



Prices shown here are for SAC members; non-members are welcome to join many of our programs, just ask at the front desk.

OPERA PREVIEW: MARRIAGE OF FIGARO, OTELLO, DEAD MAN WALKING

Listen to the charismatic Nicolas Krusek speak about the three above operas from the 2017 Vancouver Opera Festival.

Mon Apr 3, 1:30 – 3:30 p.m., **30931**, \$2.50

MILNER GARDENS & COOMBS MARKET WITH ENJOY TOURS

Milner Gardens and Woodland is a seaside garden set in a natural coastal Douglas-fir woodland in Qualicum Beach featuring an impressive display of blooming rhododendrons every April. Visited by royalty, the 60 acres of woodland and ten acres of garden surround a heritage house. Includes a guided tour of the gardens, on-site afternoon tea lunch, a visit to Coombs—the home of the goats on the roof, and free time to explore the many shops. *Please note this trip has been postponed from April 4 to May 4 due to the late spring weather.*

Thu May 4, 7:30 a.m. – 7:15 p.m., **29267**, \$166 (discount for those over 65)



INTERGENERATIONAL VISIT WITH CHILDREN

Join us for a wonderful visit with children in grade 6 here at the Seniors' Activity Centre. There will be coffee, tea and cookies.

Wed Apr 5, 10:30 a.m. – 12:30 p.m., **32985**, Free but please register



CHOLESTEROL: THE GOOD, THE BAD, AND THE UGLY

Should we be concerned about cholesterol in our diet? Dr. Gordon Francis, UBC Professor of Medicine and Director of the Healthy Heart Program Prevention Clinic at St. Paul's Hospital, will discuss the leading risk factors for heart attacks and strokes, and the difference between "bad" (LDL) and "good" (HDL) cholesterol.

Wed Apr 5, 7 – 8:30 p.m., Free, West Vancouver Memorial Library, Welsh Hall West

GARDEN CLUB: MY GARDEN FROM GROUND UP WITH HEATHER WEBB

Heather Webb's Maple Ridge garden started from nothing and has grown into over 250 perennials, annuals and vegetables in containers. Join us as Heather shows the transformation from a bare plot to a beautiful plant lovers' garden.

Thu Apr 6, 10:30 a.m. – 12:30 p.m., **29434**, \$5 for members, \$10 for non-members

THE LOAFING SHED GLASS STUDIO TOUR

You will be entertained and enlightened as Robert Gary Parkes, master glass blower explains the process as he makes a piece from start to finish. Complimentary cookies and beverages. Bring a bag lunch.

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



MAKE THE EQUITY IN YOUR HOME WORK FOR YOU

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

Mon Apr 10, 1:30 – 2:30 p.m., **28462**, \$3

INTRODUCTION TO NORTH SHORE ELDERCOLLEGE

North Shore ElderCollege Society is a not-for-profit organization that offers classes in everything from archaeology to zoology to lifelong learners on the North Shore. Do you want to stay intellectually active and be involved in your community through education? Learn more about ElderCollege on the North Shore.

Tue Apr 11, 2 – 3 p.m., Free, West Vancouver Memorial Library, Welsh Hall West

ROCKWATER RESORT & THE SUNSHINE COAST WITH JOY BROWN

Enjoy a delicious lunch and dessert at the upscale Rockwater Resort on the Sunshine Coast. Voted by the New York Times as one of BC's best resorts. Explore the resort and walk on their remarkable boardwalk through the forest. Enjoy a walk at Robert's Creek and see the painted mural by the sea (should be comfortable walking on uneven ground). Visit the FibreWorks Studio and Gallery located at Pender Harbour.

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



GARDEN CLUB: GROWING UNUSUAL VEGETABLES WITH RON

Ron is one of our master gardeners and we have already had the privilege of learning from his vast knowledge of vegetable gardening. This presentation promises to be a fantastic opportunity to learn about some of the new and unusual vegetables that we could grow for ourselves.

Thu Apr 13, 10:30 a.m. – 12:30 p.m., **32585**, Free for members, \$5 for non-members

THEOLOGIAN'S CAFÉ: RELIGION AND SCIENCE

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

Thu Apr 13, 2 – 4 p.m., **20575**, \$2.50

GARDEN CLUB: HELLEBORES WITH JANE

Jane will discuss how breeding over the last 30 years has led to the explosive number and glorious range of hellebores available today. Surprisingly, today's hellebores have all been bred from only seven wild species. Jane will also discuss the traits breeders select for, the ease with which hellebores can be grown, plants that bloom at the same time as hellebores and innovative new ways designers are using hellebores in gardens.

Thu Apr 20, 10:30 a.m. – 12:30 p.m., **32586**, Free for members, \$5 for non-members

iOS 10: WHAT'S NEW?

We will review all the new features from the newest iOS 10 update and how to use them. New features include improvements to texting, photos, searching, 3D touch and more. This lecture is for those who have taken the intro course and are comfortable with the basics. Please update to iOS 10 prior to class and charge your device. Instructor: Andrea MacDonald.

Thu Apr 20, 1 – 4 p.m., **32010**, \$42

DRIVING AND DRIVERS TEST

If you are asked to do a re-examination of your driver's licence, come and learn what the Driver Examiners from ICBC will be looking for. Among the topics discussed will be DriveABLE, a cognitive assessment tool. This lecture complements the "Changes to the Driving World" lecture. If you are interested in taking a one-hour driving lesson for a small fee of \$10 with the North Shore Driving School, please let Sylvia know at the lecture.

Mon Apr 24, 1:30 – 3 p.m., 30938, \$3

SHRUBS FOR SMALL SPACES WITH LYNN

Lynn is one of those special, progressive thinkers who works hard to bring important gardening knowledge and needed changes to the attention of the public. For example, when most of us were buying seeds from the big companies which sell seeds grown in developing countries like Africa, she spearheaded Seedy Saturday to highlight local seed suppliers which sell locally grown seeds. Now Seedy Saturday occurs in almost every community.

Thu Apr 27, 10:30 a.m. – 12:30 p.m., **29436**, \$5 members, \$10 non-members

SURVIVAL SKILLS

Do you have the skills you need to survive in today's digital world? In this course we begin with a short self-assessment followed by covering topics that are an absolute necessity in order to remain independent with your devices. Areas covered will include security, WiFi, updates, attachments, authentication and more. Instructor: Andrea MacDonald.

Thu Apr 27, 1 – 4 p.m., **32124**, \$42

EVENING DANCE – SAX OF US

Dust off your dancing shoes and break out those ballroom moves with the music of our magnificent live bands. Members, singles and non-members are encouraged to attend. Fourth Thursday of the month. Cash bar in effect. Doors open at 5:30 p.m.

Thu Apr 27, 6:30 – 9:30 p.m., **28271**, \$9

HEALTH & FITNESS

Chairobics Strength: This class is an invigorating workout done from a chair incorporating exercise with weights and rubber bands. Please fill out a fitness questionnaire before the first day of class if you are new to this program or if your fitness level has changed.

Mon Apr 3 – Jun 26, 9:15 – 10:15 a.m. with Ivana, **29355**, \$25; Wed Apr 5 – Jun 28, 9:15 – 10:15 a.m. with Lynne, **29356**, \$30

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

Tue Apr 4 – Jun 27, 12:50 – 1:50 p.m. with Rose, **29357**, \$39; Fri Apr 7 – Jun 30, 12:50 – 1:50 p.m. with Rose, **29358**, \$36

Zumba: Zumba® is a high-energy dance-fitness class that uses the zesty Latin music, like salsa, cha-cha and merengue, cumbia, rock and roll, flamenco and tango with easy-to-follow moves! Join us for a 'feel-happy' workout that strengthens the heart, and improves balance, strength and flexibility. Laughter is guaranteed. New participants need to fill out a fitness questionnaire.

Fri Apr 7 – Jun 30, 3 – 4 p.m. with Luglio, **29997**, \$113

SENIORS' ACTIVITY CENTRE HOURS

OFFICE HOURS

Mon 9 a.m. – 8:30 p.m.; Tue 9 a.m. – 8:30 p.m.; Wed 9 a.m. – 9 p.m.; Thu 9 a.m. – 8:30 p.m.; Fri 9 a.m. – 4:30 p.m.; Sat 10 a.m. – 3 p.m.; Sun 10:30 a.m. – 3 p.m.

HOURS OF OPERATIONS

Mon 7:30 a.m. – 9 p.m.; Tue 7:30 a.m. – 9 p.m.; Wed 7:30 a.m. – 9:30 p.m.; Thu 7:30 a.m. – 9 p.m.; Fri 7:30 a.m. – 5 p.m.; Sat 8:30 a.m. – 4 p.m.; Sun 10 a.m. – 4 p.m.