



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

### DANCE FOR PARKINSON'S

Dance for Parkinson's is now featured on Tuesdays and Wednesdays!

Dancing improves mobility and quality of life in people with Parkinson's. Explore movement and music in a safe and creative class that incorporates fundamentals of dance such as balance, flexibility, movement sequencing, rhythm and special awareness. Affiliated with the world-renowned program developed by Mark Morris Dance Group in New York.

Tue Jan 9 - Mar 13, 1:30 - 3 p.m., **35466**, \$68 (West Vancouver Community Centre)

Wed Jan 10 - Mar 28, 1:30 - 3 p.m., **43506**, \$78 (Seniors' Activity Centre)

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### IOS 11: INTRODUCTION - PART 2

(For iPad/iPhone only). Continuing from the Part 1 class, this series teaches how to edit typing, use copy and paste, send attachments and photos in emails and texts, use the calendar, maps, customize the home screen, deal with misbehaving apps, manage calls and callers, adjust settings, and more. This class is for all users. Part 1 recommended.

Thu Feb 1 - 15, 1 - 4 p.m., **37167**, \$126

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### MUSIC TALKS WITH NEIL RITCHIE

Join longtime CBC producer Neil Ritchie at the West Vancouver Memorial Library as he celebrates the unique styles of five very different vocal superstars from the worlds of jazz, chanson, country, rock and opera week. *Free to attend.*

Tue, Feb 6, 10:30 a.m. - 12:30 p.m., Welsh Hall — Yves Montand

Tue, Feb 13, 10:30 a.m. - 12:30 p.m., Welsh Hall — Dolly Parton

Tue, Feb 20, 10:30 a.m. - 12:30 p.m., Welsh Hall — Freddie Mercury

Tue, Feb 27, 10:30 a.m. - 12:30 p.m., Welsh Hall — Marilyn Horne

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### INTEGRATED ENERGY HEALING

Langara College students from the Advanced Integrative Energy Healing Practitioner Certificate Program will offer a gentle, safe, unique healing treatment that can help relieve pain, reduce stress and anxiety, and allow one to find their inner place of peace.

The 45-minute session includes both dialogue and light touch before the client is invited to lay fully clothed on a massage table. Treatments are individualized for you. No cancellation less than one week in advance unless we can find someone to take your appointment. Speak with Sylvia in the office regarding cancellations within a week.

Tue Feb 6 - Mar 27, 2:30 - 3:30 p.m.; 3:30 - 4:30 p.m.; 4:30 - 5:30 p.m., **34125**, \$15

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### UKULELES: BEGINNERS 1

The ideal class for anyone looking to learn how to play the ukulele! This class has been moved to Wednesday. Bring your own Ukulele. No need to bring a music book as it is supplied.

Wed Feb 7 - Apr 11, 1 - 2:30 p.m., **33498**, \$75

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### LUNAR NEW YEAR — ERHU MUSIC WITH LAN TUNG

Join Lan Tung, Artistic Director of the Orchid Ensemble and Sound of Dragon Music Festival, as she plays traditional Chinese music to celebrate the Lunar New Year. (West Vancouver Memorial Library, Main Hall)

Sat Feb 17, 12 - 12:30 p.m., Free

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### TIMELESS ART OF TEA BREWING

Learn about ancient Chinese tea culture in a traditional Kung Fu Tea presentation by Xiao Yang and Erick Smithe. Includes tea tasting. Online registration opens Thursday, February 1 at 10 a.m. (West Vancouver Memorial Library, Welsh Hall)

Sat Feb 17, 1 - 3 p.m., Free

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### THE BEST DIET TO CURE ALZHEIMER'S

UBC Dietetic interns will be talking about whether there is a diet to cure Alzheimer's. Come and find out about the myths and facts about diet and brain health as well as the latest research on gluten free foods, GMO, coconut oil, water and organic foods. What is the best diet? Which are fad diets? Come and ask your questions.

Mon Feb 19, 1:30 - 2:30 p.m., **40782**, Free

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## THEOLOGIAN'S CAFÉ - WILL THE REAL BIBLE STAND UP

All Christians claim that the Bible is the authentic word of God. But which version is the authentic one? Changes, accidental or deliberate, have been introduced over the centuries, rendering certain texts at least somewhat problematic. Facilitator: John Slattery.

Thu Feb 22, 2 - 4 p.m., **33495**, \$2.50

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## EVENING DANCE (PERFORMER: EURO BAND)

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

Thu Feb 22, 6:30 - 9:30 p.m., **43991**, \$9

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## FRIDAY NIGHT CONCERT: AMBLESIDE ORCHESTRA

The Ambleside Orchestra is a growing, multigenerational community orchestra that attracts musicians from all walks of life. Join us for an evening of chamber music including the works of Paganini, Brahms and Walton. (West Vancouver Memorial Library, Main Hall)

Fri Feb 23, 7:30 - 8:45 p.m., Free

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## AN EVENING WITH EVE LAZARUS

Join North Shore author Eve Lazarus for a discussion of her latest book, *Blood, Sweat and Fear: The Story of Inspector Vance, Vancouver's First Forensic Investigator*. Known internationally as Canada's Sherlock Holmes, John F.C.B. Vance helped detectives solve some of the most sensational murder cases of the 20th century. (West Vancouver Memorial Library, Welsh Hall)

Wed Feb 28, 7 - 8:30 p.m., Free

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## VOLUNTEER WITH US

Discover a new skill, talent or hobby. Connect with a thriving community of big-hearted givers like yourself. Inspire others—and you too will be inspired—to make every day matter. The District of West Vancouver has several volunteer opportunities designed with you in mind.

To get started call Caroline at 604-913-2703 or email [volunteer@westvancouver.ca](mailto:volunteer@westvancouver.ca).

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## CURRENT VOLUNTEER OPENINGS

Thank you to everyone who filled in over the holidays. It was a busy season and a lot of people were away and we required a lot of extra help. We appreciate everyone's flexibility to come in and help us! We always have openings in the following areas:

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

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

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## HEALTH & FITNESS

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

Fri Jan 12 - Mar 23, 3 - 4 p.m., **37880**, \$104

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

Mon Jan 8 - Mar 26, 7:30 - 8:30 a.m., **37795**, \$35

Wed Jan 10 - Mar 28, 7:30 - 8:30 a.m., **37796**, \$38

Fri Jan 12 - Mar 23, 7:30 - 8:30 a.m., **37797**, \$35

**Personal Training:** Personal Training is now available for Seniors' Activity Centre members! Our personal training professionals will work with you to develop convenient, affordable and flexible exercise plans that are designed to meet your personal well-being needs! Call to book your session at 604-921-2169 or email [ebagnall@westvancouver.ca](mailto:ebagnall@westvancouver.ca).

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## FRIDAY LUNCH ENTRÉES

Starting Friday, February 2, the Garden Side Café will offer portions of non-fish entrées on Fridays in addition to the regular seafood entrées. Available until quantities last.

## 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 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.