



20  
NOV / DEC

# THE SCENE

*A West Vancouver Seniors' Activity Centre Publication*

## IN THIS SCENE

Welcome on page 2!

—  
Our Creative Centre  
on page 8

—  
Feature Article:  
The Magic of Meals  
on page 10

VISIT US ONLINE AT [WESTVANCOUVER.CA/SENIORS](http://WESTVANCOUVER.CA/SENIORS)

*west vancouver*



Signature  
suites start at  
~~\$7,435~~  
\$6,795

## Find out why the smartest time to look for a retirement residence is NOW.

For a limited time until December 2020, our collection of luxurious signature suites at Westerleigh PARC start at \$6,795.

Here you'll find comfort and freedom combined – thanks to a well-appointed, air-conditioned suite with outstanding ocean and mountain views, lovely kitchen and free Wi-Fi. Our Independent Living+ program also offers exercise and brain fitness classes, chef-prepared meals, free transportation and more.

Contact Deb at **604.922.9888** for details. Ask us about moving into a furnished suite.

695 21st Street  
West Vancouver, BC V7V 4A7  
Phone 604-925-7280  
Fax 604-925-5935  
Web [westvancouver.ca/seniors](http://westvancouver.ca/seniors)

#### HOURS OF OPERATION

Monday – Saturday  
Registered Programs 8 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.

#### HELP LINE: 604-925-7280

Monday – Sunday 8 a.m. – 4 p.m.

#### Please note the following closures:

Wed, Nov 11 (Remembrance Day)  
Fri, Dec 25 (Christmas Day)  
Sat, Dec 26 (Boxing Day)  
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](mailto:leisureguide@westvancouver.ca) or call 604-925-7285.

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

#### ON THE COVER

Creating beautiful art at the Centre

#### 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 Form — please see page 13.

# WELCOME TO THE SCENE



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

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

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

This update is called **E-news** and includes last-minute changes and information about items that have been added after *The Scene's* publishing date. **E-news** comes out in Feb, 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](mailto:leisureguide@westvancouver.ca).

#### REFUNDS

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

**Online Withdrawal** 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.*

**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.*

#### 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.**

**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.*



**Brian Hann** | *Chair*

## MESSAGE FROM THE ADVISORY BOARD CHAIR

This virus has certainly affected our lives, scheduled events, and activities, but the Seniors' Activity Centre continues to expand programs to our members and guests. The food service project has been very successful and our staff and volunteers are to be congratulated for their initiative and commitment to the community. We wish to thank all of the donors who have made this possible thanks to their support.

Another success is the relocation of SACS on 21st (Seniors' Activity Centre Shop) into what was formerly the games room. Larger premises, well displayed merchandise, and friendly volunteers ready to greet and serve an

increasing number of customers have all contributed to our little shop's most recent success. The Centre certainly appreciates and welcomes all donations.

Traditionally the Annual General Meeting takes place in March when retiring Board members take a rest and new applicants are elected to Board positions. This annual event finally took place in September with three retiring members replaced with three incumbents. Our heartfelt thanks go to Jim Adams, Dave MacLachlan, and Roy Maguire who worked tirelessly for the Centre and to Jain Verner, who is now past Chairperson and who continues to offer outstanding support. A welcome to Elizabeth Hsu, Fay McMyn, and Michael Sharp who are now offering their talents and skills to the Board. There will be several positions becoming vacant at the March AGM and if you are a current member or can recommend a member who would be interested in serving on the Board, an application is available from the office and must be received before the end of January.

Keep safe.

— Brian



**Jill Lawlor**  
*Community  
Recreation  
Manager*



**Davida Witala**  
*Recreation  
Supervisor*

## MESSAGE FROM COMMUNITY RECREATION MANAGER & THE RECREATION SUPERVISOR

In September we reopened the Seniors' Activity Centre (SAC) with delight and implemented a brand new program "reopening" plan with great care and attention to detail to ensure that safety was the top priority. The current pandemic challenged staff to reinvent programs, registration systems, and design a new service delivery model, and adjust to the new normal.

Fast forward to November and December and we have a variety of quality programs running with smaller, physically distanced groups of members as well as volunteers returning to new roles in the Centre. The SACS on 21st thrift shop is thriving in a newly expanded location inside the SAC and the Shuttle Bus is back on the road every Wednesday with plans to expand to two days per week. The SAC's Food Take-out service continues to run

seven days per week from 10 a.m. – 2 p.m. while the delivery team of staff and volunteers ensure meals are delivered to those in need. The pandemic has delivered a new experience and "feel" in the Centre for so many. Traditionally our cafeteria, hallways, and corridors are bustling with people, programs, events, and social gatherings. This year is vastly different but continues to be filled with an abundance of kindness and compassion that cannot go unnoticed.

The longstanding Veteran's Day Luncheon could not proceed this year however, the SAC kitchen team will be preparing a specialty Veteran's meal for take-out on November 10. December will host festive 'take-out' options ranging from Christmas dinner take-out packages, tourtière pies, fruit cake, mincemeat tarts and shortbread cookies. Visit [westvancouver.ca/seniors](http://westvancouver.ca/seniors) for the latest updates! Even though 2020 is drawing to a close, we are grateful for the many volunteers and donors who have supported the Centre in so many incredible ways. We are grateful to be helping and serving the Community during such an unprecedented time. On behalf of the SAC staff team, we wish everyone a very healthy and safe holiday season!

With kindness,

— Jill & Davida

# OUR PROGRAM COORDINATORS



## **VOLUNTEERS**

**Sylvia Lung**

*Education, Activity & Partnership  
Program Coordinator*

604-913-2703

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



## **INDOOR AND OUTDOOR PROGRAMS AND TRANSPORTATION**

**Caroline Brandson**

*Outdoor Programs and  
Transportation Coordinator*

604-925-7230

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



## **SUPPORT SERVICES**

**John Lait**

*Seniors Support Services  
Program Coordinator*

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

**Away until Dec 1**



## **SUPPORT SERVICES**

**Tiffany Moffatt**

*Covering for John Lait  
until Dec 1*

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



## **OUTREACH PROGRAMS**

**Helen Murphy**

*Outreach Program Coordinator*

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



## **FITNESS PROGRAMS**

**Eric Bagnall**

*Program Coordinator Personal  
Training & Weightrooms*

604-921-2903

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



## **FITNESS PROGRAMS**

**Sadie Harvey**

*Program Coordinator  
Group Exercise & Yoga*

604-925-7231

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



## **FITNESS PROGRAMS**

**Dave Thomson**

*Program Coordinator -  
Rehabilitation*

604-921-2169

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



## **FOOD SERVICES**

**Lou Novosad**

*Food Service Program  
Coordinator*

604 925-7122

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



# VOLUNTEERS

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

**Some of the key areas we need volunteers for are:**

## Seniors' Activity Centre

- » Coffee Bar  
Mondays 9:30 a.m. – 12:30 p.m.  
regular shift and on-call needed
- » Delivery Assistants  
Wednesdays 10 a.m. – 12:30 p.m.  
regular shift and on-call needed
- » Hosts 10 a.m. – 2 p.m. coverage,  
and possible expansion of this  
role in fall

## Garden Side Café

**No regular shifts open at this time,** however we still need on-call volunteers to help with food packing 10 a.m. – 12 p.m.

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

## 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 ([slung@westvancouver.ca](mailto: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 SAC 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, call the Volunteer Services 604-202-8694 or call the Centre during office hours (604-925-7280).*

# GARDEN SIDE CAFÉ

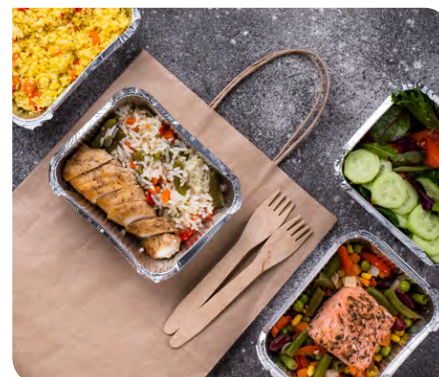


## Take-out & Delivery Food Service

When arriving to purchase food, please enter from the South East entrance. An indoor waiting space with chairs is 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. Please refer to the special take-out menu posted on [westvancouver.ca/seniors](http://westvancouver.ca/seniors) before you place your order.**

## 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](mailto:slung@westvancouver.ca), 604-925-7288). You can sign up for the online orientation by visiting [activewestvanrec.ca](http://activewestvanrec.ca) or calling 604-925-7280. You will receive 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.





Written by Dave Patrick

# SACS ON 21<sup>ST</sup> THEN AND NOW



It's hard to believe but our little, well not so little anymore, shop celebrated its fourth anniversary on September 19 and shows no sign of slowing down.

Indeed, SACS on 21st is as busy as it can be considering we can only accommodate two customers in the

shop at one time. The much larger shop is able to beautifully display the many generous, attractive, and very saleable donations that have been flowing in.

It can certainly be said that after four years of operation our "little" shop has been a huge "SACSESS"!



**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.

# OUR CREATIVE CENTRE

*Creativity takes courage.*

— Henri Matisse

If a picture can paint a thousand words, then the creations of the artists in the Seniors' Activity Centre's 'Painting Studio with James' speak volumes about the heart, courage and creativity that it takes to convert a blank canvas into a work of art.





## KEEP CALM AND CARRY ON

Written by Dave Patrick



**There can be no doubt that we are going through one of the most trying periods in our lives. COVID-19 has changed our way of living so completely that we find ourselves seeking out ways to brighten each day.**

Regular long walks, coffee with a friend in the park, window shopping, visiting outdoor markets, and many other activities that you would never have even considered before have become the “new normal”.

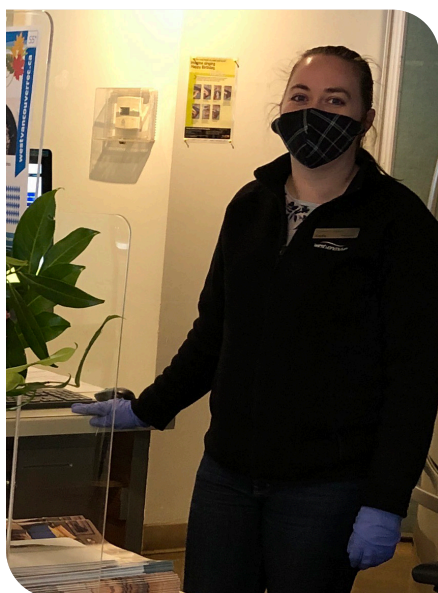
Meanwhile we can only hope that the number of cases soon drop and our welcoming Seniors’ Activity Centre can fully reopen. We all miss our own particular activity, whether it be an exercise program, an art course, or sitting in the cafeteria with a cup of coffee and a cinnamon bun (my own favourite!).

The old cliché “we don’t fully appreciate what we have until we lose it” has never been truer. It seems ages since we could sit in our comfortable lounge with a latté, watching television, reading a book, chatting to a friend, or even just

daydreaming in front of the cozy, warming fireplace.

The Centre staff are carrying on in their normal cheerful way with the determination to have everything tick over as usual. Programs are being brought back slowly making sure all of the safety measures are in place with hand sanitizing, masks, and physical distancing. Members and non-members alike are diligently doing their best to master the art of arrows and sign following in the hope that they get to their destination without having to walk backwards or retrace their steps!

Planning the reopening of the Centre is an intricate operation but we do have to start somewhere and we certainly have the will and the people to get our Centre operational when that happy day comes—soon!





# THE MAGIC OF MEALS

Written by Tiffany Moffatt

During a Zoom call in late March hosted by my sister for her clients and friends who were in isolation due to COVID-19, we were asked to share what we perceived to be one of the gifts of COVID-19. “Gifts of Covid,” I thought to myself; how is there anything that can be considered positive about this terrible pandemic? Given all of the financial loss, emotional stress, isolation, fatigue and uncertainty, how can we attribute any positivity to this maelstrom that was pulling us into its inescapable tide? This is a story of exactly that; a story of triumph in the face of adversity, of connection in isolation, and of the power and breadth of a million small acts of kindness that add up to the many “gifts of COVID-19” for the Seniors’ Activity Centre (SAC) patrons and residents of West Vancouver.

When the SAC closed due to COVID-19 on March 13, the staff at the Centre pivoted its Garden Side Café overnight from a cafeteria to a low cost take-out food service for seniors. The team converted the front

lobby into a safe operation that began providing nutritious meals for seniors for pick-up by moving refrigerators from the kitchen and repurposing them for sales, and assigning a host, food handler, and cashier daily from 10 a.m. to 2 p.m. to handle the increasing demand. For more at-risk seniors, a delivery service was born!

**Prior to COVID-19, the “little kitchen that could” served one entrée and two soups per day. Now it has blossomed into a full service kitchen that has created 36,487 meals from March 16 to October and keeps on chugging, fuelled by generous donations from The West Vancouver Foundation, Kiwanis Club, SAC Advisory Board, United Way, and many of the SAC members.**

When asked about how he feels the kitchen staff have managed with the new meal program at the SAC, head chef Lou Novosad says, “we are really proud as to how quickly we

adapted.” Novosad says that the current situation is very rewarding, but also very challenging. His team misses receiving more regular and immediate feedback from the members about the food that they are creating. As head chef, Lou has been challenged to be more creative, to offer more variety, and to expand the meal offerings with a very small team of kitchen staff, but he always does it with a smile and a laugh. “Every day is a challenge,” he says, “but the silver lining is that we are providing a very important service and people are noticing it. We are changing lives,” says Novosad.



Thanks to the donations received for the food program, the SAC is able to help the most vulnerable seniors in our community who were previously often impossible to identify. "We are recognizing that even in our affluent community, there are many seniors in need. COVID-19 has opened up the information channels and the inroads in our community for us to reach our most vulnerable seniors," says Davida Witala, Community Recreation Seniors' Services Supervisor. "This is truly a gift for us to be able to identify those in need of help and support," she says.

According to Witala, COVID-19 uncovered that there were hundreds of seniors in our community in need



of well-balanced nutritious meals. In partnerships with Vancouver Coastal Health, B.C. Housing and the West Vancouver Police Department, the SAC worked together to identify vulnerable at-risk seniors, providing 800 meals per week at the peak of the pandemic. Working in partnership with B.C. Housing, the SAC identified five low-income apartment buildings in the community and began regular meal delivery three times per week to each of the buildings funded primarily by the West Vancouver Foundation and by individual donations from SAC patrons.

Barbara Mason, a resident of Kiwanis Seniors Housing in West Vancouver, started receiving regular meals from the SAC in March. She says everybody at Kiwanis is loving the program and is really enjoying the food. "All of the neighbours are thrilled with the food," says Mason. "I wouldn't make the effort to cook for myself. I am getting more vegetables and a balanced meal; I don't know what we are going to do when the program ends," she says.

Kayla Smith, a cashier who has been working on the food program since March when the pandemic began, says that every day she gets to experience how grateful everyone is for the SAC food program. In the

early days, she says that we were the only people that many of the seniors would see in a given day. "It helped give them a sense of connection and made them feel less isolated to be able to come and have a chat and see other people," says Smith.

It's also been a godsend for families faced with the stress of supporting young children and aging parents at the same time. "It's peace of mind for these families knowing that we have this program, she says. "It takes a bit of the pressure off to know that their family members are receiving a healthy, well balanced, and low cost meal." Smith commented that the



food service has been wonderful for families who live out of town, too. Out of town family members can phone in and pay for a meal and have it delivered to their family members who may have mobility issues or who are staying close to home due to COVID-19.

The thank you's and recognition that have come in from the community have been overwhelming, so much so the staff dedicated the front desk to a Wall of Appreciation. Another "Gift of COVID-19" has been that it has opened people's hearts and spirit of giving. "COVID-19 has changed not only how we look at the world differently, but also how we treat each other differently," says Witala. "People have been more kind, thoughtful, generous, and respectful," she says. The SAC has received many donations from the community to date and all donations have been immensely needed and appreciated. The SAC is working towards a sustainable financial model to be able to continue providing this much-needed service to the community. Regular donations are currently coming in and being graciously





**Take-out food service is available Monday to Sunday from 10 a.m. to 2 p.m. seven days per week. For food delivery service, please call 604-925-7280.**

For those wishing to make a financial donation to the SAC meal program through the West Vancouver Foundation, please donate to the *West Vancouver Seniors' Activity Centre Meal Program*.

accepted in any denomination. All donations over \$25 receive a tax donation receipt.

COVID-19 has also shown us that there are many people in the community who are ready and willing to make a commitment to volunteering their time and energy to help others. The meal program has afforded the opportunity to bring back many of our volunteer staff who were anxious to jump in and do what is necessary to help. Plus, every week, the SAC is getting calls from people interested in helping to make a difference. Volunteer roles created by the program include cafeteria

hosts, food handlers, food delivery people, and phone callers. All roles are equally essential to the smooth operation of the program.

Over the past six months, The SAC has transformed the way it provides a sense of community and support. When seniors couldn't come to the Centre, it found ways to bring the Centre to them. What evolved from one entrée and two soups per day to an average of 12 meals per day available for take-out and 680 meals per week delivered to North Shore Housing buildings, has impacted the lives of hundreds of seniors in our community.

**The generosity of our volunteers who give their time and energy to the program, the hard-working staff in the kitchen and the office, and in turn the kindness, gratitude, and thoughtfulness expressed by those who have benefitted from the meal program has undoubtedly been one of the very magical gifts of COVID-19.**

**For those interested in volunteering with the program, please call 604-925-7280.**



# DONATIONS

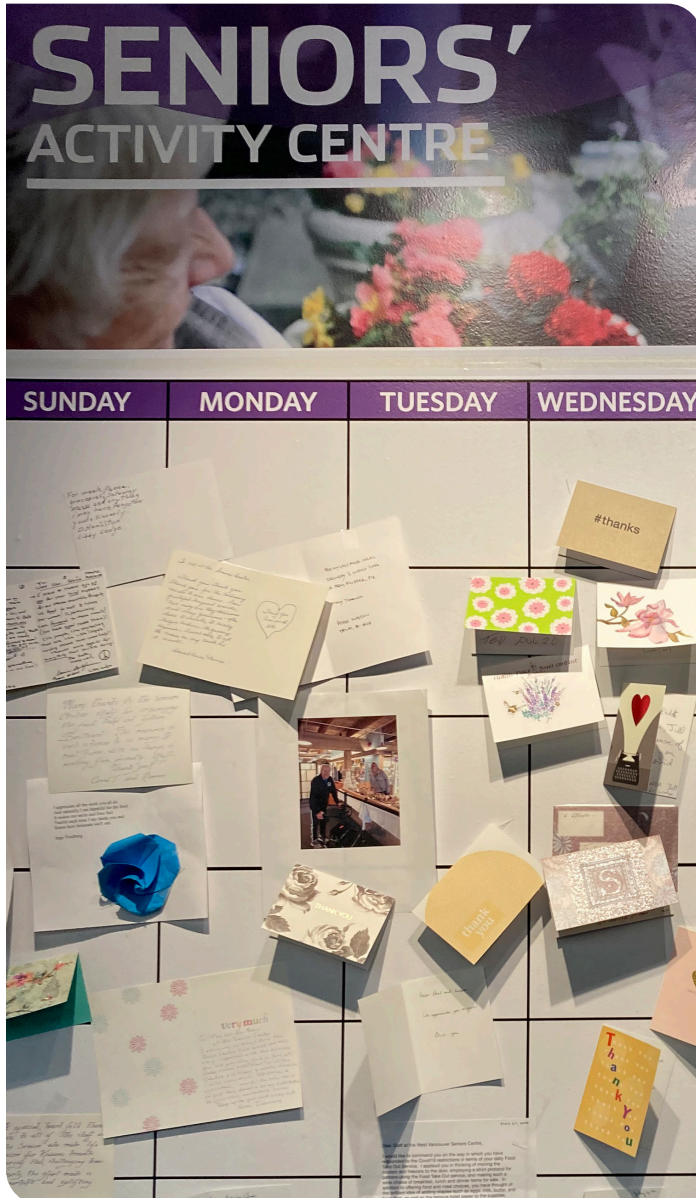
Receipts will be issued for donations of \$25 or more.

## 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!

### SACS ON 21ST BRACELET DONATION

If you donated a bracelet to SACS on 21st in the Fall of 2019, please contact Wendy Janz at 604-922-0310.



## Building Connections

The Giving Campaign | *Bringing seniors together.*

### DONATION AMOUNT:

\$1,000     \$500     \$250     \$100

\$50     \$25     \$ \_\_\_\_\_

This donation is:

One time     Recurs monthly     Recurs yearly

My gift is  in honour of     in memory of

How would you like your donation recognized?

*Check boxes that apply.*

In the Seniors' Scene (recognized only as donor, no amount noted).

In the Seniors' Scene (anonymous)

Recognized as donor in Leisure Guide

No recognition

Name \_\_\_\_\_

*Print how you would like your name to appear*

### CONTACT INFORMATION

First and Last Name: \_\_\_\_\_

Town/City: \_\_\_\_\_

Province \_\_\_\_\_

Postal Code \_\_\_\_\_

E-mail address \_\_\_\_\_

### PAYMENT OPTIONS

Cheque\*     Cash

MasterCard     Visa     AMEX

Credit card number \_\_\_\_\_

Name as it appears on the card \_\_\_\_\_

Expiry Date \_\_\_\_\_

Security Code \_\_\_\_\_

**\* Please make cheques payable to *The West Vancouver Seniors' Activity Centre*, 695 21st Street, West Vancouver, BC, V7V 4A7  
All donations over \$25 will receive a tax donation receipt.**

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



# SEEN AT THE CENTRE

*We loved seeing everyone's smiling faces at the Centre this fall.*



## REGISTERED PROGRAMS

*For refund policy see page 3 of The Scene. Registration begins October 28 for November classes and November 25 for December classes. Please check [westvancouverrec.ca](http://westvancouverrec.ca) for dates, prices, and codes.*

For a complete list of programs, visit [westvancouverrec.ca](http://westvancouverrec.ca).

### Computer Flight Simulation

Join other aeronautical enthusiasts and go for a flight together!

Fri 12:15 - 2:45 p.m.  
Nov 13, Nov 27, Dec 11  
**79853, 79854, 80480** \$2.50

### Theologian's Café — Virtual

Join John Slattery virtually to discuss theological themes.

Thu  
Nov 19 1 - 3 p.m.  
**75383** \$2.50

### Writers Circle

Share stories, poems, and more in a casual atmosphere (non instructional).

Mon  
Nov 2 - 23 1 - 4 p.m.  
**79877** \$10

### Creative Writing with Richard

Write, give feedback, and learn from each other as you write with verve, clarity, and grace!

Thu  
Nov 5 - 26 12:45 - 3 p.m.  
**75394** \$51

### Watch Batteries

Register for 15 minute appointments at specific times. \$5 per watch. Max two watches per person.

Mon, Nov 23 9:30 - 11:30 a.m.  
**79846, 79847, 79848, 79849,  
79850, 79851, 79852, 74538 &  
79845**

## VISUAL ARTS

### Painting Studio (open)

Join us for studio time for self-directed projects.

Tue  
Nov 3 - 24 9 a.m. - 12 p.m.  
**79864** \$14

Fri  
Nov 6 - 27 1 - 4 p.m.  
**79863** \$14

### Painting Studio with James

Bring your own materials, get assistance in colour mixing.

Thu  
Nov 5 - 26 9 a.m. - 12 p.m.  
**79862** \$18

### Painting Studio for Oils

Join us for non-instructional time to paint and be inspired by others!

Thu  
Nov 5 - 26 / Dec 3 - 17 1 - 4 p.m.  
**76408 / 79861** \$14 / \$10.50

### Wed Craft Group

Meets on Wednesdays from 9:30 to 11:30 a.m. Pre-registration required. Sewing, knitting and crafts created by the group are sold to raise money for the SAC.

### Photo Club — Virtual

Come curious, and leave inspired! Photo club meets virtually. Leader: Peter O. Your email will be sent to the photo club so that they can send you the link.

Thu  
Sep 10 - Dec 17 1 - 2 p.m.  
**69934** \$35

## MUSIC

### Heritage Choir — Virtual

Tue  
Oct 27 - Dec 15 1 - 2:30 p.m.  
**77527** \$72

### Dundarave players

Wed  
Nov 4 - Dec 2 9 - 11 a.m.  
**79855** \$10

### Recorders — Intermediate

Play recorders with others, some experience needed.

Tue  
Nov 3 - 24 10:30 a.m. - 12 p.m.  
**79866** \$10

### Recorders — Advanced

Are you an experience player? Join other for some recorder fun!

Thu  
Nov 5 - 26 10:30 a.m. - 12 p.m.  
**79865** \$10

### 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 instruments and have some familiarity with jazz concepts. No instructor.

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

## WOODWORKING

### Visit [westvancouverrec.ca](http://westvancouverrec.ca) for class dates and costs.

The woodworking classes are only for members who are at an advanced level and proficient enough to work on their own. We are not able to give guidance or hands-on instruction. Please bring your own materials, 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.

### 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.  
Fri 9 a.m. - 12 p.m.

## WELLNESS

### Mindful Meditation

Learn how to withdraw from worries, fears, anxiety, doubt, and delve into self-care and self-love. Start with different methods of breathing, then focus on a few simple methods of meditation to enhance relaxation, lower blood pressure, reduce anxiety, and relieve stress and pain.

Leader: Susan P.

Thu  
Nov 12 - Dec 17 2 - 3 p.m.  
**81367** \$15

## SPORT

### Table Tennis

We play for fun! Enjoy an exciting, fast-paced game with us! Pre-register for your timeslot, bring your own paddle. Cash not accepted at the front desk. Register online or over the phone. Registration opens on Wed of the week prior. 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 online or over the phone.

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

### Snooker / Billiards Drop in

Come play—bring your own stick. Distancing and sanitizing in place. Spots limited, sign up for a table. Registration begins Wed of week prior.

Tue/Wed/Thu  
10 a.m. & 12:30 p.m.  
Pre-registered Drop in \$2.50

## OUTDOOR ACTIVITIES

**An Assumption of Risk 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](mailto:cbrandson@westvancouver.ca).*

For a listing of what's happening each month visit [westvancouverrec.ca/recschedules](http://westvancouverrec.ca/recschedules) and view the Seniors' Activity Centre's Outdoor Sports schedule under the 'Schedules' tab or inquire at the front desk. *If a program is full please sign up on the waitlist as we may open up more spaces if we have enough volunteer support.*

### Seniors' Activity Centre SHUTTLE BUS SERVICE EXPANSION

We are please to let you know that we will be adding an additional day, and pick-up point to our existing Shuttle Bus service..

Starting Tuesday, November 3, the Shuttle Bus service will be operating on Tuesdays and Thursdays (instead of Wednesdays) from 9 a.m. to 3:30 p.m. and will be adding a pick-up point at Klahanie Court (off of Capilano Road).

For a details please call 604-925-7280 or visit [westvancouver.ca/seniors](http://westvancouver.ca/seniors) and download the Shuttle Bus Brochure.



**Full Programs for 2020**  
*Unfortunately due to COVID-19 most of our cycling groups will not be open to new riders. Please add your name to the waitlist if you are interested in joining.*

### 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.

Email [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca) for more information.

Wed/Fri Nov - Mar (ski season)  
8:45 a.m. - 1 p.m.

**74823** \$15

### PERFORMANCES & TRIPS

Some trips (with physical distancing) will be starting soon, keep in touch.

### Ramblers Bus

But trip to Reifel Bird.

Mon  
Nov 30 9 a.m. - 3 p.m.

**77872** \$10

### Tour of the WV Museum (with transportation option)

Join staff at the West Vancouver Art Museum in Gertrude Lawson House for a free tour of our current exhibition, The Eyes Have Walls.

Thu  
Dec 3 Tour: no cost (member)  
**81795** Bus: \$5 (members)

### Explorers

Whether you experience some physical or cognitive losses, or not—you are welcome to join this outdoor walking program! The bus picks up participants and takes them to a local trail. Contact Caroline or Helen for more information.

Mon  
Nov 2 - 30 9:30 a.m. - 12:30 p.m.  
**76903** \$75 includes transportation

## FITNESS PROGRAMS

### GROUP FITNESS ACTIVITY LEVELS

#### 1 MILD

*Low cardio*

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

#### 2 MODERATE

*Fair amount of cardio*

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

#### 3 STRENUOUS

*High level of cardio*

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

**Stay active over the Holidays!**  
*Holiday class information will be available shortly on our website.*

### Group Fitness

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](http://westvancouverrec.ca/general-information/access-services)

### 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.

Mon  
Nov 2 - 23 10:15 - 11:30 a.m.  
**80304** \$25

Fri  
Nov 6 - 27 10:15 - 11:30 a.m.  
**80305** \$25

Mon  
Nov 30 - Dec 14 10:15 - 11:30 a.m.  
**81789** \$18.75

Fri  
Dec 4 - 18 10:15 - 11:30 a.m.  
**81790** \$18.75

### Chairobics Level 1

Did you know stretching is very important in maintaining health and mobility? Gently stretch and strengthen your muscles with the use of bands. Bands are available for purchase at the SAC front desk.

Mon  
Nov 2 - 23 2 - 2:55 p.m.  
**80306** \$18

Wed  
Nov 4 - 25 11:30 a.m. - 12:25 p.m.  
**80307** \$13.50

Mon  
Nov 30 - Dec 14 2 - 2:55 p.m.  
**81791** \$13.50

Wed  
Dec 2 - 16 11:30 a.m. - 12:25 p.m.  
**81792** \$13.50

### Chairobics Level 2

Enjoy an invigorating workout from your chair incorporating exercise with resistance bands.

Mon  
Nov 2 - Nov 23 8:45 - 9:40 a.m.  
**80309** \$18

Fri  
Nov 06 - Nov 27 8:45 - 9:40 a.m.  
**80310** \$18

Mon  
Nov 30 - Dec 14 8:45 - 9:40 a.m.  
**81793** \$13.50

Fri  
Dec 4 - 18 8:45 - 9:40 a.m.  
**81794** \$13.50

## REHAB & PREHAB

*All equipment in the spacious studio is safely distanced to ensure a safe workout environment. Masks are optional. 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](http://westvancouverrec.ca).*

*Questions? Contact Dave Thomson at 604-921-2169 or [dthomson@westvancouver.ca](mailto:dthomson@westvancouver.ca)*

### FAME for Stroke

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

Tue, Thu 19 yrs+  
Nov 3 - Dec 17 12:30 - 1:25 p.m.  
**76311** \$224

### Parkinson's Rehabilitation

Did you know that exercise is a vital component to maintaining balance, mobility, and performing the activities of daily living for people with Parkinson's? Prolong your overall strength with resistance

training, aerobic fitness, and flexibility through a personalized program designed for you by our Personal trainers who facilitate the group and monitor your progress.

Tue, Thu 19 yrs+  
Nov 3 - Dec 17 9:30 - 10:25 a.m.  
**76323** \$224

### **NEW** Well Balanced

Has your balance changed? Do you find yourself hesitating to go for walks, to the grocery store, or up and down stairs? Well Balanced is a new rehabilitation program that is designed to improve your balance and confidence! Join us to strengthen and stretch all those stabilizing muscles, help improve your posture, and stay Well Balanced in a small group setting!

Mon 19 yrs+  
Nov 2 - Dec 14 2 - 2:55 p.m.  
**76542** \$103.75

Wed 19 yrs+  
Nov 4 - Dec 16 2 - 2:55 p.m.  
**76543** \$88.50

Fri 19 yrs+  
Nov 6 - Dec 18 2 - 2:55 p.m.  
**76544** \$103.25



## 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.

*The following Keeping Connected programs will be offered in November/December. For program dates, times and more please visit [westvancouverrec.ca/keepingconnected](http://westvancouverrec.ca/keepingconnected).*

*Programs will be added 'as we go' so please check back frequently for updates.*

### Stretch/Movement for Parkinson's and Other Physical Challenges

Enjoy this uplifting class through movement and music in an enjoyable, safe and creative class 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, while building strength, balance and mobility.

### 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.

### 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.

### Move and Mingle

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

### Men's Club — Thursday only

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

### 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!

### Creative Expressions

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

### Caregiver Support

This group gathers every Thursday from 10:30 a.m. to midday.

### Special Services Society

*Are you or a loved one feeling isolated? Allow our compassionate and knowledgeable team of volunteers to help you explore your options.*

It can be as simple as a 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. *Contact Bunny Brown at 604-925-7281 for details.*

### Sound Advice

Fri Nov 6 <b>75381</b>	9 - 11 a.m. \$2.50
Fri Dec 4 <b>76407</b>	9 - 11 a.m. \$2.50

### 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 Sylvia, Helen, Caroline or Sadie.*

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

## COME ON BOARD!

Starting on November 1, 2020 we are accepting nominations for West Vancouver Seniors' Activity Centre Advisory Board members for a three-year term.

To submit a nomination download the Seniors' Activity Centre Advisory Board Nomination Application Form at [westvancouver.ca/seniors](http://westvancouver.ca/seniors) and email the completed form to [jlawlor@westvancouver.ca](mailto:jlawlor@westvancouver.ca) or deposit it in the box located at the Seniors' Activity Centre front desk.

**All Nominations must be received by 4 p.m. on Friday, November 20, 2020. Applicants will be contacted by December 1, 2020.**

## MEMBERSHIPS ARE NOW ACTIVE.

Starting on Monday, November 9 member and non-member pricing will be in effect for Seniors' Activity Centre programs (where applicable) and food services.

As member pricing resumes, all SAC members will once again need to carry and present their membership cards.

To renew your card, or have a new one printed, contact the Seniors' Activity Centre front desk at 604-925-7280.

## WE HAVE A TASTY NOVEMBER AND DECEMBER IN STORE FOR YOU AT THE GARDEN SIDE CAFÉ!

### Remembrance Day Special | Tue, Nov 10

Menu:

- Braised Beef Shepherd's Pie with Carrots, Turnips, and Green Peas ..... (\$6)
- Chicken Consommé ..... (\$3.50)
- Bread Pudding ..... (\$3.50)
- Apple Sauce Cookies ..... (3 for \$2)

### Christmas Dinner Entrées | Wed, Dec 23 & Thu, Dec 24

Menu:

- Roast Turkey, Stuffing, Gravy, Cranberry Sauce, Mashed Potatoes, and Festive Vegetable Medley ..... (\$6)
- Roasted Butternut Squash Soup ..... (\$3.50)
- Apple Pie Whole ..... (\$12)
- Apple Pie Half ..... (6)
- Mincemeat Tarts ..... (4 for \$6)

### **NEW** Christmas Dinner Package | Dinner for 4

Menu: (Available Dec 23 & 24)

- Turkey Dinner for 4 ..... (\$28)

Roast Turkey, Stuffing, Gravy, Cranberry Sauce, Mashed Potatoes, Festive Vegetable Medley + 4 dinner rolls

*Desserts can be added on to the order.*

Pre-Order by calling 604-925-7280.

Deadline to order is December 16, 2020.

*Orders are non-refundable after December 16.*

### Christmas Shortbread Cookies | starting Dec 1

- Traditional homemade shortbread cookies .... \$5 (1/2 dozen box)

### Christmas Tourtière Pie Sale | starting Dec 1

- Tourtière Pie Whole ..... (\$15.50)
- Tourtière Pie Half ..... (\$8)

Tourtière Pies will be available throughout December 1 to 31 on a first-come, first-served basis, no pre-orders.

### Christmas Fruit Cake Sale | starting Dec 1

- Christmas Fruit Cake 1lb only ..... (\$10)

*Available December 1 while supplies last.*

### Christmas Mincemeat Tart Sale | starting Dec 8

- Mincemeat Tarts ..... (4 for \$6)

*Available December 8 while supplies last.*



# WE'RE READY WHEN YOU ARE.

If you or a loved one are considering making the move to a senior living residence, we would be pleased to give you a one-on-one virtual tour. When you're ready, we'd love to show you our available suites. Enjoy a comfortable private suite with access to all of the premium amenities and services our residence has to offer, including social events, personalized care, and meals prepared by our Red Seal Chefs. We look forward to discussing with you what life at Amica is all about.

CALL TO BOOK A VIRTUAL TOUR 604-305-3211

## AMICA

SENIOR LIFESTYLES

AMICA EDMONTON VILLAGE • 3225 HIGHLAND BLVD | AMICA LIONS GATE • 701 KEITH RD  
AMICA WEST VANCOUVER • 659 CLYDE AVE | AMICA.CA