



22

MAR / APR

# THE HOURS

*A West Vancouver Seniors'  
Activity Centre Publication*

## IN THIS SCENE

**Cover: Keeping  
Connected luncheon  
guests sharing a meal**

**Feature Article:  
Keeping Connected for  
Mind, Body, and Spirit  
page 13**

**Find Hours of  
Operation on page 3**

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*west vancouver*

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695 21st Street  
West Vancouver, BC V7V 4A7

Phone 604-925-7280  
Fax 604-925-5935  
Web [westvancouver.ca/seniors](http://westvancouver.ca/seniors)

## HOURS OF OPERATION

### Registered Programs

Monday – Thursday 8:30 a.m. – 6 p.m.  
Friday & Saturday 8:30 a.m. – 4 p.m.  
Sunday CLOSED

### CAFETERIA & TAKE-OUT

#### FOOD SERVICE

Monday – Friday 9 a.m. – 2 p.m.  
(Lunch service 11:30 a.m. – 1:30 p.m.)  
Saturday – Sunday 10 a.m. – 2 p.m.  
(Take-out food service only)

### SENIORS' HELPLINE 604-925-7280

Monday – Thursday 8:30 a.m. – 6 p.m.  
Friday & Saturday 8:30 a.m. – 4 p.m.

### Please note the following closures:

Fri, April 15 (Good Friday)  
Sun, April 17 (Easter Sunday)

## EDITORIAL

**Editors** Sabina Kasprzak, Michiko Araki

**Advertising** Sabina Kasprzak

**Publisher** District of West Vancouver

**Print** Still Creek Press

**Cover file photo (2021) supplied by**  
Sabina Kasprzak

## ENQUIRIES & ADVERTISING

For advertising inquiries and questions about *The Scene* magazine, contact Sabina at 604-925-7285 or [leisureguide@westvancouver.ca](mailto:leisureguide@westvancouver.ca).

### Disclaimer:

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

## ON THE COVER

Keeping Connected luncheon guests sharing a meal in 2021.

## 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/Jun, 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](mailto:leisureguide@westvancouver.ca).

## BECOME A SAC MEMBER!

Purchase your annual membership today at the front desk and ask about the many benefits! (Cost: \$38). Non-members are welcome to participate in some programs at a higher rate. Ask at the 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 the 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.

## REFUNDS

Full Refunds will be given for withdrawals made by the following withdrawal deadlines:

- **One hour (60 min) notice required for:** individual activities: group fitness, yoga, cyclefit, adult sports, noon-hour hockey, and pottery studio time.
- **24 hours notice required for** registered and sessional programs.
- **48 hours notice required for:** Youth dances, and select Youth out-trips and programs.
- **72 hours notice required for:** one-day programs, aquatic certifications, leadership programs, camp dailies, massage, Pro-D Day Camps, and workshops.
- **Winter/Spring Break & Summer Camp Refunds** will be given for withdrawals requested by the end of business day on the Wednesday a week prior to the start of the camp.
- **Event, Trip, and Seniors' Dance Refunds** will be given for withdrawals requested by the end of business day on the Wednesday a week prior to the start of the trip/event/dance. Exceptions may apply. Please check at registration.

**Pro-rated Refunds** will be given for withdrawals up to the end of the day of the second class of the program for registered and sessional programs. No refunds after the second class of the program.

**No Refunds** will be given for birthday parties. Personal Training sessions are non-refundable but may be rescheduled without charge if a minimum of 24-hours notice is given.

**Medical Refunds** will be given if you are sick or unable to attend a program or camp for medical reasons. Please call customer service at 604-925-7270 before the start of the class so another person can take your place and a pro-rated refund can be issued for the remainder of the program. 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 owing 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 call 604-925-7270 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. No extensions.



**Sheilah Grant** | *Chair*

## MESSAGE FROM THE ADVISORY BOARD CHAIR

Hooray! I believe the end is in sight. It was two years ago this March that we had a lockdown. And of course, we didn't know what to expect. But we came through it. We got our vaccinations, wore our masks, had meetings online as well as our exercise classes. Congratulations.

And a very big thank-you to the staff at the Seniors' Activity Centre. They were there for us. We were able to get the meals out to our neighbours who were isolated and experienced food insecurity. Meals were also prepared for us to take home and enjoy. Although many of our programs were scaled down, I am especially proud of the fact that the Keeping Connected and rehab programs continued as much as possible. The staff once again were there for those who needed that extra support.

While the last couple of years did see a decline in our volunteer contingency owing to the pandemic, a very big thank you to those volunteers who still came to the Centre and helped. April is the time of year when we recognize all volunteers, so thank-you to everyone who continue to support the Centre.

Lastly, I would like to offer my sincere thanks to the Advisory Board members who worked so hard during this difficult past year. They provided excellent leadership that makes our Centre one of the best in the country. It has been my privilege to have worked with such dedicated individuals.

— Sheilah



**Jill Lawlor**  
*Senior Manager,  
Community  
Services*



**Davida Witala**  
*Community  
Recreation  
Supervisor*

## MESSAGE FROM SENIOR MANAGER, COMMUNITY SERVICES & THE RECREATION SUPERVISOR

Spring is in the air at the Seniors' Activity Centre (SAC) and staff are excited to continue the reopening of the Centre's programs, coffee bar and cafeteria, the renovation of our new dedicated Rehabilitation Studio and the renovation of the new Fabric Arts & Crafts Room.

March is always filled with excitement in anticipation of the SAC Annual General Meeting (March 9) and April is when we celebrate our esteemed volunteers during Volunteer Appreciation Week and Volunteer Awards (April 26), as well as Easter weekend. Keep an eye out for the Garden Side Café's special Easter menu which will surely delight your taste buds.

We are also looking for volunteers to help with the patio garden beds as we plant herbs and vegetables for our summer harvest. Watch for the patio to reopen and for our bird feeders to return to their usual buzz of activity with our cheerful feathered guests. Wishing everyone a warm welcome back and a happy and healthy start to spring!

— Jill & Davida

# OUR PROGRAM COORDINATORS



## **VOLUNTEERS**

**Crystal Lan**

*Volunteer  
Assistant Program Coordinator*

604-925-7288  
scvolunteers@westvancouver.ca



## **INDOOR & OUTDOOR PROGRAMS & TRANSPORTATION**

**Caroline Brandson**

*Programs and  
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*Seniors' Support Services  
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## **SUPPORT SERVICES**

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## **OUTREACH PROGRAMS & SPECIAL SERVICES**

**Helen Murphy**

*Seniors' Advocate & Outreach  
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## **OUTREACH PROGRAMS & SPECIAL SERVICES**

**Stephanie Jordan**

*Seniors' Advocate & Outreach  
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## **HEALTH & FITNESS**

**Eric Bagnall**

*Health & Fitness  
Acting Supervisor*

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## **FITNESS PROGRAMS**

**Jenna Kurylo**

*Program Coordinator  
Group Exercise & Yoga*

604-925-7231  
jkurylo@westvancouver.ca



## **REHABILITATION PROGRAMS**

**Dave Thomson**

*Program Coordinator -  
Rehabilitation*

604-921-2169  
dthomson@westvancouver.ca

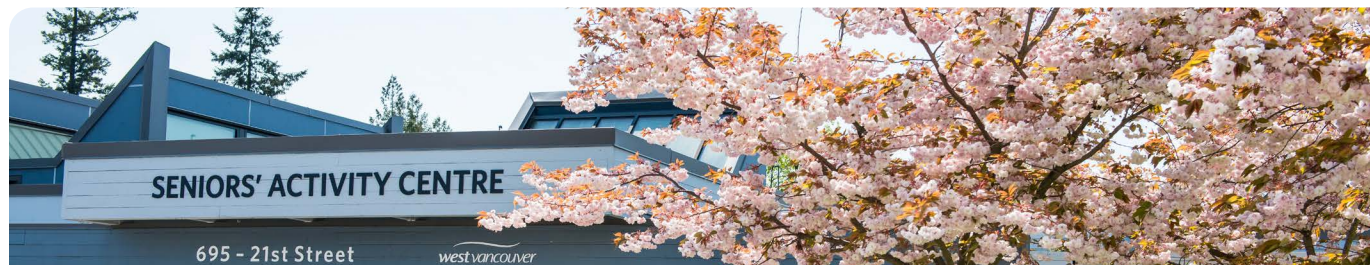


## **FOOD SERVICES**

**Lou Novosad**

*Food Service  
Program Coordinator*

604-925-7122  
lnovosad@westvancouver.ca



# VOLUNTEERS

*Make new friends and have a positive impact on your community!*

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

The Centre is currently operating with volunteers in essential positions. We are following all the recommended safety protocols. 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.

## VOLUNTEER ORIENTATION

*If you are interested in joining our volunteer team, please ensure you have a BC Care Card or BC Services Card with Personal Health Number before signing up for an upcoming Adult Volunteer Orientation.*

If you are unsure, please contact [scvolunteers@westvancouver.ca](mailto:scvolunteers@westvancouver.ca) or 604-913-2703. To sign up for the online volunteer orientation visit [westvancouverrec.ca/volunteer](http://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 link to 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 virtual meeting, and a Police Information Check.



## VOLUNTEERS NEEDED

Give back by volunteering at the Seniors' Activity Centre today! Volunteers are urgently needed to support the Seniors' Activity Centre cafeteria in a variety of positions:

### MORNINGS

- **Café opener**  
Mon - Fri, 8 to 11 a.m.
- **Baker's support**  
Mon - Fri, 8 to 10 a.m.
- **Food packers**  
Mon - Fri, 8:30 to 10:30 a.m. and Sat, 9 to 11 a.m.
- **Delivery team**  
Mon, 9:30 a.m. to 12:30 p.m.

### MID-DAY AND AFTERNOONS

- **Dishwasher assistants**  
Mon - Fri, 12:30 to 2:30 p.m.
  - **Closers**  
Mon - Fri, 1:30 to 3:30 p.m.
  - **Chef's helper\***  
Tue - Fri, 3 to 5 p.m.
- \* Requires previous experience with knives. Foodsafe Level 1 preferred.

- **East Welcome Desk**  
Mon - Fri, 8:30 to 11:30 a.m., 11:30 a.m. to 2:30 p.m.
- **Vaccination Checkers**  
Mon - Sat, 10 a.m. to 12:30 p.m. or 12:30 to 3 p.m.

If interested, sign up for a volunteer orientation today! Email your interest and availability to [scvolunteers@westvancouver.ca](mailto:scvolunteers@westvancouver.ca) or call 604-925-7288.

## National Volunteer Appreciation Week April 24 - 30

We have a number of fun activities planned to celebrate our volunteers! The four-punch passes will be available for volunteers who have contributed hours since May 2021—the passes will be valid for a year. If you have contributed volunteer hours since May 2021, obtain your volunteer goodie bag by registering using activity code **94736**.

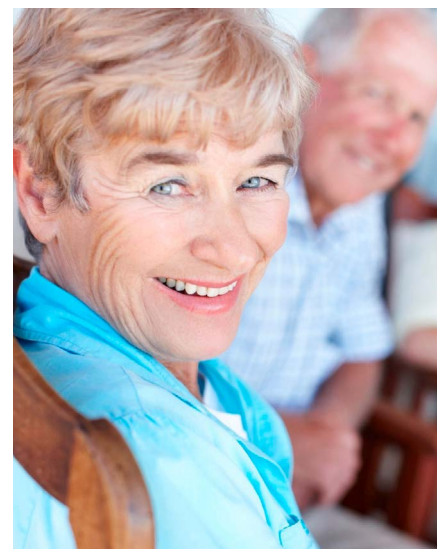
## Long Term Service Awards and Wall of Acclaim

Join us in celebrating and appreciating volunteers who have gone above and beyond! We thank our volunteers for their continued service in increments of 5 years (5, 10, 15, all the way up to 35 years).

If you think you are eligible but have not received an invitation please email [scvolunteers@westvancouver.ca](mailto:scvolunteers@westvancouver.ca)

## Wednesday, April 27, 5 - 6 p.m.

West Vancouver Community Centre  
Gymnasium



# GARDEN SIDE CAFÉ



*Proof of double vaccination is required for dine-in service at the Garden Side Café.*

## Dine-In Lunch Service

**Lunch service** is available Monday to Friday 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.

*\*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](http://westvancouver.ca/seniors) before you place your order. Menus are updated daily.



## Mark your calendars!

Registration for programs starting in April opens on Wed, March 9

Registration for programs starting in May and June opens on Wed, April 27



## KEEP AN EYE OUT FOR FUTURE REGISTRATION DATES

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

Owing to shorter program terms implemented during the pandemic, it is unfortunately not possible to coordinate Scene Magazine publishing dates with upcoming registration dates.

Registration for programs beginning in March started on Wednesday, January 19. Please visit [westvancouverrec.ca](http://westvancouverrec.ca) to check for any available spots.

**Registration for programs beginning in April will start on Wednesday, March 9 at 8 a.m.**

# REGISTERED PROGRAMS

For refund policy see page 3 of *The Scene*. For a complete list of programs, visit [westvancouverrec.ca](http://westvancouverrec.ca).

Program availability may be adjusted based on provincial health restrictions. For an up-to-date list of adult 55+ programs please visit [westvancouverrec.ca](http://westvancouverrec.ca) and click on the 'Adults 55+' tab at the top of the web page.

## **NEW** Virtual Programs

Check out the diverse collection of free online programming available to seniors. The program listings are assembled by Ridge Meadows Seniors Society and South Granville Seniors Centre, and updated in real-time allowing access to the listing at any time.

Visit [southgranvilleseniors.ca/virtual-programs](http://southgranvilleseniors.ca/virtual-programs) to explore and enjoy all that online programming has to offer from the comfort of your living room!

## 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 Helen, Stephanie, Caroline or Jenna.

## VISUAL ARTS

### Stained Glass - Studio Time

Enjoy some studio time to work on your stained glass designs! No instruction. Bring your own equipment and supplies.

Leader: June C.

Wed  
Mar 30 - May 11 12:30 - 3:30 p.m.  
**118541** \$28

### Painting: Studio Time

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

Mon 9 a.m. - 12 p.m. & 1 - 4 p.m.  
Tue (Acrylics) 9 a.m. - 12 p.m.  
Wed & Fri 1 - 4 p.m.  
Sat 10 a.m. - 1 p.m.  
\$2.50

### Painting: Class with James

Paint for fun in an inspiring studio setting! Create appealing paintings using acrylics, oils, or watercolours and learn about composition, perspective, and get assistance in colour-mixing. Bring your own materials and any images you would like to paint.

Thu  
Mar 31 - May 12 9 a.m. - 12 p.m.  
**118543** \$35

### Painting: Acrylics with Maureen

Immerse yourself in the world of acrylics! From colour theory, perspective, and compositions to the completion of your very own masterpiece. Enjoy interactive demos, discussions, and continuous painting in a fun, friendly, and welcoming environment. Beginner and advanced painters welcome.

Wed  
Mar 2 - Apr 27 9 a.m. - 12 p.m.  
**113257** \$162

### Painting: Getting Started with Lynn

Find the encouragement you need to finally listen to your longing to try one of the most satisfying forms of painting—watercolour! No experience needed. Just bring along your curiosity, an open mind, and enjoy. Using provided materials explore techniques, colour theory, and compositional considerations as foundational components of painting.  
Instructor: Lynn Colpitts

Tue  
Mar 29 - May 10 1 - 4 p.m.  
**118548** \$175

### Painting: Fresh Start with Lynn

Wherever you are on your painting journey, let's take the next few steps forward together! Reconnect with all the reasons you love watercolour—the luminosity, flowing shifts of colour, and fascinating play of light. Learn basic composition, what leads the eye to the focal point, perspective, and colour theory to build a strong foundation. Materials included. Instructor: Lynn Colpitts

Thu  
Mar 31 - May 12 1 - 4 p.m.  
**118550** \$175

### Photo Club (virtual or in-person)

Come curious and leave inspired by the stunning images shared by guest presenters and participants! No formal instruction. Club will be meeting in person in the Music Hall in the West Vancouver Community Centre and virtually—please be sure to register for the right session.  
Leader: Peter O.

Thu (virtual)  
Mar 31 - May 12 12:45 - 2:45 p.m.  
**118555** \$17.50

Thu (in-person at WVCC, Music Hall)  
Mar 31 - May 12 12:45 - 2:45 p.m.  
**118554** \$17.50



## MUSIC & DANCE

### Heritage Choir (virtual or in-person)

Where have all the singers gone? News flash—they haven't! The West Vancouver Heritage Choir is alive and well, and hoping you'll join us this winter. So please come join us along with our conductor, Nicole Thomas Zyczynski, for some energizing musical fun. The choir will be meeting in person in the Music Hall in the West Vancouver Community Centre and virtually. Please be sure to register for the right session. For more details contact [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca).

Tue (virtual)  
Mar 29 - May 10 1 - 2:30 p.m.  
**118568** \$63

Tue (in-person)  
Mar 29 - May 10 1 - 2:30 p.m.  
**118567** \$63

### Dundarave Players

Band together with the Dundarave Players who invite you to play a variety of standards, pop, and just about any genre you like. If you play piano or bass, share your talent with the players. Saxophone, guitar, and ukulele players are all welcome to join the fun. No instructor. Music provided. Please contact Caroline at [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca) with any questions.

Tue  
Mar 29 - May 10 9:30 - 11:30 a.m.  
**118575** \$17.50



### Dance: Scottish Country Dance - Beginner & Intermediate

Explore the worlds of Scottish Country Dance—you don't need to be a Scot to enjoy it! Learn basic steps and more intricate dances as the class progresses. Beginners and experienced dancers welcome! No class April 18. *Instructor: Louise M.*

Mon  
Mar 7 - May 9 1 - 3 p.m.  
**118584** \$54

### Dance: Scottish Country Dance - Intermediate & Advanced

Looking to perfect your dancing skills? Combine fun with exercise as you learn dances for upcoming party programs. Please register weekly for Friday sessions. Intermediate and advanced dancers only. No class March 18. *Instructor: Louise M.*

Fri 9:30 - 11:30 a.m.  
Registered Drop-in \$6

**113635** Mar 4

**113636** Mar 11

**113638** Mar 25

**118586** Apr 1

**118587** Apr 8

**118588** Apr 15

**118589** Apr 22

**118590** Apr 29

### 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 and memory, helps your balance, and is one of the original socially distanced activities before it was a safety protocol. No beginners please, some experience needed.

Mon 3:30 - 4:30 p.m.  
4:30 - 5:30 p.m.  
Registered Drop-in \$4



### 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 10:15 a.m. - 12:15 p.m.  
Registered Drop-in \$2.50

**113283** Mar 5

**113284** Mar 12

**113291** Mar 19

**113292** Mar 26

**118645** Apr 2

**118647** Apr 9

**118654** Apr 16

**118656** Apr 23

**118658** Apr 30

### 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! *Leader: Steve R.*

Mon  
Mar 28 - May 9 10:30 a.m. - 12 p.m.  
**118693** \$15

### Recorders Advanced

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

Thu  
Mar 31 - May 12 10:30 a.m. - 12 p.m.  
**118672** \$17.50

## Ukulele: Level 2 Intermediate with JR

Challenge your instrument skills and sing-along with others! This class is perfect for the adult student who is comfortable with chords and wants to expand their strumming and song repertoire. We will also cover some basic theory. This class is located in the Music Hall in 2022.

Thu  
Mar 31 – May 12      11 a.m. – 12 p.m.  
**118706**      \$73.50

## WOODWORKING

### Woodworking: Level 1 Beginner

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  
Mar 30 – May 11      9 a.m. – 12 p.m.  
**118713**      \$42

### Woodworking: Level 2 Intermediate

Bring your woodworking venture to life! Prerequisites: Woodworking Beginners, or experience in woodworking. If you have experience, however have never attended classes at the Centre, register in this class to be observed and assessed. Pick up a set of guidelines when registering. Projects must return home with participants after each class owing to lack of storage space.

Mon  
Mar 28 – May 9      9 a.m. – 12 p.m.  
**118716**      \$36

Fri  
Apr 1 – May 13      9 a.m. – 12 p.m.  
**118725**      \$42



### Woodworking: Level 3 Advanced

Bring your woodworking venture to life! Prerequisites: quite a bit of experience in woodworking. You must be able to work mainly on your own with minimal assistance. Requirement: bring your own plan and wood. Pick up a set of guidelines when registering. Projects must return home with participants after each class owing to lack of storage space.

Mon  
Mar 28 – May 9      1 – 4 p.m.  
**118730**      \$36

Tue  
Mar 29 – May 10      9 a.m. – 12 p.m.  
**118745**      \$42

Wed  
Mar 30 – May 11      1 – 4 p.m.  
**118748**      \$42

Fri  
Apr 1 – May 13      1 – 4 p.m.  
**118752**      \$36

### Woodworking: Women's Session

This one's for women! If you just 'plane' love woodworking, join other women for a fun, informative, and supportive 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 signed waiver form. *Instructors: Margaret, Peter & Bruce.*

Tue  
Mar 29 – May 10      1 – 4 p.m.  
**118777**      \$42

### Woodworking: Woodturning Level 1 Beginners

Join us for a supervised beginner session (no instruction). Les will help you start and finish your woodturning project. Please bring your own wood. Three people maximum.

Wed  
Mar 30 – May 11      9 a.m. – 12 p.m.  
**118792**      \$42

### Woodworking: Woodturning Level 2 Intermediate

Take your affection for woodturning to the next level and with little supervision! Three people maximum. Prerequisite: Woodturning Level 1 Beginners.

Fri  
Apr 1 – May 13      9 a.m. – 12 p.m.  
**118979**      \$36

### Woodworking: Woodcarving A.M.

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

Thu  
Mar 31 – May 12      9 a.m. – 12 p.m.  
**118982**      \$42

### Woodworking: Woodcarving P.M.

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

Thu  
Mar 31 – May 12      1 – 4 p.m.  
**118983**      \$42

### Wood Donations Needed

SAC woodworkers are looking for donations of hardwoods (oak, mahogany, maple, walnut, fir, pine, etc.), old furniture that can be taken apart, and old and dry rounds of maple. All wood must be clean, and without too many nails. Wood can be dropped off at the woodwork shop and in some cases pick-up can be arranged. Contact Caroline at [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca) with questions.



Photo by Hans Gray

## SHUTTLE BUS SERVICE *By Kathie Taylor*

Do you need a convenient way to visit the Seniors' Activity Centre, or get to doctor's appointments, your bank, the library and stores in West Vancouver? Come aboard the Seniors Shuttle Service offered Tuesdays, Thursdays, and Saturdays from 8:45 a.m. to 3:45 p.m. There is no need to reserve a spot as the Shuttle Bus currently operates on a hop-on, hop-off basis.

On each of those days, six times a day, a shuttle bus leaves from the main entrance of the Centre on a route that loops eastbound as far as Park Royal South, westbound as far as Marine Drive and 25th in Dundarave, and returns to Kiwanis/ the Centre. There are 21 designated stops along the route, but passengers can be picked up and dropped off within a few blocks of the route.

The fee for service is by donation, with \$2 per person for each pick-up recommended. Some frequent riders prefer to make monthly contributions.

There are three buses in the fleet, one of which is slated for replacement this year. Six drivers for the shuttle service are paid by the Municipality, while another 12 drivers are volunteers, each with the necessary Class 4 unrestricted or higher license for driving buses.

Volunteer drivers are responsible for transporting members and participants to a range of registered programs that include such activities as attending outdoor sports, hiking, golf, cross-country skiing, bird walking programs, trips to the theatre, and visits to parks. Hopefully more of these programs and trips will be available as things gradually return to normal.

The Shuttle Bus Service is provided through donations and the support of community partners including Amica at West Vancouver, West Vancouver Community Foundation, Kiwanis, and the Building Connections Fund.

For more information and to view the full schedule, visit [westvancouver.ca/seniors](https://westvancouver.ca/seniors) and scroll down to *Shuttle Bus*.

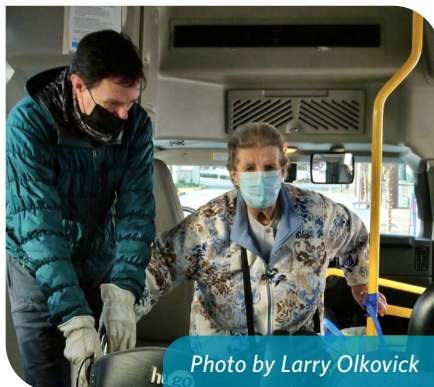


Photo by Larry Olkovic

## MEMORIAL FUND IN MEMORY OF CAROLINE HELBIG & MICHAEL SHARP

Caroline and Michael had an abiding love for family, friends, and the place which gave their lives purpose and brought joy to those fortunate enough to know them. With their much-loved son, Alex, they lived a full and adventurous life while also contributing to the community through service, everyday acts of kindness, and enthusiastic community leadership—including Mike's involvement as an Advisory Board member at the West Vancouver Seniors' Activity Centre and with the Feed the Need campaign.

Tragically, Caroline and Michael were killed in an accident on January 2, 2022, at their West Vancouver home during a windstorm.

Established in 2022 the CAROLINE HELBIG AND MICHAEL SHARP MEMORIAL FUND serves as a legacy to this couple's enduring spirit, friendships, and community contributions.

### Donations to the fund can be made:

**Online** [westvanfoundation.ca/caroline-helbig-and-michael-sharp-memorial-fund](https://westvanfoundation.ca/caroline-helbig-and-michael-sharp-memorial-fund)

**By cheque** drop off or mail to 775 15th Street, West Vancouver, BC, V7T 2S9

**By contacting** the West Vancouver Foundation for other gifting support.

# WEST VANCOUVER SAC ADVISORY BOARD – VOLUNTEER ADVISORY COMMITTEE

By Jain Verner

In 2016 Caroline Brandson who was then the coordinator of volunteers, called a meeting of interested volunteers to discuss volunteering at the Centre. Following that meeting, a committee formed and met monthly to discover ways to enhance the volunteering experience while continuing to make it meaningful and fun. In 2018 after applying to the Board for legitimate status, the Volunteer Advisory Committee became a regular standing committee.

The responsibilities of the Volunteer Advisory Committee are to:

- Provide advice and support for volunteer recruitment, retention, scheduling, training and leadership.
- Advise on volunteer schedules, events and appreciation.
- Plan for the future of volunteering and the creation of sustainable volunteers.

Volunteers are the heart and soul of our Centre: dedicated, loyal, and hardworking. Without them, our Centre would not be able to provide services and programs to members and our community. So, providing volunteers with the best support possible is crucial for our committee. Presently our committee is planning activities to celebrate and thank our volunteers during National Volunteer Week—April 24 to 30. In March we are planning volunteer focus groups to find out how to better meet the needs of our volunteers.

The pandemic has limited our volunteer activities during the last two years. Once our Centre gets back to some form of normalcy, our committee will begin recruiting volunteers to bring our numbers back up to the 900 plus level.

Volunteering has many benefits—from meeting new people, and

learning new skills, to having fun, helping others, and much more.

Should you have free time, please consider volunteering with us. Contact Assistant Volunteer Coordinator—Crystal Lan at: [clan@westvancouver.ca](mailto:clan@westvancouver.ca). She has a great variety of volunteer activities waiting for you. All volunteers are valued and respected at our Centre. They are without a doubt genuine difference makers.



## WEST VANCOUVER SENIORS' ACTIVITY CENTRE

# Feed the need



### FEED A VULNERABLE SENIOR IN NEED.



We did it again! Thanks to YOUR generosity, we exceeded our campaign goal of raising \$100,000 towards the Seniors' Activity Centre's Feed the Need program and raised **\$173,902.81** between October 12 and December 31, 2021!

\$93,374.17 was raised via donations to the Seniors' Activity Centre, and \$80,528.64 via donations to the West Vancouver Foundation.

We would like to express our heartfelt gratitude to every person and organization that contributed to this shared milestone, and the continuation of this vital program in 2022.

Photo by Sabina Kasprzak (2021)



# KEEPING CONNECTED FOR MIND, BODY, AND SPIRIT

By Kathie Taylor

We all hope our senior years will be happy and healthy, filled with family, friends, and with full access to our favourite activities. The reality is that many will be challenged by health problems that make it less likely for us to continue enjoying the benefits of daily leisure pursuits and an active social network.

Recognizing these challenges often lead to seniors becoming increasingly isolated as they feel less capable of keeping up with their peers, the Seniors' Activity Centre offers Keeping Connected, an ever-increasing number of programs offering mental and cognitive stimulation, exercises supporting functional mobility and falls prevention, and social engagement.

Keeping Connected is supported by Helen Murphy, who has been with the Centre for almost four years and is now Seniors' Advocate & Outreach Coordinator. Her passion for creating dementia-friendly environments is

rooted in her experience with an aunt living with the disease, working with dementia patients in both Ireland and Canada, and training by the Alzheimer's Society to identify and support people living with dementia. She is currently working on a Master's Degree in Dementia.

"Our message is quite simple," Helen explained. "We want all seniors to feel comfortable getting out of their homes, coming to the Centre, taking a program, meeting with friends, and perhaps sharing a meal. We break down barriers for those living with Parkinson's, Alzheimer's, any form of dementia, or mobility issues of any kind.

"We also provide support for spouses and caregivers," she continued. One program is the weekly Caregiver Support Group that Helen facilitates.

"Keeping Connected is managed by a terrific trained and caring staff team who take the time to encourage

caregivers, and provide suggestions on what can be done at home."

In addition to the team, Helen is supported by Seniors' Outreach Program Coordinator Stephanie Jordan, a former registered nurse who took on her current role in September 2021. She said she was drawn to the role because, "Keeping Connected is person-centered, allowing all of us to provide care to those who need it most, and create a very special sense of community." Stephanie's role allows her to create programs that meet the unique needs of our membership. She works tirelessly to implement programs with the input and support of participants.

That community of care under the Keeping Connected umbrella includes more than a dozen programs created to address the different needs of those living with a cognitive or physical disability. These disabilities may include a form dementia, multiple sclerosis,



Parkinson's disease, or a neurological disease; recovering from a stroke; or confined to a wheelchair or scooter.

For example, those with a love of the arts enjoy exploring new and old painting techniques in Creative Expressions. Socializing with peers is made possible through the Ladies' Social Club featuring mental aerobics, entertainment, and outings, or the Men's Club featuring lunch, mental aerobics, discussions, and entertainment.

Recognizing that the less comfortable we feel mentally and physically, the more likely we are to become increasingly sedentary, a number of programs encourage gentle physical activity.

One of the most popular of these is Adapted Chair Yoga, led by Peter Baragon, who has more than 20 years of experience developing classes and teaching a variety of yoga techniques to all levels. A collaboration between Peter and Helen, Adapted Chair Yoga is intended for people with disabilities ranging from being confined to a scooter or wheelchair, post-surgery patients looking to improve their movement, and the many seniors who have trouble getting up off floor.

Chair yoga features movements for deep waist stretches, upper-body stretches, and using your arms and body weight to build strength. A popular component is tossing soft

balls to each other while seated in a circle: it's a great way to have fun while twisting, stretching and improving hand-eye coordination.

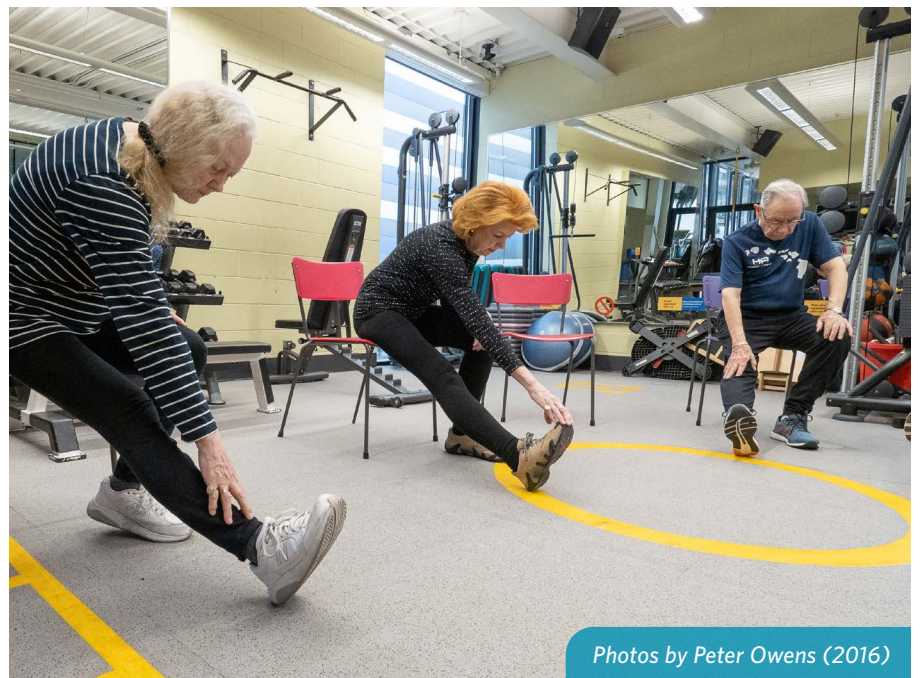
Other physical activity programs include Stretch + Movement for people living with Parkinson's disease and other physical challenges; Keep on Moving for older men to work on strength and flexibility, and Stand Tall to help restore muscle imbalance and spinal alignment.

Well Balanced is a rehabilitation program to improve balance and confidence by strengthening and stretching stabilizing muscles while improving your posture. FAME (Fitness & Mobility Exercise Program) for Stroke is an exercise program

developed by researchers at UBC for post-stroke individuals who still maintain standing and walking ability.

It's important to note that while all these programs have a particular disability focus, they are open to anyone looking for a safe and gentle environment in which to begin exercising again. This is particularly appropriate as many of us have withdrawn through the numerous COVID shutdowns, and need support to become active again.

Helen is also the co-founder of the first Alzheimer's Café in Western Canada, established at Beulah Garden Homes in East Vancouver. She and Pastor Carla Wilkes have since established another café on the North Shore: one at the Seniors' Activity Centre and the other at Mount Seymour United Church in North Vancouver. The North Shore cafés are held once a month at rotating locations. They are intended for people with dementia, their families and friends, and anyone interested in learning more about dementia. The goal is to provide a safe space for all, with each café featuring entertainment or a speaker, and light refreshments.



Photos by Peter Owens (2016)

Plans are underway for new programs to be available as Covid restrictions are lifted.

Daybreak, introduced in January of this year, was created by Helen as a club for those living with dementia to “participate in two hours of activities that include reminiscing, playing games, creating art, and appreciating life together.” (See The Scene for more details.) “We call it a club to signal that this is a friendly environment for participants while also giving their caregivers some time to themselves without using words that stigmatize such as ‘respite,’” she explained.

The next initiative the Keeping Connected team is planning is a Magic Table. Developed in the Netherlands, a Magic Table is an interactive light projector that responds to hand and arm movements, increasing both movement and stimulation. Patients can play games alone, with each other or with family members. It’s a fun way to boost physical, cognitive and social interaction amongst users, with variable speed and difficulty to match the users’ abilities.

It’s estimated a Magic Table will cost \$14,000 and plans for raising the necessary funds are underway. It would be the first of its kind in Western Canada.

Keeping Connected programs welcome everyone, regardless of their challenges, and help create a sense of belonging. Participation helps provide a sense of purpose, which is often lost when we retire, the kids are grown and on their own, and we’re challenged by mental or physical disabilities.

*Explore Keeping Connected to find the program that is right for you.*



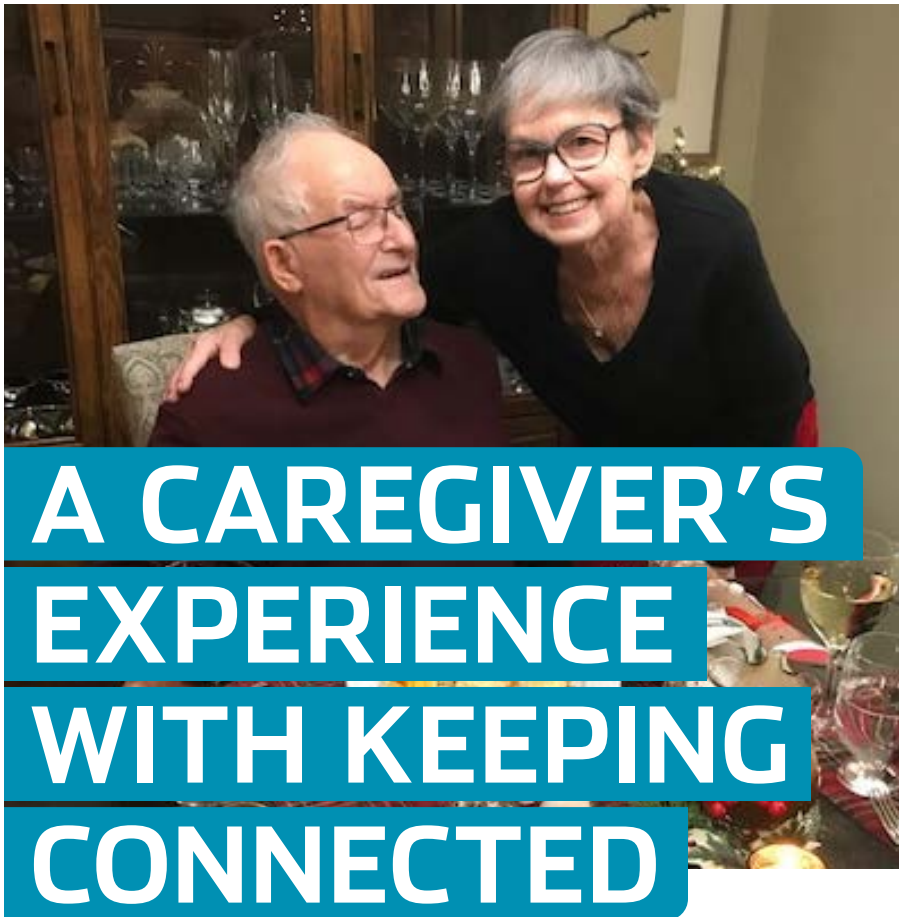
### The Rise of Dementia

An estimated 70,000 people in BC are living with some form of dementia, and this figure is expected to double by 2031. A dementia diagnosis can lead to social withdrawal due to psychological, social, and physical barriers. There is a profound need, therefore, to create dementia-friendly communities. People with dementia and their caregivers benefit from awareness programs, education, training and community support.

[nvrc.ca/helen](http://nvrc.ca/helen)



Top: photos by Sabina Kasprzak (2021) | Bottom: photo by Peter Owens (2016)



# A CAREGIVER'S EXPERIENCE WITH KEEPING CONNECTED

By Kathie Taylor

One caregiver benefitting from the Keeping Connected programs (when they are running without Covid restrictions) is Karen Nicholson whose husband, Malcolm, was diagnosed with Alzheimer's just three years after they married, each for the second time, in 2011.

"At the time he was diagnosed, Alzheimer's wasn't having much of an effect on our lives," explained Karen. "In those early stages, you need to keep reminding the patient they're not stupid: it's the Alzheimer's. Now that it's progressing from moderate to severe, Malcolm doesn't remember he has the disease or comprehend the changes, but his cognitive and logistical capabilities are quite reduced."

While Karen understands that some families have no option but to place their loved one with Alzheimer's in

extended care, she's doing all she can to keep Malcolm at home, with some support from family members.

"Caregiving is now a 24/7 responsibility," she said. "He needs help getting dressed, cutting his food, and even making sure he doesn't choke while eating."

A former member of Fit Fellows, Malcolm was brought to the Centre by a fellow member in the early stage of his disease so he could continue to participate.

"It was clear he needed more instruction to keep up," said Karen. "But at least he could exercise while I participated in other sessions. Then we discovered Keeping Connected. Malcolm started with the Men's Club, where the leader helps them develop conversation as those with Alzheimer's and a form of dementia tend to get very shy and don't say much.

"I joined the Caregiver Support Group, which is a great outlet. It allows caregivers to vent and share challenges. Everyone there knows what you're talking about, and no one judges you when you're feeling frustrated with your partner."

Karen acknowledges the support she's received from Helen Murphy.

"Helen embraced us wholeheartedly with her caring, guidance, and hugs when needed. She provides thoughtful ideas on how to handle a situation. For example, Malcolm has renal failure and requires a catheter. Helen put me in touch with the community nurse at the West Vancouver Community Centre who helps change it. I didn't know this support was there."

Karen hopes that Keeping Connected will help others living with, or supporting someone who has, a form of dementia. "Our lives are so much more fulfilled and enjoyable because of these programs," she said.

"Not enough of society is willing to accept the scary word 'Alzheimer's.' People don't need to be so afraid: it's important to stay connected. For those who may not have support from a spouse or family, there are people who care at the Centre. Seniors living with dementia become forgotten and isolated. Helen's working hard to identify these seniors, and develop programs that may be as simple as having coffee with someone.

"The other thing to remember is that none of us knows if and when it might happen to us, so we might as well learn about the diseases and what kind of support is available. "In the meantime, I'll continue to care for Malcolm, and do what I can to keep him engaged. He makes it so worthwhile as, even at this stage of Alzheimer's, he's constantly saying "You are my treasure, and I will love you forever."





# HOT TOPIC WITH WEST VANCOUVER FIRE & RESCUE

By Jeremy Calder, Assistant Chief of Fire Prevention

In our last article I introduced you to *Remembering When*, a program centred around 16 key fire and fall prevention safety messages, developed by the National Fire Protection Association.

Today let's look at two of these messages that should be top of mind when the weather is cooler.

## Give space heaters space.

Keep space heaters at least three feet (one metre) away from anything that can burn—including you. Shut off and unplug heaters when you leave your home, or go to bed. Always plug space heaters directly into a wall outlet, and never into an extension cord or power strip.

## Be aware of uneven surfaces.

Make sure indoor flooring is safe. Use only throw rugs that have rubber, non-skid backing. Consider non-skid pads under rugs. Always smooth out wrinkles and folds in carpeting. Be aware of uneven sidewalks and pavement outdoors. Ask a family member, a friend, or a neighbour to clear ice and snow from outdoor stairs and walkways. Always use hand rails, if available, and step carefully.

The Seniors' Activity Centre can provide you with a fire and fall prevention brochure with all 16 safety messages, as well as a home safety checklist.

Take care and stay safe, *Jeremy*



# SENIORS' SAFETY

By Sergeant Mark McLean

Many seniors report being concerned about their safety. There are several precautions that can increase your personal safety within your community.

Here are seven general tips to keep in mind:

1. Always lock your doors and leave a light or radio on when you leave your home.
2. Do not carry large amounts of cash.
3. Walk in well-lit areas and try to do so in a group.
4. Always use reflective tape; whether on your clothing, walkers, or motorized scooters.
5. If you get a ride home, ask the driver to wait until you are safely inside your residence.
6. Do not let uninvited contractors into your home to discuss repairs.
7. Never give out your credit card information or other personal information to someone over the phone.

Following these simple tips can reduce the chances of becoming a victim. If you ever feel unsafe and feel that you may be or have been a victim of crime, please call the police at 911 or your local non-emergency line.

## LEARNING

### Language: Intermediate French Review (Spa Francais)

Join us for a structured review session for high beginners/rusty intermediates looking 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

Mar 29 – May 10 10:30 a.m. – 12:30 p.m.  
**119495** \$17.50

### Language: French Conversation

Fine-tune your French. Have fun conversing with others at an intermediate level in a supportive and friendly environment. Our topics will vary and be generated by the group. *No instructor.*

Wed

Mar 30 – May 11 10 – 11:30 a.m.  
**119514** \$17.50

### Language: Spanish Beginners (ongoing) with Elias

Start each class with some guided conversation as you build vocabulary, strengthen your knowledge of the language, and boost your speaking confidence! Apply what you know to everyday conversation while listening to and speaking with others and learn more advanced grammar to help you better understand how the Spanish language works. No textbook required. *Instructor: Elias M.*

Thu

Mar 31 – May 12 4 – 5:30 p.m.  
**118986** \$105

### Hot Topics – International Affairs

This program will be back this fall. We look forward to seeing you then!



### Language: Spanish Advanced with Elias

In this advanced Spanish class, students interact with one another narrating their weekly activities, hobbies, and interests. In-class conversation is monitored and corrections are done on the spot to refresh previously acquired knowledge. Conversation time accounts for 100% of the class time. No textbook required. *Instructor: Elias M.*

Mon

Mar 28 – May 9 4 – 5:30 p.m.  
**118988** \$90

### Language: Spanish – Social Conversation

Practise your language skills and add to your vocabulary by speaking with like-minded new friends! Join us for a class designed for fluent Spanish speakers who are seeking an opportunity to practise and converse with others. No instructor.

Fri 10 a.m. – 12 p.m.  
Drop in \$2.50

### Language: Farsi

Learn how to communicate with other Farsi speakers as you learn about the Persian culture, tradition, and food. *Instructor: Bitu*

Tue

Mar 29 – May 10 4:30 – 5:30 p.m.  
**118996** \$17.50

### Writers' Circle

Share your stories, poems, and memoirs in a casual and encouraging atmosphere! Take turns leading sessions. Start with a 10-minute power-write (topic chosen by leader of the day), and then read your pieces and assignments. Enjoy writing styles ranging from humour and poetry to memories and social commentaries. While there will be no critiquing of member submissions, we will enjoy lively discussion. No instructor or facilitator. *Please note: This program has moved to the West Vancouver Community Centre Mountain Room*

Mon

Apr 4 – May 9 1 – 3 p.m.  
**118998** \$12.50

### 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. Our project is to write with verve, clarity, and grace in stories that engage and delight. 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 B.*

Thu

Mar 31 – May 12 1:30 – 3:45 p.m.  
**119000** \$91

### 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. If you're up for a lively debate, and enjoy sharing your opinion—we hope you can join us! Reading list available upon registration at the Seniors' Activity Centre front desk. Groups meets on the first Friday of each month starting in February. *Leaders: Julia H. and Elizabeth A.*

Fri

Mar 4, April 1, 10:15 a.m. – 12:15 p.m.  
May 6 & Jun 3  
**113698** \$10

## Flight Simulation

Come fly with us! Join other aeronautical enthusiasts who meet bi-monthly on the second and fourth Friday of the month. Please register online for each for each session, call 604-925-7280, or stop by the front desk.

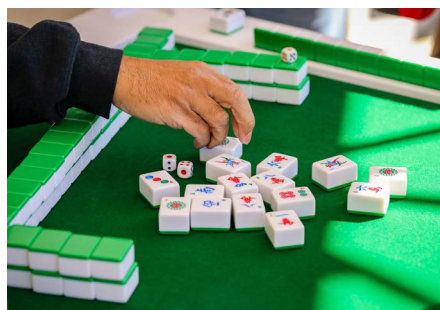
Fri 10:15 a.m. - 12:15 p.m.  
Registered Drop-in \$2.50

**113321** Mar 11

**113322** Mar 25

**119002** Apr 8

**119003** Apr 22



### Games Drop-in Back in 2022 on Saturdays

Pay at the front desk, or book your spot online or by calling 604-925-7280

**Mah Jong** 1:30 - 3:30 pm

**Scrabble** 1 - 3 p.m.

**Open Cards** 10 a.m. - 2 p.m.

\$2.50 per person each time

### 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 Helen, Stephanie, Caroline or Jenna.

## Bridge: Bridge Basics 1 & 2 Reviewed with Stephen

Build on what you've learned in Basics 1 & 2! Focus on declarer play in a class that combines discussion, practise play, socializing, intellectual challenge, and above all fun! You must be familiar with the modern five-card major bidding system; brief reviews of bidding are included to reinforce concepts learned in Basics 1. Lesson handouts are included.  
*Instructor: Stephen B.*

Tue  
Mar 1 - 29 3:30 - 5:30 p.m.  
**119008** \$75

## Bridge: Bridge Basics 3 with Stephen

Every bridge player agrees that defence is the hardest part of bridge. This course is designed for players who have mastered the basics of bidding and declarer play and who wish to take the next step. The focus is on defensive play. Each lesson combines a discussion with lots of practise play, providing a social and intellectual challenge and above all lots of fun. A familiarity with the modern five-card major bidding system and basic declarer card play techniques is assumed.

Tue  
Apr 5 - May 24 3:30 - 5:30 p.m.  
**119009** \$60

## Bridge: Topics & Supervised Play with Stephen

Come for the fun of the game if you're familiar with the basics of bidding, declarer play and defence, and have attempted playing common modern bridge conventions like negative doubles, transfer bids, Jacoby 2NT and more! Handouts included. *Instructor: Stephen B.*

Wed  
Mar 2 - 23 3:30 - 5:30 p.m.  
**113401** \$60

Wed  
Mar 30 - May 11 3:30 - 5:30 p.m.  
**119013** \$105

## FABRIC ARTS

### Fabric: Knitting

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

Tue  
Mar 29 - May 10 9 a.m. - 12 p.m.  
**119505** \$17.50



### Fabric: Quilting Studio Time or Workshop

Work on your quilt, swap ideas and ask questions in a friendly, social setting. *No instructor.*

Tue  
Mar 29 - May 10 1 - 4 p.m.  
**119506** \$17.50

Wed  
Mar 30 - May 11 1 - 4 p.m.  
**119508** \$17.50

Fri  
Apr 1 - May 13 1 - 4 p.m.  
**119510** \$15

### Fabric: Quilting Bee

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  
Apr 1 - May 13 9 a.m. - 12 p.m.  
**119509** Free (please register)

Fri  
Feb 11 - Mar 25 9 a.m. - 12 p.m.  
**113682** Free (please register)

**Fabric: Wednesday Craft Group**

Calling all crafters and knitters! If you know how to sew, knit, or do crafts and would like to make one-of-a-kind creations, to help raise funds for the Seniors' Activity Centre, join us.

Wed  
Mar 30 - May 11 9 a.m. - 12 p.m.  
**119507** Free (please register)

**Fabric: Quilting Open Drop-In**

Bring your own quilt to work on, swap ideas, and ask questions in a friendly, social setting. No instructor.

Sat  
Apr 2 - May 14 9 a.m. - 12 p.m.  
**119511** \$17.50

**SPORT****Table Tennis**

We play for fun—come enjoy an exciting, fast-paced game with us! Pre-register for your timeslot and bring your own paddle. We encourage you to call in or register online in advance. Location: Lily Lee Spirit Room.

Mon/Wed/Fri/ 1 - 2:45 p.m.  
**NEW** Sat  
Drop-in \$2

**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 racquet.

Tue/Thu 10:15 a.m. - 12:15 p.m.  
Drop-in \$3

**Basketball: Masters**

Join other 55+ players for a friendly game of basketball at Gleneagles Community Centre! Drop in or register for the session.

Thu 2:30 - 4 p.m.  
**119698** \$6.50

**Billiards**

This beautiful room with first class equipment is available for play and practise. Reserve your spot in advance. Call or register online to book your spot.

Mon - Thu 9 - 11 a.m., 11 a.m. - 1 p.m.,  
1 - 3 p.m., 3 - 5 p.m.  
Fri - Sat 9 - 11 a.m., 11 a.m. - 1 p.m.,  
1 - 3 p.m.  
Registered Drop-in \$2/game

**WELLNESS****Massages are back!**

Enjoy a 45-minute massage performed by Langara College Students. Register for your spot. Maximum 6 spots per timeslot. Arrive 15 minutes early to complete paperwork. No ICBC claims. For more info email [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca)

Wed 9:30 a.m. / 10:45 a.m. / 12 p.m.  
Jan 19 - April 20 \$20

**Mindfulness Meditation**

How to have the life you want by living the life you have! In these unprecedented times of uncertainty and fear, many of us are isolated and struggling with loneliness, lack of sleep, stress, depression, and anxiety. Join our friendly class and learn some simple meditation and mindfulness techniques to experience better sleep, ability to focus, happiness, peace and calmness, and a sense of belonging.

Leader: Susan P.

Mon  
Mar 28 - May 9 12:30 - 1:30 p.m.  
**119017** \$15

Fri  
Apr 1 - May 13 12:30 - 1:30 p.m.  
**120052** \$15

**OUTDOOR ACTIVITIES**

*If you are new or would like more information on one of our outdoor activity programs, please email [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca).*

For a listing of what's happening each month visit [westvancouverrec.ca/recschedules](http://westvancouverrec.ca/recschedules) and view the Seniors' Activity Centre's Outdoor Sports schedule under the 'Schedules' tab or inquire at the front desk.

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

**Hikers: Discover Trails**

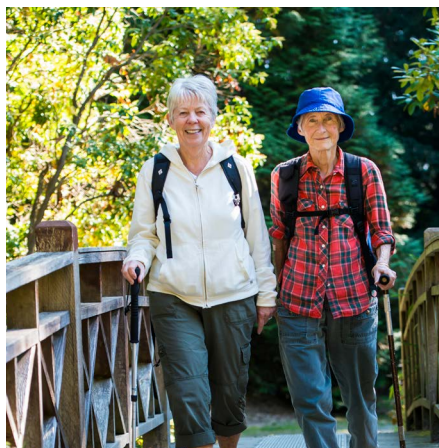
Hike intermediate and more challenging trails on the Sea-to-Sky Corridor and beyond. Tuesday hikes are about 2-3 hours starting at 9 a.m. and average 6-10 km in distance. Thursday hikes are 3-5 hours, and are typically over 15 km at a good pace, on varying terrain. Hikes will be rated easy to challenging, based on elevation and terrain. Details of hikes will be posted. Email [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca) before signing up.

Tue/Thu  
Apr 19 - Jun 30 9 a.m. - 12:30 p.m.  
**119019** \$19

**Hikers: 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 new walking program utilizes our bus and is led by one of our leaders. Transportation is provided to and from the local trail.

Wed  
Mar 30 - May 11 9:30 a.m. - 12:30 p.m.  
**119020** \$70



### **NEW** Bird Walk

Hop on our bus and go to locations on the North Shore to view birds. Be prepared to walk on any terrain, in most weather. If the weather is very poor, we might stay inside and review the latest books, technology, and info on birds.

Tue  
Mar 29 - May 10      10 a.m. - 12 p.m.  
**119022**      \$35

### Hikers: Ramblers

Hike with us! Meet at the trailhead or hop on the bus at the Seniors' Activity Centre. Bus leaves weekly at 9:30 a.m. to take hikers to the trailhead. Register each time you would like to take the bus. The group hikes an average of 8 to 10 km every Monday regardless of the weather. Wear footwear with good tread and clothing for all types of weather. Email or call Caroline at [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca) before registering, to ensure you're registered in the right group.

Mon  
Jan 3 - Dec 26      10 a.m. - 2 p.m.  
**114031**      \$15

We are always looking to start up new walking and hiking groups. Please contact Caroline if you are interested, so we can provide more options for our community members to get outside!

### Turtles, Easy Riders, Silver Wheels, NorWest Cycle are currently full for the year.

Please contact [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca) about any one of our groups or to add your name to the waitlist.

### Cycling: Coast Riders - 2022 Annual Registration

Coast Riders enjoy cycling throughout the North Shore and Greater Vancouver on Wednesday mornings, starting at 9 a.m. Scheduled rides are April to October. Ride routes vary from 30 to 50 km with distance increasing as the season progresses. Most of the rides begin at the Seniors' Activity Centre, however sometimes there is a drive-to-ride option. The average pace is about 15 to 18 km/hr and takes about 3 to 4 hours to complete (with a coffee stop). Contact [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca) for more details.

Wed  
Apr - Oct      9 a.m. - 12:30 p.m.  
**113328**      \$15

### Par 3 Golf / Pitch & Putt 2022 Annual Registration

The West Vancouver Seniors' Activity Centre Par 3 Golf / Pitch and Putt program begins in April at Ambleside Part 3 course. This group meets on Mondays and Thursdays. Starting in May, Thursdays are bus trips to various courses throughout the Lower Mainland. When Monday is a holiday, the group will only golf on Thursday that week. This is the annual membership, please pay separately for each individual bus trip. New members are welcome. Bus and golf schedules are available online at [westvancouver.ca/recschedules](http://westvancouver.ca/recschedules).

Mon/Thu  
Apr 4 - Sep 29      8:45 a.m. - 12 p.m.  
**119087**      \$15

## TRIPS

### Tea & Trumpets

We will be running a bus to all the performances of Tea and Trumpets at the Orpheum Theatre. Register for each bus trip separately. Please note: loading bus at 12:45 p.m., leaving Centre at 1 p.m.

Thu      12:45 - 4:30 p.m.  
\$7

**112767**      Mar 3

**112768**      Mar 24

**119023**      May 19

### Seniors' Activity Centre

## SHUTTLE BUS

### NEW YEAR, NEW ROUTE

The Seniors' Shuttle Bus service offers an opportunity for seniors to easily access the Seniors' Activity Centre and local businesses including financial institutions, grocery stores, and doctors' offices.

**The service operates on Tuesdays, Thursdays, and Saturdays from 8:45 a.m. to 3:45 p.m.**

A contribution of \$2 per person for each pick-up is recommended.

This SAC Shuttle Service is brought to you through a variety of community partners and donations.

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



# FITNESS PROGRAMS

## GROUP FITNESS ACTIVITY LEVELS

### MILD

#### Low cardio

Light bands used below shoulder height. Typically no floor exercises (*accommodations can be made for these exercises*).

### MODERATE

#### Fair amount of cardio

Possibility of using bands above shoulder height. Incorporates floor exercises. Good mobility required.

### STRENUOUS

#### High level of cardio

Use of bands above shoulder height. Incorporates floor exercises. Good mobility required.

## GROUP FITNESS

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

The maximum number of participants has changed to allow for physical distancing. Some of our prices have increased in order to accommodate this change.

Information on financial assistance is available on our website at [westvancouver.ca/accessibility](http://westvancouver.ca/accessibility).

### Chairobics

Did you know stretching is very important in maintaining health and mobility? Gently stretch and strengthen your muscles with the use of resistance bands.

Tue & Thu  
Mar 29 – May 12 1 – 2 p.m.  
**119621** \$49

## PERSONAL TRAINING - SENIORS

For details please call Kevin Yoon at 604-921-2169 or email [kyoon@westvancouver.ca](mailto:kyoon@westvancouver.ca).

Sessions are 55 minutes in duration.

### Beginner Yoga

New to yoga? Roll out your mat and join us! This class is geared towards people who have never practised yoga before or have done less than ten classes. Focusing on breathing awareness, basic posture and body alignment, this class is a beautiful way to connect with your body as well as strengthen and lengthen your muscles.

Mon  
Mar 28 – May 9 4:30 – 5:45 p.m.  
**119622** \$42

### - Chair Yoga

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  
Mar 29 – May 10 12 – 1:15 p.m.  
**119623** \$43.75

Thu  
Mar 31 – May 12 12 – 1:15 p.m.  
**119624** \$43.75

### - Chair Pilates

This class will be appropriate for people who are new to Pilates and 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  
Mar 30 – May 11 10:10 – 11:10 a.m.  
**119625** \$43.75

### - 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  
Mar 30 – May 11 10:30 – 11:25 a.m.  
**119626** \$31.50

Fri  
Apr 1 – May 13 11:35 a.m. – 12:25 p.m.  
**119627** \$27

### - Stay Fit For Men

Stay fit in a fun yet mild exercise program for men! Start with a warm-up, progress to a modified low intensity cardio segment designed to gently increase your heart rate without significantly increasing your respiration, and finish off with a cool-down. Spend the rest of the class increasing your muscular strength and endurance, and stretching to lengthen and relax your muscles.

Mon & Thu  
Mar 28 – May 12 8 – 8:55 a.m.  
**119620** \$55

### - 20/20/20

Join us for a well-balanced fitness class! Start with a 20 minute of cardiovascular activity, followed by 20 minutes of muscle conditioning, and finish off with 20 minutes of stretching to lengthen and relax your muscles.

Mon  
Mar 28 – May 9 10:05 – 11 a.m.  
**119628** \$25.50

Wed  
Mar 30 – May 11 10:05 – 11 a.m.  
**119629** \$25.50

Fri  
Apr 1 – May 13 10:05 – 11 a.m.  
**119630** \$25.50

## REHAB & PREHAB

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 [westvancouverrec.ca](http://westvancouverrec.ca).

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

### Keeping Connected - 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. Location: Social Rec Room.

Leader: Peter B.

Tue  
Feb 8 – Mar 22 11:45 a.m. – 12:45 p.m.  
**117612** \$70

Tue  
Mar 29 – May 10 11:45 a.m. – 12:45 p.m.  
**119356** \$70

### Keeping Connected - 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  
Feb 9 – Mar 23 10 – 11 a.m.  
**117618** \$35

Wed  
Mar 30 – May 11 10 – 11 a.m.  
**119357** \$35

### Keeping Connected - Keep Well

Keep Well Society's weekly program involves a mild exercise class. For information about Keep Well, please call 604-988-7115. Please register to attend this free class.

Wed  
Feb 9 – Mar 23 11:15 a.m. – 12:15 p.m.  
**117621** Free (please register)

Wed  
Mar 30 – May 11 11:15 a.m. – 12:15 p.m.  
**119358** Free (please register)



### Keeping Connected - Ladies Social Club

Ladies, join this social group to enjoy discussion, mental aerobics, games, and entertainment. We're a lively bunch, so there's never a dull moment. Breaks for tea will be taken as needed.

Wed  
Feb 9 – Mar 23 1:30 – 3 p.m.  
**117622** \$38.50

Wed  
Mar 30 – May 11 1:30 – 3 p.m.  
**119359** \$38.50

### Keeping Connected - 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  
Feb 11 – Mar 25 10 – 11 a.m.  
**117624** \$45.50

Fri  
Feb 11 – Mar 25 11:15 a.m. – 12:15 p.m.  
**117625** \$45.50

Fri  
Apr 1 – May 13 10 – 11 a.m.  
**119360** \$45.50

Fri  
Apr 1 – May 13 11:15 a.m. – 12:15 p.m.  
**119477** \$45.50

### 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 Helen, Stephanie, Caroline or Jenna.

## Keeping Connected - Stretch and Movement

Enjoy this uplifting class through movement and music in an enjoyable, safe, and creative class for people living with Parkinson's and other physical challenges. Maintain a sense of confidence and grace in movement through the fundamentals of stretch. Peter, your instructor will use chairs for stability and ease of movement, while building strength, balance and mobility. *Note: caregivers please register, but at no charge.*

Mon  
Feb 7 - Mar 21 1:30 - 2:30 p.m.  
**117628** \$60

Mon  
March 28 - May 9 1:30 - 2:30 p.m.  
**119478** \$60

## Keeping Connected - Caregiver Support Group

The group meets weekly to support caregivers in navigating the ever-changing challenges that dementia brings. Find comfort in a safe setting for sharing information, insight, advice and encouragement. We provide an opportunity to learn from others who face the same challenges, and give you an opportunity to speak about your experiences.

Thu  
Feb 10 - Mar 24 10:30 a.m. - 12 p.m.  
**1147629** \$10

Thu  
Mar 31 - May 5 10:30 a.m. - 12 p.m.  
**119479** \$10

## Keeping Connected - Creative Expressions

Stimulate your mind and memories as you explore different forms of art in this hands-on program. A different project each week makes for a lot of fun and variety. Let your creativity guide you! Caregivers are welcome to attend.

Fri  
Feb 11 - Mar 25 10 - 12 p.m.  
**117630** \$87.50

Fri  
Apr 1 - May 13 10 - 12 p.m.  
**119480** \$75

## NEW Keeping Connected - Daybreak

Join us for a new program for those living with Alzheimer's. Participate in two hours of activities that include reminiscing, playing games, creating art, and appreciating life together. Our goal is to promote independence, choice, well-being, and person-centred care. This class is hosted by a qualified and compassionate caregiver. A morning snack will be served.

**Prerequisite: Daybreak Consultation** with Helen or Stephanie. Call 604-925-7211 to arrange. Please register for activity number **116040** and we will call you to set up a private appointment at no charge.

Mon  
Feb 7 - Mar 21 10 a.m. - 12 p.m.  
**117631** \$120

Mon  
Mar 28 - May 9 10 a.m. - 12 p.m.  
**119481** \$120

## NEW Keeping Connected - Easy, Fit and Fun!

Join us for a class that encompasses functional fitness, exercise, balance, games, and fun with friends. This is a dementia-friendly class, for those experiencing early stages of memory loss. Caregivers are welcome. There will be time set aside at the end of each class for socializing.

Tue  
Feb 8 - Mar 22 1:30 - 2:30 p.m.  
**117632** \$70

Thu  
Feb 10 - Mar 24 1:30 - 2:30 p.m.  
**117650** \$70

Thu  
Mar 29 - May 10 1:30 - 2:30 p.m.  
**119482** \$70

Thu  
March 31 - May 12 1:30 - 2:30 p.m.  
**119483** \$70



## NEW Keeping Connected - Gratitude Circle

Start your day with your head high and heart open. 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. The Gratitude Circle is led by Peter, our beloved and knowledgeable yoga instructor.

Tue 10:30 - 11:30 a.m.  
Drop-in \$6

**117646** Mar 1

**117647** Mar 8

**117648** Mar 15

**117679** Mar 22

**119484** Mar 29

**119485** Apr 5

**119486** Apr 12

**119487** Apr 19

**119488** Apr 26

**119489** May 3

**119490** May 10

## Keeping Connected - Men's Club

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

Thu  
Feb 10 - Mar 24 10:30 a.m. - 12 p.m.  
**117637** \$ 66.50

Thu  
Mar 31 - May 12 10:30 a.m. - 12 p.m.  
**119491** \$57



**NEW Keeping Connected -  
Pick up the Pace**

Lift your spirits and your heart rate with this new class designed to get the blood flowing. Get ready for some fun and movement! This is a class that will be done from a standing position.

Mon  
Feb 7 - Mar 21 1:45 - 2:45 p.m.  
**117638** \$54

Mon  
March 28 - May 9 1:45 - 2:45 p.m.  
**119492** \$54

**NEW Keeping Connected -  
Shared Spaces**

Join us at lunchtime for various activities including a weekly puzzle, brain gym, book club, and popular TV shows from the past! Bring your own lunch, throw a toonie in the jar, and enjoy the company of others twice per week. Registration required. Activities will be set up and self-directed.

Thu 12:15 - 1:15 p.m.  
Registered Drop-in \$2

**117654** Mar 3

**117655** Mar 10

**117657** Mar 17

**117658** Mar 24

**WELLNESS WEEK**

Once a month we are inviting members to join us at the Seniors' Activity Centre for a variety of wellness checks from foot care and blood pressure checks to NexGen hearing visits, and eye care. Stay tuned for sessions on managing diabetes, heart disease, and memory loss. Each week we will have a theme and offer visits from professionals in each field.

**Walker Tune-ups and  
Fall Prevention**

Davies Pharmacy and West Vancouver Fire Department will be onsite. Coffee and refreshments will be served. This is a free event but donations are kindly accepted.

Thu  
March 18 10 a.m. - 12 p.m.  
**119090** Free

**In the Kitchen with Simone**

Join chef Simone in our professional Garden Side Café kitchen for a series of small monthly cooking classes.

Mon  
March 28 4 - 5:30 p.m.  
**120163** \$12.50

**Alzheimer's Café -  
St Patrick's Day**

Are you living with memory loss, have a family member who is living with dementia, or are simply curious about what it all means? Please join us for another jubilant celebration in an informative, and welcoming environment, and learn what it means to live well with Alzheimer's disease.

Thu  
March 17 12:30 - 2:30 p.m.  
**118533** Free

**Easter Fun!**

It's Easter, a time to celebrate life! We will gather and make Easter bonnets, have high tea, and watch a parade with the kids from Collingwood School. Get ready to smile!

Thu  
Apr 14 10:30 a.m. - 12 p.m. p.m.  
**118534** Free

**PROGRAMS AT THE  
WEST VANCOUVER  
MEMORIAL LIBRARY**

Learn about all of our events and register at [wvml.ca/events](http://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.

**Book Club Social**

We will discuss in Jesse Q. Sutanto's *Dial 'A' for Aunties* in March and Cherie Dimaline's *The Marrow Thieves* in April.

Tue  
Mar 8 & Apr 12 11 a.m. - 12 p.m.  
Library Welsh Hall Free

**Wildlife Weekends in Southern  
British Columbia (virtual)**

Join professor, author, and naturalist **Roy Jantzen** for a series of stories gathered from his research and writing of his latest book, *Wildlife Weekends in Southern BC: Day & Multi-day Trips from Vancouver for Wildlife Viewing*, set to be released in Spring 2022.

Thu  
Mar 24 7 - 8:45 p.m.  
Virtual (via Zoom) Free

**Bring Back the Butterflies (virtual)**

West Vancouver resident Richard Beard will introduce the most common species on the North Shore, the role butterflies and moths play in our neighbourhoods, and what we can do to help stop their decline.

Sat  
Apr 23 2 - 3:30 p.m.  
Virtual (via Zoom) Free

# GARDEN SIDE CAFÉ LUNCHES

## MARCH

### TUESDAY, MARCH 1

Pork Cutlet with Mushroom Sauce,  
Roasted Potatoes, Vegetables

### WEDNESDAY, MARCH 2

Beef Meatloaf with Roasted Leek Gravy,  
Mashed Potatoes, Harvard Beets

### THURSDAY, MARCH 3

Chicken Teriyaki, Rice, Stir Fry Vegetables

### FRIDAY, MARCH 4

Baked Salmon with Lemon Caper  
Cream Sauce, Rice Pilaf, Vegetables

### SATURDAY, MARCH 5 &

### SUNDAY, MARCH 6

Take-out service only

### MONDAY, MARCH 7

Pork Goulash, Parslied Potatoes,  
Seasonal Vegetables

### TUESDAY, MARCH 8

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

### WEDNESDAY, MARCH 9

Spaghetti Bolognese, Tossed Salad,  
Garlic Bread

### THURSDAY, MARCH 10

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

### FRIDAY, MARCH 11

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

### SATURDAY, MARCH 12 &

### SUNDAY, MARCH 13

Take-out service only

### MONDAY, MARCH 14

Sweet & Sour Chicken, Rice,  
Steamed Broccoli

### TUESDAY, MARCH 15

Tourtière Pie, Mashed Potatoes,  
Gravy, Vegetables

### WEDNESDAY, MARCH 16

Baked Ham with Scalloped Potatoes,  
Seasonal Vegetables

### THURSDAY, MARCH 17

St. Patrick's Day Special: Corned Beef  
with Braised Cabbage, Parslied Potatoes

### FRIDAY, MARCH 18

Seafood Newburg, Rice Pilaf,  
Mixed Vegetables

### SATURDAY, MARCH 19 &

### SUNDAY, MARCH 20

Take-out service only

### MONDAY, MARCH 21

Turkey Schnitzel with Cranberry Sauce,  
Mashed Potatoes, Vegetables

### TUESDAY, MARCH 22

Philadelphia Pepper Steak, Rice Pilaf,  
Seasonal Vegetables

### WEDNESDAY, MARCH 23

Savoury Tomato and Bean Stew,  
Pita Bread with Tzatziki

### THURSDAY, MARCH 24

Chicken Stroganoff, Broad Egg Noodles,  
Harvard Beets

### FRIDAY, MARCH 25

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

### SATURDAY, MARCH 26 &

### SUNDAY, MARCH 27

Take-out service only

### MONDAY, MARCH 28

Pork Paprika with Linguine, Mixed Greens

### TUESDAY, MARCH 29

Sole Florentine, Rice Pilaf, Sautéed Carrots

### WEDNESDAY, MARCH 30

Salisbury Steak, Mashed Potatoes,  
Mixed Vegetables

### THURSDAY, MARCH 31

BBQ Chicken Leg, Rice Pilaf, Mexican Corn

## APRIL

### FRIDAY, APRIL 1

Battered Cod & Chips, Lemon,  
Tartar Sauce, Coleslaw

### SATURDAY, APRIL 2 &

### SUNDAY, APRIL 3

Take-out service only

### MONDAY, APRIL 4

Bangers and Mash served with  
Caramelized Onions, Gravy and  
Cranberry Mango Salsa

### TUESDAY, APRIL 5

Baked Salmon with White Wine  
Butter Caper Sauce, Rice Pilaf,  
Sautéed Fresh Vegetables

### WEDNESDAY, APRIL 6

Spanakopitas, Tzatziki, Roasted Potatoes,  
Marinated Tomato and Cucumber Salad

### THURSDAY, APRIL 7

Mediterranean Turkey Chili with  
Romaine Salad, Dinner Roll

### FRIDAY, APRIL 8

Baked Fish on Ratatouille, Rice

### SATURDAY, APRIL 9 &

### SUNDAY, APRIL 10

Take-out service only

### MONDAY, APRIL 11

Ginger Beef over Rice, Stir Fry Vegetables

### TUESDAY, APRIL 12

Vegetarian Lasagna, Tossed Salad

### WEDNESDAY, APRIL 13

Baked Ham with Scalloped Potatoes,  
Seasonal Vegetables

### THURSDAY, APRIL 14

Beef Meatloaf with Roasted Leek Gravy,  
Smashed Potatoes

### FRIDAY, APRIL 15

CLOSED - Good Friday

### SATURDAY, APRIL 16

Take-out service only

### SUNDAY, APRIL 17

Take-out service only  
Easter Sunday Special: Roast Lamb,  
Lemon Herbed Potatoes, Ratatouille

### MONDAY, APRIL 18

CLOSED - Easter Monday

### TUESDAY, APRIL 19

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

### WEDNESDAY, APRIL 20

Spaghetti Bolognese, Tossed Salad,  
Garlic Bread

### THURSDAY, APRIL 21

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

### FRIDAY, APRIL 22

Fish Burger, Oven Fries, Coleslaw

### SATURDAY, APRIL 23 &

### SUNDAY, APRIL 24

Take-out service only

### MONDAY, APRIL 25

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

### TUESDAY, APRIL 26

Beef Lasagna, Tossed Salad

### WEDNESDAY, APRIL 27

Chicken à la King, Rice Pilaf, Green Beans

### THURSDAY, APRIL 28

Cabbage Rolls with Pierogi and  
Sour Cream, Salad

### FRIDAY, APRIL 29

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

### SATURDAY, APRIL 30

Take-out service only



# CEDAR LIVING

REDEFINE  
RETIREMENT

## A HOME TO REDEFINE THE RETIREMENT FOR WEST VANCOUVER

Cedarliving—a new retirement living community—is being planned for West Vancouver, and to ensure that the needs of the community are considered at this planning stage, the Cedarliving team would like to invite the community’s input on this project



### YOUR FEEDBACK IS NEEDED

To provide comments and suggestions, please email [survey@cedarliving.ca](mailto:survey@cedarliving.ca)  
To learn more, visit [cedarliving.ca](http://cedarliving.ca)

# She Held Their Hands



“When I think back to our founder, my mentor, friend and second Mother Betty Brown, what I often remember is that she took the time to hold her client’s hand during difficult times. She sat and listened to their needs and truly cared about what they were going through. It’s not the big things, it’s the little things that in the end touch our hearts and stay with us. At Shylo, we continue to follow Betty’s compassionate example and design our care to meet your individual needs.”

- Margot Ware, Shylo Owner/Director

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



[ShyloHomeHealthcare.ca](http://ShyloHomeHealthcare.ca)



Veterans Affairs  
Canada



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