



22

SEP / OCT

# THE SCENE

*A West Vancouver Seniors' Activity Centre Publication*

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*west vancouver*

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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.  
(Sundays starting September 11)

### CAFETERIA DINING & TAKE-OUT FOOD SERVICE

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

### SENIORS' HELPLINE 604-925-7280

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

### Please note the following closures:

Labour Day –  
Monday, September 5  
National Truth & Reconciliation Day –  
Friday, September 30  
Thanksgiving Day –  
Mon, October 10

## EDITORIAL

**Editors** Sabina Kasprzak & Michiko Araki

**Advertising** Sabina Kasprzak

**Publisher** District of West Vancouver

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**Cover photo** Larry Olkovic

## ENQUIRIES & ADVERTISING

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

### Disclaimer:

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

## RECOGNITION OF FUNDING DONORS

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

# WELCOME TO THE SCENE

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

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

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

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

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

## BECOME A SAC MEMBER!

Purchase your annual membership today at the front desk and ask about the many benefits! (Cost: \$39). 55+ Non-members are welcome to participate in some programs at a higher rate. Ask at the front desk. If you see a non-member rate listed next to a program this means that the program is open to non-members (space-permitting).

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

## REFUNDS

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

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

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

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

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

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

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



**John Watson** | *Chair*

## MESSAGE FROM THE ADVISORY BOARD CHAIR

I hope you've had a good summer. I am writing this in mid-July (to meet printing deadlines) and I have my fingers crossed that Covid numbers are low enough when this edition of Scene is distributed that attendance at the Centre and registration for programs continue to increase.

You will see some changes in our Centre, as the new Frank Kurucz Rehabilitation Studio is now in operation and the large Activity Room is once again available for its many users. (Bridge players and others cheer!). You'll see a few other changes as well.

Prior to the pandemic we had to restrict enrolment in many of our programs and forgo the creation of new programs because all rooms were fully booked. The exciting news is the awarding of a contract to undertake a needs assessment and feasibility study regarding the expansion of the Centre. The Seniors' Activity Centre Advisory Board (Board) and the District of West Vancouver contributed equally to the cost of this study which began on August 1, 2022 and should wrap up with a report to Council in June or July of next year.

The firm conducting the study will carry out an extensive review of our current and future needs, including engagement with our members and the public at large. Notice of consultation will be prominently posted at the Centre. Please bring your ideas and suggestions to the sessions. Your input will help shape an exciting new era for the Centre.

Once the report is complete and presented to Council, the Board will work with Seniors' Activity Centre members, municipal staff, and Council to determine the path forward. Once we know where we need to go, we anticipate launching a major fundraising campaign to ensure the Centre can meet seniors' needs well into the future, while retaining its place in the hearts of current members.

— John



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



**Davida Witala**  
*Community  
Recreation  
Supervisor*

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

As we say goodbye to summer and welcome fall, staff and volunteers are excited to roll out a new facility and programming schedule. Many familiar programs will be back this September as well as some new and exciting additions. The new state-of-the-art Frank Kurucz Rehabilitation Studio will open, the relocated and renovated Fabric Arts & Crafts Room will re-open as well, and our beloved Activity Room will return to hosting fitness, yoga, dance, duplicate bridge, indoor sport, special events, and more! The cafeteria will continue to offer sit-down dining and take-out food service which has become extremely popular. Be sure to check out the Garden Side Café patio herb, vegetable, and flower beds which support the Feed the Need meal program for seniors.

We look forward to seeing you and welcoming you back to all our programs!

—Alison & Davida

# OUR PROGRAM & ASSISTANT PROGRAM COORDINATORS



**VOLUNTEERS**  
**Caroline Wiggins**  
*District-wide Volunteer Services  
Program Coordinator*  
604-913-2703  
volunteer@westvancouver.ca



**VOLUNTEERS**  
**Crystal Lan**  
*SAC Volunteer Services  
Assistant Program Coordinator*  
604-925-7288  
scvolunteers@westvancouver.ca



**SHUTTLE BUS, TRIPS, ARTS &  
OUTDOOR PROGRAMS**  
**Caroline Brandon**  
*SAC Program Coordinator*  
604-925-7230  
cbrandson@westvancouver.ca



**SPECIAL EVENTS, MUSIC,  
DANCE & ADULT LEARNING**  
**Mary de Vries**  
*SAC Program Coordinator*  
604-925-7287  
mdevries@westvancouver.ca



**SENIORS ADVOCATE &  
COMMUNITY OUTREACH**  
**Helen Murphy**  
*Seniors' Advocate &  
Outreach Worker*  
604-925-7211  
hmurphy@westvancouver.ca



**SENIORS OUTREACH & KEEPING  
CONNECTED PROGRAMS**  
**Stephanie Jordan**  
*Seniors' Advocate & Outreach  
Program Coordinator*  
604-925-7208  
sjordan@westvancouver.ca



**FEED THE NEED MEAL  
DELIVERY PROGRAM**  
**Hannah Rennie**  
*Seniors' Outreach Assistant  
Program Coordinator*  
604-925-7281  
hrennie@westvancouver.ca



**HEALTH & FITNESS &  
REHABILITATION**  
**Sarah Wheatley**  
*SAC Health, Fitness &  
Rehabilitation Program Coordinator*  
604-925-7231  
swheatley@westvancouver.ca



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



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

## VOLUNTEER ORIENTATION

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

If you are unsure, please contact [volunteer@westvancouver.ca](mailto:volunteer@westvancouver.ca) or 604-913-2703. To sign up for the online volunteer orientation visit [westvancouverrec.ca/volunteer](http://westvancouverrec.ca/volunteer) and follow the links in the 'Next Steps' sidebar, or call 604-925-7280.

Within a few days of signing up you will receive a receipt with a link to 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.

## VOLUNTEER DISHWASHER ASSISTANTS NEEDED

If you've eaten at our cafeteria, please thank our volunteer dishwasher assistants for providing clean plates and cutlery, as well as pans and trays for the chefs to cook on.

We are always looking for mobile, hardworking dishwasher assistants with a positive attitude. We couldn't serve food without you! If you are interested, call 604-925-7288 today.

12:30 to 2:30 p.m. (daily)  
5:30 to 7:30 p.m. (Tuesdays & Thursdays)

## VOLUNTEERS - SUBSTITUTES NEEDED IN ALL ROLES

*Give back by volunteering at the Seniors' Activity Centre today! Shift times are consistent Monday through Sunday. If you are interested in a weekend shift, training will be Monday to Friday during the week. Pick up a pamphlet at the front desk today!*

### MORNINGS

- **Baker's Support** - 8 to 10 a.m.
- **Opener** - 8 to 11 a.m.
- **Food Packers** - 8:30 to 11 a.m.
- **Delivery Team (Saturdays)** - 9:30 a.m. to 12:30 p.m.

### MID-DAY AND AFTERNOONS

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



## WE ARE SEEKING VOLUNTEER DRIVERS!

We are looking for Take-out Delivery Drivers who are available Tuesday, Thursday, or Saturday mornings from 9:30 a.m. to 12:30 p.m. These drivers will provide healthy meals to local seniors who have difficulty accessing our centre. Training will be provided.

If you are interested, please email your availability to [scvolunteers@westvancouver.ca](mailto:scvolunteers@westvancouver.ca) and the following documents:

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

## DINNERS DEPEND ON VOLUNTEERS

We need all-star volunteers to re-open dinner service. If you or someone you know is interested, please email the Volunteer Coordinator with their contact information, roles they are interested in, and days they are available: [scvolunteers@westvancouver.ca](mailto:scvolunteers@westvancouver.ca).

- **Dishwasher Assistants** - 5:30 to 7:30 p.m.
- **Bussers** - 5 to 7:15 p.m.
- **Servers** - 4 to 7:30 p.m.
- **Bartenders** - 4 to 7:30 p.m. (must have valid *Serving It Right* certification)
- **Closer** - 6 to 8 p.m.

# GARDEN SIDE CAFÉ

## Dine-In Lunch Service

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

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

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

## Take-out Food Service

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

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

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

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

## Upcoming Registration Dates

*Mark your calendars!*

General Fall registration:

**Wed, August 17**

Skating and Gymnastics Fall Term 1 & Swimming

Registration: **Wed, August 24**

Skating and Gymnastics Fall Term 2 Registration: **Wed, October 19**

## Special September & October Entrées

### Autumnal Equinox

**Thursday, September 22**

*(on sale same day)*

- Maple Balsamic Pork Tenderloin, Cheddar Scalloped Potatoes, Roasted Root Vegetables
- Dessert: Mini Apple Pie

### Thanksgiving

**Monday, October 10**

*(on sale Sunday, October 9)*

- Roast Turkey with all the Trimmings, Mashed Potatoes, Mixed Vegetables
- Dessert: Mini Pumpkin Pie

Prices *(for members)*

Entrée: \$7.50 | Dessert: \$3.75



## Fireside Lounge & Coffee bar

Open Monday – Saturday 9 a.m. – 2 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!

## 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
- **Feed the Need via West Vancouver Foundation** – supports Feed the Need via the West Vancouver Foundation's donation portal: [westvanfoundation.ca/feedtheneed](http://westvanfoundation.ca/feedtheneed)

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

## We've got a world of knowledge to share!



ElderCollege, a volunteer-run not-for-profit society, offers affordable, intellectually stimulating, general interest courses in a broad range of topics. From guest speakers to discussion groups to outdoor pursuits, our courses emphasize learning for enjoyment. With locations across the North Shore, lifelong learners enjoy a diverse selection of classes in the Spring and Fall. Come learn with us!



Visit us online [www.nseldercollege.org](http://www.nseldercollege.org) or call for details 778.246.6737

# REGISTERED PROGRAMS

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

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



## 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  
Sep 7 - Oct 26 12:30 - 3:30 p.m.  
**128225** \$32

#### Printmaking: Monoprinting

This class is ideal for artists who love to draw and paint and is a great introduction to printmaking. In this class, students will learn and experiment with various techniques of monoprinting using plexiglass plates and water-soluble inks. Methods will include working into an inked plate, chine-colle, creating multiple layers, and stencil printing. *Instructor: Rosamunde Bordo.*

Thu  
Sep 8 - Oct 20 12:30 - 2:30 p.m.  
**128571** \$236

#### Printmaking: Collagraph

Collagraph printing is a mixed media approach that uses low relief stencils, fibres, textured materials, etc., on a sturdy substrate. The collaged surface is sealed, inked and printed, allowing multiple prints to be pulled from the plate. Students will learn how to prepare a plate, ink and wipe their plates, and use a press to create a small collection of prints. *Instructor: Rosamunde Bordo.*

Thu  
Oct 27 - Dec 8 12:30 - 2:30 p.m.  
**128597** \$236

## DRAWING & PAINTING

### Painting Studio Time

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

Drop-in \$2.50  
Mon 9 a.m. - 12 p.m. & 12:30 - 3:30 p.m.

Tue (Acrylics) 9 a.m. - 12 p.m.

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 images you would like to paint.

Thu  
Sep 8 - Oct 27 9 a.m. - 12 p.m.  
**128226** \$35



#### Watercolour with Lynn

Paint nature's inspirations. Work at your own pace - individual and group Instruction given to assist you in your process. Beginning with the appropriate selection of subject, we will design your work of art using compositional considerations, perspective and colour theory. Materials provided. For those with water colour painting experience. *Instructor: Lynn Colpitts*

Tue  
Sep 6 - Oct 25 12:30 - 3:30 p.m.  
**128436** \$200

Thu  
Sep 8 - Oct 27 12:30 - 3:30 p.m.  
**128443** \$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.

Tue  
Sep 6 - Oct 25 9 a.m. - 12 p.m.  
**128728** \$20

### Quilting Studio Time

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.

Tue  
Sep 6 - Oct 25 1:30 - 4:30 p.m.  
**128730** \$20

Wed  
Sep 7 - Oct 26 1:30 - 4:30 p.m.  
**128731** \$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 Friday, September 30.*

Fri  
Sep 9 - Oct 28 9 a.m. - 12 p.m.  
**128732** 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  
Sep 7 - Oct 26 9 a.m. - 12 p.m.  
**128734** Free (please register)

## PHOTOGRAPHY

### 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  
West Vancouver Community Centre,  
Music Hall

**128242 (Virtual)** \$42



## MUSIC

### Heritage Choir (In-Person & Virtual)

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 re-energizing musical fun!

Tue  
Sep 6 - Oct 25 1 - 2:30 p.m.  
**128280 (In-Person)** \$72  
**128282 (Virtual)** \$72

### Dundarave Players

Band together with the Dundarave Players who invite you to play a variety of standards, pop, and just about any genre you like. If you play piano or bass, share your talent with the Players. Saxophone, guitar, and ukulele players are all welcome to join the fun. No instructor. Music provided. Any questions, please contact Caroline at

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

Tue  
Sep 6 - Oct 25 9:15 - 11:15 a.m.  
**128297** \$22

### Jazz Jam

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

Sat 10:30 a.m. - 12:30 p.m.  
Drop-in \$2.75

### 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  
Sep 12 - Oct 24 10:30 a.m. - 12 p.m.  
**128473** \$16.50

## Recorders Advanced

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

Thu  
Sep 8 - Oct 27 10:30 a.m. - 12 p.m.  
**128470** \$22

### Ukulele with JR Intermediate

Need to 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  
Sep 6 - Oct 25 11:30 a.m. - 12:30 p.m.  
**128475** \$88



## DANCE

### 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 dancer's welcome! *Instructor: Louise M.*

Tue  
Sep 6 - Oct 25 1 - 3 p.m.  
**128457** \$42

### 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 each week to come. Intermediate and advanced dancers only. *Instructor: Louise M.*

Fri  
Sep 9 - Oct 28 10:30 a.m. - 12:30 p.m.  
**128456** \$42

### 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. No class Monday, October 12.

Mon  
 Sep 12 - Oct 24 6:15 - 7:15 p.m.  
**128776** \$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. No class Mon Oct 12.

Mon  
 Sep 12 - Oct 24 \$24  
**128458** 1 - 2 p.m.

**128459** 2:15 - 3:15 p.m.



## WOODWORKING

### Woodworking: Level 1 Beginners

Get introduced to woodworking tools, with special emphasis on power tools and how to use them safely. If you haven't worked with tools before, this class is a prerequisite for all woodworking classes. No registrations after first class; lessons are cumulative. Supply cost included.

Wed  
 Sep 7 - Oct 26 9 a.m. - 12 p.m.  
**128782** \$50



### 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  
 Sep 12 - Oct 24 9 a.m. - 12 p.m.  
**128792** \$37.50

Fri  
 Sep 9 - Oct 28 9 a.m. - 12 p.m.  
**128793** \$37.50

### Woodworking: Level 3 Advanced

Bring your woodworking venture to life! Prerequisites: Quite a bit of experience in woodworking. You must be able to work mainly on your own with minimal assistance.

Requirement: bring your own plan and wood. Pick up a set of guidelines when registering. Projects must return home with participants after each class due to lack of storage space.

Mon  
 Sep 12 - Oct 24 1 - 4 p.m.  
**128796** \$37.50

Tue  
 Sep 6 - Oct 25 9 a.m. - 12 p.m.  
**128797** \$50

Wed  
 Sep 7 - Oct 26 1 - 4 p.m.  
**128798** \$50

### 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  
 Sep 6 - Oct 25 1 - 4 p.m.  
**128799** \$50

### Woodworking: Woodturning Level 1 Beginner

Supervised beginner session (no instruction). Les will help you start and finish your woodturning project, bring your own wood. Three people maximum.

Wed  
 Sep 7 - Oct 26 9 a.m. - 12 p.m.  
**128786** \$50

### Woodworking: Woodcarving

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

Thu  
 Sep 8 - Oct 27 9 a.m. - 12 p.m.  
**128802** \$50

**128805** 1 - 4 p.m.

### PROGRAM PARTICIPATION NOTE

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



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## NATIONAL SENIORS DAY 2022 A MESSAGE FROM MAYOR MARY-ANN BOOTH

Seniors lend a hand through volunteering at our library, community centres, festivals, and other local events. They fundraise for those in need, preserve our heritage, and offer their time and expertise to District committees and boards—all while creating a positive civic spirit.

In turn, how we care for our aging residents is important. West Vancouver Council has an all-encompassing vision to ensure that elders in our community are treated with respect and are taken care of and reflected in the decisions and initiatives of the District.

It is our priority to strengthen and sustain a livable, vibrant community that is wholly inclusive for all ages and abilities. We continue to listen and learn from the voices and feedback of our seniors and their families, and to create a variety of services and housing options that allow for aging with dignity. This includes support and navigator programs that assist seniors to age in

place, as well as other options for independent living and long-term care for seniors who may be experiencing dementia or other chronic diseases. There is a place for everyone in the community of West Vancouver.

I am grateful to Seniors' Activity Centre staff and volunteers who support vulnerable seniors in our community, through meal delivery, social calls, and other valuable support services.

We know these past couple of years have been especially hard on seniors, and we continue to be inspired by their resilience and dedication.

Seniors are the pillars of our community, and on behalf of Council, I extend my sincerest thanks to the seniors of West Vancouver for leading the way in making this a wonderful place to live.

*Warm regards,  
Mayor Mary-Ann Booth*

**On National Seniors Day we acknowledge and celebrate the invaluable contributions seniors make every day for the greater wellbeing of our community.**

Across West Vancouver, we see seniors showing leadership, sharing their knowledge and skills, and fostering interaction among generations.

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

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# HOT TOPICS WITH WEST VANCOUVER FIRE & RESCUE



# SALUTE TO GRANDPARENTS

By June Earle, Valerie Coles, Chris Inouye, and Kathie Taylor

By **Jeremy Calder**,  
*Assistant Fire Chief of Fire Prevention*

As temperatures rise, we see a significant increase in fires caused by improperly discarded cigarettes. Today I would like to talk about safe disposal of cigarette butts.

If you smoke, smoke outside.

Disposing of cigarettes in planters filled with dirt and mulch often leads to fires. The cigarette ignites the mulch which often smoulders for hours before igniting. Often, residents are asleep in bed when these fires start and wake to find their deck or exterior siding on fire.

Tossing your butt off the balcony may feel like the easiest way to get rid of your cigarette, but it can also be the easiest way to start a fire.

When you flick a lit butt off a balcony, you probably assume it will land on the street below. Not always. The wind can blow your cigarette butt onto another balcony where it can land in a dry flowerpot, on combustible material, or in between outdoor couch cushions. And before you know it, your building could be on fire.

Stop fires before they start. Make sure you put your cigarette butt right out when you're done smoking. And don't toss your butt off your balcony.

Provide smokers with large deep sturdy ashtrays. Wet cigarette butts before throwing them out or bury them in sand. Make sure cigarettes and ashes are out before throwing them in the trash can. Soak cigarette butts and ashes in water before throwing them away. Never toss hot cigarette butts or ashes in the trash.

Never smoke in bed or if oxygen is used in the home.

*Take care and stay safe, Jeremy*

**National Grandparents Day** falls on September 11 this year. Since 1995, the government of Canada has recognized this occasion on the second Sunday in September. Many of our grandparents belonged to the Greatest Generation that persevered through the Depression and fought in World War II, setting an extraordinary example in striving to ensure a better future for their families. Each of us has benefitted from their sacrifices as well as their knowledge, support, and love. Many of us remember our grandparents fondly.



**Scottish blessings**  
- June E.

I was fortunate to have had the gift of grandparents for many years. My maternal grandparents were officers in The Salvation Army. They were called to serve as missionaries in the Caribbean and Central America. Even though we didn't have emails, FaceTime or other modern technologies they were very much part of my life through frequent cards, letters and photos as well as gifts from exotic places. I still have a tiny chair they sent from British Guiana that was made by a prisoner my grandfather befriended. I used it, my little sister used it, as have my children and grandchildren. Not surprisingly, I had to replace the

woven seat since that dear little chair is now in its mid-80s.

My maternal grandfather was a handsome Scottish gentleman. Someone said that if the Salvation Army had saints, Robert McBain would have been one. He was a kind and gentle soul, a loving grandpa, but a terrible driver. My Nana McBain was a small Scottish woman who was unconditional in her love of family and those she served. At one point in her service, while they were living in Montreal, she frequently took the train, late at night, to the local prison to sit with a prisoner who was on death row.

My paternal grandparents also emigrated from Scotland and settled in West Toronto. Grandpa and Grandma Richmond were also closely connected to the Salvation Army. My Grandpa Richmond was a trombonist and played in the Salvation Army band. He was a very sweet, humble man who had worked in a lace factory in Scotland and found work as a handyman in Toronto. I also remember that he often worked on election campaigns. He had his own room in their flat where he could smoke his pipe and listen to his radio. He rarely joined us in the living room, so I would go to visit him in his room where he greeted me with, "How's my little sweetie pie today?" I remember him fondly.

My Granny Richmond was a very gentle, serious woman whom I loved to visit. An avid knitter, she taught me to knit when I was very young. She was also a voracious reader and gave me wonderful books for my birthday and Christmas - romantic and historic novels that often seemed way beyond my years, but really piqued my interest in reading at a very early age. And - drumroll- she made, without a doubt, the best Scottish shortbread EVER.



### **Bread, blueberries and bantams** - Val C.

No question, my love of gardening came in a direct line from my paternal grandmother. A mother of nine and on her own, she was a pint-sized 4 foot 10 inches, and rose at 5am to bake two loaves of bread every day. Staying overnight meant I woke to that magical smell each morning. There was no indoor plumbing and walking her long garden path to get to the outhouse became part of the ritual of visiting her.

*Grandparents can be very special resources. Just being close to them reassures a child, without words, about change and continuity, about what went before and what will come after.*

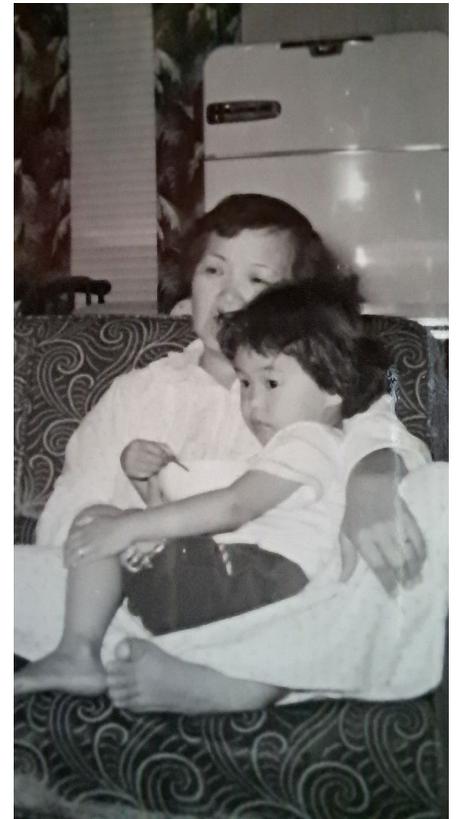
- Jamie Oliver

She lived on No. 4 Road on Lulu Island where every farm was blessed with rich peat soil. I remember chasing my brother through her jungle of tall corn and never being able to find him. Mostly my grandma raised blueberries and sold them roadside every summer. Through the years I became something of a champion picker, smugly racing to beat my older brother. Despite being warned, in my hurry to beat him I carelessly knelt on a nest of ground wasps and my chin still has the scar to prove it.

At night grandma played the organ in her small living room and sang her favourite hymns full throttle with head back, eyes closed, and a home-rolled cigarette dangling from her bottom lip.

One of my favourite memories were grandma's little bantam hens, her "other family" and the love of her life. She named each of them and when she called, they raced out of the pen to greet her, knowing her generous tucked-up apron was filled with grain.

She never preached or lectured and yet I learned endlessly from her in the best possible way - watching, listening and basking in her shining love for life.



### **Plantation memories** - Chris I.

My maternal grandparents lived on a sugarcane plantation in Spreckelsville, Maui. They had a wooden cottage with purple lantana lining the front walk. The flowers had a very particular smell that was peculiar rather than pleasant. There was an outhouse we were terrified of using at night because we imagined giant spiders lying in wait! In the living room was a much-loved red "velvet" couch. We used to run our hands back and forth over the fabric as we sat and watched TV.

Granddad returned home at the end of the day with his hard hat and silver dome lunch pail, looking very grimy from driving a tractor in the cane fields. It was noisy work and, in those days, nobody wore ear protection, so Granddad's hearing became compromised over the years. He subscribed to Life and National Geographic magazines and would show us the pictures and tell us about what he read in them.

# INTERGENERATIONAL INITIATIVES

By Chris Inouye

What happens when people from different generations come together? They may not be able to understand each other, or maybe these exchanges spark magic! Research shows that intergenerational interactions are a positive influence on all participants. According to the BC Association of Community Response Networks, these interactions help individuals of different generations cultivate friendships, understanding, respect and compassion while fostering ties to the community. Encouraging intergenerational relationships helps to prevent social isolation while improving mental, social, emotional, and physical health. Pursuing purposeful intergenerational initiatives has the power to bring more joy and meaning to the lives of people of all ages.

## WHICH IS YOUR GENERATION?

### Greatest Generation

Born 1901-1927.

### Silent Generation/Radio Baby

Born 1928-1945.

### Baby Boom Generation

Born 1946-1964.

### Generation X:

Born 1965-1980.

### Millennial Generation

Born 1981-1996.

### Generation Z/iGen/Zoomer:

Born 1997-2010.

### Generation Alpha/ Mini Millennial

Born 2010 - present

At the West Vancouver Seniors' Activity Centre (SAC), several intergenerational initiatives that connect children and youth with older adults are underway. Stephanie Jordan, Outreach Program Coordinator at the Centre, is the "go to" person for these initiatives. Stephanie works with Crystal Lan, Volunteer Coordinator for the SAC, Hannah Rennie, Assistant Program Coordinator for Seniors' Outreach, Melanie Clark, Youth Services Program Coordinator, and Shakila Amiri, Youth Outreach worker. Ideas for these initiatives come from members of the SAC community as well as students in the District of West Vancouver. Here are some of those initiatives.



### Little Gardeners

Master Gardener Ron C. of the SAC Garden Club thought it would be a good idea to get the little ones at Cypress Corner Daycare at the West Vancouver Community Centre to help tend two garden plots just beside the SAC. Ron's project has been very successful; the Mini-Millennials have been regularly tending to the garden plots, planting seeds or young seedlings, watering them, and watching the plants grow.

On one bright and sunny morning in June, Ron greeted the budding gardeners as they arrived with their teachers, Sarah and Julie, from the daycare. The project du jour was planting calendula sprouts. One by one, the eager beavers climbed onto a stool as Ron guided them in planting the little green shoots. Then, each budding gardener planted pea seeds to take home with them. Ron chatted with the children the whole time, explaining what they were doing and what would happen to their calendula sprouts and pea seeds. The grand finale was a hunt for anything in the garden plots that was ripe and ready to eat. On this day, some strawberries and beans were ready to pick. Oh, the joy of harvesting and eating what they have grown! What could be more fun, heartwarming, and delicious? Thank you so much to Ron C. and the Garden Club.



### In the Kitchen with Simone

Pizza! Apple strudel! Cheesecake! Lemon tarts! Focaccia! These are a few of our favourite things. Every month, Chef Simone hosts a class which brings people of all ages together to make a delicious recipe.

In June, seven Gen Alphas (aged 5 - 12) joined Boomers Susan C. and Jona M. to make apple strudel. Gloves on and excited to bake a sweet treat, they smoothed out puff pastry sheets, added the apple filling and gently folded the edges over, crimping to seal in the goodness, and finished with an egg wash. After baking, a wee bit of cooling, and a dusting of confectioner's sugar, everyone was treated to a little slice of heaven that they had made together. Everyone in attendance gave the strudel a resounding thumbs up!

### Screen Time for Seniors

This initiative is the brainchild of Rosa C., who will be going into Grade 12 at Collingwood School this fall. Rosa's "Grammy" started asking her questions while FaceTiming with her. "She would ask me things like, 'How do I send an image via text?' or 'How do I flip the camera on FaceTime?'" As a Zoomer (member of Generation Z), Rosa has grown up with digital technology; she is a digital native. She thought that her grandmother and her peers might benefit from having some guidance in using current technology. Interested seniors and Collingwood classmates came together and—voilà! Screen Time for Seniors was born! The one-on-one program is offered once a month and has ballooned in size from an enrollment of two to a very robust group of 20. During these sessions, questions about different functions of mobile phones, tablets, and laptops are tackled. Seniors ask about creating photo albums, downloading apps, using Bluetooth, or accessing and using phone functions such as the timer, alarm, or flashlight. The youth volunteers learn how to problem solve and act as mentors. The seniors appreciate the help they get from the students and many return for multiple sessions. According to Rosa, "Seniors feel empowered by being able to use

their technology to connect with family and friends, use apps to help make their lives easier and learn about the helpful features on their smartphones and other devices. Helping seniors has been an inspiring and meaningful experience, one of my biggest accomplishments, and I hope that Collingwood will continue the program even after I graduate next year."

**Keeping Connected** welcomes intergenerational involvement as many of our youth have older adults in their lives who may live with memory loss, feel a bit isolated, or have a decrease in their physical function. What could be more joyful than interacting with young people? Some intergenerational initiatives under the umbrella of Keeping Connected are described below. (Note: these programs are open to all SAC members)

**Men's Club** meets on Thursdays at 10:30 a.m. During the Easter season, six youth from Collingwood School came to the meeting and participated in crafting Easter bonnets, holding an Easter egg hunt, and enjoying snacks and music. It was wonderful to see the students helping the seniors, getting to know one another, and laughing together.

### Reading Remedy Book Club

Every six weeks, youth and seniors come together to read bestsellers such as *The Nightingale* by Kristin Hannah and *The Island* by Victoria Hislop. Collingwood students Samantha W. and Ella T. lead this book club which is designed with the goal of fostering connections between seniors and students and improving mental health. A retired librarian who has participated in the book club said that it has been a wonderful experience. What fun it must be to discuss what happens in these books from different generational perspectives. What a stellar idea, Sam and Ella!

### Ladies Social Club

Nicole T. wanted to have a Q & A booth at her school, Collingwood, where youth could ask for general life advice. The aim of her project was to encourage sharing of intergenerational knowledge between seniors and youth. Nicole took her idea to Stephanie Jordan who proposed that these life questions be discussed in the SAC Ladies Social Club as these women love to share and discuss their life experiences. The ladies enjoyed answering Nicole's questions. These answers were taken back to Collingwood to use at Nicole's Q & A booth.

### Feed the Need

Make It! and Hoops for Humanity generate funds for Feed the Need which provides meals for seniors in West Vancouver who are experiencing food insecurity. Feed the Need is currently providing three meals per week to 120 seniors and relies on approximately \$140,000 per year to operate.





## OUR SINCERE THANKS TO...

Collingwood School for organizing Hoops for Humanity as well as beautiful occasion cards to give to seniors for Remembrance Day, Christmas, Mother's Day, Father's Day, and birthdays with uplifting messages and hand-drawn pictures to bring smiles and brighten days.



## Make It!

This program is designed to harness creativity and plan projects that are made at monthly workshops. Seniors collaborate with youth at planning meetings to brainstorm project ideas. Projects have included beautifully wrapped bone China tea sets for Mother's Day and cuddly handsewn keychain animals. On June 16, Youth Outreach Worker Shakila Amiri led the workshop in which 11 youth from high schools across the North Shore from grades 8 through 11 joined seniors to paint garden rocks. During the workshop, rocks were given coats of paint ranging in colour from conservative black and gray to bright fuchsia, lime green, and turquoise. These colorful hand-painted and decorated garden rocks will be sold in sets of three. Products from Make it! workshops along with donated pottery and woodworking are for sale; you can find them on display on shelves in SACS on 21st and in front of the coffee bar. Candy bags are also filled during Make It! workshops and are for sale at the front desk and the Garden Side Cafe.

## Hoops for Humanity Basketball Tournament

Hoops is a fundraising initiative by Grade 9 Collingwood students who run a 3-on-3 basketball tournament over the course of two days to raise funds and awareness for Feed the Need. Upwards of 100 attended and this will now be an annual event. Many thanks to Collingwood School for making this happen.

## Come and spend some time with a Gen Alpha or a Mini Millennial!

Whether you would like to learn how to download some books on your iPad, do a bit of gardening, craft something cool, or bake a yummy treat, check out the intergenerational activities going on at the SAC.

Kudos to all the youth, SAC members, staff, and volunteers who have helped to enrich the lives of those who take part in these intergenerational initiatives, bringing people of different generations together to share ideas, stories, culture, and perspectives in a safe, fun, and respectful environment. According to the very wise Rosa C., these initiatives "have brought open-mindedness to both seniors and youth and have promoted bonding between the generations, creating a more unified community." Well said, Rosa!

## DID YOU KNOW?

### June 1 is Intergenerational Day

Intergenerational Day is focused on narrowing or even closing the ever-widening gap between older people and young; to bring different generations together by helping them see the similar connections they have with each other. It is also a way to reduce loneliness, depression, anxiety, and stress that people of all ages experience. The idea for Intergenerational Day came to a teacher from British Columbia in 2009. The teacher was working with students on projects related to World Elder Abuse Awareness Day. Students were being taught about the respect, care, and love the elders in society deserve, and within one year, the passion for the projects gained so much momentum that 2010 saw the first Intergenerational Day being celebrated. Since the day's inception in 2010, it has been celebrated in more than 100 cities across Canada.

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## LEARNING

### LANGUAGES

#### French Beginner

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

Tue  
Sep 13 – Oct 25 10 a.m. – 12 p.m.  
**128819** \$20

#### French Conversation

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

Wed  
Sep 7 – Oct 26 10 – 11:30 a.m.  
**128828** \$24.50

#### French Review Spa Francais Intermediate

Join us for structured review session for "high beginners/rusty intermediates" who wish to improve their conversational French. No instructor. *Leaders: Fiona A, Nadine N and Wayne S.*

Tue  
Sep 13 – Oct 25 10:30 a.m. – 12:30 p.m.  
**128813** \$22

#### Spanish with Elias Intermediate

Start each class with some guided conversation that will help you gain vocabulary, strengthen your knowledge of the language, and build more speaking confidence! Apply what you know to everyday conversation while listening and speaking with others and learn more detailed grammar to help you better understand the way Spanish works. No textbook required. *Instructor: Elias M.*

Thu  
Sep 8 – Oct 27 4 – 5:30 p.m.  
**128834** \$120

#### Spanish with Elias Advanced

The highest level of our Spanish. Narrate your weekly activities, hobbies, and interests with other students in this advanced Spanish class. In-class conversation is monitored and corrections are done on the spot. Conversation time accounts for 100% of the class time. No textbook required. *Instructor Elias M. No class October 10.*

Mon  
Sep 12 – Oct 24 4 – 5:30 p.m.  
**128830** \$90

#### Spanish Social Conversation

Practise your language skills and add to your vocabulary by speaking with like-minded new friends! Join us for a class designed for fluent Spanish speakers. *No instructor.*

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

#### Farsi

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

Tue  
Sep 6 – Oct 25 2 – 3:30 p.m.  
**128835** \$20

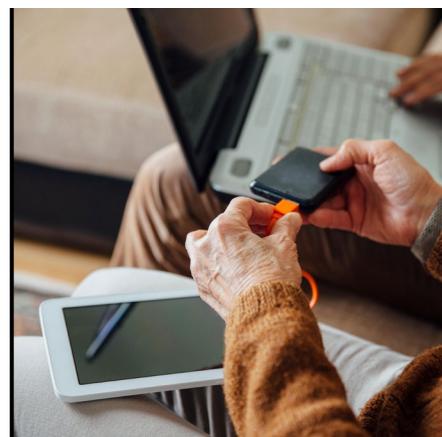


### WRITING & READING

#### Writers' Circle

Share your stories, poems, and memoirs in a casual and encouraging atmosphere! No instructor or facilitator. *No class October 10.*

Mon  
Sep 12 – Oct 24 1 – 3 p.m.  
**128836** \$16.50



## PROTECT YOURSELF AGAINST PHISHING SCAMS



*By Sergeant Mark McLean*

A phishing scam is where a person(s) is contacted by email, telephone, or text message by someone posing as a legitimate institution to lure individuals into providing sensitive data such as personally identifiable information, banking and credit card details, and passwords. This can result in identity theft and financial loss.

Use the "spam filter" settings in your email to block emails from unverified sources. If an institution requests your personal information, always contact the institution independently before entering the information online.

*Banks will not ask for personal information via email or suspend your account if you do not update your personal information within a certain period.*

Check your online accounts regularly for suspicious transactions.

## 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  
Sep 8 - Oct 27 1:30 - 3:45 p.m.  
**128837** \$108

## Book Club Afterwords

Join two retired librarians will select thought-provoking titles (fiction and sometimes non-fiction), and lead the group in riveting discussions. *Leaders: Julia H. and Elizabeth A.*

Fri  
Oct 7 - Dec 2 10:30 a.m. - 12:30 p.m.  
**128838** \$10

## GENERAL

### Hot Topics International Affairs

Join Jon Scott for discussions about the current international affairs hot spots around the world! Jon is a former ambassador of Canada, holds a PhD in Philosophy, and is an adjunct professor at Simon Fraser University. *No class September 30.*

Fri  
Sep 9 - Nov 4 1 - 2 p.m.  
**128839** \$20

## COMPUTER TECHNOLOGY

### Flight Simulation

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

Fri 10:30 a.m. - 12:30 p.m.  
Sep 9, 23, Oct 14, 28 \$2.50



## GAMES

### Duplicate Bridge

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

Wed  
Sep 7 - Dec 21 1:30 - 4:30 p.m.  
**128483** \$20

### Bridge with Stephen Bridge Basics 1

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

Tue  
Sep 6 - Oct 25 3:30 - 5:30 p.m.  
**128840** \$120

### 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  
Sep 7 - Oct 26 3:30 - 5:30 p.m.  
**128841** \$120

### **NEW** Bridge with Tai Beginners

Tai will introduce participants to the exciting hobby of playing bridge. Once you are hooked, you'll not only have a wonderful time playing but you will also exercise your brain.

Thu  
Sep 8 - Oct 27 6 - 8 p.m.  
**130304** \$105

Fri  
Sep 9 - Oct 28 2:15 - 4 p.m.  
**130305** \$105

## SOCIAL

### SOCIAL PROGRAMS

#### Billiards

This beautiful room with first class equipment is available for play and practice. Reserve your table and time slot in advance. Call or go online to register!

Mon - Sat 9 - 11 a.m., 11 a.m. - 1 p.m.,  
1 - 3 p.m., 3 - 5 p.m. & 5 - 7 p.m.  
Fri, Sat & Sun 9 - 11 a.m.,  
11 a.m. - 1 p.m., 1 - 3 p.m.  
Registered Drop-in \$2.50/game

#### Women's only Snooker

Fri 9 - 11 a.m.

#### Intergenerational Reading Remedy Book Club

Avid readers come join! We are looking for anyone who is passionate about reading and discussion to take part in an initiative with our Youth for a novel discussion every six weeks. Refreshments will be served. This is a fun book club that will have a new book to read every session.

Sat 11 a.m. - 12 p.m.  
Free  
**128392** Sep 24

**128393** Oct 22



### **Intergenerational In the Kitchen with Simone**

Come into the SAC commercial kitchen and make some special treats. Class led by Chef Simone. All ages welcome. You will come away with a smile and some goodies!

Mon	4 - 5:30 p.m.	\$15
<b>128390</b>	Sep 26	
<b>128391</b>	Oct 24	

### **Intergenerational Make It! Workshops**

Put your creativity to work with this fun group. Each month specific projects will be made (all goods will be sold at the SAC). This is an intergenerational initiative between our youth and seniors. All proceeds will go towards Feed the Need. This activity is free, all supplies will be provided. Space is limited.

Thu	4 - 6 p.m.	Free
Sep 22		
<b>119795</b>		
Sat	11 a.m. - 1 p.m.	Free
Sep 24		
<b>119804</b>		
Thu	4 - 6 p.m.	Free
Oct 20		
<b>119796</b>		
Sat	11 a.m. - 1 p.m.	Free
Oct 22		
<b>119805</b>		

## TRIPS & EVENTS

### **Art Gallery Walking Tour with Margot**

Join Margo Meakin for a walking tour of several small but amazing art galleries. There will be short presentation at each gallery. Join the group for lunch (not included in the price) at a local café. (12 people max.) Participants need to be able to navigate stairs with no problem.

Fri	9:30 a.m. - 3:30 p.m.	\$15
Sep 23		
<b>129141</b>		

### **Tea & Trumpets 2022-23 Bus Only Full Season**

Hop on our bus to Tea and Trumpets. This is for bus only, please purchase your own tickets for the performance. Doors do not open until 1:30 p.m., so bus will load at 12:45 p.m. and leave at 1 p.m.

Thu	12:45 - 4 p.m.	
Sep 29, Oct 27, Nov 17, Jan 26, Mar 16 & Apr 27		
<b>129152</b>		\$36

Bus only - Sept 29		\$8
<b>129154</b>		

Bus only - Oct 27		\$8
<b>129156</b>		

### **Hard Rock Casino**

The casino floor includes 950 slot machines, a poker room, high-limit salons, and game tables for blackjack, roulette, baccarat, poker, pai gow, and craps. Cost includes transportation only.

Fri	10 a.m. - 3 p.m.	\$15
Sep 16		
<b>129157</b>		

### **Gourmet Warehouse, Bosa Foods, & White Spot**

Join us as we tour the best of East Vancouver. We start our trip with shopping at the Gourmet warehouse with an amazing selection of specialty teas, spices, sauces and even kitchen supplies, then we go to Bosa Foods for all your favorites. We will stop at White Spot for lunch

Wed	10 a.m. - 3 p.m.	\$17
Sep 28		
<b>129176</b>		

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

### **Audain Art Museum Whistler**

The Audain Museum contains a permanent collection of the art of British Columbia from early times to the present day. Included is an outstanding collection of nineteenth century Northwest Coast masks, one of Canada's strongest Emily Carr collections, and a selection of Vancouver's celebrated photo-based art. We will also have time for lunch and shopping in Whistler Village.

Fri	9 a.m. - 3 p.m.	\$48
Oct 14		
<b>129175</b>		

## 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 Helen at 604-925-7211 or Stephanie at 604-925-7208.

### **Keeping Connected Special Services**

Are you or a loved one feeling isolated, alone, or in need?

Allow our compassionate and knowledgeable team of volunteers to help. A simple phone call, a home visit, or a ride to a medical appointment can be accommodated. We would love to help and suggest fun activities to expand your social life and activities. Call Helen at 604-925-7211 to find out more or sign up to receive help.

## 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  
Sep 6 - Oct 25 11:45 a.m. - 12:45 p.m.  
**128311** \$82.50

## **NEW** 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  
Sep 29 - Oct 27 11:30 a.m. - 12:45 p.m.  
**129538** \$35

## **NEW** Adapted Balance/ Fall Prevention

Is balance and leg strength something you want to improve? Jayson will lead this class with a focus on maintaining balance and leg strength. Adaptations are fully acceptable and we will work with whatever limitations you might be experiencing. Leg strength and balance contribute to longevity and health—join in!

Wed  
Sep 7 - Oct 26 11:45 a.m. - 12:45 p.m.  
**128817** \$60

## 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  
Sep 7 - Oct 26 10 - 11 a.m.  
**128309** \$42

## CYCLING WITHOUT AGE

Are you unable to ride a bike but would like to feel the wind in your hair again? Cycling Without Age provides free 15-20 minute bike tours! Ride alone or with a loved one. Learn more at

**[cyclingwithoutage.ca/northshore](http://cyclingwithoutage.ca/northshore)**

To arrange a ride from the Seniors' Activity Centre, call Stephanie at 604-925-7208.

## 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  
Sep 9 - Oct 28 10 - 11 a.m.  
**128326** \$47.25

Fri  
Sep 9 - Oct 28 11:15 a.m. - 12:15 p.m.  
**128332** \$47.25

## Keep Well

Keep Well Society offers their program weekly which involves a mild exercise class. For information about Keep Well please call their office at 604-988-7115.

Wed  
Sep 7 - Oct 26 11:15 a.m. - 12:45 p.m.  
**128337** Free (please register)

## Ladies' Social Club

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

Wed  
Sep 7 - Oct 26 1:30 - 3 p.m.  
**128318** \$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  
Sept 8 - Oct 27 10:30 a.m. - 12 p.m.  
**128364** \$66

## Intergenerational Screen Time for Seniors

Learn more about your phones, tablets, laptops, and more! Students from Collingwood can help you learn all about technology and answer any questions you have. Learn how to use apps, facetime, email, apps, QR code setup, and general troubleshooting.

*\*Must bring your own device.*

Thu 4:30 - 5:30 p.m.  
Free (please register)  
**128386** Sep 22

**128387** Oct 20

## Minds in Motion

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

Fri  
Oct 7 - 28 1 - 3 p.m.  
**128735** \$25

## Alzheimer's Café

Join us in celebrating what it means to live well with Alzheimer's disease in a social, fun, and welcoming environment. Lunch entertainment will be a surprise guest!  
*Pre-registration required.*

Thu 12:30 - 2:30 p.m.  
Free (please register)  
**126017** Sep 22

**128348** Oct 27

**128353** Nov 17

## Caregiver Support Group

The group meets weekly to support caregivers with navigating the ever-changing challenges that dementia brings.

Thu  
Sep 8 - Oct 27 10:30 a.m. - 12 p.m.  
**128357** \$12

## Creative Expressions

Stimulate your mind and memories as you explore different forms of art in this hands-on program. Caregivers are welcome to attend. Cost of supplies included.

Fri  
Sep 9 – Oct 28      10 a.m. – 12 p.m.  
**128358**      \$90

## **NEW** Daybreak (3-hour session)

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

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

Mon  
Sep 12 – Oct 24      10 a.m. – 1 p.m.  
**128360**      \$180

## 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  
**128362**      Sep 13

**128367**      Sep 20

**128368**      Sep 27

**128369**      Oct 4

**128370**      Oct 11

**128371**      Oct 18

**128372**      Oct 25

## Pick up the Pace

Lift your spirits and your heart rate with this new class designed to get the blood flowing.

Mon  
Oct 31 – Dec 19      2:45 – 3:45 p.m.  
**130869**      \$40



## Musical Monday

Welcome back 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 singalong.

Mon      2 – 3:30 p.m.  
Registered Drop-in      \$6  
**128301**      Sep 12

**128302**      Sep 19

**128303**      Sep 26

**128304**      Oct 3

**128305**      Oct 17

**128306**      Oct 24

## Pottery Workshop

Spend an afternoon creating something out of clay! Join Julie our expert potter for a demo and then create your own masterpiece. Items will be taken away for drying/firing/glazing. Cost is all inclusive. All levels welcome.

Thu  
Sep 29      1 – 3 p.m.  
**128811**      \$30

## Flower Arranging Workshop

Join Bernadette and learn how to make your own lovely bouquet of flowers. Spend a few hours learning about the art and appreciating nature's beauty. Materials will be provided.

Fri  
Sep 9      1 – 3 p.m.  
**128812**      \$40

## High Tea Party

Break out your finest hat and cravat and join us for a tea party!

Tue      1 – 2 p.m.  
Free (please register)  
**128807**      Sep 13

**128808**      Oct 11

## Advanced Care Planning Workshop Series

Do you or a loved one have questions about death, dying, and how to talk about your wishes?

Take part in this three-workshop series to better understand how to take charge of planning your end of life care.

Join insightful leaders Connie and Vicky for this informative session hosted in collaboration with the West Vancouver Memorial Library.

*Please register for each workshop separately.*

Fri      12:45 – 2:45 p.m.  
\$10

**128801**      Oct 7

**128803**      Oct 14

**128804**      Oct 21



## MIND AND BODY WELLNESS WEEK

Sep 21 – Oct 27

### UBC Nursing

UBC Nursing Students will be providing weekly wellness checks, health tips and information on relevant health topics. Pop in to say hello and learn about heart health, mental health and wellness and flu season! *Weekly drop in.*

Thu      1 – 3 p.m.  
**128995**      Free (please register)

### Yoga for Healthy Ageing

Develop strength in your bones and joints, improve mobility, lower stress levels, develop a sharper mind, improve sleeping habits, and more.

Mon      1 – 3 p.m.  
**130859**      \$75

## 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
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### 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		
Sep 12 - Oct 24	12:30 - 1:30 p.m.	\$17.50

**128396**

## SPORTS

### TABLE TENNIS

#### Table Tennis

We play for fun, come enjoy an exciting, fast-paced game with us! Register for your time slot, bring your own paddle. Location: Seniors' Activity Centre Activity Room

Drop-in	\$3
Tue	3:30 - 5:30 p.m.
Wed	6 - 8 p.m.
Thu	3:30 - 5:30 p.m.
Sun	1:15 - 3:15 p.m.

### BADMINTON

#### Badminton

Bring your racquet and join a fun game with other seniors. Register over the phone or online to reserve your spot. Please wear clean indoor shoes and bring your own racket.

Tue & Thu	10:30 a.m. - 12:30 p.m.	
Drop-in		\$3

## 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.*

### Discover Trails

Hike intermediate and more challenging trails on the Sea-to-Sky Corridor and beyond. 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.	\$48

**130134**



More information on the ski and snowshoe group will be in the Nov/Dec Scene.

### Eyeglasses to donate?

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

## HEALTH & 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

#### 1 MILD

*Low cardio*

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

#### 2 MODERATE

*Fair amount of cardio*

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

#### 3 STRENUOUS

*High level of cardio*

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

## GROUP FITNESS

### 1 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		
Sept 6 - Oct 27	1:15 - 2:15 p.m.	\$103.20

**128533**

## Stay Fit For Men

Stay fit in a fun yet mild exercise program for men! Start with a warm-up, progress to a modified low intensity cardio segment designed to gently increase your heart rate without significantly increasing your respiration and finish off with a cool-down.

Mon & Wed  
 Sep 7 - Oct 26                      8:15 - 9:15 a.m.  
**128478**                                      \$66.50

## YOGA

### Beginner Yoga

This class is geared towards people who have never practiced yoga before or have done less than ten classes. Focus on breathing awareness, basic posture and body alignment.

Mon  
 Sep 12 - Oct 24                      4:45 - 6 p.m.  
**128490**                                      \$38.70

## 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).



### 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.



### New Frank Kurucz Rehabilitation Studio

We are excited to announce the opening of our brand-new custom rehabilitation studio in the fall. We are honoured to be able to recognize our very own Frank Kurucz—the studio will bear Frank's name and will officially be called the "Frank Kurucz Rehabilitation Studio."

The new studio has been completely renovated—from the brand new bright and can't-miss dementia-friendly blue flooring to modern, streamline lighting allowing for dimming and brightening as needed.

The new studio will house our most popular programs including knee and hip joint replacement GLA:D® (Good Life with osteoArthritis Denmark) Canada, Parkinson's Movement Therapy, FAME for Stoke, Healthy Hearts, and more.

### Chronic Low Back Pain and Core Strength

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

Mon  
 Sep 12 - Oct 24                      2:15 - 3:15 p.m.  
**128234**                                      \$90

Wed  
 Sep 7 - Oct 26                      2:15 - 3:15 p.m.  
**128235**                                      \$120

Fri  
 Sep 9 - Oct 28                      2:15 - 3:15 p.m.  
**128233**                                      \$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.



### Page-to-Screen

West Vancouver Memorial Library welcomes back our film screening series this fall with a collection of six literary adaptations!

Fri  
 Sept 17 - Oct 22                      2 p.m. - 5 p.m.  
 WVML Welsh Hall                      Free

### Indigenous Cinema: Walking with Plants

Join us for a viewing of the film Walking with Plants followed by a community discussion about the film.

Tue  
 Sept 20                                      6:30 p.m. - 8 p.m.  
 WVML Welsh Hall                      Free

### Friday Night Concert: Christopher Hall and the Comic Quartet

Accompanied by a string quartet, Christopher Hall (clarinet) delights people with beautiful music while making them laugh from time to time! The program features work by Mozart, Brahms, and Weber.

Fri  
 Sept 23                                      7:30 p.m. - 8:45 p.m.  
 WVML Main Hall  
 and YouTube Live                      Free

# GARDEN SIDE CAFÉ LUNCHES

## SEPTEMBER

### THURSDAY, SEPTEMBER 1 – SUNDAY, SEPTEMBER 4

CLOSED for Shutdown  
Take-out service only

### MONDAY, SEPTEMBER 5

CLOSED for Labour Day

### TUESDAY, SEPTEMBER 6

Chicken Schnitzel Parmigiana,  
Parslied Potatoes, Seasonal Vegetables

### WEDNESDAY, SEPTEMBER 7

NO HOT LUNCH

### THURSDAY, SEPTEMBER 8

NO HOT LUNCH

### FRIDAY, SEPTEMBER 9

Baked Lemon Garlic Salmon, Rice,  
Seasonal Vegetables

### SATURDAY, SEPTEMBER 10 & SUNDAY, SEPTEMBER 11

Take-out service only

### MONDAY, SEPTEMBER 12

Cabbage Rolls with Pierogies and  
Sour Cream, Salad

### TUESDAY, SEPTEMBER 13

Salisbury Steak, Mashed Potatoes,  
Seasonal Vegetables

### WEDNESDAY, SEPTEMBER 14

NO HOT LUNCH

### THURSDAY, SEPTEMBER 15

NO HOT LUNCH

### FRIDAY, SEPTEMBER 16

Baked Cod with Rustic Tomato  
Vegetable Sauce, Roast Potatoes,  
Seasonal Vegetables

### SATURDAY, SEPTEMBER 17 & SUNDAY, SEPTEMBER 18

Take-out service only

### MONDAY, SEPTEMBER 19

Spanish-style Pork Chops, Rice,  
Seasonal Vegetables

### TUESDAY, SEPTEMBER 20

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

### WEDNESDAY, SEPTEMBER 21

NO HOT LUNCH

### THURSDAY, SEPTEMBER 22

NO HOT LUNCH

### FRIDAY, SEPTEMBER 23

Curry Basa, Rice Pilaf,  
Seasonal Vegetables

### SATURDAY, SEPTEMBER 24 & SUNDAY, SEPTEMBER 25

Take-out service only

### MONDAY, SEPTEMBER 26

Beef Meatloaf with Roasted Leek Gravy,  
Mashed Potatoes, Seasonal Vegetables

### TUESDAY, SEPTEMBER 27

Pork Goulash, Parslied Potatoes,  
Seasonal Vegetables

### WEDNESDAY, SEPTEMBER 28

NO HOT LUNCH

### THURSDAY, SEPTEMBER 29

NO HOT LUNCH

### FRIDAY, SEPTEMBER 30

CLOSED

## OCTOBER

### SATURDAY, OCTOBER 1

Chef's Special

### SUNDAY, OCTOBER 2

Take-out service only

### MONDAY, OCTOBER 3

Bangers and Mashed served with  
Caramelized Onions and Gravy

### TUESDAY, OCTOBER 4

Pork Cutlet with Mushroom & Cream  
Sauce, Tricolour Rotini, Side Salad

### WEDNESDAY, OCTOBER 5

NO HOT LUNCH

### THURSDAY, OCTOBER 6

NO HOT LUNCH

### FRIDAY, OCTOBER 7

Baked Fish on Ratatouille, Rice

### SATURDAY, OCTOBER 8

Chef's Special

### SUNDAY, OCTOBER 9

Take-out service only

### MONDAY, OCTOBER 10

CLOSED for Thanksgiving

### TUESDAY, OCTOBER 11

Philadelphia Pepper Steak, Rice Pilaf,  
Seasonal Vegetables

### WEDNESDAY, OCTOBER 12

NO HOT LUNCH

### THURSDAY, OCTOBER 13

NO HOT LUNCH

### FRIDAY, OCTOBER 14

Sole Florentine, Rice Pilaf,  
Seasonal Vegetables

### SATURDAY, OCTOBER 15

Chef's Special

### SUNDAY, OCTOBER 16

Take-out service only

### MONDAY, OCTOBER 17

Home made Chicken Schnitzel,  
Cranberry Sauce, Mashed Potatoes,  
Seasonal Vegetables

### TUESDAY, OCTOBER 18

Ham & Cheese Quiche, Caesar Salad

### WEDNESDAY, OCTOBER 19

NO HOT LUNCH

### THURSDAY, OCTOBER 20

NO HOT LUNCH

### FRIDAY, OCTOBER 21

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

### SATURDAY, OCTOBER 22

Chef's Special

### SUNDAY, OCTOBER 23

Take-out service only

### MONDAY, OCTOBER 24

Liver & Onions, Gravy, Mashed  
Potatoes, Seasonal Vegetables

### TUESDAY, OCTOBER 25

Sweet & Sour Chicken, Rice,  
Seasonal Vegetables

### WEDNESDAY, OCTOBER 26

NO HOT LUNCH

### THURSDAY, OCTOBER 27

NO HOT LUNCH

### FRIDAY, OCTOBER 28

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

### SATURDAY, OCTOBER 29

Chef's Special

### SUNDAY, OCTOBER 30

Take-out service only

### MONDAY, OCTOBER 31

Tortiere Pie, Mashed Potatoes, Gravy,  
Seasonal Vegetables



# 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)

“Need help while recovering?”



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PROFESSIONAL CARE  
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...and many other issues that may arise during your recovery.

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

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



**Shylo**

HOME HEALTHCARE