



14

MARCH
APRIL

SENIORS' SCENE

UPCOMING EVENTS

**VOLUNTEER
AWARDS
CEREMONY
& AGM** March 5

**VOLUNTEER
APPRECIATION
TEA** April 23

*April is Volunteer
Appreciation Month*

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Stay 'n' Play

Women's Wellness Getaway
Hill's Health Ranch

May 12 - 15 10 incl. meals Dbl: \$1,105

Stay 'n' Play

Annual Okanagan Wine Getaway
Kelowna Wineries & Gardens

May 25 - 28 7 incl. meals Dbl: \$1,247

Yellowstone, Salt Lake City & the Grand Tetons

Jun. 2 - 12 21 incl. meals Dbl: \$3,079

Colorado Rocky Mtn. Railroads

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MESSAGE FROM THE ADVISORY BOARD CHAIR

The election of board members for the Seniors' Centre Advisory Board is an annual event and this year again there was a wonderful selection of highly qualified and committed candidates. We would like to thank the outgoing Board members—Mel Clark, Nigel Grant, Gisela Schindel and Alan Taylor—who have worked hard, with dedication, to ensure the Centre continues to meet the needs of its membership. In addition, we'd like to

thank our member from the District Council, Trish Panz, for her guidance and support last year and we welcome Nora Gambioli to the Board.

Recently the Advisory Board made an important amendment to the Constitution and Bylaws by establishing the *Friends of the Centre* as a separate committee, to act as the fund raising arm of the Seniors' Centre. We are pleased that Frank Kurucz, Doug Hathaway and Ed Collins were approved to serve as the representatives.

Brian Hann

Advisory Board Chair



MESSAGE FROM THE COMMUNITY RECREATION MANAGER

Thank you, to each and every volunteer in our beautiful Centre! Thank you to all the volunteers who are not necessarily formal volunteers but the ones who take the time to assist a member with their tray, clean up a spill or read a document to the member who forgot their glasses. Thank you to the volunteers who do everything from

taking on leadership, coordination and instruction to bussing tables. We have over 600 registered volunteers and 1000's of unofficial volunteers. April is volunteer appreciation month; I think every day is volunteer appreciation day. Make time in your day to let our volunteers know how much you appreciate it when they assist you with your registration, choir practice, coffee, bike ride, or anyone of the many roles they perform in our fantastic Centre.

The Seniors' Activity Centre Advisory Board has built a fine reputation raising funds, purchasing needed equipment, starting new programs and connecting members with new events. The Board and all of the committees have done extraordinary work over the years and as of late it has become a very sought after position with so many people vying for the opportunity to be on the impressive Board. I would like to thank all the candidates for sharing their enthusiasm for the centre; Eve, Elmer, Doug, Roy, Varrick, your desire to be part of this board is inspirational, thank you for taking on a leadership role.

Over the past year I have been delighted to work with so many of our members. I truly feel we are a team of members, volunteers and staff that are committed to listening to each other and working to enhance our beautiful Centre, which is home to all of us.

Jill Lawlor

Community Recreation Manager



SPRING / SUMMER REGISTRATION

If you are looking to register for programs or lectures beginning in April, Registration Day is Wednesday, March 5 starting at 6 a.m.

Registration can be done in person at the Seniors' Activity Centre front desk, over the phone (604-925-7270), or online at westvancouver.ca/Webreg.

To register online you will need a Family Pin and Client Barcode number—please stop by the front desk or call to obtain this information. Priority Registration does not apply to programs at the Seniors' Activity Centre.

For more descriptive write ups of courses, please refer to the new Spring/Summer 2014 Leisure Guide or go on line to westvancouver.ca/leisureguide.

E-NEWS

Sign up to receive the April Update in your email box. You'll save time, paper, and you're always receive it.

FUNDRAISER & EVENTS

Chez Lou

Don't miss this special evening. The meal being served features: Spinach Watercress Soup, Herb Crusted Rack of Lamb, Garlic Mashed Yukon Gold Potatoes, Ratatouille and Mayan Chocolate Crunch Pyramid. **Space limited, register by Feb 28, because unfortunately we cannot accommodate walk-ins the day of the event.**

Wed, Mar 5 5:30 - 8 p.m.
908217 Members \$30 (incl GST)



Fashion Show

Come and see a fabulous Fashion show with our own members as models. Proceeds to Centre.

Wed, Mar 19 2 - 4 p.m.
961767 Members \$12 (incl GST)

Thursday Evening Dance

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. Cash bar in effect. Doors open at 5:30 p.m.

Men in Black

Thu, Mar 20 6:30 - 9:30 p.m.
908171 Members \$8 (incl GST)

IN MARCH

LOW INCOME TAX EARNERS TAX PROGRAM

We will be starting to set up appointments with Volunteers from Canadian Revenue Services starting March 1.

To qualify for this program you must be a single person with a maximum annual income of \$25k/year or a couple with a maximum annual income of \$35k/year.

To book an appointment call 604-925-7280. All applicable tax receipts must be brought to your appointment.

Travel Club

The Travel Club will be focusing on sharing knowledge and experiences. The group provides a friendly environment to share travel experiences, help members get value for travel money, help explain some of the issues with insurance and provide items of special interest to seniors.

Fri, Mar 21 2 - 3 p.m.
919819 Members \$2.25 (incl GST)

Art Crawl

Artists from the Seniors' Centre classes will be participating in the North Shore Art Crawl. Their art will be displayed and pieces will be up for sale in the Visual Arts Room on Saturday, April 26 from 10 a.m. to 4 p.m. and Sunday, April 27 from 10 a.m. to 3 p.m. Please come and see our talented seniors' art work.

Keynotes Choir Concert: It's Spring! Gotta dance, gotta sing!

Light refreshments will follow the concert. Everyone welcome.

Sun, Apr 27 1:30 - 3 p.m.
936482 \$7.50

VOLUNTEERS



Coordinator of Volunteers & Newsletter

Caroline Brandson
 cbrandson@westvancouver.ca

Volunteer Long Term Service Awards will be given during the AGM March 5.

Come celebrate these amazing volunteers!

Volunteer Appreciation Tea will be held on April 23 from 2 - 4 p.m. Please register using barcode **959869** so we can plan accordingly.

Can't make it in April? There will be two more events to recognize volunteers coming up in July and October, stay tuned!

TAXES

Did you know, your pharmacist and health care professionals (Dentist, etc.) can print you a list of all your prescriptions/expenses for the year—just ask!

It makes it easier when submitting your tax return to have a list of your prescriptions and medical expenses for the year.

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

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MONDAYS

Coffee Talk 11 a.m. - 12 p.m. n/c just pay for coffee <i>No talk Apr 21</i>	Bridge Social 12 - 3 p.m. Please come 10 min early to get a table. No partner needed. <i>No play Apr 21</i>
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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 4:45 - 8:30 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. (2nd & 4th Wed) Mar 12, 26, Apr 9, 23 Visit wvsc.cc	Rummy Women Only 3:30 - 9:30 p.m. Drop-in \$2.50	Table Tennis 2:45 - 5 p.m. <i>No play Mar 5</i>
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THURSDAYS

Keep Well 9 - 10 a.m. (exercises) 10 - 11:30 a.m. (hands on) Every Thursday	Stamp Club 12:30 - 3 p.m. (1st + 3rd Thu) Mar 6, 20, Apr 3, 17	Table Tennis 6:30 - 8:30 p.m.	West Van Gogos (Grandmothers) 6:45 - 8 p.m. (1st Thu) Mar 6, April 3 Drop-in \$1 <i>Proceeds donated</i>
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FRIDAYS

Quilting Bee 9 a.m. - 12 p.m. Make quilts for the Centre, n/c	Spanish Social Conversation 10 a.m. - 12 p.m. <i>No play Apr 18</i>	Sound Advice 10 a.m. - 12 p.m. (1st Fri) Mar 7, Apr 4
Computers - Flight Simulator 10 a.m. - 12:30 p.m. (2nd & 4th Fri) Mar 14, 28, April 11, 25	Travel Club 2 - 4 p.m. (3rd Fri) Mar 21	Videography 1:30 - 3 p.m. (2nd & 4th Fri) Mar 14, 28, April 11, 25

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. <i>No play Apr 27</i>	Coronation Street Chat 12:30 - 2:30 p.m. Mar 30, Apr 27
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EVERY DAY

Supervised Snooker in the Games Room Monday - Friday 9 a.m. - 4:30 p.m. Saturday 9 a.m. - 12 p.m. <i>Drop-in \$1/hour</i>	
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FITNESS PROGRAMS



Fitness Coordinator

Wendy Lewis

wlewis@westvancouver.ca



Stress and Your Heart

Researchers found that ongoing stress, whether episodic or daily can be hard on the heart. Daily physical activity is a proven stress-busting technique. Anything between 10 and 30 minutes can help you get relief from stress. So buy yourself a good pair of walking/running shoes and get outside and take a walk anytime you feel stress.

NEW Conditioning Circuit 55+

This is an easy to follow circuit involving exercises and games to increase cardiovascular strength and tone your whole body. This class will improve your functional fitness for the everyday activities and sports you currently enjoy. **Register or drop-in.**

Mon	5 - 6 p.m.	946274
Sat	9 - 10 a.m.	946273

Due to the popularity of **Chair Yoga** we offer an additional class on Wednesdays from 1 to 2:15 p.m.

REGISTERED PROGRAMS

COMPUTER CLASSES

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

iPad Library

Are you a book worm? Learn how to use two of the most popular free readers for the iPad, iBooks and Kindle reader. Highlight passages; look up unfamiliar words, purchase books, magazines and newspapers. iPad only. *Andrea MacDonald.*

Thu, Mar 13	1 - 4 p.m.
916383	Members \$42

iPad Music Lovers (and iPod touch/iPhone)

Are you a music lover? Learn how to fill your iPad with beautiful music.

Thu, Mar 20	1 - 4 p.m.
920467	Members \$42

Facebook

Sat, Apr 12, May 3	2:30 - 3:45 p.m.
951319	Members \$12

iPad/iPod Touch iPhone

Start with the basics! Tour your device and become familiar with its features, learn about privacy, security, typing tips, synchronization and settings.

Thu, Apr 3 - 17	1 - 4 p.m.
935328	Members \$126



iPad/iPod touch/iPhone Express

Are you using your iPhone, iPad, or iPod Touch to their full potential? Come learn all about your device and the new iOS 7. Learn about the Notification & Control Centres, get typing tips & tricks, browse the web, send photos via text and email, and more. *Instructor: Andrea MacDonald.*

Thu, Apr 3 - 17	5:30 - 7:30 p.m.
951394	Members \$100

iPad Games

Thu, Apr 24	1 - 4 p.m.
936419	Members \$42

Digital Cameras

Mon, Apr 7, 14, 28 (no class April 21)	10:30 a.m. - 12 p.m.
954817	Members \$63

PLEASE... ”

be mindful of the start and finish time for your program and or activity so the next program can start on time. There may be times when your program will be pre-empted for a special events or be cancelled due to unforeseen circumstances. *Your patience and understanding are greatly appreciated.*



GENERAL WORKSHOPS



Snooker Beginner Basic Skills

Tue, Mar 18 - Apr 8 9 - 10 a.m.
948117 Members \$13.50

Ancient Art to Ancient Egyptian Art

Mon, Apr 7 - Jun 23 4 - 6 p.m.
949167 Members \$130

Getting Started on Writing your Life

Sat, Apr 12 10 a.m. - 2:30 p.m.
947217 Members \$30

Collage: Mixed Media

Thu, Apr 17 - May 8 3 - 5 p.m.
949168 Members \$70

Our Changing Environment

Join UBC Professor Emeritus, Angus Gunn for a riveting discussion about the interesting changes that are happening around us.

Instructor: Angus Gunn.

Thu, Apr 17 - May 8
10:30 - 11:30 a.m.
949217 Members \$9

NEW GARDENING CLUB

We are excited to be starting a new gardening club at the Seniors' Centre to get our hands in the dirt, expand our gardening knowledge and make new friends. With 600 cubic feet of rich soil and a bright sunny location, the garden beds adjacent to the Seniors' Centre are perfect for filling with edibles and flowers. Whether you are an experienced gardener or new to gardening, watch the newsletters and bulletin board for more information on dates, times and activities. We will be launching our Garden Club with a presentation by Senga Lindsay on the latest trends in gardening. She is an award-winning landscape designer, TV personality, educator and author of a new book 'Edible Landscaping—Urban Food Gardens That Look Great'. See page 8. *More details about Gardening Club Meetings will be available soon.*



Got Gardening Questions?

Master Gardeners will be at the Centre to answer any gardening questions on Thursday, April 10, May 1, June 5, July 3, August 7 and September 4 from 11 a.m. to 2 p.m. outside the Café. Come ask them any questions you may have.

GENERAL INFO — ”

Kidney Disease Targeted Screening for Kidney Health Funded by the Kidney Foundation of Canada, BC Branch.

March is Kidney Month and this innovative targeted screening program for those at risk of developing kidney disease. To be eligible for this free screening opportunity you must fall into one or more of the at-risk categories see the front desk. *Registration required.*

Thursday, March 27 from 12:30 - 4:15 p.m., N/C

LECTURES

Great Performers: George Shearing/Ivor Novello

Biography of their life by Neil Ritchie.
Mon, Mar 24 1:30 - 3:30 p.m.
953320 Member \$8

Opera Preview: Don Carlo

Mon, Mar 31 1:30 - 3:30 p.m.
923969 Drop-in \$2.25

Great Performers: Luciano Pavarotti

Mon, Apr 28 1:30 - 3:30 p.m.
953321 Members \$8



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Stroke Prevention Seminar

Are you at risk? Come for an information session about stroke risks and prevention featuring Lori Baker RN, and Dr. Simon Bicknell. Learn about the latest research, get advice on reducing your risk and find out about the treatment process. *Part of registration fee will be donated to Lions Gate Hospital Foundation.*

Mon, Mar 10 2 - 3:30 p.m.
959871 Member \$3

Chronic Pain Management Workshop

Thu, Apr 24 6:30 - 8:30 p.m.
954167 \$2



Ins & Outs of Planting Dahlias

Thu, Apr 3 1 - 3 p.m.
948340 \$15

iPAD HELP

A student from Capilano University will be on hand to answer your questions one-on-one. This is not a course, but you will have a half hour to ask questions and get help. For more details and to register, see the front desk.



Get Energized for the Gardening Season with Senga Lindsay

Senga Lindsay is an award-winning landscape architect who specializes in designing ecologically sensitive projects that integrate edibles as ornamentals. Ms. Lindsay will be sure to energize us for the coming gardening season when she speaks on some of the latest gardening trends including growing edibles in containers. *Senga's book will be available to be signed and for cash purchase.*

Wed Apr 9 10:30 a.m. - 12 p.m.
960617 Drop-in \$2.25

Dehydrating Vegetables and Fruits

Thu, Apr 10 1 - 2 p.m.
948345 \$15

INFO

CONGRATULATIONS to Debra Croft for winning the Tied Quilt Raffle!



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.

MARCH

Mar 2 Moulin Rouge

Mar 9 Stardust

Mar 16 Silver Linings Playbook

Mar 23 The Butler

Mar 30 Before Sunrise



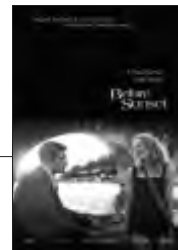
APRIL

Apr 6 Before Sunset

Apr 13 Before Midnight

Apr 20 12 years a Slave

Apr 27 Love is all you need



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Outreach Coordinator

Joni Vajda

jvajda@westvancouver.ca

KEEPING CONNECTED PROGRAMS

The Seniors' Activity Centre offers 14 programs to support older seniors live independently. These fun classes are a wonderful opportunity for seniors to meet old friends and new friends and to gain confidence in their connections with their community.

Program offerings include:

Stepping Out Bus Trips, Men's Club, Strollers Mall Walking, Men's Walking Club, Ladies Social Club, Current Conversations Groups, Lunch and Learns, Music Sing-a-longs, Art Workshops and Mild Chair exercise classes. If you know of someone who would benefit from these programs and support, please call Joni at the outreach office, 604-925-7211.

SENIORS SUPPORT PROGRAMS

Keep on Moving

This is a great class for men who are wanting to keep active but are experiencing physical challenges. Works on strength, stretching, balance and core. *Register at any time, contact Joni.*

Eye Deal

Support Program for people with vision impairment. Meets the 3rd Monday of every month to discuss issues and listen to interesting guest speakers.

Mon, Mar 17, Apr 28
Drop-in \$2.25



Keep Well

Program aims to promote the well being of seniors through free fitness and personal care services, run by volunteers. Mild exercise from 9 - 10 a.m. followed by hands on program from 10 - 11:30 a.m. *For more info, contact the Keep Well Society at 604-988-7115 ext 27.*

The Balance Class: Falls Prevention Program

This program will help frail seniors feel stronger and more confident about walking. *First time participants must attend a 20 minute assessment, call to arrange a time.*

Balance Assessment

April 2 **948621** \$11.20

Better Balance Level 1

Mon/Wed, April 21 - June 11
11:30 a.m. - 12:30 p.m.

948619 \$201

Better Balance Level 2

Mon/Wed, April 21 - June 11
10:30 - 11:30 a.m.

948620 \$201

LINKS to Healthy Living

LINKS—Living independently n' Keeping Social—is a program that helps older adults stay connected to programs and activities in their community.

LINKS trained volunteers are matched with seniors, assisting them with transportation and recreational options, the registration process and initial stages of participation.

If you know of someone who needs assistance to remain connected to their neighbourhood, please contact Robyn McGuinness at 604-925-7289.

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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.

MEETING

Pitch 'n' Putt Golf: Join us for an information and planning meeting: Thursday March 27, 11 - 12 p.m.



The golfers are looking for new members who enjoy to meet new people and have fun playing Par 3 golf. The Golf Group goes to a different golf course every week. Every Thursday they play at their home course at Ambleside. Come for the bus ride. *For further information, please contact John Lait.*

Monday Cycling

Join us for weekly social rides of max. of 4 hours at a pace of about 15 - 18 km/hr, with a stop for coffee.
Mon, Apr 7 - Nov 24 9 a.m. - 1 p.m.
948035 Members \$12 (incl GST)



Ramblers Annual Registration

New members are welcome, but need to be able hike at a moderate level for 5 hours. For more info, contact jlait@westvancouver.ca.
Mon, Jan - Dec 10 a.m. - 3 p.m.
926871 Members \$12



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. It's recommended you bring spare clothes and something to sit on. New hikers please contact John for more info.
Tue/Thu, Jan - Dec 9 a.m. - 4 p.m.
947617 Members \$12 (incl GST)



Pitch 'n' Putt Golf

The WV Seniors' Activity Centre Pitch 'n' Putt Golf programme begins in April at Ambleside Part 3 course. Group meets on Mondays and Thursdays. Starting in May, Mondays are bus trips to various courses throughout the lower mainland. When Monday is a holiday, the group will only golf on Thursday that week. This is the annual membership; please pay separately for each individual bus trip. The tournament and luncheon will be on Thursday, September 11, 2014. Newcomers welcome. Bus and Golf schedules available on line at westvancouver.ca or at the SAC.
Mon/Thu, April - Sep 9 a.m. - 1 p.m.
947576 Members \$10 (incl GST)

Norwest Cycle Annual Registration Program is full.

For more information contact jlait@westvancouver.ca

INFO

FRAUD AWARENESS INFO TABLE with the West Vancouver Police On Tuesday March 25 from 11 a.m. - 1 p.m. in the hall outside Café. Come check it out!



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.**

Partly Accessible

Rio Restaurant – Denman Street

Come celebrate Fat Tuesday Mardi Gras style at a Brazilian Steak house. Meat served on swords. Transportation and all you can eat lunch included. Beverages are your own responsibility.

Tue, Mar 4 11:15 a.m. – 1:30 p.m.
957943 Members \$25
 (incl GST & Gratuity)



Partly Accessible

Bistro 101 – Granville Island

The Pacific Institute of Culinary Arts near Granville Island, Bistro 101 serves an amazing lunch by the students. Cost includes lunch, taxes/gratuity and transportation. Lunch will include an appetizer, lunch and dessert.

Thu, Mar 6 10:45 a.m. – 2:30 p.m.
959117 \$34.13
 (incl GST & Gratuity)

Partly Accessible

Metrotown Mall

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

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

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Partly Accessible

Bloedel Conservatory

Come escape the weather outside and walk in a warm and inviting forest under the dome. Bring your camera and take photos of the plants, birds and butterflies.

Wed, Mar 12 9:45 a.m. - 2 p.m.
959617 Members \$15 (incl GST)

Not Accessible

Whistler Day Trip

Catch our bus for a day trip to Whistler. Once you're up there you can ski, shop or dine, whatever you choose. Our driver will drop you in a central location to all the amenities. Trip involves walking, and the ground can be uneven.

Thu, Mar 13 8 a.m. - 6 p.m.
959618 Members \$45 (incl GST)

Partly Accessible

Museum of Anthropology

Join us for a guided tour of the Museum. We will visit the "The Marvelous Real: Art from Mexico", as well as other collections from this world class museum.

Fri, Mar 14 12:15 - 3:30 p.m.
959068 Members \$22 (incl GST)



Partly Accessible

Fabricana & Lunch in Steveston

We will voyage to Fabricana on Garden City road in Richmond and spend an hour checking out the fabrics and interior design supplies. We will then go to Steveston for shopping and or lunch. Cost is for transportation only.

Tue, Mar 18 11 a.m. - 3 p.m.
959619 Members \$10 (incl GST)

Partly Accessible

Troy Oppr: British Sweets Chilliwack and 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 sightseeing. This tour includes a traditional high tea lunch served in the comfortable Dickens garden court.

Thu, Mar 20 7:30 a.m. - 8:30 p.m.
919573 Members \$79 (incl GST)

Partly Accessible

Dr Sun Yat-Sen Classical Chinese Garden

Step into our doors and out of your daily life as your heart and mind relax and energy renews. Journey back in time to 15th Century China and enjoy this window to another world. Breathtaking—rain or shine.

Fri Mar 21 12:30 - 4 p.m.
959668 Members \$15 (incl GST)

Partly Accessible

Oakridge Mall

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

Sat, Mar 22 10:15 a.m. - 2 p.m.
948021 Members \$10 (incl GST)



Partly Accessible

Casino Trip - Grand Villa Casino

Lots of slot action and table games. Bring your casino "Encore" card for added benefits.

Thu, Mar 27 9:45 a.m. - 3 p.m.
947624 Members \$10 (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.

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

next phase:
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.

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

MAR Monday **Turkey Schnitzel** with Ham & Gouda, Mashed Potatoes, Mexican Corn
 3-9 Tuesday **Asparagus & Bacon Quiche** with Caesar Salad
 Wednesday **Hungarian Goulash** with Roasted Potatoes, Vegetables
 Thursday **Mediterranean Chili** with Garlic Toast, Salad
 Friday **Seafood Newburg** with Rice, Vegetables
 Saturday **Chef's Special**
 Sunday **Sunday Brunch** at the Café

MAR Monday **Stuffed Salmon Boats** with Hollandaise, Rice Pilaf, Salad
 10-16 Tuesday **Beef Meatloaf, Mushroom Gravy** with Potatoes, Vegetables
 Wednesday **Chicken Cacciatore** with Pasta, Salad
 Thursday **Perogies and Cabbage Roll** with Sour Cream & Tomato Garnish
 Friday **Battered Cod** with Oven Fries, Tartar Sauce, Coleslaw
 Saturday **Chef's Special**
 Sunday **Chef's Special**

MAR Monday **Spanish-style Pork Chops** with Rice, Steamed Broccoli
 17-23 Tuesday **Beef & Vegetable Stew** with Mashed Potatoes, Salad
 Wednesday **Chicken Curry** with Fruited Rice, Green Beans
 Thursday **Penne** with Mediterranean Roasted Vegetable-style Sauce, Salad
 Friday **Dilled Shrimp** with Farfalle, Tossed Salad
 Saturday **Chef's Special**
 Sunday **Sunday Brunch** at the Café

MAR Monday **Home-made Pork Schnitzel** with Warm German Potato Salad, Braised Red Cabbage
 24-30 Tuesday **Beef Stroganoff** with Broad Egg Noodles, Harvard Beets
 Wednesday **Breaded Beef Liver** with Roasted Onions, Gravy, Mashed Potatoes, Vegetables
 Thursday **Spinach & Four Cheeses Quiche** with Mixed Greens
 Friday **Baked Cod** with Rustic Tomato Vegetable Sauce, Roast Potatoes, Salad
 Saturday **Chef's Special**
 Sunday **Chef's Special**

MAR 31 Monday **Teriyaki Chicken Leg** with Rice, Mix Vegetables

MARCH DINNERS

Tuesday, March 4
Lamb & Vegetable Stew with Mashed Potatoes, Dinner Roll, Salad

Thursday, March 6
Hawaiian Roasted Chicken with Yukon Gold Mashed Potatoes, Green Peas

Tuesday, March 11
Pork Tenderloin Red Wine & Wild Mushroom Sauce with Roasted Potatoes, Vegetables

Thursday, March 13
Baked Salmon & Tiger Prawns with Roasted Potatoes, Fresh Asparagus

Tuesday, March 18
St. Patrick's Day Dinner
Beef & Guinness Pie with Baked Cabbage and Bacon

Thursday, March 20
Roast Turkey with all the Trimmings

Tuesday, March 25
Sockeye Salmon Roll with Artichoke and Spinach, Rice Pilaf, Ratatouille Nicoise

Thursday, March 27
Roast Beef & Yorkshire Pudding Dinner

GARDEN SIDE CAFÉ

APRIL PREVIEW

APR 1-6
Tuesday **Spaghetti Bolognese** with Garlic Toast, Salad
Wednesday **Pork Cutlet** with Mushroom Sauce, Roast Potatoes, Vegetables
Thursday **Caesar Salad** with Prawns, Garlic Toast, Fresh Fruit Garnish
Friday **Curried Basa** with Rice Pilaf, Mixed Vegetables
Saturday **Chef's Special**
Sunday **Sunday Brunch** at the Café

APR 7-13
Monday **Ginger Beef** with Rice Pilaf, Stir Fry Vegetables
Tuesday **Turkey a la King** with Mashed Potatoes, Vegetables
Wednesday **Quiche Lorraine** with Caesar Salad
Thursday **Roast Beef Dip au Jus** with Oven Fries, Coleslaw
Friday **Lemon Pepper Sole** with Lemon Wedge, Roasted Potatoes, Green Beans
Saturday **Chef's Special**
Sunday **Sunday Brunch** at the Café

APR 14-20
Monday **Breaded Beef Liver** with Roasted Onions, Gravy, Mashed Potatoes, Vegetables
Tuesday **Pork Chops in Guinness Stout Gravy** with Roasted Leeks, Mashed Potatoes
Wednesday **Vegetarian Chili** with Cornmeal Muffin, Tossed Salad
Thursday **BBQ Chicken Leg** with Roasted Potatoes, Red Beet Potato and Onion Salad
Friday *CLOSED - GOOD FRIDAY*
Saturday **Chef's Special**
Sunday *EASTER BRUNCH includes eggs benny, champagne and OJ and more.*

APR 21-27
Monday *CLOSED - EASTER MONDAY*
Tuesday **Stuffed Salmon Boats** with Hollandaise Sauce, Rice Pilaf, Mix Vegetables
Wednesday **East Coast Pepper Steak** with Potatoes, Vegetables
Thursday **Salisbury Steak** with Mashed Potatoes, Vegetables
Friday **Baked Pollock** with Ratatouille Nicoise, Rice Pilaf
Saturday **Chef's Special**
Sunday **Sunday Brunch** at the Café

APR 28-30
Monday **Chicken Cacciatore** with Rice, Salad
Tuesday **Broccoli, Cheddar & Onion Quiche** with Tossed Salad
Wednesday **Beef Stroganoff** with Broad Egg Noodles, Harvard Beets

APRIL DINNERS

Tuesday, April 1
Pacific Wild Salmon with Shrimp Hollandaise, Rice Pilaf, Steamed Fresh Asparagus

Thursday, April 3
Bacon-Wrapped Beef Tenderloin with Baked Potatoes, Sour Cream and Chives, Vegetables

Tuesday, April 8
Lamb Shepherd's Pie with Gravy, Fresh Seasonal Vegetables

Thursday, April 10
Roast Turkey with all the Trimmings

Tuesday, April 15
Coq au Vin with Mashed Potatoes, Green Beans Almondine

Thursday, April 17
Happy Easter Dinner
Tangerine-Glazed Easter Ham with Baby Carrots, Scalloped Potatoes

Tuesday, April 22
Pork Medallions with Dijon Sauce, Roasted Yukon Gold Potatoes, Fresh Seasonal Vegetables

Thursday, April 24
Roast Beef & Yorkshire Pudding Dinner

Tuesday, April 29
West Coast Seafood Platter (Salmon, Cod, Prawns) with Rice, Lemon, Fresh Seasonal Vegetables

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

2014 FLEA MARKET

SUN, APRIL 6
9 A.M. TO 3 P.M.

WEST VANCOUVER
ARENA
786 22ND STREET



Drop-offs will be accepted at the Arena starting on March 25 between 9 a.m. and 3 p.m. **Pick-ups** will begin March 26. No items will be accepted after April 3 at 3 p.m.

We are looking for gently used household items that are clean and saleable. This includes: clothing, antiques, collectibles, jewellery, artwork, kitchenware, furniture (that's not too large/heavy), toys books, and odds and ends.

We do not accept: computers, mattresses/futons, old rugs, children's car seats/cribs, old ski equipment, screen doors, large appliances, older couches or bed chesterfields, TVs (5 yrs+), exercise bikes, large filing cabinets, large stereo furniture sets, electric organs, encyclopedias, National Geographic Magazines, tires and older patio furniture or suitcases.

Members with wheelchairs and walkers can gain access to the Flea Market on Saturday, April 5 from 10 a.m. - 12 p.m. Please register at the Seniors' Activity Centre front desk after March 3. To gain access, you must pre-register and show your current membership card at the door. One assistant per person. All assistants must also pre-register.

DONATIONS NEEDED
FOR INFO PLEASE CALL
604-925-7280

westvancouver.ca/seniors

west vancouver



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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 Facility will be closed on
Friday, April 18 – Good Friday
Monday, April 21 – Easter Monday

WESTVANCOUVER.CA/SENIORS

SENIORS' ACTIVITY CENTRE

EASTER BRUNCH

SUN, APR. 20
11 A.M. – 1:30 P.M.

MEMBER PRICE | \$10
REGULAR PRICE | \$13

SOUP | *Seafood Chowder/Spinach Watercress*

ENTRÉE | *Eggs Benedict (English Muffin, Smoked Salmon or Ham, Scrambled Egg Patty, Hollandaise Sauce, Glass of Sparkling Orange Juice)*

ADDITIONAL EGG BENEDICT | \$3.75
Price does not include Soups, Desserts or Beverages.

westvancouver.ca/seniors

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