

23

MAR / APR

WEST VAN SENIORS

A West Vancouver Seniors' Activity Centre Publication

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VISIT US ONLINE AT WESTVANCOUVER.CA/SENIORS

west vancouver



Why Now is the *Perfect Time* for Seniors to Rent

With B.C. real estate prices continually changing, it's a good time to get ahead of the curve and sell. In fact, renting may be the best choice for your stage of life. Here are six signs it's time to think about renting in an independent seniors' community.

1. Your home maintenance is tougher than it used to be.
2. You wish you had more time to spend with family and friends.
3. It's harder to get around than it used to be.
4. You're spending more and more time alone.
5. You don't feel as safe on your own.
6. You wish you had more cash on hand.

Learn more about renting at PARC, the Lower Mainland's best active living community for aging adults: parcliving.ca/westerleigh

725–22nd Street, West Vancouver, 604.922.9888

westerleigh
parc

695 21st Street
West Vancouver, BC V7V 4A7

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

Dine-in Lunch Service

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

Take-out Food Service

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

SENIORS' HELPLINE 604-925-7280

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

Please note the following closures:

Friday, April 7 – Good Friday
Monday, April 10 – Easter Monday

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 Hans Gray

ENQUIRIES & ADVERTISING

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

Disclaimer:

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

WELCOME TO THE SCENE

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

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.

REFUNDS *The Refund Policy also applies to course transfers*

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

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

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

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

No refunds will be given for birthday parties.

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

BECOME A SAC 55+ MEMBER

Purchase your annual membership today at the front desk and ask about the many benefits! 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 as we begin our programming restart phase.

DID YOU KNOW?

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

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

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

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

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



John Watson | *Chair*

MESSAGE FROM THE ADVISORY BOARD CHAIR

The beating heart of the Seniors' Activity Centre (SAC) is our terrific cafeteria. With a staff of five, led by the indomitable Lou Novosad, plus 15 or so daily volunteers, the cafeteria currently operates seven days per week from 9 a.m. until 2 p.m. In addition to serving patrons in the Centre, meals are also prepared for take-out and for Feed the Need. In fact, take-out and delivery accounts for 90 percent of the kitchen's output.

At present, our cafeteria is still serving approximately 100 vulnerable seniors 300 free meals per week under the Feed the Need program, and we raised over \$100,000 this past fall to cover the ongoing cost of that food.

The Annual General Meeting for the SAC Advisory Board is on Wednesday, March 8 at 1 p.m. in the Activity Room. We look forward to seeing you there. As we head into a new board term, I look forward to the continuation of the SAC Feasibility and Needs Assessment project with HCMA and also the survey and community engagement sessions that will be coming up this spring where we will be looking for your feedback on what the needs of seniors in West Vancouver are. We will also be launching an advisory board email soon for members to submit questions or comments to us directly. Stay tuned for that email announcement.

As my term as the Board Chair comes to an end, I want to thank all the volunteers and staff who work so hard each and every day to offer incredible programs and services to the seniors in our community. We are very fortunate to have this amazing place to gather and connect with friends.

Thinking ahead: I am excited to continue developing the Board's work plan for the year ahead, which includes a restart to evening meal service. With dinner, live music, and nice wine, we might just liven the place up in the evenings. Stay tuned.

— **John**



Alison Gelz
*Youth & Seniors'
Services Manager*



Davida Witala
*Community
Recreation
Supervisor*

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

As we move away from the dark winter months towards blossoms, brighter mornings, and longer evenings, the Seniors' Activity Centre (SAC) is ready and excited for a busy March and April!

We hope you will join us at the **SAC Annual General Meeting** on March 8 at 1 p.m. in the Activity Room. This is an opportunity to meet your new Advisory Board members, get acquainted with facility staff, and look at the business year ahead. Tea, coffee, and light snacks will be served.

Monthly **Thursday Night Dances** are back, so be sure to reserve a spot on your dance card for March 23 at 6:30 p.m. Mingle and dance the night away to live music by 'The Sax of Us.' A cash bar will be available. Be sure to join us for **Volunteer Appreciation Week April 17-23** where we have an opportunity to celebrate and thank our many volunteers who dedicate time and countless hours at the SAC and District-wide initiatives. Mixed in with all of this excitement is also St. Patrick's Day, Easter, World Health Day, and Earth Day. Lastly, check out our **'What's Happening'** information board at the SAC for the latest daily programs and events!

— **Alison & Davida**

OUR PROGRAM & ASSISTANT PROGRAM COORDINATORS



VOLUNTEERS

Sandy Yen

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

604-913-2703
volunteer@westvancouver.ca



VOLUNTEERS

Crystal Lan

*SAC Volunteer Services
Assistant Program Coordinator*

604-925-7288
scvolunteers@westvancouver.ca



SHUTTLE BUS, TRIPS, ARTS & SPORTS PROGRAMS

Caroline Brandson

SAC Program Coordinator

604-925-7230
cbrandson@westvancouver.ca



SPECIAL EVENTS, MUSIC, DANCE, GAMES & ADULT LEARNING

Mary de Vries

SAC Program Coordinator

604-925-7287
mdevries@westvancouver.ca



SENIORS' OUTREACH

Stephanie Jordan

SAC Program Coordinator

604-925-7211
sjordan@westvancouver.ca



SENIORS' OUTREACH & KEEPING CONNECTED PROGRAMS

Hannah Rennie

*SAC Assistant
Program Coordinator*

604-925-7208
hrennie@westvancouver.ca



HEALTH, FITNESS & REHABILITATION

Sarah Wheatley

SAC Program Coordinator

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swheatley@westvancouver.ca



SENIORS' OUTREACH & FEED THE NEED MEAL DELIVERY

Kieran McBride

*SAC Assistant Program
Coordinator*

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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 receive the bi-monthly Seniors' Activity Centre E-News!

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

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

VOLUNTEERS

Stay active and make a positive impact on your community

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

Learn something new and give back by volunteering at the Seniors' Activity Centre today! Training is provided and pamphlets with roles descriptions are available at the front desk.

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.

LONG TERM SERVICE AWARDS AND PRESENTATION OF THE WALL OF ACCLAIM

Have you reached a milestone in volunteering (5, 10, 15, 20, 25, 30, 35 years)? Please join us for the awards night on Wednesday, April 19, 5 - 7 p.m. If you have not yet received your invitation, please call 604-913-2703 or email volunteer@westvancouver.ca.

DID YOU KNOW?

You can nominate a star volunteer who will be recognized at the annual **volunteer appreciation event**. Nominations are due first week of March. Contact the Program Coordinator in your area for details.

VOLUNTEER OPPORTUNITIES

If interested, email your phone number and availability during the week to scvolunteers@westvancouver.ca or call 604-925-7288. Additional opportunities are posted on the bulletin board near the cafeteria.

TUESDAY & THURSDAY DINNERS

- **Dishwasher Assistants** - 5:30 to 7:30 p.m.
- **Server-Closers** - 4 to 7:30 p.m.
- **Bussers** - 5 to 7:15 p.m.

MORNINGS

- **Baker's Support** - 8 to 10:30 a.m.
- **Opener** - 8 to 11 a.m.
- **Food Packers** - 8:30 to 11 a.m.
- **Delivery Team** - 9:30 a.m. to 12:30 p.m.
- **Class 4 or Higher Bus Drivers**
- **Front Desk** - 8:30 to 11:30 a.m.
- **Cashier** - 8:45 to 11:30 a.m. or 11:30 a.m. to 2 p.m.

MID-DAY AND AFTERNOONS

- **Bussers** - 11 a.m. to 2 p.m. or 12 to 2 p.m.
- **Dishwasher Assistants** - 12:30 to 2:30 p.m.
- **Baristas** - 11 a.m. to 1:30 p.m. and 1:30 to 3:30 p.m.
- **Servers** - 11 a.m. to 2 p.m.
- **Front Desk** - 11:30 a.m. to 2:30 p.m.
- **Closer** - 12:30 to 2:30 p.m.



APRIL 16 TO 22 IS NATIONAL VOLUNTEER APPRECIATION WEEK!

To celebrate our volunteers for all their hard work, please keep an eye out for a number of fun activities planned for this week!

VOLUNTEER ORIENTATION

If you are interested in joining our volunteer team, please ensure you have a BC Care Card or BC Services Card with a Personal Health Number and proof of 2 doses of vaccination against Covid-19 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.

ROLE OF ACCESS SERVICES

Access Services provides support for people who have disabilities, low income, and people who are new to Canada who may face cultural barriers. If you feel that you or your family face difficulties affording programs or services within the community centre please contact Bernadette Smyth at 604-925-7279 or email bsmyth@westvancouver.ca or visit westvancouver.ca/access.



GARDEN SIDE CAFÉ

DINE-IN LUNCH SERVICE

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

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

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

Have you met Luigi, the latest member of our cafeteria staff team?



Chef Luigi occupies the table at the entrance to the Café, reminding diners to please have their membership cards ready before they reach the cashiers. This will avoid delays at the till. Thank you for your cooperation!

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.

TAKE-OUT FOOD SERVICE

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

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

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

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

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!

KEEP AN EYE OUT FOR FUTURE REGISTRATION DATES

Please check our website for upcoming registration dates at westvancouver.ca/registrationandrefunds, to make sure that you don't miss out on booking in 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 general Spring term programs starts on Wednesday, March 1.

Please visit westvancouver.ca/recactivities to check for any available spots.

WAYS TO DONATE TO THE SAC

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

Feed The Need – supports meals for vulnerable seniors in the local community

Shuttle Bus – supports the operation of the SAC Shuttle bus which runs 100% on donations, sponsorship, and grants

Keeping Connected – supports dementia-friendly programs, social supports, and aging-in-place initiatives

General Fundraising – supports a variety of needs that directly benefit SAC members

PLANNED GIVING

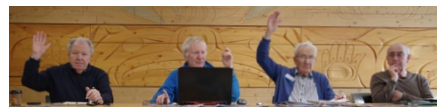
Consider leaving a gift in your will to the Seniors' Activity Centre.

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

NEW For a list of upcoming **registration dates**, visit westvancouver.ca/registrationandrefunds



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



SENIORS' ACTIVITY CENTRE ANNUAL GENERAL MEETING

Wednesday, March 8
1 – 2:30 p.m. | Activity Room

REGISTERED PROGRAMS

For refund policy see page 3 of *The Scene*.

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: Jun C.*

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

Drawing & Painting: Open Studio

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

Mon
Mar 27 - Jun 26 \$33
138580 9 a.m. - 12 p.m.
138583 12:30 - 3:30 p.m.

Tue
Mar 27 - 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 or improve your coloured pencil flora and fauna pictures with Joanne!

Wed
Mar 29 - May 10 10 a.m. - 12 p.m.
138595 \$85

Wed
May 17 - Jun 28 10 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

Painting with James

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

Thu
Mar 30 - Jun 29 9 a.m. - 12 p.m.
138587 \$66.50



Let's be SCENE around the world!

Are you travelling in the near future? Please take a Scene magazine with you.

Send us a photo with your Scene, tell us your destination and we will share it in our new travel gallery section.

Leave your Scene behind to tell our story and watch it expand across the globe!

Watch for our interactive map to tell you where our Scene has been seen! Email your photo to dwitala@westvancouver.ca.



Watercolour with Lynn

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

Tue
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! Check out some examples of our work on the wall beside the cafeteria and keep an eye out for field trips and social events that are also part of this program. No formal instruction. Participants can attend in person or virtually. *Leader: Peter O.*

Thu
Mar 30 - Jun 29 1 - 3 p.m.
138614 (In-person) \$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 10 a.m. - 12 p.m.
138617 \$144

Knitting

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

Tue
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? Join Shirley on Wednesday mornings! Knitting is great for the brain and fingers. This time slot was formerly the Wednesday Craft Group and anyone still wishing to create crafts for the Centre is welcome to join.

Wed
Mar 29 - Jun 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

Friday Craft Studio Time

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

Fri
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 in our amazing Fabric Arts Room. Supervisor on hand to answer questions.

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

MUSIC

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



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

Singing For Joy

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

Wed
Mar 29 - Jun 28 1:30 - 2:30 p.m.
138568 \$216

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

Ukuleles Advanced

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

Wed
Mar 29 - Jun 28 3:30 - 4:30 p.m.
138574 \$159

Heritage Choir In-Person

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 - Jun 27 1 - 3 p.m.
138569 \$140

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

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 a.m. - 12 p.m.
138573 \$40

Jazz Jam

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

Sat
10:30 a.m. - 12:30 p.m.
Pre-registered drop in \$2.75 per session

| | |
|---------------|--------|
| 134916 | Mar 4 |
| 134917 | Mar 11 |
| 134918 | Mar 18 |
| 134919 | Mar 25 |
| 138627 | Apr 1 |
| 138628 | Apr 8 |
| 138629 | Apr 15 |
| 138631 | Apr 22 |
| 138632 | Apr 29 |

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 prior to registration.*

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

Blueweed Band

Join us if you can play guitar (slide, electric, or acoustic), keyboard, ukulele, banjo, fiddle, bass (electric or acoustic), harmonica or mandolin at an intermediate level. Singers also welcome. We will focus on country and western, bluegrass, folk, and blues. *New? Before registering, contact mdevries@westvancouver.ca.*

Thu
Mar 30 - Jun 29 8:45 - 10:15 a.m.
138562 \$60

DANCE

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



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

Scottish Country Dance Beginner to Intermediate

Learn basic steps and more intricate dances as the class progresses. Beginners and experienced dancers welcome! *Instructor: Louise M.*

Tue
Mar 28 - Jun 27 1 - 3 p.m.
138591 \$86.50

Scottish Country Intermediate

Combine fun with exercise as you learn upcoming party programs. Intermediate and advanced dancers welcome. No class April 7. *Instructor: Louise M.*

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

Line Dancing

Learn dance moves to a variety of music, from "Sweet Caroline" to "Cake by the Ocean". Line dancing is good for your brain, memory, and balance! No class May 22.

Mon
Mar 27 - Jun 26 \$54.60

Beginners
138588 2:15 - 3:15 p.m.

Novice/Beginners
138589 3:30 - 4:30 p.m.

Improved/Intermediate
138584 1 - 2 p.m.

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 - Jun 30 2:15 - 3:15 p.m.
138590 \$135

Evening Dance

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

The Sax of Us

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

Sweet Water

Thu
Apr 27 6:30 - 9:30 p.m.
1135851 \$15

Diane Lines Duo

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

WOODWORKING

Woodworking: Level 2 Intermediate

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

Mon
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.

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. *Prerequisite: Level 1 Woodworking.* 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. *Prerequisite: Woodturning Level 1.*

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. *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

Basic carving tools are available if you are new to the craft. Contact us!

LEARNING

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



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

LANGUAGES**French Review Spa Francais Intermediate**

Join us for structured review sessions for "high beginners/rusty intermediates" who wish to improve their conversational French. No instructor. Participants help each other master grammar, vocabulary, and idiomatic usage. *Leaders: Fiona A, Nadine N and Wayne S.*

Tue
Mar 28 - Jun 27 10:30 a.m. - 12:30 p.m.
138691 \$43.25

Income Tax Preparation

We will have volunteers to process taxes (for the taxation year 2022) for low-income seniors from February 27 until April 17. To qualify for assistance, taxpayers must have a maximum total family income of \$35,000 for a single or \$45,000 for a couple. We cannot do returns that include rental income or any other business income. We cannot do returns for deceased taxpayers.

Please view registration online or visit the front desk for more details.

There are 20 appointments available per week to drop off tax returns. *Please note: volunteers complete the tax return remotely.*

Farsi with Bitra

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

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

French Conversation

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

Wed
Mar 29 - Jun 28 10 - 11:30 a.m.
138612 \$44.50

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



Photo: Michiko A.

KEEP CALM AND CARRY YARN!



On the lookout for a new hobby? Crave social interaction? Need a creative outlet? Why not give fabric arts a go?

By Chris Inouye

In the summer of 2022, the new Fabric Arts Room opened its doors. It boasts windows to the outside, improved lighting, adjustable new sewing tables with lamps and magnifying discs, as well as a design wall for project planning. At the Open House held in the fall, many delightful handmade works of art were on display including a whimsical, show-stopping quail quilt by longtime SAC quilter, *Roni*. Other colourful and creative pieces that have been crafted by the SAC fabric artists can be seen in the display cases in the SAC lobby.

Recently, due in part to the pandemic, unprecedented numbers of people of all ages and genders have turned to arts and crafts to de-stress and have fun in a creative

and affordable way. Engaging in fabric arts classes increases social interaction, boosts confidence, and encourages self-expression. Fabric arts is also great for brain function. Figuring out fabric quantities, piecing, or sizing patterns, and selecting colours all enhance cognitive ability.

Michelle Obama wrote about the calming power of knitting in her book, *The Light We Carry*:

"Something in that tiny and precise motion on repeat, the gentle rhythm of those clicking needles, moved my brain in a new direction."

HOOKED ON CROCHET

Learn to Crochet is taught by *Mahnaz* who learned from her mother's aunt when she was nine years old.



* Source: bit.ly/3JVgib4



In the rhythm of the needles, there is music for the soul.

She decided to focus on crocheting during the pandemic as it is portable and immersive. Mahnaz crochets while waiting to pick her children up at school, while waiting for appointments, to ease her mind when she has had a bit of bad news, or to relax before bedtime.

The strawberry cupcake she once crocheted for her mother's birthday became one of her mom's favourites. Colourful toy cars, a giant purple octopus, as well as an adorable pair of chickadees resting in a nest of yarn are some of her other creations! Check out her intricate and delightful masterpieces on display in the SAC lobby.

KNITTING OR QUILTING, ANYONE?

Shirley has been part of SAC quilting and knitting circles and the Lions Gate Quilters' Guild for many years.

She first picked up knitting needles as a five-year-old under the tutelage of her grandmother. In 1986, after spending \$300 on gorgeous fabric (who can resist a sale?), Shirley learned to quilt. Her first project was a king-sized sampler quilt which was quite an impressive first project. One of Shirley's most precious pieces is a quilt depicting a gray elephant on a gold background that hangs over the bed of her third great-grandson. The inspiration came from Shirley's daughter who fell in love with elephants while on a trip to Africa. Shirley is now doing more knitting than quilting and says that the craft has evolved over the years. These days there is a more extensive variety of vibrantly coloured yarns as well as better needles. Circular needles have become popular because they are easier on the hands and wrists than straight needles.

Kathie has attended Shirley's **Knitting drop-in class** and enjoys the camaraderie of these classes. A fan of simple patterns and pretty yarn, Kathie says that a childhood perk of knitting was that it earned Brownie

THANK YOU FROM SACS ON 21ST

SACS on 21st would like to extend a heartfelt thank you to our donors and shoppers for the endless support provided to our shop. Your support ensured a very successful 2022.

The shop has become a homey, comfortable meeting place for members of our community. This has been especially true during the past couple of years.

It is all the more rewarding to know that the funds raised by SACS on 21st stay in the Seniors' Activity Centre to help provide classes and other activities.

Once again, the SACS on 21st volunteers thank you for the joy you bring to our Centre.

Sometimes your heart speaks best through your hands.

and Girl Guide badges. She put down her knitting needles during her teen years and didn't pick them up again until 2005 when her mom passed away and Kathie inherited all her knitting supplies. She took classes to hone her skills and has since made sweaters, toques, handwarmers, scarves and slippers. Kathie says that she is a "happy knitter" as she finds it very calming. Indeed, fabric arts classes are fun, relaxing, and just plain good for the soul.

Make a gift! Commemorate a life event! Demonstrate love! Leave a legacy! Join us at the SAC and let's get crafting!



Photo: Hans Gray

THE POWER OF BELONGING

“For over 80 years, researchers at Harvard have studied what makes for a good life. They found one surefire, scientifically proven predictor of happiness: developing warmer relationships.”

– *New York Times, Jan 2023*

By Valerie Coles

It's no secret that joining a common cause is good for us. Psychologists tell us that the enrichment of joining with others to reach a common goal is a sure-fire cure for depression. The pandemic has left many seniors missing the busy social life they enjoyed before 2020 and for many, that feeling of belonging is becoming more and more elusive.

That 'belonging' opportunity and the ensuing strong friendships are both within easy reach right here at the West Vancouver Seniors' Activity Centre, as our many committees are continuously looking for and welcoming new members.

Committees are where all the action begins and decisions are advised on at the Centre. In fact, committees are the hidden secret behind the success of the Centre, all run 100% by volunteers, including the committee chair.

WHY JOIN A COMMITTEE?

There are countless reasons why people join our committees, often personal, sometimes rooted in their pre-retirement career. The amalgam

of pure talent and professionalism at the Centre is impressive. The success of SAC'S on 21st is a shining example.

The top five reasons people tell us they join our committees are:

- 1 To continue using skills acquired in long careers**
- 2 The pandemic ended their social life**
- 3 They missed the structure of 'going to work'**
- 4 They were tired of being retired; the committee gave them purpose**
- 5 A close friend was already a member**

Occasionally people seek out a committee that matches what they did for a living, (former accountants join the Finance Committee, writers join the Communications team, etc.) but they're in the minority. Most members simply want involvement and purpose. Each person seems to know intuitively which committee holds the most appeal.

There are several committees to choose from, all different, all open to new members:



Photo: Larry Oikovick



Photos: Larry Olkovic

Outreach Committee

This is truly a committee with heart, advocating for programs dedicated to frail and isolated seniors. It strongly promotes integrating them into the Centre along with beneficial activities in the community at large.

Finance Committee

Here's a committee that holds strong appeal to members with a natural aptitude for money matters or anyone with a finance background. As the name suggests, they give financial advice and recommendations to the Advisory Board on anything pertaining to the financial well-being of the Centre, including the Fundraising Committee. Members of the Finance Committee are regularly included in the Centre's budgeting process. They're like financial guardians, evaluating any aspect that could financially impact the Centre.

It was Finance's Fundraising Committee that developed the award-winning Feed the Need campaign that provided the funding for our Garden Side Cafe to prepare and deliver much-needed dinners to

What you seek is seeking you. The true reality is right in front of you.

- Rumi

isolated seniors during the lockdown in early 2021. This vital program continues to this day.

It was also Finance's Fundraising branch that struck a partnership with BlueShore Financial which now hosts the popular Estate Planning Seminars (open to both members and non-members) and soon after, launched our Planned Giving program.

The fundraising team is always on the lookout for new alliances and sponsorships, so if you love working with a dynamic team, then this one's for you.

Communications Committee

This creative committee is responsible for writing feature articles for The Scene magazine, and is always on the lookout for new writers. They recently combined with the Membership Committee, a natural fit, as both teams are dedicated to promoting the Centre by developing innovative programs to attract new members. This committee is definitely for you if you have a love for creative, out-of-the-box thinking. It was the Communications Committee that came up with the idea of holding a World Cup lunch and viewing party in November, a sellout success.

Volunteer Committee

It's no secret that volunteers are the heart and soul of the Centre, from our friendly reception team to servers in the Garden Side Café, and this committee has the very special role of supporting volunteers, providing advice for leadership, recruitment, retention, and training. It also advises on special events, volunteer appreciation, and planning for the future.

Continued following page



Photos: Larry Olkovic

The Advisory Board

Much like the executive team in a business, at the top of the heap at the Seniors' Centre is the Advisory Board, chaired and run by volunteers. The board meets monthly and works closely with the Centre's staff in reaching these goals:

- **Achieving program, facility, and equipment enhancements**
- **Welcoming social ambience**
- **Providing excellent food service delivery**
- **Advocating for supportive seniors' services in West Vancouver**

It's the Advisory Board that provides fundamental direction to the Centre, including budget direction, and supports fundraising plans and vital services (like the Shuttle Bus) that benefit our members. The chair of every committee is a member of The Advisory Board, selected by their Executive Committee, consisting of three board members, the chair, past chair and vice-chair plus Alison Gelz, the Centre's Youth and Seniors' Services Manager.

A member of the newly elected West Vancouver Council also attends Board meetings, creating a powerful team with 'teeth'.

You must go on adventures to find out where you truly belong.

– Sue Fitzmaurice

Minutes with Meaning

Every committee meets once a month (virtual is always an option) and meeting minutes outlining action plans agreed upon at the meeting are recorded and distributed by a staff member. This capturing of action plans is a critical element in the Centre's success, as it provides an immediate to-do list to members, who then report back on its status at the next meeting.



Photos: Hans Gray

COLLABORATION IS A BEAUTIFUL THING

Bottom line, joining a committee is a multifaceted gift to yourself. Belonging provides members with not only a sense of accomplishment, but the pure pleasure of collaborating with others to achieve a common goal. Team members become quite close and deep friendships often result, a major bonus.

But perhaps the biggest gift of all is: IT'S FUN! Rarely does a meeting go by without hilarity and loud guffaws. Shared goals create a closeness where humour thrives.

If you're interested in joining us, or even just curious and would like to talk it over, please call Sandy Yen at 604-913-2703 syen@westvancouver.ca for a no-pressure chat, or leave a note at the Front Desk addressed to: Sandy Yen, Temporary Program Coordinator, Volunteer Services.

As the research so clearly reveals, it's an important first step to a happier life.

Correction: the photos attributed to Larry Olkovich in the "Keep on Moving" article in the Jan/Feb issue of The Scene magazine, should have been attributed to Hans Gray. We apologize for the mistake.



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 Tuesdays, Thursdays, 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.



GIFT CARD SCAMS

By Sergeant Mark McLean

Police have seen an increase in gift card scams. Public or private institutions will never ask you to pay for services using gift cards as cash. Police have seen a recent increase in seniors who have been scammed after being contacted by fraudsters posing as banks and other financial institutions.

Fraudsters will contact their victims either by phone or email and, in some cases will possess a great deal of personal information belonging to the victim. This will often appear to be

the legitimate business or bank. The fraudsters will demand that the victim purchase gift cards and then relay the serial numbers to the bank to be converted into cash. ***This type of request is always a scam and never a legitimate business practice.***

If you suspect you are being targeted for this type of scam, attend your local branch, and speak with bank staff in person to determine if the contact is legitimate. Cease all contact with the fraudsters and report the event to your local Police.



HOT TOPICS WITH WEST VANCOUVER FIRE & RESCUE

By Jeremy Calder, Assistant Chief of Fire Prevention

During our winter months, we may experience intermittent power outages. You may be without light, heat, and hot water.

Some preparation beforehand can ease our anxieties about these events, and ensure we are comfortable while we wait for the power to return.

- Have a battery-operated radio
 - *This allows you to listen to your local station for warnings, advice, and instructions*
- Stow flashlights with extra batteries
- Inspect your chimney or flue
 - *This helps prevent structural fires and ensures smoke, carbon monoxide, and other potentially harmful gases are properly vented*
- Make sure you have an adequate supply of food and water
 - *Food in your fridge and freezer is usually safe to consume if the*

power is out for less than four hours

- *DO NOT use barbecues or camp stoves indoors*

- Develop an emergency plan
- Put together your emergency kit
- Connect with your neighbours

Further information can be found online by searching BC GOV Get prepared for a power outage.

To locate power outages and obtain updates, go to BC Hydro's outage map by searching BC Hydro power outages online.

To report a power outage, call 1-800-224-9376 or *HYDRO (*49376) on your mobile or report it online.

Take care and stay safe, Jeremy



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. No textbook required. *Instructor: Elias Merkins.*

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

Spanish With Elias Advanced

This class focuses on the interaction between students who narrate their weekly activities, their hobbies, and interests. Conversation time accounts for 100% of class time. No textbook required. *Instructor: Elias Merkins.* No Class April 10 and May 22.

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

WRITING & READING

Book Club: Afterwards

Join two retired librarians who will select thought-provoking titles (fiction and sometimes non-fiction) and lead the group in riveting discussions. *Leaders: Julia H. and Elizabeth A.*

Fri
May 5 – Jun 2 10:30 a.m. – 12:30 p.m.
138576 \$7.50

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. Join us as you work on a larger project (a novel or memoir) or to get in touch with your muse week-to-week. *Instructor: Richard Boyer.*

Thu
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! No instructor or facilitator. No class April 10 & May 22.

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

GENERAL

Coffee Chat With Community First Responders

Speak with a cop or a firefighter about concerns in your community. Representatives from West Vancouver Police and Fire will be at the cafe to chat and answer questions.

Wed, Apr 5 10 – 11 a.m.
Free

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, Apr 4 1 – 2:30 p.m.
141136 Free (please register)

Flight Simulation

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

Fri 10:15 a.m. – 12:15 p.m.
\$2.75 per session

134969 Mar 10

134970 Mar 24

134971 Apr 14

134972 Apr 28

Garden Club

Join fellow green thumbs and gardeners for a series of lectures by experts on various topics, such as soil, roses, container and veggie gardening, and more. A full list of the dates, topics, and presenters will be provided. Trips will also be planned to gardens and locations (bus will be an additional cost). No meeting on Aug 22 & 29.

Tue
Mar 21 – Sep 21 1:30 – 3 p.m.
135544 \$70

Garden Club Trips

Garden Club will be going on the following excursions starting in May this year: WIG, Park and Tilford, Riley Park, VanDusen and Ferncliff. Register for the bus each time you want to go. For more information, check westvancouver.ca/seniors.

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: Duplicate

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

Wed

Mar 29 – Jun 28 1:30 – 4:30 p.m.
138615 \$36.25

Bridge with Tai: Beginners Level 1

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

Fri

Mar 31 – May 12 2:15 – 4 p.m.
139969 \$90

Bridge with Tai: Level 2

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

Fri

May 19 – June 30 2:15 – 4 p.m.
138960 \$105

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.
1138681 \$93

Bridge with Stephen Topics/ Supervised Play

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

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

Wed

Mar 29 – Apr 26 3:30 – 5:30 p.m.
138682 \$77.50

Bridge with Stephen Intermediate II

This course is a continuation of a study of popular bridge conventions. It is designed for players who know the basics (bidding, declarer play and defense), and who wish to move their game to the next level. Each lesson will have a discussion of a specific topic, followed by exercises and practice play. The focus is on popular bidding conventions and the ACBL Convention Card, but topics can be chosen to satisfy the interests of the class. *Prerequisites: Bridge Basics 1, 2, 3 and Intermediate Bridge 1, or equivalent playing experience.* Lesson hand outs are included.

Tue

Mar 28 – Apr 25 3:30 – 5:30 p.m.
134950 \$77.50

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.

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

BLUESHORE FINANCIAL SEMINAR: GIFTING TO LOVED ONES AND THE CAUSES YOU CARE ABOUT

With tax season approaching, join BlueShore Financial experts to discuss actionable items that can be implemented to reduce tax now and for future estate planning. Learn strategies to reduce taxes and maximize wealth transfer now and for your estate, and pitfalls to avoid when gifting to loved ones.

Thu, Mar 2 1:30 – 3 p.m.
140644 Free

Seniors' Activity Centre
 Marine Room

Secret Cove – Sunshine Coast

Explore the Sunshine Coast, aka the "Best Place on Earth"! Visit Davis Bay, an Ancient Forest, and 5-star Rockwater Secret Cove Resort for lunch. Level: Easy.

Package includes: Lunch and Boardwalk at Rockwater Secret Cove Resort, Hidden Groves, Davis Bay, Gibson's Landing, all ferry fees, fees, and taxes. *Additional \$10 ferry fee for 64 years and under*

Tue

Apr 11 8:45 a.m. – 6:30 p.m.
140388 \$139

Music in the Morning

We will be running a bus to Music in the Morning departing at 9 a.m. These popular coffee, concerts, and commentary series are back at the Vancouver Academy of Music. Coffee is at 10 a.m., concert runs from 10:30 a.m. to 11:45 a.m. Purchase your own tickets by calling 604-873-4612.

Thu

Apr 28 \$8
140000 Mar 16

140001 Mar 23

IKEA

Join us for a visit to the IKEA store in Coquitlam. Wander the incredible show rooms for home decor ideas and shopping. Stop for a bite to eat. There will be some storage available for small items on the bus.

Thu
Apr 6 10 a.m. – 2:30 p.m.
138768 \$15

Maplewood Flats & Deep Cove

Hop on our bus and go for a walk around Maplewood Flats and then head to Deep Cove for a walk about, where you can visit the gallery and shops and even get a famous donut. Cost includes transportation only.

Fri
May 5 10 a.m. – 3 p.m.
138769 \$12

Maple Ridge Earth Day (Memorial Peace Park)

Hop on our bus and attend this eco-inspired, all-ages event which will include Family Freecycle, the Cycle Recycle Free Bike Draw, arts and entertainment, booths, a farmers' market, electric vehicles, and food trucks.

Sat
Apr 22 9:30 a.m. – 3:30 p.m.
138771 \$20

Hard Rock Casino

The Hard Rock boasts 951 slot machines and a number of table games, like blackjack, roulette, and baccarat. They have great food and more.

Fri
Apr 28 10 a.m. – 3 p.m.
138770 \$15

**PROGRAMS AT THE WEST VANCOUVER MEMORIAL LIBRARY**

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

Local Voices - Spring Series

In partnership with the West Vancouver Historical Society, local speakers present topics on land surveying, community lore, and maritime archeology. *Please register.*

Wed 6 p.m. – 7:30 p.m.
Mar 8, Apr 12, May 10,
WVML Welsh Hall Free

Friday Night Concert: The Slocan Ramblers

The Slocan Ramblers hail from Toronto and are Canada's bluegrass band to watch! *Please register.*

Fri
Mar 31 7:30 – 8:45 p.m.
WVML Main Hall Free

Art Talks: Pari Azarm Motamedi and Rozita Moini-Shirazi in Conversation with Hilary Letwin

Artists will discuss paintings featured in the exhibition Under the Shade of the Lotus Tree showing at the West Vancouver Art Museum from January 25 to April 1, 2023. *Please register.*

Wed
Mar 8, 7 – 8 p.m.
Virtual WVML Free

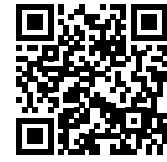
TED2023: Possibility

Experience selected TEDx2023 sessions in the library's Welsh Hall streamed LIVE from the Vancouver Convention Centre. *Please register.*

Tue – Fri
Apr 18 – 21 9 a.m. – 5 p.m.
WVML Welsh Hall Free

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 Hannah at 604-925-7208 or Stephanie at 604-925-7211.

Keeping Connected Special Services

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

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

Easter Centrepiece

Create a lush centrepiece for the table, side table, or hall entrance! Learn about design, shape, colours, and sustainability, while working with seasonal greens and local flowers. All materials provided.

Thu
Apr 6 10 a.m. - 12 p.m.
141149 \$35

Keep on Moving

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

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

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

North Shore Keep Well Society

North Shore Keep Well Society offers their program weekly which involves a mild exercise class. For information about Keep Well please call their office at 604-988-7115.

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

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

Stand Tall

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

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

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

Adapted Balance/Fall Prevention

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

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

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. There are no floor exercises in this class. No mat needed.

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

Tue
Mar 28 - Jun 27 11:45 a.m. - 12:45 p.m.
138806 \$148.75

Chair Yoga Move and Groove

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

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

Thu
Mar 30 - Jun 29 11 a.m. - 12:15 p.m.
138807 \$93

Creative Expressions

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

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

Fri
Mar 31 - Jun 30 10 a.m. - 12 p.m.
138808 \$150



Daybreak

This program is designed for those living with Alzheimer's. We will be reminiscing, playing games, creating art, and appreciating life together. Lunch will be provided. Limit of six per class. *Requirement: Daybreak Consultation. Call 604-925-7280 to arrange.*

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

Mon
Mar 27 - Jun 26 10 a.m. - 1 p.m.
138809 \$360

Gratitude Circle

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

Registered Drop-in

Tue
10:30 a.m. - 11:30 a.m. \$6.25

Full Term Registration

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

Tue
Mar 28 - Jun 27 10:30 - 11:30 a.m.
138810 \$81.50

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
Mar 14 1 - 2 p.m.
134228 Free (please register)

Tue
Apr 11 1 - 2 p.m.
138827 Free (please register)

Ladies Social Club

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

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

Wed
Mar 29 - Jun 28 1:30 - 3 p.m.
138830 \$72.25

Men's Club

This group of gentlemen meet weekly for a lively discussion of current affairs.

Enjoy mental stimulation and social connections and have a bit of fun.

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

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. *Proof of full COVID-19 vaccination will be required to attend this program.* To learn more about safety protocols, visit alzbc.org/ COVID-safety.

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

Fri
Mar 17 - Apr 28 1 - 3 p.m.
138832 \$65

Pick up the Pace

Lift your spirits and your heart rate in a class designed to get the blood flowing! This is a class that will be done from a standing position.

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

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

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.

John Cronin

Mon
Mar 13 2 - 3:30 p.m.
134186 \$6

Bob & The Yorkettes

Mon
Mar 27 2 - 3:30 p.m.
138833 \$6.25

Roberto Risman

Mon
Apr 3 2 - 3:30 p.m.
138834 \$6.25

Bob & The Yorkettes

Mon
Apr 24 2 - 3:30 p.m.
138835 \$6.25

Stretch and Movement

Enjoy this uplifting class through movement and music in an enjoyable and safe setting for people living with Parkinson's and other physical challenges. Peter will use chairs for stability and ease of movement, while building strength, balance, and mobility. This program has adaptations for many limitations. *Note: caregivers must register, but at no charge.*

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

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

**Caregiver Support**

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

Thu
Mar 30 - Jun 29 10:30 a.m. - 12 p.m.
138841 \$26

MIND & BODY WELLNESS**Mindfulness Meditation**

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

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

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

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

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

Neuromovement for Healthy Backs

ABM NeuroMovement® is a holistic approach to human functioning and action, built upon the understanding that movement is the language of the

brain. In these mat-based classes, participants are verbally guided through very gentle, small movements that will enhance brain function. This results in moving more comfortably and efficiently and for natural pain-relief, increased flexibility, stress relief and improved well-being.

Mon
Mar 27 - Apr 24 6 - 6:45 p.m.
141151 \$80

Sitting Smart

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

Tue
Mar 28 - Apr 18 6 - 6:45 p.m.
141152 \$80

INTERGENERATIONAL

Screen time for Seniors

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

Thu
Mar 30 4:30 - 5:30 p.m.
134232 Free drop in (please register)

Thu
Apr 20 4:30 - 5:30 p.m.
138847 Free drop in (please register)

Sing Along with Katie and the Kids

Join Katie in her intergenerational music class, for families with children aged 6 months to five years and musical members of the Seniors Activity Centre to sing along, make some beat, dance, and share the joyful time together.

Tue
Apr 4 - Jun 13 10:30 - 11:15 a.m.
140028 \$275 for babies/children
Free for seniors (speak with Hannah)

Reading Remedy Book Club

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

Sat
Mar 25 11 a.m. - 12 p.m.
134409 Free drop in (please register)

Sat
Apr 29 11 a.m. - 12 p.m.
138844 Free drop in (please register)

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, enjoy an exciting face paces game with us. Pre-register for your time slot, bring your own paddle. You can register in advance online, or before you enter.

Tue & Thu 3:30 - 5:30 p.m.
Wed (Intergenerational) 6 - 8 p.m.
Sun 1 - 3 p.m.
Registered Drop-in \$3

Badminton

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

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

Ramblers/Walkers - 2023 Annual Registration

The group hikes an average of 8 - 10 kilometres every Monday. Full for 2023. Waitlist available.

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

Discover Trails

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

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

Explorers

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

Wed
Apr 12 - Jun 28 9:30 a.m. - 12:30 p.m.
138772 \$120

Nature Walk

Hop on our bus and go to locations to walk and view nature and birds if we are lucky. Be prepared to walk on any terrain, in most weather.

Tue
Mar 28 - Jun 27 9 - 11:30 a.m.
138775 \$70

If you are new or would like more information on one of our outdoor activity programs, please email cbrandson@westvancouver.ca or pick up a schedule at the front desk.

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 Part 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

For details about **NorWest, Silver Wheels, Easy Riders,** and **Turtles**, please contact cbrandson@westvancouver.ca

Coast Riders

Coast Riders enjoy cycling throughout the North Shore and Greater Vancouver April-October. Ride routes vary from 30-50+ km. Most of the rides begin in West Van but sometimes there is a drive to ride option. The average pace is about 15 - 18 km/hr and takes about 3 - 4 hours to complete (with a coffee stop).

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

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

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

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



GROUP FITNESS ACTIVITY LEVELS

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

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

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

🏃 Morning Energizer

Are you a fit Senior looking for a challenging, energetic workout? Kick start your morning with this high movement, low impact cardio class. Participants should be able to get up and down off the floor easily.

Mon
Mar 27 - Jun 26 8 - 9 a.m.
141137 \$60

Wed
Mar 29 - Jun 28 8 - 9 a.m.
141138 \$70

🪑 Chair Pilates

This class is 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 29 - Jun 30 10:45 - 11:45 a.m.
141139 \$105

🏃 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 onto balance work and resistance training using body weight and exercise bands. Finish off with a standing or sitting stretch.

Wed
Mar 29 - Jun 28 10:30 - 11:30 a.m.
141140 \$65

Fri
Mar 31 - Jun 30 11:45 a.m. - 12:45 p.m.
141141 \$65

🦴 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
Mar 27 - Jun 29 12 - 1 p.m.
141142 \$175

YOGA

Hatha Yoga

Stretch deeply while improving posture, balance and strength in a moderate, full body routine. Shed tension and cultivate calm with breath control exercises. Stretch out for savasana at the end of class.

Thu
Mar 30 – Jun 29 9 – 10:15 a.m.
141143 \$105

Yoga Beginner

This beginner level class focuses on basic postures and the principles of alignment and breathing. Experience the benefits of practicing yoga in this safe and welcoming environment.

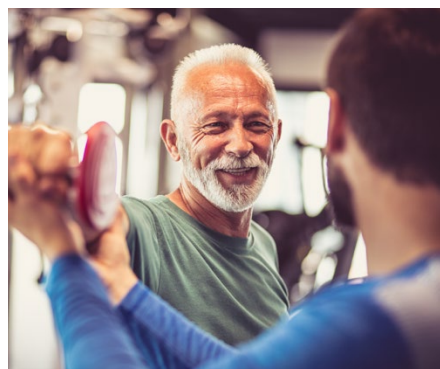
Mon
Mar 27 – Jun 26 4:45 – 6 p.m.
141144 \$90

Chair Yoga

Leave space for one sentence description. Leave space for one sentence description.

Tue
Mar 28 – Jun 27 11:45 a.m. – 1 p.m.
141145 \$105

Thu
Mar 30 – Jun 29 11:45 a.m. – 1 p.m.
141146 \$105



PERSONAL TRAINING FOR SENIORS

For details please email Dave Thomson at dthomson@westvancouver.ca.

Sessions are 55 minutes long.

PERSONAL TRAINING

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



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

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.

Cancer Thrivers

Cancer Thrivers is designed to promote health, strength, and recovery. Movement has shown to increase physical function, improve psychological outcomes, and improve quality of life.

Tue & Thu
Mar 28 – Jun 29 12 – 1 p.m.
141147 \$145

Pulmonary Rehabilitation

Functional exercises in a group setting followed by cardiovascular

exercises in a safe, welcoming environment. Get active and learn breathing exercises to improve your quality of life.

Tue & Thu
Mar 28 – May 11 1 – 2 p.m.
141148 \$105

Women on Weights

Let's be honest, we are equal but different! Expect all the benefits of our Customized Strength and Conditioning program, only designed with the female clientele in mind.

Thu
Mar 30 – Jun 29 8 – 9 a.m.
141150 \$215

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.

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.

GARDEN SIDE CAFÉ LUNCHES

MARCH

WEDNESDAY, MARCH 1

Beef Meatloaf with Roasted Leek Gravy,
Mashed Potatoes, Vegetables

THURSDAY, MARCH 2

Chicken Teriyaki, Rice, Seasonal
Vegetables

FRIDAY, MARCH 3

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

SATURDAY, MARCH 4

Chef's Special

SUNDAY, MARCH 5

Chef's Special

MONDAY, MARCH 6

Pork Goulash, Parslied Potatoes, Seasonal
Vegetables

TUESDAY, MARCH 7

Hot Sandwich Special

WEDNESDAY, MARCH 8

Spaghetti Bolognese, Tossed Salad, Garlic
Bread

THURSDAY, MARCH 9

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

FRIDAY, MARCH 10

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

SATURDAY, MARCH 11

Chef's Special

SUNDAY, MARCH 12

Chef's Special

MONDAY, MARCH 13

Sweet & Sour Chicken, Rice, Steamed
Broccoli

TUESDAY, MARCH 14

Hot Sandwich Special

WEDNESDAY, MARCH 15

Spinach & Cheese Quiche, Salad

THURSDAY, MARCH 16

Seafood Newburg, Rice Pilaf, Mixed
Vegetables

FRIDAY, MARCH 17

St. Patrick's Special Entree – Corned Beef,
Braised Cabbage, Parslied Potato

SATURDAY, MARCH 18

Chef's Special

SUNDAY, MARCH 19

Chef's Special

MONDAY, MARCH 20

Turkey Schnitzel with Cranberry Sauce,
Mashed Potatoes, Vegetables

TUESDAY, MARCH 21

Hot Sandwich Special

WEDNESDAY, MARCH 22

Breaded Beef Liver & Onions

THURSDAY, MARCH 23

Chicken Stroganoff, Broad Egg Noodles,
Harvard Beets

FRIDAY, MARCH 24

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

SATURDAY, MARCH 25

Chef's Special

SUNDAY, MARCH 26

Chef's Special

MONDAY, MARCH 27

Pork Paprika with Linguine, Mixed Greens

TUESDAY, MARCH 28

Hot Sandwich Special

WEDNESDAY, MARCH 29

Salisbury Steak, Mashed Potatoes, Mix
Vegetables

THURSDAY, MARCH 30

BBQ Chicken Leg, Rice Pilaf, Mexican
Corn

FRIDAY, MARCH 31

Curried Basa, Rice Pilaf, Mexican Corn

APRIL

SATURDAY, APRIL 1

Chef's Special

SUNDAY, APRIL 2

Chef's Special

MONDAY, APRIL 3

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

TUESDAY, APRIL 4

Hot Sandwich Special

WEDNESDAY, APRIL 5

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

THURSDAY, APRIL 6

Mediterranean Turkey Chili with Romaine
Salad, Dinner Roll

FRIDAY, APRIL 7

GOOD FRIDAY – CLOSED

SATURDAY, APRIL 8

Chef's Special

SUNDAY, APRIL 9 EASTER SUNDAY LUNCH SPECIAL (\$10 M)

Honey Ham with Dijon Cream, Scalloped
Potatoes, Seasonal Vegetables,
Complimentary Non Alcoholic Mimosa

MONDAY, APRIL 10

EASTER MONDAY – CLOSED

TUESDAY, APRIL 11

Hot Sandwich Special

WEDNESDAY, APRIL 12

Chicken a la King, Rice Pilaf, Seasonal
Vegetables

THURSDAY, APRIL 13

Quiche Lorraine, Salad

FRIDAY, APRIL 14

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

SATURDAY, APRIL 15

Chef's Special

SUNDAY, APRIL 16

Chef's Special

MONDAY, APRIL 17

Ginger Beef over Rice, Seasonal
Vegetables

TUESDAY, APRIL 18

Hot Sandwich Special

WEDNESDAY, APRIL 19

Spaghetti Bolognese, Tossed Salad, Garlic
Bread

THURSDAY, APRIL 20

Swiss Burgers in Tomato Gravy, Roasted
Red Potatoes, Seasonal Vegetables

FRIDAY, APRIL 21

Fish Burger, Oven Fries, Coleslaw

SATURDAY, APRIL 22

Chef's Special

SUNDAY, APRIL 23

Chef's Special

MONDAY, APRIL 24

Baked Fish on Ratatouille, Rice

TUESDAY, APRIL 25

Hot Sandwich Special

WEDNESDAY, APRIL 26

Pork Goulash, Parslied Potatoes, Seasonal
Vegetables

THURSDAY, APRIL 27

Chicken Curry, Rice, Vegetables

FRIDAY, APRIL 28

Battered Cod & Chips, Lemon, Tartar
Sauce, Coleslaw

SATURDAY, APRIL 29

Chef's Special

SUNDAY, APRIL 30

Chef's Special

ADVANCED MEDICAL

Healthcare Equipment

● Sale ● Rental ● Repair ● Installation ● Maintenance ●

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






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We Install



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We Fit

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604 912 0106

Get acquainted with the new westvancouver.ca/parksandrec

The screenshot shows the website's navigation menu with options: Online Services, Events & Meetings, News, Select Language, Search, and a magnifying glass icon. Below the menu are links for Services, Parks & Recreation, Arts & Culture, Business & Development, Climate & Environment, and Government & Administration. The main content area is titled 'Parks & Recreation' and includes a 'Home' section with a photo of a group of people exercising. Below this are three smaller images with captions: 'Golf Courses', 'Parks & Trails', and 'Recreation Programs & Services'.

westvancouver.ca/tutorials

westvancouver



*“I can’t always
be there to
help.”*

Trust Shylo To Help Mom!

We know you want to help your mom or dad stay in their home, but you can’t always be there. However, you worry - will they be in good, safe hands? Shylo Home Healthcare offers a free nurse assessment for your parents and our online care system lets you see when we visited and how we helped – it is a little peace of mind. Helping your mom or dad stay in their home is the best way for them to stay safe, stay calm and carry-on with the life they love.



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ShyloHomeHealthcare.ca