

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

How to Use This Guide

Drawing for Youth (8–14 yrs) ← Title and age(s)

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

at Poirier Community Centre ← Location

F Oct 21 1–3 p.m.

1/\$37.30

98661

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

Number of
sessions/price

Course
ID

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

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

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

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Coquitlam Champions Equity, Diversity and Inclusion

What is Equity, Diversity and Inclusion?

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

EDI in Coquitlam

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

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

coquitlam.ca/EDI

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

coquitlam.ca/RecAccess

Financial Assistance for Recreation

**Making recreation more
affordable and accessible.**

Eligible residents can apply today.

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

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

Once you have logged into your account, you can:

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

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

Questions? We're here to help!

604-927-4386 | prcs_info@coquitlam.ca

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



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

		Single Drop-In	10-Visit Pass	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

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.

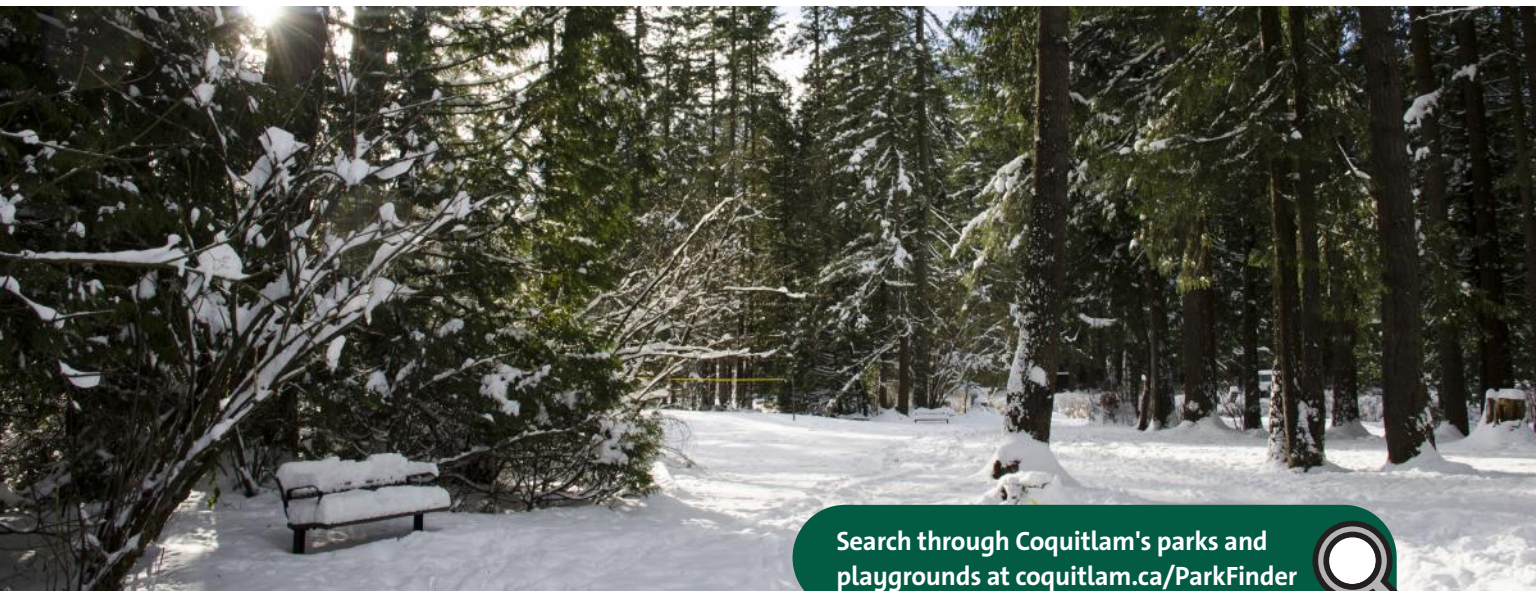
coquitlam.ca/SchoolsOut

Only \$25

Parks

Park program registration opens at 8:30 a.m. on November 25 for Coquitlam residents and at 8:30 a.m. on November 27 for non-residents.

Discover a new trail to explore at coquitlam.ca/trails



Search through Coquitlam's parks and playgrounds at 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



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



Inspiration Garden

Growing and Connecting Gardeners

Green thumbs of all ages and abilities are encouraged to get involved, share knowledge, learn new skills and make a difference while enhancing Coquitlam's outdoor garden spaces. Learn how to get involved at coquitlam.ca/InspirationGarden



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



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



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

Bad Seed

Intro to: Bad Seeds (All Ages)

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

at Town Centre Park

M	Mar 16	2–3 p.m.	1/ FREE	209569
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Resilient Restorations: Sustainable Gardening Solutions (All Ages)

Join us for an engaging and hands-on workshop focused on identifying, removing, and replacing invasive species in your garden and on your property! Learn how to spot common invaders, apply effective removal techniques, and choose the right native plants to restore your space. The workshop will include: A guided tour of local invasive species, giving step-by-step instructions on proper invasive removal methods, and tips for selecting and planting native alternatives.

at Parks (Neighbourhood)

M	Mar 23	2–3:30 p.m.	1/ FREE	209570
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Inspiration Garden

Garden Basics: Compost Works (All Ages)

Learn why you should compost at home, school and even in your work place! Find out about the different types of composting methods and techniques, and discover the many beneficial creatures that help turn your kitchen scraps into garden gold! All Ages Welcome! Family Friendly.

at Town Centre Park

Su	Mar 15	4:30–5:30 p.m.	1/ FREE	209219
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Garden Basics: Indoor Seed Sowing (All Ages)

Winter can be seen as a slow season for gardening, yet it is one of the best season to start your winter and indoor seed sowing plan, garden and yard maintenance and getting ready to set up for outdoor gardening. In this workshop, we will discuss all of the above as well as a variety of indoor seeds to sow for growing indoors or in preparation for the early Spring. All Ages Welcome!

at Dogwood Pavilion

M	Jan 12	4:30–5:30 p.m.	1/ FREE	209224
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All Abilities Welcome!

Visit page 4 for details



Tell us how we did!

coquitlam.ca/ProgramEvaluation

Garden Basics: Mason Bees 101 (All Ages)

An introductory presentation on the lifecycle of local Mason bees, their habitat, over-winter states and developments, care and maintenance, as well as preparations for the Spring release time frame. All ages and experiences welcome! Family Friendly.

at Dogwood Pavilion

Th	Feb 12	4:30–6 p.m.	1/ FREE	209226
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Garden Basics: Pollinator Power (All Ages)

Learn about beneficial insects and local pollinators and why they are so important for a healthy garden! We will also discuss how to attract, protect different types of common garden visitors such as mason bees, bumble bees, beetles and other beneficial pollinators in your Spring garden. All Ages Welcome! Family Friendly.

at Town Centre Park

Su	Mar 22	2–3 p.m.	1/ FREE	209189
M	Mar 23	5–6 p.m.	1/ FREE	209197

Garden Basics: Pollinator Power in Winter (All Ages)

Learn about beneficial insects and local pollinators and why they are so important for a healthy garden all year round. We will also discuss how to attract, protect, and shelter mason bees, bumble bees, beetles and other beneficial pollinators in your Winter garden. All Ages Welcome! Family Friendly.

at Town Centre Park Community Centre

Su	Feb 1	5–6 p.m.	1/ FREE	209218
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Garden Basics: Spring Garden Prep (All Ages)

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

at Town Centre Park

W	Mar 18	10–11 a.m.	1/ FREE	209191
Th	Mar 26	4–5 p.m.	1/ FREE	209190

Garden Basics: Starting from Seed (All Ages)

Learning the life cycle of plant to seed to plant. Specific plants and their needs and steps to caring for the growing plant.

at Dogwood Pavilion

M	Jan 26	5–6 p.m.	1/ FREE	209225
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Get Involved in Lights at Lafarge

Join the Park Spark Light Brigade Team!

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

Email ParkSpark@coquitlam.ca with the email subject "Light Brigade" for more information.

Garden Basics: Starting from Seed (All Ages)

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

at Town Centre Park

Tu	Mar 17	11 a.m. – 12 p.m.	1/ FREE	209184
W	Mar 25	1–2 p.m.	1/ FREE	209195

Garden Basics: Winter Garden Prep 101 (All Ages)

Learn different ways to over-winter your garden and yard spaces at this workshop. Explore efficient and creative ideas to protect your in-ground or in-pot garden plants, balcony and shaded garden spaces! We will also talk about gardening tool maintenance and care during the winter months. We welcome all ages and experiences to join us in this workshop!

at Town Centre Park Community Centre

Su	Jan 4	3:30 – 4:30 p.m.	1/ FREE	209216
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Inspiration Garden Spring Exploration (All Ages)

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

at Town Centre Park

Su	Mar 22	10 a.m. – 12 p.m.	1/ FREE	209188
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Inspiration Garden Spring Exploration (All Ages)

Drop in on a Spring Scavenger Hunt at the Inspiration Garden! Can you spot some garden plants and creatures in action and complete each challenge? All ages welcome, family friendly. Drop in anytime between 2 – 4 p.m.

at Town Centre Park

Su	Mar 29	2 – 4 p.m.	1/ FREE	209193
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Planter Workshop: Spring Flower Planter (All Ages)

Plant and bring home a colourful flower planter to be placed at your home patio, balcony, or entrances to welcome Spring! This is a hands-on workshop with all the materials and supplies included. Family Friendly! Welcome to craft a planter together with your family or friends!

at Town Centre Park

M	Mar 16	4:30 – 5:30 p.m.	1/\$40	209196
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at Town Centre Park Community Centre

Su	Mar 15	2 – 3 p.m.	1/\$40	209183
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Seminar Series: Gardening with Regionally Adapted Pollinator Friendly Plants (All Ages)

Attend this informative seminar series with our special guest speaker from the Dogwood Garden Club! We will be learning on how to include regionally adapted plants that attract local pollinators into your everyday gardening spaces. Learn all about the benefits of gardening, cultivating, seed saving, propagating and attracting local pollinators to your own gardens. Bee inspired to start your own pollinator friendly haven starting with local pollinator friendly plants! Family friendly and all ages welcome. Spots Limited.

at Town Centre Park Community Centre

Su	Feb 8	4:30 – 6 p.m.	1/ FREE	209200
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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.

Spring Tea Garden (All Ages)

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

at Town Centre Park

Th	Mar 19	9:30 a.m. – 12 p.m.	1/ FREE	209185
Su	Mar 29	9:30 a.m. – 12 p.m.	1/ FREE	209192

Tea Making 101: Warm Winter Spice Tea (All Ages)

Join us at this hands on winter tea making workshop to explore the ingredients that go into making a warm winter spice tea, the benefits, as well as an interactive time to make and taste your own creation! All supplies provided. Family Friendly, all Welcome! You will be bringing a portion of your hand made blend home. Spots Limited.

at Town Centre Park Community Centre

Su	Jan 25	4:30 – 6 p.m.	1/\$8	209229
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Park Spark**Adopt-A-Park Program Open House (All Ages)**

Are you passionate about your community and the environment? Get involved in one or more of our exciting Adopt-A-Park programs designed to enhance and care for our local outdoor spaces. Attend this open house to find out more about our Adopt-A Trail, Dog Park, Little Library, and Pollinator Hotel programs, and sign up on the spot! Visit Coquitlam.ca/AdoptAPark for more information.

at Town Centre Park Community Centre

Su	Jan 4	2 – 3 p.m.	1/ FREE	209337
Su	Feb 1	2 – 3 p.m.	1/ FREE	209363
Sa	Mar 14	2 – 3 p.m.	1/ FREE	209364

Park Spark Light Brigade Workshops (All Ages)

Join the Park Spark Light Brigade team and get involved in Metro Vancouver's largest free outdoor light display, Lights at Lafarge! These Light Brigade Workshops provide an opportunity for the community to be a part of Lights at Lafarge by assisting in the creation and fabrication of lit elements that contribute to the lights display.

at Town Centre Park Community Centre

W	Jan 14	3:30 – 5 p.m.	1/ FREE	209339
W	Jan 28	3:30 – 5 p.m.	1/ FREE	209362

Park Spark Open House (All Ages)

Join us for our Park Spark Open House and Orientation — a fun, interactive event for community members and prospective volunteers to learn about the Park Spark program, discover exciting volunteer opportunities, and explore how you can contribute to keeping Coquitlam parks welcoming and thriving!

at Town Centre Park Community Centre

Th	Jan 22	3 – 4 p.m.	1/ FREE	209346
Sa	Feb 7	2 – 3 p.m.	1/ FREE	209382
Su	Mar 22	3:30 – 4:30 p.m.	1/ FREE	209389

Spotlight on Sport**Spotlight On Sport Fitness Nights (18+ yrs)**

This January, come join the Spotlight on Sport team for a four week, weekly fitness night to kickstart your new year! You are invited to join us at Town Centre Park where you will get active, meet some new faces, and see the shining winter lights display. Each session will start at the outdoor fitness equipment circuit next to the Skate Park where participants will be lead through the circuit in a 30-45 minute training session. To finish off each session one of our program leaders will lead you thru a cool-down as you walk the Lafarge Lake Loop where you will have an up-close, first-hand view of all the lights and displays.

at Town Centre Park

M	Jan 5 – Jan 26	4:45 – 7:30 p.m.	4/ FREE	210124
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Spotlight On Sport Winter Lights Walking Tour (18+ yrs)

Head over to the Town Centre Community Plaza on Wednesday nights for our Spotlight on Sport Winter Lights Walking Tour. This new program is a four week, weekly walking tour showcasing the light display that people have grown to love. Each session will start at the Town Centre Park Community Plaza where you will embark on a 30-45 minute walking tour around Lafarge Lake. Learn about some of the different zones of the light display and some of the cool elements that the City of Coquitlam installs throughout the park. The tour will conclude when you return back to the Town Centre Park Community Plaza where we will provide a hot beverage and time to chat with others who participated in the tour!

at Town Centre Park

W	Jan 7 – Jan 28	4:30 – 5:30 p.m.	4/ FREE	210125
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Tree Spree

Backyard Birding for Beginners (All Ages)

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

at Mundy Park

Su	Mar 15	8 – 9:30 a.m.	0/ FREE	209557
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Intro To: Forest Bathing (All Ages)

The scent of the forest, the song of birds, the fresh forest air – awaken your senses and let your body relax in this introduction into the Japanese practice of forest bathing. Please email ParkSpark@coquitlam.ca for meeting location details.

at Mundy Park

Su	Mar 29	9:30 – 11 a.m.	1/ FREE	209568
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Intro to: Nature Journaling (All Ages)

The Nature Journaling Workshop encourages participants to connect with the natural world through the practice of journaling, creating art, and fostering mindfulness and observation skills. In this hands-on program, individuals learn to record their observations, sketching wildlife and reflecting on their outdoor experiences to deepen appreciation of nature through journaling, drawing, or painting!

at Mundy Park

Su	Mar 15	9:30 – 11 a.m.	1/ FREE	210214
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Intro To: Nature Photography (All Ages)

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

at Town Centre Park

Su	Mar 22	10 – 11:30 a.m.	1/ FREE	209565
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Intro To: Tree Pruning (All Ages)

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

at Mundy Park

Sa	Mar 28	2 – 3 p.m.	1/ FREE	209567
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Soil Sciences (All Ages)

Healthy soil is the foundation of healthy ecosystems. In this hands-on science workshop, students will explore the role of soil in supporting trees, plants, and the wider environment. They'll investigate soil's physical and chemical properties, test pH levels, examine the effects of pollutants, and discover how soil helps clean water and store carbon.

at Town Centre Park

Sa	Mar 21	2 – 3:30 p.m.	1/ FREE	210215
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Tree Spree Tours: Creekside Curiosities (All Ages)

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

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

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

at Other Locations

W	Mar 18	2 – 3:30 p.m.	1/ FREE	209559
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Tree Spree Tours: Forest Understory Walk (All Ages)

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

at Mundy Park

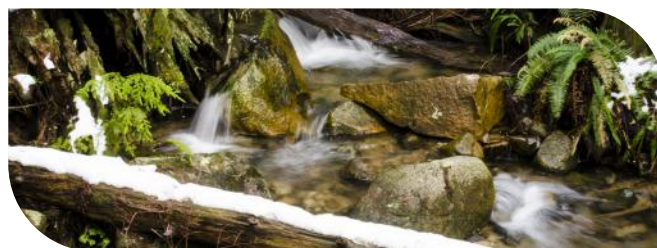
Sa	Mar 14	10 – 11:30 a.m.	1/ FREE	209556
Sa	Mar 21	10 – 11:30 a.m.	0/ FREE	209560

Tree Spree Tours: Forest Walk (All Ages)

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

at Parks (Neighbourhood)

W	Mar 25	10 – 11:30 a.m.	1/ FREE	209566
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Volunteering



Gain experience, Get involved, Become a Volunteer!

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

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

1. Create a Volunteer Profile

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

2. Provide References

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

3. Complete a Police Information Check

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

4. Attend an Orientation Session

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

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



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

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



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*	Pinetree Community Centre	Poirier Sport and Leisure Complex
Sunday:	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.
Monday:	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.
Tuesday:	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.
Wednesday:	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.
Thursday:	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.
Friday:	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.
Saturday:	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.
Stat Holidays:	10:30 a.m. – 10:30 p.m.	Closed	Closed	8 a.m. – 8 p.m.

*Glen Pine Pavilion is open to adults 19+ yrs.

Getting Started? Let Us Help!

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

Adult Orientation **LOW COST**

Learn guidelines and how to safely and effectively use the equipment in our fitness centres.

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

City Centre Aquatic Complex

Tuesday: 7 – 8 a.m. | 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

Drop-In Group Fitness Classes

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

Levels of Intensity

Beginner: ●

All Levels: ●●

Challenging: ●●●

Cardio/Strength

Cardio Core Conditioning ●●

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

Fit 360° ●●

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

Low Impact ●●

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

NRG Circuit ●●

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

Step Remix ●●

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

Cycle

Group Ride ●●

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

Dance

Belly Dance4One ●●

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

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

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 Joints ●

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

Chair Fit ●

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

Levels of Intensity

Beginner: ●

All Levels: ●●

Challenging: ●●●

Essentrics ●●

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

Essentrics Beginner ●

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

Gentle Impact 4 Healthy Bones ●

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

Tai Chi/Qigong ●●

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

Yoga/Pilates/Stretch

Hatha Yoga ●●

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

Pilates ●●

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

Pilates Yoga Fusion ●●

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

Power Yoga ●●●

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

Stretch and Meditation ●

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

Vinyasa Flow Yoga ●●●

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

Yin Deep Stretch Yoga ●

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

Group Fitness Class Rules

How to have a positive class experience:

- Obtain a fitness drop-in ticket (*available 30-min. prior to class start*) from the front desk and provide to class instructor.
- Numbers on the tickets reflect class size and does not indicate your spot on the floor or order of entry. Floor spots are first come first serve.
- Avoid leaving water bottles or other items to save spots for yourself or friends.
- Leave those heeled or open-toed shoes behind—athletic shoes are best or bare feet for yoga!
- Enjoy being unplugged! Please turn off cell phones and other devices.
- Be air aware and avoid the use of scented products whenever possible.
- Respectful language is the only option in our classes.

Be On Time

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

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



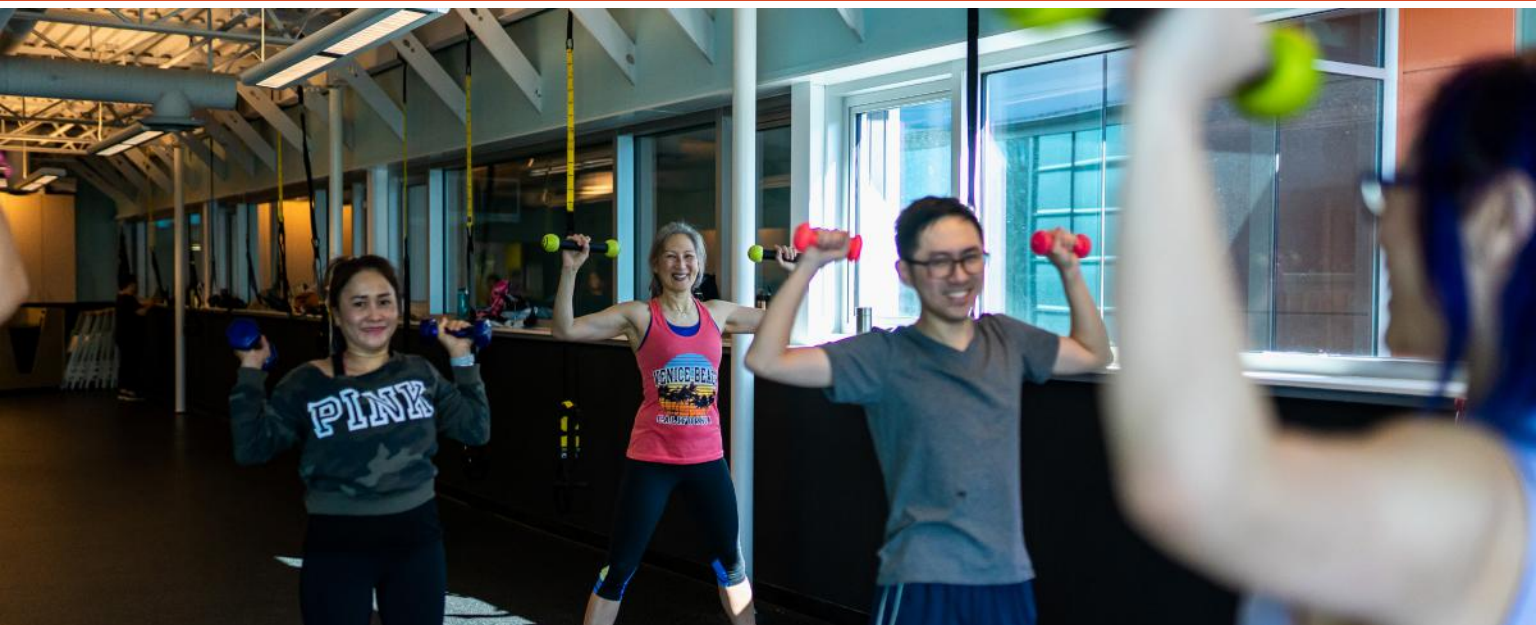
Wristbands

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

If you have any questions, comments, or suggestions, please email fitness@coquitlam.ca

Health and Fitness

Registration opens at 8:30 a.m. on November 25 for Coquitlam residents and at 8:30 a.m. on November 27 for non-residents.



Adult and Baby Yoga (16+ yrs)

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

at Centennial Pavilion

Tu	Jan 6 – Jan 27	11 a.m. – 12 p.m.	4/\$43	206510
Tu	Feb 3 – Feb 24	11 a.m. – 12 p.m.	4/\$43	206511
Tu	Mar 3 – Mar 24	11 a.m. – 12 p.m.	4/\$43	206512

Aging with Strength (19+ yrs)

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

at Glen Pine Pavilion

F	Jan 9 – Jan 30	11 a.m. – 12 p.m.	4/\$43	206864
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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

Su	Jan 4 – Jan 25	10:45 – 11:45 a.m.	4/\$43	206803
Th	Jan 8 – Jan 29	5:45 – 6:45 p.m.	4/\$43	206800
Su	Feb 1 – Feb 22	10:45 – 11:45 a.m.	4/\$43	206804
Su	Mar 1 – Mar 22	10:45 – 11:45 a.m.	4/\$43	206805

at Poirier Sport and Leisure Complex

Tu	Jan 6 – Jan 27	7:15 – 8:15 p.m.	4/\$43	206432
Tu	Feb 17 – Mar 24	7:15 – 8:15 p.m.	6/\$64.50	206434

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 City Centre Aquatic Complex

Su	Jan 4 – Jan 25	4:15 – 5:15 p.m.	4/\$43	206435
Su	Feb 1 – Feb 22	4:15 – 5:15 p.m.	4/\$43	206436
Su	Mar 1 – Mar 22	4:15 – 5:15 p.m.	4/\$43	212805

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

Running late for a fitness class?



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

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

Bootcamp 4 U and Baby (16+ yrs)

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

at Poirier Sport and Leisure Complex

W	Jan 7 – Feb 11	1 – 2 p.m.	6/\$64.50	206480
W	Feb 25 – Mar 25	1 – 2 p.m.	5/\$53.75	206481

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	Jan 6 – Jan 27	7:45 – 8:45 p.m.	4/\$43	206838
Tu	Feb 3 – Feb 24	7:45 – 8:45 p.m.	4/\$43	206839
Tu	Mar 3 – Mar 24	7:45 – 8:45 p.m.	4/\$43	206840

Chair Yoga (19+ yrs)

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

at Centennial Pavilion

M	Jan 5 – Feb 9	11 a.m. – 12:15 p.m.	6/\$80.70	206527
F	Jan 9 – Jan 30	11:15 a.m. – 12:30 p.m.	4/\$53.80	206535
F	Feb 6 – Feb 27	11:15 a.m. – 12:30 p.m.	4/\$53.80	206537
M	Feb 23 – Mar 23	11 a.m. – 12:15 p.m.	5/\$67.25	206530
F	Mar 6 – Mar 27	11:15 a.m. – 12:30 p.m.	4/\$53.80	206538

at Glen Pine Pavilion

F	Jan 9 – Jan 30	11:45 a.m. – 1 p.m.	4/\$53.80	206861
F	Feb 6 – Feb 27	11:45 a.m. – 1 p.m.	4/\$53.80	206862
F	Mar 6 – Mar 27	11:45 a.m. – 1 p.m.	4/\$53.80	206863

Gentle Hatha Yoga (13+ yrs)

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

at Victoria Community Hall

W	Jan 7 – Jan 28	9:30 – 11 a.m.	4/\$64.60	206866
W	Feb 4 – Feb 25	9:30 – 11 a.m.	4/\$64.60	206867
W	Mar 4 – Mar 25	9:30 – 11 a.m.	4/\$64.60	206868

Get Up and Go! (19+ yrs)

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

at Dogwood Pavilion

Tu/Th	Jan 6 – Jan 29	12 – 1 p.m.	8/\$86	206797
Tu/Th	Feb 3 – Feb 26	12 – 1 p.m.	8/\$86	206798
Tu/Th	Mar 3 – Mar 26	12 – 1 p.m.	8/\$86	206799

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	Jan 16	7:30 – 8:30 p.m.	1/\$10.75	206814
F	Mar 13	7:30 – 8:30 p.m.	1/\$10.75	206816

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	Jan 7 – Feb 4	6:45 – 7:45 p.m.	5/\$53.75	206832
W	Feb 11 – Mar 11	6:45 – 7:45 p.m.	5/\$53.75	206833

Group Cycle: Valentine's Special (19+ yrs)

Each class will feature unique DJ mixes, with a Valentine's theme, combined with different drills, intervals and team challenges. Classes will include varied lighting and music. Convince someone special in your life to register with you!

at City Centre Aquatic Complex

F	Feb 13	7:30 – 8:30 p.m.	1/\$10.75	206815
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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

Th	Jan 8 – Jan 29	11 – 12:30 p.m.	4/\$64.60	206519
Th	Feb 5 – Feb 26	11 – 12:30 p.m.	4/\$64.60	206520
Th	Mar 5 – Mar 26	11 – 12:30 p.m.	4/\$64.60	206524

at Poirier Sport and Leisure Complex

M	Jan 5 – Feb 9	6 – 7:30 p.m.	6/\$96.90	206484
M	Feb 23 – Mar 23	6 – 7:30 p.m.	5/\$80.75	206485

Kickboxing (19+ yrs)

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

at Pinetree Community Centre

M	Feb 2 – Mar 9	7:45 – 8:45 p.m.	5/\$50.75	208803
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Killer Kettlebells (13+ yrs)

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

at City Centre Aquatic Complex

Tu	Jan 6 – Jan 27	6 – 7 p.m.	4/\$43	206806
Tu	Feb 3 – Feb 24	6 – 7 p.m.	4/\$43	206807
Tu	Mar 3 – Mar 24	6 – 7 p.m.	4/\$43	206808

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

Learn 2 Ride (13+ yrs)

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

at City Centre Aquatic Complex

M	Jan 5 – Jan 26	6:30 – 7:15 p.m.	4/\$34.40	206812
M	Mar 2 – Mar 23	6:30 – 7:15 p.m.	4/\$34.40	206813

Learn 2 Yoga (13+ yrs)

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

at Pinetree Community Centre

W	Jan 7 – Jan 28	6 – 6:45 p.m.	4/\$34.40	206841
W	Mar 4 – Mar 25	6 – 6:45 p.m.	4/\$34.40	206843

at Poirier Sport and Leisure Complex

Th	Jan 8 – Jan 29	10:45 – 11:30 a.m.	4/\$34.40	206486
Th	Mar 5 – Mar 26	10:45 – 11:30 a.m.	4/\$34.40	206491

Meditation and Breath (13+ yrs)

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

at Poirier Sport and Leisure Complex

W	Jan 7 – Jan 28	8:30 – 9:30 p.m.	4/\$43	206492
W	Feb 4 – Feb 25	8:30 – 9:30 p.m.	4/\$43	206493
W	Mar 4 – Mar 25	8:30 – 9:30 p.m.	4/\$43	206494

Minds in Motion (19+ yrs)

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

at Centennial Pavilion

Th	Jan 8 – Jan 29	2:15 – 3:45 p.m.	4/\$30.60	206541
Th	Feb 5 – Feb 26	2:15 – 3:45 p.m.	4/\$30.60	206543
Th	Mar 5 – Mar 26	2:15 – 3:45 p.m.	4/\$30.60	206546



Tell us how we did!

coquitlam.ca/ProgramEvaluation

Powerhouse Circuit (13+ yrs)

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

at City Centre Aquatic Complex

Th	Jan 8 – Feb 5	5:50 – 6:50 p.m.	5/\$53.75	206823
Th	Feb 12 – Mar 12	5:50 – 6:50 p.m.	5/\$53.75	206825

at Poirier Sport and Leisure Complex

Su	Jan 4 – Feb 1	6 – 7 p.m.	5/\$53.75	206495
Su	Mar 1 – Mar 22	6 – 7 p.m.	4/\$43	206497

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

Su	Jan 4 – Jan 25	4:15 – 5:15 p.m.	4/\$43	210029
Su	Feb 1 – Feb 22	4:15 – 5:15 p.m.	4/\$43	210030
Su	Mar 1 – Mar 22	4:15 – 5:15 p.m.	4/\$43	210031

Prenatal Yoga (16+ yrs)

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

at Pinetree Community Centre

W	Jan 7 – Jan 28	7 – 8 p.m.	4/\$43	206844
W	Feb 4 – Feb 25	7 – 8 p.m.	4/\$43	206845
W	Mar 4 – Mar 25	7 – 8 p.m.	4/\$43	206846

at Victoria Community Hall

Su	Jan 4 – Jan 25	6:30 – 7:30 p.m.	4/\$43	206869
Su	Feb 1 – Feb 22	6:30 – 7:30 p.m.	4/\$43	206870
Su	Mar 1 – Mar 22	6:30 – 7:30 p.m.	4/\$43	206871

All Abilities Welcome!

Visit page 4 for details



Bettie Allard YMCA Coquitlam Resident Access

Did you know?

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

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

Learn more at coquitlam.ca/YMCA

Restorative Yoga (13+ yrs)

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

at City Centre Aquatic Complex

Su	Jan 4 – Jan 25	5:45 – 7 p.m.	4/\$53.80	206828
Su	Feb 1 – Feb 22	5:45 – 7 p.m.	4/\$53.80	206830
Su	Mar 1 – Mar 22	5:45 – 7 p.m.	4/\$53.80	206831

at Maillardville Community Centre

M	Jan 5 – Feb 9	7:30 – 8:45 p.m.	6/\$80.70	206549
M	Feb 23 – Mar 23	7:30 – 8:45 p.m.	5/\$67.25	206550

Sound Healing Yoga and Meditation (13+ yrs)

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

at Poirier Sport and Leisure Complex

Th	Jan 8 – Jan 29	7:45 – 8:45 p.m.	4/\$43	206498
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Start 2 B Strong (13+ yrs)

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

at City Centre Aquatic Complex

Th	Jan 8 – Jan 29	10 – 11 a.m.	4/\$43	206809
Th	Feb 5 – Feb 26	10 – 11 a.m.	4/\$43	206810
Th	Mar 5 – Mar 26	10 – 11 a.m.	4/\$43	206811

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	Jan 5 – Jan 28	1:30 – 2:30 p.m.	8/\$104	206788
M/W	Feb 2 – Feb 25	1:30 – 2:30 p.m.	7/\$91	206789
M/W	Mar 2 – Mar 25	1:30 – 2:30 p.m.	8/\$104	206790

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	Jan 6 – Jan 29	1 – 2 p.m.	8/\$104	206785
Tu/Th	Feb 3 – Feb 26	1 – 2 p.m.	8/\$104	206786
Tu/Th	Mar 3 – Mar 26	1 – 2 p.m.	8/\$104	206787

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 Pinetree Community Centre

M	Feb 23 – Mar 23	10:30 – 11:45 a.m.	5/\$67.25	206873
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at Victoria Community Hall

M	Jan 5 – Feb 9	9:30 – 10:45 a.m.	6/\$80.70	206872
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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.

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 Victoria Community Hall

Th	Jan 8 – Feb 5	10:15 – 11:45 a.m.	5/\$80.75	209408
Th	Feb 12 – Mar 12	10:15 – 11:45 a.m.	5/\$80.75	209410

Yoga Under the Stars (13+ yrs)

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

at City Centre Aquatic Complex

Tu	Jan 6 – Jan 27	8:15 – 9:15 p.m.	4/\$43	206835
Tu	Feb 3 – Feb 24	8:15 – 9:15 p.m.	4/\$43	206836
Tu	Mar 3 – Mar 24	8:15 – 9:15 p.m.	4/\$43	206837

at Maillardville Community Centre

Su	Jan 4 – Jan 25	7:45 – 8:45 p.m.	4/\$43	206791
Su	Feb 1 – Feb 22	7:45 – 8:45 p.m.	4/\$43	206792
Su	Mar 1 – Mar 22	7:45 – 8:45 p.m.	4/\$43	206793



Adult

Registration opens at 8:30 a.m. on November 25 for Coquitlam residents and at 8:30 a.m. on November 27 for non-residents.

19 yrs +

(unless otherwise noted)



Cards and Games

Bridge Foundations (19+ yrs)

Learn how to get started with the basics of bridge. Topics that will be covered include opening bids, responding to your partner, no trump strategies, and play of the hand. Join us for the next set to build on these skills and learn even more.

at Dogwood Pavilion

F	Jan 23 – Feb 20	10 a.m. – 12 p.m.	5/\$14	209398
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Bridge Foundations (19+ yrs)

Continue learning the basics of bridge with scoring, demand bids and their purpose, doubles and redoubles, stink bids, and slam bidding.

at Dogwood Pavilion

F	Feb 27 – Mar 27	10 a.m. – 12 p.m.	5/\$14	209401
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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	Jan 13 – Feb 10	7 – 8:45 p.m.	5/\$24.50	208165
W	Jan 14 – Feb 11	2 – 4:45 p.m.	5/\$24.50	208032
Tu	Feb 17 – Mar 24	7 – 8:45 p.m.	6/\$29.40	208166
W	Feb 18 – Mar 25	2 – 4:45 p.m.	6/\$29.40	208033

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

Impossible Brain Puzzles (12+ yrs)

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

at Dogwood Pavilion

Tu	Jan 20	10 – 11:30 a.m.	1/\$4.90	209403
Tu	Jan 27	10 – 11:30 a.m.	1/\$4.90	209418
Tu	Feb 3	10 – 11:30 a.m.	1/\$4.90	209419
Tu	Feb 10	10 – 11:30 a.m.	1/\$4.90	209420
Tu	Feb 17	10 – 11:30 a.m.	1/\$4.90	209421
Tu	Feb 24	10 – 11:30 a.m.	1/\$4.90	209422
Tu	Mar 3	10 – 11:30 a.m.	1/\$4.90	209423
Tu	Mar 10	10 – 11:30 a.m.	1/\$4.90	209424
Tu	Mar 17	10 – 11:30 a.m.	1/\$4.90	209425
Tu	Mar 24	10 – 11:30 a.m.	1/\$4.90	209426

at Glen Pine Pavilion

W	Jan 14	7:15 – 8:45 p.m.	1/\$4.90	208175
W	Jan 21	7:15 – 8:45 p.m.	1/\$4.90	208176
W	Jan 28	7:15 – 8:45 p.m.	1/\$4.90	208177
W	Feb 4	7:15 – 8:45 p.m.	1/\$4.90	208178
W	Feb 11	7:15 – 8:45 p.m.	1/\$4.90	208180
W	Feb 18	7:15 – 8:45 p.m.	1/\$4.90	208181
W	Feb 25	7:15 – 8:45 p.m.	1/\$4.90	208183
W	Mar 4	7:15 – 8:45 p.m.	1/\$4.90	208184
W	Mar 11	7:15 – 8:45 p.m.	1/\$4.90	208188
W	Mar 18	7:15 – 8:45 p.m.	1/\$4.90	208189
W	Mar 25	7:15 – 8:45 p.m.	1/\$4.90	208191

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	Feb 19 – Mar 26	6:30 – 8:30 p.m.	6/\$16.80	208479
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Lifelong Learning

Cooking: Around the World Series (19+ yrs)

Join us for a flavourful journey from around the world in this hands-on cooking class. Create the dishes and taste them together in a social setting. Leave with new recipes and a deeper understanding of applying different flavours to your own cooking.

at Dogwood Pavilion

French Lentil Soup and Corn Bread

W	Jan 14	6 – 8 p.m.	1/\$28.30	208358
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India – Paneer Butter Masala and Coconut Rice

W	Mar 4	6 – 8 p.m.	1/\$28.30	208369
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Italy – Fettucini

W	Mar 25	6 – 8 p.m.	1/\$28.30	208373
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Italy – Ravioli

W	Mar 18	6 – 8 p.m.	1/\$28.30	208372
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Japan – Yakisoba

W	Feb 25	6 – 8 p.m.	1/\$28.30	208368
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Japan – Okonomiyaki and Baked Sushi Cups

W	Feb 11	6 – 8 p.m.	1/\$28.30	208362
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Korea – Jap Chae

W	Jan 21	6 – 8 p.m.	1/\$28.30	208359
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Levantine Oven Roasted Chicken Shawarma

W	Feb 4	6 – 8 p.m.	1/\$28.30	208361
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Lunar New Year Dumplings

W	Feb 18	6 – 8 p.m.	1/\$28.30	208364
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Mexico – Black Bean Burgers and Sweet Potato Oven Fries

W	Jan 28	6 – 8 p.m.	1/\$28.30	208360
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Mexico – Tortillas

W	Mar 11	6 – 8 p.m.	1/\$28.30	208371
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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. Bring a jar to take home some starter!

at Maillardville Community Centre

Th	Feb 19	6 – 8 p.m.	1/\$28.30	207917
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No experience necessary and all cooking supplies provided.

Cooking: Beef Empanadas with Chimichurri Dip

(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

Sa	Mar 28	9:30 – 11:30 a.m.	1/\$28.30	208412
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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	Jan 29	6 – 8 p.m.	1/\$28.30	207913
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Cooking: Cinnamon Buns Two Ways (19+ yrs)

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

at Dogwood Pavilion

Sa	Jan 24	9:30 – 11:30 a.m.	1/\$28.30	208385
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Cooking: Classic Risotto (19+ yrs)

Learn the magic behind taking a humble ingredient like rice and turning into in rich, flavourful, creamy perfection in this special class focusing on classic risotto.

at Dogwood Pavilion

Sa	Mar 21	9:30 – 11:30 a.m.	1/\$28.30	208408
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Cooking: Columbian and Brazilian Cheese Buns (16+ yrs)

Learn to make two delicious, cheesy, gluten-free snacks that are crispy on the outside and soft on the inside. Perfect for beginners, this hands-on class will teach you the authentic techniques behind these beloved South American treats.

at Maillardville Community Centre

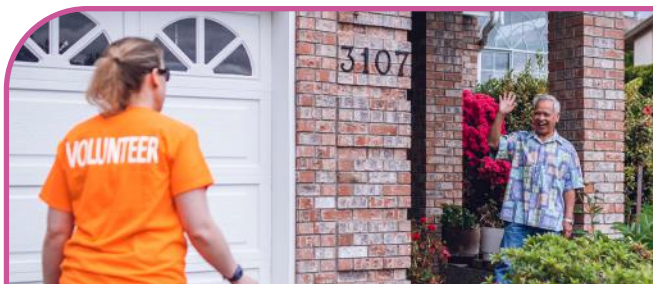
Th	Feb 26	6 – 8 p.m.	1/\$28.30	207918
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Cooking: Cranberry-Walnut Baklava and Melomakarona (19+ yrs)

Thin phyllo dough filled with cranberries and walnut results in a sweet Baklava. Another Greek dessert to add to the dessert platter is Melomakarona, egg-shaped cookies made mainly from flour, olive oil, and honey.

at Glen Pine Pavilion

Su	Mar 8	10:30 a.m. – 1:30 p.m.	1/\$42.45	208065
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**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

Cooking: Crispy Orange Beef with Easy Chinese Fried Noodles (19+ yrs)

Create a favourite Chinese take-away meal in your own kitchen! The Crispy Orange Beef is tangy, crunchy and goes well with an easy fried noodles made with fresh ingredients already in the fridge.

at Glen Pine Pavilion

Su	Feb 1	10:30 a.m. – 1:30 p.m.	1/\$42.45	208020
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Cooking: Dairy Free Cookies (16+ yrs)

Discover the art of baking irresistible dairy-free cookies in this hands-on class designed for adults. Learn how to create rich, flavorful cookies using plant-based ingredients that deliver perfect texture and taste without any dairy.

at Maillardville Community Centre

Sa	Feb 28	2 – 4 p.m.	1/\$28.30	206615
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Cooking: French Onion Soup (19+ yrs)

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

at Dogwood Pavilion

Sa	Feb 7	9:30 – 11:30 a.m.	1/\$28.30	208391
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Cooking: German Pork Schnitzel, Hunter Mushroom Gravy and Red Cabbage (19+ yrs)

Crispy Pork Schnitzel served with the classic German Hunter Sauce made with cream and mushrooms is a hearty meal that goes well with the traditional Red cabbage as the accompanying side dish.

at Glen Pine Pavilion

Su	Feb 22	10:30 a.m. – 1:30 p.m.	1/\$42.45	208022
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Cooking: Guinness Brown Bread and Potato Leek Soup (19+ yrs)

Learn to make delicious hearty quick bread with beer and flavourful leek and potato soup. The perfect meal to celebrate St. Patrick's Day.

at Dogwood Pavilion

Sa	Mar 14	9:30 – 11:30 a.m.	1/\$28.30	208401
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Cooking: Homemade Potato Pan Rolls (16+ yrs)

Learn the art of baking soft, fluffy Homemade Potato Pan Rolls in this cozy, hands-on class perfect for bread lovers. You'll discover how mashed potatoes create a tender, moist crumb and enhance the flavor of these irresistible rolls.

at Maillardville Community Centre

Sa	Jan 31	2 – 4 p.m.	1/\$28.30	206610
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Cooking: Hungarian Goulash with Roasted Potatoes (19+ yrs)

A slow-cooked beef dish seasoned with bold spices including the popular Hungarian paprika. The perfect comfort dish served with roasted potatoes on a chilly wintery day.

at Glen Pine Pavilion

Su	Jan 11	10:30 a.m. – 1:30 p.m.	1/\$42.45	208017
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Cooking: International Women's Day Mimosa Cupcakes (19+ yrs)

Light and fluffy, these delicious cupcakes are made with freshly squeezed orange juice, orange zest, and of course bubbly! The perfect special treat to celebrate International Women's Day.

at Dogwood Pavilion

Sa	Mar 7	9:30 – 11:30 a.m.	1/\$28.30	208400
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No experience necessary and all cooking supplies provided.

Cooking: Italian Polpettone Ripieno with Classic Linguine Alfredo (19+ yrs)

Polpettone Ripieno is a stuffed Italian Meatloaf filled with cheese and more customizable ingredients. Serve this with a creamy Linguine Alfredo and you will have a new family favourite meal.

at Glen Pine Pavilion

Su	Feb 15	10:30 a.m. – 1:30 p.m.	1/\$42.45	208062
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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	Jan 15	6 – 8 p.m.	1/\$28.30	207903
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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

Th	Jan 22	6 – 8 p.m.	1/\$28.30	207905
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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. It is also important to know the different knives to use for the different techniques and how to care for them. This class will have you working with different ingredients ensuring that you are prepared to cook the recipes on hand with confidence.

at Glen Pine Pavilion

M	Jan 12 – Feb 9	7 – 8:30 p.m.	5/\$106.25	208642
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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	Jan 15 – Feb 12	7 – 8:30 p.m.	5/\$106.25	208313
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Th	Feb 19 – Mar 26	7 – 8:30 p.m.	6/\$127.50	208314
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**No experience necessary and
all cooking supplies provided.**

Cooking: Lemon Ricotta Pancakes with Strawberries (19+ yrs)

Join us on Valentine's Day to learn to make fluffy, soft, and incredibly tender pancakes with tangy lemon flavor and a delicate, creamy texture from the ricotta cheese.

at Dogwood Pavilion

Sa	Feb 14	9:30 – 11:30 a.m.	1/\$28.30	208395
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Cooking: Lunar New Year Dim Sum Classics (19+ yrs)

Learn the art of dim sum with this hands-on class where you'll make two classic favourites: soft, steamed BBQ pork buns and savoury Sui Mai dumplings. Delicious fun to celebrate the Lunar New Year.

at Dogwood Pavilion

Sa	Feb 21	9:30 a.m. – 12:30 p.m.	1/\$42.45	208398
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Cooking: Malaysian Roti Canai with Dhal Curry (19+ yrs)

The ultimate Malaysian breakfast would be pieces of fluffy and crispy Roti Canai dipped and eaten with Dhal Curry. This popular flatbread goes well with a steamy mug of coffee or tea to kickstart your morning.

at Glen Pine Pavilion

Su	Mar 22	10:30 a.m. – 1:30 p.m.	1/\$42.45	208067
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Cooking: Matcha Thumbprint Cookie with Jam (16+ yrs)

Indulge your senses in this deliciously fun class where you'll bake buttery Matcha Thumbprint Cookies with a luscious jam center. You'll learn how to balance the rich, earthy flavor of matcha with the bright sweetness of jam for an unforgettable treat.

at Maillardville Community Centre

Sa	Jan 17	2 – 4 p.m.	1/\$28.30	206607
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Cooking: Mexican Chiles Rellenos (19+ yrs)

Popular in Mexico, stuffed roasted peppers known as Chiles Rellenos is a great choice to serve if hosting a themed Mexican dinner accompanied with chips and salsa.

at Glen Pine Pavilion

Su	Mar 1	10:30 a.m. – 1:30 p.m.	1/\$42.45	208064
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Cooking: Mexican Wedding Cookies (16+ yrs)

Celebrate the rich heritage of Mexican baking in this hands-on class where you'll craft traditional Mexican Wedding Cookies. Learn how to make these tender, buttery cookies packed with nuts and rolled in sweet powdered sugar—a beloved treat for weddings and festive occasions

at Maillardville Community Centre

Sa	Mar 14	2 – 4 p.m.	1/\$28.30	206617
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Cooking: Mushroom, Potato and Bacon Pierogis (16+ yrs)

Learn how to make traditional, hand-crafted pierogis filled with a savory blend of mushrooms, creamy potatoes, and crispy bacon. This hands-on class will guide you through the dough-making and filling techniques to create these comforting, delicious dumplings.

at Maillardville Community Centre

Th	Mar 5	6 – 8 p.m.	1/\$28.30	207919
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Cooking: One-Pot Winter Meals (19+ yrs)

Grab your favourite casserole dish, pot or skillet and create comfort meals that will warm you up this winter season. Save time, save energy and reduce waste as any leftovers are good to share with others or for another day.

at Glen Pine Pavilion

M	Feb 23 – Mar 23	7 – 8:30 p.m.	5/\$106.25	208645
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Cooking: Pavlova Cake (16+ yrs)

Learn how to make the perfect light and crispy meringue base, topped with a luscious whipped cream and fresh fruit. This hands-on class will guide you through creating this iconic, elegant dessert that's both visually stunning and deliciously airy.

at Maillardville Community Centre

Th	Mar 12	6 – 8 p.m.	1/\$28.30	207920
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Cooking: Portuguese Peri-Peri Chicken with Arroz de Tomate (19+ yrs)

Peri-Peri or Bird's Eye Chili is the key ingredient in a Portuguese chicken recipe that is both aromatic and flavourful. When served with Arroz de Tomate (Tomato Rice), this dish captures the warmth of a homemade meal.

at Glen Pine Pavilion

Su	Jan 25	10:30 a.m. – 1:30 p.m.	1/\$42.45	208019
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**No experience necessary and
all cooking supplies provided.**

Cooking: Sichuan Kung Pao Chicken (19+ yrs)

Learn to make this spicy stir fry of marinated chicken, peanuts, vegetables, chili peppers and Sichuan peppercorns.

at Dogwood Pavilion

Sa	Feb 28	9:30 – 11:30 a.m.	1/\$28.30	208399
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Cooking: Strawberry Shortcake (16+ yrs)

Celebrate Valentine's Day with Strawberry Shortcake! In this fun, hands-on class, you'll bake buttery shortcakes with strawberries, and whip up soft, fluffy cream. Whether you're sharing with friends or treating yourself, it's the perfect dessert to celebrate!

at Maillardville Community Centre

Sa	Feb 14	2 – 4 p.m.	1/\$28.30	206612
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Cooking: Sweet Potato Gnocchi From Scratch with Creamy Sauce (16+ yrs)

Learn to make tender, homemade gnocchi using the natural sweetness of sweet potatoes. Discover the art of crafting the perfect creamy sauce to complement your gnocchi, creating a rich and comforting dish.

at Maillardville Community Centre

Th	Feb 5	6 – 8 p.m.	1/\$28.30	207915
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Cooking: Ukrainian Honey Cake (16+ yrs)

Learn to master the art of creating a rich, multi-layered dessert with a perfectly balanced blend of honey, caramel, and a silky-smooth cream filling. Learn the traditional techniques for making the delicate sponge layers and assembling them into a beautiful, indulgent cake.

at Maillardville Community Centre

Th	Feb 12	6 – 8 p.m.	1/\$28.30	207916
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Cooking: Vegan Pad Thai and Faux Chicken Panang Curry (19+ yrs)

Cooking Thai favourites with a Vegan diet in mind with a stir-fried Pad Thai, a rice noodle dish, and a Panang Curry which is milder than Thai Red Curry, creamier with coconut milk and made with faux chicken.

at Glen Pine Pavilion

Su	Feb 8	10:30 a.m. – 1:30 p.m.	1/\$42.45	208021
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Cooking: Vegetarian Buddha Bowls with Tahini Sauce (19+ yrs)

Colourful, nourishing and packed with flavour, Vegetarian Buddha Bowls with delicious creamy Tahini Sauce are the perfect way to power up to your veg- filled January.

at Dogwood Pavilion

Sa	Jan 17	9:30 – 11:30 a.m.	1/\$28.30	208383
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Cooking: Vegetarian French Ratatouille with Crispy Lyonnaise Potatoes (19+ yrs)

Ratatouille is a classic French dish of simmered vegetables that is packed with nutrition. Pair this dish with Lyonnaise Potatoes which is a buttery dish of pan-fried sliced potatoes cooked with caramelized onions and you have vibes of Paris on your table.

at Glen Pine Pavilion

Su	Mar 15	10:30 a.m. – 1:30 p.m.	1/\$42.45	208027
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Cooking: Vegetarian Paneer Butter Masala with Coconut Rice (19+ yrs)

This rich, creamy, and mildly spiced North Indian vegetarian dish is made from soft cubes of paneer (Indian cottage cheese) simmered in gravy flavored with a blend of Indian spices is perfect served with coconut rice.

at Glen Pine Pavilion

Su	Jan 18	10:30 a.m. – 1:30 p.m.	1/\$42.45	208018
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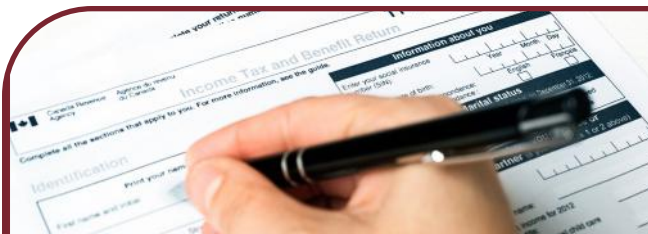
Cooking: Yogurt Cheesecake (19+ yrs)

Join us for this Yogurt Cheesecake Cooking Class, where you'll learn to make a luxuriously smooth and lighter version of the classic cheesecake. This easy-to-prepare recipe combines the richness of traditional cheesecake with the tangy freshness of yogurt, creating a creamy, decadent dessert.

at Dogwood Pavilion

Sa	Jan 31	9:30 – 11:30 a.m.	1/\$28.30	208387
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Coquitlam Income Tax Clinic Appointments

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

If you are unable to attend an appointment in person, there is an option to file your 2025 Income Tax Returns over the phone. Volunteers will pick up all supporting documents and help file the Income Tax Return. *For more information about this service, contact Kim Bortolin, Community Services Coordinator at 604-927-6093.*

Finance: Four Pillars to Thriving in Retirement (19+ yrs)

This presentation shares insights from research about how retirement is changing. Gain the knowledge about the four pillars to thriving in retirement by considering individual circumstances, goals and possible future challenges to take action today toward living retirement on your own terms.

at Glen Pine Pavilion

F	Feb 13	2 – 3:30 p.m.	1/	FREE	208478
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Finance: Effective Tax Strategies (19+ yrs)

Learn to understand the tax system and to minimize the amount of tax to pay by being proactive in tax planning and detailed record keeping with simple tools to save money.

at Dogwood Pavilion

Su	Feb 8	10 – 11:30 a.m.	1/	FREE	208611
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at Glen Pine Pavilion

W	Jan 21	7 – 8:30 p.m.	1/	FREE	209176
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Finance: Estate Planning (19+ yrs)

Learn how to create an estate plan to distribute assets during life and upon death.

at Dogwood Pavilion

Su	Mar 8	10 – 11:30 a.m.	1/	FREE	208612
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at Glen Pine Pavilion

Th	Mar 12	10 – 11:30 a.m.	1/	FREE	209187
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Finance: Managing Finances in Retirement (19+ yrs)

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

at Dogwood Pavilion

W	Jan 7	10 – 11:30 a.m.	1/	FREE	208610
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at Glen Pine Pavilion

Th	Jan 29	10 – 11:30 a.m.	1/	FREE	209182
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Finance: Money Smarts for Seniors (19+ yrs)

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

at Dogwood Pavilion

Tu	Feb 24	9:30 – 11 a.m.	1/	FREE	210356
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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.

at Dogwood Pavilion

January – Benefits for Newcomers

February – Disability and Caregiver Benefits

March – Benefits and Programs for Seniors

Tu	Jan 20	9:30 – 11 a.m.	1/	FREE	210353
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Tu	Feb 17	9:30 – 11 a.m.	1/	FREE	210354
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Tu	Mar 17	9:30 – 11 a.m.	1/	FREE	210355
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at Glen Pine Pavilion

January – Benefits and Programs for Persons with Disabilities

February – Pre-Retirement Workshop

March – Benefits and Programs for Seniors

M	Jan 26	11:30 a.m. – 12:30 p.m.	1/	FREE	208343
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M	Feb 23	11:30 a.m. – 12:30 p.m.	1/	FREE	208345
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M	Mar 23	11:30 a.m. – 12:30 p.m.	1/	FREE	208346
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Tell us how we did!

coquitlam.ca/ProgramEvaluation

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	Jan 16	2 – 3:30 p.m.	1/ FREE	208477
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General: Accessible Reading Options for People with Vision Loss (19+ yrs)

Do you love to read but struggling vision loss and with regular print books? Learn about the many ways you can get accessible reading material through Coquitlam Public Library. Library staff will introduce eAudiobooks, DAISY players, large print and Braille books, and home delivery options.

at Dogwood Pavilion

Th	Mar 12	1 – 3 p.m.	1/ FREE	207617
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General: Advocacy for Caregivers (19+ yrs)

Whether you are advocating for yourself or someone else, important skills, strategies and practical suggestions are presented.

at Glen Pine Pavilion

M	Mar 16	11:30 a.m. – 12:30 p.m.	1/ FREE	209202
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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	Jan 15 – Feb 12	2 – 4 p.m.	5/\$49	210052
Th	Feb 19 – Mar 26	2 – 4 p.m.	6/\$58.80	210053

Health: Accessing Services (19+ yrs)

Navigating health-care systems and looking for support services can be overwhelming. Learn about community supports – including home care, respite and adult day programs – as well as how to address challenges in accessing them.

at Glen Pine Pavilion

Th	Mar 5	10 – 11:30 a.m.	1/ FREE	208724
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Health: Advance Directive (19+ yrs)

Creating an advance directive ensures legal standing for very specific wishes about some aspects of your potential healthcare. Complementary but separate legal documents are also discussed within the context of how they link to overall care in medically extreme situations.

at Dogwood Pavilion

Tu	Mar 10	9:30 – 11 a.m.	1/ FREE	210357
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Health: Cancer Self-Management Program (19+ yrs)

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

at Dogwood Pavilion

Sa	Jan 31 – Mar 7	9:30 a.m. – 12 p.m.	6/ FREE	208617
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Health: Chronic Pain Self-Management Program (19+ yrs)

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

at Glen Pine Pavilion

Sa	Jan 17 – Feb 21	9:30 a.m. – 12 p.m.	6/ FREE	207836
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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	Feb 28 – Apr 4	9:30 a.m. – 12 p.m.	6/ FREE	207837
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Health: Introduction to Brain Health (19+ yrs)

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

at Dogwood Pavilion

Tu	Feb 10	9:30 – 11 a.m.	1/ FREE	209186
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at Glen Pine Pavilion

F	Jan 23	2:30 – 3:30 p.m.	1/ FREE	208650
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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.

Health: Stages and Progression of Dementia (19+ yrs)

While each dementia journey is unique, there are some signposts to the stages of dementia. Learn about what to expect as the disease progresses and how you can manage changes as they happen.

at Dogwood Pavilion

Th	Jan 15	10 – 11:30 a.m.	1/ FREE	209181
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Language: Creative Writing All Levels (19+ yrs)

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

at Dogwood Pavilion

Sa	Jan 17 – Feb 14	10:15 – 11:45 a.m.	5/\$49.50	209416
Sa	Feb 21 – Mar 28	10:15 – 11:45 a.m.	6/\$59.40	209417

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	Jan 15 – Feb 12	12:30 – 2 p.m.	5/\$14	209008
Th	Feb 19 – Mar 26	12:30 – 2 p.m.	6/\$16.80	209009

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	Jan 15 – Feb 12	9:30 – 11 a.m.	5/\$14	208043
Th	Feb 19 – Mar 26	9:30 – 11 a.m.	6/\$16.80	208044

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	Jan 15 – Feb 12	1 – 2:30 p.m.	5/\$14	208047
Th	Feb 19 – Mar 26	1 – 2:30 p.m.	6/\$16.80	208048

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	Jan 13 – Feb 10	10 – 11:30 a.m.	5/\$14	207932
Tu	Feb 17 – Mar 24	10 – 11:30 a.m.	6/\$16.80	207933

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	Jan 15 – Feb 12	11:30 a.m. – 12:30 p.m.	5/\$14	208045
Th	Feb 19 – Mar 26	11:30 a.m. – 12:30 p.m.	6/\$16.80	208046

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	Jan 16 – Feb 13	11:30 a.m. – 12:30 p.m.	5/\$14	208051
F	Feb 20 – Mar 27	11:30 a.m. – 12:30 p.m.	6/\$16.80	208052

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	Jan 13 – Feb 10	1:30 – 3 p.m.	5/\$49.50	208028
Tu	Feb 17 – Mar 24	1:30 – 3 p.m.	6/\$59.40	208029



All Abilities Welcome!

Visit page 4 for details

Language: Japanese Beginner (19+ yrs)

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

at Glen Pine Pavilion

Sa	Jan 17 – Feb 14	1 – 2:30 p.m.	5/\$49.50	207924
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Language: Japanese Intermediate (19+ yrs)

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

at Glen Pine Pavilion

Sa	Feb 21 – Mar 28	1 – 2:30 p.m.	6/\$59.40	207927
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Language: Korean Beginner (19+ yrs)

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

at Glen Pine Pavilion

Su	Jan 11 – Feb 8	10:15 – 11:45 a.m.	5/\$49.50	207776
Su	Feb 15 – Mar 22	10:15 – 11:45 a.m.	6/\$59.40	207777

Language: Korean Conversation (19+ yrs)

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

at Glen Pine Pavilion

W	Jan 14 – Feb 11	7 – 8:30 p.m.	5/\$49.50	208034
W	Feb 18 – Mar 25	7 – 8:30 p.m.	6/\$59.40	208035

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	Jan 17 – Feb 7	2 – 3:30 p.m.	4/\$39.60	209595
Sa	Feb 14 – Mar 14	2 – 3:30 p.m.	5/\$49.50	209596

at Glen Pine Pavilion

M	Jan 12 – Feb 9	7 – 8:30 p.m.	5/\$49.50	207921
W	Jan 14 – Feb 11	9:30 – 11 a.m.	5/\$49.50	207925
W	Feb 18 – Mar 25	9:30 – 11 a.m.	6/\$59.40	207922

**Life Long Learning
for Adults (19+)****Learn Something New!**

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

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

Register

coquitlam.ca/registration | 604-927-4386

Stay up to date: coquitlam.ca/enews

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	Jan 17 – Feb 7	12:30 – 2 p.m.	4/\$39.60	209593
Sa	Feb 14 – Mar 14	12:30 – 2 p.m.	5/\$49.50	209594

Language: Spanish Intermediate (19+ yrs)

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

at Glen Pine Pavilion

M	Feb 23 – Mar 23	7 – 8:30 p.m.	5/\$49.50	207926
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Life Skills: Shaping the Dementia Journey (19+ yrs)

Explore the journey ahead in a positive, informative and supportive environment with others who are going through similar experiences. Topics include: the brain and dementia, strategies for coping with changes, maximizing quality of life and planning for the future

at Glen Pine Pavilion

F	Feb 20 – Mar 20	2 – 3:30 p.m.	5/ FREE	208648
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Safety in the Home (19+ yrs)

Detailed checklists of potential dangers both outside the home and in every room indoors. Fire hazards, medications and childproofing your home are reviewed. Safety devices and tips for effective renovations are also provided.

at Glen Pine Pavilion

Th	Jan 15	10 – 11:30 a.m.	1/	FREE	209201
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Technology: Android Phones Workshop (19+ yrs)

LOW COST

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

at Glen Pine Pavilion

Th	Mar 26	1 – 2:45 p.m.	1/	\$2.80	208058
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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 app is available for phones and tablets, integrates with many new Kobo eReaders, and is available to anyone with a Coquitlam Public Library card. Joins 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

Th	Jan 8	10 – 11 a.m.	1/	FREE	207762
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Technology: iPad and iPhone Workshop (19+ yrs)

LOW COST

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

at Glen Pine Pavilion

Th	Feb 26	1 – 2:45 p.m.	1/	\$2.80	208056
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Technology: Managing Digital Passwords (19+ yrs)

LOW COST

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	Feb 12	1 – 2:45 p.m.	1/	\$2.80	208055
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Technology: Tools for Travel (19+ yrs) **LOW COST**

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

at Glen Pine Pavilion

Th	Mar 12	1 – 2:45 p.m.	1/	\$2.80	208057
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Technology: Using a Smartphone Camera (19+ yrs)

LOW COST

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

at Glen Pine Pavilion

Th	Jan 22	1 – 2:45 p.m.	1/	\$2.80	208053
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Wellness: Brighten Your Mind (19+ yrs)

Join us to explore techniques that strengthen your mind, improve focus, and boost overall well-being. Whether you're dealing with stress, seeking greater purpose, or craving more positive energy, you'll work toward cultivating inner calm and building resilience for life's challenges.

at Dogwood Pavilion

M	Jan 19 – Jan 26	9:30 – 11 a.m.	2/	\$25.10	209153
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Wellness: Discover Your New True Self (19+ yrs)

This course is about transformation and self-discovery. Whether you are in a period of change, feeling disconnected or ready for a fresh start, these two sessions will help you to gain confidence, clarity and insight to support personal growth.

at Dogwood Pavilion

M	Feb 2 – Feb 9	9:30 – 11 a.m.	2/	\$25.10	209152
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Wellness: Healing Art (19+ yrs)

Enjoy meditation and spontaneous creativity from hand and heart to witness the magical mysteries within. There will be doodling, sketching, and colouring exercises.

at Glen Pine Pavilion

Th	Feb 5 – Feb 26	10 – 11:30 a.m.	4/	\$50.20	208859
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All Abilities Welcome!

Visit page 4 for details

Wellness: Inflammation 101 (19+ yrs)

The most common symptom with all chronic health conditions of today is inflammation. Lots can be done by understanding ways to support the body using nutrition and lifestyle to reduce inflammation.

at Glen Pine Pavilion

Tu	Feb 24	3:30 – 5 p.m.	1/\$12.55	208162
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Wellness: Living Life to the Full Information Session (19+ yrs)

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

at Glen Pine Pavilion

Th	Jan 22	4 – 5:30 p.m.	1/ FREE	208081
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at Poirier Community Centre

Tu	Jan 20	10 – 11:30 a.m.	1/ FREE	209590
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Wellness: Living Life to the Full Workshop (19+ yrs)

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

at Glen Pine Pavilion

Th	Feb 5 – Mar 26	4 – 5:30 p.m.	8/ FREE	208082
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at Poirier Community Centre

Tu	Feb 3 – Mar 24	10 – 11:30 a.m.	8/ FREE	209591
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Wellness: Love Your Gut (16+ yrs)

Ninety percent of diseases begin in the gut. It always starts from symptoms like gas, bloating, constipation, acidity etc. that can be easily addressed at the beginning stages before they become major health issues if ignored. Understand the basic foundations of our digestion and how to support it with the right nutrition and lifestyle.

at Dogwood Pavilion

Tu	Feb 17	4 – 5:30 p.m.	1/\$12.55	208351
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Wellness: Sleep – A Non-Negotiable (19+ yrs)

Do you sleep well? What does it mean to get deep sleep and its importance for better health outcomes? Come explore ways to support the body to get into deeper sleep states.

at Glen Pine Pavilion

Tu	Mar 10	3:30 – 5 p.m.	1/\$12.55	208164
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Wellness: Spring Cleanse (16+ yrs)

Do you need a spring cleanse? Learn about cleanse and detoxification and how to support your body's pathways to get rid of toxins using nutrition and lifestyle.

at Dogwood Pavilion

Tu	Mar 3	4 – 5:30 p.m.	1/\$12.55	208352
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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	Jan 13 – Feb 10	12:45 – 1:45 p.m.	5/\$48.75	208991
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Tu	Feb 17 – Mar 24	12:45 – 1:45 p.m.	6/\$58.50	208992
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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	Jan 12 – Feb 9	7:15 – 8:15 p.m.	5/\$48.75	208455
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M	Feb 23 – Mar 23	7:15 – 8:15 p.m.	5/\$48.75	208456
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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	Feb 19 – Mar 26	6:45 – 7:30 p.m.	6/\$46.50	208312
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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	Jan 15 – Feb 12	6:45 – 7:30 p.m.	5/\$38.75	208310
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Tell us how we did!

coquitlam.ca/ProgramEvaluation

Oops! We cancelled it...

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

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	Jan 14 – Feb 11	5 – 6 p.m.	5/\$48.75	209004
W	Feb 18 – Mar 25	5 – 6 p.m.	6/\$58.50	209005

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	Jan 13 – Feb 10	5:15 – 6:15 p.m.	5/\$48.75	207907
Tu	Feb 17 – Mar 24	5:15 – 6:15 p.m.	6/\$58.50	207908

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	Jan 14 – Feb 11	7:45 – 8:45 p.m.	5/\$48.75	207912
W	Feb 18 – Mar 25	7:45 – 8:45 p.m.	6/\$58.50	207914

Dance: Cha-Cha and Slow Waltz Beginner (19+ yrs)

Dive into this beginner social dance program to learn Cha-Cha and Slow Waltz! 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	Jan 12 – Feb 9	6 – 7 p.m.	5/\$48.75	208453
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Dance: Cha-Cha Foundations Workshop (19+ yrs)

Cha-Cha-Challenge your mind and body as the instructor introduces various elements of this rhythmic dance. Each person in the couple/partner grouping must register.

at Dogwood Pavilion

Sa	Mar 14	1:30 – 3:30 p.m.	1/\$19.50	209014
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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	Jan 13 – Feb 10	7:45 – 8:45 p.m.	5/\$48.75	207909
Tu	Feb 17 – Mar 24	7:45 – 8:45 p.m.	6/\$58.50	207910

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

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

at Dogwood Pavilion

Sa	Feb 21	1:30 – 3:30 p.m.	1/\$19.50	209015
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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	Jan 12 – Feb 9	2:30 – 3:30 p.m.	5/\$48.75	209384
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Dance: Hip Hop (16+ yrs)

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

at Maillardville Community Centre

W	Jan 14 – Feb 4	6:30 – 7:30 p.m.	4/\$40.60	206605
W	Feb 11 – Mar 11	6:30 – 7:30 p.m.	5/\$50.75	206606

at Pinetree Community Centre

F	Jan 16 – Feb 6	7:30 – 8:30 p.m.	4/\$40.60	209058
F	Feb 13 – Mar 13	7:30 – 8:30 p.m.	5/\$50.75	209059

Dance: Hustle Foundations Workshop (19+ yrs)

Hustle dancing for two! Experience the rhythm and flow of this iconic dance. Have fun learning basic steps to a short choreography in this engaging workshop. Registration with a partner is recommended. Participation for single registrants depends on volunteer availability.

at Dogwood Pavilion

Sa	Jan 24	1:30 – 3:30 p.m.	1/\$19.50	209016
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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	Jan 15 – Feb 12	11 a.m. – 12 p.m.	5/\$48.75	209084
Th	Feb 19 – Mar 26	11 a.m. – 12 p.m.	5/\$48.75	209085

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. Designed to empower women to express themselves freely on the dance floor.

at Glen Pine Pavilion

M	Feb 23 – Mar 23	2:30 – 3:30 p.m.	5/\$48.75	209391
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Dance: Line Dance All Levels (19+ yrs)

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

at Dogwood Pavilion

Tu	Jan 13 – Feb 10	3:15 – 4:15 p.m.	5/\$48.75	208989
F	Jan 16 – Feb 13	2:15 – 3:15 p.m.	5/\$48.75	209012
Tu	Feb 17 – Mar 24	3:15 – 4:15 p.m.	6/\$58.50	208990
F	Feb 20 – Mar 27	2:15 – 3:15 p.m.	6/\$58.50	209013

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	Jan 13 – Feb 10	2 – 3 p.m.	5/\$48.75	208987
Tu	Feb 17 – Mar 24	2 – 3 p.m.	6/\$58.50	208988

at Glen Pine Pavilion

M	Jan 12 – Feb 9	6:15 – 7:15 p.m.	5/\$48.75	207783
M	Feb 23 – Mar 16	6:15 – 7:15 p.m.	4/\$39	207786

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	Jan 12 – Feb 9	5 – 6 p.m.	5/\$48.75	207788
M	Feb 23 – Mar 23	5 – 6 p.m.	5/\$48.75	207789

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	Feb 23 – Mar 23	6 – 7 p.m.	5/\$48.75	208454
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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	Jan 12 – Feb 9	5 – 6:30 p.m.	5/\$76.50	208307
M	Feb 23 – Mar 23	5 – 6:30 p.m.	5/\$76.50	208309

Drama: Improv Theatre Workshop (19+ yrs)

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

at Glen Pine Pavilion

W	Jan 14	7 – 8:30 p.m.	1/\$15.30	208037
W	Jan 28	7 – 8:30 p.m.	1/\$15.30	208038
W	Feb 11	7 – 8:30 p.m.	1/\$15.30	208039
W	Feb 25	7 – 8:30 p.m.	1/\$15.30	208040
W	Mar 11	7 – 8:30 p.m.	1/\$15.30	208041
W	Mar 25	7 – 8:30 p.m.	1/\$15.30	208042

Music: Beginner Voice Skills 12-18 yrs (12 – 18 yrs)

Discover the joy of singing with a choir conductor who will guide you through the basics like breathing, posture, and vocal control.

at Centennial Activity Centre

W	Jan 14 – Feb 4	6:15 – 7:15 p.m.	4/\$28.60	209234
W	Feb 11 – Mar 11	6:15 – 7:15 p.m.	5/\$35.75	209235

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	Jan 11 – Feb 8	11 a.m. – 12 p.m.	5/\$41.25	207779
Su	Feb 15 – Mar 22	11 a.m. – 12 p.m.	6/\$49.50	207780

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	Jan 13 – Feb 3	7:30 – 8:30 p.m.	4/\$33	208995
Tu	Feb 10 – Mar 10	7:30 – 8:30 p.m.	5/\$41.25	208996

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	Jan 14 – Feb 4	7:30 – 8:30 p.m.	4/\$33	209006
W	Feb 11 – Mar 11	7:30 – 8:30 p.m.	5/\$41.25	209007

at Glen Pine Pavilion

Su	Jan 11 – Feb 8	12:15 – 1:45 p.m.	5/\$62	207781
Su	Feb 15 – Mar 22	12:15 – 1:45 p.m.	6/\$74.40	207782

Music: Themed Group Singing (19+ yrs)

Develop vocal techniques, harmony, and musical expression through group singing and song interpretation. Songs will cover different themes and genres of music.

at Glen Pine Pavilion

Tu	Jan 13 – Feb 10	6:15 – 7:15 p.m.	5/\$41.25	208030
Tu	Feb 17 – Mar 24	6:15 – 7:15 p.m.	6/\$49.50	208031

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	Jan 13 – Feb 10	7:30 – 8:30 p.m.	5/\$41.25	208059
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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	Jan 12 – Feb 9	7 – 8 p.m.	5/\$41.25	207930
M	Feb 23 – Mar 23	7 – 8 p.m.	5/\$41.25	207931

**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	Feb 17 – Mar 24	7:30 – 8:30 p.m.	6/\$49.50	208060
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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	Feb 1 – Feb 15	9 – 10 a.m.	3/\$45	208808
Su	Feb 1 – Feb 15	11:15 a.m. – 12:15 p.m.	3/\$45	208825
Su	Mar 8 – Mar 29	9 – 10 a.m.	4/\$60	208809
Su	Mar 8 – Mar 29	11:15 a.m. – 12:15 p.m.	4/\$60	208826

Badminton: Beginner (19+ yrs)

Learn the sport of Badminton. Lessons include game knowledge and skill development for beginner players.

at Pinetree Community Centre

Su	Jan 11	2:15 – 3:45 p.m.	1/\$15.25	208890
Su	Feb 1	2:15 – 3:45 p.m.	1/\$15.25	208891

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	Jan 14 – Feb 4	5:30 – 6:45 p.m.	4/\$50.80	209646
W	Feb 11 – Mar 11	5:30 – 6:45 p.m.	5/\$63.50	209647



Tell us how we did!

coquitlam.ca/ProgramEvaluation

Oops! We cancelled it...

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

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	Feb 8 – Mar 8	2:15 – 3:45 p.m.	4/\$61	208897
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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	Jan 12 – Feb 2	3:45 – 5:15 p.m.	4/\$61	209648
M	Feb 9 – Mar 9	3:30 – 5 p.m.	4/\$61	209649

Pickleball: Beginner (19+ yrs)

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

at Pinetree Community Centre

Sa	Jan 31	11:30 a.m. – 12:45 p.m.	1/\$12.70	208763
Sa	Feb 7	11:30 a.m. – 12:45 p.m.	1/\$12.70	208764

at Poirier Forum

Tu	Jan 13 – Feb 3	11 a.m. – 12:30 p.m.	4/\$61	208993
W	Jan 14 – Feb 4	11 a.m. – 12:30 p.m.	4/\$61	209000
Th	Jan 15 – Feb 5	11 a.m. – 12:30 p.m.	4/\$61	209010
Tu	Feb 10 – Mar 10	11 a.m. – 12:30 p.m.	5/\$76.25	208994
W	Feb 11 – Mar 11	11 a.m. – 12:30 p.m.	5/\$76.25	209001
Th	Feb 12 – Mar 12	11 a.m. – 12:30 p.m.	5/\$76.25	209011

Pickleball: Dominating the Non-Volley Zone Clinic (16+ yrs)

Master the most crucial area of the court! Through focused drills and situational play, you'll improve your dinking, volleys and decision-making at the kitchen line to gain control and put pressure on your opponents.

at Maillardville Community Centre

F	Jan 23	1:15 – 3:15 p.m.	1/\$20.30	210134
F	Feb 20	1:15 – 3:15 p.m.	1/\$20.30	210146

Pickleball: Drops, Drives and Blocks Clinic (16+ yrs)

Refine your shot-making and strategy! Practice the essential drop, drive and block shots to improve your control, decision-making and ability to stay on the attack during every rally.

at Maillardville Community Centre

F	Mar 6	1:15 – 3:15 p.m.	1/\$20.30	210151
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Pickleball: Rally Clinic (16+ yrs)

Take your rally game to the next level! Learn how to position yourself effectively, anticipate shots, and build consistency to stay in and win more rallies with confidence and control.

at Maillardville Community Centre

F	Feb 27	1:15 – 3:15 p.m.	1/\$20.30	210149
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Pickleball: Round Robin Play (16+ yrs)

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

at Maillardville Community Centre

F	Jan 9	1:15 – 4:15 p.m.	1/\$15.25	209654
F	Feb 13	1:30 – 4:30 p.m.	1/\$15.25	209655

Adapted Aqua Movement (19+ years)



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

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

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

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



Tell us how we did!

coquitlam.ca/ProgramEvaluation

Pickleball: Round Robin Play (16+ yrs)

Non-Volley Zone Round Robin. Single-day round robin play for intermediate players, facilitated by city staff.

at Maillardville Community Centre

F	Jan 16	1:15 – 4:15 p.m.	1/\$15.25	210130
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Pickleball: Serves, Returns and Blocks Clinic (16+ yrs)

Elevate your fundamentals and gain a competitive edge! Learn a variety of serve styles to keep opponents guessing, sharpen your return game, and develop reliable blocks that reset play with control and confidence.

at Maillardville Community Centre

F	Feb 6	1:15 – 3:15 p.m.	1/\$20.30	210142
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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 Centennial Activity Centre

Su	Jan 11 – Feb 1	11 a.m. – 12:30 p.m.	4/\$61	208152
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Su	Feb 15 – Mar 8	11 a.m. – 12:30 p.m.	4/\$91.50	208153
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at Maillardville Community Centre

M	Jan 12 – Feb 2	5:15 – 6:45 p.m.	4/\$61	209650
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M	Feb 9 – Mar 9	5:15 – 6:45 p.m.	4/\$61	209651
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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 Pinetree Community Centre

Sa	Feb 14 – Mar 14	11:30 a.m. – 12:45 p.m.	3/\$38.10	208756
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at Poirier Forum

W	Jan 14 – Feb 4	12:45 – 2:15 p.m.	4/\$61	209002
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W	Feb 11 – Mar 11	12:45 – 2:15 p.m.	5/\$76.25	209003
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Pickleball: Transition Zone Play Clinic (16+ yrs)

Learn how to master the mid-court! This clinic focuses on smart positioning, shot selection and movement through the transition zone. Build confidence taking control between the baseline and kitchen to turn defense into offense.

at Maillardville Community Centre

F	Jan 30	1:15 – 3:15 p.m.	1/\$20.30	210139
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Seniors Can Move (50+ yrs)

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

at Maillardville Community Centre

Tu	Jan 6 – Mar 10	10 – 11 a.m.	10/\$101.50	209690
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Tu	Jan 6 – Mar 10	11:15 a.m. – 12:15 p.m.	10/\$101.50	209691
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Volleyball: Skills and Drills (16+ yrs)

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

at Centennial Activity Centre

Su	Jan 11 – Feb 1	5:15 – 6:15 p.m.	4/\$40.60	208154
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Su	Feb 8 – Mar 8	5:15 – 6:15 p.m.	5/\$50.75	208157
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at Maillardville Community Centre

Th	Jan 15 – Feb 5	6 – 7 p.m.	4/\$40.60	209652
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Th	Feb 12 – Mar 12	6 – 7 p.m.	5/\$50.75	209653
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All Abilities Welcome!

Visit page 4 for details

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	Jan 30	2:30 – 4 p.m.	1/\$9.85	208435
F	Feb 27	2:30 – 4 p.m.	1/\$9.85	208437
F	Mar 27	2:30 – 4 p.m.	1/\$9.85	208438

Crafts: All Tied Up – Make Rope Jewelry (19+ yrs) ●▲◆

Create your own unique beautiful jewelry with just some pieces of rope and thread. You will learn to make bracelets and necklaces in two different designs by using tying, knotting and winding techniques that you can easily tweak and customize.

at Dogwood Pavilion

Tu	Feb 24 – Mar 3	6 – 8 p.m.	2/\$46.40	208984
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Crafts: Botanical Paper by Flower Pounding (19+ yrs) ●▲◆

Use botanicals to create colourful prints on paper. In this class students will learn the art of flower pounding by using a hammer to transfer a leaf or flower's image and colour onto sheets of card or paper. The finished sheets will then be used to create greeting cards, stationary or floral art.

at Dogwood Pavilion

M	Mar 2 – Mar 9	6 – 8 p.m.	2/\$46.40	208976
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Crafts: Paper Engineering for Beginners (19+ yrs) ●▲◆

Make amazing paper structures that can be used in pop-up cards or an interactive book. You will be guided from the drawing stage to folding, cutting, then to final assembly of at least two different designs.

at Dogwood Pavilion

M	Feb 2 – Feb 9	6 – 8 p.m.	2/\$46.40	208983
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Crafts: Sweetheart Skincare (19+ yrs) ●▲◆

Just in time for Valentine's! Learn to make blissful body care products: make and take home a sugar body polish, sensual body spray, French pink clay body wash and tub treats in a variety of scents and shapes. In class, choose your own signature scent for each product made.

at Glen Pine Pavilion

Th	Feb 12	6:30 – 8:30 p.m.	1/\$39.30	209466
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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	Jan 12 – Feb 9	11:45 a.m. – 1:45 p.m.	5/\$65.50	207619
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Drawing: Coloured Pencils (19+ yrs) ●▲◆

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

at Dogwood Pavilion

M	Jan 12 – Feb 9	9 – 11:30 a.m.	5/\$82	206970
M	Feb 23 – Mar 23	9 – 11:30 a.m.	5/\$82	207618



Tell us how we did!

coquitlam.ca/ProgramEvaluation



Drawing: Coloured Pencils Workshop (19+ yrs) ● ▲ ◆

Creating drawings composed entirely from coloured pencils. This workshop will teach you about undertones, colour blocking, basic shape and form, colour blending, light and shadow.

at Glen Pine Pavilion

Th	Feb 26 – Mar 5	6:30 – 8:30 p.m.	2/\$26.20	207904
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Drawing: Drawing, Design and Architecture (19+ yrs) ● ▲ ◆

Discover the intersection of art and architecture in this unique drawing class. Explore a blend of technical drawing, creative design, and artistic expression.

at Dogwood Pavilion

Th	Feb 19 – Mar 26	6 – 8 p.m.	6/\$78.60	208436
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Drawing: Figures (19+ yrs) ● ▲ ◆

This course focuses on the fundamentals of drawing figures life using dark, light and shadow to depict the human form in a variety of poses using different perspectives.

at Glen Pine Pavilion

F	Feb 20 – Mar 27	11:30 a.m. – 1:30 p.m.	6/\$78.60	207819
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Drawing: Foundations (19+ yrs) ▲

Perfect for beginners, this course introduces the basics of drawing with pencils, charcoal, and pen. Learn foundational skills such as line work, shading, perspective, and light and shadow techniques while exploring your creative potential.

at Dogwood Pavilion

Th	Jan 15 – Feb 12	6 – 8 p.m.	5/\$65.50	208434
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Drawing: Hand Lettering (19+ yrs) ● ▲ ◆

Transform words into captivating works of art! Learn the fundamentals of letterform, composition, and style.

at Glen Pine Pavilion

Th	Feb 19 – Mar 26	11:30 a.m. – 1:30 p.m.	6/\$78.60	208355
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Drawing: Intermediate (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	Feb 23 – Mar 23	11:45 a.m. – 1:45 p.m.	5/\$65.50	207620
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Drawing: Loose Landscapes (19+ yrs) ● ▲ ◆

Enjoy drawing loose landscapes using basic tools of pencils and pens.

at Glen Pine Pavilion

W	Jan 14 – Feb 11	3:30 – 5:30 p.m.	5/\$65.50	208656
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Drawing: Pen and Pencils Beginner (19+ yrs) ▲

Using the basic tools of pen and pencils to create art that combines lines, shapes and shading to bring images and objects to the page.

at Glen Pine Pavilion

Tu	Jan 13 – Feb 10	11:30 a.m. – 1 p.m.	5/\$49.25	208651
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Tu	Feb 17 – Mar 24	11:30 a.m. – 1 p.m.	6/\$59.10	208652
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Drawing: Playing with Portraits (19+ yrs) ● ▲ ◆

Enjoy drawing portraits using basic tools of pencils and pens.

at Glen Pine Pavilion

W	Feb 18 – Mar 25	3:30 – 5:30 p.m.	6/\$78.60	208657
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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	Jan 11 – Feb 8	12:15 – 1:45 p.m.	5/\$49.25	207888
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Tu	Jan 13 – Feb 10	9 – 11 a.m.	5/\$49.25	207890
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Su	Feb 15 – Mar 22	12:15 – 1:45 p.m.	6/\$59.10	207889
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Tu	Feb 17 – Mar 24	9 – 11 a.m.	6/\$59.10	207891
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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: Sketching and Drawing Workshop (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 Town Centre Park Community Centre

W	Jan 21	6:30 – 8:30 p.m.	1/\$23.20	208951
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Drawing: Still Life (19+ yrs)

This course focuses on the fundamentals of drawing still life using dark, light and shadow to create realistic images of inanimate objects.

at Glen Pine Pavilion

F	Jan 16 – Feb 13	11:30 a.m. – 1:30 p.m.	5/\$65.50	207818
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Mixed Media: Art Composition (19+ yrs)

Learn to create original compositions by combining elements from references with their own imagination. The course emphasizes selecting colour palettes, arranging shapes, and integrating aspects from multiple sources to develop cohesive and expressive artworks.

at Dogwood Pavilion

W	Jan 14 – Feb 11	9:30 – 11:30 a.m.	5/\$65.50	208971
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W	Feb 18 – Mar 25	9:30 – 11:30 a.m.	6/\$78.60	208972
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Mixed Media: Art Explorations – Learning from the Masters (19+ yrs)

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

at Dogwood Pavilion

Sa	Jan 17 – Feb 14	9:30 – 11:30 a.m.	5/\$65.50	208432
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Sa	Feb 21 – Mar 28	9:30 – 11:30 a.m.	6/\$78.60	208433
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Mixed Media: Creating a Journal (19+ yrs)

Combining drawing, collage, and writing as a tool for self-expression and stress relief.

at Glen Pine Pavilion

Th	Jan 15 – Feb 12	6:30 – 8:30 p.m.	5/\$65.50	209204
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Mixed Media: Creative Open Art Learning (19+ yrs)

With guidance, learn how to use your imagination and whatever choice of art tools you have to explore Worldbuilding and creative writing concepts to stimulate your brain to release new ideas and ways to express and record your emotions.

at Glen Pine Pavilion

Th	Jan 15 – Feb 12	9 – 11 a.m.	5/\$65.50	208350
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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.

Mixed Media: Creative Worldbuilding (19+ yrs)

Use your imagination to write, draw, doodle, sketch using whatever art tools, pens or pencils you have to experience the creative experience of Worldbuilding which is the process of exercising your mind for better mental health.

at Glen Pine Pavilion

M	Jan 12 – Jan 19	11:15 a.m. – 12:45 p.m.	2/\$19.70	208347
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M	Feb 2 – Feb 9	11:15 a.m. – 12:45 p.m.	2/\$19.70	208348
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M	Mar 2 – Mar 9	11:15 a.m. – 12:45 p.m.	2/\$19.70	208349
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Mixed Media: Persian Illustrations (19+ yrs)

Each session begins with a chosen motif, explored through hands-on exercises with symbols such as the shamsa (sunburst) or geometric patterns, creating new imagery that engages with the philosophy and symbolism of Persian art. Transform timeless patterns into fresh, colourful pieces expressing your personal vision.

at Dogwood Pavilion

Su	Jan 18 – Feb 8	11:45 a.m. – 1:45 p.m.	4/\$52.40	208915
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Su	Feb 15 – Mar 22	11:45 a.m. – 1:45 p.m.	6/\$78.60	208916
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Mixed Media: Persian Illustrations Try It (19+ yrs)

Meet the instructor and explore the world of Persian art in upcoming programs. Learn about the course, its inspirations, and enjoy a hands-on sample class experimenting with motifs, symbols, and patterns to create your own small artwork

at Dogwood Pavilion

Su	Jan 11	11:45 a.m. – 1:45 p.m.	1/\$13.10	209129
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Mixed Media: The Artist's Way Studio (19+ yrs)

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

at Dogwood Pavilion

M	Jan 12 – Feb 9	2 – 4 p.m.	5/\$65.50	208653
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M	Feb 23 – Mar 23	12 a.m. – 4 p.m.	5/\$65.50	208655
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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.

January – Portraits; February – Animals

at Glen Pine Pavilion

F	Jan 16 – Feb 13	2 – 4 p.m.	5/\$65.50	207820
F	Feb 20 – Mar 27	2 – 4 p.m.	6/\$78.60	207821

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	Jan 14 – Feb 11	12:30 – 3 p.m.	5/\$82	208425
W	Feb 18 – Mar 25	12:30 – 3 p.m.	6/\$98.40	208426

at Glen Pine Pavilion

Tu	Jan 13 – Feb 10	9 – 11:30 a.m.	5/\$82	207832
Tu	Feb 17 – Mar 24	9 – 11:30 a.m.	6/\$98.40	207833

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	Jan 15 – Feb 12	9:30 – 11:30 a.m.	5/\$65.50	208427
Th	Feb 19 – Mar 26	9:30 – 11:30 a.m.	6/\$78.60	208428

at Glen Pine Pavilion

Tu	Jan 13 – Feb 10	6:30 – 8:30 p.m.	5/\$65.50	207814
Tu	Feb 17 – Mar 24	6:30 – 8:30 p.m.	6/\$78.60	207815
Sa	Feb 21 – Mar 28	9:30 – 11:30 a.m.	6/\$78.60	207835

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 Glen Pine Pavilion

Sa	Jan 17 – Feb 14	9:30 – 11:30 a.m.	5/\$65.50	207834
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Painting: Acrylic Foundations Workshop (19+ yrs) ●

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

at Town Centre Park Community Centre

W	Jan 14	6:30 – 8:30 p.m.	1/\$23.20	208949
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Painting: Acrylic Paint Night – Snowy Mountains (19+ yrs) ● ▲ ◆

Build layers to create texture when painting snow using acrylics. Compose a snowy mountain scene on a canvas using colour techniques.

at Glen Pine Pavilion

Th	Jan 15	6:30 – 8:30 p.m.	1/\$23.20	207845
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Painting: Acrylic Paint Night – Spring Flowers (19+ yrs) ● ▲ ◆

Flowers that bloom in Spring is a wonderful subject to create on canvas because the colours in acrylics are bright, fresh and pretty.

at Glen Pine Pavilion

Th	Mar 12	6:30 – 8:30 p.m.	1/\$23.20	207846
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Painting: Acrylic Paint Night – Winter Blues (19+ yrs) ● ▲ ◆

In this creative session, we will explore the visual spectrum of blue in an ocean meets sky theme.

at Dogwood Pavilion

W	Jan 28	6 – 8 p.m.	1/\$23.20	208967
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Painting: Acrylic Paint Night – Winter Vibes (19+ yrs) ● ▲ ◆

Capture the feeling of Winter calmness using acrylics creating a cozy feeling in a piece of original art.

at Glen Pine Pavilion

Th	Feb 5	6:30 – 8:30 p.m.	1/\$23.20	210055
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Painting: Acrylic Painting Workshop – Expressionistic Florals (19+ yrs) ▲

This beginner step by step class is an excellent introduction to acrylic painting over two weeks. We will explore bright, cheery and expressive impressionistic florals in this creative class.

at Dogwood Pavilion

Tu	Feb 10 – Feb 17	6 – 8 p.m.	2/\$46.40	208974
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Painting: Acrylic Painting Workshop – Whimsical Forest (19+ yrs) ▲

This beginner step by step class is an excellent introduction to acrylic painting over two weeks. We will explore the magical enchanted world of forests with inspiration from the works of Emily Carr in this creative class.

at Dogwood Pavilion

Tu	Mar 10 – Mar 17	6 – 8 p.m.	2/\$46.40	208975
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Painting: Captivating Scenery in Watercolour

(19+ yrs) ● ▲ ◆

Wet On Dry, Wet On Wet, and Layering. Explore different painting effects with watercolour while focusing on composition and brushwork to create captivating scenery.

at Glen Pine Pavilion

W	Feb 18 – Mar 11	1–3 p.m.	4/\$52.40	207839
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Painting: Clouds in Acrylics (19+ yrs) ● ▲ ◆

Painting clouds is a fundamental skill required when creating art of landscapes. Using different brushes and colours to capture the different type of clouds seen in the sky.

at Glen Pine Pavilion

M	Mar 23	9–11 a.m.	1/\$23.20	207831
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Painting: Exploring Abstract in Acrylics (19+ yrs) ▲

This beginner step by step class is an excellent introduction to acrylic painting. Using shapes, colours, lines and textures to achieve expressive art effects.

at Glen Pine Pavilion

M	Jan 12 – Jan 19	9–11 a.m.	2/\$46.40	207822
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Painting: Expressive Roses in Acrylics (19+ yrs) ● ▲ ◆

The rose is a symbol of timeless beauty and is considered the “Queen of Flowers” so painting them in acrylics will be both expressive and impressive in this workshop.

at Glen Pine Pavilion

M	Jan 26 – Feb 2	9–11 a.m.	2/\$46.40	207823
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Painting: Ink Wash 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.

at Dogwood Pavilion

Th	Feb 12 – Feb 19	12:30 – 2:30 p.m.	2/\$46.40	208439
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Painting: Intuitive Painting to Music Workshop

(19+ yrs) ▲

This beginner step by step class is an excellent introduction to acrylic painting so you can focus on painting intuitively with the music in the background providing inspiration.

at Glen Pine Pavilion

Th	Jan 22	6:30 – 8:30 p.m.	1/\$23.20	207847
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All Abilities Welcome!

Visit page 4 for details

Painting: Journey to the East – Ink Wash Workshop

(19+ yrs) ● ▲ ◆

Traditional monochromatic art technique originating from Asia using various concentrations of black ink to create drawings of different subjects.

at Glen Pine Pavilion

Th	Jan 29	6:30 – 8:30 p.m.	1/\$23.20	207902
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Painting: Spring Daffodils in Acrylics (19+ yrs) ● ▲ ◆

Bright and cheerful Daffodils captured on an canvas in vibrant acrylics in a fun workshop.

at Glen Pine Pavilion

M	Mar 9 – Mar 16	9–11 a.m.	2/\$46.40	207830
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Painting: Spring Patio Lanterns Workshop (19+ yrs)

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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	Mar 19	6:30 – 8:30 p.m.	1/\$23.20	207850
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Painting: Trees Using a Fan Brush (19+ yrs) ● ▲ ◆

The fan brush is the perfect tool for creating texture when painting trees, bushes and grasses using acrylic paint for a natural effect.

at Glen Pine Pavilion

M	Feb 9	9–11 a.m.	1/\$23.20	207826
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Painting: Value Scale in Acrylics (19+ yrs) ●

A value scale in acrylics is a range of values, from lightest to darkest, for a single color so creating a black and white painting is key to learning how to paint.

at Glen Pine Pavilion

M	Feb 23 – Mar 2	9–11 a.m.	2/\$46.40	207828
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Painting: Watercolour Animals (19+ yrs) ● ▲ ◆

Draw and paint animals in watercolours focusing on the details that makes the animal unique and emphasizing the colours and tones that will bring them to live on paper.

at Glen Pine Pavilion

Th	Feb 19 – Mar 26	9–11 a.m.	6/\$78.60	208354
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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	Jan 13 – Feb 10	12:30 – 3 p.m.	5/\$82	207624
Tu	Feb 24 – Mar 24	12:30 – 3 p.m.	5/\$82	207627
Th	Feb 26 – Mar 26	12:30 – 3 p.m.	5/\$82	208429

at Glen Pine Pavilion

W	Jan 14 – Feb 11	11:30 a.m. – 1:30 p.m.	5/\$65.50	207900
F	Jan 16 – Feb 13	9 – 11 a.m.	5/\$65.50	207816
W	Feb 18 – Mar 25	11:30 a.m. – 1:30 p.m.	6/\$78.60	207901
F	Feb 20 – Mar 27	9 – 11 a.m.	6/\$78.60	207817

Painting: Watercolour Beginner Workshop (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 Town Centre Park Community Centre

W	Jan 28	6:30 – 8:30 p.m.	1/\$23.20	208950
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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

W	Jan 14 – Feb 11	1 – 3 p.m.	5/\$65.50	207838
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Painting: Watercolour Foundations (19+ yrs) ●

Perfect for absolute beginner, this course covers basic skills and techniques to start watercolour painting. Learn to choose the right materials and try essential skills like washes, colour mixing, and brush control.

at Dogwood Pavilion

Th	Jan 22 – Feb 5	12:30 – 3 p.m.	3/\$49.20	208431
Sa	Feb 21 – Mar 28	1 – 3 p.m.	6/\$78.60	208649

Painting: Watercolour Hearts Workshop (19+ yrs) ● ▲ ◆

Have fun with hearts in this workshop based completely on different watercolour techniques of painting hearts.

at Dogwood Pavilion

Sa	Jan 17	1 – 3 p.m.	1/\$23.20	208647
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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	Jan 13 – Feb 10	9:30 a.m. – 12 p.m.	5/\$82	207622
Tu	Feb 24 – Mar 24	9:30 a.m. – 12 p.m.	5/\$82	207623

Painting: Watercolour Landscapes (19+ yrs) ● ▲ ◆

Use watercolour paints to convey colour and tone in landscape art.

at Glen Pine Pavilion

Th	Jan 15 – Feb 12	11:30 a.m. – 1:30 p.m.	5/\$65.50	208353
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Painting: Watercolour Paint Night – Pussy Willow Branches (19+ yrs) ● ▲ ◆

Explore how to paint the delicate textures of pussy willows and their graceful branches. The focus will be on subtle colour blending, gentle brushwork and capturing softness.

at Dogwood Pavilion

W	Feb 25	6 – 8 p.m.	1/\$23.20	208969
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Painting: Watercolour Paint Night – Rainlight (19+ yrs) ● ▲ ◆

Learn to paint the soft, diffused light and subtle shifts of colour and texture on rainlight days in the springtime.

at Dogwood Pavilion

W	Mar 25	6 – 8 p.m.	1/\$23.20	208970
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Painting: Watercolour Wet on Wet (19+ yrs) ● ▲ ◆

A watercolour technique that uses wet paint against wet paint or wet paper to create random effects, soft edges and beautiful blending of colours.

at Glen Pine Pavilion

Su	Jan 11 – Feb 8	10:15 – 11:45 a.m.	5/\$49.25	207886
Su	Feb 15 – Mar 22	10:15 – 11:45 a.m.	6/\$59.10	207887

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	Feb 21 – Mar 14	12:30 – 2 p.m.	4/\$39.40	209017
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Videography Foundations (19+ yrs) ●

Learn the basics of videography with a focus on learning the basics of composition, lighting and audio along with editing. Please bring what gear you have (phone, tripod, etc).

at Dogwood Pavilion

Su	Jan 11 – Feb 8	9:15 – 11:15 a.m.	5/\$65.50	208912
Su	Feb 15 – Mar 22	9:15 – 11:15 a.m.	6/\$78.60	208914

Woodworking: Woodcarving Beginner (19+ yrs) ▲

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

at Dogwood Pavilion

W	Jan 14 – Feb 18	6 – 8 p.m.	6/\$78.60	209148
W	Feb 25 – Apr 1	6 – 8 p.m.	6/\$78.60	209149

Woodworking: Woodcarving Intermediate Lighthouses (19+ yrs) ◆

Refine your carving skills by creating a detailed lighthouse inspired by reference photos. Learn techniques for shaping, texturing, and adding fine details such as shingles, windows, and stonework, with room for your own creative design.

at Dogwood Pavilion

W	Jan 14 – Feb 18	1:30 – 3:30 p.m.	6/\$81	209150
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Woodworking: Woodcarving Intermediate Whimsical Houses (19+ yrs) ◆

Build on your carving skills by learning to carve a whimsical house, inspired by reference photos. Learn techniques for shaping, texturing, and detailing features like shingles, doors, and windows while adding your own creative touches.

at Dogwood Pavilion

W	Feb 25 – Apr 1	1:30 – 3:30 p.m.	6/\$81	209151
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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	Jan 17 – Feb 14	9:30 – 11:30 a.m.	5/\$186	209020
Sa	Jan 17 – Feb 14	12 – 2 p.m.	5/\$186	209022
Sa	Feb 21 – Mar 21	9:30 – 11:30 a.m.	5/\$186	209021
Sa	Feb 21 – Mar 21	12 – 2 p.m.	5/\$186	209023

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



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

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



Dogwood Pavilion

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

Amenities:

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



Glen Pine Pavilion

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

Amenities:

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



Dogwood Pavilion Activity Groups (50+ yrs)

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

Bocce

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

Tuesday and Friday 9:30 – 11:30 a.m.

Book Club

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

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

Bridge: Casual

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

Wednesday 12:30 – 3:30 p.m.

Bridge: Duplicate

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

Friday 1 – 4 p.m.

Bridge: Social

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

Tuesday 1 – 4 p.m.

Canadian Council of the Blind

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

Thursday 1 – 3 p.m.

Canasta

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

Wednesday 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.

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.

\$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.

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 5:30 – 8 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.

These are all *Enjoy the Journey* all-inclusive trips. Learn more at EnjoyTheJourney.ca

A Day in Victoria (50+ yrs)

Escape to Victoria for a day of charm! Wander through Cook Street Village's shops and cafes. Take time to explore historic Government Street, the Inner Harbour and many restaurants (Dutch Bakery recommended).

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

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

Additional \$36 ferry fee for 64 years and under

Activity Level: Easy

- Cook Street Village
- Restaurant Recommendations
- Victoria Free Time
- ALL MEALS ON OWN.
- Bus Ferry Fees

at Glen Pine Pavilion

W	Mar 25	6:45 a.m. – 8 p.m.	1/\$99	209271
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Annual Mystery Tour (50+ yrs)

This fun and entertaining magical mystery tour takes you to unknown destinations filled with clues, prizes, and props! A must-see attraction, it includes a great lunch and afternoon mystery stops. Use the Mystery stop clues correctly to win a variety of prizes!

Leave Glen Pine at 8:15 a.m. Estimated return at 4:45 p.m.

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

Activity Level: Easy

- Mystery Attractions
- Mystery Stops
- Lunch
- Prizes

at Glen Pine Pavilion

Th	Mar 19	8:15 a.m. – 4:45 p.m.	1/\$129	209269
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Behind the Scenes – CBC and Rogers Arena (50+ yrs)

Take part in this unique opportunity to tour a working television and radio facility, The CBC. Also see where your NHL favorite players and entertainers perform on the Rogers Arena Tour. Includes a two-course lunch at the time-honored Sylvia Hotel.

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

Leave Dogwood at 7:30 a.m. Estimated return at 5:15 p.m.

Activity Level: Moderate

- CBC Newsroom Tour
- Lunch Sylvia Hotel
- Rogers Arena Tour

at Glen Pine Pavilion

F	Feb 20	7:15 a.m. – 5:30 p.m.	1/\$139	209256
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Seniors Snowshoeing (50+ yrs)

Beginners welcome! If you can walk, you can snowshoe on this winter wonderland adventure on Cypress Mountain. Your Hollyburn trail tour will be 2 hours and be led by an experienced trail guide.

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: Moderate

- Cypress trail ticket
- Expert Cypress Mountain Guide
- Snowshoe rental
- Lunch at Hollyburn Lodge

at Glen Pine Pavilion

M	Feb 9	8:15 a.m. – 5:30 p.m.	1/\$159	209252
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Tea and Trumpets – Star-Crossed Lovers (50+ yrs)

From the opening of Prokofiev's Romeo and Juliet to selections from The Phantom of the Opera and Bernstein's West Side Story, host Christopher Gaze takes us on a journey of star-crossed lovers.

Leave Glen Pine at 9:30 a.m. Estimated return at 5:15 p.m.

Leave Dogwood at 9:45 a.m. Estimated return at 5 p.m.

Activity Level: Easy

- Star-Crossed Lovers Performance
- Orpheum Lobby Tea and Biscuits
- VSO Orchestra Level Seating
- Early Light Lunch Café Calabria

at Glen Pine Pavilion

Th	Feb 5	9:30 a.m. – 5:15 p.m.	1/\$149	209241
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Wildlife Photographer of the Year 2026 (50+ yrs)

The prestigious Wildlife Photographer of the Year exhibition is back at the Royal BC Museum in 2026 with 100 new incredible photos showcasing the best from around the world. Enjoy lunch at Steamship Grill on Victoria's Inner Harbour.

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

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

Activity Level: Easy

Additional \$36 ferry fee for 64 years and under

- Royal BC Museum Admission
- Wildlife Photographer Of The Year Exhibit
- Lunch Steamship Grill

at Glen Pine Pavilion

Tu	Mar 3	6:45 a.m. – 8 p.m.	1/\$159	209262
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Special Events

Registration opens at 8:30 a.m. on November 25 for Coquitlam residents
and at 8:30 a.m. on November 27 for non-residents.



January

14

Poirier Youth: Pop-Up Café (All Ages)

Kick off the new year with our cozy pop-up café in the Getaway Youth Centre.

at Centennial Pavilion

W Jan 14 4:30 – 6:30 p.m. 1/ **FREE** 208551

31

Lunar New Year: Year of the Horse Crafts (2 – 5 yrs)

Join us in celebrating the Lunar New Year with a fun and creative horse-themed craft session. This is an adult participation event.

at Poirier Community Centre

Sa Jan 31 1 – 1:45 p.m. 1/\$5.85 208554

20

National Penguin Day Movie and Luncheon (19+ yrs)

Movie starts at 10:45 a.m. Lunch served during a brief intermission so you can continue to eat and finish the rest of the show.

As the world around him descends into violence and chaos, a jaded teacher regains his lust for life thanks to an unlikely friendship with a penguin. Inspired by a true story.

The Penguin Lessons (2024) Rated PG-13 1 hr 51 mins Drama. Starring Steve Coogan, Jonathan Pryce, Bruno Blas.

at Glen Pine Pavilion

Tu Jan 20 10:45 a.m. – 1 p.m. 1/\$24.85 208326

February

6

Dogwood Social Evening (19+ yrs)

Come enjoy a lively evening with drinks, dinner, and live performance. Please call Dogwood Front Desk at 604-927-6098 after registering for seat selection.

at *Dogwood Pavilion*

F	Feb 6	5:30 – 9:30 p.m.	1/\$35	208673
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12

Valentine's Day Luncheon (19+ yrs)

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

at *Glen Pine Pavilion*

Th	Feb 12	11:30 a.m. – 1 p.m.	1/\$24.85	208377
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13

Poirier Youth: Candle Making Night (11 – 18 yrs) **LOW COST**

Create a beautiful wax candle that you can take home with step-by-step instructions and guidance. Light snacks will be provided.

at *Centennial Pavilion*

F	Feb 13	6 – 8 p.m.	1/\$2	208552
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14

Crafting with Cupid

Join us in creating sweet, love-themed crafts together just in time for Valentine's Day!

at *Dogwood Pavilion*

1 – 2 yrs

Sa	Feb 14	9:15 – 9:45 a.m.	1/\$4.50	208752
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3 – 5 yrs

Sa	Feb 14	10:15 – 11 a.m.	1/\$5.85	208753
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5 – 7 yrs

Sa	Feb 14	11:30 a.m. – 12:30 p.m.	1/\$7.15	208755
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15

Family Day: Arts, Crafts and Games (3 – 7 yrs)

Come together as a family and join us for art creations, crafts, games and more. This workshop is geared towards those 3-7 yrs.

at *Poirier Community Centre*

Su	Feb 15	9:30 – 11:30 a.m.	1/\$5	208751
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at *Town Centre Park Community Centre*

M	Feb 16	10:30 a.m. – 12:30 p.m.	1/\$5	208644
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16

Maillardville Celebrates Family Day (0 – 18 yrs)

Come with your family and enjoy a fun-filled afternoon doing activities. All ages can enjoy a variety of activities such as face painting, crafts, board games, active play, and more. This will be located in the Multipurpose Room 1 and 2.

at *Maillardville Community Centre*

M	Feb 16	11 a.m. – 1 p.m.	1/\$5	208909
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16

Pinetree Celebrates Family Day (0 – 18 yrs)

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

at *Pinetree Community Centre*

M	Feb 16	10 a.m. – 12 p.m.	1/\$5	208137
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17

Lunar New Year: Year of the Horse Crafts (2 – 5 yrs)

Join us in celebrating the Lunar New Year with a fun and creative horse-themed craft session. This is an adult participation event.

at *Maillardville Community Centre*

Tu	Feb 17	5:30 – 6:15 p.m.	1/\$5.85	209884
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19

Lunar New Year Luncheon (19+ yrs)

Year of the Fire Horse according to the Chinese Zodiac calendar represents high passion, boldness, and luck among the Chinese. Chinese New Year 2026 falls on February 17 and celebrations culminate with the Lantern Festival on the 15th day. Join us for a special luncheon with entertainment.

at Glen Pine Pavilion

Th Feb 19 11:30 a.m. – 1 p.m. 1/\$24.85 208384

27

Indoor Plant Swap and Talk (19+ yrs)

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

at Dogwood Pavilion

F Feb 27 1:30 – 3 p.m. 1/**FREE** 207314

Feature Weeks 2026

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

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

Stay tuned to our website and social media channels this spring for details on planned activities.

Volunteer Week | April 19 – 25

Youth Week | May 1 – 7

AccessAbility Week | May 24 – 30

Seniors Week | May 31 – June 6

Pride Month | June 1 – 30

March

4

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

Glen Pine 50plus Society hosts their Annual General Meeting.

at Glen Pine Pavilion

W Mar 4 1–3 p.m. 1/**FREE** 208172

5

International Women's Day Breakfast (19+ yrs)

Celebrate International Women's Day and join us for a continental breakfast and presentation by Willy Martin, President of the Dogwood Pavilion Seniors Society.

at Dogwood Pavilion

Th Mar 5 9:30 – 10:30 a.m. 1/\$5 207019

9

International Women's Day Movie: Barbie (19+ yrs)

Movie: Barbie

at Dogwood Pavilion

M Mar 9 1–3 p.m. 1/**FREE** 207056

14 and 18**Nowruz: Haft-Seen Egg Decorating (2 – 5 yrs)**

Celebrate the arrival of spring and the Persian New Year by decorating traditional Haft-seen eggs! This is an adult participation event.

at Maillardville Community Centre

Sa Mar 14 9 – 9:45 a.m. 1/\$5.85 210002

at Poirier Community Centre

W Mar 18 4 – 4:45 p.m. 1/\$5.85 208563

19 and 26

Spring Break Movie (4+ yrs)

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

at Glen Pine Pavilion

Th	Mar 19	10 a.m. – 12 p.m.	1/\$5	209086
Th	Mar 26	10 a.m. – 12 p.m.	1/\$5	209087

19

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

Nowruz, also known as Persian New Year, has been observed for more than 3000 years as the victory of spring over darkness.

at Glen Pine Pavilion

Th	Mar 19	11:30 a.m. – 1:30 p.m.	1/\$24.85	208386
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20

Hawaiian Hula Hour (19+ yrs)

Aloha! Get ready to hear strums, sway, and soak up the spirit in this island-themed event! Entertainment by the Tricity Strummers Ukulele Band and the Glen Pine Hawaiian Dancers. Enjoy some Hawaiian inspired refreshments, play, and make memories the lei'd back Hawaiian way. Hawaiian attire encouraged.

at Dogwood Pavilion

F	Mar 20	1:30 – 3 p.m.	1/\$10	208631
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25

Dogwood Seniors Society Annual General Meeting (19+ yrs)

Dogwood Seniors Society Annual General Meeting

at Dogwood Pavilion

W	Mar 25	2 – 4 p.m.	1/ FREE	207055
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25

Social Dance Party – Hawaiian Luau (19+ yrs)

Aloha! Come and join in an afternoon of good music, dancing and light refreshments. Dress up in bright colours, wear flowers and have a wonderful time. Photo Booth fun and special surprises.

at Glen Pine Pavilion

W	Mar 25	2:15 – 3:45 p.m.	1/\$14.60	208339
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26

Spring Break Family Art Craft Night (4+ yrs)

Bring family and friends to Glen Pine during Spring Break to enjoy a family art night together. Price includes supplies and snacks. Each person attending, registers.

at Glen Pine Pavilion

Th	Mar 26	6:30 – 8:30 p.m.	1/\$13.10	208674
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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



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YMCA.ca**



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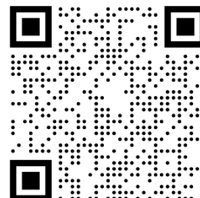
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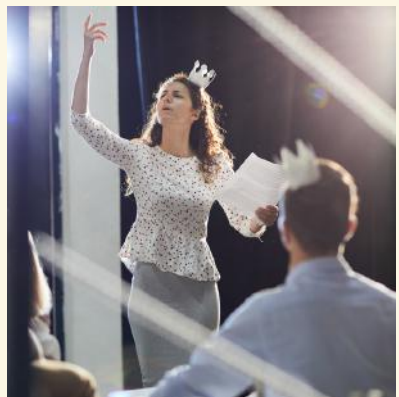
Poirier Branch
575 Poirier Street



MUSIC

DANCE

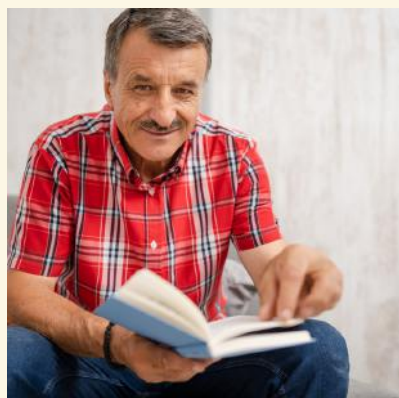
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EXHIBITS



MACKIN HOUSE

SCIFI IN COQUITLAM | TIL APR 2026

A continuation of our *Hobbies in Coquitlam* exhibit, this display will showcase vintage Sci-Fi materials from Coquitlam Heritage, community objects, and archival images.

LIFE IN A PERIOD HOME | ONGOING
COQUITLAM HAIR STORIES | TILL FEB 2026
FROM STONE TO GRAVEL TO CITY | TBA
JOURNALISM IN TOWN | TBA

COQUITLAM PUBLIC LIBRARY
GREEN CHAIN EXHIBIT | MAR 1 - 31
A LOOK AT MAILLARDVILLE | MAY 1 - 30

EVENTS



JANUARY

MASH UP: READING NIGHTS

FEBRUARY

LUNAR NEW YEAR FAMILY EVENTS
VALENTINES NIGHT
BLACK HISTORY MONTH FAMILY
EVENTS

MARCH

SENIOR IN RESIDENCE DRAWING
WORKSHOPS
SPRING BREAK CRAFT DAYS

APRIL

SPRING CRAFT SATURDAYS
PJ STORYTIME

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RICH LANDS

MUSEUM TOURS

MACKIN HOUSE TOUR
MAILLARDVILLE WALKING TOUR

VIRTUAL TOURS

MACKIN HOUSE TOUR
HOMEFRONT: WORLD WAR II
TRAIN STATION & CABOOSE
THE HISTORY OF EVERYDAY OBJECTS
FAMILY LIFE
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Coquitlam Current E-News

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

PRC E-News

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



CoquitlamConnect App

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



Public Notices

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



Social Media

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