

Monarch Newsletter



March 2024



KERRISDALE SENIORS CENTRE

5851 West Boulevard
Phone 604-257-8109

Hours of Operation: Seniors Centre

Monday to Friday – 9:00am – 6:00pm
Saturday – 9:0am – 4:00pm
Sunday – Closed

Main Centre

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

Social Entertainment



March 14 - Metro Swing Band

March 28 - Sheryl Greenfield

Time: 1:30 - 2:30 pm in the Multipurpose/Dining Room



Happy Easter Special Lunch



*Glazed Ham,
Scalloped Potatoes
and Vegetables*

Dessert: Salted Caramel Cheesecake

Coffee/Tea

Thursday, March 28 12:00pm \$ 10.00 meal

Update: Event is full.

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.



January Birthday Draw Winner!

Esther Tsang

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.

Enthusiastic Walkers March 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.



Mar 1	Granville Island	Bus
Mar 8	Trout Lake	Bus
Mar 15	Jericho	Bus
Mar 22	Queen Elizabeth Park	Bus
Mar 29	English Bay	Bus

For more information, please call: Thelma at 604 261 7828
or Maureen at 604-263-4579



BOOK SALE DATES - March 7 and 21

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

We will be having our next big book sale on March 21. All books will be half price. Paperback books 25 cents each, hardback books 50 cents each. Come by and stock up!

Puzzles will also be on sale for half price. Tested and complete puzzles will be \$1.50, untested puzzles will be \$1.00.

Thanks to all of you who carefully sort your books and bring the acceptable ones to donate. 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. Please remember to check the condition of the books you are bringing in as we cannot accept damaged 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.

On behalf of the Kerrisdale Seniors Centre membership, thank you for participating in the Seniors Council election process. We encourage your continued participation in our community in such a proactive and positive manner. Thank you again for your participation!

Kerrisdale Seniors Council Election Results 2024-2026 - Feb 8 and 9	
Number of eligible voters: 2,373 Number of ballots cast: 113 (4.7% of eligible voters)	
RESULTS	
Two-year Term	One-year Term
Rosemary Cryer	Maralynn Elder
Richard Dopson	Helena Ho
Lee-Anne Macpherson	Frederick Jay
Peni Martel	Robert Taylor
Wendy Trant	

Spring Registration 2024 (Apr-Jun)

In person & online: Saturday, March 9, 9 a.m.

By phone: Monday, March 11, 9 a.m.

Time savers will be given out at 6 a.m. at the Senior Centre Entrance.

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 now available in centre and [online](#).

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.

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

Mar 5 th	North False Creek Yaletown	Skytrain/Bus
Mar 12 th	Queen Elizabeth Park	Bus
Mar 19 th	Minor Park Richmond	Skytrain/Bus
Mar 26 th	UBC North Endowment lands	Bus



Peter Talks

Tues: March 5 th, 11am | Seniors Craft Room

Over-expenditures on Mega Projects:
Why do large projects seemingly always go over budget and take longer than expected?

Presented by: Len Addinall, B.Sc. (Mech.Eng.), MBA. (retired)

Any one project will have a litany of reasons why it had poor results – but reviewing the unique issues of one project may not help to avoid a new set of unique issues on the next project. Discussed, very briefly, will be the results of several major megaprojects around the world over the last several decades, plus the many advances in the field of project management during the same period. This presents the question: If we are getting steadily better at managing large projects, why are not seeing improved results? Len will then present his own thoughts on the root causes of this dilemma, with solutions, and open it up to questions and other thoughts/opinions.



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

March 2024

Meets MONDAYS From 2:00 to 3:30pm



In the South Room to share opinions on various topics.

JOKES, QUOTES, MIND TEASERS

- 4 th Here comes El Nino
Carlson ; Abbott ; Guns ; Drinks
Whitewashing Florida’s History
- 11 th Ukraine Counteroffensive
The Rabbit Hole
Political violence ; Pelosi attack
- 18 th Attacking The Grid
Memphis Police Killing ; The Fentanyl Scourge
My pursuit of Zero Plastic
- 25 th Trump & Russia; Vaccine; Diabetes; Alzheimers
When Hospitals go Broke
How Trump’s Wall is Working

Monarch Submissions

Deadline for submissions to the April issue of the
Monarch is March 18

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

March 2024 Movies – Saturday & Sunday 2:00pm
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Mar 2/3 The Best of Enemies (2019) Run time: 133 min

A civil rights activist and a Ku Klux Klan leader hold a community summit on school desegregation.

Mar 9/10 A Beautiful Day in the Neighborhood (2019)

Run time: 107 min

Tom Hanks portrays Mister Rogers in a timely story of kindness triumphing over cynicism, based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod.

Mar 16/17 Harriet (2019) Run time: 125 min

Harriet is determined to liberate the members of her family, which means evading both white slave-catchers and an especially fearsome black bounty hunter named Bigger Long

Mar 23/24 Slumdog Millionaire (2008) Run time: 116 min

Jamal Malik, a young man who hails from the worst slum area of Calcutta, India, is now in the hot seat on Who Wants to be a Millionaire? one question – one snippet of trivia – away from winning twenty million rupees

Mar 30/31 Everything Everywhere (2022)

Run time: 139 min

Evelyn Quan Wang is a middle-aged Chinese immigrant who runs a laundromat with her husband, Waymond. Two decades earlier, they eloped to the United States and had a daughter, Joy. In the present day, the laundromat is being audited by the IRS



March 2024 Menu

11:30am-12:45pm

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

The Menu is subject to change: Thankyou

Fri	1	Veal Bernaise with Potatoes & Vegetables
Sat	2	Hot Lunch
Mon	4	Chicken Cordon Bleu with Potatoes & Vegetables
Tues	5	Riblets with Potatoes & Vegetables
Wed	6	Cabbage Rolls with Perogies & Vegetables
Thurs	7	Liver with Bacon and Onions, Potatoes & Vegetables
Fri	8	Sole with Tartar Sauce, Potatoes & Vegetables
Sat	9	Hot Lunch
Mon	11	Kitchen Closed
Tues	12	Kitchen Closed
Wed	13	Kitchen Closed Floor refinishing
Thurs	14	Kitchen Closed
Fri	15	Kitchen Closed
Sat	16	Kitchen Closed
Mon	18	Turkey Cutlets with Cranberry Sauce, Potatoes and Vegetables
Tues	19	Pork Sausage, Applesauce, Potatoes and Vegetables
Wed	20	Braised Chicken with Potatoes and Vegetables
Thurs	21	Salmon Fillet with Green Salad and Rice Pilaf
Fri	22	Spaghetti with Meatballs, Salad and Garlic Bread
Sat	23	Hot Lunch
Mon	25	Pork Cutlet with Braised Red Cabbage, & German Potato Salad
Tues	26	Cod with White Sauce, Potatoes and Vegetables
Wed	27	Chicken Marbella with Cous Cous and Vegetables
Thurs	28	Special Lunch Easter: FULL
Fri	29	Good Friday - Kitchen closed
Sat	30	Kitchen Closed

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
					1	2	
	March 2024				Bingo 1:00-3:00pm Enthusiastic Walkers	Movie: The Best of Enemies Social Dance	
3		4	5	6	7	8	9
Movie: The Best of Enemies 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 Peter Talks 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	Bus Trip Bingo 1:00-3:00pm Enthusiastic Walkers	Movie: A Beautiful Day in the Neighborhood Social Dance
10	11	12	13	14	15	16	
Movie: A Beautiful Day in the Neighborhood	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	Table Tennis Metro Swing Band “Busy Bees Boutique”	Bingo 1:00-3:00pm Enthusiastic Walkers	Movie: Harriet Social Dance	
17	18	19	20	21	22	23	
Movie: Harriet	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: Slumdog Millionaire Social Dance	
24 / 31	25	26	27	28	29	30	
Movie Slumdog Millionaire ----- 31st Movie: Everything Everywhere	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	Happy Easter Special Lunch Sheryl Greenfield Table Tennis “Busy Bees Boutique”	GOOD FRIDAY Bingo 1:00-3:00pm Enthusiastic Walkers	Movie: Everything Everywhere Social Dance	

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	9:00am-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	Apr 4-May 9	\$42/6 sess	496492
Th	10:00 am-11:30 am	May 23-27	\$42/6 sess	496494

Programs & Workshop Spotlights

Lai Chun Cheung (Lisa Low), certified 6th degree master and world gold medalist in health qigong, and a qualified instructor in tai chi.

Health Qigong & Tai Chi Staff Form

Health Qigong Dao Yin Yang Shen: 12 Step Health Preservation

Trial Class

Tu 9:00 AM-10:00 AM Apr 02	496860	\$5/1 sess
Tu 9:00 AM-10:00 AM Apr 09-Jun 18	496861	\$159.50/11 sess

Tai Chi Set 24 for Beginners

Trial Class

Tu 10:05 AM-11:05 AM Apr 02	496865	\$5/1 sess
Tu 10:05 AM-11:05 AM Apr 09-Jun 18	496867	\$145/10 sess

Tai Chi Set 42 for Intermediates

Trial Class

Tu 11:10 AM-12:10 PM Apr 02	496870	\$5/1 sess
Tu 11:10 AM-12:10 PM Apr 09-Jun	18496871	\$145/10 sess

Health Qigong Ba Duan Jin (Eight Brocades)

Trial Class

Th 9:00 AM-10:00 AM Apr 04	496875	\$5/1 sess
Th 9:00 AM-10:00 AM Apr 11-Jun 20	496877	\$145/10 sess

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.

Aging Well

Come join me in a 10 week exercise program improving your overall functional mobility for a healthier independent life style. Increase your total body strength, balance and flexibility. Suitable for anyone who has taken exercise classes and comfortable rising from the floor. Drop-in \$10.25 , if space permits.

W 9:00 AM-10:00 AM Apr 10-Jun 19

502785 \$93.50/11 sess

Hearing Screening

Do you have hearing loss? Now it's easy to check. Your ears collect sound but it's your brain that actually understands it. That's why good hearing helps your brain stay fit and helps avoid other health problems. If you are not sure about your hearing health or others have noticed that you are not hearing well come and be tested. Provided by Dr. Katarina Vavrovicova, registered doctor of audiology. Appointments every 15min. Call the centre for available appointments.

F 9:00 AM-12:00 PM Apr 19 & Jun 7

Free, registration req'd/1 sess

Parkinson's Prevention Program

Charjacks Agility and Strength Program for those 55+. It focuses on exercises combining strength, aerobic conditioning, balance, agility and coordination. It can be modified to specific levels and needs to train at a moderate level and enjoy all the benefits of healthy active aging to achieve maximum mobility, energy and independence. Dropin \$13.50 adults/\$10 seniors, if space permits.

M 9:30 AM-10:30 AM Apr 08-Jun 17

502782 \$88/11 sess

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 Resumes March 2.

Choose to Move Info Session

Choose to Move is not a fitness class or movement class. It is a discussion-based coaching program where you will work with a trained activity coach to develop and stick to a physical activity plan made just for you.! Eligibility for the full program determined after the info session

Program Dates: Apr 26, May 10, May 17, May 24, May 31, Jun 7, Jun 14 & Jun 21

F 5:30 PM-6:30 PM Jan 12

486452 Free, registration required/1 sess

Art with Teresa

Participants will learn the elements of composition and colour theory using their medium of choice. As we explore 20th Century art movements and styles, you will be encouraged to create unique and expressive artwork that will include a variety of learning experiences. Everyone will be able to advance at their own pace and broaden their ability to paint with

watercolor and acrylic, create collages and use mixed media.

Sa 2:00 PM-4:30 PM May 11-Jun 15

496948 \$189/6 sess

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.

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 March 3 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



VOLUNTEER OPPORTUNITIES

COFFEE BAR

KITCHEN

SPECIAL LUNCHES

PROGRAMS

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

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
*Tap Happy	2:30pm-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 programs on Page 18

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 programs on Page 19.....

Friday

*UBC Bodyworks Changing Aging

Open Times Billiards

Enthusiastic Walkers

*Gentle TBC

*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

9:00am-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. Puzzle difficulty: **Easy** and **Medium**.

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

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

February Solutions

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

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

Sudoku Puzzles courtesy of **Livewire Puzzles** www.puzzles.ca