

Monarch Newsletter

April 2025



Hello



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.



April 17 th

Brock House Big Band

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



Easter Special Lunch



Honey Ham with Pomme Gratin, Roast Carrots, Coleslaw and Salsa Verde

Dessert, Coffee/Tea

Thursday April 17 11:45 a.m. \$ 15.00 meal

Sold out/waiting list open

Pre-registration required. Please see the Front Desk





February Birthday Draw Winner!

Carol McGuire

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

Take out option is no longer available

	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
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

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.

Vancouver Aquarium

On this trip we will discover Canada's largest aquarium in the heart of Vancouver's Stanley Park! We will learn about the wonders of wildlife around the world, from the enchanting tides of local Canadian waters to the vibrant coral reefs of the tropics and the exotic beauty of the Amazon rainforest. Connect with over 65,000 incredible animals across 120 exhibits. Lunch will be provided.

Tues 9:30am-3:00pm Apr 29 553956 \$95/1 sess

Abbotsford Tulip Festival and Lunch

On this trip we will visit Lakeland Flowers, host of the Abbotsford Tulip Festival. The tulip fields span 28 acres and showcase 100 varieties of tulips, including double fringed and parrot varieties! The legacy tulip is named after Peter Warmerdam, Lakeland's first generation farmer. After exploring the tulips, we will have lunch (included) at the Mandarin Garden Buffet Restaurant.

Wed 9:00am-4:00pm May 14 553961 \$95/1 sess

Sea to Sky Gondola

One of B.C.'s iconic tourist attractions, the Sea to Sky Gondola is located in Squamish, within the unceded traditional territory of the Squamish, Tsleil-Waututh and Musqueam First Nations. The summit of the Sea to Sky Gondola provides a base camp for further exploration including hiking, walking, tubing and snowshoeing (winter only), backcountry adventures and much more. The Summit Lodge includes offerings of local fare and a coffee bar with house made treats.

Lunch is NOT included on this trip.

Tues 9:00am-4:00pm Jun 17 553962 \$95/1 sess

Enthusiastic Walkers April 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



April 4	Lonsdale Quay	Bus & Seabus
April 11	Minoru Park, Richmond	Bus & Canada Line
April 18	Local	
April 25	Coal Harbour	Bus

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



BOOK SALES April 10 th and 24 th

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

How many favourite books am I allowed to have? (The Family Circus)

We all know the amount is limited! Your favorite titles and authors may be written on your list tucked away safely, on your book shelves, or lent to a friend. You will discover new favourites at our book sales, in the blue box and the bookcase. If you have some old favourites you find hard to "send out into the wild", please consider donating them for our sales in the Senior Centre. We have a new yellow book sale donation information brochure sitting on the top of the blue box and at our sales. It will help you to sort your books for donation with us or elsewhere. Your next favorite is waiting for you!

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.

**“OUR POWER OUR PLANET”
EARTH ACTION DAY APRIL 22 2025**

The theme for Earth Action Day, is “Our Power Our Planet” inviting everyone around the globe to unite behind renewable energy and to triple the global generation of clean electricity by 2030. We encourage everyone to take action...educate, advocate and mobilize. Stay tuned to the Seniors Center Bulletin Boards for upcoming events.



Vancouver Election Saturday April 5 th

Reminder to All

If you applied to Vote by Mail, there is a Vote by Mail box across from the Main Desk in the Centre.

Please deposit your ballot envelope no later than April 5 th
In person voting Saturday April 5 at KCC!!

VOLUNTEER OPPORTUNITIES

COFFEE BAR

KITCHEN

SPECIAL LUNCHES

PROGRAMS

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

REGISTRATION INFORMATION:

**For the Summer programs:
First day registration will be on June 7 th at 9 am for in person or
online.
Phone in registration will be on June 9 th at 9am.**



SIMPLY BAND CONCERT

SIMPLY BAND will perform a variety of music from Latin Dance to Folk music to Classical.
Come and enjoy an hour of concert band music. All are welcome.
Pre-registration required.

Sun April 6 2:30 pm – 3:30 pm



ANGEL’S MIND MATTERS

APRIL 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

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

APRIL 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.

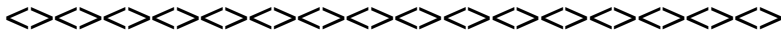
We return prior to 1pm at the latest depending on the destination
Our walks are leisurely and we take a combination of city transit
buses or skytrain.

We will walk Rain or Shine so ensure you dress appropriately
Men are encouraged to join us



- April 1 st Coal Harbour
- April 8 th No walk
- April 15 th Van Dusan Garden
- April 22 th Southlands McCleery Golf Course
- April 29 th UBC Westbrook Area

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!

April 2025 Menu

11:30am-12:45pm

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

The menu and days of service are SUBJECT TO CHANGE

April Menu		
Tue	1	CLOSED
Wed	2	CLOSED
Thu	3	CLOSED
Fri	4	CLOSED
Sat	5	CLOSED
Sun	6	CLOSED
Mon	7	Liver and Onions with Potatoes, Vegetables and Bacon
Tue	8	Peach Glazed Chicken with Potatoes and Vegetables
Wed	9	Bacon or Spinach Quiche with Salad and Potatoes
Thu	10	White Chicken Lasagna with Garlic Bread and Salad
Fri	11	Garlic Butter Shrimp with Pasta and Vegetables
Sat	12	Hot Lunch
Sun	13	CLOSED
Mon	14	Chicken Marbella with Quinoa and Vegetables
Tue	15	Baked Cod with Lemon Butter, Potatoes and Vegetables
Wed	16	Sweet and Sour Meatballs with Rice and Vegetables
Thu	17	Special Lunch: Honey Ham with Pomme Gratin, Roast Carrots, Coleslaw & Salsa Verde
Fri	18	CLOSED
Sat	19	Hot Lunch
Sun	20	CLOSED
Mon	21	CLOSED
Tue	22	Mix Seafood Newberg with Rice and Vegetables
Wed	23	Ribs with Mac 'N' Cheese and Salad
Thu	24	Classic Beef Meatloaf with Potatoes and Vegetables
Fri	25	BBQ Chicken Legs with Potatoes and Vegetables
Sat	26	Hot Lunch
Sun	27	CLOSED
Mon	28	Beef Moussaka with Potatoes and Salad
Tue	29	Baked Pork Chops with Mushroom Sauce, Potatoes and Vegetables
Wed	30	Cajun Chicken Breast with Pasta Salad and Garlic Bread

April 2025 Movies – Saturday & Sunday 2:00pm

April 5/6 Yesterday (2019)

A struggling musician realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate reality where they never existed.

One day Jack was nobody. Everything was perfectly normal. Until on that one day, a global power outage occurred, affecting everything. The very next day, Jack discovers that he is the only one in the world who remembers The Beatles. Whilst trying to wrap his head around what is happening, Jack finds himself on a journey to figure out what happened on that one night, and to bring back joy and bring back the memory of the one band from yesterday.

April 12/13 La La Land (2016)

The story of aspiring actress Mia and dedicated jazz musician Sebastian, who struggle to make ends meet while pursuing their dreams in a city known for destroying hopes and breaking hearts. With modern-day Los Angeles as the backdrop, this musical about everyday life explores what is more important: a once-in-a-lifetime love or the spotlight.

April 19/20 My Cousin Vinny (1992)

Two teenage boys from New York are travelling down south when a series of coincidences lands them in jail charged with first degree murder. They can't afford the \$50K for an attorney so they call the lawyer cousin of one of the boys. Vinny is a stereotypical New Yorker who is initially a complete disaster, but can he get them off the hook?

April 26/27 The Time Traveler's Wife (2009)

The story follows Henry DeTamble (Bana), a Chicago librarian with a paranormal genetic disorder that causes him to randomly time travel as he tries to build a romantic relationship with Clare Abshire (McAdams), whom he meets as a child and who later becomes his wife.





April 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



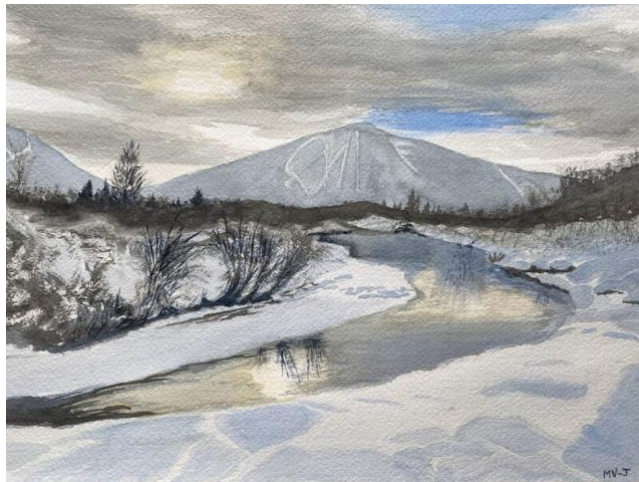
Artists of Kerrisdale Juried Art Show 2025

"AS WE SEE IT" 2025


March 27 – May 29, 2025

Open House May 3 - 4, 2025 10 am-4 pm

KERRISDALE SENIOR ART SPACE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		1	2
		Tuesday Walkers Texas Holdem Poker K3	Mah Jong 9:00-12.pm Scrabble 1:00-3:00pm Bridge 12:30-3:00pm
6	7	8	9
Movie: Yesterday Opera Zone Simply Band Concert	Angel's Mind Matters Knit a Bit & More Chess 1:30-3:30pm Bridge 12:30-3:30	Texas Holdem Poker K3	Mah Jong 9:00-12.pm Scrabble 1:00-3:00pm Bridge 12:30-3:00pm
13	14	15	16
Movie: La La Land	Angel's Mind Matters Knit a Bit & More 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
20	21	22	23
Movie: My Cousin Vinny	Angel's Mind Matters Knit a Bit & More Chess 1:30-3:30pm Bridge 12:30-3:30	Tuesday Walkers Earth Day Texas Holdem Poker K3	Mah Jong 9:00-12.pm Scrabble 1:00-3:00pm Bridge 12:30-3:00pm
27	28	29	30
Movie: The Time Traveler's Wife	Angel's Mind Matters Knit a Bit & More Chess 1:30-3:30pm Bridge 12:30-3:30	Tuesday Walkers Bus Tour Texas Holdem Poker K3	Mah Jong 9:00-12.pm Scrabble 1:00-3:00pm Bridge 12:30-3:00pm

THURSDAY	FRIDAY	SATURDAY
3	4	5
Mary's Corner Table Tennis	Bingo 1:00-3:00pm Enthusiastic Walkers	Movie: Yesterday Social Dance Vancouver Election
10	11	12
Book Sales Mary's Corner Table Tennis	Bingo 1:00-3:00pm Enthusiastic Walkers	Movie: La La Land Social Dance
17	18	19
Special Lunch EASTER Brock House Big Band Mary's Corner Table Tennis	Bingo 1:00-3:00pm Enthusiastic Walkers	Movie: My Cousin Vinny Social Dance
24	25	26
Book Sales Mary's Corner Table Tennis	Bingo 1:00-3:00pm Enthusiastic Walkers	Movie: The Time Traveler's Wife Social Dance
	APRIL 2025	

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

Spring Program & Workshop Highlights

See our Spring 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

Falls Prevention

The alarming impact falls have on the well-being of seniors and hazards that contribute to the likelihood of falls are reviewed. Safeguards and suggested exercises to improve balance and strength are recommended

Tue **Apr 22** **10:00 am - 11:00 am** **559868**

Spring Program & Workshop Spotlights continued....

Scam Prevention Workshop in Mandarin

Protect yourself and your loved ones from financial fraud! Join the Vancouver Police Department and KOM Community Policing Centre for an informative Scam Prevention Workshop conducted in Mandarin. Learn to identify and avoid common scams targeting seniors and the general public. Topics include financial crimes, grandchild bail scams, distraction thefts, and cybercrime. This free, interactive session offers practical tips, real-life examples, and a Q&A period.

Light refreshments provided. Open to all community members.

Don't miss this opportunity to stay safe and informed!

Mon Apr 28 2:00 pm - 4:00 pm 556477

Smart Device Workshop for Seniors

Are you having troubles with your smart devices (Apple or Android), or simply want to learn more of the functionality behind it? Bring in your questions and be partnered with our very own local high school students to guide and explain your smart device. They can also show you simple tips and tricks on your device if you don't have any questions.

Note: Phones and tablets are preferred. Youth have limited knowledge with laptops.

Don't forget paper and pen to write everything you learned. :)

Sat Apr 26 10:45 am - 11:30 am 547812

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.

Events

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	April 26	2:15pm-3:30pm	\$5/1 sess	547597
Sat	May 31	2:15pm-3:30pm	\$5/1 sess	547598
Sat	June 28	2:15pm-3:30pm	\$5/1 sess	547599



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.

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 **May** issue of the
Monarch is **April 23 rd**

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

SPRING REGISTRATION 2025 (APRIL - JUNE) 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

PROGRAM CARD RENEWAL – SEPT 2024/AUGUST 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

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 April 6 th
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, April to June 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
*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
Open Times Billiards	3:30pm-9:00pm
Kerrisdale Ukulele Ensemble	6:30pm-8:00pm

Tuesday

*UBC Bodyworks Changing Aging	8:00am-12:00am
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
*Adapted Fitness	1:15pm-2:15pm

Tuesday continued on page 22

*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
*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

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**.

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

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

March Solutions

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

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

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