

Monarch Newsletter

July 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

July 16th Brock House Big Band

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



Note from Meeka:

Thank you to everyone who attended the Seniors Resource Fair to celebrate B..C Seniors Week! I heard from the organizations that they love coming to Kerrisdale because the seniors are so active, informed and engaged!

I agree with this statement and truly enjoy all the conversations I have with seniors here at the Kerrisdale Community Centre. There is lots to look forward to in July and I encourage you to check out the calendar of events (Page 12 & 13 of the Monarch) to plan your summer programs and workshops with us!



CANADA DAY JULY 1



Please stop by the Seniors Front Desk to pick up a form and share with us why you are proud to be Canadian!



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!



June Birthday Draw Winner!

Announced at June 25 Birthday Lunch

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 JULY 16th Do you have a birthday in July?
Registration required before party date, ask the front desk for a birthday form to let us know!!
Only advance entries will be accepted for the Birthday Party. You must attend the event to be entered into the draw for a free lunch.
During lunch on Thursday, July 16th, all the July babies will be celebrated!!
Lunch fee still required.

Coffee Bar open on Saturdays!!

June- Birthday Party!!!



Birthday Congratulations to all members who attended the June Birthday Party on Thursday June 25th!!
Delicious cake and Good Wishes – it's all about you!
Register early to participate in your special month,
Seniors Desk has form to complete!
So don't miss out on the party and cake!!!



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.

Kilby Historic Site and Lunch

Step back in time and enjoy a leisurely tour of the Kilby Historic Site with its magnificent 1906 General Store Museum in beautiful Harrison Mills. Visitors will view a fascinating gallery of product packaging dating back to the 1920s and 1930s, as well as heritage buildings, friendly animals and an immersive glimpse into rural B.C. life. Lunch will also be provided on site at the Kilby Café with soup and sandwich (included). Instructor: Jason Martincic

Wed 9:30 am-5:30 pm Jul 15 622104 \$95/1 sess

Sunflower Festival and Buffet Lunch

We will begin this trip by heading over to the Cascade Casino Delta for their buffet lunch (included). After lunch, we will visit the beautiful Richmond Sunflower Festival. Walk off that lunch by strolling through part of the 20-acre farm, with 90 varieties of sunflowers, dahlias and other flowers. Instructor: Jason Martincic

Fri 10:00 am-3:30 pm Aug 21 622105 \$95/1 sess



ANGEL'S MIND MATTERS

July 2026

Have you been to Angel's Mind Matters?

Join the Group and submit any topics of interest

Free, Registration required

Meets MONDAYS From 2:00 to 3:30pm

World Elders Abuse Awareness Day was held on Monday June 15!!

Thanks to our Volunteers who distributed helpful multi language handouts, lapel stickers, mini flashlight keychains and lively discussion!!

**Thank you to everyone who attended the Seniors Resource Fair to celebrate B.C.
Seniors Week!**

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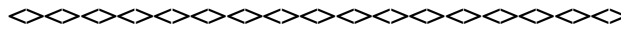
Here it is!!!! Our new coffee machine installed and is ready to go!!

Thanks to those who made this happen!!



Thank you to the Seniors Council and Kitchen Management Committee, we have a new coffee machine in the kitchen!

Photo kindly supplied by Richard Dopson



Many thank you for the uplifting performance of the **Heart and Sole Tappers** who danced beautifully at the May Birthday Party !!!

July 2026 Movies – Saturday & Sunday 2:00pm

Free popcorn at Saturday Movies!

July 4 & 5 Planet Earth Disc 3 (2023/4)

Disc 3 of the *Planet Earth III* home video release contains two distinct episodes: "Human" and "Heroes". They explore how human civilization intersects with the natural world and highlight the people dedicating their lives to conservation.

July 11 & 12 Karate Kid Legends (2025)

Karate Kid Legends is a nostalgic but deeply formulaic and rushed legacy sequel. While the film benefits from sharp martial arts choreography and charismatic performances from its cast, it suffers from a truncated runtime and relies far too heavily on recycling the exact narrative beats of the original films.

July 18 & 19 Materialists

Celine Song's *Materialists* is a sharp, spiky New York romance about an elite matchmaker caught between a financially secure billionaire and a struggling actor ex. While it features stunning cinematography and a great cast, audience reactions are sharply divided. Critics praise its examination of transactional love, but many viewers find it somewhat cold and structurally rigid.

July 25 & 26 Planet Earth Disc 4

Disc 4 of the original landmark BBC *Planet Earth* (the 4-disc set or early complete Blu-ray edition) generally contains *Fresh Water*, *Ocean Deep*, and *Seasonal Forests*. Critics and audiences universally consider it a visual masterpiece, offering breathtaking cinematography, stunning educational value, and immersive nature.

Monarch Submissions

Deadline for submissions to the August issue of the

Monarch is July 20th

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

Seniors' desk

THE GIFT OF AGING

People talk a lot about the downsides of getting older — the slower steps, the grey hair, the aches that weren't there before.

But somewhere along the way, many of us forget something important:

Aging is not a burden.

It's a gift that not everyone gets.

You start to notice it in small ways — ways you didn't appreciate when you were younger.

You stop rushing through mornings.

You hear the birds instead of the noise.

You choose comfort over competition.

You talk less, but your words mean more.

And one day, you catch your reflection in the mirror and think:

"I've lived. I've survived. I'm still here. That's a blessing."

Aging teaches you things no book ever could:

You stop trying to impress people who don't matter.

You start valuing the ones who stand by you.

You learn that peace is better than being right.

You understand that time is the real luxury.

You finally see how much beauty exists in ordinary days.

You laugh a little softer.

You love a little deeper.

You let go a little easier.

Not because you've given up —but because you've grown up.

And maybe the most beautiful part?

You begin to appreciate your own story.

Not the edited version.

Not the perfect version.

But the real one —the one shaped by mistakes, miracles, losses, victories, and all the quiet moments in between.

Aging isn't about fading.

It's about unfolding.

It's about becoming wiser, kinder, gentler with yourself.

It's about learning that the lines on your face aren't signs of decline —

they are proof that you've smiled, cried, loved, healed, tried,

and kept going even when life got heavy.

You earned every one of them.

Continued on page 9

THE GIFT OF AGING continued from page 8

So if you're getting older — be proud.
 Be grateful.
 Be gentle with yourself.
 Because the gift of aging is simply this:

You've been given more life.
 More memories.
 More chances to get it right.
 More time to love the people who love you.
 More moments to become exactly who you were meant to be.
 And that is something worth celebrating

A poem submitted by Andrew Cheng



July 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

July 7th	South Fraser River
July 14th	No walk
July 21st	Local Walk
July 28th	Queen Elizabeth



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

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-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
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	\$4.50
Dessert	\$3.00




July 2026 Seniors 55+Years Lunch Menu

11:30am-12:45pm \$10 annual registration fee for Lunch Program

The Menu and days of service are SUBJECT TO CHANGE

Wed	1	Kitchen Closed: come out for KCC Canada Day Celebration
Thurs	2	Beef Moussaka with Roasted Potatoes & Vegetables
Fri	3	Hot Lunch
Sat	4	Sun 5 CLOSED
Mon	6	Peach Glazed Chicken with Rice & Vegetables
Tues	7	Pork Tenderloin in Orange Ginger Sauce, Potatoes & Veggies
Wed	8	Quiche of the day with Roasted Potatoes & Vegetables
Thurs	9	Turkey Cutlets with Potatoes & Vegetables
Fri	10	Hot Lunch
Sat	11	Sun 12 CLOSED
Mon	13	Cabbage rolls with Perogies, Vegetables & Sauerkraut
Tues	14	Teriyaki Pork Meatloaf with Potatoes & Vegetables
Wed	15	Chicken Divan with Mashed Potatoes & Vegetables
Thurs	16	Roast Beef with Yorkshire Pudding, Potatoes & Vegetables
Fri	17	Hot Lunch
Sat	18	Sun 19 CLOSED
Mon	20	Baked Sole with Tartar Sauce, Potatoes & Vegetables
Tues	21	Sweet & Sour Meatballs with Rice & Vegetables
Wed	22	Pork Chops in Mushroom Sauce with Potatoes & Vegetables
Thurs	23	Baked Chicken Legs with Potatoes & Vegetables
Fri	24	Hot Lunch
Sat	25	Sun 26 CLOSED
Mon	27	Veal Cutlets with Mashed Potatoes & Vegetables
Tues	28	Chicken Pot Pie with Potatoes & Vegetables
Wed	29	Fish Of the Day with Potatoes & Vegetables
Thurs	30	Moroccan Chicken with Couscous & Vegetables
Fri	31	Hot Lunch

Refer Page 10 for further Seniors Lunch Program details

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
Refer pages 18/19 for on-going Social Programs	JULY 2026		Kitchen Closed  Happy Canada Day!	New Program: Luxurious Oil Pastels: Free Class	Lunch on Fridays!	Movie & Free Popcorn: Planet Earth Disc 3 Preventing Frauds & Scams Workshop Smart Device Workshop
5	6	7	8	9	10	11
Movie:  Planet Earth Disc 3 Opera Zone Music in the Park	New Program starts: Chess for Life		Nutrition Bingo		Free Hearing Screenings	Movie & Free Popcorn: Karate Kid Legends Coffee Bar open Every Saturday!!
12	13	14	15	16	17	18
Movie: Karate Kid Legends Music in the Park	Developing Anti-Racist Communities Workshop (9:30am-11:30am)	Intro to Wills for British Columbians 10:00am-11:30am	Out trip: Kilby Historic Site SMILE – Grand Game Parlour Edition	 Birthday Party Social: <u>Brockhouse Big Band</u> Nutrition Labelling Workshop		Movie & Free Popcorn: Materialists Smart Device Workshop

19	20	21	22	23	24	25
Movie: Materialists Music in the Park	English Conversation Circle Mondays at 1 pm					Movie & Free Popcorn: Planet Earth Disc 4 Ukulele Jam Activene t Training 9:30am-11:30am
26	27	28	29	30	31	
Movie: Planet Earth Disc 4						



The Opera Zone

Opera arias, art songs, pop, a Chinese song and Elvis hits!

First Sunday of Every Month July 5th

2:00 pm - 4:00 pm

Location: Seniors Multipurpose Room



Enthusiastic Walkers July 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

July 3	Middle Arm of Fraser	Bus & Skytrain
July 10	UBC North Campus	Bus
July 17	Arbutus Walk	Bus
July 24	Minaru Park	Bus & Skytrain
July 31	Local	

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

or Maureen at 604-263-4579



The judge said to the defendant: "I hope that I never see you in here again!"

The defendant replied: "Are you being transferred, Your Honour?"

Update from: **Candice, the documentary film maker** who has been spending time at the Centre

Hello dear Kerrisdale seniors!

Two years ago I began developing a documentary about Vancouver's Community Centres, which I've been calling This Third Place. In 2025, I was fortunate to receive development funding from Canada Council for the Arts and Creative BC to research and create a proof of concept.

As part of my research, I started volunteering at the Kerrisdale Senior's Centre. You may remember me as the volunteer in the colorful strawberry apron on Thursdays. In March, you graciously allowed me to film one of the senior's lunches.

I intended to keep volunteering, but shortly after, I was very sick for three weeks. Then I had to return to full-time work, and I was never able to say a proper goodbye.

I wanted to give you an update so you know where the project stands. I used the March footage to create a proof of concept — a short scene that captures the spirit of the film. I'm now applying for three grants and hope some of them come through. I won't know until late 2026, and if successful, I'll likely resume filming in 2027.

If you'd like to stay in touch, you can reach me at candicevallantin@gmail.com. I can't post the proof of concept publicly, but I'm happy to share a private link by email.

I'm deeply grateful for the time I spent with you, and I hope to visit again soon. Thank you for letting me into your world!

With gratitude,
Candice



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!

Tues	July 07-Sept 01	1:30 pm-2:30pm	620965
Thur	July 09-Sept 03	1:30 pm-2:30pm	620967

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 for more details

Sat July 4th, July 18th, August 1st, August 15th, August 29th

9:45am-10:30am / 10:45am-11:30am

Free, Registration required

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. **Registration required.**

Mon 2:00pm – 3:30pm

NEW! English Conversation Circle – Mondays at 1pm!

Practice speaking English in a non-judgmental environment. Di Chen will be back in the Fall – currently seeking a facilitator for Summer. Class will continue without facilitator in the meantime.

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

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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 Hold 'em 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.

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



BOOK SALES NO SALES JULY AND AUGUST

"That's the thing about books....

They let you travel without moving your feet." (Jhumpa Lahiri)

Travelling, staycations or just enjoying our summer, books in our Senior Centre will be available for you in the donation box and the bookcase. The puzzles are also always available in the display cabinet by the coffee bar.

Payment for books and puzzles will continue to be made at the reception desk.

Book donations continue to be accepted in the donation box and the puzzles at the reception desk.

The book and puzzle sales team volunteers thank the superb support of the many donors, buyers and KCSC staff for this year's sales success. And especially Yvonne Davis who produces the Monarch with our book sales and puzzle information.

The sales support the Senior Centre activities-so what goes around comes around!! Enjoy your travels this summer, Marguerite, Pam, Jim, Sue and Ethel L



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

Seniors Programs at a Glance, July to August 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
*Chess for Life – Beginner Program	10:00am-11:00am
*Tai Chi 24 Form	10:30am-11:30am
*Tai Chi 48 Form Part 3	9:30am-10:30am
*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
English Conversation Circle	10:00am-11:am
Angels Mind Matters	2:00pm-3:30pm
*Gentle Mat, Pilates and Stretch	2:15pm-3:00pm
Open Times Billiards	3:30pm-9:00pm
*Singing Program for Beginner Singers	6:00pm-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
* Minds in Motion	10:30am-12:00pm
*Gentle Fit	10:30am-11:30am
K3	11:00am-12:00pm
*Adapted Fitness	1:30pm-2:30pm
Fun Crafts	1:00pm-3:00pm
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
Bridge - No Instructor	12:30pm-3:00pm
Bridge Practice Drop-in	12:30pm-2:45pm
Scrabble	1:00pm-3:00pm
*Salsa Dance – Beginners	1:30pm-2:15pm
*Salsa Dance – Intermediate	2:30pm-3:15pm

Open Times Billiards 3:30pm-9:00pm

Thursday

Open Times Billiards	9:00am-9:00pm
*Osteofit Level 1	8-30am-9:30am
*Luxurious Oil Pastels	10:00am-12:00pm
*Gentle Fit	10:30am-11:30am
*Mind-Body (formerly Neurofit)	1:15pm-2:00pm
*Adapted Fitness	1-30pm-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, July 16th

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
*Footcare	9:45am-2:00pm
*Cardiac Health	10:05am-10:55am
*Gentle Mat, Pilates & Stretch	10:15am-11:00am
*Yuan Ji Dance	9-00am-11:00am
*Bingo	1:00pm-3:30pm
*Tai Chi Set 24 for Beginners	1:30pm-2:30pm
Open Drumming Circle	1:45pm-3.15pm
*Tai Chi Fan 52	2:35pm-3:35pm
*Salsa & Bachata Summer Specia	12:45pm-4:15pm
*Tai Chi Straight sword	3:40pm-4:40pm

Saturday

Open Time Billiards	9:00am-6:00pm
*Gentle Fit	10:00am-11:00am
Movie of the Week	2:00pm-4:30pm
*Saturday Social Dance	4:00pm-6:00pm

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Seniors programs continued from page 22

Sunday

Open Time Billiards

9:00am-6:00pm

Yuan Ji Dance

10:00am-12:00pm

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.**

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!

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

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**.

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

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

June Solutions

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

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