

22
MAY / JUN

THE NEWS

A West Vancouver Seniors' Activity Centre Publication

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You focus on having fun.



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695 21st Street
West Vancouver, BC V7V 4A7

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

HOURS OF OPERATION

Registered Programs

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

CAFETERIA & TAKE-OUT

FOOD SERVICE

Monday – Friday 9 a.m. – 2 p.m.
(Lunch service 11:30 a.m. – 1:30 p.m.)
Saturday – Sunday 10 a.m. – 2 p.m.
(Take-out food service only)

SENIORS' HELPLINE 604-925-7280

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

Please note the following closures:

Mon, May 23 (Victoria Day)

EDITORIAL

Editors Sabina Kasprzak, Michiko Araki

Advertising Sabina Kasprzak

Publisher District of West Vancouver

Print Still Creek Press

Cover photo Michiko Araki

ENQUIRIES & ADVERTISING

If you have any questions related to this publication or would like to advertise in *The Scene* magazine, please email Sabina at leisureguide@westvancouver.ca or call 604-925-7285.

Disclaimer:

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

ON THE COVER

Don't miss the pop-up sale on SACS on 21st! See page 12 for details.

RECOGNITION OF FUNDING DONORS

Your donations to the Seniors' Activity Centre make a difference to our Centre and its members—thank you for your generosity!

WELCOME TO THE SCENE

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

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

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

This update is called **E-news** and includes last-minute changes and information about items that have been added after *The Scene's* publishing date. E-news comes out in Feb, Apr, June, Aug, Oct, and Dec.

To receive the E-news to your email inbox sign up at the front desk or email leisureguide@westvancouver.ca.

BECOME A SAC MEMBER!

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

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

DID YOU KNOW?

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

REFUNDS

Full Refunds will be given for withdrawals made by the following withdrawal deadlines:

- **One hour (60 min) notice required for:** individual activities: group fitness, yoga, cyclefit, adult sports, noon-hour hockey, and pottery studio time.
- **24 hours notice required for:** registered and sessional programs.
- **48 hours notice required for:** Youth dances, and select Youth out-trips and programs.
- **72 hours notice required for:** one-day programs, aquatic certifications, leadership programs, camp dailies, massage, Pro-D Day Camps, and workshops.
- **Winter/Spring Break & Summer Camp Refunds** will be given for withdrawals requested by the end of business day on the Wednesday a week prior to the start of the camp.
- **Event, Trip, and Seniors' Dance Refunds** will be given for withdrawals requested by the end of business day on the Wednesday a week prior to the start of the trip/event/dance. Exceptions may apply. Please check at registration.

Pro-rated Refunds will be given for withdrawals up to the end of the day of the second class of the program for registered and sessional programs. No refunds after the second class of the program.

No Refunds will be given for birthday parties. Personal Training sessions are non-refundable but may be rescheduled without charge if a minimum of 24-hours notice is given.

Medical Refunds will be given if you are sick or unable to attend a program or camp for medical reasons. Please call customer service at 604-925-7270 before the start of the class so another person can take your place and a pro-rated refund can be issued for the remainder of the program. No refunds will be given for individual missed classes.

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

FitPass and Pottery Pass Refunds A pro-rated refund will be given to Annual FitPass holders after a minimum of five (5) months. No refunds will be given for one-month, three-month or 10-visit FitPasses and Pottery Passes. No extensions.



John Watson | *Chair*

MESSAGE FROM THE ADVISORY BOARD CHAIR

The Annual General Meeting of the Seniors' Activity Centre Advisory Board was held on March 9 in the Marine Room. It was lovely to hold our meeting face-to-face after such a long time apart. Attendance was high, with approximately 40 members, and the Advisory Board in attendance. Guests included Mayor Booth and members of the West Vancouver Council. One of the highlights of the meeting was the announcement that the new Rehabilitation Studio being constructed in the former Fabric Arts Room, will be named after the late Frank Kurucz—long-time Seniors' Activity Centre member, former District of West Vancouver Director, and beloved community member. Frank's son attended and expressed the gratitude of Frank's family for this honour.

Another highlight of the meeting was an excellent presentation by Sergeant Mark McLean and Constable Nicole Braithwaite from West Vancouver Police, about financial scams currently being perpetrated on members of our community. It was disappointing to learn that the pandemic has led to a very significant increase in such illicit activities. The Board took note of the topic and is hoping to launch a series of similar presentations for the benefit of members of the Centre.

The meeting marked the retirement of Advisory Board members Allan Best, Elizabeth Hsu, Hans Krutzen, and Barb Gillingham. I must single out Barb because she has the distinction of having volunteered at the Centre for 46 years! (And NO she is not 101 years old. She started young.)

Four newly appointed Board members were introduced: Neil Carroll, Barb Graham, Dave MacLachlan, and Audrey Sojonky.

— **John**



Alison Gelz
*Youth Services
& Community
Recreation
Manager*



Davida Witala
*Community
Recreation
Supervisor*

MESSAGE FROM COMMUNITY RECREATION MANAGER & THE RECREATION SUPERVISOR

It is an exciting time of year at the Centre as we head into the spring and summer months. The garden patio provides a lovely space to meet with friends, share a specialty coffee, or indulge in a delicious lunch surrounded by green space and a blooming landscape. The garden beds will soon be full of summer herbs and vegetables that will be harvested and sold at the Intergenerational Feed the Need Market—all proceeds will go towards Feed the Need. Mother's Day and Father's Day will be celebrated with specialty take-out meals and desserts prepared by the Garden Side Café. As more programs continue to resume, be sure to check out the updated Shuttle Bus schedule as round trips have returned to and from the Centre three days per week, with frequent stops throughout Ambleside and Dundarave. Stay connected with us by signing up for the monthly E-news. Call 604-925-7280 for details. Wishing you a fabulous Spring season!

—**Alison & Davida**

OUR PROGRAM COORDINATORS



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VOLUNTEERS

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HEALTH & FITNESS

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HEALTH & FITNESS

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VOLUNTEERS

Stay active and make a positive impact on your community

Thanks to all the volunteers who provide services to seniors and people in need in our community. We would not have been able to provide the amazing services that we currently offer to our community without your help. Join our team of dedicated volunteers today!

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

VOLUNTEER ORIENTATION

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

If you are unsure, please contact scvolunteers@westvancouver.ca or 604-913-2703. To sign up for the online volunteer orientation visit westvancouverrec.ca/volunteer and follow the links in the 'Next Steps' sidebar, or call 604-925-7280.

Within a few days of signing up you will receive a link to a 30-minute information video with ten questions to answer at the end. Once completed, we will send you a welcome email with more information regarding next steps, including further training, a virtual meeting, and a Police Information Check.

Thank you to all the volunteers who helped make volunteer appreciation week a huge success!



VOLUNTEERS NEEDED

Give back by volunteering at the Seniors' Activity Centre today! Volunteers are urgently needed to support the Seniors' Activity Centre cafeteria in a variety of positions:

MORNINGS

- **Café opener**
Mon - Fri, 8 to 11 a.m.
- **Baker's support**
Mon - Fri, 8 to 10 a.m.
- **Food packers**
Mon - Fri, 8:30 to 10:30 a.m.
and Sat, 9 to 11 a.m.

MID-DAY AND AFTERNOONS

- **Dishwasher assistants**
Mon - Fri, 12:30 to 2:30 p.m.
- **Closers**
Mon - Fri, 1:30 to 3:30 p.m.
- **East Welcome Desk**
Mon - Fri, 8:30 to 11:30 a.m.,
11:30 a.m. to 2:30 p.m.

If interested, sign up for a volunteer orientation today! Email your interest and availability to scvolunteers@westvancouver.ca or call 604-925-7288.



KEEP AN EYE OUT FOR FUTURE REGISTRATION DATES

Please check our website for upcoming registration dates at westvancouverrec.ca/registration, to make sure that you don't miss out on booking a spot in your favourite classes.

Owing to shorter program terms implemented during the pandemic, it is unfortunately not possible to coordinate Scene Magazine publishing dates with upcoming registration dates.

Registration for programs beginning in **May** and **June** started on Wednesday, April 27. Please visit westvancouverrec.ca to check for any available spots.

Registration for programs beginning in July will start on Wednesday, June 15 at 8 a.m.



GARDEN SIDE CAFÉ



Dine-In Lunch Service

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

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

**Dinner service is currently not operating. We plan to resume in the near future.*

Take-out Food Service

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

Monday – Friday
9 a.m. – 2 p.m.

Saturday – Sunday
10 a.m. – 2 p.m.

For food delivery call **604-925-7280** to place your order. (Minimum \$25 purchase on deliveries). Deliveries occur on Tuesdays, Thursdays and Saturdays. Orders must be placed by 10 a.m. for same day delivery.

Please refer to the special take-out menu posted on westvancouver.ca/seniors before you place your order. Menus are updated daily.



Mark your calendars!

Registration for programs starting in May and June opened on Wednesday, April 27.

Registration for programs starting in July opens on Wednesday, June 15.

SUBSCRIBE TO RECEIVE THE BI-MONTHLY SENIORS' ACTIVITY CENTRE E-NEWS!

The SAC E-news includes last-minute changes and information about various items including programs and events that have been added after The Scene magazine's publishing date.

The E-news sent out electronically in February, April, June, August, October, and December.

To receive the E-news directly to your email inbox, please sign up at the SAC front desk or visit westvancouverrec.ca/connect to subscribe.

NEW RISE AND SMILE

Cream Caramel by Chef Simone

Cream

- 1 can of condensed milk
- 1 can of milk
- 3 eggs

Caramel

- 1 cup of sugar

Preheat the oven to 350°F.

Using a small pot, melt the sugar on low heat until golden. Be careful not to burn the sugar or it will taste bitter.

Pour the melted sugar in a ramekin or any oven dish of your choice. In a blender, add all of the ingredients until everything is mixed together. Pour this cream in the ramekin or oven dish.

Place the oven dish in a bain-marie and bake in an oven at 350°F until the custard gets firm, starts turning lightly golden brown, or for 45 minutes, depending on the oven.

After baking, leave in the fridge for at least two hours or overnight.

Remove from the oven dish, carefully turning into another dish to have all the caramel on top of the custard.

Enjoy the dessert!

REGISTERED PROGRAMS

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

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

VISUAL ARTS

Stained Glass - Studio Time

Enjoy some studio time to work on your stained glass designs! No instruction. Bring your own equipment and supplies.

Leader: June C.

Wed
May 18 - Jun 29 12:30 - 3:30 p.m.
118544 \$28

Painting: Studio Time

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

Mon 9 a.m. - 12 p.m. & 1 - 4 p.m.
Tue (Acrylics) 9 a.m. - 12 p.m.
Wed & Fri 1 - 4 p.m.
Sat 10 a.m. - 1 p.m.
\$2.50

Painting: Class with James

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

Thu
May 19 - Jun 30 9 a.m. - 12 p.m.
118545 \$35

Painting: Getting Started with Lynn

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

Tue
May 17 - Jun 28 1 - 4 p.m.
118549 \$175

Painting: Fresh Start with Lynn

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

Thu
May 19 - Jun 30 1 - 4 p.m.
118551 \$175

Photo Club (virtual or in-person)

Come curious and leave inspired by the stunning images shared by guest presenters and participants! No formal instruction. Club will be meeting in person in the Music Hall in the West Vancouver Community Centre and virtually—please be sure to register for the right session.

Leader: Peter O.

Thu (virtual)
May 19 - Jun 23 1 - 3 p.m.
118558 \$15

Thu (in-person at WVCC, Music Hall)
May 19 - Jun 23 1 - 3 p.m.
118556 \$15



MUSIC & DANCE

Heritage Choir (virtual or in-person)

Where have all the singers gone? News flash—they haven't! The West Vancouver Heritage Choir is alive and well, and hoping you'll join us this winter. So please come join us along with our conductor, Nicole Thomas Zyczynski, for some energizing musical fun. The choir will be meeting in person in the Music Hall in the West Vancouver Community Centre and virtually. Please be sure to register for the right session. For details contact cbrandson@westvancouver.ca.

Tue (virtual)
May 17 - Jun 21 1 - 2:30 p.m.
122284 \$54

Tue (in-person)
May 17 - Jun 21 1 - 2:30 p.m.
122285 \$54

Dundarave Players

If you play an instrument and have a song to sing, let's band together for spring! As the group expands, lead guitar, rhythm guitar, ukulele, bass, and keyboard players are encouraged to join. No instructor. Music and chords provided. Please contact Caroline at cbrandson@westvancouver.ca with any questions.

Tue
May 17 - Jun 28 9:30 - 11:30 a.m.
118578 \$17.50

Dance: Scottish Country Dance - Beginner & Intermediate

Explore the world of Scottish Country Dance—you don't need to be a Scot to enjoy it! Learn basic steps and more intricate dances as the class progresses. Beginners and experienced dancers welcome! No class May 23. *Instructor: Louise M.*

Mon
May 16 - Jun 27 1 - 3 p.m.
118599 \$42

Dance: Scottish Country Dance - Intermediate & Advanced

Looking to perfect your dancing skills? Combine fun with exercise as you learn dances for upcoming party programs. Please register weekly for Friday sessions. Intermediate and advanced dancers only.

Instructor: Louise M.

Fri 9:30 - 11:30 a.m.
Registered Drop-in \$6

118591 May 6

118592 May 13

118593 May 20

118594 May 27

118595 Jun 3

118596 Jun 10

118597 Jun 17

118598 Jun 24

Dance: Line Dancing

Come join the fun and learn different dance moves to a variety of music, from *Sweet Caroline* to *Cake by the Ocean*. Line dancing is good for your brain and memory, helps your balance, and is one of the original socially distanced activities before it was a safety protocol. No beginners please, some experience needed.

Mon
May 16 - Jun 27 3:30 - 4:30 p.m.
121867 \$24

Mon
May 16 - Jun 27 4:40 - 5:30 p.m.
121868 \$24

Jazz Jam

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

Sat 10:15 a.m. - 12:15 p.m.
Registered Drop-in \$2.50
118660 May 7

118665 May 14

122286 May 21

122287 May 28

122288 Jun 4

122289 Jun 11

122290 Jun 18

122291 Jun 25

Recorders: Intermediate

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

Mon
May 16 - Jun 27 10:30 a.m. - 12 p.m.
118697 \$15

Recorders: Advanced

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

Thu
May 19 - Jun 23 10:30 a.m. - 12 p.m.
118702 \$15

PROGRAM PARTICIPATION NOTE

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

Ukulele: Beginners with JR

Learn the basics of chords, strumming, and how to tune your instrument! No experience necessary, we sing too! *Instructor: J.R. Kline.*

Thu
May 19 - June 23 10:30 - 11:30 a.m.
122790 \$63

Ukulele: Level 2 and Voice with JR

Do you like to sing, know a dozen chords, and a few songs? Join us for a fun and inspiring hour! Explore a wide range of song styles as you strum, fingerpick, and of course sing under the guidance of the instructor.

Thu
May 19 - Jun 23 11:30 a.m. - 12:30 p.m.
118709 \$63



VIRTUAL PROGRAMS

Check out the diverse collection of free online programming available to seniors. The program listings are assembled by Ridge Meadows Seniors Society and South Granville Seniors Centre, and updated in real-time allowing access to the listing at any time.

Visit southgranvilleseniors.ca/virtual-programs to explore and enjoy all that online programming has to offer from the comfort of your living room!

WOODWORKING

Woodworking: Level 1 Beginners & Woodturning for Beginners will resume in the Fall.

Woodworking: Level 2 Intermediate

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

Mon
May 16 - Jun 24 9 a.m. - 12 p.m.
118735 \$36

Fri
May 16 - Jun 24 9 a.m. - 12 p.m.
118742 \$36

Woodworking: Level 3 Advanced

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

Mon
May 16 - Jun 27 1 - 4 p.m.
118760 \$36

Tue
May 17 - Jun 28 9 a.m. - 12 p.m.
118765 \$42

Wed
May 18 - Jun 29 1 - 4 p.m.
118769 \$42

Fri
May 20 - Jun 24 9 a.m. - 12 p.m.
118772 \$36



Woodworking: Women's Session

This one's for women! If you just 'plane' love woodworking, join other ladies for a fun, informative, and supportive 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, but if you are a beginner, please sign up for Woodworking Beginners first. Prerequisite: Woodworking Beginners and signed waiver form. *Instructors: Peter, Margaret, and Bruce.*

Tue
May 17 - Jun 28 1 - 4 p.m.
118779 \$42

Woodworking: Women's Woodturning Level 2 Intermediate

Join other women for a fun, informative, and supportive woodturning class. Supervisors are there to provide information and guidance, but cannot provide one-on-one supervision. Prerequisites: Woodworking and Woodturning Beginners are required.

Tue
May 17 - Jun 28 1 - 4 p.m.
118980 \$42

Woodworking: Woodturning Level 2 Intermediate

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

Wed
May 18 - Jun 29 9 a.m. - 12 p.m.
118826 \$42

Woodworking: Woodcarving A.M.

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

Thu
May 19 - Jun 30 9 a.m. - 12 p.m.
118984 \$42

Woodworking: Woodcarving P.M.

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

Thu
May 19 - Jun 30 1 - 4 p.m.
118985 \$42

LEARNING

Garden Club

Join fellow green thumbs and gardeners for a series of lectures on various topics ranging from soil to roses and container gardening. A full list of the dates, topics, and presenters will be provided. The presentations will be led by experts in the various areas. Trips will also be planned to WIG, Loutet, and Delta. Cost of bus is extra.

Thu
Apr 21 - Sep 15 1:30 - 3 p.m.
122295 \$17.50



Language: Intermediate French Review (Spa Francais)

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

Tue
May 17 - Jun 28 10:30 a.m. - 12:30 p.m.
119496 \$17.50

Language: French Conversation

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

Wed
May 18 – Jun 29 10 – 11:30 a.m.
122296 \$17.50

Language: Spanish Beginners (ongoing) with Elias

Start each class with some guided conversation as you build vocabulary, strengthen your knowledge of the language, and boost your speaking confidence! Apply what you know to everyday conversation while listening to and speaking with others and learn more advanced grammar to help you better understand how the Spanish language works. No textbook required. *Instructor: Elias M.*

Thu
May 19 – Jun 30 4 – 5:30 p.m.
118987 \$105

Language: Spanish Advanced with Elias

In this advanced Spanish class, students interact with one another narrating their weekly activities, hobbies, and interests. In-class conversation is monitored and corrections are done on the spot to refresh previously acquired knowledge. Conversation accounts for 100% of the class time. No textbook required. *Instructor: Elias M.*

Mon
May 16 – Jun 27 4 – 5:30 p.m.
118990 \$90

Language: Farsi

Learn how to communicate with other Farsi speakers as you learn about the Persian culture, tradition, and food. *Instructor: Bita*

Tue
May 17 – Jun 28 4:30 – 5:30 p.m.
118997 \$17.50

Writers' Circle

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

Mon
May 16 – Jun 27 1 – 3 p.m.
118999 \$17.50

Creative Writing with Richard

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

Thu
May 19 – Jun 30 1:30 – 3:45 p.m.
119001 \$91

Flight Simulation

Come fly with us! Join other aeronautical enthusiasts who meet bimonthly on the second and fourth Friday of the month. Please register online for each session, call 604-925-7280, or stop by the front desk.

Fri 10:15 a.m. – 12:15 p.m.
Registered Drop-in \$2.50
119004 May 13
119005 May 27
119006 Jun 10
119007 Jun 24

Bridge: Intermediate 1 (Popular Conventions) with Stephen

Learn more about the world's greatest card game. Each lesson combines discussion with lots of play. Find out why bridge becomes a life-long passion for enthusiasts, offering a unique combination of social occasion, fun, and intellectual stimulation. This course is designed for those who have completed the Basic courses and anyone else who wants a structured review of the modern five-card major bidding system. Lesson hand-outs are included. *Instructor: Stephen B.*

Tue
Jun 7 – Jul 19 3:30 – 5:30 p.m.
119012 \$105

Bridge: Topics & Supervised Play with Stephen

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

Wed 3:30 – 5:30 p.m.
Registered Drop-in \$15

119015 May 18
123617 May 25
123618 Jun 1
123646 Jun 8
123647 Jun 15
123649 Jun 22
123651 Jun 29
123654 Jul 6
123656 Jul 13
123659 Jul 20

Book Club – Afterwords will finish on June 3. The club will take a summer break and return in the fall!



Support a cause you care about, through a gift in your will.

SACS ON 21ST

Your favourite little shop inside the Seniors' Activity Centre (SAC) is a collection of your generous donations with all sale proceeds going to the SAC. The shop is open Monday to Saturday from 10 a.m. to 3 p.m.

We welcome donations of gently used home décor items, china, pictures, children's toys and books, jewellery, and small furniture.

Your treasures can be dropped off at the centre Monday through Saturday from 8:30 a.m. to 4 p.m.

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

Thank you for your ongoing support.

PLANNED GIVING

By Faye McMyn

The West Vancouver Seniors' Activity Centre (SAC) recently launched a Planned Giving program designed to preserve and safeguard the future of our beloved Centre for generations to come.

To pave the way, a number of SAC Advisory Board members have already embraced this initiative and contributed to this worthwhile cause, in hopes of inspiring others to do the same.

If you, like so many of us, feel that the SAC has enriched your life, please consider financially supporting the Centre in its continued mission to be a place of connection, joy, friendship, learning, and so much more for generations to come.

Bequests are a very simple and straightforward way to leave money to a worthwhile cause. If you would like to leave a bequest to the SAC, simply contact your lawyer who can add a new line to your will.

As the Senior's Activity Centre is a registered non-profit, donations like bequests, will receive a tax receipt pursuant to the rules of the Canada Revenue Agency. Please contact your lawyer for further information and/or benefits.

The money you leave can be designated for an area that is particularly close to your heart, or can be left with no stipulation, meaning that it will support the Centre's area of greatest need—perhaps future building plans, equipment updates, or entirely new programs.

Every gift—no matter the amount—is greatly appreciated. You can leave a gift in your name or honour the memory of a loved one by making a memorial gift in their name.

As part of our Planned Giving program, we have also started a Legacy Club—if you have left a bequest to the SAC, please let us know so you too can become a member and join other benefactors united by a shared mission.

Make the SAC a part of your family by supporting its future for generations to come!

Once you have made a bequest, please call 604-925-7280 to advise the SAC of your bequest and request membership in the Legacy Club.

Thank you, on behalf of the 2021/2022 West Vancouver Seniors' Activity Centre Advisory Board.



SACS ON 21ST POP-UP SALE

Mark your calendar! Another SACS on 21st Pop-up Sale is coming up on **Thursday, May 26 from 10 a.m. to 2 p.m.**

All paintings, kitchenware, curios, Jewellery, clothing, shoes, and much, much more will be 50% off the regular price.



EMERGENCY PREPAREDNESS BASICS: ARE YOU READY?

GUEST ARTICLE BY JOCELYN HEWSON

Jocelyn is the Public Education Coordinator at North Shore Emergency Management

The events of the last few years have brought emergency preparedness firmly into the spotlight. What used to be somewhat hypothetical, has unfortunately for many become reality. Thousands of British Columbians have been faced with evacuation due to flooding and fires. Here on the North Shore, many of us have recently scrambled to cope with extreme weather events, flooding, structure fires, power outages, and the possibility of self isolating for an extended period of time due to the pandemic.

"I know I should be prepared, but I haven't done much yet. Where do I begin?"

Taking the steps to getting prepared may seem a little overwhelming at first, but think of it as a journey rather than a destination. Here are some tips for breaking emergency preparedness down into steps.

Know Your Local Hazards

The first step to getting prepared is understanding what hazards you are actually preparing for. We may not be able to stop a hazard from occurring, but if we understand it, and prepare for it, we can reduce the impact. Here on the North Shore, our top hazards consist of:

- Extreme weather
- Structure fires
- Industrial accidents
- Earthquake
- Floods
- Landslides
- Power outage
- Dangerous goods
- Gas leaks
- Disease outbreak

At NSEM, we take what's called an *all hazards approach* which means the preparations we take will help us cope with all of the hazards.

NSEM

North Shore Emergency Management (NSEM) provides emergency management services to the City of North Vancouver, District of North Vancouver, and District of West Vancouver. NSEM supports North Shore citizens in preparing for, responding to, and recovering from emergencies and disasters.

Make a Plan

Planning a few key things in advance can help reduce anxiety during an emergency event. An emergency plan is like a playbook—it will help keep you focused, and also help to define how you and your family will respond during a disaster. Things you typically consider for your emergency plan are:

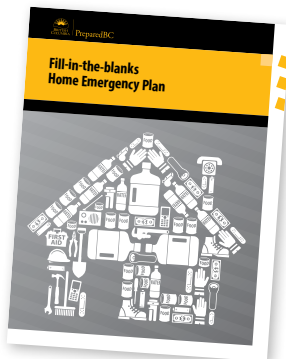
Select a household meeting place: decide on a specific meeting spot in case you are separated from household members.

Document local emergency contact information: your emergency contacts are friends / family members/ neighbours who can help your household members with specific needs. This may include collecting your children from school, and pet care.

Document an out-of-area emergency contact: this is a contact, living in a different time zone, who may be able to receive your texts, and can pass messages between family members if the local cell network is down.

Utilities: Do you know where your utility shut offs are? Make notes on how / where to turn off household utilities if asked to do so by emergency officials.

If you are looking for help preparing your plan, **Prepared BC** (the provincial resource for emergency preparedness information) offers a free fill-in-the-blanks downloadable template. Find this at preparedbc.ca/emergencyplan



Build Your Emergency Supplies Kit

Following an emergency or disaster, stores may be inaccessible or out of supplies. You may be able to stay in your home but might not have basic utilities like power or water. The solution? Assemble a home kit, storing essential supplies that keep you and your family comfortable for a minimum of three days, and possibly up to seven.

What goes in the kit? Basic supplies like water, food, and tools. Many of these items you might already have in your home so it may be a matter of collecting them into one place. You can make the kit yourself or purchase one (most big box stores sell emergency kits) then personalize it. Supplies could include the following:

- Water: 4 litres per person per day; *minimum* of 3 days
- Food: non-perishable; *minimum* of 3 days
- First-aid kit
- Flashlight and extra batteries
- Transistor radio and extra batteries
- Sanitation: garbage bags, toilet paper and wipes
- Copies of important documents (i.e. insurance papers, identification, health card numbers)
- Tools: crowbar, shovel, safety goggles, face mask
- Emergency plastic sheeting / duct tape
- Phone charger and battery bank
- Seasonal clothing and footwear
- Medications and personal toiletries
- Cash in small bills
- Whistle
- Customized items (diapers, pet food, etc.)

Water

Let's talk a little more about water because it's so important. If there was a significant earthquake, the likelihood of broken water pipes is very high. Our amazing municipal utility crews would be working hard to repair them, but it might take several days (or even weeks) to fix. People would need to rely on their own sources of water for the first several days.

How much water is enough? The recommendation is 4 litres per person per day. You're probably thinking "I don't drink that much in a day" but it's also for hygiene, cooking, washing, pets, and anything else that water is crucial for.

The recommendation is to buy bottled water. It's a safe known source that won't introduce any additional problems into your situation during a stressful time. The larger the bottle, the more economical it is to purchase. Water bottles have an expiry date of approximately 18 months. After that you can re-label it as non-potable and use it for hygiene or washing. Note that your hot water tank is not a source of potable water for you due to the sediment sludge that accumulates in the bottom of the tank.



Information Sources During an Emergency

Emergency plans, supplies, and water are the foundations for getting prepared, but what about understanding where to turn for reliable news information. If a significant emergency event were to take place, where would you turn for up-to-date information? Power outages and / or damaged cell towers may mean that information is not immediately available, but as a general rule radio and social media will be the first to provide information. Consider downloading or bookmarking the following so information is quickly and easily accessible if you need it.

Emergency Notification System: **Alertable**

Alertable is the North Shore's emergency notification system. North Shore Emergency Management (NSEM) is using Alertable to issue alerts when there is an issue of possible life safety such as severe weather, evacuation, shelter-in-place, and industrial hazards. Who should sign up for Alertable? Anyone who lives on, travels through, or visits the North Shore! You can download the free app for iOS or Android smartphones, or sign up for other options (email/social media/phone) at nsem.ca/alertable. Using Alertable is an ideal way to receive information quickly, and stay informed. Note that our neighbouring communities the City of Burnaby and the City of Vancouver are also using Alertable.



Local Authority / Municipal Websites and Social Media

nsem.ca @NorthShoreEMO (twitter)

dnv.org @NVanDistrict

cnv.org @CityOfNorthVan

westvancouver.ca @WestVanDistrict

Provincial Emergency Management Agencies

Emergency Info BC links British Columbians to the information they need to respond to and recover from disasters.

EmergencyInfoBC.gov.bc.ca @EmergencyInfoBC

Federal Earthquake and Tsunami Agencies

Earthquakescanada.nrcan.gc.ca @CANADAquakes

Tsunami.gov (U.S. Tsunami Warning Centre) @NWS_NTWC

Earthquake.usgs.gov @USGS_Quakes

The Importance of our Local Network

Whenever we talk about emergency preparedness, it's impossible not to talk about the importance of our local support networks and connections. During an emergency, your most immediate source of help will be those around you—your family and neighbours. If emergency responders are overwhelmed, we will only have each other to rely on. Know who you live beside, who might require special assistance, or who has useful tools. Improve your collective preparedness by connecting with your neighbours. Throw a barbecue or a potluck! We are stronger together than alone during an emergency.

Need More Information?

As mentioned, taking the steps to getting prepared is a journey. If you are just starting on this journey, pick a few actions to get started. Purchase water, get flashlights and extra batteries, or focus on food supplies. The important thing is to just start.

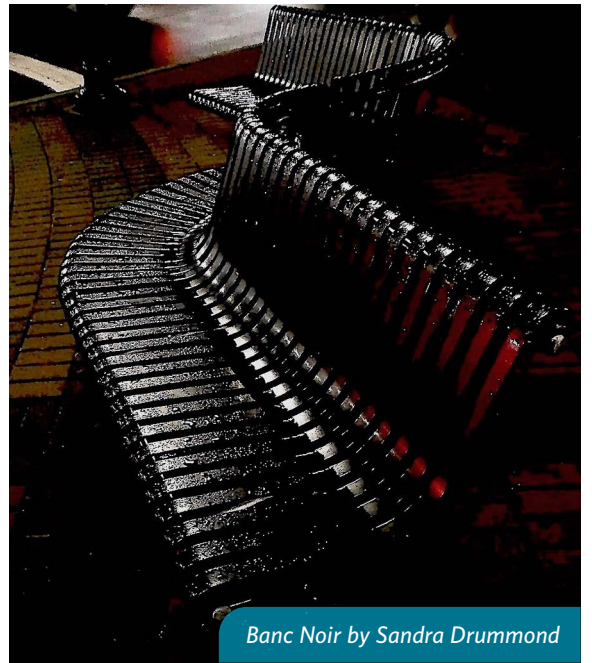


Here are some additional resources:

- North Shore Emergency Management: nsem.info
- **North Shore Evacuation Guide**
- Build your kit: **PreparedBC**
- Prepare your home for storm season: **BC Hydro**
- Prepare for severe weather in BC: **PreparedBC**
- Sign up for BC public weather alerts: **Environment Canada**



Digger by Gillian Watson



Banc Noir by Sandra Drummond

WEST VANCOUVER SENIORS' PHOTOGRAPHY CLUB

By Kathie Taylor



Heading Home by Keith Purchase

The West Vancouver Seniors' Photography Club is a group of camera-toting members with photographic skill levels ranging from beginners to serious bird photographers.

Pre-Covid, club members met weekly to enjoy presentations from professional photographers covering all aspects of photography including architecture, landscape, portraiture, travel, and wildlife. During the Covid lockdown, meetings were held online with the benefit of moving to Zoom allowing the club to have presenters from all over the world.

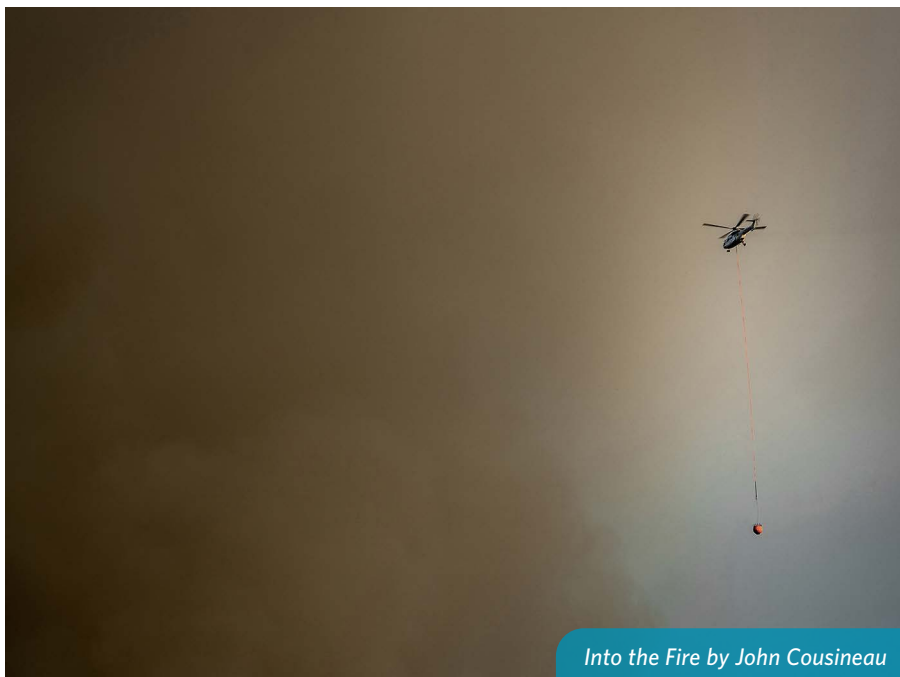
In addition to exploring their passion for photography, the club makes significant contributions to the Seniors' Activity Centre.

Since 2016, the great photography that brings life to the front cover and feature section of The Scene is thanks to the talents of three members: club president Peter Owens, Hans Gray, and Larry Olkovic.

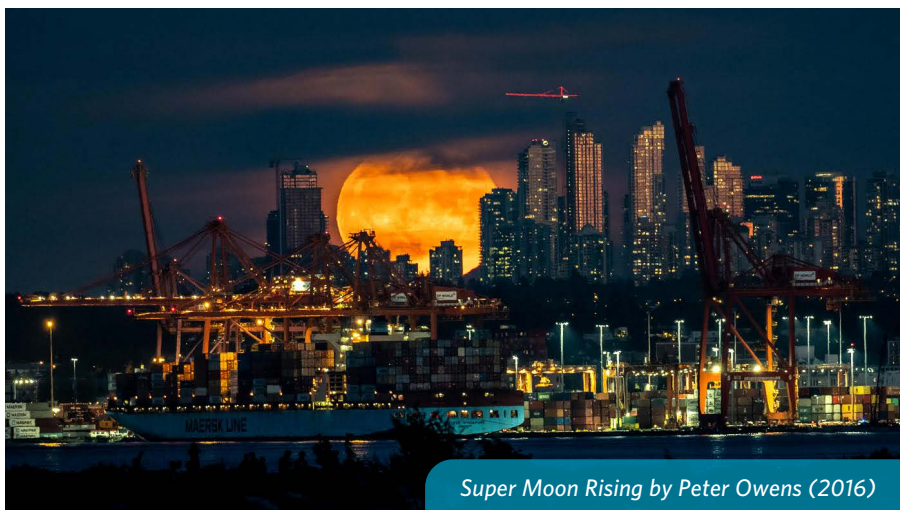
Members provide images for the delightful note cards sold at the front desk of the Centre, with proceeds supporting activities of the club. Priced at just one card for \$2 or three for \$5, there are as many as two dozen different designs available. You'll be sure to find the ideal note card for whatever your needs!

A stroll down the Centre hallway to the Garden Side Café will take you past a wall display of a dozen print images that changes on a regular basis.

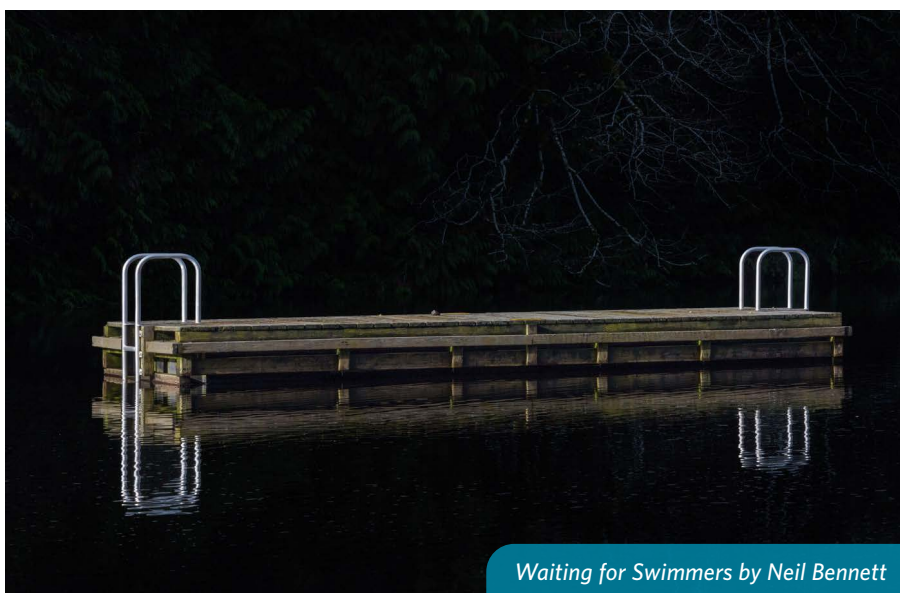
If you are interested in becoming a member of the West Vancouver Seniors' Photography Club, you can register in person at the Seniors' Activity Centre, or sign up online at activewestvanrec.ca.



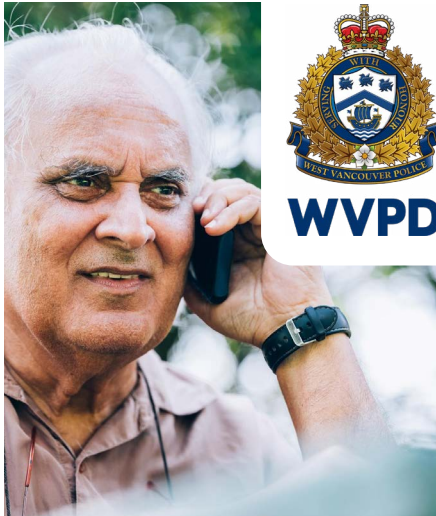
Into the Fire by John Cousineau



Super Moon Rising by Peter Owens (2016)



Waiting for Swimmers by Neil Bennett



THE GRANDPARENT SCAM

By Sergeant
Mark McLean

Beware of the grandparent scam. There has been an increase in frauds and scams directed toward seniors in our community. The grandparent scam occurs when a senior receives an unsolicited phone call from someone claiming to be, or know, a close relative of the victim. The person on the phone will claim that the victim is in trouble, either legal or medical; and that they need money to pay for bail or medical expenses.

The fraudster will then ask that the money be couriered to an address or, in some cases, will attend the victim's home and collect the money. The fraudster may make threats that you must not discuss the matter with anyone due to a court order. If you or someone you know has received a similar phone call, do not withdraw money. Call your local police department who will be able to confirm if their loved one is in trouble.



HOT TOPIC WITH WEST VANCOUVER FIRE & RESCUE

By Jeremy Calder, Assistant Chief of Fire Prevention

As the weather warms, we have the opportunity to spend more time outside. This is a wonderful opportunity to soak in some much needed vitamin D and get our regular exercise. Regular exercise is so important in maintaining our strength, balance and coordination. Here are a few tips to ensure our time out doors is safe and enjoyable.

Wear sturdy, well-fitting shoes.

Wearing low heeled shoes with non-

slip soles are the best. These are safer than thick soled athletic shoes or high heels. Sturdy shoes can help make it easier to walk on less than ideal ground. Choose safety over fashion if you have to.

Take your time. Be aware of uneven sidewalks and pavement outdoors. As well, being aware of your surroundings will ensure you give yourself enough time to cross roads instead of trying to rush before traffic.

Being properly prepared for the weather while you are out will also help ensure your time outdoors is enjoyable. Please take the time to apply sunscreen or grab your umbrella if needed. After taking a break on a bench and enjoying the outdoors with a friend, give yourself a moment to gain your balance after standing before resuming your walk.

*Take care and stay safe,
Jeremy*

Do you have a *passion* for helping others? Join our team today.

Home Instead® helps older adults age safely in the place they enjoy most. We are seeking compassionate CAREgivers to help in our community. **Apply today!**

Call 604-925-1570 or visit homeinstead.ca/3022 for more information or to apply online.

 **Home Instead.**
To us, it's personal.

FABRIC ARTS

Fabric: Knitting

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

Tue
May 17 - Jun 28 9 a.m. - 12 p.m.
122832 \$17.50

Fabric: Wednesday Craft Group

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

Wed
May 18 - Jun 29 9 a.m. - 12 p.m.
122834 Free (please register)

Fabric: Quilting Studio Time or Workshop

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

Tue
May 17 - Jun 28 1 - 4 p.m.
122833 \$17.50

Wed
May 18 - Jun 29 1 - 4 p.m.
122835 \$17.50

Fabric: Quilting Bee

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

Fri
May 20 - Jun 24 9 a.m. - 12 p.m.
122836 Free (please register)



Fabric: Quilting Open Drop-in

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

Sat
May 21 - Jun 25 9 a.m. - 12 p.m.
122837 \$15

SPORT

GAMES DROP-IN

Back in 2022 on Saturdays

Pay at the front desk, or book your spot online, or by calling 604-925-7280. Mah Jong is back too!

Scrabble & Mah Jong 1 - 3 p.m.
Open Cards 10 a.m. - 2 p.m.
\$2.50 per person each time

Table Tennis

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

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

Badminton

Bring your racquet and join a fun game with other seniors. Register by phone or online to reserve your spot. Please wear clean indoor shoes and bring your own racket.

Tue/Wed 10:15 a.m. - 12:15 p.m.
Drop-in \$3

Billiards

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

Mon - Thu 9 - 11 a.m., 11 a.m. - 1 p.m.,
1 - 3 p.m., 3 - 5 p.m.
Fri - Sat 9 - 11 a.m., 11 a.m. - 1 p.m.,
1 - 3 p.m.
Registered Drop-in \$2/game

WELLNESS

Massages are back!

Enjoy a 45-minute massage performed by Langara College students. Register for your spot. Maximum 6 spots per timeslot. Arrive 15 minutes early to complete paperwork. No ICBC claims. Call 604-925-7280 to register.

Wed 9:30 a.m. / 10:45 a.m. / 12 p.m.
May 18 - June 29 \$20

Mindfulness Meditation

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

Mon
May 16 - Jun 27 12:30 - 1:30 p.m.
119018 \$15

Fri
May 20 - Jun 24 12:30 - 1:30 p.m.
122840 \$15



SAVE THE DATE

for our next BlueShore Financial Seminar on **Wednesday, May 25** from 3 to 4:30 p.m. The topic of the seminar is **Safeguarding Your Retirement Cash Flow and Net Worth.**

OUTDOOR ACTIVITIES

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

For a listing of what's happening each month visit westvancouverrec.ca/recschedules and view the Seniors' Activity Centre's Outdoor Sports schedule under the 'Schedules' tab or inquire at the front desk.

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

We are always looking to start up new walking and hiking groups. Please contact Caroline if you are interested, so we can provide more options for our community members to get outside!

Hikers: Discover Trails (Tuesdays and Thursdays combo)

Hike intermediate and more challenging trails on the Sea-to-Sky Corridor and beyond. Tuesday hikes are about 2 to 3 hours starting at 9 a.m. and average 6 to 10 km in distance. Thursday hikes average 3 to 5 hours, and are typically over 10 km in distance. Hikes are rated easy to challenging based on elevation and terrain. Details of the hike are posted a month at a time. Email cbrandson@westvancouver.ca before signing up.

Tue/Thu
Apr 19 - Jun 30 9 a.m. - 12:30 p.m.
119019 \$19

Ramblers is full for this year, please join the waitlist. Hike with us! The group hikes an average of 8 to 10 km every Monday, rain or shine.

Hikers: Explorers

Do you love walking? Are you looking to stay social and active? You're welcome to join! The only prerequisite is a shared love of the outdoors. This exciting new walking program utilizes our bus and is led by one of our leaders. Transportation is provided to and from the local trail.

Wed
May 18 - Jun 29 9:30 a.m. - 12:30 p.m.
121800 \$70

Bird Walk

Hop on our bus and go to locations on the North Shore to view birds. Be prepared to walk on any terrain, in most weather. If the weather is very poor, we might stay inside and review the latest books, technology, and info on birds.

Tue
May 17 - Jun 28 10 a.m. - 12 p.m.
122841 \$35



Cycling Programs

Easy Riders, Turtles, NorWest, Coast Riders, and Silver Wheels are currently full for the year. Please contact cbrandson@westvancouver.ca about any one of our groups or to add your name to the waitlist.

PROGRAM PARTICIPATION NOTE

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



Par 3 Golf / Pitch & Putt 2022 Annual Registration

The West Vancouver Seniors' Activity Centres' Par 3 Golf/Pitch and Putt program begins Thursdays in April at Ambleside Part 3 course. The group meets on Mondays and Thursdays. Starting in May, Thursdays are bus trips to various courses throughout the Lower Mainland. When Monday is a holiday, the group will only golf on Thursday that week. This is the annual membership, please pay separately for each individual bus trip. New members are welcome. Bus and golf schedules are available online at westvancouver.ca/recschedules. or you can pick up a copy at the front desk.

Mon/Thu 9 a.m. - 12 p.m.
119087 \$15

May 5 Golf Bus - Central Park
122847 \$6.50

May 12 Golf Bus - Kensington
122848 \$6.50

May 19 Golf Bus - Rupert
122849 \$6.50

May 26 Golf Bus - Stanley Park
122853 \$6.50

Jun 2 Golf Bus - Queen Elizabeth Park
122855 \$6.50

Jun 9 Golf Bus - Central Park
122862 \$6.50

June 16 Golf Bus - Kensington
122863 \$6.50

Jun 23 Golf Bus - Rupert
122865 \$6.50

Jun 30 Golf Bus - Stanley Park
112869 \$6.50

TRIPS

Garden Club Trips

The Garden Club organizes trips to various locations throughout the growing season.

Thu		Wig
May 12	9:30 a.m. - 2:30 p.m.	
122842		\$10

Thu		Loutet Farm
Jun 23	10 a.m. - 1 p.m.	
122843		\$5

Tea & Trumpets

Hop on our bus to Tea and Trumpets. You will need to have your own tickets for the performance, this is just transportation to and from the Orpheum. The bus loads at 12:45 p.m., and leaves the Centre at 1 p.m.

Thu		
May 19	12:45 - 4:30 p.m.	
119023		\$7

Seniors' Activity Centre

SHUTTLE BUS

The Seniors' Shuttle Bus service offers an opportunity for seniors to easily access the Seniors' Activity Centre and local businesses including financial institutions, grocery stores, and doctors' offices.

The service operates on Tuesdays, Thursdays, and Saturdays from 8:45 a.m. to 3:45 p.m.

A contribution of \$2 per person for each pick-up is recommended.

This SAC Shuttle Service is brought to you through a variety of community partners and donations.

For the latest shuttle bus route visit westvancouver.ca/seniors, or request a shuttle bus brochure at the Seniors' Activity Centre front desk.

FITNESS PROGRAMS

GROUP FITNESS ACTIVITY LEVELS

MILD

Low cardio

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

MODERATE

Fair amount of cardio

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

STRENUOUS

High level of cardio

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

GROUP FITNESS

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

The maximum number of participants has changed to allow for physical distancing. Some of our prices have increased in order to accommodate this change.

Information on financial assistance is available on our website at westvancouver.ca/accessibility.

Chairobics

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

Tue & Thu		
Mar 17 - Jun 30	1 - 2 p.m.	
120762		\$49

Beginner Yoga

New to yoga? Roll out your mat and join us! This class is geared towards people who have never practised yoga before or have done less than ten classes. Focusing on breathing awareness, basic posture and body alignment, this class is a beautiful way to connect with your body as well as strengthen and lengthen your muscles.

Mon		
May 16 - Jun 27	4:30 - 5:45 p.m.	
123296		\$42

- Chair Yoga

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

Tue		
May 17 - Jun 28	12 - 1:15 p.m.	
120761		\$43.75

Thu		
May 19 - Jun 30	12 - 1:15 p.m.	
120760		\$43.75

- Chair Pilates

This class will be appropriate for people who are new to Pilates and unable to go on the floor. The traditional Pilates exercises are modified for sitting. Focus on breathing, posture, and alignment. The class ends with a nice stretch and fascial release component.

Wed		
May 18 - Jun 29	10:10 - 11:05 a.m.	
120759		\$43.75

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

♥️-♥️² 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. This class is great for newcomers or those wanting a little more challenge as multi-level options are delivered. Educational exercises are offered throughout the session.

Tue & Thu

May 17 - Jun 30 11:45 a.m. - 12:45 p.m.
120790 \$87.50

♥️-♥️² 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 off with a standing or sitting stretch.

Wed

May 18 - Jun 29 10:30 - 11:25 a.m.
120799 \$31.50

Fri

May 20 - Jun 24 11:35 a.m. - 12:25 p.m.
120800 \$27

♥️-♥️² Stay Fit For Men

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

Mon & Thu

May 16 - Jun 30 8 - 8:55 a.m.
120801 \$58.50



PROGRAM PARTICIPATION NOTE

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

♥️-♥️² Tai Chi - Qi Kong

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

Sat

May 21 - Jul 2 10:30 - 11:30 a.m.
120805 \$52.50

♥️²-♥️³ 20/20/20

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

Mon

May 16 - Jun 27 10:05 - 11 a.m.
120772 \$27

Wed

May 18 - Jun 22 10:05 - 11 a.m.
120773 \$27

Fri

May 20 - Jun 24 10:05 - 11 a.m.
120771 \$27

REHAB & PREHAB

We offer a range of rehab and prehab programs including Better Bones, FAME for Stroke, GLA:D®, Healthy Hearts, Joint Replacement, Well Balanced, and Parkinson's Rehabilitation. Classes are designed to suit a variety of abilities and fitness levels. To learn more or to register westvancouverrec.ca.

Cancer Thrivers

Cancer Thrivers is designed to promote health, strength, and recovery. The program offers weekly movement classes Monday and Thursday. Experience the benefits of fitness and ways to incorporate activities in daily living. Movement has been shown to increase physical function, improve psychological outcomes, and increase quality of life in cancer patients. Cancer Thrivers is supported by Enhance West Van.

Mon/Thu

May 2 - June 30 9 - 10 a.m.
121224 \$50



PERSONAL TRAINING FOR SENIORS

For details please call Kevin Yoon at 604-921-2169 or email kyoon@westvancouver.ca. Sessions are 55 minutes long.

OUTREACH PROGRAMS

KEEPING CONNECTED PROGRAMS

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, or 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 Helen at 604-925-7211 or Stephanie at 604-925-7208.

Keeping Connected Special Services

Are you or a loved one feeling isolated, alone, or in need? Allow our compassionate and knowledgeable team of volunteers to help. A simple phone call, a home visit, or a ride to a medical appointment can be accommodated.

We would love to help and suggest fun activities to expand your social life and activities. Kindness and compassion are free. Call Helen 604-925-7211 to find out more or sign up to receive help.



Keeping Connected - Alzheimer's Café: Getting out and about

Are you living with memory loss? Do you have a family member who is living with dementia, or are you simply curious about what it all means? Please join us for another jubilant celebration of what it means to live well with Alzheimer's disease. The Café provides an informative and welcoming environment for participants to appreciate and learn from each other.

Tue
June 21 12:30 - 2 p.m.
122999 Free

Keeping Connected - Adapted Chair Yoga

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

Tue
May 17 - Jun 28 11:45 a.m. - 12:45 p.m.
112371 \$70

Keeping Connected - Keep on Moving

Take the effort out of staying active! This exercise class is designed for older men experiencing decreasing strength. Participants will work on strength and flexibility exercises while seated in a chair.

Wed
May 18 - Jun 29 10 - 11 a.m.
112372 \$35

Keeping Connected - Keep Well

Keep Well Society's weekly program involves a mild exercise class. For information about Keep Well, please call 604-988-7115. Please register to attend this free class.

Wed
May 18 - Jun 29 11:15 a.m. - 12:15 p.m.
112373 Free (please register)

Keeping Connected - Ladies Social Club

Ladies, join this social group to enjoy discussion, mental aerobics, games, and entertainment. We're a lively bunch, so there's never a dull moment. We will take breaks for tea as needed.

Wed
May 18 - Jun 29 1:30 - 3 p.m.
112374 \$38.50

Keeping Connected - Stand Tall

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
May 20 - Jun 24 10 - 11 a.m.
112375 \$40

Fri
May 20 - Jun 24 11:15 a.m. - 12:15 p.m.
112376 \$40

Keeping Connected - Stretch and Movement

Enjoy this uplifting class through movement and music in an enjoyable, safe, and creative class for people living with Parkinson's and other physical challenges. Maintain a sense of confidence and grace in movement through the fundamentals of stretch. Peter, your instructor will use chairs for stability and ease of movement, while helping you build strength, balance, and mobility. *Note: caregivers please register, but at no charge.*

No class May 23.

Mon
May 16 - Jun 27 1:30 - 2:30 p.m.
112377 \$60

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

Keeping Connected – Caregiver Support Group

The group meets weekly to support caregivers in navigating the ever-changing challenges that dementia brings. Find comfort in a safe setting for sharing information, insight, advice, and encouragement. We provide an opportunity to learn from others who face the same challenges, and give you an opportunity to speak about your experiences.

Thu
May 12 – Jun 30 10:30 a.m. – 12 p.m.
112378 \$10

Keeping Connected – Creative Expressions

Stimulate your mind and memories as you explore different forms of art in this hands-on program. A different project each week makes for a lot of fun and variety. Let your creativity guide you! Caregivers are welcome to attend.

Fri
May 20 – Jun 24 10 – 12 p.m.
112379 \$75

Keeping Connected – Daybreak

Join us for a new program for those living with Alzheimer's. Participate in two hours of activities that include reminiscing, playing games, creating art, and appreciating life together. Our goal is to promote independence, choice, well-being, and person-centred care. This class is hosted by a qualified and compassionate caregiver. A morning snack will be served.

Prerequisite: **Daybreak Consultation** with Helen or Stephanie. Call 604-925-7211 to arrange. Please register for activity number **116040** and we will call you to set up a private appointment at no charge.

No session May 23

Mon
May 16 – Jun 27 10 a.m. – 12 p.m.
112380 \$120

Keeping Connected – Wellness Week

Every third Friday of the month, we invite a selection of providers to offer a variety of on-site checks, from hearing and eye exams to blood pressure checks, nutrition, and more.

May: NexGen Hearing will be our guest for ear checks and hearing aid adjustments.

June: *to be announced in June E-news.*

Fri
May 20 10 a.m. – 12 p.m.
112978 \$10

Fri
Jun 17 10 a.m. – 12 p.m.
112979 \$10

Keeping Connected – Gratitude Circle

Start your day with your head high and heart open. Practise living with gratitude—it is a powerful and transformative tool. Join us for a morning meditation and set your good intentions for the day. The Gratitude Circle is led by Peter, our beloved and knowledgeable yoga instructor.

Tue
May 17 – Jun 28 10:30 – 11:30 a.m.
Registered Drop-in \$6

Keeping Connected – Men's Club

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

Fri
May 19 – Jun 30 10:30 a.m. – 12 p.m.
112381 \$57

Keeping Connected – Screen time for Seniors

Learn more about your phones, tablets, laptops, and more! Students from Collingwood will help you learn all about technology and answer your questions. This program occurs once per month on Thursdays.

Thu
May 12 4:30 – 5:30 p.m.
112980 Free

In the Kitchen with Simone

Join us in the Seniors' Activity Centre's commercial kitchen and learn how to make special treats in a class led by Chef Simone. All ages welcome. You will leave the class with a smile and some goodies!

Mon
May 30 4 – 5:30 p.m.
122467 \$12.50

Mon
Jun 27 4 – 5:30 p.m.
122470 \$12.50

NEW Memory and Movement

Exercise your body and mind! Join us for a bit of movement and social time all rolled into one visit. Start with a stretch and some mild exercise, followed by tea time, and some socializing. This course is designed for those living with memory loss and their partners or caregivers. Participants must attend with a friend, caregiver, or loved one. Cost of program includes two participants.

Thu
May 5 – Jun 30 1 – 3 p.m.
123248 \$72

NEW Pottery Workshop at the SAC

Get messy with clay in a special clay creation class led by Julie! Create a simple pinch pot and learn coiling and embossing techniques.

Fri
Jun 24 1 – 3 p.m.
123247 \$30



NEW Intergenerational - Reading Remedy Book Club

Avid readers, come join! We are looking for participants who are passionate about reading and discussion to take part in this novel discussion initiative with our youth every six weeks. Refreshments will be served. This fun book club will explore a new book every session.

Sat 11 a.m. - 12 p.m.
Registered drop-in \$2.50

112451 May 21

112453 Jun 11

NEW Intergenerational - Make It! Workshops

Put your creativity to work with this fun group. Work on different projects each month, with all items being sold at the Seniors' Activity Centre. This is an intergenerational initiative for youth and seniors. All proceeds will go towards Feed the Need. This activity is free, all supplies will be provided.

Thu
May 26 4 - 6 p.m.
119791 Free

Sat
May 28 11 a.m. - 1 p.m.
119800 Free

Thu
Jun 16 4 - 6 p.m.
119792 Free

Sat
Jun 18 11 a.m. - 1 p.m.
119801 Free

NEW Fill Your Bucket Flower Arranging Workshops

Every season is known for its own greens and flowers, and there's nothing quite like a bucket full of seasonal greens! Learn how to make a wide bouquet, and leave with a handful of beauty and a smile! Vase and flowers will be provided.

Thu
May 5 1:30 - 3:30 p.m..
112389 \$65

PROGRAMS AT THE WEST VANCOUVER MEMORIAL LIBRARY

Learn about all of 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 provide assistance: 604-925-7400.

**Music Talks: The Language of Music with Gerard O'Leary (virtual)**

University of Victoria instructor Gerard O'Leary will explore a wide variety of classical works and discuss how we as listeners experience and perceive music.

Tue
May 3 - May 24 10:30 a.m. - 12 p.m.
Virtual (via Zoom) Free

Emergency Preparedness Basics (virtual)

Hosted by North Shore Emergency Management (NSEM), participants will learn how to create an emergency plan and kit, and review *Alertable*, the North Shore's new emergency notification system.

Wed
May 4 7 - 8 p.m.
Virtual (via Zoom) Free

Finding Your Gut Bliss (virtual)

Join Jess Pirnak, Registered Dietitian and Certified Wellness Coach, as she discusses what it means to have a healthy gut, the signs and symptoms of an unhealthy gut, and ways you can restore your gut health.

Thu
May 12 11 a.m. - 12 p.m.
Virtual (via Zoom) Free

Friday Night Concert: Black Gardenia

Black Gardenia takes listeners on a vintage tour of jazz, folk, and blues of the 20's, 30's, and 40's.

Fri
May 27 7:30 - 8:45 p.m.
WVML Main Hall & YouTube Live Free

GARDEN SIDE CAFÉ LUNCHES

MAY

SUNDAY, MAY 1

Take-out service only

MONDAY, MAY 2

Spanish-style Pork Chops, Rice,
Seasonal Vegetables

TUESDAY, MAY 3

Spanakopitas, Tzatziki, Roasted Potatoes,
Marinated Tomato & Cucumber Salad

WEDNESDAY, MAY 4

Mediterranean Turkey Chili with
Romaine Salad, Dinner Roll

THURSDAY, MAY 5

Liver & Onions, Gravy, Mashed
Potatoes, Vegetables

FRIDAY, MAY 6

Salmon Filet with Lemon Butter
White Wine Caper Sauce,
Roasted Potatoes, Mix Vegetables

SATURDAY, MAY 7

Take-out service only

SUNDAY, MAY 8

Take-out service only Mother's Day Special

MONDAY, MAY 9

Salisbury Steak, Mashed Potatoes,
Mixed Vegetables

TUESDAY, MAY 10

BBQ Chicken Leg, Roasted Potatoes, Salad

WEDNESDAY, MAY 11

Sweet & Sour Pork, Rice, Steamed Broccoli

THURSDAY, MAY 12

Loaded Vegetarian Quiche (Peppers,
Onion, Zucchini, Mushroom, Cheese),
Caesar Salad

FRIDAY, MAY 13

Seafood Newburg, Rice Pilaf,
Mixed Vegetables

SATURDAY, MAY 14 &

SUNDAY, MAY 15

Take-out service only

MONDAY, MAY 16

Homemade Chicken Schnitzel, Cranberry
Sauce, Mashed Potatoes, Mixed

TUESDAY, MAY 17

Ham & Cheese Quiche, Caesar Salad

WEDNESDAY, MAY 18

Spaghetti with Meat Sauce, Garlic Toast

THURSDAY, MAY 19

Cabbage Rolls with Pierogies and
Sour Cream, Salad

FRIDAY, MAY 20

Baked Cod with Rustic Tomato
Vegetable Sauce, Rice Pilaf, Vegetables

SATURDAY, MAY 21 &

SUNDAY, MAY 22

Take-out service only

MONDAY, MAY 23

CLOSED - Victoria Day

TUESDAY, MAY 24

Beef Meatloaf with Roasted Leek Gravy,
Mashed Potatoes, Peas & Carrots

WEDNESDAY, MAY 25

Pork Goulash, Parslied Potatoes,
Seasonal Vegetables

THURSDAY, MAY 26

Chicken Teriyaki, Rice, Stir Fry Vegetables

FRIDAY, MAY 27

Sole Florentine, Rice Pilaf, Sautéed Carrots

SATURDAY, MAY 28 &

SUNDAY, MAY 29

Take-out service only

MONDAY, MAY 30

Greek-style Roasted Chicken, Tzatziki,
Lemon Rosemary Potatoes, Baked

TUESDAY, MAY 31

Swiss Burgers in Tomato Gravy,
Roasted Red Potatoes, Green Peas

JUNE

WEDNESDAY, JUNE 1

Sweet & Sour Pork, Rice, Steamed Broccoli

THURSDAY, JUNE 2

BBQ Chicken Leg, Rice Pilaf, Vegetables

FRIDAY, JUNE 3

Baked Fish on Ratatouille, Rice, Side Salad

SATURDAY, JUNE 4 &

SUNDAY, JUNE 5

Take-out service only

MONDAY, JUNE 6

Italian Sausages with Peppers and
Onions, Duo of Mustards,
Homemade Warm Potato Salad

TUESDAY, JUNE 7

Spanakopitas, Tzatziki, Roasted
Potatoes, Marinated Tomato and
Cucumber Salad

WEDNESDAY, JUNE 8

Tuscan Chicken Stew, Salad

THURSDAY, JUNE 9

Turkey Chili with Romaine Salad,
Cornmeal Muffin

FRIDAY, JUNE 10

Curried Basa Fish Filet, Rice Pilaf, Salad

SATURDAY, JUNE 11 &

SUNDAY, JUNE 12

Take-out service only

MONDAY, JUNE 13

Breaded Beef Liver with Roasted Onions,
Gravy, Mashed Potatoes, Vegetables

TUESDAY, JUNE 14

Spanish-style Pork Chops, Rice,
Seasonal Vegetables

WEDNESDAY, JUNE 15

Crab Swiss & Green Onion Quiche,
Caesar Salad

THURSDAY, JUNE 16

Beef Stroganoff, Pasta, Harvard Beets

FRIDAY, JUNE 17

Fish & Chips, Kale Slaw

SATURDAY, JUNE 18

Take-out service only

SUNDAY, JUNE 19

Take-out service only Father's Day Special

MONDAY, JUNE 20

Swedish Meatballs with Linguine,
Duo of Beets Salad

TUESDAY, JUNE 21

Balsamic Glazed Chicken, Roasted
Red Potatoes, Seasonal Vegetables

WEDNESDAY, JUNE 22

Vegetable Lasagna, Side Salad

THURSDAY, JUNE 23

Pork Chops with Country Gravy,
Mashed Potatoes, Vegetables

FRIDAY, JUNE 24

Rigatoni with Arrabbiata Sauced
Shrimp, Salad, Garlic Toast

SATURDAY, JUNE 25 &

SUNDAY, JUNE 26

Take-out service only

MONDAY, JUNE 27

Homemade Chicken Schnitzel,
Cranberry Sauce, Mashed Potatoes,
Mixed Vegetables

TUESDAY, JUNE 28

Classic Beef Meatloaf with Gravy &
Mashed Potatoes, Roasted Root Vegetables

WEDNESDAY, JUNE 29

Loaded Vegetarian Quiche,
Four Bean Salad on a bed of Lettuce

THURSDAY, JUNE 30

Cabbage Rolls with Pierogies and
Sour Cream, Salad



CEDAR LIVING

REDEFINE
RETIREMENT

A HOME TO REDEFINE THE RETIREMENT FOR WEST VANCOUVER

Cedarliving—a new retirement living community—is being planned for West Vancouver, and to ensure that the needs of the community are considered at this planning stage, the Cedarliving team would like to invite the community’s input on this project



YOUR FEEDBACK IS NEEDED

To provide comments and suggestions, please email survey@cedarliving.ca
To learn more, visit cedarliving.ca

She Held Their Hands



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

- Margot Ware, Shylo Owner/Director

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



ShyloHomeHealthcare.ca



Veterans Affairs
Canada



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