



21

JAN/FEB

THE SCENE

A West Vancouver Seniors' Activity Centre Publication

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West Vancouver, BC V7V 4A7

Phone 604-925-7280
Fax 604-925-5935
Web westvancouver.ca/seniors

HOURS OF OPERATION

Monday – Saturday
Registered Programs 8:30 a.m. – 4 p.m.

Monday – Sunday
Take-out Food Service 10 a.m. – 2 p.m.

Sunday
Take-out Food Service only 10 a.m. – 2 p.m.

HELP LINE: 604-925-7280

Monday – Sunday 8 a.m. – 4 p.m.

Please note the following closures:

Fri, Jan 1 (New Years Day)

EDITORIAL

Editors Sabina Kasprzak, Michiko Araki

Advertising Sabina Kasprzak

Publisher District of West Vancouver

Print Still Creek Press

Cover Photo By Sabina Kasprzak

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.

Disclaimer:

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

ON THE COVER

A woodwork artisan honing his craft.

RECOGNITION OF FUNDING DONORS

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

WELCOME TO THE SCENE



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

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

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

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

West Vancouver Recreation has made temporary changes to the refund policy during the COVID-19 pandemic.

Online Withdrawals can be done up to 24 hours prior to class start for individual group fitness, yoga and CycleFit classes as well as fitness centre time slots.

Registered Program Refunds will be given for withdrawals requested prior to 24 hours before the start of the first class.

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

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

DID YOU KNOW?

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



Brian Hann | *Chair*

MESSAGE FROM THE ADVISORY BOARD CHAIR

On behalf of the Seniors' Activity Centre Advisory Board, we would like to extend our warmest wishes for a New Year that is safe, comfortable, and filled with health and contentment.

Home is where the heart is and where memories are made. We have confidence that the present concerns we are facing will be resolved and the Centre will once again resume its former activities and be the second home to so many of our members.

Thank you so much to those members who have continued to volunteer during this difficult period supporting the current programs: working in the cafeteria to provide the take-out meals, the number involved in the very successful fundraising campaign to maintain the "Feed the Need" Food Security Program for the year, and those who tirelessly contribute to the continued success of the SACS on 21st store.

Finally, a thank you to the Centre staff who have done an excellent job in ensuring we all keep safe when using the facilities and maintaining necessary programs.

Keep safe.

— **Brian**



Jill Lawlor
*Community
Recreation
Manager*



Davida Witala
*Recreation
Supervisor*

MESSAGE FROM COMMUNITY RECREATION MANAGER & THE RECREATION SUPERVISOR

The new year brings us a fresh start, new resolutions, and new ideas. 2021 will be our fresh start! The Seniors' Activity Centre (SAC) is filled with fresh hope, new programs (online and in-person) and new opportunities to connect! The SAC Advisory Board purchased a beautiful tent and lovely heaters creating a safe space outdoors for people to gather. Outdoor sports continue to be active in smaller numbers and spread out over town, and the SAC Shuttle Bus route has been expanded to include our residents furthest west. SACS on 21st shattered sales records in the last quarter of 2020—if you have not stopped by to visit the newly expanded little shop it is worth a visit!

We are pleased to share that Feed the Need raised over \$250,000 and we are able to carry on our meal support program for vulnerable seniors in our community for the whole year! Thank you to our incredible fundraising committee, volunteers, members, and our incredibly supportive and generous community for their unwavering support! Over Christmas we received hundreds of gifts that were delivered to seniors at risk. It was beautiful to bring smiles, joy, contact, and community spirit to so many! Special thanks to London Drugs, Collingwood School, Girl Guides, and Scouts for the incredible work as Santa's elves!

While we are still operating with unique rules, the good news is we are still operating, our doors are open, and food is fresh and delicious! Stop by for a pick-up or arrange for a delivery!

Looking forward to an amazing 2021, with you!

— **Jill & Davida**

OUR PROGRAM COORDINATORS



VOLUNTEERS

Sylvia Lung

Volunteer Services Coordinator

604-925-7288

slung@westvancouver.ca



INDOOR AND OUTDOOR PROGRAMS AND TRANSPORTATION

Caroline Brandson

Outdoor Programs and Transportation Coordinator

604-925-7230

cbrandson@westvancouver.ca



SUPPORT SERVICES

John Lait

Seniors Support Services Program Coordinator

604-925-7287

jlait@westvancouver.ca



OUTREACH PROGRAMS

Helen Murphy

Outreach Program Coordinator

604-925-7211

hmurphy@westvancouver.ca



FITNESS PROGRAMS

Eric Bagnall

Program Coordinator Personal Training & Weightrooms

604-921-2903

ebagnall@westvancouver.ca



FITNESS PROGRAMS

Sadie Harvey

Program Coordinator Group Exercise & Yoga

604-925-7231

sharvey@westvancouver.ca



FITNESS PROGRAMS

Dave Thomson

Program Coordinator - Rehabilitation

604-921-2169

dthomson@westvancouver.ca



FOOD SERVICES

Lou Novosad

Food Service Program Coordinator

604 925-7122

lnovosad@westvancouver.ca



VOLUNTEERS

To reach someone in our department, call or text 604-925-7288.

VOLUNTEER WITH US!

Thank you to all the volunteers who have been helping us provide services to seniors and people in need in our community during our facility closure due to the pandemic. We could not have provided the amazing services to our community without your help.

As we continue to safely open programs in the fall, there will be more opportunities to volunteer.

Contact Sylvia at slung@westvancouver.ca if you have any questions about some of the new things we are doing, or if you are interested in volunteering.

The Centre is currently operating with volunteers in essential positions. We are following all the recommended safety protocols.

If you are volunteering with us, and suddenly cannot make your shift, please call the Volunteer Services 604-202-8694 or call the Centre during office hours (604-925-7280).

Some of the key areas we need volunteers for are:

Hostessing at the cafeteria area

Hosts work in conjunction with the cafeteria hostess, welcoming visitors, providing information about the Centre, and helping the volunteer if it gets very busy.

Driving seniors to appointments

Drivers use their own car and must have their driver's licence and a driver's Abstract from ICBC. Please email Helen Murphy at hmurphy@westvancouver.ca if you are interested in this opportunity.

Volunteers will need to complete a Volunteer Orientation and Police Information Check before they can assist with these opportunities.

If you have ideas for other volunteer opportunities that you would like to see at the Centre, please contact Sylvia at slung@westvancouver.ca

VOLUNTEER ORIENTATION

If you are interested in joining our volunteer team, please ensure you have a BC Care Card or BC Services Card with Personal Health Number before signing up for an upcoming Adult Volunteer Orientation.

If you are in doubt contact Sylvia (slung@westvancouver.ca, 604-925-7288). You can sign up for the online orientation by visiting activewestvanrec.ca or calling 604-925-7280. You will be sent a link to a 30-minute informational video on volunteering with ten questions to answer at the end. Once completed, we will send you a welcome email with more information on the next steps to becoming a volunteer, including further training, a virtual meeting and a police check.



We've got a world of knowledge to share!



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



Visit us online www.nseldercollege.org or call for details 778.246.6737

GARDEN SIDE CAFÉ



Take-out & Delivery Food Service

When coming to purchase food, please enter from the South East entrance. An indoor waiting space with chairs has been created inside the Café.

Take-out Service Hours

Monday – Sunday 10 a.m. – 2 p.m.

For food delivery call 604-925-7280 to place your order. (No deliveries on Sundays).

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

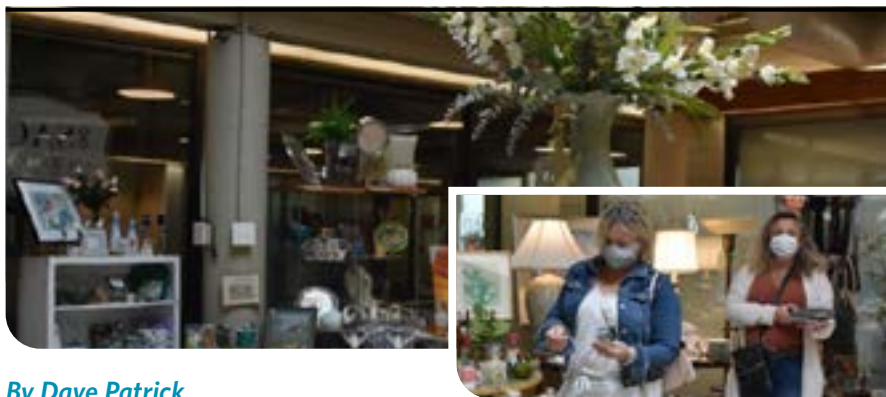
DONATIONS

Receipts will be issued for donations of \$25 or more.

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!

DONATIONS TO DISPLAY



By Dave Patrick

It sometimes seems that we are always writing about our shop (SACS on 21st), and in this issue we have a very good reason to!

We would like to share with you that in November 2020 SACS on 21st recorded its 3rd highest monthly sales figures in its four-year history—this during a pandemic with only two customers allowed in the shop at one time! We can definitely attribute these amazing sales figures to the very kind people who donate their much-loved possessions, and those who come to the shop looking for a chat and that special something.

Donations can be made any time during the Seniors' Activity Centre's opening hours, by dropping them off either at the entrance or the shop.

Then the voyage begins with getting these donations into the shop ready, and for sale. Once received they are collected by a volunteer, placed into our storage unit for a three-day quarantine.

Then they are wheeled into our pricing room to be inspected, sorted, washed, polished, and finally priced. Some items are taken to a local appraiser to ensure we are pricing items correctly. The remaining items are priced by the volunteers who, after four years have developed an eye for value and a fair selling price.

Then the display volunteers jump into action working their magic to make the shop, interesting, colourful, and hopefully a little bit quirky.

Finally, it's 10 a.m. and the door is unlocked, the sign is put out, and two volunteers get ready for their two-hour shift, with another two volunteers relieving them from 12 to 2 p.m.

After closing, the shop is restocked so we can enjoy another rewarding day of meeting people, hearing their stories, and a feeling like life has returned to normal in our little corner of the world.

Thank you to all the people who do so much to make our "little boutique" such a special place.

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- Sell or donate unwanted items
- Organize and set up new home

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AMICA WEST VANCOUVER • 659 CLYDE AVE | AMICA.CA



Peter Baragon

COVID'S SMALL MIRACLES

By Valerie Coles

Pandemic. A year ago, none of us gave it a thought. A pandemic... wasn't that some vague malaise that struck distance lands once a century?

How sweetly naïve we were.

And how wise we are now. It didn't take us long; luckily, life or death tends to bring out our most resourceful selves. We've not only learned how very real a pandemic is, but also the surprising toll it's taking on our mental health. For most of us, the toughest part is the isolation—the colourless sameness of one day plodding after another, ruthlessly devoid of everything we love the most: hugging good friends, sharing dinners at a favourite spot, watching movies with pals at Park Royal's coolly avant cinema. We're hard-wired to seek connection with other humans, but that's not easy when we're also trying to avoid connection with a deadly virus.

The Seniors' Activity Centre is well aware of the heavy toll COVID-19 is taking on both our mental and physical well-being and offers new healing classes to address it.

Peter Baragon, the Senior Activity Centre's much-loved yoga instructor, has a new feather in his cap: Stretch and Movement. He designed this innovative class for people with Parkinson's, dementia and other challenges, using the magic of music to get them moving—upbeat tunes from disco to pop that gets them bouncing and dancing.

Always playful, Peter gives them lots of props like balloons and foam balls, working their hands while they're having fun, holding and squeezing and floating balloons around the room like an old-fashioned day in the gym. 'Sports Day' invites the class to move their arms and bodies while they're 'playing' basketball, baseball

and tennis. Visions work magic with this group and Peter gives them his all: "feel the water", "let's go bowling", "how 'bout a hike?" But the day doesn't always go as planned. Peter points out, "some days I throw my class plans out the window in response to a member like 'Joe', who only wants to dance, so dancing it is."

Clearly, the value of this special class is huge, both physically and mentally, and Peter knows it. "For most of them, this is a golden oasis in their week. Otherwise they simply never leave home."

"Service to others is the rent you pay for your room here on earth."

- Muhammed Ali

The Caregivers' Support Group is another special class where small miracles happen every week. This weekly class (formerly monthly) is led by Helen Murphy, the Centre's popular coordinator, famous for her cheeky wit and Irish lilt. This is a no-holds-barred class where married caregivers tell all without judgement.

Karen Nicholson, a retired businesswoman who never misses the class, talks about the sadness of "slowly losing my lifelong best friend" while still giving him her devoted attention, twenty-four hours a day.

"We don't have to explain. We tell all, and everyone knows exactly what we mean when we say we've lost it and exploded. Everyone's been there."

The mutual support is clearly priceless. As Karen attests, the power of that support makes the rest of her week bearable. She adds that The Serenity Prayer currently gets lots of use in her house.

"Life's most persistent and urgent question is, what are you doing for others?"

- Martin Luther King, Jr.

Dave Dauphinais is an unsung hero at the Seniors' Activity Centre. Every Thursday, Dave drives the bus that transports volunteers delivering free meals to West Van's food-insecure seniors living in subsidized housing. A longtime member, Dave jumped into action when he learned about the Centre's new charitable meal program. "I have a Class Four driver's license so I knew this was my chance to help." And help he does, week after week, loading dinners and

volunteers and navigating the many miles between drop-offs, Capilano Road to Horseshoe Bay.

"No one has made it through life without someone else's help."

- Heather French Henry

Throughout this strange and stressful time, the Centre offers a timeless antidote, Mindful Meditation. Instructor Susan Ping has experienced the benefits of daily meditation during her life's most stressful times and she openly shares these learnings with the class. Susan keeps the techniques simple, allowing the class to immediately close their eyes and follow them. Breathing is key and Susan teaches 52 different techniques, giving each person the chance to try them out and choose the one that works best.

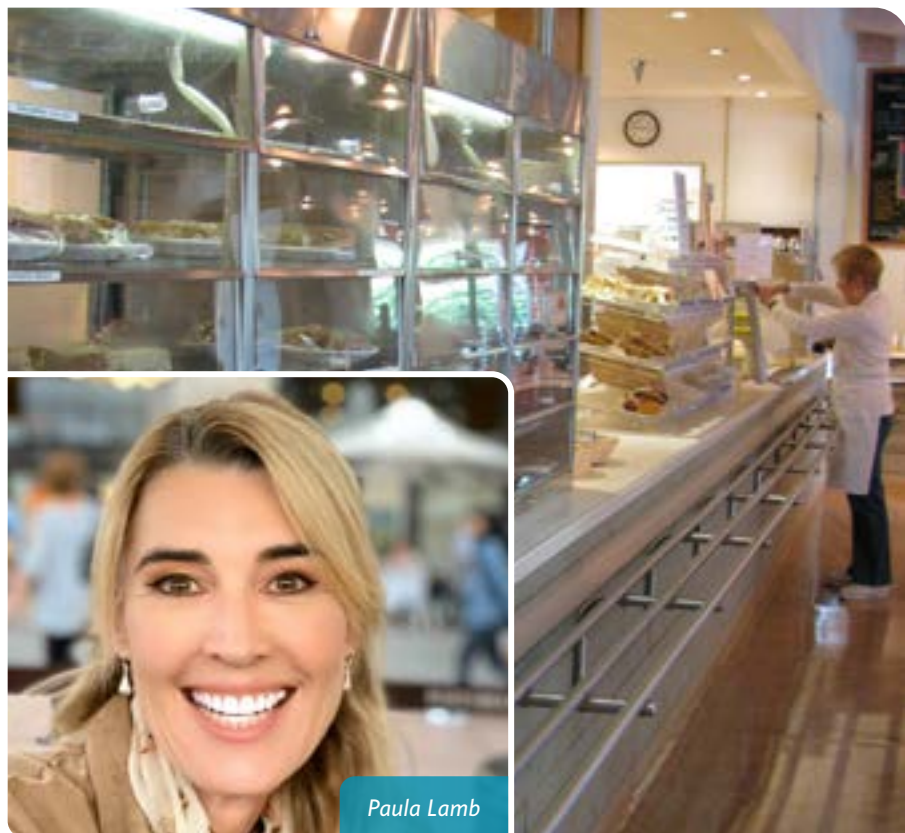
"I cultivate a sense of connection and belonging for my class, and the result is a newfound mindfulness, an awareness of the richness of the present moment."

As Rumi said so long ago, "the present is all there is".

Two years ago, **Paula Lamb**, fresh from South Africa, was amazed when she heard the West Vancouver Seniors' Activity Centre was looking for volunteers.

"Volunteers? No one would even think of volunteering in South Africa. Canadians value community giving, but not every culture does and it inspired me to volunteer there even though I'm not yet 55." For the past two years, Paula has been volunteering in the Centre's much-loved cafeteria.

"The minute I heard about a new program delivering food to vulnerable seniors, it fuelled my fire and I knew immediately it was something I wanted to do. The entire



Paula Lamb

experience has been an incredible eye opener. I had no idea that people like this lived in West Vancouver.”

“It makes me proud of what we’re doing. Every meal is well balanced, containing a protein, vegetables and a carb, all freezable. The cafeteria accommodates special meals, like vegetarian or without fish. Many of these people had been too afraid to shop and they were living at the poverty level. We always stop to chat when they open the door, knowing it’s likely we’re the only people they talk to all week. One friendly lady used to be a photographer and she leaves chocolates for us outside her door. Once I saw a gentleman we deliver meals to outside his building, digging through the recycled bottles. To me, that reinforced the importance of our program. I hope it doesn’t end.”

Obviously no one, rich or poor, is immune to the effects of the

pandemic. We’ve all isolated and hunkered down and we’ve definitely paid the price.

A recent research paper from Pacific Blue Cross revealed that almost three times more people (52%) reported poorer mental health now, compared to the start of the pandemic. As well, 42% of British Columbians are exercising less, and 32% report having poorer quality sleep. Diet is also an issue as nearly

a quarter (24%) reported they are not eating well, with a fifth (19%) stating they are consuming more alcohol.

To say we’ve all been stressed and distracted by the pandemic is an understatement. Luckily, we live in a province rich with resources a phone-call or click away. Meantime, a vaccine is on the horizon, the sweetest miracle of all.



Crisis Telephone Lines:

Seniors Distress Line

(Seniors First BC):
Tel: 604-872-1234

Seniors and Adults 24 hour crisis line:

Tel: 604-872-3311

Crisis Line Association of British Columbia

Email: info@crisislines.bc.ca
crisislines.bc.ca

310Mental Health Support:

Tel: 310-6789 (no area code necessary)

Mental Health Services:

Vancouver Coastal Health Community
Mental Health Services: **Older Adult
Mental Health Program, North Vancouver**
Suite 350-145 West 17th St.
North Vancouver, BC V7M 3G4
Tel: 604-982-5600 | **vch.ca**

Canadian Mental Health Association North and West Vancouver Branch

Suite 300-1835 Lonsdale Avenue
North Vancouver, BC V7M 2J8
Tel: 604-987-6959
Email: northshore@cmha.bc.ca

North Shore Neighbourhood House: Senior Peer Support:

Tel: 604-315-2084
Email: lharding@nsnh.bc.ca

British Columbia Association of Clinical Counsellors:

Tel: 1-800-909-6303
bc-counsellors.org

CYCLING WITHOUT AGE NORTH SHORE



Photo: www.cyclingwithoutage.ca (Trishaw bicycle by Van Raam)

Thanks to the support of donors, volunteers and other community members, Cycling Without Age North Shore began offering free rides on the Spirit Trail to mobility challenged people this summer, as shown in the above photo taken near Ambleside Pier.

Our start-up was delayed by COVID-19, but we intend to offer a full program of free rides on the Spirit Trail, Green Necklace and Lower Seymour Conservation Reserve (LSCR) Trail, COVID-19 permitting, in 2021.

Cycling Without Age North Shore is a program operated by volunteers through Silver Harbour Seniors' Activity Centre and supported by the West Vancouver Seniors' Activity Centre. We have been provided bases at Park Royal and by the City of North Vancouver at Mahon Park. We plan to offer group rides from The Boat Shed in Ambleside Park, The Shipyards at Lonsdale Quay and the gazebo at the LSCR trailhead. Groups of people will ride by bus or

car to these locations, from where we will arrange rides for up to four passengers at a time while the balance of the group socializes. We also offer rides from the doors of care homes, if they can be safely reached from one of our bases. Those we are not able to reach and people living in their own homes will be offered free rides from pick up points, which include our bases, The Boat Shed, The Shipyards and other conveniently located coffee shops.

To book rides, care homes are invited to contact us to discuss arrangements for booking group excursions and rides on behalf of their residents. People living in their own homes will be provided with a telephone number they can call to contact a booking

agent. This number will be displayed on our website early in 2021.

We will be recruiting and training pilots commencing early in 2021. We are also seeking bus drivers and additional management team members. Anyone interested in joining our team is invited to contact us by email.

With care homes spread out across the North Shore and with the shortage of space where we could locate permanent bases, we intend to purchase a cargo trailer, at a cost of \$5,000, to serve as a mobile base. This will allow us to access the LSCR and service many more care homes by taking the trishaws to our passengers' door. We will be fund raising for this purchase.



Please visit our web site for more information:
cyclingwithoutage.ca/northshore

Email: **northshore@cyclingwithoutage.ca**

Cell: **604-813-5526**

A LOOK INSIDE THE WOODWORKING STUDIO



Theologian's Cafe — Virtual

Join us for our January discussion: 'What Happens When We Die?'

Thu

Jan 2 11 - 3 p.m.
85148 \$2.50

Tour of the West Vancouver Art Museum

Join the West Vancouver Art Museum staff for a tour of the most recent exhibit of Cornelia Hahn Oberlander, an eminent landscape architect.

Thu

Feb 4 11 a.m. - 12 p.m.
85154 Free
\$5 if transportation is required

TELUS SUBSIDIZED RATE PLANS FOR SENIORS

Telus has launched the Mobility for Good for Seniors program to provide free smartphones and subsidized rate plans to eligible seniors.

For more information, visit: telus.com/en/about/seniors/application



CALL FOR DONATIONS

We are collecting the following donations for seniors:

- Devices (iPads)
- Masks
- Toiletries for men & women

If you would like to donate any of these items, please contact the Seniors' Activity Centre at 604 925-7280 to set up a drop-off.

Your donations are greatly appreciated by us and our local seniors!

SACS on 21st

Your favourite little shop inside the Seniors' Activity Centre is open Monday to Saturday from 10 a.m. to 2 p.m. Physical distancing as well as cleaning and safety protocols are in place.

Donations can be dropped off on Wednesdays and Saturdays from 10 a.m. to 2 p.m.

REGISTERED PROGRAMS

For refund policy see page 3 of The Scene.

For a complete list of programs, visit westvancouverrec.ca.

VISUAL ARTS

Painting Studio (open)

Studio time for self-directed projects.

Tue
Jan 5 - Feb 2 9 a.m. - 12 p.m.
83607 \$17.50

Tue
Jan 5 - Feb 2 1 p.m. - 4 p.m.
84590 \$17.50

Wed
Jan 6 - Feb 3 9 a.m. - 12 p.m.
84591 \$17.50

Fri
Jan 8 - Feb 5 1 p.m. - 4 p.m.
83610 \$17.50

Painting Studio with James

Bring your own materials, get assistance in colour mixing.

Thu
Jan 7 - Feb 4 9 a.m. - 12 p.m.
83608 \$22.50

Painting Studio for Oils

Non-instructional time to paint and be inspired by others.

Thu
Jan 7 - Feb 4 1 - 4 p.m.
83609 \$17.50

Photo Club — Virtual

Come curious, and leave inspired by the stunning images shared by guest presenters and participants. No formal instruction.

Thu
Jan 7 - Mar 25 1 - 2 p.m.
83613 \$27

MUSIC

Heritage Choir — Virtual

Where have all the singers gone?

News flash – they haven't! The Choir is alive and well.

Tue
Jan 5 - Feb 2 1 - 2:30 p.m.
83621 \$45

Dundarave players

Make music with the Dundarave Players!

Wed
Jan 6 - Feb 3 9 - 11 a.m.
83633 \$12.50

Recorders — Intermediate

Have fun with playing with others! Some experience needed.

Tue
Jan 5 - Feb 10:30 a.m. - 12 p.m.
83731 \$12.50

Recorders — Advanced

Have fun while practicing your talents with others! Players must have some experience.

Thu
Jan 7 - Feb 4 10:30 a.m. - 12 p.m.
83732 \$12.50

Jazz Jam

Do you enjoy making music? Register to play 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.

Every Sat *Register on Wed prior*
10 a.m. - 12 p.m. \$2.50

CRAFTS

Wednesday Craft Group

Calling all knitters and crafters!

Wed
Jan 6 - Feb 3 9:30 - 11:30 a.m.
83612 FREE

LANGUAGES

Spanish Conversation

Practice your language skills and add to your vocabulary! This class is designed for fluent Spanish speakers

who are seeking an opportunity to practice and converse with others. No instructor.

Fri
Jan 8 - Feb 4 10 a.m. - 12 p.m.
84785 \$12.50

WOODWORKING

Woodworking classes are only for members who are at an advanced level and are proficient enough to work on their own. We are not able to give guidance or hands-on instruction. Please bring your own materials and woodworking masks and face shields. You will be expected at the end of the class to disinfect any of the tools that you have used. Projects must return home with participants after each class. No drop-ins allowed. Please look online for the dates and cost of these courses.

Woodwork Level 3 — Advanced

Mon 9 a.m. - 12 p.m.
Mon 1 - 4 p.m.
Tue 9 a.m. - 12 p.m.
Wed 9 a.m. - 12 p.m.
Wed 1 - 4 p.m.

Ladies Woodworking

Tue 1 - 4 p.m.

Woodcarving — Advanced

Thu 9 a.m. - 12 p.m.
Thu 1 - 4 p.m.

WELLNESS

Mindful Meditation

Handing pandemic anxiety requires coping strategies. In these tumultuous times it is easy to feel overwhelmed with worries and fears. Learn how mindfulness meditation as well as breathing techniques can help alleviate feelings of loneliness, isolation, depression, and anxiety. Gain confidence and hope, and learn how to de-stress in any given moment of your day.

Thu
Jan 7 - Feb 4 2 - 3 p.m.
83620 \$12.50

Finding Meaning

Are you in the later part of an active life, wondering, what now? In this program, explore the values, thoughts, and feelings that have given your life meaning thus far, and look at what can provide meaning and purpose now, and in the future.

Wed
Jan 6 - Feb 3 1 - 3 p.m.
83737 \$85

SPORT

Table Tennis

We play for fun—come enjoy an exciting, fast-paced game with us! Pre-register for your timeslot and bring your own paddle. Cash not accepted at the front desk, please register for one month at a time. We encourage you to call in or go online to register and pay in advance. Entrance to the Lilly Lee Spirit Room is near the fountain, south side of the building.

Fri
1:30 - 3:15 p.m. & 3:45 - 5:30 p.m.
Pre-registered drop-in \$2

Badminton

Bring your racquet and join a fun game with other seniors! Register over the phone or online to reserve your spot.

Thu
10:30 a.m. - 12:30 p.m. & 1 - 3 p.m.
Pre-registered drop-in \$3

OUTDOOR ACTIVITIES

An Assumption of Risk is required before participating in outdoor sports.

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

For a listing of what's happening each month visit westvancouverrec.ca/recschedules and view the Seniors' Activity Centre's Outdoor Sports schedule under the 'Schedules' tab or

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

Ski & Snowshoe Annual 20/21 Registration

Do you enjoy cross country skiing or snowshoeing? Join a group of experienced outdoor enthusiasts who go up twice a week to the Hollyburn Nordic Area on Cypress Mountain to enjoy winter sports with friends. Trails are patrolled, but come fully prepared as conditions may vary. Register to join the group and pay for the bus each time you wish to go up the hill. Space on the bus will be limited due to physical distancing measures. A trail ticket or pass is required for skiing and snowshoeing in the ski area boundary.

Wed/Fri Nov - Mar (ski season)
8:45 a.m. - 1 p.m.
74823 \$15
Register for bus separately.
\$5 each ride.

Explorers

Explorers will be back in the spring—look out for more details in the New Year.

Ramblers 2021 Annual Registration

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

Mon 10 a.m. - 1 p.m. approx.
Jan 4 - Dec 27
83541 \$15

Hikers Tuesday 2021 Annual Registration

Are you active and in good physical shape? Hike on Tuesdays throughout the year! Tuesday hikes are 4-5 hours in duration and 8-14 km in distance. Bus trips once a month. You must carry your own food, water

and wear hiking boots. Bring spare clothes and something to sit on.

Tue
Jan 5 - Dec 28 9 a.m. - 3 p.m.
83527 \$15

Hikers Thursday 2021 Annual Registration

Hike with the Advanced group on Thursdays throughout the year! Outings are 6-9 hours long and 12-25 km in distance. Hikes are posted on westvancouverrec.ca/recschedules and list the elevation gain and details of the hike.

Thu
Jan 7 - Dec 23 7:30 a.m. - 3:30 p.m.
83535 \$15

Seniors' Activity Centre SHUTTLE BUS

The Seniors' Shuttle Bus Service offers an opportunity for seniors to easily access the Seniors' Activity Centre and local businesses including financial institutions, grocery stores, and doctors' offices.

The shuttle service is available by donation every Tuesday and Thursday from 9 a.m. to 3:30 p.m.

Service has expanded to two days per week with a new stop added at Klahanie Court (off of Capilano Road).

Call 604-925-7280 to reserve a spot. Due to COVID19 restrictions, only 5 passengers are permitted on the shuttle at one time. **Masks are required.**

To download the Shuttle Bus brochure with schedule, visit westvancouver.ca/seniors.



Turtles

The Turtles ride Tuesday and Thursday mornings and almost all rides are in Metro Vancouver and on the North Shore. There are usually two options: a short (15-25 km) and a long (35-50 km) riding option. We ride at between 16-18 km/hr. New members welcome.

Tue/Thu

Jan 5 - Dec 30 9 a.m. - 12 p.m.
75298 \$30

NEW Coast Riders

Explore safe group cycling while enjoying the beautiful North Shore and Greater Vancouver sights on Wednesday mornings between April and October with optional winter rides (weather dependent). Rides are generally 35-40 km in distance with speeds between 14-16 km/hr and last 3-4 hours with a coffee break. Anticipate some shared roadways with traffic, bike paths, bridges, and some gravel. E-bikes are welcome. Learn new skills in biking, leadership, and safety while keeping fit and making new friends!

Wed

Jan 6 - Dec 29 9 a.m. - 12:30 p.m.
83543 \$15

Easy Riders

Stay fit, have fun, and ride safely. We schedule rides from April to the end of October. In the off season we meet for coffee; a possible ride, weather-permitting. Rides range from 30-40 km at an average pace of 15-18 km/hr. We require members to keep their bikes maintained. Ride details are emailed out the weekend before (with details of time, location and what to pack).

Tue

Apr 6 - Oct 26 10 a.m. - 2 p.m.
82986 \$15

Silver Wheel

This group rides year-round in two groups at an intermediate skill level. Ride routes vary by season and experience level ranging from 3-5

hours (with coffee stops) averaging 17-19 km/hr at a pace up of up to 25 km/hr (scenic group) and averaging 19-22 km/hr at a pace of up to 29 km/hr (expresso group). Rides are social with emphasis on safe cycling on roads, bike paths and gravel including bridge crossings.

Mon/Thu

Jan 4 - Dec 30 9 a.m. - 1 p.m.
75297 \$30

Norwest Cycle

This group of experienced, fit cyclists ride year round on Wednesday and Friday. Rides average 50-80 km. Riders must be able to maintain a pace of 22 km/hr or faster and be comfortable riding in traffic and over bridges. Rides start at 9 a.m. from April to Oct. and 10 a.m. Nov. to March. No drop-ins. Some changes to group size and ride frequency are being implemented to respect Covid-19 restrictions. *This group is currently at maximum registration.*

Wed/Fri

Jan 6 - Dec 31 9 a.m. - 1 p.m.
75296 \$30

FITNESS PROGRAMS

The maximum number of participants has changed to allow for physical distancing. Some of our prices have increased in order to accommodate this change. Information on Financial Assistance is available on our website at westvancouverrec.ca/general-information/access-services

Please see our website for updates.

Chair Yoga

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

Jan 5 - Feb 2 10:45 a.m. - 12 p.m.
83755 \$35

Thu

Jan 7 - Feb 4 10:45 a.m. - 12 p.m.
83756 \$35

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 resistance bands.

Mon

Jan 4 - Feb 1 12 - 12:55 p.m.
83758 \$25

Wed

Jan 6 - Feb 3 12 p.m. - 12:45 p.m.
86490 \$25

Standing Strength and Balance

Enjoy a full-body fitness class that does not involve floor exercises. Start with a gentle warm-up and some cardio to get your heart rate up, then move on to balance work and resistance training using body weight and exercise bands. Finish off with a standing or sitting stretch.

Fri

Jan 8 - Feb 5 12 - 12:55 p.m.
83761 \$25

REHAB & PREHAB

All equipment in the spacious studio is safely distanced to ensure a safe workout environment. Please wear a mask and keep 2 metres apart at all times.

We offer a range of rehab and prehab programs including Better Bones, FAME for Stroke, GLA:D®, Healthy Hearts, Joint Replacement, Well Balanced (new!) and Parkinson's Rehabilitation. Classes are designed to suit a variety of abilities and fitness levels.

To learn more or to register visit westvancouverrec.ca.

Questions? Contact Dave Thomson at 604-921-2169 or dthomson@westvancouver.ca

OUTREACH PROGRAMS

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. 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. For more information contact Helen: 604-925-7211.

Keeping Connected programs will be offered in January/February. For program dates, times and more please visit westvancouverrec.ca/keepingconnected. Programs will be added 'as we go' so please check back frequently for updates.

Stretch and Movement

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

Mon
Jan 4 - Feb 1 1:30 - 3 p.m.
83009 \$30

Easy Moves for Easy Aging

Join us for an exercise class that encompasses functional fitness, brain games and more importantly, time with friends. This program is designed for participants experiencing early stages of memory loss. We want to make aging easy and fun!

Tue
Jan 5 - Feb 2 2:30 - 3:30 p.m.
74432 \$34

Keeping Connected: Creative Expressions

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

Fri
Jan 8 - Feb 6 10 a.m. - 12 p.m.
74438 \$46

Move & Mingle

This group gathers weekly for mild exercises, current events discussion, mental aerobics and socializing.

Wed
Jan 6 - Feb 3 12 - 1 p.m.
84931 \$26

Keep on Moving

Take the effort out of staying active! This exercise class is designed for older men experiencing decreasing strength. Participants will work on strength and flexibility exercises seated in a chair.

Tue
Jan 5 - Feb 2 10 - 11 a.m.
83010 \$26

Thu
Jan 7 - Feb 4 10 - 11 a.m.
74442 \$26

Thu
Jan 7 - Feb 4 11:30 a.m. - 12:30 p.m.
83126 \$26

Men's Club

This group of gentleman meet weekly for a lively discussion of current affairs. Enjoy mental stimulation and social connections.

Mon
Jan 4 - Feb 1 10 - 11:30 a.m.
74446 \$62.50

Thu
Jan 7 - Feb 4 10 - 11:30 a.m.
76614 \$62.50

Stand Tall

Do you want to improve your posture? Come learn and practice basic exercises that will help restore muscle balance and spinal alignment

allowing you to straighten up and stand tall again.

Tue
Jan 5 - Feb 2 1 - 2 p.m.
74449 \$32.50

Thu
Jan 7 - Feb 4 1 - 2 p.m.
74450 \$32.50

Easy Moves

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

Fri
Jan 8 - Feb 5 1 - 2 p.m.
74433 \$42.50

Keeping Connected: Special Services

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 cheerful phone call, 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. Call 604-925-7281 for more details.

Tablet Donations

Donate new or gently-used tablets to seniors in need and help them stay connected! In this time of self-isolation, it is important to stay virtually connected with family and friends but many seniors don't have the technology to do this. We will collect tablets, disinfect them, and deliver them to seniors in need.

Tablets can be dropped off in-person, seven days a week, at the Seniors' Activity Centre from 10 a.m. to 2 p.m., or mailed to:

Seniors' Activity Centre
695 21st Street
West Vancouver BC V7V 4A7

PROGRAMS AT THE WEST VANCOUVER MEMORIAL LIBRARY

Learn about all of our virtual events and register at wvml.ca/events. Whether you have a question, need a recommendation, or want help using your device, we are here to provide assistance: 604-925-7400.

SFU Writer's Consults

Need an expert opinion on your writing? The SFU Writer's Studio offers free, one-on-one, 45-minute manuscript consultations over the phone.

Tue
Jan 5 & Feb 2 4, 5, or 6 p.m.
Virtual (by phone) Free

Operas of Mozart and Haydn with Nicolas Krusek

We will discuss some popular favourites, alongside lesser-known gems that have only recently been rediscovered.

Wed
Jan 12 – Feb 16 10:30 a.m. – 12:30 p.m.
Virtual (via Zoom) Free

Book Club Socials

Explore your passion for books while discussing interesting titles with new friends at our monthly Book Club Social. We'll discuss Ann Patchett's *Dutch House* in January and Charlie Fletcher's *A Boy and His Dog* at the End of the World in February.

Thu
Jan 21 & Feb 18 11 a.m. – 12 p.m.
Virtual (via Zoom) Free



Dr. Sun Yat-Sen Classical Chinese Garden Tour

Learn about the essential elements of a classical Chinese garden on a "walk" through the halls, courtyards and corridors of this elegant Ming Dynasty-style garden.

Wed
Feb 17 7 – 8 p.m.
Virtual (via Zoom) Free

Glass Sponge Reefs: Citizen Science and Conservation Achievements

Join Sheila Byers to learn why sponge reef ecosystems are important and how the research contributions of citizen scientists have supported the protection of these sensitive habitats.

Sat
Feb 27 2 – 3:30 p.m.
Virtual (via Zoom) Free



Program Participation Note

Please note, there is an expectation you will be able to participate when you sign up for classes.

If you require assistance or support participating in SAC programs, we would be happy to assist you with finding the right class.

If you have any questions, please contact Helen, Caroline or Sadie.



REMEMBERING FRANK KURUCZ



NOVEMBER 19, 1929 - DECEMBER 5, 2020

Excerpt from Frank's obituary written by his son Tom Kurucz.

West Vancouver lost a true icon on December 5 after a short battle with cancer and a three year struggle with Parkinson's disease.

Dad was one of the most influential voices in West Vancouver when it came to physical activity. He encouraged inactive women to walk and run; he tirelessly worked to develop sports and leadership skills in countless North Shore youth; he created men's fitness and running programs for Capilano Golf Club; he created the Fit Fellas exercise program at the West Vancouver Recreation Centre, and he co-created the infamous Nomads running group who, under his leadership became a tight knit group of friends who enjoyed practical jokes and weekly breakfast as much as running.

Dad lived and breathed exercise, activity, community involvement and leadership, still giving back to the community in his 80's by leading walking groups and encouraging his neighbours to stay active. Dad was recognized for his many contributions

over the years by receiving the BC Recreation and Parks Association Award of Merit, the West Vancouver Citizen of the Year Award, and the North Shore Sport Award for Community Leadership, to name a few.

Always a good runner, once Dad turned 50 he finished in the top 3 in his age category in virtually every race he competed in, most often finishing first! He was most proud of his 2:51 Vancouver Marathon finish at age 51, which was the best time in Canada that year. He also owns a world record for most miles run in 24 hours by 10 men over age 50, famously doing so at the Lions Society 24 Hour Relay back in the 80's.

Dad was happiest in the company of his family, and he and Mom insisted on seeing Ty and Taylor weekly to establish a connection that held strong to his final days. Dad would

take them to favourite spots like the beach or Ambleside Park, and they would stay for dinner and enjoy Mom's terrific cooking. When young, they often resisted leaving—typically spoiled by their Grandparents.

In addition to family, Mom and Dad also enjoyed traveling to Maui, road trips through BC and the Western States, and many local favourites. They could often be seen strolling the Seawall in West Van when they were not relaxing at their home.

Dad will always be remembered as an ambassador for healthy living, a determined and accomplished runner, leader, and friend to many. And he'll certainly be remembered for his mischievous ways! In our family, he will be remembered as an amazing man who was quick to smile, used his unique brand of humour to make people feel comfortable, and showed his love to each of us unconditionally.

He will be greatly missed by all who knew him.



She Held Their Hands



“When I think back to our founder, my mentor, friend and second Mother Betty Brown, what I often remember is that she took the time to hold her client’s hand during difficult times. She sat and listened to their needs and truly cared about what they were going through. It’s not the big things, it’s the little things that in the end touch our hearts and stay with us. At Shylo, we continue to follow Betty’s compassionate example and design our care to meet your individual needs.”

- Margot Ware, Shylo Owner/Director

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



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