



23

MAY / JUN

THE SCENE

A West Vancouver Seniors' Activity Centre Publication

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VISIT US ONLINE AT WESTVANCOUVER.CA/SENIORS

west vancouver



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Phone (SAC) 604-925-7280
Phone (Call Centre) 604-925-7270

If you are unable to connect with us on the SAC phone line, please call our 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 10 a.m. – 3 p.m.

Dine-in Service

Monday – Sunday 11:30 a.m. – 1:30 p.m.
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. – 3 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, May 22 – Victoria Day

PROGRAM COORDINATORS

Find contact information on page 5.

EDITORIAL

Editors Sabina Kasprzak & Michiko Araki

Advertising Sabina Kasprzak

Publisher District of West Vancouver

Print Still Creek Press

Cover photo BJ Clayden

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

The Scene is published (print and online) in Jan/Feb, Mar/Apr, May/June, Sep/Oct, and Nov/Dec.

We also send out an **E-news** update (Feb, Apr, June, Aug, Oct, and Dec) which includes last-minute changes and information about items that have been added after The Scene's publishing date.

To subscribe, visit westvancouver.ca/newsletters.

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.

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.

To inquire and 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.

FUTURE REGISTRATION DATES

For upcoming registration dates visit westvancouver.ca/registrationandrefunds.

Registration for general Summer term programs starts on Wed, June 14. Please visit westvancouver.ca/recactivities for available spots.



Jain Verner | Chair

*Nobody grows old merely
by living a number of years.
We grow old by deserting
our ideals.*

*Years may wrinkle the skin,
but to give up enthusiasm
wrinkles the soul.*

Samual Ullman, poet

MESSAGE FROM THE ADVISORY BOARD CHAIR

March was certainly a busy month at the Centre. It was great to see many more members joining us for lunch, activities and socializing in the lounge with a coffee and catching up with friends. Such a ‘feel good’ sensation to see so many people.

The AGM was held March 8 with a fair turnout. We saw two longterm, very involved Board members leave the Board after many years of service—Brian Hann and Dave MacLaughan. I am sure we will see them again around the Centre in one capacity or another. Thank you gentleman for all you have both done and do. Patricia Blair and Lenore Rogers were warmly welcomed as ‘new’ Board members. Patricia with her background in finance will be a definite asset to and supportive member of our Finance committee. Lenore is no stranger, as she has been a member of the Outreach and Visioning committees for several years as well as Board Chair in 2017. Welcome you two.

March also saw the re-start of our long anticipated popular dinners on Thursday evening. Great timing, as we will be able to come for dinner knowing that when we leave, it will still be light out!

By April we were well into spring. On April 9 Chefs Lou, Ron, Leigh, and Simone created a wonderful Easter Sunday brunch for us. Thank you Chefs.

Come May, member and community engagement will be facilitated by HCMA via survey and focus groups. Please take part in this important initiative. HCMA is the architectural firm hired to assess the needs of seniors in our community now and into the future.

Lastly, if you have questions or comments that you would like to share with the Advisory Board, please email us at sacadvisoryboard@westvancouver.ca.

Until our next edition of the ‘Scene’, I leave you with this thought (see left).

Cheers,

— Jain



Alison Gelz
Youth & Seniors’
Services Manager



Davida Witala
Community
Recreation
Supervisor

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

Spring is an amazing and vibrant time for the Centre. We look forward to warmer months ahead with blossoms, budding flowers, herbs, and vegetable garden beds. Watch for the Garden Side Patio to transform into an outdoor garden as well as a relaxing space for social connection. Discover the magic of pollinator flowers and the newly installed Mason Bee Hotels!

Take time this spring to connect with an old friend or invite a new guest to the Centre. The Fireside Coffee Bar and Garden Side Cafe are open longer hours, and the dinner service is back on Thursday nights from 5 to 7 p.m.

Happy Spring!

— Alison & Davida

*Don't wait for someone to bring
you flowers. Plant your own
garden and decorate your soul.*

Luther Burbank



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



**SHUTTLE BUS, TRIPS,
ARTS & SPORTS PROGRAMS**
Caroline Brandson
SAC Program Coordinator
604-925-7230
cbrandson@westvancouver.ca



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



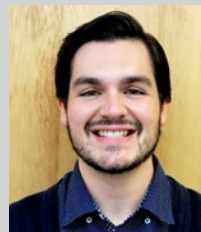
**SENIORS' OUTREACH -
KEEPING CONNECTED
PROGRAMS**
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SAC Program Coordinator
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**SENIORS' OUTREACH -
KEEPING CONNECTED
PROGRAMS**
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**SENIORS' OUTREACH -
KEEPING CONNECTED
PROGRAMS**
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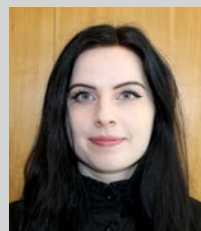
**FOOD SERVICES &
GARDEN SIDE CAFE**
Lou Novosad
*SAC Food Services
Program Coordinator*
604-925-7122
lnovosad@westvancouver.ca



**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.



SENIORS' ACTIVITY CENTRE
Sarah Dobie
*Recreation Facility Clerk
Supervisor for the SAC*
604-925-7284
sdobie@westvancouver.ca

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.

WRITE FOR THE SCENE!

Do you have a creative flair, a knack for writing engaging articles and stories, and a keen interest in happenings at the Seniors' Activity Centre?

We are inviting expressions of interest from volunteer writers who would like to contribute to The Scene Magazine.

If you are interested, please send an email to dwitala@westvancouver.ca along with a few examples of your work. Please note, only shortlisted candidates will be contacted.

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 (Please confirm times with coordinator)

- **Tuesdays or Thursdays** - 8:45 to 11:30 a.m., 11:30 a.m. to 2 p.m., 2 to 4:30 p.m., 4:30 to 7:30 p.m.
- **Weekdays** - 9 to 11:30 a.m., 11:30 a.m. to 2:30 p.m.

TUESDAY & 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.
- **Delivery Drivers (Class 5 License)** - 9:30 a.m. to 12:30 p.m.

MID-DAY AND AFTERNOONS

- **Closers** - Monday to Fridays, 1 to 3:30 p.m.
- **Midshift Attendant** - Thursdays, 2 to 4:30 p.m.

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.

VOLUNTEER TRAINING OPPORTUNITIES



First Aid

Friday
May 12 10 a.m. to 2 p.m.
142575 Free for active volunteers



SENIORS' EXPO IS BACK ON FRIDAY, SEPTEMBER 8

Keep an eye out for more exciting information about the 2023 North Shore Seniors' Health Expo scheduled for Friday, September 8 from 10 a.m. to 4 p.m.

Volunteer roles are available. Contact scvolunteers@westvancouver.ca with your availability if interested.

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.



MOTHER'S DAY AND FATHER'S DAY SPECIALTY LUNCH MENU

Mother's Day Sunday May 14

Two eggs benedict (choice of black forest ham or smoked salmon), potato wedges, fresh fruit garnish (\$10 M).

Complimentary non-alcoholic mimosa cocktail with each entree.

Dessert: Tiramisu (\$3.75 M).

Father's Day Sunday June 18

BBQ baby pork ribs, rice pilaf, Mexican corn (\$10 M).

Dessert: Mini apple pie (\$3.75 M).



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.



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.

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!



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!

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
Mar 29 - June 28 12:30 - 3:30 p.m.
138577 \$57.40

Painting Studio Time - Whole Set

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

Mon
Mar 27 - Jun 26 9 a.m. - 12 p.m.
138580 \$33

Mon
Mar 27 - Jun 26 12:30 - 3:30 p.m.
138583 \$33

Tue
Mar 28 - Jun 27 9 a.m. - 12 p.m.
138585 \$38.50

Wed
Mar 29 - Jun 28 12:30 - 3:30 p.m.
138586 \$38.50

Pen & Coloured Pencil Card Making with Joanne Waters

Learn how to sketch and blend with coloured pencil and pen and create desired images on cards, pictures, fabric, and clothing with Joanne!

Wed
May 17 - Jun 28 9 a.m. - 12 p.m.
141331 \$85

Drawing with Aileen

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

Fri
Mar 31 - May 12 12:30 - 2:30 p.m.
138608 \$126

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
Mar 28 - Jun 27 12:30 - 3:30 p.m.
138610 \$350

Thu
Mar 30 - Jun 29 12:30 - 3:30 p.m.
138611 \$350

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.*

Photo Club In-person

Thu
Mar 30 - Jun 29 1 - 3 p.m.
138614 \$42

FABRIC ARTS



Learn to Crochet

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

Mon
Mar 27 - Jun 26 9 a.m. - 12 p.m.
138617 \$120

Knitting

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

Tue
Mar 28 - Jun 27 9 a.m. - 12 p.m.
138618 \$35

Studio Time

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

Tue
Mar 28 - Jun 27 12:30 - 3:30 p.m.
138620 \$35

Learn to Knit

Are you a little rusty or have always wanted to learn to knit? Knitting is great for the brain and fingers.

Wed
Mar 29 – June 28 9 a.m. – 12 p.m.
138621 \$35

Quilting Studio Time

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

Wed
Mar 29 – Jun 28 12:30 – 3:30 p.m.
138637 \$35

Craft Studio Time

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

Fri
Mar 31 – Jun 30 9 a.m. – 12 p.m.
138643 *No cost (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
10 a.m. – 2 p.m. Drop-in \$2.50
Two of the Saturdays in this time slot will have a re-purpose workshop.

Fabric Arts: Re-purpose Workshops

Join Kimia for a fabric workshop. She will be incorporating recycled materials into making some fun and functional products. You will learn some sewing skills and be able to take home a finished product at the end of the session.

Sat
May 6 or Jun 3 10 a.m. – 12 p.m.
142821 or **142822** \$5

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
Mar 28 – Jun 27 9:15 – 11:15 a.m.
138485 \$34

Heritage Choir Spring Concert

Join the Heritage Choir for a musical celebration of spring. Everyone welcome! Please purchase tickets.

Sun
May 28 4 – 5:30 p.m.
143152 \$7.50

Heritage Choir

The Heritage Choir is opening its new season with a brand new Choir Director. Sopranos, altos, tenors and basses, come join our dynamic choir community, make new friends and get back into the joy of choral singing.

Tue
Mar 28 – May 30 1 – 3 p.m.
138569 \$100

Ukulele Advanced

If you would like to perfect your skills, learn music theory, play by ear and transpose, then this class is for you! Participants have the basics at an intermediate level.

Wed
Mar 29 – Jun 14 3:30 – 4:30 p.m.
138574 \$136

Recorders Advanced

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

Thu
Mar 30 – Jun 29 10:30 – 12 p.m.
138575 \$40

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
Mar 27 – Jun 26 10:30 a.m. – 12 p.m.
138570 \$34

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
Mar 28 – Jun 27 11:30 a.m. – 12:30 p.m.
138575 \$159



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

Improve your fitness level, balance, and core strength. You will learn gentle, easy, authentic salsa movements for solo practice.

Fri
May 5 – June 30 2:15 – 3:15 p.m.
138590 \$135

**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
Mar 28 – May 2 1 – 3 p.m.
138591 \$37.25

**Scottish Country Dance
Intermediate**

Fri
Mar 31 – Jun 30 10:30 a.m. – 12 p.m.
138592 \$80.40

**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.

Diane Lines Duo

Thu
May 25 6:30 – 9:30 p.m.
138644 \$15

Thin Red Line

Thu
June 22 6:30 – 9:30 p.m.
139940 \$15



WOODWORKING

**Woodworking: Level 2
Intermediate**

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

Mon
Mar 27 – Jun 26 9 a.m. – 12 p.m.
138726 \$75

Wed
Mar 29 – Jun 28 9 a.m. – 12 p.m.
138736 \$87.50

Fri
Mar 31 – Jun 30 9 a.m. – 12 p.m.
138765 \$81.25

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. Projects must return home with participants after each class due to lack of storage space.

Mon
Mar 27 – Jun 26 1 – 4 p.m.
138727 \$75

Tue
Mar 28 – Jun 27 9 a.m. – 12 p.m.
138728 \$87.50

Wed
Mar 29 – Jun 28 1 – 4 p.m.
138762 \$87.50

Fri
Mar 31 – Jun 30 1 – 4 p.m.
138766 \$81.25

**Woodworking: Woodturning Level
1 Beginner**

This is an instructional class on Woodturning. *Level 1 Woodworking is a pre-requisite.* Three people maximum.

Wed
Mar 29 – May 17 9 a.m. – 12 p.m.
138761 \$50

**Woodworking: Woodturning
Level 2**

This is the next class after Woodturning. *Level 1 Woodworking is a pre-requisite.* Three people maximum.

Wed
May 24 – Jun 28 9 a.m. – 12 p.m.
138778 \$37.50

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
Mar 28 – Jun 27 1 – 4 p.m.
138729 \$87.50

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
Mar 28 – Jun 27 1 – 4 p.m.
138767 \$87.50

Woodcarving

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

Thu
Mar 30 – Jun 29 9 a.m. – 12 p.m.
138763 \$87.50

Thu
Mar 30 – Jun 29 1 – 4 p.m.
138764 \$87.50



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 or Hannah Rennie at 604-925-7208.

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. No meeting on Aug 22 & 29.

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

Pruning with Johanne Mabon May 2
141737

Designing for your senses May 9
with Janice Matson
141738

Trip to Wig May 16
141739

Work party in garden May 23
141840

The chosen few with May 30
Christine Allen
141742

Trip to Park and Tilford Jun 6
141741

Non-vascular plants Jun 13
with Liz Knight
141743

Bonsai with Peter Brolese Jun 20
141745

Peru trip with Lesley Jun 27
141746

Trip to Riley Park Jul 4
142746

LANGUAGES

English Beginner: Conversational

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

Wed
Mar 29 – Jun 28 4 – 5:30 p.m.
138932 \$70
Registration on-going

Social conversation English

Come practice your conversational English in a relaxed and friendly environment while learning about new customs, traditions, and making new friends.

Mon
Mar 27 – Jun 26 \$27
141111 10 – 10:45 a.m.
141112 11 – 11:45 a.m.
Registration on-going

Spanish with Elias Advanced

The highest level of our Spanish classes. The class focuses on the interaction between students who narrate their weekly activities, their hobbies, and interests. The conversation is monitored and corrections are done on the spot to refresh previously acquired knowledge. Conversation time accounts for 100% of the class time. *Instructor: Elias.*

Mon
Mar 27 – Jun 26 4 – 5:30 p.m.
138606 \$185



Spanish with Elias

Start each class with some guided conversation that will help you gain vocabulary, strengthen your knowledge of the language, and build more speaking confidence! Apply what you know to everyday conversation while listening and speaking with others, and learn more detailed grammar to help you better understand the way Spanish works. Participants should know some Spanish already. *Instructor: Elias.*

Beginner

Thu
Mar 30 – Jun 29 5:45 – 7:15 p.m.
138609 \$216

Intermediate

Thu
Mar 30 – Jun 29 4 – 5:30 p.m.
138607 \$216

Farsi with Bita

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

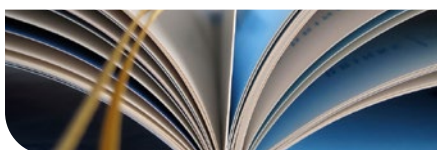
Tue
Mar 28 – Jun 27 12:30 – 1:30 p.m.
138613 \$40

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
Mar 30 – Jun 29 1:30 – 3:45 p.m.
138581 \$189



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
Mar 27 – Jun 26 1 – 3 p.m.
138582 \$34

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
July 5 10 – 11 a.m.
Free (*no registration required*)

Empowering Patient Workshops

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

Fri
1 – 3 p.m. Free (*please register*)

Health Care May 5
139988

End of Life Choices May 12
139990

Advanced Care Planning May 19
139992

Sunday Movies

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

142770 Apr 9

142771 May 7

142772 Jun 4

142773 July 2

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

138622 May 12

138623 May 26

138625 June 9

138626 June 23

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.

Tue
May 30 10 – 11 a.m.
141474 Free (*please register*)



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 to explore and enjoy all that online programming has to offer from the comfort of your living room!

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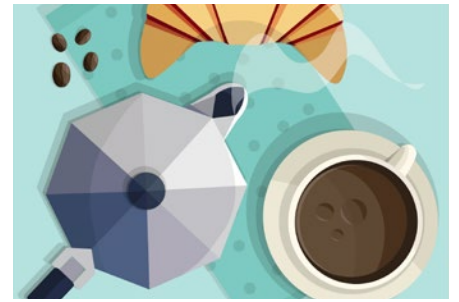
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A TASTE OF ITALY

Italy is a dream that keeps returning for the rest of your life.

– Anna Akhmatov

By Valerie Coles

Who hasn't fallen in love with Italy, its astonishing beauty, and intriguing customs? And yet, one of Italy's finest features that seems to linger longest is its distinctive scent. Whether getting lost in Rome's cobblestoned alleys or sampling wine in Tuscany, it's impossible to ignore the lingering scent of espresso wafting out of a nearby bar. (Unlike here, a bar is where you drink coffee). Somehow that magical scent of genuine Italian caffè lingers long after you're home. (In Italy, the words espresso and caffè are interchangeable.)

Italians regularly begin their days with espresso, typically not at home but standing shoulder to shoulder in a crowded bar, chatting with the barista and each other. (Taking a table is for tourists and often doubles

the price.) Unlike us, Italians don't linger over their caffè; they prefer to sip it fast and leave, often visiting two or three different bars enroute to work.

By the way, it's only uncouth North Americans who dare to drink a cappuccino at dinnertime, a no-no in Italy where cappuccino is considered a strictly breakfast beverage and never consumed past noon.

The secret behind Italy's unforgettable coffee is the unique roast of Lavazza, the classic brand supplying Italians with coffee for more than a century. Luigi Lavazza famously started out selling coffee from his Torino bottega in 1895. Today, Lavazza exports almost half of its production and is considered Italy's primo coffee brand.

It's for this reason that **Lavazza was chosen for our very own Fireside Lounge and Coffee Bar**. There, the friendly baristas brew Lavazza Super Crema in a state-of-the-art Lavazza barista machine, guaranteeing that oh-so-Italian, thick, rich caffè every time no matter what you order – cappuccino, americano, latte, or any

another creation you particularly love – a macchiato? And if by chance you order a straight up espresso, (or “a doppio”, a double) you'll find it's served in a genuine Italian tazza, the signature miniature cup. Our baristas know what they're doing.

To go along with your superb caffè, the Fireside offers a devilishly delicious assortment of freshly baked cinnamon buns, scones, and muffins – all delivered warm and fresh from the Garden Side ovens.

Promise yourself that next time you're in the Seniors' Centre you'll drop by the Fireside Lounge and Coffee bar, order your favourite brew, head for the lounge, and dream of Italy.

You may have the universe if I may have Italy.

– Giuseppe Verdi



MASON BEE HOTELS ARRIVE AT THE SENIORS' ACTIVITY CENTRE!



Photos: Kaschelle Thiessen



The Seniors' Activity Centre has partnered with the West Vancouver Memorial Library on bringing to life the Mason Bee Hotel initiative.

The library hosted workshops for the community on how to care for mason bees, and the Seniors' Activity Centre's woodworkers hand-crafted 'bee-autiful' bee hotels for workshop participants to purchase.

A couple of the mason bee hotels have now found a new home outside the Seniors' Activity Centre. Their tiny inhabitants are busily working away and contributing to the surrounding ecosystem and garden beds.

To learn more about this initiative and to find other mason bee resources visit westvanlibrary.ca/masonbees.

Raising solitary, tunnel-nesting bees is an easy, inexpensive, safe, and low-maintenance way to support food and seed production in your local ecosystem.

Source: Taren Urquhart, aka "Library Bee Lady"

100^{Years}

CELEBRATING OUR CENTURIANS!

Our Seniors' Activity Centre member, **Bill Gardner**, celebrated his **100th birthday in February**—we wish Bill a very happy birthday—here's to many more!



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LET'S DANCE

By Chris Inouye

From ballet to hip hop, ballroom to disco, polka to tango, dancing is done in every culture and by every age group. It can be done as part of a ritual or celebration, to get some exercise, or just to have fun!



Photo: BJ Clayden

Which of the following is true?

- a. Dance leads to better coordination, agility, and flexibility
- b. Dance improves balance and spatial awareness
- c. Dance increases aerobic fitness
- d. Dance improves self-esteem and psychological well-being
- e. Dance improves cognitive function

As you have probably guessed, the answer is **all of the above**. And a wonderful variety of dance classes are available at the Seniors' Activity Centre!

SCOTTISH COUNTRY DANCE

Ladies' chain! Men's chain! Petronella! **Louise Murphy** cues steps such as jigs, reels and strathspeys as the dancers move in pleasing patterns such as double triangles, rights, lefts, and three hands across. Scottish country dance has its roots in an 18th-century fusion of Scottish and English country dance. It is a highly social dance done with a partner in sets of three to five couples. As the women outnumber the men in this



Photo: Gladys Lee



Photo: Larry Olkovich

class, tartan sashes are worn by the ladies dancing the men's parts. Louise fell in love with Scottish dancing as a teenager when she saw it being done in Stanley Park.

Alison, one of the participants, adores the music and commutes from the West End where she took her first lessons. Because the classes there have not restarted post-pandemic, Alison buses to the SAC, bringing her bright smile and lively energy. **Mary Ann** and **Elizabeth** have been dancing since 2005 and enjoy it so much that they dance as often as three times a week at venues throughout the city.

Come and join the fun! No kilts necessary!

SALSA

Salsa, a Spanish word meaning "spice", involves a mixture of Caribbean, Latin American and African influences. It is a low impact form of dance that people of all ages can do. Instructor **Takako Toriumi**'s encounter with salsa dancing was accidental and unexpected, and it didn't happen until she was 55.

"Learning salsa was nothing but a positive influence in my life. The music is so cheerful that it makes everyone happy. When people are happy, they start forming a good community, and the sense of belonging is priceless. At the time I started dancing salsa, I had a terrible knot in my shoulders from stressful desk work. I tried swimming, aerobics, just about everything, but it wasn't until I tried salsa that these aches and pains vanished. I've been given a gift of joy and a sense of freedom, physically and mentally, and I'd like to share this with the community at the Seniors' Activity Centre."

Indeed, salsa enhances strength, alleviates joint stiffness, helps manage your heart, results in better posture and improved flexibility, reduces stress level, anxiety, and insomnia. Forward, step together, back, step together! Let's salsa!

ZUMBA GOLD

Merengue, salsa, cumbia, and cha cha are some of the dance styles that are incorporated into Zumba. **Luglio Romero** has been teaching Zumba Gold at the SAC since 2012.

He wants participants to feel safe, so he keeps movements gentle, protecting joints and muscles while raising the heart rate and improving balance, posture, and coordination. Zumba Gold allows you to go at your own speed and provides low-impact routines that are easy to follow. The step changes and coordination of arm and foot action provide a good mental workout as well. The Latin-inspired playlist rocks with songs such as "Senorita" by Shawn Mendes and Camilla Cabello and "Amor a Primera Vista" by Belinda and Horacio Palencia.



Photo: Larry Olkovich

Pat and **Grace**, two of Luglio's super seniors, have been dancing with him for 10 years and say that it's never boring. After recovering from cancer, **Nadine** wanted to get back into shape. "Zumba provides both a physical and mental workout while being fun and energizing. I love watching Luglio work his magic while trying to copy his moves and step sequences."

Speaking of steps, according to **Judy's** smartphone app, 4,300 steps were taken in this class. A 60-minute Zumba Gold class can burn between 375 and 750 calories. That's amazing because it feels more like a party than an exercise class!

LINE DANCING

Cowboy boots, Stetsons, and partners not necessary! **Donna McClary's** line dancers do rocking chairs, jazz boxes, weaves and quarter turns to tunes such as Super Trouper and Marvin Gaye. The choreography consists of sequences of steps done in unison and repeated. Modern line dancing includes a mix of music from all genres, including pop, Latin, Irish, big band, and country. Donna has

been teaching dance for over 40 years and her line dance classes at the SAC are running full tilt with as many as 20 in a class. In January, there were so many students signed up for the beginner's class that a second section was added. What Donna especially loves is the social aspect of line dancing, but it is also a great cardio workout, releasing stress, boosting energy, and increasing brain memory or "physical vocabulary", thus reducing the risk of dementia. **Janet** is a master Korean drummer, but a beginner line dancer. She is eager to learn line dancing because while drumming requires mainly upper body movement, full body movement is needed for line dancing. She also thoroughly enjoys Donna's upbeat playlists.

EVENING DANCE

Hold on to your hats because evening dances are back! On the fourth Thursday of the month from 6:30 - 9:30 p.m., the SAC Activity Room is the place to be. Evening dances began in 2007, were put on pause during the pandemic, and were brought back this year to the delight of SAC ballroom dance



Photo: Larry Olkovic



Photo: Gladys Lee

lovers. Sweetwater, the Sax of Us, Thin Red Line and Die Hards are a few of the bands that have participants cha-cha-chaing, rumbaing and foxtrotting the evening away. This month, come out and enjoy the music of the Diane Lines Duo. Diane Lines was the pianist/accompanist for Grammy winner Michael Bublé for two years and was featured with the Dal Richards Orchestra from 2003 to 2016.

Come out and dance with us at the SAC!

*The job of feet is walking,
but their hobby is dancing.*

- Amit Kalantri



Photo: Larry Olkovic

HOT TOPICS WITH WEST VANCOUVER FIRE & RESCUE



By *Jeremy Calder*,
Assistant Chief of Fire Prevention

Many of our community's seniors reside in apartments. Over the next few articles, I will discuss apartments and high-rise buildings: Am I Fire Safe?

What causes most apartment fires?

- Cooking/kitchen fires
- Heating equipment such as stoves or space heaters
- Smoking materials are a major cause of fatal apartment fires
- Arson, including child fireplay

How is my apartment building different from other homes?

- Fire safety is everyone's responsibility. Every resident should plan to be fire-safe.
- Since most high-rise buildings are constructed of fire-resistant materials and contain enclosed stairwells, fires are generally confined to individual rooms or apartments, furnishings, or possibly one floor.
- Wood frame buildings up to four storeys in height have either

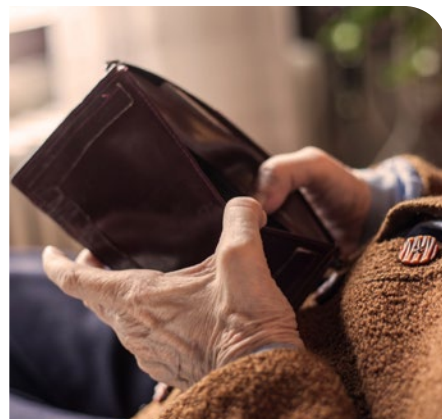
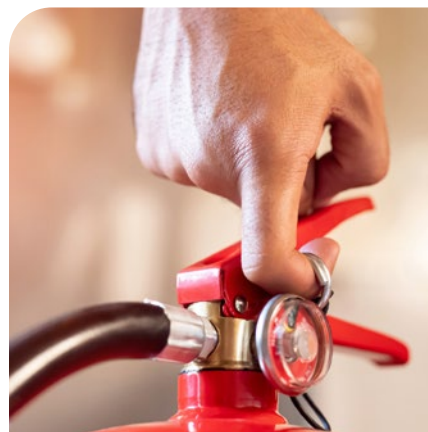
enclosed stairwells, or older buildings may have external fire escapes.

- Stairwell doors are fire doors that must be closed at all times to prevent the spread of fire, smoke, and poisonous gases.
- An apartment or high-rise fire is no cause for panic. If you plan ahead and practice fire drills, your chances of survival are greatly increased.
- Ensure your building has fire safety plans, including floor plans and evacuation procedures. Fire safety plans should be posted and visible. If they are not, contact the landlord or building manager. Take the time to review and learn your building's fire safety plan.

Over the next couple of articles, we will cover the following additional topics:

- How will I know if there is a fire?
- What is the plan for my building?
- How do I escape from the fire?
- Is there anything else I need to know?

Take care and stay safe,
Jeremy



GRANDPARENT SCAM

By *Sergeant Mark McLean*

Police have seen an increase in seniors falling victim to the grandparent scam. Several seniors have been contacted by persons posing as either lawyers or police officers. The scammers advise their victims that a relative has been arrested and cannot be released without bail money, usually in the amount of \$5,000 to \$20,000 in cash only. They will arrange for the money to be picked up by a "court clerk, lawyer, or a plain clothes police officer".

If you, or someone you know, receives a call like this, hang up and call your local Police department. Never give out any personal information over the phone even if the caller claims to be a police officer. The police will always be able to confirm their identity by having a **uniformed** officer attend your home. Legitimate bail money is always paid at the front counter of a courthouse or police department, and a receipt is provided.

GAMES

Drop-in Games

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

Card Tables

Sat
Mar 25 – Jun 24 10 a.m. – 12 p.m.

Scrabble & Mah Jong

Sat
Mar 25 – Jun 24 1 – 3 p.m.

Bridge Social Drop-in

Sun
Mar 26 – Jun 30 9 a.m. – 12 p.m.

Cribbage Drop-in

Sun
Mar 26 – June 30 1 – 3 p.m.

Snooker/Billiards

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

Bridge with Stephen – Basics/ Intermediate Review

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

Tue
May 2 – Jun 6 3:30 – 5:30 p.m.
138681 \$93

Bridge with Stephen – Topics/ Supervised Play

Designed for players who are familiar with the basics of bidding, declarer play and defense and who have been attempting to play some of the common modern bridge conventions



(negative doubles, transfer bids, Jacoby 2NT and like as covered in the Intermediate course). Class format is brief discussion with illustrative exercises followed by play of hands from a duplicate bridge club.

Wed
May 3 – Jun 7 3:30 – 5:30 p.m.
138683 \$93

Bridge with Tai Level 2

Tai will introduce participants to the exciting hobby of playing bridge. Exercise your brain and have fun! If you can count to 13, you can play bridge.

Fri
May 19 – June 30 2:15 – 4 p.m.
138960 \$90

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 Caroline Brandson if you plan to bring a wheelchair, walker or scooter.

Granville Art Gallery Walking Tour

Join Margo for her annual walking tour of several small but incredible art galleries on Granville Street. There will be a short presentation at some of the galleries and a break for lunch (not included in the price) at a local café. Space is limited due to small galleries, so register early. No refunds after the Wednesday prior to the trip.

Fri
May 12 9:15 a.m. – 3:15 p.m.
141631 \$17

Enjoy the Journey Tours – North Pender Island

Enjoy a beautiful ferry ride through the gulf islands en route to Otter Bay. Visit the island's charming homestead museum, lunch at an idyllically situated restaurant, and finish with a sweet treat and hot drink at Pender Chocolates in Hope Bay.

Wed
May 17 7:45 a.m. – 7:45 p.m.
140389 \$139

Starlight Casino

This casino has slot machines, games tables including Baccarat and Blackjack, great food, and more.

Wed
May 24 10 a.m. – 3 p.m.
142831 \$20

Granville Island

Hop on our bus and visit Granville Island for food, shopping, and more. There is so much to see and do, plus great fish and chips and pies.

Mon
Jun 5 9:30 a.m. – 2:30 p.m.
142832 \$20

Krause Berry Farm

Hop on our bus for a trip to one of the best farms in Langley. Strawberries will be in season! Cost of trip includes transportation and a \$5 voucher for food. There will be time to shop, eat, and pick berries if you so desire. There is also an extensive freezer section with a variety of foods and berries to bring back.

Thu
Jun 15 10 a.m. – 3:30 p.m.
142839 \$25

Enjoy the Journey Tours - Chuckanut Bay Crab Cruise

Join San Juan Cruises for a cruise around Chuckanut Bay while dining on Northwest's finest Dungeness crab. Before the cruise tour the scenic Chuckanut Drive with viewpoint stops including Cove Road inlet. **Valid passport required to get into the US*.*

Thu
Jul 6 2:30 – 11 p.m.
140387 \$169



Bard on Beach - As You Like It

The Beatles are back at Bard! It's the 1960's all over again and free spirits are escaping from Vancouver to get "back to the land". This joyful tribute to love, laughter, and music features two-dozen classic Beatles songs. Cost includes ticket and transportation.

Sat
Jul 8 12:30 – 5:30 p.m.
143143 *See price online*

North Arm Farm Pemberton

Enjoy a scenic drive on Hwy 99 to Pemberton's best farm! The North Arm Farm (Sturdy) has seasonal berries and produce available year-round for purchase and for those who don't mind getting muddy, there is U-pick available. The Farm Kitchen serves soups, salads, and sandwiches. Cost of trip includes transportation only.

Wed
Jul 19 9 a.m. – 4 p.m.
142841 \$25

Enjoy the Journey Tours - Carr House - Spencer Mansion

Celebrate two British Columbia iconic art properties on a guided tour of Emily Carr's birthplace, the Carr House. Enjoy lunch at Bard & Banker and a guided tour of Spencer Mansion, home of the Art Gallery of Greater Victoria. Additional cost for those 64 years and under for ferry.

Thu
Jul 20 7 a.m. – 7:45 p.m.
143690 \$159

Enjoy the Journey Tours - Wild Flowers Blooming

The Cultus Lake Flower Festival is the hidden gem of Yarrow, BC. Surrounded by gorgeous flowers, marvel at the stunning views of Vedder Mountain. Enjoy a family style picnic lunch in this perfect summer setting. Level: Easy.

Tue
Aug 29 8:45 a.m. – 4:30 p.m.
143691 \$109

Picnic Spanish Banks

Enjoy a scenic drive to Spanish Banks, where we will have a picnic while enjoying ocean and mountain views. Transportation and lunch included.

Wed
Aug 16 10:30 a.m. – 2:30 p.m.
143154 \$25

Bard on Beach - Goblin MacBeth

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 *See price online*

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.

KEEPING CONNECTED SUMMER SCHEDULE

Time	Mon	Tue	Wed	Thu	Fri
9 - 10 a.m.		Parkinson's Movement Therapy** with Ian (9:15 - 10:15 a.m.)		Men's Caregiver Support Group with Jen F. (9 - 10 a.m.)	
				Pick Up the Pace with Christina (9 - 10 a.m.)	
				Parkinson's Movement Therapy** with Ian (9:15 - 10:15 a.m.)	
10 - 11 a.m.	Daybreak with Margaret & Marie (10 a.m. - 1 p.m.)	Adapted Chair Yoga with Peter (10:30 - 11:30 a.m.)	Keep on Moving with Jayson (10 - 11 a.m.)	Grief Support with Jen F. (10:30 a.m. - 12 p.m.)	Stand Tall with Jayson (10 - 11 a.m.)
Caregiver Support (10:30 a.m. - 12 p.m.)					
11 a.m. - 12 p.m.			End of Life Conversations with Jen F. (11:45 a.m. - 12:45 p.m.)	Keep Well (11:15 a.m. - 12:45 p.m.)	Men's Club with Marie (10:30 a.m. - 12 p.m.)
	Yoga for Healthy Ageing with Peter (11:45 a.m. - 12:45 p.m.)		Adapted Balance/Fall Prevention with Jayson (11:45 a.m. - 12:45 p.m.)	Chair Yoga: Move and Groove with Sandi (11 a.m. - 12:15 p.m.)	
12 - 1 p.m.		FAME for Stroke*** with Allison (11:45 a.m. - 12:45 p.m.)		FAME for Stroke*** with Allison (11:45 a.m. - 12:45 p.m.)	
1 - 2 p.m.	Well Balanced* (Level 1) with Annie (1:15 - 2:10 p.m.)		Well Balanced* (Level 1) with Annie (1:15 - 2:10 p.m.)		Well Balanced* (Lv 1) with Annie (1:15 - 2:10 p.m.)
	Stretch & Movement with Peter (1:30 - 2:30 p.m.)	Tea Party (once a month) (1:15 - 2:15 p.m.)			Minds in Motion with Alzheimer's Society of BC (1 - 3 p.m.)
2 - 3 p.m.	Well Balanced* (Level 2) with Annie (2:15 - 3:10 p.m.)		Ladies Social Club with Marie (1:30 - 3 p.m.)		Well Balanced* (Level 2) with Annie (2:15 - 3:10 p.m.)
	Musical Mondays (live sing-along twice a month) (2 - 3:30 p.m.)		Well Balanced* (Level 2) with Annie (2:15 - 3:10 p.m.)		
3 - 4 p.m.					
4 - 5 p.m.				Screen Time for Seniors (once a month) (4:30 - 5:30 p.m.)	

+: Social Activity | DF: Dementia Friendly

*pre-requisite: Well Balanced Consultation | **pre-requisite: Parkinson's Consultation | ***pre-requisite: FAME Consultation

To book a consultation, please call 604-925-7280

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 or Hannah at 604-925-7208



Keeping Connected Outreach

Feeling isolated, alone, or in need? Allow our compassionate and knowledgeable team of volunteers to help. A simple phone call, a ride to a medical appointment, 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.

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

Mar 29 - Jun 28 11:45 a.m. - 12:45 p.m.

138805 \$108.25

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

Mar 28 - Jun 27 10:30 - 11:30 a.m.

138806 \$148.75

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

Mar 30 - Jun 29 10:30 a.m. - 12 p.m.

138841 \$26

NEW Men's Caregiver Support Group

Are you feeling tired and weary from taking care of your loved one? Join this friendly bunch to share stories and learn to process the stress of caregiving. For men only.

Thu

Apr 6 - Jun 29 9 - 10 a.m.

142522 \$10

Check back in September about our new **Representation Agreement** document sessions. A trained professional will teach you how to fill out the Representation Agreement forms and how to be a witness. There will be 30-minute appointments available for booking on Fridays.



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

Mar 30 - Jun 29 11 a.m. - 12:15 p.m.

138807 \$93

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

Mar 27 - Jun 26 10 a.m. - 1 p.m.

138809 \$360

NEW 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

Apr 11 - Jun 27 11:45 a.m. - 12:45 p.m.

142564 \$2 drop in

NEW Grief Support Group

Everyone is welcome to this safe and supportive weekly meeting space for individuals to explore grief and loss. Being with others who 'understand' what you are going through can be extremely comforting and powerful. This is an excellent next step for caregivers who have experienced loss.

Thu
Apr 13 - Jun 29 10:30 a.m. - 12 p.m.
142524 \$20

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
Mar 29 - Jun 28 10 - 11 a.m.
138802 \$86.50

Fri (*Additional new class*)
Mar 31 - Jun 30 11:15 a.m.-12:15 p.m.
141467 \$80.50

Ladies Social Club

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

Wed
Mar 29 - Jun 28 1:30 - 3 p.m.
138830 \$72.75

Floral Arranging - Mother's Day Bouquet

You will be making a lush flower centerpiece for the table, side table, or hall entrance greens. Come and enjoy a couple of fun and creative hours within your local community. Materials will be provided, bring your own clippers and garden gloves.

Fri
May 12 10 a.m. - 12 p.m.
143837 \$35

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
Mar 30 - Jun 29 10:30 a.m. - 12 p.m.
138831 \$119

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
May 12 - Jun 16 1 - 3 p.m.
143251 \$65

Musical Mondays

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

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

May 8 Bob & The Yorkettes
138836

May 29 Bob & The Yorkettes
138837

Jun 12 John Cronin
138838

Jun 26 Bob & The Yorkettes
138839

**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
Mar 29 - Jun 28 11:15 a.m.-12:45 p.m.
138803 Free

Pick up the Pace

New time and date!

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

Thu
Mar 30 - Jun 29 9 - 10 a.m.
138840 \$84

Pottery Workshop

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

Fri
May 26 1 - 3 p.m.
141417 \$30

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
1:15 - 2:15 p.m. Free
138828 May 9
138829 Jun 13

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
Mar 31 - Jun 30 10 - 11 a.m.
138804 \$90



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. Note: Caregivers must register, but at no charge. This program has adaptations for many limitations.

Mon
Mar 27 - Jun 26 1:30 - 2:30 p.m.
139919 \$128

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.

Fri
Jun 9
25 min appointments \$20

144268 1 - 1:25 p.m.

144269 1:30 - 1:55 p.m.

144270 2 - 2:25 p.m.

144271 2:30 - 2:55 p.m.

144272 3 - 3:25 p.m.

144273 3:30 - 3:55 p.m.

NEW Restart 30 X 3

This 30-minute program will include strengthening movements, balancing exercises, and stretches to improve breathing and joint mobility. Participants must be able to move down to the floor and up.

Jul 3 - 28
143920 \$70
Mon 1:15 - 1:45 p.m.
Wed 1 - 1:30 p.m.
Fri 1 - 1:30 p.m.

Massage

Massages are back starting May 17! 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 or WCB claims.*

Wednesdays \$21
9:30 - 10:15 a.m.
10:45 - 11:30 a.m.
12 - 12:45 p.m.

Mindfulness Meditation

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

Mon
Mar 27 - Jun 26 12:30 - 1:30 p.m.
138842 \$32

UBC Nursing

We are excited to provide weekly Blood Pressure checks, updates, and information on issues that are relevant to seniors in collaboration with UBC Nursing students.

Thu
12 - 2 p.m. Free

June 1 - Preventing Diabetes:
Tools and facts to share with my family and friends
135637

June 15 - Smoking and Vaping:
Talking to my family and friends
143056

June 29 - Strategies to Keep Well:
Staying safe in a heat wave
143057

Neuromovement

Join Neuromovement and focus on key areas in fitness and wellness.

Neuromovement for Healthy Backs II

Mon
May 1 - 29 6 - 6:45 p.m.
144274 \$80

Neuromovement for Sitting Smart II

Tue
May 2 - May 30 6 - 6:45 p.m.
144275 \$100

Neuromovement for Breathing II

Mon
Jun 5 - Jun 26 6 - 6:45 p.m.
144276 \$80

Neuromovement for Standing & Posture II

Tue
Jun 6 - 27 6 - 6:45 p.m.
144277 \$80

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
Mar 27 - Jun 26 11:45 a.m. - 12:45 p.m.
138843 \$155

Aging 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 (first Tuesday monthly)
1 - 2:30 p.m.
141136 Free

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
May 18 4:30 – 5:30 p.m.
138848 Free (please register)

Thu
Jun 8 4:30 – 5:30 p.m.
138849 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
Apr 4 – Jun 13 10:30 – 11:15 a.m.
140028 Free for seniors
\$275 for children/babies

Reading Remedy Book club

Avid readers come join! We are looking for anyone who is passionate about reading and discussion to take part in an initiative with our youth for a novel discussion every 6 weeks.

Sat
May 27 11 a.m. – 12 p.m.
138845 Free (please register)

Sat
Jun 24 11 a.m. – 12 p.m.
138846 Free (please register)

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

For ages 18 years and up.

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, Caroline, or Sarah.

Interested in volunteering with youth? Join the Feed the Need Intergenerational Assembly Workshops and Mini Markets and help seniors in need in West Vancouver. You will be assembling goods that will be sold at the mini markets, and chatting with the public at the mini markets while selling the goods. It's a great opportunity to work with youth and make connections.

For more information, please contact the Volunteer Department at scvolunteers@westvancouver.ca.



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 3:30 – 5:30 p.m.
Thu 2:30 – 4:30 p.m.
Wed 6 – 8 p.m.
(18 yrs+, Intergenerational)
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. *Please note: no games in July & August due to camps.*

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 cbrandson@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)

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
Apr 4 9 - 11:30 a.m.
138775 \$100

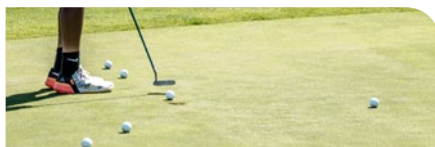
Discover Trails

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. Email cbrandson@westvancouver.ca before signing up.

Tue/Thu
Mar 28 - Jun 29 9 a.m. - 12:30 p.m.
140386 \$42

Explorers

The Explorers program is full. Please keep an eye out for more information in July.



Par 3 Golf/Pitch and Putt 2023 Annual Registration

The West Vancouver Seniors' Activity Centre Par 3 Golf/Pitch and Putt program begins Thursdays in April at Ambleside Par 3 course. Group meets on Mondays and Thursdays. Starting in May, Thursdays are bus trips. This is the annual membership, please pay separately for each individual bus trip. New members are welcome.

Mon/Thu
Apr 3 - Oct 2 8:45 a.m. - 1 p.m.
138776 \$15

Golf buses

140384	May 4 - Central
142348	May 11 - Kensington
142349	May 18 - Rupert
142350	May 25 - Stanley Park
142351	June 1 - Queen Elizabeth
142352	Jun 8 - Mylora
142353	Jun 15 - Central
142354	Jun 22 - Kensington
142359	Jun 29 - Rupert

Learn about the **NorWest, Silver Wheels, Coast Riders, Easy Riders** and **Turtles** programs online or by picking up an outdoor schedule. Decide which group fits what you are looking for and join the wait list. If a spot opens this year, you'll be contacted.

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

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

♥³ 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
May 15 - Jun 26 8 - 8:55 a.m.
141538 \$30

Wed
May 17 - Jun 28 8 - 8:55 a.m.
141539 \$35



Stay fit for Women

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

Fri
May 19 – Jun 30 8:15 – 9:15 a.m.
141544 \$35

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
May 15 – Jun 29 12 – 1 p.m.
141540 \$87.75

YOGA

Flow Yoga

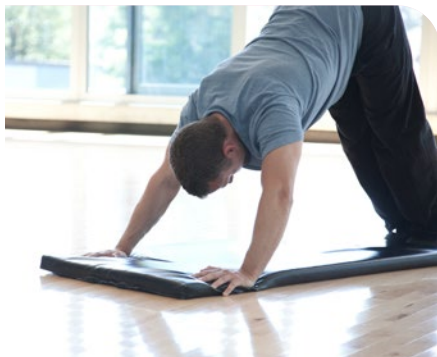
This gentle flow class combines classical yoga poses into a fluid sequence. This class is geared towards all levels. Modifications and options are provided.

Thu
May 18 – Jun 29 10:30 – 11:30 a.m.
141569 \$52.50

Yoga Beginner

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

Mon
May 15 – Jun 26 4:45 – 6 p.m.
141551 \$45



GROUP FITNESS ACTIVITY LEVELS

1 MILD

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

2 MODERATE

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

3 STRENUOUS

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

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 Dave Thomson at dthomson@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.

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
Mar 30 – Jun 29 2:15 – 3:15 p.m.
141484 \$452.25

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
Mar 28 – Jun 29 12 – 1 p.m.
141147 \$147

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.

Thu
 Mar 30 – Jun 29 8 – 9 a.m.
141368 \$217

Free Arthritis Education from OASIS

There are many ways to improve your mobility and to stay active and independent when living with arthritis. The OASIS Program (Osteoarthritis Service Integration System) with Vancouver Coastal Health provides FREE education classes for people living with arthritis.

Our classes are taught by experienced healthcare providers and cover a number of different education topics about arthritis self-management. Registration details can be found at westvancouver.ca/rehab or by visiting the front desk.

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.



Local Voices: Marine Archeology in West Vancouver, An Exploration

Join Chris as he explores the science and the stories of heritage treasures that may be resting in our local waters! *(Please register)*.

Wed
 May 10 6 – 7:30 p.m.
 WVML Welsh Hall Free

Writers on Stage: Mother Tongues

Six women take to the stage to explore the language and voices of who we come from and the last impact of both having and being a mother.

Fri
 May 12 7:30 – 8:45 p.m.
 WVML Welsh Hall Free

An Evening with Angela Sterritt hosted by Candis Callison

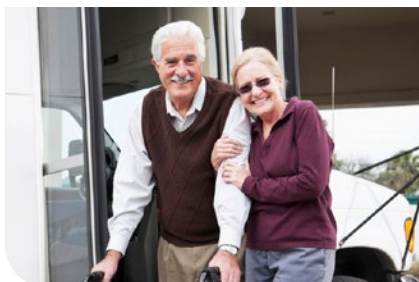
Angela Sterritt's new book *Unbroken: My Fight for Survival, Hope, and Justice for Indigenous Women and Girls* will be discussed.

Fri
 June 16 7 – 8:30 p.m.
 WVML Main Hall Free

North Shore Jazz Series: Charley Lowry

Presented in partnership with Capilano University and the TD Vancouver International Jazz Festival.

Fri
 June 23 7:30 – 8:45 p.m.
 WVML Main Hall Free



SENIORS' ACTIVITY CENTRE SHUTTLE BUS

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 Tuesday, Thursday, and Saturdays from 9 a.m. to 3:45 p.m.

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.

GARDEN SIDE CAFÉ LUNCHES

MAY

Monday, May 1

Spinach & Cheese Quiche, Greek Salad

Tuesday, May 2

Hot Sandwich Special: Philly Cheese Steak

Wednesday, May 3

Salisbury Steak, Mashed Potatoes

Thursday, May 4

BBQ Chicken Leg, Rice Pilaf

Friday, May 5

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

Saturday, May 6

Chef's Special

Sunday, May 7

Chef's Special

Monday, May 8

Spanish-style Pork Chops, Rice, Seasonal Vegetables

Tuesday, May 9

Hot Sandwich Special: BLTC

Wednesday, May 10

Liver & Onions, Gravy, Mashed Potatoes, Seasonal Vegetables

Thursday, May 11

Sweet & Sour Chicken, Rice, Seasonal Vegetables

Friday, May 12

Seafood Newburg, Rice Pilaf, Mixed Vegetables

Saturday, May 13

Chef's Special

Sunday, May 14 Mother's Day (\$10 M)

Two Eggs Benedict (choice of Black Forest Ham or Smoked Salmon), Potato Wedges, Fresh Fruit Garnish, Non Alcoholic Mimosa Cocktail, Tiramisu (extra charge)

Monday, May 15

Hungarian Goulash

Tuesday, May 16

Hot Sandwich Special: Open-Faced Pizza Burgers

Wednesday, May 17

Chicken Cacciatore, Rice

Thursday, May 18

Pork Paprika with Linguine

Friday, May 19

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

Saturday, May 20

Chef's Special

Sunday, May 21

Chef's Special

Monday, May 22

CLOSED

Tuesday, May 23

Hot Sandwich Special: Hawaiian Turkey Sandwich

Wednesday, May 24

Spaghetti with Meat Sauce, Garlic Toast

Thursday, May 25

Spanakopitas with Tzatziki & Marinated Tomato And Cucumber Salad

Friday, May 26

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

Saturday, May 27

Chef's Special

Sunday, May 28

Chef's Special

Monday, May 29

Homestyle Beef Meatloaf with Roasted Leek Gravy

Tuesday, May 30

Hot Sandwich Special: Sloppy Joe Meatball Sub

Wednesday, May 31

Chicken Shepherd's Pie with Gravy

JUNE

Thursday, June 1

Ham & Cheese Quiche, Caesar Salad

Friday, June 2

Battered Cod & Chips, Lemon, Tartar Sauce, Coleslaw

Saturday, June 3

Chef's Special

Sunday, June 4

Chef's Special

Monday, June 5

BBQ Chicken Leg, Rice Pilaf, Mexican Corn

Tuesday, June 6

Hot Sandwich Special: Cheese Burger & Fries

Wednesday, June 7

Turkey Shepherds Pie, Seasonal Vegetables

Thursday, June 8

Beef Vegetable Stew with Mashed Potatoes

Friday, June 9

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

Saturday, June 10

Chef's Special

Sunday, June 11

Chef's Special

Monday, June 12

Vegetable Lasagna, Side Salad

Tuesday, June 13

Hot Sandwich Special: Open-Faced Hot Turkey Sandwich

Wednesday, June 14

Spaghetti with Meat Sauce, Garlic Toast

Thursday, June 15

Cabbage Rolls with Pierogies and Sour Cream, Salad

Friday, June 16

Curried Basa

Saturday, June 17

Chef's Special

Sunday, June 18 Father's Day (\$10 M)

BBQ Baby Pork Ribs, Rice Pilaf, Mexican Corn, Mini Apple Pie (extra charge)

Monday, June 19

Bangers And Mashed served with Caramelized Onions

Tuesday, June 20

Hot Sandwich Special: Chipotle Pulled Chicken

Wednesday, June 21

Home-made Pork Schnitzel, Potato Salad

Thursday, June 22

Spinach & Cheese Quiche, Greek Salad

Friday, June 23

Baked Fish on Ratatouille, Rice

Saturday, June 24

Chef's Special

Sunday, June 25

Chef's Special

Monday, June 26

Chicken Stroganoff, Broad Egg Noodles, Seasonal Vegetables

Tuesday, June 27

Hot Sandwich Special: Beef Dip Au Jus

Wednesday, June 28

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

Thursday, June 29

Spanish-style Pork Chops, Rice, Seasonal Vegetables

Friday, June 30

Battered Cod & Chips, Lemon, Tartar Sauce, Coleslaw


ADVANCED MEDICAL
Healthcare Equipment

● Sale ● Rental ● Repair ● Installation ● Maintenance ●

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



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

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1863 Marine Dr. West Vancouver

www.AdvancedMedicalBC.ca

604 912 0106

**SAVE
THE DATE**

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.**

**North Shore
Seniors' Health Expo**



FRIDAY, SEPTEMBER 8 | 10 A.M. TO 4 P.M.
WEST VANCOUVER COMMUNITY CENTRE & SENIORS' ACTIVITY CENTRE



PRESENTED BY
HERO HOME CARE

westvancouver.ca/seniors

westvancouver

“I want to be a supermom.”



Shylo Can Help With The Chores!

We know you want to be a super mom, but you were up half the night with the baby, and there are only so many hours in a day. You're tired and you need help around the house. Caring for a young family is easier when someone has the meals, the laundry and housekeeping covered. The years when your kids are young are short. We can help you enjoy those precious years more by lending a hand. Who knows you might even get to take a well-deserved mental health break!



Celebrating 42 years!

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



ShyloHomeHealthcare.ca