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SEP / OCT

THE SENIORS

A West Vancouver Seniors' Activity Centre Publication

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695 21st Street
West Vancouver, BC V7V 4A7

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

HOURS OF OPERATION

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:

Mon, September 6 (Labour Day)
Mon, October 11 (Thanksgiving)

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 welcomes you back!

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

Welcome back!

I hope you had a great summer visiting friends and family and are now eager to come and see your friends at the Seniors' Activity Centre. It has been a tough time for many of our seniors, but now that most of us have had both shots, the fall is going to be an exciting time. We have been able to stay in contact with many of you through the Feed the Need food security program, phone calls, caregivers' support, and rehab programs—and of course, that will continue.

However, it has been a long time since we have been able to socialize, volunteer, and participate in the activities at the Centre in person—and there will be many things for you to do.

Join us for lunch at the Garden Side Café, get a coffee from the Fireside Coffee Bar, visit with friends, and enjoy the beautiful new lounge furniture. Renew your membership and volunteer at the centre! Finally we have so many recreational opportunities—something we all enjoy. Choose from cardio exercises, yoga, dancing, music, drawing, card games, and much more.

SACS on 21st has expanded its footprint to better show off its beautiful merchandise. Our new artisan market, located next to the cafeteria, will feature homemade items, fresh herbs, and other products grown and made in our gardens.

I look forward to seeing you soon.

— Sheilah



Jill Lawlor
*Community
Recreation
Manager*



Davida Witala
*Community
Recreation
Supervisor*

MESSAGE FROM COMMUNITY RECREATION MANAGER & THE RECREATION SUPERVISOR

We are very excited to open our doors and warmly welcome our members and guests back to the Seniors' Activity Centre (SAC) on Tuesday September 7. We have missed our bustling hallways, the buzzing coffee bar, the steady sound of laughter and conversations, and the many programs that bring people together.

As per the recent PHO, masks are required indoors. Proof of vaccination will be required to enter the Seniors' Activity Centre starting on September 13, 2021. This new requirement will limit access to the main entrance. The east entrance (near the cafe) will have limited hours. We will continue to follow the PHO's and make modifications to ensure our facilities are safe.

We look forward to supporting and reuniting new and longstanding friendships and social connections. Staff have been working steadily to prepare for safe reopening. The cafeteria will reopen with in-house dining lunch service Monday - Friday while continuing to offer take-out food and delivery on the weekends for those in need.

The Centre will open in September with a plentiful selection of Adult 55+ programs. More programs will be added as the Centre's restart plan unfolds into fall and winter. We are looking forward to inviting many new and returning volunteers!

Stop by or call 604-925-7280 if you have any questions. We are here to support your return every step of the way.

— Jill & Davida

OUR PROGRAM COORDINATORS



VOLUNTEERS

Sylvia Lung

Volunteer Services Coordinator

604-925-7288

slung@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



OUTREACH PROGRAMS & SPECIAL SERVICES

Helen Murphy

Seniors' Advocate & Outreach Program Coordinator

604-925-7211

hmurphy@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



BECOME A SENIORS' ACTIVITY CENTRE MEMBER!

Purchase your annual membership today at the front desk and ask about the many benefits! (Cost: \$38). Non-members are welcome to participate in some programs at a higher rate. Ask at the front desk. If you see a non-member rate listed next to a program this means that the program is open to non-members (space-permitting).

Please register for all classes, workshops, and lectures. We no longer allow drop-ins to ensure that our numbers allow for appropriate physical distancing.

VOLUNTEERS

VOLUNTEER WITH US!

Thank you to all the volunteers who have been helping us provide services to seniors and people in need in our community during the pandemic. We would not have been able to provide the amazing services that we currently offer to our community without your help.

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

Contact Sylvia at slung@westvancouver.ca if you have any questions about upcoming opportunities, or if you are interested in volunteering.

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.

Some of the key areas we need volunteers for are:

- Drivers to bring seniors to doctor's appointments

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



VOLUNTEER ORIENTATION

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

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

GARDEN SIDE CAFÉ

Lunch Service, Take-out and Delivery Food Service

Indoor dining will once again be available, and Lunch service will resume Monday to Friday starting September 7.

The take-out food and delivery service will continue during operating hours. Dinner service will resume at a later date.

Take-out 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. (No deliveries on Sundays.) Please refer to the special take-out menu posted on westvancouver.ca/seniors before you place your order. Menus are updated daily.



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 REAL ESTATE ADVISOR



REGISTERED PROGRAMS

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

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



VISUAL ARTS

Painting: Painting Studio Time

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

Mon	9 a.m. - 12 p.m.
Mon/Wed/Fri	12:30 - 2:30 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; learn about composition, perspective, and get assistance in colour-mixing. Bring your own materials and images you would like to paint.

Thu	
Sep 9 - Oct 7	9 a.m. - 12 p.m.
105129	\$25

Thu	
Oct 14 - Nov 4	9 a.m. - 12 p.m.
105208	\$20

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	
Oct 12 - Nov 10	9 a.m. - 12 p.m.
105128	\$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.

Tue	
Sep 7 - Oct 5	1 - 4 p.m.
105222	\$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.

Thu	
Sep 9 - Oct 7	1 - 4 p.m.
105221	\$125

Stained Glass: Studio Time

Enjoy some studio time to work on your stained glass creations! You must have taken the Stained Glass Beginner class for at least three sessions before registering for studio time. No instruction. Bring your own equipment and supplies. Leaders: Lynn B, Judith B, and June C.

Wed	
Sep 8 - Oct 6	12:30 - 3:30 p.m.
105879	\$20

Photo Club

Come curious, and leave inspired by the stunning images shared by guest presenters and participants! No formal instruction. Leader: Peter O. *Note: program start date may change—visit westvancouverrec.ca for updated information.*

Thu	
Oct 14 - Nov 4	1 - 3:30 p.m.
105223	\$10



PROGRAM PARTICIPATION NOTE

Please note, there is an expectation you will be able to participate when you sign up for classes. If you require assistance or support participating in SAC programs, we would be happy to assist you with finding the right class. If you have any questions, please contact Helen or Caroline.

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. Come sing along with our conductor, Nicole Thomas Zycznski, and enjoy some energizing musical fun. Email Caroline at cbrandson@westvancouver.ca for details.

Tue		
Oct 12 - Nov 9	2 - 4 p.m.	
102633		\$50

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, email Caroline at cbrandson@westvancouver.ca

Tue		
Sep 7 - Oct 5	9:30 - 11:30 a.m.	
105226		\$12.50

Tue		
Oct 12 - Nov 9	9:30 - 11:30 a.m.	
105333		\$12.50

Scottish Country Dance - Intermediate

Looking to perfect your dancing skills? Combine fun with exercise as you learn dances for upcoming party programs. Intermediate and advanced dancers welcome. Instructor: Louise M.

Fri	9:30 - 11:30 a.m.	
Drop in		\$6
105270	Sep 10	
106628	Sep 17	
106631	Sep 24	
106632	Oct 1	
106633	Oct 8	
105271	Oct 15	

Scottish Country Dance - Beginner & Intermediate

Explore the world 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		
Sep 13 - Oct 4	1 - 3 p.m.	
105703		\$24

Mon		
Oct 18 - Nov 8	1 - 3 p.m.	
105704		\$24



Jazz Jam

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

Sat	10 a.m. - 12 p.m.	
Drop-in		\$2.50
105227	Sep 4	
105228	Sep 11	
105229	Sep 18	
105246	Sep 25	
105247	Oct 2	
105248	Oct 9	
105249	Oct 16	
105251	Oct 23	
105252	Oct 30	

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		
Sep 13 - Oct 4	10:30 a.m. - 12 p.m.	
105224		\$10

Mon		
Oct 18 - Nov 8	10:30 a.m. - 12 p.m.	
105334		\$10

Recorders Advanced

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

Thu		
Sep 9 - Oct 7	10:30 a.m. - 12 p.m.	
105225		\$12.50

Thu		
Oct 14 - Nov 4	10:30 a.m. - 12 p.m.	
105335		\$10

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. Kline (No class Nov 11.)

Thu		
Sep 9 - Oct 7	11:30 a.m. - 12:30 p.m.	
105336		\$52.50

Thu		
Oct 14 - Nov 4	11:30 a.m. - 12:30 p.m.	
105337		\$42

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. Kline

Thu		
Sep 9 - Oct 7	10:30 - 11:30 a.m.	
105338		\$52.50

Thu		
Oct 14 - Nov 4	10:30 - 11:30 a.m.	
105339		\$42



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. Supply cost included.

Mon
Sep 13 - Oct 4 9 a.m. - 12 p.m.
105254 \$24

Mon
Oct 18 - Nov 8 9 a.m. - 12 p.m.
105340 \$24

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
Sep 13 - Oct 4 9 a.m. - 12 p.m.
105255 \$24

Mon
Oct 18 - Nov 4 9 a.m. - 12 p.m.
105341 \$24

Fri
Sep 10 - Oct 8 9 a.m. - 12 p.m.
105268 \$30

Fri
Oct 15 - Nov 12 9 a.m. - 12 p.m.
105343 \$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 independently with minimal assistance. Requirement: bring your own plane 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.
1 p.m. - 4 p.m.

105256, 105257, 105261, 105262, 105269, 105346, 105347, 105348, 105349, 105350

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
Sep 7 - Oct 5 1 - 4 p.m.
105258 \$30

Tue
Oct 12 - Nov 9 1 - 4 p.m.
105351 \$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
Sep 8 - Oct 6 9 a.m. - 12 p.m.
105259 \$30

Wed
Oct 13 - Nov 10 9 a.m. - 12 p.m.
105352 \$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
Sep 8 - Oct 6 1 - 4 p.m.
105260 \$30

Wed
Oct 12 - Nov 10 1 - 4 p.m.
105353 \$30

Fri
Sep 10 - Oct 8 9 a.m. - 12 p.m.
105267 \$30

Fri
Oct 15 - Nov 12 9 a.m. - 12 p.m.
105354 \$30

Woodworking: Woodcarving A.M.

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

Thu
Sep 8 - Oct 6 9 a.m. - 12 p.m.
105265 \$30

Thu
Oct 14 - Nov 4 9 a.m. - 12 p.m.
105355 \$24

Woodworking: Woodcarving & Birdcarving

Carve some time out of your day and hone your skills! (No class Nov 11.)

Thu
Sep 8 - Oct 6 1 - 4 p.m.
105264 \$30

Thu
Oct 14 - Nov 4 1 - 4 p.m.
105356 \$24

Woodworking: Klee Wyck Woodcarvers

Join the Klee Wyck woodcarvers. This long-standing local group now carves all different woodcarving styles. If you carve, come carve with us Monday evenings in 2022.

SOCIAL

Spanish with Elias is also coming back - please call 604-925-7280 for more details.

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, and learn more detailed grammar to help you better understand the way Spanish works. No textbook required.

Instructor Elias Merkins

Thu
Sep 9 - Oct 7 4 - 5:30 p.m.
106661 \$75

Spanish Advanced with Elias

The highest level of our Spanish classes. The class focusses on the 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. Conversation time accounts for 100% of the class time. No textbook required.

Instructor Elias Merkins

Mon
Sep 13 - Oct 4 4 - 5:30 p.m.
106642 \$60

Spanish 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

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. This is not an instructional course.

Wed
Sep 8 - Oct 6 10 - 11:30 a.m.
105395 \$12.50

Wed
Oct 13 - Nov 10 10 - 11:30 a.m.
105396 \$12.50

Language: Intermediate French Review (Spa Francais)

Join us for 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
Sep 7 - Oct 5 10:30 a.m. - 12:30 p.m.
105474 \$12.50

Tue
Oct 12 - Nov 9 10:30 a.m. - 12:30 p.m.
105475 \$12.50

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 participants' submissions, we will enjoy lively discussion. No instructor or facilitator.

Mon
Sep 13 - Oct 4 1 - 3 p.m.
105398 \$10

Mon
Oct 18 - Nov 4 1 - 3 p.m.
105477 \$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.

Thu
Sep 9 - Oct 7 1:30 - 3:45 p.m.
105397 \$65

Thu
Oct 14 - Nov 4 1:30 - 3:45 p.m.
105476 \$52

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

Book Club: Afterwords

Are you overdue for a good read? Join two retired librarians who will select thought-provoking titles (fiction and sometimes non-fiction), and lead the group in riveting discussions. We hope you can join us! *Reading list available for pick-up.*

Fri 10:15 a.m. - 12:15 p.m.
\$2.50
106497 Sep 17

106498 Oct 15

MESSAGE FROM MAYOR MARY-ANN BOOTH



October 1 is National Seniors Day and a time to celebrate and honour the many amazing seniors in West Vancouver. Their contributions, in all aspects of life, have helped make our community a wonderful place to call home.

Seniors are our friends, partners, parents, grandparents, colleagues, and much more. From volunteering at the Seniors' Activity Centre, District committees, and local organizations, to being active participants in programs and activities, the positive impact seniors have on our community is immeasurable. Among the many seniors who are role models of civic, social, and community engagement, we have seniors in their late 90's who are not only still making valuable contributions, they are inspiring us to be the best we can be with their life-long curiosity, learning, commitment, wisdom, compassion, and encouragement.

This has been a year like no other and we have worked hard to support vulnerable seniors living in West Vancouver during the pandemic. Remarkably, the award-winning Feed the Need program, run by the Seniors' Activity Centre, delivers three nutritious meals per week to isolated seniors; and when the pandemic began, North Shore libraries distributed tablets and phones donated by Telus to those who usually rely on their library to access a computer and the internet.

Seniors are a wonderful part of our community fabric and, on behalf of Council, I would like to thank and acknowledge them for helping to make West Vancouver a more livable, vibrant, and inclusive place to live.

WEST VANCOUVER SENIORS' ACTIVITY CENTRE ADVISORY BOARD – PROGRAM COMMITTEE

By Melanie Hess

Programs are the heart and soul of the Seniors' Activity Centre (SAC).

The Program Committee has long been an integral part of the SAC, working with program coordinators and liaising with members and instructors to ensure that the Centre delivers a broad range of programming that meets the diverse needs and interests of people aged 55+. We also offer our own ideas and suggestions about programs, whether a new program or modifying an existing one. For example, during the pandemic we encouraged staff to enhance virtual

programming to keep seniors engaged through options such as Bingo, Mindfulness and Gratitude, Armchair Exploration with Friends, and Coffee and Chat. We plan to continue virtual programming for those who cannot join in onsite or prefer to participate from home.

SAC is hard at work preparing for a major fall re-opening on September 7. We are excited to bring back many familiar and popular programs and to accommodate more participants as health and safety regulations permit—fitness, rehabilitation, woodworking, billiards, visual arts,

music, knitting and quilting, outdoor activities such as gardening, cycling, hiking, and of course, our popular Keeping Connected programs. Our shuttle buses will be on the road again to visit local sights of interest.

There are currently eight committee members, plus the Recreation Supervisor, who meet monthly throughout most of the year. Each Program Committee chair oversees the meetings and keeps the Advisory Board informed about their activities. We encourage everyone to share their thoughts and ideas with us and consider joining the Program Committee!



ROBOTIC PETS FOR THOSE LIVING WITH DEMENTIA

By Helen Murphy

Pet therapy is a known resource in helping those living with Dementia. Using a robotic pet can be a very effective way for a person living with Alzheimer's or other forms of dementia to decrease stress and agitation. A care partner can use Pet Therapy for dementia clients as a way to put responsibility, caring, and structure back into the lives of those living with Alzheimer's. A dog or cat can be seen as a welcoming gift that reminds them of their youth.

From my experience, allowing clients to take responsibility rather than giving them the pet to play with, can bring structure to their lives. The pets can help a person who is not verbalizing to initiate speech again. It is part of the basic thought process to speak with a pet on your lap. The pups and kittens need to be petted, brushed, and looked after, giving a real sense of purpose to the client's day.

A robotic pet can:

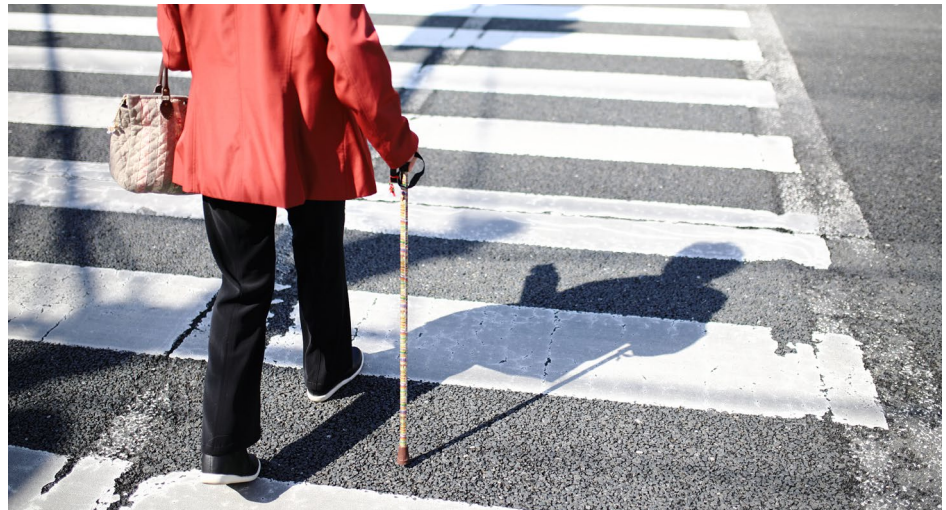
- Calm someone who is upset
- Provide endless hours of hugs and smiles
- Lull a person to sleep
- Create a distraction from a dangerous, harmful, or upsetting event
- Serve as an attention-getter
- Provide a tool for social interaction
- Regenerate warm, nurturing feelings of once again caring for a pet
- Make it possible for someone, totally dependent upon others, to care for 'someone or something' else



WVPD PEDESTRIAN SAFETY

By Staff Sergeant Nick Bell

As we leave summer and welcome the fall, the West Vancouver Police Department (WVPD) want to remind seniors to be prudent pedestrians. Darker evenings and rain can increase the risk to pedestrians, especially when crossing roads. Here are five key pedestrian safety tips to protect yourselves from distracted drivers.



Please remember to:

- Cross the streets in designated crosswalks or at intersections
- Wear light-coloured or reflective clothing and carry a flashlight to increase visibility especially at night, dusk, and dawn
- Look and listen for approaching traffic. Take a moment to check a second time before stepping onto the road

- Before crossing the road, make eye contact with the driver to ensure they see you
- Watch for vehicles making right-hand turns

The WVPD has a strong traffic enforcement plan and with your diligent and proactive safety approach, we can work together to make West Vancouver safe for all pedestrians.

LUNCH AND LEARN: DOWNSIZING



Amica West Vancouver & the Senior's Activity Centre present a Lunch and Learn on downsizing and moving:

- Saturday September 11th at noon at Amica West Vancouver
- Expert speakers on financial planning, real estate and downsizing
- Complimentary Indoor Event
- Lunch and refreshments will be provided
- COVID protocols for indoor events in place

To learn more or RSVP your seat, please call 604-921-9181

AMICA

WEST VANCOUVER

659 CLYDE AVE · WEST VANCOUVER · AMICA.CA/WEST-VANCOUVER



BETTER THAN EVER

By Valerie Coles

That wonderful class you've enjoyed for years is back, perhaps in a different room, and maybe even with a different instructor. Covid has taken its time but we are beyond excited to finally re-open our doors and welcome our members back. Our instructors and volunteers weathered the storm and can't wait to see you again. Plus the diligent staff have been working throughout the pandemic and they've found some talented new instructors to round out the roster.

Most important of all, the Centre is still the warm, welcoming place you remember. Many members tell us that, apart from classes, it's the social "banquet of benefits" the Centre brings that they most enjoy. Psychologists tell us that when we communicate with people face-to-face, it helps us become much more resilient to stress. A study published in 2020 found that maintaining close friendships later in life also helps prevent mental decline. The study found that "Super Agers", defined as people who are over 80 but with the

mental agility of someone much younger, appear to have one thing in common: many close friends. In other words, face-to-face contact is like a happiness vaccine.

True belonging doesn't require you to change who you are; it requires you to be who you are

- Brené Brown

New Fitness Research

New research out of the University of New England College suggests that the context in which we exercise affects the efficiency of the workout. "The communal benefits of exercising among friends or colleagues pays dividends far beyond exercising alone." A strong reminder that the Centre's \$38 membership has countless benefits.

Lunch Only — Just for Awhile

The cafeteria's popular take-out food service continues, along with the award-winning Feed the Need meal

deliveries so many isolated seniors count on. The cafeteria will be open seven days a week for lunch, with in-house service starting opening day. Dinner service will kick in on Tuesdays and Thursdays in November, so be sure to mark your calendars. The kitchen team is excited to showcase many creative new entrees, savoury soups, delicious desserts, revamped sandwiches, fresh salad entrees and so much more.

The Fireside Coffee Bar is back and bustling for business with fresh baked muffins, scones and even Mario's Gelati ice cream treats so you can reward yourself after a good workout and catch up with buddies over a latté. You'll have lots to catch up with. Nineteen months of a devastating pandemic leaves us all with lots of stories to share.

The power of community to create health is far greater than any physician, clinic or hospital.

- Dr. Mark Hyman

Shuttle Bus — Call to Reserve Your Seat! (604-925-7280)

The much-missed shuttle bus is back and on the road three days a week, Tuesdays, Thursdays and Saturdays, from 9:00 a.m. to 3:30 p.m., to help you stay connected, do some shopping and get to appointments. It's the best deal in town for the minimum \$2 donation. Call the front desk for more information on how to pre-book your seat. The drivers have been looking forward to having you back aboard.

It is the mission of the Seniors' Centre, wherever possible, to make life more stress-free for members. The ultimate goal is to provide shuttle bus service directly from your home for important medical appointments, saving members the trouble of having to get to the Seniors' Centre on their own.

Remember to Renew your Membership!

At \$38 a year, it's the best bet in town and holds so many rewards, including discounts on programs, events and of course, those fabulous cafeteria meals. You can renew online or by phone at 604-925-7280. After our grand re-opening on September 7th, you can renew in person. (We've been missing you!)

And don't forget to use our online recreation schedules for all the latest class updates: **recschedules**. westvancouverrec.ca/schedules/sac

Being human, we are imperfect. That's why we need each other.

- Hillary Clinton



Photo credit: Hans Gray

SACS on 21st is back!

This popular jewel is in a brand new location in the Centre so be sure to check it out for all its latest treasures. And if you're doing post-Covid clean-out, keep in mind that SACS on 21st always welcomes your donations.



Photo credit: Larry Olkovic

NEW! A Gardenside Market

Here's something new to welcome you back: An Intergenerational Social Enterprise Project. Keep your eye out for this all-new, sustainable Gardenside Market, a brand new service located adjacent to the cafeteria in the Café Terrace. This colourful little market brings youth and seniors together in a new venture, creating and selling a blend of artisan crafts, artwork and freshly made condiments. Best of all, Gardenside Market profits go to our Feed the Need program.

Those cedar garden bins you may have admired adorning the patio are filled with fall vegetables and herbs for these talented young artists and chefs to create new salsas and sauces for the market. These sturdy bins were built by the Centre's talented volunteer woodworkers. A special thank you to Gee Souza, who organized the entire project. His team of skilled woodworkers put in a significant amount of time to transform the patio into a beautiful new garden space.



Photo credit: Sabina Kasprzak

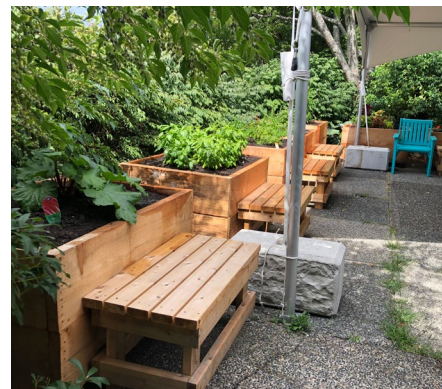


Photo credit: Larry Olkovic



We Made it!

It's been a long, lonely road for many of us, waiting out the pandemic and longing for normalcy. That's why everyone at The Seniors' Centre is beyond ecstatic to finally be opening and welcoming our members back. Who could ever have guessed the time and toll one tiny virus could take. But we've survived! And it's our sincere promise to you that we'll do everything in our power to make this year the best one yet for our much-missed members.

From the bottom of our hearts:
WELCOME BACK!

Within each of us is an intense need to feel that we belong.

- William R. Bradford

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!



OUR THANKS TO SAC'S ARTISAN WOODWORKERS

We are excited to show off our beautiful new garden beds designed and skilfully hand-crafted by our talented Seniors' Activity Centre woodworking crew, led by Gee Souza!

The planter boxes will house a colourful medley of fresh seasonal herbs and vegetables that will be used at the Garden Side Café, and be available for sale. Stop by and check them out next time you visit the Centre!



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.





Socially Active: Making Friends in West Vancouver

Join us for Socially Active—a new program designed to connect newcomers with longterm West Vancouver residents! Participants will be matched based on personality type and interests, and will connect with each other for 1 to 1.5 hours per week (online or in-person, based on their own schedule) over a six-month period, in addition to receiving invitations to events and workshops they can participate in together, meet others, learn and explore the community.

If you are a newcomer, register for this program and we will contact you for an interview.

If you wish to participate as a mentors/long-term resident, you are required to be registered as a volunteer with the District of West Vancouver and you can apply for this program by contacting the Volunteer Coordinator. The mentor applicants will be invited to an orientation.

Visit westvancouverrec.ca/newcomers for more information.

Any questions? Contact Minori at mide@westvancouver.ca or call 604-921-3403

Friday Fun-Day Bingo (Virtual)

Join us for Bingo and an opportunity to chat with others online and win fun prizes. As this is a virtual program, you need to be able to log on with sound and video. A link to the event will be emailed to you along with your Bingo playing cards.

Fri	1 - 2 p.m.	
		\$5
104510	Sep 3	
104516	Sep 17	
104517	Oct 1	
104518	Oct 15	
104519	Oct 29	

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		
Sep 10, 24	9:30 a.m. - 12 p.m.	
Oct 8, 22		\$2.50

Bridge Basics 1 with Stephen

Learn the basics of bidding and play in a class that combines discussion with play! Find out why bridge becomes a lifelong passion for enthusiasts, offering a unique combination of social occasion, fun, and intellectual stimulation. If you have never played bridge, or would like a structured review of the modern five-card major bidding system, join us! Lesson handouts are included. *Instructor: Stephen B.*

Tue		
Sep 7 - Oct 5	3:30 - 5:30 p.m.	
105361		\$75

Bridge Basics 2 with Stephen

Build on what you've learned in Basics 1! Focus on declarer play in a class that combines discussion, practice play, socializing, intellectual challenge 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 in Basics 1. Lesson handouts are included. *Instructor: Stephen B.*

Tue		
Oct 12 - Nov 9	3:30 - 5:30 p.m.	
105363		\$75

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! Handouts included. *Instructor: Stephen B.*

Wed		
Sep 8 - Oct 6	3:30 - 5:30 p.m.	
105362		\$75

Wed		
Oct 13 - Nov 10	3:30 - 5:30 p.m.	
105364		\$75

Duplicate Bridge

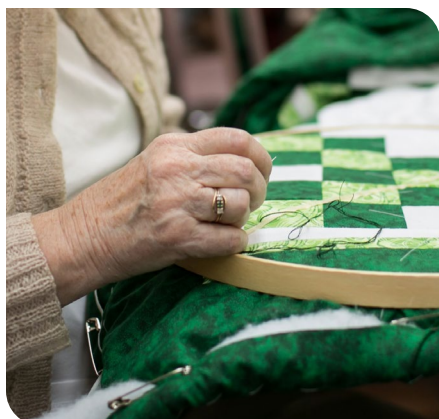
Enjoy a challenging, yet friendly game of duplicate bridge! Register with a partner.

Thu		
Sep 9 - Oct 7	11 a.m. - 3 p.m.	
105365		\$12.50

Thu		
Oct 14 - Nov 4	11 a.m. - 3 p.m.	
105366		\$10

PROGRAM PARTICIPATION NOTE

Please note, there is an expectation you will be able to participate when you sign up for classes. If you require assistance or support participating in SAC programs, we would be happy to assist you with finding the right class. If you have any questions, please contact Helen or Caroline.



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
Sep 7 – Oct 5 9 a.m. – 12 p.m.
105466 \$12.50

Tue
Oct 12 – Nov 9 9 a.m. – 12 p.m.
105467 \$12.50

Fabric: Quilting Studio Time

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

Tue
Sep 7 – Oct 5 1 – 4 p.m.
105461 \$12.50

Tue
Oct 12 – Nov 9 1 – 4 p.m.
105468 \$12.50

Quilting Workshop

Stitch some fun into your afternoon! Bring your quilting projects, ask and benefit from this lively group setting.

Fri
Sept 10 – Oct 8 1 – 4 p.m.
105464 \$12.50

Fri
Oct 15 – Nov 12 1 – 4 p.m.
105472 \$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 we 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
Sept 10 – Oct 8 9 a.m. – 12 p.m.
105463 \$12.50

Fri
Oct 15 – Nov 12 9 a.m. – 12 p.m.
105471 \$12.50

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, contact Caroline at cbrandson@westvancouver.ca. *Leader June B.*

Wed
Sep 8 – Oct 6 9 a.m. – 12 p.m.
105469 \$12.50

Wed
Oct 13 – Nov 10 9 a.m. – 12 p.m.
105470 \$12.50

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
Sep 11 – Oct 9 9 a.m. – 2 p.m.
105465 \$12.50

Sat
Oct 16 – Nov 13 9 a.m. – 2 p.m.
105473 \$12.50

SPORT

Table Tennis

We play for fun—come enjoy an exciting, fast-paced game with us! Pre-register for your timeslot, bring your own paddle. We encourage you to call in or register online and pay in advance. Location: Lily Lee Spirit Room.

Mon/Wed/Fri
Oct 16 – Nov 13 1 – 2:45 p.m.
Drop-in \$2.50

Billiards

Take advantage of this beautiful room with first class equipment available for members and their guest to pick up games, and enjoy supervised play. Reserve your table in advance, play with a friend or meet someone new. Cost is \$2 per player for 1.5 hours of play. Only two players per table at this time, no spectators. Players should bring their own cue stick and needs to check in at the front desk prior to playing

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

WELLNESS

BCIT Massages are back!

Enjoy a 45-minute massage performed by Langara College Students. Register for your spot. Maximum 6 spots per timeslot. Arrive 15 minutes early to complete paperwork. No ICBC or WCB claims. For more info contact cbrandson@westvancouver.ca

Wed
9:30 a.m., 10:45 a.m., 12 p.m.
Sep 8 onwards



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.*

Hikers: Tuesday 2021 Annual Registration

Are you active and in good physical shape? Join our group on Tuesdays for 2 to 3 hour hikes starting at 9 a.m. and averaging 6 to 10 km in distance. Good trail shoes, hiking attire, and water/snack needed. If you are new or would like more info email cbrandson@westvancouver.ca.

Tue 9 a.m. - 12:30 p.m.
83527 \$15



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
Sept 8 - Oct 6 9:30 a.m. - 12:30 p.m.
105390 \$50

Wed
Oct 13 - Nov 10 9:30 a.m. - 12:30 p.m.
105391 \$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
Sep 9 - Oct 7 9 a.m. - 12:30 p.m.
105392 \$12.50

Thu
Oct 14 - Nov 4 9 a.m. - 12:30 p.m.
105393 \$10

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: 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 westvancouverrec.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.



The Cross Country Ski and Snowshoe Group will start up in November/December. Look out for more details in the next Scene.

TRIPS

Art Gallery Tour

Join Margo Meakin for a walking tour of several small amazing art galleries. There will be a short presentation at each gallery. Sign up early to avoid disappointment.

Fri
Sep 24 9:30 a.m. - 3:30 p.m.
106309 \$17

Cultus Lake

Back by popular demand! Let's go for a drive! Hop on our bus and we will go for scenic drives to Cultus Lake. Pack a lunch or pay \$10 extra for our brown bag lunch option from the cafe to eat on the beach at Cultus. We'll also stop at a few veggies stands on the way back, for you to pick up fresh fall harvest produce. Covid-19 safety measures are in place.

Tue
Oct 5 9 a.m. - 3 p.m.
106310 \$10 (no lunch)
\$20 (with lunch)

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

The maximum number of participants may have changed due to program location. 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
Sep 9 - Oct 7 9 - 10:15 a.m.
106480 \$22.50

Thu
Oct 14 - Nov 4 9 - 10:15 a.m.
106481 \$18

Standing Strength and Balance

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

Fri
Sep 10 - Oct 8 11:35 a.m. - 12:30 p.m.
106145 \$25

Fri
Oct 15 - Nov 12 11:35 a.m. - 12:30 p.m.
106482 \$18

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
Sep 7 - Oct 9 9 - 10:15 a.m.
106124 \$52.50

Tue, Thu, Sat
Oct 12 - Nov 13 9 - 10:15 a.m.
106500 \$49

Tai Chi - Qi Kong — Healing Exercises

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
Sep 18 - Oct 9 10:30 - 11:30 a.m.
106149 \$30

Sat
Oct 16 - Nov 13 10:30 - 11:30 a.m.
106150 \$37.50



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. Prerequisite: Level 1 or equivalent Tai Chi Training.

Sat
Sep 18 - Oct 9 11:30 a.m. - 12:30 p.m.
106146 \$30

Sat
Oct 16 - Nov 13 11:30 a.m. - 12:30 p.m.
106147 \$37.50

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
Sep 9 - Oct 7 7:30 - 8:30 a.m.
106152 \$36

Mon, Thu
Oct 14 - Nov 8 7:30 - 8:30 a.m.
106501 \$32

Forever Fit

Break a sweat in this challenging and energetic workout class for experienced exercisers --it includes a stronger workout with cardio, strength, and balance components.

Mon, Wed, Fri
Sep 8 - Oct 8 9 - 10 a.m.
106153 \$56

Mon, Wed, Fri
Oct 13 - Nov 12 9 - 10 a.m.
106502 \$56



👤 - 👤 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.

Mon & Wed
Sep 8 - Oct 6 11:15 a.m. - 12:15 p.m.
106154 \$56.25

Mon & Wed
Oct 13 - Nov 10 9 - 10:30 a.m.
106503 \$56.25

👤 - 👤 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, 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
Sep 9 - Oct 7 8:30 - 9:30 a.m.
106155 \$45

Mon & Thu
Oct 14 - Nov 8 8:30 - 9:30 a.m.
106506 \$50

👤 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.

Mon & Wed
Sep 8 - Oct 6 12:30 - 1:30 p.m.
106156 \$45

Mon & Wed
Oct 13 - Nov 9 12:30 - 1:30 p.m.
106507 \$35

👤 - 👤 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 & Thu
Sep 7 - Oct 7 11:45 a.m. - 1 p.m.
106157 \$62.50

Tue & Thu
Oct 12 - Nov 9 11:45 a.m. - 1 p.m.
106504 \$56.25

NEW 👤 - 👤 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
Sep 8 - Oct 6 11:45 a.m. - 12:45 p.m.
106158 \$31.25

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

NEW 👤 - 👤 Walk & Stretch

Enjoy the fresh air and natural beauty of West Vancouver as we take a stroll around the neighbourhood and enjoy the company of others. Be prepared for the outdoors (including outdoor footwear) as this class meets rain or shine. Finish off your walk with some postural strength, awareness, and a great stretch!

Wed
Sep 8 - Oct 6 7 - 8 a.m.
93702 \$21.25

Wed
Oct 13 - Nov 10 7 - 8 a.m.
93703 \$21.25

👤 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
Sep 13 - Oct 4 4:30 - 5:45 p.m.
106136 \$28

Mon
Oct 18 - Nov 8 4:30 - 5:45 p.m.
106137 \$37.28

👤 - 👤 Hatha Yoga (SAC)

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

Sat
Sep 11 - Oct 9 9 - 10 a.m.
106139 \$20

Sat
Oct 16 - Nov 13 9 - 10 a.m.
106509 \$20

PROGRAM PARTICIPATION NOTE

Please note, there is an expectation you will be able to participate when you sign up for classes. If you require assistance or support participating in SAC programs, we would be happy to assist you with finding the right class. If you have any questions, please contact Helen or Caroline.

🦋¹ Simply Stretch

Did you know that stretching is a very important component of your exercise regime? Stretch with us to prevent injuries, increase the range of motion in your joints, move with greater ease and enjoy better flexibility and mobility. Complement your current cardio classes or activities with this class. Stretches will involve floor exercises.

Sat
Sep 11 - Oct 9 9 - 10 a.m.
106139 \$20

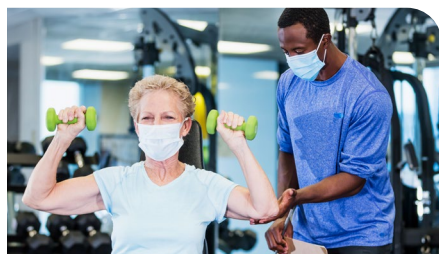
Sat
Oct 16 - Nov 13 9 - 10 a.m.
106509 \$20

🦋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
Sep 9 - Oct 7 10:30 - 11:30 a.m.
106121 \$60

Thu
Oct 14 - Nov 4 10:30 - 11:30 a.m.
106122 \$48



SENIORS PERSONAL TRAINING

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



COMING SOON!

Pulmonary Rehabilitation program

Perform functional exercises in a group setting followed by cardiovascular training in a safe, welcoming environment instructed by qualified staff to ensure your safety.

Group Personal Training for Seniors

Our certified trainers will motivate and challenge you in a group workout plan designed to improve your health and lifestyle. We specialize in everything from general conditioning and rehabilitation to sport-specific programming. Whatever your goal is, achieve results faster with a personal trainer—we're here to guide you on your journey to achieving your personal best.

For more information, contact Eric ebagnall@westvancouver.ca or call 604-921-2903.

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 visit 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

Fri
Sep 10 - Oct 29 2:15 - 3:15 p.m.
103903 \$118

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. Please visit westvancouverrec.ca for more details.

Mon - Fri Dates and times vary



OUTREACH PROGRAMS

Keeping Connected Programs

The Seniors' Outreach department provides recreation and social programs for seniors in the community who are experiencing loneliness, isolation, physical limitations, and early memory loss. Keeping Connected programs give meaning and purpose to individuals within a supportive and inclusive environment. Our goal is to assist our members and their families in breaking down the barriers for participation in recreation. For more information contact Helen: 604-925-7211.

For program dates, times, and more please visit westvancouverrec.ca/keepingconnected. Programs will be added as we go so please check back frequently for updates.

Keeping Connected - Stretch/Movement for Parkinson's

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

Mon		
Sep 13 - 27	1:30 - 2:30 p.m.	
104528		\$30

Mon		
Oct 4 - 25	1:30 - 2:30 p.m.	
(No class Oct 11)		
104529		\$30

Mindfulness and Gratitude

We often need to thank others for helping us through the hard times. This class allows participants to share how they negotiate this journey.

Mon		
Sep 13 - 27	10:30 - 11:30 a.m.	
98439		\$15

Mon		
Oct 4 - 25	10:30 - 11:30 a.m.	
(No class Oct 11)		
104531		\$15

Coffee Talk (Virtual)

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

Tue		
Sep 7 - 28	1:30 - 2:30 p.m.	
104532		\$20

Tue		
Oct 5 - 26	1:30 - 2:30 p.m.	
104533		\$20

Keeping Connected: Chair Yoga

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

Tue		
Sep 7 - Oct 19	11 a.m. - 12 p.m.	
104534		\$70

Tell Us a Story

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

Tue		
Sep 7 - 28	1:30 - 2:30 p.m.	
104535		\$20



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.

Weaving memories

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

Thu		
Sep 2 - 30	1:30 - 2:30 p.m.	
104536		\$5

Thu		
Oct 7 - 28	1:30 - 2:30 p.m.	
104537		\$5

Keeping Connected: Creative Expressions

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

Fri		
Sep 10 - Oct 1	10 a.m. - 2 p.m.	
106641		\$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 or Caroline.



SACS ON 21ST

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

Donations can be dropped off daily at the Seniors' Activity Centre North Main Entrance from 10 a.m. to 3 p.m.

PROGRAMS AT THE WEST VANCOUVER MEMORIAL LIBRARY

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



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

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

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

Traditional Plant Knowledge with Luschiim Arvid Charlie and Nancy Turner (Virtual)

Join Cowichan elder and botanical expert, Luschiim Arvid Charlie, and ethnobiologist and botanist, Nancy J. Turner, for a look into the traditional plants of the BC Coast, their traditional uses, and how Luschiim is working to preserve that knowledge as well as the Hul'q'umi'num' language.

Sat	
Oct 2	11 a.m. - 12:30 p.m.
Virtual (via Zoom)	Free

North Shore Reads: Dr. Suzanne Simard in Conversation with Shelagh Rogers (Virtual)

The North Shore libraries invite you to a heartfelt and dynamic conversation between Dr. Suzanne Simard and CBC's Shelagh Rogers. The conversation will be followed by a Q&A session.

Wed	
Oct 20	7 - 8:30 p.m.
Virtual (via Zoom)	Free



A RETURN TO LIVE MUSIC

Join us for the grand re-opening of Lions Gate Sinfonia, the celebrated North Shore symphony orchestra located in the heart of Central Lonsdale.

For our 2021/22 season, we will be hosting five in-person performances, with their tentative dates (subject to public health orders) listed below.

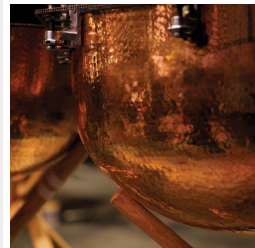
Nov 6, 2021 - *Back with Beethoven*
Dec 18, 2021 - *Family Holiday Concert*
Feb 12, 2022 - *Music from Stage and Screen*
April 2, 2022 - *Celebrating Nowruz*
May 7, 2022 - *All-Russian, All-Romantic*

To find out more, head to our website, or email us at hello@lionsgatesinfonia.com.



LIONS GATE SINFONIA

www.lionsgatesinfonia.com



SENIORS' ACTIVITY CENTRE



Stop by for a slice of heaven.

Treat your taste buds to the Garden Side Café's decadently delicious dessert menu featuring a gourmet selection of tarts, cakes, pastries, and more.

For daily menu visit westvancouver.ca/seniors.



The 'SAC Welcomes You Back!' Week

Join us **September 13 to 18** and celebrate our Fall re-opening with a **free coffee and cookie** at the Fireside Coffee Bar & Lounge! Enjoy getting together with friends, meeting new friends, and connecting in person again. **Welcome back!**

westvancouver.ca/seniors

westvancouver

She Held Their Hands



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

- Margot Ware, Shylo Owner/Director

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



ShyloHomeHealthcare.ca



Veterans Affairs
Canada



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