



HOLIDAY
23
24
WINTER

THE SCENE

A West Vancouver Seniors' Activity Centre Publication

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Don't Fall on page 16

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Operation on page 3



96% something to smile about

Happiness is often tough to quantify. But not at PARC. 96% of residents say they are happy and living a fulfilling life at PARC, according to our most recent annual survey*.

Why are PARC residents so satisfied? Set in the most desirable neighbourhoods in the Lower Mainland — our PARC Active Living™ lifestyle is custom designed to fill daily life with joy.

*2023 Greenhouse Research Inc

At PARC, we care deeply about your happiness. So why not come for a visit? Call one of our Senior Living Specialists today.

parc
retirement
living

Westerleigh: 604.922.9888 | Cedar Springs: 778.233.1457 | Summerhill: 778.229.9045

parcliving.ca

WELCOME TO THE SCENE MAGAZINE

695 21st Street
West Vancouver, BC V7V 4A7

NEW SAC Call Centre 604-925-7280

General Call Centre 604-925-7270

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.

Fax 604-925-5935

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

Monday – Wednesday 9 a.m. – 3 p.m.

Thursday 9 a.m. – 7 p.m.

Friday 9 a.m. – 3 p.m.

Saturday – Sunday 9 a.m. – 2 p.m.

Dine-in Service

Lunch: Mon-Sun 11:30 a.m. – 1:30 p.m.

Dinner: Thursday 5 – 7 p.m.

Take-out Food Service

Monday – Wednesday 9 a.m. – 3 p.m.

Thursday 9 a.m. – 7 p.m.

Friday 9 a.m. – 3 p.m.

Saturday – Sunday 10 a.m. – 2 p.m.

SENIORS HELPLINE 604-925-7280

Monday – Thursday 8:30 a.m. – 8 p.m.

Friday – Sunday 8:30 a.m. – 4 p.m.

Please note the following closures:

Saturday, Nov 11 – Remembrance Day

Monday, Dec 25 – Christmas Day

Tuesday, Dec 26 – Boxing Day

Monday, Jan 1 – New Year's Day

EDITORIAL

Editors Sabina Kasprzak & Michiko Araki

Advertising Sabina Kasprzak

Publisher District of West Vancouver

Print Still Creek Press

Cover photo Michiko Araki

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.

This publication will be 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 out 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.



FUTURE REGISTRATION DATES

westvancouver.ca/registration

Winter general program registration starts

Wednesday, December 6.

Winter skating, gymnastics, and swimming registration starts

Wednesday, December 13.

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, sponsorship, 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.

BECOME A SAC 55+ MEMBER

Purchase your annual membership today at the front desk and ask about the many benefits! 55+ (Cost: \$39). 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.

DID YOU KNOW?

55+ adults are welcome to participate in all programs listed in the Adult 19+ section of the Leisure Guide.

For **Refunds** visit westvancouver.ca/registrationandrefunds.



Alternatively, scan the QR code to go to the page.

PLANNED GIVING

Has the 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.

For more information, email sacadvisoryboard@westvancouver.ca.

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

MESSAGE TO SAC COMMUNITY



Since 1981, the Seniors' Activity Centre (SAC) has been a community hub for people aged 55+, offering a range of programs, activities, and services promoting social connection and healthy and active aging.

With the rapidly growing senior population in West Vancouver, in

August of 2022, the District and the SAC commissioned hcma, an architectural firm, to complete a facility needs assessment and feasibility study.

The purpose of the study is to determine how programs and services evolve with the adaptation of the building's physical space to meet the needs, expectations, and interests of current and future users.

Currently hcma has conducted a space needs assessment, toured local seniors' centres, met with stakeholders, completed a literature review of aging trends and best practices, and sought community input through an Engage with Age survey and focus groups.

Some of the recommendations so far include one large multi-purpose gym,

two to three medium multipurpose rooms, additional office space, more informal social spaces, a welcoming entry and reception space, storage, accessibility and inclusivity space and outdoor social space.

Staff and the SAC Advisory Board Working Group are beginning work on the concept design phase and will share additional information as it becomes available.

Wishing you all a very Merry Christmas and much happiness and health in 2024.

Jain Verner SAC Advisory Board Chair

James Ray Customer Service & Community Recreation Manager

David Witala Community Recreation Services Supervisor - Seniors' Activity Centre

UPCOMING EVENTS

See event details on page 23



JOIN THE ADVISORY BOARD

The Seniors' Activity Centre Advisory Board is recruiting new volunteer board members for the 2024-25 term.

Individuals with strong advocacy, entrepreneurial, fundraising, and communications skills are invited to complete an application form available at the Seniors' Activity Centre front desk.

All nominations must be received by 4 p.m. on Wednesday, January 31, 2024.

DECEMBER
02
SATURDAY
SAC Christmas Market
10 a.m. - 3 p.m.

DECEMBER
04
MONDAY
Heritage Choir Christmas Concert
1 - 3 p.m.

DECEMBER
06
WEDNESDAY
Winter 2024 Registration Day
Starts 8 a.m.

DECEMBER
11
MONDAY
Garden Side Café Christmas Baking & Tourtière Pie Sale
Starts 9 a.m.

DECEMBER
12
TUESDAY
Keeping Connected Christmas Tea Party
1:15 - 2:15 p.m.

DECEMBER
15
FRIDAY
Shortbread & Sherry Members' Christmas Party
3 - 5 p.m.

DECEMBER
19
TUESDAY
New Member Welcome Coffee
10 - 11 a.m.

MARCH
13
WEDNESDAY
SAC Advisory Board Annual General Meeting
1 - 2:30 p.m.

OUR PROGRAM & ASSISTANT PROGRAM COORDINATORS



VOLUNTEERS
Caroline Wiggins
*District-wide Volunteer Services
Program Coordinator*
604-913-2703
volunteer@westvancouver.ca



VOLUNTEERS
Crystal Lan
SAC Assistant Program Coordinator
604-925-7288
scvolunteers@westvancouver.ca



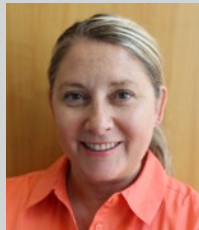
**SHUTTLE BUS, TRIPS, SPORTS,
GARDEN CLUB, VISUAL &
HOBBY ARTS**
Emily Jones
SAC Program Coordinator
604-925-7230
ejones@westvancouver.ca



**SPECIAL EVENTS, MUSIC,
DANCE, BILLIARDS, GAMES
& ADULT LEARNING**
Mary de Vries
SAC Program Coordinator
604-925-7287
mdevries@westvancouver.ca



**SENIORS' OUTREACH - KEEPING
CONNECTED PROGRAMS**
Stephanie Jordan
SAC Program Coordinator
604-925-7211
sjordan@westvancouver.ca



**FEED THE NEED &
VOLUNTEERS**
Amanda Barrios-Mata
SAC Assistant Program Coordinator
604-925-7208
abarriosmata@westvancouver.ca



**HEALTH, FITNESS &
REHABILITATION**
Sarah Wheatley
SAC Program Coordinator
604-925-7231
swheatley@westvancouver.ca



**FOOD SERVICES, GARDEN
SIDE CAFÉ & COFFEE BAR**
Lou Novosad
*SAC Food Services
Program Coordinator*
604 925-7122
lnovosad@westvancouver.ca



**ACCESS SERVICES,
RECREATION FINANCIAL
ASSISTANCE**
Bernadette Smyth
Access Services Program Coordinator
604-925-7279
bsmyth@westvancouver.ca

Subscribe to Seniors' Activity Centre E-News!
The SAC E-news includes last-minute changes and information about programs and events that have been added after The Scene magazine's publishing date. Visit westvancouver.ca/newsletters to subscribe or sign up at the SAC front desk.

WELCOME

**Emily Jones &
Amanda Barrios-Mata!**

VOLUNTEERS

Stay active and make a positive impact on your community!

Thanks to all the volunteers who provide services to seniors and people in need in our community. We would not be able to provide the amazing services that we currently offer to our community without your help. Join our team of dedicated volunteers today!

Lend a hand, make a difference—volunteer at the Seniors' Activity Centre today! Training is provided and pamphlets with roles descriptions are available at the front desk.

We have a minimum commitment of six months a year or 50 hours as extensive training is provided.

If you are volunteering with us, and suddenly cannot make your shift, please call Volunteer Services at 604-202-8694, or call the Seniors' Activity Centre during office hours at 604-925-7280.

WHY VOLUNTEER WITH US @ SAC?



- ☑ Give back to the community
- ☑ Create meaningful experiences
- ☑ Meet new friends & acquaintances
- ☑ Engage with other community partners
- ☑ Socialize at Volunteer Appreciation Events
- ☑ Ongoing learning and training opportunities

VOLUNTEER OPPORTUNITIES

If interested, please send your full availability, phone number, and roles you are interested in to scvolunteers@westvancouver.ca.

TUESDAY DINNERS

We need volunteers to re-open Tuesday night dinner service!

- **Dishwasher Assistants** - 5:30 to 7:30 p.m.
- **Server-Closers** - 4:30 to 7:30 p.m.
- **Bussers** - 5 to 7:30 p.m.
- **Bartenders** - 4:30 to 7 p.m.

MORNINGS

- **Baker's Support (Sandwiches and Salads)** - 8 to 10:30 a.m.
- **Food Packers** - 8:30 to 11 a.m.
- **Delivery Drivers (Class 5 License)** - 9:30 a.m. to 12:30 p.m.
- **Front Desk Substitutes** - 9 to 11:30 a.m.

AFTERNOONS AND EVENINGS

- **Dishwasher Assistants** - 10 to 2 p.m.
- **Cashier Substitutes** - 11:30 a.m. to 2 p.m., 4:45 to 7 p.m.
- **Closers** - Monday to Fridays, 1 to 3:30 p.m. or Tuesdays/Thursdays, 2 to 4:30 p.m.
- **Front Desk Substitutes** - 11:30 a.m. to 2:30 p.m.

Volunteers with a **Class 4 drivers license** are needed to support programs and trips. Please reach out if you are interested.

We are recruiting volunteer **Snow Angels!** Snow Angels provide assistance with snow removal from pathways leading to front doors and sidewalks for the duration of the winter season. Volunteers who have completed orientation please contact snowangels@westvancouver.ca.



VOLUNTEER ORIENTATION

If you are interested in joining our volunteer team, please ensure you have a BC Services Medical Card before signing up for an upcoming Adult Volunteer Online Orientation. All volunteers at the Seniors' Activity Centre will need to first complete the District's Volunteer Orientation.

To sign up for the online volunteer orientation visit westvancouver.ca/volunteering or call 604-925-7280 and quote activity code #137689.

Your email receipt will contain a link to an application form and a 30-minute information video with ten questions to answer at the end. Once completed, we will send you a welcome email with more information regarding next steps, including further training, a meeting, and a Police Information Check.



ROLE OF ACCESS SERVICES

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

If you feel that you or your family face difficulties affording programs or services within the Seniors' Activity Centre please contact Bernadette Smyth at 604-925-7279 or email bsmyth@westvancouver.ca or visit westvancouver.ca/access.

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!

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 Thursdays from 5 to 7 p.m.

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

DINNERS OVER THE HOLIDAY SEASON

Our last dinner will be held on Thursday, December 21 (Festive Christmas Roast Turkey dinner), and our first dinner of 2024 will be on Thursday, January 4.



INDIVIDUAL TURKEY DINNERS

Individual turkey dinners to-go will be available between December 21 & 24. Please keep an eye out for details.

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 new 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 single beverage.

Relax in the adjacent lounge and connect with friends!

TAKE-OUT FOOD SERVICE

The take-out food and delivery service will continue during operating hours.

Monday – Friday 9 a.m. – 3 p.m.
Thursday 9 a.m. – 7 p.m.
Saturday – Sunday 10 a.m. – 2 p.m.

For food delivery call **604-925-7280** to place your order. (Minimum \$25 purchase on deliveries; West Vancouver area only). Deliveries occur on Tuesdays, Thursdays, and Saturdays. 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. Menus are updated daily.

CHRISTMAS BAKE SALE December 11 - 22

Items available:

Tortiere pies (No pre-orders available)

Festive Christmas Pack \$20 (M)
2 mincemeat tarts, 2 pumpkin tarts,
3 cranberry shortbread cookies,
3 shortbread cookies, 3 ginger cookies,
3 fruit cake slices

Shortbread & Ginger Cookies (5)
\$6 (M)

Pumpkin Pie
Whole \$15 (M), Half \$8 (M),
Slice \$4 (M)

Fruit Cake (1lb) \$12 (M)

Mincemeat Pie Whole \$15 (M)

Mince Meat Tarts (2) - \$4 (M)



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 (call 604-925-7280). Thank you for your ongoing support.



Mark your calendar!

SENIORS' ACTIVITY CENTRE ADVISORY BOARD ANNUAL GENERAL MEETING

Everyone welcome. Keep an eye out for additional details closer to the event date.

WEDNESDAY, MARCH 13
1 - 2:30 P.M. | #155821
MARINE ROOM

GARDEN SIDE CAFÉ – LUNCHESES & THURSDAY DINNERS

DECEMBER

Friday, December 1

Baked Cod with Rustic Tomato Vegetable Sauce, Roast Potatoes, Seasonal Vegetables

Saturday, December 2

Chef's Special

Sunday, December 3

Chef's Special

Monday, December 4

Sweet & Sour Chicken, Rice

Tuesday, December 5

Pork Paprika with Linguine

Wednesday, December 6

Chili Con Carne, Cornmeal Muffin

Thursday, December 7

Honey Ham with Scalloped Potatoes

DINNER: Beef Bourguignon, Cheddar & Chives Mashed Potatoes, Fresh Mix Vegetables

Friday, December 8

Baked Alaskan Pollock on Ratatouille, Rice Pilaf

Saturday, December 9

Chef's Special

Sunday, December 10

Chef's Special

Monday, December 11

Roast Pork Loin, Mushroom Sauce, Potatoes, Vegetables

Tuesday, December 12

Bangers and Mashed Potatoes

Wednesday, December 13

BBQ Chicken Leg with Rice

Thursday, December 14

Salisbury Steak, Mashed Potatoes, Seasonal Vegetables **DINNER:** Fisherman's Platter with Grilled Salmon, Cod and Prawns, Rice Pilaf, Medley of Fresh Vegetables

Friday, December 15

Seafood Newburg

Saturday, December 16

Chef's Special

Sunday, December 17

Chef's Special

Monday, December 18

Chicken Cacciatore with Pasta

Tuesday, December 19

Quiche Lorraine, Caesar Salad

Wednesday, December 20

Pork Schnitzel with Mashed Potatoes and Braised Cabbage

Thursday, December 21

Beef Stroganoff with Pasta **DINNER:** Roast Turkey with all the Trimmings

Friday, December 22

Breaded Sole with Tartar Sauce & Coleslaw

Saturday, December 23

Chef's Special

Sunday, December 24

Christmas Eve – open till noon

Monday, December 25

Christmas Day – CLOSED

Tuesday, December 26

Boxing day – CLOSED

Wednesday, December 27

Spanish-style Pork Chops, Rice

Thursday, December 28

Tortiere Pie with Gravy

Friday, December 29

Fish & Chips with Tartar Sauce & Coleslaw

Saturday, December 30

Chef's Special

Sunday, December 31

New Year's Eve – open till noon

Tenderloin, Scalloped Potatoes, Seasonal Vegetables

Friday, January 12

Sole Florentine, Rice Pilaf, Seasonal Vegetables

Saturday, January 13

Chef's Special

Sunday, January 14

Chef's Special

Monday, January 15

Savoury Tomato and Bean Stew, Pita Bread with Tzatziki

Tuesday, January 16

Chicken Stroganoff, Broad Egg Noodles, Seasonal Vegetables

Wednesday, January 17

Turkey Shepherds Pie, Seasonal Vegetables

Thursday, January 18

Beef Vegetable Stew with Mashed Potatoes **DINNER:** Coq Au Vin, Cheddar Mashed Potatoes, Seasonal Vegetables

Friday, January 19

Baked Cod with Rustic Tomato Vegetable Sauce, Roast Potatoes

Saturday, January 20

Chef's Special

Sunday, January 21

Chef's Special

Monday, January 22

Chicken Curry, Rice, Vegetables

Tuesday, January 23

Vegetarian Lasagna, Tossed Salad

Wednesday, January 24

Chicken Cacciatore, Rice

Thursday, January 25

Chili Con Carne, Cornmeal Muffin **DINNER:** Fresh Grilled Salmon with White Wine Cream Capers Sauce, Rice Pilaf, Seasonal Vegetables

Friday, January 26

Salmon Burger, Kale Slaw

Saturday, January 27

Chef's Special

Sunday, January 28

Chef's Special

Monday, January 29

Beef Meatloaf with Roasted Leek Gravy, Mashed Potatoes, Peas & Carrots

Tuesday, January 30

Ham & Cheese Quiche, Caesar Salad

Wednesday, January 31

Pork Paprika with Linguine

JANUARY

Monday, January 1

CLOSED – New Year's Day

Tuesday, January 2

Liver & Onions, Gravy, Mashed Potatoes, Seasonal Vegetables

Wednesday, January 3

Sweet & Sour Chicken, Rice, Seasonal Vegetables

Thursday, January 4

Salisbury Steak, Mashed Potatoes, Seasonal Vegetables **DINNER:** Beef Bourguignon, Cheddar & Chives Mashed Potatoes, Seasonal Vegetables

Friday, January 5

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

Saturday, January 6

Chef's Special

Sunday, January 7

Chef's Special

Monday, January 8

Spinach & Cheese Quiche, Caesar Salad

Tuesday, January 9

Spanish-style Pork Chops, Rice, Seasonal Vegetables

Wednesday, January 10

Spanakopitas with Tzatziki, Roasted Potatoes, Greek Salad

Thursday, January 11

Philadelphia Pepper Steak, Rice Pilaf, Seasonal Vegetables **DINNER:** Dijon Pork

REGISTERED PROGRAMS

For refund policy 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.



Alternatively, scan the QR code to go to the page.

ARTS

ARTS GENERAL

NEW For a complete listing of **Arts** programs, visit westvancouver.ca/visualarts.



Alternatively, scan the QR code to go to the page.

Stained Glass Studio Time

Enjoy some studio time to work on your glass designs! No instruction. Bring your own equipment and supplies. *Leader: June C.*

Wed
Jan 10 – Mar 27 12:30 – 3:30 p.m.
155216 \$72

Painting Studio Time - Whole Set

Enjoy some quality time with friends, learning from others and honing your painting skills!

Mon
Jan 8 – Mar 25 9 a.m. – 12 p.m.
155218 \$28

Mon
Jan 8 – Mar 25 12:30 – 3:30 p.m.
155219 \$28

Tue
Jan 9 – Mar 26 9 a.m. – 12 p.m.
155220 \$30.50

Wed
Jan 10 – Mar 27 12:30 – 3:30 p.m.
155221 \$30.50

Drawing with Amira

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

Fri
Jan 12 – Mar 22 12:30 – 2:30 p.m.
155222 \$210

Watercolour with Lynn

Paint nature's inspirations. Work at your own pace—individual and group instruction given to assist you in the art of using perspective and colour theory. Materials provided. *Tuesday's class is for those with less painting experience, and Thursday's class is for those with watercolour experience.*

Tue
Jan 9 – Mar 26 12:30 – 3:30 p.m.
155225 \$260

Thu
Jan 11 – Mar 28 12:30 – 3:30 p.m.
155226 \$260

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
Jan 11 – Mar 28 1 – 3 p.m.
155233 \$35



Feed the Need Market Donations

Calling all West Van artisans! The Seniors' Activity Centre is looking for donations of handmade creations to be sold in the Feed the Need Market. All proceeds will go towards Feed the Need, a meal security program for local seniors. We're looking for donations of handmade artwork, such as crafts, fabric, pottery, and more.

To learn more or to donate your wonderful creations, contact Stephanie Jordan at 604-925-7211 or Amanda Barrios-Mata at 604-925-7208.

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. Beginners recommended to come on Wednesday mornings.

Tue
Jan 9 – Mar 26 9 a.m. – 12 p.m.
155228 \$32

Studio Time

Bring your own project to work on in a social setting. No instructor, but we love to share ideas.

Tue
Jan 9 – Mar 26 12:30 – 3:30 p.m.
155230 \$32

Learn to Knit

Are you a little rusty or have always wanted to learn to knit? Join us on Wednesday mornings! Knitting is great for the brain and fingers. This time slot was formerly the Wednesday Craft Group and anyone still wanting to create crafts for the Centre is welcome to join—the more the merrier.

Wed
Jan 10 – Mar 27 9 a.m. – 12 p.m.
155229 \$32

Quilting Studio Time

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

Wed
Jan 10 – Mar 27 12:30 – 3:30 p.m.
155231 \$32

Craft Studio Time

If you can hand or machine sew, you'll be able to quilt! We're in need of volunteers so hope you can join us. All proceeds go to the Seniors' Activity Centre.

Fri
Jan 12 – Mar 22 9 a.m. – 12 p.m.
155232 \$5 drop-in

Open Studio Workshop

Join us for a supervised intergenerational open studio time. Anyone under 18 years must be accompanied by an adult. Bring a project to work on, or come in to fix something.

Sat
10 a.m. – 2 p.m. Drop-in \$2.50
156083 Jan 13
156084 Jan 20
156085 Jan 27
156086 Feb 3
156087 Feb 10
156088 Feb 17
156090 Feb 24
156091 Mar 2
156092 Mar 9

156093 Mar 16
156094 Mar 23
156095 Mar 30

Candle Making Workshop (Scented)

Learn to make scented candles in this fun lighthearted workshop! Take home what you create.

Thu
Dec 14 6:30 – 7:45 p.m.
153787 \$25

Book Binding Workshop (2 sessions)

Learn how to book bind in this fun lighthearted two-day workshop!

Thu
Nov 30 – Dec 7 6:30 – 7:45 p.m.
153788 \$45

MUSIC

NEW For a complete listing of **Music** programs, visit westvancouver.ca/music.



Alternatively, scan the QR code to go to the page.

Find additional dementia-friendly music programs in the **Keeping Connected** section on page 23.

Heritage Choir

The Heritage Choir is a community choir for people 55+ years, with a full concert season, performing songs from a range of musical styles, from classical to show tunes. Join our vibrant choir and find new friendships, exercise your mind and body, and enjoy a supportive and fun environment with a variety of interactive social events throughout

the year. *Requirements: The choir is open to people who enjoy singing, with or without choral experience, and who are able to independently follow the conductor's instructions.*

Tue
Jan 9 – Mar 12 1 – 3 p.m.
156407 \$110

See **Keeping Connected** section on page 23 for Musical Mondays.

Recorders Advanced

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

Thu
Jan 11 – Mar 28 10:30 a.m. – 12 p.m.
156437 \$36

Recorders Intermediate

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

Mon
Jan 8 – Mar 25 10:30 a.m. – 12 p.m.
156425 \$34

Ukuleles with JR Intermediate

Know a dozen chords, a few songs, and like to sing? Join us for a fun and inspiring hour as we explore a wide range of song styles with strumming, fingerpicking, and of course sing. *Instructor: J.R. Kline.*

Tue
Jan 9 – Mar 12 11:30 a.m. – 12:30 p.m.
156438 \$120.75

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 instrument and have some familiarity with jazz concepts. Our purpose is to have fun making music! *No instructor.*

Sat	10:30 a.m. – 12:30 p.m.	
	Drop in \$2.75	
156489		Jan 13
156490		Jan 20
156491		Jan 27
156492		Feb 3
156493		Feb 10
156494		Feb 17
156495		Feb 24
156496		Mar 2
156497		Mar 9
156498		Mar 16
156499		Mar 23
156500		Mar 30

DANCE

NEW For a complete listing of **Dance** programs, visit westvancouver.ca/dance.



Alternatively, scan the QR code to go to the page.

Let's Salsa

Improve your fitness level, balance, and core strength as you learn gentle, easy, and authentic salsa movements to the accompaniment of lively Latin dance tunes!

This class is designed for solo practice.

Fri		
Jan 12 – Feb 16	2:15 – 3:15 p.m.	
156465		\$94.50
Fri		
Feb 23 – Mar 22	2:15 – 3:15 p.m.	
156466		\$78.75

Let's Salsa for Couples

Have you always wanted to learn Latin dance? Whether you're just starting out or know some basic steps, this class is for you! Joining with your partner is strongly

recommended, otherwise you will be paired with another person in class.

Instructor: Takako.

Mon		
Jan 8 – Feb 12	6:30 – 7:30 p.m.	
156651		\$94.50
Mon		
Feb 26 – Mar 25	6:30 – 7:30 p.m.	
156652		\$78.75

Scottish Country Dance Beginner to Intermediate

Explore the world of Scottish Country Dance—you don't need to be a Scot to enjoy it! Learn basics steps and dances that will grow in intricacy as the class progresses. Beginners and experienced dancers welcome!

Instructor: Louise M.

Tue		
Jan 9 – Feb 13	1 – 3 p.m.	
156448		\$19
Tue		
Feb 20 – Mar 25	1 – 3 p.m.	
156451		\$19

Scottish Country Dance Intermediate

Looking to perfect your dancing skills? Combine fun with exercise as you learn upcoming party programs. Intermediate and advanced dancers welcome. *Instructor: Louise M.*

Fri		
Jan 12 – Feb 16	10:30 a.m. – 12:30 p.m.	
156444		\$39.50
Fri		
Feb 23 – Mar 22	10:30 a.m. – 12:30 p.m.	
156445		\$33

Evening Dance

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

Thu	6:30 – 9:30 p.m.	
	\$15 member, \$17.50 non-member	
Jan 25		Band TBD

Feb 22	Band TBD
Mar 28	Band TBD

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		
Jan 8 – Feb 12	3:30 – 4:30 p.m.	
156467		\$29

Mon		
Feb 26 – Mar 25	3:30 – 4:30 p.m.	
156468		\$24.50

Line Dancing: Level 2 Beginners

This class is for those with previous line dance or dance experience and are familiar with the basic line dance steps. This class moves at a quicker pace than level 1 and has more beginner integrated line dance steps and line dances.

Mon		
Jan 8 – Feb 12	2:15 – 3:15 p.m.	
156469		\$29

Mon		
Feb 26 – Mar 25	2:15 – 3:15 p.m.	
156474		\$24.50



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 Stephanie, Mary, or Sarah.

Line Dancing: Level 3 Improved/Intermediate

This class is for students 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
Jan 8 - Feb 12 1 - 2 p.m.
156472 \$29

Mon
Feb 26 - Mar 25 1 - 2 p.m.
156475 \$24.50

WOODWORKING

Woodworking: Level 1 Beginner

Get introduced to woodworking tools, with special emphasis on power 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 first class; lessons are cumulative. Supply cost included.

Wed
Feb 21 - Mar 27 9 a.m. - 12 p.m.
156536 \$39.50

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 Beginners or experience in woodworking.*

Mon
Jan 8 - Mar 25 9 a.m. - 12 p.m.
156544 \$72.25

Wed
Jan 10 - Feb 14 9 a.m. - 12 p.m.
156538 \$39.50

Fri
Jan 12 - Mar 22 9 a.m. - 12 p.m.
156542 \$72.75

Woodworking: Level 3 Advanced

Bring your woodworking venture to life! Requirement: bring your own plan and wood. 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
Jan 8 - Mar 25 1 - 4 p.m.
156545 \$72.75

Tue
Jan 9 - Mar 26 9 a.m. - 12 p.m.
156531 \$78.75

Wed
Jan 10 - Mar 27 1 - 4 p.m.
156539 \$78.75

Fri
Jan 12 - Mar 22 1 - 4 p.m.
156543 \$72.75

Woodworking: Woodturning Level 2

This is the next class after Woodturning. Three people maximum. *Prerequisite: Level 1 Woodworking.*

Wed
Jan 24 - Mar 27 9 a.m. - 12 p.m.
156535 \$39.50

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, but if you are a beginner, please sign up for Woodworking Beginners first. *Prerequisite: Woodworking Beginners and Waiver form. Instructors: Peter, Margaret, and Bruce.*

Tue
Jan 9 - Mar 26 1 - 4 p.m.
156533 \$78.75

Woodcarving & Wood Sculpture

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

Thu
Jan 11 - Mar 28 9 a.m. - 12 p.m.
156540 \$78.75

Thu
Jan 11 - Mar 28 1 - p.m.
156541 \$78.75

LEARNING

NEW For a complete listing of **Learning** programs, visit westvancouver.ca/learning.



Alternatively, scan the QR code to go to the page.

LANGUAGES

Spanish with Elias: Beginner 1

The course is designed to help students acquire language resources quickly, enabling them to communicate easily when travelling in Mexico or any Spanish speaking country. We will focus on speaking, understanding the culture, communications, and some grammar. This is the first course of the series so no background knowledge is needed.

Thu
Jan 11 - Mar 28 4 - 5:30 p.m.
156442 \$194.50

Programs continued on page 20.

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LET'S BE SCENE AROUND THE WORLD!

Are you travelling in the near future? Bring along a Scene magazine with you. Send us a photo with your Scene, tell us your destination, and we will share it in our new travel gallery section. Leave your Scene behind to tell our story and watch it expand across the globe! Watch for our interactive map to tell you where our Scene has been seen!

Email your photo to dwitala@westvancouver.ca.



STAFF GUESS WHO?

Two SAC staff members had the privilege of attending the Sunrise Senior Living Premiere event at the Polygon Gallery in North Vancouver to learn more about a new development for Long Term Care and Memory Care.

Can you guess who they are?

THE LIMERICK CHALLENGE

Do you love limericks? It's a widely held belief that everyone contains at least one limerick so we're making it a challenge to all our members.

Submit your best limerick to us at leisureguide@westvancouver.ca, and if it's chosen, we'll print it! Best of all, the winner of The Limerick Challenge will receive a coveted SAC Coffee Card.

Here's a sample for inspiration written by Valerie Coles:

*A clever horse gambler named Mac
Hearing many good things about SAC
He decided to join
With the flip of a coin
And no longer has time for The Track*



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FEED THE NEED

By Chris Inouye

Wellness phone checks initiated by the SAC during the pandemic lockdown revealed that many seniors did not have access to regular and nutritious meals.

Some were eating Kraft Dinner and whatever canned goods they had in their cupboards. It was surprising that so many seniors living in West Vancouver were living with food insecurity.

Having a balanced diet is paramount to the promotion and protection of good health, boosting energy and stamina, providing essential vitamins and minerals, and reducing the risk of both heart disease and diabetes, as well as bone and muscle loss. Eating well, however, can be challenging as we age due to decreased metabolism, appetite, activity level, lower income, and even difficulty with chewing or getting to the grocery store.

Health Implications

Food insecurity makes it difficult for individuals to manage existing health problems and can lead to worsening conditions. They may struggle to adhere to therapeutic diets and may not take prescription medications because of the expense. Indeed, seniors living in food-insecure households may delay, reduce, or skip prescription medications because they cannot afford them. All this can lead to negative health

outcomes and greater use of health care services.

Feed the Need to the Rescue!

The Feed the Need delivery program launched in March 2020 with the goal of making balanced meals available free of charge to seniors experiencing food insecurity.

Many Hands

From SAC staff who receive applications, take orders and coordinate deliveries, to Garden Side Café chefs who prepare the food and the volunteers who pack and deliver the meals, it takes many hands to operate this program. The chefs not only prepare healthy and tasty meals but go the extra mile by customizing orders for patrons who have food allergies or who require vegetarian or gluten-free foods. Accurate labelling and fastidious attention to detail are essential to the smooth functioning of the service and the health of our patrons.

Delivery teams mobilize Monday through Friday, delivering to six locations. Patrons receive three meals per week. Jimmy and his delivery partner, Arzoo, systematically pack entrees into large plastic bins and tackle delivery with practiced efficiency, starting at the top floor of buildings and ending at ground level.

Feed the need 

FEED A VULNERABLE SENIOR IN NEED.

You Can Help!

Volunteers are always needed to keep this program running. Contact Crystal Lan, Assistant Volunteer Coordinator at **604-925-7288**.

Your donations help to ensure the continuity of this important program.

Call **604-925-7280** to donate.

Let's Feed the Need!



There is a social aspect to the program as well. Dina says that she and her partner, Kelvin, enjoy seeing their regulars, sharing cheerful greetings and receiving many thanks for the nutritious food they deliver.

Positive Results

Over time, community health nurses have reported that the people being served by the Feed the Need program have more energy, are managing chronic illnesses such as diabetes more successfully, and show improvement in their overall health.

Currently, 306 meals per week are delivered to 102 vulnerable seniors at a cost of \$8.85 per meal. By the end of 2023, the Feed the Need program will have delivered 15,912 meals.

STAND TALL, DON'T FALL!



Photo: Michiko Araki

By Chris Inouye

Ulla got on the Blue Bus one morning. She greeted the bus driver, started toward a seat, and suddenly found herself on the floor of the bus.



Falls are the leading cause of injury-related hospitalizations among Canadian seniors

50%
of falls that result in hospitalization occur in the home



The broken ankle she suffered required her to be off her feet for two months and off work for three months. After years of walking the steep streets of Ambleside through rain and snow without incident, Ulla was shocked by this fall.

On a cold January morning, Betty took her 12-year-old Golden Retriever, Joey, to Lighthouse Park for their regular morning walk. It was 9:30 a.m. and there was some snow on the ground. Betty parked her car and carefully made her way to the trail. She didn't see the black ice and in an instant her feet slid out from under her, and she ended up on her back. Her left hand hit the ground hard. It hurt. When she got up and looked at her hand, she saw that it had puffed up like a marshmallow. By 10:30 a.m. she was at the Lions Gate Hospital ER with a non-operative distal radius fracture. Two months later a friend gave her a pair of ice cleats that fit over footwear and grip the ice when walking in winter conditions so Betty can avoid another slip.

Ulla and Betty are both healthy and active, but both took falls that in split seconds, changed their lives for months to follow.

Statistically, those of us who are 65 years and older will fall once or more each year. Falls are the leading cause of head and hip injuries. It is no surprise, then, that many of us fear falling. This fear may lead us to avoid activities such as walking, shopping, or taking part in social activities, but staying active is important to keep our bodies healthy and helps to prevent falls. So don't let a fear of falling keep you from being active! Learn about what causes falls and how to lower your risk of falling so you can feel more comfortable with staying active. It's important to remember that although the risk factors increase with age, falls are NOT an inevitable part of aging and are preventable.

Photos (above and right) from 'Strength & Balance' class taught by Peter Baragon.

95% of all hip fractures are caused by falls



Photo: Michiko Araki



Photo: Michiko Araki

CAUSES OF FALLS (courtesy of Aquatic Centre Physiotherapy)

- Poor lighting
- Medication
- Moving too quickly
- Inappropriate footwear
- Muscle weakness
- Poor balance
- Illness
- Lack of supports
- Pets and leashes
- Dizziness



Are You at Risk? (see insert Causes of Falls)

Steps such as making sure to have your vision checked regularly, managing medications, and avoiding common hazards can help to keep you on your feet.

Vision

Why should we check our vision and maintain our eyeglasses? As we get older, depth perception and vision in low light may decline. Visual health is also affected by other factors such as diabetes as well as the medications that we take to control these health conditions.

Medications

Talk to your health care provider about your medications as they could cause dizziness or drowsiness and compromise balance. Take care when getting up in the morning or in the middle of the night if you are taking medications to help you to sleep or that could cause sedation.

Rushing and Improper Footwear

One summer day, Jean was on her way to the elevator of her apartment building when she heard her landline ringing. She rushed back to her apartment to get to the phone. The front edge of one flip flop caught in the carpet and Jean went sprawling, shattering her knee and breaking a bone in her leg. "If only I hadn't rushed. If only I had picked my feet up!" It took two surgeries and four months of rehab to get back on her feet. No more rushing and no more flip flops—wear sturdy footwear!

Tripping Hazards

Check your living space for tripping hazards. Remove area rugs or make sure that they are held firmly in place with double-sided tape. Make sure that electrical wires are secure along walls and not lying over walking paths. If you are a dog owner, be mindful that the leash is stored out of the way and that you avoid getting tangled up in it.



Denise Morbey

HOW TO FALL

- **Stay bent!** Bend elbows and knees.
- **Relax! Avoid rigidity.** Don't try to stop your fall.
- **Fall on the meat** – thighs, butt, back muscles.
- **Avoid falling onto an outstretched hand** (FOOSH) because this can cause a myriad of injuries such as broken bones in the wrist area.
- **Protect your head!** If you fall backward, tuck your head forward; if you fall forward, turn your head to the side.
- Falling Safely: How To Fall To Prevent Injury (aarp.org)

FALL INTERVENTIONS

- Take part in strength and balance activities
- Wear well-fitting footwear: flat heels, rubber soles and lace-up shoes are best
- Use hip protectors, non-slip socks, wheelchair or walking aid as recommended by your health care team
- Clear clutter and tripping hazards from floors
- Use night lights in the bathroom and hallway
- Have your vision checked every year and maintain eyeglasses
- Ask your doctor or pharmacist to review your medications
- Install grab bars in the shower
- Install hand rails on both sides of the stairs

Fall Prevention (see insert Fall Interventions)

Denise Morbey, physiotherapist and co-owner of Aquatic Centre Physiotherapy in West Vancouver gave a talk on Fall Prevention at the Seniors' Health Expo in September.

Here are some of her tips to help us stay on our feet:

Get Strong and Stay Strong!

Strengthen your body, challenge and improve your balance, and improve mobility. Stretch, do hip bridges, hip stretches, side leg raises, and single leg balance exercises.

Strengthen those quads! We use our quad muscles all the time, to sit and get up from a chair, to get in and out of a car, up and down from the toilet. No equipment needed, so do squats!

Work on Balance

Stand on one leg (you may hold onto the countertop, the back of a chair, or hallway walls) and try to hold for 10 to 30 seconds. Progress to removing one hand off the counter and then eventually both hands.

Plant your Feet Securely

When sitting down, ensure that both feet are firmly planted and in line with the chair before sitting down. Make sure you are in control and sit without flopping into the seat. If your feet are not firmly planted and you flop down, you may fall off your chair. When getting out of the car, both feet should be firmly on the ground before you stand.

Move at YOUR Pace

Trying to keep up with your friends or speedy grandchildren may cause a fall. Move on YOUR terms. Ask your friends to slow down a bit or just go at your own pace.

Proper Use of Walking Aids

If you have a problem with your

right knee, your **cane** should be held in your left hand; be sure that you have a good nub on the cane for increased support. **Walker** use—be sure that your brakes are ON before you sit; be sure that your walker is the correct height for you. Embrace your walker! You can sit down on it and you can store things in it. What's not to love?

Come and Work Out at the SAC!

Some classes offered at the SAC such as Adapted Balance/Fall Prevention are specifically designed to help to avoid falls. Other SAC offerings often feature balance, strength, and stretch exercises. Longtime SAC yoga instructor Peter Baragon, for example, teaches classes such as Yoga for Healthy Aging and Stretch and Movement Chair Yoga which will help keep you on your feet.

Check out the many fitness options available to you at westvancouver.ca/seniors.

Let's all stand tall and not fall!

FOR MORE INFORMATION:

Preventing Falls: Stay on Your Feet
<https://bit.ly/3rOluGx>



Strength and Balance Exercises
<https://bit.ly/3F9jVXr>



HOT TOPICS WITH WEST VANCOUVER FIRE & RESCUE



By Jeremy Calder, Assistant Chief of Fire Prevention



In our last of three installments on apartments and high-rise buildings: Am I Fire Safe? we will talk about:

- *How do I escape from the fire?*
- *Is there anything else I need to know?*

HOW DO I ESCAPE FROM THE FIRE?

- Get out quickly and safely.
- If an announcement can be heard over your building's public address system, listen carefully and follow directions.
- Check doors before opening them. Stay low behind the door, reach up, and feel the door and the door handle for heat. If the door feels cool, brace yourself against it and open it slowly. If safe, leave the building and go directly to your meeting place. If you encounter smoke, crawl low under the smoke. Cleaner air is down low near the floor.
- If the door feels warm, or if you see smoke or flames on the other

side of the door, shut the door and stay in your apartment. Protect yourself by sealing the openings around the door and vents with bedding or towels. Call the fire department using your local emergency number to notify them of your location. If there is no smoke outside a window, open it and signal for help. Never go to the roof as you may become trapped with no means of escape or protection.

- Never use elevators in a fire! Use the stairways and close all doors behind you to slow the spread of fire and smoke.
- Once you are out of the building go directly to your planned meeting place. Do not re-enter the building. Ensure 911 or your local emergency number has been called.
- In a hotel fire, be sure to take your room key with you. You may encounter smoke and need to re-enter your room for safety.

IS THERE ANYTHING ELSE I NEED TO KNOW?

- Be careful with smoking materials. Large, deep, sturdy ashtrays are best. Soak smoking materials with water before discarding them. Check furniture and cushions for dropped matches and cigarettes. Never smoke in bed. Smokers must remember that alcohol and medications can make them less alert.
- Keep matches and lighters high on a shelf or in a cupboard where children can't get them.
- Never leave cooking food unattended. If a pan catches on fire, use a pot holder or oven mitt and slide a lid or cookie sheet over the flames and turn off the burner.
- Keep space heaters at least one meter (three feet) from combustibles.
- Replace worn or damaged electrical cords. Do not overload electrical outlets. Use an approved power bar/electrical receptacle for additional electrical cords.
- Do not store flammable liquids (gasoline) or compressed gases (propane) in your building, car, or storage locker.
- Do not use balconies for storage. This can block a means of escape, as well as become a target for arsonists.

Take care and stay safe,
Jeremy



Spanish with Elias: Intermediate

This ongoing course focuses on reinforcing the preterit, imperfect, and future tenses, adding the conditional tense, and introducing the imperative tense. More situational conversation is added for moving around the city or when discussing activities in the past or future plans. Interclass interaction is encouraged to enhance your speaking/listening abilities. Conversation time accounts for half of the class time. *Textbook: The Book Practice Makes Perfect: Spanish Verb Tenses, Premium Fourth Edition: Richmond, Dorothy printed by McGraw Hill is required.*

Thu
Jan 11 – Mar 28 5:45 – 7:15 p.m.
156443 \$194.50

Farsi with Bitra

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

Tue
Jan 9 – Mar 12 12:30 – 1:30 p.m.
156321 \$30.50

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.



Alternatively, scan the QR code to go to the page.



WRITING & READING

Creative Writing with Richard

Margaret Atwood doesn't attend so masterpieces aren't expected. We write and give feedback, and thus learn from each other. Join us as you work on a larger project (a novel or memoir) or to get in touch with your muse week-to-week. *Instructor: Richard.*

Thu
Jan 11 – Feb 8 1:30 – 3:45 p.m.
156291 \$83

Thu
Feb 15 – Mar 14 1:30 – 3:45 p.m.
156292 \$83

Writers' Circle

Share your 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
Jan 8 – Mar 11 1 – 3 p.m.
156293 \$30

GENERAL

INCOME TAX PREPARATION

We will have volunteers available to process taxes (for 2023 taxation year) for low income seniors during February and March. To qualify for assistance taxpayers must have a maximum total family income of: \$35,000 for a single or \$45,000 for a couple.

Call 604-925-7280 to register in January.

Coffee Chat with Community First Responders

Representatives from West Vancouver Police and West Vancouver Fire & Rescue Services will be at the Garden Side Cafe to answer your questions. Stop by and get to know your friendly first responders!

Wed
Jan 24 10 – 11 a.m.
155803 or drop by Free

Empowering Patient Workshop: MAiD

Find out what Medical Assistance in Dying is all about. Alex Muir from the Metro Vancouver Chapter of Dying with Dignity will be our guest.

Tue
Jan 23 1 – 3 p.m.
154799 Free

Empowering Patient Workshops

Learn how to navigate various aspects of aging through these informative workshops.

Workshop 1: Advanced Care Planning

Advanced Care Planning is the foundation of being an informed and empowered patient and care partner. *Workshops 1 & 2 are prerequisites to attending Workshop 3.*

Fri
Jan 26 12:30 – 2:30 p.m.
156957 Free

Workshop 2: Values/Beliefs and Understanding Heroics

Workshop 2 will be a continuation of Workshop 1 with a focus on values/beliefs, and heroics. *Prerequisite: participation in Workshop 1.*

Fri
Feb 2 12:30 – 2:30 p.m.
156958 Free





Workshop 3: Representation Agreement

Write your Advanced Care Directive and Representation Agreement. The final of three sessions. *Prerequisite: participation in Workshops 1 and 2.*

Fri		
Feb 9	12:30 - 2:30 p.m.	
156959		Free

Flower Arranging Workshops

Create your own lovely arrangement while learning about the art and being zen with nature's beauty. These workshops will take place next door, at the West Vancouver Community Centre's Hobby Arts Room.

Fri		
10 a.m. - 12 p.m.		\$40
Christmas Wreath		
153883	Dec 8	
Holiday Centrepiece		
153886	Dec 15	
Winter Arrangement		
154794	Feb 9	
Spring Arrangement		
154660	Mar 8	

Pottery Workshop

Join us for a fun afternoon creating something out of clay! Start with a demo by Julie, our expert potter, and then create your own masterpiece. Items will be taken away for drying/firing/glazing. Cost is all inclusive. All levels welcome.

Fri		
Jan 12	1 - 3 p.m.	
154653		\$30

Sunday Movies

Join us on a Sunday afternoon for a great movie. See bulletin board for movie titles. \$2.50 per movie.

Sun		
156439		Jan 7
156440		Feb 4
156441		Mar 3

Flight Simulation

Come fly with us! Join other aeronautical enthusiasts who meet bimonthly 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.	
	\$2.75 per session	
156518		Jan 12
156484		Jan 26
156485		Feb 9
156486		Feb 23
156487		Mar 8
156488		Mar 22

AfterWords Book Club

Join two retired librarians who will select thought-provoking titles (fiction and sometimes non-fiction) and lead the group in riveting discussions. If you are up for a lively discussion and enjoy sharing your opinion, we hope you can join us! Reading list available upon registration at the SAC front desk.

Groups meets on first Friday of each month. *Leaders: Julia H. and Elizabeth A.*

Fri		
Jan 5 - Mar 1	10:30 a.m. - 12:30 p.m.	
156323		\$12

GAMES

DROP-IN GAMES

Pre-register for these weekly time slots!

Cost: \$2.75 per session.

Card Tables

Sat
Jan 13 - Mar 30 10 a.m. - 12 p.m.

Scrabble & Mah Jong

Sat
Jan 13 - Mar 30 1 - 3 p.m.

Bridge Social Drop-in

Sun
Jan 14 - Mar 31 9 a.m. - 12 p.m.

Cribbage Drop-in

Sun
Jan 14 - Mar 31 1 - 3 p.m.

Snooker/Billiards

Pre-registered drop-in sessions available seven days a week in two hour increments.

Open 7 days a week:

Mon - Thu	8:30 a.m. - 8 p.m.
Fri - Sun	8:30 a.m. - 4 p.m.

(Jan - Mar, except stat holidays)

Bridge with Stephen: Intermediate 1

Learn popular conventions in a class that combines discussion, intellectual stimulation, fun and plenty of play. The class is designed for those who have completed the basic courses and those looking for a structured review of the modern five card major bidding system. *Prerequisite: participants must have completed previous level classes.*

Tue		
Feb 20 - Mar 26	3:30 - 5:30 p.m.	
156503		\$98



Bridge with Stephen: Basics 3

Join us for a course for players who have mastered the basics of bidding and declarer play and who wish to take the next step. Focus is on defensive play with plenty of discussion and practice play. A familiarity with the modern five card major bidding system and basic declarer card play techniques is assumed. A brief reviews of both topics is included. *Prerequisite: participants must have completed previous level classes.*

Tue
Jan 9 – Feb 13 3:30 – 5:30 p.m.
156502 \$98

Bridge with Stephen: Topics/Supervised Play

Designed for players who are familiar with the basics of bidding, declarer play and defense, and who have been attempting to play some of the common modern bridge conventions (negative doubles, transfer bids, Jacoby 2NT and like 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
Jan 10 – Feb 14 3:30 – 5:30 p.m.
156504 \$94.50

Wed
Feb 21 – Mar 27 3:30 – 5:30 p.m.
156506 \$94.50

Bridge with Tai: Beginner level 1

Get acquainted with the exciting hobby of Bridge—If you can count to 13, you can play bridge! Have a wonderful time playing while exercising your brain.

Fri
Jan 12 – Feb 16 2:15 – 4 p.m.
156399 \$81

Bridge with Tai: Level 2

Learn all about this exciting hobby! Exercise your brain and have a wonderful time playing this fun game

with others. If you can count to 13, you can play bridge!

Fri
Feb 23 – Mar 22 2:15 – 4 p.m.
156400 \$67.50

Intergenerational Bridge

Tai will introduce participants to the exciting hobby of playing bridge. Once you are hooked, you'll have not only a wonderful time playing, you will also be exercising your brain. If you can count to 13, you can play bridge.

Mon
Jan 8 – Feb 12 4:30 – 6:30 p.m.
156623 \$108.70

Mon
Feb 26 – Mar 25 4:30 – 6:30 p.m.
156624 \$90

Duplicate Bridge

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

Wed
Jan 10 – Mar 27 1:30 – 4:30 p.m.
156326 \$35

SOCIAL

EVENTS & TRIPS

NEW For a complete listing of **Events & Trips**, visit westvancouver.ca/eventsandtrips.










Alternatively, scan the QR code to go to 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 cane
-  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.

Shortbread & Sherry Members' Christmas Party

Welcome the Christmas season by joining us for the Shortbread & Sherry Christmas Members' Mingle, hosted by the Seniors' Activity Centre Advisory Board. Coffee, tea, and light refreshments will be served with sherry, shortbread, and minced tarts. This event is free to all members but please register.

Fri
Dec 15 3 – 5 p.m.
158346 Free

SAC Christmas Market

Get a heads-start on your Christmas shopping and stock-up on unique holiday gifts for everyone on your list! Free admission for shoppers.

Sat
Dec 2 10 a.m. – 3 p.m.
152350 Free

Heritage Choir Winter Concert

Don't miss the Heritage Choir's annual Winter concert featuring a variety of holiday favourites! Spend an enjoyable afternoon and bring along your singing voices as you will be invited to join in. Light refreshments will be served.

Sun
Dec 3 1 – 3 p.m.
149205 \$7.50 adult, \$3.50 child

New Member Welcome Coffee

Are you a new member of the Seniors' Activity Centre? We would like to invite you for 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. Please register.

Tue
Dec 19 10 – 11 a.m.
158345 Free

SAC Advisory Board Annual General Meeting

Please join us for the Seniors' Activity Centre's Annual General Meeting.

Wed
Mar 13 1 – 2:30 p.m.
#155821

KEEPING CONNECTED

NEW For a complete listing of **Keeping Connected** programs, visit westvancouver.ca/keepingconnected.



Alternatively, 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, or 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 help with connecting to needed services can be accommodated. We would love to help and suggest fun activities to expand your social life and activities. Kindness and compassion are free.

Call Stephanie at 604-925-7211 to find out more or sign up to receive help.

Adapted Balance and Fall Prevention

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

Wed
Jan 10 – Mar 27 11:45 a.m. – 12:45 p.m.
154031 \$105

Adapted Chair Yoga

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

Tue
Jan 9 – Mar 26 10:30 – 11:30 a.m.
154037 \$132

Caregiver Support Group

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

Thu
Jan 11 – Mar 28 10:30 a.m. – 12 p.m.
154038 \$24

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
Jan 11 – Mar 28 11:15 a.m. – 12:30 p.m.
154043 \$61.80

Daybreak

This program is designed for those living with Alzheimer's. We will be reminiscing, playing games, creating art, and appreciating life together. Our aim is to promote independence, choice, well-being and person-centred care.

Mon
Jan 8 – Mar 25 10 a.m. – 1 p.m.
154045 \$330

End of Life Conversations

Join us for a weekly drop-in/open conversation about anything and everything related to death and dying. This drop-in will offer a relaxed space to openly speak about this sensitive topic without the awkwardness, fear, or formality. *Led by Jen F.*

Tue
Jan 9 – Mar 26 11:45 a.m. – 12:45 p.m.
154053 \$25.20

Eye Deal

This is an informative support group for people with low vision. There will be guest speakers, discussion and information sharing at each meeting. Held 3rd Thursday of every month.

Thu

Jan 18, Feb 15, Mar 21 12:15 – 1:15 p.m.
154060 Free

Keep on Moving

Take the effort out of staying active! This exercise class is designed for older men experiencing decreasing strength. Participants will work on strength and flexibility exercises seated in a chair.

Wed

Jan 10 – Mar 27 10 – 11 a.m.
154083 \$78

Fri

Jan 12 – Mar 22 11:10 – 11:50 a.m.
154074 \$46.75

Ladies Social Club

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

Wed

Jan 10 – Mar 27 1:45 – 3:15 p.m.
154085 \$66

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

Jan 11 – Mar 28 10:30 a.m. – 12 p.m.
154086 \$107.40

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

Jan 19 – Mar 15 1 – 2:30 p.m.
154087 \$69 per couple

Musical Mondays

Join with friends for an afternoon of conversation and music in a coffeehouse setting at the SAC. Live musical entertainment from 2:30 to 3:30 p.m. and guests are welcome to socialize afterwards.

Mon (Holiday singalong!)

Dec 18 2:30 – 3:30 p.m.
149194 \$6.25

Mon

Jan 29 2:30 – 3:30 p.m.
154089 \$6.25

Feb 26 2:30 – 3:30 p.m.
154091 \$6.25

Mar 25 2:30 – 3:30 p.m.
154092 \$6.25

Keep Well

North Shore Keep Well Society offers free, or by donation, mild exercise, and wellness classes for seniors. For more information, please call 604-988-7115 ext. 3001.

Wed

Jan 10 – Mar 27 11:15 a.m. – 12:45 p.m.
154093 Free (*please register*)

Keeping Connected Christmas Tea Party

Bring along your best smile and party outfit and join us for a Christmas-themed tea party. Enjoy special teas and a snack.

Tue

Dec 12 1:15 – 2:15 p.m.
149199 Free

Social Tea Party

Bring your best smile and party outfit as you enjoy sipping tea and being "proper" for an afternoon tea! Special teas and snacks will be served.

Tue

Feb 13 1:15 – 2:15 p.m.
154095 Free (*please register*)

Sound Advice for Hearing Impaired

This program is a series of in-person or online 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

Jan 5 10 a.m. – 12 p.m.
154097 \$3

Feb 2 10 a.m. – 12 p.m.
154098 \$3

Mar 1 10 a.m. – 12 p.m.
154099 \$3

Stand Tall

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

Jan 12 – Mar 22 10 – 11 a.m.
154100 \$82.50

Stretch and Movement

Enjoy this uplifting class through movement and music in an enjoyable, safe, and creative class for people living with Parkinson's and other physical challenges. Maintain a sense of confidence and grace in movement through the fundamentals of stretch. Note: Caregivers must register, but at no charge. This program has adaptations for many limitations.

Mon

Jan 8 – Mar 25 1:30 – 2:30 p.m.
154101 \$123.75

Brain Academi Info Session

Learn about a program that can slow cognitive decline and promote the creation of new neuropathways in the brain.

Mon

Dec 4 11 a.m. – 12 p.m.
157767 Free

Brain Academi for Seniors and Improved Brain Health

Your brain is like a muscle: you need to use it, train it and nurture it. This is a class led by a qualified instructor from Arrowsmith School who will guide you through the process of creating new neuropathways to slow cognitive decline and enhance your awareness and overall wellbeing. *This is offered monthly but is best if done for 12-16 weeks to see full benefit. Must commit to attending 4 hours a week.*

Mon 9 – 11 a.m.

Wed 6 – 8 p.m.,

Thu 12:30 – 2:30 p.m.

157729 Jan \$200

157730 Feb \$200

157731 Mar \$200

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

Jan 15 – Mar 25 11:45 a.m.-12:45 p.m.

154293 \$168.25

Reboot 30

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

Jan 9 – Mar 29 12 – 12:30 p.m.

155217 \$75

Pick Up the Pace

Lift your spirits and boost your heart rate in a new class designed to get your blood flowing. This class will be done from a standing position.

Thu

Jan 11 – Mar 28 9 – 10 a.m.

154998 \$72

MIND & BODY WELLNESS

Best Foot Forward Foot Care clinic

Put your best foot forward! Receive basic foot care from a Registered Nurse. By appointment only. Call 604-925-7280 to book.

Tue

Jan 30 & Feb 6 1 – 5:30 p.m.

25 min per appointment \$20

Massage

Enjoy a 45-minute 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 spot 1 week in advance.

Wed \$23 for 45 min appointment
Jan 17 – Mar 27

Appointments starting at:

9:30 a.m., 10:45 a.m., and 12:45 p.m.

Mindfulness Mondays

Join our friendly class and learn some simple meditation and mindfulness techniques to improve your sleep, ability to focus, happiness, peace, and sense of belonging.

Mon

Jan 8 – Mar 25 12:30 – 1:30 p.m.

154787 \$100

Breathwork for Health and Longevity

Find out how to lower your blood pressure, heart rate, and relax using your breath.

Thu

Nov 16 – Dec 14 11 a.m. – 12 p.m.

154683 \$31.25

Jan 11 – Mar 21 11 a.m. – 12 p.m.

154788 \$72

Reiki

Relax the day away with Reiki. Use your own life energy to improve general well-being.

Wed

Jan 10 – Mar 27 6 – 7:30 p.m.

154290 \$100

Neuromovement

Focus on promoting fitness and wellness in key areas!

Healthy Backs

Tue

Jan 9 – Feb 6 6:15 – 7:15 p.m.

157489 \$105

For Anti-Aging and Vitality

Thu

Jan 11 – Feb 8 6:15 – 7:15 p.m.

157488 \$105

Medical Qi Gong

Cultivate skills and habits that can lead to enhanced physical, mental, emotional, and spiritual wellbeing! Improve your ability to self-heal, have more energy, and feel more joy. Led by Carol Anne who studied Qi Gong with Dr. Stephen Aung, was initiated by the Dalai Lama twice, and is a Reiki Master, Craniosacral and Body/Mind Therapist.

Wed

Nov 1 – Dec 13 10 – 11 a.m.

156464 \$100

Aging in Place

Explore the best ways to age happily—session includes a Q&A and discussion on a variety of topics including issues encountered when living alone.

Tue

Feb 6 1 – 2:30 p.m.

155032 \$2.50

Tue

Mar 5 1 – 2:30 p.m.

155033 \$2.50

INTERGENERATIONAL

UBC Nursing Health Fair

UBC School of Nursing students will provide weekly blood pressure checks as well as updates and information on issues relevant to seniors.

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.

Fri Night Concert: O Come All Ye Soulful

Fri
Dec 8 7:30 – 8:45 p.m.
Main Hall Free

Movie Matinée

Join us for a diverse selection of movies including Asteroid City, Oppenheimer, and Barbie to name just a few.

2nd and 4th Saturdays
Jan – Mar 2 – 4 p.m.
Welsh Hall Free

Music Talks: Indigenous Music with Brian Wright-McLeod

Widely recognized as an authority on Native music, Brian will join us live from Toronto to discuss how indigenous music both embraces and influences a wide range of sounds.

Tue
Feb 27 – Apr 9 10:30 – 11:45 a.m.
Welsh Hall and online Free

Death, Taxes, and Beyond

Sheilagh Cahill, Financial Educator with the Credit Counselling Society, will walk participants through the basics of wills, taxes, insurance, and estate planning.

Wed
Feb 28 10:30 – 11:30 a.m.
Welsh Hall Free

Learn about Mental Health

Thu
Feb 15 11 a.m. – 1 p.m.
157355 Free

Learn about Physical Health and Diabetes

Fri
Feb 16 11 a.m. – 1 p.m.
157356 Free

Screen time for Seniors

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

Thu
Jan 18 4:30 – 5:30 p.m.
154063 Free

Feb 15 4:30 – 5:30 p.m.
154065 Free

Mar 14 4:30 – 5:30 p.m.
154066 Free

Sing Along with Katie

Join Katie for an intergenerational music class, for families with children aged 6 months to five years and musical members of the Seniors' Activity Centre. Sing along, make some beats, dance, and share the joyful time together.

Tue (Holiday Spirit)
Nov 21 – Dec 19 10:45 – 11:30 a.m.
153864 \$125

Intergenerational Open Studio Workshop

This is a supervised intergenerational open studio time. Anyone under 18 years will need to be accompanied by an adult. Bring a fabric project you are working on or something to fix.

Sat
10 a.m. – 2 p.m.
Registered drop-in \$2.50

Table Tennis

Wed
Registered drop-in 6 – 8 p.m. \$3

SPORTS

NEW For a complete listing of **Sports** programs, visit westvancouver.ca/sports.



Alternatively, scan the QR code to go to the page.

Table Tennis

Come play for fun and enjoy a fast-paced game with us. Bring your own paddle. You can register in advance online or register before you enter.

Registered drop-in \$3
Tue 3:30 – 5:30 p.m.
Thu 2:30 – 4:30 p.m.
Wed 6 – 8 p.m.
(Intergenerational, 18 yrs+)
Sun 1 – 3 p.m.

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 and bring your own racket.

Thu 10:30 a.m. – 12:30 p.m.
Please register \$3

OUTDOOR REC

NEW For a complete listing of **Outdoor Rec** programs, visit westvancouver.ca/seniorsoutdoorrec.



Alternatively, 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/Walkers - 2024 Annual Registration

Registration will start January 2024.

Jan 2024 (one year)

155339 \$16.50

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/Thu

Jan 9 - Mar 29 9 a.m. - 12:30 p.m.

155337 \$35

Cross Country Ski and Snowshoe Group 2024 - Bus Annual Membership

Season starts when mountain opens. Join a bunch of experienced outdoor enthusiasts who go up twice a week to the Hollyburn Nordic Area on Cypress Mountain to enjoy cross country skiing or snowshoeing with friends. Trails are patrolled but come fully prepared. Register to be part of the group and pay for the bus each time you want to go up the hill. A trail ticket or pass is required for skiing and snowshoeing in the ski area boundary.

Wed & Fri

Jan 10 - Mar 27 9 a.m. - 1 p.m.

155234 \$10 annual membership fee

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 Shuttle Bus

Our Seniors' Activity Centre (SAC) Shuttle Bus is back to operating five days a week, Tuesday to Saturday.

A contribution of \$3 per person for each pick-up (round-trip) is recommended.

This SAC Shuttle Service is brought to you through a variety of community partners and donations. To help support the shuttle bus, donations can be made by calling 604-925-7280.

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

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 card is available to SAC members only.

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

HEALTH & FITNESS

NEW For a complete listing of **Health & Fitness** programs, visit westvancouver.ca/healthandfitness



Alternatively, 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

3 Morning Energizer

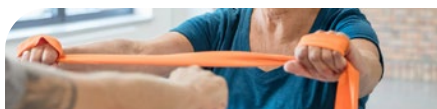
Kickstart your morning with this high-movement, low-impact cardio class followed by strength and stretch exercises. Participants should be able to get up and down from the floor with ease.

Mon

Jan 8 - Feb 12 8 - 8:55 a.m.
156376 \$30

Wed

Jan 10 - Feb 14 8 - 8:55 a.m.
156377 \$30



Mon
Feb 26 – Mar 25 8 – 8:55 a.m.
156332 \$25

Wed
Feb 21 – Mar 27 8 – 8:55 a.m.
156350 \$30

Stay Fit for Women

Stay fit in a fun yet mild exercise program specifically designed to create a comfortable space for women. This small group class will challenge your muscular strength, endurance, and flexibility.

Fri
Jan 12 – Feb 16 8:15 – 9:15 a.m.
156385 \$30

Fri
Feb 23 – Mar 22 8:15 – 9:15 a.m.
156336 \$25

Stay Fit for Men

Stay fit in a fun yet mild exercise program 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
Jan 10 – Feb 14 8:15 – 9:15 a.m.
156384 \$55

Mon/Wed
Feb 21 – Mar 27 8:15 – 9:15 a.m.
156354 \$55

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
Jan 9 – Feb 15 1:15 – 2:15 p.m.
156372 \$60

Mon/Thu
Feb 20 – Mar 28 1:15 – 2:15 p.m.
156330 \$60

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
Jan 11 – Feb 15 12 – 1 p.m.
156379 \$74.25

Mon/Thu
Feb 22 – Mar 28 12 – 1 p.m.
156333 \$74.25

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 off with a standing or sitting stretch.

Wed
Jan 10 – Feb 14 10:30 – 11:30 a.m.
156381 \$30

Fri
Jan 12 – Feb 16 11:45 a.m. – 12:45 p.m.
156382 \$30

Wed
Feb 21 – Mar 27 10:30 – 11:30 a.m.
156383 \$30

Fri
Feb 23 – Mar 22 11:45 a.m. – 12:45 p.m.
156335 \$25

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 off with a stretch.

Thu
Jan 11 – Feb 15 9:15 – 10:15 a.m.
156386 \$35

Thu
Feb 22 – Mar 28 9:15 – 10:15 a.m.
156337 \$30

Small Group Training

Get your heart pumping and your body moving with this simple low-intensity small group class done at your own pace. Our instructor will guide you through a warm-up, cardio work, and strength work.

Modifications are provided for those who cannot tolerate floor exercises. Participants are encouraged to stay after the class for a small chat.

Tue/Thu
Jan 9 – Feb 15 9 – 10:10 a.m.
156380 \$60

Tue/Thu
Feb 20 – Mar 28 9 – 10:10 a.m.
156334 \$60

YOGA

Therapeutic Yoga

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

Wed
Jan 10 – Feb 14 5 – 6 p.m.
157141 \$45

Wed
Feb 21 – Mar 27 5 – 6 p.m.
157142 \$45

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.



Alternatively, scan the QR code to go to the page.

🧘 Chair Yoga

Enjoy slow gentle movements as you stretch each 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
Jan 9 - Feb 13 11:45 a.m. - 1 p.m.
157143 \$45

Thu
Jan 11 - Feb 15 11:45 a.m. - 1 p.m.
157145 \$45

Tue
Feb 20 - Mar 26 11:45 a.m. - 1 p.m.
157144 \$45

Thu
Feb 22 - Mar 28 11:45 a.m. - 1 p.m.
157146 \$45

🧘 Chair Yoga Movement & Balance

Perform modified yoga exercises from the comfort of your chair and improve your balance with some standing postures. The focus of the class will be on mobility, posture, alignment, and balance work.

Mon
Jan 8 - Feb 12 3:30 - 4:45 p.m.
157238 \$45

Mon
Feb 26 - Mar 25 3:30 - 4:30 p.m.
157239 \$37.50

🧘 Yoga Beginner

This beginner class focuses on basic postures and the principles of alignment and breathing.

Mon
Jan 8 - Feb 12 4:45 - 6 p.m.
157240 \$45

Mon
Feb 26 - Mar 25 5 - 6:15 p.m.
157241 \$37.50



PILATES

🧘 Chair Pilates

This class will be appropriate for people who are new to Pilates and are unable to go on the floor. The traditional Pilates exercises are modified for sitting. Focus on breathing, posture, and alignment. The class ends with a nice stretch and fascial release component.

Wed
Jan 10 - Feb 14 10:45 - 11:45 a.m.
157242 \$60

Wed
Feb 21 - Mar 27 10:45 - 11:45 a.m.
157243 \$60

PERSONAL TRAINING

NEW For a complete listing of **Personal Training**, visit westvancouver.ca/personaltraining



Alternatively, scan the QR code to go to the page.



PERSONAL TRAINING FOR SENIORS

For details please email Sarah Wheatley swheatley@westvancouver.ca.

Sessions are 55 minutes long.

ACTIVE REHAB

NEW For a complete listing of **Rehab** programs, visit westvancouver.ca/activer rehab



Alternatively, scan the QR code to go to the page.

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 westvancouver.ca/rehab.

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. *Consultation required for all new participants.*

Mon
Jan 8 - Mar 25 2:15 - 3:15 p.m.
155430 \$170.50

Wed
Jan 10 - Mar 27 2:15 - 3:15 p.m.
155432 \$186

Fri
Jan 12 - Mar 22 2:15 - 3:15 p.m.
155432 \$170.50

Introduction to Better Bones

This class will provide you with an introduction to exercise for people with low bone mass and osteoporosis. Classes include strength, balance, spine sparing movement, posture, dietary guidelines and fall prevention

strategies. Recommended as a precursor to the Better Bones program, although not required. *Consultation required for all new participants.*

Tue
Jan 9 - Mar 26 3:30 - 4:30 p.m.
155441 \$186

Thu
Jan 11 - Mar 28 3:30 - 4:30 p.m.
155442 \$186

Better Bones

Whether you are diagnosed or considered at risk, 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. *Consultation required for all new participants.*

Mon
Jan 8 - Mar 25 9:15 - 10:15 a.m.
155426 \$170.50

Wed
Jan 10 - Mar 27 9:15 - 10:15 a.m.
155428 \$186

Fri
Jan 12 - Mar 22 9:15 - 10:15 a.m.
155427 \$170.50

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. *Consultation required for all new participants.*

Tue/Thu
Jan 9 - Mar 28 9:15 - 10:15 a.m.
155458 \$372



Pulmonary Rehabilitation

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. *Consultation required for all new participants.*

Tue/Thu
Jan 9 - Feb 22 1 - 2 p.m.
155459 \$105

Tue/Thu
Feb 27 - Apr 11 1 - 2 p.m.
155460 \$105

FAME for Stroke

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. *Consultation is required for all new participants.*

Tue/Thu
Jan 9 - Mar 28 11:45 a.m.-12:45 p.m.
155433 \$372

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. *Consultation is required for all new participants.*

Mon/Wed
Jan 8 - Mar 27 12 - 1 p.m.
155429 \$120.75

Women on Weights

Expect all the benefits of our Customized Strength & Conditioning program, only designed with the female clientele in mind. *Consultation is required for all new participants.*

Mon
Jan 8 - Mar 25 8 - 9 a.m.
155486 \$170.50

Wed
Jan 10 - Mar 27 8 - 9 a.m.
155469 \$186

Fri
Jan 12 - Mar 22 8 - 9 a.m.
155470 \$170.50

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 professional who provide care to individuals with mild to severe symptoms. GLA:D® offers an evidence-based approach that works in the real world. *Consultation required for all new participants.*

Tue/Thu
Jan 9 - Feb 22 2:15 - 3:15 p.m.
155435 \$238

Tue/Thu
Feb 27 - Apr 11 2:15 - 3:15 p.m.
155436 \$238

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 Stephanie, Mary, or Sarah.

WEST VANCOUVER SENIORS' ACTIVITY CENTRE

Feed the need



FEED A VULNERABLE SENIOR IN NEED.

Make an impact,
donate today!

LET'S DO IT AGAIN!

Help us raise \$100,000 towards the Feed the Need food security program that has been providing meals to vulnerable seniors in West Vancouver'

The Feed the Need program currently serves 300 meals per week, and your donation will help us provide three meals per week to seniors in need until the end of 2024.

Deadline to donate is December 31.

YOUR CONTRIBUTION

Your contribution makes a difference in the lives of our vulnerable seniors.

Feed **one** senior for **three months** for **\$318**

Feed **one** senior for **six months** for **\$637**

Feed **one** senior for **one year** for **\$1,380**

No contribution is too small!

DONATE TODAY

Call **604-925-7280** to donate.

Pay by cash, Visa, MasterCard, AMEX, or cheque.

For details, visit westvancouver.ca/feedtheneed

westvancouver.ca/feedtheneed



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from living your **Best Life.**



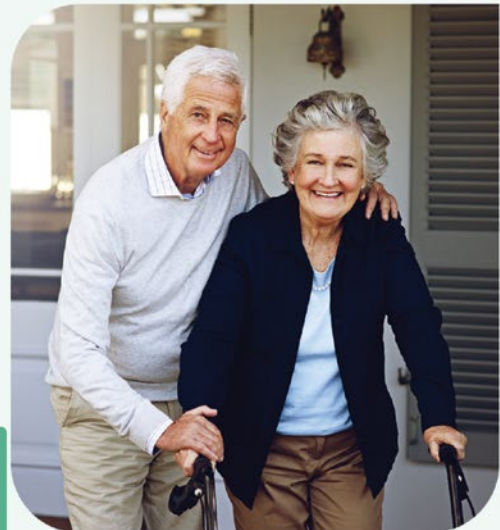
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We Install



Power Mobility Products
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Huge Variety
of Rollators & Walkers
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get out of
the house.”*



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