

Monarch Newsletter

May 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

May 7th Kerrisdale Senior Singers

May 21st Heart & Sole Tap Performance

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



Note from Meeka:

Spring has sprung and now we are looking towards the summer! Thank you again to ALL our volunteers, you make Kerrisdale Seniors Centre a very special place and we are so grateful that you're here. This month we celebrate Mother's Day with a special lunch. Happy Mother's Day to all the mothers, stepmothers, grandmothers, and great grandmothers!

This month, we celebrate you!!



Mother's Day Special Lunch Menu

Season Stuffed Chicken Breast with Duchess Potatoes
& Fresh Vegetables, White wine Mushroom Sauce.

Special Dessert to Honour Our Mothers Coffee / Tea



March Birthday Draw Winner!

Esther Chiu

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 Card, Social Recreation Card, or Opera Zone Card



Special Notices!

BIRTHDAY PARTY MAY 21st Do you have a birthday in May?

Ask the front desk for a birthday form to let us know!! During lunch on Thursday, May 21, all the May babies will be celebrated!! Lunch fee still required.

Coffee Bar open on Saturdays!!

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!

Guide 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 spring guide, 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.

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 Ins

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

Monarch Submissions

Deadline for submissions to the **June issue** of the

Monarch is May 15th

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

Seniors' desk

Thank you to all our volunteers at the Kerrisdale Seniors Centre!!!



April 20th Appreciation Tea in recognition of the 52+ Volunteers that contribute their time in support of the Seniors Centre operations.

Chairperson Richard Dopson made these remarks:

"On behalf of the Seniors Council I sincerely thank you all for your valued services and congratulate each and every one of you for your dedication to Kerrisdale Seniors Centre.

You ensure that the Centre is a welcoming place for seniors to relax, enjoy and socialize.

Some of you have made an invaluable contribution of your time and talents for many many years. Know that you are truly appreciated and sincerely valued.

Merci...xie xei...thank you”

April - Birthday Party!!!



Birthday Congratulations to all members who attended the April Birthday Party on Thursday April 23!!

Delicious cake and Good Wishes abounded at the first of our monthly birthday parties!!

To participate in your special month,

Seniors Desk has form to complete!

So don't miss out on the party and cake!!!

**Worldwide Earth Day April 22
Honoured and Celebrated by KCC Seniors Centre!!**

Recycling demonstrations, Mini-Waste Ambassador, small pot gardening workshops, and a pop-up Reduce Reuse Recycle area all contributed to an active day of recognition of the value of keeping our planet clean and healthy!!

Many thanks to everyone who helped make this a memorable day!!





**Kerrisdale Seniors celebrated
Dental Hygienist week with a visit
from Dental Hygienists to teach
members all about oral health!**

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.



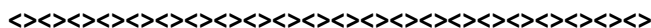
SPRING 2026 BOOK SALE DATES

May 14th

June 4th

June 25th Final Spring Blow Out Sale

The hours are 9:30 - 12:30



May 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 dress appropriately.

Men are encouraged to join us!

Must be able to walk a minimum of 3km without a break

May 5th No Walk - Vacation

May 12th No Walk - Vacation

May 19th Fraser River

May 26th Beach walk - Kits



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

May 2026 Movies – Saturday & Sunday 2:00pm**Free popcorn at Saturday Movies!****May 2 & 3 Ocean's 11 (2001)**

Dapper Danny Ocean is a man of action. Less than 24 hours into his parole from a New Jersey penitentiary, the wry, charismatic thief is already rolling out his next plan. He follows three rules: do not hurt anybody, do not steal from anyone who does not deserve it, and play the game like you have got nothing to lose. With those in mind, Danny works to orchestrate the most sophisticated, elaborate casino heist in history, targeting three establishments owned by the man who is dating his ex-wife.

May 9 & 10 Stolen Time (2025)

A compelling call for justice, *Stolen Time* follows charismatic elder rights lawyer Melissa Miller as she takes on the corporate for-profit nursing-home industry—an industry notorious for its lack of transparency and accountability. As the legal battle unfolds, families, frontline caregivers and change-makers chronicle an urgent crisis with ramifications—and inspiration—for us all.

May 16 & 17 Eat, Pray, Love (2010)

Liz Gilbert (Julia Roberts) thought she had everything she wanted in life: a home, a husband and a successful career. Now newly divorced and facing a turning point, she finds that she is confused about what is important to her. Daring to step out of her comfort zone, Liz embarks on a quest of self-discovery that takes her to Italy, India and Bali.

May 23 & 24 Still Alice (2014)

Alice Howland is a renowned linguistics professor happily married with three grown children. All that begins to change when she strangely starts to forget words and then more. When her doctor diagnoses her with Early-onset Alzheimer's Disease, Alice and her family's lives face a harrowing challenge as this terminal degenerative neurological ailment slowly progresses to an inevitable conclusion they all dread.

May 30 & 31 Ocean's 8 (2018)

Debbie Ocean assembles an all-female team of thieves and specialists for a heist during the Met Gala, aiming for the \$150 million worth of diamonds around the neck of world-famous actress Daphne Kluger.



Poem

When the heart
 Is cut or cracked or broken
 Do not clutch it
 Let the wound lie open

Let the wind
 From the good old sea blow in
 To bathe the wound with salt
 And let it sting

Let a stray dog lick it
 Let a bird lean in the hole and sing
 A simple song like a tiny bell
 And let it ring

Let it go, let it out
 Let it all unravel
 Let it free and it can be
 A path on which to travel

Michael Leunig

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!

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
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

May 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

Fri	1	Hot Lunch
Sat	2	Sun 3 CLOSED
Mon	4	Sweet & Sour Chicken with Rice & Vegetables
Tues	5	Salmon Quiche with Salad & Vegetables
Wed	6	Cabbage Rolls with Perogies, Vegetables, & Sauerkraut
Thurs	7	Mother's Day Special Lunch
Fri	8	Hot Lunch
Sat	9	Sun 10 CLOSED
Mon	11	Spaghetti Meatballs Tomato Sauce, Salad, Garlic Toast
Tue	12	Chicken Pot Pie with Mashed Potatoes & Vegetables
Wed	13	Veal Cutlets with Mashed Potatoes & Vegetables
Thurs	14	Roast Pork with Mashed Potatoes & Vegetables
Fri	15	Hot Lunch
Sat	16	Sun 17 CLOSED
Mon	18	CLOSED - VICTORIA DAY
Tues	19	Sole Fillets with Potatoes, Vegetables, & Tartar
Wed	20	Baked Chicken Legs with Potatoes & Vegetables
Thurs	21	Roast Beef Dinner with Mashed Potatoes & Vegetable Yorkies
Fri	22	Hot Lunch
Sat	23	Sun 24 CLOSED
Mon	25	Pork Cutlets with Potatoes & Vegetables
Tues	26	Moroccan Chicken with Couscous & Vegetables
Wed	27	Shepherd's Pie with Vegetables & Garlic Toast
Thurs	28	Chicken Quesadilla with Salad & Sour Cream, Salsa
Fri	29	Hot Lunch
Sat	30	Sun 31 CLOSED

Refer Page 10 for further Seniors Lunch Program details

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
Thursday JUNE 4th SENIOR RESOURCE FAIR Register #619547	MAY 2026		Refer pages 18/19 for on-going Social Programs		Lunch on Fridays!	Movie & Free Popcorn: Ocean's 11 Coffee Bar open on Saturdays!!
3	4	5	6	7	8	9
Movie: Ocean's 11  Opera Zone	English Conversa tion Circle	Cinco De Mayo		Mother's Day Special Lunch Performa nce by Kerrisdal e Senior Singers	Hearing Screening	Movie & Free Popcorn: Stolen Time Smart Device Workshop
10	11	12	13	14	15	16
Movie: Stolen Time Senior Games Day	English Conversati on Circle		Hear Well, Live Well Presentat ion	 Book Sale	Out Trip: High Tea at Dickens Sweets and British Museum	Movie & Free Popcorn: Eat, Pray, Love

17	18	19	20	21	22	23
Movie: Eat, Pray, Love	Victoria Day Long Wknd. No Lunch			Senior  Social: Heart & Sole Tap Performance May B-day Party		Movie & Free Popcorn: Still Alice Smart Device Workshop
24 / 31	25	26	27	28	29	30
Movie: Still Alice ----- ----- 31: Movie: Ocean's 8	Chronic Conditions Self-Management begins English Conversation Circle		Plan Today for Peace of Mind Tomorrow			Movie & Free Popcorn: Ocean's 8 Ukulele Jam

The Opera Zone



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

First Sunday of Every Month May 3rd

2:00 pm - 4:00 pm

Location: Seniors Multipurpose Room



May 2026

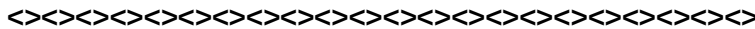


The Original Kerrisdale Seniors Singers

Welcome to anyone who loves to sing,

Please contact Choir Coordinator before registering:

Catherine 604 228 1488





ANGEL'S MIND MATTERS

May 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 May 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

May 1	Downtown Heritage	Bus
May 8	Olympic Village via 7 th Ave	Bus
May 15	Rhodo Walk Stanley Park	Bus
May 22	UBC North Campus	Bus
May 29	Dundarave	Bus

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

or Maureen at 604-263-4579



“Did you know that deep breathing kills germs?”

“Yes, but how do you get them to breathe deeply?”

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

Plan Today for Peace of Mind Tomorrow

An introduction to estate planning, why it matters, Key Documents: Wills, powers of attorney, Health directives. How to protect your assets and loved ones, steps to create your own estate plan, and where to find trusted resources and support.

Free, registration required: 623018

Wed May 27 10:00am-11:00am Craft Room

English Conversation Circle

New! Practice speaking English in a non judgmental environment.

\$10 Social Recreation card required. On-going, registration required.

Free, registration recommended: 622703

Mon 1 :15pm-2 :15pm Craft Room

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 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

19

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 Stitched & Bejewelled Boutique (Formerly Mary's Corner) on Thursdays.

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!



Stitched & Bejewelled Boutique

(Formerly Mary's Corner)

Visit us at Stitched & 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, May 21 st

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

**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**.

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

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

April Solutions

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

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