



25
FALL

THE SCENE

A West Vancouver Seniors' Activity Centre Publication

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VISIT US ONLINE AT WESTVANCOUVER.CA/SENIORS

west vancouver

Secure a Future You Can Count On



During times of housing market volatility and changing annual rent increases, it's nice to have financial security and peace of mind. To make it easier for you to budget your expenses, PARC Retirement Living's SECURE FUTURE® program guarantees that rental fees will not increase more than 3% annually for four years.

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- > Ease of budgeting
- > Peace of mind & security
- > No concerns about hefty rate hikes

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Call Kirk & Jasmine at 604.922.9888 for details and to book a tour.



parcliving.ca/securefuture

Contact us

695 21st Street
West Vancouver, BC V7V 4A7

SAC Customer Service 604-925-7280
General Call Centre 604-925-7270
Seniors' Outreach 604-925-7271

Mon, Tue, Wed,
& Thu 8:30 a.m. – 8 p.m.
Fri, Sat, & Sun 8:30 a.m. – 4 p.m.

If you are unable to connect with us on the SAC Customer Service line, please call the General Call Centre line. You can also email us at activewestvanrec@westvancouver.ca.
Web westvancouver.ca/seniors

HOURS OF OPERATION

Registered Programs

Mon, Tue, Wed,
& Thu 8:30 a.m. – 8 p.m.
Fri, Sat, & Sun 8:30 a.m. – 4 p.m.

GARDEN SIDE CAFÉ

Hours of Operation

Mon, Wed, & Fri 9 a.m. – 2 p.m.
Tue & Thu 9 a.m. – 7 p.m.
Sat & Sun 9 a.m. – 2 p.m.

Dine-in Service

Lunch

Mon – Sun 11:30 a.m. – 1:30 p.m.

Dinner

Tue & Thu 5 – 7 p.m.

Daily Food Service

Mon, Wed, & Fri 9 a.m. – 2 p.m.
Tue & Thu 9 a.m. – 7 p.m.
Sat & Sun 9 a.m. – 2 p.m.

UPCOMING CLOSURES:

Monday, August 4 – BC Day
Monday, August 18 – Monday, Sept. 1 – Annual Maintenance Closure
Monday, September 1 – Labour Day
Tuesday, September 30 – National Day for Truth and Reconciliation
Monday, Oct. 13 – Thanksgiving Day
Tuesday, Nov. 11 – Remembrance Day
Thursday, Dec. 25 – Christmas Day
Friday, December 26 – Boxing Day

ENQUIRIES & ADVERTISING

If you have any questions related to this publication or would like to advertise in *The Scene* magazine, please contact the marketing team by emailing leisureguide@westvancouver.ca or calling 604-925-7285.

Welcome to *The Scene*

This publication is available quarterly (in print and online) on the following dates in 2025: Spring (Feb 19), Summer (May 28), Fall (Jul 30), and Winter (Nov 24).

SUBSCRIBE TO THE SAC E-NEWS

We post online and email out SAC E-news with last-minute changes and information added after *The Scene's* publishing date. The E-news comes out at the beginning of each month. To subscribe, visit westvancouver.ca/newsletters.

BECOME A SAC MEMBER (55+)

Purchase your annual membership today at the front desk and ask about the many benefits! (Cost: \$40). *Non-members are welcome to participate in some programs at a higher rate (ask the front desk).*

Pre-register for all classes, workshops, and lectures before the first day. Insufficient registration prior to the first day can result in cancellation. Price quotes in *The Scene* are member rates. To view member and non-member pricing, visit activewestvanrec.ca.

Program Participation 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 Stephanie, Mary, or Ian (see page 5).

EDITORIAL

Editors Sabina Kasprzak & Sophie Fonseca

Advertising Sabina Kasprzak

Publisher District of West Vancouver

Print Still Creek Press

Cover photo Sabina Kasprzak

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

FUTURE REGISTRATION DATES

For upcoming registration dates, visit westvancouver.ca/registration.

Registration for fall general programs starts at 8 a.m. on **Thursday, August 14**. Winter registration for general programs starts on **Thursday, December 11**. Visit westvancouver.ca/recactivities for availabilities.

Refunds

For refunds, visit westvancouver.ca/registrationandrefunds or scan the QR code.



CAFE MENUS: IMPORTANT REMINDER

The Scene is no longer including menus to ensure they remain as up to date as possible. Menus are available in person at the **Seniors' Activity Centre front desk and online at westvancouver.ca/seniors.**

PHONE-IN FOOD SERVICE

The phone-in food delivery service will continue during operating hours. For food delivery, call **604-925-7280** to place an order. (Minimum \$25 purchase on deliveries). Deliveries occur on Tuesdays and Thursdays. Orders must be placed by 10 a.m. for same-day delivery. Please refer to the special daily menu posted on westvancouver.ca/seniors before you place an order.

ON THE COVER: The Dancing Queen, Gladys, always ready to capture a memorable moment or smile.

Fundraising

PLANNED GIVING

Has the Seniors' Activity Centre (SAC) enriched your life or the life of a loved one? Please consider leaving a gift in your will to the SAC or honour the memory of a loved one by making a memorial gift in their name. Every gift supports the centre's future, its mission, and enriches the West Vancouver community for generations to come.

To inquire and for more information, email sacadvisoryboard@westvancouver.ca.

Tax receipts: donations over \$25 will receive an official donation receipt (Tax # 121 453 963 RR0001).

DONATE TO THE SAC

Did you know you can donate to these important funds? For more information, call 604-925-7280.

Feed The Need – supports meals for vulnerable seniors in the community.

Shuttle Bus – supports the operation of the SAC Shuttle Bus which runs 100% on donations, sponsorships, and grants.

Keeping Connected – supports dementia-friendly programs, social supports, and aging-in-place initiatives.

Outreach Services – supports seniors in the community with social prescribing needs.

General Fundraising – supports a variety of needs that directly benefit SAC members.



⌘ SACS ⌘ on 21st Street

Discover West Vancouver's best-kept secret: a thoughtfully curated boutique offering pre-loved treasures and one-of-a-kind finds. From elegant home décor and fine china to sparkling crystal, vintage jewelry, original artwork, distinctive curiosities, and more. Every piece has a story, and every purchase supports the vibrant programs and services of the Seniors' Activity Centre.

We welcome donations of gently used home décor, kitchenware, china, crystal, jewelry, linens, art works, small furniture, gently used, quality women's and men's clothing, accessories, shoes, silverware, glassware, toys, puzzles, games, gardening, and small appliances.

Hours of operation

Monday to Saturday
10 a.m. – 3 p.m.

Donation drop-off

Monday to Sunday
8:30 a.m. – 4 p.m.

We can also assist with downsizing and pick-up of small furniture.

Visit our brand-new web page at westvancouver.ca/sacson21st.



LIONS CLUB EYEGLASS AND HEARING AID RECYCLING

Donate your gently used eyeglasses, sunglasses, and hearing aids in the collection bin at the North Entrance of the Seniors' Activity Centre. The Lions Club will refurbish and distribute them to individuals in need around the world.



55 PLUS? RIDE WITH US!

The Seniors' Activity Centre (SAC) Shuttle Bus is in operation Tuesday to Saturday, offering access to the SAC and local amenities throughout the Ambleside-Dundarave corridor with our easy hop-on, hop-off transportation system.

Fare: \$3 suggested donation (round-trip) or purchase the 11-ride punch pass for \$30 (best value) at the SAC front desk.

Pick up an updated brochure at the SAC front desk, visit westvancouver.ca/ridewithus, or scan the QR code below.

The SAC Shuttle Bus is sponsored by the SAC Advisory Board, Amica West Vancouver, the West Vancouver Foundation, Kiwanis, and the District of West Vancouver.



ROLE OF ACCESS SERVICES

Access Services provides support for people who have disabilities, low income, are new to Canada, and may face cultural barriers.

If you feel that you or your family face difficulties affording programs or services within the SAC and West Vancouver Community Centre, please contact Adriana Kowalczyk at 604-925-7279, email akowalczyk@westvancouver.ca, or visit westvancouver.ca/access.

Our Program & Assistant Program Coordinators



SUPERVISOR

Davida Witala

*Community Recreation Supervisor
Seniors' Services & Volunteers*

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ADMINISTRATION, CUSTOMER SERVICE, & FACILITY RENTALS

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Recreation Facility Clerk Supervisor

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SHUTTLE BUS, TRIPS, SPORTS, GARDEN CLUB, VISUAL, & HOBBY ARTS

Priscille Leroux

SAC Program Coordinator

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SPECIAL EVENTS, MUSIC, DANCE, BILLIARDS, GAMES, & ADULT LEARNING

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SAC Program Coordinator

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VOLUNTEERS

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*District-wide Volunteer Services
Program Coordinator*

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VOLUNTEERS

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SAC Assistant Program Coordinator

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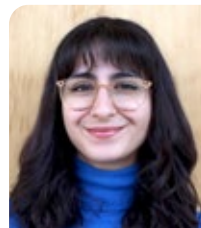


FEED THE NEED & VOLUNTEERS

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SAC Assistant Program Coordinator

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ACCESS SERVICES, RECREATION FINANCIAL ASSISTANCE

Adriana Kowalczyk

Access Services Program Coordinator

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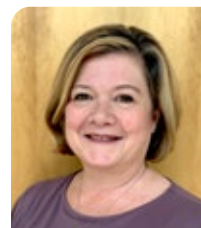


SENIORS' OUTREACH - KEEPING CONNECTED & WELLNESS PROGRAMS

Stephanie Jordan

SAC Outreach Program Coordinator

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SENIORS' OUTREACH

Jennifer Jeffrey

*SAC Community Outreach Program
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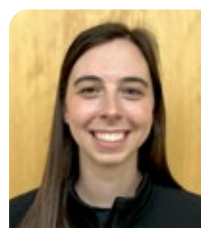


HEALTH, FITNESS, & REHABILITATION

Ian Horne

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HEALTH, FITNESS, & REHABILITATION

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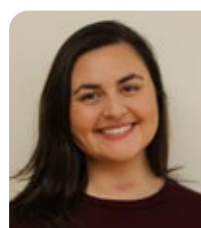


FOOD SERVICES, GARDEN SIDE CAFÉ, & COFFEE BAR

Lou Novosad & Simone Galan-Prestes

SAC Food Services Program Coordinators

604-925-7122
lnovosad@westvancouver.ca
sgprestes@westvancouver.ca



PROGRAMS & EVENTS

Hannah Rennie

SAC Assistant Program Coordinator

604-925-7209
hrennie@westvancouver.ca

Volunteers

Scan the QR Code below for more information. (westvancouver.ca/volunteer)



VOLUNTEER ORIENTATION

Are you interested in making a difference in your community or meeting new people? Perhaps you would like to learn new skills or share your previous experience? If so, and you are over 19 years of age with a valid BC Services Card and Personal Health Number, you are welcome to register for an Adult Volunteer Orientation at activewestvanrec.ca, or by calling **604-925-7270**.

Come and join experienced volunteer mentors and staff who work with

volunteers from around the district over tea, coffee, and light refreshments as we cover many important topics, including volunteer opportunities, eligibility requirements, policies and procedures, how to use the online portal, and more.

Once you have completed the orientation and have submitted your required documents, you can access opportunities and training via our volunteer portal. We look forward to having you on board!

Adult Volunteer Orientation

Sun		
Sep 14		10 a.m. – 1 p.m.
198207	\$20 (free for SAC members)	
Sun		
Oct 26		10 a.m. – 1 p.m.
198208	\$20 (free for SAC members)	
Sun		
Nov 30		10 a.m. – 1 p.m.
198209	\$20 (free for SAC members)	

Garden Side Café

Please see page 3 for Garden Side Café hours.

FIRESIDE LOUNGE & COFFEE BAR

Open Monday – Saturday
9 a.m. – 3 p.m.

Stop by for a specialty coffee drink (cappuccino, americano, latte, and more!) and check out the state-of-the-art coffee bar barista machine. We brew the premium Lavazza Super Crema whole coffee bean that offers a superior, thick, rich crema with every beverage. Relax in the adjacent lounge and connect with friends!

CAFE MENUS: IMPORTANT REMINDER



The Scene is no longer including menus to ensure they remain as up to date as possible. Menus are available in person at the Seniors' Activity Centre front desk and online at westvancouver.ca/seniors.

Upcoming Events

<p>SEPTEMBER</p>  <p>06 SATURDAY Garage Sale See page 14</p>	<p>OCTOBER</p>  <p>31 FRIDAY Halloween Parade</p>	<p>NOVEMBER</p>  <p>29 SATURDAY SAC Traditional Holiday Craft Market See page 14</p>
<p>DECEMBER</p>  <p>04 THURSDAY Heritage Choir Winter Concert See page 14</p>	 <p>05 FRIDAY Shortbread and Sherry See page 14</p>	 <p>07 SUNDAY Heritage Choir Winter Concert See page 14</p>

See **Social/Events & Trips** section on page 13 for details. Visit westvancouver.ca/eventsandtrips for all upcoming events.

SAVE THE DATE



SENIORS' ACTIVITY CENTRE
TRADITIONAL
Holiday
CRAFT MARKET

SATURDAY
NOVEMBER 29

9:30 A.M. – 1:30 P.M.

westvancouver
westvancouver.ca/eventsandtrips

Registered Programs

For refund information, please see page 3 of *The Scene*. For a complete list of programs, visit westvancouver.ca/recactivities.

Program availability may be adjusted. For an up-to-date list of adult 55y+ programs, please visit westvancouver.ca/seniors and see the **55y+ Activities** section on the page or **scan the QR code**.



NOTE: Prices quoted in *The Scene* are member rates.

ARTS

Arts General

For a complete listing of **Arts** programs, visit westvancouver.ca/visualarts or scan the QR code to go to the page.



Drawing & Painting: Open Studio

Enjoy some quality time with friends and fellow artists this fall! Collaborate with others while honing your painting skills. *No instructor.*

Mon		
Sep 8 - Dec 15		\$35
195552	9 a.m. - 12 p.m.	
195553	12:30 - 3:30 p.m.	

Tue		
Sep 2 - Dec 16	9 a.m. - 12 p.m.	\$35
195554		

Wed		
Sep 3 - Dec 17	12:30 - 3:30 p.m.	\$40
195555		



Drawing & Painting: Painting with Friends

Paint for fun in an inspiring studio setting! Create appealing paintings using acrylics, oils, or watercolours. Bring your own materials and any images you would like to paint.

Thu		
Sep 4 - Dec 18	9 a.m. - 12 p.m.	\$40
195556		

Drawing & Painting: Watercolour with Lynn Colpitts

Paint nature's inspirations using compositional considerations, perspective, and colour theory. Class includes demonstrations of special techniques, including light, shadow, depth, and texture. All materials are provided. Designed for those with watercolour experience.

Tue		
Sep 2 - Oct 21	12:30 - 3:30 p.m.	\$156.45
196186		

Thu		
Sep 4 - Oct 23	12:30 - 3:30 p.m.	\$178.80
196188		

Tue		
Oct 28 - Dec 16	12:30 - 3:30 p.m.	\$156.45
196189		

Thu		
Oct 30 - Dec 18	12:30 - 3:30 p.m.	\$178.80
196190		

Drawing with Elmira

Explore experimental and traditional practices in line drawing, value, perspective, proportion, positive and negative space, the human portrait, and figure. Work with different techniques, materials, and approaches to drawing. No background in drawing is required.

Fri		
Sep 5 - Oct 24	12:30 - 3 p.m.	\$158
195549		

Fri		
Oct 31 - Dec 12	12:30 - 3 p.m.	\$138.25
195550		

Painting Fundamentals with Elmira

Join us for this hands-on, beginner-friendly class that introduces painting, brushwork, layering, and blending fundamentals! Learn composition, colour theory, contrast, light, and form, while exploring key art history moments.

Thu		
Sep 3 - Oct 23	4 - 6 p.m.	
196281		\$158

Thu		
Oct 30 - Dec 11	4 - 6 p.m.	
196282		\$138.25

Photo Club

Come curious, and leave inspired by the stunning images shared by guest presenters and participants!

Thu		
Sep 11 - Dec 11	1 - 3 p.m.	
195532		\$42

Stained Glass Studio Time

Enjoy some studio time to work on your stained-glass creations! Bring your own equipment and supplies.

Wed		
Sep 3 - Dec 17	12:30 - 3:30 p.m.	
195551		\$99.68

FABRIC ARTS

Knitting Club

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

Tue		
Sep 2 - Dec 16	9 a.m. - 12 p.m.	
195557		\$43.40

Quilting Club

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

Wed		
Sep 3 - Dec 17	12:30 - 3:30 p.m.	
195560		\$41.60

Tuesday Open Studio Time

Bring your hand-sewing or quilting project to work on in a social setting. Small supplies are available, but there will be no sewing machines. No instructor, but we love to share ideas!

Tue
Sep 2 - Dec 16 12:30 - 3:30 p.m.
195559 \$36.40

Friday Open Studio Time

Who knew quilting would be 'sew' much fun!? If you can hand or machine sew, you'll be able to quilt. We're in need of volunteers, so we hope you can join us soon. We can hand-quilt a quilt for you, with all proceeds going to the Seniors' Activity Centre.

Fri
Sep 5 - Dec 19 9 a.m. - 12 p.m.
195558 Free

Intergenerational Open Studio Time

Bring your own project to work on or come in to fix something! This is an unsupervised studio time. Participants under 18 years old will need an adult to supervise them. Please pre-register for a weekly time slot.

Sat \$2.50 per session
Sep 6 - Dec 20 10 a.m. - 12:30 p.m.

Silk Painting

Create your own scarf masterpieces with Kamani! Using the Serti technique, learn to trace or draw designs on silk, apply gutta to outline patterns, and paint using watercolour-based dyes. Suitable for all levels.

Wed
Sep 3 - Oct 22 9 a.m. - 12 p.m.
195808 \$160

Wed
Oct 29 - Dec 17 9 a.m. - 12 p.m.
195814 \$160

Fri
Oct 31 - Dec 19 9 a.m. - 12 p.m.
195821 \$160



Music

For a complete listing of **Music** programs, visit westvancouver.ca/music or scan the QR code to go to the page.



Sing for Joy

Lift your spirits in this weekly singalong for sheer pleasure. Begin each session with a voice and breath warm up, then move into singing old favourites, folk songs, popular tunes, and show music from your favourite decades. Works will be provided. All are welcome to this informal gathering.

Wed
Sep 10 - Dec 17 1:30 - 2:30 p.m.
195946 \$150

Singalong Fun

Lift your spirits and improve your sense of joy and well-being in this weekly singalong! Sing songs by Sinatra, Elvis, Neil Diamond, Leonard Cohen, and more. All voices are welcome.

Fri
Sep 12 - Dec 12 1 - 2 p.m.
195772 Free, registration required

Group Vocal Lessons with Gergana

Study voice in a supportive group setting with professional vocal coach and Heritage Choir Director, Gergana Velinova! Learn fundamental vocal techniques, breath support, and explore a variety of songs. Participants are welcome to do solo performances if they wish.

Mon
Sep 8 - Dec 8 10:30 a.m. - 12 p.m.
196064 \$210.95

Heritage Choir

The Heritage Choir is a community choir that offers a full concert season, performing songs from a range of musical styles. Find new friendships and exercise your mind and body in a supportive and fun environment with a

variety of social events throughout the year. The choir is open to people who enjoy singing, with or without choral experience, and who can independently follow the conductor's instructions.

Tue
Sep 9 - Dec 9 1 - 3 p.m.
196043 \$136.20

Recorders Advanced

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

Tue
Sep 11 - Dec 11 10:30 a.m. - 12 p.m.
195941 \$45.50

Dundarave Players

Play instruments, read music, and/or sing several genres at a variety of venues across the North Shore. New participants, please contact mdevries@westvancouver.ca prior to registration to receive information before the start date. *No instructor.*

Tue
Sep 9 - Dec 16 9:15 - 11:15 a.m.
195940 \$41

Ukulele Lessons

Know a dozen chords, a few songs, and like to sing? Enjoy a fun and inspiring hour exploring a wide range of song styles with strumming, fingerpicking, and of course, singing.

Tue
Sep 9 - Dec 16 11:30 a.m. - 12:30 p.m.
195942 \$164.45

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 able to play a jazz musical instrument and have some familiarity with jazz concepts. Our purpose is to have fun making music! *No instructor.*

Sat \$3.15 per session
Sep 6 - Dec 20 10:30 a.m. - 12:30 p.m.



Dance

For a complete listing of **Dance** programs, visit westvancouver.ca/dance or scan the QR code to go to the page.



NEW! Latin Dance Let's Salsa Level 1

Join us for this gentle non-partner class designed for individuals who are new to Salsa, and for those seeking to improve their basic moves before moving to a higher level. Improve your balance, coordination, flexibility, and rhythm in this low-impact class. Non-grip exercise shoes are recommended.

Fri
Sep 5 - Oct 24 2:15 - 3 p.m.
196844 \$97.40

Fri
Oct 31 - Dec 19 2:15 - 3 p.m.
196845 \$85.25

NEW! Latin Dance Let's Salsa Level 2

Engage in a faster, non-partner class designed for those who have mastered the fundamentals (forward, side, and back basics). Enjoy more variety of Latin music while learning something new each class. Non-grip exercise shoes are recommended.

Fri
Sep 5 - Oct 24 3:15 - 4 p.m.
196846 \$97.40

Fri
Oct 31 - Dec 19 3:15 - 4 p.m.
196847 \$85.25

Line Dancing Level 1 Novice

This novice (absolute) beginner class introduces basic line dance terminology through a variety of dances and is aimed at students who have no experience. We review the dances from the previous week and introduce new ones based on how fast the class progresses.

Mon
Sep 8 - Dec 1 3:30 - 4:30 p.m.
196602 \$62.50

Line Dancing Level 2 Beginners

This class is for those who have previous line dance or dance experience and are familiar with the basic line dance steps. This class moves at a quicker pace than Level 1 and has more beginner integrated line dance steps and dances.

Mon
Sep 8 - Dec 1 2:15 - 3:15 p.m.
196603 \$62.50

Line Dancing Level 3 Improved/Intermediate

This class is for those with previous dance experience. Start with simple improver line dances and progress as you go. Learn new advanced terminology (including 32 to 64 count dances) that may contain the occasional tags and/or restarts.

Mon
Sep 8 - Dec 1 1 - 2 p.m.
196604 \$62.50

Scottish Country Intermediate

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

Fri
Sep 5 - Dec 19 10:30 a.m. - 12:30 p.m.
196918 \$123.25

Evening Dance

Dust off your dancing shoes and break out those ballroom moves with the music of magnificent live bands. Members, singles, and non-members are encouraged to attend. Cash bar in effect. Doors open at 6 p.m.

Thu
6:30 - 9 p.m. *Early bird: \$15*
Day of: \$20
Dinner and dance: \$24

190830 Sep 25 (Colin Re)

187772 Oct 23 (Lou Marocco)

187773 Nov 27 (Sweetwater)

NOTE: Prices quoted in The Scene are member rates.

Woodworking

Woodworking: Level 2 - Intermediate

Bring your woodworking venture to life! Projects must return home with participants after each class due to lack of storage space. *Prerequisite: Woodworking: Level 1 - Beginners or experience in woodworking.*

Mon
Sep 8 - Dec 15 9 a.m. - 12 p.m.
196359 \$95.20

Wed
Sep 3 - Dec 17 9 a.m. - 12 p.m.
196765 \$108.80

Fri
Sep 5 - Dec 19 9 a.m. - 12 p.m.
196774 \$108.80

Woodworking: Level 3 - Advanced

Bring your own plan and wood to this class and watch your woodworking venture come to life! Projects must return home with participants after each class due to lack of storage space. *Prerequisite: Experience in woodworking. You must be able to work on your own with minimal assistance.*

Mon
Sep 8 - Dec 15 1 - 4 p.m.
196360 \$95.20

Tue
Sep 2 - Dec 16 9 a.m. - 12 p.m.
196668 \$95.20

Wed
Sep 3 - Dec 17 1 - 4 p.m.
196775 \$108.80

Fri
Sep 5 - Dec 19 1 - 4 p.m.
196772 \$108.80



Woodworking: Women's Session

Do you just 'plane' love woodworking? Join other women for a fun and informative class! Bring your own project and wood. The supervisors are there to provide information and guidance but cannot provide one-on-one supervision. Enjoy a relaxed atmosphere with more supervision than general classes. *Prerequisite: Woodworking: Level 1 - Beginners.*

Tue
Sep 2 - Dec 16 1 - 4 p.m.
196666 \$95.20

Woodworking: Women's Woodturning Level 2 - Intermediate

Take your affection for woodturning to the next level and with little supervision! Three people maximum. *Prerequisite: Woodworking: Level 1 - Beginners.*

Tue
Oct 7 - Dec 16 1 - 4 p.m.
196682 \$68

Woodcarving & Wood Sculpture

Begin or continue in the longstanding art form of woodcarving and wood sculpture. All levels are welcome. Some wood and carving tools are provided or you can bring your own. All sessions are led by experienced carvers who are happy to share, mentor, and teach.

Thu
Sep 4 - Dec 18 9 a.m. - 12 p.m.
196680 \$108.80

Thu
Sep 4 - Dec 18 1 - 4 p.m.
196681 \$108.80

Woodworking: Woodturning Level 1 - Beginners

Learn the fundamentals of woodturning in this hands-on class! Upon successful completion of the course, participants will be able to advance to the Woodturning Level 2/3 - Intermediate/Advanced. Four people maximum.

Wed
Oct 15 - Dec 10 9 a.m. - 12 p.m.
196773 \$76.20
Additional cost for wood \$15

Woodworking: Woodturning Level 2/3 - Intermediate/Advanced

This is the next class after Woodturning. There will be a supervisor on-site who can assist with providing direction on participants' projects, but no structured instruction will be given. Three people maximum. *Prerequisite: Woodworking: Level 1 - Beginners.*

Wed
Sep 3 - Dec 17 1 - 4 p.m.
196776 \$108.80

LEARNING

For a complete listing of **Learning** programs, visit westvancouver.ca/learning or scan the QR code to go to the page.

**Languages****French Conversation**

Have fun conversing with others in French at an intermediate to advanced level. Discuss a variety of topics with the group and actively join in on the conversation. *No instructor.*

Wed
Sep 3 - Dec 17 10 - 11:30 a.m.
195992 \$58.40

French Review Spa Francais Intermediate

Enjoy structured review sessions for "high beginners/rusty intermediates" and improve your conversational French. Master grammar, vocabulary, and idiomatic usage while working your way through textbook exercises, podcast lessons, and short readings. *Led by Diana S. and Nadine N.*

Tue
Sep 2 - Dec 16 10:30 a.m. - 12:30 p.m.
195959 \$56

Spanish in Three Months Part 1

Learn basic grammar, vocabulary, and conversation skills through exercises based on real life scenarios. This course is designed for those interested in learning Spanish with a more committed approach. *Requirements: at-home study and 'Spanish in Three Months', by Isabel Cisneros and Douglas DK. Instructor: Elias Merkins.*

Thu
Sep 4 - Dec 18 5:45 - 7:15 p.m.
196071 \$269.60

Spanish with Elias Intermediate

Improve your skills by reinforcing the preterit, imperfect, and future tenses, and adding the conditional tense. Learn the imperative tense and situational conversation for moving around the city or when discussing past or future activities. Engage and interact with the class to enhance your speaking/listening abilities. Conversation time accounts for half of the class time.

Thu
Sep 4 - Dec 18 4 - 5:30 p.m.
196070 \$269.60

Farsi with Bita

Learn how to communicate with other Farsi speakers. While teaching you the language, Bita will bring Persian culture, tradition, and food to life. *Instructor: Bita.*

Tue
Sep 2 - Dec 16 12:30 - 1:30 p.m.
195957 \$45.50



Writing & Reading

Writers' Circle

Share stories, poems, and memoirs in a casual and encouraging atmosphere! Take turns leading sessions. Enjoy writing styles ranging from humour and poetry to memories and social commentaries. *No instructor.*

Mon
 Sep 8 - Dec 15 1 - 3 p.m.
195944 \$47.25

Creative Writing with Richard

Margaret Atwood doesn't attend, so masterpieces aren't expected. Write, give feedback, and learn from each other! Work on a larger project (novel or memoir) or get in touch with your muse week-to-week. *Instructor: Richard B.*

Thu
 Sep 11 - Dec 18 1:30 - 3:45 p.m.
195943 \$258

General

New Member Welcome Coffee

Are you a new member to the Seniors' Activity Centre? We would like to invite you for a morning coffee chat! After coffee, join our Advisory Board hosts for a facility tour and an opportunity to discuss the many programs and services available to you. Bring a friend or anyone who may be interested in joining this fun social gathering.

Tue
 10 - 11 a.m. Free

185929 Sep 23

185930 Oct 28

185931 Nov 25

Debate Club

Engage in lively discussions about social science, healthcare, the environment, philosophy, and more! Each debate will be judged by your peers to determine a winning side. The roles of the panelists, judges, and audience members will alternate weekly.

Tue
 Sep 2 - Dec 16 4 - 5:30 p.m.
196116 \$40



Hot Topics International Affairs

Join Jon Scott for discussions about the current international affairs and hot spots around the world! Start with some background information, then discuss 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
 Sep 5 - Oct 24 1 - 2 p.m.
196118 \$25

The Canadian

Join us for champagne and canapés as we welcome you aboard the Canadian—Canada's premier rail train travelling from Vancouver. Learn about VIA Rail train travel and discuss various travel options, including trains, planes, cars, and RVs. A question-and-answer period will follow.

Tue
 Oct 28 3:30 - 5 p.m.
196134 \$22

Downsizing Seminar

Join Janet Helm, an award-winning realtor and certified Seniors' Real Estate Specialist (SRES), as she provides tailored solutions for those wanting to downsize, helping you manage every detail. Reach your real estate goals as she provides you with a smooth process, from planning to final sale and beyond.

Fri
 Nov 21 12 - 1:30 p.m.
196142 Free

The Indispensable Life Binder

Learn an easy way to gather all your important documents in one place! Organize financial information, important contacts, and more so it's readily accessible when you need it. *Instructor: Diana.*

Tue
 Oct 14 4 - 6:30 p.m.
196794 \$27

Book Club Afterwords

Join two retired librarians for discussions about thought-provoking novels! Reading list will be available at the Seniors' Activity Centre front desk after registering. Group meets on the first Friday of each month. *Led by Julia H. and Elizabeth A.*

Fri
 Sep 5 - Dec 5 10:30 a.m. - 12:30 p.m.
195938 \$16.80

A Guided Memoir

Reflect on your past, share stories, and gain a broad perspective on your life in this friendly group session! Each week will feature a different theme. This program follows the approach developed by gerontologist, James Birren, at the University of Southern California.

Fri
 Sep 5 - Oct 10 10 a.m. - 12 p.m.
197472 \$80

NOTE: Prices quoted in The Scene are member rates.

NEW! Monologues From Image to Impulse

Have you ever wanted to know how actors do what they do? Discover how actors remember their lines, access their emotions, and behave authentically in an imaginary event! Explore a series of exercises while having fun. *Instructor: Scott S.*

Wed
Sep 3 - Oct 22 3 - 6 p.m.
197519 \$154.50

NEW! Scenes From Impulse to Action

Explore additional text retention and listening exercises in a series of two-person scenes! Learn how to listen acutely and respond with simplicity, presence, and authenticity. *Prerequisites: Monologues From Image to Impulse. Instructor: Scott S.*

Wed
Oct 29 - Dec 17 3 - 6 p.m.
197522 \$154.50

Golden Fireflies - Release Your Creativity

Using humour, fun acting games, and professional theatre techniques in a safe, lighthearted environment, awaken your senses, learn acting and writing skills, and explore the world of storytelling. No experience necessary. *Facilitated by professional theatre artists from Presentation House Theatre Company.*

Thu
Sep 11 - Dec 11 1 - 3 p.m.
197286 Free, registration required

Flight Simulation

Come fly with us! Meet biweekly with other aeronautical enthusiasts. Please register online, over the phone, or at the front desk.

Fri \$3.15 per session
Sep 12 - Dec 12 10:15 a.m. - 12:15 p.m.



Games

DROP-IN GAMES

Pre-register for these weekly time slots! Cost: \$2.85 per session.

Scrabble & Mahjong

Sat
Sep 6 - Dec 27 1 - 3 p.m.

Bridge Social

Sun
Sep 7 - Dec 28 9 a.m. - 12 p.m.

Cribbage

Sun
Sep 7 - Dec 28 1 - 3 p.m.

Chess

Mon
Sep 8 - Dec 29 3 - 6 p.m.

Duplicate Bridge

Enjoy a challenging, yet friendly game of duplicate bridge! Please register with a partner. Bridgemates will be used for scoring purposes.

Wed
Sep 3 - Nov 26 12:30 - 4 p.m.
196069 \$41.25

Bridge with Stephen Basics 1

Learn the basics of bidding and play! This course is designed for those who are new to bridge and want a structured review of the modern five-card bidding system. Lesson handouts are included.

Tue
Sep 2 - Oct 21 3:30 - 5:30 p.m.
196095 \$112

Bridge with Stephen Basics 2

Combine discussion and play by learning the basics of bidding through a structured review of the modern five-card bidding system. Lesson hand-outs are included. *Pre-requisite: Basics 1.*

Tue
Oct 28 - Dec 16 3:30 - 5:30 p.m.
196096 \$112

Bridge with Stephen Topics/Supervised Play

Designed for players who are familiar with the basics of bidding, declarer play, defense, and who have been attempting to play some of the common modern bridge conventions (negative doubles, transfer bids, Jacoby 2NT, and as covered in the Intermediate course). Class format is a brief discussion with illustrative exercises followed by play of hands from a duplicate bridge club.

Wed
Sep 3 - Oct 22 3:30 - 5:30 p.m.
196097 \$128

Wed
Oct 29 - Dec 17 3:30 - 5:30 p.m.
196943 \$128

Bridge with Tai Beginner Level 1

Learn all about this exciting hobby! Exercise your brain and have a wonderful time playing with others. If you can count to 13, you can play bridge.

Mon
Sep 8 - Oct 27 4:30 - 6:30 p.m.
196182 \$97.40

Mon
Nov 3 - Dec 15 4:30 - 6:30 p.m.
196183 \$97.40

Bridge with Tai Level 2

Have a wonderful time playing bridge while exercising your brain! Learn new skills and enjoy the exciting hobby of bridge. *Pre-requisites: Level 1.*

Fri
Sep 5 - Oct 24 2:15 - 4 p.m.
196944 \$111.30

Fri
Oct 31 - Dec 19 2:15 - 4 p.m.
196181 \$111.30

Interested in group snooker or billiards lessons? Connect with Program Coordinator, Mary de Vries, for bookings at mdevries@westvancouver.ca.

Events & Trips

For a complete listing of **Events & Trips**, visit westvancouver.ca/eventsandtrips or scan the QR code to go to the page.



Please note event and trip return times are approximate. Please do not book something immediately following a trip as we could be delayed due to traffic or unforeseen circumstances.

Events & Trips Cancellation Policy

To receive a refund, you must withdraw online, in-person, or by phone more than seven (7) days before the first day of the program.

ACCESSIBILITY

- Accessible to persons in wheelchairs*.
- Accessible to persons with scooters*.
- Accessible to persons with walkers*.
- Accessible to persons with canes.
- No limitation to hard of hearing. Assistive systems may be available.
- Accessible to persons who are blind or visually impaired.
- Transport to the SAC w/ the SAC Shuttle Bus.

*As space is limited on the bus, please notify staff if you plan to bring a wheelchair, scooter, or walker.

NOTE: Prices quoted in The Scene are member rates.

Enjoy the Journey Tours - Majestic Mayne

Experience one of the most historic and beautiful Gulf Islands! Teeming with scenic vistas and stories of bygone days, this island is truly unique and worthy of exploration. Please note that there will be an additional \$36 ferry fee for those aged 64 and under.

Thu
Sep 18 7:45 a.m. - 8:30 p.m.
186191 \$149

Enjoy the Journey Tours - Harrison Salmon Run

In 2025, British Columbia is anticipating a record-breaking run of pink salmon with an estimated 27 million pink salmon returning. See pink, coho, chum, sockeye, and chinook at various viewing locations and enjoy free time Harrison Hot Springs. Lunch not included.

Mon
Oct 20 6:45 a.m. - 6 p.m.
197454 \$69

Enjoy the Journey Tours - Vancouver Orpheus Male Choir

Join us for a special afternoon Christmas concert with the amazing Vancouver Orpheus Male Choir at St. Andrew's Church in Langley! Enjoy a Sunday Brunch Buffet at Newlands Golf and Country Club prior to the performance.

Sun
Nov 30 9:30 a.m. - 6 p.m.
197458 \$129

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 Stephanie, Mary, or Ian (see page 5).

Enjoy the Journey Tours - Merry & Bright at Martini Town

Experience holiday movie magic in a film backlot in Langley! As a functioning set, Martini Town brings everything you love about your go-to holiday movies to life. Includes brunch at Newlands Golf and Country Club.

Sun
Dec 14 11:15 a.m. - 5:15 p.m.
197462 \$119

Tea & Trumpets - Greshwin & Friends

Hop on our bus to Tea and Trumpets for the "Greshwin & Friends" performance! This is for the transportation to and from the Orpheum only, please purchase your own ticket to the show.

Thu
Oct 2 12:30 - 4:30 p.m.
196193 \$8

Tea & Trumpets - Magic of Mozart

Catch a ride on the bus to Tea and Trumpets for the "Magic of Mozart" performance! This is for the transportation to and from the Orpheum only, please purchase your own ticket to the show.

Thu
Oct 30 12:30 - 4:30 p.m.
196194 \$8

Starlight Casino

Visit the Starlight Casino in New Westminster, where they have over 935 slot machines and 54 live game tables! Enjoy lunch at Match Eatery and Public House.

Tue
Sep 23 10 a.m. - 3 p.m.
196574 \$20

Fort Langley Cranberry Festival

Celebrate the annual cranberry harvest and the history of cranberries in the area! Enjoy the festival, support local businesses and vendors, and bring the community together.

Sat
Oct 11 9 a.m. - 3 p.m.
196649 \$20

VanDusen Gardens Festival of Lights

Get into the holiday spirit as you wander around the amazing light display at VanDusen Gardens! Cost includes transportation and admission.

Tue
Dec 9 3:15 – 7:15 p.m.
196646 \$35

SAC Garage Sale

Come find a bargain! Free admission for shoppers.

Sat
Sep 6 10 a.m. – 2 p.m.
195724 \$25 for vendors

Vendor Jury: SAC Traditional Holiday Craft Market

Vendors must register for jurying and once approved by Mary de Vries, the vendor must pay the registration fee in full for the market on Saturday, November 29. Items must be handmade with preference given to local vendors. Please email sample photos of your items for jurying to mdevries@westvancouver.ca.

Aug 14 – Oct 23
196179 Free

SAC Traditional Holiday Craft Market

Enjoy this free event and get a head-start on your holiday shopping with a variety of local, hand-crafted gifts for all interests! Registration is required for vendors only.

Sat
Nov 29 9:30 a.m. – 1:30 p.m.
196178 \$60 for vendors
Free for shoppers

**Strings Cultural Music Performance**

Enjoy a musical performance that blends both traditional and contemporary pieces by a student-led, non-profit organization dedicated to creating meaningful connections between young musicians and the community.

Sat
2 – 3 p.m. Free

196139 Sep 27

196141 Oct 25

196140 Nov 15

Heritage Choir Winter Concerts

Enjoy West Vancouver Heritage Choir's annual winter concerts! Listen to a variety of favourites and bring your voice to sing along.

Thu
Dec 4 6:30 – 8 p.m.
196046 \$13

Sun
Dec 7 1 – 3 p.m.
196053 \$13

Shortbread & Sherry

Join the Seniors' Activity Centre Advisory Board in welcoming the holiday season! Coffee, tea, and light refreshments will be served with shortbread, sherry, and minced tarts.

Fri
Dec 5 3 – 5 p.m.
198189 Free

OUTREACH SERVICES

We're happy to welcome Jennifer Jeffrey to our team as the new Seniors' Outreach Coordinator.

If you or someone you know could use a helping hand, Jennifer is here to support seniors in staying connected to their community.

Jennifer can provide assistance with navigating a wide range of needs, including:

- building social connections and reducing isolation
- food security and prepared meals
- housing assistance
- transportation and mobility safety
- legal advocacy
- financial support
- mental and physical health resources.

Don't hesitate to reach out to Jennifer by phone at 604-925-7281, email at jjeffrey@westvancouver.ca, or visit her in person at the Seniors' Activity Centre.

KEEPING CONNECTED

For a complete listing of **Keeping Connected** programs, visit westvancouver.ca/keepingconnected or scan the QR code to go to the page.



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. We encourage participation for anyone who is feeling isolated, alone, living with memory loss, or a decrease in physical function or activity level.

These programs are open to every Seniors' Activity Centre member. Please join us for a little bit of fun! Questions? Call Stephanie at 604-925-7211.

Programs continued on page 23.



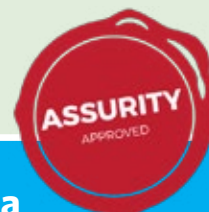
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DANCING QUEEN WITH A BIG HEART



Written by Chris Inouye

You've probably seen Gladys Lee at community events, carrying her Nikon-D3400 camera with Sigma 18-250mm lens and wearing a cheery smile, but did you know that she is a former restaurateur, recreation facilities clerk, actor, ballroom dancer, award-winning tap dancer, and line dancer?



"Count your age by friends, not years. Count your life by smiles, not tears."

John Lennon

Montreal Roots

Gladys was born and raised in Montreal with two sisters and a brother. Her parents grew flowers and Chinese vegetables in Montreal North. She married Robert Lee, who worked at the famous Montreal restaurant, Ruby Foo's, and whose family owned Lee's Hot Shop and Nanking Café.

Busy Bee!

The Lees moved to West Vancouver in 1972 where Robert and his brother owned Hennessy's Fine Chinese Food Restaurant, an upscale Chinese restaurant which served meals course by course rather than "family style."

In 1984, after selling Hennessy's, Gladys worked at Coach House Gift at Park Royal, an Asian furniture/clothing store called Sanpan, James Brodie Men's Shop, The Dog's Ear when it was located at Park Royal South, and at Lifestyles Magazine.

She has volunteered at the West Van Chamber of Commerce, the Coho Festival, and at the Harmony Arts Festival since its debut event in 1991. In 1996, Gladys became a part-time Recreation Facility Clerk (RFC) at the ice arena and at the Seniors' Activity Centre (SAC), working as an RFC until 2015. Back in the day, Gladys and her husband put on chef's hats to cook for Chinese New Year at the Garden Side Café!

Dancing Queen

Gladys has always loved music and dancing: "I used to ask my mom if I could get involved in tap dancing. She didn't know what it was. I said it was

the dancing that makes noise." Her parents running a flower shop prevented Gladys from taking lessons as a child, but she danced anyway, organizing community dances in Montreal in the 1950s. She and her husband danced through the years, even going on "dance cruises" on Celebrity and Princess Cruise ships.

When Gladys was 49, her two sons had hockey practice at the West Vancouver Ice Arena. While they were practicing, Gladys would go over to the Community Centre and watch tap class. The instructor invited her in and Gladys was hooked.

Fast forward to 2002 when Gladys rounded up nine women, average age 60, to form a tap group called the Hot Flash Hoofers and persuaded Mary-Lou Brien of Vanleena Dance Studio to instruct and choreograph for the group. In 2003, after winning a competition in Surrey, they were encouraged to enter the international competition. Off to Germany they went in 2003, winning gold at the world championships in Riesa. They also won in 2004, 2005, and 2007.

Valerie Coles has known Gladys since around 2006, first tapping with Gladys at Braithwaite and Delbrook Community Centres as well as at Vanleena Dance Academy. Over the years, the tappers entertained at Kay Meek Centre, Centennial Theatre, and at various seniors' centres on the North Shore. Back in the day, there was even tap dancing at SAC Thursday evening dances during breaks in the live band music! Gladys was always there, dancing and snapping pictures.



Valerie says that each year Gladys sent birthday greetings with photos to her dance friends. These made precious and lasting memories of rehearsals, makeup rooms, and countless gigs. “She was the heart of the dance group.”

Donna McClary met Gladys at Vanleena Dance Academy where she was taking tap from Donna’s daughter, Tammy. When the SAC was looking for a line dancing instructor, Gladys encouraged Donna, a certified dance

instructor, to apply. Et voila! Donna now teaches all three levels of line dancing. Gladys has been line dancing since *Achy Breaky Heart* was hot in 1992 and is currently in the Level 3 class.

Gladys loves the people, the moves, the music, and the brain power that following dance patterns requires. Grapevine! Sailor turn! Heel grind with coaster step!

Keep on dancing, Gladys!

“Dance is the joy of movement and the heart of life.”

Susan Joli

Hot Flash Hoofers video:

youtube.com/watch?v=jbMm1SPYalU

HOT TOPICS WITH WEST VANCOUVER FIRE & RESCUE



By Jeremy Calder, Assistant Chief of Fire Prevention

FIRE PREVENTION WEEK: KNOW THE RISKS OF LITHIUM-ION BATTERIES

Most of the electronics we use in our homes every day—smartphones, tablets, power and lawn tools, laptops, e-cigarettes, headphones, and toys, to name just a few—are powered by lithium-ion batteries. In fact, most everything that’s rechargeable uses this type of battery.

If not used correctly or if damaged, lithium-ion batteries can overheat, start a fire, or even explode. To reduce these risks, look around your home and follow the **Buy, Charge, and Recycle Safely** approach.

Buy only listed products

- When buying a product that uses a lithium-ion battery, take time to research it. Look for a stamp from a

nationally recognized testing lab on the packaging and product, which means that it meets important safety standards.

- Many products sold online and in stores may not meet safety standards and could increase the risk of fire.

Charge devices safely

- Always use the cables that came with the product to charge it. Follow the manufacturer’s instructions.
- If you need a new charger, buy one from the manufacturer or one that the manufacturer has approved.
- Charge your device on a hard surface. Don't charge it under a pillow, on a bed, or on a couch. This could cause a fire.

- Don't overcharge your device. Unplug it or remove the battery when it's fully charged.

Recycle batteries responsibly

- Don't throw lithium-ion batteries in the trash or regular recycling bins because they could catch fire.
- Recycling your device or battery at a safe battery recycling location is the best way to dispose of them. Visit **call2recycle.org** to find a recycling spot near you.

For more information about Fire Prevention Week and lithium-ion battery safety, visit **fpw.org**.

*Take care and stay safe,
Jeremy*



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BC WOMEN'S
HEALTH
FOUNDATION



FOCUS FOCUS FOCUS ON EYE HEALTH



Written by Chris Inouye
Reviewed by Dr. William Ross,
Retinal Surgeon

As we age, ocular diseases such as cataracts, age-related macular degeneration, and diabetic retinopathy become more prevalent. According to a Canadian Health Survey on Seniors in 2020, the rate of ocular diseases among people aged 65 and older is:

- cataracts: 17%
- diabetic retinopathy: 8%
- age-related macular degeneration: 7%

CATARACTS

Cataracts are a part of the normal aging process. The disruption of proteins in the lens of the eye causes cloudiness which slowly accumulates and can cause blurring of vision.

Symptoms

- blurry or foggy vision that doesn't go away even with blinking
- halos around light
- increased sensitivity to light and glare

- trouble with night driving
- trouble seeing and reading at night.

Initially, updated glasses or contacts may help to sharpen vision. As the cataract develops, it may start to interfere with daily activities and glasses may no longer work to sharpen vision. At this time, a referral by your family doctor or optometrist is made to an ophthalmologist.

Treatment

In Canada, cataract surgery is an effective, low-risk procedure. The process involves removing the cloudy lens from the eye and replacing it with a clear Intraocular Lens Implant (IOL). Generally, the lens implant will provide clear distance vision. Near vision will be compromised and will likely require reading glasses. Alternatively, one eye may be corrected for distance vision and the other for reading vision, which will resolve the need for reading glasses. A discussion with your ophthalmologist will help to guide the choice of lens.

BENEFITS OF CATARACT SURGERY

Increased Engagement

Following cataract surgery, activities that having cataracts may have hindered, such as quilting or reading, can once again be enjoyed. Sometimes it enables people to do things they couldn't do before. Ophthalmologist Dr. John Hovanesian said, "One of my patients always wanted to scuba dive but was afraid to try because he was very nearsighted. After cataract surgery he had great distance vision without glasses and was finally able to pursue this new passion." [aaopt.org/eye-health/tips-prevention/surprising-benefit-cataract-surgery-treatment](https://www.aaopt.org/eye-health/tips-prevention/surprising-benefit-cataract-surgery-treatment).

Fall Prevention

Falls are a leading cause of death and injury among older adults, and the long recovery from falls can lead to social isolation and depression.

Did you know that about a third of falls occur in those who wear bifocal or multifocal glasses? Wearing these eyeglasses reduces depth perception and the ability to discern slight variations in light or colour, which can cause people to trip on curbs or steps.

People are less likely to need multifocal lenses after cataract surgery. Studies suggest that cataract removal can reduce the risk of falls. [aaopt.org/newsroom/news-releases/detail/cataract-surgery-it-could-save-your-life](https://www.aaopt.org/newsroom/news-releases/detail/cataract-surgery-it-could-save-your-life).



Dr. William Ross



TAKE CARE OF YOURSELF, TAKE CARE OF YOUR EYES

Maintain a healthy lifestyle

While genetics can play a role in certain eye diseases, healthy lifestyle habits can also help protect your vision:

- quit smoking
- eat a healthy diet
- exercise regularly.

Safety first!

Wear proper safety equipment that meets the standard requirements for sports, such as face masks or goggles, which should be made of polycarbonate material as it resists shattering.

Regular eye exams

If you are 65y+, get your eyes examined annually. Even if you don't have any immediate issues with your eyes, it's still a good idea to have regular eye examinations with your ophthalmologist or eye care professional.

Surgery

Cataract removal surgery may be done in an outpatient surgery centre or in a hospital.

- The eye will be numbed with eye drops or with an injection around the eye. You may also be given a medicine to help you relax.
- The surgeon looks through a special microscope, creating tiny incisions near the edge of the cornea. The surgeon uses these incisions to reach the lens in the eye. Using very small instruments, the cataract will be removed, and the IOL will be inserted.
- A shield will be placed over the eye to protect it while healing from surgery.

Post-surgery

- Often, eye drops are required after surgery. Be sure to follow your doctor's directions for using these drops.
- A protective eye shield is worn while asleep.
- Visit the optometrist one month after surgery to obtain an updated glasses prescription.

DIABETIC RETINOPATHY

This is an ocular disease that occurs in those with diabetes which involves changes to small blood vessels in the eyes. The longer you've had diabetes, the more likely you are to have retinopathy. Almost everyone with type 1 diabetes and 60% of people with type 2 diabetes will develop retinopathy within 20 years of diagnosis. *(Diabetes Awareness Month highlights importance of eye care for vision loss prevention – COS-SCO). cos-sco.ca/diabetes-awareness-month-highlights-importance-of-eye-care-for-vision-loss-prevention/*

Non-Proliferative Diabetic Retinopathy (NPDR)

This is the early stage of diabetic eye disease and causes blurry vision. Tiny blood vessels in the macula leak fluid into the macula region and compromise central vision. This is the most common type of retinopathy and develops slowly in people who have been diabetic for 10 to 15 years.

Proliferative Diabetic Retinopathy (PDR)

PDR is the more advanced but far less common stage of diabetic eye disease. It happens when the retina starts growing new blood vessels on the optic nerve and the retina. This is called neovascularization. These new blood vessels are fragile, and bleeding often occurs into the central vitreous gel. When a vitreous hemorrhage develops, vision is suddenly lost. PDR is very serious, causing loss of central as well as peripheral vision and is more common among type 1 diabetics.

Symptoms

You can have diabetic retinopathy and not know it. This is because it often has no symptoms in its early stages. As diabetic retinopathy gets worse, symptoms include:

- an increased number of floaters
- blurry vision
- [poor night vision](#)
- dark or blank spots in the field of vision
- colours appear faded or washed out.

Treatment

Controlling [blood sugar](#) and [blood pressure](#) can stop vision loss. Carefully [following the recommended diet](#) and taking prescribed medications is paramount. Sometimes, good sugar control can even bring some vision back. Controlling blood pressure also keeps the blood vessels in the eyes healthy.

While genetics can play a role in certain eye diseases, healthy lifestyle habits can also help protect your vision.



Anti-vascular endothelial growth factor treatment (anti-VEGF), given by injections into the eye, is painless and effective, stabilizing vision in 90% of people and improving vision in about 30% of people. Laser treatment can also help shrink blood vessels and prevent them from growing again. As well, a surgical procedure called a vitrectomy can be used to treat PDR. Special instruments are used to remove blood and scar tissue from the vitreous cavity resulting in restoration of central vision.

Left untreated, irreversible loss of vision can occur, so it is important that those who have diabetes, high blood pressure, or kidney problems talk to their primary care physician about managing these conditions. The good news is that early detection and treatment can reduce the risk of blindness by 95%. (*Diabetic Retinopathy | See The Possibilities*).

AGE-RELATED MACULAR DEGENERATION (AMD)

The macula is located in the centre of the retina and allows us to see details clearly. Age-related changes to the macula cause the loss of central vision, detailed vision, and colour vision which are necessary for activities such as driving, reading, and recognizing faces.

Wet and Dry AMD

There are two types of AMD. The most common is atrophic, or 'dry' AMD, which accounts for 90% of all cases. Dry AMD causes the macula to deteriorate, resulting in the slow loss of central vision. Wet AMD is less common and occurs when blood vessels start to leak fluid into the macula, which causes swelling and can lead to vision loss more quickly, so treatment is time sensitive.

Symptoms

While each person may experience AMD differently, the most common symptoms include:

- a gradual or sudden change in vision quality
- straight lines appear wavy or distorted
- dark, blurry areas or areas of vision loss that appear in the centre of your vision.

Treatment

Dry AMD usually progresses slowly over many years. A specific vitamin regimen based on the Age-Related Eye Disease Study has been shown to reduce progression to advanced dry AMD. aao.org/eye-health/diseases/vitamins-amd.

Wet AMD is commonly treated with painless injections of anti-VEGF drugs directly into the eye. These drugs are very effective at causing the abnormal blood vessels to become dormant and stop leaking. Regular injections are necessary to prevent vision loss. With early treatment, vision is stabilized in up to 90% of cases and in up to a third of cases vision is improved.

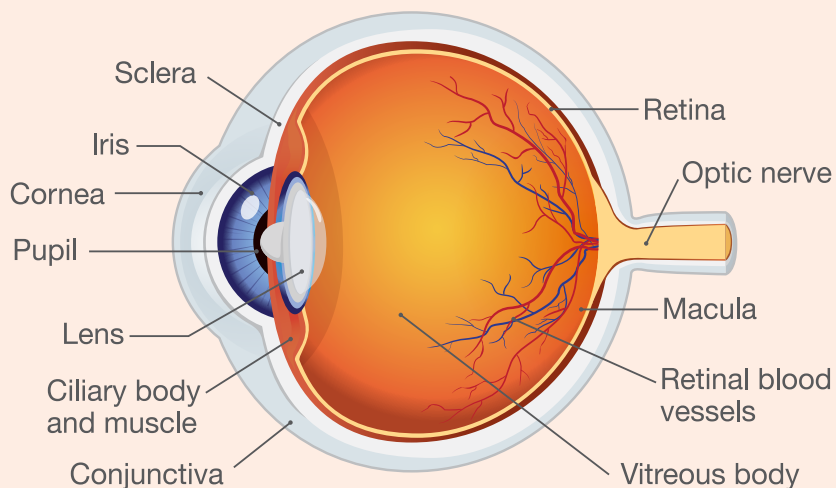
Canadian Ophthalmological Society Educational Video Links

[Cataracts Cataracts | See The Possibilities](#)

[AMD Age-related macular degeneration \(AMD\) | See The Possibilities](#)

[Diabetic Retinopathy Diabetic Retinopathy | See The Possibilities](#)

HUMAN EYE ANATOMY



EASY ORDER BUNDLE - 32004

Try and taste us

If you've never tasted our tempting meals made for seniors, **our 7 favourites will certainly make your mealtime easy and enjoyable.**

This bundle includes:



Salisbury Steak with Onion Gravy



Spaghetti and Meatballs



Chicken Fried Rice



Tortellini Marinara



Honey Mustard Chicken



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Battered Haddock and Tots

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778-723-3348

1405 Bellevue Ave, West Vancouver

Keeping Connected Programs, continued from page 14

Adapted Strength and Balance

Leg strength and balance contribute to longevity and health! If you need help with your balance, this is the class for you.

Wed
Sep 3 - Dec 10 10 - 11 a.m.
200137 \$150

Adapted Chair Yoga

Join us for yoga from the safety and comfort of your chair. This program has modifications with movements from sitting to standing.

Tue
Sep 9 - Dec 16 10:30 - 11:30 a.m.
195480 \$137.50

Chair Yoga Move and Breathe

Learn breathing techniques, movement, alignment, strengthening, and stretching in this fun and upbeat yoga class. This class includes some sitting and standing variations that are best for you.

Mon
Sep 8 - Dec 15 10:30 - 11:30 a.m.
195768 \$125

Gentle Fit

Focus on mobility and balance in this gentle fitness class! Improve your physical stability, flexibility, and coordination with exercises that emphasize movement, stretching, balance work, and leg strength.

Fri
Sep 5 - Dec 19 11:15 a.m. - 12 p.m.
195765 \$96



North Shore Keep Well Society

North Shore Keep Well Society is offering mild exercise and wellness classes for seniors! For more information, please call 604-988-7115 (ext. 3001).

Wed
Sep 3 - Dec 17 11:15 a.m. - 12:45 p.m.
195771 Free, registration required

Stretch and Movement

Enjoy this uplifting class using 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. This program has adaptations for many limitations. *Note: Caregivers must register, but at no charge.*

Mon
Sep 8 - Dec 15 1:15 - 2:15 p.m.
195774 \$150

Stand Tall: Mobility, Posture, & Strength

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

Fri
Sep 5 - Dec 19 10 - 11 a.m.
195773 \$140

Minds in Motion™

Minds in Motion™ is a fitness and social program for people living with any form of early-stage dementia. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend.

Fri
Sep 5 - Oct 24 1 - 2:30 p.m.
195832 \$85

Fri
Nov 7 - Dec 19 1 - 2:30 p.m.
195833 \$75

Caregiver Support Group

This group meets weekly to support caregivers navigating the ever-changing challenges that dementia

brings. It is a safe setting for sharing information, insight, advice, and encouragement.

Thu
Sep 4 - Dec 11 10:30 a.m. - 12 p.m.
195762 \$55

Life After Loss: Getting a Grip on Grief

Explore a different aspect of grief each week and learn healing techniques to shift your feelings of grief from pain to peace. *This program is taught by Barbara Friesen, an MA Grief Coach and Certified Grief Educator.*

Thu
Sep 4 - Oct 9 10 - 11 a.m.
196272 \$60

Thu
Oct 16 - Nov 27 10 - 11 a.m.
196273 \$60

Ladies' Social Club

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

Wed
Sep 3 - Dec 17 1:30 - 3 p.m.
195766 \$96

Men's Club

This group of gentlemen meet weekly for a lively discussion of current affairs. Enjoy mental stimulation, social connections, and have a bit of fun.

Thu
Sep 4 - Dec 18 10:30 a.m. - 12 p.m.
195770 \$150

Social Tea Party

Bring your best smile and party outfit and join us for a visit and tea party. Special teas and snacks will be served. Enjoy drinking tea and being "proper" for an afternoon.

Tue
Sep 16 1 - 2:30 p.m.
195780 \$5

Tue
Dec 9 1 - 2:30 p.m.
195781 \$5

NEW! Lunch and Learn

The Rotary Club of Lions Gate is hosting a series of sessions for seniors at the SAC! Engage in informative sessions conducted by experts from the North Shore Senior Services Circle, covering aspects of wellness, independence, safety, and personal finance. Each session is followed by a free hot lunch and each attendee can bring home an additional free meal for themselves, a friend, or neighbour.

Wed
Oct 15 10:30 a.m. – 1 p.m.
196261 Free, registration required

Wed
Nov 19 10:30 a.m. – 1 p.m.
196262 Free, registration required

Coffee and Chat with Community First Responders

Join us for coffee and a chat with West Vancouver Fire and Police at the Garden Side Café!

Wed
Oct 15 10 – 11 a.m.
195906 Free, drop-in

Fraud Prevention and Education

Join the Gal Senior Care Foundation for a presentation on senior susceptibility to financial fraud. Learn about the issues at hand, how to protect yourself, and what steps you need to take if you have been a victim of scams. Refreshments will be provided.

Sun
Nov 16 11 a.m. – 12 p.m.
196274 Free, registration required

**NEW! From Credit Reports to Debt Relief**

Money is more than just numbers—it shapes our lives, well-being, and future security. Discover what to do if you face a financial crisis and learn about your legal rights, available remedies, and practical options to regain financial stability. *Presented by Blair Mantin, President at Sands & Associates.*

Tue
Nov 4 1:30 – 3 p.m.
197279 Free, registration required

Driver Fitness Workshop

Learn about road safety and how to know when to continue or stop driving. This workshop will have time for questions and is presented by road testers from ICBC.

Fri
Oct 31 10 – 11 a.m.
195908 \$5

NEW! An Introduction to Brain Health

It's never too late to make changes for a healthier brain! Learn how to maintain and improve your brain health by exploring topics about natural aging, dementia, risk reduction, memory, brain training, and more. *Presented by the Alzheimer's Society of BC.*

Tue
Sep 9 1 – 2:30 p.m.
199271 Free, registration required

Flower Arranging Workshops

Create your own lovely bouquet of flowers while learning about the art and being Zen with nature's beauty.

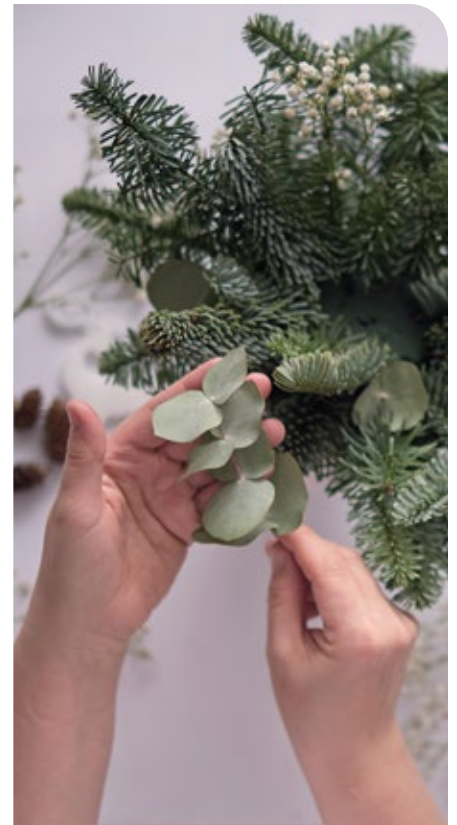
Dahlias
Fri
Sep 5 10 a.m. – 12 p.m.
196144 \$45

NEW! Thanksgiving Pumpkin Centrepiece

Fri
Oct 3 10 a.m. – 12 p.m.
196276 \$55

Eucalyptus Wreath Making

Fri
Nov 7 10 a.m. – 12 p.m.
197276 \$55

**Christmas Wreath Making**

Fri
Nov 28 10 a.m. – 12 p.m.
197277 \$55

NEW! Festive Christmas Centrepiece

Fri
Dec 5 10 a.m. – 12 p.m.
196408 \$65

Pottery Workshop

Join Julie, our expert potter, for a demo, then create your own masterpiece. Items will be taken for drying, firing, and glazing. All materials are provided, and all levels are welcome.

Fri
Oct 31 10 a.m. – 12 p.m.
196280 \$45

NEW! Memory and Aging Workshop

Learn about aging and what you can do to keep your brain healthy and strong for years to come. Presented by Sylvia Helmer, facilitator and mentor for the Seniors' Health and Wellness Institute Society.

Tue
Dec 2 12 – 1:30 p.m.
196683 Free, registration required

NEW! Mental Health Matters

Talk openly about the importance of mental health and mental health awareness. Learn about the community supports available to you and discover how to take care of your own mental well-being. *Presented by The Canadian Mental Health Association.*

Mon
Oct 20 12 - 1 p.m.
199272 Free

Peaceful Transitions Funeral Planning

Learn what is involved in funeral planning, the costs, and how to make a decision about your wishes. Presented by Mark McKenzie from McKenzie Funeral Services.

Tue
Oct 7 1 - 2:15 p.m.
196285 Free, registration required

Walker Talk and Tune-Ups

Join us for an information session presented by Paul from Davies Pharmacy! Learn best practices, receive a tune-up, and get a safety check for your walker.

Tue
Oct 14 12 - 2 p.m.
199095 Free, registration required

Intergenerational Screen Time for Seniors

Learn more about your phones, tablets, laptops, and more! Students from Collingwood School can help you learn all about technology and answer any questions you have. Note: Must bring your own device. *Call 604-925-7280 to register.*

Mon 5:30 - 6:30 p.m.
Free, registration required

195955 Sep 8

195956 Oct 6

195960 Nov 17

195961 Dec 8



Mind & Body Wellness

Massage

Massages are back! Enjoy a 45-minute massage performed by Langara College students. *Register for your spot. Maximum 5 spots per timeslot. Arrive 15 minutes early to complete paperwork. No ICBC or WCB claims.* Timeslots are on Wednesdays starting at 9:30 a.m., 10:45 a.m., and 12 p.m. \$25 for a 45-minute appointment. Phone 604-925-7280 to reserve a spot one week in advance.

Best Foot Forward Foot Care Clinic

A foot care nurse will be offering 20-minute appointments—put your best foot forward! The services provided include comprehensive foot care assessments, corn and callous reductions, thick nail reductions, nail cutting and filing, ingrown nail care, skin care, pressure off-loading, client education, and teaching recommendations.

\$35 per appointment. To book, please call 604-925-7280. Please provide 24 hours notice if you need to cancel.

Sat, Sep 20 8 a.m. - 3:30 p.m.
Sat, Oct 4 8 a.m. - 3:30 p.m.
Sat, Nov 8 8 a.m. - 3:30 p.m.

Sound Advice for Hearing Impaired

Combine guided meditation, breathwork, and sound instruments to promote healing and relaxation. Offered on the first Friday of each month.

Fri
Sep 5 - Dec 5 10 - 11:30 a.m.
195850 \$5

Hearing Testing

Are you wondering if your hearing is compromised? Hearing Life Canada will be on-site to do testing—this is not a diagnostic test, but a screen to see if mild hearing loss is present. Appointments are 30-minutes long. *Please call 604-925-7211 to book an appointment.*

Tue Free, registration required
Oct 21 & Nov 18 9 a.m. - 2:30 p.m.

Eye Deal

Join us for an informative support group for people with low vision. There will be guest speakers, discussion, and information sharing at each meeting. Group meets on the third Thursday of each month.

Thu 11:30 a.m. - 1 p.m.
Sep 18, Nov 20, Dec 18
195764 Free, registration required

Memory Testing

The Medical Arts Research Group will be offering medical grade memory testing to give you a concrete baseline, which can help determine if and/or when treatment is needed. A support person is welcome to join. *Please call 604-925-7280 to book an appointment.*

Fri \$35
Nov 14 10 a.m. - 1:25 p.m.

NEW! Forest Bathing

Reconnect with nature through a guided forest bathing walk with certified guide, Lynn Fearn. Reduce stress and sharpen your focus with gentle sensory activities, mindfulness exercises, and reflection circles. Please wear appropriate footwear and dress for all types of weather—this group goes on short, 1 km walks, rain or shine!

Wed
9:45 a.m. - 12:30 p.m. \$12.50

196737 Sep 3

196744 Oct 1

196745 Nov 5

196746 Dec 3

Qi Gong

Heal the mind and body with this grounding technique and improve your physical, mental, emotional, and spiritual well-being!

Tue
Sep 2 - Dec 16 4 - 5:30 p.m.
195786 \$185



Sound Therapy and Healing

Combine guided meditation, breathwork, and sound instruments to promote healing and relaxation. Offered monthly. Call 604-925-7280 to register.

Thu
Sep 11, Oct 2, Nov 27, Dec 18
4 - 5:30 p.m. \$5 per class

Mindfulness Meditation Mondays

Are you feeling overwhelmed, anxious, or have trouble sleeping? Experience a sense of belonging, peace, and happiness by learning practical tools and techniques in this mindfulness meditation class.

Mon
Sep 8 - Dec 15 12:30 - 1:30 p.m.
195785 \$110

NEW! Mind Connection

Connect to the earth with gratitude and kindness as you build connections, ease anxiety, and work through past experiences. Led by Shima P.

Mon
Sep 8 - Oct 27 9 - 10 a.m.
196123 Free, registration required

Mon
Nov 3 - Dec 15 9 - 10 a.m.
196124 Free, registration required

Empowering Patient Workshop—MAID

Learn about Medical Assistance in Dying (MAID) and gain information about advanced care planning. This is the first session in a series of four workshops presented by Alex Muir, a guest from the Metro Vancouver Chapter of Dying with Dignity. Engage in a question-and-answer period after the presentation.

Fri
Sep 26 1 - 2:30 p.m.
196275 Free, registration required

Empowering Patient Workshops (3-part series)

Engage in a series of workshops led by an experienced patient advocate and healthcare navigator. Learn about the healthcare system, advanced care planning, and medical care. Sensitive subject matter may be discussed.

Fri
1 - 2:45 p.m. \$5 per session

196277 Health Care Sep 12

196278 Advanced Care Planning Sep 19

196279 Final Wishes Oct 3

NEW! Unlock your Best Years - Personalized Coaching for Seniors

Are you looking for more vitality, purpose, and connection? Join us for a special pilot program offering health and wellness coaching! Some topics include navigating changes, strengthening social connections, improving well-being, and more. Facilitated by Helena Brennert, RN, BSN, Associate Certified Coach with the International Coaching Federation.

Please call 604-925-7280 to book your private 45-minute appointment.

Mon 9 a.m., 10 a.m., 11 a.m.
Sep 8, Sep 22, Oct 20, Nov 3 \$55

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 Stephanie, Mary, or Ian (see page 5).

**SPORTS**

For a complete listing of **Sports** programs, visit westvancouver.ca/sports or scan the QR code to go to the page.

**DROP-IN SPORTS**

Pre-register for these weekly time slots! Cost: \$3.25 per session.

Table Tennis 55y+

Bring your paddle and come play a fun, fast-paced game with us!

Tue
Sep 2 - Dec 16 3:30 - 5:30 p.m.

Thu
Sep 4 - Dec 18 2:30 - 4:30 p.m.

Sat
Sep 13 - Dec 20 1 - 3 p.m.

Sun
Sep 7 - Dec 21 1 - 3 p.m.

Table Tennis 13y+

Join us for a fun-filled intergenerational session where all ages can connect, compete, and enjoy the game together! Participants under 18 years old will need the supervision of an adult.

Wed
Sep 3 - Nov 26 6:15 - 8 p.m.

Badminton 55y+

Bring your racquet and improve your fitness and coordination while having fun with peers.

Thu 10:30 a.m. - 12:30 p.m.
Sep 4 - Dec 18

Indoor Walking Soccer 55y+

Engage in a low-impact game designed to promote physical activity and teamwork. This is a modified version of soccer, where players are required to walk fast instead of run. Suitable for all fitness levels.

Sun
Sep 7 - Oct 12 11 a.m. - 12 p.m.
197100 \$48

Outdoor Rec

For a complete listing of **Outdoor Rec** programs, visit westvancouver.ca/seniorsoutdoorrec or scan the QR code to go to the page.



If you are new or would like more information on one of our outdoor activity programs, please email pleroux@westvancouver.ca. To find out what's happening each month, visit westvancouver.ca/sports and view the **Outdoor Rec** section or enquire at the front desk.

If a program is full, please sign up on the waitlist as we may open up more spots if we have enough volunteer support.

Cross Country Ski & Snowshoe Group Nov-Dec 2025

Join our group of outdoor enthusiasts who go weekly to the Nordic Trails on Cypress Mountain and enjoy winter sports with friends! Trails are patrolled, but please come fully prepared. Register for the bus weekly. A trail ticket or pass is required for skiing and snowshoeing in the ski area. Start date is dependent on the mountain's opening date.

Wed & Fri
Nov 5 - Dec 19 9 a.m. - 1 p.m.
196361 \$10

Ramblers - 2025 Annual Registration (waitlist)

Hike with us! This group hikes an average of 8 to 10 km every Monday, regardless of the weather. Meet at the trailhead or hop on our bus that leaves the SAC at 9:30 a.m. Register each time you want to ride the bus. If you haven't participated in the Ramblers before, please register and contact Priscille at pleroux@westvancouver.ca for an assessment.

Mon
Jan 6 - Dec 29 9 a.m. - 2 p.m.
189516 \$17

Discover Trails - Tuesdays Only

Hike intermediate and more challenging trails on the Sea-to-Sky Corridor and beyond. Tuesday hikes are 2.5 to 4 hours (6 to 10 km) and vary based on group size, pace, elevation gain, and terrain. Details will be sent out prior to hikes.

Tue
Sep 2 - Dec 16 9 a.m. - 12:30 p.m.
196191 \$45.50

Discover Trails - Thursdays Only

Hike intermediate and more challenging trails on the Sea-to-Sky Corridor and beyond. Thursday hikes are 3 to 5 hours (over 15 km) at a good pace, on varying terrain. Details will be sent out prior to hikes.

Thu
Sep 4 - Dec 18 9 a.m. - 12:30 p.m.
196192 \$52

Learn about the **NorWest, Silver Wheels, Coast Riders, Easy Riders, and Turtles** programs online or by picking up an outdoor schedule.

To be added to the 2025 cyclist waitlist, please register using code **147563** and contact pleroux@westvancouver.ca. You will be assessed, and a group will be recommended for you.

**HEALTH & FITNESS**

For a complete listing of **Health & Fitness** programs, visit westvancouver.ca/healthandfitness or scan the QR code to go to the page.

**GROUP FITNESS ACTIVITY LEVELS****MILD**

Low cardio. Light weights/bands used below shoulder height. Typically no floor exercises (accommodations can be made for these exercises).

**MODERATE**

Fair amount of cardio. Possibility of using weights/bands above shoulder height. Incorporates floor exercises. Good mobility required.

**STRENUOUS**

High level of cardio. Use of weights/bands above shoulder height. Incorporates floor exercises. Very good mobility required.



Group Fitness

Chairobics

Keep up your fitness in this exercise class done from the comfort of your chair. Start with a 15-minute warm up, followed by exercises using resistance bands, ending with mobility work and a stretch.

Tue & Thu
Sep 2 - Oct 23 1:15 - 2:15 p.m.
196296 \$83.25

Tue & Thu
Oct 28 - Dec 18 1:15 - 2:15 p.m.
196314 \$83.25

Osteofit

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. Educational exercises are offered throughout the session. All levels are welcome.

Mon & Thu
Sep 4 - Oct 20 12 - 1 p.m.
196440 \$72.15

Mon & Thu
Oct 27 - Dec 18 12 - 1 p.m.
196325 \$88.80

Small Group Training

Get your heart pumping and your body moving with this low-intensity small group class done at your own pace. Engage in guided warm-ups, cardio, and strength exercises. Modifications are provided for those who cannot tolerate floor exercises. Participants are encouraged to stay after the class for a small chat.

Tue & Thu
Sep 2 - Oct 23 9 - 10:10 a.m.
196295 \$153.75

Tue & Thu
Oct 28 - Dec 18 9 - 10:10 a.m.
196313 \$153.75

Pelvic Floor and Core Strengthening

Learn how to retrain the mind-to-core connection by using the most current research on strengthening the pelvic

floor and core muscles! This workshop helps women suffering from Stress Urinary Incontinence (SUI) and lower back pain. This class is also suitable for women with Diastasis Recti. Take-home exercises are included.

Wed
Sep 3 - Oct 22 5 - 6 p.m.
196760 \$33.30

Wed
Oct 29 - Dec 17 5 - 6 p.m.
196320 \$27.75

Standing Strength & 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 with a standing or sitting stretch.

Tue (in Farsi) NEW!
Sep 2 - Oct 21 10:30 - 11:30 a.m.
197504 \$44.40

Wed
Sep 3 - Oct 22 10:30 - 11:30 a.m.
196299 \$44.40

Fri
Sep 5 - Oct 24 11:45 a.m. - 12:45 p.m.
196310 \$38.85

Tue (in Farsi) NEW!
Oct 28 - Dec 16 10:30 - 11:30 a.m.
197505 \$38.85

Wed
Oct 29 - Dec 17 10:30 - 11:30 a.m.
196407 \$44.40

Fri
Oct 31 - Dec 19 11:45 a.m. - 12:45 p.m.
196331 \$44.40



Stay Fit for Women

Stay fit in a fun, yet mild exercise program for women! Begin with a warm-up, followed by a low-intensity cardio segment, strength exercises, and finish with a cool down. Challenge your muscular strength, endurance, and flexibility while feeling empowered to make exercise part of your daily routine.

Fri
Sep 5 - Oct 24 8:15 - 9:15 a.m.
196307 \$44.40

Fri
Oct 31 - Dec 19 8:15 - 9:15 a.m.
196328 \$44.40

Stay Fit for Men

Stay fit in a fun, yet mild exercise program for men! Begin with a warm-up, then engage in a modified, low-intensity cardio segment, finishing with a cool down. Increase your muscular strength, endurance, and flexibility as you lengthen and relax your muscles.

Mon & Wed
Sep 8 - Oct 20 8:15 - 9:15 a.m.
196434 \$77.70

Mon & Wed
Oct 27 - Dec 17 8:15 - 9:15 a.m.
196316 \$88.80

Strength & Stretch

Enjoy a total body fitness class! 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, exercise bands, and floor exercises. Finish with a stretch.

Thu
Sep 4 - Oct 23 9:15 - 10:15 a.m.
196304 \$44.40

Thu
Oct 30 - Dec 18 9:15 - 10:15 a.m.
196324 \$44.40

20/20/20

Enjoy a well-balanced class starting with 20 minutes of cardio activity, followed by 20 minutes of muscle toning, and finishing with 20 minutes of stretch to lengthen and relax your muscles.

Mon
Sep 8 – Oct 20
196437 9:15 – 10:15 a.m.
\$33.30

Mon
Sep 8 – Oct 20
196444 5 – 5:55 p.m.
\$33.30

Wed
Sep 3 – Oct 22
196298 9:15 – 10:15 a.m.
\$44.40

Fri
Sep 5 – Oct 24
196308 9:15 – 10:15 a.m.
\$44.40

Sat
Sep 13 – Oct 18
196613 10:30 – 11:30 a.m.
\$33.30

Mon
Oct 27 – Dec 8
196334 9:15 – 10:15 a.m.
\$38.85

Mon
Oct 27 – Dec 8
196335 5 – 5:55 p.m.
\$38.85

Wed
Oct 29 – Dec 17
196317 9:15 – 10:15 a.m.
\$44.40

Fri
Oct 31 – Dec 19
196329 9:15 – 10:15 a.m.
\$44.40

Sat
Nov 1 – Dec 20
196638 10:30 – 11:30 a.m.
\$33.30

Forever Fit

Are you looking for a challenging, energetic workout? Join us for an active warm up, easy to follow cardiovascular workout, then engage in muscular strength and conditioning exercises for upper and lower body and abdominals. Conclude the class with a stretch. This class is offered three times per week to encourage consistency and routine!

Tue
Sep 2 – Oct 21
196294 8 – 8:55 a.m.
\$38.85

Thu
Sep 4 – Oct 23
196303 8 – 8:55 a.m.
\$44.40

Fri
Sep 5 – Oct 24
196306 8 – 8:55 a.m.
\$44.40

Tue
Oct 28 – Dec 9
196421 8 – 8:55 a.m.
\$33.30

Thu
Oct 30 – Dec 18
196322 8 – 8:55 a.m.
\$44.40

Fri
Oct 31 – Dec 19
196327 8 – 8:55 a.m.
\$44.40

Morning Energizer

Kickstart your morning with this high-movement, low-impact cardio class followed by strength and stretch exercises. Participants should be able to get up and down from the floor with ease.

Mon
Sep 8 – Oct 20
196433 8 – 8:55 a.m.
\$33.30

Wed
Sep 3 – Oct 22
196297 8 – 8:55 a.m.
\$44.40

Mon
Oct 27 – Dec 8
196333 8 – 8:55 a.m.
\$38.85

Wed
Oct 29 – Dec 17
196315 8 – 8:55 a.m.
\$44.40

Zumba Gold

Engage in a high-energy, low-impact dance-fitness class that combines Latin music, such as Salsa, Cha-Cha, Merengue, Cumbia, Rock and Roll, Flamenco, and Tango with easy-to-follow moves! Join us for a feel-happy workout and improve your balance, strength, and flexibility.

Thu
Sep 4 – Oct 30
196305 1 – 2 p.m.
\$116

Thu
Nov 1 – Dec 18
196326 1 – 2 p.m.
\$101.50



Live Well 55+

Start your Saturday with a fitness program that includes stretching, strength, mobility, weights, resistance, and balance exercises. Engage in yoga poses with light fitness to keep your spirits high. *First class will be an information session.*

Sat
Sep 13 – Dec 20
195910 10:30 – 11:30 a.m.
\$135

Pick Up the Pace

Lift your spirits and your heart rate in a class designed to get the blood flowing. This is a class that will be done from a standing position. Your heart and your spirit will thank you.

Thu
Oct 2 – Dec 11
195909 9 – 10 a.m.
\$82.50

NEW! Choose to Move & ActivAge™

Join us for a free three-month program designed for inactive older adults wishing to become more physically active! Meet with an activity coach and other participants to discuss ways to incorporate more physical activity into your life. The focus will be on improving activities associated with daily living, strengthening muscles, and incorporating planned physical activities into your life. In-class discussions and resources will be available. *Led by a BCRPA certified instructor. ActivAge™ is offered concurrently with Choose to Move. Each segment is one hour long. Attending both segments is optional.*

Information session

Sat
Sep 6
200280 10 – 11 a.m.
Free

Choose to Move

Sat
Sep 13 – Dec 9
196121 10 – 11 a.m.
Free

ActivAge™

Sat
Sep 13 – Dec 9
200279 11 a.m. – 12 p.m.
Free

NEW! 55+ Strength Circuit

Join us for strength training, cardio exercises, and stretching! This class follows an equipment circuit format. Taught by a personal trainer.

Mon
Sep 8 - Oct 20 9:15 - 10:15 a.m.
196937 \$26.25

Mon
Oct 27 - Dec 15 9:15 - 10:15 a.m.
196938 \$42

Yoga

🧘 Yoga Beginner

Learn the basic postures and principles of alignment and breathing in a safe, welcoming environment.

Mon
Sep 8 - Oct 20 5 - 6:15 p.m.
196524 \$57.12

Mon
Oct 27 - Dec 15 5 - 6:15 p.m.
196358 \$76.16

🧘 Therapeutic Yoga

Relaxation and rejuvenation await you in this gentle and nurturing practice. This class uses a holistic approach to enhance your physical, mental, and emotional well-being. If you are looking to reduce stiffness while encouraging inner calm and tranquility, this is the class for you!

Wed
Sep 3 - Oct 22 5 - 6 p.m.
196342 \$76.16

Wed
Oct 29 - Dec 17 5 - 6 p.m.
196351 \$76.16

Program availability may be adjusted. For an up-to-date list of adult 55+ programs, please visit [westvancouver.ca/seniors](https://www.westvancouver.ca/seniors) and see the **55+ Activities** section on the page or **scan the QR code**.

**🧘 Chair Yoga**

Enjoy slow, gentle movements as you stretch your body and improve your range of motion! Perform modified yoga exercises from the comfort of your chair and use your chair to stabilize yourself while stretching.

Tue
Sep 2 - Oct 21 11:45 a.m. - 1 p.m.
196340 \$66.64

Thu
Sep 4 - Oct 23 10:30 - 11:45 a.m.
196344 \$76.16

Thu
Sep 4 - Oct 23 12 - 1:15 p.m.
196345 \$76.16

Tue
Oct 28 - Dec 16 11:45 a.m. - 1 p.m.
196349 \$66.64

Thu
Oct 30 - Dec 18 10:30 - 11:45 a.m.
196353 \$76.16

Thu
Oct 30 - Dec 18 12 - 1:15 p.m.
196354 \$76.16

🧘 Chair Yoga Movement & Balance

Perform modified yoga exercises from the comfort of your chair! Improve your mobility, posture, alignment, and balance with some standing postures. Participants must be able to stand out of the chair.

Mon
Sep 8 - Oct 20 3:30 - 4:45 p.m.
196521 \$57.12

Mon
Oct 27 - Dec 15 3:30 - 4:45 p.m.
196357 \$76.16

🧘 Hatha Movement Yoga

Enjoy a moderately paced flow class to feel centred, focused, and restored. Postures encourage alignment, flexibility, and gentle movement. Suitable those looking for a well-rounded flow class. Modifications are provided.

Tue
Sep 2 - Oct 21 9:20 - 10:20 a.m.
196339 \$66.64

Tue
Oct 28 - Dec 9 9:20 - 10:20 a.m.
196472 \$57.12

**🧘 Hatha Yoga**

Engage in a deep stretch while improving your posture, balance, and strength with a moderate, full-body routine. Reduce tension and increase calmness and relaxation through increased body awareness. Finish the class with a savasana stretch.

Thu
Sep 4 - Oct 23 9 - 10:15 a.m.
196343 \$76.16

Thu
Oct 30 - Dec 18 9 - 10:15 a.m.
196352 \$76.16

🧘 Restorative Flow Yoga

Enjoy a combination of breathwork and relaxing restorative postures! Restorative flow yoga is a slow-paced gentle movement class that relaxes and refreshes the body.

Fri
Sep 5 - Oct 24 10:30 - 11:30 a.m.
196346 \$76.16

Fri
Oct 31 - Dec 19 10:30 - 11:30 a.m.
196355 \$76.16

🧘 Yoga Movement

Movement is essential to healing! Enjoy smooth, full-body movements in a dynamic, stress-free environment to feel refreshed, nourished, and revitalized. Ease discomfort in your feet, ankles, knees, hips, back, and neck with yoga postures.

Wed
Sep 3 - Oct 22 10:30 - 11:30 a.m.
196341 \$76.16

Wed
Oct 29 - Dec 17 10:30 - 11:30 a.m.
196473 \$76.16

Weekend Warrior Yoga

Enjoy a moderately challenging yoga-fitness class designed to increase strength, stretch tight muscles, and leave you feeling revitalized. This class incorporates light weight training along with traditional yoga practices.

Sat
Sep 13 – Oct 18 9 – 10:15 a.m.
196639 \$57.12

Sat
Nov 1 – Dec 20 9 – 10:15 a.m.
196640 \$57.12

NEW! Yoga for Presence, Empowerment, and Peace

Engage in Kripalu Yoga techniques, where each movement is in tune with the breath and met with compassionate awareness. Sound (mantra, chanting, and affirmations) is incorporated to amplify energy, love, and joy. All levels are welcome.

Thu
Sep 4 – Oct 30 11 a.m. – 12 p.m.
197368 \$90

Thu
Nov 20 – Dec 18 11 a.m. – 12 p.m.
197435 \$50

Let Your Yoga Dance for Healing

Spread joy, peace, and support your health in this gentle movement class. Join us for a 45-minute session of gentle yoga movements with rhythmic and meditative music. Explore your strength, joy, and love within.

Mon
Sep 8 – Oct 27 10:30 – 11:15 a.m.
195782 \$30

Mon
Nov 17 – Dec 15 10:30 – 11:15 a.m.
197726 \$25

Laughter Yoga

Join us for a special class designed to boost energy and circulation while releasing tension. Blend various yoga breathing practices with gentle stretching and laughter exercises.

Wed
Sep 3 – Oct 29 11:15 – 11:55 a.m.
197365 \$55

Wed
Nov 19 – Dec 17 11:15 – 11:55 a.m.
197727 \$35

Pilates

Pilates All Levels

Move more efficiently, improve your posture, and develop a physical awareness that can relieve tension, build strength, and energize you. All levels are welcome. Must be able to get up from the floor independently.

Mon
Sep 8 – Oct 20 10:45 – 11:45 a.m.
199568 \$85.68

Fri
Sep 5 – Oct 24 10:45 – 11:45 a.m.
199571 \$114.24

Mon
Oct 27 – Dec 15 10:45 – 11:45 a.m.
199569 \$114.24

Fri
Oct 31 – Dec 19 10:45 – 11:45 a.m.
199570 \$114.24

Chair Pilates

New to Pilates and unable to go down to the floor? Enjoy traditional Pilates exercises that are modified for sitting! Focus on breathing, posture, and alignment, then finish with a stretch and fascial release component.

Wed
Sep 3 – Oct 22 10:45 – 11:45 a.m.
197493 \$98

Wed
Oct 29 – Dec 17 10:45 – 11:45 a.m.
197494 \$98



Personal Training

For more information about **Personal Training**, visit westvancouver.ca/personaltraining or scan the QR code to go to the page.



PERSONAL TRAINING FOR SENIORS

For details, please email the Health & Fitness team personaltraining@westvancouver.ca.

Sessions are 55-minutes long. SAC member discount does not apply to personal training.

Active Rehab

For a complete listing of **Active Rehab** programs, visit westvancouver.ca/rehab or scan the QR code to go to the page.



We offer a range of rehab and prehab programs including Better Bones, FAME for Stroke, 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 westvancouver.ca/rehab. *An initial consultation is required for all active rehabilitation programs.*

NEW! Pole Walking

Learn to stretch out your stride, steady your gait, and stand a little taller with pole walking. Discover a fun, low-impact way to boost your fitness, balance, and overall well-being. Engage in guided walks, a gentle warm up, and a cool-down. The class will be held outdoors with instructions on the proper pole techniques. Please bring your own poles.

Wed
Sep 3 - Oct 8 10 - 11:45 a.m.
196755 \$61.50

Metabolic Health & Weight Loss

Come exercise with us and develop a plan to improve your health and well-being! Exercise can help improve your body composition, reduce complications from diabetes, and lower the risk of heart disease, while improving blood sugar levels, blood fat levels, and blood pressure.

Fri
Sep 5 - Dec 19 8 - 9 a.m.
196247 \$264

Well Balanced Level 1

Has your balance changed? Do you find yourself hesitating to go for walks or up and down the stairs? Improve your balance and confidence in this small group setting. An instructor will direct you to the appropriate class level.

Wed
Sep 3 - Dec 17 11:45 a.m. - 12:45 p.m.
196284 \$264

Wed
Sep 3 - Dec 17 1 - 2 p.m.
196237 \$264

Fri
Sep 5 - Dec 19 1 - 2 p.m.
196254 \$264

Mon (In Farsi)
Sep 8 - Dec 15 11:45 a.m. - 12:45 p.m.
196283 \$231

Mon
Sep 8 - Dec 15 1 - 2 p.m.
196213 \$231

**NOTE: Prices quoted in
The Scene are member rates.**

Well Balanced Level 2

Has your balance changed? Do you find yourself hesitating to go for walks or up and down the stairs? Improve your balance and confidence in this small group setting.

Wed
Sep 3 - Dec 17 2:15 - 3:15 p.m.
196239 \$264

Fri
Sep 5 - Dec 19 2:15 - 3:15 p.m.
196256 \$264

Mon
Sep 8 - Dec 15 2:15 - 3:15 p.m.
196215 \$231

Chronic Low Back Pain and Core Strength

Are you suffering from chronic low back pain (LBP)? Does your pain affect you from being active? Come and learn exercises to help alleviate some pain and correct form to reduce the likelihood of reoccurring pain.

Wed
Sep 3 - Dec 17 2:15 - 3:15 p.m.
196238 \$264

Fri
Sep 5 - Dec 19 2:15 - 3:15 p.m.
196255 \$264

Mon
Sep 8 - Dec 15 2:15 - 3:15 p.m.
197487 \$231

Better Bones

Whether you are diagnosed or considered at-risk, benefit from exercises that increase strength and help reduce the risk of falls and other related incidences. Increase/maintain bone density, get your balance in check, and improve flexibility for less restricted movement with the help of a personalized program.

Tue
Sep 2 - Dec 16 3:30 - 4:30 p.m.
196227 \$231

Wed
Sep 3 - Dec 17 9:15 - 10:15 a.m.
196231 \$264

Thu
Sep 4 - Dec 18 3:30 - 4:30 p.m.
196245 \$264

Fri
Sep 5 - Dec 19 9:15 - 10:15 a.m.
196249 \$264

Mon
Sep 8 - Dec 15 9:15 - 10:15 a.m.
196571 \$231

Parkinson's Movement Therapy

Did you know that exercise is a vital component to maintaining balance, mobility, and performing daily activities of living for people with Parkinson's? Prolong your overall strength with resistance training, aerobic fitness, and flexibility in a program designed by personal trainers who facilitate the group and monitor your progress.

Tue & Thu
Sep 2 - Dec 18 9:15 - 10:15 a.m.
196219 \$495

Tue & Thu
Sep 2 - Dec 18 10:30 - 11:30 a.m.
196221 \$495

Pulmonary Rehabilitation

Benefit from functional exercises in a group setting followed by cardiovascular training and breathing exercises to help you feel better and breathe easier. This program is designed for individuals with COPD or pulmonary fibrosis. Instructed by qualified staff to ensure your safety.

Tue & Thu
Sep 2 - Dec 18 1 - 2 p.m.
196225 \$495



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 Stephanie, Mary, or Ian (see page 5).

FAME for Stroke

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

Tue & Thu
Sep 2 - Dec 18 11:45 a.m. - 12:45 p.m.
196222 \$495

Strength for Stroke

Did you know that stroke is the leading cause of disability in Canada? Improve overall mobility, build up lost cardiovascular endurance, and develop arm and hand functions with the guidance of an experienced personal trainer. The strength for stroke program is geared towards high functioning stroke survivors.

Tue & Thu
Sep 2 - Dec 18 11:45 a.m. - 12:45 p.m.
196224 \$495

Cancer Thrivers

Experience the benefits of fitness and learn ways to incorporate activities into daily living through weekly fitness and yoga classes! Increase physical function, improve psychological outcomes, and increase your quality of life in a program designed to promote health, strength, and recovery. *This program is partially funded by Enhance West Van.*

Mon & Wed
Sep 3 - Dec 17 12 - 1 p.m.
197490 \$150

Women on Weights

Expect all the benefits of our customized strength and conditioning program, designed with the female clientele in mind.

Tue
Sep 2 - Dec 16 6 - 7 p.m.
196228 \$231

Wed
Sep 3 - Dec 17 8 - 9 a.m.
196230 \$264

Wed
Sep 3 - Dec 17 9:15 - 10:15 a.m.
196232 \$264

Thu
Sep 4 - Dec 18 7:15 - 8:15 p.m.
196246 \$264

Fri
Sep 5 - Dec 19 8 - 9 a.m.
196248 \$264

Mon
Sep 8 - Dec 15 8 - 9 a.m.
196570 \$231

Mon
Sep 8 - Dec 15 8 - 9 a.m.
196204 \$231

Functional Training

Our Functional Training class focuses on your unique needs while improving functional movement (the movements you perform in your everyday life). Whether you are looking to increase muscular strength, improve aerobic capacity, recover from injury, or improve function for lifestyle or sport, this is the class for you!

Tue
Sep 2 - Dec 16 8 - 9 a.m.
196217 \$231

Thu
Sep 4 - Dec 18 8 - 9 a.m.
196241 \$264

Healthy Heart

Keep it pumping and lower your risk! Continue to build your heart strength through aerobic exercise and muscular endurance training in a personal program designed with prevention in mind. We're here to bridge the gap between community and hospital cardiac rehabilitation. Your physician's

approval is required to participate in this safe and supervised environment.

Tue
Sep 2 - Dec 16 8 - 9 a.m.
196218 \$231

Wed
Sep 3 - Dec 17 8 - 9 a.m.
196229 \$264

Thu
Sep 4 - Dec 18 8 - 9 a.m.
196242 \$264

Sat
Sep 6 - Dec 13 9 - 10 a.m.
196258 \$247.50

Joint Replacement

Whether you're going in, or coming out, our joint replacement 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.

Mon
Sep 8 - Dec 15 10:30 - 11:30 a.m.
197482 \$231

Mon
Sep 8 - Dec 15 11:45 a.m. - 12:45 p.m.
197484 \$231

Mon
Sep 8 - Dec 15 3:30 - 4:30 p.m.
197485 \$231

Tue
Sep 2 - Dec 16 10:30 - 11:30 a.m.
196220 \$231

Wed
Sep 3 - Dec 17 10:30 - 11:30 a.m.
196233 \$264

Wed
Sep 3 - Dec 17 11:45 a.m. - 12:45 p.m.
196234 \$264

Wed
Sep 3 - Dec 17 3:30 - 4:30 p.m.
196240 \$264

Thu
Sep 4 - Dec 18 10:30 - 11:30 a.m.
196243 \$264

Fri
Sep 5 - Dec 19 10:30 - 11:30 a.m.
196251 \$264

Fri
Sep 5 - Dec 19 11:45 a.m. - 12:45 p.m.
196252 \$264

Fri
Sep 5 - Dec 19 3:30 - 4:30 p.m.
196257 \$264

Advanced Joint Replacement

Are you more than one year past knee or hip replacement surgery? Improve your fitness and function as you regain strength for work, sport, and/or daily activities! Taught by a personal trainer.

Fri
Sep 5 - Dec 19 10:30 - 11:30 a.m.
196250 \$264

Mon
Sep 8 - Dec 15 10:30 - 11:30 a.m.
197483 \$231

GLA:D® Canada

Join us for an education and exercise program that has helped thousands of people with hip and knee osteoarthritis (OA) manage symptoms of pain and loss of function. Benefit from a program that reflects the latest OA research and has been developed based on feedback from people with OA, as well as healthcare professionals who provide care to individuals with mild to severe symptoms. GLA:D® offers an evidence-based approach that works in the real world.

Tue & Thu
Sep 2 - Oct 21 2:15 - 3:15 p.m.
196286 \$252

Tue & Thu
Oct 23 - Dec 16 2:15 - 3:15 p.m.
196287 \$252



Osteoarthritis Joints in Motion

Build your hip and knee strength and transition into a full-body strength training program. Improve your mobility, strength, and range of motion skills learned in GLA:D®. Participants must complete the GLA:D® program prior to joining.

Tue
Sep 2 - Dec 16 2:15 - 3:15 p.m.
196226 \$231

Wed
Sep 3 - Dec 17 1 - 2 p.m.
196236 \$264

Thu
Sep 4 - Dec 18 2:15 - 3:15 p.m.
196244 \$264

Fri
Sep 5 - Dec 19 1 - 2 p.m.
196253 \$264

Mon
Sep 8 - Dec 15 1 - 2 p.m.
197486 \$231

Program availability may be adjusted. For an up-to-date list of adult 55+ programs, please visit westvancouver.ca/seniors and see the **55y+ Activities** section on the page or **scan the QR code**.



**NOTE: Prices quoted in
The Scene are member rates.**

PROGRAMS AT THE WEST VANCOUVER MEMORIAL LIBRARY

Learn about all our 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 help: 604-925-7400. *Registration required for some programs.*

Reconciliation Reading Circles

Join us in exploring Indigenous literature—both fiction and non-fiction—to broaden our understanding of reconciliation.

Sun
Sep 14, Oct 19, Nov 9 3 - 4:15 p.m.
Welsh Hall Free
Registration required

Friday Night Concert: Payadora Ensemble

Drawing from Argentinian and Uruguayan traditions, this award-winning ensemble blends tango, folk, and contemporary jazz to create a passionate musical experience!

Fri
Oct 31 7:30 - 8:45 p.m.
Main Hall Free

Protect Yourself Online: Part 1 & 2

Learn healthy computer habits that you can adopt to increase your online security.

Thu
Nov 6 and 13 10:30 - 11:30 a.m.
The Lab Free
Registration required

Promoting Peaceful Coexistence Between Bears

Join Holly Reisner, Director of The North Shore Black Bear Society, as she shares information about bear behaviour and how to reduce backyard wildlife attractants.

Sat
Nov 15 2 - 3:30 p.m.
Welsh Hall Free
Registration required



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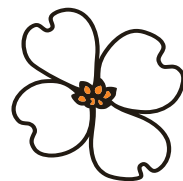
3 Signs of Dementia In A Loved One



Everyone forgets things and gets confused about dates or times. How do you know if a loved one is confused or showing signs of dementia? Here are 3 signs to help you assess the situation.

1. Does your loved one put things where they do not belong - like milk in a bookcase?
2. Do they get lost or ask strangers where they are?
3. Do they remember the distant past but not yesterday?

You can trust us to give your loved ones the best care. Call **604-985-6881** for a **FREE In-Home Health Assessment.**



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