



Monarch Newsletter

January 2024



KERRISDALE SENIORS CENTRE

5851 West Boulevard
Phone 604-257-8109

Hours of Operation: Seniors Centre

Monday to Friday – 9:00am – 6:00pm
Saturday – 9:00am – 4:00pm
Sunday – Closed

Main Centre

Monday to Friday – 6:30am – 10:00pm
Saturday & Sunday – 9:00am – 6:00pm

Robbie Burns Special Lunch



**Roast Beef with
Haggis**

Dessert: **Chocolate Mousse**

Coffee/Tea

Thursday January 25th 12:00pm \$ 10.00 meal

Pre-registration required. Please see the Front Desk

Takeout Only Available at 12:45pm

Update: Lunch is full.

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.



November Birthday Draw Winner!

Lily C.

Enter the monthly Birthday draw for your chance to win a free Lunch!
Entry submitted at the front desk.



PROGRAM CARD RENEWAL – LUNCH, SOCIAL & OPERA ZONE

Renew your 2023-2024 Program Participant Cards at front desk.

Programs requiring a \$10 registration fee: Lunch Program and Social Recreation.

The Social Recreation program includes a broad range of free activities including, but not limited to, Mahjong, Chess, Texas hold'em poker, Bridge, Cribbage, Bingo, Table tennis, Scrabble

Program requiring a \$20 registration fee: Opera Zone



Winter Registration 2024 (Jan-Mar) On-going

Refund Policy

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

Bus Trips



New fully guided tour by Simon Yan.

Prices include transportation, entrance fees and lunch

Please note a waiver form must be completed. Dress weather appropriate.

Limited number of seats available! Trips that are currently full may open additional seats if there is enough interest so place your name on a waitlist.

Vancouver Police Museum & Archives

Set in the heart of old Vancouver, between the historic neighbourhoods of Chinatown and Gastown, the VPMA offers a one-of-a-kind experience. Located in a heritage building that once housed the City of Vancouver's Coroner's Court, Morgue and Autopsy Facility, and original City Analyst's Laboratory, the museum is home to over 30,000 rare artefacts, photos and archival documents, including unique crime-related evidence and innovative forensics. The museum chronicles Vancouver's crime, justice and policing history, from its lawless Wild West beginning to current-day initiatives.

Fri 10:00 AM-3:30 PM Jan 12 \$90/1 sess 486911

High Tea at Dickens Sweets and British Museum

Relive the golden years of the British way of life at the Dickens Sweets and British Museum. Browse Western Canada's largest selection of British foods, sweets and teas. Fred and Anne Hails have spent many years collecting items and memorabilia to fill the museum. We'll also enjoy High Tea, included in the price of this trip.

Wed 9:00 AM-3:30 PM Feb 07 \$90/1 sess 486912

Powerhouse at Stave Falls

Our first stop will be at the Well Public House in Maple Ridge, where you can enjoy brunch (included) before our visit to the Powerhouse. Then, take a walk through the 100-year-old powerhouse and enjoy the historical displays, electricity demonstrations and many interactive exhibits. The Powerhouse at Stave Falls has something for everyone, from individuals to families. This former generating facility is also a National Historic Site of Canada filled with archival photos, artifacts and the original mechanical and electrical components that helped power the province.

Fri 10:00 AM-5:00 PM Mar 8 \$90/1 sess 486913

Enthusiastic Walkers January 2024



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.

Jan 5	Coal Harbour	Bus
Jan 12	Granville Island	Bus
Jan 19	Stanley Park Sea Wall	Bus
Jan 26	Quilchena	Bus

For more information, please call:

Thelma at 604.261.7828 or Maureen at 604.263.4579



BOOK SALES - January 4th and 18th **The book sale hours are 9:30 -12:30.**

Thank you for your donations of books and puzzles for the autumn and Christmas sales. The donors have kept the volunteers busy with sorting books suitable for the Senior Centre sales and those that are not, (see the Free Shelf). The books we cannot sell are packed up for Big Brothers pickup. Although many donations are suitable for our sales because of the good and excellent condition of the books and categories we request, there are some donations we cannot accept. Please sort your book donations for us before you bring them to the Senior Centre. Check your books for broken spines or loose pages, pages that are marked or stained, musty smelling, so old and in bad condition because they have been on dusty shelves for eons, any book you would consider "in poor condition" but just want it gone! Any book in poor or bad condition, it goes into the garbage, not even recycling. Sad but true! That is why our books that we cannot sell but are in usable condition we send elsewhere. We ask that you quick sort at home before you bring them to us. Also please remember to bring only one bag of donations at a time for our blue donation box. There is a brochure at the blue donation bin that helps you sort the books for us and others. We look forward to hearing about your Christmas reading at our next sale!

Seniors Council

The Seniors Council works to make the Seniors Centre a place where members can enjoy physical, mental and social activities in an atmosphere that encourages involvement and companionship.

Seniors Council Nomination Applications Open!

If you are interested in this opportunity to give back & participate, please send your name, contact information, and a couple of sentences about your background and interests to Austin.su@vancouver.ca by 9:00 pm Friday, January 19 OR submit to Senior's Desk.
Applications available at the front desk.

All-Candidates Meeting

A Seniors Council All-Candidates Meeting will be held on January 31, 2024. Nominees for the 2024-25 term will each give a three-minute presentation; a meet and greet/coffee/tea/treats time will follow. Register for this free social event. We look forward to your participation! Support the Seniors Council Food Drive by bringing a non-perishable item to the meeting. All attendees will receive a prize draw ticket at the door. Those who bring a Food Bank item will receive a second ticket.

Wed	10:00 AM-11:30 AM	Jan 31
488355	Free, registration req'd /1 sess	

Enthusiastic Walkers January 2024

Tuesday Morning Walkers

Our group meets in the Kerrisdale Seniors Centre,

Tuesday Morning at 9:00 am, Ready to leave at 9:30 am.

We return prior to 1pm at the latest depending on the destination

Our walks are leisurely and we take a combination of city transit buses or skytrain. We will walk Rain or Shine so ensure you dress appropriately

Men are encouraged to join us.

Jan 9 th	Jericho Beach	Bus
Jan 16 th	River walk, South Van	Bus
Jan 23 rd	Granville Island	Bus
Jan 30 th	McCleary Golf	Bus

If you are interested in joining, please call to reserve a spot.

Kerrisdale Seniors Centre Front Desk at Phone 604-257-8109.





Kerrisdale Seniors Singers

Starting THURSDAY, January 11th The
Original Kerrisdale Seniors Singers
Will begin their new season of song and entertainment.

Rehearsals are held on Thursday mornings, 9:30-11:30 am at
the Kerrisdale Seniors' Centre.

**Join us, tenors, sopranos, altos..... all are welcome
with some choir experience,**

For information, please phone:

Music Director Marilyn, at 604-876-8666



Help! Help! !We are still looking for a Volunteer Pianist!!



A Volunteer Pianist is Needed for the Original Kerrisdale Seniors Singers Choir

Starting in the New Year, Thursday January 11, 2024
Your assistance would be greatly appreciated!
Please speak to or leave a message with
Music Director Marilyn at 604-876-8666.



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
Open every Thursday 10:00am to 2:00pm – Seniors' Lounge
Please contact Bernie at 604 263 3330 or leave your name at the seniors' desk.

ANGEL'S MIND MATTERS - January 2024



Meets MONDAYS From 2:00 to 3:30pm

In the South Room to share opinions on various topics.

JOKES, QUOTES, MIND TEASERS

- | | |
|--------------|--|
| 1 st | New Year's Day ; No Meeting |
| 8 th | Argument for Involuntary Treatment
Foods that really keep you healthy
CBC Debate |
| 15 th | The rise of Arcturus
Prepare for an Earthquake
Long COVID |
| 22 nd | Biden's Re-election chances
How to prevent a stroke
Turning bodies into soil |
| 29 th | The Plague of Shoplifting Gangs
Cataract surgery
Poilievre's populist attacks |

January 2024 Movies – Saturday & Sunday 2:00pm
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Jan 6/7 Empire of Light (2023) Run time: 115 min

The Empire is the kind of movie house you don't see too often anymore. Hilary serves at the front of house, opening the theatre every morning and overseeing a brimming concession stand. Meanwhile, her manager calls her into his office from time to time for illicit favours. When Stephen arrives as an eager new employee, the two form a quick, if outwardly unlikely, connection. Hilary hides a troubled past, struggling to manage her mental health, while Stephen, a young Black man, grapples with the racism rampant in 1980s Britain. Both wounded by aggressions outside their control, they find an escape and safe harbour in one another — but their relationship, like the Empire cinema itself, cannot last forever, and soon the pair must face the reality of their differing futures.

Jan 13/14 Puzzle (2018) Run time: 103 min.

A closely observed portrait of Agnes, who has reached her early 40s without ever venturing far from home, family or the tight-knit immigrant community in which she was raised by her widowed father. That begins to change in a quietly dramatic fashion when Agnes receives a jigsaw puzzle as a birthday gift and experiences the heady thrill of not only doing something she enjoys, but being very, very good at it.

Jan 20/21 Alpha (2018) Run time: 96 min

Europe, 20,000 years ago. While on his first hunt, a young man is injured and left for dead. Awakening to find himself broken and alone, he must learn to survive and navigate the harsh and unforgiving wilderness. Reluctantly taming a lone wolf abandoned by its pack, the pair learn to rely on each other and become unlikely allies.

Jan 27/28 Where'd you go, Bernadette (2019)

Run time: 109 min

Bernadette Fox, a loving mom, becomes compelled to reconnect with her creative passions after years of sacrificing herself for her family. Bernadette's leap of faith takes her on an epic adventure that jump-starts her life and leads to her triumphant rediscovery.



January 2024 Menu

11:30am-12:45pm

\$10 annual registration fee for Lunch Program due Sept 1 2023

Menu is subject to change

Mon	1	Kitchen Closed
Tues	2	Salisbury Steak with Potatoes & Vegetables
Wed	3	Braised Chicken with Potatoes & Vegetables
Thurs	4	Seafood Curry on Rice with Green Salad
Fri	5	Hot Lunch
Sat	6	Kitchen closed
Mon	8	Shepherds' Pie with Vegetables
Tues	9	Pork Chops in Mushroom Sauce, Potatoes & Vegetables
Wed	10	Red Snapper with Peppers, Rice & Vegetables
Thurs	11	Chicken Marbella with Cous Cous & Vegetables
Fri	12	Hot Lunch
Sat	13	Kitchen closed
Mon	15	Liver and Onions with Potatoes and Vegetables
Tues	16	Sausage with Perogies, Baked Beans and Sauerkraut
Wed	17	Swedish Meatballs with Potatoes and Vegetables
Thurs	18	Chicken Biryani with Rice and Green Salad
Fri	19	Hot Lunch
Sat	20	Kitchen closed
Mon	22	Salmon Pie, Potatoes and Vegetables
Tues	23	Chicken Cordon Bleu with Rice Pilaf and Vegetables
Wed	24	Veal Bernaise with Potatoes and Vegetables
Thurs	25	Special Lunch - Robbie Burns Day - FULL
Fri	26	Hot Lunch
Sat	27	Kitchen closed
Mon	29	Turkey Tetrazzini with Vegetables
Tues	30	Roast Pork, Potatoes and Vegetables
Wed	31	Cod with White Sauce, Potatoes and Vegetables

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Happy New Year Chess 1:30pm-3:30pm Bridge 12:30pm-3:00pm	Tuesday Walkers Texas Hold'em Poker K3	Mah Jong 9:00am-12:00pm Scrabble 1:00 to 3:00pm Bridge 12:30pm-3:00pm	Book Sales  “Busy Bees Boutique” Table Tennis	Bingo 1:00-3:00pm Enthusiastic Walkers	Movie: Empire of Light Social Dance
7	8	9	10	11	12	13
Movie: Empire of Light Opera Zone	Angel's Mind Matters Knit a Bit & More Chess 1:30pm-3:30pm Bridge 12:30pm-3:00pm	Tuesday Walkers Texas Hold'em Poker K3	Mah Jong 9:00am-12:00pm Scrabble 1:00 to 3:00pm Bridge 12:30pm-3:00pm	“Busy Bees Boutique” Table Tennis	Bingo 1:00-3:00pm Enthusiastic Walkers	Movie: Puzzle Social Dance
14	15	16	17	18	19	20
Movie: Puzzle	Angel's Mind Matters Knit a Bit & More Chess 1:30pm-3:30pm Bridge 12:30pm-3:00pm	Tuesday Walkers Texas Hold'em Poker K3	Mary's Corner Mah Jong 9:00am-12:00pm Scrabble 1:00 to 3:00pm Bridge 12:30pm-3:00pm	Book Sales  Table Tennis “Busy Bees Boutique”	Bingo 1:00-3:00pm Enthusiastic Walkers	Movie: Alpha Social Dance
21	22	23	24	25	26	27
Movie: Alpha	Angel's Mind Matters Knit a Bit & More Chess 1:30pm-3:30pm Bridge 12:30pm-3:00pm	Tuesday Walkers Texas Hold'em Poker K3	Mah Jong 9:00am-12:00pm Scrabble 1:00 to 3:00pm Bridge 12:30pm-3:00pm	Special Lunch Robbie Burns Day: FULL Table Tennis “Busy Bees Boutique”	Bingo 1:00-3:00pm Enthusiastic Walkers	Movie: Where'd you go Bernadette Social Dance
28	29	30	31			
Movie Where'd you go Bernadette	Angel's Mind Matters Knit a Bit & More Chess 1:30pm-3:30pm Bridge 12:30pm-3:00pm	Tuesday Walkers Texas Hold'em Poker K3	Mary's Corner Mah Jong 9:00am-12:00pm Scrabble 1:00 to 3:00pm Bridge 12:30pm-3:00pm			January 2024

Programs/Workshops Highlights

SENIORS GROUP FITNESS

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

Tuesday/Thursday/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
Thu	9:00am-10:00am	on-going	Instructor: Isobel Willard
Fri	9:30am-10:30am	on-going	Instructor: Sarah Groberman
Sat	10:00am-11:00am	on-going	Instructor: Audrey Darling

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 family member, friend or other care partner. The program is offered in partnership with the Alzheimer Society of B.C. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Coffee, tea and light refreshments are provided. Care partners must attend. Registration fees include the cost of the person living with dementia and one care partner. Start at any time and pay a pro-rated registration fee.

Th	10:00 am-11:30 am	Jan 11-Feb 8	\$35/5 sess	486874
Th	10:00 am-11:30 am	Feb 22-Mar 21	\$42/5 sess	486875

Programs & Workshop Spotlights

For full details, see winter brochure

Health Qigong & Tai Chi Staff Form

Tue 9:00am-10:00am Jan 16-Mar 26
491236

Tai Chi 42

Tue 10:05am-11:05am Jan 16-Mar 26
491238

Tai Chi 24

Tue 11:10am-12:10am Jan 16-Mar 26
491240

Tai Chi Fan

Th 11:10am-12:10am Jan 18-Mar 14
490715

Art with Teresa

Sa 2:00pm-4:00pm Feb 17-Mar 23
486950

ActivAge

Tu 4:20-5:20pm Jan 16-Mar 19
486457 Free, registration req'd

Please Note: Annual registration fees due Sept 1 2023 to Aug 31 2024

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

- 1:** Lunch Program \$10. **2:** Opera Zone \$20.
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, week end movies, billiards and snooker.

Pedestrian Safety

M 10 :00am-11 :00am Jan 15
486943 Free, registration req'd

Beverages: What are you Drinking?

W 11:00am-12:00pm Jan 24
486938 Free, registration req'd

Choose to Move

F 5 :30pm-6 :30pm Jan 12
486452

Kerrisdale Peter Talks

(Formerly the Kerrisdale Coffee Club (KCC))

Date and Time: To be advised

Discussion Topic to be posted at the Seniors Desk when ready

VOLUNTEER OPPORTUNITIES

COFFEE BAR

KITCHEN

SPECIAL LUNCHESES

PROGRAMS

For more information, please call 604-257-8111 or visit the Seniors' Centre

Seniors Lunch Program

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 adults over age 55. Lunch Program participants may purchase a single lunch or a 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 \$75 it provides a savings of \$5. Available for purchase at the Seniors front desk.

Saturday Seniors Lunch Temporarily Postponed

The Saturday afternoon service for the Seniors Lunch program will be temporarily postponed during the month of January.

The Coffee bar will still be open.



Puzzles are needed

We love puzzles and need many donations of all sizes now from 300 pieces to 1500 pieces for our puzzle table in the lounge, for the book sales and direct purchase from the puzzle display cabinet to the left of the coffee bar. Please put any loose puzzle pieces inside a bag in the box and tape the lid to the bottom of the box or put an elastic band around the box so pieces do not fall out. If you know any pieces are missing, please indicate on the box cover picture the location of the missing piece(s) and how many.

Puzzles prices are now \$3.00 for "tested puzzles" that are complete with no pieces missing or have 1-2 missing pieces, as indicated on the box cover with a coloured dot and also marked on the picture.

Untested puzzles are a lovely mystery at \$2.00

In appreciation of your anticipated donations, Thank you!

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 2023-August 2024)

Venue for programs is the Seniors' Lounge unless specified at activity

Angel's Mind Matters Join us in the Winter for lively discussions of various topics.
Discussion topic will be presented at each session.

Table Tennis

Have fun and exercise with friends. Tables are located in the seniors' centre Craft Room 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

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 Hold'em Poker

You have seen it on TV and on the computer, now is the chance to play it at the Kerrisdale Seniors Centre, Seniors Lounge.

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.

Sat / Sun 2:00pm-4:30pm South Room

Saturday Social Dance

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 On-going Multipurpose Room

\$2 drop in or \$15/10 visit card

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. Ladies may bring their own projects to work on and share ideas. In addition to being a fun, social group, the ladies of Knit-a-Bit give of their time and skills to create items for sale at the Boutique on Thursdays and at Mary's Corner on Wednesdays. Regret no teaching available.

For more information, please join us on Monday.

Mon 1:00pm-3:00pm Craft Room On-going

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.

Concert for All Ages

The Opera Zone –

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

Sunday January 7th 2:00 pm - 4:00 pm

Location: Seniors Multipurpose Room

Note: \$20 Annual Opera Zone Card and pre-registration to event day is required



MARY'S CORNER!

Visit us at Mary's Corner on alternate Wednesdays 10:30am to 2:00pm

At the Seniors Lounge

Refer Monarch Calendar for information

All articles for sale are handcrafted by Volunteers of the
Knitting Group



Seniors Programs at a Glance, January to March 2024

**Please note: programs marked with * require a fee to join.
Take time to check all the additional programs and relevant time changes**

Monday

*Aquafit	8:30am-9:30am
Open Times Billiards	9:00am-12:30pm
*Brock House/Kerrisdale Bell Ringers	9:15am-12:00pm
*Tai Chi 24 Form	11:30am-12:30pm
*Tai Chi 48 Form Part 3	9:30am-10:30am
*Qigong 8pieces of Brocade	10:30am-11:30am
*Bridge: Beginners Plus	10:30am-12:30pm
*Osteo Level 1	9:00am-10:00am
*Yoga for the Older Adult	10:30am-11:45am
Ladies Bridge	12:30pm-3:00pm
*Pilates Barre Fusion	1:00pm-2:00pm
Knit a Bit & More	1:00pm-3:00pm
Chess	1:30pm-3:30pm
Angels Mind Matters	2:00pm-3:30pm
Open Times Billiards	3:30pm-9:00pm

Tuesday

*UBC Bodyworks Changing Aging	8:00am-11:00am
Open Times Billiards	9:00am-9:00pm
*Health Qigong	9:00am-10:00am
Tuesday Walkers	9:00am-1:00pm
*Range of Motion (pool)	8:45am-9:30am
*Move to Music	9:30am-10:30am
*Tai Chi 42	10:05am-11:05am
*Chair Yoga	10:30am-11:30am
*Gentle Fit	10:30am-11:30am
K3	11:00am-12:00pm
*Brock House/Kerrisdale Choir	1:00pm-3:00pm
*Belly Dance for Seniors	1:30pm-2:45pm
*Scottish Country Dance	1:30am-3:30pm
Fun Crafts	1:00pm-3:00pm
*Great Books Discussion Group	2:00pm-3.30pm
Texas Holdem Poker	5:30pm-9:30pm

Wednesday

Open Times Billiards	9:00am-12:15pm
*Yuan Ji Dance	9:00am-11:00am
Cribbage	9:00am-12:00pm
Mah Jong	9:00am-12:00pm
*Gentle Fit Advanced	10:30am-11:30am
Mary's Corner	10:00am-2:00pm
*Chorisma Vocal Jazz Choir	11:00am-1:00pm
Ladies Bridge	12:30pm-3:00pm
Bridge Practice Drop-in	12:30pm-2:45pm
*Pilates Barre Fusion	1:00pm-2:00pm
Scrabble	1:00pm-3:00pm
*Osteofit for Life	1:20pm-2:20pm
*Brock House/Kerrisdale Bell Ringers	1:30pm-3:00pm
*Joint Works	2:30pm-3:30pm
*Beginners' Handbell Program	3:00pm-4:30pm
Open Times Billiards	3:30pm-9:00pm

Thursday

Open Times Billiards	9:00am-9:00pm
*Range of Motion	8:45am-9:30am
*Osteofit Level 1	9:00am-10:00am
*Tai Chi 24 & Health Qigong	9:00am-10:00am
*Kerrisdale Senior Singers Choir	9:30am-12:00pm
*Minds in Motion	10:00am-11:30am
Craft Boutique	10:00am-3:00pm
*Gentle Fit	9:00am-10:00am
*Tai Chi 32 movement Straight Sword	10:15am-11:15am
*Gentle Fit	10:30am-11:30am
*Yuan Ji Dance	12:45pm-2:45pm
Table Tennis	2:30pm-5:30pm

Friday

*UBC Bodyworks Changing Aging	8:00am-11:00am
Open Times Billiards	9:00am-9:00pm
Enthusiastic Walkers	9:00am- 1:00pm
*Gentle Fit	9:30am-10:30am
*Move to music	9:30am-10:30am
*Yuan Ji Dance	10:15am-12:00pm
*Bingo	1:00pm-3:30pm
*Footcare	1:00pm-5:30pm
*Osteofit for Life	1:20pm-2:20pm
Open Drumming Circle	1:45pm-3:15pm
*Joint Works	2:30pm-3:30pm
*Chair Yoga	4:15pm-5:15pm

Saturday

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

Sunday

Open Time Billiards	9:00am-6:00pm
Video Movie of the Week	2:00pm-4:30pm

Monarch Submissions

Deadline for submissions to the **February** issue of the
Monarch is **January 17 th**
If you have anything to submit, please hand it in at the Kerrisdale
Seniors desk.

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

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.

9. Puzzle difficulty: **Easy** and **Medium**.

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

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

December Solutions

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

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

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