watershed Grill

Tu	Oct 7	7:15am – 6 p.m.	1/\$129	196458
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### Vancouver Orpheus Male Choir (50+ yrs)

Take in a special evening Christmas concert with the amazing Vancouver Orpheus Male Choir at Gilmore Park United Church in Richmond. Enjoy a three course dinner at Old Spaghetti Factory featuring baby back ribs, lasagna and seafood linguine.

Leave Glen Pine at 3:30 p.m. Estimated return at 10:15 p.m.  
Leave Dogwood at 3:45 p.m. Estimated return at 10 p.m.

#### Activity Level: Easy

- Vancouver Orpheus Male Choir Ticket
- 7 p.m. Performance
- Dinner Old Spaghetti Factory
- Escorted Seating

Sa	Dec 6	3:30 – 10:15 p.m.	1/\$139	196483
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### Vines and Wines (50+ yrs)

Travel to the fertile Abbotsford Valley for wine tastings at Singletree Winery, Mann Farms Estate Winery and a guided tour and tasting at the lovely Seaside Pearl featuring a chapel tasting room. Includes lunch at Greek Islands Restaurant

Leave Glen Pine at 9 a.m. Estimated return at 5 p.m.  
Leave Dogwood at 9:15 a.m. Estimated return at 4:45 p.m.

#### Activity Level: Easy

- Seaside Pearl Tour / Tasting
- Singletree Winery Tasting
- Mann Farms Estate Winery Tasting
- Lunch at Greek Islands Restaurant

F	Sep 26	9 a.m. – 5 p.m.	1/\$129	196448
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# 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



# Coquitlam's Bettie Allard YMCA



Shine On

**BettieAllard**  
**YMCA.ca**



@BettieAllardYMCA

955 Emerson St.,  
Coquitlam, BC



## Start Swim Lessons Today!

Get your child water safe at Coquitlam's Bettie Allard YMCA! Start immediately and your child's time slot is yours for as long as you wish.

We have tons of great programs for the whole family to be active. Visit our website or drop by today!



**COQUITLAM  
PUBLIC  
LIBRARY**

See all the Library news  
& events at [coqlibrary.ca](https://coqlibrary.ca)

## Juried Art Exhibition

Celebrate the arts!

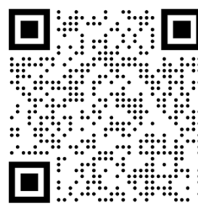
From October 4 to November 16, drop-in to the Poirier branch to view art reflecting this year's Juried Art Exhibition theme, *Metamorphosis*.

Details: [coqlibrary.ca/juried-art-exhibit](https://coqlibrary.ca/juried-art-exhibit)

## What's Happening!

Coquitlam Public Library Programs & Events Guides are available in our library branches and online. Discover the programs, services, and collections we have waiting for you.

For the latest issue, scan the QR code or visit [coqlibrary.ca/programs/program-and-events-guide](https://coqlibrary.ca/programs/program-and-events-guide)



## Brave Spaces

This fall, we're hosting four Brave Spaces sessions at the Poirier Branch.

A Brave Space is:

- is a supportive place where participants feel comfortable learning, sharing honestly and equally, and growing individually and together;
- is inclusive of all races, sexes, genders, abilities, immigration statuses, languages, and lived experience;
- can help encourage dialogue, especially about challenging topics like anti-racism.

Join us for speakers and documentaries on topics including the immigrant experience, Indigenous culture, and allyship. See [coqlibrary.ca](https://coqlibrary.ca) to learn more.

## Discovery Lab

Visit the Discovery Lab at our City Centre branch, where we showcase technology that you can borrow, including:

- Binocular Kits
- Blu-ray Players
- Energy Meters
- GoPro Cameras
- Happy Light Lamps
- Immersive Reality Books
- Lendable Laptops
- Makey Makey
- Ozobots: Bit & Evo
- Playaway Launchpads
- Radon Detectors
- Spheros: Bolt, SPRK, and Indi
- Talking Picture Books
- Telescopes
- Vehicle Diagnostic Scanners
- Yoto Players
- ZTE Smart Hubs

For staffed hours, please see [coqlibrary.ca/discovery-lab](https://coqlibrary.ca/discovery-lab)

## Contact Us

Phone: 604-554-7323

Email: [ask@coqlibrary.ca](mailto:ask@coqlibrary.ca)

Locations:

City Centre Branch  
1169 Pinetree Way

Poirier Branch  
575 Poirier Street



MUSIC DANCE THEATRE VISUAL ARTS LITERARY ARTS



Try painting, drawing,  
or mixed media.

Become skilled in  
handbuilding and  
wheel throwing.



Develop weaving,  
spinning and other  
textile skills.



2025/2026 Program Guide is [HERE!](#)



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



- **FREE ART WORKSHOPS • CONCERTS •**
- **FAMILY SHOWS • ART PROGRAMS •**
- **FREE ART GALLERY EXHIBITIONS •**

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[www.evergreenculturalcentre.ca](http://www.evergreenculturalcentre.ca)

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Coquitlam

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# COME VISIT Coquitlam HERITAGE AT MACKIN HOUSE

WWW.COQUITLAMHERITAGE.CA • INFO@COQUITLAMHERITAGE.CA • @COQUITLAMHERITAGE

## EXHIBITS



### MACKIN HOUSE

#### HOBBIES IN COQUITLAM | MAY 16 - DEC 1

Explore hobbies past and present through artifacts from Coquitlam Heritage, community objects, and archival images.

#### LIFE IN A PERIOD HOME | ONGOING

#### HAIR IN COQUITLAM | OCT 1 - DEC 15

Explore the history of hairdressers, barbershops, and diverse hair practices in Coquitlam. Featuring community objects and items from the Riverview collection.

#### HALLOWEEN | OCT 23 - 31

#### WINTER WONDERS | DEC 1 - 8

### COQUITLAM PUBLIC LIBRARY

#### MUSIC THROUGH THE AGES | SEPT 1 - 30

#### COQUITLAM SPORTS HALL OF FAME

#### COQUITLAM RACE TRACK | NOV 1

## EVENTS



### SEPTEMBER

Graphic Memoir Workshops  
Hobby Workshop: Intro to Baking

### OCTOBER

Mid-Autumn Moon Festival  
Diwali Fest Coquitlam  
Hair Exhibit Opening Reception  
ACE Poetry Night  
Heritage Halloween  
Autumn PJ Storytime  
Museum of the Dolls Haunted Evening

### NOVEMBER

Fashion Show  
Indigenous Voices  
Holiday Photo Fundraiser

### DECEMBER

BC Museum Association IBPOC Tea & Talk  
Winter Wonders  
Holiday Treats & Crafts  
Winter PJ Storytime

## SCHOOL

### COMMUNICATION AND TECHNOLOGY HISTORICAL BIN



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

CHECK OUR WEBSITE FOR MORE DETAILS.

### HISTORICAL BINS

Communication & Technology  
Maillardville Community 1909  
Evolution of Music

### EDUCATION KITS

Family Life  
Food Culture Evolution  
Rich Lands

### MUSEUM TOURS

Mackin House Tour  
Maillardville Walking Tour

### VIRTUAL TOURS

Mackin Hour Tour  
Homefront: World War II  
Train Station & Caboose  
The History of Everyday Objects  
Family Life  
Coquitlam's Heart of Gold

Learn about all of our events and exhibits  
at our website: [coquitlamheritage.ca](http://coquitlamheritage.ca)  
Or find us in person: 1116 Brunette Avenue, Coquitlam







# The City of Coquitlam is a Top Employer

Join our talented team and help  
us build a great community.

Apply today at  
[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)*