



20

MAR / APR

THE SCENE

A West Vancouver Seniors' Activity Centre Publication

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695 21st Street
West Vancouver, BC V7V 4A7
Phone 604-925-7280
Fax 604-925-5935
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:

Fri, April 10 (Good Friday); Mon, April 13 (Easter Monday); *The whole Centre will be used for the Flea Market from March 28 to April 5 so there won't be any classes, drop-ins or registered programs.*

Facility Hours will be modified the week leading up to the Flea Market:

Sat, Mar 28	8:30 a.m. – 4 p.m.
Sun, Mar 29	10:30 a.m. – 4 p.m.
Mon, Mar 30	8:30 a.m. – 4 p.m.
Tue, Mar 31	8:30 a.m. – 7 p.m. <i>dinner night</i>
Wed, Apr 1	8:30 a.m. – 4 p.m.
Thu, Apr 2	8:30 a.m. – 7 p.m. <i>dinner night</i>
Fri, Apr 3	8:30 a.m. – 4 p.m.
Sat, Apr 4	8:30 a.m. – 1:30 p.m. <i>closing after lunch</i>

EDITORIAL

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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 questions related to this publication or would like to advertise in *The Scene* magazine, please email leisureguide@westvancouver.ca or call 604-925-7285.

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 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. *No refunds will be given for one-month, three-month or 10-visit FitPasses. No extensions.*

ON THE COVER

The recorder class enjoys playing together as an ensemble



Jain Verner
Chair

MESSAGE FROM THE ADVISORY BOARD CHAIR

A big thanks to those of you who are helping at the Flea Market in April. We have a great group of folks who have come forward to oversee the organization and prep work necessary for a successful Flea Market on April 5.

I would like to report that our new Outreach Committee is making steady progress reaching out to people in our community in need of help. Below is a summary of their accomplishments: **1. Community Navigator Program** (applied for grants to support this project) Volunteer support for Seniors navigating health care, housing government services and other similar services. **2. First Responder cards** to be given to the community by Police Officers & Firefighters. **3. Staff & Outreach Committee Members** have

connected with residents at Libby Lodge and successfully distributed care packages, that included SAC gift cards and donated gifts. **4. Staff received donations** of gift baskets from Amica; and many gifts from London Drugs to be distributed to seniors in need. **5. VCH** has identified a need for congregate meals in West Vancouver **6. Support** is being provided to seniors in need of a meal under the Outreach Committee. **7. \$1,500 has been provided by the Advisory Board** to allow marginalized seniors to participate in programs that they would otherwise be unable to take part in.

In closing I would like to let you know this will be my last note to you all as the very capable and personable Brian Hann will take over as Chair of the Board come March. It has certainly been my privilege and honour to represent and work for you all this past year. You will still see me around as I will maintain my involvement in the Centre in one way or another. — **Cheers, Jain**



Jill Lawlor
Community
Recreation
Manager



Davida Witala
Recreation
Supervisor

MESSAGE FROM COMMUNITY RECREATION MANAGER & THE RECREATION SUPERVISOR

Spring is one of the best times of the year! The Centre is bustling with activity. Learn about what is happening in our Centre and community by attending the Annual General Meeting on March 11 at 1 p.m. The meeting will feature delicious treats, great information and the opportunity to meet the Board Members. A special thank-you to outgoing Board Chair Jain Verner for her amazing guidance and leadership; we are lucky to keep you as Past Chair! Thank-you to Jim Adams for his work on the board as the Liaison with Enhance West Van he has built strong bridges.

Thank-you to Roy McGuire for his wonderful contributions to the Outreach and Cafeteria Committees. Thank-you to Dave MacLachlan for his steadfast leadership and support as our past chair.

Preparations and donations for the Flea Market begin March 28 with the Centre modifying hours until April 5 when the big event takes place! Join us for the 40th Annual Flea Market on April 5. The third week in April is National Volunteer Appreciation week and there will be activities and events happening each day to celebrate the amazing people who keep our centre operationally amazing! The Long Service Volunteer Awards will take place April 21 from 5:30 - 7:30 p.m. at the Gleneagles Clubhouse.

Looking forward to spending spring with you!

— **Jill & Davida**

OUR PROGRAM COORDINATORS



GENERAL PROGRAMS

John Lait
*Education, Activity & Partnership
Program Coordinator*

604-925-7287
jlait@westvancouver.ca



FITNESS PROGRAMS

Tiffany Moffatt
*Program Coordinator
Group Exercise & Yoga*

604-925-7231
tmoffatt@westvancouver.ca



OUTREACH PROGRAMS

Helen Murphy
Outreach Program Coordinator

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FITNESS PROGRAMS

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604-921-2903
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OUTREACH PROGRAMS

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*Asst. Outreach Program
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FITNESS PROGRAMS

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*Program Coordinator Active
Rehabilitation & Sports Training*

604-921-2169
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VOLUNTEERS

Sylvia Lung
*Volunteer Services Program
Coordinator*

604-913-2703
slung@westvancouver.ca



FOOD SERVICES

Lou Novosad
*Food Service Program
Coordinator*

604 925-7122
lnovosad@westvancouver.ca



OUTDOOR ACTIVITIES

Caroline Brandson
*Social Wellness & Transportation
Program Coordinator*

604-925-7230
cbrandson@westvancouver.ca



EVENTS

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

Evening Dance

One of the best kept secrets! Live music and an amazing dance floor. You don't need a dance partner, and dinner is available in the Café starting at 5 p.m. Come check it out and show off your dance moves! Every fourth Thursday of the month. Cash bar is in effect. Doors open at 5:30 p.m.

The Sax of Us

Thu, Mar 26 6:30 - 9:30 p.m.
65992 Member \$11
 Non-Member \$12.75

Tony of the Siler Stars

Thu, Apr 23 6:30 - 9:30 p.m.
65993 Member \$11
 Non-Member \$12.75

Seniors' Transportation Info Session

Join us for an informative afternoon featuring transportation-related speakers, hear from an avid bus rider, learn about local transportation options and resources for seniors, ask questions about the *New Enhanced Driver Testing program*, browse speaker booths, win prizes, register your Compass Card online and more!

Wed, Mar 25 12:30 - 2:30 p.m.
66611

GENERAL PROGRAMS

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

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. **All classes cancelled March 30 to April 5 for Flea Market Set-up.**

MONDAY

Eye Deal 10 - 11:30 a.m.
Informal support group for people with low vision. Mar 20, Apr 20.

Bridge Social 12 - 3 p.m.
Come 10 minutes early for a table. No partner needed. No play Mar 30 and Apr 13.

TUESDAY *No classes March 31*

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.
 No crafts April 1. n/c

French Social Conversation 10 - 11:30 a.m.
 No class April 1.



Table Tennis 1:30 - 4 p.m.
Will be later start on Mar 11, due to AGM starting approximately 3:30 p.m. No play Mar 25, Apr 1.

THURSDAY

Keep Well Chair Exercises 9 - 10 a.m.
Hands-on Clinic 10 - 11 a.m.
No Exercise or Hands-on Apr 2.

West Van Gogos (Grandmothers) 1 - 2:15 p.m.
 Apr 2, May 7. Drop-in \$1

Table Tennis 4:45 - 6:45 p.m.
 No play Mar 26, Apr 2, 23.

E-NEWSLETTER

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

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

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.
Mar 13, 27, Apr 10, 24.

Sound Advice 10 a.m. - 12 p.m.
For the hearing impaired. Mar 6.

Spanish Social Conversation 9:45 - 11:45 a.m.
No conversation Apr 3.

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

SATURDAY

Jazz Jam Session 10 a.m. - 12 p.m.
No session Mar 28, Apr 4.

Table Tennis 12:30 - 3:30 p.m.
No play Mar 28, Apr 4.

Canasta Club 1 - 3 p.m.
No play Mar 28, Apr 4.

Mah Jong 1 - 3 p.m.
No play Mar 28, Apr 4.

Scrabble 1 - 3 p.m.
No play Mar 28, Apr 4.

SUNDAY

Table Tennis 10:15 a.m. - 12:15 p.m.
No play Mar 29, Apr 5.

DAILY

Supervised Snooker (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

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.

Mar 1 Rocket Man

Mar 8 Tolkien

Mar 15 On the Basis of Sex

Mar 22 Red Joan

Mar 29 No movie - Flea Market set up

Apr 5 No movie - Flea Market

Apr 12 The Art of Racing in the Rain

Apr 19 Judy

Apr 26 The Best of Enemies

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.

Loving your Legacy!



Tell your story...

- Share the richness of a lifetime of memories...dreams, challenges
- Reminisce about the past and hopes for the future
- Inspire, enrich and inform

Author and counsellor, Karen Hoffman, of Moondance Stories captures your memories in an easy, friendly interview. Along with photos you provide, a unique keepsake story book is compiled for your family and friends to treasure for generations to come.

For information and pricing, contact Karen at 778-868-0402

Email: kfhoffman@yahoo.ca or Visit www.moondancestories.com

REGISTERED PROGRAMS

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

GARDENING

Garden Club

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.** Club runs Mar – Sep on Thursdays, 10:30 a.m. – 12:30 p.m.

All of the lectures below are free for Garden Club Members:

Summer Bulb

w/ Spectacular Botanus

Mar 12 **68949** Non-Member \$10

Beyond Grass

w/ Laura, Hunters Nursery

Mar 19 **68950** Non-Member \$10

Start Your Own Plants From Seed

Mar 26 **68951** Non-Member \$5

Taming the Beast: Pruning

w/ Conway Lum

Apr 9 **68952** Non-Member \$10

Growing Up & Out w/ Ron

Apr 16 **69143** Non-Member \$10

Shade Can Be Attractive Too

w/ Nancy Moore

Apr 23 **69144** Non-Member \$10

Care of your Roses w/ Elaine Senft

Apr 30 **69441** Non-Member \$5

FABRIC ARTS

Tailoring Studio w/ Martin Fei

Rekindle your love for sewing! If you have sewn in the past, and are looking to once again pick up a needle and thread—join us! Bring your projects and problems to this workshop-style class. You must have high school home economic level experience. No class April 13, May 18.

Mon, Apr 6 – Jun 8 12:30 – 3 p.m.
62998 \$28

Wednesday Craft Group w/ June B.

Calling all crafters and knitters! Do 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? Call John.

Wed, Apr 8 – Jun 24 9:30 a.m. – 12 p.m.
64578 no charge but please register

VISUAL ARTS

Watercolor Focus on Texture & Light for Creatures w/ Lynn Colpitts

Build amazing depth and detail using colour comb brushes for fur, layering effects and textural techniques. Our subjects will be wild/free, near/dear, or imaginary/whimsical. Bring the sparkle of life to the eyes with light refraction and reflection. Learn about colour and Compositional theory and choosing best references including lighting and photography tips. Emphasis on finishing touches and completion. All materials included.

Instructor: Lynn Colpitts. No class Apr 13, May 18.

Mon, Apr 6 – Jun 29 1 – 4 p.m.
67366 \$247

Knitting w/ Shirley M.

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, Apr 7 – Jun 30 9:30 a.m. – 12 p.m.
64572 \$32.50

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!

Studio Time

Enjoy quality time with friends learning from others and honing your skills.

Acrylics

Tue, Apr 7 – Jun 30 9 a.m. – 12 p.m.
64596 \$36

Oils

Thu, Apr 9 – Jun 25 1 – 4 p.m.
64599 \$36

Stained Glass

Wed, Apr 1 – Jun 17 9 a.m. – 12 p.m.
64615 \$48

Wed, Apr 1 – Jun 17 12:30 – 3:30 p.m.
64614 \$48

Stained Glass Beginners w/ June C.

Learn the very basics of stained glass. No experience necessary! Basic tools supplied initially, however participants will eventually need to own soldering iron and glass cutter. Supply list given at class.

Wed, Apr 1 – Jun 17 9 a.m. – 12 p.m.
64613 \$72

Wed, Apr 1 – Jun 17 12:30 – 3:30 p.m.
64612 \$72

MUSIC

Jazz Jam Session

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.

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

Recorders Advanced w/ Steve R.

Join us in song, and make some music with others at a fairly high level.

Fri, Apr 17 – Jun 1 11 a.m. – 12:30 p.m.
64607 \$25

LANGUAGES

French Conversation w/ Fafa

Are you fairly fluent in French and looking for an opportunity to learn and converse? This class is for you! Focus on conversation with a bit of vocabulary and grammar. No class April 13, May 18.

Mon, Apr 6 - Jun 29 9:30 - 10:30 a.m.
64587 \$25

Farsi w/ Bita

Join instructor Bita as she teaches you a variety of words to help you communicate with other Farsi speakers! As you learn the language, Bita will bring to life the Persian culture, tradition and food.

Tue Apr 7 - Jun 23 1:45 - 2:45 p.m.
68953 \$30

Russian Basic Conversation w/ Elena

Learn basic Russian conversation and the culture, traditions and history which will help during your travels to Russia.

Tue, Apr 7 - Jun 16 3 - 4 p.m.
69250 \$30

WOODWORK

Woodcarving & Birdcarving w/ Ken C.

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

Thu, Apr 9 - Jun 25 12:30 - 3:30 p.m.
64637 \$54

Woodturning Level 1 Beginners

Learn the fine art of woodturning in a hands-on class for beginners! To make the best of this class, take it twice and then move on to working on your own in the Woodturning Intermediate class. *Three people maximum.*

Wed, Apr 29 - Jun 17 9:30 a.m. - 12 p.m.
64640 \$45

DANCE

Scottish Country: Beginner / Intermediate w/ Louise M.

Explore the world of Scottish Country Dance—you don't need to be a Scot to enjoy it! Basic steps, technique and dances are taught, and more intricate dances are added as the class progresses. *Beginners and experienced dancers welcome!*

Tue, Apr 7 - Jun 23 2 - 4 p.m.
64609 \$51

COMPUTERS

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

If you are taking a computer course please make sure devices is updated to the latest iOS version and that your device is fully charged for the class.



Photo Artistry iOS

Thu, Mar 5 1 - 4 p.m.
59900 \$42

Introduction to iOS Part 2

iphone/ipad
Thu, Mar 21 - 26 1 - 4:15 p.m.
59067 \$126

Safari Bookmarks & Tabs

Thu, Apr 9 1 - 4 p.m.
68777 \$42

Podcasts & Radio

Thu, Apr 16 1 - 4 p.m.
68781 \$42

iOS Tips & Tricks

Thu, Apr 23 1 - 4 p.m.
68782 \$42

Messages on iPhone & iPad

Thu, Apr 30 1 - 4 p.m.
68783 \$42

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

Religion & Art w/ John Slattery

Music, painting, sculpture and even dancing have all been featured in religious buildings and services down through the ages. What roles have these played and continue to play? Can these be overdone as the Calvinist tradition contends? Or are simpler, no frills better buildings and services preferable?

Thu, Mar 12 1 - 3 p.m.
63622 \$2.50

Theologian's

An Easter Season Question: Who was Jesus? w/ John Slattery

Was Jesus the Messiah? Was he a prophet? Was he a teacher? Was he a revolutionary? Was he some or all of the above? Or did he exist at all? One or another of these views can be found in various religious traditions and in today's secular society. So what do you believe about Jesus?

Thu, Apr 9 1 - 3 p.m.
64620 \$2.50

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.



Stay on the Road

If you were at the ICBC ERA this information expands on it. COSCO facilitators will expand and talk about the Safe Driving with the Driver assessment process. What to expect when you get your medical done and medical Issues, Car Fit and Future Planning. *Lecturer from COSCO.*

Mon, Apr 27 1:15 – 3:15 p.m.
68293 *no charge, please register*

Genealogy Group w/ Barbara C.

Who were your ancestors, where did they live? In this course Barbara will be teaching you about genetic genealogy and helping you navigate online databases to start doing your genealogy. Bring your table or laptop. Your family's story is waiting! The library has Ancestry library edition where you can go to the library and use their computers to search online.

Wed, Apr 15 – Jun 3 1:15 – 3:15 p.m.
69190 \$20

Creative Writing w/ Richard Boyer

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.

Thu, Apr 9 – Jun 18 1:15 – 3:30 p.m.
64570 \$78.10

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!**

HOLISTIC HEALTH

Mindfulness Meditation

Learn how to withdraw from worries, fears, anxiety, and doubt and delve into self-care and self-love in this continuation from winter. Start with different methods of breathing, followed by a few simple methods of meditation to enhance relaxation, lower blood pressure, reduce anxiety, relieve stress and pain. *Leader: Susan P.*

Tue, Mar 10 – Apr 28 2:30 – 3:30 p.m.
69805 \$20

Integrated Energy Healing

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

Wed 2:30 p.m., 3:30 p.m., 4:30 p.m.
58138 \$15

Heart Consciousness w/ Jaroslav Vlcek

The heart is our most important organ. To properly utilize and maintain heart health, we need to know how it started and what its functions are that enable a full life on our planet. Discussion are based on book *Tracking Consciousness Before Birth and Beyond*, by Jaroslav Vlcek. **Drop-in \$2.50.**

Tue, Apr 7 – May 5 11 a.m. – 12 p.m.
69677 \$10

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



FRESH FLOWER DONATIONS!

A very special thank you to the following North Shore community retailers for recent fresh flower donations for the West Vancouver Seniors' Activity Centre:

Capilano Gardenworks
(single store only).

Rosa Floral Design
 North Vancouver

Thrifty's
 Edgemont Village North Vancouver

Whole Foods
 Park Royal West Vancouver

Flowers add a wonderful, fresh vibrant touch to the Centre and are both appreciated and highly valued by our members.

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!

ACTIVE AGING | GET TO KNOW YOUR TRANSPORTATION OPTIONS

WED, MARCH 25 | 12:30-2:30 P.M. | FREE
SENIORS' ACTIVITY CENTRE | ACTIVITY ROOM

JOIN US FOR AN INFORMATIVE & SOCIAL AFTERNOON!

- Hear from transportation-related speakers
- Get the scoop from an avid bus rider
- Learn about local transportation options and resources for seniors
- Ask questions about the New Enhanced Driver Testing program
- Browse speaker booth and register your Compass Card online
- Win prizes, and more!

EVERYONE WELCOME



westvancouverrec.ca

westvancouver.ca/seniors

westvancouver

WEST VANCOUVER RECREATION



SOCIALLY ACTIVE | BUILDING CONNECTIONS IN WEST VANCOUVER

Socially Active is a new program designed to connect newcomers with long-term West Vancouver residents. Participants will be matched based on personality type and interests, and will connect with each other for 1.5 to 2 hours per week over a six-month period, in addition to receiving invitations to events and workshops they can participate in together, meet others, learn and explore the community. For more information contact **Minori at mide@westvancouver.ca or 604-921-3403.**

LEARN TOGETHER | FOR ENGLISH LEARNERS

Are you a newcomer learning English as your second language? If you need some help with following instructions in our registered fitness and art classes—we are here to help by teaming you up with a learning buddy who speaks your language to help you in the class! After you register for a program, **contact Minori at mide@westvancouver.ca** for more information.

Available for registered classes and private training and lessons, except for swimming lessons and drop-in activities.



westvancouverrec.ca/newcomers

enhance
WEST VAN

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.



Written by Dave Patrick

This is a very special year for the Centre as we are celebrating our 40th Flea Market. It will take place at the Seniors' Activity Centre on Sunday, April 5 with set-up starting on Saturday, March 28.

Volunteers are always needed, so if you haven't put your name down at the volunteer table there is a sign-up book at the front desk. If you are a first time Flea Market volunteer we can assure you that you will have a great time!

We welcome any and all donations that can be carried to our receiving door near the front entrance of the Centre from 9 a.m. - 3 p.m. from Saturday, March 28 until noon on Friday, April 3. Unfortunately, we cannot accept large items of furniture. If you wish to donate when the receiving area is closed, please drop your items off at the Centre's front desk.

Our very popular *Wheelchair & Walker Day* will take place on Saturday, April 4 from 10 a.m. - 12 p.m. Be sure to register at the front desk. Each member may be accompanied by one assistant to help make the shopping experience a little easier.

Sharing Your Memories

Writing your memoir is an important thing to do for yourself, your family and future generations. Often we take pictures of people and events in our lives and don't label them or write the story behind them – in time we forget what transpired and sometimes forget who the people are in photographs. Future generations can trace family roots but will not be able to get to know the person behind the names and photographs.

Yes, I know that my grandfather was successful in his career, I know he was a chartered accountant and I have seen pictures of him but I never knew him. I don't know the person he was, his likes, dislikes, the number of friends he had or whether he was a cat or a dog person – the kinds of things that defined him as a human. This is what motivated me to take on the task of writing memoirs for people, to help keep legacies alive for future generations.

A typical memoir costs \$2,000.00. This includes:

- a questionnaire designed to jog your memory;
- four 1 hour interviews – recorded – in person or by skype;
- contacting up to 5 friends or family members and writing their stories;
- the inclusion of any number of photographs, I encourage many;
- a 10,000 word memoir – 60 pages; and
- a copy in colour (photo album style); and a digital copy in presentation format.



Please contact me at susanlostermann@gmail.com
Telephone: 604-505-3421

SENIORS' ACTIVITY CENTRE | GARDEN SIDE CAFÉ

55+

NEW! SPECIAL SUNDAY BRUNCHES

The Garden Side Café will be offering an enhanced version of Sunday Brunch starting in March!

Join us on the last Sunday of every month for our special brunches featuring two poached eggs on English muffin, breakfast sausages and bacon, hash browns with fresh vegetable topping, fresh fruit and glass of orange juice.

Soup, chowder, beer and wine will also be available at an extra cost.

LAST SUNDAY OF EVERY MONTH

10:30 A.M. - 1:30 P.M.

\$10.50 MEMBER | \$15 NON-MEMBER



westvancouverrec.ca

QUESTIONS
604-925-7280

westvancouver.ca/seniors

westvancouver



RECORDERS ARE COOL AGAIN

Written by Valerie Coles

Remember that small, unobtrusive instrument called a recorder you learned to play at school? Many musicians today consider the humble recorder eternally underrated. In fact, recorders fall into that rare category, Early Instruments, along with the harpsichord and lyre, and several others rarely heard today, like the shawm and the chalumeau.

The very word 'recorder' has interesting lineage. It comes from the Latin 'recordari', combining 're' (again) and 'cor' (heart). In modern lingo, 'play it again Sam, with heart'.

No shrinking violet, the soaring clear pitch of a soprano recorder can be heard in countless classical compositions from the pens of Bach, Corelli,

Scarlatti, Handel, Purcell, and more. The Renaissance and baroque periods were the Golden Age of the recorder and it's never stopped being a popular choice as an introductory, learnable instrument.

The West Vancouver Seniors' Centre gives budding Bach's the choice of two recorder classes, Intermediate and Advanced. Because there is no class for beginners, new intermediate members must be able to read music and have some proficiency on their recorder. So if you've been wanting to improve your playing by becoming part of an ensemble, or you're simply wanting to work out some kinks, you'll be warmly welcomed. A quick browse through Amazon reveals dozens of recorders, many as reasonable

as \$12 for a plastic model, but wooden recorders have a richer sound and our North Shore music stores have an impressive selection.

Steve Richmond is the popular, self-taught instructor for both recorder classes at the Seniors' Centre. While still a boy, Steve inherited his older brother's cast-off soprano recorder and was part of a recorder group in high school and college, but, until 2004 when Steve's wife, Linda, signed him up, Steve hadn't looked at a recorder in 38 years.

At the time Steve joined, the Advanced Recorder class was being taught by the late Grace Tietz, a music school educator who led the recorder classes for more than fifteen years. Grace passed away in 2012 and Steve was the obvious choice for the new class leader. His easygoing, gentle approach made him an instant hit and many members of his class have been with him for years.

The music of a soprano recorder resembles the purity of a flute. In fact, recorders are also known as 'fipple flutes' because of the particular

sloped shape of the mouthpiece. Players vary the pitch of a recorder's musical note by opening and closing finger holes along the length or bore of the instrument. It is the shape of a recorder's bore that gives it its distinctive timbre.

Recorders form a family, from high pitch to low, consisting primarily of Soprano, Tenor, Alto and Bass, corresponding to the voices of a choir.

The soprano recorder is an octave above the Tenor and the Alto is an octave above the Bass. Each recorder plays its own distinct part, with its own musical line. The Soprano, Alto and Tenor recorders play in the treble clef and the Bass in the Bass clef. It is the melding of these 'voices' that creates that distinct recorder harmony.

The modern recorder repertoire is more limited than that of woodwinds because of its range; the recorder has a two octave range; the flute has three. Despite the recorder's limited range, contemporary composers like Leonard Bernstein and Benjamin Britten regularly utilized its unique sound.



All photos by: Larry Oikovich



All photos by: Harris

Believe it or not, the recorder has even squeezed its way into today's pop music, including some of the biggest rock acts of our times: The Rolling Stones, ("Ruby Tuesday"), the Beatles ("The Fool on the Hill"), even Led Zeppelin ("Stairway to Heaven").

King Henry VIII owned seventy-six recorders and it is said, played them all. That this modest woodwind has lasted through five centuries and countless royal scandals gives us a hint of its virtuosity.

From Renaissance to Rock, this humble star is thriving — just ask Mick Jagger. It simply doesn't get any cooler than that.

SACS ON 21ST

Written by Dave Patrick

Our little shop continues to be a popular meeting spot for members and visitors alike, as well as being a wonderful fund raiser for our centre.

Customers will have noticed that SACS has joined the move to improve our environment and has switched from plastic shopping bags to paper.

We would also like to ask our customers, when possible, to bring their own bags—every little bit helps. ***Please remember if the shop is closed kindly drop off your donations at the front desk. Thank you for your wonderful support, it is very much appreciated.***

Written by Valerie Coles

CYCLING WITHOUT AGE SERVING THE NORTH SHORE IN 2020



Photos by: Larry Olkovic

SPECIAL FEATURE

Two of our North Shore Mayors, Mary-Ann Booth and Linda Buchanan, enjoy a spin on a Trishaw driven by West Vancouver Councillor Marcus Wong at the September 2019 North Shore Seniors' Health Expo

The North Shore Chapter of Cycling Without Age (CWA) — an international program for mobility challenged people, is now a reality.

In the Spring and Summer of 2020 the *North Shore Chapter* will serve all residents of the North Shore. The goal of the program is to help mobility challenged people experience and enjoy the fresh air and scenery of our beautiful city from the front of a trishaw piloted by experienced and well-trained volunteers from the cycling community. The program is offered free of charge, and is owned, insured and operated by Silver Harbour

Seniors' Activity Centre Society, with support from the West Vancouver Seniors' Activity Centre.

Sign up as a volunteer pilot, or book a ride for someone who would benefit from a ride on a trishaw!

We also invite you to partner with us and be part of this legacy—a legacy that will help liberate mobility challenged people of all ages and give them “The right to wind in their hair”. Visit the above website and donate a component of a trishaw to the *North Shore Chapter of Cycling Without Age*.

CWA is an international, volunteer-based organization that started in Denmark in 2012 and now has 1,634 chapter locations worldwide. To find out more about CWA watch the video on cyclingwithoutage.org.

Charitable tax receipts will be issued for all donations. If they so choose, donors can remain anonymous.

To find out more about Cycling Without Age and the North Shore Chapter visit cyclingwithoutage.ca/north-shore or call 604-813-5526.

VOLUNTEERS

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

VOLUNTEER WITH US!

The Seniors' Activity Centre operates 7 days a week with volunteers in all essential operational positions. If you are suddenly unable to make your shift, or are going to be late and it is less than 24 hours before your shift, it is extremely important that you call and leave a voicemail or send a text message to the volunteer cell phone at 604-202-8694. This phone is answered 7 days a week by the Volunteer Service Department and we will ensure that staff at the Centre is notified of your absence of change. **You may also call the front desk, at 604-925-7280, however, the office line is not answered 24 hours a day and you are unable to leave a voicemail.**



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 orientation. If you register for the online orientation you will be sent a link to a 30-minute informational video on volunteering with ten questions to answer at the end. Once you have completed this, we will send you a welcome email with more information on the next steps to becoming a volunteer, including further training if required. We still offer in-person group orientations for those who are unable to access the online orientation.

Online Orientation 68966

Adult Volunteer Orientation Seniors' Activity Centre

Wed, Mar 18 4 - 5:30 p.m.
62599 Member n/c
Non-Member 55 yrs+ \$5

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.

FOODSAFE

Just for Volunteers

This course will cover 14 areas from causes of food contamination, ten improper food handling practices, direct/indirect cross-contamination, proper hand washing procedures, and more. *There will be a break so bring your lunch or buy it from the cafeteria.*

Sat, Mar 7 10 a.m. - 2:30 p.m.
68965 n/c

National Volunteer Appreciation Week - April 19 - 25

We have a number of fun activities planned! The 5-punch passes will be available for all volunteers and will be valid for a year. *To obtain your pass, go to the front desk and register for your card using activity code 69762.*

Long-Term Service Award and Presentation of the Wall of Acclaim

Individuals receiving a service award for volunteering and recipients of the Wall of Acclaim award will be invited to this event at the Gleneagles Clubhouse.

Tue, Apr 21 5:30 - 8:30 p.m.



Some of the key areas we need volunteers are:

CENTRE

» Coffee Bar Attendants

CAFÉ

- » Cafe Attendants
- » Sandwich Prep
- » Weekend Lunch Servers
- » Dishwashing Assistants

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: Zahra T, Wenlan Z, Sheila S, Richard J, Korina A, Hengameh F, Sherrie X & Joane L. Help us welcome them as they learn their new positions!

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

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. 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

Cross Country Skiers: Trip to Callaghan	
Mar 4	8 a.m. - 4 p.m.
65870	\$28

Pitch & Putt Golfers

Annual Registration The SAC's Par 3 Golf/Pitch & Putt program starts Thursdays April 2 at Ambleside Par 3 course. Group meets on Mondays and Thursdays. Starting in May, Mondays are bus trips to various courses in the Lower Mainland. When Monday is a holiday, the group will only golf on Thursday that week (no golf Apr 13, May 18, Aug 3, Sep 7). This is the annual membership, please pay separately for each individual bus trip. New members are welcome. **For Bus and Golf schedules see recschedules.westvancouverrec.ca.**

Apr 2 - Sep 24	8:45 a.m. - 12 p.m.
69675	\$15

Ramblers/Walking Club

Annual Registration Hike with us! Meet at the SAC and hike an average of 8-10 km every Monday regardless of the weather. If you are new, contact the leader before your first hike to find out what you need to bring. Bus trips on the last Monday of the month.

Mon, Jan 6 - Dec 28	10 a.m. - 3 p.m.
62249	\$15

Ramblers Bus cost varies on distance

Mar 30	70141
Apr 27	70142

Walkers Bus cost varies on distance

Mar 10	70137
Apr 20	70138

Hikers Annual Registration

Are you active and in good shape? Hike with us on Tuesdays and/or Thursdays throughout the year! *Tuesday hikes* are generally moderate and are 4-5 hours and travel 8-14 km, *Advanced Thursday Hikes* are 6-9 hours long and travel 12-25 km. *You must carry your own food, water and wear hiking boots.*

Tue and/or Thu	
Jan 7 - Dec 31	9 a.m. - 3 p.m.
62250	\$15

Hikers Bus cost varies on distance

Mar 10	65889
April 9	65879

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



Our Cycling programs are bursting at the seams. We would love to start another cycling program. Please contact Caroline at cbrandson@westvancouver.ca if you are interested.

Silver Wheels, Easy Riders & Norwest Cycling

2020 Registration — FULL for 2020.

Sign up on waiting list as spaces may open up.

Silver Wheels Cycling

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

Easy Riders Cycling

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

Norwest Cycling

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

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 and 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)

2 - 3 NEW Pilates 55+

Practice to balance your body, create strength, length and improve posture. With a focus on stabilizing muscles in the body, your joints will become better supported, decreasing the chance of injury while improving postural alignment and flexibility. *This intro-level class designed with participants 55+ in mind.*

Wed, Apr 8 - Jun 24 2 - 3 p.m.
67565 \$40

2 - 3 NEW Barre 55+

If you are looking for a low-impact, yet challenging and dynamic workout, then our Barre-inspired class is for you. Focus on posture, musculoskeletal alignment, upper and lower body sculpting, abdominal strength and flexibility in a fun and empowering class with notes of ballet and Pilates, designed with participants 55+ in mind.

Sat, Apr 11 - Jun 27 10:15 - 11:10 a.m.
68790 \$40

1 - 2 NEW Posture Perfect

An excellent class to improve posture, strengthen core and focus on functional fitness! Emphasis will be on exercises to improve balance and stability, core and upper body strength to support tall, open posture and proper walking gait and neck mobility.

Mon, Apr 6 - Jun 22 3 - 4 p.m.
68788 \$33

2 - 3 Pelvic Floor & Core Conditioning

Learn in two sessions how to retrain the mind/core connection using the latest research on strengthening the pelvic floor and core muscles. If you suffer from stress urinary incontinence (SUI) and lower back pain, this workshop may be the first and sometimes only step you need to take to end SUI. Take-home exercises included. *Suitable for women with Diastasis Recti.*

Sat, Apr 25 & May 2 9:30 - 11 a.m.
67547 \$63

YOGA AT SAC

This spring, we are offering a wide variety of yoga programs for all levels!

Yoga is excellent for building muscular strength, balance and flexibility. It protects you from conditions such as arthritis and back pain as well as from falls. Yoga is a total mind and body workout combining fitness gains like strength and flexibility with mindfulness and relaxation. *Choose from Hatha Yoga, Chair Yoga, Mindful Movement or one of our evening Yoga Fundamentals practices.*



1 - 2 NEW Mindful Movement and Meditation

A mindful yoga practice that uses moving yoga poses to revitalize, nourish and refresh your body. Continue with poses focused on smooth, full-body movements with a dynamic, non-stressful approach. This class is ideal for those who cannot do floor exercises. Perform modified yoga exercises from the comfort of your chair or use your chair to stabilize yourself while stretching. Practice finishes with a guided meditation.

Wed, Apr 8 - Jun 24 2 - 3:15 p.m.
69800 \$59

1 Yoga Chair

Enjoy slow gentle movements as you stretch every part of your body and improve your range of motion in an ideal class for those who cannot do floor exercises. Perform modified yoga exercises from the comfort of your chair, and use your chair to stabilize yourself while stretching.

Tue, Apr 7 - Jun 23 11:35 a.m. - 12:50 p.m.
67564 \$60

Thu, Apr 9 - Jun 25 10:10 - 11:25 a.m.
67566 \$60

2 Hatha Yoga

Learn to gently and effectively use your breath and props to release tension, open your body, and feel relaxed and energized.

Mon, Apr 6 - Jun 22 9:30 - 11 a.m.
67569 \$50

Mon, Apr 5 - Jun 22 4 - 5:30 p.m.
67570 \$60

Thu, Apr 9 - Jun 25 10:05 - 11:20 a.m.
67571 \$50

1 - 2 Yoga Fundamentals

New to yoga? Roll out your mat and join us in a class geared towards those who have never practiced yoga or have done less than ten classes. Focus on breathing awareness, basic posture and body alignment as you connect with your body as well as strengthen and lengthen your muscles.

Tue, Apr 7 - Jun 23 4:30 - 5:45 p.m.
67568 \$60

Thu, Apr 9 - Jun 25 5 - 6:15 p.m.
67567 \$60

2 - 3 Yoga Movement

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

Tue, Apr 7 - Jun 23 10:15 - 11:30 a.m.
67572 \$60

Wed, Apr 8 - Jun 24 12:10 - 1:10 p.m.
67573 \$49



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.

SACS ON 21ST SALES

In December, SACS on 21st had \$4,835.28 in sales and in January, the shop had \$6,158.78 in sales. In 2019, the shop raised \$79,610.42.

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.

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.

Move & Mingle

This group meets weekly for mild exercises, current events discussion, mental aerobics and socializing. Four different dates and times to choose from in a term. Sessions Sunday, Monday, and two on Thursday.

Lunch & Learn

Enjoy lunch with friends then give your brain a workout with some mental aerobics.

Fri, Jan 3 – Mar 27 11:30 a.m. – 2 p.m.
62552 \$53

Fri, Apr 17 – Jun 26 11:30 a.m. – 2 p.m.
66144 \$45

Music in the Living Room

Enjoy a relaxing and casual sing-a-long program around the grand piano at Hollyburn House.

Wed
Jan 8 – Mar 25 10:30 a.m. – 12 p.m.
63015 \$49

Wed
Apr 8 – Jun 24 10:30 a.m. – 12 p.m.
66153 \$49

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.

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

  **Fraser River Discovery Centre w/ Enjoy the Journey Tours**

Discover the Mighty Fraser—take a 2.5-hour boat voyage up to the Douglas Island Wildlife Preserve as well as to the mouth of the Pitt River. Get your cameras ready for this narrated educational tour!

Thu, Mar 26 8:45 a.m. – 4 p.m.
66228 \$150

  **Tea & Trumpets: New York, New York**

The Big Apple, known for its teaming cityscape, was the inspiration for many great artists. We spend time with Bernstein, Gershwin and Copeland to get a New York state of mind.

Thu, Mar 26 12:30 – 4:40 p.m.
64392 Bus only \$15

  **IKEA Coquitlam**

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

Mon, Apr 13 10:15 a.m. – 2 p.m.
65877 \$21

  **Simply Sooke w/ Enjoy the Journey Tours**

Discover the idyllic setting of this quaint island town from your water-side lunch spot and as you “walk the spit” with the locals. Take a stroll downtown and discover Heritage Row, a few charming stores displaying various work from talented local artisans. Finish up by visiting a local “hidden gem” for coffee and looking at plants, gifts and treasures at The Artisan’s Garden.

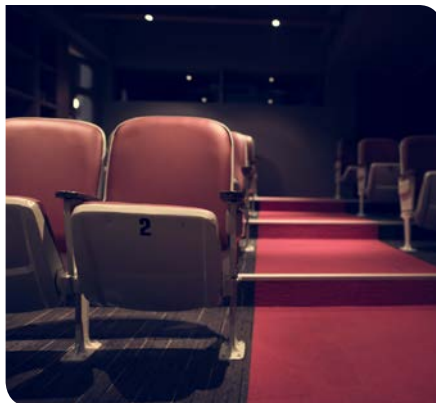
Wed, Apr 8 6:30 a.m. – 8 p.m.
67453 \$129



   **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.

Fri, Apr 9 9 a.m. – 3 p.m.
63002 \$20




  **Stanley Theatre: Carried Away on the Crest of a Wave**

Winner of the Governor General’s Literary Award, Carried Away on the Crest of a Wave weaves together nine evocative stories about the 2004 Indian Ocean tsunami, the deadliest in recorded history. The finely drawn characters illustrate the interconnectedness of our experiences, revealing the resonance of this natural disaster around the world and showing a pathway to hope.

Wed, Apr 15 12 – 5 p.m.
64399 Bus only \$15



 *sorry no walkers*
Tulips & Rowena's Inn w/ Joy Brown

Walk through fields of brilliant coloured tulips in full bloom overlooking snow capped mountains in the East Fraser Valley. Visit a local farm to taste delicious food. Lunch and dessert served at the elegant and fabulous Rowena's Inn on the Harrison River with time to explore this beautiful estate.

Thu, Apr 23 9 a.m. – 5:30 p.m.
66219 \$99

  **Sea-to-Sky Artists & Artisans**

Visit artists' studios and galleries of the spectacular Sea-to-Sky corridor. Enjoy lunch at a local eatery near Squamish or bring your own (cost of lunch not included in tour). Bus leaves from the Ferry Building Gallery.

Tue, Apr 21 10 a.m. – 6 p.m.
68776 \$65

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.



Artists, Artisans & Galleries of Bowen Island

Bowen Island

Join Ferry Building Gallery staff for an exciting day of adventure and art exploration on beautiful Bowen Island. Bus leaves from the Ferry Building Gallery.

Thu, May 28 9 a.m. - 6 p.m.
68791 \$65 (incl. Ferry fare)



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



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.

PROGRAMS AT THE WEST VANCOUVER MEMORIAL LIBRARY



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

The Metropolitan Opera Lectures

A lecture series with Nicolas Krusek, based on the *Met's 2019 - 2020 Live in HD* season playing now at participating Cineplex theatres.

Welsh Hall

Wed, Mar 4, 11, 18, 25 12:30 - 2:30 p.m.

Drop-in Free

Getting to Know Dementia

Expand your knowledge of dementia and learn about the different types of resources available at any stage of the disease. Register through the Alzheimer Society of B.C. at 604-984-8348 or info.northshore@alzheimerbc.org.

Welsh Hall

Fri, Mar 6 1 - 3 p.m.

Drop-in Free

Movie Nights

We screen thought-provoking and entertaining films. See you at the show! **Welsh Hall.**

All is True

Mon, Mar 23 6:30 - 8:30 p.m.

Drop-in Free

Downton Abbey

Mon, Mar 30 6:30 - 8:30 p.m.

Drop-in Free



Philosopher's Café: Earth Care

As we contemplate the impact of human activities on our environment, how do we best care for this home planet of ours?

Welsh Hall

Thu, Apr 16 10:30 a.m. - 12 p.m.

Drop-in Free

Friday Night Concert: Brass Buzz

This ensemble offers an impressive range of musical styles, from the Renaissance to the present day, with pieces now transcribed for brass.

Main Hall

Fri, Apr 24 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.

MARCH 1

Sun Brunch at Eleven

MARCH 2 – 8

Mon Spanakopitas w/ Tzatziki, Lemon Wedge, Greek-style Potatoes, Tomato and Cucumber Salad

Tue Sweet & Sour Pork, Rice, Steamed Broccolini

Wed Tuscan Tuna Sandwich on Brioche, Tossed Salad

Thu Spaghetti w/ Meat Sauce, Garlic Toast

Fri Curried Basa, Rice Pilaf, Mexican Corn

Sat Swedish Meatballs w/ Linguine, Duo of Beets Salad

Sun Brunch at Eleven

MARCH 9 – 15

Mon BBQ Chicken Leg, Rice Pilaf, Vegetables

Tue Loaded Vegetarian Quiche, Four Bean Salad on a bed of Lettuce

Wed Italian Sausages w/ Peppers and Onions, Duo of Mustards, Homemade Warm Potato Salad

Thu Pork Cutlet in Mushroom Sauce, Lemon Wedge, Mashed Potatoes, Vegetables

Fri Hot Caesar w/ Prawn Brochette, Roasted Potatoes

Sat Penne Carbonara w/ Shrimp, Garlic Toast, Caesar Salad

Sun Brunch at Eleven

MARCH 16 – 22

Mon Pulled Pork on a Bun, Savory Potato Wedges, Sliced Tomatoes

Tue Chopped Salad w/ Spicy Chicken and Buttermilk Dressing, Garlic Crostini

Wed Classic Beef Meatloaf w/ Gravy, Mashed Potatoes, Roasted Root Vegetables

Thu Penne w/ Tomato, Basil, Olives and Pecorino, Garlic Toast, Salad

Fri Baked Fish on Vegetables, Rice, Green Beans

Sat Chicken a la King, Rice Pilaf, Mixed Greens

Sun Brunch at Eleven

MARCH 23 – 29

Mon Ginger Beef, Rice Pilaf, Stir Fry Vegetables

Tue Turkey Chili w/ Romaine Salad, Cornmeal Muffin

Wed Salisbury Steak w/ Onion Gravy, Mashed Potatoes, Peas & Carrots

Thu Crab Swiss & Green Onion Quiche, Caesar Salad

Fri Rigatoni w/ Arrabbiata Sauced Shrimp, Salad, Garlic Toast

Sat Tuna Melt on English Muffin, Kale & Cabbage Slaw

Sun Enhanced Brunch 10:30 a.m. – 1:30 p.m.

MARCH 30 – 31

Mon Roast Chicken in Mushroom Sauce, Roasted Potatoes, Seasonal Vegetables

Tue Cabbage Rolls w/ Pierogies and Sour Cream, Salad

DINNERS

Tuesday, Mar 3

Sole Florentine (Spinach & Hollandaise) w/Roasted Red Potatoes, Baked Tomato & Broccoli

Thursday, Mar 5

Honey Ham w/ Pine-apple, Scalloped Potatoes, Brussel Sprouts & Carrots

Tuesday, Mar 10

Happy St. Patrick's Day! Irish Dinner: Corned Beef & Braised Cabbage, Dijon Mustard Sauce, Parslied Potatoes

Thursday, Mar 12

Beef Bourguignon w/Cheddar Mashed Potatoes, Green Beans Almondine

Tuesday, Mar 17

California Curry Chicken w/ Rice Pilaf, Bistro Salad

Thursday, Mar 19

Chicken Parmigiana w/ Linguine, Caesar Salad

Tuesday, Mar 24

Asian Glazed Pacific Wild Salmon w/ Rice Pilaf, Stir Fry Vegetables

Thursday, Mar 26

Madras Lamb Curry w/Fruited Rice, Roasted Golden & Red Beets

Tuesday, Mar 31

Roast Pork Loin w/ Stuffing & Gravy, Mashed Yukon Gold Potatoes, Seasonal Vegetables

GARDEN SIDE CAFÉ

APRIL 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.

APRIL 1-5

- Wed** Turkey a la King, Rice, Medley of Fresh Vegetables
- Thu** Penne Bolognese (meat sauce), Garlic Toast, Salad
- Fri** Baked Fish on Ratatouille, Rice, Side Salad
- Sat** Salmon Boats w/ Lemon Butter White Wine Caper Sauce, Roasted Potatoes, Mixed Vegetables
- Sun** Brunch at Eleven

APRIL 6-12

- Mon** Shepherd's Pie, Gravy, Romaine Salad Bowl with Sliced Celery, Cucumbers and Green Onion
- Tue** Homemade Chicken Schnitzel, Cranberry Sauce, Mashed Potatoes, Mixed Vegetables
- Wed** Ham & Cheese Quiche, Caesar Salad
- Thu** Shaved Montréal Smoked Meat w/ Dijon Mustard and Sauerkraut on Rye, Potato Salad
- Fri** Good Friday — Closed
- Sat** Vegetable Lasagna, Side Salad
- Sun** Easter Sunday Special Brunch

APRIL 13-19

- Mon** Easter Monday — Closed
- Tue** Pork Paprika w/ Linguine, Mixed Greens
- Wed** Chili Con Carne, Cornmeal Muffin, Mixed Greens
- Thu** Asparagus, Bacon & Cheddar Quiche, Four Bean Salad on a Bed of Lettuce
- Fri** Curried Basa Fish Filet, Rice Pilaf, Salad
- Sat** Bacon Lettuce Tomato & Cheese on Texas Whole Wheat Bread, Caesar Salad
- Sun** Brunch at Eleven

APRIL 20-26

- Mon** Philadelphia Pepper Steak, Rice Pilaf, Tossed Salad
- Tue** Chicken Kiev, Gravy, Cranberry Sauce, Mashed Potatoes, Mixed Vegetables
- Wed** Swiss Burgers in Tomato Gravy, Roasted Red Potatoes
- Thu** Slow Cooker Chicken Barbecue, Sweet Pickle, Sliced Tomatoes, Mashed Potatoes
- Fri** Fish & Chips, Kale Slaw
- Sat** Chef's Salad w/ Grilled Chicken, Ham, Egg and Cheddar, Dinner Roll
- Sun** Enhanced Brunch 10:30 a.m. - 1:30 p.m.

APRIL 27-30

- Mon** Beef Stroganoff, Pasta, Harvard Beets
- Tue** Ham & Brie Croissant, Potato Salad, Sliced Tomatoes on a Bed of Lettuce
- Wed** Sweet & Sour Chicken, Rice, Steamed Broccoli
- Thu** Broccoli & Cheese Quiche, Chop Salad w/ Quinoa on a bed of Lettuce, Fresh Fruit

DINNERS

Thursday, Apr 2
Southern-style Pork Ribs, Baked Beans, Rice Pilaf, Sautéed Zucchini Peppers & Onions

Tuesday, Apr 7
Coq Au Vin, Cheddar Mashed Potatoes, Green Beans Almondine

Thursday, Apr 9
Homemade Beef Lasagna, Caesar Salad & Garlic Bread

Tuesday, Apr 14
Ukrainian Dinner
Cabbage Rolls, Pierogies & Sour Cream, Garlic Sausage, Side Salad

Thursday, Apr 16
Breaded Beef Liver w/ Bacon & Roasted Onions, Gravy, Mashed Potatoes, Vegetables

Tuesday, Apr 21
Dijon Pork Tenderloin, Scalloped Potatoes, Roasted BC Red & Gold Beets

Thursday, Apr 23
Brittingham's Irish Stew, Mashed Potatoes, Green Beans

Tuesday, Apr 28
Pacific Wild Salmon w/ Hollandaise, Yukon Gold Mashed Potatoes, Medley of Fresh Vegetables

Thursday, Apr 30
Roast Turkey Roll with all the Trimmings

WEST VANCOUVER SENIORS' ACTIVITY CENTRE

FLEA MARKET

SUNDAY, APRIL 5

9 A.M. - 3 P.M.



LOCATION: SENIORS' ACTIVITY CENTRE

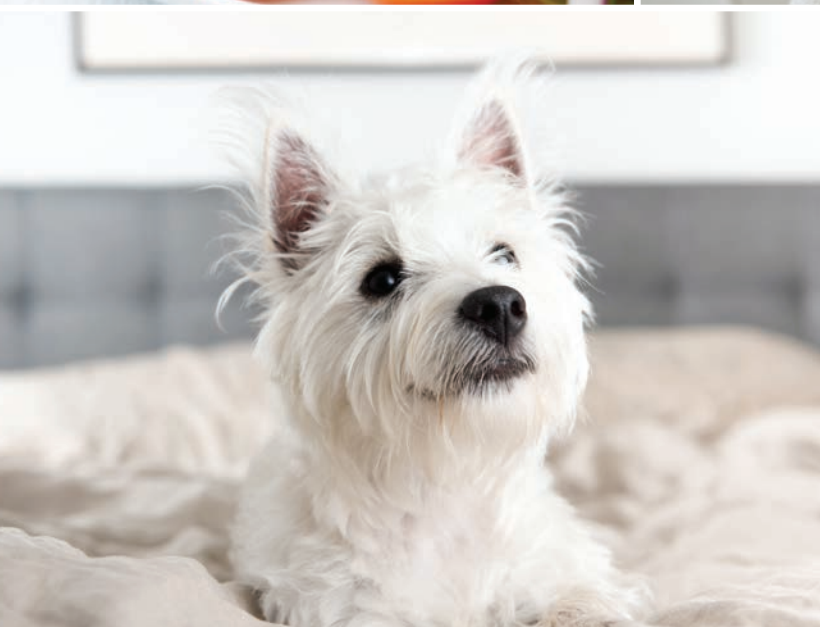
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westvancouver.ca/seniors

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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.

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