

# *Monarch Newsletter*

*March 2026*

*Welcome Spring*



## **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*

*March 26th Sheryl Greenfield*

**Time: 1-2 p.m. in the Multipurpose/Dining Room**



### *St Patrick's Day Special Lunch Menu*

**Roast Beef with Colcannon and Fresh Vegetables  
County Clare Soda Bread  
Dessert: Key Lime Pie      Coffee/Tea**

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### *Note from Meeka*

Thank you for all the well wishes while I was away on parental leave the last few weeks. I am excited to be back! In March at the Kerrisdale Seniors Centre, we are starting (re-starting) Hot Lunch Fridays! We are so thrilled to serve you lunch Monday-Friday.

Spring registration is coming up on March 7. Check out the guide or look online for the spring programs. If there is any programming that you would like to bring to life at the Kerrisdale Seniors Centre, please don't hesitate to reach out to me over email or in person to discuss. I would love to learn about the programs you want to see!

Big thank you to everyone involved in the Chinese New Year event on Feb. 23 – it was a huge success and a great way to ring in the Year of the Horse. As a horse myself, I am really looking forward to this strong and powerful year! And a special thank you to the volunteers who did decorations in the month of February, including Valentine's Day, Chinese New Year and Pink Shirt Day. Thank you for keeping our centre looking bright, cheerful and inviting!





## January Birthday Draw Winner!

**Esther Tsang**

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 Membership Card, Social Recreation Card, or Opera Zone Card



## Our KCC Flag at Half Mast on Thursday, February 12/26



A Provincial Day of Mourning Declared by Premier Eby with  
Reverence, Respect and Remembrance for the  
Victims of the Tumbler Ridge Tragedy February  
10th 2026



### 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.**

#### 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

<b>Mon</b>	<b>9:30am-5:00pm</b>	<b>Mar 30</b>	<b>595597</b>	<b>\$95/1 sess</b>
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#### March 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**

Mar 3rd Coal Harbour

Mar 10th No Walk

Mar 17th Local Walk

Mar 24th UBC

Mar 31st North Vancouver



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

*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.*

**After a record setting voter participation, below are the results for the Kerrisdale Senior Council 2026 election.**

**The top 5 candidates were elected for a 2-year term.**

Richard Dopson  
Rosemary Cryer  
Peni Martel  
Kai Kwong  
Wendy Trant

**Elected for a one-year term:**

Angela Miller  
Wanda Andrade  
Jessica Diskant  
Glenys Acland

**Congratulations to all the candidates!**



Special appreciation to Lee-Anne MacPherson, Peni Martel, staff members - Arthur and Trisha plus all the election table volunteers especially John Liu for his substantial assistance over the 2 voting days.

**Thanks to all the members who voted.**

February Election Results Statistics:  
9 Seniors Council Members were elected by 140 voters  
10 Society Board Members were elected by 37 voters

## Earth Day Events at Kerrisdale Community Centre, April 22

Join us for a special Earth Day event in partnership with the City of Vancouver on Tuesday, April 22.

### From 11:00 am to 1:30 pm, the Seniors Council is hosting a Mini Pop Up Recycling Event.

Bring approved items such as flexible plastics, small electronics, batteries, and other household recyclables.

**Please note that recyclables will only be accepted during this time window.**

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**At 1:00 pm, stay for a Zero Waste Ambassador Information Session**, focused on helping seniors living in condos, townhouses, and apartments learn practical ways to reduce waste, recycle properly, and build more sustainable habits at home.

Advance registration is required for the information session, and there is no cost to attend. Posters with full details are available at the centre.

We look forward to celebrating Earth Day!



**FREE**

## MINI POP-UP RECYCLING EVENT

**When: Wednesday, April 22  
11 am-1:30 pm**

**Where: Kerrisdale Community Centre**

**Questions:  
reduce.waste@vancouver.ca**

**WE ACCEPT:**

- Books
- Cell phones
- Disposable razors and blades
- Flexible plastics (open and dry)
- Household batteries (5 kg max weight, no car batteries)
- Ink and toner cartridges
- Lightbulbs (no light tubes)
- Pens, markers, etc.
- Small handheld electronic items
- Smoke and carbon monoxide detectors

 CITY OF VANCOUVER

## WANTED: ZERO WASTE AMBASSADORS

Become a volunteer ambassador and reduce waste at your apartment, condo or townhouse!

**No experience necessary. We provide the training, you provide the enthusiasm!**

- Share recycling and composting knowledge
- Learn in-home sorting & storage tips
- Get to know your neighbours
- Build a zero-waste community in your building

**For more information and to register, scan the QR code or visit:**  
vancouver.ca/zero-waste-ambassador

**Questions?**  
wastediversion@vancouver.ca

 CITY OF VANCOUVER




**Did you know?**  
72% of garbage in multi-family buildings could have been recycled or composted

## Lunar New Year Horse

LUNAR NEW YEAR CELEBRATION MONDAY FEBRUARY 23/26

The Year of the Fire Horse was joyously celebrated by the Seniors membership!

From the melodious music of the Xiaoping Chorus, the impressive display by students of the Wushu Academy, the notable performance of Taichi Sword to the games, dancing, and singing by all attendees the Year of the Fire Horse was welcomed.

“When the Horse arrives,

Success arrives”

Much Success to All!!!



## MAR 2026 Movies – Saturday & Sunday 2:00pm

Free popcorn at Saturday Movies!

### **Mar 1 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.

### **Mar 7 & 8 Out of Africa (1985)**

Out of Africa is an epic romantic drama loosely based on Isak Dinesen's memoir, starring Meryl Streep as Danish aristocrat Karen Blixen, who moves to Kenya in 1913 to marry her cousin, Bror. She manages a coffee plantation, faces a failing marriage, and falls in love with free-spirited hunter Denys Finch Hatton.

### **Mar 14 & 15 The American (2010)**

The American is a slow-burn neo-noir thriller starring George Clooney as Jack, a guilt-ridden, expert assassin who hides out in an Italian village after a job goes wrong in Sweden. While waiting for his final assignment, he breaks his own rules by forming a friendship with a local priest and starting a romance with a woman named Clara, ultimately endangering himself.

### **Mar 21 & 22 Paris, Je T'aime (2006)**

A collection has 18 vignettes set in Paris. In "Bastille," a man (Sergio Castellitto) considers leaving his wife (Miranda Richardson) for his mistress (Leonor Watling). A cowboy (Willem Dafoe) rides at midnight to comfort a woman (Juliette Binoche) who lost her son in "Place des Victoires." In "Faubourg Saint-Denis," an American actress (Natalie Portman) wants to break off her romance with a blind student.

### **Mar 28 & 29 King Kong (2005)**

Carl Denham needs to finish his movie and has the perfect location; Skull Island. But he still needs to find a leading lady. This 'soon-to-be-unfortunate' soul is Ann Darrow. No one knows what they will encounter on this island and why it is so mysterious, but once they reach it, they will soon find out. Living on this hidden island is a giant gorilla and this beast now has Ann in its grasp. Carl and Ann's new love, Jack Driscoll must travel through the jungle looking for Kong and Ann, whilst avoiding all sorts of creatures and beasts.



**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.

If you signed up and didn’t receive the March menu, please come to the front desk and clarify the spelling of your email!

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**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

	<b>Total Price (includes GST)</b>
*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

**March 2026 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**

Sun	1	CLOSED
Mon	2	Veal Cutlets with Roasted Potatoes & Vegetables
Tues	3	Ham, Scalloped Potatoes, Vegetables & Raisin Sauce
Wed	4	Baked Chicken thighs with Mashed Potatoes & Vegetables
Thurs	5	Salisbury Steak with Fried Onions, Potatoes & Vegetables
<b>Fri</b>	<b>6</b>	<b>Hot Lunch</b>
Sat	7	Sun 8 CLOSED
Mon	9	Sole Fillets with White Sauce, Mashed Potatoes & Vegetables
Tues	10	Turkey Meatloaf with Mashed Potatoes & Vegetables
Wed	11	Butter Chicken with Rice, Vegetables & Naan Bread
Thurs	12	<b>Special Lunch: Saint Patrick's Day</b>
<b>Fri</b>	<b>13</b>	<b>Hot Lunch</b>
Sat	14	Sun 15 CLOSED
Mon	16	Salmon Pie with Vegetables & Salad
Tues	17	Cabbage Rolls with Perogies, Vegetables & Sauerkraut
Wed	18	Sweet & Sour Meatballs with Rice & Vegetables
Thurs	19	Chicken Wellington with Potatoes & Vegetables
<b>Fri</b>	<b>20</b>	<b>Hot Lunch</b>
Sat	21	Sun 22 CLOSED
Mon	23	Seasoned Chicken Breast with Vegetables & Salad
Tues	24	Corn Beef with Steamed Potatoes & Braised Cabbage
Wed	25	Cod Fillet with Mashed Potatoes, Vegetables & White Sauce
Thurs	26	Spaghetti Meatball in Rich Tomato Sauce, Salad & Garlic toast
<b>Fri</b>	<b>27</b>	<b>Hot Lunch</b>
Sat	28	Sun 29 CLOSED
Mon	30	Pork Tenderloin wrapped in Bacon with Potatoes & Vegetables
Tues	31	Chicken ala King with Rice, Vegetables & Biscuits

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	4	5	6	7
Movie: <b>Eternal Sunshine of the Spotless Mind</b>  <b>Opera Zone</b>			Holi “Festival of Colours”			Movie & Free Popcorn: <b>Out of Africa</b> <b>Smart Device Workshops</b> <b>Program Registration</b>
8	9	10	11	12	13	14
Movie: <b>Out of Africa</b>  <b>Daylight Saving!</b>  <b>International Women’s Day</b>			<b>Custom Print Workshop</b>	<b>St Patrick’s Day Special Lunch</b>  Metro Swing band 	<b>Friday the 13<sup>th</sup>!</b>	Movie & Free Popcorn: <b>The American</b>
15	16	17	18	19	20	21
Movie: <b>The American</b>		 <b>St Patrick’s Day</b>		 <b>Book Sale</b>		Movie & Free Popcorn: <b>Paris, Je T’aime</b>  <b>Smart Device Workshops</b>
22	23	24	25	26	27	28
Movie: <b>Paris, Je T’aime</b>				<b>Social:</b>  <b>Sheryl Greenfield</b>		Movie & Free Popcorn: <b>King Kong</b>  <b>Ukulele Jam</b>
29	30	31				
Movie: <b>King Kong</b>	<b>Bus Trip: Stave Falls Powerhouse &amp; Lunch</b>	International Transgender Day of Visibility	<b>Refer pages 18/19 for on-going Social Programs</b>		<b>MARCH 2026</b>	<b>APRIL 22 – EARTH DAY</b> <b>Recycling Event</b>

# The Opera Zone



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

*First Sunday of Every Month      March 1st*

*2:00 pm - 4:00 pm*

**Location: Seniors Multipurpose Room**



## WINTER 2026      BOOK SALE DATES

**March 19th**

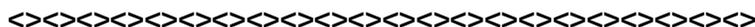
**The hours are 9:30 - 12:30**



## 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 **April issue** of the  
**Monarch is March 18th**

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



**ANGEL'S MIND MATTERS**  
**March 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 MARCH 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.**



Mar 6	Lonsdale Quay	Bus & Seabus
Mar 13	Downtown Heritage	Bus
Mar 20	Kitsilano	Bus
Mar 27	Granville Island	Bus

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

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**A Diplomatic Husband !**

One who remembers his wife's Birthday but forgets which one it is.

## 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 6 - Mar 24    9:00 am - 10:00 am            591482**

### Smart Device Workshop for Seniors

Get help with your Apple or Android smart devices from local high school students! Bring written questions and your phone or tablet to learn useful features, tips and tricks. Note that youth have limited experience with laptops. Please see front desk or visit [vanrec.ca](http://vanrec.ca) for more details

**Sat    Mar 7 and 21    9:45am-10:30am / 10:45am-11:30am**

Free,    Registration required

## THANKS FOR WEARING PINK ON FEBRUARY 25!

Thanks go out to everyone who supported this special day of sowing seeds of kindness and compassion by wearing PINK.

Members enjoyed the colorful pom poms, wearing the pink shirt pin-ons and showing their support for anti-bullying!!

Thanks go out to the staff, “pin-on” volunteers, Seniors Council, and the Fun Crafts ladies whose efforts helped create a positive atmosphere in our centre!!



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## 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.

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**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**

*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 Stitch & Bejewelled 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



### **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

## 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, March 26th***

**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

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

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## 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**.

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

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

### **February Solutions**

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

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

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