17

MARCH
APRIL

SENIORS' SCENE MAGAZINE

IN THIS SCENE

Cover & Feature Article: Out and About with Keeping Connected on page 12

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Join us at our Annual Flea Market April 23, 9 a.m. – 3 p.m.

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AGM and Volunteer Long Service Awards coming March 8!

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MESSAGE FROM THE ADVISORY BOARD CHAIR

Now that spring is doing its magic on us, we must really stop to enjoy these beautiful flowers, trees, shrubs and nature as a whole. Yes, all these things can be enjoyed through one of our programs at the Seniors' Activity Centre. Be sure to read the Seniors' Scene magazine to find out which activity suits you best. On April 23 our hard working Flea Market Committee will be holding the Annual SAC Flea Market—an event enjoyed by many. In conjunction with the SAC Flea Market this year, we have opened SACS on 21st. Many of the same articles found at the Flea Market can now be purchased at SACS on 21st throughout the year. The volunteers staffing this boutique store are pleasant and enjoy chatting while helping you make a purchase.

It has been my privilege and honour to have served you as the Chair of the Advisory Board this past year. My term as Chair will end at the SAC AGM in March. It was a great experience to work with a number of talented Board Members. I can assure you that the SAC is in the good capable hands of Jill Lawlor and her staff. The mixture of volunteers and staff is what makes the SAC such a great place. Your Advisory Board was always there to enhance this great relationship.

After the maximum three years on the Advisory Board, the following people have completed their term of service: Roy Brand, Varick Ernest and Hans Krutzen. Also leaving us will be the Past Chair Sheilah Grant and Val Sommerville. Thank you for a job well done! I will be staying on for one more year as the Past Chair. Three new Advisory Board Members will be elected by you—the members—in our February Advisory Board Elections. Thank you for your support!

Elmer Pellerine
Chair

MESSAGE FROM THE COMMUNITY RECREATION MANAGER

Thank-you to our amazing four outgoing Advisory Board Members! Sheilah Grant, Past Chair, is an extraordinary woman who has inspired me in all aspects of life. Sheilah has been an amazing advocate for our Centre representing the SAC on many committees within the District. Varick Ernst, Outreach Committee Chair, has been the heart of the Committee, speaking on behalf of our vulnerable seniors and providing support and advocacy for both staff and participants. Varick will be greatly missed. Roy Brand has played a delightful role of building relationships with the WVCCS and has been the lucky member to attend all the evening meetings! Roy has been instrumental in creating strong relationships and new opportunities to showcase our success such as the beautiful bird house partnership for PumpkinFest. Lastly Hans Krutzen, Communications Chair has done an amazing job at changing the look of the Seniors' Scene magazine, leading key communication initiatives and providing follow-up and responses on comment cards. Hans has been an outstanding leader, guiding his committee with clear direction and vision. It has been a privilege to learn and work with these incredible members, it reminds me each day how talented and strong our membership is! Thank-you! I am excited to build on the great work done with our new Board Members.

On March 8 we will celebrate the wonderful work done by all of our volunteers at the Long Service Awards. This is a great opportunity to celebrate our strength, diversity and to be inspired by our generous members who give their time, ideas, leadership, and take on roles to make our Centre better! Join us for this beautiful event. Welcome to spring!

Jill Lawlor
Seniors' Services & Community Wellness Manager

WEST VANCOUVER SENIORS' ACTIVITY CENTRE

Address 695 – 21st Street,
West Vancouver, B.C.
V7V 4A7
Phone 604-925-7280
Fax 604-925-5935
Web westvancouver.ca/seniors

HOURS OF OPERATION

HOURS OF OPERATION

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.

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 a.m. – 3 p.m.

Please Note: The Building will be closed Friday, April 14 for Good Friday and Monday, April 17 for Easter Monday.

SENIORS' SCENE

Editor Sabina Kasprzak, Alison Lea
Advertising Sabina Kasprzak
Publisher District of West Vancouver
Design & Production
ecstatic design + communication
Print Budget Printing
Cover Photo By Peter Owens

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ENQUIRIES & ADVERTISING

If you have any questions related to this publication or would like to advertise in the Seniors' Scene, please email leisureguide@westvancouver.ca or call 604-925-7285.

WV MEMORIAL LIBRARY

All programs take place at the Welsh Hall unless otherwise stated.

HEALTH + WELLNESS

Advance Care Planning
Advance Care Planning is an umbrella of health planning documents for all people at all stages of life. In this workshop, you will learn about Representation Agreements, Advance Directives, Hospital Medical Orders, no CPR orders, and Medical Assistance in Dying. *Presented by Dying with Dignity Canada.*

Tue Mar 7 2 – 3:30 p.m.
Drop-in Free

Cholesterol: The Good, the Bad and the Ugly
Dr. Gordon Francis, UBC Professor of Medicine and Director of the Healthy Heart Program Prevention Clinic at St. Paul's Hospital, will discuss the leading risk factors for heart attacks and strokes, and what "bad" (LDL) and "good" (HDL) cholesterol are. He'll tell you when to be concerned about your risk for heart disease, or not, and how to protect yourself against heart attack and stroke.

Wed Apr 5 7 – 8:30 p.m.
Drop-in Free

REGISTRATION REMINDER

The program registration for Spring/Summer 2017 will be held on Wednesday, March 1 starting at 6 a.m.

You can register online, by phone or in person at 6 a.m. and we are not affected by the priority registration policy.

LIFELONG LEARNING

Protecting Howe Sound for Future Generations
Join Ruth Simons as she discusses how the *Future of Howe Sound Society* has been engaging with various levels of government, First Nations, and stakeholders to encourage the development of an integrated, sustainable land and water management plan for Howe Sound. *Presented in partnership with the Lighthouse Park Preservation Society.*

Sat Mar 11 2 – 4 p.m.
Drop-in Free

CULTURE

Opera w/ Nicolas Krusek
Join us as we continue to explore the work of the greatest composer of the late Baroque, George Frideric Handel (1685 – 1759). Among the masterpieces from the second half of his career, we find such gems as Orlando, Ariodante and Serse.

Wed Mar 1 – 29 12:30 – 2:30 p.m.
Drop-in Free

Friday Night Concert
The Vashaan Ensemble
Join us in celebrating Nowruz, the Persian New Year, with a special concert! Gathering together some of the finest classically trained Persian musicians in Canada, the Vashaan Ensemble draws upon Iran's rich musical past to share the joyful and diverse songs of their country with a wide range of listeners. Doors open at 7 p.m., refreshments provided by the Friends of the Library.

Fri Mar 10 7:30 – 8:45 p.m.
Drop-in Main Hall Free

Monday Movie Night
Florence Foster Jenkins
Meryl Streep shines as Florence Foster Jenkins, the legendary New York heiress determined to be an opera singer despite her lack of singing skills.

Mon Mar 13 6:30 – 8:30 p.m.
Drop-in Free

SACS ON 21st

STOP BY SACS ON 21 ST STREET GIFT SHOP!
Decluttering? Downsizing? Our gift shop is a collection of your generous donations, with all sale proceeds going to the Seniors' Activity Centre. We welcome home décor items, gift items and jewellery.
To arrange pick-up, please call 604-925-7270. Thank you, your support is appreciated!

E-NEWS

The Seniors' Scene magazine is a bi-monthly publication that is printed and available online.
The publication dates 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 on events and activities happening at our Centre? This update is called the ***E-news*** and it includes last-minute changes and information about items that have been added after the Seniors' Scene magazine publishing date. The ***E-news*** comes out in February, April, June, August, October, and December.

*Sign up at the front desk to receive your copy of the **E-news** sent directly to your email, before it's available for pick-up at the front desk! For more information ask at the front desk or email seniors@westvancouver.ca to sign up.*

FUNDRAISERS & EVENTS

Pricing for events is listed as members price. Non-members are also welcome to sign up, but will pay a higher non-member price.

Evening Dance

Dust off 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 5:30 p.m.

Performer Euro Band
Thu Mar 23 6:30 – 9:30 p.m.
21660 $9

Sax of Us
Thu Apr 27 6:30 – 9:30 p.m.
28271 $9

Accidental Jazz Band

Under the leadership of professional director Melissa Hammer, the *Accidental Jazz Band* is comprised of amateur musicians of all ages. Some members are experienced community concert band players, who began rehearsing and playing jazz/big band music in 2011, in West Vancouver's Irwin Park School. The band is entirely self-supporting and is pleased to perform for you as a community service. They will be playing the music of Glenn Miller, Duke Ellington and other stars of the Big Band Era.

Wed Mar 29 7:30 – 8:30 p.m.
32345 $3.50

JOIN US!

Our **VOLUNTEER LONG SERVICE AWARDS** and the **ANNUAL GENERAL MEETING** will be held on Wednesday, March 8, from 1 – 3:30 p.m.

Wine Tasting with a Sommelier

Join Vancouver Sommelier Brian Waterhouse as he introduces you to wines from the Okanagan. Brian will talk about the characteristics of each wine, the growing types and pairings that complement the wine. You should leave this course with a great appreciation of several types of wine.

Thu Mar 30 3:30 – 5 p.m.
32902 $35

Keynotes Choir Concert
Happy Birthday Canada

In honour of Canada's 150th birthday, the Keynotes Choir will sing a program of Canadian songs, many of them well known to the audience. Plenty of musical fun to be had for the whole family! Light refreshments to follow. Everyone is welcome.
Please purchase tickets at the front desk of the Seniors' Activity Centre.
Cost for children 5 – 12 years $3.50, children under 5 are free.

Sun May 7 1:30 – 3 p.m.
28006 $7.50

Sunday Movies

Cost $2.25 includes snacks.
Purchase your ticket at the front desk. Seating is on a first-come, first-served basis. Movies start at 1 p.m. unless otherwise noted. See program board for movie description. Movies may change based on availability.
Call front desk at 604-925-7280 on Sunday to confirm movie.

Mar 5	Me Before You
Mar 12	Mother's Day
Mar 19	I Saw the Light
Mar 26	Miles Ahead
Apr 2	Indignation
Apr 9	Love & Friendship
Apr 16	The Man Who Knew Infinity
Apr 23	*No movie – Flea Market!*
Apr 30	Florence Foster Jenkins

SAC FLEA MARKET 2017

Sunday, April 23, 9 a.m. – 3 p.m.

This famous Annual Flea Market is back at the West Vancouver Ice Arena! Stop by and shop for a variety of treasures including clothing, collectibles, sporting goods, books, jewellery, furniture, kitchenware, toys and much more. A great opportunity for first-time renters to furnish their new home. *Free entrance for shoppers!* We need your gently used donations to make this year's event a success. Donations will be accepted starting Tuesday, April 11. Drop-off donations at the 22nd Street entrance of the Ice Arena or call 604-925-7280 to arrange a pick-up for larger items. Thank you! ***For information call 604-925-7280 or check online at westvancouver.ca/ seniors.***

Request a Pick-up
To request a pick-up of Flea Market items, please call the SAC's front desk at 604-925-7280 starting on March 27. Please check with front desk for list of items that will, and will not be picked up.

TAXES

It is tax time again. If you are single and have an income of under $30,000 or you are a couple and have an income of under $50,000 you may qualify for assistance with your taxes. Canadian Revenue Agency has volunteers that will provide help for basic tax returns at no cost. Booking will begin on February 21 for tax appointments that occur March 1 – April 29.
Basic tax returns do not include students, rental or business income, or for completing a deceased person's return.
Please bring all tax forms, medical, donation or other information slips and a copy of last year's tax return.
We also are not able to process taxes from a previous year.

PROGRAMS

Program Coordinator
Sylvia Lung
slung@westvancouver.ca

DROP-IN PROGRAMS

You must be a member of the Seniors' Activity Centre to participate. The cost for drop-ins is $2.50, unless otherwise stated.

MONDAYS

Bridge Social **12 – 3 p.m.**
Please come 10 min. early to get a table
No partner needed. No play April 17.

TUESDAYS

Knitting **10 a.m. – 12 p.m.**

French Social Conversation **10:30 a.m. – 12:30 p.m.**

Cribbage **1:15 – 3:15 p.m.**

Poker **3 – 7 p.m.**

WEDNESDAYS

Craft Group **9:30 a.m. – 12 p.m.**

French Social Conversation **10 – 11:15 a.m.**

Table Tennis **2:45 – 5 p.m.**
No play March 8

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 March 2, 16, April 6, 20

Table Tennis **6:30 – 8:30 p.m.**
No play March 23, April 27

Jazz Jam Session **6:30 – 8:30 p.m.**

West Van Gogos (Grandmothers) **6:45 – 8 p.m.**
Proceeds made are donated
March 2, April 6 Drop-in $1

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 March 10, 24, April 28

Sound Advice **10 a.m. – 12 p.m.**
March 3, April 7

Spanish Social Conversation **10 a.m. – 12 p.m.**
No talk April 14

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.**

REGISTER

For all drop-in and registered programming, visit us online at **westvancouverrec.ca**

SUNDAYS

Table Tennis **10:15 a.m. – 12:15 p.m.**

EVERY DAY

Supervised Snooker
Mon – Fri 9 a.m. – 4:30 p.m.
Sat 9 a.m. – 12 p.m.
Drop-in $1/hour

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

MUSIC PROGRAMS

Are there any fiddlers in our SAC community that are interested in a "Slow Fiddle Celtic Jam"?
Fiddlers of all levels welcome to play at a slow to moderate speed. *If interested, please contact Sylvia in the office, or email her at slung@westvancouver.ca.*

LECTURES

We are looking for a couple of people willing to help organize the lectures that happen on Monday afternoons. This would involve looking for ideas, chatting with our seniors to see what lectures they would like, and finding people willing to lecture at the Centre. *If you have ideas, but do not want to be part of this group, please email information to Sylvia at slung@westvancouver.ca*

REGISTERED PROGRAMS

Please register ahead for programs and lectures otherwise they might be cancelled.

PROGRAMS

Nursing Students from Langara

We are looking for eight seniors who are willing to participate in a blood pressure clinic that will be run by first-year nursing students from Langara College as part of their work experience program. The clinic will take about an hour during which participants will be asked about their general health, nutrition, exercise patterns, etc. Following the questionnaire, participants will have their blood pressure checked, as well as weight and height measured.

We need four seniors for each day. Please register at no cost for either the Tuesday or Wednesday.

Tue Mar 28 9:30 – 10:30 a.m.
32972

Wed Mar 29 9:30 – 10:30 a.m.
32982

Stephen's Bridge Intermediate

Please note the date and price change. No class Apr 14.

Fri Mar 3 – Apr 28 2:45 – 4:45 p.m.
24518 $96

NEW Painting w/ Judith

Continue to work in a media of your choice and enrich your practice with an emphasis on colour theory and composition with masterwork references to broaden your imagery. A variety of exercises will be given to improve your skill techniques. Group critiques will also help each artist uniquely grow in their practice.

Supply list provided upon registration.

Instructor: Judith Atkinson.

Mon Apr 3 – Jun 5 12 – 2:30 p.m.
32338 $90

NEW Acrylic Painting w/ Maureen

Whether you are a beginner or more advanced, Maureen will support you through the process from colour theory, perspective, compositions, etc. to the completion of your beautiful painting. Classes involve interactive demos, discussion and continuous painting. Her classes are fun, friendly and welcoming. Supply list at registration. *Instructor: Maureen Coles.*

Wed Mar 29 – Apr 26 9 a.m. – 12 p.m.
32543 $60

Painting w/ Gordon

Paint for leisure and enjoyment, exaggerating colour and light to create greater impact or stronger mood! We will verge on the side of expressionism, pushing a little away from reality. The course will focus on the painting process, including brush strokes, colour management, composition, contrast and mood.

Please bring your own supplies and images you would like to paint.

Instructor: Gordon Davis.

Sat May 6 9 a.m. – 3 p.m.
Sun May 7 10 a.m. – 3:30 p.m.
28015 $25

Holistic Program: Integrative Energy Healing

This innovative program offers clients a gentle, safe and unique healing treatment designed to help relieve pain, reduce stress and anxiety, and help one find their inner peace. The 45-minute sessions will combine dialogue and light touch. Clients will also participate in a short assessment of their needs, before being invited to lay on the massage table (fully clothed). Treatments are customized to each patient's individual needs. *This is a supervised clinic with services offered by students in Langara's Advanced Integrative Energy Healing Practitioner Program.*

Tue, Mar 21 – 28 2:30 p.m., 3:30 p.m., or 4:30 p.m.
32300 $15

Garden Club Membership 2017

Join the garden club membership to experience all the wonderful lectures by many well-respected Master Gardeners and attend the events. Whether you are an experienced gardener or never gardened, we welcome all to this active group to grow edibles, flowers, hear speakers, workshops and go on field trips. *For Details, please visit* ***wvscgardenclub.blogspot.ca*** *or check the bulletin board. Extra charge for some lectures and trips. Non-members are welcome to participate for a higher fee. We would love any help weeding our garden boxes.*

Thursdays, March – September 2017
10:30 a.m. – 12:30 p.m. $35

Please sign up for each activity:

Designing the Small Garden, Low Maintenance
March 9 **29430**

Orchid Care
March 16 **32396**

Mason Bees
March 30 **32397**

My Garden from Ground Up
April 6 $5 **29434**

Growing Unusual Vegetables
April 13 **32585**

Hostas and Hellebores
April 20 **32586**

Shrubs for Small Spaces
April 27 $5 **29436**

COMPUTERS

Computer Programs are for iPhone/iPad/iPod touch only unless otherwise indicated. Please look in leisure guide or bulletin board for details. Update your device and download the apps before you get to class. Instructor: Andrea MacDonald.

Photos for iPad, iPhone
Thu Mar 2 — 1 – 4 p.m.
25112 — $42

Everything Siri
Thu Mar 9 — 1 – 4 p.m.
25113 — $42

Pages for iPad
Thu Mar 16 – 23 — 1 – 4 p.m.
22206 — $84

Camera for iPhone
Thu Mar 30 — 1 – 4 p.m.
25114 — $42

iOS 10: What's New
Thu Apr 20 — 1 – 4 p.m.
32010 — $42

Survival Skills
Thu Apr 27 — 1 – 4 p.m.
32124 — $42

SNEAK PEAK

We will be having a cheese workshop on Thursday, May 25. Check the next magazine for information or in the Adult 19+ section of the Leisure Guide.

OTHER

Hot Topics
The dates for the Hot Topics with Jon Scott have been changed. This is available to register now. No class April 17.

Mon Mar 6 – Apr 24 — 11 a.m. – 12 p.m.
28923 — $21

Dance for Parkinson's
Explore movement and music in an enjoyable, safe, and creative class for people living with Parkinson's disease. Affiliated with the world-renowned Dance for Parkinson's program developed by the Mark Morris Dance Co. in New York City. *Caregivers, partners, friends and spouses are invited to attend.*

Wed Apr 5 – Jun 28 — 1:15 – 3 p.m.
29782 — $85

Creative Expressions Activity Program
This program is offered specifically to seniors with dementia and for those seniors wanting to prevent the onset of dementia. Our trained staff will be offering a person-centred approach to show how intellectual, cultural and physical activities can benefit seniors. *Caregivers and family members are welcome.*

Fri Apr 7 – Jun 30 — 9:30 a.m. – 12 p.m.
29783 — $78

LECTURES

These Art History Lectures by Val Sutherland will bring art to life and inspire you. Val is a retired Art History teacher from Langara. Don't miss these amazing lectures.

Art History
What is Art?
Join us for an illustrated and interactive lecture that will examine and discuss what constitutes art. What are some of the many forms of art? Does all art have to be beautiful? Does it serve a useful purpose? Is it an expression of the time period in which it was created or is it a personal expression of the artist.

Sat Apr 1 — 1:30 – 2:30 p.m.
31936 — $5

Art History
Images of Authority
We examine how artists of all ages have used stratagems within their works to project an abstract idea of authority. Images, objects and actions were manipulated in order to project a specific message to the viewer. We will examine how some of these same visual tricks are used in our everyday lives.

Sat Apr 8 — 1:30 – 2:30 p.m.
31938 — $5

Art History

How Buildings Speak To Us

We live, work, visit them and for the most part they are all different. They are buildings and they can manipulate and dictate to us. They can nurture, welcome and embrace us. In this illustrated/interactive lecture we will examine architecture of the past and present, and attempt to define and learn how buildings do indeed, speak to us.

Sat Apr 22 1:30 – 2:30 p.m.
31948 $5

Tuscany & Greece: A Painter's View

Absorb the glorious, rich colours in Florence, marvel at gorgeous Renaissance masterworks of Michelangelo or Leonardo da Vinci, view the architecture, sculpture, ceramics and archaeology of Greece, and be inspired by the dramatic landscapes that take our breath away. *Lecturer: Judith Atkinson.*

Mon Mar 27 1:30 – 2:30 p.m.
32347 $3

Opera Preview

Listen to the charismatic Nicolas Krusek talk about the three operas from the festival: Marriage of Figaro, Othello and Deadman Walking. Everyone welcome.

Mon Apr 3 1:30 – 3:30 p.m.
Drop-in $2.50

Make Equity Work For You

Did you know that 77% of seniors' net worth is in home equity? Do you feel pressured into selling your home, downsizing or moving in with family due to limited cash flow, outstanding debts or limited resources? Learn about the options available to help supplement income, decrease taxation and more. *Presented by Catherine Ellis, a Certified Reverse Mortgage Specialist.*

Mon Apr 10 1:30 – 3:30 p.m.
28462 $3

Changes in the Driving World

Learn about traffic circles, new signs with no words, the new freeway entries, and lots more. The more you learn the better equipped you are for driving. Lecture is a pre-requisite to actual driving lesson from the North Shore Driving School. *Cost for the one hour lesson will be $10.*

Mon Apr 24 1:30 – 3 p.m.
30938 $2.50

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.*

Theology: Ritual

Spring is a season of rituals. Ritualistic behaviour is among the oldest of human practices. All religions (and many secular groups) have their own rituals. We may also have our own individual or family rituals. But what roles do rituals play in our religious or secular lives? Why do we have them at all? And when might a ritual become obsolete?

Thu Mar 9 2 – 4 p.m.
29283 $2.50

Theology: Religion and Science

Religion and science involve two different world views that have historically been in conflict, despite various attempts to reconcile them. Have more modern approaches been more successful? Or do these two really deal with inherently different subject matters and methodologies and are therefore not really in conflict?

Thu Apr 13 2 – 4 p.m.
20575 $2.50

WORKSHOPS

Travel Painting Workshop w/ Marguerite Mahy

Create travel sketches using pencil/ink and watercolours. Bring your favourite travel photos (preferably buildings, doors, windows, etc), and all watercolour supplies, paper, paints, sketch book, pencils and a black waterproof brush pen. Some watercolour and drawing experience necessary. *Instructor: Marguerite M.*

Sat Mar 25, Apr 1 9:30 a.m. – 12:30 p.m.
29470 $38

Sheer Beauty with Minerals

Using earth elements, butters, oils, waxes and pre-blended bases, learn how to make your own mineral make-up for a fraction of the cost! Make and take home a lip gloss (wand applicator), organic lipstick, mineral face powder, and mineral eye shadow. All supplies included in course fee. *Instructor: Cheryl Theilade.*

Wed Mar 29 6:30 – 9:30 p.m.
32304 $56

Creams and Lotions

The beauty of making your own products is knowing exactly what ingredients are being used and combining in recipes that address your skin type and/or skin problems. Make and take home a vitamin-packed cream, an aloe vera moisturizer, rejuvenating facial oil and herbal shampoo. All supplies included in course fee. *Instructor: Cheryl Theilade.*

Tue Apr 18 6:30 – 9:30 p.m.
32303 $52

PURCHASE YOUR COFFEE PUNCH CARD TODAY!

It's convenient to use, and will spare you the hassle of looking for change. The punch card entitles you to six regular sized coffees at the Fireside Lounge Coffee Bar or Garden Side Café.

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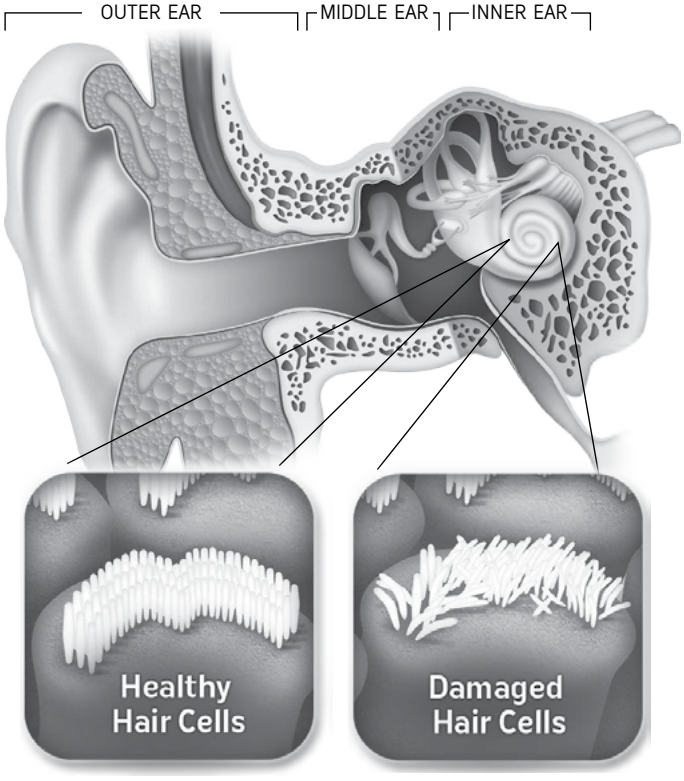
WHY DO I HEAR BUT NOT UNDERSTAND?

Did you know that 47% of adults age 60-79 have hearing loss?[1]

Your hearing difficulties could be caused by damaged hearing hair cells inside your inner ear (cochlea). When damage occurs in the high-frequency areas of the cochlea, speech may sound garbled and comprehension may become difficult.



A comprehensive hearing assessment will identify the challenges you face and what can be done to help improve both your hearing and your comprehension. It takes less than 60 minutes, you don't need a referral from your doctor, and there's no cost or obligation whatsoever.

CALL US TODAY TO BOOK YOUR FREE HEARING TEST!

West Vancouver
311-575 16 Street
Call Elaine at **1-888-852-3830**

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2017 FLEA MARKET
SUNDAY APRIL 23
9 A.M. TO 3 P.M.

WEST VANCOUVER SENIORS' ACTIVITY CENTRE
FLEA MARKET

WEST VANCOUVER ARENA
786 22ND STREET

DONATIONS NEEDED
FOR INFO PLEASE CALL
604-925-7280

westvancouver.ca/seniors

westvancouver

All 'Special Feature' Photos by: Peter Owens

OUT & ABOUT

WITH KEEPING CONNECTED

Written by Dave Patrick

One of the longest-running programs at our busy Centre is the popular Keeping Connected, which has many facets in its scope. There are nineteen different programs offered so let's tell you about a few of them.

Participants of the 'Current Conversations – Active Games' program share a smile while being photographed by Peter Owens.

... some of the courses are so popular that a waiting list has been established.

Keeping Connected is the "reaching out" arm of our Centre, and one of its aims is to enable seniors with reduced ability to get out and about. One of our popular programs is the monthly *Stepping Out* bus trip to various points of interest on the North Shore, Metro Vancouver and sometimes further afield. We provide support for our seniors and plan locations based on accessibility. These journeys always involve the three C's—coffee, cakes and cookies. The bus leaves from the Centre, meandering through the streets of West Vancouver picking up people who have signed up for the trip. In the spring, watch for exciting changes coming to the *Stepping Out* Program.

There is certainly no need to be lonely in West Vancouver.
The Centre is the perfect support facility for those wishing to *Age in Place*. We encourage family involvement including discussions with a qualified staff member to identify their loved one's needs in order to recommend a suitable program. We like to emphasize that Keeping Connected is based on feelings, understanding and compassion for each and every individual.

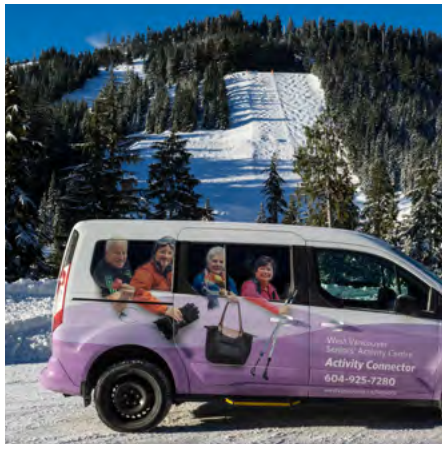
The other programs offered by Keeping Connected include:
Strollers Mall Walking, Current Conversations groups, Chair Exercise Programs, Music in the Living Room, Men's Club, Ladies Social Club, Lunch & Learn, Caregiver Support, Keep on Moving, Balance & Strength Classes for Men, Men's Walking Program, Thursday's Men's Group, Better Balance with Surefeet, Exercise your Brain, and Minds in Motion. The newest member of the Keeping Connected family is our little mini bus fondly named the *Purple People Seater*—a cheerful little fellow, and a very welcome addition to the Centre. It is used to ferry small groups of people between the

Keeping Connected is the "reaching out" arm of our Centre, and one of its aims is to enable seniors with reduced ability to get out and about.

Seniors' Activity Centre and their homes. Thank-you to our kindly and talented woodworking team who have made a special step stool in order to make it more convenient for passengers with walkers and wheelchairs.

We often read that statistics are boring, but here is one that is very exciting: In 2015 there were 12,600 visits to the Keeping Connected Programs and in 2016 there were 15,800 which is an increase of 27%. Indeed some of the courses are so popular that a waiting list has been established. Staff are dedicated to ensuring that each participant is connected and enjoying their programs. We are happy to report that all of this hard work has not gone unnoticed. In 2016, Keeping Connected won the *British Columbia Recreation & Parks Association Program Excellence Award* for communities with a population of over 20,000, certainly a well-deserved recognition.

Although it takes many staff and volunteers to administer these wonderful programs, mention must be made of the person who is ultimately responsible for its enormous success who is, of course, our Outreach Coordinator, Joni Vajda. Her enthusiasm, energy, drive and dedication reflect the positive feeling of warmth and welcoming friendship that we always encounter at our West Vancouver Seniors' Activity Centre. ***Thank you Joni!***



VOLUNTEERS

Coordinator of Volunteers
Caroline Brandson
cbrandson@westvancouver.ca

Assistant Coordinator of Volunteers
Melanie Redlich
mredlich@westvancouver.ca

BREAKFAST VOLUNTEER APPRECIATION EVENT

ALL VOLUNTEERS ARE WELCOME!
Join us Thursday, April 20, 8 – 10 a.m. in the SAC's Marine Room. ***Please call 604-925-7270 to register using activity number 25663.***

HAVE YOU HEARD OF OUR VOLUNTEER SOFTWARE?
Have you tried logging into your account to sign up or sign your hours?
We will be offering training sessions soon. The software is very user-friendly—we can quickly show you how to use it if you're interested (if you have an iPad).

Do you want to meet people? Do you have a few hours in your day? Are you aware there are health benefits to volunteering? Numerous studies have found there are physical, mental and emotional benefits to volunteering. Volunteers report lower stress levels and stronger connections with people and their community. One of the most interesting facts about the benefits of volunteering is that volunteers are more engaged and involved in taking care of their own health. They cope better with illness, life's setbacks and have stronger social and emotional connections with others. Volunteering gives you a reason to get up and out of the house! ***It's about being part of, and contributing to, our amazing Seniors' Activity Centre.*** Our Centre doesn't just operate with hundreds of volunteers, the volunteers are the heart and soul of the Centre and the reason it is so outstanding.

All Adult Volunteers need to take an orientation. Next Adult Volunteer Orientations are:

Gleneagles Community Centre

Sat Mar 4	10 a.m. – 12 p.m.
25675	Adults $20
Non-Member $5	SAC-Member free

Seniors' Activity Centre

Tue Mar 21	6 – 8 p.m.
25676	Adults $20
Non-Member $5	SAC-Member free
Sat Apr 8	10 a.m. – 12 p.m.
31889	Adults $20
Non-Member $5	SAC-Member free

After completing an orientation, make an appointment with Caroline at cbrandson@westvancouver.ca, or calling 604-913-2703 to discuss the next steps to becoming a volunteer.

SHIFTS AVAILABLE

Drivers: We are looking for drivers with a Class 4 Driver's Licence. If you are interested in driving for some of our trips, special events, or programs and would like more information about this please contact Caroline. ***It's a great way to go places and see things you might have only heard about.***

We are looking for people to assist with delivery of the Seniors' Scene magazine. If you live in an apartment or townhouse complex in West Vancouver and could help with the delivery of this magazine, contact Melanie.

VOLUNTEER APPRECIATION WEEK

April 23 – 29, 2017

Every year we recognize our volunteers during Volunteer Appreciation Week with a 5-Punch Pass card, that gives you access to your choice of five programs and services for free. *If you are a volunteer, please register at the front desk to pick up your pass. There are some conditions that go along with this pass, so see details on the pass or ask at the front desk.*

Also this month, outstanding volunteers in the community are recognized with the **Wall of Acclaim**. The photos and write-ups about the recipients of this award from all different areas in the District are posted in the hallways of our centres and sites, including the Municipal Hall. ***Look for a new set of amazing volunteers to be posted this month on the wall across from the Café.***

FITNESS PROGRAMS

Program Coordinator Health & Fitness
Tiffany Moffatt
604-925-7231
tmoffatt@westvancouver.ca

Program Coordinator Personal Training & Rehabilitation
Nicole Palacios
604-921-2169
npalacios@westvancouver.ca

1 – 2 NEW Hearts in Motion

Looking to improve health and decrease your heart disease risk factors with exercise? If so, then this mild, fun, and energetic early-morning fitness class is for you! Class includes a moderate cardiovascular workout followed by standing muscular strengthening exercises, abdominals and stretch.

Mon, Wed, Fri
Apr 3 – Jun 30 7:30 – 8:30 a.m.
32976 $131

3 NEW Forever Fit

Are you a fit senior looking for a challenging, energetic workout? This class is for you! Join us for an active warm-up, extended, easy-to-follow cardiovascular workout, followed by muscular strength and conditioning exercises for upper and lower body, abdominals and stretch. Class offered three times per week to encourage consistency.

Mon, Wed, Fri
Apr 3 – Jun 30 9 – 10 a.m.
32973 $131

1 Chairobics: Stretch & Strength

Class begins with 20 minutes of standing, light cardiovascular work, then moves to the chair for strengthening exercises using balls and bands, and finishes with a seated stretch.

Tue Apr 4 – Jun 27 12:50 – 1:50 p.m.
29357 $39

Fri Apr 7 – Jun 30 12:50 – 1:50 p.m.
29358 $36

1 – 2 Chairobics: Strength

Chairobics is an invigorating workout done in a seated position on a chair incorporating exercises with weights and rubber bands as well as a cardiovascular component.

Mon Apr 3 – Jun 26 9:15 – 10:15 a.m.
29355 $25

Wed Apr 5 – Jun 28 9:15 – 10:15 a.m.
29356 $30

3 Zumba® Gold

This modified Zumba® class recreates the original moves at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. This dance-fitness class combines zesty Latin music like Salsa, Cha-Cha, Merengue, Cumbia, Rock and Roll, Flamenco and Tango!

Fri Apr 7 – Jun 30 3 – 4 p.m.
29997 $113

1 Beginner Yoga

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. *Drop-in spots available.*

Thu Apr 6 – Jun 29 5 – 6:15 p.m.
29945 $61

2 Hatha Yoga at SAC

Yoga is an important way to build body awareness, flexibility, and relaxation techniques. Take the time to breathe, relax and open up your body. Increase balance and focus your mind.

Mon Apr 3 – Jun 26 9 – 10:30 a.m.
29953 $62

Mon Apr 3 – Jun 26 4 – 5:30 p.m.
29950 $62

Tue Apr 4 – Jun 27 10:05 – 11:20 a.m.
29952 $73

Thu Apr 6 – Jun 29 10:05 – 11:20 a.m.
29951 $73

1 Better Balance with Surefeet

This program helps members to feel stronger and more confident about walking. Main focus is to improve functional mobility, increase lower body strength and reduce the risk of falling. *New participants must take a 20-minute assessment before attending.*

Assessment
Apr 3 10:30 a.m. – 12:30 p.m.
29787 $12

Level 1 – Mon, Wed
Apr 5 – Jun 12 11:45 a.m. – 12:45 p.m.
29790 $216

Level 2 – Mon, Wed
Apr 5 – Jun 12 9:40 – 10:40 a.m.
29791 $216

Apr 5 – Jun 12 10:40 – 11:40 a.m.
30003 $216

Apr 5 – Jun 12 1:30 – 2:30 p.m.
30029 $216

Minds in Motion®

This partnership program with the *Alzheimer Society of B.C.* is a fitness and social program for people experiencing early stage memory loss. Participants must attend with a family member, friend or caregiver.

Fri Apr 7 – May 19 1:15 – 3:15 p.m.
30218 $40

Fri May 26 – Jun 30 1:15 – 3:15 p.m.
30219 $40

Keep on Moving

This exercise class is designed for older men experiencing decreasing strength. Participants will work on strength and flexibility exercises as well as walking, standing and balancing.

Tue, Thu Apr 4 – Jun 29
Tue 10 – 10:50 a.m. *Thu* 9 – 9:50 a.m.
29789 $85

Stand Tall

Poor posture is mostly due to muscle imbalances that develop over time and can be further exacerbated when using walking devices incorrectly. Learn basic exercises that will help restore muscle balance and spinal alignment allowing you to straighten up and stand tall again.

Tue Apr 11 – Jun 27 10:30 a.m. – 12 p.m.
30090 $75

Our Fit Fellas were in the North Shore News on Sunday, January 8th!
The success of the program sparked the interest of researchers at the University of British Columbia, who conducted a recent GOAL Trial (Group Based Physical Activity for Older Adults) involving 600 people, designed to identify positive factors in fitness programs and to explore the possibility of replicating the Fit Fellas model. The researchers were intrigued by the program's strong social element, which they discovered is of equal importance to the physical activity component for exercise adherence.

PERSONAL TRAINING

We offer Personal Training at the SAC! For details please call Nicole Palacios at 604-921-2169 Sessions: 30 minutes in duration.

30-minute Packages:
Try-it (4 Sessions) $100
First time, new customers only, limit one

Stay Fit
1 Session* $34
**Returning clients only; No first time or new customers*
3 Sessions $100
5 Sessions $165

Exercise Your Brain

This is a slow-paced program that is designed for people experiencing early memory loss and/or mobility challenges.

Tue Apr 4 – Jun 27 2 – 4 p.m.
29780 $85

– Pelvic Floor & Core Strengthening Workshop

Learn how to retrain the mind/core connection with the most current research on strengthening the pelvic floor and core muscles. This two-session workshop helps women suffering from stress urinary incontinence (SUI) and lower back pain. This workshop may be the first and sometimes the only step women need to take to end their SUI. Take home exercises included. *This class is also suitable for women with Diastasis Recti.*

Sat Apr 1 – 8 9:30 – 11 a.m.
32855 $63

OUTDOOR ACTIVITIES

Program Coordinator
John Lait

For a listing of what's happening each month visit *recschedules.westvancouverrec.ca/schedules/sac/outdoor-sports* or see the front desk. ***If you are new or would like more information about the programs, contact John Lait at 604-925-7230 or jlait@westvancouver.ca.***

Cross Country Ski and Snowshoe Club (Wed / Fri)

Annual Registration

Come snowshoe or cross country ski with other SAC members at Cypress. Cost to join the group does not include bus trips or trail passes. Bus runs from the SAC to Cypress bi-weekly and to a few other ski areas throughout the season, cost varies. *Bus only runs when ski area is open. Check snow phone or website in morning.*

Nov 18 – Mar 31 9 a.m. – 12:30 p.m.
21615 $13.40

Pitch & Putt Golfers
Annual Registration

The SAC has an active Pitch & Putt Golf program starting April at the Ambleside Par 3 Course. From May to September, all Monday games are played at other local Par 3 courses and a bus is available. New participants welcome. *If you would like to find out more, attend an informational meeting about the upcoming season Friday March 17 at 10 a.m. in the Learning Studio.* Unless otherwise noted, all green fees are extra and are paid at the courses. *Registration for the bus is separate and cost $6 for most trips.*

May – Sep Mon Bus Trips
Apr – Sep Thu Ambleside Pitch & Putt
9 a.m. – 12:30 p.m.
29237 $13.40

Hikers (Tue / Thu)
Annual Registration

Hike with us every Tuesday throughout the year and/or Thursday (May to October only). See our outdoor sports calendar for descriptions and location of hikes. Everyone must have appropriate footwear and clothing for any weather, in addition to food and water. *New participants: contact the leader prior to the hike.*

Jan 3 – Dec 28 9 a.m. – 3 p.m.
21661 $13.40

Ramblers (Mon)
Annual Registration

Ramblers meet at the SAC and hike an average of 8 – 10 km every Monday, regardless of the weather *(only exception is when Christmas falls on a Monday)*. Bus trips on the last Monday of the month. *Everyone must have appropriate footwear, clothing for any weather, food and water. New participants must contact the leader prior to the hike.*

Jan 2 – Dec 18 10 a.m. – 3 p.m.
21667 $13.40

Silver Wheels Cycling (Mon / Thu)
Annual Registration

The Silver Wheels Cycling group rides from Jan – Dec. Rides vary by season and experience level ranging from 3 – 5 hours (with rest stops) at an average pace of 15 – 18 km/hr. Rides are social and travel on bike paths, road or gravel. Route details are emailed out prior to ride. Helmets mandatory; lights, spare tube, pump, bell and mirror recommended.

Jan 2 – Dec 28 9 a.m. – 12:30 p.m.
21657 $26.80

Turtles Cycling (Tue / Thu)
Annual Registration

This cycling program is for seniors who would like relaxed social rides of between 14 – 43 km for destination coffees at an average pace between 15 – 18 km/hr. The rides take place Tuesday and Thursday mornings (weather permitting) between April 1 and October 31, and usually depart from the SAC. There are regular "drive to ride" trips planned to different locations in the Lower Mainland. *All rides have leads and sweeps to ensure participant safety, and all in-town rides have both short (14 – 18 km) and long ride (26 – 43 km) options.*

Jan 3 – Dec 19 9 a.m. – 12 p.m.
21656 $26.80

Walking Club (Mon)
Annual Registration

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

Jan 2 – Dec 18 10 a.m. – 12 p.m.
21679 $13.40

KEEPING CONNECTED PROGRAMS

Outreach Coordinator
Joni Vajda
jvajda@westvancouver.ca

Keeping Connected
Building Connections Campaign

This is a community-driven fundraising effort to support our 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 in the past.*** *If you wish to donate, please see the SAC office staff. Make a difference in your community.*

Eye Deal

This is an informative support group for people with low vision. Meetings include guest speakers, discussion and sharing. Join Bill Conway and The Chief (our program leader and guide dog) for an interesting and supportive session.

Monday April 24, May 15, June 19
Drop-in $2.50 10 – 11:30 a.m.

L.I.N.K.S. for Healthy Living

Volunteer with L.I.N.K.S., call Bunny Brown at 604-925-7289. *Volunteers are matched with the seniors assisting them to stay active.*

KEEPING CONNECTED PROGRAMS are specialized programs for seniors who need extra support to enjoy the benefits of daily leisure and an active social network.

Our trained and caring staff team provide programs that offer mental and cognitive stimulation, exercises supporting functional mobility and falls prevention and social engagement. ***We are able*** to pick people up in the neighbourhood and bring them to their programs. If needed, we offer one-on-one volunteer support during the programs. ***We offer*** subsidies for residents with financial difficulties and make reminder phone calls and support our participants. Join us and you will meet new friends, learn new skills, stay strong in your body and mind and have fun! *If you know of someone who would benefit from the programs and support we provide, please contact the Outreach Office and speak to Joni, Judith or Carly at 604-925-7211 to book an appointment.*

Keeping Connected Program offering: Stepping Out Bus Trips: Out for Lunch and/or Dinner, Out for Adventure, Out for the Movies, Out for Shopping; Strollers: Mall Walking program (one-on-one volunteer provided); Current Conversations groups (5 choices/week); Chair Exercise (programs focusing on functional mobility exercises and balance); Music in the Living Room *(in partnership w/ Hollyburn House Rivera)*; Men's Club; Ladies Social Club; Lunch & Learn; Caregiver Support Program (for spouses of participants of Keeping Connected); Keep on Moving: Balance & Strength class for men; Men's Walking Program; Super Guys: Thursdays.

PERFORMANCES AND TRIPS

Please see the Trips Board or your receipt for important trip information. Pricing for trips is listed as SAC members prices. Non-members are also welcome to sign up but will pay a higher non-member price.

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.*

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**

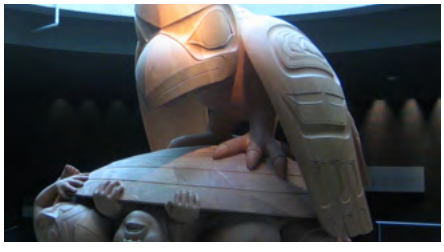
In partnership with

AMICA™ at West Vancouver

Penn Cove Mussel Festival USA *w/ Enjoy Tours*

Whidbey Island celebrates the onset of spring with its 31st Annual Penn Cove Mussel Festival. The festival features the fan favourite Mussel Chowder Tasting Competition, which pits local restaurants against each other for the coveted Mussel Chowder prize. Enjoy home town and international performers singing old and new songs of the sea. No festival experience is complete without a Mussel farm tour cruise and a stop by the revered Penn Cove Shellfish Mussel, Wine and Beer Garden on Saturday for live music, mussels, and great beverages. *Passport or Nexus Card required.*

Sat Mar 4 — 7:30 a.m. – 7:30 p.m.
21680 — $99



Museum of Anthropology

The Museum of Anthropology at the UBC campus in Vancouver is renowned for its displays of world arts and cultures, in particular works by First Nation band governments of the Pacific Northwest. This trip will feature a special showing of *Layers of Influence – Unfolding Cloth* which includes over 6,000 textile items from around the world. Many have never been seen by the public.

Thu Mar 9 — 12:30 – 4 p.m.
32878 — $35

Bistro 101 & Granville Island

Join us for a three-course meal with coffee or tea. Includes taxes, gratuity, transportation as well as extended time to shop or stroll on Granville Island.

Mon Mar 13 — 11 a.m. – 4 p.m.
32879 — $40

Tea & Trumpets: The City of Light

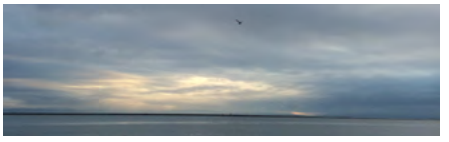
Our season ticket holders already have tickets and transportation for this show. *If you have your own ticket and are interested in bus transportation, we may be able to accommodate you.*

Thu Mar 16 12:30 – 4:30 p.m.
21674 $14 Bus only

Edgewater Casino

Come join us as we travel to the Edgewater Casino on False Creek. We have adjusted the times to make the weekday casino trips accessible by using our SAC Shuttle Bus.

Wed Mar 22 10 a.m. – 4 p.m.
21653 $10



Hidden Treasures of Ladner and Steveston *w/ Joy Brown*

Explore Finn Slough, walk the boardwalk at Britannia Village, a National Historic Site. Taste wine and fruit juices at a winery, enjoy and explore the villages of Ladner and Steveston. Lunch is served in Ladner Village. A traditional afternoon tea is served at historic London Farm built in 1890, followed by a tour of the Heritage Farm House.

Fri Mar 31 9:15 a.m. – 5 p.m.
30827 $75

Symphony Sundays: Mozart & Bruckner

Our season ticket holders already have tickets and transportation for this show. *If you have your own ticket and are interested in bus transportation, we may be able to accommodate you.*

Sun Apr 2 12:30 – 4:30 p.m.
27818 $14 Bus only

Milner Gardens & Coombs Market *w/ Enjoy Tours*

Milner Gardens and Woodland is a seaside garden set in a natural coastal woodland in Qualicum Beach featuring an impressive display of blooming Rhododendrons every April. Includes a guided tour of the gardens, on-site afternoon tea lunch, a visit to Coombs to see "goats on the roof" and free time to explore the many shops.

Tue Apr 4 7:30 a.m. – 7:15 p.m.
29267 $166
$17 discount for those 65+

Note: Washrooms aren't renovated for accessibility

Loafing Shed Glass Studio Tour

Glassblowing demonstrations at the Loafing Shed have proven to be very popular. You will be entertained and enlightened as Master Glass Blower Robert Gary Parkes explains the process as he makes a piece from start to finish. Complimentary cookies and beverages. Bring a bag lunch.

Fri Apr 7 11:30 a.m. – 4 p.m.
32983 $35

Note: Should be comfortable with uneven ground

Rockwater Resort & the Sunshine Coast *w/ Joy Brown*

Enjoy a delicious lunch and dessert at the upscale Rockwater Resort on the Sunshine Coast. Voted by the New York Times as one of BC's best resorts. Visit the Fibre Works Studio and Gallery located at Pender Harbour.

Wed Apr 12 8:15 a.m. – 6 p.m.
30843 $103

Stanley Theatre: Angels in America

Our season ticket holders already have tickets and transportation for this show. *If you have your own ticket and are interested in bus transportation, we may be able to accommodate you.*

Wed Apr 19 12 – 4:30 p.m.
27491 $14 Bus only

nextphase Formerly Transitions Same Great People – Same Great Service

Moving can be VERY stressful

YOUR MOVE MADE SIMPLE

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

nextphase: *Moving & Downsizing*

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

GARDEN SIDE CAFÉ

Mon / Wed / Fri	9 a.m. – 3:30 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.
Lunches (daily)	11:30 a.m. – 1:30 p.m.

Please be advised *that food prepared in our Cafeteria may contain these ingredients: milk, eggs, wheat, soybean, peanuts, tree nuts, fish and/or shellfish. Please ask a member of staff if you require more information regarding potential allergens.*

Please remember to bring your membership card.

Visa, Mastercard, AMEX, Interac accepted.

Please note that menu items may change occasionally because of unforeseen circumstances.

PLEASE NOTE There is now a 50 cent charge for hot water at the Café and Fireside Lounge. Thank you for your understanding.

MARCH 1–5

Wed **Salisbury Steak** w/ Mashed Potatoes, Vegetables
Thu **Grilled Wild Salmon Caesar Salad** w/ Garlic Toast
Fri **Curried Basa** w/ Rice Pilaf, Mexican Corn
Sat **Chef's Special**
Sun **Brunch at Eleven**

MARCH 6–12

Mon **Pork Goulash** w/ Lyonnaise Potatoes, Romaine Lettuce Salad Bowl
Tue **Grilled Chicken Adobo** w/ Rice, Roasted Yams and Carrots
Wed **Liver and Roasted Onions** w/ Gravy, Mashed Potatoes, Vegetables
Thu **Turkey Chili** w/ Romaine Salad, Cornmeal Muffin
Fri **Smoked Salmon Onion & Cheese Quiche** w/ Spinach and Arugula Salad
Sat **Chef's Special**
Sun **Brunch at Eleven**

MARCH 13–19

Mon **Classic Beef Meatloaf** w/ Gravy, Mashed Potatoes, Mix Vegetables
Tue **Spanakopitas** w/ Tzatziki, Roasted Potatoes, Marinated Tomato and Cucumber Salad
Wed **Italian-Herbed Roast Chicken** w/ Boiled Potatoes, Vegetables
Thu **Pulled Pork on a Bun** w/ Savory Potato Wedges, Sliced Tomatoes
Fri **Fettuccine Alfredo** w/ Shrimp, Salad, Garlic Toast
Sat **Chef's Special**
Sun **Brunch at Eleven**

MARCH 20–26

Mon **Teriyaki Chicken Leg** w/ Rice, Mix Vegetables
Tue **Swiss Burgers in Tomato Gravy** w/ Roasted Red Potatoes
Wed **Asparagus and Bacon Quiche** w/ Spinach & Arugula Salad
Thu **Chef's Salad (Beef, Ham, Chicken, Egg, Cheese)** w/ Garlic Toast
Fri **Baked Cod** w/ Rustic Tomato Vegetable Sauce, Roast Potatoes, Vegetables
Sat **Chef's Special**
Sun **Brunch at Eleven**

MARCH 27–31

Mon **Spanish-style Pork Chops** w/ Mashed Potatoes, Vegetables
Tue **Beef Stroganoff** w/ Pasta, Harvard Beets
Wed **Sweet & Sour Chicken** w/ Rice, Steamed Broccoli
Thu **Penne** w/ Tomato, Basil, Olives and Pecorino, Garlic Toast, Salad
Fri **Stuffed Salmon Boats** w/ Hollandaise Sauce, Roast Potatoes, Vegetables

DINNERS

Thursday, March 2
Stuffed Chicken with Brie and Apple, Mashed Potatoes, Fresh Mixed Vegetables

Tuesday, March 7
Lamb Shepherd's Pie, Gravy, Fresh Seasonal Vegetables

Thursday, March 9
Beef Bourguignon, Baked Potato with Sour Cream and Chives, Fresh Mixed Vegetables

Tuesday, March 14
Italian Dinner
Chicken Parmigiana with Linguine, Garlic Bread and Caesar Salad

Thursday, March 16
Corned Beef & Cabbage, Boiled Parslied Potato, Baby Carrots, Irish Soda Bread

Tuesday, March 21
Baked Salmon with Shrimp Hollandaise, Lemon Wedge, Roasted Potatoes, Fresh Vegetables

Thursday, March 23
Beef & Vegetable Stew, Roasted Yukon Gold Potatoes Fresh Mix Vegetables

Tuesday, March 28
Southern-style Pork Ribs, Baked Beans, Rice Pilaf, Sautéed Zucchini Peppers and Onions

Thursday, March 30
Roast Turkey with all the Trimmings

GARDEN SIDE CAFÉ
APRIL PREVIEW

Please be advised that food prepared in our Cafeteria may contain these ingredients: *milk, eggs, wheat, soybean, peanuts, tree nuts, fish and/or shellfish. Please ask a member of staff if you require more information regarding potential allergens.* ***There is now a 50 cent charge for hot water at the Café and Fireside Lounge — Thank you for your understanding.***

APRIL 1–2

Sat **Chef's Special**
Sun **Brunch at Eleven**

APRIL 3–9

Mon **Chicken Cordon Bleu** w/ Mashed Potatoes, Sautéed Zucchini, Onions, Tomatoes
Tue **Hamburger Steak** w/ Sweet Onion and Mushroom Gravy served on Sourdough Bread, Vegetables
Wed **Quiche Lorraine** w/ Duo of Beets Salad
Thu **Ginger Beef** w/ Rice Pilaf, Stir Fry Vegetables
Fri **Alaska Pollock** w/ Chunky Tomato Basil Sauce, Rice Pilaf, Salad
Sat **Chef's Special**
Sun **Brunch at Eleven**

APRIL 10–16

Mon **BBQ Chicken Leg** w/ Rice, Mix Vegetables
Tue **Harvest Pork Stew** w/ Roasted Yukon Gold Potatoes, Green Peas
Wed **Chili Con Carne** w/ Cornmeal Muffin, Mixed Greens
Thu **Bacon Lettuce Tomato & Cheese on Ciabatta** w/ Caesar Salad
Fri **GOOD FRIDAY – CLOSED**
Sat **Chef's Special**
Sun **EASTER SUNDAY BRUNCH**

APRIL 17–23

Mon **EASTER MONDAY – CLOSED**
Tue **Three Cheese Vegetarian Quiche, Caesar Salad**
Wed **Pork Chops in Guinness Stout Gravy** w/ Savoury Potato Wedges, Mixed Vegetables
Thu **Slow Cooker Chicken Barbecue** w/ Sweet Pickle, Sliced Tomatoes, Mashed Potatoes
Fri **Rigatoni** w/ Arrabbiata Sauced Shrimp, Salad, Garlic Toast
Sat **Chef's Special**
Sun **Brunch at Eleven**

APRIL 24–30

Mon **Beef Meatloaf** w/ Roasted Leek Gravy, Mashed Potatoes, Vegetables
Tue **Herb-Marinated Baked Chicken Leg** w/ Cranberry Sauce, Roasted Vegetables
Wed **Turkey a la King** w/ Rice, Medley of Fresh Vegetables
Thu **Penne Bolognese (meat sauce)** w/ Garlic Toast, Salad
Fri **Baked Fish on Vegetables** w/ Rice, Green Beans
Sat **Chef's Special**
Sun **Brunch at Eleven**

DINNERS

Tuesday, April 4
Stuffed Pork Loin with Apricots and Cranberries, Gravy, Scalloped Potatoes, Sautéed Green Cabbage

Thursday, April 6
Breaded Beef Liver, Crisp Bacon and Roasted Onions, Gravy, Mashed Potatoes, Fresh Vegetables

Tuesday, April 11
Pubhouse Battered Cod, Oven Fries, Lemon Wedge, Tartar Sauce, Coleslaw

Thursday, April 13
Greek Platter with Chicken and Prawn Souvlaki, Tzatziki, Roast Potatoes, Ratatouille

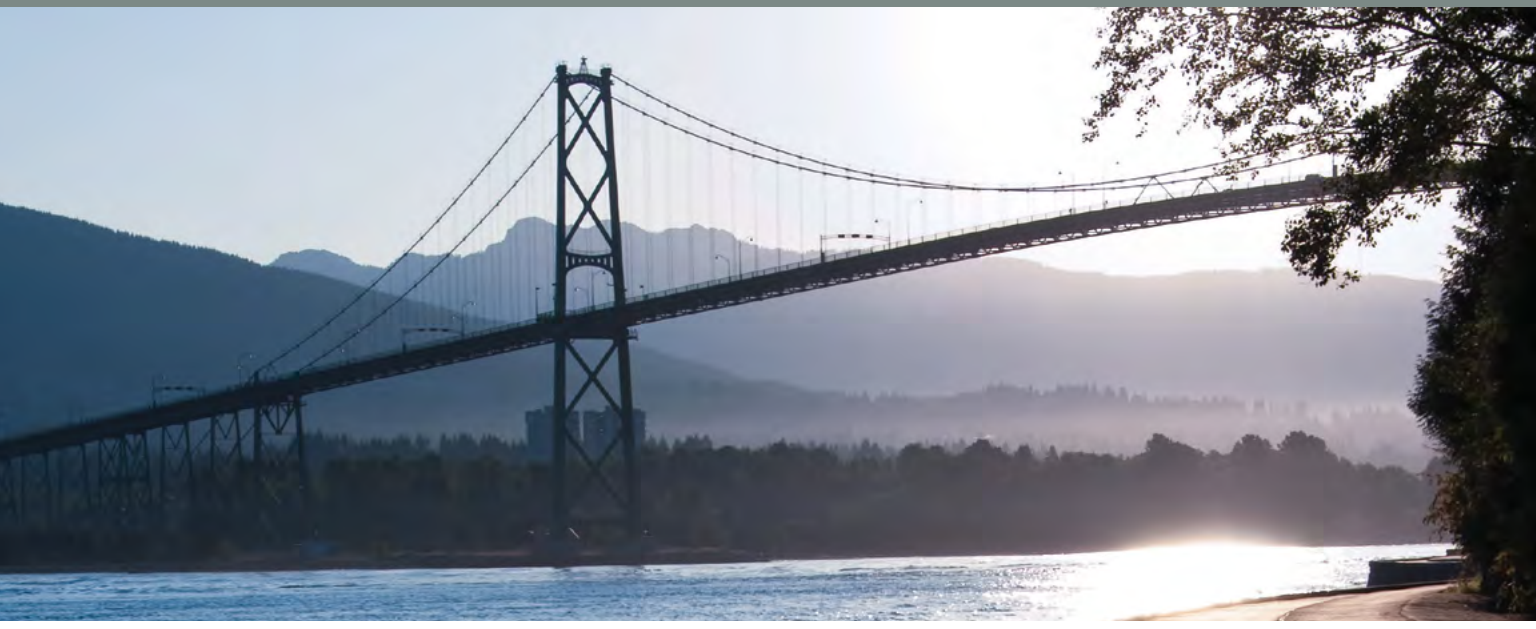
Tuesday, April 18
Coq au Vin, Mashed Potatoes, Fresh Seasonal Vegetables

Thursday, April 20
Lamb Curry, Roasted Red Potatoes, Green Beans with Red Peppers

Tuesday, April 25
Ukrainian Dinner
Cabbage Rolls, Pierogies with Sour Cream and Chives, Garlic Sausage, Salad

Thursday, April 27
Roast Turkey w/ all the Trimmings

Now Open!



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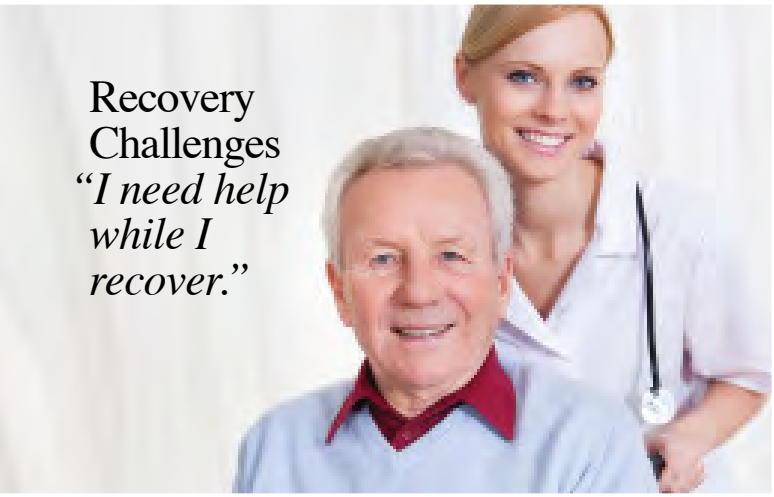
Is This You Or Someone You Know?



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