

# Monarch Newsletter



June 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*

*June 4th Sheryl Greenfield*

*June 18th Brockhouse Orchestra*

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



*Note from Meeka:*

June kicks off with BC Seniors Week, June 1-7 and we will be marking this important week by hosting a Senior Resource Fair on Thursday, June 4 10am – 12pm in the Kerrisdale Seniors Lounge. This event is free, to attend registration is recommended and the first 100 people to register will receive a free Kerrisdale tote bag.

We also celebrate Father’s Day in June and honour all fathers, grandfathers, even great grandfathers, and all father figures – thank you for all that you do!



**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!**

\*\*\*\*\*

*Father’s Day Special Lunch Menu*

- Baby Back Ribs with Stuffed Potatoes
- Fresh Vegetables & Baked Beans
- Dessert - Baked Apple Pie with Ice Cream
- Coffee / Tea



### May Birthday Draw Winner!

**Dawna Little**

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 JUNE 25th** Do you have a birthday in June?  
Registration required before party date, ask the front desk for a birthday form to let us know!! Forms will be accepted up to June 25<sup>th</sup> – no last minute entries please.  
During lunch on Thursday, June 25th, all the June babies will be celebrated!!  
Lunch fee still required.

### Coffee Bar open on Saturdays!!

\*\*\*\*\*

#### May - Birthday Party!!!



Birthday Congratulations to all members who attended the May Birthday Party on Thursday  
May 21 st!!  
Delicious cake and Good Wishes abounded at the second of our monthly birthday parties!!

### Register early to participate in your special month,

Seniors Desk has form to complete! So don't miss out on the party and cake!!!

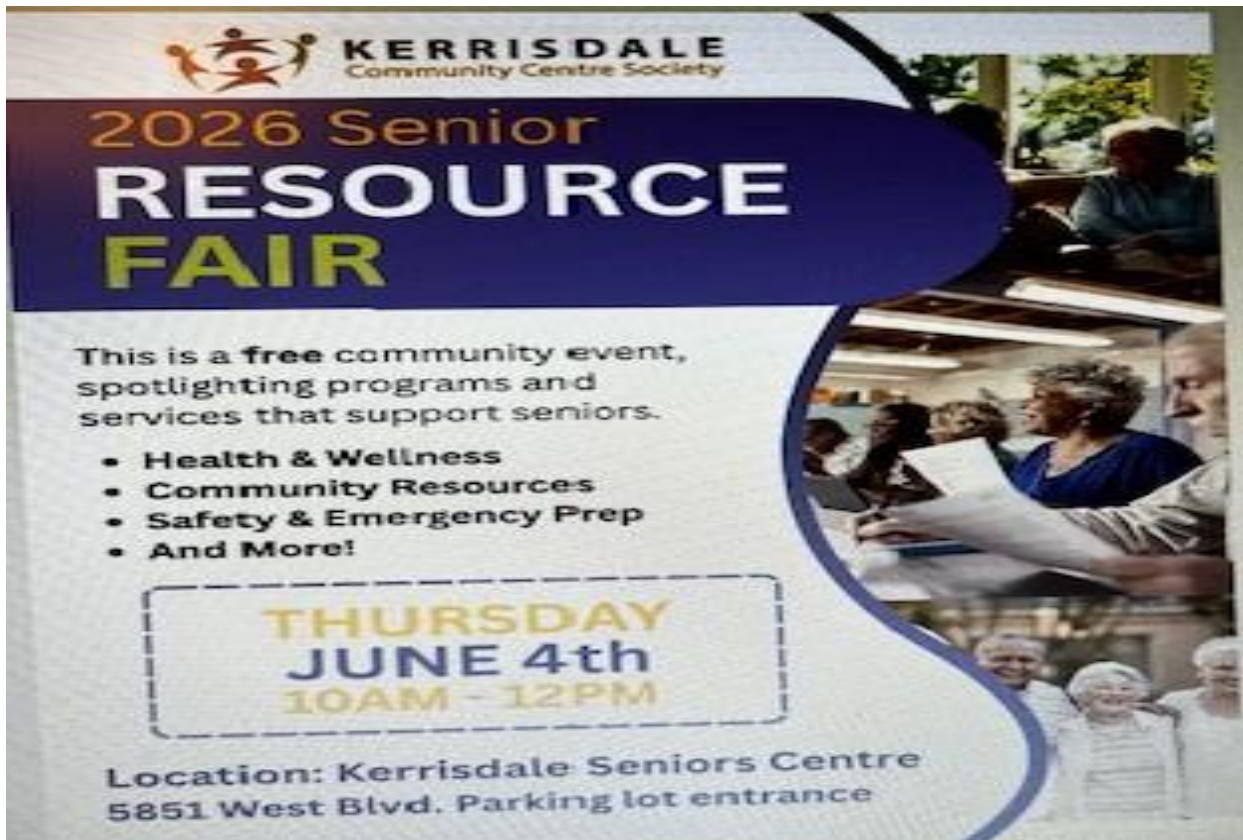
\*\*\*\*\*

**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!

**BC Seniors Week June 1 - 7**

Join Kerrisdale Seniors Centre on 4 th June to celebrate Seniors Resource Fair!

Coffee will be free during the Fair on 4 th June



**KERRISDALE**  
Community Centre Society

# 2026 Senior RESOURCE FAIR

This is a **free** community event, spotlighting programs and services that support seniors.

- Health & Wellness
- Community Resources
- Safety & Emergency Prep
- And More!

**THURSDAY**  
**JUNE 4th**  
**10AM - 12PM**

Location: Kerrisdale Seniors Centre  
5851 West Blvd. Parking lot entrance

The poster features a collage of photos showing seniors engaged in various activities, such as reading and socializing.



2026 Seniors Resources continued



Mount Pleasant - Men's Shed



ASK Friendship Society

QMUNITY

BC'S QUEER, TRANS, AND TWO-SPIRIT RESOURCE CENTRE

seniors  
first  
BC



*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.*

**FATHER'S DAY    SUNDAY JUNE 21, 2026**

**HISTORY**

*Father's Day began on June 19, 1910 in Spokane, Washington USA. Although not an official public holiday, Father's Day recognition was adopted by Canada in the 1920s.*

**NEW THIS YEAR!!!**

June 8 - 22 Father's Day PHOTO OP  
Happy Father's Day Banners decorating our Entrance Doors  
Feel Free to Take your own photos in the Area

**Suggestion:**

Coming to the Special Lunch on June 18? Maybe bring a family story about Dad, Grandpa, Great Grandpa!! a picture, a piece of memorabilia..... to share with others.

\*\*\*\*\*



**Father / Son discussion.....**

**Son:** Dad, you've shown me strength isn't all about muscle !!

**Dad:** Son, I wouldn't trade you for anything in the world.. but, then again, nobody has offered me anything either!!!

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

Free popcorn at Saturday Movies!

### June 6 & 7 Planet Earth Disc 1 (2006)

Covers the opening chapters of the landmark documentary series [Planet Earth \(2006 TV series\) - Wikipedia](#). It explores extreme environments and rare animal behaviors, using unprecedented helicopter and satellite cinematography to capture life on Earth across five distinct ecosystems

### June 13 & 14 The Last Samurai (2003)

In 1876, disillusioned American Civil War veteran Nathan Algren is hired by the Japanese government to train their modern, conscripted army. While battling a rebellion of traditional samurai, Algren is captured and learns to embrace their honorable code, ultimately fighting alongside them to protect Japan's cultural soul against modernization.

### June 20 & 21 Planet Earth Disc 2 (2006)

Narrated by David Attenborough, **Planet Earth II** is a groundbreaking nature documentary that explores the extreme habitats of Earth and the remarkable ways animals survive in them. On standard 3-disc releases, the six main episodes are split across the first two discs, with Disc 2 containing the **Jungles, Deserts, and Grasslands** episodes.

The second disc spans three uniquely harsh and beautiful biomes.

### June 27 & 28 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.

#### Monarch Submissions

Deadline for submissions to the July issue of the

**Monarch is June 16th**

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

Seniors desk

**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.

**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**

\*\*\*\*\*

**June 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**

- June 2nd Local Walk
- June 9th No walk
- June 16th Stanley Park
- June 23rd No walk - Vacation
- June 30th No walk - Vacation



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](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

## June 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**

Mon	1	Cod fillets with white sauce, potatoes and vegetables
Tues	2	Butter chicken with rice, vegetables and naan bread
Wed	3	Bangers with fried onions, potatoes and vegetables
Thurs	4	Turkey meatloaf with mashed potatoes and vegetables
<b>Fri</b>	<b>5</b>	<b>Hot Lunch</b>
Sat	6	Sun 7 CLOSED
Mon	8	Ham scalloped potatoes with raisin sauce and vegetables
Tues	9	Liver onions with bacon, potatoes and vegetables
Wed	10	Seasoned chicken breast with potatoes and vegetables
Thurs	11	Beef lasagna with garlic toast and salad
<b>Fri</b>	<b>12</b>	<b>Hot Lunch</b>
Sat	13	Sun 14 CLOSED
Mon	15	Salmon fillets with white sauce, vegetables and potatoes
Tues	16	Swedish meatballs with mashed potatoes and vegetables
Wed	17	Baked chicken thigh with potatoes and vegetables
Thurs	18	<b>Father's Day Special Lunch</b>
<b>Fri</b>	<b>19</b>	<b>Hot Lunch</b>
Sat	20	Sun 21 CLOSED
Mon	22	Cranberry brie stuffed chicken with potatoes and vegetables
Tues	23	Seafood Newburg with rice and vegetables
Wed	24	Pork riblets with potatoes and vegetables
Thurs	25	Eggs benny waffles with berry sauce, hashbrowns and bacon
<b>Fri</b>	<b>26</b>	<b>Hot Lunch</b>
Sat	27	Sun 28 CLOSED
Mon	29	Curry chicken with rice, vegetables and naan bread
Tues	30	Corn beef with steamed potatoes and braised cabbage
<b>Wed</b>	<b>JULY 1</b>	<b>CLOSED: CANADA DAY</b>

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
	<p align="center"><b>BC Seniors Week June 1 - 7</b></p>			<p><b>KERRISDALE SENIORS RESOURCE FAIR 10 am – 12 pm</b></p> <p> Entertainment by: Sheryl Greenfield</p> <p><b>BOOK SALE</b></p>	<p><b>Lunch on Fridays!</b></p>	<p>Movie &amp; Free Popcorn: <b>Planet Earth Disc: One</b></p> <p align="center"><b>Summer Registration Day</b></p> <p><b>Coffee Bar open!!</b></p>
7	8	9	10	11	12	13
<p>Movie: <b>Planet Earth Disc: One</b></p> <p> <b>Opera Zone</b></p>						<p>Movie &amp; Free Popcorn: <b>The Last Samurai</b></p>
14	15	16	17	18	19	20
<p>Movie: <b>The Last Samurai</b></p> <p align="center"><b>Senior Games Day</b></p>	<p><b>World Elder Abuse Awareness Day</b></p>			<p><b>Father's Day Special Lunch</b></p> <p> Performance by Brock House Orchestra</p>	<p><b>Out Trip: Grouse Mountain</b></p> <p align="center"><b>Juneteenth</b></p>	<p>Movie &amp; Free Popcorn: <b>Planet Earth Disc:2</b></p> <p align="center"><b>Smart Device Workshop</b></p>

21	22	23	24	25	26	27
Movie: <b>Planet Earth Disc : two</b> <b>Happy Father's Day</b> National Indigenous Peoples Day				<b>June Birthday Party</b>  <b>Final Spring Blow out Book Sale</b>		Movie & Free Popcorn: <b>Ocean's 11</b>  <b>Ukulele Jam</b>
28	29	30	July 1			
Movie: <b>Ocean's 11</b>	<b>Chronic Conditions Self-Management begins</b>		<b>Canada Day Kitchen Closed</b>		Refer pages 18/19 for ongoing Social Programs	<b>JUNE 2026</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      June 7th*

*2:00 pm - 4:00 pm*

**Location: Seniors Multipurpose Room**



**June 2026**



*The Original Kerrisdale Seniors Singers*

**Welcome to anyone who loves to sing,**

Please contact Choir Coordinator before registering:  
Catherine 604 228 1488



## **SPRING 2026    BOOK SALE DATES**



**June 4th** We will have one table at the Resource Fair

**June 25th** Final Spring Blow Out Sale with 50% reduced prices

The hours are 9:30 - 12:30

There will only be book sales during the Summer from the Blue Box and Bookcase.



## ENGLISH CONVERSATION CLUB

**June 2026**

Join the discussion and practice English with a facilitator from SUCCESS BC.

**Free, Registration recommended.**

Meets MONDAYS From 1:15 PM - 2:00 PM.



### Enthusiastic Walkers June 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**

June 5    Burnaby Village Museum    Bus & Sky train

June 12    Kitsilano    Bus

June 19    Jericho    Bus

June 26    Q E Park    Bus

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

or Maureen at 604-263-4579

\*\*\*\*\*



**Effie:** My Aunt was very embarrassed when she was asked to take off her mask at the party

**Tessie:** Why was that?

**Effie:** She wasn't wearing one

## 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 Apl10 - 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 June 20 th 9:45am-10:30am / 10:45am-11:30am

Free, Registration required

## **SUMMER REGISTRATION 2026 (JULY - AUGUST)**

**In person & online: Saturday, June 6th 9:00am**

**By phone: Monday, June 8th, 9:00 am**

### **Time savers will be given out at 8:00 am at the Seniors Centre Entrance**

All seniors program registration will take place at the Seniors Centre Desk

(limited to 40% of available spots)

You may register yourself and one other person. Ensure you have all necessary information, such as name, address, phone number and birthdate for that person.

Cash, cheques, VISA/MC, AMEX and debit cards accepted.

Brochures now available in centre and online, [www.kerrisdalecc.com](http://www.kerrisdalecc.com)

### **Refund Policy**

A \$5 processing fee will be charged for all program refunds and transfers.

48 hour notice is required and there will be no refunds granted after the scheduled second class

### **KCCS Program Subsidy**

Our recreation programs are available to all members of the community.

We welcome people on limited income to participate in the Centre's programs and services. For more info, call 604.257.8100 or enquire at the front desk.

To facilitate better service, we encourage you to let us know what your support needs are in advance. This information might be health or disability related.

Please complete an information form at the front desk when you register

### **ActiveNet Registration FAQs**

Scan to view:



## **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**

### **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 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.

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.

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!



## *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, June 4th***

## **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**.

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

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

### May Solutions

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

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