

Monarch Newsletter

January 2026



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

January 8th Tune Makers Band

Time: 1:00 - 2:00 pm in the Multipurpose/Dining Room



Note from Meeka

Happy new year! Make your resolution to do more things you love, make more social connections or try something new! There are so many exciting things to look forward to at the Kerrisdale Seniors Centre in 2026.

Please look at the calendar for new programs and workshops, we would love to see you! Please note the lunch program prices have increased for 2026, but the special lunch price noted in the Winter 2026 Guide is wrong – the correct price for a special lunch is \$18, and as always you must register in advance. The January special lunch celebrates Robbie Burns Day with Bagpiper Ember, and the Scottish Country Dancers.

Speaking of the lunch program, I am very pleased to announce that we have hired a new chef! For those who know Betty, she is coming back! Her start date is Feb. 2, so please take time to thank James for all his hard work over the past months (or more!). He will still be here part-time once the new chef starts.

Have you thought about getting more involved? We are currently accepting applications for the Seniors Council. Pick up an application package at the front desk or come speak to me directly, we would love to add your voice to the council!

Lastly, I will be away for the month of February – so if you need to connect with me, please do so in the first few weeks of January.



Are you interested in helping to take down the holiday decorations?

Please join us on Monday, January 5, at 3 p.m.



November Birthday Draw Winner!

Annette W

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



90's Club! If you are 90 + you can select one card for free:
Lunch Program Card, Social Recreation Card, or Opera Zone Card



ALMOST HERE!!

SENIORS COUNCIL ELECTIONS!!

Share your ideas, skills, talents on Seniors Council!!

Thursday January 22, 2026 DEADLINE FOR NOMINATIONS

Applications available from Seniors Desk

ALL CANDIDATES MEETING Tuesday, January 27, 2026

Where? Crafts Room 10 am – 11 am

Meet, Greet and Hear the Candidates!

VOTING DATES

Wednesday, February 4, 2026 10am – 3pm

Thursday, February 5, 2026 10am – 3pm

Show KCC Seniors membership card (free from seniors desk)

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.

New West Museum & Lunch

Re-Discover the original capital of British Columbia on a guided tour at the New West Museum. The permanent gallery at Anvil Centre takes you on a journey of discovery, covering over 10,000 years of New Westminster history. We will head over to the Old Spaghetti Factory for lunch. Instructor: Jason Martincic

Tu 9:30 am-3:00 pm Jan 20 592553 \$95/1 sess

Britannia Mine Museum & Lunch

The Britannia Mine Museum offers an immersive look at Canada's mining heritage. We will take a guided underground tour of the mine, tunnel, museum, and watch the latest attraction BOOM, a thrilling light, sound and special effects experience! After the tour, we will head over to Copper Beach Bar + Kitchen for a soup and sandwich lunch. Please note, confidence in walking is needed on the underground tour as participants must descend 47 steps to get to the start of the tour. Dress warm, comfortable footwear, and weather appropriate.

Instructor: Jason Martincic

Th 9:30 am-4:00 pm Feb 19 592554 \$95/1 sess

Stave Falls Powerhouse & Lunch

We will begin the trip by heading out to Maple Ridge and visiting Home Restaurant for lunch (included). We will then continue on to Mission for our guided tour at the 100-year-old powerhouse and enjoy the historical displays, electricity demonstrations and many interactive exhibits. This former generating facility is also a National Historic Site of Canada filled with archival photos, artifacts and the original mechanical and electrical components that helped power the province.

Instructor: Jason Martincic

Mon 9:30am-5:00pm Mar 30 595597 \$95/1 sess

Join the Kerrisdale Seniors Council — Be Part of the Change!

Are you passionate about making a difference in your community? The **Kerrisdale Seniors Council** is inviting nominations for the upcoming election! This is your opportunity to help shape the programs, activities, and services that make the Kerrisdale Community Centre such a vibrant and welcoming place for seniors.

As a Council member, you'll work closely with Centre staff to **plan events and programs, build community connections, and encourage participation** among Senior members. Your voice matters — and your involvement can make a real impact.

Nominations open November 6, 2025, and close January 22, 2026.

Submit your nomination at the Seniors Centre front desk.

For more information and an application form, please see **Meeka Marsolais** or visit the **Seniors Front Desk**.

Join us in shaping the future of Kerrisdale's senior community — your ideas, energy, and experience make all the difference!



KERRISDALE COMMUNITY CENTRE SENIORS' COUNCIL ELECTION

**Step up, share your voice, and make a difference.
Nominate yourself for the Kerrisdale Seniors' Council!**

1. Nominations open November 6, 2025
2. Candidate applications are available at the Seniors Centre
3. Submit applications to Seniors Centre, Attn: Meeka Marsolais
4. Deadline for submission of applications January 22, 2026
5. All Candidates meeting January 27, 2026
6. Voting dates: February 4 and 5, 2026 10:00 a.m.-3:00p.m.
7. Voting requirement: 2025/26 Membership card (can be picked up at Seniors Centre front desk)

SENIORS' COUNCIL MEMBERSHIP DETAILS:

Monthly meetings: Tuesdays at 1:00 p.m.

1 or 2 Year Term dependant on voting outcomes

Thank you

Thank you so much to all the volunteers who work hard year-round to make Kerrisdale Seniors Centre a welcoming, joyous, and beautiful place for all our members!

December featured 2 very Special Lunches to celebrate the holidays, and the volunteers put in so much work to ensure these events were fabulous and festive!

A special thank you to the Funcrafts group who worked hard on the pin-ons, the placemats, and the tiny gift boxes – all handmade!!! These things added so much character and beauty to the tables and to the atmosphere of the lunch.

Thank you to the volunteers who provided service during the lunch, serving the meals, coffee and tea, showing guests to their tables, and assisting guests in many other ways throughout the meal. These are the same volunteers who did the table set up before the event.

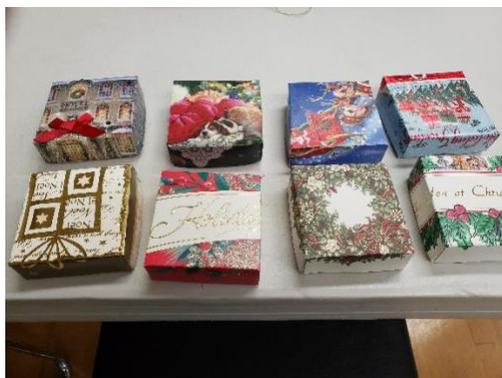
Thank you to the kitchen volunteers who start the day early to prep the food, peel vegetables, make the coffee, etc! The food was delicious and their hard work and culinary knowledge is very much appreciated. Lastly, thank you to members of the Seniors Council for your help behind the scenes.



Pin-ons



Placemats



Gift Boxes



Holiday Book Sale

Thanks to everyone who bought books at the December book sale, it was a success! Thank you to the amazing volunteers who make it possible. And thank you to everyone who donates their used books and puzzles.



Bridge Competition Winners

Congratulations to Ji Young Kim and Bob Sewell on winning the 2025 Bridge Competition!!

You can join the Bridge group Mondays and Wednesdays here at Kerrisdale Seniors Centre.

JAN 2026 Movies – Saturday & Sunday 2:00pm

Free popcorn at Saturday Movies!

Jan 3 & 4 A Cook's Tour - Asia (2002)

Follows Bourdain's adventures exploring extreme and authentic Asian cuisine, from eating cobra heart in Vietnam and fermented fish paste in Thailand to experiencing traditional Japanese meals with sumo wrestlers and geishas, diving deep into local cultures and markets in Japan, Vietnam, and Cambodia to find unique culinary experiences far from typical tourist traps, highlighting food's role in life, tradition, and adventure.

Jan 10 & 11 Big Eyes (2014)

In the late 1950s and early '60s, artist Walter Keane achieves unbelievable fame and success with portraits of saucer-eyed waifs. However, no one realizes that his wife, Margaret, is the real painter behind the brush. Although Margaret is horrified to learn that Walter is passing off her work as his own, she is too meek to protest too loudly. It isn't until the Keanes' marriage comes to an end and a lawsuit follows that the truth finally comes to light.

Jan 17 & 18 Casablanca (1942)

Rick Blaine (Humphrey Bogart), who owns a nightclub in Casablanca, discovers his old flame Ilsa (Ingrid Bergman) is in town with her husband, Victor Laszlo (Paul Henreid). Laszlo is a famed rebel, and with Germans on his tail, Ilsa knows Rick can help them get out of the country.

Jan 24 & 25 Butch Cassidy and the Sundance Kid (1969)

The true story of fast-draws and wild rides, battles with posses, train and bank robberies, a torrid love affair and a new lease on outlaw life in far away Bolivia. It is also a character study of a remarkable friendship between Butch - possibly the most likeable outlaw in frontier history - and his closest associate, the fabled, ever-dangerous Sundance Kid.

Jan 31 How to lose a guy in 10 days (2003)

An advice columnist, Andie Anderson, tries pushing the boundaries of what she can write about in her new piece about how to get a man to leave you in 10 days. Her editor, Lana loves it, and Andie goes off to find a man she can use for the experiment. Enter executive Ben Berry, who is so confident in his romantic prowess that he thinks he can make any woman fall in love with him in 10 days. When Andie and Ben meet, their plans backfire.



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!

January 2026

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

Jan 6th	Local Walk
Jan 13th	No Walk
Jan 20th	Langara Golf Course
Jan 27th	UBC Endowment Lands



If you are interested in joining, please call to reserve a spot
Kerrisdale Seniors Centre Front Desk Phone 604-257-8109.

Pool Table Repairs!

The small table has been re-surfaced, and the snooker table will be repaired and re-surfaced on January 12. Please remember (and remind others) to treat these tables and equipment with respect.

We are grateful to the Seniors Council for approving these repairs.

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.

****New Chef starting Feb 2, 2026 – Betty Anderson!****

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

Take out option is no longer available

	Total Price (includes GST)
*Dine-In Meal Card: 10 tickets	\$108.00
Dine-In: 1 ticket	\$12.00
Dine-In (Special Meal): 1 ticket	\$18.00
Dine-In Soup & ½ Sandwich Card: 10 tickets	\$80.00
Half Sandwich	\$3.50
Full Sandwich	\$5.50
Soup	\$5.50
Dessert	\$3.00

JANUARY 2026 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

Thurs	1	Fri	2	Sat	3	Sun	4	CLOSED
Mon	5	Chicken Cordon Bleu with potatoes and vegetables						
Tues	6	Cod with white sauce, mashed potatoes and vegetables						
Wed	7	Turkey Pot Pie with potatoes and vegetables						
Thurs	8	Salisbury Steak with mushroom, mashed potatoes & veg						
Fri	9	Sat	10	Sun	11	CLOSED		
Mon	12	Meatball with tomato sauce and spaghetti						
Tues	13	Banger with perogies and green salad						
Wed	14	Chicken breast with BBQ sauce, mashed potatoes & veg						
Thurs	15	Liver, bacon, and onion with mashed potatoes and veg						
Fri	16	Sat	17	Sun	18	CLOSED		
Mon	19	Chicken leg with rice and vegetables						
Tues	20	Veal cutlet with mashed potatoes and vegetables						
Wed	21	Chow Mein, Sweet & Sour Pork, Spring Rolls						
Thurs	22	SPECIAL LUNCH: Roast Beef with mashed potatoes & veg						
Fri	23	Sat	24	Sun	25	CLOSED		
Mon	26	Sole with white sauce, mashed potatoes, and vegetables						
Tues	27	Quiche with bacon or spinach, green salad and roast potatoes						
Wed	28	Chicken thigh with ginger and orange, potatoes & veg						
Thurs	29	Pork Chop with mushroom, rice and vegetables						
Fri	30	Sat	31	CLOSED				

Refer Page 10 for further Seniors Lunch Program details

What's for lunch??

Get the menu direct to your inbox! Sign up at the front desk to receive an email each month with the lunch menu.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
Refer pages 18/19 for on-going Social Programs	JANUARY 2026	<i>January is National Braille Literacy Month</i>		Happy New Year! Open 9 am - 4 pm		Movie & Free Popcorn: A Cook's Tour - Asia
4	5	6	7	8	9	10
Movie: A Cook's Tour - Asia Opera Zone Gala Concert! 10th Anniversary	Lunch Service resumes <i>3PM: Take down Holiday Decorations! Volunteers needed.</i>	Epiphany	Orthodox Christmas	Social: Tune Makers Band Spoon Carving Workshop		Movie & Free Popcorn: Big Eyes
11	12	13	14	15	16	17
Movie: Big Eyes		Choose To Move Info Session (Free!)	*New* Seniors Nutrition BINGO	VCH Workshop : Sleep & Stress Management		Movie & Free Popcorn: Casablanca Workshop: Avoid Frauds & Scams

18	19	20	21	22	23	24
Movie: Casablanca	Martin Luther King Jr. Day	COSCO Workshop: Representation Agreements Bus Trip: New West Museum	Understanding & Managing Hearing Loss Last day to submit Senior Council application!!	Robbie Burns Special Lunch! Preserving Bone Health, A Nutritional Approach		Movie & Free Popcorn: Butch Cassidy and the Sundance Kid
25	26	27	28	29	30	31
Movie - Butch Cassidy and the Sundance Kid Burns Night	Australia Day	All Candidates Meeting		 Book Sale		Movie & Free Popcorn: How to lose a guy in 10 days Ukulele Jam



The Opera Zone Gala Concert

10 year Anniversary

There is going to be opera arias, art songs, pop, a Chinese song and Elvis hits!

First Sunday of Every Month January 4th
2:00 pm - 4:00 pm

Location: Seniors Multipurpose Room



WINTER 2026 BOOK SALE DATES

January 29th
February 19th
March 19th

The hours are 9:30 - 12:30



January 2026

The Original Kerrisdale Seniors Singers

Welcome to anyone who loves to sing,

Please contact Choir Coordinator before registering: Catherine 604 228 1488



Suggestion box is open for suggestions!
Found at Seniors' Centre front desk. Please be honest and kind.

THANK YOU for sock drive donations! We filled over 2 boxes of socks and warm items like toques and mittens. These were picked up by the Carnegie Community Centre and will be delivered to people who need these items the most during the holiday season.





ANGEL'S MIND MATTERS

January 2026

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 JANUARY 2026



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

Jan 2	Granville Island	Bus
Jan 9	Quilchena	Bus
Jan 16	UBC	Bus
Jan 23	Local Walk	
Jan 30	Coal Harbour	Bus

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

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

Adapted Fitness

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

Tue Jan 06-Mar 24 1:30 pm-2:30pm 591658

Your Song, Your Story

Find your voice with Jan and sing to the songs that you love!

Fri Jan 16-Mar 6 1:00 pm-3:00pm 593142

Health Qigong and Tai Chi

Enhance your physical health and mental focus with Lisa!

Tue Jan 06-Mar 24 9:00 am-10:00am 591482

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.

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.

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

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.

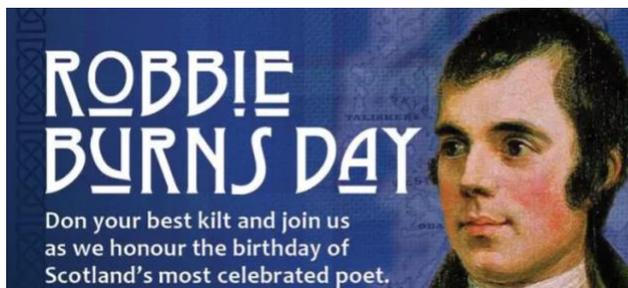
For more information, please join us on Monday.

Mon 1:00pm-3:00pm Craft Room On-going

Monarch Submissions

Deadline for submissions to the **February issue** of the
Monarch is January 15th

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



Thursday, January 22, 2026 Join us for all the traditions of a Robbie Burns Day!
Entertainment: Ember, Bagpiper & The Scottish Country Dancers



MARY'S CORNER!

Visit us at Mary's Corner in the Seniors Lounge
Every Thursday at 10 am to 2 pm
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, Jan to March 2026

**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
*Tai Chi 24 Form	10:30am-11:30am
*Tai Chi 48 Form Part 2	9:30am-10:30am
*Bridge: Beginners Plus	11:00am-1:00pm
*Yoga for the Older Adult	10:30am-11:45am
Bridge No Instructor	12:30pm-3:00pm
Knit a Bit & More	1:00pm-3:00pm
Carpet Bowling - Drop In – No Instruction	1:30pm-3:30pm
Chess	1:30pm-3:30pm
Angels Mind Matters	2:00pm-3:30pm
*Gentle Mat, Pilates and Stretch	2:15pm-3:00pm
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 & Tai Chi	9:00am-10:00am
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
*The Kerrisdale Choristers	1:00pm-3:00pm
*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
BCRPA * Choose to Move	3:30pm-4:30pm
BCRPA * Active Age	4:30pm-5:30pm
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-11:30pm
*Gentle Fit Advanced	10:30am-11:30am
*Chorisma Vocal Jazz Choir	11:00am-1:00pm
Bridge - No Instructor	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-4:30pm
*Salsa Dance – Beginners	1:30pm-2:15pm
*Salsa Dance – Intermediate	2:30pm-3:15pm
*Joint Works	2:30pm-3:30pm
Open Times Billiards	3:30pm-9:00pm
*Tap Happy	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
*Showfun	11:30am-12:30pm
*Neurofit	1:15pm-2:00pm
*Yuan Ji Dance	12:30pm-2:30pm
Table Tennis	2:30pm-5:30pm
*International Ballroom Dancing Various	3:00pm-4:55pm

The Thursday socials are now starting earlier than 1:30pm. Please arrive at 1pm to get a seat and enjoy the music at the Thursday Socials!

Upcoming: Thursday, January 8th

Friday

*UBC Bodyworks Changing Aging	8:00am-11:00am
Open Times Billiards	9:00am-9:00pm
*Barre Fusion	9:00am-10:00am
Enthusiastic Walkers	9:00am- 1:00pm
*Gentle Fit	9:00am-10:00am
*Move to music	9:30am-10:30am
*Footcare	9:45am-2:00pm
*Cardiac Health	10:05am-10:55am
*Gentle Mat, Pilates & Stretch	10:15am-11:00am
*Yuan Ji Dance	10:15am-12:00pm
*What If?	12:30pm-2:30pm
*Your Song, Your Story	1:00pm-3:00pm
*Bingo	1:00pm-3:30pm
*Osteofit for Life	1:20pm-2:20pm
*Tai Chi Set 24 for Beginners	1:30pm-2:30pm
Open Drumming Circle	1:45pm-3.15pm
*Joint Works	2:30pm-3:30pm
*Tai Chi Fan 52	2:35pm-3:35pm
*Tai Chi Straight sword	3:40pm-4:40pm
*Chair Yoga	4:15pm-5:15pm
*BCRPA – Active Age	5:30pm-6:30pm

Saturday

Open Time Billiards	9:00am-6:00pm
*Gentle Fit	10:00am-11:00am
*You Can Ukulele: Levels 1,2 &3. 3 sessions	10:00am- 1:45pm
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**.

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

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

December Solutions

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

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

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