

A woman with grey hair styled in pigtails, wearing glasses and a black vest over a white shirt, is smiling and working on a craft project. She is holding a piece of orange material and a yellow ribbon. In front of her is a white tray with various colored materials and a red strawberry. The background is a blurred indoor setting, possibly a community center.

24
FALL

THE SCENE

A West Vancouver Seniors' Activity Centre Publication

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Telling a story they've
all heard 5 times.

parc
retirement
living

parcliving.ca

Being a senior has its moments. Life at PARC embraces this, whether those moments are funny, over the top or just relatable. Best of all, you get to share them with like-minded people at the same stage of life. You also get to choose from a variety of activities, accommodation options and meals. Live your best years in the best company.

Summerhill: 604.980.6525 | Westerleigh: 604.922.9888 | Cedar Springs: 604.986.3633

Contact us

695 21st Street
West Vancouver, BC V7V 4A7

SAC Call Centre 604-925-7280
General Call Centre 604-925-7270

Monday – Thursday 8:30 a.m. – 8 p.m.
Friday – Sunday 8:30 a.m. – 4 p.m.

If you are unable to connect with us on the SAC Call Centre line, please call the General Call Centre line.

You can also email us at activewestvanrec@westvancouver.ca.

Web westvancouver.ca/seniors

HOURS OF OPERATION

Registered Programs

Monday – Thursday 8:30 a.m. – 8 p.m.
Friday – Sunday 8:30 a.m. – 4 p.m.

CAFETERIA

Hours of Operation

Monday, Wednesday, & Friday 9 a.m. – 3 p.m.
Tuesday & Thursday 9 a.m. – 7 p.m.
Saturday & Sunday 9 a.m. – 2 p.m.

Dine-in Service

Lunch

Monday – Sunday 11:30 a.m. – 1:30 p.m.

Dinner

Tuesday & Thursday 5 – 7 p.m.

Take-out Food Service

Monday, Wednesday, & Friday 9 a.m. – 3 p.m.
Tuesday & Thursday 9 a.m. – 7 p.m.
Saturday & Sunday 9 a.m. – 2 p.m.

UPCOMING CLOSURES:

Monday, Aug 5 – BC Day
Monday, Aug 19 to Monday, Sep 2 – SAC Summer Maintenance Closure
Monday, Sep 2 – Labour Day
Monday, Sep 30 – National Day for Truth and Reconciliation
Monday, Oct 14 – Thanksgiving Day
Monday, Nov 11 – Remembrance Day
Wednesday, Dec 25 – Christmas Day

EDITORIAL

Editors Sabina Kasprzak & Sophie Fonseca

Advertising Sabina Kasprzak

Publisher District of West Vancouver

Print Still Creek Press

Cover photo Sabina Kasprzak

Welcome to The Scene Magazine

This publication is available quarterly (in print and online) on the following dates in 2024: Spring (Feb 20), Summer (May 27), Fall (Jul 29), and Winter (Nov 18).

SUBSCRIBE TO THE SAC E-NEWS

We also post online and email the SAC E-news with last-minute changes and information added after *The Scene's* publishing date. The E-news comes out at the beginning of each month. To subscribe, visit westvancouver.ca/newsletters.

BECOME A SAC MEMBER (55+)

Purchase your annual membership (\$39) today at the front desk and ask about the many benefits! *55+ non-members are welcome to participate in some programs at a higher rate (ask 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 pre-register for all classes, workshops, and lectures before the first day. Insufficient registration prior to the first day can result in cancellation. Price quotes in *The Scene* are member rates. To view member and non-member pricing, visit activewestvanrec.ca.

DID YOU KNOW?

55+ adults are welcome to participate in all programs listed as Adult 19+. To view available programs and activities, visit westvancouver.ca/recactivities.

ENQUIRIES & ADVERTISING

If you have any questions related to this publication or would like to advertise in *The Scene* magazine, please email the marketing team at 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.

FUTURE REGISTRATION DATES

For upcoming registration dates, visit westvancouver.ca/registration.

Registration for fall general programs starts on **Thursday, August 15** and skating, gymnastics, and swimming registration starts on **Thursday, August 22**.

Visit westvancouver.ca/recactivities for availabilities.

REFUNDS

Visit westvancouver.ca/refunds or scan the QR code.



HOW TO SCAN A QR CODE

1. Open the Camera App:

On your smartphone or tablet, open the built-in camera app. You can usually find it on your home screen or in the app drawer.

2. Point the camera at the QR code:

Position your device so the QR code is within the viewfinder of the camera.

3. Tap the banner:

Once the camera detects the QR code, a banner or pop-up notification may appear on your device's screen—tap on this banner to trigger the scanning process.

4. Follow instructions:

After tapping the banner, your device may automatically recognize the QR code and initiate the associated action. Follow any on-screen instructions.

ON THE COVER: Judy working on her stained glass creation. See *Power of Community* article on page 14.

Message to the SAC Community



Just as the start of a new school year once brought us excitement, Fall is a time for our SAC members to eagerly anticipate both new and returning programs—a welcome boost in the coming dreary Fall days.

Perhaps you'll join an exercise program like gentle yoga or a vigorous early morning workout like Fit Fellas? Or you might sign up for that painting program that you've promised yourself you would try

once you retired? And then there's learning a new language, which we've been told will help keep our brains functioning at a high level. Do you have plans to travel to a French or Spanish-speaking country? Perhaps this would be a good time to develop some language conversation skills to help you ask for directions in the country's language? Or perhaps you might decide to pick up the needles and knit that sweater you said you would like to have in your favourite colour, or stitch a small quilt for an expected new family member? The SAC woodworkers have a wonderful workshop too! Maybe this is the time to learn or hone the skills needed to complete a wooden masterpiece?

As you contemplate new programs, keep in mind that some of the outdoor activities run year-round. The Ramblers hike rain-or-shine every Monday on trails throughout the Lower Mainland. The cycling groups continue well into the fall and some avid cyclists bike through winter.

And for those who don't like to cook, there are hot meals, sandwiches, soups, and salads served daily during lunch at the Garden Side Café, along with meals for take-out. Our Tuesday and Thursday dinners are also extremely popular and offer a variety of delicious menu offerings.

We are also happy to report that the bi-weekly Piano Bar with live music and a choice of beverages will continue to be offered before Tuesday dinners.

Wishing you all a vibrant and active Fall season at the SAC!

Lenore Rogers
SAC Advisory Board Chair

James Ray
Customer Service & Community Recreation Manager

Davida Witala
Community Recreation Services Supervisor - Seniors' Activity Centre

Upcoming Events

OCTOBER



03
SUNDAY
Thanksgiving Brunch

NOVEMBER



08
FRIDAY
Remembrance Day Luncheon



30
SATURDAY
Traditional Holiday Craft Market

DECEMBER



13
FRIDAY
Shortbread and Sherry



14
SATURDAY
Rotary Lunch



17
TUESDAY
Holiday Treat Social

Our Program & Assistant Program Coordinators



VOLUNTEERS

Melanie Clark

*District-wide Volunteer Services
Program Coordinator*

604-913-2703
volunteer@westvancouver.ca



VOLUNTEERS

Crystal Lan

SAC Assistant Program Coordinator

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SHUTTLE BUS, TRIPS, SPORTS, GARDEN CLUB, VISUAL & HOBBY ARTS

Emily Jones

SAC Program Coordinator

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SPECIAL EVENTS, MUSIC, DANCE, BILLIARDS, GAMES & ADULT LEARNING

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SAC Program Coordinator

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SENIORS' OUTREACH - KEEPING CONNECTED PROGRAMS

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SENIORS' OUTREACH

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ACCESS SERVICES, RECREATION FINANCIAL ASSISTANCE

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Access Services Program Coordinator

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FEED THE NEED & VOLUNTEERS

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SAC Assistant Program Coordinator

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RECREATION, FACILITIES, & CUSTOMER SERVICE

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Recreation Facility Clerk Supervisor

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FOOD SERVICES, GARDEN SIDE CAFÉ & COFFEE BAR

Lou Novosad

*SAC Food Services Program
Coordinator*

604-925-7122
lnovosad@westvancouver.ca

Volunteers

WE'RE RECRUITING NEW VOLUNTEERS!

To view public volunteer opportunities in our volunteer portal, scan the QR code below.



VOLUNTEER WITH THE DISTRICT OF WEST VANCOUVER!

Are you over 19 years of age and have a BC Medical Services Card with a Personal Health Number? If yes, you are welcome to register for our Adult Volunteer Orientation at activewestvanrec.ca, or by calling 604-925-7270.

Join experienced volunteer mentors and staff who work with volunteers from around the District as we cover many topics, including volunteer opportunities, eligibility requirements, policies and procedures, how to use the online portal, and more.

Once you have completed the orientation and have submitted your required documents, you can access opportunities and training via our volunteer portal. We look forward to having you on board!

Sun	10 a.m. - 1 p.m.
	\$20 (free for SAC members)
173548	Sep 22
173549	Nov 27
174273	Oct 27



INTRODUCING THE 2024 VOLUNTEER COMMITTEE!

The Seniors' Activity Centre's Volunteer Committee is a group of dedicated volunteers whose mission is to provide guidance and mentorship to the Volunteer Services team in their collective effort to develop and maintain systems of recruitment, management, training, and appreciation that empowers all volunteers, allowing them to feel successful, purposeful, connected, and as though they belong.

Are you a current volunteer with a comment, suggestion, or idea that will positively impact the District of West Vancouver's Volunteer Services department and/or your fellow volunteers' experiences? We would love to hear from you!

Please take a few minutes to share your thoughts and ideas with us by utilizing one of our new Volunteer Comment Cards, and then drop it off at the Volunteer Coordinator's mailbox at the Seniors' Activity Centre front desk. Thank you!

ROLE OF ACCESS SERVICES

Access Services provides support for people who have disabilities, low income, who are new to Canada, and who may face cultural barriers.

If you feel that you or your family face difficulties affording programs or services within the Community Centre, please contact Adriana Kowalczyk at 604-925-7279, email akowalczyk@westvancouver.ca, or visit westvancouver.ca/access.



THANK YOU, VOLUNTEERS!

Thanks to the hard work and dedication of more than 450 volunteers, we have been able to expand cafeteria production quantities, serve more Feed the Need participants, deliver cost-effective programs, lead wellness and outdoor fitness activities, beautify the Centre, and so much more!

Thank you for all that you do—and if you haven't already, thank a volunteer today!



BE A SNOW ANGEL THIS WINTER!

Snow Angels provide assistance with snow removal from pathways leading to front doors and sidewalks for the duration of the winter season. Please note that we do not offer snow removal for driveways.

Interested volunteers, please sign up before Dec 1, 2024 by emailing snowangels@westvancouver.ca, or scan the QR code below.



SAVE THE DATE

The Volunteer Holiday Treat Social will be on Tuesday, December 17! Details to come.

Remember to log your volunteer hours between now and December to receive an invitation.

Garden Side Café

DINE-IN HOT MEAL SERVICE

Hot lunch service is available Monday to Sunday from 11:30 a.m. to 1:30 p.m. **Hot dinner service** is available Tuesdays and Thursdays from 5 to 7 p.m.

Indoor dining is available Monday to Friday from 9 a.m. to 3 p.m., Tuesdays & Thursdays from 5 to 7 p.m., and on weekends from 10 a.m. to 2 p.m.

TAKE-OUT FOOD SERVICE

The take-out food and delivery service will continue during operating hours. Monday, Wednesday, & Friday 9 a.m. – 3 p.m. Tuesday & Thursday 9 a.m. – 7 p.m. Saturday & Sunday 9 a.m. – 2 p.m.

For food delivery, call **604-925-7280** to place your order. Minimum \$25 purchase on deliveries. Deliveries occur on Tuesdays and Thursdays (West Van only). Orders must be placed by 10 a.m. for same day delivery.

Please refer to the special take-out menu posted on westvancouver.ca/seniors before you place your order.

FIRESIDE LOUNGE & COFFEE BAR

Open Monday – Saturday 9 a.m. – 3 p.m.

Stop by for a specialty coffee drink (cappuccino, americano, latte, and more!) and check out the state-of-the-art coffee bar barista machine. We brew the premium Lavazza Super Crema whole coffee bean that offers a superior, thick, rich crema with every beverage. Relax in the adjacent lounge and connect with friends!



Program Participation Note

Please note that there is an expectation that 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 Stephanie, Mary, or Sarah (see page 5).

SACs on 21st

Your favourite little shop inside the Seniors' Activity Centre (SAC) is a collection of your generous donations with all sale proceeds going to the SAC. The shop is open Monday to Saturday from 10 a.m. to 3 p.m.

We welcome donations of gently used home décor items, china, pictures, children's toys and books, jewelry, and small furniture.

Your treasures can be dropped off at the Centre Monday through Sunday from 8:30 a.m. to 4 p.m. We can also assist with downsizing and pick-up of small furniture. Thank you for your ongoing support.



FEED THE NEED MARKET DONATIONS NEEDED!

Calling all West Van artisans!

The SAC is looking for donations of handmade creations to be sold at an upcoming market. All proceeds go towards the Feed the Need food security program for seniors. We're looking for donations of handmade artwork including crafts, fabric, pottery, and more. To learn more or to donate, contact Stephanie at 604-925-7211.

Tax receipts: donations over \$25 will receive an official donation receipt (Tax # 121 453 963 RR0001).

DONATE TO THE SAC

Did you know you can donate to these important funds? For more information, call 604-925-7280.

Feed The Need – supports meals for vulnerable seniors in the local community.

Shuttle Bus – supports the operation of the SAC Shuttle Bus which runs 100% on donations, sponsorships, and grants.

Keeping Connected – supports dementia-friendly programs, social supports, and aging-in-place initiatives.

General Fundraising – supports a variety of needs that directly benefit SAC members.

PLANNED GIVING

Has the Seniors' Activity Centre (SAC) enriched your life or the life of a loved one?

Please consider leaving a gift in your will to the SAC or honour the memory of a loved one by making a memorial gift in their name. Every gift supports the Centre's future, its mission, and enriches our West Vancouver community for generations to come.

To inquire and for more information, email sacadvisoryboard@westvancouver.ca.

Garden Side Café Lunches & Dinners

NOVEMBER

Friday, November 1

Curried Basa, Rice Pilaf, Mexican Corn

Saturday, November 2

Chef's Special

Sunday, November 3

Chef's Special

Monday, November 4

Chicken a la King, Rice Pilaf, Green Beans

Tuesday, November 5

Beef Meatloaf with Roasted Leek Gravy, Mashed Potatoes, Peas & Carrots DINNER: Madras Lamb Curry, Fruited Rice, Medley of Roasted Vegetables

Wednesday, November 6

Quiche Lorraine, Coleslaw, Fresh Fruit Garnish

Thursday, November 7

Beef & Pork Shepherd's Pie, Gravy, Carrot, Turnips & Peas DINNER: Chicken & Mushroom Vol au Vent, Assortment of Hot Vegetables

Friday, November 8

Sole Florentine, Rice Pilaf, Seasonal Vegetables

Saturday, November 9

Chef's Special

Sunday, November 10

Chef's Special

Monday, November 11

CLOSED

Tuesday, November 12

Chicken Teriyaki, Rice, Stir Fry Vegetables DINNER: Roast Turkey with all the Trimmings

Wednesday, November 13

Liver & Onions, Gravy, Mashed Potatoes, Vegetables

Thursday, November 14

Bangers and Mash served with Caramelized Onions, Gravy and Cranberry Mango Salsa DINNER: Southern-style Pork Ribs, Rice Pilaf, Seasonal Vegetables

Friday, November 15

Baked Alaskan Pollock on Ratatouille, Rice Pilaf

Saturday, November 16

Chef's Special

Sunday, November 17

Chef's Special

Monday, November 18

Chicken Curry, Rice, Vegetables

Tuesday, November 19

Vegetarian Lasagna, Tossed Salad DINNER: Fisherman's Platter with Grilled Salmon, Cod and Prawns, Rice Pilaf, Seasonal Vegetables

Wednesday, November 20

Spanish Pork Chops, Rice, Seasonal Vegetables

Thursday, November 21

Corned Beef with Braised Cabbage, Parslied Potatoes THAI DINNER: Thai Coconut Curry Chicken, Steamed Rice, Sauteed Broccolini

Friday, November 22

Penne Carbonara with Shrimp, Garlic Toast, Caesar Salad

Saturday, November 23

Chef's Special

Sunday, November 24

Chef's Special

Monday, November 25

Tuscan Chicken Stew, Salad

Tuesday, November 26

Swiss Burgers in Tomato Gravy, Roasted Red Potatoes DINNER: Baked Cod with Parsley, Olives & Tomatoes, Roasted Potatoes, Seasonal Vegetables

Wednesday, November 27

Broccoli & Cheddar Quiche, Spinach Salad

Thursday, November 28

Turkey Schnitzel with Cranberry Sauce, Mashed Potatoes DINNER: Beef and Vegetable Stew, Mashed Potatoes, Green Beans

Friday, November 29

Baked Cod with Rustic Tomato Vegetable Sauce, Roast Potatoes

Saturday, November 30

Chef's Special

DECEMBER

Sunday, December 1

Chef's Special

Monday, December 2

Sweet & Sour Chicken, Rice

Tuesday, December 3

Pork Paprika with Linguine

Wednesday, December 4

Vegetarian Lasagna, Tossed Salad

Thursday, December 5

Beef Meatloaf with Roasted Leek Gravy, Mashed Potatoes, Seasonal Vegetables DINNER: Grilled Lemon Garlic Salmon, Rice Pilaf, Ratatouille Nicoise

Friday, December 6

Baked Salmon, Rice, Seasonal Vegetables

Saturday, December 7

Chef's Special

Sunday, December 8

Chef's Special

Monday, December 9

Chicken Teriyaki, Rice, Stir Fry Vegetables

Tuesday, December 10

Liver & Onions, Gravy, Mashed Potatoes, Vegetables

Wednesday, December 11

Mushroom, Onion, Pepper & Cheese Quiche, Oven Fries, Baked Tomato

Thursday, December 12

Chili Con Carne, Cornmeal Muffin DINNER: Baked Honey Ham, Scalloped Potatoes, Seasonal Vegetables

Friday, December 13

Fish & Chips, Kale Slaw

Saturday, December 14

Chef's Special

Sunday, December 15

Chef's Special

Monday, December 16

BBQ Chicken Leg with Rice

Tuesday, December 17

Salisbury Steak, Mashed Potatoes, Seasonal Vegetables

Wednesday, December 18

Shoyu Chicken (Hawaiian-style Teriyaki), Rice, Stir Fry Vegetables

Thursday, December 19

Pork Goulash, Parslied Potatoes, Seasonal Vegetables DINNER: Christmas Roast Turkey Dinner with all the Trimmings

Friday, December 20

Curried Basa, Rice Pilaf, Mexican Corn

Saturday, December 21

Chef's Special

Sunday, December 22

Chef's Special

Monday, December 23

Tortiere Pie with Gravy, Mashed Potatoes, Seasonal Vegetables

Tuesday, December 24

Christmas Eve - open till noon

Wednesday, December 25

Christmas Day - CLOSED

Thursday, December 26

Boxing Day - CLOSED

Friday, December 27

Breaded Sole, Lemon Wedge, Tartar Sauce, Oven Fries, Kale Slaw

Saturday, December 28

Chef's Special

Sunday, December 29

Chef's Special

Monday, December 30

Spaghetti Bolognese, Caesar Salad

Tuesday, December 31

New Year's Eve - open till noon

Registered Programs

For refund policy, please see page 3 of *The Scene*. For a complete list of programs, visit westvancouver.ca/registration.

Program availability may be adjusted. For an up-to-date list of adult 55+ programs, please visit westvancouver.ca/seniors and see the 55+ activities section on the page.



NOTE: Prices quoted in *The Scene* are member rates.

ARTS

Arts General

For a complete listing of **Arts** programs, visit westvancouver.ca/visualarts or scan the QR code to go to the page.



Painting Studio Time - Whole Set

Enjoy quality time with friends, learn from others, and hone your painting skills!

Mon
Sep 9 - Dec 16 \$33
171557 9 a.m. - 12 p.m.

171558 12:30 - 3:30 p.m.

Tue
Sep 3 - Dec 17 9 a.m. - 12 p.m.
171559 \$40.80

Wed
Sep 4 - Dec 18 12:30 - 3:30 p.m.
171560 \$39

Stained Glass Studio Time

Enjoy some studio time to work on your stained glass creations! Bring your own equipment and supplies.

Wed
Sep 4 - Dec 18 12:30 - 3:30 p.m.
173959 \$96

Drawing with Elmira

Explore experimental and traditional practices in line drawing, value, perspective, proportion, positive and negative space, the human portrait, and figure. Work with different techniques, materials, and approaches to drawing. No experience is required.

Fri
Sep 6 - Dec 20 12:30 - 2:30 p.m.
171551 \$306.60

Drawing & Painting: Painting with Friends

Paint for fun in an inspiring studio setting! Create appealing paintings using acrylics, oils, or watercolours and learn about composition, perspective, and colour-mixing. Bring your own materials and inspiration images. No beginners.

Thu
Sep 5 - Dec 19 9 a.m. - 12 p.m.
171553 \$71

Photo Club

Come curious, and leave inspired by the stunning images shared by guest presenters and participants! Field trips and social events are also part of this program. No formal instruction. *Leader: Peter O.*

Thu
Sep 5 - Dec 19 1 - 3 p.m.
171442 \$43

Drawing and Painting: Watercolour with Lynn

Paint nature's inspirations using compositional considerations, perspective, and colour theory. Demonstrations of special techniques, including light, shadow, depth, and texture will be shown. All materials are provided. Designed for those with watercolour experience.

Tue
Sep 3 - Dec 17 12:30 - 3:30 p.m.
171535 \$347.20

Thu
Sep 5 - Dec 19 12:30 - 3:30 p.m.
171533 \$347.20

Calligraphy with Hiva

Discover the art of beautiful writing in our beginner's calligraphy class!

Wed
Sep 4 - Dec 18 9 - 11:30 a.m.
173958 \$60

Fabric Arts

Knitting

All tangled up? If you need a hand with your knitting project, we can help! Everyone is welcome to join this friendly, funny, happy group. Come with your ideas, needles, and wool, or we can help you choose a project.

Tue
Sep 3 - Dec 17 9 a.m. - 12 p.m.
171445 \$40

Quilting Studio Time

Work on your quilt, swap ideas, and ask questions.

Wed
Sep 4 - Dec 18 12:30 - 3:30 p.m.
171562 \$40

Open Studio Time

This is a social studio time—bring your own project to work on in a social setting. No instructor, but we love to share ideas. Sewing machines are available.

Tue
Sep 3 - Dec 17 12:30 - 3:30 p.m.
173361 \$6.50

Fri
Sep 6 - Dec 20 9 a.m. - 12 p.m.
171561 \$6.50



Music

For a complete listing of **Music** programs, visit westvancouver.ca/music or scan the QR code to go to the page.



Heritage Choir

Do you have a passion for singing? Join the Seniors' Activity Centre's vibrant Heritage Choir community! Make new friends, exercise your mind and body, and enjoy a variety of interactive social events intertwined with a full concert season of performing songs from a range of musical styles—from classical to show tunes. No choral experience is necessary. While all voices are welcome, there is currently a particular need for Tenor and Baritone voices.

Tue
Sep 3 – Dec 10 1 – 3 p.m.
171052 \$165

Singing for Joy

Experience the joy of singing in a safe and relaxed environment! Learn fundamental vocal techniques, breath support, and explore a variety of vocal styles while singing uplifting songs in a supportive group setting. Participants are welcome to explore a solo performance if they wish.

Wed
Sep 4 – Oct 23 1:30 – 2:30 p.m.
171055 \$126

Wed
Oct 30 – Dec 11 1:30 – 2:30 p.m.
171056 \$110.25

Find additional dementia-friendly music programs in the Keeping Connected section on page 20.

Recorders Advanced

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

Thu
Sep 5 – Dec 19 10:30 a.m. – 12 p.m.
171049 \$49.50

Recorders Intermediate

Are you already familiar with the recorder (soprano, alto, tenor, and bass) and looking to hone your skills? Join our informal and friendly early music ensemble! *Leader: Steve R*

Mon
Sep 9 – Dec 16 10:30 a.m. – 12 p.m.
171048 \$37.25

Dundarave Players

Make music with the Dundarave Players! Play instruments, read music, and/or sing several genres at a variety of venues across the North Shore. New participants, please contact mdevries@westvancouver.ca prior to registration. *No instructor.*

Tue
Sep – Dec 10 9:15 – 11:15 a.m.
171075 \$45

Ukuleles with JR Intermediate

Know a dozen chords, a few songs, and like to sing? Enjoy a fun and inspiring hour exploring a range of song styles with strumming, fingerpicking, and of course, singing. *Instructor: J.R. Kline.*

Tue
Sep 10 – Oct 22 11:30 a.m. – 12:30 p.m.
171076 \$85.10

Tue
Oct 29 – Dec 17 11:30 a.m. – 12:30 p.m.
171077 \$85.10

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 able to play a jazz musical instrument and have some familiarity with jazz concepts. *No instructor.*

Sat
10:30 a.m. – 12:30 p.m. \$2.75

171159	Sep 7
171160	Sep 14
171161	Sep 21
171162	Sep 28
171163	Oct 5
171164	Oct 12
171165	Oct 19
171166	Oct 26
171167	Nov 2
171168	Nov 9
171169	Nov 16
171170	Nov 23
171171	Nov 30
171172	Dec 7
171173	Dec 14
171174	Dec 21

Dance

For a complete listing of **Dance** programs, visit westvancouver.ca/dance or scan the QR code to go to the page.



Latin Dance – Fun & Easy

Enjoy Merengue, Bachata, and Salsa while improving your balance, flexibility, and core strength. Looking for more of a challenge? Take Latin Dance – Beyond Basics. No partner needed. Bring non-gripping exercise shoes.

Fri
Sep 6 – Oct 11 2:15 – 3:15 p.m.
171274 \$94.50

Fri
Oct 18 – Nov 15 2:15 – 3:15 p.m.
171422 \$78.75

Fri
Nov 22 – Dec 20 2:15 – 3:15 p.m.
171275 \$94.50

Latin Dance - Beyond Basics

Build new skills and learn various styles of Merengue, Bachata, and Salsa! Absolute beginners are encouraged to begin with Latin Dance - Fun & Easy. Bring non-gripping exercise shoes.

Mon
6:30 - 7:30 p.m. \$63

171276 Sep 9 - Oct 7

171423 Oct 21 - Nov 18

171277 Nov 25 - Dec 16

Line Dancing: Level 1 Novice

This novice (absolute) beginner class introduces basic line dance terminology through a variety of dances and is aimed at students who have no experience. We review the dances from the previous week and introduce new ones based on how fast the class progresses.

Mon
3:30 - 4:30 p.m. \$30

171114 Sep 9 - Oct 28

171115 Nov 4 - Dec 16

Line Dancing: Level 2 Beginners

If you have previous line dance or dance experience and are familiar with the basic line dance steps—join us! This class moves at a quicker pace than Level 1 and has more beginner integrated line dance steps and dances.

Mon
2:15 - 3:15 p.m. \$30

171116 Sep 9 - Oct 28

171117 Nov 4 - Dec 16

Line Dancing: Level 3 Improved/Intermediate

This class is for those with previous dance experience. Start with simple improver line dances and progress as you go. Learn new advanced terminology (including 32 to 64 count dances) that may contain the occasional tags and/or restarts.

Mon
1 - 2 p.m. \$30

171118 Sep 9 - Oct 28

171119 Nov 4 - Dec 16

Scottish Country Dance Beginner to Intermediate

Learn basics steps and dances that will grow in intricacy as the class progresses. Beginners and experienced dancers are welcome!
Instructor: Louise M.

Tue
1 - 3 p.m. \$27.50

171152 Sep 3 - Oct 22

171153 Oct 29 - Dec 17

Scottish Country Dance Intermediate

Combine fun with exercise as you learn upcoming party programs. Intermediate and advanced dancers are welcome. *Instructor: Louise M.*

Fri
10:30 a.m. - 12:30 p.m. \$53.45

171135 Sep 6 - Oct 25

171136 Nov 1 - Dec 20

Evening Dance

Dust off your dancing shoes and break out those ballroom moves with the music of magnificent live bands. Members, singles, and non-members are encouraged to attend. Cash bar in effect. Doors open at 6 p.m.

Thu
6:30 - 9:30 p.m.
Member: \$15, non-member: \$17.50

The Die Hards Sep 26
170298

Lou Morocco Oct 24
170299

Sweet Waters Nov 28
170300

Woodworking**Woodworking: Level 1 Beginners**

Learn about woodworking tools and how to use them safely! If you

haven't worked with tools before, this class is a prerequisite for all woodworking classes. No registrations after the first class. Lessons are cumulative and supply cost is included.

Wed
Sep 4 - Dec 18 9 a.m. - 12 p.m.
172018 \$106

Woodworking: Level 2 Intermediate

Bring your woodworking venture to life! Projects must return home with participants after each class due to lack of storage space. *Prerequisite: Woodworking Level 1 Beginners or experience in woodworking.*

Mon
Sep 9 - Dec 16 9 a.m. - 12 p.m.
172007 \$79

Fri
Sep 6 - Dec 20 9 a.m. - 12 p.m.
172008 \$106

Woodworking: Level 3 Advanced

Bring your own plan and wood to this class and watch your woodworking venture come to life! Projects must return home with participants after each class due to lack of storage space. *Prerequisite: Experience in woodworking. You must be able to work on your own with minimal assistance.*

Mon
Sep 9 - Dec 16 1 - 4 p.m.
172009 \$79

Tue
Sep 3 - Dec 17 9 a.m. - 12 p.m.
172010 \$106

Wed
Sep 4 - Dec 18 1 - 4 p.m.
172011 \$106

Fri
Sep 6 - Dec 20 1 - 4 p.m.
172012 \$106

Woodworking: Women's Session

Join other women for a fun and informative class! Bring your own project and wood. The supervisors

are there to provide information and guidance, but cannot provide one-on-one supervision. Enjoy a relaxed atmosphere with more supervision than general classes. *Prerequisite: Woodworking Level 1 Beginners and Waiver form. Instructors: Peter, Margaret, and Bruce.*

Tue
Sep 3 – Dec 17 1 – 4 p.m.
172013 \$106

Woodworking: Women's Woodturning Level 2 Intermediate

Take your affection for woodturning to the next level and with little supervision! Three people maximum. *Prerequisite: Woodturning Beginners.*

Tue
Sep 3 – Dec 17 1 – 4 p.m.
172014 \$106

Woodcarving & Wood Sculpture

Begin or continue in the longstanding art form of woodcarving and wood sculpture. All levels are welcome. Some wood and carving tools provided or bring your own. All sessions led by experienced carvers that are happy to share, mentor, and teach. Optional expert-led workshops are being planned for the future.

Thu
Sep 5 – Dec 19 9 a.m. – 12 p.m.
172015 \$106

Thu
Sep 5 – Dec 19 1 – 4 p.m.
172016 \$106

Woodworking: Woodturning Level 2/3 Drop-in

There will be a supervisor on-site who can assist with providing direction with participants' projects, but no structured instruction will be given. Three people maximum.

Wed
Sep 4 – Dec 18 9 a.m. – 12 p.m.
172017 \$106



LEARNING

For a complete listing of **Learning** programs, visit westvancouver.ca/learning or scan the QR code to go to the page.



Languages

French Conversation

Have fun conversing with others in French at an intermediate to advanced level. Discuss a variety of topics with the group and actively join in on the conversation. *No instructor.*

Wed
Sep 4 – Dec 18 10 – 11:30 a.m.
171051 \$56

French Review Spa Francais

Enjoy structured review sessions for "high beginners/rusty intermediates" and improve your conversational French. Master grammar, vocabulary, and idiomatic usage while working your way through textbook exercises, podcast lessons, and occasional short readings. *Lead by Diana S., Nadine N., and Wayne S.*

Tue
10:30 a.m. – 12:30 p.m. \$27

171057 Sep 3 – Oct 22

171058 Oct 29 – Dec 17

Spanish with Elias Beginner 1

Acquire language resources quickly and learn how to speak, understand the culture, and communicate easily when travelling in any Spanish speaking country. No experience required.

Thu
Sep 12 – Dec 19 5:45 – 7:15 p.m.
171079 \$243.15

Spanish with Elias Intermediate

Improve your speaking/listening skills by reinforcing the preterit, imperfect and future tenses, and adding the conditional tense. Learn the imperative tense and situational conversation for moving around the city or when discussing activities. Conversation time accounts for half of the class time. *See textbook details online.*

Thu
Sep 12 – Dec 19 4 – 5:30 p.m.
171078 \$243.15

Farsi with Bita

Learn how to communicate with other Farsi speakers. While teaching you the language, Bita will bring Persian culture, tradition, and food to life. *Instructor: Bita.*

Tue
Sep 3 – Dec 17 12:30 – 1:30 p.m.
171050 \$50.25

Monday Mending Workshop

Bring in your items in and have them fixed by one of our volunteer menders. Please register for a time slot ahead of time so we are ready for you. We are not able to do big jobs.

Mon
Nov 4 3 – 5 p.m.
172564 \$5 drop-in

Writing & Reading

Writers' Circle

Share stories, poems, and memoirs in a casual and encouraging atmosphere! Take turns leading sessions. Enjoy writing styles ranging from humour and poetry to memories and social commentaries. *No instructor.*

Mon
Sep 9 – Oct 21 1 – 3 p.m.
171106 \$18

Mon
Oct 28 – Dec 16 1 – 3 p.m.
171107 \$21

Creative Writing with Richard

Margaret Atwood doesn't attend, so masterpieces aren't expected. Write, give feedback, and learn from each other! Work on a larger project (novel or memoir) or get in touch with your muse week-to-week.
Instructor: Richard B.

Thu
1:30 - 3:45 p.m. \$133.35

171112 Sep 5 - Oct 24

171113 Oct 31 - Dec 19

Golden Fireflies - Release your Creativity!

Using humour, fun acting games, and professional theatre techniques in a safe, lighthearted environment, awaken your senses, learn acting and writing skills, and explore the world of storytelling. No experience necessary.
Facilitated by professional theatre artists from Presentation House Theatre.

Thu
Sep 12 - Dec 12 1 - 3 p.m.
172699 Free, please register

A Guided Memoir

Reflect on your past, share stories, and gain a broad perspective on your life in this friendly group session! Each week will feature a different theme. This program follows the approach developed by gerontologist, James Birren, at the University of Southern California.

Fri
Sep 6 - Oct 11 10 a.m. - 12 p.m.
172735 \$80

General

Climate Café

Learn about the climate through a series of discussions presented by Ocean Ambassadors Canada. Light refreshments will be served. Pre-registration required. *Made possible with support from the West Vancouver Foundation.*

Wed
10 - 11:30 a.m. Free, please register

170323 Sep 18

170324 Oct 16

170325 Nov 20

170326 Dec 18

Hot Topics

Join Jon Scott, former ambassador of Canada with a Ph.D. in Philosophy, for discussions about current international affairs and hot spots around the world! Start with background information, then engage in the discussion, and learn from each other.

Fri
Oct 4 - Nov 22 1 - 2 p.m.
170329 \$25

The Canadian

Enjoy champagne and canapés as you embark on The Canadian, Canada's premier heritage train that travels from Vancouver to Toronto. Learn about VIA Rail train travel from Vancouver to Halifax and discuss the Toronto-Montreal-Halifax Ocean train with the film and lecture program. All aboard!

Wed
Oct 30 3:30 - 5 p.m.
170486 \$20

Debate Club

Engage in lively discussions about social science, healthcare, the environment, philosophy, and more! Begin with background information on the topic, then join in on the debate and learn from one another.

Tue
Sep 3 - Dec 17 4 - 5:30 p.m.
171128 \$40



Movies

Enjoy an afternoon movie! See bulletin board for movie titles.

1 - 3 p.m. \$2.75

Sun

163373 Oct 6

163374 Nov 3

Tue

165306 Oct 22

165307 Nov 26

Flight Simulation

Come fly with us! Meet bimonthly with other aeronautical enthusiasts on the second and fourth Friday of the month. Please register online, over the phone, or at the front desk.

Fri

10:15 a.m. - 12:15 p.m. \$3

171175 Sep 13

171176 Sep 27

171177 Oct 11

171178 Oct 25

171179 Nov 8

171180 Nov 22

171181 Dec 13

171182 Dec 27

New Member Welcome Coffee

Are you a new member to the Seniors' Activity Centre? We would like to invite you for a morning coffee chat! After coffee, join our Advisory Board hosts for a facility tour and an opportunity to discuss the many programs and services available to you. Bring a friend or anyone who may be interested in joining this fun social gathering.

Tue

10 - 11 a.m. Free

161172 Sep 24

161173 Oct 22

161174 Nov 19

161175 Dec 17

Programs continued on page 19.



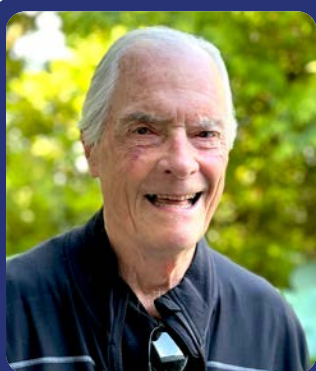
THE POWER OF COMMUNITY

By Chris Inouye

Merriam Webster defines **community** as *an interacting population of various kinds of individuals in a common location.*



Barbara Gillingham



Bill Harvey



Judy Ireland

Community can be a feeling of fellowship with others because of common attitudes, interests, or goals. People find community connections through interacting with neighbourhood schools, grocery stores, and churches. A sense of belonging is paramount to our sense of security and gives us the opportunity to form new relationships.

As we age, it may become harder to form connections as our ability to be out and about becomes more difficult. In fact, gerontologist Dr. Lakelyn Eichenberger says social isolation and loneliness affect about 25% of seniors. This can result in anxiety, depression and dementia, and can contribute to conditions such as diabetes and heart disease. Seniors' centres promote social interaction with others on a regular basis. A study done in 2020 found that older adults who are members of seniors' centres tend to be physically healthier than those who are not.

See '[What Are Senior Centers?](https://www.forbes.com/health/healthy-aging/senior-centers/)', [Forbes Health](https://www.forbes.com/health/healthy-aging/senior-centers/) (www.forbes.com/health/healthy-aging/senior-centers/).

People of all ages and interests populate our Seniors' Activity Centre community. Preschoolers can be found in the gardens learning about planting peas and harvesting strawberries. High school students come in to fulfill volunteer hours by helping in the cafe or with intergenerational programs like Screen Time for Seniors, and Langara College students come in to do massages. Grandchildren come with grandparents to have a scone or hot chocolate at the Garden Side Café. Volunteers at the Centre range in age from 14 to 97! From bikers to hikers, painters to dancers, photographers to bridge players, and ping pong enthusiasts to knitters, the SAC hums with people from all walks of life, with varied interests, and from different cultures. You might see a retired physicist having coffee and arguing about politics with a butcher, a former banker polishing silver to sell at SACS on 21st, or a retired sommelier bussing dishes at lunch. A diverse group of people come together, find commonalities, and voila! We have a fun and dynamic community within a community.

What draws people to the Centre? Many come for coffee or to take a



"We cannot live only for ourselves. A thousand fibers connect us with our fellow men."

Herman Melville

class. They might come for lunch or to pick up a litre of milk or half a dozen eggs. They may be intrigued by the woodworking workshop, the Wednesday bridge crowd, or find themselves starting a conversation with people sitting nearby sipping their double-shot espressos in the Fireside Lounge. In the summer heat, the SAC is a welcoming cooling station and, in the winter freeze, it's always warm and toasty inside.

Be Inspired and Empowered

Octogenarian **Barbara Gillingham** has been involved with the SAC for decades. She has always loved working with older people and started volunteering at the Centre when she was in her 30s. It's coming up on 50 years of volunteer service for Barbara who was a long-time site coordinator for Keep Well, a café hostess for about 15 years, and these days does food handling on Thursdays. Aside from her volunteer involvement, Barbara has benefitted from classes held at the SAC. Barbara has taken Better Balance classes and is currently taking a hip replacement class. Think of how many people she has interacted with at the SAC over the years!

Make Connections and Build Relationships

Making connections and a feeling of comradery are very much a part of

the SAC Community. **Bill Harvey** belongs to two of the largest groups at the SAC: Fit Fellas are 160 strong and the five cycling groups number 335. Bill joined Fit Fellas in 2011, after retiring from fund development for The Performing Arts Lodge (PAL) Vancouver. His motivation was to seek out fitness activities and to maintain and develop new friendships. He's now an instructor with Fit Fellas and, a program coordinator for The Turtles, which he founded in 2016, he crafts and assigns 124 bike route options for each seven-month cycling season.

When Bill joined Fit Fellas, he liked to work out in a specific corner of the gym. The other men in that corner found they had more in common than their spot in the gym. Their relationship expanded to the point that they formed a dinner club. Bill's goals of finding a community in which to keep fit and to make friends have been met and exceeded.

Share Tools and Techniques

Getting together with others facilitates sharing tips and tricks that help us to hone our skills. The stained-glass group is an example of a creative community within the SAC community. One thing that participants struggle with is keeping smaller glass pieces "flush" while soldering. If pieces are not held together snugly, they slip, and soldering cannot be done smoothly.

Judy Ireland, retired teacher, and a stained-glass studio participant since 2016, found a contraption called a KOTTO Helping Hands Third Hand Soldering Tool. Using this device has made glass crafting easier, safer, and less frustrating. Judy has also taught her classmates techniques for using Google to comparison shop and has even demonstrated how to do a Google search to identify unknown items through photos. It's tons of fun to enjoy an activity that fellow participants are eager to share and talk about with the added perks of learning skills from one another. Thank you, Judy!

Access Support

Belonging to the Seniors' Activity Centre broadens your network of contacts and support.

Stories of support range from offering to drive a fellow fitness friend to the doctor following a fall and a broken arm, to delivering hot soup to the door of a fellow volunteer who has the flu. One member, exhausted from trying to take care of an ailing parent, was able to access help through Stephanie Jordan, the SAC Outreach coordinator. When you are part of the SAC community, you are not alone.

Expand Your World

"Have you had the zakuzaku at Le Pont on 15th? The pate a choux is to-die-for!"

"Does anybody know a plumber? A dentist? A lawyer? A carpet cleaner?"

"I've been diagnosed with osteoporosis and my doctor wants me to take an injectable called Prolia. Has anybody heard of Prolia?"

"What the heck is nooch?"

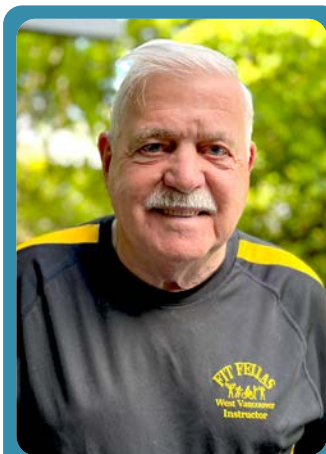
Sometimes we can enrich our knowledge through our connections at the SAC. Following their morning workouts, many Fit Fellas go to the Garden Side Café for coffee and conversation. What do they talk about? You might guess politics, current events, or sports, but at

Dal McCrindle's table one morning the topic was the Canadian Embroidery Tapestry that hangs in Rideau Hall. Dal explained that his wife belongs to the Embroiderers' Association of Canada and member groups from across the country participated in embroidering a tapestry commemorating Canada's 150th birthday. More than 650 Canadians helped stitch the project and over 8,000 hours of work were recorded. What an amazing bit of Canadiana to learn and, perhaps, to pass on!

It's easy to see that the SAC promotes physical and emotional well-being as well as a sense of belonging. Come join the fun as a member and program participant. Be part of the SAC community!

The power of community to create health is far greater than any physician, clinic, or hospital.

- Mark Hyman,
Physician and Author



Dal McCrindle

THE LIMERICK CHALLENGE

Keep an eye out for the Limerick Challenge and latest winner in the **Winter** issue of The Scene!



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THE WARMTH OF HELLO

By Valerie Coles

On August 23 of last year, something profound happened at the Seniors' Activity Centre (SAC)—overnight, a new state-of-the-art call centre went live.

Best of all, it was totally invisible, and members barely noticed the change. It's fittingly called "Finesse."

Finesse filled a growing gap. As SAC's membership surged after the pandemic, along with the accompanying programs and phone calls, it was becoming more and more evident that a call centre was needed.

In fact, members began mentioning that they often couldn't get through to reception at peak times, like registration days. Callers heard the phone ringing in their ear and after nine rings, the call unceremoniously ended. Frustration reigned. While their favourite classes were filling up, members couldn't get through to register.

Clearly, it was time for a change. Enter Glen and Sarah.

Glen Vander Maaten, an IT whiz who works out of the municipal hall, has been installing call centres for the municipality for four years, and he oversaw the entire SAC project.

Sarah Dobie, a Recreation Facility Clerk Supervisor at SAC, just happens to have an appealing speaking voice, and it's Sarah's welcoming words you'll now be hearing when you call at busy times.

The new system, made by Cisco, is recognized as one of the leading Customer Relations Management (CRM) systems; it took Glen a month to fully install and integrate Finesse into SAC's existing phone system. There were a few glitches along the way, but Glen succeeded in providing the SAC with a cutting-edge relay system so that no call will ever again go unanswered.

Another bonus—Finesse provides SAC staff with up-to-the-minute statistics, like number of calls in a day, station that handled the most calls, and number of callers waiting in the queue at any time.

Another plus—when the SAC is overloaded with calls, both the West Vancouver and Gleneagles Community Centres can handle the overflow on equipment set up with the Finesse software.

It only took a few days after Finesse was up and running for members to begin expressing their gratitude for



consistently answered calls. Staff praised Finesse for not only its heightened customer service, but the many reports it delivers.

It's an old axiom that the best customer service is never noticed, it just makes life easier. Today's business strategists call it 'creating surprise and delight touchpoints', and that's exactly what Finesse has delivered.

Although your customers/members won't love you if you give bad service, your competitors will.

– Kate Zabriskie, Founder
Business Training Works

North Shore Seniors' Health Expo



THANK YOU to everyone who made this event possible: to our partners, speakers, exhibitors, volunteers, conference attendees, and organizers.



PRESENTED BY



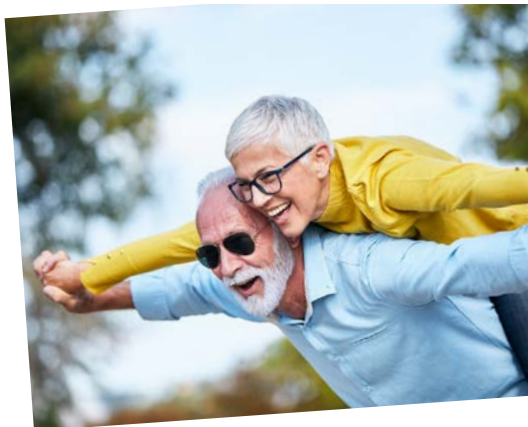
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1405 Bellevue Ave, West Vancouver

Fire Fraud and Scam Awareness

Join us for a presentation on fire safety, fraud, and being scam-aware! There will be a 30-minute question and answer period after the presentation.

Wed
Oct 9 10:30 a.m. – 12 p.m.
171697 Free, please register

Coffee and Chat with First Responders

Join us for coffee and a chat with West Van Fire and Police first responders at the Garden Side Café!

Wed
Nov 13 10 – 11 a.m.
172047 Free

Games**DROP-IN GAMES**

Pre-register for these weekly time slots! Cost: \$2.75 per session.

Card Tables

Sat
Sep 7 – Dec 28 10 a.m. – 12 p.m.

Scrabble & Mah Jong

Sat
Sep 7 – Dec 28 1 – 3 p.m.

Bridge Social Drop-in

Sun
Sep 8 – Dec 29 1 – 3 p.m.

Cribbage Drop-in

Sun
Sep 8 – Dec 29 1 – 3 p.m.

Games Drop-in

Enjoy a friendly game of cribbage, cards, scrabble, or work on a puzzle! Bring a friend or meet a new one.

Tue 6:30 – 8:30 p.m.

171257 Sep 24

171258 Oct 22

171259 Nov 26

Bridge with Stephen: Basics 1

Learn the basics of bidding and play! This course is designed for those who are new to bridge and want a structured review of the modern five-card bidding system. Lesson hand-outs are included.

Tue
Sep 3 – Oct 22 3:30 – 5:30 p.m.
171129 \$128

Bridge with Stephen: Basics 2

Combine discussion and play by learning the basics of bidding through a structured review of the modern five-card bidding system. Lesson hand-outs are included. *Pre-requisite: Basics 1.*

Tue
Oct 29 – Dec 17 3:30 – 5:30 p.m.
171130 \$128

Bridge with Stephen: Topics/ Supervised Play

Designed for players who are familiar with the basics of bidding, declarer play, defense, and who have been attempting to play some of the common modern bridge conventions (negative doubles, transfer bids, Jacoby 2NT, and as covered in the Intermediate course). Class format is brief discussion with illustrative exercises followed by play of hands from a duplicate bridge club.

Wed
3:30 – 5:30 p.m. \$128

171133 Sep 4 – Oct 23

171134 Oct 30 – Dec 18

Bridge with Tai: Level 1

Learn all about this exciting hobby! Exercise your brain and have a wonderful time playing with others. If you can count to 13, you can play bridge.

Mon
Sep 9 – Oct 28 4:30 – 6:30 p.m.
171156 \$81

Fri
Nov 1 – Dec 20 2:15 – 4 p.m.
171155 \$108

Bridge with Tai: Level 2

Have a wonderful time playing bridge while exercising your brain! Learn new skills and enjoy the exciting hobby of bridge. *Pre-requisites: Level 1.*

Mon
Nov 4 – Dec 16 4:30 – 6:30 p.m.
171157 \$81

Bridge with Tai: Level 3

This is a continuation of Levels 1 and 2. Discover new skills and techniques while having fun and exercising your brain playing the exciting hobby of bridge. *Pre-requisites: Level 1 and 2.*

Fri
Sep 6 – Oct 25 2:15 – 4 p.m.
171154 \$108

Duplicate Bridge

Enjoy a challenging, yet friendly game of duplicate bridge! Please register with a partner. Bridgemates will be used for scoring purposes.

Wed
Sep 4 – Dec 18 1:30 – 4:30 p.m.
171047 \$48

Chess Social Drop-in

Join this entertaining group of individuals for a friendly game of chess! Participants are encouraged to bring a partner. All levels are welcome. *No instructor.*

Mon \$2.75
Sep 9 – Dec 16 3 – 6 p.m.

SOCIAL**Events & Trips**

For a complete listing of **Events & Trips**, visit westvancouver.ca/eventsandtrips or scan the QR code to see the 55+ activities section on the page.



Please note events and trips return times are approximate. Please do not book something immediately following a trip as we could be delayed due to traffic or unforeseen circumstances.

Trips & Events Cancellation Policy

To receive a refund, you must withdraw online, in-person, or by phone more than seven (7) days before the first day of the program.

ACCESSIBILITY



Accessible to persons in wheelchairs*



Accessible to persons with scooters*



Accessible to persons with walkers*



Accessible to persons with canes



No limitation to hard of hearing. Assistive systems may be available



Accessible to persons who are blind or visually impaired



Transport to the SAC w/ the SAC Shuttle Bus

*As space is limited on the bus, please notify staff if you plan to bring a wheelchair, walker or scooter.

Fort Langley Cranberry Festival

Hop on our bus out to Fort Langley for the Cranberry Festival. This event began in 1995 to celebrate the annual cranberry harvest and the history of the cranberry in the area. Have a great day out, support local businesses and vendors, and bring the community together!

Mon
Oct 7 9 a.m. – 3 p.m.
171563 \$20

Enjoy the Journey Tours - Discover the Fraser Lunch Cruise

Discover the Mighty Fraser and see the working river! Enjoy a delicious meal as you voyage up to the Douglas Island Wildlife Preserves and the mouth of the Pitt River. Get your cameras ready for this narrated educational tour.

Wed
Sep 25 9:30 a.m. – 4:30 p.m.
171481 \$169

Enjoy the Journey Tours - Queen of Peace Monastery

This Dominican Nun's Monastery is located at the base of Cloudburst Mountain in the Squamish Valley. Take a tour with Sister Claire, witness the sisters singing their morning hymns, visit the monastery's chapel, browse the gift shop, and enjoy lunch by the river!

Wed
Oct 16 9 a.m. – 4:30 p.m.
171486 \$129

Enjoy the Journey Tours - Harrison Bald Eagle Tour

Travel to the Chehalis/Harrison River Estuary and view large numbers of Bald and Golden Eagles! Find your perch at the Sandpiper Resort Observation Desk, in Eagle Point Community Park, and the shores of the Harrison and Fraser Rivers near the Kilby Historic site. Lunch at the Rivers Edge restaurant is included.

Mon
Nov 25 8:15 a.m. – 6:45 p.m.
171488 \$119

Enjoy the Journey Tours - The Singing Christmas Tree

Enjoy the Singing Christmas Tree choir as the tree lights up with 80 singers! Actors, dancers, and musical soloists are all part of the festivities at Vancouver's biggest Christmas celebration. Enjoy dinner at the historic Sylvia Hotel overlooking English Bay.

Fri
Dec 13 3:30 – 10 p.m.
171490 \$139

Vendor Jury Waitlist: Traditional Holiday Market

Vendors must register via this waitlist for jurying and once approved by Mary deVries, the vendor must pay the registration fee in full for the Holiday Market on Saturday, November 30. Items must be handmade with preference given to local vendors. Please email sample photos of your items for jurying to mdevries@westvancouver.ca.

Aug 24 – Oct 26
171300 Free

Traditional Holiday Craft Market

Enjoy this free event and get a head start on your holiday shopping with a variety of local, hand-crafted gifts for all interests! *Registration is required for vendors only.*

Sat
Nov 30 10 a.m. – 3 p.m.
171299 Vendors: \$60, shoppers: Free

Heritage Choir Winter Concert

Enjoy West Vancouver Heritage Choir's annual winter concert! Listen to a variety of favourites and bring your voice to sing along.

Sat
Dec 8 1 – 3 p.m.
171298 \$15

KEEPING CONNECTED

For a complete listing of **Keeping Connected** programs, visit westvancouver.ca/keepingconnected or scan the QR code to go to the page.



Outreach Programs

KEEPING CONNECTED PROGRAMS

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. We encourage participation for anyone who is feeling isolated, alone, living with memory loss, or a decrease in physical function or activity level. These programs are open to every Seniors' Activity Centre member. Please join us for a little bit of fun! Questions? Call Stephanie at 604-925-7211.

Keeping Connected Outreach Services

Are you or a loved one feeling isolated, alone, or in need? Allow our compassionate and knowledgeable team of volunteers to help. A simple phone call or assistance with connecting to needed services can be accommodated. We would love to help and suggest fun activities to expand your social life. Call Stephanie at 604-925-7211 to learn more.

Adapted Strength and Balance

Leg strength and balance contribute to longevity and health! If you need help with your balance, this is the class for you.

Wed

Sep 4 - Dec 18 11:45 a.m. - 12:45 p.m.
171262 \$145

Adapted Chair Yoga

Join us for yoga from the safety and comfort of your chair. This program has modifications with movements from sitting to standing.

Tue

Sep 3 - Dec 17 10:30 - 11:30 a.m.
171261 \$190

Caregiver Support Group

This group meets weekly to support caregivers navigating the ever-changing challenges that dementia brings. It is a safe setting for sharing information, insight, advice, and encouragement.

Thu

Sep 5 - Dec 19 10:30 a.m. - 12 p.m.
171263 \$50

Long Term Care Support Group - Keeping Spirits High

Meet and discuss the trials and tribulations of assisting a loved one in Long Term Care with fellow caregivers. Everyone is welcome to this informal session. Group meets on the first Thursday of every month.

Thu

Sep 5 - Dec 5 12:15 - 1:45 p.m.
171451 Free, please register

Chair Yoga Move and Groove

Learn breathing techniques, movement, alignment, strengthening, and stretching in this fun and upbeat yoga class. This class includes some sitting and standing with variations that are best for you.

Thu

Sep 26 - Dec 19 11:15 a.m. - 12:15 p.m.
171264 \$100

Eye Deal

Join us for an informative support group for people with low vision. There will be guest speakers, discussion, and information sharing at each meeting.

Thu

Sep 19, Oct 17, Nov 21, Dec 19
171431 Free

Ladies Social Club

Ladies, join this social group and enjoy discussion, mental aerobics, games, and entertainment.

Wed

Sep 4 - Dec 18 1:30 - 3 p.m.
171432 \$90

Social Tea Party

Bring your best smile and party outfit and join us for a visit and tea party. Special teas and snacks will be served.

Tue

1 - 2:30 p.m.
Free, registration required

166912

Sep 10

171441

Dec 10

Men's Club

This group of gentlemen meets weekly for a lively discussion of current affairs. Enjoy mental stimulation, social connections, and have a bit of fun.

Thu

Sep 5 - Dec 19 10:30 a.m. - 12 p.m.
171434 \$145

Minds in Motion™

Minds in Motion™ is a fitness and social program for people living with any form of early-stage dementia along with a care partner or friend. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend.

Fri

Sep 13 - Oct 18 1 - 2:30 p.m.
171435 \$52 per couple

Fri

Nov 1 - Dec 13 1 - 2:30 p.m.
171436 \$60 per couple

Musical Mondays

Join with friends for an afternoon of conversation and music in a coffeehouse setting at the SAC. Bob & The Yorkettes will play from 2:30 - 3:30 p.m. Everyone is welcome to this fun singalong.

Mon

2:30 - 3:30 p.m. \$750

171437

Sep 23

171438

Oct 28

171439

Nov 25

171440

Dec 16

Singalong Fun

Lift your spirits and improve your sense of joy and well-being in this weekly singalong! All voices are welcome.

Fri
Sep 6 – Dec 20 1 – 2 p.m.
171265 Free, please register

Keep on Moving

Improve your strength and flexibility through exercises done from a chair! This class is designed for anyone experiencing decreasing strength.

Wed
Sep 4 – Dec 18 10 – 11 a.m.
171268 \$140

Fri
Sep 6 – Dec 20 11:10 – 11:50 a.m.
171266 \$70

Sound Advice for Hearing Impaired

This program is a series of informal workshops and discussions for people who are hard of hearing. Discussion topics include technology, speech reading, behavioural issues, improving relationships, improving hearing environments, and more.

Fri 10 – 11:30 a.m.
Sep 6, Oct 4, Nov 1, Dec 6
171457 \$5

Stand Tall: Mobility, Posture, and Strength

Would you like to improve your posture and core? Learn basic exercises that will help restore muscle imbalance and spinal alignment, allowing you to stand tall.

Fri
Sep 6 – Dec 20 10 – 11 a.m.
171452 \$128

Stretch and Movement

Enjoy this uplifting class using movement and music in an enjoyable, safe, and creative environment for people living with physical challenges. Maintain a sense of confidence and grace in movement through the fundamentals

of stretch. This program has adaptations for many limitations.

Mon
Sep 9 – Dec 16 1:15 – 2:15 p.m.
171453 \$110

Keep Well

North Shore Keep Well Society is offering mild exercise and wellness classes for seniors! For more information, please call 604-988-7115 (ext. 3001).

Wed
Sep 4 – Dec 18 11:15 a.m. – 12:45 p.m.
171443 Free, please register

Screen Time for Seniors

Learn more about your phones, tablets, laptops, and more! Students from Collingwood can help you learn all about technology and answer any questions you have. *Note: Must bring your own device.*

Thu 4:30 – 5:30 p.m.
Free, registration required

171444 Sep 19

171446 Oct 17

171447 Nov 21

171448 Dec 12

Dementia 101 - Learn More, Do More

Learn how to recognize dementia and communicate in an effective and appropriate way. This workshop is presented by the Alzheimer Society of BC and is designed to help those who have a loved one experiencing a new diagnosis or memory loss.

Wed
Oct 16 10:30 a.m. – 12 p.m.
172065 \$10

Driver Fitness Workshop

Learn about road safety and how to know when to continue or stop driving. This workshop will have time for questions and is presented by road testers from ICBC.

Thu
Nov 14 1 – 2:30 p.m.
172090 \$5

Flower Arranging Workshops

Create your own lovely bouquet of flowers while learning about the art and being Zen with nature's beauty.

Thanksgiving Theme

Fri
Oct 11 10 a.m. – 12 p.m.
171554 \$40

Eucalyptus Wreath Making

Fri
Nov 8 10 a.m. – 12 p.m.
171555 \$40

Christmas Wreath Making

Fri
Dec 6 10 a.m. – 12 p.m.
171556 \$40

Pottery Workshop

Join Julie, our expert potter, for a demo, then create your own masterpiece. Items will be taken for drying, firing, and glazing. All materials are provided, and all levels are welcome. *Location: WVCC Hobby Arts Room*

Fri
Oct 18 10 a.m. – 12 p.m.
171552 \$40

Life After Loss: Getting a Grip on Grief!

Grief is a normal response to loss and often occurs unexpectedly. Explore a different aspect of grief each week and learn healing techniques to shift your feelings of grief from pain to peace. This program is taught by Barbara Friesen, an MA Grief Coach and Certified Grief Educator.

Thu
Sep 5 – Dec 12 10 – 11 a.m.
172051 \$30

Best Foot Forward Foot Care Clinic

A foot care nurse will be offering 20-minute appointments. The services provided include comprehensive foot care assessments, corn and callous reductions, thick nail reductions, nail cutting and filing, ingrown nail care, skin care, pressure off-loading, client

education, and teaching recommendations.

To book an appointment, please call 604-925-7280.

Wed \$20
Oct 23, Nov 20, Nov 27

Empowering Patient Workshop - MAID

Learn about medical assistance in dying and gain information about advanced care planning. *This is the first session in a series of 4 workshops presented by Alex Muir, a guest from the Metro Vancouver Chapter of Dying with Dignity.*

Fri
Sep 20 1 - 2:30 p.m.
171487 Free, registration required

Empowering Patient Workshops (3-part series)

Engage in a series of workshops led by an experienced patient advocate and healthcare navigator. Learn about the healthcare system, advanced care planning, and more.

Healthcare

Fri
Sep 27 1 - 3 p.m.
171489 \$5

Advanced Care Planning

Fri
Oct 4 1 - 3 p.m.
171502 \$5

Medical Heroics

Fri
Oct 18 1 - 3 p.m.
171508 \$5

Ted Talks Fall Series

Enjoy watching a 20-minute Ted Talk, followed by a discussion. This monthly initiative is meant to introduce innovative ideas and thoughts and stimulate conversation. *Last Tuesday of every month.*

Tue
Sep 24, Oct 29, Nov 26 12:30 - 2 p.m.
172734 Free, please register

Mind & Body Wellness

Massage

Massages are back! Enjoy a massage performed by Langara College students. Maximum 5 spots per timeslot. Arrive 15 minutes early to complete paperwork. No ICBC or WCB claims. Phone 604-925-7280 to reserve a spot 1 week in advance.

Wed Sep 11 - Dec 11
9:30 a.m., 10:45 a.m., and 12 p.m.
45-min appointment \$23

Mindfulness Meditation Mondays

Are you feeling overwhelmed, anxious, or have trouble sleeping? Experience a sense of belonging, peace, and happiness by learning practical tools and techniques in this mindfulness meditation class.

Mon
Sep 9 - Dec 16 12:30 - 1:30 p.m.
171458 \$100

Sound Therapy and Healing

Combine guided meditation, breathwork, and sound instruments to promote healing and relaxation. Offered monthly.

Tue
4 - 5 p.m. Free, please register
172005 Sep 6

172059 Oct 8

Medical Qi Gong

Heal the mind and body with this grounding technique and improve your physical, mental, emotional, and spiritual well-being!

Tue
Sep 3 - Nov 12 4 - 5:30 p.m.
172736 \$120

HME: Aging at Home Talks

Join us for this two-part series and learn how to prevent falls as you age and discuss the costs of aging at home, home modifications, and safety equipment. Refreshments will be served.



Part 1: Fall Prevention

Tue
Sep 3 11 a.m. - 12:30 p.m.
173140 Free, please register

Part 2: Exploring Costs and Considerations

Tue
Sep 17 11 a.m. - 12:30 p.m.
173141 Free, please register

Psychedelics and the Holistic Approach

Learn how psychedelics work in the medical world and understand the role they play in managing depression, anxiety, and mood. This workshop is presented by Vanathy Pranthaman and Donald Gavreau of the Conscious Mind Clinic.

Tue
Oct 1 1 - 2 p.m.
172045 Free, please register

Psychedelics, Microdosing, and Pain Management

Learn about psychedelics in the medical world and how microdosing can help manage pain and other health concerns. This workshop is presented by Vanathy Pranthaman and Donald Gavreau of the Conscious Mind Clinic.

Thu
Oct 3 1 - 2 p.m.
172046 Free, please register

SPORTS

For a complete listing of **Sports** programs, visit westvancouver.ca/sports or scan the QR code to go to the page.





Table Tennis

Bring your paddle and come play a fun, fast-paced game with us! You can register in advance online or before you enter.

Pre-register for these weekly time slots! Cost: \$3 per session.

Tue	3:30 - 5:30 p.m.
Thu	2:30 - 4:30 p.m.
Sat	1 - 3 p.m.
Sun	1 - 3 p.m.

Table Tennis Intergenerational

Have fun while enjoying an exciting, fast-paced game! All ages are welcome. Pre-register for weekly time slots by phone, online, or in person!

Wed	6:15 - 8 p.m.	\$3 per session
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Badminton

Bring your racquet and join a fun game with other seniors! Register over the phone or online to reserve your spot. Please wear clean indoor shoes.

Thu	Sep 5 - Dec 19	\$6 per session	10:30 a.m. - 12:30 p.m.
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Outdoor Rec

For a complete listing of **Outdoor Rec** programs, visit westvancouver.ca/seniorsoutdoorrec or scan the QR code to go to the page.



If you are new or would like more information on one of our outdoor activity programs, please email ejones@westvancouver.ca.

To find out what's happening each month, visit westvancouver.ca/sports and view the **Outdoor Rec** section or inquire at the front desk.

If a program is full, please sign up on the waitlist as we may open up more spots if we have enough volunteer support.

Ramblers—2024 Annual Registration

Hike with us! This group hikes an average of 8 to 10 kilometres every Monday, regardless of the weather. Meet at the trailhead or hop on our bus that leaves the SAC at 9:30 a.m. Register each time you want to ride the bus. Please note registration began December 2023.

Mon	Jan 8 - Dec 30	9:30 a.m. - 2:15 p.m.	155339	\$16.50
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Discover Trails

Hike intermediate and more challenging trails on the Sea-to-Sky Corridor and beyond. Tuesday hikes are 2.5 to 4 hours (6 to 10 km) and vary based on group size, pace, elevation gain, and terrain. Thursday hikes are 3 to 5 hours (over 15 km) at a good pace, on varying terrain. Details of hikes will be sent out prior.

Tue	Sep 3 - Dec 17	9 a.m. - 12:30 p.m.	171449	\$40
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Thu	Sep 5 - Dec 19	9 a.m. - 12:30 p.m.	171450	\$40
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Golf: Par 3 Pitch & Putt 2024 Annual Registration

Golf at Ambleside Par 3 on Mondays and take trips to various courses throughout the Lower Mainland on Thursdays! New members are welcome. *This is the annual membership, please pay separately for each bus trip.*

Mon & Thu	Apr 4 - Oct 7	8:45 a.m. - 1 p.m.	160750	\$16
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Cross Country Ski & Snowshoe Group Nov - Dec 2024

Join our group of outdoor enthusiasts who go weekly to the Nordic Trails on Cypress Mountain and enjoy winter sports with friends! Trails are patrolled, but come fully prepared. Register for the bus weekly. A trail ticket or pass is required for skiing and snowshoeing in the ski area boundary.

Fri	Nov 8 - Dec 20	9 a.m. - 1 p.m.	173017	\$7.50
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Learn about the **NorWest, Silver Wheels, Coast Riders, Easy Riders, and Turtles** programs online or by picking up an outdoor schedule.

To be added to the 2024 cyclist waitlist, please register using code **147563**. You will be assessed and a group will be recommended for you.

Seniors' Activity Centre (SAC) Shuttle Bus 10-ride card

Are you a frequent shuttle bus rider? Pick up a SAC Shuttle Bus 10-ride card and get one free ride! Purchase your card at the SAC front desk.

The SAC Shuttle Bus is sponsored by the Seniors' Activity Centre Advisory Board, the West Vancouver Foundation, Amica, and the District of West Vancouver.





Ride the SAC Shuttle Bus!

The Seniors' Activity Centre Shuttle (SAC) Bus is in operation five days per week, Tuesday to Saturday.

Access the SAC and local businesses throughout the Ambleside-Dundarave corridor with our easy hop-on, hop-off transportation system.

Fare: \$3 suggested donation (round-trip) or purchase the 11-ride punch pass for \$30 (best value) in advance at the SAC front desk.

For the latest shuttle bus route visit westvancouver.ca/seniors, scan the QR code below, or request a shuttle bus brochure at the Seniors' Activity Centre front desk.

The SAC Shuttle Bus is sponsored by the SAC Advisory Board, the West Vancouver Foundation, Amica West Vancouver, Kiwanis, and the District of West Vancouver.

To help support the SAC Shuttle Bus, donations can be made by calling 604-925-7280.

Get on the bus, ride with us!



HEALTH & FITNESS

For a complete listing of **Health & Fitness** programs, visit westvancouver.ca/healthandfitness or scan the QR code to go to the page.



GROUP FITNESS ACTIVITY LEVELS



MILD

Low cardio. Light weights/bands used below shoulder height. Typically no floor exercises (accommodations can be made for these exercises).



MODERATE

Fair amount of cardio. Possibility of using weights/bands above shoulder height. Incorporates floor exercises. Good mobility required.



STRENUOUS

High level of cardio. Use of weights/bands above shoulder height. Incorporates floor exercises. Very good mobility required.

Group Fitness

Morning Energizer

Kickstart your morning with this high-movement, low-impact cardio class followed by strength and stretch exercises. Participants should be able to get up and down from the floor with ease.

Mon	Sep 9 - Oct 21	8 - 8:55 a.m.	171305	\$26.25
Wed	Sep 4 - Oct 23	8 - 8:55 a.m.	171306	\$42

Mon	Oct 28 - Dec 16	8 - 8:55 a.m.	171321	\$36.75
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Wed	Oct 30 - Dec 18	8 - 8:55 a.m.	171322	\$42
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Stay Fit for Women

This small group class will challenge your muscular strength, endurance, and flexibility.

Fri	Sep 6 - Oct 25	8:15 - 9:15 a.m.	170985	\$36.25
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Fri	Nov 1 - Dec 20	8:15 - 9:15 a.m.	171328	\$42
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Stay Fit for Men

This small group class will increase your muscular strength and endurance, improve your flexibility, and will include a low-intensity cardio segment.

Mon & Wed	Sep 4 - Oct 23	8:15 - 9:15 a.m.	170984	\$68.25
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Mon & Wed	Oct 30 - Dec 18	8:15 - 9:15 a.m.	171327	\$73.50
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Chairobics

Keep up your fitness in this exercise class done from the comfort of your chair. Start with a 15-minute warm up, followed by exercises using resistance bands, ending with mobility work and a stretch.

Tue & Thu	Sep 12 - Oct 24	1:15 - 2:15 p.m.	171304	\$73.50
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Tue & Thu	Oct 31 - Dec 19	1:15 - 2:15 p.m.	171317	\$84
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Osteofit

Do you live with osteoporosis? Improve strength, posture, balance, and agility in a gentle exercise class that focuses on proper technique and spine stability through safe and simple movements.

Mon & Thu
Sep 12 - Oct 24 12 - 1 p.m.
171307 \$91

Mon & Thu
Oct 28 - Dec 19 12 - 1 p.m.
171323 \$112

Standing Strength & 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 with a standing or sitting stretch.

Wed
Sep 4 - Oct 23 10:30 - 11:30 a.m.
170982 \$36.25

Fri
Sep 16 - Oct 25 11:45 a.m. - 12:45 p.m.
170983 \$31.50

Wed
Oct 30 - Dec 18 10:30 - 11:30 a.m.
171325 \$42

Fri
Nov 1 - Dec 20 11:45 a.m. - 12:45 p.m.
171326 \$42

Strength & Stretch

Enjoy a full-body fitness class. 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, exercise bands, and floor exercises. Finish with a stretch.

Thu
9:15 - 10:15 a.m. \$42

170986 Sep 5 - Oct 24

171329 Oct 31 - Dec 19

Small Group Training

Get your heart pumping and your body moving with this simple, low-intensity small group class done at your own pace. Engage in guided warm-ups, cardio, and strength exercises. Modifications are provided for those who cannot tolerate floor exercises.

Tue & Thu
9 - 10:10 a.m. \$84

170981 Sep 3 - Oct 24

171324 Oct 29 - Dec 19

20/20/20

Enjoy a well-balanced class starting with 20 minutes of cardio activity, followed by 20 minutes of muscle toning, and finishing with 20 minutes of stretch to lengthen and relax your muscles.

Mon
Sep 9 - Oct 21 9:15 - 10:15 a.m.
170974 \$26.25

Mon
Sep 9 - Oct 21 5 - 5:55 p.m.
171816 \$26.25

Wed
Sep 4 - Oct 23 9:15 - 10:15 a.m.
170975 \$42

Fri
Sep 6 - Oct 25 9:15 - 10:15 a.m.
170976 \$42

Mon
Oct 28 - Dec 16 9:15 - 10:15 a.m.
171313 \$36.75

Mon
Oct 28 - Dec 16 5 - 5:55 p.m.
171316 \$36.75

Wed
Oct 30 - Dec 18 9:15 - 10:15 a.m.
171314 \$42

Fri
Nov 1 - Dec 20 9:15 - 10:15 a.m.
171315 \$42

Forever Fit

Are you looking for a challenging, energetic workout? Join us for an active warm up, easy to follow cardio workout, followed by muscular strength and conditioning exercises for upper and lower body and abdominals. Conclude the class with a stretch.

Tue
8 - 8:55 a.m. \$42

170978 Sep 3 - Oct 22

171318 Oct 29 - Dec 17

Thu
8 - 8:55 a.m. \$42

170979 Sep 5 - Oct 24

171319 Oct 31 - Dec 19

Fri
8 - 8:55 a.m. \$42

170980 Sep 6 - Oct 25

171320 Nov 1 - Dec 20

Reboot 30 X 3

This 30-minute program will include strengthening movements, balancing exercises, and stretches to improve breathing and joint mobility. Participants must be able to move down to the floor and up.

Tue & Fri
Sep 3 - Dec 20 12 - 12:30 p.m.
171454 \$105

Pick Up the Pace

Lift your spirits and your heart rate in a class designed to get the blood flowing. This is a class that will be done from a standing position. Your heart and your spirit will thank you.

Thu
Sep 5 - Dec 19 9 - 10 a.m.
171456 \$105

Zumba Gold

Engage in a low-impact dance-fitness class using Latin music with simple movements, creating a dynamic and fun fitness class. Improve your balance, strength, and flexibility in a workout designed for both the body and mind. Drop-ins: space-permitting.

Thu
Sep 5 - Oct 24 1 - 2 p.m.
170992 \$101.50

Thu
Oct 31 - Dec 19 1 - 2 p.m.
171335 \$116

Live Well 55+

Start your Saturday with a fitness program that includes stretching, strength, mobility, weights, resistance, and balance exercises.

Sat
Sep 7 - Dec 14 10:30 - 11:30 a.m.
171984 \$200

Yoga

🧘 Yoga for Healthy Ageing

Develop strength in your bones and joints, improve mobility, lower stress levels, develop a sharper mind, improve sleeping habits, and more. Please note, you must be able to get down on the floor and back up for this activity.

Mon
Sep 9 - Dec 16 11:45 a.m. - 12:45 p.m.
171455 \$180

🧘 Therapeutic Yoga

Relaxation and rejuvenation await you in this gentle and nurturing practice. This class uses a holistic approach to enhance your physical, mental, and emotional well-being. If you are looking to reduce stiffness while encouraging inner calm and tranquility, this is the class for you!

Wed
Oct 30 - Dec 18 5 - 6 p.m.
171342 \$62

Wed
Sep 4 - Oct 23 5 - 6 p.m.
170996 \$54.25

🧘 Chair Yoga

Enjoy slow, gentle movements as you stretch your body and improve your range of motion! Perform modified yoga exercises from the comfort of your chair and use your chair to stabilize yourself while stretching.

Tue
11:45 a.m. - 1 p.m. \$54.25
171308 Sep 3 - Oct 22

Tue
11:45 a.m. - 1 p.m. \$62
171336 Oct 29 - Dec 17

Thu
Sep 5 - Oct 24 \$54.25
171309 10:30 - 11:45 a.m.

171310 12 - 1:15 p.m.

Thu
Oct 31 - Dec 19 \$62
171337 10:30 - 11:45 a.m.

171338 12 - 1:15 p.m.

🧘 Chair Yoga Movement & Balance

Perform modified yoga exercises from the comfort of your chair! Improve your mobility, posture, alignment, and balance with some standing postures.

Mon
Sep 9 - Oct 21 3:30 - 4:45 p.m.
171311 \$31

Mon
Oct 28 - Dec 16 3:30 - 4:45 p.m.
171339 \$54.25

🧘 Yoga Beginner

Learn the basic postures and principles of alignment and breathing.

Mon
Sep 9 - Oct 21 5 - 6:15 p.m.
171312 \$31

Mon
Oct 28 - Dec 16 5 - 6:15 p.m.
171343 \$54.25

🧘 Hatha Movement Yoga

Enjoy a moderately paced flow class to feel centred, focused, and restored. Postures encourage alignment, flexibility, and gentle movement. Suitable for those looking for a well-rounded flow class. Modifications are provided.

Tue
9 - 10:15 a.m. \$62
170994 Sep 3 - Oct 22

171340 Oct 29 - Dec 17

Program availability may be adjusted. For an up-to-date list of adult 55+ programs please visit westvancouver.ca/seniors and see the **55+ Activities** section on the page.



🧘 Hatha Yoga

Enjoy a moderately paced flow class to feel centred, focused, and restored. Postures encourage alignment, flexibility, and gentle movement. Modifications are provided.

Thu
Sep 5 - Oct 24 9 - 10:15 a.m.
170995 \$54.25

Thu
Oct 31 - Dec 19 9 - 10:15 a.m.
171341 \$62

🧘 Yoga Movement

Enjoy smooth, full-body movements in a dynamic, stress-free environment to feel refreshed, nourished, and revitalized. Ease discomfort in your feet, ankles, knees, hips, back, and neck with yoga postures.

Wed
10:20 - 11:35 a.m. \$62

170997 Sep 4 - Oct 23

171334 Oct 30 - Dec 18

Pilates

🧘 Chair Pilates

New to Pilates and unable to go on the floor? Enjoy traditional Pilates exercises that are modified for sitting! Focus on breathing, posture, and alignment. Finish with a stretch and fascial release component.

Wed
Sep 4 - Oct 23 10:45 - 11:45 a.m.
171424 \$71.25

Wed
Oct 30 - Dec 18 10:45 - 11:45 a.m.
171425 \$82

Personal Training

For a complete listing of **Personal Training**, visit westvancouver.ca/personaltraining or scan the QR code to go to the page.



PERSONAL TRAINING FOR SENIORS

For details, please email our Health & Fitness team personaltraining@westvancouver.ca.

Sessions are 55-minutes long. SAC member discount does not apply to personal training.

Active Rehab

For a complete listing of **Rehab** programs and available consultation appointments, visit westvancouver.ca/activer rehab or scan the QR code to go to the page.



We offer a range of rehab and prehab programs including Better Bones, FAME for Stroke, 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 westvancouver.ca/rehab. *An initial consultation is required for all active rehabilitation programs.*

Metabolic Health & Weight Loss

Come exercise with us and develop a plan to improve your health and well-being! Exercise can help improve your body composition, reduce

complications from diabetes, and lower the risk of heart disease, while improving blood sugar levels, blood fat levels, and blood pressure.

Tue
Sep 3 – Dec 17 6 – 7 p.m.
170955 \$248

Thu
Sep 5 – Dec 19 6 – 7 p.m.
170956 \$248

Well Balanced Level 1

Has your balance changed? Do you find yourself hesitating to go for walks or up and down the stairs? Improve your balance and confidence in this small group setting.

Mon
Sep 16 – Dec 16 11:30 a.m. – 12:30 p.m.
171301 \$155

Mon
Sep 9 – Dec 16 1 – 2 p.m.
170964 \$170.50

Wed
Sep 4 – Dec 18 1 – 2 p.m.
170965 \$232.50

Fri
Sep 6 – Dec 20 1 – 2 p.m.
170966 \$232.50

Well Balanced Level 2

Has your balance changed? Do you find yourself hesitating to go for walks or up and down the stairs? Improve your balance and confidence in this small group setting.

Mon
Sep 9 – Dec 16 2:15 – 3:15 p.m.
170967 \$170.50

Wed
Sep 4 – Dec 18 2:15 – 3:15 p.m.
170969 \$232.50

Fri
Sep 6 – Dec 20 2:15 – 3:15 p.m.
170968 \$232.50

Chronic Low Back Pain and Core Strength

Are you suffering from chronic low back pain (LBP)? Does your pain affect you from being active?

Come and learn exercises to help alleviate some pain and correct form to reduce the likelihood of reoccurring pain.

Mon
Sep 9 – Dec 16 2:15 – 3:15 p.m.
171293 \$186

Wed
Sep 4 – Dec 18 2:15 – 3:15 p.m.
170934 \$248

Fri
Sep 6 – Dec 20 2:15 – 3:15 p.m.
170935 \$248

Better Bones

Whether you are diagnosed or considered at risk for Osteoporosis, benefit from exercises that increase strength and help reduce the risk of falls and other related incidences. Increase/maintain bone density, get your balance in check, and improve flexibility for less restricted movement with the help of a personalized program.

Mon
Sep 9 – Dec 16 9:15 – 10:15 a.m.
171292 \$186

Tue
Sep 3 – Dec 17 3:30 – 4:30 p.m.
170931 \$248

Wed
Sep 4 – Dec 18 9:15 – 10:15 a.m.
170930 \$248

Thu
Sep 5 – Dec 19 3:30 – 4:30 p.m.
170932 \$248

Fri
Sep 6 – Dec 20 9:15 – 10:15 a.m.
170929 \$248

Parkinson's Movement Therapy

Did you know that exercise is a vital component to maintaining balance, mobility, and performing daily activities of living for people with Parkinson's? Prolong your overall strength with resistance training, aerobic fitness, and flexibility in a program designed by personal

trainers who facilitate the group and monitor your progress.

Tue & Thu
 Sep 3 - Dec 19 \$496

170960 9:15 - 10:15 a.m.

170961 10:30 - 11:30 a.m.

Pulmonary Rehabilitation

Benefit from functional exercises in a group setting followed by cardiovascular training and breathing exercises to help you feel better and breathe easier. This program is designed for individuals with COPD or pulmonary fibrosis. Instructed by qualified staff to ensure your safety.

Tue & Thu
 Sep 3 - Dec 19 1 - 2 p.m.

170962 \$304

FAME for Stroke

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

Tue & Thu
 Sep 3 - Dec 19 11:45 a.m. - 12:45 p.m.

170936 \$496

Cancer Thrivers

This program is designed to promote health, strength, and recovery. Experience the benefits of fitness and ways to incorporate activities of daily living. Offered in collaboration with Inspire Health.

Mon & Wed
 Sep 4 - Dec 18 12 - 1 p.m.

171272 \$147



Women on Weights

Expect all the benefits of our customized strength & conditioning program, designed with the female clientele in mind.

Mon
 Sep 9 - Dec 16 8 - 9 a.m.

170970 \$186

Wed
 Sep 4 - Dec 18 8 - 9 a.m.

170971 \$248

Thu
 Sep 5 - Dec 19 7:15 - 8:15 p.m.

170973 \$248

Fri
 Sep 6 - Dec 20 8 - 9 a.m.

170972 \$248

Functional Training

Join us for Active Rehabilitation—an evidence-based form of treatment through exercise prescription. Our Functional Training class focuses on your unique needs while improving functional movement (the movements you perform in your everyday life). Whether you are looking to increase muscular strength, improve aerobic capacity, recover from injury, or improve function for lifestyle or sport, this is the class for you!

Tue
 Sep 3 - Dec 17 8 - 9 a.m.

170937 \$248

Healthy Heart

Keep it pumping and lower your risk! Continue to build your heart strength through aerobic exercise and muscular endurance training in a personal program designed with prevention in mind. Your physician's approval is required to participate in this safe and supervised environment.

Tue
 Sep 3 - Dec 17 8 - 9 a.m.

170939 \$248

Wed
 Sep 4 - Dec 18 8 - 9 a.m.

170940 \$248



Thu
 Sep 5 - Dec 19 8 - 9 a.m.

170941 \$248

Sat
 Sep 7 - Dec 21 9:15 - 10:15 a.m.

170942 \$248

Joint Replacement

Whether you're going in, or coming out, our joint replacement rehabilitation program is custom designed to strengthen the repairing bone and muscles around the replaced joint, manage pain, and improve mobility. Get back on your feet and resume your active lifestyle faster with a regular pre-and post-surgery exercise program.

Mon
 Sep 9 - Dec 16 10:30 - 11:30 a.m.

171294 \$186

171295 11:45 a.m. - 12:45 p.m.

171296 3:30 - 4:30 p.m.

Tue
 Sep 3 - Dec 17 10:30 - 11:30 a.m.

170945 \$248

Wed
 Sep 4 - Dec 18 9:15 - 10:15 a.m.

170953 \$248

170948 10:30 - 11:30 a.m.

170947 11:45 a.m. - 12:45 p.m.

170949 3:30 - 4:30 p.m.

Thu
 Sep 5 - Dec 19 10:30 - 11:30 a.m.

170946 \$248

Fri
 Sep 6 - Dec 20 10:30 - 11:30 a.m.

170950 \$248

170951 11:45 a.m. - 12:45 p.m.

170952 3:30 - 4:30 p.m.

GLA:D® Canada

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

Tue & Thu
2:15 - 3:15 p.m. \$238

171302 Sep 3 - Oct 24

171303 Oct 29 - Dec 19

Osteoarthritis: Joints in Motion

Build your hip and knee strength and transition into a full-body strength training program. Improve your mobility, strength, and range of motion skills learned in GLA:D. Participants must complete the GLA:D program prior to joining.

Mon
Sep 9 - Dec 16 1 - 2 p.m.
171297 \$186

Wed
Sep 4 - Dec 18 1 - 2 p.m.
170958 \$248

Fri
Sep 6 - Dec 20 1 - 2 p.m.
170959 \$248

Memory Moves Drop-in

Enjoy a gentle workout with a partner or solo under supervision. This class is designed for those experiencing memory loss with a caregiver or partner.

Sat Drop-in \$10 per person
Sep 7 - Dec 14 11 a.m. - 1 p.m.



PROGRAMS AT THE WEST VANCOUVER MEMORIAL LIBRARY

Learn about all of our events and register at wvml.ca/events. Whether you have a question, need a recommendation, or want help using your device, we are here to provide assistance at 604-925-7400. *Registration required for some programs.*

Fashion Through the Ages with Ivan Sayers

Enjoy a fashion show featuring clothing from the Edwardian period to the 1930s with fashion historian, Ivan Sayers.

Fri
Oct 3 7 - 8:30 p.m.
Main Hall Free, please register

Friday Night Concert: Piano Heist

This duo presents a musical show mixing comedy, theatrical wonder, audience participation, and heartfelt stories, all while playing multiple pianos.

Fri
Nov 22 7:30 - 8:45 p.m.
Main Hall Free

Bomber Command: An Evening with Roddy MacKenzie

Join local author, Roddy MacKenzie, for a thrilling look into Bomber Command and the pivotal role it played in WWII.

Mon
Nov 7 6 - 7:30 p.m.
Welsh Hall Free, please register

Sharp Notions: Essays from the Stitching Life

Join Marita Dachsel and Nancy Lee, two of the authors featured in *Sharp Notions*, to discuss their personal relationship with the fibre arts.

Sun
Nov 24 2 - 3:30 p.m.
Welsh Hall Free, please register



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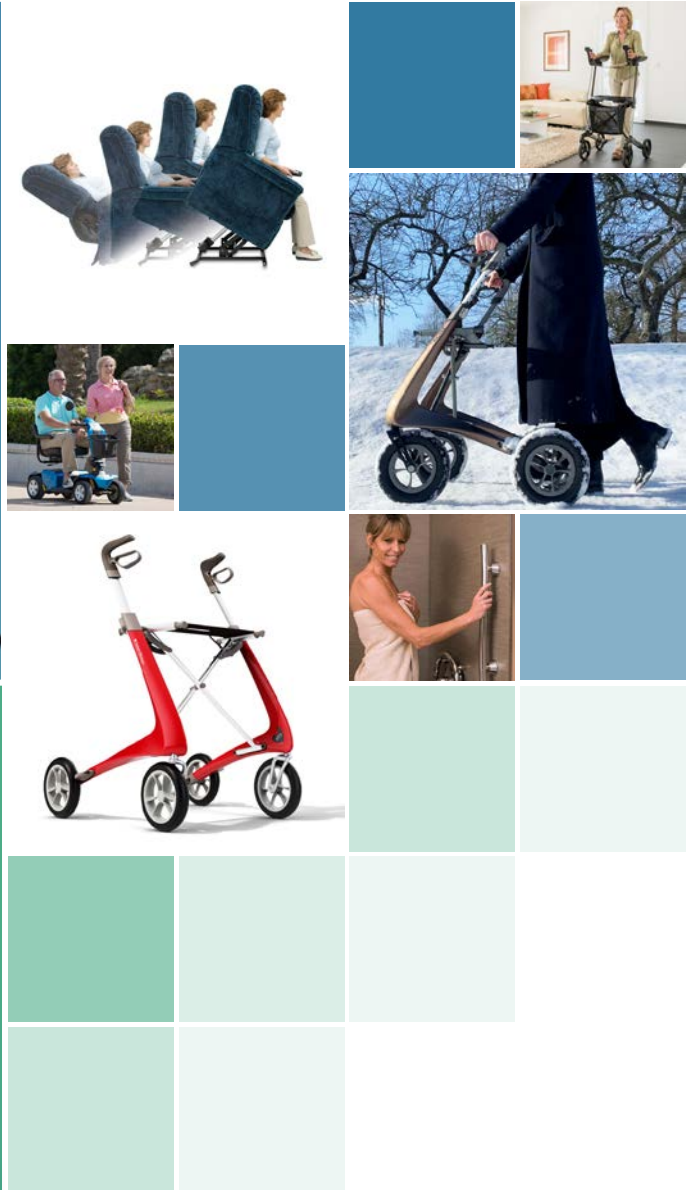
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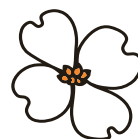
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www.AdvancedMedicalBC.ca

“Mom’s illness has everyone worried.”



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We are your local Home Care professionals and have been proudly serving seniors on the North Shore since 1980. We know how hard it can be on a family when a loved one is chronically ill or recovering from a recent trauma like a broken hip. Life does not stop. You still have a full-time job, kids that need you, and a loved one who cannot manage safely on their own. Let us help! We can be there with supportive care 24/7, medication assistance, meals, even rides to doctor’s appointments. This is the caring solution for your loved one and your family.



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