



WEST VANCOUVER SENIORS' ACTIVITY CENTRE – E-NEWS JUNE 2016

604-925-7280

ADVANCED EMAIL: IPAD, IPHONE, IPOD TOUCH ONLY

Email is the most popular form of communication today. We will begin by reviewing the basics and move on to advanced skills like sending photos and other attachments, keeping photos and documents you have received, learning how to create a folder to store mail, how to add signatures, share contact information, and more. Bring your charged device. Instructor: Andrea MacDonald.

Thu June 2, 1 – 4 p.m., **6592**, \$42

HELL'S GATE, BRIDAL FALLS AND OTHELLO TUNNELS WITH TROY OPPER

Begin at Bridal Veil Falls with an escorted walk to a 60-metre high waterfall. Next visit Hell's Gate, an abrupt narrowing of British Columbia's Fraser River, located immediately downstream of Boston Bar in the southern Fraser Canyon. Take your breath away on the Hell's Gate Tram Ride, walk the short suspension bridge and visit the village for lunch and museum to enjoy the natural environment and history. Finish at Coquihalla Canyon Provincial Park for a leisurely walk through Othello Tunnels displaying great history, scenery and offering some of British Columbia's most beautiful landscapes.

Tue June 7, 7 a.m. – 7 p.m., **20593**, \$109



AUDAIN ART MUSEUM - WHISTLER

Currently full but please join the waitlist as we may organize another trip.

Thu June 9, 9 a.m. – 5 p.m., **21495**



PASSWORDS, SECURITY & FRAUD

How can you choose (and remember!) strong passwords? What is phishing and how can you protect yourself? How do you improve your security and privacy? In this course you will learn to develop awareness of internet and email fraud, learn about passwords, understand when your privacy is at risk and more! Come with questions and concerns. Everyone welcome. No need to bring anything. Handout provided. Instructor: Andrea MacDonald.

Thu June 9, 1 – 4 p.m., **8119**, \$42

LIONS GATE QUILT SHOW AT CAPILANO UNIVERSITY

The show will include over 200 quilts on display, including raffle quilts, a merchant mall, boutique and a tea room. Fee includes bus trip and admission to the show.

Fri June 10, 10 a.m. – 2 p.m., **24229**, \$20



NITOBE MEMORIAL GARDENS AT UBC

Join us for a guided tour of the enchanting Nitobe Gardens at UBC and discover classical landscaping refined over hundreds of years. Cost includes transportation, tour and admission.

Fri June 10, 10 a.m. – 1:30 p.m., **19793**, \$22



STARLIGHT CASINO NWM

Enjoy a true destination entertainment experience, featuring: a best-in-class casino with over 850 slots, 44 table games, a Poker Room and private gaming room. Enjoy fine, Asian cuisine at Kirin Restaurant, a premier Chinese eatery. Starlight Casino offers the perfect combination of excitement and elegance to make it one-of-a-kind in BC's Lower Mainland.

Sat June 11, 10 a.m. – 4 p.m., **19531**, \$15



CHEZ LOU - SUMMER STARTER

Join us in the beautifully appointed Marine room for a very special dinner with friends. Feast on summery pea soup with turmeric scallops, lamb chops with ratatouille, lemon lavender cheesecake with seasonal berries. Remember to sign up for a table at the Seniors' Activity Centre front desk when you register.

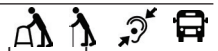
Wed June 15, 5 – 7 p.m., **6526**, \$30

CAMERA+ FOR IPHONE/IPAD/IPOD TOUCH*

If the camera on the iPad/iPhone is leaving you flat, Camera+ will blow you away! With great features like image stabilization, 6X zoom, front flash and a swatch of advanced editing possibilities Camera+ leaves the standard camera app in the dust. Begin with basic shooting and then delve into the editing tools and features. Instructor: Andrea MacDonald.

Thu June 16, 1 – 4 p.m., **6599**, \$42

MALLS OF THE LOWER MAINLAND - ABERDEEN CENTRE MALL



Today's Aberdeen Centre is home to 100+ shops and services, including a variety of multicultural shops and fun home decor stores, as well as a large number of acclaimed Chinese restaurants and a singing fountain.

Fri June 17, 10 a.m. - 3 p.m., **21564**, \$15

MEMBERSHIP APPRECIATION - CAPILANO FLUTE CHOIR

Join us for a special concert for members of the Seniors' Activity Centre.

Sat June 18, 2:30 - 3:30 p.m., **20067**, Free for Members \$5 for Non-Members

JOURNEY TO CANADA'S WESTERN ARCTIC

Join award-winning writer and oral historian Erin Soros on a vicarious journey to Canada's Western Arctic, while learning all about the stories and games, songs and livelihood, struggles and celebrations of Inuvialuit communities in Inuvik, Tuktoyuktak, Sachs Harbour and Ulukhaktok. Welsh Hall, West Vancouver Memorial Library.

Tue June 21, 7 - 8:30 p.m., Free

IOS 9 TIPS & TRICKS: IPAD/IPHONE/IPOD TOUCH ONLY**

Ever wonder if you could use your device more efficiently? Learn how to add shortcuts for typing, how to deal with unresponsive apps, how to add contacts quickly, manage mail, 'Hey, Siri' and more! iPad/iPhone/iPod Touch only. Bring your charged device with you. This class is for those who have either taken the intro level, or are already comfortable with the basics. Instructor: Andrea MacDonald.

Thu June 23, 1 - 4 p.m., **8062**, \$42

APPLEBACK GRILL BRUNCH AND WESTERN WEST VANCOUVER



We will start the day with a trip to Gleneagles Community Centre and will enjoy brunch at the Appleback Grill at the new Gleneagles Golf Course club house. Next, travel to Whytecliff Park to enjoy the scenery, and to Horseshoe Bay village where we will stroll the waterfront village with its busy marine harbour, gift shops and coffee shops. Purchase your own Lunch.

Sat June 25, 10 a.m. - 2 p.m., **22356**, \$10 Members Bus Only

UBC OPERA - A MIDSUMMER NIGHT'S DREAM

An ingenious and subtle evocation of Shakespeare's play, Benjamin Britten's magical opera contains some of the composer's most inventive music as well as providing a parody of operatic conventions. The work is considered to be one of the best and most successful opera adaptations of Shakespeare. See John Lait to choose seat before paying.

Sun June 26, 12:30 - 6 p.m., **19829**, \$40

GARDEN CLUB MEMBERSHIP

The Garden Club (GC) membership includes the club's weekly lectures and events and discounted prices for trips. See blog wvscgardenclub.blogspot.ca or bulletin board for information. Please register so we know how many participants to expect.

Field trip to Select Roses - Thu June 2, 9:30 a.m. - 2:30 p.m., **7976**, \$22 GC Members, \$27 Non-GC Members

Planting a salsa garden - Thu June 9, 10:30 a.m. - 12:30 p.m., **7974**, Free for GC Members, \$5 Non-GC Members

Work in the Seniors' Activity Centre garden - Thu June 16, 10:30 a.m. - 12:30 p.m., **7969**, Free for GC Members, \$5 Non-GC Members

An adventure with succulents - Thu June 30, **7979**, 10:30 a.m. - 12:30 p.m., Free for GC Members, \$5 Non-GC Members

TRAVEL PICTURES

Discover different areas and cultures of the world through photographs by David Reesor.

Myanmar - Mon June 6, 1:30 - 2:30 p.m., **19073**, \$2.25

Madagascar - Mon June 13, 1:30 - 2:30 p.m., **19080**, \$2.25

Botswana - Mon June 20, 1:30 - 2:30 p.m., **19083**, \$2.25

Alaska - Mon June 27, 1:30 - 3:30 p.m., **19087**, \$2.25

HEALTH & FITNESS

Stretching for the Fit - Tue Apr 5 - June 24, 4 - 5 p.m. w/ Wendy, **7920**, \$39

Beginner Yoga - Tue Apr 5 - June 28, 5 - 6:15 p.m. w/ Wendy, **8082**, \$61; Thu Apr 7 - June 30, 5 - 6:15 p.m. w/ Leeann, **8067**, \$61

VOLUNTEERS

Volunteer Orientation: Next Volunteer Orientation course will be held on Wed, June 15 from 7 - 8:30 p.m. There is no cost for registering, but registration is required using code **5502**.

Volunteer Appreciation: Next Volunteer Appreciation event is a BBQ on Wed, July 27 from 5 - 7:30 a.m. in the Cafeteria. All volunteers are welcome to attend and there is no cost for registering, but registration is required using code **20054**.

Café Training: Next Café Training course will be held on Wed, June 29 from 4 - 5:30 p.m. There is no cost for registering, but registration is required using code **24393**.

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.