



# *Monarch Newsletter*

*August 2022*

*Happy B.C. Day, August 1*



## **KERRISDALE SENIORS CENTRE**

5851 West Boulevard  
Phone 604-257-8109

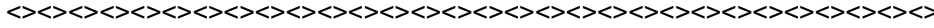
### **Hours of Operation**

Mon – Fri 9am – 10pm  
Saturday – 9am – 7pm  
Sunday – 9am – 5pm

### **Office Hours**

Monday to Friday – 9am – 8pm  
Saturday – 9am – 4pm  
Sunday Closed

## Socials to resume in the fall



### Delicious Recipe from Betty's Kitchen

## HERB-CRUSTED SALMON

Prep Time: 20 minutes | Cooking Time: 20 minutes | Serves: 4

### INGREDIENTS

- 4 Salmon steaks about 1 inch thick
- 1 green onion, finely chopped
- 1 Tbsp. chopped parsley or dill (or both)
- ½ cup of dry white wine

### SAUCE

- 2 Tbsp. butter
  - Tbsp. Dijon mustard
  - 1 Tbsp. honey
  - 1 Tbsp. fresh lemon juice
  - ½ tsp dried tarragon leaves
  - 2 green onions, finely chopped
  - Fresh ground black pepper to taste
  - Pinch of salt
- Melt butter, stir in the remaining ingredients until smooth, set aside



### PROCEDURE

- Place the salmon steaks in a baking dish single layer
- Mix white wine, parsley or dill or both and green onions pour over the fish
- Bake at 350 degrees F. for 15 – 20 minutes or until just cooked
- You can also pan fry on the stove for about 10 minutes or until it flakes
- Do not overcook as the salmon will become dry
- Serve with sauce over a bed of rice or steamed Vegetables

Enjoy!

## Book Sales

Dates: AUGUST 4 and 18



Come check out the collection to find some gems!



### **Please Note: Annual registration fees due Sept. 1, 2022, to Aug. 31, 2023**

Programs requiring a \$10 **annual** registration fee include the following:

**1:** Lunch Program \$10.

**2:** Opera Zone \$10.

**3:** Social Recreation \$10. Note: The Social Recreation Program includes a broad range of free activities including, but not limited to, mah jong, chess, Texas hold 'em poker, bridge, cribbage, ukulele sing along, bingo, drop-in Mandarin, table tennis, scrabble, weekend movies, billiards and snooker.

## FALL REGISTRATION

### **In-person & Online: Saturday, August 13, at 9 a.m.**

Timesavers will be given out at 8:00am at the Seniors Centre desk.

All registration will take place at the Seniors Centre Desk.

You may register yourself and one other person. Ensure you have all necessary information such as name, address, phone number and birthday for that person

### **By phone: Monday, August 15, at 9 a.m.**

Seniors (65+years) may enroll in most of the adult programs and receive a 25% off the adult fees. This does not include the program in the seniors' section as they are already reduced.

### **Refund Policy**

A \$5 processing fee will be charged for all program refunds and transfers.

48-hours notice is required and there will be no refunds granted after the scheduled second class.



## Kerrisdale Mini Bus Trips

A waiver form must be signed and please dress weather appropriate.  
Fully guided tours by Simon Yan

<b>Whistler</b> (Transportation only)	Aug 29, 9:30am-6:30pm	\$20
<b>Surrey Museum &amp; White Spot</b>	Sep 13, 9:00am-3:15pm	\$90
<b>Raptors Ridge: Birds of Prey Exhibition</b>	Oct 6, 9:30am-3:00pm	\$90
<b>Atchelitz Pioneer Village and Chilliwack Christmas Craft Fair</b>	Nov 18, 9:00am-4:30pm	\$90
<b>Holiday Shopping at Tsawassen Mills</b>	Dec 6, 9:30am-2:15pm	\$35

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## THE BUSY BEES BOUTIQUE

Need Jewelry donations for the Boutique!  
Do you have Jewelry you no longer wear or need?  
The Boutique would love to hear from you  
Please contact Bernie at 604 263 3330 or leave your name at the seniors' desk.

The Boutique is looking for Extra - Part Time – Help on Thursdays.  
If interested to become a Volunteer come and meet us on Thursday or  
contact Bernie for more information

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## Volunteer Opportunities

**Seniors Digging Seniors** - Volunteer with the Disabled Independent Gardeners Association.  
Enhance your health and support a senior with disability in growing their own produce. With raised garden plots and adapted tools, our gentle gardening is accessible for all ages and physical abilities Contact 604.688.6464 [volunteer@disabilityfoundation.org](mailto:volunteer@disabilityfoundation.org) | [www.digabc.org](http://www.digabc.org)

### 2022 Civic Election Workers

Saturday, October 15th city election. Many workers are needed. To apply you must be able to attend training sessions and work on Election Day.

To serve Vancouver city and earn money, apply here now:

<https://vancouver.ca/your-government/election-employment-opportunities.aspx>



## Enthusiastic Walkers August 2022

Our group meets in the Seniors Centre every Friday morning, ready to leave at 9:30 am. We return around 1pm. Our walks are leisurely and at present we have a waiting list.

Aug 5	Jericho	Bus
Aug 12	N. Side False Creek	Bus
Aug 19	Langara	Bus
Aug 26	Coal Harbour	Bus

For more information, please call:  
Maureen at 604-263-4579

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### **Summer Registration - On-going In-person, online & by phone**

Seniors (65+years) may enroll in most of the adult programs and receive a 25% off the adult fees. This does not include the programs in the seniors section as they are already reduced.

### **Refund Policy**

A \$5 processing fee will be charged for all program refunds and transfers. 48-hours notice is required and there will be no refunds granted after the scheduled second class.

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### **Kerrisdale Peter Talks (Formerly the Kerrisdale Coffee Club (KCCs)) Talks to resume in the fall**

## August Menu

Daily, Mon-Sat 11:30am-12:45pm

**\$10 annual registration fee for Lunch Program due Sept 1 2021**

The Menu could be subject to Change

Mon	1	<b>Closed for BC Day</b>
Tues	2	Butter Chicken with Rice, Vegetables & Naan
Wed	3	Baked Chicken Legs with Potatoes, Veg & Baked Beans
Thurs	4	Beef Moussaka with Potatoes & Vegetables
Fri	5	Turkey Cutlets with Potatoes and Vegetables
Sat	6	Hot Lunch
Mon	8	Stuffed Chicken Breast with Potatoes & Vegetables
Tues	9	Cod Fillets with Potatoes & Vegetables
Wed	10	Beef Sausages with Potatoes and Vegetables
Thurs	11	Chicken Wellington with Potatoes and Vegetables
Fri	12	Ham & Scalloped Potatoes, Vegetables & Raisin Sauce
Sat	13	Hot Lunch
Mon	15	Baked Basa Fish Fillets with Potatoes & Vegetables
Tues	16	Roast Beef with Potatoes, Vegetables & Yorkshire Pudding
Wed	17	Moroccan Chicken with Cous-Cous & Vegetables
Thurs	18	Last BBQ of the Season: Burgers and all the Fixings
Fri	19	Seasoned Chicken with Potatoes & Vegetables
Sat	20	Hot Lunch
Mon	22	Chicken Strips with Potatoes, Vegetables & Plum Sauce
Tues	23	Salmon Pie with Potatoes & Vegetables
Wed	24	Braised Pork Tenderloin with Potatoes and Vegetables
Thurs	25	Chicken Lasagna with Salad and Garlic Toast
Fri	26	Veal Cutlets with Potatoes and Vegetables
Sat	27	Hot Lunch
Mon	29	Chicken Pot Pie with Potatoes and Vegetables
Tues	30	Sweet & Sour Meatballs with Rice and Vegetables
Wed	31	Cod Fillets with Potatoes, Vegetables & White Sauce

# ANGEL'S MIND MATTERS

## Returning in the Fall

**Meets MONDAYS From 2:15 to 3:30pm  
to share opinions on various topics.**



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### New Program.....

#### Choose to Move

Choose to Move is a 3-month program, based on scientific evidence, to promote greater physical activity among people aged 65 and older, who are not regularly active. Working with a trained Activity Coach, participants develop a physical activity plan customized to their needs, interests, goals, resources, and abilities. Choose to Move is just one arm of Active Aging BC, a Ministry of Health-funded initiative that provides an 'upstream' solution designed to maintain the health, mobility, social connectedness, and independence of seniors.

***Participants must attend the Info Session to be eligible for the full program.***

Fri 5:30pm - 6:30pm Info Session Sep 23 42458

#### Group Workshops 421464

Oct 14 - Welcome & Goal Setting	Nov 25 - Nutrition
Oct 28 - Physical Activity & Social Connection	Dec 02 - Fall Prevention
Nov 04 - Incidental Physical Activity	Dec 09 - Stress Management & Brain Health
Nov 18 - Revisit Your Goal	Dec 16 - Revisit Your Goal & Celebration

Instructor: Keiko Murakami

#### Carpet Bowling

Carpet Bowling is a low impact, therapeutic exercise that can improve fitness, coordination and confidence. This game originated in Britain where the objective is to get your balls closest to the "Jack." Games can be played in pairs or teams while standing or sitting making it suitable for all skills and physical abilities. This program is non-instructional, players will rotate after each game. Equipment and instructions for game play provided. No class Oct 10.

M	1:30pm - 3:30pm	\$52/13 sess	Sep12-Dec12	426020
Th	1:30pm - 2:30pm	\$28/14 sess	Sep12-Dec12	426021
M	1:30pm - 3:30pm	\$56/14 sess	Sep12-Dec12	429022

#### ActiveAge

ActiveAge is a 3-month, group led, physical activity program for adults aged 65 and older, who are not regularly active, to introduce participants to the benefits of physical activity and reinforce their commitment to incorporate it into their daily lives. ActiveAge is led by BCRPA registered Fitness Leaders with the Older Adult specialty. The unique aspect of this program is that alongside physical activity specifically tailored for older adults, ActiveAge also encourages social interactions and overall health. No class Oct 10.

**Mon 10:30 am- 11:30 am Sep 12-Dec 05 422640**  
**Free, Registration req'd /12 sess Instructor: Bill Galloway**

## August Movies – Saturday & Sunday 2:00pm

### **Aug 6/7 A Hidden Life (2019) Run Time: 173 min.**

Austrian farmer Franz Jägerstätter faces the threat of execution for refusing to fight for the Nazis during World War II

### **Aug 13/14 Richard Jewell (2019) Run time: 129 min**

During the 1996 Summer Olympics in Atlanta, security guard Richard Jewell discovers a suspicious backpack under a bench in Centennial Park. With little time to spare, he helps to evacuate the area until the incendiary device inside the bag explodes. Hailed as a hero who saved lives, Jewell's own life starts to unravel when the FBI names him the prime suspect in the bombing.

### **Aug 20/21 The Public (2018) Run Time: 119 min**

An act of civil disobedience turns into a standoff with police when homeless people in Cincinnati take over the public library to seek shelter from the bitter cold.

### **Aug 27/28 A Dog's Journey (2019) Run time: 109 min**

Bailey is living the good life on the Michigan farm of his boy, Ethan and Ethan's wife Hannah. He even has a new playmate: Ethan and Hannah's baby granddaughter, CJ. The problem is that CJ's mom, Gloria, decides to take CJ away. As Bailey's soul prepares to leave this life for a new one, he makes a promise to Ethan to find CJ and protect her at any cost. Thus begins Bailey's adventure through many lives filled with love, friendship, and devotion.







*Kerrisdale Seniors Singers*  
In January 2022, the  
*Original Kerrisdale Seniors Singers* started  
their new season of song and entertainment.  
**Rehearsals will resume in the fall**

Join us, tenors, sopranos, altos... all are welcome with some choir experience  
For information, please phone Music Director Marilyn, at **604-876-8666**

**Volunteer Pianist Needed**

**The Original Kerrisdale Seniors Singers**

Do you play the piano? **Your assistance would be greatly appreciated!**  
We look forward to welcoming you. Please speak to or leave a message with  
Music Director Marilyn at 604-876-8666.



**Seniors Lunch Program**

Monday to Saturday • 11:30 a.m.-1 p.m. • \$7.50/meal

We offer a nutritious hot lunch six days a week to adults/seniors over the age 55 who are registered in the Lunch Program.

A full meal includes a main entrée with a dessert and beverage. Lunch Program registration costs \$10 for the year. Takeout available (beverage not included). Pre-registration not required.

The Lunch Program is open to residents over age 55. Lunch Program participants may purchase a single lunch or 10 meal punch card. Lunch Program participants may be asked to show their Lunch Program registration card. A guest of a program participant may purchase a single lunch provided the guest is over age 55.

For patrons dining frequently, a 10-meal punch card is also available. At \$70 it provides a savings of \$5. Available for purchase at the seniors front desk.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	<b>Knit a Bit &amp; More</b> Chess 1:30pm-3:30pm Bridge 12:30pm-3:00pm	<b>Texas Hold 'em Poker</b>	Mah Jong 9:00am-12:00pm <b>Scrabble 1:00 to 3:00pm</b> Bridge 12:30pm-3:00pm	<b>Book Sales</b>   <b>Table Tennis</b> <b>"Busy Bees Boutique"</b>	<b>Bingo 1:00-3:00pm</b>  <b>Enthusiastic Walkers</b>	Movie: <b>A Hidden Life</b>  <b>Social Dance</b>
7	8	9	10	11	12	13
Movie: <b>A Hidden Life</b>  <b>Opera Zone</b>	<b>Knit a Bit &amp; More</b> Chess 1:30pm-3:30pm Bridge 12:30pm-3:00pm	<b>Texas Hold 'em Poker</b>	Mah Jong 9:00am-12:00pm <b>Scrabble 1:00 to 3:00pm</b> Bridge 12:30pm-3:00pm	<b>Table Tennis</b> <b>"Busy Bees Boutique"</b>	<b>Bingo 1:00-3:00pm</b>  <b>Enthusiastic Walkers</b>	Movie: <b>Richard Jewell</b>  <b>Social Dance</b>
14	15	16	17	18	19	20
Movie: <b>Richard Jewell</b>	<b>Knit a Bit &amp; More</b> Chess 1:30pm-3:30pm Bridge 12:30pm-3:00pm	<b>Texas Hold 'em Poker</b>	Mah Jong 9:00am-12:00pm <b>Scrabble 1:00 to 3:00pm</b> Bridge 12:30pm-3:00pm	<b>Book Sales</b>   <b>Table Tennis</b> <b>"Busy Bees Boutique"</b>	<b>Bingo 1:00-3:00pm</b>  <b>Enthusiastic Walkers</b>	Movie: <b>The Public</b>  <b>Social Dance</b>
21	22	23	24	25	26	27
Movie: <b>The Public</b>	<b>Knit a Bit &amp; More</b> Chess 1:30pm-3:30pm Bridge 12:30pm-3:00pm	<b>Texas Hold 'em Poker</b>	Mah Jong 9:00am-12:00pm <b>Scrabble 1:00 to 3:00pm</b> Bridge 12:30pm-3:00pm	<b>Table Tennis</b> <b>"Busy Bees Boutique"</b>	<b>Bingo 1:00-3:00pm</b>  <b>Enthusiastic Walkers</b>	Movie: <b>A Dog's Journey</b>  <b>Social Dance</b>
28	29	30	31			
Movie: <b>A Dog's Journey</b>	<b>Knit a Bit &amp; More</b> Chess 1:30pm-3:30pm Bridge 12:30pm-3:00pm	<b>Texas Hold 'em Poker</b>	Mah Jong 9:00am-12:00pm <b>Scrabble 1:00 to 3:00pm</b> Bridge 12:30pm-3:00pm			<b>August 2022</b>

## Workshops

### **Blood Pressure Monitoring**

On hold till further notice

### **Social Connectedness**

Loneliness and isolation are unhealthy. This workshop examines the social determinants of health and well-being. It helps participants to determine the level of connectedness they need and how to achieve it

**Tu 10:30am – 11:30am Aug 09 Free, Registration req'd/1 sess  
414077**

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## **PROGRAMS**

Pick up our seasonal brochure at the front desk or visit [www.kerrisdalecc.com](http://www.kerrisdalecc.com) for a full list of programs

*Make-up classes may be offered if time permits/Pro-rated refunds completed at the end of the season for any programs temporarily suspended.*

*Registration on-going – Pro-rated pricing at the time of registration*

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### **Knit A Bit & More**

This social group is for everybody who likes to knit, sew, crochet, embroider etc. Join us on Mondays at 1:00pm – 3:00pm for two hours of friendship and productivity in a relaxed atmosphere.

If you would like to learn to knit etc or need help with patterns, we will teach.

Ladies may also bring their own projects to work on and share knowledge.

For more information please join us on Monday. On-going no registration necessary.

**Mon 1:00pm-3:00pm on-going**

### **Laughter Yoga**

Are you looking for a fun unique way to Laugh your Pandemic Blues Away?

Laughter yoga combines fun breathing techniques and playful exercises to stimulate and cultivate an inner spirit of joy. Laughter is the best medicine! Come join us for your weekly dose of laughter.

Drop-in \$12 adults/\$10 seniors, if space permits.

**Fri 9:00am-9:50am Jul 8-Aug 26**

**416337**

**\$49/7 sess**

**Instructor: Sunghee Lapell**

**Fall Prevention**

The Easiest & Safest Program on Earth. Sunghee Lapell, a certified Original Strength Pro Coach, will guide this fun and easy way to reclaim your strength and confidence. Fear the floor no more! Drop-in \$14 adults/\$12 seniors, if space permits. No class Jul 15.

**Fri 9:00am-9:50am Jul 8-Aug 26**  
**416336 \$70/7 sess Instructor: Sunghee Lapell**

**Saturday Social Dance - New**

Social Dance is back! Time to dust off those dancing shoes!  
Come and join this fun and relaxed group!

**Sat 4:00 pm-6:00 pm Jul 02-Aug 27 \$2 drop in or \$15/10 visit card**

**SENIORS GROUP FITNESS**

Rates	Seniors	Adult
Drop-In	\$5.25	\$6.25
Fit Card 10 Classes	\$37.50	\$47.50

**Tuesday/Friday/Saturday • Gentle Fit & Mild Mod Low Impact**

A complete workout featuring options for performing all exercises on chairs.  
Our goal is to promote unaided mobility through gentle cardiovascular exercise.

Tue 10:30am-11:30am on-going Instructor: Audrey Darling  
Fri 9:30am-10:30am on-going Instructor: Sarah Groberman  
Sat 10:00am-11:00am on-going Instructor: Audrey Darling

**Wednesday Gentle Fit**

Fitness for fun! Strengthen and build, then relax those muscles while you enjoy a workout especially designed for seniors in mind.

**W 9:00am-10:00am on-going Instructor: Berdjis Bahrami**

### **Ukulele Jam**

Join us in enjoying a fun and relaxed sing-along as we continue to build a ukulele community at Kerrisdale. The playlist for each day will be selected and lead by our song leader from our song book. Stands will be provided but feel free to bring one if you have it as the number of stands is limited. The afternoon will consist of group singing, with a short break near the middle of the hour.

We welcome players of all skill levels from beginners to experts.

**Sat 2:00pm-3:00pm \$5/sess Instructor: Joseph Young**  
**413745 Jul 30**

### **SOCIAL RECREATION PROGRAMS**

*A Social Recreation Card is required to participate in the following activities.*

*This annual card can be purchased at the front desk for \$10*

*(valid September 2021-August 2022)*

### **Table Tennis**

Have fun and exercise with friends. Tables are located in the seniors' centre and in the youth games room. Youth room table tennis is reserved for youth after 3 pm daily and all day on weekends. Additional times may be available throughout the week. Please call or visit the seniors centre on day of play for room availability.

**Thu 2:30pm-4:30pm**

**Fri 9:00am-10:00pm (New added time for the summer season)}**

### **Angel's Mind Matters**

Returning in the Fall

### **Bingo**

Spend a pleasant afternoon with friendly seniors.

Try your luck, maybe you will be a winner!

**Fri 1:00pm-3:30pm**

### **Bridge**

No partners required. Please drop-in and play with a fun and friendly group. Always looking for new players. For people who have played bridge

before, \$0.25/session

**M/W 12:30pm-3:00pm**

**Chess**

Join us for a friendly game of Chess! On-going drop-in program.

**Mon 1:30pm-3:30pm**

**Cribbage**

On-going drop-in program.

**Wed 9:00am-12:00pm**

**Mah Jong**

Come and learn this Chinese game about numbered and pictured tiles. Great for the mind, all levels welcome. No registration required. Held in seniors' lounge.

**Wed 9:00am-12:00pm**

**Scrabble**

Join us for a friendly game of Scrabble! On-going drop-in program.

**Wed 1:00pm-3:00pm**

**Texas Holdem Poker**

You have seen it on TV and on the computer, now is the chance to play it at the Kerrisdale Seniors Centre. This program is for players of all levels and ages looking for fun and excitement.

**Tu 5:30pm-9:00pm**

**VIDEO MOVIES**

Come and enjoy a movie shown on a large screen TV.

Movie titles will be posted monthly in the Monarch newsletter.

**Sa / Su 2:00pm-4:30pm**



## Concert for All Ages

# The Opera Zone –

*Beloved famous Arias and Songs by Gerard Satamian  
and other Talented Artists*

*Sunday August 7 2:00 pm – 4:00 pm*

**Note:**

**\$10 Annual Opera Zone Card and pre-registration to event day is required**

**NOTICE TO ALL MEMBERS**

As a courtesy to Instructors and class members of classes which are in session ahead of the class you are registered for, please do not interrupt or enter that classroom until all members, including the Instructor, have vacated the room.

Further, to avoid any possible injury to self or others, please respect and allow Staff to set up chairs etc for programs or workshops before you enter.

### Yuan Ji Dance

Chinese Yuan Ji dance is a fusion of physical exercise, qi gong, martial arts, Tai Chi etc. which acts in concert with the Yuan Ji music. Following the experienced volunteers, participants will dance along to the melodious music. This dance is a low to moderate impact exercise which promotes health and wellness and is a good therapy for physical and mental well-being  
Drop-in \$2 if space permits. Instructor: Volunteer

**Wed 9:00 am-11:00 am Sep 07-Dec 422596 \$32/16 sess**  
**Th 2:45 pm-2:45 pm Sep 08-Dec 422597 \$32/16 sess**

### Indoor Bocce NEW

Join us in the morning for some casual rounds of bocce! Bocce is an Italian game where the objective is to throw your balls closer to the white ball "Pallino." This game is suitable for all skills and physical abilities. Games can be played in pairs or in teams. This program is non-instructional, players will rotate after each game. Equipment and instructions for game play provided.

**Th 2:30 pm-4:30 pm Sep 15 to Dec 15 \$28/14 sess Adult Rate \$37.50**  
Instructor: Non-instructional 426023

## Seniors Programs at a Glance, July to August 2022

Please note: programs marked with \* require a fee to join.

**Take time to check all the additional programs and relevant time changes**

### Monday

Open Times Billiards	9:00am-1:00pm
*Tai Chi 24 Form Part 2	9:30am-10:30am
*Tai Chi 48 Form Part 2	10:35am-11:35am
*Bridge: Intermediate	10:30am-12:30pm
*Osteo Level 1	9:00am-10:00am
*Yoga for the Older Adult	10:30am-11:45am
*Line Dancing- Beginners	12:15pm-1:30pm
Ladies Bridge	12:30pm-3:00pm
<b>Knit a Bit &amp; More NEW</b>	1:00pm-3:00pm
Chess	1:30pm-3:30pm
*Indoor Shuffleboard	1:30pm-3:30pm
Angels Mind Matters	2:00pm-3:30pm
Open Times Billiards	3:00pm-4:30pm

### Tuesday

Open Times Billiards	9:00am-4:30pm
*Range of Motion (pool)	9:00am-9:45am
*Gentle Fit	10:30am-11:30am
*Line Dance – Improver	12:00pm-1:00pm
Brock House/Kerrisdale Choir	12:45pm-2:45pm
Fun Crafts	1:00pm-3:00pm
*Scottish Country Dance	1:30pm-3:30pm
*Mixed Media	3:00pm-6:00pm
Open Times Billiards	3:00pm-9:00pm
Texas Holdem Poker	5:30pm-9:30pm

### **Make All Recreation Safe (M.A.R.S.)**

Our code of conduct

- Be responsible and respectful
- Play fair and share
- Say "NO" to abuse
- Be positive and encouraging
- Expect the best



## **Wednesday**

*Gentle Fit	9:00am-10:00am
Open Times Billiards	9:00am-10:00pm
Cribbage	9:00am-12:00pm
Mah Jong	9:00am-12:00pm
*Indoor Bocce	9:30am-11:00am
*Gentle Fit Advanced	10:00am-11:30am
*Beginner Pilates for older adults	10:30am-11:30am
Ladies Bridge	12:30pm-3:00pm
Bridge Practice Drop-in	12:30pm-2:45pm
Scrabble	1:00pm-3:00pm
*Osteofit for Life	1:20pm-2:20pm
Brock House/Kerrisdale Bell Ringers - Beginners	1:30pm-4:00pm
Brock House/Kerrisdale Bell Ringers - Ensemble	2:30pm-4:30pm
*Joint Works	2:30pm-3:30pm
*Supported Weight Training	3:45pm-4:45pm
Open Times Billiards	3:30pm-10:00pm

## **Thursday**

Open Times Billiards	9:00am-10:00pm
*Range of Motion (pool)	9:00am-9:45am
*Tai Chi & Health Qigong	9:00am-10:00am
*Osteofit Level 1	9:00am-10:00am
Kerrisdale Senior Singers Choir	9:30am-12:00pm
Craft Boutique	10:00am-3:00pm
*Tai Chi 32 Movement Straight Sword	10:15am-11:15am
Table Tennis	2:30pm-5:30pm
*Tap Happy Beginners	3:15pm-4:15pm
*Tap Happy Advanced Beginners	4:30pm-5:30pm
*Line Dancing Beginners	6:30pm-7:30pm
*Line Dancing Improver	7:30pm-9:00pm

## **Friday**

*Laughter Yoga	9:00am-9:50am
*Aquafit (pool)	9:00am-10:00am
*Table Tennis	9:00am-10:00pm
Open Times Billiards	9:00am-10:00pm
*Friday Gentle Fit	9:30am-10:30am
Enthusiastic Walkers	9:00am-1:00pm
*Fall Prevention	10:00am-10:50am
*Bingo	1:00pm-3:30pm
*Osteofit for Life	1:20pm-2:20pm
*Joint Works	2:30pm-3:30pm
*Therapeutic Weight Training	3:45pm-4:45pm
*Chair Yoga	4:30pm-5:30pm

## **Saturday**

Open Time Billiards	9:00am-6:00pm
*Saturday Gentle Fit	10:00am-11:00am
*You Can Ukulele: Levels 1,2 &3. 3 sessions	10:00am- 1:45pm
Mah Jong	12:15pm-3:45pm
Video Movie of the Week	2:00pm-4:30pm
*Saturday Social Dance	4:00pm-6:00pm

## **Sunday**

*Gentle Yoga	9:00am-10:45am
*Piloga	9:30am-10:30am
Open Time Billiards	9:00am-6:00pm
Video Movie of the Week	2:00pm-4:30pm

### **Monarch Submissions**

Deadline for submissions to the September issue of the  
**Monarch is August 17**

If you have anything to submit, please hand it in at the Kerrisdale  
Seniors' desk.

### **Help Us Help You!**

Please Update or Fill in a **SENIORS CENTRE REGISTRATION FORM.**

The medical and emergency information you provide is important for us in the event of an unforeseen situation.

## Sudoku

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column and each of the nine boxes contain one of each of the numbers 1 through 9. Puzzle difficulty: **Easy** and **Medium**.

4			3	2			1	
	7	3			4	5		
	1		8		6	7		4
	8	6			2		4	
	3	7		4	9	1		
5		4	7				6	
			1			4		
	5						8	2
6		8			5			

2						7	6	
4	3		2		7		8	
				8	4		2	
		8			6	2		
3								
7	4	5						8
			3			8		
			1			9		6
1	7	9	8		5	3		

## July Solutions

2	5	8	3	6	9	4	7	1
4	7	1	5	2	8	6	3	9
3	6	9	7	1	4	2	5	8
5	8	6	4	3	2	1	9	7
7	9	2	6	5	1	3	8	4
1	4	3	8	9	7	5	2	6
6	1	5	9	8	3	7	4	2
8	2	7	1	4	5	9	6	3
9	3	4	2	7	6	8	1	5

4	5	8	2	6	9	3	7	1
2	6	9	3	7	1	4	5	8
1	7	3	8	4	5	2	6	9
3	9	5	7	1	4	8	2	6
6	8	1	5	9	2	7	4	3
7	4	2	6	8	3	1	9	5
5	1	6	4	2	8	9	3	7
8	2	7	9	3	6	5	1	4
9	3	4	1	5	7	6	8	2

Sudoku Puzzles courtesy of **Livewire Puzzles** [www.puzzles.ca](http://www.puzzles.ca)