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WEST VANCOUVER SENIORS THE SCENE

*A West Vancouver Seniors'
Activity Centre Publication*

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Master Gardener

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HOURS OF OPERATION

Monday – Saturday
Registered Programs 8:30 a.m. – 4 p.m.
Take-out Food Service 10 a.m. – 2 p.m.

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

SENIORS' HELPLINE: 604-925-7280

Monday – Sunday 8 a.m. – 4 p.m.

Please note the following closures:

Thu, July 1 (Canada Day)
Mon, Aug 2 (BC Day)

EDITORIAL

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ENQUIRIES & ADVERTISING

If you have questions related to this publication or would like to advertise in *The Scene* magazine, please email Sabina at 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

Master Gardner from our Garden Club

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.

DID YOU KNOW?

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

BECOME A SAC MEMBER!

Purchase your annual membership today at the front desk and ask about the many benefits! (Cost: \$38).

REFUNDS

Online Withdrawals can be done up to 24 hours prior to the start of fitness centre, public skating, stick & puck, public swimming, and lane swimming pre-registered timeslots, or individual group fitness, yoga, and CycleFit classes. Other registered programs are also available for online withdrawal up until the applicable refund date.

Refunds for fitness centre, public skating, stick & puck, public swimming, and lane swimming pre-registered timeslots, or individual group fitness, yoga, and CycleFit classes will be given for withdrawals requested prior to one hour (60 minutes) before the start time.

No-Shows and Late Cancellations for fitness centre, public skating, stick & puck, public swimming, and lane swimming pre-registered timeslots, or individual group fitness, yoga, and CycleFit classes will not be refunded and a no-show fee of \$5.00 may be charged to your account. Following three no-shows or late cancellations, FitPass holders will be charged a \$5.00 no-show fee for every subsequent no-show or late cancellation.

No-Show or Late Cancellation Procedures:

- If you don't show up or don't cancel your spot at least one hour (60 minutes) before the start time, you will be contacted by phone and a no-show will be recorded on your account.
- If, for a second time, you don't show up or don't cancel your spot at least one hour (60 minutes) before the start time, you will be contacted by email and a second no-show will be recorded on your account.
- If, for a third time, you don't show up or don't cancel your spot at least one hour (60 minutes) before the start time, you will be contacted by email and a third and final no-show will be recorded on your account.

- All subsequent no-shows will be charged a \$5 no-show or late cancellation fee to your account.

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

Pro-rated Program Refunds will be given for withdrawals requested after 24 hours before 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.

Spring Break and Summer Camp Refunds will be given for withdrawals requested the Wednesday prior to start of the camp.

Leadership Program Refunds will be given for withdrawals requested prior to 72-hours before the start of the program.

Medical Refunds will be given if you are sick or unable to attend a program or camp for medical reasons. Please call customer service at 604-925-7270 before the start of the class so another person can take your place and a pro-rated refund can be issued for the remainder of the program.

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

If a group fitness, yoga or CycleFit class is cancelled due to inclement weather, you will receive an email notification and a refund for the class. Please ensure that you have a valid email address on your account, or call 604-925-7270 to update your contact information.



Sheilah Grant | *Chair*

MESSAGE FROM THE ADVISORY BOARD CHAIR

Now that the summer weather has arrived, we can look forward to the lovely floral array in our gardens and on our decks. I know you will enjoy the informative article in this issue about our talented Master Gardener volunteers who make the area surrounding the Centre so beautiful. You can now find new wooden containers made by our own volunteers on the south side of the building, filled with herbs and vegetables growing abundantly in the warm sun. These will be used by our kitchen staff to make salsa and other mouth-watering menu items.

Keep an eye out for information about the various committees of the Advisory Board—these will be a regular addition to *The Scene*. This edition features information about our Outreach Committee. The article will help you understand a bit more of what your Board does and how it works for you, our members. A new Membership Committee has just been approved: membership. As our programs and services continue to evolve, we must meet the needs and the interests of our community. Our membership needs to reflect the ethnic diversity of the 55+ population of the North Shore and the Committee members are now developing the Terms of Reference for this important role.

By now most of you will likely have had your second vaccine shot. Hopefully, by September we will be able to do away with Zoom and Teams meetings and meet in person. In the meantime, enjoy your summer with visits with your families and friends.

— **Sheilah**



Jill Lawlor
*Community
Recreation
Manager*



Davida Witala
*Recreation
Supervisor*

MESSAGE FROM COMMUNITY RECREATION MANAGER & THE RECREATION SUPERVISOR

Summer is finally here and we are appreciating the warmer weather and longer evenings. It's hard to believe another year has passed since our last summer message!

The Centre's gardens and expanded flower beds have been in full bloom thanks to the Seniors' Activity Centre Master Gardeners and Garden Club members. The new herb and vegetable planters built by the talented woodworking team are producing our very first summer harvest. Outdoor cycling and golf programs are full. The patio is open to individuals and small groups to enjoy companionship and conversation. Canada Day boasted a cafeteria Garden Side Cafe take-out menu theme brimming with National pride.

Covid-19 may have changed many things in the past year but one thing that hasn't changed is that the Seniors' Activity Centre remains the heart of outreach, kindness, and care in the community. It has been wonderful supporting the VCH vaccination clinic during the pandemic and remaining hopeful that we will soon be able to open our doors wide again. Fall is just around the corner and we certainly look forward to seeing you all soon. In the meantime, stay connected with us, get all the latest updates by phone at 604-925-7270, on our website at westvancouver.ca/seniors, or by subscribing to the Seniors' Activity Centre E-news at westvancouverrec.ca/connect.

Take care, stay safe.

— **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

Programs and Transportation Coordinator

604-925-7230

cbrandson@westvancouver.ca



SUPPORT SERVICES

John Lait

Seniors Support Services Program Coordinator

604-925-7287

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OUTREACH PROGRAMS

Helen Murphy

Outreach Program Coordinator

604-925-7211

hmurphy@westvancouver.ca



FITNESS PROGRAMS

Eric Bagnall

Program Coordinator Personal Training & Weight Rooms

604-921-2903

ebagnall@westvancouver.ca



FITNESS PROGRAMS

Jenna Kurylo

Program Coordinator Group Exercise & Yoga

604-925-7231

jkurylo@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



BECOME A SENIORS' ACTIVITY CENTRE 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 our numbers allow for appropriate physical distancing.

VOLUNTEERS

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

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 the pandemic. We would not have been able to provide the amazing services that we currently offer to our community without your help.

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

Contact Sylvia at slung@westvancouver.ca if you have any questions about upcoming opportunities, 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 604-925-7288 or text 604-202-8694 or call the Centre during office hours at 604-925-7280.



Some of the key areas we need volunteers for are:

- Drivers to bring seniors to doctor's appointments

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 unsure, please contact Sylvia at slung@westvancouver.ca or 604-925-7288. To sign up for the online volunteer orientation visit activewestvanrec.ca or call 604-925-7280. In a few days you will receive a link to the 30-minute informational video with ten questions to answer at the end. Once completed, we will send you a welcome email with more information regarding next steps to becoming a volunteer, including further training, a virtual meeting, and a Police Information Check.

GARDEN SIDE CAFÉ

Take-out & Delivery Food Service

When arriving 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.



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WEST VANCOUVER SAC ADVISORY BOARD – OUTREACH COMMITTEE

By Jain Verner

For years, the Outreach Committee has been reaching out to members of the Senior Activity Centre (SAC), creating a series of programs for members with cognitive and mobility decline. These 25 or so highly popular programs are housed under the banner of 'Keeping Connected', ranging from exercise and discussion groups to crafts, the Alzheimer's Cafe, and support for people caring for a partner with dementia.

About two and a half years ago, we became aware that a number of seniors in West Vancouver required help with navigating a wide variety of issues ranging from food and housing, to legal, and medical matters. As a result, we expanded the role of the Outreach Committee to also providing care and service to seniors in our community who might otherwise be neglected. We are currently hiring a Social Worker to manage clients with complex issues, train volunteers, and help seniors navigate the aforementioned areas of concern.

The Outreach Committee is comprised of a large group meeting two or three times a year, represented by professionals in our community, including Fire, Police, churches, Vancouver Coastal Health, members of the public, Seniors' Activity Centre, Memorial Library, and the District. A smaller, ten-member group of Outreach, the Outreach Executive Committee (OEC) is comprised of volunteers and staff, who meet monthly.

The role of volunteers on the OEC is three-fold:

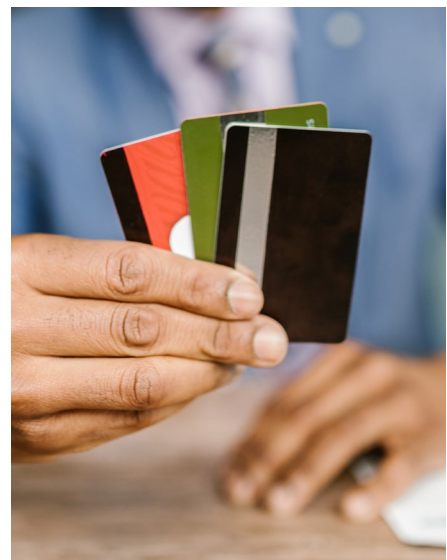
1. To discuss ideas on how best to support members and seniors in our community enabling them to live the best life possible
2. To bring their ideas to the larger group for their input and suggestions around identifying current needs and obstacles in the community
3. To 'roll up our sleeves' and help staff transform these ideas into reality.



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 daily at the Seniors' Activity Centre North Main Entrance from 10 a.m. to 3 p.m.



PAY ATTENTION TO YOUR CREDIT CARD BILLS AND BANK STATEMENTS!

By Nick Bell

Being a victim of fraud or identity theft can happen to anyone and at any time. Unauthorized transactions can occur without the victim's knowledge. Personal information can be obtained and fraudulent transactions can occur in a variety of ways, all without the victim's knowledge. Make sure to regularly look through your credit card and banking account statements. If you are unfortunate enough to be the victim of a scam or fraud, don't feel ashamed or embarrassed. Criminals involved in this activity tend to be very good and persuasive. It is important to contact your financial institution and West Vancouver Police immediately when suspicious activity is discovered. The sooner the police are contacted, the more effective their investigations.

WEAVING MEMORIES

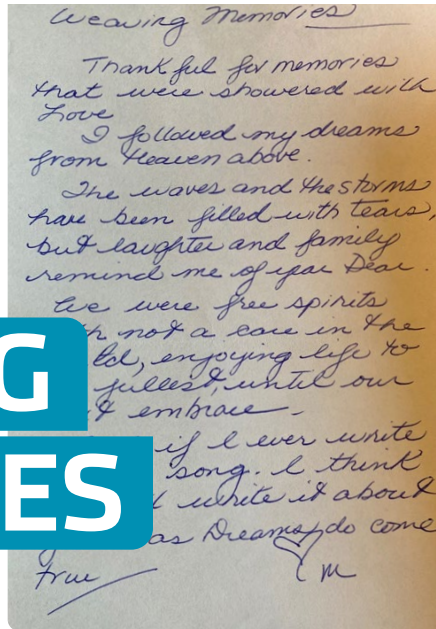
By Helen Murphy

I am delighted to share "Weaving Memories", a dementia friendly initiative to support care partners in our Community. We run a virtual support group twice per week through our Keeping Connected program. The group allows you to speak openly and honestly about your feelings in a non-judgemental, safe environment. It is a place to compare notes about resources, such as doctors and alternative options.

This beautiful piece was created by the wife of a gentleman living with Alzheimer's disease. Margaret used a Peace Ring that Danny bought for her in the 60s as well as part of her Love and Peace bag she had from their courting days. They were free-spirited hippies, young and in love.

Being able to reminisce has allowed Margaret to enjoy past events with pleasure. Each of our care partners shares a short story or poem with

their artwork. We plan to have an exhibition of their creations in September. This initiative strengthens awareness of Dementia Friendly Communities. Please feel free to reach out to me if you are struggling with a diagnosis of dementia or if you would simply like to know more about supporting someone living with dementia. You can reach me at hmurphy@westvancouver.ca.



Amica West Vancouver & the West Vancouver Seniors' Activity Centre present the

SUMMER NIGHTS LIVE MUSIC SERIES

Join us every Saturday at 6 p.m. in July and August, starting on July 10.

The series will be hosted at Amica West Vancouver (659 Clyde Avenue) and will feature live entertainment, non-alcoholic drinks, and appetizers.

Seating is limited, please call 604-921-9181 to RSVP and book your date.

COVID-19 safety protocols for outdoor events will be in place.

BARBARA GILLINGHAM CELEBRATING 45-YEARS VOLUNTEERING AT THE DISTRICT OF WEST VANCOUVER

By Helen Murphy



Barbara, a heartfelt thank you for serving our community for the past 45 years. Your willingness to give so freely of your time and service is greatly appreciated. Your support with Aquafit, Flea Market, Special Services, Cafeteria Committee, Keep Well, Dances, The Veterans Lunch, Shortbread and Sherry, Advisory Board, and Program Committee are a true example of your selfless service. Your unwavering support has taken the concept of giving back to the highest level.

Barbara has worked with so many groups over the years. She always sees the good in everyone and has influenced them positively with her generosity. Her legacy and demonstration of kindness and community spirit will leave a lasting impact at the Seniors' Activity Centre.



A message from Cycling without Age North Shore

Thanks to the support of donors, volunteers and other community members. Cycling Without Age North Shore will be offering free rides on the Spirit Trail to mobility challenged people starting on May 10th from The Boat House in Ambleside Park.

Please visit our website for more information
cyclingwithoutage.ca/northshore
Email: northshore@cyclingwithoutage.ca
Cell: 604-813-5526

SENIORS' ACTIVITY CENTRE TOURS

The Seniors' Activity Centre located at 695 21st Street in West Vancouver would like to invite you for a tour. We have a Farsi and Mandarin speaking representative available to show you around our facilities and provide an overview of all of our programs.

To arrange a tour, please call the Seniors' Activity Centre at 604-925-7280.

位於西溫哥華 695 - 21 街的
耆英活動中心邀請您來參觀。
我們有國、粵語的代表為您解
說各種設施和活動項目。
安排預約: 請 致電
耆英活動中心
604-925-7280。

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WEST VANCOUVER SENIORS' ACTIVITY CENTRE

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**Thank you for all contributions great and small,
and for keeping our seniors fed this year and beyond!**

We continue to accept donations towards the Seniors' Activity Centre's food security program for vulnerable seniors—to donate today, visit westvanfoundation.ca/feedourseniorsdonate.



AMOUNTING TO A TOTAL OF \$407,291

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Ian and Rosemary Mottershead Fund

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Thank you for your matching donation of \$100,000!

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Ralph Ratty	Shevaun Brown	The Borden Family	William Busay
Ralph Townsend	Shirely Williams	The Graham Lee Family Foundation	William Dean
Rcihard Campbell	Shirley C.E. Stone	The Houssian Foundation	William Witte
Revolution Church	Shirley Clipsham	The Jim Pattison Foundation	WM Kinsey
Rex and Kathryn Blane	Shirley Floe	The Kiwanis Club of West Vancouver	Wolf Bergelt
Rickie Wyllie	Shirley Mortell	The Neave Family	Xiaojing Yang
Rita Racz	Shirley Pearson	The Rotary Club of West Vancouver	Yvette Vassall
Rob Edwards	Shirley Stone	The Royal Bank of Canada	Yvonne Wagner
Rob Hartvikson & Edith Llamzon	Sima Aram	The West Vancouver Community Foundation	Zing Paperie & Design
Robert and Jain Verner	Sonja MacKrow	The West Vancouver United Church Women	
Robert and Joan Anderson	Sonja Sanguinetti	The Wickerson Foundation	
Robert Fenichel	Stan and Sheila Saibil	Theo Prescott	
Robert Sanderson	Stephen Wilson		
Robert Tulk	Steven and Sandra Davidge		
Robin McQueen	Stewart Frew		
Roger & Mary Ann Sweeny	Sue Collins		

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**



THE THERAPY OF GARDENING

By Valerie Coles

Have you ever wondered which flowers are edible, or how to create a French kitchen potager garden?

You'll learn it all in just one season at the West Vancouver Seniors' Activity Centre's Garden Club. This is one of the Centre's most popular clubs, no doubt because up to ten Master Gardeners attend, each one delighted to answer your questions and impart their wisdom. (Imagine all that expertise in one spot!) Normally, this industrious group meets once a week, March through October. They're generous and friendly, and new members welcome the exposure to this bevy of experts.

God made rainy days so gardeners could get the housework done.

- Author Unknown

Membership in the Garden Club is an enriching experience with a high learning curve. Weekly lectures by Master Gardeners and other experts are a definite highlight: "How to grow almost anything from seed"; "Grow a spectacular cutting garden"; and "Healthy soil—the foundation of all great gardens."

It also means you're going to have a very busy spring. The Garden Club's calendar begins in March and it's filled with visits and events, including a much anticipated annual visit to Burnaby's Western Independent Greenhouses (WIG), famous for their home-grown succulents, spectacular hanging baskets, and dramatic 'green walls'.

Staying current with trends is another strong advantage to joining the Garden Club. All things change over time, and these days gardeners want

Weeds are flowers too, Once you get to know them.

- A.A. Milne



photos by Peter Owens



photo by Peter Owens

to develop vibrant ecosystems in their gardens, full of healthy plants and teeming with the activity of worms, bugs and birds. Gone are the days of being held captive to fussy, formal designs. Today's gardeners are creative and let their gardens become their personal visual statement.

Of course, not everyone has space for a big plot, so the Club regularly focuses advice on container gardening. In 2019, Master Gardener Sandra Djwa gave a talk titled, "Miniature Veggies for the Patio or Balcony", and taught the group how to grow dwarf, hybrid Siderno tomatoes, and dwarf hybrid cucumbers and herbs, the perfect recipe for a small, delicious garden and fresh, organic salads all summer long.

The Club's agenda grows more inviting with each passing year. In 2019, the last year the Club got together, the group heard from speakers about topics that included Seed Saving; the Care and Nurturing of Dahlias; and Choosing Unusual Bulbs for Fall. Ron Clancy, a Master Gardener who teaches garden tips to the children from Cypress Corner Playcare, gave a talk on Potager Gardens, a versatile French kitchen garden that can be tiny or estate sized. Another highlight from 2019 was visiting "A glorious, private West Vancouver garden."

My garden is my most beautiful masterpiece.

- Claude Monet

The Garden Club is coordinated by Master Gardener Angela Powell, who ferries in from Bowen Island every Thursday morning to share her far-ranging knowledge with Club members. Hailing from Dorset on England's beautiful west coast where she taught school, Angela and her husband relocated to Bowen Island thirty-four years ago, where Angela ran a card and gift shop for several years before retiring and moving her focus to gardening. In 2015, Angela took the Master Gardening course at Van Dusen and three years ago became the Club's organizer extraordinaire.

Each spring the Garden Club creates a Pollinator Garden, just in time to provide essential nectar to migrating butterflies, awakening bees and hungry hummingbirds. As you can imagine, this particular raised bed is one of the most popular spots to stop and watch the colourful wildlife flutter and drink all summer long.

Every raised garden bed at the Centre is planted and tended by a Master Gardener along with helpful Club members, growing not just vegetables but stunning beds of flowers as well. This year, the Centre's volunteer woodworkers are building twelve more raised beds to accommodate our cafeteria's head chef, Lou Novosad, with armfuls of newly ripened peppers, tomatoes and herbs for his much-loved cafeteria recipes.

The best fertilizer is the gardener's shadow.

- Author unknown

The Seniors' Activity Centre also has two very special raised garden beds that are dedicated to the little gardeners (2-5 years) that attend the weekly playcare program at Cypress Corner. Different than a daycare, a playcare centre offers both drop-in and registration for two hour sessions of play-based learning. Playcare plays an important role in helping children adapt to learning environments and social interactions before they enter traditional learning programs.



photo by Sabina Kasprzak



Sarah McCullough and Master Gardener Ron Clancy teach the young gardeners important skills like learning to water when the soil becomes dry and planting seeds at just the right depth. The children water and care for their vegetable gardens throughout the summer and proudly take home what they've grown when it's harvesting time, including both vegetables and edible flowers like nasturtiums, violas and calendula.



If you're a seawall walker, you've probably already spotted the enterprising work of Club member Joanne Waters, who developed a garden along the railway tracks near her Bellevue condo. That's true green-thumb dedication. Joanne's condo had been given permission by the railroad to establish a garden between her building and the tracks, so she donned her gloves, attacked the brambles and enriched the soil to make a workable garden. Later, she was also asked to create an herb garden on an abandoned plot. Joanne's well-tended railway gardens now flourish each summer, filled with vegetables and flowers, a lovely scene for passersby.

More than anything, gardening is therapy, and who couldn't use a little of that right now! We're all dealing with different layers of anxiety that working with soil and plants

somehow magically dissolves. Perhaps it's the cyclical aspect of growing a garden, the annual ritual of planting and tending, that makes gardening so dependably spirit-lifting. It's no wonder that, since the pandemic set in, gardening

has been surging worldwide. A recent study out of the UK reveals that sales of seeds, plants and bulbs are up 35% over previous years, and that seed packets, especially for tomatoes and seed potatoes, were in limited supply. It turns out that British garden centres leave ours in the dust, many featuring outdoor cafes offering quiches and cream teas, and elaborate playgrounds to entertain bored children.

Predictably, all indicators show that the Seniors' Centre Garden Club will be even more popular next year, a

reminder that no matter how brutal the world is, life keeps growing. Best to insure your spot by signing up early next February.

The Garden Club meets every Thursday, March to October, with Master Gardeners in attendance to answer your questions. The Garden Club plans to meet next year. A small annual fee will cover weekly meetings and speakers. Bus trips and workshops, where participants take home a container of herbs, vegetables or succulents are extra.

For anyone dying to get their hands in the dirt, it's well worth the price.

In the spring, at the end of the day, you should smell like dirt.

- Margaret Atwood

REGISTERED PROGRAMS

For refund policy see page 3 of *The Scene*. For a complete list of programs, visit westvancouverrec.ca.

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

VISUAL ARTS

Painting: Painting Studio Time

Work privately on your art projects inside the beautiful art studio at the Seniors' Activity Centre. Studio time is for self-directed projects. *No instructor will be available.*

Mon - Fri	10 a.m. - 12 p.m. 12:30 - 2:30 p.m.
Sat	10:30 a.m. - 12:30 p.m.

Photo Club (Virtual)

Come curious, and leave inspired by the stunning images shared by guest presenters and participants! No formal instruction. Club meeting virtually. Leader: Peter O. Your email will be sent to the photo club so that they can send you the link.

Thu	1 - 2 p.m.
-----	------------

MUSIC

Heritage Choir (Virtual)

Where have all the singers gone? News flash—they haven't! They will however be taking a break over the summer and returning in the fall. Check back in August for when they will start back in September.

Dundarave Players

The group will return to regular practice in the fall. If you play an instrument, read music, and are interested in joining the group and performing with us, please contact Caroline at cbrandson@westvancouver.ca

NEW Big Band

The Senior's Activity Centre is proud to announce a new musical program! Musicians who are 55 years or older and able to read music, and play at a high school level or better are welcome to join the band. We will be maintaining a sub list for casual players. Rehearsals will be scheduled on Friday afternoons between 1 - 3 p.m. We are currently looking to fill the following positions:

- Piano, bass, guitar, drums and auxiliary percussionist
- 4 trumpets
- 3 trombones
- 5 saxophones (2 alto, 2 tenor, 1 baritone)

If you are interested, contact Caroline at cbrandson@westvancouver.ca

Fri	1 - 3 p.m.
Drop-in	\$2.50

Jazz Jam

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

Sat	10 a.m. - 12 p.m.
Drop-in	\$2.50
99034	July 3
99035	July 10
99037	July 17
99038	July 24
99039	July 31
99040	Aug 7

99041	Aug 14
99042	Aug 21
99043	Aug 28

Recorders Intermediate & Advanced

The group will reconvene in September. Have fun while practicing your talents with others! Players must have some experience. Leader Steve R. Check westvancouverrec.ca for days and times closer to the start date



WOODWORKING

Woodworking classes are only open to members who are at an advanced level and are proficient enough to work on their own. We are not able to offer 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. Please check westvancouverrec.ca for the dates and cost of these courses.

A few more spots have opened for private lathe and woodworking sessions. Sessions are available Monday to Friday from 9 a.m. to 12 p.m. and 1 to 4 p.m. Sign up starts on the Wednesday prior.

SOCIAL

Armchair Exploration with Friends (Virtual)

Join us for a weekly exploration on your computer, laptop, or tablet. Chat with others as you explore the exciting destinations and share your discoveries. A PDF file with clickable photos will be shared with you prior to the session. There is no cost to this program but you need to have an email address on your account and access to the internet with your device.

Sat
Jul 3 - 24 1 - 2 p.m.
98033 Free

Friday Fun-Day Bingo (Virtual)

Join us for two games of Bingo with the chance to chat with others online and win fun prizes. This is a virtual program so you need to be able to log on with sound and video. A link to the event will be emailed to you along with your Bingo playing cards.

Fri 1 - 2 p.m.
Free
97334 Jul 9

97335 Jul 23

97336 Aug 6

97337 Aug 20

SPORT

Table Tennis

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

Tue, Wed, Thu & Fri 1 - 3 p.m.

Billiards

This beautiful room with first class equipment is available for play and practice. Reserve your spot in advance; only tables one and four are being used, with two players per table. Players must bring their own cue stick and enter and exit via the exterior door. Call or register online to reserve your spot. Mondays are for practicing only.

Mon/Tue/Wed/Thu
8:30 a.m., 10:30 a.m.,
12:30 p.m. & 2:30 p.m. \$2/game

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.*



CYCLING PROGRAMS

Easy Riders, Norwest Cycle, and Silver Wheels are currently full for the year. No open spots due to COVID-19. Please add your name to the waitlist.

Par 3 Golf / Pitch & Putt 2021 Annual Registration

The Seniors' Activity Centre Par 3 Golf/Pitch and Putt program begins in April at Ambleside Part 3 course. Group meets on Mondays and Thursdays. Starting in May, Thursdays will be bus trips to various courses throughout the Lower Mainland (please sign up and pay separately for the bus). When Monday is a holiday, the group will only golf on Thursday that week. The fee is for the annual membership; please pay separately for each individual bus trip. New members are welcome. Bus and Golf schedules available at westvancouver.ca/recschedules

Mon/Thu
Apr 1 - Sep 30 9 a.m. - 12 p.m.
88813 \$15

Golf Bus

The bus will pick you up at the Seniors' Activity Centre and take you to and from the various pitch and putt golf courses in the Lower Mainland. Cost includes transportation only, green fees are extra and vary depending on the location. To register visit: bit.ly/3fmJhn4 or go to activewestvanrec.ca and search for Golf Bus.

Jul 8 Central Park
99044

Jul 15 Kensington
99045

Jul 22 Rupert
99046

Jul 29 Queen Elizabeth Park
99047

Aug 5 Central Park
99048

Aug 12 Country Meadows
99049

Aug 19 Kensington
99050

Aug 26 Rupert
99051

NEW Hikers: Discover the Trails on the North Shore

Join our leader, meet at the trail head, and explore local trails! Hikes will be two to three hours long, and will involve a good pace and hilly sections. Trail shoes with good tread required and bring your own water. Contact cbrandson@westvancouver.ca for details and before you head out on your first hike.

Thu
Jul 8 - 29 9 a.m. - 12 p.m.
99052 \$10

Thu
Aug 5 - 26 9 a.m. - 12 p.m.
99053 \$10

Hikers: Explorers

Do you love walking? Are you looking to stay social and active? You're welcome to join! The only prerequisite is a shared love of the outdoors. This exciting new walking program utilizes our bus and is led by one of our leaders. The bus picks participants up and takes them to a local trail. Contact Caroline or Helen with any questions. Cost includes transportation to and from the trail.

Wed
July 7 - 28 9:30 a.m. - 12:30 p.m.
99054 \$40

Wed
Aug 4 - 25 9:30 a.m. - 12:30 p.m.
99055 \$50

Hikers: Tuesday

Are you active and in good physical shape? Hike on Tuesdays throughout the year! Tuesday hikes are 4 to 5 hours in duration and 8 to 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. Please note registration for Tuesday and Thursday hiking is separate this year. If you are new or would like more info email cbrandson@westvancouver.ca

Tue 9 a.m. - 2 p.m.
83527 \$15

Hikers: Advanced

Hike with the advanced group on Thursday's throughout the year! Hikes are 6 to 9 hours in duration and 12 to 25 km. Hikes are posted on westvancouverrec.ca/recschedules and list the elevation gain and details of the hike. You must carry your own food, water, and wear hiking boots. Bring spare clothes and something to sit on. Contact Caroline at cbrandson@westvancouver.ca for more information and before signing up if you are new.

Thu 7:30 a.m. - 4 p.m. approx.
83535 \$15

Hikers: Ramblers 2021 Annual Registration

Hike with us! Hike an average of 8 to 10 km every Monday regardless of the weather. If you are new, contact the leader or Caroline before your first hike. You must have appropriate footwear, clothing for any weather, food, and water. If you are new or would like more info email Caroline at cbrandson@westvancouver.ca or call 604-925-7230. Ramblers Bus every Monday for those needing a ride, please register in advance, spots limited to 10.

Mon
Jan 4 - Dec 27 10 a.m. - 3 p.m.
83541 \$15

TRIPS

Road Trip

Let's go for a drive! Have you been shut in and unable to get out due to the pandemic, but would love to get out for a drive? Hop on our bus and join us for scenic drives to picturesque locations. We'll enjoy a quick stop before heading back. COVID-19 safety measure are in place. Times are approximate and return times back at the centre may vary due to traffic or unforeseen circumstances.

Jul 7 Langley & White Rock
99365

Jul 14 Mission via #7 Hwy
99366

Jul 21 Whistler
99367

Jul 28 Cultus Lake
99368

Aug 4 Harrison Lake
99369

Aug 11 3 peaks: Cypress, Grouse & Seymour
99370

Aug 18 Hope Slide
99371

Aug 25 Squamish and Valley
99372

FITNESS PROGRAMS

Ready, Set, Garden!

Stretching is an important part of your gardening routine both before and after physical activity. Here are a few guidelines to make your stretches more effective:

- Take a deep breath and slowly exhale as your stretch.
- Hold each stretch for 30 seconds to give the muscle ample time to relax.
- Don't bounce while you stretch, as this increases your risk of injury.
- Find something to hold onto, to assist with balance and stabilize in your stretch
- Only stretch until you feel tension in the muscle, not to the point of pain.
- Always warm up before stretching by moving around for 5 to 10 minutes, such as going for a walk.
- Listen to your body. Every body is different. Your body will thank you!



SENIORS PERSONAL TRAINING

For details please call Eric Bagnall at 604-921-2903 or email ebagnall@westvancouver.ca. Sessions are 55 minutes in duration.



Hip Flexor & Quadricep stretch



Back & Shoulder stretch



Glute & Hip Stretch



Side Lateral stretch



Back Extension stretch



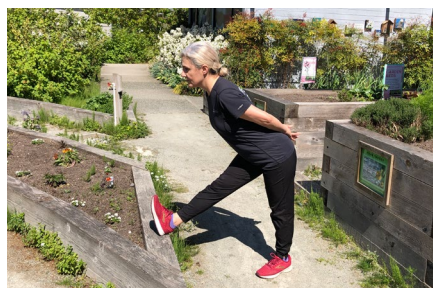
Squat stretch



Seated Upper Body Rotation



Cat stretch



Standing Hamstring stretch



Seated Hamstring Stretch

REHAB & PREHAB

All equipment in the spacious studio is safely distanced to ensure a safe workout environment. Please wear a mask and keep two 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, 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.

Cancer Thrivers (Virtual)

Cancer Thrivers is designed to promote health, strength, and recovery. The program offers weekly movement classes including fitness and yoga. The program also offers a weekly social network of support. Experience the benefits of fitness and ways to incorporate activities into daily living. Movement has been shown to increase physical function, improve psychological outcomes, and to enhance quality of life in cancer patients.

Mon/Thu/Fri	Jul 5 – Sep 3
Mon	12 – 1:15 p.m.
Thu	3:15 – 4:10 p.m.
Fri	11:30 a.m. – 12:30 p.m.
95397	\$50

Chronic Low Back Pain and Core Strength

Are you suffering from chronic low back pain (LBP)? Does your pain prevent you from being active? Come and learn exercises to help alleviate some pain and correct form to reduce the likelihood of reoccurring pain. Questions? Contact Dave Thomson at 604-921-2169 or dthomson@westvancouver.ca

Fri	Jul 9 – Sep 3	2 – 2:55 p.m.
95399		\$132.75

Keeping Connected - Chair Yoga (Virtual)

Join us for yoga from the comfort and safety of your chair. There is no need to go down on the floor for this class.

Tue	Jul 6 – 27	11 a.m. – 12 p.m.
100525		\$20

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.

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.

Keeping Connected: Caregiver Support (Virtual)

This group meets weekly to help caregivers navigate the ever-changing challenges of dementia. It is a safe setting for sharing information, insight, advice, and encouragement. We provide an opportunity to learn from others who face the same challenges, and allow you to talk about your experiences.

Tue	Jul 6 – 27	10:30 – 11:30 a.m.
98433		Free

Tue	Aug 3 – 31	10:30 – 11:30 a.m.
98434		Free

Keeping Connected - Stretch/Movement for Parkinson's (Virtual)

Enjoy an uplifting class that combines movement and music in an enjoyable, safe, and creative environment for people living with Parkinson's and other physical challenges. Maintain a sense of confidence and grace in movement through the fundamentals of stretch. Peter your instructor will use chairs for stability and ease of movement.

Mon	Jul 5 – 26	1:30 – 2:30 p.m.
98435		\$40

Mon	Aug 9 – 30	1:30 – 2:30 p.m.
98436		\$40

Keeping Connected - Mindful Painting (Virtual)

This is an engaging art-based program, designed for people living with dementia and their caregivers. A link will be emailed to participants before the first class begins.

Wed	Jul 7 – 28	1 – 2 p.m.
98437		\$20

Wed	Aug 4 – 25	1 – 2 p.m.
98438		\$20



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 or Caroline.

Mindfulness and Gratitude (Virtual)

Often we need to thank others for helping us through the hard times. This class will allow you to share with others how you negotiate the journey.

Mon
Jul 5 - 26 10:30 - 11:30 a.m.
98439 Free

Mon
Aug 9 - 30 10:30 - 11:30 a.m.
98440 Free

Tell Us a Story (Virtual)

During this program participants will be invited to share a short story from their youth with the group. The story can be real or made up. The goal is to encourage one another to speak and to stimulate memories.

Tue
Jul 6 - 27 1:30 - 2:30 p.m.
98441 Free

Tue
Aug 3 - 31 1:30 - 2:30 p.m.
98442 Free

Coffee Talk (Virtual)

Grab your favorite beverage and enjoy a social gathering with friends. We will chat about various fun topics and enjoy the company of others.

Tue
Jul 6 - 27 1:30 - 2:30 p.m.
98443 Free

Tue
Aug 3 - 31 1:30 - 2:30 p.m.
98444 Free

Weaving memories (Virtual)

Join a dementia friendly initiative designed to support care partners in our community. Looms and supplies provided.

Thu
Jul 8 - 29 1:30 - 2:30 p.m.
98445 Free

Thu
Aug 5 - 26 1:30 - 2:30 p.m.
98446 Free

**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, Thursday; and Saturday from 9 a.m. to 3:30 p.m.

Call 604-925-7280 to reserve a spot.

Due to COVID-19 restrictions, only five passengers are permitted on the shuttle at one time. **Masks are required.**

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



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At Amica Senior Lifestyles, you'll enjoy premium amenities, your choice of engaging activities, and delicious meals prepared by Red Seal Chefs. Our professional staff will support your every need, even as those needs change, and ensure your safety and well-being are always a top priority.

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SENIOR LIFESTYLES

AMICA EDMONTON VILLAGE
AMICA LIONS GATE
AMICA WEST VANCOUVER • AMICA.CA

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



Minds in Motion

Join this weekly fitness and social activity program offered online by the Alzheimer Society of B.C. for people living with any form of early-stage dementia to attend with a care partner. Each session consists of a 30-minute fitness video followed by 45 minutes of social activity, and is an opportunity to connect with others living with dementia. Care partners must attend.

Register today!

Tuesday
10 - 11:30 a.m. or 1 - 2:30 p.m.
Wednesday 10 - 11:30 a.m.
Thursday
10 - 11:30 a.m. or 1 - 2:30 p.m.
Friday 1 - 2:30 p.m.

Sessions are free to attend and hosted in Microsoft Teams. Donations to the Alzheimer Society of B.C. are appreciated. For more information and to register, call the First Link® Dementia Helpline at 1-800-936-6033.

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.



Dial-a-Story: A Phone-in Program for Adults

A good story is just a phone call away. Sign up for Dial-a-Story—just call in from your phone and enjoy a short story read aloud, followed by group discussion.

Thu
Ongoing 2 - 3 p.m.
Virtual (via phone) Free

Cookbook Club

Test out different cookbooks, share your favourite recipes and cooking adventures, and make new friends along the way. July's theme is **Summer Favourites** and August's theme is **Canning and Preserving**.

Wed
Jul 28 & Aug 25 2 - 3 p.m.
Virtual (via Zoom) Free

Master Gardener Clinics

Have a gardening question? Drop in and get your questions answered by a Master Gardener! See the drop-in schedule at wvml.ca/events.

Various dates/times
WVML Readers' Rooftop Free

TABLET DONATIONS

Donate new or gently-used tablets to seniors in need!

Tablets can be dropped off in-person 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

SUMMER NIGHTS LIVE MUSIC



Amica West Vancouver & the Senior's Activity Centre present the Summer Nights Live Music Series:

- Every Saturday at 6:00 pm in July and August, starting July 10th at Amica West Vancouver
- Complimentary Outdoor Event
- Live entertainment, non-alcoholic drinks and appetizers provided
- COVID protocols for outdoor events in place

To learn more or RSVP your date,
please call 604-921-9181
Space is limited

AMICA

WEST VANCOUVER

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Inglewood

REVITALIZATION OF INGLEWOOD CARE CENTRE

A new long-term care residence, affordable housing and an all-new “campus of care” — that’s our plan to redevelop Inglewood Care Centre.

FIND OUT MORE AT

www.baptisthousing.org/inglewoodredevelopment

VIRTUAL INFORMATION MEETING

Wednesday, July 7th 1:30pm – 2:30pm

Zoom access instructions available on our website:

<http://www.baptisthousing.org/public-meetings>



BAPTIST HOUSING
SENIORS LIVING

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.**



ShyloHomeHealthcare.ca



Your Local Home Grown Healthcare Provider for 40 years.