

19

JULY
AUGUST

SENIORS' SCENE MAGAZINE

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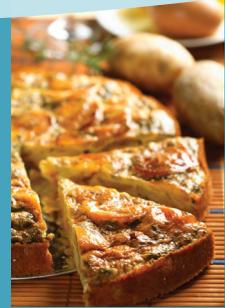
BECOME A MEMBER!

Become a member to try a new program, meet new friends, or share your time volunteering—whatever your reason, you will be warmly welcomed.

Benefits include access to member pricing, member-only events, discounts at the Garden Side Cafe and Fireside Coffee Bar & Lounge, and more!

Purchase an annual membership for only \$37 at the front desk today!

*Membership price goes up September 1!
An annual membership is required to participate in most SAC programs, trips, events or visits.*



QUESTIONS
604-925-7280

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SACS ON 21st

SENIORS' ACTIVITY CENTRE SHOP

Have you visited SACS on 21st?

Our little shop is a collection of your generous donations with all sale proceeds going to the Seniors' Activity Centre. We welcome your gently used home décor items, glassware, gift items and jewellery which can be dropped off at the shop or front desk. **Thank you for your support!**

Gift Shop Hours

Mon - Fri | 10 a.m. - 3 p.m.

Hours subject to change.

Closed Saturdays, Sundays & Statutory Holidays.

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QUESTIONS
604-925-7280

SACS
on 21st Street



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MESSAGE FROM THE ADVISORY BOARD CHAIR

Top of the summer to you all. Our summers are so great that one doesn't have to venture far for a great vacation or staycation.

Check out the 'Scene' for a fun day trip, a game of golf or try your luck at one of the Casino outings. Canada Day in July and BC Day in August are two

celebrations to look forward to in the coming months.

When the temperature is really too hot for outdoor activities, come and hang out with friends in our air conditioned Centre. Please remember that the Centre is closed during the last two weeks of August.

Should you be foot loose and fancy free and have a few hours to spare, please consider joining our great group of volunteers. We need your help. Try out our new online volunteer orientation or sign up for a group orientation. Have a great, fun and memorable summer.

Cheers!

Jain Verner

Chair



MESSAGE FROM COMMUNITY RECREATION MANAGER & THE RECREATION SUPERVISOR

The summer months bring warmth and vitality to the Centre. It's one of the most vibrant times of the year. With our beautiful gardens and flower beds in bloom, it's a

perfect time to enjoy the Centre's outdoor patio space while having coffee, lunch, dinner or simply relaxing with a favourite book. It's the time of year we see our robust cycling groups, walkers, hikers and golfers putting on the kilometres. From parks and trails to the beautiful ocean breeze Seawalk, there are plenty of opportunities to stay active outdoors. While indoors at the Centre, indulge in a specialty coffee or delicious ice cream treat from Mario's Gelati at the infamous Fireside Coffee Bar & Lounge. In July we will host a Canada Day celebration, a Chez Lou specialty evening dinner and a volunteer appreciation barbecue which is open to all ages.

During the last two weeks of August, the facility will close for our annual preventative maintenance improvements (August 17 to September 2).

Summer is a wonderful time to connect with friends and family and perhaps make new friends.

We look forward to sharing this season with you!

Jill Lawlor

Community Recreation Manager

Davida Witala

Recreation Supervisor

WEST VANCOUVER SENIORS' ACTIVITY CENTRE

Address 695 - 21st Street,
West Vancouver,
BC V7V 4A7

Phone 604-925-7280

Fax 604-925-5935

Web westvancouver.ca/seniors

HOURS OF OPERATION

HOURS OF OPERATION

Mon/Wed/Fri 7:30 a.m. - 4:30 p.m.

Tue/Thu 7:30 a.m. - 8 p.m.

Sat 9 a.m. - 3:30 p.m.

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

OFFICE HOURS

Tue/Thu 9 a.m. - 7:30 p.m.

Mon/Wed/Fri 9 a.m. - 4 p.m.

Sat 9 a.m. - 3 p.m.

Sun 10 a.m. - 3 p.m.

Please note the following closure:

Mon, July 1 (Canada Day); Mon, Aug 5 (B.C. Day); Sat, Aug 17 - Mon, Sep 2 (closed for Annual Facility Shutdown & Preventative Maintenance Repairs)

SENIORS' SCENE

Editors Sabina Kasprzak, Michiko Araki

Advertising Sabina Kasprzak

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Disclaimer Advertising in the Seniors' Scene magazine 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.

REFUND POLICY

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

Register ahead for all programs and lectures, otherwise they may be cancelled.

EVENTS

Price for events is for members. Non-members are welcome, but will pay a higher price.

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.

Jul 7	Puzzle
Jul 14	The Children Act
Jul 21	Three Identical Strangers
Jul 28	Instant Family
Aug 4	All about Eve (Black & White)
Aug 11	How Green Was My Valley (Black & White)
Aug 18 & 25	Centre Closed

Chez Lou: Fine Dining**Fully Accessible**

Join us in the Marine Room for exquisite fine dining. The chef will be serving berry walnut spinach salad with balsamic vinaigrette dressing, beef tenderloin with wild mushroom red wine and cream sauce, Yukon mashed potatoes, ratatouille Nicoise, tiramisu, and coffee or tea. Purchase wine at the bar or take advantage of our reasonable corkage fee and bring your own bottle. *Table seating may be selected at the front desk when you register.*

Wed, July 24 5 - 7 p.m.
57738 \$35

Vaudeville Theatre**Fully Accessible**

Come join us for a classic show at the SAC! The Vaudevillians will put on an hour-long show that is sure to entertain. General seating for the show.

Wed, Sep 25 3:30 - 5 p.m.
63286 \$7.50

TIPS FOR SUCCESSFUL PARTICIPATION IN PROGRAMS AT THE SENIORS' ACTIVITY CENTRE

- » Ensure you register in advance for your program.
- » Please wait until maintenance has set up the room before entering.
- » Refrain from using fragrances.
- » Put your cell phone on silent.
- » Be patient while waiting in line to register or pay as our front line and cashiers are volunteers.
- » Smile at someone new — you can make a difference!
- » Take a minute to read our Code of Conduct.

Evening Dance:**Lou Marocco**

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.*

Thu, Sep 26 6:30 - 9:30 p.m.
57002 \$10

DONATE HEALTHY PLANTS

If you would like to donate healthy plants for the plant room, we would greatly appreciate it. See Sylvia in the office for more information.

SACS ON 21ST SALES

In April, SACS on 21st had \$6,402.40 in sales—the best April to date! In May, SACs on 21st had the second highest sales month for the store, beating its previous May sales by almost \$2000 and raising \$9,457.35. Thank you to everyone who donated, volunteered, or purchased an item. We appreciate your continued support of our pop up sales and SACS on 21st gift shop.

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www.colleenshorter.ca

**Every Day is Senior's Day!**

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Sue H.

GENERAL PROGRAMS

PROGRAM PARTICIPATION NOTE

If you require assistance or support participating in SAC programs, we would be happy to assist you with finding the right class. Please note that there is an expectation that you will be able to participate independently, when you sign up for classes. *If you have any questions, please contact John, Helen, Sylvia or Tiffany in the office.*



Program Coordinator

Sylvia Lung
604-925-7287
slung@westvancouver.ca

DROP-IN PROGRAMS

The cost for a drop-in program is \$2.50 for members unless otherwise stated and \$3.50 for non-members. Please ask Sylvia if you are interested in a specific drop-in. **Centre closed Aug 17 - Sep 2.** Table Tennis times change during the summer months due to early closure of the Centre.



Volunteers Needed:

Snooker Room Supervisors

If you are interested, please email Thanu (teagalle@westvancouver.ca) or come by the SAC Volunteer office.

MONDAY

- Eye Deal** 10 - 11:30 a.m.
For people with low vision; Returns in Sep.
- Bridge Social** 12 - 3 p.m.
Come 10 minutes early for a table. No partner needed. No play Aug 5.

TUESDAY

- Knitting** 10 a.m. - 12 p.m.
- Intermediate French Review** 10:30 a.m. - 12:30 p.m.
- Cribbage** 1 - 3 p.m.
- Poker** 2 - 5 p.m.

WEDNESDAY

- Craft Group** 9:30 a.m. - 12 p.m.
- French Social Conversation** 10 - 11:15 a.m.
- Table Tennis** 1:30 - 4 p.m.

THURSDAY

- Keep Well Chair Exercises (July only)** 9 - 10 a.m.
Returns in Sep.
- Table Tennis** 4:45 - 6:45 p.m.

FRIDAY

- 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 July 12, 26; Aug 9
- Sound Advice** 10 a.m. - 12 p.m.
For the hearing impaired; Returns in Sep.
- Spanish Social Conversation** 9:45 - 11:45 a.m.
- Bridge Social** 12:15 - 3:15 p.m.
No partner needed.

For all drop-in programs, visit us online at westvancouverrec.ca

SATURDAY

- Jazz Jam Session** 10 a.m. - 12 p.m.
- Table Tennis** 12:30 - 3:30 p.m.
- Canasta Club** 1 - 3 p.m.
- Mah Jong** 1 - 3 p.m.
- Scrabble** 1 - 3 p.m.

SUNDAY

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

DAILY

- Supervised Billiards in the Games Room** 9 a.m. - 4 p.m.
Mon - Fri \$1/hour

This beautiful room is available for members and their guests to pick up games and enjoy supervised play. You must be a member and show your membership card to play. If there is no supervisor, please ask for the key in the office. When finished, lock the room and pay at the office. *Please read the Billiard Room Procedure and the Guest Procedure in the Snooker Room for more information.*

Calling All Snooker Players!

If you are interested in joining a committee to implement new check-in and payment procedures for the Billiards Room (Fall 2019) please email Davida at dwitala@westvancouver.ca or ask for details at the front desk.

Games Room Drop-in

Drop-in to play whatever you like!

The Atrium is for members who need a place to play cards or games for several hours. Cost is \$2.50/person per time. Some noise is acceptable, but we would appreciate it if conversation is kept to the game. *Book space with Sylvia. Please direct any questions to staff. Please refrain from eating or drinking while playing cards.*

Tue - Thu 12:30 p.m.
until 15 minutes before the Centre closes

REGISTERED PROGRAMS

Please register ahead for registered programs and lectures otherwise they may be cancelled. Visit us online at westvancouverrec.ca.



Unused New Wood Wanted

The woodworking shop could use any new unwanted wood. We prefer hardwoods like maple, birch, mahogany, and walnut at least 24" or longer. Also the woodturners need large rounds of wood for making bowls. **Thank you from the Woodworkers.**

Massage by Langara Students

Enjoy 45-minute massages performed by Langara College students! Arrive 15 minutes early to complete paperwork if you are new. It is a privilege to have the students here and they need the hours to complete their schooling. No refunds less than 72 hours before appointment unless for valid medical reasons. *Please be at the Centre 5 minutes before your appointment. If you are not on time someone else will be given your space. No ICBC claims; the massage is for Seniors' Activity Centre Members only. There may still be space for the summer months.*

Wed, Jul 3 – Aug 14

Appointments start at 2 p.m.

52407 \$15/massage

French with Fafa

Are you fairly fluent in French and looking for an opportunity to learn and converse? This class is for you! Focus on conversation with a bit of vocabulary and grammar. *Instructor: Fafa M.* No class Aug 5.

Mon, Jul 8 – Aug 12 9:30 – 10:30 a.m.

Drop-in \$2.50

GARDEN CLUB LECTURES



Plants of Japan (w/ Lesley)

The origin of Japanese gardens lies in the tranquil, gravel-covered forest clearings where the gods could manifest themselves. Across the centuries, the careful use of stone, water, plants and moss evolved to create exquisite atmospheres of calm and contemplation. Lesley visited Japan and will show us photographs of some of the gardens she visited.

Thu, Jul 4 10:30 a.m. – 12:30 p.m.

56249 \$5 Non-Member

Gardening Day

We will talk about the raised beds that we are nurturing and then go out to the garden to work on maintenance. Bring your gloves and favourite hand tools.

Thu, Jul 11 10:30 a.m. – 12:30 p.m.

56251 n/c

Garden Visit

Some of our loveliest meetings are those spent visiting members' gardens. We will visit one of our member's garden in West Vancouver. We will carpool.

Thu, Jul 18 Time TBD

56252 \$5 Non-Member

Edible Flowers (w/ Ron)

Don't eat the daisies! Find out if this is true and explore the wonderful world of flowers you can eat including some that are delicious and some you should avoid.

Thu, Jul 25 10:30 a.m. – 12:30 p.m.

56253 \$5 Non-Member



Aromatherapy Using Plants (w/ Susan)

Think of the heavenly scents of lavender and lemongrass! Susan will talk about easy and inexpensive ways to add wonderful scents to our homes. Susan knows which lavenders have the best scents, how to make homemade spritzers, oils and more. There will be supplies for 12 people so register early. **Registration will close on July 24.**

Thu, Aug 1 10:30 a.m. – 12:30 p.m.

56370 GC Member \$12
Non-Member \$22



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Healthy Soil (w/ Conway Lum)

The Foundation of All Great Gardens Conway has worked for Garden Works at Mandeville since 1988. He started out in the nursery but is now in garden supplies and on the information desk. He conducts most of the in-house seminars and workshops. Conway will teach us the best way to nurture the soil we have and many ways to improve it.

Thu, Aug 8 10:30 a.m. - 12:30 p.m.
56130 Non-Member \$10

Garden Club Review of 2019: Planning for 2020

We will meet and exchange ideas about what went well or what was not so successful. We will look at topics that members would like to include next year.

Thu, Aug 15 10:30 a.m. - 12:30 p.m.
 n/c

Unusual Bulbs for Fall

Botanus is the supplier of an amazing selection of bulbs, many of which are not available anywhere else. Staff will show us many of the new varieties they are now carrying and how they can be incorporated into the garden for year-round colour.

Thu, Sep 5 10:30 a.m. - 12:30 p.m.
56449 Non-Member \$10

Seed Saving (w/ Paula Cruise)

Paula will lead us on a seed saving workshop. She is the coordinator of the Downtown East Side Seed Library and will explain the work they do. Paula is committed to growing food using sustainable resources that help build soil health and are safe for humans, pets, plants and wildlife.

Thu, Sep 12 10:30 a.m. - 12:30 p.m.
56450 Non-Member \$10

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.

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 info email leisureguide@westvancouver.ca to sign up or ask at the front desk.*

HELP US TO CREATE A MORE ENVIRONMENTALLY FRIENDLY CENTRE!

There are a number of ways you can help us reduce waste: It's as easy as bringing your own travel coffee mug, your own bag to carry items in, and your own bottle to fill with water from our water fountains. These simple steps can go a long way—thank you!

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.

Registration for all Fall 2019 & Winter 2020 programs will start on Wed, August 14 at 6 a.m.

There is no registration priority for Seniors' Activity Centre programs. There are three ways to register: online at activewestvanrec.ca (requires a valid email address), walk-in at the front desk or via telephone 604-925-7270. If you are going away, we have a program pre-registration form that you can fill out and we will register you at the end of the first day of registration. Pick form up at the front desk.

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FITNESS PROGRAMS

FITNESS



**Program Coordinator
Group Exercise & Yoga**

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



**Program Coordinator
Personal Training & Weightrooms**

Eric Bagnall
604-921-2903
ebagnall@westvancouver.ca



**Program Coordinator
Rehabilitation & Sports Training**

David Thomson
604-921-2169
dthomson@westvancouver.ca



CANCER THRIVERS

Cancer Thrivers is designed to promote health, strength and recovery.

The program offers weekly movement classes including fitness and yoga and educational sessions from practitioners in the field of cancer recovery and healing. The program also offers a weekly social network of support following the yoga program with tea. Experience the benefits of fitness and ways to incorporate activities into daily living. Movement has been shown to increase physical function, improved psychological outcomes and increase quality of life in cancer patients. *Cancer Thrivers is offered in collaboration with Inspire Health and taught by certified Exercise Physiologists and a Yoga instructor specialized in cancer treatment and supported by the West Vancouver Community Centres Society (WVCCS).*



PARKINSON'S

Did you know that exercise is a vital component to maintaining balance, mobility, and performing the activities of daily living for people with Parkinson's?

Prolong your overall strength with resistance training, aerobic fitness, and flexibility through a personalized program designed for you by our Personal Trainers who facilitate the group and monitor your progress.

JOINT REPLACEMENT

Whether you're going in, or coming out, our joint replacement pre and post rehabilitation program is custom designed

to strengthen the repairing bone and muscles around the replaced joint, manage pain, and improve mobility. Get back on your feet and resume your active lifestyle faster with a regular pre and post-surgery exercise program. Our certified trainers are here to help improve your chances of long-term success! ***To learn more about these and other rehabilitations programs, and what they can do for you, please contact: Dave Thomson at 604-921-2169 or dthomson@westvancouver.ca***



WE OFFER PERSONAL TRAINING FOR SENIORS!

Please call Eric at 604-921-2903 for more information.

FITNESS ACTIVITY LEVELS

MILD *Low cardio*

Light weights/bands used below shoulder height. Typically no floor exercises (*accommodations can be made for these exercises*).

MODERATE *Fair amount of cardio*

Possibility of using weights and bands above shoulder height. Incorporates floor exercises. Good mobility required.

STRENUOUS *High level of cardio*

Use of weights and bands above shoulder height. Incorporates floor exercises. Good mobility required.

- **Hearts in Motion**

Improve health and decrease heart disease risk factors with exercise in this mild, fun and energetic early morning fitness class! Benefit from a moderate cardiovascular workout followed by standing muscular strengthening exercises, abdominals and stretch.

Mon, Jul 8 - Aug 12 7:30 - 8:30 a.m.
54463 \$16

Wed, Jul 3 - Aug 14 7:30 - 8:30 a.m.
54464 \$23

Fri, Jul 5 - Aug 16 7:30 - 8:30 a.m.
54465 \$23

Osteofit

Wanting to build bone strength, cardiovascular capacity and balance? Osteofit is a great choice for you!

Osteofit Level 1

Osteofit Level 1 is designed for individuals with osteoporosis and focuses on introducing participants to exercise with particular attention to proper technique and spine stability through safe and simple movements to improve strength, posture, balance and agility.

Tue & Thu
Jul 2 - Aug 15 10:15 - 11:15 a.m.
54466 \$46



Osteofit for Life

This class is the ongoing exercise and education program for graduates of Osteofit Level 1. This is a slightly more challenging exercise program to build on the strength, posture, agility and balance developed in Level 1.

Tue & Thu,
Jul 2 - Aug 15 9:10 - 10:10 a.m.
54467 \$46

Minds in Motion

Minds in Motion® is a fitness and social program for people living with any form of early stage dementia along with a family member, friend or other care partner. *The program is offered in partnership with the Alzheimer Society of B.C.* Gentle exercises are followed by social activities designed to be enjoyed in pairs. Coffee, tea and light refreshments are provided. Care partners must attend. *Registration fees include the cost of the person living with dementia and one care partner. Start any time and pay a pro-rated registration fee.*

Fri, Jul 5 - Aug 16 1:15 - 3:15 p.m.
55496 \$42

Keeping Connected: Keep on Moving

This exercise class is designed for older men experiencing decreasing strength. Participants will work on strength and flexibility exercises seated in a chair.

Tue, Jul 2 - Aug 13 10 - 10:50 a.m.
54897 \$28

Tue, Jul 2 - Aug 13 11 - 11:50 a.m.
54895 \$28

Thu, Jul 4 - Aug 15 9 - 9:50 a.m.
54894 \$28

Thu, Jul 4 - Aug 15 10 - 10:50 a.m.
54890 \$28

Stay Fit for Men

Stay fit in a fun yet mild exercise program for men! Start with a warm-up, progress to a mild cardio segment designed to gently increase your heart rate and finish off with a cool-down. Spend the rest of the class increasing your muscular strength and endurance, and stretching to lengthen and relax your muscles.

Tue, Thu, Jul 2 - Aug 15 9 - 9:55 a.m.
54471 \$36

NEW - **POUND for Seniors**

Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning and rockin' out! This workout combines hypnotic rhythms with fun music to help you discover your inner rock star, using "Ripsticks". Pace and workout modified for 55+.

Wed, Jul 3 - Aug 14 10:05 - 10:50 a.m.
63647 \$22



- **Yoga Movement**

New Class for Summer

Movement is essential to healing! Revitalize, nourish and refresh your body with a workout that incorporates smooth, full-body movements in a dynamic, non-stressful manner. Ease discomfort in the feet, ankles, knees, hips, back, and neck through various yoga poses. *Led by Peter Baragon.*

Mon, Jul 8 - Aug 12 10:45 a.m. - 12 p.m.
61797 \$25

Tue, Jul 2 - Aug 13 10:15 - 11:30 a.m.
54481 \$35

See Leisure Guide for complete listing of fitness programs offered at the Seniors' Activity Centre.

VOLUNTEERS



Coordinator of Volunteers

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



Asst. Volunteer Coordinator

Thanu Eagalle
604-925-7288
teagalle@westvancouver.ca

Asst. Volunteer Coordinator

Jenny Lee
604-913-2703
jhlee@westvancouver.ca

LAST-MINUTE SHIFT CANCELLATIONS

If you have a last-minute emergency less than 24 hours to your shift start time and cannot make your shift, call 604-202-8694.

Our team answers this phone 7 days a week.

VOLUNTEER WITH US!

During the summer, we run different initiatives in the Café that have done well the last couple of years. One of these initiatives, called Café Camp, lets youth volunteers sign up to work for an entire week in the Café or coffee bar. We have them trained in most of the positions and put them in areas where we need people. The regular volunteers in the Café enjoy working with the youth and it also helps to identify and encourage the youth to come back in the fall to assist with dinner nights and weekend shifts.

We also have volunteers and work experience students as well. This is a great opportunity for them to learn more about their community and work alongside adults. Please welcome them, encourage them to ask questions and take initiative, it's such a great opportunity for them to learn from the experts.

A big summer event that requires a number of volunteers is the Harmony Arts Festival. For more info, please contact Caroline or Jenny.

We still offer in person group orientations for those who are unable to access the online orientation. The North Shore Seniors Health Expo and PumpkinFest happen all before Thanksgiving in October. We need volunteers for these events, so please reach out to us if you would like to help or have any great ideas.

VOLUNTEER ORIENTATION

If you are interested in joining our volunteer team, please sign up for an upcoming Adult Volunteer Orientation. You can sign up in Activenet and on your receipt you will find a link to an online orientation. The video and some questions at the end only take about 30 minutes. Call, ask at the front desk or go online to register as a volunteer and complete the online orientation. *We still offer in person group orientations for those who are unable to access the online orientation. There will be one during the summer and once a week in the fall.*

Adult Volunteer Orientation

Tue, July 9 **63646** 1 - 3 p.m.

Meeting location: Seniors' Activity Centre. SAC Members are free, non-members 55 years and older \$5, adults \$20. Please ensure you have a BC Care Card or BC Services Card with Personal Health Number. After completing, all adults will make an appointment by emailing cbrandson@westvancouver.ca or calling 604-913-2703 to discuss the next steps to becoming a volunteer in the District.

NEW & RETURNING: *We would like to welcome the following new and returning volunteers: Lynne B., Elijah K., Lily W. and Ava C.*

Help us welcome them as they learn their new positions!



We have a number of unique opportunities coming up, so if you are looking for something different contact Caroline.

CENTRE

- » Coffee Bar Baristas
- » Phone Volunteers
- » Drivers Class 4 and 5

CAFÉ

- » Sandwich Makers
- » Dishwashing Assistants
- » Cafe Attendants
- » Servers
- » Musicians

VOLUNTEER WORKSHOP



We invite our volunteers to sign up for the following workshop:

Cooking Class: Mediterranean & Spanish Tapas

This Series will take us to the blue seas of the Mediterranean, where the cultures are as varied as the foods that are prepared. Learn to cook plant based food with the fusion of the bold flavours of Greece, the warmth and colour of Spanish Tapas, with the variety of hearty flavours of the Middle-East. Food and recipes will be provided. *Space is limited.*

Wednesday, July 24 3 – 5:30 p.m. **63892** n/c

VOLUNTEER APPRECIATIONS



Summer BBQ

Join us for an annual tradition for volunteers! Come join us on the patio for a summer BBQ, and we will thank you for all that you do through volunteering.

Wed, Jul 17 5 p.m. **54924**

Thanksgiving Dinner

At the Seniors' Activity Centre, we will be having a Thanksgiving appreciation dinner at the end of October open to all volunteers. *Please register so we can plan accordingly. No cost for volunteers.*

Wed, Oct 23 5 p.m. **57209**



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Building Connections

The Giving Campaign | *Bringing seniors together.*

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This donation is:

- One time Recurs monthly Recurs yearly

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How would you like your donation recognized?

Check boxes that apply.

- In the Seniors' Scene (recognized only as donor, no amount noted).
 In the Seniors' Scene (anonymous)
 Recognized as donor in Leisure Guide
 No recognition

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Print how you would like your name to appear

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Town/City:

Province

Postal Code

E-mail address

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Credit card number

Name as it appears on the card

Expiry Date

Security Code

* Please make cheques payable to **The West Vancouver Seniors' Activity Centre**, 695 21st Street, West Vancouver, BC, V7V 4A7

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GOOD TO GO



Written by Dave Patrick

As we all know, the Centre's cafeteria is a very popular and busy place. But we thought we would remind you of the take-away items located in the cooler and freezer across from the serving counter.

There you will find a variety of delicious meals including quiches, pies (sweet and savoury), full meals, desserts, cakes and much more. Just ask the cashier for a take-out bag and your dinner and dessert is ready to heat and enjoy at home without the preparing and cooking. You may never cook again!

The 30% member discount applies to take-out food as well as the daily menu; so, if you aren't a member of our wonderful Centre, this is just one more really good reason to join. — **Bon appétit!**

RECOGNITION OF FUNDING DONORS

Your donations to the Seniors' Activity Centre make a difference to our Centre and its members—thank you for your generosity!

Welcome
Καλώς ήρθατε Bem-vindo Bienvenue
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alkom Willkommen Bienvenuto Benvenuto
Hoş geldiniz Bienvenue Welkom
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ALWAYS FRESH



Photo by: Peter Owens

THE CARING CENTRE

Written by Valerie Coles

Even among the extremely fit, very few will live beyond one hundred years, no matter how often they hit the gym. However, it may surprise you to learn that the West Van Seniors' Activity Centre offers special programs that many call an elixir for a longer and healthier life.

Working with health professionals, the Seniors' Activity Centre has slowly been adding classes designed to assist with a wide range of senior-related maladies, including *Art Classes for Dementia*, *Dance for Parkinson's*, and *Healthy Heart* for post heart attack and stroke patients. In fact, Lions Gate Hospital doctors recommend the Centre's *Healthy Heart* program to their cardiac clients.

These special programs deliver far more than physical fitness; they promote strong connections and friendships. Many, like *Creative Expressions* and *Music in the Living-room*, are spirit-lifting and stimulating for members with dementia.

The Creative Expressions class is playful and fun from beginning to end.

A colourful tree display made entirely of paint chips captures the uniqueness of Creative Expressions, held every Friday at the Centre. Under the Outreach Department umbrella, this Keeping Connected program has been life-changing for many North Shore seniors entering dementia.

Upbeat instructor Barb lets the class decide the day's art project. She amps up the fun with deliciously goofy approaches to painting like shaving cream, balloons, hair picks and aluminum foil. Socializing plays a major role in this special class and members chuckle and chat as they

Photo by: Larry Olkovič



In Creative Expressions, participants come together to create in a trusted space.

work on their current masterpiece. Typical comments from Creative Expressions classmates are “I’m no artist but I love expressing myself like this”; “I feel accepted here, nobody judges me”, and “these people are my best friends”. They’re all in a trusted space, creating together. In this context, their comments are profound.

Dance for Parkinson’s is another class with intensely dedicated members who rarely miss a class. It is taught by Megan, a slender and sinuous dancer who conducts the class while sitting on a chair, executing rhythmic movements to music. The seated class mirrors Megan’s balletic flow in a smooth, continuously moving, full-body workout. Though many in the class struggle to fully execute the high-energy movements, they universally declare it’s the most important thing they do for themselves all week.

As one man put it, “Parkinson’s doesn’t take your life, but it takes the joy out of living”. He was describing his daily struggle with apathy and depression and how hard he has to battle the daily urge to simply stay home: “This disease gives me a powerful desire to do absolutely nothing.”

He explained that Parkinson’s robs the brain of dopamine, the ‘feel good’ neurotransmitter, so depression plays a constant role in Parkinson’s and necessitates not only a daily struggle to get moving, but a lifelong dependence on the dopamine replacement, levodopa.

Another attendee confided that when he’s smiling, it rarely shows on his face. “Those muscles don’t always obey.” This condition affects nearly everyone with the disease and is known as The Parkinson’s Mask. He said he wouldn’t miss Megan’s class for anything because when he’s dancing he can feel his smile, even though no one sees it. Another man confessed that the only time in his life he feels joy is when he’s dancing in Megan’s class. With Parkinson’s, joy is in short supply, so that’s a powerful endorsement.

Everything about this beautifully choreographed class works; every attendee is struggling with the same affliction so no one feels self-conscious. This honouring of their humanness visibly inspires participants and is one of the many reasons why Dance for Parkinson’s is now taught in twenty countries around the world.



Photo by: Peter Owens



Photo by: Larry Olkovič

Dance for Parkinson’s is another popular program.

Heart attack — the very words incite cold fear. At the Centre, brave heart attack and stroke warriors can partake, three times a week, in a professionally designed class called Healthy Heart.

Every move is closely monitored by trained professionals, Kevin and Amir. As a result, members are almost over-achievers, committed and even driven in their determination to work out and stay well. The class is limited to twelve so each member receives personal attention and a continuously updated workout.

The class is held in an equipment-filled room in the West Vancouver Community Centre. Most members of Healthy Heart started in a rehab class at Lions Gate Hospital or St. Paul's, so they're familiar with the equipment and workout benches. One member confessed he was "scared to death" to get moving again after his heart attack and now, determined and strong, he attends Healthy Heart three times a week. Two other members confessed that fear was also their biggest hurdle in getting moving again.

One woman, bursting with energy, said she was verging on frail when she first came to Healthy Heart and now feels strong and confident. Vivian, another dedicated member, has total recall of her heart attack

because it was so unusual: she felt no pain at all and even went to work. She smiled as she told her story, "I just felt a slight squeezing in my chest and I ignored it for twenty-four hours". Vivian ultimately had lengthy open-heart surgery and she flashed a long scar to prove it. As she expertly made her rounds on the equipment she looked like an accomplished athlete in any fitness club.

Don, a five year post-stroke member of the group and now in his nineties, said he knew the class was working for him "because I don't swear as much as I used to!"

Laughter and a tangible camaraderie are major components of Healthy Heart; members proudly cheer each other on as they grow stronger together.

Yoga aficionados are familiar with Yoga's many limbs, but only the Centre has Yoga Movement, a course designed exclusively for the Centre by instructor Peter Baragon.

This rhythmic approach to Yoga is for members wanting a more gentle approach than Hatha Yoga. Peter guides his class through the classic, flowing poses, continuously moving and leading naturally into the next sequence.

Peter gets glowing endorsement from his large and dedicated class. Faye, a five-year member, put it succinctly: "Yoga Movement is my life".

She especially enjoys Peter's class because there are no egos. "At our age we all have some kind of affliction so nobody cares; we just focus on our own ability".

Another member, who has had a joint replacement, said her flexibility is even better now than when she was younger. Donna, a long-time yoga lover, said Peter's class "takes care of people who need it to be a little more gentle". Another devoted member said her posture has improved since she has become more aware of how her body moves. Peter finishes every Yoga Movement class with a ten minute meditation, a soothing ending for this gentle class.

Caring classes are a focus at both the Seniors' Activity Centre and Aquatic Centre: For rehab, the Centre offers Cancer Thrivers, Better Bones, FAME (post stroke), Women on Weights and Joint Replacement. *All these programs require an initial assessment.*

Under the Keeping Connected banner, the Centre offers the *Current Conversations Club, Music in the Livingroom, Better Balance with Surefeet, Lunch & Learn* and many more highly helpful classes.

We've come a long way from the ancient world when people believed that ingesting precious substances like jade, cinnabar, and even gold would confer longevity.

At the Seniors' Activity Centre, we've put the latest health research into action, providing classes that are the very best elixirs for a long and happy life.



Photo by: Peter Owens



Photo by: Peter Owens

SACS GOES MODERN

Written by Dave Patrick

We all knew it was going to happen. Rumours began circulating at the end of last year and, at the beginning of February "it" finally arrived. "It", of course, is the scary, multi-wired, black computer now firmly installed in our tidy little shop.

The "Sacsoners" (the collective name for the volunteers who staff the shop) were, for the most part, horrified. A training program was set up and we all got to learn how to operate the intruder. Lots of comments were heard, as well as questions asked. Comments like "nothing wrong with our old system" and if "it ain't broke don't fix it". Also, questions like "whose idea was this, anyway"?

But, as the days passed, the grumbling subsided slightly, and the Sacsoners pretended to get used to the new system. We finally had to admit that, as everyone seems to be using

a computer, there must be some advantages somewhere! For example customers are no longer required to line up at the front desk to pay by credit card and the volunteers no longer have to balance at the end of each day as allegedly the computer balances itself. Or so we have been told!

So yes, we Sacsoners have embraced, well sort of, the old clichés — "you are never too old to learn" and "change is inevitable". So, our little shop of wonders will continue to be a source of pride to our Centre; at least it will be once all 30 of us have mastered the mysteries of this modern invention!

MEMBERS' Literary CORNER

THE "CENTRE" OF MY LIFE

So much to do in our West Van
 From Park Royal to Horseshoe Bay
 There's Ambleside and Dundarave
 I know I'm here to stay!
 While out walking one fine day
 I came across a door marked 'enter'
 So wandered in to find
 West Van Seniors' Centre.
 Reading through the magazine
 I found it quite exciting!
 Now here's a course I think I'd like
 Let's try creative writing
 I remember well my first day there
 Was I apprehensive!
 Sat there nodding smiling
 And trying to look pensive
 But now I really feel secure
 Confident in my writing.
 Hearing ideas bounced around
 Boy, is this exciting!
 The words now flow,
 Unchecked it seems.
 An outlet for my feelings
 No more sitting uninspired
 Gazing at the ceiling.
 Creativity abounds
 Every Monday morning
 Minds are clicking
 Words pour out
 No one here is yawning.
 Yes, there's lots to do in our West Van
 So if ever you feel down
 Just drop in to our Seniors' Centre
 "The Jewel in the town"

— Anonymous, written by a member
 of the Creative Writing Circle in 1993.

When the term 'community' is used, the
 notion that typically comes to mind is a
 place in which people know and care for
 one another—the kind of place in which
 people do not merely ask, 'How are you?'
 as a formality, but care about the answer.

— Amitai Etzioni

The people who make a difference
 are not the ones with the credentials,
 but the ones with the concern.

— Max Lucado

The literary pieces in this section have been submitted
 by SAC members. If you would like to submit an entry,
 please email it to leisureguide@westvancouver.ca
 for consideration.

HELP US PROMOTE THE SENIORS' SCENE MAGAZINE IN THE COMMUNITY!

Do you know of any local businesses or retailers
 who could benefit from advertising their services to
 our members, and who our members would benefit
 from hearing about? Encourage them to advertise in
 the Seniors' Scene Magazine! **Pick up an Advertise
 in the Scene! card at the SAC's front desk, and next
 time you shop, drop one off with your favourite
 retailer—we are always happy to see new advertisers
 on the pages of the Seniors' Scene Magazine!**

OUTREACH PROGRAMS



Program Coordinator

Helen Murphy
604-925-7211
hmurphy@westvancouver.ca



Asst. Program Coordinator

Carly Graham
604-925-7211
cgraham@westvancouver.ca

The Seniors' Outreach department provides recreation and social programs for seniors in the community who are experiencing loneliness, isolation, physical limitations and early memory loss. Our Keeping Connected programs give meaning and purpose to individuals within a supportive and inclusive environment. Our goal is to assist our members and their family in breaking down the barriers for participation in recreation. **An initial intake is required to participate in Keeping Connected programs. Please call 604-925-7211 to set up a meeting.**



Age well and join these Keeping Connected programs:

- » Current Conversations Groups (4/week)
- » Chair Exercises *Focusing on functional mobility and balance*
- » Men's Social Clubs / Ladies Social Club
- » Mall Walking *one-on-one support*
- » Caregiver Support Programs
- » Creative Expressions Activity Program
- » Keep on Moving *Small group functional fitness for men, 4/week*
- » Lunch & Learn
- » Musical Mondays
- » Music in the Living Room *In partnership with Hollyburn House by Revera*
- » Men's Walking Club
- » Stand Tall Exercise Class
- » Stepping Out Bus Trips *For lunch and for adventure*
- » Dance for Parkinson's
- » Special Parties & Events

REGISTRATION INFORMATION

Please contact the Seniors Outreach Office (604-925-7211) to book your intake appointment. There is a criteria for participation in these supportive programs.

Keep an eye out for two new Keeping Connected programs coming in September! (Date and time TBA).

NEW Presentation House Theatre's Golden Firefly Program

Release your creativity, free your imagination to create stories, and maybe even perform! Using humour and professional theatre techniques in a safe, lighthearted environment, awaken your senses, learn acting and writing skills, and create something new. Everyone welcome, no experience necessary. You must register, space is limited. *Facilitated by professional theatre artists and generously supported by the Presentation House Theatre.*

NEW Alzheimer's' Café

We'll be hosting our first Alzheimer's' Café in late September. The purpose of these café's is to destigmatize dementia, giving people living with the disease purpose and a sense of belonging in their community. *Please watch for announcement of date and time.*



Special Services Society

Are you or a loved one feeling isolated? Allow our compassionate and knowledgeable team of volunteers to help you explore your options. It can be as simple as a cheery phone call every day, a home visit or a ride to a medical appointment (one week's notice). We can also suggest fun activities to expand your social life. Kindness and compassion are free of charge. *Contact Bunny Brown at 604-925-7281 for details.*

OUTDOOR ACTIVITIES

WAIVERS

Waivers must be completed for each year of the sports programs.



Program Coordinator

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

If you are new or would like more information on one of our outdoor activity programs, please email jlait@westvancouver.ca.

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



Walking Club 2019 Registration

If you enjoy strolling in the great outdoors, join our club! We venture out on walks around West Vancouver and neighbouring communities. If you are looking to maintain fitness levels in the company of good friends, this program is a perfect fit! *For your comfort please wear a good pair of runners or hiking shoes.*

Mon
Jan 7 - Dec 30 10 a.m. - 2 p.m.
48338 \$14

Ramblers 2019 Registration

Hike with us! Meet at the Seniors' Activity Centre and hike an average of 8 - 10 km every Monday regardless of the weather. If you are new, contact the leader before your first hike. Bus trips on the last Monday of the month. *You must have appropriate footwear, clothing for any weather, food and water.*

Mon
Jan 7 - Dec 30 10 a.m. - 3 p.m.
48333 \$14

55+ Masters Track & Field and Field Hockey: Future Opportunities

Are you interested in participating or exploring the possibility of 55+ track and field activities and/or field hockey activities?

All levels are welcome! Discover your inner athlete, make new connections and have some fun. If you are interested, please contact John Lait at jlait@westvancouver.ca or call 604-925-7230.

Hikers 2019 Registration

Are you active and in good physical shape? Hike with us on Tuesdays and Thursdays (advanced hikes) throughout the year! Tuesday hikes (year-round) are 4 - 5 hours long and travel 8 - 14 km. Advanced Thursday Hikes (year-round) are 6 - 9 hours long and travel 12 - 25 km. Bus trips once a month (\$10 extra for Bus). *You must carry your own food, water and wear hiking boots. Bring spare clothes and something to sit on.*

Tue and/or Thu
Jan 8 - Dec 31 9 a.m. - 3 p.m.
48330 \$14

Silver Wheels Cycling 2019 Registration

Our club members ride year-round at an intermediate level. Ride routes vary by season and experience level, ranging from 3 - 5 hours (with a coffee stop) at an average of 17 - 19 km/h, typically up to 24 km/h "Scenic" Group or average 20 - 22 km/h, typically up to 28 km/h "Espresso" Group. Rides are social and travel safely on roads, bike paths, and over bridges. *Summer season route details are provided in advance. Helmets and spare tube/pump are mandatory; lights, bell and mirror recommended.*

FULL for this year. Sign up on waiting list for next year.

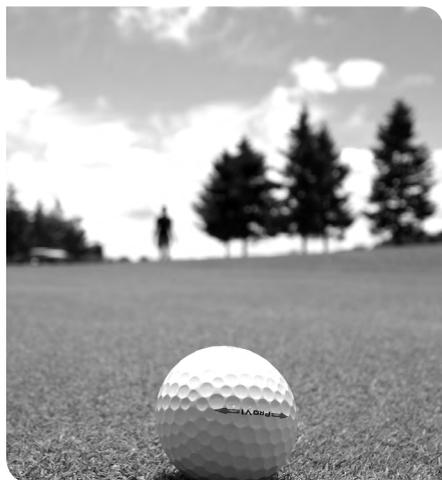
Mon, Thu
Jan 3 - Dec 30 9 a.m. - 1 p.m.
48345 \$28



Turtles Cycling 2019 Registration FULL for this year. Sign up on waiting list for next year

If you're new to cycling or find the other programs too challenging—join our group! Our rides are designed for anyone who is new or recovering from injuries, back from holidays, needing conditioning, or simply prefers a shorter social type of ride. Our rides range from 15 - 25 km to coffee shops or on occasion to P&T Gardens.

Tue, Thu
Jan 3 - Dec 31 9 a.m. - 12 p.m.
48355 \$28



Par 3 Golf / Pitch & Putt 2019 Registration

The Seniors' Activity Centre's Par 3 Golf / Pitch & Putt program begins on Thursday in April at Ambleside Part 3 course. There are bus trips to various courses throughout the Lower Mainland on Mondays. When Monday is a holiday, the group will only golf on Thursday that week. *This is the annual membership, please pay separately for each individual bus trip and your green fees at the courses.* New members are welcome. **Bus and Golf schedules available online at recschedules.westvancouverrec.ca or at the SAC.**

Mon, Thu
Apr 4 - Sep 26 8:45 a.m. - 12 p.m.
48066 \$14

PERFORMANCES AND TRIPS

Prices for trips are listed at SAC member's price. Non-members are also welcome but will pay a higher 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.*

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



  **Music in the Morning: Vancouver Academy of Music**

Join us for monthly trips to enjoy some amazing concerts in the breathtaking theatre in Vanier Park. This year's concerts are taking place on Wednesdays and your registration covers the cost of ticket and bus transportation. **63717.**

All 7 shows Member \$385
Individual shows \$60/show
will be available if space permits

Bus Only Option from SAC **63233** \$105 (for 7 shows)
for those with their own tickets

Shows are, from 9:30 a.m. - 1 p.m.:

Sep 11	Brentano String Quartet
Oct 9	Braun & Maule Baritone & Piano
Nov 13	Anagnoson & Kinton Piano Duo
Dec 18	Calmus Ensemble
Jan 15	Stewart Goodyear
Feb 12	Carr & Sauer, Cello & Piano
Mar 13	Afiara String Quartet



  **Bard On The Beach: Taming of the Shrew**

The 2007 'spaghetti western' version of The Taming of the Shrew—one of Bard's most beloved productions—is the inspiration behind this hilarious Wild-West love story, where two fierce kindred spirits finally meet their match in each other. Petruccio, the sharpest-shooting cowboy in the West meets Kate, the prickliest gal in Padua, and their throw-down contest of wills and wits will leave you laughing out loud as they bicker and battle their way towards a splendid, healing love.

Sat, Jul 6 12:30 - 5:30 p.m.
57740 Member \$65
Non-Member \$75



Squamish Casino

Join us for a trip to Squamish to enjoy the casino. The Casino has a nice rooftop patio where you can enjoy lunch and have stunning views of the rock climbers on the Chief.

Wed, Jul 10 10 a.m. - 4 p.m.
56879 Member \$22
 Non-Member \$25



Pender Harbour Boat Cruise on the Sunshine Coast w/ Joy Brown

Explore a beautiful part of the Sunshine Coast you can only see by boat. Enjoy a one hour narrated boat cruise through the calm waters of Pender Harbour, Garden Bay and Hospital Bay know as Venice of the North. Explore the pretty town of Gibsons. A delicious lunch and dessert is served overlooking the sea in Sechelt with time to walk by the water.

Thu, Jul 11 8:30 a.m. - 6 p.m.
56169 Member \$120
 Non-Member \$153



Bard On The Beach: All's Well That Ends Well

This new, bold staging of *All's Well That Ends Well* is set in India during the waning days of British occupation and the cusp of Indian independence. Helena, a privileged young Indian woman, secretly loves Bertram, an officer in the British Army. Cultural, social and political barriers stand between them—but Helena doesn't give up, and her journey takes her into the heart of her own culture and identity. Evocative music and dance will transport you to India, as this tumultuous love story unfolds against a backdrop of dramatic societal change.

Sat, Jul 13 12:30 - 5:30 p.m.
57741 Member \$65
 Non-Member \$75



Salt Spring Saturday Market w/ Enjoy Tours

Vendors and entertainment include potters, jewelers, fiber artists, woodworkers, fine decorative arts, Armstead cheeses, organic foods, music and free festive fun! Enjoy meeting more than 140 artisans and food producers who all contribute to Salt Spring's international reputation as a hotbed of world-class artists and organic farmers.

Sat, Jul 13 6:15 a.m. - 7 p.m.
54056 Member \$129
 Non-Member \$145



Day in White Rock

Stroll along the famous waterfront, and enjoy a lovely summer day. Watch the gulls and fishermen coming and going. Shop in the wonderful boutiques and enjoy lunch on your own (not included in fee).

Thu, Jul 18 10 a.m. - 3 p.m.
57736 Member \$30
 Non-Member \$35



Whistler Peak to Peak Gondola with Dinner w/ Joy Brown

Ride the Whistler Peak to Peak Gondola, the highest and longest lift of its kind in the world, to experience fabulous views of mountain peaks, glaciers and forests. We will have an excellent dinner on Whistler Mountain at 4,500ft. Enjoy a visit to the Squamish Visitors Centre.

Fri, Jul 19 12:30 - 9 p.m.
56170 Member \$130
 Non-Member \$145



Bard On The Beach: Shakespeare in Love

Young Will Shakespeare has writer's block. The deadline for his new play is looming and he's in desperate need of inspiration. And then he finds his muse—Viola. She's Will's greatest admirer and will stop at nothing (including breaking the law) to appear in his next play. Will's love for Viola quickly blossoms but their road to romance runs into plenty of complications, from nefarious schemers to overheated backstage theatrics.

Sat, Jul 20 12:30 - 5:30 p.m.
57742 Member \$65
 Non-Member \$75



Vancouver's West End

Join us as we visit the Jim Diva Plaza, the community gardens beside the puppy park at Nelson Park, take a short walk through Mole Hill, and then enjoy some free time to shop or have a nice lunch at one of the many restaurants on Davie Street. This will be a guided tour and we will explore some of the neighbourhood. If you look carefully you may even see a drag queen or two as the community gears up for the Gay Pride festivities.

Tue, Jul 23 10a.m. - 1 p.m.
63643 Member \$15
 Non-Member \$17



Theatre Under The Stars: Mamma Mia

Involves walking on grass with slight slope. A mother. A daughter. Three possible dads. And a trip down the aisle you'll never forget. Set on a Greek island paradise where the sun always shines, *Mamma Mia!* is brimming with non-stop laughs, explosive dance, and the magic of ABBA's hit songs: *Dancing Queen*, *Take a Chance on Me*, *Thank You for the Music*, *SOS*, and so many more.

Thu, Jul 25 6:30 - 11 p.m.
63573 Member \$65
 Non-Member \$70

  **Commercial Drive, Gourmet Warehouse and La Casa Gelato**

Join us as we tour the best of East Vancouver. We start our trip with shopping on Commercial Drive and its many Italian and Portuguese shops. Next we travel to the Gourmet Warehouse with an amazing selection of specialty teas, spices, sauces and even kitchen supplies. Finally we will stop at La Casa Gelato where you can sample some of their hundreds of flavours of Gelato and purchase your favourites.

Fri, Jul 26 10 a.m. - 2 p.m.
63642 Member \$15
Non-Member \$17

  **Coquitlam Tour: Ikea / Fabricana / Hard Rock**

(18 participants max) Join us as we hit three hot destinations in Coquitlam. You may purchase a breakfast and a quick shop at Ikea from 9:45 to 11 a.m., then we will spend some time shopping the fabrics at Fabricana from 11:10 a.m. - 12:30 p.m. and finally we will stop at the Hard Rock Casino 12:40 - 2 p.m. for slots and card games. You may purchase a healthy lunch in the buffet before we head home for a 3 p.m. return.

Thu, Aug 1 9 a.m. - 3 p.m.
63640 Member \$25
Non-Member \$27

  **Museum of Anthropology**

You will enjoy a guided tour of the Museum of Anthropology at the University of British Columbia campus. Ask questions about the outstanding exhibits and bask in the renowned displays of world arts and cultures, in particular works by First Nation band governments of the Pacific Northwest.

Fri, Aug 2 12:30 - 4 p.m.
63589 Member \$35
Non-Member \$40



   **Elements Casino**

Join us for a trip to the Lower Mainland's newest Casino. Elements in Surrey features unsurpassed dining experiences and gaming offerings, including casino games and standardbred horse racing. The property features more than 500 slot machines along with table games such as squeeze baccarat, blackjack and roulette.

Wed, Aug 7 10 a.m. - 4 p.m.
56880 Member \$25
Non-Member \$35.70

  **Bistro 101 & Granville Island**

Enjoy a 3-course gourmet meal with coffee/tea. Includes taxes and gratuity. Transportation included. There will also be time to stroll and shop on Granville Island. Includes taxes and gratuity and transportation.

Fri, Aug 9 11 a.m. - 3:30 p.m.
57824 Member \$40
Non-Member \$45

 **Nanaimo and the Crow & Gate Pub w/ Joy Brown**

Discover Nanaimo, the Hub City. Explore an oceanfront park and local shops. Eat at a lovely downtown restaurant. Visit a local artist. Enjoy dessert in the delightful gardens of the famous English Crow and Gate Pub.

Wed, Aug 14 7:50 a.m. - 6:50 p.m.
56171 Member \$99
Non-Member \$125

  **Lunch at the UBC Golf Club**

Join us for lunch at the beautiful UBC Golf Club. We are providing the transportation and you will have a full menu to choose from. You will pay for your own lunch at this event.

Thu, Aug 15 10:15 a.m. - 1 p.m.
63591 Member \$15
Non-Member \$17

 **Sunshine Coast Writing Festival w/ Enjoy Tours**

Take part in Canada's longest running summer gathering of Canadian writers and readers featuring established literary stars and exciting new voices. Includes a ticket to the writers', public reading performance and intimate question and answer session.

Fri, Aug 16 8:30 a.m. - 7 p.m.
54057 Member \$139
Non-Member \$155



 **Sunflower Festival w/ Joy Brown**

Enjoy walking through acres of golden sunflowers some as high as 12ft in the East Fraser Valley. Visit the Mennonite Museum, taste cheese at a local farm in Chilliwack. Lunch is served in Abbotsford, a delicious afternoon tea is served in the English Village Store in Clayburn Village.

Thu, Aug 22 9:15 a.m. - 5:40 p.m.
56172 Member \$88
Non-Member \$98



Bowfest on Bowen Island

Join us for a full day of cultural explorations as we visit Bowen Island for Bow Fest, an artist and artisan fare. Lunch will be at a local eatery or bring your own bag lunch (cost of lunch not included in tour).

Sat, Aug 24 9 a.m. – 4:30 p.m.
58390 Member \$45
 Non-Member \$55



Starlight Casino

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

Wed, Sep 4 9 a.m. – 3 p.m.
57211 Member \$20
 Non-Member \$25



Bard On The Beach: Coriolanus

Political warfare—and war within a family—drive Shakespeare's compelling story of the ruthless fighter, Caius Martius, as she fights for honour without compromise. The themes of pride and arrogance are at its core, as Coriolanus examines what it means to be loyal to a parent, to a leader and to a country—and how those choices can redeem or destroy us.

Sat, Sep 7 12:30 – 5:30 p.m.
57743 Member \$65
 Non-Member \$75

WV MEMORIAL LIBRARY



Monday Movie Nights

We screen thought-provoking and entertaining films. See you at the show! Welsh Hall, 6:30 – 8:30 p.m., Drop-in, Free.

Jul 8	If Beale Street Could Talk
Jul 15	First Man
Jul 22	Apollo 11
Jul 29	The Children Act

Shared Journeys Launch Event

Join us to celebrate the launch of *Shared Journeys*, the Library's new program that embraces West Vancouver's rich cultural diversity, bringing people together through stories, conversation and activities. This celebration will feature a traditional welcome by Chepximiya Siyam'/Chief Janice George of the Squamish Nation, a performance by the Vancouver Intercultural Orchestra and the announcement of our *One Book, One Community* title selection. Light refreshments will be served.

Main Hall
 Thu, Jul 4 2 – 3:30 p.m.
Free



Learn Languages with Mango

Looking to start learning a new language? Join us to learn how to register for and use the online Mango Languages Resource.

Online registration is required and opens Thursday, June 27 at 10 a.m.

The Lab
 Thu, Jul 11 10:30 a.m. – 12 p.m.
Free

In the Gallery: Graphite Tales by Nick Bantock

Many know Nick Bantock as the author and illustrator of *Griffin and Sabine* which rocked the publishing world when it debuted in 1991. *Graphite Tales* features different kinds of drawings, some from previously published books and others from a new series of 'graphite narratives', accompanied by 22 unique, 100-word stories.

WV Memorial Library Art Gallery
 Tue, July 23 – Mon, September 16
Free

Author Talk: 'The Quintland Sisters' by Shelley Wood

Former West Vancouverite Shelley Wood will talk about her best-selling debut novel, *The Quintland Sisters*, a fictional coming-of-age story bound up in one of Canada's strangest true tales: the 'miracle' birth of the Dionne quintuplets in Northern Ontario in 1934.

Welsh Hall
 Mon, Aug 12 7 – 8:30 p.m.
Drop-in Free

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.

JULY 1-7

Mon CLOSED — CANADA DAY
Tue **Bangers & Mash** w/ Caramelized Onions, Gravy and Cranberry Mango Chutney
Wed **Pork Cutlet** w/ Mushroom & Cream Sauce, Tricolour Rotini, Side Salad
Thu **Spinach & Feta Pierogi** w/ Sour Cream, Garlic Coil Sausage, Baked Tomato with Parmesan Crust
Fri **Baked Cod** w/ Rustic Tomato Vegetable Sauce, Roast Potatoes, Vegetables
Sat **Honey Chicken** w/ Corn Salad, Roasted Red Potatoes
Sun **Brunch at Eleven**

JULY 8-14

Mon **Loaded Vegetable Quiche** w/ Potato Salad and Sliced Tomatoes
Tue **Spanakopitas** w/ Tzatziki, Lemon Herbed Roasted Potatoes, Greek Salad
Wed **BBQ Chicken Cobb Salad** w/ Garlic Crostini
Thu **Beef Stroganoff** w/ Broad Egg Noodles, Harvard Beets
Fri **Seafood Newburg** w/ Rice Pilaf, Tossed Salad
Sat **Cheeseburger & Fries**
Sun **Brunch at Eleven**

JULY 15-21

Mon **Classic Meatloaf** w/ Onion Gravy, Mashed Potatoes, Corn with Peppers and Sautéed Red Onion
Tue **Pork Chops in Guinness Stout Gravy** w/ Smashed Potatoes, Braised Cabbage
Wed **Crab Swiss & Onion Quiche** w/ Mixed Greens with Arugula, Black Bean, Quinoa Topping
Thu **Penne** w/ Mediterranean-style Roasted Vegetable & Tomato Sauce, Garlic Toast, Side Salad
Fri **Baked Fish on Ratatouille** w/ Rice, Side Salad
Sat **Chicken Schnitzel a la Cordon** w/ Cranberry Sauce, Mashed Potatoes, Mixed Vegetables
Sun **Brunch at Eleven**

JULY 22-28

Mon **Swedish Meatballs** w/ Parsley Potatoes, Seasonal Vegetables
Tue **Teriyaki Chicken** w/ Rice, Vegetable Medley
Wed **Slow Cooker Philly Pepper Steak** w/ Rice Pilaf, Fresh Seasonal Vegetables
Thu **Bacon Lettuce Tomato & Cheese on Texas Whole Wheat Bread** w/ Caesar Salad
Fri **Salmon Burger** w/ Oven Fries, Coleslaw
Sat **Fried Chicken Drumsticks** w/ Homemade Potato Salad, Sliced Tomatoes, Lettuce
Sun **Brunch at Eleven**

JULY 29-31

Mon **Breaded Beef Liver** w/ Roasted Onion, Mashed Potatoes, Seasonal Vegetables
Tue **BBQ Pork on a Toasted Brioche** w/ Kale Slaw, Potato Chips
Wed **Hot Caesar Salad** w/ Grilled Chicken, Garlic Toast

DINNERS

Tuesday, July 2
Pubhouse Battered Cod, Oven Fries, Lemon Wedge, Tartar Sauce, Coleslaw

Thursday, July 4
Beef Bourguignon, Baked Potato w/ Sour Cream & Chives, Fresh Mix Vegetables

Tuesday, July 9
Madeira & Honey Glazed Ham, Scalloped Potatoes, Mix of Fresh Spring Vegetables

Thursday, July 11
Hawaiian Roasted Chicken, Yukon Gold Mashed Potatoes, Baked Squash, Green Peas

Tuesday, July 16
Spaghetti & Homemade Meatballs, Mixed Greens, Garlic Bread

Thursday, July 18
Grilled Pork Chops w/ Fresh Salsa, Savoury Potato Wedges, Green Beans

Tuesday, July 23
Baked Salmon w/ Lemon & Fresh Dill, Parslied Potatoes, Seasonal Vegetables

Thursday, July 25
Roast Turkey Roll with all the Trimmings

Tuesday, July 30
Chili Lime Prawns, Rice Pilaf, Mixed Greens with Baby Spinach & Arugula

GARDEN SIDE CAFÉ

AUGUST 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 details regarding potential allergens.

AUGUST 1-4

- Thu** **Hamburger Patty in Sweet Onion & Mushroom Sauce** w/ Smashed Red Potatoes, Salad or Vegetables
- Fri** **Grilled Salmon** w/ Lemon Wedge, Fries/Potato Wedges, Side Salad
- Sat** **Spanakopita** w/ Tzatziki, Salad, Fruit Garnish
- Sun** **Brunch at Eleven**

AUGUST 5-11

- Mon** **CLOSED BC DAY**
- Tue** **Chicken Schnitzel a la Cordon (ham & cheese)** w/ Potatoes, Broccoli and Cauliflower
- Wed** **Spinach & Cheese Quiche** w/ Duo of Beets Salad on a Bed of Lettuce
- Thu** **Beef Stroganoff** w/ Broad Egg Noodles, Harvard Beets
- Fri** **Fish & Chips** w/ Coleslaw
- Sat** **Chef's Special**
- Sun** **Chef's Special**

AUGUST 12-16

- Mon** **Chef's Special**
- Tue** **Chef's Special**
- Wed** **Chef's Special**
- Thu** **Chef's Special**
- Fri** **Chef's Special**

Please keep checking our menu board for Aug 10 - 16 Chef's Special details.

DINNERS

Thursday, Aug 1
Grilled Greek-style Chicken Thighs, Tzatziki, Baked Potato Sour Cream, Greek Salad

Tuesday, Aug 6
Roast Pork with Apple Sage & Onion Stuffing, Gravy, Mashed Potatoes, Fresh Mixed Vegetables

Thursday, Aug 8
Coq Au Vin, Cheddar Mashed Potatoes, Green Beans Almondine

Tuesday, Aug 13
Dijon Mustard Salmon, Rice Pilaf, Ratatouille Nicoise

Thursday, Aug 15
Steak, Baked Potato, Caesar Salad

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

Annual Maintenance Shutdown August 17 - September 2.

Café reopens Tuesday, September 3 at 9 am. / First Dinner: Tuesday, September 3.



Extra Meat Pie Sale & Quiche Sale Every Week

To serve you better we will add one extra meat pie sale and one extra quiche sale every week starting mid-June. Wednesdays: tourtière pies and non-vegetarian quiches only. Fridays: rotating variety of meat pies (chicken vegetable, steak and kidney, steak and mushroom, etc.) and vegetarian quiches only.

North Shore Seniors' Health Expo



SAVE THE DATE | **SEPTEMBER 6**

WEST VANCOUVER SENIORS' ACTIVITY CENTRE | 695 21ST STREET
& WEST VANCOUVER COMMUNITY CENTRE | 2121 MARINE DRIVE



Join us for our fourth annual **North Shore Seniors' Health Expo** on **Friday, September 6**, featuring exhibitors, innovative speakers and researchers focusing on **cognitive, physical, social, financial** and **nutritional** well-being.

westvancouver.ca/seniors

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