



## WEST VANCOUVER SENIORS' ACTIVITY CENTRE – E-NEWS DECEMBER 2017

604-925-7280

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

### OPERA WITH NICOLAS KRUSEK

Jean-Philippe Rameau (1683 – 1764) composed more than 30 operas during the Enlightenment period. Join us as we explore the operas of the greatest French composer of the Late Baroque. (West Vancouver Memorial Library, Welsh Hall)

Wed Dec 6, 12:30 – 2:30 p.m., FREE

### BEST OF CHRISTMAS: KEYNOTES CONCERT

Welcome Christmas as members of the Keynotes Choir sing the best of Christmas songs to welcome the festive season! Light refreshments will be provided after the concert. Director: Marie Payette-Falls. Children under 5 years are free.

Sun Dec 10, 1:30 – 3 p.m., **33348**, \$7.50 Child 14 yrs+, \$3.50 Child 13 yrs

### VANDUSEN CHRISTMAS LIGHTS



Join us for the amazing display of Christmas lights at the VanDusen Botanical Gardens. Feel free to bring your grandchildren. Hot chocolate will be included on the bus.

Wed Dec 13, 5 – 9 p.m., **33776**, \$20

### CELEBRATE CHRISTMAS WITH JOY BROWN



Celebrate the Christmas season by visiting the Burnaby Christmas Heritage Village for the Festival of Trees Celebration where 60 Christmas trees will be beautifully decorated. The Bloedel Conservatory—where 200 birds and 500 exotic plants thrive—will be dressed for Christmas. Lunch and dessert will be served at the historic West End Sylvia Hotel.

Thu Dec 14, 11:30 a.m. – 5:30 p.m., **38097**, \$65

### CHANGING ONE'S SPIRITUAL OR RELIGIOUS PATH

How painful or liberating is it to abandon one's birth faith (if any) and convert to another spiritual or religious path? How does this impact one's family and friends? Presenter and moderator: John Flattery.

Thu Dec 14, 2 – 4 p.m., **33420**, \$2.50

### SHORTBREAD & SHERRY

Come join us as the Seniors' Activity Centre's Advisory Board hosts a wonderful welcome to the Christmas season. Coffee and tea will be served with sherry, shortbread and minced tarts. This event is free to all members, but please register.

Fri Dec 15, 3 – 4:30 p.m., **33777**, Free - Members only

### HERITAGE CHRISTMAS FAVOURITES

The West Vancouver Heritage Choir presents its annual Christmas concert with a wide variety of Christmas favourites. We look forward to seeing you there, and promise you an enjoyable afternoon. Refreshments following the concert. Director: Nicole Thomas Zyczynski. Children under 5 years are free.

Sun Dec 17, 1:30 – 3 p.m., **33347**, \$7.50 Child 14 yrs+, \$3.50 Child 13 yrs

### LAUDATE SINGERS - SUNDAY AFTERNOON HOLIDAY CONCERT

For the Laudate Singers, every concert is a joyful celebration! The Choir combines technical artistry with the ability to make all kinds of choral music accessible, luminous and transcendent. Bring the whole family to this fun all-ages Holiday concert. (West Vancouver Memorial Library, Main Hall)

Sun Dec 17, 2 – 3 p.m., Free

## HOLIDAY MOVIE MATINÉE - SCROOGED

Join us for a festive afternoon of eggnog, cookies and a classic Christmas movie! Bill Murray stars as a cynical TV executive visited by three ghosts in this hilarious adaption of A Christmas Carol. (West Vancouver Memorial Library, Welsh Hall)  
Wed Dec 20, 2 - 4 p.m., Free

## NEW PARQ VANCOUVER CASINO



Join us for the gambling or just for the location. Located at the Plaza of Nations building, this is an ideal location for a walk down the Seawall. Those with Casino cards also receive free slot play.

Fri Dec 22, 9:45 a.m. - 3 p.m., **33708**, \$10

## NY DANCE WITH DAL RICHARDS BAND

Back by popular demand, we are offering another special dance with members of Dal Richards' band. With New Year's Eve falling on a weekend, we are going to hold our dance a few days early. Cash bar in effect. Doors open at 5:30 p.m.

Thu Dec 28, 6:30 - 9:30 p.m., **38493**, \$30

## NEW YEAR'S TEA



Come join us as we celebrate the New Year with an afternoon tea service with treats, special teas, and a complimentary glass of sparkling wine for those who would like something a little more festive.

Sat Dec 30, 11 a.m. - 12:30 p.m., **42382**, \$10

## HOLIDAY MOVIE MATINÉE - WHEN HARRY MET SALLY

Get ready to ring in the New Year with a special matinée showing of When Harry Met Sally! Billy Crystal and Meg Ryan star in this classic romantic comedy that raises the question, "can men and women ever just be friends?" (West Vancouver Memorial Library, Welsh Hall)

Sun Dec 31, 2 - 4 p.m., Free

## VOLUNTEER WITH US

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

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

Current volunteer opportunities: all positions in the cafe, relief (servers, openers, closers, hosts, sandwich makers, food prep), events, cashiers, drivers (Class 5 & 4) and coffee bar.

## ADVISORY BOARD NOMINATIONS

The Seniors' Activity Centre Advisory Board is looking for three new board members. Nominations are open from November 24 - December 15, 2017. The board term will run from March 2018 - March 2021! Please pick up a nomination form from the front desk or click the link to [download an application](#).

## HEALTH & FITNESS

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

Fri Nov 3 - Dec 15, 3 - 4 p.m., **37023**, \$66

**Hatha Yoga:** Come and try our yoga classes at the SAC! There are many times and classes to choose from. Yoga is an important way to build body awareness, flexibility, and relaxation techniques. Take the time to breathe, relax and open up your body. Increase balance and focus your mind.

Tue Sep 5 - Dec 12, 10:05 - 11:35 a.m., **37615**, \$81

Mon Sep 11 - Dec 11, 9:30 - 11 a.m., **37613**, \$69

Mon Sep 11 - Dec 11, 4 - 5:30 p.m., **37614**, \$69

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

## SENIORS' ACTIVITY CENTRE HOURS

### OFFICE HOURS

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

### HOURS OF OPERATIONS

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

### HOLIDAY HOURS OF OPERATIONS

Dec 18 - 22 from 8 a.m. - 4 p.m.