



21

MAR / APR

WEST VAN SENIORS

A West Vancouver Seniors' Activity Centre Publication

IN THIS SCENE

Find Hours of Operation on page 3

—
AGM (March 10) on page 9

—
Cover & Feature Article: Tales from The Trails on page 10

VISIT US ONLINE AT WESTVANCOUVER.CA/SENIORS

west vancouver



You've always been young at heart.

At PARC, we offer you a chance to recapture that sense of adventure and freedom you had in your youth. And as we enter a new vaccine phase, there's never been a better time to come out of isolation and enjoy independent and comfortable living filled with activities, friendships and inspiration. Why wait? Explore the joys of parcliving.ca.

Because there's more living to be done.

**CALL NOW.
Get 1-month
free rent.**

westerleigh
parc

604.922.9888 | info@westerleighparc.ca
725 22nd Street, West Vancouver

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 8:30 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.

SENIORS' HELPLINE : 604-925-7280

Monday – Sunday 8 a.m. – 4 p.m.

Please note the following closures:

Friday, April 2 (Good Friday)

Monday, April 5 (Easter Monday)

EDITORIAL

Editors Sabina Kasprzak, Michiko Araki

Advertising Sabina Kasprzak

Publisher District of West Vancouver

Design & Production

ecstatic design + communication

Print Still Creek Press

Cover Photo By Peter Owens

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.

DONATIONS

Receipts will be issued for donations of \$25 or more.

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!

WELCOME TO THE SCENE

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

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 for the remainder of the program.*

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.*

SHUTTLE BUS

The Seniors' Shuttle Bus Service offers an opportunity for seniors to easily access the Seniors' Activity Centre and local businesses including financial institutions, grocery stores, and doctors' offices. **The shuttle service is available by donation every Tuesday and Thursday from 9 a.m. to 3:30 p.m.**

Service has expanded to two days per week with a new stop added at Klahanie Court (off of Capilano Road). Call 604-925-7280 to reserve a spot. Due to COVID-19 restrictions, only five passengers are permitted on the shuttle at one time. Masks are required. **To download the Shuttle Bus brochure with schedule, visit westvancouver.ca/seniors.**



Brian Hann
Chair

MESSAGE FROM THE ADVISORY BOARD CHAIR

At the Annual General meeting of the Advisory Board which is held on March 10 we welcome Sheilah Grant as the incoming Chair and thank Jain Verner, who served as Chair and Past Chair, for years of service to the Centre. We welcome Melanie Hess and Sheila Lamb to the Board, both of whom have served as volunteers on various committees.

Being a member of the Seniors' Activity Centre is to participate in the wide selection of programs and events (when the current medical situation is resolved), enjoy the companionship of others, and have a feeling of community. Every member has life experience and skills and the Centre continues to need volunteers who will offer their knowledge and support by joining a committee.

Experiencing a positive achievement generates a feeling of satisfaction, encouragement, and confidence. Many of our members participated in the very successful "Feed the Need" fundraising campaign which exceeded all expectations and will permit the food security program for vulnerable seniors in our community to be maintained into 2022.

The growth of membership, new programs, and enhancements has created the need for larger premises. A building committee has been established to plan an expansion to the existing premises and an article will be forthcoming shortly along with an opportunity for members to offer their thoughts.

Stay Safe.

— **Brian Hann**



Jill Lawlor
Community Recreation Manager

MESSAGE FROM COMMUNITY RECREATION MANAGER & THE RECREATION SUPERVISOR

We continue to modify services and programs based on information and direction from our Provincial Health Officer, and we look forward to offering more programs and services in the near future. In the interim we have some key virtual events such as our second virtual Annual General Meeting on March 10! Our Fit Fellas group has also been moved to virtual classes—who said you can't teach a handsome dog new tricks!

The Seniors' Activity Centre continues to thrive because of the amazing volunteers who work tirelessly on the floor, behind the scenes, and on the phones. We thank each and every one of our 971 volunteers who put their heart into our Seniors' Activity Centre. We are excited to celebrate everyone's achievement during our Annual Volunteer Long Service awards coming up on April 22.

Thank you to all of our members, volunteers, and staff for your support, patience, and smiles! We look forward to seeing more of everyone this Spring!

Welcome Back!

— **Jill & Davida**



Davida Witala
Recreation Supervisor

OUR PROGRAM COODINATORS



VOLUNTEERS

Sylvia Lung
Volunteer Program Coordinator

604-925-7288
slung@westvancouver.ca



FITNESS PROGRAMS

Eric Bagnall
Program Coordinator Personal Training & Weightrooms

604-921-2903
ebagnall@westvancouver.ca



IN-/OUTDOOR PROGRAMS & TRANSPORTATION

Caroline Brandson
Program & Transportation Coordinator

604-925-7230
cbrandson@westvancouver.ca



FITNESS PROGRAMS

Sadie Harvey
Program Coordinator, Group Exercise & Yoga

604-921-2114
sharvey@westvancouver.ca



SUPPORT SERVICES

John Lait
Seniors Support Services Program Coordinator

604-925-7287
jlait@westvancouver.ca



FITNESS PROGRAMS

Dave Thomson
Program Coordinator, Rehabilitation

604-921-2169
dthomson@westvancouver.ca



OUTREACH PROGRAMS & SPECIAL SERVICES

Helen Murphy
Outreach Program Coordinator

604-925-7211
hmurphy@westvancouver.ca



FOOD SERVICES

Lou Novosad
Food Service Program Coordinator

604 925-7122
lnovosad@westvancouver.ca



VOLUNTEERS

To reach someone in our department, call 604-925-7288 or text 604-202-8694.

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 the online Adult Volunteer Orientation.



If you have any questions, please contact Sylvia (slung@westvancouver.ca, 604-925-7288). To sign up for the online volunteer orientation visit activewestvanrec.ca or call 604-925-7280. After you register for the course, you will receive (within a week) a link to the 30-minute informational video with ten questions to answer at the end. Once completed, we will send you a welcome email with more information regarding next steps to becoming a volunteer, including further training, a virtual meeting, and a Police Information Check.

National Volunteer Appreciation Week: The Value of One, The Power of Many

April 18 - 24

Look out for information about the online celebrations to recognize our wonderful volunteers.

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 the pandemic. We would not be able to provide the amazing services that we currently offer to our community without your help. As we continue to safely open programs in the spring, there will be more opportunities to volunteer. *If you have any questions about upcoming opportunities, or if you are interested in volunteering, contact Sylvia at slung@westvancouver.ca. The Centre 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, please call the Volunteer Services 604-202-8694 or call the Centre during office hours (604-925-7280).*

Some of the key areas we need volunteers for are:

- » Volunteers with Class 4 license
- » Drivers who are willing to drive seniors to appointments
- » Volunteers willing to lead hiking and cycling programs

To be eligible for the driving positions, you must go through the volunteer orientation process, obtain a Police Information Check, and a driver's abstract from ICBC.

Long Term Service Awards & Presentation of the Wall of Acclaim

Thursday, April 22

Look out for information about the online (or if we are able in-person) *Long Term Service Awards & Presentation* for our wonderful volunteers hitting the milestone of 5, 10, 15, 20, 25, or 30 years of service.

GARDEN SIDE CAFÉ



Take-out & Delivery Food Service

When coming to purchase food, please enter from the South East entrance. An indoor waiting space with chairs has been 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. (No deliveries on Sundays). Refer to the special take-out menu posted on westvancouver.ca/ seniors before you place your order.

Menus are updated daily.

PEN PALS

Are you interested in writing to a pen pal? Our West Vancouver youth are looking to connect with seniors by writing letters. If you are interested, contact Sylvia at 604-925-7288.

Thank you to Thrifty Foods and Rosa Floral Design for the Flowers!

During the Christmas holidays Thrifty Foods in Edgemont (North Vancouver) and Rosa Floral Design (North Vancouver) donated flowers to the Seniors' Activity Centre, making it possible for Judy, a Seniors' Activity Centre volunteer, to create fabulous bouquets to brighten spirits during the Christmas season. **A warm thank-you for your generous flower donations!**

National Volunteer Week

APRIL 18-24, 2021

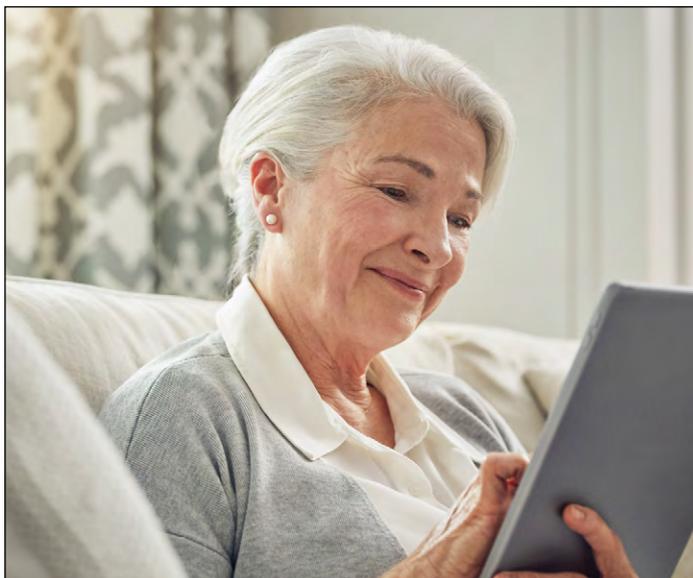


This year, during National Volunteer Week, we celebrate the generosity, compassion, and selfless contributions of all of our amazing volunteers who have once again stepped up and exceeded all expectations during unprecedented times.

You are a bright light in our community. Thank you!

westvancouver.ca/volunteers

westvancouver



DISCOVER EXTRAORDINARY

At Amica Senior Lifestyles, you'll enjoy premium amenities, your choice of engaging activities, and delicious meals prepared by Red Seal Chefs. Our professional staff will support your every need, even as those needs change, and ensure your safety and well-being are always a top priority.

AMICA

SENIOR LIFESTYLES

AMICA EDMONTON VILLAGE

AMICA LIONS GATE

AMICA WEST VANCOUVER • AMICA.CA





Langara Rec
Wellness Week

LANGARA COLLEGE

WELLNESS

WEEK

Langara College Recreation students are proud to present Wellness Week just for members of the Seniors' Activity Centre! Join these five delightful practicum students for a session each day!

Lunch online w/ Langara Rec!

Come join some of Langara recreation's finest students during lunch time! Ask us questions, swap stories, and of course eat lunch!

Join Zoom Meeting: <https://langara.zoom.us/j/65396849918?pwd=RzgzT2xtNVVwVndWeUpjL2VGUDBoZz09>

Meeting ID: 653 9684 9918

Passcode: 315041

Tue, Mar 2 12:30 - 1:30 p.m.

First Nation Cultural Arts

Join Nick George sharing Tsleil-Waututh Nation traditional history and songs.

Join Zoom Meeting: <https://langara.zoom.us/j/66587715256?pwd=TDYvUTd2WXZQVXFVRG9Wc1ZjaWJyQT09>

Meeting ID: 665 8771 5256

Passcode: 449053

Thu, Mar 4 12 - 1 p.m.

Physical Fitness & Event Intro

Join Carla Gobin in a fun and interactive fitness routine to get your body moving with a low intensity workout. No equipment required.

Join Zoom Meeting: <https://langara.zoom.us/j/67446848983?pwd=aG1Xc1RUSXQ2YXpuYXg0RUR6SDUyQT09>

Meeting ID: 674 4684 8983

Passcode: 948227

Mon, Mar 1 8:30 - 9:15 a.m.

Sing-a-palooza

Join us in welcoming some musical guest performers and wrap it all up with a group sing-a-long!

Join Zoom Meeting: <https://langara.zoom.us/j/61995443383?pwd=aZ2ZTGhCMUxZjZk3emlYTUtWR2NrUT09>

Meeting ID: 619 9544 3383

Passcode: 742079

Wed, Mar 3 4 - 4:45 p.m.

Pranayama (guided breath work)

Join Sophia Nguyen and learn this ancient practice of controlling your breath, helping you to connect with your body and mind.

Join Zoom Meeting: <https://langara.zoom.us/j/64606319516?pwd=ODkwTVNjUzBjSTErVDFTOVBqRFdQdz09>

Meeting ID: 646 0631 9516

Passcode: 023788

Fri, Mar 5 12:30 - 1:15 p.m.



GOOD TO KNOW

Did you know about the harms of anticoagulant rodenticides?

Anticoagulant rodenticides (a form of poison causing internal bleeding) have been used to manage rodent problems for years, but they have been proven to cause severe damage to the environment, pets, and other wildlife due to the effects of primary and secondary poisoning.

Learn more about alternatives: westvancouver.ca/rodents.

While the District does not have the authority to regulate the use of rodenticides on private properties, all residents and businesses are encouraged to choose alternatives to rodenticides.

MEET OUR NEW SENIORS' ACTIVITY CENTRE ADVISORY BOARD MEMBERS!



Melanie Hess

I am passionate about seniors and helping them live their best possible lives. In my career, I have been fortunate to work as a senior policy analyst in the federal government with a focus on seniors and aging policy. I led the development of the Canadian Retirement Income Calculator, the implementation of Canada's National Seniors Day and the National Seniors Council, which I also managed. Prior to this, I worked as a grief counsellor. I have a Bachelor of Arts Degree in psychology, a Bachelor of Arts and Master's Degree in social work.

After relocating to West Vancouver in 2016, I discovered the Seniors' Activity Centre. I knew it would become a significant part of my life. I have volunteered in various capacities: front desk, coffee bar, gift shop, food handling, the Seniors' Health Expo and Flea Market. I also prepared and delivered a lecture on grief and loss for volunteers. I currently sit on the Program, Volunteer, and Outreach Executive Committees.

This is a challenging and exciting time as SAC takes on the pandemic's impact while maintaining its core mandate. I am honoured to be on the Board and am ready to get started!



Sheila Lamb

I immigrated with my husband and daughters from South Africa in 1973. We settled in North Vancouver where my daughters were raised. We have resided in West Vancouver for the last 17 years.

I retired from Vancouver Coastal Health (VCH) in 2008 after 35 years as a registered nurse (BSN, MSN) in a variety of roles within the organization.

I have been an active volunteer with VCH, Community Engagement Advisory Network (CEAN) since retirement.

Both our daughters and their families live in Vancouver and I enjoy spending as much time with them as possible. Since my retirement I have participated in and thoroughly enjoyed a variety of activities provided by the West Vancouver Seniors' Activity Centre.

Seniors' Activity Centre Advisory Board

VIRTUAL ANNUAL GENERAL MEETING

Wednesday, March 10 at 1 p.m.

Join us virtually for our Annual General Meeting (AGM) by following this link:

<https://bit.ly/2Y3ujKI>

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.

Featuring BC Seniors' Advocate Isobel Mackenzie as Keynote Speaker



The Office of the Seniors' Advocate monitors and analyzes seniors services and issues in B.C., and makes recommendations to government and service providers to address systemic issues.



TALES FROM THE TRAILS

Written by Valerie Coles

Can you feel it? That soft breeze cooling your face as you walk through a silent forest? Research tells us that 'forest bathing' provides powerful benefits far beyond the physical. In fact, walking in wilderness is so good for our health, especially at this moment, that doctors have begun prescribing it as a wellbeing "medicine".

Having fun outdoors is one of the specialties at the West Vancouver Seniors' Activity Centre, and we need them more than ever right now. We've assembled a list of our finest clubs and groups to get you outside and loving it, always safely guided by one of our expert team leaders.

If you're looking for a boost — and who isn't after a year of lockdown — you'll be happy to learn that hiking plays a starring role on the Centre's outdoor roster, from fearless Advanced groups to the more gentle Explorers, so you can take your pick, matching your mood and skill level to exactly the right group.

It was just before lockdown last year that the Centre launched **The Explorers**, unique because it's specifically designed to "meet people where they are at", which works so perfectly for this moment. Few of us are at our best after a year of lockdown, and even our hardcore hikers have missed the camaraderie that only a fellow hiker can offer. If you love to walk, you'll love not only this group, but its popular leader, Randy L'Heureux, a retired paramedic and dedicated hiker.

Randy's secret is that he's an expert at the almost impossible task of designing hikes to fit almost everyone — no small feat. Many members have

remained fit and fast, having never stopped exploring our beautiful trails. But alas, many of us have remained diligently at home, welcoming the safety but losing our fitness, day after lockdown day. Randy's hikes are perfect for both groups. *Explorer* hikes are just three hours, not a full day like many, and the Centre's shuttle bus makes getting there effortless.



Pre-COVID-19 archive photo.

There is a love of wild nature in everybody.

— John Muir

Alan Procter is one man who can't wait for the relaunch of *The Explorers*. Alan signed up when *The Explorers* launched early in 2020, and was on the initial hike through the hidden trails of Stanley Park. The shuttle bus whisked the group to the centre of the park and dropped them off near Beaver Lake.

"I marvelled at the old-growth trees and stumps that have survived. You can still see the old notches where the tree fallers inserted planks to stand on while they whipped their saws. And when I stop and listen, there are always songbirds."

Once we're all back in action, you're invited to give *The Explorers* a try — or one of the many other popular hiking groups available at the Centre.



The Ramblers are one dedicated group that's never stopped hiking, meeting at the trail head for 8 to 10 kilometres every Monday, rain or shine. On the last Monday of the month, the *Ramblers* hop aboard the shuttle bus to their chosen hiking spot. The *Ramblers* are a popular group and participants often comment on how well organized this group is. That could be what keeps everyone in *The Ramblers* coming back year after year.

Tuesday Hikers are another enthusiastic group of unstoppable hikers and their great physical shape is testament to that. Tuesday hikes are four to five hours long covering up to fourteen kilometre trails, and once a month the group takes the shuttle bus to a new wilderness spot, so it's easy to see why Tuesday hikers stay in such great shape.

Also for the fit, the **Thursday Hikers** are in action throughout the year. Hikes are between six and nine hours in length, covering up to twenty-five kilometres. The *Thursday Hikers* go to some amazing locations for their hikes and they're strictly designed for top-notch hikers.

Sometimes when you lose your way, you find yourself. — Mandy Hale

For members who prefer less stress on their joints, cycling is another terrific way to get us back to pre-pandemic fitness. The Centre offers rides for every level — strong for the advanced to more gentle for the rusty.

For a more relaxed approach, **The Turtles** are an ideal group. Composed mainly of people in their seventies and eighties, *The Turtles* offer a less demanding and more social (short-hand for fun) approach to cycling. Living up to their name, *The Turtles* usually travel a little below eighteen kilometres an hour.

It is the unknown around the corner that turns my wheels.

— Heinz Stucke

The **Silver Wheels Cycling Club** is dedicated to fun and safe cycling and features two groups, the *Scenic Group*, averaging nineteen kilometres per hour and the *Expresso Group*, riding at a pace up to 29 kilometres per hour. *Silver Wheels'* routes vary by season and experience level, and normally last between three and five hours.

Easy Riders, another social group, schedules rides from April to the end of October. Rides normally range between thirty and forty kilometres and ride details, including location



Winter is not a season;
it's a celebration.

— Anamika Mishra

and what to pack, are emailed out the weekend before. *Easy Riders* always welcome new riders.

Norwest is a group of experienced and fit cyclists who ride year round every Wednesday and Friday. Famous at the Centre for their amazing Christmas parties, *Norwest* cyclists must be able to maintain a pace of twenty-two kilometres per hour or faster and be comfortable riding in traffic and over bridges.

Coast Riders just started in 2020 and is dedicated to exploring safe cycling while keeping fit. They ride on Wednesday mornings April to October with optional winter rides. E-bikes are welcome.

If golf is your game, you're in luck. The Seniors' Activity Centre has a swinging gang of golfers called the **Par 3 Pitch & Putt**, patiently practicing their post-pandemic putts while they wait for Ambleside's Par 3 opening in April. In May, Mondays mean bus trips to various courses around the Lower Mainland. Bonus: a year-end tournament and party with fun prizes.

Our North Shore mountains are a mecca for snow sports and the Centre's outdoor enthusiasts definitely take advantage of our proximity. Every Wednesday and Friday, as long as the snow holds, our avid **cross-country skiers & snowshoers** hop on the shuttle bus and hit the slopes of

Cypress Mountain's Hollyburn Nordic Area. This friendly group always welcomes new members.

The pandemic is hopefully on its last legs and ours are itching to get moving again. The Seniors' Activity Centre continues to bring out the best in all of us with these welcoming outdoor groups, each one carefully designed to keep us healthy, happy and safely outdoors. This is your engraved invitation to throw off any lingering pandemic paralysis and join us.

The SAC is hoping to add more walking and hiking groups to our repertoire of outdoor activities, so if you have some ideas, please contact our Outdoor Coordinator, Caroline Brandson (cbrandson@westvancouver.ca). She'd love to hear your ideas.

Speed has never killed anyone. Suddenly becoming stationary, that's what gets you. — Jeremy Clarkson

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

nextphase:
Moving & Downsizing

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

SACS ON 21ST

Our little shop had a busy and successful holiday season, followed by a well-received "Red Dot" (half priced) sale and it's now back to business as usual.



We welcome your gently-used home decor items such as glass-ware, jewellery, art work, china and small furniture which can be dropped off at:

- » **Front door entrance**
10 a.m. - 4 p.m.
Monday through Saturday
- » **At the shop**
10 a.m. - 2 p.m.
Monday through Saturday

Good news! SACS on 21st can now be accessed via the north main entrance. This will be so much more convenient as it is near the main parking lot and will eliminate the long walk around the building. Upon arriving at the north entrance please check in at the front desk to identify where you are going, wear a mask, and use hand sanitizer. The south entrance will continue to be open.

Our thanks go out once again to all of our generous donors, customers, and volunteers who make SACS such a popular spot to buy that special item and support our wonderful West Vancouver Seniors' Activity Centre.

REGISTERED PROGRAMS

For refund policy see page 3 of *The Scene*. For a complete list of programs, visit westvancouverrec.ca.

VISUAL ARTS

Painting Studio

Enjoy an extra day to paint, work on art projects, and exchange ideas with fellow-painters! Studio time is for self-directed projects.

Tue, Mar 30 - Apr 27	\$17.50
88814	9 a.m.
88815	1 p.m.
Wed, Mar 31 - Apr 28	9 a.m.
88816	\$17.50
Fri, Apr 9 - 30	1 p.m.
88820	\$15



Painting Studio w/ James

Paint for fun and create appealing paintings using acrylics, oils, or watercolours. Bring your own materials and any images you would like to paint. *Not suitable for beginners.*

Thu, Apr 1 - 29	9 a.m. - 12 p.m.
88817	\$22.50

Painting Studio for Oils

This class is designed specifically for participants painting with oils. You will need to use odourless paint thinner and odourless oil paint in the class.

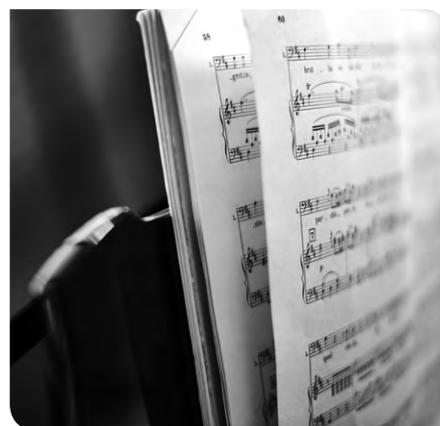
Thu, Apr 1 - 29	1 - 4 p.m.
88818	\$17.50

Photo Club (Virtual)

Come curious and leave inspired by the stunning images shared by guest presenters and participants! No formal instruction. Club meeting virtually. Leader: Peter O.

Thu, Jan 7 - Mar 25	1 - 2 p.m.
83613	\$27

MUSIC



Choir (Virtual)

The West Vancouver Heritage Choir is alive and well, and hoping you'll join us for a revitalizing new session. Our virtual get-togethers will include new songs, guest speakers, a dash of musical know-how and appreciation, and (of course) socializing!

Join us along with our conductor, Nicole Thomas Zyczynski, for some re-energizing musical fun!

Tue, Feb 9 - Mar 23	1:30 - 3 p.m.
83622	\$63

Tue, Mar 30 - Apr 27	1:30 - 3 p.m.
88798	\$45

Dundarave Players

The players are taking a pause - check with cbrandson@westancouver.ca for more details.

SACS on 21st

Your favourite little shop inside the Seniors' Activity Centre is open Mon - Sat from 10 a.m. to 2 p.m.

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

Jazz Jam

Drop in for some low-key individual improvisations to jazz tunes and have fun playing jazz standards! You must be competent playing a jazz musical instrument and have some familiarity with jazz concepts. Our purpose is to have fun making music! *No instructor.*

Saturdays	10 a.m.	
Mar 6		87967
Mar 13		87968
Mar 20		87969
Mar 27		87970
Apr 3		88799
Apr 10		88800
Apr 17		88801
Apr 24		88802

**Recorders**

Have fun while practicing your talents with others! Players must have some experience. *Leader: Steve R.*

Intermediate

Tue, Mar 30 - Apr 29 10:30 a.m. - 12 p.m.
88804 \$12.50

Advanced

Thu, Mar 25 - Apr 29 10:30 a.m. - 12 p.m.
88803 \$15

Watch Batteries

Have your watch batteries changed on the fourth Monday of the month! 15-minute appointments available between 9 - 11:30 a.m.

Call or visit activewestvanrec.ca to book your appointment.

LANGUAGES**Spanish Conversation**

Practice your language skills and enhance your vocabulary by speaking with like-minded new friends! Join us for a class designed for fluent Spanish speakers who are seeking an opportunity to practice and converse with others. No instructor.

Fri, Apr 9 - 30 10 a.m. - 12 p.m.
88805 \$10

WOODWORK

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

Woodwork Level 3 Advance

Mon	9 a.m. - 12 p.m., 1 - 4 p.m.
Tue	9 a.m. - 12 p.m.
Wed	9 a.m. - 12 p.m., 1 - 4 p.m.

Woodworking for Women

Tue	1 - 4 p.m.
-----	------------

Woodcarving Advance

Thu	9 a.m. - 12 p.m., 1 - 4 p.m.
-----	------------------------------

WELLNESS**Mindfulness Meditation**

Handling pandemic anxiety requires coping strategies. In these tumultuous times it is easy to feel overwhelmed with worries and fears. Learn how Mindfulness Meditation and different breathing techniques can help alleviate feelings of loneliness, isolation, depression, and anxiety. Gain confidence and hope, and experience how to de-stress in any given moment of your day.

Thu, Apr 1 - 29 2 - 3 p.m.
88807 \$12.50

LEARNING**Theologian's Café (Virtual)****March's Discussion****Native Spirituality**

Many of us have seen the dances and heard the chanting, but what does native spirituality really consist of today? What about current efforts to reconcile native beliefs with Christianity? Should this even be tried? *Moderator: John Slattery.*

Thu, Mar 18 1 - 3 p.m.
88070 \$2.50

Theologian's Café (Virtual)**April's Discussion****An Easter Question: Who was Jesus?**

Was Jesus the Messiah? Was he a prophet? Was he a teacher? Was he a revolutionary? One or another of these views can be found in various religious traditions and in today's secular society. So what do you believe about Jesus?

Moderator: John Slattery.

Thu, Apr 15 1 - 3 p.m.
88808 \$2.50

Creative Writing w/ Richard

Margaret Atwood doesn't attend so masterpieces aren't expected. We write and give feedback, and thus learn from each other. Our project is to write with verve, clarity, and grace in stories that engage and delight. Join us as you work on a larger project (a novel or memoir) or to get in touch with your muse week-to-week. *Instructor: Richard Boyer.*

Thu, Apr 1 - 29 1:30 - 3:45 p.m.
88809 \$63.75

Writers Circle

Share stories, poems, and memoirs in a casual and encouraging atmosphere.

Mon, April 12 - 26 1 - 3 p.m.
88810 \$7.50

COMPUTER TECHNOLOGY



Flight Simulation

Join other aeronautical enthusiasts who meet bimonthly on the second and fourth Friday of the month.

Fridays 12:15 p.m.
 Mar 12 **88079**
 Mar 26 **88081**
 Apr 9 **88811**
 Apr 23 **88812**

SPORT

Table Tennis

We play for fun—come enjoy an exciting, fast-paced game with us! Pre-register for your timeslot, bring your own paddle. Singles play only at this time. Cash not accepted at the front desk, we encourage you to call in or register online and pay in advance. *Entrance to the Lilly Lee Spirit Room is found near the fountain on the south side of the building.*

Fridays 1:30 p.m., 3:45 p.m.
 \$2



Badminton

Singles play, no rotation. Bring your racquet and join a fun game with other seniors! Register over the phone or online to reserve your spot. Please wear clean indoor shoes and bring your own racket. Enter the gym from the east doors near the parking lot off 21st (where the ramp goes behind the gymnastics studio).

Thursdays 10:30 a.m., 1 p.m.
 \$3

Billiards

This beautiful room with first class equipment is available for pick-up games. Reserve your table in advance, only one booking can be made at a time. Cost is \$2 per player for 1.5 hours of play. Only 2 players per table and tables 1 & 4 only are the only ones in use at this time. Tables 2 & 3 are not available (unless 4 is not being used). *Players must bring their own cue stick and enter/exit from the exterior door. Call or register online to book your spot.*

Tue/Wed/Thu 8:30 a.m., 10:30 a.m.,
 12:30 p.m., 2:30 p.m.
 \$2/game

OUTDOOR ACTIVITIES

An Assumption of Risk is required before participating in outdoor sports.

If you are new or would like more information on one of our outdoor activity programs, please email cbrandon@westvancouver.ca or call 604-925-7230.

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

NEW Discover the Trails on the North Shore

Join our leader, meet at the trailhead, and explore local trails! Hikes will be approximately 2-3 hours, and will involve a good pace and hilly sections. *Trail shoes with good tread required.*

Thu, Feb 11 - Mar 11 9 a.m. - 12 p.m.
88391 \$12.50

NEW Urban Walking & Fitness

Coming soon! Morning walk for about 1.5-2 hours. Explore local routes in small numbers while incorporating fitness. Trips depart from the SAC.

Keep an eye out for Saturday Hiking coming soon!

Explorers Will be returning in April

Do you love walking? Are you looking to stay social and active? Join us when you a shared the love of the outdoors! This exciting new walking program utilizes our bus and is led by one of our leaders! The bus picks participants up and takes them to a local trail. *Contact Caroline or Helen with any questions.*

Mon 9 a.m. - 12 p.m.



Hikers (Tuesday)

Are you active and in good physical shape? Hike on Tuesdays throughout the year! Tuesday hikes are 4-5 hours in duration and 8-14 km in distance. 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 9 a.m. - 2 p.m.
83527 \$15

Hikers (Advanced)

Hike with advance group on Thursdays throughout the year! Thursday Hikes (year-round) are 6-9 hrs, 12-25 km. Hikes are posted on rec schedules and list the elevation gain and details of the hike.

Thu 7:30 a.m. - 4 p.m. approx.
83535 \$15

Ramblers 2021 Annual Registration

Hike an average of 8-10 km every Monday regardless of the weather. If you are new, contact the leader or Caroline before your first hike. Bus trips on the last Monday of the month.

Mon, Jan 4 - Dec 27 10 a.m. - 3 p.m.
83541 \$15

Coast Riders

Coast Riders explore safe group cycling while enjoying the beautiful North Shore and Greater Vancouver sights on regular Wednesday mornings rides April - October and optional winter rides (weather dependent). Rides are generally 35-40 km with speed 14-16 km/hr and last 3-4 hrs with a coffee break.

Wed 9 a.m. - 12:30 p.m.
83543 \$15

Par 3 Pitch & Putt Golf

2021 Annual Registration

Program starts in April at Ambleside Par 3 golf course. The group meets on Mondays and Thursdays. Starting in May, Mondays include bus trips to various Lower Mainland courses. When Monday is a holiday, the group only golfs on Thursday that week. *Please pay separately for each individual bus trip. New members welcome. Bus and golf schedules available at westvancouverrec.ca/recschedules.*

Mon/Thu
 Apr 1 - Sep 30 8:45 a.m. - 12 p.m.
88813 \$15



Easy Riders 2021 Annual Registration

Stay fit, have fun, and ride safely. We schedule rides from April to the end of October. Off season we meet for coffee; when weather permits there may be a ride. Rides range from 30-40 km at an average pace of 15-18 km/hr.

Tue 10:15 a.m. - 2:15 p.m.
82986 \$15

Norwest Cycle

2021 Annual Registration

This group of experienced, fit cyclists rides year-round on Wednesday and Friday. Rides average 50-80 km. Riders must be able to maintain a pace of 22 km/hr or faster and be comfortable riding in traffic and over bridges. Rides start at 9 a.m. (Apr 1 - Oct 31), and 10 a.m. (Nov 1 - Mar 31). *This group is currently at maximum registration.*

Wed, Fri 9 a.m. - 1 p.m.
75296 \$30

Silver Wheels Cycling

2021 Annual Registration

This club rides year-round in two groups at an intermediate skill level. Ride routes vary by season and experience level ranging from 3-5 hrs (with coffee stops) averaging 17-19 km/hr at a pace of up to 25 km/hr (Scenic group) and averaging 19-22 km/hr at a pace of up to 30 km/hr (Espresso group).

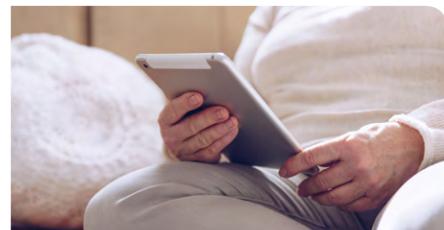
Mon, Thu 9 a.m. - 1 p.m.
75297 \$30

Turtles

2021 Annual Registration

The Turtles is composed of people in their 70s/80s who enjoy a relaxing social ride. We ride Tuesday and Thursday mornings and almost all our rides are in Metro Vancouver and the North Shore. They usually have a short (15-25 km) and a long (35-50 km) riding option. We ride at between 16-18 km/hr. and we welcome new members.

Tue/Thu 9 a.m. - 12 p.m.
75298 \$30



TABLET DONATIONS

Donate new or gently-used tablets to seniors in need and help them stay connected! *In this time of self-isolation, it is important to stay virtually connected with family and friends, but many seniors don't have the technology to do this. We will collect tablets, disinfect them, and deliver them to seniors in need.*

Tablets can be dropped off in-person, seven days a week, at the SAC from 10 a.m. to 2 p.m., or mailed to: Seniors' Activity Centre, 695 21st St., West Vancouver BC V7V 4A7

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.

Standing Strength & Balance

Improve your everyday activity thanks to stronger and more flexible joints and limbs! Start with a short warm-up, followed by strength and balance exercises and finish off with a full body stretch in a fun class that incorporates floor exercises.

Fri, Apr 9 - 30 12 - 12:55 p.m.
89703 \$20

SCOPE

Get your heart pumping and your body moving with our online 50 to 60-minute class that will guide you through a warm-up, cardio, strength work, and finish off with a stretch. Modifications are provided for those who do not wish to go down on the floor. *Participants are welcome to remain online afterwards for a virtual chat.*

Tue, Thu, Sat
Feb 9 - Mar 27 9 - 10 a.m.
87280 \$52.50

GLA:D® Canada

Join us for an education and exercise program that has helped thousands of people with hip/knee osteoarthritis (OA) manage symptoms of pain and loss of function. Benefit from a program that reflects the latest OA research and has been developed based on feedback from people with OA, as well as healthcare professional who provide care to individuals with mild to severe symptoms. GLA:D® offers an evidence-based approach that works in the real world.

Tue, Thu, Apr 13 - May 27 2 - 2:55 p.m.
83561 \$224

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 Helen, Caroline or Sadie.*

GROUP FITNESS

Register early to secure your spot.

Registration is available on an ongoing basis space-permitting.

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 westvancouver.ca/accessibility.

Strength & Stretch

Enjoy a full-body fitness class that does not involve floor exercises. Start with a gentle warm-up and some cardio to get your heart rate up, then move on to balance work and resistance training using body weight and exercise bands. Finish off with a standing or sitting stretch.

Wed, Mar 31 - Apr 28 12 - 12:55 p.m.
89701 \$25

REHAB & PREHAB



All equipment in the spacious studio is safely distanced to ensure a safe workout environment. Please wear a mask and keep 2 metres apart at all times. We offer a range of rehab and 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 Dave Thomson at 604-921-2169 or dthomson@westvancouver.ca.

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. *For more info contact Helen: 604-925-7211. For program dates, times and more visit westvancouverrec.ca/keepingconnected. Programs will be added 'as we go' so please check back frequently for updates.*

**Keeping Connected
Special Services**

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 suggest fun activities to expand your social life. Kindness and compassion are free of charge. Call 604-925-7281 for more details.

Caregiver Support (Virtual)

The group meets weekly to support caregivers navigate the ever changing challenges that dementia brings. It is a safe setting for sharing information, insight, advice and encouragement. We provide an opportunity to learn from others who face the same challenges, and allow you to talk about your experiences.

Tue, Feb 9 – Mar 23 11 a.m. – 12 p.m.
No charge

Thu, Feb 11 – Mar 25 10 a.m. – 12 p.m.
74402 No charge

**PROGRAMS AT THE WEST VANCOUVER
MEMORIAL LIBRARY**

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

Learn about all of our virtual events and register at wvml.ca/events.

Whether you have a question, need a recommendation, or want help using your device, we are here to provide assistance: 604-925-7400.

**Dialogues: A Monthly
Discussion Group**

Join Reema Faris for a monthly discussion on topical social issues.

March topic: Where will I live? How has COVID affected housing affordability and the future of long-term care?

April topic: As Earth Day approaches, what steps are you taking to contribute to environmental consciousness and what do you think our policy makers should be doing?

Fri, Mar 19, Apr 16 1 – 2 p.m.
Virtual (via Zoom) Free

Cookbook Club: All Things Bread

Put on your chef's hat and join our monthly Cookbook Club!

Wed, Mar 17 2 – 3 p.m.
Virtual (via Zoom) Free

Book Club Socials

Explore your passion for books while discussing interesting titles with new friends at our monthly Book Club Social. We'll discuss Jenny Odell's *How to Do Nothing in March*.

Thu, Mar 18 11 a.m. – 12 p.m.
Virtual (via Zoom) Free

**Fake News and the Death
(and Rebirth?) of Journalism**

Profit-focused corporate ownership, cuts to newsrooms, and a disengagement between politicians and publics have been gradually degrading news coverage for decades.

Thu, Mar 25 7 – 8:45 p.m.
Virtual (via Zoom) Free

**WE'VE BEEN
LOOKING FOR YOU!**



The West Vancouver Seniors' Activity Centre's Scene Magazine is looking for some fresh, new writers to join our team. If you've always shown a definite leaning towards writing, we'd love to meet you.

Our volunteer writers are sometimes more journalists than writers, as we often assign our writers to interview program leaders—sometimes more than one—for each article. At other times, writers are asked to cover a topic that doesn't include interviews, just an inspired approach. If this sounds like something you'd love to try, please drop us a note outlining your work. We'd be delighted to consider you and hopefully welcome you to our team.

Please email your response to dwitala@westvancouver.ca or mail it to: Attn: Davida Witala, West Vancouver Seniors' Activity Centre, 695 21st Street, West Vancouver BC V7V 4A7

WEST VANCOUVER SENIORS' ACTIVITY CENTRE

Feed the need



FEED A VULNERABLE SENIOR IN NEED.

THANK YOU!

Thank you for all contributions great and small, and for keeping our seniors fed this year and beyond. The nutritious meals delivered to our seniors, have already had a positive impact on both their physical and mental health.

We received donations from 481 individuals and organizations amounting to a total of \$407,291.

We continue to accept donations towards the Seniors' Activity Centre's food security program for vulnerable seniors—to donate today, please visit westvanfoundation.ca/feedourseniorsdonate.

**Ian and
Rosemary
Mottershead
Fund**

**West Vancouver
Foundation**

Thank you for
your matching
donation of
\$100,000!

westvancouver.ca/feedtheneed



westvancouver

She Held Their Hands



“When I think back to our founder, my mentor, friend and second Mother Betty Brown, what I often remember is that she took the time to hold her client’s hand during difficult times. She sat and listened to their needs and truly cared about what they were going through. It’s not the big things, it’s the little things that in the end touch our hearts and stay with us. At Shylo, we continue to follow Betty’s compassionate example and design our care to meet your individual needs.”

- Margot Ware, Shylo Owner/Director

Call **604-985-6881** for a **FREE In-Home Needs Assessment.**



HOME HEALTHCARE

Celebrating 40 years!

ShyloHomeHealthcare.ca



Veterans Affairs
Canada



BLUE CROSS



ACCREDITED
BUSINESS

Your Local Home Grown Healthcare Provider for 40 years.