IN THIS SCENE

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UPCOMING EVENTS

Robbie Burns Dinner
January 20
Chez Lou Valentines Dinner  February 10
Heritage Cream Tea  February 26
Flea Market  April 17

VISIT US ONLINE AT WESTVANCOUVER.CA/SENIORS
NEW in 2016

Cuba  SOLD OUT  Jan. 11 - 25
Maui & Kauai  Feb. 17 - 26

Downton Abbey  Series Finale  Mar. 6 - 7
Oak Bay Beach Hotel - come in period dress

Women's Wellness  Getaway  May 9 - 12
Tigh-Na-Mara Spa Resort, Parksville

Okanagan Wine Getaway  May 17 - 20

Portland Rose Parade  June 10 - 13

Princess Louisa Inlet  June 27 - 29
All new Float & Fly

Glacier & Waterton Lakes  July 3 - 9
Breathtaking Rocky Mountain Scenery

Historic Nootka Sound  July 27 - 29

Our tours offer diverse sightseeing,
  **** + accommodations wherever possible,
  quality meals, smaller group sizes & more inclusions

More than 27 years providing leisurely paced
tours of North America and beyond for lower
mainland seniors

NEW in 2016

Islands of the Salish Sea  Aug. 7 - 11
Cruise the San Juan & Southern Gulf Islands

Yellowknife, N.W.T.  Aug. 20 - 31

Across Canada by Rail  Aug. 30 - Sep. 8
First class cabin accommodations

Shuswap Wine Getaway  Sep. 6 - 9

Autumn in Quebec  Oct. 1 - 8
Montreal, Quebec City, Charlevoix Region

Albuquerque Balloon Festival  Oct. 6 - 13
700 Hot Air Balloons ascend in unison, the largest
in the world

History & Rythms of the South  Oct. 22 - 31
A perennial favourite brought back by demand

Mexico's Maya Riviera  Nov. 7 - 13

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MESSAGE FROM THE ADVISORY BOARD CHAIR
Welcome 2016. I do hope you all had a happy and healthy holiday season and are ready to welcome the New Year with renewed energy. We can all be very proud of our Centre as not only do we provide inspiring programs for all seniors regardless of their ability, our outreach program is the envy of many. And you can certainly help. We have many volunteer opportunities. As a New Year resolution why not volunteer in our cafeteria, whether it be making sandwiches, working the cashier or assisting guests at the Tuesday and Thursday dinners. Also consider helping those less agile than yourself by volunteering with our Keeping Connected Programs. And if you haven’t yet discovered any of our outdoor activities, why not try snowshoeing, hiking or just walking around the neighbourhood with new friends. Our drop-in programs may be just ideal for the timeframe you have available; activities such as bridge, knitting, stamp club or computer club.

The election of three new Advisory Board members is coming up!
Review the resumes of the candidates and be sure to cast your vote in early March. And finally, enjoy 2016 either by volunteering or participating and I guarantee you will have fun, meet new friends and get a new lease on life.

Sheilah Grant
Chair

MESSAGE FROM THE COMMUNITY RECREATION MANAGER
Happy New Year! I love the holidays it gives a chance to reflect and be grateful for all we have, such as our beautiful centre that is full of inspiring people. The New Year gives us a reason to make change and find ways to improve. Our incredible Communications Committee has done just that, researching over the past year what we could do in our Seniors’ Scene to make improvements. We have piloted a brand new center layout with information about our membership and sharing the stories of our programs! Also featured this month are the courageous members who have put their name forward for election to the Board! Over the next year the Committee has plans to make changes to improve the readability of our beautiful Seniors’ Scene. Please feel free to make suggestions in our new “You speak, we listen” box that was designed by the communications committee and built by our generous woodworkers. I am so very grateful to work with such amazing people every day! I love being part of this Centre and I am grateful for everyone who volunteers, participates and joins because you make our centre so inspiring!

I am excited to share the New Year with you, through our new programs, international meals, and coffee bar changes!!

Best wishes,
Jill Lawlor
Community Recreation Manager

ACCESSIBILITY

| Accessible to persons in wheelchairs* |
| Accessible to persons with scooters* |
| Accessible to persons with walkers* |
| Accessible to persons with cane |
| No limitation to hard of hearing. Assistive systems may be available. |
| Accessible to persons who are blind or visually impaired |
| Transport to the SAC w/ the SAC Shuttle Bus |

*As space is limited on the bus, please notify John Lait if you plan to bring a wheelchair, walker or scooter.

ENQUIRIES & ADVERTISING
If you have any questions related to this publication or would like to advertise in the Seniors’ Scene, call 604-921-3439.

SENIORS’ ACTIVITY CENTRE SHUTTLE BUS
Mon – Fri 8:45 a.m. – 3:45 p.m. Donations fuel the bus.
For schedules and details visit westvancouver.ca/seniors

In partnership with AMICA at West Vancouver
**E-NEWS**

The Seniors’ Scene newsletter is a bi-monthly publication that we print and have available online. The publications are as follows: Jan/Feb, Mar/Apr, May/Jun, Jul/Aug, Sept/Oct and Nov/Dec.

Did you know that we also print and post online an update of things that are happening at our Centre? This update is called E-news and it includes last minute changes and infos about items that have been added after the Seniors’ Scene publishing date.

The E-news comes out in Feb, Apr, Jun, Aug, Oct, Dec. Sign up at the front desk to receive your copy of the E-news before it’s available for pick-up at the front desk!

For details ask at the front desk or email seniors@westvancouver.ca to sign up to receive your copy.

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**FUNDRAISER & EVENTS**

**Robbie Burns Dinner**

_The Annual Robbie Burns Dinner._

A wonderful tradition at the SAC. Haggis, entertainment and much more. _Space is limited so register soon._

Wed Jan 20

5:30 – 9:30 p.m.

$30

**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. Fourth Thursday of the month. Cash bar in effect. Doors open at 5:30p.m.

**Bob York & the New Yorkers**

Thu Jan 28

6:30 – 9:30 p.m.

Members $9 (incl GST)

**The Sax of Us**

Thu Feb 25

6:30 – 9:30 p.m.

Members $9 (incl GST)

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**SAVE THIS DATE – SUNDAY, APRIL 17TH**

**OUR ANNUAL FABULOUS FLEA MARKET**

Don’t forget to save your treasures and give it to us 10 days before the event to sell. All funds come back to the Seniors’ Activity Centre.

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**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 3  Slum Dog Millionaire

Jan 10  Night Train To Lisbon

Jan 17  Mr. Turner

Jan 24  Far From The Madding Crowd

Jan 31  I’ll See You In My Dreams

**FEBRUARY**

Feb 7  Two Days One Night

Feb 14  The Longest Ride

Feb 21  Unbroken

Feb 28  NO MOVIE: Come to the Art History Lecture

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**Chez Lou: Valentines Dinner**

Join us for an amazing dinner in our beautifully appointed Marine room.

Wed Feb 10

5 – 7 p.m.

$30

**An Accidental Jazz Band Concert**

Under the leadership of professional director Melissa Hammer, _The Accidental Jazz Band_ comprises of amateur musicians of all ages. Some of our members are experienced community concert band players, who began rehearsing and playing jazz and big band music only in 2011, in West Vancouver’s Irwin Park School. The band is entirely self-supporting and we are pleased to perform for you tonight as a community service. They will be playing the music of Glenn Miller, Count Basie, Duke Ellington and Other Stars of the Big Band Era. Light refreshments included.

Wed Mar 2

7 – 8 p.m.

$3.50

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**MEMBER/PROGRAM PROFILE**

_**West Vancouver Seniors’ Activity Centre Ad hoc Communications Committee**_

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**YOU SPEAK WE LISTEN**

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

Not only is the committee looking for ways to get information out about our amazing programs and activities, they are also looking for bright ideas from you, on how to make the programs and activities at the Centre better.

_You Speak, We Listen_ boxes are located at the front desk and at the info desk by the Café. Take a look, and share your bright ideas!
WITH THE NEW YEAR, COMES NEW OPPORTUNITIES:
We have lots of positions for volunteers, so if you would like to give back to our Centre, we’d love to have you.
Please attend an orientation. The next course is Tuesday, Feb 2, 2016. There is no cost but registration is required;

Tue Feb 2 7 – 8:30 p.m. 1029702

PIANO PLAYER
The Dundarave Players are looking for a volunteer piano player. The Dundarave Players are looking for a pianist to accompany them as a substitute while their regular pianist is away.

FLEA MARKET
Save the Date – the Flea Market will take place on Sunday, April 17, 2016. We will be looking for volunteers to help at the Flea Market and during the 2 weeks prior to the sale, starting April 4th. Please contact Jackie if you are interested in volunteering.

Volunteer Appreciation
We are planning four events again this year to recognize volunteers. The first one will be an afternoon Volunteer Tea on Wednesday, February 17, from 2:30 – 4 p.m. in the Marine Room. All volunteers are welcome to attend and there is no cost but registration is required. Stay tuned for other events coming up throughout the year.

Wed Feb 17 2:30 – 4 p.m. 1029731

Volunteering is an important part of my life and a way to pay back to the community where I live. I have volunteered my whole life in many different areas and have always found it to be a positive experience. It is good for my mental well-being and keeps me young.

— A quote from one of our regular volunteers
Our Fitness Coordinators

Eric Bagnall
604-921-2169
ebagnall@westvancouver.ca

Sadie Harvey
604-925-7231
sharvey@westvancouver.ca

FITNESS PROGRAMS

Zumba® Gold
Zumba® is a high-energy, dance-fitness class that combines zesty Latin music like Salsa, Cha-Cha, Merengue, Cumbia, Rock and Roll, Flamenco and Tango with easy-to-follow moves! Join us for a 'feel-happy' workout that strengthens the heart, and improves balance, strength and flexibility. Laughter is guaranteed!

Seniors' Activity Centre
Mon Jan 4 – Mar 21 4:15 – 5:15 p.m.
1029604 $104
Fri Jan 8 – Mar 18 3 – 4 p.m.
1029605 $104

Yoga Beginner
New to yoga? Roll out your mat and join us! This class is geared towards people who have never practiced yoga before or have done less than ten classes. Focusing on breathing awareness, basic posture and body alignment, this class is a beautiful way to connect with your body as well as strengthen and lengthen your muscles.

Seniors' Activity Centre
Tue Jan 5 - Mar 29 5 – 6:15 p.m.
1029594 $73
Thu Jan 7 - Mar 31 5 – 6:15 p.m.
1029595 $73

Stretching for the Fit
Stretching is a very important component of your exercise regime. Stretching prevents injuries and increases the range of motion in your joints resulting in better and easier movement and increased flexibility and mobility. Stretches will require going down on the floor.

Seniors' Activity Centre
Jan 5 – Mar 29 4 – 5 p.m.
1029588 $39

Yoga Chair
Enjoy slow gentle movements as you stretch every part of the body and get a better range of movement. This class is ideal for those who cannot go on the floor as these yoga exercises have been adapted to be in the chair plus using the chair to stabilize yourself while stretching.

Dance & Fitness Studio at WVCC
Tue Jan 5 – Mar 29 11:45 a.m. - 1 p.m.
1029596 $73

Seniors' Activity Centre
Wed Jan 6 – Mar 30 12:15 - 1:30 p.m.
1029598 $67
Thu Jan 7 – Mar 31 10:10 - 11:25 a.m.
1029597 $73
Early Morning Energizer
Wake up with an energy-boosting cardio class—intermediate to advanced—that will increase your cardiovascular fortitude and tone your body! Start with 20 minutes of cardio exercise, followed by a routine with weights and bands, and end with a relaxing stretch. This program will involve some floor exercise.

Seniors’ Activity Centre
Mon Jan 4 – Mar 21  8 – 8:55 a.m.  1029578  $22
Wed Jan 6 – Mar 30  8 – 8:55 a.m.  1029579  $26
Fri Jan 8 – Apr 1  8 – 8:55 a.m.  1029580  $24

Balance & Gait
Train to maintain and improve the way your body moves and your ability to balance. As we age, these skills decline but with specific training and program design you will be able to maintain and even improve these abilities.

Seniors’ Activity Centre
Fri Jan 8 – Feb 12  10:15 – 11:15 a.m.  1033022  $19
Fri Feb 19 – Mar 18  10:15 – 11:15 a.m.  1033023  $16

Building Bones & Balance
It’s never too late to get stronger: you owe it to yourself! Strong bones build a solid foundation for improving balance, posture and confidence in everyday activities. Bone density and muscle mass are both affected by regular weight-bearing exercise. Get invigorated with a series of strength, balance and postural exercises, ending with a good stretch.

Dance & Fitness Studio at WVCC
Tue/Thu Jan 5 – Mar 31  9:10 – 10:10 a.m.  1029483  $84
Seniors’ Activity Centre
Wed Jan 6 – Mar 30  8:15 – 9:15 a.m.  1029481  $42
Fri Jan 8 – Apr 1  8:30 – 9:30 a.m.  1029482  $39

OsteoFit
This introductory exercise program, developed for individuals with Osteoporosis, combines small movements, relaxed sitting and work with very light hand-held weights and therabands.

Dance & Fitness Studio at WVCC
Tue/Thu Jan 5 – Mar 31  10:15 – 11:15 a.m.  1029484  $84

CHOOSE TO MOVE—BCRPA CHOOSE TO MOVE PROGRAM
A choice-based physical activity program that targets inactive older adults 65+.
Program participants receive support from Activity Coaches and have choices to increase their physical activity through participation in structured programs or through their own pursuits. Plans will be tailored to an older adult’s interests, abilities, income and available community-based physical activity opportunities. This support will occur through: one-on-one meetings, group meetings, and individual telephone calls. Please contact Sadie 604-925-7231 for details.
**PROGRAMS**

Program Coordinator
Sylvia Lung
slung@westvancouver.ca

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

**DROP-IN PROGRAMS**

**MONDAYS**

Coffee Talk 11 a.m. – 12 p.m.
No talk Feb 8  n/c just pay for coffee

Bridge Social 12 – 3 p.m.
Please come 10 min early to get a table
No partner needed, No play Feb 8

**TUESDAYS**

Knitting 10 a.m. – 12 p.m.

Cribbage 1:15 – 3:15 p.m.

Rummy 3 – 8:30 p.m.
Bombay Rummy w/ 13 cards

Poker 3 – 7 p.m.

**WEDNESDAYS**

Craft Group 9:30 a.m. – 12 p.m.

Rummy for Women 3 – 9:30 p.m.
Bombay Rummy w/ 13 cards

Computer Club 1:15 – 3:15 p.m.
(2nd and 4th Wed)
Jan 13, 27; Feb 10, 24
Website: wvsc.cc

Table Tennis 2:45 – 5 p.m.
No play Jan 20

**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 Jan 7, 21; Feb 4, 18

Table Tennis 5:45 – 7:45 p.m.

West Van Gogos (Grandmothers) 6:45 – 8 p.m.
Proceeds made are donated
Jan 4; Feb 4

**FRIDAYS**

Quilting Bee 9 a.m. – 12 p.m.
Make quilts for the Centre, n/c

Computers: Flight Simulator 10 a.m. – 12:30 p.m.
2nd & 4th Fri Jan 8, 22; Feb 12, 26

Sound Advice 10 a.m. – 12 p.m.
1st Fri of month Jan 8, Feb 5

Spanish Social Conversation 10 a.m. – 12 p.m.

**SATURDAYS**

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.

Mah Jong 1:30 – 3:30 p.m.

**SUNDAYS**

Coronation Street 12:30 – 2:30 p.m.
Jan 31, Feb 28

Table Tennis 10:15 a.m. – 12:15 p.m.

**EVERY DAY**

Supervised Snooker (Games Room)
Mon – Fri 9 a.m. – 4:30 p.m.
Drop-in $1/hour

If you are a Member and would like to play outside the supervised time please go to the office and leave your card. If the door is locked, ask for the key. When you have finished playing, give money to the office and get your membership card back. If you are the last one to leave please lock up the room.

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**NO ‘SCENT’ MAKES SENSE!**

When you can’t breathe, nothing else matters. Please refrain from using perfume, cologne or after-shave when coming into the Seniors’ Activity Centre. Your consideration of those who are sensitive to fragrances will be greatly appreciated!
**REGISTERED PROGRAMS**

**PROGRMS**

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**Badminton 55+**
A great way of exercising and meeting friends. New members of all levels are welcome to join us! Bring your own racquet. Birdies supplied.
Thu Jan 7 – Mar 31 10:15 a.m. – 12:15 p.m. 1012628 $42.25

**Cooking For Men**
Come and learn some simple menus to cook at home. We will concentrate on a different area each week: 1) Breakfast (more than just bacon and eggs), 2) Soups, 3) Entrees and 4) Vegetables. Cooking for healthy and yet delicious, affordable, meatless meals that taste good and are good for you.
Wed Feb 17 – Mar 9 4:30 – 7 p.m. 1033768 $125

**Drawing: A Way of Seeing w/ Judith Atkinson**
*Date and day change*
3-dimensional forms. Learn about the quality of line, through expressive gesture drawing, contour line, and tonal development showing form and mass leading to figurative studies
Mon Feb 1 – Mar 21 12:30 – 3:30 p.m. 1032867 $91

**French by Fafa**
This is an intermediate class where you will need to be able to converse a bit. Focus will be on conversation with a bit of vocabulary and grammar. Instructor Fafa M. No class Feb 8
Mon Jan 11 – Mar 21 9 – 10 a.m. 1056517 $35

**Garden Club**
The Garden Club membership includes their weekly lectures/events and discounted prices for trips. The club will start on March 24. See blog wvscgardenclub.blogspot.ca or bulletin board for information. Whether you are an experienced gardener or have never gardened, we welcome all to join this active group to grow edibles and flowers, hear speakers, plant hanging baskets, learn about container gardening, participate in workshops and go on field trips.
Thu Mar 24 – Aug 16 10:30 a.m. – 12:30 p.m. 1048522 $36

**NEW Theologian's Café**
You don't need to be a theologian or even a church/temple/mosque/meeting house-goer to participate. You just need to be interested! Express your view and listen to others on religious, spiritual and related topics. Moderated by John Slattery, an experienced moderator with degrees in Physics, Philosophy, Education and a diploma in Theological Studies. Meet once per month.
Thu Feb 11 2 – 4 p.m. 1048867 $2.25

**iPad/iPod Touch/iPhone Introduction**
Start with the basics! Tour your device and become familiar with its features: learn about privacy, security, typing tips, synchronization and settings. Other topics include the camera, mail, contacts, calendar, messages, reminders, the App store and more! Please bring your charged device with the latest version.
Thu Jan 14 – Jan 28 1 – 4 p.m. 1012648 $126
Thu Jan 21 – Feb 4 9 a.m. – 12 p.m. 1033467 $126

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**Snooker Beginners Basic Skills**
*Added class*
Interested in learning the basics of Snooker? This program is designed for anyone who would like to learn how to play! The program will be laid out as follows: Day 1) Cue selection, stance, cradles and basic stroke. Day 2) Cue ball strike zones, sighting and aiming. Day 3) Object ball strike zones, sighting and angles. Day 4) Basic rules of snooker. Instructor: Richard M.
Tue Mar 1 – 22 9 – 10 a.m. 1056117 $13.50

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**Theologian's Café: Religion & Spirituality**
Can one be spiritual without being religious? Can one be religious without being spiritual? Or are the two inseparable?
Thu Feb 11 2 – 4 p.m. 1048867 $2.25

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**Ukulele Beginners Class**
Learning a new instrument is one of the best ways to keep a healthy brain! Come and learn how to play this easy but fun instrument with Charles. Instructor Charles C. Please bring your own ukulele to the class. You can buy a decent ukulele for around $100 at Tom Lee or Long and McQuade.
Tue Feb 9 – Apr 12 10:30 – 11:30 a.m. 1012731 $60

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**Please bring your charged device with the latest version.**
* This denotes software that you have to obtain from the App store before class.
** This class requires you to update to the latest operation system, iOS9

Please look at the Leisure Guide or the board for further descriptions.
PROGRAMS

Safari for iPad, iPhone, iPod Touch Only
We will begin with a tour of Safari and learn basic search skills. We will then move on to tabbed browsing, adding bookmarks, using the reading list and reading view, sharing sites with friends, security issues, dealing with broken pages, and creating Home Screen buttons. Please update to latest version. Instructor: Andrea MacDonald.
Thu Fe 4 1 – 4 p.m. 1032829 $42

Pages for iPad (iPad only)*
It syncs with Pages for Mac and is fully compatible with Microsoft Word. Learn to use templates, enter and format text, save documents to your device or the Cloud, share documents, and more. Purchase and install app prior to class, costs $11.99. Instructor: Andrea MacDonald.
Thu Fe 11 1 – 4 p.m. 1012644 $42

Creating an Heirloom Cookbook
Cooking is a gift of love and family recipes, some passed down over decades, treasures to be cherished. In this class we will learn how to create your own beautiful heirloom cookbook for yourself or to share with family. iPad 2 and above users only. Bring your charged device and two recipes. Instructor: Andrea MacDonald.
Thu Fe 18 1 – 4 p.m. 1032830 $42

iPad Movies, T.V. and more
With a simple adapter you can hook your iPad up to your TV and watch television, movies and more! Learn about subscribing to Netflix, renting or buying from iTunes, watching free network TV and documentaries—and doing all of this legally! Bring your charged iPad with you. Instructor: Andrea MacDonald.
Thu Fe 25 1 – 4 p.m. 1012645 $42

LECTURES

Opera Preview: Madama Butterfly
Listen to Nicolas Krusek lecture and play music from this beautiful, heartbreaking and unforgettable opera by Puccini. Everyone welcome.
Mon Fe 1 1:30 – 3:30 p.m. Drop-in $2.25

Travel Smart: New Compass Card
This presentation by Translink encompasses the ‘Compass’ Overview: Where to get Compass products; how to use Compass Cards and Tickets; benefits of registering your Card. Translink representative on site to answer questions.
Mon Fe 22 1:30 – 2:30 p.m. 1057169 $3

Role of the Executor
Panel discussion on The Role of the Executor. There will be a lawyer, an accountant or financial planner/advisor and two lay executors. Find out what an executor’s responsibilities are and how your own estate planning can make the role of the executor less onerous. Brought to you by Lions Gate Hospital Foundation.
Mon Ma 7 1:30 – 2:30 p.m. 1029017 $3

Water-wise Garden
Jo-Ann Canning is a well-known and noted gardener. In the 1970s, the fledgling Rodale Press’s Organic Gardening magazine, inspired Jo-Ann to begin gardening organically. Being water wise is an important goal of sustainable and ecologically-friendly gardening so Jo Ann will come to speak about this important topic and share with us many of the practices she has found save water.
Mon Ma 21 1:30 – 2:30 p.m. 1048868 $5 Garden Club Member
$10 Non-garden Club Member

NEW Art History Lectures
Valerie Sutherland, retired Art History instructor at Langara College as well as teaching evening classes at UBC Fine Arts Department and Emily Carr, will be giving you insight on these famous artists incorporating some of their art in a slide show.

Leonardo DaVinci
Leonardo Da Vinci was a man powered by an insatiable curiosity who was never content with the surface appearance, but all his life strived to discover the inner essence of energy that he believed existed in all things.
Sun Fe 28 1:30 – 2:30 p.m. 1056317 $5

Michelangelo and the Popes
Michelangelo served many Popes during his long life. This lecture will examine the many monuments Michelangelo completed for the papacy, but at the same time it will explore the reasons for his often stormy relationship with his patrons.
Sun Ma 6 1:30 – 2:30 p.m. 1056318 $5

Velasques: Maids of Honour
Les Meninas (Maids of Honour) is considered by many experts to be the finest painting in the world. The painting tells us about the comings and goings within the Spanish court, its class consciousness and its fascinating petty jealousies.
Sun Ma 13 1:30 – 2:30 p.m. 1056319 $5

NEW Antarctic Slide Show
Marny Peirson will show her wonderful pictures of the trip she and her husband went on: Antarctic Peninsula, South Georgia, Shackleton’s epic journey and the Falklands war and way of life.
Thu Ma 3 6:30 – 7:30 p.m. 1049371 $1
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 was suggested that we start with our cycling groups. With this in mind I met with some members of the groups to learn more about their programs and in a very short space of time my eyes were opened to the wonderful world of cycling.

Where to Begin? There are four cycling groups and I met with representatives of the ‘Month’ and ‘Thursday’ groups. Combined they have over ninety members, mixed male and female with ages ranging from the mid 50’s to the early 80’s.

Meet our very own Seniors’ Activity Centre’s avid cyclists—find out what keeps their wheels turning!

We sometimes tend to forget that the full name of our wonderful Centre is The West Vancouver Seniors’ Activity Centre, so we thought we should highlight some of our many outdoor activities.

Written by Dave Patrick
The turnout for cycling adventures typically ranges between 12 to 20 cyclists per event, and the planned routes are anywhere from 20 km early in the season, to 80 km circuits in the high season.

I learned the Lower Mainland has an extensive network of convenient bike trails which enables safe exploration of its many attractive urban and rural components. Detailed directions and a route map are provided to members prior to each event during the riding “high season” between April and October. Rides continue year-round, but are informal during the winter as weather permits.

As you can imagine there is a lot of planning involved in these operations and schedules are available to members in advance monthly through the Centre website. These include dates of trips, destinations, distance, team leader and other data necessary for another fun event. For example, the recent fall schedule, from August 3 to October 29 included trips to the Seymour Demonstration Forest, VanDussen Botanical Gardens, UBC and Deep Cove. Once a month they go further afield using a “Drive to Ride” plan which involves car pooling and bike carriers.

In every trip there is a leader guiding the group, as well as a “sweep” who rides at the rear of the group to assist anyone having bike problems or falling behind. A first aid kit, which is supplied by the Seniors’ Activity Centre, is always close at hand. The trips are non-competitive group rides with sections for different abilities as needed. All members are made aware of the highway rules and they firmly believe in the “share the road” concept which is confirmed by the fact there has been no reported accidents involving our cycling groups since they were formed.

The group’s members stressed the many social and health benefits to cycling such as fellowship, weight loss and improved fitness, as well as discovery of the city. This was certainly very evident by the healthy, youthful appearance of the people I had the pleasure of meeting. I also received very positive input from the other cycling groups connected to the Centre who have similar programs.

There are a total of 244 active members involved in our cycling groups all enjoying their energetic hobby which they are eager to share with both newcomers and experienced riders. If you have some time to spare and are interested in getting exercise, fresh air and making new friends why not apply to join a cycling club. Information can be obtained from John Lait, Trip and Event Coordinator, Seniors’ Activity Centre, 604-925-7230 or email jlait@westvancouver.ca.

There is no doubt that a wonderful spirit of camaraderie exists in our cycling clubs.
I moved from Woodfibre to Horseshoe Bay when I was four years old and lived there until recently. Upon completion of school at West Vancouver High I embarked on a 24 year banking career. I left banking in 1986 to help in the family business during Expo year and since selling the business in 1990 I have been travelling and volunteering in both West Van and the U.K. Many years were spent volunteering and fund raising for the Western Residents Association. I started volunteering at the Seniors’ Centre eight years ago. During this time I have served on various Keeping Connected programs, The Friends of the Centre Committee and four years on the Program Committee. For the past three years I have been the Co-Chair for the Seniors’ Centre Flea Market and will be assuming these duties for the 2016 Flea Market.

I enjoy volunteering with the Seniors’ Centre and look forward to further involvement on various committees. Our recent move to Ambleside makes it all so convenient.

My entire professional life has been with computing, managing several large projects in Europe and the United States. In Canada I worked with BC Tel where I directed the design of the digital provincial network. I have published three books on computers, and have an MBA and PHD in statistics and a BSc in Civil Engineering.

I have been volunteering for over 40 years in Europe, US and finally here in Canada. I am not able to sit back and let others do a job that I can do, so that is why I have continuously volunteered. I have been an active member of the SAC for 18 years and at the Community Centre during the Olympics. My experience and business practices can be of great help in maintaining and enhancing the organization.

I am open to new ideas and solutions to old problems, which is probably due to my interest in puzzles and finding solutions to them.
On my return to West Vancouver two years ago I joined the Seniors’ Activity Centre and have enjoyed volunteering and meeting new friends. Volunteering has been a big part of my life starting as a girl guide leader in this community. I was a member of the Junior League, a fund raiser, a hospice volunteer at Lions Gate and spent six years at the food bank in Kelowna. These experiences have added another dimension to my life.

I am interested in the inner workings of the Seniors’ Activity Centre and hope to serve on the Advisory Board. Currently, I make those delicious sandwiches in the cafeteria as a regular weekly volunteer. I also help out with many special events at the West Vancouver Community Centre.

Though I was born in Kerala, India, I spent most of my adult life in the Arabian Gulf—in Kuwait and Muscat, Oman. I immigrated to Vancouver in 1989. My qualification and work experience outside Canada were in banking, but in Vancouver I qualified as a CGA and had a small private accounting practice until I retired. My volunteering experience in Vancouver started with the Kerala community. I was the Secretary of the first Kerala Cultural Association for two terms. After retirement, I joined the Board of North Vancouver Tennis Association, where I continue to serve as a Director. I have also been the President of Seniors Tennis Association of the North Shore for the last three years. I joined as a volunteer on the Finance Committee of the SAC in March 2014. Currently, I make delicious sandwiches in the cafeteria as a regular weekly volunteer. I also help out with many special events at the WV Community Centre. I am now joining the Advisory Board in the hope that my qualification and experience would permit me to make some useful contribution to its working.

WOODWORK

Woodwork Room: As a service, the volunteers in the Woodwork shop are able to do small repairs like gluing or fixing something small. Please leave name and phone number and information on what needs to be fixed with Sylvia and once a month a volunteer will come in to do repairs.

Please note, that they only deal with anything that is wooden. They do not do electrical or other repairs. These are our volunteers and we cannot guarantee that we will or can do the job especially if it is complicated.

WANTED

CLEAN GOOD NEW WOOD WITH NO NAILS FOR THE WOODWORKING ROOM.

We do not use plywood, chip board or particle board, nor tree stumps. If you have wood you would like to donate, please let Sylvia know and our supervisors will let you know if it is wood that we can use.
KEEPING CONNECTED PROGRAMS

Outreach Coordinator
Joni Vajda
jvajda@westvancouver.ca

KEEPING CONNECTED PROGRAMS offer 17 programs weekly for people who are experiencing losses of some sort.

The program offers transportation for people who live in the neighbourhood, provides reminder phone calls and one-on-one volunteers for your classes if needed. The programs run year-round with a short break in programs over the holiday season.

Programs will commence the week of January 4, 2016.

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

KEEPING CONNECTED PROGRAMS offering:
- Stepping Out Bus Trips;
- Strollers – Mall Walking programs;
- Current conversations groups (4/week);
- Chair Exercise programs focusing on functional mobility exercises and balance;
- Music in the Living Room;
- Men’s Club;
- Ladies Social Club;
- Lunch & Learn;
- Caregiver Support Program;
- Keep on Moving: Balance & Strength Class for Men;
- Men’s Walking program;

Creative Expressions
This is an artistic program that is offered to our participants who are experiencing short term memory loss or have a diagnosis of early dementia. Caregivers are welcome.
Fri Jan 15 – Mar 18 9:30 a.m. – 12 p.m. 1029540 $85

Dance for Parkinson’s
This successful program, designed after the Mark Morris Dance Co. in New York, is a creative and energetic dance class for people living with Parkinson’s Disease. Caregivers are welcome.
Wed Jan 6 – Mar 30 2 – 4 p.m. 1029127 $72

Better Balance with Surefeet
Learn techniques and exercises designed to keep you on your feet. Assessment: New participants are required to register for a 20 min. Assessment. The outreach office will contact participants with an appointment time.

Assessment Appointments
Wed Jan 13 between 10 a.m. – 12 p.m. 1029141 $11.50

Better Balance Level 1
Mon, Wed Jan 18 – Mar 21 11:45 a.m. – 12:45 p.m. 1029139 $207

Better Balance Level 2
Mon, Wed Jan 18 – Mar 21 9:40 – 10:40 a.m. 1029142 $207
Mon, Wed Jan 18 – Mar 21 10:40 – 11:40 a.m. 1029143 $207

Eye Deal Support Program
This is an informative group for participants with low vision. There will be guest speakers, discussion and information sharing at each session. For information contact Judith in the Outreach Office 604-925-7211.
Mon, Jan 18 & Feb 15 10 – 11:30 a.m.

KEEPING CONNECTED PROGRAMS

SPECIALTY SENIORS’ SUPPORT PROGRAMS
Start the New Year with a new program and give yourself the gift of health, wellness, fun and friendship.
L.I.N.K.S. FOR HEALTHY LIVING
This is a group of volunteers dedicated to support older, isolated adults, helping them stay involved in their community across the North Shore. Volunteers are matched with seniors assisting them with recreation and social activity options, registration and transportation options during the initial stages of participation until they gain the confidence to participate independently.

If you know of someone who needs assistance to remain independent, or if you want to help brighten someone’s world as a volunteer with L.I.N.K.S., call Bunny Brown at 604-925-7289.

KEEPING CONNECTED
BUILDING CONNECTIONS CAMPAIGN

This is a community driven fundraising effort to support our older seniors and programs with transportation options through the Seniors Shuttle Bus, the Keeping Connected programs and the L.I.N.K.S. for Healthy Living project. Thank you to everyone who has donated to the campaign this year.

Friends of the Centre Fundraising Campaign

<table>
<thead>
<tr>
<th></th>
<th>2014</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Building Connections Member Donations</td>
<td>$25,370.00</td>
<td>$33,660.00</td>
</tr>
<tr>
<td>Additional Donations &amp; Grants</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kiwanis</td>
<td>$2,000.00</td>
<td>$2,000.00</td>
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<tr>
<td>Dien East Bequest</td>
<td>$18,144.00</td>
<td>$18,764.00</td>
</tr>
<tr>
<td>West Vancouver Community Foundation</td>
<td>$9,000.00</td>
<td>$10,000.00</td>
</tr>
<tr>
<td>West Van Secondary</td>
<td>$2,000.00</td>
<td>$2,000.00</td>
</tr>
<tr>
<td>Vancouver Coastal Health</td>
<td>$15,000.00</td>
<td>$9,500.00</td>
</tr>
<tr>
<td>Total</td>
<td>$46,144.00</td>
<td>$42,264.00</td>
</tr>
<tr>
<td>Combined Total</td>
<td>$71,514.00</td>
<td>$75,924.00</td>
</tr>
</tbody>
</table>

If you wish to donate, please see the Seniors’ Activity Centre’s office staff. Make a difference in your community by supporting our aging population to thrive and live independently for as long as possible.

KEEPING CONNECTED EVENT
Heritage Cream Tea
Come & celebrate West Vancouver’s heritage. Enjoy entertainment, historical presentation, and delicious treats.
Fri Feb 26 2:30 – 4:30 p.m.
1029556 $10

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
PERFORMANCES
AND TRIPS

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

ACCESSIBILITY

<table>
<thead>
<tr>
<th>Accessible to persons in wheelchairs*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accessible to persons with scooters*</td>
</tr>
<tr>
<td>Accessible to persons with walkers*</td>
</tr>
<tr>
<td>Accessible to persons with cane</td>
</tr>
<tr>
<td>No limitation to hard of hearing. Assistive systems may be available.</td>
</tr>
<tr>
<td>Accessible to persons who are blind or visually impaired</td>
</tr>
<tr>
<td>Transport to the SAC w/ the SAC Shuttle Bus</td>
</tr>
</tbody>
</table>

*As space is limited on the bus, please notify John Lait if you plan to bring a wheelchair, walker or scooter.

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.

<table>
<thead>
<tr>
<th>Tea &amp; Trumpets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Subscription season ticket holders have already paid for the bus and have seats reserved. We have limited bus transportation to the show for others with tickets. If you need a ride please check with us. We may be able to accommodate you.</td>
</tr>
</tbody>
</table>

Thu Jan 7 12:30 - 4 p.m.
1038668 Bus only $14

Thu Feb 4 12:30 - 4 p.m.
1038670 Bus only $14
in BC’s Lower Mainland. We have adjusted the times to make the weekday casino trips accessible by using our shuttle bus.
Fri Jan 22  10 a.m. – 4 p.m.  
1028167  $15

China Town International Village
Saturday outing with friends. Come explore China Town with numerous cafe’s, restaurants, pubs and shopping. Cost is for transportation only.
Sat Jan 23  10:15 a.m. – 2 p.m.  
1028170  $10

Malls of the Lower Mainland: Metropolis at Metrotown
One of the Top 10 Places to Shop in Vancouver and BC’s largest mall: Metropolis at Metrotown. As immense as its name implies, the multi-story mall has over 450 stores, plus restaurants, movie theatres, and unique events.
Thu Jan 14  10 a.m. – 3 p.m.  
1048117  $15

Saturday Outings w/ Friends: Lonsdale Quay
Come explore Lonsdale Quay with cafe’s, restaurants, and shopping. Cost is for transportation only.
Sat Jan 16  10:15 a.m. – 2 p.m.  
1028175  $10

Gordon Smith Gallery: Musical Mornings
Join us for refreshments, an exhibition tour and music with Janelle Nadeau Trio.
Tue Jan 19  9 a.m. – 12 p.m.  
1055967  $15

Starlight Casino
Offering you a true destination entertainment experience, featuring: a best-in-class casino with over 850 slots, 44 table games, a Poker Room and private gaming room. Enjoy fine, Asian cuisine at Kirin Restaurant—a premier Chinese eatery. Starlight Casino offers the perfect combination of excitement and elegance to make it one of a kind

Symphony Sundays
Subscription season ticket holders have already paid for the bus and have seats reserved. We have limited bus transportation to the Symphony Sundays show for others with tickets. If you need a ride please check with us. We may be able to accommodate you.
Sun Jan 31  12:30 – 4 p.m.  
1041768  Bus only $14

Malls of the Lower Mainland: Oakridge Mall
Home to 150+ stores, Oakridge Centre is one of the more upscale Vancouver malls. Along with mid-range shops like Banana Republic and A/X Armani Exchange, there are several luxury brands at Oakridge, including Tiffany’s, Harry Rosen and Hugo Boss. The mall also has a large food court and movie theatres.
Wed Feb 3  10 a.m. – 3 p.m.  
1048118  $15

Museum of Glass Tacoma (WA) w/ Enjoy Tours
Visit the Museum of Glass in Tacoma featuring world class exhibitions. Take in a guided tour of the museum’s current exhibits and visit The Cone showcasing a live demonstration in the 90’ Cone glassmaking studio “Hot Shop Amphitheatre”. See Dale Chihuly glass works on the “Bridge of Glass” which provides the ultimate walkway to our next stop Union Station where many Chihuly glass works are on display. This tour includes a morning stop at Haggen in Ferndale with lunch options at the Museum Cafe or Social Restaurant (on your own). Valid passport or enhanced drivers license or Nexus pass or enhanced BCID required.
Thu Jan 28  7:15 a.m. – 9 p.m.  
1024267  $84

UBC Opera: A Night in Venice
Considered to be one of the most beautiful of the Strauss operettas and interestingly, his only operetta to be premiered outside Vienna. The plot of this farcical, romantic comedy is as full of twists and turns as the city of Venice itself. The men might try to dupe the women, but the women are too sharp to be fooled!
Sun Feb 7  12:30 – 6 p.m.  
1037718  $40

Chez Lou: Valentines Dinner
Join us for an amazing dinner in our beautifully appointed Marine room.
Wed Feb 10  5 – 7 p.m.  
1047717  $30
IKEA Coquitlam or KMS Tools & BOSA Foods
Come explore IKEA with shopping and their world famous breakfast or lunch. Christmas gift ideas galore. If you are more interested in tools KMS across the street is a tools superstore. A stop at BOSA foods will help you find amazing dinner and appetizers for entertaining or papering yourself. Cost is for transportation only.
Sat Feb 13  9:30 a.m. - 3 p.m.  
1056718  $20

River Rock Casino
Take in the thrill of 24-hr gaming at one of Western Canada’s brightest and most exciting destination resorts. The stylish and spacious casino features over 1,000 slots, along with today’s most popular table games: Blackjack, Roulette, Baccarat, Craps and more. There is also a poker room 14 tables with 24/7 play and daily tournaments. We have adjusted the times to make the week day casino trips accessible by using our shuttle bus.
Thu Feb 18  10 a.m. - 4 p.m.  
1028166  $15

Northwest Flower Show w/ Enjoy Tours
The Washington State Convention Centre in Seattle hosts The 2016 Northwest Flower and Garden Show. Take four hours free time to explore six acres of flowers, plants, gardens, exhibits, seminars and many other features. This tour includes admission to the show and dinner at the Outback Steakhouse in Burlington. Valid passport or enhanced drivers license or Nexus pass or enhanced BCID required.
Wed Feb 17  7:30 a.m. - 9:15 p.m.  
1024268  $114

Saturday Outings w/ Friends: Granville Island
Come explore Granville Island with numerous cafes, restaurants, pubs, shopping. Cost is for transportation only.
Sat Feb 20  10:15 a.m. - 2 p.m.  
1028172  $12

INFO

PARKING IMPROVEMENTS
Parking changes are in effect at the West Vancouver Community Centre.
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.  

Jan 1 – 3  
Fri  CLOSED — New Year’s Day  
Sat  Chef’s Special  
Sun  Brunch at Eleven  

Jan 4 – 10  
Mon  BBQ Chicken Leg w/ Rice, Salad  
Tue  Turkey a la King w/ Mashed Potatoes, Vegetables  
Wed  Salisbury Steak w/ Mashed Potatoes, Fresh Mix Vegetables  
Thu  Bacon, Green Onion & Swiss Quiche w/ Spinach and Arugula Salad  
Fri  Basa Fish Filet w/ Italian Tomato and Basil Sauce, Rice, Salad  
Sat  Chef’s Special  
Sun  Brunch at Eleven  

Jan 11 – 17  
Mon  Beef Meatloaf w/ Roasted Leeks & Brandy Sauce, Potatoes, Vegetables  
Tue  Harvest Pork Stew w/ Salad, Dinner Roll  
Wed  Chilli Con Carne w/ Cornmeal Muffin, Caesar Salad  
Thu  Chicken Cordon Bleu on a Ciabatta w/ Oven Fries, Coleslaw  
Fri  Stuffed Salmon Boats w/ Hollandaise Sauce, Roast Potatoes, Vegetables  
Sat  Chef’s Special  
Sun  Brunch at Eleven  

Jan 18 – 24  
Mon  Spanish-style Pork Chops w/ Rice, Steamed Broccoli  
Tue  Spinach & Four Cheeses Quiche w/ Caesar Salad  
Wed  Roast Chicken Thighs w/ Creamy Mushroom Sauce, Potatoes, Vegetables  
Thu  Spaghetti Bolognese (meat sauce) w/ Garlic Toast, Salad  
Fri  Seafood Newburg w/ Rice Pilaf, Vegetables  
Sat  Chef’s Special  
Sun  Brunch at Eleven  

Jan 25 – 31  
Mon  Mediterranean Chilli w/ Focaccia Bread, Salad  
Tue  Spanakopitas w/ Tzatziki Sauce, Lemon Roasted Potatoes, Greek Salad  
Wed  Vegetarian Lasagna w/ Salad  
Thu  Chef’s Salad w/ Grilled Chicken, Ham, Egg and Cheddar, Dinner Roll  
Fri  Battered Cod w/ Oven Fries, Tartar Sauce, Coleslaw  
Sat  Chef’s Special  
Sun  Brunch at Eleven  

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.

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!

Vin a free dinner!  
Cabbage Rolls w/ Cheddar & Onion Pierogies, Garlic Sausage, Salad  

Thursday Jan 7  
Baked Salmon w/ Shrimp Hollandaise, Lemon Wedge, Roasted Potatoes, Fresh Vegetables  

Tuesday Jan 12  
Coq au Vin w/ Parisienne Potatoes, PEI Blend Vegetables  

Thursday Jan 14  
Beef Bourguignon w/ Roasted Yukon Gold Potatoes, Baked Acorn Squash, Green Beans Almondine  

Tuesday Jan 19  
Cheddar-Topped Lamb & Beef Shepherd’s Pie w/ Gravy, Side Tossed Salad, Fresh Mix Vegetables  

Thursday Jan 21  
Roast Pork Loin w/ Gravy, Apple Sauce, Scalloped Potatoes, Baked Squash & Green Beans  

Tuesday Jan 26  
*Win a free dinner!  
Hawaiian Roasted Chicken w/ Yukon Gold Mashed Potatoes, Green Peas  

Thursday Jan 28  
Breaded Beef Liver w/ Crisp Bacon & Roasted Onions, Gravy, Mashed Potatoes, Fresh Vegetables

*Come to the Centre for more details.
## Garden Side Café

### February Preview

**February 1–6**

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td><em>Philly Pepper Steak</em> w/ Rice, Vegetables</td>
</tr>
<tr>
<td>Tue</td>
<td><em>Baked Smokin’ Macaroni and Cheese</em> w/ Tossed Salad, Garlic Croustini</td>
</tr>
<tr>
<td>Wed</td>
<td><em>Chicken a la King</em> w/ Rice Pilaf, Vegetables</td>
</tr>
<tr>
<td>Thu</td>
<td><em>Shaved Black Forest Ham on Rye</em> w/ Oven Fries, Coleslaw</td>
</tr>
<tr>
<td>Fri</td>
<td><em>Alaska Pollock</em> w/ Chunky Tomato Basil Sauce, Rice Pilaf, Salad</td>
</tr>
<tr>
<td>Sat</td>
<td>Chef’s Special</td>
</tr>
<tr>
<td>Sun</td>
<td>Brunch at Eleven</td>
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</tbody>
</table>

**February 7–14**

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td><strong>CLOSED — Family Day</strong></td>
</tr>
<tr>
<td>Tue</td>
<td><em>Hot Caesar Salad</em> w/ Grilled Chicken, Garlic Toast</td>
</tr>
<tr>
<td>Wed</td>
<td><em>Spinach &amp; Four Cheese Quiche</em> w/ Bean Salad on the Bed of Lettuce</td>
</tr>
<tr>
<td>Thu</td>
<td><em>Chili Con Carne</em> w/ Garlic Bread, Mixed Greens</td>
</tr>
<tr>
<td>Fri</td>
<td><em>Seafood Newburg</em> w/ Rice Pilaf, Vegetables</td>
</tr>
<tr>
<td>Sat</td>
<td>Chef’s Special</td>
</tr>
<tr>
<td>Sun</td>
<td>Brunch at Eleven</td>
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</tbody>
</table>

**February 15–21**

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td><em>Pork Cutlet in Mushroom Sauce</em> w/ Lemon Wedge, Warm Potato Salad and Vegetables</td>
</tr>
<tr>
<td>Tue</td>
<td><em>Beef Meatloaf</em> w/ Mushroom Gravy, Potatoes, Vegetables</td>
</tr>
<tr>
<td>Wed</td>
<td><em>Chicken Schnitzel</em> w/ Roasted Potatoes, Zucchini with Onion, Tomatoes and Peppers</td>
</tr>
<tr>
<td>Thu</td>
<td><em>Pulled Pork on a Bun</em> w/ Oven Fries, Coleslaw</td>
</tr>
<tr>
<td>Fri</td>
<td><em>Curried Basa</em> w/ Rice Pilaf, Mixed Vegetables</td>
</tr>
<tr>
<td>Sat</td>
<td>Chef’s Special</td>
</tr>
<tr>
<td>Sun</td>
<td>Brunch at Eleven</td>
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**February 22–28**

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td><em>Hamburger Steak</em> w/ Sweet Onion and Mushroom Gravy served on Sourdough Bread, Vegetables</td>
</tr>
<tr>
<td>Tue</td>
<td><em>BBQ Chicken Leg</em> w/ Rice Pilaf, Vegetables</td>
</tr>
<tr>
<td>Wed</td>
<td><em>Broccoli and Cheese Quiche</em> w/ Green Salad with Romaine, Cucumbers, Celery and Green Onion</td>
</tr>
<tr>
<td>Thu</td>
<td><em>Spaghetti</em> w/ Meatballs, Garlic Toast, Salad</td>
</tr>
<tr>
<td>Fri</td>
<td><em>Captain Burger (Cod)</em> w/ Tartar Sauce, Lettuce, Tomato, Oven Fries, Coleslaw</td>
</tr>
<tr>
<td>Sat</td>
<td>Chef’s Special</td>
</tr>
<tr>
<td>Sun</td>
<td>Brunch at Eleven</td>
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</table>

**February 29**

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td><em>Chicken stuffed</em> w/ Broccoli &amp; Cheddar, Roast Potatoes, Mix Vegetables</td>
</tr>
</tbody>
</table>

### Dinners

**Tuesday Feb 2**

Grilled Ginger Salmon w/ Rice, Fresh Mix Vegetables

**Thursday Feb 4**

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

**Tuesday Feb 9**

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

**Thursday Feb 11**

Brie & Apple Stuffed Chicken, Roasted Potatoes, Vegetables

**Tuesday Feb 16**

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

**Thursday Feb 18**

Roast Turkey Roll w/ all the Trimmings

**Tuesday Feb 23**

Red Wine Beef Stew, Cheddar Mashed Potatoes, Side Salad

**Thursday Feb 25**

Madras Chicken Curry, Rice Pilaf, Fresh Mix Vegetables

All selections are subject to availability. Menu subject to change.
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Classical music returns to Kay Meek Centre with an exciting new line-up!

Musically Speaking
Classical matinees and afternoon tea with Paul Gravett

RACHIEL MERCER, CELLO & ANGELA PARK PIANO NOV 20, 2015
DAVID STEWART VIOLIN & JANE COOP PIANO JAN 29, 2016
DANIEL BOLSHOY GUITAR MAR 4, 2016

ALL CONCERTS AT 2PM
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www.kaymeekcentre.com
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695 – 21st St, West Vancouver, BC V7V 4A7
Phone 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 p.m.
Sun 10 a.m. – 4 p.m.

Regular Office Hours
Mon/Tue/Thu  9 a.m. – 8:30 p.m.
Wed  9 a.m. – 9 p.m.
Fri  9 a.m. – 4:30 p.m.
Sat  10 a.m. – 3 p.m.
Sun 10:30 a.m. – 3 p.m.

Please note:
The Building will be closed Friday, January 1 for New Year’s Day and Monday, February 8 for Family Day.

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