



# 19

JANUARY  
FEBRUARY

## SENIORS' SCENE MAGAZINE

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VISIT US ONLINE AT [WESTVANCOUVER.CA/SENIORS](http://WESTVANCOUVER.CA/SENIORS)

*west vancouver*

# 2019 SENIORS' ACTIVITY CENTRE ADVISORY BOARD ELECTION

*Have your say in the election of three (3) new Seniors' Activity Centre Advisory Board Members!*

 /westvanrec  
 /westvanrec

**QUESTIONS**  
604-925-7280

**Advance Poll:**

February 18 | 9 - 3 p.m.

**Election:**

March 4 - 8 | 9 - 3 p.m.

March 5 & 7 \* | 5 - 7 p.m.

*\*Evening polling during the dinners.*

westvancouverrec.ca

[westvancouver.ca/seniors](http://westvancouver.ca/seniors)

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## SACS ON 21st

SENIORS' ACTIVITY CENTRE SHOP

**Have you visited SACS on 21st?**

Our little shop is a collection of your generous donations with all sale proceeds going to the Seniors' Activity Centre. We welcome your gently used home décor items, glassware, gift items and jewellery which can be dropped off at the shop or front desk. **Thank you for your support!**

**Gift Shop Hours**

Mon - Fri | 10 a.m. - 3 p.m.

Hours subject to change.

Closed Saturdays, Sundays & Statutory Holidays.

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**QUESTIONS**  
604-925-7280





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### MESSAGE FROM THE ADVISORY BOARD CHAIR

First of all, let me wish one and all a Happy New Year. Whether it was a full-on Levee or a quiet evening or other gathering with one or two friends, I trust you brought the New Year in appropriately for you. May all your hopes and wishes for 2019 be fulfilled!

Believe it or not, despite the prospect of endless rainy days, this is one of my favourite times of the year. We're past the Winter Solstice, so the days are (slowly) getting longer. When I was working, I always looked forward to mid-February (over and above its romantic implications). It meant a bright sky for the drive home just after 5 p.m. What a sight looking north past the Lions Gate Bridge to the North Shore mountains. Home! And Daylight Saving Time and Spring couldn't be far away!

Ideally, your New Year's resolutions will include one or more new activities at our wonderful Seniors' Activity Centre. They may include joining our fabulous team of volunteers for a chance to meet new people and contribute to the vibrancy of our Centre. Among our outdoor programs, the skiers and snowshoers will hopefully find perfect conditions for the remainder of Winter. Our walking, hiking and cycling groups will be planning the first expeditions of the year. And our gardening group will be planning their first plantings.

And before I forget, be sure to look for candidate information and vote in our Advisory Board elections in February. These people are all committed to improving our Centre and making sure all of our facilities and programs run smoothly.

Meanwhile, hope to see you at the Centre!

**Dave MacLachlan**  
Chair



### MESSAGE FROM COMMUNITY RECREATION MANAGER & THE RECREATION SUPERVISOR

The New Year is the time of year when we reflect on who we are, and how we can be a better version of ourselves. We set resolutions that often challenge us to start fresh, watch what we eat,

exercise more or get outdoors. The number one predictor of a healthy, happy and long life is social connection, and taking advantage of opportunities to interact with other people and build new friendships.

The West Vancouver Seniors' Activity Centre is able to provide great opportunities to connect with others. Join us for lunch, and sit at the round table where you can catch up with new and old friends. Try a new class, stop by for a Thursday Dance, or volunteer—all great ways to meet new people! Share your passion, your interests with others, we have an inspirational group of members who have led extraordinary lives and who make our Centre exceptional.

Happy 2019!

**Jill Lawlor**  
Community Recreation Manager

**Davida Witala**  
Recreation Supervisor

## WEST VANCOUVER SENIORS' ACTIVITY CENTRE

**Address** 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

#### HOURS OF OPERATION

Mon/Tue/Thu	7:30 a.m. – 9 p.m.
Wed	7:30 a.m. – 9:30 p.m.
Fri	7:30 a.m. – 5 p.m.
Sat	8:30 a.m. – 4 p.m.
Sun	10 a.m. – 4 p.m.

#### OFFICE HOURS

Mon/Tue/Thu	9 a.m. – 8:30 p.m.
Wed	9 a.m. – 9 p.m.
Fri	9 a.m. – 4:30 p.m.
Sat	8:30 a.m. – 3 p.m.
Sun	10 a.m. – 3 p.m.

*Please note the following closure:*

*Tuesday, January 1 (New Years Day)*

*Monday, February 18 (Family Day)*

### SENIORS' SCENE

**Editors** Sabina Kasprzak, Michiko Araki

**Advertising** Sabina Kasprzak

**Publisher** District of West Vancouver

**Design & Production**

ecstatic design + communication

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**Cover Photo By** Larry Olkovich

**Disclaimer** Advertising in the Seniors' Scene magazine does not constitute endorsement of the content by the District of West Vancouver.

### ENQUIRIES & ADVERTISING

If you have any questions related to this publication or would like to advertise in the Seniors' Scene, please email [leisureguide@westvancouver.ca](mailto:leisureguide@westvancouver.ca) or call 604-925-7285.

## RECOGNITION OF FUNDING DONORS

Thank you to the many generous donors whose contributions help to make our Centre the vibrant and welcoming haven that it is!

## REFUND POLICY

**Please read the Refund Policy at the beginning of the Leisure Guide.**

For workshops, one-day classes, short programs and events at the West Vancouver Seniors' Activity Centre, one week's notice is required to receive a full refund, unless there is a medical issue, and a doctor's note is provided. Some exceptions apply and may need more notice. **Please register ahead for programs and lectures otherwise they may be cancelled.**



## DONATE HEALTHY PLANTS

If you would like to donate healthy plants for the plant room, we would greatly appreciate it. See Sylvia in the office for more information.

## EVENTS

**Pricing for events is listed at member's price. Non-members are also welcome, but will pay a higher price.**

### Movie Sundays

**Cost \$2.25 includes a snack.** Purchase your ticket at the front desk. Seating is on a first-come, first-served basis. Movies start at 1 p.m. unless otherwise noted. See program board for movie description. Movies may change based on availability. *Call front desk at 604-925-7280 on Sunday to confirm movie.*

Jan 6	The Post
Jan 13	All About Eve
Jan 20	Long Time Running
Jan 27	Love Simon
Feb 3	Goodbye Christopher Robin
Feb 10	Indian Horse
Feb 17	The Rider
Feb 24	Lean on Pete



### Evening Dance

Dust off your dancing shoes and break out those ballroom moves to the music of our magnificent live bands! Members, singles and non-members welcome. Fourth Thursday of the month. Cash bar in effect. Doors open at 5:30 p.m. Members \$10, Non-Members \$12.50.

### Bob York & New Yorkers

Thu Jan 24 6:30 - 9:30 p.m.

### Performer TBA

Thu Feb 28 6:30 - 9:30 p.m.

## E-NEWS

**The Seniors' Scene Magazine is a bi-monthly publication that is printed and available online.** The publication dates are: Jan/Feb, Mar/Apr, May/June, Jul/Aug, Sep/Oct and Nov/Dec. **Did you know that we also print and post online an update of events and activities happening at our Centre?** This update is called the **E-news** and it includes last-minute changes and information about items that have been added after the Seniors' Scene Magazine's publishing date. **The E-news comes out in February, April, June, August, October and December.** Sign up at the front desk to receive your copy of the **E-news** sent directly to your email, before it's available for pick-up at the front desk! *For more information please ask at the front desk.*



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# PROGRAMS

Please visit [westvancouverrec.ca](http://westvancouverrec.ca) for all drop-in and registered programs.



## Program Coordinator

Sylvia Lung  
604-925-7287  
[slung@westvancouver.ca](mailto:slung@westvancouver.ca)

## DROP-IN PROGRAMS

*You must be a member of the Seniors' Activity Centre to participate, but there are several drop-ins that are available to non-members.*

*The cost for a drop-in program is \$2.50 for members unless otherwise stated and \$3.50 for non-members. Please ask Sylvia if you are interested in a specific drop-in.*

## MONDAYS

**Bridge Social** 12 - 3 p.m.  
*Come 10 minutes early to get a table. No partner needed. No play Feb 18*

## TUESDAYS

**Knitting** 10 a.m. - 12 p.m.  
**Intermediate French Review** 10:30 a.m. - 12:30 p.m.  
**Cribbage** 1 - 3 p.m.  
**Poker** 3 - 7 p.m.

## WEDNESDAYS

**Craft Group** 9:30 a.m. - 12 p.m.  
**French Social Conversation** 10 - 11:15 a.m.  
**Table Tennis** 2:45 - 5 p.m.

## THURSDAYS

**Keep Well**  
*Chair Exercises* 9 - 10 a.m.  
*Hands-on Wellness Clinic* 10 - 11 a.m.  
**West Van Gogos (Grandmothers)** 1:30 - 3 p.m.  
*Drop-in \$1 Jan 3; Feb 7 Proceeds are donated*  
**Table Tennis** 4:45 - 6:45 p.m.  
*No play Jan 24; Feb 28*

## FRIDAYS

**Quilting Bee** 9 a.m. - 12 p.m.  
*Make quilts for the Centre! n/c*  
**Computers: Flight Simulator** 10 a.m. - 12:30 p.m.  
*2<sup>nd</sup> & 4<sup>th</sup> Jan 11, 25; Feb 8, 22*  
**Sound Advice** 10 a.m. - 12 p.m.  
*For the hearing impaired. Jan 4; Feb 1*  
**Spanish Social Conversation** 9:45 - 11:45 a.m.  
**Bridge Social** 12:15 - 3:15 p.m.  
*No partner needed.*

## SATURDAYS

**Jazz Jam Session** 10 a.m. - 12 p.m.  
**Table Tennis** 12:30 - 3:30 p.m.  
**Canasta Club** 1 - 3 p.m.



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

## SUNDAYS



**Table Tennis** 10:15 a.m. - 12:15 p.m.

## DAILY

**Supervised Billiards in the Games Room** 9 a.m. - 4 p.m.  
*Mon - Fri \$1/hour*

*This beautiful room is available for members and their guests to pick up games and enjoy supervised play. If there is no supervisor, please ask for the key in the office. You must be a member and show your membership card to play. When finished, lock up the room and pay at the office. Please read the Billiard Room Procedure and the Guest Procedure in the Snooker Room for more information.*

**Games Room Drop-in**  
*Drop-in to play whatever you like!*  
The Atrium is for members who need a place to play cards or games for several hours. Cost is \$2.50/person per time. Some noise is acceptable, but we would appreciate it if conversation is kept to the game. Book space with Sylvia. Any questions, ask any of the staff. **Please refrain from eating or drinking while playing cards.**

Tue - Thu 12:30 p.m.  
*until 15 minutes before the Centre closes*

### PROGRAM PARTICIPATION NOTE

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

## REGISTERED PROGRAMS

*Please register ahead for programs and lectures otherwise they may be cancelled.*

### Integrated Energy Healing

Students of the Advanced Integrative Energy Healing Practitioner Certificate Program from Langara will be offering a gentle, safe, unique healing treatment that can help relieve pain, reduce stress and anxiety, and allow one to find their inner place of peace. This 45-minute session include both dialogue and light touch. Treatments are individualized. *See bulletin board for information.*

Tue, Jan 15 - Mar 26

Appointments are at 2:15 p.m.,  
3:15 p.m. and 4:15 p.m.

**48591** \$15/time

### French Beginners w/ Monique

Parlez-vous français? Learn the basics of French vocabulary, grammar and way of life as you emphasize oral expression. Discuss the geography, history and culture of France and other francophone countries. ***There is no book in this class, but please bring an exercise notebook to take notes.***

Wed, Jan 9 - Mar 20 10:30 a.m. - 12 p.m.

**47201** \$38.50

### Getting Started with Meditation

Learn how to develop and maintain inner peace! Develop a healthy and happy mind in a class that includes guided meditation and practical advice on how to apply principles into your daily life. Contemplate the advice shared from the heart, relating it to you own experience. Dress comfortably. If you have done it before you are still welcome to come and learn more.

*Instructor: Raziell, Certified Teacher.*

Thu, Jan 17 - Mar 21

11:40 a.m. - 12:40 p.m.

**54091** \$50

### Speech Reading

If you are hard of hearing, and would like to learn how to speech read, join us! For information about cost and how to register, please contact Lisa (604-871-7348, ldillonedett@vcc.ca.). *This program is offered in conjunction with Vancouver Community College and North Shore CHHA.*

Mon, Jan 7 - Mar 25 1:30 - 4 p.m.

### Garden Club Information

The Garden Club has a membership (\$50) for the season which will include all hands-on workshops, 13 speakers, and visit to two members' special gardens and gardening in the raised beds adjacent to SAC for no extra cost. There will be 2 trips, with discounted prices.

**See blog (<http://wvscgardenclub.blogspot.ca>) or bulletin board for information.** Whether you are an experienced gardener or have never gardened, we welcome all to join this active group. ***For those interested in specific events and are not a member, you are welcome to join us for a nominal price of \$10. March 2019 till the middle of September 2019.***

### Color in Your Garden for all Four Seasons w/ Nancy Moore

Thu, Mar 7 10:30 a.m. - 12:30 p.m.  
**53560** Non-Members \$10

***Other lectures in March will include:***

***Lavender - Make More Plants, Great Plant Picks Program, Soil Maintenance and Improvement.***

### Private Ukulele or Guitar Lessons

***Is anyone interested in doing private lessons with Joel Mackenzie?***

Cost would be \$30 for a half-hour session, Thursdays 1:15 - 1:45 p.m., or 1:45 - 2:15 p.m. Joel will also be teaching his group ukulele class on Thursdays in January. *If interested talk to Sylvia in the office.*

## REGISTER

For all drop-in and registered programs, visit us online at [westvancouverrec.ca](http://westvancouverrec.ca)



### NEW Woodworking Advanced Workshop

We have added a new day, Friday, mornings and afternoons. Ask for details at the front desk and register for January.

## COMPUTERS

**With Andrea MacDonald.**

### Intro to iOS: Part 2 iPad/iPhone only

There's more to it than meets the eye! Learn how to edit typing, use copy and paste, send attachments and photos in emails and texts, use the calendar, maps, customize the home screen, deal with misbehaving apps, manage calls and callers, adjust settings, and more in this continuing from the Part 1. ***All users welcome. Level 1 recommended.***

Thu, Jan 17 - Jan 31 1 - 4 p.m.  
**48721** \$126

### Everything Siri for iPad/iPhone

Get things done on your device with help from Siri! From dialing your phone and searching Google, to reading and even writing your text message for you? Siri is indispensable! Delve into how Siri can make your device easier and more fun with her concierge services, learn how to dictate rather than type and more! *Not sure if you have Siri? Check with instructor before class.*

Thu, Feb 7 1 - 4 p.m.  
**48724** \$42

### Passwords, Security & Fraud: Everyone welcome

How can you choose (and remember!) strong passwords? What is phishing and how can you protect yourself? How do you improve your security and privacy? Find out how to develop an awareness for internet and email fraud, learn about passwords, understanding when your privacy is at risk and more! Come with your questions and concerns. *No need to bring anything. Handout provided.*

Thu, Feb 14 1 - 4 p.m.  
**40810** \$42

### Dashlane

The paradigm has shifted. You don't need to remember your passwords anymore! Learn to use Dashlane, a free password vault for all devices. Using Dashlane means you only ever need to remember one password: the software will take care of the rest, including filling out forms, logging you in, and even saving credit card info and receipts of your online purchases.

Thu, Feb 21 - 28 1 - 4 p.m.  
**48728** \$84

## LECTURES

**Please ensure that you pre-register for the lectures—unless it is a 'Drop-in'. Otherwise lectures may be cancelled. The District of West Vancouver does not support or endorse businesses lecturing at the SAC.**



### Opera Preview: La Bohème

Come and listen about the interwar years when artists and writers flocked to Paris to live the bohemian life.

*Lecturer: Nicolas Krusek.*

Wed, Jan 9 1:15 - 3 p.m.  
**48071** \$2.50

### Theologian's Café Humanism vs Religion

I propose that we explore these often conflicting world views, and our ideas and feelings about them. But while we all have a general idea what religion is all about, what about humanism? Is it the same as secularism? And as for the apparent conflict, are they as incompatible as they seem? There is such a thing as "religious humanism" after all. What is that all about? *Moderator: John Slattery.*

Thu, Jan 24 2 - 4 p.m.  
**45613** \$2.50

### Jane Adams Clark, Artist & Poet Rescheduled

Listen to this iconic, vibrant and energetic senior, Jane Adams Clark, a West Vancouver artist and poet as she shares her views on life and explains why it's important to make plans in our life no matter our age or circumstances.

Mon, Feb 11 1:30 - 2:30 p.m.  
**54723** n/c

### Opera Preview: Festival

Join us for a fascinating lecture about the festival operas Faust and La Cenerentola. *Lecturer: Nicolas Krusek.*

Wed, Feb 27 1:15 - 3 p.m.  
**51124** \$2.50

### Theologian's Café Rite of Passage

We all experience these. Baptisms (or equivalent), marriages and funerals come immediately to mind. But graduations, retirements, age-related milestones and even divorces are significant times of passage as well. Should these (and maybe others) have their own rites? What might they look like? Let's have some fun with these exploring the possibilities. *Moderator: John Slattery.*

Thu, Feb 28 2 - 4 p.m.  
**52368** \$2.50

## ITALIAN

**Anyone wanting to meet others and converse in Italian?** If interested talk to Sylvia in the office.



### Watch Batteries

Don will change watch batteries for Seniors' Activity Centre members. First-come, first-served, pay at the front desk then give your watch to Don in the Atrium. **\$5 per watch, maximum of 2 watches. We can take 8 people max.**

Mon, Jan 28 9:30 a.m. - 12 p.m.

Mon, Feb 25 9:30 a.m. - 12 p.m.

## FARSI

**Are you interested in learning basic Farsi?** Let Sylvia know if you are interested.

## WINNER

**Congratulations to the winner, June Binns, of the photo donated by Robert Best "Morning Fog" Wallet Bay at the Craft Market.**

*The proceeds are going to the Seniors' Shuttle Bus.*

# FITNESS PROGRAMS



**Program Coordinator  
Group Exercise & Yoga**  
Tiffany Moffatt  
604-925-7231  
tmoffatt@westvancouver.ca



**Program Coordinator  
Personal Training & Weightrooms**  
Eric Bagnall  
604-921-2903  
ebagnall@westvancouver.ca



**Program Coordinator Active  
Rehabilitation & Sports Training**  
David Thomson  
604-921-2169  
dthomson@westvancouver.ca

## WE OFFER PERSONAL TRAINING FOR SENIORS!

Please call Eric at 604-921-2903 for more information.

### PARKINSON'S

**Did you know that exercise is a vital component to maintaining balance, mobility, and performing the activities of daily living for people with Parkinson's?** Prolong your overall strength with resistance training, aerobic fitness, and flexibility through a personalized program designed for you by our Personal trainers who facilitate the group and monitor your progress.

### HEALTHY HEARTS

**Keep it pumping and lower your risk!** Continue to build on your heart strength through aerobic exercise and muscular endurance training in a personal program designed with prevention in mind. We're here to bridge the gap between community and hospital cardiac rehabilitation. *Your physician's approval is required to participate in this safe and supervised environment.*

### JOINT REPLACEMENT

**Whether you're going in, or coming out, our joint replacement pre and rehabilitation program is custom designed** to strengthen the repairing bone and muscles around the replaced joint, manage pain, and improve mobility. Get back on your feet and resume your active lifestyle faster with a regular pre and post-surgery exercise program. Our certified trainers are here to help improve your chances of long-term success!

**To learn more about these and other rehabilitations programs, and what they can do for you please contact: Dave Thomson at 604-921-2169 or dthomson@westvancouver.ca**

## FITNESS ACTIVITY LEVELS



-  **MILD** *Low cardio*  
Light weights/bands used below shoulder height. Typically no floor exercises (*accommodations can be made for these exercises*).
-  **MODERATE** *Fair amount of cardio*  
Possibility of using weights and bands above shoulder height. Incorporates floor exercises. Good mobility required.
-  **STRENUOUS** *High level of cardio*  
Use of weights and bands above shoulder height. Incorporates floor exercises. Good mobility required.

### - **Hearts in Motion**

Improve health and decrease heart disease risk factors with exercise in this mild, fun and energetic early morning fitness class! Benefit from a moderate cardiovascular workout followed by standing muscular strengthening exercises, abdominals and stretch.

Mon, Jan 7 - Mar 25 7:30 - 8:30 a.m.  
**49797** \$35

Wed, Jan 9 - Mar 27 7:30 - 8:30 a.m.  
**49798** \$38

Fri, Jan 11 - Mar 29 7:30 - 8:30 a.m.  
**49799** \$38

### **Minds in Motion**

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

Fri, Jan 11 - Feb 15 1:15 - 3:15 p.m.  
**419067** \$37.50

Fri, Feb 22 - Mar 29 1:15 - 3:15 p.m.  
**49068** \$37.50

### **Better Balance w/ Surefeet**

Looking to improve your balance and mobility as a means of preventing falls? This class is for you! Improve confidence, increase postural competence and strengthen joints and muscles while attending classes twice a week. Assessment is required for new participants. *Call the Seniors' Outreach Office at 604-925-7211 for registration information.*

#### **Assessment (30-minute appointment)**

Thu Jan 3 *between 10 a.m. and 1 p.m.*  
**48384** \$12

#### **Level 1 - Mon, Wed**

Jan 7 - Mar 11 11:45 a.m. - 12:45 p.m.

#### **Level 2 - Mon, Wed**

Jan 7 - Mar 11 9:40 - 10:40 a.m.

Jan 7 - Mar 11 10:45 - 11:45 a.m.

Jan 7 - Mar 11 1:30 - 2:30 p.m.

### **Dance for Parkinson's**

Explore movement and music in an enjoyable, safe and creative class for people living with Parkinson's disease. Maintain a sense of confidence and grace in movement through the fundamentals of dance, including balance, flexibility, rhythm, aesthetic awareness and movement sequence. Participants can join this program partway through.

Thu, Jan 10 - Mar 28 10 - 11:30 a.m.  
**50479** \$90

### **Stay Fit For Men**

Stay fit in a fun yet mild exercise program for men! Start with a warm-up, progress to a mild cardio segment designed to gently increase your heart rate 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.

Tue, Thu, Jan 10 - Mar 28 9 - 10 a.m.  
**49809** \$58

### **Zumba® Gold**

This high-energy, dance fitness class combines zesty Latin music like Salsa, Cha-Cha, Merengue, Cumbia, Rock and Roll, Flamenco and Tango with easy to follow moves. Join us for a feel-happy workout that strengthens the heart and improves balance, strength and flexibility.

Fri, Jan 11 - Mar 29 3 - 4 p.m.  
**49830** \$109

### **Tai Chi at SAC!**

Did you know that the Seniors' Activity Centre has a variety of Tai Chi programs for all levels and interests? Learn relaxed, natural movements that have been refined over the centuries to promote strength and wellness.

#### **Tai Chi Level 1 - Mon & Wed**

Jan 7 - Mar 27 10:05 - 11 a.m.  
**49812** \$115

#### **Tai Chi Level 2 - Mon & Wed**

Jan 7 - Mar 27 11:05 a.m. - 12 p.m.  
**49813** \$115

#### **Tai Chi Level 3 - Mon & Wed**

Jan 7 - Mar 27 12:15 - 1:10 p.m.  
**49814** \$115

#### **Tai Chi Qi Kong**

Sat, Jan 12 - Mar 30 10 - 10:55 a.m.  
**49815** \$60

#### **Tai Chi Sword Applications**

Sat, Jan 12 - Mar 30 11 - 11:55 a.m.  
**49816** \$60

### **Yoga Movement**

Movement is essential to healing! Revitalize, nourish and refresh your body with a workout that incorporates smooth, full-body movements in a dynamic, non-stressful manner. Ease discomfort in the feet, ankles, knees, hips, back, and neck through various yoga poses. *Led by Peter Baragon.*

Wed, Jan 9 - Mar 27 2 - 3 p.m.  
**56013** \$70

Tue, Jan 8 - Mar 26 10:05 - 11:35 a.m.  
**49827** \$69



### **Pelvic Floor Workshop**

In only two sessions, learn how to retrain the mind and core connection with the most current research on strengthening the pelvic floor and core muscles. This workshop helps women suffering from stress urinary incontinence (SUI) and lower back pain. This workshop may be the first and sometimes the only step women need to take to end their SUI. Take home exercises included. *This class is suitable for women with Diastasis Recti.*

Sat, Jan 19 & 26 9 - 10:30 a.m.  
**49803** \$63

### **Osteofit**

*Do you live with Osteoporosis?* Improve strength, posture, balance and agility in a class specially designed for people living with Osteoporosis that focuses on proper technique, and spine stability through safe and simple movements. *Two levels offered.*

#### **Level 1 - Tue, Thu**

Jan 8 - Mar 28 10:15 - 11:15 a.m.  
**49801** \$76

#### **Osteofit for Life - Tue, Thu**

Jan 8 - Mar 28 9:10 - 10:10 a.m.  
**49802** \$76

### **STOP BY SACS ON 21ST**

***Decluttering? Downsizing?***  
**Our gift shop is a collection of your generous donations, with all sale proceeds going to the Seniors' Activity Centre. We welcome your gently used home décor items, glassware, gift items and jewellery. Donations can be dropped off at the shop or front desk. Thank you, your support is appreciated!**

# VOLUNTEERS



## Coordinator of Volunteers

Caroline Brandson  
604-913-2703  
cbrandson@westvancouver.ca



## Assistant Volunteer Coordinator

Thanu Eagalle  
604-913-7288  
teagalle@westvancouver.ca

## Assistant Volunteer Coordinator

Jenny Lee  
604-913-2703  
jhlee@westvancouver.ca

### TRACKING VOLUNTEER HOURS

*We are currently transitioning into auto tracking volunteer hours. Please make sure we have your correct volunteer shifts in Better Impact. Please contact Thanu or Caroline if you have any questions.*

### VOLUNTEER ORIENTATION

*If you are interested in joining our volunteer team, please sign up for an upcoming Adult Volunteer Orientation.* Please ensure you have a BC Care Card or BC Services Card with Personal Health Number. Meeting location: Seniors' Activity Centre. *SAC members are free, non-member 55+ \$5, adults \$20.*

#### Adult Volunteer Orientation

Tue, Jan 15 **50232** 6 - 8 p.m.

Wed, Feb 6 **50233** 10 a.m. - 12 p.m.

Mon, Mar 18 **50234** 2 - 4 p.m.

*After completing an orientation, make an appointment with Caroline at cbrandson@westvancouver.ca, or call 604-913-2703 to discuss the next steps to becoming a volunteer in the District.*

Proof of your BC Medical coverage and the Criminal Record process will be discussed at this meeting (bring government-issued ID to the meeting).

**We have a number of unique opportunities coming up, so if you are looking for something different, please contact Caroline.**

### NEW & RETIRING

*We would like to welcome the following new and returning volunteers:* Joaquin, Josh, Jesus, Andrew, Liz, Ann, Cherry, Fariba, Mary-Lou, Louise, Melody, Maggie, Rowena, Ryan, Sophia, Ziba, and Vivian.

### The North Shore Keep Well Society: Volunteers Needed!

*The North Shore Keep Well Society is looking for volunteers for the registration desk and massage therapy program.* Shifts are on Thursdays from 9 - 11 a.m. at the Seniors' Activity Centre. *For more information, please contact Laura de Grave (604-985-1294) or Barb Gillingham (604-281-3344).*

### VOLUNTEER WITH US!

*When we start a New Year, people often talk about the New Year being an opportunity for us to get it right.*

If you have made any goals for 2019 that include socializing, giving where you can, or trying to improve your physical or mental health, volunteering is a great way to get it right. Volunteering has been demonstrated to benefit life satisfaction, self-esteem, happiness, lower depressive symptoms, and the like.

***We have a plethora of opportunities at the SAC and throughout the District.*** Take an orientation and set up an appointment with the Volunteer Coordinator to discuss what types of volunteering are available. We always need people to fill in when people are away, and or help with Special Events. ***Join our amazing team of volunteers!***

**Some of the key areas we need volunteers are:**

- » **Sandwich Makers** 8 - 10:30 a.m.
- » **Openers** 8 - 11 a.m.
- » **Dishwasher Assistants**
- » **Coffee Bar Baristas** relief shifts
- » **Drivers Class 4 & 5**
- » **Server**
- » **Hosts (Cafeteria, Front Desk, Welcome Desk)**



### FIRST AID

**We are planning to offer a First Aid course** on February 5 from 4 - 8 p.m. There will be a break and food provided.

***Please sign up using activity code 56045 at the front desk or online at activewestvanrec.ca.*** Space is limited.

Welcome  
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 Hoş geldiniz Bienvenue Welkom  
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when you schedule 4 or more visits.  
Offer valid until March 31, 2019.



Written by Cecile Dai



Photo by: XXX

# THE MANY REWARDS OF VOLUNTEERING

**Good afternoon everyone. My name is Cecile Dai, and I'm a grade 12 student currently volunteering at the West Vancouver Seniors' Activity Centre.**

I come every Tuesday to help out at the Café, normally with bussing, serving and hosting. I started volunteering nearly a full year ago, and most likely for the same reason as many of you will. It was initially for school related requirements. However, I ended up staying long after my hours were completed, and intend to continue to do so for the foreseeable future.

**Why did I choose this?** There are a few reasons which I think can be separated into two general categories. The first is personal development. Through volunteering, I learned about many aspects of myself that would have gone unnoticed otherwise.

Before volunteering, I saw myself as someone too antisocial and shy to ever become successful in areas such as leadership and group work. It was surprising to me how well I felt I functioned there and how much I enjoyed interacting with the other people. I felt like I made some valuable insights into myself—things that I now plan on applying elsewhere.

The second reason is the effect on others. I met some great people and made several friends over the course of the last year at the SAC. In the down time during slow hours, I spent long periods of times talking with other volunteers. We compared stories, music tastes, movies, and worked together towards the same goals. This extends to the customers as well. I often found myself chatting with customers on topics such as

their families and future plans, encountering a diversity of perspectives and ideas. I learned so much about people usually outside my circle of interaction and made some truly valuable connections with some unexpected people who had the ability to change the way I saw the world.

Taking these reasons together, I can say that I find volunteering to be a rewarding experience. It taught me a lot, about myself and the world in general, and I hope there are people among you today that might feel the same way.

# MEET YOUR 2019 SENIORS' ACTIVITY CENTRE ADVISORY BOARD NOMINEES!

*Of the eight (8) nominees, only three (3) will be elected.*

**Advance Poll:** February 18 | 9 - 3 p.m.

**Election:** March 4 - 8 | 9 - 3 p.m. and March 5 & 7\* | 5 - 7 p.m.

*\*Evening polling during the dinners.*

## Vera Belle Berton

Six years ago, I served on the Seniors' Activity Centre Advisory Board as the Chair of the Program Committee. It was a great experience and I truly enjoyed the opportunity and made some great friends and gave back to the community—I would love to do it again! I have volunteered at the Courtesy Desk on Thursday mornings, for the past eight years, meeting and greeting members and volunteers each day. I live only two blocks away and can get to the centre easily. I frequently use the Café, have been involved in a number of activities and would love to be able to continue to see the Seniors' Activity Centre thrive and grow to meet the needs of our local community.

## Barbara Gillingham

Vancouver has been my home since 1959; I married in 1970 and Vancouver continues to be my home. I discovered the Seniors' Activity Centre (SAC) in the 1970s and yes, I'm still volunteering to this very day. I call the SAC and its people my "third family". I have enjoyed being on many committees and serving on projects over the years—today I am a host in the cafeteria, a spare worker in the gift shop, a site coordinator for "Keep Well", in addition to carrying out the duties of a "floater" at the SAC. As you can see, I thoroughly enjoy people and believe that I could serve well on the Seniors' Activity Centre's Advisory Board!

## Fiorenza Howard

After volunteering for 20 years at the Seniors' Activity Centre, I think now it's time for me to do even more. The pleasure that I find in coming to the Center every time is due to the exceptional people that I can meet and help, and the feeling that I am a part of our community. I originally came from Italy and I am now happily settled in West Vancouver after a long career in computers. Being retired has been a great experience, giving me the opportunity to offer more to my neighbors and to my community. I hope to be able to contribute even more as a member of the Seniors' Activity Centre's Advisory Board.

## Nancy Klein

Deep Cove has been my primary home since returning from Ottawa in 1984 after completing my M.A. in Canadian Studies. During my time in Ottawa, I undertook complex research projects for the National Library and the National Archives of Canada. When back in B.C. I continued to do contract work for the federal government on issues related to active Aboriginal litigation until I retired in 2012. It was then time to give back to the community. In July 2014 I moved to West Vancouver and began volunteering at the SAC as a cashier in the cafeteria and later as a barista in at the Fireside Coffee Bar & Lounge. I continue to volunteer as a cashier and barista, and have volunteered during PumpkinFest and the SAC Flea Market. I feel honoured to be able to contribute to such a great organization and have met many wonderful staff, other volunteers and patrons. I would very much appreciate being able to serve on the Advisory Board. Thank you for your consideration.

### Phyllis Robertson

I moved to West Vancouver in 2004, after retiring from Sears Canada/Travel Service in 1999 and spending time caring for my granddaughters in North Vancouver for 6 years. I then joined the YWCA's Keep Fit class at West Vancouver United Church and started volunteering with the United Church from 2005 until present. My current volunteer experience includes volunteering with the United Church Flea Market held twice each year. I also volunteer making sandwiches for downtown First United on a monthly basis (7 years to date), and helping with sales/customer service with the Silk Purse North Vancouver Arts Council (7 years to date). I have also volunteered with the Kay Meek Centre (usher and concession) for 10 years. I am so grateful to have the opportunity to be a member of the SAC as it is such a special place to belong to. I would be honoured to put my years of management work experience and volunteering to use at the SAC should the opportunity arise.

### Ian Rose-Innes

I have been a member of the Seniors' Activity Centre and Easy Riders Cycling since 2014, and of Norwest Cycling for 4 years. As a ride leader at Easy Riders I have developed and led a number of rides and organized and participated in excursions. Prior to retirement I was a Professional Engineer in a consulting practice. If elected, I would represent cyclists and advocate for the adoption of Cycling Without Age—a program where volunteer cyclists take pairs of mobility-challenged seniors out for a tricycle ride throughout the city, to the water and countryside. This program aims to help seniors break free from social isolation, put a smile on their face, bring back their memories, and to help them once again become active members of society, thereby renewing their appetite for life.

### Scenery Slater

After 32 years with the Federal Government, I am pleased that retirement allows me to spend time at the Seniors' Activity Centre in all sorts of capacities. I am a second generation resident of West Van and a life-long volunteer. Some of these volunteer roles include past president of the R.C. Legion Branch 60; a member the Laich-Kwil-Tach Treaty Society & Community Planning Committee; the Ambleside & Dunderave Ratepayer's Association; W.V. Seniors' Action Table and the Kiwanis Club of Capilano. All of these roles contribute to my passion to: 1) Work effectively with diverse groups to achieve common goals; 2) Ensure inclusion; 3) Promote and develop healthy communities; and 4) Continuously improve community dialogue and participation. I would be honoured to contribute my skills and enthusiasm to the Seniors' Activity Centre's Advisory Board to help ensure that the Centre can continue to serve our members as our wonderful community evolves. I always welcome individuals to contact me directly to discuss their priorities & recommendations. (604-926-0187)

### Linda Weitzel

West Vancouver has been our family's home since 1985. I have enjoyed living and working in this community, and have found interesting involvements and volunteer opportunities since retiring. I have been a member of several community boards, most recently as the Program Chair for the Women's Probus Club of North Shore Vancouver. I am a regular volunteer for the West Vancouver Community Arts Council at the Silk Purse, and served this summer on their 50<sup>th</sup> Anniversary Gala fundraising committee. Presently I enjoy being a 'barista' at the SAC Fireside Coffee Bar & Lounge, and volunteering at special events. The SAC is a lively welcoming place full of active interesting people, and is a positive force in our community. I enjoy participating in the programs and volunteer activities. I know that serving on the Advisory Board would be an opportunity for me to represent my fellow members, and contribute to the health of our community.



Written by Valerie Coles

# AFTERWORDS



Photo by: Peter Owens

**Question: What makes a book club a roaring success? Answer: Two talented librarians.**

And that small miracle is exactly what happened at the West Vancouver Seniors' Activity Centre, four years ago. Two remarkable, retired librarians, Elizabeth Austin and Julia Hedley, launched their highly popular book club, AfterWords.

It all began in 2012, when they approached Capilano University's Elder College and volunteered to set up a new book club at The Westleigh. After two years, Elizabeth and Julia migrated their club to the Seniors' Centre where it was an immediate hit, filling up fast. And it's never stopped, year after year.

As they run the meetings, their chemistry is palpable and for very

good reason: Elizabeth and Julia are lifelong friends. They met in high school and cemented their friendship at the U of T when they were both eager young students in Library Science.

This kind of teamwork is decidedly rare; they both expertly guide the conversation, each dropping a jewel of information that sparks a fresh point of view to the analysis. They are clearly in their element as seasoned librarians, they've devoted their lives to helping people find just the right book for any age, any taste. It's that career knowledge that sets AfterWords apart.

Julia particularly enjoys working with children (she was a camp



Photo by: Peter Owens



Photo by: Peter Owens

### Members of the Book Club deep in conversation

***“Books are a uniquely portable magic.”***

— Stephen King

counsellor in her youth), so becoming the head of the West Van Library's Youth Department was a natural fit and a role she held for nineteen years. She has an innate talent for research, a powerful asset for any book club. Meetings regularly begin with Julia or Elizabeth sharing research into the life and whims of the current book's author. That extensive digging often reveals a new side of an author. For example, while researching Paula McLain, the author of the current book, “Circling the Sun”, historical fiction about the unique life of pilot Beryl Markham in Kenya, they discovered that the author was motivated to write about Markham in part because they were both abandoned by their mothers at an early age.

When asked why she became a librarian, Elizabeth twinkled, “Because being a librarian is the closest thing to becoming a dilettante!” She is definitely more dynamo than dilettante, working at North Vancouver's Parkgate Library for twenty-five years. Elizabeth has that most enviable of gifts, a steel-trap mind. Her memory of titles, authors and anecdotes shines at club meetings; she peppers the conversation with fascinating bites that keeps meetings moving at an invigorating clip.

To many of us, there is little in life quite as satisfying as dissecting a good book with friends. This is undoubtedly why book clubs have proliferated almost since the invention of movable type.



Photo by: Larry Olkovic

It was Benjamin Franklin who began one of the first. He invited twelve gentlemen to join him for a literary discussion group called The Junto (Latin “to join”) in 1727.

Early in the nineteenth century in New England, sewing circles became reading circles where ladies sipped tea and discussed belles lettres. But the king of book clubs was launched more recently by the queen of television, Oprah Winfrey, in 1996, rocketing the chosen book and its lucky author to overnight fame and fortune.

Today, it's estimated that there are more than five million book clubs in the US and a proportionately high number in Canada. Web-based clubs are also exploding, a boon for time-squeezed readers.

The partnership magic of AfterWords could be bottled and sold as a formula for book club success. Many clubs are decidedly social and both Elizabeth and Julia had agreed early on that AfterWords would

be devoted solely to discussion of the current book and its author. This has produced a huge payoff; members dig right into the heart of the book and explore it deeply, flaws and all, while never veering off onto another topic.

Their approach is both educated and thoughtful and occasionally produces effusive emails from members. Julia and Elizabeth like to examine an author's motive as well as timing in detail: what was happening in the author's life at that particular moment in time that compelled him/her to write from this particular point of view in this particular voice.

They encourage club members to openly speak their minds. This not only enriches the discussion but often unearths the opposing points of view that both Elizabeth and Julia value. For example, occasionally participants will say that the book under discussion is not within their comfort zone but they add that this is one thing they most enjoy about the club—that they are introduced to new reading experiences and, despite not entirely enjoying it, they have gained new understanding of its value.

After having read literally thousands of books, they both confess to having favourites. Elizabeth loves the eternally popular gothic novel, *Rebecca*, by Daphne Du Maurier and has read it at least ten times. Julia prefers the rich memoirs of British author Diana Athill plus her lifelong favourite, Margaret Mitchell's *Gone with the Wind*.

Often, conversation lingers long after the meeting has ended, so members continue chewing it over during lunch with Julia and Elizabeth in the Centre's cafeteria. AfterWords runs once a month from September to April in the Marine Room.

**We will leave the last word to Groucho: “Outside of a dog, a book is man's best friend. Inside of a dog it's too dark to read.”**

# KEEPING CONNECTED PROGRAMS



## Assistant Program Coordinator

Helen Murphy  
hmurphy@westvancouver.ca



## Assistant Program Coordinator

Judith Harrington  
jharrington@westvancouver.ca

## IMPORTANT

**Registration Information** — Please contact the *Seniors Outreach Office* (604-925-7211) to book your intake appointment. **There is a criteria for participation in these supportive programs.**



**Did you know that according to leading psychologists, genetics play a very small part in human longevity?** The most important factor in a long and fulfilling life is daily positive face-to-face interaction, which also results in a much lower rate of Dementia than among those who spend a lot of time alone.

**Keeping Connected offers** many interesting and relevant programs each week for our seniors. **Our trained and caring staff** team will help overcome the barriers to participation. **We pick up people** in the neighbourhood and bring them to programs, and provide one-on-one volunteer support when needed. **We also provide** reminder calls about programs.

*If you or someone you know struggles with a loss, or is isolated in their home, these programs could be a great fit, and a start to living a fuller, and more fulfilling life. **Join us, and meet new friends, learn new skills, stay strong in your body and mind and have fun!***

## Age well and join these Keeping Connected programs:

- » Current Conversations Groups  
4/week
- » Active Games for Men
- » Chair Exercises  
*focusing on functional mobility and balance*
- » Men's Social Clubs /  
Ladies Social Club
- » Mall Walking  
*one-on-one support*
- » Caregiver Support Programs
- » Creative Expressions Activity Program
- » Dance for Parkinson's
- » Keep on Moving  
*small group functional fitness for men; 4/week*
- » Lunch and Learn
- » Musical Mondays
- » Music in the Living Room
- » West Vancouver: Then & Now
- » Discussion Group
- » Men's Walking Club
- » Stand Tall Exercise Class
- » Stepping Out Bus Trips  
*for lunch and for adventure*
- » Special Parties and Events

## Building Connections Campaign

This community-driven fundraising effort supports our seniors' programs with transportation options through the Seniors' Shuttle Bus and the Keeping Connected programs. Thank you to everyone who has donated to the campaign in the past. ***If you wish to donate, please see the Seniors' Activity Centre office staff.*** Make a difference in your community by supporting our aging population to thrive and live independently for as long as possible.

## Special Services Society

***One person caring about another represents life's greatest value.***

Allow our compassionate and knowledgeable team of volunteers help you and your dear one explore their options. It can be as simple as a cheery phone call every day, or a ride to a medical appointment. We can also suggest fun activities to expand their social life. Remember, it is important to have a twinkle in your wrinkle! ***Contact Bunny Brown at 604-925-7281 for more information.***

## Eye Deal

***This is an informal support group for people with low vision.*** Meetings include guest speakers, discussion and sharing. Join Bill Conway and the Chief (Bill's guide dog) for an interesting and supportive session.

Mon, Jan 21 10 - 11:30 a.m.

**Drop in \$2.50**

## TRY ONE OF OUR MONTHLY PROGRAMS!

***Payment with Keeping Connected Punch Card or \$5 drop-in.***



## Keeping Connected: Musical Mondays

***Join with friends for an afternoon of conversation and music*** in a coffee house setting here at the SAC. Each month we will enjoy a different performer. *Everyone is welcome.*

Mon, Jan 14 1:30 - 3 p.m.

\$5 Drop-in or Keeping Connected Punch Card

# OUTDOOR ACTIVITIES



## Program Coordinator

John Lait

604-925-7230

[jlait@westvancouver.ca](mailto:jlait@westvancouver.ca)

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

**For a listing of what's happening each month visit [recschedules.westvancouverrec.ca/schedules/sac/outdoor-sports](http://recschedules.westvancouverrec.ca/schedules/sac/outdoor-sports) or visit the front desk.**

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



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Deb Chmelauskas BSc.(Bio), BSc. OT  
Registered Occupational  
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**Cross Country Ski & Snowshoe 2018/2019 Season**

Are you an experienced winter sport enthusiast? Join friends for cross country skiing or snowshoeing on the hills of Cypress Bowl's Nordic! Trails are patrolled for your safety, but come fully prepared as conditions may vary. Lead a group on your favourite trail and bring some seed for the Whiskey Jacks. Hop on the bus, and leave the driving to us as you relax with friends.

Wed, Fri  
Dec 7 - Mar 29 9 a.m. - 1 p.m.  
**45478** \$14

**Walking Club 2019 Registration**

If you enjoy strolling in the great outdoors, join our club! We venture out on walks around West Vancouver and neighbouring communities. If you are looking to maintain fitness levels in the company of good friends, this program is a perfect fit! *For your comfort please wear a good pair of runners or hiking shoes.*

Mon  
Jan 7 - Dec 30 10 a.m. - 12 p.m.  
**48338** \$14



**Ramblers 2019 Registration**

Hike with us! Meet at the Seniors' Activity Centre and hike an average of 8 - 10 km every Monday regardless of the weather. If you are new, contact the leader before your first hike. Bus trips on the last Monday of the month. *You must have appropriate footwear, clothing for any weather, food and water.*

Mon  
Jan 7 - Dec 30 10 a.m. - 3 p.m.  
**48333** \$14

**Hikers 2019 Registration**

Are you active and in good physical shape? Hike with us on Tuesdays and Advanced hikes on Thursdays throughout the year! Tuesday hikes (year-round) are 4 - 5 hours long and travel 8 - 14 km. Advanced Thursday Hikes (year-round) are 6 - 9 hours long and travel 12 - 25 km. Bus trips once a month (\$10 extra for Bus). *You must carry your own food, water and wear hiking boots. Bring spare clothes and something to sit on.*

Tue, Thu  
Jan 8 - Dec 31 9 a.m. - 3 p.m.  
**48330** \$14

**Silver Wheels Cycling 2019 Registration**

This Cycling Club rides year-round in two groups at an intermediate level. Ride routes vary by season and experience level ranging from 3 - 5 hours (with rest stops) at a pace range of 15 - 22 km/hr ("Scenic" group) or 19 - 28 km/hr ("Espresso" group). Rides are social and travel safely on roads, bike paths and gravel, and over bridges. *Route details are emailed out prior to ride. Helmets mandatory; lights, spare tube, pump, bell and mirror recommended.*

Mon, Thu  
Jan 3 - Dec 30 9 a.m. - 1 p.m.  
**48345** \$28



**Turtles Cycling 2019 Registration**

If you're new to cycling or find the other programs too challenging—join our group! Our rides are designed for anyone who is new or recovering from injuries, back from holidays, needing conditioning, or simply prefers a shorter social type of ride. Our rides range from 15 - 25 km to coffees at either Thomas Haas, Lonsdale Avenue or on occasion to P&T Gardens.

Tue, Thu  
Jan 3 - Dec 31 9 a.m. - 12 p.m.  
**48355** \$28

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- Assist in sorting and packing
- Hire and oversee movers
- Sell or donate unwanted items
- Organize and set up new home

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*Moving & Downsizing*

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# PERFORMANCES AND TRIPS

Prices for trips are listed at SAC member's price. Non-members are also welcome but will pay a higher price. Please see the Trips Board or your receipt for important trip information.



## ACCESSIBILITY



**Accessible to persons in wheelchairs\***



**Accessible to persons with scooters\***



**Accessible to persons with walkers\***



**Accessible to persons with cane**



**No limitation to hard of hearing. Assistive systems may be available.**



**Accessible to persons who are blind or visually impaired**



**Transport to the SAC w/ the SAC Shuttle Bus**

\*As space is limited on the bus, please notify John Lait if you plan to bring a wheelchair, walker or scooter.



### Wheelchair Accessible Trips

**We are looking for opportunities to utilize our new accessible bus on weekends for some trips and outings.**

If you have a place you would be interested in seeing that is accessible for a wheelchair, please let John Lait know so we can offer these to members of the Seniors' Activity Centre.

Our new Community Shuttle Bus is fully accessible by wheelchair and operates on our Seniors' Shuttle route in the community Monday to Friday. This might be a great alternative to helping you get around West Vancouver and it operates through donations.



### Tea & Trumpets: The VSO at 100

Celebrate the VSO's 100<sup>th</sup> anniversary in a concert that features the very first piece ever performed by the Vancouver Symphony Orchestra—Schubert's Rosamunde Overture—and celebrated works important in the VSO's history. Tea and Cookies are served in the lobby one hour before each concert.

Thu, Jan 10 12:30 - 4:30 p.m.  
 RO50 **48432**  
 RO27 **48431** Bus only \$15



### Music for Erhu & Harp

At Capilano University, enjoy this perfect pairing of the Chinese Erhu and the Western Pedal Harp in a program of Chinese folk songs with contemporary flair.

Fri, Jan 11 10:30 a.m. - 1:30 p.m.  
**52231** Member \$20  
 Non-Member \$25



### Music in the Morning: Vancouver Academy of Music

One of the world's leading period instrument string quartets, The London Haydn Quartet, was born out of a passion for Haydn's string quartets.

Wed, Jan 16 9 a.m. - 1 p.m.  
**51505** Ticket & Transport \$60  
 Bus only \$15



### Starlight Casino

Offering you a true destination entertainment experience, featuring: a best-in-class casino with over 850 slots, 44 table games, a Poker Room and private gaming room. Enjoy fine, Asian cuisine at Kirin Restaurant—a premier Chinese eatery. Starlight Casino offers the perfect combination of excitement and elegance to make it one of a kind in BC's Lower Mainland. *We have adjusted the times to make the week day casino trips accessible by using our shuttle bus.*

Fri, Jan 18 9 a.m. - 3 p.m.  
**48378** \$20



### Fraser Downs Live Harness Racing

*w/ Enjoy Tours*

The racetrack experience is very exciting. You will travel to Fraser Downs Racetrack in Cloverdale for a thrilling afternoon of live harness racing and dining at the venue's generous buffet (included).

Sun, Jan 20 10:15 a.m. - 4:30 p.m.  
**50605** Member \$89



**Meeks Duo Jazz  
on Piano**

At Capilano University, Jazz influences four hand works by Kapustin, Gershwin and others.

Fri, Jan 25 10:30 a.m. - 1:30 p.m.  
**52232** Member \$20  
 Non-Member \$25




**Music in the Morning:  
Vancouver Academy  
of Music**

Trio Céleste has firmly established itself as one of the most dynamic chamber music ensembles on the classical music scene today. The ensemble was inspired to take its name after their very first meeting in New York City, where a rare celestial occurrence—the largest harvest moon in two decades—marked the beginning of their tenure together.

Wed, Feb 13 9 a.m. - 1 p.m.  
**51506** Ticket & Transport \$60  
 Bus only \$15


**Circle Game** Circle Game the play reinterprets Joni Mitchell's iconic songs such as *Big Yellow Taxi*, *River*, *California* and *A Case of You* through the ears and eyes of a new generation, connecting to the politics and world we know today. At Kay Meek.

Sat, Feb 16 2:15 - 6 p.m.  
**52229** Member \$60  
 Non-Member \$65





**River Rock  
Casino**

Take in the thrill of 24-hour gaming at one of Western Canada's brightest and most exciting destination resorts. The stylish and spacious casino features over 1,000 slots, along with today's most popular table games: Blackjack, Roulette, Baccarat, Craps and more. There is also a Poker Room 14 tables with 24/7 play and daily tournaments.

Tue, Feb 19 10 a.m. - 4 p.m.  
**48420** Member \$17



**Stanley Theatre:  
The Matchmaker**

Horace Vandergelder seeks a wife and matchmaker Dolly Gallagher Levi doesn't need to look very far to find her! With forbidden young love and mistaken identities afoot, more than one match is sure to be made. Experience the pandemonium of this classic—and the inspiration for Hello, Dolly!

Wed, Feb 20 12 - 5 p.m.  
**50712** \$15



**Westminster Abbey  
w/ Enjoy Tours**

Westminster Abbey is a beautiful, peaceful place with magnificent architecture and stunning stained glass. Take this opportunity to see and hear about the monks' unique way of life. Lunch is included at Blackberry Kitchen.

Tue, Feb 26 8:30 a.m. - 3:45 p.m.  
**50606** Member \$89



**Tea & Trumpets:  
From the New World**

At Capilano University, revel in the epic music of one of Europe's greatest composers, Antonin Dvorak, concluding with excerpts from his famous New World Symphony. Tea and Cookies are served in the lobby one hour before each concert.

Thu, Feb 28 12:30 - 4:30 p.m.  
 RO50 **48433**  
 RO27 **48434** Bus only \$15



**Quartet for the  
End of Time**

Experience Messiaen's remarkable and profound masterpiece written at a German military prison camp from 1940 to 1941 and originally performed by the composer and three fellow prisoners.

Fri, Mar 1 10:30 a.m. - 1:30 p.m.  
**52233** Member \$20  
 Non-Member \$25

**SENIORS' ACTIVITY  
CENTRE SHUTTLE BUS**


Mon - Fri 8:45 a.m. - 3:45 p.m.  
 Donations fuel the bus.

For schedules and details visit  
[westvancouver.ca/seniors](http://westvancouver.ca/seniors)

In partnership with



**AMICA**<sup>™</sup>  
 at West Vancouver

# WV MEMORIAL LIBRARY

For any questions or registration contact the West Vancouver Memorial Library at 604-925-7400.



## Music Talks w/ Neil Ritchie

Join longtime CBC producer Neil Ritchie as he celebrates the unique styles of five very different artists from the worlds of film, opera, jazz and more. **Wednesdays from 10:30 a.m. - 12:30 p.m., Welsh Hall**

Jan 30	Ennio Morricone
Feb 6	Porgy and Bess
Feb 13	Diana Krall & Bruno Mars
Feb 20	Fred Astaire
Feb 27	Carole King

## Name That Tune

Are you good with song titles and artist names? Can you name a tune as soon as you hear a few notes? If this sounds like you, it's time to put that knowledge to the test at a series of six themed "Name that Tune" programs. **Tuesdays from 2 - 3 p.m., Welsh Hall West.**

Jan 22	Songs about Ice, Snow and Winter
Jan 29	Old Time Country
Feb 5	Television Theme Songs
Feb 9	Love Songs
Feb 12	Songs from Musicals
Feb 26	Post-World War II Songs



## Computer Essentials 1: The Mouse, The Keyboard and Windows

Your first steps towards using a computer! Registration is required and opens Thursday, December 20 at 10 a.m. To register, please call the Community Computing Centre at 604-925-7405 or visit us in person.

**Please note: this is a 4-part series.**

### The Lab

Wed	10:30 - 11:30 a.m.
Part 1	Jan 9
Part 2	Jan 16
Part 3	Jan 30
Part 4	Feb 6

## Friday Night Concert: Rumba Calzada

Led by percussionist Raphael Geronimo, Vancouver's Rumba Calzada is an eclectic, powerful mix of salsa, jazz, and Afro-Cuban rhythms. Stirring up a mesmerizing Caribbean musical fusion, this JUNO-nominated world class Latin band makes powerful and joyful music that's guaranteed to bring the house down every time.

### Main Hall

Fri, Jan 25 7:30 - 8:45 p.m.



## Friday Night Concert:

### Triology

Formed in 2008, Triology is a Jazz Trio featuring three of Canada's most sought after jazz musicians. This group was fashioned after the great early jazz music of Nat King Cole and Oscar Peterson, and features wonderful arrangements of classic standards and beautiful original tunes by the trio members.

### Main Hall

Fri, Feb 15 7:30 - 8:45 p.m.

## PURCHASE YOUR COFFEE PUNCH CARD TODAY!



**It's convenient to use, and will spare you the hassle of looking for change.**

The card entitles you to six regular sized coffees at the Fireside Lounge Coffee Bar or Garden Side Café.

# GARDEN SIDE CAFÉ



Mon/Wed/Fri 9 a.m. – 3:30 p.m.  
Tue/Thu 9 a.m. – 7 p.m.  
Tue/Thu Dinner 5 – 7 p.m.  
Sat/Sun 10 a.m. – 2 p.m.  
Lunches (daily) 11:30 a.m. – 1:30 p.m.

*Please be advised that food prepared in our Cafeteria may contain these ingredients: milk, eggs, wheat, soybean, peanuts, tree nuts, fish and/or shellfish. Please ask a member of staff if you require more information regarding potential allergens.*

**Please remember to bring your membership card.**

Visa, Mastercard, AMEX, Interac accepted.

**Please note that menu items may change occasionally because of unforeseen circumstances.**

## JANUARY 5–6

Sat **Fish Burger** w/ Oven Fries, Coleslaw  
Sun **Brunch at Eleven**

## JANUARY 7–13

Mon **Beef Sausage Rolls** w/ Honey Mustard Dip, Tossed Salad  
Tue **Liver and Roasted Onions** w/ Gravy, Mashed Potatoes, Vegetables  
Wed **Broccoli & Cheese Quiche** w/ Potato Salad, Tomato Slices  
Thu **BBQ Chicken Leg** w/ Rice Pilaf, Mexican Corn  
Fri **Baked Fish on Ratatouille** w/ Rice, Side Salad  
Sat **Shoyu Chicken (Hawaiian-style Teriyaki)** w/ Rice, Stir Fry Vegetables  
Sun **Brunch at Eleven**

## JANUARY 14–20

Mon **Cornish Pasties** w/ Gravy, Smashed Yukon Gold Potatoes and Salad  
Tue **Spanish-style Pork Chops** w/ Rice, Seasonal Vegetables  
Wed **Home Made Beef & Pork Meatloaf** w/ Gravy, Mashed Potatoes, Peas and Carrots  
Thu **Ham & Brie Croissant** w/ Potato Salad, Sliced Tomatoes on a Bed of Lettuce  
Fri **Breaded Sole** w/ Lemon Wedge, Tartar Sauce, Oven Fries, Kale Slaw  
Sat **Chicken a la King** w/ Rice Pilaf, Green Beans  
Sun **Brunch at Eleven**

## JANUARY 21–27

Mon **Spinach & Four Cheese Quiche** w/ Bean Salad on a Bed of Lettuce  
Tue **Pork Cutlet in Mushroom Sauce** w/ Roasted Potatoes, Seasonal Vegetables  
Wed **Beef Stroganoff** w/ Pasta, Harvard Beets  
Thu **Open Face Turkey Burger** w/ Caramelized Onions, Fries, Caesar Salad  
Fri **Curried Basa, Rice Pilaf** w/ Mexican Corn  
Sat **Spaghetti Bolognese** w/ Tossed Salad, Garlic Bread  
Sun **Brunch at Eleven**

## JANUARY 28–31

Mon **Stuffed Salmon Boats** w/ Hollandaise Sauce, Roast Potatoes, Vegetables  
Tue **Sweet & Sour Chicken** w/ Rice, Steamed Broccoli  
Wed **Chili Con Carne** w/ Garlic Bread, Mixed Greens  
Thu **BBQ Pulled Pork Sandwich** w/ Pickle, Fries and Fruit Garnish

## DINNERS

**Thursday, Jan 3**  
**Stuffed Pork Loin** with Apricots and Cranberries, Gravy, Scalloped Potatoes, Green Beans

**Tuesday, Jan 8**  
**Cabbage Rolls**, Pierogies with Sautéed Onions and Sour Cream, Garlic Sausage, Salad

**Thursday, Jan 10**  
**Beef Bourguignon**, Cheddar and Chives Mashed Potatoes, Fresh Mix Vegetables

**Tuesday, Jan 15**  
**Chicken Stroganoff**, Pasta, Baked Squash, Green Peas

**Thursday, Jan 17**  
**Pacific Wild Salmon** with Hollandaise, Roasted Potatoes, Fresh Seasonal Vegetables

**Tuesday, Jan 22**  
**Greek Platter** with Chicken & Prawn Souvlaki, Tzatziki, Roast Potatoes, Green Beans

**Thursday, Jan 24**  
**Honey Ham** with Pineapple, Scalloped Potatoes, Brussel Sprouts & Carrots

**Tuesday, Jan 29**  
**Italian Dinner** ■ ■ ■  
**Home-made Beef Lasagna**, Caesar Salad & Garlic Bread

**Thursday, Jan 31**  
**Coq Au Vin**, Mashed Potatoes, Green Beans Almondine

# GARDEN SIDE CAFÉ

## FEBRUARY PREVIEW

*Please be advised that food prepared in our Cafeteria may contain these ingredients: milk, eggs, wheat, soybean, peanuts, tree nuts, fish and/or shellfish. Please ask a member of staff if you require details regarding potential allergens.*

### FEBRUARY 1-3

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- Fri** **Basa Fish Filet** w/ Italian Tomato & Basil Sauce, Rice, Salad
- Sat** **Spaghetti** w/ Home-made Meatballs, Tossed Salad, Garlic Crostini
- Sun** **Brunch at Eleven**

### FEBRUARY 4-10

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- Mon** **Swedish Meatballs** w/ Linguine, Duo of Beets Salad
- Tue** **Teriyaki Chicken Thighs** w/ Rice, Stir Fry Vegetables
- Wed** **Quiche Lorraine** w/ Potato Salad and Sliced Tomatoes
- Thu** **Sweet & Sour Pork** w/ Rice, Steamed Broccoli
- Fri** **Rigatoni** w/ Arrabbiata Sauced Shrimp, Salad, Garlic Toast
- Sat** **Beef Meatloaf** w/ Roasted Leek Gravy, Mashed Potatoes, Harvard Beets
- Sun** **Brunch at Eleven**

### FEBRUARY 11-17

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- Mon** **Spanakopitas** w/ Tzatziki, Roasted Potatoes, Marinated Tomato and Cucumber Salad
- Tue** **Mediterranean Turkey Chili** w/ Romaine Salad, Dinner Roll
- Wed** **Grilled Chicken Thighs on a Bed of Beans and Greens** w/ Rice Pilaf
- Thu** **Crab, Green Onion & Swiss Quiche, Spinach Salad** w/ Arugula and Quinoa
- Fri** **Baked Salmon** w/ White Wine Butter Caper Sauce, Rice Pilaf, Sautéed Fresh Vegetables
- Sat** **Penne** w/ Italian Sausage, Garlic Toast, Mix Greens
- Sun** **Brunch at Eleven**

### FEBRUARY 18-24

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- Mon** **CLOSED**
- Tue** **Pork and Vegetable Stew** w/ Dinner Roll, Green Beans
- Wed** **Spaghetti Bolognese (meat sauce)** w/ Garlic Toast, Salad
- Thu** **Grilled Chicken Adobo** w/ Rice, Roasted Yams and Carrots
- Fri** **Portuguese Fish Stew** w/ Rice, Salad or Vegetables
- Sat** **Bacon Lettuce Tomato & Cheese on Ciabatta** w/ Caesar Salad
- Sun** **Brunch at Eleven**

### FEBRUARY 25-28

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- Mon** **Swiss Burgers in Tomato Gravy** w/ Roasted Red Potatoes
- Tue** **Savoury Tomato and Bean Stew** w/ Pita Bread with Tzatziki
- Wed** **Philadelphia Pepper Steak** w/ Roasted Potatoes, Romaine Salad with Celery, Cucumber & Red Onion
- Thu** **Shaved Montreal Smoked Meat** w/ Dijon Mustard and Sauerkraut on Rye, Potato Salad

## DINNERS

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**Tuesday, Feb 5**

**Seafood Linguine**, Mixed Greens, Garlic Bread

**Thursday, Feb 7**

**Roast Turkey Roll** with all the Trimmings

**Tuesday, Feb 12**

**Red Wine Beef & Vegetable Stew**, Roasted Potatoes, Seasonal Vegetables

**Thursday, Feb 14**

**Southern-style Pork Ribs**, Baked Beans, Rice Pilaf, Sautéed Zucchini, Peppers and Onions

**Tuesday, Feb 19**

**Chinese Dinner** 🇨🇳  
**Beef & Broccoli**, Sweet and Sour Chicken, Vegetable Spring Roll, Noodles and Rice

**Thursday, Feb 21**

**Breaded Beef Liver**, Crisp Bacon & Roasted Onions, Gravy, Mashed Potatoes, Fresh Vegetables

**Tuesday, Feb 26**

**Lemon Pepper Sole Florentine**, Rice Pilaf, Fresh Green Beans with Roasted Red Peppers

**Thursday, Feb 28**

**Dijon Pork Tenderloin**, Scalloped Potatoes, Roasted BC Red & Gold Beets



# Building Connections

Bringing seniors together.

## The Giving Campaign

DONATION AMOUNT:

- \$1,000     \$500     \$250     \$100  
 \$50     \$25     \$ \_\_\_\_\_

This donation is:

- One time     Recurs monthly     Recurs yearly

My gift is  in honour of     in memory of

---

How would you like your donation recognized?

*Check boxes that apply.*

- In the Seniors' Scene (recognized only as donor, no amount noted).  
 In the Seniors' Scene (anonymous)  
 Recognized as donor in Leisure Guide  
 No recognition  
 Name \_\_\_\_\_

*Print how you would like your name to appear*

CONTACT INFORMATION

First and Last Name:

Town/City:

Province

Postal Code

E-mail address

PAYMENT OPTIONS

- Cheque\*     Cash  
 MasterCard     Visa     AMEX

Credit card number

Name as it appears on the card

Expiry Date

Security Code

\* Please make cheques payable to **The West Vancouver Seniors' Activity Centre**, 695 21st Street, West Vancouver, BC, V7V 4A7



# PLEASE SUPPORT THE Building Connections GIVING CAMPAIGN

Bringing seniors together.

## What is the Building Connections Giving Campaign?

The Building Connections Giving Campaign provides financial support to **Keeping Connected Programs**—ranging from 'Stepping Out Bus Trips', and 'Music in the Living Room' to 'Men's Walking Group', and more!

The campaign also supports the **Seniors' Shuttle Bus** that provides assisted transportation for seniors through Ambleside, Dundarave and connection to the Centre. The bus is dependent on donations.

## How does my donation make an impact?

100% of your contribution goes directly towards program delivery, which includes:

- Transportation to and from programs
- Refreshments, snacks and meals (as applicable)
- Reminder phone calls
- One-on-one support (as needed)
- Program supplies
- Program instructor wages

## Donate now!

Please complete the contribution form on this page, and drop it off at the West Vancouver Seniors' Activity Centre!

*“I need to get to a medical appointment.”*



*“I work full time so can't take Mom to her appointments.”*



## *Rides By Shylo Is The Answer!*

Do you need to go to a physio or doctor's appointment? *Rides By Shylo* is happy to help.

- We drive you and up to 2 friends (plus one foldable walker or wheelchair) wherever you need to go.
- Escorted rides home from Day Surgery.
- We get you safely home and will prepare your supper if you like.
- We take reservations so you can book a ride when you make your appointments.

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



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**Shylo**



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