



20

SEP / OCT

WEST VAN SENIORS

A West Vancouver Seniors' Activity Centre Publication

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

HOURS OF OPERATION

Monday – Saturday
Registered Programs 8 a.m. – 4 p.m.
Take-out Food Service 10 a.m. – 2 p.m.
Sunday
Take-out Food Service only 10 a.m. – 2 p.m.

HELP LINE: 604-925-7280

Monday – Sunday 8 a.m. – 4 p.m.

Please note the following closures:

Mon, Sep 7 (Labour Day)
Mon, Oct 12 (Thanksgiving Day)

EDITORIAL

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Advertising Sabina Kasprzak
Publisher District of West Vancouver
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Print Still Creek Press
Cover Photo By Gladys Lee
Disclaimer Advertising in *The Scene* magazine does not constitute endorsement of the content by the District of West Vancouver.

ENQUIRIES & ADVERTISING

If you have questions related to this publication or would like to advertise in *The Scene* magazine, please email leisureguide@westvancouver.ca or call 604-925-7285.

ON THE COVER

The new SACS on 21st

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!

Donations Form please see page 9.

WELCOME TO THE SCENE



EDITORIAL

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

The publication dates are: Jan/Feb, Mar/Apr, May/June, 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, April, June, 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 register for all classes, workshops and lectures. We no longer allow drop-ins to ensure that we have the numbers for physical distancing.*

DID YOU KNOW?

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

REFUNDS

West Vancouver Recreation has made temporary changes to the refund policy during the COVID-19 pandemic.

Online Withdrawal can be done up to 24 hours prior to class start for individual group fitness, yoga and CycleFit classes as well as fitness centre time slots.

Registered Program Refunds will be given for withdrawals requested prior to 24 hours before the start of the first class.

Pro-rated Refunds will be given for withdrawals requested after the first class and up to the end of the day of the second class for registered programs. *No refunds will be given after the second class of a registered program.*

Medical Refunds will be given if you are sick or unable to attend a program or camp for medical reasons. *Please call customer service at 604-925-7270 before the start of the class so another person can take your place and a (pro-rated) refund can be issued.*

Cancellation Refunds will be given for any programs cancelled by Community Services. If a class is cancelled due to inclement weather or for any other reason, someone will contact you prior to the class and a (pro-rated) refund will be issued. *Please ensure that your account has a phone number you can be reached at, or call 604-925-7270 to update your contact information.*

If a group fitness, yoga or CycleFit class is cancelled due to inclement weather, you will receive an email and a refund on the morning of the class. *Please ensure that you have a valid email address on your account, or call 604-925-7270 to update your contact information.*



Jain Verner
Chair

MESSAGE FROM THE ADVISORY BOARD CHAIR

As you all know, the Centre 'closed' a little over five months ago as our place to frequent on a daily basis. Although closed to us, our great, flexible, caring, selfless staff revved up and initiated many new essential services to help seniors in our community, as documented by Jill in previous editions of our electronic version of The Scene magazine.

In my view, some of these services will need to be continued post pandemic, especially our food acquisition program for those seniors who have financial and mobility issues. The questions coming to mind are, should they continue and how will we fund and staff these services? Just so you know, an ad hoc committee has been convened to explore this situation. Stay tuned for more

information. Please know that your input will be solicited to help with decision-making.

With the recent opening of SACS on 21st, we are finally 'making money'! A huge shout-out to Joan Townsend, Karen Hardie, Wendy Janz and helpers in moving SACS to the 'games room'. A great job done—thanks!

On the COVID-19 front, our seniors group in B.C. is doing well. Unfortunately the same cannot be said for some of our young people—be extra careful around the young people in your families. The reality of the COVID-19 situation is that scientists and doctors involved with the research of this virus are saying our new way of life will continue through 2021/22. So let's work with our children, and grandchildren providing them with support and ways to socialize with their friends while observing physical distancing and wearing masks.

Well folks, this really is my last note to you all. I would like to thank you—the members, the staff and Board for all the support and help you've given me this past year and a half. It has been my pleasure and honour to be your Chair. Come September, the impressive, experienced, competent and ever-popular Brian Hann, will pick up the reins.

— Cheers, Jain



Jill Lawlor
*Community
Recreation
Manager*



Davida Witala
*Recreation
Supervisor*

MESSAGE FROM COMMUNITY RECREATION MANAGER & THE RECREATION SUPERVISOR

Welcome back to the Seniors' Activity Centre! We are excited to safely open up activities and programs for members and guests. Safety is the most important part of re-opening. It is critical that everyone respects physical distancing, hand washing, and wearing masks to ensure we are protecting each other! Our Centre looks different with rooms reallocated to accommodate the current needs.

Over the summer we were able to offer a variety of programs outdoors. This fall these programs will continue and we will also start offering programs indoors. We ask everyone to enter the program space through the exterior door leading directly to the room. Hallways will be restricted to allow for washroom use only.

Take-out food sales will return to the Café in September. When arriving to purchase food please enter from the South East entrance. An indoor waiting space with chairs will be created inside the Café.

The Activity Room has been re-purposed for specialized fitness programs that would normally take place in a small studio in the Fitness Centre. Since July participants have been active in rehab, prehab and balance classes. The Activity Room is currently limited to 12 participants.

Thanks to our amazing Advisory Board who have continued to meet and navigate our Centre well, ensuring we are supporting our most vulnerable with meals, phone calls, technology, and other supports. Thank you to members who donated to the meal program—your support has allowed us to continue the program into September and hopefully through to the end of the year. Please continue to provide us with feedback so we can provide the best level of service and support.

Welcome Back! — Jill & Davida

OUR PROGRAM COODINATORS



GENERAL PROGRAMS

Sylvia Lung
*Education, Activity & Partnership
Program Coordinator*

604-925-7288
slung@westvancouver.ca



FITNESS PROGRAMS

Eric Bagnall
*Program Coordinator Personal
Training & Weightrooms*

604-921-2903
ebagnall@westvancouver.ca



OUTDOOR ACTIVITIES

Caroline Brandson
*Volunteers, Transportation, Sports,
Billiards & Games Coordinator*

604-925-7230
cbrandson@westvancouver.ca



FITNESS PROGRAMS

Sadie Harvey
*Program Coordinator Group
Exercise & Yoga & Active
Rehabilitation*

604-921-7231
sharvey@westvancouver.ca



OUTREACH PROGRAMS

Helen Murphy
Outreach Program Coordinator

hmurphy@westvancouver.ca



FITNESS PROGRAMS

Tiffany Moffatt
*Program Coordinator,
UBC Scope Trial*

tmoffatt@westvancouver.ca



OUTREACH PROGRAMS

Hannah Rennie
*Asst. Outreach Program
Coordinator*

hrennie@westvancouver.ca



FITNESS PROGRAMS

Dave Thomson
*Program Coordinator Active
(Away until October 13)*

604-921-2169
dthomson@westvancouver.ca



FOOD SERVICES

Lou Novosad
*Food Service Program
Coordinator*

604 925-7122
lnovosad@westvancouver.ca



VOLUNTEERS

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

Some of the key areas we need volunteers for are:

Seniors' Activity Centre

» Coffee Bar

*Mondays 9:30 a.m. – 12:30 p.m.
regular shift and on-call needed*

» Delivery Assistants

*Wednesdays 10 a.m. – 12:30 p.m.
regular shift and on-call needed*

» Hosts 10 a.m. – 2 p.m. coverage, and possible expansion of this role in fall

Garden Side Café

No regular shifts open at this time, however we still need on-call volunteers to help with food packing 10 a.m. – 12 p.m.

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

VOLUNTEER WITH US!

Thank you to all the volunteers who have been helping us provide services to seniors and people in need in our community during our facility closure due to the pandemic. We could not have provided the amazing services to our community without your help. As we continue to safely open programs in the fall, there will be more opportunities to volunteer. *Contact Caroline (cbrandson@westvancouver.ca) if you have any questions about some of the new things we are doing, or if you are interested in volunteering.* The SAC is currently operating with volunteers in essential positions. We are following all the recommended safety protocols. *If you are volunteering with us, and suddenly cannot make your shift, call the Volunteer Services 604-202-8694 or call the Centre during office hours (604-925-7280).*

GARDEN SIDE CAFÉ



Take-out & Delivery Food Service

Take out food sales will physically return to the Café in September. When coming to purchase food, please enter from the South East entrance. An indoor waiting space with chairs will be created inside the Café.

Take-out Service Hours

Monday – Sunday 10 a.m. – 2 p.m.

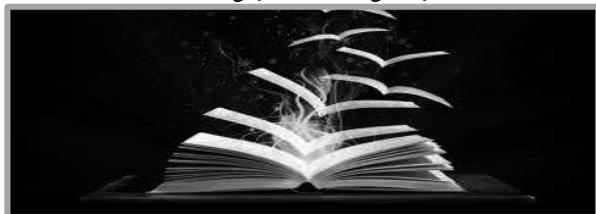


For food delivery call 604-925-7280 to place your order. Please refer to the special take-out menu on posted on westvancouver.ca/seniors before you place your order.

VOLUNTEER ORIENTATION

If you are interested in joining our volunteer team, please ensure you have a BC Care Card or BC Services Card with Personal Health Number before signing up for an upcoming Adult Volunteer Orientation. If you are in doubt contact Sylvia (slung@westvancouver.ca, 604-925-7288). You can sign up for the online orientation by visiting activewestvanrec.ca or calling 604-925-7280. You will be sent a link to a 30-minute informational video on volunteering with ten questions to answer at the end. Once completed, we will send you a welcome email with more information on the next steps to becoming a volunteer, including further training, a virtual meeting and a police check.

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- Inspire, enrich and inform

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For information and pricing, contact Karen at **778-868-0402**
Email: kfhoffman@yahoo.ca or Visit www.moondancestories.com



IT'S SHOPPING TIME!

Written by Dave Patrick

It was with a wonderful feeling of relief mixed with excitement that our little shop (SACS on 21st) opened on August 10. We could now pretend that we were back to some kind of normal living.



However, in order to accommodate the opening, there had to be changes, and such positive changes they are! To begin with, SACS on 21st has moved to the Atrium, which is at least three times as large as our previous home.

The opening of the "New SACS" in a larger space during a pandemic was a huge undertaking and our thanks and congratulations go out to management, staff and our volunteers. — **Thank you!**

Naturally we'll need more wares to fill the extra space, so we are making an all-out effort to acquire more donations.

Your very welcome items can be dropped off on Wednesdays and Saturdays from 10 a.m. – 2 p.m. at the west side of the SAC, under the tent, where a volunteer will happily accept your gently used, much-loved treasures. At other times please drop off your donation to a staff member or volunteer at the front entrance.



Monday - Saturday

10 a.m. to 2 p.m.

Physical distancing as well as cleaning and safety protocols are in place.

You have not lived today until you have done something for someone who can never repay you.

I've always seen first responders as very special people because when everyone else is running away from danger, they run into it. Our catering staff and volunteers are doing this daily. Thank you.

Extraordinary people survive under most trying circumstances, and they become more extraordinary because of it. Thank you to our catering staff.

When you look fear in the face, you are able to say to yourself, I lived through this horror. I can take the next thing that comes along.

Real heroes are those who face danger for a principle—say, to help the lives of others—without any promise of reward. You do us proud.

Having courage does not mean that we are unafraid. Having courage and showing courage mean we face our fears. We are able to say, 'I have fallen, but I will get up.'

I've learned that courage is not the absence of fear, but the triumph over it. The brave person is not one who does not feel afraid, but one who conquers that fear. I salute all our heroes and sheroes.

What we have done for ourselves alone dies with us; what good we have done for others remain and is immortal. The purpose of human life is to serve, and to show compassion and the will to help others.

Written by Len Graham

OUR SENIORS' CENTRE HEROES

Hard times don't create heroes. It is during the hard times when the 'hero' within us is revealed. All our heroes at the Seniors' Activity Centre stand tall.

Service to others is the rent you pay for your room here on earth.

TIME ON OUR HANDS

Written by Dave Patrick



With restaurants, pubs, coffee bars and most stores closed due to COVID-19, it was difficult to keep busy. Tired of watching TV re-runs, I decided to look through our book collection in an effort to become inspired. I had read them all before, but one of my favourites seemed to jump out. A biography with the subject's picture on the cover, the book is titled *The Making of a Grey Panther - The Derrick Humphreys Story as Told to John Munro*.

Former West Vancouver Mayor Humphreys lived an interesting life, and the book is a "good read". A couple of quotes are well worth sharing.

"I believe there have to be places in this world for some excellence. I believe that West Vancouver is such a place, and that it is the duty not only of the Council but all of its residents to maintain a standard of quality and style for the place in which we have chosen to live—nothing will stay the same without our individual and collective effort".

His other quote will be of particular interest to us: "The construction of The West Vancouver Seniors' Activity Centre was completed in 1981. The result is probably the finest Seniors Centre in Canada. Indeed, hardly had its doors opened when it received the Canadian Architects Award of Excellence, the citation for which not only testifies to its warm and spacious beauty, but to the process of community involvement which determined its functional design".

We couldn't agree more!

Building Connections

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 \$50 \$25 \$ _____

This donation is:

- One time Recurs monthly Recurs yearly

My gift is in honour of in memory of

How would you like your donation recognized?

Check boxes that apply.

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 In the Seniors' Scene (anonymous)
 Recognized as donor in Leisure Guide
 No recognition
 Name _____

Print how you would like your name to appear

CONTACT INFORMATION

First and Last Name: _____

Town/City: _____

Province _____

Postal Code _____

E-mail address _____

PAYMENT OPTIONS

- Cheque* Cash
 MasterCard Visa AMEX

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**
All donations over \$25 will receive a tax donation receipt.

Information on this form is collected pursuant to section 26(c) of the Freedom of Information and Protection of Privacy Act for the sole purpose of processing donations to the West Vancouver Seniors' Activity Centre. Questions about the collection may be addressed to the Privacy Officer, 750 17th Street West, Vancouver BC V7V 3T3, 604-921-3497.





OUR PANDEMIC PLANET

Written by Valerie Coles

We humans are a hardy bunch. We have been assaulted with disease and plagues over and over throughout the ages and lived to tell the tale. Covid-19 is by no way the worst pandemic we've ever survived.

Historians agree that the world's worst ever pandemic was likely **Bubonic Plague** in the fourteenth century. Its unlikely cause was a humble flea, *Yersinia pestis*, carried by the less humble but highly cooperative *Rattus rattus*, the black rat.

Also known as the Black Plague and the Black Death, Bubonic Plague ravaged Europe, Africa and Asia. With hundreds of trading ships criss-crossing the seas with flea-ridden cargo rats in their holds, the plague ultimately infected the entire known world at that time.

It began in the early 1300's, likely near the steppes of Central Asia, home to large rodent populations. A series of earthquakes and floods apparently dislodged the rodents and with them a mysterious illness which began its deadly march across Asia, eventually reaching Caffa, Crimea's busiest port.

In 1344, Caffa was invaded by the fearsome Mongols and as the conflict dragged on, something strange began to happen: the powerful Mongols started getting sick and dying. In a devastating move, the

Mongol's warlike captain ordered his men to fling their diseased soldiers' cadavers over the walls of Caffa, hoping to infect the city. It worked disastrously well and Caffa was decimated in a matter of weeks.

Unfortunately, medieval people regarded bathing as dangerous to their health; hence they were covered in fleas throughout the year.

The disease quickly spread as new ships (and rats) set off to foreign lands, eventually reaching Greece. News of the disease quickly spread to other ports and soon their frightened citizens were shooting flaming arrows at any ship attempting to make port. But the boats found harbour eventually. The Black Death had entered Europe.

City scenes were similar everywhere: Carts roamed the streets, their drivers calling, "Bring down your dead". In just four years, the plague had killed twenty-five million people, close to half of the world's population. In today's comparable population terms, the Black Death took two billion lives.

The disease was called "Bubonic" because the bacterial infection caused 'buboes' or swollen lymph nodes, easily curable with the antibiotics that didn't arrive until 1948, six centuries later.

In 1349, an Irish monk, attempting to leave a record of the horrors he saw, prefaced them: "In case anyone should still be alive in the future."

The Spanish Flu (caused by an H1N1 flu virus) will be forever inextricably linked to the First World War. Both began in 1918 and both took a devastating toll. In fact, without the war and the millions of soldiers that filled its miserable, crowded trenches, the

Spanish Flu would have had far less spread and been far less deadly.

It was likely misnamed. At the time of the Great War, Spain was neutral, meaning it could freely publish the brutal stories of disease and death as they unfolded, while countries involved in the war were suppressing its severity in attempts to keep morale high. But it was those revealing articles from the Spanish press that caused the world to assume it originated in Spain.

This suppression of news turned out to be a critical factor in causing the high toll of the pandemic, as it caused thousands of wounded soldiers to return to their homes with barely any knowledge of the disease. Little did they know they were helping Mother Nature spread the world's deadliest virus in modern history.

*I had a little bird
Its name was Enza
I opened the window
And in-flu-Enza*

— 1918 skipping rhyme

Over the next eighteen months, the Spanish flu virus infected close to forty percent of the world's population. **The war killed seventeen million people; the virus took close to 50 million.**

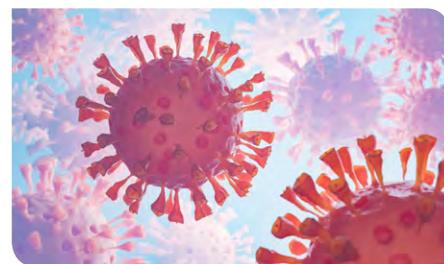
American president Woodrow Wilson contracted it in France in 1919 while negotiating The Treaty of Versailles. The pandemic ultimately stretched from the United States and Europe to Greenland, the Pacific islands and beyond.

Interesting note: researchers have conducted extensive studies on the remains of victims, but they have yet to discover why the strain that ravaged the world in 1918 was so lethal.

SARS, (Severe, Acute Respiratory Syndrome), a coronavirus and the first pandemic of the 21st century, took the world by complete surprise.

SARS first appeared in China's Guangdong province at the end of 2002 and in February, 2003, a major outbreak occurred in Hanoi, Vietnam, making international headlines. Meanwhile, a doctor, unaware he was infected, travelled from Guangdong province to Hong Kong's Metropal Hotel, where he unknowingly infected more than a dozen international travellers. Two returned to Canada, one returned to Ireland and the U.S. and several others returned to Singapore and Vietnam. SARS' lethal march had begun.

It quickly spread to most of the world, although the majority of cases remained in Asia. Though undeniably lethal, SARS had the advantage of not spreading without showing symptoms, a deadly downfall of Covid-19. SARS ultimately infected more than 8,000 people and killed just under 800, including Canadians, before it was contained four months later. The WHO played a key role in combatting the spread of SARS and mounted a strong international response to this first outbreak of the century. The good news is that, since its demise in 2004, no new cases of SARS have appeared.



MERS (Middle-East Respiratory Syndrome) first occurred in 2012 in Saudi Arabia and has since travelled to 27 countries, although most cases were in the Arabian Peninsula. As of January this year, about 2,500 cases have been reported. MERS was never declared a pandemic, although it has a lethal death rate of 34.45%, versus SARS' much lower mortality rate of 9.63%. Although we know that Covid-19 is highly contagious, it's too soon to determine a mortality rate.

MERS was initially called "the camel disease", although its origin, like Covid-19 and SARS, was likely with bats. Studies have shown that direct contact with dromedary camels continues to be a risk factor.

To date there is no vaccine available for MERS and it continues to cause outbreaks in Arabia.

Ebola is a totally different fish. Neither a corona or flu virus, but one of the world's deadliest, the Ebola virus kills up to half of those it infects. You can't catch Ebola from air, water or food. This lethal virus is spread through contact with the skin and bodily fluids of an infected person or animal like a monkey, chimp or fruit bat. It then quickly passes from person to person the same way, cruelly rendering those who care for Ebola patients the most likely to contract it. The only upside, if there is one, is that unlike Covid-19, Ebola isn't transmissible without symptoms.



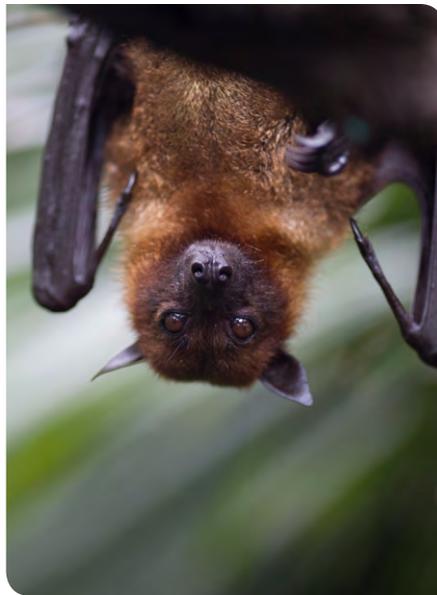
*Love is like a virus.
It can happen to anybody at any time.*

— Maya Angelou

The Ebola epidemic (2014 – 2016) in West Africa claimed more than 11,000 lives. That surprisingly small number was attributed to a new vaccine developed for the most prevalent strain of Ebola, the Zaire strain, and likely saved thousands of lives.

ABOUT THE BAT

Not a movie star, the bat, our homely, adorable only flying mammal, is suddenly famous.



A new study has found that bats possess a uniquely powerful immune response to viruses which drives viruses to replicate faster. This

means that when when they jump to mammals with just average immune responses, (like us humans) the viruses swiftly wreak havoc.

In addition to hosting an ancestral version of MERS, which continues to cause outbreaks on the Arabian Peninsula, bats harbour close relatives of the virus that caused SARS and today's coronavirus. They are also the suspected reservoir of the Ebola virus (before it jumped to primates) and natural hosts for several other viruses that have taken major tolls on humans.

Bats devour disease-carrying insects (mosquito-borne Zika and malaria) by the trillions, which is good. They're also an essential pollinator of fruits like mangoes and bananas, but their ability to coexist with viruses that spill over to other animals, humans included, has had devastating consequences when we eat them or sell them in markets.

Humans have proven, since our earliest days, we have what it takes to survive unthinkable onslaughts. The first half of the 20th century was horrendous for children. A mysterious disease called Polio was paralyzing thousands of children each year.

Illness is the opposite of freedom. It makes everything impossible.

— Françoise Sagan

The Polio virus arrived each summer without warning, and children around the world couldn't attend birthday parties, swimming pools or movie theatres until scientist Jonas Salk developed a vaccine in 1955.

SENIORS' ACTIVITY CENTRE VIRTUAL ANNUAL GENERAL MEETING

Wednesday, September 22 at 1:30 p.m.

Sickness is the vengeance of nature for the violation of her laws.

— Charles Simmons

With every onslaught, citizens and governments around the world rose and powerfully demonstrated what's possible when we work together. As Darwin said, ***"Survival belongs not to the strongest or most intelligent, but to the most adaptable"***.



Please join us for our virtual Annual General Meeting, by following this link: <https://bit.ly/3IngpgZ>

IMPORTANT

When you follow the meeting link, you will be taken to the *Microsoft Teams* website and prompted to open *Microsoft Teams* on your computer, tablet or phone as a guest.

This process may take some time, so please do this before the AGM, to avoid any delays with joining the meeting.

Questions? Call 604-925-7280

LIONS GATE
SINFONIA

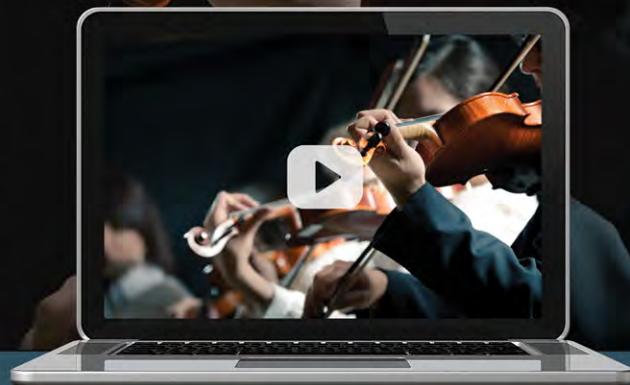
proudly
presents

Lions Gate Online

A brand-new digital concert and music appreciation series, hosted by Maestro Clyde Mitchell and featuring performances from Sinfonia musicians.

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Enjoy full length Sinfonia performances through our Online Concert Series!



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www.lionsgatesinfonia.com/lionsgateonline

Want to learn more? Find us on Facebook, Instagram, and Twitter @ Lions Gate Sinfonia.

REGISTERED PROGRAMS

For refund policy please see page 3 of The Scene. For **September classes** running from Sep 7 - Oct 2, please register on Wed, Sep 2. For **October classes** running from Oct 5 - 31, please register Wed, Sep 30.

Flu Shots

There will be flu shots available at the end of October or beginning of November at the SAC. Pre-registration is required. Call 604-925-7280 near the end of September for details.

Computer Flight Simulation

Fri, Sep 11	12:15 - 2:45 p.m.	71412	\$2.50
Fri, Sep 25	12:15 - 2:45 p.m.	76404	\$2.50
Fri, Oct 9	12:15 - 2:45 p.m.	76405	\$2.50
Fri, Oct 23	12:15 - 2:45 p.m.	76406	\$2.50

Creative Writing w/ Richard

Thu, Sep 10 - Oct 1	12:45 - 3 p.m.	70259	\$32
Thu, Oct 8 - 29	12:45 - 3 p.m.	75393	\$32

Writers Circle

Mon, Sep 14 - Sep 28	1 - 3 p.m.	77536	\$7.50
Mon, Oct 5 - Oct 26	1 - 3 p.m.	77537	No class Oct 12 \$7.50

Hot Topics (Virtual)

Sep 25 - Nov 13	12 - 1 p.m.	75352	\$32
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October 31 Lectures

Lecture: Indispensable Binder and **Lecture: Downsizing** are both taking place on October 31. Please check westvancouverrec.ca for details.

Sound Advice

Register now for September Sound Advice.

Fri, Sep 4	9 - 11 a.m.	75379	\$2.50
Fri, Oct 2	9 - 11 a.m.	75379	\$2.50

Theologian's Café (Virtual)

Thu, Sep 24	1 - 2 p.m.	68997	\$2.50
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Lecture

Seniors Advocate - Isabel MacKenzie

Thu, Oct 1	1 - 2:30 p.m.	Free	
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Watch Batteries

Once you register, you will be assigned a designated time. \$5 per watch. Maximum of 2 watches.

Mondays	9:30 am - 12 p.m.	74536	Sep 28
		74537	Oct 26

ARTS & CULTURE



Painting Studio

Tue, Sep 8 - 29	9 a.m. - 12 p.m.	77436	\$14
Wed Sep 9 - 30	1 - 4 p.m.	75326	\$14
Fri, Sep 11 - Oct 2	1 - 4 p.m.	75327	\$14
Tue Oct 6 - 27	9 a.m. - 12 p.m.	77525	\$14
Wed Oct 7 - 28	1 - 4 p.m.	77526	\$14
Fri, Oct 9 - 30	1 - 4 p.m.	76409	\$14

Painting Studio w/ James

Thu, Sep 10 - Oct 1	9 a.m. - 12 p.m.	72393	\$18
Thu, Oct 8 - 29	9 a.m. - 12 p.m.	76403	\$22.50

Painting Studio for Oils

Thu, Sep 10 - Oct 1	1 - 4 p.m.	66568	\$14
Thu, Oct 8 - 29	1 - 4 p.m.	75325	\$14

Photo Club (Virtual)

Thu, Sep 10 - Dec 18	1 - 2:30 p.m.	69934	\$35
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MUSIC

Choir (Virtual)

Sep 15 - Oct 20	1 - 2:30 p.m.	77527	\$36
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Dundarave Players

Wed, Sep 9 - 30	9 - 11 a.m.	71349	\$10
Wed, Oct 7 - 28	9 - 11 a.m.	75404	\$10

Recorders Intermediate

Tue, Sep 8 - 29	10:30 a.m. - 12 p.m.	74637	\$10
Tue Oct 6 - 27	10:30 a.m. - 12 p.m.	77528	\$10

Ukulele classes will be going virtual! Check westvancouverrec.ca for more information.

LANGUAGES

French Intermediate

Thu, Sep 10 - Oct 1	10:30 a.m. - 12 p.m.	74640	\$10
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Spanish: For Beginners (Virtual)

Wed, Sep 16 - Oct 28	4 - 5:30 p.m.	70273	\$210
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Spanish: Intermediate (Virtual)

No class Oct 12
 Mon, Sep 14 - Oct 26 3:30 - 5 p.m.
70272 \$180

Spanish: Fluent (Virtual)

Thu, Sep 17 - Oct 29 4 - 5:30 p.m.
70270 \$210

Spanish: Advanced (Virtual)

Tue, Sep 15 - Oct 27 5 - 6:30 p.m.
70271 \$210

WOODWORK



*These woodworking classes are for members who are at an advanced level and are proficient enough to work on their own. We are not able to offer guidance or hands-on instruction. Please bring your own materials, woodworking masks, and face shields. You will be expected to disinfect any of the tools that you used at the end of the class. Projects must return home with participants after each class. **No drop-ins allowed.***

Woodwork Level 3 Advance

Mon, Sep 14 - 28 \$13.50
77355 9 a.m. - 12 p.m.
70569 1 - 4 p.m.

Tue, Sep 8 - 29 9 a.m. - 12 p.m.
70570 \$18

Wed, Sep 9 - 30 \$18
77349 9 a.m. - 12 p.m.
77354 1 - 4 p.m.

Mon, Oct 5 - 26 \$13.50
77532 No class Oct 12 9 a.m. - 12 p.m.
77533 No class Oct 12 1 - 4 p.m.

Tue, Oct 6 - 27 9 a.m. - 12 p.m.
77530 \$18

Wed, Oct 7 - 28 \$18
70575 9 a.m. - 12 p.m.
77534 1 - 4 p.m.

Ladies Level 3 Advance

Tue, Sep 8 - 29 1 - 4 p.m.
70573 \$18

Tue Oct 6 - 27 1 - 4 p.m.
77529 \$18

Woodcarving: Advance

Thu, Sep 10 - Oct 1 \$18
75469 9 a.m. - 12 p.m.
70579 1 - 4 p.m.

Thu Oct 1 - 29 \$18
70478 9 a.m. - 12 p.m.
77535 1 - 4 p.m.

INDOOR SPORTS & GAMES

Please visit westvancouverrec.ca or activewestvanrec.ca to register online or call 604-925-7280 to book your play time for the below programs.

Snooker/Billiards

Pre-register for a timeslot to play in this beautiful room with first class equipment. *Only two players per table. Tables 1 and 4 are the only ones in use at this time. **Players must bring their own cue stick and enter and exit from the exterior door.***

Mon - Sat, Sep - Dec 9 a.m. - 4:30 p.m.
 \$2/player/1.5 hour

Table Tennis 55 yrs+

Book your play time in the Lily Lee Spirit Room at the WVCC between 1:30 - 4:30 p.m. on Fridays. **Please bring your own paddle. Singles play only at this time.**

Fri, Sep - Dec 1:30 - 2:30 p.m.,
 3 - 4 p.m., 4:30 - 5:30 p.m.
 \$2/person/hour

Badminton

Book your play time in the Sports Gym at the WVCC between 10:30 a.m. - 3 p.m. on Thursdays. **Please bring your own racket. Singles play only at this time.**

Thu, Sep - Dec 10:30 - 12:30 p.m.
 1 - 3 p.m.
 \$3/person/2 hour

OUTDOOR ACTIVITIES

An Assumption of Risk must be completed by everyone participating in outdoor sports.

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

For a listing of what's happening each month visit westvancouverrec.ca/recschedules and view the Seniors' Activity Centre's Outdoor Sports schedule under the 'Schedules' tab or inquire at the front desk. *If a program is full please sign up on the waitlist as we may open up more spaces if we have enough volunteer support.*

Explorers

Do you love walking? Are you looking to stay social and active? Whether you may be experiencing some physical or cognitive losses, or not, you are welcome to join. The only prerequisite is a shared love of the outdoors, staying active and being social! This exciting new walking program utilizes our bus and is led by one of our leaders. The bus picks up participants and takes them to a local trail. *Contact Caroline or Helen with any questions.*

Mon, Sep 14 - 28 9:30 a.m. - 12:30 p.m.
76570 \$45

Mon, Oct 5 - 26 9:30 a.m. - 12:30 p.m.
76571 \$45

2020 PROGRAMS — FULL

*The Turtles, Easy Riders, Silver Wheels Riders, Norwest Riders, and Ramblers programs are full for 2020. Please keep an eye out for 2021 registration. *If you would like more information on these programs, please contact Caroline at cbrandson@westvancouver.ca.**

Hikers

Are you active and in good physical shape? Hike with us on Tuesdays and Thursdays throughout the year! *Tuesday Hikes* (year-round) are 4-5 hours and 8-14 km. We have two groups on Thursdays. The *Moderate Thursday Hikes* (May - October) are 4-5 hours and 8-14 km. The *Advanced Thursday Hikes* (year-round) would love to have more join them. They go for about 6-9 hours and 12-25 km. *You must carry your own food, water and wear hiking boots, and currently we are meeting at the trail head. Bring spare clothes and something to sit on. If you are new or would like more info please email cbrandson@westvancouver.ca*

Tue/Thu

Jan - Dec 9 a.m. - 3 p.m. or later

62250 \$15/year



Par 3 Golf / Pitch & Putt

The Seniors' Activity Centre Par 3 Golf/Pitch & Putt program begins Thursdays in April at Ambleside Part 3 course. Group meets on Mondays and Thursdays. We are hoping to resume Monday bus trips in September to various courses throughout the lower mainland. When Monday is a holiday, the group will only golf on Thursday that week at Ambleside. This is the annual membership, please pay separately for each individual bus trip. New members are welcome. Any questions contact cbrandson@westvancouver.ca

Mon/Thu

Apr - Oct 8:45 a.m. - 12 p.m.

69675 \$15/year

Cross Country Ski / Snowshoe 2020/2021 Annual Registration

We have a group of avid experienced outdoor enthusiasts who go up twice a week to the Hollyburn Nordic Area on Cypress Mountain to get out and enjoy winter sports with friends. Trails are patrolled, but come fully prepared as conditions may vary. Register to be part of the group and pay for the bus each time you want to go up the hill. A trail ticket or pass is required for skiing and snowshoeing in the ski area boundary. *There will be an informational meeting in November where you can find out more, or email Caroline for more information (cbrandson@westvancouver.ca).*

Wed/Fri

Nov - Apr (during ski season)

9 a.m. - 1 p.m.

74823 \$15/season

* * * * * *Please go online and check westvancouverrec.ca for a complete list of programs.* * * * * *



FITNESS PROGRAMS

GROUP 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.

GROUP FITNESS

The maximum number of participants has changed to allow for physical distancing. Some of our prices have increased in order to accommodate this change. Information on Financial Assistance is available on our website at westvancouverrec.ca/general-information/access-services

Forever Fit

Are you looking for a challenging, energetic workout? Break a sweat in this dynamic class for experienced exercisers, it includes a stronger workout with cardio, strength and balance components.

Mon, Sep 14 - 28 9 - 9:55 a.m.
77201 \$13.50

Wed, Sep 9 - 30 9 - 9:55 a.m.
77199 \$18

Fri, Sep 11 - Oct 2 9 - 9:55 a.m.
77200 \$18

- 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

Sep 8 - Oct 1 11:15 a.m. - 12:10 p.m.

77292 \$36



Group Fitness Programs

For details on other group fitness programs such as Strength & Stretch, Chairbics 1 & 2 and Chair Yoga, visit westvancouverrec.ca

Zumba Gold

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

Thu, Sep 8 - 29 9 - 10 a.m.
77242 \$41



Hatha Yoga

Learn to gently and effectively use your breath and props to release tension, open your body, and feel relaxed and energized.

Tue, Sep 8 - 29 9:30 - 10:45 a.m.
77223 \$25

Thu, Sep 10 - Oct 1 9:30 - 10:45 a.m.
77229 \$25

REHAB & PREHAB

All equipment in the studio is safely distanced to ensure a safe workout environment. Masks are optional. We offer a range of rehab & prehab programs including Better Bones, FAME for Stroke, GLA:D®, Healthy Hearts, Joint Replacement, Well Balanced and Parkinson's Rehabilitation. Classes are designed to suit a variety of abilities and fitness levels. To learn more or to register visit westvancouverrec.ca. Questions? Contact Sadie at sharvey@westvancouver.ca or 604-921-2114 or 604-925-7231.

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.

Tue, Thu
 Sep 1 - Oct 29 12:30 - 1:25 p.m.
76133 \$288

Parkinson's Rehabilitation

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.

Tue, Thu
 Sep 1 - Oct 29 9:30 - 10:25 a.m.
76146 \$288

NEW Well Balanced

Has your balance changed? Do you find yourself hesitating to go for walks, to the grocery store, or using stairs? Well Balanced is a new rehab program that is designed to improve your balance and confidence! Join us to strengthen and stretch all those stabilizing muscles, help improve your posture, and stay Well Balanced in a small group setting!

Mon, Aug 31 - Oct 26 2 - 2:55 p.m.
76539 \$103.75

Wed, Sep 2 - Oct 28 2 - 2:55 p.m.
76540 \$132.75

Fri, Sep 4 - Oct 30 2 - 2:55 p.m.
76541 \$132.75

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 Sylvia, Helen, Caroline or Sadie.*

REGISTRATION INFORMATION

Contact the Seniors Outreach Office (604-925-7211) to book your intake appointment. There are certain criteria that need to be met in order to participate 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. 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.

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 cheerful phone call, 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.

Caregiver Support (Tue)

This group gathers in support of a family experiencing cognitive losses.

The Tuesday meeting happens weekly and is open to those with an interest or for people currently caregiving for people living with dementia that haven't been part of our caregiver support group before. **Open to new registrants.**

Tue, Sep 22 - Oct 27 11 a.m. - 12 p.m.
74401 No cost



Dance for Parkinson's

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

Mon, Sep 14 - 28 1:30 - 3 p.m.
76548 \$30

Mon, Oct 5 - 26 1:30 - 3 p.m.
76549 \$30

Easy Moves for Easy Aging

Join us for an exercise class that encompasses functional fitness, brain games and more importantly, time with friends. This program is designed for participants experiencing early stages of memory loss. We want to make aging easy and fun!

Tue, Sep 8 - 29 2:30 - 3:30 p.m.
76552 \$34

Thu, Sep 10 - 24 2:30 - 3:30 p.m.
76553 \$25.50

Sat, Sep 12 - 26 11 a.m. - 12 p.m.
76566 \$25.50

Thu, Oct 1 - 29 2:30 - 3:30 p.m.
76554 \$42.50

Sat, Oct 3 - 31 11 a.m. - 12 p.m.
76567 \$42.50

Tue, Oct 6 - 27 2:30 - 3:30 p.m.
74398 \$34



Creative Expressions

Stimulate the mind and memories as you explore different forms of art in this hands-on program. Caregivers are welcome to attend.

Fri, Sep 11 - 25 10 a.m. - 12 p.m.
74403 \$42.50

Fri, Oct 2 - 30 10 a.m. - 12 p.m.
76644 \$67.50

Move & Mingle

This group gathers weekly for mild exercises, current events discussion, mental aerobics and socializing.

Wed, Sep 9 - 30 12 - 1 p.m.
76654 \$19.50

Fri, Sep 11 - 25 10:30 - 11:30 a.m.
74416 \$19.50

Mon, Sep 14 - 28 12 - 1 p.m.
74412 \$19.50

Fri, Oct 2 - 30 10:30 - 11:30 a.m.
76658 \$32.50

Mon, Oct 5 - 26 12 - 1 p.m.
76649 \$19.50

Wed, Oct 7 - 28 12 - 1 p.m.
76655 \$26

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, while seated in a chair.

Tue, Sep 8 - 29 10 - 11 a.m.
76743 \$26
74404 11:30 a.m. - 12:30 p.m.

Thu, Sep 10 - 24 10 - 11 a.m.
76747 \$19.50
76751 11:30 a.m. - 12:30 p.m.

Thu, Oct 1 - 29 10 - 11 a.m.
76748 \$32.50
76752 11:30 a.m. - 12:30 p.m.

Tue, Oct 6 - 29 10 - 11 a.m.
76744 \$26
74405 11:30 a.m. - 12:30 p.m.

nextphase Formerly Transitions Same Great People – Same Great Service

Moving can be VERY stressful



YOUR MOVE MADE SIMPLE

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

next phase:
Moving & Downsizing

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



Stand Tall

Do you want to 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 again.

Tue, Sep 8 - 29 1 - 2 p.m.
74414 \$26

Thu, Sep 10 - 24 1 - 2 p.m.
74415 \$19.50

Thu, Oct 1 - 29 1 - 2 p.m.
76770 \$32.50

Tue, Oct 6 - 27 1 - 2 p.m.
76767 \$26

Men's Club

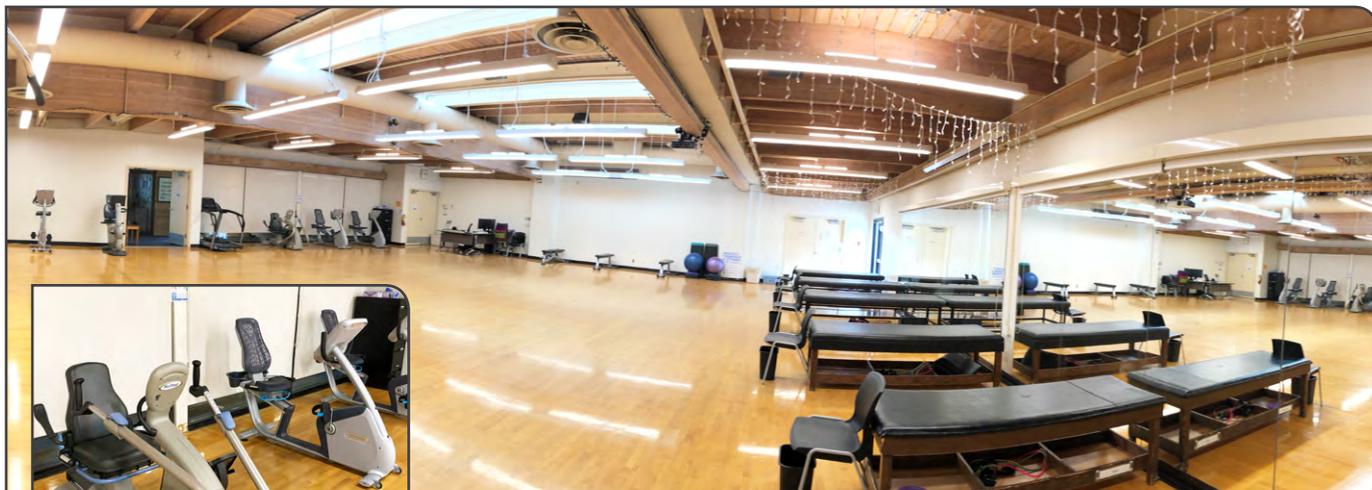
This group of gentleman meets weekly for a lively discussion of current affairs. Join us to enjoy mental stimulation and social connections!

Wed, Sep 9 - 30 10 - 11:30 a.m.
76821 \$50

Mon, Sep 14 - 28 10 - 11:30 a.m.
76612 \$37.50

Mon, Oct 5 - 26 10 - 11:30 a.m.
76613 \$37.50

Wed, Oct 7 - 28 10 - 11:30 a.m.
76617 \$50



Have you seen our newly expanded Rehab & Prehab Studio space located inside the Seniors' Activity Centre?

All equipment in the spacious studio is safely distanced to ensure a safe work-out environment. We offer a range of rehab and prehab programs including **Better Bones**, **FAME for Stroke**, **GLA:D®**, **Healthy Hearts**, **Joint Replacement**, **Well Balanced** (new!) and **Parkinson's Rehabilitation**.

Classes are designed to suit a variety of abilities and fitness levels. To learn more visit westvancouver.ca/rehab. Questions? Contact Sadie Harvey at 604-921-2114 or sharvey@westvancouver.ca.



WE'RE READY WHEN YOU ARE.

If you or a loved one are considering making the move to a senior living residence, we would be pleased to give you a one-on-one virtual tour. When you're ready, we'd love to show you our available suites. Enjoy a comfortable private suite with access to all of the premium amenities and services our residence has to offer, including social events, personalized care, and meals prepared by our Red Seal Chefs. We look forward to discussing with you what life at Amica is all about.

CALL TO BOOK A VIRTUAL TOUR 604-305-3211

AMICA

SENIOR LIFESTYLES

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