



21

NOV / DEC

THE SCENE

A West Vancouver Seniors' Activity Centre Publication

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Not Ready to Live Close to Everything You Need?



We hear it all the time... “I’m not ready yet.”

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695 21st Street
West Vancouver, BC V7V 4A7

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

HOURS OF OPERATION

Registered Programs

Monday – Thursday 8:30 a.m. – 6 p.m.
Friday 8:30 a.m. – 4 p.m.
Saturday 8:30 a.m. – 4 p.m.

Cafeteria & Take-out Food Service

Monday – Friday 9 a.m. – 2 p.m.
Saturday – Sunday 10 a.m. – 2 p.m.

SENIORS' HELPLINE 604-925-7280

Monday – Thursday 8:30 a.m. – 6 p.m.
Friday – Sunday 8:30 a.m. – 4 p.m.

Please note the following closures:

Thu, November 11 (Remembrance Day)
Sat, December 25 (Christmas Day)
Sun, December 26 (Boxing Day)

EDITORIAL

Editors Sabina Kasprzak, Michiko Araki

Advertising Sabina Kasprzak

Publisher District of West Vancouver

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Cover Photo By Larry Olkovic

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

The Seniors' Activity Centre caring for our feathered friends.

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.

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 our cooler weather has arrived, it is time to think of getting ready for the holiday season. Do you need that special something for someone important in your life? Come and shop in our gift store and I am sure you will find just what you need.

This is also the time of year when we start receiving fundraising solicitations in the mail. The Seniors' Activity Centre is once again appealing for your support of our Feed The Need campaign. The success of this campaign ensures that we can continue to provide food security for our vulnerable seniors.

Your Advisory Board has recently approved a Planned Giving program whereby gifts to our Centre can be left in your Wills. There can be a variety of gifts donated and we will be having seminars at the Centre where you can find out more about this important new program. Stay tuned.

Monies raised from all fundraising efforts ensure that our programs continue and are enriched, there is comfortable furniture in the lounge for you to enjoy, new equipment is available in our kitchen for our food service, and rooms can be renovated to accommodate more programming.

Finally, don't forget to renew your membership. It enables you to get discounts on food and programs. Call a friend and come and have a coffee or lunch. We would love to see you. Be assured that appropriate provincial health protocols are being observed. Have a happy, safe holiday season.

— Sheilah



Jill Lawlor
*Community
Recreation
Manager*



Davida Witala
*Community
Recreation
Supervisor*

MESSAGE FROM COMMUNITY RECREATION MANAGER & THE RECREATION SUPERVISOR

The final two months of the year are traditionally festive, fun, and filled with many social mingles and larger events. This year will be slightly different once again, as we pivot with the pandemic. In November, we look forward to celebrating and honouring Veteran's Day. The café will be hosting a **Remembrance Day Lunch Special** on November 10. The café team has created a wonderful wholesome menu that will be served during the cafeteria lunch service. December is traditionally our party month where the kitchen kicks into high gear with tourtière pies, "melt-in-your-mouth" shortbread cookies, butter tarts, pumpkin pies, and more! Back by popular demand, the Centre will be offering the **Christmas Turkey Dinner for Four**. Orders can be placed and prepaid by calling the Centre at 604-925-7280. Keep in mind the dining room is open for lunch service from Monday to Friday and take-out food service continues daily 10 a.m. to 2 p.m. Lastly, we wish everyone a happy and healthy holiday season and look forward to seeing you in the new year!

— Jill & Davida

OUR PROGRAM COORDINATORS



VOLUNTEERS

Sylvia Lung
Volunteer Services Coordinator
604-925-7288
slung@westvancouver.ca



VOLUNTEERS

Crystal Lan
Assistant Volunteer Program Coordinator
604-925-7288
scvolunteers@westvancouver.ca



INDOOR & OUTDOOR PROGRAMS & 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
jlait@westvancouver.ca



SUPPORT SERVICES

Hannah Rennie
Seniors' Support Services Assistant Program Coordinator
604-925-7287
hrennie@westvancouver.ca



OUTREACH PROGRAMS & SPECIAL SERVICES

Helen Murphy
Seniors' Advocate & Outreach Program Coordinator
604-925-7211
hmurphy@westvancouver.ca



OUTREACH PROGRAMS & SPECIAL SERVICES

Stephanie Jordan
Seniors' Advocate & Outreach Program Coordinator
604-925-7211
sjordan@westvancouver.ca



HEALTH & FITNESS

Eric Bagnall
Program Coordinator Personal Training & Weight Room Operations
604-921-2903
ebagnall@westvancouver.ca



FITNESS PROGRAMS

Jenna Kurylo
Program Coordinator Group Exercise & Yoga
604-925-7231
jkurylo@westvancouver.ca



REHABILITATION PROGRAMS

Dave Thomson
Program Coordinator Rehabilitation
604-921-2169
dthomson@westvancouver.ca



FOOD SERVICES

Lou Novosad
Food Service Program Coordinator
604 925-7122
lnovosad@westvancouver.ca



VOLUNTEERS

VOLUNTEERS NEEDED FOR ALL POSITIONS

Make new friends and enrich the lives of community members today by volunteering at the Seniors' Activity Centre!

Volunteers are urgently needed to support the Seniors' Activity Centre in regular shifts and as substitutes:

- Food packers
- Café openers
- Cook and Baker's support
- Servers
- Closers
- Bussers
- Dishwasher's assistant
- Food handler
- Delivery team *and more*

If you wish to volunteer or find out more information about the roles available, email us with your interest and availability at scvolunteers@westvancouver.ca or call 604-925-7288.

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 westvancouverrec.ca/volunteer and follow the links in the 'Next Steps' sidebar, or call 604-925-7280. Within a few days of signing up you will receive a link to a 30-minute information video with ten questions to answer at the end. Once completed, we will send you a welcome email with more information regarding next steps, including further training, a virtual meeting, and a Police Information Check.



FEED YOUR COMMUNITY, DRIVE FOR US!

We are seeking reliable drivers with their Class 5 license to support meal deliveries in the pink Connector van from 10:30 a.m. to 12:30 p.m. Mondays through Saturday. Volunteers must send us their driver's abstract, complete the volunteer orientation, and pass a police information check. For more information, email us with your interest and availability at scvolunteers@westvancouver.ca or call 604-925-7288.

The Centre is following all the recommended safety protocols. If you are volunteering with us, and suddenly cannot make your shift, please call Volunteer Services at 604-925-7288 or text 604-202-8694 or call the Seniors' Activity Centre during office hours at 604-925-7280.

VOLUNTEERS NEEDED IN THE PLANT ROOM

Do you have a green thumb or fresh flowers from your garden to share? Volunteers are needed in the plant room to create beautiful flower arrangements and greenery for the vases in the cafeteria.



THANK YOU JUDY, OUR VOLUNTEER FLORIST EXTRAORDINAIRE!

When the pandemic hit, the Centre had to close and our flower volunteers weren't able to come in. This wasn't a barrier for Judy, who took over finding donations of flowers, spending hours at home arranging them, and dropping them off weekly to brighten our take-out food line with her beautiful creations.

Judy demonstrates how our volunteers go above and beyond to brighten the lives of Senior's Activity Centre members. Our sincere thanks to Judy for her service!

GARDEN SIDE CAFÉ



Lunch Service, Take-out and Delivery Food Service

Indoor dining is available Monday to Friday from 9 a.m. to 2 p.m.

Lunch service is available Monday to Friday from 11:30 a.m. to 1:30 p.m.

Dinner service is currently not operating.

The take-out food and delivery service will continue during operating hours.

Take-out Food Service Hours

Monday – Friday

9 a.m. – 2 p.m.

Saturday – Sunday

10 a.m. – 2 p.m.

For **food delivery** call **604-925-7280** to place your order. (Minimum \$20 purchase on deliveries. Orders must be placed by 10 a.m. for same day delivery. 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.

A TASTE OF THE SEASON

The Seniors' Activity Centre's Garden Side Café is cooking up a flurry of festive entrées and desserts sure to delight every palate this holiday season!
(M) = member prices

Roast Turkey Christmas Luncheon | Dine-in

Thursday, December 23 from 11 a.m. to 1:30 p.m.

Regular Café lunch prices in effect.

Tourtière Pies | Take-out

Available daily throughout December (until December 24).

No pre-orders please. Available until quantities last.

Whole \$17 (M)

Half \$8 (M)

Roast Turkey Dinners for Four (4) | Take-out

Pre-order cut off day: December 14

Pick up: Friday, December 24 from 9 a.m. to 1:30 p.m.

\$35 (M)

Individual Roast Turkey Dinner | Take-out

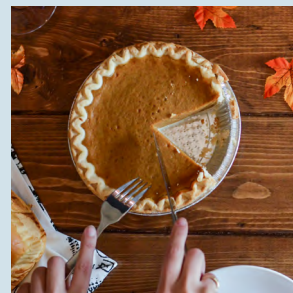
Available December 23 & 24

\$6.50 (M)

Christmas Baked Goods

Available December 6 to 24

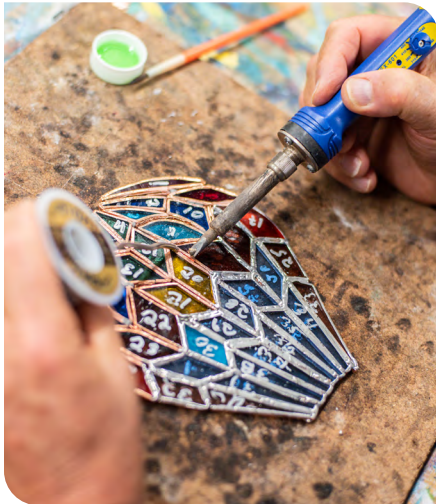
- Festive Christmas Baked Goods Pack:
2 mincemeat tarts, 2 pumpkin tarts,
3 shortbread cookies with chocolate,
3 shortbread cookies with Christmas sprinkles, 3 ginger cookies. \$13 (M)
- Shortbread & Ginger Cookies 5 for \$5 (M)
- Pumpkin Pie Whole \$13 (M)
- Pumpkin Pie Half \$6.50 (M)
- Pumpkin Pie Slice \$3.75 (M)
- Pumpkin Tart 4" \$3.75 (M)
- Mincemeat Pie Whole \$13 (M)
- Mince Meat Tarts 2 for \$3.75 (M)



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

Stained Glass - Studio Time

Enjoy some studio time to work on your stained glass creations! No instruction. Bring your own equipment and supplies.
Leader: June C.

Wed
Nov 17 - Dec 15 12:30 - 3:30 p.m.
109974 \$20

Painting: Painting Studio Time

Enjoy some quality time with friends learning from others and honing your painting skills!

Mon 9 a.m. - 12 p.m. & 1 - 4 p.m.
Wed & Fri 1 - 4 p.m.
Sat 10 a.m. - 1 p.m.

Painting: Studio Class with James

Paint for fun in an inspiring studio setting! Create appealing paintings using acrylics, oils or watercolours, and learn about composition, perspective, and get assistance in colour-mixing. Bring your own materials and images you would like to paint.

Thu
Nov 18 - Dec 16 9 a.m. - 12 p.m.
109769 \$25

Painting: Acrylics with Maureen

Immerse yourself in the world of acrylics! From colour theory, perspective and compositions, to the completion of your very own masterpiece. Enjoy interactive demos, discussion, and continuous painting in a fun, friendly and welcoming environment. Beginner and advanced painters welcome.

Wed
Nov 17 - Dec 15 9 a.m. - 12 p.m.
109771 \$90

Painting: Fresh Start with Lynn

Wherever you are on your painting journey, let's take the next few steps forward together! Reconnect with all the reasons you love watercolour—the luminosity, flowing shifts of colour, and fascinating play of light. Learn basic composition, what leads the eye to the focal point, perspective, and colour theory to build a strong foundation. Materials included. *Instructor: Lynn Colpitts*

Tue
Nov 18 - Dec 16 1 - 4 p.m.
109779 \$125

Painting: Getting Started with Lynn

Find the encouragement you need to finally listen to your longing to try one of the most satisfying forms of painting—watercolour! No experience needed. Just bring along your curiosity, an open mind, and enjoy. Using provided materials, explore techniques, colour theory, and compositional considerations as foundational components of painting. *Instructor: Lynn Colpitts*

Thu
Nov 16 - Dec 14 1 - 4 p.m.
109774 \$125

Photo Club

Come curious, and leave inspired by the stunning images shared by guest presenters and participants! No formal instruction. Club is meeting virtually and will return to in person meetings when the Covid numbers improve. *Leader: Peter O.*

Thu
Nov 18 - Dec 23 12:15 - 2:45 p.m.
107365 \$15



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, Stephanie, Caroline or Jenna.

MUSIC & DANCE

Heritage Choir

Where have all the singers gone? News flash—they haven't! The West Vancouver Heritage Choir is alive and well, and hoping you'll join us this fall. So please come join us along with our conductor, Nicole Thomas Zycznski, for some energizing musical fun. For more details contact cbrandon@westvancouver.ca.

Tue
Oct 19 - Nov 16 2 - 4 p.m.
102633 \$40

Dundarave Players

Make music with the Dundarave Players! If you play an instrument, read music, and are interested in joining the group and performing with us, please contact Caroline at cbrandon@westvancouver.ca

Tue
Nov 16 - Dec 14 9:30 - 11:30 a.m.
109798 \$12.50

Scottish Country Dance - Beginner & Intermediate

Explore the worlds of Scottish Country Dance—you don't need to be a Scot to enjoy it! Learn basic steps and more intricate dances as the class progresses. Beginners and experienced dancers welcome!
Instructor: Louise M.

Mon
Nov 15 - Dec 13 1 - 3 p.m.
109823 \$30

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

Drop-in \$2.50

105253 Nov 6

107553 Nov 13

109833 Nov 20

109837 Nov 27

109841 Dec 4

109845 Dec 11

109849 Dec 18

Recorders Intermediate

Are you already familiar with the recorder (soprano, alto, tenor and bass) and looking to hone your skills? Join our informal, friendly, early music ensemble. *Leader: Steve R.*

Mon
Nov 15 - Dec 13 10:30 a.m. - 12 p.m.
109867 \$12.50

Recorders Advanced

Have fun while practicing your talents with others! Players must have some experience. *Leader: Steve R.*

Thu
Nov 18 - Dec 16 11 a.m. - 12:30 p.m.
109866 \$12.50

Ukulele: Beginner with JR

Learn the basics of chords, strumming, and how to tune your instrument! No experience necessary, we sing too! *Instructor: J. R. K.* (No class Nov 11.)

Thu
Nov 18 - Dec 18 11:30 a.m. - 12:30 p.m.
109873 \$52.50

Ukulele: Level 2 with JR

Challenge your instrument skills and sing along with others in a class geared towards adult students who are comfortable with chords and looking to expand their strumming and song repertoire. We'll learn some basic theory as well! *Instructor: J. R. K.*

Thu
Nov 18 - Dec 18 10:30 - 11:30 a.m.
109872 \$52.50



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WOODWORKING

Woodworking: Level 1 Beginner

Get introduced to woodworking tools, with special emphasis on power tools and how to use them safely. If you haven't worked with tools before, this class is a prerequisite for all woodworking classes. No registrations after first class; lessons are cumulative.

Wed

Nov 17 – Dec 15 9 a.m. – 12 p.m.
110615 \$30

Woodworking: Level 2 Intermediate

Bring your woodworking venture to life! Prerequisites: Woodworking Beginners, or experience in woodworking. If you have never been to any classes at the centre and have experience, register in this class to be observed and assessed. Pick up a set of guidelines when registering. Projects must return home with participants after each class due to lack of storage space.

Mon

Nov 15 – Dec 13 9 a.m. – 12 p.m.
109874 \$30

Fri

Nov 19 – Dec 17 9 a.m. – 12 p.m.
109884 \$30

Woodworking: Level 3 Advanced

Bring your woodworking venture to life! Prerequisites: Quite a bit of experience in woodworking. You must be able to work mainly on your own with minimal assistance. Requirement: bring your own plan and wood. Pick up a set of guidelines when registering. Projects must return home with participants after each class due to lack of storage space.

Mon/Tue/Wed/Fri

Sep 7 – Nov 13 9 a.m. – 12 p.m.
or 1 – 4 p.m.
109875, 109876,
109880, 109886 \$30

Woodworking: Women's Session

This one's for women with various levels of experience! If you just 'plane' love woodworking, join other women for a fun, informative, and supportive class. Bring your own project and wood. The supervisors are available to provide information and guidance, but cannot provide one-on-one supervision. If you are a beginner, please sign up for the beginner's class first. Prerequisite: Woodworking Beginners and waiver form.

Instructors: Margaret, Peter & Bruce.

Tue

Nov 16 – Dec 15 1 – 4 p.m.
109877 \$30

Woodworking: Woodturning Level 1 Beginner

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

Wed

Nov 17 – Dec 15 9 a.m. – 12 p.m.
109879 \$30

Woodturning: Woodturning Level 2 Intermediate

Take your affection for woodturning to the next level and with little supervision! Three people maximum. Prerequisite: Woodturning Level 1 Beginner.

Wed

Nov 17 – Dec 15 1 – 4 p.m.
109881 \$30

Fri

Nov 19 – Dec 17 9 a.m. – 12 p.m.
109885 \$30

Woodworking: Woodcarving A.M.

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

Thu

Nov 18 – Dec 16 9 a.m. – 12 p.m.
109882 \$30

Woodworking: Woodcarving P.M.

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

Thu

Nov 18 – Dec 16 1 – 4 p.m.
1109883 \$30

Woodworking: Klee Wyck Woodcarvers

Join the Klee Wyck woodcarvers! This long-standing local group now carves all different woodcarving styles. When the building starts opening longer this group of carvers will return.



WEST VANCOUVER SAC ADVISORY BOARD – FUNDRAISING COMMITTEE

The Fundraising Committee was formed in 2020, and is a subcommittee of the Finance Committee.

In our first year, we launched the *Feed the Need* initiative. With The West Vancouver Foundation as our partners in this effort, we raised approximately \$500,000. The *Feed the Need* program will continue annually, as the problem of vulnerable seniors in need continues.

In 2021, we have been focusing on offering a *Planned Giving* program for seniors who find great pleasure in the Seniors' Activity Centre and may want to leave a bequest in their wills to help future generations continue to enjoy our wonderful Centre. You will be hearing more about this soon! We will also be hosting Estate Planning seminars for everyone who needs assistance with planning their wills and estates.

Hopefully the Flea Market will return in spring of 2022, depending of course on Covid-19 restrictions.

We are always looking for people who may be interested in fundraising, and would like to join our committee—we usually meet monthly.

Faye McMyn
Chair, Fundraising Committee



SPECIAL FEATURE



BEST VALUE IN TOWN

By Valerie Coles

With prices rising everywhere from groceries to gas in these pandemic times, we are proud to offer our membership at a humble price of \$38. In addition to the perks highlighted below, we are also adding new classes and programs to our growing roster.

A membership makes life's little pleasures even better:

- Enjoy that welcome 30% discount on delicious Garden Side Café lunches and take-outs
- Enroll in any of the Centre's programs and receive that generous discount
- Enjoy a piping hot latté at the Fireside Coffee Bar & Lounge even more with a discount

Please call our Reception Desk at 604-925-7280 to renew your membership if you haven't already, and lock in another year of learning, fitness, and fine food. All the things you've been missing during the pandemic are here, patiently waiting to see your smiling face again.





You learn a lot about someone when you share a meal together.

- Anthony Bourdain

GARDEN SIDE CONFIDENTIAL WITH AMAZING CHEF LOU

By Valerie Coles

Over the past two years, Chef Lou Novosad has reached near heroic status at the West Vancouver Seniors' Activity Centre. Pre-Covid, Lou and his team prepared 400 entrées a week. Once Feed the Need kicked in, (our award-winning program delivering meals to hungry seniors) that number swelled to close to 1200. Yet Lou was never happier.

"We put our hearts into Feed the Need. The team had to prepare, package, and label hundreds of meals a week, with guaranteed freshness and quality. Feed the Need made all of us become better — we were never more productive. A few months ago I got a beautiful handwritten letter from a woman in the program, telling me how our hot meals have totally changed her life. Because we're here to serve, that means a lot."

Lou Novosad has been our Garden Side Café chef for twenty years ("a third of my life!") and what a ride it's been. Besides finesse with food, Lou

is a natural organizer, skillfully embracing the complexities of running a restaurant. Under his watch, the Garden Side Café evolved from a small cafeteria to a full-fledged restaurant, offering new entrées for lunch and dinner: take-outs, salads, meat pies, quiches, and soups plus exquisite baked foods and snacks.

Not long after Lou took over, The Garden Side Cafe was coordinating special events: Christmas luncheons, Robbie Burns dinners, intimate Chez Lou fine dining events, international dinners, Rotary lunches, and dress-up vaudeville dinners. Times were changing and Lou embraced them all.

Born in Czechoslovakia, Lou is proudly European; his finesse in the kitchen hints at a culture rich in gastronomy. His love affair with food began early; at the age of fourteen he dedicated one month of his summer school break to work at the Grand Hotel Pupp in his home town "and that was it." Lou's culinary career was born.



Photos credit: Hans Gray

He later enrolled in hotel school, a unique European blending of college with teaching the essentials of running a successful restaurant. It was here that Lou developed his flowering cooking skills, but also the intricacies of menu planning, budgeting and administration, the hidden skills that oil the wheels.

Those skills have served him well; in 1987 Lou headed for Greece, working two back to back jobs in one of his all-time favourite cities, Athens. Two years later, he arrived in Canada and quickly found himself running the restaurant at Kelowna's Big White ski resort.

The only time to eat diet food is while you're waiting for the steak to cook.

- Julia Child

In the Nineties, the travel bug hit (he's at home in six languages) and Lou travelled the world aboard the Royal Viking Sun, a luxury cruise ship that carried him to one hundred countries.

"Whenever we docked, I couldn't wait to get off the ship and spend every possible moment exploring — Norway to South America, the Orient to America". In the big cities, always his favourites, he stayed for days: New York, London, Sydney, Tokyo and, his favourite, St. Petersburg. "I could feel Russian history in the architecture."

Before Covid hit, Thursdays had been a challenge for Lou — the singular day of the week when most of the Centre's programs were run.



Photo credit: Larry Olkovic

"Thursdays were a challenge and I miss them, but Covid has been a greater one with a huge upside: it brought me closer to my staff, always the most important thing for me, and together, we found a way."

My weaknesses have always been food and men — in that order.

- Dolly Parton



Photos credit: Hans Gray

Lou has even more delicious ideas up his sleeve for when things finally turn around. Come the New Year, he will be introducing High Teas, that quintessentially British tradition and decidedly the quaintest of English dining customs. High Tea will initially launch on weekends. As well, take-outs, always top sellers and wildly popular during the pandemic, will move to the Marine Room. Also keep your eye out for the colourful little sustainable Market, adjacent to the cafeteria in the Café Terrace. A brand new innovation, it will bring together local West Van youth with seniors, creating and selling a blend of artisan crafts, artwork, and condiments freshly made from our own raised garden beds. Best of all, Garden Side Market profits will go directly to Feed the Need.

Throughout the roughest months of the pandemic, the Garden Side Café has remained an oasis for members, a welcome spot to safely remove our masks, and connect with friends. With so many of us growing tired of cooking, many members have relied on the effortless meals Lou's take-out treasures provide. A cafeteria volunteer reports that the most common refrain she hears from the hundreds of take-out customers is "What a Godsend!"

We hope you'll take a deep bow, Lou, but you'll probably be too busy.

A party without cake is just a meeting.

- Julia Child



Photo credit: Larry Olkovic



Photo credit: Hans Gray



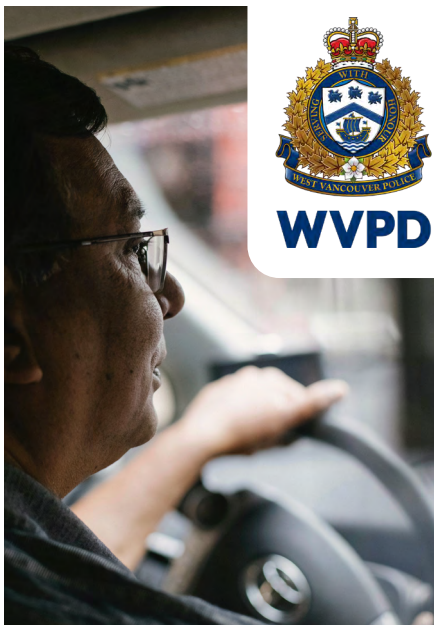
Photo credit: Larry Olkovic



Photo credit: Larry Olkovic



Photo credit: Hans Gray



DRIVING SAFETY: SENIORS

By Sergeant Mark McLean

While driving represents freedom and independence for many older adults and seniors, we need to consider that as we age, our physical and mental abilities change as well. Our vision, hearing, and our ability to react quickly changes and has an impact on our driving. Our motor skills slow and some medications can affect us as well. It's important to have annual vision and hearing checks. It's also useful to recognize when you start to feel uncomfortable or unsafe on the road. Some examples are: driving at

night, driving at high traffic times, or driving on the highway. This is a good time to evaluate what may be restricting your ability and seek professional help. For example: if your neck mobility feels restricted and you can't comfortably look over your shoulder, it may be arthritis in the neck and you may seek physiotherapy or other types of solutions. It's important to be aware of how driving changes as we age so we encourage you to become informed. You can visit caa.ca/driving-safely/senior-drivers for more information.

SENIORS COLLECTIVELY CYCLE OVER 1,000 KM IN SUPPORT OF CANCER RESEARCH



On August 28, eleven members of the Seniors' Activity Centre's (SAC) Silver Wheels and Turtles cycling clubs showed up with enthusiasm, to take part in the 'Tour de Cure'. The group cycled a 102 km circuit from the SAC via Iona Spit and Steveston, and raised over \$12,000 in support of the BC Cancer Foundation.

The SAC supports five outdoor cycling clubs with some 300 members who regularly enjoy rides around Metro Vancouver and the Lower Mainland in all seasons.

To learn more about the SAC's cycling clubs, contact Caroline at cbrandson@westvancouver.ca.

We've got a world of knowledge to share!



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



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

CARING FOR OUR FEATHERED FRIENDS



Photos by: Larry Olkovick

Why Birds Matter

from *Birds Canada*

Birds are fascinating and inspiring. When you hear a song from the trees or catch a glimpse out your window, it's a moment of joy and wonder. Birds are a daily, delightful connection to nature.

Birds also provide essential services in your neighbourhood and across Canada, including pollinating plants, dispersing seeds, and helping to control insects.

Birds are excellent environmental indicators—they are nature's sentinels. Studying birds allows us to understand the overall health of our ecosystems and the environment.

The decline of any single species of birds is a tragedy in itself, but can also indicate larger causes for concern. Monitoring and early detection of bird declines is critical in determining priorities for conservation action.

Monitoring and conserving bird populations and their habitats supports a healthy environment for every living thing — including us!

By Kathie Taylor

Just as so many of us enjoy coming to the Seniors' Activity Centre for refreshments, so too do the birds that fly to the southwest corner of the patio area to feast at the birdfeeder.

For almost three years now, keeping that birdfeeder clean and filled has been the responsibility of Bridget Gleave, who has been a member for about 10 years.

"I have done the odd volunteer stint such as helping out at the annual flea market, but was thinking that I'd like to do more to support the Centre," explained Bridget. "Pre-Covid, I used to meet with friends for lunch, and we'd often see the birds at the feeder. I have always loved watching them, as we had a thriving birdfeeder at home.

"Somehow Caroline Brandson, who was then the Volunteer Services Program Coordinator, heard that I might be interested. She recruited me and I was happy to take on the task."

While Bridget is quick to point out she's no ornithologist, she takes great pleasure in caring for the birds that come to visit, and tending to the feeder in all kinds of weather.

"Our visitors include sparrows, finches, chickadees, Steller's Jays, Northern Finches, and a tiny Winter wren. The type of feeder we have isn't suitable for the larger birds, but it's important we have one that discourages squirrels, rats or bears to drop by for a snack."

Bridget's preferred bird seed is black oil sunflower seeds, purchased at Wild Birds Unlimited in North Vancouver. These seeds have very thin shells that are easy for birds to crack open, and the kernels within have a high fat content that's particularly important in the winter. Bridget also points out that it's important the seeds are in the shell, otherwise the oily content creates a much longer cleaning job. Another bonus, according to Wild Birds Unlimited's web site, is that "among seed ingredients, black oil sunflower attracts the greatest variety of small and large seed-eating birds."

During the winter months, the birds go through at least three 20-pound bags of the seed every couple of months, and the feeder needs to be filled about every seven to 10 days. Understandably, the consumption decreases in the warmer months as the birds have a greater variety of food sources.

Keeping the feeder clean is as important as keeping it filled, and Bridget regularly gives it a scrub when she's refilling it.

With the closures and restrictions during COVID, Bridget wasn't always able to get to the Centre. She's grateful for the staff that stepped in to take on the responsibility, and in particular Recreation Facility Clerk, Rebecca Chuma.

"Since getting back on a regular basis, I've noticed that we've lost quite a few of our birds," said Bridget. "I'm assuming they've found other generous souls in our area with bird feeders, but now that things are returning to normal, I'm expecting — and hoping — to see them flocking back."

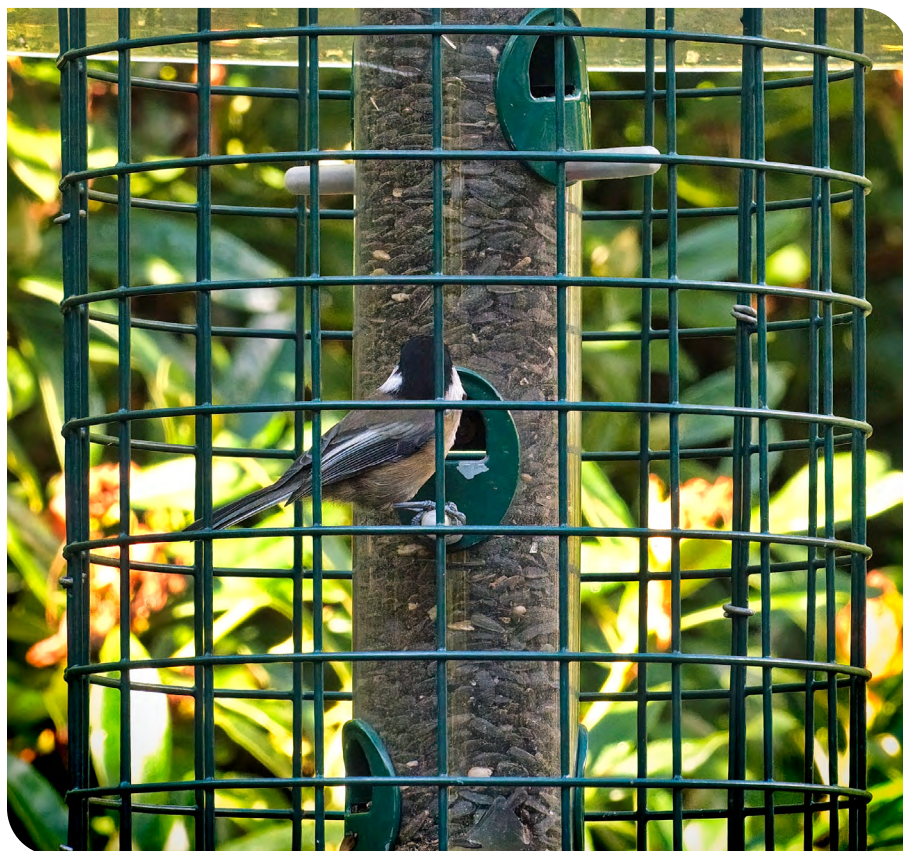
A surprising challenge in tending the feeder is taking it on and off the stand.

"It's a lot harder than it looks," Bridget explains with a chuckle. "The feeder's just beyond reach from the cement path, so I need to step into the garden

area. The roof protecting the feeder obscures the hook, so it's a bit of hit and miss to get it back in place. My husband, Martin, used to help me, but we'd end up giggling and wobbling so much it would take forever! Luckily, our wonderful maintenance staff often help me now, and they're tall enough to do it easily."

When asked why she enjoys caring for the birds, Bridget became thoughtful before responding, "Birds contribute to our daily lives, and it's interesting to watch them in our little garden whether you're sitting outside or having lunch in the Marine Room. It's a little job, but it's my pleasure to look after our feathered friends."

Originally from England, Bridget and her husband Martin have been married 59 years, and have three adult children and one granddaughter. Before her retirement, she was a Special Needs Teaching Assistant in the West Vancouver School District.



Those Feisty Flickers!

If you were able to spend much time around the SAC in the past couple of years, you might have heard the incessant pecking of the Northern Flickers, members of the Woodpecker family. According to Davida Witala, it sounded as if Maintenance was hammering on the building for days at a time.

Realizing that the Flickers were damaging the exterior of the building, staff consulted with Wild Birds Unlimited in early 2020 to identify the birds and get some idea on how to limit their presence. With nests already in place, little could be done that year.

However, the problem was helped by the fact that, thanks to COVID, there were much fewer people around. With few people eating outside, there was less food dropped on the ground, meaning a less likely food supply near the building for the flickers and other birds such as crows and seagulls.

In January of this year, staff closed off a number of holes and empty nests with chicken wire and foam. The birds seemed to peck through that. The next step was to install some streamers in certain locations, which seemed to ward them off somewhat.

The final step this spring with very few birds around, the staff arranged to top the existing siding with a supply of Hardie Board siding, a durable siding product made of cement, sand, and cellulose fibers combined to protect homes and other structures. Hopefully we've found a way to stop the feisty flickers from damaging our Senior Centre further!

SOCIAL

Language: French Conversation

Fine-tune your French! Have fun conversing with others at an intermediate level in a supportive and friendly environment. Our topics will vary and be generated by the group. No instructor.

Wed

Nov 17 – Dec 15 10 – 11:30 a.m.
109887 \$12.50

Language: Intermediate French Review (Spa Francais)

Join us for a structured review sessions for "high beginners/rusty intermediates" who wish to improve their conversational French. No instructor, participants help each other master grammar, vocabulary and idiomatic usage while working their way through textbook exercises, podcast lessons and occasional short readings in French. *Leaders: Fiona A., Nadine N., and Wayne S.*

Tue

Nov 16 – Dec 14 10:30 a.m. – 12:30 p.m.
109888 \$12.50

Language: Spanish Beginners with Elias

Start each class with some guided conversation that will help you gain vocabulary, strengthen your knowledge of the language and build more speaking confidence. Apply what you know to everyday conversation while listening and speaking with others. No textbook. *Instructor: Elias M.*

Thu

Nov 18 – Dec 16 4 – 5:30 p.m.
109891 \$75

Language: Spanish Advanced with Elias

This is our highest level of Spanish. The class focuses on interaction between students who narrate their weekly activities, their hobbies and interests. The conversation is monitored and corrections are done on the spot to refresh the previously acquired knowledge. No textbook.

Instructor: Elias M.

Mon

Nov 15 – Dec 13 4 – 5:30 p.m.
109892 \$75

Language: Spanish - Social Conversation

Practice your language skills and add to your vocabulary by speaking with like-minded new friends! Join us for a class designed for fluent Spanish speakers who are seeking an opportunity to practice and converse with others. No instructor.

Fri 10 a.m. – 12 p.m.
 Drop in \$2.50

Writers' Circle

Share your stories, poems and memoirs in a casual and encouraging atmosphere! Take turns leading sessions. Start with a 10-minute power write (topic chosen by leader of the day), and then read your pieces and assignments. Enjoy writing styles ranging from humour and poetry to memories and social commentaries. While there will be no critiquing of member submissions, we will enjoy lively discussion. No instructor or facilitator.

Mon

Nov 15 – Dec 13 1 – 3 p.m.
109903 \$10



Creative Writing with Richard

Margaret Atwood doesn't attend so masterpieces aren't expected. We write and give feedback, and thus learn from each other. Our project is to write with verve, clarity, and grace in stories that engage and delight. Join us as you work on a larger project (a novel or memoir) or to get in touch with your muse week-to-week.

Instructor: Richard B.

Thu

Nov 18 – Dec 16 1:30 – 3:45 p.m.
109904 \$65

Hot Topics - International Affairs

Looking for an opportunity to converse about current affairs? Join Jon Scott for discussions about the current international affairs hot spots around the world! Start with some background information from Jon, and then join in on the discussion and learn from each other. Jon is a former ambassador of Canada, holds a PhD in Philosophy, and is an adjunct professor at Simon Fraser University.

Fri

Oct 1 – Nov 19 1 – 2 p.m.
104111 \$70

Flight Simulation

Come Fly with us! Join other aeronautical enthusiasts who meet bimonthly on the second and fourth Friday of the month. Please register online, over the phone, or at the front desk.

Fri

Nov 12, 26, 10 a.m. – 12:30 p.m.
 Dec 10 \$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 Helen, Stephanie, Caroline or Jenna.

55+ VIRTUAL PROGRAMMING IN BRITISH COLUMBIA

Stay connected from home! Check out the wide variety of virtual programs provided for 55+ adults.

For more information visit southgranvilleseniors.ca/virtual-programs

Bridge: Bridge Basics 2 with Stephen

Build on what you've learned. Focus on declarer play in a class that combines discussion, practice play, socializing and above all fun. You must be familiar with the modern five-card major bidding system: brief reviews of bidding are included to reinforce concepts learned.

Instructor: Stephen B.

Tue
Nov 16 - Dec 14 3:30 - 5:30 p.m.
109959 \$75

Bridge: Topics and Supervised Play with Stephen

Come for the fun of the game if you're familiar with the basics of bidding, declarer play and defense, and have attempted playing common modern bridge conventions like negative doubles, transfer bids, Jacoby, 2NT, and more. *Instructor: Stephen B.*

Wed
Nov 10 - Dec 15 3:30 - 5:30 p.m.
109960 \$75



FABRIC ARTS

Fabric: Knitting

All tangled up? If you need a hand with your knitting project, Shirley is here to help! All are welcome to join our group of friendly, funny, and happy ladies. Come with your ideas, needles, and wool or we can help you choose a project.

Tue
Nov 16 - Dec 14 9 a.m. - 12 p.m.
109961 \$12.50

Fabric: Quilting

Work on your quilt, swap ideas and ask questions in a friendly, social setting. No instructor.

Tue
Nov 16 - Dec 14 1 - 4 p.m.
109962 \$12.50

Fri
Nov 19 - Dec 17 1 - 4 p.m.
109965 \$12.50

Fabric: Quilting Bee

Who knew quilting would be 'sew' much fun! If you can hand or machine sew, you'll be able to quilt! We need volunteers so hope you can join us soon! Do you need a quilt? We will hand-quilt one for you at a reasonable price! All proceeds go to the Seniors' Activity Centre.

Fri
Nov 19 - Dec 17 9 a.m. - 12 p.m.
109964 Free

Fabric: Wed Craft Group

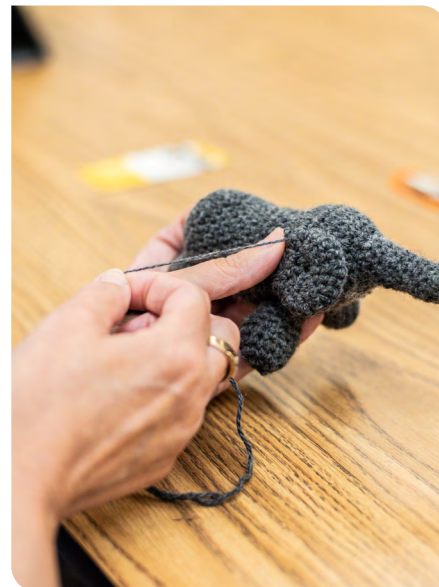
Calling all crafters and knitters! If you know how to sew, knit, or do crafts and would like to make one-of-a-kind creations, to help raise funds, for the Seniors' Activity Centre, join us.

Wed
Nov 20 - Dec 18 9 a.m. - 12 p.m.
109963 Free

Fabric: Quilting Open Drop-In

Bring your own quilt to work on, swap ideas, and ask questions in a friendly, social setting. No instructor.

Sat
Nov 20 - Dec 18 9 a.m. - 12 p.m.
109966 \$12.50



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. We encourage you to call in or go on line to register and pay in advance. Location: Lily Lee Spirit Room.

Mon/Wed/Fri 1 - 2:45 p.m.
Drop-in \$3

Billiards

This beautiful room with first class equipment is available for play and practice. Reserve your spot in advance. Call or register online to reserve your spot.

Mon - Thu \$2/game
9 - 10:30 a.m., 10:45 a.m. - 12:15 p.m.,
12:30 - 2 p.m., 2:15 - 3:45 p.m. &
4 - 5:30 p.m.

Fri & Sat
9 - 10:30 a.m., 10:45 a.m. - 12:15 p.m.,
12:30 - 2 p.m., 2:15 - 3:45 p.m.



WELLNESS

Langara Massages are back!

Enjoy a 45-minute massage performed by Langara College students. Register for your spot. Maximum six spots per time slot. Arrive 15 minutes early to complete paperwork. No ICBC claims. For more info

cbrandson@westvancouver.ca

Wed

9:30 a.m., 10:45 a.m., 12 p.m.

Sep 8 to Dec 15

Mindfulness Meditation

Discover how to have the life you want by living the life you have! In these unprecedented times of uncertainty and fear, many of us are isolated and struggling with loneliness, lack of sleep, stress, depression, and anxiety. Join our friendly class and learn some simple meditation and mindfulness techniques to experience better sleep, ability to focus, happiness, peace, and calmness and sense of belonging.

Mon

Nov 15 - Dec 13 12:15 - 1:15 p.m.

109968 \$12.50

OUTDOOR ACTIVITIES

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

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

For a listing of what's happening each month visit 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.*

All of our Cycling programs are currently full. Ramblers is also full.

Please contact cbrandson@westvancouver.ca about any one of our groups. Registration will start in January for returning riders.



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.

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. Transportation is provided to and from the local trail. Numbers are limited and safety protocols are in place.

Contact Caroline at cbrandson@westvancouver.ca with any questions.

Wed

Nov 17 - Dec 15 9:30 a.m. - 12:30 p.m.

109969 \$50

Hikers: Discover Trails

Hike intermediate and more challenging trails on the North Shore and in the Sea to Sky Corridor and beyond. Local hikes average 3.5 hours and beyond depending on the length of the trail and location. Trails farther afield will include travel time and will take 5 or more hours. Details of hike are emailed out the week of the hike. Trail shoes with good tread required. Bring water.

Contact cbrandson@westvancouver.ca for more information.

Thu

Nov 18 - Dec 16 9 a.m. - 12:30 p.m.

109970 \$12.50

Hikers: Tuesday

Are you active and in good physical shape? Join the group on Tuesday for 2 to 3 hikes starting at 9 a.m. and averaging 6-10 km in distance. Good trail shoes, hiking attire, and water/snack needed.

Tue

Jan - Dec 9:30 a.m. - 12:30 p.m.

83527 \$15

In January, *Discover Trails* and *Tuesday Hikers* will be amalgamating to offer more options to people!

Hikers: Thursday Advanced

Hike with the advanced group on Thursdays throughout the year! Hikes are 6 to 9 hours in duration and 12 to 25 km. Hikes are posted on westvancouver.ca/recschedules and list the elevation gain and details of the hike. You must carry your own food, water, wear hiking boots, and the ten essentials. Bring spare clothes and something to sit on. If you are new or would like more info email cbrandson@westvancouver.ca.

Cross Country Ski and Snowshoe Group

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 be part of the group and pay for the bus each time you go up the hill. A trail ticket or pass is required for skiing and snowshoeing in the ski area boundary. For more information ask cbrandson@westvancouver.ca.

Wed/Fri

Nov 17 - Dec 31 9 a.m. - 1 p.m.
105908 \$7.50

Please note: This year, does not extend to following year. You will need to register again in January 2022.



Ramblers Christmas Party

This year's party will be held at the Seymour Golf and Country Club in North Vancouver on Monday, December 6 from 11:30 a.m. to 3 p.m. Cost of the meal will be \$45 (please pay Alison) and there will be a bus. Please register separately and quote #108821 when you call 604-925-7280 to register. We can pick-up and drop-off on the way east of the centre. No picks-ups out west please.

TRIPS

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.



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, Stephanie, Caroline or Jenna.



FITNESS PROGRAMS

GROUP FITNESS ACTIVITY LEVELS

MILD

Low cardio

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

MODERATE

Fair amount of cardio

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

STRENUOUS

High level of cardio

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

GROUP FITNESS

Register early to secure your spot. Registration is available on an ongoing basis space-permitting.

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 westvancouver.ca/accessibility.

Strength & Stretch

Improve your everyday activity thanks to stronger and more flexible joints and limbs! Start with a short warm-up, followed by 20 minutes of strength exercises and finish off with 30 minutes of stretches in a fun class that incorporates floor exercises.

Thu
Nov 18 - Dec 16 9:30 - 10:25 a.m.
110733 \$22.50



Standing Strength and Balance

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

Wed
Nov 17 - Dec 15 10:30 - 11:30 a.m.
111286 \$18

Fri
Nov 19 - Dec 17 11:35 a.m. - 12:30 p.m.
110732 \$22.50

SCOPE

Get your heart pumping and your body moving in our online 50 to 60-minute class that will guide you through a warm-up, cardio, strength work, and finish off with a stretch. Modifications are provided for those who do not wish to go down on the floor.

Participants are welcome to remain online afterwards for a virtual chat.

Tue, Thu, Sat
Nov 16 - Dec 18 9 - 10 a.m.
110731 \$40.20

Tai Chi - Level 1

An exercise form of martial arts. Yang Style Tai Chi for participants new to Tai chi. This gentle ancient form of exercise is great for the body and mind. It is gentle on your joints, works on your core and helps with balance. Beginners are welcome to register.

Sat
Nov 20 - Dec 11 12:45 - 1:45 p.m.
110698 \$30

Tai Chi - Qi Kong

Get stronger, feel better, and smile in this relaxed and mindful class! Practice various slow-moving and mindful healing exercises that increase balance, agility, and strength. Explore visualization, breathing techniques, and meditation to promote a total sense of wellbeing. Everyone welcome. No previous Tai Chi experience necessary.

Sat
Nov 20 - Dec 11 10:30 - 11:30 a.m.
106151 \$30

Tai Chi - Level 2-3

Delve deeper into inner harmony as you continue along the path introduced in Level 1. Progress to the end of the Tai Chi forms as you improve strength, balance, and wellness through natural and relaxed forms.

Sat
Nov 20 - Dec 11 11:35 a.m. - 12:35 p.m.
106148 \$30

Hearts in Motion

Improve your health and decrease heart disease risk factors with exercise in this mild, fun, and energetic early morning fitness class! Benefit from a moderate cardiovascular workout followed by standing muscular strengthening exercises, abdominals, and stretch.

Mon, Thu
Nov 15 - Dec 16 7 - 7:55 a.m.
110736 \$50

♣²-♣³ Forever Fit

Are you a fit senior looking for a challenging, energetic workout? Then, this class is for you! Join us for an active warm up, extended, easy to follow cardiovascular workout, followed by muscular strength and conditioning exercises for upper and lower body, abdominals and stretch.

Mon
Nov 15 - Dec 13 9 - 10 a.m.
110723 \$20

Wed
Nov 17 - Dec 15 9 - 10 a.m.
110724 \$20

Fri
Nov 19 - Dec 17 9 - 10 a.m.
110725 \$20

♣¹-♣² Osteofit for Life

Do you live with osteoporosis? Improve strength, posture, balance, and agility in a gentle exercise class that focuses on proper technique and spine stability through safe and simple movements. This class is great for newcomers or those wanting a little more challenge as multi-level options are delivered. Educational exercises are offered throughout the session.

Tue & Thu
Nov 16 - Dec 16 11:15 a.m. - 12:15 p.m.
110730 \$62.50

♣¹-♣² Stay Fit For Men

Stay fit in a fun yet mild exercise program for men! Start with a warm-up, progress to a modified low intensity cardio segment designed to gently increase your heart rate without significantly increasing your respiration, and finish off with a cool-down. Spend the rest of the class increasing your muscular strength and endurance, and stretching to lengthen and relax your muscles.

Mon & Thu
Nov 15 - Dec 16 8 - 8:55 a.m.
110726 \$50

♣¹ Chairobics

Did you know stretching is very important in maintaining health and mobility? Gently stretch and strengthen your muscles with the use of resistance bands.

Tue & Thu
Nov 16 - Dec 16 1 - 2 p.m.
110707 \$35

♣¹-♣² Chair Yoga

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

Tue
Nov 16 - Dec 14 12 - 1:15 p.m.
110709 \$31.25

NEW ♣¹-♣² Chair Pilates

Join us for a class that includes traditional Pilates exercises modified for sitting. Focus on breathing, posture, and alignment and finish off with a nice stretch and fascial release component. This class is appropriate for people who are new to Pilates and unable to go on the floor.

Wed
Nov 17 - Dec 15 10:10 - 11:05 a.m.
110706 \$31.25

Wed
Oct 13 - Nov 10 11:45 a.m. - 12:45 p.m.
106508 \$31.25

♣¹ Beginner Yoga

New to yoga? Roll out your mat and join us in a class designed for people who have never practiced yoga or have done less than ten classes. Focus on breathing awareness, basic posture, and body alignment as you connect with your body, while strengthening and lengthening your muscles.

Mon
Nov 15 - Dec 13 4:30 - 5:15 p.m.
106138 \$35

♣²-♣³ 20/20/20

Join us for a well-balanced fitness class! Start with a 20 minute of cardiovascular activity, followed by 20 minutes of muscle conditioning, and finish off with 20 minutes of stretching to lengthen and relax your muscles.

Mon
Nov 15 - Dec 13 10:05 - 11 a.m.
110720 \$21.25

Wed
Nov 17 - Dec 15 10:05 - 11 a.m.
110721 \$21.25

Fri
Nov 19 - Dec 17 10:05 - 11 a.m.
110722 \$21.25

♣¹-♣² Hatha Yoga (SAC)

Learn the gentle and effective use of breath and props to release tension, open the body, and feel relaxed and energized.

Tue
Nov 16 - Dec 14 9 - 10:15 a.m.
106132 \$35

Thu
Nov 18 - Dec 16 9 - 10:15 a.m.
106135 \$35

♣²-♣³ Zumba Gold

Join us for Zumba—a high-energy dance-fitness class that combines zesty Latin music like Salsa, Cha-Cha, Merengue, Cumbia, Rock and Roll, Flamenco, and Tango with easy-to-follow moves! Join us for a 'feel-happy' workout that strengthens the heart, and improves balance, strength, and flexibility. Laughter is guaranteed. *Instructor: Luglio.*

Thu
Nov 18 - Dec 16 1 - 2 p.m.
110729 \$60



REHAB & PREHAB

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 westvancouverrec.ca.

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 correct form, help alleviate some pain, and reduce the likelihood of reoccurring pain. Questions? Contact Dave Thomson at 604-921-2169 or dthomson@westvancouver.ca

Days and times vary.

Joint Replacement

Whether you're going in, or coming out, our joint replacement pre and rehabilitation program is custom designed to strengthen the repairing bone and muscles around the replaced joint, manage pain, and improve mobility. Get back on your feet and resume your active lifestyle faster with a regular pre and post-surgery exercise program—our certified trainers are here to help improve your chances of long-term success. Questions? Contact Dave Thomson at 604-921-2169 or dthomson@westvancouver.ca

Well Balanced

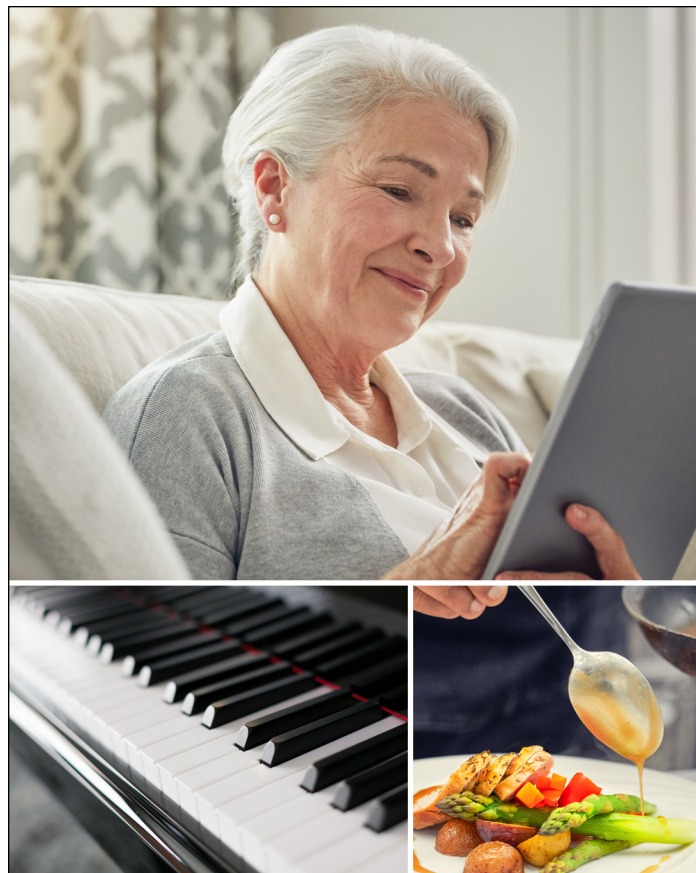
Has your balance changed? Do you find yourself hesitating to go for walks, to the grocery store, or up and down stairs?

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!

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

SENIORS PERSONAL TRAINING

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



DISCOVER EXTRAORDINARY

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.

AMICA

SENIOR LIFESTYLES

AMICA EDMONTON VILLAGE

AMICA LIONS GATE

AMICA WEST VANCOUVER • AMICA.CA

OUTREACH PROGRAMS

Keeping Connected Programs

The Seniors' Outreach department provides recreation and social programs for seniors in the community who are experiencing loneliness, isolation, physical limitations, and early memory loss. Keeping Connected programs give meaning and purpose to individuals within a supportive and inclusive environment. Our goal is to assist our members and their families in breaking down the barriers for participation in recreation. For more information contact Helen or Stephanie: 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 Special Services

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

Keeping Well

Keep Well Society offers their program weekly which involves a mild exercise class. For information about Keep Well please call their office at 604-988-7115.

Wed
Oct 13 - Nov 3 11:15 a.m. - 12:30 p.m.
110314 Free

Keeping Connected - Adapted Chair Yoga

Join us for yoga from the safety and comfort of your chair. We will make simple adaptations to support your needs. For participants' safety there are no floor exercises in this class.

Tue
Nov 16 - Dec 14 11 a.m. - 12 p.m.
110574 \$50

Keeping Connected - Stand Tall

Do you want to improve your posture and core? Learn basic exercises that will help restore muscle imbalance and spinal alignment allowing you to stand tall.

Fri
Nov 19 - Dec 17 10 - 11 a.m.
110638 \$32.50

Nov 19 - Dec 17 11:15 a.m. - 12:15 p.m.
110640 \$32.50

Keeping Connected - Stretch and Movement

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. *NOTE: Caregivers must register, but at no charge.*

Mon
Nov 15 - Dec 13 1:30 - 2:30 p.m.
110641 \$40

Keeping Connected - Creative Expressions

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

Fri
Nov 19 - Dec 17 10 - 11 a.m.
110656 \$62.50



Introducing Stephanie—our new Outreach Program Coordinator at the Seniors' Activity Centre

I am delighted to be joining the Outreach Team here at the Seniors' Activity Center and will be working closely with Helen Murphy to design programs that are best suited for seniors in our community. You may have seen me around the building before, as I am also a Recreation Facility Clerk at all of the facilities. I am sure my nursing background will assist me in taking good care to provide the kindness and compassion that is needed on an ongoing basis. Please come and introduce yourself!

Keeping Connected - Men's Club

This group of gentlemen meet weekly for a lively discussion of current affairs, mental aerobics, and social connections.

Thu
Nov 18 - Dec 16 10:30 a.m. - 12 p.m.
110658 \$30

Keeping Connected - Ladies Social Club

Ladies, join this social group to enjoy discussion, mental aerobics, games, and entertainment.

Wed
Nov 17 - Dec 15 1:30 - 3 p.m.
110581 \$27.50

Keeping Connected - Weaving Memories

Join this dementia friendly initiative designed to support care partners in our community.

Looms and supplies provided. This program is ongoing. Please contact Helen/Stephanie for more information at 604-925-7211

Keeping Connected - Caregivers Support Group

This group meets weekly to help caregivers navigate the ever-changing challenges of dementia. Join us in a safe setting for sharing information, insight, advice, and encouragement. Learn from others who face similar challenges, and talk about your experiences honestly and openly with the group.

Please contact Helen/Stephanie for more information at 604-925-7211.



Join us for a Giving Thanks Get-together!

It has been a long 18 months and we are looking forward to hosting a small gathering in the Social Rec Room for a party focused on gratitude and thankfulness—we hope you will join us!

Light Snacks will be provided. Please register to attend by calling 604-925-7280.

Thu
Nov 18 10:30 a.m. - 12 p.m.
110748



Say Hello to Merlin!

Merlin is a reading monitor designed to help anyone with visual impairment. This machine is a marvel, and will magnify any material onto a screen. It will live in the Seniors' Activity Center lounge and will be there for anyone to sit and enjoy the reading material of their choice. Come and read the paper while having a coffee! Please ask the front desk staff for instructions. This was kindly donated by Bev Atkey. Thank you Bev!

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, Stephanie, Caroline or Jenna.

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.



WVML Foundation Signature Series: Michelle Good in Conversation with Waubgeshig Rice (Virtual)

Join author Waubgeshig Rice in conversation with author Michelle Good about her award-winning book *Five Little Indians*.

Sat
Nov 13 2 - 3:30 p.m.
Virtual (via YouTube Live) Free

WVML Foundation Signature Series: Harry Manx in Concert (Virtual)

Canadian musician Harry Manx performs a unique blend of Indo-Blues music, merging the tradition of the blues with the complexity and depth of classical Indian ragas.

Fri
Nov 19 2 - 3:30 p.m.
Virtual (via YouTube Live) Free

Mushrooms of BC (Virtual)

Join Andy MacKinnon to learn about the diversity of species of mushrooms in BC, their ecological roles, and use by humans as food, medicine, dyes, and more.

Sat
Nov 27 2 - 3:30 p.m.
Virtual (via Zoom) Free

WEST VANCOUVER SENIORS' ACTIVITY CENTRE

Feed the need



FEED A VULNERABLE SENIOR IN NEED.

LET'S DO IT AGAIN!

Help us raise \$100,000 towards the Feed the Need food security program that has been providing meals to vulnerable seniors in West Vancouver since the start of the COVID-19 pandemic.

The Feed the Need program currently serves 710 meals per week, and your donation will help us provide three meals per week to seniors in need until the end of 2022.

DEADLINE TO DONATE IS DECEMBER 31, 2021.

Make an impact,
donate today!

YOUR CONTRIBUTION

Your contribution makes a difference in the lives of our vulnerable seniors.

Feed **one** senior for **three months** for **\$250**

Feed **one** senior for **six months** for **\$500**

Feed **one** senior for **one year** for **\$1,000**

No contribution is too small!



DONATE TODAY

Call **604-925-7280** to donate.

Pay by cash, Visa, MasterCard, AMEX, or cheque.

For details, visit westvancouver.ca/feedtheneed

westvancouver.ca/feedtheneed



westvancouver

She Held Their Hands



Betty Brown
Founder



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

- Margot Ware, Shylo Owner/Director

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



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