



14

MAY - JUNE

SENIORS' SCENE

UPCOMING EVENTS

DANCES

May 22 & June 26

HERITAGE CHOIR SPRING CONCERT

May 25

COMMUNITY DAY

Is coming up June 7



VISIT US ONLINE
WESTVANCOUVER.CA/SENIORS

westvancouver

The
#1 escorted tour
company in the lower
mainland!



AGELESS ADVENTURE

tours

A division of Mandate Tours & Transportation Inc.

(604)
542-5566

Call for a FREE
tour brochure

NEW for 2014

15 All New or Redesigned tours
for 2014 including:

SOLD OUT Okanagan Wine Getaway

Colorado Rocky Mtn. Railroads

2nd date added B.C. Waterways & Rail

Guy's Fishing Getaway

SOLD OUT Canadian Maritimes

Tuscan & Umbrian Countryside

Branson, Music City

Holiday Express, Amtrak Leavenworth

Christmas in New Mexico ...

and more

Our tours
offer diverse
sightseeing,
comfortable
accommodations,
quality meals,
smaller group
sizes & more
inclusions.

More than 40
exciting tours
this year making
2014, "the" year
to discover your
own backyard.

Colorado Rocky Mountain Railroads



West Coast of Vancouver Island



Stay 'n
Play

Spectacular Gardens of Victoria

Finnerty, Jewel, Four Seasons, Govt. House
Jun. 16 - 19 7 incl. meals Dbl: \$1,039

Colorado Rocky Mtn. Railroads

Leadville, Durango, Silverton, Royal Gorge ...
Jun. 23 - Jul. 1 15 incl. meals Dbl: \$3,529

Stay 'n
Play

West Coast of Vancouver Island

Alberni Inlet Cruise, Long Beach, Tofino
Jun. 24 - 27 6 incl. meals Dbl: \$1,019

Sooke, P. Renfrew, Salt Spring Isl

Pacific Spirit Marine Circle tour
July 2 - 5 7 incl. meals Dbl: \$1,139

Yukon NWT

Inuvik & Tuktoyaktuk
July 6 - 18 26 incl. meals Dbl: \$6,199

#260 1959 152nd Street, Surrey



www.mandatetours.com

BC reg. #2599



Prices include home pick-up
and all taxes



revera
Retirement Living

Live Your Life

You like your life just the way it is, so isn't it comforting to know that you can keep doing the everyday things you enjoy at Revera - Hollyburn House? Here you can live life your way.

- Studios, 1 & 2 bedroom suites
- Chef-prepared meals & menu options
- Recreation & leisure programs
- Full range of hospitality, assisted living & care services available

Call about your
complimentary meal
and tour today!

Hollyburn House

2095 Marine Dr
West Vancouver
604-922-7616
reveraliving.com



**AGE IS
MORE**

Working together
to overcome ageism.
Visit AgeIsMore.com



MESSAGE FROM THE ADVISORY BOARD CHAIR

When I first got involved at the Seniors' Activity Centre I could hardly believe what active, bright individuals there are in West Vancouver that I really did not know. Now that I am a *senior* I realize it is really a mindset. I don't feel old—well, there are maybe a few extra wrinkles I don't like—but seeing people who are in their eighties and nineties (and older) playing duplicate

bridge, exercising, volunteering and going on field trips, I realize I have many productive, fun years ahead. Being active at any age is important for one's health and we are very fortunate that our Activity Centre and its caring staff are here for us. The spring season is here, the warm weather is around the corner and we will soon have gardening and other outdoor activities available. Sign up now, meet new friends and continue an active lifestyle.

By the time you read this, the annual Flea Market, our major fundraiser will be over. A special thank you to Joan Townsend and Karen Hardie, co-chairs of the Flea, and the many volunteers who have made this event so successful.

Sheilah Grant

Chair, Advisory Board



MESSAGE FROM THE COMMUNITY RECREATION MANAGER

Thank-you to the hundreds of people who contributed to our annual Flea Market, and the 1,000's of shoppers who helped create the largest fundraiser of the year! Each year the Advisory Board decides how best to make a difference in the lives of our members with these funds; please stop by in the lounge and visit

the picture frame to see the purchases from the 2013 Flea Market.

I would like to extend a special congratulation to Fred Titcomb, a recipient of the 2014 BC Community Achievement Award, for his outstanding contribution of 75 years as a volunteer with the District of West Vancouver. Fred started as volunteer fire fighter and changed volunteer roles over the years until he got active with the Seniors' Activity Centre 35 years ago! If you have not met Fred stop by the main office and introduce yourself to our delightful 102 year old statistician who runs our office with a smile!

Put a little spring in your step at our Centre ... the most inspirational place on the North Shore!

Jill Lawlor

Community Recreation Manager

EXPERIENCE THE RIDE



Experience the Shuttle Bus on June 20 in the afternoon. Ride for free, see the sights, enjoy refreshments and a live band presented by and hosted at Amica!

E-NEWS

The Newsletter is a bi-monthly publication that we print and have available on-line.

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

Misplaced your hard copy of the newsletter? Visit to westvancouver.ca/seniors to view the Newsletter from your computer in colour. Did you also know we print and post on-line a two page update of things that are happening at our Centre?—It's called the E-news or Update. It often has last minute changes.

The E-news comes out in February, April, June, August, October, and December. If you sign up at the front desk, you can receive a copy of the E-news in your email inbox before it's available for pick up at the front desk.

For more information ask at the front desk or contact Caroline at cbrandson@westvancouver.ca to sign up to receive your copy.

FUNDRAISER & EVENTS



Thursday Night Dance

Dust off your dancing shoes and break out those ballroom moves to 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.

Gwen Gouchee

Thu May 22 6:30 – 9:30 p.m.
963368 Members \$8 (incl GST)

Band TBA

Thu Jun 26 6:30 – 9:30 p.m.
963369 Members \$8 (incl GST)

Fully Accessible

Vaudeville Dinner

Come join us for a dinner and show. Our Chef will be cooking up a great meal and the Vaudevillians will put on an hour long show. Feel free to dress up. See the front desk to pick your table and find out the menu.

Wed May 7 4:30 – 7 p.m.
965517 Members \$30 (incl GST)

Heritage Choir Spring Concert

Sun May 25 1:30 – 3:30 p.m.
936481 \$7.50



North Shore Chamber Orchestra

Join the North Shore Chamber Orchestra, consisting of 20 string instruments. They perform a variety of music from Baroque and Classical to Modern. Under the direction of Charles Inkman, cellist with the VSO.

Wed May 28 7 – 8 p.m.
938617 \$7.50



Community Day, June 7

The theme will be *Let's Play*.

Event will be at Ambleside Park and the parade route will only go to 17th street. If you are interested in helping out and walking in the parade representing the Seniors' Centre, contact Sylvia.



VOLUNTEERS



Coordinator of Volunteers & Newsletter

Caroline Brandon
 cbrandson@westvancouver.ca

A HUGE thank you to all the people to helped with the Flea Market. It's an amazing amount of work that raises money for the Centre. We really appreciate all the hours everyone puts in. THANKS SO MUCH.

Current Permanent Volunteer Shift Openings:

Busser _____ Wed, 12:30 – 3:30 p.m.

Server _____ Sat, 11 a.m. – 2 p.m.

Healing or Therapeutic Touch (Fall 2014)—*contact Sylvia if you're trained.*

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

Next Volunteer Appreciation Event will be a BBQ on July 15, Code 959873 to register.

The 5-Visit-Passes for the volunteers have arrived!

- » All 2013 volunteers and active volunteers are eligible to receive one pass.
- » Volunteers can pick up their passes from the front desks of: WVCC, GECC, SAC Cafeteria, AC and/or Vanessa Tong or Caroline Brandon.
- » Passes will be available at these locations from April 6 – 25. After April 25 volunteers can speak to Vanessa or Caroline directly about their pass.
- » Please register using code **945836** and write your name on the pass.

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.

FLASH MOB 2014



Have you heard about the Seniors' Flash mob that took place last summer?

If you did, you'll be happy to hear that it's on again this year! It's for anyone 55+ years whether you are in a wheelchair or can dance up a storm. *If interested, please contact Sylvia.*

MONDAYS

Coffee Talk

11 a.m. - 12 p.m.

n/c just pay for coffee
No talk May 19

Bridge Social

12 - 3 p.m.

Please come 10 min early to get a table. No partner needed.
No play May 19

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

Rummy Women Only

3:30 - 9:30 p.m.

Drop-in \$2.50

Table Tennis

2:45 - 5 p.m.

No play May 7; June 11

Computer Club

1:15 - 3:15 p.m.

(2nd & 4th Wed)
May 14, 28; June 11, 25

Garden Club

11:30 - 1:30 p.m.

Guest Speaker May 7 & June 25
See page 7 for details.

THURSDAYS

Keep Well

Chair Exercises

9 - 10 a.m.

Hands on
Wellness Clinic

10 - 11:30 a.m.

Stamp Club

12:30 - 3 p.m.

(1st + 3rd Thu)
May 1, 15;
June 5, 19

Table Tennis

6:30 - 8:30 p.m.

No play
May 22;
June 26

West Van Gogos

(Grandmothers)

6:45 - 8 p.m.

(1st Thu) May 8; June 5
Drop-in \$1
Proceeds donated

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.

Sound Advice

10 a.m. - 12 p.m.

(1st Fri)
May 2; June 6

Computers - Flight Simulator

10 a.m. - 12:30 p.m.

(2nd & 4th Fri)
May 9, 23; June 13, 27

Videography

1 - 3 p.m.

(2nd & 4th Fri)
May 9, 23; June 13, 27

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.

SUNDAYS

Table Tennis

11:15 a.m. - 1 p.m.

No play May 25

Coronation Street Chat

12:30 - 2:30 p.m.

May 25; June 29

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.

FITNESS PROGRAMS



Fitness Coordinator

Wendy Lewis

wlewis@westvancouver.ca

Move for Health Week

Monday, May 5 to Friday, May 9

Check out what's happening during *Move for Health Week*: Fill in a "Fitness Passport" to be entered in a draw for prizes and free fitness classes throughout the week at the Seniors' Activity Centre, the Community Centre and Gleneagles. The week will finish with a Fitness Fair in the Community Centre Atrium, Friday morning May 9th. Lots of activities and fun for everyone! *Look for posted events and pick up your fitness passport.*



Exercise—It's Never Too Late

We've all read the research that's been done regarding the benefits of regular physical activity. Everyone of every age and physical capability can and will benefit through exercise and fitness improving mental as well as physical well-being. Just a few minutes a day ... it's an investment worth doing.

Recent research indicates that:

- » Fit people react to difficult situations with less stress than inactive people.
- » Regular exercise programs have been found to prevent and reduce symptoms of many chronic diseases.
- » An active lifestyle promotes better sleep, better moods, and better self-esteem by increasing energy as well as social contact.

- » Aerobic exercise improves endurance and cardiovascular health while non-aerobic exercise improves strength in both muscles and bones and flexibility.

If you are new to fitness please don't hesitate to ask for information from Wendy on what program may benefit you and for those of you who are regular exercisers.

... keep on moving!

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. All Computer classes are instructed by Andrea MacDonald.

Lecture on Exploring: The Culture of the Net

Impress your grandchildren—learn about memes, YouTube cultural icons, and *going viral*. Explore net-specific language and *netiquette*. No device needed. Handout provided.

Thu May 8 1 – 4 p.m.
953367 \$42

Mac Tips & Tricks

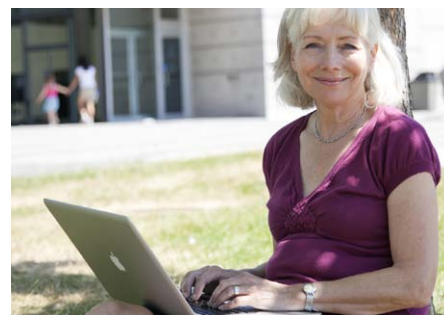
Ever wonder if you could be more efficient with your computer? Learn how to select multiple items, how to dictate rather than type, fill out forms faster, use gestures, and more!

Thu May 15 1 – 4 p.m.
953368 \$42

iPad/iPhone/iPod Touch only Tips & Tricks

Ever wonder if you could be more efficient with your device? Learn typing tricks, how to jump from one app to another, how to control your music, deal with a misbehaving app, use Emoji, and Siri. *Bring your charged device.*

Thu May 22 1 – 4 p.m.
953369 \$42



iPad/iPhone/iPod Touch only Q & A and Playtime

Make a list of what's troubling you and we will cover as many questions as possible in the first hour! In the next hour you'll learn about a free game called QatQi, also known as Scrabble Solitaire. *Bring your charged device.*

Thu May 29 1 – 3 p.m.
953370 \$28

GENERAL WORKSHOPS

Downtown Eastside Gardening Excursions

The YMCA is starting a new daycare for at-risk, 3-5 year olds in the old Woodward's building. They are planting vegetables in raised beds on a patio and have asked if Seniors' Centre members might like to garden with them. These gardening days will be arranged as field trips. Come to a garden club meeting if you would like to learn more. *Details TBA.*

Pauline Johnson School Gardening

Join a walking field trip to Pauline Johnson School to work with students in their gardens and in gardening-related classroom activities. Sign up through at the Garden Club meetings. No cost.

Keep Up On Garden Club Activities

Sign up for the Garden Club e-Newsletter by sending your name and email address to jsherrott@shaw.ca.

Acrylics w/ Gordon

Paint for leisure and enjoyment, the theme: happiness and joy. We will verge on the side of expressionism, pushing a little away from reality. Please bring your own supplies and images you would like to paint.

Instructor: Gordon Davies.

Please note new time!

Sat May 3	9 a.m. – 3:30 p.m.
Sun May 4	10 – 3:30 p.m.
936483	\$25

Spanish for Travelling: Intermediate

Must have taken Spanish for travelling in the past with Lucie. This is a 6 week course.

May 7 – Jun 11	10 – 11:45 a.m.
958917	Members \$18



NEW Gardening Club

We are excited to be starting a new gardening club at the Seniors' Centre on Wednesday 11:30 a.m. – 1:30 p.m. Whether you are an experienced gardener or new to gardening, watch the newsletters and bulletin board for more information on dates, times and activities.

Got Gardening Questions?

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

Community Gardening

Carole Christopher has a PhD in nutritional ecology and food policy. For over 25 years she has taught, advised the federal governments on food advertising to children, and worked with community groups to support urban agricultural activities. She will start discuss Canadian and Vancouver community gardening movements and frame short presentations given by various community gardening groups including Edible Garden Project, Ecourbia and other community school gardening groups.

Wed May 7	11:30 a.m. – 1:30 p.m.
968967	Drop-in \$10



Vegetable Gardening Secrets

James Spears is a vegetable gardener extraordinaire. Come learn his secrets for keeping a vegetable garden full, even in the more difficult months, from fall to spring in Vancouver. James has learned to push the envelope in his garden where he grows Spanish saffron, wasabi, olives, okra, figs, quinoa and grapes and has even been able to harvest tomatoes in June.

Wed Jun 25	11:30 a.m. – 1:30 p.m.
968968	Drop-in \$7.50



TenderHelpers HomeCare

(604) 312 - 0798

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



www.tenderhelpershomecare.com



BRIGHT IDEAS!



Did you know we have an Ad Hoc Communications Committee that wants your bright ideas?

Not only is the committee looking for ways to get information out about our amazing programs and activities, they are looking for bright ideas from you, on how to make the programs and activities at the centre better. There are bright idea boxes located on the front desk, at the info desk by the Café where we are inviting you to submit your ideas. The bright ideas are posted with responses behind the information desk across from the Café. *Take a look!*

LECTURES

Nutrition—Myths & Reality and Exercise

We'll look at some of the new trends (soy products, coconut oil, and protein enriched foods) to see if they are right for our bodies. Barrie Chapman will speak about regaining and maintaining strength by exercising. Ellie MacKay will discuss nutrition.

Mon May 12 1:30 - 3:30 p.m.
951047 Members \$3

Fire Extinguisher Training

When is it safe to use a fire extinguisher? West Vancouver Fire Prevention Officer Marcia James will answer these questions and provide hands-on training. Participants will have an opportunity to extinguish a fire.

Wed May 28 11 a.m. - 11:30 a.m.
957917 Members \$3



Great Performers: Peggy Lee / Shirley Bassey

Join CBC Radio contributor Neil Ritchie as he shares with you, stories about these two women.

Mon May 5 1:30 - 3:30 p.m.
953322 Members \$8

Flowers Special Event & Party Flowers Workshop

Dazzle your dinner party guests with a hand-made floral arrangement! Supply list provided at registration.
Instructor: Margaret N.

Thu May 15 1 - 3 p.m.
948100 Members \$20



Flowers Hi-Style/Contemporary Floral Design Workshop

Learn floristry techniques and bring your flower arrangement. Supply list provided at registration as this is a hands on workshop.

Instructor: Margaret N.

Thu May 22 1 - 3 p.m.
948334 Members \$15

Opera Preview: Cunning Little Vixen

Usually seen as a fairy tale, this piece also provides us with a revealing insight into nature's struggle to survive the devastation of the footprint of humanity. Nicolas Krusek

Mon Jun 2 1:30 - 3:30 p.m.
972217 \$2.25

AN APPLE A DAY

There are so many apple varieties that if you were to eat an apple a day, it would take you over 27 years to try them all—*And more kinds are produced every year!*



LIVINGWELL
HOME CARE SERVICES INC

604.904.2397

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

301 - 1221 Lonsdale Avenue
North Vancouver, BC V7M 2H5

www.livingwellhomecare.ca

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.

MAY

May 4 Love is all you need

May 11 Philomena



May 18 March of the Penguins

May 25 NO MOVIE

Come to the Heritage Concert

JUNE

June 1 Diana

June 8 Book Thief

June 15 The Brothers Grimm

June 22 The Bride Wars

June 29 The Men Who Stare at Goats



Outreach Coordinator

Joni Vajda

jvajda@westvancouver.ca

Keeping Connected Program Presents:

THE MODERN PHONE BOOTH

Connect with your family face to face in other parts of British Columbia or the world with our help of Technology Professionals, Jennifer and Simon.

Book your appointment and come to the Centre to call family via SKYPE with support. You will receive your own ID card, an account and 20 minutes of SKYPE time to talk face to face over the computer.

Sunday June 1 1 – 4 p.m.

Monday June 2 4 – 6 p.m.

Cost \$15 (20 minutes)

For information please contact Joni at 604-925-7211.

KEEPING CONNECTED PROGRAMS

Are you a senior and becoming less physically and/or cognitively able? Then the Keeping Connected supportive programs are a good fit for you! We will pick you up if you live in the neighbourhood, provide reminder prone calls about programs and provide one-on-one support for your classes if needed.

There are 14 Keeping Connected programs offered each week and we are happy to be increasing these opportunities this spring. These new programs include a *Dinner Club* event, an *Art Workshop* and a *Fun & Games Day* weekly program. Staying active and involved in community programs will support your pursuit to live independently.

For information on the programs contact Joni at 604-925-7211.

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



AMICA™
at West Vancouver

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



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.



About 50 Ramblers were out on March 10 at the Fraser Foreshore.

Monday Cycling

Join us for weekly social rides.

Rides are 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 to hike at a moderate level for 5 hours. *For more information, please contact John at 604-925-7230 or 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.*

Tue/Thu, Jan - Dec 9 a.m. - 4 pm.
947617 Members \$12 (incl GST)



Pitch 'n' Putt Golf

**The WV Seniors' Activity Centre
Pitch 'n' Putt Golf Program starts in April at Ambleside Par 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 an annual membership; please pay separately for each individual bus trip. The *Tournament & 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
Apr - Sep 8:45 a.m. - 12 p.m.
947576 Members \$10 (incl GST)
No golf May 19, July 1, Aug 4 and Sep 1

Norwest Cycle Annual Registration—Full

For more information contact jlait@westvancouver.ca

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**

PERFORMANCES AND TRIPS

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

Partly Accessible

Casino Trips

Join us as we try our luck at the Casino. Enter your casino loyalty card number at registration for benefits like free slot play.

River Rock

Fri May 9 9:30 a.m. – 2 p.m.
947568 Members \$12 (incl GST)

Chances Casino Squamish

Fri Jun 13 10 a.m. – 4:30 p.m.
947569 Members \$15 (incl GST)

Partly Accessible

Saturday Outings

Join us for many local destinations for a little shopping, cafes & sightseeing:

Stanley Park Herons

Sat May 10 10:15 a.m. – 2 p.m.
948024 Members \$10 (incl GST)

Steveston Wharfs

Sat May 31 10:15 a.m. – 2 p.m.
948025 Members \$15 (incl GST)

Granville Island

Sat Jun 21 10:15 a.m. – 2 p.m.
948026 Members \$12 (incl GST)



Partly Accessible

Joy Brown Galiano Tours: Yellow Point and Chemainus

We will travel south of Nanaimo and have lunch in the famous *Crow and Gate Pub*. Afternoon tea will be served with time to look around the town of murals. We will also visit Yellow Point lodge and a glass studio located in an elegant garden estate.

Wed May 14 7:30 a.m. – 7:15 p.m.
958367 Members \$111 (incl GST)

Partly Accessible

Stars on Ice (Rogers Arena)

Olympic medalists Patrick Chan, Tessa Virtue and Scott Moir highlight a superstar ensemble of champions when the highly acclaimed production visits Rogers Arena.

Thu May 15 5 – 11 p.m.
962517 Members \$35 (incl GST)

Partly Accessible

Kay Meek: Fawlty Towers

Theatre West Van is proud to present three episodes from the iconic British comedy series, *Fawlty Towers*. Set in a dysfunctional Torquay hotel, presided over by Basil Fawlty, who is always trying to keep one step ahead of disaster.

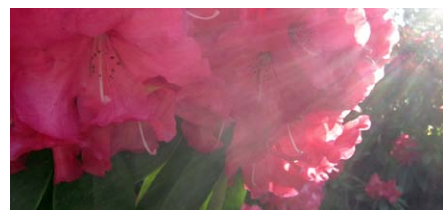
Sat May 17 1 – 4 p.m.
963718 Members \$22 (incl GST)

Partly Accessible

Enjoy Tour & Travel: Port Townsend (USA)

Visit the irresistibly charming Port Townsend in Washington State known for its Victorian buildings. The tour includes a guided tour of *The Rothschild House*, guided coach tour of the Victorian homes with a period costume historian, lunch at the century-old Manresa Castle and all ferry tolls. *Valid passport, Nexus enhanced ID required.*

Wed May 21 7 a.m. – 8:30 p.m.
949918 Members \$109 (incl GST)



Not Accessible

Garden Club Tours:

Greig Rhododendron Gardens

A trip set up for the Garden club to explore the stunning Greig Gardens.

Wed May 21 10 a.m. – 1:30 p.m.
968668 Members \$10 (incl GST)

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

HEALTH CARE

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

Not Accessible**Granville Gallery Art Tour**

Join Gordon Davis for a tour of the Granville Street Art Galleries. We will be visiting 8 galleries. There will be short presentation at each gallery. Lunch at the Omelettery (cost is on your own).

Wed May 28 9:30 a.m. – 3:30 p.m.
968667 Members \$14 (incl. GST)

Partly Accessible**Cultch: DVote**

DVote is an investigation by Gagnon and Bhattacharya into the dichotomies that separate devotion and submission, the profound and the profane, sexuality and spirituality.

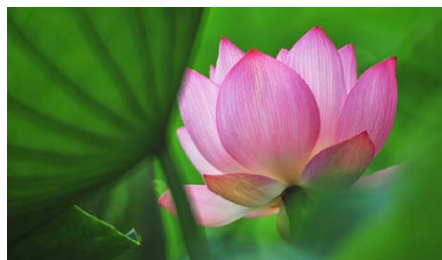
Thu May 29 6:30 – 11 p.m.
962367 Members \$49.35 (incl GST)

Partly Accessible**Stanley Theatre: Spamalot**

A new musical lovingly ripped off from the motion picture *Monty Python and the Holy Grail*. Whether or not you've seen the movie that inspired it, Spamalot will make you laugh-a-lot. Tickets are limited, contact John at 604-925-7230.

Wed Jun 4 12:30 – 4 p.m.
959768

Member *Transportation + Ticket* \$68.25
 Member *Bus Only* \$13.65

**Partly Accessible****Nitobe Memorial Gardens: UBC**

Join us for a guided tour of Nitobe Gardens at UBC. These magical gardens are steeped in tradition. Our guide will demystify the amazing landscape.

Fri Jun 6 10:15 a.m. – 1:30 p.m.
969233 Members \$20 (incl. GST)

**Not Accessible****Aqua Bus Tour of False Creek**

Join us as we take a 40 min. cruise around False Creek. You will then have 90 min. to have lunch at the Edgewater Casino (your own cost), play the slots or just enjoy the sun and seawall.

Thu Jun 12 10:15 a.m. – 1:30 p.m.
969317 Members \$15

Not Accessible**Enjoy Tour & Travel: Washington State's Most Scenic (USA)**

Discover *Deception Pass, Chuckanut Drive* and *Whidbey Island*. Finish the day in Langley (US). The tour includes a generous picnic table lunch and free time to explore stores, galleries and boutiques. Complete the day with a scenic ferry ride from Clinton to Mukilteo Landing. *Valid passport, Nexus or enhanced ID required.*

Thu Jun 12 8 a.m. – 7:30 p.m.
949919 Members \$89 (incl GST)

Partly Accessible**Joy Brown Tours:****Salt Spring Island Market**

The Saturday Salt Spring Island Market has been voted one of the best markets in Canada. Located in the heart of Ganges everything at the market must be made or grown on Salt Spring. We will have Afternoon Tea in a local colourful cafe in Fulford on Salt Spring with time to visit this lovely village.

Sat Jun 14 10 a.m. – 9:30 p.m.
948566 Members \$111 (incl GST)

Not Accessible**Garden Club Tours:****Stanley Park Rose Gardens**

A trip set up for the Garden club to explore the stunning Rose Gardens.

Wed Jun 18 10 a.m. – 1:30 p.m.
968717 Members \$10 (incl GST)

Partly Accessible**Domain de Chaberton Wine Tour**

Join us for a tour of *Domain de Chaberton Winery*. Before the tour we will have lunch at Bacchus, their amazing restaurant. Cost includes transportation, admissions/tour and tasting costs, lunch and gratuity.

Thu Jun 19 10 a.m. – 3 p.m.
969267 Members \$26 (incl GST)

**Partly Accessible****Joy Brown Tours:****Squamish Sea-to-Sky Gondola**

Newly opened Gondola is a comfortable 10 min. ride up the sheer face of the Squamish Chief. At the top are viewing platforms, easy walking trails, the Sky Pilot Suspension Bridge and the beautiful Summit Lodge where you can relax while enjoying the panoramic views. Lunch and dessert are served in a lovely restaurant in Squamish.

Tue Jun 24 9:45 a.m. – 4:30 p.m.
959367 Members \$111 (incl GST)

Partly Accessible**Queen Elizabeth Theatre: Wicked**

We are offering bus transportation to the Matinee showing of *Wicked*. Please purchase your tickets for the show on June 28, 2 p.m. by calling 800-889-8457.

Sat Jun 28 12:15 – 5 p.m.
966917 Members \$13 (incl GST)

Not Accessible**UBC Opera: Cunning Little Vixens**

Usually seen as a fairy tale, this piece also provides us with a revealing insight into nature's struggle to survive the devastation of the footprint of humanity. *UBC offers a lower cost opera experience. Purchase your tickets in advance 604.822.6725. Transportation only. See page 8 for related lecture.*

Sun Jun 29 12:30 – 5 p.m.
947640 Members \$10.50

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.*

MAY 1–4
Thursday Mediterranean Chili with Garlic Toast, Tossed Salad
Friday Baked Fish on Vegetables with Rice, Green Beans
Saturday Chef's Special
Sunday Sunday Brunch at the Café

MAY 5–11
Monday Hungarian Goulash with Roasted Potatoes, Vegetables
Tuesday Baked Chicken Teriyaki with Rice, Steamed Broccoli
Wednesday Pork with Paprika with Mushrooms and Sour Cream, Potatoes, Vegetables
Thursday Spaghetti and Meatballs with Garlic Toast, Salad
Friday Cod with Lemon with Garlic & Chives, Oven Fries, Coleslaw
Saturday Chef's Special
Sunday Mother's Day Special: BBQ Chicken with Caesar Salad, Ice Cream & Cranberry Punch (Members \$10)

MAY 12–18
Monday Beef Meatloaf with Roasted Leek Gravy, Mashed Potatoes, Harvard Beets
Tuesday Ham & Cheese Quiche with Caesar Salad
Wednesday Chicken Schnitzel with Warm Potato Salad, Braised Red Cabbage
Thursday Stuffed Salmon Boats with Lemon & Caper Sauce, Rice, Sautéed Zucchini with Onions and Peppers
Friday Seafood Newburg with Rice Pilaf, Salad
Saturday Chef's Special
Sunday Sunday Brunch at the Café

MAY 19–25
Monday CLOSED – VICTORIA DAY
Tuesday Chicken Cordon Bleu with Mashed Potatoes, Vegetables
Wednesday Spanakopita with Tzatziki, Roasted Potatoes, Baked Tomato
Thursday Beef Stroganoff with Pasta, Salad
Friday Breaded Sole with Lemon Wedge, Herbed Tartar Sauce, Mashed Potatoes, Mix Vegetables
Saturday Chef's Special
Sunday Sunday Brunch at the Café

MAY 26–31
Monday Pork Chops in Guinness Stout Gravy with Mashed Potatoes, Vegetables
Tuesday East Coast Pepper Steak with Rice, Vegetables
Wednesday Breaded Beef Liver with Roasted Onions, Gravy, Mashed Potatoes, Vegetables
Thursday Bacon & Swiss Quiche with Sliced Tomatoes on Lettuce
Friday Pollock Montreal with Roasted Potatoes, Salad
Saturday Chef's Special

MAY DINNERS

Thursday, May 1
Greek-themed Dinner
w/ Chicken & Prawn Souvlaki, Tzatziki, Roast Potatoes & Greek Salad

Tuesday, May 6
Sole Florentine w/ Hollandaise Sauce, Lemon Wedge, Rice Pilaf, Salad

Thursday, May 8
Vegetable Lasagna w/ Caesar Salad, Garlic Toast

Tuesday, May 13
Turkey Vegetable or Steak & Mushroom Pie
w/ Mashed Potatoes, Baked Squash

Thursday, May 15
Lamb Curry w/ Fruited Rice, Fresh Mix Vegetables

Tuesday, May 20
Honey Ham w/ Pineapple, Scalloped Potatoes, Mix Vegetables

Thursday, May 22
Pacific Wild Salmon
w/ Shrimp Hollandaise, Yukon Gold Mashed Potatoes, Vegetables

Tuesday, May 27
Coq au Vin w/ Mashed Potatoes, Green Beans Almondine

Thursday, May 29
Roast Turkey with all the Trimmings

GARDEN SIDE CAFÉ

JUNE PREVIEW

JUNE 1 Sunday Sunday Brunch at the Café

JUNE 2-8
Monday **BBQ Chicken Leg** with Rice Pilaf, Mix Vegetables
Tuesday **Swiss Steak** and Baked Potato
Wednesday **Pork Cutlet** with Creamy Mushroom Sauce, Mashed Potatoes, Seasonal Vegetables
Thursday **Cabbage Rolls** with Pierogies, Garlic Sausage, Tomato on Lettuce
Friday **West Coast Wild Salmon Burger** with Tartar Sauce, Coleslaw, Oven Fries
Saturday **Chef's Special**
Sunday **Sunday Brunch** at the Café

JUNE 9-15
Monday **Sweet & Sour Pork** with Rice, Steamed Broccoli
Tuesday **Mediterranean Chicken** with Pasta
Wednesday **Swedish Meatballs** with Parsley Potatoes, Seasonal Vegetables
Thursday **Spinach & Four Cheese Quiche** with Caesar Salad
Friday **Salmon Boats** with Lemon Wedge, Roasted Potatoes, Tossed Salad
Saturday **Chef's Special**
Sunday **Father's Day Special:** Steak Sandwich, Fries, Caesar Salad and Beer (Members \$12)

JUNE 16-22
Monday **Beef Bourguignon** with Lyonnais Potatoes, Vegetables
Tuesday **Spanakopitas** with Tzatziki, Lemon Wedge, Greek-style Potatoes, Tomato and Cucumber Salad
Wednesday **Chicken Schnitzel** with Roasted Potatoes, Zucchini with Onion, Tomatoes and Peppers
Thursday **Penne Bolognese (meat sauce)** with Garlic Toast, Salad
Friday **Battered Cod** with Tartar Sauce, Lemon Wedge, Oven Fries, Coleslaw
Saturday **Chef's Special**
Sunday **Sunday Brunch** at the Café

JUNE 23-29
Monday **Pork and Vegetable Stew** with Mashed Potatoes, Salad
Tuesday **Smoked Salmon and Green Onion Quiche** with Salad
Wednesday **Turkey Chili** with Romaine Salad, Cornmeal Muffin
Thursday **Breaded Beef Liver** with Roasted Onions, Gravy, Mashed Potatoes, Vegetables
Friday **Curried Basa Fish Filet** with Rice Pilaf, Salad
Saturday **Chef's Special**
Sunday **Sunday Brunch** at the Café

JUNE 30 Monday Beef Meatloaf with Roasted Leek Gravy, Mashed Potatoes, Green Beans

JUNE DINNERS

Tuesday, June 3
Veal Scaloppini
w/ Penne and Steamed Broccoli

Thursday, June 5
Moroccan Lamb Stew
w/ Roasted Red Potatoes and Green Beans Almondine

Tuesday, June 10
Italian Rustic Fire
Roasted Cod w/ Prawn Brochette, Roasted Potatoes and Ratatouille

Thursday, June 12
Southern-style BBQ
Pork Ribs w/ Mexican Rice, Baked Beans and Kernel Corn

Tuesday, June 17
Montreal Corned Brisket served w/ Dijon Mustard Sauce and Parsley Potatoes, Braised Cabbage

Thursday, June 19
Coq au Vin w/ Mashed Potatoes and Fresh Seasonal Vegetables

Tuesday, June 24
Sicilian Meatballs
w/ Fresh Basil Marinara, Spaghetti, Salad and Garlic Toast

Thursday, June 26
Madras Chicken Curry
w/ Fruited Rice and Green Beans

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



Helping Seniors Remain in the Home they Love!

Customized Home Care that Improves Lives!

Companion Care ♦ Live-In Care ♦ Home Support
Personal Care ♦ Nursing Care ♦ Appointments

**Call today for a FREE consultation
on all your home care options.**

604-998-1628 www.retireathomeNS.com

YourHealth. YourHome. YourChoice.

WEST VANCOUVER Community Day SATURDAY, JUNE 7

This year's theme is Let's Play!

FOR MORE DETAILS VISIT

westvancouver.ca/communityday

AmblesideMile begins: 9:45 a.m.

Parade begins: 10 a.m.

Ambleside Park fun: 11 a.m.-4 p.m.



**AUGUST
1-10, 2014**



ODLUM BROWN

presents

Harmony



Festival

CALLING ARTISTS FOR GROUP EXHIBITION DEADLINE: FRIDAY, JUNE 6

Be part of this community exhibition which takes place on Ambleside's beautiful waterfront. The festival invites all artists and groups to participate.

APPLY TODAY! Visit website for details.

harmonyarts.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 Facility will be CLOSED on
Monday, May 19 for Victoria Day.

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

SENIORS' ACTIVITY CENTRE

**MOTHER'S DAY
BRUNCH**
SUN, MAY 11
11 A.M. – 1:30 P.M.
MEMBERS \$10 | REGULAR \$13

Caesar Salad with BBQ Chicken, Garlic
Toast, Ice Cream Cup and Cranberry Punch

westvancouver.ca/seniors

**FATHER'S DAY
BRUNCH**
SUN, JUNE 15
11 A.M. – 1:30 P.M.
MEMBERS \$12 | REGULAR \$15.60

Steak Sandwich, Fries, Caesar Salad,
Glass of Domestic Beer (355ml)

westvancouver