



26
SUMMER

THE SCENE

*A West Vancouver Seniors'
Activity Centre Publication*

IN THIS SCENE

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Operation on page 3

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Health Expo Schedule
on page 18

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VISIT US ONLINE AT WESTVANCOUVER.CA/SENIORS

west vancouver



parc

Active aging is about
fostering the artist inside you.

westerleigh
parc

Call Kirk & Jasmine at 604.922.9888 to book your personalized tour.
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 and Wed 8:30 a.m. – 4 p.m.

Tue and Thu 8:30 a.m. – 8 p.m.

Fri to Sun 8:30 a.m. – 4 p.m.

GARDEN SIDE CAFÉ

Hours of Operation

Mon, Wed, and Fri 9 a.m. – 2 p.m.

Tue and Thu 9 a.m. – 7 p.m.

Sat and Sun 9 a.m. – 2 p.m.

Dine-in Service

Lunch

Mon to Sun 11:30 a.m. – 1:30 p.m.

Dinner

Tue and Thu 4:30 – 7 p.m.

Daily Food Service

Mon, Wed, and Fri 9 a.m. – 2 p.m.

Tue and Thu 9 a.m. – 7 p.m.

Sat and Sun 9 a.m. – 2 p.m.

UPCOMING CLOSURES

Monday, May 18 – Victoria Day

Wednesday, July 1 – Canada Day

Monday, August 3 – BC Day

Monday, August 24 to Sunday, September 6 – SAC Annual Shutdown, reopening Tuesday, September 8

Monday, September 7 – Labour Day

Wednesday, September 30 – National Day for Truth and Reconciliation

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

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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.t

EDITORIAL

Editors Sabina Kasprzak and Sophie Fonseca

Advertising Sabina Kasprzak

Publisher District of West Vancouver

Print Still Creek Press

Cover Photo Sabina Kasprzak

ON THE COVER

Meet Sharron, a valued SAC volunteer whose warm smile and selfless service enrich the community she serves!



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.

Refunds

For refunds, visit westvancouver.ca/registrationandrefunds or scan the QR code.



FUTURE REGISTRATION DATES

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

Registration for summer general programs starts at 8 a.m. on **Thursday, June 4**. Visit westvancouver.ca/recactivities for availabilities.

Reminder: There is no priority registration at the Seniors' Activity Centre, with the exception of Active Rehabilitation programs.

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).



AUTOMATIC WAITING LISTS ARE HERE!

When a spot opens in a registered program, an automatic invitation to enroll will be sent to the head-of-household email on your activewestvanrec account. You'll have 24 hours to enroll before it's offered to the next person on the list.

Make sure your email is up to date so you don't miss your opportunity to register!

Need help?

Learn how to update your email, join a waitlist, or remove yourself from one at westvancouver.ca/tutorials or by scanning the QR code below.



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.

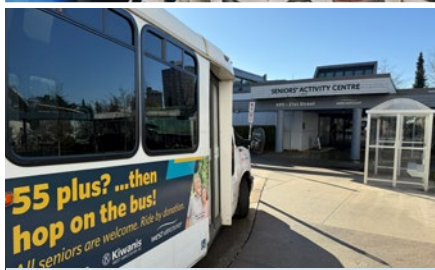
Shuttle Bus – supports the operation of the SAC Shuttle Bus which runs 100% on donations, sponsorships, and grants.

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).



55 PLUS? RIDE WITH US!

The Seniors' Activity Centre (SAC) Shuttle Bus is in operation Tuesday to Saturday, offering access to the SAC and local businesses throughout the Ambleside-Dundarave corridor with our easy hop-on, hop-off transportation system.

Fare: \$3 suggested donation (round-trip) or purchase the 11-ride punch pass for \$30 (best value) at the SAC front desk.

Pick up a brochure at the SAC front desk, visit westvancouver.ca/ridewithus, or scan the QR code below.

The SAC Shuttle Bus is sponsored by the SAC Advisory Board, the West Vancouver Foundation, Kiwanis, and the District of West Vancouver.



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.



Our Program and Assistant Program Coordinators



SUPERVISOR

Davida Witala

*Community Recreation Supervisor
Seniors' Services and Volunteers*

604-925-7286
dwitala@westvancouver.ca

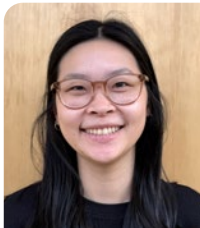


SHUTTLE BUS, TRIPS, SPORTS, GARDEN CLUB, VISUAL, AND HOBBY ARTS

Priscille Leroux

SAC Program Coordinator

604-925-7230
pleroux@westvancouver.ca



VOLUNTEERS

Gillian Mah

*Acting District-wide Volunteer
Services Program Coordinator*

604-913-2703
volunteer@westvancouver.ca



SENIORS' OUTREACH

Jennifer Jeffrey

*SAC Community Outreach Program
Coordinator*

604-925-7281
jjeffrey@westvancouver.ca



OUTREACH, VOLUNTEERS, AND ADMINISTRATION

Hannah Rennie

SAC Assistant Program Coordinator

604-925-7208
hrennie@westvancouver.ca



HEALTH, FITNESS, AND REHABILITATION

Lauren Davey

Assistant Program Coordinator

604-925-7231
ldavey@westvancouver.ca



ACCESS SERVICES, RECREATION FINANCIAL ASSISTANCE

Adriana Kowalczyk

Access Services Program Coordinator

604-925-7279
akowalczyk@westvancouver.ca



ADMINISTRATION, CUSTOMER SERVICE, AND FACILITY RENTALS

Michelle Lee

*Acting Recreation Facility Clerk
Supervisor*

604-925-7284
smlee@westvancouver.ca



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

Mary de Vries

SAC Program Coordinator

604-925-7287
mdevries@westvancouver.ca



VOLUNTEERS

Crystal Lan

SAC Assistant Program Coordinator

604-925-7288
scvolunteers@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



FOOD SERVICES, GARDEN SIDE CAFÉ, AND COFFEE BAR

Simone Galan-Prestes

SAC Food Services Program Coordinator

604-925-7122
sgprestes@westvancouver.ca



Volunteers

Scan the QR code below for more information, or visit 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 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**.

Join experienced volunteer mentors and staff who work with volunteers from around the district over tea, coffee, and light refreshments as we cover many important topics, including volunteer opportunities, eligibility requirements, policies and procedures, how to use the online portal, and more.

Once you have completed the orientation and have submitted your required documents, you can access opportunities and training via our volunteer portal. We look forward to having you on board!

Adult Volunteer Orientation

Sun, July 19 10 a.m. - 1 p.m.
219546 \$20 (free for SAC members)

VOLUNTEER TRAINING SESSIONS

Completed your orientation? Join us for an upcoming training module and learn a new skill this summer!

Cashier Training Module

Sat, Jul 4 9:30 - 11 a.m.
223132 Free

Coffee Barista Training

Sat, Jul 4 1 - 3:30 p.m.
 Sign up on MyImpactPage.com Free

Seniors' Centre Food Services Module

Wed, Jul 22 3:30 - 5:30 p.m.
223133 Free

NEW TO VOLUNTEERING? EXPLORE YOUR OPTIONS WITH OUR NEW TRAINING MAP!

Scan the QR code below, visit westvancouver.ca/volunteer, or pick up a copy from the volunteer bulletin board.



VOLUNTEER RIDE LEADERS WANTED!

Love cycling and building community? Help guide group rides, support fellow riders, and keep our cycling club rolling strong! No professional skills required—just enthusiasm, reliability, and a passion for the ride. Step up, lead the way, and make every kilometre count!

For more information, contact:
 Priscille Leroux at
pleroux@westvancouver.ca.

VOLUNTEERS



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 eight 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

FIRESIDE COFFEE BAR AND LOUNGE

Monday to Saturday - 9 a.m. to 3 p.m.
Sunday - 10 a.m. to 2 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!

DINNER EN BLANC

Dress in your finest white attire and join us for a special dining experience featuring a curated three-course meal prepared by our talented chefs at the Garden Side Café. Traditional long table seating will be available. Seating is on a first-come, first-served basis.

Wed, Jul 8 4 - 7 p.m.
222013 \$45



PHONE-IN FOOD SERVICE

The phone-in food delivery service will continue during operating hours. For food delivery, call **604-307-9470** to place an order (minimum \$25 purchase on deliveries). Deliveries occur on Tuesdays and Thursdays. Orders must be placed by 10 a.m. for same-day delivery. Please refer to the special daily menu posted on westvancouver.ca/seniors before you place an order.

Scan the QR code to view the menu.



Upcoming Events

JUNE



02
TUESDAY

SAC Speaker Series: Dr. Mei Lan Fang

See page 14



30
TUESDAY

Celtic Ensemble

See page 14



JULY



09
WEDNESDAY

Dinner En Blanc

See page 14



14
TUESDAY

Elvis Show

See page 14



22
WEDNESDAY

Craft, Sip, Savour

See page 12

GARDEN SIDE CAFÉ STAFFING UPDATE!

We are thrilled to announce that Simone Galan-Prestes has joined us as the permanent full-time Garden Side Café Food Services Coordinator. With extensive professional culinary education and a strong background in restaurant operations, leadership, and volunteer engagement, Simone is a fantastic addition to our team.

Simone steps into the role following Lou Novosad, who retired this past fall. We sincerely thank Lou for his years of dedicated service and wish him the very best in his retirement!



See **Social/Events and Trips** section on page 13 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 summer! Collaborate with others while honing your painting skills. *No instructor.*

Mon
Jun 29 - Aug 17 9 a.m. - 12 p.m.
218758 \$19.25

Mon
Jun 29 - Aug 17 12:30 - 3:30 p.m.
218759 \$19.25

Tue
Jun 30 - Aug 18 9 a.m. - 12 p.m.
218760 \$22

Wed
Jul 8 - Aug 19 12:30 - 3:30 p.m.
218761 \$19.25

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
Jul 2 - Aug 20 9 a.m. - 12 p.m.
218777 \$22

Drawing and Painting: Drop-In Time

Explore your artistic side through drawing and painting in this drop-in session. All skill levels are welcome in this relaxed environment. *No supervisor.*

Sat
Jun 6 - Aug 22 12 - 3:45 p.m.
\$2.75 per session

Realistic Oil Painting

Discover the art of realistic oil painting in a welcoming and supportive studio environment! Learn essential techniques, including light and shadow, accurate drawing, colour mixing, brush control, layering, and composition. All materials are provided. Suitable for all levels. *Led by international award-winning artist, Azadeh.*

Sat
Jun 6 - 27 9 - 11 a.m.
218762 \$120

Sat
Jul 4 - Aug 22 9 - 11 a.m.
218763 \$240

NEW! Intergenerational Indigenous Wool Weaving

Explore the traditions behind Coast Salish wool blankets while sharing stories and conversations with younger generations. Discover how wool was used, gathered, and prepared in traditional blankets and learn about the time, care, and skill required to create these culturally significant textiles. Gain insight into the cultural meaning behind the blankets through storytelling and hands-on learning. Light refreshments and snacks will be served. *This pilot program is made*

possible through the generosity of a micro grant from the West Vancouver Foundation. Presented by an Indigenous cultural programmer at the Museum of North Vancouver (MONOVA).

Thu
Jul 16 and 23 10 a.m. - 12 p.m.
218867 Free, please register

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
Jun 30 - Aug 18 9 a.m. - 12 p.m.
218778 \$25.60

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
Jul 8 - Aug 19 12:30 - 3:30 p.m.
218781 \$19.25



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
Jun 30 – Aug 18 12:30 – 3:30 p.m.
218779 \$22

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
Jul 3 – Aug 21 9 a.m. – 12 p.m.
218780 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
Jun 6 – Aug 22 10 a.m. – 12:30 p.m.



Music

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



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
Jul 3 – Aug 21 1 – 2 p.m.
219180 Free, registration required

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
Jul 7 – Aug 18 9:15 – 11:15 a.m.
219193 \$23

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
Jun 30 – Aug 18 11:30 a.m. – 12:30 p.m.
219736 \$104.25

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
Jul 4 – Aug 15 10:30 a.m. – 12:30 p.m.
\$3.25 per session

Dance

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



NEW! Salsa and Bachata Summer Event

Beginners or experienced, solo or a couple—this summer social is for all! Enjoy music and lessons in Salsa, Bachata, and Merengue for all levels. Walk in and out at any time, but if you are a beginner, please arrive earlier. Non-grip exercise shoes are recommended.

Fri
Jul 3 – Aug 14 2:15 – 3:45 p.m.
219203 \$105

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
Jul 6 – Aug 17 3 – 3:45 p.m.
219198 \$33.75

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
Jul 6 - Aug 17 2 - 2:45 p.m.
219199 \$33.75

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
Jul 6 - Aug 17 1 - 1:45 p.m.
219200 \$33.75

Woodworking

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
Jun 29 - Aug 17 9 a.m. - 12 p.m.
219255 \$52.50

Fri
Jul 3 - Aug 21 9 a.m. - 12 p.m.
219261 \$60

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. *Prerequisite: experience in woodworking. You must be able to work on your own with minimal assistance.*

Mon
Jun 29 - Aug 17 1 - 4 p.m.
219256 \$52.50

Tue
Jun 30 - Aug 18 9 a.m. - 12 p.m.
219257 \$60



Wed
Jul 8 - Aug 19 1 - 4 p.m.
219258 \$52.50

Fri
Jul 3 - Aug 21 1 - 4 p.m.
219262 \$60

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
Jul 8 - Aug 19 1 - 4 p.m.
219259 \$52.50

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 that are happy to share, mentor, and teach.

Thu
Jul 2 - Aug 20 9 a.m. - 12 p.m.
219260 \$60

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
Jul 8 - Aug 19 9:45 - 11:15 a.m.
219197 \$26.50

NEW! Spanish Conversation Clinic

Learn basic conversation interactions when travelling to Spanish-speaking countries! No grammar is involved unless strictly necessary. All levels are welcome.

Thu
Jul 2 - Aug 20 4 - 6 p.m.
219201 \$168

General

NEW! Introduction to Acting Workshop

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

Wed
Jul 15 1:30 - 3:30 p.m.
219114 \$25

NOTE: Prices quoted in The Scene are member rates.



NEW! Craft, Sip, Savour

Explore Copperpenny's award-winning grain-to-spirits in a lively seminar! Enjoy guided tasting flights at your table paired with stories of their distilling craft, history, and fun behind-the-scenes facts. Finish with a question-and-answer period.

Wed
Jul 22 2 - 3:30 p.m.
219208 \$55

NEW! Sip Happens: A Craft Beer Seminar

Join us for an immersive tasting seminar designed to deepen your appreciation of local craft beer! Sample a curated flight of beers, discover brewing techniques, and identify the subtle notes in every glass; questions are encouraged and palates are challenged. *Guided by local experts from Beere Brewing Co. in North Vancouver.*

Wed
Jul 29 2 - 3:30 p.m.
219235 \$55

Movies

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

Sun 1 - 3 p.m.
219231 Jul 5

219232 Aug 2

Flight Simulation

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

Fri
Jul 10 - Aug 14 9:30 a.m. - 12:30 p.m.
\$3.25 per session

Games

Billiards and Snooker 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
Jul 4 - Aug 22 1 - 3 p.m.

Cribbage

Sun
Jul 5 - Aug 16 1:30 - 3:30 p.m.

Chess

Mon
Jul 6 - Aug 17 3 - 4 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
Jul 8 - Aug 12 12:30 - 4 p.m.
219186 \$28



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.

ACCESSIBILITY

-  Accessible to persons in wheelchairs*.
-  Accessible to persons with scooters*.
-  Accessible to persons with walkers*.
-  Accessible to persons with canes.
-  No limitation to hard of hearing. Assistive systems may be available.
-  Accessible to persons who are blind or visually impaired.
-  Transport to the SAC w/ the SAC Shuttle Bus.

**As space is limited on the bus, please notify staff if you plan to bring a wheelchair, scooter, or walker.*

NOTE: Prices quoted in The Scene are member rates.

👤👤 Enjoy the Journey Tours—A Day in Spain with **Ciro V.**

Spend a day with talented vocalist and trumpet player, Spaniard National **Ciro Vivancos!** Savour a Spanish lunch at Bodega on Main then continue to Spanish Banks for **Ciro's** special afternoon trumpet and vocal performance, complete with a seaside picnic table dessert and refreshments.

Tue
Jul 28 9 a.m. - 4:30 p.m.
219236 \$154

👤👤 Enjoy the Journey Tours—Summer Sightseeing Cruise

Set sail aboard Vancity Cruises' 40-seat double-decker catamaran for a fun, narrated tour with a live guide sharing Vancouver's stories and sights. Enjoy lunch at The Teahouse in Stanley Park and visit the Nature House at Lost Lagoon.

Fri
Aug 14 8:45 a.m. - 4:15 p.m.
219237 \$194

👤👤👤 Bard on the Beach—Macbeth

In a dark, dystopian take on **Macbeth**, this gripping tragedy follows a victorious general driven by prophecy and ambition to murder King Duncan and claim the throne. Urged on by his ruthless wife, he spirals into paranoia and tyranny. Stark visuals amplify themes of power, fate, and downfall in Shakespeare's haunting classic.

Wed
Jul 15 12:30 - 5:30 p.m.

Ticket and transportation
219238 \$70

Transportation only
219239 \$10

👤👤👤 Bard on the Beach—The Merry Wives of Windsor

This classic farce follows the roguish Sir John Falstaff, who sets out to fix his financial woes by wooing two married women so that he can steal their husbands' fortunes—only for his targets, Mrs. Ford and Mrs. Page, to come together and turn the tables on him.

Wed
Aug 5 12:30 - 5:30 p.m.

Ticket and transportation
219240 \$70

Transportation only
219241 \$10

👤👤👤 Bard on the Beach—Goblin: Oedipus

Goblin: Oedipus is a riotous, interactive comedy by the Goblins—Wug, Kragva, and Moog—reimagining Sophocles' **Oedipus Rex**. Blending chaos, sharp humour, and audience play, they retell the tragic myth of a king seeking truth amid a deadly plague, only to uncover his own dark fate. Bold, irreverent, and unforgettable.

Sat
Aug 22 12:30 - 5:30 p.m.

Ticket and transportation
219242 \$70

Transportation only
219243 \$10

👤👤👤 Bard on the Beach—Antigone

This bold adaptation by Kate Besworth reimagines **Antigone** for today. **Antigone** defies King Creon by burying her brother after the civil war, sparking a clash between family loyalty and state power. Raw and timely, this production explores resistance, voice, and generational conflict with powerful emotional impact.



Wed
Aug 26 12:30 - 5:30 p.m.

Ticket and transportation
219244 \$70

Transportation only
219245 \$10

👤 Krause Berry Farm

Visit one of the best farms in Langley—strawberries and raspberries will be in season! Shop, eat, and pick berries, then enjoy a meal at the Waffle Bar, Market, or Estate Winery at an additional cost. Bring home a variety of foods and berries from their extensive freezer section. *Cost of trip includes transportation only.*

Tue
Jun 30 10 a.m. - 3:30 p.m.
219248 \$20

👤 North Arm Farm Pemberton

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

Tue
Jul 28 9 a.m. - 4 p.m.
219254 \$30



Granville Island

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

Tue
 Aug 4 9:30 a.m. - 2:30 p.m.
219247 \$20

Parq Casino

Feel the energy at downtown Vancouver's premier casino destination! With an impressive lineup of slot machines and classic table games, the excitement never takes a break.

Thu
 Aug 13 9:30 a.m. - 3 p.m.
219246 \$20

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

Dinner En Blanc

Dress in your finest white attire and join us for a special dining experience featuring a curated three-course meal prepared by each of our talented chefs at the Garden Side Café. Traditional long table seating will be available. Seating is on a first-come, first-served basis.

Wed
 Jul 8 4 - 7 p.m.
222013 \$45

NEW! Elvis Show

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

Tue
 Jul 14 2 - 3:30 p.m.
216718 \$20

NEW! Vancouver City Opera

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

Tue
 Jul 21 1 - 2:30 p.m.
219204 \$20

COMING SOON!

NEW! Neil Diamond Show

A Neil Diamond impersonator will be performing at the SAC in September!

NEW! Metro Swing Band

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

Tue
 Jul 28 1 - 2:30 p.m.
219205 \$20

NEW! Celtic Ensemble

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

Tue
 Jun 30 4:30 - 5:30 p.m.
219206 \$20

**NEW! SENIORS' ACTIVITY CENTRE (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 each session.



**Beyond Age-Friendly:
 Reimagining Cities, Care, and
 Community**

with Dr. Mei Lan Fang

**TUESDAY, JUNE 2
 2-4 P.M. | \$5 | #216234 | SAC**

Registration opens on May 6.



The SAC Speaker Series is proudly presented by our knowledge partner **Amica Senior Lifestyles.**



westvancouver.ca/seniors



Programs continued on page 26.

HOT TOPICS WITH West Vancouver Fire and Rescue

By *Jeremy Calder, Assistant Chief of Fire Prevention*



SIX ESSENTIAL FIRE SAFETY REMINDERS

1 If you smoke: smoke outside only.

Use large, deep, sturdy ashtrays, wet cigarette butts, and ashes before disposal, and never throw them into plants or mulch. Never smoke in bed or near home oxygen.

2 **Keep space heaters at least three feet (one metre) away** from anything that can burn, including people. Turn them off and unplug them when leaving the room or going to bed and always plug them directly into a wall outlet.

3 Stay in the kitchen when frying or cooking on the stovetop.

If you leave, turn off the burner. Use a timer, avoid cooking when drowsy or affected by alcohol or new medication, and wear short or tight-fitting sleeves.

4 If clothing catches fire: stop, drop, and roll.

Smother flames with a blanket if needed, cool burns with water for three to five minutes, and seek medical help.

5 Install smoke alarms on every level,

in bedrooms, and outside sleeping areas. Install carbon monoxide alarms outside sleeping areas and on every level. Test alarms monthly and replace any that are over ten years old.

6 Plan and practice two ways out,

get outside and stay outside, call 9-1-1, and keep mobility aids, glasses, phones, and flashlights nearby.

Take care and stay safe, Jeremy



SAVE the DATE

Join us for the eighth annual **North Shore Seniors' Health Expo** on Friday, June 19, featuring exhibitors, innovative speakers and researchers focusing on cognitive, physical, social, financial, and nutritional well-being.

North Shore Seniors' Health Expo



FRIDAY, JUNE 19 | 9 A.M.—3:30 P.M. | FREE
WEST VANCOUVER COMMUNITY CENTRE & SENIORS' ACTIVITY CENTRE



PRESENTED BY

HERO HOME CARE



Keynote by **Judy Croon**,
Canada's Keynote
Humourist

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North Shore Seniors' Health Expo

EVENT SCHEDULE**Friday, June 19 | 9 a.m. – 3:30 p.m.****9 A.M. -
3:30 P.M.**

Exhibitors in the West Vanc

10 - 11 A.M.**KEYNOTE PRESENTATION: The Power of Laughter for a Healthier, Happi****ACTIVITY ROOM**
Seniors' Activity Centre**AUDIO VISUAL ROOM**
Seniors' Activity Centre**LILY L**
W**11:15 A.M.
- 12 P.M.****Arthritis and Exercise: Staying
Active with Sore Joints****Louise Lydon and Anna Spillane,
Occupational Therapy Educators**
OASIS Program**Coffee, Tea, and Pre-Planning****George and Mark McKenzie,
Funeral Directors**
McKenzie Funeral Services**Aging in Pl****Stay at Hor**
Praveena Du
Hero Home C**LUNCH BREAK**
12 - 1 P.M.

Lunch served all day at the Seniors' Activity Centre's Garden Side Café (9:30 a.m. -

Go for a ride with Cycling Without Age (outside entrance)

Visit exhibitors in the We

1 - 1:45 P.M.**Medical Assistance in Dying:
The Facts vs Fiction****Alex Muir, Chair, Metro Vancouver
Chapter, Dying With Dignity Canada**
Kim Carlson, RN and Palliative Expert
Paul Magennis, RN and MAiD Educator**How Does Early Intervention of
Hearing Loss Contribute to Brain
Health?****Mandy Fisch, MSc. RAUD, RHIP,
Owner Operator**
Victoria Erickson, MSc., RAUD, RHIP
HearingLife formerly NexGen Hearing**Tech Made****AI Togethe**
Kevin Winsl
My Tech Con**BREAK**
1:45 - 2:15 P.M.

Check out the exhibitors in the

2:15 - 3 P.M.**BC Brain Wellness - Lifestyle-Based
Intervention Program****Alisa Hashimoto, Program Manager**
BC Brain Wellness Program, Djavad
Mowafaghian Centre for Brain Health,
UBC**Eat Well - Live Longer: Eat Better
With the Budget You Have****Colleen Little, Certified Nutrition
Practitioner****Ready for S****and Evacua**
Lisa Dalla Ve
and Public E
North Shore
Jeremy Cald
Prevention a
West Vancor**3 - 3:30 P.M.**

Final chance to check out exhibitors

3:15 - 4:45 P.M.**FILM SCREENING: Capturing Spirit Unforgettabl**

Exhibitors - West Vancouver Community Centre Gymnasium and Arts Room in SAC
Memory testing with Medical Arts Health Research Group - Fabric Arts Room, SAC
Free hearing tests from HearingLife (formerly NexGen Hearing) - Arbutus Studio A and B, WVCC
Lunch served all day at the Seniors' Activity Centre's Garden Side Café (9:30 a.m. - 3:30 p.m.)

West Vancouver Community Centre Gymnasium ALL DAY

HearingLife | Judy Croon, Canada's Keynote Humourist | Activity Room, Seniors' Activity Centre

FREE SPIRIT ROOM
WVCC Main Floor

CEDAR ROOM
WVCC 3rd Floor

GARDEN ROOM
WVCC 1st Floor

Topic: Planning Ahead to Age Longer
Michelle Bennett, Regional Director, LPN
Senior Care

From Confusion to Clarity: A Practical Guide to Estate Planning
Mike Beishuizen, Lawyer
Westcoast Wills & Estates

Introducing the Bjorn Moller Research Repository
Dr. Lynn Beattie, Board Member, Pacific Parkinson's Research Institute (PPRI)
Dr. Samantha Schaffner, Research Associate, Pacific Parkinson's Research Centre (PPRC); **Manager**, The Bjorn Moller Research Repository

(9:30 a.m. - 3:30 p.m.) | Fireside Coffee Bar and Lounge open in the Seniors' Activity Centre (9:30 a.m. - 3:30 p.m.)
Live Music | Music in the breezeway with WAVE 98.3FM | Visit SACS on 21st Gift Shop
West Vancouver Community Centre Gymnasium

Friendly: Exploring
Michelle Bennett, Founder
Senior Care

Incontinence and Pelvic Floor Health
Farah Manoocheri, Registered Physiotherapist
Aquatic Centre Physiotherapy Lifemark

Workshop: Stroll into Summer - Davies Mobility Garage
Paul Sangha, Assistant Manager
Davies Home Healthcare

West Vancouver Community Centre Gymnasium

Summer: Heat, Wildfire, and Emergency Preparedness
Michelle Bennett, Communications Education Specialist
Emergency Management
Michelle Bennett, Assistant Chief, Fire and FireSmart Coordinator
Vancouver Fire Rescue

Partnering with Family Councils: A Proven Path to Better Outcomes in Long-Term Care Homes
Lisa Dawson, President
Independent Long-Term Care Councils Association of BC (ILTCCABC)
Barb Kirby, Advisor to VCAFC and Later Life Planner and Seniors Navigator

How Your Sense of Smell Can Improve Brain and Memory Health
Jonathan Askholm, Co-Founder
Memorease

West Vancouver Community Centre Gymnasium

Live Music - When Music, Friendship and Courage is the only Medicine Left | AV Room



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The human foot is a masterpiece of engineering and a work of art.

Leonardo da Vinci

Happy Feet



Written by Chris Inouye

Reviewed by Dr. Ray E. Bolen, B.Sc., D.P.M., A.A.A.C.F.A.S., of Hollyburn Podiatry in West Vancouver.

"Feet are the foundation of our mobility, and caring for them is the cornerstone of a healthy, active life."

Dr. William Scholl

Sharron, an active SAC member and volunteer who walks and hikes regularly, has lived with foot pain for years. When her foot pain worsened, Sharron went to see West Vancouver podiatrist, Dr. Ray Bolen, who diagnosed her as having infected ingrown toenails. Following treatment, Sharron says that not only is she pain-free, but her feet look very good, too!

Foot ailments are among the most common of health problems. The B.C. Association of Podiatrists indicates that more than half of British Columbians experience foot-related problems, but only one in three seek treatment. Diabetes, circulatory disorders, anemia, and some arthritic conditions are sometimes first detected in the feet.

As we age, we lose natural cushioning in our feet, our skin becomes drier, and there may be reduced circulation, so maintaining foot health is important to preserve mobility, balance, independence, and overall quality of life.

Daily Foot Care

- **Wash and Dry:** Wash your feet daily in warm water using mild soap. Dry them thoroughly, especially between the toes.
- **Moisturize:** Apply moisturizer to the tops and bottoms of your feet to

prevent dry, cracked skin. Avoid applying lotion between the toes, as this can trap moisture.

- **Inspect:** Check your feet every day for cuts, blisters, red spots, swelling, or any other changes. Use a mirror or ask a family member for help if you have trouble reaching your feet.
- **Change Socks Daily:** Wear clean, dry, moisture-wicking socks to keep feet dry and comfortable.

Footwear

- **Proper Fit:** Foot size and shape can change with age, so have feet measured periodically. Shop for shoes in the afternoon when feet are slightly swollen to ensure a comfortable fit all day.
- **Support and Cushioning:** Choose shoes with good arch support, cushioning, a wide toe box, and a sturdy, non-slip sole.
- **Avoid Going Barefoot:** Wear shoes or slippers, even indoors, to protect feet from injury and lower fall risk.
- **Avoid Slip-ons:** Choose shoes with laces, straps, buckles, or Velcro for a secure fit and better support.

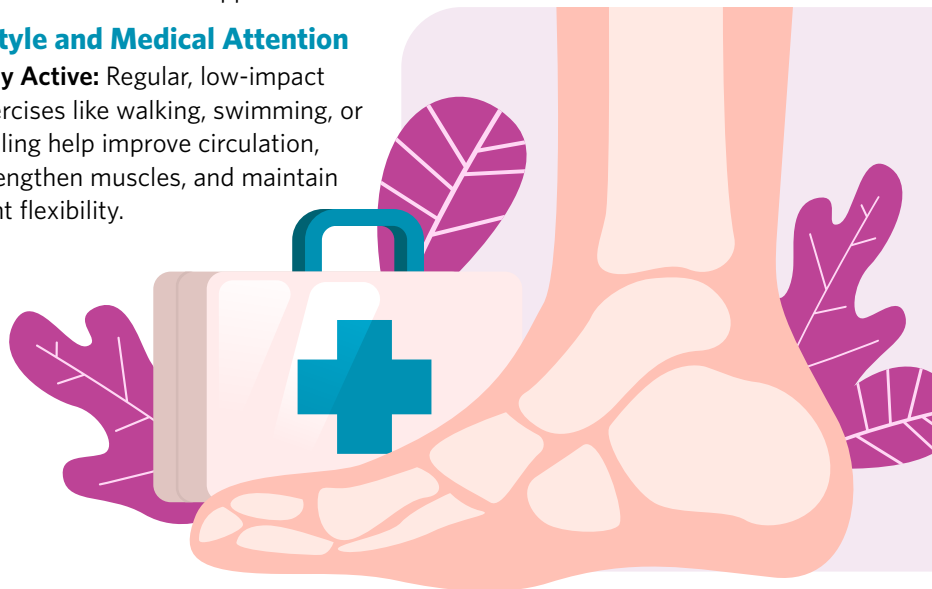
Lifestyle and Medical Attention

- **Stay Active:** Regular, low-impact exercises like walking, swimming, or cycling help improve circulation, strengthen muscles, and maintain joint flexibility.

- **Improve Circulation:** Elevate your feet when sitting down, wiggle your toes, and avoid crossing your legs for long periods.
- **Manage Chronic Conditions:** If you have conditions such as diabetes and arthritis, follow your doctor's recommendations closely.
- **Consult a Professional:** See a podiatrist for an annual check-up, or sooner, if you notice persistent pain, swelling, numbness, a non-healing sore, or any other concerning changes.

Article continued on the next page.

A handy **Foot Care Info Sheet for Seniors** can be found on the [Government of Canada website](#). For the print version, scan the QR code below:



COMMON FOOT AILMENTS

FUNGAL NAIL INFECTIONS

SYMPTOMS

- **Colour Changes:** Nails may turn white, yellow, or brown.
- **Texture Changes:** Thick, brittle, crumbly, or ragged nails.
- **Shape/Separation:** Nails become distorted or separated from the nail bed.
- **Pain/Discomfort:** Infected nails may become painful or cause the skin around them to become inflamed or swollen.

CAUSES

- **Fungi** (specifically dermatophytes), yeasts, and molds cause these infections, often starting with athlete's foot, which is a fungal infection of the skin.
- **Risk Factors:** Public showers/pools, sharing personal items (nail clippers, towels), weak immune system, age (older adults), and previous nail injury.

TREATMENT

- **Prescription Oral Medication:** Often the most effective treatment.
- **Antifungal Nail Solutions:** May take up to 12 months, with success rates often lower than oral medication.
- A healthcare provider may remove the damaged part of the nail or use nail-softening creams.

PREVENTION TIPS

- Keep feet clean and dry, especially after swimming or showering.
- Wear shoes/pool-friendly sandals in public showers, locker rooms, and pool decks.
- Disinfect home pedicure tools and do not share them.

PLANTAR FASCIITIS

SYMPTOMS

- **Stabbing Heel Pain:** Worst with the first steps in the morning or after sitting.
- **Dull Ache:** A constant pain along the bottom of the foot.
- **Pain with Activity:** Often improves with movement but worsens with prolonged standing or activity later in the day.

CAUSES

- **Overuse/Strain:** Small tears from overuse or stretching the fascia.
- **Tightness:** Tight calf muscles or Achilles tendons.
- **Weight:** Excess body weight.
- **Footwear:** Unsupportive shoes or walking barefoot.
- **Activity:** Running, jumping, or long periods of standing.

TREATMENT

- **Rest and Ice:** Rest the foot and apply ice.
- **Stretching:** Gently stretch the arches and calves.
- **Supportive Shoes and Orthotics:** Wear supportive shoes with good arch support.
- **Activity Modification:** Switch to low-impact exercises like swimming or cycling.
- **Night Splints:** Helps keep the foot muscles stretched overnight.
- **Medication:** Over-the-counter anti-inflammatory medications such as ibuprofen may help.
- **Physical Therapy:** Exercises to stretch the plantar fascia and Achilles tendon and to strengthen lower leg muscles.

PERIPHERAL NEUROPATHY

SYMPTOMS

- **Sensory Changes:** Tingling, numbness, "pins and needles," or a feeling of wearing invisible socks.
- **Pain:** Burning, sharp, electric-like, or throbbing pain.
- **Sensitivity:** Extreme sensitivity to touch, such as pain from a bedsheet.
- **Physical Changes:** Muscle weakness, loss of balance, walking difficulties, and changes in skin, hair, or nails.
- **Complications:** Loss of feeling can lead to undetected injuries, blisters, or infections.

CAUSES

- Peripheral nerves become damaged over time.
- Idiopathic neuropathy often has no detectable cause.
- **Diabetes:** High blood sugar may damage nerves.
- **Physical Injury:** Trauma, accidents, or, in some cases, prolonged, intense pressure.

TREATMENT

- **Foot Care:** Daily inspection of feet (top, bottom, between toes) for injuries.
- **Protection:** Always wear comfortable, supportive shoes to prevent injury.
- **Medical Care:** Podiatrist consultations for specialized care.
- **Medications:** Prescription medication for nerve pain.
- **Therapies:** Spinal cord stimulation to block pain signals.
- **Lifestyle:** Regular exercise to boost blood flow.
- **Diet:** Eat fruits, vegetables, whole grains, and lean protein to keep nerves healthy.

MORTON'S NEUROMA

SYMPTOMS

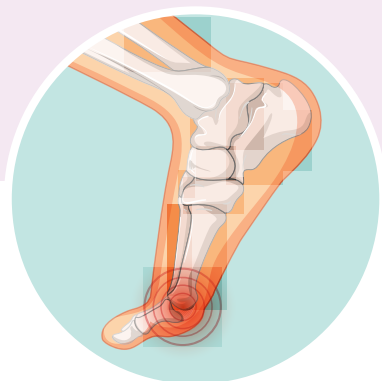
- **Pain:**
 - Stabbing, shooting, or burning pain in the ball of the foot, often between the third and fourth toes.
 - Pain that increases with activity.
 - Pins and needles feeling, tingling, or numbness in the toes.
 - Pain when stretching the toes.
 - Pain relief with rest or removal of shoes.
- Clicking sensation in the forefoot.
- Feeling as if walking on a marble or stone.

CAUSES

- The exact cause is not known but may be related to pressure on the nerve.

TREATMENT

- **Shoes:** Many people get relief by wearing shoes with low heels and wide toe boxes.
- Custom Foot Orthotics
- Ice Massage and Anti-inflammatory Medication
- Corticosteroid Injections
- Surgical Excision



CORNS AND CALLUSES

Corns are smaller and deeper than calluses and have a hard centre surrounded by swollen skin. They can be painful when pressed. Hard corns often form on the top of the toes or the outer edge of the small toe. Soft corns tend to form between the toes.

Calluses are sometimes painful and tend to develop on pressure spots, such as the heels, balls of the feet, palms, and knees. They may vary in size and shape and are often larger than corns.

SYMPTOMS

- A rough, thickened area of skin.
- A hardened, raised bump.
- Tenderness or pain when wearing shoes or when pressure is applied.
- Flaky, dry, or rough skin.

CAUSES

Friction and pressure from repeated actions:

- **Ill-fitting shoes and socks:** Tight shoes and high heels can squeeze areas of the feet. If your shoes are loose, your foot may repeatedly rub against the shoe. Your foot may also rub against a seam or stitch inside the shoe. Poorly fitting socks can also be a problem.
- **Skipping socks:** Wearing shoes and sandals without socks can cause friction on your feet.
- **Repetitive Physical Activity:** Walking, running, or high-impact sports.

- **Foot Deformities:** Bunions, hammertoes, or claw toes create prominent spots that rub against shoes.

TREATMENT

- Warm soaks and pumice stones (avoid with neuropathy) or corn plasters (avoid with poor circulation).
- Removing the source of the friction or pressure can make corns and calluses disappear.
- See your doctor if corn or callus becomes inflamed or painful.
- If you have diabetes or poor blood flow, seek medical care before self-treating a corn or callus.

CHRONIC INGROWN TOENAILS

SYMPTOMS

- Pain and tenderness.
- Inflamed skin.
- Swelling.

CAUSES

- Wearing shoes that crowd the toenails.
- Cutting toenails too short.
- Injuring a toenail.
- Having very curved toenails.
- Nail infections.

TREATMENT

- Best treated by a medical professional.

The BC Podiatric Medical Association compares our feet to a fancy race car, the components of which work together, supporting us in daily life. In an average day of walking, our feet support a force equal to several hundred tons and are more prone to injury than any other part of the body. **Keep your feet happy. By practicing a consistent foot care routine and seeking professional help when needed, many problems can be prevented or managed effectively.**

Stroll, Shop, Stay a While



Visit the Villages of Ambleside and Dundarave, where waterfront views, local boutiques, and welcoming patios come together to create an easy rhythm. Take your time, and enjoy the simple pleasure of being here.

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Programs, continued from page 14



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 3:30 - 5:30 p.m.
Jul 7, Aug 4, Aug 11, and Aug 18

Thu Jul 2 - Aug 20 2:30 - 4:30 p.m.

Sat Jul 4 - Aug 22 1 - 3 p.m.

Sun Jul 5 - Aug 23 1:45 - 3:45 p.m.

Badminton 55y+

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

Thu Jul 2 - Sep 3 3:15 - 5:15 p.m.

Sun Jul 5 - Sep 6 10:15 a.m. - 12 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.

Par 3 Pitch and Putt—2026 Annual Registration

Join us for some fun on the course! Golf at Ambleside Par 3 on Mondays and 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

NOTE: Prices quoted in The Scene are member rates.

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.

Explorers

Do you love walking? Are you looking to stay social and active? Join the Explorers! The only prerequisite is a shared love of the outdoors. This exciting walking program utilizes our bus and is led by one of our experienced leaders. *Cost includes transportation.*

Thu
Jul 2 - Aug 6 9:30 a.m. - 1 p.m.
219771 \$72

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
Jun 30 - Sep 1 9 a.m. - 12:30 p.m.
219266 \$50

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
Jul 8 - Sep 2 9 a.m. - 12:30 p.m.
219264 \$45

Thu
Jul 2 - Sep 3 9 a.m. - 12:30 p.m.
219265 \$50

OUTREACH SERVICES



If you or someone you know could use a helping hand, Jennifer is here to support seniors in staying connected to their community. Jennifer can assist with navigating a wide range of needs, including:

- building social connections and reducing isolation
- food security and prepared meals
- housing assistance
- transportation and mobility safety
- legal advocacy
- financial support
- mental and physical health resources.

Don't hesitate to reach out to her by phone at **604-925-7281**, email at **jjeffrey@westvancouver.ca**, or visiting her in person at the Seniors' Activity Centre.



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).

Friendship Table Coffee Group

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

Thu	10:30 - 11:30 a.m.
218837	Jun 11
222866	Jul 9
222867	Aug 13

Friendly Check-in Calls

Would you enjoy a regular phone call from our Friendly Caller team? Enjoy a casual chat with a caring volunteer about anything you like—your favourite show or hobby, current events, or even the weather! If there are any resources that the Seniors' Activity Centre can assist with, let us know. There is no charge for this service.

If you or a senior you know in West Vancouver would like to receive regular Friendly Calls, please contact Jennifer Jeffrey, Seniors' Outreach Coordinator, at **604-925-7281** or **jjeffrey@westvancouver.ca**.



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**.

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	
Jun 30 - Aug 25	10:30 - 11:30 a.m.
219181	\$93

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	
Jul 3 - Aug 21	11:15 a.m. - 12 p.m.
219179	\$59

Active Mind, Active Body

Enjoy an uplifting class using movement for all levels. Maintain a sense of confidence and grace through the fundamentals of stretch while building strength, balance, and mobility. Pearls of wisdom might occasionally be given! Caregivers and partners are welcome. This program is dementia-friendly.

Mon	
Jul 6 - Aug 17	1:15 - 2:15 p.m.
219183	\$78

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	
Jul 3 - Aug 21	1 - 2:30 p.m.
219770	\$86

Ladies' Social Club

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

Wed	
Jun 24 - Aug 19	1:30 - 3 p.m.
219177	\$45

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	
Jul 2 - Aug 20	10:30 a.m. - 12 p.m.
222880	\$70



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
Jul 15 10 – 11 a.m.
215819 Free, please drop-in

Pop-up Library and Tech Help

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

Tue
Jun 2 and Aug 4 11 a.m. – 1 p.m.
219017 Free, please drop-in

Mind and Body Wellness

Massage

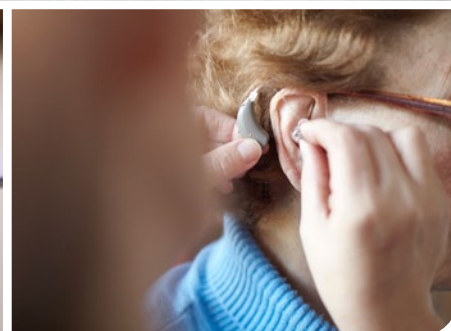
Enjoy a massage performed by Langara College students. Register for your spot. *Maximum five spots per timeslot. Arrive 15 minutes early to complete paperwork. No ICBC or WCB claims.* Timeslots are on Wednesdays starting at 9:30 a.m., 10:45 a.m., and 12 p.m. \$25 for a 45-minute appointment. Phone 604-925-7280 to reserve a spot one week in advance.

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.

Ears to You Hearing Health Check Day

An audiologist will be at the SAC to guide you through a comprehensive needs assessment and find the perfect solution for your lifestyle. *Ears to You is a locally owned and operated mobile hearing clinic dedicated to providing accessible and convenient hearing services to the community.* Appointments are 30-minutes long.



Please call
604-925-7211 to book an appointment.
Thu Free
Jul 9 and Aug 13

Fraud Prevention and Education

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

Sun
Jul 19 11:30 a.m. – 12:30 p.m.
221412 Free, registration required

Mind Connection

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

Mon
Jun 29 – Aug 17 9 – 10 a.m.
219176 Free, registration required

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
Jun 3 9:45 a.m. – 12:30 p.m.
211908 \$12.50

NEW! Great Senior Game Lounge

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

Tue
Jun 23 1 – 2:30 p.m.
222581 Free, registration required

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

Ice Cream and Beat the Heat with NSEM

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

Thu
July 23 1 - 2:30 p.m.
221929 Free, registration required

Qi Gong Stress Release

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

Tue
Jul 7 - Aug 18 4 - 5:30 p.m.
221413 \$65

Tai Chi Beginner (Levels 1 and 2)

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 beginners with no prior experience.

Level 1

Sun
Jul 5 - Aug 23 12:15 - 1:15 p.m.
222791 \$90

Level 2

Sun
Jul 5 - Aug 23 11 a.m. - 12 p.m.
221924 \$90

NEW! Chair Tai Chi

Do you like the idea of Tai Chi, but have trouble with your balance? Join us and experience the Eight-Section Brocade (Baduanjin)—a time-honoured health routine designed to bring vitality and balance to everyday life. Engage in eight gentle, flowing movements to improve energy, relieve joint stiffness, and calm your nervous system. No experience required.

Tue
Jun 30 - Aug 18 9:15 - 10:15 a.m.
221930 \$90

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, finishing with mobility work and a stretch.

Mon and Thu
Jun 29 - Aug 20 2:15 - 3:15 p.m.
218502 \$85.20

🏋️ 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
Jun 29 - Aug 20 1 - 2 p.m.
218514 \$85.20

🏋️ 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
Jun 30 - Aug 20 9 - 10:10 a.m.
218518 \$235.52

🏋️ 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
Jul 8 - Aug 19 5 - 6 p.m.
218516 \$39.76



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
Jul 8 - Aug 19 10:30 - 11:30 a.m.
218520 \$39.76

Fri
Jul 3 - Aug 21 11:45 a.m. - 12:45 p.m.
218521 \$45.44

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
Jul 3 - Aug 21 8:15 - 9:15 a.m.
218526 \$45.44

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
Jun 29 - Aug 19 8:15 - 9:15 a.m.
218524 \$79.52

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
Jul 2 - Aug 20 9:15 - 10:15 a.m.
218528 \$45.44

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.

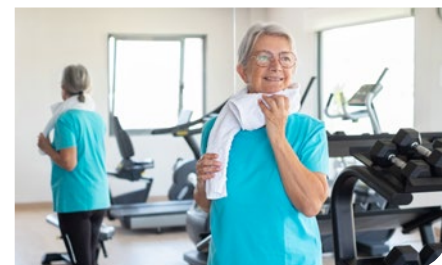
Mon
Jun 29 - Aug 17 9:15 - 10:15 a.m.
218492 \$39.76

Mon
Jun 29 - Aug 17 5 - 5:55 p.m.
218493 \$39.76

Fri
Jul 3 - Aug 21 9:15 - 10:15 a.m.
218491 \$45.44

Sat
Jul 4 - Aug 22 10:30 - 11:30 a.m.
218494 \$45.44

Wed
Jul 8 - Aug 19 9:15 - 10:15 a.m.
218490 \$39.76





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
Jun 30 – Aug 18 8 – 8:55 a.m.
218504 \$45.44

Thu
Jul 2 – Aug 20 8 – 8:55 a.m.
218505 \$45.44

Fri
Jul 3 – Aug 21 8 – 8:55 a.m.
218506 \$45.44

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
Jun 29 – Aug 17 8 – 8:55 a.m.
218511 \$39.76

Wed
Jul 8 – Aug 19 8 – 8:55 a.m.
218510 \$39.76

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
Jun 30 – Aug 18 1 – 2 p.m.
218540 \$116

Thu
Jul 2 – Aug 20 1 – 2 p.m.
218538 \$116

Functional Fitness

Start your Saturday with a fun and creative fitness program that includes stretching, strength, mobility, weights, resistance, and balance exercises. Engage in variety of moves to release and strengthen fascia, muscle, and bone.

Sat
Jul 4 – Aug 22 11:40 a.m. – 12:40 p.m.
219797 \$68

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
Jun 29 – Aug 17 9:15 – 10:15 a.m.
218500 \$39.76

Yoga

Yoga Beginner

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

Mon
Jun 29 – Aug 17 5 – 6:15 p.m.
218566 \$71.40

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
Jul 8 – Aug 19 5 – 6 p.m.
218562 \$71.40

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
Jun 30 – Aug 18 11:45 a.m. – 1 p.m.
218548 \$81.60

Thu
Jul 2 – Aug 20 10:30 – 11:45 a.m.
218868 \$81.60

Thu
Jul 2 – Aug 20 12 – 1:15 p.m.
218550 \$81.60

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
Jun 29 – Aug 17 3:30 – 4:45 p.m.
218554 \$71.40

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
Jun 30 – Aug 18 9:20 – 10:20 a.m.
218556 \$81.60

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
Jul 2 – Aug 20 9 – 10:15 a.m.
218558 \$81.60

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
Jul 3 – Aug 21 10:30 – 11:30 a.m.
218869 \$81.60

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
Jul 8 – Aug 19 10:30 – 11:30 a.m.
218568 \$71.40

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
Jul 4 – Aug 22 9 – 10:15 a.m.
218564 \$81.60

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
Jun 29 – Aug 17 10:45 – 11:45 a.m.
218545 \$103.04

Fri
Jul 3 – Aug 21 10:45 – 11:45 a.m.
218544 \$117.76

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
Jul 8 – Aug 19 9 – 10 a.m.
218542 \$103.04





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, Strength 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.

What are membership fees used for?

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

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.

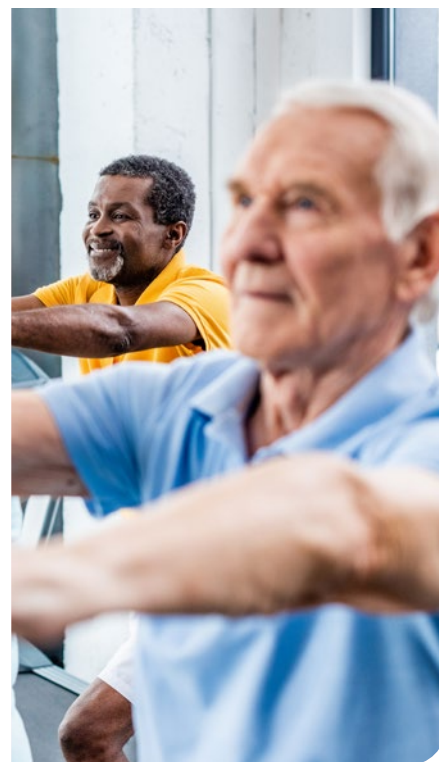
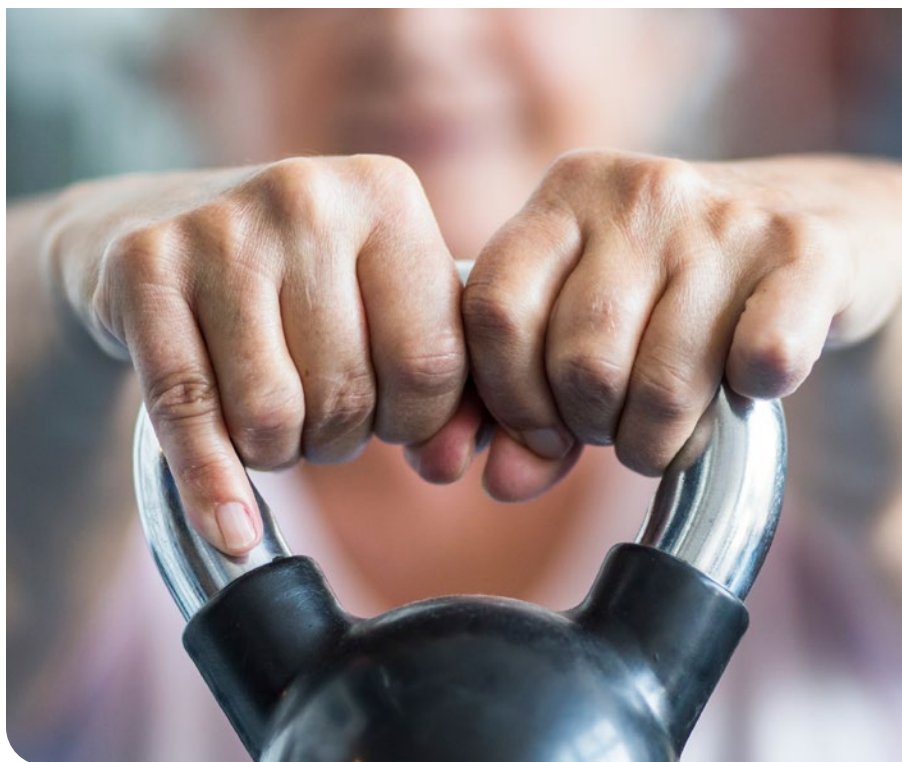
Fri

Jul 3 - Aug 21 11:45 a.m. - 12:45 p.m.

218462

\$136





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
Jun 29 - Aug 17 1 - 2 p.m.
218578 \$119

Fri
Jul 3 - Aug 21 1 - 2 p.m.
218477 \$136

Wed
Jul 8 - Aug 19 11:45 a.m. - 12:45 p.m.
218577 \$119

Wed
Jul 8 - Aug 19 1 - 2 p.m.
218476 \$119

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
Jun 29 - Aug 17 2:15 - 3:15 p.m.
218481 \$119

Fri
Jul 3 - Aug 21 2:15 - 3:15 p.m.
218480 \$136

Wed
Jul 8 - Aug 19 2:15 - 3:15 p.m.
218479 \$119

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
Jun 29 - Aug 17 2:15 - 3:15 p.m.
218441 \$119

Fri
Jul 3 - Aug 21 2:15 - 3:15 p.m.
218579 \$136

Wed
Jul 8 - Aug 19 2:15 - 3:15 p.m.
218439 \$119

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
Jun 29 - Aug 17 9:15 - 10:15 a.m.
218435 \$119

Tue
Jun 30 - Aug 18 3:30 - 4:30 p.m.
218431 \$136

Thu
Jul 2 - Aug 20 3:30 - 4:30 p.m.
218433 \$136

Fri
Jul 3 - Aug 21 9:15 - 10:15 a.m.
218434 \$136

Fri
Jul 3 - Aug 21 11:45 a.m. - 12:45 p.m.
218436 \$136

Wed
Jul 8 - Aug 19 9:15 - 10:15 a.m.
218432 \$119

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

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
Jun 30 - Aug 20 9:15 - 10:15 a.m.
218468 \$272

Tue and Thu
Jun 30 - Aug 20 10:30 - 11:30 a.m.
218469 \$272

Wed and Sat
Jul 4 - Aug 22 11:15 a.m. - 12:15 p.m.
218470 \$255

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
Jun 30 - Aug 20 1 - 2 p.m.
218472 \$272

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
Jun 30 - Aug 20 11:45 a.m. - 12:45 p.m.
218474 \$272

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
Jun 30 - Aug 20 11:45 a.m. - 12:45 p.m.
218473 \$272

Women on Weights

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

Mon
Jun 29 - Aug 17 8 - 9 a.m.
218488 \$119

Mon
Jun 29 - Aug 17 8 - 9 a.m.
218489 \$119

Tue
Jun 30 - Aug 18 6 - 7 p.m.
218483 \$136

Thu
Jul 2 - Aug 20 6 - 7 p.m.
218486 \$136

Fri
Jul 3 - Aug 21 8 - 9 a.m.
218482 \$136

Fri
Jul 3 - Aug 21 8 - 9 a.m.
218487 \$136

Wed
Jul 8 - Aug 19 8 - 9 a.m.
218484 \$119

Wed
Jul 8 - Aug 19 9:15 - 10:15 a.m.
218485 \$119

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!

Mon
Jun 29 - Aug 17 9:15 - 10:15 a.m.
218445 \$119

Tue
Jun 30 - Aug 18 8 - 9 a.m.
218442 \$136

Thu
Jul 2 - Aug 20 8 - 9 a.m.
218576 \$136

Sat
Jul 4 - Aug 22 10 - 11 a.m.
218444 \$136

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
Jun 30 - Aug 18 8 - 9 a.m.
218448 \$136

Thu
Jul 2 - Aug 20 8 - 9 a.m.
218450 \$136





Sat
Jul 4 - Aug 22
218451 9 - 10 a.m.
\$136

Wed
Jul 8 - Aug 19
218449 8 - 9 a.m.
\$119

Joint Replacement

This 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 post-surgery exercise program.

Mon
Jun 29 - Aug 17 10:30 - 11:30 a.m.
218573 \$119

Mon
Jun 29 - Aug 17 11:45 a.m. - 12:45 p.m.
218460 \$119

Mon
Jun 29 - Aug 17 3:30 - 4:30 p.m.
218461 \$119

Tue
Jun 30 - Aug 18 10:30 - 11:30 a.m.
218452 \$136

Thu
Jul 2 - Aug 20 10:30 - 11:30 a.m.
218456 \$136

Fri
Jul 3 - Aug 21 10:30 - 11:30 a.m.
218457 \$136

Fri
Jul 3 - Aug 21 3:30 - 4:30 p.m.
218572 \$136

Wed
Jul 8 - Aug 19 10:30 - 11:30 a.m.
218453 \$119

Wed
Jul 8 - Aug 19 11:45 a.m. - 12:45 p.m.
218454 \$119

Wed
Jul 8 - Aug 19 3:30 - 4:30 p.m.
218571 \$119

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
Jun 29 - Aug 17 10:30 - 11:30 a.m.
218574 \$119

Fri
Jul 3 - Aug 21 10:30 - 11:30 a.m.
218429 \$136

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
Jun 29 - Aug 17 1 - 2 p.m.
218467 \$119

Tue
Jun 30 - Aug 18 2:15 - 3:15 p.m.
218463 \$136

Thu
Jul 2 - Aug 20 2:15 - 3:15 p.m.
218465 \$136

Fri
Jul 3 - Aug 21 1 - 2 p.m.
218466 \$136

Wed
Jul 8 - Aug 19 1 - 2 p.m.
218464 \$119

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



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.*

Join the Adult Summer Reading Club and plant the seed of a great summer reading!

Visit the library for fun activities, reading suggestions, and enter to win great prizes all summer long! Reading club registration starts on Monday, June 1, with the Grand Prize Draw on Saturday, September 1.

Rhythms and Stories: Exploring Culture, Identity, and Creativity

Guided by Ugandan in BC Social Society facilitators, this session introduces how rhythm and oral tradition are used across African communities to build connection, share history, and express identity.

Sat
 July 25 2 - 3 p.m.
 Swáýwi Temíxw (rooftop garden)
Free, registration required

Protect Yourself Online: 2FA Made Simple

Join us for a brief introduction on the benefits and considerations of using Two-Factor Authentication (2FA) to protect your accounts.

Sun
 Aug 16 3:30 - 4:30 p.m.
 The Lab *Free, registration required*

Movie Matinee and Talk Back: Arthur Erickson: Beauty Between the Lines

Enjoy an in-depth exploration of the extraordinary life of one of the 20th century's iconic and influential modernist architects.

Sat
 Sep 26 2 - 5 p.m.
 Welsh Hall *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).

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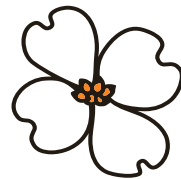
3 Tips About Home Healthcare



No one wants to lose their independence, but as we age we often need more help around our home in order to remain safe and independent. Here are 3 things to consider.

1. Our help is local, affordable and right in your community.
2. Shylo can come and assess your health care needs for FREE.
3. There is no contract or obligation to use our services.

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