

# Monarch Newsletter

## March 2025



*Happy  
St. Patrick'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

**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.



*March 13 th*

*Sheryl Greenfield*

*April 17 th*

*Brock House Big Band*

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



## *International Women's Day*

This International Women's Day, let's recognize, celebrate, and uplift the contributions of women worldwide as we work together to "**Accelerate Action**", this year's IWD campaign theme.

### **How can you participate?**

♥ **Wear Purple** – A symbol of justice and dignity, purple represents unity. The official IWD colors—**purple, green, and white**—honor the movement for women's equality.

♥ **Support Women-Owned Businesses** – Shop from and promote women entrepreneurs to help empower their work.

♥ **Donate or Volunteer** – Contribute to organizations dedicated to advancing women's rights, education, healthcare, and safety.

♥ **Attend or Host an Event** – Join local marches, panel discussions, or networking gatherings—or organize your own!

♥ **Amplify Women's Voices** – Share inspiring stories, advocate for gender equality, and engage in meaningful conversations.

♥ **Take Action** – Support policies that promote gender equality in your workplace and community.

Together, we can drive progress and create a more inclusive world for all. **Happy**

**International Women's Day!** ♥ ✨





## January Birthday Draw Winner!

Amy Yuk Ha Lee

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

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)

Take out option is no longer available

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

# St. Patrick's Day Special Lunch



Lamb & Guinness Stew  
with Potatoes and Soda Bread  
Dessert, Coffee/Tea

Thursday March 13 th 11:45am  
\$ 15.00 meal

Pre-registration required. Please see the Front Desk



## BUS TRIPS

### Seniors Day Trips

Fully guided tours by Jason Martincic.

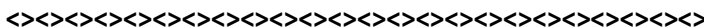
Prices include transportation, entrance fees and lunch. (unless stated otherwise) **Please note a waiver form must be signed**

**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.



## BUS TRIPS FOR MARCH, APRIL, MAY and JUNE

Refer Spring registration on March 8 th



## ANGEL'S MIND MATTERS

March 2025

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

### VOLUNTEER OPPORTUNITIES

COFFEE BAR, KITCHEN, SPECIAL LUNCHESES, PROGRAMS

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

## Enthusiastic Walkers March 2025

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

We return around 1 pm

We have a waiting list at present



|        |             |     |
|--------|-------------|-----|
| Mar 7  | Quilchena   | Bus |
| Mar 14 | Langara     | Bus |
| Mar 21 | English Bay | Bus |
| Mar 28 | Trout Lake  | Bus |

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

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### **BOOK SALES MARCH 6 th and 20 th**

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

**I love the days when my only problem is what book to read!**  
**(Goodwill librarian)**

Yes, we have many, many books for your choosing but be assured, it won't be a problem. Whatever book you choose, you can enjoy it, return it and choose a different one. You can consider our books as your own library - one that doesn't take up shelf space in your home. You don't even have to wait for a book sale as you can buy directly from the blue bin. It is to the right of the main door to the Seniors Centre. Puzzles too are always on sale from the display cabinet beside the coffee bar. All sizes are only \$2.00 each. Isn't it comforting to know you can eliminate one problem from your life?

*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.*

**SATURDAY, MARCH 8 th INTERNATIONAL WOMEN'S DAY**

This day, women worldwide will recognize and be recognized and encouraged to continue to "Accelerate Action"... this year's IWD campaign slogan.

**Let's all celebrate the contributions of women to our world.**

How to participate??

Wear Purple which signifies justice and dignity as a sign of unity. Purple Green and White are the official colors of International Womens Day. (Men's Day is November 19!!)



Letter to Richard from:

**: Aging, Mobility, and Cognitive Health Research Lab: Partnership Inquiry**

*Dear Kerrisdale Senior Centre,*

*My name is Abaigeal, and I am a recruitment coordinator for the abovementioned Institute.*

***. I am writing to kindly ask if the Kerrisdale Seniors Centre would be interested in a partnership in which our lab can provide a free seminar on healthy aging as an recruitment event for our ongoing research study.***

*Topics on healthy aging include:*

*Falls prevention*

*Exercise programming for older adults*

*Coffee Hour: Summary of the latest research for healthy aging*

*We are currently recruiting for the Supporting Physical Activity for Mobility-Limited Older Adults Trial (SuPA Mobility Trial) which aims to determine whether 6-months of one-on-one health coaching or group-based health education can increase positive lifestyle behaviors, such as physical activity participation, and improve mobility in older adults. Our target population is older adults between the ages of 70-89 years who experience challenges with their mobility (e.g., slower walking, poorer balance*

**For more information Members can contact Richard Dopson.**

*"I participated in this research program a few years ago and found it most helpful.....*

*I continue with the daily warm up exercises" Richard.*

**REGISTRATION INFORMATION:**

**For the Spring programs:  
First day registration will be on March 8 th at 9 am for in person or  
online.  
Phone in registration will be on March 10 th at 9am.**



**WERE YOU IN THE PINK ON FEBRUARY 26??**

Thanks go out to everyone who supported this special day of sowing seeds of kindness and compassion by wearing PINK.

Members enjoyed wearing the pink shirt pin-ons and showing their support for anti-bullying!!

Thanks go out to the staff, “pin-on” volunteers, Seniors Council, and the FunCrafts group whose efforts helped create a positive atmosphere in our centre!



**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

**QUOTE:**

**“ You don’t stop laughing when you grow old,  
You grow old when you stop laughing”**

By George Bernard Shaw

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# March 2025

## 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



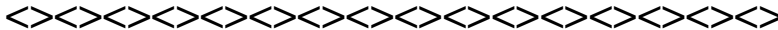
Mar 4 th Fraser River Park

Mar 11 th No walk

Mar 18 th Kitsilano Beach

Mar 25 th Van Dusen

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!



# March 2025 Menu

11:30am-12:45pm

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

| March |    | *Menu Subject to Change  |
|-------|----|--|
| Sat   | 1  | Hot Lunch  |
| Sun   | 2  | CLOSED   |
| Mon   | 3  | White Wine Garlic Shrimp Scampi with Pasta and Salad             |
| Tue   | 4  | Cajun Chicken Breast with Potatoes and Vegetables                |
| Wed   | 5  | Sweet and Sour Pork with Rice, Vegetables and Spring Roll        |
| Thu   | 6  | Meatloaf with Potatoes and Vegetables                            |
| Fri   | 7  | Liver and Onions with Potatoes, Vegetables and Bacon             |
| Sat   | 8  | Hot Lunch  |
| Sun   | 9  | CLOSED   |
| Mon   | 10 | Roast Pork with Peppercorn Jus, Potatoes and Vegetables          |
| Tue   | 11 | Beef Chili with Rice, Cheese and Salad                           |
| Wed   | 12 | Peanut Chicken Satay Skewers with Rice, Vegetables and Coleslaw  |
| Thu   | 13 | Special Lunch: Lamb & Guinness Stew with Potatoes and Soda Bread |
| Fri   | 14 | Baked Cod with Lemon Butter, Potatoes and Vegetables             |
| Sat   | 15 | Hot Lunch  |
| Sun   | 16 | CLOSED   |
| Mon   | 17 | Veal Parmesan with Risotto Milanese and Vegetables               |
| Tue   | 18 | Salisbury Steak with Gravy, Mashed Potatoes and Vegetables       |
| Wed   | 19 | Thai Chicken Curry with Rice and Samosa                          |
| Thu   | 20 | Pork and Lentil Stew with Potatoes and Vegetables                |
| Fri   | 21 | Mix Seafood Cioppino with Linguine and Garlic Bread              |
| Sat   | 22 | Hot Lunch  |
| Sun   | 23 | CLOSED   |
| Mon   | 24 | Beef and Pork Cevapi with Potatoes, Salad and Flatbread          |
| Tue   | 25 | Chicken Chow Mein with Vegetables and Cucumber Salad             |
| Wed   | 26 | Mushroom Stroganoff with Beef, Pasta and Garlic Bread            |
| Thu   | 27 | Baked Salmon with Dill Cream Sauce, Potatoes and Salad           |
| Fri   | 28 | Glazed Ham with Pineapple, Potatoes and Vegetables               |
| Sat   | 29 | Hot Lunch  |
| Sun   | 30 | CLOSED   |
| Sat   | 31 | CLOSED – Floor refinishing reopen on April 7                     |

## **March 2025 Movies – Saturday & Sunday 2:00pm**

### **Mar 1/2 Redeeming Love (2022)**

Based on the bestselling novel by Francine Rivers, Redeeming Love is a powerful story of relentless love and perseverance as a young couple's relationship clashes with the harsh realities of the California Gold Rush of 1850. It is a life-changing story of the power of unconditional and all-consuming love.

### **Mar 8/9 The Green Book (2018)**

In 1962, tough bouncer Frank "Tony Lip" Vallelonga searches for work while his nightclub is closed for renovations. The most promising offer turns out to be the driver for African-American classical pianist Don Shirley for a concert tour into the Deep South states. Although hardly enthused at working for a Black man, Tony accepts the job and they begin their trek armed with "The Negro Motorist Green Book," a guide for safe travel through America's racial segregation. The snobbishly erudite pianist and the crudely practical bouncer can barely get along with their clashing attitudes to life and ideals. However, as the disparate pair witness and endure America's appalling injustices on the road, they find a newfound respect for each other's talents and start to face them together. In doing so, they nurture an understanding and a friendship that would change both their lives.

### **Mar 15/16 Where the Crawdads Sing (2022)**

A woman who raised herself in the marshes of the Deep South becomes a suspect in the murder of a man with whom she was once involved. Abandoned by her family, Kya Clark, otherwise known to the townspeople of Barkley Cove as the Marsh Girl, is mysterious and wild. "Where the Crawdads Sing" is a coming-of-age story of a young girl raised by the marshlands of the south in the 1950s. When the town hotshot is found dead, and inexplicably linked to Kya, the Marsh Girl is the prime suspect in his murder case

### **Mar 22/23 The Lost Valentine (2011)**

A young and cynical female journalist learns love may transcend trials and time as she discovers a story that will change her life forever. When war separates lovers on their wedding anniversary Feb. 14, 1944 at LA Union Train Station, Navy pilot Neil Thomas makes a promise he isn't sure he can keep - to return to the train station safe by their next anniversary. For sixty years Caroline Thomas keeps her promise by waiting at the train station until her missing in action husband can finally keep his with the "lost valentine." The message and meaning shows romance and love can be real; worth fighting, and maybe even dying for.

Movies continued on page 11

### Mar 29/30 **The Notebook (2004)**

The movie focuses on an old man reading a story to an old woman in a nursing home. The story he reads follows two young lovers named Allie Hamilton and Noah Calhoun, who meet one evening at a carnival. But they are separated by Allie's parents who disapprove of Noah's unwealthy family, and move Allie away. After waiting for Noah to write her for several years, Allie meets and gets engaged to a handsome young soldier named Lon. Allie, then, with her love for Noah still alive, stops by Noah's 200-year-old home that he restored for her, "to see if he's okay." It is evident that they still have feelings for each other, and Allie has to choose between her fiancé and her first love.



**March 2025**

### *The Original Kerrisdale Seniors Singers*

started their new season of song and entertainment  
in January, 2025.

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:

Choir Co-ordinator Catherine, at 604-228-1488



*When a man holds the car door open for a woman,*

*It is a sign that either of the woman or the car is still  
new*



| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  |
|--|--|---|--|
|  |  |   |  |
|  | <b>MARCH<br/>2025</b>  |   |  |
| <b>2</b>   | <b>3</b>   | <b>4</b>  | <b>5</b>   |
| Movie: <b>Redeeming Love</b><br><br>Opera Zone                       | Angel's Mind Matters<br><b>Knit a Bit &amp; More</b><br>Chess 1:30-3:30pm<br>Bridge 12:30-3:30     | Tuesday Walkers<br><br>Texas Holdem Poker<br><br>K3 | Mah Jong 9:00-12.pm<br><br>Scrabble 1:00-3:00pm<br><br>Bridge 12:30-3:00pm |
| <b>9</b>   | <b>10</b>  | <b>11</b>   | <b>12</b>  |
| Movie: <b>The Green Book</b>   | Angel's Mind Matters<br><b>Knit a Bit &amp; More</b><br><br>Chess 1:30-3:30pm<br>Bridge 12:30-3:30 | Texas Holdem Poker<br><br>K3                        | Mah Jong 9:00-12.pm<br><br>Scrabble 1:00-3:00pm<br><br>Bridge 12:30-3:00pm |
| <b>16</b>  | <b>17</b>  | <b>18</b>   | <b>19</b>  |
| Movie: <b>Where the Crawdads Sing</b>                                | Angel's Mind Matters<br><b>Knit a Bit &amp; More</b><br>Chess 1:30-3:30pm<br>Bridge 12:30-3:30     | Tuesday Walkers<br><br>Texas Holdem Poker<br><br>K3 | Mah Jong 9:00-12.pm<br><br>Scrabble 1:00-3:00pm<br><br>Bridge 12:30-3:00pm |
| <b>23/30</b>   | <b>24/31</b>   | <b>25</b>   | <b>26</b>  |
| Movie: <b>Lost Valentine</b><br><hr/> 30: Movie: <b>The Notebook</b> | Angel's Mind Matters<br><b>Knit a Bit &amp; More</b><br>Chess 1:30-3:30pm<br>Bridge 12:30-3:30     | Tuesday Walkers<br><br>Texas Holdem Poker<br><br>K3 | Mah Jong 9:00-12.pm<br><br>Scrabble 1:00-3:00pm<br><br>Bridge 12:30-3:00pm |

| THURSDAY   | FRIDAY  | SATURDAY   |
|--|---|--|
|  |   | <b>1</b>   |
|  |   | Movie: <b>Redeeming Love</b><br><br>Social Dance                     |
| <b>6</b>   | <b>7</b>                                      | <b>8</b>   |
| <b>Book Sales</b><br><br>Mary's Corner<br><br>Table Tennis   | Bingo 1:00-3:00pm<br><br>Enthusiastic Walkers | Movie: <b>The Green Book</b><br><br>Social Dance                     |
| <b>13</b>  | <b>14</b>                                     | <b>15</b>  |
| <b>Special Lunch</b><br><b>St Patrick's Day</b><br><br><b>Sheryl Greenfield</b><br><br>Mary's Corner<br>Table Tennis | Bingo 1:00-3:00pm<br><br>Enthusiastic Walkers | Movie: <b>Where the Crawdads Sing</b><br><br>Social Dance            |
| <b>20</b>  | <b>21</b>                                     | <b>22</b>  |
| <b>Book Sales</b><br><br>Mary's Corner<br><br>Table Tennis   | Bingo 1:00-3:00pm<br><br>Enthusiastic Walkers | Movie: <b>Lost Valentine</b><br><br>Social Dance                     |
| <b>27</b>  | <b>28</b>                                     | <b>29</b>  |
| <b>Mary's Corner</b><br><br>Table Tennis   | Bingo 1:00-3:00pm<br><br>Enthusiastic Walkers | Movie: <b>The Notebook</b><br><br><b>Ukulele Jam</b><br>Social Dance |

## New Program Ideas?

Do you have a new program you would like to propose or offer?

Please send our Senior Centre Programmer, Bernard Lee, an email at [Bernard.Lee@vancouver.ca](mailto:Bernard.Lee@vancouver.ca)

## Winter Program & Workshop Highlights

See our Winter brochure for full program offerings

### SENIORS GROUP FITNESS

| Rates                  | Seniors |  | Adult   |
|------------------------|---------|--|---------|
| Drop-In                | \$5.25  |  | \$6.25  |
| Fit Card<br>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  |

#### 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<br>537367 | Feb 10-Mar 10 | \$55/5 sess |
| Thur | 1:30 pm-2:10 pm<br>537368   | Feb 20-Mar 27 | \$66/6 sess |

Instructor: Richard Pelcz

## Winter Program & Workshop Spotlights continued....

### **ActiveNet Registration Workshop for Seniors**

This workshop is led by youth volunteers and will cover how to register for programs using the ActiveNet registration system right from your smartphone or laptop. Free, Registration Required/1 sess

**Sat Mar 1 10:45 am-11:45 am 540639**

### **Gentle Mat Pilates and Stretch**

This class will focus on foundational pilates mat exercises to increase focus, strength and muscle tone, as well as gentle stretching and relaxation.

For more information see our Winter Brochure

**Mon 2:15pm-3:00pm Feb 25-Mar 31 \$60/6 sess  
537718**

### **Adapted Fitness**

This class is specifically designed for older adults who may have limitations in mobility and strength as well as those who use a walking aid. Exercises will focus on strength training, posture, flexibility and balance and are conducted in a chair or standing behind it.

**Drop-in Adults \$12.50 Seniors \$9.50 space permitting**

**Tu 1:15pm-2:15pm Feb 18-Mar 25 \$64/6 sess  
537687**

### **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 3:45 pm-4:45 pm Jan 08-Mar 12 536952**

**Seniors \$125 Adults \$165/10 sess**

**Instructor: Beryl Israel**

## 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                      March 29                      2:15pm-3:30pm                      \$5/1 sess                      536947**

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### 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 –  
Choir Co-ordinator Catherine at 604-228-1488.

#### 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.

#### 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



## Monarch Submissions

Deadline for submissions to the **April issue** of the  
**Monarch is March 19 th**

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

## WINTER REGISTRATION 2025 (JANUARY-MARCH) On Going

### 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

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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

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## **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 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**

*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**      **On-going**

## Concert for All Ages

### The Opera Zone –



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

*First Sunday of Every Month                      March 2<sup>nd</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  
Every Thursday at 10:am to 2:00pm

All handcrafted articles for sale are made by Volunteers and Friends  
of the Monday 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 at 604.257.8109*



## Seniors Programs at a Glance, January to March 2025

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  |
| *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 |
| *Gentle Mat Pilates & Stretch        | 2:15pm-3:00pm   |
| 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   |
| *Adapted Fitness                  | 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  |
| *Gentle Fit Advanced                 | 10:30am-11:30am |
| *Chorisma Vocal Jazz Choir           | 11:00am-1:00pm  |
| 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   |
| *Latin Dance All Levels              | 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  |
| Mary's Corner                      | 10:00am-3:00pm  |
| *Gentle Fit                        | 9:00am-10:00am  |
| *Gentle Fit                        | 10:30am-11:30am |
| *Cryptic Crosswords Beginners      | 1:00pm-3:00pm   |
| *Neurofit                          | 1:30pm-2:10pm   |
| *Thursday Socials                  | 1:30pm-2:30pm   |
| *Yuan Ji Dance                     | 12:45pm-2:45pm  |
| Table Tennis                       | 2:30pm-5:30pm   |
| *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 |

### **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.

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

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

### February Solutions

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

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

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