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JAN / FEB

THE SCENE

A West Vancouver Seniors' Activity Centre Publication

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“Life is short.
So for heaven’s
sake, enjoy it.”

Come Home to PARC

According to Jack, there’s nowhere more like home than Westerleigh PARC, and the other residents agree, adding that Jack is a big part of what makes things so homey.

When he’s not dressing up, entertaining and cheering everyone on, he can be found at the gym, running the cribbage club, making his own custom rugs or plunking away at the piano.

Discover reasons to come home to Westerleigh PARC:
parcliving.ca/home

725–22nd Street, West Vancouver, 604.922.9888



westerleigh
parc

695 21st Street
West Vancouver, BC V7V 4A7

Phone 604-925-7280
Fax 604-925-5935
Web westvancouver.ca/seniors

HOURS OF OPERATION

Registered Programs

Monday – Thursday 8:30 a.m. – 8 p.m.
Friday – Sunday 8:30 a.m. – 4 p.m.

CAFETERIA

Hours of Operation

Monday – Friday 9 a.m. – 2 p.m.
Saturday – Sunday 10 a.m. – 2 p.m.

Dine-in Lunch Service

Monday – Sunday 11:30 a.m. – 1:30 p.m.

Take-out Food Service

Monday – Friday 9 a.m. – 2 p.m.
Saturday – Sunday 10 a.m. – 2 p.m.

SENIORS' HELPLINE 604-925-7280

Monday – Thursday 8:30 a.m. – 8 p.m.
Friday – Sunday 8:30 a.m. – 4 p.m.

Please note the following closures:

New Years Day – Sunday, January 1
Family Day – Monday, February 20

EDITORIAL

Editors Sabina Kasprzak & Michiko Araki

Advertising Sabina Kasprzak

Publisher District of West Vancouver

Print Still Creek Press

Cover photo Claudette Carracedo

ENQUIRIES & ADVERTISING

If you have any questions related to this publication or would like to advertise in *The Scene* magazine, please email Sabina at leisureguide@westvancouver.ca or call 604-925-7285.

Disclaimer:

Advertising in *The Scene* magazine does not constitute endorsement of the content by the District of West Vancouver.

RECOGNITION OF FUNDING DONORS

Your donations to the Seniors' Activity Centre make a difference to our Centre and its members—thank you for your generosity!

WELCOME TO THE SCENE

This bi-monthly publication is available in print and online.

The publication dates are: Jan/Feb, Mar/Apr, May/June, Jul/Aug, Sep/Oct, and Nov/Dec.

We also print and post online an update of events and activities happening at our Centre.

This update is called **E-news** and includes last-minute changes and information about items that have been added after *The Scene's* publishing date. E-news comes out in Feb, Apr, June, Aug, Oct, and Dec.

To receive the E-news to your email inbox sign up at the front desk or email leisureguide@westvancouver.ca.

REFUNDS *The Refund Policy also applies to course transfers*

Refunds and withdrawals will be given up to the program withdrawal deadline. No refunds will be given after the withdrawal deadline.

Registered one-time visits activities: (i.e. group fitness, yoga, cyclefit, adult sports, noon-hour hockey, and pottery studio time) To receive a refund you must withdraw online, in-person or by phone before the start of the program.

Registered Term Programs & Sessional Programs: A pro-rated refund will be given for withdrawals up to the start of the second class of the program. To receive a pro-rated refund you must withdraw in-person or by phone before the start of the second class.

Camps, Single Day Events or Workshops, Leadership Certifications, and Trips: To receive a refund you must withdraw online, in-person, or by phone more than seven (7) days before the first day of the program.

No refunds will be given for birthday parties.

No refunds will be given for Personal Training sessions but sessions may be rescheduled without charge if a minimum of 24-hours notice is given.

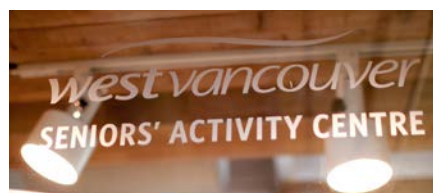
BECOME A SAC 55+ MEMBER

Purchase your annual membership today at the front desk and ask about the many benefits! Memberships are available to 55+ adults. (Cost: \$39).

Please register for all classes, workshops, and lectures.

DID YOU KNOW?

55+ adults are welcome to participate in all programs listed in the Adult 19+ section of the Leisure Guide.



Medical Refunds will be given if you are sick or unable to attend the remainder of a program or camp for medical reasons. Please contact customer service before the start of the class so another person can take your place and a pro-rated refund can be issued. No refunds will be given for individual missed classes.

Cancellation Refunds will be given for any programs cancelled by Community Services. If a class is cancelled due to inclement weather or for any other reason, you will be contacted prior to the class and a refund (full or pro-rated) will be issued. Please ensure that your account has a phone number you can be reached at, or contact customer service to update your contact information.

FitPass and Pottery Pass Refunds: A pro-rated refund will be given to annual FitPass holders after a minimum of five (5) months. No refunds will be given for one-month, three-month or 10-visit FitPasses and Pottery Passes. Medical refunds will be given if you are unable to use the remainder of your pass for medical reasons. Please contact customer service so a pro-rated refund can be issued. No extensions.

Some exceptions may occur. See your registration receipt for details.



John Watson | *Chair*

MESSAGE FROM THE ADVISORY BOARD CHAIR

I had the good fortune recently to be included on a tour of two other seniors' centres as part of the project to examine the need and feasibility of planning for the future of our Centre. One was in Vancouver, the other in Richmond. Both facilities were quite new and were co-located with community recreation centres. In each case the seniors have their own wing, forming a small component of the recreation complex.

However, while the new buildings were impressive in many ways and it would be nice to have more fresh, bright spaces for our use, I came away very grateful for what we have here at our own Seniors' Activity Centre.

For instance, both the other centres have governance and operating arrangements which are in my view more complex than ours and not focused solely on seniors. Whether starting a new program or purchasing new equipment, our operation seems less bureaucratic and more responsive to our needs. Their new facilities, while fresh, bright and shiny, seemed more institutional, whereas our spaces are warm and comfortable like a favourite pair of slippers.

I am sure my colleagues on these visits picked up many other ideas and impressions that will help us in our planning.

I hope you had a chance to spend some time with family and friends during the holiday season and I wish you and yours peace, good health, and happiness throughout 2023.

Wearing my favourite slippers,

— **John**



Alison Gelz
*Youth & Seniors'
Services Manager*



Davida Witala
*Community
Recreation
Supervisor*

MESSAGE FROM YOUTH & SENIORS' SERVICES MANAGER & THE RECREATION SUPERVISOR

Happy New Year to all our members, volunteers, and guests of the Centre. We warmly welcome you back after the holiday season and look forward to seeing you in many of our new and current programs.

Are you a new member to the Centre? If so, please join us for a New Member Welcome Tea on January 24 at 1:30 p.m. in the Fireside Coffee Bar & Lounge Living Room. This will be an opportunity to connect with a facility host, talk about our programs and services, and meet new friends.

Additionally, watch for our updated Shuttle Bus Schedule to assist you in getting to and from the Centre. Hop on or off at many of our stops along the way!

Lastly, the Garden Side Café has an amazing new year menu planned for both dine-in and take-out meals, soups, sandwiches, salads, desserts, and more. Invite your friends and family.

We look forward to seeing you at the Seniors' Activity Centre!

— **Alison & Davida**

OUR PROGRAM & ASSISTANT PROGRAM COORDINATORS



VOLUNTEERS

Sandy Yen

*District-wide Volunteer Services
Program Coordinator (Temporary)*

604-913-2703
volunteer@westvancouver.ca



VOLUNTEERS

Crystal Lan

*SAC Volunteer Services
Assistant Program Coordinator*

604-925-7288
scvolunteers@westvancouver.ca



SHUTTLE BUS, TRIPS, ARTS & SPORTS PROGRAMS

Caroline Brandson

SAC Program Coordinator

604-925-7230
cbrandson@westvancouver.ca



SPECIAL EVENTS, MUSIC, DANCE, GAMES & ADULT LEARNING

Mary de Vries

SAC Program Coordinator

604-925-7287
mdevries@westvancouver.ca



SENIORS' OUTREACH

Stephanie Jordan

SAC Program Coordinator

604-925-7211
sjordan@westvancouver.ca



SENIORS' OUTREACH & KEEPING CONNECTED PROGRAMS

Hannah Rennie

*SAC Assistant
Program Coordinator*

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hrennie@westvancouver.ca



HEALTH, FITNESS & REHABILITATION

Sarah Wheatley

SAC Program Coordinator

604-925-7231
swheatley@westvancouver.ca



SENIORS' OUTREACH & FEED THE NEED MEAL DELIVERY

*SAC Assistant Program
Coordinator*

Kieran McBride

604-925-7281
kmcbride@westvancouver.ca



FOOD SERVICES & GARDEN SIDE CAFE

Lou Novosad

*SAC Food Services
Program Coordinator*

604 925-7122
Inovosad@westvancouver.ca



SUBSCRIBE TO RECEIVE THE BI-MONTHLY SENIORS' ACTIVITY CENTRE E-NEWS!

The SAC E-news includes last-minute changes and information about various items including programs and events that have been added after The Scene magazine's publishing date. The E-news is sent out electronically in February, April, June, August, October, and December.

To receive the E-news directly to your email inbox, please sign up at the SAC front desk or visit westvancouverrec.ca/connect to subscribe.

VOLUNTEERS

Stay active and make a positive impact on your community

Thanks to all the volunteers who provide services to seniors and people in need in our community. We would not be able to provide the amazing services that we currently offer to our community without your help. Join our team of dedicated volunteers today!

All volunteers at the Seniors' Activity Centre will need to first complete the District's Volunteer Orientation process. If you are volunteering with us, and suddenly cannot make your shift, please call Volunteer Services at 604-925-7288, or text 604-202-8694, or call the Seniors' Activity Centre during office hours at 604-925-7280.

If you wish to volunteer or learn more about the available roles, email us your availability during the week to scvolunteers@westvancouver.ca or call **604-925-7288**.

DRIVERS NEEDED

Are you able to drive? Would you be willing to drive seniors to medical appointments, or make sure they receive their meals? Class 5 (regular) and Class 4 unrestricted (bus) volunteer drivers are welcome. Please send your availability and a copy of your driver's license and driver's abstract to scvolunteers@westvancouver.ca.



VOLUNTEERS - SUBSTITUTES NEEDED IN ALL ROLES

Learn something new and give back by volunteering at the Seniors' Activity Centre today! Training is provided and shift times are consistent Monday through Sunday. If interested, please send your availability during the week and contact information to scvolunteers@westvancouver.ca

MORNINGS

- **Baker's Support** - 8 to 10:30 a.m.
- **Opener** - 8 to 11 a.m.
- **Food Packers** - 8:30 to 11 a.m.
- **Delivery Team** - 9:30 a.m. to 12:30 p.m.
- **Front Desk** - 8:30 to 11:30 a.m.
- **Cashier** - 8:45 to 11:30 a.m.

MID-DAY AND AFTERNOONS

- **Bussers** - 11 a.m. to 2 p.m., 10 a.m. to 12 p.m., or 12 p.m. to 2 p.m.
- **Barista** - 11 a.m. to 1:30 p.m. and 1:30 to 3:30 p.m.
- **Servers** - 11 a.m. to 2 p.m.
- **Front Desk** - 11:30 a.m. to 2:30 p.m.
- **Closer** - 12:30 to 2:30 p.m.

DINNER SERVICE VOLUNTEERS NEEDED

Help us bring back dinners!

- **Dishwasher Assistants** - 5:30 to 7:30 p.m.
- **Servers** - 4 to 7:30 p.m.
- **Bussers** - 5 to 7:15 p.m.
- **Bartenders** - 4 to 7:30 p.m.
*must have valid *Serving It Right* certification

VOLUNTEER ORIENTATION

If you are interested in joining our volunteer team, please ensure you have a BC Care Card or BC Services Card with a Personal Health Number and proof of vaccination against Covid-19 before signing up for an upcoming Adult Volunteer Online Orientation.

To sign up for the online volunteer orientation visit westvancouverrec.ca/volunteer and follow the links in the 'Next Steps' sidebar, or call 604-925-7280.

Within a few days of signing up you will receive a receipt with a link to an application form and a 30-minute information video with ten questions to answer at the end. Once completed, we will send you a welcome email with more information regarding next steps, including further training, a meeting, and a Police Information Check.



KEEP AN EYE OUT FOR FUTURE REGISTRATION DATES

Please check our website for upcoming registration dates at westvancouverrec.ca/registration, to make sure that you don't miss out on booking in a spot in your favourite classes.

Registration for Winter programs started on December 7.

Please visit westvancouverrec.ca to check for any available spots.

GARDEN SIDE CAFÉ

Dine-In Lunch Service

Hot lunch service is available Monday to Sunday from 11:30 a.m. to 1:30 p.m.

Indoor dining is available Monday to Friday from 9 a.m. to 2 p.m. and on weekends from 10 a.m. to 2 p.m.

**Dinner service is currently not operating. We plan to resume in the near future.*

Take-out Food Service

The take-out food and delivery service will continue during operating hours.

Monday – Friday 9 a.m. – 2 p.m.
Saturday – Sunday 10 a.m. – 2 p.m.

For food delivery call **604-925-7280** to place your order. (Minimum \$25 purchase on deliveries). Deliveries occur on Tuesdays, Thursdays and Saturdays. Orders must be placed by 10 a.m. for same day delivery.

Please refer to the special take-out menu posted on westvancouver.ca/seniors before you place your order. Menus are updated daily.

WAYS TO DONATE TO THE SAC

Did you know you can donate to these important funds? For more information, call 604-925-7280.

- **Feed The Need** – supports meals for vulnerable seniors in the local community
- **Shuttle Bus** – supports the operation of the SAC Shuttle bus which runs 100% on donations, sponsorship, and grants
- **Keeping Connected** – supports dementia-friendly programs, social supports, and aging-in-place initiatives
- **General Fundraising** – supports a variety of needs that directly benefit SAC members

PLANNED GIVING

Consider leaving a gift in your will to the Seniors' Activity Centre.

Tax Receipts: donations over \$25 will receive an official donation receipt (Tax # 121 453 963 RR0001).

Seniors' Activity Centre SHUTTLE BUS

New Timing And Route Starting In January

The bus will no longer be stopping in the alley between 17th and 16th streets, and will only stop at Park Royal Towers by request. The bus will be driving by Amica Lions Gate regularly for pick-ups.

The service operates on Tuesdays, Thursdays, and Saturdays from 9 a.m. to 3:45 p.m.

A contribution of \$3 per person for each pick-up is recommended.

This SAC Shuttle Service is brought to you through a variety of community partners and donations. To help support the shuttle bus, donations can be made by calling 604-925-7280.

For the latest shuttle bus route visit westvancouver.ca/seniors, or request a shuttle bus brochure at the Seniors' Activity Centre front desk.



JOIN US FOR OUR NEW MEMBER WELCOME TEA!

Are you a new member to the Seniors' Activity Centre? We would like to invite you for afternoon tea to welcome you to the Centre. Join one of our Advisory Board hosts for a facility tour and an opportunity to discuss programs and services available to you. Bring a friend or a potential new member that may be interested in joining too! This will be a fun and social time together. We want to welcome you!

Wed, Jan 24
1:30 – 2:30 p.m.
Fireside Lounge Living Room
Free (please register)

137209



Fireside Lounge & Coffee bar

Open Monday – Saturday 9 a.m. – 1 p.m. Stop by for a specialty coffee drink (cappuccino, americano, latte, espresso, and more!) and check out the new state of the art coffee bar barista machine. We brew the premium Lavazza Super Crema whole coffee bean that offers a superior, thick rich crema with every single beverage. Relax in the adjacent lounge and connect with friends!



REGISTERED PROGRAMS

For refund policy see page 3 of *The Scene*. For a complete list of programs, visit westvancouverrec.ca.

For an up-to-date list of adult 55+ programs please visit westvancouverrec.ca

ARTS

ARTS GENERAL

Stained Glass: Studio Time

Enjoy some studio time to work on your glass designs! No instruction. Bring your own equipment and supplies. *Leader: June C.*

Wed
Jan 4 - Mar 8 12:30 - 3:30 p.m.
134756 \$41

DRAWING & PAINTING

Painting Studio Time (Whole Set)

Enjoy some quality time with friends, learning from others and honing your painting skills!

Mon
Jan 9 - Mar 20 \$25
134761 9 a.m. - 12 p.m.

134763 12:30 - 3:30 p.m.

Tue
Jan 3 - Mar 21 9 a.m. - 12 p.m.
134764 \$30

Wed
Jan 4 - Mar 22 12:30 - 3:30 p.m.
134765 \$30

Pen & Coloured Pencil Card Making with Joanne Waters

Learn how to sketch and blend with coloured pencil and pen or improve your coloured pencil flora and fauna pictures with Joanne!

Wed
Jan 4 - Mar 22 9 a.m. - 12 p.m.
134557 \$204

Drawing with Aileen

Explore experimental and traditional practices on line drawing, value, perspective, proportion, positive and negative space, the human portrait, and figure. Work with different techniques, materials, and approaches to drawing. No background in drawing is required.

Fri
Jan 20 - Mar 24 12:30 - 2:30 p.m.
134150 \$210

Painting with James

Create appealing paintings using acrylics, oils, or watercolours and learn about composition, perspective, and get assistance with colour-mixing.

Thu
Jan 5 - Mar 23 9 a.m. - 12 p.m.
135547 \$54

Watercolour with Lynn

Paint nature's inspirations. After selecting a subject, design your work of art using compositional considerations, perspective, and colour theory. Materials provided. *Tuesday's class is for those with less painting experience, and Thursday's class is for those with watercolour painting experience.*

Tue
Jan 17 - Mar 21 12:30 - 3:30 p.m.
135548 \$250

Thu
Jan 19 - Mar 23 12:30 - 3:30 p.m.
135549 \$250



FABRIC ARTS

Learn to Crochet

Learn how to stitch a chain, single crochet, and double crochet! Learn how to make your own shawl and progress to making toys and other fun things. Cost includes supplies.

Mon
Jan 9 - Mar 20 9 a.m. - 12 p.m.
134556 \$120

Knitting

All tangled up? If you need a hand with your knitting project, Shirley is here to help. All are welcome to our group of friendly, funny, happy ladies. Come with your ideas, needles, and wool or we can help you choose a project. Beginners welcome.

Tue
Jan 3 - Mar 21 9 a.m. - 12 p.m.
135552 \$30

Studio Time

Bring your own project to work on in a social setting. No instructor, but we love to share ideas.

Tue
Jan 3 - Mar 21 12:30 - 3:30 p.m.
135553 \$30

Learn to Knit

Are you a little rusty or have always wanted to learn to knit? Join Shirley on Wednesday mornings! Knitting is great for the brain and fingers. This time slot was formerly the Wednesday Craft Group and anyone still wishing to create crafts for the Centre is welcome to join.

Wed
Jan 4 - Mar 22 9 a.m. - 12 p.m.
135556 \$30

Quilting Studio Time

Work on your quilt, swap ideas, and ask questions.

Wed
Jan 4 - Mar 22 12:30 - 3:30 p.m.
135585 \$30

Friday Craft Studio Time

Who knew quilting would be 'sew' much fun! If you can hand or machine sew, you'll be able to quilt. We need volunteers so hope you can join us soon! Do you need a quilt? We will hand-quilt one for you at a reasonable price. All proceeds go to the Seniors' Activity Centre.

Fri
Jan 6 - Mar 24 9 a.m. - 12 p.m.
135579 Free (please register)

Open Studio Workshop

This is a supervised intergenerational open studio time. Anyone under 18 years will need an adult to supervise them. Bring a project to work on, or come in to fix something in our amazing Fabric Arts Room. Supervisor on hand to answer questions.

Sat
10 a.m. - 2 p.m.
Drop-in \$2.50

MUSIC

Singing For Joy

Experience the joy of singing in a safe and relaxed environment! Learn fundamental vocal technique, breath support, explore a variety of vocal styles, and sing uplifting songs in a supportive group setting. Participants will be welcomed to explore a solo performance if they wish.

Wed
Jan 4 - Mar 22 1:30 - 2:30 p.m.
134508 \$185

Ukuleles with JR Intermediate

Know a dozen chords, a few songs and like to sing? Join us for a fun and inspiring hour as we explore a wide range of song styles with strumming, fingerpicking and of course sing.

Instructor: J.R. Kline

Tue
Jan 10 - Mar 14 11:30 a.m. - 12:30 p.m.
134509 \$113.50

Ukulele Advanced

Know a dozen chords, a few songs and like to sing? Then this class is definitely for you. The instructor leads the class through a wide range of song styles with strumming, fingerpicking and of course your voice. Join us for a fun and inspiring hour. *Instructor: Corinne*

Wed
Jan 4 - Mar 22 11:30 a.m. - 12:30 p.m.
135347 \$135.70

Heritage Choir

Big news! The Heritage Choir is opening its new season with a brand new Choir Director. A well known singer and renowned vocal coach, our new Choir Director is committed to offer a diverse choral repertoire, strong vocal technique, and take the Heritage Choir to new heights. So sopranos, altos, tenors and basses, come join our dynamic choir community, make new friends and get back into the joy of choral singing.

Tue
Jan 10 - Mar 7 1 - 3 p.m.
134506 (In-Person) \$90

134507 (Virtual) \$90

Recorders Intermediate

Are you already familiar with the recorder (soprano, alto, tenor, and bass) and looking to hone your skills? Join our informal friendly early music ensemble! No Class Mon Feb 20. *Leader: Steve R.*

Mon
Jan 2 - Mar 20 10:30 a.m. - 12 p.m.
134510 \$28

Recorders Advanced

Have fun while practicing your talents with others! Players must have some experience. *Leader: Steve R.*

Thu
Jan 5 - Mar 23 10:30 a.m. - 12 p.m.
134511 \$34

Jazz Jam

Do you enjoy making music? Drop in for some low-key individual improvisations to jazz tunes and have fun playing jazz standards! You must be competent playing a jazz musical instrument and have some familiarity with jazz concepts. No instructor.

Sat
Jan 7 - Mar 25 10:30 a.m. - 12:30 p.m.
Drop-in (member) \$2.75

134908 Jan 7

134909 Jan 14

134910 Jan 21

134911 Jan 28

134912 Feb 4

134913 Feb 11

134914 Feb 18

134915 Feb 25

Dundarave Players

If you play an instrument and have a song to sing, let's band together for spring! As the group expands, lead guitar, rhythm guitar, ukulele, bass and keyboard players are encouraged to join. No instructor. Music and chords provided. New participants please contact mdevries@westvancouver.ca prior to registration.

Tue
Jan 3 - Mar 21 9:15 - 11:15 a.m.
134488 \$34

The Blueweed Band

Join us if you can play guitar (slide, electric, or acoustic), keyboard, ukulele, banjo, fiddle, bass (electric or acoustic), harmonica or mandolin at an intermediate level. Singers also welcome. We will focus on country and western, bluegrass, folk, and blues.

New? Before registering, contact mdevries@westvancouver.ca.

Thu
Jan 5 - Mar 23 9:15 - 10:15 a.m.
135772 \$34

DANCE

Line Dancing

Come join the fun and learn different dance moves to a variety of music, from "Sweet Caroline" to "Cake by the Ocean". Line dancing is good for your brain, memory, and balance!

Mon
Jan 2 - Mar 20 \$45.50

Beginners

134471 2:15 - 3:15 p.m.

134472 6:15 - 7:15 p.m.

Improved/Intermediate

No beginners please, some experience needed.

134470 1 - 2 p.m.

Scottish Country Dance Beginner Intermediate

Explore the world of Scottish Country Dance! Learn basic steps and more intricate dances as the class progresses. Beginners and experienced dancers welcome!

Instructor: Louise M.

Tue
Jan 3 - Mar 21 1 - 3 p.m.
134474 \$74

Scottish Country Dance Intermediate

Explore the world of Scottish Country Dance! Learn basic steps and more intricate dances as the class progresses. Beginners and experienced dancers welcome!

Instructor: Louise M.

Fri
Jan 6 - Mar 24 10:30 a.m. - 12:30 p.m.
134473 \$74

NEW Let's Salsa!

Come and enjoy yourself with some Salsa moves to improve your fitness level, balance, and core strength. You will learn gentle, easy, authentic salsa movements which are specifically designed for solo practice. Join in with others looking for a fun and elegant way to move to lively Latin dance tunes without the

stress of a high intensity workout.

Instructor: Takako

Fri
Jan 6 - Feb 10 2:15 - 3:15 p.m.
135002 \$90

Fri
Feb 17 - Mar 24 2:15 - 3:15 p.m.
126146 \$90

Evening Dance

Dust off your dancing shoes and break out those ballroom moves with the music of our magnificent live bands. Members, singles, and non-members are encouraged to attend. Cash bar in effect. Doors open at 5:30 p.m.

Thin Red Line

Thu
Jan 26 6:30 - 9:30 p.m.
134946 \$15

The Sax of Us

Thu
Mar 23 6:30 - 9:30 p.m.
134974 \$15

WOODWORKING

Woodworking: Level 1 Beginners

Get introduced to woodworking tools, with special emphasis on power tools and how to use them safely. If you haven't worked with tools before, this class is a prerequisite for all woodworking classes. No registrations after first class; lessons are cumulative. Supply cost included.

Wed
Jan 4 - Mar 22 9 a.m. - 12 p.m.
135646 \$75



For a complete list of programs, visit westvancouverrec.ca

Woodworking

Level 2 Intermediate

Bring your woodworking venture to life! Prerequisites: Woodworking Beginners, or experience in woodworking. If you have never been to any classes at the Centre and have experience, register in this class to be observed and assessed. Projects can't be stored.

Mon
Jan 9 - Mar 20 9 a.m. - 12 p.m.
135644 \$62.50

Fri
Jan 6 - Mar 17 9 a.m. - 12 p.m.
135645 \$68.75

Woodworking Level 3 Advanced

Bring your woodworking venture to life! You must be able to work mainly on your own with minimal assistance. Projects must return home with participants after each class due to lack of storage space.

Mon
Jan 9 - Mar 20 1 - 4 p.m.
135647 \$62.50

Tue
Jan 3 - Mar 21 9 a.m. - 12 p.m.
135648 \$75

Wed
Jan 4 - Mar 22 1 - 4 p.m.
135649 \$75

Fri
Jan 6 - Mar 24 1 - 4 p.m.
135650 \$75

Woodworking: Women's Session

Join other women for a fun and informative class! Bring your own project and wood. Prerequisite: Woodworking Beginners and Waiver form. *Instructors: Peter, Margaret, and Bruce.*

Tue
Jan 3 - Mar 21 1 - 4 p.m.
135651 \$75



We're *welcoming* a new look.

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Retirement Living



ALL ABOARD!

by Chris Inouye

Come ride with us! The Seniors' Activity Centre (SAC) Shuttle Bus can bring you to the Centre for volunteer shifts, art classes, a swim, a gym workout, rehab studio classes, or just to have a coffee and relax. If you have a doctor or dentist appointment, a bank or post office run to make, the shuttle can get you there!

On a rainy Thursday morning, the shuttle arrived at the bus shelter at the main entrance of the SAC precisely on schedule with Wayne behind the wheel. On the eastbound loop from the SAC to Dundarave and back, three of the five passengers were, by coincidence, named Carol, Carole and Carrol. They live at Kiwanis Manor and usually use the shuttle service to go to Dundarave, Park Royal, or Ambleside Village. They love riding the shuttle on Thursdays because they know that Wayne drives on that day.

Wayne says that he considers his riders more family than passengers. This sentiment shows in his caring

manner and the warm camaraderie that can be felt on the shuttle drives he's been doing for the past 11 years. Driving for HandiDART and the shuttle bus comprised his full-time job in years past. Wayne said that his riders are mainly in their 70s, 80s and 90s; most passengers use the service for shopping trips, and most are women.

One day, two regular riders boarded the shuttle bus at Park Royal South and playfully told Wayne that they had picked up five guys. It turned out that there were no actual men involved and the women had enjoyed Five Guys hamburgers for lunch. As you can see, riding the shuttle bus offers more than a way to get where you need to go, it's a great place to socialize and maybe share some belly laughs as well!

In addition to Wayne, Jim, David, Dave, Jeff, Slaker, and Gary share the driver's seat.

No matter when you hop on the shuttle, you'll be in good hands with these dedicated and amiable drivers.

January Schedule & Route Changes

The shuttle operates on Tuesdays, Thursdays, and Saturdays on a hop-on, hop-off basis. There are designated stops along the route, but passengers can be picked up and dropped off within a few blocks of the route. The recommended contribution is \$3 per person for each pickup (round-trip).

Starting on the first Tuesday in January, the shuttle schedule and route will change a bit.

Route times have been adjusted for greater consistency. The route will start at 9 a.m. rather than 8:45 a.m. and there will be a 45-minute break in the middle of the day rather than 15-minute breaks in the morning and in the afternoon. This will allow drivers to have 45 minutes to refuel midday and will allow for consistency in pick-up times. For example, Fresh Street Market pick-ups will take place at 9:07, 10:07 and 11:07 in the morning and 12:52, 1:52 and 2:52 in the afternoon.

The shuttle route has been revised as well. For example, it will now stop at Amica Lion's Gate on Keith Road and will no longer be going through Park Royal Towers unless a pick-up or drop-off is requested, and will no longer run through the alley at Hollyburn Medical Building.

The SAC Shuttle Bus service is brought to you by Amica at West Vancouver, West Vancouver Community Foundation, Kiwanis, Building Connections Fund, and private donors.

For more information and to view the full schedule, visit westvancouver.ca/seniors and scroll down to Shuttle Bus. Or pick up a schedule at the SAC Front Desk.

CAFÉ KINDNESS

by Chris Inouye



Photo credit: Larry Olkovic

You're in the lunch line at the Garden Side Café and there's a holdup ahead. Someone at the cash desk cannot find their membership card. Do you sigh in exasperation and roll your eyes in annoyance? Or perhaps you choose to take a breath, smile, and focus on something else?

We've all had days when we don't have enough cash for a transaction or can't remember our four digit PIN. So, when impatience threatens, take a deep, cleansing breath, try to accept the situation, look at the big picture, and practice kindness.

Perhaps consider that we don't know what that person may be going through. What is happening

physically, emotionally, or cognitively may be putting some extra stress on your fellow Seniors' Activity Centre member.

Kindness is good for us as it increases self-esteem, empathy, and compassion. It improves mood and decreases blood pressure, boosts levels of serotonin and dopamine in the brain, which heighten our sense of well-being and satisfaction. Practicing kindness is contagious, and it's the right thing to do.

*No act of kindness,
no matter how small,
is ever wasted.* - Aesop



SACS ON 21ST

Your favourite little shop inside the Seniors' Activity Centre (SAC) is a collection of your generous donations with all sale proceeds going to the SAC. The shop is open Monday to Saturday from 10 a.m. to 3 p.m.

We welcome donations of gently used home décor items, china, pictures, children's toys and books, jewelry, and small furniture.

Your treasures can be dropped off at the centre Monday through Saturday from 8:30 a.m. to 4 p.m. We can also assist with downsizing and pick-up of small furniture.

Thank you for your ongoing support.

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KEEP ON MOVING

Photo credit: Claudette Carracedo

By Chris Inouye

Want to keep your heart healthy, build better bones, or get fit following a joint replacement? If so, you might want to check out the bright new Frank Kurucz Rehabilitation Studio located next to the Seniors' Activity Centre (SAC) front desk. The studio had a soft opening in July 2022, allowing staff to start classes, get a feeling for the space, the equipment, and the overall flow of the room. This inviting space was well received by personal trainers and participants alike. A small official opening and ribbon-cutting ceremony was held on September 8, 2022, with Mayor Booth and Tom Kurucz, Frank's son, and family in attendance. Frank's legacy fund, established by his family in 2020 to support health and wellness initiatives, helped to make this new studio possible.

The **Rehab Studio** is approximately 1,000 square feet in size and consists of cardiovascular machines such as treadmills and stationary bikes, a balance station, benches for strength and stretch exercises, and a functional training space. The cardio machines are essential for warm-up and cool-down and provide variety in the exercise regimen. The ground floor location and proximity to the Blue Bus stop, the SAC shuttle bus loop as well as the SAC drop-off zone provide easy access for program participants.

The room was designed to be bright, reflective, open, and importantly, to have good air circulation. Mirrors support posture checks, proper body positioning, and exercise technique. State-of-the-art LED lighting was installed, with dimmer switches to

adjust to programming needs. For example, softer lighting is used during stretching and relaxation. Rubber flooring was selected for safety and stability. The blue flooring is durable, bright, and does not present as dark shadows or holes in the floor which makes it dementia-friendly.

*Start where you are.
Use what you have.
Do what you can.*

– Arthur Ashe



Photo credit: Larry Olkovic

Programming

As the new SAC Health, Fitness & Rehabilitation Program Coordinator, **Sarah Wheatley** is responsible for all group fitness classes for those 55+ and for active rehab programs. She heads a team of six staff members who run group fitness classes and eight trainers who work in active rehab.

Originally from Toronto, Sarah grew up doing gymnastics and was a decorated member of the Canadian national team. She has a kinesiology degree from the University of Toronto and as a kinesiologist has worked with people experiencing chronic pain, obesity, diabetes, and cancer. Sarah moved to Vancouver five years ago to enjoy a more active lifestyle and has been with the District of West Vancouver since 2019.

Sarah stresses the importance of regular physical activity as it has benefits that go beyond the physical; regular physical activity has been shown to improve cognitive health, increase socialization and improve balance—all key to quality of life, particularly as we get older.

Group classes are offered Monday through Friday from 8 a.m. to 4:30 p.m. Offerings include FAME (Fitness and Mobility Exercises) for Stroke, Healthy Hearts, Better Bones, Women on Weights, Parkinson's, and Joint Replacement.

One program that the SAC is particularly proud to offer is **GLA:D®** which stands for **Good Life with osteoArthritis: Denmark** and deals with management of hip and knee osteoarthritis (OA) by making

exercise a regular part of one's lifestyle. It is a highly touted research-based program developed in Denmark to help manage the pain and loss of function associated with OA. It pairs education with exercise, explaining how exercise can help to manage OA while debunking myths about pain.

Personal Trainers

If you pass by the rehab studio on Mondays, Wednesdays, or Fridays, you are likely to see **Ensieh Rastegar** hard at work with her clients in joint replacement classes. For these classes, Ensieh first assesses her clients and then creates a personalized exercise program for each one. She has been a personal trainer with the West Vancouver Recreation since February 2007 and teaches classes on chronic lower back pain as well as pre and post-op joint replacement. In her spare time, Ensieh can be found hiking, skiing, snowshoeing, and dancing.

Ensieh loves to watch the magic of the human body as her clients progress and reach their goals, whatever they may be.

The new rehab studio makes it all possible as it is completely dedicated to group rehab and prehab.



Photo credit: Claudette Carracedo

The Clients

We visited one of Ensieh's Joint Replacement classes and talked to a few of the participants. With acute osteoarthritis in both hips, Jim has undergone two surgeries in the past year and a half and is working hard to keep physically active. He began class on the Nustep which is a seated elliptical machine that looks like a fancy bicycle, then moved to the Shuttle 2000 which is used to strengthen knees and hips. Jim calls his exercises on the Shuttle "lying down squats". Watching him power through these "lying down squats", it was hard to believe that Jim had a hip replaced just four months ago.

Derek had knee replacement surgery a year and a half ago and following the procedure the folks at Lion's Gate Hospital recommended the rehab studio to him. Derek's regimen included brisk walking on the treadmill as well as a workout on the Shuttle 2000. He attends Ensieh's joint replacement classes on Mondays and Wednesdays.

Having had both knees replaced, **Gary** comes to the rehab studio twice a week in addition to seeing his physiotherapist. He learned about the studio after his wife had hip replacement surgery. Using the machines, having access to Ensieh's specialized advice, and the low cost

are all great incentives. Gary is obviously dedicated to maintaining his fitness level.

Why choose the Frank Kurucz Rehab Studio?

The Frank Kurucz Rehabilitation Studio is unique in that it offers group rather than individual rehab classes. Active rehab is typically done one-on-one in a private setting. **Group rehabilitation** has important advantages to one-on-one rehab as it promotes socialization, improves retention, boosts mood, encourages social connections, minimizes cost, and offers accessibility. These are all terrific reasons to stop by and check out the studio.

To find out more about programs or if you have any questions, contact Sarah at 604-925-7231.

"It does not matter how slowly you go as long as you do not stop."

- Confucius



Photo credit: Larry Olkovick

FRANK KURUCZ: A COMMUNITY ICON

By *Chris Inouye*

"After building a reputation in recreation he was hired by the District of West Vancouver as a Recreation Manager, and eventually as the Director of Parks and Recreation, the position he retired from in 1989. He was most proud of the creation of the new West Vancouver Aquatic Centre and Seniors' Activity Centre during his tenure."



Frank was one of the most influential voices in West Vancouver when it came to physical activity. He created men's fitness and running programs for Capilano Golf Club; the Fit Fellas exercise program at the West Vancouver Community Centre, and he co-created the infamous Nomads running group who, under his leadership became a tight knit group of friends who enjoyed practical jokes and weekly breakfast as much as running. Frank lived and breathed exercise, activity, community involvement, and leadership, still giving back to the community in his 80's by leading walking groups and encouraging his neighbours to stay active. He was recognized for his many contributions over the years by receiving the BC Recreation and Parks Association Award of Merit, the West Vancouver Citizen of the Year Award, and the North Shore Sport Award for Community Leadership, to name a few.

Frank will always be remembered as an ambassador for healthy living, a determined and accomplished runner, leader, and friend to many." westvanfoundation.ca/give/donate-fund/frank-kurucz-legacy-fund/



HOT TOPICS WITH WEST VANCOUVER FIRE & RESCUE

By *Jeremy Calder, Assistant Chief of Fire Prevention*

Batteries can and should be recycled. Here's why:

- Battery recycling keeps harmful materials out of the landfill
- Used batteries that end up in your community's landfill can contain toxic materials that may harm wildlife and the environment.
- Battery recycling helps keep people and property safe
- Responsible battery recycling practices ensure batteries are handled in a way that reduces potential fire hazards
- Battery recycling supports sustainability

Materials reclaimed from recycled batteries can be used to make new products.

About Call2Recycle

Call2Recycle is our provincially regulated, not-for-profit battery recycling program dedicated to the safe collection and recycling of used batteries.

COLLECT

Keep batteries out of landfills

- Damaged, Defective or Recalled (DDR) batteries can never be placed in our regular boxes and require special handling.
- Avoid placing loose batteries in drawers or containers that contain other metal objects such as coins, paper clips, or screws.
- Use a non-metal container to collect your batteries, such as an old yogurt container, milk jug, or plastic storage bin.

PROTECT

Safely store your batteries by keeping them cool and preventing sparks

- Store your container of batteries in a cool, dry place. Room temperature is fine, but avoid direct sunlight or extreme heat. Incidents can occur when batteries (or the devices they power) are exposed to inclement or excessively hot weather.
- Some batteries pose a risk of sparking if they rub against other batteries, metals or potentially flammable materials. This could result in fires, personal injury or other damage.
- Reduce the risk of sparks by protecting the terminals of lithium, small, sealed lead acid (SSLA), alkaline over 12V, and button/coin cell batteries using one of these options:
 - Cover the terminals with clear packing tape, duct tape, or electrical tape
 - Place each battery in a clear, sealable/zipped bag. Zip-seal or produce bags recommended

DROP OFF

Safely and responsibly recycle your batteries

- Avoid corrosion by dropping your batteries off every 3 months or less. This keeps recycling convenient, while avoiding oozy messes.
- Use the online locator tool to find your nearest drop-off location.
- Contact your local drop-off location in advance to confirm hours and availability.
- If your local drop-off site is closed or not accepting batteries, we encourage you to continue safely storing your used batteries until options become available.



WVPD

PROTECT YOURSELF FROM HOLIDAY THEFTS

By *Sergeant Mark McLean*

Every year, Police see an increase in thefts related to the holiday season. If you purchase gifts online, be sure to protect against "Porch Pirates". These are people who follow delivery drivers to their destination in hopes of stealing packages from victims' doors when unattended. If you are expecting a parcel delivery, be sure you are home to receive the package or have a neighbour keep a lookout for you.

When shopping for gifts, do not use your vehicle to store presents or valuables. Thieves work in parking lots, specifically targeting vehicles holding gifts and other valuables. If you have valuables in your car and must stop somewhere, take the valuables with you when you go.

The West Vancouver Police wish everyone a safe and happy holidays!



Women's Woodturning Level 2 Intermediate

Take your affection for woodturning to the next level and with little supervision! Three people maximum. Prerequisite: Woodturning beginners.

Tue
Jan 3 - Mar 21 1 - 4 p.m.
135652 \$75

Woodcarving

Carve some time out of your day and hone your skills!

Thu
Jan 5 - Mar 23 \$75
135653 9 a.m. - 12 p.m.

135654 1 - 4 p.m.

LEARNING

LANGUAGES

Farsi With Bita

Learn how to communicate with other Farsi speakers. While teaching you the language, Bita will bring to life Persian culture, tradition, and food. *Instructor: Bita*

Tue
Jan 3 - Mar 21 12:30 - 1:30 p.m.
134505 \$33.50

French Beginner

Join us for a beginner class and learn the basics of conversational French through exercises, role plays, discussion, and reading. No class Feb. 20.

Mon
Jan 2 - Mar 20 10:30 a.m. - 12:30 p.m.
134489 \$32

French Conversation

Have fun conversing with others at an intermediate level in a supportive and friendly environment. *No instructor.*

Wed
Jan 4 - Mar 22 10 - 11:30 a.m.
134490 \$38

French Review Spa Francais Intermediate

Join us for structured review sessions for "high beginners/rusty intermediates" who wish to improve their conversational French. No instructor. Participants help each other master grammar, vocabulary, and idiomatic usage while working their way through textbook exercises, podcast lessons, and occasional short readings in French. *Leaders: Fiona A, Nadine N and Wayne S.*

Tue
Jan 3 - Mar 21 10:30 a.m. - 12:30 p.m.
134491 \$37

Spanish with Elias Beginner

Start each class with some guided conversation that will help you gain vocabulary, strengthen your knowledge of the language, and build more speaking confidence! Apply what you know to everyday conversation while listening and speaking with others. No textbook required. *Instructor: Elias Merkins.*

Thu
Jan 5 - Mar 23 5:45 - 7:15 p.m.
134515 \$185

Spanish with Elias Intermediate

Start each class with some guided conversation that will help you gain vocabulary, strengthen your knowledge of the language, and build more speaking confidence! Apply what you know to everyday conversation while listening and speaking with others. Participants should know some Spanish already. No textbook required. *Instructor: Elias Merkins.*

Thu
Jan 5 - Mar 23 4 - 5:30 p.m.
134514 \$185

Spanish With Elias Advanced

This class focuses on the interaction between students who narrate their weekly activities, their hobbies, and interests.



Conversation time accounts for 100% of the class time. No textbook required. *Instructor: Elias Merkins.* No Class Feb 20.

Mon
Jan 2 - Mar 20 4 - 5:30 p.m.
134516 \$170

English Beginner

Learn English through meaningful communication. Topics include situations that are related to everyday life for newcomers on the North Shore.

Wed
Jan 4 - Mar 22 4 - 5:30 p.m.
134975 \$217

WRITING

Book Club: Afterwords

Join two retired librarians who will select thought-provoking titles (fiction and sometimes non-fiction) and lead the group in riveting discussions.

Fri
Jan 6 - Mar 3 10:30 a.m. - 12:30 p.m.
134517 \$11

Creative Writing with Richard

Margaret Atwood doesn't attend so masterpieces aren't expected. We write and give feedback, and thus learn from each other. Join us as you work on a larger project (a novel or memoir) or to get in touch with your muse week-to-week. *Instructor: Richard Boyer.*

Thu
Jan 5 - Mar 23 1:30 - 3:45 p.m.
134513 \$162

Writers' Circle

Share your stories, poems, and memoirs in a casual and encouraging atmosphere! *No instructor or facilitator.*

Mon
Jan 2 – Mar 20 1 – 3 p.m.
134512 \$31

GENERAL

Empowered Patient Education Workshop #1 (Health Care)

Learn how to navigate the BC Health Care System. This workshop focuses on understanding care in hospital, discharge planning, and a focus on understanding both private and public-subsidized home care services and residential care. *Facilitator: Connie Jorsvic.*

Fri
Jan 13 1 – 3 p.m.
133635 Free (please register)

Empowered Patient Education Workshop #2 (End of Life)

This isn't an easy topic, but one that generates a lot of interest. This session is a natural evolution of the first session. Understand all that is involved with the choices that exist at end of life. *Facilitator: Connie Jorsvic*

Fri
Jan 20 1 – 3 p.m.
133637 Free (please register)

Empowered Patient Education Workshop #3 (Advanced Planning)

Advanced Care Planning (ACP) is the foundation of being an informed and empowered patient and care partner. This workshop is an overview of ACP documents, understanding resuscitation and levels of treatment, determining your values and beliefs, and an introduction to writing a Letter of Wishes for Medical Care. *Facilitator: Connie Jorsvic.*

Fri
Jan 27 1 – 3 p.m.
133638 Free (please register)

Hot Topics International Affairs

Join Jon Scott for discussions about the current international affairs hot spots around the world! Jon is a former ambassador of Canada, holds a PhD in Philosophy, and is an adjunct professor at Simon Fraser University.

Fri
Feb 10 – Mar 31 1 – 2 p.m.
134469 \$25

Flight Simulation

Come fly with us! Join other aeronautical enthusiasts.

Sat
Jan 13 – Mar 24 10:15 a.m. - 12:15 p.m.
\$2.75 per session (drop-in)
134973 Jan 13

134920 Jan 27

134921 Feb 10

134922 Feb 24

Flight Simulation Open House

Come explore our program!

Fri
Feb 10 10:15 a.m. - 12:15 p.m.
134921 Free (please register)

Photo Club

Come curious, and leave inspired by the stunning images shared by guest presenters and participants! Check out some examples of our work on the wall beside the cafeteria and keep an eye out for field trips and social events that are also part of this program. No formal instruction.

Leader: Peter O. No session March 16

Thu
Jan 5 – Mar 23 1 – 3 p.m.
135542 (In-Person) \$33

Bridge: Duplicate

Enjoy a challenging, yet friendly game of duplicate bridge! Please register with a partner. We will be using Bridgemates for scoring purposes.

Wed
Jan 4 – Mar 22 1:30 – 4:30 p.m.
134468 \$31

Bridge with Tai: Beginners Level 1

Learn the exciting hobby of playing bridge with Tai. Get acquainted with the game, exercise your brain, and have fun!

Fri
Jan 6 – Feb 10 2:15 – 4 p.m.
134467 \$90

Bridge with Tai: Level 2

Tai will introduce participants to the exciting hobby of playing bridge. Exercise your brain and have fun! If you can count to 13, you can play bridge. **Prerequisite: Bridge with Tai: Beginners Level 1.**

Fri
Feb 17 – Mar 24 2:15 – 4 p.m.
134947 \$90

Bridge with Stephen Basics 3

This course is designed for players who have mastered the basics of bidding and declarer play and want to focus on defensive play. Each lesson combines discussion with lots of play. A brief review of modern five card major bidding system and basic declarer card play techniques are included. **Participants need to complete previous level classes to register.**

Tue
Jan 3 – Feb 7 3:30 – 5:30 p.m.
134948 \$93



For an up-to-date list of adult 55+ programs please visit westvancouverrec.ca

GAMES

Drop-in Games

Pre-register for these weekly time slots!

Cost: \$2.75 per session.

Card Tables

Sat

Jan 7 - Mar 25

10 a.m. - 12 p.m.

Scrabble & Mah Jong

Sat

Jan 7 - Mar 25

10 a.m. - 12 p.m.

Bridge Social Drop-in

Sun

Jan 15 - Mar 26

9 a.m. - 12 p.m.

Cribbage Drop-in

Sun

Jan 15 - Mar 26

1 - 3 p.m.

Snooker/Billiards

Pre-registered drop-in sessions available seven days a week in two hour increments.

**Bridge with Stephen Intermediate 1**

Learn more about the world's greatest card game. This course is designed for those who have completed the basic courses and anyone else who wants a structured review of the modern five card major bidding system. Participants need to complete previous level classes to register.

Tue

Feb 14 - Mar 21 3:30 - 5:30 p.m.

134949 \$93

Bridge with Stephen Topics/Supervised Play

Designed for players who are familiar with the basics of bidding, declarer play and defense and who have been attempting to play some of the common modern bridge conventions (negative doubles, transfer bids, Jacoby 2NT and like as covered in the Intermediate course). Class format is brief discussion with illustrative exercises followed by play of hands from a duplicate bridge club. Lesson handouts are included.

Wed

Jan 4 - Feb 8 5:30 - 8 p.m.

134951 \$93

Wed

Feb 15 - Mar 22 3:30 - 5:30 p.m.

134968 \$93

SOCIAL

TRIPS & EVENTS

Aberdeen Mall

Hop on the bus and let's go to the heart of the Chinese New Year's Celebrations at Richmond's Aberdeen Mall. Enjoy the festivities, great food, and shopping.

Fri

Jan 22 10 a.m. - 2 p.m.

135635 \$20

Vancouver Aquarium

Escape into the undersea world at the Vancouver Aquarium. Cost of trip includes bus, parking, and admission. Enter at 10 a.m. and enjoy 2.5 - 3 hours to explore, have coffee/lunch, or shop.

Tue

Feb 7 9:30 a.m. - 1:30 p.m.

135634 \$55

River Rock Casino

Enjoy the drive to Richmond and the excitement of River Rock!

Fri

Feb 17 10 a.m. - 3 p.m.

135633 \$12

Granville Island

Hop on our bus and visit Granville Island for food, shopping, and more!

Tue

Feb 28 9:30 a.m. - 2 p.m.

135638 \$20

Reifel Bird Sanctuary

Let's go to Reifel Bird Sanctuary—catch a glimpse of the Snow Geese (active from March to April) and other birds! We will stop to buy lunch and warm up on the way back.

Tue

Mar 28 9:30 a.m. - 3 p.m.

135636 \$22

KEEPING CONNECTED

KEEPING CONNECTED PROGRAMS

Keeping Connected programs give meaning and purpose to individuals within a supportive and inclusive environment. Our goal is to assist our members and their families in breaking down the barriers for participation in recreation. We encourage participation for anyone who is feeling isolated, alone, or living with memory loss or a decrease in physical function or activity level. These programs are open to every Seniors' Activity Centre member. Please join us for a little bit of fun!

Questions?

Call Hannah at 604-925-7208.

Keeping Connected Special Services

Are you or a loved one feeling isolated, alone, or in need? Allow our compassionate and knowledgeable team of volunteers to help. A simple phone call, a home visit, or a ride to a medical appointment can be accommodated. We would love to help and suggest fun activities to expand your social life and activities. Kindness and compassion are free.

Call Stephanie at 604-925-7211 to find out more or sign up to receive help.

Pottery Workshop with Julie

Spend an afternoon creating something out of clay! Join Julie our expert potter for a demo and then create your own masterpiece. Items will be taken away for drying/firing/glazing. Cost is all inclusive. All levels welcome.

Fri
Jan 20 1 - 3 p.m.
128811 \$30

Keep on Moving

Take the effort out of staying active! This exercise class is designed for older men experiencing decreasing strength. Participants will work on strength and flexibility exercises seated in a chair.

Wed
Jan 4 - Mar 22 10 - 11 a.m.
134154 \$72

Keep Well

Keep Well Society offers their program weekly which involves a mild exercise class.

Wed
Jan 4 - Mar 22 11:15 a.m. - 12:45 p.m.
135773 Free

Diabetes: Ask the Expert

Join us for a free talk on living with Diabetes.

Tue
Jan 24 2 - 3 p.m.
136099 Free (please register)



Stand Tall

Do you want to improve your posture and core? Learn basic exercises that will help restore muscle imbalance and spinal alignment allowing you to stand tall.

Fri
Jan 6 - Mar 24 \$81
134147 10 - 11 a.m.

Adapted Balance & Fall Prevention

Improve your balance and leg strength in a class led by Jayson. Adaptations are fully acceptable, and we will work with whatever limitations you might be experiencing.

Wed
Jan 4 - Mar 22 11:45 a.m. - 12:45 p.m.
134140 \$90

Adapted Chair Yoga

Join us for yoga from the safety and comfort of your chair. We will make simple adaptations to support your needs. For participants' safety there are no floor exercises in this class, no mat needed.

Tue
Jan 3 - Mar 21 11:45 a.m. - 12:45 p.m.
134141 \$123.75

Chair Yoga Move and Groove

Learn breathing techniques, movement, alignment, strengthening, and stretching in this fun and upbeat yoga class. This class includes some sitting and standing with variations that are best for you.

Thu
Jan 5 - Mar 23 11 a.m. - 12:15 p.m.
134142 \$84

Creative Expressions

Stimulate your mind and memories as you explore different forms of art in this hands-on program. Caregivers are welcome to attend.

Fri
Jan 6 - Mar 24 10 a.m. - 12 p.m.
134233 \$135

Daybreak

Introducing a new program designed for those living with Alzheimer's. We will be reminiscing, playing games, creating art, and appreciating life together. Lunch will be provided. Limit of 6 per class.

Requirement: Daybreak Consultation. Call 604-925-7211 to arrange.

Mon
Jan 9 - Mar 20 10 a.m. - 1 p.m.
134143 \$300

Gratitude Circle

Practise living with gratitude—it is a powerful and transformative tool. Join us for a morning meditation and set your good intentions for the day.

Tue
Jan 3 - Mar 21 10:30 - 11:30 a.m.
134207 \$73.25

Tue 10:30 - 11:30 a.m.
Registered Drop-in \$6.10
Non-member \$7.80

134187 Jan 3

134188 Jan 10

134191 Jan 17

134192 Jan 24

134193 Jan 31

134194 Feb 7

134195 Feb 14

134196 Feb 21

134198 Feb 28

Tea Party

Bring your best smile and party outfit as you enjoy sipping tea and being "proper" for an afternoon tea! Special teas and snacks will be served.

Tue 1 - 2 p.m.
Free drop-in (please register)

134225 Jan 10

134227 Feb 14

Ladies' Social Club

Ladies, join this social group to enjoy discussion, mental aerobics, games, and entertainment.

Wed
Jan 4 - Mar 22 1:30 - 3 p.m.
134144 \$60

Men's Club

This group of gentlemen meet weekly for a lively discussion of current affairs. Enjoy mental stimulation and social connections and have a bit of fun.

Thu
Jan 5 - Mar 23 10:30 a.m. - 12 p.m.
134145 \$99

Minds in Motion

Minds in Motion™ is a fitness and social program for people living with any form of early-stage dementia along with a care partner or friend. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend. Proof of full COVID-19 vaccination will be required to attend this program. To learn more about safety protocols, visit alzbc.org/COVID-safety.

Fri
Jan 6 - Mar 10 1 - 3 p.m.
135631 \$70

Musical Mondays

Join with friends for an afternoon of conversation and music in a coffee house setting at the SAC. Everyone welcome to this fun sing-along.

Mon 2 - 3 p.m.
Registered Drop-in \$6
Non-Member \$7.80

134184 Jan 9
135950 Jan 30
134185 Feb 13
135951 Feb 27

Due to space limitations we cannot list all programs— for a complete list visit westvancouverrec.ca/keepingconnected

Pick up the Pace

Lift your spirits and your heart rate in a class designed to get the blood flowing.

Mon
Jan 9 - Mar 20 2:45 - 3:45 p.m.
134156 \$57.50

Reminisce XR

This is an introduction to how virtual reality works in a fun and interactive way. Sign up to take a walk in the jungle, visit cities you would like to travel to or reminisce about, or play an interactive game! A TV will be in place for others to observe. Each session is 15 to 20 minutes long.

Sun
Jan 29 1:30 - 3:30 p.m.
136532 Free (please register)

Stretch and Movement

Enjoy this uplifting class through movement and music in an enjoyable and safe class for people living with Parkinson's and other physical challenges. Peter, your instructor, will use chairs for stability and ease of movement, while building strength, balance, and mobility. Caregivers must register, but at no charge.

Mon
Jan 9 - Mar 20 1:30 - 2:30 p.m.
134149 \$103.50

Caregiver Support

The group meets weekly to support caregivers navigate the ever-changing challenges that dementia brings. It is a safe setting for sharing information, insight, advice, and encouragement.

Thu
Jan 5 - Mar 23 10:30 a.m. - 12 p.m.
134155 \$22.25

MIND & BODY WELLNESS

Massage

First sessions back after the break start on Jan 18. Enjoy a 45-minute massage performed by Langara College students. Arrive 15 minutes early to complete paperwork. No ICBC or WCB claims.

Call 604-925-7280 to register.

Wed 9:30 - 10:15 a.m.,
10:45 - 11:30 a.m., 12 - 12:45 p.m.
\$21 per session

Mindfulness Meditation

Join our friendly class and learn some simple meditation and mindfulness techniques to improve your sleep, ability to focus, happiness, peace, and sense of belonging.

Mon
Jan 9 - Mar 20 12:30 - 1:30 p.m.
134146 \$25

Yoga for Healthy Ageing

Develop strength in your bones and joints, improve mobility, lower stress levels, develop a sharper mind, improve sleeping habits, and more.

Mon
Jan 9 - Mar 20 11:45 a.m. - 12:45 p.m.
134151 \$125

ABM NeuroMovement®: Healthy Backs

ABM NeuroMovement® is a holistic approach to human functioning and action, built upon the understanding that movement is the language of the brain. In these mat-based classes, participants are verbally guided through very gentle, small movements that will enhance brain function. This results in moving more comfortably and efficiently and for natural pain-relief, increased flexibility, stress relief and improved well-being.

Mon
Jan 9 - 30 6 - 6:45 p.m.
136095 \$80

ABM NeuroMovement®: Sitting Smart and Neuromovement

Sitting smart is a series of chair based NeuroMovement lessons which enable greater freedom of movement, pain free sitting and cognitive enhancing benefits.

Tue
Jan 10 - 31 6 - 6:45 p.m.
136096 \$80

ABM NeuroMovement® for Breathing

Organize yourself for better breathing! Activate your mind body connection and return to breathing freely, recover and restart with new breathing capacity.

Mon
Feb 6 - 27 6 - 6:45 p.m.
136097 \$60

ABM NeuroMovement®: Standing and Posture

Experience NeuroMovement for improved balance through a series of guided gentle movements. Realign your posture, stand better organized skeletally, relieve contracted muscles, move better and stand comfortably with improved posture and balance

Tue
Feb 7 - 28 6 - 6:45 p.m.
136098 \$80

INTERGENERATIONAL

Intergenerational Sing Along with Katie

Join Katie in her intergenerational music class, for families with children aged 6 months to five years and musical members of the Seniors' Activity Centre to sing along, make some beats, dance, and share a joyful time together. Please contact Hannah at hrennie@westvancouver.ca or 604-925-7208.

Tue
Jan 10 - Feb 28 10:30 - 11:15 a.m.
133695 Free for seniors

Make It! Workshops - Feed the Need

Work on a variety of projects every month—goods will be sold at the Seniors' Activity Centre with all proceeds going towards Feed the Need. This is an intergenerational initiative for youth and seniors. All supplies will be provided.

Thu
Jan 19 4 - 6 p.m.
134157 Free

Sat
Jan 21 11 a.m. - 1 p.m.
134160 Free

Thu
Feb 16 4 - 6 p.m.
134158 Free

Sat
Feb 18 11 a.m. - 1 p.m.
134161 Free

Reading Remedy Book Club

Avid readers come join! We are looking for anyone who is passionate about reading and discussion to take part in an initiative with our youth for a novel discussion every six weeks. Refreshments will be served. This is a fun book club that will have a new book to read every session.

Sat
Jan 28 11 a.m. - 12 p.m.
134406 Free (please register)

Sat
Feb 25 11 a.m. - 12 p.m.
134407 Free (please register)

Screen time for Seniors

Learn more about your phones, tablets, laptops, and more with students from Collingwood School! Learn how to use apps, facetime, email, apps, QR code setup, and general troubleshooting. ***Must bring your own device.

Thu
Jan 19 4:30 - 5:30 p.m.
134230 Free (please register)

Thu
Feb 16 4:30 - 5:30 p.m.
134231 Free (please register)

SPORTS

Badminton

Bring your racquet and join a fun game with other seniors! Tuesday 10:30 a.m. session is open to adults 18 years+. Adults 55 years+ still welcome to play!

Thu 10:30 a.m. - 12:30 p.m.
Registered Drop-in \$3

Table Tennis

We play for fun, come enjoy an exciting, fast-paced game with us! Bring your own paddle.

Registered Drop-in \$3
Tue & Thu 3:30 - 5:30 p.m.

Wed 6 - 8 p.m.

Sun 1 - 3 p.m.

OUTDOOR ACTIVITIES

If you are new or would like more information on one of our outdoor activity programs, please email cbrandson@westvancouver.ca.

If a program is full please sign up on the waitlist as we may open up more spaces if we have enough volunteer support.

Cross Country Ski & Snowshoe Group Winter 2023

Enjoy winter sports with our group of experienced outdoor enthusiasts on trips to the Hollyburn Nordic Area on Cypress Mountain! Come fully prepared as conditions may vary. Register to be part of the group and pay for each bus trip separately. A trail ticket or pass is required for skiing and snowshoeing in the ski area boundary.

Wed & Fri
Jan 1 - to when the mountain closes
9 a.m. - 1 p.m.
135279 \$7.75

Nature Walk and Explorers

will take a break until Spring 2023. Look for details in the March/April Scene Magazine and online.

Hikers: Discover Trails

Hike intermediate and more challenging trails on the Sea to Sky Corridor and beyond. Tuesday hikes are 2.5 - 4 hours (6-10 km) and vary based on group size, pace, elevation gain, and terrain. Thursday hikes are 3 - 5 hours (over 15km) at a good pace, on varying terrain. Details of hikes will be sent out prior.

Tue & Thu

Jan 10 - Mar 23 9 a.m. - 12:30 p.m.
134745 \$33

NorWest

The NorWest Club is a group of experienced cyclists. Rides range from 45-75 km at a moderate pace with some opportunities for steady-paced rides. Enjoy local city rides, out-of-town rides and Hub and Spoke events. Rides start at 9 a.m. at Prospect Point for most local rides (10 a.m. winter) with coffee and lunch (summer only) stops.

Wed & Thu

Jan 4 - Dec 29 9 a.m. - 2 p.m.
133279 \$31

Ramblers / Walkers - 2023 Annual Registration

Hike with us! Meet at the trail head or hop on our bus that leaves the Seniors' Activity Centre at 9:30 am. Register each time you want the bus. The group hikes an average of 8 - 10 kilometers every Monday, regardless of the weather. Wear footwear with good tread and clothing for all types of weather. If you are new or would like more info email cbrandson@westvancouver.ca.

Mon

Jan 2 - Dec 18 10 a.m. - 3 p.m.
134746 \$15.50

Wednesday Walks

Join us rain or shine for a 1 hour to 1.5 hour walk from the centre and back.

Wed

Jan 4 - Mar 22 10 - 11:30 a.m.
135632 \$24

Turtles

The Turtles riders are in their 70s and 80s and enjoy relaxing social rides around Metro Vancouver and the North Shore. Rides include a short (15-25 km) and a long (35-50 km) option at 18-20 km/hr. New members welcome.

Tue & Thu

Jan 3 - Dec 28 9 a.m. - 12 p.m.
(organized rides April 1 - Oct 31)
133283 \$31

Easy Riders

Stay fit, have fun, and ride safely from April to the end of October. Off season riders meet for coffee and occasional rides weather-permitting. Rides range from 35 to 70 km at a pace of 15 to 20 km/hr. Riders must be comfortable riding in a group in various traffic conditions.

Tue

Jan 3 - Dec 26 10 a.m. - 2 p.m.
(organized rides April 1 - Oct 31)
133284 \$15.50

Coast Riders

Enjoy cycling throughout the North Shore and Greater Vancouver from April to October. Ride routes range from 30 to 50+ km (15-18 km/hr pace) with distance increasing as the season progresses. Start in West Vancouver with some drive to ride



options. Rides are 3-4 hrs (with a coffee stop).

Wed

Apr 5 - Oct 25 9 a.m. - 12:30 p.m.
134521 \$15.50

Silver Wheels

The Silver Wheels Cycling Group rides year-round and is for intermediate riders. Rides range from 4-5 hours and 45 - 85 km (17-22 km/hr pace) with a coffee stop. Rides are social with emphasis on safe cycling on roads and bike paths including major bridge crossings and gravel. Routes vary by season and details are published on their website.

Mon & Thu

Jan 2 - Dec 28 9 a.m. - 1 p.m.
133278 \$31

HEALTH & FITNESS

GROUP FITNESS

Register early to secure your spot. Registration is available on an ongoing basis space-permitting.

Information on financial assistance is available on our website at westvancouver.ca/accessibility.

GROUP FITNESS ACTIVITY LEVELS

1 MILD

Low cardio. Light weights/bands used below shoulder height. Typically no floor exercises (accommodations can be made for these exercises).

2 MODERATE

Fair amount of cardio. Possibility of using weights/bands above shoulder height. Incorporates floor exercises. Good mobility required.

3 STRENUOUS

High level of cardio. Use of weights/bands above shoulder height. Incorporates floor exercises. Very good mobility required.

NEW Stay Fit for Women

Stay fit in a fun yet mild exercise program, specifically designed for women. Challenge your muscular strength, endurance, and flexibility! Class includes warm-up, a low intensity cardio segment, strength exercises, and a cool-down.

Fri
Jan 6 - Feb 10 8:15 - 9:15 a.m.
135758 \$52.25

Tai Chi Level 1

Yang Style Tai Chi for participants new to Tai Chi. This gentle ancient form of exercise is great for the body and mind. It is easy on your joints, works on your core, and helps with balance. Beginners are welcome to register.

Sat
Jan 14 - Mar 25 1 - 2 p.m.
135447 \$82.50

YOGA

Yoga Beginner

Focus on basic postures and the principles of alignment and breathing. Experience the benefits of practicing yoga in this safe and welcoming environment.

Mon
Jan 9 - Feb 6 4:45 - 6 p.m.
135464 \$36

REHAB

We offer a range of rehab and prehab programs including Better Bones, FAME for Stroke, GLA:D®, Healthy Hearts, Joint Replacement, Well Balanced, and Parkinson's Rehabilitation. Classes are designed to suit a variety of abilities and fitness levels. To learn more or to register visit westvancouverrec.ca/rehab.

Cancer Thrivers

Cancer Thrivers is designed to promote health, strength, and recovery. The program offers weekly movement classes including fitness



and yoga, bi-weekly educational sessions from medical practitioners in the field of cancer recovery and healing.

Tue & Thu
Jan 3 - Mar 23 12 - 1 p.m.
134980 \$120

Healthy Heart

Keep it pumping and lower your risk! Continue to build on your heart strength through aerobic exercise and muscular endurance training in a personal program designed with prevention in mind.

Tue
Jan 3 - Mar 21 8 - 9 a.m.
134990 \$180

Wed
Jan 4 - Mar 22 8 - 9 a.m.
134992 \$180

Thu
Jan 5 - Mar 23 8 - 9 a.m.
134991 \$180

Sat
Jan 7 - Mar 25 9:15 - 10:15 a.m.
134993 \$180

PROGRAM PARTICIPATION NOTE

Please note, there is an expectation you will be able to participate when you sign up for classes. If you require assistance or support participating in SAC programs, we would be happy to assist you with finding the right class. If you have any questions, please contact Hannah, Stephanie, Caroline or Sarah.

PROGRAMS AT THE WEST VANCOUVER MEMORIAL LIBRARY

Learn about all of our events and register at wvml.ca/events. Whether you have a question, need a recommendation, or want help using your device, we are here to provide assistance: 604-925-7400.



Robbie & Rabbits: Celebrating Burns Night and Lunar New Year

Join us for an intercultural celebration of poetry, music, and tea.

Wed
Jan 25 4 - 6 p.m.
WVML Welsh Hall Free

Tales of Disaster & Rescue: Real & Imagines with Cathalynn Labonté-Smith and Frances Peck

Listen as two North Shore authors discuss both real and imagined tales of disaster and rescue.

Sat
Jan 28 2 - 3:30 p.m.
WVML Welsh Hall Free

Friday Night Concert: Lezlie Harrison Quartet

A permanent fixture of the New York jazz scene, Lezlie Harrison's voice captivates audiences with its soulful renditions from the Great American Songbook.

Fri
Feb 3 7:30 p.m. - 8:45 p.m.
WVML Main Hall Free

GARDEN SIDE CAFÉ LUNCHES

JANUARY

SUNDAY, JANUARY 1

CLOSED

MONDAY, JANUARY 2

Liver & Onions, Gravy, Mashed Potatoes, Seasonal Vegetables

TUESDAY, JANUARY 3

Sweet & Sour Chicken, Rice, Seasonal Vegetables

WEDNESDAY, JANUARY 4

Salisbury Steak, Mashed Potatoes, Seasonal Vegetables

THURSDAY, JANUARY 5

Spanish-style Pork Chops, Rice, Seasonal Vegetables

FRIDAY, JANUARY 6

Breaded Sole, Lemon Wedge, Tartar Sauce, Oven Fries, Kale Slaw

SATURDAY, JANUARY 7

Chef's Special

SUNDAY, JANUARY 8

Chef's Special

MONDAY, JANUARY 9

Spanakopitas with Tzatziki, Roasted Potatoes, Greek Salad

TUESDAY, JANUARY 10

Philadelphia Pepper Steak, Rice Pilaf, Seasonal Vegetables

WEDNESDAY, JANUARY 11

Savoury Tomato and Bean Stew, Pita Bread with Tzatziki

THURSDAY, JANUARY 12

Chicken Stroganoff, Broad Egg Noodles, Seasonal Vegetables

FRIDAY, JANUARY 13

Sole Florentine, Rice Pilaf, Seasonal Vegetables

SATURDAY, JANUARY 14

Chef's Special

SUNDAY, JANUARY 15

Chef's Special

MONDAY, JANUARY 16

Turkey Shepherd's Pie, Seasonal Vegetables

TUESDAY, JANUARY 17

Beef Vegetable Stew with Mashed Potatoes

WEDNESDAY, JANUARY 18

Chicken Curry, Rice, Vegetables

THURSDAY, JANUARY 19

Vegetarian Lasagna, Tossed Salad

FRIDAY, JANUARY 20

Baked Cod with Rustic Tomato Vegetable Sauce, Roast Potatoes

SATURDAY, JANUARY 21

Chef's Special

SUNDAY, JANUARY 22

Chef's Special

MONDAY, JANUARY 23

Chicken Cacciatore, Rice

TUESDAY, JANUARY 24

Pork Paprika with Linguine

WEDNESDAY, JANUARY 25

Chili Con Carne, Cornmeal Muffin

THURSDAY, JANUARY 26

Baked Ham, Scalloped Potatoes

FRIDAY, JANUARY 27

Salmon Burger, Kale Slaw

SATURDAY, JANUARY 28

Chef's Special

SUNDAY, JANUARY 29

Chef's Special

MONDAY, JANUARY 30

Beef Meatloaf, Roasted Leek Gravy, Mashed Potatoes, Peas & Carrots

TUESDAY, JANUARY 31

Cabbage Rolls, Pierogies, Sour Cream, Salad

FEBRUARY

WEDNESDAY, FEBRUARY 1

Greek-style Roasted Chicken, Tzatziki, Lemon Rosemary Potatoes, Baked Tomato

THURSDAY, FEBRUARY 2

Swiss Burgers in Tomato Gravy, Roasted Red Potatoes, Green Peas

FRIDAY, FEBRUARY 3

Fish & Chips, Coleslaw

SATURDAY, FEBRUARY 4

Chef's Special

SUNDAY, FEBRUARY 5

Chef's Special

MONDAY, FEBRUARY 6

Pork Goulash, Parslied Potatoes, Seasonal Vegetables

TUESDAY, FEBRUARY 7

Breaded Beef Liver with Roasted Onions, Gravy, Mashed Potatoes, Vegetables

WEDNESDAY, FEBRUARY 8

Spaghetti Bolognese, Salad, Garlic Bread

THURSDAY, FEBRUARY 9

Veal Cutlet Parmigiana, Pasta, Salad

FRIDAY, FEBRUARY 10

Breaded Pollock with Lemon, Garlic & Chives, Roasted Potatoes, Vegetables

SATURDAY, FEBRUARY 11

Chef's Special

SUNDAY, FEBRUARY 12

Chef's Special

MONDAY, FEBRUARY 13

BBQ Chicken Leg, Rice Pilaf, Mexican Corn

TUESDAY, FEBRUARY 14

Sweet & Sour Pork, Rice, Steamed Broccoli

WEDNESDAY, FEBRUARY 15

Shoyu Chicken (Hawaiian-style Teriyaki), Rice, Stir Fried Vegetables

THURSDAY, FEBRUARY 16

Spanish Pork Chops

FRIDAY, FEBRUARY 17

Curried Basa, Rice Pilaf, Mexican Corn

SATURDAY, FEBRUARY 18

Chef's Special

SUNDAY, FEBRUARY 19

Chef's Special

MONDAY, FEBRUARY 20

CLOSED

TUESDAY, FEBRUARY 21

Roast Pork Loin, Mushroom Sauce, Potatoes, Vegetables

WEDNESDAY, FEBRUARY 22

Shepherd's Pie, Gravy, Romaine Salad Bowl with Sliced Celery, Cucumbers and Green Onion

THURSDAY, FEBRUARY 23

Homemade Chicken Schnitzel, Cranberry Sauce, Mashed Potatoes, Vegetables

FRIDAY, FEBRUARY 24

Baked Alaskan Pollock, Ratatouille, Rice Pilaf

SATURDAY, FEBRUARY 25

Chef's Special

SUNDAY, FEBRUARY 26

Chef's Special

MONDAY, FEBRUARY 27

Italian Sausages with Peppers and Onions, Homemade Warm Potato Salad

TUESDAY, FEBRUARY 28

Swedish Meatballs with Linguine, Seasonal Vegetables

● Sale ● Rental ● Repair ● Installation ● Maintenance ●


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SENIORS' ACTIVITY CENTRE

55+

BECOME A MEMBER!

Become a member to try a new program, meet new friends, or share your time volunteering—whatever your reason, you will be warmly welcomed.

Benefits include access to member pricing, member-only events, discounts at the Garden Side Café and Fireside Coffee Bar & Lounge, and more!

Purchase an annual membership for only \$39 at the front desk today!

QUESTIONS
604-925-7280

   /westvanrec

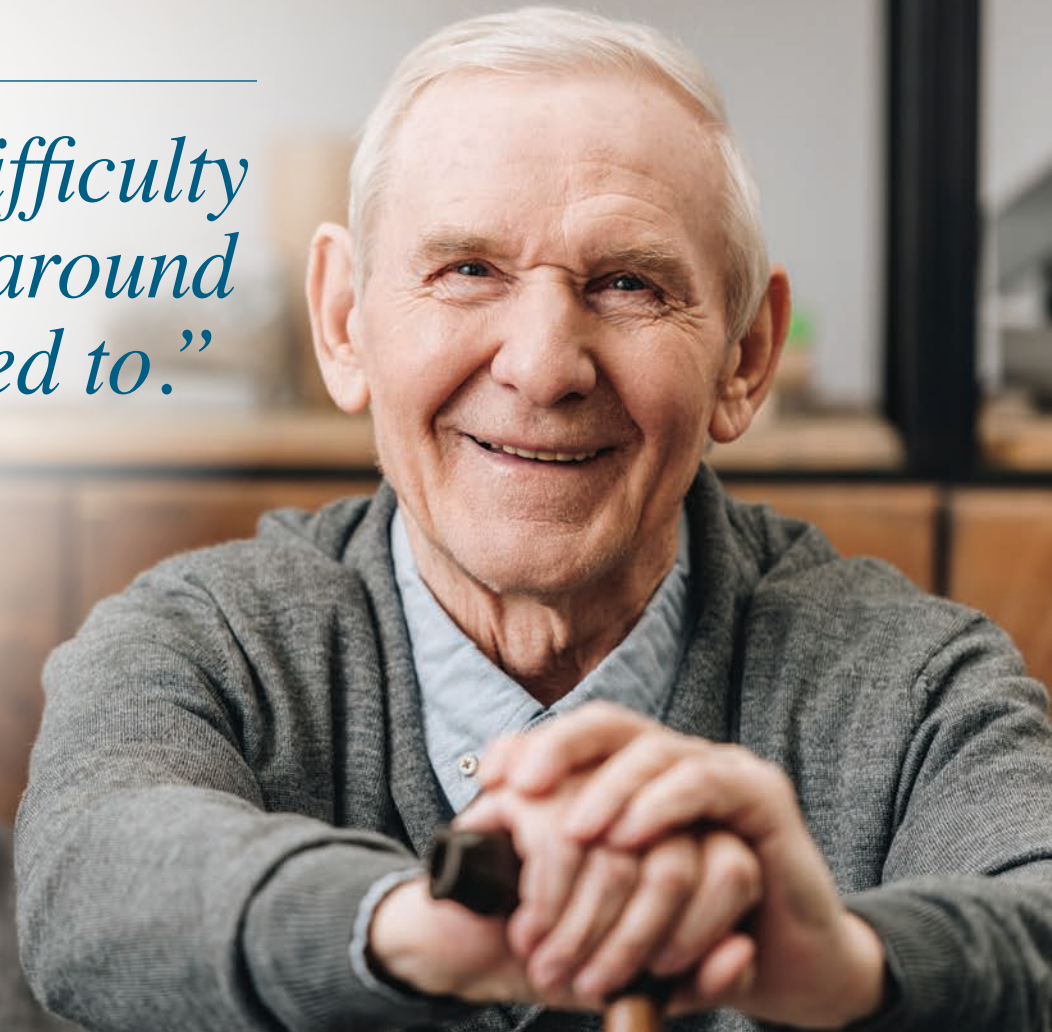


Don't miss our **New Member Welcome Tea on Wednesday, January 24!**
Learn all about our Centre and the programs and services we offer.

See page 7 for details.



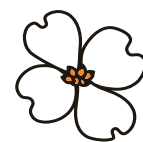
“I have difficulty moving around like I used to.”



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