

Monarch Newsletter

May 2025



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.



May 08 th

Kerrisdale Seniors' Singers

May 22 nd

Tune Makers

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



Mothers' Day Special Lunch



Stuffed chicken with potatoes and vegetables

Dessert, Coffee/Tea

Thursday May 8 th 11:45am \$ 15.00 meal

Pre-registration required. Please see the Front Desk





March Birthday Draw Winner!

Pat Pugh

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-Thursday • 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.

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

VOLUNTEER OPPORTUNITIES

COFFEE BAR

KITCHEN

SPECIAL LUNCHESES

PROGRAMS

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

Enthusiastic Walkers May 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



May 2	Kitsilano	Bus
May 9	Rhododendron Walk	Bus
May 16	North Side False Creek	Bus
May 23	Middle Arm of Fraser	Bus & Canada Line
May 30	Trout Lake	Bus

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



BOOK SALES May 15 th and 29 th

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

**Life is just a series of obstacles preventing you from reading a book.
(Goodwillibrarian)**

No obstacles here at the Kerrisdale Senior Centre! We have the books for you right here in our Senior Centre - in the blue book deposit bin, the bookcase for hard puzzles and our monthly book sales.

Start to collect your summer reading in May and then in June when there will be only one book sale on June 19th. Should you be sorting your books for donation to the sales, another obstacle is removed - we have a new brochure that explains what we can accept and all you need to know about sorting your books for us or elsewhere.

The brochure is available at the sales and on top of the donation bin.

Our aim is to remove any obstacles you might have about choosing books and sorting them for donation.

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.

The KMC meets regularly each month.

The main concern in April was the decreasing numbers in lunch attendance.

- attributed to lack of interest in the menu.

We listened and then made these recent changes:

- hiring James as cook four days a week - Monday to Thursday

- changing the menu to more traditional offerings

'Betty's meals'.....protein,.... potatoes and vegetables.

- recently hiring Kal as assistant cookstarting Tuesday, April 29

You can help increase attendance by our “**Bring A Friend to Lunch**” campaign.

We are confident that everyone will be pleased with the May Menu

Richard Dopson

Chair



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.





ANGEL'S MIND MATTERS

MAY 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



May 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 Coordinator Catherine, at 604-228-1488

Monarch Submissions

Deadline for submissions to the **June issue** of the
Monarch is May 22 nd

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

May 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



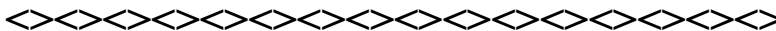
May 6 th No walk

May 13 th No walk

May 20 th Queen Elizabeth Park

May 27 th Stanley Park

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!

May 2025 Menu

11:30am-12:45pm

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

The Menu is subject to Change: Thank you

May		
Thu	1	Roasted Beef with mashed potatoes and vegetables
Fri	2	CLOSED
Sat	3	CLOSED
Sun	4	CLOSED
Mon	5	Banger Sausage, fried onions with mashed potatoes and vegetables
Tue	6	Sole with white sauce with potatoes salad
Wed	7	Beef pot pie with potatoes and vegetables
Thu	8	Special Lunch: Stuffed chicken with potatoes and vegetables
Fri	9	CLOSED
Sat	10	CLOSED
Sun	11	CLOSED
Mon	12	Veal cutlet with potatoes and vegetables
Tue	13	Ham, sliced pineapple with potatoes and vegetables
Wed	14	Chicken thigh, orange/ginger glaze, with potatoes and vegetables
Thu	15	Beef Lasagna, garlic bread with salad
Fri	16	CLOSED
Sat	17	CLOSED
Sun	18	CLOSED
Mon	19	CLOSED
Tue	20	Chicken breast, BBQ sauce, with mashed potatoes and vegetables
Wed	21	Baby beef liver, onion, bacon, with mashed potatoes and vegetables
Thu	22	Fish and chips, with coleslaw
Fri	23	CLOSED
Sat	24	CLOSED
Sun	25	CLOSED
Mon	26	Turkey cutlet with mashed potatoes and vegetables
Tue	27	Monte Cristo Sandwich with potatoes and vegetables
Wed	28	Cod with sauce with potatoes and vegetables
Thu	29	Chicken chow mein, sweet and sour pork, with vegetables
Fri	30	CLOSED

May 2025 Movies – Saturday & Sunday 2:00pm

May 3/4 Notting Hill (1999)

Every man's dream comes true for William Thacker, an unsuccessful Notting Hill bookstore owner, when Anna Scott, the world's most beautiful woman and best-liked actress, enters his shop. A little later, he still can't believe it himself, William runs into her again - this time spilling orange juice over her. Anna accepts his offer to change in his nearby apartment, and thanks him with a kiss, which seems to surprise her even more than him. Eventually, Anna and William get to know each other better over the months.

May 10/11 A League of Their Own (1992)

A League of Their Own is more than a classic comedy about cute skirts and home runs — the film is based on the true story of how women saved baseball. During World War II, America's favorite pastime was lying dormant—with the men gone—until the All-American Girls Professional Baseball League (AAGPBL) was created in 1943. *A League of Their Own's* true story inspiration was this particular era in the history of baseball. Three hundred women flooded the league tryouts in the spring of 1943 from all over the United States and Canada. Five years after its inception, the AAGPBL had grown to nearly one million fans.

May 17/18 CODA (2021)

Seventeen-year-old Ruby (Emilia Jones) is the sole hearing member of a deaf family -- a CODA, child of deaf adults. Her life revolves around acting as interpreter for her parents (Marlee Matlin, Troy Kotsur) and working on the family's struggling fishing boat every day before school with her father and older brother (Daniel Durant). But when Ruby joins her high school's choir club, she discovers a gift for singing and soon finds herself drawn to her duet partner Miles (Ferdia Walsh-Peelo). Encouraged by her enthusiastic, tough-love choirmaster (Eugenio Derbez) to apply to a prestigious music school, Ruby finds herself torn between the obligations she feels to her family and the pursuit of her own dreams.

May 24/25 The Big Short (2015)

In 2008, a group of savvy financiers sensed the looming threat of a subprime mortgage crisis concealed in the subtle warning signs of the mortgage-backed real estate market. Despite the risk, these investors took a bold step and bet against the housing market, reaping immense profits. However, no one could have foreseen the magnitude of the housing bubble and its catastrophic impact on the economy. The aftermath of this global financial crisis left millions of people jobless and homeless--an unprecedented disaster that caught the world off guard.—

Movies continued on page 11

May 30/1 A Star is Born (2018)

Seasoned musician Jackson Maine (Bradley Cooper) discovers-and falls in love with-struggling artist Ally (Gaga). She has just about given up on her dream to make it big as a singer - until Jack coaxes her into the spotlight. But even as Ally's career takes off, the personal side of their relationship is breaking down, as Jack fights an ongoing battle with his own internal demons.



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
		MAY 2025	
4	5	6	7
Movie: Notting Hill Opera Zone	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
11	12	13	14
Movie: A League of Their Own	Angel's Mind Matters Knit a Bit & More Chess 1:30-3:30pm Bridge 12:30-3:30	Texas Holdem Poker K3	Bus Trip Mah Jong 9:00-12.pm Scrabble 1:00-3:00pm Bridge 12:30-3:00pm
18	19	20	21
Movie: Coda	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
25	26	27	28
Movie: The Big Short	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

THURSDAY	FRIDAY	SATURDAY
1	2	3
Mary's Corner Table Tennis	Bingo 1:00-3:00pm Enthusiastic Walkers	Movie: Notting Hill Social Dance
8	9	10
Mothers' Day Special Lunch Kerrisdale Singers Mary's Corner Table Tennis	Bingo 1:00-3:00pm Enthusiastic Walkers	Movie: A League of Their Own Social Dance
15	16	17
Book Sales Mary's Corner Table Tennis	Bingo 1:00-3:00pm Enthusiastic Walkers	Movie: Coda Social Dance
22	23	24
Tune Makers Entertainment Mary's Corner Table Tennis	Bingo 1:00-3:00pm Enthusiastic Walkers	Movie: The Big Short Social Dance
29	30	31
Book Sales Mary's Corner Table Tennis	Bingo 1:00-3:00pm Enthusiastic Walkers	Movie: A Star is Born 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

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

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 May ?? 10:45 am - 11:30 am ??

Spring Program & Workshop Spotlights continued....

YOU ARE INVITED!

Come join Kim from the Seniors Centre
for our Introduction to Carpet Bowling!

Years past we had a Regular Monday afternoon

Carpet Bowling program here at KCC

Let's see about enjoying the game once again!

Join us Mon May 5 1:30-3:30pm in the Multipurpose

Please register at the seniors desk



Heat and Smoke Information Workshop

Heat Wave and Wildfire Smoke Preparedness Presentation:

Learn practical tips to protect your health from heat and wildfire smoke.

By the end of the session, you will leave with a preparedness plan, plus tools to help keep family, friends, neighbours and yourself safer over the summer.

Presented by Vancouver Coastal Health

Thu May 8 th 10:30 am - 11:30 am 1 sess 553954

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

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	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

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

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.

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 May 4th
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

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*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 through 9. Puzzle difficulty: **Easy** and **Medium**.

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

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

April Solutions

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

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

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