

# *Monarch Newsletter*

## *April 2026*



### **KERRISDALE SENIORS CENTRE**

5851 West Boulevard

Phone 604-257-8109

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

Monday to Friday – 9:00am – 6:00pm

Saturday – 9:0am – 4:00pm

Sunday – Closed

### **Main Centre**

Monday to Friday – 6:30am – 10:00pm

Saturday & Sunday – 9:00am – 6:00pm

**25 cents**



*Social Entertainment*

*April 9th Brock House Big Band*

*April 23rd The Tune Makers Band*

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



*Easter Special Lunch Menu*

Old Fashion Baked Ham with Pineapple Sauce

Scalloped Potatoes and Medley of Fresh Vegetables

Dessert: Cheesecake      Coffee / Tea

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*Note from Meeka:*

This month we celebrate National Volunteer Week April 19-25, and we have so much to celebrate about the volunteers at the Kerrisdale Seniors Centre!

If you have been served a lunch that was made here, visited the coffee bar, attended a book sale, joined a walking group, been welcomed at a special lunch, purchased goods from the Stitch and Bejewelled Boutique, received tech help at a Smart Device Workshop, or are reading this Monarch right now, you can thank a KCC volunteer!

If you are interested in becoming a volunteer here, I am looking for someone to lead an English conversation club – if this sounds like you, please get in touch!





## February Birthday Draw Winner!

**Nancy Yeung**

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



## Special Notices!

**Kitchen closed** March 30 for floor maintenance. Lunch resumes Tuesday, April 7.

**BIRTHDAY PARTY APRIL 23** Do you have a birthday in April?  
Ask the front desk for a birthday form to let us know!! During lunch on Thursday, April 23 all the April babies will be celebrated!! Lunch fee still required.

**We are taking movie suggestions!** Is there a movie you would like to see at our Weekend Movies? Put a suggestion in the suggestion box!

### Brochure corrections\*\*

Barre Fusion 603825 Fridays at 9am 6 weeks April 10 – May 15

Barre Fusion 603831 Mondays at 1pm 5 weeks April 13 – May 11

Gentle Mat, Pilates and Stretch 603832 Fridays at 10:15am, 6 weeks  
April 10 – May 15

Gentle Mat, Pilates and Stretch 603835 Mondays at 2:15pm, 5 weeks  
April 13 – May 11

**Typo in the brochure,** all Bus Trip dates are correct, but the day of the week is wrong.

## 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.**

### **Abbotsford Tulip Festival and Lunch**

We'll first have lunch at the Mandarin Garden Buffet Restaurant in Abbotsford (included). Then, we'll visit Lakeland Flowers – host of the Abbotsford Tulip Festival. The tulip field spans 28 acres and showcases 100 varieties, including double, fringed and parrot varieties! The legacy tulip is named after Peter Warmerdam, Lakeland's first-generation farmer. Instructor: Jason Martincic

**Fri 9:30 am-4:00 pm Apr 24 606640 \$95/1 sess**

### **High Tea at Dickens Sweets & British Museum**

On this trip we will be visiting the British Sweet Shop and Museum.

This venue provides the opportunity for one to relive the golden years of how the British way of life used to be.

They have the largest selection of British foods, sweets and teas in Western Canada. Also, Fred and Anne Hails have spent many years collecting items and memorabilia to fill this museum, it is quite the sight to see. We will also be enjoying High Tea in Oliver's Tearoom (included).

Guided by Jason Martincic.

**Fri 9:30am-4:00pm May 15 606641 \$95/1 sess**

### **Grouse Mountain**

We'll board the Skyride gondola for panoramic views of Vancouver, the ocean and surrounding forests. At the top of the mountain, we can explore nature with an easy walk or a more challenging hike. There is also seasonal entertainment, such as the Lumberjack and Birds in Motion demonstrations, and we can visit the grizzly bear refuge and wildlife exhibits with a ranger talk. Spring and summer offer a great opportunity to appreciate the beautiful vistas. Please note, lunch is NOT included on this trip; however, there are food for purchase options.

Instructor: Jason Martincic

**Fri 9:30 am-4:00 pm Jun 19 606643 \$95/1 sess**

## **Oral Health Month & National Dental Hygienist Week**

**April marks Oral Health Month, with National Dental Hygienist Week from April 4th to 10th**

The Kerrisdale Community Center Senior Center invites you to attend an Oral Health Promotion event.

In recognition of Oral Health Month and National Dental Hygienist Week, Dental Hygienists Donna Lee and Corinne Cormier will be present at the Kerrisdale Community Centre Senior Center. They will offer valuable oral health educational resources, answer your questions about oral care and prevention, and provide complimentary oral care samples.

### **Oral Health and Its Impact on Overall Well-being**

Oral health has a profound effect on overall health. There are strong connections between oral hygiene and health conditions such as diabetes, heart disease, lung infections, and pregnancy. This highlights how taking care of your mouth contributes to preventing and managing these health issues.

As Canadians are living longer, many seniors are retaining their natural teeth well into later life. This makes consistent, daily oral care increasingly important.

Maintaining good oral hygiene helps support overall health and quality of life, reinforcing the need for regular mouth care routines, especially for older adults.

Come and learn more about oral health care.

**VENUE: Kerrisdale Community Centre - Senior Centre**

**DATE: Friday**

**April 10, 2026**

**TIME: 10:00am - 2:00pm**

## 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



**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





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

**Free popcorn at Saturday Movies!**

### **Apl 4 & 5 Marlee Matlin – Not Alone Anymore (2025)**

An American documentary follows the life and career of Marlee Matlin who becomes the first deaf actor to win an Academy Award for her performance in "Children of a Lesser God." Catapulted into the spotlight, she challenges an industry that's unprepared for her immense talent, emerging as a trailblazing actress, author and activist.

### **Apl 11 & 12 The Wedding Banquet (1993)**

A gay man makes a deal with his lesbian friend: a green-card marriage for him, in exchange for in vitro fertilization treatments for her. Plans evolve as Min's grandmother surprises them with a Korean wedding banquet.

### **Apl 18 Life by BBC Earth Series- Disc 1**

Narrated by Oprah Winfrey, LIFE presents incredible stories from the frontiers of the Natural World. Packed with excitement, revelation and entertainment this series captures astonishingly beautiful sequences and demonstrates the extraordinary tactics animals and plants have developed to survive and thrive

### **Apl 19 Life by BBC Earth Series - Disc 2**

Narrated by Oprah Winfrey, LIFE presents incredible stories from the frontiers of the Natural World. Packed with excitement, revelation and entertainment this series captures astonishingly beautiful sequences and demonstrates the extraordinary tactics animals and plants have developed to survive and thrive

### **Apl 25 & 26 Beyond the Reef (1979)**

Tikoyo lives by the Bora Bora lagoon in the South Pacific, where he found a man-eating tiger shark when it was an orphaned baby just a foot long. He named it Manidu, and it grew to be sixteen feet long. Tikoyo believes that his companion houses the soul of a wise old man, and helps him guard the sacred black pearls in the lagoon. In fact, Manidu does protect Tikoyo and his girlfriend Diana, only eating those who are their enemies, or who seek to destroy their environment, or steal the pearls.



## 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 Menu, please come to the front desk and clarify the spelling on your email!

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### SENIORS LUNCH PROGRAM | 55+yrs

**Monday-Friday • 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

## April 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**

### ***Kitchen closed March 30 – April 6***

Tues	7	Stuffed Chicken Breast with Potatoes & Vegetables
Wed	8	Country Style Sausages with Fried onions, Potatoes & Veg
Thurs	9	<b>Easter Special Lunch</b>
<b>Fri</b>	<b>10</b>	<b>Hot Lunch</b>
Sat	11	Sun 12 CLOSED
Mon	13	Beef Stew with mashed Potatoes & Vegetables & Biscuits
Tues	14	Pork Tenderloin wrapped in Bacon with Potatoes & Vegetables
Wed	15	Cod Fillets with White Sauce & Potatoes & Vegetables
Thurs	16	Chicken Divan with Mashed Potatoes & Vegetables
<b>Fri</b>	<b>17</b>	<b>Hot Lunch</b>
Sat	18	Sun 19 CLOSED
Mon	20	Baked Chicken Thighs with Mashed Potatoes & Vegetables
Tues	21	Pork Tenderloin in Orange Ginger sauce, Rice & Vegetables
Wed	22	Liver Onions with Bacon & Potatoes & Vegetables
Thurs	23	Curry Chicken with Rice & Vegetables & Naan Bread
<b>Fri</b>	<b>24</b>	<b>Hot Lunch</b>
Sat	25	Sun 26 CLOSED
Mon	27	Peach Glazed Chicken with Rice & Vegetables
Tues	28	Pork Chops in Mushroom Sauce with Potatoes & Vegetables
Wed	29	Turkey Cutlets with Potatoes & Vegetables
Thurs	30	Beef Moussaka with Roasted Potatoes & Vegetables

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	WED	THURS	FRIDAY	SAT
			1	2	3	4
<b>APRIL L 2026</b>	<i>Kitchen Closed March 30 to April 6</i>		<b>April Fool's Day!</b>  <b>Salsa Class – Try It!!!</b>	World Autism Awareness Day	<b>Good Friday</b>	Movie & Free Popcorn: <b>Marlee Matlin-Not Alone Any More</b>  <b>National Oral Health Month</b>
5	6	7	8	9	10	11
Movie: <b>Marlee Matlin-Not Alone Any More</b>   <b>Opera Zone Happy Easter</b>	<b>Easter Monday</b>  	<b>Kitchen Re-opens</b>  <b>Belly Dance Trial Class</b>		<b>Easter Special Lunch</b>   <b>Brock House Big Band COSCO Workshop: Pensions &amp;Tax Options</b>  <b>Spoon Carving Workshop</b>	<b>Dental Hygienist Visit</b>	Movie & Free Popcorn: <b>The Wedding Banquet</b>  <b>Smart Device Workshop s</b>
12	13	14	15	16	17	18
Movie: <b>The Wedding Banquet</b>  <b>Senior Games Day ABC English Starts</b>				 <b>Book Sale</b>  <b>Showfun Starts</b>		Movie & Free Popcorn: <b>Life by BBC Earth Disc 1</b>

<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Movie: <b>Life by BBC Earth Disc 2</b>	<b>NO Carpet Bowling</b>		<b>EARTH DAY</b>  Recycling Event Small Pot Gardening	<b>Social:</b>  <b>Tune MakersB and</b>  <b>April Birthday Party</b> Is your b-day in April? Tell us!	<b>Out Trip:</b> Abbotsford Tulip Festival	Movie & Free Popcorn: <b>Beyond the Reef Ukulele Jam</b> Free Diabetes Workshop <b>Smart Device Workshop</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		
Movie: <b>Beyond the Reef</b>						<b>Refer pages 18/19 for on-going Social Programs</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      April 5th*

*2:00 pm - 4:00 pm*

**Location: Room 226**



**April 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 **May issue** of the  
**Monarch is April 15**

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





## ANGEL'S MIND MATTERS

**April 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 APRIL 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

Apl 3	Middle Arm of Fraser River	Bus & Skytrain
Apl 10	English Bay	Bus
Apl 17	Local	Bus
Apl 24	New Westminster Quay	Bus & Skytrain

For more information, please call: Thelma at 604 261 7828

or Maureen at 604-263-4579

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“I’ve got this nasty pain in my right foot, Doctor.”

“I shouldn’t worry, - it’s just old age.”

“Well, why doesn’t the other one hurt? – I’ve had that just as long...”

## 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            Apl 07-Jun 30        1:30 pm-2:30pm    603732**

### Your Voice, Your Song, Your Workshop

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

**Fri            Apl 10 - June 5        1:00 pm-3:00pm    610569**

### 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 Apl 11 & Apl 25    9:45am-10:30am/10:45am-11:30am**

Free, Registration required.

Workshops continued on page 17

**Pensions & Tax Options Workshop****April 9**

Have you thought about your options and planning for the future?  
Attend this free COSCO workshop! **2:00pm – 3:00pm Free**

**Spoon Carving 101****April 9**

6:30pm – 9:00pm          603629          \$37/1 session + \$35 materials

**Mindfulness for Beginners****April 18**

9:30am – 10:30am          605739          \$15/1 session

**FREE Diabetes Workshop April 25**

Learn about risk factors, prediabetes, common misconceptions, and both medication and non-pharmacological management strategies. Live demonstration on proper glucometer use. Volunteers available throughout to answer questions and support open discussion.

By **UBC Pharmacy Students** 619827 12pm – 2pm Free

**Salsa Dance class – Try it!!****April 1**

**Sign up for this one - day event! No experience necessary**

1:30pm – 2.15pm          606646          \$5/1session

**Belly Dance Trial class****April 7**

1:30pm – 2:45pm          603246          \$4:50/1 session

**SOCIAL****Seniors' Games Day****April 12**

**2:00pm – 4:00pm**

## **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**

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### **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, April to June 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
Chronic Conditions Self-Management	10:00am-12:30pm
*Tai Chi 24 Form	10:30am-11:30am
*Tai Chi 48 Form Part 3	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
Barre Fusion	1:00pm-2:00pm
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 Morning 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
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
*Adventures in Watercolour	12:00pm-3:00pm
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
*Mind-Body (formerly 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, April 23rd***

**Friday**

*UBC Bodyworks Changing Aging	8:00am-12:00pm
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
*Your Song, Your Story, Your Workshop	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
ABC English for Kerrisdale Seniors	2:00pm-3:30pm

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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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