

# 18

MARCH  
APRIL

# SENIORS' SCENE MAGAZINE

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# SENIORS' ACTIVITY CENTRE VOLUNTEER LONG SERVICE AWARDS

This year's Volunteer Long  
Service Awards will take place  
on Thursday, April 19, and will  
be hosted at the Clubhouse at  
Gleneagles Golf Course.

If you would like to confirm whether you are up  
for an award, or if you need transportation to  
the event, please call 604-925-7280.

**THURSDAY  
APRIL 19**

**6 - 7:30 P.M. | #42401**

**CLUBHOUSE AT GLENEAGLES  
GOLF COURSE**



**604-925-7280**  
[westvancouver.ca/seniors](http://westvancouver.ca/seniors)

westvancouver



### MESSAGE FROM THE ADVISORY BOARD CHAIR

Over the past few months, members of the Seniors' Activity Centre Advisory Board, along with several past board members, have been involved in a strategic planning process to review past achievements and to consider future direction for our beloved Centre. Thanks to Sheilah Grant, Brian Hann, Hans Krutzen and Doug Hathaway for their first-rate contributions.

We are hoping that many of you will RSVP to the invitation and plan on attending the Annual General Meeting, to be held on March 7. At that time, a new Advisory Board will be installed, with three new members. We will also bid a fond farewell to Elmer Pellerine, who did a tremendous job as Board Chair and past Chair, as well as two board members Glenn Ferguson, Chair of the Finance Committee for the past number of years and Doug Davison, a member of the Communications Committee. Thanks to each for your excellent service and support to the ongoing work of the Advisory Board.

During the meeting, there will be an important and thought-provoking presentation by Jeff Todd, Chair of the West Vancouver Community Centres Society, on the Emerging Vision for the Civic Centre Site, including proposed impacts to our Seniors' Activity Centre. Be one of the first members of the public to hear these proposed ideas, soon to be put out for public consultation by the District of West Vancouver.

The Flea Market Committee has set the date for the annual SAC Flea Market to April 22. The Committee has been working hard to ensure the continuation of the Flea Market, which has contributed the largest source of funds raised for the Centre over the past 37 years. The work requires many volunteer hands to continue this important fundraising activity. I encourage you to step forward to help out. Your assistance will be warmly welcomed.

### Lenore Rogers

Chair



### MESSAGE FROM COMMUNITY RECREATION MANAGER & THE RECREATION SUPERVISOR

Our Centre operates with over 1,000 volunteers each year. With more programs and opportunities it takes more volunteers to run our Centre than it did the past. Comradery and laughter

are the reasons we all enjoy coming to the Centre each day, and it is our volunteers who make it a special and vibrant place where "everyone knows your name." They give so much and personalize the services—like Len at the Fireside Coffee Bar & Lounge who lifts us all up with his morning quotes. Len is just one example of how 1,000 people go above and beyond each day. Thank you to everyone who volunteers in our Centre, or in our community— for giving your time so generously!

Join us on Thursday, April 19 to celebrate our Volunteer Long Service Awards during Volunteer Appreciation week!

### Jill Lawlor

Community Recreation Manager

### Davida Witala

Recreation Supervisor

## WEST VANCOUVER SENIORS' ACTIVITY CENTRE

**Address** 695 - 21st Street,  
West Vancouver, B.C.  
V7V 4A7  
**Phone** 604-925-7280  
**Fax** 604-925-5935  
**Web** westvancouver.ca/seniors

## HOURS OF OPERATION

### HOURS OF OPERATION

Mon / Tue / Thu 7:30 a.m. - 9 p.m.  
Wed 7:30 a.m. - 9:30 p.m.  
Fri 7:30 a.m. - 5 p.m.  
Sat 8:30 a.m. - 4 p.m.  
Sun 10 a.m. - 4 p.m.

### OFFICE HOURS

Mon / Tue / Thu 9 a.m. - 8:30 p.m.  
Wed 9 a.m. - 9 p.m.  
Fri 9 a.m. - 4:30 p.m.  
Sat 10 a.m. - 3 p.m.  
Sun 10 a.m. - 3 p.m.

*Please note the following holiday hours and closures: March 30 (Easter Friday), April 2 (Easter Monday)*

## SENIORS' SCENE

**Editors** Sabina Kasprzak, Michiko Araki  
**Advertising** Sabina Kasprzak  
**Publisher** District of West Vancouver  
**Design & Production** ecstatic design + communication  
**Print** Initial Print  
**Cover Photo By** L. Olkpvick, P. Owens, and T. Thomas

**Disclaimer** Advertising in the Seniors' Scene does not constitute endorsement of the content by the District of West Vancouver.

## ENQUIRIES & ADVERTISING

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

## RECOGNITION OF FUNDING DONORS

*Thank you to the many generous donors whose contributions help to make our Centre the vibrant and welcoming haven that it is!*

In this issue, we would like to recognize the following donors: Andrew Murray, June Young, Dr. Barry Shankel, and Ross Pilgrim.

## REFUND POLICY

**Please read the Refund Policy at the beginning of the Leisure Guide.**

For workshops, one-day classes, short programs and events at the West Vancouver Seniors' Activity Centre, one week's notice is needed to receive a full refund, unless there is a medical issue, and a doctor's note is provided. Some exceptions apply and may need more notice.

**Please register ahead for programs and lectures otherwise they may be cancelled.**

## E-NEWS

**The Seniors' Scene Magazine is a bi-monthly publication that is printed and available online.** The publication dates are: Jan/Feb, Mar/Apr, May/June, Jul/Aug, Sep/Oct and Nov/Dec.

**Did you know that we also print and post online an update of events and activities happening at our Centre?**

This update is called the **E-news** and it includes last-minute changes and information about items that have been added after the Seniors' Scene Magazine publishing date.

**The E-news comes out in February, April, June, August, October and December.**

Sign up at the front desk to receive your copy of the **E-news** sent directly to your email, before it's available for pick-up at the front desk! For more information ask at the front desk.

# WV MEMORIAL LIBRARY

**Unless stated otherwise, all events at the WV Memorial Library take place at the Welsh Hall.**

### The Lab Opening

Join us for the opening of *The Lab*, West Vancouver's digital learning place. See how our custom-built space transforms learning into a collaborative and creative experience. Stay and play with our new technology tools!

### The Lab (Lower Floor)

Thu Mar 1 3:30 - 6 p.m.

### Monday Movie Nights

We screen thought-provoking and entertaining films. See you at the show from 6:30 - 8:30 p.m.!

**Mar 5** Murder on the Orient Express

**Mar 12** Breathe

**Mar 19** The Glass Castle

**Mar 26** Viceroy's House

**Apr 9** An Inconvenient Sequel: Truth to Power

### Experts in the Community: A Journey around Britain with Ian McBeath

Explore Britain through the eyes of local West Vancouver author Ian McBeath, who will discuss his newly published travel book, *Going Coastal*. Ian will provide a presentation of his scenic journey around Britain and his exploration of the country's rich history. *No registration is required.*

Thu Mar 8 7 - 8:30 p.m.

### DONATE HEALTHY PLANTS

**If you would like to donate healthy plants for the plant room, it would be greatly appreciated.** See Sylvia in the office for more information.

### Strata Homeowner Survival Guide: Tips to Avoiding Problems with Your Strata Corporation

If you live in a strata, you may have questions about legal issues, bylaws and their enforcement, insurance obligations and council duties and responsibilities. This presentation covers topics such as insurance, parking arrangements, payment of strata fees, the obligation to repair and maintain and the Civil Resolution Tribunal. *Presented in partnership with People's Law School.*

Thu Mar 22 7 - 8:30 p.m.

### Authors in Our Community: Muse of Fire by Carol Cram

Join Carol M. Cram as she discusses her latest novel, *The Muse of Fire*. This is Carol's third novel depicting women in the arts. In *The Muse of Fire*, an actress navigates a tortuous path to stardom in the grand theatres of early 19<sup>th</sup> Century London.

### Welsh Hall West

Wed Mar 28 7 - 8:30 p.m.

### Philosophers' Café: Caring for Our World

Simon Fraser University's Continuing Studies and the Library provide comfortable surroundings for vibrant street level discussions on the burning issues of the day. *April topic: If we care about the world, how can we care for it? A Café in honour of Earth Day.*

Thu Apr 19 10:30 a.m. - 12 p.m.

### THANK YOU!

**Thank you to Adolph and Gerlinda Moser for their generous contribution of \$10,000 for the patio furniture replacement.** During winter, the patio surface will be redone to reduce gaps and bumps, and new chairs and tables will be purchased this spring for all to enjoy the beautiful gardens and lovely company. **Thank you to the Mosers for their lovely contribution!**



# EVENTS

**Pricing for events is listed as member's price. Non-members are also welcome to sign up but will pay a higher non-member price.**

## Tax Assistance for Low Income Earners

Starting March 1, we will have volunteers from the Canadian Revenue Agency to process taxes for low income seniors. Appointments are available from March 1 until April 30 and may be booked after February 20. To qualify for assistance, taxpayers must have a maximum total family income of \$30,000 for a single or \$50,000 for a couple. We cannot do returns that include rental income or any other business income. We cannot do returns for deceased taxpayers nor process taxes for previous years. Call 604-925-7280 to book an appointment. We have limited spaces for appointments. *You must give one week notice if you need to cancel and there is no guarantee we will be able to rebook your appointment due to high demand and limited appointments.*

## Irish Pub Night with The Londoners

Come celebrate St. Patrick's Day and feel lucky like the Irish. The Londoners will be leading a great Irish sing-along. Purchase your own dinner in the café. This is a licensed event. *There is open seating in the cafeteria, but please register in advance.*

Thu Mar 15 6 - 7:30 p.m.  
43748 n/c

## WRITE FOR THE SENIORS' SCENE!

**Are you interested in contributing to the Seniors' Scene magazine?**

We are looking for writers to write feature articles for the Seniors' Scene magazine. *If you are interested, please contact Jill Lawlor by email at [jlawlor@westvancouver.ca](mailto:jlawlor@westvancouver.ca).*



## Evening Dance

Dust off your dancing shoes and break out those ballroom moves with the music of our magnificent live bands. Members, non-members and singles are encouraged to attend. Every fourth Thursday of the month. Cash bar is in effect. Doors open at 5:30 p.m.

### Lou Marocco

Thu Mar 22 6:30 - 9:30 p.m.  
44132 Member \$9  
Non-Member \$12

### Performer TBA

Thu Apr 26 6:30 - 9:30 p.m.  
43772 Member \$9  
Non-Member \$12

## Easter Bonnet Tea

Join us for an opportunity to have a high tea and wear your favourite Easter bonnet. Multiple selections of tea will be available and cookies will also be served. Prizes for best bonnets.

Wed Mar 28 3 - 4:30 p.m.  
43833 \$10

## Keynotes Concert: The Best of the Keynotes Silver Anniversary

Don't miss this last concert and silver anniversary celebration! Come and listen to the best of the Keynotes! Our wonderful director is retiring after 25 years of conducting and this will be a tribute to the wonderful work that she has done with the choir. *Please purchase tickets at the front desk of the Seniors' Activity Centre. Director: Marie Payette-Falls.*

Sun May 6 1:30 - 3 p.m.  
33978 \$7.50 Adults  
\$3.50 5 - 12 yrs n/c under 5

## Chez Lou: Bon Appetite

Join us for a French themed dinner in the beautifully appointed "Chambre Marine". For your dining pleasure we will be serving: Baked French Onion Soup, Dijon Rosemary Rack of Lamb, Ratatouille Nicoise, Potatoes Au Gratin and a finale of Crème Brulee. Purchase wine at our bar or take advantage of our reasonable corkage fee and bring your own bottle. Magnifique!

Wed May 16 5 - 7 p.m.  
44732 Member \$35

## Movie Sundays

**Cost \$2.25 includes a snack.**

Purchase your ticket at the front desk. Seating is on a first-come, first-served basis. Movies start at 1 p.m. unless otherwise noted. *See program board for movie description. Movies may change based on availability.*

*Call front desk at 604-925-7280 on Sunday to confirm movie.*

Mar 4 I, Daniel Blake

Mar 11 Dunkirk

Mar 18 I am Heath Ledger

Mar 25 Victoria and Abdul

Apr 1 A Dog's Purpose

Apr 8 The Glass Castle

Apr 15 Loving

Apr 22 *No movie, come to the Flea Market*

Apr 29 Patriot's Day

## LUNCH MENU

### FRIDAY LUNCH MENU CHANGES

**Starting Friday, February 2, the Garden Side Café will offer non-fish entrées on Fridays, in addition to the regular seafood entrées, until quantities last.**

# VOLUNTEERS



## Coordinator of Volunteers

Caroline Brandson  
604-913-2703  
cbrandson@westvancouver.ca



## Acting Assistant Coordinator of Volunteers

Beverly Koke  
604-925-7288  
bkoke@westvancouver.ca

**Volunteer with us! For information on opportunities at the SAC contact Beverly at [bkoke@westvancouver.ca](mailto:bkoke@westvancouver.ca) or 604-925-7288.**

## NEW & RETIRING

In March and April, we said good luck to the following outstanding volunteers who moved on from their volunteer positions after many years of outstanding service: Mitra, Chelsea Y, Arnold, Anna Marie, Jackie, and Amir. **We will miss all of you and hope that some of you will return in other capacities to our Centre, whether as a volunteer in another area, a visitor, participant or patron. Let's keep in touch!**

**We would like to welcome the following new and returning volunteers:** Zhila, Sunny, Trisha, Melissa, Pat, Nina, Gretchen, Richard, Helen, Julie, Jill and Vivian. Please help us welcome them as they train and ease into their new volunteer positions.

## VOLUNTEER ORIENTATION

**If you are interested in joining our volunteer team, please sign up for an upcoming Adult Volunteer Orientation:**

Please ensure you have a BC Care Card or BC Services Card with Personal Health Number. Meeting location: Seniors' Activity Centre.

*SAC members are free, non-member seniors \$5, adults \$20.*

Sat, Mar 3 **38076** 10 a.m. - 12 p.m.

Thu, Apr 5 **42385** 2 - 4 p.m.

**After completing an orientation, make an appointment with Caroline at [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca), or call 604-913-2703 to discuss the next steps to becoming a volunteer in the District.** Proof of your BC Medical coverage and the Criminal Record process will be discussed at this meeting (bring government-issued ID to the meeting). **We have a number of unique opportunities coming up, so if you are looking for something different, please contact Caroline.**

## Seniors' Scene Magazine Distribution Volunteers

**Help us get the word out to residents of your building about our wonderful Centre!** We are looking for volunteers who would be willing to distribute the Seniors' Scene Magazine in their apartment buildings in West and North Vancouver. *If you are interested please call 604-925-7280.*

## VOLUNTEER WITH US!

**Thank you to everyone that filled in over the holidays.** It was a busy season and a lot of people were away and we required a lot of extra help. We appreciate everyone's flexibility to come in and help us! **We always have openings in the following areas:**

- » Cashier
- » Café Openers
- » Sandwich Makers
- » Lunch/Dinner Servers
- » Café Closers
- » Food Prep
- » Phoners
- » Front Desk
- » Hosts
- » Bartenders
- » Dishwasher Assistants
- » Coffee Bar Baristas & Cashiers
- » Drivers Class 4/5
- » Tag Checkers
- » Programs & Services

**We highly recommend people get trained in various positions as we always need people to fill in.**

## National Volunteer Appreciation Week (April 15 - 22)

This year different departments and locations around the District are offering various appreciation events. For example, the Memorial Library will be hosting a movie night on April 16. For a listing of all the events, see inside back cover. *The five punch pass will be available for pick-up from your direct supervisor, please register your card at the front desk.*

## Volunteer Long Service Awards

These awards will be held separately from the AGM this year and will be hosted at the Gleneagles Community Centre. *If you are unsure if you are up for an award this year please come and see us. Transportation available if needed.*

Thu, Apr 19 6 - 7:30 p.m.  
**42401**

# PROGRAMS

Please visit [westvancouverrec.ca](http://westvancouverrec.ca) for all drop-in and registered programs.



## Program Coordinator

Sylvia Lung  
604-925-7287  
[slung@westvancouver.ca](mailto:slung@westvancouver.ca)

## DROP-IN PROGRAMS

You must be a member of the Seniors' Activity Centre to participate. The cost for drop-ins is **\$2.50**, unless otherwise stated.

### MONDAYS

#### Bridge Social 12:30 - 3 p.m.

Please come 10 minutes early to get a table. No partner needed.  
No play Apr 2

### TUESDAYS

#### Knitting 10 a.m. - 12 p.m.

#### French Social Conversation 10:30 a.m. - 12:30 p.m.

#### Cribbage 1 - 3 p.m.

#### Poker 3 - 7 p.m.

## REGISTER

For all drop-in and registered programming, visit us online at [westvancouverrec.ca](http://westvancouverrec.ca)

### WEDNESDAYS

#### Craft Group 9:30 a.m. - 12 p.m.

#### French Social Conversation 10 - 11:15 a.m.

#### Table Tennis 2:45 - 5 p.m. No play Mar 7; Come to the AGM

### THURSDAYS

#### Keep Well Chair Exercises 9 - 10 a.m. Hands-on Wellness Clinic 10 - 11 a.m.

#### Stamp Club (informal) 12:30 - 3 p.m. 1<sup>st</sup> & 3<sup>rd</sup> Thu Mar 1, 15; Apr 5, 19

#### Table Tennis 4:45 - 6:45 p.m. No play Mar 22; Apr 26

#### West Van Gogos (Grandmothers) 6:45 - 8 p.m. All proceeds are donated Mar 1; Apr 3 \$1

### FRIDAYS

#### Quilting Bee 9 a.m. - 12 p.m. Make quilts for the Centre! No quilting Mar 30, n/c

#### Computers: Flight Simulator 10 a.m. - 12:30 p.m. 2<sup>nd</sup> & 4<sup>th</sup> Fri Mar 9, 23; Apr 13, 27

#### Sound Advice 10 a.m. - 12 p.m. Mar 2; Apr 6

#### The iPad iMovie (Max. 10 people) Studio Group 10 a.m. - 12 p.m. 1<sup>st</sup> & 3<sup>rd</sup> Fri Mar 2, 16; Apr 6, 20

#### Spanish Social Conversation 10 a.m. - 12 p.m.

### SATURDAYS

#### Jazz Jam Session 10 a.m. - 12 p.m.

#### Table Tennis 12:30 - 3:30 p.m.

#### Canasta Club 1 - 3 p.m.

#### Scrabble 1 - 3 p.m.

### SUNDAYS

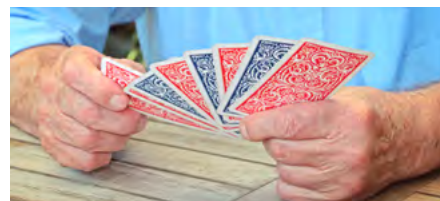
#### Table Tennis 10:15 a.m. - 12:15 p.m.

### EVERY DAY

#### Supervised Snooker Mon - Fri 9 a.m. - 4 p.m. \$1/hour

If you are playing outside the supervised time, you need to register at the front desk prior to commencing play. Leave your membership card with staff. Upon completion of play, pick up your card and fees will be collected. Please read the Billiard Room Procedure and the Guests Procedure in the Snooker Room for more information.

#### Snooker Basic Skills Tue, Mar 13 - Apr 3 9 - 10 a.m. 40981 \$13.50



#### Games Room Drop-in Want to play with your friends but cannot find a venue? Drop-in to play what you want!

The Atrium is for seniors (members) who want a place to play cards or games for several hours. Cost is \$2.50 per person per time. Please be courteous to the other players in the room. Some noise is acceptable but we would appreciate it if conversation is kept to the play. Book space with Sylvia. Any questions, ask any of the staff.

Tue - Fri 12:30 p.m.  
until 15 minutes before Centre closes

Please refrain from eating or drinking while playing cards. It makes the tables sticky. We would appreciate it if you could wait until break time and have your food and drinks in the cafeteria if it is open. Please treat this space as you would your own home and keep it clean and tidy. Thank you for your cooperation.



## REGISTERED PROGRAMS

Please register ahead for programs and lectures otherwise they may be cancelled.

### REGISTRATION FOR SPRING

**PROGRAMS** (programs starting in April) starts Wednesday, March 7 at 6 a.m. **Register via [activewestvanrec.ca](http://activewestvanrec.ca), walk-in or by telephone.**

### Integrated Energy Healing

Langara Students of the *Advanced Integrative Energy Healing Practitioner Certificate Program* will offer a gentle, safe, unique healing treatment that can help relieve pain, reduce stress and anxiety, and allow one to find their inner place of peace. This 45-minute session includes both dialogue and light touch before being invited to lay fully clothed on a massage table. Treatments are individualized for you. **No cancellation less than one week in advance unless we can find someone to take your spot.** Talk to Sylvia in the office regarding cancellations within a week.

**Appointments:** 2:30 - 3:30 p.m., 3:30 - 4:30 p.m., 4:30 - 5:30 p.m.

Tue Mar 9 - Mar 27

**34125**

Member \$15/session

Non-Member \$20/session



### Digital Storytelling

Sign up for this exciting workshop series where a team of Digital Storytellers from SFU will work with you to create your own "digital story". Through this nine week program you will learn to write, record, and edit your own digital story. At the end of the program, you will participate in a "Sharing our Stories" event where family and friends will have the opportunity to view your stories. *Bring your own laptop.*

Mon Apr 9 - Jun 18 1 - 3 p.m.  
**44214** \$50

### Speech Reading Course

Although this course is presented by Vancouver Community College, it will be held at the Seniors' Activity Centre. The course is for those who are hard of hearing, and would like to learn how to speech read. **Please call Lisa at 604-871-7348 or email [ldillonedgett@vcc.ca](mailto:ldillonedgett@vcc.ca) to register.**

Tue Apr 10 - Jun 26 2:30 - 5 p.m.

### Paint & Sketch Your Memories

Join us for this watercolour and ink workshop where you will paint from your favourite photographs and create small paintings in a vignette-type style. *Instructor: Marguerite Mahy.*

Fri Apr 13 & 20 1 - 4 p.m.  
**40973** \$38

### Painting w/ Gordon

Paint for leisure and enjoyment exaggerating colour and light to create greater impact or stronger mood. The theme will always be: happiness and joy. We will verge on the side of expressionism pushing a little away from reality. This course will focus on the painting process, including brush strokes, color management, composition, contrast and mood. *Please bring your own supplies.*

Sat May 5 9 a.m. - 3:45 p.m.  
Sun May 6 10 a.m. - 3:30 p.m.  
**44178** \$30

### Keeping Connected Program Creative Expressions

Scientific studies recommend creative expression activities for seniors with dementia and for those seniors wishing to prevent the onset of dementia. Our trained staff will be offering a person-centered approach to show how intellectual, cultural and physical activities can benefit seniors. *Caregivers and family members are welcome.*

Fri Apr 13 - Jun 29 9:30 a.m. - 12 p.m.  
**41248** \$81



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## COMPUTERS

For iPad or iPhone only. Please read the Leisure Guide for description and information as you will need to update or buy some apps. Registration for April classes starts March 7. Instructor: Andrea MacDonald.



### Security & Fraud

Thu Mar 1 1 - 4 p.m.  
37172 \$42

### Dashlane

Thu Mar 8 1 - 4 p.m.  
37192 \$42

### Organizing your Email iPad/iPhone

Thu Mar 15 1 - 4 p.m.  
37176 \$42

### Survival Skills

Thu Mar 22 1 - 4 p.m.  
37179 \$42

### iOS 11 Tips & Tricks iPad/iPhone

Thu Mar 29 1 - 4 p.m.  
37187 \$42

### Podcasts & Radio iPad/iPhone

Thu Apr 12 1 - 4 p.m.  
42344 \$42

### Computer Calendar iPad/iPhone

Thu Apr 19 1 - 4 p.m.  
42354 \$42

### Computer Settings iPad/iPhone

Thu Apr 26 1 - 4 p.m.  
42312 \$42

## Learn and Ask

*Maria and Angela from the 2017 Seniors' Health Expo are technology educators who can help ease your frustration and make learning about technology fun.*

### Why Get Connected?

Don't know where to begin with technology? You will get an introduction of what technology offers and how it can benefit you based on your interests. You will be introduced to a new device, discuss the pros and cons with time to play and test it. After this course, you will have a sense of whether you should purchase a device and be confident knowing which is the best for you. Instructors: Maria and Angela.

Tue Apr 10 - 17 10 - 11:30 a.m.  
43822 \$84

### How Can I Make The Most of My Device?

Come and learn how to get the most of your device. You will get to ask as many questions as you like while learning and being entertained. The aim is to ease the frustration that may come with technology so that you can learn to use it for what interests you. There will be a review of applications such as YouTube, Google Earth, FaceTime or Skype and Games. Instructors: Maria and Angela.

Tue Apr 24 - May 1 10 - 11:30 a.m.  
43663 \$84

### The iPad iMovie Studio Group

Create an iMovie biography or short stories with your photos on your iPad. Participants must have the skills to navigate the iPad, internet, take photos and videos. Bring your own iPad. Please let Sylvia in the office know if you are interested.

**Please see page 7 for dates and times Drop-in \$2.50**

## LECTURES

*Please ensure that you pre-register for the lectures—unless it says 'Drop-in', otherwise the lecture may need to be cancelled.*

*The District of West Vancouver does not support or endorse businesses lecturing at the SAC.*



### **NEW** To Supplement OR Not to Supplement

UBC Dietetics interns will be talking about to supplement or not to supplement. Vitamin D? Ginkgo? Zinc? Fish oil? Coenzyme Q? St. John's wort? Hemp seeds? VEGA Protein powder? Learn which supplements you should be taking and which ones aren't effective.

Mon Mar 12 1:30 - 2:30 p.m.  
40783 n/c

### Coming Full Circle

There comes a time when those who cared for us and protected us need our assistance. Join a discussion about the legal documents and issues to consider in order to assist aging parents, family members and friends with financial matters, personal care issues and health care decisions. *We will also discuss the support services and Keeping Connected Programs available at the Seniors' Activity Centre and in the community.*

Tue Apr 17 6 - 8 p.m.  
43829 n/c

## Eugene Onegin, The Overcoat, and Requiem for a Lost Girl

Listen to Nicolas Krusek's show excerpts of three upcoming operas.

Mon Mar 26 1:30 - 3:20 p.m.  
33929 \$2.50

## LGBTQ2 - Aging Out in Care

This workshop addresses the additional risks that LGBTQ2 seniors face when they encounter the health and community support services they need to live independently and safely in their homes or in residential (independent/supported/assisted living) settings. Come and learn and assess where you are in your understanding of this population.

*Let us be inclusive to everyone.*

*Presenters: Jane Osborne and Susan Moore.*

Mon Apr 9 1:30 - 2:30 p.m.  
44181 n/c

### PURCHASE YOUR COFFEE PUNCH CARD TODAY!

*It's convenient to use, and will spare you the hassle of looking for change.*

The card entitles you to six regular sized coffees at the Fireside Lounge Coffee Bar or Garden Side Café.



## Packing Seminar

Do you have a trip coming up? Looking for some tips and tricks on how to use the most of your suitcase or carry-on space? Not sure what to pack for your trip? We can help! Join us for a complimentary packing seminar hosted by Yukiko from Tilley Vancouver.

Mon Apr 30 1:30 - 2:30 p.m.  
44786 \$3

## WORKSHOPS

### Langara Nursing Students Blood Pressure

Get your blood pressure measured and help students get some hands-on training.

Tue Mar 27 10:30 - 11:30 a.m.  
44034 n/c

Wed Mar 28 10 - 11 a.m.  
44035 n/c

## Theologian's Café Religious Communities

How important are religious communities? What forms do they take and what expectations do they impose on its members? Given the many demands today on our time and energy, has the concept of a religious "community" become little more than weekly gatherings of people with similar beliefs or principles? Moderator: John Slattery.

Thu Mar 22 2 - 4 p.m.  
37578 \$2.50

## Theologian's Café Roles of Organized Religion in the Wider World

To what extent should religious bodies engage with the larger world? By agitating for economic justice, environmental justice, or human rights? What about proselytizing, separate from or in combination with these other activities? Moderator: John Slattery.

Thu Apr 26 2 - 4 p.m.  
40993 \$2.50

*The Theology Café changed to every fourth Thursday of the month.*

## GARDEN CLUB

### Garden Club Membership Pass

*The membership includes weekly lectures/events at discounted prices and trips for members only. Please see [wvscgardenclub.blogspot.ca](http://wvscgardenclub.blogspot.ca) or bulletin board for details.* Whether you are an experienced gardener or have never gardened, we welcome

all to join this active group to grow edibles and flowers, hear speakers, plant hanging baskets, learn about container gardening, participate in workshops and go on field trips.

*For those interested in specific events and aren't a member, you are welcome to join us for a nominal fee.*

Thursdays, March - August  
10:30 a.m. - 12:30 p.m. \$35

### Injury Prevention

Thu Mar 8 10:30 a.m. - 12 p.m.  
41265 Non-Member \$5

### Intro to Seeding Tomatoes and Raised Bed Prep

Thu Mar 15 10:30 a.m. - 12:30 p.m.  
44184 Non-Member \$5

### The Forest We Live In w/ David Tracey

Thu Mar 22 10:30 a.m. - 12:30 p.m.  
42277 GC-Member \$5  
Non-Member \$10

### Fruit Trees & Bushes

Thu Mar 29 10:30 a.m. - 12:30 p.m.  
40939 Non-Member \$5

### Evolution of a Garden w/ Gwen Odermatt

Thu Apr 5 10:30 a.m. - 12:30 p.m.  
40942 GC-Member \$5  
Non-Member \$10

### Taking Cuttings & Garden Work

Thu Apr 12 10:30 a.m. - 12:30 p.m.  
40938 Non-Member \$5

### Darts Hill Trip

*Information to be available for Garden Club members only.*

Thu Apr 19

### Work in the Garden

Thu Apr 26 10:30 a.m. - 12:30 p.m.  
40945 n/c





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**604-922-9301**



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Written by Dave Patrick

# COME FLEA WITH US AGAIN



**Once again it's Flea Market time, and this year we are celebrating our 38th annual event on Sunday, April 22.** A committee has been formed, meetings held and plans are underway. The only change from the usual Flea Market program is that the facility for free pick-up is not available to us this year. However, we still count on your donations which can be dropped off. Please call 604-925-7280 to arrange drop-off.

Members with walkers and wheelchairs are invited to shop on Saturday, April 21 from 10 a.m. - 12 p.m. Shoppers attending this pre-sale day event must be members of the West Vancouver Seniors' Activity Centre and must register at the front desk of the Centre. *A friendly reminder that you may only bring one friend/caregiver.*



**The Flea Market appears to generate more enthusiasm each year but we always need more volunteers.** Volunteer tables will be set up across from the cafeteria from Monday, March 19 - Friday, March 23. Alternatively, you can leave your contact details at the front desk until Wednesday, April 11.

If you haven't volunteered at the Flea Market before, we can assure you from personal experience that you will have fun. You will be participating in one of our Centre's largest fundraising events of the year, you will meet like-minded people and it's a great place to meet old friends and make new ones.

**WE LOOK FORWARD TO SEEING YOU  
AT THE FLEA MARKET!**



*“I want to stay in my home.”*



*“I’m worried about mom falling in her home.”*



# Shylo Is The Answer!

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

# ASK THE BOARD



*Written by Dave Patrick*

---

*What exactly is the Seniors' Activity Centre Advisory Board? You have no doubt heard of them and possibly wondered who they are and what their responsibilities are.*



« The 2018 Advisory Board Members  
l.t.r.: Dave MacLachlan, Councillor  
Christine Cassidy, Kathy McKenzie,  
Glenn Ferguson, Lenore Rogers,  
Jain Verner, John Watson.



**Well, here is a short official quote from the Centre's Constitution and By-laws: "The Seniors' Activity Centre Advisory Board is delegated by Mayor, Council and Municipal staff the responsibility and authority to advise and recommend on matters related to the effective operation of the Seniors' Activity Centre. It will work closely with the Centre staff in achieving this objective".**

**... the Board organizes and hosts several events during the year.**

Yes, that's all very well, you may say, but who are they and what do they do exactly? To start with, there are eleven voting Board members: ten elected by the general membership and one who was the past Chair. There are also three non-voting members: the Seniors' Services & Community Wellness Manager, a Recording Secretary and a member of the District of West Vancouver's Council. In general terms, the Board's responsibilities include overseeing the five standing committees that are an integral part of our Centre. The committees are Finance, Cafeteria, Program, Communications and Outreach. The Chairs of these committees are all Board members and report to the Board at monthly meetings. The Board is responsible, along with the Finance Committee, for reviewing and approving funding requests. They also propose and assist in fundraising activities by recruiting membership participation. Minutes of Board meetings are posted on the notice board outside of SACS on 21st and a binder at the front desk contains all the minutes of both the Board and Committee's monthly meetings.

On a lighter note, the Board organizes and hosts several events during the year; for example a shortbread and sherry get together in December, the Annual General Meetings, the Advisory Board elections and the All-Candidates meetings (Municipal, Provincial and Federal) to name a few, all of which require a great deal of intricate planning. We are so fortunate to have such dedicated people on our Advisory Board and Committees and once again our thanks go out to them all. If you feel you would like to join one of the committees, or put your name forward for next year's Advisory Board election, please enquire at the front desk. This is a wonderful way to meet new people, feel involved and have a say in the operation of the Centre.

Perhaps, in summary, the easiest way to describe the function of the West Vancouver Seniors' Activity Centre Advisory Board is to say they are the voice of the Seniors' Activity Centre membership working together with staff and volunteers to ensure its continued success.

The Communications Committee



The Outreach Committee



The Program Committee



The Finance Committee



The Garden Side Café Committee



The Flea Market Committee

We are here for the Seniors' Activity Centre and for you!



## We welcome our new SAC Advisory Board Members:



**NIGEL CLARK**

Nigel was born in Kent, England right after the war. He grew up in Bromley, and emigrated to Vancouver in 1969. While working on the P&O liner SS. Canberra, he discovered his passion for wine and held the position of wine steward. He has consulted for large companies and also ran his own wine importing company. In 1986, Nigel became a member of the Society of Wine Educators (S.W.E.). After leaving the wine industry, he joined a security company as a supervisor at Y.V.R.

Nigel retired in West Vancouver, and was anxious to give back to a community that had given him so much, and of course, have fun while doing so.

After joining the Fit Fellas three years ago, he realized that fitness and camaraderie go hand in hand.

Nigel was delighted to join the Cafeteria Committee last year and thoroughly enjoys learning about all of the different aspects of catering and service specific to the cafeteria environment.

Nigel brings many years of food and beverage experience to the Centre and is looking forward to sharing that experience.



**BASIL DAVIS**

Basil immigrated to Canada from South Africa in 1974, and has lived in three self-built or renovated homes since 1981. Basil holds a B.Sc. Degree in Chemical Engineering, a Ph.D. Degree in Nuclear Engineering, and an MBA Degree in Marketing.

As a Consultant Project Manager in his professional career, Basil was involved with the following projects: West Vancouver Community Centre, Aquatic Centre and Seniors' Activity Centre (partial renovation), Quest University in Squamish, Mulgrave School, additions to Crofton and York House Schools, and the University of British Columbia (multiple projects).

In his spare time, Basil enjoys exercising with the Fit Fellas, stretch classes, swimming, golf, cycling, and traveling, while his wife Patricia is an active member of Friends of the Garden (FOGs), a group of UBC Botanical Garden volunteers.

Basil was recently honoured with a Long-term Service Award for five years of volunteering with the Seniors' Activity Centre, and is also a volunteer committee member with Kiwanis.



**BRIAN HANN**

Brian has been an active member of the Seniors' Activity Centre for the past nine years. During his time at the Centre he has held numerous volunteer positions including past chair of the Finance Committee and Cafeteria Committee, member of the Advisory Board for five years, Board Chairman for two years and presently member of the Finance Committee and volunteer at the SACS on 21st gift shop.

Brian's professional career includes 39 years with Royal Bank, followed by 20 years of running a business consulting agency.

Brian's vast volunteer work also includes being a member of the District of West Vancouver's Community Grants Committee and board member and treasurer of the Kiwanis North Shore Housing Society.



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604-922-7616



# KEEPING CONNECTED PROGRAMS



## Program Coordinator

Joni Vajda  
604-925-7211  
jvajda@westvancouver.ca



## Assistant Program Coordinator

Carly Graham  
cgraham@westvancouver.ca



## Assistant Program Coordinator

Judith Harrington  
jharrington@westvancouver.ca

*Do you wish to live independently in your home for as long as you possibly can? A recent research study, done in West Vancouver by Dr. Dele Aytoli, has demonstrated that quality of life for aging adults increases significantly with participation in one or more Keeping Connected programs per week.*

**We currently offer 27 interesting and relevant programs each week.**

**Our trained and caring staff team will meet with you** and help you select a program or two that would be of interest to you. All of our participants are experiencing losses due to aging and the staff team will support you in overcoming these barriers to participation. **We pick up** people in the neighbourhood and bring them to programs, and provide one-on-one volunteer support when needed. **We also provide reminder phone calls about programs.** If you or someone you know is struggling with a loss, or is isolated in their home, these programs could be a great fit. **Join us and you will meet new friends, learn new skills, stay strong in your body and mind and have fun!**

### Keeping Connected Program offering:

- » Stepping Out Bus Trips:  
Out for Lunch or Dinner; Out for Adventure; Out for Shopping
- » Strollers: Mall Walking Program  
*one-on-one volunteer provided*
- » Current Conversations groups  
*five choices per week*
- » Chair Exercise programs focusing on functional mobility exercises and balance
- » Music in the Living Room  
*In partnership with Hollyburn House Revera*
- » Men's Club Tuesdays
- » Men's Club on Mondays
- » Ladies Book Club
- » Ladies Social Club
- » Lunch and Learn
- » Caregiver Support Program  
*for spouses of participants of Keeping Connected*
- » Keep on Moving: Balance and Strength class for men  
*2 classes each week*
- » Men's Walking Program
- » Super Guys: Thursdays  
Men's group
- » Parties and Events

### Building Connections Campaign

This community-driven fundraising effort supports our programs and seniors with transportation options through the Seniors' Shuttle Bus, and the Keeping Connected programs. Thank you to everyone who has donated to the campaign in the past. *If you wish to donate, please see the SAC office staff.* Make a difference in your community by supporting our aging population to thrive and live independently for as long as possible.

### Special Services Society

***One person caring about another represents life's greatest value.***

Allow our compassionate and knowledgeable team of volunteers to help you and your dear one explore their options. It can be as simple as a cheery phone call every day, or a ride to a medical appointment. We can also suggest fun activities to expand their social life. *Contact Varick and her team at 604-925-7281 for details.*

### Eye Deal

This is an informal support group for people with low vision. Meetings include guest speakers, discussion and sharing. Join Bill Conway and The Chief (Bill's guide dog) for an interesting and supportive Session.

Mon Mar 19, Apr 16

10 - 11:30 a.m.

Drop-in \$2.50

**TRY ONE OF OUR NEW MONTHLY PROGRAMS!**

*Payment with Keeping Connected Punch Card or \$5 drop-in*



**NEW Keeping Connected: West Vancouver Then & Now**  
**Many of our Seniors' Activity Centre members are the pioneers of West Vancouver.**

Once a month we will gather together to enjoy a presentation and talk about the "olden days" in our beautiful city. We will reminisce and tell stories of times gone by and how the community has changed and developed over the years.

*Everyone is welcome.*

Mondays

Mar 5, Apr 9, May 7, Jun 4

**44579** 1:30 - 3 p.m.

**NEW Keeping Connected: Musical Mondays**

*Join with friends for an afternoon of conversation and music* in a coffee house setting here at the Seniors' Activity Centre. Each month we will enjoy a different performer. *Everyone is welcome.*

Mondays

Mar 19, Apr 23, May 28, Jun 25

**44578** 1:30 - 3 p.m.

# FITNESS PROGRAMS



**Fitness Coordinator**

Tiffany Moffatt  
 604-925-7231  
 tmoffatt@westvancouver.ca



**Program Coordinator Personal Training**

David Thomson  
 604-921-2169  
 dthomson@westvancouver.ca

**WE OFFER PERSONAL TRAINING AT THE SAC!**

*For more information please call David Thomson at 604-921-2169. All sessions are 30 minutes in duration.*

**30-MINUTE PACKAGES:**

**Try-it** (4 Sessions) \$100  
*First time, new customers only, limit one*

**Stay Fit**  
 1 Session\* \$34

*\*Returning clients only; No first time or new customers*

3 Sessions \$100

5 Sessions \$165

**♥ - ♥<sup>2</sup> Hearts in Motion**

If you are looking to improve your health and decrease your heart disease risk factors with exercise, then this mild, fun, energetic early morning fitness class is for you. This class includes a moderate cardiovascular workout followed by standing muscular strengthening exercises, abdominals and stretch.

Mon Apr 9 - Jun 25 7:30 - 8:30 a.m.  
**41429** \$35

Wed Apr 4 - Jun 27 7:30 - 8:30 a.m.  
**41430** \$41

Fri Apr 6 - Jun 29 7:30 - 8:30 a.m.  
**41431** \$41



**♥ Better Balance w/ Surefeet**

This program will help members feel stronger and more confident about walking. The main focus is to improve functional mobility, increase lower body strength, reduce the risk of falling and improve balance. **First time participants must attend a 20-minute assessment. An appointment time for the assessment will be booked closer to the date.** Contact the Seniors' Outreach office at 604-925-7211 for Better Balance class information.

**Balance Assessment**

*20-minute appointment between 10 a.m. and 12 p.m.*

Wed April 4 **41306**

**Level 1 Mon, Wed**

Apr 9 - Jun 11 11:45 a.m. - 12:40 p.m.  
**41081** \$220

**Level 2 Mon, Wed**

Apr 9 - Jun 11 9:40 - 10:35 a.m.  
**41082** \$220

Apr 9 - Jun 11 1:30 - 2:25 p.m.  
**41084** \$220

Apr 9 - Jun 11 10:45 - 11:40 a.m.  
**41083** \$220



## Minds in Motion

Exercise your brain! This partnership program with the Alzheimer's Society of B.C. is a fitness and social program for people experiencing early stage memory loss. *Participants must attend with a family member, friend or caregiver.*

Fri Mar 23 - May 11 1:15 - 3:15 p.m.  
**42252** \$44

## Stand Tall

Learn basic exercises that will help restore muscle balance and spinal alignment to help you straighten up and stand tall again.

Tue Apr 10 - Jun 26 10:30 a.m. - 12 p.m.  
**41244** \$75

## Keep on Moving

This exercise class is designed for older men experiencing decreasing strength. Participants will work on strength and flexibility exercises as well as walking, standing and balancing.

Tue Apr 3 - Jun 26 10 - 10:50 a.m.  
**41249** \$47

Thu Apr 5 - Jun 28 9 - 9:50 a.m.  
**41250** \$47

## Dance for Parkinson's

Dancing improves mobility and quality of life in people with Parkinson's. Explore movement and music in an enjoyable, safe, and creative class that uses fundamentals of dancing such as balance, flexibility, movement sequencing, rhythm, and spatial and aesthetic awareness to maintain a sense of confidence and grace in movement. Participants will experience significant improvements in overall movement, particularly walking.

Tue Apr 10 - Jun 26 1:30 - 3 p.m.  
**44122** \$81

Wed Apr 11 - Jun 27 1:15 - 2:45 p.m.  
**41123** \$81

## Easy Moves for Easy Aging *formally Exercise Your Brain*

This is a fun slow-paced program that is designed for people experiencing signs of early memory loss and/or mobility challenges. Participants will enjoy a workout that combines physical fitness and mobility exercises and a brain fitness program that will help participants improve their memory, concentration and balance.

Tue Apr 10 - Jun 26 2 - 4 p.m.  
**41243** \$81

## Chairobics Level 1

This chair class focuses on gentle stretching and strengthening with the use of bands and balls (no aerobics). Stretching is very important in maintaining health and mobility.

Tue Apr 3 - Jun 26 12:50 - 1:50 p.m.  
**41413** \$41

Fri Apr 6 - Jun 29 12:50 - 1:50 p.m.  
**41414** \$41

## - Chairobics Level 2

Chairobics is an invigorating workout done in a seated position on a chair, incorporating exercises with weights and rubber bands as well as a cardiovascular component.

Mon Apr 9 - Jun 25 9:15 - 10:15 a.m.  
**41415** \$35

Wed Apr 4 - Jun 27 9:15 - 10:15 a.m.  
**41416** \$41

## Zumba® Gold

This high energy dance fitness class that uses zesty Latin music, like salsa, cha cha and merengue, cumbia, rock and roll, flamenco and tango with easy to follow moves! Join us for a 'feel-happy' workout that strengthens the heart, and improves balance, strength and flexibility. Laughter is guaranteed.

Fri Apr 6 - Jun 29 3 - 4 p.m.  
**41466** \$117

## Pelvic Floor Workshop

Learn how to retrain the mind and core connection with 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 workshop may be the first and sometimes the only step women need to take to end their SUI. Take home exercises included. *This class is also suitable for women with Diastasis Recti.*

Sat Apr 28 - May 5 9:30 - 11 a.m.  
**41436** \$63

## Standing Strength & Balance

Enjoy a full body fitness class that does not go down on the floor. Start with a gentle warm-up and some cardio to get the heart rate pumping, then move on to balance work and resistance training using body weight, light hand-held weights and exercise bands. Finish off with a standing or sitting stretch.

Wed Apr 4 - Jun 27 10:45 - 11:40 a.m.  
**41439** \$41

Fri Apr 6 - Jun 29 10:15 - 11:10 a.m.  
**41441** \$41



## STOP BY SACS ON 21ST STREET GIFT SHOP!

### *Decluttering? Downsizing?*

**Our gift shop is a collection of your generous donations, with all sale proceeds going to the SAC. We welcome home décor items, gift items and jewellery. Thank you, your support is appreciated!**

***Did you know that SACS on 21st raised \$6,250 in December 2017 and \$8,332 in January 2018?***

# OUTDOOR ACTIVITIES



## Program Coordinator

John Lait  
604-925-7230  
Jlait@westvancouver.ca

For a listing of what's happening each month visit [recschedules.westvancouverrec.ca/schedules/sac/outdoor-sports](http://recschedules.westvancouverrec.ca/schedules/sac/outdoor-sports) or see the front desk.

**Sports programs are volunteer-driven. If a program is full please sign up on the waitlist as we may open up more spaces if we have enough volunteer support.**



(Tue / Thu)

## Hikers 2018 Registration

Hike with us every Tuesday throughout the year and/or Thursday (May to October only). See our *Outdoor Sports Calendar for descriptions and locations of hikes*. Everyone must have appropriate footwear and clothing for any weather, plus food and water. *New participants: contact the leader prior to the hike.*

Jan 2 - Dec 27      9 a.m. - 3 p.m.  
**33727**      \$13.75

(Mon)

## Walking Club 2018 Registration

Join our club as we enjoy walks around West Vancouver and neighbouring communities. This program is perfect for those looking to maintain fitness levels while enjoying the company of good friends. A good pair of runners or hiking shoes is recommended.

Jan 8 - Dec 31      10 a.m. - 12 p.m.  
**33734**      \$13.75

(Mon)

## Ramblers 2018 Registration

Ramblers meet at the Seniors' Activity Centre and hike an average of 8-10 km every Monday, regardless of the weather (only exception is when Christmas falls on a Monday). Bus trips on the last Monday of the month. Everyone must have appropriate footwear, clothing for any weather, food and water. *New participants must contact the leader prior to the hike.*

Jan 8 - Dec 31      10 a.m. - 3 p.m.  
**33729**      \$13.75



(Tue / Thu)

## Turtles Cycling 2018 Registration

The Turtles cycling program is for seniors who enjoy relaxed social rides ranging from 14-43 km, to destination coffee shops, at a pace of 15-18 km/hr. The rides usually depart from the SAC (weather-permitting). There are regular "drive-to-ride" trips planned to different locations in the Lower Mainland. Helmets are mandatory. All rides have leads and sweeps to ensure participant safety, and all in-town rides have both short (14-18 km) and long ride (26-43 km) options.

Jan 2 - Dec 27      9 a.m. - 12 p.m.  
**33733**      \$27.50

(Mon / Thu)

## Silver Wheels Cycling 2018 Registration

This cycling club rides year-round in two groups. Rides vary by season and experience level ranging from 3-5 hrs (with rest stops) at an average pace of 15-18 km/hr ('Scenic' group) or 19-22 km/hr ('Espresso' group). Rides are social and travel on bike paths, roads and gravel. *Route details are emailed out prior to ride. Helmets mandatory; lights, spare tube, pump, bell and mirror recommended.*

Jan 4 - Dec 31      9 a.m. - 1 p.m.  
**33730**      \$27.50



(Mon / Thu)

## Pitch & Putt Golfers 2018 Annual Registration

The West Vancouver Seniors' Activity Centre has an active Pitch and Putt Golf program which begins in April at the Ambleside Par 3 Course. From May to September, all Monday games are played at other local Par 3 courses and a bus is available. A tournament is held in September followed by an awards luncheon. New participants welcome. Bus and golf schedules will be available in April. **If you would like to find out more, attend an informational meeting about the upcoming season on Friday, March 16 at 10 a.m. in the Learning Studio.** Unless otherwise noted, all green fees are extra and are paid at the courses. **Registration for the bus is separate and costs \$6 for most trips.**

May-Sep Mon Bus Trips  
Apr-Sep Thu Ambleside Pitch & Putt  
8:45 a.m. - 12:30 p.m.  
**33731**      \$13.75



# PERFORMANCES AND TRIPS

Prices for trips are listed at SAC members price. Non-members are also welcome to sign up but will pay a higher non-member price. Please see the Trips Board or your receipt for important trip information.

## ACCESSIBILITY

-  Accessible to persons in wheelchairs\*
-  Accessible to persons with scooters\*
-  Accessible to persons with walkers\*
-  Accessible to persons with cane
-  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 John Lait if you plan to bring a wheelchair, walker or scooter.

### Museum of Anthropology

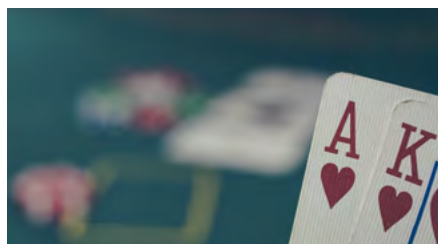
This trip will feature a special showing of The Fabric of Our Land: Salish Weaving. This is an once-in-a-lifetime opportunity to see the unique design of Salish blankets up close and to learn the rich history and significance of weaving in this region. The exhibition takes you on a journey through the past two hundred years of Salish weaving from the early 1800s through to today's vibrant renaissance.

Thu Mar 8 12:30 - 4 p.m.  
44101 \$35

### Mystery Tour w/ Enjoy Tours

This fun and entertaining magical mystery tour takes you to unknown destinations filled with clues, prizes, and props! A must see attraction, a great lunch and afternoon mystery stops included. Use the clues correctly and win a variety of prizes including a free Enjoy Tours Day Trip!

Mon Mar 12 8:30 a.m. - 4 p.m.  
35422 \$99



### New Parq Vancouver Casino

Parq Vancouver Casino features 600 of the most current and popular slot machines in denominations from a penny to five dollars. Hit the jackpot on our signature Parq Progressive and enjoy 75 table games on two levels from the action-packed main floor to the spacious and sophisticated Salon level with something for everyone including baccarat, blackjack, craps, roulette, Sic Bo, and poker.

Wed Mar 21 9:45 a.m. - 3 p.m.  
33800 \$10



### O.W.L. & Reifel Bird Sanctuary w/ Joy Brown

*Must be able to walk on gravel paths. Not walker accessible.*

Enjoy a tour of O.W.L, the Orphaned Wild Life Rescue Centre, where golden eagles, falcons, snowy owls and other birds are rehabilitated. Enjoy a tour of the Reifel Bird Sanctuary on Westham Island and view snow geese and other migratory birds. Visit Wellbrook Winery. Lunch and dessert are served in South Delta.

Thu Mar 22 8:45 a.m. - 5:15 p.m.  
21557 \$85  
Non-Member \$95

### Ice Hockey vs. Canucks at Rogers Arena

If you have your own ticket to the game, allow us drive to you to Rogers Arena for the game in our comfortable bus. No need to pay the high price for parking or deal with the extensive traffic. This trip is open to seniors, adults and families. Leave your car in the Community Centre parking lot. We even have snow tires. Funds help support our shuttle bus program.

Tue Mar 27 5 - 10 p.m.  
43534 Bus only \$30

### Tea & Trumpets Magic of Dance

The magical world of dance is centre stage with the talented dancers of Goh Ballet and music by Dvorak, Lehare, Tchaikovsky and Brahms. Season ticket holders have tickets and transportation for this show. If you have your own ticket and are interested in bus transportation, we may be able to accommodate.

Thu Apr 5 12:30 - 4 p.m.  
39355 Bus only \$15

## SENIORS' ACTIVITY CENTRE SHUTTLE BUS

Mon - Fri 8:45 a.m. - 3:45 p.m.  
Donations fuel the bus.

For schedules and details visit [westvancouver.ca/seniors](http://westvancouver.ca/seniors)

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**Mayne Island**  
w/ Joy Brown

Travel to Mayne Island with its endless views and unique island lifestyle. Enjoy lunch and dessert at the Mayne Island Inn with one of the best views of the Gulf Islands. Visit the lighthouse, the Japanese gardens, and local shops and enjoy a walk through a forest of Arbutus trees.

Thu Apr 12 7:40 a.m. - 7:45 p.m.  
**44683**  
Bus only <65 \$131 / 65+ \$115  
Non-Member <65 \$151 / 65+ \$135



**Hard Rock Casino**

The casino floor includes 950 slot machines, a poker room, high-limit salons, and game tables for blackjack, roulette, baccarat, poker, pai gow, and craps.

Fri Apr 13 9 a.m. - 3 p.m.  
**33802** \$20

**Burnaby Village Museum**

Take a step back in time. We have created a 1920s Village for you to explore. Costumed townsfolk welcome visitors and give demonstrations in the homes, shops and businesses.

Tue Apr 17 10 a.m. - 1:30 p.m.  
**44097** Bus only \$15



**Stanley Theatre: The Humans**

Bus only booking for the season at the Stanley theatre. Cost is for the return transportation to the shows.

Wed Apr 18 12 - 4:30 p.m.  
**33936** Bus only \$15

**Stanley Park Tea House**

Join us for a three-course meal at the famous Tea House at Third Beach in Stanley Park. See our events board for a copy of the exquisite menu.

*Please book before April 5 to avoid cancellation of the event.*  
Fri April 20 11 a.m. - 1:30 p.m.  
**44104** \$62

**Symphony Sundays**

**Short Ride Fast Machine**

Piano duo Anderson Roe tackle Mozart's magnificent Concerto for two pianos, in a concert that also includes the thrilling *Short Ride in a Fast Machine* by John Adams, and Tchaikovsky's orchestral masterpiece, Symphony No. 4.

Sun Apr 22 12:30 - 4 p.m.  
**40320** Bus only \$15

**SAVE THE DATE!**

**SENIORS' ACTIVITY CENTRE OPEN HOUSE**

**Tuesday, May 8, 10 a.m. - 2 p.m.**  
Learn about the diverse programs, clubs, events and social opportunities available daily at the SAC, try something from the mouth-watering Garden Side Café menu, or sample a few of the programs while you're here. *Bring a friend, everyone welcome!*

**Audain Art Museum Whistler**

See the spring show *Beau Dick: Revolutionary*. The Audain Museum contains a permanent collection of the art of British Columbia from early times to the present day. Included is an outstanding collection of nineteenth century Northwest Coast masks, one of Canada's strongest Emily Carr collections, and a selection of Vancouver's celebrated photo-based art. We will spend time in the Village for lunch at your own cost, or bring a bag lunch.

Thu Apr 26 9 a.m. - 5 p.m.  
**44107** \$50

**Granville Art Tour with Gordon**

Join Gordon Davis for a tour of the Granville Street Art Galleries. There will be short presentation at each gallery.  
Fri May 11 9:25 a.m. - 3:30 p.m.  
**45094** \$15

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- Help decide what to take
- Assist in sorting and packing
- Hire and oversee movers
- Sell or donate unwanted items
- Organize and set up new home

**next phase:**  
*Moving & Downsizing*

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# GARDEN SIDE CAFÉ



Mon/Wed/Fri 9 a.m. – 3:30 p.m.  
Tue/Thu 9 a.m. – 7 p.m.  
Tue/Thu Dinner 5 – 7 p.m.  
Sat/Sun 10 a.m. – 2 p.m.  
Lunches (daily) 11:30 a.m. – 1:30 p.m.

*Please be advised that food prepared in our Cafeteria may contain these ingredients: milk, eggs, wheat, soybean, peanuts, tree nuts, fish and/or shellfish. Please ask a member of staff if you require more information regarding potential allergens.*

*Please remember to bring your membership card.*

*Visa, Mastercard, AMEX, Interac accepted.*

*Please note that menu items may change occasionally because of unforeseen circumstances.*

## MARCH 1-4

**Thu** **Beef Stroganoff** w/ Pasta, Harvard Beets  
**Fri** **Seafood Newburg** w/ Rice Pilaf, Mixed Vegetables  
**Sat** **Chicken Strips** w/ Blue Cheese Dressing, Oven Fries, Coleslaw  
**Sun** **Brunch at Eleven**

## MARCH 5-11

**Mon** **Spanakopitas** w/ Tzatziki, Lemon Wedge, Greek-style Potatoes, Tomato and Cucumber Salad  
**Tue** **Sweet & Sour Pork** w/ Rice, Steamed Broccolini  
**Wed** **Tuscan Tuna Sandwich on Brioche** w/ Tossed Salad  
**Thu** **Spaghetti** w/ Meat Sauce, Garlic Toast  
**Fri** **Curried Basa** w/ Rice Pilaf, Mexican Corn  
**Sat** **Savoury Tomato and Bean Stew** w/ Pita Bread with Tzatziki  
**Sun** **Brunch at Eleven**

## MARCH 12-18

**Mon** **BBQ Chicken Leg** w/ Rice Pilaf, Vegetables  
**Tue** **Loaded Vegetarian Quiche** w/ Four Bean Salad on a Bed of Lettuce  
**Wed** **Italian Sausages** w/ Peppers and Onions, Duo of Mustards, Home-made Warm Potato Salad  
**Thu** **Pork Cutlet in Mushroom Sauce** w/ Lemon Wedge, Mashed Potatoes, Vegetables  
**Fri** **Hot Caesar** w/ Prawn Brochette, Roasted Potatoes  
**Sat** **Fettuccine Alfredo** w/ Salad, Garlic Toast  
**Sun** **Brunch at Eleven**

## MARCH 19-25

**Mon** **Pulled Pork on a Bun** w/ Savory Potato Wedges, Sliced Tomatoes  
**Tue** **Chopped Salad** w/ Spicy Chicken and Buttermilk Dressing, Garlic Croustini  
**Wed** **Classic Beef Meatloaf** w/ Gravy and Mashed Potatoes, Roasted Root Vegetables  
**Thu** **Penne** w/ Tomato, Basil, Olives and Pecorino, Garlic Toast, Salad  
**Fri** **Baked Fish on Vegetables** w/ Rice, Green Beans  
**Sat** **Fried Chicken Drumsticks** w/ Home-made Potato Salad, Sliced Tomatoes on a Bed of Lettuce  
**Sun** **Brunch at Eleven**

## MARCH 26-31

**Mon** **Ginger Beef** w/ Rice Pilaf, Stir Fry Vegetables  
**Tue** **Turkey Chili** w/ Romaine Salad, Cornmeal Muffin  
**Wed** **Salisbury Steak** w/ Onion Gravy, Mashed Potatoes, Peas and Carrots  
**Thu** **Crab, Swiss & Green Onion Quiche** w/ Caesar Salad  
**Fri** **CLOSED: GOOD FRIDAY**  
**Sat** **Cheeseburger & Fries**

## DINNERS

**Thursday, March 1**  
**Chicken Parmigiana** w/  
Linguine, Caesar Salad

**Tuesday, March 6**  
**Asian Glazed Arctic Char**  
w/ Rice Pilaf, Stir Fry  
Vegetables

**Thursday, March 8**  
**Madras Lamb Curry**  
w/ Fruited Rice, Roasted  
BC Red & Gold Beets

**Tuesday, March 13**  
**California Curry Chicken**  
w/ Rice Pilaf, Bistro Salad

**Thursday, March 15**  
**Happy St. Patrick's Day!**  
**Corned Beef & Braised  
Cabbage** w/ Dijon  
Mustard Sauce, Parslied  
Potatoes

**Tuesday, March 20**  
**Roast Pork** w/ Apple Sage  
& Onion Stuffing, Gravy,  
Mashed Potatoes, Fresh  
Mixed Vegetables

**Thursday, March 22**  
**Beef Bouguignon**  
w/ Cheddar Mashed  
Potatoes, Green Beans  
Almondine

**Tuesday, March 27**  
**Sole Florentine** (Spinach  
& Hollandaise) w/ Roasted  
Red Potatoes, Baked  
Tomato and Broccoli

**Thursday, March 29**  
**Honey Ham** w/ Pineapple,  
Scalloped Potatoes,  
Brussel Sprouts & Carrots

# GARDEN SIDE CAFÉ

## APRIL PREVIEW



All selections are subject to availability. Menu subject to change.

Please be advised that food prepared in our Cafeteria may contain these ingredients: milk, eggs, wheat, soybean, peanuts, tree nuts, fish and/or shellfish. Please ask a member of staff if you require details regarding potential allergens. **There is now a 50 cent charge for hot water at the Café and Fireside Lounge — Thank you for your understanding.**

### APRIL 1

Sun **Easter Sunday Brunch**

### APRIL 2-8

Mon **CLOSED: EASTER MONDAY**

Tue **Chicken Kiev** w/ Gravy, Cranberry Sauce, Mashed Potatoes, Mixed Vegetables

Wed **Swiss Burgers in Tomato Gravy** w/ Roasted Red Potatoes

Thu **Slow Cooker Chicken Barbecue** w/ Sweet Pickle, Sliced Tomatoes, Mashed Potatoes

Fri **Salmon Burger** w/ Oven Fries, Coleslaw

Sat **Mac & Cheese** w/ Bavarian Smokies, Mixed Vegetables

Sun **Brunch at Eleven**

### APRIL 9-15

Mon **Pork Paprika** w/ Linguine, Mixed Greens

Tue **Chili Con Carne** w/ Cornmeal Muffin, Mixed Greens

Wed **Asparagus, Bacon & Cheddar Quiche** w/ Four Bean Salad on a Bed of Lettuce

Thu **Philadelphia Pepper Steak** w/ Rice Pilaf, Tossed Salad

Fri **Baked Salmon** w/ White Wine Butter Caper Sauce, Rice Pilaf, Sautéed Fresh Vegetables

Sat **Classic Beef Meatloaf** w/ Gravy, Mashed Potatoes, Mixed Vegetables

Sun **Brunch at Eleven**

### APRIL 16-22

Mon **Beef Stroganoff** w/ Pasta, Harvard Beets

Tue **Ham & Brie Croissant** w/ Potato Salad, Sliced Tomatoes on a Bed of Lettuce

Wed **Turkey a la King** w/ Rice, Medley of Fresh Vegetables

Thu **Penne Bolognese (meat sauce)** w/ Garlic Toast, Salad

Fri **Baked Fish on Ratatouille** w/ Rice, Side Salad

Sat **Honey Chicken** w/ Corn Salad, Roasted Red Potatoes

Sun **Brunch at Eleven**

### APRIL 23-29

Mon **Shepherd's Pie** w/ Gravy, Romaine Salad Bowl with Sliced Celery, Cucumbers and Green Onion

Tue **Home-made Chicken Schnitzel** w/ Cranberry Sauce, Mashed Potatoes, Mixed Vegetables

Wed **Ham & Cheese Quiche** w/ Caesar Salad

Thu **Shaved Montreal Smoked Meat** w/ Dijon Mustard and Sauerkraut on Rye, Potato Salad

Fri **Curried Basa Fish Filet** w/ Rice Pilaf, Salad

Sat **Cheese Pizza** w/ Salad, Fruit Garnish

Sun **Brunch at Eleven**

### APRIL 30

Mon **Swedish Meatballs** w/ Parsley Potatoes, Seasonal Vegetables

## DINNERS

**Tuesday, April 3**

**Dijon Pork Tenderloin**  
w/ Scalloped Potatoes,  
Roasted BC Red and  
Gold Beets

**Thursday, April 5**

**Brittingham's Irish Stew**  
w/ Mashed Potatoes,  
Green Beans

**Tuesday, April 10**

**Pacific Wild Salmon** w/  
Hollandaise, Yukon Gold  
Mashed Potatoes, Medley  
of Fresh Vegetables

**Thursday, April 12**

**Roast Turkey Roll**  
w/ all the Trimmings

**Tuesday, April 17**

**Breaded Beef Liver** w/  
Bacon & Roasted Onions,  
Gravy, Mashed Potatoes,  
Vegetables

**Thursday, April 19**

**Ukrainian Dinner**   
**Cabbage Rolls** w/  
Pierogies & Sour Cream,  
Garlic Sausage, Side Salad

**Tuesday, April 24**

**Southern-style Pork Ribs**  
w/ Baked Beans, Rice  
Pilaf, Sautéed Zucchini,  
Peppers & Onions

**Thursday, April 26**

**Coq Au Vin** w/ Cheddar  
Mashed Potatoes, Green  
Beans Almondine





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## THINKING OF DOWN SIZING?

- Want to know what's happening in the real estate market?
- Need tips on preparing your home for sale?
- Do you want to generate retirement income from the house money?

Join our panel of experts for an informative session.

When: Wednesday May 9th, 2018 from 10:30am to 11:30am  
Where: West Vancouver Senior Center - Social Room

Come early for coffee and refreshments.

### Special Guest Speakers



MARK BALLARD  
Re/Max Masters Realty  
www.ballard360.com



TAMARA MERENICK  
Simple Organizing  
www.simpleorganizing.ca



JUSTIN DYER, RBC  
RBC Dominion Securities  
www.farrandyer.com



MARK BALLARD, BCOMM  
Personal Real Estate Corporation



## WV VOLUNTEER APPRECIATION EVENTS

During this year's National Volunteer Week (April 15 - 21) as a small token of our appreciation we invite you to experience something on us! Don't forget to pick up your Volunteer Appreciation Punch Card during Volunteer Week.

[westvancouver.ca/volunteer](http://westvancouver.ca/volunteer)

### Week of Fitness | WVCC, Sports Gym

Sun, Apr. 15 - Sat, Apr. 21 | Wed/Sun | 9:10 or 9:15 a.m. | #42386

Movie: Victoria & Abdul | Library, Welsh Hall | Mon, Apr. 16 | Doors open 6 p.m. | Drop-in

Wednesday Coffee Bar | Seniors' Activity Centre | Wed, Apr. 18 | 10 a.m. - 1 p.m. | Drop-in

Ambleside Youth Centre (AYC) Barbecue | AYC | Thu, Apr. 19 | 4 - 7 p.m. | Drop-in

Volunteer Long Service Awards | Clubhouse at Gleneagles Golf Course

Thu, Apr. 19 | 6 - 7:30 p.m.

Drop-in Pottery | GECC, Pottery Studio | Fri, Apr. 20 | 10 a.m. - 12 p.m. | #45099

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