

20

MAY / JUNE

THE NEWS

A West Vancouver Seniors' Activity Centre Publication

IN THIS SCENE

Welcome on page 3!

—
Good News Calendar
on pages 8 & 9

—
Feature Article:
Filling The Silent Need
on pages 11 & 12

SPECIAL EDITION

VISIT US ONLINE AT WESTVANCOUVER.CA/SENIORS

west vancouver



THANK YOU FOR YOUR SUPPORT

westerleigh
parc

WELCOME

TO THE SPECIAL MAY/JUNE EDITION OF THE SCENE MAGAZINE

Things are different in this issue—much like the situation we presently find ourselves in—and ‘different’ presents a unique opportunity for us to take a step back from ‘the ordinary’ and to focus on ‘the extraordinary’—people and initiatives from our Seniors’ Activity Centre community that have inspired us in recent weeks.

This issue celebrates the heart, courage, kindness, compassion, strength and resilience of our incredible seniors, and community members and staff who have stepped up to help out and inspire one another in ways that have had a ripple effect on our entire community and far beyond.

In the pages that follow you will find heartwarming testimonies, stories of how our seniors are braving and making the best of the new reality, simple at-home exercises and wellness tips from our program coordinators designed to help you thrive while staying physical distanced and socially connected.

We miss seeing your smiling faces and the usual bustle of the Seniors’ Activity Centre, and look forward to the day when we can once again connect with you in person

In the meantime, we continue to be here for you, and to support you in as many ways as we can!





Jain Verner

Chair

MESSAGE FROM THE ADVISORY BOARD CHAIR

Although it seems like many months since being together with friends at the Centre, it is hard to believe we are now only in our 6th week of closure.

COVID-19 has certainly disrupted our routines, schedules and lives. It is definitely not easy to be 'cooped up' at home without being allowed to visit with family, friends and neighbours.

However to put this all in perspective, many of our family members went to war to protect our country, so the least we can do, is to do our part to physically distance ourselves from others to conquer this deadly virus. And by all accounts we in British Columbia are doing a very good job, so congratulations to you all for the part you are playing in keeping us all safe.

So let's keep it up as we move forward. Hopefully by now most of us have established new routines and interests, perhaps you have gotten to that proverbial 'to-do' list when time permits. Well it seems we certainly have time—or do we? My 'to-do' list is increasing instead of decreasing, not sure where time goes—it just seems to evaporate.

Covid-19 has definitely been a catastrophic experience worldwide—visiting loved ones through windows, not being able to support dying loved ones, losing loved ones young and old, losing jobs, people wondering where their next meal and rent money is coming from etc. But there have also been many positives arising during this horrific virus pandemic. For example: helping neighbours, connecting with family more frequently, learning to use technical gadgets more effectively and frequently, walking and appreciating our neighbourhoods more, learning to ask for help, developing greater cooking skills, and venturing into the world of gardening whether it be at one's home, balcony or communal garden. It is

definitely ironic that the price of gas is at its lowest in years and our driving is at a minimum. This has been beneficial for our environment as the current air quality is the best we have had in years.

So what are some of the lessons learned during this crisis? To prepare for future pandemics once this one is over (Bush advocated for the same in 2005 and Gates in 2015). Regardless of politics all regions of each country and all countries need to work together to deal with catastrophic events for our common good.

Our lives have changed for sure and nothing is going to be as it was, however I think we have mastered washing our hands, physical distancing and not touching our face. Dr. Ignaz Semmelweis, the 'father' of hand washing, has been trying to get us to wash our hands to halt the spread of infection since 1847—I think we finally get it!

More importantly, I think we have all grown in resilience and with the support of each other, I know we can all hang in there until our new normal appears, whatever that is going to be. Respect for our frontline workers and medical professionals has grown 250-fold and rightly so.

Speaking of frontline workers, we have some mighty fine ones at our Centre. Our team of 12 led by Davida and Jill, has expanded to about 21 people. They provide a tremendous service to our members and seniors in our community. (Please see Jill's report for all the phenomenal work done by our team).

In closing, I would like to extend my sincere thanks to the staff risking their own health and that of their families in providing this service—my heartfelt thanks to you all.

Until next time, cheers.

— Jain



Jill Lawlor
Community
Recreation
Manager

Davida Witala
Recreation
Supervisor

MESSAGE FROM COMMUNITY RECREATION MANAGER & THE RECREATION SUPERVISOR

Our Seniors' Activity Centre (SAC) is doing everything possible to support our community during COVID-19.

The SAC Advisory Board has been meeting behind the scenes via teleconference to provide funding that supports providing meals to individual vulnerable seniors, who otherwise may not have had access to these.

Additionally, the Board has provided funding to support a new era of online programming designed to connect people to each other in the comfort of their own living rooms, and to get information out to members through direct mail for those without access to email. Members of the Advisory Board have been great leaders and mentors supporting staff during this unprecedented time.

A significant thank-you needs to go out to the West Vancouver Foundation for providing \$40,000 in funding to support a meal program for vulnerable seniors in our community, that provides 3 meals per week to over 300 seniors in our community in 5 buildings that have been identified by Vancouver Coastal Health and West Vancouver Police, as at-risk.

A special thank-you to our entire community who has been supporting our seniors with tablets, compassion cards, toiletries, flower bouquets and acts of kindness.

The West Vancouver Community has come together at a critical time to support our current members and our future members.

We look forward to the day we can physically see one another, and resume our programs together. Stay safe!

— Jill & Davida



Helen Murphy
Community Outreach Coordinator

MESSAGE FROM THE COMMUNITY OUTREACH COORDINATOR

grat·i·tude
/'gradə,t(y)ood/
noun

The quality of being thankful: readiness to show appreciation for and to return kindness.

Every day I have the pleasure of connecting with our members by phone and in person in the take-out line.

In these difficult times by staying apart we have come together to strengthen our community. We have shared our deepest fears and our sense of hope for the future.

The beating heart of our community grows stronger everyday with kindness and generosity.

On one of my recent calls I spoke with Ross Regan—a lovely gentleman who said he was turning 93 on Monday, April 20. I asked if he would drop by on his birthday, as he is a regular customer, and upon arrival he asked for me by name and I promptly started to sing "Happy Birthday."

Eric and Kayla joined in and we clapped rapturously.

We gifted him with love and cake too! His eyes were dewy and his smile was beaming.

Happy birthday to all of you who are isolated without loved ones at this time.

You are loved.

—Helen

WE ARE HERE FOR YOU DURING COVID-19

Here are some of the ways in which we will continue to support you during the COVID-19 pandemic.



Reminding you that you're not alone—one phone call at a time.

The West Vancouver Seniors' Help Line (604-925-7280) is currently up and running and staffed on the following days and times:

Mon to Thu | 8 a.m. to 8 p.m.

Fri | 8 a.m. to 6:30 p.m.

Sat & Sun | 8 a.m. to 4:30 p.m.



Connecting our community—one tablet, mobile device, book and e-book at a time.

During this time social connection is more important than ever, and to make sure that no senior in our community is left behind, we are collecting and cleaning/disinfecting devices donated by the public to give to seniors who do not have access to a device to access the internet.

We are also working with the West Vancouver Memorial Library to deliver books and other library services to seniors.

Serving you—one meal at a time.

The Seniors' Activity Centre's Garden Side Café is offering take-out and delivery food services for seniors from 10 a.m. to 2 p.m. daily. Take-out orders can be accessed via the Seniors' Activity Centre's main entrance. For food delivery call 604-925-7280 to place your order. Please refer to the special take-out menu available on westvancouver.ca/seniors before you place your order.



Reminding you that we care—one card at a time.

Being reminded that you're not alone during this time is crucial. That's why the Seniors' Activity Centre is collecting compassion cards with uplifting messages, poems, drawings or funny jokes from members of our community and attaching them to meals being delivered to seniors daily.

If you would like to brighten someone's day with a kind word or beautiful illustration, drop off or mail a card to the Seniors' Activity Centre.



Caring for you—one care package, mask or puzzle at a time

We are collecting non-medical masks, puzzles and games and assembling care packages of essential items like soap, shampoo, toothpaste and Kleenex for vulnerable seniors in our community.



“STAY SAFE, WHILE OUR WORLD GETS BETTER”

Hello,

Covid-19 certainly has been devastating in our community, and I am sad to know that you are alone at this time of social distancing. I am sure it is tough, but there are a few silver linings that have happened since Covid-19. One, is that everyone is unusually kind and caring to one another. Sometimes we forget our neighbours and friends, but this crisis has brought out the best in all of us. Life has slowed down since Covid-19, which is well overdue. Our environment is loving the break. The best thing that happened since this crisis, is that I am writing this letter to you. Believe it or not, us kids worry about how the seniors in our community are doing. I know we don't tell you often enough, and sometimes forget to show our gratitude, but we are very grateful for everything you have done for our community and country. We want you to be safe during this time, and look forward to seeing you walking on the seawall or having a cup of tea with your friends at the community centre when this crisis is over.

Please stay safe,

Ben H. (Grade 11)

West Vancouver Secondary School

THE SENIORS' ACTIVITY CENTRE'S GOOD NEWS CALENDAR

Mar 14	SAC opens from 10 a.m. - 2 p.m. for food service take-out.
Mar 14	SAC front entrance is filled with fridges, freezers and becomes a store.
Mar 16	SAC staff begins outgoing phone assessments, with an overall goal of making 6,761 calls within the coming weeks.
Mar 16	Seniors Helpline launches 7 days per week. (8 a.m. - 8 p.m. Mon-Thu, 8 a.m. - 6:30 p.m. Fri; 8 a.m. - 4:30 p.m. Sat & Sun)
Mar 17	Electronic device donation campaign begins.
Mar 18	SAC is featured in the North Shore News for its support for seniors initiative.
Mar 19	SAC is featured on CKNW Simi Sarah Show.
Mar 23	Community-wide 'SAC Services for Seniors during COVID-19' poster campaign launches with help from Cubs and Scouts with poster distribution.
Mar 23	SAC begins food delivery program.
Mar 24	SAC's first tablet is donated to a senior in need.
Mar 25	SAC starts selling toilet paper and hand sanitizer.
Mar 27	Meinhardt Fine Foods donates 202 free meals to seniors through SAC's program and meals are delivered by WVPD.
Apr 2	SAC Receives \$10,000 grant for meals for Libby Lodge & Sunnyside Manor (8 weeks).
Apr 2	SAC is featured on Global News TV its for food service and tablet program.
Apr 2	SAC delivers 70 free meals to Sunnyside Manor.
Apr 2	SAC Board grants \$5,000 for online programming.
Apr 2	WVPD identifies seniors in need, and secures meals from SAC.
Apr 3	SAC take-out sale begins to service residents from other communities.
Apr 3	SAC delivers 24 free meals to Libby Lodge.
Apr 4	SAC expands to weekend food delivery program.
Apr 4	SAC featured in the North Shore news for tablet program.
Apr 5	Community campaign for compassion cards begins (schools, Cubs, Girl Guides, teenagers).
Apr 6	Community begins to donate non-medical masks for seniors and staff.



AND THE GOOD NEWS CONTINUES...



A COMPASSIONATE GESTURE DURING COVID-19

We are so impressed by the artistry and heart that went into creating these tiny masterpieces! A special thank-you to Sophia and Alexa for crafting and donating these beautiful compassion cards for our seniors. These will certainly put smiles on many faces!



Apr 9	SAC tablet donation program featured on Global National TV.
Apr 9	SAC delivers 31 free meals to Klahanee Court.
Apr 9	Care packages are donated for seniors in need of toiletries.
Apr 11	SAC delivers 34 free meals to Capilano Towers.
Apr 12	Easter bouquets are donated for seniors.
Apr 12	First compassion cards are distributed to seniors.
Apr 12	SAC food program is featured in the North Shore News.
Apr 12	280 Easter dinners are purchased at the SAC.
Apr 14	West Vancouver Foundation provides \$10,000 funding for Capilano Towers & Klahanee Court.
Apr 14	Book delivery begins with 12 deliveries.
Apr 14	SAC donates 45 electronic devices to seniors to date.
Apr 16	Online Caregiver Support program launches from SAC.
Apr 17	SAC receives its first tablet donated by mail.
Apr 17	MP Patrick Weiler coordinates donation of 100 hand sanitizers to seniors.
Apr 17	Local business donates 20 beautiful non-medical masks to SAC.
Apr 20	SAC starts campaign to support seniors in need at Kiwanis.
Apr 20	SAC receives 30 non-medical masks made by a DWV employee.
Apr 22	A total of 2,000 outgoing phone calls assessments made to seniors since March 16.
Apr 23	WVPD purchases 136 meals to donate to Block Watch Volunteers.
Apr 27	West Vancouver Foundation provides 20,000 for meal support to residents in need at Kiwanis Seniors' Housing.

DONATE TODAY

HELP SUPPORT OUR AT-RISK MEMBERS BY DONATING TO THE WEST VANCOUVER SENIORS' ACTIVITY CENTRE.

The COVID-19 pandemic has brought to light a genuine need among some of our most vulnerable community members.

Your contributions makes it possible for the Seniors' Activity Centre to continue supporting our most at-risk members by providing access to nutritious meals and many other basic necessities.

HOW TO DONATE

IN PERSON

Drop off your donation between 10 a.m. and 2 p.m. daily at the Seniors' Activity Centre.

BY MAIL

Mail your donation to the Seniors' Activity Centre (see mailing address below).

BY PHONE

Call 604-925-7280 with your credit card number

We accept cash, cheques, Mastercard, Visa and AMEX.

Please make cheques payable to:

West Vancouver Seniors' Activity Centre, 695 21st Street,
West Vancouver, BC, V7V 4A7.

All donations over \$25 will receive a tax donation receipt.



These stories demonstrate how the most vulnerable members of our community are impacted by having access to affordable and nutritious food. **All names changed for privacy.*



Judy used to take on odd jobs around her building and was paid in groceries, however, since the pandemic began she was unable to do these jobs and did not have enough income to pay for food. The meals could not have arrived at a better time

Barbara stocked up with \$40 worth of meals at the start of the pandemic, hoping the meals would last the anticipated two-week closure. When she realized that the closure would continue, Barbara started to worry whether she would be able to afford to eat. The SAC meals delivered to her door three days a week have reduced the stress and she is feeling safe and supported.

John lost his spouse—who cooked and cared for him—just days before the pandemic began. Without the meal support his loss would have been feel even more painfully.

At 93 years old, it is a lot for **Wilma** to think about grocery shopping. She is worried she would catch something. Cooking with her arthritic hands is difficult. Her budget is limited and paying to eat out is not an option. When she found out the SAC would deliver three meals per week to her doorstep, she cried.

The neighbours had been watching **George** for weeks, worried he had not left and did not receive any deliveries. Concerned about his food, they reached out to the SAC for groceries for George. When the groceries arrived, neighbours found no evidence of food in his home. George was struggling, but now meals are regularly delivered to his door. He is eating well and staying nourished.



FILLING THE SILENT NEED

Written by Valerie Coles

It took the West Vancouver Seniors' Activity Centre less than 24 hours to make the most profound shift in its history. Overnight, the Centre transformed from a place for fun and learning to a dedicated kitchen with take-out meals and baking for seniors, and a seniors help line seven days a week.

hours to complete the transformation from Centre to Store. Five freezers and refrigerators were moved from the cafeteria to the entrance area and furniture was rearranged to accommodate the new purpose. Hot, nutritious dinners were priced at \$6 and long lineups at the Centre's doors began to grow.

It all started in early March when the Seniors' Services and Community Wellness Manager, Jill Lawlor, said three prescient words to the cafeteria's head chef: Order takeout containers!

Overnight, the Centre mobilized. It took many elves led by Davida Witala, Seniors' Activity Centre Supervisor, working into the wee



On March 25, toilet paper and hand sanitizers were added to the 'for sale' list and by April 3, that list included orange juice, milk, butter and eggs.

Fresh, homemade bread and baked goods warm from the oven are a popular part of the Centre's offerings on Tuesdays and Thursdays. On Mondays and Wednesdays, the Centre offers its famous meat pies and fruit and berry pies.

No one is turned away. If money is short, the Centre doesn't charge; staff is empowered to make that call, because of financial support from the Advisory Board. Once found, an at-risk senior is hungry no more. But finding them turned out to be a major challenge.

Where to start? Finding at-risk seniors was a key part of the Centre's mobilization plan and it took a team to find them. Alone and self-isolated, these seniors had no reliable means of getting groceries.

The quickly assembled team started the daunting task of making 6,761 calls to check on every member and senior from our Community Centres. These friendly phone calls also include an assessment of needs to determine if they need meals or groceries, if they have support or if they had access to technology.

Many of the seniors they've uncovered have also been given a life-saving tablet. The Centre was featured on Global news for the meals and tablets program. The West Van library is providing one-on-one lessons for the new tablet owners.

The West Vancouver Police also jumped on board with the Centre's goal of finding seniors in need and now they too, are coming to the Centre for meals to deliver.

West Van Seniors in supported housing have also been wrapped into the long arms of the Centre, with hot meals delivered to their door three times a week. As Jill Lawlor says, "No senior in need will go hungry". It's a profound mandate and the Centre is delivering on it. In fact, the Centre is giving away close to one-thousand meals every week through a grant from the West Vancouver Foundation.

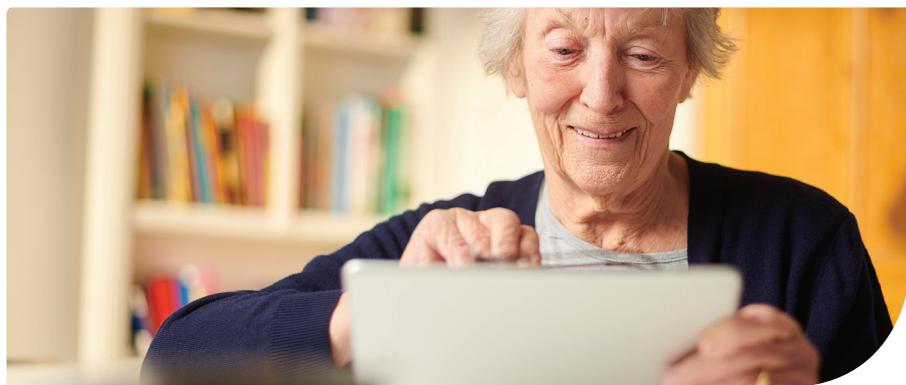
By April 30, the SAC had given away 49 tablets and delivered 2,438 meals to seniors in need. As well, they've sold 4,492 meals, including 280 Easter dinners and 637 cinnamon buns.

A meaningful touch has been added. Students from six local high-schools were asked to create compassion



cards to give away with meals, so when many seniors open their dinners they find a message from a caring student. Many seniors report they cherish these cards even more than the meal.

While this strange Covid nightmare holds everyone in its frightening grasp, the West Van Seniors' Centre has been a backbone of support to the community. By transforming the entire building into a store and take-out restaurant, hundreds of West Van seniors can now relax, stay home and stay safe.





While COVID-19 has impacted and changed our entire community, our seniors are affected the most. Many with compromised immune systems and those with mobility issues are housebound, and unable to leave their homes even to acquire essentials including groceries.

Yet our community of seniors is meeting this crisis with ingenuity and positivity!

WEST VANCOUVER'S RESILIENT SENIORS



"If you're looking for good food to serve you in this poor time try the Senior's Activity Centre. The staff are always so willing to help you in any way they can and always with a wonderful smile."

Doug M.

Written by Deanna Regan

Here are just a few examples of how our seniors are not only coping with COVID-19, but thriving, helping each other, and exploring new ways of connecting.

Joan O. and her husband just had five yards of soil delivered to their house and are committing to harvesting the best garden produce they've grown. "We haven't left our home or yard in two weeks, but we are lucky to have a garden to work in." Joan is a member of a West Vancouver neighbourhood website that has challenged the group to explore cooking meals from different countries every few days. "We are so lucky to live in West Vancouver," she said, and as she started sharing more about their neighbourhood emails she suddenly noted, "Oops—so sorry, I just got a reminder that my book club is hosting a Zoom meeting right now—I've got to run!" Joan is also a member of the Heritage Choir, that is also hosting choir practices using Zoom.

Louise M. is a retired nurse with compromised lungs, so is self-isolating inside her apartment. Although she can't knock on her neighbours' doors, she is phoning every resident in her building to make sure they are okay. While she can do without a lot of things, fresh milk for her tea is important to her, so sometimes she adds water to the milk to make it go further. Her daughter gave her a kalimba, a little instrument that sits in her lap and sounds like a combination of a xylophone and bells. "Whenever I start to feel sad, I just let my fingers drift over the kalimba and play whatever my soul feels." The kalimba music takes away her anxieties and stresses and immediately makes her feel better.

Lorraine P. is on the cleaning committee that was created for her building. They are taking special care to keep the common areas of their building clean by taking turns disinfecting high touch areas such as staircase handrails three times a day. Other women in the building are starting to sew masks for all residents with scraps of material and supplies donated by the residents, and residents are loving their colourful creations. The garden committee has removed a few shrubs and bamboo and created a community garden to ensure each resident has a small plot of land available for growing things this summer.

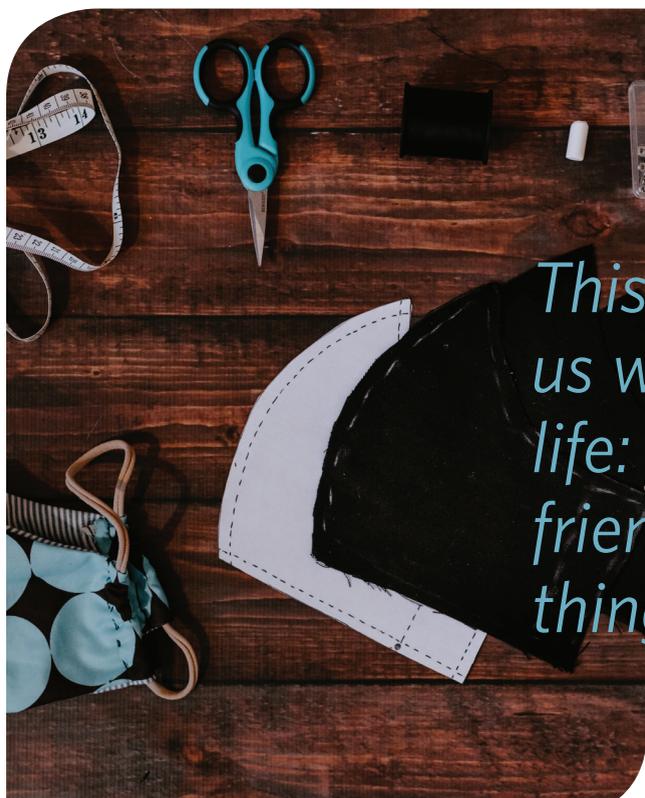
Some seniors have ordered groceries online for the first time, or ordered groceries on the telephone for delivery, while others are making meals and delivering groceries to those less mobile.

Seniors are adapting to social media and creating Facebook and Instagram profiles to keep in touch with family and friends, using Skype and FaceTime, and using videoconferencing for appointments with their doctors. As avid library users, some have downloaded audio books for the first time and tried reading an ebook on their device.

"This pandemic is teaching us what's truly important in life: family, neighbours, and friends, and doing good things for each other," said one senior, a widower who takes daily walks in the woods rain or shine.

While they are missing the social opportunities that the Seniors' Activity Centre and the Garden Café provided, many seniors say this pandemic situation has reminded them of simpler times many years ago, when people walked around their neighbourhoods and kept tabs on each other.

If there is a silver lining to COVID-19, it's a reminder that our population, and chiefly our seniors, are resilient and adaptable in the face of challenges, and that one thing more contagious than any virus is the indomitable and generous human spirit.



This pandemic is teaching us what's truly important in life: family, neighbours and friends, and doing good things for each other.

MIND GAMES

Keeping your mind active and engaged is as important as maintaining your physical health! We're here to help you exercise your brain with a fun word search featuring all streets in West Vancouver—enjoy!

F	A	L	C	O	N	F	E	R	O	S	E	B	E	R	Y	P
K	E	I	T	H	V	O	Y	A	R	G	U	N	M	U	R	R
T	Y	E	E	W	N	B	O	B	G	A	L	F	U	Y	O	O
A	S	S	E	E	S	K	Y	B	U	R	H	I	L	L	J	C
Z	A	F	D	I	E	M	V	I	S	T	A	H	G	E	D	T
X	E	D	G	E	M	O	N	T	W	K	F	A	R	O	S	E
Q	A	B	U	R	Y	Y	E	S	E	B	D	Y	A	T	O	R
H	H	U	F	N	O	N	E	W	D	A	L	E	V	T	U	E
D	Y	R	R	W	D	E	E	D	B	A	H	S	E	A	C	D
B	C	K	O	Q	U	A	R	G	Y	L	E	R	C	W	R	E
A	R	E	L	R	C	L	R	A	R	T	A	A	I	A	E	N
Y	O	R	Y	S	H	T	F	A	O	O	G	V	T	T	E	D
R	F	I	A	C	E	A	U	W	V	Y	L	E	R	R	R	A
I	T	T	T	I	S	M	N	H	T	E	E	N	U	Q	Y	L
D	K	I	N	G	S	O	F	O	X	B	H	M	S	U	O	E
G	O	B	N	K	I	N	P	L	F	M	A	T	H	E	R	S
E	E	N	E	A	S	T	C	O	T	E	R	W	E	E	Y	T
R	N	O	W	Z	H	T	I	E	K	S	B	I	P	N	R	E
I	I	S	C	S	H	A	R	O	N	O	O	G	H	S	B	V
D	R	R	R	S	P	E	N	C	E	K	U	R	T	R	E	E
E	A	A	O	C	A	N	D	I	A	Z	R	R	C	W	E	N
R	M	L	S	O	N	E	W	C	R	O	F	T	S	G	N	S

ALTAMONT

EDENDALE

LARSON

RAVEN

ARGYLE

EDGEMONT

MARINE

ROSBERY

BAYRIDGE

FALCON

MATHERS

ROSE

BURHILL

FOX

MOYNE

SEESKY

BURY

GISBY

MULGRAVE

SHARON

CITRUS

HADDEN

NEWCROFT

SPENCER

CREERY

HAYES

NEWDALE

STEVENS

DUCHESS

HYCROFT

OTTAWA

TAYLOR

DUNDARAVE

KEITH

PROCTER

TYEE

EAGLEHARBOUR

KEW

QUEENS

VISTA

EASTCOT

KINGS

RABBIT

MAINTAINING WELLNESS & STAYING ACTIVE DURING COVID-19

Brought to you by the Health & Fitness team!

Top 10 ways to stay physically distanced and socially connected!

Although there may be some temporary limitations on the types of activities we can do, and where we can do them—there are plenty of creative ways left to stay active, well and happy during this challenging time!

1. Stay active! Walk, hike or bike daily while maintaining physical distance.
2. On a tablet or smart device, use a free app or online exercise video; or on your tv, find a fitness channel with a program suitable for you to follow along. Do this for 10-20 minutes (or more) in the morning and evening. Choose exercises according to your comfort level.
3. Get up from sitting, take a 5 to 10-minute break to move around your home—do this several times per day!
4. Push the lawn mower, rake leaves, weed the garden, pot some planters, start a herb garden.
5. Tidy-up your home! Target different areas each day and repeat.
6. Wash the car, clean the garage, wash windows, or tidy your storage.
7. Find exercises that work for your level of comfort and repeat daily.
8. Volunteer if you can, this helps you stay connected to your community.
9. Connect with family and friends by whatever means possible (Zoom, Skype, Facebook, FaceTime, WhatsApp or a traditional phone call).
10. Go to bed at the regular time each night and set your alarm to get up at the regular time each morning—routine is important!



LOWER-BODY CHAIR WORKOUT WITH ERIC

Exercise your lower body from the comfort of your chair!

Exercises	Rounds	Reps
Warm-up		5 minutes
Leg extension	1-3	15-20
Seated heel raise	1-3	15-20
Chair squat	1-3	15-20
Plié squat with chair	1-3	15-20
Hip abduction	1-3	15-20
Curtsy lunge	1-3	15-20
Leg extension with external hip rotation	1-3	15-20
Squat to knee lift	1-3	15-20
Standing single-leg hip and extension	1-3	15-20
Hip adduction	1-3	15-20
Reverse lunge	1-3	15-20

Start off with a five-minute warm-up. Walk, march in place; do anything that increases blood flow in your body.

Do the exercises in the order they are presented. This is one circuit. Begin with one round and work your way up to doing three as you gain strength and ability.

Take minimal rests between sets. At the end of each round, take a two-minute break before starting the next one.

Add ankle weights and dumbbells to the workout where indicated, if you'd like.

Stretch the muscles of the lower body when you're done.

LET'S GET STARTED!

Leg extension

Targeted Muscle Group: Quadriceps (front of thigh)

Sit at the edge of the chair, feet on the floor, hands on each side of the chair seat.

Start: Keep your upper body still while you extend and straighten your right leg, then flex your quadriceps muscles. Pause at the top, return to the start and repeat. Complete one side before switching to the other side.



Seated heel raise

Targeted Muscle Group: Calves (back of lower leg)

Sit at the edge of the chair with feet on the floor.

Start: Slowly lift your heels off the floor, contracting your calf muscles. Pause at the top, return to the start and repeat.

Make it harder: Wear ankle weights.



Chair Squat

Targeted Muscle Group: Abs (midsection), glutes (butt), quadriceps, hamstrings (back of thigh), calves

Sit on the front half of the chair seat, feet on the floor. Engage your abdominal muscles, lean forward slightly.

Start: Press through your heels to raise your body to standing. Reverse the movement and slowly lower down, tapping your glutes/bum on the end of the chair.

Tips: Avoid sitting down completely during each set. Also, be mindful not to round your back as you move through each repetition.



Plié squat with chair

Targeted Muscle Group: Abs, glutes, hip flexors, adductors (upper inner thigh), quadriceps, hamstrings, calves

Stand behind the chair, feet wider than shoulder-width apart, and lightly grip the chair back with one hand. Point toes outward and stack your shoulders over your hips.

Start: Bend your knees—allowing them to track over your toes—and slowly lower your hips toward the floor. Drop down as far as what's comfortable for you—or to where your thighs are parallel to the floor—then press through your heels, return to standing. Keep your posture upright throughout the move and repeat.



Hip abduction

Targeted Muscle Group: Glutes, hip flexors, abductors (upper outer thigh)

Stand behind the chair with feet hip-width apart and your knees slightly bent, and lightly grip the chair back.

Start: Flex your right foot and raise your right leg directly out to the side, as high as you can without moving your upper body. Keep shoulders over your hips throughout the move.

Pause at the top, lower and repeat. Complete one side before switching to the other side.



Curtsy lunge

Targeted Muscle Group: Glutes, abductors, adductors, quadriceps

Stand with your right side next to the chair back, and lightly grip the top of the chair with your right hand.

Start: Step with your right foot back and to the left to the 8 o'clock position. Bend both knees as you drop into a curtsy position. Press through your left foot as you rise back to the start position. Complete one side before switching to the other side.

Make it harder: Hold a dumbbell down by your side in your free hand.

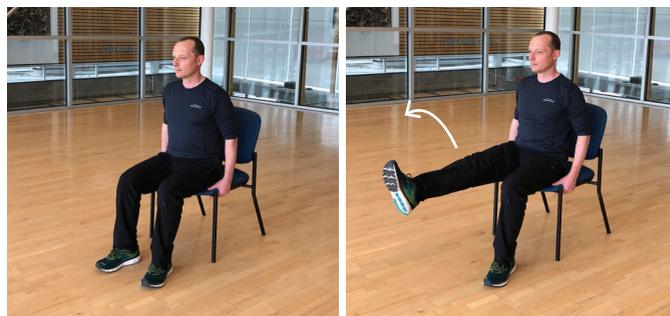


Leg extension with external hip rotation

Targeted Muscle Group: Abs, hip flexors, quadriceps

Sitting at the edge of the chair, feet on the floor with knees bent. Straighten your right leg and turn your toes outward.

Start: Raise your right leg so you're lifting the arch of your foot toward the ceiling. Hold for a second. Then lower your leg, tapping your heel on the floor before beginning the next repetition. Keep your upper body still as you move. Pause at the top, lower and repeat. Complete one side before switching to the other side.



Sumo squat to knee lift

Targeted Muscle Group: Abs, glutes, hip flexors, adductors, quadriceps, hamstrings, calves

Stand with your right side next to the chair back, and lightly grip the top of the chair.

Start: Take a wide step out to your left. Do a plié squat, lowering your hips straight toward the floor. Press through your heels to stand, then raise your left knee to hip height. Return to the standing position. Complete one side before switching to the other side.



Standing single-leg and hip extension

Targeted Muscle Group: Glutes, hip flexors, hamstrings

Stand feet hip-width apart with soft knees facing the back of the chair; lightly grip the chair back. Balance on your left foot and bend your right knee about 45 degrees.

Start: Extend your right leg up and back by pressing through your right heel, lifting the leg. Squeeze your right butt cheek at the top of the movement, then slowly lower your leg, but don't allow it to touch the floor during the set. Stand tall throughout the entire exercise. Repeat for reps, then switch sides.



Hip adduction

Targeted Muscle Group: Adductors

Stand feet hip-width apart with your right side next to the chair back; lightly grip the top of the chair. Pull your shoulders down and back. Flex your right foot and balance on your left leg, keeping a slight bend in both knees.

Start: Cross your right leg in front of your left leg as far as possible without moving your upper body. Pause for a second, then reverse the motion to return to the start position. Repeat for reps, then switch sides.



Reverse lunge

Targeted Muscle Group: Glutes, quadriceps, adductors, calves

Start: Step your right leg straight back. Bend both knees to lower your body down toward the floor. Make sure to not go lower than having both knees bend past 90-degree angles. Press through your left heel as you reverse the motion and return to the standing position. Repeat for reps, then switch sides.





UPPER BODY CHAIR WORKOUT WITH SADIE

Exercise your upper body from the comfort of your chair!

Exercises	Rounds	Reps
Warm-up		5 minutes
Bent-over row	1-3	15-20
Bicep curl	1-3	15-20
Lateral raise	1-3	15-20
Seated Wood chop	1-3	15-20
Tricep Kickback	1-3	15-20
Wide shoulder press	1-3	15-20
Figure 8	1-3	15-20
Wall push up	1-3	10-15
Hammer curl	1-3	15-20

Do a five-minute warm-up, or complete the first round without dumbbells as your warm up, and add weight to the second and third sets. You may also choose to start with just one round and add more as you get stronger.

Each repetition should be two seconds up, a pause at the top and then 2 seconds down.

At the end of each round, take a two-minute break before starting the next one. Don't forget to stretch the muscles of the upper body when you're done.



LET'S GET STARTED!

Bent-over row

Targeted Muscle Area: Back

Sit on the front edge of your chair with feet flat on the floor. With your dumbbell in one hand, hinge forward at the hips keeping your back flat. Place your empty hand on your thigh for support and allow the other arm (with the dumbbell) to drop towards the floor.

Start: Lead with your elbow and lift the dumbbell up towards your ribs. Ensure your upper arm stays close to your chest and squeeze your shoulder blade towards your spine. Pause at the top, return to the start and repeat. Complete one side before switching to the other side.



Bicep curl

Targeted Muscle Group: Biceps

Sit on the front edge of the chair with a dumbbell in each hand, arms extended down at your sides, palms facing towards thighs. Keep your upper arms vertical and close to your ribcage.

Start: Leading with your thumb, curl the weights up toward your shoulders and keep your upper arms next to your sides. About half way up start to twist your wrist and perform the upper half of the movement with your palms facing up. Pause at the top, lower and repeat.

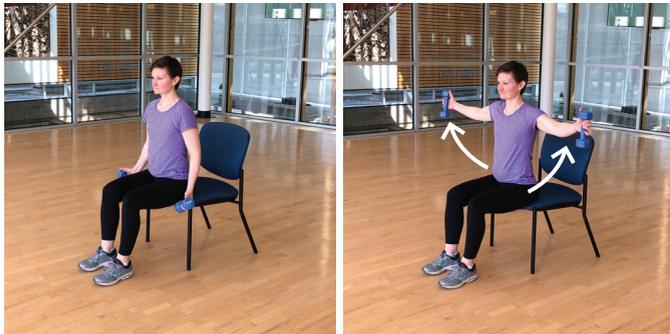


Lateral raise

Targeted Muscle Area: Shoulders

Sit on the edge of the chair with a dumbbell in each hand. Arms are at your sides with elbows slightly bent. Keep your shoulders stacked over your hips and avoid leaning forward or backward.

Start: Raise your arms out to the side and upward to shoulder height. Lead the movement with your thumb. At the top of the range of motion, wrists and elbows should be roughly the same height as your shoulders. Pause at the top, lower and repeat.



Tricep kickback

Targeted Muscle Group: Triceps

Sit on the edge of the chair with your feet on the floor, gripping a dumbbell in one hand. Hinge forward at the hips and keep your back flat. Place the empty hand on your thigh for support. Draw your elbow up and backwards until the upper arm is parallel with the spine (or elbow) or slightly higher.

Start: Keeping your upper arm immobile, extend your elbow and lift the dumbbell towards the ceiling. Pause at the top, lower and repeat. Complete one side before switching to the other side.



Seated Wood chop

Targeted Muscle Group: Abs/Core and Shoulders

Sit on the edge of the chair and hold the ends of one dumbbell in each hand. Lower the dumbbell to your outer left thigh. Keep your lower body still.

Start: Slowly lift the dumbbell up and across the body, rotating up the spine and reaching the dumbbell to the corner of the ceiling. Pause at the top and then lower. Complete one side before switching to the other side.



Wide shoulder press

Targeted Muscle Group: Shoulders

Sit on the edge of the chair with a dumbbell in each hand, up near your shoulders, palms facing forwards and elbows down at your sides.

Start: Straighten your arms—moving them upward and outward—forming a “Y” with your body. Pause at the top, lower and repeat.



Figure 8

Targeted Muscle Group: Shoulders

Sit on the edge of the chair holding the end of a dumbbell in each hand. Extend your arms straight out from your chest — elbows slightly bent.

Start: Move the dumbbell in a sideways figure-eight pattern in front of you. Keep range of motion between hip and shoulder height, being mindful of rotating your torso as you move through the exercise.



Wall push-up

Targeted Muscle Group: Chest and Triceps

Stand one to three feet away from a solid wall and place your hands on the wall at shoulder height. Lift up onto your toes and keep your body in a straight line.

Start: Bend your arms to lower your chest towards the wall while maintaining a straight line through your body. Pause at the bottom, push the wall away to raise your body back to the start and repeat.



Hammer curl

Targeted Muscle Group: Biceps

Sit on the front edge of the chair with a dumbbell in each hand, arms extended down at your sides, palms facing towards your thighs. Keep your upper arms vertical and close to your ribcage.

Start: Leading with your thumb, curl the weights up toward your shoulders and keep your upper arms next to your sides. Pause at the top, lower and repeat.



BECOME A NON-MEDICAL MASK CONTRIBUTOR!

We are seeking donations from crafty members who would like to create face masks for others in our community.

Please feel free to drop off the masks at the Seniors' Activity Centre from 10 a.m. - 2 p.m.

GARDEN SIDE CAFÉ SERVING WITH HEART



We would like to acknowledge the incredible Garden Side Café team for making the culinary magic happen behind the scenes, and working tirelessly to prepare healthy and delicious meals for our seniors during COVID-19. Thank you for serving our community with smile!



TREAT MOM TO A SPECIAL CULINARY TREAT ON MOTHER'S DAY

We'd like to make Mother's Day (May 10) extra special this year, and will be offering special entrées for take-out at the Seniors' Activity Centre from 10 a.m. to 2 p.m.

Entrée 1: Baked Pacific Salmon Fillet with Hollandaise Sauce, Rice Pilaf and Fresh Asparagus

Entrée 2: Roast Beef with Gravy, Mashed Potatoes and Mixed Vegetables

We will also have mini heart-shaped Strawberry Cheesecakes available for sale on Mother's day.

We look forward to celebrating all of our amazing moms!



PLEASE SUPPORT THE WEST VANCOUVER FOUNDATION COVID-19 EMERGENCY FUND



**WEST VANCOUVER
COMMUNITY
FOUNDATION**

During this challenging time in human history, acts of kindness are critical to keeping all of us healthy, nourished and thriving.

The West Vancouver Foundation has provided \$40,000 in funding over the past 40 days to support our most vulnerable, by providing 3 meals per week made and delivered by the Seniors' Activity Centre. These meals are being delivered to the doors of our most at-risk and vulnerable elders, and this program requires ongoing funding to keep running as the lockdown continues.

To support this initiative, please donate to the West Vancouver Foundation COVID-19 Emergency Response Fund at westvanfoundation.ca/covid-fund or donate directly to the West Vancouver Seniors' Activity Centre to support the food service outreach to seniors in need.

Thank you for your support.



UNDER THE TENT: CONNECTING AT A SAFE PHYSICAL DISTANCE

Written by Deanna Regan

Since the Seniors' Activity Centre transformed into a whirlwind of take-out activity on March 16, one thing has been even more prevalent than hand sanitizer—the presence of friendly chatter, jokes, and goodwill amongst patrons.

The take-out meal service has generated regular customers in search of the healthy and tasty meals that used to be served in the Garden Side Café. Ursula comes to the Centre daily to chat with staff and customers outdoors, and from a safe distance. She laughs and jokes with the staff and catches up with other members while she waits to purchase her take-away meals.

The lineup for take-out meals has become a needed time for social connection for community members as they catch up with each other from a safe distance under the white tent. With chairs carefully placed two metres apart, and the white tent protecting patrons from weather, members share helpful information on the latest news and ways of coping with this pandemic while they wait their individual turn to enter the Seniors' Activity Centre.

The full menu of meals, soups, and grocery items

available for purchase at the Centre has attracted an increasing amount of community members as news of the service spreads. In the first few days customers would come and go quickly, but now a small line might mean a five to ten minute wait.

While lineups used to be a hindrance, seniors are taking full advantage of this now. With topics ranging from how to make your own mask to how to host a Zoom call with your grandchildren, or whether Chef Lou's blueberry muffins are better than his parmesan scones, the lineup is alive with chitchat and helpful tidbits.

While social distancing and mandatory restrictions have temporarily interrupted the frequent hugs and handshakes our members shared, seniors continue to light up our environment with their sense of humour and caring conversation.



“INSPIRATION DURING ISOLATION” OPEN 19 ART SHOW

Just because you're locked inside does not mean you cannot indulge your passion for Art!

During the month of May please complete one piece of art—in any medium—which reflects “inspiration during Isolation.” Once your masterpiece is complete, photograph or scan and send it to John Lait at jlait@westvancouver.ca

All artwork will be displayed via web link posted in the next issue of The Scene Magazine. Highlights will be displayed in the fall issue of The Scene Magazine.



THANK YOU FOR YOUR SUPPORT

AMICA

SENIOR LIFESTYLES