

20

JULY
AUGUST

THE SCENE

A West Vancouver Seniors' Activity Centre Publication

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Seniors' Activity Centre
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SPECIAL
EDITION

VISIT US ONLINE AT WESTVANCOUVER.CA/SENIORS

west vancouver

WELCOME

TO THE SPECIAL JULY/ AUGUST EDITION OF THE SCENE MAGAZINE

With the gradual easing of COVID-19 restrictions, our community and staff are making the best of the 'new normal' reality and preparing for the road ahead with an optimistic outlook!

In this special issue we celebrate some key milestones, and the generosity of our amazing community members who continue to find creative ways to inspire, give and spread joy.

We are also excited to share some updates about modified summer programs as well as important registration information.

This issue also features a handful of new exercises—for the body and brain, as well as delicious recipes hand-picked by our very own Garden Side Café chefs.

We hope you enjoy it, and we look forward to seeing you all soon—either virtually or in person!





Jill Lawlor
Community
Recreation
Manager



Davida Witala
Recreation
Supervisor

MESSAGE FROM COMMUNITY RECREATION MANAGER & THE RECREATION SUPERVISOR

We delayed our Scene publication by a few days as we needed a bit of extra time to finalize the details of some of the activities that we are pleased to resume, and excited to share with you! These include outdoor fitness classes, personal training and outdoor sports starting on July 6.

Programs on the patio will begin on July 13 and we are going to be offering some rehabilitation programs like Healthy Heart and Joint Replacement in the Activity Room with 12 participants and PLENTY of space, set to start later in July.

We will also be resuming Shuttle Bus service on July 15, one day per week—you will need to call in to learn the details. We are proceeding cautiously to ensure everyone's safety, and we look forward to physically reconnecting with you all at a safe distance. If you have ideas around what you would like to see, please let us know!

For those who are not yet ready to come back inside our building, the Seniors' Activity Centre has been bustling offering take-out and delivery food service for the past four months with a record number of meals being served across our community. The Advisory Board provided funding to support some online programming and I am pleased to report over 200 people have signed up to participate in Forever Fit. Jim has never had so many participants. If there are any programs you are interested in taking online, please let us know!

The District of West Vancouver has partnered with the University of British Columbia by providing seven of our top older adult instructors to lead an online fitness study at scopetrial2020.ca, featuring Barrie Chapman, Jim McDuffie and Dal McCrindle, to name a few.

One of the participants who has taken part in every class shared that she feels like she won the lottery by being in this program. Before she joined, she was having trouble with getting up in the morning because she was "in a bad headspace"; participating has completely changed her outlook. If you are interested, you can still join in!

Thank you for all your generous support of the food service program. The free meal program for at-risk seniors will be extended until August 31. If you know of someone struggling to eat, or if you are struggling yourself, please let us know—we have a new system in place to support those in need!

We look forward to seeing you!

— Jill & Davida



Jain Verner

Chair

MESSAGE FROM THE ADVISORY BOARD CHAIR

Well, it has been 17 weeks since our beloved Centre closed as a place of programmed activity. I know many of you are missing activities you've engaged in for years and having that special cup of coffee and conversation with friends. I also know our volunteers are desperately missing their jobs and the opportunity to interact with members, staff and each other. Curiously there are many daily regulars who line up for 'take-out'. I suspect with some folks, socialization and catching up with friends—and not necessarily food acquisition—is their daily objective.

Although we remain in the first wave of COVID-19, our US neighbours as well as some European countries are having a tough time with an increase in COVID-19 cases and deaths. We are so fortunate to be under the leadership of Dr. Bonnie Henry who is guiding us so well through this situation. However, 'followership' is a very important component of leadership. So 'high-five' to us all for our persistence and stick-to-itiveness.

Now begins the real test for us all—the virus is not leaving anytime soon, so as terrible it is to think about, we all need to remain diligent in wearing masks, hand sanitizing and physical distancing for quite a while moving forward. I have oodles of confidence we can do this—we have come this far, there is no turning back!

Now that the community is opening up more, so is the Centre. May and June saw a return of some volunteers to the Centre. Some are helping the four chefs with food prep and packaging take-out meals. Others are taking on the role of hosts for the take-out line-up.

A huge shout-out to Jill and Davida and their marvellous dedicated staff who are holding down the fort and providing such excellent services to our community's seniors. Thanks for being you and for everything you are doing for us.

In closing I would like to thank the wonderful people who have recently contributed to our current fundraising initiative: food acquisition for seniors in need. Last I heard, we had totalled approximately \$20,000 in fundraising efforts. Just so you know, providing meals to at-risk seniors in the five buildings we serve (three times per week) costs the Centre approximately \$4,500 per week. So on behalf of the Centre staff and the fundraising committee, I thank you all so very much for your kind heart and very generous donations. (A special thanks to Daniel for providing materials and to Faye and John for stuffing and labeling 800 envelopes to members who do not use email—thanks a bunch).

Until next time, I will close with some Dr. Bonnie Henry-isms:

'Fewer faces, bigger spaces.

Stand together in this pandemic while staying apart.

This is not forever. It is for now.

Be kind, be calm and be safe.'

— Jain

WE CONTINUE TO BE HERE FOR YOU!

Here are some of the ways in which we will continue to support you during this time of transition to the 'new normal'

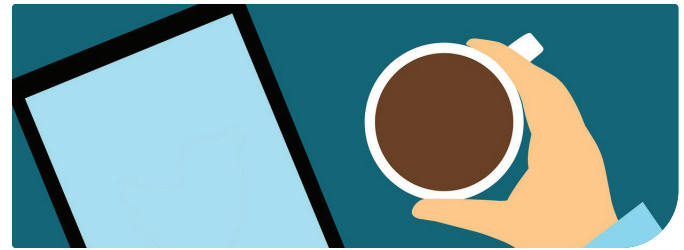


Reminding you that you're not alone—one phone call at a time.

The West Vancouver Seniors' Help Line (604-925-7280) is up and running and staffed on the following days and times:

Mon to Thu | 8 a.m. to 8 p.m.

Fri, Sat & Sun | 8 a.m. to 4 p.m.



Connecting our community—one tablet, mobile device, book and e-book at a time.

During this time social connection is more important than ever, and to make sure that no senior in our community is left behind, we are continuing to collect and clean/disinfect devices donated by the public to give to seniors who do not have access to a device to access the internet.

We are also working with the West Vancouver Memorial Library to deliver books and other library services to seniors.

Serving you—one meal at a time.

The Seniors' Activity Centre's Garden Side Café is offering take-out and delivery food services for seniors from 10 a.m. to 2 p.m. daily. Take-out orders can be accessed via the Seniors' Activity Centre's main entrance. For food delivery call 604-925-7280 to place your order. Please refer to the special take-out menu available on westvancouver.ca/seniors before you place your order.



Reminding you that we care—one card at a time.

Being reminded that you're not alone during this time is crucial. That's why the Seniors' Activity Centre is collecting compassion cards with uplifting messages, poems, drawings or funny jokes from members of our community and attaching them to meals being delivered to seniors daily.

If you would like to brighten someone's day with a kind word or beautiful illustration, drop off or mail a card to the Seniors' Activity Centre.



Caring for you—one care package, mask or puzzle at a time

We are collecting non-medical masks, puzzles and games and assembling care packages of essential items like soap, shampoo, toothpaste and Kleenex for vulnerable seniors in our community.



SHUTTLE BUS SERVICE

The Shuttle Bus will be returning to service one day per week starting on Wednesday, July 15.

You must register to ride the Shuttle Bus! Please call 604-925-7280 for details about how to register.



OUTDOOR PROGRAMS

Outdoor programs like cycling, hiking, and golfing will be starting back in a modified fashion beginning on July 6.

Cycling programs will be available to existing registrants, and will not be open to new cyclists at this time.

For additional details contact cbrandson@westvancouver.ca.



SENIORS' ACTIVITY CENTRE UPDATE



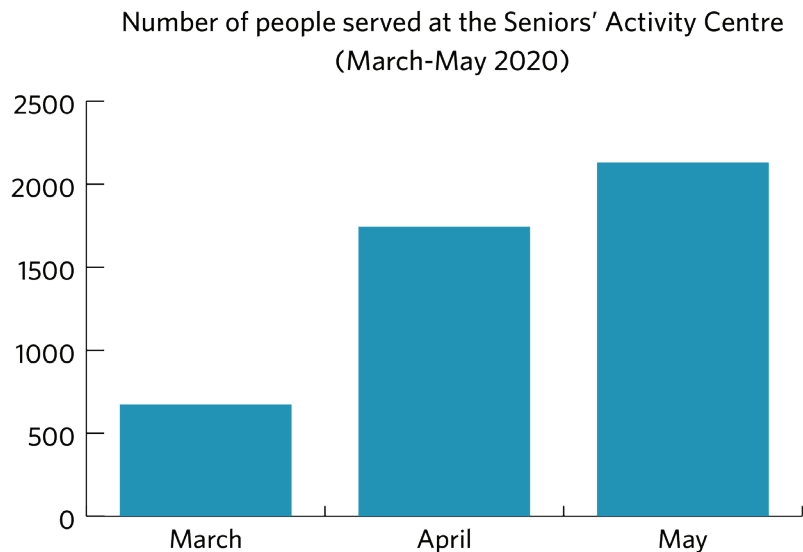
Written by Jill Lawlor

The Seniors' Activity Centre (SAC) has continued to provide takeaway food throughout the pandemic, enhancing the service to include small grocery items such as toilet paper, bread, eggs, butter, milk, juice, fresh fruit and small vegetables. The grocery items have been a great addition which community members appreciate, and have recommended staff continue to stock these items post-pandemic.

Takeaway Food Sales

The chart below depicts the number of items sold over the period of March 14 – May 31, 2020.

Take-out food service is available 7 days per week from 10 a.m. – 2 p.m. daily. These numbers also include the meals delivered to individual seniors.

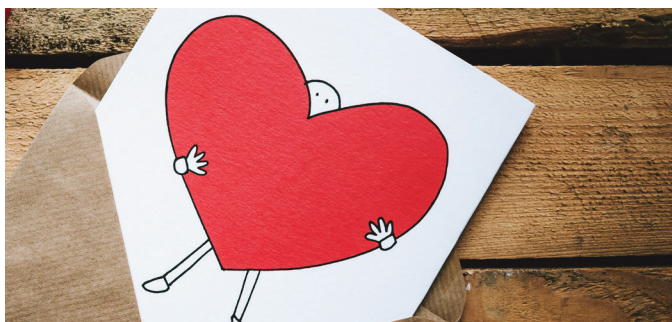


Item Type	# Sold
Entrees	7477
Soups	4814
Meat Pies	1497
Salad	854
Sandwich	296
Cinnamon Bun	1652
Baked Goods	5457
Chocolate Bar	365
Toilet Paper	197
Sanitizer	166
Drinks	270
Groceries	502
Exercise Equipment	63

Supporting the Community

The pandemic has isolated older adults, and has had a significant impact on seniors. Staff and volunteers telephoned 6,761 members of the SAC, and participants over the age of 70 at the West Vancouver Community Centre and Gleneagles Community Centre. Many older adults shared that they were doing fine, and had supports in place, while about 500 respondents reported feeling lonely, depressed and disconnected from the community during this time. These residents received regular check-in calls from the SAC Community Navigators, made up of staff and volunteers. Outreach phone calls are made daily and weekly depending on the needs of the individuals.

Connecting with the Community	
Assessment phone calls made	6,761
Daily & weekly follow up calls to seniors at risk	500
Number of income tax reports completed	51
Tablets given away (March-June)	61
Mother's Day care packages	90
Father's Day care packages	90
Flower bouquets given at Easter	70
Flower bouquets given on Mother's Day	90
Number of people library books delivered to (March -June)	137
Number free meals delivered to individuals (March -June)	7,219
Number of people served at SAC Takeout Café (March -May)	5,738
Number of items sold from the SAC Café (March -May)	24,623
Number of deliveries (paid meals)	350
Non-medical masks given to seniors	400



Staff and volunteers at the Seniors' Activity Centre have done their best to ensure that holidays are recognized, and have worked with the community to create special ways to celebrate moments. On any given day customers of the SAC's takeaway food service may go home with a special treat. Free hand sanitizer, books, puzzles, compassion cards and non-medical masks have also been given away to lift spirits.

One resident sent an email to thank staff for her positive weekly experience when she arrives for meals:

"The cheerful volunteers are always so engaging and helpful, and today I came home with a gift of a washable mask! So thankful to be part of this very special community."

Intergenerational appreciation is being fostered and flows freely, with community youth creating colourful compassion cards that are being included with takeaway meals. The artfully crafted cards are making an emotional impact on the seniors who receive them. Resident "M" received a card from student "O". She called the Seniors' Helpline and exclaimed through tears of gratitude that receiving this card at the peak of her loneliness was a life-changing moment for her.

Gratitude has been flowing both ways as the SAC, in turn, receives colourful notes and cards daily from meal and card recipients. A couple of residents sent a handwritten note with a photograph of the Stanley Park Lagoon taken by their son. "Thank you so much! For all the work, the delicious food, the service, the chats and the smiles for providing us with this outlet. When we come, you make our day!"

Grants & Funding Received

Early in the pandemic, it was discovered that seniors in lower income residential buildings were at significant risk. Staff worked to secure funding for a meal support program offering meals to at-risk older adults three times per week. This program was extended to five residential buildings in West Vancouver, serving over 300 at-risk senior residents and having a positive impact on the residents.

One resident said she felt like “a person,” while another shared that “my health has started to improve with these healthy meals.” This program has been funded by the West Vancouver Foundation, the Community Foundation of Canada, North Shore Community Resources, United Way and the Seniors’ Activity Centre Advisory Board. There is funding in place to continue the program throughout the summer.

Staff also received funding from VanCity to provide grocery gift cards for seniors at risk of being homeless. One senior who received a grocery gift card was seen walking with ‘a spring in his step’ because he felt empowered by a new sense of freedom after being given the opportunity to purchase his own food. This resident is also a recipient of the meal program. Everyone who has received support from the grocery card program is very grateful for the assistance and the community support.

“There is a shaming that happens, whether real or imagined, when people move into B.C. Housing, unlike in other retirement homes. I’ve discovered residents want to be invisible. We all know invisibility and isolation is not a good thing. The meal program gives us a reason to knock on doors to check on each other to see how the meals are.

The programs we have been part of that come from the

SAC are a very important part of this bridging of gaps and outreach to broken folks.”

Reverend Jonathan Lloyd of St. Stephen’s Anglican Church wrote a heartfelt email to Mayor and Council thanking the Seniors’ Activity Centre for the meal service: “How we look after our seniors and those who are vulnerable is a measure of the kind of caring community we are.”

Volunteers returned to regular positions to support the SAC operation on May 25. There are currently four to five volunteers supporting the SAC each day. Volunteers have shared how lovely it is to be back in their roles. One volunteer said his weekly shift at the SAC gives him a reason to get up every morning, and he looks forward to returning each week. There are hundreds of volunteers working behind the scenes to support others and develop re-opening plans.

The gratitude and appreciation from recipients of the services fuels and motivates the staff and volunteers who are fortunate enough to be a part of this incredible project. The smiles, notes and tears of gratitude allow the staff and volunteers to understand that their work is changing lives for the better at a time when every ray of sunshine warms the heart.



DONATE TODAY

MAKE A DIFFERENCE.
DONATE TODAY.

Throughout this pandemic, we have made it our heartfelt mission to provide meals to vulnerable seniors.

Every day, our committed chefs and cafeteria staff prepare hundreds of meals for a growing lineup of seniors in need.

To continue this work, we rely on the support of our partners and community members.

OUR PARTNERS

We are grateful to our partners for their support:

- **The West Vancouver Police**, who are helping us find and feed hidden seniors
- **The West Vancouver Library**, who are providing lessons for the tablets and delivering books to isolated seniors
- **The West Vancouver Foundation**, who have generously donated funding to provide meals to in-need residents in 5 buildings in West Vancouver
- **Meinhardt Fine Foods on Marine Drive**, who donated 202 meals

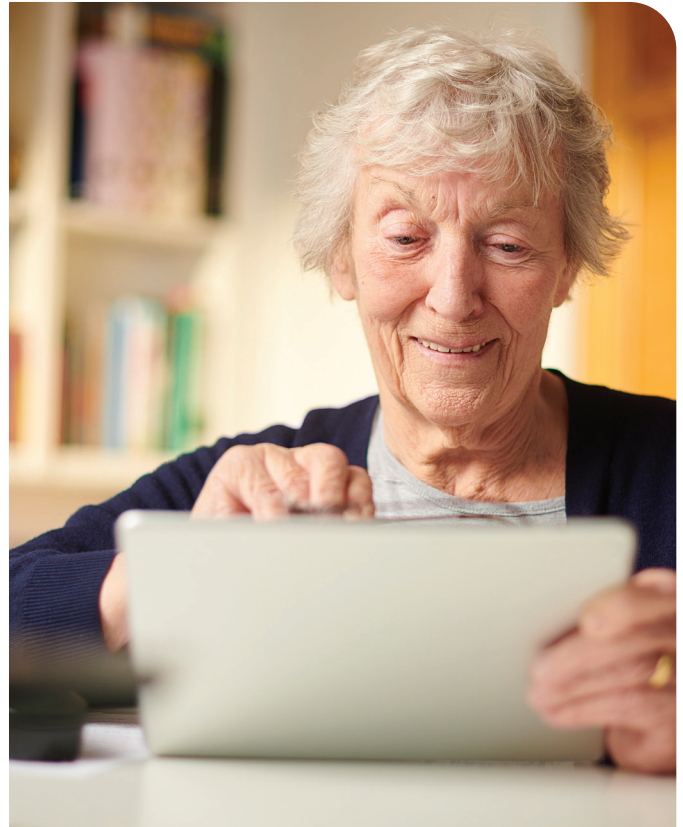
OUR COMMUNITY

Every contribution matters. A \$10 donation will go a long way in our frontline battle, and if you can afford more, we would be deeply grateful. Every dollar helps us in our pledge to never turn a senior away in our community.

We are also hoping for tablet donations and similar devices to give to isolated seniors.

THANK YOU

on behalf of every at-risk senior in our community.



HOW TO DONATE

IN PERSON

Drop off your donation between 10 a.m. and 2 p.m. daily at the Seniors' Activity Centre.

BY MAIL

Mail your donation to the Seniors' Activity Centre (see mailing address below).

BY PHONE

Call 604-925-7280 with your credit card number

We accept cash, cheques, Mastercard, Visa and AMEX.

Please make cheques payable to:

West Vancouver Seniors' Activity Centre, 695 21st Street,
West Vancouver, BC, V7V 4A7.

All donations over \$25 will receive a tax donation receipt.

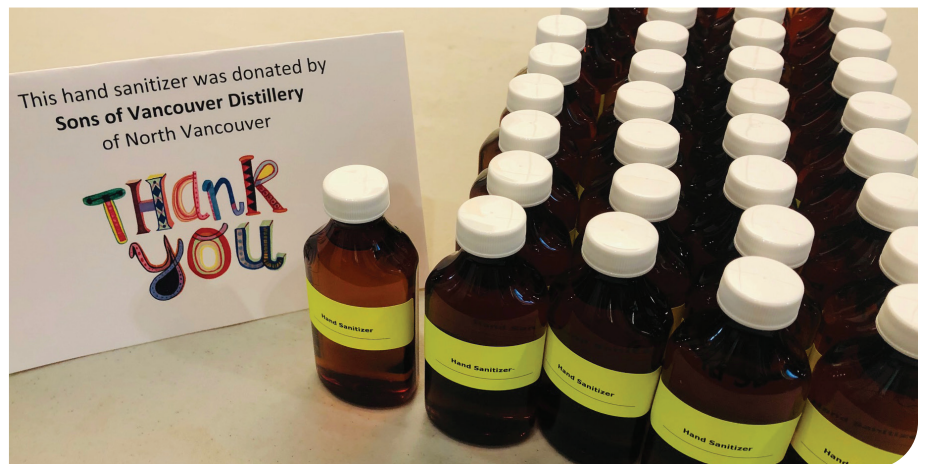


OUR GENEROUS COMMUNITY IN PHOTOS



Generosity is the most natural outward expression of an inner attitude of compassion. Unknown -

Thank-you, to each and every one of you for your kindness and generosity!



OUR GENEROUS COMMUNITY IN PHOTOS



To the person who has been dropping off these beautifully hand-crafted gems around the Seniors' Activity Centre—you ROCK—and so does your art! Thank you for making us smile!



During COVID-19, the Seniors' Activity Centre has not only reached out to help those in our local community, but has also extended a helping hand to other organizations that are making a difference in the lives of others.

EXTENDING A HELPING HAND TO THE NORTH SHORE HOSPICE

Written by Michiko Araki

The Centre recently donated colourful fabrics to the North Shore Hospice, which has been providing end-of-life care to North Shore palliative patients, as well as supporting their family members, for the past ten years.

The Hospice has over 50 trained volunteers who attend North Shore Hospice and the Palliative Unit at Lions Gate Hospital to provide companionship to the patients, assisting families who are visiting and greeting visitors.

With these donations, the North Shore Hospice's Every Day Counts Program has been putting their creative skills to good use. For the past year, a small group of volunteers has been hard at work making over 100 one-of-a-kind, hand-sewn fabric gowns and pillowcases for patients admitted to North Shore Hospice to help give them a greater sense of identity.



During the COVID-19 pandemic, the Every Day Counts Program volunteers have been working from home, making gowns and caps for nurses and doctors of North Shore Hospice to wear over their scrubs. The Centre's donation has allowed the volunteers to continue making gowns and pillowcases, not only for North Shore Hospice, but for other hospices that do not have this resource.

These unique, colourful gowns have not only brought a smile to the faces of patients, but also a cheerful touch to the healthcare workers and staff who battle COVID-19 on the front lines. A big thank you to North Shore Hospice and Every Day Counts Program for allowing the Centre to make a contribution to the local community!

MODIFIED SUMMER PROGRAMS AND REGISTRATION

We are pleased to offer a selection of modified summer programs to the community. To ensure the safety of our community members, all programs will follow public health and safety guidelines.

For more information about available programs visit the [Summer Programs & Camps](#) page on the Leisure Guide website.

HOW TO REGISTER

The regular registration processes, dates and times have been modified.

All registrations must be done online at activewestvanrec.ca, or by following the summer program and camp links on the [Summer Programs & Camps](#) page on the summer leisure guide website.

Phone support for online registration is available at 604-925-7270.

Recreation facilities are currently closed, and in-person and phone registration is **not available**.

Should you be unable to register online, please contact us in advance.

SUMMER PROGRAMS

Registration for summer programs and camps offered in July started on Wednesday, June 24 and is currently open.

Registration for summer programs and camps offered in August starts on Wednesday, July 22 at 8 a.m. for West Vancouver residents, and at 10 a.m. everyone is welcome to register.

SUMMER YOGA & FITNESS

Pre-registration is required for each individual class.

Drop-ins are not permitted and programs are not included with FitPass memberships.

Registration for fitness and yoga classes starts on the Wednesday prior to each week of classes at 8 a.m. for West Vancouver residents, and at 10 a.m. everyone is welcome to register.



PAINTING CLASSES

Registration for these classes starts on the Wednesday prior to each week of classes at 8 a.m. for West Vancouver residents, and at 10 a.m. everyone is welcome to register.



Painting Studio with James Outdoors

Paint for fun in an outdoor setting! Bring your own easel, materials and any images that you would like to paint.

Thu, Jul 16 9 a.m. - 12 p.m.
75418 \$4.50

Thu, Jul 23 9 a.m. - 12 p.m.
75419 \$4.50

Fri, Jul 30 9 a.m. - 12 p.m.
75740 \$4.50



Painting Studio time with Friends Outdoors

Enjoy a day to paint and work on art projects. Bring your own supplies. No instructor available.

Thu, Jul 16 1 - 4 p.m.
66571 \$3.50

Thu, Jul 23 1 - 4 p.m.
75468 \$3.50

Fri, Jul 30 1 - 4 p.m.
75742 \$3.50



SUDOKU PUZZLES

Are you interested in learning Sudoku?

We have an expert willing to teach—if you are interested, please contact Sylvia at slung@westvancouver.ca.

VIRTUAL LECTURES & CHATS

Virtual lecture and chat instructions

Please register ahead of time for the lecture or chat.

You will need a smart phone/tablet or computer with speakers or headphones. An email address is also required.

We cannot provide technical support for the operation of your equipment. If you need help, please call the library for technical assistance at 604-925-7400.

Participants will be introduced by their first name so that others know who is participating.

You have the option of not sharing your video. If you do share your video, other participants will be able to see you. It is advised that you set up your electronic device in a space that is neutral and does not identify your location easily.

Virtual Lecture: Fraud and Scams during COVID-19

Join us for a virtual session with a volunteer from Seniors First BC (formerly BC Centre for Elder Abuse) who will share valuable information about frauds and scams that have been taking place during the COVID-19 pandemic, and how you can protect yourself.

This session is offered in collaboration with Seniors First BC. **To register for this session please email Sylvia at slung@westvancouver.ca.**

Mon, Jul 27

1 - 2 p.m.
Free



Virtual Coffee with a Cop

Brew a cup of your favourite coffee and join us from the comfort of your home for a virtual chat with Sergeant Nick Bell who will be available to answer your questions. Sergeant Bell is in charge of the Community Service Team at the West Vancouver Police.

Fri, Aug 7

10:30 - 11:30 a.m.

75554

Free



WEST VANCOUVER MEMORIAL LIBRARY

The Library's programs have gone virtual! Join us for informative lectures, book chats, technology classes and more. Check out all of our virtual offerings at wvml.ca and stay tuned to our website for service announcements.



MAINTAINING WELLNESS & STAYING ACTIVE DURING COVID-19

Brought to you by the Health & Fitness team!



OUTDOOR WORKOUT WITH ERIC

Exercise your upper/lower body and core!

Exercises	Rounds	Reps
Warm-up Walk	1	10-15 min
Wall Push-Up Option 1 (Beginner)	1-3	8-12
Wall Push-Up Option 2 (Intermediate)	1-3	8-12
Shoulder Raise - Alternate Frontal and Lateral	1-3	8-12 Front 8-12 Side
Wall Squat	1-3	Hold for 30-60 sec
Walking Lunge	1-3	8-12
Step Ups	1-3	8-12
Sit to Stand	1-3	15-20
Seated Knee Tuck	1-3	Hold for 15-30 sec

LET'S GET STARTED!

Wall Push-Up (Beginner)

Targeted Body Parts: Chest, Shoulders

Equipment Needed: Wall

1. Assume the starting position with feet and legs slightly apart, standing about 2 feet from a wall with your arms straight out in front of you. Your palms should be on the wall at about shoulder-level height and shoulder-width apart, with finger pointed toward the ceiling. If you feel like you're reaching too far, move your feet closer.
2. Bend your elbows and begin to lean your body toward the wall until your nose almost touches it. Ensure your back stays straight and your hips don't sag.
3. Push back to the starting position and repeat.
4. Complete 1-3 rounds and 8-12 reps



Bench Push-Up (Intermediate)

Targeted Body Parts: Chest, Shoulders

Equipment Needed: Park Bench

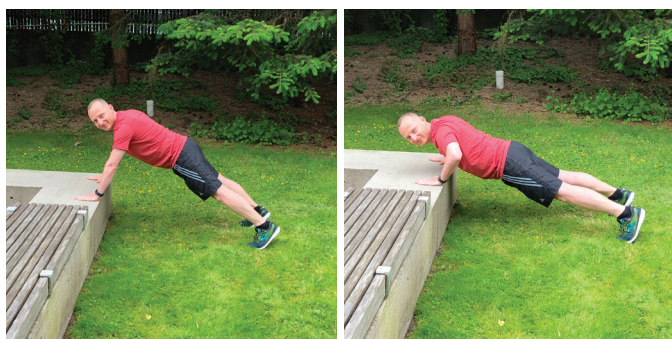
Positioning Your Body for Bench Push Ups

1. Before performing the bench push up, it is essential that you position your body properly.
2. Start by finding a bench that hits your legs at the midpoint between your knees and hips.
3. Place the long side of the bench firmly against a wall, with your hands spaced approximately one foot apart from each other firmly on the outer edge of the bench.
4. Make sure your shoulders are directly over your hands. Step your feet around five feet back from the wall, so that you are now in a straight line from your feet to your hands.
5. Look down at the space created between your hands.

Performing Bench Push Ups

1. Now that you are positioned properly, you can start performing the bench push ups.
2. Begin by taking a few deep breaths. As you inhale, bend your elbows, lowering your body at an angle towards the bench and floor.
3. Once your elbows are bent to a 90 degree angle, exhale and use the muscles in your chest and arms to push yourself back up to a starting position

Recommended: 1-3 rounds and 8-12 reps



Wall Squat

Targeted Body Parts: Lower Body, Legs

Equipment Needed: Wall

1. Stand with your back against a wall, placing your feet about two feet out in front of you. Feet should be hip-distance apart.
2. Bending your knees, slide your back down the wall until your knees are at 90 degree angles. Your knee joints should be over your ankle joints, so you may need to inch your feet further from the wall to create proper alignment. Your thighs should remain parallel.

Recommended: Hold for 30 to 60 seconds, and then stand up. Repeat for a total of 3 rounds.



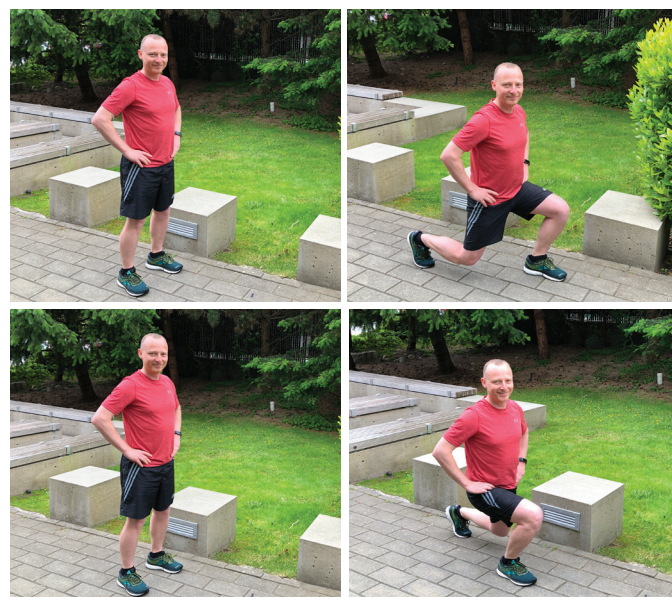
Walking Lunge

Targeted Body Parts: Lower Body, Legs and Balance

Equipment Needed: Pathway, Driveway or any safe clear area to walk

1. Stand with your feet roughly hip-distance apart. Check your posture before starting—your torso should be upright and tall, core engaged, your shoulders back and chin lifted. Look straight ahead.
2. Take a wide step forward with your right foot—plant it roughly two feet ahead, allowing your left heel to lift naturally as you step forward. You may want to put your hands on your hips, or you may want to swing your arms naturally—elbows bent at 90-degrees—as you take each step.
3. Keep your core engaged and upright. Bend both knees and lower your back knee toward the ground. Stop just before it touches down. Avoid holding your breath.
4. Press firmly through your right heel and extend your right knee to rise to stand as you lift your left foot from the ground, swinging your left foot forward to plant it about two feet ahead of your right foot. Avoid leaning your torso forward from your hips as you take this step.
5. Continue stepping forward with each lunge, alternating sides as you do. If you find yourself losing balance as you walk, pause at the top of each lunge when your feet are next to each other. Gather your balance, then continue.
6. Finish your set by bringing your back foot to meet your front foot on the final lunge.

Recommended: 1-3 rounds and 8-12 reps on each side



Step Ups

Targeted Body Parts: Lower Body and Core

Equipment Needed: Step (Chose a step of appropriate height for your level)

1. Hold your hands on your hips or out in front of you for balance
2. Step up with the right foot, pressing through the heel to straighten your right leg.
3. Bring the left foot to meet your right foot on top of the step.
4. Bend your right knee and step down with the left foot.
5. Bring the right foot down to meet the left foot on the ground.
6. Repeat this for a specific number of repetitions, then lead with the left foot and repeat the same number of repetitions. A beginner may opt to do this for a set amount of time (one minute, for example), instead of a set number of reps.

Recommended: 1-3 rounds and 8-12 reps



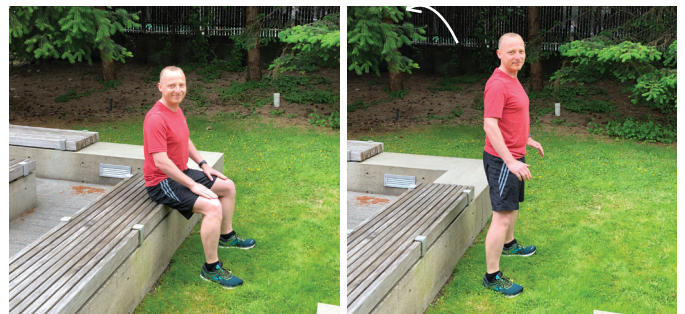
Sit to Stand

Targeted Body Parts: Lower Body and Core

Equipment Needed: Bench, Chair or Low Wall

1. Scoot/walk hips up to the edge of the bench or wall
2. Bring toes back underneath knees
3. Engage your core, then with your arms out forward, and leaning forward a little, push through your heels and lift yourself into a standing position
4. To sit, bend a little at the knees to push hips toward the bench or wall and lower the body to a seated position
5. Pause before doing the next repetition

Recommended: 1-3 rounds and 8-12 reps



Seated Knee Tuck

Targeted Body Parts: Core

Equipment Needed: Bench, Chair or Low Wall

1. Sit on the bench or wall, place your hands on the bench or wall to your sides and slightly behind
2. Start with your feet on the ground, suck in your tummy and engage your core. Lift one leg and bring your knee toward your chest, then lift your other leg and bring your knee toward your chest
3. Hold both knees in this position for a few seconds 15-30 seconds or more if you can.
4. Make sure there is no pressure in lower back and that your core stays engaged throughout

Recommended: Hold for 15-30 seconds. Repeat for a total of 3 rounds.



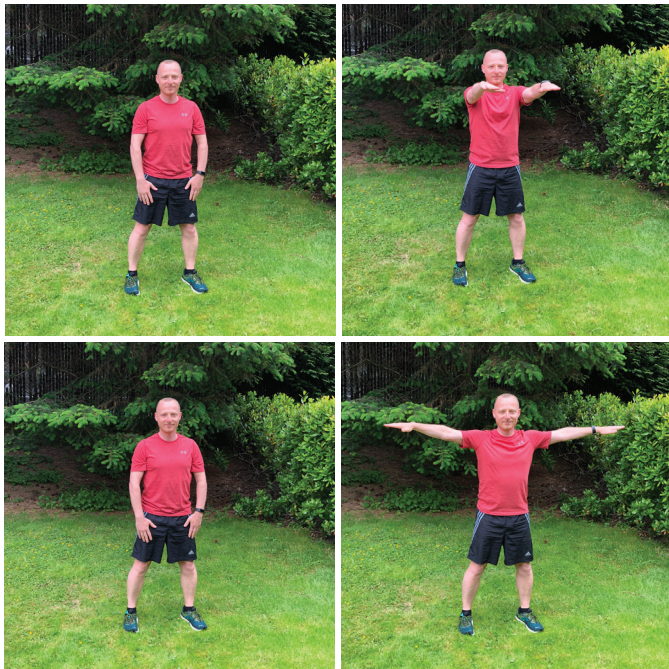
Shoulder Raise - Alternate Frontal and Lateral

Targeted Body Parts: Shoulders

Equipment Needed: Bench, Chair or Low Wall

1. Stand holding arms at your sides
2. Keeping your arms straight and core tight, raise both arms to the front not going above your shoulder height. Pause, lower to start position
3. Alternating to lateral move, raise both arms to the side, not going above your shoulder high, pause, lower to start position and repeat

Recommended: 1-3 rounds and 20 reps



DAILY STRETCH ROUTINE WITH SADIE

Hold static stretches for 15-30 seconds to maintain flexibility or hold for 30-60 seconds to increase flexibility. Stretch to the point where you feel a gentle release of tension in the muscle that you are stretching. There should be no tension or pain felt in the joint. Repeat on each side.

LET'S GET STARTED!

Seated Hamstring Stretch



Sit tall on the edge of your chair or bench.

Extend one leg out front and rest the toe on the ground while drawing the toes back up towards the body.

Place your hand on the opposite thigh for extra support.

Hinge forward from the hips and feel a stretch in the back of the leg as you begin to lean forward.

Seated Glute Stretch



Sit tall on the edge of your chair or bench.

Cross one leg and place the ankle on the thigh. Hinge forward from the hips and feel a stretch in the back of the hips as you begin to lean forward.

Seated Hip Flexor Stretch



Sit sideways on the chair on bench.

One leg is supported and allow the other leg to wiggle backwards until you feel a stretch in the front of the hips.

Calf Stretch (x2)



Face the wall and place one heel on the floor with the toes up the wall. Gently bend your knee and draw the knee towards the wall to feel a stretch in the back of the calf.

Repeat the stretch again with a straight leg and ensure that the knee is not locked.

Seated Neck Side Stretch



Sit tall and allow your shoulders to draw down and away from your ears.

Gently tilt the head to one side to feel a stretch in the side of the neck.

Reach the opposite arm towards the floor to increase the stretch.

Seated Twist

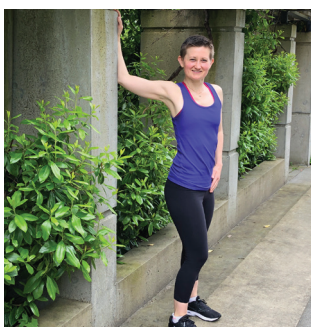


Sit tall on the edge of your chair or bench.

Place your left hand on your right thigh and the other on the chair or bench behind you for support.

Inhale to sit up tall and exhale to gently twist your upper body using your arms as a guide.

Standing Chest Stretch (x2)



Face the wall and place your elbow and forearm on the wall at shoulder height.

Turn your body away from the wall to feel a stretch through the chest and front of the shoulder.

Repeat the stretch again but this time use a straight arm.

Place your palm on the wall at shoulder height and turn your body away from the wall.

REHABILITATION PROGRAMS



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. Did you know that one in three women and one in five men will suffer a fracture due to Osteoporosis? Increase/maintain bone density, get your balance in check, and improve flexibility for less restricted movement with the help of a personalized program

Mon, Jul 20 - 27	9:30 - 10:25 a.m.
75555	\$29.50
Wed, Jul 22 - 29	9:30 - 10:25 a.m.
66162	\$29.50
Fri, Jul 24 - 31	9:30 - 10:25 a.m.
75557	\$29.50

FAME 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. FAME (Fitness & Mobility Exercise Program) is a community-based exercise program developed by researchers at UBC for post-stroke individuals that still maintain standing and walking ability.

Tue & Thu, Jul 21 - 30
75558 12:30 - 1:25 p.m.
 \$64

GLA:D®

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

Tue & Thu, Jul 21 - 30
75572 2 - 2:55 p.m.
 \$64

Parkinson's Rehabilitation

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

Tue & Thu, Jul 21 - 30
75571 9:30 - 10:25 a.m.
 \$64



Healthy Hearts

Keep it pumping and lower your risk! Continue to build on 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, Jul 21 - 28
75575 8 - 8:55 a.m.
 \$29.50

Thu, Jul 23 - 30
75576 8 - 8:55 a.m.
 \$29.50

Joint Replacement

Whether you're going in, or coming out, our joint replacement pre and re-habilitation 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, Jul 20 - 27
75562 11 - 11:55 a.m.
 \$29.50

Mon, Jul 20 - 27
75560 12:30 - 1:25 p.m.
 \$29.50

Tue, Jul 21 - 28
75561 11 - 11:55 a.m.
 \$29.50

Wed, Jul 22 - 29
75563 11 - 11:55 a.m.
 \$29.50

Wed, Jul 22 - 29
75567 12:30 - 1:25 p.m.
 \$29.50

Thu, Jul 23 - 30
75564 11 - 11:55 a.m.
 \$29.50

Fri, Jul 24 - 31
75568 11 - 11:55 a.m.
 \$29.50

Fri, Jul 24 - 31
75565 12:30 - 1:25 p.m.
 \$29.50

FAVOURITE RECIPES FROM THE GARDEN SIDE CAFE

Lou's Favourite Entrée | Lou's French Onion Soup

Prep: 15 Minutes Cook: 1 hour Servings: 6

Ingredients

- 1 tablespoon extra virgin olive oil
- 2 tablespoons butter
- 6 yellow sweet onions, thinly sliced
- salt and pepper
- 2 teaspoons fresh thyme
- 1 bay leaf
- 1/2 cup dry sherry
- 6 cups fat free beef stock
- 6 slices crusty baguette
- 4 oz shredded gruyere

Instructions

Heat butter and oil over medium heat. Add onions, season with salt, pepper and thyme.

Cook onions until tender, sweet and caramel coloured. Take your time!

Add sherry, bay leaf and deglaze. Add beef stock, cover and bring to a boil.

Arrange crocks on a baking sheet. Preheat broiler. Ladle soup into bowls, float toast on soup and cover with grated cheese. Add more fresh thyme if you like. Broil until cheese melts and is bubbly.

Serving Size: Makes six one-cup servings with toast and cheese.



Ron's Favourite Entrée | Pepper Steak

Servings: 4

Ingredients

- | | |
|---------------------------------------|----------------------|
| 1.5 lbs sirloin, cut into thin strips | 1 tablespoon thyme |
| 2 tablespoon oil | 1 teaspoon ginger |
| 1 medium onion, sliced | 1 cup red wine |
| 2 bell peppers, sliced | 1 cup beef broth |
| 2 cloves garlic, minced | 1/2 cup soya sauce |
| 1 tablespoon paprika | 1/4 cup tomato paste |
| 1 tablespoon pepper | |

Instructions

Heat skillet over high heat. Add oil. Sear beef until caramelized, add vegetables and spices.

Sautee 5 minutes. Stir in liquids. Cook until hot. If you prefer a thicker sauce, stir in a cornstarch and water slurry.

Serve over rice or pasta.



Simone's Favourite Entrée | Zucchini Bread

Prep: 20 minutes Cook: 1 hour Yield: 2 loaves Servings: 24

Ingredients

3 cups all-purpose flour
 1 teaspoon salt
 1 teaspoon baking soda
 1 teaspoon baking powder
 3 eggs
 1 cup vegetable oil
 2 1/4 cups white sugar
 3 teaspoons vanilla extract
 2 cups grated zucchini
 1 cup chopped walnuts

Instructions

Grease and flour two 8x4 inch pans.

Preheat oven to 325 degrees F (165 Celsius)

Sift flour, salt, baking powder, soda, and cinnamon together in a bowl.

Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture, and beat until well combined. Pour batter into prepared pans.

Bake for 40 to 60 minutes, or until tester inserted in the center comes out clean.

Cook in pan on rack for 20 minutes. Remove bread from pan, and completely cool.



BC DAY MENU

Try our special holiday-themed entrees from the Garden Side Cafe!

BC Day Entrée

(Entrée will be available for pick-up on Sunday, August 2 from 10 a.m. to 2 p.m.)

"Everything Local" Entrée of: Wild Pacific Salmon Filet with Melting Cherry Tomatoes, Roasted Nugget Potatoes & Fresh BC Gold and Gold Roasted Beets

MIND GAMES

Keeping your mind active and engaged is as important as maintaining your physical health! We're here to help you exercise your brain with a fun word search featuring all parks in West Vancouver—enjoy!

F	I	N	D	A	L	L	T	H	E	P	A	R	K	S	I	N	W	E	S	T	V	A	N	O	K
A	R	E	A	B	O	U	N	D	E	D	B	Y	B	L	U	E	S	E	A	A	N	D	S	K	Y
M	C	K	E	C	H	N	I	E	S	U	O	H	L	H	G	I	L	A	R	S	O	N	B	A	Y
I	N	T	H	E	W	I	N	E	L	A	D	E	H	T	A	N	T	A	L	U	S	F	A	L	L
L	I	V	E	S	L	I	K	E	K	I	D	U	K	L	A	H	A	N	I	E	G	U	L	F	L
Y	O	R	V	A	H	B	E	N	D	B	O	W	N	D	N	E	B	E	D	I	C	I	U	S	I
F	R	I	O	V	O	U	I	S	G	A	U	L	Y	D	F	F	I	L	C	E	T	Y	H	W	D
U	N	C	C	L	O	T	T	S	P	A	C	L	E	F	A	R	M	L	B	O	S	E	P	E	A
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K	N	G	D	O	L	E	N	O	R	A	H	S	H	Y	A	E	A	Y	L	X	E	I	A	T	C
L	A	E	N	U	D	R	E	V	A	L	L	A	R	T	D	E	E	V	L	L	R	A	Y	H	I
E	L	N	A	A	F	F	U	N	Y	L	A	G	T	O	N	R	N	W	E	E	P	M	R	A	P
E	Y	E	S	T	A	L	L	I	A	L	T	A	M	O	N	T	I	X	V	Y	Y	D	O	V	A
W	E	S	T	B	A	Y	I	F	A	N	Y	B	A	Y	Y	N	W	V	U	A	C	O	V	E	M
Y	L	T	B	R	I	S	S	E	N	D	E	D	D	O	S	A	R	A	E	R	W	I	N	E	B
C	L	A	P	W	E	S	T	P	O	R	T	W	I	T	C	L	I	F	F	N	O	T	W	Y	L
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| ALTAMONT | CHELSEA CLOSE | KEITH | RICK GENEST |
| AMBLESIDE | CYPRESS | KLAHANIE | SANDY COVE |
| BALLANTREE | CYPRESS FALLS | KLEE WYCK | SHARON |
| BELLEVUE | DUNDARAVE | LAGTON | SUICIDE BEND |
| BEND BOW | EDGE | LARSON BAY | TANTALUS |
| BRISSENDER | ERWIN | LEYLAND | THE DALE |
| BURLEY DRIVE | GULF BEACH | LIGHTHOUSE | VERDUN |
| BUTTERFLY | GULF PLACE | MCKECHNIE | WEST BAY |
| CAMMERAY | HORSESHOE BAY | OXLEY | WESTHAVEN |
| CAULFIELD | HUGO RAY | PARTHENON | WESTPORT |
| CEDARDALE | IRWIN | PICCADILLY | WHYTECLIFF |