

55+ FACILITY PASS

55+ FACILITY PASS Cost: \$18/year | \$4.45 /per drop-in

The City Centre 55+ Facility Pass provides access to the following drop-in activities:

SUN	MON	TUE	WED	THU	SAT
	Karaoke 10:00AM - 1:00PM	Singing Group 10:00AM - 1:00PM		Karaoke (Chinese) 10:30AM - 12:30PM	
	Ballroom Dance 1:00-3:00PM	Chinese Calligraphy (Mandarin) 1:00PM - 3:00PM		Ballroom Dance 1:00-3:00PM	
	Chinese Traditional Dance 2:00PM - 3:30PM	Drama Group (Cantonese) 2:00PM - 3:00PM	Poetry Appreciation* 2:00PM - 4:00PM	Chinese Traditional Dance 2:00PM - 3:30PM	
English Conversation 3:00PM - 4:30PM	Brush Hour 3:00PM - 5:00PM				Tech Help 3:30PM - 5:00PM

*Occurs only on the second Wednesday of the month. No programs on Fridays.
Schedule, programs and schedule is subject to change and cancellations.

設施活動卡 Cost: \$18/1年或 | \$4.45 /1次

The City Centre 55+ Facility Pass provides access to the following drop-in activities:

SUN	MON	TUE	WED	THU	SAT
	卡拉OK (英文) 10:00AM - 1:00PM	唱歌聚会 (中文) 10:00AM - 1:00PM		卡拉OK (中文) 10:30AM - 12:30PM	
	舞蹈練習 1:00-3:00PM	書法俱樂部 1:00-3:00PM		舞蹈練習 1:00-3:00PM	
	中國傳統舞蹈 2:00-3:30PM	戲劇組 2:00-3:00PM	詩歌朗誦會 每個月第二個星期三 2:00-4:00PM	中國傳統舞蹈 2:00-3:30PM	
英語會話 3:00-4:30PM	創意藝術時光 3:00-5:00PM				技術幫助 3:30pm - 5:00pm

*只發生在每個月的第二個星期三。週五沒有節目。時間表可能有變更或取消。

Have Questions? Contact Naomi Lee, Seniors Coordinator: 604-204-8574

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Summer Programs (Jun 30 - Aug 31, 2025)	Schedule
Karaoke – In English Sing solo or a duet in English.	Mondays 10:00am – 1:00pm No session on August 4
Ballroom Dance A space to practice your ballroom dance moves and socialize with others. Drop-in to use our shared dance practice spaces!	Mondays and Thursdays 1:00pm – 3:00pm No session on August 4
Chinese Traditional Dance A space to practice your dance moves and socialize with others. Drop-in to use our shared dance practice spaces!	Mondays and Thursdays 2:00pm – 3:30pm No session on August 4
Brush Hours Join us every Monday for Brush Hour! A weekly intergenerational painting session with youth and seniors together to explore creativity. *Supplies provided.	Mondays 3:00pm – 5:00pm No session on August 4
Singing Group Join this group if you are interested to share your singing techniques, knowledge of music and meet new friends. Learn and gain confidence while singing in front of an audience. Please bring your own device.	Tuesdays 10:00am – 1:00pm No session on July 1
Chinese Calligraphy – Cantonese and Mandarin Bring your own supplies and join a calligraphy instructor to practice writing calligraphy, learn about all the techniques and have some fun. *Supplies not provided.	Tuesdays 1:00pm – 3:00pm No session on July 1
Drama Group – In Cantonese Gain acting skills from a professional actor and perform meaningful messages to the community.	Tuesdays 2:00pm – 3:30pm No session on July 1
Poetry Appreciation Group (Mandarin) Appreciate classical and modern Chinese poetry and composition through study and recitations with this social group.	*2nd Wednesday of the month 2:00pm – 4:00pm Session on July 9. August 13
Karaoke – In Cantonese or Mandarin Sing solo or a duet in Cantonese or Mandarin in our soundproof room.	Thursdays 10:30am – 12:30pm
Technology Help Drop-in and get help from a volunteer and learn how to use your phone, tablet or laptop. *Please bring your own device to get assistance.	Saturdays 3:30pm – 5:00pm No session on August 2, August 30
English Conversation Group Practice common English phrases and sentences by having conversations with others in this informal group.	Sundays 3:00pm – 4:30pm No session on August 3, August 31

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活動2025年6月30日至8月31日	日期/時間
卡拉OK - 英語 在有隔音設施的音樂室獨唱或對唱英語歌曲。	每逢周一 10:00am - 1:00pm 8月4日沒課
舞蹈練習室 認識新朋友和練習舞步!	每逢周一, 周 四 1:00pm - 3:00pm 8月4日沒課
中國傳統舞蹈 認識新朋友和練習舞步!	每逢周一, 周 四 2:00pm - 3:30pm 8月4日沒課
創意藝術時光 每週一加入我們的Brush Hour! 每週一創意藝術時光, 長者與青年一起畫畫和探索創造力。 *材料提供。	每逢周一 3:00pm-5:00pm 8月4日沒課
唱歌聚會 和一群對音樂和歌唱有共同興趣的人一齊切磋唱歌心得, 認識新朋友和加強個人面對聽眾的信心.請自行帶手機或平面電腦。	每逢周二 10:00am - 1:00pm 7月1日沒課
書法俱樂部 請帶上你自己的用品, 和書法老師一齊練習寫書法, 學習所有的技巧, 享受一些樂趣。 *不提供材料。	每逢周二 1:00pm - 3:00pm 7月1日沒課
話劇組- 廣東話 和專業人員學習表演技巧, 展現你的才華幫助社區。	每逢周二 2:00pm - 3:30pm 7月1日沒課
詩歌朗誦會 (普通話) 通過誦讀來欣賞古典和現代中華詩歌和文章作品。	*每個月的第二個星期三* 2:00 - 4:00pm 7月9日, 8月13日
卡拉OK-廣東話或普通話 在有隔音設施的音樂室獨唱或對唱國,粵語歌曲。	每逢周四 10:30am - 12:30pm
技術幫助 經由義工幫助學習如何使用手機, 平板電腦或筆記本電腦。 *請自備設備。	每逢周六 3:30pm - 5:00pm 8月2日, 8月30日沒課
英語會話組 跟小組練習常用的英文短語和英文句子。	每逢周日 3:00pm - 4:30pm 8月3日, 8月31日沒課