

# Monarch Newsletter

## November 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

**25 cents**

## *Social Entertainment*

Join other seniors on Thursdays for fun, friendship, and entertainment.

Open for dancing or just sit back and enjoy the talented artists.

Pay your \$1 drop-in at the desk on the day of the event.



*November 7*                      *Brock House Jazz Band*

*November 21*                     *Metro Swing Band*

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



## *Remembrance Day Special Lunch*



***Marry Me Chicken with Herb Butter Pasta  
Mixed Roasted Vegetables***

**Dessert: English Trifle**

**Lest We Forget  
Coffee/Tea**

**Thursday    November    7 th    12:00pm    \$ 15.00 meal**

Pre-registration required. Please see the Front Desk





## September Birthday Draw Winner!

Doug Smith

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



### SENIORS LUNCH PROGRAM | 55+yrs

Monday-Saturday • 11:30am-12:45pm

\$10 Annual Lunch Program Participant card required.

Participants may be asked to show the program card at the time of purchase.

Meal includes Entrée, dessert and beverage (Beverage not included with take-out)

Daily soup, sandwiches and desserts available.

Pre-registration not required — only required for Special Meals

Special Meal registration opens the same time as season registration.

Reservations of a table can be done at the front desk

Daily menu at the seniors' reception

Monthly menu in the monthly "Monarch" for \$0.25 or [www.kerrisdalecc.com](http://www.kerrisdalecc.com)

	Total Price (includes GST)
*Dine-In Meal Card: 10 tickets	\$105.00
Dine-In: 1 ticket	\$11.50
Dine-In (Special Meal): 1 ticket	\$15.00
Take-Out Meal	\$15.75
Dine-In Soup & ½ Sandwich Card: 10 tickets	\$73.50
Half Sandwich	\$3.25
Full Sandwich	\$5.25
Soup	\$4.25
Dessert	\$2.75

## BUS TRIPS



New fully guided tour by Jason Martincic.  
Prices include transportation, entrance fees and lunch.

**Please note a waiver form must be completed.**

**Dress weather appropriate.** Limited number of seats available! Additional seats may open if there is enough interest so place your name on a waitlist if the registration is full.

## Bowling

On this trip we will head out to Richmond's Riverport district for a fun morning of bowling at Splitsville entertainment centre. You will have the option of playing either 5 or 10 pin bowling in a fun and entertaining atmosphere.

After we work up an appetite, we will head over to the Old Spaghetti Factory for lunch.

**Wed 9:30 am-3:00 pm Nov 27 \$90/1 sess 523986**

## Potters Christmas Store

Each year, Potters Nursery transforms itself into Western Canada's largest Christmas store, boasting more than 28,000 square feet devoted to all things yuletide. The Christmas Store at Potters is the destination to find tens of thousands of holiday-related items. After visiting Potters, we will have lunch (included) at Mr. A's Patio Restaurant at Newlands Golf & Country Club.

**Fri 9:30 am-3:00 pm Dec 13 \$90/1 sess 523987**

## 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

## VOLUNTEER OPPORTUNITIES

COFFEE BAR

KITCHEN

SPECIAL LUNCHESES

PROGRAMS

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

## Enthusiastic Walkers November 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.

Nov 1	Granville Island	Bus
Nov 8	Jericho	Bus
Nov 15	Quilchena	Bus
Nov 22	Downtown Heritage	Bus
Nov 29	Coal Harbour	Bus

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

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### **BOOK SALES NOVEMBER 14 th and 28 th**

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

**“The only thing you absolutely have to know is the location of the library”  
Albert Einstein**

Here in the Senior Centre, the library is the blue bin for donation deposits and great finds for your reading happy times. Plus we have the bookcase for hardcover books beside the blue bin. Also there is the bookcase, by the puzzle table, with the shelves of FREE books. Then, of course, there is the twice monthly Thursday book sale. This month we will be bringing out the donated Christmas books and puzzles that have been sorted out throughout the year for the November and December sales. There will also be the usual books, all in good or better condition, a variety of topics and categories, perhaps for Christmas gifts for friends, family and even yourself! These 2 sales and another in December are your only chances for Christmas books buying in our own library!

*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.*

## **Seniors Council 2024 - 2025**

### **Seniors Council nomination applications open November 7 th!**

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: [kerrisdaleccsociety@gmail.com](mailto:kerrisdaleccsociety@gmail.com) by:  
9:00 pm Thursday, January 23 2025 Or

Submit to Seniors Desk starting November 7, 2024.

Applications available at the front desk.

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### ***SPECIAL EVENTS***

#### **Remembrance Day | Simply Band Service**

Simply Band will perform a Remembrance Day service on November 11.

All are welcome.

**Mon November 11, 10:30am-11:15am Seniors Multipurpose Room**

#### **Holiday Sing-a-long Concert | Simply Band Service**

Simply Band will present a short Christmas program and Sing-a-long Carols.

**Sat December 07, 2:00pm-2:45pm Seniors Multipurpose Room**

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**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

**KCCS Program Subsidy**

Our recreation programs are available to all members of the community. We welcome people on limited income to participate in the Centre’s programs and services. For more info, call 604.257.8100 or enquire at the front desk. To facilitate better service, we encourage you to let us know what your support needs are in advance. This information might be health or disability related. Please complete an information form at the front desk when you register.



**Volunteer Pianist Needed**

*The Original Kerrisdale Seniors Singers*  
is a mixed voice, volunteer community choir.

Musical focus is on popular music of the 20th century.

Established in the mid 1970's, the choir practices on Thursdays from 9:30 to 11:30 am at the Kerrisdale Seniors Centre.

We perform concerts at seniors' residences, care homes and community centres.

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 Betty Roussy at 604-327-3430.

Thanking you in advance for your favourable response.



# November 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



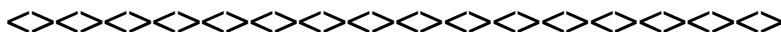
Nov 5 th North Endowment Lands / UBC

Nov 12 th Kits Beach

Nov 19 th Local Walk

Nov 26 th Minoru Park Richmond

If you are interested in joining, please call to reserve a spot  
Kerrisdale Seniors Centre Front Desk Phone 604-257-8109.



### Puzzles

**Puzzle Lovers!** All puzzles are now priced at \$2.00 for all sizes. The tested puzzles will still receive stickers advising if the puzzle is complete or the number of pieces missing.

Puzzle donations of all sizes are welcome for the puzzle table in the lounge, book sales and direct purchase from the puzzle display cabinet. Please ensure your donations are secure in the box, inside a sealed plastic bag. It helps to tape the lid to the box or put an elastic around the box so pieces do not fall out. If you know any pieces are missing, please indicate on the box cover picture the number of pieces missing and the location. Donations and payment for the puzzles is accepted at the Senior Centre reception desk. Thank you for your gift of fun!





## *The Original Kerrisdale Seniors Singers*

Have started their new season of song and entertainment  
in September 2024

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 Betty Roussy at 604 327 3430



## **ANGEL'S MIND MATTERS**

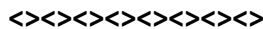
**November 2024**

**Meets MONDAYS From 2:00 to 3:30pm**



Meeting in the South Room to share opinions on various topics.

Different Topics will be presented each Monday and voted on by those  
attending for discussion



### **Monarch Submissions**

Deadline for submissions to the **December issue** of the  
**Monarch is November 20 th**

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

## **Nov 2024 Movies – Saturday & Sunday 2:00pm**

### **Nov 2/3 The Bucket List (2007) Run time: 97min**

Corporate billionaire Edward Cole and working class mechanic Carter Chambers have nothing in common except for their terminal illnesses. While sharing a hospital room together, they decide to leave it and do all the things they have ever wanted to do before they die according to their bucket list. In the process, both of them heal each other, become unlikely friends, and ultimately find joy in life.

### **Nov 9/10 80 For Brady (2023) Run time: 98 min**

The movie is inspired by the true story of 4 best friends and New England Patriots fans who take a life-changing trip to Super Bowl LI to see their hero Tom Brady play, and the chaos that ensues as they navigate the wilds of the biggest sporting event in the country.

### **Nov 16/17 Julie and Julia (2009) Run time: 123 min**

A woman verging on thirty and frustrated in a temp secretary job takes on a yearlong culinary quest: cook all 524 recipes in Julia Child's "Mastering the Art of French Cooking." She chronicles her trials and tribulations in a blog that catches on with the food crowd

### **Nov 23/24 Grumpy Old Men (1993) Run time: 104 min**

A lifelong feud between two neighbors since childhood only gets worse when a new female neighbor moves across the street.

John and Max are elderly men living next door to each other. They're continuously arguing and insulting each other, and have been this way for over 50 years. One day, Ariel, moves into the street. Both men are attracted to her, and their rivalry steps up a gear

### **Nov 30.....To Be Advised**



## November 2024 Menu

11:30am-12:45pm

**\$10 annual registration fee for Lunch Program due Sept 1 2024**

**The Menu is subject to Change: Thankyou**

Fri	1	Salisbury Steak with Peppercorn Sauce, Mashed Potatoes and Vegetables
Sat	2	Hot Lunch
Mon	4	Ginger Sesame Shrimp with Noodles and Vegetables
Tues	5	Chicken Cacciatore Pasta with Salad and Garlic Bread
Wed	6	Seafood Curry with Coconut Rice and Samosas
Thurs	7	<b>Special Lunch: Marry-Me-Chicken with Herb Butter Pasta, Mixed Roasted Vegetables and English Trifle</b>
Fri	.8	Raviolis with Bacon & Alfredo Sauce and Salad
Sat	.9	Hot Lunch
Mon	11	Closed
Tues	12	Kung Pao Chicken with Rice and Cucumber Salad
Wed	13	Liver and Onions with Potatoes and Bacon
Thurs	14	Vietnamese Lemongrass Pork with Noodles and Salad
Fri	15	Full English Breakfast
Sat	16	Hot Lunch
Mon	18	Baked Salmon with Herb Butter, Potatoes and Salad
Tues	19	Chicken Satay Skewers with Peanut Sauce, Rice and Coleslaw
Wed	20	Pulled Pork Sandwiches with Salad and Chips
Thurs	21	Beef Chili over Rice with Shredded Cheese and Salad
Fri	22	Chicken Parm with Pasta and Salad
Sat	23	Hot Lunch
Mon	25	Garlic Shrimp with Vegetables, Rice and Pineapple
Tues	26	Barbeque Chicken Drumsticks with Pasta Salad and Corn Bread
Wed	27	Beef and Broccoli with Rice and Soup
Thurs	28	Vegetable Lasagna with Salad
Fri	29	Mapo Tofu with Ground Pork, Rice and Vegetables
Sat	30	Hot Lunch

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	<b>NOVEMBER 2024</b>		
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Movie: <b>The Bucket List</b>  Opera Zone	Angel's Mind Matters <b>Knit a Bit &amp; More</b> Chess 1:30-3:30pm Bridge 12:30-3:30	Tuesday Walkers  Texas Holdem Poker  K3	Mah Jong 9:00-12.pm  Scrabble 1:00-3:00pm  Bridge 12:30-3:00pm
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Movie: <b>80 for Brady</b>	Angel's Mind Matters <b>Knit a Bit &amp; More</b> Chess 1:30-3:30pm Bridge 12:30-3:30	Tuesday Walkers  Texas Holdem Poker  K3	Mah Jong 9:00-12.pm  Scrabble 1:00-3:00pm  Bridge 12:30-3:00pm
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Movie: <b>Julie and Julia</b>	Angel's Mind Matters <b>Knit a Bit &amp; More</b> Chess 1:30-3:30pm Bridge 12:30-3:30	Tuesday Walkers  Texas Holdem Poker  K3	Mah Jong 9:00-12.pm  Scrabble 1:00-3:00pm  Bridge 12:30-3:00pm
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Movie: <b>Grumpy Old Men</b>	Angel's Mind Matters <b>Knit a Bit &amp; More</b> Chess 1:30-3:30pm Bridge 12:30-3:30	Tuesday Walkers  Texas Holdem Poker  K3	Mah Jong 9:00-12.pm  Scrabble 1:00-3:00pm  Bridge 12:30-3:00pm

THURSDAY	FRIDAY	SATURDAY
	<b>1</b>	<b>2</b>
	Bingo 1:00-3:00pm Enthusiastic Walkers	Movie: <b>The Bucket List</b>  Social Dance
<b>7</b>	<b>8</b>	<b>9</b>
<b>Special Lunch</b> <b>Brock House Jazz Band</b> Mary's Corner Table Tennis	Bingo 1:00-3:00pm Enthusiastic Walkers	Movie: <b>80 for Brady</b>  Social Dance
<b>14</b>	<b>15</b>	<b>16</b>
<b>Book Sales</b> Mary's Corner Table Tennis	Bingo 1:00-3:00pm Enthusiastic Walkers	Movie: <b>Julie and Julia</b>  Social Dance
<b>21</b>	<b>22</b>	<b>23</b>
<b>Metro Swing Band</b> Mary's Corner Table Tennis	Bingo 1:00-3:00pm Enthusiastic Walkers	Movie: <b>Grumpy Old Men</b>  Social Dance
<b>28</b>	<b>29</b>	<b>30</b>
<b>Book Sales</b> Mary's Corner Table Tennis	Bingo 1:00-3:00pm Enthusiastic Walkers	Movie: <b>TBA</b>  Social Dance

## Fall Program & Workshop Highlights

See our fall brochure for full program offerings

### 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

### **Flu Clinic**

BC Residents who are at high risk of serious illness from influenza (such as young children, pregnant women, the elderly and people with certain medical conditions), those able to transmit or spread influenza to those at high risk and people who provide essential community services may be eligible to receive publicly funded flu shots.

See criteria for eligibility at:

[www.healthlinkbc.ca/healthlinkbc-files/inactivated-influenza-vaccine](http://www.healthlinkbc.ca/healthlinkbc-files/inactivated-influenza-vaccine).

Appointments every 10mins.

**Free, registration required/1 sess**

**Tu 1:00 pm-5:00 pm**

**Nov 12 Limited Appointments available**

Instructor: Save On Foods Pharmacy

### **Travel Health**

Planning a trip away from home? Don't let illness spoil your trip. Be prepared.

Join Save on Foods Pharmacy Team as they will be providing information about common preventable diseases that travellers may encounter. Bring your questions!

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

**Dec 6**

**Free, registration required/1 sess**

**Instructor: Save on Foods Pharmacy**

## Programs & Workshop Spotlights continued

### **Bronze/Silver Dances**

We will be reviewing the Bronze figures and then progressing into the technical details of all the figures covered in the dance routine.

Minimum 1 year of dancing experience required. Partner preferred.

#### **Tango**

Th 4:00 pm-4:55 pm Nov 07-Dec 19 \$105/7 sess 518466

#### **Samba**

Th 3:00 pm-3:55 pm Nov 07-Dec 19 \$105/7 sess 518465

### **Latin Dance | All Levels**

Learn to dance with style and rhythm. Latin dancing is easy and fun for all ages and experience levels! Just follow the step and you will be dancing Salsa, Bachata and Merengue to lively Latin songs.

Wed 1:30 pm-2:30 pm Oct 16-Nov 20 \$63/6 sess 519463

Wed 1:30 pm-2:30 pm Nov 27-Dec 18 \$42/4 sess 519464

**Instructor: Takako Toriumi**

### **Scottish Country Dance**

Full mobility and some dancing experience is required. This friendly group spends a pleasant afternoon dancing and socializing. This is social dancing in sets of four couples with lively Scottish music and patterns that repeat. It's good aerobic exercise and good memory training!

Tu 11:15 am-12:15 pm Nov 5-Dec 17 515631 \$14/7 sess

Tu 1:30 pm-3:30 pm Nov 5-Dec 17 \$28/7 sess

**Instructor: Cathrine Conings**

### **Latest Technology and Hearing Aid Solutions**

Many people experience hearing problems, but today there are more ways than ever to help with hearing loss. This topic will include: Living with hearing impairment and quality of life, improving social interaction, the latest research in hearing loss treatment, how hearing aid technology works, and hearing aid styles.

Mon 10:00 AM-11:00 AM Nov 18 Free, registration required/1 sess

**Instructor: Dr. Katarina Vavrovicova**

## Neurofit

This program focuses on exercises combining strength, aerobic conditioning, balance, agility and coordination. It can be modified to each person's specific level and needs.

Drop-in \$13.50 adults/\$10 seniors, if space permits.

**Mon 10:30 am-11:10 am Oct 28-Dec 16 \$77/7 sess**

**524612**

**Th 1:30 pm-2:10 pm Oct 31-Dec 12 \$77/7 sess**

**524608**

**Instructor: Richard Pelcz**

## Keep Fit With Your Walker: Modified Fitness

Specifically designed for older adults who use a walker. Exercises will focus on strength, mobility, posture and balance. Doctor or physiotherapist referral recommended.

Drop-in: Adults \$12.50/Seniors \$9.50 space permitting.

**Tu 1:15 pm-2:15 pm Oct 22-Dec 10 \$56/7 sess**

**518687**

**Instructor: Isobel Willard**

## Tap Happy Beginner/Beginner Plus

Join us for a FUN TAP EXPERIENCE to learn some basic tap steps and sequences. We'll choreograph routines to music, strengthen our bodies while working on coordination, balance and developing rhythm. Drop-in \$18.50 adults/\$15 seniors, if space permits. Semi Private (\$30/1hr) and Private lessons (\$60/1hr) available. Please call for more details.

**Wed 4:00 PM-5:00 PM Oct 23-Dec 04 \$87.50/7 sess**

**518619**

**Wed 5:15 PM-6:15 PM Oct 23-Dec 04 \$87.50/7 sess**

**524945**

**Instructor: Beryl Israel**

### 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.



## Event

### 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                      November 30,                      2:15pm-3:30pm                      \$5/1 sess**

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## **PROGRAM CARD RENEWAL –2024/2025**

### **LUNCH, SOCIAL & OPERA ZONE**

Renew your 2024-2025 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

### **Please Note: Annual registration fees due**

**Sept 1 2024 to Aug 31 2025**

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.

## **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 2024-August 2025)***

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

### **Billiards/Snooker**

Enjoy our billiards room with two pool tables. On-going drop-in play available.

**Mon/Wed • 9:00am-12:15pm, 3:00pm-9:00pm  
Tues/Thurs/Fri • 9:00am-9:00pm  
Sat/Sun • 9:00am-6:00pm**



**Angel's Mind Matters** Join us 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 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**

*Movie is subject to change due to availability*

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!

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

**Sat**      **4:00 pm-6:00 pm**                      **On-going**      **Multipurpose Room**

### **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 Mary's Corner on Thursdays.

For more information, please join us on Monday.

**Mon**                      **1:00pm-3:00pm**                      **Craft Room**      **Ongoing**

## Concert for All Ages



### The Opera Zone –

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

*Sunday November 3<sup>rd</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 in the Seniors- Lounge

On Thursdays 10:am to 3:00pm

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

*Do you have Jewelry you no longer wear or need?*

*We Need Jewelry donations for the Boutique*

*The Boutique would love to hear from you*

Please contact the seniors' desk 604.257.8109



## Seniors Programs at a Glance, Sept to December 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
Chronic Conditions Self-Management	10:00am-12:30pm
*Neurofit	10:30am-11:10am
*Qigong	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
*Stretch, Roll and Relax	2:45pm-3:30pm
Open Times Billiards	3:30pm-9:00pm
Kerrisdale Ukulele Ensemble	6:30pm-8:00pm

### 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
* Minds in Motion	10:30am-12:00pm
*Chair Yoga	10:30am-11:30am
*Gentle Fit	10:30am-11:30am
K3	11:00am-12:00pm
*Line Dancing Beginners	11:00am-12:00pm
*Scottish Country Dance Beginners	11:15am-12:15pm
Brock House/Kerrisdale Choir	1:00pm-3:00pm
*Keep fit with your Walker	1:15pm-2:15pm

## Tuesday continued

*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
*Music Theory 101 Introduction	10:00am-11:30am
*Gentle Fit Advanced	10:30am-11:30am
*Chorisma Vocal Jazz Choir	11:00am-1:00pm
*Adventures in Watercolour	12:00pm-3:00pm
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	1:30pm-3:00pm
*Introduction to Latin Beats	1:30pm-2:30pm
*Joint Works	2:30pm-3:30pm
Open Times Billiards	3:30pm-9:00pm
*Tap Happy Beginner Plus	4:00pm-5:00pm
*Tap Happy Beginner	4:00pm-5:00pm

### **Thursday**

Open Times Billiards	9:00am-9:00pm
*Osteofit Level 1	9:00am-10:00am
*Kerrisdale Senior Singers Choir	9:30am-12:00pm
*Smartphone or Tablets Photography for Seniors	9:30am-10:30am
Mary's Corner	10:00am-3:00pm
*Gentle Fit	9:00am-10:00am
*Gentle Fit	10:30am-11:30am
*Smartphone or Tablets Videography for Seniors	11:00am-12:00pm
*Cryptic Crosswords Beginners	1:00pm-3:00pm
*Neurofit	1:30pm-2:10pm
*Yuan Ji Dance	12:45pm-2:45pm
Table Tennis	2:30pm-5:30pm

## Thursday continued

\*Bronze/Silver International Samba 3:00pm-3:55pm  
\*Bronze/Silver International Tango 4:00pm-4:55pm

## **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 9:00am-1:30pm  
\*Osteofit for Life 1:20pm-2:20pm  
\*Tai Chi Sword 1:25pm-2:25pm  
Open Drumming Circle 1:45pm-3.15pm  
\*Joint Works 2:30pm-3:30pm  
\*Tai Chi/Kung Fu Fan Set 2:35pm-3:35pm  
\*Chair Yoga 4:15pm-5:15pm

## **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  
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

### **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**.

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

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

## October Solutions

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

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

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