

# Monarch Newsletter

## October 2025

*Happy Thanksgiving*



### **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*

*October 2nd Sheryl Greenfield*

*October 23rd Tune Maker's Band*

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



### **Note from Meeka**

What are you thankful for? Maybe you have had a hard year and couldn't have gotten through it without your friends, family, or community.

Perhaps you are struggling to find one thing to be grateful for right now, or maybe you are surrounded by so much abundance that you don't even know where to start!

Either way, this thanksgiving season, Kerrisdale Seniors Centre is thankful for YOU! This community centre is just a building if it's not being filled by your bright and smiling faces, and I am so glad that you are here.



*In preparation for Halloween, if you have any spooky stories or poems that you'd like to share with our members – please send them to Meeka, or come and see her in the seniors office! Closer to the 31<sup>st</sup> be sure to check out the front desk for contests!*



**August Birthday Draw Winner!**

**Tremayne Perry**

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



**Concert for All Ages**



**The Opera Zone –**

***In October, Opera Zone will feature beautiful opera arias, art songs, duets, a Chinese Choir, an Arabic song, Elvis songs and trumpet playing.***

***First Sunday of Every Month      October 5th***  
***2:00 pm – 4:00 pm***

**Location:    Seniors Multipurpose Room**



**We were generously donated a Backgammon set!**  
**Bring your Social Recreation card to the seniors front desk**  
**and borrow it to play a game!!**

## BUS 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.

### Surrey Museum Tea & Tour Lunch

On this trip we will experience the inside stories about Surrey's past and present with a guided tour followed by tea and treats at the museum. The museum includes a feature gallery, TD Explore Zone, Indigenous Hall, Textile Centre and Surrey Stories Gallery. Three heritage buildings are also located on the east side of the museum: the Town Hall, Anniedale School and Anderson Cabin. After the museum we will be having lunch at the Olive Garden (included).

Guided by Jason Martincic.

**Fri                      9:30 am-4:00 pm                      Oct 10                      576491                      \$95/1 sess**

### Pioneer Village, Chilliwack Christmas Craft Fair

Step back in time as we tour the Atchelitz Antiques Museum & Pioneer Village featuring the General Store, Chapel, Blacksmith Shop and more. After the museum, we will have lunch at the Mandarin Garden Chinese Buffet in Chilliwack (included). We will then visit the Chilliwack Christmas Craft Market. This is one of the longest running Christmas markets with artisans from all over B.C. under one roof. The market is the perfect destination for every gift seeker! Guided by Jason Martincic.

**Fri                      9:30 am-5:00 pm                      Nov 14                      576496                      \$95/1 sess**

### High Tea at Dickens Sweets & British Museum

On this trip we will be visiting a British sweets shop and museum. This venue provides the opportunity for one to relive the golden years of how the British way of life used to be.

They have the largest selection of British foods, sweets and teas in Western Canada.

Also, Fred and Anne Hails have spent many years collecting items and memorabilia to fill this museum, it is quite the sight to see.

We will also be enjoying high tea in Oliver's Tearoom (included). Guided by Jason Martincic.

**Fri                      9:30 am-3:30 pm                      Dec 19                      576498                      \$95/1 sess**

[illegible]

*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.*

Notice:

We are accepting donations of Mugs for the Coffee Bar!  
(New or gently used please)

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**Re: Special Lunch, October 2nd.**

Important note: if meal changes are required, please speak to the kitchen prior to the special lunch date to ensure they can accommodate. We are unable to accommodate any requests made on the same day as the lunch.

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**October 2025**

*The Original Kerrisdale Seniors Singers*

Have resumed their new season of song and entertainment  
on September 4th, 2025.

**Welcome to anyone who loves to sing,**  
please contact Choir Coordinator before registering: Catherine 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



## ANGEL'S MIND MATTERS

**October 2025**

Have you been to Angel's Mind Matters?  
You are invited to join the Group and submit any topics of interest

Meets MONDAYS From 2:00 to 3:30pm



### Enthusiastic Walkers OCTOBER 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



|        |  |     |
|--------|--|-----|
| Oct 3  | Coal Harbour                             | Bus |
| Oct 10 | Olympic Village via 7 <sup>th</sup> Ave. | Bus |
| Oct 17 | Kitsilano                                | Bus |
| Oct 24 | Quilchena                                | Bus |
| Oct 31 | Granville Island                         | Bus |

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

Burt Reynolds once asked me out. I was in his room!  
- Phyllis Diller

\*\*\*\*\*

**OCT 2025 Movies – Saturday & Sunday 2:00pm**

**Free popcorn at Saturday Movies!**

**Oct 4 & 5 50 First Dates (2004)**

Henry Roth is a man afraid of commitment until he meets the beautiful Lucy. They hit it off and Henry thinks he's finally found the girl of his dreams until discovering she has short-term memory loss and forgets him the next day. Henry Roth lives in a Hawaiian paradise with the company of endless women with no strings attached. This is until he meets Lucy Whitmore. Both Henry and Lucy enjoy the company of each other and feel the start of a serious relationship occurring. Approaching Lucy the next day, Henry is confused when Lucy fails to recognize him. This is the moment Henry discovers that Lucy actually suffers from short term memory loss and can't remember each individual day. Henry won't let this stop him and is prepared to make her fall in love with him all over again, each and every day.

**Oct 11 & 12 Practical Magic (1998)**

Sally Owens (Sandra Bullock) and Gillian Owens (Nicole Kidman) have always known they were different. Raised by their Aunt Frances (Stockard Channing) and Aunt Jet (Dianne Wiest) after their parents' death, the sisters grew up in a household that was anything but typical. Their aunts fed them chocolate cake for breakfast and taught them the uses of practical magic. But the invocation of the Owens' sorcery also carries a price - some call it a curse: the men with whom they fall in love are doomed to an untimely death. Now adult women with very different personalities, the quiet Sally and the fiery Gillian must use all of their powers to fight the family curse and a swarm of supernatural forces that threatens the lives of all of the Owens women.

**Oct 18 & 19 The Witches (2020)**

A young boy and his grandmother have a run-in with a coven of witches and their leader.

**Oct 25 & 26 Hocus Pocus (1993)**

Three hundred years ago, executed witches were executed in Salem, Massachusetts and a boy who tried to stop the witches was turned into an immortal black cat.

Now it's Halloween 1993 and the witches are accidentally brought back.

This time, they've got until sunrise to achieve immortal life and have turned their wrath on trick-or-treaters and it's up to a teenager, his kid sister and his girlfriend along with the 300-year-old cat to save the day.



## October 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

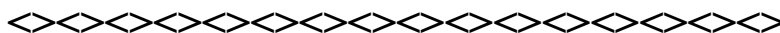
Men are encouraged to join us

**Must be able to walk a minimum of 3km without a break**

|          |                                   |
|----------|-----------------------------------|
| Oct 7th  | Local Walk in Kerrisdale          |
| Oct 14th | No walk                           |
| Oct 21st | UBC Forest Walk                   |
| Oct 28th | North False Creek / Yaletown Walk |



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!

### Monarch Submissions

Deadline for submissions to the **November issue** of the  
**Monarch is Oct 21st**

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

### SENIORS LUNCH PROGRAM | 55+yrs

**Monday-Thursday • 11:30am-12:45pm**

*Days of service are subject to change*

\$10 Annual Lunch Program Participant card required.

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

Meal includes Entrée, dessert and beverage

Daily soup, sandwiches and desserts available.

Payment taken at Seniors' Desk, registration not required

Registration only required for Special Meals

Special Meal registration opens the same time as season registration & online

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

|  | 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                     |

## OCT 2025 Senior's 55+Years Lunch Menu


11:30am-12:45pm

\$10 annual registration fee for Lunch Program due Sept 1 2025

**The Menu and days of service are SUBJECT TO CHANGE**

|       |    |   |
|-------|----|---|
| Wed   | 1  | Pork Cutlet with mashed potatoes and vegetables                       |
| Thurs | 2  | <b>SPECIAL LUNCH:</b> Roasted Turkey, stuffing, mashed potatoes & veg |
| Fri   | 3  | <b>Sat 4 Sun 5 CLOSED</b>   |
| Mon   | 6  | Vegetable Chow Mein, Sweet & Sour Pork, Spring Rolls                  |
| Tues  | 7  | Turkey Pot Pie with potatoes and vegetables                           |
| Wed   | 8  | Cajun Chicken Breast with potatoes and vegetables                     |
| Thurs | 9  | Mushroom stroganoff with Meatball, Pasta, and garlic bread            |
| Fri   | 10 | <b>Sat 11 Sun 12 CLOSED</b>   |
| Mon   | 13 | Stuffed Chicken with potatoes and vegetables                          |
| Tues  | 14 | Banger Sausages & Fried onion, mashed potatoes and veg                |
| Wed   | 15 | Baked Porkchop with cheese, tomato sauce, and rice                    |
| Thurs | 16 | Chicken Lasagna with salad and Garlic Bread                           |
| Fri   | 17 | <b>Sat 18 Sun 19 CLOSED</b>   |
| Mon   | 20 | Glazed Ham with pineapple, potatoes and vegetables                    |
| Tues  | 21 | Cod with white sauce, potatoes and vegetables                         |
| Wed   | 22 | Roasted Chicken leg, mashed potatoes and vegetables                   |
| Thurs | 23 | Roast Beef, Yorkshire Pudding, mashed potatoes and veg                |
| Fri   | 24 | <b>Sat 25 Sun 26 CLOSED</b>   |
| Mon   | 27 | Veal Cutlet, with mashed potatoes and vegetables                      |
| Tues  | 28 | Sole with white sauce, mashed potatoes and vegetables                 |
| Wed   | 29 | Chicken thigh with potatoes and vegetables                            |
| Thurs | 30 | Fish & Chips, French fries, and coleslaw                              |
| Fri   | 31 | <b>CLOSED</b>   |

**Refer Page 10 for further Seniors Lunch Program details**

| SUN   | MON  | TUES  | WED   | THURS  | FRI   | SAT   |
|---|--|---|---|--|---|---|
|   |  |   | 1   | 2  | 3   | 4   |
| COSCO Workshop<br>Series Part 3:<br>November 18 | Refer pages<br>18/19 for on-<br>going Social<br>Programs   |   | <b>International<br/>Day of<br/>Older<br/>Persons</b>                         | Special<br>Lunch:<br>Thanksgivi<br>ng<br> Entertainme<br>nt<br>Sheryl<br>Greenfield |   | Movie & Free<br>Popcorn: 50<br>First Dates      |
| 5   | 6  | 7   | 8   | 9  | 10  | 11  |
| Movie: 50<br>First Dates<br><br>Opera Zone      | <b>FULL MOON<br/>FESTIVAL</b>  | Vocal<br>evaluation for<br>Seniors                                      |   |  | Bus Trip:<br>Surrey<br>Museum Tea<br>& Tour Lunch | Movie & Free<br>Popcorn:<br>Practical<br>Magic  |
| 12  | 13   | 14  | 15  | 16   | 17  | 18  |
| Movie:<br>Practical<br>Magic                    | <br>Happy Thanksgiv<br><br><b>Thanksgiving</b><br>Check if your<br>programs are<br>cancelled. No<br>Lunch. |   | <b>Free<br/>Workshop -<br/>CDHF–</b><br>(Aging well<br>starts in your<br>gut) |  <b>Book<br/>Sales</b>   |   | Movie & Free<br>Popcorn: <b>The<br/>Witches</b> |
| 19  | 20   | 21  | 22  | 23   | 24  | 25  |
| Movie: <b>The<br/>Witches</b>                   |  | <b>COSCO<br/>Workshop<br/>Series Part 2:<br/>Powers of<br/>Attorney</b> |   |  Entertainme<br>nt<br><b>Tune<br/>Maker's<br/>Band</b>                            |   | Movie & Free<br>Popcorn:<br><b>Hocus Pocus</b>  |
| 26  | 27   | 28  | 29  | 30   | 31  |   |
| Movie<br><b>Hocus Pocus</b>                     |  |   |   |  | <b>HALLOWE<br/>EN</b>                             | <b>OCTOB<br/>ER<br/>2025</b>                    |

## **Fall Program & Workshop Highlights**

See our Fall brochure for full program offerings

### **Full Moon Festival**

Learn the origin of the Full Moon Festival

Enjoy a dance performance by Ai Mei Li Dancing Group

Join us for karaoke and riddles!

Participate in the lucky draw.

**In Seniors Multipurpose room**

**Mon                      October 6                      1:30pm**

### **Vocal Evaluation for Seniors**

The group vocal is to train the individual in vocal techniques that they can apply to their own song choice. It not only helps them to learn to sing, but because they perform in front of each other, it helps with their confidence. It's fun while learning. Singing is not a birthright. If you can speak. You can sing. Find your inner voice and permit it to come out.

**Tues                      October 7                      1:00pm**

### **The Canadian Digestive Health Foundation presents:**

Aging Well Starts in Your Gut, October 15 at 9am.

This workshop is a free, expert-led session that breaks down the real reasons your digestion changes with age and what you can do about it.

Attendees will walk away with practical tips to manage common digestive issues, get clarity on gut symptoms, optimize nutrition and make simple, effective food choices that support health and longevity.

**Wed                      October 15                      9:00am**

### **COSCO Workshops:**

|                                |                |                |
|--------------------------------|----------------|----------------|
| <b>Powers of Attorney,</b>     | <b>Tuesday</b> | <b>Oct 21</b>  |
| <b>Advance Directive,</b>      | <b>Tuesday</b> | <b>Nov 18.</b> |
| <b>Time    1:00pm – 2:00pm</b> |                |                |

**Qigong**

Qi is energy. Gong is skill acquired through training. Hence, Qigong is energy cultivation training. Various methods include movement, posture, breath work, visualization, sound, massage, etc., all with the purpose of building and regulating the Qi in the body for physical and mental wellbeing.

No class September 22 & 29. Instructor: Kelly Maclean

**Adult \$273 • Senior \$218.50/13 sess**

**Mon Sep 08 – Dec 15 11:30am-12:30 pm 576478**

**Tai Chi: 24 Form (suitable for beginners)**

Tai Chi (Taiji or Taijiquan) is a Chinese martial art based on the principle of the interplay of Yin and Yang. The slow and graceful movements of Tai Chi promote the circulation of Qi, or vital essence, through the body, and have been shown to improve balance, coordination, and concentration. The 24 Form, or “simplified Yang style,” is a short routine perfect for beginners.

No class September 22 & 29. Instructor: Kelly Maclean

**Adult \$273 • Senior \$218.50/13 sess**

**Mon Sep 08 - Dec 15 10:30 am-11:30 am 576469**

**Tai Chi: 48 Form Part One**

The 48 Form is a beautiful and well-balanced routine, combining the 4 main styles of Tai Chi (Taijiquan): Yang, Chen, Wu, and Sun. The general flavour of the form is that of the Yang style, but is peppered with movements from the other styles. All of the movements of the 24 Form can be found in the 48, but the order is different. This form offers a little more complexity and technical challenge than the “simplified” form.

Experience with the 24 Form is recommended, but not crucial.

No class September 22 & 29 Instructor: Kelly Maclean

**Adult \$273 • Senior \$218.50/13 sess**

**Mon Sep 08-Dec 15 9:30 am-10:30 am 576467**

**Adapted Fitness – \*New Instructor\***

Join Adapted Fitness program to meet Zohreh and tell her about your health & Fitness goals!

**Tuesdays 1:30pm 582165**

**SENIORS GROUP FITNESS**

| <b>Rates</b>                   | <b>Seniors</b> |  | <b>Adult</b>   |
|--------------------------------|----------------|--|----------------|
| <b>Drop-In</b>                 | <b>\$6.00</b>  |  | <b>\$7.00</b>  |
| <b>Fit Card<br/>10 Classes</b> | <b>\$41.00</b> |  | <b>\$51.50</b> |

**Tuesday/Thursday/Friday/Saturday • Gentle Fit & Mild Mod Low Impact**

A complete workout featuring options for performing all exercises on chairs.

Our goal is to promote unaided mobility through gentle cardiovascular exercise.

|     |                 |          |                             |
|-----|-----------------|----------|-----------------------------|
| Tue | 10:30am-11:30am | on-going | Instructor: Audrey Darling  |
| Thu | 9:00am-10:00am  | on-going | Instructor: Isobel Willard  |
| Fri | 9:00am-10:30am  | on-going | Instructor: Sarah Groberman |
| Sat | 10:00am-11:00am | on-going | Instructor: Audrey Darling  |

**Ukulele Jam**

Join us in enjoying a fun and relaxed singalong 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 Oct 25, Nov 29 2:15 pm-3:30 pm**

**575333 2 sess Instructor: Joseph Young**

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**Program Features – not included in brochure:**

**Health Qigong**

**Tuesday 9:00 am 582092 Register/Drop-in**

**Tai Chi 24 Set for Beginners**

**Friday 1:30pm 582093 Register/Drop-in**

**Tai Chi Sword**

**Friday 2:30pm 582167 Register/Drop-in**

**Tai Chi Kung Fu Fan**

**Friday 3:30pm 582168 Register/Drop-in**

**Instructor:**

**Lisa Lai Chun Cheung is a 7<sup>th</sup> degree Master Instructor of Health Qigong, and former Gold Medal winner at the World Health Qigong Tournament and Exchange.**



## **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 2025-August 2026)***

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

|   |   |
|---|---|
| <b>Billiards/Snooker</b>  |   |
| Enjoy our billiards room with two pool tables. On-going drop-in play available. | <b>Mon/Wed • 9:00am-12:15pm, 3:00pm-9:00pm</b><br><b>Tues/Thurs/Fri • 9:00am-9:00pm</b><br><b>Sat/Sun • 9:00am-6:00pm</b> |
|   |    |

**Angel's Mind Matters** Join us for lively discussions of various topics. Discussion topic will be presented at each session.

**Mon 2:00pm-3:30pm**

### **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**

**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.

Free Popcorn on Saturdays!

**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 and quilt.

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**



### *Special Request!*

*Please donate your used Xmas Cards to Fun Crafts  
Last Season's postal strike has left our supplies critically LOW!  
Turn yours in at the Front Desk and ask they be placed into the Fun Crafts  
mail bin*



### *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

### **Purchases can be made and paid for at Reception Desk**

*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, Sept to Dec 2025

Please note: programs marked with \* require a fee to join.

Take time to check all the additional programs and relevant time changes

### Monday

|                                      |                        |
|--------------------------------------|------------------------|
| Open Times Billiards                 | 9:00am-12:30pm         |
| *Brock House/Kerrisdale Bell Ringers | 9:15am-12:00pm         |
| <b>*Diabetes Self-Management</b>     | <b>10:00am-12:30pm</b> |
| *Tai Chi 24 Form                     | 11:30am-12:30am        |
| *Tai Chi 48 Form Part 3              | 9:30am-10:30am         |
| *Qigong                              | 11:30am-12:30am        |
| *Bridge: Beginners Plus              | 10:30am-12:30pm        |
| *Yoga for the Older Adult            | 10:30am-11:45am        |
| Ladies Bridge                        | 12:30pm-3:00pm         |
| 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        |
| Tuesday Walkers                   | 9:00am-1:00pm        |
| *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 | 11:30am-12:30pm      |
| Brock House/Kerrisdale Choir      | 12:15pm-3:15pm       |
| *Adapted Fitness                  | 1:30pm-2:30pm        |
| *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        |
| <b>*BCRPA – Choose to Move</b>    | <b>3:30pm-4:30pm</b> |
| <b>*BCRPA – Active Age</b>        | <b>4:30pm-5:30pm</b> |
| 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        |
| <b>*Salsa Dance (Beginners)</b>      | <b>1:30pm-2:15pm</b> |
| <b>*Salsa Dance (Intermediate)</b>   | <b>2:30pm-3:15pm</b> |
| *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        |
| <b>*Showfun</b>                                | <b>11:30am-12:30pm</b> |
| *Neurofit                                      | 1:15pm-2:00pm          |
| *Yuan Ji Dance                                 | 12:45pm-2:45pm         |
| Table Tennis                                   | 2:30pm-5:30pm          |
| <b>*International Ballroom Dancing Various</b> | <b>3:00pm-4:55pm</b>   |

## **Friday**

\*UBC Bodyworks Changing Aging

Open Times Billiards

### **\*Barre Fusion**

Enthusiastic Walkers

\*Gentle Fit

\*Move to music

### **\*Cardiac Health**

### **\*Gentle Mat, Pilates & Stretch**

\*Yuan Ji Dance

\*Bingo

\*Footcare

\*Osteofit for Life

\*Tai Chi Set 24 for Beginners

\*Tai Chi Sword

Open Drumming Circle

\*Joint Works

\*Tai Chi/Kung Fu Fan Set

\*Chair Yoga

\*BCRPA – Active Age

8:00am-11:00am

9:00am-9:00pm

**9:00am-10:00am**

9:00am- 1:00pm

9:00am-10:00am

9:30am-10:30am

**10:05am-10:55am**

**10:15am-11:00am**

10:15am-12:00pm

1:00pm-3:30pm

9:00am-1:30pm

1:20pm-2:20pm

1:30pm-2:30pm

2:30pm-3:30pm

1:45pm-3.15pm

2:30pm-3:30pm

3:30pm-4:30pm

4:15pm-5:15pm

**5:30pm-6:30pm**

## **Saturday**

Open Time Billiards

\*Saturday Gentle Fit

\*You Can Ukulele: Levels 1,2 &3. 3 sessions

Video Movie of the Week

\*Saturday Social Dance

9:00am-6:00pm

10:00am-11:00am

10:00am- 1:45pm

2:00pm-4:30pm

4:00pm-6:00pm

## **Sunday**

Open Time Billiards

Video Movie of the Week

9:00am-6:00pm

2:00pm-4:30pm

**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**.

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

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

### **September Solutions**

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

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