



14

JANUARY
FEBRUARY

SENIORS' SCENE

UPCOMING EVENTS

MEET THE CANDIDATES

January 15 and 29,
1:30 - 2:30 p.m.

BOARD ELECTION

February 24 - 28

ROBBIE BURNS DINNER

Wednesday, January 15

VISIT US ONLINE
WESTVANCOUVER.CA/SENIORS

westvancouver

The
#1 escorted tour
company in the lower
mainland!



**AGELESS
ADVENTURE**
Escorted Tours
A division of Mandate Tours & Transportation Inc.

(604)
542-5566

Call for a **FREE**
tour brochure

Our 'Ageless Adventures' are starting off with a bang as our first tour, 'Maui & Kauai' was Sold Out by the first of December and we are now taking a waiting list.

'Palm Springs Getaway' still has space available as does 'Jasper Park Seniors Spring Fling'.

We have twelve new and revised tours in 2014 included are: 'Canadian Maritimes'; 'Railroads of Colorado'; 'Health & Lifestyle Tour for Women'; 'Italy, Tuscan & Umbrian Countryside'; a 'Mens Fishing Getaway', and more.

Our tours offer diverse sightseeing, comfortable accommodations, quality meals, smaller group sizes & more inclusions. Make sure you are on our mailing list, call today.

Maui & Kauai



Palm Springs Getaway
& California Coast

Mar. 24 - Apr. 2 13 incl. meals dbl: \$2,839

Jasper Park
Seniors Spring Fling

Apr. 1 - 4 14 incl. meals \$ TBA

Palm Springs Getaway



Jasper Park Lodge



#260 1959 152nd Street, Surrey



www.mandatetours.com

BC reg. #2599



Prices include home pick-up
and all taxes

**WEST VANCOUVER
COMMUNITY CENTRES**

**FITNESS
OPTIONS
GET THE RIGHT FIT
FOR YOU!**

We understand that your
fitness options need to fit
your unique lifestyle and
busy schedule!

**TO FIND THE BEST
OPTION FOR YOU:**

VISIT westvancouverrec.ca

PICK UP A BROCHURE

CALL 604-925-7270

ASK OUR STAFF!



westvancouverrec.ca

f facebook.com/westvanrec
t twitter.com/westvanrec

westvancouver



MESSAGE FROM THE ADVISORY BOARD CHAIR

Your Advisory Board would like to take this opportunity of wishing our members a Healthy and Happy New Year, filled with friendships, contentment, support and love.

The past 12 months have seen a number of achievements within your Centre including an increase in membership, new signage on the building, improved access at the main door and approval for a liquor license. The annual Flea Market was very successful as were the many events held throughout the year. There has been increased usage of the cafeteria and the take home bakery products well accepted. The Penny Drive for the "Keeping Connected" program was very unique, raising about \$1800. Fred Titcomb efficiently counted and rolled each and every penny. Thanks to all the volunteers who make the Centre a home away from home.

In March 2014 the American Society on Aging will be holding a conference in San Diego and we have been selected to make a presentation titled "Breaking down Barriers and Keeping Connected". This is the largest conference on aging held in North America which draws people from all over the world, and reflects positively on the success and reputation achieved by your Centre.

Brian Hann

Advisory Board Chair



MESSAGE FROM THE COMMUNITY RECREATION MANAGER

HAPPY NEW YEAR! In 2013 the Board, members, volunteers and staff were responsible for so many accomplishments that make our Centre a better place starting with the front door! In 2014 we have an exciting year planned with new trips, events, new programs and great opportunities to come together and enjoy life.

Some of the exciting actions we have planned 2014 include a plan to license the Garden Side Café for dinners on Tuesday and Thursday evening. By restricting the licensed time it allows us to use the Café for other purposes, meetings and gatherings. We will offer beer and wine with dinner. The Seniors' Centre is looking to become more environmentally sustainable by reducing the number of paper copies and increasing the use of electronic documents such as our new E-News. We will still have hard copy versions of the E-News available for our members. In late December we started using green cans for our food waste in the Café, we will work to expand upon this throughout the Centre in 2014. We plan to continue our collaborative team meetings with staff and volunteers to ensure we can deliver the best in customer service, throughout the Centre. If you are interested in starting a New Year's Resolution that will have a health benefit, feel good, easy to do and makes an impact, become a volunteer. It is a great way to make new friendships!

Let's make 2014 the best yet!

Jill Lawlor

Community Recreation Manager

THE SAC ELECTRONIC NEWSLETTER

THE OFFICIAL LAUNCH OF THE E-NEWS WILL BE FEBRUARY 2014!

If you received the December one, you were some of the first to receive the SAC E-News, please let us know what you think. If you didn't receive a copy and would like to, visit the front desk or westvancouver.ca/seniors to sign up and find out more about the E-News. It saves paper and time and is the best way to find out about last minute changes and exciting things coming up at our Centre.

HUGE THANK YOU TO DOUG SOMMERVILLE

for donating his stunning Thomas Sowerby 1909 Snooker Table to the SAC. The table is originally from Liverpool England and is in wonderful condition for being 105 years old! Apparently the only other one like this in British Columbia is in Government House in Victoria—so save a ferry trip and come take a look!

HARD OF HEARING

For the Hard of Hearing, we have two rooms (Activity Room and Audio Visual Room) equipped with equipment that will allow those with hearing impairments to hear. *Please ask Sylvia in the office if you are interested in trying it out.*

HERITAGE CHOIR

Our own Seniors' Heritage Choir has organized their own website. If you are interested, please go to heritagechoir.webs.com to look for up-to-date information.

★ 2014 ★

BOARD ELECTION

MEET THE CANDIDATES

January 15 and 29
1:30 - 2:30 p.m. in the
Atrium & the Lounge

ADVANCE POLL

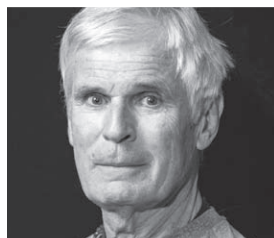
Monday, February 10
9 a.m. - 4 p.m.

THE ELECTION

Monday, February 24
to Friday, February 28
9 a.m. - 4 p.m.

All members are eligible to vote!

OUR CANDIDATES



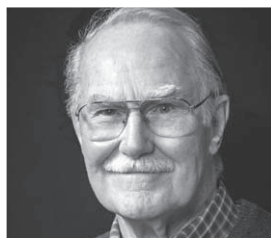
Roy Brand

Our family (wife and two children) moved to West Vancouver in 1984. Since retiring in 2007, I have become an enthusiastic participant and volunteer in many WVSC programs and activities, as well as other local community programs.

My background includes growing up in south-western Ontario and attending college in Toronto (plus MBA studies in Alberta). I worked for a number of major international and national organizations in Ontario, Alberta and B.C. primarily in Human Resource Management roles

specializing in Employee Benefits, Pensions and Compensation.

I respectfully submit my application for consideration and look forward to contributing to, and supporting the activities of the WVSC as a member of the Advisory Board.



Douglas Davison

I was born 1926 in Toronto and graduated from the University of Toronto in Arts in 1947. While at UoT I worked as sports reporter and wrote a regular column on varsity sports for the *Globe and Mail*. In 1949 I joined *McKim Advertising* as Advertising Copywriter. I became an Account Manager, was transferred to Winnipeg and appointed Branch manager in 1958. Eventually I was transferred to Vancouver to handle the largest account (Canadian Pacific Airlines). I worked for over eight years on the CPA as Account Supervisor and also acted as creative director on other accounts. I left McKim in '68 to form my own company *National Advertising Representatives*. Over the next 22 years, the company represented numerous companies with our major responsibility to develop advertising sales, clients included: *Toronto Star*, *BC Medical Journal* and others. In the years with McKim and my own company I have had the opportunity to travel extensively throughout the world. I am flattered that I was urged to stand for election to the Advisory Board but I think it only fair to point out that I've been retired now for over 20 years and the advertising/publishing business has changed dramatically in that time so that my knowledge and expertise in that area may be marginal to today's marketplace.



Eve Day

During my working career, I was a customs broker at *Wingate & Johnston* in Toronto, and worked in Sales and Promotions at *Garlick Films* in Toronto and Vancouver. I also worked as an office manager at H&R Block in Vancouver and was a Member Service Officer at Van City. I retired in 1987. I was also a co-owner and manager of rental property in Kelowna.

My volunteer experience includes: WV Soccer Club, Advisory Committee for the WV School Board, Respiratory Club in Kelowna (in charge of social activities) and Member at Large on the Strata Council in Kelowna and assisted with fundraising with the *Friends of Kelowna Library*.

I have been a member of the Seniors' Activity Centre since I returned to West Vancouver in 2006 and have been an active member of *Eye Deal* for several years. Approximately two years ago I took over as the main leader for Eye Deal and chair the monthly meetings. My main interest is helping other seniors to live an active and independent life.



Varick Ernst

My association with the WV Seniors' Centre goes back to when I taught Fitness. In 1981 I joined a group of

retired health professionals trying to set up a government sponsored program for seniors. The focus was on preventative medicine, exercise, diet, body awareness, massage, peer counseling, blood pressure checks, and health related lectures. It was christened "Keep Well".

The first "drop-in" occurred at North Shore Neighbourhood House. The second at the WV Seniors' Centre. Barbara Gillingham and I were coordinators for five happy, fun filled years. Not long after I moved to Bowen Island, I was contacted about starting up a similar program for seniors on Bowen Island. So Sky—Seniors Keeping Young—was born. I volunteered with Keep Well on our return to the continent, and got the Libby Lodge, and Gleneagles programs up and running. I currently volunteer at the *Dr. Peter's Centre* in Vancouver. It is a completely different demographic and has made me more compassionate on this journey called life.

I would like to give back some of the wisdom I have garnered over the years, and cannot think of a better place than the WV Seniors' Centre.



Hans Krutsen

I was born and raised in Winnipeg, Manitoba. I am married and have two daughters. I graduated from the University of Manitoba, McGill University & Financial Planning Institute.

My employment record includes various positions with *Canadian Schenley Distilleries* in Montreal, president of *Park & Tilford Distilleries* in North Vancouver; president of

Seafood Resources International; president of *Westshore Terminals* and vice-president of administration for *Kaiser Resources*; owner of *Spilsbury Communications* and *R.A.C.E. Technologies*, consultant in financial planning with *Murray Axmith*.

I have served on the board of *Salvation Army*, *Family Services of Greater Vancouver*, *Laudate Singers*, *Bach Choir*, *Capilano Golf & Country Club* and the *Kaiser Foundation*.

I believe in the WV Seniors' Centre and what it does and stands for in the community, and I feel that my background well qualifies me to be an active member of the Advisory Board of WVSC.



Elmer Pellerine

I am married to my wife Veronica for over 30 years. We have four children and nine grand children. I have a bachelor's degree with some post graduate studies.

My hobbies include recreational flying, numismatic coins, and outdoors activities. I retired after many years of teaching and as owner/operator of a small business. During my working life I was elected to the Board of the *Regional District of the Central Kootenay's*, and I was involved in provincial campaigns. I have coached and been involved at the board level of *Minor Hockey*.

At the moment I am the chairman of the *Gleneagles Junior Golf Tournaments* and sit on the board of the club. I also sit on the board of our strata council. For the past two years I have been the coordinator of the Seniors' Centre *Pitch 'n' Putt par 3 Golf* program. I was

able to work with the group to make the program more fun and social, while bringing in some structural improvements. This has made the program and group more cohesive and fair minded.

I enjoy being pro-active and would represent our senior citizens and members of the Seniors' Centre well on the Advisory Board



Inge Vindberg

I was born in Denmark and immigrated to Canada when I was 20. When I moved to West Vancouver I became a member of the Seniors' Centre, Recreation Centre and local library.

My education and certificates include: BCIT Accounting and Supervisory Skills; NLP Counseling, TA Counseling, Qigong with Grand Master Peng in North Vancouver and Trager Psychophysical Integration.

Work experience included: Self employed bookkeeper/accounting; Trager work and consultation.

Some of my interests are hiking, snowshoeing, photography, reading, yoga, meditation and I have two adult children.

FUNDRAISER & EVENTS

Robbie Burns

The 36th Annual Robbie Burns

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

Wed Jan 15 5:30. - 9:30 p.m.
897917 Members \$30

Dances

Dust of 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. Dances held on last Thursday of the month. Cash bar in effect. Doors open at 5:30 p.m.

Bob York

Thu Jan 30 6:30 - 9:30 p.m.
908169 Members \$8

Gwen Gouchee

Thu Feb 27 6:30 - 9:30 p.m.
908170 Members \$8

Men in Black

Thu Mar 20 6:30 - 9:30 p.m.
908171 Members \$8

Chez Lou Dinner

Join us with your significant other for a Valentines dinner.

Wed Feb 12 5:30 - 8 p.m.
908217 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 5 The Help

Jan 12 Much Ado About Nothing

Jan 19 Star Trek Into Darkness

Jan 26 Unfinished Song

FEBRUARY

Feb 2 Marigold Hotel

Feb 9 The Last of the Blond Bombshells

Feb 16 Death at a Funeral

Feb 23 Despicable Me 2



VOLUNTEERS



Coordinator of Volunteers & Newsletter

Caroline Brandson
 cbrandson@westvancouver.ca

THANKS TO EVERYONE who helped at all the numerous events throughout December, we couldn't have done it without you!

You helped sell, clean, decorate, knit, sew, chop, make, hammer, cut, pour, serve, ring, sing, play, and most importantly give! I hope you had fun making our Centre one of the best!

E-NEWS

Find out about last minute changes and exciting things coming up at our Centre.

To sign up, visit the front desk or westvancouver.ca/seniors.



LIVINGWELL
 HOME CARE SERVICES INC

604.904.2397

Offering Professional Home Support Services to the North Shore, Bowen Island, Squamish and Vancouver

1577 Pemberton Avenue
 North Vancouver, BC V7P 2S3

www.livingwellhomecare.ca

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, check us out on line at westvancouver.ca/seniors. Most of the information you are looking for is available on-line.

SENIORS' ACTIVITY CENTRE SHUTTLE BUS

Monday - Friday
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



AMICATM
at West Vancouver

MONDAYS

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

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 4:45 - 8:30 p.m.
--------------------------------------	--	---	----------------------------------

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. (2nd & 4th Wed) Jan 8, 22; Feb 12, 26 Visit wvsc.cc	Rummy Women Only 3:30 - 9:30 p.m. Drop-in \$2.50	Table Tennis 2:45 - 5 p.m. No play Jan 15
---	--	---	--

THURSDAYS

Stamp Club 12:30 - 3 p.m. (1st + 3rd Thu) Jan 2, 16; Feb 6, 20	Table Tennis 6:30 - 8:30 p.m.	West Van Gogos (Grandmothers) 6:45 - 8 p.m. (1st Thu) Jan 9; Feb 6 Drop-in \$1 — Proceeds donated
--	---	---

FRIDAYS

Quilting Bee 9 a.m. - 12 p.m. Make quilts for the Centre, n/c	Computers - Flight Simulator 10 a.m. - 12 p.m. (2nd & 4th Fri) Jan 10, 24; Feb 7, 21	Spanish Social Conversation 10 a.m. - 12 p.m.	Sound Advice 10 a.m. - 12 p.m. (1st Fri) Jan 3; Feb 7
Travel Club 2 - 4 p.m. (3rd Fri) Jan 17; Feb 21 Please register each time and fill out a questionnaire.		Videography 1:30 - 3:30 p.m. (2nd & 4th Fri) Jan 10, 24; Feb 14, 28	

SATURDAYS

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

SUNDAYS

Table Tennis 11:15 a.m. - 1 p.m.	Coronation Street Chat 12:30 - 2:30 p.m. Jan 26; Feb 23
--	--

EVERY DAY

Supervised Snooker in the Games Room

Monday - Friday 9 a.m. - 4:30 p.m.

Saturday 9 a.m. - 12 p.m.

Drop-in \$1/hour; 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.

FITNESS PROGRAMS



Fitness Coordinator

Wendy Lewis

wlewis@westvancouver.ca

Happy New Year to Everyone!

Fitness experts say New Year is an ideal time to set and begin working on Fitness Goals. **Here are some tips for setting those goals:**

- 1. Consult your doctor before beginning** any new fitness program.
- 2. Make sure the goals you set are realistic and reasonable.** Set small steps to achieve your goals.
For example:
Week 1 - 4
Walk 10 min. 3 days/week
Week 5 - 8
Walk 10 min. 5 days/week
Week 9 - 12
Walk 15 - 20 min. 3 days/week
- 3. Choose activities you enjoy!**
Dancing, swimming, hiking, group fitness classes, yoga etc. If you actually enjoy something you are more likely to get out and do it.
- 4. Be patient with yourself** and don't forget to reward yourself!

REGISTERED PROGRAMS

COMPUTER CLASSES

Please bring your own Mac/PC computer or tablet. We have one iPad/laptop for loan—ask for it when you register. First come first serve.

iPad (iPod touch and iPhone also)

Please make sure that you are updated to iOS 7.

Thu, Jan 16 - 30 1 - 4 p.m.
916378 Members \$126

Introduction to Mac 1, 2

Thu, Feb 6, 13 1 - 4 p.m.
916379 Members \$84

iPhoto for Mac 1, 2

Thu, Feb 20 - 27 1 - 4 p.m.
916381 Members \$84

LECTURES

Please register ahead of time to prevent cancellations.

Speed Watch Presentation by ICBC

Have you ever seen West Van's Speed Watch set up on the side of your local road? These dedicated volunteers help reduce speeds and make our roads safer throughout the municipality. Would like to find out more about the program? Learn how Speed Watch is helping to create a safer community for all residents. Reflector will be given to participants of the lecture.

Mon Jan 27 1:30 - 2:30 p.m.
953522 n/c

Opera Preview: Don Giovanni

See description in Leisure Guide

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

Personal Planning w/ Nidus

See description in Leisure Guide

Mon Mar 3 1:30 - 3 p.m.
920417 Members \$3

Driving Safety Tips from ICBC

See description in Leisure Guide

Fri Mar 7 1:30 - 2:30 p.m.
931367 Members \$3

English - Class Level 1

For anyone wanting to learn to speak English. *Need to be able to speak a bit of English.*

Thu, Jan 9 - Mar 13
10:30 a.m. - 12 p.m. Members \$35

French Social Conversation Drop-in

This course is for anyone who is fluent in French and would like to converse with others. No instruction.

Wed, Jan 8 - Mar 26 10 - 11 a.m.
Drop-in \$2.25

Ukuleles Beginners

We added a beginner class, Tuning A, D, F# and B. *Instructor: Charles C.*

Tue, Feb 4 - Mar 18 9:30 - 10:30 a.m.
955081 Members \$28

PLEASE NOTE: Ukelele Adv.

Beginners—time has moved to 10:30 - 11:30 a.m.



TenderHelpers HomeCare

(604) 312 - 0798

- ✓ Post Surgery Home Support
- ✓ Personal / Companion Care
- ✓ **(2 Hours) FREE** Home Care
- ✓ Veterans ID Cards Accepted
- ✓ Meal Prep & Feeding
- ✓ HandyDART Support
- ✓ Referral Rewards
- ✓ Fun Cake Decorating



www.tenderhelpershomecare.com





Outreach Coordinator

Joni Vajda

jvajda@westvancouver.ca

If you are finding it difficult to get yourself out to the Seniors' Centre and to stay active, we would like to support you with our Keeping Connected programs.

We offer 14 programs per week ranging from mild exercises, chair yoga, walking groups, conversation groups, social clubs, bus trips and music sing-a-longs. Our supportive staff provides reminder phone calls, one-on-one volunteer support and rides to and from the program for people in the neighbourhood.

We will help you stay connected with your community, make new friends and learn new skills.

For information on the programs, please call the Outreach Office at 604-925-7211 to book an appointment.

CONGRATULATIONS

to Monika MacNeill for winning the *Wednesday Craft Groups* Noah's Ark, with all the animals.

KEEPING CONNECTED PROGRAMS

Age Friendly Programs—January is a great time to start something new:

Exercise Your Brain

This *slow-paced* program is designed for people experiencing early memory loss and/or challenges with their mobility. The workout combines physical fitness with 'brain fitness' to help participants improve their memory, concentration and balance.

Caregivers are welcome.

Instructor: Gail

Tue Jan 14 – Mar 25 2 – 4 p.m.
915991 Members \$67

Minds in Motion

This partnership program with the Alzheimer's Society is a fitness and social program for people experiencing early stage memory loss. The participant must attend with a family member, friend or caregiver.

Fri, Jan 10 – Feb 14 2 – 4 p.m.
915986 Members \$31.50

Keep on Moving

This is a class for older men who are challenged with physical losses. Participants will be able to work on strength and flexibility exercises with the guidance and support of a personal trainer.

Tue/Thu, Jan 7 – Mar 27
9 – 9:50 a.m.
915984 Members \$50.40

Heritage Cream Tea

Celebrate the History of our beautiful North Shore Mountains.

The Gleneagles Choir will be performing while guests enjoy a delicious scone with cream and jam and a cup of tea.

Transportation is available.

Fri Feb 21 2:30 – 4:30 p.m.
915992 \$7

Eye Deal

This is a support group for people with vision impairment. The meetings provide interesting guest speakers and opportunities for the participants to discuss their issues. Meetings occur once a month on Monday, January 20, February 17, and March 17.

Penny Drive

The Keeping Connected Programs would like to thank everyone who brought in their pennies to the Penny Drive.

We would especially like to thank Fred Titcomb, the office administrative assistant who rolled each and every penny that came our way. There were over \$1800 worth of them! A special thanks to Cheryl Jespersen for her support of the Keeping Connected Programs.

Also special thanks to Joan Townsend for organizing the fundraising sales of Purdys Chocolate Bars.

LINKS to Healthy Living Program

LINKS is a group of trained volunteers dedicated to supporting older adults who may be at risk of social isolation by helping them stay connected to their community across the North Shore.

Can you help by volunteering?
Just two hours a week can brighten someone's world.

Contact Robyn McGuinness,
LINKS Project Coordinator at
604-925-7289

The LINKS office hours are:

Mon & Wed 9:30 a.m. – 4:30 p.m.
Fri 9:30 a.m. – 1:30 p.m.

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.



IT'S TIME TO REGISTER FOR THE OUTDOOR SPORTS PROGRAMS!

Hikers Annual Registration

Hike every Tuesday throughout the year and/or Thursdays (May – Oct 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. It's recommended you bring spare clothes and something to sit on. *New hikers contact John at jlait@westvancouver.ca for more info.*

Tue/Thu January – December
9 a.m. – 4 p.m.
947617 Members \$12

Ramblers Annual Registration

Annual fee is \$12. The cost to drop-in is \$1/time. Please pay front desk to drop-in. Remember proper clothing, footwear, water and food. New participants should contact leader prior to hike. Leave times and finish times are approximate, please check Outdoor Sports schedule at Seniors' Centre or on line. New members are welcome but need to be able to hike at a moderate level for 5 hours.

Mon January – December
10 a.m. – 3 p.m.
926871 Members \$12



Norwest Cycle Annual Registration

Start time is 9 a.m. except December to February where rides start at 10 a.m. Group meets at Seniors' Centre or at coffee. Rides are 50 km plus in distance at a pace of 20 km/hr plus. Rides are for experienced cyclists in good physical condition. Riders should be comfortable riding in traffic and over bridges. Bring a lunch unless otherwise informed. Route and details are emailed out a month at a time. Helmet mandatory and bike should be in good running order. Riders should have a spare tube, pump. *For more info contact jlait@westvancouver.ca*

Wed/Fri January – December
9 a.m. – 4 p.m. approx
926873 Members \$24



Cross Country Skiing / Snowshoeing

Sign up for the season.

Wed/Fri November – March
(depending on mountain being open)
920267 Members \$10.50

Pick up a bus schedule or go on line for a schedule of all the dates and times for the bus trips up Hollyburn this season.

CHIROPRACTIC CARE

Dr. Bob Hafizi, B.Sc., DC

Focusing on Chronic Pain & Soft Tissue Disorders

- Low back pain, neck pain, Arthritis, foot-related issues
- Gentle, safe, senior-oriented care
- Featuring Laser therapy, Shockwave therapy and ART
- Orthotic services



Complement

HEALTHCARE

2nd Floor, West Van Community Centre

(604) 925-2225

www.complementhealthcare.com

MASSAGE THERAPY

Therapeutic / Relaxation / Deep Tissue

- 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

PERFORMANCES AND TRIPS

IMPORTANT TRIP INFORMATION

- » **We will endeavour to inform participants if the trip is accessible and involves walking.** Please inform us if you will be bringing a walker. All trips are for those who can participate independently. If you require assistance to participate in trips, please contact John Lait or Joni Vajda.
- » **We call everyone prior to a trip to confirm the bus loading time and in case of any changes. If you do not receive a call, please contact us as we may not have a correct phone number for you.** Please don't plan anything immediately following a trip, as we may be delayed due to unforeseen circumstances.
- » **Trips run by tour companies may use their own bus and pick up from other locations in the lower mainland.** Full refunds when a trip is cancelled by the Centre or the tour company. To avoid the cancellation of a trip, don't wait register early.
- » **Withdrawals will not receive a full refund, after the Wednesday prior to the date of the trip, unless a medical note is provided or there is a waitlist and someone takes your spot.** For some trips involving tickets, pre-payment or reservation costs, a full refund will not be possible unless the spot can be sold to someone else. In some cases an administrative fee may be charged.
- » **No refunds after the event or trip have occurred.**
- » **For all trips to the US you will need to show a valid Canadian Passport or Enhanced BC Drivers License, or Nexus.**
It's recommended you have medical coverage for travel in the US
- » **Non-member prices available and prices vary when ferry fares are involved.**

Troy Oppen: Silver Reef Skagit Valley Casino (USA)

Travel to Silver Reef Casino for four hours of free time including a buffet lunch and 2x reward points. Continue to the Skagit Valley Casino for two hours of Casino fun with \$20 for \$30 slot play or the Outlets at Burlington if shopping is preferred. **Not Accessible**

Tue Jan 28 8 a.m. – 7 p.m.
919571 Members \$50 (incl GST)

River Rock Casino Trip

Join us for Chinese New Year at the River Rock Casino in Richmond. Bring your BC Gold Card for added benefits. **Accessible**

Fri Jan 31 9:15 a.m. – 3 p.m.
947620 Members \$12 (incl GST)

THE CULTCH

The Cultch: Vancouver East Cultural Centre: "One"

A man, almost alone on stage, searches, loses, rejects and ignores what he thought he always wanted to be. Mani Soleymanlou traces his journey from Iran to Canada, where he questions the authenticity of his own Persian origins compared to today's Persian youth living in Iran, who must fight daily for their liberty, freedom of speech, their country, and their lives. **Not Accessible**

Sat Feb 1 12:30 – 5:30 p.m.
942517 Members \$49.35 (incl GST)

safe care home support

- ✓ All Nursing Services
- ✓ Foot Care by Nurse
- ✓ Live-in Caregiver
- ✓ Meal Preparation
- ✓ Housekeeping
- ✓ Personal Care
- ✓ Companionship and more...

Veterans Accepted • ICBC Claims Accepted

For a FREE assessment call 604-945-5005

www.safecarehomesupport.ca



UBC Opera:**The Florentine Straw Hat**

The Florentine Straw Hat is an exhilarating comedy based on the famous 19th century French farce which inspired René Clair's classic silent film *An Italian Straw Hat*. Nino Rota co-wrote the Libretto for *Il Cappello di paglia di Firenze* and composed the music in 1945.

Accessible

Sun Feb 9 12:30 – 5 p.m.
947639 Members \$10.50
transportation only (incl GST)

**Troy Oppen: Northwest Flower and Garden Show (USA)**

The Washington State Convention Centre in Seattle hosts *The 2014 Northwest Flower and Garden Show*. Take four hours free time to explore six acres of flowers, plants, gardens, exhibits, seminars and many other features. Admission and dinner at the Outback Steakhouse in Burlington included. **Not Accessible**

Thu Feb 6 7:30 a.m. – 9 p.m.
919572 Members \$109 (incl GST)

Stanley Theatre:**The Odd Couple**

Limited number of tickets is available.

Single Seats only and includes transportation. **Not Accessible**

Wed Feb 19 12:30 – 4 p.m.
954322 Members \$68.25

Edgewater Casino Trip

Come try your luck at a beautiful Casino on Vancouver's False Creek. Bring your BC Gold Card for added benefits. **Accessible**

Fri Feb 28 9:30 a.m. – 3 p.m.
947622 Members \$10

Saturday Outings with Friends**Chinatown International Village**

Come explore Chinatown with its numerous cafes, restaurants, pubs and shopping. Cost is for transportation only. **Not Accessible**

Sat Jan 25 10:30 a.m. – 2 p.m.
948017 Members \$10 (incl GST)

IKEA, Coquitlam

Come explore IKEA with shopping and enjoy the famous breakfast. Cost is for transportation only. **Accessible**

Sat Feb 8 10:30 a.m. – 2 p.m.
948018 Members \$15 (incl GST)

Granville Island

Come explore Granville Island with numerous cafes, restaurants, pubs, shopping. Cost is for transportation only. **Not Accessible**

Sat Feb 22 10:30 a.m. – 2 p.m.
948019 Members \$12 (incl GST)

Metrotown Mall

Come explore Metrotown with cafes, restaurants, and shopping. Cost is for transportation only. **Accessible**

Sat Mar 8 10:30 a.m. – 2 p.m.
948020 Members \$15 (incl GST)

Oakridge Mall

Come explore Oakridge Centre with cafes, restaurants, and shopping. Cost is for transportation only.

Accessible

Sat Mar 22 10:30 a.m. – 2 p.m.
948021 Members \$10 (incl GST)

Troy Oppen: British Sweets Chilliwack & Harrison Hot Springs

Visit *Dickens Sweet Shop and British Museum* featuring traditional British sweets and history! Then spend the afternoon in Harrison Hot Springs rejuvenating in the hot springs, admission on your own, or sight-seeing this tour includes a traditional high tea lunch served in the comfortable Dickens garden court.

Not Accessible

Thu Mar 20 7:30 a.m. – 8:30 p.m.
919573 Members \$79

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.

nextphase Formerly Transitions Same Great People – Same Great Service

Moving
can be
VERY
stressful

**YOUR MOVE MADE SIMPLE**

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

nextphase:
Moving & Downsizing

call Scott @604-209-4241
FOR A FREE CONSULTATION

GARDEN SIDE CAFÉ

Mon | Wed | Fri 9 a.m. – 3 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!

Members receive discount, please remember to bring membership card. Visa, Mastercard, AMEX, Interac accepted.

All selections are subject to availability. Menu subject to change. WV United Church refer to Catering board.

JAN 1–5 **Wednesday** CLOSED
Thursday Breaded Beef Liver & Roasted Onions with Gravy, Mashed Potatoes, Vegetables
Friday Basa Fish Filet with Italian Tomato & Basil Sauce, Rice, Salad
Saturday Chef's Special
Sunday Chef's Special

JAN 6–12 **Monday** BBQ Chicken Leg, Lyonnaise Potatoes with Creamed Corn
Tuesday Chili Con Carne, Cornmeal Muffin with Caesar Salad
Wednesday Philadelphia Pepper Steak with Rice, Green Beans
Thursday Spinach & Four Cheeses Quiche with Caesar Salad
Friday Stuffed Salmon Boats with Hollandaise Sauce, Roast Potatoes, Vegetables
Saturday Chef's Special
Sunday Sunday Brunch at the Centre

JAN 13–19 **Monday** Beef Meatloaf with Roasted Leeks & Brandy Sauce, Potatoes, Vegetables
Tuesday Turkey Schnitzel with Cranberry Salsa, Gravy, Potatoes, Vegetables
Wednesday Hungarian Goulash with Roast Potatoes, Vegetables
Thursday Chicken Caesar Salad with Garlic Toast
Friday Smoked Salmon Asparagus Cheese with Caesar Salad
Saturday Chef's Special
Sunday Chef's Special

JAN 20–26 **Monday** Pork Schnitzel with Warm German-style Potato Salad, Braised Red Cabbage
Tuesday Spaghetti and Meatballs with Salad
Wednesday Chicken a la King with Garlic Toast, Green Beans
Thursday Roasted Vegetable Pasta with Salmon, Salad
Friday Seafood Newburg with Rice Pilaf, Vegetables
Saturday Chef's Special
Sunday Sunday Brunch at the Centre

JAN 27–31 **Monday** Spanish Pork Chops with Roasted Potatoes, Steamed Broccoli
Tuesday Beef Stroganoff with Pasta, Harvard Beets
Wednesday Baked Chicken Leg with Mushroom Sauce, Rice Pilaf, Vegetables
Thursday Ham & Cheese Quiche with Salad
Friday Battered Cod with Oven Fries, Tartar Sauce, Coleslaw

JANUARY DINNERS

Tuesday, Jan 7
Hawaiian Roasted Chicken with Mashed Potatoes, Green Beans Almondine

Thursday, Jan 9
Steak & Prawns with Baked Potato with Sour Cream & Chives, Mixed Vegetables

Tuesday, Jan 14
Grilled Ginger Salmon with Rice, Fresh Mix Vegetables

Thursday, Jan 16
Honey Ham with Pineapple, Scalloped Potatoes, Baked Squash

Tuesday, Jan 21
Come and Celebrate Australia Day (Jan 26) with our Braised Lamb Shank Dinner!

Thursday, Jan 23
Tortiere or Steak & Mushroom Pie with Gravy, Mashed Potatoes, Vegetables

Tuesday, Jan 28
Sole Filet Stuffed with Scallops & Crab, Hollandaise Sauce, Rice Pilaf, Fresh Vegetables

Thursday, Jan 30
Roast Beef & Yorkshire Pudding Dinner

GARDEN SIDE CAFÉ

FEBRUARY PREVIEW

FEB 1+2 **Saturday** **Chef's Special**
 Sunday **Chef's Special**

FEB 3-9 **Monday** **Hot Roast Beef Sandwich** with Gravy, Salad
 Tuesday **Baked Teriyaki Chicken** with Rice Pilaf, Steamed Broccoli
 Wednesday **Montreal Smoked Brisket & Braised Cabbage** with Steamed Potatoes, Dijon Mustard
 Thursday **Spanakopitas** with Tzatziki, Roasted Potatoes, Marinated Tomato and Cucumber Salad
 Friday **Captain Burger (Cod)** with Tartar Sauce, Lettuce, Tomato, Oven Fries, Coleslaw
 Saturday **Chef's Special**
 Sunday **Sunday Brunch** at the Centre

FEB 10-16 **Monday** *CLOSED - FAMILY DAY*
 Tuesday **Stuffed Salmon Boats** with Lemon Caper Sauce, Rice Pilaf, Salad
 Wednesday **Breaded Beef Liver** with Roasted Onions, Gravy, Mashed Potatoes, Vegetables
 Thursday **Ginger Beef** with Rice Pilaf, Stir Fry Vegetables
 Friday **Baked Pollock on Vegetables** with Rice, Salad
 Saturday **Chef's Special**
 Sunday **Chef's Special**

FEB 17-23 **Monday** **Chicken Cacciatore** with **Pasta, Salad**
 Tuesday **Spinach and Four Cheese Quiche** with Salad
 Wednesday **Pork Cutlet** with Mushroom & Cream Sauce, Potatoes, Vegetables
 Thursday **BBQ Chicken Leg** with Potatoes, Vegetables
 Friday **Lemon Pepper Sole** with Hollandaise Sauce, Rice Pilaf, Fresh Mixed Vegetables
 Saturday **Chef's Special**
 Sunday **Sunday Brunch** at the Centre

FEB 24-28 **Monday** **Chicken Schnitzel** with Lemon Wedge, Mashed Potatoes, Baked Tomato
 Tuesday **Asparagus & Bacon Quiche** with Caesar Salad
 Wednesday **Beef Bourguignon** with Lyonnaise Potatoes, Vegetables
 Thursday **Penne Carbonnara** with **Garlic Toast, Caesar Salad**
 Friday **Curried Basa** with Rice Pilaf, Salad

FEBRUARY DINNERS

Tuesday, Feb 4
Lamb Curry with Rice Pilaf and Fresh Mixed Vegetables

Thursday, Feb 6
Roast Turkey with all the Trimmings

Tuesday, Feb 11
Shepherd's Pie with Gravy, Mixed Fresh Vegetables

Thursday, Feb 13
Come and celebrate Valentine's Day with our famous Coq Au Vin Dinner!

Tuesday, Feb 18
Pork Medallions in Mushroom Marsala Sauce with Roasted Potatoes and Fresh Vegetables

Thursday, Feb 20
Roast Beef & Yorkshire Pudding Dinner

Tuesday, Feb 25
Baked Salmon with Shrimp Hollandaise, Roasted Potatoes, Fresh Asparagus

Thursday, Feb 27
Greek-style Chicken Breast with Roasted Potatoes, Ratatouille

All selections are subject to availability. Menu subject to change. WV United Church refer to Catering board.

WEST VANCOUVER COMMUNITY CENTRES GIFT CARDS



Give the gift of recreation

Gift Cards can be used to enjoy hundreds of recreational programs and activities, or for those that want it all, an annual pass! Visit the West Vancouver and Gleneagles Community Centres, Ice Arena and Seniors' Activity Centre and our front desk staff will be happy to assist you!

Play together!

(and think of the fun you'll have!)



 facebook.com/westvanrec
 twitter.com/westvanrec

westvancouverrec.ca

westvancouver



Royalty Home Care

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

*Quality Staff
Exceptional Service
Competitive rates*

604-986-6796



WEST VANCOUVER SENIORS' ACTIVITY CENTRE

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

HOURS OF OPERATION

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 pm.
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 on
Monday, February 10 for Family Day

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

