

FREE AND LOW-COST PROGRAMS

Seniors' Activity Centre | Summer 2026

FREE PROGRAMS

Government Benefits for Older Adults in BC

Learn how to capitalize on the benefits that are available to you! Join Seniors First BC's Senior Legal Advocate for an informative session that will cover a range of topics including Canada Pension Plan, Old Age Security, Guaranteed Income Supplement, Shelter Aid for Elderly Renters (SAFER), tax benefits, and more.

Tuesday, June 2

1-3 p.m. | #211952

Free, registration required

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.

Tuesday, June 2 and August 4

11 a.m.-1 p.m. | #219017

Free, please drop-in

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. Learn how to use apps, FaceTime, email, how to set up a QR code, troubleshooting, and more. Must bring your own device.

Monday, June 8

5:30-6:30 p.m. | #211390

Free

Know Your Bladder

Learn how the bladder works, common changes that occur with aging, and the causes of incontinence and urinary tract infections. Discover lifestyle factors that affect bladder health, practical prevention strategies, and when to seek support. This workshop offers reliable information in a comfortable, supportive environment and encourages confidence, understanding, and informed self care.

Tuesday, June 9

1-2:30 p.m. | #213079

Free, registration required

Friendship Table Coffee Group

Meet new friends, grab a coffee, and join us for treats and conversation! Registration is encouraged but not required.

July 9 | #222866

August 13 | #222867

Free to attend



To register, please call the front desk at **604-925-7280** or visit westvancouver.ca/registration.

Coffee Chat with Community First Responders

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

Wednesday, July 15

10-11 a.m. | #215819

Free, please drop-in

NEW! Great Senior Game Lounge

Move a little, think a little, laugh a lot! Connect with others in a fun, carnival-style games day and finish with an interactive comedy segment. Refreshments will be served. This activity is offered free of charge thanks to the support from the ParticipACTION Community Challenge.

Tuesday, June 23

1-2:30 p.m. | #222581

Free, registration required

Mind Connection

Have you ever wondered how much of our lives—our habits, behaviours, and reactions—are shaped by patterns running quietly in the backgrounds of our minds? Explore how connection to consciousness can bring mental well-being, reduce stress, and bring more harmony into our lives.

Mondays, June 29–August 17

9-10 a.m. | #219176

Free, registration required

Sing Along with the Londoners

Enjoy an afternoon with the Londoners! Sing Canadian favourites with your friends and family. Doors open at 1:15 p.m. and the performance begins at 1:30 p.m. Registration is encouraged.

Tuesday, June 30

1:15-3 p.m. | #210615

Free



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. Note that this session is for volunteers only.

Fridays, July 3–August 21

9 a.m.-12 p.m. | #218780

Free

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.

Fridays, July 3–August 21

1-2 p.m. | #219180

Free, registration required

Ears to You Hearing Health Check Day

An audiologist will be at the SAC to guide you through a comprehensive needs assessment and find the perfect solution for your lifestyle. Ears to You is a locally owned and operated mobile hearing clinic dedicated to providing accessible and convenient hearing services to the community.

Thursday, July 9 and August 13

Please call 604-925-7211 to book a 30-minute appointment.



To register, please call the front desk at **604-925-7280** or visit westvancouver.ca/registration.

NEW! Intergenerational Indigenous Wool Weaving

Explore the traditions behind Coast Salish wool blankets while sharing stories and conversations with younger generations. Discover how wool was used, gathered, and prepared in traditional blankets and learn about the time, care, and skill required to create these culturally significant textiles. Gain insight into the cultural meaning behind the blankets through storytelling and hands-on learning. Light refreshments and snacks will be served. This pilot program is made possible through the generosity of a micro grant from the West Vancouver Foundation. Presented by an Indigenous cultural programmer at the Museum of North Vancouver (MONOVA).

Thursday, July 16 and 23

10 a.m.-12 p.m. | #218867

Free, please register



Fraud Prevention and Education

Join the Gal Senior Care Foundation for a presentation on senior susceptibility to financial fraud. Learn about common concerns, how to protect yourself, and what steps to take if you have been a victim of scams.

Sunday, July 19

11:30 a.m.-12:30 p.m. | #221412

Free, registration required

Ice Cream and Beat the Heat with NSEM

Join us for an outdoor education session and learn how to beat the heat with tips from North Shore Emergency Management (NSEM)—all while enjoying some ice cream!

Thursday, July 23

1-2:30 p.m. | #221929

Free, registration required

Hearing Testing

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

Please call 604-925-7211 to book an appointment.

LOW-COST PROGRAMS

Group Fitness Classes

We offer a range of fitness classes for seniors 55+ for as little as \$5.55 per session. Schedules can be found at the SAC front desk, www.westvancouver.ca/healthandfitness, or 604-925-7280.



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. If you haven't participated in the Ramblers before, please register on the waitlist using code #189516, and contact Priscille at pleroux@westvancouver.ca for an assessment.

Mondays, January 5–December 28

9 a.m.-2 p.m. | #205025 | \$18

To register, please call the front desk at **604-925-7280** or visit westvancouver.ca/registration.

Senior's Activity Centre Speaker Series

Dr. Mei Lan Fang

Beyond Age-Friendly: Reimagining Cities, Care and Community

Tuesday, June 2

2-3:30 p.m. | #216234 | \$5

Ladies' Social Club

Ladies, join this social group and enjoy discussions, mental aerobics, games, and entertainment. Beware of occasional tea breaks and bouts of laughter!

Wednesdays

1:30 - 3 p.m. | \$5 per session

June 3 | 223938 **June 10** | 223939 **June 17** | 223941

NEW! Celtic Ensemble

Enjoy a live performance by The Celtic Ensemble! They are the Lower Mainland's largest music program specializing in folk and fiddle music.

Tuesday, June 30

4:30-5:30 p.m. | #219206 | \$20

Drop-in Games

Pre-register for these weekly time slots!

Cost: \$3 per session.

Scrabble and Mahjong

Saturdays, July 4-August 22

1-3 p.m.

Cribbage

Sundays, July 5-August 16

1:30-3:30 p.m.

Chess

Mondays, July 6-August 17

3-4 p.m.

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!

Tuesdays, July 7, August 4, 11, and 18

3:30-5:30 p.m.

Thursdays, July 2-August 20

2:30-4:30 p.m.

Saturdays, July 4-August 22

1-3 p.m.

Sundays, July 5-August 23

1:45-3:45 p.m.

Badminton 55y+

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

Thursdays, July 2-September 3

3:15-5:15 p.m.

Sundays, July 5-September 6

10:15 a.m.-12 p.m.

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 (bring your own) and have some familiarity with jazz concepts. Our purpose is to have fun making music! No instructor.

Saturdays, July 4-August 15

10:30 a.m.-12:30 p.m. | \$3.25 per session



To register, please call the front desk at **604-925-7280** or visit westvancouver.ca/registration.

Movies

Join us on a Sunday afternoon for a great movie!
\$2.90 per session.

Sundays, 1-3 p.m.

July 5 | #219231

August 2 | #219232

Duplicate Bridge

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

Wednesdays, July 8-August 12

12:30-4 p.m. | #219186 | \$28

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.

Wednesdays, July 8-August 19

9:45-11:15 a.m. | #219197 | \$26.50

Flight Simulation

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

Fridays, July 10-August 14

9:30 a.m.-12:30 p.m. | \$3.25 per session

NEW! Elvis Show

Join us for a lively performance by an Elvis impersonator! Take photos with Elvis after the performance. Doors open at 2 p.m.

Tuesday, July 14

2-3:30 p.m. | #216718 | \$20

**NEW! Introduction to Acting Workshop**

Explore the joy of acting in a safe and creative environment! Learn about acting and discover how much fun you can have at the same time. All levels are welcome. Taught by Scott Swan, Former Executive Director and Head Teacher at the Vancouver Playhouse Acting School.

Wednesday, July 15

1:30-3:30 p.m. | #219114 | \$25

NEW! Vancouver City Opera

Join us for an afternoon featuring the next generation of British Columbia's operatic talent! Hosted by Vancouver baritone, Luka Kawabata, this casual concert showcases gifted young artists from Vancouver and across BC along with captivating stories behind the music.

Tuesday, July 21

1-2:30 p.m. | #219204 | \$20

NEW! Metro Swing Band

Join us for a live musical performance by The Metro Swing Band! The Metro Swing Band has been entertaining audiences in the Greater Vancouver area for more than 45 years. Their repertoire includes music from the big band and swing era through the '50s and '60s.

Tuesday, July 28

1-2:30 p.m. | #219205 | \$20

North Arm Farm Pemberton

Enjoy a scenic drive along Highway 99 to one of Pemberton's best farms! The North Arm Farm offers seasonal produce and berries available year-round for purchase. For those who enjoy getting a little muddy, there is also a U-pick experience. The Farm Kitchen serves soups, salads, and sandwiches throughout the year. Cost of trip includes transportation only.

Tuesdays, July 28

9 a.m.-4 p.m. | #219254 | \$30

To register, please call the front desk at **604-925-7280** or visit westvancouver.ca/registration.

Granville Island

Hop on our bus and visit Granville Island for food, shopping, and more. There is so much to see and do, plus great fish and chips and pies. Accessible to people with canes and walkers. Cost includes transportation only.

Tuesday, August 4

9:30 a.m.-2:30 p.m. | #219247 | \$20

Parq Casino

Feel the energy at downtown Vancouver's premier casino destination! With an impressive lineup of slot machines and classic table games, the excitement never takes a break. Accessible to people with canes. Cost includes transportation only.

Thursday, August 13

9:30 a.m.-3 p.m. | #219246 | \$20

RECREATION FINANCIAL ASSISTANCE PROGRAM (RFAP)

The Recreation Financial Assistance Program (RFAP) minimizes financial barriers and encourages equal participation and access to all community centre recreation and leisure services.

Visit westvancouver.ca/access to learn more.

BECOME A SAC MEMBER (55+)

Many programs at the Seniors' Activity Centre require a SAC membership, which is available for purchase at the SAC front desk at a cost of \$42 per year. Membership benefits include a discount at the Garden Café, Fireside Coffee Bar, and member pricing for programs. If you are a low-income senior and the membership fee is a barrier to your participation, please contact the Recreation Financial Assistance Program or Jennifer Jeffrey, Seniors' Outreach Coordinator.

NEED TRANSPORTATION ASSISTANCE?

We have shuttle service options available.

Visit westvancouver.ca/ridewithus or call 604-925-7280 for more information.

WOULD YOU ENJOY A REGULAR PHONE CALL FROM OUR FRIENDLY CALLER TEAM?

This is a casual chat with a caring volunteer about anything you like — your favourite show or hobby, current events, or even the weather! You can also share what's going on in your life and let them know if there's any support or resources the Seniors' Activity Centre can help you with.

If you or a senior you know in West Vancouver would like to receive regular Friendly Calls, please reach out to Jennifer Jeffrey, Seniors' Outreach Coordinator.

JENNIFER JEFFREY SENIORS' OUTREACH COORDINATOR

Phone: **604-925-7281**

Email: jjeffrey@westvancouver.ca

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

She can assist with navigating a wide range of needs, including:

- building social connections and reducing isolation
- food security
- housing
- transportation
- legal advocacy
- financial support
- mental and physical health resources

To register, please call the front desk at **604-925-7280** or visit westvancouver.ca/registration.