



February, 2010

EVENTS calendar

West Vancouver Seniors' Activity Centre 604-925-7280

Dance the Night Away

Looking for a place on the North Shore to go dancing? The Seniors' Activity Centre is a fabulous venue. We boast an excellent wood dance floor, beverages, bar services and snacks for your enjoyment. Singles are highly encouraged to attend as there are lot of people to dance with.

Gwen Gouchee

Thursday Feb 18 6:30-9:30pm
#692118 \$7.00 members

Michelle Perron

Thursday March 18 6:30-9:30pm
#692119 \$7.00 members

Sports & Cultural Trivia Game Night

Come to the Seniors Activity Centre for an extra special evening of trivia, food and fun. Everyone is welcome. Get together with a group of friends and book your table. Tables will answer trivia questions themed around Sports, Culture, Exploration and New Frontiers. There will be prizes. Cost includes food and activities. Cash bar.

Wednesday Feb 17 6:00-9:30pm approx
#681567 \$20.00 members

Wii Challenge

Come to the Seniors Centre and compete against others for a gold medal in the Wii Challenge. We will have two players going simultaneously allowing individuals or teams to compete against one another. Come for dinner and then check out the latest game the younger generations are raving about.

Thursday Feb 25 6:00-8:00pm approx
#682867 \$1.00 members

Irish Pub Night

On St. Patrick's Day, don your green duds and join us for an Irish Pub Night. Enjoy Irish style food and drink while the Londoners sing classic Irish songs. Cost includes food and entertainment. Cash bar in effect. There will be room on the dance floor for anyone wanting to dance or demonstrate an Irish jig.

Wed March 17 5:30-9:30pm
#692068 \$20.00

Costco

Stock up at Costco before the Olympics! The bus drives you from the Seniors' Activity Centre to Costco and back. Your own Costco membership is required. Cost covers transportation.

Feb 5 10:00am-2:00pm approx
#692467 \$10.00

Sorry no Casino trips in February due to the Olympics

Boulevard Casino: Coquitlam

Cost includes transportation only. Bus leaves at 9:15am.

Thursday March 25 9:30am-3:00pm
#682019 \$12 members

Capilano University Concert Series

Bus loads at 10:45am. Concert is approximately 1 hour in length. Student Showcase: winners of the First and Second Year Scholarship Competitions in Performance

March 12 10:45am-1:00pm approx
#678122 \$5.00 members

VSO Pops

Bus loads at 6:45pm. Concerts start at 8:00pm. You can still purchase tickets to individual concerts.

The Swinging Seventies

Friday March 19 6:45pm-10:00pm
#680369 \$60.00 ticket/transportation

Music in the Morning

Don't miss these top notch professional performances. Concerts at 10:30am at the Vancouver Academy of Music.

Stephen Prutsman, Piano

Friday March 19 \$40.00 members (ticket/bus)
#677070 Individual ticket

Musically Speaking

A perfect afternoon of music and treats at Kay Meek. Eugene Skovorodnikov: The Russian Romantics. With virtuosic mastery and poetic polish, Eugene brings to full life the romantic outpouring of the Great Russian composers.

March 12 1:00pm-4:00pm
#681469 \$22 ticket/transportation

Income Tax Clinic

Free income tax preparation will available in March for those with an income of \$25,000 or less.

Please call the office for appointments.
604-925-7280

Annual Flea Market

Sunday, March 28th
9:00am-3:00pm.

Watch for more details!



Amica Lecture Series

These workshops are presented by Amica at West Vancouver in partnership with the District of West Vancouver Seniors' Activity Centre, presented at the Seniors' Activity Centre, Audio Visual Room. Refreshments, courtesy of Amica, follow the workshop.

Life Transitions; dealing with Loss & Grief

In all life transitions, there is both loss and opportunity. In our time together we will explore how to work with the grief that accompanies loss. Mary Ellen de Grace

Monday, February 15 **1:30pm**
ID# 701767 **Free**

Wellness & Ageing Well!

Discover the top ten best parts of growing old, the top ten worst parts of growing old, and the top ten ways that people cope with issues of ageing. Dan Hare, author and speaker.

Monday, March 15 **1:30pm**
ID#701817 **Free**

Vancouver Opera - Nixon in China

At the Queen Elizabeth Theatre

Nixon in China is irresistible and gripping from beginning to end. John Adams' richly textured and lyrical score pulses with rhythm and Alice Goodman's literate libretto resonates with poetry.

Tuesday March 16 **6:00-11:00pm**
#678667 **\$95 members**

Sinfonia

The next concert at Centennial Theatre in North Van is 20 and 10 Springtime Connections: Appalachian Spring and spring time Music by Grieg, Strauss, Vivaldi, Delius and Tchaikovsky. Springtime Cannicheis.

Saturday March 6 **6:45-9:30pm approx**
#692867 **\$35.00**

Advisory Board Elections

Advance Poll

Elections for four Advisory Board members will take place on Monday, March 1st to Friday, March 5th. If you are unable to vote during this time, you are encouraged to vote at the Advance Poll on Monday, February 8 from 9am-3pm.

Lifetime Achievement Award

The Lifetime Member award is given to a Seniors' Activity Centre member who has contributed an extraordinary amount of time, effort and support to the centre over a significant number of years. You are invited to submit your nominations for this award. Nominees must have been a member for at least 10 years. Nomination forms are available at the front desk. Awards are presented at the Annual General Meeting on March 10.

Notice of Annual General Meeting

The AGM for the Seniors' Activity Centre is scheduled for Wednesday, March 10 at 1:30pm in the Activity Room. This is your opportunity to hear about the year in review, what the future holds, meet your new Advisory Board members and to voice any concerns or opinions you have regarding the Seniors' Activity Centre. Please make plans to attend!

Volunteering

Spring is almost upon us and with the spring comes new opportunities for getting involved in your Seniors' Centre. We have a number of special events requiring volunteer assistance. If you are looking for something fun and unusual, put your name forward as a special event volunteer.

If you'd like to learn new skills, there are always a number of shifts in the cafeteria. Think about being a volunteer. Call John at 604-925-7230 to get involved.

New Members Social

We are having a new members social on Wednesday February 17th from 2:30-3:30 in the Marine room. The Marine room is the large glass room off the end of the cafeteria. Meet some other members and learn about activities and programs. We will also give a tour of the Centre for those that have not had time to check it out. This is open to all new members.

Please call John at 604-925-7230 to RSVP.

Calling all Single Seniors...

We need your input! We would like to bring the single community together. Do you have any suggestions for programs or events that you would like to see happening at the Seniors Centre?

Please let us know. Call Nargis at 604 925-7174
or email her at nsomani@westvancouver.ca.



2010 WINTER GAMES

2010 Winter Games

What you need to know for February 10 – 28

THERE WILL BE CELEBRATIONS!

The Olympics are less than a month away and the West Vancouver Community Centre and Civic Site is an official celebration site!

WHAT'S GOING ON?

- Community Centre Spirit Square
 - February 10 – Torch Relay
 - February 12 – 28 Celebrations galore
 - ~ Story Telling Workshops
 - ~ Music and Dance Performances
 - ~ Winter Sports Performances
 - ~ Canadian Space Agency
 - ~ Northern Territories Arts and Culture

For specific events, dates and times go to www.westvancouver2010.ca or pick up a Schedule of Events at any facility

- Seniors' Activity Centre
 - ~ Extended Café hours
 - ~ Monday, Thursday and Friday night dinners
 - ~ Sports lounge with big screen TV
 - ~ Special events

The 2010 games is an opportunity for us to welcome many people into our building and to celebrate and share in the excitement of this very special event!



Men's Gold Medal Hockey Game

We will televise the Men's Gold Medal Hockey Game on Sunday Feb 28th at 12:15pm. Come to the centre and watch it on the big screen with everyone.

WHAT TO EXPECT

Parking and Transportation

Due to anticipated increased visitors on the site, parking will be in high demand. The parking lot next to the Cafeteria will be available however the underground parking lots will not be available for public use which may create additional parking shortages.

Solutions

- Carpool, take the Shuttle Bus, take the Blue Bus (service will be increased to a bus every 5 minutes), walk
- Embrace the 2010 spirit! Arrive early. Take your program or have your meal, then stay on to enjoy an event or performance at the Community Centre.
- Most events at the Community Centre don't start until 10:30am and in some cases not until the afternoon therefore afternoon parking will be more congested than the mornings.

Program cancellations or rescheduling

Programs, drop ins and services will continue as regularly scheduled. Some scheduling adjustments have been made due to instructor availability or because a program is regularly held at the Community Centre. If your program is affected in any way we will make every effort to notify you in advance.

Solutions

- If your program has been cancelled, come to the centre anyway! Arrive early. Relax in our lounge with the new TV with refreshments from our coffee bar.
- Stay for afternoon tea in the café. Stay for dinner on Monday, Thursday or Friday nights.
- Take part in the festivities at the Community Centre.

If you would like to be part of the Seniors' Activity Centre volunteer team, please let us know. We would welcome your volunteer assistance during this very exciting celebration!

We're glad we can keep active at Game-Time!

Please note:

Keeping Connected programs will continue as scheduled during the Olympics.



2010 WINTER GAMES



Be part of the 2010 spirit and excitement!

If you have any questions, please call the office at 604-925-7280.

Take a look at the schedule and plan your day:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10 Torch Relay Marine Drive closed. Noon to midnight.	11 5pm dinner	12 5pm dinner	13 Open regular hours
14 Open regular hours	15 Open regular hours 5pm dinner	16 Open regular hours Cafeteria open until 5pm	17 Open regular hours Cafeteria open until 5pm	18 Open regular hours 5pm dinner	19 Open regular hours 5pm dinner	20 Open regular hours
21 Open regular hours	22 Open regular hours 5pm dinner	23 Open regular hours Cafeteria open until 5pm	24 Open regular hours Cafeteria open until 5pm	25 Open regular hours 5pm dinner	26 Open regular hours 5pm dinner	27 Open regular hours
28 Open regular hours						



Getting around...

Due to the Olympic and Paralympics transportation challenges, trips have been reduced in February and March. Your patience is appreciated. The shuttle bus and more frequent transit will be operating during this period so come on down to the Seniors' Activity Centre to take part in the fun and activities. Please see the bulletin board for changes and additions to our activities.

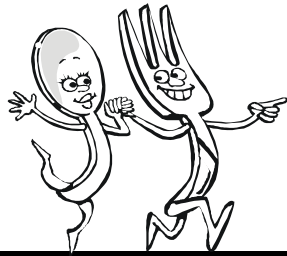




FEBRUARY MENU VENUE!

Available every day in the Garden Side Café!

- Hot & Cold Lunches
- Sandwiches & Desserts
- Snacks & Beverages
- Freshly Baked Goods
- Frozen Take-out Entrées
- Volunteer Opportunities



Come, Enjoy Dining with Us!
Garden Side Café Hours of Operation

Monday-Friday 9:00am-3:30pm
Hot Lunches 11:30-1:30
Mon/Thu/Fri Dinners ... 5:00-7:00pm
Sat/Sun 10:00am-2:00pm
Hot Lunches 11:30-1:30

Please Note: Menu items are subject to change from time to time.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Lunch: Veal Parmigianna, Pasta, Salad Dinner: NY Steak with Prawn Brochette, Baked Potato with Sour Cream, Mixed Vegetables	2 Chicken Curry, Fruited Rice, Vegetables	3 Pork Chops in Guinness Stout Gravy, Potatoes, Vegetables	4 Lunch: Fisherman's Platter, Lemon, Tartar Sauce, Rice, Vegetables Dinner: Roast Lamb au Jus	5 Breaded Sole, Lemon Wedge, French Fries, Coleslaw	6 Hungarian Goulash, Potatoes, Vegetables
7 Chef's Special	8 Lunch: BBQ Chicken Leg, Potato Salad, Corn Olympic Dinner: California Curry Chicken, Penne with Tomato Sauce, Caesar Salad	9 Breaded Beef Liver, Roasted Onions, Gravy, Potatoes, Vegetables	10 Tortiere Pie, Gravy, Mashed, Vegetables	11 Lunch: Spanakopita, Tzatziki, Potatoes, Tomato & Cucumber Salad Olympic Dinner: Herb Marinated Pork Tenderloin, Red Wine Mushroom Sauce, Potatoes, Vegetables	12 Lunch: Seafood Quiche, Tossed Salad Olympic Dinner: Baked Salmon, Roasted Potatoes, Baked Tomato w/ Parmesan Crust, Asparagus	13 Fish & Chips, Lemon, Tartar, Coleslaw
14 Chef's Special	15 Lunch: Lamb & Vegetable Stew, Dinner Roll, Green Beans Olympic Dinner: Smoked Kessler Pork Chop, Bratwurst, Warm Potato Salad, Braised Red Cabbage	16 Spaghetti Bolognese, Garlic Bread, Caesar Salad	17 Beef Stroganoff, Pasta, Vegetables	18 Lunch: Turkey Schnitzel with Ham & Gouda, Potatoes, Vegetables Olympic Dinner: Coq Au Vin, Parisienne Potatoes, Green Beans Almondine	19 Lunch: Seafood Newburg, Rice, Salad Olympic Dinner: Roast Beef Dinner, Yorkshire, Carrots, Turnips, Peas	20 Chicken a la King, Potatoes, Salad
18 Chef's Special	22 Lunch: Chicken Cordon Bleu, Mashed, Vegetables Olympic Dinner: Cabbage Rolls, Pierogies, Garlic Sausage, Sour Cream, Salad	23 East Coast Pepper Steak, Potatoes, Vegetables	24 Ham & Cheese Quiche, Caesar Salad	25 Lunch: Beef Meatloaf, Gravy, Potatoes, Vegetables Olympic Dinner: Roast Turkey with all the Trimmings	26 Lunch: Baked Salmon, Garlic Butter Parsley, Rice Pilaf, Vegetables Olympic Dinner: Braised Lamb Shanks, Mashed Potatoes, Mixed Vegetables	27 Corned Beef with Mustard Sauce, Braised Cabbage, Parsley Potatoes
28 Chef's Special Brunch: Scrambled Eggs, Sausage, Hash Browns, Fruit Garnish	<p>Please note: The days of the Olympic Dinners listed in the Jan/Feb seniors scene have changed slightly. The dinners will be held on Mondays, Thursdays (not Wednesdays), and Fridays. Please see the menu above for dates of these special themed dinners in the cafeteria.</p>					

FEB. OUTDOOR ACTIVITIES



NORWEST CYCLE CLUB

Most rides leave at 9:00am from the east parking lot. Meeting times and places vary throughout the year and many rides have an alternate meeting place to include a shorter ride. For details go to: www.westvancouver.ca/norwest **Wednesdays ID# 646417**

HIKERS

Tuesday hikes are scheduled year round and leave from the east entrance. Please remember that proper clothing, footwear, water and food are required. If you are a new participant please phone the leader prior to hike.

Tues Drop-in \$1.50

RAMBLERS

Ramblers meet at the Centre and hike an average of 8-10 kilometres every Monday, whatever the weather. Terrain is varied and often muddy. Proper clothing, foot wear, water and lunch are required. New participants must phone the leader prior to the hike.

Mon, 9:30am Drop-in \$1.50

SENIORS CYCLISTS/TUESDAYS

Cycling will continue on Tuesdays during the winter, if weather permits. Our monthly schedule will resume in the Spring. Contact Barbara McKay for times and destinations @ 604-988-5580.

WEST VANCOUVER SENIOR'S PITCH AND PUTT

The WVSAC has an active Pitch and Putt Golf Program which begins in April at Ambleside Par 3 course. From May to September, all Monday games are played at other local Par 3 courses with transportation available from the Senior's Activity Centre. If a holiday falls on a Monday, we play on Tuesday instead. We hold a tournament followed by an awards luncheon in September. Newcomers welcome. Information - contact Caroline Brandson at 604-925-7288.

CROSS COUNTRY SKIERS BUS

You must be a member of the Senior Centre Cross Country Skiers Group. The group of skiers and snowshoers goes up to Hollyburn on Wed and Friday's. The bus will not be running Feb 1-Mar 8 due to the Olympics. Bus service will resume on Mar 10 and run on Wednesdays and Fridays until the mountain closes for the season. Minimum of 6 passengers is required. Check the snow phone to ensure the mountain is open. Bus leaves at 9am from the Seniors Centre and picks up Cross Country Skiers and Snowshoers at 12:30pm from the Hollyburn parking lot. Cost for the bus is \$5.00.

Feb 1-March 9 no bus due to Olympics

March 10 #687076

March 12 # 707320

March 17 #687117

March 19 # 707821

March 24 #687118

March 26 # 707822

March 31 #687119

(or as long as the mountain is open).



RAMBLERS Monday	HIKERS Tuesday	NORWEST CYCLISTS Wednesday
1 Varley Trail/Rice Lk. 10:00am Fairly Easy Dagny Swanson 604-980-8916	2 Reifel Bird Sanctuary 9:00am (Bus) Semyon Gutlin 604-990-3808	3 Full Van City Sq. Doug McIntyre 987-3187 10:00am -70km Plan B Lv. Planet'm to meet 2nd & Comm'l 10:45am-40km Take Lunch
8 Capilano Canyon 10:00am Moderate Clary Jensen 604-929-6410	9 North Van Green Neddare 9:00am Monique McDonald 604-987-0092	10 Shaughnessy Eva Gaarder 926-9508 10:00 -59km Plan B Cypr/Corn'l 10:45 -43km Take Lunch
15 Light House Pk. 10:00am Moderate Betty Collins 604-926-0052	16 Lower McKay-Mosquito Creeks 9:00am Dave Hall 604-987-2197	17 Vancouver 2nd Narrows Hartley Janssen 922-6050 or Planet'm 10:00 Meet Coal Hbr 10:45 coffee 2nd & comm'l 50km Take Lunch
22 Admiralty Pt. 9:15am (Bus) Fairly Easy Al and Vicky Mercer 604-929-5457	23 Capilano Canyon 9:00am Sat Jones 604-980-9969	24 Van Lousy Weather Brigitte Relling 926-8385 10:00 -62km Plan B: -37km Planet'm 10:30 am Meet 2nd & Comm. 11:10am
Dagny Swanson 604-980-8916 Clary Jensen 604-929-6410	Monique McDonald 604-987-0092	Contact: Cycle Club Coordinator Keith Davey 604-987-1271 or day leader listed above