

# Monarch Newsletter



*February 2024*

*Happy Valentine's Day*



## **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

## *February Social Entertainment*

*February 15th - Sheryl Greenfield*

*February 29th - Tune Makers*



Time: 1:30 - 2:30 pm at Multipurpose/Dining Room



## *Valentine's Day Special Lunch*



**Pork Wellington with  
Baby Potatoes and Vegetables**

*Dessert:* **Strawberry Tart**

**Coffee/Tea**

**Thursday February 15 12:00pm \$ 10.00 meal**

**Pre-registration required. Please see the Front Desk  
Takeout Only Available at 12:45pm**

### **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.

**December Birthday Draw Winner!**  
Wanda Andrade



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)**

**Registration is on-going and select programs accept drop-ins.**



## 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.*

## 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.

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



## IT'S PINK SHIRT DAY

WEDNESDAY, FEBRUARY 28

**WEAR SOMETHING PINK!!!**

**Support a worldwide ANTI-BULLYIING initiative  
to promote A KINDER MORE INCLUSIVE WORLD**



## Enthusiastic Walkers February 2024



Our group meets in the Seniors Centre  
every Friday morning, ready to leave at 9:30 am.

We return around 1 pm. Our walks are leisurely and at present we have a waiting list.

Feb 2	Minoru Park, Richmond	Bus & Canada Line
Feb 9	Local	
Feb 16	Northside False Creek	Bus
Feb 23	Kitsilano	Bus

For more information, please call:

Thelma at 604 261 7828 or Maureen at 604-263-4579

\*\*\*\*\*



### **BOOK SALES - February 8th and 22nd**

**The book sale hours are 9:30 -12:30.**

We are delighted to be back for the new year so that you can drop by and check out the new books we are offering at our sales! Thanks to all of you who carefully sort your books and bring the acceptable ones to donate. With the start of a new year, we thought it would be good to remind everyone of what books are particularly desirable for the sales. We look forward to receiving: Fiction and Non-fiction books; Mystery, Action, Thriller; Cookbooks; History; Biography; Coffee Table books in Excellent condition; Bookclub selections. Puzzles (in good condition with all the pieces inside a plastic bag in the box) are welcome. More detailed information is available in the flyer on the Blue Bin by the doors.

We also would like to invite anyone who might be interested in volunteering to help with the book sales to get in touch with us by leaving your name and email or phone number at the desk. Work and times can be flexible, and no heavy lifting is required! It's fun to meet and chat with all our donors, buyers, and friends at the Senior's Center who love books!

## **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 which encourages involvement and companionship.*

### **2024 Voting**

Nominations for the 2024 Seniors Council closed on January 19 th  
**Voting for the Council will take place on February 8 th & 9 th, at 10am-3pm in the seniors lobby.**

The slate of nominees will be made available in the Seniors lobby and website the first week of February.

Voting eligibility: 55+yrs and membership in good standing

\*\*\*\*\*

### **KERRISDALE COMMUNITY CENTRE SOCIETY AGM Wed | Feb 21 | 6PM | Seniors Multipurpose Room**

Meet other community members  
Review 2022-23 KCCS Financial Statements  
President's Annual Report  
Ask the Board any questions  
Elect in the 2024-25 KCCS directors  
Coffee/tea and snacks will be served

All participants attending the AGM must carry a current valid KCCS membership card

\*\*\*\*\*

**Spring Registration 2024 (Apr-Jun)**

- In person & online: Saturday, Mar 9 th 9:00am
- By phone: Monday, Mar 11 th, 9:00am

Time savers will be given out at 8:00am at the Seniors Centre Desk. All registration will take place at the Seniors Centre Desk (limited to 40% of available spots).  
You may register yourself and one other person. Ensure you have all necessary information, such as name, address, phone number and birthdate for that person. Cash, cheques, VISA/MC, AMEX and debit cards accepted.

- Brochures will be available at the community centre on Feb 23.
- Residents will receive a copy in the mail the week of Feb 26.

**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

\*\*\*\*\*

**Enthusiastic Walkers February 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

Feb 6 th	Devonshire Park	Local
Feb 13 th	Fraser River Park	Bus
Feb 20 th	Stanley Park Lumbermans Arch	Bus
Feb 27 th	Kits Beach Marine Museum	Bus





## *Kerrisdale Seniors Singers*

The  
*Original Kerrisdale Seniors Singers*  
Have begun 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**

Open every Thursday 10:00am to 2:00pm – Seniors' Lounge

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 the seniors' desk 604.257.8109.

\*\*\*\*\*



ANGEL’S MIND MATTERS

February 2024

Meets MONDAYS From 2:00 to 3:30pm

In the South Room to share opinions on various topics.



JOKES, QUOTES, MIND TEASERS

- 5 th Tennessee Democrats Return  
Make Sure You’re Hydrated  
Book Bans
- 12 th When Choice Is Gone  
The Sheriff VS The Scumbags  
Painless Ways to Eat Less Salt & Sugar
- 19 th The Abortion Pill  
A Lonely Outpost in Tent City  
An Imported Teacher’s Lesson
- 26 th Newest Alzxheimer’s Drug Explained  
Citizenship The Way The Founders Intended  
Health On The Record  
Bullying – Pink Shirt Day

\*\*\*\*\*

Monarch Submissions

Deadline for submissions to the March issue of the  
Monarch is February 15 th

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

February 2024 Movies – Saturday & Sunday 2:00pm
---

**Feb 3/4      The Whale      (2022)      Run time: 117min**

A reclusive English teacher suffering from severe obesity attempts to reconnect with his estranged teenage daughter for one last chance at redemption

**Feb 10/11      She Said      (2022)      Run time: 129min**

That's the film adaptation of the nonfiction book of the same title. In it, the New York Times journalists Jodi Kantor and Megan Twohey describe — in pragmatic, restrained how-we-got-that-story prose — the reporting that led them to publish a series of articles detailing Weinstein's behavior. Those articles helped ignite the #MeToo movement, in which thousands, perhaps millions, of women took to social media and other channels to detail their own stories of sexual harassment and assault. Some men have been held accountable. Others have largely eluded consequences. Debate continues about whether the movement has gone too far or not far enough. Already, some Hollywood industry leaders have observed a regression, if not an outright backlash.

**Feb 17/18      Torn      (2021)      Run time: 92min**

Widely hailed as the greatest mountaineer of his generation, Alex Lowe was a towering figure in the world of outdoor sports. But he loomed even larger for his oldest son, Max, who was only 11 in 1999 when Alex was buried by an avalanche along with cameraman David Bridges while attempting to ski the north face of Mount Shishapangma in the Tibetan Himalaya. Seventeen years after their deaths, Lowe's and Bridges' bodies were found by two climbers attempting the same route, and in the following months, Lowe's family journeyed to the remote mountain to recover them. In the powerful and deeply moving new documentary TORN, director Max Lowe examines the long-buried feelings this unearthed for him and his family, including his mother, Jennifer; his younger brothers, Sam and Isaac; and his stepfather, Conrad Anker, Alex's climbing partner and best friend.

**Feb 24/25      Polite Society      (2023)      Run time: 104min**

A merry mash-up of sisterly affection, parental disappointment and bold action, POLITE SOCIETY follows martial artist-in-training Ria Khan who believes she must save her older sister Lena from her impending marriage. After enlisting the help of her friends, Ria attempts to pull off the most ambitious of all wedding heists in the name of independence and sisterhood



## February 2024 Menu

11:30am-12:45pm

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

**The menu is subject to change: Thank you**

Thurs	1	Peach Glazed Chicken with Potatoes and Vegetables
Fri	2	Hot Lunch
Sat	3	Kitchen closed
Mon	5	Turkey Pot Pie with Potatoes & Vegetables
Tues	6	Teriyaki Salmon with Rice & Vegetables
Wed	7	Beef Stew with Potatoes & Vegetables
Thurs	8	<b>Lunar New Year</b> - Sweet n Sour Pork, Chow Mein, steamed broccoli and spring rolls
Fri	9	Hot Lunch
Sat	10	Kitchen closed
Mon	12	Baked Chicken Thighs with BBQ Sauce, Potatoes & Vegetables
Tues	13	Salisbury Steak with Mushrooms, Potatoes & Vegetables
Wed	14	Turkey Cutlet with Potatoes & Vegetables
Thurs	15	<b>Valentine's Day Special Lunch</b>
Fri	16	Hot Lunch
Sat	17	Kitchen closed
Mon	19	<b>Kitchen closed</b>
Tues	20	Sole with Tartar Sauce, Potatoes and Vegetables
Wed	21	Spinach or Bacon Quiche with Green Salad
Thurs	22	Baked Chicken Legs with Potatoes and Vegetables
Fri	23	Hot Lunch
Sat	24	Kitchen closed
Mon	26	Butter Chicken with Rice, Naan and Vegetables
Tues	27	Cod with White Sauce, Potatoes and Vegetables
Wed	28	Sweet and Sour Meatballs with Rice and Vegetables
Thurs	29	Swiss Steak with Potatoes and Vegetables

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
	February 2024			“Busy Bees Boutique”  Table Tennis	Bingo 1:00-3:00pm  Enthusiastic Walkers	Movie: The Whale  Social Dance
4		6	7	8	9	10
Movie: The Whale  Opera Zone	Angel’s Mind Matters  Knit a Bit & More Chess 1:30pm-3:30pm Bridge 12:30pm-3:00pm	Tuesday Walkers  Texas Holdem 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: She Said..  Social Dance
11	12	13	14	15	16	17
Movie: She Said	Angel’s Mind Matters  Knit a Bit & More Chess 1:30pm-3:30pm Bridge 12:30pm-3:00pm	Tuesday Walkers  Texas Holdem Poker  K3	Mary’s Corner Mah Jong 9:00am-12:00pm Scrabble 1:00 to 3:00pm Bridge 12:30pm-3:00pm	Valentine’s Day Special Lunch Social: Sheryl Greenfield Table Tennis “Busy Bees Boutique”	Bingo 1:00-3:00pm  Enthusiastic Walkers	Movie: Torn  Social Dance
18	19	20	21	22	23	24
Movie: Torn	Angel’s Mind Matters  Knit a Bit & More Chess 1:30pm-3:30pm Bridge 12:30pm-3:00pm	Tuesday Walkers Texas Holdem Poker  K3	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: Polite Society  Social Dance
25	26	27	28	29		
Movie Polite Society	Angel’s Mind Matters  Knit a Bit & More Chess 1:30pm-3:30pm Bridge 12:30pm-3:00pm	Tuesday Walkers  Texas Holdem Poker  K3	Pink Shirt Day!!  Mary’s Corner Mah Jong 9:00am-12:00pm Scrabble 1:00 to 3:00pm Bridge 12:30pm-3:00pm	Table Tennis Social: Tune Makers “Busy Bees Boutique”		

## 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 holdem poker, bridge, cribbage, ukulele sing along, bingo, drop-in Mandarin, table tennis, scrabble, week end movies, billiards and snooker.

PROGRAMS continued from page 13

**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 (KCCs)

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 is still temporarily postponed. Coffee bar will still remain opened Mon-Fri.

\*\*\*\*\*



### 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 Holdem 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 February 4<sup>th</sup> 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-12:30am
*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	10:15am-11:15am
*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
ActivAge	4:20pm-5:20pm
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
*Tap Happy	4:00pm-5:00pm

### **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

Open Times Billiards

Enthusiastic Walkers

\*Gentle Fit

\*Move to music

\*Yuan Ji Dance

\*Bingo

\*Footcare

\*Osteofit for Life

Open Drumming Circle

\*Joint Works

\*Chair Yoga

8:00am-11:00am

9:00am-9:00pm

9:00am- 1:00pm

9:30am-10:30am

9:30am-10:30am

10:15am-12:00pm

1:00pm-3:30pm

1:00pm-5:30pm

1:20pm-2:20pm

1:45pm-3:15pm

2:30pm-3:30pm

4:15pm-5:15pm

## **Saturday**

Open Time Billiards

\*Aquafit

\*Saturday Gentle Fit

\*You Can Ukulele: Levels 1,2 &3. 3 sessions

Video Movie of the Week

\*Saturday Social Dance

9:00am-6:00pm

9:15am-10:15am

10:00am-11:00am

10:00am- 1:45pm

2:00pm-4:30pm

4:00pm-6:00pm

## **Sunday**

Open Time Billiards

Video Movie of the Week

9:00am-6:00pm

2:00pm-4:30pm

### **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

## 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**.

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

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

## January Solutions

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

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

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