

18

SEPTEMBER
OCTOBER

SENIORS' SCENE MAGAZINE

IN THIS SCENE

Find our Hours of
Operation on page 3!

—

Senior in Training
on page 13!

—

Cover & Feature Article:
Come Fly With Me
on page 14

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Adams River Salmon Run

Dominant year for spawning,
Ashcroft Manor, Little Shuswap

October 9 - 11

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Thanksgiving Getaway

Chemainus 'Glorious', & BC
Museum, 'Time of Pharaohs'

October 6 - 8

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Captivating Costa Rica

Tortuguero National Park,
Riverboat Cruise, Arenal Volcano

November 9 - 21

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Wickannish Inn Stormwatching at Long Beach	Nov 5 - 8	7 meals	fm \$1,717. ⁰⁰
Mexico All inclusive 4.5★ Maya Royale Resort	Nov 18 - 25	all meals	fm \$3,013. ⁰⁰
Chemainus Christmas featuring 'Little Women'	Nov 29 - 30	2 meals	\$549. ⁰⁰

Leavenworth Christmas & Amtrak Train	Dec 3 - 5	4 meals	**\$1,145. ⁰⁰
Deluxe Vancouver Xmas Wedgewood Hotel	Dec 24 - 27	7 meals	\$1,932. ⁰⁰
Victoria Xmas Magnolia Hotel & Spa	Dec 24 - 27	6 meals	\$2,018. ⁰⁰

* all tours in C\$

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SENIORS' ACTIVITY CENTRE

SACS ON 21st

SENIORS' ACTIVITY CENTRE SHOP

We invite treasure hunters to visit our popular little shop which features a colourful array of new and gently used items donated by our members and supporters. We feel sure you will find something that you just can't resist or a gift for a special person.

GIFT SHOP HOURS

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

Sat | 10 a.m. - 1 p.m.

Closed Sundays & Statutory Holidays



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on 21st Street

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QUESTIONS
604-925-7280



55+

westvancouverrec.ca

westvancouver.ca/seniors

westvancouver



MESSAGE FROM THE ADVISORY BOARD CHAIR

I had the opportunity over the summer to view a local documentary film on “The Fit Generation.” Guess what? It wasn’t about our kids’ or grandchildren’s generation. It was US! In fact, the focus was not just on those aged 65 and up. Many were well into their 70s, 80s and 90s. Our WVSAC’s own Fit Fellas program was among those profiled, taking viewers through a typical class and finishing

with the cinnamon buns and coffee bought by our birthday boys for everyone in the class that day. It was also good to see other seniors programs and individuals from Coquitlam to Whistler staying active well into their senior years.

Fit Fellas is just one of the many SAC programs offering many levels of physical activities, from indoor fitness classes to outdoor walking, hiking, cycling and more. This isn’t to forget our other indoor programs like wood-working, fabric arts, bridge, drawing and painting, and many others.

The Fall/Winter Leisure Guide has a full list—be sure to check it out.

There’s much more happening involving our Seniors’ Activity Centre this Fall. The third annual North Shore Seniors’ Health Expo is coming up shortly, to be followed by the West Vancouver Community Centre Society’s annual Pumpkin Fest. If you’re looking for an opportunity to offer some volunteer time, these are two of many fine programs that could use your help.

One final thought—it’s an election year in West Vancouver and the Seniors’ Activity Centre will be holding an All Candidates Meeting in October. Watch for the announcements for time and place.

Dave MacLachlan
Chair



MESSAGE FROM COMMUNITY RECREATION MANAGER & THE RECREATION SUPERVISOR

Fall at the Seniors’ Activity Centre is full of activity! There is always something new to try. Fall also brings us a number of exciting events! Join us on Saturday, September 8 from 10 a.m. to 4 p.m. for

the third annual North Shore Seniors’ Health Expo. This year’s keynote speaker is Dr. Bryn Hyndman who is trained both as a medical and naturopathic doctor. Dr. Hyndman shares with us the secrets to living well and getting the best from our bodies! Check out the Expo and take a ride on the “tri-shaw” a bicycle built for three (only one does the pedalling!)

At the end of September don’t miss the annual PumpkinFest when the WVCC and Seniors’ Activity Centre come alive with harvest-themed activities, flavours and fun! Check out the pony rides, volunteer to help the woodworkers with bird houses, buy a fall pie or explore the blue ribbon jams!

Take a ride on the brand new Shuttle Bus! The new bus has a different layout, new accessible ramp for wheelchairs and walkers and the best part are our drivers who remain friendly, helpful and excited to show you their new bus!

Join us this fall, make new friends, try a new activity, taste the harvest flavours in the Garden Side Café and visit our beautiful garden!

Jill Lawlor
Community Recreation Manager

Davida Witala
Recreation Supervisor

WEST VANCOUVER SENIORS’ ACTIVITY CENTRE

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

HOURS OF OPERATION

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	8:30 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	10:30 a.m. – 3 p.m.

Please note the following holiday hours and closures: Sat, Aug 18 – Sun, Sep 2 closed for our annual maintenance; Mon, Sep 3 (Labour Day); Mon, Oct 8 (Thanksgiving)

SENIORS’ SCENE

Editors Sabina Kasprzak, Michiko Araki

Advertising Sabina Kasprzak

Publisher District of West Vancouver

Design & Production
ecstatic design + communication

Print Royal Printers

Cover Photo By Peter Owens

Disclaimer Advertising in the Seniors’ Scene magazine does not constitute endorsement of the content by the District of West Vancouver.

ENQUIRIES & ADVERTISING

If you have any questions related to this publication or would like to advertise in the Seniors’ Scene, please email leisureguide@westvancouver.ca or call 604-925-7285.

RECOGNITION OF FUNDING DONORS

Thank you to the many generous donors whose contributions help to make our Centre the vibrant and welcoming haven that it is!

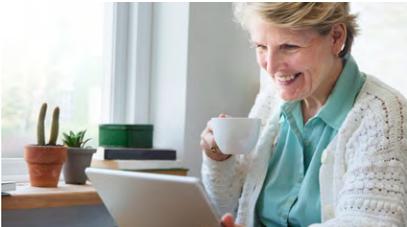
REFUND POLICY

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

For workshops, one-day classes, short programs and events at the West Vancouver Seniors' Activity Centre, one week's notice is required to receive a full refund, unless there is a medical issue, and a doctor's note is provided. Some exceptions apply and may need more notice.

Please register ahead for programs and lectures otherwise they may be cancelled.

E-NEWS



The Seniors' Scene Magazine is a bi-monthly publication that is printed and available online. The publication dates are: Jan/Feb, Mar/Apr, May/Jun, Jul/Aug, Sep/Oct and Nov/Dec. **Did you know that we also print and post online an update of events and activities happening at our Centre?** This update is called the **E-news** and it includes last-minute changes and information about items that have been added after the Seniors' Scene Magazine publishing date. **The E-news comes out in February, April, June, August, October and December.** Sign up at the front desk to receive your copy of the **E-news** sent directly to your email, before it's available for pick-up at the front desk! *For more information please ask at the front desk.*

WV MEMORIAL LIBRARY

Music Talks with Neil Ritchie

Join longtime CBC producer Neil Ritchie as he celebrates the unique styles of five very different artists from the worlds of film, opera, jazz and more. Tuesdays from 10:30 a.m. to 12:30 p.m. at the Welsh Hall.

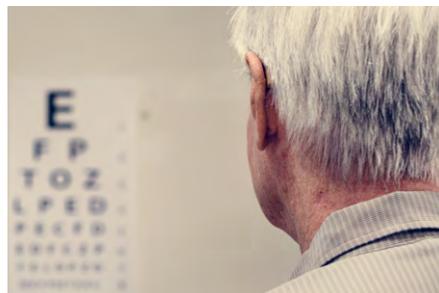
Sep 11	Henry Mancini
Sep 18	Daniel Barenboim
Sep 25	Barbra Streisand
Oct 2	Jonas Kaufmann
Oct 9	Anita O'Day

Unwind – Knitting and Crocheting Circle

Bring your project and share ideas, techniques and conversation with other knitters and crocheters. Meetings are on the second and fourth Thursday of the month from 12:30 to 2 p.m. All skill levels welcome, from beginner to experienced.

McDonald Creek Meeting Room

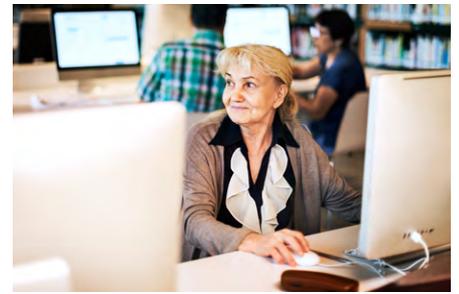
Thu, Sep 13 & 27 12:30 – 2 p.m.
Thu, Oct 11 & 25



Ageing Eyes

Optometrist Dr. Bart McRoberts explains the causes and symptoms of common age related eye diseases, and looks at current and future treatments. **Thursday, 2 – 3 p.m., Welsh Hall West.**

Sep 20	Glaucoma
Oct 18	Macular Degeneration



Tech Talk: Technology Made for Seniors

There are technological devices and services that are designed specifically for seniors, or because of their ease of use can be embraced by seniors to improve their independence, quality of life and access to information. This session looks closely at the benefits of some of these devices and services. *Register online at westvanlibrary.ca or by phoning 604-925-7405.*

The Lab

Wed, Sep 12 6:30 – 8 p.m.

The Metropolitan Opera: Live in HD Preview Lectures

Join Nicolas Krusek for a discussion of two operas in the upcoming The Met: Live in HD cinema season. **Wednesday, 12:30 – 2:30 p.m., Welsh Hall.**

Oct 3	Aida by Giuseppe Verdi
Oct 10	Samson et Dalila by Camille Saint-Saens
Oct 24	La Fanciulla del West by Giacomo Puccini

Friday Night Concert: The Fretless

This Canadian fiddle foursome is pushing traditional Irish folk music to a new place and attracting new fans that are unfamiliar with "progressive" folk music. Their concerts harbour all the energy of traditional fiddle tunes while shattering all expectations in writing, creativity and performance. In 2016, *The Fretless* took home a Juno™ award for Instrumental Album of The Year. Doors open at 7 p.m.

Main Hall

Fri, Oct 12 7:30 – 8:45 p.m.

After the Armistice of the First World War: Peace and its Consequences

The collapse of Germany, Austria-Hungary, Russia and Turkey in 1918 led to a dozen new countries, numerous border realignments and a Middle East that still knows no peace today. Join Dr. Garrett Polman in this three-part series examining this fascinating and complex period in world history. **Thursday, 7 - 8:30 p.m., Welsh Hall West**

Oct 18 Part 1: Peace in Europe

Oct 25 Part 2: Creation of the Middle East (1920 - 1923)

Nov 1 Part 3: Consequences

Book Launch

Dreamers and Designers: The Shaping of West Vancouver

Join Francis Mansbridge and John Moir as they trace the fascinating history of West Vancouver, and paint a vivid picture of how West Vancouver's spectacular landscape has defined the dynamic coastal community. Enjoy refreshments and a cash bar as of 7 p.m.

Main Hall

Fri, Oct 26 7:30 - 8:45 p.m.
(doors open at 7 p.m.)



EVENTS

Pricing for events are listed at member's price. Non-members are also welcome, but will pay a higher non-member price.



Movie Sundays

Cost \$2.25 includes a snack. All movies take place at the Seniors' Activity Centre. Purchase your ticket at the front desk. Seating is on a first-come, first-served basis. Movies start at 1 p.m. unless otherwise noted. See program board for movie description. *Movies may change based on availability. Call front desk at 604-925-7280 on Sunday to confirm movie.*

Sep 9 The Young Victoria

Sep 16 The Shape of Water

Sep 23 Lady Bird

Sep 30 No movie.
Come to the PumpkinFest

Oct 7 I, Tonya

Oct 14 The Florida Project

Oct 21 Three Billboards Outside Ebbing, Missouri

Oct 28 The Greatest Showman



Evening Dances

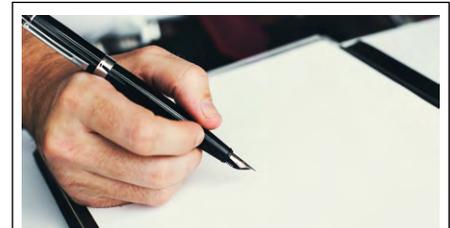
Dust off your dancing shoes and break out those ballroom moves with the music of our magnificent live bands. Members, singles and non-members are encouraged to attend. Every fourth Thursday of the month. Cash bar is in effect. Doors open at 5:30 p.m.

The SAX of US

Thu, Sep 27 6:30 - 9:30 p.m. \$9

Lou Marocco

Thu, Oct 25 6:30 - 9:30 p.m. \$9



WRITE FOR THE SENIORS' SCENE!

Are you interested in contributing to the Seniors' Scene magazine?

We are looking for writers to write feature articles for the magazine.

If you are interested, contact Davida Witala (dwitala@westvancouver.ca).



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PROGRAMS

Please visit westvancouverrec.ca for all drop-in and registered 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, but there are several drop-ins that are available to non-members.

The cost for a drop-in program is \$2.50 for members unless otherwise stated and \$3.50 for non-members. Please ask Sylvia if you are interested in a specific drop-in.

MONDAYS

Bridge Social 12 - 3 p.m.
Please come 10 minutes early to get a table. No partner needed.
No play Oct 8

TUESDAYS

Knitting 10 a.m. - 12 p.m.
Intermediate French Review*
10:30 a.m. - 12:30 p.m.
Cribbage 1 - 3 p.m.
Poker 3 - 7 p.m.

WEDNESDAYS

Craft Group 9:30 a.m. - 12 p.m.
French Social Conversation 10 - 11:15 a.m.
Table Tennis 1:30 - 4 p.m.
No play Oct 17

THURSDAYS

Keep Well
Chair Exercises 9 - 10 a.m.
Hands-on Wellness Clinic 10 - 11 a.m.
Stamp Club 12:30 - 3 p.m.
1st & 3rd Sep 6, 20; Oct 4, 18



Table Tennis 4:45 - 6:45 p.m.
Jazz Combo Rehearsal*** 6:30 - 8:30 p.m.
West Van Gogos (Grandmothers) 6:45 - 8 p.m.
Drop-in \$1
Sep 6; Oct 4 Proceeds are donated

FRIDAYS



Quilting Bee 9 a.m. - 12 p.m.
Make quilts for the Centre! n/c
Computers: Flight Simulator 10 a.m. - 12:30 p.m.
2nd & 4th Sep 14, 28; Oct 12, 20
Sound Advice 10 a.m. - 12 p.m.
For hearing impaired. Sep 7; Oct 5
Spanish Social Conversation 9:45 - 11:45 a.m.

SATURDAYS



Bridge Social 12:15 - 3:15 p.m.
At the Atrium. No partner needed.
Jazz Jam Session** 12:30 - 3:30 p.m.
Table Tennis 12 - 2:45 p.m.
No play Sep 8; Oct 20, 27
Canasta Club 1 - 3 p.m.
Scrabble 1 - 3 p.m.

SUNDAYS

Table Tennis 10:15 a.m. - 12:15 p.m.
No play Sep 30

DAILY

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

This beautiful room is available for members and their guests to pick up games and enjoy supervised play. 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 done, lock up the room and pay at the office. Please read the *Billiard Room Procedure* and the *Guest Procedure in the Snooker Room* for more information.

Snooker Beginners Basic
Tue, Oct 9 - 30 9 - 10 a.m.
40886 \$13.50



Games Room Drop-in

Drop-in to play whatever you like!

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

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

* Intermediate French Review / Tue

Previously Intermediate French Social

These review sessions are for high beginners/rusty intermediates who wish to improve their conversational French. No instructor; members help each other master grammar, vocabulary and idiomatic usage while working their way through both textbook and podcast lessons. **Drop-in \$2.50.**

** Jazz Jam Session / Sat

Drop in for some low-key individual improvisations to jazz tunes and have fun playing jazz standards! *You must be competent playing musical instruments and have some familiarity with jazz concepts. No instruction.*

*** Jazz Combo Rehearsal / Thu

Do you enjoy playing jazz and performing? This program is for those who are serious about practicing at home and coming to rehearsal to play and work on pieces of music to perform. We are looking for a drummer. *Leader: Mark G.*

REGISTER

For all drop-in and registered programming, visit us online at westvancouverrec.ca

REGISTERED PROGRAMS

Please register ahead for programs and lectures otherwise they may be cancelled.



NEW Ukuleles Advanced Beginner with Joel

Keep on strumming as you progress in your skills following Charles' class from Winter/Spring. *Instructor: Joel McKenzie.*

Thu, Oct 4 - Dec 6
11:05 a.m. - 12:35 p.m.
50972 \$120

NEW Art for Self-Discovery

Use art to discover and better understand yourself! Explore your feelings and resolve inner conflicts through the art you create. Art is the key that will unlock the answers to 'you'. *Instructor: Monique Lalonde.* Supplies included. No class Oct 8.

Mon, Oct 1 - 29 10 a.m. - 12 p.m.
50521 \$105

WORKSHOPS

Calligraphy: Akim Cursive

Learn Akim Cursive—a fun freehand monoline style developed by Hans-Joachim Burgert. Once you master the basics, create and expand your own style along the way! *Instructor: Leonie Price.*

Mon, Sep 10 1 - 3 p.m.
40805 \$15

Painting Social w/ Maureen

Enjoy an exciting evening of painting with Maureen Coles. Learn the step by step process of original acrylic painting. No talent or previous experience necessary—all you need is enthusiasm and the desire to have fun! All supplies included.

Wed, Sep 26 6:30 - 8:30 p.m.
50708 \$60

Wed, Oct 24 6:30 - 8:30 p.m.
50707 \$60

Langara Nursing Students: Blood Pressure Check

First year Nursing students from Langara College are looking for four seniors willing to participate in a blood pressure and general health assessment clinic. **Following the questionnaire, participants will have their blood pressure and pulse checked. Please register.**

Tue, Nov 20 10 - 11 a.m.
51398 n/c

Wed, Nov 21 10 - 11 a.m.
51399 n/c

COMPUTERS



iOS Photography

The iPhone and iPad are great cameras, but did you know that they don't work like regular cameras? Learn how to take good photos and videos as we cover spot focus, adjust lighting and flash settings, use burst mode, take panorama shots, and more. For making videos learn good habits that make editing easy, time lapse, slow motion and more. **iPhone and iPad only.** *Instructor: Andrea MacDonald.*

Thu, Sep 13 1 - 4 p.m.
40809 \$42

Organizing and Edit Photos

Learn how to organize, edit and share your photos like a pro! Master how to do basic edits: crop, rotate, straighten add filters, adjust lighting, colours and fix red eye. Create photo albums, delete and restore images, search by location, date or keyword, and share your images with others. Please ensure you have photos on your device prior to class.

Instructor: Andrea MacDonald.

Thu, Sep 20 1 - 4 p.m.
48329 \$42

Camera+ 2 for iPhone & iPad

Shoot photos like a pro! With great features like image stabilization, 6x zoom, fill flash, 30+ filters and a swath of advanced editing possibilities Camera+ 2 leaves the standard camera app in the dust! Start with the basics of shooting and delve into the editing tools and features. Camera+ 2 is an optional App that costs \$3.99. Install prior to class.

Instructor: Andrea MacDonald.

Thu, Sep 27 1 - 4 p.m.
48332 \$42



Introduction to iOS 12 - Part 1

Start with the basics and gain a solid foundation by the time you're done! Tour your device and get acquainted with its features: learn about security and privacy, how to type, how to use the camera, Contacts, Mail, Messages, the App store, how to update your device, how to browse the web, and more. **iPad, iPhone & iPod Touch. Please bring your charged device.** *Instructor: Andrea MacDonald.*

Thu, Oct 4 - 18 1 - 4 p.m.
40808 \$126

iOS 12: What's New

Join us to learn all about the exciting new features and improvements available with iOS 12!

Thu, Oct 25 1 - 4 p.m.
44145 \$42

TECHNOLOGY

Why get connected?

Don't know where to begin with technology? Learn about what technology offers and how it can benefit you based on your interests. You will be introduced to a new device and discuss the pros and the cons with time to play and test it. You will gain a sense of whether or not you should purchase a device, and will have confidence to decide which device is best for you. *Instructors: Maria and Angela, Your Friends in Technology.*

Wed, Oct 3 - 10 1 - 2:30 p.m.
48573 \$84



Make the Most of your Device 1

Do you have a device but don't really know how to use it? Bring your device: smart phone, iPad, or laptop and we can help you learn how to use it. You will be entertained while learning and you can ask as many questions as you like. Don't own a device? Come and use one so that you can decide if you would like to purchase a device. *Instructors: Maria and Angela, Friends in Technology.*

Wed, Oct 17 - 24 1 - 2:30 p.m.
48575 \$84

LECTURES

Please ensure that you pre-register for the lectures—unless it says 'Drop-in'. Otherwise the lecture may need to be cancelled.

The District of West Vancouver does not support or endorse businesses lecturing at the SAC.

John Oakley

If you get a second chance in your life, what would you do with the rest of your life? John Oakley, the author of *Loving Blessing from God* and *Eyes Wide Open* will share his life experience with us.

Mon, Sep 10 1:30 - 2:30 p.m.
40068 Donation

Opera Preview: The Merry Widow

Come and listen to Nicolas talk about the wonderfully lavish Art Nouveau production of the Merry Widow who schemes to win the heart of the dashing handsome Count Danilo. *Lecturer: Nicolas Krusek.*

Wed, Sep 12 1:15 - 3 p.m.
48070 \$2.50

PURCHASE YOUR COFFEE PUNCH CARD TODAY!



It's convenient to use, and will spare you the hassle of looking for change.

The card entitles you to six regular sized coffees at the Fireside Lounge Coffee Bar or Garden Side Café.



Seniors' Activity Centre: Our Story Then & Now 1972 - 2018

The Centre started in 1972 with free membership and few programs. By 1976 we had 940 members, 27 activities and fees topped at \$3. We had carpet bowling and cuddled babies and now we have Fit Fellas, massages and so much more. Come and hear Vi recount funny stories of the history, events, colourful character, movers and shakers who have shaped this place. Tea and cinnamon buns will be served. *Organizer: Vi Roden.*

Wed, Sep 19 1:30 - 2:30 p.m.
48323 n/c



Fogo Island Newfoundland

Michelle will share pictures and experiences from her visit to Fogo Island. Believed to be one of the four corners of the world, this remote place on the tip of Newfoundland not only has its own time zone, but is currently experiencing artistic and touristic renewal. Michelle fell in love with the place and is delighted to give you a glimpse of this unique story of hope. *Lecturer: Michelle Sitbon Art Voyage travel.*

Mon, Sep 24 1:30 - 2:30 p.m.
50848 \$2.50



Food Safety

Join Jasmin, a Health Inspector from Vancouver Coastal Health, to learn about best practices for storing leftover food. Find out how long you can keep food in the fridge or freezer and about the bacteria that can grow on improperly stored food. Come with your questions.

Mon, Oct 1 1:30 - 2:30 p.m.
48439 n/c

The Indispensable Life Binder

Have you been considering getting all your important documents together? Here's an easy way to do it! If you or your partner are sick, you or your family will need this binder to make sure things run smoothly. From property and finance information, to important contacts, your Will and more—you'll have everything more organized and ready when you need it. *Instructor: Diana Cruchley.*

Sat, Oct 13 9:30 a.m. - 12 p.m.
40589 \$19



DONATE HEALTHY PLANTS

If you would like to donate healthy plants for the plant room, it would be greatly appreciated. Please see Sylvia in the office for more information.



Guide to Successful Downsizing

Learn two strategies to systemize the process of decluttering. Understand the psychology of letting go, learn what to let go of, why, and where to dispose of your best stuff—from Craigslist, auctions, to consignment and more. Instructor Diana Cruchley had thirty years of stuff and just seven weeks to stage, sell and empty an eight-level, 3,000 square-foot home.

Sat, Oct 13 1 - 3:30 p.m.
40590 \$19

Jane Adams Clark

Listen to this iconic, vibrant and energetic senior, Jane Adams Clark, a West Vancouver artist and poet, as she shares her views on life and explains why it's important to make plans in our life no matter our age or circumstances.

Mon, Oct 15 1:30 - 2:30 p.m.
48073 Donation

Wills and Probate 10 Steps

Learn the 10 steps to an effective Estate Plan. The law has changed and this 10-step estate planning checklist will help you get organized. Learn about Wills that work, who will make decisions for you during your life if you can't, and get informed about Powers of Attorney & Representation Agreements. Brought to you by LGH Foundation.

Mon, Oct 22 1:30 - 2:30 p.m.
48072 \$2.50



Art History: Egyptian Art

A brief illustrated lecture outlining the religious and political events that shaped the art and life of Ancient Egypt. This lecture is designed to assist anyone planning to visit the current exhibition of "Egypt: The Time of the Pharaohs" being held at the Royal British Columbia Museum in Victoria. *Lecturer: Val Sutherland.*

Wed, Oct 24 1 - 2 p.m.
50485 \$3

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



DISCUSSIONS

**Theologian's Café
 Science and Religion**

Rapid progress in the development of artificial intelligence, genetic engineering, the workings of the human brain and many other fields raise serious ethical questions that religious people (and non-religious people for that matter) are struggling to come to terms with. Some developments even seem to strike at the very foundation of the religious experience itself. Is our technology outpacing our ability to cope with it all?

Moderator: John Slattery.

Thu, Sep 27 2 - 4 p.m.
40897 \$2.50

Human Suffering

Why do bad things happen to good people? What are the causes of human suffering? And to ask the great classical question: why does a loving and compassionate God permit human suffering in the first place? Is it to make a point? A test of some sort? Religions have struggled with these questions almost forever. (Think of the book of Job in the Hebrew Bible.)

How good are their answers in your opinion? *Moderator: John Slattery.*

Thu, Oct 25 2 - 4 p.m.
50720 \$2.50



STOP BY SACS ON 21ST

Decluttering? Downsizing?

Our gift shop is a collection of your generous donations, with all sale proceeds going to the Seniors' Activity Centre. We welcome your gently used home décor items, glassware, gift items and jewellery.



Donations can be dropped off at the shop or front desk. Thank you, your support is appreciated!

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Coordinator of Volunteers

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



Acting Assistant Coordinator of Volunteers

Beverly Koke
604-925-7288
bkoke@westvancouver.ca

NEW & RETIRING

This summer we said good luck to the following outstanding volunteers who moved on from their volunteer positions after many years of service:

Kris and Sung Eun. We will miss both of you and hope that you will return in other capacities to our Centre, whether as a volunteer in another area, as visitor, participant or patron. ***Let's keep in touch!*** We would like to welcome the following new and returning volunteers: Kimia, Jasmine, Clover, Estelle, Carol Anne, Sierra and Madison. ***Please help us welcome them as they train and ease into their new volunteer positions.***

VOLUNTEER ORIENTATION

If you are interested in joining our volunteer team, please sign up for an upcoming Adult Volunteer Orientation:

Please ensure you have a BC Care Card or BC Services Card with Personal Health Number. Meeting location: Seniors' Activity Centre. *SAC members are free, non-member seniors \$5, adults \$20.*

Adult Volunteer Orientation

Thu, Sep 13 **50202** 6 - 8 p.m.

Tue, Oct 16 **50203** 2:30 - 4:30 p.m.

Fri, Nov 23 **50204** 10 a.m. - 12 p.m.

After completing an orientation, make an appointment with Caroline at cbrandson@westvancouver.ca, or call 604-913-2703 to discuss the next steps to become a volunteer in the District.

Proof of your BC Medical coverage and the Criminal Record process will be discussed at this meeting (bring government-issued ID to the meeting).

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

WORKSHOPS FOR VOLUNTEERS

We will be offering two workshops this fall as a form of appreciation.

Please register if you are interested in learning more about these topics. Space will be limited. No cost for volunteers.

It's Not Right

This workshop will discuss the issue of abuse and older adults.

Wed, Sep 19 **51527** 1 - 3 p.m.

Grief & Loss

The death of a loved one changes our lives forever. This workshop will discuss the nature of grief and the healing process, including suggestions for helping people who are grieving.

Wed, Oct 10 **51528** 1 - 2:30 p.m.

VOLUNTEER WITH US!

No job is too small. We have a plethora of opportunities!

There is a dedicated team of regular volunteers, but we always need new people to get trained and to fill in. Permanent vacancies are always coming up and we would love to find the right fit for you to remain active, social and engaged with others in the community. ***If you are interested in volunteering, please contact Caroline or Bev.***

Some of the key areas we need volunteers are:

- » Cashier
- » Café Openers
- » Sandwich Makers
- » Lunch/Dinner Servers
- » Café Closers
- » Food Prep
- » Bartenders
- » Dishwasher Assistants
- » Coffee Bar Baristas / Cashiers
- » Drivers Class 4 & 5
- » Programs and Services

TRACKING VOLUNTEER HOURS

Do you know why we want your volunteer hours? The Centre could not operate without volunteers and we need to report on the number of volunteer hours.

With over 200 volunteer shifts a week, it is important to have an accurate representation of the number of hours required to run our programs and services.

No position is too small, but it needs to be captured so we have a true picture of what people are doing and how many hours it takes.

If you would like us to show you how to enter your hours or you would like us to do it for you, please contact Beverly or Caroline.

Written by Dave Patrick

SENIOR IN TRAINING



It was sort of a low-key, informal graduation party held at the Seniors' Activity Centre cafeteria at the end of June. The guest of honour was Eoin (pronounced Owen—his Dad is Irish) and he had that day graduated from Kindergarten. Eoin is 6 years old, and loves coming to our cafeteria.

It all began a little over a year ago. Eoin's grandma, Beth, is a volunteer at the Centre, and she and granddad Terry often bring Eoin and his big sister Niamh to dinner. The first thing Eoin did on their initial visit was to make friends with one of the cooks, Shirley (this is always a good idea)! When asked what he liked most about Shirley he replied "she brings me strawberry and rhubarb pie with ice-cream and chocolate milk". When asked if he had dinner before his dessert he said: "Granny makes me a sandwich before we leave home so she doesn't get into trouble with Mommy". Smart move, Beth!

Eoin decided then and there that he was going to be a full-fledged member of the Seniors' Activity Centre and requested a volunteer

badge. Within five minutes our ever-obliging office staff brought him a lanyard with his own official name tag. Our Eoin is quite the little charmer!

Chatting further with Eoin it turns out that when he gets older he wants to be a volunteer in the cafeteria kitchen, but only if he can work with Shirley. When asked why he liked coming to the centre, apart from the pie and ice cream, he replied "because older people like young people", and I believe he is right.

When not eating fruit pies and charming our cook, Eoin likes karate and playing soccer. He also says he loves heavy metal music, which was apparently news to his grandparents.

Kids say the darndest things!



All photo by: Peter Owens

Written by Valerie Coles

COME

FLY

WITH

ME



Are you, like many, a nervous flyer? It just might reassure you to spend an entertaining hour with the Flight Simulator Club which meets every other Friday in the Seniors' Activity Centre Learning Studio.

Under the guidance of leader Nigel Grant, members deftly learn to file a flight plan, taxi down runways and take off and land, with the same in-depth training as today's commercial pilots. The sheer detail of this authentic aviation training would be reassuring to even the most hesitant flyer.

The Club began back in 2002, when Nigel, a retired engineer and member of the Centre's computer club, had an 'AHA!' moment. What if he created a flight simulation club? One quick demo to members and

the idea took wing, still thriving today after sixteen years with up to twenty members.

A computer powerful enough to deliver a smooth experience is essential for duplicating flight and the Centre's computer provides Nigel's club with this ultimate performance. The software comes loaded with terrain details of many of the world's airports, displaying crisp, colourful graphics that exactly replicate the actual landing strip, airport and city. For example, if your flight takes you to Vancouver, while

... when we crash, we
simply walk away.



➤ *The Flight Simulator Club in action.*



you land at YVR and look around, you will see richly rendered details of the airport and the cityscape itself set against the North Shore mountains, exquisitely replicated and geographically accurate down to the height of a hill. Nigel's top-of-the-line software (gifts from various payware developers) lets members choose which of the world's airports to land in, all while enjoying an 'actual' flying experience at thirty-thousand feet. Best of all, it's all projected onto a ten-foot screen.

The virtual cockpit closely replicates a real one, with the same buttons, gauges, rudder pedals and yoke, as any contemporary aircraft, allowing club members to climb, bank, power up or down and land with precision and, most importantly, safety.

Flight simulation is not exclusively a hobby for retired pilots, but for anyone looking to enhance their virtual reality skills. The club membership has two genuine pilots, although about half of club members have a flight simulator at home, flying to favourite destinations whenever the mood strikes. One adventurous

member has even built an actual cockpit in his home to make flying all the more real.

Most flights are on a Cessna 172, the training software's default aircraft, but as Nigel explained, software runs the gamut from a huge Airbus to a simple glider. Nigel himself designed software for YVR as uploadable free-ware which won him a Developers Award in 2003. It has since been downloaded thousands of times by the international web of virtual flyers, but thanks to newer graphics today, it is now obsolete.

At the Friday meetings, each member gets a chance to sit in the captain's seat and pilot a flight. Meetings are usually followed by a convivial lunch in the SAC's cafeteria, catching up and swapping tall tales of high-risk landings. They have all 'flown' to countless cities and towns over the years and never once had to go through customs, airport security or purchase a single ticket.

As Captain 'Nigelo Grantski' adroitly puts it, "When we crash, we simply walk away".

55 PLUS? Get there by bus!



Coming September 2018!

Taking the bus can be intimidating if you're not used to it, but it shouldn't be! That's why we're launching a special campaign in September designed to equip you with practical information about:

- Getting on and off the bus
- Accessibility for walkers and wheelchairs
- How to pay: Compass Card and more
- Schedules, bus routes and maps
- Bus etiquette
- Where to ask questions and access additional transit info

Starting on September 8 pick up a **55 Plus? Get there by bus!** handout with key information related to getting around the North Shore by bus, and don't miss the bright information cling coming to a Seniors' Activity Centre window by mid-September.

A representative from TransLink will also be available to answer questions at the **North Shore Seniors' Health Expo** taking place at the Seniors' Activity Centre on **Saturday, September 8 from 10 a.m. – 4 p.m.**

Stop by for a chat, and pick up some SWAG!

Also don't miss the **Transportation Options and Resources for Seniors** session at the North Shore Seniors' Health Expo!

This session—led by Janette McIntosh, Seniors Transportation Hub Manager and Stephanie Williams, General Manager—Better Environmentally Sound Transportation (BEST)—will introduce you to various transportation options for the North Shore, including transit, community shuttles, volunteer ride programs, electric bikes, trikes and more, including resources to take home.

You will also learn about the work BEST has been doing in providing seniors' transportation resources and the multiagency collaborative **Seniors on the Move** project, including information on upcoming seniors transportation workshops.





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SENIORS' ACTIVITY CENTRE

55+

THE SAC NOW SELLS ICE CREAM!



Choose from the following delectable ice cream creations:

- MINI CUPS** (VANILLA BEAN)
- BLISS BAR** (HEDGEHOG)
- CALIPOPS** (LEMON & RASPBERRY)
- GELATO** (MINT)

MEMBER | \$2.80
NON-MEMBER | \$4



f /westvanrec
t /westvanrec

QUESTIONS
604-925-7280

westvancouverrec.ca

westvancouver.ca/seniors

westvancouver

We've got a world of knowledge to share!



ElderCollege, a volunteer-run not-for-profit society, offers affordable, intellectually stimulating, general interest courses in a broad range of topics. From guest speakers to discussion groups to outdoor pursuits, our courses emphasize learning for enjoyment. With locations across the North Shore, lifelong learners enjoy a diverse selection of classes in the Spring and Fall. Come learn with us!



Visit us online www.neldercollege.org or call for details 778.246.6737

KEEPING CONNECTED PROGRAMS



Program Coordinator

Joni Vajda
604-925-7211
jvajda@westvancouver.ca

Assistant Program Coordinator

Helen Murphy
hmurphy@westvancouver.ca



Assistant Program Coordinator

Judith Harrington
jharrington@westvancouver.ca

Did you know that according to leading psychologists, genetics play a very small part in human longevity? The most important factor in a long and fulfilling life is daily positive face-to-face interaction, which also results in a much lower rate of Dementia than among those who spend a lot of time alone. **Keeping Connected offers** many interesting and relevant programs each week for our seniors to choose from. **Our trained and caring staff** team will help overcome the barriers to participation. **We pick up people** in the neighbourhood and bring them to programs, and provide one-on-one volunteer support when needed. **We also provide** reminder calls about programs. *If you or someone you know struggles with a loss, or is isolated in their home, these programs could be a great fit, and a start to living a fuller, and more fulfilling life. Join us, and meet new friends, learn new skills, stay strong in your body and mind and have fun!*

IMPORTANT

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.

Age well and join these Keeping Connected programs:

- » Current Conversations Groups
4/week
- » Active Games for Men
- » Chair Exercises
focusing on functional mobility and balance
- » Men's Social Clubs /
Ladies Social Club
- » Mall Walking
one-on-one support
- » Caregiver Support Programs
- » Creative Expressions Activity Program
- » Keep on Moving
small group functional fitness for men; 4/week
- » Lunch and Learn
- » Musical Mondays
- » Music in the Living Room
- » West Vancouver: Then & Now
- » Discussion Group
- » Men's Walking Club
- » Stand Tall Exercise Class
- » Stepping Out Bus Trips
for lunch and for adventure
- » Dance for Parkinson's
- » Special Parties and Events

Building Connections Campaign

This community-driven fundraising effort supports our seniors' programs with transportation options through the Seniors' Shuttle Bus and the Keeping Connected programs. Thank you to everyone who has donated to the campaign in the past. *If you wish to donate, please see the SAC office staff.* Make a difference in your community by supporting our aging population to thrive and live independently for as long as possible.

Special Services Society

One person caring about another represents life's greatest value.

Allow our compassionate and knowledgeable team of volunteers help you and your dear one explore their options. It can be as simple as a cheery phone call every day, or a ride to a medical appointment. We can also suggest fun activities to expand your social life. Remember, it is important to have a twinkle in your wrinkle! *Contact Varick and her team at 604-925-7281 for details.*

Eye Deal

This is an informal support group for people with low vision. Meetings include guest speakers, discussion and sharing. Join Bill Conway and the Chief (Bill's guide dog) for an interesting and supportive session.

Mon Sep 17, Oct 15 10 - 11:30 a.m.
Drop in \$2.50

Keeping Connected: Nature In Vancouver

Four photo-music shows by Eric Hellman, who created the "Canada Show" seen at WVSC last year. Stunning local photography put to beautiful music, with pictures of English Bay sunsets, the Lions, Mt. Baker, great blue herons, seasonal flowers... even the full moon and a lunar eclipse as you've never seen them before. Come and share your experiences and love of nature as well!

Wed, Sep 26 12:30 - 2 p.m.
50993 \$5 Drop-in or Keeping
Connected Punch Card

Keeping Connected: Creative Expressions

Many scientific studies recommend creative expression activities for seniors with dementia and for those seniors wishing to prevent the onset of dementia. Our trained staff will be offering a person-centered approach to show how intellectual, cultural and physical activities can benefit seniors. Caregivers and family members are welcome.

Fri, Sep 14 - Dec 14 9:30 a.m. - 12 p.m.
46280 \$98

TRY ONE OF OUR MONTHLY PROGRAMS!

**Payment with Keeping Connected
Punch Card or \$5 drop-in**

Keeping Connected: West Vancouver Then & Now Many of our SAC members are the pioneers of West Vancouver.

Once a month we will gather together to enjoy a presentation and talk about the "olden days" in our beautiful city. We will reminisce and tell stories of times gone by and how the community has changed and developed over the years. *Everyone is welcome.*

Mon, Sep 10, Oct 15, Nov 12 1:30 - 3 p.m.
47806 \$5 Drop-in or Keeping
Connected Punch Card

Keeping Connected: Musical Mondays

**Join with friends for an afternoon
of conversation and music** in a coffee house setting here at the SAC. Each month we will enjoy a different performer. *Everyone is welcome.*

Mon, Sep 17, Oct 29, Nov 19 1:30 - 3 p.m.
47801 \$5 Drop-in or Keeping
Connected Punch Card



PUMPKINFEST 2018

**Sunday, September 30, from
10 a.m. - 3 p.m. at the West Van
Community Centre and Seniors'
Activity Centre.**

**Join us for an old fashioned,
harvest festival with family
friendly activities at our 8th
Annual PumpkinFest.**

Bring the whole family and visit the pumpkin patch, ride ponies, learn to milk a cow, ride a tractor and visit the petting farm, shop at the Artisan Market, listen to live music, enjoy local foods and a PumpkinFest tea. Enter your award-winning vegetables, fruits, home baking and crafts in the Home and Harvest competition. Don't miss the interactive LEGO® wonderland in the SAC! There's something for everyone including local police, fire and ambulance displays, family adventure zone, free swim, skate and gymnastics.



PumpkinFest is the signature fund-raising event of the West Vancouver Community Centres Society.

**Visit westvanpumpkinfest.ca
for more information.**

HOME & HARVEST COMPETITION 2018

Sponsored by Onni



Enter your award-winning fruits, vegetables, crafts, jams, flower arrangements, art work and home baking—prizes to be won!
Open to all ages!

Drop off entries on Saturday, Sep 29, from 8:30 a.m. to 10:30 a.m. in the Lily Lee Spirit Room, WVCC (new location). **Winners announced** on Sunday, Sep 30, 2:30 p.m. on the Great Lawn. All are welcome to submit entries.

**For more information, please email
pumpkinfest@westvancouver.ca.**

FITNESS PROGRAMS



**Program Coordinator
Group Exercise & Yoga**
Tiffany Moffatt
604-925-7231
tmoffatt@westvancouver.ca



**Program Coordinator
Personal Training and
Rehabilitation**
David Thomson
604-921-2169
dthomson@westvancouver.ca

WE OFFER PERSONAL TRAINING FOR SENIORS!



Please call David at 604-921-2169 for more information. 30-minute packages available.

FITNESS ACTIVITY LEVELS

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

2 MODERATE *Fair amount of cardio*
Possibility of using weights and bands above shoulder height. Incorporates floor exercises. Good mobility required.

3 STRENUOUS *High level of cardio*
Use of weights and bands above shoulder height. Incorporates floor exercises. Good mobility required.



1 - 2 Hearts in Motion
Improve health and decrease heart disease risk factors with exercise in this mild, fun and energetic early morning fitness class! Benefit from a moderate cardiovascular workout followed by standing muscular strengthening exercises, abdominals and stretch.

Mon, Sep 10 - Dec 10 7:30 - 8:30 a.m.
49599 \$38

Wed, Sep 5 - Dec 12 7:30 - 8:30 a.m.
49600 \$47

Fri, Sep 7 - Dec 14 7:30 - 8:30 a.m.
49601 \$47

1 Minds in Motion
Exercise your brain! This partnership program with the Alzheimer's Society of B.C. is a fitness and social program for people experiencing early stage memory loss. *Participants must attend with a family member, friend or caregiver.*

Fri, Sep 14 - Oct 26 1:15 - 3:15 p.m.
50458 \$42

1 Keep on Moving
This exercise class is designed for older men experiencing decreasing strength. Participants will work on strength and flexibility exercises as well as walking, standing and balancing.

Tue, Sep 4 - Dec 11 10 - 10:50 a.m.
46275 \$60

Tue, Sep 4 - Dec 11 11 - 11:50 a.m.
50227 \$60

Thu, Sep 6 - Dec 13 9 - 9:50 a.m.
46276 \$60

Thu, Sep 6 - Dec 13 10 - 10:50 a.m.
50228 \$60

1 Better Balance w/ Surefeet
Looking to improve your balance and mobility as a means of preventing falls? This class is for you! Improve confidence, increase postural competence and strengthen joints and muscles. **Assessment is required for new participants.**

Assessment 30-minute appointment
Wed, Sep 5
between 10:30 a.m. - 12:30 p.m.
47814 \$12

Level 1 - Mon, Wed
Sep 10 - Nov 14 11:45 a.m. - 12:40 p.m.
46265 \$220

Level 2 - Mon, Wed
Sep 10 - Nov 14 9:40 - 10:35 a.m.
46266 \$220

Sep 10 - Nov 14 10:45 - 11:40 a.m.
46267 \$220

Sep 10 - Nov 14 1:30 - 2:25 p.m.
46268 \$220

1 Stand Tall
Learn basic exercises that will help restore muscle balance and spinal alignment allowing you to straighten up and stand tall again!

Tue, Sep 11 - Dec 11 10:30 a.m. - 12 p.m.
46272 \$91

Thu, Sep 13 - Dec 13 10:30 a.m. - 12 p.m.
46051 \$91

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 13 - Dec 13 10 - 11:30 a.m.
50483 \$98

Easy Moves for Easy Aging

Join us for a class that encompasses functional fitness, brain games and, most 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 11 - Dec 11 2 - 4 p.m.
46273 \$98

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 4 - Dec 13 9 - 9:55 a.m.
49611 \$75

Zumba® Gold

Get moving with Zumba, a high-energy, dance fitness class that combines zesty Latin music like Salsa, Cha-Cha, 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, Sep 7 - Dec 14 3 - 4 p.m.
49632 \$135

Yoga at SAC!

This fall, we are offering various yoga classes! Yoga builds muscle strength, balance and flexibility and protects us from conditions such as arthritis and back pain as well as falls. Yoga is a total mind-body workout combining fitness gains like strength and flexibility with mindfulness and relaxation.

Yoga Chair

Tue, Sep 4 - Dec 11 11:45 a.m. - 1 p.m.
49623 \$72

Wed, Sep 5 - Dec 12 2 - 3:15 p.m.
49624 \$72

Thu Sep 6 - Dec 13 10:10 - 11:25 a.m.
49625 \$72

Hatha Yoga

Mon, Sep 10 - Dec 10 9:30 - 11 a.m.
49626 \$70

Mon, Sep 10 - Dec 10 4 - 5:30 p.m.
49627 \$70

Thu, Sep 6 - Dec 13 10:05 - 11:20 a.m.
49628 \$72

Yoga Movement

Tue, Sep 4 - Dec 11 10:15 - 11:30 a.m.
49629 \$87

Beginner Yoga

Thu, Sep 6 - Dec 13 5 - 6:15 p.m.
49621 \$72

Tue, Sep 4 - Dec 11 5 - 6:15 p.m.
49622 \$72

Pelvic Floor Workshop

Learn how to retrain the mind and core connection with the most current research on strengthening the pelvic floor and core muscles.

This workshop helps women suffering from stress urinary incontinence (SUI) and lower back pain. This workshop may be the first and sometimes the only step women need to take to end their SUI. Take home exercises included. *This class is suitable for women with Diastasis Recti.*

Sat, Sep 15 & 22 9 - 10:30 a.m.
49605 \$63

Sat, Nov 3 & 10 9 - 10:30 a.m.
49606 \$63

OUTDOOR ACTIVITIES



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 Jon jlait@westvancouver.ca.

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

Sports programs are volunteer-driven. If a program is full please sign up on the waitlist as we may open up more spaces if we have enough volunteer support.

Walking Club 2019 Registration

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

Mon
 Jan 7 - Dec 30 10 a.m. - 12 p.m.
48338 \$14

Ramblers

2019 Registration

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

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

Hikers

2019 Registration

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

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

Ski & Snowshoe

2018/2019 Annual Registration

Are you an experienced winter sport enthusiast? Join friends for cross country skiing or snowshoeing on the hills of Cypress Bowl's Nordic! Trails are patrolled for your safety, but come fully prepared as conditions may vary. Lead a group on your favourite trail and bring some seed for the Whiskey Jacks. Hop on the bus, and leave the driving to us as you relax with friends.

Wed, Fri
Dec 7 - Mar 29 9 a.m. - 1 p.m.
45478 \$14



Silver Wheels Cycling

2019 Registration

This Cycling Club rides year-round in two groups at an intermediate level. Ride routes vary by season and experience level ranging from 3-5 hours (with rest stops) at a pace range of 15-22 km/hr ("Scenic" group) or 19-28 km/hr ("Espresso" group). Rides are social and travel safely on roads, bike paths and gravel, and over bridges. *Route details are emailed out prior to ride. Helmets mandatory; lights, spare tube, pump, bell and mirror recommended.*

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

Turtles Cycling

2019 Registration

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

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

PERFORMANCES AND TRIPS

Prices for trips are listed at SAC members price. Non-members are also welcome to sign up but will pay a higher non-member price. Please see the Trips Board or your receipt for important trip information.

ACCESSIBILITY

-  Accessible to persons in wheelchairs*
-  Accessible to persons with scooters*
-  Accessible to persons with walkers*
-  Accessible to persons with cane
-  No limitation to hard of hearing. Assistive systems may be available.
-  Accessible to persons who are blind or visually impaired
-  Transport to the SAC w/ the SAC Shuttle Bus

*As space is limited on the bus, please notify John Lait if you plan to bring a wheelchair, walker or scooter.

 **Galiano Island w/ Joy Brown**

Visit Galiano, one of the most beautiful Gulf Islands. Enjoy an easy walk through Bluff Park overlooking Active Pass. Visit Galiano Inn to see a fabulous mural. Explore magnificent Montague Park. Visit a local artist. Lunch is served at the Hummingbird Inn. Enjoy Afternoon Tea in the village.

Thu, Sep 13 8 a.m. - 7:15 p.m.
47150 \$135

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

Join us for monthly trips to enjoy some amazing concerts in the breathtaking theatre in Vanier Park. This year's concerts are taking place on Wednesdays from 9 a.m. – 1 p.m. and your registration covers the cost of ticket and bus transportation. **For the full season, register by Sep 5, 50494, Seven shows for \$385.**

If you have your own ticket and wish to purchase bus only, register for the individual shows at \$15 each. Contact John Lait at 604-925-7230 if you wish to go to all seven shows (bus only \$105).

Shows are:

Sep 19	St Lawrence String Quartet
Oct 10	Alexandra Smither, Soprano
Nov 7	Calmus Ensemble
Dec 12	Pedja Muzijevic, Piano
Jan 16	London Haydn Quartet
Feb 13	Trio Celeste
Mar 13	Johannes Moser, Cello

Individual shows will be available if space permits at \$60 per show.

**Fraser Valley Wine
Tour w/ Enjoy Tours**

Enjoy Tours is pleased to present wine tours and tastings at three of the Lower Mainland's premiere wineries and vineyards including the renowned Domaine de Chaberton Winery, Neck of the Woods Winery and The Fort Wine Co. Dine overlooking the vineyard at the award-winning Domaine de Chaberton's Bacchus Bistro and spend afternoon free time in Fort Langley.

Fri, Sep 14 9:30 a.m. – 6 p.m.
50601 \$99

**Elements
Casino Surrey**

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

Tue, Sep 18 10 a.m. – 4 p.m.
47849 \$25

**Rockwater Resort
w/ Joy Brown**

Sorry, no walkers. 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 Roberts Creek visit a local artist, and explore the village of Gibsons.

Wed, Oct 3 8:50 a.m. – 6:45 p.m.
47151 Member \$120
Non-Member \$140

**Stanley Theatre: The
Curious Incident of the Dog**

15-year-old Christopher Boone has a unique perspective. He is incredibly talented at math, but never ventures beyond his street and strongly distrusts strangers. When his neighbour's dog is killed, Christopher challenges his own barriers to uncover the truth about the dog, his family, and himself. Peek inside his mind as this incomparable show tests the boundaries of imagination and physical space.

Wed, Oct 3 12 – 5 p.m.
50710 Bus Only \$15

*You must have your own ticket.
If you purchased the Stanley Series
we have your ticket.*

**Stanley Park
Tea House**

Join us for a 3-course meal at the famous Tea House at third beach in Stanley Park. See our events board for a copy of the exquisite menu. *Book before September 15 to avoid cancellation of the event.*

Thu, Oct 4 11 a.m. – 1:30 p.m.
51529 \$62

**Tea & Trumpets:
A British Serenade**

Vancouver Symphony Orchestra Concertmaster Nicholas Wright takes a solo turn with The Lark Ascending, in a concert that features the proud British classical music traditions of Elgar, Vaughan Williams, and Gustav Holst. Tea and cookies are served in the lobby one hour before each concert.

Thu, Oct 11 12:30 – 4:30 p.m.
48428 Bus Only \$15

**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.

Tue, Oct 16 9:15 a.m. – 3 p.m.
47850 \$20

**Manning Fall Foliage
Tour w/ Enjoy Tours**

Take a sightseeing tour to see splendid fall foliage between Hope and Manning Provincial Park located in the heart of the Cascade Mountains. Lunch will be provided at the Pinewood Restaurant.

Wed, Oct 24 7:30 a.m. – 5 p.m.
50602 \$99

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.

SEPTEMBER 1-2

Sat **CLOSED**
Sun **CLOSED**

SEPTEMBER 3-9

Mon **CLOSED**
Tue **Chicken a la Cordon** w/ Roasted Potatoes, Mixed Vegetables
Wed **Beef Sirloin Patty** w/ Sweet Onion Gravy, Mashed Potatoes, Vegetables
Thu **Spinach & Four Cheese Quiche** w/ Caesar Salad
Fri **Baked Fish on Ratatouille** w/ Rice, Side Salad
Sat **Fried Chicken Drumsticks** w/ Homemade Potato Salad, Sliced Tomatoes on a Bed of Lettuce
Sun **Brunch at Eleven**

SEPTEMBER 10-16

Mon **Teriyaki Chicken** w/ Rice, Vegetable Medley
Tue **Spanish-style Pork Chops** w/ Rice, Seasonal Vegetables
Wed **Spanakopitas** w/ Tzatziki, Roasted Potatoes, Marinated Tomato and Cucumber Salad
Thu **Mediterranean Turkey Chili** w/ Romaine Salad, Dinner Roll
Fri **Salmon Boats** w/ Lemon Butter White Wine Caper Sauce, Roasted Potatoes, Mixed Vegetables
Sat **Cheese Pizza** w/ Salad, Fruit Garnish
Sun **Brunch at Eleven**

SEPTEMBER 17-23

Mon **Salisbury Steak** w/ Mashed Potatoes, Mixed Vegetables
Tue **BBQ Chicken Leg** w/ Roasted Potatoes, Salad
Wed **Sweet & Sour Pork** w/ Rice, Steamed Broccoli
Thu **Asparagus & Cheese Quiche** w/ Potato Salad, Tomato Slices
Fri **Baked Cod** w/ Rustic Tomato Vegetable Sauce, Roast Potatoes, Vegetables
Sat **Chicken Strips** w/ Blue Cheese Dressing, Oven Fries, Coleslaw
Sun **Brunch at Eleven**

SEPTEMBER 24-30

Mon **Beef Meatloaf** w/ Roasted Leek Gravy, Mashed Potatoes, Peas & Carrots
Tue **Pork Goulash** w/ Parslied Potatoes, Seasonal Vegetables
Wed **Breaded Beef Liver** w/ Roasted Onions, Gravy, Mashed Potatoes, Vegetables
Thu **Tuscan Tuna Sandwich on Sourdough Bread** w/ Oven Fries, Fresh Fruit Garnish
Fri **Seafood Newburg** w/ Rice Pilaf, Mixed Vegetables
Sat **Swedish Meatballs** w/ Linguine, Duo of Beets Salad
Sun **Harvest Fest** – Menu TBA.

DINNERS

Tuesday, Sep 4
Ukrainian Dinner 
Cabbage Rolls w/ Pierogies, Sour Cream and Chives, Garlic Sausage, Salad

Thursday, Sep 6
Beef Bourguignon w/ Baked Potato with Sour Cream & Chives, Fresh Mixed Vegetables

Tuesday, Sep 11
Roast Turkey Roll with all the Trimmings

Thursday, Sep 13
Southern-style Pork Ribs w/ Baked Beans, Rice Pilaf, Sautéed Zucchini Peppers and Onions

Tuesday, Sep 18
Spaghetti and Homemade Meatballs w/ Mixed Greens, Garlic Bread

Thursday, Sep 20
Roast Stuffed Pork Loin w/ Gravy, Apple Sauce, Roasted Potatoes, Baked Squash & Green Beans

Tuesday, Sep 25
Pacific Wild Salmon w/ Hollandaise, Yukon Gold Mashed Potatoes, Medley of Fresh Vegetables

Thursday, Sep 27
Coq au Vin w/ Mashed Potatoes, Fresh Seasonal Vegetables

GARDEN SIDE CAFÉ

OCTOBER PREVIEW

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OCTOBER 1-7

- Mon** **Chicken** w/ Broccoli & Cheddar, Mashed Potatoes, Seasonal Vegetables
- Tue** **Swiss Burgers in Tomato Gravy** w/ Roasted Red Potatoes, Green Peas
- Wed** **Loaded Vegetarian Quiche (Peppers, Onion, Zucchini, Mushroom, Cheese)**
w/ Caesar Salad
- Thu** **Beef Dip au Jus** w/ Fries, Kale Slaw
- Fri** **Breaded Pollock** w/ Lemon, Garlic & Chives, Roasted Potatoes, Vegetables
- Sat** **Spaghetti & Meatballs** w/ Caesar Salad
- Sun** **Brunch at Eleven**

OCTOBER 8-14

- Mon** **CLOSED - Thanksgiving**
- Tue** **Beef Meatloaf** w/ Roasted Leek Gravy, Mashed Potatoes, Harvard Beets
- Wed** **Chicken Teriyaki, Rice, Stir Fry Vegetables**
- Thu** **Ham & Cheese Quiche** w/ Green Salad of Romaine, Cucumbers, Green Onion, Celery
- Fri** **Hot Caesar** w/ Prawn Brochette, Roasted Potatoes
- Sat** **Salmon Burger** w/ Oven Fries, Coleslaw
- Sun** **Brunch at Eleven**

OCTOBER 15-21

- Mon** **Harvest Turkey Stew** w/ Salad, Dinner Roll
- Tue** **Liver & Onion** w/ Gravy, Mashed Potatoes, Vegetables
- Wed** **Sweet & Sour Chicken** w/ Rice, Steamed Broccoli
- Thu** **Melty Monsieur (open face sandwich with Canadian Bacon, Tomatoes and Gruyere)** w/ Oven Fries, Fruit Garnish
- Fri** **Penne Carbonara** w/ Shrimp, Garlic Toast, Caesar Salad
- Sat** **Pulled Pork on a Bun** w/ Savory Potato Wedges, Sliced Tomatoes
- Sun** **Brunch at Eleven**

OCTOBER 22-28

- Mon** **Salisbury Steak** w/ Mashed Potatoes, Fresh Mixed Vegetables
- Tue** **BBQ Chicken Leg** w/ Rice Pilaf, Mexican Corn
- Wed** **Ginger Beef over Rice** w/ Stir Fry Vegetables
- Thu** **Vegetarian Lasagna** w/ Tossed Salad
- Fri** **Alaskan Pollock** w/ Chunky Tomato Sauce, Rice Pilaf, Green Beans
- Sat** **Chicken Schnitzel a la Cordon, Cranberry Sauce** w/ Mashed Potatoes, Mixed Vegetables
- Sun** **Brunch at Eleven**

OCTOBER 29-30

- Mon** **Pork Chops in Guinness Stout Gravy** w/ Roasted Leeks, Mashed Potatoes
- Tue** **Grilled Chicken Thighs on a Bed of Beans and Greens** w/ Rice Pilaf
- Wed** **Spinach & Four Cheese Quiche** w/ Caesar Salad and Garlic Croutons

DINNERS

Tuesday, Oct 2

Greek Platter w/ Chicken and Lamb Souvlaki, Tzatziki, Roast Potatoes, Ratatouille

Thursday, Oct 4

Madras Chicken Curry w/ Rice Pilaf, Fresh Mixed Vegetables

Tuesday, Oct 9

Honey Ham w/ Pineapple, Scalloped Potatoes, Brussel Sprouts & Carrots

Thursday, Oct 11

Beef Pot Roast w/ Gravy, Mashed Potatoes, Baked Squash, Dilled Carrots

Tuesday, Oct 16

Chicken Cacciatore w/ Pasta, Salad, Garlic Bread

Thursday, Oct 18

Roast Pork w/ Gravy, Mashed Potatoes, Roasted Root Vegetables

Tuesday, Oct 23

Lemon Pepper Sole Florentine w/ Rice Pilaf, Fresh Green Beans with Roasted Red Peppers

Thursday, Oct 25

Beef Stew w/ Mashed Potatoes, Baked Squash, Green Beans

Tuesday, Oct 30

Octoberfest Dinner 
Schnitzel & Bratwurst w/ German-style Potato Salad, Sauerkraut

North Shore Seniors' Health Expo



SEPTEMBER 8 | 10 A.M. - 4 P.M.

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



Join us for our third annual **North Shore Seniors' Health Expo** on **Saturday, September 8**, featuring exhibitors, innovative speakers and researchers focusing on **cognitive, physical, social, financial** and **nutritional** well-being.

westvancouver.ca/seniors

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“I’m busy so can’t always take Nana out.”



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