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# THE SCENE

*A West Vancouver Seniors' Activity Centre Publication*

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volunteers

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*west vancouver*



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West Vancouver, BC V7V 4A7

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

## HOURS OF OPERATION July 2 to August 5

### Registered Programs

Monday - Saturday 8:30 a.m. - 4 p.m.  
Sunday CLOSED  
(Take-out food service only)

## CAFETERIA & TAKE-OUT FOOD SERVICE

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

## SENIORS' HELPLINE 604-925-7280

Monday - Saturday 8:30 a.m. - 4 p.m.

### Please note the following closures:

The Seniors' Activity Centre will be closed August 29 - September 5 for the Annual Facilities Improvement Projects. The cafeteria take-out food service will remain open Monday to Saturday, 10 a.m. - 2 p.m. The facility will reopen for Fall programs on Tuesday, September 6.

## EDITORIAL

**Editors** Sabina Kasprzak, Michiko Araki

**Advertising** Sabina Kasprzak

**Publisher** District of West Vancouver

**Print** Still Creek Press

**Cover photo** Larry Olkovic

## 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](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.

## RECOGNITION OF FUNDING DONORS

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

# WELCOME TO THE SCENE

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

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

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

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

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

## BECOME A SAC MEMBER!

Purchase your annual membership today at the front desk and ask about the many benefits! (Cost: \$38). Non-members are welcome to participate in some programs at a higher rate. Ask at the front desk. If you see a non-member rate listed next to a program this means that the program is open to non-members (space-permitting).

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

## DID YOU KNOW?

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

## REFUNDS

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

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

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

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

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

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

**FitPass and Pottery Pass Refunds** A pro-rated refund will be given to Annual FitPass holders after a minimum of five (5) months. No refunds will be given for one-month, three-month or 10-visit FitPasses and Pottery Passes. No extensions.

## ON THE COVER

Volunteers are the heart of our centre!  
Read article on page 15.



**John Watson** | *Chair*

## MESSAGE FROM THE ADVISORY BOARD CHAIR

Your Advisory Board has taken on several interesting projects this year. One of them is the Program Research project, looking into seniors' programs in other jurisdictions (including in other countries) to see what we might try here. The fact that many of our members are well travelled and spend time in other parts of the world means that they are potentially exposed to a wide range of programs. Back home, our programming staff does a wonderful job organizing and overseeing our activities, however their current workloads allow very limited time to do this kind of research. Staff have expressed their enthusiasm about Board members Neil Carrol, Barb Graham, and June Earle taking on this project. Neil, Barb, or June may be in touch with you to harvest ideas that you may have encountered during your travels. We look forward to enjoying the fruits of their research.

Another project that we are calling "What If" was originally proposed by Vicki Lee at the West Vancouver Library and aims to explore the creation of guides for individual seniors, addressing potential challenges that life could bring, and what plans should be in place before they occur. Board member Fiorenza Albert-Howard has volunteered to work with Vicki on this.

Further, we have Board members Jain Verner, Melanie Hess, and Audrey Sojonky working on revisions to our constitution, bylaws, and mission statement. This is a challenging task and their work will be brought to the board and the members of the centre before it is finalized.

The last project I would like to mention is the Board Orientation project. Board members Sheila Lamb and Audrey Sojonky are preparing a package for new Board members to help familiarize them with their responsibilities and assignments.

I hope you are enjoying the summer.

— **John**



**Alison Gelz**  
*Youth & Seniors'*  
*Services Manager*



**Davida Witala**  
*Community*  
*Recreation*  
*Supervisor*

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

As we enjoy the summer months at the Centre, we also look forward to another season of change—we have some exciting Fall updates to share! The beloved Activity Room will be back in full swing with a variety of programs, dances, and events starting in September and the newly relocated and updated Fabric Arts & Crafts Room will be reopening. Members will also be invited to celebrate the grand opening of the new Frank Kurucz Rehabilitation Studio (date to be confirmed) which will enhance the Centre's programs and services for years to come. The Garden Side Café will continue offering daily lunch and food take-out service with dinners starting soon. Finally keep an eye out for the Centre being open on Sundays starting September 11! We will be busy this summer with planning and preparing, and we look forward to seeing you back in "Fall" swing!

—**Alison & Davida**

# OUR PROGRAM & ASSISTANT PROGRAM COORDINATORS



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*District-wide Volunteer Services  
Program Coordinator*  
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volunteer@westvancouver.ca



**VOLUNTEERS**  
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**Caroline Brandson**  
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**FEED THE NEED MEAL  
DELIVERY PROGRAM**  
**Hannah Rennie**  
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hrennie@westvancouver.ca



**SENIORS ADVOCATE &  
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**SENIORS OUTREACH & KEEPING  
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**HEALTH & FITNESS - GROUP  
FITNESS, CYCLEFIT, YOGA, ZUMBA**  
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**FOOD SERVICES &  
GARDEN SIDE CAFE**  
**Lou Novosad**  
*Food Service  
Program Coordinator*  
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## 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 [westvancouverrec.ca/connect](http://westvancouverrec.ca/connect) 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 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!**

All volunteers at the Seniors' Activity Centre will need to first complete the District's Volunteer Orientation process. If you are volunteering with us, and suddenly cannot make your shift, please call Volunteer Services at 604-925-7288, or text 604-202-8694, or call the Seniors' Activity Centre during office hours at 604-925-7280.

## VOLUNTEER ORIENTATION

***If you are interested in joining our volunteer team, please ensure you have a BC Care Card or BC Services Card with Personal Health Number and proof of vaccination against Covid-19 before signing up for an upcoming Adult Volunteer Orientation.***

If you are unsure, please contact [volunteer@westvancouver.ca](mailto:volunteer@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 receipt with 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.

## VOLUNTEER DISHWASHER ASSISTANTS NEEDED

Monday to Friday  
12:30 to 2:30 p.m.

Dishwasher Assistants scrub pots, wash dishes, and put away clean dishes in tandem with the dishwasher. Training is provided! This is the most essential position of any kitchen, so if you like to stay busy, please consider donating a few hours to help feed your community!

## VOLUNTEERS - SUBSTITUTES NEEDED IN ALL ROLES

*Give back by volunteering at the Seniors' Activity Centre today!*

### MORNINGS

- **Baker's Support** - 8 to 10 a.m.
- **Opener** - 8 to 11 a.m.
- **Food Packers** - 8:30 to 11 a.m.
- **Barista** - 8:30 to 11:30 a.m.

### MID-DAY AND AFTERNOONS

- **Dishwasher Assistants** - 12:30 to 2:30 p.m.
- **Barista** - 11 a.m. to 1:30 p.m. and 1:30 to 3:30 p.m.
- **Closer** - 1 to 3 p.m.
- **Servers** - 11 a.m. to 2 p.m.

## COLLECTING INTEREST: Weekends

We are collecting interest for cafeteria roles on Saturday and Sundays. Training will be Monday to Friday during the week. Pick up a pamphlet at the front desk today!

If you wish to volunteer or learn more about the available roles, email us your availability during the week to [scvolunteers@westvancouver.ca](mailto:scvolunteers@westvancouver.ca) or call 604-925-7288.

## VOLUNTEER ADVISORY COMMITTEE Guests are welcome!

The Seniors' Activity Centre Volunteer Advisory Committee is a group of dedicated volunteers who collect feedback and advocate to create a positive volunteer experience within the Centre. Guests are invited to sit in on the Committee meetings which take place on the 3rd Thursday of each month. Email [scvolunteers@westvancouver.ca](mailto:scvolunteers@westvancouver.ca) to be added to the list.

**Harmony Arts Festival** is returning Friday, July 29 - Sunday, August 7, 2022. If you are interested in volunteering at the festival, please contact [volunteer@westvancouver.ca](mailto:volunteer@westvancouver.ca) or call 604-913-2703.

## Volunteer Advisory Roundtable

Look for updates in the fall [westvancouver.ca/volunteeradvisory](http://westvancouver.ca/volunteeradvisory)

## STUDIO 55 70's DISCO DANCE PARTY!



Are you ready for a dance party at the Seniors' Activity Centre? Dust off your best 70s costume and boogie with us in September!

Keep an eye out for the date in the August SAC E-news!

Tickets will be sold in advance, everyone welcome.

Get your dancing shoes ready, and stay tuned!

# GARDEN SIDE CAFÉ



## Dine-In Lunch Service

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

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

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

## Take-out Food Service

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

Monday – Friday  
9 a.m. – 2 p.m.

Saturday – Sunday  
10 a.m. – 2 p.m.

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

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

## Garden Side Café Special Entrees

Keep an eye out for our special entrees in July and August.

Entrée: \$7.50 members  
(\$10.71 non-members)  
Dessert: \$3.75 members  
(\$5.36 non-members)

### July – Canada Day Thursday, June 30

- Entrée: Roast Beef with Yorkshire Pudding and Gravy, Mashed Potatoes, PEI Blend Vegetables
- Dessert: Strawberry Cheesecake

### August – BC Day Sunday, July 31

- Entrée: Baked Salmon with Tomato & Leek Sautee, Roasted Potatoes, Fresh Spinach and Kale
- Dessert: Crème Caramel



## Mario's Gelati Ice Cream

Did you know?  
We sell Mario's Gelati Ice Cream in the cafeteria. Stop by the ice cream cooler and try an assortment of cool summer treats!

## Upcoming Registration Dates

Mark your calendars!

Registration for programs starting in July opened on **Wednesday, June 15.**

Registration for programs starting in August opens on **Wednesday, July 13.**

## NEW RISE AND SMILE

### Home-made Pizza by Chef Simone

#### Pizza Dough Ingredients

- 1 cup (250 ml) warm water
- 1 teaspoon (5 ml) instant yeast
- 1 teaspoon (5 ml) sugar
- 2 cups (300 g) all-purpose flour
- 1 teaspoon (5 ml) salt

#### Preparation

1. In a bowl, combine the water, yeast, and sugar. Let stand until the mixture foams on top, about 5 minutes.
2. In a food processor, it is important to work with the plastic blade or the dough hook. Combine the flour and salt. Increase the speed to medium and add the yeast mixture until a soft ball forms.
3. Remove the dough from the bowl and knead for a few minutes on a floured surface to prevent sticking.
4. Place in a lightly oiled bowl and cover with a clean cloth. Let the dough rise for about 30 minutes in a warm and draft-free area. Cut the dough in half.
5. Use the pizza dough immediately or refrigerate it (less than 48 hours), otherwise place it in an airtight bag and freeze.

This recipe will make two 23-cm (9-inch) thin-crust pizzas or two 20-cm (8-inch) thicker crust pizzas.

Add your favourite toppings, bake, and enjoy!

## MEMBERSHIP INCENTIVE SURVEY— WE NEED YOUR FEEDBACK!



We are looking for your ideas and suggestions. What types of incentives would encourage you to join the Seniors' Activity Centre, or re-join if you are a past member whose membership has expired?

Share your creative ideas with us by filling out our 'Membership Incentive Survey' available at the Seniors' Activity Centre front desk, starting on July 1.

# 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

### Painting: Studio Time (Term)

Enjoy some quality time in our air-conditioned studio this summer with friends and fellow artists. Collaborate with others while honing in on your painting skills! No Instruction.

Drop-in \$2.50  
Option to register for full summer term:

Tue 9 a.m. - 12 p.m.  
**126837** \$20

Wed 1 - 4 p.m.  
**126838** \$20

Thu 9 a.m. - 12 p.m.  
**126839** \$20

### Drawing: Advanced Expressive Life

Draw the human form in this draped figure and portrait studio program focusing on the basic elements, gesture, expressive drawing, proportion, line, tone/volume, and composition. Through practice, learn how to observe and capture the likeness and unique expression of the model in a pose. Explore colour with pastels. Live models provided.

Instructor: Shelley Rothenburger.

Fri  
Jul 15 - Aug 26 12:30 - 3:30 p.m.  
**125997** \$315

## MUSIC & DANCE

### Dance: Line Dancing

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

Mon  
Jul 4 - 25 4 - 5:30 p.m.  
Registered Drop-in \$4.50  
**124497** Jul 4  
**126094** Jul 11  
**126098** Jul 18  
**126102** Jul 25



### 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 \$2.75  
**125739** Jul 2  
**125740** Jul 9  
**125741** Jul 16  
**125742** Jul 23  
**125743** Jul 30  
**125744** Aug 6  
**125745** Aug 13  
**125756** Aug 20  
**125757** Aug 27

### Recorders: Intermediate

Are you already familiar with the recorder (soprano, alto, tenor, and bass) and looking to hone your skills? Join our informal, friendly, early music ensemble! Leader: Steve R.

Mon  
Jul 4 - 25 10:30 a.m. - 12 p.m.  
**125804** \$11

### Recorders: Advanced

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

Thu  
Jul 7 - 28 10:30 a.m. - 12 p.m.  
**125803** \$11

### Ukulele: Level 2 and Voice with JR

Do you like to sing, know a dozen chords, and a few songs? Join us for a fun and inspiring hour! Explore a wide range of song styles as you strum, fingerpick, and of course sing under the guidance of the instructor.

Thu  
Jul 7 - 28 11:15 a.m. - 12:15 p.m..  
**124434** \$63

### Dundarave Players

If you play an instrument and have a song to sing, let's band together! As the group expands, lead guitar, rhythm guitar, ukulele, bass, and keyboard players are encouraged to join. No instructor. Music and chords provided. During summer, please register for each day separately.

Tue 9:30 - 11:30 a.m.  
Registered Drop-in \$2.75  
**125799** Jul 5  
**125802** Jul 12  
**125901** Jul 19  
**125902** Jul 26  
**125903** Aug 2  
**125904** Aug 9  
**125905** Aug 16  
**125906** Aug 23



# WOODWORKING

**Woodworking: Level 1 Beginners & Woodturning for Beginners will resume in the Fall.**



## 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  
Jul 4 - Aug 22      9 a.m. - 12 p.m.  
**125806**      \$43.75

Wed  
Jul 6 - Aug 24      9 a.m. - 12 p.m.  
**125810**      \$50

Fri  
Jul 8 - Aug 26      9 a.m. - 12 p.m.  
**125821**      \$50

## Woodworking: Level 3 Advanced

Bring your woodworking venture to life! Prerequisite: 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  
Jul 4 - Aug 22      1 - 4 p.m.  
**125807**      \$ 43.75

Tue  
Jul 5 - Aug 23      9 a.m. - 12 p.m.  
**125808**      \$50

Wed  
Jul 6 - Aug 24      1 - 4 p.m.  
**125812**      \$50

Fri  
Jul 8 - Aug 26      1 - 4 p.m.  
**125822**      \$50

## Woodworking: Women's Session

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

Tue  
Jul 5 - Aug 23      1 - 4 p.m.  
**125809**      \$50

## Woodworking: Woodturning Level 2 Intermediate

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

Wed  
Jul 6 - Aug 24      9 a.m. - 12 p.m.  
**125811**      \$50

## Woodworking: Woodcarving (morning)

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

Thu  
Jul 7 - Aug 25      9 a.m. - 12 p.m.  
**125814**      \$48

## Woodworking: Woodcarving (afternoon)

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

Thu  
Jul 7 - Aug 25      1 - 4 p.m.  
**125815**      \$48

## VIRTUAL PROGRAMS

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

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

## PROGRAM PARTICIPATION NOTE

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



## LEARNING

**Garden Club**

Join fellow green thumbs and gardeners for a series of lectures on various topics. The presentations will be led by experts in various areas. Trips will also be planned to WIG, Loutet, and Delta, cost of bus additional.

Thu

Apr 21 - Sep 15 1:30 - 3 p.m.

\$50 for whole season or \$5 per session

Jul 7 Loutet Garden, North Van  
**122843** (Trip - bus is extra)

Jul 14 Native Plants of W. Australia  
**125955**

Jul 21 Earth Wise, Delta  
**122844** (Trip - bus is extra)

Jul 28 Irrigation  
**125957**

Aug 4 Myths and Lies  
**125958**

Aug 11 Work in garden beds

Aug 18 Galapagos  
**125959**

Aug 25 Dahlias, Ferncliffe, Mission  
**126318** (Trip - bus is extra)

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

Join us for a structured review session 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 10:30 a.m. - 12:30 p.m.

Registered Drop-in \$2.75

**124435** Jul 5

**124516** Jul 12

**124517** Jul 19

**124518** Jul 26

**124519** Aug 2

**124520** Aug 9

**124521** Aug 16

**124522** Aug 23

**Language: French Conversation**

Fine-tune your French and 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

Jul 6 - Aug 31 10 - 11:30 a.m.

**125973** \$22.50

**Language: Farsi**

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

Tue

Jun 7 - Jul 26 4:30 - 5:30 p.m.

**118997** \$20

**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 attend by going online, calling 604-925-7280, or registering at the front desk.

Fri 10:15 a.m. - 12:15 p.m.

Registered Drop-in \$2.50

**126201** Jul 8

**126202** Jul 22

**126203** Aug 12

**126204** Aug 26

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

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

Wed 3:30 - 5:30 p.m.

Registered Drop-in \$12.50

**123654** Jul 6

**123656** Jul 13

**123659** Jul 20

**Bridge: Intermediate 1 (Popular Conventions) with Stephen**

Learn more about the world's greatest card game. Each lesson combines discussion with lots of play. Find out why bridge becomes a life-long passion for enthusiasts, offering a unique combination of social occasion, fun and intellectual stimulation. This course is designed for those who have completed the Basic courses and anyone else who wants a structured review of the modern five-card major bidding system. Lesson hand-outs are included.

Tue

Jun 7 - Jul 19 3:30 - 5:30 p.m.

**119012** \$105

**Saturday Games Drop-in**

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

**Mah Jong** 1 - 3 p.m.

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

**Open Cards** 10 a.m. - 12 p.m.

\$2.50 per person each time

**Writers' Circle will not be meeting during the summer months.**



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# GARDEN SIDE GOODIES

By Chris Inouye | Photos by Neil Carroll

SPECIAL FEATURE



Who can resist the gooey goodness of scratch-baked cinnamon buns? Come on over after your morning fitness class for a sweet or savoury treat to enjoy with your coffee. Blueberry scones, orange date muffins, or perhaps double chocolate chip cookies? These baked favourites as well as others such as tiramisu with coffee-soaked lady fingers, luscious tropical fruit pie, lemon coconut trifle, and creamy chocolate mousse are just a sampling of the temptations waiting for you at the Garden Side Café. If it's a healthy salad you are looking for, try the marinated beets on a bed of crisp greens with blue cheese and pecans or how about a bright chicken salad with cherry tomatoes, crunchy cucumbers, blueberries, and a hard-boiled egg? If sandwiches are on your list, help yourself to the customer-favourite egg salad on multigrain bread or, perhaps, a buttery croissant filled with smoked salmon, cream cheese, and spicy arugula.

*Cooking is the ultimate giving.*

– Jamie Oliver

When hot food service at the café was suspended in March 2020, the chefs expanded their take-out food selection to give patrons more tasty options. Not only did new baked treats appear in the display cases, but gorgeous gourmet salads and sandwiches debuted as well. Statistics show just how popular some of these items have been. The number of salads purchased jumped from 511 in 2020 to 1,874 in 2021. Dessert sales increased from 2,535 in 2020 to 2,677 in 2021.



Chef Simone is the “artist” who dreams up many of these culinary delights, crafting each day’s menu of baked goods, sandwiches, and salads. Born and raised in Brazil, food has always been an integral part of her life. She watched her Ukrainian grandmother make perogies and cabbage rolls for Sunday lunch after mass every week. “My mom and dad made me feel how loved I was in every meal and dessert they made.”

Although cooking has always been very important to her, Simone first trained and practiced in physiotherapy, massage therapy, and acupuncture; she spent 15 years as a physiotherapist and operated her own clinic. When she moved to Vancouver in 2016, she decided to change her career path and started afresh by completing the culinary arts program at Vancouver Community College.

**NOTE**

Hot lunch and soup service is available Monday through Friday from 11:30 a.m. – 1:30 p.m.; refrigerated and frozen entrees, soups, quiches, fruit, and meat pies are available for take-out Monday through Friday from 9 a.m. – 2 p.m. and Saturday and Sunday from 10 a.m. – 2 p.m. Check the daily take-out food menu online at [westvancouverrec.ca/sac-menu](http://westvancouverrec.ca/sac-menu) or call 604-925-7280 to check availability.

*Baking may be regarded as a science, but it's the chemistry between the ingredients and the cook that gives desserts life. Baking is done out of love, to share with family, to see them smile.*

– Anna Olson

Two years ago, Simone joined the Garden Side Café team, and she cites Chef Lou's support and trust in giving her the freedom to explore her culinary instincts as the keys to the satisfaction and happiness she feels in her job.

Every morning brings new inspiration as Chef Simone takes stock of what is fresh in the kitchen and then plans her baking menu. She believes that passion and respect are essential in creating good food. "My philosophy is that food can change a person's day; good food can create positive vibes that can take a sad day and make it better." Simone often talks to patrons, learns about their tastes, and adjusts accordingly. She even gives her food a Brazilian twist. "When I am thinking about my roots, the mix of spices, flavours, different smells, tropical tastes... how wonderful it is to bring and add different flavours to the recipes." She says that nothing gives her more pleasure than seeing patrons that feel joy when eating her food.



Simone is quick to give credit to all who work at the café. "Chef Lou, Chef Ron, Chef Leigh, the dishwashers, the volunteers, and everyone on this team are important to the good food we have everyday at the Seniors' Activity Centre. We are a strong and unique team. I am so proud to be part of this family."

*Food is not just energy, it's an experience.*

– Guy Fieri

So, the next time you're in need of some positive vibes or are just plain hungry, stop by the Garden Side Café and peruse the tempting array of salads, sandwiches, and sweet and savory baked goods that are available. There are different surprises each day.

*Cakes are healthy, too, you just eat a small slice.*

– Mary Berry



### Val's Basic Mason Jar Ice Cream Recipe Just in time for summer!

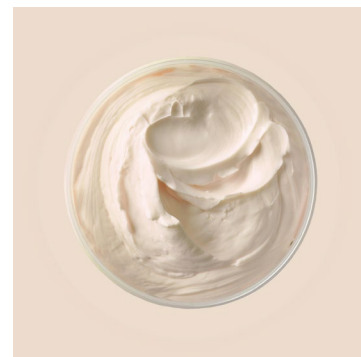
#### Ingredients

Yields about three servings

- 1 cup whipping cream
- 1 ½ tablespoons granulated sugar
- 1 ½ teaspoons vanilla extract
- A pinch of salt
- A 16 oz Mason jar (of course!)

#### Steps

1. Pour the cream, sugar, vanilla, and salt into the jar, and screw on the lid tightly.
2. Shake vigorously, until the cream thickens and almost doubles in size, which should take about five minutes. You'll know you're done when the mixture doubles in volume and is about the consistency of brownie batter.
3. Freeze for at least three hours. Then eat and enjoy!



VIVA

## VOLUNTEERS!

By Chris Inouye and Kathie Taylor  
Photos by Hans Gray, Larry Olkovic

“Good morning! How are you today?” The warm welcome that you get when you enter the Seniors’ Activity Centre is probably being offered by a volunteer. Volunteers work hard every day to help keep the Centre running. From café servers dishing up delicious hot entrees to the food delivery team; from baristas brewing up cappuccinos to baker’s assistants crafting sandwiches and salads; from program assistants and instructors to gardeners and floral designers — all are volunteers who can brighten your day with a heartfelt smile and a warm hello.

In 2021, there was a team of 379 volunteers, with the majority (39%) being 75 or older! Six percent were youth volunteers under the age of 19; while a whopping 30% were between the ages of 50 and 75. A minimum of 23 volunteers are scheduled every Monday to Friday, filling over 115 volunteer slots weekly. Volunteer superstars include Barbara G. who has over 45 years of volunteer service and Joan F. and Barbara S. who each have over 30 years of service. Hats off to you for your dedication to volunteering!

### Why volunteer?

Did you know that volunteering is good for your health? This is particularly true for those 65 years old and above who volunteer more than 100 hours per year. According to the November 2010 issue of U.S. News & World Report, volunteers feel less stress and depression and enjoy longer lives. Volunteering increases levels of oxytocin, a hormone that decreases stress, which in turn helps ward off illness. Volunteering also elevates levels of the body’s natural opiates, like dopamine and endorphins, or ‘happy hormones.’ Staying active by volunteering helps to widen social networks and instill a sense of belonging (*Volunteering Does a Body Good. Haupt, A., U.S. News & World Report, 00415537, Nov 2010, Vol. 147, Issue 10*).

Barb Graham, chair of the Volunteer Advisory Committee, says that people volunteer because they believe in a particular organization either through personal experience or general altruism. Other reasons include learning new skills, exploring strengths, meeting new people, and increasing personal knowledge. “In my experience, a lot of volunteer gratification comes from the satisfaction of being in a like-minded group where we enjoy what we do and feel valued for our contribution. Here at the West Vancouver Seniors’ Activity Centre, we volunteer together as a **TEAM** where it is clear that **T**ogether, **E**veryone **A**chieves **M**ore!”



Photo by Hans Gray

*Volunteers do not necessarily have the time; they have the heart*

– Elizabeth Andrew

### VOLUNTEER SUPPORT

Do you know about the Volunteer Advisory Committee? This group works with Caroline Wiggins, Volunteer Coordinator, and Assistant Volunteer Coordinator, Crystal Lan, providing advice and support for volunteer recruitment, retention, scheduling, and training. An important committee role is to liaise between the volunteers and staff. Reach out to committee members if you have any questions or concerns about volunteering. Current members are Barb Graham (Chair), Jain V., Elizabeth H., Kathy M. and Chris I.

## THE MONDAY TEAM

A walk through the Centre on a typical Monday morning provides a sample of the different volunteer positions that are available and the marvellous people filling those roles.

*As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others.*

– Audrey Hepburn



Photo by Hans Gray

### East Welcome Desk

Charismatic **Alex R.** hosts the east customer service desk on Monday mornings. He can answer questions about programs and community services and can direct you to whatever it is you are looking for in the Centre. Alex recently graduated from the University of Pennsylvania where he was on the rowing team and earned a degree in criminology. He enjoys his volunteer time because he loves the friendly and warm atmosphere at the Centre. Alex's mom, Tat, can often be seen volunteering at the Centre, too.

### Front Desk

**Bev A.** can renew your membership, register you for a course, or direct you to the proper person to answer questions that you might have. She was employed by the Municipality for 19 years and was working at the SAC front desk when she retired 14 years ago. Bev decided to stay on at the front desk as a volunteer one morning a week.



Photo by Larry Olkovic

### Coffee Bar Barista

The sunny smile of **Jimmy Y.** greets you as he crafts your coffee treats from 8:30 a.m. to 11 a.m. every Monday, usually working with his wife, **Jessica.** Jimmy got involved with the Centre at the end of 2020, delivering for Feed the Need on Wednesdays and Thursdays (two weeks on/two weeks off). He came to Canada from Hong Kong 32 years ago and now, as an empty nester, his motivation for volunteering is that it's a good way to contribute to the community.

*We cannot live only for ourselves. A thousand fibers connect us with our fellow men*

– Herman Melville



Photo by Hans Gray

### Café Food Packer

**Pam K.** packs soups and entrees for takeout. She has been volunteering at the Centre for seven years as food packer, baker's support, and chef's helper. Fun fact: when the coffee bar opened in 2017, Pam worked the very first shift! A geological engineer by training, Pam and her husband Gary have lived in many different places in Canada as well as abroad.

"Wherever Gary and I went, we volunteered in the community. We ran hockey tournaments, he coached baseball and taught scouts even before we had our own kids. I volunteered at every preschool and school our boys attended, fundraising and organizing events, carnivals, bazaars, hot lunches, hot dog sales. It was always so much fun meeting many great people and forever learning new things."



Photo by Larry Olkovic



Photo by Hans Gray

### Café Opener

**Elga R.** starts the day at 8 a.m. by opening the café gates, setting out the baked goodies and brewing pots of full-bodied roast for the colour-coordinated Fit Fellas who descend upon the café at about 9 a.m. On a typical Monday morning, the Fit Fellas obliterate five or six 12-cup pots of coffee and fill the seating area with robust conversation and laughter. In addition to her Monday shift as an opener, Elga food packs on Tuesdays and is a barista on Fridays. She has also done food delivery, serving and bussing. She enjoys the work as it is an opportunity to meet great people and make new friends. Elga was a teacher for 25 years and now volunteers not only at the Senior Centre, but also at Mulgrave School and Family Services.

*Life's most persistent and urgent question is, what are you doing for others?*

- Martin Luther King, Jr.



Photo by Larry Olkovic

### Baker's support

**Jain V.** assists Chef Simone by making sandwiches and salads on Mondays and Tuesdays in her role as baker's support and is the Café opener on Fridays. She has been a volunteer at the Centre for six years following a career as a registered nurse and teacher at both BCIT and VGH. After retiring, she thought, "What am I going to do with the rest of my life? Caroline Brandon, Volunteer Program Coordinator at the time, started me off on the phone, working the front desk, scheduling cashiers, and making sandwiches." Currently Jain also serves on the Seniors' Activity Centre Advisory Board, Visioning Committee, Fundraising Committee, Volunteer Advisory Committee, and chairs the Outreach Committee.

### SACS on 21st

On Monday mornings, you will be greeted at SACS by the gracious and charming **Grace G.** and **Bonnie S.** You will be dazzled by the sparkling displays of gently used treasures that are for sale. The SACS team, led by **Karen H., Wendy J.,** and **Joan T.,** includes 33 volunteers covering the 24 shifts that keep the store open six days a week. Another five people volunteer in the pricing room, and an amazing, energetic high school student volunteer, Celine, joins the team on Saturdays.



Photo by Larry Olkovic

### Unleash your inner volunteer!

There is a volunteer job for everyone. As the Centre moves toward opening fully on weekends as well as expanding programs and hot food service, more volunteers will be needed, so come on over to the Centre or see the Volunteer page in this magazine to find out how to become a volunteer!

**Sign up now! Call Caroline at 604-913-2703.**





# HOT TOPICS WITH WEST VANCOUVER FIRE & RESCUE

By Jeremy Calder, Assistant Chief of Fire Prevention

Today I would like to introduce you to the Residential Indoor Wood Burning Bylaw.

The Metro Vancouver Regional District enacted the Residential Indoor Wood Burning Bylaw in March 2020. Each year from September 16 to May 14, to use a residential indoor wood burning appliance, owners and operators must:

- Follow Best Burning Practices (see below); and
- Submit a declaration of Best Burning Practices, and for urban homes, register eligible appliances by September 15, 2022.

Residential indoor wood burning is prohibited from May 15 to September 15, every year, unless it is the sole source of heat, or it occurs in an off-grid home located outside the Urban Containment Boundary. The bylaw does not apply if there is an emergency (such as a gas or electrical outage lasting three hours or more).

## How to follow Best Burning Practices

- Use only clean, seasoned wood
- Don't let your fire smoulder
- Don't burn garbage, plastic, or treated wood
- Inspect and maintain your appliance
- Burn small and hot fires
- No visible emissions except when starting a fire

For more information, visit [metrovancover.org](http://metrovancover.org) and search 'residential wood burning.'

*Take care and stay safe,  
Jeremy*



**WVPD**

# BEWARE OF IDENTITY THEFT

By Sergeant Mark McLean

Protect yourself from identity theft. Scammers will attempt to access your personal information by stealing your mail or by sending phishing emails. Protect your mail by keeping your mailbox in a well-lit area and emptying it every day as soon as possible after mail delivery. If you have a communal mailbox, consider using CCTV to monitor its location. Never include your personal information (birthdate, passwords, account information etc.) over email. Even if an email appears to come from a legitimate source, you should email or phone the business back from the contact information displayed on their official website. **Government agencies do not require payment in gift cards or crypto currency—this is a scam!** If you have been targeted for identity theft, contact your local Police or the Canadian Anti-Fraud Centre.



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## FABRIC ARTS

### Fabric: Workshop w/Kimia

Join Kimia for a fabric workshop and learn how to incorporate recycled materials into making some fun and functional products. Learn sewing skills and take home a finished product at the end of the session. July's project will be a reusable cloth bag, and August's project will be a duvet cover.

Mon Jul 11	10 a.m. - 12 p.m.	<b>125607</b>	\$30
Aug 8 & 15		<b>125608</b>	\$45



### Meet Kimia

Kimia is a Vancouver designer and art director with who loves collaborating with other creatives. Kimia has a background in women's ready-to-wear outerwear and some experience with costumes, private evening wear, creating pattern blocks for individual sizes, matching colours, choosing textiles, and much more.

### Fabric: 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, and happy ladies. Come with your ideas, needles, and wool or we can help you choose a project. Beginners welcome. *Leader: Shirley M.*

Tue Jul 5 - Aug 23	9 a.m. - 12 p.m.	<b>126001</b>	\$20
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### Fabric: Quilting Studio Time

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

Tue Jul 5 - Aug 23	1 - 4 p.m.	<b>126002</b>	\$20
Wed Jul 6 - Aug 24	1 - 4 p.m.	<b>126005</b>	\$20

### Fabric: Wednesday Craft Group

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

Wed Jul 6 - Aug 24	9 a.m. - 12 p.m.	<b>126004</b>	Free (please register)
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### 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 Jul 8 - Aug 26	9 a.m. - 12 p.m.	<b>126006</b>	Free (please register)
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## 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 online to register and pay in advance. Location: Lily Lee Spirit Room.

Mon/Wed/Fri/Sat	1 - 2:45 p.m.	<b>Drop-in</b>	\$3
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### Badminton

See you back in September.



### Billiards

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

IT'S BACK! Women's only session is back on Friday mornings from 9 - 11 a.m.

Mon - Sat	9 - 11 a.m., 11 a.m. - 1p.m., 1 - 3 p.m.	<b>Registered Drop-in</b>	\$2.50/game
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*\*Please note, Fri 9 - 11 a.m. is women's only.*

## WELLNESS

### Massages are back!

Enjoy a 45-minute massage performed by Langara College students. Register for your spot. Maximum 6 spots per timeslot. Arrive 15 minutes early to complete paperwork. No ICBC claims. Call 604-925-7280 to register.

Wed Jul 6 - Aug 24	9:30 a.m. / 10:45 a.m. / 12 p.m.	<b>Drop-in</b>	\$21
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### Mindfulness Meditation

How to have the life you want by living the life you have? In these unprecedented times many of us feel isolated and struggle with loneliness, lack of sleep, stress, and anxiety. Join our friendly class and learn simple meditation and mindfulness techniques to improve your sleep, focus, peace, and sense of belonging. *Leader: Susan P.*

Mon Jul 11 - Aug 22	12:30 - 1:30 p.m.	<b>125696</b>	\$20
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Fri Jul 8 - Aug 26	12:30 - 1:30 p.m.	<b>125697</b>	\$20
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## OUTDOOR ACTIVITIES

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

For a listing of what's happening each month visit [westvancouverrec.ca/reccschedules](http://westvancouverrec.ca/reccschedules) 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.*



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

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

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 are typically over 10 km in distance. Hikes are 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	
Jul 5 – Sep 1	9 a.m. – 12:30 p.m.
<b>125974</b>	\$27

### Hikers: Explorers

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

Wed	
Jul 6 – Aug 31	9:30 a.m. – 12:30 p.m.
<b>125975</b>	\$90

### Bird Nature Walks

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. From time to time longer trips are planned—advance notice will be provided.

Tue	
Jul 5 – Aug 30	9 – 11 a.m.
<b>125976</b>	\$45

### Ramblers

Hike with us! Meet at the trail head or hop on the bus at the Seniors' Activity Centre. Bus leaves weekly at 9:30 a.m. Register for each bus trip separately. The group hikes an average of 8 – 10 km every Monday regardless of the weather. Wear footwear with good tread and clothing for all types of weather. If you are new or would like more info, email [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca)

### Ramblers Bus

Mon	9:30 a.m. – 2:30 p.m.
<b>125977</b>	Jul 4
<b>125978</b>	Jul 11
<b>125979</b>	Jul 18
<b>125980</b>	Jul 25
<b>125981</b>	Aug 1
<b>125982</b>	Aug 8
<b>125983</b>	Aug 15
<b>125984</b>	Aug 22
<b>125985</b>	Aug 29



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

The Seniors' Activity Centre's Par 3 Golf / Pitch & Putt program begins Thursdays in April at the Ambleside Part 3 course. The Group meets on Mondays and Thursdays. Starting in May, Thursdays are bus trips to various courses throughout the Lower Mainland. When Monday is a holiday, the group will only golf on Thursday that week. This is the annual membership, please pay separately for each individual bus trip. New members are welcome.

Mon/Thu	
Apr 4 – Sep 29	8:45 a.m. – 2 p.m. approx.
<b>119087</b>	\$15

### Golf Bus

Jul 7	Central Park
<b>125987</b>	\$6.50
Jul 14	Kensington
<b>125988</b>	\$6.50
Jul 21	Mylora
<b>125989</b>	\$6.50
Jul 28	Queen Elizabeth Park
<b>125990</b>	\$6.50
Aug 4	Central Park
<b>125991</b>	\$6.50
Aug 11	Kensington
<b>125992</b>	\$6.50
Aug 18	Country Meadows
<b>125993</b>	\$6.50
Aug 25	Stanley Park
<b>125994</b>	\$6.50

### Cycling Programs

**Easy Riders, Turtles, NorWest, Coast Riders, and Silver Wheels** are currently full for the year.

For more information on our cycling programs, visit [westvancouverrec.ca](http://westvancouverrec.ca).

## TRIPS

### Trip: IKEA Coquitlam

Visit the IKEA store in Coquitlam. Arrive in time for the morning breakfast special, and wander the incredible show rooms for home décor ideas, and shop. We have storage on the bus for small items.

Fri  
Jul 8 10:30 a.m. – 1:30 p.m.  
**125224** \$12

### Trip: MacArthur Glen Mall

MacArthur Glen Mall offers over 70 designer stores for you to shop at discount prices—from clothing, kitchen ware, to designer shoes are more in one convenient location. You can also view the planes overhead at YVR!

Mon  
Aug 8 9 a.m. – 1 p.m.  
**125235** \$12

### Trip: VanDusen Garden

Hop on our bus and enjoy nature in one of Vancouver's loveliest parks! VanDusen Garden also offers carts and tours. At this time of year there will be plenty of hanging baskets, Hibiscus, Lilies (late season), silk trees, butterfly bushes (Buddleia), roses, Escallonia, annuals, and more. There is also a café and a lovely gift shop on the grounds.

Fri  
Aug 19 10 a.m. – 2 p.m.  
**125236** \$10  
(not including admission to the gardens)

### Trip: Hastings Race Track

Hastings Racecourse is bred for excitement! Hop on the bus and enjoy a day of horse racing, while also viewing the beautiful North Shore mountains. We have made a reservation at Silks. Cost of buffet is \$34.99 (pay at restaurant, cost not included). Buffet starts at noon and first post is at 2 p.m.

Mon  
Aug 29 11:45 a.m. – 6 p.m.  
**126332** \$10 (transportation only)

## 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 8:45 a.m. to 3:45 p.m.**

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

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

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



### 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 Dave.

## 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  
Jul 5 – 28 2 – 3 p.m.  
**124881** \$40

## ♥<sup>2</sup>-♥<sup>3</sup> 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  
Jul 4 - 25                      10:05 - 11 a.m.  
**124888**                                      \$18

Wed  
Jul 6 - 27                      10:05 - 11 a.m.  
**124889**                                      \$18

Fri  
Jul 8 - 29                      10:05 - 11 a.m.  
**124887**                                      \$18

## 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 visit [westvancouverrec.ca/rehab](http://westvancouverrec.ca/rehab).

### Chronic Low Back Pain and Core Strength

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

Mon  
Jul 4 - Aug 22                      2:15 - 3:15 p.m.  
**125140**                                      \$103.25

Wed  
Jul 6 - Aug 24                      2:15 - 3:15 p.m.  
**125141**                                      \$118



### PERSONAL TRAINING FOR SENIORS

For details please call Kevin Yoon at 604-925-7225 or email [kyoon@westvancouver.ca](mailto:kyoon@westvancouver.ca).

Sessions are 55 minutes long.

### GLA:D®

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

Tue/Thu  
Jul 5 - Aug 18                      1 - 2 p.m.  
**125143**                                      \$224

### 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 Dave.

## OUTREACH PROGRAMS

### KEEPING CONNECTED PROGRAMS

Keeping Connected programs give meaning and purpose to individuals within a supportive and inclusive environment. Our goal is to assist our members and their families in breaking down the barriers for participation in recreation.

We encourage participation for anyone who is feeling isolated, alone, or living with memory loss or a decrease in physical function or activity level. These programs are open to every Seniors' Activity Centre member. Please join us for a little bit of fun!

Questions? Call Helen at 604-925-7211 or Stephanie at 604-925-7208.

### Keeping Connected Special Services

Are you or a loved one feeling isolated, alone, or in need? Allow our compassionate and knowledgeable team of volunteers to help. A simple phone call, a home visit, or a ride to a medical appointment can be accommodated.

We would love to help and suggest fun activities to expand your social life and activities. Kindness and compassion are free. Call Helen at 604-925-7211 to find out more or sign up to receive help.

### Keeping Connected - Adapted Chair Yoga

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

Tue  
Jul 5 - Aug 23 11:45 a.m. - 12:45 p.m.  
**125775**                                      \$82.50

### 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  
Jul 6 - Aug 24 10 - 11 a.m.  
**125781** \$42

### Keeping Connected - Ladies Social Club

Ladies, join this social group to enjoy discussion, mental aerobics, games, and entertainment. A lively bunch with never a dull moment. Beware of occasional tea breaks and bouts of laughter.

Wed  
Jul 6 - Aug 24 1:30 - 3 p.m.  
**125782** \$40

### 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  
Jul 8 - Aug 26 10 - 11 a.m.  
**125783** \$54

Fri  
Jul 8 - Aug 26 11:15 a.m. - 12:15 p.m.  
**125784** \$54



### Keeping Connected - Stretch and Movement

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

Mon  
Jul 4 - Aug 22 1:30 - 2:30 p.m.  
**125785** \$72

### 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  
Jul 8 - Aug 26 10 a.m. - 12 p.m.  
**125793** \$90

### Keeping Connected - Daybreak

Join us for a new program for those living with Alzheimer's. Participate in two hours of activities that include reminiscing, playing games, creating art, and appreciating life together. Our goal is to promote independence, choice, well-being, and person-centred care. This class is hosted by a qualified and compassionate caregiver. A morning snack will be served. Limit of 6 per class.

*Prerequisite: Daybreak Consultation* with Helen or Stephanie. Call 604-925-7211 to arrange.

Mon  
Jul 4 - Aug 22 10 a.m. - 12 p.m.  
**125798** \$142

### Keeping Connected - Keep Well

This free fitness program will take a break over the summer and resume in September on Wednesdays from 11:15 a.m. to 12:45 p.m.

### Keeping Connected - Men's Club

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

Thu  
Jul 7 - Aug 25 10:30 a.m. - 12 p.m.  
**125813** \$66

### Keeping Connected - Caregiver Support Group

The 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. We provide an opportunity to learn from others who face the same challenges and allow you to talk about your experiences.

Thu  
Jul 7 - Aug 25 10:30 a.m. - 12 p.m.  
**125818** \$12

### Keeping Connected - Pick-up the Pace

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

Mon  
Jul 4 - Aug 22 2:45 - 3:45 p.m.  
**124566** \$32

### **NEW** Keeping Connected - Musical Monday

Welcome back Musical Mondays! Join with friends for an afternoon of conversation and music in a coffee house setting at the Seniors' Activity Centre. We will enjoy a different performer each month—in July, Roberto Risman will play his guitar and sing old tunes. Singing along is optional but highly recommended. Everyone welcome!

Mon 1:45 - 2:45 p.m.  
\$6  
**125999** Jul 18  
**126000** Aug 22



### Keeping Connected - Minds in Motion

Time for a little movement and social time all rolled into one visit! Exercise your body and mind—start out with a stretch and some mild exercise, followed by teatime and a little socializing. This program is designed for those living with memory loss and their partners or caregivers. Participants must attend with a friend, caregiver, or loved one. Cost of program is the price for two people.

Thu  
Jul 7 - Aug 25 1 - 3 p.m.  
**125996** \$50 for 2 people

### Keeping Connected - Alzheimer's Café

Are you living with memory loss? Do you have a family member who is living with dementia, or are you simply curious about what it all means? Please join us for another jubilant celebration of what it means to live well with Alzheimer's disease. The Café provides an informative and welcoming environment for participants to appreciate and learn from each other. Lunch will be served.

Thu  
Sep 22 12:30 - 2 p.m.  
**126017** Free

### Keeping Connected - Summer Barbecue Party

Our summer barbecue offers a chance for the Keeping Connected participants to meet and explore the upcoming program offerings. This event will take place on the terrace and is a great way for participants to reconnect, share a meal, and make new friends. Light refreshments will be served.

Thu  
Aug 18 12:15 - 1:45 p.m.  
**126018** Free

### Keeping Connected - Gratitude Circle

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

Tue  
Jul 5 - Aug 23 10:30 - 11:30 a.m.  
Registered Drop-in \$6.10



### Keeping Connected - Wellness Week

*will take a break this summer  
and be back in September!*

### Intergenerational - In the Kitchen with Simone

Join us in the Seniors' Activity Centre's commercial kitchen and learn how to make special treats in a class led by Chef Simone. All ages welcome. You will leave the class with a smile and some goodies!

Mon 4 - 5:30 p.m.  
\$15  
**125692** Jul 25

**125693** Aug 22

### NEW Intergenerational - Reading Remedy

Avid readers, come join! We are looking for participants who are passionate about reading and discussion to take part in this novel discussion initiative with our youth every six weeks. Refreshments will be served. This fun book club will explore a new book every session.

Sat  
Aug 6 11 a.m. - 12 p.m.  
**125695** Free

### NEW Intergenerational - Make It! Workshops

Put your creativity to work with this fun group. Work on different projects each month, with all items being sold at the Seniors' Activity Centre. This is an intergenerational initiative for youth and seniors. All proceeds will go towards Feed the Need. This activity is free, all supplies will be provided.

Thu  
Jul 21 4 - 6 p.m.  
**119793** Free

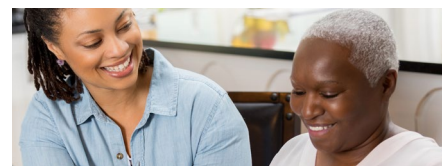
Sat  
Jul 23 11 a.m. - 1 p.m.  
**119802** Free

Thu  
Aug 18 4 - 6 p.m.  
**119794** Free

Sat  
Aug 20 11 a.m. - 1 p.m.  
**119803** Free

### Eyeglasses to donate?

Do you have any extra eyeglasses that you do not use anymore? Bring them to the Seniors' Activity Centre and we will repurpose them to a good home. Drop off at the front desk.



### Medical Rides/Appointments

Are you in need of a ride to a medical appointment? Our Outreach program has a few select volunteer drivers who may be able to help! Please call 604-925-7211 with 7 days advance notice and we will try our best to accommodate you. Not every request can be fulfilled, but the more advance notice, the better the chance of getting the help you need.



# PROGRAMS AT THE WEST VANCOUVER MEMORIAL LIBRARY

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



## 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.*



### SACS on 21st Mini Flea Market & Pop-up Sale!

Another SACS on 21st Gift Shop pop-up sale is coming up on Saturday, July 16 from 10 a.m. to 2 p.m. Due to its size, the sale will be held in the Social Rec Room. Paintings, kitchenware, curios, jewelry, clothing, shoes, and much more will be 50% off the regular price.

We hope to see you there!



### North Shore Jazz Series: Big Lazy

This veteran New York City trio's acoustic instrumental music melds rootsy twang and noir with an off-kilter and decidedly cinematic vibe as part of the Vancouver International Jazz Festival.

Fri  
Jul 1 7:30 - 8:45 p.m.  
WVML Main Hall &  
YouTube Live Free

### Memory Café Series

Join us Tuesday mornings to learn about the benefits of Dog Therapy, Art Therapy, and Brain Health. This series is designed for participants who are experiencing dementia, as well as their families and friends.

Tue  
Jul 5, 12, 19 10:30 a.m. - 12 p.m.  
WVML Readers' Rooftop Free

### What is Macular Degeneration?

Explore and learn all about Macular Degeneration with Dr. Bart McRoberts and Dr. Shannon Chiu.

Mon  
Jul 11 6 - 7:30 p.m.  
WVML Welsh Hall Free

### Kathryn Willcock in Conversation with Pat Ardley

Join two local authors for an exciting conversation about their experiences and adventures living on the BC Coast.

Sat  
Aug 27 2 - 3:30 p.m.  
WVML Readers' Rooftop Free

# GARDEN SIDE CAFÉ LUNCHES

## JULY

### FRIDAY, JULY 1

CLOSED - Canada Day

### SATURDAY, JULY 2 &

### SUNDAY, JULY 3

Take-out service only

### MONDAY, JULY 4

Chicken a la Cordon, Mashed Potatoes, Seasonal Vegetables

### TUESDAY, JULY 5

Spanish-style Pork Chops, Rice, Seasonal Vegetables

### WEDNESDAY, JULY 6

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

### THURSDAY, JULY 7

Mediterranean Turkey Chili with Romaine Salad, Dinner Roll

### FRIDAY, JULY 8

Salmon Filet with Lemon Butter White Wine Caper Sauce, Roasted Potatoes, Mix Vegetables

### SATURDAY, JULY 9 &

### SUNDAY, JULY 10

Take-out service only

### MONDAY, JULY 11

Chicken Teriyaki, Rice, Stir Fry Vegetables

### TUESDAY, JULY 12

Liver & Onions, Gravy, Mashed Potatoes, Vegetables

### WEDNESDAY, JULY 13

Sweet & Sour Chicken, Rice, Steamed Broccoli

### THURSDAY, JULY 14

Quiche Lorraine, Greek Salad

### FRIDAY, JULY 15

Penne Carbonara with Shrimp, Garlic Toast, Caesar Salad

### SATURDAY, JULY 16

### SUNDAY, JULY 17

Take-out service only

### MONDAY, JULY 18

Beef Stroganoff, Broad Egg Noodles, Harvard Beets

### TUESDAY, JULY 19

Hungarian Pork Goulash, Smashed Yukon Gold Potatoes, Green Beans

### WEDNESDAY, JULY 20

Chicken a la King, Rice Pilaf, Green Beans

### THURSDAY, JULY 21

Cabbage Rolls with Pierogis and Sour Cream, Salad

### FRIDAY, JULY 22

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

### SATURDAY, JULY 23 &

### SUNDAY, JULY 24

Take-out service only

### MONDAY, JULY 25

Salisbury Steak, Mashed Potatoes, Fresh Mix Vegetables

### TUESDAY, JULY 26

BBQ Chicken Leg, Rice Pilaf, Mexican Corn

### WEDNESDAY, JULY 27

Ginger Beef over Rice, Stir Fry Vegetables

### THURSDAY, JULY 28

Vegetarian Lasagna, Tossed Salad

### FRIDAY, JULY 29

Fish & Chips, Kale Slaw

### SATURDAY, JULY 30

Take-out service only

### SUNDAY, JULY 31

Take-out service only  
Civic Holiday Special: Baked Salmon with Tomato & Leek Sautee

## AUGUST

### MONDAY, AUGUST 1

CLOSED - BC Day

### TUESDAY, AUGUST 2

Breaded Sole, Tartar Sauce, Mashed Potatoes, Kale Slaw

### WEDNESDAY, AUGUST 3

Classic Beef Meatloaf, Gravy, Mashed Potatoes, Mix Vegetables

### THURSDAY, AUGUST 4

Grilled Chicken Thighs on a Bed of Beans and Greens, Rice Pilaf

### FRIDAY, AUGUST 5

Baked Alaskan Pollock on Ratatouille, Rice Pilaf

### SATURDAY, AUGUST 6 &

### SUNDAY, AUGUST 7

Take-out service only

### MONDAY, AUGUST 8

Chicken Curry, Rice, Vegetables

### TUESDAY, AUGUST 9

Pork Paprika with Linguine, Mixed Greens

### WEDNESDAY, AUGUST 10

Chili Con Carne, Cornmeal Muffin, Mixed Greens

### THURSDAY, AUGUST 11

Baked Ham with Scalloped Potatoes, Seasonal Vegetables

### FRIDAY, AUGUST 12

Breaded Sole, Tartar Sauce, Mashed Potatoes, Kale Slaw

### SATURDAY, AUGUST 13 &

### SUNDAY, AUGUST 14

Take-out service only

### MONDAY, AUGUST 15

Pork Goulash, Parslied Potatoes, Seasonal Vegetables

### TUESDAY, AUGUST 16

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

### WEDNESDAY, AUGUST 17

Spaghetti Bolognese, Tossed Salad, Garlic Bread

### THURSDAY, AUGUST 18

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

### FRIDAY, AUGUST 19

Fish Burger, Oven Fries, Coleslaw

### SATURDAY, AUGUST 20

### SUNDAY, AUGUST 21

Take-out service only

### MONDAY, AUGUST 22

Turkey Schnitzel with Cranberries, Mashed Potatoes, Grilled Vegetables

### TUESDAY, AUGUST 23

Swedish Meatballs with Linguine, Duo of Beets Salad

### WEDNESDAY, AUGUST 24

Teriyaki Chicken Thighs, Rice, Stir Fry Vegetables

### THURSDAY, AUGUST 25

Spinach & Cheese Quiche, Greek Salad

### FRIDAY, AUGUST 26

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

### SATURDAY, AUGUST 27

### SUNDAY, AUGUST 28

Take-out service only

### MONDAY, AUGUST 29 &

### TUESDAY, AUGUST 30 &

### WEDNESDAY, AUGUST 31

CLOSED for shutdown. Take-out service only



# CEDAR LIVING

REDEFINE  
RETIREMENT

## A HOME TO REDEFINE THE RETIREMENT FOR WEST VANCOUVER

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



### YOUR FEEDBACK IS NEEDED

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

# She Held Their Hands



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

- Margot Ware, Shylo Owner/Director

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



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



Veterans Affairs  
Canada



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