



15

JANUARY
FEBRUARY

SENIORS' SCENE

UPCOMING EVENTS

THURSDAY EVENING DANCES

January 22 and
February 26

ROBBIE BURNS DINNER

January 21

BRIDGE

Starts January 5

VISIT US ONLINE
WESTVANCOUVER.CA/SENIORS

westvancouver

**2015
Tour
Presentation**
w/ Melinda Burns
Jan. 26 1:00pm



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- Kingfisher Spa Retreat** May 4 - 7
- Olympic Peninsula** Jun. 15 - 18
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Hurricane Ridge, Quinault Lodge, Olympia
- National Park Lodges** Aug. 21 - 27
Washington & Oregon
- Newfoundland & Labrador** Aug. 15 - 30
- Chicago, Arts & Architecture** Sep. 17 - 22
- Desert Canyons, Arizona / Utah** Oct. 4 - 13
Las Vegas, Grand Canyon, Lake Powell,
Monument Canyon, Redcliff Lodge, Arches,
Capitol Reef, Bryce Canyon and Zion National
Parks
- Birth of America - from the beginnings**
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Palm Springs Getaway



Kingfisher Spa & Resort



Mauï & South Kauai

Hawaii's Garden & Valley Islands
Feb 18 - 27 • 17 incl. meals • dbl. \$4,439

**Palm Springs Getaway
& Scottsdale, AZ**

Mar 24 - Apr 2 • 13 incl. meals • dbl. \$2,787

Mississippi River Paddlewheeler

New Orleans to Memphis
Mar 26 - Apr 4 • 21 incl. meals • fm PP \$5,356*
*Call for details

Kingfisher Spa Women's Retreat

Courtenay, Vancouver Island
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MESSAGE FROM THE ADVISORY BOARD CHAIR

Happy New Year! I hope you all had a happy and healthy holiday season and are ready to start the new year with renewed enthusiasm. 2014 was very busy and successful at our Centre. A few of the highlights for me included—having lunch with some of our veterans who have such interesting stories; meeting our dedicated volunteers who are so happy to assist others; the very successful Flea Market; enjoying the

celebration at Pumpkin Fest where our Seniors' Centre's baking was sold out; and having so much fun at the Fiesta Barbecue Party. The All Candidates meeting for the Municipal elections provided a forum for questions and answers that I know assisted many in making their final electoral decision. New programs were introduced this past year that included massages by Langara College students, a caregiver support group, and the introduction of the ability to have wine or beer with our dinners in the Café.

We are exceptionally fortunate to have a wonderful staff under the skilled leadership of Jill Lawlor that ensures our Centre thrives. Now it is your turn to have a great 2015. Participate, volunteer and enjoy the gem we call the West Vancouver Seniors' Activity Centre.

Sheilah Grant
Chair



MESSAGE FROM THE COMMUNITY RECREATION MANAGER

The New Year is a chance to make a resolution that will make your life better. Make a resolution that will enhance our community, share your time with someone by volunteering, share lunch with a new friend, or try a new program. We have an amazing Centre filled with inspirational members who have climbed

mountains, written a book, cycled 100s of kilometres, painted a masterpiece and that is just this week! Invite your friends and family to join our Centre!

2014 was a great year with our new outside look, great signage and wonderful new massage program. 2015 looks like it will be even more exciting with new holistic health programs, expanded outreach, fantastic trips and amazing meals. But the best part of our Centre are the members, volunteers and staff who make each day incredible by sharing a smile and a story.

I look forward to sharing 2015 with you!

Jill Lawlor
Community Recreation Manager

PROTECT YOURSELF FROM FRAUD, KNOW THE SCAMS

The Vancouver Sun recently released *The Better Business Bureau of B.C. list of the top 10 scams for 2014*—here are just a few:

a) Enterprise fee scheme

The victim is asked to make a small payment now in exchange for a big payment later. Most recently, the scammer targets people who have lost money on investments and offers a chance to cut their losses—for a fee, of course.

b) Affinity fraud

The scammer gains trust within a group of people tied together by things like shared religion or interests, and then steals from them through shoddy investments.

c) Pretender scam

An unsolicited invoice arrives from an "authorized" service provider, threatening to bring in a collections service if the victim doesn't pay up.

d) Astroturfing

A company tries to boost its public image by posting fake reviews on sites like Google or Yelp.

SENIORS' ACTIVITY CENTRE SHUTTLE BUS



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

For schedules and information on the Seniors' Shuttle visit westvancouver.ca/seniors

In partnership with



FUNDRAISER & EVENTS



Thursday Evening Dance

Performance by Various Performers

Dust off your dancing shoes and break out those ballroom moves with the music of our magnificent live bands. Cash bar in effect. Doors open at 5:30 p.m. Dancing starts at 6:30 p.m.

The Sax of Us

Thu Jan 22 5:30 - 9:30 p.m.
1001075 Members \$8

Bob York & the New Yorkers

Thu Feb 26 5:30 - 9:30 p.m.
1001076 Members \$8

Robbie Burns Dinner

The 36th Annual Robbie Burns Dinner

A wonderful tradition at the Seniors' Activity Centre. Haggis, entertainment and much more. Space is limited so register soon. Please choose table. Table plan at the Seniors' Activity Centre front desk.

Wed Jan 21 5 - 9:30 p.m.
974237 Members \$30

SUNDAY MOVIES

Cost \$2 includes snacks. Purchase ticket at the front desk. Tickets can be purchased up to two weeks in advance. Seating is first come, first serve. Movies start at 1 p.m. unless otherwise noted.

See program board for movie descriptions.



JANUARY

Jan 4 The Italian Job

Jan 11 And So It Goes

Jan 18 Wish I Was Here

Jan 25 Jersey Boys

FEBRUARY

Feb 1 Chef

Feb 8 Master and Commander

Feb 15 Belle

Feb 22 Dolphin Tale 2

E-NEWS

The Seniors' Scene newsletter is a bi-monthly publication that we print and have available online.

The publications are as follows: Jan/Feb, Mar/Apr, May/Jun, Jul/Aug, Sept/Oct and Nov/Dec.



Did you know that we also print and post online an update of things that are happening at our Centre? This update is called **E-news** and it includes last minute changes and information about items that have been added after the Seniors' Scene 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** before it's available for pick-up at the front desk! For more information ask at the front desk or email seniors@westvancouver.ca to sign up to receive your copy.

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PROGRAMS



Program Coordinator
Sylvia Lung
slung@westvancouver.ca

DROP-IN PROGRAMS

Must be a Member of the Seniors' Activity Centre to participate. The cost is \$2.25 drop-in unless otherwise stated.

INFO

For all programming, whether drop-in or registered, visit us online at westvancouver.ca/seniors.



* / ALL POKER PLAYERS WANTED

—especially women— at any level, beginners or otherwise. Leave your name and number in the office if you are interested in playing, attention: Sylvia.

MONDAYS

Coffee Talk 11 a.m. - 12 p.m. n/c just pay for coffee No talk Feb 9	Bridge Social 12 - 3 p.m. Please come 10 min early to get a table. No partner needed. \$3. No play Feb 9
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TUESDAYS

Knitting 10 a.m. - 12 p.m.	Cribbage 1:15 - 3:15 p.m. Come early to get a table	Bombay Rummy w/ 13 cards 3 - 8:45 p.m.	Poker* 3 - 7 p.m.
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WEDNESDAYS

Craft Group 9:30 a.m. - 12 p.m. Make crafts for the Centre n/c	Computer Club 1:15 - 3:15 p.m. Visit wvsc.cc (2nd & 4th Wed) Jan 14, 28; Feb 11, 25	Rummy Women Only 3:30 - 9:30 p.m. Drop-in \$2.50	Table Tennis 2:45 - 5 p.m. No play Jan 21
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THURSDAYS

Stamp Club 12:30 - 3 p.m. (1st + 3rd Thu) Jan 15; Feb 5, 19	Table Tennis 6:30 - 8:30 p.m. No play Jan 1
West Van Gogos (Grandmothers) 6:45 - 8 p.m. Drop-in \$1 (Proceeds made are donated) Feb 5	Keep Well Chair Exercises 9 - 10 a.m. Hands-on Wellness Clinic 10 - 11:30 a.m.

FRIDAYS

Quilting Bee 9 a.m. - 12 p.m. Make quilts for the Centre, n/c	Sound Advice 10 a.m. - 12 p.m. (1st Fri) Jan 2; Feb 6	Spanish Social Conversation 10 a.m. - 12 p.m.	Computers: Flight Simulator 10 a.m. - 12:30 p.m. (2nd & 4th Fri) Jan 9, 23; Feb 13, 27
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SATURDAYS

Bombay Rummy w/ 13 cards 9 a.m. - 3 p.m.	Jazz Jam Session 10 a.m. - 12 p.m.	Table Tennis 12:30 - 2:30 p.m.	Canasta Club 1 - 3 p.m.	Scrabble 1 - 3 p.m.
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SUNDAYS

Table Tennis 11:15 a.m. - 1 p.m.	Coronation Street Chat 12:30 - 2:30 p.m. Jan 25; Feb 22
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EVERY DAY

Supervised Snooker in the Games Room Drop-in \$1/hour Monday - Friday 9 a.m. - 4:30 p.m. Saturday 9 a.m. - 12 p.m. If you are a Member and would like to play outside the supervised time please ask for the key in the office. Leave your card in the office. When done, please lock up the room, give money to the office and get your membership card back.	
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FITNESS PROGRAMS



Fitness Coordinator

Wendy Lewis

wlewis@westvancouver.ca

604-925-7174



VIEWING FITNESS AS "MEDICINE"

It's no surprise that adults have a tendency to lead a sedentary lifestyle. However, did you know that this behaviour is changing?

The repackaging of exercise as a *disease prevention solution* has resulted in more people getting up and getting active. Exercise is now being viewed as medicine, as a tool not only to manage but also to prevent health issues faced by elders. Studies show that exercise reduces the risk of heart disease, falls and injury, obesity, high blood pressure, adult-onset diabetes, osteoporosis, stroke, and depression. In addition, recent studies have shown that older adults who participate in regular physical activity have lower healthcare costs, utilize preventative care more often and are admitted to the hospital less frequently. These studies are readily available to the general public through newspaper and magazine articles, television programs and websites.



And of course we have all read that there are further benefits of regular exercise—these include better physical and mental health, better posture and balance, stronger muscles and bones, reduced stress, weight maintenance, increased joint function, improved quality of life and continued independent living.

As a result, by viewing exercise for its medical benefits, more older adults are becoming active and participating in physical activity. This number can only grow as the *Baby Boomers* age. This in turn creates a demand for more exercise opportunities and more variety of exercise choices for the Mature Adult.



MEMBER / PROGRAM PROFILE

The West Vancouver Seniors' Activity Centre Ad hoc Communications Committee

Bright Ideas!

Did you know we have an *Ad hoc Communications Committee* that would love to hear your bright ideas?

Not only is the committee looking for ways to get information out about our amazing programs and activities, they are also looking for bright ideas from you, on how to make the programs and activities at the Centre better. There are **Bright Ideas** boxes located at the front desk and at the info desk by the Café. Take a look, and share your bright ideas!

nextphase Formerly Transitions

Same Great People – Same Great Service

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can be
VERY
stressful



YOUR MOVE MADE SIMPLE

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- Hire and oversee movers
- Sell or donate unwanted items
- Organize and set up new home

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Outreach Coordinator

Joni Vajda
 jvajda@westvancouver.ca

KEEPING CONNECTED PROGRAMS

Specialized programs for seniors who need extra support to enjoy the benefits of daily leisure and an active social network. The programs are designed for seniors who are becoming less physically and/or cognitively able and require a little bit of help. They may be struggling with a loss, or a health incident, the loss of a driver's licence or experiencing short term memory loss.

We will pick up people in the neighbourhood for the *Keeping Connected Programs* as well as have volunteer who will assist the participants at the program if needed.

If you know of someone who would benefit from the support we offer, please contact Joni at 604-925-7211.



Better Balance: Fall Prevention Session Dates January 12 – March 18, Mondays & Wednesdays. New participants, please contact Joni at 604-925-7211 to arrange for an assessment.

Level 1 976876	11:40 a.m. – 12:40 p.m. \$201
Level 2 976879	9:40 – 10:40 a.m. \$201
Level 2 976877	10:40 – 11:40 a.m. \$201

Eye Deal

This is an informative support group for people with low vision. There will be guest speakers, discussion and information sharing at each meeting. Resumes Jan 19, 2015.

Monday Jan 19, Feb 16
 Drop-in \$2.25

Building Connections Campaign

This community-driven fundraising effort to support older adults and transportation options would like to thank the following people for their generous gift. This campaign has been successful in raising \$59,000 in the last 6 months!

These are some of the people who have generously donated to this campaign:

Kiwanis of West Vancouver; Hans Krutzen; West Vancouver Secondary School; Linda McMillan; Ralph and Joan Townsend; Frank Kurucz; Clive Holloway; Laurence Moxon; Elmer and Jessie Hunt; Trevor and Sue McDermott; Paul and Mary Stott; Karl and Elsbeth Kupka; Elsie Steward; Edwin and Grace Lee; Bryan T. Smith; Godfrey Lynam; Freda Holman; Charles Mayrs

The Building Connections campaign has a goal of raising \$200,000 with support going directly to the Keeping Connected programs (there are currently 16 programs offered weekly and over 300 seniors participating), the L.I.N.K.S. for Healthy Living project and the West Vancouver Seniors' Activity Centre's Shuttle bus service (offering transportation to local seniors).

If you wish to donate, please see the Seniors' Activity Centres' office staff.

WEST VANCOUVER SENIORS' ACTIVITY CENTRE

Building Connections

Bringing seniors together.

Support the Giving Campaign

Community driven fundraising effort to support older adults and transportation options.

All proceeds from this campaign go directly to supporting the Keeping Connected programs and the Seniors' Activity Centre Shuttle Bus.

If you wish to donate, please see the Seniors' Activity Centre office staff.



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REGISTERED PROGRAMS

Mindfulness, Stress Reduction and Relaxation Program

Zhila will teach you about reducing stress and learning how to relax, and guide you in applying specific stress-reduction and relaxation techniques in practice.

Thu Jan 15 - Apr 2 3 - 4 p.m.
983362 \$36

French w/ Monique

This class is intended for people who would like to revive their long-forgotten French. We will continue to increase vocabulary through short readings, dialogues and songs.
Instructor: Monique M.

Thu Jan 8 - Feb 26 1:15 - 2:30 p.m.
1000568 \$28

Ukuleles Beginners

Learning a new instrument is one of the best ways to keep a healthy brain! Come and learn how to play this easy but fun instrument with Charles. You will be taught in the A, D, F# B tuning! *Instructor: Charles C.*
Please bring your own ukulele to the class. You can buy a decent ukulele for around \$70 at Tom Lee or Long and McQuade.

Tue Feb 3 - Apr 7 9:30 - 10:30 a.m.
985867 \$60

Ukuleles Advanced Beginners Continuation

Continue honing your Ukulele skills! Please note that this is not a beginners' class—it is a continuation from the Fall session with Charles C. in the A, D, F# B tuning!

Tue Feb 3 - Apr 7 10:30 - 11:30 a.m.
971413 \$60

Woodturning Workshop

Time to work only on Woodturning. This is not a beginners' class. Must have had some experience.

Instructor: Les.

Tue Feb 3 - Apr 7 9:30 a.m. - 12 p.m.
1008367 \$35

COMPUTER CLASSES

Please bring own charged devices or laptops.

iPad/iPod Touch/iPhone Tips and Tricks

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. iPad 2 and later or iPod Touch & iPhone. Bring your charged device.
Instructor: Andrea MacDonald.

Thu Jan 15 - 29 1 - 4 p.m.
971334 \$126

Evernote: Remember Anything, Anywhere

Evernote lets you take voice, photo, and text notes, save web clippings, and access and share them from anywhere. Learn to catalogue your favourite wines, treasured collections and valuables, keep track of projects and supplies and more! **Evernote is a free app and available for most devices. Download and install prior to class. Bring charged device. Please update to the latest software before the class.**
Instructor: Andrea MacDonald.

Thu Feb 5 1 - 4 p.m.
974827 \$42

Passwords, Security & Fraud

How can you choose and remember strong passwords? What is phishing and how can you protect yourself? How do you improve your security and privacy? In this course you will learn to develop an awareness for internet and email fraud, learn about passwords, understand when your privacy is at risk and more. Come with questions and concerns. Open to all. **No need to bring anything. Handout provided.** *Instructor: Andrea MacDonald.*

Thu Feb 12 1 - 4 p.m.
974828 \$42



CHIROPRACTIC CARE

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MASSAGE THERAPY

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- Offering massage therapy services six days per week, including Saturdays
- Three therapists on staff, male and female
- 10% discount to West Vancouver senior centre members

iPad/iPhone Photography

The iPhone and iPad are great cameras but they don't work like regular cameras. The focus is on taking good photos and videos. Learn to spot focus, how to adjust lighting and flash settings, how to use filters and take photos in difficult lighting conditions, burst mode, make simple edits, and even take a 'selfie'. In videos learn good habits that make editing easy and how to take photos while shooting video. iPhone and iPad only. Bring your charged device.

Instructor: Andrea MacDonald.

Thu Feb 19 1 - 4 p.m.
974834 \$42

iPad Movies, T.V. and more

With a simple and inexpensive adapter you can hook your iPad up to your TV and watch television, movies and more at home and travelling! Come and see how easy it is! Learn about subscribing to Netflix, renting or buying from iTunes, watching free network television and free documentaries. (All legal).

Bring your charged iPad with you. *Instructor: Andrea MacDonald.*

Thu Feb 26 1 - 4 p.m.
971331 \$42

PRICES

Prices may vary from what is advertised, if you are not a member of our Centre. Please ask about how to become a member when registering or inquiring about programs and services.

GENERAL WORKSHOPS

Seniors' Activity Centre Gardening Club

Whether you are an experienced gardener or new to gardening, we invite you to join our group to participate in a plethora of gardening-related activities including workshops, speakers, field trips, garden tours, visits to members' gardens, and growing vegetables and ornamentals in the beds adjacent to the SAC.

\$35 / 2015 calendar year.

LECTURES



How to Care For the Orchid You Got For Christmas

Anna Kanz of the Vancouver Orchid Society will show us how to care for orchids to keep them healthy and re-blooming. **This will be the first Seniors' Activity Centre Garden Club activity of this new year.**

Thu Jan 8 10:30 - 11:30 a.m.
 Free for Garden Club members,
 \$2.25 drop-in for non-members
1000595

Opera Preview: Die Fledermaus

Listen to the charismatic Nicolas Krusek lecture and play music from this famous opera *Die Fledermaus*. Lighthearted, romantic, and wickedly funny, *Die Fledermaus* has the power to lift our spirits. Strauss's melody-filled music, especially his famous waltzes, is effervescent and intoxicating.

Mon Feb 2 1:30 - 3:30 p.m.
Drop-in \$2.25

Ryan Nassichuk: Tips & Tricks for Healthy Vegetables in Small Gardens

As part of the Gardening Club group, Ryan Nassichuk—gardening extraordinaire—will be talking about '*Tips & Tricks for Healthy Vegetables in Small Gardens*'.

Mon Mar 9 1:30 - 2:30 p.m.
 Free for Garden Club members,
 \$2.25 drop-in for non-members
996667

Access to Transit

This presentation will provide all of the information you need to safely and conveniently use transit in our community. It will cover the basics of fares, zones, and trip planning in detail. In addition, accessible features and the safe use of mobility aids on transit will be highlighted. Bring your questions for a question and answer period at the end!

Mon Mar 16 1:30 - 2:30 p.m.
989017 \$2.25

SENIORS' ACTIVITY CENTRE

STAINED GLASS

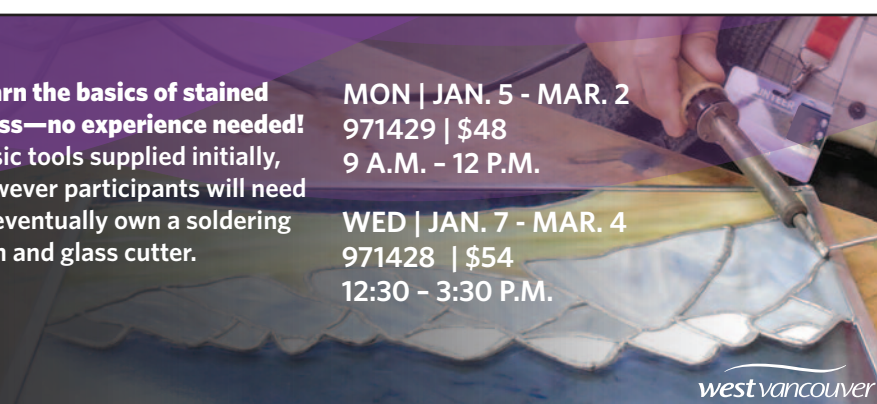
LEARN A NEW ART!

westvancouver.ca/seniors

Learn the basics of stained glass—no experience needed! Basic tools supplied initially, however participants will need to eventually own a soldering iron and glass cutter.

MON | JAN. 5 - MAR. 2
 971429 | \$48
 9 A.M. - 12 P.M.

WED | JAN. 7 - MAR. 4
 971428 | \$54
 12:30 - 3:30 P.M.



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OUTDOOR ACTIVITIES



Program Coordinator
John Lait

For a listing of what is happening each month visit westvancouver.ca/seniors and click on the link **Outdoor Activities Schedule** or see the front desk. For more information contact John Lait at jlait@westvancouver.ca or 604-925-7230.



Ramblers Annual Registration

New members are welcome but need to be able to hike at a moderate level for 5 hours. For details, contact John at jlait@westvancouver.ca or 604-925-7230.

Mon, Jan - Dec 10 a.m. - 3 p.m.
971205 \$12 (incl GST)

Tuesday/Thursday Hikers

Hike every Tuesday throughout the year and/or Thursdays (May to October only) Bus trips once a month. Tuesday hikes are about 4 - 5 hours and 8 - 14 km. Thursday hikes are about 6 - 9 hours and 12 - 25 km. All hikes are recommended for active people in good physical shape. Hikers must carry their own food, water and wear hiking boots.

New hikers please e-mail John at jlait@westvancouver.ca or call 604-925-7230 for more information.

Tue/Thu, Jan - Dec 9 a.m. - 4 p.m.
971204 \$12 (incl GST)

Cross Country Ski and Snowshoe Club

Come snowshoe or cross country ski with members of the SAC at Cypress.

Cost for members to join the group is \$10.50 for the season. Bus runs from Centre to Cypress bi-weekly and to a few other ski areas throughout the season, cost varies. Bus only runs when the ski area is open. *Check snow call 604-922-0825 or email nordic@cypressmountain.com in morning.*

Register for the Season using barcode 971167.

VOLUNTEERS



Coordinator of Volunteers
Caroline Brandson
cbrandson@westvancouver.ca

» **The best way to find yourself is to lose yourself in the service of others.** «
— Mahatma Gandhi

Without your hard work and dedication, the Centre would not be the fantastic place that it is today. Your individual contributions, positive attitudes and willingness to persist through change, contribute to our strong and caring community. *If you or someone you know, would like to volunteer, please stop by and pick up an application.*

CURRENT VOLUNTEER SHIFT OPENINGS:

Dishwashing Assistant
9:30 a.m. - 12 p.m.

Healing or Therapeutic Touch
Contact Sylvia if you are trained

Retired teachers in French, Spanish or ESL willing to teach our seniors — *contact Sylvia if you are interested.*

We are always looking for relief coverage for sandwiches, opening and closing shifts and many other positions. If that fits your lifestyle better, please contact Caroline.

VOLUNTEER WITH LINKS TO HEALTHY LIVING

Are you looking for a way to brighten someone's day or help them create a sense of belonging to the community? Then volunteering with *LINKS to Healthy Living* is for you!

LINKS volunteers support older adults who may be at risk of social isolation by visiting and encouraging participation in social activities and meeting new or old friends. They also provide information, support during program participation and may assist with transportation options. *Please contact Robyn McGuinness in the office or call 604-925-7289 if you can help.*

PERFORMANCES AND TRIPS

Please see the Trip's board or your receipt for important trip information.



Partly Accessible
Tea & Trumpets

Subscription season ticket holders have already paid for the bus and have seats reserved. We have limited bus transportation to the Tea & Trumpets show for others with tickets. *If you need a ride please check with John Lait. We may be able to accommodate you.*

Thu Jan 8 12:30 - 4 p.m.



Partly Accessible
Vancouver Art Gallery: Inside the Forbidden City

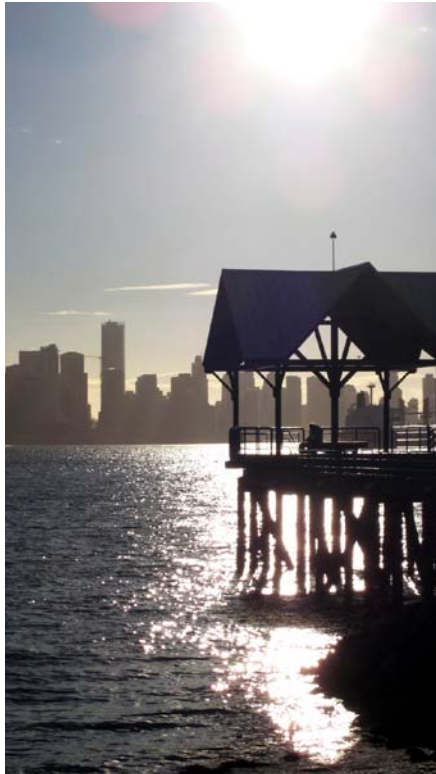
Experience a private tour of the most recent exhibit at the Vancouver Art Gallery: *Inside the Forbidden City* features 250 rare items from the Ming and Qing dynasties.

Sat Jan 10 9:15 a.m. - 12 p.m.
1001884 Members \$30 (incl GST)

Partly Accessible
Gordon Smith Gallery Tour

We will go for a tour of the Gordon Smith Gallery on Lonsdale. Then you are free to explore Lonsdale and the many shops.

Thu Jan 15 11:30 a.m. - 2:30 p.m.
1001071 Members \$10 (incl GST)



Partly Accessible
Lonsdale Quay

Saturday outings with friends. Come explore Lonsdale Quay with numerous cafés, restaurants, pubs and shopping. *Cost is for transportation only.*

Sat Jan 17 10:15 a.m. - 2 p.m.
1000627 Members \$10 (incl GST)

Partly Accessible
Music in the Morning: Gryphon Trio

The Juno Award winning Gryphon Trio are regarded as one of the world's pre-eminent piano trios impressing audiences and critics with their highly refined, dynamic performances. Those needing tickets must book by January 14. *Bus & Ticket.*

Wed Jan 21 9 a.m. - 1 p.m.
1000767 Members \$43 (incl GST)



Partly Accessible
Let's Do Lunch: Trolls Horseshoe Bay

Join us as we enjoy an outing to some great places for lunch. Price is for the bus only. You need to pay for your own lunch and beverages.

Thu Jan 22 11:30 a.m. - 1:30 p.m.
1001040 Members \$5 (incl GST)

Partly Accessible
Starlight Casino in New Westminster

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.

Fri Jan 23 9:15 a.m. - 3 p.m.
1000469 Members \$15 (incl GST)

Partly Accessible
Bistro 101 Granville Island

Join us for a three-course-meal with coffee/tea. Includes taxes, gratuity and transportation.

Wed Jan 28 11 a.m. - 2:30 p.m.
1000628 Members \$33 (incl GST)

PLEASE NOTE

ALL DAY PARKING IS AVAILABLE OFF SITE IN SEVERAL LOCATIONS.

Please inquire at the front desk when booking for a trip. By parking off site, you will be saving a parking space for someone who really needs it.



Partly Accessible

Symphony Sundays

Subscription season ticket holders have already paid for the bus and have seats reserved. We have limited bus transportation to the Symphony Sundays show for others with tickets. If you need a ride please check with us. We may be able to accommodate you. *Bus Transportation only.*

Sun Feb 1 12:30 - 4 p.m.
965521 \$14

Partly Accessible

Tea & Trumpets

Subscription season ticket holders have already paid for the bus and have seats reserved. We have limited bus transportation to the Tea & Trumpets show for others with tickets. If you need a ride please check with John Lait. We may be able to accommodate you. *Bus Transportation only.*

Thu Feb 5 12:30 - 4 p.m.
989922 \$14

Partly Accessible

UBC Opera: The Marriage of Figaro

Join us for three amazing operas at UBC. Bus transportation included. Great price for an amazing opera!

Sun Feb 8 12:30 - 5 p.m.
1000221 Members \$40 (incl GST)
for single show

Not Accessible

White House Design Company Tour

Described as both casual and elegant, the White House Design company manufactures *Sympli* woman's clothing. Come see how they do it as we tour the production floor. There will be opportunity to shop afterwards at wholesale prices.

Thu Feb 12 3:30 - 6:30 p.m.
1001118 Members \$15 (incl GST)

Partly Accessible

Let's Do Lunch: Hans / Stepnos / Others on Robson

If you love Greek food then Stepnos' new location on Robson is the place to dine. For those that prefer Pot Stickers and traditional Chinese then Hans is sure to be a hit. Both are very reasonable prices. Other dining options and shopping also available in the area. *Price includes transport only.*

Fri Feb 13 11:30 a.m. - 1:30 p.m.
1001136 \$7 (incl GST)

Not Accessible

Ikea Coquitlam or KMS tools

Saturday outings with friends. Come explore IKEA with shopping and their amazing café. If you're more interested in tools KMS, beside IKEA, is a tool superstore. *Cost is for transportation only.*

Sat Feb 14 10:15 a.m. - 2:30 p.m.
971973 Members \$20 (incl GST)

Partly Accessible

Stanley Theatre: One Man, Two Guvnors

Subscription season ticket holders have already paid for the bus and have seats reserved. We have limited bus transportation to the Stanley Show for others with tickets. If you need a ride please check with us. We may be able to accommodate you.

Wed Feb 18 12:30 - 5 p.m.
988879 \$64 Ticket and Transport

Partly Accessible

River Rock Casino

Take in the thrill of 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 with 14 tables and daily tournaments.

Thu Feb 19 9:15 a.m. - 3 p.m.
1000467 Members \$15 (incl GST)

Partly Accessible

Granville Island

Come explore Granville Island with numerous cafés, restaurants, pubs and shopping. *Cost is for transportation only.*

Sat Feb 21 10:15 a.m. - 2 p.m.
971974 Members \$12 (incl GST)

Not Accessible

Fairmont Empress Afternoon Tea with Troy Oppen

Indulge in one of Victoria's grandest traditions—Afternoon Tea at The Fairmont Empress at non-peak season prices. Served in the relaxing atmosphere of the elegantly restored Tea Lobby, Award-winning Pastry Chef D'Oyen Christie works his magic, ensuring an authentic and memorable experience. This tour includes narrated sightseeing of Victoria landmarks Beacon Hill Park, Fan Tan Alley and free time to explore the inner harbour and downtown shops. **Note: BC Gold Card required for discounted ferry travel.**

Wed Feb 25 7 a.m. - 7:30 p.m.
972379 Members \$130 (incl GST)



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.

Please note the Garden Side Café is staying open on Tuesdays and Thursday between lunch and dinner—come for a coffee or to warm up anytime with friends!

Please remember to bring membership card. Visa, Mastercard, AMEX, Interac accepted.

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

JAN 1–4 **Thursday** **HAPPY NEW YEAR!**
Friday **Basa Fish Filet** with Italian Tomato & Basil Sauce, Rice, Salad
Saturday **Chef's Special**
Sunday **Sunday Brunch**

JAN 5–11 **Monday** **Beef Meatloaf** with Roasted Leeks & Brandy Sauce, Potatoes, Vegetables
Tuesday **Harvest Pork Stew** with Salad, Dinner Roll
Wednesday **Chili Con Carne** with Cornmeal Muffin, Caesar Salad
Thursday **Chicken Cordon Bleu on a Ciabatta** with Oven Fries, Coleslaw
Friday **Stuffed Salmon Boats** with Hollandaise Sauce, Roast Potatoes, Vegetables
Saturday **Chef's Special**
Sunday **Sunday Brunch**

JAN 12–18 **Monday** **Spanish-style Pork Chops** with Rice, Steamed Broccoli
Tuesday **Spinach & Four Cheeses Quiche** with Caesar Salad
Wednesday **Roast Chicken Thighs** with Creamy Mushroom Sauce, Potatoes, Vegetables
Thursday **Spaghetti Bolognese (meat sauce)** with Garlic Toast, Salad
Friday **Seafood Newburg** with Rice Pilaf, Vegetables
Saturday **Chef's Special**
Sunday **Sunday Brunch**

JAN 19–25 **Monday** **Mediterranean Chili** with Focaccia Bread, Salad
Tuesday **Beef Stroganoff** with Pasta, Harvard Beets
Wednesday **Vegetarian Lasagna** with Salad
Thursday **Chef's Salad** with Grilled Chicken, Ham, Egg & Cheddar, Dinner Roll
Friday **Battered Cod** with Oven Fries, Tartar Sauce, Coleslaw
Saturday **Chef's Special**
Sunday **Sunday Brunch**

JAN 26–31 **Monday** **East Coast Pepper Steak** with Potatoes, Vegetables
Tuesday **Teryiaki Chicken** with Rice Pilaf, Stir Fry Vegetables
Wednesday **Bacon, Green Onion & Swiss Quiche** with Spinach & Arugula Salad
Thursday **Breaded Beef Liver** with Roasted Onions, Gravy, Mashed Potatoes, Vegetables
Friday **Fish & Green Beans** with Wasabi Mayonnaise, Mashed Potatoes
Saturday **Chef's Special**

DINNERS

Tuesday, Jan 6

Hawaiian Roasted Chicken w/ Yukon Gold Mashed Potatoes, Green Peas

Thursday, Jan 8

Baked Salmon w/ Shrimp Hollandaise, Lemon Wedge, Roasted Potatoes, Fresh Vegetables

Tuesday, Jan 13

Lamb & Vegetable Stew w/ Mashed Potatoes, Dinner Roll, Salad

Thursday, Jan 15

Choice of Turkey Vegetable or Steak & Mushroom Pie w/ Gravy, Mashed Potatoes, Mix Vegetables

Tuesday, Jan 20

Cheddar-Topped Lamb & Beef Shepherd's Pie w/ Gravy, Side Tossed Salad, Fresh Mix Vegetables

Thursday, Jan 22

Roast Pork Loin w/ Gravy, Apple Sauce, Scalloped Potatoes, Baked Squash & Green Beans

Tuesday, Jan 27

Beef Bourguignon w/ Roasted Yukon Gold Potatoes, Baked Acorn Squash, Green Beans Almondine

Thursday, Jan 29

Coq au Vin w/ Parisienne Potatoes, PEI Blend Vegetables

GARDEN SIDE CAFÉ

FEBRUARY PREVIEW

FEB 1	Sunday	Sunday Brunch
FEB 2-8	Monday	Stuffed Salmon Boats with Hollandaise Sauce, Roast Potatoes, Vegetables
	Tuesday	Ginger Beef with Rice Pilaf, Stir Fry Vegetables
	Wednesday	Chicken Thighs with Mushroom Sauce, Roasted Potatoes, Vegetables
	Thursday	Bavarian Style Cabbage Rolls with Pierogies, Garlic Sausage, Tomato Wedge
	Friday	Smoked Salmon with Onion & Cheddar Quiche, Caesar Salad
	Saturday	Chef's Special
	Sunday	Sunday Brunch

FEB 9-15	Monday	CLOSED - BC FAMILY DAY
	Tuesday	Beef Meatloaf with Mushroom Gravy, Potatoes, Vegetables
	Wednesday	Chicken Schnitzel with Roasted Potatoes, Zucchini with Onion, Tomatoes and Peppers
	Thursday	Pulled Pork on a Bun with Oven Fries, Coleslaw
	Friday	Curried Basa with Rice Pilaf, Mixed Vegetables
	Saturday	Chef's Special
	Sunday	Sunday Brunch

FEB 16-22	Monday	Hamburger Steak with Sweet Onion and Mushroom Gravy served on Sourdough Bread, Vegetables
	Tuesday	BBQ Chicken Leg with Rice Pilaf, Vegetables
	Wednesday	Broccoli and Cheese Quiche with Green Salad Romaine, Cucumbers, Celery and Green Onion
	Thursday	Spaghetti with Meatballs, Garlic Toast, Salad
	Friday	Captain Burger (Cod) with Tartar Sauce, Lettuce, Tomato, Oven Fries, Coleslaw
	Saturday	Chef's Special
	Sunday	Sunday Brunch

FEB 23-28	Monday	Philly Pepper Steak with Rice, Vegetables
	Tuesday	Baked Smokin' Macaroni and Cheese with Tossed Salad, Garlic Croustini
	Wednesday	Chicken a la King with Rice Pilaf, Vegetables
	Thursday	Shaved Montreal Smoked Meat on Rye with Oven Fries, Coleslaw
	Friday	Alaska Pollock with Chunky Tomato Basil Sauce, Rice Pilaf, Salad
	Saturday	Chef's Special

DINNERS

Tuesday, Feb 3

Grilled Ginger Salmon w/ Rice, Fresh Mix Vegetables

Thursday, Feb 5

Greek Platter w/ Chicken and Lamb Souvlaki, Tzatziki, Roast Potatoes, Ratatouille

Tuesday, Feb 10

Grilled Pork Chop w/ Apple Compote, Braised Green Cabbage, Roasted Red Potatoes

Thursday, Feb 12

Bacon-Wrapped Beef Tenderloin w/ Baked Potato with Sour Cream & Chives, Mixed Vegetables

Tuesday, Feb 17

Sole File Stuffed w/ Scallops & Crab, Hollandaise Sauce, Rice Pilaf, Fresh Mix Vegetables

Thursday, Feb 19

Roast Turkey w/ all the Trimmings

Tuesday, Feb 24

Red Wine Beef Stew w/ Cheddar Mashed Potatoes, Side Salad

Thursday, Feb 26

Madras Chicken Curry w/ Rice Pilaf, Fresh Mix Vegetables

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SENIORS' ACTIVITY CENTRE

SHUTTLE BUS SERVICE



westvancouver.ca/seniors

RIDE WITH US!

The Seniors' Activity Centre (SAC) Shuttle Bus Service offers seniors an opportunity to easily access the SAC, and local businesses including financial institutions, grocery stores and doctors' offices.

The service operates weekdays;
8:45 a.m. - 3:45 p.m. on Monday, Tuesday, Wednesday and Friday.
8:45 a.m. - 4 p.m. on Thursday by request. A donation of \$2 per person for each pick-up is recommended.

Monthly donors of \$25 receive a sticker on their membership cards recognizing their contribution. Tax receipts are available for donations of \$25 or more.

This SAC Shuttle Service is brought to you through a variety of community partners and donations. We would like to thank:

- Amica at West Vancouver
- West Vancouver Foundations
- Kiwanis
- Building Connections Fund
- Private Donors



SENIORS' ACTIVITY CENTRE HEALTH & FITNESS

Join us for a healthy and active new year at the Seniors' Activity Centre!

TAI CHI

MON/WED | JAN. 5 - MAR. 25

LEVEL 1 10 - 11 A.M. 971717 \$106	LEVEL 2 11 A.M. - 12 P.M. 971718 \$106	LEVEL 3 12:15 - 1:15 P.M. 971719 \$106
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STRETCHING FOR FIT

TUE | JAN. 6 - MAR. 24
4 - 5 P.M. | 971526 | \$38

TAI CHI | QI KONG

SAT | JAN. 10 - MAR. 28
10 - 11 A.M. | 971767 | \$51

TAI CHI | SWORD APPLICATIONS

SAT | JAN. 10 - MAR. 28
11 A.M. - 12 P.M. | 971768 | \$51

SATURDAY STRETCH

SAT | JAN. 10 - MAR. 28
9 - 10 A.M. | 971318 | \$23.50

 facebook.com/westvanrec
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604-925-7280

westvancouver.ca/seniors

westvancouver



WEST VANCOUVER SENIORS' ACTIVITY CENTRE

695 - 21st St, West Vancouver, BC V7V 4A7
Tel 604-925-7280 | Fax 604-925-5935

HOURS OF OPERATION

Holiday Hours of Operations

January 2	8 a.m. - 4 p.m.
January 3	8:30 a.m. - 4 p.m.
January 4	10 a.m. - 4 p.m.

Please note: Regular scheduled classes resume January 5.

Regular Hours of Operations

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.

Regular 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	10:30 a.m. - 3 p.m.

Please note:

The Building will be closed Monday, February 9.

[WESTVANCOUVER.CA/
SENIORS](http://WESTVANCOUVER.CA/SENIORS)



L.I.N.K.S

to Healthy Living

NORTH SHORE AGE-FRIENDLY INITIATIVE

L.I.N.K.S is a group of volunteers dedicated to supporting older, isolated adults, helping them stay involved in their communities across the North Shore. Volunteers assist with transportation and social activity options, providing encouragement and support during the early stages of participation.

If you know of someone who needs assistance to stay connected with their neighborhood, please call Robyn McGuinness at 604-925-7289.

