



Find the
North Shore
Seniors' Health Expo
schedule of events
on page 16!

23

SEP / OCT

THE SCENE

*A West Vancouver Seniors'
Activity Centre Publication*

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west vancouver



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695 21st Street
West Vancouver, BC V7V 4A7

NEW SAC Call Centre 604-925-7280
General Call Centre 604-925-7270

If you are unable to connect with us on the SAC Call Centre line, please call the General Call Centre line.

You can also email us at

activewestvanrec@westvancouver.ca.

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 – Wednesday 9 a.m. – 3 p.m.

Thursday 9 a.m. – 7 p.m.

Friday 9 a.m. – 3 p.m.

Saturday – Sunday 9 a.m. – 2 p.m.

Dine-in Service

Lunch Service 11:30 a.m. – 1:30 p.m.

Dinner Service (Thursday) 5 – 7 p.m.

Take-out Food Service

Monday – Wednesday 9 a.m. – 3 p.m.

Thursday 9 a.m. – 7 p.m.

Friday 9 a.m. – 3 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:

Monday, September 4 – *Labour Day*

Saturday, September 30 –

National Day of Truth & Reconciliation

Monday, October 9 – *Thanksgiving*

EDITORIAL

Editors Sabina Kasprzak & Michiko Araki

Advertising Sabina Kasprzak

Publisher District of West Vancouver

Print Still Creek Press

Cover photo iStock

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.

WELCOME TO THE SCENE

This bi-monthly publication is available in print and online. 2023 publication dates are: Jan/Feb, Mar/Apr, May/June, 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, Jun, Aug, Oct, and Dec. To receive the E-news to your email inbox sign up at the front desk or email leisureguide@westvancouver.ca.

PLANNED GIVING

Has the SAC enriched your life or the life of a loved one?

Please consider leaving a gift in your will to the SAC or honour the memory of a loved one by making a memorial gift in their name. Every gift supports the Centre's future, its mission, and enriches our West Vancouver community for generations to come.

For more information, email sacadvisoryboard@westvancouver.ca.

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

For Refunds visit westvancouver.ca/registrationandrefunds.



Alternatively, scan the QR code to go to the page.

BECOME A SAC 55+ MEMBER

Purchase your annual membership today at the front desk and ask about the many benefits! 55+ (Cost: \$39). 55+ Non-Members are welcome to participate in some programs at a higher rate (ask front desk). If you see a non-member rate listed next to a program this means that the program is open to non-members (space-permitting).

Please register for all classes, workshops, and lectures. We no longer allow drop-ins to ensure that we have comfortable numbers for physical distancing.

DID YOU KNOW?

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

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.

FUTURE REGISTRATION DATES

For upcoming registration dates visit westvancouver.ca/registration.

Registration for general Fall term programs starts on **Wednesday, August 16**. Please visit westvancouver.ca/recactivities for available spots.



Jain Verner | *Chair*

ANNUAL MAINTENANCE SHUTDOWN

The Seniors' Activity Centre will be closed for its annual maintenance shutdown from August 26 through September 4, and will reopen on September 5.

MESSAGE FROM THE ADVISORY BOARD CHAIR

This summer started off with a wonderful surprise from the Collingwood Business Organization. Recent graduate, Grant Anderson, presented John Watson with a cheque for \$4,000 for the 'Feed the Need' project, (FTN). The cheque represented a variety of fundraising activities led by the students, over the past year, in support of FNT.

Thank you, Collingwood students, for your dedication, support, and generosity.

Our next FTN campaign runs from October 1 to December 31. We welcome your contributions any time of the year.

Thursday night dinners are a hit. It has been great to see and get to know the weekly regulars coming out to enjoy a great meal prepared by Chef Leigh.

The Visioning Committee has continued to work throughout the summer with the architectural firm hired last year. Please stay tuned for their report sometime this fall.

As you know, our amazing volunteers keep the Centre open and running daily. We are now at a point of needing more volunteers. Should you have a couple of hours to spare each week, please contact our Assistant Volunteer Coordinator, Crystal Lan at clan@westvancouver.ca. Please consider giving it a try—spread the word, tell a friend—**we need you!**

In closing, please mark Wednesday, September 27 (12 – 1 p.m.) in your calendar. Mayor Mark Sager will be available in the Fireside Lounge to answer any questions you may have. See you there.

Cheers,

— **Jain**



James Ray
Customer & Seniors' Services Manager



Davida Witala
Community Recreation Supervisor

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

We warmly welcome you back after a beautiful summer season!

This edition of The Scene is exciting as we have restructured the magazine's publication dates to better align with our program registration dates. As a result, the September/October issue will be available for pick-up in advance of the **Wednesday, August 16** Fall registration date. Mark your calendar and bookmark your favourite programs now!

September is an exciting month as we welcome the return of the **North Shore Seniors' Health Expo on Friday, September 8**—for the first time since the pandemic. We are very excited to partner with **Hero Home Care** as our presenting sponsor, as well as many other amazing community partners. Find the event schedule on page 16 of this issue of The Scene.

Join us for Thursday night dinners from 5 to 7 p.m. and get ready for social evening dances to restart on September 28 with a variety of fun bands lined up for Fall. October will also feature National Seniors' Day on Sunday, October 1.

We look forward to seeing you at the SAC and celebrating a busy Fall season together!

— **James & Davida**

OUR PROGRAM & ASSISTANT PROGRAM COORDINATORS



VOLUNTEERS
Caroline Wiggins
*District-wide Volunteer Services
Program Coordinator*
604-913-2703
volunteer@westvancouver.ca



VOLUNTEERS
Crystal Lan
*SAC Assistant Program
Coordinator*
604-925-7288
scvolunteers@westvancouver.ca



**SPECIAL EVENTS, MUSIC,
DANCE & ADULT LEARNING**
Mary de Vries
SAC Program Coordinator
604-925-7287
mdevries@westvancouver.ca



**SENIORS' OUTREACH - KEEPING
CONNECTED PROGRAMS**
Stephanie Jordan
SAC Program Coordinator
604-925-7211
sjordan@westvancouver.ca



**HEALTH, FITNESS &
REHABILITATION**
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swheatley@westvancouver.ca



**FOOD SERVICES &
GARDEN SIDE CAFE**
Lou Novosad
*SAC Food Services
Program Coordinator*
604 925-7122
lnovosad@westvancouver.ca



**ACCESS SERVICES,
RECREATION FINANCIAL
ASSISTANCE**
Bernadette Smyth
Access Services Program Coordinator
604-925-7279
bsmyth@westvancouver.ca

Subscribe to Seniors' Activity Centre E-News!
The SAC E-news includes last-minute changes and information about programs and events that have been added after The Scene magazine's publishing date. Visit westvancouver.ca/newsletters to subscribe.



Farewell
CAROLINE BRANDSON!

We thank you for your heart, dedication, and contributions to the Seniors' Activity Centre and its members—we will all miss you!

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!

Lend a hand, make a difference—volunteer at the Seniors' Activity Centre today! Training is provided and pamphlets with roles descriptions are available at the front desk.

We have a minimum commitment of six months a year (non-consecutive is fine) or 50 hours as extensive training is provided.

If you are volunteering with us, and suddenly cannot make your shift, please call Volunteer Services at 604-202-8694, or call the Seniors' Activity Centre during office hours at 604-925-7280.

WHY VOLUNTEER WITH US @ SAC?



- ✓ **Give back** to the community
- ✓ Create **meaningful experiences**
- ✓ **Meet new friends** & acquaintances
- ✓ **Engage** with other community partners
- ✓ **Socialize** at Volunteer Appreciation Events
- ✓ **Ongoing learning** and training opportunities

VOLUNTEER OPPORTUNITIES

If interested, please send your full availability, phone number, and roles you are interested in to scvolunteers@westvancouver.ca.

CASHIER AND FRONT DESK SUBSTITUTES

- **Weekdays** – 8:45 to 11:30 a.m., 11:30 a.m. to 2:30 p.m.

THURSDAY DINNERS

- **Dishwasher Assistants** – 5:30 to 7:30 p.m.
- **Server-Closers** – 4:30 to 7:30 p.m.
- **Bussers** – 5 to 7:30 p.m.
- **Bartenders** – 4:30 to 7 p.m.

MORNINGS

- **Baker's Support (Sandwiches and Salads)** – 8 to 10:30 a.m.
- **Food Packers** – 8:30 to 11 a.m.
- **Delivery Drivers (Class 5 License)** – 9:30 a.m. to 12:30 p.m.

AFTERNOONS

- **Dishwasher Assistants** – 12:30 to 2:30 p.m.
- **Café Closers** – Monday to Wednesday and Fridays, 1 to 3:30 p.m. or Thursdays, 2 to 4:30 p.m.

EXCITING CHANGES COMING TO THE SCENE IN 2024!

Starting in 2024 we will be publishing four (4) issues of The Scene, instead of six (6), in order to better align our publication dates with our seasonal program registration dates. The new Spring, Summer, Fall, and Winter issues of The Scene will be available for pick-up approximately two weeks prior to the corresponding registration dates.

2024 Scene magazine publication dates will be posted on westvancouver.ca/seniors as soon as they are finalized.

VOLUNTEER ORIENTATION

If you are interested in joining our volunteer team, please ensure you have a BC Medical Card with a Personal Health Number before signing up for an upcoming Adult Volunteer Online Orientation. All volunteers at the Seniors' Activity Centre will need to first complete the District's Volunteer Orientation process.

To sign up for the online volunteer orientation visit westvancouver.ca/volunteering or call 604-925-7280. Your email receipt will contain 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.



SERVING IT RIGHT AND FOODSAFE REIMBURSEMENTS FOR CAFETERIA VOLUNTEERS

Reimbursements are available for volunteers who have contributed over 30 hours and are wishing to get or renew their certifications. Please email scvolunteers@westvancouver.ca if you plan on taking this course so we can earmark the funds for you.

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!



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.

FOOD PRICE INCREASE



Please note that a nominal food price increase will come into effect on all cafeteria dining items **starting on September 5**, due to inflation and the increased cost of the food.



ROLE OF ACCESS SERVICES

Access Services provides support for people who have disabilities, low income and people who are new to Canada who may face cultural barriers.

If you feel that you or your family face difficulties affording programs or services within the Community Centre please contact Bernadette Smyth at 604-925-7279 or email bsmyth@westvancouver.ca or visit westvancouver.ca/access.

GARDEN SIDE CAFÉ

DINE-IN HOT MEAL SERVICE

Hot lunch service is available Monday to Sunday from 11:30 a.m. to 1:30 p.m. **Hot dinner service** is available Thursdays from 5 to 7 p.m.

Indoor dining is available Monday to Friday from 9 a.m. to 3 p.m., Thursdays from 5 to 7 p.m., and on weekends from 10 a.m. to 3 p.m.

TAKE-OUT FOOD SERVICE

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

Monday - Wednesday & Friday	9 a.m. - 3 p.m.
Thursday	9 a.m. - 7 p.m.
Saturday - Sunday	10 a.m. - 3 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.



FIRESIDE LOUNGE & COFFEE BAR

**Open Monday - Saturday,
9 a.m. - 3 p.m.**

Stop by for a specialty coffee drink (cappuccino, americano, latte, 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!

Volunteer and join the fun at the biggest Seniors' Event on the North Shore!

There are two general time frames:

Morning:

8:30 a.m. - 12:30 p.m.

Afternoon: 12:15 - 4:15 p.m.

All volunteers will also need to attend an orientation on Wednesday, September 6 from 4 - 6 p.m.

Roles available:

- Room hosts
- Check-in desks
- Direction hosts
- Setup (Sep 7, 4 - 9 p.m.)
- Clean up (Sep 8, 3:30 - 5:30 p.m.)

VOLUNTEER AT THE SENIORS' EXPO ON SEPTEMBER 8!



GARDEN SIDE CAFÉ – LUNCHESES & THURSDAY DINNERS

SEPTEMBER

Friday, Sep 1 - Monday, Sep 4

CLOSED

Tuesday, September 5

Chicken Schnitzel Parmigiana, Parslied Potatoes, Seasonal Vegetables

Wednesday, September 6

Bangers & Mash served with Caramelized Onions

Thursday, September 7

Spaghetti Bolognese, Garlic Toast **DINNER:** Chicken Tornado (Bacon-wrapped Chicken Breast), Mashed Yukon Gold Potatoes, Seasonal Vegetables

Friday, September 8

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

Saturday, September 9

Chef's Special

Sunday, September 10

Chef's Special

Monday, September 11

Chicken Stroganoff, Broad Egg Noodles, Seasonal Vegetables

Tuesday, September 12

Home-made Pork Schnitzel, Potato Salad

Wednesday, September 13

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

Thursday, September 14

Spanish-style Pork Chops, Rice, Seasonal Vegetables **DINNER:** Carved Pork Loin with Apple Chutney and Gravy, Scalloped Potatoes, Seasonal Vegetables

Friday, September 15

Salmon Burger, Kale Slaw

Saturday, September 16

Chef's Special

Sunday, September 17

Chef's Special

Monday, September 18

Turkey Shepherds Pie, Seasonal Vegetables

Tuesday, September 19

Beef Vegetable Stew with Mashed Potatoes

Wednesday, September 20

Chicken Curry, Rice, Vegetables

Thursday, September 21

Vegetarian Lasagna, Tossed Salad **DINNER:** Garlic Butter-Roasted Salmon with Potatoes and Asparagus

Friday, September 22

Baked Cod with Rustic Tomato Vegetable Sauce, Rice Pilaf, Vegetables

Saturday, September 23

Chef's Special

Sunday, September 24

Chef's Special

Monday, September 25

Beef Meatloaf with Roasted Leek Gravy, Mashed Potatoes, Seasonal Vegetables

Tuesday, September 26

Pork Goulash, Parslied Potatoes, Seasonal Vegetables

Wednesday, September 27

BBQ Chicken Leg, Rice Pilaf, Mexican Corn

Thursday, September 28

Quiche Lorraine, Caesar Salad, Side of Fresh Fruit **DINNER:** Madras Lamb Curry, Fruited Rice, Roast Vegetable Medley

Friday, September 29

Curried Basa, Rice Pilaf, Mexican Corn

Saturday, September 30

CLOSED

OCTOBER

Sunday, October 1

Chef's Special

Monday, October 2

Tortiere Pie, Mashed Potatoes, Gravy, Seasonal Vegetables

Tuesday, October 3

Hungarian Pork Goulash, Smashed Yukon Gold Potatoes, Green Beans

Wednesday, October 4

Chicken a la King, Rice Pilaf, Green Beans

Thursday, October 5

Beef Meatloaf with Roasted Leek Gravy, Mashed Potatoes, Peas & Carrots **DINNER:** Beef Pot Roast au Jus, Mashed Potatoes, Seasonal Vegetables

Friday, October 6

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

Saturday, October 7

Chef's Special

Sunday, October 8

Thanksgiving Special (\$10 M) Roast Turkey, Mashed Potatoes, Seasonal Vegetables, Mini Pumpkin Pie (\$3.75)

Monday, October 9

CLOSED

Tuesday, October 10

BBQ Chicken Leg, Rice Pilaf, Mexican Corn

Wednesday, October 11

Spinach & Cheese Quiche, Caesar Salad

Thursday, October 12

Baked Ham with Scalloped Potatoes **DINNER:** Fresh Grilled Salmon with White Wine Cream Capers Sauce, Rice Pilaf, Seasonal Vegetables

Friday, October 13

Salmon Burger, Kale Slaw

Saturday, October 14

Chef's Special

Sunday, October 15

Chef's Special

Monday, October 16

Spanish-style Pork Chops, Rice, Seasonal Vegetables

Tuesday, October 17

Swedish Meatballs with Linguine, Seasonal Vegetables

Wednesday, October 18

Liver & Onions, Gravy, Mashed Potatoes, Seasonal Vegetables

Thursday, October 19

Sweet & Sour Chicken, Rice, Seasonal Vegetables **DINNER:** Coq Au Vin, Cheddar Mashed Potatoes, Green Beans Almondine

Friday, October 20

Seafood Newburg, Rice Pilaf, Mixed Vegetables

Saturday, October 21

Chef's Special

Sunday, October 22

Chef's Special

Monday, October 23

Philadelphia Pepper Steak, Rice Pilaf, Seasonal Vegetables

Tuesday, October 24

Roast Pork Loin, Mushroom Sauce, Potatoes, Vegetables

Wednesday, October 25

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

Thursday, October 26

Home made Chicken Schnitzel, Cranberry Sauce, Mashed Potatoes, Mixed Vegetables **DINNER:** Roast Pork Loin with Red Wine and Wild Mushroom Sauce, Scalloped Potatoes, Mix Vegetables

Friday, October 27

Baked Alaskan Pollock on Ratatouille, Rice Pilaf

Saturday, October 28

Chef's Special

Sunday, October 29

Chef's Special

Monday, October 30

Vegetarian Lasagna, Tossed Salad

Tuesday, October 31

Philly Pepper Steak, Rice, Seasonal Vegetables

REGISTERED PROGRAMS

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

Program availability may be adjusted. For an up-to-date list of adult 55+ programs please visit westvancouver.ca/seniors and see the **55+ Activities** section on the page.



Alternatively, scan the QR code to go to the page.

ARTS

ARTS GENERAL

NEW For a complete listing of **Arts** programs, visit westvancouver.ca/visualarts.



Alternatively, scan the QR code to go to the page.

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
Sep 6 - Dec 20 12:30 - 3:30 p.m.
149130 \$68



Painting with James

Create paintings using acrylics, oils, or watercolours and learn about composition, perspective and get assistance in colour-mixing. Bring your own materials and images you would like to paint. No beginners

Thu
Sep 7 - Dec 21 9 a.m. - 12 p.m.
148875 \$80

Painting Studio Time - Whole Set

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

Mon
Sep 11 - Dec 18 9 a.m. - 12 p.m.
148876 \$38.50

Mon
Sep 11 - Dec 18 12:30 - 3:30 p.m.
148877 \$38.50

Tue
Sep 5 - Dec 19 9 a.m. - 12 p.m.
138585 \$44

Wed
Sep 6 - Dec 20 12:30 - 3:30 p.m.
148879 \$44

Drawing with Aileen & Elmira

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
Sep 15 - Oct 27 12:30 - 2:30 p.m.
148880 \$147

Fri
Nov 3 - Dec 22 12:30 - 2:30 p.m.
149131 \$168

Watercolour with Lynn

Paint nature's inspirations. Work at your own pace—individual and group instruction given to assist you in the art of using 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
Sep 5 - Oct 31 12:30 - 3:30 p.m.
149132 \$225

Tue
Nov 7 - Dec 19 12:30 - 3:30 p.m.
149133 \$175

Thu
Sep 7 - Oct 26 12:30 - 3:30 p.m.
149134 \$200

Thu
Nov 2 - Dec 21 12:30 - 3:30 p.m.
149135 \$200

Photo Club

Come curious, and leave inspired by the stunning images shared by guest presenters and participants! Field trips and social events are also part of this program. No formal instruction. *Leader: Peter O.*

Thu
Sep 7 - Dec 14 1 - 3 p.m.
149136 \$45



Feed the Need Market Donations

Calling all West Van artisans! The Seniors' Activity Centre is looking for donations of handmade creations to be sold in the Feed the Need Market. All proceeds will go towards Feed the Need, a meal security program for local seniors. We're looking for donations of handmade artwork, such as crafts, fabric, pottery, and more. To learn more or to donate your wonderful creations, contact Stephanie Jordan at 604-925-7211.

FABRIC ARTS

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, we can help you choose a project. Beginners welcome.

Tue
Sep 5 - Dec 19 9 a.m. - 12 p.m.
149137 \$40

Studio Time

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

Tue
Sep 5 - Dec 19 12:30 - 3:30 p.m.
149138 \$40

Learn to Knit

Are you a little rusty or have always wanted to learn to knit? 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 and socialize with those learning to knit. *Instructor: Shirley*

Wed
Sep 6 - Dec 20 9 a.m. - 12 p.m.
149139 \$40

Quilting Studio Time

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

Wed
Sep 6 - Dec 20 12:30 - 3:30 p.m.
149140 \$40

Craft Studio Time

If you can hand or machine sew, you'll be able to quilt! We need volunteers so hope you can join us soon. All proceeds go to the Seniors' Activity Centre.

Fri
Sep 15 - Dec 22 9 a.m. - 12 p.m.
149141 No cost, but 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. Supervisor on hand to answer questions.

Sat
Drop-in \$2.50

MUSIC

NEW For a complete listing of **Music** programs, visit westvancouver.ca/music.



Alternatively, scan the QR code to go to the page.

Find additional dementia-friendly music programs in the **Keeping Connected** section on page 23.

Dundarave Players

The Dundarave Players have a limited number of openings for musicians who play an instrument, read music, and sing! Our group has a varied repertoire including several genres which offer opportunities to sing and play in a variety of venues. *No instructor. New participants please contact mdevries@westvancouver.ca*

Tue
Sep 5 - Dec 12 9:15 - 11:15 a.m.
149007 \$34



Heritage Choir Winter Concert

The West Vancouver Heritage Choir presents their annual winter concert with a wide variety of favourites. We look forward to seeing you there, and promise you an enjoyable afternoon. Bring your voices as you will be asked to join in too!

Sun
Dec 3 1 - 3 p.m.
149205 \$7.50 adult, \$4.50 child

Heritage Choir

The Heritage Choir is a community choir for people 55+ years, with a full concert season, performing songs from a range of musical styles, from classical to show tunes. Join our vibrant choir and find new friendships, exercise your mind and body, and enjoy a supportive and fun environment with a variety of interactive social events throughout the year. *Requirements: The choir is open to people who enjoy singing, with or without choral experience, and who are able to independently follow the conductor's instructions.*

Tue
Sep 5 - Dec 5 1 - 3 p.m.
149204 \$140

Recorders Advanced

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

Thu
Sep 7 - Dec 12 10:30 a.m. - 12 p.m.
149012 \$43

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, April 10 & May 22. *Leader: Steve R.*

Mon
Sep 11 - Dec 11 10:30 a.m. - 12 p.m.
149013 \$37.25

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
 Sep 12 – Oct 24 11:30 a.m. – 12:30 p.m.
149200 \$80

Tue
 Nov 7 – Dec 12 11:30 a.m. – 12:30 p.m.
149201 \$69

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. Our purpose is to have fun making music! *No instructor.*

Sat 10:30 a.m. – 12:30 p.m.
 Drop in \$2.75

149016 Sep 9

149017 Sep 16

149018 Sep 23

149020 Oct 7

149021 Oct 14

149022 Oct 21

149023 Oct 28

Singing For Joy

Have you dreamed of having the opportunity to sing but life got in the way? Now is your chance to 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 in a supportive group setting. Participants will be welcomed to explore a solo performance if they wish.

Wed
 Sep 6 – Oct 25 1:30 – 2:30 p.m.
149202 \$120

Wed
 Nov 1 – Dec 13 1:30 – 2:30 p.m.
149203 \$105

DANCE

NEW For a complete listing of **Dance** programs, visit westvancouver.ca/dance.



Alternatively, scan the QR code to go to the page.

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.

Fri
 Sep 15 – Oct 27 2:15 – 3:15 p.m.
149206 \$105

Fri
 Nov 3 – Dec 15 2:15 – 3:15 p.m.
149207 \$105

Let's Salsa for Couples

Have you always wanted to learn Latin Dance? Whether you're just starting out or know some basic steps, this class is for you! Joining with your partner is strongly recommended, otherwise you will be paired with another person in class. *Instructor: Takako.*

Mon
 Sep 11 – Oct 23 6:30 – 7:30 p.m.
149208 \$90

Mon
 Oct 30 – Dec 11 6:30 – 7:30 p.m.
149209 \$105

Scottish Country Dance Beginner - Intermediate

Explore the world of Scottish Country Dance—you don't need to be a Scot to enjoy it! Learn basics steps and

dances that will grow in intricacy as the class progresses. Beginners and experienced dancers welcome!

Instructor: Louise M.

Tue
 Sep 12 – Oct 24 1 – 3 p.m.
149219 \$21

Tue
 Oct 31 – Dec 12 1 – 3 p.m.
149220 \$21

Scottish Country Dance Intermediate

Looking to perfect your dancing skills? Combine fun with exercise as you learn upcoming party programs. Intermediate and advanced dancers welcome. *Instructor: Louise M.*

Fri
 Sep 15 – Oct 27 10:30 a.m. – 12:30 p.m.
149215 \$43.50

Fri
 Nov 3 – Dec 15 10:30 a.m. – 12:30 p.m.
149216 \$43.50

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 6 p.m. *Price per dance.*

Member \$15
 Non-member \$17.50

The Die Hards
 Sep 28 6:30 – 9:30 p.m.
141750

Rock & Roll with Brian & Michelle
 Oct 26 6:30 – 9:30 p.m.
148920

Bob York & the New Yorkers
 Nov 23 6:30 – 9:30 p.m.
148919



SCENE VOLUNTEER PHOTOGRAPHER

We are looking for a volunteer photographer for the Scene.

For more information, email leisureguide@westvancouver.ca



Line Dancing: Level 1 Novice

This novice (absolute) beginner class introduces basic line dance terminology through a variety of dances, and is aimed at students who have no experience. We review the dances from the previous week and introduce new ones based on how fast the class progresses.

Mon	Sep 11 - Oct 23	3:30 - 4:30 p.m.	
	149171		\$27.50

Mon	Oct 30 - Dec 11	3:30 - 4:30 p.m.	
	149172		\$32

Line Dancing: Level 2 Beginners

This class is for those with previous line dance or dance experience and are familiar with the basic line dance steps. This class moves at a quicker pace than level 1 and has more beginner integrated line dance steps and line dances.

Mon	Sep 11 - Oct 23	2:15 - 3:15 p.m.	
	149164		\$27.50

Mon	Oct 30 - Dec 11	2:15 - 3:15 p.m.	
	149168		\$32

Line Dancing: Level 3 Improved/Intermediate

This class is for students with previous dance experience. Start with simple improver line dances and progress as you go. Learn new advanced terminology (including dances 32 to 64 count dances) that may contain the occasional tags and/or restarts.

Mon	Sep 11 - Oct 23	1 - 2 p.m.	
	149163		\$27.50

Mon	Oct 30 - Dec 11	1 - 2 p.m.	
	149170		\$32

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	Sep 6 - Oct 25	9 a.m. - 12 p.m.	
	149086		\$50

Woodworking: Level 2 Intermediate

Bring your woodworking venture to life! Projects must return home with participants after each class due to lack of storage space. *Prerequisite: Woodworking Beginners or experience in woodworking.*

Mon	Sep 11 - Dec 18	9 a.m. - 12 p.m.	
	149147		\$87.50

Wed	Nov 1 - Dec 20	9 a.m. - 12 p.m.	
	149087		\$50

Fri	Sep 8 - Dec 22	9 a.m. - 12 p.m.	
	149148		\$100

Woodworking: Level 3 Advanced

Bring your woodworking venture to life! Requirement: bring your own plan and wood. Projects must return home with participants after each class due to lack of storage space. *Prerequisite: Experience in woodworking. You must be able to work on your own with minimal assistance.*

Mon	Sep 11 - Dec 18	1 - 4 p.m.	
	149149		\$87.50

Tue	Sep 5 - Dec 19	9 a.m. - 12 p.m.	
	149150		\$100

Wed	Sep 6 - Dec 20	1 - 4 p.m.	
	149151		\$100

Fri	Sep 8 - Dec 22	1 - 4 p.m.	
	149152		\$100

Woodworking: Woodturning Level 1 Beginner

This is an instructional class on Woodturning. Three people maximum. *Prerequisite: Level 1 Woodworking.*

Wed	Nov 1 - Dec 20	9 a.m. - 12 p.m.	
	149153		\$50

Woodworking: Woodturning Level 2

This is the next class after Woodturning. Three people maximum. *Prerequisite: Level 1 Woodworking.*

Wed	Sep 6 - Oct 25	9 a.m. - 12 p.m.	
	149154		\$50

Woodworking: Women's Session

Join other women for a fun and informative class! Bring your own project and wood. The supervisors are there to provide information and guidance but cannot provide one-on-one supervision. Enjoy a relaxed atmosphere with more supervision than general classes, but if you are a beginner, please sign up for Woodworking Beginners first. *Prerequisite: Woodworking Beginners and waiver form. Instructors: Peter, Margaret, and Bruce.*

Tue	Sep 5 - Dec 19	1 - 4 p.m.	
	149155		\$100

Programs continued on page 20.

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★★★★★ Anita C, Daughter



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Q&A: MAYOR MARK SAGER

Join us for a Q&A with West Vancouver's Mayor Mark Sager and find out what is going on in the District. Bring your questions and have them answered.

Wed, Sep 27 | 12 - 1 p.m.
EVERYONE WELCOME!

Seniors' Activity Centre
Fireside Lounge



Photos: Michiko Araki



FABULOUS FASHIONS BY SAC KNITTERS

By Kathie Taylor

Take advantage of a unique one-day opportunity to buy original, hand-knitted items, lovingly created by SAC members, and available at reasonable prices.

The event is being held Tuesday, October 24 from 10 a.m. to 3 p.m. in the Fabric Arts Room.

Knitted fashion treasures for sale will include a variety of delightful sweaters for both adults and

children; colourful toques, scarves, gloves, and hand warmers; toys guaranteed to win the hearts of little ones, and other items.

Select a treat for yourself or get an early start on Christmas shopping. All proceeds go to the Seniors' Activity Centre.

Also, enjoy viewing some exquisite and award-winning quilts created by SAC quilters.

North Shore Seniors' Health Expo



FRIDAY, SEPTEMBER 8 | 9 A.M. TO 3:30 P.M.
WEST VANCOUVER COMMUNITY CENTRE & SENIORS' ACTIVITY CENTRE

PRESENTED BY



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Join us for the fifth annual **North Shore Seniors' Health Expo** on Friday, September 8, featuring exhibitors, innovative speakers and researchers focusing on **cognitive, physical, social, financial and nutritional well-being.**



westvancouver.ca/seniors

west vancouver

SPEAKERS SCHEDULE



9 A.M. - 3:30 P.M. (ALL DAY)

Exhibitors - West Vancouver Community Centre Gymnasium

Memory testing with Medical Arts Health Research Group - Fabric Arts Room, SAC

Free hearing tests from HearingLife formerly NexGen Hearing - Arbutus Studio, WVCC

SPECIAL FEATURE

SPECIAL FEATURE

TIME	ACTIVITY ROOM	AUDIO VISUAL ROOM	LILY LEE SPIRIT ROOM	MARINE ROOM
10 - 11 A.M.	AGING SUCCESSFULLY IN BC Isobel McKenzie, BC Senior Advocate Keynote Sponsor: Lily Lee ACTIVITY ROOM - SENIORS ACTIVITY CENTRE			
11:15 A.M. - 12 P.M.	NAVIGATING THE CARE CONTINUUM IN BC Danny Birch Founder & Co-CEO, Hero Home Care	MANAGING HIP & KNEE ARTHRITIS Wendy Watson OASIS Clinical Educator, Physiotherapist Vancouver Coastal Health	"SHE, HE, THEY, OH MY!" NAVIGATING GENDER IDENTITY AND PRONOUNS Stephanie Glick, Ph.D Faculty of Education, The Institute for Gender, Race, Sexuality & Social Justice, UBC	LEARNING THE BASICS OF MEDICAL ASSISTANCE IN DYING Brendon Pope Lawyer, Westcoast Will & Estates
12 - 1 P.M.	<p style="text-align: center;">LUNCH BREAK Nutrition Partner: Fresh St. Market</p> <p style="text-align: center;">Lunch served all day at the Seniors' Activity Centre's Garden Side Café (8:45 a.m. - 3:30 p.m. Performance by Amanda Wood-Cook 12:15 - 12:45 p.m.) Fireside Coffee Bar & Lounge open in the Seniors' Activity Centre (9:30 a.m. - 3:30 p.m.) Go for a ride with Cycling Without Age (outside entrance) Music in the breezeway with WAVE 98.3FM Woodworking & Billiard demonstrations Visit exhibitors in the Gymnasium</p>			
1 - 1:45 P.M.	BUILDING FINANCIAL WELLNESS FOR THE NEXT GENERATION Scott Evans, Philip Brown Financial Advisor, BlueShore Financial	I AM NOT READY YET, BUT WHEN I AM, WHERE DO I START? FUNERAL PLANNING 101 George and Mark McKenzie Funeral Directors, McKenzie Funeral Services	NUTRITION FOR HEALTHY AGING Anna Slivinski Registered Dietitian, VCH Community Care, UBC Clinical Instructor	FALL PREVENTION AND BETTER BALANCE FOR HEALTHY AGING Denise Morbey Physiotherapist and Co-owner, Aquatic Centre Physiotherapy
1:45 - 2:15 P.M.	<p style="text-align: center;">BREAK TIME Check out the exhibitors in the West Vancouver Community Centre Gymnasium</p> <p style="text-align: center;">Billiards Introduction</p>			
2:15 - 3 P.M.	AN INTRODUCTION TO BRAIN HEALTH Adrienne Poirier Support and Education Coordinator, Alzheimer Society of BC	HOW IS HEARING HEALTH LINKED TO COGNITIVE HEALTH AND OVERALL WELL-BEING? Mandy Fisch MSc. RAUD, RHIP, Owner Operator Victoria Erickson MSc. RAUD, RHIP HearingLife formerly NexGenHearing	KNOW YOUR OPTIONS: WHICH INFLUENZA VACCINE IS THE BEST FOR SENIORS Ajit Johal BSP RPh CTH Pharmacist and Clinical Associate Professor UBC Faculty of Pharmaceutical Sciences	IMPACT 360 FOR PARKINSON'S DISEASE (PD) Don Anderson Acting Chair, Pacific Parkinson's Research Institute (PPRI) charitable organization Dr. Matthew Sacheli Research Program Manager, BC Brain Wellness Program, University of British Columbia Pacific Parkinson's Research Institute
3 - 3:30 P.M.	<p style="text-align: center;">Final chance to check out exhibitors in the West Vancouver Community Centre Gymnasium</p>			

CELEBRATE SENIORS DAY - OCTOBER 1

By *Chris Inouye*

By 2030, adults aged 65 or older will make up 23% of Canada's population and number over 9.5 million and represent the fastest growing segment of the population (National Association of Federal Retirees, 2020). Here in West Vancouver, those 55 years old and above comprise 43% of the population.

**They are our family.
They are our volunteers.
They are our colleagues.
They are our friends.
They are us.**

OPTIMISM

The National Institute on Ageing (NIA) partnered with the Environics Institute for Survey Research to ask 5,885 Canadians aged 50 and older about their experiences with and their expectations of aging. 63% of respondents said they felt positive about growing older¹.

THE POWER OF PURPOSE

According to Rose Anne Kenny, Principal Investigator of Ireland's

largest adult population study on aging, "Only 20% of our lifespan is dictated by our genes, with the rest down to environmental factors over which we have some control." Key ingredients in longer and healthier lives include quality relationships, friendships, lower stress, creativity, exercise and having a purpose in life. Having a purpose is huge, and we can create a sense of purpose by having a list of things to do in a day.

"Knowing why you wake up in the morning makes you healthier, happier and adds probably up to seven years to your lifespan."²

PRACTICING GRATITUDE SPARKS JOY

What went right today? Perhaps you ran into an old friend, got the name of a terrific appliance repair company, or a neighbour baked you some cookies. We have so much to be thankful for, especially living on the North Shore where we are close to the beach, pristine trails and parks and vibrant village culture.

Betty C., retired VSB teacher librarian, master quilter, and optimist

says, "As I approached my 75th birthday I was not so sure it would be a happy event. I needn't have worried because I had my usual bottle of very fine champagne, met up with friends and had a lovely day. As I now near my 78th birthday, I find myself relaxing more, getting less stressed (meditation helps) and I remind myself to be grateful for each day. I love learning and taking classes and I love my friends and family along with lattes. People are very generous with their time and energy, so I ask for help. I am so thankful."

THE POWER OF BELONGING

On this Seniors Day, consider getting involved at the Seniors' Activity Centre which has been a community hub for those aged 55+ since 1981. Learn to paint or do woodworking, practice yoga, play bridge, watch a movie, meet friends for lunch at the Garden Side Café, or volunteer!

Celebrate being a senior!

¹ <https://www.ctvnews.ca/health/most-older-canadians-feel-positive-about-aging-but-income-and-health-have-a-big-impact-report-1.6201867>.

² Singh, A., Having a purpose can add years to life, Vancouver Sun. p A7. June 13, 2023).

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HOT TOPICS WITH WEST VANCOUVER FIRE & RESCUE



*By Jeremy Calder,
Assistant Chief of Fire Prevention*

Let's continue our discussion from our last Scene article on apartments & high-rise buildings: Am I Fire Safe? In our last article, we discussed the common causes of apartment fires and how apartment buildings differ from other homes. Today we will talk about:

- *How will I know if there is a fire?*
- *What is the plan for my building?*

HOW WILL I KNOW IF THERE IS A FIRE?

- Your building should be equipped with smoke detectors and other fire alarm components.
- Learn to recognize the sound of the fire alarm and leave the building immediately when you hear it. Never ignore the alarm, as fire may be present in any part of the building.
- It is recommended that every dwelling have a smoke alarm outside each sleeping area and on every level of the home. For maximum protection install a smoke alarm in every bedroom.
- Test smoke alarms monthly and for battery-operated smoke alarms change the batteries at least once a year. Clean smoke alarms at least once every six months by gently vacuuming the exterior. Smoke alarms should be replaced at least every ten years.

WHAT IS THE PLAN FOR MY BUILDING?

- Floor plans and evacuation procedures must be posted on every floor. Take time to learn them.
- Develop and practice your fire safety plan. Know the two quickest and safest ways out of your building.
- Designating and training a fire warden on each floor of the building is recommended to ensure safe evacuation and ongoing safety programs.
- Have a fire drill at least once a year but practice your escape plans regularly. Coordinate practice drills with neighbours, fellow workers, the floor warden, and the building manager.
- Someone should be assigned to help people with disabilities who may need assistance to evacuate safely.
- If you have mobility issues and exiting in an emergency is difficult, have your building manager add your name to the Fire Safety Plan for residents sheltering in place. You can call 911 in event of a fire to notify them you are in your apartment as well. In this way, the responding Fire Service will know where you are and can assist you.

In the next article, we will cover:

- *How do I escape from the fire?*
- *Is there anything else I need to know?*

Take care and stay safe,
Jeremy



BEWARE OF BANK SCAMS

By Sergeant Mark McLean

The police are seeing a rise in increasingly sophisticated bank scams where fraudsters impersonate bank employees to gain access to victims' money. Callers will contact victims claiming that bank accounts or credit cards have been compromised and, for verification purposes, will ask for credit card or bank account numbers.

In some cases, the fraudsters will even drive victims to their bank to withdraw cash and instruct them on what to say to the teller. In all these cases, time pressure is applied to the victim so they cannot think the situation through logically. If you are contacted by someone claiming to be a bank employee, ask for a callback number.

Contact the bank directly either in person or on a number listed on their website to verify the call is legitimate. Never give account information over the phone and contact your local police if you suspect you are being scammed.



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
Sep 5 – Dec 19 1 – 4 p.m.
149933 \$100

Woodcarving

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

Thu
Sep 7 – Dec 21 9 a.m. – 12 p.m.
149156 \$100

Thu
Sep 7 – Dec 21 1 – 4 p.m.
149157 \$100

LEARNING

NEW For a complete listing of **Learning** programs, visit westvancouver.ca/learning.



Alternatively, scan the QR code to go to the page.

Garden Club

Join fellow green thumbs and gardeners for a series of lectures by experts on various topics. A full list of the dates, topics, and presenters will be provided. There will be five trips to interesting locations. Bus cost is extra.

Tue
Mar 21 – Sep 12 1:30 – 3 p.m.
135544 \$70 (entire season)
\$10 (per presentation drop in)

LANGUAGES

Spanish with Elias: Beginner 1

The course content is crafted to help students acquire language resources quickly, enabling them to communicate easily when travelling in Mexico or any Spanish speaking country. The focus in this course is on speaking, understanding the culture, and communicating rather than only on grammar. This is the very first course of our series so no background knowledge is needed.

Thu
Sep 7 – Dec 14 4 – 5:30 p.m.
149226 \$231.50

Spanish with Elias: Intermediate

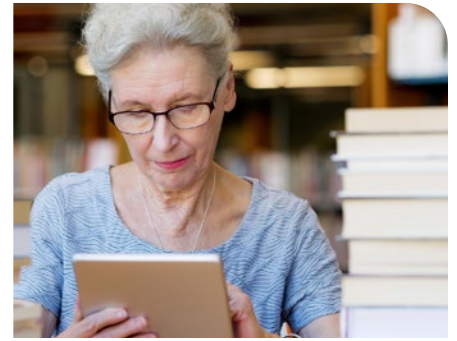
This is an ongoing course with a focus on reinforcement of preterit, imperfect, and future tenses and adds the conditional tense and an introduction to imperative. More situational conversation is added for moving around the city or when discussing activities in the past or future plans. Interclass interaction is encouraged to enhance your speaking/listening abilities. Conversation time accounts for half of the class time. *Textbook: The Book Practice Makes Perfect: Spanish Verb Tenses, Premium Fourth Edition: Richmond, Dorothy printed by McGraw Hill is required.*

Thu
Sep 7 – Dec 14 5:45 – 7:15 p.m.
149227 \$231.50

Farsi with Bitā

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

Tue
Sep 5 – Dec 12 12:30 – 1:30 p.m.
148998 \$43



WRITING & READING

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.*

Thu
Sep 7 – Dec 14 1:30 – 3:45 p.m.
149009 \$202.50

Writers' Circle

Share your stories, poems, and memoirs in a casual and encouraging atmosphere! Take turns leading sessions. Enjoy writing styles ranging from humour and poetry to memories and social commentaries. *No instructor.*

Mon
Sep 11 – Dec 11 1 – 3 p.m.
149008 \$37

The Indispensable Life Binder

Have you been considering getting all your important documents together? Here's an easy way to do it! If you or your partner are sick, you or your family will need this binder to make sure things run smoothly. From property and finance information to important contacts, your will and more, you'll have everything organized and ready when you need it. *Instructor: Diana Cruchley.*

Sat
Oct 7 1:30 – 4 p.m.
149014 \$25



Hot Topics

Looking for an opportunity to converse about current affairs? Join Jon Scott for discussions about the current international affairs hot spots around the world! Start with some background information from Jon, and then join in on the discussion and learn from each other. Jon is a former ambassador of Canada, holds a PhD in Philosophy, and is an adjunct professor at Simon Fraser University.

Fri
Oct 6 - Nov 24 1 - 2 p.m.
149010 \$25

GENERAL

Coffee Chat with Community First Responders

Representatives from West Vancouver Police and West Vancouver Fire & Rescue Services will be at the cafe to answer any questions you may have. Stop by and get to know your friendly first responders!

Wed
Oct 4 10 - 11 a.m.
149214 Free

MAID Workshop

Learn about what Medical Assistance in Dying is all about. Alex Muir from the Metro Vancouver Chapter of Dying with Dignity will be our guest.

Fri
Oct 6 12:30 - 2:30 p.m.
147943 Free (please register)

Empowering Patient Workshops

Learn how to navigate various aspects of aging through these informative workshops.

Workshop 1: Advanced Care Planning

Advanced Care Planning is the foundation of being an informed and empowered patient and care partner.

Fri
Oct 13 12:30 - 2:30 p.m.
147872 Free (please register)

Workshop 2: BC Healthcare

Navigating the BC Health Care System with a focus on hospital discharge planning, home care, and residential care.

Fri
Oct 20 12:30 - 2:30 p.m.
147874 Free (please register)

Workshop 3: Medical Heroics

Understand "heroics", resuscitation, and levels of medical care.

Fri
Oct 27 12:30 - 2:30 p.m.
147873 Free (please register)

Fall Flower Arranging Workshop

Create your own lovely bouquet of flowers while learning about the art and being zen with nature's beauty. This workshop will take place next door, at the West Vancouver Community Centre's Hobby Arts Room.

Fri
Sep 15 10 a.m. - 12 p.m.
147562 \$35

Sunday Movies

Join us on a Sunday afternoon for a great movie. See bulletin board for movie titles. \$2.50 per movie.

149260 Oct 1
149261 Nov 5
149262 Dec 3

Flight Simulation

Come fly with us! Join other aeronautical enthusiasts who meet bimonthly on the second and fourth Friday of the month. Please register online, over the phone, or at the front desk.

10:15 a.m. - 12:15 p.m.
\$2.75 per session
149034 Sep 22
149037 Oct 13
149038 Oct 27
149039 Nov 10

149040 Nov 24

149041 Dec 8

149042 Dec 22

New Member Welcome Coffee

Are you a new member to the Seniors' Activity Centre? We would like to invite you for a morning coffee 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 anyone who may be interested in joining this fun social gathering. Free (please register).

Sep 19 10 - 11 a.m.
151221

Oct 24 10 - 11 a.m.
151222

Nov 21 10 - 11 a.m.
151223

Off the Rocker: Stories from Seniors

We all have stories and getting a chance to tell your story is a gift. We would love to chat with you about yours. The ups the downs, the ins the outs, the laughter, love, and heartache.

If you are interested in being interviewed and taped, please contact Mary De Vries
mdevries@westvancouver.ca
or Stephanie Jordan
sjordan@westvancouver.ca.

Program availability may be adjusted. For an up-to-date list of adult 55+ programs please visit westvancouver.ca/seniors and see the **55+ Activities** section on the page.



Alternatively, scan the QR code to go to the page.

GAMES

Drop-in Games

Pre-register for these weekly time slots! Cost: \$2.75 per session.

Card Tables

Sat

Sep 9 - Dec 23 10 a.m. - 12 p.m.

Scrabble & Mah Jong

Sat

Sep 9 - Dec 23 1 - 3 p.m.

Bridge Social Drop-in

Sun

Sep 10 - Dec 17 9 a.m. - 12 p.m.

Cribbage Drop-in

Sun

Sep 10 - Dec 17 1 - 3 p.m.

Snooker/Billiards

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

Bridge with Stephen: Basics 1

Learn the basics of bidding and play. Each lesson combines discussion with lots of play. Find out why bridge becomes a life-long passion for enthusiasts, offering a unique combination of social occasion, fun and intellectual stimulation. This course is designed for both those who have never played bridge before and those who want a structured review of the modern five-card major bidding system. Lesson handouts are included.

Tue

Sep 12 - Oct 31 3:30 - 5:30 p.m.
149043 \$120

Bridge with Stephen: Basics 2

Learn the basics of bidding and play. Each lesson combines discussion with play. This course is designed for both those who have never played and anyone looking for a structured review of the modern five-card major bidding system. Lesson hand-outs are included.

Prerequisite: Bridge with Stephen: Basics 1.

Tue

Nov 7 - Dec 19 3:30 - 5:30 p.m.
149044 \$105

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.

Wed

Sep 13 - Oct 25 3:30 - 5:30 p.m.
149045 \$120

Wed

Nov 1 - Dec 20 3:30 - 5:30 p.m.
149046 \$120

Bridge with Tai

Learn all about this exciting hobby! Exercise your brain and have a wonderful time playing this fun game with others. If you can count to 13, you can play bridge!

Level 1

Fri

Sep 15 - Oct 27 2:15 - 4 p.m.
149063 \$90

Level 2

Fri

Nov 3 - Dec 15 2:15 - 4 p.m.
149065 \$105

Intergenerational Bridge

Tai will introduce participants to the exciting hobby of playing bridge. Once you are hooked, you'll have not only a wonderful time playing you will also exercising your brain. If you can count to 13, you can play bridge.

Mon

Sep 11 - Oct 23 4:30 - 6:30 p.m.
149228 \$105 member
\$136.50 non member

Mon

Oct 30 - Dec 11 4:30 - 6:30 p.m.
149263 \$120.75 member
\$159.25 non member



SOCIAL

EVENTS & TRIPS

NEW For a complete listing of **Events & Trips**, visit westvancouver.ca/eventsandtrips.



Alternatively, scan the QR code to go to the page.

Please note events and trips return times are approximate. Please do not book something immediately following a trip as we could be delayed due to traffic or unforeseen circumstances.

Trips & Events Cancellation Policy

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.

ACCESSIBILITY

-  Accessible to persons in wheelchairs*
-  Accessible to persons with scooters*
-  Accessible to persons with walkers*
-  Accessible to persons with cane
-  No limitation to hard of hearing. Assistive systems may be available
-  Accessible to persons who are blind or visually impaired
-  Transport to the SAC w/ the SAC Shuttle Bus

*As space is limited on the bus, please notify staff if you plan to bring a wheelchair, walker or scooter.

Bard on Beach - Goblin

When three goblins come across a copy of the Complete Works of William Shakespeare, they're intrigued by a writer who clearly knows his witches, faeries, goblins and monsters. They decide to co-opt a theatre space and cajole an audience into participating in their first attempt at "doing theatre". They choose Macbeth because it's short and has lots of blood!

Sat
Sep 9 12:30 - 5:30 p.m.
143153 \$52

IKEA - Coquitlam

Visit the IKEA Store in Coquitlam with us. Wander the incredible showrooms for home décor ideas and shopping and stop for a bite to eat. There will be some storage for small items on the bus.

Tue
Sep 26 10 a.m. - 2:30 p.m.
149173 \$15

Hard Rock Casino

Join us on an outing to the Hard Rock Casino which includes 950 slot machines, a poker room, high-limit

salons, and game tables for blackjack, roulette, baccarat, poker, pai gow, and craps.

Fri
Sep 22 10 a.m. - 3 p.m.
149167 \$15

Enjoy the Journey: Manning Fall Colours

Drive through the scenic fall colours of the Cascade Mountains on the way to Manning Park. Enjoy lunch at the Manning Park Resort before heading to Lightning Lake for a walk and stopping by the Hope Slide on the journey home. Level: Easy

Wed
Oct 11 8 a.m. - 6 p.m.
149075 \$109

Grand Villa Casino

There is always something going on at the Grand Villa—slots, table games, poker and more.

Fri
Nov 17 10 a.m. - 3 p.m.
149165 \$12

Enjoy the Journey: Christmas at Hycroft

You will love Christmas at Hycroft. The nooks and crannies of this beautiful Edwardian Mansion are crammed with local artisanal products and goodies for purchase. Lunch at the iconic Sylvia Hotel. Level: Easy

Sat
Nov 18 9 a.m. - 4:15 p.m.
149076 \$139

Enjoy the Journey: Heritage Christmas & Lafarge

Step back in time at Burnaby Museum's Heritage Christmas. Stroll through the village and take a ride on the carousel! After dinner take a walk around Lac Lafarge, where spectacular light displays comprise the biggest Christmas display in the Lower Mainland. Level: Easy

Thu
Dec 7 2:30 - 9 p.m.
149077 \$139

KEEPING CONNECTED

NEW For a complete listing of **Keeping Connected** programs, visit westvancouver.ca/keepingconnected.



Alternatively, scan the QR code to go to the page.

OUTREACH PROGRAMS

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 Stephanie at 604-925-7211.

Keeping Connected Outreach

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 or help with connecting to needed services 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.

Adapted Balance and Fall Prevention

Leg strength and balance contribute to longevity and health! If you need help with your balance this is the class for you.

Wed
Sep 6 - Dec 13 11:45 a.m. - 12:45 p.m.
149180 \$116.25

Adapted Chair Yoga

Join us for yoga from the safety and comfort of your chair. This program has modifications with lots of movements from sitting to standing.

Tue
Sep 5 - Dec 12 10:30 - 11:30 a.m.
149181 \$159.50

Caregiver Support Group

This 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
Sep 7 - Dec 14 10:30 a.m. - 12 p.m.
149182 \$27.75

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
Oct 5 - Dec 14 11:15 a.m. - 12:30 p.m.
149183 \$73.25

Daybreak

This program is designed for those living with Alzheimer's. We will be reminiscing, playing games, creating art, and appreciating life together. Our aim is to promote independence, choice, well-being and person-centred care.

Mon
Sep 11 - Oct 30 10 a.m. - 1 p.m.
149184 \$210

Mon
Nov 6 - Dec 11 10 a.m. - 1 p.m.
149185 \$180

End of Life Conversations

Join us for a weekly drop-in/open conversation about anything and everything related to death and dying. This drop-in will offer a relaxed space to openly speak about this sensitive topic without the awkwardness, fear, or formality. *Led by Jen F.*

Tue
Sep 5 - Dec 12 11:45 a.m. - 12:45 p.m.
149186 \$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
Sep 6 - Dec 13 10 - 11 a.m.
149187 \$93

Fri
Sep 15 - Dec 15 11:10 - 11:50 a.m.
149188 \$57.75

Ladies Social Club

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

Wed
Sep 6 - Dec 13 1:45 - 3:15 p.m.
149189 \$78

Men's Club

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

Thu
Sep 7 - Dec 14 10:30 a.m. - 12 p.m.
149190 \$127.50

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.

Fri
Sep 15 - Oct 27 1 - 3 p.m.
149445 \$76.25

Musical Mondays

Join with friends for an afternoon of conversation and music in a coffee house setting at the SAC. Bob & The Yorkettes will play from 2:30 - 3:30 p.m.

Mon
Sep 25 2:30 - 3:30 p.m.
149191 \$6.25

Mon
Oct 30 2:30 - 3:30 p.m.
149192 \$6.25

Keep Well

North Shore Keep Well Society offers free, or by donation, mild exercise and wellness classes for seniors. For more information, please call 604-988-7115 ext. 3001.

Wed
Sep 6 - Dec 13 11:15 a.m. - 12:45 p.m.
149211 Free (please register)

Pick Up the Pace

Boost your spirits and your heart rate with this new class designed to get the blood flowing. This class will be done from a standing position. Your heart and your spirit will thank you.

Thu
Sep 7 - Dec 14 9 - 10 a.m.
149197 \$90

Pottery Workshop

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

Fri
Oct 20 1 - 3 p.m.
151060 \$30

Reiki

Relax the day away with Reiki. Use your own life energy to improve general well-being.

Wed
Sep 6 - Dec 13 6 - 7:30 p.m.
149213 \$126.75

Social 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
Sep 12 1:15 - 2:15 p.m.
149198 Free (please register)

Sound Advice for Hearing Impaired

This program is a series of informal workshops and discussions for people who are hard of hearing. Discussion topics include technology, speech reading, behavioural issues, improving relationships, improving hearing environments and more.

Fri
Oct 6 10 a.m. - 12 p.m.
149217 \$3

Stand Tall

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

Fri
Sep 15 - Dec 15 10 - 11 a.m.
149195 \$97.25

Stretch and Movement

Enjoy this uplifting and creative class through movement and music for people living with Parkinson's and other physical challenges. Maintain a sense of confidence and grace through the fundamentals of stretch. This program has adaptations for many limitations. *Note: Caregivers must register, but at no charge.*

Mon
Sep 11 - Dec 11 2 - 3 p.m.
149196 \$139

MIND & BODY WELLNESS**Best Foot Forward Foot Care Clinic**

Put your best foot forward! Receive basic foot care from a Registered Nurse. By appointment only. Each appointment will be 20 minutes. *Please register with the front desk or phone in.*

Fri
Sep 22 and 29 12:30 - 3:30 p.m.

Reboot 30

Join us for a program that includes strengthening movements, balancing exercises, and stretches to improve breathing and joint mobility.

Participants must be able to move down to the floor and up. No class on Friday, Sep 8.

Tue & Fri
Sep 5 - Dec 15 12 - 12:30 p.m.
151716 \$203

Massage

Massages are back! Enjoy a 45-minute massage performed by Langara College students. Register for your spot. Maximum 5 spots per timeslot. Arrive 15 minutes early to complete paperwork. *No ICBC or WCB claims.*

Wed
Appointments starting at 9:30 a.m., 10:45 a.m., and 12 p.m.

Breathwork for Health and Longevity

Find out how to lower your blood pressure, heart rate, and relax using your breath.

Thu
Sep 7 - 28 11 a.m. - 12 p.m.
149306 \$25

Mindfulness Mondays

Are you feeling overwhelmed, anxious, or worried about what's going on in your life? Trouble sleeping, or quieting your "monkey mind"? Come and experience a sense of belonging and find peace and happiness, by learning some

practical tools and techniques in this mindfulness meditation class.

Mon
Sep 11 - Oct 2 12:30 - 2 p.m.
149212 \$35

Mindfulness for a Stress-Free Life

Mindfulness is an art that helps human beings live life fully. Learn this art to bring peace and harmony within yourself so that your daily challenges whether it is related to your health, possessions, or relationships.

Wed
Sep 6 - 27 6 - 7 p.m.
149674 \$50

UBC Nursing

The students from the School of UBC Nursing are back! The first session will include topics on mental health and the second session will cover physical health. Visit them in the hallway near the cafeteria.

Fri
Oct 20 11 a.m. - 1 p.m.
151729 Free (please register)

Fri
Oct 27 11 a.m. - 1 p.m.
151730 Free (please register)

Neuromovement

Wondering how to maintain brain health? Join Luciana from Brain Academi and learn how to keep your aging brain healthy and strong in a program that improves, maintains, and creates neuropathways. *Keep an eye out for registration details in September.*

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. Please note, you must be able to get down on the floor and back up for this activity.

Mon
Sep 11 - Dec 11 11:45 a.m. - 12:45 p.m.
149210 \$168.25

Age Gracefully

Explore the best ways to age happily—session includes Q&A and discussion on a variety of topics including issues encountered when living alone.

Tue
Sep 5 1 - 2:30 p.m.
149222 Free (please register)

Tue
Oct 3 1 - 2:30 p.m.
149223 Free (please register)

INTERGENERATIONAL

Screen time for Seniors

Learn more about your phones, tablets, laptops, and more! Students from Collingwood can help you learn all about technology and answer any questions you have. *Note: Must bring your own device.*

Thu
Sep 21 4:30 - 5:30 p.m.
151717 Free (please register)

Thu
Oct 19 4:30 - 5:30 p.m.
151718 Free (please register)

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. Sing along, make some beats, dance, and share the joyful time together.

Tue
Sep 12 - Nov 28 10:45 - 11:30 a.m.
150204 Free for seniors
\$275 to register a family

Intergenerational Open Studio Workshop

This is a supervised intergenerational open studio time. Anyone under 18 years will need an adult to supervise them. Bring a fabric project you are working on or come in to fix something.

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

Table Tennis

Wed 6 - 8 p.m.
Registered drop-in \$3



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 Stephanie, Mary, or Sarah.

SPORTS

NEW For a complete listing of **Sports** programs, visit westvancouver.ca/sports.



Alternatively, scan the QR code to go to the page.

Table Tennis

Come play for fun and enjoy a fast-paced game with us. Bring your own paddle. You can register in advance online or register before you enter.

Registered drop-in \$3

Tue & Thu 3:30 - 5:30 p.m.

Wed 6 - 8 p.m.
(Intergenerational, 18 yrs+)

Sun 1 - 3 p.m.

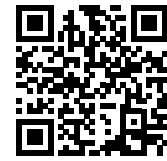
Badminton

Bring your racquet and join a fun game with other seniors! Register over the phone or online to reserve your spot. Please wear clean indoor shoes and bring your own racket.

Thu 10:30 a.m. - 12:30 p.m.
Please register \$3

OUTDOOR REC

NEW For a complete listing of **Outdoor Rec** programs, visit westvancouver.ca/seniorsoutdoorrec.



Alternatively, scan the QR code to go to the page.

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

To find out what's happening each month visit westvancouver.ca/sports and view the **Outdoor Rec** section or inquire at the front desk. *If a program is full please sign up on the waitlist as we may open up more spots if we have enough volunteer support.*

Ramblers/Walkers - 2023 Annual Registration (Full for the year)

Registration will start January 2024.

NEW Introduction to Hiking on the North Shore

Hike and learn with us! Find out how to prepare, what to bring, and what to expect on the trails in our brand-new Introduction to Hiking on the North Shore program for seniors. Cost includes transportation to the trail.

Tue
Sep 12 - Oct 31 9 - 11:30 a.m.
149175 \$80

Discover Trails

Hike intermediate and more challenging trails on the Sea-to-Sky Corridor and beyond. Tuesday hikes are 2.5 to 4 hours (6 to 10 km) and vary based on group size, pace,

elevation gain, and terrain. Thursday hikes are 3 to 5 hours (over 15 km) at a good pace, on varying terrain.

Details of hikes will be sent out prior.

Tue/Thu

Sep 5 – Dec 21 9 a.m. – 12:30 p.m.
149176 \$80

Explorers

Do you love walking? Are you looking to stay social and active? You're welcome to join! The only prerequisite is a shared love of the outdoors! This exciting walking program utilizes our bus and is led by one of our leaders! Transportation provided to and from the locations we explore.

Wed

Sep 6 – Oct 25 9:30 a.m. – 12:30 p.m.
149085 \$80

Cross Country Ski and Snowshoe Group 2023

Season starts when mountain opens.

Join a bunch of experienced outdoor enthusiasts who go up twice a week to the Hollyburn Nordic Area on Cypress Mountain to enjoy cross country skiing or snowshoeing with friends. Trails are patrolled, but come fully prepared. Register to be part of the group and pay for the bus each time you want to go up the hill. A trail ticket or pass is required for skiing and snowshoeing in the ski area boundary.

Wed/Fri

Nov 15 – Dec 29 9 a.m. – 1 p.m.
149177 \$7.75

Learn about the **NorWest, Silver Wheels, Coast Riders, Easy Riders** and **Turtles** programs online or by picking up an outdoor schedule.

To be added to the 2024 cyclist waitlist, please register using code **147563**. You will be assessed and a group will be recommended for you.

Seniors' Activity Centre Shuttle Bus

Our Seniors' Activity Centre (SAC) Shuttle Bus is back to operating five days a week, Tuesday to Saturday.

A contribution of \$3 per person for each pick-up (round-trip) 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.

Seniors' Activity Centre (SAC) Shuttle Bus 10-ride card

Are you a frequent shuttle bus rider? Pick up a SAC Shuttle Bus 10-ride card and get one free ride!

Purchase your card at the SAC front desk. The card is available to SAC members only.

The SAC Shuttle Bus is sponsored by the Seniors' Activity Centre Advisory Board, the West Vancouver Foundation, Amica, and the District of West Vancouver.

SCENE HUMOUR CORNER



If you have a joke or funny story you would like to share, please submit it to leisureguide@westvancouver.ca and we may include in an upcoming issue of the Scene!

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 at 604-925-7400.

Friday Night Concert: Nova Quintet

Five young emerging professionals formed the Nova Quintet to bring their passion for chamber music to Vancouver audiences.

Fri

Sep 29 7:30 – 8:45 p.m.
WVML Main Hall Free

Losing Us: A Dementia Caregiver's Journey

Join local author Rosella Leslie for an afternoon of storytelling where she will discuss her 12 years as a caregiver to her husband John.

Mon

Oct 2 2 – 3:30 p.m.
WVML Welsh Hall
Free with registration

Music Talks: Classic Albums with Mike Daley

Join Dr. Mike Daley for a deep dive into four classic LPs by the Beatles, The Beach Boys, Carole King, and Simon & Garfunkel.

Tue

Oct 24 – Nov 21 10:30 a.m. – 12 p.m.
WVML Welsh Hall and Zoom Free

An Evening with J.B. MacKinnon

Join acclaimed Vancouver author as he discusses his recent book *The Day the World Stops Shopping*.

Thu

Oct 26 6 – 7 p.m.
WVML Welsh Hall
Free with registration



HEALTH & FITNESS

NEW For a complete listing of **Health & Fitness** programs, visit westvancouver.ca/healthandfitness



Alternatively, scan the QR code to go to the page.

GROUP FITNESS ACTIVITY LEVELS



MILD

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



MODERATE

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



STRENUOUS

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

GROUP FITNESS

Morning Energizer

Kickstart your morning with this high-movement, low-impact cardio class followed by strength and stretch exercises. Participants should be able to get up and down from the floor with ease.

Mon
Sep 11 - Oct 23 8 - 8:55 a.m.
149954 \$30

Wed
Sep 5 - Oct 25 8 - 8:55 a.m.
149953 \$40

Stay Fit for Women

Stay fit in a fun yet mild exercise program specifically designed to create a comfortable space for women. This small group class will challenge your muscular strength, endurance, and flexibility.

Fri
Sep 8 - Oct 27 8:15 - 9:15 a.m.
149965 \$40

Stay Fit for Men

Stay fit in a fun yet mild exercise program for men! This small group class will increase your muscular strength and endurance, improve your flexibility, and will include a low intensity cardio segment.

Mon/Wed
Sep 6 - Oct 25 8:15 - 9:15 a.m.
149963 \$75

Chairbics

Keep up your fitness in this exercise class done from the comfort of your chair. Start with a 15 minute warm up, followed by exercises using resistance bands, ending with mobility work and a stretch.

Tue/Thu
Sep 5 - Oct 26 1:15 - 2:15 p.m.
149945 \$80

Osteofit

Do you live with osteoporosis? Improve strength, posture, balance, and agility in a gentle exercise class that focuses on proper technique and

spine stability through safe and simple movements.

Mon/Thu
Sep 7 - Oct 25 12 - 1 p.m.
149958 \$101.25

Forever Fit

Are you looking for a challenging, energetic workout? Join us for an active warm up, extended, easy to follow cardiovascular workout, followed by muscular strength and conditioning exercises for upper and lower body, abdominals and stretch. Class offered 3x per week to encourage consistency and routine!

Tue
Sep 5 - Oct 24 8 - 8:55 a.m.
149947 \$40

Thu
Sep 7 - Oct 26 8 - 8:55 a.m.
149948 \$40

Fri
Sep 15 - Oct 27 8 - 9 a.m.
149949 \$40

Standing Strength & Balance

Enjoy a full-body fitness class that does not involve floor exercises. Start with a gentle warm-up and some cardio to get your heart rate up, then move on to balance work and resistance training using body weight and exercise bands. Finish off with a standing or sitting stretch.

Wed
Sep 6 - Oct 25 10:30 - 11:30 a.m.
149959 \$40

Fri
Sep 8 - Oct 27 11:45 a.m. - 12:45 p.m.
149960 \$35

Strength & Stretch

Enjoy a full body fitness class. Start with a gentle warm-up and some cardio to get your heart rate up, then move on to balance work and resistance training using body weight, exercise bands, and floor exercises. Finish off with a stretch.

Thu
Sep 7 - Oct 26 9:15 - 10:15 a.m.
149967 \$40



YOGA

NEW 🧘 Therapeutic Yoga

Relaxation and rejuvenation await you in this gentle and nurturing practice. This class uses a holistic approach to enhance physical, mental, and emotional well-being. If you are looking to reduce stiffness while encourage inner calm and tranquility, this is the class for you!

Tue
 Sep 5 - Oct 24 6 - 6:45 p.m.
150332 \$48

🧘 Chair Yoga Level 1

Enjoy slow gentle movements as you stretch every part of your body and improve your range of motion in an ideal class for those who cannot do floor exercises. Perform modified yoga exercises from the comfort of your chair, and use your chair to stabilize yourself while stretching.

Tue
 Sep 5 - Oct 24 11:45 a.m. - 1 p.m.
149976 \$60

Thu
 Sep 7 - Oct 26 11:45 a.m. - 1 p.m.
149979 \$60

🧘 Chair Yoga Level 2

Perform modified yoga exercises from the comfort of your chair, and improve your balance with some standing postures. The focus of the class will be on mobility, posture, alignment, and balance work.

Mon
 Sep 11 - Oct 30 3:30 - 4:30 p.m.
149980 \$52.50

🧘 Flow Yoga

This gentle flow class combines classical yoga poses into a fluid sequence. This class is geared towards all levels. Modifications and options are provided.

Thu
 Sep 7 - Oct 26 10:30 - 11:30 a.m.
149981 \$60

🧘 Yoga Beginner

This beginner class focuses on basic postures and the principles of alignment and breathing.

Mon
 Sep 11 - Oct 23 4:45 - 6 p.m.
149989 \$45

PILATES

🧘 Chair Pilates

This class will be appropriate for people who are new to Pilates and are unable to go on the floor. The traditional Pilates exercises are modified for sitting. Focus on breathing, posture, and alignment. The class ends with a nice stretch and fascial release component.

Wed
 Sep 6 - Oct 25 10:45 - 11:45 a.m.
149974 \$80

Program availability may be adjusted. For an up-to-date list of adult 55+ programs please visit westvancouver.ca/seniors and see the **55+ Activities** section on the page.



Alternatively, scan the QR code to go to the page.



PERSONAL TRAINING

NEW For a complete listing of **Personal Training**, visit westvancouver.ca/personaltraining



Alternatively, scan the QR code to go to the page.



PERSONAL TRAINING FOR SENIORS

For details please email Sarah Wheatley swheatley@westvancouver.ca. Sessions are 55 minutes long.

REHAB

NEW For a complete listing of **Rehab** programs, visit westvancouver.ca/rehab



Alternatively, scan the QR code to go to the page.

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 westvancouver.ca/rehab.

Chronic Low Back Pain and Core Strength

Are you suffering from chronic low back pain (LBP)? Does your pain affect you from being active? Come and learn exercises to help alleviate some pain and correct form to reduce the likelihood of reoccurring pain.

Mon
Sep 11 - Dec 18 2:15 - 3:15 p.m.
150340 \$217

Wed
Sep 6 - Dec 20 2:15 - 3:15 p.m.
150341 \$248

NEW Introduction to Better Bones

This class will provide you with an introduction to exercise for people with low bone mass and osteoporosis. Classes include strength, balance, spine sparing movement, posture, dietary guidelines and fall prevention strategies. Recommended as a precursor to the Better Bones program, although not required.

Tue
Sep 12 - Dec 19 3:30 - 4:30 p.m.
150348 \$232.50

Thu
Sep 14 - Dec 21 3:30 - 4:30 p.m.
151688 \$232.50

Better Bones

Whether you are diagnosed or considered at risk, benefit from exercises that increase strength and help reduce the risk of falls and other related incidences. Increase/maintain bone density, get your balance in check, and improve flexibility with the help of a personalized program.

Mon
Sep 11 - Dec 18 9:15 - 10:15 a.m.
150336 \$217

Wed
Sep 6 - Dec 20 9:15 - 10:15 a.m.
150338 \$248

Fri
Sep 8 - Dec 22 9:15 - 10:15 a.m.
150337 \$248



Pulmonary Rehabilitation

Functional exercises in a group setting followed by cardiovascular training and breathing exercises to help you feel better and breathe easier. This program is designed for individuals with COPD or pulmonary fibrosis. Instructed by qualified staff to ensure your safety.

Tue/Thu
Sep 5 - Oct 19 1 - 2 p.m.
150364 \$105

FAME for Stroke

Improve overall mobility, build up lost cardiovascular endurance, and develop arm and hand functions with the guidance of an experienced personal trainer. FAME (Fitness & Mobility Exercise Program) is a community-based exercise program developed by researchers at UBC for post-stroke individuals that still maintain standing and walking ability. *Consultation is required for all new participants.*

Tue/Thu
Sep 5 - Dec 21 11:45 a.m. - 12:45 p.m.
150342 \$496

Cancer Thrivers

This program is designed to promote health, strength, and recovery. Experience the benefits of fitness and ways to incorporate activities of daily living. Offered in collaboration with Inspire Health. Consultation is required for all new participants.

Tue/Thu
Sep 5 - Dec 21 12 - 1 p.m.
150339 \$160

Women on Weights

Expect all the benefits of our Customized Strength & Conditioning program, only designed with the female clientele in mind. *Consultation is required for all new participants.*

Mon
Sep 11 - Dec 18 8 - 9 a.m.
150373 \$248

Wed
Sep 6 - Dec 20 8 - 9 a.m.
150373 \$248

Fri
Sep 8 - Dec 22 8 - 9 a.m.
150374 \$248

GLAD® Canada

Join us for an education and exercise program that has helped thousands of people with hip and knee osteoarthritis (OA) manage symptoms of pain and loss of function. Benefit from a program that reflects the latest OA research and has been developed based on feedback from people with OA, as well as healthcare professional who provide care to individuals with mild to severe symptoms. GLAD® offers an evidence-based approach that works in the real world.

Tue/Thu
Sep 5 - Oct 19 2:15 - 3:15 p.m.
150343 \$238



Program Participation Note

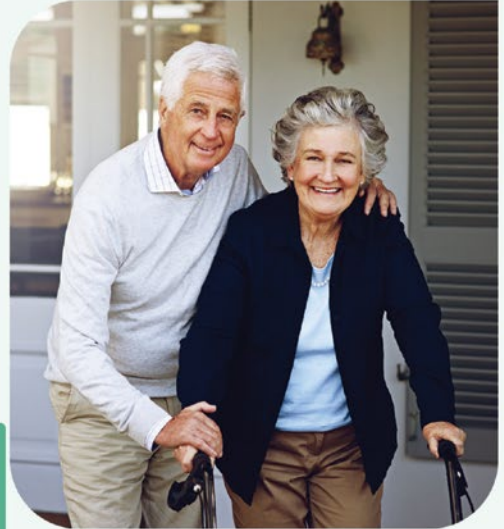
Please note, there is an expectation you will be able to participate when you sign up for classes. If you require assistance or support participating in SAC programs, we would be happy to assist you with finding the right class. If you have any questions, please contact Stephanie, Mary, or Sarah.

ADVANCED MEDICAL

Healthcare Equipment

● Sale ● Rental ● Repair ● Installation ● Maintenance ●

Don't let aging stop you
from living your **Best Life.**



Please follow us on Instagram

 @AdvancedMedicalBC

to learn more about our customers,
products and the jobs we have done.

		
Big Variety of Grab Bars We Install	Power Mobility Products We Repair & Perform Maintenance	Huge Variety of Rollators & Walkers We Fit

1863 Marine Dr. West Vancouver

www.AdvancedMedicalBC.ca

604 912 0106

Legacy

Establish a solid foundation for your family
with expert advice and personalized banking.

What's *Your* Wealthy?



Let's help you reach your financial goals.
BlueShoreFinancial.com

Financial planning. Personal & business banking. Wealth management. Investments. Mortgage. Insurance.

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“Mom’s illness has everyone worried.”



Shylo Cares About Family!

We are your local Home Care professionals and have been proudly serving seniors on the North Shore since 1980. We know how hard it can be on a family when a loved one is chronically ill or recovering from a recent trauma like a broken hip. Life does not stop. You still have a full-time job, kids that need you, and a loved one who cannot manage safely on their own. Let us help! We can be there with supportive care 24/7, medication assistance, meals, even rides to doctor’s appointments. This is the caring solution for your loved one and your family.



Call **604-985-6881** for a
FREE In-Home Assessment.



Celebrating 42 years!

ShyloHomeHealthcare.ca