

26  
WINTER

# THE SCENE

*A West Vancouver Seniors' Activity Centre Publication*

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SENIORS' ACTIVITY CENTRE

695 - 21st Street

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

*west vancouver*



# Award Winning Dining, *Every Day*

There's nothing better than enjoying delicious food that's as nourishing as it is beautifully prepared. And that's exactly what you'll find at PARC—exceptional cuisine crafted daily by our talented Red Seal Certified chefs.

Our talented culinary team is proud to serve dishes that consistently wow residents and community members alike, with their most recent award being the 2025 People's Choice win at the Best of the West Culinary Competition. Pair mouth-watering meals with an active, social lifestyle and a wide array of activities and stylish suites, and you're living a West Coast senior lifestyle that can't be surpassed.

*Call Kirk Lively & Jasmine Jeon  
at 604.922.9888 to book your  
personalized tour today!*

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westerleigh  
parc

[parcliving.ca/westerleigh](https://parcliving.ca/westerleigh)

# Contact us

695 21st Street  
West Vancouver, BC V7V 4A7  
SAC Call Centre 604-925-7280  
General Call Centre 604-925-7270  
Seniors' Outreach 604-925-7271

**SAC Call Centre Hours**  
Mon to Sun 8:30 a.m. – 4 p.m.

If you are unable to connect with us on the SAC Call Centre line, please call the General Call Centre line. You can also email us at [activewestvanrec@westvancouver.ca](mailto:activewestvanrec@westvancouver.ca).  
Web [westvancouver.ca/seniors](http://westvancouver.ca/seniors)

## HOURS OF OPERATION

**Front Desk Hours**  
Mon to Sun 8:30 a.m. – 4 p.m.

**Building Hours**  
Mon to Thu 8:30 a.m. – 8 p.m.  
Fri to Sun 8:30 a.m. – 4 p.m.

## GARDEN SIDE CAFÉ

**Hours of Operation**  
Mon, Wed, and Fri 9 a.m. – 2 p.m.  
Tue and Thu 9 a.m. – 7 p.m.  
Sat and Sun 9 a.m. – 2 p.m.

## Dine-in Service

**Lunch**  
Mon to Sun 11:30 a.m. – 1:30 p.m.  
**Dinner**  
Tue and Thu 4:30 – 7 p.m.

## Daily Food Service

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

## UPCOMING CLOSURES:

Thursday, December 25 – Christmas Day  
Friday, December 26 – Boxing Day  
Wednesday, January 1 – New Year's Day

## ENQUIRIES AND ADVERTISING

If you have any questions related to this publication or would like to advertise in *The Scene* magazine, please email the marketing team at [leisureguide@westvancouver.ca](mailto:leisureguide@westvancouver.ca) or call 604-925-7285.

# Welcome to *The Scene*

This publication is available quarterly (in print and online) on the following dates in 2026: Spring (Feb 4), Summer (May 13), Fall (Jul 15), and Winter (Nov 9).

## SUBSCRIBE TO THE SAC E-NEWS

We also 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](http://westvancouver.ca/newsletters) or scan the QR code.



## BECOME A SAC MEMBER (55+)

Purchase your annual membership today at the front desk and ask about the many benefits! (Cost: \$42). *Price quotes in The Scene are member rates. Non-members are welcome to participate in some programs at a higher rate (ask the front desk). To view member and non-member pricing, visit [activewestvanrec.ca](http://activewestvanrec.ca).*

**Please pre-register for all classes, workshops, and lectures before the first day. Insufficient registration prior to the first day can result in cancellation.**

## EDITORIAL

**Editors** Sabina Kasprzak and Sophie Fonseca

**Advertising** Sabina Kasprzak

**Publisher** District of West Vancouver

**Print** Still Creek Press

**Cover photo** Sophie Fonseca

*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](http://westvancouver.ca/registration).

Registration for winter general programs starts at 8 a.m. on **Thursday, December 11**. Spring registration for general programs starts on **Thursday, February 26**. Visit [westvancouver.ca/recactivities](http://westvancouver.ca/recactivities) for availabilities.

## Refunds

For refunds, visit [westvancouver.ca/registrationandrefunds](http://westvancouver.ca/registrationandrefunds) or scan the QR code.



## 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).

## 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](http://westvancouver.ca/seniors) before you place an order.

**ON THE COVER:** Dave Patrick with friends, proudly gathered in front of the Canadian flag at the Seniors' Activity Centre.

# 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.

For more information, email [legacyfundinfo@westvancouver.ca](mailto:legacyfundinfo@westvancouver.ca).



## 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.

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

## ⌘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. to 3 p.m.

### Donation drop-off

Monday to Sunday  
8:30 a.m. to 4 p.m.

*"We can also assist with downsizing and picking up small furniture."*

Visit [westvancouver.ca/sacson21st](http://westvancouver.ca/sacson21st).



## 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 businesses 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 a brochure at the SAC front desk, visit [westvancouver.ca/ridewithus](http://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, and people who are new to Canada who 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](mailto:akowalczyk@westvancouver.ca), or visit [westvancouver.ca/access](http://westvancouver.ca/access).

# Our Program and Assistant Program Coordinators



## **SUPERVISOR**

**Davida Witala**

*Community Recreation Supervisor  
Seniors' Services and Volunteers*

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dwitala@westvancouver.ca



## **ADMINISTRATION, CUSTOMER SERVICE, AND FACILITY RENTALS**

**Kayla Grass**

*Recreation Facility Clerk Supervisor*

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kgrass@westvancouver.ca



## **SHUTTLE BUS, TRIPS, SPORTS, GARDEN CLUB, VISUAL, AND HOBBY ARTS**

**Priscille Leroux**

*SAC Program Coordinator*

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pleroux@westvancouver.ca



## **SPECIAL EVENTS, MUSIC, DANCE, BILLIARDS, GAMES, AND 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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## **SENIORS' OUTREACH**

**Jennifer Jeffrey**

*SAC Community Outreach Program  
Coordinator*

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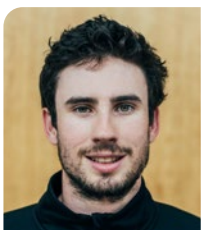


## **ACCESS SERVICES, RECREATION FINANCIAL ASSISTANCE**

**Adriana Kowalczyk**

*Access Services Program Coordinator*

604-925-7279  
akowalczyk@westvancouver.ca



## **HEALTH, FITNESS, AND REHABILITATION**

**Ian Horne**

*Program Coordinator*

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lhorne@westvancouver.ca



## **SENIORS' OUTREACH - KEEPING CONNECTED AND WELLNESS PROGRAMS**

**Stephanie Jordan**

*SAC Outreach Program Coordinator*

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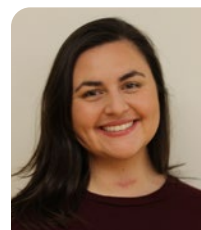


## **FOOD SERVICES, GARDEN SIDE CAFÉ, AND COFFEE BAR**

**Lou Novosad and Simone Galan-Prestes**

*SAC Food Services Program Coordinators*

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



## **PROGRAMS AND EVENTS**

**Hannah Rennie**

*SAC Assistant Program Coordinator*

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# Volunteers

Scan the QR code below for more information. ([westvancouver.ca/volunteer](http://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 of 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](http://activewestvanrec.ca), or by calling **604-925-7270**.

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		
Jan 25		10 a.m. - 1 p.m.
<b>205332</b>	\$20 (free for SAC members)	
Sun		
Mar 8		10 a.m. - 1 p.m.
<b>205333</b>	\$20 (free for SAC members)	

### JOIN THE ADVISORY BOARD

The Seniors' Activity Centre Advisory Board is recruiting new volunteer board members. Pick up an application at the Seniors' Activity Centre front desk today.

The application deadline is Saturday, January 31 by 4 p.m.

To learn more about preferred candidate qualifications, visit [westvancouver.ca/seniors](http://westvancouver.ca/seniors).

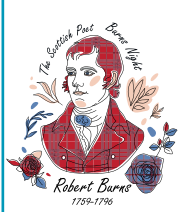
### SAVE THE DATE! SAC ANNUAL GENERAL MEETING

Join us for the Seniors' Activity Centre's Annual General Meeting. Everyone is welcome!

Fri	Activity Room
Mar 13	2 - 3:30 p.m.

## Upcoming Events

### JANUARY



**22**  
THURSDAY

**Robbie Burns Day**

### FEBRUARY



**14**  
SATURDAY

**Valentine's Day-Themed Music by Luke Sanford**

See page 13

### FEBRUARY



**17**  
TUESDAY

**Lunar New Year-Themed Dinner**

### MARCH



**13**  
FRIDAY

**Annual General Meeting**

See page 6

### APRIL



**12**  
SUNDAY

**Save the date! High Tea**

Keep an eye out for details in the *Spring Scene*.

See **Social/Events and Trips** section on page 13 for details.

Visit [westvancouver.ca/eventsandtrips](http://westvancouver.ca/eventsandtrips) for all upcoming events.

## Garden Side Café

Please see page 3 for Garden Side Café hours.

### FIRESIDE COFFEE BAR AND LOUNGE

Open Monday to Saturday  
9 a.m. to 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!



# Registered Programs

For refund information, please see page 3 of *The Scene*. For a complete list of programs, visit [westvancouver.ca/recactivities](http://westvancouver.ca/recactivities).

Program availability may be adjusted. For an up-to-date list of adult 55+ programs, please visit [westvancouver.ca/seniors](http://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](http://westvancouver.ca/visualarts) or scan the QR code to go to the page.



#### Drawing and Painting: Open Studio

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

Mon  
Jan 5 – Mar 23 9 a.m. – 12 p.m.  
**204139** \$30.25

Mon  
Jan 5 – Mar 23 12:30 – 3:30 p.m.  
**204140** \$30.25

Tue  
Jan 6 – Mar 24 9 a.m. – 12 p.m.  
**204141** \$33

Wed  
Jan 7 – Mar 25 12:30 – 3:30 p.m.  
**204142** \$33

#### Drawing and 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 images that you would like to paint.

Thu  
Jan 8 – Mar 26 9 a.m. – 12 p.m.  
**204143** \$33

#### Drawing and Painting: Watercolour with Lynn Colpitts

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

Tue  
Jan 6 – Mar 24 12:30 – 3:30 p.m.  
**204136** \$276

Thu  
Jan 8 – Mar 26 12:30 – 3:30 p.m.  
**204137** \$276

#### 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  
Jan 9 – Mar 27 12:30 – 3 p.m.  
**204134** \$244.20



#### Painting Fundamentals with Elmira

Join us in 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.

Tue  
Jan 6 – Mar 24 4 – 6 p.m.  
**204135** \$244.20

#### Photo Club

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

Thu  
Jan 8 – Mar 26 1 – 3 p.m.  
**204162** \$39

#### Stained Glass Studio Time

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

Wed  
Jan 7 – Mar 11 12:30 – 3:30 p.m.  
**204169** \$64

## 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  
Jan 6 – Mar 24 9 a.m. – 12 p.m.  
**204144** \$38.40

#### NEW! Quilting and Spinning Club

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

Wed  
Jan 7 – Mar 25 12:30 – 3:30 p.m.  
**204147** \$33

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

### Tuesday Open Studio Time

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

Tue  
Jan 6 – Mar 24 12:30 – 3:30 p.m.  
**204145** \$33

### 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  
Jan 9 – Mar 27 9 a.m. – 12 p.m.  
**204146** 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 18y will need an adult to supervise them. Please pre-register for a weekly time slot.

Sat \$2.75 per session  
Jan 10 – Mar 21 10 a.m. – 12:30 p.m.

### NEW! Learn to Crochet

Discover the joy of creating with yarn! Learn how to hold a hook, start simple stitches, and follow easy patterns. No experience required.

Mon  
Jan 5 – Mar 23 5:30 – 7:30 p.m.  
**204403** \$165

### 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  
Jan 7 – Feb 11 9 a.m. – 12 p.m.  
**204170** \$123.60

Wed  
Feb 18 – Mar 25 9 a.m. – 12 p.m.  
**204652** \$123.60



## Music

For a complete listing of **Music** programs, visit [westvancouver.ca/music](http://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  
Jan 7 – Mar 25 1:30 – 2:30 p.m.  
**204427** \$127.60

### 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  
Jan 9 – Mar 27 1 – 2 p.m.  
**205281** Free, please register

### 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  
Jan 12 – Mar 30 10:30 a.m. – 12 p.m.  
**204424** \$183.85

### 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  
Jan 13 – Mar 31 1 – 3 p.m.  
**204425** \$143.30

### Recorders Advanced

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

Thu  
Jan 8 – Mar 26 10:30 a.m. – 12 p.m.  
**204423** \$40.25

### Dundarave Players

Make music with the 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](mailto:mdevries@westvancouver.ca) prior to registration to receive information before the start date. *No instructor.*

Tue  
Jan 6 – Mar 24 9:15 – 11:15 a.m.  
**204422** \$39.20

### 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  
Jan 6 – Mar 24 11:30 a.m. – 12:30 p.m.  
**204426** \$156.35

### NEW! Nostalgia with Attitude 3 Part Series

Investigate pop culture through the musical storytelling talents of Lynne McNamara (vocalist), James Maclaren Hill (saxophone, clarinet, flute), and Bob York (keyboards). Learn about the songs, themes, and performers that

influenced Broadway musicals, Hollywood movies, television shows, and recordings.

Tue  
3:30 – 5 p.m. \$15 per session

Part 1  
**204451** Jan 27

Part 2  
**204452** Feb 24

Part 3  
**204453** Mar 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 able to play a jazz musical instrument and have some familiarity with jazz concepts. Our purpose is to have fun while making music! *No instructor.*

Sat \$3.25 per session  
Jan 10 – Mar 28 10:30 a.m. – 12:30 p.m.

## Dance

For a complete listing of **Dance** programs, visit [westvancouver.ca/dance](http://westvancouver.ca/dance) or scan the QR code to go to the page.



### 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  
Jan 9 – Feb 13 2:15 – 3 p.m.  
**204460** \$75.30

Fri  
Feb 20 – Mar 27 2:15 – 3 p.m.  
**204464** \$75.30



### 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 as you learn something new each class. Non-grip exercise shoes are recommended.

Fri  
Jan 9 – Feb 13 3:15 – 4 p.m.  
**204461** \$75.30

Fri  
Feb 20 – Mar 27 3:15 – 4 p.m.  
**204463** \$75.30

### 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  
Jan 5 – Mar 30 3:30 – 4:30 p.m.  
**204428** \$67.50

### Line Dancing Level 2 Beginners

This class is for those with 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 steps and dances.

Mon  
Jan 5 – Mar 30 2:15 – 3:15 p.m.  
**204429** \$67.50

### 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  
Jan 5 – Mar 30 1 – 2 p.m.  
**204430** \$67.50

### 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  
Jan 9 – Mar 27 10:30 a.m. – 12:30 p.m.  
**204432** \$92.45

### 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*

**204446** Jan 22 (Lou Marocco)

**204447** Feb 26 (Colin Re)

**204448** Mar 26 (stay tuned!)

## Woodworking

### Woodworking: Level 1 – Beginners

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

Wed  
Jan 7 – Mar 25 9 a.m. – 12 p.m.  
**204742** \$90

### 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  
Jan 5 – Mar 23 9 a.m. – 12 p.m.  
**204732** \$82.50

Fri  
Jan 9 – Mar 27 9 a.m. – 12 p.m.  
**204739** \$90

**Woodworking: Level 3 - Advanced**

Bring your own plan and wood 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  
Jan 5 - Mar 23 1 - 4 p.m.  
**204733** \$82.50

Tue  
Jan 6 - Mar 24 9 a.m. - 12 p.m.  
**204734** \$90

Wed  
Jan 7 - Mar 25 1 - 4 p.m.  
**204737** \$90

Fri  
Jan 9 - Mar 27 1 - 4 p.m.  
**204740** \$90

**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  
Jan 6 - Mar 24 1 - 4 p.m.  
**204735** \$90

**Woodworking: Woodturning Level 2/3 - Intermediate/Advanced**

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

Wed  
Jan 7 - Mar 25 1 - 4 p.m.  
**204787** \$90

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

**Woodworking: Women's Woodturning Level 2 - Intermediate**

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

Tue  
Jan 6 - Mar 24 1 - 4 p.m.  
**204736** \$90

**Woodcarving and Wood Sculpture**

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

Thu  
Jan 8 - Mar 26 9 a.m. - 12 p.m.  
**204738** \$90

Thu  
Jan 8 - Mar 26 1 - 4 p.m.  
**204741** \$90

**LEARNING**

For a complete listing of **Learning** programs, visit [westvancouver.ca/learning](http://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  
Jan 7 - Mar 11 10 - 11:30 a.m.  
**204406** \$37.60

**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  
Jan 6 - Mar 10 10:30 a.m. - 12:30 p.m.  
**204407** \$45.50

**Spanish in Three Months Part 2**

Learn basic grammar, vocabulary, and conversation skills through exercises based on real life scenarios. This continuation course is designed for those wanting to learn Spanish with a more committed approach.

*Requirements: at-home studying and 'Spanish in Three Months,' by Isabel Cisneros and Douglas DK. Instructor: Elias M.*

Thu  
Jan 8 - Mar 26 5:45 - 7:15 p.m.  
**204419** \$207.80

**Spanish with Elias Intermediate**

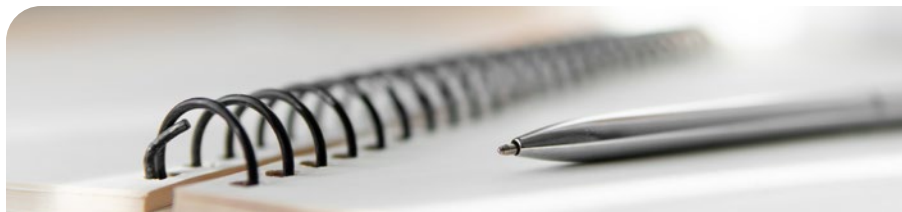
Improve your skills by reinforcing the preterit, imperfect and future tenses, and adding the conditional tense. Learn the imperative tense and situational conversation for moving around the city or when discussing past or future activities. Engage and interact with the class to enhance your speaking/listening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

Thu  
Jan 8 - Mar 26 4 - 5:30 p.m.  
**204418** \$207.80

**Farsi with Bitra**

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

Tue  
Jan 6 - Mar 10 12:30 - 1:30 p.m.  
**204405** \$34.50



## Writing and 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		
Jan 5 - Mar 9	1 - 3 p.m.	
<b>204421</b>		\$32.45

### 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		
Jan 8 - Feb 12	1:30 - 3:45 p.m.	
<b>204420</b>		\$106.40

Thu		
Feb 19 - Mar 26	1:30 - 3:45 p.m.	
<b>204611</b>		\$106.40

## General

### New Member and Guest 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
<b>205548</b>		Jan 27
<b>205549</b>		Feb 24
<b>205550</b>		Mar 24

### 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		
Jan 6 - Mar 17	4 - 5:30 p.m.	
<b>204132</b>		\$31

### Hot Topics International Affairs

Join Jon Scott for discussions about 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		
Mar 6 - May 1	1 - 2 p.m.	
<b>204449</b>		\$27

### Ted Talks Series

Watch and discuss a Ted Talk with us! This monthly session is designed to introduce innovative ideas and stimulate conversation.

Tue		
12:30 - 2 p.m.	Free, please register	
<b>205285</b>		Jan 27
<b>205286</b>		Feb 17
<b>205287</b>		Mar 17

### Candle Making Workshops

Create your own soy candle in a charming vintage teacup! Learn the basics of candle making, from melting and scenting to pouring and decorating with pressed flowers. Craft an eco-friendly keepsake you'll treasure or gift to someone special. All supplies, except a teacup, are provided.

### Valentine's-Themed

Thu		
Feb 12	4:30 - 6:30 p.m.	
<b>204631</b>		\$60

### Spring Inspired

Sat		
Mar 21	10 a.m. - 12 p.m.	
<b>204632</b>		\$60

### Book Club Afterwords

Join two retired librarians for discussions about thought-provoking novels! A reading list is available upon registration at the Seniors' Activity Centre front desk after registering. Group meets on the first Friday of each month. *Leaders: Julia H. and Elizabeth A.*

Fri		
Jan 9 - Apr 3	10:30 a.m. - 12:30 p.m.	
<b>204450</b>		\$17.30

### NEW! Monologues from Image to Impulse

Have you ever wanted to know how actors do what they do? Learn and experience 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		
Jan 7 - Feb 11	3 - 6 p.m.	
<b>205233</b>		\$119.25

### 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		
Mar 4 - 25	3 - 6 p.m.	
<b>205235</b>		\$79.50



## 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  
Jan 8 – Mar 12 1 – 3 p.m.  
**205406** Free, registration required

## Flight Simulation

Come fly with us! Meet biweekly with other aeronautical enthusiasts.

Fri \$3.25 per session  
Jan 9 – Mar 27 10:15 a.m. – 12:15 p.m.

## Games

### DROP-IN GAMES

Pre-register for these weekly time slots! Cost: \$3 per session.

#### Scrabble and Mahjong

Sat  
Jan 3 – Mar 28 1 – 3 p.m.

#### Bridge Social

Sun  
Jan 4 – Mar 29 9 a.m. – 12 p.m.

#### Cribbage

Sun  
Jan 4 – Mar 29 1:30 – 3:30 p.m.

#### Chess

Mon  
Jan 5 – Mar 30 3 – 6 p.m.

## Duplicate Bridge

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

Wed  
Jan 7 – Mar 25 12:30 – 4 p.m.  
**204454** \$60

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

## Bridge with Stephen Basics 3

Have you mastered the basics of bidding and declarer play and wish to take your skills to the next level? Join us for a combination of discussion and practice play, providing a social occasion, an intellectual challenge, and lots of fun. The focus is on defensive play. Lesson handouts are included. *Prerequisites: Bridge with Stephen Basics 1 and 2.*

Tue  
Jan 6 – Feb 10 3:30 – 5:30 p.m.  
**204633** \$110

## Bridge with Stephen Intermediate 1

Learn more about the world's greatest card game! Discover why bridge becomes a lifelong passion for enthusiasts through social occasion, fun, and intellectual stimulation. Designed for those who have completed the basic courses and want a structured review of the modern five-card major bidding system. Lesson handouts are included. *Prerequisites: Bridge with Stephen Basics 1, 2, and 3.*

Tue  
Feb 17 – Mar 24 3:30 – 5:30 p.m.  
**204634** \$110

## 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 1 course). Class format is brief discussion with illustrative exercises followed by play of hands from a duplicate bridge club.

Wed  
Jan 7 – Feb 11 3:30 – 5:30 p.m.  
**204635** \$137

Wed  
Feb 18 – Mar 25 3:30 – 5:30 p.m.  
**204636** \$137

## Bridge with Tai 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  
Jan 5 – Feb 9 4:30 – 6:30 p.m.  
**204456** \$89

Fri  
Feb 20 – Mar 27 2:15 – 4 p.m.  
**204459** \$89

## 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. *Prerequisites: Bridge with Tai Level 1.*

Fri  
Jan 9 – Feb 13 2:15 – 4 p.m.  
**204458** \$89

Mon  
Feb 16 – Mar 23 4:30 – 6:30 p.m.  
**204457** \$74.75

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

## SOCIAL

## Events and Trips

For a complete listing of **Events and Trips**, visit [westvancouver.ca/eventsandtrips](http://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 and 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.

### **Enjoy the Journey—Wildlife Photographer of the Year**

The prestigious Wildlife Photographer of the Year exhibition is back at the Royal BC Museum with 100 new incredible photos showcasing the best from around the world. Enjoy lunch at Steamship Grill on Victoria's Inner Harbour.

Wed  
Feb 25 6:45 a.m. – 8 p.m.  
**205110** \$159

### **Enjoy the Journey Tours—a Day in Victoria**

Escape to Victoria for a day of charm! Wander through Cook Street Village's shops and cafés and take time to explore historic Government Street, the Inner Harbour, and many restaurants.

Tue  
Mar 10 6:50 a.m. – 8 p.m.  
**205111** \$99

### **Tea and Trumpets—Star-Crossed Lovers**

Hop on our bus to Tea and Trumpets for the "Star-crossed Lovers" performance! This is for the transportation to and from the Orpheum only, please purchase your own ticket to the show.

Thu  
Feb 5 12:30 – 4:30 p.m.  
**204934** \$8.50

### **Tea and Trumpets—Afternoon at the Oscars**

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

Thu  
Mar 26 12:30 – 4:30 p.m.  
**204935** \$8.50

### **Great Canadian Casino Vancouver**

The Great Canadian Casino Vancouver has it all! Divulge in a diverse gaming floor with over 920 slots, 37 table games, 42 electronic table games, and on-site restaurants, including Asylum, Rock House Grill, Chopsticks, and Gordon Ramsay Burger.

Thu  
Jan 22 10 a.m. – 3 p.m.  
**204816** \$20

### **IKEA Coquitlam**

Join us as we visit the IKEA store in Coquitlam! Wander the incredible show rooms for home décor ideas and shopping. Stop for a bite to eat and bring home small items on the bus.

Thu  
Feb 12 10 a.m. – 3 p.m.  
**204836** \$20

### **NEW! Music Performance**

Join us for a free musical performance! Bands and musicians will alternate monthly and will be posted one month before the performance.

Sat  
2 – 3 p.m. Free

**205288** Jan 24

**205289** Feb 28

**205290** Mar 28

### **NEW! Music by Pianist Luke Sanford**

Join us for live music by pianist and singer, Luke Sanford! Sanford's repertoire includes a wide range of pop, rock standards, and show tunes.

Sat  
Feb 14 2 – 3:30 p.m.  
**204483** \$7.50

### **NEW! Music by Francis Baptiste**

Enjoy music by Indigenous songwriter, Francis Baptiste, who covers topics of cultural reclamation, addiction, and fatherhood.

Sat  
Mar 14 2 – 3:30 p.m.  
**205130** \$10

## SPORTS

For a complete listing of **Sports** programs, visit [westvancouver.ca/sports](http://westvancouver.ca/sports) or scan the QR code to go to the page.



### **DROP-IN SPORTS**

Pre-register for these weekly time slots!  
Cost: \$3.50 per session.

#### **Table Tennis 55y+**

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

Tue  
Jan 6 – Mar 24 3:30 – 5:30 p.m.

Thu  
Jan 8 – Mar 26 2:30 – 4:30 p.m.

Sat  
Jan 10 – Mar 28 1 – 3 p.m.

Sun  
Jan 11 – Mar 29 1 – 3 p.m.

**Table Tennis 13y+**

Join us for a fun-filled intergenerational session to connect, compete, and enjoy the game together! Participants under 18y will need the supervision of an adult. Bring your own paddle.

Wed  
Jan 7 - Mar 25 6:15 - 8 p.m.

**Badminton 55y+**

Improve your fitness and coordination while having fun with peers in this friendly, active, and social environment.

Thu 10:30 a.m. - 12:30 p.m.  
Jan 8 - Mar 12

## Outdoor Rec

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



If you are new or would like more information about one of our outdoor activity programs, please email [pleroux@westvancouver.ca](mailto:pleroux@westvancouver.ca).

To find out what's happening each month, visit [westvancouver.ca/sports](http://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.*

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

To be added to the 2026 cyclist waitlist, please register using code **147563** and contact [pleroux@westvancouver.ca](mailto:pleroux@westvancouver.ca). You will be assessed, and a group will be recommended for you.

**Turtles - 2026 Annual Registration**

The Turtles are riders in their 70s and 80s who enjoy relaxing social rides around Metro Vancouver and the North Shore. Rides include short (15 to 25 km) and long (35 to 50 km) riding options at 18 to 20 km per hour. New members are welcome.

Tue and Thu  
Jan 6 - Dec 17 9 a.m. - 3 p.m.  
**205038** \$36

**Coast Riders - 2026 Annual Registration**

Enjoy cycling throughout the North Shore and Greater Vancouver from April to October! Rides range from 30 to 50+ km (15 to 19 km per hour) with distance increasing as the season progresses. Start at the Seniors' Activity Centre with drive to ride options and an emphasis on safe group cycling on roads, bike paths, and bridge crossings. Rides are three to four hours long (with a coffee stop).

Wed  
Jan 7 - Dec 16 9 a.m. - 2 p.m.  
**205031** \$18

**Easy Riders - 2026 Annual Registration**

Stay fit, have fun, and ride safely year-round. Rides range from 35 to 70 km at an average pace of 15 to 20 km per hour. Riders must be comfortable riding in a group in various traffic conditions.

Tue  
Jan 6 - Dec 15 10 a.m. - 3 p.m.  
**205036** \$18

**NorWest - 2026 Annual Registration**

NorWest is a group of experienced cyclists who ride year-round. Rides range from 45 to 75 km with stops for coffee and occasionally lunch. Most rides are at a moderate pace of 23 to 25 km per hour, but there are opportunities for steady-paced, continuous rides. Some rides are drive to ride. Local rides meet at Prospect Point at 9 a.m. (10 a.m. in the winter).

Wed and Fri  
Jan 7 - Dec 18 9 a.m. - 2 p.m.  
**204937** \$36

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

**Silver Wheels - 2026 Annual Registration**

The Silver Wheels Cycling Club is structured for intermediate level cyclists with considerable and varied cycling experience. Rides are social with an emphasis on safe group cycling on various types of road and bike routes, including major bridge crossings and some off-road/gravel sections. Rides are structured into three groups: Espresso, Cappuccino, and Latte.

Mon and Thu  
Jan 5 - Dec 17 9 a.m. - 1 p.m.  
**204936** \$36

**Cross Country Ski and Snowshoe Group Jan-Mar 2026**

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.

Wed and Fri  
Jan 7 - Mar 27 9 a.m. - 1 p.m.  
**204138** \$18

**Ramblers - 2026 Annual Registration**

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.

Mon  
Jan 5 - Dec 28 9 a.m. - 2 p.m.  
**205025** \$18

If you haven't participated in the Ramblers before, please register on the waitlist using code **189516**, and contact Priscille at [pleroux@westvancouver.ca](mailto:pleroux@westvancouver.ca) for an assessment.

**Programs continued on page 23.**

# HOT TOPICS WITH WEST VANCOUVER FIRE AND RESCUE



By Jeremy Calder, Assistant Chief of Fire Prevention

## IN THE KNOW, READY TO GO!

In the event of an emergency on the North Shore, being prepared is your best defense.

North Shore Emergency Management (NSEM) has new resources to help you understand what to do in an evacuation. Visit [nsem.ca/evacuation](http://nsem.ca/evacuation) to access an interactive map, a "Be ready to evacuate" brochure, the North Shore Evacuation Guide, and a helpful FAQ section. These tools will help you know your zone and plan your response.

For real-time alerts, it is vital to sign up for the **Alertable app**. This is the official emergency notification system for the North Shore and will send critical information about evacuation orders directly to your smartphone, email, or even your landline.

Don't delay, prepare today. Download the **Alertable app** or register at [alertable.ca](http://alertable.ca) to ensure you are connected and informed.

*Take care and stay safe,  
Jeremy*



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— Retirement Living —

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VENVI by cogir



# OUR FLAG IS BACK

by Dave Patrick

A small group of people were chatting in the Seniors' Activity Centre lounge recently when the subject of Canadian flags came up. It appears that numerous buildings in West Vancouver have recently installed Canadian flags on their properties, and it was agreed that we should follow suit.

The appropriate department was contacted, approval granted, and on Wednesday, July 23, a Canadian flag was duly erected. It was determined that the most visually pleasing location would be on the eastern side (cafeteria entrance) of the building.

Apparently, there was a flag at one point in time on the building, but unfortunately, we could not locate anyone with knowledge of where it was or why it was removed. Happily, there is once again a Canadian flag fluttering in the breeze, demonstrating our appreciation and respect for this wonderful country that we call home.

A huge 'thank you' to everyone involved in resurrecting a long-held tradition. O' Canada indeed!

Order the **FALL/WINTER BUNDLE** for **\$71.40** and get a **FREE SOUP!**

**NEW MEALS!**



Balsamic Glazed Chicken Breast



Cheddar Crusted Hake



Perogies with Bacon Leek Sauce



Frittata in Roasted Pepper Sauce



Spiced Orange Glazed Ham



Chicken Taco Bowl

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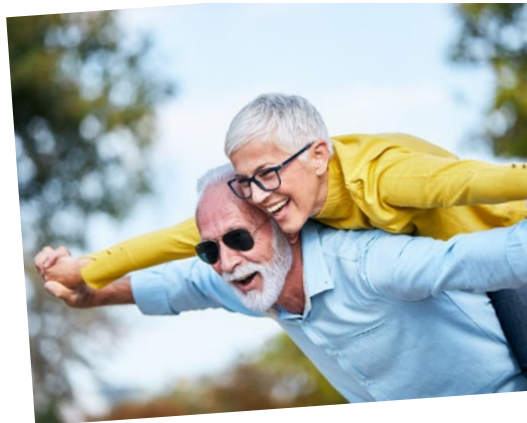
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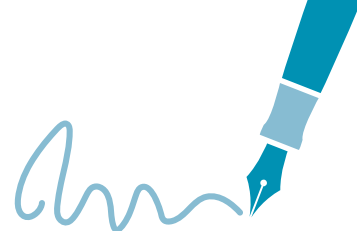
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[www.SureFitDenture.ca](http://www.SureFitDenture.ca)

 **778-723-3348**

**1405 Bellevue Ave, West Vancouver**

# Diary of a fall



Written by Valerie Coles

## Day 1: The fall

It was just an ordinary day—I read the news, tidied up, and planned dinner. Then, in a flash, it became extraordinary: I was flat on the floor.

Suddenly, the day that was unfolding so normally became unbearable. Flat on the floor and helpless. My cat knows things are awry and paces around me, worried. The pain builds. I keep staring at the ceiling as if it will tell me what to do next. Where, oh where is my phone?

Miraculously, my son appears, shocked to find me on the floor. A hasty 911 call. A siren grows louder, and two attendants arrive impressively fast. Competent and friendly, they examine and diagnose me with a likely fracture.



Goodbye to my life of beautiful normalcy.

A slick plastic board quickly glides under me and in the blink of an eye, I'm off the floor, onto a stretcher, and out the door.

Neighbours are watching—an ambulance arriving in the middle of the day is like a magnet. Sirens scream as it pulls out and every bump brings a shock-like pain.

Lions Gate Hospital Emergency is crowded and busy. The plastic board slips me onto a bed. First an X-ray, then the dreaded reveal: a fractured femur. I am given painkilling medications and things begin to soften. I'm relieved to learn a bed upstairs on the Orthopedic injury floor is waiting.

## Day 2: Surgery

First a nerve blocker, then a general anesthetic. I'm pain-free by the time I'm wheeled into the operating room. It's buzzing with green-gowned pros. Everyone is masked, busy, and focused. I relax. I'm in good hands. The surgery is fast and over in less than thirty minutes.

## Day 3: Learning the hospital ropes

Like the military, every measurement happens in a precise sequence: blood pressure and temperature, blood test, blood thinner injection, and pain killer. Finally, a welcome breakfast tray.

Later, a nurse delivers a paper basin carrying toothpaste, a toothbrush, and mouthwash.

Mid-morning brings my new physiotherapist for my first corridor walk. It's not easy, but I'm thrilled to feel the sensation of walking. It seems like years.

A lunch tray suddenly appears, and my day goes into repeat mode with tests and painkillers and afternoons precisely mirroring the mornings.

Much of it is standard post-op. Plus, after Covid, more attention is paid to detecting infections.

Nights are the worst. Constant piercing bells that beckon nurses. Bright lights flash off and on randomly. I struggle to get to the commode. Pain creeps up. Sleeping is impossible.

My craving to be back home in my happy normalcy grows by the hour. I learn I won't be discharged until I can climb stairs. On day nine, with the guidance of my physiotherapist and a crutch, I slowly but successfully climbed the stairs.

Transferred to discharge lounge. Prescriptions, explanations, and 'how to' booklets are goodbye gifts.

### Things I'll miss:

- thoughtful, caring nurses (most are)
- expert medical advice
- interesting roommates

### Things I won't miss:

- noise, midnight jabs, bright lights
- snoring roommates
- code blue
- hospital commissary food

*Over the week, I pondered what this level of medical care would cost if I lived in the USA. I'm more grateful than ever that I live on the north side of that significant line.*

### Life lessons I've learned:

- slow down
- savour the moment
- good friends are priceless
- motion is lotion

# SINGLES SEEKING SPARK

Flo was a people-person. Widowed for 15 years, she was 80 when she met Bill in Victoria at a Moose Jaw, Saskatchewan reunion. Flo and Bill found that they shared a lot in common and became romantically involved. They took trips to Las Vegas, New Orleans, the Panama Canal, and up the West Coast.

*Written by Chris Inouye*

Flo had travelled with girlfriends, but travelling with Bill was more enjoyable for her. Neither wanted to move in together but saw each other regularly. Flo lived in Marpole and loved travelling by bus to Victoria where she would stay with Bill for a week or so at a time. Bill enjoyed cooking, which was simply the best as far as Flo was concerned.

**Unexpected connections** like Flo and Bill's happen all the time:

- Gail met her current partner at a local coffee shop when a fellow picked up her latte by mistake.
- Phil fell in love with a fellow bridge player.
- Tom reconnected with a gal who used to do ballroom dancing in the same group before they went their separate ways, had their own families, and lost their spouses.

**Priorities often shift at 55+:**

- companionship over drama
- health and lifestyle compatibility become more important
- blended families and past relationships shape expectations
- values and emotional maturity over surface traits.

## WHAT PREVENTS PEOPLE FROM SEEKING ROMANCE?

There may be emotional and psychological barriers such as fear of rejection, lack of self-confidence, or past relationship trauma. Fear of being hurt or a desire to avoid complications may prevent a person from seeking a relationship. Also, with age comes physical cosmetic changes, chronic health conditions, mobility issues, and lower energy levels. These factors may make people feel less attractive or more self-conscious and vulnerable, thus less willing to put themselves out there. Technology and modern dating culture may cause discomfort about online predators and scams. Baby Boomers are not always comfortable using the internet, apps, and social media.

Despite these concerns, many choose to give dating a try.

## ONLINE DATING

Christine is in her 70s, has been “single” for over 20 years and is not interested in a long-term commitment. She needs her own space for activities she loves, and her family comes first. Her sons encouraged her to try online dating and helped her set up her account on OurTime. Her daughter-in-law helped with screening dates. Three years ago, Christine met a kindred spirit—he had a tight-knit family, is an

avid bike rider, is easy to talk to, and is health focused. He lost his wife of over 40 years several years ago. He is trustworthy and even now will ask when a good time to call would be. Their first date was coffee. Since then, they have travelled together and have met each other’s families. This week, Christine will meet and have a meal with a new “match” in White Rock. Christine emphasizes that she will not reveal her address and always meets at a public venue for a first date.

## How does online dating work?

Completing an initial personality test or questionnaire is a typical starting place. Factors like location, lifestyle preferences, and partnership goals may also determine which profiles the platform sends your way. You may then be able to customize your profile with photos and information about yourself, as well as browse and “like” other users’ profiles. If you match with another user, you can start a conversation with them, potentially leading to a date.

Dating site and app features can vary based on your chosen platform and whether you have a free or premium version. Premium features may include unlimited messaging or increased profile visibility, which reaches a greater number of users. Free versions typically offer fewer features.

## Online Dating Tips

### 1. Create a separate email

### 2. Choose an appropriate website

- sites for 55+ include OurTime, Senior Match, and Date My Age

### 3. Create an engaging profile

- include photographs and action shots
- keep your profile up to date
- be specific about interests and hobbies
- don’t include too much personal information

### 4. Be cautious

- if you decide to meet someone, do so in a public area
- do not reveal where you live



“Aged love is like aged wine; it becomes more satisfying, more refreshing, more valuable.”

*Leo Buscaglia, author and motivational speaker*



## Blind Date - Raina's Story

"When my husband of 25 years died, I was suddenly a single mother of two daughters. It took many years before I felt ready to try and meet someone new. When I did finally venture into online dating, it was with great reluctance and some cynicism as I was anxious and not 100% convinced it was what I really wanted. I had very little interest shown in me, and of the few guys I did meet, I only found one man of interest, but after a few meetings he ghosted me! That was the end of online dating. Over time, I decided that I was okay alone. I had my friends and family, my two cats, and had re-discovered my creativity which brought me a huge amount of joy. But then, about 20 months ago, *The Guardian* newspaper was doing a special feature on dating for the Over 60s and was looking for seven couples to send on a blind date. I applied and much to my amazement, was asked to be one of the seven women. It looked like a fun thing to do, no strings attached, no expectations at all.

Off I went for lunch on a blind date that was publicised across the UK! I met a very nice man, someone who is my age and who, like me, had taken a chance on doing something slightly crazy. I didn't fall in love on that first date but found myself talking to a man who was interesting enough that I felt like I wanted to see him a second time and find out a bit more. Then a third time. Then a fourth...and here I am!

It took a few coffees and walks but we are now very much together and have a great routine of long weekends in each other's hometowns. I still have my own space and time as well as the

added joy of a second home by the sea, a companion to share things with, and the knowledge that someone is holding me in mind, which is one of the best feelings in the world!"

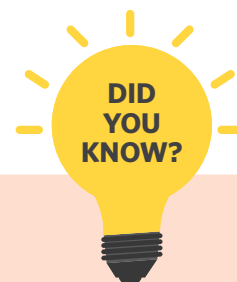
## SPEED DATING

Four women in Avondale, Newfoundland were looking for "kindness, humour, a good sense of fun, and, ideally, a full set of teeth" in a face-to-face setting. They tried six-minute speed dates. Jenny Temple organized the event in part because she's hoping to find a match for her mother, Annie White, an elegant 75-year-old who bakes scrumptious tea buns. Temple saw the need for some way other than dating apps for older adults to connect: "I would hear the stories of lonely people, some were depressed, maybe they moved here, and they don't know anybody, so they're even looking for just friendship," said Temple. She also saw ageism as a barrier. Sometimes children or grandchildren disapprove of them dating. "There's this whole mindset in society - we're so used to seeing, even in the movies, younger people dating. You don't see older adults," she said. "So, I thought, shag this, I'm going to give this a try." The event was called "How Ya Gettin' On?" after a popular Newfoundland expression for "How are you?" Eight women and three men took part. "Everyone deserves to have a life partner," she said. "I would love to find love for people in their 80s and 90s. I don't think it matters how old you are, there's somebody out there for everyone." <https://www.cbc.ca/news/canada/newfoundland-labrador/seniors-speed-dating-avondale-1.7386004>

## MAKING CONNECTIONS!

Some connections are serendipitous, and others are carefully orchestrated. Mutual friends and adult children may act as matchmakers. Travelling brings like-minded people together as does volunteering and churchgoing, hiking and bowling, yoga and even dog walking.

The SAC is a great place to meet people with a current membership of 4,400+ and a multitude of activities and volunteer opportunities. Join the fun!



The number of people living alone in Canada has more than doubled over the last 35 years, from 1.7 million in 1981 to four million in 2016, according to Statistics Canada data - more than a quarter of them were age 65 and older. The report states that the number of seniors living alone because of separation or divorce grew 32% in the 35-year period. Senior women living alone were mainly widows, while most senior men were separated or divorced. Men were "significantly" more likely than women to want to find a partner. <https://www.federalretirees.ca/en/news-views/news-listing/july/looking-for-love>



# SENIOR SAVINGS

Ring in the New Year at the Kay Meek!  
**Save an extra 10% off Senior (65+) tickets**  
 at Kay Meek events this January using your  
 exclusive **JANUARY10** discount code.



**BURNING MOM**  
 January 8 – 9 | 7:30 PM

**IAN PARKER & KERSON LEONG**  
 January 11 | 3:00 PM

**CASSIE AND MAGGIE**  
 January 15 – 17 | 7:30 PM

**KINGS RETURN**  
 January 18 | 7:30 PM

**THE FRETLESS FEAT. MADELEINE ROGER**  
 January 25 | 7:30 PM

**YAGÓDY**  
 January 29 | 7:30 PM

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**The Treasures of Thailand**  
**Jan 5-21, 2026**  
 Double **\$7999**  
 Single **\$9049**

**Oaxaca Mexico**

February 14-23, 2026  
**DbI \$5899 Sgl \$6899**

**Kootenays**

May 25-31, 2026  
**DbI \$2199 Sgl \$2799**

**Portugal Vacation**

Sep 15 Oct 7, 2026  
**DbI \$10,499 Sgl \$12,999**

**Tofino**

April 27-30, 2026  
**DbI \$1849 Sgl \$2449**

**Rocky Mountain High**

June 1-6, 2026  
**DbI \$2499 Sgl \$3149**

**Cartagena Colombia**

November 17-30, 2026  
**DbI \$6499 Sgl \$8799**

**Includes:**  
 Black Car  
 Home Pick up,  
 Airfare, All  
 Taxes and Fees.

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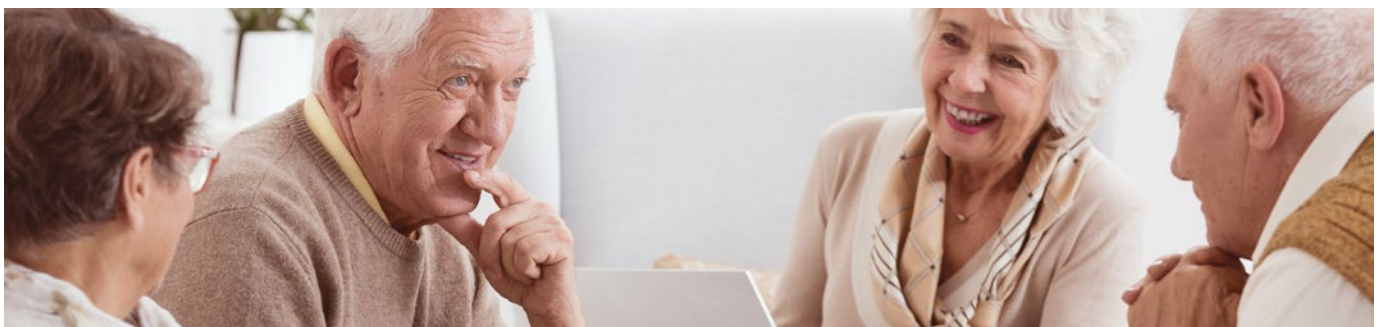


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# Outdoor Rec Programs, continued from page 14

## 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 of hikes will be sent out prior.

Tue  
Jan 6 - Mar 24 9 a.m. - 12:30 p.m.  
**204148** \$45

## Discover Trails - Thursdays Only

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

Thu  
Jan 8 - Mar 26 9 a.m. - 12:30 p.m.  
**204161** \$45

## NEW! Pathfinders

Explore scenic local trails with our friendly hiking group! We hike easy 6 to 10 km routes at a comfortable pace, perfect for beginners who want to enjoy nature, stay active, and build confidence outdoors. Connect with others, discover new places, and experience the joy of hiking in a relaxed, welcoming environment.

Wed  
Jan 7 - Mar 25 9 a.m. - 12:30 p.m.  
**207271** \$45

Program availability may be adjusted. For an up-to-date list of adult 55y+ programs, please visit [westvancouver.ca/seniors](http://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.**



## OUTREACH SERVICES



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 assist 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 her by phone at **604-925-7281**, email at [jjeffrey@westvancouver.ca](mailto:jjeffrey@westvancouver.ca), or visit her in person at the Seniors' Activity Centre.

## Hearing Testing with Ears to You

An audiologist will guide you through a comprehensive needs assessment to find the perfect solution for your lifestyle. To book a 45-minute appointment, please call 605-925-7280.

Thu Free, please register  
Jan 8, Feb 12, Mar 12 9:30 a.m. - 2:30 p.m.

## KEEPING CONNECTED

For a complete listing of **Keeping Connected** programs, visit [westvancouver.ca/keepingconnected](http://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**.

## Tax Program

If you are a senior with low income and need assistance with your 2025 tax return, we have a volunteer program that can help! Appointments will be available in early March. All paperwork must be ready, and proof of identification is required. Call **605-925-7280** to book an in-person or drop-off appointment.



### NEW! Life Chronicles

Have you been wanting your life story documented? Book a private appointment with a filmmaker and producer to document your story! There will be a filmed, one-hour interview, which will be edited into a short, 15-minute film for you and your family to share.

Call Stephanie at **604-925-7211** for more information.

### 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  
Jan 7 - Mar 25 10 - 11 a.m.  
**205248** \$124

### 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  
Jan 6 - Mar 24 10:30 - 11:30 a.m.  
**205240** \$154.50

### 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  
Jan 5 - Mar 23 10:30 - 11:30 a.m.  
**205257** \$101

### 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  
Jan 9 - Mar 27 11:15 a.m. - 12 p.m.  
**205272** \$85

### 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  
Jan 7 - Mar 25 11:15 a.m. - 12:45 p.m.  
**205280** 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. Care partners must register, but at no charge.

Mon  
Jan 5 - Mar 23 1:15 - 2:15 p.m.  
**205284** \$122

### Stand Tall: Mobility, Posture, and 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  
Jan 9 - Mar 27 10 - 11 a.m.  
**205283** \$116

### Minds in Motion™

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

Fri  
Jan 9 - Feb 20 1 - 2:30 p.m.  
**205413** \$75 per couple

Fri  
Mar 6 - Apr 24 1 - 2:30 p.m.  
**205707** \$75 per couple

### Caregiver Support Group

This group meets weekly to support caregivers navigating the ever-changing challenges that dementia brings. This is a safe setting for sharing information, insight, advice, and encouragement.

Thu  
Jan 8 - Mar 19 10:30 a.m. - 12 p.m.  
**205459** \$45

### 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  
Jan 8 - Feb 12 10 - 11 a.m.  
**205274** \$51.50

### Ladies' Social Club

Ladies, join this social group and enjoy discussion, mental aerobics, games, and entertainment. Weekly drop-ins are available (\$7 per session).

Wed  
Jan 7 - Mar 25 1:30 - 3 p.m.  
**205460** \$75

### Men's Club

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

Thu  
Jan 8 - Mar 26 10:30 a.m. - 12 p.m.  
**205275** \$115



**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  
Feb 10 1 - 2:30 p.m.  
**205282** \$5

**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. Registration opens one month in advance.

Wed  
Feb 18 10:30 a.m. - 1 p.m.  
**196263** Free

Wed  
Mar 18 10:30 a.m. - 1 p.m.  
**196264** Free

**NEW! "What is Dementia" an Education Session**

Learn how dementia affects an individual's brain and behaviour. Discover the different types of dementia, its stages and progressions, and dispel common myths. A question-and-answer period will follow. Presented by the Alzheimer's Society of BC.

Tue  
Jan 20 1 - 2:30 p.m.  
**205421** Free, registration required

**Coffee Chat with Community First Responders**

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

Wed  
Jan 14 10 - 11 a.m.  
**205436** Free

**NEW! Moss and Greens Wreath Workshop**

Join Bernadette and arrange a beautiful wreath from moss and greenery!

Fri  
Feb 27 10 a.m. - 12 p.m.  
**205439** \$55

**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  
Feb 6 10 a.m. - 12 p.m.  
**205471** \$45

**Intergenerational Screen Time for Seniors**

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

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

**205276** Jan 12

**205277** Feb 9

**205278** Mar 9

**NEW! Pop-up Library and Tech Help**

Discover what's new at the West Vancouver Memorial Library's monthly pop-ups at the SAC! Discover new books and drop-in for technology help. First Tuesday of the month. No registration required.

Tue 11 a.m. - 1 p.m.  
Feb 3, Mar 3 Free

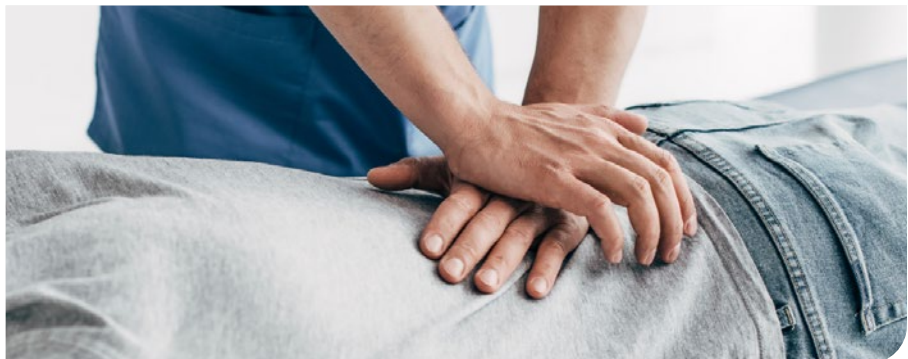
**Mind and Body Wellness****Massage**

Massages are back! Enjoy a massage performed by Langara College students. Register for your spot. *Maximum five 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**

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. To book an appointment, please call 604-925-7280. *Please provide 24 hours notice if you need to cancel.*

Sat 8:30 a.m. - 3:30 p.m.  
Jan 17, Feb 21, Mar 28 \$38



**COMING SOON!****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.

**NEW! What You Need to Know About Blood-Thinners: An Educational Workshop**

Join UBC medical students for a presentation on how to live better and safer with blood-thinners. A question-and-answer period will follow. Refreshments will be served.

Visit [activewestvanrec.ca](http://activewestvanrec.ca) for updates.

**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 a 30-minute appointment.

Mon \$35  
Mar 2 10 a.m. - 2:15 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 every month.

Thu  
Jan 15, Feb 19, Mar 19 11:30 a.m. - 1 p.m.  
**205265** Free, registration required

**Sound Therapy and Healing**

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

Thu  
Feb 19 4 - 5:30 p.m.  
**205430** \$5

Thu  
Mar 19 4 - 5:30 p.m.  
**205431** \$5

**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  
Jan 12 - Mar 23 12:30 - 1:30 p.m.  
**205392** \$80

**Mind Connection**

Read from *Human Worldview* and explore if your view of life aligns with the laws of nature. Each session includes an experience of healing, awareness, and alignment that is part of the mystical practice of Erfan Halquah. Drop-ins are welcome!

Mon  
Jan 5 - Mar 23 9 - 10 a.m.  
**205279** Free, please register

**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. A question-and-answer period will follow.

Fri  
Mar 6 1 - 2:30 p.m.  
**205451** Free, please register

**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  
12 - 1:45 p.m. \$5

Healthcare  
**205453** Feb 13

Advanced Care  
**205455** Feb 20

Understanding Heroics  
**205456** Feb 27

**NEW! SMILES Mental Health Education**

Learn more about mental health, connect with others, and discover ways to care for yourself. Presented by Pathways Serious Mental Illness Society.

Tue  
Jan 27 - Feb 24 4 - 5 p.m.  
**206366** Free, registration required

**NEW! OASIS Educational Series on Osteoarthritis**

Join us for a series of presentations from the Osteoarthritis Service Integration System (OASIS). OASIS is a Vancouver Coastal Health facilitated program providing education to clients living with osteoarthritis. Visit [www.vch.ca/oasis](http://www.vch.ca/oasis) to learn more.

**Managing Hip/Knee Arthritis**

Tue  
Feb 3 1 - 3 p.m.  
**207438** Free

**Mindful Eating**

Tue  
Mar 3 and 10 1 - 3 p.m.  
**207311** Free



# HEALTH AND FITNESS

For a complete listing of **Health and Fitness** programs, visit [westvancouver.ca/healthandfitness](http://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, and finishing with mobility work and a stretch.

Tue and Thu  
Jan 6 – Feb 12 1:15 – 2:15 p.m.  
**203245** \$66.60

Tue and Thu  
Feb 17 – Mar 26 1:15 – 2:15 p.m.  
**203348** \$66.60

### 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 and Thu  
Jan 5 – Feb 12 12 – 1 p.m.  
**203281** \$66.60

Mon and Thu  
Feb 19 – Mar 26 12 – 1 p.m.  
**203339** \$61.05

### 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 and Thu  
Jan 6 – Feb 12 9 – 10:10 a.m.  
**203235** \$171.36

Tue and Thu  
Feb 17 – Mar 26 9 – 10:10 a.m.  
**203344** \$171.36

### 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  
Jan 7 – Feb 4 5 – 6 p.m.  
**203270** \$22.20

Wed  
Feb 18 – Mar 25 5 – 6 p.m.  
**203354** \$27.75

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

### Standing Strength and Balance

Enjoy a full-body fitness class that does not involve floor exercises. Start with a gentle warm-up and 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.

Wed  
Jan 7 – Feb 11 10:30 – 11:30 a.m.  
**203258** \$33.30

Fri  
Jan 9 – Feb 13 11:45 a.m. – 12:45 p.m.  
**203299** \$33.30

Wed  
Feb 18 – Mar 25 10:30 – 11:30 a.m.  
**203351** \$33.30

Fri  
Feb 20 – Mar 27 11:45 a.m. – 12:45 p.m.  
**203366** \$33.30

### 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  
Jan 9 – Feb 13 8:15 – 9:15 a.m.  
**203290** \$33.30

Fri  
Feb 20 – Mar 27 8:15 – 9:15 a.m.  
**203362** \$33.30

### 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, and finish with a cool down. Increase your muscular strength, endurance, and flexibility as you lengthen and relax your muscles.

Mon and Wed  
Jan 5 – Feb 11 8:15 – 9:15 a.m.  
**203253** \$66.60

Mon and Wed  
Feb 18 – Mar 25 8:15 – 9:15 a.m.  
**203335** \$61.05

### Strength and Stretch

Enjoy a total body fitness class starting with a gentle warm-up, then cardio to get your heart rate up, and move on to balance work and resistance training using body weight, exercise bands, and floor exercises. Finish with a stretch.

Thu  
Jan 8 - Feb 12 9:15 - 10:15 a.m.  
**203277** \$33.30

Thu  
Feb 19 - Mar 26 9:15 - 10:15 a.m.  
**203358** \$33.30

### 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  
Jan 5 - Feb 9 9:15 - 10:15 a.m.  
**203311** \$33.30

Mon  
Jan 5 - Feb 9 5 - 5:55 p.m.  
**203325** \$33.30

Wed  
Jan 7 - Feb 11 9:15 - 10:15 a.m.  
**203256** \$33.30

Fri  
Jan 9 - Feb 13 9:15 - 10:15 a.m.  
**203292** \$33.30

Sat  
Jan 10 - Feb 14 10:30 - 11:30 a.m.  
**203332** \$33.30

Wed  
Feb 18 - Mar 25 9:15 - 10:15 a.m.  
**203350** \$33.30

Fri  
Feb 20 - Mar 27 9:15 - 10:15 a.m.  
**203363** \$33.30

Sat  
Feb 21 - Mar 28 10:30 - 11:30 a.m.  
**203368** \$33.30

Mon  
Feb 23 - Mar 23 9:15 - 10:15 a.m.  
**203336** \$33.30

Mon  
Feb 23 - Mar 23 5 - 6 p.m.  
**203341** \$33.30

### Forever Fit

Are you looking for a challenging, energetic workout? Join us for an active warm up and an easy-to-follow cardiovascular workout, followed by 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  
Jan 6 - Feb 10 8 - 8:55 a.m.  
**203234** \$33.30

Thu  
Jan 8 - Feb 12 8 - 8:55 a.m.  
**203275** \$33.30

Fri  
Jan 9 - Feb 13 8 - 8:55 a.m.  
**203289** \$33.30

Tue  
Feb 17 - Mar 24 8 - 8:55 a.m.  
**203343** \$33.30

Thu  
Feb 19 - Mar 26 8 - 8:55 a.m.  
**203356** \$33.30

Fri  
Feb 20 - Mar 27 8 - 8:55 a.m.  
**203361** \$33.30

### 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  
Jan 5 - Feb 9 8 - 8:55 a.m.  
**203309** \$33.30

Wed  
Jan 7 - Feb 11 8 - 8:55 a.m.  
**203252** \$33.30

Wed  
Feb 18 - Mar 25 8 - 8:55 a.m.  
**203349** \$33.30

Mon  
Feb 23 - Mar 23 8 - 8:55 a.m.  
**203334** \$33.30

### 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.

Tue (New time!)  
Jan 6 - Feb 10 1 - 2 p.m.  
**207338** \$87

Thu  
Jan 8 - Feb 12 1 - 2 p.m.  
**203329** \$87

Tue (New time!)  
Feb 17 - Mar 24 1 - 2 p.m.  
**207339** \$87

Thu  
Feb 19 - Mar 26 1 - 2 p.m.  
**203372** \$87

### Live Well 55+

Start your Saturday with a fitness program that includes stretching, strength, mobility, weights, resistance, and balance exercises. Engage in yoga poses in this light fitness class to keep your spirits high.

Sat  
Jan 10 - Mar 28 11:40 a.m. - 12:40 p.m.  
**205404** \$100



### Pick Up the Pace

Lift your spirits and your heart rate with this new 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. Drop-ins are welcome (\$8 per session).

Thu  
Jan 8 – Mar 26 9 – 10 a.m.  
**205405** \$75

### Choose to Move and 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. Attending both segments is optional.

#### Information Session

Sat  
Jan 10 10 – 11 a.m.  
**206148** Free

#### Choose to Move

Sat  
Jan 17 – Mar 14 10 – 11 a.m.  
**205273** Free, registration required

#### ActivAge™

Sat  
Jan 17 – Mar 28 11:15 a.m. – 12:15 p.m.  
**205238** Free, registration required

### 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  
Jan 5 – Feb 9 9:15 – 10:15 a.m.  
**203312** \$33.30

Mon  
Feb 23 – Mar 23 9:15 – 10:15 a.m.  
**203337** \$26.25



## Yoga

### Chair Yoga Beginner

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

Mon  
Jan 5 – Feb 9 5 – 6:15 p.m.  
**203326** \$57.12

Mon  
Feb 23 – Mar 23 5 – 6:15 p.m.  
**203342** \$47.60

### 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  
Jan 7 – Feb 11 5 – 6 p.m.  
**203271** \$57.12

Wed  
Feb 18 – Mar 25 5 – 6 p.m.  
**203355** \$57.12

### 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  
Jan 6 – Feb 10 11:45 a.m. – 1 p.m.  
**203243** \$57.12

Thu  
Jan 8 – Feb 12 12 – 1:15 p.m.  
**203282** \$57.12

Thu  
Jan 8 – Feb 12 10:30 – 11:45 a.m.  
**203280** \$57.12

Tue  
Feb 17 – Mar 24 11:45 a.m. – 1 p.m.  
**203347** \$57.12

Thu  
Feb 19 – Mar 26 10:30 – 11:45 a.m.  
**203359** \$57.12

Thu  
Feb 19 – Mar 26 12 – 1:15 p.m.  
**203360** \$57.12

### Chair Yoga Movement and 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  
Jan 5 – Feb 9 3:30 – 4:45 p.m.  
**203324** \$57.12

Mon  
Feb 23 – Mar 23 3:30 – 4:45 p.m.  
**203340** \$47.60

#### 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).

### Hatha Movement Yoga

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

Tue  
Jan 6 – Feb 10      9:20 – 10:20 a.m.  
**203237**      \$57.12

Tue  
Feb 17 – Mar 24      9:20 – 10:20 a.m.  
**203345**      \$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 body awareness. Finish the class with a savasana stretch.

Thu  
Jan 8 – Feb 12      9 – 10:15 a.m.  
**203276**      \$57.12

Thu  
Feb 19 – Mar 26      9 – 10:15 a.m.  
**203357**      \$57.12

### 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  
Jan 9 – Feb 13      10:30 – 11:30 a.m.  
**203296**      \$57.12

Fri  
Feb 20 – Mar 27      10:30 – 11:30 a.m.  
**203364**      \$57.12

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**.



### 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  
Jan 7 – Feb 11      10:30 – 11:30 a.m.  
**203259**      \$57.12

Wed  
Feb 18 – Mar 25      10:30 – 11:30 a.m.  
**203352**      \$57.12

### 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  
Jan 10 – Feb 14      9 – 10:15 a.m.  
**203331**      \$57.12

Sat  
Feb 21 – Mar 28      9 – 10:15 a.m.  
**203367**      \$57.12

### Yoga for Healthy Ageing

Develop strength in your bones and joints, improve mobility, lower stress levels, grow a sharper mind, enhance sleeping habits, and more. Must be able to get down on the floor and back up for this activity.

Sun  
Jan 11 – Mar 29      12 – 1 p.m.  
**205415**      \$130

### **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  
Jan 15 – Mar 26      11 a.m. – 12 p.m.  
**205396**      \$50 | Drop-in \$6.50



### **NEW! Let Your Yoga Dance for Healing**

Spread joy and peace while supporting your health in this gentle movement class. Join us for yoga movements with rhythmic and meditative music. Explore your strength, happiness, and love within.

Mon  
Jan 12 – Mar 23      10:30 – 11:15 a.m.  
**205390**      \$50 | Drop-in \$6

### Laughter Yoga for Healing

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  
Jan 14 – Mar 25      11:15 – 11:55 a.m.  
**205394**      \$35 | Drop-in \$6

## Pilates

### **NEW! 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  
Jan 5 – Feb 9      10:45 – 11:45 a.m.  
**203315**      \$85.68

Fri  
Jan 9 – Feb 13      10:45 – 11:45 a.m.  
**203297**      \$85.68

Fri  
Feb 20 – Mar 27      10:45 – 11:45 a.m.  
**203365**      \$114.24

Mon  
Feb 23 – Mar 23      10:45 – 11:45 a.m.  
**203338**      \$71.40

## 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  
Jan 7 - Feb 11 10:45 - 11:45 a.m.  
**203260** \$85.68

Wed  
Feb 18 - Mar 25 10:45 - 11:45 a.m.  
**203353** \$85.68

## Personal Training

For more information about **Personal Training**, visit [westvancouver.ca/personaltraining](http://westvancouver.ca/personaltraining) or scan the QR code to go to the page.



### PERSONAL TRAINING FOR SENIORS

For details, please email the Health and Fitness team at [personaltraining@westvancouver.ca](mailto:personaltraining@westvancouver.ca).

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

## Active Rehab

For a complete listing of **Active Rehab** programs, visit [westvancouver.ca/rehab](http://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 Heart, 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](http://westvancouver.ca/rehab). *An initial consultation is required for all active rehabilitation programs.*

### ENHANCE WEST VAN MEMBERSHIP

An Enhance West Van membership is required to register for Active Rehabilitation programs. These programs are offered through the West Vancouver Community Centre and are open to adults 19 years and older.

**What are membership fees used for?** Membership revenue supports the operations of the Society that funds enhanced programs, services, and equipment at the West Vancouver Community Centre, Aquatic Centre, and Ice Arena. These programs and services are essential in supporting the diverse community needs in West Vancouver. Working together with the District of West Vancouver, the Society strengthens the bonds of community by building on a strong foundation and making it better, more accessible, inclusive, and connected.

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

### Metabolic Health and 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  
Jan 9 - Mar 27 8 - 9 a.m.  
**203287** \$198

### 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.

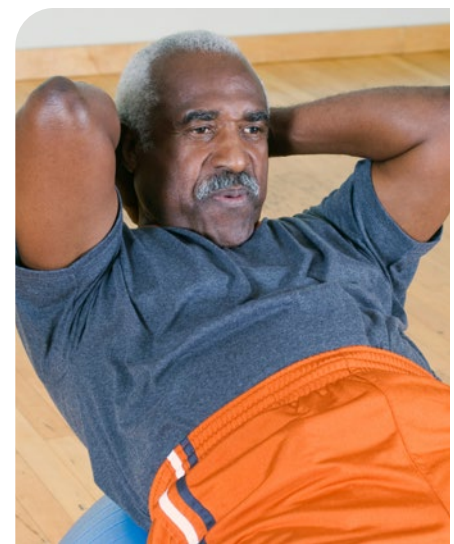
Mon (in Farsi)  
Jan 5 - Mar 23 11:45 a.m. - 12:45 p.m.  
**203318** \$181.50

Mon  
Jan 5 - Mar 23 1 - 2 p.m.  
**203320** \$181.50

Wed  
Jan 7 - Mar 25 11:45 a.m. - 12:45 p.m.  
**203263** \$198

Wed  
Jan 7 - Mar 25 1 - 2 p.m.  
**203266** \$198

Fri  
Jan 9 - Mar 27 1 - 2 p.m.  
**203301** \$198



**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.

Mon  
Jan 5 – Mar 23 2:15 – 3:15 p.m.  
**203322** \$181.50

Wed  
Jan 7 – Mar 25 2:15 – 3:15 p.m.  
**203268** \$198

Fri  
Jan 9 – Mar 27 2:15 – 3:15 p.m.  
**203303** \$198

**Chronic Low Back Pain and Core Strength**

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

Mon  
Jan 5 – Mar 23 2:15 – 3:15 p.m.  
**203321** \$181.50

Wed  
Jan 7 – Mar 25 2:15 – 3:15 p.m.  
**203267** \$198

Fri  
Jan 9 – Mar 27 2:15 – 3:15 p.m.  
**203302** \$198

**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.

Mon  
Jan 5 – Mar 23 9:15 – 10:15 a.m.  
**203310** \$181.50



Tue  
Jan 6 – Mar 24 3:30 – 4:30 p.m.  
**203248** \$198

Wed  
Jan 7 – Mar 25 9:15 – 10:15 a.m.  
**203254** \$198

Thu  
Jan 8 – Mar 26 3:30 – 4:30 p.m.  
**203284** \$198

Fri  
Jan 9 – Mar 27 9:15 – 10:15 a.m.  
**203291** \$198

**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 and Thu  
Jan 6 – Mar 26 9:15 – 10:15 a.m.  
**203236** \$396

Tue and Thu  
Jan 6 – Mar 26 10:30 – 11:30 a.m.  
**203239** \$396

Wed and Sat  
Jan 7 – Mar 28 11:15 a.m. – 12:15 p.m.  
**203261** \$396

**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 and Thu  
Jan 6 – Mar 26 1 – 2 p.m.  
**203244** \$396

**FAME for Stroke**

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

Tue and Thu  
Jan 6 – Mar 26 11:45 a.m. – 12:45 p.m.  
**203241** \$396

**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 and Thu  
Jan 6 – Mar 26 11:45 a.m. – 12:45 p.m.  
**203242** \$396

**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 and Wed  
Jan 5 – Mar 25 12 – 1 p.m.  
**203264** \$181.50

## Women on Weights

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

Mon  
Jan 5 – Mar 23 8 – 9 a.m.  
**203307** \$181.50

Mon  
Jan 5 – Mar 23 8 – 9 a.m.  
**203308** \$181.50

Tue  
Jan 6 – Mar 24 6 – 7 p.m.  
**203249** \$198

Wed  
Jan 7 – Mar 25 8 – 9 a.m.  
**203251** \$198

Wed  
Jan 7 – Mar 25 9:15 – 10:15 a.m.  
**203255** \$198

Thu  
Jan 8 – Mar 26 6 – 7 p.m.  
**203285** \$198

Fri  
Jan 9 – Mar 27 8 – 9 a.m.  
**203288** \$198

## Functional Training

This 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  
Jan 6 – Mar 24 8 – 9 a.m.  
**203232** \$198

Thu  
Jan 8 – Mar 26 8 – 9 a.m.  
**203273** 198

Sat  
Jan 10 – Mar 28 10 – 11 a.m.  
**203306** \$198

## 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  
Jan 6 – Mar 24 8 – 9 a.m.  
**203233** \$198

Wed  
Jan 7 – Mar 25 8 – 9 a.m.  
**203250** \$198

Thu  
Jan 8 – Mar 26 8 – 9 a.m.  
**203274** \$198

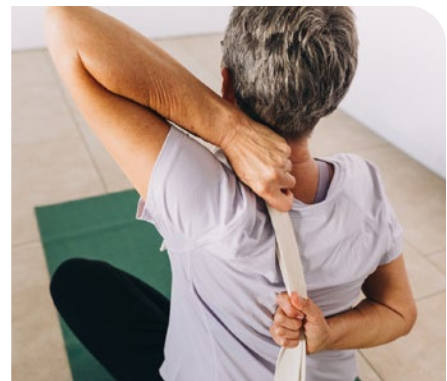
Sat  
Jan 10 – Mar 28 9 – 10 a.m.  
**203305** \$198

## 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  
Jan 5 – Mar 23 10:30 – 11:30 a.m.  
**203314** \$181.50

Mon  
Jan 5 – Mar 23 11:45 a.m. – 12:45 p.m.  
**203317** \$181.50



Mon  
Jan 5 – Mar 23 3:30 – 4:30 p.m.  
**203323** \$181.50

Tue  
Jan 6 – Mar 24 10:30 – 11:30 a.m.  
**203238** \$198

Wed  
Jan 7 – Mar 25 10:30 – 11:30 a.m.  
**203257** \$198

Wed  
Jan 7 – Mar 25 11:45 a.m. – 12:45 p.m.  
**203262** \$198

Wed  
Jan 7 – Mar 25 3:30 – 4:30 p.m.  
**203269** \$198

Thu  
Jan 8 – Mar 26 10:30 – 11:30 a.m.  
**203278** \$198

Fri  
Jan 9 – Mar 27 10:30 – 11:30 a.m.  
**203294** \$198

Fri  
Jan 9 – Mar 27 11:45 a.m. – 12:45 p.m.  
**203298** \$198

Fri  
Jan 9 – Mar 27 3:30 – 4:30 p.m.  
**203304** \$198

## 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.

Mon  
Jan 5 – Mar 23 10:30 – 11:30 a.m.  
**203313** \$181.50

Fri  
Jan 9 – Mar 27 10:30 – 11:30 a.m.  
**203293** \$198

**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 and Thu  
Jan 6 - Feb 19                      2:15 - 3:15 p.m.  
**203246**                                      \$252

Tue and Thu  
Feb 24 - Apr 9                      2:15 - 3:15 p.m.  
**203333**                                      \$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.

Mon  
Jan 5 - Mar 23                      1 - 2 p.m.  
**203319**                                      \$181.50

Tue  
Jan 6 - Mar 24                      2:15 - 3:15 p.m.  
**203247**                                      \$198

Wed  
Jan 7 - Mar 25                      1 - 2 p.m.  
**203265**                                      \$198

Thu  
Jan 8 - Mar 26                      2:15 - 3:15 p.m.  
**203283**                                      \$198

Fri  
Jan 9 - Mar 27                      1 - 2 p.m.  
**203300**                                      \$198

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**.

**PROGRAMS AT THE WEST VANCOUVER MEMORIAL LIBRARY**

Learn about all our events and register at [wvml.ca/events](http://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  
Jan 11, Feb 8, Mar 8      3 - 4:15 p.m.  
Welsh Hall                      Free  
*Registration required*

**Brain Health with Alzheimer's BC**

It's never too late to support your memory and cognitive skills by learning about aging, dementia, risk reduction, and mental exercises.

Wed  
Feb 18                                      2 - 3:30 p.m.  
Welsh Hall                      Free  
*Registration required*

**Friday Night Concert:  
Tamar Ilana and Ventanas**

Enjoy fiery Flamenco, Greek, Turkish, and Sephardic songs that come alive in performances led by Tamar Ilana, whose powerful vocals and dances are rooted in her diverse heritage and global influences.

Fri  
Feb 6                                      7:30 - 8:45 p.m.  
Main Hall                      Free

**Friday Night Concert:  
The Ostara Project**

This six-piece ensemble features some of Canada's top female jazz artists, showcasing their strength, creativity, and diverse voices on the national stage.

Fri  
Mar 6                                      7:30 - 8:45 p.m.  
Main Hall                      Free

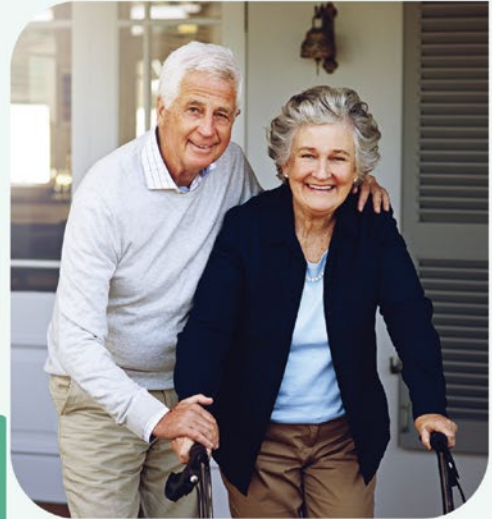
**Program Participation Note**

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**ASSURITY™ APPROVED**  
The mark of quality in home health



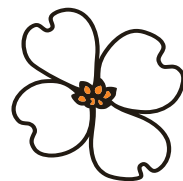
# 3 Red Flags For The Sandwich Generation



Your kids need lots of help, and your Mom or Dad says they do not – but you notice things are not going so well for them. Here are 3 signs they may need more help than they admit.

1. He or she wears the same clothes day after day.
2. Grocery shopping and some chores may be neglected.
3. You notice unexplained bruises which may indicate that they are falling.

**It's okay to ask for help!**  
Call **604-985-6881** for a  
**FREE In-Home Health  
Assessment.**



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