

# *Monarch Newsletter*

*September 2025*



## **KERRISDALE SENIORS CENTRE**

5851 West Boulevard

Phone 604-257-8109

### **Hours of Operation: Seniors Centre**

Monday to Friday – 9:00am – 6:00pm

Saturday – 9:0am – 4:00pm

Sunday – Closed

### **Main Centre**

Monday to Friday – 6:30am – 10:00pm

Saturday & Sunday – 9:00am – 6:00pm

**25 cents**



*Social Entertainment*  
*September 11th Metro Swing Band*  
*September 25th Brock House Jazz Band*  
Time: 1:30 - 2:30 pm at Multipurpose/Dining Room



Note from Meeka

Welcome back, we've missed you! I am so excited to welcome you to the 2025 Fall season at Kerrisdale Seniors Centre. I encourage you to check the bulletin boards for posters about programs and workshops that didn't make it into the Fall Brochure. Including workshops about navigating the BC healthcare system, floral arrangement and card-making for Covenant House, healthy eating for aging, personal planning, and programs like Tai Chi, Qi Gong, and much more!! I'm looking forward to everyone getting back into the swing of things this September and taking advantage of the exciting programs offered here in Kerrisdale!





**July Birthday Draw Winner!**  
**Felicia Lau**

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**

***The September 7 Opera Zone performance includes a recorder group, and an Elvis impersonator.***

***Along with arias, art songs, pop, musical theatre, and a Chinese ballad.***

***First Sunday of Every Month      September 7th***  
***2:00 pm - 4:00 pm***

**Location:    Seniors Multipurpose Room**

Note: \$20 Annual Opera Zone Card and pre-registration to event day is required



**DROP-IN BINGO**

***will return in the Monarch later this year***

## BUS TRIP



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.

### **Birds of Prey Exhibition & Lunch**

Raptors Ridge offers groups a rare and unique opportunity to view Birds of Prey through a true educational experience. We will be having an informative session learning about the raptor world by promoting the identification of raptors, their natural habitat and habits associated with their surroundings. Following the Raptors we will be heading to the Kingfisher Waterfront Bar and Grill.

Lunch is included on this trip.

**Thur 9:30am-3:30pm Sept 11 564260 \$95/1 sess**

### **Sunflower Festival**

We will begin this trip by heading over to the Cascade Casino Delta for their amazing buffet lunch (included). After lunch, we will visit the beautiful Richmond Sunflower Festival. Walk off that lunch by strolling through a part of the 20-acre farm, with 90 varieties of sunflowers, dahlias and other flowers. Guided by Jason Martincic.

**Fri 10:00 am-3:00 pm Sep 05 576488 \$95/1 sess**

### **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**

**PROGRAM CARD RENEWAL – SEPT 2025/AUGUST 2026**  
**LUNCH, SOCIAL & OPERA ZONE**

Renew your 2025-2026 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**

\*\*\*\*\*



## BOOK SALES SEPTEMBER 24

**The hours are 9:30 - 12:30**

Going into the bookstore looking for one book and coming out with 18 books! "

goodwilllibrarian

This could be you! We've had many wonderful donations in the blue bin over the summer which kept the books selling.

Thank you to all you donors and buyers! With this sale we will bring from our storage cupboards boxes of books that you may not have seen before. We know you will find fiction and nonfiction books in all shapes, sizes and colours.

At 50 cents for soft covers of any size and \$1.00 for any hard cover, selecting only 18 books could be tough! Our sales team is happy to help you.

[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.*

# YOU ARE INVITED!

Come join Kim from the Seniors' Centre

for our third Introduction to Carpet Bowling!

Try out a new sport. Spend time with friends. Have some fun!

Join us Mon September 15 1:30 - 3:30 pm in the Multipurpose

Please register at the senior's desk

[illegible]

# September 2025

# *The Original Kerrisdale Seniors Singers*

are resuming 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

### September 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 SEPTEMBER 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



Sept 5	Coal Harbour	Bus
--------	--------------	-----

Sept 12	Jericho	Bus
---------	---------	-----

Sept 19	Dundarave	Bus
---------	-----------	-----

Sept 26	U B C North	Bus
---------	-------------	-----

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

\*\*\*\*\*



Despite the high cost of living, it still remains popular!

## SEPT 2025 Movies – Saturday & Sunday 2:00pm

### Free popcorn at Saturday Movies!

#### **Sept 6 & 7    The Birdcage (1996)**

Lies and deception - it's all in the family when a man must convince his future in-laws that he's as uptight as they are. Armand and Albert have built the perfect life for themselves tending to their gaudy Miami nightclub. But their pastel tranquility is shaken when Armand's son announces that he's getting married to the daughter of ultra-conservative Senator Keeley... and they're all getting together for dinner. Can Armand and Albert transfer transform themselves into Mr. - and Mrs. - Family Values in time? It'll take the performance of their lives, but they'll do anything - and everything - to pull the chiffon over Keeley's eyes.

#### **Sept 13 & 14    The Devil Wears Prada (2006)**

With an aspiration to become a journalist, Andy, a smart but sensible young graduate, travels to New York. She starts working as an assistant to one of the city's biggest high fashion magazine editors, the cynical Miranda Priestly.

#### **Sept 20 & 21    Catch Me If You Can (2002)**

New Rochelle, the 1960s. High schooler, Frank Abagnale Jr., idolizes his father, who's in trouble with the IRS. When his parents separate, Frank runs away to Manhattan with \$25 in his checking account, vowing to regain dad's losses and get his parents back together. Just a few years later, the FBI tracks him down in France; he's extradited, tried, and jailed for passing more than \$4,000,000 in bad checks. Along the way, he's posed as a Pan Am pilot, a pediatrician, and an attorney. And, from nearly the beginning of this life of crime, he's been pursued by a dour FBI agent, Carl Hanraty. What starts as cat and mouse becomes something akin to father and son.

#### **Sept 27 & 28    9 to 5 (1980)**

Meet Franklin Hart (Dabney Coleman). The biggest "sexist, egotistical, lying, hypocritical bigot" boss on the planet. He thrills in taking advantage of his head female office staff; humiliating, downplaying, and condescending against them whenever conveniently possible, particularly his top assistant Violet (Lily Tomlin). Long-exhausted over his gruesome bullishness, Violet, alongside co-workers Doralee (Dolly Parton) and Judy (Jane Fonda) comprise comical methods of "doing him in," when a freak incident occurs. They then manage to kidnap Hart and trap him in his own house, while assuming control of his department, and productivity leaps. But just how long can they keep him tied up?



## September 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**

Sept 2nd Minoru Community Centre

Sept 9th No walk

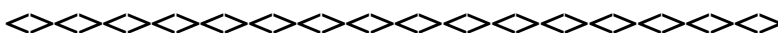
Sept 16th Local walk

Sept 23rd Walk to Van Dusan Gardens

Sept 30th Olympic Village



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 **October issue** of the  
**Monarch** is **Sept 15th**

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

**SEPT 2025 Seniors 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****Mon 1 Closed - LABOUR DAY****Tues 2** Chicken breast with BBQ sauce, potatoes and vegetables**Wed 3** Meatball, tomato sauce spaghetti, garlic bread**Thurs 4** Beef Pot Pie, with potatoes and vegetables**Fri 5 Sat 6 Sun 7 CLOSED****Mon 8** Chicken thigh with potatoes and vegetables**Tues 9** Salisbury steak with mushroom, potatoes and vegetables**Wed 10** Veal cutlet with mashed potatoes and vegetables**Thurs 11 SPECIAL LUNCH: BBQ Ribs****Fri 12 Sat 13 Sun 14 CLOSED****Mon 15** Chicken leg with rice and vegetables**Tues 16** Cod with white sauce, potatoes and vegetables**Wed 17** Bacon or Spinach quiche, potatoes and green salad**Thurs 18** Liver with bacon and onion, mashed potatoes & veg**Fri 19 Sat 20 Sun 21 CLOSED****Mon 22** Sole with onion rings and vegetables**Tues 23** Stuffed chicken with mashed potatoes and vegetables**Wed 24** Beef Meat loaf with French fries and vegetables**Thurs 25** Chow Mein and Sweet and Sour Sauce**Fri 26 Sat 27 Sun 27 CLOSED****Mon 29** Pork Chop and mushroom sauce, mashed potatoes & veg**Tues 30** Banger with fried onion, mashed potatoes & vegetables**Refer Page 10 for further Seniors Lunch Program details**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Labour Day	Fall 2025 Programs begin!		Navigating the BC Healthcare System	Bus Trip: Sunflower Festival	Movie & Free Popcorn: The Birdcage
7	8	9	10	11	12	13
Movie: The Birdcage Opera Zone Grandparent s' Day				Bus Trip: Birds of Prey Special Lunch:  Welcome Back		Movie & Free Popcorn: The Devil Wears Prada  Thanksgiving Card Making & Floral
14	15	16	17	18	19	20
Movie: The Devil Wears Prada	CARPET BOWLING	COSCO Workshop Series Part 1: Personal Planning Overview				Movie & Free Popcorn: Catch Me If You Can
21	22	23	24	25	26	27
Movie: Catch Me If You Can	First Day of Fall			 Thursday Social: Brock House Jazz Band		Movie & Free Popcorn: 9 to 5
28	29	30				
Movie 9 to 5		National Day for Truth and Reconciliation	FULL MOON FESTIVAL October 6	COSCO Workshop Series Part 2: October 21 Part 3: November 18	Refer pages 18/19 for on-going Social Programs	SEPTEMBER 2025

## **Fall Program & Workshop Highlights**

See our Fall brochure for full program offerings

### **Navigating the BC Healthcare System**

Our healthcare system is complex, fragmented, and under incredible strain. This workshop helps patients and their families survive and thrive by providing an understanding of care in the community, including Hospital Discharge Planning, Public and Private Home Care, and Residential Care.

Facilitator details: Connie Jorsvik- Senior Healthcare Navigator-Advocate. Connie is an educator, author of Navigating the BC Healthcare System, public speaker, independent healthcare navigator, and patient advocate

Since 2011, she and her team have passionately supported hundreds of patients and families navigating complex illnesses, end-of-life care, and planning.

Registered Activity & Lessons - CCA

Seniors Centre Craft Room

**Thursday 10:00am – 11:30am**

**Sept 4**

**582064**

### **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**

## 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**

## SENIORS GROUP FITNESS

Rates	Seniors		Adult
Drop-In	\$6.00		\$7.00
Fit Card 10 Classes	\$41.00		\$51.50

### 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	9:00am-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 3 sess**

**Sep 27,**

**Instructor:**

**Joseph Young**

### Carpet Bowling 55yrs +

Come join Kerrisdale Kim from the Seniors Centre for KCC's Carpet Bowling, again!

Join us for some fun following the seniors lunch program. Learn a new sport, get some mild exercise, spend time with friends.

**Mon Sep 15 1:30 - 3:30pm 576528 1 sess Instructor: KCC Sr Social**

Workshops continued

**Thanksgiving Card Making & Floral Arrangement**

Make Thanksgiving cards for the staff and youth at Covenant House, then make your own fresh flower arrangement to take home!

Cost is free, and all needed supplies are provided!

**Sat            Sept 13            11:30am – 12:30pm    Activity#582657**

**COSCO Workshops**

COSCO Workshops are coming to Kerrisdale this fall!

The theme is Personal Planning and will feature 3-parts.

Pick one you like or attend all three, all are free!

**1- Personal Planning Overview,    Tuesday    Sept 16.**

**2- Powers of Attorney,                    Tuesday    Oct 21**

**3- Advance Directive,                    Tuesday    Nov 18.**

**Time    1:00pm – 2:00pm**

**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**



## **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**

**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**

**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	8:00am-11:00am
Open Times Billiards	9:00am-9:00pm
<b>*Barre Fusion</b>	<b>9:00am-10:00am</b>
Enthusiastic Walkers	9:00am- 1:00pm
*Gentle Fit	9:00am-10:00am
*Move to music	9:30am-10:30am
<b>*Cardiac Health</b>	<b>10:05am-10:55am</b>
<b>*Gentle Mat, Pilates &amp; Stretch</b>	<b>10:15am-11:00am</b>
*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 Set 24 for Beginners	1:30pm-2:30pm
*Tai Chi Sword	2:30pm-3:30pm
Open Drumming Circle	1:45pm-3.15pm
*Joint Works	2:30pm-3:30pm
*Tai Chi/Kung Fu Fan Set	3:30pm-4:30pm
*Chair Yoga	4:15pm-5:15pm
<b>*BCRPA – Active Age</b>	<b>5:30pm-6:30pm</b>

## **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

## 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**.

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

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

## August Solutions

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

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