



21

MAY / JUN

# THE SCENE

*A West Vancouver Seniors' Activity Centre Publication*

## IN THIS SCENE

Cover: Little Gardener learning from a pro!

—  
Find Hours of Operation on page 3

—  
Feature Article:  
A Seniors' Centre Reimagined on page 10

VISIT US ONLINE AT [WESTVANCOUVER.CA/SENIORS](http://WESTVANCOUVER.CA/SENIORS)

*west vancouver*



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Phone 604-925-7280  
Fax 604-925-5935  
Web [westvancouver.ca/seniors](http://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:

Mon, May 24 (Victoria Day)

#### EDITORIAL

**Editors** Sabina Kasprzak, Michiko Araki

**Advertising** Sabina Kasprzak

**Design & Production** Sabina Kasprzak

**Publisher** District of West Vancouver

**Print** Still Creek Press

**Cover Photo By** Sabina Kasprzak

#### ENQUIRIES & ADVERTISING

If you have questions related to this publication or would like to advertise in *The Scene* magazine, please email Sabina at [leisureguide@westvancouver.ca](mailto:leisureguide@westvancouver.ca) or call 604-925-7285.

#### Disclaimer:

Advertising in *The Scene* magazine does not constitute endorsement of the content by the District of West Vancouver.

#### ON THE COVER

Little Gardeners learning from a pro!

#### 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/Jun, 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](mailto:leisureguide@westvancouver.ca).**

#### REFUNDS

**Online Withdrawals** 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.

#### 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.

**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.*



**Sheilah Grant** | *Chair*

## MESSAGE FROM THE ADVISORY BOARD CHAIR

Spring is a wonderful time of year and now that most of us have had our first vaccine shot, we can look forward with comfort to a bit more of a social balance in our lives. Soon we will be able to visit family and friends and participate in the programs that are being offered at the Centre. I certainly miss the wonderful hugs of my grandchildren. This also can be the opportunity for you to let us know what you would like to see developed such as more recreational programs, unique social programs, and fun volunteer opportunities. Remember that this is your Centre, and our wonderful staff are always looking at ways to meet your needs and wishes.

Now that we are out and about in the sunshine a little more, why not drop into the Centre and do some shopping at the SACS on 21st gift shop or visit the cafeteria for some take-out food products. From personal experience, I can assure you the zucchini loaf and seafood chowder are delicious. Of course, all the appropriate guidelines as set out by the Ministry of Health are being followed.

Continuous warm, sunny weather is now here. Get out and enjoy it and please stay safe and healthy. I look forward to seeing you at the Centre.

— **Sheilah**



**Jill Lawlor**  
*Community  
Recreation  
Manager*



**Davida Witala**  
*Recreation  
Supervisor*

## MESSAGE FROM COMMUNITY RECREATION MANAGER & THE RECREATION SUPERVISOR

Spring is a magical time of the year and the anticipation of the summer season is equally exciting, especially after the challenges of the past year. As Spring delivers hope and symbolizes renewal of life in nature, the Seniors' Activity Centre (SAC) continues to plan ahead while changing and adapting to the ongoing COVID-19 health orders.

May and June are exciting months as SAC staff will prepare a Mother's Day and Father's Day celebratory take-out meal. The Hiking Club will be exploring the great outdoor trails, the new Walking Club will begin, and the Shuttle Bus will be expanding service to three days per week. The Garden Club will be working on planning and reviving the beautiful garden beds and expanding our herb and vegetable gardens on the back patio. The patio will be refreshed and set up to welcome small social groups. Our large tent and patio heaters are available upon request. This is a great space for friends to meet—physically-distanced—outdoors! Be sure to check out the Fireside Coffee Bar and Lounge which is serving a variety of specialty coffee drinks.

To stay connected with the Centre, discuss support needs, or for any general inquiries please call 604-925-7280. Phone lines are open 7 days per week from 8 a.m. to 4 p.m. Happy Spring!

— **Jill & Davida**

# OUR PROGRAM COORDINATORS



## VOLUNTEERS

**Sylvia Lung**

*Volunteer Services Coordinator*

604-925-7288

slung@westvancouver.ca



## INDOOR AND OUTDOOR PROGRAMS AND TRANSPORTATION

**Caroline Brandson**

*Programs and Transportation Coordinator*

604-925-7230

cbrandson@westvancouver.ca



## SUPPORT SERVICES

**John Lait**

*Seniors Support Services Program Coordinator*

604-925-7287

jlait@westvancouver.ca



## OUTREACH PROGRAMS

**Helen Murphy**

*Outreach Program Coordinator*

604-925-7211

hmurphy@westvancouver.ca



## FITNESS PROGRAMS

**Eric Bagnall**

*Program Coordinator Personal Training & Weightrooms*

604-921-2903

ebagnall@westvancouver.ca



## FOOD SERVICES

**Lou Novosad**

*Food Service Program Coordinator*

604 925-7122

lnovosad@westvancouver.ca



## FITNESS PROGRAMS

**Dave Thomson**

*Program Coordinator - Rehabilitation*

604-921-2169

dthomson@westvancouver.ca



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stressful



## YOUR MOVE MADE SIMPLE

- Help decide what to take
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- Hire and oversee movers
- Sell or donate unwanted items
- Organize and set up new home

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**FOR A FREE CONSULTATION**

# VOLUNTEERS

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

## 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 have been 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.

Contact Sylvia at [slung@westvancouver.ca](mailto:slung@westvancouver.ca) if you have any questions about upcoming opportunities, or if you are interested in volunteering.

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 needed to lead hikes and assist with reconnaissance

If you are interested in leading hikes for our outdoor programs, please contact Caroline Brandson at [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca).

### Driving seniors to appointments

Drivers use their own car and must have their driver's licence and a driver's Abstract from ICBC. Please email Helen Murphy at [hmurphy@westvancouver.ca](mailto:hmurphy@westvancouver.ca) if you are interested in this opportunity.

Volunteers will need to complete a Volunteer Orientation and Police Information Check before they can assist with these opportunities.

If you have ideas for other volunteer opportunities that you would like to see at the Centre, please contact Sylvia at [slung@westvancouver.ca](mailto:slung@westvancouver.ca)

## 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 an upcoming Adult Volunteer Orientation.*

If you are in doubt contact Sylvia ([slung@westvancouver.ca](mailto:slung@westvancouver.ca), 604-925-7288). To sign up for the online volunteer orientation visit [activewestvanrec.ca](http://activewestvanrec.ca) or call 604-925-7280. You will receive 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.



## Mature consumers face unique challenges, I'm here to help.



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**SHANNON DENISE**  
REAL ESTATE ADVISOR



# 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.) Please refer to the special take-out menu posted on [westvancouver.ca/seniors](http://westvancouver.ca/seniors) before you place your order. Menus are updated daily.



## SACS ON 21ST

Your favourite little shop inside the Seniors' Activity Centre is open Monday to Saturday from 10 a.m. to 2 p.m. Physical distancing as well as cleaning and safety protocols are in place.

Donations can be dropped off daily at the Seniors' Activity Centre North Main Entrance from 10 a.m. to 3 p.m.

# SCAMMERS AND SCAMS



## INFO ONLINE

[antifraudcentre-centreantifraude.ca](http://antifraudcentre-centreantifraude.ca)

[canada.ca/en/revenue-agency/corporate/contact-information.html](http://canada.ca/en/revenue-agency/corporate/contact-information.html)

*By Nick Bell*

Scammers make a living by tricking you. They are good at exploiting your fears, and making you act quickly. Slow down, ask questions, and never feel like you have to make a decision straight away. Below are some recent scams.

**COVID-19 scams** based around vaccines and government financial aid are cropping up. Be wary of any unsolicited phone calls or emails related to accessing government financial support, expenses related to vaccines, personal information disclosure related to vaccines, or vaccine related malware installation.

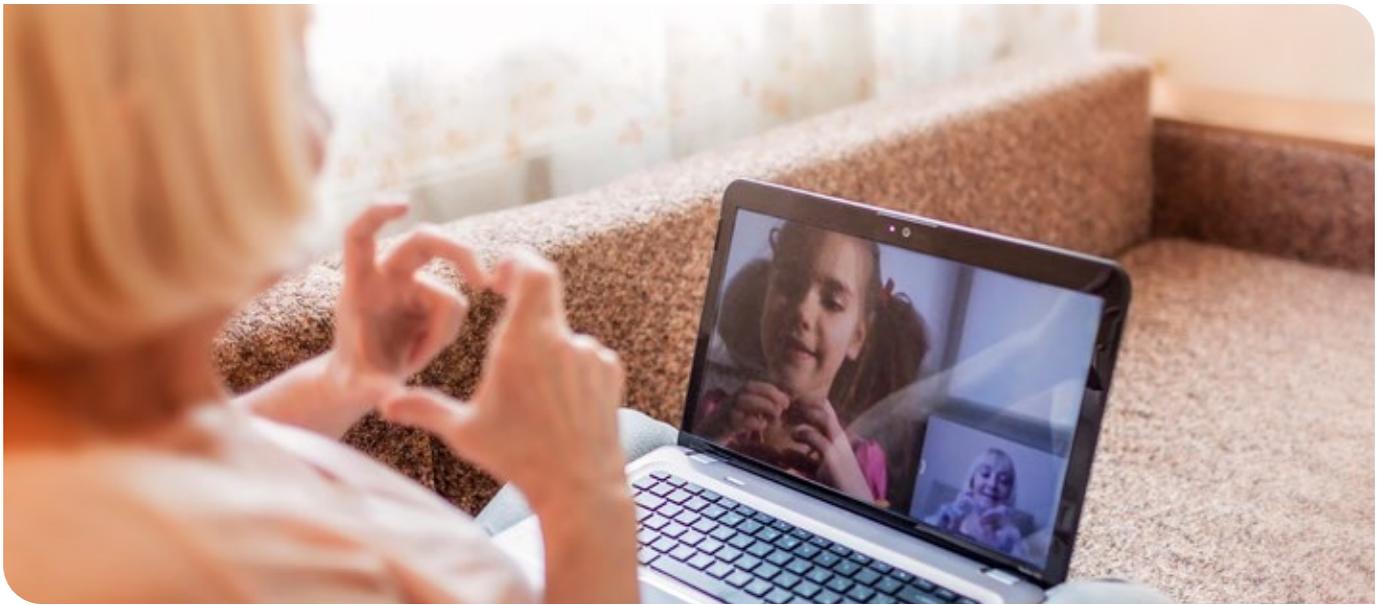
**CRA scams:** It is tax season again. CRA scams tend to involve a caller impersonating the CRA or police, pressuring you to act fast. Slow down and assess the situation! The CRA will never pressure you to act fast, wire money, or transfer money by other means. If unsure, hang up and call CRA directly.



## BECOME A PEN PAL!

We're bringing back the old-fashioned art of letter writing! Are you interested in writing to a pen pal? Our West Vancouver youth are looking to connect with seniors in the community by writing letters.

If you are interested, please contact Sylvia at 604-925-7288.



# KEEPING WELL DURING THE PANDEMIC

By *Melanie Hess*

In year two of the pandemic, vaccines hold great promise against this global health challenge. As seniors, we are at greater risk of complications from COVID-19 and must protect ourselves by physically distancing and wearing a protective mask. Prior to the outbreak, life was so different — we could see loved ones, friends, and neighbours; dine out, shop for essentials, take a walk; and participate in community activities. Now we must stay home and recalibrate our lives amidst constant uncertainty.

For many of us, the toughest part of COVID is isolation and loneliness. While this may not be the case for everyone, the lack of social connection is challenging, particularly for those who live alone or cannot get out. We know that self-isolation disproportionately affects the elderly and with COVID-19 it is a growing concern, particularly as the pandemic

wears on. Isolation and loneliness can affect our mental, emotional, and physical well-being. We may experience:

- Worry, anxiety, sadness, depression, confusion, anger, fear, forgetfulness
- A sense of powerlessness and vulnerability
- Insomnia or excessive sleeping
- Low or no energy and difficulty concentrating
- Unexplained aches and pains or worsening of a chronic health problem
- Smoking, drinking, or using drugs more than usual
- Inability to perform daily tasks
- Lack of energy or motivation
- Frustration, boredom, disinterest

These reactions can be expected when we face a new and profound challenge. However, if you are concerned about your well-being; if

any of these reactions are overwhelming, unrelenting and interfere with normal functioning and daily life; or if you have thoughts of self harm, please reach out to someone: a family member, a friend, your doctor. Or contact the Seniors' Activity Centre. It is okay to ask for help.

**How can we stay safe and remain socially connected? How can we mitigate the potentially negative outcomes of isolation and loneliness? We create mental, physical, and social reserves which work in tandem to keep us healthy:**

## Mental Reserves

- The pandemic is beyond our control. We do not have to like the situation but if we can accept it and let go of the need for things to be different, we will feel better.
- Be realistic and fact-based. Remember this is not permanent.

It's easy to think about worst outcomes which creates unnecessary stress and fear. Stay informed but avoid excessive exposure to media coverage of COVID-19.

- Develop structure and stick to a daily schedule. Routine can be helpful in times of unpredictability, uncertainty, and stress.
- Engage in daily mind-body practice. Learn about mindfulness, meditation, yoga, qi gong. Practice deep breathing. When we get overwhelmed, our breathing becomes shallow. Slow deep breathing is calming.
- Think of someone you admire. How would they manage this challenge? What advice could they give you?
- Identify sources of joy, comfort, and gratitude. Think about what we still have in our lives.
- Record your thoughts and feelings in a journal. Maintain a daily log of your experience.
- Start a new project.
- Stay occupied. Read. Puzzle. Art. Crafts. Cook. Discover something new. Now is the time to do something you have always wanted to do (e.g., listen to opera, start a collection of some kind). *Anything!*

### Social Reserves

- Make commitments and honour them. It does not matter what it is - to a friend, a pet, an online class. Being accountable to others and to ourselves helps us maintain a sense of self-esteem, purpose and keeps us connected.
- Keep in touch with others - in person (safely), by phone, video, text, email, letters. Do not withdraw. Interacting with others can provide support during this time but also talk about things you normally would.
- Host a book club or a game night online, play virtual card games with friends, start a chat group.
- Sign up for online classes or lectures.
- Take virtual tours of art galleries, museums, national parks, world landmarks.

### Physical Reserves

- Take care of yourself: get enough sleep, eat a balanced diet, engage in physical activity, practice good hygiene, walk or sit in the fresh air, take prescribed medications, avoid excessive alcohol, smoking and recreational drugs. Make self-care a part of our daily routine.
- Participate in online exercise or meditation classes with others.

- Stretch and move several times a day. Sitting for long periods of time may affect posture and exacerbate chronic conditions.

Be kind to yourself. This is a hard time for everyone. People around the world are living through this too. We are all in this together and can emerge with a renewed appreciation for our interconnectedness. Seniors are resilient. We have a lifetime of experiences and have navigated stressful times and difficult life events before. We have developed ways of coping that we can employ now.

The Seniors' Activity Centre is here for you. If you or someone you know requires assistance, if you have a question or concern, or ideas and suggestions, please contact us. The Centre is operating as many recreation and social programs as safely possible on site and continues to work to enhance our virtual programming. We also have a take-out and delivery food service. We collect donated tablets and deliver them to seniors in need. Our outreach program can be as a cheerful phone call, a ride to a medical appointment or a home visit when the pandemic allows. We recently launched a pen pal program to connect students from Collingwood School with seniors.

## Mental Health Resources

### Seniors' Distress Line

Call **604-872-1234** to talk with a crisis responder. It is available 24/7.

### Mental Health and Substance Use Supports in B.C.

Call 8-1-1 any time of the day or night. For the deaf and hard of hearing call 7-1-1 (TTY)

<https://www2.gov.bc.ca/gov/content/mental-health-support-in-bc/adults>

### Canadian Coalition for Seniors for Mental Health

Tips for Battling Anxiety During this Public Health Situation

[ccsmh.ca/resources/covid-19-resources](https://ccsmh.ca/resources/covid-19-resources)

### Government of BC: Managing COVID-19 Stress, Anxiety and Depression

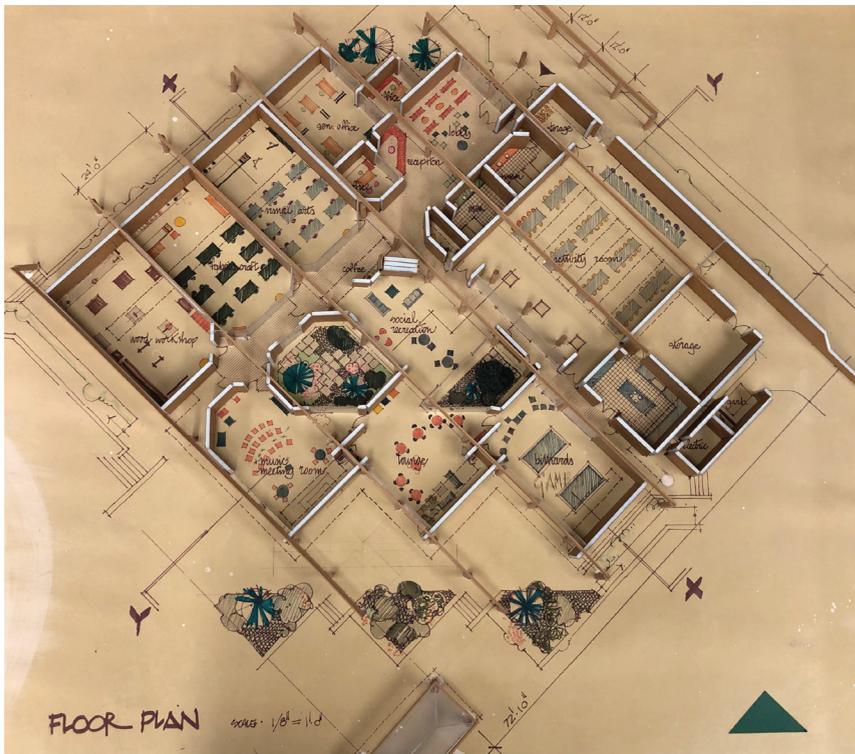
<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/managing-covid-stress>

# A SENIORS' CENTRE REIMAGINED

By Valerie Coles

We need your help. We want to know how we can best meet the needs of members, so put on your magical thinking cap and let us know just what you want at the West Vancouver Seniors' Activity Centre. We are just waiting for your best ideas!

As you may know, our centre was originally built in 1981 and was last expanded in 1995. That expansion was highly popular because it gave us a much-needed cafeteria. But today, with nearly 4,000 members,



Construction of Seniors' Activity Centre | Buttjes and Burgers Architects  
Construction ground breaking: 1979 | Opening: June 1981



**'Raise the Roof' Expansion of Seniors' Activity Centre** | Nancy Mackin Architecture  
Construction ground breaking: 1993 | Opening: June 1995

use of the centre has grown so much that we need to plan some changes.

We know that all good change starts at the grassroots level, so before we commit to anything, we need to hear from you, the people who use the centre week in, week out. You know the flaws and the fine points better than anyone.

So, polish off your crystal ball, pretend you're the person in charge, and tell us what a centre looks like if it had everything you've ever wanted, including new programs. After all, it was a member who suggested we add a coffee bar to our lounge, and what a shining success that's turned out to be. Lattes and cappuccinos are in constant demand — solid proof that the best ideas come from our members.

To capture your ideas, we've assembled a survey—to complete the survey please visit [westvancouver.ca/seniors](http://westvancouver.ca/seniors).

Maybe you've been longing for a bigger space devoted to your favourite class, like an enlarged art studio. Or perhaps you envision something totally new, like an elegant dining room, a multi-purpose room with sliding partitions, or a digitally-equipped language lab.

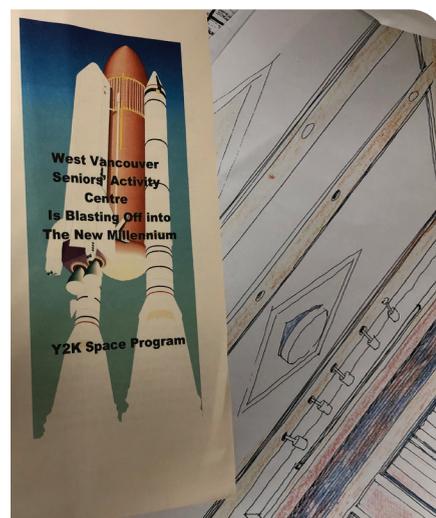
A good way to start is to ask yourself leading questions, like ***"What would bring me back more often?"***, ***"What's missing?"*** or even, ***"What do I like least at the centre?"***

Don't hold back, this is your golden chance to be heard. If it's a hard copy, you can drop it off at the Seniors' Centre or mail it to:

#### **SAC Advisory Board**

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

We'll be holding a draw in early May, so be sure to fill out the survey soon so you don't miss out on terrific prizes.



#### **Y2K Expansion**

Archi Nancy Mackin Architecture  
Construction ground breaking:  
2001 | Opening: 2001



## REGISTERED PROGRAMS

For refund policy see page 3 of *The Scene*. For a complete list of programs, visit [westvancouverrec.ca](http://westvancouverrec.ca).

Program availability may be adjusted based on provincial health restrictions. For an up-to-date list of adult 55+ programs please visit [westvancouverrec.ca](http://westvancouverrec.ca) and click on the 'Adults 55+' tab at the top of the web page.

### VISUAL ARTS

#### Painting: Painting Studio Time

Work privately on your art projects inside the beautiful art studio at the Seniors' Activity Centre. Studio time is for self-directed projects. *No instructor will be available.*

Mon – Fri	10 a.m. – 12 p.m. 12:30 – 2:30 p.m.
Sat	10 a.m. – 12 p.m.

#### Photo Club (Virtual)

Come curious, and leave inspired by the stunning images shared by guest presenters and participants! No formal instruction. Club meets virtually. Leader: Peter O. Your email will be sent to the photo club so that you can receive a virtual meeting link.

Thu	
Apr 1 – Jun 24	1 – 2 p.m.
<b>90801</b>	\$29.25

### BIG BAND!

Calling all musicians! We are exploring the possibility of starting a band and are looking for individuals who can play piano, guitar, drums, trumpet, trombones, and saxophones. If you are interested, contact Caroline at [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca).

### MUSIC

#### Heritage Choir (Virtual)

Where have all the singers gone? News flash—they haven't! The West Vancouver Heritage Choir is alive and well, and hoping you'll join us this spring. Our virtual get-together will include new songs, guest speakers, a dash of musical know-how and appreciation, and (of course) socializing! At Christmas we produced a virtual Christmas card, complete with carols sung by the choir and plan to do something similar this spring. So please come join us along with our conductor, Nicole Thomas Zycznski, for some re-energizing musical fun! Your email will be sent to the instructor who will send you the virtual choir link.

Tue	
Mar 30 – May 25	1:30 – 3 p.m.
<b>88798</b>	\$81

#### Jazz Jam

Do you enjoy making music? 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 instruments and have some familiarity with jazz concepts. Our purpose is to have fun making music! No instructor.

Sat	
Drop-in	10 a.m. – 12 p.m.
	\$2.50

#### Recorders

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

#### Intermediate

Tue	10:30 a.m. – 12 p.m.
Drop-in	\$2.50

#### Advanced

Thu	10:30 a.m. – 12 p.m.
Drop-in	\$2.50



### WOODWORKING

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 offer 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. Please check [westvancouverrec.ca](http://westvancouverrec.ca) for the dates and cost of these courses.

Private lathe and woodworking sessions are available Monday to Friday from 9 a.m. to 12 p.m. and 1 to 4 p.m. Sign up starts on the Wednesday prior.

### WELLNESS

#### Mindfulness Meditation (Virtual)

Handing pandemic anxiety requires coping strategies. In these tumultuous times it is easy to feel overwhelmed with worries and fears. Learn how Mindfulness Meditation as well as 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. Leader: Susan P.

Thu	
May 6 – 27	10 – 11 a.m.
<b>93284</b>	\$8



## OUTDOOR ACTIVITIES

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

*If you are new or would like more information about our outdoor activity programs, please email [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca).*

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



Program availability may be adjusted based on provincial health restrictions. For an up-to-date list of adult 55+ programs please visit [westvancouverrec.ca](http://westvancouverrec.ca) and click on the 'Adults 55+' tab at the top of the web page.

### Par 3 Golf / Pitch & Putt 2021 Annual Registration

The Seniors' Activity Centre Par 3 Golf/Pitch and Putt program begins in April at Ambleside Part 3 course. Group meets on Mondays and Thursdays. Starting in May, Thursdays will be bus trips to various courses throughout the Lower Mainland (please sign up and pay separately for the bus). When Monday is a holiday, the group will only golf on Thursday that week. This is for the annual membership, please pay separately for each individual bus trip. New members are welcome. Bus and Golf schedules available on line at [westvancouver.ca/recschedules](http://westvancouver.ca/recschedules)

Mon/Thu	
Apr 1 - Sep 30	9 a.m. - 12 p.m. <b>88813</b> \$15

### Golf Bus

The bus will pick you up at the Seniors' Activity Centre and take you to and from the various pitch and putt golf courses in the Lower Mainland. Cost includes transportation only, green fees are extra and vary depending on the location. To register visit: [bit.ly/3INmvrk](https://bit.ly/3INmvrk)

May 6	Central Park
<b>93157</b>	
May 13	Kensington
<b>93158</b>	
May 20	Rupert
<b>93159</b>	
May 27	Stanley Park
<b>93160</b>	
Jun 3	Queen Elizabeth Park
<b>93161</b>	
Jun 10	Central Park
<b>93162</b>	
Jun 17	Kensington
<b>93163</b>	
Jun 24	Rupert
<b>93164</b>	

### **NEW** Hikers: Discover the Trails on the North Shore

Join our leader, meet at the trail head, and explore local trails! Hikes will be two to three hours long, and will involve a good pace and hilly sections. Trail shoes with good tread required and bring your own water. Contact [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca) for details and before you head out on your first hike.

Thu	
May 6 - 27	9 a.m. - 12 p.m. <b>92999</b> \$10

Thu	
Jun 3 - 24	9 a.m. - 12 p.m. <b>93000</b> \$10

### Hikers: Explorers

Do you love walking? Are you looking to stay social and active? You're welcome to join! The only prerequisite is a shared 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. Cost includes transportation to and from the trail.

Wed	
May 5 - 26	9:30 a.m. - 12:30 p.m. <b>93003</b> \$40

Wed	
Jun 2 - 30	9:30 a.m. - 12:30 p.m. <b>93004</b> \$50

### Hikers: Tuesday

Are you active and in good physical shape? Hike on Tuesdays throughout the year! Tuesday hikes are 4 to 5 hours in duration and 8 to 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. Please note registration for Tuesday and Thursday hiking is separate this year. If you are new or would like more info email [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca)

Tue	
	9 a.m. - 2 p.m. <b>83527</b> \$15

**Hikers: Advanced**

Hike with advance group on Thursday's throughout the year! The Thursday Hikes (year-round) are 6 to 9 hours in duration and 12 - 25 km. Hikes are posted on rec schedules and list the elevation gain and details of the hike. You must carry your own food, water and wear hiking boots. Bring spare clothes and something to sit on. Contact Caroline at [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca) for more information and before signing up if you are new.

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

**Hikers: Ramblers 2021 Annual Registration**

Hike with us! 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. You must have appropriate footwear, clothing for any weather, food and water. If you are new or

would like more info email Caroline at [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca) or call 604-925-7230.

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

**Cycling: 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/h and last 3-4 hours with a coffee break. Anticipate some shared roadways with traffic, bike paths, bridges, and some gravel. E-bikes are welcome. Join us for opportunities to learn new skills in biking, leadership, and safety while keeping fit and making new friends outdoors in the "new cycling group."

Wed  
 Jan 4 - Dec 27 9 a.m. - 12:30 p.m.  
**83543** \$15

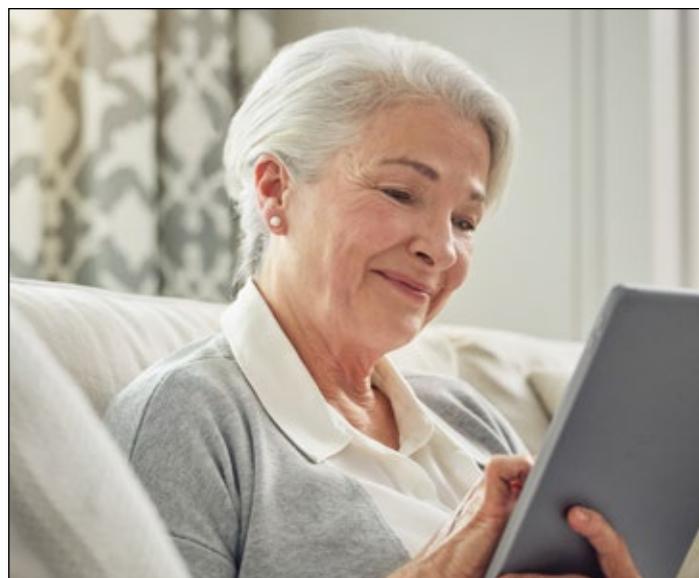
**Cycling: Turtles 2021 Annual Registration**

The Turtles group is composed of people in their 70s and 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/h and we welcome new members. If you are new or would like more info contact Caroline at [cbrandson@westvancouver.ca](mailto:cbrandson@westvancouver.ca)

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

**CYCLING PROGRAMS**

*Easy Riders, Norwest Cycle, and Silver Wheels are currently full for the year. No open spots due to COVID-19. Please add your name to the waitlist.*



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.

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# FITNESS PROGRAMS

## GROUP FITNESS ACTIVITY LEVELS

### MILD

#### Low cardio

Light bands used below shoulder height. Typically no floor exercises (*accommodations can be made for these exercises*).

### MODERATE

#### Fair amount of cardio

Possibility of using bands above shoulder height. Incorporates floor exercises. Good mobility required.

### STRENUOUS

#### High level of cardio

Use of bands above shoulder height. Incorporates floor exercises. Good mobility required.



## SENIORS PERSONAL TRAINING

For details please call Eric Bagnall at 604-921-2903 or email [ebagnall@westvancouver.ca](mailto:ebagnall@westvancouver.ca). Sessions are 55 minutes in duration.

## GROUP FITNESS

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](http://westvancouver.ca/accessibility).

### Tai Chi - Level 2-3

Delve deeper into inner harmony as you continue along the path introduced in Level 1. Progress to the end of the Tai Chi forms as you improve strength, balance, and wellness through natural and relaxed forms. Prerequisite: Level 1 or equivalent Tai Chi Training.

Fri  
May 7 - 28 11:45 a.m. - 12:45 p.m.  
**92902** \$24

Fri  
Jun 4 - Jul 2 11:45 a.m. - 12:45 p.m.  
**92903** \$30

### Tai Chi - Qi Kong — Healing Exercises

Get stronger, feel better, and smile in this relaxed and mindful class! Practice various slow-moving and mindful healing exercises that increase balance, agility, and strength. Explore visualization, breathing techniques, and meditation to promote a total sense of well-being. Everyone is welcome. No previous Tai Chi experience necessary.

Fri  
May 7 - 28 10:30 - 11:30 a.m.  
**92900** \$24

Fri  
Jun 4 - Jul 2 10:30 - 11:30 a.m.  
**92901** \$30

### Standing Strength and Balance

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.

Fri  
May 7 - May 28 12 - 1 p.m.  
**93702** \$20

Fri  
Jun 4 - Jul 2 12 - 1 p.m.  
**93703** \$25

### SCOPE

Get your heart pumping and your body moving with our online 50-60 minute class that will include 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  
May 4 - May 29 9 - 10:30 a.m.  
**93705** \$30

Tue, Thu, Sat  
Jun 1 - Jul 3 9 - 10:30 a.m.  
**93706** \$37.50

## REHAB & PREHAB

All equipment in the spacious studio is safely distanced to ensure a safe workout environment. Please wear a mask and keep two 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](http://westvancouverrec.ca).

Questions? Contact Dave Thomson at 604-921-2169 or [dthomson@westvancouver.ca](mailto:dthomson@westvancouver.ca)

### FAME for Stroke

Did you know that stroke is the leading cause of disability in Canada? Improve overall mobility,

build up lost cardiovascular endurance, and develop arm and hand functions with the guidance of an experienced personal trainer. FAME (Fitness & Mobility Exercise Program) is a community-based exercise program developed by researchers at UBC for post-stroke individuals that still maintain standing and walking ability.

Tue & Thu  
 May 4 – Jul 1      12:30 – 1:25 p.m.  
**89601**      \$272

**Chronic Low Back Pain and Core Strength**

Are you suffering from chronic low back pain (LBP)? Does your pain prevent you from being active? Come and learn exercises to help alleviate some pain and correct form to reduce the likelihood of reoccurring pain. Chronic Low Back Pain Consultation is required prior to joining (89658).

Fri  
 May 7 – Jul 2      2 – 2:55 p.m.  
**89657**      \$132.75



**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 or Caroline.

**TABLET DONATIONS**

Donate new or gently-used tablets to seniors in need!

Tablets can be dropped off in-person at the Seniors' Activity Centre from 10 a.m. to 2 p.m., or mailed to:

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

**OUTREACH PROGRAMS**

**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 information contact Helen: 604-925-7211

For program dates, times and more please visit [westvancouverrec.ca/keepingconnected](http://westvancouverrec.ca/keepingconnected). Programs will be added 'as we go' so please check back frequently for updates.

**Keeping Connected - Stretch / Movement for Parkinson's (Virtual)**

Enjoy an uplifting class that combines movement and music in an enjoyable, safe, and creative environment for people living with Parkinson's and other physical challenges. Maintain a sense of confidence and grace in movement through the fundamentals of stretch. Peter your instructor will use chairs for stability and ease of movement.

Mon  
 May 3 – 31      1:30 – 2:30 p.m.  
**93001**      \$40



**Keeping Connected - Mindful Painting (Virtual)**

Join us for an engaging art-based program, designed for people living with dementia and their caregivers. A link will be emailed to participants before the first class begins.

Wed  
 May 5 – 26      1 – 2 p.m.  
**94342**      \$20

**Keeping Connected - Chair Yoga (Virtual)**

Enjoy slow gentle movements as you stretch every part of your body and improve your range of motion in an ideal class for those who cannot do floor exercises. Perform modified yoga exercises from the comfort of your chair, and use your chair to stabilize yourself while stretching.

Tue  
 May 4 – 25      11 a.m. – 12 p.m.  
**94343**      \$20

**Keeping Connected - Caregiver Support (Virtual)**

This group meets weekly to help caregivers navigate the ever-changing challenges of dementia. 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  
 May 4 – 25      10:30 – 11:30 a.m.  
**93005**      Free

Thu  
 May 6 – 27      10:30 a.m. – 12 p.m.  
**93002**      Free

# PROGRAMS AT THE WEST VANCOUVER MEMORIAL LIBRARY

Learn about all of our virtual events and register at [wvml.ca/events](http://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.



## LIVE in Your Living Room: From Bach to Piazzolla

Classical accordionist Jelena Milojevi and pianists Elizabeth and Marcel Bergmann will combine the seductive tango of Astor Piazzolla with the classic perfection of J.S. Bach in this livestreamed concert.

Fri  
May 7 7:30 – 8:45 p.m.  
Virtual (via YouTube Live) Free

## Cookbook Club

Test out different cookbooks, share your favourite recipes and cooking adventures, and make new friends along the way. May's theme is **Satisfying Salads** and June's theme is **Garden to Table Recipes**.

Wed  
May 19 & Jun 16 2 – 3 p.m.  
Virtual (via YouTube Live) 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 Lee Maracle's *My Conversations with Canadians* in May and Aja Gabel's *The Ensemble* in June.

Thu  
May 20 & Jun 17 11 a.m. – 12 p.m.  
Virtual (via Zoom) Free

## Managing Pests and Diseases in Your Organic Vegetable Garden

Join Linda Gilkeson to learn how to identify common pests and diseases affecting your vegetable garden.

Sat  
May 29 2 – 3:30 p.m.  
Virtual (via Zoom) Free

## Seniors' Activity Centre SHUTTLE BUS

**NEW** Starting on May 1, the service will also be available on Saturdays! Same routes and times!

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, Thursday, and Saturday from 9 a.m. to 3:30 p.m.

For new schedule visit [westvancouver.ca/seniors](http://westvancouver.ca/seniors) or pick one up at the Seniors' Activity Centre.

Call 604-925-7280 to reserve a spot.

Due to COVID-19 restrictions, only 5 passengers are permitted on the shuttle at one time. **Masks are required.**

To download the Shuttle Bus brochure with schedule, visit [westvancouver.ca/seniors](http://westvancouver.ca/seniors).



## FOR YOUR INFORMATION

The Seniors' Activity Centre Advisory Board would like to inform you about an application coming forward to Council to develop a tiered campus of senior care, to replace the present Inglewood Care Centre on Taylor Way, which currently provides 213 publicly funded long-term care beds. We think it important West Vancouver residents, especially seniors, become informed about this project as our publicly funded care beds are rapidly decreasing. Please explore [baptisthousing.org/information-materials](http://baptisthousing.org/information-materials) for more info.

# CELEBRATE MOTHER'S DAY & FATHER'S DAY

with mouth-watering entrées from the Garden Side Café!



## Mother's Day Menu

SUNDAY, MAY 9

### Coq Au Vin

*boneless chicken thighs braised in red wine, mushroom & sauce*

Cheddar & Parsley Mashed Potatoes

Grilled Asparagus Medley

Red Velvet Mini Loaf with Cream Cheese Frosting



## Father's Day Menu

SUNDAY, JUNE 20

Barbecue Pork Baby Ribs

Rice Pilaf

Mexican Corn

Chocolate Cake with Coconut Filling

Special entrées will be available for pick-up from 10 a.m. to 2 p.m.  
at the Seniors' Activity Centre's Garden Side Café.

# 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.**



[ShyloHomeHealthcare.ca](http://ShyloHomeHealthcare.ca)



*Your Local Home Grown Healthcare Provider for 40 years.*