



18

MAY - JUNE

SENIORS' SCENE MAGAZINE

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Haida Gwaii	FEW SEATS	Jul 13 - 19	17 meals	\$3,564.00
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Grizzly Bears of Knight Inlet	FEW SEATS	Jul 25 - 29	10 meals	\$2,412.00

Glacier Nat. Park. & Waterton Lakes	Jul 26 - Aug 2	14 meals	\$2,749.00
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A heartfelt thank you to everyone
who contributed to this year's
Seniors' Activity Centre Flea
Market's success—volunteers,
organizers, donors and
participants—we couldn't have
done it without you!



westvancouver.ca/seniors

westvancouver



MESSAGE FROM THE ADVISORY BOARD CHAIR

I'm constantly amazed and grateful for the facilities and programs available to us at the Seniors' Activity Centre, and I'm pleased to discover in conversation with so many members that I'm not alone in my thinking. Not to mention the enthusiasm and positive attitude of the army of volunteers that make everything at the Centre run smoothly.

When I tell friends from other communities that I'm involved with our Seniors' Activity Centre, they have an image of us assisting those perhaps with mobility or memory issues, or other limitations. Of course, we do a great job of providing programs and activities to meet those needs.

But I'm also amazed at the number of us seniors for whom age doesn't stand in the way of a very active lifestyle. Indoors, we cater to woodworking, billiards, quilting, bridge, and fitness at all levels, just to mention a few of our activities. And as we're now well into spring with summer fast approaching, our outdoor programs are getting into high gear. Check out our Seniors' Scene Magazine to see if there's an activity for you.

Meanwhile, a big thank you to our Flea Market Committee and all the volunteers who rose to the challenge of relocating and "resizing" our annual revenue generator, after late word that our home at the Arena was forced to close for major repairs due to the icing system. Even before we put out the call for volunteers, people were coming forward to ask when and where they could help this year. Talk about commitment!

As always, we welcome your comments and ideas—look for the *You Speak/We Listen* comment cards near the Welcome Desk.

Dave MacLachlan
Chair



MESSAGE FROM COMMUNITY RECREATION MANAGER & THE RECREATION SUPERVISOR

You can always recognize springtime at the Seniors' Activity Centre—the gardens in the back of our Centre come alive with colour, fragrance and a flurry of activity thanks to our amazing

gardeners who inspire all of us. Spring is that chance to explore all that the Centre has to offer!

May is also Move for Health Month, an initiative started by the World Health Organization, to make all of us more conscious of our own health. Take a moment to treat yourself right by trying a new fitness class, exploring tai chi or relax with a massage.

We are opening our doors on May 8 to the community. We are hosting our first open house to entice the community to explore all our Centre has to offer, meet the cyclists and ask questions; chat with our photographers and find out how they make the colour pop in their photos, learn how to widdle a piece of wood, or what to do with a pool cue. Bring your friends and introduce them to the West Vancouver Seniors' Activity Centre, the jewel of West Vancouver.

Jill Lawlor
Community Recreation Manager

Davida Witala
Recreation Supervisor

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 following holiday hours and closures: May 21 closed Victoria Day

SENIORS' SCENE

Editors Sabina Kasprzak, Michiko Araki

Advertising Sabina Kasprzak

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Disclaimer Advertising in the Seniors' Scene does not constitute endorsement of the content by the District of West Vancouver.

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.

RECOGNITION OF FUNDING DONORS

Thank you to the many generous donors whose contributions help to make our Centre the vibrant and welcoming haven that it is!

In this issue, we would like to recognize a \$20,000 and \$1,600 donation from two generous donors.

REFUND POLICY

Please read the Refund Policy at the beginning of the Leisure Guide.

For workshops, one-day classes, short programs and events at the West Vancouver Seniors' Activity Centre, one week's notice is needed to receive a full refund, unless there is a medical issue, and a doctor's note is provided. Some exceptions apply and may need more notice.

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

E-NEWS

The Seniors' Scene Magazine is a bi-monthly publication that is printed and available online. The publication dates are: Jan/Feb, Mar/Apr, May/June, Jul/Aug, Sep/Oct and Nov/Dec.

Did you know that we also print and post online an update of 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 please ask at the front desk.

WV MEMORIAL LIBRARY

Unless stated otherwise, all events at the WV Memorial Library take place at the Welsh Hall.

Emergency Preparedness Presentation

Get disaster-ready with this free personal preparedness presentation by North Shore Emergency Management. Taking an all-hazard approach, they will provide information to help participants create an emergency plan and kit so they become more resilient during a disaster.

Mon May 7 6:30 - 8 p.m.

Seniors' Roommate Registry Information Session

Hollyburn Family Services Society is exploring the idea of developing a program that connects senior homeowners with senior home seekers. Join us at this information session to learn about the potential benefits of this program.

Welsh Hall West

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

Understanding Dementia and the Ten Warning Signs

Learn about illnesses that cause dementia, the ten warning signs, how the brain is affected and treatment options. *Presented by the Alzheimer Society of British Columbia.*

Welsh Hall West

Tue May 15 2 - 4 p.m.

WRITE FOR THE SENIORS' SCENE!

Are you interested in contributing to the Seniors' Scene magazine?

We are looking for writers to write feature articles for the Seniors' Scene magazine. *If you are interested, please contact Jill Lawlor by email at jlawlor@westvancouver.ca.*



Community Photo Walk

Put your photographer's hat on and join our visual arts expert Michael Markowsky as he introduces you to the art of photography and also leads you on an interactive photo walk around beautiful West Vancouver. No registration is required. Please bring your digital, film or phone camera to the session.

Sat May 26 2 - 3:30 p.m.

Understanding Depression

Learn about the signs and symptoms of one of the most common mental health problems. Hear about effective management tools and learn how you can support a loved one with depression. *Presented by Dr. Jessica Ginting, Registered Psychologist, North Shore Stress and Anxiety Clinic.*

Welsh Hall West

Thu Jun 14 7 - 8:30 p.m.



DONATE HEALTHY PLANTS

If you would like to donate healthy plants for the plant room, it would be greatly appreciated. Please see Sylvia in the office for more information.

EVENTS

Pricing for events are listed at member's price. Non-members are also welcome to sign up but will pay a higher non-member price.

Keynotes Concert

The Best of the Keynotes

Silver Anniversary

Don't miss this last concert and silver anniversary celebration! Come and listen to the best of the Keynotes! Our wonderful director is retiring after 25 years of conducting and this will be a tribute to the outstanding work she has done with the choir. Please purchase tickets at the front desk of the Seniors' Activity Centre. *Director: Marie Payette-Falls.*

Sun May 6	1:30 - 3 p.m.
33978	Adults \$7.50
5 - 12 yrs \$3.50	n/c under 5 yrs

Chez Lou: Bon Appetite

Fully Accessible

Join us for a French-themed dinner in the beautifully appointed "Chambre Marine". For your dining pleasure we will be serving: Baked French Onion Soup, Dijon Rosemary Rack of Lamb, Ratatouille Nicoise, Potatoes au Gratin and a finale of Crème Brûlée. Purchase wine at our bar or take advantage of our reasonable corkage fee and bring your own bottle.

Wed May 16	5 - 7 p.m.
44732	Members \$35

Evening Dances

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. Every fourth Thursday of the month. Cash bar is in effect. Doors open at 5:30 p.m.

Sweetwater

Thu May 24	6:30 - 9:30 p.m.
43769	Member \$9
	Non-Member \$12

Rock and Roll Dance with Brian and Michele

Thu Jun 28	6:30 - 9:30 p.m.
43770	Member \$9
	Non-Member \$12



Heritage Choir Spring Concert

Come and listen to our wonderful Heritage Choir sing to celebrate the spring season. Light refreshments will be provided after the concert. Everyone is welcome! Please purchase tickets at the SAC front desk. *Director: Nicole Thomas Zyczynski.*

Sun May 27	1:30 - 3 p.m.
40951	5 - 12 yrs \$3.50
	13 yrs+ \$7.50



Movie Sundays

Cost \$2.25 includes a snack.

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.

May 6 No movie. Come to the Silver Anniversary Keynotes Concert

May 13 Dunkirk

May 20 Breathe

May 27 No movie. Come to the Heritage Choir Concert

June 3 Stronger

June 10 Loving Vincent

June 17 Only the Brave

June 24 Wonder



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VOLUNTEERS



Coordinator of Volunteers

Caroline Brandson
604-913-2703
cbrandson@westvancouver.ca



Acting Assistant Coordinator of Volunteers

Beverly Koke
604-925-7288
bkoke@westvancouver.ca

Volunteer with us! For information on opportunities at the SAC contact Beverly at bkoke@westvancouver.ca or 604-925-7288.

VOLUNTEER ORIENTATION

If you are interested in joining our volunteer team, please sign up for an upcoming Adult Volunteer Orientation:

Please ensure you have a BC Care Card or BC Services Card with Personal Health Number. Meeting location: Seniors' Activity Centre.

SAC members are free, non-member seniors \$5, adults \$20.

Wed, May 2 **42016** 6 - 8 p.m.

Sat, Jun 2 **42017** 10 a.m. - 12 p.m.

Mon, Jul 2 **42018** 1 - 3 p.m.

After completing an orientation, make an appointment with Caroline at cbrandson@westvancouver.ca, or call 604-913-2703 to discuss the next steps to becoming a volunteer in the District. Proof of your BC Medical coverage and the Criminal Record process will be discussed at this meeting (bring government-issued ID to the meeting). **We have a number of unique opportunities coming up, so if you are looking for something different, please contact Caroline.**

Seniors' Scene Magazine Distribution Volunteers

Help us get the word out to residents of your building about our wonderful Centre! We are looking for volunteers who would be willing to distribute the Seniors' Scene Magazine in their apartment buildings in West and North Vancouver. *If you are interested please call 604-925-7280.*

VOLUNTEER WITH US!

Thank you to everyone for all your dedication during the Flea Market.

It was another amazing year and the amount of hours all of the volunteers put in was outstanding.

We appreciate everyone's flexibility to come in and help us!

We always have openings in the following areas:

- » Cashier
- » Café Openers
- » Sandwich Makers
- » Lunch/Dinner Servers
- » Café Closers
- » Food Prep
- » Phoners
- » Front Desk
- » Hosts
- » Bartenders
- » Dishwasher Assistants
- » Coffee Bar Baristas & Cashiers
- » Drivers Class 4 & 5
- » Tag Checkers
- » Programs & Services

We highly recommend people get trained in various positions as we always need people to fill in.

NEW & RETIRING

We would like to welcome the following new and returning volunteers: Tat, Randy, Andrea, Meg, Carole, Lynne, Jane, Sun Eun, Rita, Anne, Jacques, Nichola, Clover, Linda, Bit, Anthony, Donna and Estelle. **Please help us welcome them as they train and ease into their new volunteer positions.**

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PROGRAMS

Please visit westvancouverrec.ca for all drop-in and registered programs.



Program Coordinator
Sylvia Lung
604-925-7287
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.

REGISTER

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

MONDAYS

Bridge Social 12 - 3 p.m.
Please come 10 minutes early to get a table. No partner needed.
No play May 21

TUESDAYS

Knitting 10 a.m. - 12 p.m.

French Social Conversation
10:30 a.m. - 12:30 p.m.

Cribbage 1 - 3 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 Jun 27

THURSDAYS

Keep Well
Chair Exercises 9 - 10 a.m.
Hands-on Wellness Clinic 10 - 11 a.m.

Stamp Club (informal) 12:30 - 3 p.m.
1st & 3rd Thu May 3, 17; Jun 7, 21

Table Tennis 4:45 - 6:45 p.m.
No play May 24; Jun 28

West Van Gogos (Grandmothers) 6:45 - 8 p.m.
All proceeds are donated
May 3; Jun 7 \$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 May 11, 25; Jun 8, 22

Sound Advice 10 a.m. - 12 p.m.
May 4; Jun 1

The iPad iMovie (Max. 10 people)
Studio Group 10 a.m. - 12 p.m.
1st & 3rd Fri May 4; 18

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

SATURDAYS

Jazz Jam Session 10 a.m. - 12 p.m.

Table Tennis 12:30 - 3:30 p.m.

Canasta Club 1 - 3 p.m.

Scrabble 1 - 3 p.m.

SUNDAYS

Table Tennis 10:15 a.m. - 12:15 p.m.
No play May 6, 27

EVERY DAY

Are you interested in playing snooker with other women? Leave your name and email/phone number with Sylvia in the office.



Supervised Snooker 9 a.m. - 4 p.m.
Mon - Fri \$1/hour

If you are playing outside the supervised time, you need to register at the front desk prior to commencing play. Leave your membership card with staff. Upon completion of play, pick up your card and fees will be collected. Please read the Billiard Room Procedure and the Guests Procedure in the Snooker Room for more information.

Games Room Drop-in

Want to play with your friends but cannot find a venue? Drop-in to play whatever you like! The Atrium is for seniors (members) who need a place to play cards or games for several hours. Cost is \$2.50 per person per time. Please be courteous to the other players in the room. Some noise is acceptable but we would appreciate it if conversation is kept to the play. Book space with Sylvia. Any questions, ask any of the staff.
Tue - Fri 12:30 p.m. until 15 minutes before the Centre closes

Please refrain from eating or drinking while playing cards. It makes the tables sticky. We would appreciate it if you could wait until break time and have your food and drinks in the cafeteria if it is open. Please treat this space as you would your own home and keep it clean and tidy. Thank you for your cooperation.

REGISTERED PROGRAMS

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

Message by Langara Students

Students from Langara will be performing a 45-minute massage for participants every Tuesday. These massages are for members only and the cost is \$15 for each massage. Please arrive 15 minutes early to fill out paperwork if it is your first time. No automatic refunds on cancellations will be made less than seven days before appointment. Talk to Sylvia if it is less than a week to see if we can fill the spot. Please show up for your massage appointment as these go toward school credit hours required for students to graduate from their program.

Tue May 1 - Aug 7

40966 Member \$15/session



Painting with Gordon

Paint for leisure and enjoyment exaggerating colour and light to create greater impact or stronger mood. The theme will always be *happiness* and *joy*. We will verge on the side of expressionism pushing a little away from reality. This course will focus on the painting process, including brush strokes, color management, composition, contrast and mood. Please bring your own supplies.

Sat May 5 9 a.m. - 3:45 p.m.

Sun May 6 10 a.m. - 3:30 p.m.

44178 \$30



Paint & Sketch Your Memories

Note date change. Join us for this watercolour and ink workshop where you will paint from your favourite photographs and create small paintings in a vignette-type style. Supply list provided at registration.

Instructor: Marguerite Mahy.

Fri May 11 & 18 1 - 4 p.m.

40973 \$38

Theologian's Café

Apostle Paul

The Apostle Paul is perhaps the most pivotal biblical figure in the evolution of early Christianity—and one of the most controversial. Did he preach "salvation by grace alone" (Protestantism) or did he stress the importance of good works and the avoidance of bad ones as necessary to salvation (Catholicism)? Was he supportive of women in the developing Church, or did he advocate keeping women "in their place?" What do you think? *Moderator: John Slattery.*

Thu May 24 2 - 4 p.m.

40994 \$2.50

AED Training

Come and learn how to use the AED and learn a bit of CPR at this short course. The AEDs are very simple to use, and our machine is stored across from the front desk. AEDs are also now widely available in public spaces in times of emergencies. This is a great lifesaving skill to know! **Please register.** *Instructor: Karen Hillman.*

Fri Jun 8 10 - 11 a.m.

46345 n/c

or

Fri Jun 8 11 a.m. - 12 p.m.

46346 n/c

COMPUTERS



For iPad or iPhone only. Please read the Leisure Guide for description and information as you will need to update or buy some apps.

Text Messaging iPhone only**

Join in on a fun class! We begin with texting basics and then get creative with emojis, special effects, sending photos, videos, animated GIFs and audio recordings, using handwriting, adding bubble comments and more. Did you know that you can send balloons when you are texting happy birthday to your grandchild?

This class is for iPhone only.

Instructor Andrea MacDonald.

Thu May 3 1 - 4 p.m.

42313 \$42

MS OneNote for All Devices*

OneNote is a free and full-featured digital filing cabinet that works on all devices. Store all your important documents, forms insurance photos, recipes, receipts, warranties and retrieve them anywhere in the world from any device. Great for travelers!

Install MS OneNote prior to class.

Instructor: Andrea MacDonald.

Thu May 10 1 - 4 p.m.

42355 \$42

Get Rid of Cable for iPad

With a simple and inexpensive adapter you can hook your iPad up to your TV and watch television, movies and more at home and while travelling! Learn about subscribing to Netflix, renting or buying from iTunes, watching free network television, and free documentaries—all legal. **Bring your charged iPad with you.** Instructor: Andrea MacDonald.

Thu May 17 1 - 4 p.m.
42360 \$42

Everything Siri for iPad/iPhone

Siri is a fantastic tool for getting things done on your device. From dialling your phone to searching Google, to even reading and writing your text message for you, Siri is indispensable. Learn how to dictate rather than type anywhere on your device. Discover how Siri can make your device easier and more fun with her list of concierge services. Instructor: Andrea MacDonald.

Thu May 24 1 - 4 p.m.
42314 \$42

Notes for iPad/iPhone

Notes is the built-in memo taking app for your device. Learn how to create notes, format text, file notes in folders, add photos, links, videos and maps, and share your notes with others. We'll also review the sketching tools and learn how to add tables. Instructor: Andrea MacDonald.

Thu May 31 1 - 4 p.m.
42356 \$42

SUNSHINE COMMITTEE

If you know a member who would appreciate a note of kind words due to illness or loss, we have a volunteer who sends cards to our members. Please give the information to the Sunshine Committee in the office. Thank you.



iOS Photography for iPad/iPhone

The iPhone and iPad are great cameras but they don't work like regular cameras. In this class we will focus on taking good photos and videos. Learn to spot focus, adjust lighting and flash settings, use burst mode, take panorama shots, and more. In videos learn good habits that make editing easy, time lapse, slow motion and more.

Instructor: Andrea MacDonald.

Thu Jun 7 1 - 4 p.m.
42358 \$42

Organizing & Editing Photos for iPad/iPhone

This class focuses on organization, editing and sharing your photos. First learn how to do basic edits: crop, rotate, adjust lighting, colours and fix red eye. Next, learn how to create photo albums, delete and restore images, search by location, date or keyword, and share images with others. **This is not a photography class, please ensure you have photos on your device prior to class.**

Instructor: Andrea MacDonald.

Thu Jun 14 1 - 4 p.m.
42357 \$42

Camera+ for iPhone*

If the camera on your iPhone is leaving you flat, Camera+ will blow you away with great features like image stabilization, 6X zoom, front flash and a swath of advanced editing possibilities. Begin with basic shooting techniques and then delve into the editing tool and features. App (\$3.99) should be downloaded before coming to class. **Not suitable for iPad.**

Instructor: Andrea MacDonald.

Thu Jun 21 1 - 4 p.m.
42359 \$42

iOS 11: Photo Artistry for iPad/iPhone*

Specifically for those who take photos not to mark occasions, but for the artistry of it. Learn to use a variety of apps to modify your photos. We'll use a tool to help you find our best shots, work with extensive filters, work with art overlays, double exposures and more. **Some apps in this class must be purchased from the App Store. For iPad and iPhone.**

Instructor: Andrea MacDonald.

Thu Jun 28 1 - 4 p.m.
42322 \$42

Learn & Ask

Your *Friends in Technology* Maria and Angela from the 2017 Seniors' Health Expo are technology educators who can help ease your frustration and make learning about technology fun:

Technology: What is the Internet

No devices needed. See the many things that can be found on the internet! How do people get instant news these days? What are my grandkids watching? How can I see my favourite movies? You ask the questions and we'll provide the answers, and make you laugh along the way! Share your opinion or simply sit back and watch. Instructors: Maria and Angela.

Tue May 8, 15 10 - 11:30 a.m.
43823 \$84

STOP BY SACS ON 21ST STREET GIFT SHOP!

Decluttering? Downsizing?

Our gift shop is a collection of your generous donations, with all sale proceeds going to the SAC. We welcome home décor items, gift items and jewellery. To arrange pick-up please call 604-925-7270. Your support is appreciated!

In March SACS on 21st Gift Shop generated \$6,780.20 in sales!

LECTURES

Please ensure that you pre-register for the lectures—unless it says 'Drop-in', otherwise the lecture may need to be cancelled.

The District of West Vancouver does not support or endorse businesses lecturing at the SAC.

Financial Abuse

Protect yourself! You'll learn the results of a recent Vancity study on the alarming rates of financial abuse of seniors. You'll hear ways in which seniors are being mistreated, however are not recognizing the signs themselves. You'll learn ways to protect yourself from some common forms of financial abuse, by family, friends, as well as by predatory strangers (including online and mail scammers).

Mon May 14 1:30 - 2:30 p.m.
44124 n/c

**Travel Pictures w/ David Reesor**

Join David and Diane Reesor as they share pictures of Sri Lanka. Lying off the southern tip of India, the tropical island of Sri Lanka was colonized by the Portuguese, Dutch and British before achieving independence in 1948. Devastated by its 25 years of civil war and the tsunami in 2004, Sri Lanka is now on the road to recovery. They are the most inviting people as they welcomed David into their weddings, homes and workshops.

Wed Jun 13 1:30 - 2:30 p.m.
40995 \$2.50

GARDEN CLUB

**Garden Club Membership Pass**

Thursdays, March - August from 10:30 a.m. - 12:30 p.m., \$35

The membership includes weekly lectures/events at discounted prices and trips for members only. Please see wvscgardenclub.blogspot.ca or bulletin board for details. 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. *For those interested in specific events and aren't a member, you are welcome to join us for a nominal fee.*

Creating Beautiful Home Gardens

Speaker: Tish Davies

Thu May 3 10:30 a.m. - 12:30 p.m.
40940 Non-Member \$5

Hostas

Speaker: Leslie Allen

Thu May 10 10:30 a.m. - 12:30 p.m.
40948 Non-Member \$5

Tomatoes and Success with Vegetables

Speaker: Frances Needham and Jane Sherrott

Thu May 17 10:30 a.m. - 12:30 p.m.
40937 Non-Member \$5

Trip to Wig

Thu May 24 9:30 a.m. - 2:30 p.m.
40941 GC-Member \$15
Non-Member \$20

Visit to Trish's Garden

Thu May 31 10:30 a.m. - 12:30 p.m.
40936 Non-Member \$5

Hives for Humanity

Speaker: Julia Commons

Thu Jun 7 10:30 a.m. - 12:30 p.m.
40943 GC-Member \$5
Non-Member \$10

**World of Lavender**

Speaker: Susan Burdak

Thu Jun 14 10:30 a.m. - 12:30 p.m.
40949 GC-Member \$5
Non-Member \$10

Designing with Grasses

Speaker: Janis Matson

Thu Jun 21 10:30 a.m. - 12:30 p.m.
40944 GC-Member \$5
Non-Member \$10

**Roses**

Speaker: Jason Croutch of Fraser Valley Rose Farm

Thu Jun 28 10:30 - 12:30 p.m.
40946 GC-Member \$5
Non-Member \$10

SENIORS' ACTIVITY CENTRE

OPEN HOUSE

TUE, MAY 8 | 10 A.M. - 2 P.M.

Learn about the diverse programs, clubs, events and social opportunities available for 55+ adults daily at the West Vancouver Seniors' Activity Centre! Here's a glimpse of what we have in store for you at the open house:

- Facility tours
- Complimentary tea/coffee/cupcakes at the Fireside Coffee Bar & Lounge
- Keeping Connected tea party & treats
- Complimentary Zumba demo classes at 11:30 a.m. and 12 p.m.
- SAC Personal Training & Rehab Services booth
- Volunteer info & sign-up booth
- SAC Advisory Board membership booth
- Sample classes showcasing a variety of our programs and services including knitting, quilting and more (observe or join in)
- Ukulele demo
- Woodworking workshop tours
- Shuttle Bus & Community Connector tours
- Billiards (bring a friend for free play)
- Chef Lou's feature lunch menu and world-famous cinnamon buns available at the Garden Side Café
- An opportunity to meet volunteers, staff, instructors and Board members
- Check out our unique SACS on 21st gift shop

Sponsored by the SAC Advisory Board

We look forward to welcoming you!

westvancouver.ca/seniors

westvancouver



*"I want to stay
in my home."*



*"I'm worried
about mom falling
in her home."*



Shylo Is The Answer!

Shylo Brings Care To Your Home. You are not ready to leave your home, but you may benefit from some support to stay there safely. Shylo has helped seniors remain in their homes comfortably since 1980 by offering a wide range of services that make dealing with everyday life just a little easier. **Shylo Home Support Care** can help you with:

- Shopping & Meal Preparation
- Medication Management
- Travel To and From Appointments
- Companionship

Call **604-985-6881** today
for a **FREE In-Home Needs Assessment.**



HOME HEALTHCARE



www.ShyloHomeHealthcare.ca

SOMETHING



All photo by: Sarah Moldenhauer

SPECIAL

Written by Dave Patrick

The more we write about the many programs offered by our popular Seniors' Activity Centre, the more surprised we are to discover how many we haven't written about. The list is endless and in this issue we would like to introduce you to our Special Services Society.



Enjoying a friendly chat in the lounge.



It is well known that one of the major concerns with aging is loneliness, which is closely connected to the lack of mobility. For some seniors these limitations came as a life-changing shock and they suddenly had to rely on good friends and relatives to get them to doctors, dentists and other essential appointments.

So, a need had been identified and a group of ten *younger concerned seniors* decided to tackle the problem. They applied for a New Horizons grant which was approved, and in 1975 *The Special Services Society* was created in a small office on Marine Drive in West Vancouver. The first step was to establish a *telephone tree* in order to identify a group of citizens who would benefit from this service. This was, of course, long before the advent of the internet so all

conversations were conducted by telephone. Our caring group soon had a base of frail, house-bound seniors who requested a call every day.

Now, officially the calls were for support, monitoring and listening for unspoken health needs and concerns. The real reason was the warmth and comfort found in speaking with someone who cares and really listens to you. The friendly phone calls soon turned into requests for rides to medical appointments and a rotating roster of drivers was established.

Then in 1978 *The Special Services Society of West Vancouver* was incorporated as a not-for-profit registered charity and not before time as the need for this unique and caring service was growing rapidly.



Special Services volunteers known for their big hearts and bright smiles!

It is well known that one of the major concerns with aging is loneliness, which is closely connected to the lack of mobility.

In 1981 the West Vancouver Seniors' Activity Centre opened and the District granted Special Services space in the new building to enable them to carry on their good work.

In that same year they received an Order of Merit from the Federal Government in recognition of their wonderful contribution to the mental and physical health of our seniors. Over the course of the next thirty plus years, *The Special Services Not-for-Profit Society* applied for, and received, grants which assisted the Seniors' Activity Centre with their programs and equipment. All these years later, *Special Services* is still fulfilling that special function. In teams of two our volunteers go out into the community driving and seniors to all the important places

they have to be. It's more than just driving; our teams are befriending seniors who for one reason or another have lost confidence in their ability to get "out and about". These teams work closely with the West Vancouver Seniors' Activity Centre Outreach staff team.

Yes, *Special Services* is yet one more example of the friendship, care and love that is reflected in so many ways in our wonderful Centre. Our thanks go out once more to all the dedicated people who make this happen.

For more information please contact Varick Ernst and her team at 604-925-7281 or Joni Vajda, Keeping Connected Program Coordinator at 604-925-7211.



Written by
Dave Patrick



Photo by: Peter Owens

THANK YOU

It has often been said that one picture is worth a thousand words and this is certainly true when we read our Seniors' Scene Magazine.

This is the fourteenth consecutive issue to publish articles on programs offered by our Centre and there is no doubt that these stories would not have nearly the same impact without the accompanying photos. Our team of dedicated photographers do a wonderful job of capturing the essence of each and every story

as well as having many other assignments for the Centre.

As long time members of the West Vancouver Seniors' Activity Centre's photography club, they are creative, innovative and such a pleasure to work with.

A heartfelt Thank You
to Peter Owens,
Tommy Thomas and
Larry Olkovich.



Photos by: Tommy Thomas (l.) and
Larry Olkovich (r.)

HEARING LOOPS AT THE SENIORS' CENTRE

The rooms that have loops are:

- › **The Activity Room** (Big Gym)
- › **The Social Recreation Room** (Room that has card tables and is opposite the Activity Room)
- › **The Learning Studio** (Room opposite the Woodwork Room)

Are you hard of hearing? Do you have a hearing aid that has a Telecoil-switch or a T-Switch?

At the Seniors' Activity Centre we have three rooms that have a hearing loop which can be connected to an amplifier so that when a speaker is using a microphone, you can hear their voice in your ear. You may have a T-switch on your hearing aid but it may not be turned on.

SENIORS' ACTIVITY CENTRE GARDEN SIDE CAFE

MOTHER'S DAY BRUNCH SUN, MAY 13 11 A.M. - 1:30 P.M.

ENTRÉE | *Corned Beef Hash with Two Poached Eggs & Pickled Gherkin, Whole Wheat Toast, Fresh Fruit Garnish, and a Glass of Sparkling Orange Juice*

ALSO OFFERED FOR AN EXTRA COST:
Manhattan Clam Chowder, Cream of Mushroom Soup, Extra Poached Egg, Beer & Wine
Member: \$10 | Non-member: \$14.29



FATHER'S DAY BRUNCH SUN, JUNE 17 11 A.M. - 1:30 P.M.

ENTRÉE | *Two Waffles with Fresh Strawberries, Raspberries & Whipping Cream, Bacon, Sausages, and a Glass of Sparkling Orange Juice*

ALSO OFFERED FOR AN EXTRA COST:
Manhattan Clam Chowder, Cream of Asparagus Soup, Bacon, Sausages, Beer & Wine
Member: \$10 | Non-member: \$14.29



604-925-7280
westvancouver.ca/seniors

westvancouver



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

Quality Staff
Exceptional Service
Competitive rates

604-986-6796

KEEPING CONNECTED PROGRAMS



Program Coordinator

Joni Vajda
604-925-7211
jvajda@westvancouver.ca



Assistant Program Coordinator

Carly Graham
cgraham@westvancouver.ca



Assistant Program Coordinator

Judith Harrington
jharrington@westvancouver.ca

Do you wish to live independently in your home for as long as you possibly can? A recent research study, done in West Vancouver by Dr. Dele Aytoli, has demonstrated that quality of life for aging adults increases significantly with participation in one or more Keeping Connected programs per week.

We currently offer 27 interesting and relevant programs each week.

Our trained and caring staff team will meet with you and help you select a program or two that would be of interest to you. All of our participants are experiencing losses due to aging and the staff team will support you in overcoming these barriers to participation. **We pick up** people in the neighbourhood and bring them to programs, and provide one-on-one volunteer support when needed. **We also provide reminder phone calls about programs.** If you or someone you know is struggling with a loss, or is isolated in their home, these programs could be a great fit. **Join us and you will meet new friends, learn new skills, stay strong in your body and mind and have fun!**

Keeping Connected Program offering:

- » Stepping Out Bus Trips:
Out for Lunch or Dinner; Out for Adventure; Out for Shopping
- » Strollers: Mall Walking Program
one-on-one volunteer provided
- » Current Conversations groups
four choices per week
- » Chair Exercise programs focusing on functional mobility exercises and balance
- » Music in the Living Room
In partnership with Hollyburn House Revera
- » Men's Club Tuesdays
- » Men's Club on Mondays
- » Ladies Book Club
- » Ladies Social Club
- » Lunch and Learn
- » Caregiver Support Program
For spouses of participants of Keeping Connected
- » Keep on Moving: Balance and Strength class for men
two classes each week
- » Men's Walking Program
- » Creative Expressions Activity Program
- » Stand Tall: Balance and Strength class for women
two classes each week
- » Musical Mondays
Monthly Drop-in
- » Parties and Events
- » West Vancouver: Then and Now

Building Connections Campaign

This community-driven fundraising effort supports our programs and seniors with transportation options through the Seniors' Shuttle Bus, and the Keeping Connected programs. 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 by supporting our aging population to thrive and live independently for as long as possible.

Special Services Society and LINKS for Healthy Living Project

One person caring about another represents life's greatest value.

Allow our compassionate and knowledgeable team of volunteers to help you and your dear one explore their options. It can be as simple as a cheery phone call every day, or a ride to a medical appointment. We can also suggest fun activities to expand their social life. *Contact Varick and her team at 604-925-7281 for details.*

Eye Deal

This is an informal support group for people with low vision. Meetings include guest speakers, discussion and sharing. *Join Bill Conway and The Chief (Bill's guide dog) for an interesting and supportive Session.*

Mon Jun 18 10 - 11:30 a.m.
Drop-in \$2.50

TRY ONE OF OUR NEW MONTHLY PROGRAMS!

Payment with Keeping Connected Punch Card or \$5 drop-in

NEW *Keeping Connected: West Vancouver Then & Now* Many of our Seniors' Activity Centre members are the pioneers of West Vancouver. Once a month we will gather together to enjoy a presentation and talk about the "olden days" in our beautiful city. We will reminisce and tell stories of times gone by and how the community has changed and developed over the years. *Everyone is welcome.*

Mondays
May 7, Jun 4
44579 1:30 - 3 p.m.

NEW *Keeping Connected: Musical Mondays* Join with friends for an afternoon of conversation and music in a coffee house setting here at the Seniors' Activity Centre. Each month we will enjoy a different performer. *Everyone is welcome.*

Mondays
May 28, Jun 25
44578 1:30 - 3 p.m.

FITNESS PROGRAMS



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



Program Coordinator Personal Training
David Thomson
604-921-2169
dthomson@westvancouver.ca



♥1 - ♥2 Hearts in Motion
If you are looking to improve your health and decrease your heart disease risk factors with exercise, then this mild, fun, energetic early morning fitness class is for you. This class includes a moderate cardiovascular workout followed by standing muscular strengthening exercises, abdominals and stretch.

Mon Apr 9 - Jun 25 7:30 - 8:30 a.m.
41429 \$35

Wed Apr 4 - Jun 27 7:30 - 8:30 a.m.
41430 \$41

Fri Apr 6 - Jun 29 7:30 - 8:30 a.m.
41431 \$41

♥1 Better Balance w/ Surefeet
This program will help members feel stronger and more confident about walking. The main focus is to improve functional mobility, increase lower body strength, reduce the risk of falling and improve balance. **First time participants must attend a 20-minute assessment.** An appointment time for the assessment will be booked closer to the date. *Contact the Seniors' Outreach office at 604-925-7211 for information on Better Balance class information.*

Balance Assessment
20-minute appointment between 10 a.m. and 12 p.m.

Wed Jun 13 **41315**

Level 1 - Mon, Wed
Jun 18 - Jul 25 11:45 a.m. - 12:40 p.m.
41107 \$135

Level 2 - Mon, Wed
Jun 18 - Jul 25 9:40 - 10:35 a.m.
41095 \$135

Jun 18 - Jul 25 10:45 - 11:40 a.m.
41106 \$135

PURCHASE YOUR COFFEE PUNCH CARD TODAY!



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

WE OFFER PERSONAL TRAINING FOR SENIORS!
For more information please call David Thomson at 604-921-2169. All sessions are 30 minutes in duration.

30-MINUTE PACKAGES:

Try-it	
4 Sessions	\$100
<i>First time, new customers only, limit one</i>	
Stay Fit	
3 Sessions	\$100
5 Sessions	\$165

Minds in Motion

Exercise your brain! 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 May 18 – Jun 29 1:15 – 3:15 p.m.
41878 \$44

Dance for Parkinson's

Dancing improves mobility and quality of life in people with Parkinson's. Explore movement and music in an enjoyable, safe, and creative class that uses fundamentals of dancing such as balance, flexibility, movement sequencing, rhythm, and spatial and aesthetic awareness to maintain a sense of confidence and grace in movement. Participants will experience significant improvements in overall movement, particularly walking.

Midway registrations are welcome.

Tue Apr 10 – Jun 26 1:30 – 3 p.m.
44122 \$81

Wed Apr 11 – Jun 27 1:30 – 3 p.m.
44123 \$81

Chairobics: Level 1

This chair class focuses on gentle stretching and strengthening with the use of bands and balls (no aerobics). Stretching is very important in maintaining health and mobility.

Tue Apr 3 – Jun 26 12:50 – 1:50 p.m.
41413 \$41

Fri Apr 6 – Jun 29 12:50 – 1:50 p.m.
41414 \$41

- Chairobics: Level 2

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 9 – Jun 25 9:15 – 10:15 a.m.
41415 \$35

Wed Apr 4 – Jun 27 9:15 – 10:15 a.m.
41416 \$41



Zumba® Gold

Zumba® is a high energy dance fitness class that uses zesty Latin music, like salsa, cha cha and 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.

Fri Apr 6 – Jun 29 3 – 4 p.m.
41466 \$117

Pelvic Floor Workshop

Learn how to retrain the mind and core connection with the most current research on strengthening the pelvic floor and core muscles. This 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 21 – 28 9 – 10:30 a.m.
41436 \$63

Sat Jun 2 – Jun 9 9 – 10:30 a.m.
45539 \$63

Standing Strength & Balance

Enjoy a full body fitness class that does not go down on the floor. Start with a gentle warm up and some cardio to get the heart rate pumping, then move on to balance work and resistance training using body weight, light hand-held weights and exercise bands. Finish off with a standing or sitting stretch.

Wed Apr 4 – Jun 27 10:45 – 11:40 a.m.
41439 \$41

Fri Apr 6 – Jun 29 10:15 – 11:10 a.m.
41441 \$41

OUTDOOR ACTIVITIES



Program Coordinator

John Lait
 604-925-7230
 Jlait@westvancouver.ca

For a listing of what's happening each month visit recschedules.westvancouverrec.ca/schedules/sac/outdoor-sports or see the front desk.

Sports programs are volunteer-driven. If a program is full please sign up on the waitlist as we may open up more spaces if we have enough volunteer support.



(Tue / Thu)

Hikers

2018 Registration

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

Jan 2 – Dec 27 9 a.m. – 3 p.m.
33727 \$13.75



(Mon)

Ramblers

2018 Registration

Ramblers meet at the Seniors' Activity Centre 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 8 - Dec 31 10 a.m. - 3 p.m.
33729 \$13.75

(Mon)

Walking Club

2018 Registration

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

Jan 8 - Dec 31 10 a.m. - 12 p.m.
33734 \$13.75



(Mon / Thu)

Pitch & Putt Golfers

2018 Annual Registration

The West Vancouver Seniors' Activity Centre has an active Pitch & Putt Golf Program which begins in 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.

A tournament is held in September followed by an awards luncheon.

New participants welcome. Bus and golf schedules will be available in April. 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 9 a.m. - 12:30 p.m.
 Apr - Sep Thu Ambleside Pitch & Putt \$13.75
33731

PERFORMANCES AND TRIPS

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

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.



Cycling (Waitlists) — We have four cycling programs: Norwest, Silver Wheels, Easy Riders and Turtles. These programs are full and are taking people for future participation on waitlists. *For more information or to be added to a waitlist for our very active cycling programs please contact John Lait at 604-925-7230.*

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

 **Woodland Park Zoo w/ Enjoy Tours**

Woodland Park Zoo encompasses 92 acres and features the largest live animal collection in Washington State, with approximately 1,100 residents representing nearly 300 species. It's the #2 zoo in America for major naturalistic exhibits winning six national awards. USA travel documents required.

Tue May 1 7:45 a.m. - 9 p.m.
45268 \$129



  **Dr. Sun Yat-Sen Classical Chinese Garden**

Our 45-minute guided tour is integral to enhancing your experience in the Garden. With the rich information provided by the tour, you will understand the history and significance behind each Garden element, such as the roof tile, leak window, taihu rocks, penjing tree, and many more.

Thu May 3 11 a.m. - 2:30 p.m.
44102 \$32

  **Jericho Theatre: The Cherry Orchard**

Under the direction of William B. Davis, *The Smoking Gun Collective* (who brought you *An Inspector Calls* last season) will present the last play by Anton Chekhov, *The Cherry Orchard*. They are thrilled to bring you this play, which is considered one of the masterpieces of the twentieth century.

Sat May 5 12:30 - 6 p.m.
45393 Member \$40
Non-Member \$45

 *stairs involved*
Granville Art Tour w/ Gordon

Join Gordon Davis for a tour of the Granville street art galleries with a short presentation at each gallery.

Fri May 11 9:25 a.m. - 3:30 p.m.
45094 \$15



   **Hastings Race Track & Casino**

The Hastings Racecourse is bred for excitement! Enter a world where fluorescent-clad jockeys mount lean racing machines. The starting gates burst open and they're off! It features a 42,000 square foot gaming floor. Trip includes buffet in Silks Restaurant with a view of the track.

Sat May 12 12 - 6 p.m.
33801 \$50



 **Victoria & Saanich in the Spring w/ Joy Brown**

Spring is a delightful time to visit Victoria and the Saanich Peninsula. Experience the large collection of Rhododendrons at Finnerty Gardens. Visit Mount Tolmie, and explore a huge variety of antique artifacts in Saanich. Lunch is served in pretty Cordova Bay, and afternoon tea is served by the sea in Brentwood Bay.

Wed May 23 7 a.m. - 7:45 p.m.
44682 Member 65+ \$115, <65 \$131
Non-Member 65+ \$135, <65 \$151



  *partly accessible*
Grand Villa Casino

Offering a dynamic gaming environment with an explosion of natural light and a 6 tiered waterfall right in the middle of all the action.

Tue May 29 9:45 a.m. - 3 p.m.
43753 \$12

  **Audain Art Museum Whistler**

See the spring show Beau Dick: Revolutionary. The Audain Museum contains a permanent collection of the art of British Columbia from early times to the present day. Included is an outstanding collection of nineteenth century Northwest Coast masks, one of Canada's strongest Emily Carr collections, and a selection of Vancouver's celebrated photo-based art. We will spend time in the Village for lunch at your own cost, or bring a bag lunch.

Fri May 25 9 a.m. - 4:30 p.m.
44108 \$50

Wed Jun 20 9 a.m. - 4:30 p.m.
44109 \$50

  **Stanley Theatre: Mamma Mia**

Our season ticket holders are already booked. If you have your own ticket and are interested in transportation only we may still have space on our bus.

Wed Jun 6 12 - 5 p.m.
33937 Bus only \$15

  **Day in Steveston**

Stroll along the wharf, and enjoy a lovely spring day. Watch the fishing boats coming and going. Shop in the wonderful boutiques and enjoy lunch on your own (not included in fee).

Fri Jun 8 10 a.m. - 3 p.m.
46162 \$20

Egypt: The Time of Pharaohs w/ Enjoy Tours

Visit the Royal BC Museum and be among the first in North America to see this staggering exhibition's priceless ancient artifacts. Have lunch in the Legislative Dining Room and enjoy some free time in the Inner Harbour. *Price is discounted for those over 65.*

Mon Jun 11 7 a.m. – 8 p.m.
45269 \$166

Fort Langley Day Trip

Travel back in time to the 1800s at Fort Langley National Historic Site, the birthplace of British Columbia. The site recreates the time of when the Hudson's Bay Company dealt in trading fur to the First Nations people of the West Coast. Experience life of a bygone era and try your hand at blacksmithing, barrel-making, and gold panning. There will be time on your own in the town. Lunch in Langley on your own or bring a lunch.

Fri Jun 15 9:30 a.m. – 4 p.m.
46176 \$30

Symphony Sundays **Our season ticket holders**

are already booked. If you have your own ticket and are interested in transportation only we may still have space on our bus.

Sun Jun 17 12:30 – 4 p.m.
40321 Bus only \$15

Westminster Abbey by Train w/ Joy Brown

max 3 walkers, please call John to reserve
Enjoy a 1.15 hour train ride aboard the West Coast Express from downtown Vancouver to Mission, traveling along the Burrard Inlet and Fraser River. Join Benedictine monks for their evening vigils in beautiful Westminster Abbey and explore the Abbey grounds. Dinner and dessert are served in Mission.

Tue Jun 19 2:45 – 9:15 p.m.
44681 Member \$99
Non-Member \$125

River Rock Casino Vancouver

Take in the thrill of 24-hour gaming at one of Western Canada's brightest and most exciting destination resorts. The stylish 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, fourteen tables with 24/7 play, and daily tournaments.

Tue Jun 26 9:15 a.m. – 3 p.m.
43751 \$15

Stanley Theater: Once (Granville Island Stage)

A Dublin street musician is struggling through heartbreak and frustrated with his songs when he chances upon a girl who challenges him to go for his dream. With a company of actors who all play instruments onstage, this theatrically breathtaking musical is a captivating love song, a foot-stomping melody, and a bittersweet duet.

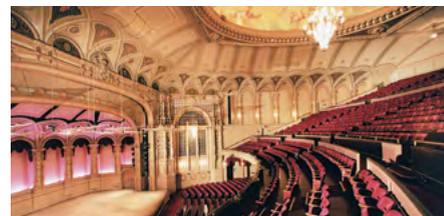
Our Stanley Season Ticket holders are already booked for this show. If you wish to purchase your own ticket we can provide the return transportation.

Wed Jun 27 12 – 5 p.m.
46163 Bus only \$15

Bard on the Beach: As You Like It

A new take on an old classic. It's the 1960s, and free spirits are escaping from Vancouver to get "back to the land". This joyful tribute to love, laughter and music features 20 classic Beatles songs, from *I Want to Hold Your Hand* to *All You Need is Love*, performed by the cast. Come join in the fun—you'll leave the theatre with a song in your heart and a belief in our shared humanity.

Sat Jun 30 12:30 – 6 p.m.
46164 \$65 (single show
open for registration after May 16)



Season Tickets 2018/2019
Phone John Lait at 604-925-7230 to book.

Symphony Sundays

12:30 – 4 p.m. **43659**

Join us for the first time or renew for the Fall 2018/Summer 2019 Symphony Sundays season. For the bus only option, you must have your own ticket.

Tickets & Bus \$275 for season
Bus only \$75 for season

Tea & Trumpets

12:30 – 4 p.m. **43656**

The always sold out Tea & Trumpets matinee concerts feature beloved classics and entertaining stories and narration from Vancouver's very own Bard himself, series host Christopher Gaze. Complimentary tea & cookies will be served in the lobby before each concert. For the bus only option, you must have your own ticket.

Tickets & Bus \$290 for season
Bus only \$75 for season

Stanley Theatre

12 – 4:30 p.m. **43660**

Sign up for the entire season at the Stanley Theatre! The sign up deadline is May 4. Tickets may be available after this date but cost may go up. For the bus only option, you must have your own ticket.

Tickets & Bus \$360 for season
Bus only \$75 for season

Bard on the Beach - 4 pack

Price includes tickets and bus for the four shows. Save \$5 per show by booking the 4 pack. Book before May 15.

Saturdays 12:30 – 6 p.m.
43756 \$220

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.

MAY 1-6

Tue **Pork Chops** w/ Country Gravy, Mashed Potatoes, Vegetables
Wed **Stuffed Salmon Boats** w/ Hollandaise Sauce, Roast Potatoes, Vegetables
Thu **Hungarian Goulash** w/ Roasted Potatoes, Vegetables
Fri **Hot Caesar Salad** w/ Chili & Lime Prawns, Garlic Toast
Sat **Spaghetti** w/ Meat Sauce, Garlic Toast
Sun **Brunch at Eleven**

MAY 7-13

Mon **Pulled Pork on a Bun** w/ Savory Potato Wedges, Sliced Tomatoes
Tue **Chicken Florentine over Pasta** w/ Caesar Salad
Wed **Salisbury Steak** w/ Mashed Potatoes, Vegetables
Thu **Asparagus and Bacon Quiche** w/ Spinach & Arugula Salad
Fri **Portuguese Fish Stew** w/ Garlic Crostini, Caesar Salad
Sat **Chicken Strips** w/ Honey Mustard Dip, Oven Fries, Coleslaw
Sun **Mother's Day Brunch**

MAY 14-20

Mon **Beef Meatloaf** w/ Onion Gravy, Mashed Potatoes, Peas & Carrots
Tue **Asian Glazed Chicken** w/ Rice, Stir Fry Vegetables
Wed **Quiche Lorraine** w/ Duo of Beets Salad
Thu **Swedish Meatballs** w/ Parsley Potatoes, Seasonal Vegetables
Fri **Basa Fish Filet** w/ Italian Tomato & Basil Sauce, Rice, Salad
Sat **Vegetable Lasagna** w/ Caesar Salad
Sun **Brunch at Eleven**

MAY 21-27

Mon **CLOSED**
Tue **Corned Beef and Braised Cabbage** w/ Steamed Potatoes, Dijon Mustard
Wed **Mediterranean Chili** w/ Cornmeal Bread, Salad
Thu **Grilled Chicken** w/ Swiss & Tomato Ciabatta Sandwich, Oven Fries
Fri **Seafood Newburg** w/ Rice Pilaf, Tossed Salad
Sat **Cheeseburger** and Fries
Sun **Brunch at Eleven**

MAY 28-31

Mon **Bangers and Mash** served w/ Caramelized Onions, Gravy and Cranberry Mango Chutney
Tue **Spanakopita** w/ Tzatziki, Greek-style Roasted Potatoes, Marinated Tomato Cucumber and Red Onion Salad
Wed **Chicken a la King** w/ Rice Pilaf, Vegetables
Thu **Penne** w/ Tomato, Basil, Olives and Pecorino, Garlic Toast, Salad

DINNERS

Tuesday, May 1
Hawaiian Roasted Chicken Breast w/ Roast Potatoes, Green Beans

Thursday, May 3
Autumn Spice Ham Steak w/ Apples, Scalloped Potatoes, Fresh Medley of Vegetables

Tuesday, May 8
Baked West Coast Salmon Filet w/ Rice Pilaf, Ratatouille Nicoise

Thursday, May 10
Breaded Beef Liver w/ Bacon & Roasted Onions, Gravy, Mashed Potatoes, Vegetables

Tuesday, May 15
Beef & Lamb Shepherd's Pie w/ Gravy, Fresh Seasonal Vegetables

Thursday, May 17
Dijon Pork Tenderloin w/ Scalloped Potatoes, Roasted BC Red & Gold Beets

Tuesday, May 22
Chicken Breast w/ Cranberries & Orange Sauce, Yukon Gold Potatoes, Bistro Salad

Thursday, May 24
Beef Bourguignon, Cheddar Mashed Potatoes w/ Green Beans Almondine

Tuesday, May 29 
German Dinner: Homemade Wiener Schnitzel, Bavarian-style Warm Potato Salad and Sauerkraut

Thursday, May 31
Roast Turkey Roll with all the Trimmings

GARDEN SIDE CAFÉ

JUNE PREVIEW



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

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 details regarding potential allergens. **There is now a 50 cent charge for hot water at the Café and Fireside Lounge — Thank you for your understanding.**

JUNE 1-3

- Fri** English Style Alaskan Pollock w/ Oven Fries, Coleslaw
- Sat** Chili Dog w/ Fries, Caesar Salad
- Sun** Brunch at Eleven

JUNE 4-10

- Mon** Sweet & Sour Pork w/ Rice, Steamed Broccoli
- Tue** Vegetarian Lasagna w/ Salad
- Wed** Beef Meatloaf w/ Roasted Leek Gravy, Mashed Potatoes, Harvard Beets
- Thu** Tuscan Chicken Stew w/ Rustic Italian Bread
- Fri** Smoked Salmon w/ Onion & Cheese Quiche, Spinach Salad, Fresh Mushrooms and Red Onion
- Sat** Tuna Melt on English Muffin w/ Kale & Cabbage Slaw
- Sun** Brunch at Eleven

JUNE 11-17

- Mon** Chicken Paprika w/ Pasta, Seasonal Vegetables
- Tue** Shaved Montreal Smoked Meat w/ Dijon Mustard and Sauerkraut on Rye, Potato Salad
- Wed** Savoury Tomato and Bean Stew w/ Pita Bread with Tzatziki
- Thu** Beef Stroganoff w/ Pasta, Harvard Beets
- Fri** Cod Cakes w/ Garlic Aioli, Lemon Wedge, Rice Pilaf, Spinach & Arugula Salad
- Sat** Spaghetti w/ Meat Sauce, Garlic Toast
- Sun** Father's Day Brunch

JUNE 18-24

- Mon** Chicken Souvlaki w/ Lemon Wedge, Tzatziki, Roast Potatoes, Baked Tomato with Parmesan Topping
- Tue** Pork Cutlet in Mushroom Sauce w/ Roasted Potatoes, Seasonal Vegetables
- Wed** Cabbage Rolls w/ Pierogies and Sour Cream, Salad
- Thu** Slow Cooker Chicken Barbecue w/ Sweet Pickle, Sliced Tomatoes, Mashed Potatoes
- Fri** Stuffed Salmon Boats w/ Hollandaise Sauce, Roast Potatoes, Vegetables
- Sat** Chicken Schnitzel a la Cordon w/ Cranberry Sauce, Mashed Potatoes, Mixed Vegetables
- Sun** Brunch at Eleven

JUNE 25-30

- Mon** Breaded Beef Liver w/ Roasted Onions, Gravy, Mashed Potatoes, Vegetables
- Tue** Spanish-style Pork Chops w/ Rice, Seasonal Vegetables
- Wed** Quiche Lorraine w/ Four Bean Salad on a Bed of Lettuce
- Thu** Cantonese Chicken and Vegetables over Noodles
- Fri** Veracruz-style Red Snapper w/ Rice Pilaf, Vegetables including Leaf Spinach
- Sat** Chef's Salad w/ Grilled Chicken, Ham, Egg and Cheddar, Dinner Roll

DINNERS

Tuesday, June 5

Madras Lamb Curry
w/ Fruited Rice, Roasted Golden & Red Beets

Thursday, June 7

Southern-style Pork Ribs
w/ Baked Beans, Roasted Potatoes, Sautéed Corn with Peppers & Onions

Tuesday, June 12

Sole Florentine (Spinach & Hollandaise) with Smashed Red Potatoes, Baked Tomato with Parmesan Crust

Thursday, June 14

Chicken Cacciatore
w/ Penne, Mixed Summer Greens, Garlic Toast

Tuesday, June 19

Prawn & Vegetable Linguine w/ Garlic Toast, Crisp Greens, Arugula

Thursday, June 21

Red Wine Beef & Vegetable Stew w/ Mashed Potatoes, Baked Squash, Green Beans

Tuesday, June 26

Coq Au Vin w/ Cheddar Mashed Potatoes, Green Beans Almondine

Thursday, June 28

English Dinner: Roast Beef au Jus w/ Yorkshire Pudding



Say Hello to Revera

Open House Weekend
May 5 & 6, 1pm – 4pm

Phyllis
Revera Resident
since 2017



Call today
to RSVP.

What's everyday life at Revera really like? Well there's only one way to find out. Tech savvy Phyllis is often on the go, whether it be to a game of euchre or a Resident Council meeting. Drop in to meet more residents like Phyllis, and enjoy an afternoon of food and activities. That's what life is like at a Revera retirement residence.

Hollyburn House

2095 Marine Dr, West Vancouver • 604-922-7616

Crofton Manor

2803 West 41st Ave, Vancouver • 604-263-0921 reveraliving.com/openhouse



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