



25
SPRING

THE SCENE

A West Vancouver Seniors' Activity Centre Publication

IN THIS SCENE

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Your Best Years Begin Here

Wake up to a life you've dreamed of, in a neighbourhood you love.

Westerleigh PARC residents enjoy a happier and healthier frame of mind thanks to our active, connected and vibrant lifestyle in one of West Vancouver's most enviable addresses.

Enjoy incredible food – chef-prepared meals based on seasonal fare and comforting favourites that tantalize the palate. Thrive under the care of our wellness teams, with lively social experiences, fitness classes, themed festivities, fun local excursions and 24/7 safety and security. There truly is something for everyone at PARC. Embrace a fresh and healthy outlook.

Get in touch today to book a personalized tour. Call Kirk & Jasmine at 604.922.9888.

westerleigh
| parc

parcliving.ca/westerleigh

Contact us

695 21st Street
West Vancouver, BC V7V 4A7

SAC Customer Service 604-925-7280
General Call Centre 604-925-7270
Seniors' Outreach 604-925-7271

Mon, Wed, Fri,
Sat, Sun 8:30 a.m. – 4 p.m.
Tue & Thu 8:30 a.m. – 8 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

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

GARDEN SIDE CAFÉ

Hours of Operation

Mon, Wed, Fri 9 a.m. – 2 p.m.
Tue & Thu 9 a.m. – 7 p.m.
Sat & Sun 9 a.m. – 2 p.m.

Dine-in Service

Lunch

Mon – Sun 11:30 a.m. – 1:30 p.m.

Dinner

Tue & Thu 5 – 7 p.m.

Take-out Food Service

Mon, Wed, Fri 9 a.m. – 2 p.m.
Tue & Thu 9 a.m. – 7 p.m.
Sat & Sun 9 a.m. – 2 p.m.

UPCOMING CLOSURES:

Friday, April 18 – Good Friday
Monday, April 21 – Easter Monday
Monday, May 19 – Victoria Day
Tuesday, July 1 – Canada Day

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.

Welcome to *The Scene*

This publication is available quarterly (in print and online) on the following dates in 2025: Spring (Feb 19), Summer (May 28), Fall (Jul 30), and Winter (Nov 19).

SUBSCRIBE TO THE SAC E-NEWS

We post online and email out 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 today at the front desk and ask about the many benefits! (Cost: \$40). *Non-members are welcome to participate in some programs at a higher rate (ask the front desk).*

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.

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 Ian (see page 5).

EDITORIAL

Editors Sabina Kasprzak & Sophie Fonseca

Advertising Sabina Kasprzak

Publisher District of West Vancouver

Print Still Creek Press

Cover photo Sabina Kasprzak

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 spring general programs starts at 8 a.m. on **Thursday, March 6** and skating, gymnastics, and swimming registration starts on **Thursday, March 13**. Visit westvancouver.ca/recactivities for availabilities.

Refunds

For refunds, visit westvancouver.ca/registrationandrefunds 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: Preparing to transform an ordinary plank into a masterpiece. Learn about our woodworking programs on page 11.

Fundraising

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 the West Vancouver community for generations to come.

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

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



STOCKINGS FOR SENIORS - THANK YOU

The Seniors' Activity Centre would like to sincerely thank London Drugs for sponsoring the 'Stockings for Seniors' initiative! Thanks to the generosity of London Drugs and community members who made contributions, we delivered 140 gift bags to Feed the Need recipients in December. It is with much appreciation that we celebrate this success!

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.

Outreach Services - supports seniors in the community with social prescribing needs.

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



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, scarves, handbags, 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.



55 PLUS? RIDE WITH US!

The Seniors' Activity Centre Shuttle (SAC) Bus is in operation Tuesday to Saturday, offering access to 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) at the SAC front desk.

Updated route in effect starting February 4

Pick up an updated brochure at the SAC front desk, visit westvancouver.ca/seniors, or scan the QR code below.

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

NEW! Western Connector Pilot

In an effort to increase easy and accessible transportation options for seniors, starting on March 10, 2025 seniors living in the western part of the community will be able to catch a ride on the new Western Connector (by \$3 donation) to access services between the SAC and Horseshoe Bay on Mondays!

For more information about both transit options for seniors, visit westvancouver.ca/seniors.



Our Program & Assistant Program Coordinators



SUPERVISOR

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*Community Recreation Supervisor
Seniors' Services & Volunteers*

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

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

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VOLUNTEERS

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VOLUNTEERS

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SENIORS' OUTREACH - KEEPING CONNECTED & WELLNESS PROGRAMS

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ACTING SAC FOOD SERVICES PROGRAM COORDINATOR

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PROGRAMS & EVENTS

Hannah Rennie

Assistant Program Coordinator

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Volunteers

Scan the QR Code below for more information. (westvancouver.ca/volunteer)



NEW VOLUNTEER ORIENTATION

Are you interested in making a difference in your community, or meeting new people? Perhaps you would like to learn new skills or share of your previous experience? If so, and you are over 19 years of age with a valid BC Services Card and Personal Health Number, you are welcome to register for an Adult Volunteer Orientation at activewestvanrec.ca, or by calling 604-925-7270.

Come and join experienced volunteer mentors and staff who work with volunteers from around the District over tea, coffee, and light refreshments as we cover many important 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!

Adult Volunteer Orientation

Sun
April 13 10 a.m. – 1 p.m.
186746 \$20 (free for SAC members)

Sun
May 25 10 a.m. – 1 p.m.
186747 \$20 (free for SAC members)

NATIONAL VOLUNTEER WEEK

Sunday, April 27 to Saturday, May 3, 2025, is National Volunteer Week in Canada! Keep an eye out for appreciation events and activities that will be planned in recognition and celebration of our wonderful volunteers!

SPRING VOLUNTEER OPPORTUNITIES!

From the Garden Side Café to the SAC Coffee Bar, Arts programs to Fitness classes, important initiatives such as our Feed The Need food delivery program to special events such as the Harmony Arts Festival, we have a wide range of volunteer roles in our facility and out in the community for you to consider. Join us, and join the fun!



ARE YOU A VOLUNTEER?

Check out the volunteer bulletin board at the Seniors' Activity Centre for the latest volunteer updates, opportunities, newsletters, and comment cards.

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 SAC and West Vancouver Community Centre, please contact Adriana Kowalczyk at 604-925-7279, email akowalczyk@westvancouver.ca, or visit westvancouver.ca/access.

Garden Side Café

Please see page 3 for Garden Side Café hours and page 7 for menus.

TAKE-OUT FOOD SERVICE

The take-out food and delivery service will continue during operating hours (see page 3).


For food delivery, call **604-925-7280** to place an order. (Minimum \$25 purchase on deliveries). Deliveries occur on Tuesdays and Thursdays. 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.

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!




North Shore Seniors' Health Expo

FRIDAY, JUNE 6

9 A.M. – 3:30 P.M.

**West Vancouver
Seniors' Activity Centre**

PRESENTED BY







Garden Side Café Lunches & Dinners



Due to limited space we can only publish two months of menus per issue. For all menus, visit westvancouver.ca/seniors, scan the QR code, or request a printed copy at the SAC front desk.

APRIL

Tuesday, April 1

Shepherd's Pie, Gravy, Romaine Salad Bowl with Sliced Celery, Cucumbers and Green Onion DINNER: Greek Plater with Chicken Souvlaki and Lamb Kofta, Lemon Herbed Potatoes, Greek Salad

Wednesday, April 2

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

Thursday, April 3

Spanish Pork Chops DINNER: Chicken Tornadoes (bacon-wrapped), Cheddar Mashed Potatoes, Sautéed Eggplant with Peppers & Onion

Friday, April 4

Linguine a la Vongole, Light Green Salad, Garlic Toast

Saturday, April 5

Chef's Special

Sunday, April 6

Sunday Brunch - Chef's Creation

Monday, April 7

Pulled Pork with Mac & Cheese, Caesar Salad

Tuesday, April 8

Chicken Cacciatore, Rice DINNER: Dijon Mustard Salmon, Rice Pilaf, Ratatouille Nicoise

Wednesday, April 9

Spaghetti Bolognese, Tossed Salad, Garlic Bread

Thursday, April 10

Swiss Burgers in Tomato Gravy, Roasted Red Potatoes, Seasonal Vegetables DINNER: Veal Cutlet Parmigiana, Linguine, Garlic Bread, Side Salad

Friday, April 11

Battered Cod & Chips, Lemon, Tartar Sauce, Coleslaw

Saturday, April 12

Chef's Special

Sunday, April 13

Sunday Brunch - Chef's Creation

Monday, April 14

Turkey Meatloaf with Parslied Potatoes, Seasonal Vegetables

Tuesday, April 15

Chicken a la King, Rice Pilaf, Seasonal Vegetables DINNER: Roast Pork Loin with Red Wine & Wild Mushroom Sauce, Scalloped Potatoes, Mix Vegetables

Wednesday, April 16

Quiche Lorraine, Salad

Thursday, April 17

Breaded Sole, Lemon Wedge, Tartar Sauce, Oven Fries, Kale Slaw DINNER: Chicken Curry, Fruited Rice, Seasonal Vegetables

Friday, April 18

GOOD FRIDAY - CLOSED

Saturday, April 19

Chef's Special

Sunday, April 20

 EASTER SUNDAY LUNCH SPECIAL: Honey Ham with Dijon Cream, Scalloped Potatoes, Seasonal Vegetables, Non Alcoholic Mimosa Cocktail (\$12M)

Monday, April 21

EASTER MONDAY - CLOSED

Tuesday, April 22

Bangers and Mash served with Caramelized Onions, Gravy and Cranberry Mango Salsa DINNER: Roast Turkey with all the Trimmings

Wednesday, April 23

Ginger Beef over Rice, Seasonal Vegetables

Thursday, April 24

Spanakopitas, Tzatziki, Roasted Potatoes, Marinated Tomato And Cucumber Salad  ENGLISH-THEMED DINNER: Beef Pot Roast, Yorkshire Pudding, Gravy, Mashed Potatoes, Vegetables

Friday, April 25

Salmon Burger & Fries

Saturday, April 26

Chef's Special

Sunday, April 27

Sunday Brunch - Chef's Creation

Monday, April 28

Mediterranean Turkey Chili with Romaine Salad, Dinner Roll

Tuesday, April 29

Beef Stroganoff, Broad Egg Noodles, Harvard Beets DINNER: Fisherman's Platter with Grilled Salmon, Cod and Prawns, Rice Pilaf, Medley of Fresh Vegetables

Wednesday, April 30

Hungarian Pork Goulash, Smashed Yukon Gold Potatoes, Seasonal Vegetables

MAY

Thursday, May 1

Homestyle Beef Meatloaf with Roasted Leek Gravy DINNER: Bacon-Wrapped Cod baked with Cherry Tomatoes, Rice, Seasonal Vegetables

Friday, May 2

Baked Cod on Ratatouille, Rice Pilaf

Saturday, May 3

Chef's Special

Sunday, May 4

Sunday Brunch - Chef's Creation

Monday, May 5

Spaghetti with Meatballs, Garlic Toast, Side Salad

Tuesday, May 6

Quiche Lorraine, Caesar Salad, Side of Fresh Fruit DINNER: Beef Stroganoff with Linguine, Seasonal Vegetables

Wednesday, May 7

Pork Goulash, Penne, Seasonal Vegetables

Thursday, May 8

Sweet 'n' Sour Chicken with Rice DINNER: Southern-style Pork Ribs, Rice Pilaf, Seasonal Vegetables

Friday, May 9

Baked Salmon, Rice, Seasonal Vegetables

Saturday, May 10

Chef's Special

Sunday, May 11

 MOTHER'S DAY SPECIAL: Two Eggs Benedict (choice of Black Forest Ham or Smoked Salmon),

Potato Wedges, Fresh Fruit Garnish, Non Alcoholic Mimosa Cocktail (\$12M), Tiramisu (extra charge)

Monday, May 12

Salisbury Steak, Mashed Potatoes, Seasonal Vegetables


Tuesday, May 13

BBQ Chicken Leg, Rice Pilaf, Seasonal Vegetables DINNER: Pork Tenderloin with Red Wine & Mushroom Sauce, Mashed Yukon Gold Potatoes, Vegetable Medley

Wednesday, May 14

Ginger Beef over Rice, Seasonal Vegetables

Thursday, May 15

Vegetarian Lasagna, Tossed Salad  AMERICAN-THEMED DINNER: Roast Turkey with all the Trimmings

Friday, May 16

Fish & Chips, Kale Slaw

Saturday, May 17

Chef's Special

Sunday, May 18

Sunday Brunch: Chef's Special

Monday, May 19

CLOSED - VICTORIA DAY

Tuesday, May 20

Turkey Schnitzel with Ham and Swiss, Mashed Potatoes, Salad DINNER: Greek Platter with Chicken Souvlaki and Lamb Kofta, Lemon Herbed Potatoes, Greek Salad

Wednesday, May 21

Herb Roasted Chicken Thighs, Rice, Seasonal Vegetables

Thursday, May 22

Pan-fried Beef Liver with Onions & Gravy, Mashed Potatoes DINNER: Coq Au Vin, Parisienne Potatoes, Green Beans Almondine

Friday, May 23

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

Saturday, May 24

Chef's Special

Sunday, May 25

Sunday Brunch: Chef's Special

Monday, May 26

Italian Sausages with Peppers and Onions, Homemade Warm Potato Salad

Tuesday, May 27

Spanakopitas, Tzatziki, Roasted Potatoes, Marinated Tomato & Cucumber Salad DINNER: Baked Salmon with White Wine, Butter & Caper Sauce, Roasted Potatoes, Seasonal Vegetables

Wednesday, May 28

Tuscan Chicken Stew, Salad

Thursday, May 29

Turkey Chili with Romaine Salad, Cornmeal Muffin DINNER: Beef Bourguignon, Cheddar Mashed Yukon Gold Potatoes, Seasonal Vegetables

Friday, May 30

Curried Basa Fish Filet, Rice Pilaf, Seasonal Vegetables

Saturday, May 31

Chef's Special

Upcoming Events

Visit westvancouver.ca/eventsandtrips for all upcoming events.

EVENTS

APRIL



06
SUNDAY

High Tea
See page 24



12
SUNDAY

Garage Sale
See page 24



20
SUNDAY

Easter Sunday Lunch
See menu on page 7

MAY



11
SUNDAY

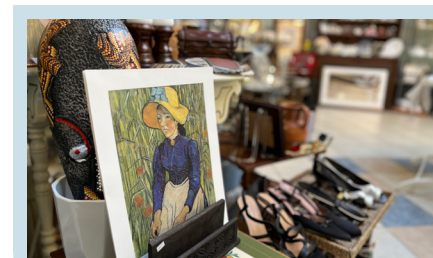
Mother's Day Brunch
See menu on page 7

JUNE



01
SUNDAY

Heritage Choir Spring Concert
See page 24



SACS ON 21ST POP-UP SALE

Don't miss our upcoming pop-up sale featuring 50% off marked prices on paintings, kitchenware, curios, jewellery, handbags, scarves, and much more.

Saturday, February 22
10 a.m. – 2 p.m.

Seniors' Activity Centre, Art Studio

JUNE



North Shore Seniors' Health Expo

All programs cancelled for the Expo:
Thursday June 5 (from noon)
Friday, June 6 (all day)
See page 6



15
SUNDAY

Father's Day Lunch

High Tea

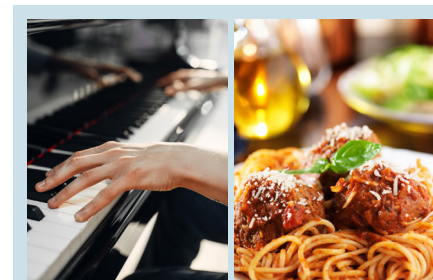


Join us for our second annual High Tea event on Sunday, April 6.

Calling all High Tea enthusiasts! We appreciate all the wonderful feedback we received after our inaugural High Tea last spring. Thank you to our Pastry Chef, Simone, for all the mouthwatering delicacies.

Mark your calendars for **Sunday, April 6**, for our second annual High Tea event. Start the festivities with a mimosa, champagne, prosecco, white wine, or an alcohol-free drink.

Tickets can be purchased at the front desk for singles, doubles, or tables of four. Each individual seat is \$50. All drinks are \$6. For event details, see page 24.



PIANO BAR & TUESDAY NIGHT DINNER

Join us for our weekly Piano Bar at 3:30 p.m. featuring live piano entertainment, followed by Tuesday dinner at 5 p.m. at the Garden Side Café. Bring a friend, sing, relax, and unwind at this laid-back social event.

Tuesdays
3:30 – 5:30 p.m. (Piano Bar)
5 – 7 p.m. (Tuesday dinner)
Garden Side Café

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 or **scan the QR code**.



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.



Drawing & Painting: Open Studio

Enjoy some quality time with friends, learn from others, and hone your painting skills! *No instruction.*

Mon	Mar 31 – Jun 23	9 a.m. – 12 p.m.	186192	\$27.50
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Mon	Mar 31 – Jun 23	12:30 – 3:30 p.m.	186194	\$27.50
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Tue	Apr 1 – Jun 24	9 a.m. – 12 p.m.	186195	\$32.50
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Wed	Apr 2 – Jun 25	12:30 – 3:30 p.m.	186196	\$32.50
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Drawing & Painting: Drop-in Time

Explore your artistic side through drawing and painting. All levels are welcome. *No supervisor.*

Sat	Apr 5 – Jun 28	\$2.50 per session	9 a.m. – 3:45 p.m.
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Sun	Apr 6 – Jun 29	\$2.50 per session	9 a.m. – 3:45 p.m.
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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 get assistance in colour-mixing. Bring your own materials and images that you would like to paint. No beginners.

Thu	Apr 3 – Jun 26	9 a.m. – 12 p.m.	186198	\$32.50
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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	Apr 1 – Jun 24	12:30 – 3:30 p.m.	186200	\$290.55
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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. Drawing experience is not required.

Fri	Apr 4 – Jun 27	12:30 – 2:30 p.m.	186197	\$237
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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	Apr 3 – Jun 26	1 – 3 p.m.	186199	\$39
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Calligraphy with Hiva

Discover the art of beautiful writing! Whether you are completely new to calligraphy or looking to refine your skills, this beginner class offers an introduction to the basics of traditional and modern calligraphy styles.

Wed	Apr 2 – Jun 25	9 – 11 a.m.	186202	\$47.45
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Stained Glass Studio Time

Enjoy some studio time to work on your stained-glass creations! Bring your own equipment and supplies. *Leader: June C.*

Wed	Apr 2 – Jun 25	12:30 – 3:30 p.m.	186203	\$81
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FABRIC ARTS

Knitting Club

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	Apr 1 – Jun 24	9 a.m. – 12 p.m.	186204	\$40.30
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Quilting Club

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

Wed	Apr 2 – Jun 25	12:30 – 3:30 p.m.	186205	\$33.80
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NOTE: Prices quoted in *The Scene* are member rates.

Friday Open Studio Time

Who knew quilting would be 'sew' much fun! If you can hand or machine sew, you'll be able to quilt. We're in need of volunteers, so we hope you can join us soon. We can hand-quilt a quilt for you, with all proceeds supporting the Seniors' Activity Centre.

Fri
Apr 4 - Jun 27 9 a.m. - 12 p.m.
186208 \$30

Tuesday Open Studio Time

Bring your hand-sewing or quilting project to work on in a social setting. Small supplies are available, but there will be no sewing machines. *No instructor, but we love to share ideas!*

Tue
Apr 1 - Jun 24 12:30 - 3:30 p.m.
186209 \$33.80

Silk Painting

Create your own scarf masterpieces with Kamani! Using the Serti technique, learn to trace or draw designs on silk, apply gutta to outline patterns, and paint using watercolour-based dyes. Suitable for all levels. Supplies are included.

Wed
Apr 2 - May 7 9 a.m. - 12 p.m.
186206 \$120

Fri
Apr 4 - May 16 9 a.m. - 12 p.m.
186207 \$120

Wed
May 14 - Jun 25 9 a.m. - 12 p.m.
186448 \$140

Fri
May 23 - Jun 27 9 a.m. - 12 p.m.
186449 \$100

Music

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



Find additional music programs in the Keeping Connected section on page 25.

Sing for Joy

Lift your spirits and bring joy and well being into your life in this weekly singalong for sheer pleasure. We will begin each session with a voice and breath warm up, and then move into singing old favourites, folk songs, popular tunes, and show music from your favourite decades. Works will be provided. All are welcome to this informal gathering.

Wed
Apr 2 - May 7 1:30 - 2:30 p.m.
185127 \$97.35

Wed
May 14 - Jun 18 1:30 - 2:30 p.m.
185128 \$97.35

Singalong Fun

Improve your sense of joy and improve your well-being in this weekly singalong! Sing songs by Sinatra, Elvis, Neil Diamond, Leonard Cohen, and more. All voices are welcome.

Fri
Apr 4 - Jun 27 1 - 2 p.m.
186010 Free, registration required

Heritage Choir

The Heritage Choir is a community choir that offers a full concert season, performing songs featuring a range of musical styles, from classical to show tunes. Join our vibrant choir, find new friendships, and exercise your mind and body in a supportive and fun environment with a variety of interactive social events throughout the year. The choir is open to people who enjoy singing, with or without choral experience, and who can independently follow the conductor's instructions.

Tue
Apr 1 - Jun 3 1 - 3 p.m.
185126 \$113.50

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 to receive information before the start date. *No instructor.*

Tue
Apr 1 - Jun 17 9:15 - 11:15 a.m.
185047 \$37.80

Group Vocal Lessons with Gergana

Study voice in a supportive group setting with professional vocal coach and Heritage Choir Director, Gergana Velinova. Learn fundamental vocal techniques, breath support, and explore a variety of songs.

Thu
Apr 3 - May 8 9 - 10 a.m.
186455 \$97.35

Thu
May 15 - Jun 19 9 - 10 a.m.
186457 \$97.35

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
Apr 7 - Jun 16 10:30 a.m. - 12 p.m.
185049 \$32.50

Recorders Advanced

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

Thu
Apr 3 - Jun 19 10:30 a.m. - 12 p.m.
185048 \$39

Ukuleles

Know a dozen chords, a few songs, and like to sing? Enjoy a fun and inspiring hour exploring a wide range of song styles with strumming, fingerpicking, and singing.

Tue
Apr 1 - May 6 11:30 a.m. - 12:30 p.m.
185119 \$75.90

Tue
May 20 - Jun 24 11:30 a.m. - 12:30 p.m.
185120 \$75.90

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. Our purpose is to have fun making music! *No instructor.*

Sat \$3.15 per session
Apr 5 – Jun 28 10:30 a.m. – 12:30 p.m.

Dance

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



Latin Dance Level 1

This beginner class is designed for everyone with easy-to-follow Latin dancing! Enjoy Merengue, Bachata, and Salsa while improving your balance, posture, flexibility, and step counts. No partner needed. Bring non-gripping exercise shoes.

Fri
Apr 11 – May 16 2:15 – 3:15 p.m.
185130 \$81.15

Fri
May 23 – Jun 27 2:15 – 3:15 p.m.
185131 \$81.15

Latin Dance Level 2

Build new skills and learn various styles of Merengue, Bachata, and Salsa! Designed for those who know the basics of Salsa looking to explore more exciting techniques and styles. Bring non-gripping exercise shoes. *Prerequisite: Latin Dance Level 1.* Contact Mary de Vries at mdevries@westvancouver.ca for private dance sessions.

Mon
Apr 7 – May 12 6:30 – 7:30 p.m.
185132 \$81.15

Mon
May 26 – Jun 23 6:30 – 7:30 p.m.
185133 \$81.15

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
Apr 7 – May 12 3:30 – 4:30 p.m.
185083 \$26

Mon
May 26 – Jun 23 3:30 – 4:30 p.m.
185084 \$26

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 dances.

Mon
Apr 7 – May 12 2:15 – 3:15 p.m.
185085 \$26

Mon
May 26 – Jun 23 2:15 – 3:15 p.m.
185086 \$26

Line Dancing Level 3 Improved/Intermediate

This class is for those with previous line 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
Apr 7 – May 12 1 – 2 p.m.
185081 \$26

Mon
May 26 – Jun 23 1 – 2 p.m.
185082 \$26

Scottish Country Intermediate

Looking to perfect your dancing skills? Combine fun with exercise as you learn

upcoming party programs. Intermediate and advanced dancers are welcome. Weekly drop-in spaces are available. *Instructor: Louise M.*

Fri
Apr 4 – Jun 20 10:30 a.m. – 12:30 p.m.
185070 \$77

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 p.m. *Early bird: \$15*
Day of: \$20
Dinner and Dance: \$24

187768 Mar 27 (Each Other Live)

187769 Apr 24 (Sweet Water)

187770 May 22 (Bob York)

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
Apr 2 – Jun 25 9 a.m. – 12 p.m.
186210 \$88.40

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
Mar 31 – Jun 23 9 a.m. – 12 p.m.
186211 \$88.40

Fri
Apr 4 – Jun 27 9 a.m. – 12 p.m.
186212 \$81.60

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
Mar 31 - Jun 23 1 - 4 p.m.
186213 \$74.80

Tue
Apr 1 - Jun 24 9 a.m. - 12 p.m.
186214 \$88.40

Wed
Apr 2 - Jun 25 1 - 4 p.m.
186215 \$88.40

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.*

Tue
Apr 1 - Jun 24 1 - 4 p.m.
186217 \$88.40

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
Apr 1 - Jun 24 1 - 4 p.m.
186218 \$88.40

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.

Thu
Apr 3 - Jun 26 9 a.m. - 12 p.m.
186219 \$88.40

Thu
Apr 3 - Jun 26 1 - 4 p.m.
186220 \$88.40

Woodturning Level 2/3 - Intermediate/Advanced

This is the next class after Woodturning Beginners. 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. *Prerequisite: Woodturning Beginners.*

Wed
Apr 2 - Jun 25 1 - 4 p.m.
186221 \$88.40

NOTE: Prices quoted in The Scene are member rates.

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
Apr 2 - Jun 18 10 - 11:30 a.m.
185041 \$43.80

French Review Spa Francais Intermediate

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
Apr 1 - Jun 17 10:30 a.m. - 12:30 p.m.
185019 \$42

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. This is the first course of our series, so no background knowledge is needed.

Thu
Apr 3 - Jun 19 5:45 - 7:15 p.m.
185043 \$185.45

Spanish with Elias Intermediate

Improve your 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 past or future activities. Engage and interact with the class to enhance your speaking/listening abilities. Conversation time accounts for half of the class time.

Textbook: Practice Makes Perfect: Spanish Verb Tenses, Premium Fourth Edition: Dorothy Richmond, printed by McGraw Hill is required.

Thu
Apr 3 - Jun 19 4 - 5:30 p.m.
185042 \$185.45

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
Apr 1 - Jun 17 12:30 - 1:30 p.m.
185044 \$38.85





Express English for Farsi Speakers

This program provides a fast-track way to fluency. It is designed for learners who want to be able to learn about real life conversation examples and the essentials of English quickly.

Thu
Apr 3 – Jun 12 4:30 – 5:30 p.m.
185045 \$28

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
Apr 7 – Jun 16 1 – 3 p.m.
185089 \$28.35

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
Apr 3 – May 8 1:30 – 3:45 p.m.
185087 \$103.20

Thu
May 15 – Jun 19 1:30 – 3:45 p.m.
185088 \$86

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
Apr 10 – Jun 26 1 – 3 p.m.
186352 Free, registration required

General

Garden Club – 2025 Annual Registration

Join fellow green thumbs and gardeners for a series of lectures on topics including soil, roses, and container and vegetable gardening. A full list of dates, topics, and presenters will be provided. Trips to gardens and locations will be planned (bus is an additional cost).

Tue
Apr 1 – Sep 9 1:30 – 3 p.m.
186387 \$72.10

The Canadian

Join us for champagne and canapés as we welcome you aboard the Canadian—Canada's premier rail train travelling from Vancouver to Toronto. Learn about VIA Rail train travel from Vancouver to Halifax and discuss the Toronto-Montreal-Halifax Ocean train. A question-and-answer period will follow.

Wed
Apr 2 3:30 – 5 p.m.
184275 \$20

Movies

Enjoy a great movie on a Sunday afternoon!

Sun
1 – 3 p.m. \$2.90

185993 Apr 6

185994 May 4

185995 Jun 1

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 \$3.15 biweekly drop-in
Apr 11 – Jun 27 10:15 a.m. – 12:15 p.m.

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

185925 Apr 22

185926 May 27

185928 Jun 24

Tax Service Clinic

The Seniors' Activity Centre has partnered with the Canada Revenue Agency to provide free income tax returns for the 2024 taxation year to low-income seniors (65 or older).

If you would like to have your return completed by one of our volunteers, please call 604-925-7280 to register.

For specific criteria, please scan the QR code below.



Fraud Prevention and Education Seminar

Join the Gal Senior Care Foundation for a presentation on senior susceptibility to financial fraud. Learn about the issues at hand, how to protect yourself, and what steps you need to take if you have been a victim of scams. Refreshments will be provided.

Sun
May 11 1 – 2 p.m.
186405 Free, registration required

Coffee and Chat with Community First Responders

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

Wed
May 14 10 – 11 a.m.
186353 Free

A Novel Idea Book Club

Explore a variety of themes and contemporary books that fall into fiction, non-fiction, Canadiana, international, and indigenous themes.

Book titles will be provided one month ahead of program start date. Led by a retired librarian.

Wed
Apr 23 – Jun 25 3 – 4:30 p.m.
187210 \$12.75

Becoming An Elder

It's a precarious time on the planet, a time of interlocking crises that demand our attention. We need attention of wise and experienced Elders to help guide us. Join us for a discussion and rediscover purpose and meaning in this stage of life. *Instructor: SPEC Guiding Elder.*

Fri
Jun 20 10 a.m. – 12 p.m.
186811 \$5

The Meditative Watercolourist

Join us and learn the basics of meditative watercolour painting. Create something beautiful with Liana, while Christoph introduces you to a few mindfulness and meditation exercises. No experience needed.

Sat
May 3 10 a.m. – 12 p.m.
186622 \$30

Ted Talks Spring 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.

Mon
Apr 29, May 27, Jun 24 12:30 – 2 p.m.
186015 Free

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 Ian (see page 5).

Games

DROP-IN GAMES

Pre-register for these weekly time slots! Cost: \$2.85 per session.

Card Tables

Sat
Apr 5 – Jun 28 10 a.m. – 12 p.m.

Scrabble & Mah Jong

Sat
Apr 5 – Jun 28 1 – 3 p.m.

Bridge Social Drop-in

Sun
Apr 6 – Jun 29 9 a.m. – 12 p.m.

Cribbage Drop-in

Sun
Apr 6 – Jun 29 1 – 3 p.m.

Chess Drop-in

Mon
Apr 7 – Jun 30 3 – 6 p.m.

Bridge with Stephen Intermediate II

Designed for those who know the basics (bidding, declarer play, and defense) and who wish to move their game to the next level. Each lesson will have a discussion on a specific topic, followed by exercises and practice play. Focus is on conventions and the ABCL Convention Card, but topics can be chosen to satisfy the interests of the class. Enjoy this social occasion, intellectual challenge, and have lots of fun! *Prerequisites: Bridge Basics 1, 2, 3, and Intermediate Bridge 1, or equivalent playing experience.*

Tue
Apr 1 – May 27 3:30 – 5:30 p.m.
185091 \$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
Apr 2 – May 28 3:30 – 5:30 p.m.
185092 \$128

Bridge with Tai Beginner 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
Apr 7 – Jun 2 4:30 – 6:30 p.m.
185121 \$97.40

Fri
May 9 – 30 2:15 – 4 p.m.
185123 \$55.65

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.*

Fri
Apr 4 – May 2 2:15 – 4 p.m.
185122 \$55.65

Duplicate Bridge

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

Tue
Apr 2 – Jun 18 1:30 – 4:30 p.m.
185050 \$38

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.



Programs continued on page 23.



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GREEN IS THE NEW GREY

Seniors and Medical Cannabis

By Dr. Robert Sealey (pictured)



“I don’t want to get high,” and, “I don’t want to smoke anything” are the most common things I hear when patients are referred to me for an assessment.

As a medical doctor specializing in cannabinoid therapy, I happen to agree with both of these statements. The difference between recreational marijuana and medical cannabis is the intent.

When I authorized one of the first individuals in Canada to legally use cannabis for therapeutic purposes in 2001, I had several reservations and concerns. After all, my generation was bombarded by media campaigns outlining the dangers of “pot” and what it could do to our brain. And now, treating a patient with the same plant would require a drastic paradigm shift in thinking.

However, I was fascinated how this weed (literally) made such a difference in that person’s chronic pain syndrome with a dramatic improvement in their quality of life as well. Since then, I have focussed on learning as much as I possibly can about this natural wonder while helping to manage over 3,500 patients with various conditions during the last two decades.

Archaeological history reveals that the cannabis plant has been used as a medicine for the past 7,000 years although, much of our understanding of how it works inside our body is only now coming to light. Generations of

people have made claims ranging from management of chronic pain, migraines, anxiety, insomnia, epilepsy, Parkinson’s disease, and even cancer, but these “anecdotal stories” have not satisfied the level of evidence that is needed for physicians to embrace this treatment option. The diversity of conditions that this plant was touted as helping made it seem like the greatest snake oil known to humans.

However, the discovery of the endocannabinoid system may finally explain how cannabis interacts with various receptors that are scattered throughout our entire body. This novel science is yet to be incorporated in any medical school curriculum in Canada, but the presence of this “defense system” that is designed to protect us against a number of potential insults may hold the key to how ingredients in the cannabis plant influences our reaction. In a nutshell, if we are faced with a challenge (such as pain, seizure activity, anxiety, or insomnia) that overwhelms our ability to respond, it appears that cannabinoids from the plant can help shore up our line of defense. This finally explains why cannabis may be used in so many conditions for symptom control depending on where our own endocannabinoid system needs the assistance.





Individuals that incorporate medical cannabis into their pain management program often benefit from not only the analgesic properties but also the change in pain quality.

Another milestone discovery was the fact that the cannabis plant comprises close to 500 different ingredients including a variety of cannabinoids that behave uniquely within our body. These include the infamous THC component that is responsible for the “recreational” value of the plant and can therefore be used to get “high,” but in proper doses can be helpful as an analgesic, sedative, anti-nauseant, and for appetite stimulation.

However, since THC can also cause impairment, tolerance, and anxiety in some individuals, the focus for medical purposes usually shines brightly on Cannabidiol (CBD) instead. This unique cannabinoid does not cause impairment or euphoria, making it well tolerated in the management of pain, inflammation, anxiety, and depression along with anti-seizure effects in epilepsy.



Although many physicians are becoming more receptive to the role medical cannabis may play in the management of conditions where “standard” treatments are either unsuccessful or associated with intolerable side effects, one of the challenges has been lack of scientific evidence. Fortunately, there has been increased focus on research in the last decade with placebo-controlled studies for treatment of chronic pain, spasticity in Multiple Sclerosis, chemotherapy induced nausea and vomiting, along with specific types of intractable epilepsy.

To date, there is inadequate randomized clinical trials in conditions such as anxiety, depression, post-traumatic stress disorder, and insomnia, but real-world experiences reported by scores of patients suggest that cannabis may certainly play a significant positive role. Lack of clinical evidence in these situations doesn’t necessarily mean lack of efficacy; it could simply mean the studies are yet to be completed.

These factors often lead patients to the internet, where learning about cannabis therapeutics is directed by wherever their Google search takes

them...and frequently the information can be inaccurate.

Friends might also provide their own supply of “goodies” to share that could lead to disastrous outcomes if there happens to be excessive THC exposure. Paramedics and emergency rooms are full of individuals trying to treat themselves with cannabis only to be sent home to let the effects wear off.

Another readily available option, and the one favoured by most people, is the easily accessible local recreational cannabis dispensary where they are surrounded by all sorts of products. If they ask the “Budtender” what might be suitable for their sleep disorder, the employee is neither trained nor legally authorized to give medical advice. In essence, it would be akin to going to the local liquor store and asking which bottle of Merlot would help cure your insomnia.

The most suitable route would be an assessment by a physician or nurse practitioner who is experienced in cannabinoid therapy that would make appropriate suggestions regarding products and dosing while also monitoring for potential drug interactions.

Depending on the symptoms and condition, a combination of cannabinoids could be tailored to address your issues with the least amount of side effects. That would usually mean oral administration of CBD predominant products that would eliminate the usual concerns of “getting high” or “smoking something.”

As we age, the likelihood of acquiring various health conditions increases and the typical medical approach has been treating each symptom as it arises. We have developed a culture where there is a pill for every problem and our medicine cabinet starts filling up with more and more bottles of pharmaceuticals each year. However, polypharmacy has its own challenges, including a risk of drug interactions and escalating side effects...that are often treated with yet another tablet or capsule.

With the ability for cannabis to interact at multiple levels through our endocannabinoid system, there is a unique opportunity to utilize this therapy to manage several symptoms at once and eliminate the need for consuming pill after pill.

For these reasons, it’s not surprising that seniors are the most common demographic when it comes to using cannabis for therapeutic purposes.

Typically, older individuals can suffer from chronic pain, insomnia, and anxiety. This is the same group who may have also experimented with the plant in their youth and might have even attended Woodstock while under the influence (if they can remember that weekend).

In the past, we used to hear that “marijuana” was a gateway drug that led individuals down a path toward harder substances of abuse. Now, we can think of cannabis as a novel form of harm reduction because of the substitution effect it can have on other medications such as opiates and benzodiazepines (sleeping pills).

Lately, much of my referral-based practice has been focussed on reducing the pill burden in patients who are consuming numerous pharmaceuticals that have the potential for serious long-term consequences. It has been gratifying to see the transitional benefits while at the same time, patients can enjoy a better quality of life.

Done properly, many individuals can experience significant success in the management of conditions such as chronic pain secondary to arthritis. For several years, the Arthritis Society of Canada has endorsed the use of cannabinoid therapy for its members

as a potential option when other treatments have failed to alleviate the discomfort and inflammatory features, especially in osteoarthritis where pain control is the primary focus.

Individuals that incorporate medical cannabis into their pain management program often benefit from not only the analgesic properties but also the change in pain quality. CBD works in an area of our brain where we process how we react to pain, causing a sense of relaxation and the ability to disassociate from the chronic nagging sensation of being consumed by the ongoing discomfort. So, not only can the pain be less intense, it can also be more tolerable, leading to improved function and quality of life. Research indicates that the CBD reaction in the brain utilizes the same region where cognitive behavioural therapy, meditation, deep breathing exercises, and yoga also causes a similar response.

This information is encouraging but it may be a challenge to locate a supportive physician due to the lack of available medical education with regards to our endocannabinoid system and the way it interacts with constituents of the cannabis plant. Given these factors, doctors may find it difficult discussing the rapidly evolving science amongst the other daily challenges they face dealing with scores of patients and problems. As you can imagine, it’s not as easy as writing a prescription to “smoke 2 joints and call me in the morning.”

...seniors are the most common demographic when it comes to using cannabis for therapeutic purposes.





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HOT TOPICS WITH WEST VANCOUVER FIRE & RESCUE



By Jeremy Calder, Assistant Chief of Fire Prevention

PROTECT YOUR HOME WITH FIRESMART: A GUIDE FOR SENIORS

As our environment changes and wildfire seasons extend, ensuring the safety of our homes becomes even more critical. FireSmart, a program designed to help homeowners reduce wildfire risks, offers practical steps to protect your property and provide peace of mind.

Inspect your home's exterior for vulnerabilities. Choose fire-resistant materials for your roof, siding, and decks. Have your gutters and roof areas cleaned frequently to prevent the buildup of dry materials. Ensure vents are covered with fine mesh to keep embers out.

Create a defensible space around your home. Keep vegetation, firewood, and other flammable materials 10

meters away from your home. Regularly prune trees and shrubs, mow the lawn, and remove dried leaves or debris. This reduces the fuel available for a fire to spread. If heavy lifting is a concern, reach out to neighbours or community groups for support.

West Vancouver offers free FireSmart Home Assessments to all residents interested in learning how to improve the resiliency of their homes in the event of wildfire. FireSmart BC also offers home assessment tools, workshops, and advice tailored to our region. See firesmartbc.ca

Consider emergency preparedness. Have an evacuation plan and pack an emergency kit with essentials like medications, water, and important documents. Sign up for Alertable notifications and stay informed about local wildfire conditions through trusted sources. See nsem.ca/alertable

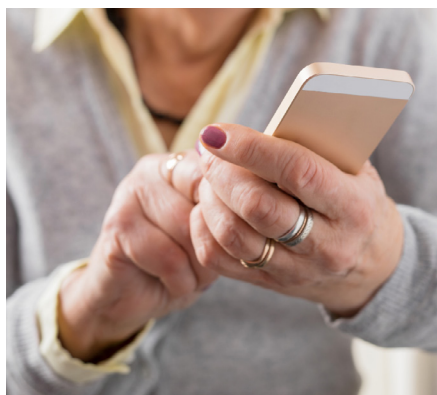


Together, these proactive measures can significantly reduce wildfire risks, keeping you and your home safe. FireSmart starts with you—protecting your property today ensures a safer tomorrow.

Take care and stay safe,
Jeremy

PHONE SCAM ALERT

By Sergeant Chris Bigland



The West Vancouver Police Department (WVPD) is warning local residents, and those as far away as Ontario, of a scam utilizing WVPD's non-emergency phone number.

Potential victims are told they are speaking to a WVPD officer and are provided with a fake name and badge number. Many are then asked to download an app on their phone, putting themselves at significant risk.

WVPD will never ask for bail money, bitcoin, gift cards, or money transfers, and we will not ask you to download apps on your phone.

What can you do if you're targeted?

- Do not provide the scammers with any information and end the call immediately.
- Do not call the "spoofed" number back to inquire about missed calls. This inundates the non-emergency police line, delaying access for those who may need assistance.
- Report the attempted fraud to the Canadian Anti-Fraud Centre, either online or toll-free, at 1-888-495-8501.
- Visit westvanpolice.ca to file an online police report if you have been victimized.



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- **Housekeeping**
- **Ostomy Care**
- **Alzheimer Care**
- **Parkinson Care**
- **Postoperative Care**
- **Home Parenteral Care**
- **Central Venous Catheter Care**
- **Transportation Services**

604-614-8544 (Digna)

digna.obar@caringshepherd.ca

778-522-1544 (Ruben)

www.caringshepherd.ca

• **LICENSED** • **INSURED** • **WCB** • **ICBC REGISTRATION**

HIDDEN GEMS



By Chris Inouye



The Indispensable Life Binder

"The best preparation for tomorrow is doing your best today."

– H. Jackson Brown, Jr.

If something happened to you, would your family know where the safety deposit box key is, what your account passwords are, or have a list of all your bank accounts, auto payments, and medication information? Would they know your pension information, home and vehicle insurance details, or advance care directives?

As Nadine Ozaki and her husband, John, have gone through life, they have had to face challenges such as caring for aging parents and dealing with their own health issues. Nadine signed up for *The Indispensable Life Binder*, led by Diana Cruchley, with preparation in mind. "Diana is knowledgeable and draws on her own life experiences to walk participants through issues that they might need to deal with. Information is delivered in a very comprehensive manner. When you need to navigate these life challenges yourself, your loved ones will also be affected and they, too, need to access the information in the life binder. I cannot stress enough how valuable workshops like this are."

Active Rehab

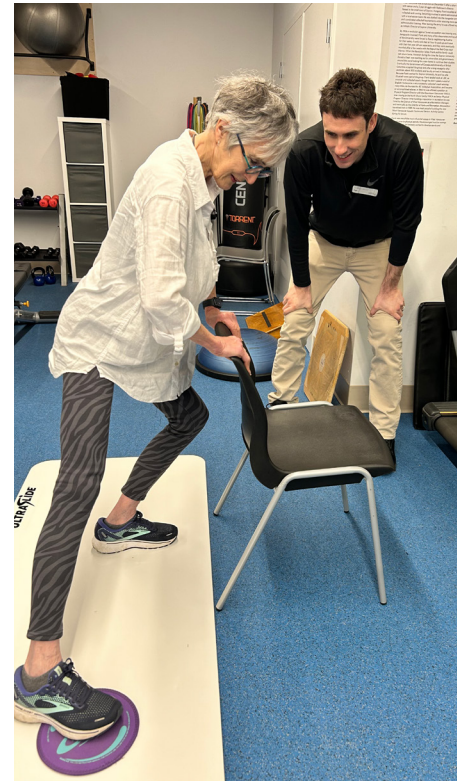
"It does not matter how slowly you go, as long as you do not stop."

– Confucius

A walking group classmate noticed that Jill Newby was having a bit of trouble navigating terrain and told her about the **GLA:D program**, which is designed for managing hip and knee osteoarthritis. After an assessment by Ian Horne, health, fitness, and rehabilitation program coordinator,

Jill began classes in the Frank Kurucz Rehabilitation Studio. "Within a few weeks, under the guidance of Ian, we were all focusing on personalizing the set program exercises to best suit our own issues. It's different from a large fitness class and more like having a personal trainer available to answer questions and get direction as participants find their own way in the program." Having a support team of other participants works well for Jill after years of having to go through extensive rehab programs alone following some serious injuries. She heartily recommends the program.

For a list of Rehab programs and available consultation appoints, visit westvancouver.ca/activerehab or scan the QR code below.

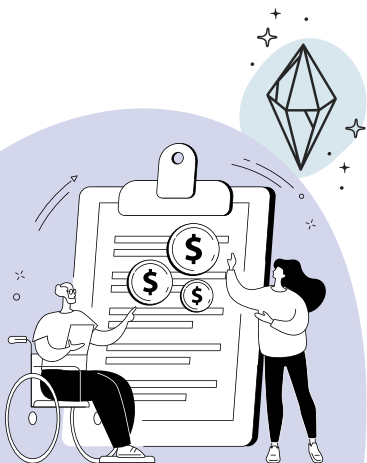


True or False?

The SAC can help with:

1. clearing snow from your sidewalk or walkway
2. hearing and memory testing
3. meal delivery
4. CRA tax support
5. fitness consultation

The answer is TRUE for ALL OF THE ABOVE! The SAC offers a myriad of services and programs such as ICBC driver fitness, grief support, device clinics, legal advice, woodworking repairs, and eye glass recycling. Here is a taste of less well-known programs and services that you might be interested in taking advantage of.





Ride the SAC Shuttle Bus!

"I'd rather go by bus."

– King Charles

Dorie M. is a regular shuttle bus rider who used to ride the Blue Bus until she started to use a walker. She feels that

the shuttle bus is safer for her to use than the Blue Bus because the drivers are mindful of the passengers and wait for them to be seated before pulling away from stops. She uses the shuttle once a week to appointments, such as the ambulatory care clinic at the rec centre, to Park Royal for shopping, and to the SAC for lunch. The first time she took the shuttle, Dorie caught it at one of the designated stops outside Fresh St. Market. She soon learned that riders can flag down the shuttle for "custom pickups and drop-offs" along the shuttle route, not only at designated stops. Now she catches the shuttle just outside of her apartment on Bellevue Avenue. Dorie purchases punch cards for \$30 which provides 11 rides for the price of 10.

The shuttle runs five days a week, from Tuesday through Saturday between 8:45 a.m. and 3:45 p.m.



For routes go to westvancouver.ca/seniors or scan the QR code below:



The SAC is a goldmine of hidden gems. Whether you are looking to play mahjong, participate in jazz jam sessions, watch movies, listen to and discuss TED talks or try Qi Gong, the SAC is the place to find it. Check it out! Keep engaged, active, and connected!

Registered Programs, cont.








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

Events & Trips 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.*

Enjoy the Journey Tours - Harrison Tulip Festival

Tiptoe through designated pathways adorned with 10 million tulips and the new 2.5 acre show garden at the Harrison Tulip Festival. Enjoy lunch at River's Edge Restaurant and stop at Golden Ears Cheesecrafters.

Wed
Apr 16 7:45 a.m. - 4:45 p.m.
185920 \$119

Enjoy the Journey Tours - Westminster Abbey

Visit the beautiful, peaceful Westminster Abbey with magnificent architecture and stunning stained glass. See and hear about the monks' unique way of life, including the Midday Prayer. Visit the Abbey, enjoy a tasting at Golden Ears Cheesecrafters, eat lunch at Greek Islands Restaurant, and finish the afternoon with ice cream from Birchwood Dairy Farms.

Tue
May 13 7:45 a.m. – 5 p.m.
185921 \$129

Enjoy the Journey Tours - The Train Tour

Take an outdoor two-mile miniature railway ride through woodlands, bridges, and tunnels. Learn about the first passenger train to Vancouver in 1887 and enjoy lunch beside a train car in Gastown. Finish the day on the West Coast Express from Waterfront Station to Mission City Station.

Fri
Jun 20 10 a.m. – 7 p.m.
186188 \$119

Granville Street Gallery Walk with Margo

Join Margo for her annual walking tour of several small, but incredible art galleries on Granville Street with short presentations at some of the galleries. Enjoy lunch at a local café. *Please note this is a walking tour with steps and inclines and is not accessible for those with walkers.*

Fri
May 23 10 a.m. – 3:30 p.m.
186224 \$16

Tea & Trumpets—Songs My Mother Taught Me

Hop on the bus to Tea and Trumpets for the “Songs My Mother Taught Me” performance. *This is for the transportation to and from the Orpheum only, please purchase your own ticket to the show.*

Thu
May 1 12:30 – 4:30 p.m.
174260 \$8

Tea & Trumpets—Beethoven & Friends

Hop on the bus to Tea and Trumpets for the “Beethoven & Friends” performance. *This is for the transportation to and from the Orpheum only, please purchase your own ticket to the show.*

Thu
Jun 12 12:30 – 4:30 p.m.
174261 \$8

High Tea

Calling all High Tea enthusiasts! Thank you for the wonderful feedback we received after our first High Tea last spring, and thank you to our pastry chef, Simone, for all the mouthwatering delicacies. *Tickets can be purchased at the front desk for singles, doubles or table of four. Start the festivities with a mimosa, champagne, prosecco, white wine, or an alcohol-free drink. All drinks \$6.*

Sun
Apr 6 1:30 – 3:30 p.m.
186406 \$50 per seat

Garage Sale

Come and find a bargain! Free admission for shoppers.

Sat
Apr 12 10 a.m. – 2 p.m.
185789 \$25

Heritage Choir Spring Concert

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

Thu
May 29 6:30 – 9 p.m.
187250 \$13

Sun
Jun 1 1 – 3 p.m.
185125 \$13

OUTREACH SERVICES



The Seniors’ Community Outreach Services team is available to provide individual and small group support for seniors (55y+) with social prescribing needs. These needs cover a range of topics, including caregiver support, food security, prepared meals, housing, legal advocacy, financial support, social isolation, transportation, mobile safety, and mental and physical health support.

Interested? Contact Madi Gaffney by phone at 604-925-7281, email at mgaffney@westvancouver.ca, or by visiting her in person at the Seniors’ Activity Centre.

Friendly Check-in Calls

Could you, a family member, or neighbour benefit from receiving a supportive phone call from one of our volunteers? If so, sign up for our free Friendly Check-In Calls Program! Questions? Call Madi at 604-925-7281.

KEEPING CONNECTED

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



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.

Adapted Strength & Balance

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

Thu
Apr 2 – Jun 25 11:45 a.m. – 12:45 p.m.
185988 \$160





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
May 16 – Jun 27 1 – 2:30 p.m.
186008 \$75 per couple

Stand Tall: Mobility, Posture, & 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
Apr 4 – Jun 27 10 – 11 a.m.
186012 \$96.25

Fri
Apr 4 – Jun 27 11 a.m. – 12 p.m.
186013 \$96.25

Stretch and Movement

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

Mon
Apr 7 – Jun 30 1:15 – 2:15 p.m.
186014 \$120

Keep on Moving

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

Wed
Apr 2 – Jun 25 10 – 11 a.m.
186001 \$115

North Shore Keep Well Society

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
Apr 2 – Jun 25 11:15 a.m. – 12:45 p.m.
186009 Free, please register

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
Apr 3 – Jun 26 10:30 a.m. – 12 p.m.
185989 \$50

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. Group meets on the third Thursday of every month.

Thu 11:30 a.m. – 1 p.m.
Apr 17, May 15, Jun 19
185997 Free, please register

Ladies' Social Club

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

Wed
Apr 2 – Jun 25 1:30 – 3 p.m.
186003 \$76

Men's Club

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

Thu
Apr 3 – Jun 26 10:30 a.m. – 12 p.m.
186005 \$120

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. Enjoy drinking tea and being "proper" for an afternoon.

If you are unable to attend, please call 604-925-7280 allow space for another grateful patron.

Tue
May 13 1 – 2:30 p.m.
179519 \$5

Life After Loss: Getting a Grip on Grief

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
Apr 3 – Jun 26 10 – 11 a.m.
186004 \$60

Sound Advice for Hearing Impaired

This program is a series of informal workshops and discussions for people who are hard of hearing, taking place on the first Friday of every month. Discussion topics include technology, speech reading, behavioural issues, improving relationships, improving hearing environments, and more.

Fri
Apr 1 & May 2 10 – 11:30 a.m.
186011 \$5

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. Call 604-925-7280 to register.*

Thu 4:30 – 5:30 p.m.
Apr 17, May 15, Jun 19 Free

Tech Time with Justin

Join us for this special program for anyone who needs help with their technology (phones, tablets, laptops, and more). Bring your device for a 30-minute, one-on-one appointment and learn valuable tips and tricks. Call 604-925-7280 to register.

Mon
9 – 10:45 a.m. \$15

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

NEW Seniors Workshop Series

Join us for a series of workshops presented by the Seniors' Health and Wellness Institute! April's topic: *Age Well, Live Well with Safe Medication Use*. These workshops will occur monthly. If there are subjects you would like to learn about, please contact Stephanie (see page 5).

Mon
Apr 27 10 - 11 a.m.
186812 Free

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. Dates will be announced in May—keep an eye out for details in the May SAC E-news!

Pottery Workshop

Enjoy a fun afternoon making a vase for spring flowers! Join Julie, our expert potter, with 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. This workshop will take place next door, at the West Vancouver Community Centre's Hobby Arts room.

Fri
May 30 10 a.m. - 12 p.m.
187972 \$45

Winter Flower Bouquet Workshop

Join Bernadette and arrange an incredible bouquet for yourself or for someone special in your life. Locally grown flowers, wires, and equipment are provided, but please bring a vase or pot.

Fri
Apr 11 10 a.m. - 12 p.m.
183214 \$50

Mind & Body Wellness**Massage**

Massages are back! Enjoy a 45-minute massage performed by Langara College students. Register for your

spot. Maximum five spots per timeslot. Arrive 15 minutes early to complete paperwork. No ICBC or WCB claims. Timeslots are on Wednesdays starting at 9:30 a.m., 10:45 a.m., and 12 p.m. \$25 for 45-min appointment. Phone 604-925-7280 to reserve a spot one week in advance.

Mindfulness Meditation Mondays

Are you feeling overwhelmed, anxious, or worried about life? Trouble sleeping or quieting your mind? Experience a sense of belonging, peace, and happiness by learning practical tools and techniques in this mindfulness meditation class.

Mon
Apr 7 - Jun 30 12:30 - 1:30 p.m.
186032 \$90

Best Foot Forward Foot Care Clinic

A foot care nurse will be offering 25-minute appointments—put your best foot forward! 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.

Sat 8:30 a.m. - 3:30 p.m.
Apr 5, May 3, Jun 14 \$35

Sound Therapy and Healing

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

Tue
Apr 1 - May 20 1 - 2:30 p.m.
186033 \$10

UBC Nursing/Education

Nurses will be at the Seniors' Activity Centre offering blood pressure checks and to answer any health questions. Drop in and say hello!

Thu
Mar 27 11 a.m. - 1 p.m.
182813 Free

Fri
Mar 28 11 a.m. - 3 p.m.
182814 Free

PACT - A Visit to Talk About Your Mental Health

Join us for an informal chat and coffee with The North Shore Mobile Peer Assisted Care Team (PACT) as they share the services available for mental health support.

Wed
May 14 10 - 11 a.m.
Garden Side Cafe Free

Hearing Testing

Are you wondering if your hearing is compromised? Hearing Life Canada will be onsite to do testing—this is not a diagnostic test, but a screen to see if mild hearing loss is present. Appointments are 30-minutes long. Please call 604-925-7211 to book an appointment. Dates will be announced in soon—keep an eye out for details in the SAC E-news!

Memory Testing

The Medical Arts Research Group will be offering medical grade memory testing to give you a concrete baseline, which can help determine if and/or when treatment is needed. A support person is welcome to join.

Mon
May 12 10:30 a.m. - 3:05 p.m.
30-minute appointments \$35

Qi Gong

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

Tue
Apr 1 - Jun 24 4 - 5:30 p.m.
186366 \$150

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 Ian (see page 5).



SPORTS

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



DROP-IN SPORTS

Pre-register for these weekly time slots! Cost: \$3.25 per session.

Coached Table Tennis

Receive tips and techniques to enhance your game. All levels are welcome.

Sat
Apr 5 - Jun 28 1 - 3 p.m.

Table Tennis

Bring your paddle and come play a fun, fast-paced game with us!

Tue
Apr 1 - Jun 24 3:30 - 5:30 p.m.

Table Tennis Intergenerational

Have fun while enjoying an exciting, fast-paced game.

Wed
Apr 2 - Jun 25 6:15 - 8 p.m.

Badminton

Bring your racquet and improve your fitness and coordination while having fun with peers.

Thu 10:30 a.m. - 12:30 p.m.
Apr 3 - Jun 26

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.

Silver Wheels - 2025 Annual Registration

The Silver Wheels Cycling Club is structured for intermediate level cyclists with considerable and varied cycling experience. Rides are social with an emphasis on safe group cycling on various types of road and bike routes, including major bridge crossings and some off-road/gravel sections. Rides are structured into three groups: Espresso, Cappuccino, and Latte.

Mon & Thu
Jan 6 - Dec 18 9 a.m. - 1 p.m.
178747 \$34.50

Turtles - 2025 Annual Registration

The Turtles are riders in their 70s and 80s who enjoy relaxing social rides around Metro Vancouver and the North Shore. Rides include a short (15 to 25 km) and a long (35 to 50 km) riding option at 18 to 20 km/hour. New members are welcome.

Tue & Thu
Jan 7 - Dec 18 9 a.m. - 2 p.m.
178743 \$34.50

Easy Riders - 2025 Annual Registration

Stay fit, have fun, and ride safely year-round. Rides range from 35 to 70 km at an average pace of 15 to 20 km/hour. Riders must be comfortable riding in a group in various traffic conditions.

Tue
Jan 7 - Dec 16 10 a.m. - 3 p.m.
178745 \$17

Coast Riders - 2025 Annual Registration (waitlist)

Enjoy cycling throughout the North Shore and Greater Vancouver from April to October! Rides range from 30 to 50+ km (15 to 19 km/hr) with distance increasing as the season progresses. Start at the Seniors' Activity Centre with drive to ride options and always an emphasis on safe group cycling on roads, bike paths, and bridge crossings. Rides are 3 to 4 hours long (with a coffee stop).

Wed
Jan 8 - Dec 17 9 a.m. - 2 p.m.
178744 \$17

NorWest - 2025 Annual Registration

NorWest is a group of experienced cyclists who ride year-round. Rides range from 45 to 75 km with stops for coffee and occasionally lunch. Most rides are at a moderate pace of 23 to 25 km/hr but there are opportunities for steady-paced, continuous rides. Some rides are drive to ride. Local rides meet at Prospect Point at 9 a.m. (10 a.m. in the winter).

Wed & Fri
Jan 8 - Dec 19 9 a.m. - 2 p.m.
178746 \$34.50



Ramblers - 2025 Annual Registration (waitlist)

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 if you haven't participated in the Ramblers before, please sign up for the waitlist (activity code 159383) and contact Emily at ejones@westvancouver.ca for an assessment.

Mon		
Jan 6 - Dec 29	9 a.m. - 2 p.m.	
178742		\$17

Discover Trails - Tuesdays Only

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. Details of hikes will be sent out prior.

Tue		
Apr 1 - Jun 24	9 a.m. - 12:30 p.m.	
186222		\$35.75

Discover Trails - Thursday's Only

Hike intermediate and more challenging trails on the Sea-to-Sky Corridor and beyond. 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.

Thu		
Apr 3 - Jun 26	9 a.m. - 12:30 p.m.	
186223		\$35.75

Golf: Par 3 Pitch & Putt 2025 Annual Registration

The Seniors' Activity Centre's Par 2 Golf/Pitch and Putt program begins the first week of April at the Ambleside Par 3 course. Starting in May, Thursdays will include bus trips to courses through the Lower Mainland. New members are welcome.

Mon and Thu		
Apr 3 - Oct 2	8:45 a.m. - 1 p.m.	
186377		\$31.80

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 2025 cyclist waitlist, please register using code **147563** and contact ejones@westvancouver.ca. You will be assessed, and a group will be recommended for you.

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

Drop-ins now available

Drop-in spots are now available in Group Fitness and Yoga classes when space permits. Check online or at the front desk.

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		
Mar 31 - May 12	8 - 8:55 a.m.	
184734		\$31.50

Wed		
Apr 2 - May 14	8 - 8:55 a.m.	
184735		\$36.75

Mon		
May 26 - Jun 23	8 - 8:55 a.m.	
184736		\$26.25

Wed		
May 21 - Jun 25	8 - 8:55 a.m.	
184737		\$31.50

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		
Apr 4 - May 16	8:15 - 9:15 a.m.	
184750		\$31.50

Fri		
May 23 - Jun 27	8:15 - 9:15 a.m.	
184751		\$26.25

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		
Mar 31 - May 14	8:15 - 9:15 a.m.	
184748		\$68.25

Mon & Wed
May 21 – Jun 25 8:15 – 9:15 a.m.
184749 \$57.75

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
Apr 1 – May 15 1:15 – 2:15 p.m.
184726 \$73.50

Tue & Thu
May 20 – Jun 26 1:15 – 2:15 p.m.
184727 \$63

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
Mar 31 – May 15 12 – 1 p.m.
184738 \$91

Mon & Thu
May 22 – Jun 26 12 – 1 p.m.
184739 \$77

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
Apr 2 – May 14 10:30 – 11:30 a.m.
184744 \$36.75

Fri
Apr 4 – May 16 11:45 a.m. – 12:45 p.m.
184745 \$31.50

Wed
May 21 – Jun 25 10:30 – 11:30 a.m.
184746 \$31.50

Fri
May 23 – Jun 27 11:45 a.m. – 12:45 p.m.
184747 \$31.50

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
Apr 3 – May 15 9:15 – 10:15 a.m.
184752 \$36.75

Thu
May 22 – Jun 26 9:15 – 10:15 a.m.
184753 \$31.50

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. Participants are encouraged to stay after the class for a small chat.

Tue & Thu
Apr 1 – May 15 9 – 10:10 a.m.
184742 \$73.50

Tue & Thu
May 20 – Jun 26 9 – 10:10 a.m.
184743 \$63

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. Offered twice a week.

Tue & Fri
Apr 1 – Jun 27 12 – 12:30 p.m.
186038 \$82

Pick Up the Pace

Lift your spirits and your heart rate with this new 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
Apr 3 – Jun 26 9 – 10 a.m.
186037 \$85



Live Well 55+

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

Sat
Apr 5 – Jun 28 10:30 – 11:30 a.m.
186036 \$122

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
Mar 31 – May 12 9:15 – 10:15 a.m.
184716 \$31.50

Mon
Mar 31 – May 12 5 – 5:55 p.m.
184722 \$31.50

Wed
Apr 2 – May 14 9:15 – 10:15 a.m.
184717 \$36.75

Fri
Apr 4 – May 16 9:15 – 10:15 a.m.
184718 \$31.50

Sat
Apr 5 – May 17 11:40 a.m. – 12:40 p.m.
184724 \$31.50

Wed
May 21 – Jun 25 9:15 – 10:15 a.m.
184720 \$31.50

Fri
May 23 – Jun 27 9:15 – 10:15 a.m.
184721 \$26.25

Sat
May 24 – Jun 28 11:40 a.m. – 12:40 p.m.
184725 \$31.50

Mon
May 26 – Jun 23 9:15 – 10:15 a.m.
184719 \$26.25

Mon
May 26 – Jun 23 5 – 5:55 p.m.
184723 \$26.25

Forever Fit

Are you looking for a challenging, energetic workout? Join us for an active warm up, easy to follow cardiovascular workout, followed by muscular strength and conditioning exercises for upper and lower body and abdominals. Conclude the class with a stretch. This class is offered three times per week to encourage consistency and routine!

Tue
Apr 1 – May 13 8 – 8:55 a.m.
184728 \$36.75

Thu
Apr 3 – May 15 8 – 8:55 a.m.
184729 \$36.75

Fri
Apr 4 – May 16 8 – 8:55 a.m.
184730 \$31.50

Tue
May 20 – Jun 24 8 – 8:55 a.m.
184731 \$31.50

Thu
May 22 – Jun 26 8 – 8:55 a.m.
184732 \$31.50

Fri
May 23 – Jun 27 8 – 8:55 a.m.
184733 \$26.25

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-in allowed when space permits.

Thu
Apr 3 – May 15 1 – 2 p.m.
184765 \$101.50

Thu
May 22 – Jun 26 1 – 2 p.m.
184766 \$87

Pelvic Floor and Core Strengthening

Learn how to retrain the mind-to-core connection by using the most current research on strengthening the pelvic floor and core muscles! This workshop helps women suffering from Stress

Urinary Incontinence (SUI) and lower back pain. This class is also suitable for women with Diastasis Recti. Take-home exercises are included.

Wed
Apr 2 – May 14 5 – 6 p.m.
184740 \$26.25

Wed
May 21 – Jun 25 5 – 6 p.m.
184741 \$26.25

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
Apr 7 – Jun 30 11:45 a.m. – 12:45 p.m.
186035 \$170

Let Your Yoga Dance for Healing

Spread joy, peace, and support your health in this gentle movement class. Join us for a 45-minute session of gentle yoga movements with rhythmic and meditative music. Explore your strength, joy, and love within.

Mon
Apr 7 – May 26 10:30 – 11:15 a.m.
186031 \$37.50

Laughter Yoga

Join us for a special class designed to boost energy and circulation while releasing tension. Blend various yoga breathing practices with gentle stretching and laughter exercises.

Tue
Apr 8 – Jun 24 2 – 2:40 p.m.
186034 \$45

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
Apr 2 – May 14 5 – 6 p.m.
184783 \$54.25

Wed
May 21 – Jun 25 5 – 6 p.m.
184784 \$46.50

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
Apr 1 – Jun 24 10:30 – 11:30 a.m.
185987 \$160

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
Apr 1 – May 13 11:45 a.m. – 1 p.m.
184769 \$54.25

Thu
Apr 3 – May 15 10:30 – 11:45 a.m.
184770 \$54.25

Thu
Apr 3 – May 15 12 – 1:15 p.m.
184771 \$54.25

Tue
May 20 – Jun 24 11:45 a.m. – 1 p.m.
184772 \$46.50

Thu
May 22 – Jun 26 10:30 – 11:45 a.m.
184773 \$46.50

Thu
May 22 – Jun 26 12 – 1:15 p.m.
184774 \$46.50

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
Mar 31 – May 12 3:30 – 4:45 p.m.
184775 \$46.50

Mon
May 26 – Jun 23 3:30 – 4:45 p.m.
184776 \$38.75

Chair Yoga Move and Breathe

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
Apr 3 – Jun 26 11:15 a.m. – 12:15 p.m.
185996 \$106.50

Yoga Beginner

Learn the basic postures and principles of alignment and breathing.

Mon
Mar 31 – May 12 5 – 6:15 p.m.
184787 \$46.50

Mon
May 26 – Jun 23 5 – 6:15 p.m.
184788 \$38.75

Hatha Movement Yoga

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

Tue
Apr 1 – May 13 9 – 10:15 a.m.
184777 \$54.25

Tue
May 20 – Jun 24 9 – 10:15 a.m.
184778 \$46.50

Hatha 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 and options are provided.

Thu
Apr 3 – May 15 9 – 10:15 a.m.
184779 \$54.25

Thu
May 22 – Jun 26 9 – 10:15 a.m.
184780 \$46.50

Yoga Movement

Movement is essential to healing! 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
Apr 2 – May 14 10:20 – 11:35 a.m.
184789 \$54.25

Wed
May 21 – Jun 25 10:20 – 11:35 a.m.
184790 \$46.50

Restorative Flow Yoga

Enjoy a combination of breathwork and relaxing restorative postures! Restorative flow yoga is a slow-paced gentle movement class that relaxes and refreshes the body.

Fri
Apr 4 – May 16 10:30 – 11:30 a.m.
184781 \$54.25

Fri
May 23 – Jun 27 10:30 – 11:30 a.m.
184782 \$46.50

Weekend Warrior Yoga

Enjoy a moderately challenging yoga-fitness class designed to increase strength, stretch tight muscles, and leave you feeling revitalized. This class incorporates light weight training along with traditional yoga practices.

Sat
Apr 5 – May 17 9 – 10:15 a.m.
184785 \$46.50

Sat
May 24 – Jun 28 9 – 10:15 a.m.
184786 \$46.50

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 Ian (see page 5).



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 nice stretch and fascial release component.

Wed
Apr 2 – May 14 10:45 – 11:45 a.m.
184767 \$71.75

Wed
May 21 – Jun 25 10:45 – 11:45 a.m.
184768 \$61.50

Personal Training

For more information about **Personal Training**, visit westvancouver.ca/personaltraining or scan the QR code to go to the page.



PERSONAL TRAINING FOR SENIORS

For details, please email the 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 **Active Rehab** programs, visit westvancouver.ca/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.*

Active Mind/Active Body

Get the most out of your mind and body! Exercise in a safe environment under the supervision of a personal trainer who is familiar with aging-related challenges. Caregivers are encouraged to attend.

Sat
Apr 5 - Jun 28 11 a.m. - 12 p.m.
186039 \$125
or \$10 drop-in (space permitting)

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

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.

Thu
Apr 3 - Jun 26 6 - 7 p.m.
184691 \$214.50

Fri
Apr 4 - Jun 27 8 - 9 a.m.
184692 \$198

Well Balanced

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.

Level 1

Mon
Mar 31 - Jun 23 11:30 a.m. - 12:30 p.m.
184705 \$181.50

Mon
Mar 31 - Jun 23 1 - 2 p.m.
184702 \$181.50

Wed (*In Farsi*)
Apr 2 - Jun 25 11:45 a.m. - 12:45 p.m.
184706 \$214.50

Wed
Apr 2 - Jun 25 1 - 2 p.m.
184703 \$214.50

Fri
Apr 4 - Jun 27 1 - 2 p.m.
184704 \$198

Level 2

Mon
Mar 31 - Jun 23 2:15 - 3:15 p.m.
184707 \$181.50

Wed
Apr 2 - Jun 25 2:15 - 3:15 p.m.
184709 \$214.50

Fri
Apr 4 - Jun 27 2:15 - 3:15 p.m.
184708 \$198

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
Mar 31 - Jun 23 2:15 - 3:15 p.m.
184669 \$181.50

Wed
Apr 2 - Jun 25 2:15 - 3:15 p.m.
184667 \$214.50

Fri
Apr 4 - Jun 27 2:15 - 3:15 p.m.
184668 \$198

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.

Mon
Mar 31 - Jun 23 9:15 - 10:15 a.m.
184665 \$181.50

Tue
Apr 1 - Jun 24 3:30 - 4:30 p.m.
184663 \$214.50

Wed
Apr 2 - Jun 25 9:15 - 10:15 a.m.
184662 \$214.50

Thu
Apr 3 - Jun 26 3:30 - 4:30 p.m.
184664 \$214.50

Fri
Apr 4 - Jun 27 9:15 - 10:15 a.m.
184661 \$198



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
Apr 1 - Jun 26 9:15 - 10:15 a.m.
184698 \$429

Tue & Thu
Apr 1 - Jun 26 10:30 - 11:30 a.m.
184699 \$429

Tue & Thu
Apr 1 - Jun 26 11:45 a.m. - 12:45 p.m.
186593 \$429

NEW Parkinson's Dance and Fitness

Perform guided movements through tri-planes, range of motion, and boxing to gradually increase heart rate as you exercise to carefully chosen music tempos. Engage in strength exercises and finish with a stretch. Designed for those living with Parkinson's.

Mon & Wed
Apr 7 - Jun 30 1:30 - 2:30 p.m.
187170 \$429

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
Apr 1 - Jun 26 1 - 2 p.m.
184700 \$247

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 Program) is a community-based exercise program developed by researchers at UBC for post-stroke

individuals that still maintain standing and walking ability.

Tue & Thu
Apr 1 - Jun 26 11:45 a.m. - 12:45 p.m.
184670 \$429

Strength for Stroke

Did you know that stroke is the leading cause of disability in Canada? Improve overall mobility, build up lost cardiovascular endurance, and develop arm and hand functions with the guidance of an experienced personal trainer. The strength for stroke program is geared towards high functioning stroke survivors.

Tue & Thu
Apr 1 - Jun 26 11:45 a.m. - 12:45 p.m.
184701 \$429

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
Mar 31 - Jun 25 12 - 1 p.m.
184666 \$120

Women on Weights

Expect all the benefits of our Customized Strength & Conditioning program, designed with the female clientele in mind.

Mon
Mar 31 - Jun 23 8 - 9 a.m.
184710 \$181.50

Mon
Mar 31 - Jun 23 8 - 9 a.m.
184711 \$181.50

Wed
Apr 2 - Jun 25 8 - 9 a.m.
184712 \$214.50

Wed
Apr 2 - Jun 25 9:15 - 10:15 a.m.
184715 \$214.50

Thu
Apr 3 - Jun 26 7:15 - 8:15 p.m.
184714 \$214.50

Fri
Apr 4 - Jun 27 8 - 9 a.m.
184713 \$198

Functional Training

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
Apr 1 - Jun 24 8 - 9 a.m.
184671 \$214.50

Thu
Apr 3 - Jun 26 8 - 9 a.m.
184672 \$214.50

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. We're here to bridge the gap between community and hospital cardiac rehabilitation. Your physician's approval is required to participate in this safe and supervised environment.

Tue
Apr 1 - Jun 24 8 - 9 a.m.
184675 \$214.50

Wed
Apr 2 - Jun 25 8 - 9 a.m.
184676 \$214.50

Thu
Apr 3 - Jun 26 8 - 9 a.m.
184677 \$214.50

Sat
Apr 5 - Jun 28 9:15 - 10:15 a.m.
184678 \$214.50



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. Our certified trainers are here to help improve your chances of long-term success.

Mon
Mar 31 – Jun 23 10:30 – 11:30 a.m.
184687 \$181.50

Mon
Mar 31 – Jun 23 11:45 a.m. – 12:45 p.m.
184688 \$181.50

Mon
Mar 31 – Jun 23 3:30 – 4:30 p.m.
184689 \$181.50

Tue
Apr 1 – Jun 24 10:30 – 11:30 a.m.
184679 \$214.50

Wed
Apr 2 – Jun 25 10:30 – 11:30 a.m.
184682 \$214.50

Wed
Apr 2 – Jun 25 11:45 a.m. – 12:45 p.m.
184681 \$214.50

Wed
Apr 2 – Jun 25 3:30 – 4:30 p.m.
184683 \$214.50

Thu
Apr 3 – Jun 26 10:30 – 11:30 a.m.
184680 \$214.50

Fri
Apr 4 – Jun 27 10:30 – 11:30 a.m.
184684 \$198

Fri
Apr 4 – Jun 27 11:45 a.m. – 12:45 p.m.
184685 \$198

Fri
Apr 4 – Jun 27 3:30 – 4:30 p.m.
184686 \$198

Advanced Joint Replacement

Are you more than one year past knee or hip replacement surgery? Improve your fitness and function as you regain strength for work, sport, and/or daily activities! Taught by a personal trainer.

Mon
Mar 31 – Jun 23 10:30 – 11:30 a.m.
184659 \$181.50

Fri
Apr 4 – Jun 27 10:30 – 11:30 a.m.
184660 \$198

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
Mar 31 – Jun 23 1 – 2 p.m.
184695 \$181.50

Tue
Apr 1 – Jun 24 2:15 – 3:15 p.m.
184696 \$214.50

Wed
Apr 2 – Jun 25 1 – 2 p.m.
184693 \$214.50

Thu
Apr 3 – Jun 26 2:15 – 3:15 p.m.
184697 \$214.50

Fri
Apr 4 – Jun 27 1 – 2 p.m.
184694 \$198

GLAD® 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. GLAD® offers an evidence-based approach that works in the real world.

Tue & Thu
Apr 15 – May 29 2:15 – 3:15 p.m.
184673 \$252

Tue & Thu
Jun 3 – Jul 17 2:15 – 3:15 p.m.
184674 \$252

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

**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.

Silent Movie Night: *The Phantom of the Opera* Featuring the Invincible Czars in Concert

Watch the original 1925 silent horror masterpiece, *The Phantom of the Opera*, transformed by a bold, live soundtrack performed by The Invincible Czars.

Fri
Apr 11 7:30 – 8:45 p.m.
Main Hall Free

From Estuaries to Ice Ages, Tide Flats to Tafoni: The Geology of the Salish Sea Region

Join local geoscientists and authors for a discussion about this region's ancient terranes and ecologically rich estuaries.

Sat
Apr 12 2 – 3:30 p.m.
Welsh Hall Free with registration

Shred-It: Friends of the Library Fundraiser

Toss your confidential documents and shred for a good cause! All proceeds will benefit the Library.

Sat
May 10 10 a.m. – 2 p.m.
Library parking lot, rain or shine
Suggested donation:
\$5/bag, \$10/box (cash only)

Tech Talk: Artificial Intelligence (AI) with UBC Professor, Issam Laradji

Join us for an engaging talk and explore the fascinating world of AI.

Mon
May 26 6:30 – 7:30 p.m.
The Lab Free with registration

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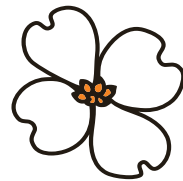
3 Tips For A Comfortable Recovery At Home



Accidents happen. You fall while skiing. A car hits your vehicle. You need surgery to have a hip replacement. When life happens to you and you need recovery time, here are three tips.

1. Shylo can help with: shopping, meals and laundry.
2. Our nurses can help with pain management.
3. The best way to rest is to let us take care of you and your home.

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We can come to your home,
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