



22

NOV / DEC

WEST VAN SENIORS

A West Vancouver Seniors' Activity Centre Publication

IN THIS SCENE

Toy Story on page 12

Feature Article:  
Yes We Can! on page 14

Find Hours of  
Operation on page 3

GO CANADA GO

# Urban living *on nature's doorstep*



Move into independent living in West Vancouver. Westerleigh PARC promises worry-free senior living, modern amenity spaces and spacious suites with mountain and ocean views. Steps away, a desirable neighbourhood home to Dundarave Village, the West Vancouver Seawall and the Ambleside community.

Our suites include our exclusive PARC Active Living™ program, including a state-of-the-art seniors gym, along with classes, art and cultural programs, flavour-packed chef-prepared cuisine, an onsite Wellness Nurse, door-to-door complimentary transportation, and more.

A LEED® Gold-certified building, Westerleigh PARC's suite's won't be available for long.

**westerleigh**  
**parc**

**Call Lisa, Krystine or Gail at  
604.922.9888 to book a tour today!**

[parcliving.ca/westerleigh](http://parcliving.ca/westerleigh)

695 21st Street  
West Vancouver, BC V7V 4A7

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

## HOURS OF OPERATION

### Registered Programs

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

## CAFETERIA

### Dine-in Service\*

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

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

### Take-out Food Service

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

## SENIORS' HELPLINE 604-925-7280

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

### Please note the following closures:

Remembrance Day – Friday, November 11  
Christmas – Sunday, December 25  
Boxing Day – Monday, December 26  
New Year's Day – Sunday, January 1

## 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).

## REFUNDS *The Refund Policy also applies to course transfers*

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

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

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

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

No refunds will be given for birthday parties.

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

## BECOME A SAC 55+ MEMBER

Purchase your annual membership today at the front desk and ask about the many benefits! Memberships are available to 55+ adults. (Cost: \$39).

**Please register for all classes, workshops, and lectures. We no longer allow drop-ins to ensure that we have comfortable numbers for physical distancing as we continue our programming restart phase.**

## DID YOU KNOW?

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

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

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

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

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



**John Watson** | *Chair*

## MESSAGE FROM THE ADVISORY BOARD CHAIR

My favourite place at the Seniors' Activity Centre is the hallway running from the east entrance to the main desk at the west end of the building. Depending on the time of day, I go past the cafeteria filled with Fit-Fellas in their coloured t-shirts or friends sharing a table and a laugh over lunch. I pause to look at the display of wonderful photos taken by members on holiday in exotic parts of the world. Then I pass the room where artists ponder the right colour to use or the placement of that last careful stroke of the brush and I find myself envious of their creativity and talent. Further along, the Activity Room always draws my eye, whether to ping-pong players, a dance-exercise class or to bridge players concentrating on their cards. Finally, I reach the lounge where I occasionally meet a friend for a chat while enjoying a hot drink from the coffee bar or sit and read an unusual magazine donated by a member.

We are very fortunate to have such a special place where we can socialize, play, study, think, practice, laugh, eat, and share.

You may know by now that we have begun the process of planning for the future of the Centre. Consultants are undertaking a major review to examine the need and feasibility of renewing, updating, and expanding our building to ensure that it will continue to meet our needs 10 or more years down the road. The Seniors' Activity Centre Advisory Board has established a small committee to work with the consultants and guide their work. Some public presentations will be arranged and surveys conducted in the Centre and in the community. I urge you to take every opportunity to share your views during the process, whenever the opportunities present themselves.

— John



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



**Davida Witala**  
*Community  
Recreation  
Supervisor*

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

The crisp winter months bring many members indoors to enjoy a variety of 55+ programs and activities, including relaxation, social time, and catching up with friends over a specialty coffee or tea from the Fireside Coffee Bar and Lounge.

November is always a special month as we remember, recognize, and thank our veterans. Members and community veterans are invited to enjoy a specialty lunch menu that will be served in the Garden Side Café on Nov 10 during the lunch service. Be sure to stop by the front desk to contribute to the West Vancouver Legion's Poppy Campaign.

December is just around the corner and we warmly welcome all members to R.S.V.P for the 2022 Advisory Board Shortbread & Sherry Christmas Mingle on Friday Dec 16 from 3 to 5 p.m. This is a wonderful social event for all members to enjoy.

The Garden Side Café's kitchen team will be offering a delightful selection of baked goods and bringing back the Roast Turkey Luncheon on Dec 22, as well as the Christmas Dinner take-out special for four. This dinner special must be pre-ordered and picked up on Dec 23.

As we hustle and bustle over the next two months, we wish you a festive Happy Holiday, Merry Christmas, and Happy New Year and we look forward to seeing you in 2023!

— Alison & Davida

# OUR PROGRAM & ASSISTANT PROGRAM COORDINATORS



**VOLUNTEERS**  
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*District-wide Volunteer Services  
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volunteer@westvancouver.ca



**VOLUNTEERS**  
**Crystal Lan**  
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Assistant Program Coordinator*  
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scvolunteers@westvancouver.ca



**SHUTTLE BUS, TRIPS, ARTS &  
OUTDOOR PROGRAMS**  
**Caroline Brandon**  
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**SPECIAL EVENTS, MUSIC,  
DANCE & ADULT LEARNING**  
**Mary de Vries**  
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**SENIORS' COMMUNITY  
OUTREACH**  
**Stephanie Jordan**  
*Seniors' Outreach/Seniors'  
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sjordan@westvancouver.ca



**SENIORS' OUTREACH &  
KEEPING CONNECTED  
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**FOOD SERVICES &  
GARDEN SIDE CAFE**  
**Lou Novosad**  
*Food Service  
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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 be 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 must first complete the District's Volunteer Orientation process.

Your commitment to volunteering is essential to providing our members with a variety of high quality services.

If you are going to be late or need to cancel your volunteer shift, please call and leave a voice mail or text to the volunteer cell phone at 604-202-8694. Please let us know by email at least two weeks in advance if you plan to miss a shift. If you cannot reach us, please call the front desk at 604-925-7280. Thank you for your dedication!

## **WE ARE SEEKING CLASS 4 & 5 VOLUNTEER DRIVERS!**

We are looking for drivers for Take-out Delivery and medical appointments for West Vancouver seniors. We need substitute drivers on Tuesdays, Thursdays and Saturdays from 9:30 a.m. to 12:30 p.m. If you are interested, please email your availability to [scvolunteers@westvancouver.ca](mailto:scvolunteers@westvancouver.ca) and include the following documents:

1. Copy of your non-expired Driver's License (front and back)
2. Clean Driver's Abstract

## **VOLUNTEERS - SUBSTITUTES NEEDED IN ALL ROLES**

*Give back by volunteering at the Seniors' Activity Centre today! Shifts are available Monday through Sunday and training is offered throughout the month. Pick up a pamphlet at the front desk today!*

### **MORNINGS**

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

### **MID-DAY AND AFTERNOONS**

- **Servers** - 11 a.m. to 2 p.m.
- **Bussers** - 11 a.m. to 2 p.m.
- **Closers** - 12:30 to 2:30 p.m.
- **Baristas** - 11 a.m. to 1:30 p.m. and 1:30 to 3:30 p.m.

We need volunteers to re-open dinner and weekend service. If you are interested, please email [scvolunteers@westvancouver.ca](mailto:scvolunteers@westvancouver.ca) with your contact information, roles you are interested in, and days you are available.

### **DINNERS**

- **Dishwasher Assistants** - 5:30 to 7:30 p.m.
- **Server-Closers** - 4 to 7:30 p.m.
- **Bussers** - 5 to 8 p.m.
- **Bartenders** - 4 to 7:30 p.m.  
\*must have valid *Serving It Right* certification

### **WEEKENDS**

- **Baker's Support** - 8 to 10:30 a.m.
- **Openers** - 8 to 11 a.m.
- **Servers** - 11 a.m. to 2:30 p.m.
- **Floater Busser** - 11 a.m. to 2 p.m.

If you wish to volunteer for holiday seasonal events 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.

## **HOLIDAY HELPERS NEEDED**

Help create that holiday magic in our cafeteria. If you are a home cook, have Foodsafe or Serving It Right certification, and thrive in a fast-paced environment, consider helping us this winter. If you are interested, please send your contact information and availability to [scvolunteers@westvancouver.ca](mailto:scvolunteers@westvancouver.ca)

- **Chef Helpers/Food prep**
- **Food Packers**
- **Serving It Right Bartenders**
- **Bussers/Dishwasher Assistants**

## **EVENT HELP NEEDED**

- Nov 10** - Veteran's Lunch
- Nov 23** - World Cup event
- Dec 9 & 10** - Intergenerational Market
- Dec 13** - FitFellas Lunch event
- Dec 16** - Shortbread & Sherry
- Dec 21** - Turkey Food Packing
- Dec 22** - Turkey Lunch
- Dec 23/24** - Turkey Pickup

## **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 Online 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 an application form and a 30-minute information video with ten questions to answer at the end. Once completed, we will send you a welcome email with more information regarding next steps, including further training, a virtual meeting, and a Police Information Check.

# GARDEN SIDE CAFÉ

## Dine-In Lunch Service

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

Indoor dining is available Monday to Sunday 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.



## Fireside Lounge & Coffee bar

Open Monday – Saturday  
9 a.m. – 1 p.m. Stop by for a specialty coffee drink (cappuccino, americano, latte, and more!) and check out the new state of the art coffee bar barista machine. We brew the premium Lavazza Super Crema whole coffee bean that offers a superior, thick rich crema with every single beverage. Relax in the adjacent lounge and connect with friends!



## SPECIAL NOVEMBER ENTRÉES

### Remembrance Day Friday, November 11

(on sale Thursday, November 10)

- Chicken Consommé
- Beef Shepherd's Pie, Gravy, Carrots, Turnips & Green Peas
- Dessert: Bread Pudding with Custard

Prices (for members)

Entrée: \$7.50 | Dessert: \$3.75

## KEEP AN EYE OUT FOR FUTURE REGISTRATION DATES

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

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

Registration for general Fall term programs started on August 17.

Please visit [westvancouverrec.ca](http://westvancouverrec.ca) to check for any available spots.

**Registration for Winter programs starts on December 7.**

## A TASTE OF THE SEASON

The Seniors' Activity Centre's Garden Side Café is cooking up a flurry of festive entrées and desserts sure to delight every palate this holiday season! (M) = member prices

### Roast turkey dinners for four (4)

100 packages available, \$40 (M & non-member)  
Pre-orders only, Pre-order cut off day: December 10  
Pick up: Friday, December 23 from 10 a.m. to 2 p.m.

### Christmas baked goods

Available December 5 to 23

- Tortiere Pies
- Festive Christmas Baked Goods Pack \$15 (M):
  - 2 mincemeat tarts
  - 2 pumpkin tarts
  - 3 shortbread cookies with chocolate
  - 3 shortbread cookies with Christmas sprinkles
  - 3 ginger cookies
  - 3 fruit cake slices
- Shortbread and Ginger Cookies 5 for \$5 (M)
- Pumpkin Pie Whole \$13.50 (M)
- Pumpkin Pie Half \$6.50 (M)
- Pumpkin Pie Slice \$3.75 (M)
- Fruit Cake 1lb \$10 (M)
- Mincemeat Pie Whole \$13.50 (M)
- Mince Meat Tarts 2 for \$3.75 (M)



# REGISTERED PROGRAMS

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

Program availability may be adjusted based on provincial health restrictions. For an up-to-date list of adult 55+ programs please visit [westvancouverrec.ca](http://westvancouverrec.ca)



## Feed the Need Market Donations

Calling all West Van artisans! The Seniors' Activity Centre is looking for donations of handmade creations to be sold in the Feed the Need Market. All proceeds will go towards Feed the Need, a meal security program for local seniors.

We're looking for donations of handmade artwork, including crafts, fabric, pottery, and more.

To learn more or to donate your creations, contact Stephanie Jordan at 604-925-7211 or Hannah Rennie at 604-925-7208.

## ARTS

### ARTS GENERAL

#### Stained Glass: Studio Time

Enjoy some studio time to work on your glass designs! No instruction. Bring your own equipment and supplies. *Leader: June C.*

Wed

Nov 2 - Dec 14 12:30 - 3:30 p.m.  
**130133** \$28

### DRAWING & PAINTING

#### Painting Studio Time

Enjoy some quality time with friends, learning from others and honing your painting skills! *Drop in for one day or pay for the whole set (term).*

Drop-in \$2.50

Mon

Oct 31 - Dec 19 \$20  
**131919** 9 a.m. - 12 p.m.

**131920** 12:30 - 3:30 p.m.

Tue (Acrylics)

Nov 1 - Dec 20 9 a.m. - 12 p.m.  
**131921** \$20

Wed & Fri 12:30 - 3:30 p.m.

Sat 10 a.m. - 1p.m.

#### Painting with James

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

Thu

Nov 3 - Dec 22 9 a.m. - 12 p.m.  
**130387** \$35



### Watercolour with Lynn

Paint nature's inspirations. Work at your own pace, individual and group instruction will be provided.

Beginning with the appropriate selection of subject, design your work of art using compositional considerations, perspective, and colour theory. Materials provided. *Prerequisite: previous watercolour painting experience. Tuesday's class is for those with less painting experience, and Thursday's class is for those with watercolour painting experience.*

Tue

Nov 1 - Dec 20 12:30 - 3:30 p.m.  
**130394** \$200

Thu

Nov 3 - Dec 22 12:30 - 3:30 p.m.  
**130395** \$200

### FABRIC ARTS

#### Knitting

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

Tue

Nov 1 - Dec 20 9 a.m. - 12 p.m.  
**131866** \$20

#### Fabric Arts Studio Time

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

Tue

Nov 1 - Dec 20 12:30 - 3:30 p.m.  
**131867** \$20

#### Quilting Studio Time

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

Wed

Nov 2 - Dec 21 12:30 - 3:30 p.m.  
**131869** \$20



## 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. *No session November 11.*

Fri  
Nov 4 - Dec 23 9 a.m. - 12 p.m.  
**131870** Free (please register)

## Wednesday Craft Group

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

Wed  
Nov 2 - Dec 21 9 a.m. - 12 p.m.  
**131868** Free (please register)



### 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 Hannah, Stephanie, Caroline or Sarah.

## MUSIC

### Singing For Joy

Have you dreamed of having the opportunity to sing but life got in the way? Now is your chance to experience the joy of singing in a safe and relaxed environment. Learn fundamental vocal technique, breath support, explore a variety of vocal styles and sing uplifting songs in a supportive group setting. Participants will be welcomed to explore a solo performance if they wish.

Wed  
Nov 2 - Dec 14 1:30 - 2:30 p.m.  
**130511** \$105

### Heritage Choir

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. Come sing along with our conductor and enjoy some reenergizing musical fun!

Tue  
Nov 1 - Dec 13 1 - 2:30 p.m.  
**130343 (In-Person)** \$63

**130344 (Virtual)** \$63

### Dundarave Players

If you play an instrument and have a song to sing, let's band together for spring! As the group expands, lead guitar, rhythm guitar, ukulele, bass, and keyboard players are encouraged to give us a whirl. No instructor. Music and chords provided.

Tue  
Nov 1 - Dec 13 9:15 - 11:15 a.m.  
**130342** \$19.25

### 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  
Nov 7 - Dec 12 10:30 a.m. - 12 p.m.  
**130353** \$16.50



### Recorders Advanced

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

Thu  
Nov 3 - Dec 15 10:30 a.m. - 12 p.m.  
**130352** \$19.25

### Ukulele with JR Intermediate

Challenge your instrument skills and even sing along with others if you choose! 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.

Tue  
Nov 1 - Dec 13 11:30 a.m. - 12:30 p.m.  
**128475** \$77

### 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  
Sep 24 - Dec 17 10:30 a.m. - 12:30 p.m.  
Drop-in \$2.75

**130345** Nov 5

**130346** Nov 12

**130347** Nov 19

**130348** Nov 26

**130349** Dec 3

**130350** Dec 10

**130351** Dec 17

## DANCE

### Line Dancing Beginner

Come try line dancing! Line dancing is good for your brain and memory, it helps your balance, and is one of the original socially distance activities before it was a safety protocol.

Mon  
Nov 7 - Dec 12 6:30 - 7:30 p.m.  
**130341** \$24

### 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  
Nov 7 - Dec 12 2:15 - 3:15 p.m.  
**130340** \$24

### 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!  
*Instructor: Louise M.*

Tue  
Nov 8 - Dec 13 1 - 3 p.m.  
**130322** \$36

### Scottish Country Dance Intermediate

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

Fri  
Nov 4 - Dec 16 10:30 a.m. - 12:30 p.m.  
**130323** \$36

## WOODWORKING

### Woodworking Level 2 Intermediate

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

Mon  
Oct 31 - Dec 20 9 a.m. - 12 p.m.  
**131158** \$50

Wed  
Nov 2 - Dec 21 9 a.m. - 12 p.m.  
**131162** \$50

Fri  
Nov 4 - Dec 16 9 a.m. - 12 p.m.  
**131167** \$37.50

### Woodworking Level 3 Advanced

Bring your woodworking venture to life! Prerequisites: considerable experience in woodworking. You must be able to work 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  
Oct 31 - Dec 19 1 - 4 p.m.  
**131159** \$50

Tue  
Nov 1 - Dec 20 9 a.m. - 12 p.m.  
**131160** \$50

Wed  
Nov 4 - Dec 21 1 - 4 p.m.  
**131164** \$31.25

For a complete list of programs, visit [westvancouverrec.ca](http://westvancouverrec.ca)



### Woodworking Women's Session

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  
Nov 1 - Dec 20 1 - 4 p.m.  
**131161** \$50

### Women's Woodturning Level 2 Intermediate

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

Tue  
Nov 1 - Dec 20 1 - 4 p.m.  
**131872** \$50

### Woodcarving & Wood Sculpture

Learn or progress in the longstanding artform of woodcarving/wood sculpture. Beginners and experienced carvers are welcome. Some wood and carving tools provided or bring your own. All sessions are led by experienced carvers who are happy to share, mentor, and teach. Optional expert-led workshops are being planned for future.

Thu  
Nov 3 - Dec 22 9 a.m. - 12 p.m.  
**131165** \$50

**131166** 1 - 4 p.m.



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# TOY STORY

by Chris Inouye

On a Thursday morning in March, a conversation at the Garden Side Café with Elga Rogers and Brian Hann evolved into a nostalgic and smile-inducing chat about the toys and games of our childhoods.

Elga, who grew up in Edmonton, recalls playing outdoor games like kick-the-can, double Dutch, hula hoops, and knock-a-door-ginger. Elga says that she got caught a few times by people who answered their door only to find that it was just a door-knock-and-run-away prank. Inside play was also imaginative fun, involving toys such as jacks and paper dolls. At that time, paper doll outfits were cut out painstakingly and lovingly by hand. Although the traditional cardboard and paper cutouts are still loved by children today, they are now competing with sleek animated and interactive virtual systems. According to Wikipedia, Stardoll, a popular browser-based paper doll game, boasted over 400 million users in 2016!

Brian recalls playing with marbles, yo-yos, and checkers, but what caught my attention was his mention of music boxes. He mentioned that virtually every restaurant had a music box where you could play tunes for five cents. After school, he and his friends would gather for cokes and songs. The first such music machine was an Edison phonograph modified to take a coin and was housed in an oak cabinet installed at the Palais Royal Saloon in San Francisco in 1889. The golden age of the jukebox began post-war with bold colours and big sound, becoming ubiquitous in diners and bars. By the mid 1940s, as many as 75% of records produced in the U.S. were installed into jukeboxes ([rock-ola.com](http://rock-ola.com)). Although those flashy, chrome-bedazzled jukeboxes of the 40s and 50s have faded in popularity over the years, today smaller, digital versions of this machine can still be found in diner booths, bars, or even installed as personal smartphone apps.

I grew up in Honolulu, Hawaii in the 1950s. We spent plenty of time outdoors, often finding things to use as toys. For example, we picked papaya stems to blow soap bubbles with. Organic, biodegradable, non-toxic — those hollow wands of wonder made for hours of entertainment. We loved playing with marbles and dug holes in the ground to shoot them into steelies and cats' eyes, bamboochas (giants), and peewees. We also took those marbles indoors where mom supervised as my sister and I "fried" marbles then submerged them in cold water to make them crack inside, transforming mere marbles into sparkling "diamonds".

*To a child, often the box a toy came in is more appealing than the toy itself.*

— Allen Klein

No matter how old you are, if a kid hands you a toy phone, you answer it.

- Dave Chappelle

Although not many kids play with marbles these days and knock-a-door-ginger would probably catch a prankster in the act because of closed-circuit cameras, you can still find hopscotch grids and jungle gyms at schools and neighborhood playgrounds. Jump ropes, Crayola crayons, Lego, Easy Bake Ovens, and Matchbox cars are classics and still favourites among kids everywhere.

The coolest toys don't have to be bought; they can be built. In fact, sometimes the only way they'll ever exist is if you make them yourself.

- Adam Savage



## 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.*

## 2022 FLU CLINIC

This year's Flu Clinic is scheduled from 9 a.m. to 4 p.m., by appointment only (no walk-ins, due to supply) on the following date:

### Thursday, November 3

Registration opens Thursday, October 20  
Activity Code 132709

Register online at [activewestvanrec.ca](http://activewestvanrec.ca) or by phoning 604-925-7280. 100 appointments available.

If you need to cancel the appointment, please contact the front desk at 604-925-7280. Failing to cancel will result in someone else missing out on a vaccination opportunity. Please be mindful and inform the centre with advance notice if you cannot attend for any reason.

Please bring your BC Services Card, as it will be required at the intake station.

### Available vaccines

- Flu shot (free)
- Shingrix shingles vaccine (\$165 private pay) Two doses; second dose booked at the pharmacy in two months
- Prevna20 pneumonia vaccine (\$145 private pay)

Payment stations will be on-site for Visa/Mastercard/debit

Do you have a *passion* for helping others? Join our team today.

**Home Instead®** helps older adults age safely in the place they enjoy most. We are seeking compassionate CAREGivers to help in our community. **Apply today!**

Call 604-925-1570 or visit [homeinstead.ca/3022](http://homeinstead.ca/3022) for more information or to apply online.

 **Home Instead.**  
*To us, it's personal*



Photo credit: Larry Olkovic

# YES WE CAN!

By Dave Patrick



We did it! Canada has made it into the World Cup football finals for the first time in 36 years, and we deserve to be there! Two hundred and eleven countries began playing in 2019 under the auspices of the governing body of World Soccer – Federation International Football Association (F.I.F.A.). The extensive and complicated play-off system brought the number down to 32, and Canada is one of them!

The teams are now placed in 8 groups of 4 (A-H) and Canada is in Group F, together with Belgium, Croatia, and Morocco. F.I.F.A. ranks the teams on a fairly regular basis and the latest world ranking for our group is: Belgium 2nd; Croatia 16th; Morocco 22nd; Canada 38th.

Sound daunting, doesn't it? We are drawn against the second best team

in the world (only Brazil is rated higher) in our first game, to be played on Wednesday, November 23 11 a.m. Pacific Time. But not to worry; after all, it was only a few months ago that Canada was rated 76th!

A few soccer "experts" in our Centre have suggested that Canada is badly under-rated and should be in the top 20, one fan said the top 10. But does all this ranking stuff really matter?

Of course not! Each team has 11 payers, and once the referee blows that whistle and the game starts anything can happen and quite often does. World ranking has no reflection on either our team's style of play or their confidence. Yes, on paper Canada would seem completely out-classed, but fortunately the game isn't played on paper and who know what will happen.



*The truth about Canada is that we're fiercely proud to be the best country in the world but too humble to shout about it! .*

- Michael Smith

It should be noted that Canada doesn't have to finish top of their group as the 1st and 2nd place finishers in each group go on to play in the next round. The World Cup is an exciting competition, and there are always surprises.

So, why all this excitement about football or "soccer" as it's called in North America. Well, it is the most popular game in the world and the World Cup, held every four years, attracts literally millions of fans world-wide and Canada will be there. A quote from Bill Shankly, former Manager of the Liverpool Football Club from 1959 to 1974, said it all. When asked by a fan if he regarded football as a matter of "life and death," he replied "oh, no Madam, it's much more important than that!"

Getting back to Canada's team and why we have made it into the World Cup finals, we know our coach, John Herdman, has done a wonderful job in amassing a group of excellent players and he deserves a huge vote of thanks from soccer-loving Canadian fans. But how has he accomplished this miracle?

Well, we all realize that a coach can only do so much, and it's the players who get results. Our players certainly have the built-in football skills, e.g. tackling, defending, dribbling etc. But they have other qualities like playing the game with passion when chasing a ball that seems destined to go out of play and not giving up, or tackling an opposing player until they get possession. In other words, giving their all in playing the game they love.

## FOOTBALL?

By Valerie Coles

Say the word "football" south of the 49th and it means quarterbacks and touchdowns but utter it here and it's just as likely to mean soccer. In Canada soccer reigns, being our fastest growing sport, with close to one million registered participants and countless spectators.

Members of the Seniors' Activity Centre (SAC) are equally caught up with soccer and especially the current frenzy over Canada finally being in the much-watched World Cup. Although most of today's seniors played softball, not soccer, when they were young, our youth today are clearly besotted with soccer, and many of our members are right there on the sideline, cheering them on.

## SOCCER RULE: FORGET THE UMBRELLA

Proud grandparents brag about watching their grandkids play in the pouring rain, happy to let raindrops drown them while faithfully watching grandkids perfect that balletic footwork. Pamela, a longtime SAC member, reminisced about watching her great-granddaughter Emma play soccer in Port Moody, happily getting soaked as she watched. Another SAC member, a soccer-loving granddad, swore he "never notices the rain" until he gets home and takes off his dripping jacket. Clearly, for the genuine aficionado, umbrellas are not needed and definitely not cool.

Fit Fella member Errol has followed three of his seven grandchildren play soccer, proudly braving freezing temperatures and biting rain. It's paid off — his talented 13 year old granddaughter is already an assistant coach for a West Van Soccer team of nine year-olds.

Another SAC member and avid fan even tried out to play for the Monmouthshire soccer club in England many years ago. Although he has no grandchildren currently playing, he regularly watches games at the Ambleside pitch.

## GLITZ AND GLAM

Even Elton John and Ryan Reynolds are in the beautiful game. Elton John has owned and sold the Watford Football Club twice and is still its chairman. As the Rocket Man once said, "It's in my blood, in my soul, it's a huge part of my life."

And Vancouver-born Ryan Reynolds, along with a partner, is also the proud owner of Welsh team Wrexham AFC. Clearly, the beautiful game attracts beautiful people.

We hope you'll join us in the Lounge for the games. No umbrellas necessary.

*If American football is rock music, soccer is cool jazz*

- Timothy Fisette\*

\* It was Brazilian footballer Pelé who popularized it, although the phrase itself goes as far back as 1958.

The one quality that John Herdman has instilled in our team, more than any other, is PRIDE.

You just have to watch them lined up in a row before the game, arms over the shoulder of the player next to them, singing our National Anthem with all the gusto they can muster. It resonates with their voices and shines out of their eyes! Canadian-born, immigrants, or refugees, it matters not – they all have pride in this beautiful country we all call home, O’Canada indeed!

On that note, let’s take a look at what one of our players was quoted as saying on a social media post recently: “Canada welcomed me and my family and gave us the opportunity for a better life, it enabled me to live my dreams. It’s a great honour to play for Canada and I want to give back, so I’ve decided that I will donate this year’s World Cup earnings to charity.”

This came from Alphonso Davies, our star defender and the scorer of one of the most amazing goals in World Cup history, against Panama in a qualifying game. I would venture to bet that all players going to Qatar to play for Canada have the same pride that Alphonso does.

Here’s one more very appropriate quote by Michael Smith (Chef-Author) from the wonderful book, “The World Needs More Canada,” which was published to celebrate Canada’s 150th birthday:

So, just this once, let’s shout about it, put Canadian flags on our cars, on our balconies and on our desks. Let’s talk it up, in our pubs, clubs and offices. Let’s show John Herdman and his team how much we support them, and how proud we are that they have come so far in the 2022 World Cup!

**GO, CANADA, GO!!**

## Seniors’ Activity Centre (SAC) donations made easy!

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

- **Planned Giving** – leave a gift in your will or make a memorial gift in honour of a loved one
- **Feed The Need** – supports meals for vulnerable seniors in the local community
- **Shuttle Bus** – supports the operation of the SAC Shuttle bus which runs 100% on donations, sponsorship, and grants
- **Keeping Connected** – supports dementia-friendly programs, social supports, and aging-in-place initiatives
- **General Fundraising** – supports a variety of needs that directly benefit SAC members

Tax Receipts: Donations over \$25 will receive a charitable tax receipt (Charitable Tax # 121 453 963 RR0001)

WEST VANCOUVER SENIORS’ ACTIVITY CENTRE

# Feed the need



FEED A VULNERABLE SENIOR IN NEED.

## LET’S DO IT AGAIN!

Help us raise \$100,000 towards the Feed the Need food security program that has been providing meals to vulnerable seniors in West Vancouver since the start of the COVID-19 pandemic.

The Feed the Need program currently serves 300 meals per week, and your donation will help us provide three meals per week to seniors in need until the end of 2023.

## YOUR CONTRIBUTION

Your contribution makes a difference in the lives of our vulnerable seniors.

Feed **one** senior for **three months** for **\$270**

Feed **one** senior for **six months** for **\$540**

Feed **one** senior for **one year** for **\$1,080**

**No contribution is too small!**

Make an impact,  
donate today!

**Deadline to  
donate is  
December 31.**

## DONATE TODAY

Call **604-925-7280** to donate.

Pay by cash, Visa, MasterCard, AMEX, or cheque.

For details, visit [westvancouver.ca/feedtheneed](http://westvancouver.ca/feedtheneed)

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## HOT TOPICS WITH WEST VANCOUVER FIRE & RESCUE

By Jeremy Calder, Assistant Chief of Fire Prevention

Lithium-ion batteries are found in many increasingly common devices around the home, from cell phones to e-bikes and e-scooters.

Lithium-ion batteries are considered safe as long as consumers use quality devices and follow manufacturers' recommendations. If abused or used improperly, a fast temperature increase rate — called a thermal runaway — can occur, causing a fire.

Purchase equipment from a reputable dealer. Follow all manufacturers' recommendations for use and charging. Inspect for damage and repair or replace with ULC or CSA-approved equipment. Never charge a damaged battery.

Improper disposal of batteries can also lead to fires. If you have any Damaged, Defective or Recalled (DDR) batteries (including lithium-ion), contact call2recycle at [customerservice@call2recycle.ca](mailto:customerservice@call2recycle.ca) or 1-888-224-9764 so they can provide you with their special DDR container to handle these types of batteries.

*Take care and stay safe, Jeremy*



**WVPD**

## BEWARE OF THE ROMANCE SCAM

By Sergeant Mark McLean

A romance or friendship scam occurs when a scammer forms a personal relationship with their victims, usually online. Once the scammer has the trust of their victim, they will concoct a financial crisis in which the victim will feel compelled to help by sending them money. This can take the form of legal or medical bills and usually involves large sums of money. The scammer will claim they need this money right away and not provide the victim time to think over the decision. Never send money to someone you have not met in person. Before sending money, consult someone you trust (i.e. family, neighbour). Once the money has been received the scammer will cut off all contact and change their online profile to target new victims. It is always a scam if you are asked to pay using gift cards or crypto currency.

## Seniors' Activity Centre SHUTTLE BUS

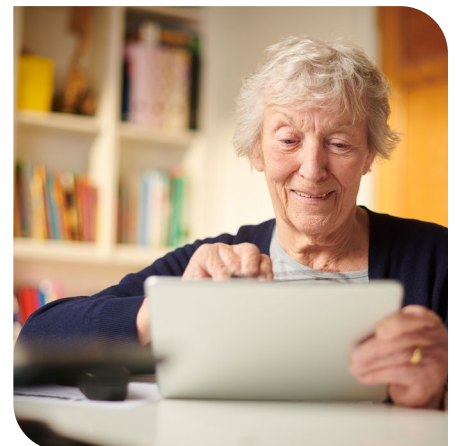
The Seniors' Shuttle Bus service offers an opportunity for seniors to easily access the Seniors' Activity Centre and local businesses including financial institutions, grocery stores, and doctors' offices.

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

A contribution of \$3 per person for each pick-up is recommended.

This SAC Shuttle Service is brought to you through a variety of community partners and donations. To help support the shuttle bus, donations can be made by calling 604-925-7280

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



## LEARNING

### LANGUAGES

#### Farsi With Bitra

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

Tue  
Nov 1 - Dec 13 12:30 - 2 p.m.  
**130410** \$17.50

#### French Beginner

Join us for a beginner class and learn the basics of conversational French through exercises, role plays, discussion, and reading.

Tue  
Nov 1 - Dec 13 10 a.m. - 12 p.m.  
**130961** \$20

#### French Conversation

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

Wed  
Nov 2 - Dec 14 10 - 11:30 a.m.  
**130408** \$21.45

#### Spa Francais

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

Tue  
Nov 1 - Dec 13 10:30 a.m. - 12:30 p.m.  
**130409** \$21.45



### WRITING & READING

#### Writers' Circle

Share your stories, poems, and memoirs in a casual and encouraging atmosphere! *No instructor or facilitator.*

Mon  
Nov 7 - Dec 12 1 - 3 p.m.  
**130475** \$16.50

#### Creative Writing with Richard

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

*Instructor: Richard B.*

Thu  
Nov 3 - Dec 15 1:30 - 3:45 p.m.  
**130474** \$94.50

### GENERAL

#### Photo Club In-Person & Virtual

Come curious, and leave inspired by the stunning images shared by guest presenters and participants! Check out some examples of our work on the wall beside the cafeteria and keep an eye out for field trips and social events that are also part of this program. No formal instruction. Participants can attend in person or virtually. *Leader: Peter O.*

Thu  
Sep 8 - Dec 15 1 - 3 p.m.  
**128227 (In-Person)** \$42  
WVCC, Music Hall

**128242 (Virtual)** \$42

### GAMES

#### Bridge with Tai Beginners

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

Thu  
Nov 3 - Dec 15 6 - 8 p.m.  
**130372** \$105

Fri  
Nov 4 - Dec 16 2:15 - 4 p.m.  
**130471** \$90

#### Bridge with Stephen Bridge Basics 1

Learn the basics of bidding and play. Each lesson combines discussion with plenty of play. Find out why bridge becomes a life-long passion for enthusiasts, offering a unique combination of social occasion, fun and intellectual stimulation. Lesson hand-outs are included.

Tue  
Nov 1 - Dec 13 3:30 - 5:30 p.m.  
**130473** \$105

#### Bridge with Stephen Topics/Supervised Play

This course is designed for players who are familiar with the basics of bidding, declarer play and defense and who have been at least attempting to play some of the common modern bridge conventions (negative doubles, transfer bids, Jacoby 2NT and like as covered in the Intermediate course). Class format is brief discussion with illustrative exercises followed by play of hands from a duplicate bridge club. Lesson handouts are included.

Wed  
Nov 2 - Dec 14 3:30 - 5:30 p.m.  
**130472** \$105



## Duplicate Bridge

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

Thu  
Sep 8 - Dec 21 1:30 - 4:30 p.m.  
**128483** \$37.50

## SOCIAL

### TRIPS & EVENTS

#### Potters Christmas Store

Hop on our bus and go to one of the largest Christmas stores! Each year the Nursery transforms into Western Canada's largest Christmas store.

Tue  
Nov 8 9:30 a.m. - 1:30 p.m.  
**131994** \$15

#### Music in the Morning - Transportation only

The coffee, concerts, and commentary are back at the Vancouver Academy of Music. The November performance is the Shameses, a husband-and-wife team who are both exponents of the great Leon Fleisher. Coffee is at 10 a.m, concert is at 10:30 a.m. Purchase your own tickets by calling 604-873-4612.

Wed  
Nov 16 9 a.m. - 12 p.m.  
**131922** \$8

#### Grand Villa Casino

There is always something more going on at the Grand Villa, including slots, table games, poker, and more.

Fri  
Nov 18 10 a.m. - 3 p.m.  
**129158** \$12



## IKEA

Visit the IKEA Store in Coquitlam with us! Wander the incredible show rooms for home décor ideas and shopping. Stop for a bite to eat. We will have some storage for small items to take home on the bus.

Tue  
Nov 22 10 a.m. - 2:30 p.m.  
**131995** \$12

#### World Cup Soccer Event: Canada vs. Belgium

Join the Seniors' Activity Centre for a fun-filled 2022 World Cup soccer match: Canada vs Belgium! The game will be televised and a light lunch box, tea, and coffee will be included in the registration fee. Wear your brightest team colours and bring along your team spirit! Go Canada!

Wed  
Nov 23 11 a.m.  
**132725** \$8

#### Feed the Need Christmas Markets

Stop by the Feed the Need Christmas Markets this holiday season, and shop for gifts that keep on giving!

Items sold at the market are hand-crafted by our Intergenerational Make-It! Workshop participants, or donated by local artisans. Market proceeds go towards Feed the Need, our free meal delivery program for seniors in need in West Vancouver.

Fri  
Dec 9 5:30 - 8 p.m.

Sat  
Dec 10 10 a.m. - 2 p.m.

#### VanDusen Gardens Festival of Lights

Hop on our bus and wander around the amazing light display at VanDusen Gardens. Carts are available and refreshments will be served. Cost includes transportation only, please pay for your admission and any extras when you arrive.

Fri  
Dec 9 4 - 8 p.m.  
**131993** \$12

## Shortbread & Sherry

### Christmas Members' Mingle

Welcome the Christmas season by joining us for the Shortbread & Sherry Christmas Members' Mingle, hosted by the Seniors' Activity Centre Advisory Board. Coffee, tea, and light refreshments will be served with sherry, shortbread, and minced tarts.

Fri  
Dec 16 3 - 5 p.m.  
**132744** Free (please register)

#### Christmas Wreath Workshop

Join Bernadette and learn how to make a wreath for your door! Come with an open mind and leave with a warm heart and festive wreath!

Fri  
Dec 9 1 - 3 p.m.  
**133014** \$35

## KEEPING CONNECTED

### KEEPING CONNECTED PROGRAMS

Keeping Connected programs give meaning and purpose to individuals within a supportive and inclusive environment. Our goal is to assist our members and their families in breaking down the barriers for participation in recreation. We encourage participation for anyone who is feeling isolated, alone, or living with memory loss or a decrease in physical function or activity level. These programs are open to every Seniors' Activity Centre member. Please join us for a little bit of fun!

Questions?  
Call Hannah at 604-925-7208.

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)



### CYCLING WITHOUT AGE

Are you unable to ride a bike but would like to feel the wind in your hair again? This organization provides free 15-20-minute tours in the neighbourhood. Ride alone or with a loved one! It's a great way to get out and keep connected to the world.

Learn more at [cyclingwithoutage.ca/northshore](http://cyclingwithoutage.ca/northshore)

If you would like to arrange a ride from the Seniors' Activity Centre please call Hannah 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 Stephanie at 604-925-7211 to find out more or sign up to receive help.

### Adapted Balance & Fall Prevention

Is balance and leg strength something you would like to improve? Focus on maintaining balance and leg strength in this class led by Jayson. Adaptations are fully acceptable, and we will work with whatever limitations you might be experiencing.

Wed  
Nov 2 - Dec 14 11:45 a.m. - 12:45 p.m.  
**131178** \$52.50

### 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  
Nov 1 - Dec 13 11:45 a.m. - 12:45 p.m.  
**131032** \$72.20

### Chair Stretch and Movement

Enjoy this uplifting class through movement and music in an enjoyable and safe 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  
Oct 31 - Dec 12 1:30 - 2:30 p.m.  
**131047** \$72.50

### Chair Yoga Move and Groove

Learn breathing techniques, movement, alignment, strengthening, and stretching in this fun and upbeat yoga class. Whether new to chair yoga or looking for a safe and gentle exercise, this could be a great fit for you! This class includes some sitting and standing with variations that are best for you.

Thu  
Nov 3 - Dec 15 11:30 a.m. - 12:45 p.m.  
**131181** \$72

### 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  
Nov 4 - Dec 16 10 a.m. - 12 p.m.  
**131180** \$125

### Daybreak

Introducing a new program designed for those living with Alzheimer's. We will be reminiscing, playing games, creating art, and appreciating life together. Lunch will be provided. Limit of 6 per class.

*Requirement: Daybreak Consultation.*  
Call 604-925-7211 to arrange.

Mon  
Oct 31 - Dec 12 10 a.m. - 1 p.m.  
**131182** \$160

### Gratitude Circle

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

Tue 10:30 - 11:30 a.m.  
Registered Drop-in \$6.10

**132875** Nov 1

**132876** Nov 8

**132877** Nov 15

**132878** Nov 22

**132879** Nov 29

**132880** Dec 6

**132881** Dec 13

### High Tea Party

Break out your finest hat and cravat and join us for a tea party! Special teas will be served and of course snacks.

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

**131991** Nov 8

**131992** (Christmas tea) Dec 13

### 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  
Nov 2 - Dec 14 10 - 11 a.m.  
**131033** \$42

## Keep Well

Keep Well Society offers their program weekly which involves a mild exercise class as well as regular blood pressure checks.

Wed  
Nov 2 - Dec 14 11:15 a.m. - 12:45 p.m.  
**131034** Free (please register)

## Ladies' Social Club

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

Wed  
Nov 2 - Dec 14 1:30 - 3 p.m.  
**131038** \$40

## Men's Club

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

Thu  
Nov 3 - Dec 15 10:30 a.m. - 12 p.m.  
**131183** \$57.75

## Minds in Motion

Minds in Motion™ is a fitness and social program for people living with any form of early-stage dementia along with a care partner or friend. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend. Proof of full COVID-19 vaccination will be required to attend this program. To learn more about safety protocols, visit [alzbc.org/COVID-safety](http://alzbc.org/COVID-safety).

Fri  
Oct 7 - Dec 16 1 - 3 p.m.  
**128735** \$62.50 per couple



## Musical Mondays

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

Mon 2 - 3:30 p.m.  
Registered Drop-in \$6

**132883** Nov 7

**132884** Nov 14

**132885** Nov 21

**132886** Nov 28

**132889** Dec 5

**132887** Dec 12

**132888** (Holiday Theme) Dec 19

## Pick up the Pace

Lift your spirits and your heart rate in a class designed to get the blood flowing.

Mon  
Oct 31 - Dec 12 2:45 - 3:45 p.m.  
**130869** \$40

## 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  
Nov 4 - Dec 16 \$47.25  
**131043** 10 - 11 a.m.

**131046** 11:15 a.m. - 12:15 p.m.

## Reminisce XR

This is an introduction to how virtual reality works in a fun and interactive way. Sign up to take a walk in the jungle, visit cities you would like to travel to or reminisce about, or play an interactive game! This experience will lift your spirits. A TV will be in place for others to observe. Each session is 15 to 20 minutes long. Sign up and try something new!

Sun 1:30 - 3:30 p.m.  
Free (please register)

**131797** Nov 6

**131798** Dec 4

## Wellness Week with UBC Nursing Students

UBC Nursing Students will be providing weekly wellness checks, health tips and information on relevant health topics.

During the first hour there will be blood pressure checks in the hallway near the cafeteria, followed by a presentation in the Social Rec Room

Thu 1 - 3 p.m.  
Weekly Free (drop-in)

Oct 6 - How to stay healthy during flu season.

Oct 13 - Stroke versus heart attack: what's the difference?

Oct 27 - Beyond the blues: what's out there?

Nov 3 - Beyond the blues: what's out there?

Nov 17 - Beyond the blues: what's out there?

Nov 24 - When should I go? When to seek medical attention at emergency versus visiting the doctor or a clinic.

## MIND & BODY WELLNESS

### Massage

Enjoy a 45-minute massage performed by Langara College Students. Arrive 15 minutes early to complete paperwork. No ICBC or WCB claims.

Call 604-925-7280 to register

Wed 9:30 - 10:15 a.m.,  
10:45 - 11:30 a.m., 12 - 12:45 p.m.  
\$21 per session

### Mindfulness Meditation

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

Mon  
Oct 31 - Dec 12 12:30 - 1:30 p.m.  
**131185** \$17.50



## OUTDOOR ACTIVITIES

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

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

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

### Cross Country Ski & Snowshoe Group Fall 2022

Do you enjoy cross country skiing or snowshoeing? Join a bunch 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 want to go up the hill. A trail ticket or pass is required for skiing and snowshoeing in the ski area boundary. Any questions, ask [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca)

Wed & Fri  
November (or when the mountain opens) - Dec 31 9 a.m. - 1 p.m.  
**130400** \$7.50

### Registration for Cycling

Registration for Norwest, Silver Wheels and other cycling programs will start in January and in March. Registration for Ramblers will begin January 1. *Details will come shortly!*



### Nature Walk and Explores

will take a break until Spring 2023. Look for details in the January Scene Magazine and online.

### Cross Country Ski & Snowshoe Group Winter 2022

Do you enjoy cross country skiing or snowshoeing? Join a bunch 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 want to go up the hill. A trail ticket or pass is required for skiing and snowshoeing in the ski area boundary. Any questions, ask [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca)

Wed & Fri 9 a.m. - 1 p.m.  
Jan 1 - when the mountain closes  
\$7.50

### Hikers: Discover Trails

Hike intermediate and more challenging trails on the Sea-to-Sky Corridor and beyond. Tuesday hikes are about 2-3 hours and average 6-10 km in distance. Thursday hikes are 3-5 hours, and are typically over 15 km at a good pace, on varying terrain. Hikes 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  
Sep 6 - Dec 22 9 a.m. - 12:30 p.m.  
**130134** \$48

## HEALTH & FITNESS

### GROUP FITNESS

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

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

### 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

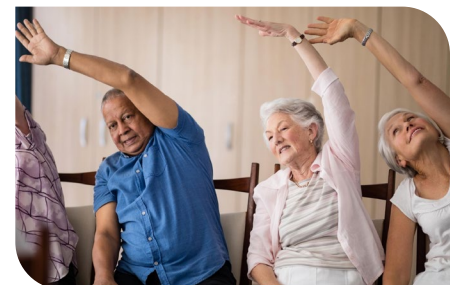
*High level of cardio*

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

### 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  
Nov 1 - Dec 15 1:15 - 2:15 p.m.  
**131084** \$90.30





## 🏃 - 🏋️ Stay Fit For Men

Stay fit in a fun yet mild exercise program for men! Start with a warm-up, progress to a modified 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 & Wed

Oct 31 - Dec 14

8:15 - 9:15 a.m.

**131086**

\$66.50

## YOGA

### Hatha Yoga

Enjoy a moderately paced flow class to help you feel centered, focused, and restored. Postures encourage alignment, flexibility, and gentle movement. Suitable for people looking for a well-rounded flow class. Modifications and options are provided.

Thu

Nov 3 - Dec 15

9 - 10:15 a.m.

**131093**

\$50.40

### 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.

Thu

Nov 3 - Dec 15

10:15 a.m. - 1 p.m.

**131095**

\$50.40

## 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.

## REHAB

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).

### Pulmonary Rehabilitation (Pilot Program)

The Pulmonary Rehabilitation pilot is our newest rehab program that will be offered running in conjunction with Vancouver Coastal Health (VCH). A referral from a VCH Breath program clinician or respirologist will be required. Come join us for functional exercises in a group setting followed by cardiovascular training in a safe, welcoming environment led by qualified staff member to ensure your safety.

Tue & Thu

Nov 1 - Dec 22

2:15 - 3:15 p.m.

**130445**

\$192

### Chronic Low Back Pain and Core Strength

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

Fri

Nov 4 - Dec 23

2:15 - 3:15 p.m.

**130404**

\$105



## 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.



### The Future is Now with Science Reporter Bob McDonald

Join Bob McDonald, host of CBC's Quirks & Quarks, as he discusses using today's technologies to solve the climate crisis.

Fri

Nov 4

7 p.m. - 8 p.m.

WVML Main Hall

Free

### An Evening with Jody Wilson-Raybould Hosted by Angela Sterritt

In this final event in WVML's Big Ideas lecture series, Jody will speak about her forthcoming book, True Reconciliation: How to Be a Force for Change and will be available for book signings after the event.

Fri

Nov 25

7 p.m. - 8 p.m.

WVML Welsh Hall

Free

(please register)

### Friday Night Concert: Buzz Brass

Buzz Brass offers a holiday concert embodying festive seasonal magic with a touch of humour.

Fri

Dec 2

7:30 p.m. - 8:45 p.m.

WVML Main Hall

and YouTube Live

Free

# GARDEN SIDE CAFÉ LUNCHES

## NOVEMBER

### TUESDAY, NOVEMBER 1

Beef Vegetable Stew with Mashed Potatoes

### WEDNESDAY, NOVEMBER 2

Chicken Curry, Rice, Vegetables

### THURSDAY, NOVEMBER 3

Vegetarian Lasagna, Tossed Salad

### FRIDAY, NOVEMBER 4

Baked Cod with Rustic Tomato Vegetable Sauce, Roast Potatoes

### SATURDAY, NOVEMBER 5

Chef's Special

### SUNDAY, NOVEMBER 6

Chef's Special

### MONDAY, NOVEMBER 7

Chicken Stroganoff, Broad Egg Noodles

### TUESDAY, NOVEMBER 8

Pork Goulash with Rice

### WEDNESDAY, NOVEMBER 9

Turkey Schnitzel with Cranberry Sauce, Mashed Potatoes

### THURSDAY, NOVEMBER 10

\*Beef Shepherd's Pie, Carrots, Turnips, Peas\*

### FRIDAY, NOVEMBER 11

CLOSED for Remembrance Day

### SATURDAY, NOVEMBER 12

Chef's Special

### SUNDAY, NOVEMBER 13

Chef's Special

### MONDAY, NOVEMBER 14

Cabbage Rolls with Pierogis and Sour Cream, Salad

### TUESDAY, NOVEMBER 15

Liver & Onions, Gravy, Mashed Potatoes

### WEDNESDAY, NOVEMBER 16

Lemon Herbed Chicken with Rice

### THURSDAY, NOVEMBER 17

Breaded Veal Cutlet Parmigiana

### FRIDAY, NOVEMBER 18

Baked Lemon Garlic Salmon, Rice

### SATURDAY, NOVEMBER 19

Chef's Special

### SUNDAY, NOVEMBER 20

Chef's Special

### MONDAY, NOVEMBER 21

Bangers and Mashed served with Caramelized Onions

### TUESDAY, NOVEMBER 22

Spaghetti with Meat Sauce, Garlic Toast

### WEDNESDAY, NOVEMBER 23

Spanakopitas with Tzatziki & Marinated Tomato and Cucumber Salad

### THURSDAY, NOVEMBER 24

Mediterranean Turkey Chili with Romaine Salad, Dinner Roll

### FRIDAY, NOVEMBER 25

Baked Fish on Ratatouille, Rice

### SATURDAY, NOVEMBER 26

Chef's Special

### SUNDAY, NOVEMBER 27

Chef's Special

### MONDAY, NOVEMBER 28

Sweet & Sour Pork, Rice

### TUESDAY, NOVEMBER 29

Italian Sausages with Peppers and Onions, Savoury Potato Wedges

### WEDNESDAY, NOVEMBER 30

Spinach & Cheese Quiche, Greek Salad

## DECEMBER

### THURSDAY, DECEMBER 1

Breaded Beef Liver with Bacon and Onions

### FRIDAY, DECEMBER 2

Curried Basa with Rice Pilaf

### SATURDAY, DECEMBER 3

Chef's Special

### SUNDAY, DECEMBER 4

Chef's Special

### MONDAY, DECEMBER 5

Chicken Cacciatore, Rice

### TUESDAY, DECEMBER 6

Pork Paprika with Linguine

### WEDNESDAY, DECEMBER 7

Chili Con Carne, Cornmeal Muffin

### THURSDAY, DECEMBER 8

Baked Ham with Scalloped Potatoes

### FRIDAY, DECEMBER 9

Salmon Burger, Kale Slaw

### SATURDAY, DECEMBER 10

Chef's Special

### SUNDAY, DECEMBER 11

Chef's Special

### MONDAY, DECEMBER 12

Chicken Cordon Bleu, Roasted Potatoes

### TUESDAY, DECEMBER 13

Take Out Service Only. FitFelas Christmas Luncheon Event

### WEDNESDAY, DECEMBER 14

Sirloin Patty with Mushroom Gravy and Mashed Potatoes

### THURSDAY, DECEMBER 15

Spanish-style Pork Chops, Rice

### FRIDAY, DECEMBER 16

Fish & Chips with Tartar Sauce & Coleslaw

### SATURDAY, DECEMBER 17

Chef's Special

### SUNDAY, DECEMBER 18

Chef's Special

### MONDAY, DECEMBER 19

Sweet & Sour Chicken, Rice

### TUESDAY, DECEMBER 20

Quiche Lorraine, Salad

### WEDNESDAY, DECEMBER 21

Take Out Service Only

### THURSDAY, DECEMBER 22

\*Roast Turkey with all the Trimmings\*

### FRIDAY, DECEMBER 23

Breaded Sole with Tartar Sauce

### SATURDAY, DECEMBER 24

CAFÉ CLOSÉS AT NOON

### SUNDAY, DECEMBER 25

CLOSED for Christmas

### MONDAY, DECEMBER 26

CLOSED for Boxing Day

### TUESDAY, DECEMBER 27

Bangers and Mashed

### WEDNESDAY, DECEMBER 28

BBQ Chicken Leg with Rice

### THURSDAY, DECEMBER 29

Tortiere Pie with Gravy

### FRIDAY, DECEMBER 30

Seafood Newburg

### SATURDAY, DECEMBER 31

CAFÉ CLOSÉS AT NOON



# 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)

“I want  
Nana to get  
out more...”



“..but I can’t  
always be there.”

## SHYLO BRINGS CARE TO YOUR HOME

Cancer, stroke, Alzheimer’s and chronic illnesses of all types affect the whole family. You need to be with the one you love, but there are so many duties and responsibilities. That’s where we come in. **Shylo’s Comprehensive Respite Care** helps families with:

- In-home Nursing Support
- On-going Pain Mitigation
- A Customized Care Plan
- Physical & Emotional Support
- Housekeeping & Laundry
- Travelling & Attending Medical Visits.

Plus, many other care issues that arise when a family needs to care for a loved one who is dealing with a chronic illness.

**You don’t have to do it alone.**

**IT’S OK TO ASK FOR HELP!**

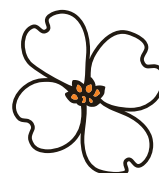


Call today for a free  
in-home needs assessment

**604-985-6881**

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

[VancouverSeniorHealth.BlogSpot.com](http://VancouverSeniorHealth.BlogSpot.com)



# Shylo

HOME HEALTHCARE