

26
SPRING

THE SCENE

A West Vancouver Seniors' Activity Centre Publication

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Nov. 2, 1980



A Look Back in Time



Feb. 4, 1981



West Vancouver Senior Centre
Photo: K. ALDER





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Active aging is about movement
and remaining physically strong.

westerleigh
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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 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.

Web 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 **NEW! Extended hours**

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

Monday, February 16 – Family Day
Friday, April 3 – Good Friday
Monday, April 6 – Easter Monday
Monday, May 18 – Victoria 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 or call 604-925-7285.

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EDITORIAL

Editors Sabina Kasprzak and Sophie Fonseca

Advertising Sabina Kasprzak

Publisher District of West Vancouver

Print Still Creek Press

ON THE COVER

Archival photos celebrating the rich history of the Seniors' Activity Centre.

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

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 or scan the QR code.



BECOME A SAC MEMBER (55y+)

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.*

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



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

FUTURE REGISTRATION DATES

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

Registration for spring general programs starts at 8 a.m. on **Thursday, February 26**. Visit westvancouver.ca/recactivities for availabilities.

SAVE THE DATE!

SAC SPEAKER SERIES

Join us for a series of discussions about current events, technology, healthy aging, and more! Engage in a question-and-answer period at the end of the session.

This series is brought to you by the Seniors' Activity Centre Advisory Board and Amica Senior Lifestyles.

Upcoming Speaker Series:

Tue 2 - 4 p.m.
Activity Room

February 24: Bob McDonald
The Future is Now: A New Look at Green Energy

April 21: Elijah Dann
A Guide to Critical Thinking in An Era of Conspiracies, Ideology and Assorted Woo-Woo

June 2: Dr. Mei Lan Fang
Urban Aging



SAVE THE DATE! SAC ANNUAL GENERAL MEETING

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

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

Refunds

For refunds, visit 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 Mary, Stephanie, or Ian (see page 6).



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, or visit westvancouver.ca/access.

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.



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).



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.

55 PLUS? RIDE WITH US!

The SAC Shuttle Bus is in operation Tuesday to Saturday, offering access to the SAC and local businesses 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.

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.

FREE HYBRID ON-DEMAND TRANSPORTATION SERVICE

In an effort to further increase easy and accessible transportation options for seniors, the Western Connector has been replaced with a **Free Pilot Hybrid On-Demand Transportation Service** that will run until March 31.

The service provides free **rides to and from the Seniors' Activity Centre** and is open to West Vancouver residents (55 years+).

The service operates on **Mondays within West Vancouver** and must be booked either online at westvancouver.ca/ridewithus or by phone at **604-925-7280** at least **five (5) days** in advance. When booking a ride to the Centre, there will also be an option to book a return ride home, departing at 1:30 p.m., from the Seniors' Activity Centre. Registration will open on Wednesdays, 10 days in advance. Limited spots are available.

Riders will be picked up at the provided address between 10 a.m. and 12 p.m. and dropped off at the Seniors' Activity Centre.

This service is not wheelchair accessible.

For route map and details, pick up a brochure at the SAC front desk, visit westvancouver.ca/ridewithus, or scan the QR code below.



Our Program and Assistant Program Coordinators



SUPERVISOR

Davida Witala

*Community Recreation Supervisor
Seniors' Services and Volunteers*

604-925-7286
dwitala@westvancouver.ca



ADMINISTRATION, CUSTOMER SERVICE, AND FACILITY RENTALS

Kayla Grass

Recreation Facility Clerk Supervisor

604-925-7284
kgrass@westvancouver.ca



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

Priscille Leroux

SAC Program Coordinator

604-925-7230
pleroux@westvancouver.ca

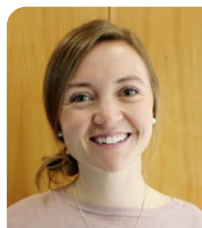


SPECIAL EVENTS, MUSIC, DANCE, BILLIARDS, GAMES, AND ADULT LEARNING

Mary de Vries

SAC Program Coordinator

604-925-7287
mdevries@westvancouver.ca



VOLUNTEERS

Caroline Wiggins

*District-wide Volunteer Services
Program Coordinator*

604-913-2703
volunteer@westvancouver.ca

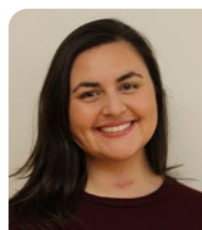


VOLUNTEERS

Crystal Lan

SAC Assistant Program Coordinator

604-925-7288
scvolunteers@westvancouver.ca



OUTREACH, VOLUNTEERS, AND ADMINISTRATION

Hannah Rennie

SAC Assistant Program Coordinator

604-925-7208
hrennie@westvancouver.ca



SENIORS' OUTREACH

Jennifer Jeffrey

*SAC Community Outreach Program
Coordinator*

604-925-7281
jjeffrey@westvancouver.ca

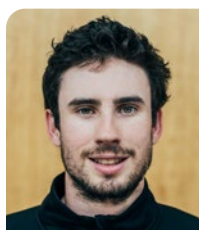


SENIORS' OUTREACH - KEEPING CONNECTED AND WELLNESS PROGRAMS

Stephanie Jordan

SAC Outreach Program Coordinator

604-925-7211
sjordan@westvancouver.ca



HEALTH, FITNESS, AND REHABILITATION

Ian Horne

Program Coordinator

604-925-7273
lhorne@westvancouver.ca



HEALTH, FITNESS, AND REHABILITATION

Lauren Davey

Assistant Program Coordinator

604-925-7231
ldavey@westvancouver.ca



FOOD SERVICES, GARDEN SIDE CAFÉ, AND COFFEE BAR

Simone Galan-Prestes

SAC Food Services Program Coordinator

604-925-7122
sgprestes@westvancouver.ca



ACCESS SERVICES, RECREATION FINANCIAL ASSISTANCE

Adriana Kowalczyk

Access Services Program Coordinator

604-925-7279
akowalczyk@westvancouver.ca

Volunteers

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



VOLUNTEER ORIENTATION

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

Once you have completed the orientation and 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, May 10	10 a.m. - 1 p.m.
211034	\$20 (free for SAC members)
Sun, June 14	10 a.m. - 1 p.m.
211035	\$20 (free for SAC members)

NATIONAL VOLUNTEER WEEK

April 19 to 25 is National Volunteer Week in Canada! Keep an eye out for appreciation events and activities that will be planned in recognition and celebration of our wonderful volunteers.



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!). All drinks are brewed with the premium Lavazza Super Crema whole coffee bean that offers a superior, thick, rich crema with every beverage. Relax in the adjacent lounge, enjoy a fresh baked good, and connect with friends!

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 \$30 purchase on deliveries). Deliveries occur on Tuesdays and Thursdays. Orders must be placed by 10 a.m. for same-day delivery. Please refer to the special daily menu posted on westvancouver.ca/seniors before you place an order.

Scan the QR code to view the menu.



Garden Side Café

Please see page 3 for Garden Side Café hours.

Did you know the Garden Side Café is open daily? Check out the amazing selection of fresh baked goods, desserts, soups, salads, sandwiches, entrées, and a variety of take-out options! Enjoy mouthwatering Tuesday and Thursday night dinners (4:30 to 7 p.m.) and monthly international dinner nights.

PLANNING TO ATTEND WITH A LARGE PARTY?

If you have a group with more than ten people, please call ahead to arrange seating! All other groups follow first-come, first-served seating.

For more information, contact:
Simone Galan-Prestes
Program Coordinator and Head Chef
604-925-7122

Upcoming Events

APRIL



12
SUNDAY
High Tea
See page 25

MAY



9
SATURDAY
Music by Ru and Harmeet
See page 25

JUNE



19
FRIDAY
North Shore Seniors' Health Expo



27
SATURDAY
Music by Jacquie Morgan
See page 25

See **Social/Events and Trips** section on page 14 for details. Visit westvancouver.ca/eventsandtrips for all upcoming events.

Registered Programs

For refund information, please see page 4 of *The Scene*. For a complete list of programs, visit westvancouver.ca/recactivities.

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



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

ARTS

Arts General

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



Drawing and Painting: Open Studio

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

Mon
Mar 30 – Jun 22 9 a.m. – 12 p.m.
210411 \$30.25

Mon
Mar 30 – Jun 22 12:30 – 3:30 p.m.
210412 \$30.25

Tue
Mar 31 – Jun 23 9 a.m. – 12 p.m.
210413 \$35.75

Wed
Apr 1 – Jun 24 12:30 – 3:30 p.m.
210414 \$35.75

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
Apr 2 – Jun 25 9 a.m. – 12 p.m.
210415 \$35.75

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
Mar 31 – Jun 23 12:30 – 3:30 p.m.
210739 \$299

Thu
Apr 2 – Jun 25 12:30 – 3:30 p.m.
210740 \$299

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
Apr 10 – Jun 26 12:30 – 3 p.m.
210776 \$223.85

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
Mar 31 – Jun 23 4 – 6 p.m.
210775 \$264.55

Photo Club

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

Thu
Apr 2 – Jun 25 1 – 3 p.m.
210424 \$42.25

Stained Glass Studio Time

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

Wed
Apr 1 – Jun 24 12:30 – 3:30 p.m.
210425 \$83.20

NEW! Handmade Card Workshop

Learn how to create two beautiful, personalized cards for any occasion, along with their matching envelopes! Discover the basics of making a heartfelt card and how to cut cardstock, score it, stamp it, and embellish it.

Mon
Apr 27 10 a.m. – 12 p.m.
210777 \$35

NEW! Paper Marbling Workshop

Learn about the ancient art and practice of paper marbling! Make designs on water to create a unique piece of marbled paper to take home. Dr. Amir Khatami will share the cultural history of Persian marbling, demonstrate the process, and guide participants in creating their own pieces, inviting you to slow down, connect with tradition, and craft something uniquely your own. All materials will be provided. Suitable for all abilities, no experience required.

Fri
Apr 24 10 – 11:30 a.m.
211874 \$15



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
Mar 31 – Jun 23 9 a.m. – 12 p.m.
210418 \$41.60

Quilting and Hand Spinning Club

Work on your project, swap ideas, and ask questions in a friendly social setting. You are welcome to bring your own hand spinning wheel. *No instructor.*

Wed
Apr 1 – Jun 24 12:30 – 3:30 p.m.
210422 \$35.75

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
Mar 31 – Jun 23 12:30 – 3:30 p.m.
210419 \$35.75

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
Apr 10 – Jun 26 9 a.m. – 12 p.m.
210420 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
Apr 4 – Jun 27 10 a.m. – 12:30 p.m.

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
Mar 30 – Jun 22 5:30 – 7:30 p.m.
210899 \$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
Apr 1 – May 6 9 a.m. – 12 p.m.
210901 \$123.60

Wed
May 13 – Jun 24 9 a.m. – 12 p.m.
210905 \$144.20

Music

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



Sing for Joy

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

Wed
Apr 8 – Jun 24 1:30 – 2:30 p.m.
210417 \$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
Apr 10 – Jun 26 1 – 2 p.m.
211399 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. Pre-registration is encouraged.

Tue
Jun 30 1:15 – 3 p.m.
210615 Free

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
Apr 7 – Jun 2 1 – 3 p.m.
210547 \$107.50

Recorders Advanced

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

Thu
Apr 2 – Jun 25 10:30 a.m. – 12 p.m.
210532 \$43.60

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 prior to registration to receive information before the start date. *No instructor.*

Tue
Apr 7 – Jun 23 9:15 – 11:15 a.m.
210531 \$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
Mar 31 - Jun 23 11:30 a.m. - 12:30 p.m.
210533 \$169.40

Nostalgia with Attitude Three-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
4:30 - 6 p.m. \$15

210906 Part 1 - Apr 28

210907 Part 2 - May 26

210908 Part 3 - Jun 23

Jazz Jam

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

Sat \$3.25 per session
Apr 4 - Jun 27 10:30 a.m. - 12:30 p.m.



Dance

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



Salsa Dance Beginners

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
Apr 10 - May 8 2:15 - 3 p.m.
210576 \$62.75

Fri
May 22 - Jun 12 2:15 - 3 p.m.
210577 \$50.25

Salsa Dance Intermediate

Mastered your basic Salsa dancing skills? Engage in a faster non-partner class and refine your skills! Learn new steps while enjoying a wide variety of Salsa music. Non-grip exercise shoes are recommended.

Fri
Apr 10 - May 8 3:15 - 4 p.m.
210578 \$62.75

Fri
May 22 - Jun 12 3:15 - 4 p.m.
210579 \$50.25

NEW! Salsa and Bachata Social

Join us for 90 minutes of ongoing Salsa and Bachata music! Dance on your own or follow along to Salsa and Bachata workshops with assistance from the instructor. This social is open to all levels and groups. Non-grip exercise shoes are recommended.

Fri
May 15 2:15 - 3:45 p.m.
210726 \$15

Fri
Jun 26 2:15 - 3:45 p.m.
210727 \$15

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
Apr 13 - Jun 22 3:30 - 4:30 p.m.
210593 \$56.25

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
Apr 13 - Jun 22 2:15 - 3:15 p.m.
210594 \$56.25

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
Apr 13 - Jun 22 1 - 2 p.m.
210595 \$56.25

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
Apr 10 - Jun 26 10:30 a.m. - 12:30 p.m.
210575 \$84.75

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

205976 Apr 23 (Sweet Waters)

209800 May 28 (Lou Marocco)

208954 Jun 25 (Colin Re)

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
Apr 1 – Jun 24 9 a.m. – 12 p.m.
210759 \$97.50

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
Mar 30 – Jun 22 9 a.m. – 12 p.m.
210754 \$82.50

Fri
Apr 10 – Jun 26 9 a.m. – 12 p.m.
210764 \$90

Woodworking: Level 3 - Advanced

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

Mon
Mar 30 – Jun 23 1 – 4 p.m.
210755 \$82.50



Tue
Mar 31 – Jun 22 9 a.m. – 12 p.m.
210756 \$97.50

Wed
Apr 1 – Jun 24 1 – 4 p.m.
210760 \$97.50

Fri
Apr 10 – Jun 26 1 – 4 p.m.
210765 \$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
Mar 31 – Jun 23 1 – 4 p.m.
210757 \$97.50

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
Apr 1 – Jun 24 1 – 4 p.m.
210761 \$97.50

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
Mar 31 – Jun 23 1 – 4 p.m.
210758 \$97.50

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 who are happy to share, mentor, and teach.

Thu
Apr 2 – Jun 25 9 a.m. – 12 p.m.
210762 \$97.50

Thu
Apr 2 – Jun 25 1 – 4 p.m.
210763 \$97.50

LEARNING

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



Languages

French Conversation

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

Wed
Apr 8 – Jun 24 10 – 11:30 a.m.
210514 \$45.20

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
Apr 7 - Jun 23 10:30 a.m. - 12:30 p.m.
210515 \$54.60

NEW! Spanish in 3 Months Part 3

Learn basic grammar, vocabulary, and conversation skills through exercises based on real life scenarios. This course is designed for those wanting to learn Spanish with a more committed approach. This is a continuation of Spanish in Three Months Part 2. *Requirements: at-home studying and 'Spanish in Three Months,' by Isabel Cisneros and Douglas DK, and 'Basic Spanish' by Dorothy Richmond (McGraw Hill). Instructor: Elias M.*

Thu
Apr 2 - Jun 25 5:45 - 7:15 p.m.
210545 \$138.55

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 with the class to enhance your speaking/listening abilities. Conversation time accounts for half of the class time. *Instructor: Elias M.*

Thu
Apr 2 - Jun 25 4 - 5:30 p.m.
210544 \$138.55

Farsi with Bita

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

Tue
Apr 7 - Jun 23 12:30 - 1:30 p.m.
210536 \$41.50

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
Apr 13 - Jun 22 1 - 3 p.m.
210530 \$35.75

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
Apr 2 - May 7 1:30 - 3:45 p.m.
210528 \$106.40

Thu
May 14 - Jun 25 1:30 - 3:45 p.m.
210529 \$124.15

General

NEW! Cheese Tasting Session

Join us for a cheese tasting session hosted by local cheese monger and owner of Graydon's Cheese Cellar, Kim! Coming soon! Subscribe to our E-news (see page 4) or visit activewestvanrec.ca for details.



NOTE: Prices quoted in The Scene are member rates.



Downsizing Seminar

Join Janet Helm, an award-winning realtor and certified Seniors Real Estate Specialist (SRES), as she provides tailored solutions for those wanting to understand the complexities of downsizing. Learn about power of attorney (POA) and how to manage downsizing from planning to final sale and beyond.

Mon
Jun 15 2:30 - 4 p.m.
210898 Free

The Indispensable Life Binder

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

Mon
Jun 8 2:30 - 5 p.m.
210900 \$27

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

205551 Apr 28
205552 May 26
205553 Jun 23

Golden Fireflies

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. Registration required.

Thu
Apr 2 - Jun 18 1 - 3 p.m.
211905 Free

Ted Talks Series

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

Tue 12:30 - 2 p.m.
211405 Apr 21

211404 May 26

211403 Jun 16

Candle Making: Mother's Day-Themed

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.

Sat
Apr 25 10 a.m. - 12 p.m.
210416 \$75

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
Apr 1 - May 6 3 - 6 p.m.
210573 \$119.25

Wed
May 13 - Jun 17 3 - 6 p.m.
210574 \$119.25

Flight Simulation

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

Fri \$3.25 per session
Apr 10 - Jun 26 9:30 a.m. - 12:30 p.m.

Garden Club - 2026 Registration

Join fellow green thumbs and gardeners for a series of lectures about soil, roses, container and vegetable gardening, and more! A full list of the dates, topics, and expert presenters will be provided. Trips will be planned to various gardens and locations. Bus is an additional cost.

Tue
Apr 7 - Aug 11 1:30 - 3 p.m.
210443 \$75

Games

Billiards Lessons

Please contact mdevries@westvancouver.ca to book small group lessons (maximum four students).

DROP-IN GAMES

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

Scrabble and Mahjong

Sat
Apr 4 - Jun 27 1 - 3 p.m.

Bridge Social

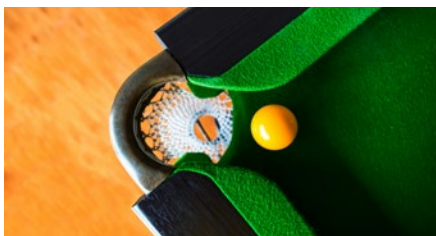
Sun
Apr 5 - Jun 21 9 a.m. - 12 p.m.

Cribbage

Sun
Apr 5 - Jun 28 1:30 - 3:30 p.m.

Chess

Mon
Apr 13 - Jun 29 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
Apr 1 - Jun 24 12:30 - 4 p.m.
210535 \$60

Bridge with Stephen Intermediate II

Learn more about the world's greatest card game! Designed for those who know the basics (bidding, declarer play, and defence) and who wish to move their game to the next level. Lesson handouts are included. The focus is on popular bidding conventions and the ACBL Convention Card, but topics can be chosen to satisfy the interests of the class. *Prerequisites: Bridge with Stephen Basics 1, 2, 3, and Intermediate Bridge 1, or equivalent playing experience.*

Tue
Mar 31 - May 26 3:30 - 5:30 p.m.
210596 \$144

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
Apr 1 - May 27 3:30 - 5:30 p.m.
210598 \$205.50

Bridge with Tai Beginner Level 1

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

Mon
Apr 13 - May 25 4:30 - 6:30 p.m.
210609 \$89

Fri
May 15 - Jun 12 2:15 - 4 p.m.
210611 \$75

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
Apr 10 – May 8 2:15 – 4 p.m.
210610 \$75

Snooker Group Lessons

Are you new to snooker? Join us for a program designed for beginners!

Sat
Apr 11 – May 2 2 – 3:30 p.m.
210017 \$40

Sat
Jun 6 – 27 2 – 3:30 p.m.
210018 \$40

SOCIAL

Events and Trips

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










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

Events 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.



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-  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 Tours—Sooke Potholes

Join local guide, Drea, as she shares her knowledge of unique rock formations created by glaciers from 15,000 years ago. See striking geological features on scenic trails to amazing viewpoints. Mother nature at its best!

Thu
Apr 23 6:45 a.m. – 8:15 p.m.
211818 \$149

Enjoy the Journey Tours—Secret Cove Sunshine Coast

Explore the Sunshine Coast and visit Davis Bay, an ancient forest, and Rockwater Secret Cove Resort for lunch.

Wed
May 6 8:15 a.m. – 6:45 p.m.
211819 \$139

Enjoy the Journey Tours—Squamish Canyon

Experience the new Squamish Canyon with us! Enjoy an immersive forest walk towering boardwalks, a forest lounge, Mamquam Falls, and interactive stories celebrating BC's wild beauty and culture.

Fri
Jun 12 9 a.m. – 5:15 p.m.
211820 \$139

Vancouver Opera—La Bohème

Hop on our bus to Vancouver Opera for the “La Bohème” performance! You will need to have your own tickets to the performance. This is for transportation to the Queen Elizabeth Theatre and back.

Sun
Apr 26 12:30 – 5:30 p.m.
211059 \$20

Sun
May 3 12:30 – 5:30 p.m.
211060 \$20

Tea and Trumpets—Mostly Mancini

Hop on our bus to Tea and Trumpets for the “Mostly Mancini” performance! This is for the transportation to and from the Orpheum only, please purchase your own ticket to the show.

Thu
May 7 12:30 – 4:30 p.m.
210766 \$8.50

Tea and Trumpets—Broadway Spectacular

Catch a ride on the bus to Tea and Trumpets for the “Broadway Spectacular” performance! This is for the transportation to and from the Orpheum only, please purchase your own ticket to the show.

Thu
Jun 4 12:30 – 4:30 p.m.
210767 \$8.50

NOTE: Prices quoted in The Scene are member rates.

Programs continued on page 25.



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Feb 28 & Mar 1 | 3:00 PM

▶ SISTER JAZZ ORCHESTRA FEAT. JENNIFER SCOTT
Sat, Mar 7 | 7:30 PM

▶ JIGJAM
Tue, Mar 17 | 7:30 PM

▶ THE GOLDEN ANNIVERSARIES
Mar 26 & 27 | 7:30 PM

▶ RACHEL FENLON
Sun, Apr 12 | 3:00 PM

▶ EMMET COHEN: MILES AND COLTRANE AT 100
Tue, Apr 21 | 7:30 PM

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A Look Back in Time



Written by: *Chris Inouye*

Once upon a time, 149 members of the Seniors' Leisure Living group enjoyed activities such as carpet bowling in the community centre annex, cards and bingo in the Dogwood room, and swimming at the old Ambleside Pool.

The annual membership fee was two dollars. Today, the West Vancouver Seniors' Activity Centre has more than 4,400 members who can choose from more than 200 program and service offerings. We have, indeed, come a long way since the 70s.

Plans for a dedicated space for those aged 60+ began percolating in **1972** when a senior citizens group was organized to discuss the concept of a seniors' centre.

In **1978**, Alderman Robert Hicks, chairman of the Senior Services Committee on West Vancouver Council, proposed a \$1.2-million, 15,000-square-foot seniors' activity centre to provide fitness programs and a meeting space for various groups and clubs. Land and construction costs would be shared three ways between the federal, provincial, and municipal governments.

It was proposed that the municipality administer and operate the programs, and that a senior citizen program committee be formed to allow participants to monitor existing programs and recommend changes. A senior citizens advisory board which would liaise with West Vancouver



Council was also recommended. District staff, seniors, and architects worked together, dialoging and visiting other centres to put together a plan.

Members mobilized to raise funds for the building of the centre. Craft sales, bake sales, and tea rooms were organized. No amount was too small. Super Valu cash register receipts were saved for rebates and Nabob coffee coupons were saved to help fund the new building.

June 26, 1981, marked the official opening of the SAC with a ceremony led by the Honourable **H.B. Bell-Irving**, Lieutenant Governor of B.C., and West Vancouver Mayor **Derrick Humphreys**. At the time, the membership age was 60, and the membership fee was six dollars.

Raise the Roof!

By **1992**, 100 programs were being offered, and Tuesday lunches drew 100 people for a space designed for 30. Membership more than doubled between 1981 and 1991, from 1,500 to over 3,000, "and we're now practically bursting at the seams," said centre supervisor **Lynda Lyons**. The plan was to add 6,456 square feet to the centre including additional café seating, a music and performing arts room, expansion of the activity room, and a woodworking room, as well as office space and storage (*West Vancouver Report*, Vol. 13. No. 3., Oct, 1992).



Vi Roden

Committees were struck. Bill King, fundraising chair, and his team of volunteers hit the ground running, speaking to service clubs, businesses, and government departments. Quilts were sewn, carvings were hewn, plant bulbs were sold, some even donated the pay they received as movie extras to raise funds. More than \$800,000 was raised toward the 1.5-million-dollar enhancement. On **October 17, 1995**, a ribbon-cutting ceremony marked the completion of the expansion project.

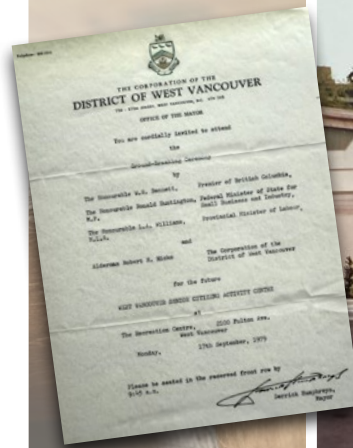
Y2K Space Program

The demand for space for social activities and art programming continued to grow. The regular flow of 1,000 patrons per week in the cafeteria required more space. In **June 1999**, council approved the Y2K Space Program to create an additional 2,800 square feet of indoor space by enclosing the central atrium as well as the Garden Terrace which is now the Marine Room (*North Shore News*, February 27, 2000). Committee chair **Vi Roden** and **Susan Burrough** of the fundraising committee visited all 98 programs and classes at the centre, asking for donations. The hand-painted Giving Tree, which you can see outside the Marine Room, displays the names of those who donated \$1,000 or more to the project. \$250,000 was raised in 18 months.

Enhancements since Y2K include the Fireside Coffee Bar, the Frank Kurucz Rehabilitation Studio, and SACS on 21st.

Movers and Shakers

- Centenarian **Vi Roden** was a mover and shaker who was involved in the Fitness Brigade back in the 70s before the SAC was built. She took on leadership roles, becoming fundraising and Advisory Board chair. Vi's idea of building the bright, glass-enclosed Marine Room was inspired by the atrium of the Capilano Heights Chinese Restaurant which was a popular North Shore gathering place for more than 40 years.
- **Fred Titcomb** was one of the first people through the doors of the centre when it opened. Fred helped raise donations for the cafeteria, learning the "simple things about a computer" so he could take in all the cheques and type up the receipts and thank you notes. He was chairman at the centre from 1984 to 1986, but he most loved taking care of the statistics, recording how many people used the building and how many people did drop-ins. Volunteering until he was 102 years old, you could find Fred at the centre Mondays through Fridays.
- **Frank Kurucz** was District of West Vancouver Recreation Manager and later became Director of Parks and Recreation. He was instrumental in the creation of the West Vancouver Aquatic Centre and Seniors' Activity Centre. He started the Fit Fellas men's fitness program back in 1987.
- **Barrie Chapman**, current head of the program, is proud of how the program has grown from two classes a week with 35 fellas in 1996 to eight classes a week and 170 fellas today.
- **Philomena Hunter** began volunteering in the 1990s, serving on the café committee and as chair of the Advisory Board. She made sandwiches in the café and fondly



remembers working on Community Day floats. She worked through the COVID-19 shutdown, staffing the front door and directing traffic at the centre. Phil remembers seeing a woman quietly knitting at the centre and thought that it would be fun to create a group of like-minded needle artists. Great idea, Phil! Today, a robust knitting circle continues to craft works of wearable wonder.

Did you know?

- Back in 1980, **Mary Ingham** ran the White Elephant Table at the community centre. This morphed into the hugely popular Flea Market that Mary's daughter, Joan Townsend, and Karen Hardie co-chaired for seven years. The Flea Market is no longer being held, but **Joan, Karen, and Wendy Janz** have been instrumental in the running of the popular purveyor of pre-owned items, SACS on 21st.
- More than 40 years ago, volunteer **Hazel Bier** worked in the hardware store across the street from West Van Florist. At the time, unsold flowers would be tossed away, so Hazel asked if the flowers could be saved for her to pick up on Sunday mornings to decorate the SAC. Voila! Today, flowers are donated by Fresh St. Market and IGA. A team of

volunteers led by **Marilyn Ing** creates more than 50 floral delights for the café tables, washrooms, welcome desk, book nook, and coffee bar, sparking smiles throughout the centre.

- **Barbara Gillingham** is the longest-serving, currently active volunteer. She started volunteering when she was in her 30s and is now a nonagenarian. Her first role was modelling at the SAC fashion shows at Park Royal. These days, you can find Barb helping with food takeout in the Garden Side Café on Thursdays.

Today, the West Vancouver Seniors' Activity Centre is a vibrant, volunteer-driven space that welcomes those aged 55+ with an annual membership fee of \$42. It is managed by District staff in conjunction with volunteers and the Advisory Board. Thanks to the imagination, initiative, and dedication of countless individuals, the centre has become what it is today.

*Thank you to **Reto Tschan** of West Vancouver Museum and Archives for helping with research, to **Vi Roden** and many others interviewed for this piece, with special thanks to **Dave Patrick** for suggesting that this story be told.*

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SENIORS' ACTIVITY CENTRE FACILITY NEEDS ASSESSMENT AND FEASIBILITY STUDY

Update and Next Steps

Written by: James Ray, Customer and Seniors' Services Manager

As of 2021, West Vancouver had 12,575 residents over 65 and 2,395 residents over 85 years old (*Statistics Canada, 2021 Census*). By 2041, these figures are expected to grow by 72%, potentially increasing to 21,629 residents over 65 and 4,119 residents over 85, which shows a rapid growth rate of seniors living in West Vancouver.



It is also expected that these seniors will be more diverse and continue to live more active and engaged lives than the current population.

With this in mind, District staff and the Seniors' Activity Centre Advisory Board (SACAB) determined it was time to plan for the future of the West Vancouver Seniors' Activity Centre (SAC).

The SACAB partnered with the District to conduct a SAC Facility Needs Assessment and Feasibility Study to review the needs of seniors now and plan for the needs of seniors into the future. The goal of the project was to evaluate the demand for senior-specific programming and services, the growth and evolution of seniors' needs, and recommend how to use or expand existing facilities to support current and future needs of an ageing community. A Working Group, consisting of community volunteers, District staff, and board members, was assembled. This Working Group hired a consultant to lead the initial project. Hughes Condon Marker Architects (HCMA) was awarded the contract which began in September 2022. The scope listed the following six-step process to be completed:



- 1. existing facility review**
- 2. needs assessment and research**
- 3. public engagement**
- 4. space programming**
- 5. concept designs**
- 6. class D costing and final report**

The initial findings by HCMA were as follows:

- The existing facility is in good condition structurally, but requires additional space for program offerings during prime operating hours of 9 a.m. to 3 p.m.
- Social connectivity, maintaining mobility, and lifelong learning were key factors to consider in a potential renovation, addition, or new build of the SAC.
- Programming considerations needed to include accessibility and inclusion, additional volunteer spaces, improved food service areas, and informal social spaces.
- Structurally, any potential renovation, addition, or new build of the SAC should include a large multipurpose

gym, an outdoor gathering space, multiple small to medium multipurpose rooms, and a clear, welcoming entrance for centre visibility.

- A renovation, addition, and new build were considered in the concept design. For all considerations, it was determined that continuation of service would be a priority, meaning a phased approach would be required for all options.

In 2024, the Working Group presented these findings to Council, noting that further research was required and requested Council to direct staff to establish the Seniors' Advisory Roundtable (SAR), which was formed in the fall of 2024.

The SAR was a community-based roundtable that collaborated with District staff, provided advice, and served as a valuable resource of knowledge and experience to explore the feasibility of a seniors' hub model and develop a plan for the future of the SAC in West Vancouver. Membership included District staff, SACAB members, community members with an interest in seniors' services, members of North Shore senior-serving organizations, a member from Vancouver Coastal Health, a member from Enhance West Van, and members from both the provincial and municipal governments. Other prominent figures, including BC Seniors' Advocate Dan Levitt and MP Patrick Weiler, were also involved.

Four main topics were researched and discussed by the SAR with the objective of proposing a recommendation on the future of the SAC:

1. renovation/addition or new build
2. review of new seniors' centres
3. seniors hub model
4. funding strategy

Following extensive research on the above topics, it

became evident to the SAR that the best approach for the future of the SAC was to recommend a new build that would support the needs of a growing senior population now and into the future, and this ultimately became part of their recommendation to Council.

In fall 2025, the Working Group presented its full findings to Council. Both the presentation and report with the full findings of the project can be found in the November 3rd Council meeting package.

The Working Group brought forward the following recommendations for Council's consideration including

1. staff review the scope for a new build of the Seniors' Activity Centre provided in the Seniors' Activity Centre Facility Needs Assessment and Feasibility Study;
2. staff review potential locations for a new build of the Seniors' Activity Centre;
3. staff report back to Council in spring 2026 with a recommendation on next steps to develop a comprehensive business plan for a new build of the Seniors' Activity Centre in West Vancouver.

These recommendations were accepted by Council, and staff have begun working on the next phases of the project. As noted in the presentation to Council, the Working Group understands that a fundraising campaign is vital to the success of a new SAC. A site location for a new build must be determined and should be in an accessible, prominent location. Most importantly, continuity of service must remain a top priority for any future project involving the SAC. To ensure uninterrupted service, the work would most likely need to occur in phases.

Plenty of work and research has been conducted to date, and the SAC Advisory Board is excited for the next phase of the project.

Social connectivity, maintaining mobility, and lifelong learning were key factors to consider...





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HOT TOPICS WITH West Vancouver Fire and Rescue

By Jeremy Calder, Assistant Chief of Fire Prevention



PROTECTING THE FIRST 1.5 METRES: YOUR HOME'S MOST IMPORTANT FIRESMART ZONE

When it comes to wildfire protection, the most critical area around any building is the 1.5-metre Immediate Zone. This space extending out from walls, foundations, and attachments such as decks and balconies, is where small changes can make a big difference in preventing wildfire embers from igniting a structure.

For seniors in West Vancouver, these FireSmart principles apply not only to single-family homes, but also to multi-residential high-rises, apartment decks, and multi-unit complexes. Keep this zone clear of combustible items such as patio furniture, planters with bark mulch, storage bins, and decorative materials during wildfire season. Non-combustible surfaces like gravel, concrete, or pavers are strongly recommended.

Good maintenance also matters. Clean eaves and gutters regularly, and ensure roofs are free of needles, leaves, and other debris that can easily ignite. Grasses kept under 10 cm are far less likely to burn intensely; a mowed lawn is a fire-resistant lawn. Landscaping choices are equally important. Avoid bark and pine needle mulch near buildings and remove accumulated dry vegetation.

The District of West Vancouver offers free FireSmart Home Assessments to help residents identify practical steps to improve wildfire resiliency.

To schedule your free FireSmart Home Assessment, email fireprevention@westvancouver.ca.

*Take care and stay safe,
Jeremy*



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NEW! SENIORS' ACTIVITY CENTRE (SAC) SPEAKER SERIES



THE SAC IS LAUNCHING A BRAND-NEW SPEAKER SERIES IN 2026.
Join us for our first presentation of the year, featuring award-winning science broadcaster, bestselling author, and Officer of the Order of Canada, **Bob McDonald.**

The Future is Now:
A New Look at Green Energy
TUESDAY, 2-4 P.M.
FEBRUARY 24



The SAC Speaker Series is proudly presented by the **Seniors' Activity Centre Advisory Board** and **Amica Senior Lifestyles.**

SCAN TO REGISTER

westvancouver.ca/seniors



SENIOR & DEMENTIA CARE EXPERTS



SERVICES & TEAM

- Nurses
- Physician
- Pharmacist
- Health Care Aides
- Recreation Therapist
- Companionship
- Personal Care
- Nursing Care
- Overnight Care
- 24-hour Care
- Palliative Care
- Dementia Care
- Transportation
- Physiotherapy
- Grocery Shopping
- Meal Preparation
- Housekeeping
- Recreation Therapy

Local Vancouver Based & Non-Franchise Company
- Insured & Bonded -

ABOUT US

We provide personalized home care, designed to meet your needs. At Global Senior Care, we believe care should feel like comfort, not compromise. That's why we bring expert, personalized support right to your door - tailored to your needs, your language, and your life.

Our goal is to enhance quality of life, not just meet medical needs. Care Managing by our highly qualified team is always complimentary!

- Awards Winning Company -
(Business in Vancouver & BC Care Provider's Association)- Voted # 1 Home Care Company in the City by Best in Vancouver for Having Only 5 star Reviews and the Most Affordable Rates!



604-987-3817
 globalseniorcare.com
 info@globalseniorcare.com

GET A LITTLE HELP RIGHT AT HOME



Pat, 85 - found support on HelpHive

HelpHive.ca

Book trusted Helpers for at-home support
and everyday tasks

Social Programs, continued from page 14

River Rock Casino

The River Rock Casino features more than 1,100 slot machines, 75 live table games, and a wide selection of electronic options including blackjack, roulette, and more. Guests can also enjoy excellent food choices and a variety of additional amenities.

Wed
Apr 22 10 a.m. – 3 p.m.
210769 \$20

High Tea

Join us for our third annual High Tea event! Thank you for the wonderful feedback we received after our High Tea last spring, and thank you to our pastry chef, Simone, for all the mouthwatering delicacies. *Tickets can be purchased at the front desk for singles, doubles, or a table of four. Start the festivities with a mimosa, champagne, prosecco, white wine, or an alcohol-free drink.*

Sun
Apr 12 1:30 – 4 p.m.
211719 \$50 per seat

Granville Street Gallery Walk with Margo

Join Margo for her annual walking tour of several incredible art galleries on Granville Street! Enjoy short

presentations at some of the galleries and break for lunch at a local café.

Fri
Jun 12 10 a.m. – 3:30 p.m.
210768 \$16.50

Heritage Choir Spring Concert

The West Vancouver Heritage Choir presents their annual Spring concert with a wide variety of favourites. We look forward to seeing you there and promise you an enjoyable evening. Bring your voices as you will be asked to join in too!

Thu
May 21 6:30 – 8 p.m.
210614 \$13

Sun
May 31 1 – 3 p.m.
210581 \$13

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
210405 Apr 25

210406 May 23

210407 Jun 13

NEW! Music by Jacquie Morgan

Join us for live music by Jacquie Morgan and friends!

Sat
Jun 27 2 – 3 p.m.
210022 \$10

NEW! Music by Ru and Harmmeet

Ru and Harmmeet Virdee are a saxophone and bass duo that will transport listeners to a beautiful sonic space, exploring the sounds of colours, nature, and emotions. Nothing brings them more joy than sharing their music with others.

Sat
May 9 2 – 3 p.m.
210021 \$13

Garage Sale

Come find a bargain! Free admission for shoppers.

Sat
Apr 11 10 a.m. – 2 p.m.
210580 \$25



304-3053 Edgemont Blvd
North Vancouver
604-839-2121
marina.najian@iaprivatewealth.ca

More Than Money. A Lifetime Strategy.

As a Wealth Advisor on the North Shore, I help seniors and families make confident financial decisions - from downsizing to estate planning - so you can focus on what truly matters.

Marina Najian

Wealth Advisor

IA Private Wealth Inc. is a member of the Canadian Investor Protection Fund and the Canadian Investment Regulatory Organization. IA Private Wealth is a trademark and business name under which IA Private Wealth Inc. operates.

SPORTS

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



DROP-IN SPORTS

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

Table Tennis 55y+

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

Tue	
Mar 31 - Jun 23	3:30 - 5:30 p.m.
Thu	
Apr 2 - Jun 25	2:30 - 4:30 p.m.
Sat	
Apr 4 - Jun 27	1 - 3 p.m.
Sun	
Apr 5 - Jun 28	1:30 - 3:30 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	
Apr 1 - Jun 24	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	
Apr 2 - Jun 25	10:30 a.m. - 12:30 p.m.



Outdoor Rec

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



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

To find out what's happening each month, visit westvancouver.ca/sports and view the **Outdoor Rec** section or enquire at the front desk.

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

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. You will be assessed, and a group will be recommended for you.

Turtles - 2026 Annual Registration

The Turtles are riders 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. Start at Ambleside Park 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).

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

NOTE: Prices quoted in The Scene are member rates.



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. Most rides are at a moderate pace with an emphasis on safety. Rides are local (Greater Vancouver) with a few out-of-town rides and Hub and Spoke events each year.

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

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

Par 3 Pitch and Putt - 2026 Annual Registration

Join us for some fun on the course! Golf at Ambleside Par 3 on Mondays and starting in May, take trips to various courses throughout the Lower Mainland on Thursdays!

Mon and Thu
Apr 2 - Sep 24 8:45 a.m. - 1 p.m.
210442 \$36

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 for an assessment.



Discover Trails—Tuesdays Only

Hike intermediate and more challenging trails on the Sea-to-Sky Corridor and beyond. Tuesday hikes are two and a half to four 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
Mar 31 - Jun 23 9 a.m. - 12:30 p.m.
210428 \$48.75

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
Apr 2 - Jun 25 9 a.m. - 12:30 p.m.
210427 \$48.75

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
Apr 1 - Jun 24 9 a.m. - 12:30 p.m.
210429 \$48.75

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 jjefrey@westvancouver.ca, or visit her in person at the Seniors' Activity Centre.

KEEPING CONNECTED

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



Keeping Connected programs give meaning and purpose to individuals within a supportive and inclusive environment. Our goal is to assist our members and their families in breaking down the barriers for participation in recreation. We encourage participation for anyone who is feeling isolated, alone, living with memory loss, or a decrease in physical function or activity level. These programs are open to every Seniors' Activity Centre member. Please join us for a little bit of fun! Questions? Call Stephanie at **604-925-7211**.

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 mid-March. All paperwork must be ready, and proof of identification is required. Please call 604-925-7280 to book an appointment.



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. Please call Stephanie at 604-925-7211 to register.

Sun
Mar 8 - Jun 14 10 a.m. - 3:30 p.m.
90-minute appointments \$250

Driver Fitness Workshop

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

Fri
Jun 26 1:30 - 2:30 p.m.
211914 \$5

Fraud Prevention and Education

Join the Gal Senior Care Foundation for a presentation on senior susceptibility to financial fraud. Learn how to protect yourself and discover what steps to take if you have been a victim of scams. Refreshments will be provided. Registration required.

Sun
May 24 11:30 a.m. - 12:30 p.m.
210612 Free

Know your Bladder Education Session

Join us for an educational workshop presented by the Seniors Health and Wellness Institute. Learn how the bladder works, common changes 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.

Tue
Jun 9 1 - 2:30 p.m.
213079 Free, please register

NEW! Aging and Technology Workshop

Learn how technology can help manage the demands of daily living, connect with family and friends, and access assistance when needed. Presented by the Seniors Health and Wellness Institute. Registration required.

Tue
Apr 28 1 - 2:30 p.m.
212805 Free

Walker Talk and Tune ups

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

Tue
Apr 14 12 - 2 p.m.
211909 Free

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
Apr 1 - Jun 24 10 - 11 a.m.
211354 \$134

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
Mar 31 - Jun 23 10:30 - 11:30 a.m.
211348 \$165

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
Mar 30 - Jun 22 10:30 - 11:30 a.m.
211383 \$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
Apr 10 - Jun 26 11:15 a.m. - 12 p.m.
211386 \$80

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
Apr 1 - Jun 24 11:15 a.m. - 12:45 p.m.
211395 Free

NEW! Active Mind, Active Body

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
Mar 30 - Jun 29 1:15 - 2:15 p.m.
211402 \$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
Apr 10 - Jun 26 10 - 11 a.m.
211401 \$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
May 8 - Jun 12 1 - 2:30 p.m.
211913 \$65 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
Apr 2 - Jun 25 10:30 a.m. - 12 p.m.
211382 \$50

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
Apr 9 - May 14 10 - 11 a.m.
211392 \$51.50

Ladies' Social Club

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

Wed
Apr 1 - Jun 17 1:30 - 3 p.m.
211391 \$75



Men's Club

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

Thu
Apr 2 - Jun 25 10:30 a.m. - 12 p.m.
211393 \$125

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
May 12 1 - 2:30 p.m.
211406 \$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
9:30 a.m. - 12 p.m. Free

211915 Apr 15
911916 May 20

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!

Wed
Apr 15 10 - 11 a.m.
Free 211877

Ready Together: A Workshop with NSEM on Emergency Planning

Join North Shore Emergency Management (NSEM) and learn about seasonal emergency preparedness! This workshop will cover common hazards, including extreme heat, wildfires, and practical steps and supplies to help you be prepared.

Tue
May 19 12 - 2 p.m.
211912 Free

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
May 15 10 a.m. - 12 p.m.
207677 \$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. Registration required.

Mon
5:30 - 6:30 p.m. Free

211388 Apr 13

211389 May 11

211390 Jun 8

NOTE: Prices quoted in The Scene are member rates.

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 6).



Flower Workshops

Create your own lovely flower arrangement while learning about the art and being zen with nature's beauty.

Vase of Spring

Fri			
Apr 3	10:30 a.m. – 12:30 p.m.		
212278			\$66

Mother's Day Arrangement

Fri			
May 8	10:30 a.m. – 12:30 p.m.		
212279			\$66

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 Clinic

A foot care nurse will be offering 25-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			
9 – 9:25 a.m.			\$38

211982			Apr 4
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211983			May 2
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211984			Jun 6
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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.

Mon		Free	
Apr 20	9 a.m. – 3:30 p.m.		

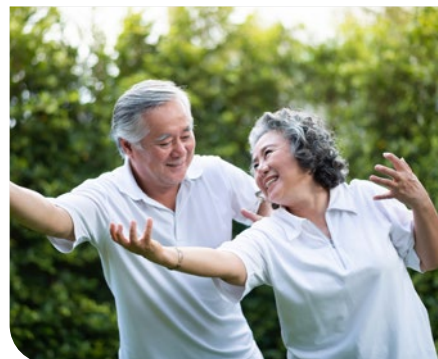
Memory Testing

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

NEW! Tai Chi

This beginner-friendly Tai Chi class introduces the fundamentals of Wu Style through slow, flowing movements that enhance balance, posture, mobility, and relaxation. Participants learn foundational stances, stepping techniques, and the first Wu Style sequence. This gentle, accessible program is ideal for seniors and beginners, with no prior experience required.

Sun			
Apr 12 – Jun 28	11 a.m. – 12 p.m.		
211725			\$100



Qi Gong Stress Release

Improve your physical, mental, emotional, and spiritual well-being through meditative movements and guided music.

Tue			
Apr 7 – Jun 30	4 – 5:30 p.m.		
211903			\$120

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. Registration required.

Thu			
Apr 16 – Jun 18	11:30 a.m. – 1 p.m.		
211385			Free

Sound Therapy and Healing

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

Thu			
4 – 5:30 p.m.			\$10

211998			Apr 16
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211999			May 21
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212000			Jun 18
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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. Drop-ins are welcome.

Mon			
Mar 30 – Jun 22	12:30 – 1:30 p.m.		
211724			\$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
Mar 30 – Jun 22 9 – 10 a.m.
211394 Free

Forest Bathing

Reconnect with nature through a guided walk with certified guide, Lynn Fearn. Reduce stress and sharpen your focus with gentle sensory activities, mindfulness exercises, and reflection circles. Please wear appropriate footwear and dress for all types of weather.

Wed
9:45 a.m. – 12:30 p.m. \$12.50

211906 Apr 1

211907 May 6

211908 Jun 3

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 to learn more.

Mon
May 4 11 a.m. – 12 p.m.
211910 \$2

HEALTH AND FITNESS

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



GROUP FITNESS ACTIVITY LEVELS



MILD

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



MODERATE

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



STRENUOUS

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

Group Fitness

Chairobics

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

Tue and Thu
Mar 31 – May 14 1:15 – 2:15 p.m.
210173 \$77.70

Tue and Thu
May 19 – Jun 25 1:15 – 2:15
210174 \$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
Mar 30 – May 14 12 – 1 p.m.
210188 \$72.15

Mon and Thu
May 21 – Jun 25 12 – 1 p.m.
210189 \$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
Mar 31 – May 14 9 – 10:10 a.m.
210192 \$199.92

Tue and Thu
May 19 – Jun 25 9 – 10:10 a.m.
210193 \$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
Apr 1 – May 6 5 – 6 p.m.
210190 \$27.75

Wed
May 20 – Jun 24 5 – 6 p.m.
210191 \$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
Apr 1 - May 13 10:30 - 11:30 a.m.
210194 \$38.85

Fri
Apr 10 - May 15 11:45 a.m. - 12:45 p.m.
210195 \$33.30

Wed
May 20 - Jun 24 10:30 - 11:30 a.m.
210196 \$33.30

Fri
May 22 - Jun 26 11:45 a.m. - 12:45 p.m.
210197 \$27.75

🏋️ 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
Apr 10 - May 15 8:15 - 9:15 a.m.
210200 \$33.30

Fri
May 22 - Jun 26 8:15 - 9:15 a.m.
210201 \$27.75

🏋️ 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
Mar 30 - May 13 8:15 - 9:15 a.m.
210198 \$72.15

Mon and Wed
May 20 - Jun 24 8:15 - 9:15 a.m.
210199 \$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
Apr 2 - May 14 9:15 - 10:15 a.m.
210202 \$38.85

Thu
May 21 - Jun 25 9:15 - 10:15 a.m.
210203 \$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
Mar 30 - May 11 9:15 - 10:15 a.m.
210163 \$33.30

Mon
Mar 30 - May 11 5 - 5:55 p.m.
210164 \$33.30

Wed
Apr 1 - May 13 9:15 - 10:15 a.m.
210161 \$38.85

Sat
Apr 4 - May 16 10:30 - 11:30 a.m.
210165 \$33.30

Fri
Apr 10 - May 15 9:15 - 10:15 a.m.
210162 \$33.30

Wed
May 20 - Jun 24 9:15 - 10:15 a.m.
210168 \$33.30

Fri
May 22 - Jun 26 9:15 - 10:15 a.m.
210169 \$27.75

Sat
May 23 - June 27 10:30 - 11:30 a.m.
210170 \$33.30

Mon
May 25 - Jun 22 9:15 - 10:15 a.m.
210166 \$27.75

Mon
May 25 - Jun 22 5 - 5:55 p.m.
210167 \$27.75

🏋️ 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
Mar 31 - May 12 8 - 8:55 a.m.
210178 \$38.85

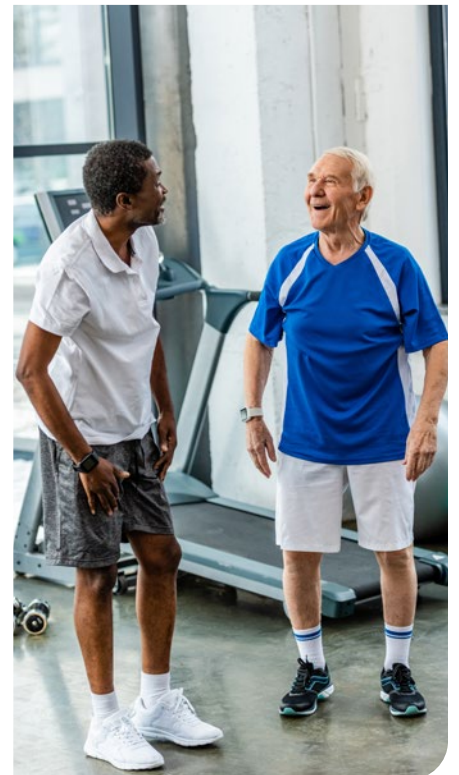
Thu
Apr 2 - May 14 8 - 8:55 a.m.
210179 \$38.85

Fri
Apr 10 - May 15 8 - 8:55 a.m.
210180 \$33.30

Tue
May 19 - Jun 23 8 - 8:55 a.m.
210181 \$33.30

Thu
May 21 - Jun 25 8 - 8:55 a.m.
210182 \$33.30

Fri
May 22 - Jun 26 8 - 8:55 a.m.
210183 \$27.75



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
Mar 30 – May 11 8 – 8:55 a.m.
210185 \$33.30

Wed
Apr 1 – May 13 8 – 8:55 a.m.
210184 \$38.85

Wed
May 20 – Jun 24 8 – 8:55 a.m.
210187 \$33.30

Mon
May 25 – Jun 22 8 – 8:55 a.m.
210186 \$27.75

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
Mar 31 – May 12 1 – 2 p.m.
210215 \$101.50

Thu
Apr 2 – May 14 1 – 2 p.m.
210213 \$101.50

Tue
May 19 – Jun 23 1 – 2 p.m.
210216 \$87

Thu
May 21 – Jun 25 1 – 2 p.m.
210214 \$87

NEW! Functional Fitness

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

Sat
Apr 4 – Jun 27 11:40 a.m. – 12:40 p.m.
211879 \$100

Pick Up the Pace

Lift your spirits and your heart rate with this 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
Apr 2 – Jun 25 9 – 10 a.m.
211895 \$85

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. Registration required.

Information Session
Sat
Apr 11 10 – 11 a.m.
211387 Free

Choose to Move
Sat
Apr 18 – Jun 27 10 – 11 a.m.
211384 Free

ActivAge™
Sat
Apr 18 – Jun 27 11:15 a.m. – 12:15 p.m.
211341 Free

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
Mar 30 – May 11 9:15 – 10:15 a.m.
210171 \$33.30

Mon
May 25 – Jun 22 9:15 – 10:15 a.m.
210172 \$27.75

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



Yoga

Yoga Beginner

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

Mon
Mar 30 – May 4 5 – 6:15 p.m.
210241 \$47.60

Mon
May 25 – Jun 22 5 – 6:15 p.m.
210242 \$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
Apr 1 – May 6 5 – 6 p.m.
210237 \$57.12

Wed
May 20 – Jun 24 5 – 6 p.m.
210238 \$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
Mar 31 – May 5 11:45 a.m. – 1 p.m.
210223 \$57.12

Thu
Apr 2 – May 7 10:30 – 11:45 a.m.
210224 \$57.12

Thu
Apr 2 – May 7 12 – 1:15 p.m.
210225 \$57.12

Tue
May 19 – Jun 23 11:45 a.m. – 1 p.m.
210226 \$57.12

Thu
May 21 – Jun 25 10:30 – 11:45 a.m.
210227 \$57.12

Thu
May 21 – Jun 25 12 – 1:15 p.m.
210228 \$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
Mar 30 – May 11 3:30 – 4:45 p.m.
210229 \$57.12

Mon
May 25 – Jun 22 3:30 – 4:45 p.m.
210230 \$47.60

**🧘 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
Mar 31 – May 12 9:20 – 10:20 a.m.
210231 \$66.64

Tue
May 19 – Jun 23 9:20 – 10:20 a.m.
210232 \$66.64

🧘 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
Apr 2 – May 14 9 – 10:15 a.m.
210233 \$66.64

Thu
May 21 – Jun 25 9 – 10:15 a.m.
210234 \$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
Apr 3 – May 15 10:30 – 11:30 a.m.
210235 \$66.64

Fri
May 22 – Jun 26 10:30 – 11:30 a.m.
210236 \$47.60

🧘 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
Apr 1 – May 13 10:30 – 11:30 a.m.
210243 \$66.64



Wed
May 20 – Jun 24 10:30 – 11:30 a.m.
210244 \$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
Apr 4 – May 16 9 – 10:15 a.m.
210239 \$57.12

Sat
May 23 – Jun 27 9 – 10:15 a.m.
210240 \$57.12

NEW! Balance, Movement, and Flow

Move your body, calm your mind, and find your balance! Improve your strength, flexibility, and coordination through smooth, flowing movements. Move with ease, build confidence, and reduce stress. All levels are welcome.

Thu
Apr 2 – May 7 11 a.m. – 12 p.m.
211722 \$30

Thu
May 14 – Jun 25 11 a.m. – 12 p.m.
211723 \$35

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
Mar 30 – Apr 27 10:30 – 11:15 a.m.
211726 \$25

Mon
May 4 – Jun 29 10:30 – 11:15 a.m.
212004 \$45

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
Apr 1 – May 6 11:15 – 11:55 a.m.
211727 \$30

Wed
May 13 – Jun 24 11:15 – 11:55 a.m.
211728 \$35

Pilates

Pilates All Levels

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

Mon
Mar 30 – May 11 10:45 – 11:45 a.m.
210220 \$85.68

Fri
Apr 3 – May 15 10:45 – 11:45 a.m.
210219 \$99.96

Mon
May 25 – Jun 22 10:45 – 11:45 a.m.
210221 \$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
Apr 1 – May 13 10:45 – 11:45 a.m.
210217 \$99.96

Wed
May 20 – Jun 24 10:45 – 11:45 a.m.
210218 \$85.68



Personal Training

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



PERSONAL TRAINING FOR SENIORS

For details, please email the Health and Fitness team at 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 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. **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.

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
Apr 10 – Jun 26 11:45 a.m. – 12:45 p.m.
210108 \$181.50

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.

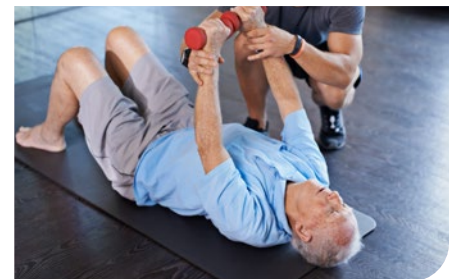
Mon (in Farsi)
Mar 30 – Jun 22 11:45 a.m. – 12:45 p.m.
210150 \$181.50

Mon
Mar 30 – Jun 22 1 – 2 p.m.
210149 \$181.50

Wed
Apr 1 – Jun 24 11:45 a.m. – 12:45 p.m.
210146 \$214.50

Wed
Apr 1 – Jun 24 1 – 2 p.m.
210147 \$214.50

Fri
Apr 10 – Jun 26 1 – 2 p.m.
210148 \$181.50



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
Mar 30 – Jun 22 2:15 – 3:15 p.m.
210153 \$181.50

Wed
Apr 1 – Jun 24 2:15 – 3:15 p.m.
210151 \$214.50

Fri
Apr 10 – Jun 26 2:15 – 3:15 p.m.
210152 \$181.50

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
Mar 30 – Jun 22 2:15 – 3:15 p.m.
210113 \$181.50

Wed
Apr 1 – Jun 24 2:15 – 3:15 p.m.
210111 \$214.50

Fri
Apr 10 – Jun 26 2:15 – 3:15 p.m.
210112 \$181.50

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
Mar 30 – Jun 22 9:15 – 10:15 a.m.
210107 \$181.50

Tue
Mar 31 – Jun 23 3:30 – 4:30 p.m.
210103 \$214.50

Wed
Apr 1 – Jun 24 9:15 – 10:15 a.m.
210104 \$214.50

Thu
Apr 2 – Jun 25 3:30 – 4:30 p.m.
210105 \$214.50

Fri
Apr 10 – Jun 26 9:15 – 10:15 a.m.
210106 \$181.50

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
Mar 31 – Jun 25 9:15 – 10:15 a.m.
210140 \$429

Tue and Thu
Mar 31 – Jun 25 10:30 – 11:30 a.m.
210141 \$429

Wed and Sat
Apr 1 – Jun 27 11:15 a.m. – 12:15 p.m.
210142 \$429

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
Mar 31 – Jun 25 1 – 2 p.m.
210143 \$429

Stroke Rehabilitation with FAME Instructor

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
Mar 31 – Jun 25 11:45 a.m. – 12:45 p.m.
210145 \$429

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
Mar 31 – Jun 25 11:45 a.m. – 12:45 p.m.
210144 \$429

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
Mar 30 – Jun 29 12 – 1 p.m.
210109 \$125





Women on Weights

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

Mon		
Mar 30 - Jun 22	8 - 9 a.m.	
210159	\$181.50	

Mon		
Mar 30 - Jun 22	8 - 9 a.m.	
210160	\$181.50	

Tue		
Mar 31 - Jun 23	6 - 7 p.m.	
210154	\$214.50	

Wed		
Apr 1 - Jun 24	8 - 9 a.m.	
210155	\$214.50	

Wed		
Apr 1 - Jun 24	9:15 - 10:15 a.m.	
210156	\$214.50	

Thu		
Apr 2 - Jun 25	6 - 7 p.m.	
210157	\$214.50	

Fri		
Apr 10 - Jun 26	8 - 9 a.m.	
210158	\$181.50	

Fri		
Apr 10 - Jun 26	8 - 9 a.m.	
210134	\$181.50	

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		
Mar 31 - Jun 23	8 - 9 a.m.	
210114	\$214.50	

Thu		
Apr 2 - Jun 25	8 - 9 a.m.	
210115	\$214.50	

Sat		
Apr 4 - Jun 20	10 - 11 a.m.	
210116	\$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		
Mar 31 - Jun 23	8 - 9 a.m.	
210119	\$214.50	

Wed		
Apr 1 - Jun 24	8 - 9 a.m.	
210120	\$214.50	

Thu		
Apr 2 - Jun 25	8 - 9 a.m.	
210121	\$214.50	

Sat		
Apr 4 - Jun 27	9 - 10 a.m.	
210122	\$214.50	

Joint Replacement

Whether you're going in, or coming out, our joint replacement rehabilitation program is custom designed to strengthen the repairing bone and muscles around the replaced joint, manage pain, and improve mobility. Get back on your feet and resume your active lifestyle faster with a regular pre-and post-surgery exercise

program. Our certified trainers are here to help improve your chances of long-term success.

Mon		
Mar 30 - Jun 22	10:30 - 11:30 a.m.	
210131	\$181.50	

Mon		
Mar 30 - Jun 22	11:45 a.m. - 12:45 p.m.	
210132	\$181.50	

Mon		
Mar 30 - Jun 22	3:30 - 4:30 p.m.	
210133	\$181.50	

Tue		
Mar 31 - Jun 23	10:30 - 11:30 a.m.	
210123	\$214.50	

Wed		
Apr 1 - Jun 24	10:30 - 11:30 a.m.	
210124	\$214.50	

Wed		
Apr 1 - Jun 24	11:45 a.m. - 12:45 p.m.	
210125	\$214.50	

Wed		
Apr 1 - Jun 24	3:30 - 4:30 p.m.	
210126	\$214.50	

Thu		
Apr 2 - Jun 25	10:30 - 11:30 a.m.	
210127	\$214.50	

Fri		
Apr 10 - Jun 26	10:30 - 11:30 a.m.	
210128	\$181.50	

Fri		
Apr 10 - Jun 26	11:45 a.m. - 12:45 p.m.	
210129	\$181.50	

Fri		
Apr 10 - Jun 26	3:30 - 4:30 p.m.	
210130	\$181.50	

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		
Mar 30 - Jun 22	10:30 - 11:30 a.m.	
210102	\$181.50	

Fri		
Apr 10 - Jun 26	10:30 - 11:30 a.m.	
210101	\$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

Apr 14 - May 28 2:15 - 3:15 p.m.
210117 \$252

Tue and Thu

Jun 2 - Jul 16 2:15 - 3:15 p.m.
210118 \$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

Mar 30 - Jun 22 1 - 2 p.m.
210139 \$181.50

Tue

Mar 31 - Jun 23 2:15 - 3:15 p.m.
210135 \$214.50

Wed

Apr 1 - Jun 24 1 - 2 p.m.
210136 \$214.50

Thu

Apr 2 - Jun 25 2:15 - 3:15 p.m.
210137 \$214.50

Fri

Apr 10 - Jun 26 1 - 2 p.m.
210138 \$181.50

Programs at the West Vancouver Memorial Library



Learn about all our events and register at wvml.ca/events. Whether you have a question, need a recommendation, or want help using your device, we are here to help: 604-925-7400. *Registration required for some programs.*

Friday Night Concert: Vinta

Powered by fiddles, accordion, clarinet, and bass, Vinta blends traditional folk and Celtic influences to create the lively atmosphere of a modern East Coast kitchen party.

Fri

Apr 10 7:30 - 8:45 p.m.
Main Hall Free

Tech Talk: Blackholes and the Tools that Reveal Them

Join Aryamann Rao, a researcher from the University of British Columbia, who will take us to the edge of space and science, exploring how black holes are detected, measured, and understood.

Mon

Apr 13 6:30 - 7:30 p.m.
Welsh Hall Free
Registration required

Reconciliation Reading Circles

Explore Indigenous literature, across all genres, to broaden our understanding of reconciliation.

Sun

Apr 19, May 24, Jun 14 3 - 4:15 p.m.
Welsh Hall Free
Registration required

Can We Prevent Wildfires? A Climate Café with Ocean Ambassadors

Join Ocean Ambassadors for a discussion on the prevention of wildfires.

Tue

Apr 21 1 - 2:30 p.m.
McDonald Creek Meeting Room Free
Registration required

Program availability may be adjusted. For an up-to-date list of adult 55+ programs, please visit westvancouver.ca/seniors and see the **55+ Activities** section on the page 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 Mary, Stephanie, or Ian (see page 6).

ADVANCED MEDICAL
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Don't let aging stop you
from living your **Best Life.**



		
Big Variety of Grab Bars We Install	Power Mobility Products We Repair & Perform Maintenance	Huge Variety of Rollators & Walkers We Fit

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 **@AdvancedMedicalBC**
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products and the jobs we have done.

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www.AdvancedMedicalBC.ca

604 912 0106



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At Comfort Keepers®, we provide in-home care that helps seniors live safe, happy and independent lives in the comfort of their own homes.

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- Personal care
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- Medication reminders
- Light housekeeping
- Transportation
- Grocery shopping and errands
- Alzheimer's and Dementia care
- Respite care

604.998.8806



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The mark of quality in home health



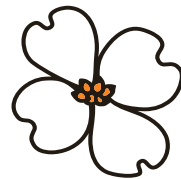
3 Tips For A Comfortable Recovery At Home



Accidents happen. You fall while skiing. A car hits your vehicle. You need surgery to have a hip replacement. When life happens to you and you need recovery time, here are three tips.

1. Shylo can help with: shopping, meals and laundry.
2. Our nurses can help with pain management.
3. The best way to rest is to let us take care of you and your home.

It's okay to ask for help!
We can come to your home,
residential care facility or
hospital. **Call 604-985-6881**
for a **FREE Health**



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