

An elderly couple is dancing together in a social setting. The woman is wearing a white top and a patterned skirt, and the man is wearing a light-colored shirt and dark trousers. They are surrounded by colorful, out-of-focus lights, suggesting a festive or party atmosphere.

19

NOV / DEC

THE SCENE SENIORS

A West Vancouver Seniors' Activity Centre Publication

IN THIS SCENE

Find Hours of
Operation on page 3

Cover & Feature
Article: Puttin' on
the Ritz on page 14

Seniors' Health Expo
Recap on page 18

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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	9 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	8:30 a.m. – 3 p.m.
Sun	10 a.m. – 3 p.m.

Please note the following closures:

Mon, Nov 11 (Remembrance Day)
Wed, Dec 25 (Christmas Day)
Thu, Dec 26 (Boxing Day)
Wed, Jan 1 (New Years Day)

Modified holiday hours:

Dec 23 + 27	8 a.m. – 4 p.m.
Dec 24	8 a.m. – 1 p.m.
Dec 28	8:30 a.m. – 4 p.m.
Dec 29	10 a.m. – 4 p.m.
Dec 30 + 31	8 a.m. – 4 p.m.

Shuttle Bus schedule: The Shuttle Bus will operate as regularly scheduled on Dec 23, 27 & 30, and will operate from 8:30 a.m. – 12:30 p.m. on Dec 24 & 31.

EDITORIAL

Editors Sabina Kasprzak, Michiko Araki

Advertising Sabina Kasprzak

Publisher District of West Vancouver

Design & Production

ecstatic design + communication

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Disclaimer Advertising in *The 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 Scene* magazine, please email leisureguide@westvancouver.ca or call 604-925-7285.

WELCOME TO THE SCENE



EDITORIAL

This bi-monthly publication is available in print and online.

The publication dates are: Jan/Feb, Mar/Apr, May/Jun, Jul/Aug, Sep/Oct and Nov/Dec.

We also print and post online an update of events and activities happening at our Centre. This update is called **E-news** and includes last-minute changes and information about items that have been added after *The Scene's* publishing date. **E-news** comes out in Feb, Apr, Jun, Aug, Oct, and Dec. **To receive the E-news to your email inbox sign up at the front desk or email leisureguide@westvancouver.ca.**

BECOME A SAC MEMBER!

Purchase your annual membership today at the front desk and ask about the many benefits! (Cost: \$38). *Non-members are welcome to participate in some programs at a higher rate. Ask at the front desk. If you see a non-member rate listed next to a program this means that the program is open to non-members (space-permitting).* **Please ensure that you pre-register for the lectures otherwise they may need to be cancelled.**

DID YOU KNOW?

55+ adults are welcome to participate in all programs listed in the Adult 19+ section of the Leisure Guide.

REFUNDS

Full Refunds will be given for any programs cancelled by the Community Services Department and for withdrawals made before the start of the first class of the program for registered programs.

Pro-rated Refunds will be given for withdrawals after the first class up to the end of the day of the second class of the program for registered programs. No refunds after the second class of the program. *If you have questions about any of the refunds, please ask one of the Program Coordinators.*

24 Hours Notice Refunds will be given for withdrawals requested within 24 hours of the class start time for CycleFit, and private lessons.

48 Hours Notice Refunds will be given for withdrawals requested within 48 hours of the start time for Youth dances and select Youth out-trips and programs.

72 Hours Notice Refunds will be given for withdrawals requested within 72 hours of the class start time for one-day programs, aquatic certifications, massage and workshops.

No Refunds will be given for birthday parties. Personal Training sessions are nonrefundable but may be rescheduled without charge if a minimum of 24 hours notice is given.

Event, Trip & Seniors' Dance Refunds will be given for withdrawals requested by the end of business day on the Wednesday a week prior to the start of the trip/event/dance. Exceptions may apply. Please check at registration.

Medical Refunds will be given for withdrawals made before the start of the first class of the program. A pro-rated refund will be given for withdrawals made after the start of the first class of the program. A medical note is required for both a full and partial refund. No refunds will be given for individual missed classes.

FitPass Refunds: A pro-rated refund will be given to Annual FitPass holders after a minimum of four (4) months except with a medical note. No refunds will be given for one-month, three-month or 10-visit FitPasses except with a medical note.

ON THE COVER

A couple of guests enjoy an Evening Dance at the Seniors' Activity Centre.



Jain Verner
Chair

MESSAGE FROM THE ADVISORY BOARD CHAIR

At our last edition of The Scene, summer was fading with fall approaching. As we move into November and December, very busy months at the Centre, winter will soon be upon us. Where does time go!

As you know our Centre runs on a volunteer model. At the moment our work teams in the cafe need some help, specifically with sandwich making, serving and bussing. So if anyone out 'there' could spare 2-3 hours a week to help out that would be terrific. The work involved is easy, fun and gives one an opportunity to meet other volunteers, appreciate the 'workings' of the Centre and meet and chat with Centre members. Not to wish my life away, but I find time passes very quickly when I volunteer. Thanks in advance for considering my request.

As a follow up to my note in the last Scene, I want to tell you about an exciting expansion of our Outreach committee formed this past spring. Our new committee has representation from Community, Police, Fire, Church, Vancouver Coastal Health, Special Services and our Centre. Our main goal is to reach out not only to members of our Centre, but to isolated seniors in our community.

The Committee has applied to United Way for a grant, spent time learning of resources specifically in our community, as well as other communities in the Lower Mainland/BC. We have had meetings with Libby Lodge and Kiwanis and are now at the point of developing an implementation plan with them.

We have several goals, one of them being to develop a volunteer training framework for navigators. The 'navigator' role will be to help isolated seniors navigate through systems dealing with whatever their issue—housing, finances, taxes, medical, transportation etc. So stay tuned and please respond to our call out when we are at the point of training volunteer navigators.

All the best in the holiday season. **Until next time, take care, cheers.**



Jill Lawlor
Community
Recreation
Manager



Davida Witala
Recreation
Supervisor

MESSAGE FROM COMMUNITY RECREATION MANAGER & THE RECREATION SUPERVISOR

The Centre re-opened on September 3 following the annual preventative maintenance shutdown, showcasing beautiful new carpets, new shelves in the freezer, an automated meat slicer and a new plate warmer. Staff and volunteers then prepared for the exciting 4th Annual North Shore Seniors' Health Expo on September 6, which delivered record attendance, informative speakers, a sold out vendor trade show and positive community engagement. October was filled with pre-election activities such as the All Candidates Meeting, the Democracy Forum as well as special member events and activities—the Fall Billiards Tournament, PumpkinFest, Flu vaccination clinics and information sessions hosted by Davie's Pharmacy. It is important to recognize that these events and so many other initiatives would not be

possible without our incredible and diverse volunteers who contribute countless hours to support the Centre. We couldn't do it without you!

We would like to recognize and thank our Advisory Board, which is currently recruiting amazing individuals to join this dynamic group. Nominations are open until Friday, November 22. If you would like to be nominated or would like to nominate someone please pick up an application at the Seniors' Activity Centre front desk and submit by the deadline!

The winter months of November and December are always filled with special events and festive activities. It is truly our busiest time of the year. The annual Veteran's Luncheon is coming up on Saturday, November 9 in the Centre's signature Marine Room. This is always a wonderful opportunity to recognize and honour those who have served. Remember to mark your calendars for the Advisory Board's very own Member Appreciation Christmas Mingle—Shortbread & Sherry on Friday, December 13.

EVENTS

Visit the *Leisure Guide* website at westvancouverrec.ca for a complete list of programs.

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. Call front desk at 604-925-7280 on Sunday to confirm movie.

Nov 3	Mary Poppins Returns
Nov 10	A Bridge Too Far
Nov 17	If Beale Street Could Talk
Nov 24	Five Feet Apart
Dec 1	Apollo 11
Dec 8	Miracle Season
Dec 15	No Movie - Choir Concert
Dec 22	White Christmas
Dec 29	No Movie

Artisan Market

The Seniors' Activity Centre will be selling crafts at the Artisan Fair held at the Community Centre. Come and shop early for Christmas! Free event.

Sun, Nov 3 10 a.m. - 4 p.m.

Q & A with Jim Bailey and David Hawkins

Join us for a Q & A with Jim Bailey, District of West Vancouver's Director of Planning & Development Services, and David Hawkins, Manager of Community Planning & Sustainability. Learn about upcoming projects and find out how you can stay involved.

VWCC, Cedar Room

Wed, Nov 6 1:30 - 3 p.m.

E-NEWSLETTER

Sign up for e-news to stay in the loop about upcoming activities and special events! Inquire at SAC front desk.

Fully Accessible

Veterans Luncheon

Thank you Veterans for your tremendous sacrifices. Enjoy meaningful time with comrades, a colour ceremony and musical tribute as we recognize our Veterans. Spouses and/or guests welcome. Gwen Gouchee will once again be performing this year.

No Charge for Veterans.

Sat, Nov 9 11:30 a.m. - 2:30 p.m.
63239 \$15 for guests

Legal Advice by Kate Manvell, a Notary Public

Ask for advice about Estate Planning including personal information on Power of Attorney, Representation Agreement or Will. Excludes business information advice. *These are 30-minute appointments.*

Mon, Nov 18 n/c
64209 1:30 - 2 p.m.
64249 2 - 2:30 p.m.

Watch Batteries

Don will change watch batteries for SAC members every last Monday of the month. Maximum two watches per session. First-come, first-served, pay at the front desk then give your watches to Don in the Atrium.

Mon, Nov 25 9:30 a.m. - 12 p.m.
 \$5/watch

Evening Dance

Dust off your dancing shoes and break out those ballroom moves with the music of our magnificent live bands. Members, singles and non-members are encouraged to attend. Every fourth Thursday of the month. Cash bar is in effect. Doors open at 6 p.m. Bar service at 6:30 p.m.

The Sax of Us

Thu, Nov 28 6:30 - 9:30 p.m.
57004 \$10

Dal Richards Alumni Band

Thu, Dec 19 6:30 - 9:30 p.m.
62253 \$35

Coffee with the Mayor

Join the Mayor for conversation and coffee. Ask questions, share your feedback and get to know Mayor Mary-Ann Booth in a casual setting at the *Fireside Coffee Bar & Lounge*. Check westvancouver.ca/coffee for more info.

Wed, Nov 27 9:30 - 11 a.m.

Fully Accessible

St Andrews Day Singalong Concert with the Londoners

Don't miss the Londoners as they provide a pub-style singalong with many of your favourite Scottish songs. Join us for lunch in the cafeteria and then join the Londoners in the Activity Room for singing. All your pub-style beverages will be available for purchase with a focus on the Scottish pallet. Scottish attire encouraged.

Sat, Nov 30 2 - 3:30 p.m.
57007 \$5

Fully Accessible

Shortbread & Sherry

Join us as the Seniors' Centre Advisory Board host a wonderful welcome to the Christmas season. Coffee, tea will be served with sherry, shortbread and minced tarts. *This event is free to all members, but please register.*

Fri, Dec 13 3 - 4:30 p.m.
57005 Members only

Heritage Choir Christmas Favorites

Don't miss the Heritage Choir's Christmas concert—it'll entertain you with a variety of heart-warming Christmas favourites! We look forward to seeing you and promise an enjoyable afternoon. Bring your voice as you may be invited to join in. Refreshments following the concert. *Director: Nicole Thomas Zyczynski.*

Sun, Dec 15 1:30 - 3 p.m.
57570 Adults \$7.50

Children 5 yrs+ \$3.50
 Under 5 years n/c

GENERAL 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 is \$2.50 for a drop-in unless otherwise stated.

You are welcome to try any of the drop-in programs once, without being a member.

MONDAY

Eye Deal 10 - 11:30 a.m.

Informal support group for people with low vision. Nov 18, Dec 16

Bridge Social 12 - 3 p.m.

Come 10 minutes early for a table.

No partner needed. No play Nov 11.

Ends Dec 16

TUESDAY ** Ends Dec 17*

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.

Meditation & Mindfulness

the Buddhist Way 7 - 8:30 p.m.

WEDNESDAY

Craft Group 9:30 a.m. - 12 p.m.
n/c

French Social Conversation 10 - 11:30 a.m.

Table Tennis 1:30 - 4 p.m.

Dec 4 time changed to 3:30 - 6 p.m. due to event. No play Dec 25



THURSDAY

Keep Well

Chair Exercises 9 - 10 a.m.

Hands-on Clinic 10 - 11 a.m.

Ends Dec 19

West Van Gogos (Grandmothers) 1 - 2:30 p.m.

Nov 7, Dec 5 Drop-in \$1

Table Tennis 4:45 - 6:45 p.m.

No play Nov 28, Dec 26

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.

Nov 8, 22, Dec 13

Sound Advice 10 a.m. - 12 p.m.

For the hearing impaired. Nov 1, Dec 6

Spanish Social Conversation 9:45 - 11:45 a.m.

Bridge Social 12:15 - 3:15 p.m.

No partner needed. Ends Dec 20

SATURDAY

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

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

No play Nov 23, Dec 14; Dec 28 ends at 3:15 p.m. due to Christmas hours

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.

No play Dec 15

DAILY

Supervised Billiards in the Games Room

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

Take advantage of this beautiful room with first class equipment available for members and their guests to pick up games and enjoy supervised play. If there is no supervisor, please ask for the key in the office. You must be a member and show your card to play. When finished, please lock the room and pay at the office.

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 per person per time. Some noise is acceptable, but we would appreciate 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

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

REGISTERED PROGRAMS

Refund Policy: For refund policy see page 3 of The Scene. Register now.

Integrative Energy Healing: Langara Students

Experience a gentle, safe, unique healing treatment that can help relieve pain, reduce stress and anxiety, and allow you to find your inner place of peace. Offered by students of the Advanced Integrative Energy Healing Practitioner Certificate Program from Langara. *This 45-minute session includes both dialogue and light touch. Treatments are individualized for you. This is not a massage.*

**Appointments: 2:30 - 3:30 p.m.,
3:30 - 4:30 p.m. or 4:30 - 5:30 p.m.**

Wed, Jan 8 - Mar 25

58138 \$15/session

Watercolor Love on Paper Kindred Animal Friends

Capture that special look unique to the creatures who teach us about love and beauty—our pets, creatures of the forest and birds in nature. Using the effect of light and particular detail techniques of texture, you can represent meaningful memories and experiences with nature—flowers and woodlands as secondary subjects of settings. Learn and reinforce your knowledge to composition, colour theory, and perspective. All materials included. *Instructor: Lynn Colpitts.*

Mon, Jan 6 - Mar 16 9 a.m. - 12 p.m.
59330 \$247

Watercolor Landscape Encounters Alpine Meadow Lynn

Please note that the time has been changed to 1 p.m. - 4 p.m.

Create a variety of landscape designs with a comprehensive approach to expressing depth, direction of light and focussing on your point of interest. Learn atmospheric perspectives pulling foregrounds and pushing backgrounds into the distance. Initially focus on Alpine Meadows to give you a grounding in the skills, techniques and compositional considerations needed to paint many landscapes. *Watercolour with Lynn Colpitts. No class Feb 17.*

Mon, Jan 6 - Mar 16 1 - 4 p.m.
59332 \$247



Ukuleles Advanced w/ Julia

You will need to know, at the minimum, all root position chords. She will be teaching melody and you will also need to be familiar with fingerpicking.

Tue, Jan 7 - Mar 10 10 - 11:30 a.m.
59454 \$127.50



WOOD ART

Have you seen some of the wonderful art that the woodworkers have made? We have a number of programs designed to help you explore your artistic side. These include woodturning, woodcarving, bird carvers and the Klee Wyck Carvers. Feel free to drop by these classes and check out their projects—if you like what you see we encourage you to sign up!

Woodcarving

Join us for a class that covers all types of carving, such as portraits, scenes, native masks, and more. Beginners welcome.

Thu
Sep 5 - Dec 12 9:30 a.m. - 12 p.m.
59491 \$67.50

Thu
Jan 9 - Apr 2 9:30 a.m. - 12 p.m.
62833 \$58.50

Birdcarving

All types of birds are carved. You can see their feathers and facial features and almost believe that they are real.

Thu, Sep 19 - Dec 12 1 - 3:30 p.m.
59492 \$58.50

Thu, Jan 9 - Apr 2 1 - 3:30 p.m.
62833 \$58.50

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Intergenerational Project with Collingwood School: Call for Participants

The Seniors' Activity Centre will once again be collaborating on an intergenerational book project with students from Collingwood School, and we would like to invite anyone who is interested in participating in this project to contact the SAC front desk at 604-925-7280.



WOODTURNING

Have you seen the beautiful bowls at craft markets? These woodturners turn some exquisite art.

Beginners Woodturning

(this class is already full for fall)

Learn the fine art of woodturning in a hands-on class for beginners! To make the best of this class, take it twice and then move on to working on your own in the Woodturning Intermediate class.

Wed
Oct 2 - Dec 4 9:30 a.m. - 12 p.m.
59493 \$45

Wed
Feb 5 - Mar 25 9:30 a.m. - 12 p.m.
62710 \$45

Intermediate Woodturning

Take your affection for woodturning to the next level and with little supervision! Three people maximum.

Prerequisite: Woodturning Beginners (twice). Instructor: Steve.

Wed, Sep 11 - Dec 11 1 - 3:30 p.m.
59498 \$63

Wed, Jan 8 - Apr 1 1 - 3:30 p.m.
62711 \$58.50



Klee Wyck Woodcarvers

This group carves Native Art. Join the Klee Wyck woodcarvers group and learn how to carve indigenous carvings. There is an additional cost of \$120 payable during the first class. Beginners welcome. **No equipment needed for beginners, however you will need to purchase your own tools in the future.**

Mon, Sep 9 - Dec 9 6 - 8:55 p.m.
51105 \$54

Mon, Jan 6 - Jun 29 6 - 8:55 p.m.
62701 \$103.50



COMPUTERS

iPhone/iPad only — Please see the Leisure Guide for description of the courses. Instructor: Andrea MacDonald.

Photo Artistry iOS

Thu, Nov 7 1 - 4 p.m.
59604 \$42

Organizing your Email

Thu, Nov 21 1 - 4 p.m.
59607 \$42

Text Messaging iPhone only

Thu, Nov 28 1 - 4 p.m.
59606 \$42

HEARING LOOP

Did you know that there is a Hearing Loop in four rooms at the Seniors' Activity Centre? The Activity Room, Audio Visual Room, Social Rec Room and the Learning Studio are all equipped with this technology.

Preregister for lectures, otherwise they may be cancelled. See the Adult 55+ section in the Leisure Guide.



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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!

LECTURES & DISCUSSION GROUPS

Please ensure that you pre-register for the lectures otherwise they may need to be cancelled. The District of West Vancouver does not support or endorse the businesses that offer lectures at the SAC. We offer these lectures for you to learn and ask questions in a group setting so that you don't feel pressured into buying. Please do not feel that you have to give your email address to the business.

Making Final Arrangements

Be informed before you have to make the final arrangements. Find out about the services that the different funeral providers can offer you. Sharon, who worked at the Capilano View Cemetery, will answer questions you have about this process.

Mon, Nov 4 1:30 – 2:30 p.m. **58479** \$2.50



**Theologian's Cafe
The Many Flavours of Judaism**

Reformed, Conservative, Orthodox, Ultra-Orthodox, and others—what do these various streams have in common? How do they differ? And how do they regard each other? In dealing with these questions it's important to remember that individual Jews can differ from each other even when they belong to the same synagogue, just like the rest of us. *Moderator: John Slattery.*

Thu, Nov 14 1 – 3 p.m. **63604** \$2.50

Hafez: Poetry Reading

We are celebrating the life of mystical Persian Poet "Hafez" whose collected works are regarded as a pinnacle of Persian literature. Join us for an afternoon of fun enlightenment.

Mon, Nov 25 1:30 – 3 p.m. **64428** n/c

**Theologian's Cafe
So What Really Happened in 0 AD?**

The Gospels are remarkably lacking when it comes to the birth of Jesus. Did his birth really take place at the end of December? What really was the star that the Magi followed? For that matter, just who were the Magi? And for those who are skeptical about the whole business, is there any benefit in repeating these stories every year? *Moderator: John Slattery.*

Thu, Dec 12 1 – 3 p.m. **63607** \$2.50



VISIT THE FIRESIDE COFFEE BAR & LOUNGE!

This warmly-lit space is a favourite among coffee aficionados! The Fireside Coffee Bar & Lounge boasts a state-of-the-art espresso machine and offers a selection of lattes, cappuccinos, mochas and all the current popular speciality drinks. Come try out the feature drink of the month!

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OUTDOOR ACTIVITIES

WAIVERS

A waiver must be completed for each year of a sports program.



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.



Cross Country Ski & Snowshoe 2019/2020 Season

Are you an experienced winter sport enthusiast? Join friends for cross country skiing or snowshoeing on the hills of Cypress Bowl's Nordic Trails. The trails are patrolled for your safety, but come fully prepared as conditions may vary. Learn about being a leader and share your favourite trails with others. Bring some seed for the Whiskey Jacks. Hop on the bus,

and leave the driving to us as you relax with friends.

We will be having an information meeting on November 18 from 3:30 - 4:15 p.m. in the Learning Studio.

Wed, Fri

Dec 4 - Mar 27

62252

9 a.m. - 1 p.m.

\$15



Sacs On 21st — Seniors' Activity Centre Shop

Decluttering? Downsizing? Our gift shop, SACS on 21st, is a collection of your generous donations with all proceeds going to the Seniors' Activity Centre. We welcome household items, jewellery, clean gifts and décor items with no cracks or chips. Donations can be dropped off at the shop or SAC front desk. **Thank you, your support is appreciated.**

Gift Shop Hours: Mon - Fri from 10 a.m. - 3 p.m.
Hours subject to change. Closed Sundays & Statutory Holidays.

VOLUNTEERS

To reach someone in our department, call or text 604-202-8694.



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

VOLUNTEER WITH US!

The Seniors Centre operates 7 days a week with volunteers in all essential operational positions.

It is really important if you suddenly are unable to make your shift or you're going to be late, and it's less than 24 hours before your shift, please call and leave a voice mail or text the volunteer cell phone at 604-202-8694. This phone is answered 7 days a week by Caroline, Thanu and Jenny and we ensure that someone in charge at the Centre is notified of the absence or change. You may also call the front desk, at 604-925-7280, however, the office line is not answered 24 hours a day and you are unable to leave a voicemail. *Please do not email Caroline, Thanu or Jenny when you have a last-minute change or you are unable to make your shift, as we do not have access to each other's emails.*

NEW & RETURNING: *We would like to welcome the following new and returning volunteers: Carly L, Liliana W, Soroush T, Paria S, Saman D, Melina S, Marie F, Iris H, Pouya O. and Samira B. Help us welcome them as they learn their new positions!*

Some of the key areas we need volunteers are:

CENTRE

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

CAFÉ

- » Sandwich makers
- » Servers
- » Dishwashing assistants
- » Mid-shift and closers

Let us know if you would like to help or have any questions.



VOLUNTEER ORIENTATION

If you are interested in joining our volunteer team, please sign up for an upcoming Adult Volunteer Orientation. You can sign up by visiting activewestvanrec.ca, calling 604-925-7270 or stopping by the front desk.

You can choose between an online orientation or an in person one. If you register for the online orientation you will be sent a link to a 30-minute informational video on volunteering with ten questions at the end. Once you have completed this, we will send you a welcome email with more information on the next steps to becoming a volunteer and regarding any further training. *We still offer in-person group orientations for those who are unable to access the online orientation. We don't offer any of the in-person orientation in December, as it's such a busy month with events.*

Adult Volunteer Orientation

Meeting location: SAC

Wed, Nov 20

10 – 11:30 a.m.

62593

Members n/c

Non-Members 55 yrs+ \$5

Adults \$20

*Please ensure you have a BC Care Card or BC Services Card with Personal Health Number. **After completing an orientation, all adults will make an appointment** by contacting Caroline via email at cbrandson@westvancouver.ca or calling 604-913-2703 to discuss the next steps to becoming a volunteer in the District. We have a number of unique opportunities coming up, so if you are looking for something different contact Caroline.*

Welcome
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 Willkommen Bienvenido Benvenuto
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Considering Medical Cannabis?

We will be answering all Medical Cannabis questions at our FREE Medical Cannabis 101 event.

**ATTENDEES NEED TO BE 19 YEARS OR OLDER.
 NO RSVP REQUIRED.**

WHAT

Medical Cannabis 101

WHEN

Thursday, Nov 14th, 7pm to 9pm

WHERE

Audio Visual Room
 Seniors' Activity Centre
 695 21st St, West Vancouver, BC V7V4A7

Questions? Visit WellworthHealth.com for more information or call:

1-833-WL-WORTH (1-833-959-6784)



PUTTIN' ON THE RITZ

Written by Valerie Coles

Is there a woman alive who hasn't daydreamed of gliding across the dance floor on the arm of a Fred Astaire? And a man who hasn't wished he had that same dance floor élan? Every month, the Seniors' Activity Centre provides a setting that makes those dreams come true.

On the fourth Thursday of every month, the large, mirrored Activity Room becomes a sparkling ballroom filled with intimate tables and spinning couples while a thousand tiny lights splash over them.

Month after month, the Centre proudly presents the very best dance bands. But once a year, the Centre celebrates DJ's Brian and Michele, invited for a swinging night of good ol' Rock 'n' Roll. This highly popular night is held only in June, so mark your calendar if you love Classic Rock.

The Dance Committee relentlessly searches out dance bands, seeking the very best musicians for our dances, equally adept at playing swing and cha-cha or a Viennese waltz. Most of these musical groups also include a singer to serenade dancers as they swing by the band stand. Lou Marocco, a one-man-band sensation who personifies 'less is more', is one of the most popular musical acts at the Centre, famous for his high energy fire that gets the entire room on their feet, joining a Conga line.

Photo by: John Frank Martin

Photos by: John Frank Martin



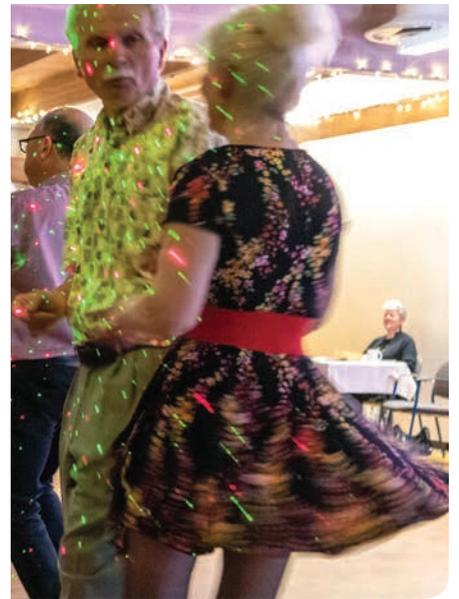
But why do we bother dancing anyway? Why do all human beings, even toddlers, have this innate need to dance? Research tells us that rhythmic movement is instinctive, connecting us to the rhythms of nature. Dancing with a partner springs from the human desire for personal expression and connection.

The truth is, almost anyone can dance, and 101-year-old John Hay is living proof. John is a regular at the dances and circles the room with smiling partners all evening long. Dancing 101, as he's become known at the Centre, is lively testimony that dancing is indeed very good for you.

“The Dance Committee relentlessly searches out dance bands, seeking the very best musicians for our dances ...

The Centre's dances go back a long way, beginning in the fall of 2007 when three people at the Centre, Gwen Gouchee, Brian Bull and Louis Beltjens put their promotional heads together. They were being plagued non-stop to introduce a night of dancing. Many members were keen dancers and there was no other venue like the Centre on the North Shore, resulting in many members having to go to clubs in Vancouver to get their dancing fix—historical spots like Preservation of Swing, the Jazz Club and Fairview Pub.

Photo by: John Frank Martin



As an entertainer, Gwen Gouchee was especially keen to bring dances to the Centre. She asked Brian Bull to give her a try, along with her two musicians on keyboard and drums. Once she got the green light, Gwen collected phone numbers and called all the couples she knew, urging them to come to the dances. She also convinced several West Van businesses to donate coveted door prizes.

"The Gwen Gouchee Trio" was the primary band for the first four years of the dances and remained part of the dances' roster for many years.

It was that same year, 2007, when the Centre premiered its inaugural New Year's Eve Dance and it drew 98 eager dancers who strutted their stuff from 9 p.m. until the midnight countdown, dancing even as balloons cascaded around them.

Quite apart from band selection, The Dance Committee makes the dances successful in subtle, behind the scene ways. For example, it was the Committee's idea to create a Singles Table so that people without a partner felt completely welcome. Today it's one of the busiest spots in the room.

It was also the Dance Committee that updated food choices at the dances, introducing healthier selections like fresh fruit and veggie platters and citrus-infused water. Responding to members' requests, they recently swapped out several long tables in exchange for smaller, more intimate tables.

For any dancer, music is everything, and that's the guiding principle for the Dance Committee, always

careful about bringing in any new band. One band cancelled the day before they were to perform, and our intrepid Committee was down to hours to replace them and pull a dance together. That was when they happily discovered a duo called Sweetwater who turned out to be an enormous hit who've been invited back many times.

The most magical dance of all at the Centre is of course New Year's Eve.

Two years ago, the Dal Richards Alumni Band contacted the Centre and were immediately booked. The singer is none other than Diane Lines, who sang with the band when Dal Richards was still leading it.

Mark your calendar for December 19 and get ready to welcome 2020 while you dance to Vancouver's most revered Dal Richard's Alumni band. Consider this your embossed, hand-delivered invitation.



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HEALTH AND OUR SENIORS

Written by Dave Patrick



On Friday, September 6 our Centre hosted the 4th annual North Shore Senior's Health Expo. The event was a resounding success, with 44 exhibitors, 15 presentations and attendance of over 1,000 visitors.

To add to the success of the day, 35 new members signed up, over 900 cafeteria customers were served, the woodwork and billiards room had their first "open house" debut, and SACS on 21st had a near record day with 79 transactions totalling \$1,026 in sales.

The speakers were informative, interesting, innovative and drew large audiences. Indeed, some had "full house" signs on the door well before their presentations began. As if all of this wasn't enough Zumba Vancouver put on a very lively program for everyone's entertainment.

The North Shore Seniors' Health Expo plays a very important part in our busy lives and our thanks go out to the 60 or more volunteers and staff who made the entire event possible. — *Congratulations on another successful Expo!*



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PERFORMANCES AND TRIPS



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.



River Eagle Cruise with Enjoy the Journey Tours

Travel to Harrison Mills for a three-hour river eagle expedition on the Fraser and Harrison Rivers with Shoreline Cruises. The area's 600 local nesting pairs are regularly joined by about 15,000 migratory bald eagles. The tiny Fraser Valley community of Harrison Mills hosts thousands of visiting bald eagles and is the world's largest gathering of nature's foremost dead-salmon connoisseurs.

Tue, Nov 12 8:15 a.m. - 5 p.m.
63264 \$149

Maya: The Great Jaguar Rises

Join us for the world premiere of Maya: The Great Jaguar Rises—an extraordinary exhibition highlighting Maya civilization past and present. Discover a powerful culture that rose in the tropical rainforests of Guatemala thousands of years ago, and learn how science and belief shaped the Maya identity from ancient times to present day. There will be free time in Victoria's inner Harbour. Lunch and meals are at your own cost. Feel free to bring a lunch with you.

Thu, Nov 14 7:45 a.m. - 6 p.m.
64580 \$85

  **Christmas at Hycroft**
Christmas at Hycroft has been a tradition for 44 years. There's a lot to see and do at Hycroft as you wander through the beautiful Edwardian mansion. Inside, you'll find all three floors decked out in seasonal splendor thanks to decorators. Visit the second floor unique boutiques, and local Artisans. **Sorry, no Strollers permitted inside the House.** Cost includes transportation and admission.

Fri, Nov 15 11:30 a.m. - 2 p.m.
64657 \$30



  **Hard Rock Casino**
The casino floor includes 950 slot machines, a poker room, high-limit salons, and game tables for blackjack, roulette, baccarat, poker, pai gow, and craps

Thu, Nov 21 9 a.m. - 3 p.m.
57214 \$20

 **Tsawwassen Mills Outlets**
The newest outlet mall in the lower mainland, Tsawwassen Mills, offers a large assortment of designer names at discount prices.

Fri, Nov 22 9 a.m. - 5 p.m.
65672 \$25

Granville Island Ferry to Market
Accessibility: Must be able to walk on docks and climb into a boat. No Walkers.
Come take a return ride on a Granville Island ferry to explore Granville Island Public Market with numerous cafes, restaurants, pubs, shopping. Visit the huge market with fresh produce, meats, teas and more.

Tue, Nov 26 10 a.m. - 2 p.m.
65673 \$20



**Stanley Theatre:
The Sound of Music**

The hills are alive! One of the most powerful and romantic musicals of all time, *The Sound of Music* brims with beloved tunes such as "My Favorite Things," "Do-Re-Mi," "Climb Ev'ry Mountain," and "Edelweiss." Journey along with the spirited Maria, who takes a governess position with the von Trapp family, falling first for the children and then the widower Captain von Trapp himself, all against the stirring backdrop of pre-WWII Austria.

Wed, Dec 4 12 - 5 p.m.
64397 Bus only \$15



**Celebrate Christmas
with Joy Brown**

Celebrate the Christmas season by having lunch and dessert at the historic Sylvia Hotel. Visit the Bloedel Conservatory decorated for the Christmas season to see 200 birds and 500 exotic plants. Visit the Festival of Trees, a variety of Christmas Trees all beautifully decorated. Our final stop is in Stanley Park to see the millions of lights at the Bright Lights Christmas. *Sorry walkers are not permitted.*

Tue, Dec 10 11:45 a.m. - 5 p.m.
63578 \$75

**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



Sign up for e-news to stay in the loop about upcoming activities and special events! Inquire at SAC front desk.



**Stanley Park Christmas
Lights & Train**

Join us for the spectacular 3 million Christmas Lights display in Stanley Park. Walk the Christmas Maze, see the displays and visit the Firemen. If you wish to ride the Christmas train you must sign up by November 15 for us to pre-purchase your ticket or you may pay for the train on your own when you arrive, but beware, the train often sells out. *There is an extra cost for the Train and if you do not wish to take it please choose the no train price.*

Wed, Dec 11 5 - 7:30 p.m.
63584 Member w/ Train ride \$20
Member w/o Train ride \$10



**Parq Vancouver
Casino**

Featuring 600 of the most current and popular slot machines in denominations from penny to five dollars and hit the jackpot on our signature Parq Progressive. Enjoy 75 table games on two levels from the action packed main floor to the spacious and sophisticated Salon level with something for everyone including baccarat, blackjack, craps, roulette, Sic Bo, and poker.

Thu, Dec 12 9:45 a.m. - 3 p.m.
57228 \$10



**VanDusen Christmas
Lights**

Join us for the amazing Christmas Lights display at VanDusen gardens. *Hot chocolate will be included on the bus.*

Mon, Dec 16 5 - 8 p.m.
63587 \$20



**Lights at Lefarge +
Heritage Christmas**

Step back in time at this year's Heritage Christmas, stroll through the village and take a ride on the carousel! After dinner take a stroll around Lake Lefarge, where illuminated tunnels and spectacular light displays comprise the biggest Xmas display provided in the Lower Mainland. Dinner in Port Moody.

Tue, Dec 17 2:45 - 9:45 p.m.
63269 \$109



**Tea & Trumpets: St.
Petersburg in Winter**

A hint of Christmas is in the air with excerpts from seasonal works by Tchaikovsky, Rachmaninoff, Glazunov and others.

Thu, Dec 19 12:30 - 4:30 p.m.
64389 Bus only \$15



**Health & Wellness Mini Sessions
with BCIT Students**

BCIT students will be on hand to share information on different topics. Stop by their table located opposite the cafeteria from 11 a.m. - 1 p.m.

Sessions will include:

Respiratory: Oxygen & Pulse Checks
Wed Nov 6

**Wound Care: Signs, Symptoms
& What to Do**
Wed Nov 13

**Cardiac Health: Blood Pressure
Education & Checks**
Wed Nov 20

**Feel free to ask questions on the
topic of the day.**

FITNESS PROGRAMS



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 Active Rehabilitation & Sports Training

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



FAME FOR STROKE

Did you know that stroke is the leading cause of disability in Canada?

Improve overall mobility, build up lost cardiovascular endurance, and develop arm and hand functions with the guidance of an experienced personal trainer. FAME (Fitness & Mobility Exercise Program) is a community-based exercise program developed by researchers at UBC for post-stroke individuals that still maintain standing and walking ability.

SIRVIVOR BC: PROSTATE CANCER EXERCISE PROGRAM

SIRvivor: Prostate Cancer Exercise Program is an evidence informed group-based exercise program for prostate cancer survivors. This program is delivered twice a week for men with low-to-moderate risk prostate cancer. The program was successfully piloted in BC, Calgary and Halifax. The results showed men improved their body composition, flexibility, dynamic balance and muscular endurance.

To learn more about these and other rehabilitation programs, and what they can do for you, contact Dave Thomson (604-921-2169, dthomson@westvancouver.ca)

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.

Stay Fit for Men

This is a fun but mild exercise program for men. Start with a warm-up, continue with a mild cardio segment designed to gently increase your heart rate and finish with a cool down. The rest of the class is dedicated to increasing your muscular strength and balance. Finish off with a stretch to lengthen and relax the muscles.

Tue & Thu
Sep 3 - Dec 19 9 - 9:55 a.m.
61294 \$83

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



NEW **POUND 55+**

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

Tue
 Sep 10 - Dec 10 11:45 a.m. - 12:30 p.m.
64365 \$44



Cycle 55+

Join our indoor peloton and stay fit during the rainy season! Sign up for an all-levels 55+ cycle class that focuses on cardiovascular endurance using stationary Keiser bikes. *Drop-ins available.*

Tue & Thu
 Nov 12 - Dec 19 8 - 9 a.m.
61251 \$120

Browse the online Leisure Guide at westvancouverrec.ca



CATERING & RENTALS
 Please call 604-925-7285 for details about room rentals and catering services. Pick up a brochure at the SAC front desk or visit westvancouver.ca/ seniors for more information.

Chairobics Level 1

This 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, Sep 3 - Dec 17 12:50 - 1:50 p.m.
61264 \$52

Fri, Sep 6 - Dec 20 12:50 - 1:50 p.m.
61265 \$52

Chairobics Level 2

This is an invigorating workout done from a chair incorporating exercise with weights and rubber bands.

Mon, Sep 9 - Dec 16 9:15 - 10:15 a.m.
61266 \$42

Wed, Sep 4 - Dec 18 9:15 - 10:15 a.m.
61267 \$52

Stand Tall

Improve your posture. Come learn and practice basic exercises that will help restore muscle balance and spinal alignment, allowing you to straighten up and stand tall.

Tue
 Sep 3 - Dec 17 10:30 a.m. - 12 p.m.
61833 \$107

Thu
 Oct 3 - Dec 19 10:30 a.m. - 12 p.m.
61834 \$80

Keep on Moving

Take the effort out of staying active! This exercise class is designed for older men experiencing decreasing strength. Participants will work on strength and flexibility exercises seated in a chair.

Tue, Sep 3 - Dec 17
61825 10 - 10:50 a.m. \$66

61827 11 - 11:50 a.m. \$66

Thu, Sep 5 - Dec 19
61826 9 - 9:50 a.m. \$66

61828 10 - 10:50 a.m. \$66

Simply Stretch

Stretching is an important component of your exercise regime. It prevents injuries and increases the range of motion in your joints resulting in better and easier movement, increases flexibility and mobility. Stretches will require going down on the floor. This class will complement your current cardio classes or activities. *Drop-ins available.*

Sat, Sep 7 - Dec 21 9 - 9:55 a.m.
61291 \$52

NEW THIS YEAR!
 Stay fit during the holidays! Watch for our holiday fitness schedule for group exercise offerings over the holidays.

OUTREACH PROGRAMS

PROGRAM PARTICIPATION NOTE

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



Program Coordinator

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

DID YOU KNOW

that there is a Hearing Loop in four rooms at the Seniors' Activity Centre? The Activity Room, Audio Visual Room, Social Rec Room and the Learning Studio are all equipped with this technology.

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.



KEEPING CONNECTED PROGRAMS

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 families in breaking down the barriers for participation in recreation.



Men's Club

Enjoy mental aerobics, reminiscence, discussions and entertainment. Lunch is included in the fee.

Mon,
Sep 9 - Dec 16 10:30 a.m. - 12:30 p.m.
61831 \$147

Tue,
Sep 3 - Dec 17 11:30 a.m. - 1:30 p.m.
61634 \$181

Ladies Social Club

This instructor led ladies social group is all about reminiscing, brain games and discussion whilst having a cup of tea or coffee.

Wed, Sep 4 - Dec 18 1:30 - 3 p.m.
61829 \$66

TAXI / HANDIDART / PERSONAL(RIDE) PICKUPS

When making arrangements for a ride, ask to be picked up at the Main (North) Entrance of the Seniors' Activity Centre. Please advise the front desk you are waiting for a ride.

Dance for Parkinson's

Explore movement and music in an enjoyable, safe and creative class for people living with Parkinson's disease. Maintain a sense of confidence and grace in movement through the fundamentals of dance, including balance, flexibility, rhythm, aesthetic awareness and movement sequencing

Thu, Sep 12 - Dec 19 10 - 11:30 a.m.
62716 \$123

Music in the Living Room

In partnership with Hollyburn House Rivera. Enjoy a relaxing and casual sing along program around the grand piano at Hollyburn House. All are welcome, song books are provided.

Wed, Sep 4 - Dec 18 10:30 a.m. - 12 p.m.
61832 \$66

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.

PROGRAMS AT THE WEST VANCOUVER MEMORIAL LIBRARY

1950 Marine Drive, West Vancouver, BC V7V 1J8 // westvanlibrary.ca



Monday Movie Nights

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

Nov 4	The Best of Enemies
Nov 18	Gloria Bell
Nov 25	POMS

Amazing Adventures!

Join veteran travel writer Michael McCarthy as he travels the globe. Drop-in, Free

Welsh Hall West

South Seas' Marquesa Islands & Tahiti
Thu, Nov 14 2 - 3 p.m.

Nepal's Upper Dolpo
Thu, Dec 12 2 - 3 p.m.

Friday Night Concert: Harpdog Brown & The Uptown Blues Band

Harpdog Brown is an award-winning vocalist and harmonic player who has been active in Canada's blues scene since 1982. Join us for an evening of classic electric blues mixed with the vintage stylings of Satchmo, Sonny Boy Williamson and Duke Ellington.

Main Hall
Fri, Nov 22 7:30 - 8:45 p.m.
Drop-in Free

Genealogy Learning Circle

Curious about your roots or trying to expand your family tree? With access to our great online resources, these informative, hands-on programs will bring out your inner family historian!

Adding DNA to Your Genealogy and Family History Tools w/ Diane Rogers
Thu, Nov 7 7 - 8:30 p.m.

Taking Care of Your Family's Artifacts w/ Brenda L. Smith
Fri, Nov 15 2 - 3:30 p.m.

Using FamilySearch w/ Peter Claydon
Wed, Nov 27 7 - 8:30 p.m.

Sunday Afternoon Concert: Holiday Harp with Renee Qin

Join us for an afternoon concert of holiday harp music performed by Sentinel Secondary student and winner of the American Protégé Competition of Romantic Music, Renée Qin.

Main Hall
Sun, Dec 8 2 - 3 p.m.
Drop-in Free

Digital Decluttering

You've Marie Kondo'd your home, but how about your devices? We'll show you tips and tricks to help declutter your digital life in this demo-style class. No experience necessary; curiosity and enthusiasm welcome! *Online registration is required and opens Thursday, November 21 at 10 a.m.*

The Lab
Wed, Dec 11 6:30 - 8 p.m.
Free

Help us avoid class cancellations! Please register one week before class starts.



Garden Side Café

For all sales above: no pre-sale please, till quantities last. Fruit Cake, Shortbread and Mincemeat Tarts: will be available at the Café throughout December.

Wed, December 4
Regular Tortiere Pie & Quiche Sale

Fri, December 6:
Special Tortiere Pie Sale

Wed, December 11:
Regular Tortiere Pie & Quiche Sale

Fri, December 13:
Special Tortiere Pie Sale

Wed, December 18: Regular
Tortiere Pie & Quiche Sale

Fri, December 20:
Special Tortiere Pie Sale

Tue, December 24:
Special Tortiere Pie Sale

Last Dinner of 2019: Thu Dec 19.
Tue, Dec 24: Café closes at noon (Baked Goods, Soup & Sandwiches only). Wed, Dec 25th: Closed.
Thu, Dec 26: Closed.

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.

NOVEMBER 1 – 3

Fri **Salmon Burger** w/ Oven Fries, Coleslaw
Sat **Chili Con Carne** w/ Garlic Bread, Tossed Salad
Sun **Brunch at Eleven**

NOVEMBER 4 – 10

Mon **Breaded Beef Liver** w/ Roasted Onions, Gravy, Mashed Potatoes, Vegetables
Tue **Philadelphia Pepper Steak** w/ Rice Pilaf, Seasonal Vegetables
Wed **Tuna Melt on English Muffin** w/ Kale & Cabbage Slaw
Thu **Chicken Stroganoff** w/ Broad Egg Noodles, Harvard Beets
Fri **Baked Cod** w/ Rustic Tomato Vegetable Sauce, Rice Pilaf, Vegetables
Sat **Chef's Salad** w/ Grilled Chicken, Ham, Egg and Cheddar, Dinner Roll
Sun **Brunch at Eleven**

NOVEMBER 11 – 17

Mon **CLOSED**
Tue **Broccoli & Cheese Quiche** w/ Potato Salad on a bed of Lettuce, Tomato Slices
Wed **Classic Beef Meatloaf** w/ Gravy, Mashed Potatoes, Mix Vegetables
Thu **Grilled Chicken Thighs on a Bed of Beans & Greens** w/ Rice Pilaf
Fri **Baked Alaskan Pollock on Ratatouille** w/ Rice Pilaf, Side Salad
Sat **Fettuccine Alfredo** w/ Salad, Garlic Toast
Sun **Brunch at Eleven**

NOVEMBER 18 – 24

Mon **Chicken Paprika** w/ Pasta and Seasonal Vegetables
Tue **Shaved Montreal Smoked Meat** w/ Dijon Mustard and Sauerkraut on Rye, Potato Salad
Wed **Savoury Tomato & Bean Stew** w/ Pita Bread and Tzatziki
Thu **Beef Stroganoff** w/ Pasta, Harvard Beets
Fri **Breaded Sole** w/ Tartar Sauce & Lemon Wedge, Mashed Potatoes, Green Beans
Sat **Chicken a la King** w/ Rice Pilaf, Side Salad
Sun **Brunch at Eleven**

NOVEMBER 25 – 30

Mon **Bangers & Mash** w/ Caramelized Onions, Gravy and Cranberry Mango Chutney
Tue **Pork Cutlet** w/ Mushroom & Cream Sauce, Tricolour Rotini, Side Salad
Wed **Spinach & Feta Pierogies** w/ Sour Cream, Garlic Coil Sausage, Baked Tomato with Parmesan Crust
Thu **Swedish Meatballs** w/ Parsley Potatoes, Seasonal Vegetables
Fri **Seafood Quiche, Mixed Greens** w/ Quinoa and Diced Pepper Topping
Sat **Chicken Strips** w/ Honey Mustard Dip, Oven Fries, Coleslaw

DINNERS

Tuesday, Nov 5
Coq Au Vin, Cheddar Mashed Potatoes, Green Beans Almondine

Thursday, Nov 7
Beef Bourguignon, Lyonnaise Potatoes, Fresh Mix Vegetables

Tuesday, Nov 12
Pork Cutlets with Apple and Cranberry Sauté, Baked Butternut Squash, Scalloped Potatoes

Thursday, Nov 14
Home-made Chicken Schnitzel a la Cordon, Penne with Tomato Sauce, Caesar Salad

Tuesday, Nov 19
Baked Pacific Wild Salmon, Roasted Potatoes, Ratatouille Nicoise

Thursday, Nov 21
Southern-style Pork Ribs, Baked Beans, Rice Pilaf, Sautéed Zucchini Peppers & Onions

Tuesday, Nov 26
Indian-themed Dinner: Chicken Curry, Naan Bread, Rice Pilaf, Steamed Broccoli

Thursday, Nov 28
Roast Turkey Roll with all the Trimmings

GARDEN SIDE CAFÉ

DECEMBER 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.

DECEMBER 1

Sun Brunch at Eleven

DECEMBER 2-8

Mon Pork Chops and Couscous w/ Tomato Caper Sauce
Tue Spinach & Feta Cheese Quiche w/ Marinated Tomato & Cucumber Salad on a bed of Lettuce
Wed BBQ Chicken Leg w/ Rice Pilaf, Seasonal Vegetables
Thu Spanakopitas w/ Tzatziki, Greek-style Roasted Potatoes, Side Salad
Fri Fettuccine Alfredo w/ Shrimp, Salad, Garlic Toast
Sat Cheese Pizza & Caesar Salad w/ Fruit Garnish
Sun Brunch at Eleven

DECEMBER 9-15

Mon Beef Stroganoff w/ Broad Egg Noodles, Harvard Beets
Tue Hungarian Pork Goulash w/ Smashed Yukon Gold Potatoes, Green Beans
Wed Slow Cooker Chicken Barbecue w/ Sweet Pickle, Sliced Tomatoes, Mashed Potatoes
Thu Ham & Brie Croissant w/ Potato Salad, Sliced Tomatoes on a Bed of Lettuce
Fri Portuguese Fish Stew w/ Rice, Salad or Vegetables
Sat Hot Turkey Sandwich w/ Gravy & Stuffing, Mixed Vegetables
Sun Brunch at Eleven

DECEMBER 16-22

Mon Hot Roast Beef Sandwich w/ Gravy & Mashed Potatoes, Mixed Vegetables
Tue Chicken Stuffed w/ Broccoli & Cheddar, Roasted Potatoes, Seasonal Vegetables
Wed Spanish-style Pork Chops w/ Rice, Seasonal Vegetables
Thu Salisbury Steak w/ Mashed Potatoes, Seasonal Vegetables
Fri West Coast Seafood Platter w/ Oven Fries, Coleslaw
Sat Penne w/ Italian Sausage, Garlic Toast, Mix Greens
Sun Brunch at Eleven

DECEMBER 23-29

Mon Beef Shepherd's Pie w/ Gravy, Side Salad
Tue Café closes at noon. Morning Baking, Soup & Sandwiches only.
Wed CLOSED
Thu CLOSED
Fri Baked Salmon w/ Hollandaise Sauce, Rice Pilaf, Steamed Broccoli
Sat Chef's Special
Sun Brunch at Eleven

DECEMBER 30-31

Mon Liver & Roasted Onions w/ Gravy, Mashed Potatoes, Vegetables
Tue Mediterranean Turkey Chili w/ Romaine Salad, Cornmeal Muffin

DINNERS

Tuesday, Dec 3
Hawaiian Roasted Chicken, Yukon Gold Mashed Potatoes, Baked Squash, Green Peas

Thursday, Dec 5
Winter Spice Ham Steak with Apples, Scalloped Potatoes, Fresh Medley of Vegetables

Tuesday, Dec 10
Lemon Pepper Sole Florentine, Rice Pilaf, Fresh Green Beans with Roasted Red Peppers

Thursday, Dec 12
Red Wine Beef & Vegetable Stew, Mashed Potatoes, Baked Squash, Green Beans

Tuesday, Dec 17
Cabbage Rolls, Pierogies and Sour Cream, Garlic Sausage, Seasonal Vegetables

Thursday, Dec 19
Tourtiere Pie with Gravy, Mashed Potatoes, Carrots, Turnips & Green Peas



North Shore Seniors' Health Expo



THANK YOU!

We couldn't have done it without you.



Thank you to everyone who made this event possible: to our partners, speakers, exhibitors, volunteers, conference attendees and organizers.

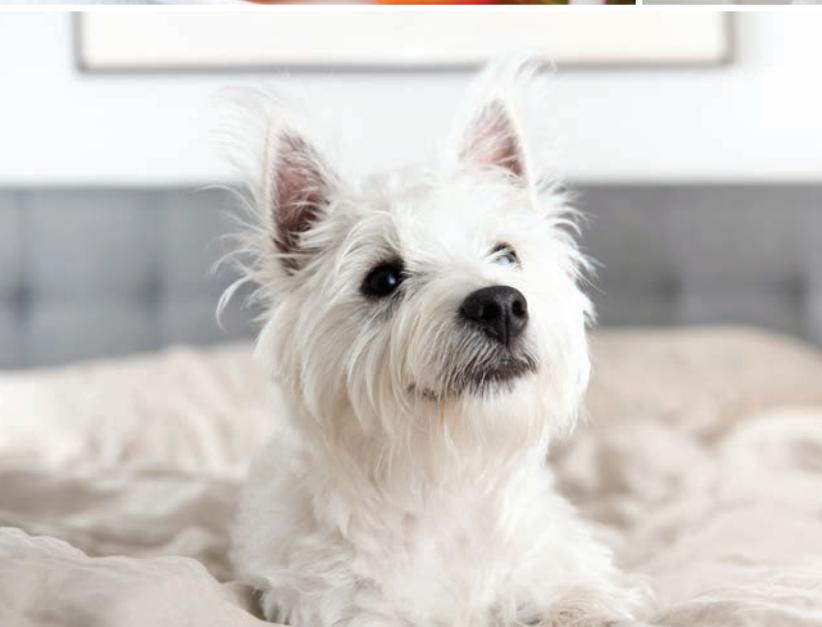
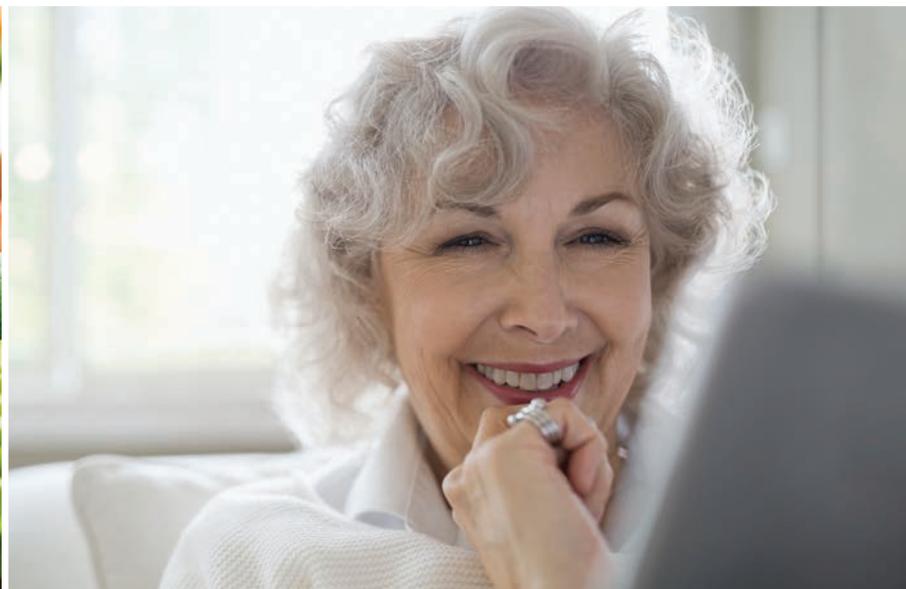
major partners



community partners



THIS IS SENIOR LIVING ON THE NORTH SHORE



When you're ready, let us get to know you. Together we can create a personalized senior living experience to support your unique needs, even as those needs change.

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