



22

JAN / FEB

# THE SCENE

*A West Vancouver Seniors' Activity Centre Publication*

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westvancouver

# It's about time you enjoyed new *friendships*.



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westerleigh  
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695 21st Street  
West Vancouver, BC V7V 4A7

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

## HOURS OF OPERATION

### Registered Programs

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

### Cafeteria & Take-out Food Service

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

## INFORMATION/REGISTRATION LINE 604-925-7280

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

### Please note the following closures:

Sat, January 1 (New Year's Day)  
Mon, February 21 (Family Day)

## EDITORIAL

**Editors** Sabina Kasprzak, Michiko Araki

**Advertising** Sabina Kasprzak

**Publisher** District of West Vancouver

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**Cover Photo By** Larry Olkovic

## ENQUIRIES & ADVERTISING

If you have questions related to this publication or would like to advertise in *The Scene* magazine, please email Sabina at [leisureguide@westvancouver.ca](mailto: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.*

## ON THE COVER

Wilson, the lead hand for the Seniors' Activity Centre.

## RECOGNITION OF FUNDING DONORS

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

# WELCOME TO THE SCENE

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

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

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

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

To receive the E-news to your email inbox sign up at the front desk or email [leisureguide@westvancouver.ca](mailto:leisureguide@westvancouver.ca).

## DID YOU KNOW?

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

## BECOME A SAC MEMBER!

Purchase your annual membership today at the front desk and ask about the many benefits! (Cost: \$38).

## REFUNDS

**Online Withdrawals** can be done up to 24 hours prior to the start of fitness centre, public skating, stick & puck, public swimming, and lane swimming pre-registered timeslots, or individual group fitness, yoga, and CycleFit classes. Other registered programs are also available for online withdrawal up until the applicable refund date.

**Refunds** for fitness centre, public skating, stick & puck, public swimming, and lane swimming pre-registered timeslots, or individual group fitness, yoga, and CycleFit classes will be given for withdrawals requested prior to one hour (60 minutes) before the start time.

**No-Shows and Late Cancellations** for fitness centre, public skating, stick & puck, public swimming, and lane swimming pre-registered timeslots, or individual group fitness, yoga, and CycleFit classes will not be refunded and a no-show fee of \$5.00 may be charged to your account. Following three no-shows or late cancellations, FitPass holders will be charged a \$5.00 no-show fee for every subsequent no-show or late cancellation.

### No-Show or Late Cancellation Procedures:

- If you don't show up or don't cancel your spot at least one hour (60 minutes) before the start time, you will be contacted by phone and a no-show will be recorded on your account.
- If, for a second time, you don't show up or don't cancel your spot at least one hour (60 minutes) before the start time, you will be contacted by email and a second no-show will be recorded on your account.
- If, for a third time, you don't show up or don't cancel your spot at least one hour (60 minutes) before the start time, you will be contacted by email and a third and final no-show will be recorded on your account.

- All subsequent no-shows will be charged a \$5 no-show or late cancellation fee to your account.

**Full Program Refunds** will be given for withdrawals requested prior to 24 hours before the start of the first class.

**Pro-rated Program Refunds** will be given for withdrawals requested after 24 hours before the first class and up to the end of the day of the second class for registered programs. No refunds will be given after the second class of a registered program.

**Leadership Program Refunds** will be given for withdrawals requested prior to 72-hours before the start of the program.

**Medical Refunds** will be given if you are sick or unable to attend a program or camp for medical reasons. Please call customer service at 604-925-7270 before the start of the class so another person can take your place and a pro-rated refund can be issued for the remainder of the program.

**Spring Break and Summer Camp Refunds** will be given for withdrawals requested the Wednesday prior to start of the camp.

**Cancellation Refunds** will be given for any programs cancelled by Community Services. If a class is cancelled owing to inclement weather or for any other reason, someone will contact you prior to the class and a (pro-rated) refund will be issued. Please ensure that your account has a phone number you can be reached at, or call 604-925-7270 to update your contact information.

If a group fitness, yoga or CycleFit class is cancelled owing to inclement weather, you will receive an email notification and a refund for the class. Please ensure that you have a valid email address on your account, or call 604-925-7270 to update your contact information.



**Sheilah Grant** | *Chair*

## MESSAGE FROM THE ADVISORY BOARD CHAIR

Welcome to a new year. I hope you had a wonderful holiday season and had the opportunity to visit with family and friends. We have many exciting programs at the Centre, and it is a great chance to try something new. Have you tried any of our painting sessions? What about the photo club? There is something for everyone to experience and plenty of opportunities to meet new friends.

Last November BlueShore Financial presented an Estate Planning session with over 40 people in attendance. There was so much valuable information given that we have decided to offer sessions this year on specific topics such as choosing an executor, tax planning and gift giving, and more. Keep an eye out for these upcoming events.

As you all know, our Centre could not operate without volunteers. They are all wonderful, but I do want to thank the special volunteers of our gift store, SACS on 21st. Over \$100,000 was raised this past calendar year. These volunteers worked tirelessly and made sure that everything was clean and beautifully displayed to entice buyers and boy, were they ever successful. The money raised goes towards enriching our Centre with new equipment and programs.

Finally, we are now looking for volunteers who would like to become part of the Seniors' Activity Centre Advisory Board for the 22/23 term. We are looking for those who have accounting, entrepreneurial, and communication skills. It will be an appointment process this year and if you are interested, please fill in an application form that can be found at the front desk.

Stay safe.

— **Sheilah**



**Jill Lawlor**  
*Community  
Recreation  
Manager*



**Davida Witala**  
*Community  
Recreation  
Supervisor*

## MESSAGE FROM COMMUNITY RECREATION MANAGER & THE RECREATION SUPERVISOR

The Seniors' Activity Centre staff team would like to wish all our members, volunteers, and guests a happy and healthy new year. 2022, The Year of the Water Tiger, promises a year of positive changes which is a warmly welcomed thought as we continue to navigate the pandemic.

We are excited to welcome everyone back after the holiday season. The Centre will be offering a wonderful complement of programs and services that will be highlighted in this edition. Be sure to check out the leisure guide website for a full listing.

Program participants, cafeteria diners, and SACS on 21st customers will be required to show proof of double vaccination to partake in services.

Front desk customer service staff are ready to take your call at 604-925-7280 if you have any questions or require any additional information.

We look forward to seeing you in 2022!

— **Jill & Davida**

# OUR PROGRAM COORDINATORS



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*Volunteer Program Coordinator*  
604-913-2703  
slung@westvancouver.ca



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**FOOD SERVICES**  
**Lou Novosad**  
*Food Service Program Coordinator*  
604-925-7122  
lnovosad@westvancouver.ca



# VOLUNTEERS

*Build rewarding relationships and have fun giving back.*

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

The Centre is following all the recommended safety protocols. 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.



## THANK YOU FOR THE FLOWERS FOR OUR CENTRE

We would like to thank the following community businesses and individuals for their generous donation of flowers each week:

- Fresh Street Market – West Vancouver (Alex Lee)
- IGA Dunderave (Kelly Smith)
- Whole Foods Market – West Vancouver (Marek Garus)

Our volunteers arrange and distribute the flowers—on the tables in the cafeteria, in the serving line, and around the Centre. Thank you for brightening up our Centre!

## VOLUNTEERS URGENTLY NEEDED

Are you ready to give back? The Seniors' Activity Centre relies on trusted volunteers in a variety of roles.

### Vaccination Checkers Needed at the SAC

#### Cafeteria at the East Welcome Desk

- 8:30 to 11:30 a.m. (Mon – Fri)
- 11:30 a.m. to 2:30 p.m. (Fri)

#### SACs on 21st

- 10 a.m. to 12:30 p.m. (Mon – Sat)
- 12:30 to 3 p.m. (Mon – Sat)

### Join the Garden Side Café team!

#### Cafeteria volunteers needed for all positions

Are you flexible, follow procedures, and like going the extra mile to help the team? Do you have food industry experience or enjoy cooking at home? Help serve fresh and healthy meals to seniors in your community in our warm and welcoming cafeteria:

#### MORNINGS

- **Café opener** (Mon – Fri, 8 to 11 a.m.)
- **Baker's support** (Mon – Fri, 8 to 11 a.m.)
- **Food packers** (Mon – Fri, 8:30 to 11:30 a.m. and Sat, 9 to 11 a.m.)
- **Chef's helper\*** (Sun, 10 a.m. to 12 p.m.)
- **Delivery team** (Mon – Wed, 9:30 a.m. to 12:30 p.m.)

#### MID-DAY AND AFTERNOONS

- **Dishwasher assistants** (12 to 2:30 p.m.)
- **Closers** (1:30 to 3:30 p.m.)
- **Chef's helper\*** (Wed & Fri, 3 to 5 p.m.)
- **Connector Takeout Delivery Teams\*\*** (Mon – Sat 11 a.m. to 1 p.m. and Wed 10:30 a.m. to 12:30 p.m.)

\* Requires previous experience with knives. Foodsafe Level 1 preferred.

\*\* Must have Class 5 license and send in driver's licence and abstract.

**Upcoming positions** dependent on Covid restrictions — let us know you're interested!

- **Garden Side Artisan Market support**
- **Events**

If you wish to volunteer or find out more information about the roles available, email us with your interest and availability at [scvolunteers@westvancouver.ca](mailto:scvolunteers@westvancouver.ca) or call 604-925-7288.

### Snow Angels

The Snow Angels program is designed to help seniors or residents with limited mobility clear snow from their walkway and sidewalk when it is snowing and sticking at least 2 centimetres on the sidewalk.

To request a snow angel or volunteer as one call 604-925-7288 or email [snowangels@westvancouver.ca](mailto:snowangels@westvancouver.ca)

# GARDEN SIDE CAFÉ

## VOLUNTEER ORIENTATION

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

If you are unsure, please contact Sylvia at [slung@westvancouver.ca](mailto:slung@westvancouver.ca) or 604-913-2703. To sign up for the online volunteer orientation visit [westvancouverrec.ca/volunteer](http://westvancouverrec.ca/volunteer) and follow the links in the 'Next Steps' sidebar, or call 604-925-7280. Within a few days of signing up you will receive a link to a 30-minute information video with ten questions to answer at the end. Once completed, we will send you a welcome email with more information regarding next steps, including further training, a virtual meeting, and a Police Information Check.



### Upcoming Registration Dates

Mark your calendars—Registration for programs starting in February and March opens on Wed, January 19.



As per the District's email, we are now requiring double vaccinations for dine-in service at the Garden Side Café.

### Lunch service, take-out, and delivery food service

**Indoor dining** is available Monday to Friday from 9 a.m. to 2 p.m.

**Lunch service** is available Monday to Friday from 11:30 a.m. to 1:30 p.m.

**Dinner service** is currently not operating.

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

### Take-out Food Service 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 \$20 purchase on deliveries. Orders must be placed by 10 a.m. for same day delivery. No deliveries on Sundays). Please refer to the special take-out menu posted on [westvancouver.ca/seniors](http://westvancouver.ca/seniors) before you place your order. Menus are updated daily.



Need help with chores around the home?



Home help for seniors  
**604-774-3708**  
[support@choro.ca](mailto:support@choro.ca) [choro.ca](http://choro.ca)

- Light cleaning
- Driving
- Tech Help
- Packing
- Errands
- Decluttering
- And More!



# REGISTERED PROGRAMS

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

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



## VISUAL ARTS

### Stained Glass: Studio Time

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

Leader: June C.

Wed	Jan 5 - Feb 2	12:30 - 3:30 p.m.	
	<b>113249</b>		\$20

Wed	Feb 9 - Mar 23	12:30 - 3:30 p.m.	
	<b>113250</b>		\$28

### Painting: Studio Time

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

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

### Painting: Class with James

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

Thu	Jan 6 - Feb 3	9 a.m. - 12 p.m.	
	<b>113251</b>		\$25

Thu	Feb 10 - Mar 24	9 a.m. - 12 p.m.	
	<b>113252</b>		\$35

### Painting: Acrylics with Maureen

Immerse yourself in the world of acrylics! From colour theory, perspective, and compositions, to the completion of your very own masterpiece. Enjoy interactive demos, discussion, and continuous painting in a fun, friendly, and welcoming environment. Beginner and advanced painters welcome. No class Wed Feb 23.

Wed	Jan 12 - Feb 2	9 a.m. - 12 p.m.	
	<b>113256</b>		\$72

Wed	Feb 9 - Mar 23	9 a.m. - 12 p.m.	
	<b>113257</b>		\$108

### Painting: Fresh Start with Lynn

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

Tue	Jan 4 - Feb 1	1 - 4 p.m.	
	<b>113258</b>		\$125

Tue	Feb 8 - Mar 22	1 - 4 p.m.	
	<b>113259</b>		\$175

### Painting: Getting Started with Lynn

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

Thu	Jan 6 - Feb 3	1 - 4 p.m.	
	<b>113260</b>		\$125

Thu	Feb 8 - Mar 22	1 - 4 p.m.	
	<b>113261</b>		\$175

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

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

Thu (virtual)	Jan 6 - Mar 24	12:15 - 2:45 p.m.	
	<b>113262</b>		\$30

Thu (in-person)	Jan 6 - Mar 24	12:15 - 2:45 p.m.	
	<b>113263</b>		\$30

### PROGRAM PARTICIPATION NOTE

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



## MUSIC & DANCE

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

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

Tue (virtual)  
Jan 4 - Mar 22 1 - 2:30 p.m.  
**113265** \$108

Tue (in-person)  
Jan 4 - Mar 22 1 - 2:30 p.m.  
**113264** \$108

### Dundarave Players

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

Tue  
Jan 4 - Feb 1 9:30 - 11:30 a.m.  
**113266** \$12.50

Tue  
Feb 8 - Mar 22 9:30 - 11:30 a.m.  
**113267** \$17.50

### Scottish Country Dance - Beginner & Intermediate

Explore the worlds of Scottish Country Dance—you don't need to be a Scot to enjoy it! Learn basic steps and more intricate dances as the class progresses. Beginners and experienced dancers welcome! No Class Feb 21. *Instructor: Louise M.*

Mon  
Jan 3 - Jan 31 1 - 3 p.m.  
**113271** \$30

Mon  
Feb 7 - Mar 21 1 - 3 p.m.  
**113272** \$42

### Scottish Country Dance - Intermediate & Advanced

Looking to perfect your dancing skills? Combine fun with exercise as you learn dances for upcoming party programs. For this Friday session, please register each week to come. Intermediate and advanced dancers only. *Instructor: Louise M.*

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

### Line Dancing

Come join the fun and learn different dance moves to a variety of music, from *Sweet Caroline* to *Cake by the Ocean*. Line Dancing is good for your brain and memory, helps your balance, and is one of the original socially distanced activities before it was a safety protocol. No beginners please, some experience needed.

Mon 3:30 - 4:30 p.m.  
4:40 - 5:30 p.m.  
Registered Drop-in \$2.50



### Jazz Jam

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

Sat 10:15 a.m. - 12:15 p.m.  
Registered Drop-in \$2.50  
**113274** Jan 8

**113275** Jan 15

**113276** Jan 22

**113277** Jan 29

**113278** Feb 5

**113279** Feb 12

**113280** Feb 19

**113281** Feb 26

**113283** Mar 5

**113284** Mar 12

**113291** Mar 19

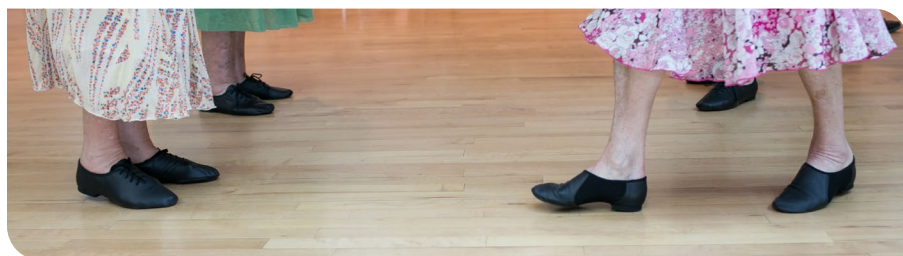
**113292** Mar 26

### Recorders Intermediate

Are you already familiar with the recorder (soprano, alto, tenor and bass) and looking to hone your skills? Join our informal, friendly, early music ensemble. No class Mon Feb 21. *Leader: Steve R.*

Mon  
Jan 3 - 31 10:30 a.m. - 12 p.m.  
**113294** \$12.50

Mon  
Feb 7 - Mar 21 10:30 a.m. - 12 p.m.  
**113295** \$15



## Recorders Advanced

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

Thu

Jan 6 - Feb 3      10:30 a.m. - 12 p.m.  
**113296**      \$12.50

Thu

Feb 10 - Mar 24   10:30 a.m. - 12 p.m.  
**113297**      \$17.50

## Ukulele: Level 2 Intermediate with JR

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

Thu

Jan 6 - Feb 3      11 a.m. - 12 p.m.  
**113298**      \$52.50

Thu

Feb 10 - Mar 24    11 a.m. - 12 p.m.  
**113299**      \$73.50



### PROGRAM PARTICIPATION NOTE

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

## WOODWORKING

### Woodworking: Level 1 Beginner

Get introduced to woodworking tools, with special emphasis on power tools and how to use them safely. If you haven't worked with tools before, this class is a prerequisite for all woodworking classes. Supplies included.

Wed

Jan 5 - Feb 5      9 a.m. - 12 p.m.  
**113643**      \$30

Wed

Feb 9 - Mar 23    9 a.m. - 12 p.m.  
**113656**      \$42

### 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. Pick up a set of guidelines when registering. Projects must return home with participants after each class due to lack of storage space.

Mon

Jan 3 - Jan 31      9 a.m. - 12 p.m.  
**113639**      \$30

Wed

Jan 5 - Feb 2      9 a.m. - 12 p.m.  
**113645**      \$30

Fri

Jan 7 - Feb 4      9 a.m. - 12 p.m.  
**113649**      \$30

Mon

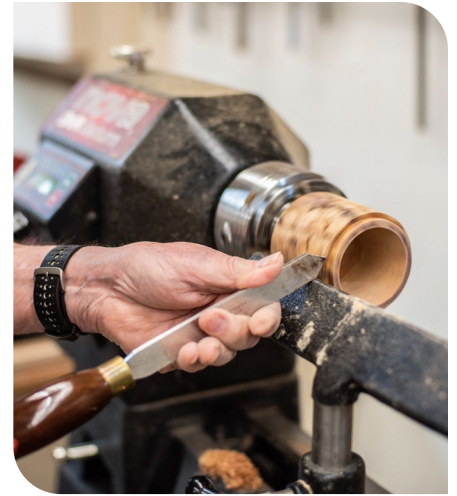
Feb 7 - Mar 21    9 a.m. - 12 p.m.  
**113652**      \$36

Wed

Feb 9 - Mar 23    9 a.m. - 12 p.m.  
**113657**      \$42

Fri

Feb 11 - Mar 25   9 a.m. - 12 p.m.  
**113661**      \$42



### Woodworking: Level 3 Advanced

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

Mon

Jan 3 - Jan 31      1 - 4 p.m.  
**113640**      \$30

Tue

Jan 4 - Feb 1      9 a.m. - 12 p.m.  
**113641**      \$30

Wed

Jan 5 - Feb 2      1 - 4 p.m.  
**113646**      \$30

Fri

Jan 7 - Feb 4      1 - 4 p.m.  
**113651**      \$30

Mon

Feb 7 - Mar 21    1 - 4 p.m.  
**113653**      \$36

Tue

Feb 8 - Mar 22    9 a.m. - 12 p.m.  
**113654**      \$42

Wed

Feb 9 - Mar 23    1 - 4 p.m.  
**113658**      \$42

Fri

Feb 11 - Mar 25   1 - 4 p.m.  
**113663**      \$42

# NEW YEAR, NEW THANKS STARTING FRESH WITH A FRESH THANK-YOU

By Kim G

Thank you to our hard-working volunteers who helped us through skyrocketing cafeteria sales, programs selling out, and creating festive cheer for 31 days straight. From producing 100 take-out Turkey Dinners for Four, packing over 690 meals weekly for Feed the Need, adapting to vaccination checks, to assisting the dishwasher, bussing tables, launching a brand new artisan market, and more—we truly couldn't have done it without you!

It's been a hard year adapting to Covid-19 restrictions and a completely revamped cafeteria, but when we reopened our doors in September 2021, our volunteers were there ready to help. They're an ambitious bunch

that's up for the challenge of helping us reach ambitious goals: their collective impact helped over 36,000 seniors in the District.

If you see a volunteer around the Centre this month, please say hello and thank them for all their effort!

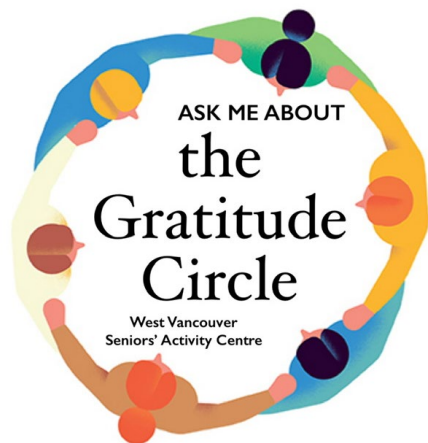
*Thank you for making last year a huge success and we look forward to working with you again this year!*

"I'm able to give back to seniors in the community. Not only do we warm their hearts, they warm ours as well. They are so grateful for us, and that means so much to me. We all collectively work together as a team, and this makes everything run smoothly."



## GRATITUDE CIRCLE

By Kathie Taylor



Discover the positive power of gratitude in a new program being offered starting in January.

Moderated by well-known leader Peter Baragon, the Circle of Gratitude will take place on Tuesdays at 10:30 a.m. Each week, 12 people will gather in a circle to connect, enjoy a cup of coffee or tea, and share those things that have brought them a sense of thankfulness and appreciation.

Peter will lead the Circle in brief meditations and relaxation through gentle movement. No one is obligated to share: you are welcome to sit back and soak up the positivity.

Registration will be week to week. Rather than signing up for a series, members will sign up for a single Tuesday at a time, with registration open beginning Wednesday mornings.

The Circle of Gratitude will help alleviate the negativity that so often dominates conversations these days, particularly after almost two years living through the pandemic, and the fires and floods that ravaged so much of our province in 2021.

**PositivePsychology.com** ([positivepsychology.com/gratitude-appreciation](https://www.positivepsychology.com/gratitude-appreciation)) lists the benefits of expressing gratitude, including: enhanced well-being, deeper interpersonal relationships, improved optimism, increased happiness, stronger self-control, better physical and mental health, and overall a better life.

Gratitude can be a powerful transformative tool. The Circle of Gratitude offers an opportunity to explore its benefits, and enjoy the good company of like-minded members.

*The heart that gives thanks is a happy one, for we cannot feel thankful and unhappy at the same time.*

- Douglas Wood



## WEST VANCOUVER SAC ADVISORY BOARD – COMMUNICATIONS COMMITTEE

By Valerie Coles

It was always about the magazine. Like a dwarf star roaming the halls of the Seniors' Centre, the Seniors' Scene magazine was an orphan in black and white, with no declared 'parents' or even a committee to ensure its ongoing success.

In 2012, The Seniors' Scene was a mere shadow of the sparkling star it would eventually become. Long before a committee was assembled to help it along, the Seniors' Scene was mainly a source of information — a listing of programs and events but not much else on its fifteen black and white pages. The first turning point came in 2014, when Marketing's Sabina Kasprzak began editing the magazine and enriching the content.

In 2016, the Communications Committee was ad hoc and barely active, but change was coming. A new member at large, Hans Krutzen, who was appointed to the Advisory Board in 2016, was asked to chair the Communications Committee the following year. He wisely enrolled writer Dave Patrick to help him form a team, and regular meetings began.

From the start, the committee innately knew that communicating with members was a top priority. Under its new leadership, The Seniors' Scene was transformed into a colourful, informative magazine, with not only program listings, but feature articles and stories that focused on members, classes, and achievements, all written mainly by Dave Patrick and edited and assembled by the Marketing team. Circulation was building and distribution expanded to include libraries and designated apartment buildings.

Today, despite the pandemic, The Scene (the "Seniors" was dropped in 2019) is still sporting a full colour centre, topical articles, and many loyal advertisers. The Communications Committee has plans for an even more communicative future, including a new video and sound upgrade, linking the Activity Centre and The Lounge so that when overflow crowds occur, they will have voice and visual connection to the meeting inside. As well, plans are underway for a full bulletin board revamp.

No longer an orphan, The Scene Magazine is thriving, and the Communications Committee continues to explore innovative new ways to reach every member.

*The most important thing in communication is hearing what isn't said.*

– Peter Drucker

### JOIN THE ADVISORY BOARD!

The Seniors' Activity Centre Advisory Board is recruiting new volunteer Board members for the 2022-23 term.

The Board is inviting individuals who have strong accounting, entrepreneurial, and communication skills to apply. Board members will be chosen by appointment for the 2022-23 term, and anyone who is interested is encouraged to complete an application form that can be picked up at the Seniors' Activity Centre front desk.

### KEEP AN EYE OUT FOR FUTURE REGISTRATION DATES

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

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

Registration for programs beginning in January started on Wednesday, December 15. Please visit [westvancouverrec.ca](https://westvancouverrec.ca) to check for any available spots.

**Registration for programs beginning in February and March will start on Wednesday, January 19 at 8 a.m.**

# GIVING THANKS FOR THE FACILITIES MAINTENANCE TEAM

By *Chris Inouye & Kathie Taylor*

There is so much we can take for granted while enjoying the Seniors' Activity Centre (SAC). Things such as rooms set up appropriately for the designated activities; equipment in place and functional; the facility maintained with any needed repairs done quickly. All of these things (and much more!) are made possible through the dedication and skills of the Facilities Maintenance team that is at work or on call 24/7 throughout the year.

The team of 20 permanent and up to 15 casual staff members are responsible not only for the SAC, but also for serving the whole municipality, including facilities such as four fire and rescue stations, the police station on 16th Avenue, the Ferry Building Gallery, the municipal hall, and both the Gleneagles and West Vancouver Community Centres.

"The ebb and flow of activity at each facility is connected to the schedule of users and type of program," explains Brian Esmann, Building Maintenance Supervisor for the

District of West Vancouver. "The Seniors' Activity Centre is busy every day it's open, and especially midweek in the morning and early afternoon. Other community facilities with programs catering to youth and those under 55 tend to be busier after school or work, and on weekends."

Brian also notes that regardless of the facility, his team's responsibilities are fairly consistent. "No matter where they're working, they're responsible for moving equipment, performing programming maintenance throughout the facility including setting up and taking down for programs and cleaning between programs, restoring floors, minor electrical, plumbing, heating and cooling maintenance, and end of night closing," he says. "At the West Vancouver Community Centre we're also responsible for pool and ice arena operations, including Zamboni driving."

A challenge for the maintenance team is the dealing with the unexpected. For example, a water leak in the Seniors' Activity Centre this past January challenged the

team to figure out a way to replace the water lines without seriously impacting kitchen operations. A repair was made and a full replacement of the line will need to be done soon, and in a way that minimizes impact on the Centre.

"Anyone who joins our team learns quickly that this is not a predictable sort of job," says Brian. "We never know when something's going to break down without warning, or when a new or special program will be introduced. That's why we need to remain flexible and pay attention to details."

The good news is that the team enjoys their work. Staff turnover is low, and those working at our Centre tell Brian they find the working environment to be very collegial and those using the Centre to be nice to the workers.

To get a better appreciation of the diversity and many talents of the team working at the Centre, we are profiling four Facility Maintenance Workers.





## Mary De Vries

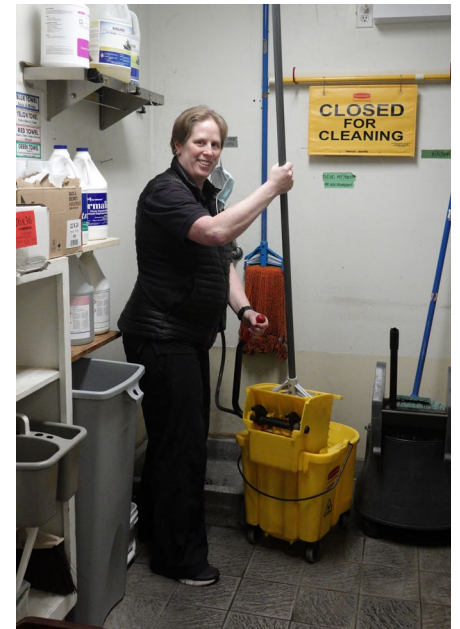
Mary has been on the maintenance team for almost 17 years, now dividing her time on shift Tuesdays to Saturdays from 8 a.m. to 4:30 p.m. between the Seniors' Activity Centre and the adjacent Community Centre.

She is the only woman on the team, but says she can handle it having grown up with two brothers, one of whom is her twin.

Born in Gibsons, BC, she has a degree in Recreation and Tourism and in the past worked in school sports programs.

She's a foodie who pickles and cans in her spare time. Her pickled beets won 1st place at a recent Pumpkin Fest at the West Van Community Centre. Her other love is baking, especially New York style cheesecake, and things like cream puffs and almond cakes in homage to her Dutch father.

Her talents also extend to knitting, sewing and creating amazing Halloween costume, such as this year's "Animal" from Sesame Street costume.



*The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime.*

- Babe Ruth

## Wilson Moore

The lead hand for our Centre, Wilson has been with the maintenance team for 12 years and now works Sunday to Thursday from 2 to 10:30 p.m.

Born and raised in Barbados, Wilson has been in facilities maintenance throughout his working life. He came to Canada in 2000, and now enjoys the outdoor life in BC, whether hunting for grouse, whitetail deer and mule deer in the Okanagan and Pemberton, or fishing for salmon, trout, crab, and shrimp locally. He is the father of two daughters, and has one granddaughter.

Wilson notes that in his home village, elders are deeply respected, and he strives to make the Centre a safe environment for its patrons. He made a point of saying, "working with the elderly is not a joy, it is an honour."



*The real people who hold our civilization together are the maintenance people. If it weren't for them — pumping water out of subways, painting bridges to keep from rusting, fixing a steam pipe that is 70 years old — we'd be sunk.*

- Alan Weisman



### Noli Sapanta

Noli has been on the maintenance team for about 12 years, working Tuesdays to Saturdays from 5 a.m. to 1:30 p.m.

Originally from Caramoran in the province of Catanduanes, an island in the Philippines, Noli grew up as one of 16 children.

Noli studied drafting technology in school and worked in Saudi Arabia in 1988 doing architectural design; he has also done work in glass etching. He immigrated to Canada in 1995, and now enjoys doing custom printing of t-shirts and caps as a hobby.

The father of two sons and a daughter, Noli speaks Bikol, Tagalog (both languages of the Philippines) Arabic, and English.



### Glenn Watson

Glenn has worked for the municipality for more than 30 years, and full-time for the last 20. He began working the graveyard shift from 9:30 p.m. to 6 a.m. for four years, and currently works Monday to Friday from 7 a.m. to 3:30 p.m.

He is one of the few staff with a “refrigeration ticket,” which allows him to drive the Zamboni and work with the chemicals used in the ice arena. Glenn’s expertise keeps the ice arena as well as pool users safe as levels of chemicals and temperatures must be monitored constantly.

Glenn noted that, “I really enjoy my job working for West Vancouver.”

*(when there's a “situation” that needs taking care of)*

*Do or do not,  
there is no try.*

- Yoda



**WVPD**

## SENIORS AND FRAUD

By Sergeant Mark McLean

Fraud targeting seniors is a very real problem. Not only are older people targeted by scammers, but surprising data suggests that, as we get older, we become more vulnerable to fraud. The most popular scams amongst seniors are: Covid-19 scams, identity theft, grandparent/emergency scams, romance, extortion, service, internet, and money transfer scams. Most of these have two things in common—a request for money and time pressure to pay. It's important you remember these simple tips:

- Don't be afraid to say no
- Do your research
- Don't stay on the line and if you need to call back, wait to hear a dial tone before doing so
- Don't give out personal information
- Protect your computer and online accounts

If you, or a senior you know has been scammed, we encourage you to report it and to not be afraid or embarrassed—everyone is at risk of fraud and identity theft.



You can report fraud to your local police. You can also educate yourself on the risks and steps you can take to prevent fraud at **The Canadian Anti-Fraud Centre** at [antifraudcentre-centreantifraude.ca/index-eng.htm](https://antifraudcentre-centreantifraude.ca/index-eng.htm)



## HOT TOPIC WITH WEST VANCOUVER FIRE RESCUE

By Jeremy Calder,  
Assistant Chief of Fire Prevention

My name is Jeremy Calder and I am excited to take this opportunity to introduce myself. I began my career with West Vancouver Fire Rescue (WVFR) in 1998 and have progressed through the ranks to my current position of Assistant Chief of Fire Prevention. West Vancouver has been a wonderful community to serve and I am thankful to be an employee of such a caring and engaged municipality.

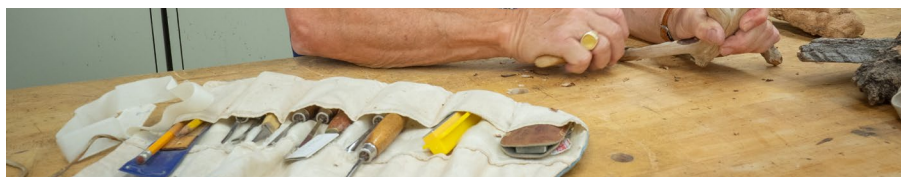
The Roman philosopher Seneca said "Luck is what happens when preparation meets opportunity."

WVFR and the West Vancouver Seniors' Activity Centre (SAC) were presented just such an opportunity at a recent training and development course. I found myself working alongside the Outreach Program Coordinator for SAC. Together we explored many exciting ideas for seniors' outreach within our community. Stemming from this, I was invited to contribute to The Scene magazine. I am thrilled to accept and be given this opportunity to share with everyone, WVFR's passion for safety. In future issues I will discuss topics such as emergency preparedness and fire and fall prevention. Today I would like to introduce Remembering When.

Remembering When is a program centered around 16 key fire and fall prevention safety messages, developed by the National Fire Protection Association. We are excited to bring this program to West Vancouver and will be delivering it at the SAC beginning early 2022. Information regarding these sessions will be made available at the SAC and through social media. I look forward to meeting you in person at one of these sessions as well as sharing further details with you in The Scene.

Take care and stay safe,  
Jeremy





### Woodworking: Women's Session

This one's for women! If you just 'plane' love woodworking, join other women for a fun, informative, and supportive class. Bring your own project and wood. The supervisors are there to provide information and guidance, but cannot provide one-on-one supervision. Enjoy a relaxed atmosphere with more supervision than general classes, but if you are a beginner, please sign up for Woodworking Beginners first.

Prerequisite: Woodworking Beginners and Waiver form. *Instructors: Margaret, Peter & Bruce.*

Tue  
Jan 4 - Feb 3 1 - 4 p.m.  
**113642** \$30

Tue  
Feb 8 - Mar 22 1 - 4 p.m.  
**113655** \$42

### Woodworking: Woodturning Level 2 Intermediate

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

Fri  
Jan 7 - Feb 4 9 a.m. - 12 p.m.  
**113650** \$30

Fri  
Feb 11 - Mar 25 9 a.m. - 12 p.m.  
**113662** \$42

### Woodworking: Woodcarving A.M.

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

Thu  
Jan 6 - Feb 3 9 a.m. - 12 p.m.  
**113647** \$30

Thu  
Feb 10 - Mar 24 9 a.m. - 12 p.m.  
**113659** \$42

### Woodworking: Woodcarving P.M.

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

Thu  
Jan 6 - Feb 3 1 - 4 p.m.  
**113648** \$30

Thu  
Feb 10 - Mar 24 1 - 4 p.m.  
**113660** \$42

## SOCIAL

### Language: French Conversation

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

Wed  
Jan 5 - Feb 2 10 - 11:30 a.m.  
**113305** \$12.50

Wed  
Feb 9 - Mar 23 10 - 11:30 a.m.  
**113306** \$17.50

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

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

Tue  
Jan 1 - Feb 1 10:30 a.m. - 12:30 p.m.  
**113303** \$12.50

Tue  
Feb 8 - Mar 22 10:30 a.m. - 12:30 p.m.  
**113304** \$17.50

### Language: Spanish Beginners 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. No textbook required.

*Instructor: Elias M.*

Thu  
Jan 6 - Feb 3 4 - 5:30 p.m.  
**113309** \$75

Thu  
Feb 10 - Mar 24 4 - 5:30 p.m.  
**113310** \$105

### Language: Spanish Advanced with Elias

This class is the highest level of our Spanish classes and 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 the previously acquired knowledge. Conversation time accounts for 100% of the class time. No textbook required.

*Instructor: Elias M.*

Mon  
Jan 3 - Jan 31 4 - 5:30 p.m.  
**113307** \$75

Mon  
Feb 7 - Mar 21 4 - 5:30 p.m.  
**113308** \$90

### Language: Spanish - Social Conversation

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

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

**Language: Farsi**

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

Tue  
Jan 4 - Feb 1 4:30 - 5:30 p.m.  
**112762** \$12.50

Tue  
Feb 8 - Mar 22 4:30 - 5:30 p.m.  
**113697** \$17.50

**Writers' Circle**

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

Mon  
Jan 3 - Jan 31 1 - 3 p.m.  
**113312** \$12.50

Mon  
Feb 7 - Mar 21 1 - 3 p.m.  
**113313** \$15

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

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

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

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

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

\$2.50 per person each time

**Creative Writing with Richard**

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

Thu  
Jan 6 - Feb 3 1:30 - 3:45 p.m.  
**113314** \$65

Thu  
Feb 10 - Mar 24 1:30 - 3:45 p.m.  
**113315** \$91

**Hot Topics - International Affairs**

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

Fri  
Feb 11 - Mar 25 1 - 2 p.m.  
**113316** \$28

**Book Club - Afterwords**

Join two retired librarians who will select thought-provoking titles (fiction and sometimes non-fiction), and lead the group in riveting discussions. If you're up for a lively debate, and enjoy sharing your opinion - we hope you can join us! Reading list available upon registration at the Seniors' Activity Centre front desk. Group meets on First Friday of each month starting in February.  
*Leaders: Julia H. and Elizabeth A.*

Fri  
Feb 4, Mar 4, 10:15 a.m. - 12:15 p.m.  
April 1 & May 6  
**113698** \$10

**Flight Simulation**

Come fly with us! Join other aeronautical enthusiasts who meet bimonthly on the second and fourth Friday of the month. Please register each time you want to come, by going on line, calling 604-925-7280 or at the front desk.

Fri  
Jan 14, 28, 10:15 a.m. - 12:15 p.m.  
Feb 11, 25 \$2.50

**Bridge: Bridge Basics 2  
with Stephen**

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

Tue  
Jan 4 - Feb 1 3:30 - 5:30 p.m.  
**113398** \$75

Tue  
Feb 8 - Mar 22 3:30 - 5:30 p.m.  
**113399** \$105

**Bridge: Topics and Supervised  
Play with Stephen**

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

Wed  
Jan 5 - Feb 2 3:30 - 5:30 p.m.  
**113400** \$75

Wed  
Feb 9 - Mar 23 3:30 - 5:30 p.m.  
**113401** \$105

## FABRIC ARTS

### Fabric: Knitting

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

Tue  
Jan 4 - Feb 1      9 a.m. - 12 p.m.  
**113668**      \$12.50

Tue  
Feb 8 - Mar 22      9 a.m. - 12 p.m.  
**113669**      \$17.50

### Fabric: Quilting Workshop or Studio Time

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

Tue  
Jan 4 - Feb 1      1 - 4 p.m.  
**113670**      \$12.50

Fri  
Jan 7 - Feb 4      1 - 4 p.m.  
**113676**      \$12.50

Tue  
Feb 8 - Mar 22      1 - 4 p.m.  
**113673**      \$17.50

Fri  
Feb 11 - Mar 25      1 - 4 p.m.  
**113677**      \$17.50

### Fabric: Quilting Bee

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

Fri  
Jan 7 - Feb 4      9 a.m. - 12 p.m.  
**113681**      Free (please register)

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

### Fabric: Wed Craft Group

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

Wed  
Jan 5 - Feb 2      9 a.m. - 12 p.m.  
**113674**      Free (please register)

Wed  
Feb 9 - Mar 23      9 a.m. - 12 p.m.  
**113675**      Free (please register)

### Fabric: Quilting Open Drop-In

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

Sat  
Jan 9 - Feb 5      9 a.m. - 12 p.m.  
**113678**      \$12.50

Sat  
Feb 12 - Mar 26      9 a.m. - 12 p.m..  
**113679**      \$17.50

## SPORT

### Table Tennis

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

Mon/Wed/Fri/      1 - 2:45 p.m.  
**NEW** Sat  
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.

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

### Billiards

Monday to Saturday  
Times likely to change in 2022.  
Registered Drop-in      \$2/game

## WELLNESS

### Langara Massages are back!

Enjoy a 45-minute massage performed by Langara College students. Register for your spot. Maximum six spots per time slot. Arrive 15 minutes early to complete paperwork. No ICBC claims. For more info

**cbrandson@westvancouver.ca**

Wed      9:30 a.m., 10:45 a.m., 12 p.m.  
Jan 19 - Apr 20

### Mindfulness Meditation

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

Mon  
Jan 3 - Jan 31      12:30 - 1:30 p.m.  
**113687**      \$12.50

Fri  
Jan 7 - Feb 4      12:30 - 1:30 p.m.  
**113692**      \$12.50

Mon  
Feb 7 - Mar 21      12:30 - 1:30 p.m.  
**113690**      \$15

Fri  
Feb 11 - Mar 25      12:30 - 1:30 p.m.  
**113693**      \$17.50



## OUTDOOR ACTIVITIES

*An Assumption of Risk is required before participating in outdoor sports.*

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

For a listing of what's happening each month visit [westvancouverrec.ca/recschedules](http://westvancouverrec.ca/recschedules) and view the Seniors' Activity Centre's **Outdoor Sports** schedule under the 'Schedules' tab or inquire at the front desk. *If a program is full please sign up on the waitlist as we may open up more spaces if we have enough volunteer support.*

In January, *Discover Trails* and *Tuesday Hikers* will be amalgamating to offer more options to people!

### Hikers: Discover Trails (Tuesdays and Thursdays combo)

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

Tue/Thu  
Jan 4 - Mar 31 9 a.m. - 12:30 p.m.  
**114029** \$26

### Hikers: Explorers

We are taking a pause until Spring! See you then.

### **NEW** Bird Walk

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

Tue  
Jan 4 - Feb 1 10 a.m. - 12 p.m.  
**113331** \$25

Tue  
Feb 8 - Mar 22 10 a.m. - 12 p.m.  
**113332** \$35

### Ramblers

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

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

### Hikers: Thursday Advanced

Hike with the advance group on Thursdays throughout the year! The Thursday Hikes (year-round) are 6 to 9 hours and 12 to 25 km. Hikes are posted on the rec schedules website and list the elevation gain and details of the hike. You must carry your own food, water, and wear hiking boots. Bring spare clothes and something to sit on. Email or call Caroline at [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca) before registering, to ensure you're registered in the right group.

Thu  
Jan 7 - Dec 23 9 a.m. - 5 p.m.  
**114030** \$15

### Cross Country Ski and Snowshoe Group

Do you enjoy cross-country skiing or snowshoeing? Join a group of experienced outdoor enthusiasts who go up twice a week to the Hollyburn Nordic Area on Cypress Mountain to enjoy winter sports with friends. Trails are patrolled, but come fully prepared as conditions may vary. Register to be part of the group and pay for the bus each time you go up the hill. A trail ticket or pass is required for skiing and snowshoeing in the ski area boundary. For more information ask [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca).

Wed/Fri  
Jan - March 9 a.m. - 1 p.m.  
**113325** \$7.50

*Please note: You will need to re-register in January for this group, as it doesn't extend from 2021 to 2022.*



### Cycling: Turtles - 2022 Annual Registration

The Turtles group is composed of people in their 70s and 80s who enjoy a relaxing social ride. We ride Tuesday and Thursday mornings and almost all our rides are in metro Vancouver and the North Shore. There are usually two options, a short (15 to 25 km) and a long (35 to 50 km) riding option. We ride at between 16 to 18 km/hr. New members welcome. If you are new or would like more info contact [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca)

Tue/Thu  
Apr - Oct 9 a.m. - 12 p.m.  
**113326** \$30

### Cycling: Easy Riders - 2022 Annual Registration

Stay fit, have fun, and ride safely. We schedule our Tuesday rides from April until the end of October. Off-season we meet for coffee; when weather permits there may be a ride. Rides range 35 to 70 km at an average pace of 15 to 20 km/hr. Riders must be comfortable riding in a group in various traffic conditions. We ask participants to keep their bikes maintained. For more info email [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca)

Tue  
Jan - Dec 10 a.m. - 2 p.m.  
**113327** \$15

### Cycling: Coast Riders - 2022 Annual Registration

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

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

#### PROGRAM PARTICIPATION NOTE

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

### Cycling: Silver Wheels - 2022 Annual Registration

The Silver Wheels Cycling Group is for intermediate skill level riders and operates on Monday and Thursday mornings year-round. Rides range from 4 to 5 hours (with a coffee stop) in small groups according to ability level. Rides are social with emphasis on safe cycling on roads and bike paths including major bridge crossings and gravel. Group trip speeds vary by ability level, averaging 17 to 22 km/hr. Routes vary by season, details are published on the rec schedules website. For more info, contact Caroline [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca).

Mon/Thu  
Jan - Dec 9 a.m. - 1 p.m.  
**113329** \$30

### Cycling: NorWest Cycle- 2022 Annual Registration

Join the NorWest cyclists, a group of experienced and physically fit cyclists who ride Wednesday and Friday. Rides range from 50 to 75 km and riders must be able to sustain a moderate pace of 23 to 25 km/hr on the flats and be comfortable riding in traffic. Rides start at 9 a.m. during Daylight Savings Times and 10 a.m. during winter months. Further details about the club intake protocol provided upon registration. For more info, contact Caroline [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca).

Mon/Wed  
Jan - Dec 9 a.m. - 1 p.m.  
**113330** \$30

## TRIPS

### Tea & Trumpets (season ticket holders - bus only)

Hop on our bus to Tea and Trumpets. You will need to have your own tickets for the performance, this is just transportation to the Orpheum and back.

Thu 12:30 - 4:30 p.m.  
Jan 13, Feb 3, Mar 3, Mar 24 & May 19  
**112763** \$25

### Tea & Trumpets (individual bus booking)

We will be running a bus to all the performances of Tea & Trumpets at the Orpheum. Register each bus trip separately.

Thu	12:30 - 4:30 p.m.	\$7
<b>112763</b>	Jan 13	
<b>112764</b>	Feb 3	
<b>112767</b>	Mar 3	
<b>112768</b>	Mar 24	
<b>TBC</b>	May 19	

### 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 shuttle service is available by donation every Tuesday, Thursday, and Saturday from 9 a.m. to 3:30 p.m.**

In January, the bus route will be changing and you will no longer need to call in to book a pick-up, merely wave at the driver. For additional details regarding the route, and to know when to get on, call 604-925-7280

To download the Shuttle Bus brochure with schedule, visit [westvancouver.ca/seniors](http://westvancouver.ca/seniors).



# FITNESS PROGRAMS

## GROUP FITNESS ACTIVITY LEVELS

### MILD

#### Low cardio

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

### MODERATE

#### Fair amount of cardio

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

### STRENUOUS

#### High level of cardio

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

## GROUP FITNESS

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

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

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

### Chairobics

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

Tue & Thu  
Jan 4 - Feb 3                      1 - 2 p.m.  
**113440**                                      \$35



### Beginner Yoga

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

Mon  
Jan 3 - 31                      4:30 - 5:45 p.m.  
**113477**                                      \$35

### - Chair Yoga

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

Tue  
Jan 4 - Feb 1                      12 - 1:15 p.m.  
**113439**                                      \$31.25

Thu  
Jan 6 - Feb 3                      12 - 1:15 p.m.  
**113438**                                      \$31.25

### - Chair Pilates

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

Wed  
Jan 5 - Feb 2                      10:10 - 11:10 a.m.  
**113437**                                      \$31.25

### - Standing Strength & Balance

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

Wed  
Jan 5 - Feb 2                      10:30 - 11:25 a.m.  
**113510**                                      \$22.50

Fri  
Jan 7 - Feb 4                      11:35 a.m. - 12:25 p.m.  
**113509**                                      \$22.50

### - Stay Fit For Men

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

Mon & Thu  
Jan 3 - Feb 3                      8 - 8:55 a.m.  
**113511**                                      \$50

### - 20/20/20

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

Mon  
Jan 3 - Jan 31                      10:05 - 11 a.m.  
**113447**                                      \$21.25

Wed  
Jan 5 - Feb 2                      10:05 - 11 a.m.  
**113448**                                      \$21.25

Fri  
Jan 7 - Feb 4                      10:05 - 11 a.m.  
**113446**                                      \$21.25

## REHAB & PREHAB

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



### SENIORS PERSONAL TRAINING

For details please call Eric Bagnall at 604-921-2903 or email [ebagnall@westvancouver.ca](mailto:ebagnall@westvancouver.ca). Sessions are 55 minutes in duration.

### PROGRAM PARTICIPATION NOTE

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

## OUTREACH PROGRAMS

### Keeping Connected Programs

The Seniors' Outreach department provides recreation and social programs for seniors in the community who are experiencing loneliness, isolation, physical limitations, and early memory loss.

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

For more information contact Helen or Stephanie: 604-925-7208.

For program dates, times, and more please visit [westvancouverrec.ca/keepingconnected](http://westvancouverrec.ca/keepingconnected). Programs will be added as we go so please check back frequently for updates.

### Keeping Connected Outreach

*Are you or a loved one feeling isolated? Allow our compassionate and knowledgeable team of volunteers to help you explore your options.* It can be as simple as a cheerful phone call, a home visit, or a ride to a medical appointment (please provide one week's notice). We can also suggest fun activities to expand your social life. Kindness and compassion are free of charge. Call 604-925-7280 for more details.

### Put Your Best Foot Forward Podiatry Clinic, Nexgen Hearing Clinic and more!

\$15 per session or donations are welcome.



### NEW Keeping Connected - Daybreak

Join us for a new program for those living with Alzheimer's. Participate in two hours of activities that include reminiscing, playing games, creating art, and appreciating life together. Our goal is to promote independence, choice, well-being, and person-centred care. This class is hosted by a qualified and compassionate caregiver. A morning snack will be provided. *\*Requirement: pre assessment with Helen or Stephanie. Call 604-925-7211 to arrange.*

Mon - 31	10 a.m. - 12 p.m.
<b>113667</b>	\$100

### NEW Keeping Connected - Shared Spaces

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

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

<b>113671</b>	Jan 3 - 6
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<b>114340</b>	Jan 10 - 13
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<b>114341</b>	Jan 17 - 20
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<b>114342</b>	Jan 24 - 27
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<b>114343</b>	Jan 31 - Feb 3
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### **NEW** Keeping Connected - Gratitude Circle

Start your day with your head high and heart open. Practice living with gratitude—it is a powerful and transformative tool. Join us for a morning meditation and set your good intentions for the day.

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

**113680** Jan 4

**114677** Jan 11

**114679** Jan 18

**114680** Jan 25

**114681** Feb 1

### **Keeping Connected - Stretch and Movement**

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

Mon 1:30 - 2:30 p.m.  
**113683** \$50

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

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

Mon 1:45 - 2:45 p.m.  
**113686** \$43

### **Keeping Connected - Adapted Chair Yoga**

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

Tue 11:45 a.m. - 12:45 p.m.  
Jan 4 - Feb 1 **113685** \$50

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

Join us for a class that encompasses functional fitness, exercise and balance, games and fun with friends. This is a dementia friendly class, for those experiencing early stages of memory loss. Caregivers welcome.

Tue 1:30 - 3 p.m.  
Jan 4 - Feb 1 **113691** \$60

Thu 1:30 - 3 p.m.  
Jan 6 - Feb 3 **113694** \$60

### **Keeping Connected - Keep on Moving**

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

Wed 10 - 11 a.m.  
Jan 5 - Feb 2 **113695** \$20

### **Keeping Connected - Keep Well**

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

Wed 11:15 a.m. - 12:15 p.m.  
Jan 5 - Feb 2 **114033** Free (please register)

### **Keeping Connected - Ladies' Social Club**

Ladies, join this social group to enjoy discussion, mental aerobics, games, and entertainment. Tea and snacks at 2 p.m. A lively bunch with never a dull moment.

Wed 1:30 - 3 p.m.  
Jan 5 - Feb 2 **114034** \$27.50 for 5 sessions

### **Keeping Connected - Men's Club**

This group of gentlemen meet weekly for a lively discussion around any topic; music, reminiscing, current affairs, and games. Enjoy mental stimulation and social connections.

Thu 10:30 a.m. - 12 p.m.  
Jan 6 - Feb 3 **114035** \$30 for 5 sessions

### **Keeping Connected - Caregivers' Support Group**

The group meets weekly to help caregivers navigate the ever-changing challenges that dementia brings. It is a safe setting for sharing information, insight, advice and encouragement. We provide an opportunity to learn from others who face the same challenges, and allow you to talk about your experiences. Please contact Helen Murphy 604-925-7211 to join.

Thu 10:30 a.m. - 12 p.m.  
Jan 6 - Feb 3 **114036** \$10

### **Keeping Connected - 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 10 - 11 a.m.  
Jan 7 - Feb 4 **114037** \$32.50

Fri 11:15 a.m. - 12:15 p.m.  
Jan 7 - Feb 4 **114038** \$32.50



### Keeping Connected - Minds in Motion

Exercise your body and mind! This partnership program with the Alzheimer's Society is a fitness class and social program for people experiencing early stage memory loss. Participants must attend with a family member, friend or caregiver.

To register, please contact Helen at 604-925-7211 or Stephanie at 604-925-7208.

Fri 1:30 - 3:30 p.m.  
Jan 14 - Mar 4 \$48

### **NEW** Keeping Connected - Wellness Visits

Keeping on top of staying well includes taking care of your body. Join us on a monthly basis for rotating clinics dedicated to hearing, podiatry, blood pressure checks, eye care, and pharmacy information.

### Keeping Connected - 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 10 - 12 p.m.  
Jan 7 - Feb 4 \$62.50  
**114039**

### Keeping Connected - Screen Time for Seniors

Come to the SAC and make friends with your electronic device! Students from Collingwood School have volunteered to help those who need to learn more about their iPad, iPhone, or other device.

There will be a one-to-one pairing ratio. Learn about Facetime, QR codes, logins/passwords, and more. Come with your device and a problem to solve and we can help!

Ongoing Monthly 4:30 - 5:30 p.m.  
Marine Room Free

### Fire, Falls, and Fraud

Join us for a seminar on fire safety, how to prevent falls, and prevent fraud presented by speakers from West Vancouver Fire and West Vancouver Police. Short Q&A to follow along with refreshments.

Thu 1:30 - 3 p.m.  
Jan 27 Free  
**114923**



### COMMUNITY NAVIGATOR TRAINING

#### Keeping Connected - Navigator Orientation session

Interested in becoming a volunteer Seniors Community Navigator?

*Attend our upcoming orientation!*

**Location:** Seniors' Activity Centre AV Room

**Presenter:** Leya Eguchi from Hollyburn Family Services

The volunteer Seniors' Community Navigator Program includes extensive training and support so you can effectively help seniors age in place and thrive in your community.

**Mon, Jan 4  
1:30 - 2:30 p.m.  
114834**

To register call 604-925-7280  
Register online:

<https://bit.ly/3rAxw4w>

## PROGRAMS AT THE WEST VANCOUVER MEMORIAL LIBRARY

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

### Computer Essentials

This three-part series is a gentle introduction to using a Windows (PC) computer.

Wed 11 a.m. - 12:30 p.m.  
Jan 12 - 26 The Lab Free

### Cookbook Club

Test out different cookbooks, share your favourite recipes and cooking adventures, and make new friends along the way. *February's theme is Winter Baking: Sweet and Savoury.*

Tue 2 - 3 p.m.  
Feb 22 Welsh Hall Free

### Book Club Socials

Explore your passion for books while discussing interesting titles with new friends at our monthly Book Club Social. We'll discuss *Fredrik Backman's Beartown* in January and Seth Klein's *A Good War* in February.

Tue 11 a.m. - 12 p.m.  
Jan 11 & Feb 8 Welsh Hall Free

### North Shore Wildlife (virtual)

We share the North Shore with black bears, coyotes, and cougars. Learn more about the amazing wildlife of the North Shore with Luci Cadman, Executive Director for the North Shore Black Bear Society.

Wed 7 - 8:30 p.m.  
Feb 16 Virtual (via Zoom) Free

# GARDEN SIDE CAFÉ LUNCHES

## JANUARY

### SATURDAY, JANUARY 1

CLOSED

### SUNDAY, JANUARY 2

Take-out service only

### MONDAY, JANUARY 3

Bangers And Mashed served with Caramelized Onions, Gravy and Cranberry Mango Salsa

### TUESDAY, JANUARY 4

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

### WEDNESDAY, JANUARY 5

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

### THURSDAY, JANUARY 6

Mediterranean Turkey Chili with Romaine Salad, Dinner Roll

### FRIDAY, JANUARY 7

Baked Fish on Ratatouille, Rice

### SATURDAY, JANUARY 8 & SUNDAY, JANUARY 9

Take-out service only

### MONDAY, JANUARY 10

BBQ Chicken Leg, Rice Pilaf, Mexican Corn

### TUESDAY, JANUARY 11

Sweet & Sour Pork, Rice, Steamed Broccoli

### WEDNESDAY, JANUARY 12

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

### THURSDAY, JANUARY 13

Brunch at Eleven

### FRIDAY, JANUARY 14

Curried Basa, Rice Pilaf, Mexican Corn

### SATURDAY, JANUARY 15 & SUNDAY, JANUARY 16

Take-out service only

### MONDAY, JANUARY 17

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

### TUESDAY, JANUARY 18

Vegetarian Lasagna, Tossed Salad

### WEDNESDAY, JANUARY 19

Chicken a la King, Rice Pilaf, Green Beans

### THURSDAY, JANUARY 20

Cabbage Rolls with Pierogis and Sour Cream, Salad

### FRIDAY, JANUARY 21

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

### SATURDAY, JANUARY 22 & SUNDAY, JANUARY 23

Take-out service only

### MONDAY, JANUARY 24

Pork Goulash, Parslied Potatoes, Seasonal Vegetables

### TUESDAY, JANUARY 25

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

### WEDNESDAY, JANUARY 26

Spaghetti Bolognese, Tossed Salad, Garlic Bread

### THURSDAY, JANUARY 27

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

### FRIDAY, JANUARY 28

Fish Burger, Oven Fries, Coleslaw

### SATURDAY, JANUARY 29 & SUNDAY, JANUARY 30

Take-out service only

### MONDAY, JANUARY 31

BBQ Pulled Pork with Mac & Cheese, Vegetables

## FEBRUARY

### TUESDAY, FEBRUARY 1

Swedish Meatballs with Linguine, Duo of Beets Salad

### WEDNESDAY, FEBRUARY 2

Teriyaki Chicken Thighs, Rice, Stir Fry Vegetables

### THURSDAY, FEBRUARY 3

Liver & Onions

### FRIDAY, FEBRUARY 4

Baked Cod with Rustic Tomato Vegetable Sauce, Rice

### SATURDAY, FEBRUARY 5 & SUNDAY, FEBRUARY 6

Take-out service only

### MONDAY, FEBRUARY 7

Pork and Vegetable Stew, Dinner Roll, Green Beans

### TUESDAY, FEBRUARY 8

Spaghetti Bolognese (meat sauce), Garlic Toast, Salad

### WEDNESDAY, FEBRUARY 9

Grilled Chicken Adobo, Rice, Roasted Yams and Carrots

### THURSDAY, FEBRUARY 10

Roast Pork Loin, Mushroom Sauce, Potatoes, Vegetables

### FRIDAY, FEBRUARY 11

Alaskan Pollock with Chunky Tomato Sauce, Rice Pilaf, Green

### SATURDAY, FEBRUARY 12 & SUNDAY, FEBRUARY 13

Take-out service only

### MONDAY, FEBRUARY 14

Chicken Curry, Rice, Vegetables

### TUESDAY, FEBRUARY 15

Pork Paprika with Linguine, Mixed Greens

### WEDNESDAY, FEBRUARY 16

Chili Con Carne, Cornmeal Muffin, Mixed Greens

### THURSDAY, FEBRUARY 17

Lasagna al Forno, Salad

### FRIDAY, FEBRUARY 18

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

### SATURDAY, FEBRUARY 19 & SUNDAY, FEBRUARY 20

Take-out service only

### MONDAY, FEBRUARY 21

CLOSED

### TUESDAY, FEBRUARY 22

Sweet & Sour Chicken, Rice, Vegetables

### WEDNESDAY, FEBRUARY 23

Spaghetti Bolognese, Tossed Salad, Garlic Bread

### THURSDAY, FEBRUARY 24

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

### FRIDAY, FEBRUARY 25

Fish Burger, Oven Fries, Coleslaw

### SATURDAY, JANUARY 26 & SUNDAY, JANUARY 27

Take-out service only

### MONDAY, FEBRUARY 28

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



**CEDAR  
LIVING**  
REDEFINE  
RETIREMENT

## A HOME TO REDEFINE THE RETIREMENT FOR WEST VANCOUVER

YOUR FEEDBACK IS NEEDED

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

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

# She Held Their Hands



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

- Margot Ware, Shylo Owner/Director

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



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



Veterans Affairs  
Canada



BLUE CROSS



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