



OPEN TABLE IN THE CAFÉ

We now have an "Open Table" in the cafeteria for those wishing to meet new people and share conversation over a meal.

B.C. HYDRO

Chihuly GBC Hydro has multiple new programs for residential customers (Home Energy Monitors, Home Energy Rebate Offer, and others), as well as new information on ways to save energy at home. Learn about BC Hydro's 10 year rate structure and new LED technologies.

Mon June 1, 1:30 - 2:30 p.m., **1013522**, \$3

WALKING CLUB

Join our Walking Club as we enjoy walks around West Vancouver and neighbouring communities. This program is perfect for those wanting to maintain fitness levels while enjoying the company of friends. Good pair of runners, or hiking shoes are recommended.

Mon June 1 - Aug 17, 10:30 a.m. - 12 p.m., **1016867**, Members \$5 (incl GST), Non-Members \$6 (incl GST)

VOLUNTEER APPRECIATION EVENT

We are hosting a volunteer appreciation breakfast in the Cafeteria. All volunteers are welcome to attend!

Thu June 4, 8 - 9:30 a.m. in the Cafeteria. Please register at no cost using barcode **1016121**

CHANGES IN THE DRIVING WORLD

It's back in case you missed it last time! Learn about traffic circles, new signs with no words, the new freeway entries, and lots more. The more you learn the better equipped you are for driving. This lecture is a pre-requisite for anyone wishing to book a driving lesson organized by Paul of the N. S. Driving School.

Tue June 9, 1:30 - 3 p.m., **1030817**, \$2.25

VSO: TEA AND TRUMPETS SEASONS (PARTIALLY ACCESSIBLE)

We have limited number of seats for show ticket-holders. If you need a ride, we may have room, please call us at 604-925-7280.

Thu June 11, 12:30 - 4 p.m., **989925**, \$14 Bus Only

ADULT VOLUNTEER ORIENTATION

The Adult Volunteer Orientation course for new volunteers will be offered at the Seniors' Activity Centre.

Thu June 11, 7 - 8:30 p.m. Registration required at no cost using barcode **1010969**

SATURDAY OUTING

Join us for our Saturday outing to Granville Island. Meet new friends and explore picturesque destinations.

Sat June 13, 10:15 a.m. - 2:30 p.m., **1005717**, \$12 Members (incl GST), \$17 Non-Members (incl GST)

CAFÉ COFFEE CARDS

Coffee Cards are now available for purchase at the front desk. The price is \$7 for 6 coffees.

FAIRBURN HERITAGE FARM + CHEMAINUS MURALS - WITH TROY OPPER (NOT ACCESSIBLE)

Fairburn Farm and Guest House tour includes a history of Fairburn, the story of the water buffalo, a look at the milking parlour, meeting water buffalo, tasting of the mozzarella di bufala produced from their milk and a delicious lunch served in the historic farm house. After lunch travel to Chemainus for a narrated coach tour of the outdoor mural art gallery consisting of over 40 colourful, vibrant murals depicting the town's cultural rich history. Take afternoon free time at the Chemainus Wednesday Market home to farmers and craftspeople selling their unique products, seasonal produce, baking, preserves, arts and crafts and more.

Wed June 17, 7:30 a.m. - 7:30 p.m., 1003538, \$115 Members (incl GST), Non-Members \$125 (incl GST)

LONDONERS SING-ALONG WITH DINNER

Join us in the Marine Room for an English dinner of fish & chips along with a sing-along with one of our favourite groups, The Londoners. The Londoners donate their talents to help make your dining experience at our Senior Centre more lively. Purchase your dinner at our everyday low price and find a seat with friends. No extra cost for the entertainment.

Thu June 18, Dinner starts at 5 p.m., Singing from 5:30 – 6:30 p.m., General Seating

GOVERNMENT HOUSE AND SIDNEY MARKET WITH JOY BROWN (NOT ACCESSIBLE)

Enjoy lunch in the delightful town of Sidney by the sea on Vancouver Island and early evening enjoy the large street market filled with crafts, farmers produce, music, food and entertainment. We will have dessert in the Butterworth Cottage Tea Room at Government House in Victoria with time to explore the grounds and the costume museum in the Cary Castle Mews a cluster of old buildings from the 1870's on site at Government House. Price includes all ferry fares for people 65 and older.

*Thu June 25, 9:15 a.m. – 9:30 p.m., **1005677**, Members \$120 (incl GST), Non-Members \$130 (incl GST)*

UBC OPERA - LA TRAVIATA (PARTIALLY ACCESSIBLE)

At the 1853 world premiere of La Traviata, censors balked at the contemporary edge of its subject matter, and audiences were scandalized by Verdi's frank, unsentimental depiction of a high-society courtesan in love. Yet La Traviata endures as a masterpiece, and this story of devotion and sacrifice in the demimonde of 1850s Paris, evoking the social realities, rhythms, and debauchery of a rapidly changing society.

*Sun June 28, 12:30 – 5 p.m., **1000222**, \$40 Member La Traviata (incl GST), \$52 Non-Member La Traviata (incl GST)*

BUILDING CONNECTIONS/KEEPING CONNECTED

The Seniors' Activity Centre offers specialized programs for seniors who are in need of a bit of help to stay connected and enjoy social programs. We offer 16 programs weekly that are designed for seniors who are experiencing losses such as a health incident, the loss of a driver's licence or experiencing short-term memory loss. If you know of someone who would enjoy getting out and enjoying our interesting programs, please contact Joni at the outreach office 604-925-7211.

Keeping Connected has a new program offered at the Properties Family Hub – Chartwell Elementary School. The Seniors' Shuttle Bus will pick up seniors living in the British Properties neighbourhood and take them to our new social program. Program will be starting this spring. Anyone interested, please contact Joni at 604-925-7211. Fridays 10:30 a.m. – 12 p.m.

WANTED FOR THE SAC

Do you have any healthy bug-free indoor plants that you don't want any more? Our plant room would love your donations.

PITCH & PUTT CLUB

The Seniors' Activity Centre Pitch and Putt Golf programme begins in April at Ambleside Part 3 course. Group meets on Mondays and Thursdays. This is the annual membership, please pay separately for each individual bus trip. Newcomers welcome. Bus and Golf schedules available online at westvancouverrec.ca/recschedules or at the Seniors' Activity Centre.

*Thu Apr – Sep and Mon May – Sep, **1000768**, Members \$12 (bus trips and green fees are extra)*

THURSDAY EVENING DANCES

Throw on your dancing shoes and join us for an evening with friends and dancing! Cash bar in effect. Doors open at 5:30 p.m.

*Thu June 25, Men in Black, 6:30 - 9:30 p.m., **1001080**, Members \$9 (incl GST), Non-Members \$12 (incl GST)*

HEALTH & FITNESS

Zumba® Gold

*Mondays until June 22, 4:15 – 5:15 p.m. with Antonia, **1001619**, Members \$121.50*

*Fridays until June 26, 3 – 4 p.m. with Luglio, **1001670**, Members \$132.50*

Tai Chi

*Level 1: Mon & Wed until June 24, 10 – 11 a.m., **1001619**, Members \$97*

*Level 2: Mon & Wed until June 24, 11 a.m. – 12 p.m., **1001620**, Members \$97*

*Level 3: Mon & Wed until June 24, 12:15 – 1:15 p.m., **1016767**, Members \$97*

Move More on the Shore

For more information call Lea Howard at **604-921-2169**. Late admission permitted, and a 10-visit FitPass is included with registration.

*Mon, 7 – 8 p.m., Nutrition and wellness workshops; Wed, 6 – 7 p.m., Active exercise sessions, **1006092**, \$145.80*

VOLUNTEER OPPORTUNITIES

Opening the Cafeteria: Sun, 9 – 11 a.m.; **Phone Desk:** Thu, 12:30 – 4 p.m.; **Café Attendants:** Tue, Wed, Thu, 10:30 a.m. – 1:30 p.m., and 12:30 – 3:30 p.m.; **Servers:** Mon, Thu, 10:30 a.m. – 1:30 p.m., and 11 a.m. – 2 p.m.

Seniors' Activity Centre Hours

OFFICE HOURS

Mon 9 a.m. – 8:30 p.m.; Tue 9 a.m. – 8:30 p.m.; Wed 9 a.m. – 9 p.m.; Thu 9 a.m. – 8:30 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.

FACILITY HOURS

Mon 7:30 a.m. – 9 p.m.; Tue 7:30 a.m. – 9 p.m.; Wed 7:30 a.m. – 9:30 p.m.; Thu 7:30 a.m. – 9 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.