



24  
WINTER

# THE SCENE

*A West Vancouver Seniors' Activity Centre Publication*

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

*west vancouver*



Telling a story they've  
all heard 5 times.

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living

[parcliving.ca](https://parcliving.ca)

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

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

# Contact us

695 21st Street  
West Vancouver, BC V7V 4A7

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

Hours in effect starting January 1:

Mon, Wed, Fri, 8:30 a.m. – 4 p.m.  
Sat, Sun 8:30 a.m. – 8 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](mailto:activewestvanrec@westvancouver.ca).

Web [westvancouver.ca/seniors](http://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.

## CAFETERIA

### Hours of Operation

Mon, Wed, Fri 9 a.m. – 2 p.m.  
Tue 9 a.m. – 7 p.m.  
Thu 9 a.m. – 2 p.m. & 5 – 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 9 a.m. – 7 p.m.  
Thu 9 a.m. – 2 p.m. & 5 – 7 p.m.  
Sat & Sun 9 a.m. – 2 p.m.

## UPCOMING CLOSURES:

Wed, December 25 – Christmas Day  
Thu, December 26 – Boxing Day  
Wed, January 1 – New Year's Day  
Mon, February 17 – Family 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](mailto:leisureguide@westvancouver.ca) or call 604-925-7285.

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

# Welcome to The Scene Magazine

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](http://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).

**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](http://activewestvanrec.ca).**



### Program Participation Note

Please note that there is an expectation that you will be able to participate when you sign up for classes. If you require assistance or support participating in SAC programs, we would be happy to assist you with finding the right class. If you have any questions, please contact Stephanie, Mary, or Ian (see page 5).

## EDITORIAL

**Editors** Sabina Kasprzak & Sophie Fonseca

**Advertising** Sabina Kasprzak

**Publisher** District of West Vancouver

**Print** Still Creek Press

**Cover photo** Sophie Fonseca

## FUTURE REGISTRATION DATES

For upcoming registration dates, visit [westvancouver.ca/registration](http://westvancouver.ca/registration).

Registration for winter general programs starts at 8 a.m. on **Thursday, December 5** and skating, gymnastics, and swimming registration starts on **Thursday, December 19**.

Visit [westvancouver.ca/recactivities](http://westvancouver.ca/recactivities) for availabilities.

## REFUNDS

For refunds, visit [westvancouver.ca/refunds](http://westvancouver.ca/refunds) or scan the QR code.



## HOW TO SCAN A QR CODE

### 1. Open the Camera App:

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

### 2. Point the camera at the QR code:

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

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

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

**ON THE COVER:** Leanne working on one of her displays. See *Decorating with Love* on page 14.

# Fundraising

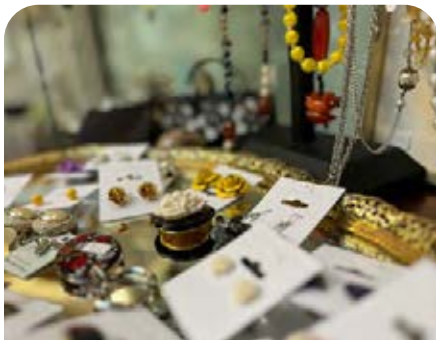
## PLANNED GIVING

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](mailto:sacadvisoryboard@westvancouver.ca).

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



## SACS ON 21ST

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

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

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

## 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.



## RIDE THE SAC SHUTTLE BUS!

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

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

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

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

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

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

*Get on the bus, ride with us!*



**Ask us about the 10-ride card!**



## SENIORS' ACTIVITY CENTRE ADVISORY BOARD 2025 ANNUAL GENERAL MEETING

Join us in-person for the Seniors' Activity Centre's Annual General Meeting.

**Wednesday, March 12  
1 - 2:30 p.m. | Marine Room**

Everyone welcome!



# Our Program & Assistant Program Coordinators



## **VOLUNTEERS**

**Melanie Clark**

*District-wide Volunteer Services  
Program Coordinator*

604-913-2703  
volunteer@westvancouver.ca



## **VOLUNTEERS**

**Crystal Lan**

*SAC Assistant Program Coordinator*

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scvolunteers@westvancouver.ca



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

**Emily Jones**

*SAC Program Coordinator*

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ejones@westvancouver.ca



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

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*SAC Program Coordinator*

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## **SENIORS' OUTREACH - KEEPING CONNECTED PROGRAMS**

**Stephanie Jordan**

*SAC Outreach Program Coordinator*

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## **SENIORS' COMMUNITY OUTREACH**

**Madi Gaffney**

*SAC Community Outreach Program  
Coordinator*

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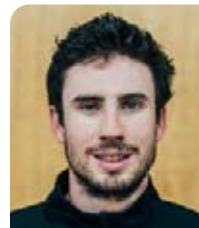


## **HEALTH, FITNESS, & REHABILITATION**

**Sarah Chase**

*Assistant Program Coordinator*

604-925-7231  
schase@westvancouver.ca



## **HEALTH, FITNESS, & REHABILITATION**

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*Program Coordinator*

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## **FOOD SERVICES, GARDEN SIDE CAFÉ, & COFFEE BAR**

**Lou Novosad**

*SAC Food Services Program  
Coordinator*

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## **FOOD SERVICES, GARDEN SIDE CAFÉ, & COFFEE BAR**

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*SAC Food Services Program  
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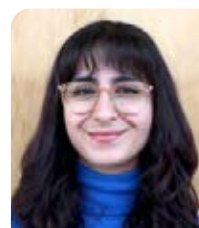


## **RECREATION, FACILITIES, & CUSTOMER SERVICE**

**Sarah Dobie**

*Recreation Facility Clerk Supervisor*

604-925-7284  
sdobie@westvancouver.ca



## **ACCESS SERVICES, RECREATION FINANCIAL ASSISTANCE**

**Adriana Kowalczyk**

*Access Services Program Coordinator*

604-925-7279  
akowalczyk@westvancouver.ca



## **FEED THE NEED & VOLUNTEERS**

**Amanda Barrios-Mata**

*SAC Assistant Program Coordinator*

604-925-7208  
abarriosmata@westvancouver.ca

# Volunteers

Scan the QR Code below for more information. ([westvancouver.ca/volunteer](https://westvancouver.ca/volunteer))



Are you over 19 years of age and have a BC Services Card with a Personal Health Number? If so, register for an in-person volunteer orientation at [activewestvanrec.ca](https://activewestvanrec.ca), or by calling 604-925-7270.

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

Join experienced volunteer mentors and staff from around the District to learn about a variety of topics, including various volunteer opportunities, general eligibility requirements, policies and procedures, how to use the online portal, ongoing training opportunities, and more.

Sun  
Jan 26 10 a.m. – 1 p.m.  
**182578** \$20 (free for SAC members)

Sun  
Mar 2 10 a.m. – 1 p.m.  
**182579** \$20 (free for SAC members)

### 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.

## JOIN THE SAC ADVISORY BOARD

The Seniors' Activity Centre Advisory Board is recruiting new volunteer board members. Pick up an application at the Seniors' Activity Centre front desk.

To learn more about preferred candidate qualifications, visit [westvancouver.ca/seniors](https://westvancouver.ca/seniors).

*All applications must be received by 4 p.m. on Friday, January 31, 2025.*

### NOMINATE FOR THE WALL OF ACCLAIM BY FEBRUARY 28

Do you know a volunteer who consistently goes above and beyond? Contact the volunteer team for details at 604-925-7280 or email [scvolunteers@westvancouver.ca](mailto:scvolunteers@westvancouver.ca).

### STEPS TO VOLUNTEERING

For steps to volunteering and eligibility requirements, visit [westvancouver.ca/volunteer](https://westvancouver.ca/volunteer).

### 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 WVCC, please contact Adriana Kowalczyk at 604-925-7279, email [akowalczyk@westvancouver.ca](mailto:akowalczyk@westvancouver.ca), or visit [westvancouver.ca/access](https://westvancouver.ca/access).

## Garden Side Café

Please see page 1 for Garden Side Café hours and page 8 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](https://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!



# Garden Side Café Lunches & Dinners



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

## JANUARY

### Wednesday, January 1

NEW YEAR'S DAY - CLOSED

### Thursday, January 2

Chicken Vegetable Stew, Mashed Potatoes, Seasonal Vegetables DINNER: Beef Bourguignon, Cheddar & Chives Mashed Potatoes, Seasonal Vegetables

### Friday, January 3

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

### Saturday, January 4 Chef's Special

### Sunday, January 5 Chef's Special

### Monday, January 6

Spinach & Cheese Quiche, Caesar Salad

### Tuesday, January 7

Spanish-style Chicken Breast, Rice, Seasonal Vegetables DINNER: Dijon Pork Tenderloin, Scalloped Potatoes, Seasonal Vegetables

### Wednesday, January 8

Spanakopitas with Tzatziki, Roasted Potatoes, Greek Salad

### Thursday, January 9

Philadelphia Pepper Steak, Rice Pilaf, Seasonal Vegetables DINNER: Coq Au Vin, Cheddar Mashed Potatoes, Seasonal Vegetables

### Friday, January 10

Sole Florentine, Rice Pilaf, Seasonal Vegetables

### Saturday, January 11 Chef's Special

### Sunday, January 12 Chef's Special

### Monday, January 13

Savoury Tomato and Bean Stew, Pita Bread with Tzatziki

### Tuesday, January 14

Chicken Stroganoff, Broad Egg Noodles, Seasonal Vegetables DINNER: Fresh Grilled Salmon with White Wine Cream Capers Sauce, Rice Pilaf, Seasonal Vegetables

### Wednesday, January 15

Turkey Shepherds Pie, Seasonal Vegetables

### Thursday, January 16

Beef Vegetable Stew with Mashed Potatoes DINNER: Greek Platter with Chicken Souvlaki & Lamb Kofta, Tzatziki, Lemon Roasted Potatoes, Greek Salad

### Friday, January 17

Baked Cod with Rustic Tomato Vegetable Sauce, Roast Potatoes

### Saturday, January 18 Chef's Special

### Sunday, January 19 Chef's Special

### Monday, January 20

Ham & Cheese Quiche, Caesar Salad


### Tuesday, January 21

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

### Wednesday, January 22

Chicken Cacciatore, Rice

### Thursday, January 23

Chili Con Carne, Cornmeal Muffin  ROBBIE BURNS-THEMED DINNER: Roast Beef, Gravy, Mashed Potatoes, Carrot, Turnip & Peas

### Friday, January 24

Salmon Burger, Kale Slaw


### Saturday, January 25 Chef's Special

### Sunday, January 26 Chef's Special

### Monday, January 27

Liver & Onions, Gravy, Mashed Potatoes, Seasonal Vegetables

### Tuesday, January 28

Sweet & Sour Chicken, Rice, Seasonal Vegetables  CHINESE NEW YEAR-THEMED DINNER: Sweet 'n' Sour Chicken, BBQ Pork, Steamed Rice, Sauteed Broccolini

### Wednesday, January 29

Beef Meatloaf with Roasted Leek Gravy, Mashed Potatoes, Seasonal Vegetables

### Thursday, January 30

Pork Paprika with Linguine DINNER: Beef Brisket with Braised Cabbage, Duo of Mustards, Parslied Potatoes

### Friday, January 31

Seafood Newburg, Rice

## FEBRUARY

### Saturday, February 1 Chef's Special

### Sunday, February 2 Chef's Special

### Monday, February 3

Roast Pork Loin, Mushroom Sauce, Potatoes, Vegetables

### Tuesday, February 4

Shepherd's Pie, Gravy, Romaine Salad Bowl with Sliced Celery, Cucumbers and Green Onion DINNER: Lamb Curry, Fruited Rice, Seasonal Vegetables

### Wednesday, February 5

Homemade Chicken Schnitzel, Cranberry Sauce, Mashed Potatoes, Mixed Veg

### Thursday, February 6

Greek-style Roasted Chicken, Tzatziki, Lemon Rosemary Potatoes, Baked Tomato DINNER: Carved Veal Flank Steak, Roasted Red Potatoes, Seasonal Vegetables

### Friday, February 7

Fish & Chips, Coleslaw

### Saturday, February 8 Chef's Special

### Sunday, February 9 Chef's Special

### Monday, February 10

Spaghetti Bolognese, Salad, Garlic Bread


### Tuesday, February 11

Spinach & Cheese Quiche, Caesar Salad DINNER: Baked Salmon with White Wine, Butter & Caper Sauce, Roasted Potatoes, Seasonal Vegetables

### Wednesday, February 12

Turkey Schnitzel, Mashed Potatoes, Seasonal Vegetables

### Thursday, February 13

Veal Cutlet Parmigiana, Pasta, Salad  VALENTINE'S DAY-THEMED DINNER: Coq Au Vin, Mashed Potatoes, Vegetables

### Friday, February 14

Baked Basa with Rustic Tomato Sauce, Rice Pilaf, Mexican Corn

### Saturday, February 15 Chef's Special

### Sunday, February 16 Chef's Special

### Monday, February 17 CLOSED

### Tuesday, February 18

Italian Sausages with Peppers and Onions, Home-made Warm Potato Salad DINNER: Chicken Tornadoes (bacon-wrapped), Cheddar Mashed Potatoes, Seasonal Vegetables

### Wednesday, February 19

Swedish Meatballs with Linguine, Seasonal Vegetables

### Thursday, February 20

Spanish Pork Chops DINNER: Roast Turkey Roll with all the Trimmings

### Friday, February 21

Baked Alaskan Pollock on Ratatouille, Rice Pilaf

### Saturday, February 22 Chef's Special

### Sunday, February 23 Chef's Special

### Monday, February 24

Swiss Burgers in Tomato Gravy, Roasted Red Potatoes, Green Peas

### Tuesday, February 25

BBQ Chicken Leg, Rice Pilaf, Mexican Corn DINNER: Madras Chicken Curry, Fruited Rice, Seasonal Vegetables

### Wednesday, February 26

Sweet & Sour Pork, Rice, Steamed Broccoli

### Thursday, February 27

Breaded Beef Liver with Roasted Onions, Gravy, Mashed Potatoes, Vegetables DINNER: Southern-style Pork Ribs, Roasted Potatoes, Seasonal Vegetables

### Friday, February 28

Breaded Pollock with Lemon, Garlic & Chives, Roasted Potatoes, Vegetables

# Registered Programs

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

Program availability may be adjusted. For an up-to-date list of adult 55+ programs, please visit [westvancouver.ca/seniors](http://westvancouver.ca/seniors) and see the **55+ activities** section or scan the QR to go to the page.



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

## ARTS

### Arts General

For a complete listing of **Arts** programs, visit [westvancouver.ca/visualarts](http://westvancouver.ca/visualarts) or scan the QR code to go to the page.



#### Painting Studio Time - Whole Set

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

Mon		
Jan 6 - Mar 24		\$29
<b>178726</b>	9 a.m. - 12 p.m.	
<b>178727</b>	12:30 - 3:30 p.m.	

Tue		
Jan 7 - Mar 25	9 a.m. - 12 p.m.	\$31.75
<b>178724</b>		

Wed		
Jan 8 - Mar 25	12:30 - 3:30 p.m.	\$31.75
<b>178725</b>		

#### Drawing & Painting: Drop-in Time

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

Sat	\$2.50 per session
Jan 4 - Mar 29	9 a.m. - 3:45 p.m.

Sun	\$2.50 per session
Jan 5 - Mar 30	9 a.m. - 3:45 p.m.

#### Drawing with Elmira

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

Fri		
Jan 10 - Mar 28	12:30 - 3:30 p.m.	\$237
<b>178719</b>		

#### Drawing & Painting: Painting with Friends

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		
Jan 9 - Mar 27	9 a.m. - 12 p.m.	\$31.75
<b>178733</b>		

#### Photo Club

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

Thu		
Jan 9 - Mar 27	1 - 3 p.m.	\$36
<b>179880</b>		

#### Drawing and Painting: Watercolour with Lynn

Paint nature's inspirations using compositional considerations, perspective, and colour theory. Demonstrations of techniques, including light, shadow, depth, and

texture will be shown. All materials are provided. Designed for those with watercolour experience.

Tue		
Jan 7 - Mar 25	12:30 - 3:30 p.m.	\$268.25
<b>178734</b>		

Thu		
Jan 9 - Mar 27	12:30 - 3:30 p.m.	\$268.25
<b>178735</b>		

#### Calligraphy with Hiva

Discover the art of beautiful writing! Whether you are 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		
Jan 8 - Mar 26	9 - 11:30 a.m.	\$47.50
<b>178721</b>		

#### 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		
Jan 8 - Mar 26	12:30 - 3:30 p.m.	\$62.25
<b>178720</b>		

## FABRIC ARTS

#### Knitting

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		
Jan 7 - Mar 25	9 a.m. - 12 p.m.	\$31
<b>178736</b>		

#### Quilting Studio Time

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

Wed		
Jan 8 - Mar 26	12:30 - 3:30 p.m.	\$31
<b>178737</b>		

#### Friday Craft Studio Time

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 are also offering to hand-quilt one for you with all proceeds going to the Seniors' Activity Centre.

Fri  
Jan 10 - Mar 28 9 a.m. - 12 p.m.  
**178739** \$31

### Intergenerational Open Studio Time

Enjoy an intergenerational open studio time to work on your projects! Small supplies, such as thread and sewing machines are included, but please bring your own project. Those under 18y will need adult supervision.

Sat \$2.50 per session  
Jan 11 - Mar 29 10 a.m. - 2 p.m.

### Tuesday Open Studio Time

Bring your own project to work on in a social setting. Small supplies are available, but there will be no sewing machines. No instructor.

Tue  
Jan 7 - Mar 25 12:30 - 3:30 p.m.  
**178738** \$31

## Music

For a complete listing of **Music** programs, visit [westvancouver.ca/music](http://westvancouver.ca/music) or scan the QR code to go to the page.



Find additional music programs in the Keeping Connected section on page 21.



### Singing for Joy

Experience the joy of singing in a safe and relaxed environment! Learn fundamental vocal techniques, breath support, and explore a variety of vocal styles.

Wed  
1:30 - 2:30 p.m. \$97.35  
**179562** Jan 8 - Feb 12  
**179563** Feb 19 - Mar 26

### Heritage Choir

Join our vibrant choir, find new friendships, and exercise your mind and body in a supportive and fun environment with a variety of 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  
Jan 7 - Mar 25 1 - 3 p.m.  
**178602** \$136.20

### 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](mailto:mdevries@westvancouver.ca) prior to registration. *No instructor.*

Tue  
Jan 7 - Mar 25 9:15 - 11:15 a.m.  
**178590** \$37.80

### Recorders Advanced

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

Thu  
Jan 9 - Mar 27 10:30 a.m. - 12 p.m.  
**179564** \$39

### 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  
Jan 6 - Mar 24 10:30 a.m. - 12 p.m.  
**179566** \$35.75

### Ukuleles with JR Intermediate

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. *Instructor: J.R. Kline.*

Tue  
Jan 7 - Mar 11 11:30 a.m. - 12:30 p.m.  
**178493** \$126.50

### Jazz Jam

Do you enjoy making music? Drop in for some low-key individual improvisations to jazz tunes and have fun playing jazz standards! You must be able to play a jazz musical instrument and have some familiarity with jazz concepts. *No instructor.*

Sat  
10:30 a.m. - 12:30 p.m. \$3.15  
*Multiple dates available*

## Dance

For a complete listing of **Dance** programs, visit [westvancouver.ca/dance](http://westvancouver.ca/dance) or scan the QR code to go to the page.



### Latin Dance—Fun & Easy

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

Fri  
2:15 - 3:15 p.m. \$97.35  
**179574** Jan 10 - Feb 14  
**179575** Feb 21 - Mar 28

### Latin Dance—Beyond Basics

Build new skills and learn various styles of Merengue, Bachata, and Salsa! Absolute beginners are encouraged to begin with Latin

Dance—Fun & Easy. Bring non-gripping exercise shoes.

Mon  
6:30 – 7:30 p.m. \$97.35  
**179576** Jan 6 – Feb 10  
**179577** Feb 24 – Mar 24

### Line Dancing: Level 1 Novice

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

Mon  
Jan 6 – Feb 10 3:30 – 4:30 p.m.  
**178591** \$31.20

Jan 6 – Feb 10 3:30 – 4:30 p.m.  
**179592** \$26

### Line Dancing: Level 2 Beginners

This class is for those with previous 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 steps and dances.

Mon  
Jan 6 – Feb 10 2:15 – 3:15 p.m.  
**178593** \$31.20

Mon  
Feb 24 – Mar 24 2:15 – 3:15 p.m.  
**178594** \$26

### Line Dancing: Level 3 Improved/Intermediate

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

Mon  
Jan 6 – Feb 10 1 – 2 p.m.  
**178595** \$31.20

Mon  
Feb 24 – Mar 24 1 – 2 p.m.  
**178596** \$26

### Scottish Country Dance 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  
10:30 a.m. – 12:30 p.m. \$42  
**178460** Jan 10 – Feb 14  
**178465** Feb 21 – Mar 28

### 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 Event: \$20*  
*Dinner & Dance: \$24*

**179584** Jan 23

**179585** Feb 27

**179586** Mar 27

## 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.

Wed  
Jan 8 – Mar 26 9 a.m. – 12 p.m.  
**180549** \$81.50

### Woodworking

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  
Jan 6 – Mar 24 9 a.m. – 12 p.m.  
**180552** \$74.75



### Woodworking: Level 3 Advanced

*Prerequisite: Experience in woodworking.*

Mon  
Jan 6 – Mar 24 1 – 4 p.m.  
**180543** \$74.50

Tue  
Jan 7 – Mar 25 9 a.m. – 12 p.m.  
**180544** \$81.50

Weds  
Jan 8 – Mar 26 9 a.m. – 12 p.m.  
**180545** \$81.50

Fri  
Jan 10 – Mar 28 1 – 4 p.m.  
**180547** \$81.50

### Woodworking: Woodturning

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

#### Women's Level 2

Tue  
Jan 7 – Mar 25 1 – 4 p.m.  
**180554** \$81.50

#### Woodturning Level 2/3

Wed  
Jan 8 – Mar 26 1 – 4 p.m.  
**180557** \$81.50

### 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.

Thu  
Jan 9 – Mar 27 9 a.m. – 12 p.m.  
**180555** \$81.50

Thu  
Jan 9 – Mar 27 1 – 4 p.m.  
**180556** \$81.50

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

## LEARNING

For a complete listing of **Learning** programs, visit [westvancouver.ca/learning](http://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  
Jan 8 – Mar 12      10 – 11:30 a.m.  
**178652**      \$36.50

### French Review Spa Francais

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

Tue  
10:30 a.m. – 12:30 p.m.      \$17.50  
**178650**      Jan 7 – Feb 4  
**178651**      Feb 11 – Mar 11

### Spanish with Elias Beginner 1

Acquire language resources quickly and learn how to speak, understand the culture, and communicate easily when travelling in Spanish-speaking countries. No background knowledge is needed.

Thu  
Jan 9 – Mar 27      5:45 – 7:15 p.m.  
**178479**      \$202.30

### 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.

Thu  
Jan 9 – Mar 27      4 – 5:30 p.m.  
**178476**      \$202.30

### 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  
Jan 7 – Mar 11      12:30 – 1:30 p.m.  
**179561**      \$32.35

### Express English for Farsi Speakers

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

Thu  
Jan 9 – Mar 27      4:30 – 5:30 p.m.  
**179336**      \$31.50

## 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  
Jan 6 – Mar 10      1 – 3 p.m.  
**178489**      \$31.50

### Creative Writing with Richard

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

Thu  
1:30 – 3:45 p.m.      \$103.20  
**179567**      Jan 9 – Feb 13  
**179568**      Feb 20 – Mar 27

### Book Club Afterwords

Join two retired librarians for discussions about thought-provoking novels! Reading list is available upon registration at the Seniors' Activity Centre front desk. Group meets on the first Friday of each month.  
*Leaders: Julia H. and Elizabeth A.*

Fri  
Jan 3 – Apr 4      10:30 a.m. – 12:30 p.m.  
**178505**      \$16.80

### Golden Fireflies – Release your Creativity!

Using humour, fun acting games, and professional theatre techniques, 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  
Jan 9 – Mar 27      1 – 3 p.m.  
**183050**      Free

## General

### Climate Café

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

Wed      10 – 11:30 a.m.  
**179612**      Jan 15  
**179613**      Feb 19  
**179614**      March 19



## Hot Topics

Join Jon Scott, former ambassador of Canada with a Ph.D. in Philosophy, for discussions about current international affairs and hot spots around the world!

Fri  
Feb 21 - Apr 11 1 - 2 p.m.  
**178434** \$25

## Pilots, Jumpers, & More

Join former pilots, jumpers, and airshow personnel for a film and discussion. View a short report from a 2024 volunteer from Oshkosh and Abbotsford show.

Wed  
Feb 26 3:30 - 5 p.m.  
**178079** \$10

## Debate Club

Engage in lively discussions about social science, healthcare, the environment, philosophy, and more! This program runs biweekly.

Tue  
Jan 7 - Mar 18 4 - 5:30 p.m.  
**179545** \$30

## Downsizing Seminar

Thinking of downsizing? Join Janet Helm, award-winning realtor and certified Seniors Real Estate Specialist (SRES) for expert advice, practical tips, real-life stories, and a question-and-answer session.

Wed  
Jan 15 3:30 - 5 p.m.  
**179583** Free, please register

## The Indispensable Life Binder

Learn an easy way to gather all your important documents in one place! Organize financial information, important contacts, and more so it's readily accessible when you need it.

Sat  
Feb 15 1:30 - 4 p.m.  
**178432** \$25.75

## Movies

Join us monthly on Sundays (1 - 3 p.m.) and Tuesdays (6 - 8 p.m.)

for great movies! (Jan 5 & 28, Feb 2 & 25, Mar 2 & 25). See bulletin board for movie titles.

## Flight Simulation

Come fly with us! Meet bimonthly with other aeronautical enthusiasts on the second and fourth Friday of the month.

Fri  
10:15 a.m. - 12:15 p.m. \$3.15  
*Multiple dates available*

## 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  
**179609** Jan 28  
**179610** Feb 25  
**179611** Mar 25

## Financial Fraud Prevention and Awareness

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

Sun  
Jan 19 11 a.m. - 12 p.m.  
**181458** Free

## Coffee and Chat with First Responders

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

Wed  
Feb 19 10 - 11 a.m.  
**179529** Free



## Ted Talks Spring Series

Enjoy watching a 20-minute Ted Talk, followed by a discussion. This monthly initiative is meant to introduce innovative ideas, thoughts, and conversations.

Tue  
Jan 28, Feb 24, Mar 25 12:30 - 2 p.m.  
**179526** Free, registration required

## Games

### DROP-IN GAMES

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

### Card Tables

Sat  
Jan 4 - Mar 29 10 a.m. - 12 p.m.

### Scrabble & Mah Jong

Sat  
Jan 4 - Mar 29 1 - 3 p.m.

### Bridge Social Drop-in

Sun  
Jan 5 - Mar 23 9 a.m. - 12 p.m.

### Cribbage Drop-in

Sun  
Jan 5 - Mar 23 1 - 3 p.m.

### Chess Drop-in

Mon  
Jan 6 - Mar 24 3 - 6 p.m.

### Games Drop-in

Enjoy a friendly game of cribbage, cards, scrabble, or choose to work on a puzzle in this game session. Bring a friend or meet a new one.

Tue  
Jan 7 - Mar 25 6:30 - 8 p.m.

**Programs continued on page 20.**



## Thrive in the heart of the North Shore

Experience the warmth of Hollyburn House, an intimate and elevated community in West Vancouver. Join us for an exclusive program or event and experience what Hollyburn House has to offer. Whether rediscovering a cherished passion or seeking a fresh experience, let us help you find the perfect fit.

**Call Nicole @ 604-922-7616 to learn more**

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# DECORATING WITH LOVE

By Chris Inouye



**"These flowers are so pretty. I wonder who makes them?"**

**Leanne Lebel** hand makes the SAC decorations that bring joy to all who see them. From Father's Day neckties to Canada Day flags, from golden-scaled Lunar New Year dragons to Halloween Cookie Monsters, Leanne has been casting her decorating spell for years.

Her unique decorations add a special touch to events, holidays, and seasonal changes. In the spring, she hangs lavender wisteria flowers from the café ceiling and places bright yellow daffodils along the walls. At Christmas, she can be seen wrapping each column in the Garden Side Café with crepe paper to look like giant candy canes.

Decorations have the power to:

- spark conversation, engage, and uplift
- bring smiles and chase the blues away
- boost the spirit and have a relaxing effect
- trigger memories
- recall traditions and happy times with family and friends
- contribute to a sense of health and well-being
- break routine and bring new energy into spaces.

Decorating the SAC takes many, many hours, but Leanne loves doing it.

Some of the flowers take weeks to make as she needs to make hundreds of them to adorn all the windows and they have multiple parts to them. For example, each wisteria strand used in the spring Garden Side Café ceiling display had 41 pieces. There are four strings to each group and there are 37 hooks for a total of 6,068 pieces. Generally, she begins a project one month in advance and works on them most nights and many weekends, too.

## Where do the ideas come from?

Leanne studies store displays and the internet for ideas. She uses a variety of paper products, so each craft looks a bit different. She spends hours thinking up new ideas and creating a template that she is happy with; only then does she go into full production mode. Although Leanne doesn't remember being crafty in her younger years, she always made her kids' Halloween costumes. Her SAC decorating started with making Halloween costumes and evolved into decorating the windows. She has always loved to garden and so began crafting flowers out of paper.

## A bit about Leanne

Leanne lived in East Vancouver until she was around eight when the family moved to Tsawwassen. At the time, there was a single dirt road, one gas station and a small grocery store. She was in the first class at South Delta Senior Secondary! Leanne and her husband, Larry, have two children, Scott and Stephanie. After working as one of the first female stockbrokers in Vancouver and spending years travelling to billing centres, doing training, and working in acquisitions, Leanne shifted gears and started working for the West Vancouver municipality on

the advice of her son, Scott, who loved working for the Community Centre. Leanne was the recreation facility clerk (RFC) supervisor at the SAC until COVID hit and she "retired." She has come back as an RFC and full-on decorating diva!

## Favourites

Leanne fills the Centre with pretty flowers. Poinsettias, tulips, sunflowers and hydrangeas are her favourites because they are bright, colourful, and look so real.

The Star Wars Halloween-themed décor was Leanne's most-loved holiday project. *"If I do say myself, it was spectacular. Next would have to be my Sesame Street characters (Christmas 2023); it took hours and a ton of glue to make them, but I just love them."*

Thank you, Leanne. We look forward to future decorating delights!



**Visit the links to see some of Leanne's works of art!**

### Café Lunar New Year video

<https://www.instagram.com/westvanrec/reel/C3LR4xnxBOd/>

### NS News article on her Game of Thrones décor

<https://www.nsnews.com/in-the-community/game-of-thrones-fanatic-transforms-north-van-home-into-castle-3100311>

# THE LIMERICK CHALLENGE

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

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

*A limerick is a brief poem consisting of five lines within a single stanza, featuring a lively rhythm and following an AABBA rhyme scheme. Typically, limericks explore humorous and whimsical themes, captivating various audiences for centuries.*

*We would like to thank everyone for their submissions. Congratulations to Maggi Nicholas! We will contact you about your prize.*

## WINNER!

**Limerick**  
*by Maggi Nicholas*

I've been debating  
It must be the skating  
That keeps us so trim and so fit  
With a smile on our face  
We pick up the pace  
Ice dancing with verve and with grit  
In friendship we go  
To the ice rink we know  
West Van is our favourite of course  
To skate and have fun  
And when we are done  
We'll have coffee outside in the sun



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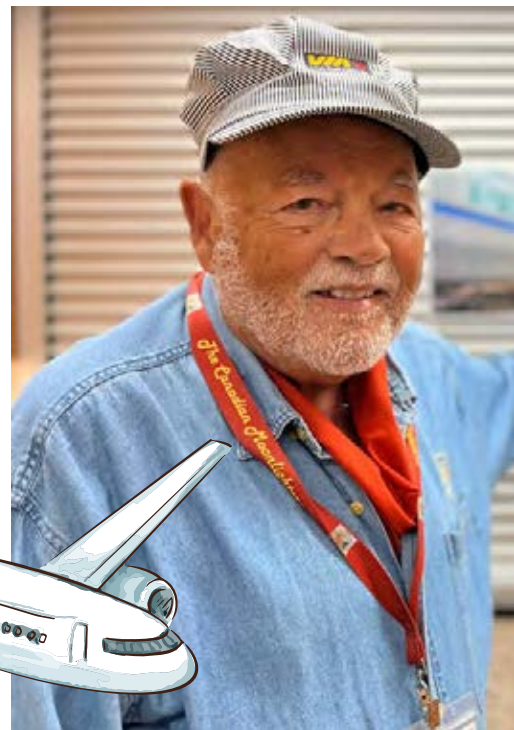
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# OH, THE PLACES YOU'LL GO!

By Chris Inouye



1. Are you an active traveller who loves to hike or do you prefer to explore art museums?
2. Do you enjoy short trips or lengthy ones?
3. Are you a domestic traveller or strictly international?
4. Do you prefer travelling in a group or as a solo traveller?
5. Is five-star luxury your cup of tea, or is "going local" your vibe?

No matter your answers, whether you are a foodie or a history buff, a golfer or a birder, you can find a trip that suits your fancy.



Travel is good for us. It offers:

- a chance to rejuvenate and be physically active
- an opportunity to make social connections and for personal growth
- opportunities for cognitive enhancement
- stress relief
- an opportunity for lifelong learning and cultural enrichment.

As seniors, we can enjoy many travel perks. Seniors ride BC Ferries free from Mondays through Thursdays on select routes, and can take advantage of discounts on camping rates at BC Parks, historic sites, popular attractions, hotels, and more.

## Check Out These Travel Options

If you are interested in educational travel, **Road Scholar (formerly Elderhostel)** may be worth looking into. Road Scholar provides those 50 years and older with educational travel that harmonizes with your interests. Hiking in Spain, watercolour and meditation in California, ancient history and scenic





Jim Adams

beauty in Japan - there is so much to choose from. You can select your pace or even sign up for an online adventure!

<https://www.roadscholar.org/>

If supporting local communities in your destinations appeals to you, check out **G Adventures**. A portion of your tour cost goes to support local communities; groups are small, averaging 12 people, and solo travellers are welcome without a single supplement. Guides are locally based and around the clock support teams are available. There are a myriad of tours designed for those 50+.

<https://www.gadventures.com/blog/solo-travel-tours-over-50/>

### Our Own Back Yard!

Some of us prefer to stay close to home. In seventy-plus years, my Vancouver-born husband had never explored Nanaimo or Ladysmith. We took advantage of the free ferry from Horseshoe Bay to Nanaimo and visited the Harbour City. If you have never stopped to take in the nostalgic Nanaimo Museum or

strolled in the lovely Matteo Sutton Park, put them on your "to do list". Local artists display their craft at a local co-op called The Artisans' Studio. Great food at reasonable prices can be found at such eateries as Mon Petit Choux on Commercial Street. Explore Neck Point Park, just 15 minutes from Departure Bay. If you are a birder, check out Buttertubs Marsh Park which is fully accessible.

Ladysmith is a picturesque gem that is only 30 minutes from Departure Bay. 1st Avenue was rated Canada's best street in 2017. Browse charming shops in heritage buildings. Take in Ladysmith Museum to learn about its unique history. Old Town Bakery offers cinnamon buns worth standing in line for with creative choices like cream cheese and sliced almond, blueberry almond, orange poppy seed, chocolate pecan, and blackberry apricot ginger. From the last Thursday in November until the second Sunday in January, Ladysmith hosts the Festival of Lights—a great way to celebrate the holidays.

### All Aboard!

Jim Adams, retired high school teacher, blue bus driver and Fit Fella, loves **Via Rail's Canadian Train**. This 4,466 km, four-day and four-night trip takes you from Vancouver, BC to Kamloops, Jasper, Edmonton, Saskatoon, Winnipeg, Sioux Lookout, Sudbury Junction, and Toronto.

<https://www.viarail.ca/en/explore-our-destinations/trains/rockies-and-pacific/toronto-vancouver-canadian>

### Why travel by train?

- Trains are environmentally friendly
- Meeting fellow passengers is fun
- It is affordable at about \$200/day
- It is relaxing
- You see "the real" Canada - canola fields, the Rockies, the Canadian Shield
- Food by red seal chefs; real linen tablecloths; four choices at dinner

- Savour champagne and canapes on departure.

### Jim's important train travel tips:

- Be flexible as delays are part of train travel
- Don't travel alone
- Winter is a good time to travel as it's less busy and prices are lower.

### Cruising

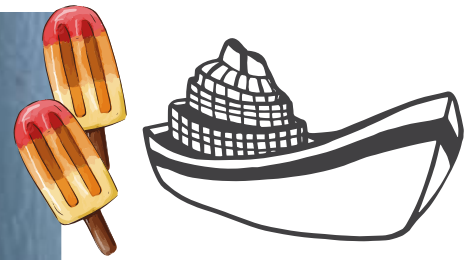
When Erin D'Este is not cheerfully bussing in the Garden Side Café on Tuesdays and serving lunch on Thursdays, she may be off on a cruise. Erin is a fan of cruise travel where you unpack once, visit many different places, and meet like-minded people who share interests and life experiences. Erin and her husband, Giorgio, have made many friends over the years through cruising. She has gone on a 72-day cruise that started in Los Angeles and sailed to Hawaii, the South Pacific, French Polynesia, Malaysia, New Zealand and Australia. Another 30-day adventure took Erin and Giorgio to Dubai, Cape Town, and along the coast of India and Mozambique. Oceania is her cruise line of choice as it attracts a demographic of passengers with whom she is comfortable travelling.

Cruising offers a multitude of activities and entertainment when not in port. You can attend lectures, play bridge, gamble, take a cooking or art class, or do tastings of feature wines and other spirits. There are cruises to suit different interests, lifestyles, and budgets, and they offer excellent value as food, accommodation, entertainment and transportation between destinations are all included in your fare.





Grace and David Gray



**Once a year, go someplace you've never been before.**

– Dalai Lama

today. The thought of sleeping on a beach instead of a cozy room with hot water and breakfast has lost its appeal. However, staying at the Hilton in a different country will not expose you to the local culture. Step out of your comfort zone and see what happens!

### Travelling with Friends

When Grace Gray is not volunteering at SACS on 21st or doing group fitness classes, she and husband David might be travelling with friends. On a trip to Peru with ten friends, none of the luggage arrived, but everyone shared the angst and, perhaps more importantly, the contents of their carry-on bags so that they could go on with their rainforest excursion. On motor trips, it is great to share driving, navigating, costs and even wrong turns with companions. Trips to the U.S., including a lengthy drive to Florida and back, as well as through the Maritimes, France, Italy and Portugal, were great fun and less stressful because they were shared with friends. On their many cruises, travelling with six to ten friends enabled them to book special excursions separate from the crowded and expensive ones offered by the cruise lines. There's a feeling of safety in numbers and a chance to do things you might not do on your own when you are part of a group. Walking through the Peruvian rainforest would not have been something Grace would undertake on her own, but with a group of ten?

Bring it on! Grace believes that travelling with buddies over the years has strengthened friendships and made amazing shared memories.

### Getting Out of Your Comfort Zone

Long-time SAC members Diane and Ken Bryden have been travelling together for 58 years. When they first married, instead of buying a house they travelled around the world for 15 months. Diane likes active travel that is off the beaten track. Getting around like the locals on rattling buses and trains allows you to experience how things are done in other countries. If they can rent bikes or kayaks to explore, they'll do that, too. Some of their best trips were to Patagonia, Scandinavia, the Outer Hebrides, Jordan, Egypt, the Balkans, Croatia, Japan, and the South Pacific. Diane's next trip is to Morocco where she plans to hike in the canyons and hill villages in the Atlas Mountains, attend a camel market, sleep in the desert, stop at oases, take a cooking class, and do anything else that looks interesting.

The way Diane travelled 58 years ago is NOT the way she travels

### Before You Go

Check out important tips for safe travel. Be aware of vaccinations that may be necessary for the area you will visit, be sure that you take all medications, properly labelled, in your hand carry, and research the best options for travel insurance. Be aware of any travel advisories that may be in effect for the places you will visit. Check out the Government of Canada website for handy tips: *Older travellers-Travel.gc.ca*.

Rick Steeves, well-known travel writer and television personality, has useful travel tips for senior travellers. <https://www.ricksteves.com/travel-tips/trip-planning/savvy-senior-travelers>

He has noticed that older travellers seem younger than average in their appearance, attitudes, and energy levels, and believes that travel is an excellent way to stay young in spirit.

**"Age matters only if you're a cheese."**

*Bon Voyage*

# HOT TOPICS WITH WEST VANCOUVER FIRE & RESCUE



By Jeremy Calder, Assistant Chief of Fire Prevention

## HOARDING AND FIRE: REDUCING THE RISK

In our Summer Scene article, we discussed how hoarding is a condition where a person has persistent difficulty discarding personal possessions. Possessions may fill the home and prevent the normal use of the space. Living spaces become cluttered and the home may be unusable. Hoarding brings distress and emotional health concerns.

## HOW CAN YOU HELP REDUCE THE RISK OF FIRE INJURY?

- When talking to a person who hoards, focus on safety rather than the clutter. Be empathetic. Match the person's language. If they call it hoarding, then you can call it hoarding.

- Help the resident make a home safety and escape plan. Stress the importance of clear pathways and exits. Encourage practicing the plan often. Exit routes may change as new items are brought into the home.
- Install working smoke alarms in the home. Test them at least once a month.
- Reach out to community resources. Talk to your West Vancouver Fire Prevention office or social services to alert them of your concerns. We may be able to connect you with services for additional help.

You can contact West Vancouver Fire Prevention at 604-925-7392 or [fireprevention@westvancouver.ca](mailto:fireprevention@westvancouver.ca) to discuss your concerns.



Take care and stay safe,  
Jeremy

Information provided by the NFPA  
Public Safety Division.



## BLACKMAIL SCAM

By Sergeant Chris Bigland



The West Vancouver Police (WVP) would like the community to be aware of an ongoing scam that is circulating through the Lower Mainland.

In the scam, perpetrators claim to have acquired compromising pictures of the victim and direct them to send money to a Bitcoin wallet or the pictures will be sent to their friends and family. The scam starts with the suspect sending an email to the victim stating that they have been looking at adult content online and that malware has captured compromising photos of the victims doing so.

The suspect then provides a photo of the victim's house along with their name and DOB as proof that they know where the victim lives. The suspect then demands a \$2,000 payment to be made immediately via Bitcoin wallet or they will release the photos to family and friends.

If you are a victim of fraud please call the WVP at 604-925-7300.

If you receive suspicious emails, you may report them to the Canadian Anti-Fraud Centre **1-888-495-8501** or [antifraudcentre.ca](http://antifraudcentre.ca).

### Protect yourself on the internet:

- Do not give out personal information or information about your computer.
- Do not open email, files, or links from people you do not know and trust.
- Be mindful in sharing information on personal accounts or websites.

**Bridge with Stephen: Basics 3**

Focus is on defensive play by combining a discussion with lots of practice play, providing a social occasion, an intellectual challenge, and lots of fun. A familiarity with the modern five card major bidding system and basic declarer card play techniques is assumed, although brief reviews of both topics are included. Lesson hand-outs are included. *Prerequisites: Basics 1 and 2.*

Tue  
Jan 7 - Feb 11 3:30 - 5:30 p.m.  
**179606** \$101.10

**Bridge with Stephen: Intermediate 1**

Designed for those who have completed the basic courses and those who want a structured review of the modern five card major bidding system. Lesson handouts are included. *Prerequisite: completed previous levels.*

Tue  
Feb 18 - Mar 25 3:30 - 5:30 p.m.  
**179607** \$101.10

**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).

Wed  
3:30 - 5:30 p.m. \$99

**179588** Jan 8 - Feb 12

**179589** Feb 19 - Mar 26

**Bridge with Tai: Level 1**

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

Mon  
Jan 6 - Feb 10 4:30 - 6:30 p.m.  
**179570** \$83.45

Fri  
Feb 21 - Mar 28 2:15 - 4 p.m.  
**179569** \$83.45

**Bridge with Tai: Level 2**

Learn new skills and enjoy the exciting hobby of bridge. *Pre-requisites: Level 1.*

Mon  
Feb 24 - Mar 24 4:30 - 6:30 p.m.  
**179571** \$69.55

Fri  
Jan 10 - Feb 14 2:15 - 4 p.m.  
**179572** \$83.45

**Duplicate Bridge**

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

Wed  
Jan 8 - Mar 26 1:30 - 4:30 p.m.  
**178601** \$38

**SOCIAL****Events & Trips**

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










*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.*

**Trips & Events Cancellation Policy**

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

**ACCESSIBILITY**

-  Accessible to persons in wheelchairs\*
-  Accessible to persons with scooters\*
-  Accessible to persons with walkers\*
-  Accessible to persons with canes
-  No limitation to hard of hearing. Assistive systems may be available
-  Accessible to persons who are blind or visually impaired
-  Transport to the SAC w/ the SAC Shuttle Bus

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

**Enjoy the Journey Tours - Stonehenge**

See the Stonehenge in Victoria! Discover one of the most mysterious and unique stone monuments in the world and visit the Royal BC Museum to learn about who built it. Enjoy lunch in Victoria's Inner Harbour. Package includes Royal BC Museum admission, Stonehenge Exhibition, lunch at Steamship Bar & Grill, and all fees and taxes. Additional \$36 ferry fee for those 64y and younger.

Thu  
Jan 2 6:45 a.m. - 5:45 p.m.  
**179772** \$159

**IKEA Coquitlam**

Join us as we visit the IKEA store in Coquitlam. Wander the incredible showrooms for home décor ideas and shopping. Stop for a bite to eat and we'll have some storage for small items to take home on the bus. Bus can fit one wheelchair - please indicate if you need the spot.

Mon  
Jan 13 10 a.m. - 2 p.m.  
**180425** \$16.50

## Tea & Trumpets - I've Got Rhythm

Enjoy some of your foot-tapping favourite orchestral showstoppers, including music by Copland, John Williams, and Richard Hayman. The host, Christopher Gaze, will take you on a fascinating journey to the back row of the orchestra. *This is for the bus only, please purchase your own ticket to the show.*

Thu  
Jan 23 12:30 - 4:30 p.m.  
**177083** \$8.25

## Enjoy the Journey Tours - Northwest Flower & Garden Festival

Held at the Washington State Convention Centre in Seattle, this show presents over six acres and four floors. Explore all the flower and garden exhibits to take in a seminar or two. USA travel documents current within 6 months required. Package includes Garden Festival admission, four hours free time at the Festival, private transportation, and all fees and taxes.

Wed  
Feb 19 7:30 a.m. - 8 p.m.  
**180618** \$109

## Tea & Trumpets - J'Adore Paris

From the nostalgia of La Vie en Rose to Debussy's Prelude a l'apres-midi d'un faune, escape with conductor David Bui to the City of Lights! Offenbach's raucous Suite Parisienne brings the afternoon to a close with a rousing can-can. *This is for the bus only, please purchase your own ticket to the show.*

Thu  
Mar 6 12:30 - 3:30 p.m.  
**177084** \$8.25

## Enjoy the Journey Tours - Mystery Tour

This fun and entertaining magical mystery tour takes you to unknown destinations filled with clues, prizes,

and props! A must-see attraction, a great lunch, and afternoon mystery stops included. Use the clues correctly and win a variety of prizes!

Fri  
Mar 28 8 a.m. - 6 p.m.  
**180619** \$119

## 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](mailto: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](http://westvancouver.ca/keepingconnected) or scan the QR code to go 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.

### 2024 Tax preparation and returns

We will have volunteers to process taxes for low income seniors from March 1 until April 30. To qualify for assistance, taxpayers must have a maximum total family income of: \$35,000 for a single or \$45,000 for a couple. We cannot process returns 1) that include Rental Income or any other business income, 2) for deceased taxpayers, 3) for previous years. Register by phone in February at 604-925-7280.

### Adapted Strength and Balance

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

Wed  
Jan 8 - Mar 26 11:45 a.m. - 12:45 p.m.  
**179499** \$145

### Adapted Chair Yoga

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

Tue  
Jan 7 – Mar 25 10:30 – 11:30 a.m.  
**179463** \$147

### Chair Yoga Move and Groove

Learn breathing, movement, alignment, strengthening, and stretching techniques in this fun and upbeat yoga class. Class includes some sitting and standing with variations.

Thu  
Jan 9 – Mar 27 11:15 a.m. – 12:15 p.m.  
**179504** \$103

### Minds in Motion™

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

Fri  
Jan 10 – Feb 28 1 – 2:30 p.m.  
**179515** \$70

Mar 14 – May 2 1 – 2:30 p.m.  
**179516** \$60

### Keep on Moving

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

Wed  
Jan 8 – Mar 26 10 – 11 a.m.  
**179510** \$105



### Stand Tall: Mobility, Posture, and Strength

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

Fri  
Jan 10 – Mar 28 \$98  
**179524** 10 – 11 a.m.  
**179782** 11 a.m. – 12 p.m.

### 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. This program has adaptations for many limitations. *Caregivers must register, but at no charge.*

Mon  
Jan 6 – Mar 31 1:15 – 2:15 p.m.  
**179525** \$115

### Keep Well

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

Mon  
Jan 8 – Mar 26 11:15 a.m. – 12:45 p.m.  
**179517** Free, please register

### Caregiver Support Group

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

Thu  
Jan 9 – Mar 27 10:30 a.m. – 12 p.m.  
**179502** \$40

### Eye Deal

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

Thu 11:30 a.m. – 1 p.m.  
Jan 16, Feb 20, Mar 20  
**179505** Free, please register

### Ladies' Social Club

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

Wed  
Jan 8 – Mar 26 1:30 – 3 p.m.  
**179511** \$70

### 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  
Jan 9 – Mar 27 10:30 a.m. – 12 p.m.  
**179514** \$110

### Social Tea Party

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

Tue  
Feb 11 1 – 2:30 p.m.  
**179518** Free, registration required

### Musical Mondays

Join with friends for an afternoon of conversation and music in a coffeehouse setting at the SAC. Bob & The Yorkettes will play from 2:30 – 3:15 p.m. and guests are invited to chat afterwards.

Mon \$7.50 per session  
**182520** Jan 27  
**182531** Feb 24  
**182532** Mar 31

### Singalong Fun

Lift your spirits and improve your sense of joy and well-being in this weekly singalong!

Mon  
Jan 10 – Mar 28 1 – 2 p.m.  
**179506** Free, please register

### 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  
Jan 9 – Mar 27 10 – 11 am  
**179512** \$55

### Sound Advice for Hearing Impaired

Join us for a series of workshops for people who are hard of hearing. Discussion topics include technology, speech reading, behavioural issues, improving relationships, hearing environments, and more.

Fri  
Jan 3, Feb 7, Mar 7 10 – 11:30 a.m.  
**179523** \$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.

Thu  
4:30 – 5:30 p.m. Free, please register

**179507** Jan 16

**179508** Feb 20

**179509** Mar 20

### Tech Time with Justin

Join us for this special program for anyone who needs help with their technology. Bring your device for a 20-minute, one-on-one appointment and learn valuable tips and tricks. *Please call 604-925-7280 to book an appointment.*

Mon  
9 – 11:30 a.m. \$5

### An Introduction to Brain Health

It's never too late to make changes for a healthier brain. Learn how to maintain or improve your brain health by exploring topics, including natural aging changes, dementia, risk reduction, memory, brain training, and more. *Presented by the Alzheimer's Society of BC.*

Mon  
Jan 20 10:30 a.m. – 12 p.m.  
**183231** Free, registration required

### Walker Talk and Tune Ups

Join us for an information session presented by Paul from Davies Pharmacy! Learn best practices, receive a tune up, and get a safety check for your walker.

Mon  
Mar 10 10 a.m. – 12 p.m.  
**182633** Free, please register

### Pottery Workshop

Enjoy a fun afternoon making something out of clay! Join expert potter, Julie, for a demo, then create your own masterpiece. Items will be taken for drying, firing, and glazing. All materials are provided, and all levels are welcome. *West Vancouver Community Centre's Hobby Arts room.*

Fri  
Feb 14 10 a.m. – 12 p.m.  
**180854** \$45

### Flower Arranging Workshop

Create your own bouquet of flowers while learning about the art and being Zen with nature's beauty. Please bring your own vase. *West Vancouver Community Centre's Hobby Arts room.*

Fri  
Feb 21 10 a.m. – 12 p.m.  
**182577** \$40

### Vase of Spring

Spring vase arranging made easy! In this hands-on workshop, learn how to bring fresh elements into your floral designs, creating lovely vase arrangements that capture the essence of spring. Come ready to create, learn, and celebrate the beauty of spring. Price includes vase, flowers, tools, and supplies.

Fri  
Mar 7 10:30 a.m. – 12:30 p.m.  
**183233** \$65

Fri  
Mar 14 10:30 a.m. – 12:30 p.m.  
**183234** \$65

### Peaceful Transitions: Funeral Planning

Learn what is involved in funeral planning, the costs, and how to make a decision about your wishes. Presented by Mark McKenzie from McKenzie Funeral Services.

Tue  
Feb 4 1 – 2:30 p.m.  
**180641** Free, please register

## Mind & Body Wellness

### Massage

Massages are back! Enjoy a 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. Phone 604-925-7280 to reserve a spot one week in advance.

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

### Best Foot Forward Foot Care Clinic

A foot care nurse will be offering 20-minute appointments—put your best foot forward! The services provided include 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.* \$35 per session

Jan 18 9 a.m. – 2:30 p.m.

Feb 24 9 – 11:30 a.m.

Mar 22 9 a.m. – 2:30 p.m.

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

## Sound Therapy and Healing

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

Tue  
Jan 7 - Mar 18 1 - 2:30 p.m.  
**180650** \$5

## Empowering Patient Workshop—MAID

Learn about Medical Assistance in Dying (MAID) and gain information about advanced care planning. This is the first session in a series of four workshops presented by Alex Muir, a guest from the Metro Vancouver Chapter of Dying with Dignity.

Fri  
Feb 7 1 - 2:30 p.m.  
**182508** Free, please register

## Empowering Patient Workshops (3-part series)

Engage in a series of workshops led by an experienced patient advocate and healthcare navigator. Learn about the healthcare system, advanced care planning, and medical heroics. *Sensitive subject matter may take place.*

Fri \$5 per session  
**182455** Feb 14

**182477** Feb 21

**182479** Feb 28

## UBC Nursing-Health Outreach and Wellness

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 10 a.m. - 2 p.m.  
**182813** Free

Fri  
Mar 28 10 a.m. - 2 p.m.  
**182814** Free



## Living Your Best Life Series

Join us for a coaching workshop and learn about self-reflection, growth, core values, internal thoughts, and future goals.

Mon  
Mar 3 - 17 11 a.m. - 12 p.m.  
**182574** \$35

## Qi Gong

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

Tue  
Mar 4 - 25 4 - 5:30 p.m.  
**179539** \$45

## Mindfulness Meditation Mondays

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

Mon  
Jan 6 - Mar 31 12:30 - 1:30 p.m.  
**179538** \$100

## SPORTS

For a complete listing of **Sports** programs, visit [westvancouver.ca/sports](http://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  
Jan 11 - Mar 29 1 - 3 p.m.

## Table Tennis

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

Tue  
Jan 7 - Mar 25 3:30 - 5:30 p.m.

Thu  
Jan 9 - Mar 27 2:30 - 4:30 p.m.

## Table Tennis Intergenerational

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

Wed  
Jan 8 - Mar 26 6:15 - 8 p.m.

## Badminton

Bring your racquet and improve your fitness and coordination.

Thu 10:30 a.m. - 12:30 p.m.  
Jan 9 - Mar 27

## Outdoor Rec

For a complete listing of **Outdoor Rec** programs, visit [westvancouver.ca/seniorsoutdoorrec](http://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](mailto:ejones@westvancouver.ca).

To find out what's happening each month, visit [westvancouver.ca/sports](http://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.*

We are looking for new volunteer leaders for cycling groups. Interested volunteers will need to complete an in-person adult volunteer orientation. Details are available at the SAC front desk.



### Silver Wheels - 2025 Annual Registration

Mon & Thu  
Jan 6 - Dec 18 9 a.m. - 2 p.m.  
**178747** \$34.50

### Turtles - 2025 Annual Registration

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

### Easy Riders - 2025 Annual Registration

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

### Coast Riders - 2025 Annual Registration

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

### NorWest - 2025 Annual Registration

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

### Ramblers - 2025 Annual Registration

Hike with us! This group hikes an average of 8 to 10 km 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. If you haven't participated with the Ramblers before, please sign up for the waitlist (159383) and contact Emily at [ejones@westvancouver.ca](mailto: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.

Tue  
Jan 7 - Mar 25 9 a.m. - 12:30 p.m.  
**178740** \$33

### 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.

Thu  
Jan 9 - Mar 27 9 a.m. - 12:30 p.m.  
**178741** \$33

## HEALTH & FITNESS

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



### GROUP FITNESS ACTIVITY LEVELS



#### MILD

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



#### MODERATE

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



#### STRENUOUS

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

## Group Fitness

### Morning Energizer

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

Mon  
Jan 6 - Feb 10 8 - 8:55 a.m.  
**176900** \$31.50

Wed  
Jan 8 - Feb 12 8 - 8:55 a.m.  
**176901** \$31.50

Mon  
Feb 24 - Mar 24 8 - 8:55 a.m.  
**176902** \$26.25

Wed  
Feb 19 - Mar 26 8 - 8:55 a.m.  
**176903** \$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  
Jan 10 - Feb 14 8:15 - 9:15 a.m.  
**176914** \$31.50

Fri  
Feb 21 - Mar 28 8:15 - 9:15 a.m.  
**176915** \$31.50

### Stay Fit for Men

Stay fit in a fun, yet mild exercise program for men! This small group class will increase your muscular strength and endurance, improve your flexibility, and will include a low intensity cardio segment.

Mon & Wed  
Jan 6 - Feb 12 8:15 - 9:15 a.m.  
**176912** \$63

Mon & Wed  
Feb 19 - Mar 26 8:15 - 9:15 a.m.  
**176913** \$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  
Jan 7 - Feb 11 1:15 - 2:15 p.m.  
**176892** \$57.75

Tue & Thu  
Feb 18 - Mar 27 1:15 - 2:15 p.m.  
**176893** \$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  
Jan 6 - Feb 13 12 - 1 p.m.  
**176904** \$84

Mon & Thu  
Feb 20 - Mar 27 12 - 1 p.m.  
**176905** \$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  
Jan 8 - Feb 12 10:30 - 11:30 a.m.  
**176908** \$31.50

Fri  
Jan 10 - Feb 14 11:45 a.m. - 12:45 p.m.  
**176909** \$31.50

Wed  
Feb 19 - Mar 26 10:30 - 11:30 a.m.  
**176910** \$31.50

Fri  
Feb 21 - Mar 28 11:45 a.m. - 12:45 p.m.  
**176911** \$31.50

### Strength & Stretch

Enjoy a full-body fitness class, starting with a gentle warm-up and some cardio to get your heart rate up. Move on to balance work and resistance training using body weight, exercise bands, and floor exercises. Finish with a stretch.

Thu  
Jan 9 - Feb 13 9:15 - 10:15 a.m.  
**176916** \$31.50

Thu  
Feb 20 - Mar 27 9:15 - 10:15 a.m.  
**176917** \$31.50

### Small Group Training

Get your heart pumping and your body moving with this low-intensity 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  
Jan 7 - Feb 13 9 - 10:10 a.m.  
**176906** \$63

Tue & Thu  
Feb 18 - Mar 27 9 - 10:10 a.m.  
**176907** \$63

### 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  
Jan 6 - Feb 10 9:15 - 10:15 a.m.  
**176884** \$31.50

Mon  
Feb 24 - Mar 24 5 - 5:55 p.m.  
**176887** \$26.25

Mon  
Feb 24 - Mar 24 9:15 - 10:15 a.m.  
**177086** \$31.50

Wed  
Jan 8 - Feb 12 9:15 - 10:15 a.m.  
**176885** \$31.50  
Feb 19 - Mar 26  
**176888**

Fri  
9:15 - 10:15 a.m. \$31.50  
**176886** Jan 10 - Feb 14  
**176889** Feb 21 - Mar 28

### Forever Fit

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  
8 - 8:55 a.m. \$31.50  
**176894** Jan 7 - Feb 11  
**176897** Feb 18 - Mar 25

Thu  
8 - 8:55 \$31.50  
**176895** Jan 9 - Feb 13  
**176898** Feb 20 - Mar 27

Fri  
8 - 8:55 a.m. \$31.50  
**176896** Jan 10 - Feb 14  
**176899** Feb 21 - Mar 28

### 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  
Jan 16 - Feb 13 1 - 2 p.m.  
**176926** \$72.50

Thu  
Feb 20 - Mar 27 1 - 2 p.m.  
**176927** \$87

### Pelvic Floor & 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  
5 - 6 p.m. \$42

**178676** Jan 8 - Feb 12

**178677** Feb 19 - Mar 26

### **Reboot 30 X 3**

This 30-minute program will include strengthening movements, balancing exercises, and stretches to improve breathing and joint mobility.

Participants must be able to move down to the floor and up.

Tue & Fri  
Jan 7 - Mar 28 12 - 12:30 p.m.

**179536** \$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.

Thu  
Jan 9 - Mar 27 9 - 10 a.m.

**179528** \$80

### **Live Well 55+**

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

Sat  
Jan 11 - Mar 29 10:30 - 11:30 a.m.

**179533** \$122

## 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  
Jan 6 - Mar 31 11:45 a.m. - 12:45 p.m.  
**179531** \$185

### **Therapeutic Yoga**

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  
Jan 8 - Feb 12 5 - 6 p.m.  
**176944** \$54.25

Feb 19 - Mar 26 5 - 6 p.m.  
**176945** \$62

### **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  
Jan 7 - Feb 11 11:45 - 1 p.m.  
**176930** \$54.25

Feb 18 - Mar 25 11:45 - 1 p.m.  
**176933** \$62

Thu  
Jan 9 - Feb 13 10:30 - 11:45 a.m.  
**176931** \$54.25

**176932** 12 - 1:15 p.m.

Thu  
Feb 20 - Mar 27 \$62

**176934** 10:30 - 11:45 a.m.

**176935** 12 - 1:15 p.m.

### **Chair Yoga Movement & Balance**

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

Mon  
Jan 6 - Feb 10 3:30 - 4:45 p.m.  
**176936** \$31

Feb 24 - Mar 24 3:30 - 4:45 p.m.  
**176937** \$54.25

### **Yoga Beginner**

Learn the basic postures and principles of alignment and breathing.

Mon  
Jan 6 - Feb 17 5 - 6:15 p.m.  
**176946** \$31

Feb 24 - Mar 24 5 - 6:15 p.m.  
**176947** \$54.25

### **Hatha Movement Yoga**

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

Tue  
9 - 10:15 a.m. \$62

**176938** Jan 7 - Feb 11

**176939** Feb 18 - Mar 25

### **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  
Jan 9 - Feb 13 9 - 10:15 a.m.  
**176940** \$54.25

Feb 20 - Mar 27 9 - 10:15 a.m.  
**176941** \$62

### **Yoga Movement**

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

Wed  
Jan 8 - Feb 12 10:20 - 11:35 a.m.  
**176948** \$62

Feb 19 - Mar 26 10:20 - 11:35 a.m.  
**177178** \$62

### 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  
Jan 10 – Feb 14 10:30 – 11:30 a.m.  
**176942** \$54.25

Feb 21 – Mar 28 10:30 – 11:30 a.m.  
**176943** \$62

### 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  
9 – 10:15 a.m. \$46.50

**179943** Jan 11 – Feb 15

**179944** Feb 22 – Mar 29

## 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  
Jan 8 – Feb 12 10:45 – 11:45 a.m.  
**176928** \$71.75

Feb 19 – Mar 26 10:45 – 11:45 a.m.  
**176929** \$82



## Personal Training

For a complete listing of **Personal Training**, visit [westvancouver.ca/personaltraining](http://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](mailto:personaltraining@westvancouver.ca).

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

## Active Rehab

For a complete listing of **Rehab** programs and available consultation appointments, visit [westvancouver.ca/activerehab](http://westvancouver.ca/activerehab) or scan the QR code to go to the page.

*An initial consultation is required for all active rehabilitation programs.*



### Active Mind, Active Body

Work out under the supervision of a personal trainer and get the most out of your mind and body! Caregivers are encouraged to attend.

Sat  
Jan 11 – Mar 29 \$120  
*Multiple times available*

### Metabolic Health & Weight Loss

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

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

Tue  
Jan 7 – Mar 25 6 – 7 p.m.  
**176862** \$198

Thu  
Jan 9 – Mar 27 6 – 7 p.m.  
**176863** \$198

Fri  
Jan 10 – Mar 28 8 – 9 a.m.  
**176864** \$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  
Jan 6 – Mar 24 11:30 a.m. – 12:30 p.m.  
**176876** \$181.50

Jan 6 – Mar 24 1 – 2 p.m.  
**176873** \$181.50

Wed  
Jan 8 – Mar 26 1 – 2 p.m.  
**176874** \$198

*Class in Farsi* 11:45 a.m. – 12:45 p.m.  
**180856** \$198

Fri  
Jan 10 – Mar 28 1 – 2 p.m.  
**176875** \$198

#### Level 2

Mon  
Jan 6 – Mar 24 2:15 – 3:15 p.m.  
**176877** \$181.50

Wed  
Jan 8 – Mar 26 2:15 – 3:15 p.m.  
**176879** \$198

Fri  
Jan 10 – Mar 28 2:15 – 3:15 p.m.  
**176878** \$198

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

### Chronic Low Back Pain and Core Strength

Are you suffering from chronic low back pain (LBP)? Does your pain affect you from being active? Learn exercises to help alleviate some pain and correct form to reduce the likelihood of reoccurring pain.

Mon  
Jan 6 - Mar 24 2:15 - 3:15 p.m.  
**176841** \$181.50

Wed  
Jan 8 - Mar 26 2:15 - 3:15 p.m.  
**176839** \$198

Fri  
Jan 10 - Mar 28 2:15 - 3:15 p.m.  
**176840** \$198

### Better Bones

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  
Jan 6 - Mar 24 9:15 - 10:15 a.m.  
**176837** \$181.50

Tue  
Jan 7 - Mar 25 3:30 - 4:30 p.m.  
**176835** \$198

Wed  
Jan 8 - Mar 26 9:15 - 10:15 a.m.  
**176834** \$198

Thu  
Jan 9 - Mar 27 3:30 - 4:30 p.m.  
**176836** \$198

Fri  
Jan 10 - Mar 28 9:15 - 10:15 a.m.  
**176833** \$198



### Parkinson's Movement Therapy

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  
Jan 7 - Mar 27 \$396

**176869** 9:15 - 10:15 a.m.

**176870** 10:30 - 11:30 a.m.

### Pulmonary Rehabilitation

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

Tue & Thu  
Jan 7 - Mar 27 1 - 2 p.m.  
**176871** \$228

### FAME for Stroke

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

Tue & Thu  
Jan 7 - Mar 27 11:45 a.m. - 12:45 p.m.  
**176842** \$396

### Strength for Stroke

Improve overall mobility, build up lost cardiovascular endurance, and develop arm and hand functions with the guidance of an experienced personal trainer. This program is geared towards high functioning stroke survivors.

Tue & Thu  
Jan 7 - Mar 27 11:45 a.m. - 12:45 p.m.  
**176872** \$396



### 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  
Jan 6 - Mar 26 12 - 1 p.m.  
**176838** \$115

### Women on Weights

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

Mon  
Jan 6 - Mar 24 8 - 9 a.m.  
**176880** \$181.50

Wed  
Jan 8 - Mar 26 8 - 9 a.m.  
**176881** \$198

Thu  
Jan 9 - Mar 27 7:15 - 8:15 p.m.  
**176883** \$198

Fri  
Jan 10 - Mar 28 8 - 9 a.m.  
**176882** \$198

### Functional Training

Improve functional movement (everyday movements), aerobic capacity, function for lifestyle or sport, increase muscular strength, and recover from injury.

Tue  
Jan 7 - Mar 25 8 - 9 a.m.  
**176843** \$198

Thu  
Jan 9 - Mar 27 8 - 9 a.m.  
**176844** \$198

## Healthy Heart

Continue to build your heart strength through aerobic exercise and muscular endurance training in a personal program designed with prevention in mind. Your physician's approval is required to participate.

Tue  
Jan 7 - Mar 25 8 - 9 a.m.  
**176847** \$198

Wed  
Jan 8 - Mar 26 8 - 9 a.m.  
**176848** \$198

Thu  
Jan 9 - Mar 27 8 - 9 a.m.  
**176849** \$198

Sat  
Jan 11 - Mar 29 9:15 - 10:15 a.m.  
**176850** \$198

## 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.

Mon  
Jan 6 - Mar 24 \$181.50

**176859** 10:30 - 11:30 a.m.

**176860** 11:45 a.m. - 12:35 p.m.

**176861** 3:30 - 4:30 p.m.

Tue  
Jan 7 - Mar 25 10:30 - 11:30 a.m.  
**176851** \$198

Wed  
Jan 8 - Mar 26 \$198

**176854** 10:30 - 11:30 a.m.

**176853** 11:45 a.m. - 12:45 p.m.

**176855** 3:30 - 4:30 p.m.

Thu  
Jan 9 - Mar 27 10:30 - 11:30 a.m.  
**176852** \$198

Fri  
Jan 10 - Mar 28 \$198

**176856** 10:30 - 11:30 a.m.

**176857** 11:45 a.m. - 12:45 p.m.

**176858** 3:30 - 4:30 p.m.

## 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!

Mon  
Jan 6 - Mar 24 10:30 - 11:30 a.m.  
**178672** \$181.50

Fri  
Jan 10 - Mar 28 10:30 - 11:30 a.m.  
**178673** \$198

## GLA:D® Canada

Benefit from a program that reflects the latest OA research and has been developed based on feedback from people with OA, as well as healthcare professionals who provide care to individuals with mild to severe symptoms. GLA:D® offers an evidence-based approach that works in the real world.

Tue & Thu  
2:15 - 3:15 p.m. \$252

**176845** Jan 7 - Feb 20

**176846** Feb 25 - Apr 10

## 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  
Jan 6 - Mar 24 1 - 2 p.m.  
**176867** \$181.50

Wed  
Jan 8 - Mar 26 1 - 2 p.m.  
**176865** \$198

Fri  
Jan 10 - Mar 28 1 - 2 p.m.  
**176866** \$198



## PROGRAMS AT THE WEST VANCOUVER MEMORIAL LIBRARY



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

### Movie Matinées

Join us every other Saturday for a diverse selection of films from around the world.

Sat  
Jan 11 - Jun 28 2 - 4 p.m.  
Welsh Hall Free, please register

### Seedy Saturday

Kick off the gardening season with our library rooftop event. Take seeds, leave seeds, chat with our resident mason bee expert, and win prizes!

Sat  
Mar 8 11 a.m. - 1 p.m.  
Swáywi Temíxw (rooftop garden)

### Friday Night Concert: Penderecki String Quartet

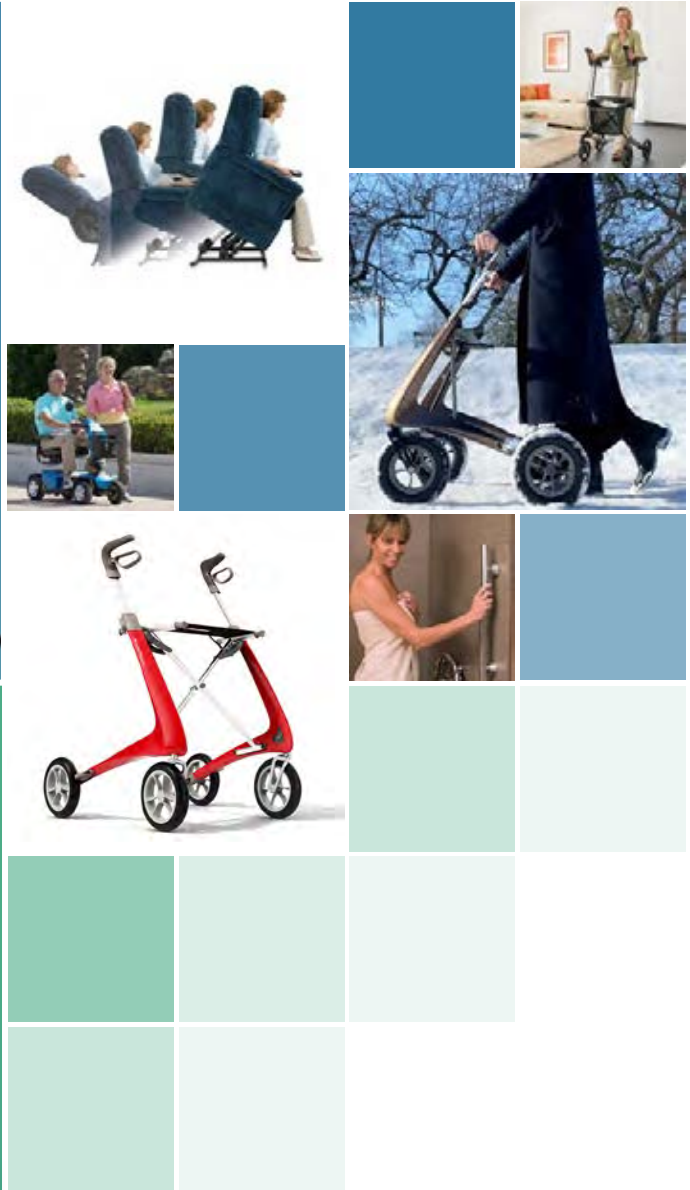
Enjoy the music of four musicians from Poland, Canada, and the USA as they approach their third decade of an extraordinary career, making them one of the most celebrated chamber ensembles of their generation.

Fri  
Mar 14 7:30 - 8:45 p.m.  
Main Hall Free

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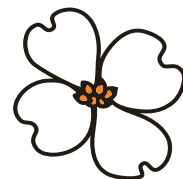
# 3 Tips About Home Healthcare



No one wants to lose their independence, but as we age we often need more help around our home in order to remain safe and independent. Here are 3 things to consider.

1. Our help is local, affordable and right in your community.
2. Shylo can come and assess your health care needs for FREE.
3. There is no contract or obligation to use our services.

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**FREE In-Home Health  
Assessment.**



# Shylo

HOME HEALTHCARE



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