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JAN / FEB

THE SCENE

A West Vancouver Seniors' Activity Centre Publication

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Web westvancouver.ca/seniors

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 closures:

Wed, Jan 1 (New Year's Day)
Mon, Feb 17 (Family Day)

EDITORIAL

Editors Sabina Kasprzak, Michiko Araki

Advertising Sabina Kasprzak

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Disclaimer Advertising in *The 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 Scene* magazine, please email leisureguide@westvancouver.ca or call 604-925-7285.

ON THE COVER

A couple of enthusiastic snowshoers enjoying their winter wonderland surroundings!

WELCOME TO THE SCENE



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

The publication dates are: Jan/Feb, Mar/Apr, May/June, 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.**

REFUNDS

Full Refunds will be given for any programs cancelled by the Community Services Department and for withdrawals made before the start of the first class of the program for registered programs.

Pro-rated Refunds will be given for withdrawals after the first class up to the end of the day of the second class of the program for registered programs. No refunds after the second class of the program. *If you have questions about any of the refunds, please ask one of the Program Coordinators.*

24 Hours Notice Refunds will be given for withdrawals requested within 24 hours of the class start time for CycleFit, and private lessons.

48 Hours Notice Refunds will be given for withdrawals requested within 48 hours of the start time for Youth dances and select Youth out-trips and programs.

72 Hours Notice Refunds will be given for withdrawals requested within 72 hours of the class start time for one-day programs, aquatic certifications, massage and workshops.

BECOME A SAC MEMBER!

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

DID YOU KNOW?

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

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

Event, Trip & 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.

Medical Refunds will be given for withdrawals made before the start of the first class of the program. A pro-rated refund will be given for withdrawals made after the start of the first class of the program. A medical note is required for both a full and partial refund. No refunds will be given for individual missed classes.

FitPass Refunds: A pro-rated refund will be given to Annual FitPass holders after a minimum of four (4) months except with a medical note. No refunds will be given for one-month, three-month or 10-visit FitPasses except with a medical note.



Jain Verner
Chair

MESSAGE FROM THE ADVISORY BOARD CHAIR

I hope you all had a wonderful holiday season visiting with family and friends. As much as I love the festive season, it sure is good to get back to the Centre for some routine in my life!

My note for this edition is a desperate request for volunteers to replace our retiring Flea Market Committee. As you may or may not know, Joan, Karen, Ralph, Dave, Brian and Bob C, have been the Flea organizing committee for the last six to eight years planning and overseeing all areas of the Flea.

They have been trying for the last couple of years to retire and let others take over. Well these wonderful aforementioned people have finally succeeded and have officially gone into a well deserved retirement from the Flea. As a result

we need to establish another committee. Joan and Karen are very willing to work behind the scenes and help the new committee members with their specific jobs. They have lots of good documentation regarding the Flea, such as what to do, when to do it etc. and people who have recently worked at the Flea. Last year, Dave and Brian created a SAC floor plan of where each of the departments will be situated so that task is done. Just a matter of setting up the departments. Please drop me a note if you can spare some time to help with this project as a committee — jverner@westvancouver.ca. Planning starts in January. A call out to solicit volunteers to work in the various departments will happen later once the committee is established.

As a friendly reminder, last summer Sarah Elliot was selected as our 'Summer Student'. She created two terrific publications — a 2020 calendar with key Centre events identified (\$5) and a beautiful booklet highlighting and celebrating the talented artists at our Centre (\$10). These are great New Year and birthday presents!



Jill Lawlor
Community
Recreation
Manager



Davida Witala
Recreation
Supervisor

MESSAGE FROM COMMUNITY RECREATION MANAGER & THE RECREATION SUPERVISOR

The New Year is once again upon us with an exciting line-up of programs and events for the Centre! Check out the Leisure Guide for a full listing.

Be sure to pick up a 2020 SAC Special Events Calendar at our front desk for \$5 and have all the important dates for the year at your fingertips.

We are excited to announce a change to the Seniors' Activity Centre staffing model, effective January 1, to better serve the needs of the members and community.

Effective January 1, 2020 the Program Coordinator staffing model at the SAC will be: **Reporting to Jill Lawlor:** Davida Witala, Recreation Services Supervisor, Seniors' Activity Centre (responsible for the operations of the Seniors' Activity Centre), Sylvia Lung, Volunteer Services Program Coordinator (responsible for

volunteer services throughout the District) office at WVCC Health & Fitness Program Coordinators (4) (responsible for health and fitness throughout the District).

Reporting to Davida Witala: Caroline Brandson, Social Wellness & Transportation Program Coordinator (responsible for sports; games; billiards; trips; holistic health, events & transportation) Office at SAC; John Lait, Education, Activity & Partnership Program Coordinator (responsible for arts, general programs, woodwork, theatre & performing arts; partnerships) Office at SAC; Helen Murphy, Outreach Program Coordinator (responsible for outreach programs, intergenerational programs, community navigator, income tax program, dementia friendly community) Office at SAC; Lou Novosad, Food Service Program Coordinator (responsible for Café operations, staff, menu planning, food ordering and equipment maintenance) Office at Café.

Reporting to Sylvia Lung: Thanu Eagalle, Assistant Program Coordinator (responsible for volunteers at SAC) office at SAC; Jenny Lee, Assistant Program Coordinator (responsible for volunteers at WVCC and supporting at SAC) office at SAC.

Staff will be transitioning in to new portfolios over the next several months and visiting each of their new program areas. We look forward to continuing our steadfast commitment to members, volunteers and the community we proudly serve. We wish everyone a very happy and healthy new year! — Davida & Jill

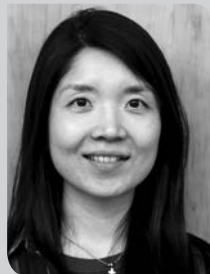
OUR PROGRAM COODINATORS



GENERAL PROGRAMS

John Lait
*Education, Activity & Partnership
Program Coordinator*

604-925-7287
jlait@westvancouver.ca



VOLUNTEERS

Jenny Lee
Asst. Volunteer Coordinator

604-913-2703
jhlee@westvancouver.ca



OUTDOOR ACTIVITIES

Caroline Brandson
*Social Wellness & Transportation
Program Coordinator*

604-925-7230
cbrandson@westvancouver.ca



FITNESS PROGRAMS

Tiffany Moffatt
*Program Coordinator
Group Exercise & Yoga*

604-925-7231
tmoffatt@westvancouver.ca



OUTREACH PROGRAMS

Helen Murphy
Outreach Program Coordinator

hmurphy@westvancouver.ca



FITNESS PROGRAMS

Eric Bagnall
*Program Coordinator Personal
Training & Weightrooms*

604-921-2903
ebagnall@westvancouver.ca



VOLUNTEERS

Sylvia Lung
*Volunteer Services Program
Coordinator*

604-913-2703
slung@westvancouver.ca



FITNESS PROGRAMS

Dave Thomson
*Program Coordinator Active
Rehabilitation & Sports Training*

604-921-2169
dthomson@westvancouver.ca



VOLUNTEERS

Thanu Eagalle
Asst. Volunteer Coordinator

604-925-7288
teagalle@westvancouver.ca



FOOD SERVICES

Lou Novosad
*Food Service Program
Coordinator*

604 925-7122
lnovosad@westvancouver.ca

EVENTS

Visit the *Leisure Guide* website at westvancouverrec.ca for a complete list of programs.



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. Call front desk at 604-925-7280 on Sunday to confirm movie.

Jan 5	Arctic
Jan 19	Borg vs McEnroe
Jan 26	Boy Erased
Feb 2	Stan & Ollie
Feb 9	At Eternity's Gate
Feb 16	POMS
Feb 23	A Dog's Journey

TAXI / HANDIDART / PERSONAL(RIDE) PICKUPS

When making arrangements for a ride, ask to be picked up at the Main (North) Entrance of the Seniors' Activity Centre. Please advise the front desk you are waiting for a ride.

Evening Dance

Dust off your dancing shoes and break out those ballroom moves with the music of our magnificent live bands. Members, singles and non-members are encouraged to attend. Fourth Thursday of the month. Cash bar in effect. Enhance your evening with dinner in cafeteria, served 5 - 7 p.m. (cost not included in the dance admission).

Lou Marocco

Thu, Jan 23	6:30 - 9:30 p.m.
65986	\$11
	Non-Member \$12.75

Sweet Water

Thu, Feb 27	6:30 - 9:30 p.m.
65991	\$11
	Non-Member \$12.75

BRING A FRIEND DAY

Thursday, February 6

We encourage you to bring a friend that is not a member to our amazing Centre. If you are a volunteer, bring them to come see what you do and how you make a difference in the lives of so many in our community. If you participate in programs, bring your friend to observe. Friends will be able to drop into some programs and purchase food/drink in the Café and coffee bar for the entire day for the membership price. Some programs will be excluded, see poster of programs available for drop-in.

Fully Accessible

Chez Lou: Bon Appetite

Join us in the Marine Room for exquisite fine dining. The Chef will be serving, an amazing 3-course meal with Sweet Potato Coconut Curry Soup, Sorbet, Braised Lamb Shank, Mashed Yukon Gold Potatoes, Green Beans, and Mango Mousse Cake. Purchase wine at the bar or take advantage of our reasonable corkage fee and bring your own bottle. Table seating may be selected at the front desk when you sign up.

Wed, Feb 12	5 - 7 p.m.
66157	\$40
	Non-Member \$42

Volunteer Income Tax Preparation Program

If you make less than \$30,000/year as a single person or have a family income of less than \$40,000, you may qualify to have a Canadian Revenue Agency Volunteer assist you with the preparation and electronic filing of your taxes. This program is for the most vulnerable members of our community and is performed at no cost for those on government income assistance. Please call 604-925-7280 after February 24 to see if you qualify and to book an appointment. Appointments are subject to volunteer availability and begin in March and run through April.

nextphase Formerly Transitions Same Great People – Same Great Service

Moving
can be
VERY
stressful



YOUR MOVE MADE SIMPLE

- Help decide what to take
- Assist in sorting and packing
- Hire and oversee movers
- Sell or donate unwanted items
- Organize and set up new home

next phase:
Moving & Downsizing

call **Scott @604-209-4241**
FOR A FREE CONSULTATION

GENERAL PROGRAMS

DROP-IN PROGRAMS

You must be a member of the Seniors' Activity Centre to participate. The cost is \$2.50 for a drop-in unless otherwise stated.

You are welcome to try any of the drop-in programs once, without being a member.

MONDAY

Eye Deal 10 - 11:30 a.m.

Informal support group for people with low vision. Jan 20, Feb 24

Bridge Social 12 - 3 p.m.

Come 10 minutes early for a table. No partner needed. No play Feb 17



TUESDAY

Knitting 10 a.m. - 12 p.m.

Intermediate French Review 10:30 a.m. - 12:30 p.m.

Cribbage 1 - 3 p.m.

Poker 2 - 5 p.m.

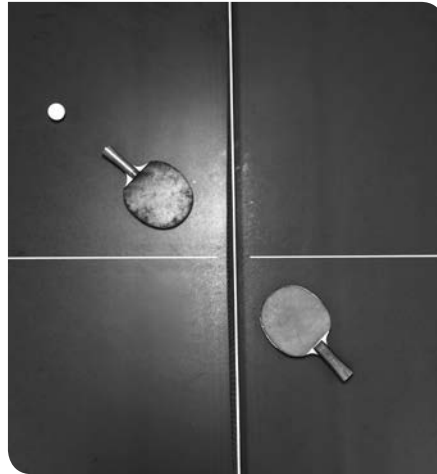
Meditation & Mindfulness the Buddhist Way 7 - 8:30 p.m.

WEDNESDAY

Craft Group 9:30 a.m. - 12 p.m.
n/c

French Social Conversation 10 - 11:30 a.m.

Table Tennis 1:30 - 4 p.m.
No play Jan 1



THURSDAY

Keep Well Chair Exercises Hands-on Clinic 9 - 10 a.m.
10 - 11 a.m.

West Van Gogos (Grandmothers) 1 - 2:15 p.m.
Jan 2, Feb 6 Drop-in \$1

Table Tennis 4:45 - 6:45 p.m.
No play Jan 23, Feb 27

FRIDAY

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.
Jan 10, 24, Feb 14, 28

Sound Advice 10 a.m. - 12 p.m.
For the hearing impaired. Jan 3, Feb 7

Spanish Social Conversation 9:45 - 11:45 a.m.

Bridge Social 12:15 - 3:15 p.m.
No partner needed.

SATURDAY

Jazz Jam Session 10 a.m. - 12 p.m.

Table Tennis 12:30 - 3:30 p.m.

Canasta Club 1 - 3 p.m.

Mah Jong 1 - 3 p.m.

Scrabble 1 - 3 p.m.

SUNDAY

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

DAILY



Supervised Billiards in the Games Room

Mon - Fri 9 a.m. - 4 p.m.

Take advantage of this beautiful room with first class equipment available for members and their guests to pick up games and enjoy supervised play. Please ask at the front desk for 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 per person per time. Some noise is acceptable, but we would appreciate if conversation is kept to the game. Book space with Caroline.

Please direct any questions to staff. **Please refrain from eating or drinking while playing cards.**

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

For all drop-in programs, visit us online at westvancouverrec.ca

REGISTERED PROGRAMS

Refund Policy: For refund policy see page 3 of The Scene. Register now.

Garden Club Membership

Become a Garden Club (GC) member for \$50 and participate in informative lectures/events. **For more information check wvscgardenclub.blogspot.ca or the bulletin board.** Whether you are an experienced gardener or have never gardened, we welcome all to this active group to grow edibles, flowers, hear speakers, participate in workshops and go on field trips. There are extra charges for trips that include the bus. *Club runs Mar – Sep on Thursdays, 10:30 a.m. – 12:30 p.m.*

Here are some examples of the March lectures:

Mar 12 Summer Bulb Spectacular
With Pam and Elke of Botanus

Mar 19 What are you walking on?
Laura from Hunters Garden Centre

Mar 26 Get more from less. How to make more plants for pennies.

Farsi

Join Bitia as she teaches you Farsi and brings to life the Persian culture, tradition and food. Everyone welcome. *Instructor: Bitia.*

Tue, Jan 7 – Mar 23 2 – 3 p.m.
68976 \$30

Shakespeare Out Loud

Come and play with Shakespeare's language—trade Elizabethan compliments and insults, or play small vacuumed scenes with partners. Allow experienced Stratford actor, Rodger Barton, help you create a small performance you might share with friends. Using the *Shakespeare Out Loud* series there are parts for everyone and fun for all. *For more information visit www.shakespeareoutloud.ca.*

Fri, Jan 10 – Mar 27 9 – 10:30 a.m.
64339 \$30

Mindfulness Meditation Continuing

Join us for a continuation from the fall program. If you have done meditation before you are welcome to join us.

Tue, Dec 3 – Dec 17
Tue, Jan 7 – Feb 4 2:30 – 3:30 p.m.
69028 \$21

Watercolour: Love on Paper Kindred Animal Friends

Capture that special look unique to the creatures who teach us about love and beauty: our pets, creatures of the forest and birds in nature. Using the effect of light and particular detail techniques of texture, you can represent meaningful memories and experiences with nature—flowers and woodlands as secondary subjects of settings. Learn and reinforce your knowledge of composition, colour theory, and perspective. All materials included. *Instructor: Lynn Colpitts.* No class Feb 17.

Mon, Jan 6 – Mar 16 9 a.m. – 12 p.m.
59330 \$247

Watercolour Landscape Encounters Alpine Meadow

Create a variety of landscape designs with a comprehensive approach to expressing depth, direction of light and focussing on your point of interest. Learn atmospheric perspectives pulling foregrounds and pushing backgrounds into the distance. Initially focus on Alpine Meadows to give you a grounding in the skills, techniques and compositional considerations needed to paint many landscapes. *Watercolour with Lynn Colpitts.* No class Feb 17.

Mon, Jan 6 – Mar 16 1 – 4 p.m.
59332 \$247

E-NEWSLETTER

Sign up for e-news to stay in the loop about upcoming activities and special events! Inquire at SAC front desk.



Ukuleles Orchestra

Come and play in the orchestra as everyone plays and sings. If you have learned to play and are still a beginner, you are still welcome to join this fun class. *Instructor: Joel McKenzie.*

Thu Jan 9 – Mar 12 12:15 – 2:15 p.m.
59417 \$127.50

NEW French for Beginners 2 with Monique

Continuation from her fall beginners class.

Wed, Jan 8 – Mar 18 10:30 a.m. – 12 p.m.
59204 \$40

Spanish Beginners 1.3 changed to 1.2

We start introducing irregular verbs adding more grammar structure and vocabulary. Beginner's conversation continues by adding interaction between students about regular activities. Interclass interaction is encouraged to enhance your speaking/listening abilities. Conversation time accounts for 1/4 of the class.

Prerequisite: Spanish for Beginners 1.1 or equivalent (knowing nouns, adjectives, pronouns and regular verbs)

Instructor: Elias M.

Wed, Jan 15 – Mar 18 6:15 – 7:45 p.m.
59770 \$135

COMPUTERS

iPhone/iPad only — Please see the Leisure Guide for description of the courses. Instructor: Andrea MacDonald.



Please update your phone or iPad to the latest iOS 13 otherwise it may look different from the teacher's information and you may not be able to do everything that is taught. Please make sure to fully charge your equipment before class. Register now so that we do not cancel the class.

Introduction to iOS 13 Part 1

Thu, Jan 23 - Feb 6 1 - 4 p.m.
59896

Organizing your Email

Thu, Feb 13 1 - 4 p.m.
598976

Messages

Thu, Feb 20 1 - 4 p.m.
59898

Everything Siri

Thu, Feb 27 1 - 4 p.m.
59899

Photo Artistry iOS

Thu, Mar 5 1 - 4 p.m.
59900

LECTURES & DISCUSSION GROUPS

Please ensure that you pre-register for the lectures otherwise they may need to be cancelled. The District of West Vancouver does not support or endorse the businesses that offer lectures at the SAC. We offer these lectures for you to learn and ask questions in a group setting so that you don't feel pressured into buying. **Please do not feel that you have to give your email address to the business.**

Theologian's Cafe

Assisted Suicide in Canada: Religious Perspectives

Assisted suicide is legally permitted in this country, but the restrictive conditions under which they were enacted have recently been challenged in a Canadian court. What are the moral issues involved in expanding or further restricting this practice?

Thu, Jan 9 1 - 3 p.m.
59410 \$2.50

Theologian's Cafe

The Ideal Religious Service: What Would it Look Like?

Many of us came from a religious tradition. Some of us have since left that tradition. And some of us have remained faithful to the one we were brought up in. But suppose you could develop an ideal religious service, one that would fully satisfy your spiritual needs? What would it look and sound like? What might a humanist equivalent be like?

Thu, Feb 13 1 - 3 p.m.
63621 \$2.50

Shuttle Passes no longer eligible for Tax Credit

Revenue Canada recently removed the transit tax credit and as a result, the SAC will no longer be issuing tax receipts for Shuttle Bus passes.



Watch Batteries

Don will change watch batteries for SAC members every last Monday of the month. **Max. 2 watches per session.** Pay at front desk and give your watches to Don when it is your number is called. We do not keep the watches for you as we cannot be responsible for them. **No January date.**

Mon, Feb 24 9:30 a.m. - 12 p.m.
\$5/watch

Discussion: Loneliness

Join us as we have discussion about loneliness with Jonathan Lloyd—a psychiatric social worker and Anglican priest, who lives in West Vancouver. *Contact Helen Murphy for dates.*

Visit the Leisure Guide website at westvancouverrec.ca for complete list of programs.

VISIT THE FIRESIDE COFFEE BAR & LOUNGE!

This warmly-lit space is a favourite among coffee aficionados! The Fireside Coffee Bar & Lounge boasts a state-of-the-art espresso machine and offers a selection of lattes, cappuccinos, mochas and all the current popular speciality drinks. Come try out the feature drink of the month!



CHESS

We would like to start a chess group at the Centre. We are interested in finding out if there are enough people to start a group and if you are wanting:

- 1) An informal club to play with other players weekly
- 2) A tournament and more of a one-time event
- 3) Your level of play
- 4) Any other suggestions

Please leave this information in Caroline's Box.

Legal advice with Kate Manvell (one-on-one appointment)

Please register for the specific date and time. You can ask Kate for advice on Estate Planning, Representation Agreements or Wills. **The appointment is for 30 minutes. Please register for one appointment only. No costs.**

Feb 24 2 - 2:30 p.m. **68127**

HOLISTIC HEALTH

Integrative Energy Healing: Langara Students

Experience a gentle, safe, unique healing treatment that can help relieve pain, reduce stress and anxiety, and allow you to find your inner place of peace. Offered by students of the Advanced Integrative Energy Healing Practitioner Certificate Program from Langara. *This 45-minute session includes both dialogue and light touch. Treatments are individualized for you. This is not a massage.*

Starts Wed, Jan 15
2:30, 3:30, 4:30 p.m.

58138

\$15/time



DONATE YOUR PLANTS!

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

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!

OUTDOOR ACTIVITIES

WAIVERS

A waiver must be completed for each year of a sports program.

If you are new or would like more information on one of our outdoor activity programs, please email cbrandson@westvancouver.ca.

For a listing of what's happening each month visit recschedules.westvancouverrec.ca/schedules/sac/outdoor-sports or visit the front desk.

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



Cross Country Ski & Snowshoe 2019/2020 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. The trails are patrolled for your safety, but come fully prepared as conditions may vary. Learn about being a leader and share your favourite trails with others. Bring some seed for the Whiskey Jacks. Hop on the bus, and leave the driving to us as you relax with friends. Transportation and trail passes are not included in the cost.

Wed, Fri

Dec 4 - Mar 27

9 a.m. - 1 p.m.

62252

\$15



FOR THE HARD OF HEARING

Did you know that there is a Hearing Loop in five rooms at the Seniors' Activity Centre? The Activity Room, Audio Visual Room, Social Rec Room, Atrium and the Learning Studio are all equipped with this technology. To use the Hearing Loop, you will need a telecoil switch or T-switch. Let staff know and we can make sure that the system is on. An alternative hearing system is also available — please enquire at the front desk.



Ramblers/Walking Club 2020 Registration

The Ramblers are a more advanced group than the Walking Club but this registration gets you access to both groups. This helps to make activity accessible. Some rambles may be more difficult and if you are not up for a difficult hike, the Walkers depart half an hour after the Ramblers on the same day. Both groups meet at the SAC and hike an average of 8 to 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. *If you are new or would like more info email cbrandson@westvancouver.ca.*

Mon
Jan 6 - Dec 28 9:30 a.m. - 3 p.m.
62249 \$15

Hikers 2020 Registration

Are you active and in good physical shape? Hike with us on Tuesdays and/or Thursdays throughout the year! Tuesday hikes (year-round) are generally moderate and are 4-5 hours long and travel 8-14 km, while the Advanced Thursday Hikes (year-round) are 6-9 hours long and travel 12-25 km. Bus trips once a month (\$11 extra for Bus). *You must carry your own food, water and wear hiking boots. Bring spare clothes and something to sit on.*

Tue and/or Thu
Ends Dec 31 9 a.m. - 3 p.m.
62250 \$15



Turtles Cycling

2020 Registration

If you are 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 coffee breaks at either Thomas Haas, Lonsdale Avenue or on occasion to P&T Gardens.

Tue, Thu
Jan 2 - Dec 31 9 a.m. - 12 p.m.
62248 \$30



Silver Wheels Cycling

2020 Registration — FULL for 2020.

Sign up on waiting list as spaces may come open.

Mon, Thu
Jan 2 - Dec 31 9 a.m. - 3 p.m.
62247 \$30

Easy Riders Cycling

2020 Registration — FULL for 2020.

Sign up on waiting list as spaces may come open.

Tue
Apr 7 - Oct 27 10:15 a.m. - 2:15 p.m.
62251 \$15

Norwest Cycling

2020 Registration — FULL for 2020.

Sign up on waiting list as spaces may come open.

Wed, Fri
Jan 3 - Dec 30 9 a.m. - 3 p.m.
62245 \$30

HELP US PROMOTE THE SCENE MAGAZINE IN THE COMMUNITY!

Do you know of any local businesses or retailers who could benefit from advertising their services to our members, and who our members would benefit from hearing about? Encourage them to advertise in The Scene!

Pick up an 'Advertise in The Scene' card at the SAC's front desk, and next time you shop, drop one off with your favourite retailer—we are always happy to see new advertisers on the pages of The Scene!

BECOME A COMMUNITY NAVIGATOR

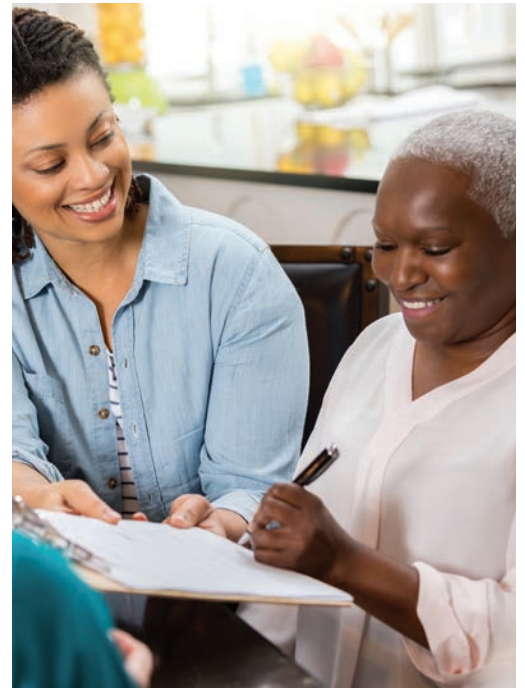
SHARE YOUR TIME AND TALENTS WITH YOUR COMMUNITY!

In response to a growing need in the community, the District of West Vancouver is looking to implement a brand new social prescribing program called Community Navigators.

This unique program will train volunteers to provide support to older adults needing assistance with completing government and other miscellaneous forms, navigating health care, addressing housing concerns, and offering support in a variety of other areas of need.

If you are interested in becoming a Community Navigator volunteer please contact **Helen Murphy** at 604-925-7211 or hmurphy@westvancouver.ca or for details!

Community Navigator training will take place in January and February 2020.



westvancouver.ca/seniors

west vancouver

LIONS GATE
SINFONIA

2019
2020

concert season

Celebrating Mozart with the Jupiter Symphony!

Lions Gate Sinfonia with Maestro Clyde Mitchell

Season sponsor

parc
retirement
living

Saturday, January 25, 2020 (7:30pm)

Pre-concert chat with Maestro Clyde Mitchell at 6:30pm

Centennial Theatre, North Vancouver

Tickets: Centennialtheatre.com or 604-984-4484

ADVERTISEMENT

SENIORS' ACTIVITY CENTRE

55+

ADVERTISE IN THE SCENE MAGAZINE!

If you or someone you know would benefit from promoting their organization or service in The Scene please contact the Marketing Coordinator at leisureguide@westvancouver.ca.

Published bi-monthly, and highly anticipated by 55+ residents and non-residents alike, West Vancouver's Scene magazine contains information about upcoming events, activities, fundraisers, trips, socials, workshops, outdoor activities, community initiatives and more—all geared toward the 55+ adult!

The Scene is available for pick-up at the Seniors' Activity Centre, and posted online at westvancouver.ca/seniors. Your advertisement would appear in both the online and hard copy versions of the The Scene.

We look forward to seeing you on the pages of The Scene!



westvancouverrec.ca

westvancouver.ca/seniors

westvancouver

Building Connections

The Giving Campaign | *Bringing seniors together.*

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**

All donations over \$25 will receive a tax donation receipt.

Information on this form is collected pursuant to section 26(c) of the Freedom of Information and Protection of Privacy Act for the sole purpose of processing donations to the West Vancouver Seniors' Activity Centre. Questions about the collection may be addressed to the Privacy Officer, 750 17th Street West, Vancouver BC V7V 3T3, 604-921-3497.



FLEA MARKET 2020



NEEDS YOU!!

Written by Dave Patrick

The New Year has arrived and it's time to start planning our Centre's annual Flea Market, which will take place at the Seniors' Activity Centre on Sunday, April 5, 2020. Set up will commence on Saturday, March 28, 2020. It's hard to believe, but this will be the 40th Flea Market hosted by our volunteers.

However, some adjustments will be necessary this year as the Flea Market requires a new planning and organizing committee. The committee of the past seven years have decided it's time to step back and hand the reins to a new group. So, here's your chance to "jump on board". Volunteers are needed to coordinate, plan and organize our wonderful annual fundraiser. A lot of detail work is involved; however, it is also a fun job. You will meet lots of like-minded people with the same aim; to ensure our Flea Market continues to be the popular and successful event it has been for the past 39 years.

Please contact Jain Verner at jain.verner@gmail.com for details.

SACS ON 21st

SENIORS' ACTIVITY CENTRE SHOP

Decluttering? Downsizing?

Our gift shop, SACS on 21st, is a collection of your generous donations with all proceeds going to the Seniors' Activity Centre.

We welcome household items, jewellery, clean gifts and décor items with no cracks or chips. Donations can be dropped off at the shop or SAC front desk.

Thank you, your support is appreciated.

Gift Shop Hours

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

Hours subject to change.

Closed Sundays & Statutory Holidays.



SACS
on 21st Street

f /westvanrec

t /westvanrec

QUESTIONS
604-925-7280



westvancouverrec.ca

ADVERTISEMENT

westvancouver.ca/seniors

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BECOME A MEMBER!

Become a member to try a new program, meet new friends, or share your time volunteering—whatever your reason, you will be warmly welcomed.

Benefits include access to member pricing, member-only events, discounts at the Garden Side Cafe and Fireside Coffee Bar & Lounge, and more!

Purchase an annual membership for only \$38 at the front desk today!

An annual membership is required to participate in most SAC programs, trips, events or visits.



QUESTIONS
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OUR BECKONING WHITE PLAYGROUND

by Valerie Coles

*The snow
doesn't give
a soft white
damn whom
it touches.
— E.E. Cummings*

Once that first shimmering snowfall hits, the lure of our coastal mountains triples.

Every winter, wilderness-lovers at the West Vancouver Seniors' Activity Centre obey that siren call — with hiking boots, skis and snowshoes — anything to experience the rare beauty of silent forest trails winding through snow.

Our mountains are strangely irresistible and in 1922, many decades before construction began on the Lions Gate Bridge, early Vancouver skiers were catching a streetcar to the ferry slip at the foot of Columbia and Hastings where they paid ten cents for a thirty minute ride through the First Narrows to the dock at Ambleside. Five years later, in 1927, the Hollyburn Ski Camp opened (later to become Hollyburn Lodge) to provide friendship and welcome warmth to these intrepid skiers.

Skip ahead to the 1980's and the entire area, known now as Cypress Mountain, was thriving, but it truly leapt into high gear when, in 2003, it was announced that Vancouver had won the bid for the 2010 Winter Olympics. A new snow-making system was installed, nine new downhill ski runs were built and night lighting was added, opening the door to nighttime skiing. Giant Olympic Rings were flown by helicopter to the very top of Cypress Mountain's Olympic Halfpipe. It was an exciting time and it put Cypress on the world stage.

It was also in 2010 when cross-country skier and longtime Seniors' Activity Centre member, Nora Coates, decided she was ready to put away her skis and try something new: Snowshoeing. And overnight, the Centre's Snowshoeing Club was launched.

‘The Eskimos had 52 names for snow because it was important to them: there ought to be as many for love.

— Margaret Atwood

Photos by: J. Conrad



It didn't take long before other eager wilderness-lovers joined the new club and car-pooling was quickly arranged to whisk them up to Cypress for three magical hours of snowshoeing along the well-marked Nordic trails. Also thanks to Nora Coates, a new shuttle bus, snow-tires and all, soon arrived at the Centre to transport these enthusiastic snowshoers. In 2018, because of her many years of leadership in the Centre's snow sports, Nora was officially declared a Lifetime Honourary Member of the Seniors' Activity Centre. Today, at a young eighty-nine, Nora is leading the Centre's West Vancouver Walking Group.

shape. The frame was laced with rawhides — usually moose or caribou skins — in distinctive, intricate patterns. Today, heritage snowshoes are still in high demand and many winter catalogues continue to feature them.

Snowshoeing fell out of popularity across most of North America until the 1950's, when advances in materials and design attracted a new generation to the sport. Though lacking the charm of traditional snowshoes, modern snowshoes have a different kind of beauty: light, sleek and efficient. Most are framed in aluminum alloy that is ultralight and strong, although some are made of lightweight graphite, the metal popular in tennis rackets. This has led to an impressive comeback for snowshoeing that grows year over year.



Travelling easily over snow was 'invented' by animals like the Snowshoe Hare, which over the years had evolved with comically oversized feet, enabling them to speedily outmaneuver an enemy. Historians believe the first human snowshoe was invented almost four thousand years ago in Central Asia before arriving in Canada, probably via the long-disappeared Bering land bridge.

Canada's Aboriginal peoples fashioned beautiful snowshoes from hardwood, steamed till it was pliable, then bent into the classic, curved

The deck of a snowshoe, where the foot rests, and the bindings, which hold the foot in place, are often made of neoprene, meaning the entire construction requires minimal upkeep. A metal cleat is fitted on the bottom of today's snowshoes to increase traction and safety, especially when hiking on icy hard-pack or up steep hills, and the sum of all of these parts results in an ultralight, easily maneuverable snowshoe.



Photos middle/top by: Peter Owens



Photo by: J. Conrad



For beginners, recreational snowshoes are best; they're flexible and easy to adjust, perfect for people happy to enjoy nothing more than a relaxed day on gentle, rolling terrain. Another bonus is that recreational snowshoes are shorter and less expensive than their backcountry cousins, whose extra length to allow "floating" on powder makes them more pricey. There are also female-specific snowshoes, slimmer and lighter, with bindings that suit smaller feet. Another difference — female snowshoes are often more colourful than men's.

The most sought-after ending to a day spent trudging over snow is, without question, a warm, welcoming lodge, no doubt why Hollyburn Lodge has long been one of the most popular spots on the mountain. It's had a remarkable history, starting out, in 1926, as a temporary shelter, made from salvaged logs from Hollyburn Ridge and named Hollyburn Ski

Camp. Despite its primitive beginnings, Hollyburn Lodge, as it was now known, grew increasingly popular and officially opened in 1927. Saturday nights at the Lodge grew into legends; the floor jumped to the rhythm of dancers moving to tunes on a well-used Victrola gramophone.

An updated lodge was always planned, and in 2015, the Hollyburn Lodge Renewal Project committee was struck to raise funds for restoration and renewal of the historic lodge. The stated goal was to "allow for four-season operation to open up the future possibilities of this historical site". The result was stunning and, with much celebration, dancing and good cheer, the newly restored, renewed and renovated Hollyburn Lodge officially opened on January 15, 2017.

Snowshoeing is much more than great exercise, it's also good for the soul. As one member of the Snowshoeing Club put it: "My snowshoes mean everything to me. They open the door to incredible moments of stillness when all I hear is the call of whiskey jacks and all I see are the silent trails."

Newcomers are more than welcome to join in on these twice-weekly adventures. No snowshoes? No problem, Cypress Mountain has great rentals.

Snowflakes are one of nature's most fragile things, but just look what they can do when they stick together. — Vesta M. Kelly

VOLUNTEERS

To reach someone in our department, call or text 604-202-8694.



VOLUNTEER WITH US!

Many people start new things or make resolutions at the start of a New Year, so why not try volunteering? It's fun, you meet new people and sometimes you even step out of your comfort zone and challenge yourself. One of the easiest things to do is give your time to the service of others and the benefits mentally, socially and emotionally are well documented. Plus, if you have a goal of losing a few extra pounds after the holidays, some of the volunteer positions involve being physically active. Don't know what you want to do? Don't worry. Take an orientation and then make an appointment with Sylvia. You'd be surprised to learn about all the different opportunities the District has for volunteers.

Some of the key areas we need volunteers are:



CENTRE

- » Coffee Bar Attendants
morning shifts
- » Front Desk
weekends - must be comfortable with computer software and have great customer service skills



CAFÉ

- » Cafe Attendants
- » Café Openers
- » Sandwich Prep
- » Mid-shift and Closers

Let us know if you would like to help or have any questions.

NEW & RETURNING: We would like to welcome the following new and returning volunteers: Daniel G, Naomi W, Azam H, Hilda M, Elle K, Jessie L, Melina S, Phoebe Y, Annie Y, Julia L, Kimia Z, Helen H and Eilish K.

Help us welcome them as they learn their new positions!



VOLUNTEER ORIENTATION

If you are interested in joining our volunteer team, please sign up for an upcoming Adult Volunteer Orientation. You can sign up by visiting activewestvanrec.ca, calling 604-925-7270 or stopping by the front desk. You can choose between an online orientation or an in-person one.

Online Orientation: To register use the new code for 2020, which is **68966**. Please note this is not an automatic process, so the link to the video will be sent in a few days.

Once you have completed the orientation, you will be sent a welcome email with more information on the next steps to becoming a volunteer and regarding any further training. We still offer in-person group orientations for those who are unable to access the online orientation.

In-person Adult Volunteer Orientation:

Members		n/c
Non-Members 55 yrs+		\$5
Adults		\$20
Mountain Room, WVCC		
Jan 13	10 - 11:30 a.m.	62597
Feb 7	10 - 11:30 a.m.	62598

Please ensure you have a BC Care Card or BC Services Card with Personal Health Number. After completing an orientation, all adults will make an appointment by contacting Sylvia via email at slung@westvancouver.ca or calling 604-913-2703 to discuss the next steps to becoming a volunteer in the District. We have a number of unique opportunities coming up, so if you are looking for something different contact Sylvia.

FITNESS PROGRAMS



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.



WE OFFER PERSONAL TRAINING FOR SENIORS!
 Please call Eric at 604-921-2903 for more information.

CANCER THRIVERS

Cancer Thrivers is designed to promote health, strength and recovery.



The program offers weekly movement classes including fitness and yoga and educational sessions from practitioners in the field of cancer recovery and healing. The program also offers a weekly social network of support following the yoga program with tea. Experience the benefits of fitness and ways to incorporate activities into daily living. Movement has been shown to increase physical function, improved psychological outcomes and increase quality of life in cancer patients. *Cancer Thrivers is offered in collaboration with Inspire Health and taught by certified Exercise Physiologists and a Yoga instructor specialized in cancer treatment and supported by the West Vancouver Community Centres Society (WVCCS).*

FAME FOR STROKE

Did you know that stroke is the leading cause of disability in Canada?

Improve overall mobility, build up lost cardiovascular endurance, and develop arm and hand functions with the guidance of an experienced personal trainer. FAME (Fitness & Mobility Exercise Program) is a community-based exercise program developed by researchers at UBC for post-stroke individuals that still maintain standing and walking ability.



SIRvivor BC: PROSTATE CANCER EXERCISE PROGRAM

SIRvivor: Prostate Cancer Exercise Program is an evidence informed group-based exercise program for prostate cancer survivors.

This program is delivered twice a week for men with low-to-moderate risk prostate cancer. The program was successfully piloted in BC, Calgary and Halifax. The results showed men improved their body composition, flexibility, dynamic balance and muscular endurance.

GLAD®

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

To learn more about these and other rehabilitation programs, and what they can do for you, contact Dave Thomson (604-921-2169, dthomson@westvancouver.ca)

CHAIROBICS AT SAC

Looking for a gentle exercise class using a chair for support designed to increase your strength, flexibility, improve your balance, coordination, posture and brain function? We have several options for different fitness levels!



👤 Chairobics Level 1

Did you know stretching is very important in maintaining health and mobility? Gently stretch and strengthen your muscles with the use of bands and balls. (No aerobics)

Tue, Jan 7 - Mar 24 12:50 - 1:50 p.m.
61362 \$39

Fri, Jan 10 - Mar 27 12:50 - 1:50 p.m.
61363 \$39

👤 Chairobics Level 2

Enjoy an invigorating workout from your chair incorporating cardiovascular exercise with strengthening exercises using weights and rubber bands.

Mon, Jan 6 - Mar 23 9 - 10 a.m.
61364 \$36

Wed, Jan 8 - Mar 25 9:15 - 10:15 a.m.
61365 \$39

See Leisure Guide for complete listing of fitness programs offered at the Seniors' Activity Centre.



👤 - 👤 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 9 - Mar 26 9 - 9:55 a.m.
61396 \$60



👤 - 👤 Cycle 55+

Join our indoor peloton and stay fit during the rainy season! Sign up for an all-levels 55+ cycle class that focuses on cardiovascular endurance on our indoor Keiser bikes.

Individual drop-in classes available as well, \$10 drop-in.

Tue & Thu, Jan 7 - Feb 13 8 - 9 a.m.
61342 \$120

Tue & Thu, Feb 18 - Mar 26 8 - 9 a.m.
61343 \$120



👤 - 👤 POUND 55+

Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning and rockin' out! This workout combines hypnotic rhythms with fun music to help you discover your inner rock star. Pace and workout modified for 55+.

Tue
Jan 7 - Mar 24 11:45 a.m. - 12:30 p.m.
64366 \$38

👤 Osteofit Level 1

Do you live with Osteoporosis? Improve strength, posture, balance and agility in a gentle exercise class that focuses on proper technique, and spine stability through safe and simple movements.

Tue & Thu
Jan 7 - Mar 26 10:15 - 11:15 a.m.
61388 \$78

👤 Osteofit for Life

Join us for a slightly more challenging exercise program to build on the strength, posture, agility and balance developed in Level 1. Osteofit for Life is the ongoing exercise and education program for graduates of Osteofit Level 1.

Tue & Thu
Jan 7 - Mar 26 9:10 - 10:10 a.m.
61389 \$78

OUTREACH PROGRAMS

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 John, Helen, Caroline or Tiffany.



KEEPING CONNECTED PROGRAMS

The Seniors' Outreach department provides recreation and social programs for seniors in the community who are experiencing loneliness, isolation, physical limitations and early memory loss.

Our 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.

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.

Special Services Society

Are you or a loved one feeling isolated? Allow our compassionate and knowledgeable team of volunteers to help you explore your options. It can be as simple as a cheery phone call every day, a home visit or a ride to a medical appointment (one week's notice). We can also suggest fun activities to expand your social life. Kindness and compassion are free of charge. Contact Bunny Brown at 604-925-7281 for details.

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 moment sequence. Program will be on Mondays in the new year — dates and times TBD.

Men's Club

Gentlemen! Join this club for lunch, mental aerobics and discussions.

Mondays
Jan 6 - Mar 23 10:15 a.m. - 12:30 p.m.
62559 \$124

Tuesdays
Jan 7 - Mar 24 11:30 a.m. - 1:30 p.m.
61642 \$136

Ladies Social Club

Join this social group for discussions, mental aerobics and memory sharing over a cup of coffee or tea.

Wed, Jan 8 - Mar 25 1:30 - 3 p.m.
62551 \$49

SACS ON 21ST SALES

In November, SACS on 21st had \$7,499.40 in sales! Thank you to every one who donated, volunteered, or purchased an item. We appreciate your continued support of our pop up sales and SACS on 21st gift shop.

PERFORMANCES AND TRIPS



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 Caroline Brandon if you plan to bring a wheelchair, walker or scooter.



Gourmet Warehouse, Bosa Foods, Commercial

Drive & La Casa Gelato

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 head to Bosa Foods. Lunch on your own on Commercial Drive with its many Italian and Portuguese shops. Finally, we will stop at La Casa Gelato where you can sample some of their hundreds of flavours of Gelato and purchase your favourites.

Wed, Jan 8 10 a.m. – 2 p.m.
66000 \$17



IKEA Coquitlam

Join us as we visit the IKEA Store in Coquitlam. We will arrive in time for the morning breakfast special. Following breakfast, you can wander the incredible show rooms for home décor ideas and shopping. We have storage on the bus for small items.

Tue, Jan 14 10:15 a.m. – 2 p.m.
65998 \$21

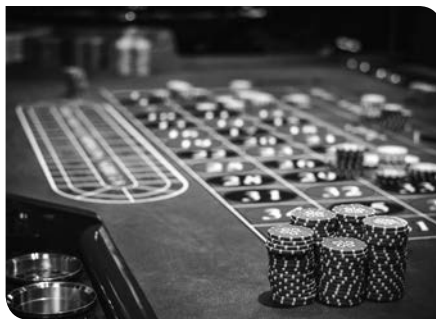


Lunch at Banana Leaf Restaurant

or Italian Tomato

If you love the flavours of Malaysia and Thailand, then you will love dining at the Banana Leaf restaurant. Our trip will provide bus transportation to the Banana Leaf Restaurant on Davie Street for a leisurely lunch. If you prefer Italian, the Italian Tomato is next door and serves amazing pasta. You pay for what you want to eat. The registration fee is for transportation only. Following lunch there is time to check out some of the shops on Davie Street.

Thu, Jan 16 11 a.m. – 2 p.m.
66002 \$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 17 9 a.m. – 3 p.m.
62999 \$20



Vancouver Aquarium

Come enjoy an afternoon at the Vancouver Aquarium where you will escape the cold and see tropical sea life including jellyfish, sharks, and even fish of the amazon. Walk through an indoor tropical forest and see sloths and chocolate trees.

Mon, Jan 20 11 a.m. – 4 p.m.
66001 \$30



Royal BC Museum Wildlife w/ Enjoy Tours

Experience the wonders of nature through the lenses of award-winning photographers from around the world. Now in its 55th year, the Wildlife Photographer of the Year competition showcases a global selection of outstanding nature photography. Additional \$20 ferry fee for 64 years and under.

Mon, Feb 10 7 a.m. – 7:45 p.m.
66221 Members 65+ \$159
Members <65 \$179
Non-Members 65+ \$179
Non-Members <65 \$199



Tea & Trumpets: Iberian Dreams

Warm up with Chabrier, de Falla, Verdi and more southerners in this concert brimming with Spanish Heat. Olé.

Thu, Feb 13 12:30 – 4:30 p.m.
64390 Bus only \$15
You must provide your own ticket



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 with 14 tables with 24/7 play and daily tournaments.

Tue, Feb 18 10 a.m. – 4 p.m.
63000 Members \$20

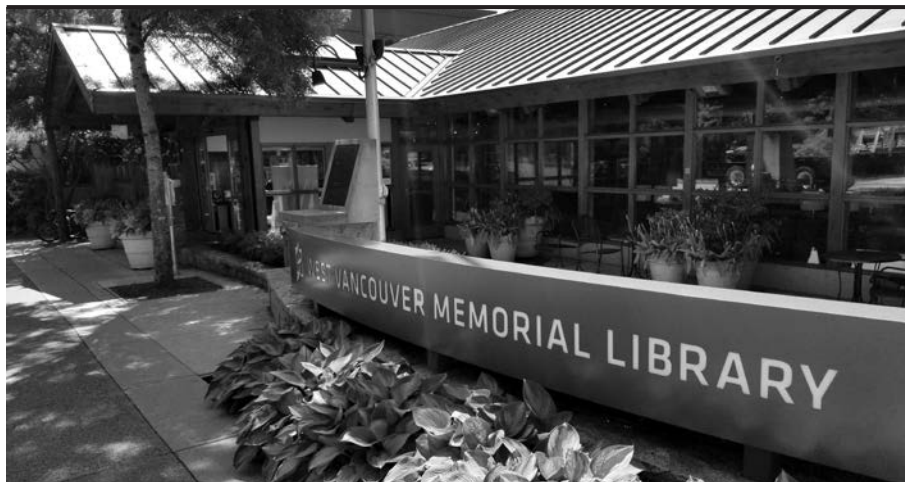


**Stanley Theatre:
Noises Off**

Noises Off, hailed as the funniest farce ever written, treats audiences to a hilarious peek at a second-tier acting troupe performing a show. With egos, insecurities, and tempers flaring backstage—and forgotten lines, missed cues, and misplaced sardines onstage—this cast threatens to strike the old adage, the show must go on. Michael Frayn’s dizzying play-within-a-play classic is sure to leave you doubled over with laughter.

Wed, Feb 19 12 - 5 p.m.
64398 Bus only \$15
You must provide your own ticket

PROGRAMS AT THE WEST VANCOUVER MEMORIAL LIBRARY



1950 Marine Drive, West Vancouver, BC V7V 1J8 // westvanlibrary.ca



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

In partnership with



TAXI / HANDIDART / PERSONAL(RIDE) PICKUPS

When making arrangements for a ride, ask to be picked up at the Main (North) Entrance of the Seniors' Activity Centre. Please advise the front desk you are waiting for a ride.

iPad Essentials

This gentle three-part series will introduce you to your tablet's settings, wifi and apps.

The Lab
 Tue, Jan 14, 21, 28. 10:30 - 11:30 a.m.
 Free

Amazing Adventures!

Join veteran travel writer Michael McCarthy as he travels the globe.

Welsh Hall West
Cambodia
 Thu, Jan 9 2 - 3 p.m.
Drop-in Free

Diving with California's Great White Sharks
 Thu, Feb 13 2 - 3 p.m.
Drop-in Free

Friday Night Concert: Trio Voronezh

This trio's diverse repertoire ranges from the works of Bach and Tchaikovsky, to Russian folk themes, Bluegrass, Argentine tangos and popular songs by Gershwin.

Main Hall
 Fri, Jan 24 7:30 - 8:45 p.m.
Drop-in Free



Jungle Perspectives: Learning from Wild Chimpanzees and the Work of Jane Goodall

This presentation will highlight author Dr. John Crocker's eight months as a student studying families of wild chimpanzees with Jane Goodall in Tanzania and how the experience influenced him as a family doctor and father.

Welsh Hall
 Thu, Jan 30 7 - 8:30 p.m.
Drop-in Free

Friday Night Concert: Vince Mai Quintet

Vince Mai is a mainstay of the Vancouver jazz scene, while also garnering international attention as a performer and composer for film and TV.

Main Hall
 Fri, Feb 28 7:30 - 8:45 p.m.
Drop-in Free

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 1–5

Wed CLOSED

Thu **Bangers & Mash** served with Caramelized Onions, Gravy and Cranberry Mango Salsa

Fri **Baked Salmon** with White Wine Butter Caper Sauce, Rice Pilaf, Sautéed Fresh Vegetables

Sat **Chicken Schnitzel**, Mashed Potatoes, Braised Red Cabbage

Sun **Brunch at Eleven**

JANUARY 6–12

Mon **Beef Sausage Rolls** with Honey Mustard Dip, Tossed Salad

Tue **Liver And Roasted Onions**, Gravy, Mashed Potatoes, Vegetables

Wed **Broccoli & Cheese Quiche**, Potato Salad, Tomato Slices

Thu **BBQ Chicken Leg**, Rice Pilaf, Mexican Corn

Fri **Baked Fish on Ratatouille**, Rice, Side Salad

Sat **Salmon Burger**, Oven Fries, Coleslaw

Sun **Brunch at Eleven**

JANUARY 13–19

Mon **Cornish Pasties with Gravy**, Smashed Yukon Gold Potatoes and Salad

Tue **Spanish-style Pork Chops**, Rice, Seasonal Vegetables

Wed **Home Made Beef & Pork Meatloaf**, Gravy, Mashed Potatoes, Peas & Carrots

Thu **Ham & Brie Croissant**, Potato Salad, Sliced Tomatoes on a Bed of Lettuce

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

Sat **Shoyu Chicken (Hawaiian-style Teriyaki)**, Rice, Stir Fry Vegetables

Sun **Brunch at Eleven**

JANUARY 20–26

Mon **Spinach & Four Cheese Quiche**, Bean Salad on the Bed of Lettuce

Tue **Pork Cutlet in Mushroom Sauce**, Roasted Potatoes, Seasonal Vegetables

Wed **Beef Stroganoff**, Pasta, Harvard Beets

Thu **Open Face Turkey Burger** with Caramelized Onions, Fries, Caesar Salad

Fri **Curried Basa**, Rice Pilaf, Mexican Corn

Sat **Chicken a la King**, Rice Pilaf, Green Beans

Sun **Brunch at Eleven**

JANUARY 27–31

Mon **Stuffed Salmon Boats** with Hollandaise Sauce, Roast Potatoes, Vegetables

Tue **Sweet & Sour Chicken**, Rice, Steamed Broccoli

Wed **Chili Con Carne**, Garlic Bread, Mixed Greens

Thu **BBQ Pulled Pork Sandwich**, Pickle, Fries and Fruit Garnish

Fri **Seafood Newburg**, Rice, Side Salad

DINNERS

Thursday, Jan 2

Roast Pork, Gravy, Scalloped Potatoes, Green Beans, Baked Squash

Tuesday, Jan 7

Cabbage Rolls, Pierogies with Sautéed Onions and Sour Cream, Garlic Sausage, Salad

Thursday, Jan 9

Beef Bourguignon, Cheddar & Chives Mashed Potatoes, Fresh Mix Vegetables

Tuesday, Jan 14

Italian-themed Dinner: Chicken Parmigiana with Pasta, Eggplant Caponata

Thursday, Jan 16

Pacific Wild Salmon with Hollandaise, Roasted Potatoes, Fresh Seasonal Vegetables

Tuesday, Jan 21

Greek Platter with Chicken & Prawn Souvlaki, Tzatziki, Roast Potatoes, Green Beans

Thursday, Jan 23

Honey & Pineapple Glazed Bone-in Ham, Scalloped Potatoes, Brussel Sprouts & Carrots

Tuesday, Jan 28

Lemon Pepper Sole Florentine (Spinach & Hollandaise), Smashed Potatoes, Baked Tomato

Thursday, Jan 30

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 1-2

Sat **Beef Meatloaf** with Roasted Leek Gravy, Mashed Potatoes, Harvard Beets
Sun **Brunch at Eleven**

FEBRUARY 3-9

Mon **Swedish Meatballs** with Linguine, Duo of Beets Salad
Tue **Teriyaki Chicken Thighs**, Rice, Stir Fry Vegetables
Wed **Quiche Lorraine**, Potato Salad and Sliced Tomatoes
Thu **Sweet & Sour Pork**, Rice, Steamed Broccoli
Fri **Rigatoni** with Arrabbiata Sauced Shrimp, Salad, Garlic Toast
Sat **Cheese Burger** with Fries, Kale Slaw
Sun **Brunch at Eleven**

FEBRUARY 10-16

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

FEBRUARY 17-23

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

FEBRUARY 24-29

Mon **Swiss Burgers** in Tomato Gravy, Roasted Red Potatoes
Tue **Savoury Tomato and Bean Stew**, Pita Bread with Tzatziki
Wed **Philadelphia Pepper Steak**, Roasted Potatoes, Romaine Salad with Celery, Cucumber & Red Onion
Thu **Shaved Montréal Smoked Meat** with Dijon Mustard and Sauerkraut on Rye, Potato Salad
Fri **Basa Fish Filet** with Italian Tomato & Basil Sauce, Rice, Salad
Sat **Spaghetti** with Homemade Meatballs, Tossed Salad, Garlic Croustini

DINNERS

Tuesday, Feb 4

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

Thursday, Feb 6

Roast Turkey Roll with all the Trimmings

Tuesday, Feb 11

Chinese-themed Dinner Beef & Broccoli, Sweet and Sour Chicken, Vegetable Spring Roll, Noodles and Rice

Thursday, Feb 13

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

Tuesday, Feb 18

Seafood Linguine, Mixed Greens, Garlic Bread

Thursday, Feb 20

Beef & Lamb Shepherd's Pie, Gravy, Medley of Roasted Root Vegetables

Tuesday, Feb 25

Beef & Vegetable Stew, Mashed Potatoes, Steamed Broccoli and Baked Squash

Thursday, Feb 27

Chicken Cacciatore, Pasta, Salad, Garlic Bread

PHONE NUMBERS EVERY NORTH SHORE SENIOR NEEDS

PERSONAL HEALTH

Your doctor (GP) or nurse practitioner (NP)

TEL #

WHEN: Office/clinic hours

WHY: Your GP or NP is your health expert. Call if you have an urgent concern you think needs to be seen.

Don't have a GP? Call the GP Link at 778-945-3017. The N.S. Division of Family Practice will connect you with a doctor.

SENIORS' RESOURCES | 604-983-3303

Seniors' One Stop

WHEN: Monday-Friday • 9 A.M.-4:30 P.M.

WHY: If you need information and access to a wide range of North Shore non-profit, public and private resources for seniors.

WHAT: Confidential consultations with seniors and those who support them, including professionals, in person, in our office, over the phone or via email.

nsrc.bc.ca

HOME HEALTH | 604-986-7111

VCH North Shore Home Health

WHEN: Monday-Friday • 8 A.M.-4:30 P.M.

WHY: To find out if you qualify for home support for personal care, home care nursing or rehab, palliative care, day programs for adults or respite services for caregivers.

WHAT: Trained phone staff will identify your needs and refer you to appropriate services. Some services may be free based on income.

COMMUNITY SERVICES | 2-1-1

WHEN: 7 days/week, 24 hours/day

WHY: If you need a service and aren't sure what it's called or where to find it, connect to an Information and Referral Specialist with detailed knowledge of community, social and government services.

bc211.ca

MENTAL HEALTH | 604-982-5600

Older Adult Mental Health Team-North Shore

WHEN: Monday-Friday • 8:30 A.M.-4:30 P.M.

WHY: If you have concerns for yourself or others about mental illness and dementia, behaviour issues, physical or functional decline or substance use and unsure about what to do.

WHAT: Mental Health clinicians will identify your needs, address your concerns and refer you to the appropriate service.
A GP referral is required.

HEALTH INFORMATION | 8-1-1

WHEN: 7 days/week, 24 hours/day

WHY: If you're feeling unwell or have a minor injury and are unsure about what to do. Or if you just have a health question or need advice about a health issue.

WHAT: Health advice from a nurse; nutrition information from a dietitian; advice about drugs and pills from a pharmacist; where to find health services in your community.

healthlinkbc.ca

FIRST LINK® DEMENTIA HELPLINE | 1-800-936-6033

WHEN: Monday-Friday • 9 A.M.-4 P.M.

WHY: If you have questions about Alzheimer's disease or other dementias, call the Alzheimer Society of B.C.'s First Link® Dementia Helpline for information and support.

English: 1-800-936-6033

Cantonese and Mandarin: 1-833-674-5007

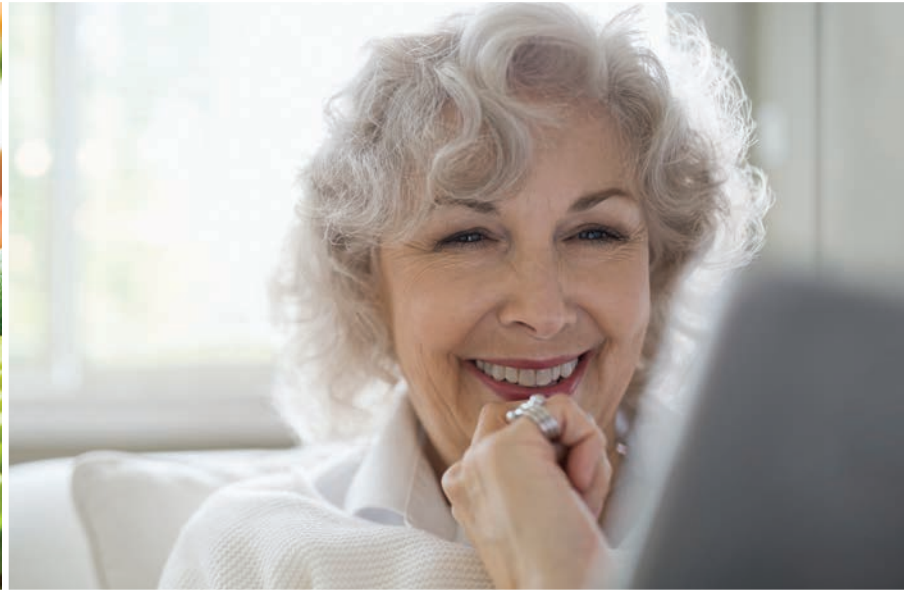
Punjabi: 1-833-674-5003

EMERGENCY SERVICE | 9-1-1

WHEN: 7 days/week, 24 hours/day

WHY: Serious emergency. Ambulance attendants will assess if you need to be transported to a local emergency room.

THIS IS SENIOR LIVING ON THE NORTH SHORE



When you're ready, let us get to know you. Together we can create a personalized senior living experience to support your unique needs, even as those needs change.

PRIVATE TOURS AVAILABLE | [AMICA.CA](https://www.amica.ca) | 604-305-3211

AMICA

SENIOR LIFESTYLES

AMICA EDMONTON VILLAGE ▪ AMICA LIONS GATE ▪ AMICA WEST VANCOUVER