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City of Richmond

January

Community Services e-News



Happy New Year and a warm welcome to 2024! As we embark on this new year, filled with fresh opportunities and promising beginnings, we are thrilled to kickstart your January with health and wellness activities within our Richmond community. As we move forward, prioritizing health, wellness and social connections has never been more crucial. This January, let's unite in a shared commitment to nourish our minds, bodies and spirits with new Community Services programs and activities.



January is Alzheimer's Awareness Month

Register for free workshops

Did you know that Alzheimer's disease is the most common cause of dementia? Learn more about the experiences of people living with dementia and how to keep the brain active and healthy with the following free educational workshops offered by the City of Richmond:

Holistic Health Series – Alzheimer's and Dementia Workshop

- Mon, Jan 8

[279859](#)

Brain Health and Dementia Workshop

- Tue, Jan 9

[281116](#) (Cantonese)

- Tue, Jan 9

[281120](#) (Online and Cantonese)

- Mon, Jan 22

[276685](#)

- Wed, Jan 24 (Cantonese)

[282430](#)

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Start an Active Lifestyle this 2024!

Register now for great winter programs

Discover new and fun activities this winter for you and your family. It's not too late to register for some popular winter programs including [Soccer](#) (preschoolers), [Cooking Basics](#) (children and preteens), [Drawing and Painting](#) (youth), [Floor Hockey](#) (adults) and [Ballroom Dancing - Level 1](#) (55+).

Exciting new programs are at the Richmond Cultural Centre this winter 2024. You get to enjoy activities in dance, music, arts and design, animation and pottery that will surely pique you and your family's interest. Check out our [Arts Centre Winter Guide](#).

Registration is easy:

- richmond.ca/register
- 604-276-4300, Mon-Fri, 8:30am-5:00pm
- In-person at any community facility

Beat the winter blues and register for a program today.

[LEARN MORE](#)





Sensory Friendly Swims

Join us at Minoru Centre for Active Living

Are you someone who experiences sensory sensitivity and enjoys a quiet swim once in a while? These new inclusive swims are available for individuals who are on the autism spectrum, have anxiety or sensory sensitivity and families wanting a supportive environment with reduced noise. What are some unique features of these Sensory Friendly Swims?

- no background music, noisy equipment and whistles
- a quiet room
- turning off features, noisy toys and hair dryers
- notifications to let people know what to expect when attending this session

Swims are 90 minutes on the last Sunday of each month from 8:00 to 9:30am.

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Community Services Pop Ups

Connecting people to resources and supports

On the second Thursday of each month, you are invited to drop by the Community Services Pop Ups at Brighthouse Library (7700 Minoru Gate) from 3:00 to 5:00pm to connect with community-based service providers in a safe and welcoming space. Hosted by the City of Richmond and Richmond Public Library in collaboration with community organizations, explore various services and supports available to you including assistance with navigating health and benefit systems, information about how to access affordable housing and recreation, connections to newcomer services and more.

Drop by the next Pop Up this coming Thursday, January 11.

Visit richmond.ca/Roar for available resources to support people living on low income, including up-to-date information about the Community Services Pop Ups.

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Seniors Happenings at Minoru Centre for Active Living

Try something new in 2024

There are plenty of events to attend this month at Minoru Centre for Active Living. Choose from these great programs and offerings, including:

BIRTHDAY PARTY SOCIAL - 55+

Celebrate your birthday with others born in the same month with a birthday treat and coffee or tea together. Those wanting to celebrate that aren't born in the same month are also welcome. [Register here](#) to reserve your spot.

PUZZLE SWAP - 55+

Join us on February 3 to swap, purchase and share new and used jigsaw puzzles with fellow enthusiasts. [Register here](#) for free to reserve your spot.

FIRESIDE LOUNGE- 55+

Drop in to the Fireside Lounge for fun at these live music, singing and dancing activities:

- Musical Interludes with Herb, Tuesdays, 1:30-3:00pm
- Golden Oldies Sing-A-Long, Thursdays, 1:00-2:30pm
- Minoru Jazzers, Fridays, 12:45-2:30pm

[LEARN MORE](#)

Steveston Streetscape Plan

We want to hear from you by February 4

If you spend time in Steveston Village, the City is seeking your input to the Steveston Streetscape Plan to support public enjoyment and safety in the neighbourhood. Visit [LetsTalkRichmond.ca](https://lets.talkrichmond.ca) to learn more, find pop-up booth dates and complete the online survey. Last day to provide your feedback is on Sunday, February 4.

[LEARN MORE](#)



Steveston's streetscape





Save the Date

Sleep Workshop - 55+

Thu, Jan 25, 1:30-2:30pm
Thompson Community Centre

Children's Arts Festival

Mon, Feb 19
Richmond Cultural Centre

Beaty Biodiversity Museum and Spring Program Registration

Lunch Trip - 55+

Tue, Jan 23, 9:00am-2:30pm
South Arm Community Centre

Tue, Feb 20

Online

Walk Richmond

Sat, Jan 13, 10:00am
Wed, Jan 17, 10:00am
Sat, Jan 27, 10:00am
Wed, Jan 31, 10:00am
Various locations

City of Richmond

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