

# 18

JANUARY  
FEBRUARY

## SENIORS' SCENE MAGAZINE

### IN THIS SCENE

Find Hours of  
Operation on page 3!

Cover & Feature  
Article: A Stitch  
in Time on page 14

SACS on 21st Thanks  
You on page 17

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1988



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**Monday February 5, Melinda Burns**

is presenting our  
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Seniors' Activity  
Centre.**



**2:00 - 3:30 pm**

light refreshments  
door prizes

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2018 marks our 30th year in business! To celebrate we are introducing **11 NEW TOURS** plus an anniversary tour in May to the Okanagan with loads of surprises! Special events are included and all Ageless Adventures office staff will be in attendance. Watch for the date and details soon!

Look for a special anniversary tour plus many more **NEW TOURS** and Getaways including Costa Rica, Kingfisher Resort & Spa, Amtrak / Seattle, the return of Discovery Coast Passage, Spirit Bear, Rocky Mountaineer, Oregon & California Coast, Polar Bears of Churchill . . . and more

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pick-up and all taxes

# SENIORS' ACTIVITY CENTRE ADVISORY BOARD ELECTIONS

# MAKE YOUR VOTE COUNT!

Cast your vote in the 2018 Seniors' Activity  
Centre Advisory Board election of three  
new board members—every vote counts!

**FEB. 26 TO MAR. 2**

**9 A.M. - 3:30 P.M.\***

Voting takes place in the hall across from  
Garden Side Café. \*Time subject to change.

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

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## MESSAGE FROM THE ADVISORY BOARD CHAIR

Imagine—2018—how the years have flown by! Recently I had a conversation with friends reflecting on the lives of our grandchildren. Some of us despaired at what we felt was their overuse of computer games, the clothes they wear, and those haircuts! I hate to confess that some of us sounded pretty rigid. Then we began to reflect on memories from our own childhood. We smiled when we

remembered when we were expected to only wear skirts or dresses to school and the office; when our parents told us the music we loved was just loud noise, and when milk was delivered by a horse-drawn milk wagon. Do you remember when we all gathered around the very first television set in the family/neighbourhood to watch the Ed Sullivan show on Sunday nights? It was magical. As one of us commented, "I can't believe I actually lived during those times". Who would have thought that now we have televisions in our homes—some in more than one room.

Once again, I feel so fortunate to live in a community where years ago people had the foresight to support the development of our Seniors' Activity Centre (SAC). The SAC staff and volunteers bring so much to the quality of our lives. To continue this work, elections for three new SAC board members will take place in February. Please think about becoming involved—being a candidate, putting forward names of people who would be a good candidates, reflecting on the qualifications of each candidate, and taking the time to vote for the person of your choice. I hope that as we look forward to this new year that each of you will have considered what new (or tried and true) activity you will take on this year. And, perhaps most importantly, what volunteer activity you will take on to give back to the world. There are lots of ways you can volunteer at SAC—check it out. You are needed.

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**Lenore Rogers**

*Chair*



## MESSAGE FROM COMMUNITY RECREATION MANAGER & THE RECREATION SUPERVISOR

The Seniors' Activity Centre (SAC) has continued to grow and thrive! In late November Community Services restructured and created a new Supervisor level position to provide day-

to-day operational support to the SAC, and Davida Witala is the new SAC Recreation Supervisor. Davida has been with the District of West Vancouver for 13 years spending the past seven as a Recreation Supervisor for Health and Fitness. Davida has a positive can-do attitude that will fit in with our vibrant centre. Davida's office is located in Jill's previous office.

I remain as the Seniors' Services & Community Wellness Manager and my office has been relocated to the third floor of the West Vancouver Community Centre. Please stop by to visit and pick up some jelly beans! Davida and I will work as a team to ensure the successful operation of the Seniors' Activity Centre. Our doors are always open and we look forward to an amazing 2018! Please stop by and say hello.

**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](http://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.

*The Building will be closed Monday, January 1 for New Year's Day and Monday, February 12 for Family Day.*

## 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** Peter Owens

**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.

# WV MEMORIAL LIBRARY

## Canadian Citizenship Preparation Workshop

Prepare for Canadian Citizenship at this two-part workshop. Topics covered will include Canada's history, geography, symbols and government, as well as the rights and responsibilities of citizenship. *To register or for more info, contact the North Shore Multicultural Society at office@nsms.ca or 604-988-2931.*

### Welsh Hall

Tue, Wed Jan 16 - 17 10 a.m. - 1 p.m.

## Don't Worry, Be Happy: Understanding the Nature of Worry & Anxiety

This talk aims to demystify the nature of worry and help people better understand worry in themselves and loved ones. *Presented by Dr. Rami Nader, Registered Psychologist, in partnership with the North Shore Stress and Anxiety Clinic.*

### Welsh Hall West

Thu Jan 18 7 - 8:30 p.m.

## Connect Online with Voice and Video

Learn how to keep in touch with family and friends using popular online services like Skype, WhatsApp, Facetime and Google Hangouts.

### Welsh Hall West

Tue Jan 23 2:30 - 4 p.m.

## WRITE FOR THE SENIORS' SCENE!

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

We are looking for writers to submit feature articles for the Seniors' Scene magazine. *If you are interested, please contact Davida Witala at dwitala@westvancouver.ca*

## DONATE HEALTHY PLANTS

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

## Making a Mark! Drawing as a Form of Thinking for Non-Artists

Join Art History Instructor Sandra Seekins as she discusses the various benefits of drawing for artists and non-artists alike. In this interactive presentation, Seekins will explain how drawing helps improve memory, enhance hand-eye coordination and enrich self-awareness and problem-solving strategies.

### Welsh Hall

Wed Jan 24 7 - 8:45 p.m.

## Stay Safe & Secure Online

From creating strong passwords to recognizing spam and sophisticated scams, discuss how to stay safe and secure in the online environment.

### Welsh Hall West

Thu Jan 25 2:30 - 4 p.m.

## Friday Night Concert:

### Tambura Rasa

Serbian-born guitarist Ivan Tucakov has distilled his world travels into Tambura Rasa's unique blend of Balkan, Middle Eastern, Indian and Latin roots musical styles.

### Main Hall

Fri Jan 26 7:30 - 8:45 p.m.

## Lunar New Year:

### Erhu Music with Lan Tung

Join Lan Tung, Artistic Director of the Orchid Ensemble and Sound of Dragon Music Festival, as she plays traditional Chinese music in the Library's Main Hall to celebrate Lunar New Year.

### Main Hall

Sat Feb 17 12 - 12:30 p.m.

# 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.*

## Robbie Burns Dinner

Participate in a wonderful tradition at the Seniors' Activity Centre! Enjoy haggis, entertainment and much more. *Space is limited so register soon.*

Wed Jan 17 5:30 - 9:30 p.m.  
**33788** Members \$30

## Evening Dance

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

### The Tunemakers

Thu Jan 25 6:30 - 9:30 p.m.  
**43990** Members \$9

### Euroband

Thu Feb 22 6:30 - 9:30 p.m.  
**43991** Members \$9

## Movies

**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.*

Jan 7 Silence

Jan 14 Arrival

Jan 21 The Zoo Keeper's Wife

Jan 28 Gifted

Feb 4 Fences

Feb 11 Megan Leavey

Feb 18 The Founder

Feb 25 The Big Sick

# 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!

**It's a new year, why not try something new?** Discover, connect and inspire. Try a new volunteer opportunity. Discover whether you have a special skill or talent. Meet new people and live a purpose-filled life. After volunteering, you will leave more inspired and fulfilled, as volunteering has a way of giving back more than you give! *For more information about opportunities at the SAC contact Beverly at [bkoke@westvancouver.ca](mailto:bkoke@westvancouver.ca) or 604-925-7288.*

## VOLUNTEER ORIENTATION

***If you are interested in joining our volunteer team, please sign up at the front desk, register online or call 604-925-7280 to register 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.*

Mon, Jan 22	<b>38077</b>	3:30 - 5:30 p.m.
Thu, Feb 8	<b>38074</b>	6 - 8 p.m.
Sat, Mar 3	<b>38076</b>	10 a.m. - 12 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.**

## NEW & RETIRING

**In November and December we said good luck to the following outstanding volunteers who resigned** from their regular positions after many years of outstanding service: Doris, Jean F., Robert and Renee. *We will miss all of you and hope that some of you will return in other capacities to our Centre, whether as a volunteer, a visitor or a participant/patron. Let's keep in touch!*

**We also welcomed the following new volunteers to our team:** Annette, Carol, Cecile, Deb, Denise, Diana, Jaleh, Judy P., Judy H., Linda, Mitra, Rod, Sharron, Sam and Tristan. Please help us welcome them as they train and ease into their new volunteer positions.





# PROGRAMS

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



## 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 - 3 p.m.  
Please come 10 minutes early to get a table. No partner needed.  
No play Feb 12

### 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 Jan 17

**Jazz Jam Session** 6:30 - 8:30 p.m.

### THURSDAYS

**Keep Well**  
**Chair Exercises** 9 - 10 a.m.  
**Hands-on Wellness Clinic** 10 - 11:30 a.m.

**Stamp Club (informal)** 12:30 - 3 p.m.  
1<sup>st</sup> & 3<sup>rd</sup> Thu Jan 4, 18; Feb 1, 15

**Table Tennis** 4:45 - 6:45 p.m.  
*please note change in time*  
No play Jan 25; Feb 22

**West Van Gogos (Grandmothers)** 6:45 - 8 p.m.  
All proceeds are donated  
Jan 4; Feb 1 Drop-in \$1

### FRIDAYS

**Quilting Bee** 9 a.m. - 12 p.m.  
Make quilts for the Centre, n/c

**Computers: Flight Simulator** 10 a.m. - 12:30 p.m.  
2<sup>nd</sup> & 4<sup>th</sup> Fri Jan 12, 26; Feb 9, 23

**Sound Advice** 10 a.m. - 12 p.m.  
Jan 5; Feb 2

**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.  
Drop-in \$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.

## 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 specific 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. However, if you do have a drink please put away cups as soon as you are finished. **Please treat this space as you would your own home and keep it clean and tidy—thank you.**

## REGISTERED PROGRAMS

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

### Integrated Energy Healing

#### Langara Students

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. The 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 appointment.** Speak with Sylvia in the office regarding cancellations within a week.

Tue Jan 16 - Mar 27

Appointments: 2:30 - 3:30 p.m.;

3:30 - 4:30 p.m.; 4:30 - 5:30 p.m.

**34125** Member \$15/session  
Non-member \$20/session

### Klee Wyck Woodcarvers

#### Join the Klee Wyck woodcarvers in carving Indigenous carvings.

Beginners are welcome to join this group and learn. *There is an extra cost of \$200 payable at the first class.* No equipment needed for a beginner when starting but you will need to purchase tools in the future for your own use.

Mon Jan 8 - Jun 11

6 - 9 p.m.

**39110** \$83

#### PURCHASE YOUR COFFEE PUNCH CARD TODAY!

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

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



### Getting Started with Meditation

Who should practice mindfulness meditation? Anyone can, and there are no barriers. It doesn't matter how old you are, what your physical ability is, if you are religious or not. Meditation classes offer simple, practical methods to improve quality of life and develop inner peace. Come and sit and learn in a relaxed environment. Wear comfortable clothes. *Instructor: Raziel, certified teacher.*

Thu Feb 1 - Mar 22

11:45 a.m. - 12:45 p.m.

**44009** \$48

### NEW Oil Painting Studio Time

This studio time is specific to oil painting. Come and enjoy painting with others who are oil painters and get inspired by them. No instructor. You will need to use odorless paint thinner and linseed oil. Gamblin from Opus is suggested.

Thu Jan 11 - Mar 29

1 - 4 p.m.

**33479** \$39

### Light & Life Discussion

Jerry Vlcek, who has published a book called *Tracking Consciousness Before Birth and Beyond*, will facilitate a discussion group about who we are, where we come from, the purpose of life and how to manifest life in the present.

Tue Jan 9 - Feb 13 10:30 - 11:30 a.m.

**44011** \$12.50

### Keeping Connected Creative Expressions

Many 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. Caregiver and family members are welcome.

Fri Jan 12 - Mar 23 9:30 a.m. - 12 p.m.

**35464** \$72

### French for Travelling

Do you have high school-level French? Would you like to learn basic phrases that will help you get around when traveling? Anahid will teach you the basics!

Wed Jan 10 - Feb 28 10:30 a.m. - 12 p.m.

**44012** \$34

### NEW Spanish Beginners 1.3

This is the highest level for our beginner's classes. This course offers an introduction to irregular verbs and adds more grammar structure tools and vocabulary to your knowledge. Conversation is encouraged, promoting student interaction on regular activities and situational conversation. Conversation time accounts for 1/4 of the class time. **Requires Spanish for Beginners 1.2 or equivalent (knowing nouns, adjectives, pronouns and regular verbs).**

*Instructor: Elias M.*

Wed Jan 17 - Mar 21 6:15 - 7:45 p.m.

**38288** \$195



### Ukuleles: Beginners 1

For those wanting to learn to play the ukulele. This class has been moved to Wednesday. Bring your own Ukulele. No need for music book as it is supplied.

Wed Feb 7 - Apr 11 1 - 2:30 p.m.

**33498** \$75

### Ukuleles: Advanced Beginners 2 with JR

This class follows the Fall class. You will learn to play the ukulele and sing along with the music.

Tue Jan 9 - Mar 13 1 - 2 p.m.

**39003** \$105

## 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.*

### French Conversation with Fafa

This class is for anyone who is fairly fluent in French and seeking an opportunity to learn and converse.

*Instructor: Fafa M.*

Mon Jan 15 - Mar 12 9:30 - 10:30 a.m.  
**44129** \$28

### NEW Acting, Improvisation and Fun

Learn acting skills, play fun theatre games, tell amazing stories and be the star you are! Led by professional actors Linda A. Carson and Kim Seary. No experience necessary. New Horizons Grant.

Tue Jan 30 - Apr 3 10:15 a.m. - 12:15 p.m.  
**44130** n/c

## 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. All classes held by Andrea McDonald.*

### iOS 11: Introduction Part 1 (iPad/iPhone only)

This class starts with the basics and aims to give you a solid foundation on which to build. Tour your device and become familiar with its features, learn about security and privacy, how to type, how to use the camera, contacts, mail, messages, the app store, how to update your device, how to browse the web, and more. *This course is specifically for the iPad, iPhone & iPod Touch. Please bring your charged device.*

Thu Jan 11 - 25 1 - 4 p.m.  
**37162** \$126

### iOS 11: Introduction Part 2 (iPad/iPhone only)

Continuing from Part 1, this series teaches how to edit typing, use copy and paste, send attachments and photos in emails and texts, use the calendar, maps, customize the home screen, deal with misbehaving apps, manage calls and callers, adjust settings, and more. This class is for all users. Part 1 recommended.

Thu Feb 1 - 15 1 - 4 p.m.  
**37167** \$126

## Passwords, Security & Fraud

What makes a strong password? What is Two Factor Authentication? What is phishing and how can you protect yourself? What should you do if your device is lost or stolen? Learn to develop an awareness for internet and email fraud, learn about password managers, understand when your privacy is at risk and how to protect it. Come with questions and concerns. *Handout provided. Open to all tablets or computers. No device needed.*

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

## 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.*

### Opera Preview: *Lesisir D'amore*

Enjoy a two-act comedic opera by the Italian composer Gaetano Donizetti. Ruminant on the topics of marriage, love and comedy while experiencing this acclaimed masterpiece. *Lecturer: Nicolas Krusek*

Mon Jan 8 1:30 - 3:30 p.m.  
**33928** \$2.50



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**Tuscany Bello/Beautiful**

Immerse your creative self and see what has inspired painters, poets and musicians about the sun drenched Mediterranean. Take in the breath-taking beauty of Tuscany, absorb the glorious and rich colours of Florence, experience the gorgeous Renaissance masterworks of Michelangelo, Leonardo da Vinci, Fra Angelico, Botticelli and Donatello. Learn about the architecture and Etruscan sculptures and painting in Cortona and the frescos in Arezzo in this informative lecture. *Lecturer: Judith Atkinson.*

Mon Jan 29 1:30 - 2:30 p.m.  
**38434** \$3

**NEW Chinese New Year**

Chinese New Year is the holiday celebrated by the Chinese people. Come and listen to Ms. Wang talk about the history of Chinese New Year, its symbolism, and information about a typical city in China. Presentation will include pictures of China. There will be time for Q & A.

Mon Feb 5 1:30 - 3 p.m.  
**44068** \$3

**NEW The Best Diet to cure Alzheimer's**

Join us to find out from UBC Dietetic interns whether there is a diet to cure Alzheimer's. Learn about the myths and facts related to diet and brain health as well as the latest research on gluten free foods, GMO, coconut oil, water and organic foods. What is the best diet? Which are fad diets? Come and ask your questions.

Mon Feb 19 1:30 - 2:30 p.m.  
**40782** n/c

**NEW To Supplement or Not to Supplement**

UBC Dietetic 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

**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 are not a member, you are welcome to join us for a nominal price.*

Thu Mar - Aug 10:30 a.m. - 12:30 p.m.  
**37577** \$35

**NEW Garden Club: Injury Prevention**

Nabil Tarazi (BSc, PT) from Aquatic Centre Physiotherapy will teach proper use of body mechanics for lifting, carrying, activities of gardening and daily living, stretching and strengthening exercises for injury prevention and more. *Protect your back and body. Pick up some tips and ask questions.*

Thu Mar 8 10:30 a.m. - 12:30 p.m.  
**41625** Members n/c  
 Non-Members \$5

*Garden Club lecturer David Tracey on "The Forest We Live In" on Thursday March 22, Cost \$5*

**WORKSHOPS**

*Note: Theology Café has changed to 4th Thursday of the month.*

**Theologian's Café Prayer**

Prayers, and sometimes the hymns based on them, are usually divided into three categories: prayers of adoration, prayers of request and prayers of thanksgiving. Do you practice any of these? What role, if any, does prayer have in your life? Has meditation become a substitute for prayer—or is it simply a different kind of prayer? *Facilitator: John Slattery.*

Thu Jan 25 2 - 4 p.m.  
**37577** \$2.50

**Theologian's Café Will the Real Bible Stand Up**

All Christians claim that the Bible is the authentic word of God. But which version is the *authentic* one? Changes, accidental or deliberate, have been introduced over the centuries, rendering certain texts at least somewhat problematic. *Facilitator: John Slattery.*

Thu Feb 22 2 - 4 p.m.  
**33495** \$2.50

# 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 homes, 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 older seniors and programs 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 and LINKS for Healthy Living Project**  
***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 Jan 15, Feb 19

10 - 11:30 a.m.

**Drop-in \$2.50**









# CHANGING TIMES

*Written by Dave Patrick*

If we hear this right, the ladies have taken to snooker and woodworking in a big way. The Billiards Room has always welcomed the ladies at any time (and still does!) but they now have priority playing time on Mondays from 9 a.m. to 12 p.m.

On Monday mornings several ladies also participate in the beginner's woodworking class and on Tuesdays they can be seen working away in the Woodworking Shop creating all sorts of fascinating pieces from 1:30 to 3:30 p.m.—about time we say.

***Can we now expect to see men knitting and quilting in the Fabric Arts Room?  
Now that would be a sight worth seeing!***

# “I could use some help”



## “managing my home.”

**Shylo Brings Care To Your Home.** You are not ready to leave your home, but you may benefit from some support to stay there safely. Shylo has helped seniors remain in their homes comfortably since 1980 by offering a wide range of services that make dealing with everyday life just a little easier. **Shylo Home Support Care** can help you with:

- Shopping & Meal Preparation
- Medication Management
- Travel To and From Appointments
- Companionship...

... and many other issues that may arise from time to time.

**You don't have to do it alone. It's okay to ask for help!**

Call **604-985-6881** today  
for a **FREE In-Home Needs Assessment.**

[www.ShyloNursing.ca](http://www.ShyloNursing.ca)  
[www.VancouverSeniorHealth.BlogSpot.com](http://www.VancouverSeniorHealth.BlogSpot.com)



 **Shylo**  
HOME HEALTHCARE



# A STITCH IN TIME

*Written by Dave Patrick*

***In this issue we would like to introduce to you the West Vancouver Seniors' Activity Centre Craft Program. You may have walked by the Fabric Arts room dozens of times, seen people happily knitting and quilting and wondering what happens to the finished creation.***

Perhaps we could begin by outlining two of the craft programs that the Centre offers: Every Tuesday morning from 10 a.m. to 12 p.m. (noon) beginners can try their hand at knitting.

There is a small charge to attend and no need to register. All that is required are your needles, wool and patterns and you'll be well on your way to being a knitter. The Fabric Arts Room is comfortable with a friendly atmosphere and you will certainly feel at home very quickly.





*... another example of  
the warmth and friendship  
that makes our Centre  
the success it has become.*



On Wednesdays from 9:30 a.m. to 12 p.m. (noon) the knitting team are busy fashioning baby clothes, vests, sweaters and toques just to name a few. These items are all attractively displayed in the cabinets across from the front desk. The showcase is changed each week and the unsold items are donated to charity. The money raised from all this creativity plays an important part in our Centre's fund raising program.

As this group have only 2.5 hours per week at the Centre a lot of the work is done at home. This, of course, is on a purely voluntary basis and the hours worked are recorded. It appears to be a "win-win" situation with people enjoying their hobby and raising funds for the Centre at the same time.

***But wait, there's more!***

We also have a "Quilting Bee" that takes place on Fridays from 9 a.m. to 12 p.m. (noon) in the Fabric Arts room. It has been documented that quilting has been practiced since the mid 1700's. The finished product was originally used for functional purposes such as blankets and window coverings in the cold weather. It became more popular as the years passed and people began quilting for decorative use like bed coverings, wall hangings, bags or even a "bowl-cosy"—you'll have to ask one of our quilters about that one! The quilts are also for sale and can be viewed in the Fabric Arts Room.



Cozy knitted creations on display at the Seniors' Activity Centre.

Perhaps the art of quilting can be summed up by the following quote from a charming little book called *Quilting: Quotations Celebrating An American Legacy*: "In cabins in the piney woods, in farm houses on the prairies, in Victorian parlours in the towns and villages of the Eastern Seaboard women were sewing into the quilts the history of their country and quality of their lives".

Our thanks go out to our knitters and quilters who are not only maintaining a centuries old tradition but are also another example of the warmth and friendship that makes our Centre the success it has become.



# SACS ON 21ST THANKS YOU



## SACS ON 21ST SALES

With your kind donations, SACS on 21st was able to raise \$6,240.50 in September and \$6,036.70 in October.

*We thank you for your continuous support in helping us raise funds for the Seniors' Activity Centre.*

***Our little Shop of Wonders is still growing by leaps and bounds, and we are continually amazed and delighted by its popularity and success.***

Our heartfelt thanks go out to all the people who make it possible—the volunteers, who love working in the shop, the talented display team who make it look so attractive, and, of course, the people who donate their treasures.

Donations of “loved and saleable” items are gratefully accepted at

the shop between 10 a.m. to 3 p.m. Monday to Friday or at the front desk during operating hours. Due to our limited space we are unable to accept items that would be more suitable for the flea market in April.



## 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 March 7th, 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](http://www.ballard360.com)



**TAMARA MERENICK**  
Simple Organizing  
[www.simpleorganizing.ca](http://www.simpleorganizing.ca)



**JUSTIN DYER, RBC**  
RBC Dominion Securities  
[www.farrandyer.com](http://www.farrandyer.com)

**RE/MAX**  
masters reality

**MARK BALLARD, BCOMM**  
Personal Real Estate Corporation





# We've got a world of knowledge to share!



ElderCollege, a volunteer-run not-for-profit society, offers affordable, intellectually stimulating, general interest courses in a broad range of topics. From guest speakers to discussion groups to outdoor pursuits, our courses emphasize learning for enjoyment. With locations across the North Shore, lifelong learners enjoy a diverse selection of classes in the Spring and Fall. Come learn with us!



Visit us online [www.nseldercollege.org](http://www.nseldercollege.org) or call for details 778.246.6737



## Royalty Home Care

The advantages of assisted living in the comfort and safety of home

Quality Staff  
Exceptional Service  
Competitive rates

604-986-6796

## TAKING MEDICATION FOR ALZHEIMER'S DISEASE?

Are you wondering what additional treatment options are available?  
*Our research team is working on some of the latest potential advances in care*

**People who could benefit should:**

- Take prescribed medication for memory loss
- Be 50 years or older and in general good health
- Have a study partner they see at least 10 hours per week

**You may qualify to participate in a study and receive:**

- All study-related medication and medical care at no cost
- MRI and PET scans of the brain to assist in determining the cause of memory loss
- A stipend of \$62.00 each, per protocol visit, to the patient and study partner for study-related expenses
- The opportunity to participate in research for yourself and future generations



Contact the study team at  
**1.888.490.4320**  
[HealthResearch.ca/meds](http://HealthResearch.ca/meds)

# FITNESS PROGRAMS



## Fitness Coordinator

Sadie Harvey  
604-925-7231  
sharvey@westvancouver.ca



## Health & Fitness Supervisor

Eric Bagnall  
604-921-2903  
ebagnall@westvancouver.ca

## PERSONAL TRAINING – ”



For more information on **Seniors' Personal Training or Rehabilitation** please contact Eric Bagnall at 604-921-2903.

### ♥<sup>1</sup> - ♥<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. Class includes a moderate cardiovascular workout followed by standing muscular strengthening exercises, abdominals and stretch.

Mon Jan 8 - Mar 26 7:30 - 8:30 a.m.  
**37795** \$35

Wed Jan 10 - Mar 28 7:30 - 8:30 a.m.  
**37796** \$38

Fri Jan 12 - Mar 23 7:30 - 8:30 a.m.  
**37797** \$35

### ♥<sup>1</sup> 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 for information on Better Balance class information 604-925-7211.

#### Balance Assessment

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

Wed Jan 3  
**37257** \$12

#### Level 1 — Mon, Wed

Jan 8 - Mar 12 11:45 a.m. - 12:40 p.m.  
**35708** \$216

#### Level 2 — Mon, Wed

Jan 8 - Mar 12 9:40 - 10:35 a.m.  
**35698** \$216

Jan 8 - Mar 12 10:45 - 11:40 a.m.  
**35702** \$216

Jan 8 - Mar 12 1:30 - 2:25 p.m.  
**35715** \$216

### ♥<sup>1</sup> Minds in Motion

Exercise your brain! This partnership program with the Alzheimer 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 Jan 12 - Mar 16 1:15 - 3:15 p.m.  
**38039** \$60

### Stand Tall

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

Tue Jan 9 - Mar 27 10:30 a.m. - 12 p.m.  
**35472** \$72

Thu Jan 11 - Mar 1 10:30 a.m. - 12 p.m.  
**44024** \$68

### 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 Jan 9 - Mar 27 10 - 10:50 a.m.  
**35468** \$42

Thu Jan 11 - Mar 29 9 - 9:50 a.m.  
**38733** \$42

### 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 Jan 9 - Mar 13 1:30 - 3:30 p.m.  
**43506** \$68

Wed Jan 10 - Mar 28 1:30 - 3 p.m.  
**35466** \$78

**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 Jan 9 - Mar 27 2 - 4 p.m.  
**35733** \$78

**Chairbics 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 Jan 9 - Mar 27 12:50 - 1:50 p.m.  
**37807** \$38

Fri Jan 12 - Mar 23 12:50 - 1:50 p.m.  
**37809** \$35

**Chairbics Level 2**

Chairbics 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 Jan 8 - Mar 26 9:15 - 10:15 a.m.  
**37810** \$35

Wed Jan 10 - Mar 28 9:15 - 10:15 a.m.  
**37812** \$38

**Zumba® Gold**

Zumba® is a 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 Jan 12 - Mar 23 3 - 4 p.m.  
**37880** \$104

**Hatha Yoga at SAC**

Come and try our yoga classes at the Seniors' Activity Centre! There are many times and classes to choose from. Yoga is an important way to build body awareness, flexibility, and relaxation techniques. Take the time to breathe, relax and open up your body. Increase balance and focus your mind.

Mon Jan 8 - Mar 26 9:30 - 11 a.m.  
**37850** \$64

Mon Jan 8 - Mar 26 4 - 5:30 p.m.  
**37859** \$64

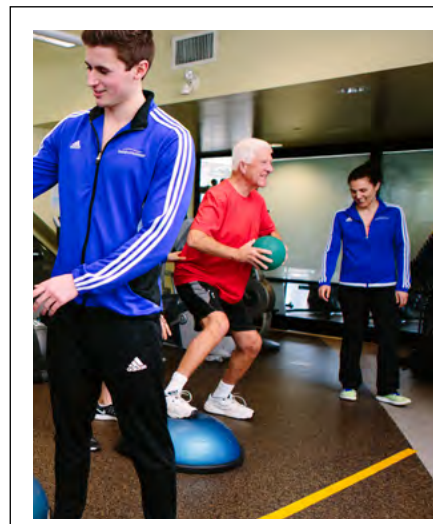
Tue Jan 9 - Mar 27 10:05 - 11:35 a.m.  
**37864** \$69

Thu Jan 11 - Mar 29 10:05 - 11:20 a.m.  
**37865** \$58

**Pelvic Floor Workshop**

In only two sessions learn how to retrain the mind/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 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 Jan 27 - Feb 3 9:30 - 11 a.m.  
**38609** \$63



**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!**



**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, hand-held weights and exercise bands. Finish off with a standing or sitting stretch.

Wed Jan 10 - Mar 28 8:15 - 9:10 a.m.  
**37833** \$38

Fri Jan 12 - Mar 23 10:15 - 11:10 a.m.  
**37835** \$35

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

*For more information please call Eric Bagnall at 604-921-2903. 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



# 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.**

## Seniors Roommate Registry Program Information Session

Join us for a preliminary information session designed to explore the possibility of connecting seniors who have extra space in their homes, that they may be interested in renting out, with seniors who may be looking for a place to rent. *This exploratory session is open to everyone.*

Friday, Feb 23 from 9 a.m. - 12:30 p.m. in the SAC's Social Rec Room



## Snowshoe/Cross Country Ski Club (Wed / Fri, weather dependent)

### 2017/2018 Registration

Snowshoe or cross country ski with members of the Seniors' Activity Centre at Cypress! Bus runs from the Seniors' Activity Centre to Cypress bi-weekly and to a few other ski areas throughout the season. Cost varies. *Bus only runs when ski area is open. Check snow phone or website in the morning.*

Wed / Fri	9 a.m. - 1 p.m.	<b>33726</b>	\$13.75
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## Hikers (Tue / Thu)

### 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.	<b>33727</b>	\$13.75
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## Ramblers (Mon)

### 2018 Registration

Ramblers meet at the Seniors' Activity Centre and hike an average of 8 - 10 km every Monday, regardless of the weather. 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.	<b>33729</b>	\$13.75
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## Walking Club (Mon)

### 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.	<b>33734</b>	\$13.75
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# PERFORMANCES AND TRIPS

Pricing 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.



### Symphony Sundays Roman Carnival

Otto Tausk is the VSO's Music Director Designate. In all collaborations he leads, Maestro Tausk energizes those he works with earning him enthusiastic and critical acclaim. He has been Music Director of the Symphony Orchestra and Opera Theatre St Gallen since 2012. He is also a hugely respected musical personality in his native Holland, working with all the major orchestras and composers.

Sun Jan 14 12:30 - 4 p.m.  
40319 Bus only \$15



### Ice Hockey LA Kings vs. Canucks at the Rogers Arena

If you have your own ticket to the game, allow us to drive you to Rogers Arena for the game on 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 Jan 23 5 - 10 p.m.  
43532 Bus only \$30



### Tea & Trumpets Baroque Celebration

Celebrate the beauty of Baroque, with music by Johannes Sebastian Bach, Mendelssohn's Piano Concerto No. 1, Handel's Water Music, and Pachelbel's Canon. Tea and cookies are served before the show. We may have room for you if you have your own ticket.

Thu Jan 4 12:30 - 4 p.m.  
39351 Bus only \$15



### VAG Portrait of the Artist: An Exhibition from the Royal Collection

Portrait of the Artist showcases self-portraits by world-renowned artists including Rembrandt, Peter Paul Rubens, Artemisia Gentileschi, Lucien Freud and David Hockney, as well as images of artists by their friends, relatives and pupils, including the most reliable surviving likeness of Leonardo da Vinci by his student, Francesco Melzi. Free tour for seniors at 10:30 a.m.

Mon Jan 8 10 a.m. - 1:30 p.m.  
42065 \$30 (Incl admission)



### Starlight Casino

Offering you a true destination entertainment experience, featuring: a best-in-class casino with over 850 slots, 44 table games, a poker room and private gaming room. Enjoy fine, Asian cuisine at Kirin Restaurant—a premier Chinese eatery. Starlight Casino offers the perfect combination of excitement and elegance to make it one of a kind in BC's Lower Mainland. We have adjusted the times to make the week day casino trips accessible by using our shuttle bus.

Fri Jan 19 9 a.m. - 4 p.m.  
33798 \$20

## 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)

In partnership with



AMICA™  
at West Vancouver





**Tsawwassen Mills Outlet**

The newest outlet mall in the Lower Mainland, Tsawwassen Mills, offers a large assortment of designer names at discount prices.

Fri Jan 26 9 a.m. - 4 p.m.  
**33789** \$25



**Ice Hockey Colorado Avalanche vs. Canucks at Rogers Arena**

If you have your own ticket to the game, allow us to drive you to Rogers Arena for the game on 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 Jan 30 5 - 10 p.m.  
**43533** Bus only \$30



**Bistro 101 Granville Island**

Enjoy a three course gourmet meal with coffee or tea. Includes taxes and gratuity. Transportation included. There will also be time to stroll and shop on Granville Island. Includes taxes, gratuity and transportation.

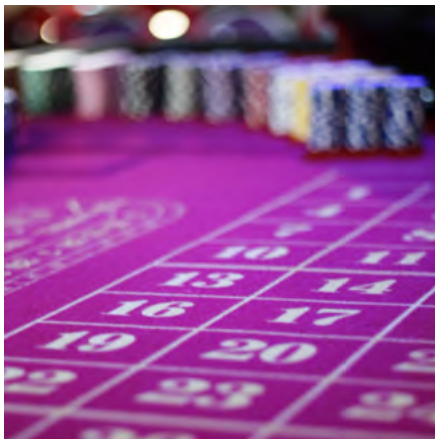
Mon Feb 5 11 a.m. - 3:30 p.m.  
**43989** \$40



**Tea & Trumpets Legends & Fairy Tales**

Explore popular legends and fairy tales through music, with music from Mendelssohn's Midsummer Night's Dream, Humperdinck's Hansel & Gretel, Offenbach's Tales of Hoffman, Ravel's Mother Goose Suite, and Rossini's La Cenerentola. Tea is served before the show. *We may have room for you if you have your own ticket.*

Thu Feb 8 12:30 - 4 p.m.  
**39353** Bus only \$15



**River Rock Casino**

Take in the thrill of 24-hour gaming at one of Western Canada's brightest and most exciting destination resorts. The stylish and spacious casino features over 1,000 slots, along with today's most popular table games: Blackjack, Roulette, Baccarat, Craps and more. There is also a Poker room, 14 tables with 24/7 play and daily tournaments.

Tue Feb 20 10 a.m. - 4 p.m.  
**33799** \$18



**Stanley Theatre Jitters**

Four actors, a director, a playwright, and one grand dream of Broadway-bound success. Anything from a forgotten line to a faulty wig may just make or break their new Canadian play.

Wed Feb 21 12 - 4:30 p.m.  
**33935** Bus only \$15



**IKEA Coquitlam**

Join us as we will visit the IKEA Store in Coquitlam. We will arrive in time for the morning breakfast special. Following breakfast you can wander the incredible show rooms for home décor ideas and shopping. We have storage on the bus for small items.

Tue Feb 27 9:30 a.m. - 2 p.m.  
**44006** \$20

**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/ Jun, 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.*

# 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.*

## JANUARY 1-7

**Mon** CLOSED  
**Tue** **Happy New Year Luncheon of BBQ Pulled Pork Sandwich** w/ Pickle, Fries and Fruit Garnish  
**Wed** **Bangers and Mashed served** w/ Caramelized Onions, Gravy and Cranberry Mango Salsa  
**Thu** **Penne Carbonara** w/ Peas and Bacon, Duo of Roasted Beets  
**Fri** **Alaska Pollock** w/ Chunky Tomato Basil Sauce, Rice Pilaf, Salad  
**Sat** **Salmon Burger** w/ Oven Fries, Coleslaw  
**Sun** **Brunch at Eleven**

## JANUARY 8-14

**Mon** **Beef Sausage Rolls** w/ Honey Mustard Dip, Tossed Salad  
**Tue** **Liver And Roasted Onions** w/ Gravy, Mashed Potatoes, Vegetables  
**Wed** **Broccoli & Cheese Quiche** w/ Potato Salad, Tomato Slices  
**Thu** **BBQ Chicken Leg** w/ Rice Pilaf, Mexican Corn  
**Fri** **Baked Fish on Ratatouille** w/ Rice, Side Salad  
**Sat** **Shoyu Chicken (Hawaiian-style Teriyaki)** w/ Rice, Stir Fry Vegetables  
**Sun** **Brunch at Eleven**

## JANUARY 15-21

**Mon** **Roast Chicken Thighs** w/ Mashed Potatoes and Carrots  
**Tue** **Spanish-style Pork Chops** w/ Rice, Seasonal Vegetables  
**Wed** **Home Made Beef & Pork Meatloaf** w/ Gravy, Mashed Potatoes, Peas and Carrots  
**Thu** **Ham & Brie Croissant** w/ Potato Salad, Sliced Tomatoes on a Bed of Lettuce  
**Fri** **Breaded Sole, Lemon Wedge** w/ Tartar Sauce, Oven Fries, Kale Slaw  
**Sat** **Chicken a la King** w/ Rice Pilaf, Green Beans  
**Sun** **Brunch at Eleven**

## JANUARY 22-28

**Mon** **Spinach & Four Cheese Quiche** w/ Bean Salad on the Bed of Lettuce  
**Tue** **Pork Cutlet in Mushroom Sauce** w/ Roasted Potatoes, Seasonal Vegetables  
**Wed** **Beef Stroganoff** w/ Pasta, Harvard Beets  
**Thu** **Open Face Turkey Burger** w/ Caramelized Onions, Fries, Caesar Salad  
**Fri** **Curried Basa** w/ Rice Pilaf, Mexican Corn  
**Sat** **Spaghetti Bolognese** w/ Tossed Salad, Garlic Bread  
**Sun** **Brunch at Eleven**

## JANUARY 29-31

**Mon** **Stuffed Salmon Boats** w/ Hollandaise Sauce, Roast Potatoes, Vegetables  
**Tue** **Sweet & Sour Chicken** w/ Rice, Steamed Broccoli  
**Wed** **Chili Con Carne** w/ Garlic Bread, Mixed Greens

## DINNERS

**Tuesday, Jan 2**  
**Stuffed Pork Loin** w/ Apricots & Cranberries, Gravy, Scalloped Potatoes, Green Beans

**Thursday, Jan 4**  
**Beef Bourguignon** w/ Baked Potato with Sour Cream & Chives, Fresh Mix Vegetables

**Tuesday, Jan 9**  
**Madras Chicken Curry** w/ Rice Pilaf, Fresh Mix Vegetables


**Thursday, Jan 11**  
**Fisherman's Platter** w/ Grilled Salmon, Cod and Prawns, Rice Pilaf, Medley of Fresh Vegetables

**Tuesday, Jan 16**  
**Cabbage Rolls** w/ Pierogies with Sautéed Onions and Sour Cream, Garlic Sausage, Salad

**Thursday, Jan 18**  
**Red Wine Beef & Vegetable Stew** w/ Roasted Potatoes, Seasonal Vegetables

**Tuesday, Jan 23**  
**Coq Au Vin** w/ Cheddar Mashed Potatoes, Green Beans Almondine

**Thursday, Jan 25**  
**Pacific Wild Salmon** w/ Hollandaise, Roasted Potatoes, Fresh Seasonal Vegetables

**Thursday, Jan 30**  
**Italian Dinner**   
Home-made Beef Lasagna, Caesar Salad & Garlic Bread

# GARDEN SIDE CAFÉ

## FEBRUARY PREVIEW

*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.***

### FEBRUARY 1-4

- Thu Philadelphia Pepper Steak** w/ Roasted Potatoes, Romaine Salad with Celery, Cucumber & Red Onion
- Fri Seafood Newburg** w/ Rice Pilaf, Mixed Vegetables
- Sat Bacon Lettuce Tomato & Cheese on Ciabatta** w/ Caesar Salad
- Sun Brunch at Eleven**

### FEBRUARY 5-11

- Mon Swiss Burgers in Tomato Gravy** w/ Roasted Red Potatoes
- Tue Shaved Montreal Smoked Meat** w/ Dijon Mustard and Sauerkraut on Rye, Potato Salad
- Wed Vegetarian Lasagna** w/ Tossed Salad
- Thu Crab, Green Onion & Swiss Quiche** w/ Spinach Salad with Arugula and Quinoa
- Fri Baked Salmon** w/ White Wine Butter Caper Sauce, Rice Pilaf, Sauteed Fresh Vegetables
- Sat Penne** w/ Italian Sausage, Garlic Toast, Mix Greens
- Sun Brunch at Eleven**

### FEBRUARY 12-18

- Mon CLOSED**
- Tue Pork and Vegetable Stew** w/ Dinner Roll, Green Beans
- Wed Spaghetti Bolognese (meat sauce)** w/ Garlic Toast, Salad
- Thu Grilled Chicken Adobo** w/ Rice, Roasted Yams and Carrots
- Fri Basa Fish Filet** w/ Italian Tomato & Basil Sauce, Rice, Salad
- Sat Beef Meatloaf** w/ Roasted Leek Gravy, Mashed Potatoes, Peas & Carrots
- Sun Brunch at Eleven**

### FEBRUARY 19-25

- Mon Swedish Meatballs** w/ Linguine, Duo of Beets Salad
- Tue Teriyaki Chicken Thighs** w/ Rice, Stir Fry Vegetables
- Wed Quiche Lorraine** w/ Potato Salad and Sliced Tomatoes
- Thu Sweet & Sour Pork** w/ Rice, Steamed Broccoli
- Fri Rigatoni** w/ Arrabbiata Sauced Shrimp, Salad, Garlic Toast
- Sat Fried Chicken Drumsticks** w/ Honey Mustard Dip, Oven Fries, Coleslaw
- Sun Brunch at Eleven**

### FEBRUARY 26-28

- Mon Spanakopitas** w/ Tzatziki, Roasted Potatoes, Marinated Tomato and Cucumber Salad
- Tue Mediterranean Turkey Chili** w/ Romaine Salad, Dinner Roll
- Wed Grilled Chicken Thighs on a Bed of Beans and Greens** w/ Rice Pilaf

## DINNERS

**Thursday, Feb 1**

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

**Tuesday, Feb 6**

**Chinese Dinner** 🇨🇳

Beef & Broccoli w/ Sweet & Sour Chicken, Vegetable Spring Roll, Noodles & Rice

**Thursday, Feb 8**

**Beef & Broccoli** w/ Sweet & Sour Chicken, Vegetable Spring Roll, Noodles and Rice

**Tuesday, Feb 13**

**Seafood Linguine** w/ Mixed Greens, Garlic Bread

**Thursday, Feb 15**

**Lamb Curry** w/ Rice, Seasonal Vegetables

**Tuesday, Feb 20**

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

**Thursday, Feb 22**

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

**Tuesday, Feb 27**

**Lemon Pepper Sole Florentine** w/ Rice Pilaf, Fresh Green Beans with Roasted Red Peppers

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



# WEST VANCOUVER SENIORS' ACTIVITY CENTRE

## Where New Year's Resolutions Thrive!

The new year is upon us, and along with it a fresh opportunity to embark on a new adventure, go on an exciting trip, try a new hobby, or hone a unique skill!

- **Try woodworking** and make something beautiful
- **Try photography** and capture the perfect moment
- **Try quilting** and stitch together a masterpiece
- **Become a member** and make new friends
- **Go on a trip** and explore the world close to home and beyond

Whatever your New Year's resolution, the Seniors' Activity Centre is here to help you make it happen.



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

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Discover a new skill, talent or hobby. Connect with a thriving community of big-hearted givers like yourself. Inspire others—and you too will be inspired—to make every day matter. The District of West Vancouver has several volunteer opportunities designed with **you** in mind!



Administrative



Camps



Committees & Boards



Driving



Events



Food & Service



Parks & Outdoor



Program Assistance



To get started call Caroline at 604-913-2703 or email [volunteer@westvancouver.ca](mailto:volunteer@westvancouver.ca)

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

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