

# Monarch Newsletter



*February 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**



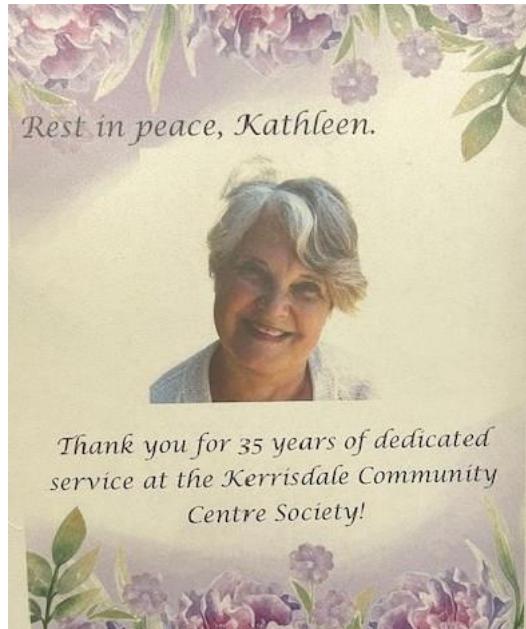
## *Social Entertainment*

*February 26 th Brock House Big Band*

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



*Kathleen's Celebration of Life was held on January 10.  
She was fondly remembered for her 30+ years of volunteer service to the  
Kerrisdale Community Centre.  
She was the "heart and soul" of the Centre*





## December Birthday Draw Winner!

**Minerva Mo**

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



### **Betty Anderson returns:**

The Seniors Council, on behalf of the Seniors Centre membership, warmly welcomes Betty back to KCC. Most of us remember the “Betty” days of consistently good meals and a smooth operation! We look forward to stability in the kitchen and being able to give James some well-deserved days off! Stay tuned as we get back on track and look towards the future of our lunch program.



## 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.**

### **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
-----	---------------	--------	--------	-------------

### **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

*In recognition of their contribution to Seniors Council,  
here is a list of their accomplishments:*

**Rosemary** - efficient secretary

- voice for Seniors on the Kitchen management Committee
- on the committee organizing the Society Holiday Party
- volunteer at the Saturday Coffee Bar

created a plaque to honor Evelyn Burman's financial contribution to Seniors Lunch Program

**Peni** - vice chair

- Kerrisdale's representative to the City of Vancouver
- initiative on Strategy for Older Adults
- co-chair of Elections Committee
- organizer of Pink Shirt Day
- maintainer of information on the Bulletin Board
- organizer of Scam Prevention Workshop

**Lee-Anne** - sourced then replaced the lunch room tables and chairs

- assisted the Society Board with hosting of an All Candidates Meeting
- organizer of Earth Day
- co-chair of Elections Committee

**KK** - organizer of the Annual Lunar Festival

- organizer of the 2026 Moon Festival

**Wendy** - Seniors representative on the Canada Day Committee

- contributor to the Council Meeting discussions

**Richard** - chairperson for the 4th consecutive year

past chair of the Kitchen Management Committee -lobbying for five day lunches

- represented the voice of Seniors at monthly Society Board Meetings
- wrote articles in The Monarch on the issue of Pay Parking
- on the committee to choose Volunteer of the Year
- proposed ongoing COSCO workshops provided by Retired Teachers



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.

All Candidates Meeting  
Come and Hear Nominees  
Tuesday, January 27th, 2026  
at 10:00am  
in the Crafts Room

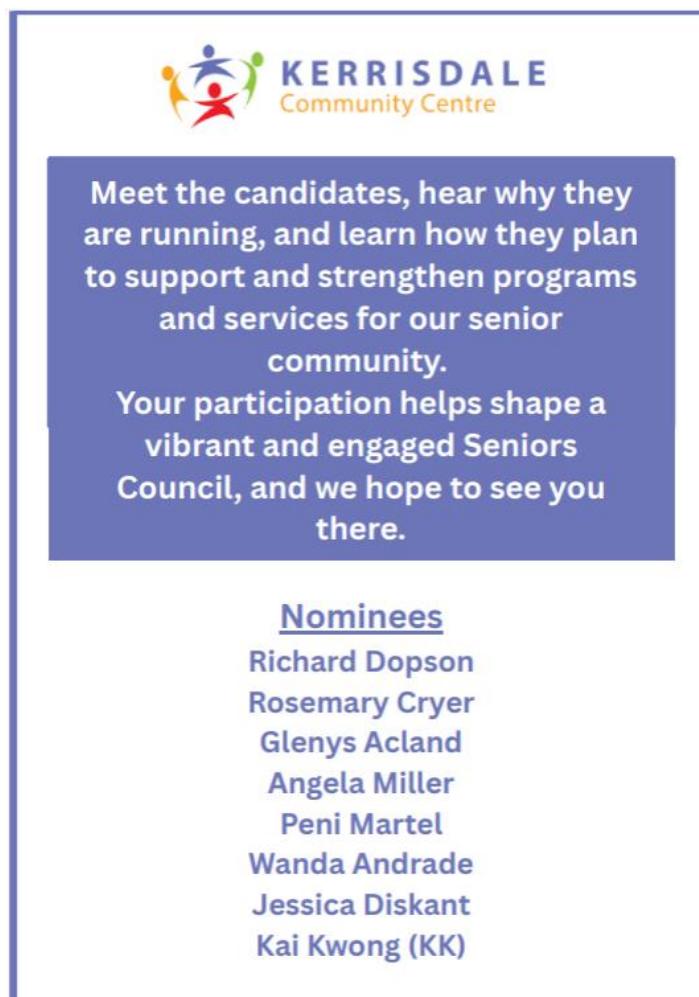
Event Over

**Voting Dates**  
Wednesday, February 4<sup>th</sup>, 2026  
Thursday, February 5<sup>th</sup>, 2026  
10:00 am - 3:00pm

Nominations open until January 22, 2026

**To Vote:**

**Show KCC Seniors membership card (free from seniors desk)**



## **FEB 2026 Movies – Saturday & Sunday 2:00pm**

**Free popcorn at Saturday Movies!**

### **Feb 1 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.

### **Feb 7 & 8 The Terminal (2004)**

Victor Navorski (played by Tom Hanks), a man from the Eastern European nation of Krakozhia, flies into JFK airport. At Customs he is forbidden entry to the USA - Krakozhia has been taken over in a coup and the US does not currently recognize the new regime, or nation. In addition, the borders of Krakozhia are now closed. This leaves Victor in limbo - he cannot enter the US or go back to Krakozhia. While waiting for the diplomatic situation to sort itself out he is forced to live in the International Transit section of JFK, living off his own resourcefulness. He also makes some new friends along the way.

### **Feb 14 & 15 Night at the Museum Smithsonian (2009)**

A night guard of the Museum of Natural History must travel to the Smithsonian Museum in order to help the exhibits that have been sent there. With new allies, he must do it while a new enemy returns to gain power over all of them. He must do everything that he possibly can before time runs out.

### **Feb 21 & 22 Night at the Museum Secret Tomb (2014)**

In the film, security guard Larry Daley must travel to London to return the Tablet of Ahkmenrah, an Egyptian artifact which causes the exhibits to come to life, before the magic disappears.

### **Feb 28 Eternal Sunshine of the Spotless Mind (2004)**

is a surreal romantic drama about Joel Barish (Jim Carrey) and Clementine Kruczynski (Kate Winslet), a couple who undergo a procedure to erase each other from their memories after a painful breakup. As Joel re-experiences their relationship in reverse while it is being wiped, he realizes he still loves her and tries to hide her in his subconscious.

**?? FEELING IN THE PINK ??? IT'S PINK SHIRT DAY!  
WEDNESDAY, FEBRUARY 25**

Be Kind! Wear something PINK!!!  
Be part of the crowd!!! Wear a piñon!!



Pink shirts Under Construction!!

**PINK SHIRT DAY  
WEDNESDAY, FEBRUARY 25, 2026**  
**Be part of a WORLDWIDE movement !!!  
WEAR SOMETHING PINK!!!**  
**Kerrisdale Seniors Centre recognition will include  
pink shirt pin-ons, photo wall, discussions and events  
to be announced**

**Support a world-wide ANTI-BULLYING initiative  
to promote  
A KINDER, MORE INCLUSIVE WORLD**  
**KEYWORDS: friendship, helping hand, fairness, talk**

**HOW PINK SHIRT DAY BEGAN**

In 2007, after a new student at their Nova Scotia school was bullied for wearing a pink shirt, two Grade Twelve students – David Shepherd and Travis Price – bought 50 pink shirts and encouraged their classmates to wear pink shirts to send a strong message against bullying and homophobia.

The next day they went to distribute the shirts and to their surprise the majority of students arrived wearing pink.

This random act of kindness began a global movement  
The International Day of Pink was declared by the UNITED NATIONS in 2012 to bring awareness to and to emphasize Anti-Bullying.

Bullying can occur in any age group or stage of life and in any social, familial, or work situation. On Pink Shirt Day, people worldwide wear pink to discourage bullying behaviours and to encourage kindness.

## 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.

\*\*\*\*\*

### 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	\$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

## February 2026 Seniors 55+Years Lunch Menu

11:30am-12:45pm

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

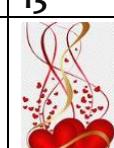
**The Menu and days of service are SUBJECT TO CHANGE**

Sun	1	CLOSED				
Mon	2	Stuffed Chicken Breast with potatoes and vegetables				
Tues	3	Cabbage Rolls with Perogies and vegetables				
Wed	4	Sole Fillets with Tartar sauce Roast Potatoes & Vegetables				
Thurs	5	Beef Liver, Bacon, fried onions, mashed Potatoes & Veg				
Fri	6	Sat	7	Sun	8	CLOSED
Mon	9	Turkey Cutlets with Potatoes & Vegetables				
Tues	10	Peach Glazed Chicken with Rice & Vegetables				
Wed	11	Shepherds' Pie with Vegetables				
Thurs	12	Special Lunch Valentine's Day				
Fri	13	Sat	14	Sun	15	CLOSED
Mon	16	Closed for Family Day				
Tues	17	Bacon or Vegetable Quiche with Roasted Potatoes & Salad				
Wed	18	Baked Chicken legs with Pota toes & Vegetables				
Thurs	19	Chinese New Year Sweet & Sour Pork Chow Mein, Rice & Vegetables				
Fri	20	Sat	21	Sun	22	CLOSED
Mon	23	Cod Fillets with White Sauce, Mashed Potatoes & Veg				
Tues	24	Moroccan Chicken with Couscous & Vegetables				
Wed	25	Beef Pot Pie with Roasted Potatoes & Salad				
Thurs	26	Pork Chops in a Mushroom Sauce with Rice & Vegetables				
Fri	27	Sat	28	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
Refer pages 18/19 for on-going Social Programs		January 27 th All Candidates Meeting!		<b>FEBRUARY 2026</b>		
1	2	3	4	5	6	7
Movie How to Lose a Guy in 10 Days   Opera Zone	Welcome back Betty!!!  	COSCO Presentation: Wills  Groundhog Day	ELECTION S for Seniors Council 10:00 am - 2:00 pm	ELECTION S for Seniors Council 10:00 am - 2:00 pm		Movie & Free Popcorn: The Terminal
8	9	10	11	12	13	14
Movie: The Terminal			Seniors Nutrition BINGO	Valentine 's Day Special Lunch!  Entertainment: Brock House Jazz Band 		Movie & Free Popcorn: Night at the Museum Smithsonian  Workshop: Avoid Frauds & Scams

15	16	17	18	19	20	21
Movie: <b>Night at the Museum</b> Smithsonian	<b>Kitchen Closed</b>  <b>Family Fun Day</b> <b>Celebration</b> 11am-1pm  <b>Provincial Family Day</b>			<b>Bus Trip: Britannia Mine Museum</b>   <b>Book Sale</b>		Movie & Free Popcorn: <b>Night at the Museum</b> <b>Secret Tomb</b>
22	23	24	25	26	27	2
Movie - <b>Night at the Museum</b> <b>Secret Tomb</b>	<b>Lunar New Year Event</b>  		<b>Pink Shirt Day!</b>  	<b>Social: Brock House Big Band</b>  	<b>Hearing Screenings</b>	Movie & Free Popcorn: <b>Eternal Sunshine of the Spotless Mind</b>  ActiveNet Workshop <b>Ukulele Jam</b>



# The Opera Zone Gala Concert

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

*First Sunday of Every Month*      *February 1st*  
*2:00 pm - 4:00 pm*  
**Location: Seniors Multipurpose Room**



## **WINTER 2026      BOOK SALE DATES**

**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

## Monarch Submissions

Deadline for submissions to the **March issue** of the **Monarch** is **February 17th**

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



## **ANGEL'S MIND MATTERS**

### **February 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 FEBRUARY 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



Feb 6	Minaru Park	Bus & Canada Line
Feb 13	Jericho	Bus
Feb 20	Q E Park	Bus
Feb 27	N Side False Creek	Bus & Canada Line

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

\*\*\*\*\*

### **Lunar New Year event February 23**

Celebrate the Lunar New Year - Year of the Horse at Kerrisdale Community Centre! Featuring performances by Xiao Ping Chorus, Wushu performance by WC Wushu Academy (Oriental Martial Arts) and tai chi by master Lisa Low; sing along, dance along and games with prizes.



## 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**

### **ActiveNet Registration Workshop for Seniors**

This workshop is led by youth volunteers and will cover how to register for programs using the ActiveNet registration system right from your smartphone or laptop. Email address must be provided during registration.

**Sat   Feb 28                                   9:30am - 11:30am Free, Registration required  
590080**



## **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 Stitch & Bejeweled Boutique (Formerly Mary's Corner) on Thursdays.

For more information, join us on Monday.

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

## 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!



## *Stitch & Bejewelled Boutique (Formerly Mary's Corner)*

Visit us at Stitch & Bejewelled Boutique 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, 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
*Gentle Fit	9:00am-10:00am
*Gentle Fit	10:30am-11:30am
*Showfun	11:30am-12:30pm
*Neurofit	1:15pm-2:00p
*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, February 26 th***

**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 Straightsword	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

\*\*\*\*\*

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

\*\*\*\*\*

## 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**.

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

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

## January Solutions

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

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

Sudoku Puzzles courtesy of **Livewire Puzzles** [www.puzzles.ca](http://www.puzzles.ca)